

Your MAGAZINE LIFE!

May 2019
A FREE PUBLICATION

www.yourlifemagazine.net
PRINT and ONLINE EDITIONS

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

Happy
Sunshine!



WISCONSIN
SPRING FESTIVALS

**OFFICE
ERGONOMICS**

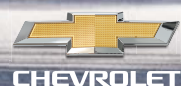
INSIDE THIS ISSUE

~page 3



FAST FAMILY FUN 2019

ELKHART LAKE, WISCONSIN | AGES 10 & UNDER ADMITTED FREE WITH ADULT



MAY 17-19

SVRA Spring Vintage Festival Weekend

MAY 31-JUNE 2

MotoAmerica
Dunlop Championship

JUNE 14-16

WeatherTech® Chicago Region
SCCA June Sprints®

JUNE 20-23

NTT IndyCar® Series
REV Group Grand Prix

JULY 18-21

WeatherTech® International Challenge
with Brian Redman presented by HAWK

JULY 26-28

Vintage MotoFest

AUGUST 1-4

IMSA Sportscar Weekend

AUGUST 22-24

NASCAR XFINITY Series,
Stadium Super Trucks,
SCCA Pro Trans Am & F3

SEPTEMBER 13-15

Ariens Art on Wheels Weekend featuring
VSCDA Elkhart Lake Vintage Festival®

SEPTEMBER 20-22

World Challenge Weekend

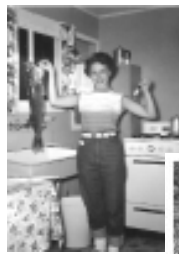
Elkhart Lake, Wisconsin | 800-365-7223 | RoadAmerica.com



From the Publishers

MAY 2019

Mothers. Tom and I have been without our mom's now for quite a few years and there is nothing that could replace one more kiss goodnight, a warm batch of made-from-scratch cookies or one more conversation. If your mom is still with you, please reach out with a bit more love this month, a few extra phone calls or visits - and of course, a big bunch of spring flowers! How lucky we have all been to have loved and been loved by the indomitable spirits of our Mothers!



A Celebration of Mothers

1950s

Jeanne Draelos
(Tom's mom) and
Helen Hill (my mom)



Speaking of mothers, my baby girl turns 15 this month! This may sound biased, but I think we raised a good one! Being just a 'tad older' than the other parents, we may have stuck with some of the more old-fashioned ways of parenting - no phone until high school, chores every Saturday done *right*, consequences for behaviors, no special menu, no talking back to adults, church every Sunday and no late homework! She is a straight A student, sings in church choir, self-taught herself ukulele and piano and apologizes after she has a bout of teenage hormones. We love that girl! Good behavior does deserve some spoiling!



Spring tragedy comes in the form of a beautiful Blue Heron beast decimating our pond supply of Comet fish (similar to Koi). We started with five fish about six years ago which turned into a beautiful school of at least 50. After chasing the Heron out numerous times and netting the pond, we are down to seven fish!! I know they are protected by the DNR but if I ever get my hands on that thing I would love to roast him!! Beautiful huge birds to watch out my patio window but GO AWAY and stop eating my fish!

Preparing for the summer means preparing for Greekfest at State Fair Park (June 21-23). Tom and I are in charge of the chicken dinner tent so stop in, say hi and enjoy some great spit-roasted chicken and of course some Greek hospitality - we just might have to kiss you and do a shot of Ouzo!

I have stored my snow boots for the last time this spring. The first breeze that smells like summer sunshine... the handful of daffodils on the kitchen table... fresh sheets on the clothes line... the sound of earthworms working their magic in the garden at night... and that first scream of dismay when you see your winter legs slip into shorts for the first time!

Our spring issue welcomes in those transitional seasons. No matter the hardships that come our way or the joys that slip unnoticed into our days - life is good, the sun is warm and attitude is always a choice! Do you plant a garden? Feed the neighborhood birds and squirrels? Chat with neighbors at the mailbox? Or just quietly enjoy the fresh scents and colors?

Embrace. Enjoy. Plant your seeds.

LIFE. *Enjoy it!*

Sandy and Tom Draelos

INSIDE THIS ISSUE



WI Spring Festivals

Whether you're a fan of rare mushrooms or garage sales, Wisconsin boasts a multitude of spring festivals

-page 6



Hunting the Elusive Morel

When spring weather sets in morel mushrooms are at its peak season, making the art of foraging for this pricey delicacy irresistible

-page 7



Office ERGONOMICS

If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain. Proper office ergonomics can help you and your joints stay comfortable at work.

-page 14



LAUGH out LOUD!!

It's always a hoot to forget your worries for a bit and have a good laugh! A favorite monthly feature!

-page 23+

MAY CALENDAR.....	page 5
Summer CAMP Season.....	page 8
In HONOR of Memorial Day.....	page 12
FINANCE.....	page 13
ODD Wisconsin.....	page 15
FOOD of the MONTH: LETTUCE.....	page 16
Home Sale Litigation.....	page 18
EARTHTALK: Pesticide Controversy.....	page 19
AQUATIC Fitness.....	page 21
Crossword.....	page 25
WORD Search.....	page 26

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

ADVERTISING

Advertising Sales Associates
Vicki Huber | Kelly Larson

OPERATIONS MGR

Thomas Draelos

SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212
FAX: (414) 586-9474
milwaukeepublishing@wi.rr.com
www.Boomersnewsaper.com



Your **LIFE!**

Enter to win our monthly drawing!

