

# Your MAGAZINE LIFE!

January 2019  
A FREE PUBLICATION

[www.yourlifemagazine.net](http://www.yourlifemagazine.net)  
PRINT and ONLINE EDITIONS

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



**A&E** SPECIAL  
FEATURE

**RESOLUTIONS...**

**INSIDE**  
~page 3



# A.J. UGENT'S FAMOUS ANNUAL CLEARANCE

## The Big Wrap Up Sale

Sat., Jan. 26 9-4 & Sun., Jan. 27 12-4

# 20%-70% Off & More

on our original prices on Furs, Leathers,  
Cloth Coats and Shearlings

You'll find tremendous savings on our huge selection of winter coats to help you keep warm for the rest of the season. All winter coats are sale priced to move quickly. So if you want a fine quality winter coat at a great sale price, now is the time to shop A.J. Ugent Furs. A huge selection of coats will be marked down for this once a year sale.

## A.J. Ugent Furs

CAPITOL DRIVE AT EIGHTY-FOURTH STREET • 414-463-7777

[www.ugentfurs.com](http://www.ugentfurs.com) Member Master Furriers Guild of America Daily 9-5 • Sat. 9-4 • Sun. 12-4  
Sale prices do not apply on prior purchases.

247878003

It's been 16 years now since we published the first Boomers! Newspaper (which has morphed into our current Your LIFE! Newspaper). It certainly has been a wonderful journey filled with many faces and friends, much hard work and a few backaches and headaches. The best reward.... the feedback, the conversations, the 'virtual' relationships we have developed with our readers and associates. That's the stuff that makes a late night deadline worth it!!

Please take a second look at the ads that support our publication and support their business. It takes a community to grow and we all need each other!!

### Thank You!



# From the Publishers

JANUARY 2019



Showing off my new cell phone cover!

I started my New Year resolution today by printing out the Zumba schedule at my health club. Bought new cross-training shoes, cute tights and a fashionable tee-shirt. It made me feel great and really on top of things. It's only January 3rd and I have a new work-out outfit. My job is done. :)

Which brings me to the time-old January topic of resolutions. We all understand the plight of procrastination, lack of self discipline and over indulgence. We sleep late, watch too much tv, eat too much, drink too much, swear too much, grumble too much, shop too much, buy too much..... 'Too

much' takes alot of time, money and energy. 'Too much' has become the problem for so many of us. Without even realizing it, there isn't enough room for the things that could actually bring purpose and peace to our lives. Let's not plan a year of resolutions for big houses, big wardrobes, shiny cars and fast boats, cool rims or a kickin' stereo. That's just not happiness I am imagining a year of quiet thoughtfulness, prayerfulness, loving, forgiving, simplifying and then loving some more. So perhaps the ultimate resolution goal is simply demonstrating more 'love.' It sure would be nice if we could all grab a big slice of that one!

The easiest and most fun resolution is the theme for our annual LAUGH OUT LOUD feature in this issue. It may be that simple - just take the time to really enjoy a good ole belly laugh! There are jokes scattered throughout this issue -most submitted by readers. Enjoy and have a good 'laugh out loud'!

Growing up, I loved listening to Casey Kasem's 'Top 40 program on New Years day. Music and good times can certainly be the catalyst for so many life memories. Dancin' at concerts, crying over love songs, laughing at the theater.... Our A&E feature this month is a great way to start making more memories and a wonderful excuse to put on the high heels and fancy

pants! We plan on it! Blessings and champagne for everyone!

Sandy and Tom Draelos

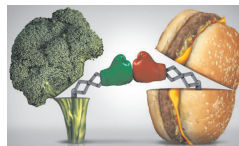


## INSIDE THIS ISSUE



**LAUGH OUT LOUD!!!!**  
**Stress relief from laughter?**  
**It's NO JOKE!**

-page 12+



### Popular DIET TREND Reviews

Thinking about Jumping on the Whole30, Ketogenic Diet, Anti-Inflammatory Diet or Intermittent Fasting Bandwagon? Read this first.

-page 15



### 2019 FINANCIAL To-Do List

Think about investing, saving, or budgeting methods for the new year! From building your retirement fund to lowering your taxes, 2019 financial planning starts now.

-page 11



### Improve Your Personality

We humans have the power and ability to shape our personalities however we wish. Be careful of what you wish for!!

-page 16

LOCAL JANUARY CALENDAR.....	page 5
Planning Your Warm Weather Vacation?.....	page 8
January NATIONAL DAYS.....	page 18
NEW YEARS 1840s Style.....	page 19
Today's New LIFE/WORK Balance.....	page 20
CROSSword.....	page 22
WORD Search.....	page 23

## ARTS and ENTERTAINMENT

Fill up that calendar with these great local shows, events and adventures!

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!! \$50<sup>00</sup>**

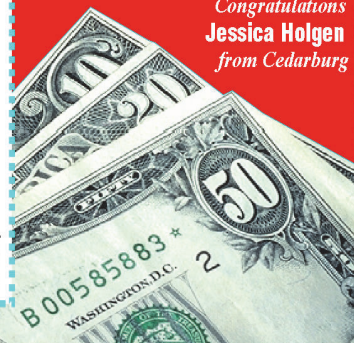
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: \_\_\_\_\_  
Where did you pick up the paper? \_\_\_\_\_  
Age: 35-45 \_\_\_\_\_ 46-55 \_\_\_\_\_ 56-65 \_\_\_\_\_ 66 or older \_\_\_\_\_

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  
Jessica Holgen  
from Cedarburg



Entry Deadline: January 26, 2019



## 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*

*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*



262-853-6085

**FESTIVALCITYSYMPHONY.ORG**

FALLS PATIO PLAYERS PRESENTS

# LEAVING IOWA



**A COMEDY ABOUT  
FAMILY VACATIONS**  
by Tim Clue and  
Spike Manton



HANDICAP ACCESS

**FEBRUARY 2019**

**1, 2, 8, 9, 2019, 7:30 PM**

**February 3 & 10, 2019, 2:00 PM**

## TICKETS

**Adults \$15 Seniors / Students \$13**

**262/255-8372 / FALLSPATIOPLAYERS.COM**

North Middle School Auditorium • N88 W16750 Garfield Drive, Menomonee Falls, WI



PRODUCED BY SPECIAL ARRANGEMENT WITH

THE DRAMATIC PUBLISHING COMPANY OF WOODSTOCK, ILLINOIS  
2016 The Dramatic Publishing Company. Reprinted by permission.

# Oconomowoc Arts Center

M  
A  
I  
N  
S  
T  
A  
G  
E

Music of Gershwin & Berlin

Featuring

Beckie Menzie & Tom Michael

2 pm Saturday, Jan 19



Tapestry

A Carole King Tribute

7:30 pm Saturday, April 6



Sentimental Journey

A Tribute to Doris Day

Featuring Kerry Bieneman Quartet

7 pm Friday & Saturday

Feb 8 & 9



Tom & Evan Leahy Band

Featuring

Stas Venglevski

7 pm Friday & Saturday

Jan 11 & 12



The Blitz: Winston Churchill

Starring Randy Otto

7:30 pm Saturday, May 18



6:30 pm Saturday

March 5



Rebecca & The Grey Notes

7 pm Friday & Saturday

March 15 & 16

C  
A  
B  
A  
R  
E  
T  
C  
A  
F  
E

**641 E Forest St, Oconomowoc / WWW.THEOAC.NET / 262.560.3172**



### January 4th-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. Featuring a huge parts and accessories exhibit, along with campgrounds, Tow Vehicles and everything you may need for your next RV vacation. Seminars, Features, and Entertainment will set this show apart from all others in the state. There is something for everyone at the new Wisconsin RV Super Show!

### January 5th-6th

#### 51st Wonderful World of Weddings

State Fair Park Exposition Center  
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.

