

Your

MAGAZINE

LIFE!

April 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



## DIY NATURAL CLEANING PRODUCTS

*that will amaze you!*

~page 10-11



**JOBS!**

**WISCONSIN  
SPRING DESTINATIONS**

**April  
LAWN & GARDEN**

**INSIDE  
THIS ISSUE**

~page 3



FALLS PATIO PLAYERS SPRING MUSICAL

# WONDERFUL TOWN



HANDICAP ACCESS

f t i

## SPRING 2019

April 26, 27, May 3, 4, 2019, 7:30 PM  
April 28 & May 5, 2019, 2:00 PM

TICKETS: Adults \$18 Seniors / Students \$15

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.

Milwaukee's  
**Festival City Symphony**

**Bring the whole family!**

**SYMPHONY SUNDAYS**  
*Classical Music for All Ages*  
2 p.m. at the Pabst Theater  
**MAY 5, 2019**  
*Rhapsody and Romance:  
Legends of the Piano*

**PAJAMA JAMBOREES**  
*Free Classical Pops  
Concerts for Families*  
7-8 p.m. at the Marcus Center,  
Bradley Pavilion  
**MAY 8, 2019**  
*Songs With & Without Words*



262-853-6085  
**FESTIVALCITYSYMPHONY.ORG**

# Milwaukee Baseball IN OUR NATION'S CAPITAL


- Roundtrip Airfare from Milwaukee
- Reserved Seating for 2 Games against Washington
- 3 Nights Hotel in the heart of Washington, DC
- DC Sightseeing, Most Meals and More!

**August 15-18, 2019**

**PRICING:**  
\$1,477 Double Occupancy  
\$1,765 Single Occupancy

**Country Travel DISCOVERIES**  
AUTHENTIC TRAVEL EXPERIENCES

Reserve by calling **262-923-8120**  
13416 Watertown Plank Road, Suite 200  
Elm Grove, Wisconsin 53122  
[CountryTravelDiscoveries.com/DC](http://CountryTravelDiscoveries.com/DC)





# From the Publishers

APRIL 2019



Opening Day 2019. A win for the Brewers and a Bloody Mary for us!

Mooching around in the backyard sure is fun during spring. The birds sing like crazy, there's green sprouts and new life bursting through the brown patches, and there's plenty of puddles and mud to play in. It was free entertainment for my brothers and I to pull on our rubber boots and hit every knee-high spring puddle we could find, float our little improvised boats and play till dark. Neighbors start to materialize and it's coffee and gossip time at the mailbox. We air out the house and bring in the breeze.

We grab the calendars and start plotting weekends and summer days to spend with

friends and family. Out come the bikes and boats and fishing rods. New seeds are planted both in our beautiful gardens and in our very lives. :)

Opening Day at the stadium is another spring tradition in our house. We were blessed with a sunny day and a victory to start the season. I was delighted to go home with sunburn on my face!

The holiest season of Easter is also a big part of our family celebration - a time of spring cleaning and re-newing both inside and out. In our high-tech, multi-tasking, twitter world, it's easy to forget about the necessity of discovering and re-discovering our source of spiritual strength. Try to find a moment this month, a favorite chair by a sunny window or a perfect spot in your backyard, to really relax and re-establish that relationship. Like the saying goes 'Peace be with you.' So take it with you as we spring into a season of renewal, sunshine, weeding, planting, painting and fixing.

NEW THIS MONTH: Check out our Employment opportunities - page 27. Thank you for reading our April issue. Take a second look and pass along some business to our wonderful advertisers. Be well and happy and smile at your first daffodil...

**LIFE.** *Enjoy it!*

Sandy and Tom Draelos

## INSIDE THIS ISSUE



### 5 Cites Perfect for Spring in WI

Blooming flowers, migrating birds, splashing waterfalls, even a 100-mile garage sale - these are just a few reasons why you should visit one of these five destinations this spring.

-page 13



### April/Spring Yard Care

Knowing what not to do at this time of year is about as important as knowing what you can or should do...

-page 6



### The Fish Fry Adds Healthy Omega-3 to Your Diet

Yes, it's true. So head to your favorite fry or make it at home. No guilt involved!

-page 9



### Get Ready for Summer Camp!

-page 12

LOCAL CALENDAR.....	page 4
FINANCE: Tax Considerations.....	page 14
EARTH Day.....	page 19
Assisted Living Tour Tips.....	page 21
Spring is MOVING TIME.....	page 22
LAUGH out LOUD.....	page 24
WORD SEARCH.....	page 25
CROSSWORD.....	page 26
EMPLOYMENT OPPORTUNITIES.....	page 27

Your LIFE! 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

#### OPERATIONS MGR

Thomas Draelos

#### ADVERTISING

Advertising Sales Associates  
Vicki Huber | Kelly Larson

#### SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

FAX: (414) 586-9474

milwaukeepublishing@wi.rr.com

www.Boomersnewspaper.com



Your **LIFE!**

Enter to win our monthly drawing!

**\$50.00**

Congratulations  
Shawnee Barnes!  
Our winner last month  
from Saint Francis

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

Entry Deadline: April 25, 2019



#### April 4th-7th

**Wheel & Sprocket 35th Annual Bike Expo**  
WI State Fair Park  
Largest bike sale in the nation with over 2,000 bikes on sale and ready to ride home along with 1,000's of accessories

#### April 6th

**The Dare to be Aware Fair**  
Alverno College

Over 100 exhibitors and free presentations showcasing health and wellness, personal growth, life coaching, readings, herbs, organic, natural items and more. \$5

#### April 6th

##### HOGS-n-Dogs

Milwaukee Harley-Davidson  
Bring your pup into the dealership for a fun afternoon. Treat and food samples by Exclusively Pet. Bella & Nuka will have an awesome set up of handmade unique pet wear. Rolling Thunder will be here serving Hot Dogs to raise funds for Run to the Wall.  
All well socialized, leashed pups are welcome

#### April 6th

##### Wisconsin History Theme Day

Milwaukee Public Museum  
Spend the day at MPM and immerse yourself in Wisconsin's history! Learn about our great state from more than a million years ago up to the last century

#### April 11th

##### Old Fashioned Happy Hour

How Dry I Am: Prohibition Milwaukee  
Milwaukee County Historical Society  
Join us at the Milwaukee County Historical Society for drinks, our Prohibition exhibit, and to explore the Roaring 20's.

There is no place better to have an Old Fashioned than Milwaukee, and why not do so while enjoying the feature exhibit, How Dry I Am: Prohibition Milwaukee. Your night is complete with free admission to the Society, a chance to see drink demonstrations by Bittercube, maker of local Milwaukee bitters, and listen to tunes of the time with WMSE. 5-8pm. Free

#### April 11-14th

##### Art in Bloom

Milwaukee Art Museum  
Celebrate the arrival of spring at Art in Bloom. Discover stunning art-inspired floral installations set among three floors of the Museum's Collection Galleries. This annual event has something for everyone, from family activities to the popular fashion show. Venture into a world of art and flowers for a few hours—or all four days

#### April 12th

##### Beatles vs. Stones: Showdown

Wisconsin Center District  
The British Invasion brought us the Beatles

and the Rolling Stones, as well as the liveliest debate in rock history – which band is the greatest? Engage in an on-stage, mash-up duel featuring internationally renowned tribute bands, Abbey Road and Satisfaction, coming together on stage for an amazing encore makes this show a once-in-a-lifetime event

#### April 12-14th

##### Midwest Gaming Classic 2019

Wisconsin Center  
The Midwest Gaming Classic is a trade show featuring 100,000+ square feet of retro and modern home video game consoles, pinball machines, arcade video games, computers, table top gaming, crane games, collectible card games and air hockey, and that's just the start

#### April 13-14th

##### Wisconsin Bridal & Wedding Expo

Wisconsin Center  
Find the perfect gown, DJ, photographer, reception venue, band, honeymoon destination and so much more

#### April 13-20th

##### East Troy Railroad Bunny Train

East Troy Railroad Museum & Depot  
Family fun on the East Troy Railroad's Bunny Train! Enjoy face painting and coloring at the East Troy depot before departure. Then take a ten-mile round trip to the Elegant Farmer, where kids will see live bunnies and chicks and the Easter Bunny

#### April 18th

##### Neighborhood Night

Betty Brinn Children's Museum  
Free admission at the Betty Brinn Museum from 5-8 p.m. on the third Thursday of every month

#### April 23rd

##### Laughing Lunch

Pabst Milwaukee Brewery & Taproom  
1037 W. Juneau Ave, Milwaukee  
11:30am-1pm

Break up your usual lunch routine and join us for some laughs! Milwaukee Comedy and NEWaukee team up to bring you a lineup of Milwaukee's best comics. Complimentary lunch will be provided! Milwaukee Comedy is Milwaukee's premiere live comedy production company, presenting dozens of unique and original events every year in intimate and exciting venues across Milwaukee

#### April 26th

##### Historic Third Ward Gallery Night ART Bus

The Pfister Hotel  
Tour multiple galleries and locations. On the ART Bus you will find a live local singer songwriter, wine and beer, and a great way to meet new people \$25/person. Art novice, expert, or anywhere in between, the ART Bus is a great way to explore Milwaukee's spectacular art scene both on and off the bus

#### April 27th

##### Brewcity Bruisers Roller Derby 2019

Wisconsin Center District at UW-Milwaukee Panther Arena  
The Brewcity Bruisers are comprised of four home teams: Crazy 8s, Rushin' Rollettes, Shevil Kneivels, and Maiden Milwaukee

#### April 27th

##### Earth Day at Menomonee Valley

Urban Ecology Center  
3700 W Pierce St, Milwaukee  
Meet new people and enjoy helping the Earth!