\$50.00

Congratulations
Jimmy Brodzik

Our winner last month
from Milwaukee

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: May 31, 2019

POLISH FEST



A festival so great for the senses

JUNE 14-16, 2019

FRIDAY & SATURDAY: NOON - MIDNIGHT
SUNDAY: NOON - 8:00 PM

HENRY W. MAIER FESTIVAL PARK
SUMMERFEST GROUNDS

MILWAUKEE, WISCONSIN

- Cultural Village
- 5 Stages Of Entertainment
- Folk Art - Children's Area
- Sukiennice Market Square
- Cooking Demonstrations
- Mass Sunday At 10 am
- Over 25 Food Vendors
- Non Stop Polka Music
- Chopin Youth Piano Competition
- "Big Boonski" - Fireworks Sat 10:30pm - Sponsored by Planners Financial Group
- Enjoy Sobieski Specialty Drinks and Vodka Tasting
- Polish Beer Imported Directly From Poland
- Tyskie Beer Garden



SOBIESKI
VODKA

Miller
Lite

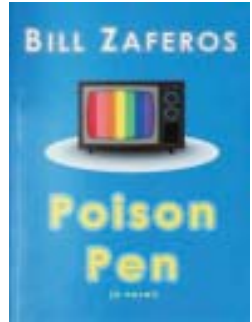
TYSKIE



WWW.POLISHFEST.ORG

Bipolar Author Bill Zaferos Channeled Mental Illness Into Creativity

*Book Release/Fundraiser
to be Held May 15 at
the Marcus Center*



Author Bill Zaferos did not know he was suffering from bipolar disorder when he wrote his first novel, *Poison Pen*, in 2000. All he knew was that the title popped into his head and he became driven to write day and night. The book will be released May 15 with an event at the Marcus Center.

The plot of *Poison Pen* centers on Jerry Most, the acerbic host of the game show *Die Trying*, in which contestants perform death-defying acts to win fabulous prizes. The dangerous stunts never really work but the highly popular show gives Most riches beyond his belief. Still, his wealth isn't enough to keep him happy and he sinks into a dangerous depression. Seeking solace on a cross-country trip during the show's summer hiatus, he winds up in Hammertown, a miserable Wisconsin burg, where he decides to end it all while getting drunk in a local bar.

Called a "brilliant tour de force" by Pulitzer Prize winning author Thomas Peele, *Poison Pen* is a tale of redemption that offers an off-beat look at American culture as well as life, death and the deeper meaning of '60s television shows like *The Beverly Hillbillies*.

Author Nick Chiarkis said: "*Poison Pen* by Bill Zaferos is a page-turner. Mr. Zaferos is a wonderful storyteller and masterful writer. This is a ride you don't want to miss. You will cheer and laugh, and at times choke up with tears. I did not want the story to end. Bravo, Mr. Zaferos."

Bill Zaferos is a first-time author and writer who managed to channel his mental illness into creativity by writing *Poison Pen* during a manic high. He wrote the novel in a few months and then left it on a closet shelf for 15 years before allowing friends and family to read it. With their encouragement, Zaferos finally sought publication of the novel.

Zaferos is a former newspaper political reporter, political consultant and public relations and advertising executive. He lives in downtown Milwaukee – not the suburbs – with his wife, Tracey Carson.

"A Night for NAMI Poison Pen Book Launch" Wednesday, May 15. VIP reception at 5:30 in Conference Room A and an interview/audience Q&A with Zaferos at 7 pm in the rehearsal hall. Proceeds for the event will go to the National Alliance on Mental Illness-Greater Milwaukee. Tickets are available on the Poison Pen website (poisonpenbook.com) as well as the Marcus Center ticket office (marcuscenter.org) and Amazon.



Bill Zaferos, author of "*Poison Pen*."
(Photo: Todd Dacquisto)

We Cater!

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

Quality food. Quality Service.

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



**The PeachTree Family
Restaurant & Catering**

15419 W. National Avenue
New Berlin

262-787-2911

www.thepeachtreecatering.com



Prime Minister

**Prime Minister Family
Restaurant & Catering**

517 N. Main Street, Thiensville

262-238-1530

www.pmcatering.com

Two family restaurants serving breakfast, lunch & dinner specials!

HOLY HILL ART FARM



This 160 year old 80 acre family farm is located in the heart of the Kettle Moraine near Holy Hill. This rustic property has been transformed into a **Unique Event Destination**.