### January 11th

#### Game Night!

Grace Evangelical Lutheran Church, 250 E. Juneau Ave.  
5:30pm. Grab your favorite board games and come on down to the Grace Center for an evening of fun board game play! Cost is \$5, and includes tasty apps, beverage ticket, and unlimited game play! RSVP to Veronica Brewer before Monday, Jan. 7, 2019. Call: 414-271-3006

### January 11th-13th

#### MBA Home Building & Remodeling Show

State Fair Park Exposition Center  
Premier consumer show featuring the latest innovations in the home building and remodeling industry. Connect with Southeastern Wisconsin's leading design-build-remodel professionals and make building your dream home or completing your dream remodeling project a reality

### January 12th & Feb 9th

#### Winter Wonderwalks

Friends of the Domes and Urban Ecology  
January 12  
Three Bridges Park, 610 S 35th St, Milw  
February 9  
Washington Park, 1859 N. 40th St., Milw  
Take a morning winter stroll through the parks with a scientist from the Urban Ecology Center. What a great way to get up and enjoy the outdoors this winter season! Join us for educational snowshoeing

### January 18th

#### Gallery Night ART Bus

NEWaukee at The Pfister Hotel, 424 E. Wisconsin Avenue  
Whether you're an art novice, expert, or anywhere in between, the ART Bus is a great way to explore Milwaukee's spectacular art scene. Every gallery night NEWaukee takes you on a tour of multiple galleries and locations. The galleries are only part of the journey. On the ART Bus you will find a live local singer songwriter, wine and beer, and a great way to meet new people all for \$25 per person

### January 18th-19th

#### 19th Annual West Bend Antiques, Vintage and Fine Art Show

Washington County Fair Conference Center  
The West Bend show and sale is a two-day event held at the beautiful Washington County Fair Complex. Admission is \$6 good for both days of the sale. \$1.00 off with any ad.. Children under 16 are free and parents are encouraged to bring their family along. Strollers and wheelchairs are welcome. The building is handicap accessible. Parking is free. Hot food and beverage available

### January 18th-27th

#### Milwaukee Boat Show

State Fair Park Exposition Center  
This is Wisconsin's largest boating exposition with over 400 boats from over 100 manufacturers – motor yachts, runabouts, aluminum boats, pro-style fishing rigs, pontoon boats, cruisers, and more. Marine electronics, accessories, ski and wakeboard equipment, feature displays and seminars make this Wisconsin's Greatest Water Sports Expo!

### January 20th

#### Winterfest!

Boerner Botanical Gardens, 9400 Boerner Drive, Hales Corners  
Cure your cabin fever with the Friends of Boerner Botanical Gardens! Featuring guided winter nature walks, indoor and outdoor games and activities, hot drinks, and family fun! Event admission is FREE; educator-led family winter nature walks \$5 per person.  
www.boernerbotanicalgardens.org for more information

### January 20th-27th

#### Meet the Watson Family- Special Martin Luther King, Jr. Day Program

Milwaukee Public Museum  
Interact with the true story of Sully and Susanna Watson – a couple who played a vital role in establishing Milwaukee's black middle class. You can experience a replica of the Watson House in the Streets of Old Milwaukee and explore the their family history through images and objects that illustrate this vibrant era in the city's black heritage. (Monday, January 21, 2019, Free with General Admission, 11am-3:00pm)

### January 24th thru March 10th

#### Blacklist Curatorial Talk

Jewish Museum Milwaukee  
Blacklist: The Hollywood Red Scare' is a multi-sensory exhibit that explores the intersection of politics, art, economics, and the social dynamics that impacted the American First Amendment rights of speech, religion, and assembly during Hollywood's Red Scare. Offered in connection with Blacklist: Hollywood's Red Scare, an exhibit on display at the Jewish Museum Milwaukee, Now through – March 10, 2019

### January 26th

#### Winterfest 2019

Washington Park Urban Ecology Center  
Free family festival! Sledding and ice skating on the Washington Park lagoon. If the snow's a no-show, we'll still have arts, crafts, homemade pie and guided nature walks to take advantage of the unusually warm weather



### February 1st

#### Washington County Beer Festival

Washington County Fair Park & Conference Center  
We will have over 100 different beers and a dozen wines for you to sample. Also included in your ticket there will be food available for sampling from local restaurants. There will be Silent and Live Auctions as well as a 50/50 cash raffle!!  
\$35 in advance \$40 at the door

### February 2nd

#### 15th Annual Great Lakes Pet Expo

Wisconsin State Fair Park Exposition Center  
143,000 square feet of pet loving fun! Die hard pet loving shoppers need to attend the VIP Shopping Hour from 9AM to 10AM prior to general expo admission. WI State Fair Park parking fee is \$6 per vehicle. Sorry, personal pets will not be admitted. Service animals always welcome.

### February 7th

#### Wingspan and Wine

Schlitz Audubon Nature Center  
Spend a winter evening tasting wine and local chocolate while meeting birds of prey! Ray's Wine and Spirits will present nearly 40 wines made in natural and organic methods. Tickets are \$50 per person. Event supports our Raptor Program

**Cheers to a new year and another chance to get it right!!**

**“New Year’s Day.  
A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change.”**

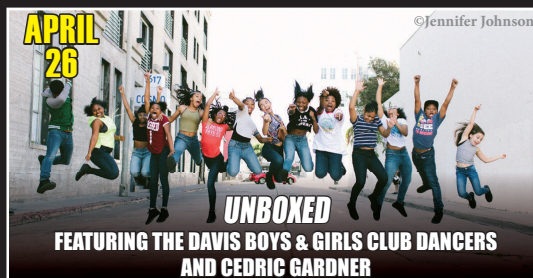
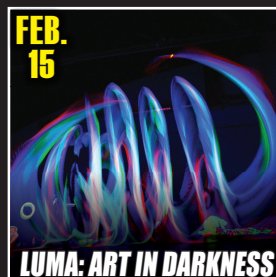
~Sarah Ban Breathnach



**TICKETS ON SALE NOW!**

(414) 766-5049

[southmilwaukee.org](http://southmilwaukee.org)



## Spring 2019 Performances



**Comicality 2019**  
Award-Winning Comedy  
**JAN. 25-26 & FEB. 1-2**



**Fireside Chat w/  
Franklin D. Roosevelt**  
**FEB. 15**



**Rise Up, O' Men**  
Church Basement Ladies  
**FEB. 22 - 23**



**Milwaukee Ballet II**  
Momentum  
**MAR. 21**



**Jim Witter:**  
It's Still Rock n Roll to Me  
**MAR. 23**



**Creedence Revived**  
CCR Experience  
**APR. 13**

*DISCOUNTED GROUP RATES AVAILABLE!*

262-670-0560 x3 • SchauerCenter.org  
147 N RURAL ST, DOWNTOWN HARTFORD



## A GUIDE TO LOCAL

## ARTS and ENTERTAINMENT

**CONCORDIA UNIVERSITY THEATRE**

262.243.2035 / Todd Wehr Auditorium / 12800 N. Lake Shore Dr., Mequon  
www.cuw.edu

Concordia University Players are a group of Concordia theatre and non-theatre students who participate in CUW Theatre productions, directed by theatre faculty and professional artists. We produce 3-5 plays a year across genres.

Feb 15, 16, 17: Robin Hood  
April 12, 13, 14: The Mousetrap  
April 26, 27, 28: "Steel Magnolias"

**FALLS PATIO PLAYERS**

262-853-0893 / N88 W16750 Garfield Drive, Menomonee Falls (auditorium)  
www.fallspatioplayers.com

Falls Patio Players was established at a meeting in 1966 on the "patio" outside of the school in Menomonee Falls, where we still perform in their 614 seat newly renovated auditorium. Our 2016 production of *My Fair Lady* was voted "Best Musical by a non-professional company" by Footlights and viewers. Check us out. You won't be disappointed.

Feb 1, 2, 3, 8, 9, 10: "Leaving Iowa"  
April 26, 27, 28 / May 3, 4, 5: "Wonderful Town"

**FESTIVAL CITY SYMPHONY**

262-853-6085 / Concerts at the Pabst Theatre / 144 E. Wells St. Milwaukee  
www.festivalcitysymphony.org

Showcases the talents of area professional musicians in presenting free classical "pops" concerts geared to children at the Marcus Center, reasonably priced concerts at the Pabst for general audiences, and outreach concerts in the community. The area's oldest performing symphony orchestra. Join us for Symphony Sundays at the Pabst Theater and free Pajama Jamborees at the Marcus Center Bradley Pavilion.

Jan 27: "Our Home in Vienna" Symphony Sundays Concert  
March 31: "Copland and Levy: American Masters" Symphony Sundays Concert  
May 5: "Rhapsody and Romance: Legends of the Piano" Symphony Sundays Concert  
May 8: "Songs With and Without Words" Pajama Jamboree Concert for kids and families at the Bradley Pavilion of the Marcus Center for the Performing Arts, 929 N. Water St.

**INTANDEM THEATRE**

414-271-1371 / 628 N. 10th Street, Milw  
www.IntandemTheatre.org

Professional live theatre at great prices! Relax in our spacious lobby and listen to live piano music as you sip a drink from our full bar in front of the fireplace! Art exhibits adorn the walls, and that drink – well, you can take it into the theatre with you!

Feb 22 – March 17: "The Velocity of Autumn" by Eric Coble  
April 26 – May 19: "The Fabulous Lipitones" by John Markus & Mark St. Germain

**MILWAUKEE RV SHOW**

Wisconsin Expo Center / 8200 West Greenfield / West Allis  
www.MilwaukeeRVShow.com

Feb 28 – March 3: Wisconsin's largest RV Show with over 100 exhibits related to the RV lifestyle. Whatever your interest or budget, there is something for you.

**NARI SPRING HOME IMPROVEMENT SHOW**

414-771-4071: Wisconsin State Fair Park / www.NARImilwaukee.org

Feb 15-17: Join us for the NARI Spring Home Improvement Show. Meet with true professionals to discuss your next home improvement project.