Continued on page 5



Located in the Heart of Milwaukee's East Side  
**1101 E. Brady Street, Milwaukee • (414) 272-4623**  
Tuesday-Saturday 6:30am-5pm  
Sunday 6am-1pm  
[www.PeterSciortinosBakery.com](http://www.PeterSciortinosBakery.com)

**Buona Pasqua!**  
Happy Easter!

### EASTER SPECIALS

- Fancy Italian Bread (Cross, Braid, Artichoke)
- Pupa cu l'uova  
(buy 5 get one free!)
- Our famous Italian Cookies including  
Cucidati (Italian fig cookies)  
Cassatina Siciliana  
Cassata Siciliana



**Visit our website for a complete list and view of our Italian Cookies. We ship nationwide, so don't forget your loved ones that don't get these goodies everyday!**





Bring your friends and spend a morning helping in Three Bridges Park, 610 S 35th St, then stay for a community lunch. This year we are partnering with Milwaukee Riverkeeper for the 24th annual Milwaukee Riverkeeper Spring Cleanup! We provide the bags and gloves, and you provide the energy to pick up trash, litter, and other things that find their way into our river system

#### April 27-28th

##### Art in the Green

Mitchell Park - The Domes

A two-day, indoor art festival at the Domes! Fourth Annual Art Festival. Indoor event showcasing local and regional artists. Art for sale includes ceramics, jewelry, paintings, photography, & more. Enjoy live music and the Japanese Zen Garden in the Show Dome. Food available from vendors

#### May 3rd-4th

##### Stamp and Scrapbook Expo

Exposition Center/State Fair Park

Stamp & Scrapbook Expo events cater to paper crafters of all types and experience levels. Card Makers, Stampers and Scrapbook enthusiasts can find new products and designs from vendors. They can also swap ideas with like-minded crafters and learn new techniques during workshops

#### May 4th

##### Talk Derby

Pier 106 Seafood Tavern and Edelweiss Boats  
106 W Wells St

Get your Derby hat ready and watch the 145th running of the Kentucky Derby! Drink specials, authentic Derby style food, and a contest for the best dressed. Experience the Jim Beam julep ice luge - mint juleps poured down the Derby sculpture. Special edition \$15 Derby Day Edelweiss Cruises - prerace cruise from 3-4:30pm or after the race from 6:30- 8pm. Purchase at [www.edelweissboats.com](http://www.edelweissboats.com) or by calling 414-276-7447. Recommend pre-purchase tickets for the cruise as they will both sell out

#### Now thru April 27

##### How Dry I Am: Prohibition Milwaukee Exhibit

The Milwaukee County Historical Society's 2019 feature exhibit, explores Milwaukee during the Prohibition era (1919-1933). How did nationwide Prohibition happen? How did people and businesses face this tumultuous period? What social and cultural shifts occurred? And how did these times impact Milwaukee and the nation? Explore this pivotal time in our history through historic images, audio and visual media, and interactive experiences

\*\*\*\*\*

## The Exchange

#### April 22nd

##### The Exchange

##### The Grain Exchange

225 E. Michigan, Milwaukee

An intimate gathering of thinkers, creators, and change-makers around a three-course Bartolotta's dinner and enlightening conversation. The Exchange is designed to encourage an honest and open expression around things that matter to you and your community – business cards and pre-conceived notions aren't recommended.

Each Exchange experience will pop up in a new location, feature unique talking points, and spotlight a different industry. The theme of our first Exchange is politics. There will be a few distinguished politicians, a special host to deliver the topic, and open-ended questions to prompt stimulating dialogue.

We invite friends, strangers, introverts, extroverts. All ages, orientations, experience levels, and backgrounds are valued and above all, celebrated!

\$50 ticket includes three-course Bartolotta's dinner.



## Vendor/Craft Fair & Bake Sale

**Saturday, April 13, 10 a.m.-3 p.m.**

**LOCATION: Knights of Columbus**

**732 Badger Ave. in South Milwaukee**


**Come shop 25+ vendors, awesome raffle prizes, plus LOTS of yummy bakery for sale!**

**All proceeds benefit the kitties!!!**

**Visit us at [secondhandpurrs.org](http://secondhandpurrs.org)**



CONCORDIA UNIVERSITY PLAYERS PRESENTS



# THE MOUSETRAP

BY AGATHA CHRISTIE

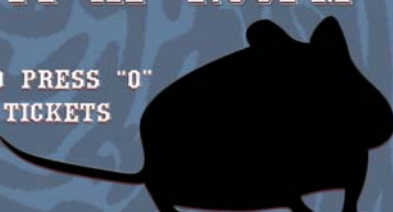
DIRECTED BY ABBEY PITCHFORD

JOIN US FOR A CLASSIC MURDER MYSTERY

APRIL 12-13 AT 7:30PM

APRIL 13-14 AT 1:30PM

CALL 262-243-4444 AND PRESS "0" TO RESERVE YOUR TICKETS



Concordia University Players Presents



# STEEL Magnolias

Directed by  
Lori Woodall-Schaufler

April 26-27 at 7:30pm

April 27-28 at 1:30pm

"I would rather have thirty minutes of wonderful than a lifetime of nothing special."

CALL 262-243-4444 AND PRESS "0" TO RESERVE YOUR TICKETS



## Knowing what not to do at this time of year is about as important as knowing what you can or should do...



*As the weather begins to warm, you may feel the sudden urge... to play in the dirt!*

For example, winter and spring rains can leave parts—maybe all—of your garden pretty soggy. Resist the urge to walk on or dig up planting beds when they're wet! Each footstep compacts the soil and makes drainage worse. Before digging, try this test: grab a handful of soil and firm it into a ball. Then drop it. If it stays in a ball, the soil is too wet to work. If it crumbles or breaks apart, go ahead and start digging. Pay special attention to the weather reports for the next couple of weeks and be prepared to cover tender annuals if cold temperatures are predicted. If cold nights are forecast (and we can probably expect at least a few before the weather warms up for good), protect the tender new growth overnight with sheets, blankets or burlap.

**As you begin to prepare beds** for planting, work plenty of organic matter into your soil. Plants growing in healthy, well cultivated soil need less fertilizer and are better able to deal with disease and insects. In our clay soil, adding organic matter creates structure, increases air space, and helps soil retain moisture in dry weather and drain better in soggy weather. Organic matter includes homemade compost, composted cow manure, leaf humus (which can be bought as Leafgro), pine bark fines and Bumper Crop.

**Now's a good time to clean up your yard** remove downed twigs and branches, and rake up any leaves left on the lawn or caught in ground cover or on flower beds. Cut back ratty looking foliage on perennials that haven't gone completely dormant. Cut back ornamental grasses, including liriope, to several inches above the ground.

### LAWNS


**Lime your lawn if it needs it.** Garden lime lowers the acidity of the soil. If your soil is too acid, it won't be able to use fertilizer as well. If you're not sure whether you should lime, bring in a quart-sized jar of soil to a lawn and garden store. They'll test it for you and let you know whether you need to add lime, and if so, how much lime to apply.

**Fall is the best time to seed lawns**, but if you have thin or bare spots that won't wait til then, now is the next best time. After that, it will be getting too warm for the grass to germinate and get well established before the heat of summer sets in.

**When choosing grass seed**, the two most important things to consider are the amount of sun the area gets and the amount of foot traffic.

SPRING Yard Care continued on page 7






Thallis Hoyt Drake, Founder | Charles Grosz, Executive & Artistic Director

SEASON 18

ACROSS BORDERS • 19 • ACROSS TIME



**APR 13**

• **MYSTICAL ARTS of TIBET** •

*Sacred Music Sacred Dance*

5:00 pm | Tripoli Shrine Center | 3000 W. Wisconsin Ave.

**EARLYMUSICNOW.ORG | 414.225.3113**

In Tandem Theatre presents...



**THE FABULOUS LIPITONES**

BY JOHN MARKUS & MARK ST. GERMAIN

**April 26 - May 19, 2019**

When the fourth member of the singing quartet, The Fabulous Lipitones, keels over, the others must scramble to find a replacement! When they hear the angelic voice of "Bob," they're all ears...but when they meet him, he's not quite who they expected.

A hilarious take on tolerance, preconceived notions, and the perfect path to harmony!

**Tickets: 414-271-1371**

**www.InTandemTheatre.org**

Mention "Your Life" for \$5 off regular priced tickets.  
Not valid with any other discounts or previously purchased tickets.

628 N. 10th Street  
Milwaukee, WI





## SPRING Yard Care

continued from page 6

**Avoid the rush get** - lawnmower maintenance done early, before you need to start mowing the lawn. Buy fuel for your lawnmower and get the blades sharpened. Dull mower blades damage grass blades and leave your lawn more susceptible to disease.

**Pre-emergent weedkillers** get to weeds before they have a chance to germinate. If you've had problems with crabgrass or other weeds such as clover and dandelions in the past, apply an organic pre-emergent depending on the type of weed you need to control.

### SHRUBS AND TREES

**Late March and early April** are good times to prune deciduous (non-evergreen) trees and shrubs that bloom on new wood.

Prune to remove any broken tree or shrub branches. Don't worry about sap bleeding from pruning cuts on elm, maple, dogwood, beech, walnut, birch and redbud. This bleeding won't hurt the tree.

**Remove bagworm bags now** - they contain hundreds of eggs that will hatch soon. Destroy or throw away the bags—don't just knock them down and leave them on the ground.

**Late this month**, prune shrubs that bloom on new wood, such as buddleias, PG hydrangeas, spireas and caryopteris. These are generally plants that bloom in summer, but please ask us if you're not sure about a specific shrub.

**Prune back forsythias** after they finish blooming, cutting off 1/3 of the old canes at the ground.

As long as the ground isn't too soggy - or frozen - this is a great time to plant shrubs and trees. Planting in early spring gives the plants a chance to get their roots established before the summer heat kicks in.

### ANNUALS AND PERENNIALS

**Watch carefully for signs of life in your perennial beds**, and remember that each plant has its own timetable—some never disappear, especially in relatively mild winters; some are early to come up; and some may not show signs of life until April or even early May. In your rush to get some early color into the garden or to prepare beds for spring planting, be careful not to dig up a plant that simply hasn't woken up yet.

**Spring bulbs are emerging.** If the weather turns cold (or even snowy) again, new foliage may be burned by very cold temperatures, but flowers should be OK.

**When your daffodils finish blooming**, cut back the flower stems, but not the leaves. Don't tie them up in bundles, either! Let them mature naturally—they're storing energy for next year.

**If you need a splash of color** this month in your pots or flower beds, pansies and violas, primroses and ranunculus are your best bets for early spring color. All thrive in cool weather, petering out by May or early June when the weather heats up.

Place cages or grow-through rings over peonies as they emerge - it's much easier than trying to corral them when they're big enough to flop all over the place. You can do the same thing with any other plants that flopped over last year.

**Water well and often** if we're not getting an inch of rain per week.

**Early April is a good time to begin your rose care schedule.** And time to start feeding preventive treatments for fungus and disease.

For more information on your garden and lawn maintenance, go to [www.americanplantfood.com](http://www.americanplantfood.com)



## Fur Cleaning Spring Special

**\$79.00** PLUS TAX  
Includes Cleaning,  
Glazing and Storage



*A.J. Ugent Furs*  
Inc.

Capitol Drive at Eighty-fourth St., in Milwaukee

414-463-7777 1-800-544-3877

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



*Spring has returned.  
The Earth is like a child that knows poems.*

~Rainer Maria Rilke

# Consider the Quality of Amish Furniture for Your Spring Remodeling Project!



608-617-2662

W 1996 Barry Road • Dalton WI 53926

[lilacwoodshop@yahoo.com](mailto:lilacwoodshop@yahoo.com)

[lilacfurnituregallery.com](http://lilacfurnituregallery.com)

MON-WED 9-5. FRI-SAT 8-5 Closed Thursday & Sunday

## Hand Crafted Oak and Cherry AMISH Furniture and Crafts

### Dining Room, Living Room and Bedroom Sets on Display

*Custom Orders  
Welcome*



WestLake Dining Room Set



Shaker Hill Hutch



Heirloom Conversion Slat Crib



Luxcraft Adirondack



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

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

Owned and Operated by Levi Mast - Established 1994





# Added FISH FRY BLISS!

## The Wisconsin Fish Fry Adds Healthy Omega-3 to Your Diet

By Mayo Clinic Staff

**If you're worried about heart disease, eating one to two servings of fish a week could reduce your risk of dying of a heart attack.**

For many years, the American Heart Association has recommended that people eat fish rich in omega-3 fatty acids at least twice a week. Doctors have long believed that the unsaturated fats in fish, called omega-3 fatty acids, are the nutrients that reduce the risk of dying of heart disease. More-recent research suggests that other nutrients in fish and a combination of omega-3 fatty acids add to the health benefits from fish.