4958 Holy Hill Rd (Hwy 167) Hubertus, WI

Art & Farm Market Dates

**June 1 and 2
Sept 21 and 22
Oct 12 and 13
9am-4pm**

FREE Admission & FREE Parking

NEW Summer Events

Dinners on the Farm, Barn Dances
Neil Diamond, Johnny & June Cash,
Creedence Clearwater Revival
Tribute Concerts

Buy Tickets NOW!

www.holyhillartfarm.com



SPRING EVENT CALENDAR

May 10th

Student Designer Fashion Show
Mount Mary University
Showcasing student work from fashion, studio art, graphic design, interior design and art therapy that culminates in a student-run fashion show. Showtimes: 1:30, 5, 7:30

May 10th-19th

The Miracle Worker
First Stage at Milwaukee Youth Arts Center
The Tony Award winning play exploring the true story of Helen Keller. Suggested for families and young people ages 12+

May 11th

Household Electronics and Appliance Recycling Event
City of New Berlin
16550 W National Ave
TV and CRT monitors cash charge, but items such as keyboards, laptops, printers, cell phones, air conditioners, stoves and more are able to be dropped off at no fee

May 11th

Making Strides Against Breast Cancer
Henry W. Maier Festival Park
Join us as we walk to end breast cancer! 3 mile walk brings together over 7,000 Milwaukee community members to make a difference for everyone who has been touched by breast cancer. Register at www.makingstrideswalk.org/milwaukeeewi

May 15th

Canoeing for Beginners
The Washington Park Lagoon
1859 N 40th St, Milwaukee
Learn how to choose the right equipment, safety and paddling technique, then practice with one of our trained educators. Perfect for those new to paddling or just want some more practice (414) 344-5460

May 16th

Loving Life on a Plant-Based Diet Hands on Cooking Class
Boelter Superstore
4200 N Port Washington Rd, Milwaukee
Get out of your funk and into our test kitchen to explore amazing food that doesn't rely on animal protein

May 16th

Milwaukee Track Days
State Fair Park Speedway
High Performance driving sessions ranging from novice drivers to advanced drivers. Event is FREE to watch and is open to the public

May 17-18th

Full Moon Canoe
Meet at the Milwaukee Rowing Club Boathouse (1990 N Commerce St.) Paddle down the Milwaukee River with UWM's Planetarium Director, Jean Creighton while enjoying the full moon and learning about the sky above from an expert astronomer. Registration and non-refundable payment of \$40 required by 5pm the day before the event. Personal boats are not allowed. 414-964-8505 x131

May 17-19th

Half Price Books Clearance Sale
Wisconsin State Fair Park
Big selection with big savings! Everything is \$2 or less. Stock up on hundreds of books, music, movies and more

May 17-19th

85th Anniversary Concert
Florentine Opera Company at Marcus Center
Featuring audience-favorite opera stars performing legendary arias and ensembles from the past, present and future of opera in Milwaukee

May 18th

Safety Saturday
City of New Berlin at Children's Hospital of Wisconsin. 10am-2pm
Educational event. Law Enforcement equipment, Fire Department equipment, K-9 units plus much more

May 18-19th

Annual Rock & Gem Show
Hart Park Mueller Building, 10-5 pm
Wisconsin Geological Society Dealer and club sales, kids activities, exhibits, door prizes, \$3 admission. Wheelchair accessible. Free parking

May 19th

Milwaukee Makers Market
Ivy House
906 S Barclay St
An array of established crafters and hobbyists, freelance designers, artists, performance artists, weekend warriors, full time makers and small business owners

May 19th

Palaeinka Breakfast
Sacred Heart Croatian Catholic Parish
917 North 49th Street
8:30 AM-12:30pm Share the Croatian culture and eat homemade foods. Traditional inexpensive a la carte breakfast at Sacred Heart Hall includes palaeinka (crepes) served plain, jam filled or baked cheese filled, žganci (seasoned corn meal) sausage and sauerkraut. Oh yes, sauerkraut for breakfast! All welcome!

May 20th

9:30-11am
Milwaukee West Suburban Women's Connection invites you to **brunch and speaker** Ruth Catlett, "There's Trouble In River City." Davian's Banquet & Conference Center. \$15 Reservations (262) 251-3841. All welcome

May 20th

Caves Underground - A Unique Beer Pairing Experience
Beer pairing dinner in the hand dug, historic Miller Caves dating back to 1849. Originally used for beer refrigeration and aging, the first caves dinner was hosted in 1952 by Frederick C. Miller. Tickets \$85/adult. 414-931-BEER. Limited seating

May 20th

Street Drags
Wisconsin State Fair Park
Shine and Show Car Show and the 350' Street Drags. 18 brackets to provide parity You can watch, show or drag for this fun event. Not a serious drag event...just an excuse to have fun

May 25-26th

32nd Family Kite Festival
Veterans Park
The Kite Society of Wisconsin & Illinois and Gift of Wings presenting the Wilde Subaru Family Kite Festival. 10am 6pm, with the grand launch of 600+ kites at noon

June 1st

Milwaukee Highland Games
Hart Park, Wauwatosa
Scottish food, dance, athletics and more

June 1st

Spring on Brady - Annual Art Walk
Amazing sidewalk sales with dining and drink deals. Live artists from painting and sketching, chalk drawing, pottery, puppy printing and even blacksmithing

June 1-2

Holy Hill Art & Farm Market
Over 200 Artists, Crafters and Farmers. See their work and talk with them about custom work. Enjoy lunch and live musicians. 80 acre 160 year old farm homestead in the heart of Kettle Moraine. Free

June 2nd

UPAF Ride for the Arts
Henry W. Maier Festival Park

June 2-9th

Bead&Button Show 2019
Wisconsin Center
Kick off your summer for great jewelry-making classes and shopping with beads, metal, enamel, wire, polymer, gems, stones, fiber and more

June 7-9th

Greek Festival
Sts Constantine & Helen Greek Orthodox Cathedral
2160 N Wauwatosa Ave
Share the Greek culture and traditional spit roasted chicken and lamb, gyros and other authentic favorites

June 14-16th

Polish Fest 2019
Fill up on pierogis and dance to polka music at this year's Polish Fest, the largest Polish festival in America!