**OCONOMOWOC ARTS CENTER**

Box Office: 262-560-3179 / 641 East Forest Street, Oconomowoc / www.theoac.net  
Join us at the Oconomowoc Arts Center (OAC) for quality arts programming during the 2018-19 season. Our mission is to provide the highest level of entertainment programming to communities for the purpose of cultural education, entertainment and enrichment.

Jan 4 – Feb 2: "All Kinds of People"  
Jan 11 & 12: Tom & Evan Leahy Band w/Stas Venglevski Dinner @ 6:15/Show @ 7  
Jan 19: Beckie Menzie & Tom Michael Celebrating the Music of Gershwin & Berlin  
Feb 8/March 2: For the Love of Art: The League of Milwaukee Artists  
Feb 8 & 9: Tribute to Doris Day: Kerry Bieneman Quartet Dinner @ 6:15/Show @ 7  
March 7 – 21 / OHS IB/AP Art Show  
March 9: Comedy Sportz Dinner @ 5:45/Show @ 6:30  
March 15 & 16: Rebecca & the Grey Notes Band Dinner @ 6:15/Show @ 7  
April 5: Lake Country Film Festival  
April 6: Tapestry: Tribute to Carole King  
April 14: Oconomowoc Chamber Orchestra Concert Chatfield Annual Awards  
April 20 – May 8: Wisconsin Regional Artist Program  
May 18: Winston Churchill: The Blitz starring Randy Otto  
May 21 – June 15: Fresh Beginnings – Cedarburg Artist Guild



## OUTSIDEDOWN PRODUCTIONS



**Convert your analog audio, video, film reels, photos, slides, negatives and printed works into high quality digital files!**

Your media can simply be converted to digital - or upgraded and improved to the best quality possible! Your project is customized to meet your needs and budget. Many formats and creative options available. Preserve your important memories for years to come in a user-friendly digital format!

**Additional services available:**

- Photo Slideshows for memorials, wedding receptions or personal use
- High-def Videography of live events, musical performances & more
- Video Production: music videos, crowdfunding, tutorials & more
- Graphic Arts: media layouts, posters, t-shirt design & more

**Call Jef at 414-412-1479 / outsidedown@juno.com**

Or go to [outsidedownproductions.com](http://outsidedownproductions.com) for more details.

*Entertainment is such a great  
job to have.* ~Two Chainz



# ARTS and ENTERTAINMENT

continued from page 6

## SCHAUER ARTS & ACTIVITIES CENTER

262-670-0560 / 147 North Rural St., Hartford / [www.SchauerCenter.org](http://www.SchauerCenter.org)  
Filled with culture and history, the Schauer Arts Center was transformed from a 1918 canning factory into a non-profit, regional center for the arts that inspires creativity and connects people. Since opening in 2001, the Schauer Arts Center presents professional touring performances and regional artwork, in addition to offering year-around arts education programming.

Jan 25 – Feb 2: "Comicality" 2019 Award winning Musical Comedy Revue

Jan 27: "The Highwaymen Live" A Musical Tribute

Feb 10: Glen Gerard Music & Comedy

Feb 15: Franklin Delano Roosevelt: A Fireside Chat

Feb 22-23: "Rise Up, O'Men" The Church Basement Ladies

Mar 15-16: Madagascar: A Musical Adventure Jr.

Mar 21: Milwaukee Ballet II: Momentum

Mar 23: Jim Witter: It's Still Rock n' Roll to Me

Mar 31: Stuart Stotts Songs and Stories

Apr 5: Stuart Little Based on the Tale by E.B. White

Apr 13: Creedence Revived The Ultimate CCR Tribute

May 10: David Gerald Blues Soul Rocker

May 31: Moon River and Me Starring Jimmy Osmond

## SOUTH MILWAUKEE PERFORMING ARTS CENTER

414-766-5049 / 901 15th Avenue, South Milwaukee / [www.southmilwaukee.org](http://www.southmilwaukee.org)  
South Milwaukee Performing Arts Center (SMPAC) hosts several events a year inside the high school of South Milwaukee. Affordable arts events in our 786-seat, amazing sound theatre. Free parking. Located between College and Rawson on 15th Ave. Call for tickets today! We are your local source for great entertainment.

Jan 26: Music That Made Milwaukee Famous - The Milwaukee Mandolin Orchestra & guest artists Misha Litvin, Stas Venglevski & Robin Pluer

Feb 15: Luma: Art In Darkness - A surreal world of light, color & motion

March 2: Celtic Nights: Oceans Of Hope - An epic journey of a universal dream

April 26: Unboxed - Featuring the Davis Boys & Girls Club Dancers

## WORLD OF WHEELS

Wisconsin State Fair Park / West Allis

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

Feb 22-24: Join us for the 57th annual World of Wheels. Discount tickets available at O'Reilly Auto Parts.

# TRAVEL OPPORTUNITIES

## LAMERS TOUR AND TRAVEL

414-281-2002 / Kory Neuzerling

[www.golamers.com](http://www.golamers.com) or [www.lamerstour.com](http://www.lamerstour.com)

Lamers Tour and Travel offers escorted motor coach tours to popular and unique destinations throughout the United States, Canada and internationally. In addition, a calendar of one-day tours is published monthly. For more information, request a free color Travel Planner or visit our website.

## LANDMARK RESORT

4929 Landmark Drive Egg Harbor, WI

920-868-3205 or 800-272-7877

The Landmark Resort is about creating memories that will linger long after returning home. Comfortable and casual, the resort offers free WiFi, swimming pools, whirlpools, steam rooms, fitness center, game room and on-site family dining.

## MILWAUKEE RV SHOW

Wisconsin Expo Center / 8200 West Greenfield / West Allis

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

Feb 28 – March 3: Wisconsin's largest RV Show with over 100 exhibits related to the RV lifestyle. Whatever your interest or budget, there is something for you.

## SCENIC RV SLINGER & BARABOO

262-677-9026 / 3155 Scenic Road, Slinger

877-898-7236 / 608-356-2429 / E10879 Deer Run Road, Baraboo

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

Scenic RV puts the focus on Family and Fun! Family owned and operated Wisconsin dealership in business for over 40 years. With the addition of our 3rd generation family member joining our staff, we will continue to proudly serve customers in and around the greater Milwaukee and Wisconsin Dells areas. We feature a complete RV center with sales, service, parts and accessories at our Slinger and Baraboo locations.

Todd Wehr Auditorium

## CONCORDIA UNIVERSITY

12800 N. Lake Shore Drive MEQUON

## CONCORDIA UNIVERSITY PLAYERS PRESENT...



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.

**February 15 & 16**  
**7pm**

**February 17th**  
**1:30 pm**

## UPCOMING SHOWS...

### *The Mousetrap*

April 12th and 13th at 7:30pm

April 13th and 14th at 1:30pm

### *Steel Magnolias*

April 26th and 27th at 7:30pm

April 27th and 28th @ 1:30pm

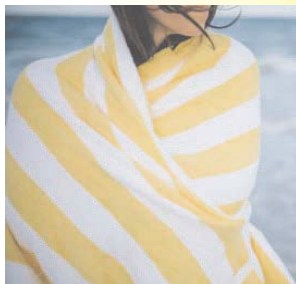
## TICKET PRICES for ALL SHOWS...

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

**Ticket Line: 262-243-4444.**

**Press "0" to leave reservation.**

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



**I'm not even talking about the money, although if you're trying to get somewhere remote, it could set you back a few grand. I'm talking about the tradeoff, the very real cost of exchanging snow and ice for tropical heat.**

As someone who just spent a month in California and Hawaii with three kids, I can tell you that warm weather has advantages and disadvantages. Knowing both can help you make a more informed decision about escaping bad weather.

The vacation rental company FlipKey recently surveyed customers on their [www.flipkey.com/blog](http://www.flipkey.com/blog). Florida, South Carolina and Arizona top the list of places people want to go. Chances are you have your own place in mind — maybe a little place down in the Florida Keys or a secluded beach on Kauai.

## Want a Warm-Weather Vacation with Your Family? *Read this first!*

**If you're reading this, you're probably cold. You're thinking of a warm-weather vacation with your family. You deserve one. And you can have one — but it'll cost you.**

By Christopher Elliott  
Consumer advocate / [www.chriselliotts.com](http://www.chriselliotts.com)

### **The perils of warm-weather vacations**

I feel duty-bound to talk about the dangers of warm-weather destinations. Tourism brochures and websites like to present these places as paradise on earth. They are not. I know because I used to live in one of those warm-weather paradise-like vacation destinations, a little town in Central Florida called Orlando. The Magic City had it all — nice weather, exciting theme parks, and a terrific airport. It also had oppressively hot summers that featured monsoon-like rains every afternoon, aggressive cockroaches the size of your thumb, and more than its fair share of crime.