Some people are concerned that mercury or other contaminants in fish may outweigh its healthy benefits. The benefits of eating fish usually outweigh the possible risks of exposure to contaminants.

**What are omega-3 fatty acids, and why are they especially good for your heart?**

Fish contain unsaturated fatty acids, which, when substituted for saturated fatty acids such as those in meat, may lower your cholesterol. The main beneficial nutrient appears to be omega-3 fatty acids in fatty fish.

Omega-3 fatty acids are a type of unsaturated fatty acid that may reduce inflammation throughout the body. Inflammation in the body can damage your blood vessels and lead to heart disease and strokes. Omega-3 fatty acids may decrease triglycerides, lower blood pressure slightly, reduce blood clotting, decrease stroke and heart failure risk and reduce irregular heartbeats. Eating one to two servings a week of fish, particularly fish that's rich in omega-3 fatty acids, appears to reduce the risk of heart disease, particularly sudden cardiac death.

**Does it matter what kind of fish you eat?**

Fatty fish, such as salmon, lake trout, mackerel, herring, sardines and tuna, contain the most omega-3 fatty acids and therefore the most benefit, but many types of seafood contain small amounts of omega-3 fatty acids.



**Are there any kinds of fish you should avoid?**

Some fish, such as tilapia and catfish, contain higher levels of unhealthy fatty acids. Some researchers are also concerned about eating fish produced on farms as opposed to wild-caught fish. Researchers think antibiotics, pesticides and other chemicals used in raising farmed fish may cause harmful effects to people who eat the fish. However, some farmed fish — salmon, sea bass and trout — have higher levels of omega-3 fatty acids than their wild counterparts.

**How much fish should you eat?**

At least two servings of omega-3-rich fish a week are recommended. A serving size is 3.5 ounces (99 grams), or about the size of a deck of cards. Women who are pregnant or plan to become pregnant and young children should limit the amount of fish they eat because they're most susceptible to the potential effects of toxins in fish.

**Does mercury contamination outweigh the health benefits of eating fish?**

The risk of getting too much mercury from fish is generally outweighed by the health benefits that omega-3 fatty acids have.

The main types of toxins in fish are mercury, dioxins and polychlorinated biphenyls (PCBs). The amount of toxins depends on the type of fish and where it's caught.

Mercury occurs naturally in small amounts in the environment. Industrial pollution can produce mercury that accumulates in lakes, rivers and oceans, which turns up in the food fish eat. When fish eat this food, mercury builds up in the bodies of the fish. Large fish that are higher in the food chain — such as shark, tilefish, swordfish and king mackerel — tend to have higher levels than do smaller fish. Larger fish eat smaller fish, gaining higher concentrations of the toxin. The longer a fish lives, the larger it grows and the more mercury it can collect.

Pay attention to the type of fish you eat and other information such as state advisories. Each state issues advisories regarding the safe amount of locally caught fish that can be consumed.

**Can you get the same heart-healthy benefits by eating other foods that contain omega-3 fatty acids, or by taking omega-3 fatty acid supplements?**

Eating fish rich in omega-3 fatty acids and other nutrients appears to provide more heart-healthy benefits than does using supplements. Other nonfish food options that do contain some omega-3 fatty acids include flaxseed, flaxseed oil, walnuts, canola oil, soybeans and soybean oil. However, similar to supplements, the evidence of heart-healthy benefits from eating these foods isn't as strong as it is from eating fish.

# LAURA'S

## — DBC BAR & GRILL —

### BEST DAMN FISH FRY IN OZAUKEE COUNTY

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

*Sign up for Spring & Summer leagues!*  
**Coed Kickball, Horseshoes, Volleyball & Bocce Ball!**

5208 W. County Line Road • MEQUON 262-242-3677

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

**Enjoy the SUMMER on our SPACIOUS PATIO!**  
(Located on the Ozaukee Interurban Bike Trail!)

Dine inside or out with our full menu:  
appetizers, salads, soups, sandwiches,  
rib & chicken dinners and our  
Fridays -Spectacular All-You-Can-Eat  
Cod FISH FRY(11am-10pm)

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

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

Check our daily specials and upcoming summer events at [www.spankshideaway.com](http://www.spankshideaway.com) or



# 12 Simple Homemade Toxin-Free Cleaners: DIY Recipes to Keep Your Home Clean and Family Safe

## Toxin Detective Homemade All-Natural Cleaners

<p><b>SHOPPING LIST:</b></p> <ol style="list-style-type: none"> <li>1. White vinegar</li> <li>2. Baking soda</li> <li>3. Lemons and/or lemon juice</li> <li>4. Castile soap (Dr. Bronner's is great)</li> <li>5. Borax</li> <li>6. Washing Soda**</li> <li>7. Salt (coarse kosher salt)</li> <li>8. Olive oil</li> <li>9. Essential oils* (*Optional: great anti-microbial options include cinnamon bark, lemongrass, tea tree, thyme and peppermint).</li> </ol> <p>**To make homemade washing soda, see recipe at bottom.</p>	<p><b>All-Purpose Cleaner and Disinfectant</b></p> <ul style="list-style-type: none"> <li>• 1 cup white vinegar</li> <li>• 1 cup water</li> <li>• 10-20 drops of essential oil (optional)</li> </ul> <p>Just put it in a spray bottle and use it on any hard surfaces -- countertops, glass, windows and mirrors. Also works great on stainless steel appliances!</p> <p><b>Disinfectant</b></p> <p>Just add ½ cup of borax to 1 gallon of warm water (this was even used at a hospital to replace other disinfectants &amp; the bacteriologist reported that it satisfied all germicidal requirements!!)</p>	<p><b>Soft Scrub Bathroom Cleaner</b></p> <ul style="list-style-type: none"> <li>• ¾ cup baking soda</li> <li>• Juice from ½ lemon (about ¼ cup)</li> <li>• 3 tablespoons salt</li> <li>• 3 tablespoons castile soap</li> <li>• ½ cup vinegar 10 drops of essential oil (optional)</li> </ul> <p>Mix all ingredients together in medium bowl to make a paste and use a scrub brush or sponge to apply to tub, shower walls, and sinks. Be sure to test a small area to make sure the paste does not scuff surfaces; if it does, just eliminate the salt from the mixture. Then rinse well with water and a wet rag.</p>
<p><b>Laundry Detergent</b></p> <ul style="list-style-type: none"> <li>• 1 cup castile soap</li> <li>• 1 cup washing soda</li> <li>• 1 cup baking soda</li> </ul> <p>Use one tablespoon per load.</p> <p>Other tips: Add a half-cup of lemon juice or vinegar to the rinse cycle or fabric softener compartment as a fabric softener and anti-cling solution. To remove stains, use hydrogen peroxide prior to washing but be sure to test first to make sure it doesn't lift color.</p>	<p><b>Dishwashing Detergent</b></p> <ul style="list-style-type: none"> <li>• 1 cup borax</li> <li>• 1 cup baking soda or washing soda</li> <li>• ½ cup coarse kosher salt</li> <li>• white vinegar (for rinse compartment)</li> </ul> <p>Mix first 3 ingredients well and store in a tightly sealed container. Use 2 tablespoons per dishwasher load. Then add the vinegar to the rinse cycle.</p> <p>*If you have hard water, double the amount of baking soda in your mixture.</p>	<p><b>Toilet Bowl Cleaner</b></p> <ul style="list-style-type: none"> <li>• 1 cup baking soda</li> <li>• 1 cup white vinegar</li> </ul> <p>Sprinkle toilet bowl with baking soda &amp; then slowly pour in the vinegar, being sure vinegar covers as much of the bowl surface as possible. The baking soda will react with the vinegar (this is totally normal). Then use your toilet brush to scrub the surface and remove any rings or stains &amp; flush! Tip: Let ingredients soak for a while to make for easy scrubbing, especially on persistent stains like toilet bowl rings.</p> <p>Tip: To remove mineral buildup, put 1-2 denture cleaner tablets in the toilet bowl and let sit overnight.</p>
<p><b>Silver Polish</b></p> <p>For silverware, place silver on a piece of aluminum foil in a pot, then add 3 inches of water, 1 teaspoon of baking soda &amp; 1 teaspoon salt. Boil for a few minutes rinse and dry.</p> <p>For jewelry, fill a glass jar half full with thin strips of aluminum foil. Add 1 tablespoon of salt and fill with cold water. Drop items in the jar for a few minutes, rinse and dry.</p> <p>A soft bristle toothbrush and toothpaste also work well!</p>	<p><b>Oven Cleaner</b></p> <p>Baking soda and water – that's it!</p> <p>You want to avoid heating up toxic chemical residues with your food, so this one is great and really easy!</p> <p>Just make a past of baking soda and water and spread on oven interior. Leave it there overnight with the over door closed, and then remove with a sponge or nylon scrub pad.</p>	<p><b>Drain Cleaner</b></p> <ul style="list-style-type: none"> <li>• ½ cup baking soda</li> <li>• ½ cup white vinegar</li> <li>• 2 cups boiling water</li> </ul> <p>Pour baking soda down the drain. Then add white vinegar and cover. Let sit for 5-10 minutes. Pour boiling water down the drain (the vinegar and baking soda break down fatty acids, allowing the clog to wash down the drain). This method is also a good preventative and can be used weekly to prevent drain clogs.</p>
<p><b>Furniture Polish</b></p> <ul style="list-style-type: none"> <li>• 1 cup olive oil</li> <li>• 1/2 cup white vinegar or lemon juice</li> <li>• 10 drops lemon essential oil (optional)</li> </ul> <p>Mix well and apply a small amount to a soft rag. Spread evenly over furniture surface and polish with a dry cloth.</p>	<p><b>Floor Cleaner</b></p> <ul style="list-style-type: none"> <li>• 1 cup white vinegar</li> <li>• ½ cup baking soda</li> <li>• 8-10 cups hot water</li> <li>• 1 tablespoon borax</li> <li>• 1 tablespoon washing soda</li> <li>• 30 drops of essential oil (optional)</li> </ul> <p>Mix vinegar and baking soda together in bucket; add hot water, borax, washing soda and essential oil and mix until all powder is dissolved. Use mop or sponge to wipe down floor and wipe dry with clean dry towel.</p>	<p><b>Carpet Stain Remover</b></p> <ul style="list-style-type: none"> <li>• ¼ cup borax</li> <li>• ¼ cup vinegar</li> <li>• ¼ cup salt</li> </ul> <p>Rub paste into carpet and leave on for a few hours. Vacuum and voila!</p>
<p><b>**Homemade Washing Soda: All you need is baking soda!</b></p> <p>Fill a wide baking dish with baking soda. Heat in the oven at 400 degrees until all the baking soda becomes washing soda. It will be more grainy (less powdery), more dull/opaque (not crystallized) and will not clump together.</p>		

Keep in your laundry room, bathroom, kitchen... wherever you keep or do your cleaning. Happy Toxin-Free Cleaning!

**Note: Even though these ingredients are all natural, the borax and washing soda in particular are strong cleaning agents, so best to wear gloves and be sure to store them out of reach of small children!**

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

© Toxin Detective 2015



# Why Change to Natural Cleaners?

Americans use 35 million pounds of toxic household cleaning products annually.