June 21-22nd

Bark Lake Multifamily Rummage Sale
Scenic and Bark Lake Rd, Hubertus
Antiques, crafts, material, jewelry, clothing, fishing gear, kids and baby's clothes, toys, furniture, household items, books, DVD's and CD's, and much more

Find more events at
visitmilwaukee.org and
onmilwaukee.com



GREEK FEST

June 21-22-23 2019

State Fair Park

Shepherd's Best of Milwaukee
★ 2018 WINNER

FREE ADMISSION!

Friday & Saturday 11 a.m.-11 p.m.
Sunday 11 a.m.-8 p.m.

WHOLE GREEK CHICKEN DRIVE THRU! FRI SAT SUN 3-7 12-7 12-4

Rummage SALE

3 DAY ANNUAL RUMMAGE!

for 'Second Hand Purrs'. Proceeds benefits the cats!

American Legion Post
(Inside and air-conditioned)
9327 S. Shepard Ave, Oak Creek

Thurs, June 13th: 9-6pm
Friday, June 14th: 9-6pm
Sat, June 15th: 9-4pm



4 Can't-Miss Spring Festivals in Wisconsin

In Wisconsin, spring festival season kicks off as soon as the temperature hits 30 degrees. Whether you're a fan of rare mushrooms or garage sales, Wisconsin has the festival for you! Check out some of the most popular events happening around the state this season.

By Sam Kislia



100 Mile Garage Sale – Pepin May 2- May 5

Each year in May, 100 miles of the Great River Road between Fountain City and Prescott are transformed into a rummage's paradise. Individuals and local businesses take the opportunity to clean out their attics and stockrooms and price their wares to sell! There

isn't a master list of every sale along the route, so you have to keep an eye out for the ribbons marking which sales are participating – almost like a scavenger hunt! Whether you're looking for a great price or are keeping your eyes peeled for something you didn't even know you needed, you're sure to find it along the famous 100 Mile Garage Sale.

Downtown Baraboo Fair on the Square – Baraboo May 11 and Oct 12, 9am-4pm

Every spring, Baraboo's charming downtown comes alive with art, music, and delicious food. Art Fair on the Square draws more than 150 artists and crafters to put their unique talents on display. You'll see everything from hand blown glass, metalwork sculptures, intricate pottery, and plenty more. The main attraction may be the local artists, but there's even more to be found at Art Fair on the Square. Be sure to take a stroll through the farmer's market where local growers also put the fruits of their labor on display. Once you've worked up an appetite, grab some grub from a local vendor and stop to enjoy live music surrounded by beautiful art and great company.



Morel Mushroom Festival – Muscodia May 18, 2019 – Sun, May 19

The uniquely challenging growing conditions of morel mushrooms make it impossible for them to be harvested commercially, so they've become something of a rare delicacy. One place you won't have to hunt for them is at Muscodia's Morel Mushroom Festival, where local growers and mushroom enthusiasts alike gather to trade thousands of pounds of these delectable morsels. Head to mushroom headquarters, where you can sample of sautéed morels while supplies last. You can also find them prepared in plenty of other ways too - we highly recommend giving the morel bratwurst a taste test! Be sure to check out the craft fair and carnival before catching the fireworks display after the sun sets.

Ho-Chunk Pow-Wow – Black River Falls May 25-26

Each Memorial Day, the Ho-Chunk tribe invites the public to a pow-wow as a celebration of thanks and camaraderie. Listen closely and the thundering drums will lead you straight to the action at Andrew Blackhawk Memorial Pow-wow grounds. Throughout the pow-wow, you'll marvel as singers, dancers, and drummers perform traditional tribal music in vibrant ceremonial garb. Maybe they'll even invite you to join in! Grab some delicious fry bread and don't miss this opportunity to experience an authentic Ho-Chunk tradition firsthand.



WE'RE PROUD TO SHOW YOU AMERICA®

Experience the Difference!®

Convenient Departure Points Near YOU!

Our new brochure including Christmas Trips is now available. Call for one TODAY!

Motor Coach Tours Throughout the US & Canada

<p>Nova Scotia Maritimes 16 days / July 26 / \$3544 DBL</p> <p>Black Hills & Wild Mustangs 6 days / August 17 / \$1298 DBL</p> <p>Bunch of Boats & an Ark 5 days / August 5 / \$1199 DBL</p> <p>Branson USA 5 days / Sept 9 / \$920 DBL</p>	<p>Southern Belles 10 days / September 26 / \$2318 DBL</p> <p>Riverboat Twilight Cruise 4 days / October 7 / \$1025 DBL</p> <p>Steamin' Through New England 10 days / October 8 / \$2998 DBL</p> <p>Road to Liberty 10 days / Oct 17 / \$2264 DBL</p>
---	---

LAMERS

TOUR & TRAVEL

www.GoLamers.com

Reservations & Information: (800) 236-8687

Milwaukee's Most Complete Health Clubs

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

eliteclubs.com

Mequon 11616 N. Port Washington Rd. (262) 241-4250
North Shore 5750 N. Glen Park Rd. (414) 351-2900
River Glen 2001 W. Good Hope Rd. (414) 352-4900

Brookfield 13825 W. Burleigh Rd. (262) 786-0880
West Brookfield 600 N. Barker Rd. (262) 786-3330



The MOREL of the Story: *Start Foraging!*

When spring weather sets in Wisconsin, morel mushrooms are at its peak season, making the art of foraging for this pricey delicacy irresistible



The generally cool, moist spring temperatures of Western Wisconsin provide an idyllic nurturing ground. The fresh Morel season is very short typically lasting only a few weeks in April or May. Based on this year's chilly conditions, the Morel season to favor a mid-May crop.