We had similar issues on Hawaii's Big Island on a recent visit. So pretty to look at, but living there for a month was another matter. We rented a small place on the Hilo side of the island, which I like to call the forgotten part. Forgotten, because little over 10 percent of the island's visitors make it out there — the rest stay on the more touristy Kona side. Also, it rains. A lot.

Since our vacation rental didn't have an air conditioner, we had the windows open 24 hours. At night, the sounds of the screaming tree frogs — TWEET! TWEEET! TWEET! — were drowned out by the torrential rains. A time or two, I thought our house was going to slide off the cliff into the Pacific.

And did I mention the volcanic eruption? That's a whole 'nother story. Fortunately, Kilauea was quiet while we were there, but still. Paradise has its costs. And yet, for all the potential downsides, Hawaii is beautiful. Unrealistically beautiful. Every picture looks like a postcard. Every day is summer. It's like a dream. Who wouldn't want to be there in the middle of the winter? That's a trick question. If you turn on the radio in Hilo, you hear them giving away trips to Las Vegas, and when you talk to people in Hawaii they ask about the mainland. Perhaps it's human nature always to want what you don't have.

### **No such thing as a perfect warm-weather vacation with your family**

Truth is, you'll never find a perfect warm-weather vacation destination for your family. Even when you think you have, you'll discover the blemishes — the not-so-perfect things that make you want to visit another place.

One of my middle son's favorite destinations, Savannah, is the only warm-weather destination that seems to have embraced its imperfections and even elevated them to an art form. Savannah has hot summers and mild — sometimes cool — winters. Its downtown is both quirky and historic but far from squeaky-clean. They seem to like it that way. Also, this is where my family hit the shores of America a century ago, so it holds a deep meaning for the Elliots.

**Warm Weather Vacation** continued on page 9

## WHEN IT COMES TO REMODELING, WHO CAN YOU TRUST?



### **HandyBob414?**

This man claims he can do everything from garage doors to kitchens, electrical to concrete. His profile is no more real than his skills. He's handy, all right. You hand him some money, and wave it goodbye.

©2019 NARI Milwaukee

When it comes to remodeling, you know you can trust NARI. All NARI members are experienced, proven, qualified — and verified by local people who know the industry and have your back.

Join us February 15-17 for the NARI Spring Home Improvement Show! Meet with true professionals and discuss your next project. Tickets and details at [NARImilwaukee.org](http://NARImilwaukee.org) or by calling NARI at (414) 771-4071.



**MILWAUKEE'S  
LARGEST HOME SHOW!  
FEBRUARY 15 - 17**

#RemodelingDoneRight





**"The best things in life are the people we love, the places we've been and the memories we've made along the way."** — Unknown

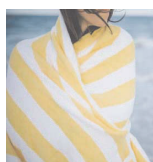
**GLENWOOD SPRINGS, COLORADO.** If you are looking to travel, desire to see someplace new, want to relax yet experience thrills and adventure, I would recommend Glenwood Springs, Colorado. A 1200 mile car trip, approximately a 3 hour flight or a relaxing 36 hour journey by Amtrak, Glenwood Springs offers a wide array of vacation options.

Glenwood Springs is a great place for tourists, but not a "tourist trap." Whether an empty nesting couple, a young family or somewhere in between, there are many choices of activities, places to stay and great places to eat. The prices are affordable and the memories are priceless.

An area known for geothermal hot springs, Glenwood Springs has long been a destination for health seekers. Since 1887, tourists have come to the Springs for the Vapor Caves, Hot Springs and mountain views. Surrounded by the White River National Forest, the area is abundant in wildlife and turquoise water.

Glenwood Canyon is the gateway to Glenwood Springs. The 16 mile canyon provides visitors with many opportunities for hiking, biking, rafting, canoeing, fishing and wildlife viewing. Enjoy the natural beauty of the Colorado River or the adventure of a tram ride from the valley floor to the Glenwood Caverns Adventure Park on top of a mountain. The variety of memorable experiences was what inspired readers of Elevation Outdoors to choose Glenwood Springs as the "Top Adventure Town."

Check out Glenwood Springs for yourself at [www.visitglenwood.com](http://www.visitglenwood.com).



## Warm Weather Vacation

continued from page 8

I see Savannah as a metaphor for warm-weather vacations. You will find warmth, but you will also find something else — more people, high prices, maybe crime. And it will be fine. Then you'll return and say, "There's no place like home."

### For the almost-perfect warm-weather vacation, plan ahead

You can still have an almost-perfect warm-weather family vacation, or something close to it. As someone who is based in a warm place (Arizona) and is currently writing a story from a warm place (Hawaii) I can tell you — it's possible.

**Don't go too far.** A lot of families immediately think of Florida, California or Hawaii. You don't have to drive or fly far to find warmth. South Carolina and Georgia are pretty nice at this time of year, too. If you live in Northern California and need to get out of the cold, try Los Angeles or Santa Barbara.

**Set realistic expectations.** Winter happens even in warm destinations. LA gets cloudy and even cool. It can snow in Georgia and South Carolina. Don't promise your family fun in the sun. The weather gods may not deliver.

**Ignore the tourism propaganda.** Wherever you go, you'll find crowds of visitors who want the same thing. So wipe that image of the deserted beaches out of your mind. You're probably better off ignoring the tourism websites and reading the local online newspaper to get a more realistic idea of what awaits you.

I'm taking the road less traveled. When everyone else hits the west coast of Florida, I like to head north to a little area called the Forgotten Coast, which is a little cooler, but abandoned in January. It's also a good time to see one of my favorite Arizona destinations, Sedona.

Escaping to the warmth has its advantages and disadvantages. But if you take a little time to research your destination, you can have an experience that's as close to perfect as it gets.

Christopher Elliott's latest book is "How To Be The World's Smartest Traveler" (National Geographic). He edits the family adventure travel [blogwww.awayishome.com](http://blogwww.awayishome.com)

## 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

## Take the Scenic RV Route to HUGE SAVINGS!!

**ALL NEW In-Stock Travel Trailers,  
Fifth Wheels, Pop-ups & Park Models!**



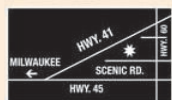
**Over 300 In Stock RVs  
Sale Priced & Ready  
for Camping!**

### Choose From:

- Big Country
- Salem
- Flagstaff
- Shamrock
- Trail Runner
- Vengeance
- Salem Hemisphere
- Elk Ridge
- Fairmont
- Skyline
- Salem FSX
- Viking
- Salem Villa
- E-Pro
- Flagstaff Hardside & Tent Campers

### SLINGER

Between Hwys. 41 & 45, Exit  
Hwy.60 to Scenic Rd. South  
**1-800-568-2210**



### SCENIC



**CENTERS  
SALES & SERVICE**  
[www.scenicrv.com](http://www.scenicrv.com)

### BARABOO

1/4 mile South of I-90/94  
on Hwy 12

**1-877-898-7236**





# Can't Hear on the Phone?

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



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)

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

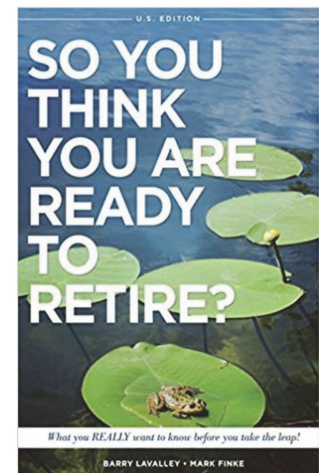
Tom Slattery, your local Outreach Educator, works within your community to help anybody who needs this phone gain access to the program.

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

## 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](http://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**



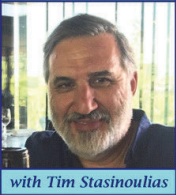
# YOUR 2019 FINANCIAL TO-DO LIST

Question about  
YOUR MONEY?  
Ask Tim.



This is a great time to think about the investing, saving, or budgeting methods you could employ toward specific objectives, from building your retirement fund to lowering your taxes. You have plenty of options. Here are a few that might prove convenient.

## Your Money



with Tim Stasinoulis

**Can you contribute more to your retirement plans this year?** In 2019, the yearly contribution limit for a Roth or traditional IRA rises to \$6,000 (\$7,000 for those making “catch-up” contributions). Your modified adjusted gross income (MAGI) may affect how much you can put into a Roth

IRA: singles and heads of household with MAGI above \$137,000 and joint filers with MAGI above \$203,000 cannot make 2019 Roth contributions.

For tax year 2019, you can contribute up to \$19,000 to 401(k), 403(b), and most 457 plans, with a \$6,000 catch-up contribution allowed if you are age 50 or older. If you are self-employed, you may want to check into a SEP or Simple IRA to increase your contribution limits beyond that of a traditional IRA.

**Your retirement plan contribution could help your tax picture.** If under 70½ in 2019, you can cut your taxable income through a contribution to qualified retirement plan or IRA. Should you be in the new 24% federal tax bracket, you can save \$1,440 in taxes as a byproduct of a \$6,000 traditional IRA contribution.