The vast majority of cleaning products contain not one but an abundance of toxic chemicals, which are absorbed through the skin, inhaled into the lungs and ingested as their residues remain on dishes and other household items after they have been washed. According to the Children's Health Environmental Coalition, traces of cleaning chemicals can be found throughout the human body within seconds of exposure, posing risks like asthma, allergies, cancer, reproductive toxicity, hormone disruption, and neurotoxicity to name a few. A study published in the Journal of Environmental Health even found that overall, women who used a combination of cleaning products to clean their homes were up to 110 percent more likely to develop breast cancer than those who rarely used them.

Not only have many of the chemicals in standard cleaning products been linked to an array of health issues, many others have not been thoroughly tested for their impact on human health. And for those that have been tested, they haven't been tested in combination with other chemicals that they are found with in cleaning products — and many times the synergistic effects of the combination can be worse than the individual chemicals alone.

Equally sobering is the decades of research suggesting a relationship between the overuse of powerful disinfectants and the rise of antibiotic-resistant super bacteria like methicillin-resistant Staphylococcus aureus (MRSA), as well as concerns over these toxins entering water supplies and wildlife food chains.

And on top of that, many conventional cleaning product labels lack transparency because manufacturers aren't required to specify ingredients. So basically we don't always know all of the toxic chemicals we are exposing ourselves, our families and our pets to when we spray and wipe these things all over our homes. There are many great toxin-free cleaning products on the market, but because many words such as "natural" and "organic" are not regulated, it's easy to be deceived by allegedly "green" cleaning products. Sometimes they provide vague information about a chemicals such as just stating "solvent," "fragrance," or "surfactant" and many note ingredients they don't have but don't mention others that they leave in.

So what can we do? In addition to buying cleaning products that you know you can trust, another great approach to assure safe ingredients is to make the cleaning products yourself. This way you know that you're not spraying, wiping and washing toxins around your home. And, an added bonus — these cleaners cost a fraction of many store-bought eco-brands.

It's really simple. What's time-consuming isn't making the cleaners; rather, it's figuring out how to make them and what to use. So, I've done the work for you and compiled recipes for 12 homemade toxin-free cleaners (page 10) and I put them all on one page that you can use for easy reference. You only need nine ingredients (list on your right) to make all of them, and most of these ingredients you'll already find in your kitchen cabinets! [www.toxindetective.com](http://www.toxindetective.com)

## The Nine Basic Ingredients

- ① **White vinegar:** effectively cleans, deodorizes, cuts grease and disinfects against bacteria, viruses and mold.
- ② **Baking soda:** cleans, whitens, neutralizes odors and softens water. It's an excellent scrubbing agent for bathrooms, refrigerators and ovens.
- ③ **Lemon juice:** cuts through grease, removes mold and bacteria and leaves dishes streak-free.
- ④ **Castile soap:** in liquid or bar form, castile soap serves as a biodegradable, vegetable-based surfactant and all-around cleaner (avoid mixing with vinegar, which neutralizes its cleansing properties). Dr. Bronner's Unscented is my preferred brand — made from all organic oils.
- ⑤ **Borax:** a natural mineral, borax improves the effectiveness of laundry soap. \*\*But be sure to keep borax away from children and animals; it's non-carcinogenic and isn't absorbed through the skin but it's one of the more harsh all-natural cleaning agents.
- ⑥ **Washing soda:** this is a cousin of baking soda that softens water and removes stains. It's also a heavy duty cleaner (actually as powerful as many toxic solvents), so best to wear gloves with this one.
- ⑦ **Coarse kosher salt:** helps soften dishwasher water and acts as a scouring agent.
- ⑧ **Olive oil:** makes a great toxin-free furniture polish to give that new shine.
- ⑨ **Essential oils:** derived from plants, essential oils infuse cleaners with fragrance and boost their germ-fighting power. Tea tree, lavender and eucalyptus oils all boast antibacterial, antiviral and anti fungal properties.

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



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

- Vision Impairment
- Physical Impairment
- Reading Disability

Email:  
[WTBBL@milwaukee.gov](mailto:WTBBL@milwaukee.gov)

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

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



## DIABETES and so MUCH MORE

For over 45 years, NPS continues to care for the diabetic foot.

- Diabetic shoes and inserts • Functional foot orthotics
- Lower limb AFO
- Cost effective modifiable pre-made orthotics

**National Pedorthic Service**  
2475 N. 124th Street  
Brookfield, WI 53005  
262-754-2440

**National Pedorthic Service**  
1334 Applegate Road  
Madison, WI 53713  
608-255-3500



# TOP 10 THINGS You Never Knew About Summer Camp

Camp has become a staple of the summer season. Each year, millions of children, youth, and adults head to the hills, lakes, valleys, and parks to participate in the time-honored tradition of camp. And, while most people easily conjure up images of campfires and canoes, there is a lot more to the camp experience. Here are ten of the things you may not have known about the camp experience.

**10. Camp is older than dirt, almost literally.** Started in 1861, the camp experience turned an impressive 150 years young in 2011. The secret behind the longevity? "Camps are adapting to meet the needs of today's campers," says Tom Rosenberg, president/CEO of the American Camp Association. "At the same time, the impact camp has on campers, the life-changing experience, has remained after all these years."

**9. Camp is worth its weight in gold, and then some!** The camp experience is life-changing – developing friendships and memories that last well beyond the final campfire. And, there is a camp for literally every budget. Often camps offer special pricing or financial assistance, and some camp experiences qualify for tax credits or for payment with pre-tax dollars.

**8. Green is "zen."** Research shows that first-hand experience with nature, like those at camp, reduce stress in children and help them better handle stress in the future. In addition to teaching children how to be good stewards of the environment, camps are teaching children how to enjoy the world around them and take a minute to breathe deep and feel the nature, which ultimately teaches them how to de-stress the natural way.

**7. Mommies and Daddies do it too.** Camp is not just for children and youth. There are family camp experiences, and camps for single adults, senior adults, and any



adult that wants to relax and enjoy all camp has to offer. Adults benefit from the same sense of community, authentic relationships, and self-discovery that children do. Camp is an excellent vacation option, allowing adults to try a variety of new activities in a safe and fun environment.

**6. Try this on for size!** Camp is a great place to try new activities and hobbies. Afraid of rock walls? According to ACA research, 74 percent of campers reported that they tried new activities at camp that they were afraid to do at first. And, those activities often leave lasting impressions. In the same survey, 63 percent of parents reported that their child continued new activities from camp after returning home.

**5. Manners matter, and often linger.** The camp experience teaches more than just archery or lanyard making. The entire experience is made of teachable moments, perhaps one of the biggest is how to live with a group of people. Campers learn to pick up after themselves, respect each other's property, and to say "Please" and "Thank You."

**4. Veggies taste better with friends.** Hollywood and fictional novels may have given camp food a bad reputation, but in truth, camps are constantly exploring healthy food options, and often are at the forefront of things like allergy specific

Summer Camp continued on page 13

## SUMMER EXPLORE!

Summer Programs for Boys entering Grades 3-9

JUNE 17 – AUGUST 2, 2019

Summer EXPLORE! provides learning and social opportunities for boys from all schools. Programs are offered in computer science, history, science, German, visual arts, multi-discipline (academics/arts/athletics) and sports. Each program is taught with the same excellence that is the hallmark of a Marquette High education.

REGISTER NOW: [www.muhs.edu/admissions](http://www.muhs.edu/admissions)

3401 W. Wisconsin Ave., Milwaukee, WI 53208, 414-933-7220



MARQUETTE  
UNIVERSITY  
HIGH SCHOOL

For Faith, Scholarship and Community



# SUMMER CAMP

continued from page 12

diets, healthy snack options, and vegetarian meals. According to ACA's 2011 Emerging Issues survey, 90.7 percent of responding camps indicated that healthy eating and physical activity was an important or very important issue.

**3. If everyone else went to camp, maybe there's something to it!** Camp has played an important role in the lives of some of the most talented people in history. ACA's family resource site offers a list of notable campers – including business professionals, celebrities, artists, and great thinkers.

**2. Camp gets those neurons pumping!** Education reform debate and concern over summer learning loss have pushed academic achievement into the spotlight. Research shows that participation in intentional programs, like camp, during summer months helps stem summer learning loss. In addition, camp provides ample opportunity for developmental growth, which is a precursor to academic achievement. And, because of the "hands-on" nature of camp, often children who struggle in traditional education settings do well at camp.

**#1. Camp builds leaders for the 21st century and beyond!** Independence, resiliency, teamwork, problem-solving skills, and the ability to relate to other people — these are the skills that tomorrow's leaders will need, and the skills camp has been adept at building for 150 years.

For more information on preparing your child for an independent, fun-filled summer, visit [ACAcamps.org](http://ACAcamps.org).

TRAVEL  
WISCONSIN  
.COM



## 5 Cities Perfect for Spring in Wisconsin

Blooming flowers, migrating birds, splashing waterfalls, even a 100-mile garage sale – these are just a few reasons why you should visit one of these five destinations this spring.



[travelwisconsin.com](http://travelwisconsin.com)

### Celebrate the Season

The tiny town of Gays Mills, nestled into a valley in the Driftless Area of the state, knows how to welcome warmer weather. Where else can you find events that have included bareback bronc riding, a clogging workshop, Maypole dancing and the toe-tappin' music of a square dance?

All that and more happens at the Spring Festival/Folk Festival (May 10 - May 12). Bring your appetite – festivities include a bake sale and pancake breakfast. Creative workshops are offered on banjo, guitar and violin.

Spring in Wisconsin continued on page 15

## 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:

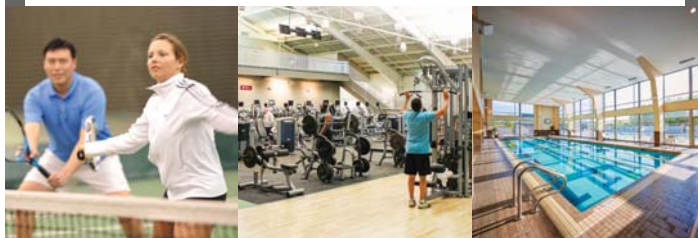
- Training
- Weekly Social Worker Contact
- Respite
- Monthly Support Groups
- 24-Hour Crisis Intervention
- Compensation Based on the Needs of the Child

MAKE A DIFFERENCE, FIND OUT MORE TODAY!

608-233-9204 OR 800-660-9204



## Milwaukee's Most Complete Health Clubs



**elite**  
SPORTS 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



- **EXCEEDING** all your expectations.
- **Giving you PEACE** of mind.
- **HELPING** you get there.



## Tax and Accounting Services for Individuals and Businesses

If you are looking for a blend of personal service and expertise, you have come to the right place! We offer a broad range of services for business owners, executives and independent professionals. Our rates are affordable. We are experienced and we're friendly.

**Please call us for a free consultation.**

**www.kmjt看ax.com**

Visit our website for FREE Tax saving info and guides

11951 W. Janesville Rd  
HALES CORNERS  
414-529-3703

Additional offices:  
7573 N. Teutonia Ave., Milwaukee  
1300 S. Grand Ave., Waukesha  
5916 N. Green Bay Ave., Milwaukee

## FINANCE QUESTIONS AND ANSWERS

### Your Money



with Tim Stasinoulas

## Tax Considerations for Retirees

The federal government offers some major tax breaks for older Americans. Some of these perks deserve more publicity than they receive.