Many pickers have their own secret patches that have been passed down from generation to generation and are closely guarded secrets. A good Morel patch can earn a picker hundreds of dollars in a day.

The mushrooms are most likely to be found under dying trees, most favorably the elm.

The time to look for Morels according to the old timers "when the oak leaves are the size of a mouse's ear." Morels start emerging from late March through May under specific temperature and moisture demands. Night temperatures must average around 40 degrees and day temperatures between 60 and 70 degrees. Too much rain or too little and the morel season can be a bust.

East-facing hillsides of the Driftless Region and bluff country adjacent to the Mississippi River have been known to produce the finest morels available due to the high levels of limestone. But scattered around on forest ridge tops and lowlands alike, there isn't much rhyme or reason to where Morels can be found. My brother found some in his backyard!

Morel Mushrooms are one of the most prized, wild, edible mushrooms in the world. The highly prized culinary originally arose from a common ancestor in western North America...about 174 to 100 million years ago." They can be as tiny as a grain of rice or over a foot tall, and range in color from yellow to grey, brown, or black. Despite these variations, morels are easily identified by their completely hollow body and their honeycomb textured caps.

They're also ideal to forage because the mighty morel refuses to be tamed. While a patent for cultivating morels has existed since 1986, growers have struggled to produce a mushroom with the same flavor as the wild ones, so foraging retains its appeal. It's also legal to harvest edible fruits and nuts, wild mushrooms, wild asparagus and watercress for personal consumption on public lands, including state parks, according to the state Department of Natural Resources.

Morel prices vary a bit from year to year, depending on availability and demand. Check around, online, or at the markets. Average retail prices can range from \$35 to \$125 per pound. Foragers can easily sell them for \$20 a pound and up.



False Morels - and toxic!

A seasoned mushroom hunter usually won't have a problem making this identification. If you slice an edible morel open from top to bottom it will be hollow inside. A non-edible one will usually be filled with wispy cotton-like fibers or chunks of tissue. Always consult a local expert if you're inexperienced or uncertain. Never eat a mushroom based solely on mushroom pictures that you've seen on the Internet! Mushroom-appreciation.com

SIX LOCATIONS!!

**Mequon, Cedarburg, Menomonee Falls
South Milwaukee, Grafton & Slinger**

MYSTORAGEHOME.COM



**Wide selection of conventional and
climate controlled storage units**

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

262-236-0612

\$25

OFF w/ this ad

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!

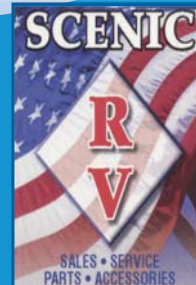
Scenic RV.com

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!**



WHY DAY CAMP?

By Marla Coleman



Children learn life skills that become habits of the heart

It's tough to be a kid these days. It's tough to be a parent. In a society where the nature of the family, the work place, and the community have changed dramatically, we can no longer assume that the natural process of growing up will provide children the experiences and the resources they need to become successful, contributing adults. In sharp contrast to the traditions of growing up in the 50s and 60s, today we live in the first moment when humans receive more of their information second-hand than first! We are in a climate where it is harder to know what we need to survive, so drawing on experiences that give children healthy alternatives and opportunities to instill capabilities, the hallmarks of thriving, is the greatest gift you can give a young child.

Does it really matter if my child doesn't go to day camp, especially since she will go to overnight camp in a few years? She is only four years old — why does she need day camp?

Camp provides one of the very few links with a world larger than the consumer culture we inhabit — and day camp is one important choice in a quiver of options. The camp experience helps children and youth develop an appreciation of their place and their responsibility in a much larger universe. A preschooler — or even an older child who might be reluctant to go to overnight camp — can join a community that is created especially for her to practice growing up. Why wait until age ten when the benefits of

feeling connected and being able to contribute and navigate at an earlier age can be reaped? Under the supervision of inspiring guides and passionate coaches, children can feel successful and make new friends while having the time of their lives; they can experience belonging and contribution; they can have a sense of consistency and predictability in times of turbulence and change.

Day camp can begin as early as age three, and is geared to children who get to experience camp and still return home each evening! They have the best of both worlds — the camp community which is built exclusively for kids and their own home

DAY CAMP continued on page 9

A collage of images showing children and adults playing musical instruments. The text "be SOUND" is prominently displayed in a stylized font. Below it, the words "PROFESSIONAL PERSONALIZED INSTRUCTION" are written in large, bold, white capital letters. The collage includes photos of Lauren Sperry playing a saxophone, Julie Brandenburg playing a piano, Paul Terrien playing a guitar, Eric Sperry playing a trumpet, and Matt Liban playing a drum set. At the bottom, the phone number 414.477.9251 and the website www.besoundmusic.com are listed.