**Should you go Roth in 2019?** You might be considering that if you only have a traditional IRA. This is no snap decision; the Internal Revenue Service no longer gives you a chance to undo it, and the tax impact of the conversion must be weighed versus the potential future benefits. If you are a high earner, you should know that income phase-out limits may affect your chance to make Roth IRA contributions. For 2019, phase-outs kick in at \$193,000 for joint filers and \$122,000 for single filers and heads of household. Should your income prevent you from contributing to a Roth IRA at all, you still have the chance to contribute to a traditional IRA in 2019 and go Roth later.

Consult your tax or financial professional before you make any IRA moves to see how those changes may affect your overall financial picture. If you have a large, traditional IRA, the projected tax resulting from a Roth conversion may make you think twice.

**Make charitable gifts.** The individual standard deduction rises to \$12,000 in 2019, so there will be less incentive to itemize deductions for many taxpayers – but charitable donations are still deductible if they are itemized. If you plan to gift more than \$12,000 to qualified charities and non-profits in 2019, remember that having a good paper trail is very important.

**Open an HSA.** If you are enrolled in a high-deductible health plan, you may set up and fund a Health Savings Account in 2019. You can make fully tax-deductible HSA contributions of up to \$3,500 (singles) or \$7,000 (families); catch-up contributions of up to \$1,000 are permitted for those 55 or older. HSA assets grow tax deferred, and withdrawals from these accounts are tax free if used to pay for qualified health care expenses.

**Practice tax-loss harvesting.** By selling depreciated shares in a taxable investment account, you can offset capital gains or up to \$3,000 in regular income (\$1,500 is the annual limit for married couples who file separately). In fact, you may use this tactic to offset all your total capital gains for a given tax year. Losses that exceed the \$3,000 yearly limit may be rolled over into 2020 (and future tax years) to offset ordinary income or capital gains again.

**Pay attention to asset location.** Tax-efficient asset location is an ignored fundamental of investing. Broadly speaking, your least tax-efficient securities should go in pre-tax accounts, and your most tax-efficient securities should be held in taxable accounts.

**Review your withholding status.** You may have up-

FINANCIAL TO-DO LIST for 2019 continued on page 17



# 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](http://www.universalserviceswi.com)

## STRESS RELIEF from LAUGHTER?!?



### Mr. Phillard's Twins

One day, Mr. Phillard rushed his pregnant wife over to the hospital. As the doctors were prepping his wife, Mr. Phillard's idiot brother Bill arrived to watch the birth. But when Mr. Phillard saw the blood and everything else, he fainted. When Mr. Phillard woke up he was in a bed with the doctor standing above him.

"Mr. Phillard," the doctor said, "you are in the recovery room. Don't worry, your wife is fine and she had twins, a boy and a girl. Because you were unconscious and your wife was still under anaesthesia, she requested that your brother Bill name the kids."

"What! My brother, the idiot! I can't believe you let him! What did he name them?"

"He named your daughter Denise."

"Hey, not bad! I underestimated my brother. What did he name my son?"

"He named your son Denephew."

My son wanted to know what it's like to be married. I told him to leave me alone and when he did I asked him why he was ignoring me.

I read the mass chicken farms pump chickens full of antibiotics. Well, that would at least explain why chicken soup is so good when you have a cold.

I heard the Secret Service had to change their commands. They can't say "Get down!" anymore when the President is under attack. Now it's "Donald! Duck!"

"I am not available right now, but thank you for caring enough to call. I am making some New Year resolutions in my life. Please leave a message after the beep. If I do not return your call, you are one of the resolutions."

### Chair Philosophy

An eccentric philosophy professor gave a one question final exam after a semester dealing with a broad array of topics. The class was already seated and ready to go when the professor picked up his chair, plopped it on his desk and wrote on the board: "Using everything we have learned this semester, prove that this chair does not exist."

Fingers flew, erasers erased, notebooks were filled in furious fashion. Some students wrote over 30 pages in one hour attempting to refute the existence of the chair. One member of the class however, was up and finished in less than a minute.

Weeks later when the grades were posted, the rest of the group wondered how he could have gotten an A when he had barely written anything at all. His answer consisted of two words: "What chair?"

## Sanctuary or Resort?



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



4929 Landmark Drive | Egg Harbor, WI  
920-868-3205 | Toll-free 800-273-7877

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

*Your relaxation expert*



## Motor Coach Tours Throughout the US & Canada

**Arizona Spring Training Break**  
6 days / March 10 / \$2887 DBL

**Atlantic Coast Mid-Winter Break**  
20 days / March 15 / \$2675 DBL

**Washington D.C.**  
8 days / March 16 / \$1932 DBL

**San Antonio Texas**  
10 days / March 18 / \$1899 DBL

**To the Moon and Back**  
5 days / July 15 / \$1169 DBL

**Nova Scotia Maritimes**  
16 days / July 26 / \$3544 DBL

**Bunch of Boats and an Ark**  
5 days / Aug 5 / \$1199 DBL

**Black Hills & Wild Mustangs**  
6 days / Aug 17 / \$1298 DBL



**LAMERS**  
TOUR & TRAVEL  
[www.GoLamers.com](http://www.GoLamers.com)

Reservations & Information: (800) 236-8687



I've read so many horrible things about drinking and smoking recently that I made a new, firm New Year's resolution: NO MORE READING!

### I LOVE HER BUT...

The police stop an old guy in questionable condition at 1 am. "What are you doing out so late, sir?" asks the police officer. "I'm going to a seminar on 'The harmful effects of alcohol!'" replies the man. "Are you pulling my leg or something?!" says the police officer, "Who would hold a seminar like that at this hour?!" Looking resigned, the man replied " my wife."

Woman to her husband while cuddling: "Please say dirty things to me!"  
Man: "Bath, Kitchen, Living room..."

### Poker TV

People wonder why our kids are getting fat? Maybe it's 'cause we're sitting on our lazy butts on the couch at home watching other people play cards on television? We can't even play cards ourselves. 'Yeah, I'd cut the deck, but I don't want to reach my target heart rate.'

One of my sisters is pregnant for the fifth time. Spent 10 minutes with her four kids, and my ovaries tied themselves in a knot.

A guy is late for an important meeting. But he can't find a place to park. In desperation, he begins to pray. "Please Lord, if you help me find a parking stall right now, I promise to go to church every Sunday and never drink vodka again!" A moment later, he sees a beautiful empty spot right next to the entrance. "Never mind. Found one!"

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

So, a meeting was held and it was decided that every time Pastor Graham's family grew, his remuneration would increase. Years passed by and the good pastor had 7 children. The expense on the pastor's family was becoming a matter of concern for the entire congregation. There was a lot of discussion on how the pastor's ever-growing family was putting a hole in the church's purse. Also how much more would it cost in the future. Pastor Graham interrupted the discussion and said, "Children are the Lord's gift, and we shall have as many as He chooses to give us." There was a pin-drop silence. A fiery old woman got up and said, "Rain is also God's gift, but when there is too much of it, we wear rubbers."

Finding your paper at Columbia St. Mary's Women's Pavilion was the best find ever in newspapers!!! I took them to share at my Dad's place...everybody loved it as much as I did, especially all the jokes and puzzles!! I also really loved the editor's response to the woman that had a problem with the "blonde" jokes in Oct issue! I'm also blonde and I feel the exact same way that the editor feels! I never take offense cuz they're JOKES!! I think that's one of the biggest problems in the world....people have lost their sense of humor. And I'm so thankful you guys are all working to keep it alive!!! THANK YOU!! THANK YOU!!

THANK YOU!!!

With sincere gratitude, Donna N.

## 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**



Family Works Programs Inc.

## 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) 786-0880  
West Brookfield 600 N. Barker Rd. (262) 786-3330

# Are you headed *down the road* to vision loss?

by Cheryl L. Dejewski

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

## What is Glaucoma?

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



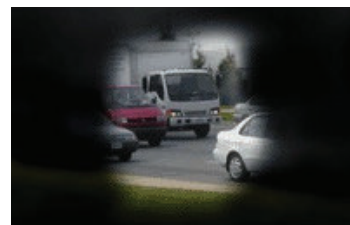
## Is Glaucoma Dangerous?

"Tunneling" (loss) of side vision makes it difficult to safely navigate stairs, stay in your driving lane, detect obstacles, etc. As a result, glaucoma can increase the risk of having a car accident by up to six times and triples the risk of falling.



## Are There Symptoms?

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



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

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

## Are There Risk Factors?

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

## Can Glaucoma Be Cured?

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

## Is Glaucoma Treatable?

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

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

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

## Are There New Treatments?

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

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

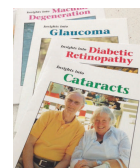
MIGS and laser procedures are often successful at controlling glaucoma and reducing the need for drops. This is especially important for people who already have other conditions requiring daily medication(s) that they have to worry about buying, taking and tracking.