**If you are 65 or older, your standard deduction is \$1,600 larger, or \$2,600 larger if you are married.** Thanks to the passage of the Tax Cuts & Jobs Act, the 2018 standard deduction for an individual taxpayer at least 65 years of age is a whopping \$13,600, more than double what it was in 2017.

**You may be able to write off some medical costs.** This year, the Internal Revenue Service will let you deduct qualifying medical expenses once they exceed 7.5% of your adjusted gross income. In 2019, the threshold will return to 10% of AGI, unless Congress acts to preserve the 7.5% baseline. The I.R.S. list of eligible expenses is long. Beyond out-of-pocket costs paid to doctors and other health care professionals, it also includes things like long-term care insurance premiums, travel costs linked to medical appointments, and payments for durable medical equipment, such as dentures and hearing aids.

**Are you thinking about selling your home?** Many retirees consider this. If you have lived in your current residence for at least two of the five years preceding a

FINANCE continued on page 18

**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**



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



## 5 Cities Perfect for Spring in Wisconsin

continued from page 13

Apart from the festival, the surrounding Kickapoo Valley is easy on the eyes, especially when thousands of pink-and-white apple blossoms give their own fragrant tribute to Mother Nature – check the Kickapoo Orchard for updates on the blooms.



### Watch the Birds

Horicon, along the Rock River, is pleasant any time of the year, but spring is particularly enjoyable, especially during the May birding season. The Horicon Marsh Bird Festival (May 9 - May 13) offers bird-watching and activities for nature lovers.

Events throughout the weekend include bus and hiking tours, bird banding demonstrations, birding boat tours, workshops and a photography contest for shutterbugs. Experience the rustlings, croaks and twitters that permeate the marsh after dusk on the Night Sounds bus tour.

Add in a little romance at the Honeybee Inn, just a few blocks away, and take advantage of their Birds and Bees special beginning in May. The package includes a one-hour pontoon ride through the marsh courtesy of Travel Green Wisconsin-certified Blue Heron Landing, a sumptuous dinner for two, gourmet breakfast, a Wisconsin birding book and chocolate-covered strawberries.

### Smell the Flowers

One way to really go green is to visit Green Bay, Wisconsin's own city by the bay. Green Bay's Botanical Garden has 47 acres of springtime splendor: bulbs are planted to be at their peak around the middle of May, so expect carpets of tulips, daffodils and flowering shrubs.



In May, engage your sense of taste, at the TasteBud Outdoor Culinary Experience (May 16, 5-8pm), where local restaurants present their most appealing cuisine in the lovely spring gardens.

For another type of green, check out the links at one of the 15 public golf courses within 10 miles of downtown. And even if you're not a golfer, you can still get a springtime view of the action: Pine Tree, the gastro-pub at Thornberry Creek at Oneida, offers dining al fresco on a beautiful veranda overlooking the golf course.



### Go Natural

Winter seems to last a little longer in Superior, making springtime especially sweet. This part of the state offers miles of spectacular beauty, both on the shores and further inland.

Start your visit at Barker's Island, where you can tour the SS Meteor, the only surviving whaleback ship – her maiden voyage began in Superior in 1896. You're likely to see other ships sailing in and out of the harbor while you're walking or biking the five-mile paved Osauge Trail, which begins on the island.

But to really experience nature, head a few miles south on Hwy 35 to Pattison State Park for nine miles of hiking trails, camping and two waterfalls; one is the tallest in the state. Big Manitou pours straight down from a height of 165 feet, while sister falls Little Manitou drops a relatively short 31 feet, right into Interfalls Lake.



### Artfully Rummage

Forget spring cleaning – how about a little spring shopping? Head to artsy little Stockholm – it's right in the middle of the 100 Mile Garage Sale (May 2 - May 5) which stretches along both sides of the Mississippi River.

Rummages run along Highway 35 from Bay City to Nelson. Stockholm is the perfect place to make your hub for the weekend, with lots of lovely gardens to take the winter right out of your memory, and several galleries, boutiques and restaurants.

Stay in the 1869 home of Stockholm pioneer Eric Peterson at Great River Bed & Breakfast, or the earth-friendly Travel Green Wisconsin-certified Journey Inn. If you're really into art, check out the Spring Fresh Art Tour of several studios and galleries in the area. You can self-tour along the winding roads, or try the bus tour.

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

### 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

# ROCK BOTTOM PRICES



Pre-season Sale Going NOW!

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



### Choose From:

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

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

NO HIDDEN FEES!

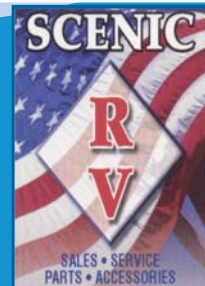
Scenic RV.com

SLINGER, WI 53086  
3155 Scenic Road  
262-677-9026

BARABOO, WI 53913  
E10879 Deer Run Road  
608-356-2429

FAMILY OWNED & OPERATED SINCE 1972

Drive  
a little to  
SAVE  
A LOT!



# Women unaware of greater risk for vision concerns

by Cheryl L. Dejewski

Despite being up to 66 percent more likely than men to incur blindness from cataracts, glaucoma and macular degeneration (AMD), a Harris Poll found that a whopping 91 percent of U.S. women were unaware of their greater risk for developing these conditions. "Women face these odds because they tend to live longer and have a biological pre-disposition (perhaps immunological or hormonal) to certain eye concerns," says Mark Freedman, MD, senior partner at Eye Care Specialists, a leading ophthalmology practice.

## Decreased Vision

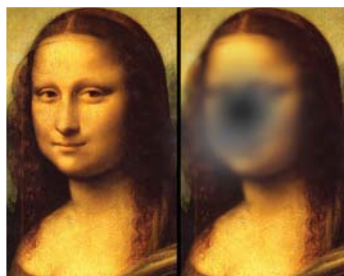
"Decreased vision in women is linked to an increased risk of falling, which leads to more serious concerns, including hip fractures; the need for canes, walkers, and/or nursing home care; and complication-related death. Decreased vision also increases the risk of car accidents and can have a devastating effect on quality of life in terms of limiting daily tasks, independence, social interaction, and overall health," explains Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center.

"Poor vision, however, is not a fact of life as you grow older. If your eyesight is getting worse, you need to schedule a comprehensive, dilated eye exam to rule out causes," advises Daniel Paskowitz, MD, PhD, an eye surgeon with credentials from Harvard and Johns Hopkins. "Upon examination, we often find that cataracts (age-related clouding of the natural lens inside the eye) are the cause of the problem and, in most cases, a 15-30 minute outpatient surgery procedure to remove and replace the cataract with a customized lens implant is a relatively



### Cataracts — Loss of Clear Vision

Blurry vision due to cataracts increases the risk of falls, car accidents, and depression.



### AMD — Loss of Central Vision

Macular degeneration destroys straight-ahead vision, affecting the ability to see faces, clocks, words, etc.



### Dry Eye Disease — Loss of Comfort

Left untreated, dry eye disease can affect focusing ability and increase the risk of infection.

easy and painless solution. . . . Early detection and removal can prevent needless pain, suffering and cost. I can't tell you how many cataract patients say that they wish they had done it sooner."

## AMD & Central Vision Loss

Age-related macular degeneration (AMD) is a major cause of vision impairment in people over age 50. Although the exact cause is unknown, AMD affects more women than men—leading to a loss of central or straight-ahead vision that impacts the ability to drive, read, see faces, etc.

"If significant 'dry' AMD is diagnosed (the more common but less severe form), we usually recommend vitamin supplements, sun protection, and not smoking, to prevent or slow progression. If 'wet' AMD is diagnosed (less common but much more severe), we review the risks, benefits and candidacy for injections of special medications (Avastin, Eylea and Lucentis), which inhibit the growth of the abnormal blood vessels that cause wet AMD," explains Michael Raciti, MD, who performs injection treatment for AMD and dia-

betes on a daily basis. "We have seen remarkable results, including stopping the progression of wet AMD in 90 percent of patients, and having up to 30 percent gain improvement in vision."

## Dry Eye Disease

A medical optometrist who sees patients at three area locations, David Scheidt, OD, reports, "Dry scratchy, irritated eyes are a common problem, especially for women over age 40 due to the natural decrease in tear production that occurs with aging. Dry eyes are also linked to rheumatoid arthritis, lupus, psoriasis, thyroid issues, Parkinson's disease, eyelid problems, medications, and hormonal changes."

For most people, dry eye disease is uncomfortable but not vision-threatening. Sometimes, however, a faulty or diminished tear film can affect the cornea's focusing ability and increase the risk of infection. Dry eyes are usually a life-long condition that can't be cured, but can be controlled. If artificial tears don't help, you may be a candidate for tiny silicone plugs placed in the drain

openings of the eye, prescription drops that attack the underlying inflammation behind dry eye disease, or a Lipiflow procedure to remove gland blockage and improve tear film production.

## Tips to Protect Vision

- Schedule regular comprehensive dilated eye examinations
- Review the risks/benefits of all possible prevention and treatment options with your eye care specialist
- Always wear sunglasses
- Avoid smoking
- Maintain a healthy diet low in saturated fats and high in Omega 3s

## Free Info & Booklets

"Prompt diagnosis and treatment are vital to protecting and preserving vision," says Freedman. If you do not have an eye care specialist, call 414-321-7035 for free booklets on AMD, cataracts, diabetes, dry eyes or glaucoma, or information about scheduling an exam (typically covered by Medicare and insurance) at the offices below. Or, visit [www.eyecarespecialists.net](http://www.eyecarespecialists.net)

## WARNING SIGNS



Daniel Ferguson, MD, an ophthalmologist who treats thousands of patients each year, advises "Don't dismiss vision changes. Schedule eye exams every 1-2 years and make an appointment ASAP if you notice concerning symptoms." These include:

- Foggy, fuzzy, double or blurred vision
- Sensitivity to light and glare
- "Starbursts" around lights
- Holding items closer to view
- Needing brighter light to read
- Fading or yellowing of colors
- Difficulty judging stairs/curbs
- Difficulty seeing to drive at night
- Vision affects ability to do daily tasks
- Vertical lines appear wavy
- Dark or blind spots in vision
- Glasses/prescription changes don't help to improve vision

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

# Eye CARE SPECIALISTS

## Are you putting your vision at risk?

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

## World-Class Care. Local Convenience.

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

Trusted by more than 185,000 doctors & patients since 1985. Voted "Top Doctors" — Milwaukee Magazine



Mark Freedman, MD

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



Brett Rhode, MD

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



Daniel Ferguson, MD

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

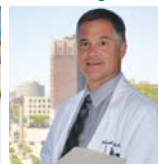


Daniel Paskowitz, MD, PhD



Michael Raciti, MD

www.eyecarespecialists.net  
Practice profile & common eye concerns information



David Scheidt, OD







Dale Luedtke is a musician who performs around southeastern Wisconsin. He has been living with Parkinson's for several years, and has found that music helps his symptoms. He performed at Wisconsin Parkinson Association's annual Holiday Reception in 2018.