Lauren Sperry

Julie Brandenburg

be SOUND

Paul Terrien

PROFESSIONAL PERSONALIZED INSTRUCTION

Eric Sperry

Matt Liban

414.477.9251
www.besoundmusic.com

WHY DAY CAMP?

continued from page 8

which provides the security they need at a tender age.

One day camp parent said, "While my children and I are constantly bombarded by the news which is focused on what is wrong with the world, camp is a living example of what is right."

Day camp is a terrific first experience. Reminiscent of less complicated days, when people connected with nature, thrived on inter-generational relationships, and made new discoveries, everything is designed and scaled to ensure that children feel included, cared about, and capable. Beginning camp at an early age provides important advantages.

Camp is the best demonstration of moral and spiritual order — democracy is the core purpose. Children learn life skills and behaviors that become habits of the heart. While many then move on to overnight camp, others will be content to continue the day camp experience: after all, there is a camp for everyone — and that might well be day camp!

To learn more about camp and child development, please visit the American Camp Association's family at www.ACAcamps.org

Top 10 Reasons to Give the Gift of a Summer Experience

Camp is truly a life-changing experience — one that provides a lifetime of memories, and develops real life skills needed to be a leader in today's changing world. And let's be honest, those kids need to be busy during summer for our own sanity! So here are ten reasons to give the gift (for any occasion) of camp:



10. Gift-wrapping a pony has never been easy. Trust us, we've tried.
9. Aunt Maude's fruitcake is still on the top shelf of the pantry.
8. 41% of toys and presents given during the December holidays are broken by March.
7. No waiting in line! The average shopper spends 25% of gift shopping time in line.
6. No assembly or batteries required.
5. Camp helps boost confidence!
4. From insects to vegetation and woodland critters to fish, the camp experience surrounds children with nature and develops a hands-on appreciation for the environment and the natural world.
3. Friends come in all shapes and sizes. The camp experience helps develop authentic friendships and a sense of community, while making children more aware of the world around them.
2. Camp helps stem summer learning loss. According to the National Summer Learning Association, most children experience some degree of learning loss in the summer months. Research has shown that participation in an experiential education program, like camp, has a positive effect on children while helping to stem learning loss.
1. Camp is FUN!

Families ready to give the gift of camp can visit www.ACAcamps.org for resources, expert advice, or ACA's Find A Camp database of over 2,400 ACA-accredited® camps. A printable gift certificate is also available — families can tuck it in a new backpack, roll it in a new sleeping bag, or wrap it around a new flashlight.

The Mullett Center Presents:

SKATING & ACTIVITIES DAY CAMP



ICE SKATING & LESSONS,
GYM & PLAYGROUND GAMES,
FIELD GAMES OUTSIDE . . . AND MUCH MORE!!!



June 10th thru AUGUST 30th
Full (\$50) or 1/2 (\$30) Day options
Boys and Girls ages 4-12

NO PRIOR SKATING EXPERIENCE NEEDED!
No camp the week of June 17th or July 1st
More info and Registration online!

www.mulletticecenter.com • 262.369.3600 • 700 North Ave Hartland, WI 53029



May is National Foster Care Month

For 31 days each year, the nation's attention shifts to focus on the stories of children and families whose lives have been affected by foster care.

The pivot is intentional — and dates back to 1988 when President Ronald Reagan issued a proclamation establishing May as National Foster Care Month. Today, this precedent endures. It recognizes the needs of kids and youth in foster care and celebrates the many supporters who are making a powerful and positive difference in their lives.

Some facts related to foster care....

- A child enters foster care every two minutes.
- More than 430,000 children and youth are in foster care on any given day.
- Most kids in care — 61% — enter the system due to neglect.
- The average child in care is about 8 years old.
- Children spend, on average, 20 months in care.
- Kids in care are predominantly white (44%) or African-American (23%).
- One in every five kids in care is Hispanic or Latino (of any race).
- More than 117,000 children and youth are waiting to be adopted.
- Nearly half — 45% — of kids in care joined a household of non-relatives for their most recent placement.
- More than half — 55% — of kids in care are seeking to reunite with their main parent or caretaker, according to their care plan goal.
- Former foster children are almost twice as likely as combat veterans to suffer from Post-Traumatic Stress Disorder.

For thousands of Americans, the focus on foster care does not fade with the month of May. To help support three groups who navigate the system every day — kids in care, foster parents and child welfare professionals, please call 1-800-660-9204.