## How Can I Protect Myself?

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

## Free Booklets & Information

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



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

# Eye Care Specialists

## Are you putting your vision at risk?

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

## World-Class Care. Local Convenience.

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

Trusted by more than 185,000 doctors & patients since 1985.

[www.eyecarespecialists.net](http://www.eyecarespecialists.net)



Mark Freedman, MD



Brett Rhode, MD



Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD

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

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

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





# The Truth Behind the Most Popular Diet Trends



By Mayo Clinic Staff

## Thinking about Jumping on the Whole30, Ketogenic Diet, Anti-Inflammatory Diet or Intermittent Fasting Bandwagon? Read this first.

With so many competing — and often contradictory — diet trends, it can be tough to cut through the hype to find a healthy-eating plan that works for you. Check out the evidence behind each of these four increasingly popular eating styles to uncover the real deal.

### Whole30

**How it works:** For 30 days, no sugar, alcohol, grains, legumes, dairy or treats in general are allowed. What's allowed? Moderate amounts of meat, seafood and eggs; vegetables aplenty; some fruit; and natural fats such as nuts and avocado. Herbs and seasonings are A-OK.

**What it promises:** A reboot for your eating habits and your cravings. Plus, the founders say that eliminating these food groups may help with a number of ailments they blame on food sensitivities, such as skin problems, digestive issues, low energy and chronic pain.

**The upsides:** No doubt the Whole30 is strict. But for some people, a black-and-white list of rules stating what you can — and can't — eat, makes it easier to follow (at least for 30 days). Plus, the growing popularity makes recipes and meal plans easy to find. Cutting out snacks and processed foods such as chips and crackers is part of the plan.

**The downsides:** Though the internet is full of anecdotal success stories, there's no scientific evidence of health benefits. Most people return to their previous eating habits after completing the challenge.

**Mayo's verdict:** Not only does it cut out foods that most Americans should eat less of, like added sugars, but it also eliminates healthy foods, including whole grains, dairy and legumes. Don't cut out food groups. Enjoy the variety, including dessert — as long as it's occasional.

### Ketogenic Diet

**How it works:** Bring on the bacon. This high-fat, very low carbohydrate diet typically means eating fewer than 50 grams of carbs a day.

**What it promises:** Getting most of your calories from fat forces your body to use different energy pathways. Instead of carbs for energy, the body burns fat, entering a state called ketosis.

**The upsides:** Ketosis is thought to have brain-protecting benefits: As many as half of young people with epilepsy had fewer seizures after following the diet. And some early research suggests it may have benefits for blood sugar control among people with diabetes. An upcoming study will look at the ketogenic diet as a weight maintenance strategy.

**The downsides:** While the research is exciting, there's very little evidence to show that this type of eating is effective — or safe — over the long term for anything other than epilepsy. Plus, very low carbohydrate diets tend to have higher rates of side effects, including constipation, headaches, bad breath and more. Also, meeting the diet's requirements means cutting out many healthy foods,

making it difficult to meet your micronutrient needs.

**Mayo's verdict:** While recommended for some people with uncontrolled epilepsy, the high fat content — and especially the high level of unhealthy saturated fat — combined with limits on nutrient-rich fruits, veggies and grains is a concern for long-term health.

### Anti-inflammatory diet

**How it works:** While there is no single anti-inflammatory diet, the general approach is a balanced diet full of fresh, wholesome foods. The diet calls for lots of colorful fruits and vegetables, whole grains, fish, tea (instead of coffee), and even dark chocolate and red wine. Fast food? Off the menu.

**What it promises:** Eating whole, unprocessed, largely plant-based foods is thought to fight chronic inflammation and help counteract stress and environmental toxins. In turn, this may lower your risk of heart disease, cancer and Alzheimer's.

**The upsides:** Fresh fruits and vegetables? Check. Whole grains? Check. Healthy omega-3 fats? Check. Chocolate and wine? Double check.

**The downsides:** Learning to prepare fresh, plant-based foods can be more time-consuming than relying on pre-packaged or fast food.

**Mayo's verdict:** Just like the Mediterranean diet it's based on, this approach to eating is nutritionally sound and not overly restrictive like diet trends.

### Intermittent fasting

**How it works:** There are two common approaches to fasting: One is to eat very few calories on certain days, then eat normally the rest of the time. The other involves eating only during certain hours. A common recommendation is to not eat for 12-16 hours from the time of your last meal until your next meal — ideally fasting through the night until the next day.

**What it promises:** Even with free eating periods, fasters tend to take in fewer calories overall, resulting in weight loss. Advocates believe that intentionally depriving your cells of calories may slow the progression of age-related diseases.

**The upsides:** Some people find it easier to have bulletproof willpower for just part of the time than to eat more moderately all of the time. Several small studies have found lower blood sugar, blood pressure and cholesterol levels with fasting.

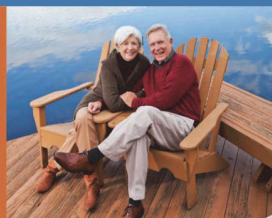
**The downsides:** Larger, long-term studies are still lacking, so most of the proposed benefits are theoretical or based on animal research.

**Mayo's verdict:** There's simply not enough research (yet) to support or debunk this trend, and shortening your eating window may make it difficult to get the vitamins and minerals you need. Athletes especially may find it difficult to fuel and refuel appropriately for an active lifestyle.

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

New year, new friends,  
**NEW HOME.**



Lease a 2-bedroom  
independent living  
apartment for the price  
of a 1-bedroom!\*

Independent living at The Chopin at Wilson Commons offers seniors a vibrant social life with activities and outings. From seminars to religious services, Wilson Commons gives you plenty of life-enriching opportunities to learn, socialize, and have the time of your life.

**WILSON COMMONS**  
A CAPRI SENIOR COMMUNITY

1400 W. Sonata Dr, Milwaukee  
CapriCommunities.com

Start the new year in a new home.  
Call (414) 281-2450 to schedule your personal tour.

\*Limited availability. Restrictions apply. Please call for details.





# Here are 10 Great Ways to Improve Your Personality in 2019

We humans have the power and ability to shape our personalities however we wish. When we develop ourselves to be all that we can be, we contribute to our own, as well as the happiness of others.

By Z. Hereford  
www.essentiallifeskills.net

**Be a better listener.** Jacqueline Kennedy Onassis was considered one of the most charming women in the world because she cultivated the skill of being an exceptional listener. She was known for the way she would look a person in the eyes, hang on their every word, and make them feel important. There is nothing more appealing than having someone listen to you intently making you feel like you're the only person in the world.

**Read more and expand your interests.** The more you read and cultivate new interests, the more interesting you are to others. When you meet new people it gives you the opportunity to share what you know and to exchange your views with them.

**Be a good conversationalist.** This relates to how much you read and know. Once you have much to contribute, learn how to talk about it with others. No one can read about or know everything, so it's refreshing to learn from others those things we don't have the time to about read ourselves. If you're shy, join a group like Toastmasters that encourages you to talk about what you know.

**Have an Opinion.** There is nothing more tiresome than trying to talk to someone who has no opinion on anything. A conversation has nowhere to go if you have

nothing to expound on. If, however, you have an uncommon point of view or differing opinion, you are more interesting and stimulating to be with socially (unless you're a know-it-all, of course). A unique outlook expands everyone's perspective.

**Meet New People.** Make the effort to meet new people especially those unlike you. It not only exposes you to different cultures and alternative ways of doing things, it broadens your horizons.

**Be yourself.** The next most tiresome thing after having no opinions is trying to be something you're not. Molding yourself in order to fit in, or be accepted, usually backfires. Since each of us is unique, expressing that uniqueness is what makes us interesting. Attempting to be a carbon copy of someone else not only falls flat, but reveals a lack of authenticity.

**Have a positive outlook and attitude.** Who wants to be around people who are negative, complain a lot, or have nothing good to say? In fact, most of us run when we see them coming. Instead, be the kind of upbeat person who lights up a room with your energy when you enter it. Do it by looking for the best in people and things. Smile warmly, spread good cheer, and enliven others with your presence.

**Be fun and see the humorous side of life.** Everyone enjoys the company of someone who makes them laugh, or smile, so look for the humorous, quirky side in a situation - there always is one. Comic relief is a much welcome and needed diversion at times. When you can add fun and lightheartedness to an otherwise dull or gloomy setting, others will naturally be attracted to you, not to mention grateful.

**Be supportive of others.** Being supportive is probably the most endearing quality you can integrate into your personality. Just as you yourself welcome it, be the support for others when they need it. We all love a cheerleader in our corner; someone who is encouraging, believes in us and helps pick us up when we're down.

**Have Integrity (with a capital I)** and treat people with respect. Being honest and true to your word will bring you the admiration, respect and gratitude of others. Nothing improves a person's personality more than integrity and respect - respect for others, as well as respect for yourself.