Support and exercise groups form a community where participants can share their struggles and triumphs. WPA works with over 150 groups all over Wisconsin to provide support and resources for people with Parkinson's and their loved ones. Pictured: Support group in Marshfield, WI.

## Parkinson Disease? You Are Not Alone!

Wisconsin Parkinson Association

With several well-known figures diagnosed with Parkinson disease in the last few years, you've probably been hearing more about the disease than ever before. Both Alan Alda and Neil Diamond announced their Parkinson's diagnosis last year, and former professional athletes like Brian Grant and Kirk Gibson are also living with the disease.

Parkinson disease is the fastest growing neurological disorder in the United States. Over 1 million people in the U.S. have Parkinson's – more than MS, ALS, and Muscular Dystrophy combined – and it's estimated that over 6.2 million people worldwide are living with the disease. Here in Wisconsin, there are an estimated 20,000 with the disease.

The primary symptoms of Parkinson disease are resting tremor, muscle rigidity, slowness of movement, and postural instability. Patients may also experience problems with swallowing, smaller handwriting, constipation, soft or slow speech, stooped posture, depression, and anxiety.

These symptoms can feel uncomfortable and alienating, but with 1 in 100 Americans over age 60 affected by Parkinson's, it's important to remember that you are NOT alone.

Support groups and exercise groups are one way to connect with other people with Parkinson's. Wisconsin Parkinson Association (WPA) supports a network of over 150 support groups and exercise groups around the state. Every support group is different, and many groups alternate between informal "sharing" meetings, and bringing in speakers and local experts to share information, tips, and ideas for managing your disease. Exercise groups vary from boxing and cycling to yoga and dance, and everything in between.

Educational programs are also a great avenue for people with Parkinson's and their loved ones to learn about the disease and feel empowered. With the support of their Medical Advisory Committee, made up of 8 neurologists around the state, WPA hosts half-day and full-day programs throughout the year. Each program has at least 3 speakers sharing information on Parkinson's symptoms, treatments, management, and more, and provides a sense of community for all attendees.

Receiving a Parkinson diagnosis can be confusing and unsettling. Information and resources can provide relief from fear of the unknown. Each person's Parkinson disease is different, so personal attention to your own needs and circumstances is crucial.

**If you or a loved one has been diagnosed with Parkinson's, connect with Wisconsin Parkinson Association at [wiparkinson.org](http://wiparkinson.org) or 414-312-6990 to learn about the programs and services in your area. You are not alone!**

## Parkinson Disease affects 20,000 people in Wisconsin.

### Symptoms may include:

Resting tremor | Slowed movement  
Rigid muscles | Impaired balance  
Speech changes | Writing changes

### Join a Support Community

Discuss your questions and ideas, concerns and fears with your peers. Be part of a community that supports and inspires one another.

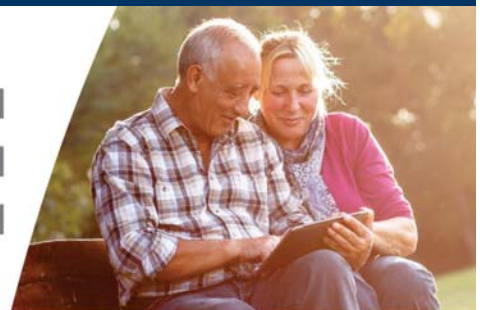
Find Support

Be Involved

Get Answers



WISCONSIN  
PARKINSON  
ASSOCIATION



Moving Forward Together

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

# Spring Open House



If you're thinking about moving to a senior community, visit Wilson Commons and let us show you what we have to offer! Learn about our move-in specials and get a firsthand feel for our warm and friendly community lifestyle.

**Saturday, May 4  
10am - 1pm**

1400 & 1500 W. Sonata Dr, Milw

Can't make the Open House?  
Call (414) 281-2450 for a personal tour.



**WILSON COMMONS**

A CAPRI SENIOR COMMUNITY

CapriCommunities.com



**Independent Living • Assisted Living • Respite Stay**

## Tax Considerations for Retirees

FINANCE continued from page 14



sale, you can exclude as much as \$250,000 in gains from federal taxation (a married couple can shield up to \$500,000). These limits, established in 1997, have never been indexed to inflation. The Department of the Treasury has been studying whether it has the power to adjust them. If modified for inflation, they would approach \$400,000 for singles and \$800,000 for married couples.

### Low-income seniors may qualify for the Credit for the Elderly or Disabled.

This incentive, intended for people 65 and older (and younger people who have retired due to permanent and total disability), can be as large as \$7,500 based on your filing status. You must have very low AGI and nontaxable income to claim it, though. It is basically designed for those living wholly or mostly on Social Security benefits.

**Affluent IRA owners may want to make a charitable IRA gift.** If you are well off and have a large traditional IRA, you may not need your yearly Required Minimum Distribution (RMD) for living expenses. If you are 70½ or older, you have an option: you can make a Qualified Charitable Distribution (QCD) with IRA assets. You can donate up to \$100,000 of IRA assets to a qualified charity in a single year this way, and the amount donated counts toward your annual RMD. (A married couple gets to donate up to \$200,000 per year.) Even more importantly, the amount of the QCD is excluded from your taxable income for the year of the donation.

**Some states also give seniors tax breaks.** For example, the following 11 states do not tax federal, state, or local pension income: Alabama, Hawaii, Illinois, Kansas, Louisiana, Massachusetts, Michigan, Mississippi, Missouri, New York, and Pennsylvania. Twenty-eight states (and the District of Columbia) refrain from taxing Social Security income.

**Unfortunately, your Social Security benefits could be partly or fully taxable.** They could be taxed at both the federal and state level, depending on how much you earn and where you happen to live. Whether you feel this is reasonable or not, you may have the potential to claim some of the tax breaks mentioned above as you pursue the goal of tax efficiency.

Do you have a financial question for Tim? He can be contacted at (262)369-5200, emailed at [info@aegiswi.com](mailto:info@aegiswi.com), or on his website at [www.aegiswi.com](http://www.aegiswi.com). Timothy M. Stasinoulis 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.



### Cottonwood Trails Apartments

4600 S. Nicholson Ave  
Cudahy

### A Senior Complex

Income Eligible for Adults 55+

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

[cottonwood@bearproperty.com](mailto:cottonwood@bearproperty.com)

Proudly Managed by Bear Property Management 262-697-9616

**We offer:**

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



## 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**

**FIVE STAR SENIOR LIVING**

N168 W22022 Main Street  
Jackson, WI 53037  
**262-665-9407**  
[www.JacksonCrossings.com](http://www.JacksonCrossings.com)





## Peace of Mind Services

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

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

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

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



# The History of Earth Day

Each year, Earth Day—April 22—marks the anniversary of the birth of the modern environmental movement in 1970

## Setting the stage for the first earth day

The height of counterculture in the United States, 1970 brought the death of Jimi Hendrix, the last Beatles album, and Simon & Garfunkel's "Bridge Over Troubled Water." War raged in Vietnam and students nationwide overwhelmingly opposed it.

At the time, Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. "Environment" was a word that appeared more often in spelling bees than on the evening news.

Although mainstream America largely remained oblivious to environmental concerns, the stage had been set for change by the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment, selling more than 500,000 copies in 24 countries, and beginning to raise public awareness and concern for living organisms, the environment and links between pollution and public health.

Earth Day 1970 gave voice to that emerging consciousness, channeling the energy of the anti-war protest movement and putting environmental concerns on the front page.

## The Idea for the first Earth Day

The idea for a national day to focus on the environment came to Earth Day founder Gaylord Nelson, then a U.S. Senator from Wisconsin, after witnessing the ravages of the 1969 massive oil spill in Santa Barbara, California. Inspired by the student anti-war movement, he realized that if he could infuse that energy with an emerging public consciousness about air and water pollution, it would force environmental protection onto the national political agenda. Senator Nelson announced the idea for a "national teach-in on the environment" to the national media; persuaded Pete McCloskey, a conservation-minded Republican Congressman, to serve as his co-chair; and recruited Denis Hayes from Harvard as national coordinator. Hayes built a national staff of 85 to promote events across the land. April 22, falling between Spring Break and Final Exams, was selected as the date.

On April 22, 1970, 20 million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment in massive coast-to-coast rallies. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values.

Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders. By the end of that year, the first Earth Day had led to the creation of the United States Environmental Protection Agency and the passage of the Clean Air, Clean Water, and Endangered Species Acts. "It was a gamble," Gaylord recalled, "but it worked."

As 1990 approached, a group of environmental leaders asked Denis Hayes to organize another big campaign. This time, Earth Day went global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro. It also prompted President Bill Clinton to award Senator Nelson the Presidential Medal of Freedom (1995)—the highest honor given to civilians in the United States—for his role as Earth Day founder. [www.earthday.org](http://www.earthday.org)





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

**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



Managed by Life Care Services®

# THE Spring Clean

- Home Selling & Inspections
- Home Staging Ideas
- Downsizing & Moving
- Financial Planning
- Basement Repairs



**VMP**  
HEALTHCARE & COMMUNITY LIVING  
[VMPcares.com](http://VMPcares.com)

**R.S.V.P. REQUIRED**

**LEARN HOW TO GET YOUR HOUSE READY TO GO ON THE MARKET SO IT SELLS!**  
**LEARN ABOUT TRENDS IN TODAY'S HOUSING MARKET.**  
*Tips from housing, staging, moving and financial experts.*

**MANOR PARK**  
8621 W. Beloit Road  
West Allis, WI 53227

**Wednesday, May 1<sup>st</sup>**  
**5:00 - 7:00pm**  
.....  
RSVP by April 24<sup>th</sup>  
at (414) 607-4167



## Spring Open House

If you're thinking about moving to a senior community, visit Wilson Commons and let us show you what we have to offer! Learn about our move-in specials and get a firsthand feel for our warm and friendly community lifestyle.

**Saturday, May 4**  
**10am - 1pm**

1400 & 1500 W. Sonata Dr, Milw

Can't make the Open House?  
Call (414) 281-2450 for a personal tour.



**WILSON COMMONS**  
A CAPRI SENIOR COMMUNITY  
CapriCommunities.com

**Independent Living • Assisted Living • Respite Stay**

## Drafting Guys Over SEVENTY

(WITH RESPECT, of course)



I am over 70 and the Armed Forces thinks I'm too old to track down terrorists! You can't be older than 42 to join the military. They've got the whole thing butt-backwards.

Instead of sending 18-year olds to fight, they ought to take us old guys. You shouldn't be able to join military until you're at least 55.

For starters, researchers say 18-year-olds think about sex every 10 seconds. Old guys only think about sex a couple of times a month, leaving us more than 280,000 additional seconds per day to concentrate on the enemy.

Young guys haven't lived long enough to be cranky, and a cranky soldier is a dangerous soldier. 'My back hurts! I can't sleep, I'm tired and hungry.' We are bad-tempered and impatient, and maybe letting us fight some terrorist that deserves it will make us feel better and shut us up for a while.

An 18-year-old doesn't even like to get up before 10 am. Old guys always get up early to pee, so what the heck. Besides, like I said, I'm tired and can't sleep and since I'm already up, I may as well be up to some wrangling with the enemy.