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



**Foster Parents Urgently Needed
in the Milwaukee County Area**

A Mother's FACTS OF LIFE

or Things I've Learned From My Children

- A king size waterbed holds enough water to fill a 2000 sq. ft. house, 4 inches deep.
- A 3-year old boy's voice is louder than 200 adults in a crowded restaurant.
- When you hear the toilet flush and the words 'uh oh' , it's already too late.
- Brake fluid mixed with Clorox makes smoke, and lots of it.
- A six-year old boy can start a fire with a flint rock even though a 36-year old Man says they can only do it in the movies.
- Certain Lego's will pass through the digestive tract of a 4-year old boy. Play dough and microwave should not be used in the same sentence.
- Super glue is forever.
- No matter how much Jell-O you put in a swimming pool you still can't walk on water.
- Pool filters do not like Jell-O.
- Garbage bags do not make good parachutes.
- Marbles in gas tanks make lots of noise when driving.
- You probably DO NOT want to know what that odor is.
- The spin cycle on the washing machine does not make earthworms dizzy.
- It will, however, make cats dizzy.
- Cats throw up twice their body weight when dizzy.
- 80% of men who read this will try mixing the Clorox and brake fluid.
~anon

Callen... Your Fiberglass Window Expert



Get the leading fiberglass replacement window with the best installation from Callen. Plus you'll find a price you can afford with Callen's flexible payment options.

Beautiful in Design

Durable

Stainable

Ultrex fiberglass is 8x stronger than vinyl and won't absorb moisture or decay over time like wood.

Muskego | Brookfield



INFINITY
from **MARVIN**
REPLACEMENT WINDOWS

CallCallen.com 414-529-5509

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

154th Annual Memorial Day Parade

Monday, May
27th, 2pm

Honoring the U.S. Army.
Grand Marshal: George Banda, U.S. Army
Vietnam, Combat Medic/Silver Star/Bronze
Star/ V-Purple Heart.
2019 Milwaukee County
Veteran of the Year: Ray Stubbe, U.S. Navy
Chaplain Vietnam.
Parade starts at 4th and Wisconsin at 2pm
and heads east to the War Memorial Center.
Color Guards, Marching Units, Bands,
Military Vehicles and more. Wreath laying
POW/MIA ceremony takes place immediately
following the parade at the Reflecting Pool
on Fitch Plaza 2nd level, 750 North Lincoln
Memorial Drive, Milwaukee

A day to remember and honor those who died
defending our freedom and democracy.
With great gratitude we thank you.

"While the storm clouds gather far across the sea
Let us swear allegiance to a land that's free
Let us all be grateful for a land so fair
As we raise our voices in a solemn prayer
God bless America, land that I love
Stand beside her and guide her
Through the night with the light from above
From the mountains to the prairies
To the oceans white with foam
God bless America, my home sweet home

Irving Berlin wrote the song "God Bless America" in 1918 while serving in the U.S. Army at Camp Upton in Yaphank, New York. With the rise of Adolf Hitler, Berlin, who was Jewish and had arrived in America from Russia at the age of five, felt it was time to revive it as a "peace song," and it was introduced on an Armistice Day broadcast in 1938, sung by Kate Smith on her radio show. Berlin had made some minor changes; by this time, "to the right" might have been considered a call to the political right, so he substituted "through the night" instead. "God Bless America" takes the form of a prayer (intro lyrics "as we raise our voices, in a solemn prayer") for God's blessing and peace for the nation ("...stand beside her and guide her...").

As Irving Berlin's daughter Mary Ellin Barrett said, "I came to understand that it wasn't 'God Bless America, land that we love.' It was 'God bless America, land that I love.' It was an incredibly personal statement that my father was making, that anybody singing that song makes as they sing it. And I understood that that song was his 'thank you' to the country that had taken him in. It was the song of the immigrant boy who made good."

Ozaukee County Historical Society and
1st Allied Airborne Living History Group present



5TH
ANNUAL

WWII LIVING HISTORY EVENT

Metz: The City That Wouldn't Surrender

Saturday, May 18th 10am - 5pm

Sunday, May 19th 10am - 3pm

School & Public Preview Day:

Friday, May 17 from 9:00am-2:30pm \$5/Person

SCHEDULE OF EVENTS

Travel back in time while our living historians showcase various
weaponry, uniforms, vehicles and artifacts from the WWII era.

Special Hometown Fallen Hero Tribute:
Ozaukee County WWI Honor Wall

Demonstrations throughout the village all weekend.
Ozaukee County Veteran Story Video Archiving
11:00am... Vehicle Parade
11:30am & 3:00pm... Field Battles (11:30am Sunday Battle)

SATURDAY NIGHT ONLY:
7:00-10:00pm... USO style dance featuring Swing Nouveau
with WWII USO Shenanigans

Admission: \$10 Adults, \$8 Students (13-17) & Seniors,
\$5 Veterans & Children (5-12), WWII Veterans FREE.
Saturday Night Dance \$8



Ozaukee County Pioneer Village

4880 Highway I • Saukville, WI 53080

For more information, go to our website: www.ochs.co.ozaukee.wi.us

Event Sponsors:



Kolb & Associates
For All Your Insurance Needs



WHAT DID GRANDPA

BRING HOME FROM THE WAR?

(Besides Grandma)

WE PAY CASH FOR WAR RELICS!

VISIT US
AT OUR
NEW HUGE
LOCATION!

MILITARY COLLECTIBLES SHOP

9707 West Greenfield Ave, WEST ALLIS

414-727-1190

www.militarycollectorsHQ.com

Your Money



with Tim Stasinoulas

Making Investment Decisions

**Are your choices
based on evidence
or emotion?**

Information vs. instinct. When it comes to investing, many people believe they have a “knack” for choosing good investments. But what exactly is that “knack” based on? The fact is, the choices we make with our assets can be strongly influenced by factors, many of them emotional, that we may not even be aware of.