On a related note, having a pleasant, engaging personality is significantly related to Emotional Intelligence (EI or EQ). Those of us possessing high EI invariably have great personalities. :)

## Algonquin Manor

an affordable, welcoming  
senior living community!



- ☀ One & Two Bedrooms
- ☀ Laundry Facilities
- ☀ Underground Parking
- ☀ Workout Center
- ☀ Community Room
- ☀ Pets allowed

*Heat & Water Included!*

**Available for immediate move-in  
1 and 2 bedrooms\***

\*Income restrictions may apply to some units

*Contact us today!*

**414-357-7100**

algonquinmgr@commonwealthco.net  
algonquinmanor.com

5005 W. Bradley Rd  
Brown Deer, WI





**1 month rent  
FREE**  
up to \$1,290 value  
Discount only applied to Studio & 1 Bedroom  
apartments on the 4th month's rent.  
Expires 1/31/19

**HEALTHCARE & COMMUNITY LIVING**

### INDEPENDENT APARTMENTS

#### SERVICES & AMENITIES

- Heat, A/C, Electricity, Water
- Fitness Room & Program
- Underground Parking
- 24hr Emergency Call System
- Chapel & Pastoral Care
- Wellness Nurse
- Medical Clinic
- Therapy Services (if ever needed)
- Banking
- Convenience Store
- Housekeeping & Laundry
- Dining Room & Bistro
- Senior Community Club





**TOUR TODAY!**  
**(414) 607-4322**



## YOUR 2019 FINANCIAL TO-DO LIST

# FINANCE

continued from page 11

dated it last year when the I.R.S. introduced new withholding tables; you may want to adjust for 2019 due to any changes in your family, income, or employment status.

**Marriage, divorce, new child, or passing of a loved one?** If so, please review the beneficiaries of your workplace retirement plan account, your IRA, and other assets. The same goes for your insurance coverage. If you will have a new last name in 2019, you will need a new Social Security card. Additionally, individual retirement savings and investment strategies should be reviewed and adjusted if needed.

**Are you coming home from active duty?** If so, go ahead and check the status of your credit and the state of any tax and legal proceedings that might have been preempted by your orders. Make sure any employee health insurance is still in place. Revoke any power of attorney you may have granted to another person.

**Consider the tax impact of any upcoming transactions.** Are you planning to sell (or buy) real estate next year? How about a business? Do you think you might exercise a stock option in the coming months? Might any large commissions or bonuses come your way in 2019? Do you anticipate selling an investment that is held outside of a tax-deferred account? Any of these actions might significantly impact your 2019 taxes.

**If you are retired and older than 70½, remember your year-end RMD.** Retirees over age 70½ must begin taking Required Minimum Distributions from traditional IRAs, 401(k)s, SEP IRAs, and SIMPLE IRAs by December 31 of each year. The I.R.S. penalty for failing to take an RMD equals 50% of the RMD amount that is not withdrawn.

**Plan your RMDs wisely.** If you do so, you may end up limiting or avoiding possible taxes on your Social Security income. Some Social Security recipients don't know about the "provisional income" rule – if your adjusted gross income, plus any non-taxable interest income you earn, plus 50% of your Social Security benefits surpasses a certain level, then some Social Security benefits become taxable. Social Security benefits start to be taxed at provisional income levels of \$32,000 for joint filers and \$25,000 for single filers.

**Lastly, should you make 13 mortgage payments in 2019?** There may be some merit to making a January 2020 mortgage payment in December 2019. If you have a fixed-rate loan, a lump-sum payment can reduce the principal and the total interest paid on it by that much more.

Talk with your fiduciary financial and tax professionals as soon as possible in 2019, and vow to focus on being healthy and wealthy in 2019.

Do you have a financial question for Tim? Tim can be reached at (262)369-5200 or [info@aegiswi.com](mailto:info@aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI. Tim and his team specialize in providing insightful and objective financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice.

**We have enough youth.  
How about a fountain of 'smart'?**



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

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

**Family Owned and Operated**  
Title 19 & Pre-Arrangements

Call for more details  
**414.453.1562**  
Two locations to serve you!  
Serving all of Wisconsin



## 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](http://heritagesenior.com)

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

## AFFORDABLE 1 & 2 BEDROOM APARTMENTS FOR SENIORS 55 AND BETTER

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



Ask about our  
**Rent Specials!**

**PRAIRIE  
MEADOWS**  
SENIOR APARTMENTS 66

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

\*Income limits apply. Call for details.

*the Meetinghouse*  
at Milwaukee 66

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

\*Income limits apply. Call for details.

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

INDEPENDENCE • DIGNITY • INDIVIDUALITY • CHOICE • PRIVACY



## Assisted Living and Memory Care Communities

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

*Communities in:*

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

**HERITAGE  
SENIOR LIVING**

*Assisted Living and Memory Care Communities*

844-658-4475 • *heritagesenior.com*

# NATIONAL DAY *Calendar*

## JANUARY 1

National Hangover Day

## JANUARY 2

National Buffet Day

## JANUARY 3

National Fruitcake Toss Day

## JANUARY 4

National Spaghetti Day

## JANUARY 5

National Whipped Cream Day

## JANUARY 6

National Cuddle Up Day

## JANUARY 7

National Bobblehead Day

## JANUARY 8

National Bubble Bath Day

## JANUARY 9

National Apricot Day

## JANUARY 10

National Cut Your Energy Costs Day

## JANUARY 11

National Step in the Puddle and Splash Your Friends Day

## JANUARY 12

National Curried Chicken Day

## JANUARY 13

National Sticker Day

## JANUARY 14

Dress Up Your Pet Day

## JANUARY 15

National Hat Day #NationalHatDay

## JANUARY 16

National Nothing Day

## JANUARY 17

Get to Know Your Customers Day

## JANUARY 18

National Winnie The Pooh Day

## JANUARY 19

National Popcorn Day

## JANUARY 20

Cheese Lovers Day

## JANUARY 21

National Hugging Day

Squirrel Appreciation Day

## JANUARY 22

National Blonde Brownie Day

## JANUARY 23

National Pie Day #NationalPieDay

## JANUARY 24

National Peanut Butter Day

## JANUARY 25

National Irish Coffee Day

## JANUARY 26

National Spouses Day

## JANUARY 27

National Chocolate Cake Day

## JANUARY 28

National Have Fun At Work Day

## JANUARY 29

National Puzzle Day

## JANUARY 30

National Croissant Day

## JANUARY 31

National Inspire Your Heart With Art Day



[illegible]

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

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

# A WOMAN'S THINKING FOR A HAPPY LIFE.....

Beginning today, when I look at my butt in the mirror I will think, "Good grief, look how smart I am!"

**Darling, do you think I've  
gotten too fat?  
Worry not my dear. Every  
good steak has some  
proper lard.**

[illegible]

Crossword on page 22

**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

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



WISCONSIN TALKING BOOK  
AND BRAILLE LIBRARY



## Cottonwood Trails Apartments

**4600 S. Nicholson Ave**  
**Cudahy**

## A Senior Complex

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

**cottonwood@bearproperty.com**

- 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**

# Has an Employer's Market Upset Your Work-Life Balance?



## 5 Tips for Ensuring A Desirable Lifestyle

With reports of the unemployment rate dropping to 7 percent, lower than it was even five years ago and down from a peak of 10 percent in October 2009, many are breathing a sigh of relief. But the effects of a long bout of high unemployment are sure to have thrown off the balance of employee well-being, says former Exxon executive Bob Epperly.

"Of course, the rate does not take into account those who are *underemployed*, including over-skilled workers in menial jobs and those with too few hours. For those lucky enough to have decent employment, many feel insecure and are willing to skew their work-life balance into a tailspin, with exaggerated emphasis on their career," says Epperly, a CEO who realized at age 55 that even a very successful career cannot fulfill every aspect of life.

"Most people cannot afford to simply refuse the demands of their job, so what's a worker to do?"

Epperly, author of "Growing Up After Fifty: From Exxon Executive to Spiritual Seeker," (www.bobepperly.com), offers tips for correcting lifestyle imbalance.

• **It's never enough.** Ambition is admirable, but if it's all that drives you, no matter how much you accomplish, it will never be enough. If professional ambition is more important to you than anything else in your life, that's a red flag that your life is dangerously unbalanced. The consequences will be painful feelings of emptiness, lack of fulfillment, and having missed out. Take steps now to restore balance, beginning with personal, non-work relationships.

• **No one ever says, at the end of their life, that they should have worked longer and spent less time with family.** When it's all said and done, life is short, and many realize that time is life's most precious resource. Intense focus on work tends to deprive professionals of opportunities with their loved ones – moments and memories that cannot be replaced. Set goals for how much time you'll spend giving your family 100 percent of your attention each day and week, and stick to them!

• **Make communication a top priority!** The importance and value of real communication cannot be overemphasized. "More important than speaking is listening," Epperly says. "My relationships immediately improved when I began listening very carefully to what was being said."