If captured, we couldn't spill the beans because we'd forget where we put them. In fact, name, rank, and serial number would be a real brain teaser.

Boot camp would be easier for old guys. We're used to getting screamed and yelled at and we're used to soft food.

They could lighten up on the obstacle course however. I've been in combat and never saw a single 20-foot wall with rope hanging over the side, nor did I ever do any push-ups after completing basic training.

Actually, the running part is kind of a waste of energy, too. I've never seen anyone outrun a bullet.

An 18-year-old has the whole world ahead of him. He's still learning to shave, to start a conversation with a pretty girl. He still hasn't figured out that a baseball cap has a brim to shade his eyes, not the back of his head.

These are all great reasons to keep our kids at home to learn a little more about life before sending them off into harm's way.

Let us old guys track down the terrorists. The last thing an enemy would want to see is a couple million old farts with bad attitudes and automatic weapons.

HEY!! How about recruiting women over 50...!!! You think MEN have attitudes?? Ohhhhhhhhhhh my gosh!!! If nothing else, put them on border patrol. They'll have it secured the first night!

~anon email

## 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 • Muskego

**HERITAGE  
SENIOR LIVING**

Assisted Living and Memory Care Communities

844-658-4475 • [heritagesenior.com](http://heritagesenior.com)



# 6 Tips for Touring an Assisted Living Community

When you are searching for an assisted living community that will be a good fit for a parent or yourself, the process can feel more than a little overwhelming. Knowing what questions to ask and what to look for when you visit can help you make an informed choice.



*These six tips can assist you in making the most of your assisted living community tours:*

## 1. Organize Before You Go

While you might think you will remember what questions to ask and how the staff at each community answers your questions, the reality is you probably won't. It is far too easy to confuse one community for another after you begin touring. Make a written list of questions you want to ask and what you want to look for before you head out. Pack a tablet and a few pens so you can take notes as you work your way through each community.

## 2. Objectively Assess Your Senior Loved One's Needs

Another task to complete before you arrive for a tour is to make a list of the personal care and daily living tasks that require assistance completing. While it may be difficult to accept how much help one needs, try to be objective when you complete this process. Most communities assess their level of care charges based on what each resident requires. If you aren't honest about what is really needed, you may end up paying more for care than you were expecting. Or, even worse, you may end up in a community that isn't a good fit and have to move again.

## 3. Ask for a Comprehensive Listing of Costs

Comparing apples to apples to determine the price of an assisted living community is important. Unfortunately, there isn't a standard pricing system across all assisted living communities. It takes a little extra work to compare what services and amenities are included and what may require an extra fee. Also be sure to ask how often prices increase and how much advance notice you will receive if the monthly fee is about to go up.

## 4. Ask About the Caregivers and Support Staff

The staff who will be providing hands-on care and support for your senior loved one are the best indicators of the quality of care provided by the community. Ask about the resident to staff ratio. Also ask what kind of background check the community conducts before hiring and afterwards. Find out what training programs the community offers and how often they are held. You want to make sure the staff is qualified and that they continue to update their skills.

## 5. Observe Life Enrichment Programs and Activities

Socialization and companionship play a vital role in keeping older adults healthy. Make sure you review the activities and event calendar for each community you are considering and that you take time to observe a few programs in action. Are residents engaged in programs? Does the community offer a variety of activities geared toward different resident hobbies and interests? Ask what happens in the evenings and on weekends. You want to make sure there are still opportunities for life enrichment after traditional business hours.

## 6. What Would Require a Resident to Move

Assisted living regulations are fairly complex. It is important to make sure the community you are considering will be a good fit now and into the future. Moving is difficult at any age but even more so as you grow older. Understanding what specific circumstances would require you to move again is an important factor to consider when you are making your final decision.

[www.seniorliving.org](http://www.seniorliving.org)



## 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.**

# MOVING? *Where's the magic wand?*

**C** Coming to terms with moving

**H** Having to say goodbye

**A** Allowing others in

**N** New surroundings

**G** Giving up some of your things

**E** Ending a chapter, starting anew

Migdalia Zanon, Senior Moving Specialist

The national average for people to move is every seven years. Perhaps this explains why seniors seem so overwhelmed when faced to move from the home they have lived in for thirty to fifty years. Whether the reason for moving is the maintenance of their home, too many stairs to climb or simply health reasons, downsizing can be an overwhelming experience.

Wouldn't it be nice if we could use a magic wand and make it all happen? The actual physical move itself is relatively simple. Your favorite furniture and boxes of furnishings leave your home and reappear at your new apartment to be placed and unpacked. It's what leads up to the move that can be hard. Why is it so overwhelming? Why does it seem so tough? C-H-A-N-G-E could be some of the reasons for your apprehension.

Once you have made the commitment to moving, downsizing does not have to be a dreadful and overwhelming experience. The key to a less stressful move is having a manageable plan to deal with the precious possessions that you have collected over the years. The next step is to begin the actual process. The good news is now you don't have to do it alone.

Although the steps can seem like an insurmountable task, I break it down into simple parts. Most people enjoy pie but only a slice at a time. To slice up the moving process, we have the "five homes for everything you own."

The Five Homes for Everything you Own: 1) Items to be moved; 2) Items for family and friends; 3) Items to be sold; 4) Items to donate; 5) Items to be disposed of.

As part of the downsizing process the items to be moved should be separated first. This should be your first priority. Secondly, separate the items for family and friends. This could be a very emotional and difficult step or it could be a time for bonding with family and sharing memories. Thirdly, separate the items to be sold. These items could go to a consignment shop or put aside for an Estate Sale. Fourthly, the items donated could go to your charity of choice. The last category is the items to be disposed of.

As Nancy Guilmarin states in her book, *Healing Conversations*, some seniors do not necessarily want people making all the decisions for them. Still, others need the extra nudge to help make the decision to move on. Each situation is unique and requires balance. Many of the transitions can be downright fun. Some people wish they would have done it sooner.

Take the time to enjoy and explore the choices of retirement communities via tours, activities, or assessments. (Most people move within 10 to 15 miles of their current residence). You are in good company. As you take on your new journey remember to pack your gifts and talents that you bring to a retirement community.

Universal Services, a full service moving company specializing in senior community moving within Southeastern Wisconsin. Universal services is committed to making your move as trouble and stress free as possible by providing you with the services necessary for a smooth move without surprises. (262) 257-0250 or [www.universalserviceswi.com](http://www.universalserviceswi.com)



Menomonee Falls • Mukwonago • New Berlin • Waukesha

**LindenGrove Communities**  
*Where Quality Comes to Life*

**Assisting and Advanced  
Assisted Living Apartments  
Memory Care Homes  
Skilled Nursing &  
Rehabilitation Services**



Learn more about us at [LindenGrove.org](http://LindenGrove.org)  
or call 414-335-6696 to schedule a tour.



*Affordable*

**SENIOR HOUSING**

6 Desirable and Convenient Locations

**Becker Property  
Services, LLC**

**262-240-9406**

EMAIL: [BeckPropSvc@aol.com](mailto:BeckPropSvc@aol.com)

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

- Burnham Village  
West Milwaukee
- Cifaldi Square  
Cudahy
- Gonzaga Village  
West Allis
- Oak West  
West Allis
- Sunset Heights  
Waukesha
- Valentino Square  
West Allis

Call or email for more information or an application!



**[www.beckerpropertyservices.com](http://www.beckerpropertyservices.com)**



# Wherever you call home...we are there for you!



A Comprehensive Range of  
Services to Support You.



414.259.8630 • [stcamhomehealth.com](http://stcamhomehealth.com)

## Can't Hear on the Phone?

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



CapTel  
2400i



262-409-9370  
[CapTel.com](http://CapTel.com)



**CapTel**<sup>®</sup>  
Captioned Telephone

The CapTel<sup>®</sup> 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:**

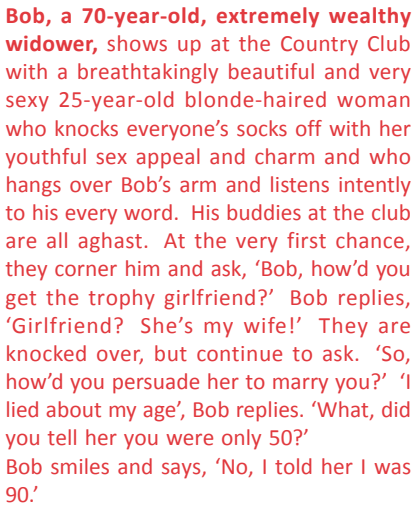
- Hearing loss
- Internet connection
- Landline telephone service

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](mailto:tom.slattery@oeius.org)

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<sup>®</sup> is a registered trademark of Ultratec, Inc. The Bluetooth<sup>®</sup> word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. (v1.5 7-18)



**Two guys are out drinking** when one of them falls off his bar stool and lies there motionless.

"One thing about Fred," his buddy says to the bartender, "He knows when to stop."

**A man is driving along a highway** and sees a rabbit jump out across the middle of the road. He swerves to avoid hitting it, but unfortunately the rabbit jumps right in front of the car.

She steps out of the car and asks the man what's wrong. "I feel terrible," he explains, "I accidentally hit the Easter Bunny with my car and KILLED HIM."

She walks over to the limp, dead Easter Bunny, bends down, and sprays the contents on him. The Easter Bunny jumps up, waves its paw at the two of them and hops off down the road. Ten feet away he stops, turns around and waves again, he hops down the road another 10 feet, turns and waves, hops another ten feet, turns and waves, and repeats this again and again and again and again, until he hops out of sight.

“What is in that can? What did you spray on the Easter Bunny?”

“Hair spray restores life to dead hair, and adds permanent wave.”

**One night, an 87-year-old woman came home from Bingo** to find her 92-year-old husband in bed with another woman.. She became violent and ended up pushing him off the balcony of their 20th floor apartment, killing him instantly. Brought before the court, on the charge of murder, she was asked if she had anything to say in her own defense.

[illegible]

**Just Like HOME**  
Adult Day Center TM

**Call us Today!**  
**(262) 423-4411**

W218N17483 Delaney Court  
Jackson, WI 53037  
Dave.morbeck@comforcare.com  
[www.JustLikeHomeAdultDayCenter.com](http://www.JustLikeHomeAdultDayCenter.com)

Keep your loved one independent through safety and supervision



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

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, message 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!**



SM

Supporting  
Independence, Dignity  
and Quality of Life.