• **Only you are responsible for your life.** The Serenity Prayer goes a long way in work-life balance; it reads: "God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference." Epperly says that recognizing he is responsible for his life and focusing on the aspects of it over which he has influence while recognizing those he needs to let go has been pivotal.

• **Accept who you are.** This can be challenging; it demands courageous self-reflection and letting go of the need for external approval. "When a friend asked me, 'Do you think the world is ready to accept Bob Epperly just as he is?' I suddenly saw that I had always felt I had to accommodate; that I wasn't okay as I am," he says. "I started to give myself permission to be me."

Bob Epperly worked in management at Exxon Research and Engineering Co. for more than 20 years and co-authoring a book entitled, "Interactive Career Development: Integrating Employer and Employee Goals". He now coaches people who seek life-transforming career change.



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.





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](http://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



**DID YOU KNOW:** In the 19th century, craftsmen who made hats were known to be excitable and irrational, as well as to tremble with palsy and mix up their words. Such behaviour gave rise to the familiar expression "mad as a hatter." The disorder, called hatter's shakes, was caused by chronic mercury poisoning from the solution used to treat the felt of the hat. Attacking the central nervous system, the toxin led to behavioral symptoms.



## Exercise Tip

Put your gym clothes right over your alarm clock or phone when you go to bed: This technique sounds rather simple, but has been one of the most powerful ones. If you put everything the way you want it for the gym before you go to sleep and put your alarm under your gym clothes, you will have a much easier time to convince yourself to put your gym clothes on.



It's a New Year,  
Time for a New You.



Find opportunities to share your precious gift of time as a volunteer and improve your overall health by taking a class at the Center for Enrichment.

To request a course catalog  
or for more information:

(414) 546-7000  
[info@clementmanor.com](mailto:info@clementmanor.com)  
[clementmanor.com](http://clementmanor.com)



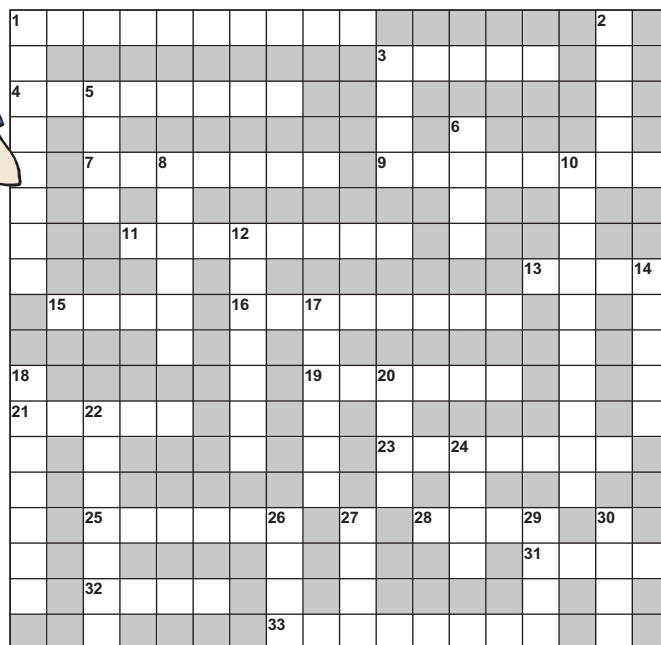
Center for Enrichment  
9405 W. Howard Ave

Clement  
Manor

Sponsored by the School Sisters of St. Francis

# Crossword junkie

abcdefghijklmnopqrstuvwxyz



Answers on page 19

## ACROSS

1. Grateful
3. Slang for a period of time
4. Feeling bitter about
7. Daydream
9. Pirates chest contents
11. Being out of the ordinary
13. No muscle strength
15. Dog pest
16. To recollect
19. Category of potential buyers
21. Often sprained
23. Calmly waiting
25. Not private
28. Friday fry
31. Sole
32. Very close
33. Wrist adornment

## DOWN

1. Vehicle for air travel
2. Popular organ meat
3. Opposite of a need
5. Complete Knight's armor
6. Type of life insurance
8. Come into site
10. Comprehend
12. Worn by some to sleep
14. Slicing tool
17. Expression of time
18. Dearly loved person
20. Tie a knot and hang in there
22. Hard part of knowing a secret
24. The word is this
26. Hair tool
27. Picture in your mind
29. Owl language
30. Otherwise

## The old man and the parrot

An old man was sitting on a bench in the mall when a young man with spiked hair came over and sat down beside him. The boy's hair was yellow and green and orange and purple. He had black makeup around his eyes. The old man just stared at him. The boy said, "What's the matter, old man, haven't you ever done anything wild in your life?" The old man answered, "Well yes, actually, I have. I once got drunk and had sex with a parrot. I was just wondering if you were my son."

## A Question of Ethics

A father is explaining ethics to his son, who is about to go into business. "Suppose a woman comes in and orders a hundred dollars worth of material. You wrap it up, and you give it to her. She pays you with a \$100 bill. But as she goes out the door you realize she's given you two \$100 bills. Now, here's where the ethics come in: should you or should you not tell your partner?"

## Five Horses

This is mythical and deep. Truly beautiful... A man asked an American Indian what was his wife's name. He replied, "She is called Five Horses". The man said, "That's an unusual name. What does it mean?" The Old Indian answered, "It old Indian Name. It mean...NAG, NAG, NAG, NAG, NAG!"

## What's the proper plural of beer?

Sixpack.

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

# INJURED?

## TAKE ACTION!... ACTION LAW!

### Experienced Personal Injury Trial Lawyers



**ACTION LAW OFFICES, S.C.**  
**FREE CONSULTATION**

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

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

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



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



# WE BUY HOUSES.

Inherited properties – Repair problems – Job transfers

- We can pay cash and can close quickly
- We buy "as is"
- We pay most normal closing costs



**HomeVESTORS**  
AMERICA'S #1 HOME BUYER

\*Each franchise office is independently owned and operated.



Call **414-877-0038** today  
for a free, *no obligation* evaluation.

AREA  
ASYLUM  
BARREL  
BATTER  
BETWEEN  
BLAME  
BOTH  
BROWN  
BUSINESS  
CASH  
CHAUFFEUR  
CHEAPER

CRANKY  
DEAD  
DEAR  
DONKEY  
DRASTIC  
DUCHESS  
EITHER  
EXAMPLE  
FAMOUS  
FERE  
FLOUR  
GRANDMA

GROW  
KNOWLEDGE  
LIKABLE  
MESSY  
MIST  
NOTEBOOK  
PERMISSION  
PETAL  
PRESENT  
PROBABLY  
REMEMBER  
RETRIEVE  
SANE

SEVERAL  
SOLDIER  
THAT  
THEM  
THINK  
TOLD  
TOWN  
TRUCK  
VULGAR  
WAIT  
WELLS  
WINDY  
WOOL

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

### Three women...

were sitting naked in a sauna. Suddenly there was a beeping sound. The young woman pressed her forearm and the beep stopped. The others looked at her questioningly. "That was my pager," she said. "I have a microchip under the skin of my arm."

A few minutes later, a phone rang. The second young woman lifted her palm to her ear. When she finished, she explained, "That was my mobile phone. I have a microchip in my hand."

The older woman felt very low-tech. Not to be outdone, she decided to do something just as impressive. She stepped out of the sauna and went to the bathroom.

She returned with a piece of toilet paper hanging from her behind. The other raised their eyebrows and stared. The older woman, with a smile on her face, replied...

"Well, will you look at that... I'm getting a fax!!"

## 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

Dave Lennox  
**PREMIER DEALER**



**LENNOX**

12 years  
Parts &  
Labor  
on Select  
Equipment

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

✓ **WE SERVICE  
ALL MAKES  
AND MODELS**

✓ **FREE IN-HOME  
ESTIMATES**

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

**Humidifiers**

Starting at

**\$395**  
Installed

**Gas Furnace  
Tune-Up**

**\$79.95**

Expires February 1st, 2019

262.763.2653  
BURLINGTON

262.786.2000  
NEW BERLIN

262.673.2500  
HARTFORD

262.293.9285  
MENOMONEE FALLS



**SATURDAY, FEBRUARY 2, 2019**

**WISCONSIN EXPO CENTER at STATE FAIR PARK 10am—5pm**

**VIP Hour 9am—10pm**

***A Benefit for Wisconsin's Animals in Need!***

**MORE EXHIBITORS, ENTERTAINMENT & FUN!**

**VIP Shopping Hour - \$15 (9am-10am) Tickets are Limited!**

**Regular Admission—\$7 (10am-3pm)**

**Reduced Admission—\$5 (3pm-5pm available at door)**

**Kids 12-Under and Veterans—FREE from 10am-5pm**



**Advance Tickets Available at  
[www.petexpomilwaukee.com](http://www.petexpomilwaukee.com)**