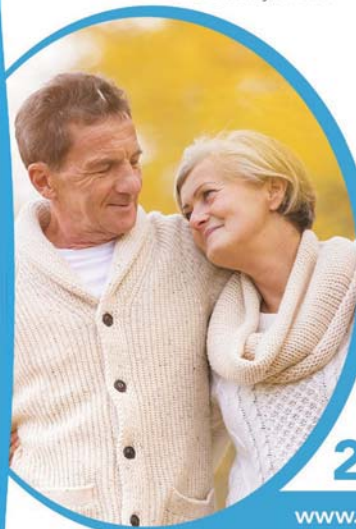
ComForCare  
Home Care

Serving the Washington and Ozaukee  
counties, and surrounding areas

- 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](http://www.WestBend.ComForCare.com)



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



## WORD SEARCH

ADOPT  
ADVENTURE  
ANYONE  
APPEAR  
APPRECIATE  
AROUND  
ARTIST  
BROWN  
CONCERN  
COULD  
CROWDED  
DOLLAR

EAR  
EGG  
FAUCET  
FEET  
FORK  
GROWN  
HANG  
HELP  
HOLES  
HONEYMOON  
HORN  
LETTUCE

LITTLE  
LIVING  
MARBLE  
MARRY  
MEET  
MORAL  
NET  
OVERCOAT  
PICK

POST  
REGRET  
RELIEF  
RUDE  
RUST  
SEW  
SIGN  
SOLD  
STUDY

TAME  
TOUR  
VILLAGE  
WASH  
WHEEL  
WONDER  
YEAR  
YOUR

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

My wife, a real estate agent, wrote an ad for a house that had a 2nd floor suite that could be accessed using a lift chair that slid along the staircase. Quickly describing this feature, she inadvertently made it sound even more attractive: "Mother-in-law suite comes with an electric chair."

## WANTED

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

CASH PAID & WILL PICK-UP!



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

## THE RIGHT PEOPLE RIGHT NOW



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

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

12 years  
Parts &  
Labor  
on Select  
Equipment

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

### Humidifiers

Starting at

**\$395**  
Installed

### Gas Furnace Tune-Up

**\$79.95**

Expires May 1st, 2019

Dave Lennox  
**PREMIER DEALER**



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

262.763.2653 BURLINGTON 262.786.2000 NEW BERLIN 262.673.2500 HARTFORD 262.293.9285 MENOMONEE FALLS

# 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.

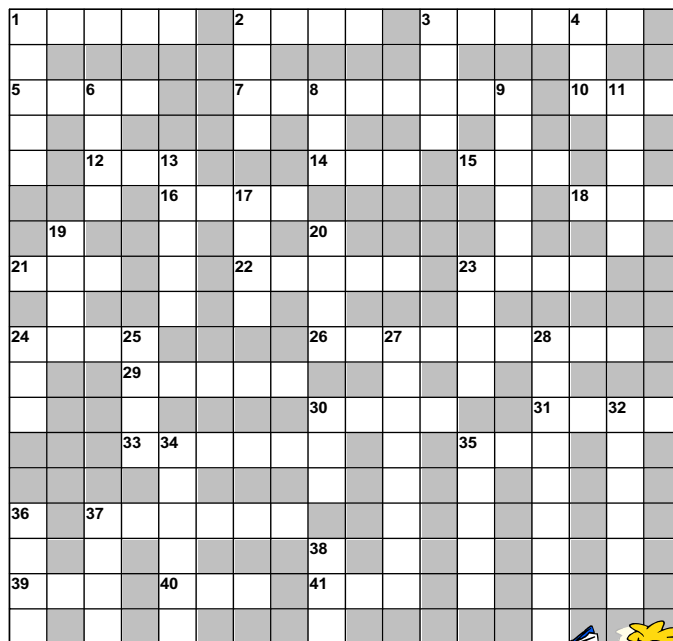
# CROSSWORD

## ACROSS

1. Low level Army personnel
2. Housekeeper
3. Holds bricks together
5. Describes hair condition
7. Opens doors
10. Coffee alternative
12. Most important fuel
14. Optical receptor
15. Not on
16. .... upon a time
18. What Eve did
21. Soda
22. Small rock
23. Commune to discuss
24. Huh?
26. Beyond great
29. To give assistance to
30. A number which means no in German
31. An unused check
33. Dislodge old paint
35. Used just before END
37. Complete
39. Shoots bullets
40. Relating to us
41. Hell

## DOWN

1. Duck duck .....
2. Created
3. A terrible thing to waste
4. To perform
6. Crazy waterfowl
8. The loneliest number
9. Previous to
11. .... promises
13. Not very good
17. Money in its raw form
19. One as well as the other
20. Painful
23. Cow juice
24. Doctor from BBC Sci-fi
25. The word is this
27. Written or oral agreement
28. Listen to others inadvertently
30. Opposite of old
32. Baby
34. Long form of can't
35. Small children's fairy
36. A foretelling of an event
37. To locate item or place
38. Who, what, when, where, ...?



Answers on page 24



## WIGS and Hair Add-ons



Whether you're experiencing hair loss or just want to try a whole new look for a night out or a trip to the grocery store!

**HAIR** Experience  
414.744.8141  
2215 S. Kinnickinnic Ave

I asked God for a bike, but I know God doesn't work that way so I stole a bike and asked for forgiveness.

\*\*\*\*\*

In the beginning, God created the heaven and the earth...  
After that, everything else was made in China.

\*\*\*\*\*

Spring is when you feel like whistling even with a shoe full of slush.

~Doug Larson

# 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



# EMPLOYMENT



Be Part of  
Something

*Different*

*Seeking talented  
RNs/LPNs, CNAs,  
culinary staff,  
directors and more!*



- ✓ Flexible shifts
- ✓ Location options
- ✓ Excellent growth opportunities
- ✓ Competitive salary + bonuses & 401(k)
- ✓ Continuous training
- ✓ Innovative care technologies

**Apply online today!**

***heritagesenior.com/careers***

*Opportunities in: Greenfield • New Berlin • West Allis • Elm Grove  
Muskego • Waukesha • Hartland • Menomonee Falls • Port Washington*



## **WAITSTAFF**

**FULL & PART-TIME**  
*flexible!*

**The PeachTree Family  
Restaurant & Catering**

15419 W. National Avenue  
New Berlin

**Prime Minister Family  
Restaurant & Catering**  
517 N. Main Street, Thiensville

**414-520-5039**

**info@thepeachtreecatering.com**

**\$14-\$18/Hour**

## **GROUND CREW SERVICE**

**Residential/Commercial Landscape Company**

Consistently growing and seeking new members of our team. Very enthusiastic, upbeat workplace that loves to work hard and play hard while providing excellent customer service to our clients.

**Openings in our Renovation, Maintenance  
and Mowing Divisions**

Full time, Monday thru Friday with some weekends required.

**Please call our HIRING LINE at: 262-894-5464**

It's your life.

**ENJOY IT.  
Your LIFE!**



## **PART-TIME, FLEXIBLE and VERY UNIQUE OPPORTUNITY**

CONSIDER ADVERTISING SALES for THIS PUBLICATION! Join our family and promote Your LIFE! through advertising sales. Everyone loves this paper!

Experience, energy, entrepreneurship and tenacity equals success!

Talk to Sandy: 414-586-9212 or milwaukeepublishing@wi.rr.com

9TH ANNUAL



**BILTRITE**

FURNITURE • LEATHER • MATTRESSES  
Locally & Family Owned Since 1928

USA MADE

SMALL SCALE

amish made

SOLID WOOD

**EXTENDED!**

Sale Ends Saturday,  
April 13th at 6pm!

**Friends & FAMILY**

**REAL SALES EVENT**

**15% OFF**  
LEGITIMATE SALE PRICES

**PLUS 18 MONTHS SPECIAL FINANCING\***

**FREE Gift With Purchase**  
Mention this Ad.

**31 Lift Chairs On Sale from \$595**  
After discount, Not pictured



**Petite**  
Up to 300lb

**Medium**  
Up to 325lb



**Large**  
Up to 375lb

**Extra Large**  
Up to 500lb

**MONTAGE COLLECTION**

**Sale from \$895**  
After discount

*UltraComfort*  
AMERICA  
Positioning you for life.

USA MADE

SMALL SCALE

**Free Removal Of Old Recliner With Delivery.**

**100 Living Room Styles!**



MADE IN CANADA

SPECIAL ORDER OPTIONS

SMALL SCALE

Solid Hardwood Frame.  
Choice of Body and Pillow Fabrics.

**DECOR-REST**  
FURNITURE LTD.

**74" Sofa Sale from \$995**

**81" x 81" Sectional Sale from \$1895**  
After discount, Not Pictured

Full or Queen Sleepers Available.

**130 Recliners On Sale from \$295**  
After discount

**FULL CHAISE ROCKER RECLINER HOT BUY! \$333**

**FULL CHAISE POWER WALL RECLINER**

**HOT BUY! \$433**  
After discount



Available in Blue or Coffee.

USA MADE

SMALL SCALE

You'll **FLIP** Over 2 Sides!

**MATTRESS SALE**



**2 Sides are Better Than 1 & Both Sides are On Sale!**

**LOW PRICE GUARANTEE**

- OVER 50 Models On Display – All USA Made & 100% Handmade Brand New Factory Fresh Mattresses!
- **FREE** Same or Next Day White Glove Delivery On In Stock Mattress Only Purchases Over \$499
- **FREE** Removal Of Old Mattress – Old Bedding Donated To Charity (Donatable Condition)
- **FREE** Heavy Duty Bed Frame (Select Model Sets)
- **PICK-UP** From Our On Site Warehouse
- **EXPERIENCED & Educated Sleep Specialists**

All Advertised Models, All Sizes Include All Discounts.

**FLIP-ABLE 2-SIDED**

**Garfield** 10.5" Innerspring with 416 7" Bonnell Coils, Foam Encased Edge Support

**\$509** 7 Year Warranty  
Queen Set

Mattress Only Price \$381

Twin Set Full Set King Set

\$381 \$465 \$764

Mattress Only Price

\$295 \$339 \$535

**FLIP-ABLE 2-SIDED**

**Great Lakes** 12" Hybrid with Marvelous Middle, Gel-infused Foam + Latex

**\$849** 10 Year Warranty  
Queen Set

Mattress Only Price \$620

Twin Set Full Set King Set

\$679 \$764 \$1359

Mattress Only Price

\$450 \$594 \$1036

**FLIP-ABLE 2-SIDED**

**Comfort Care Max** 9.75" Innerspring with Marvelous Middle

**\$1295** 10 Year Warranty  
Queen Set

Mattress Only Price \$1125

Twin Set Full Set King Set

\$965 \$1125 \$1665

Mattress Only Price

\$835 \$975 \$1455

**4 ADJUSTABLE BASES!**

**Leggett & Platt** Adjustable Bed Group Assembled in the USA

**Pro-Motion 2.0** \$679  
Queen Base Twin XL \$594

**Falcon 2.0+** \$849  
Queen Base Twin XL \$764

**Get SAME OR NEXT DAY PICK-UP & DELIVERY** on most sofas, recliners, chairs and mattresses!  
See store for details.



**Best of Milwaukee**  
2018 ★ 2017  
**WINNER**



**2017 Winner!**  
**MILWAUKEE'S A-List**

5430 W. Layton Avenue,  
Greenfield, WI 53220  
(414)-238-2020  
**BiltRiteFurniture.com**

Weekdays: 10am to 8pm  
Saturday: 10am to 6pm  
Sunday CLOSED to be with family



\* Items marked "As Advertised," "Final Price" "After Discount" or "Includes All Discounts" already include the discount. Prior purchases and clearance items are excluded. Cannot be combined with any other offer, discount, coupon or balance. \*\* Special Financing: Subject to credit approval. Some restrictions may apply. See store associate for details. 6 months financing on purchases of \$399 or more. 18 months financing on purchases of \$1299 or more. 50% deposit required on special orders. 10% deposit required on in stock orders. Sales tax and delivery charge collected at time of purchase. See store for details. Ends Saturday, April 13th, 2019. ©BRF