Deal du jour. You’ve heard the whispers, the “next greatest thing” is out there, and you can get on board, but only if you hurry. Sound familiar? The prospect of being on the ground floor of the next big thing can be thrilling. But while there really are great new opportunities out there once in a while, those “hot new investments” can often go south quickly. Jumping on board without all the information can be a bit like gambling in Vegas: the payoff could be huge, but so could the loss. A shrewd investor will turn away from spur-of-the-moment trends and seek out solid, proven investments with consistent returns.

Risky business. Many people claim not to be risk-takers, but that isn’t always the case. Most proficient investors aren’t reluctant to take a risk, they’re reluctant to accept a loss. Yes, there’s a difference. The first step is to establish what constitutes an acceptable risk by determining what you’re willing to lose. The second step is to always bear in mind the final outcome. If taking a risk could help you retire five years sooner, would you take it? What if the loss involved working an extra ten years before retiring; is it still a good risk? By weighing both the potential gain and the potential loss, while keeping your final goals in mind, you can more wisely assess what constitutes an acceptable risk.

You can’t always know what’s coming. Some investors attempt to predict the future based on the past. As we all know, just because a stock rose yesterday, that doesn’t mean it will rise again today. We know this, but often we “shrug off” this knowledge in favor of hunches. Instead of stock picking, you can exercise a little caution and seek out investments with the potential for consistent returns.

The gut-driven investor. Some investors tend to pull out of investments the moment they lose money, then invest again once they feel “driven” to do so. While they may do some research, they are ultimately acting on impulse. This method of investing may result in huge losses.

Eliminating emotion. Many investors “stir up” their investments when major events happen, including births, marriages, or deaths. They seem to get a renewed interest in their stocks and/or begin to second-guess the effectiveness of their long-term plans. It’s a case of action-reaction: they invest in response to short-term needs instead of their long-term financial goals. The more often this happens, the more incoherent their so-called “financial strategy” becomes. If the financial changes they make are really dramatic, it can lead to catastrophe. Many times, there is no need to fix what isn’t broken or turn away from what they’ve done right. By enlisting the assistance of a fiduciary financial professional (and relying on their skill and expertise), you can be sure that investment decisions are based on facts and made to suit your long-term objectives rather than your personal, changing emotions or short-term needs.

Do you have a financial question for Tim? He can be contacted at (262)369-5200, emailed at info@aegiswi.com, or on his website at www.aegiswi.com. Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI. Tim and his team specialize in providing insightful and objective financial guidance to individuals, families, and small business owners.

When it comes to estate planning and administration, everyone has different needs. It is important to enlist an attorney who will do more than simply hand you some forms to fill out. You need someone who will take the time to get to know you and your situation. Personalized guidance is critical.



Our resourceful, determined and respected lawyers provide services for all end of life needs.

• Wills and Trusts • Power of Attorney • Healthcare Directives •

Contact us for all of your estate planning needs.



Gimbel • Reilly • Guerin • Brown
LLP

330 East Kilbourn Avenue, Suite 1170, Milwaukee, Wisconsin 53202
Tel: 414-271-1440 Email: bfrank@grglaw.com
www.grglaw.com

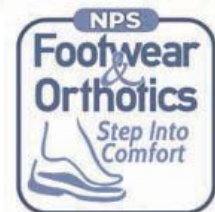
DIABETES and so MUCH MORE

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

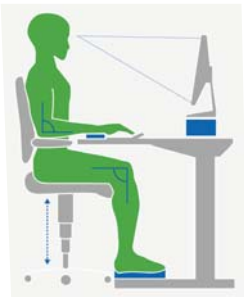
National Pedorthic Service
2475 N. 124th Street
Brookfield, WI 53005
262-754-2440

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



I have not failed. I've just found 10,000 ways that won't work.

~Thomas A. Edison



OFFICE ERGONOMICS

Your how-to guide

By Mayo Clinic Staff

If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics - including correct chair height, adequate equipment spacing and good desk posture- can help you and your joints stay comfortable at work.

CHAIR. Choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Adjust armrests so your arms gently rest on them with your shoulders relaxed.

KEY OBJECTS. Keep key objects - such as your telephone, stapler or printed materials - close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.

KEYBOARD and MOUSE. Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows. Use keyboard shortcuts to reduce extended mouse use. If possible, adjust the sensitivity of the mouse so you can use a light touch to operate it. Alternate the hand you use to operate the mouse by moving the mouse to the other side of your keyboard.

TELEPHONE. If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset rather than cradling the phone between your head and neck.

FOOTREST. If your chair is too high for you to rest your feet flat on the floor — or the height of your desk requires you to raise the height of your chair — use a footrest. If a footrest is not available, try using a small stool or a stack of sturdy books instead.

DESK. Under the desk, make sure there's clearance for your knees, thighs and feet. If the desk is too low and can't be adjusted, place sturdy boards or blocks under the desk legs. If the desk is too high and can't be adjusted, raise your chair. Use a footrest to support your feet as needed. If your desk has a hard edge, pad the edge or use a wrist rest. Don't store items under your desk.

MONITOR. Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level. The monitor should be directly behind your keyboard. If you wear bifocals, lower the monitor an additional 1 to 2 inches for more comfortable viewing. Place your monitor so that the brightest light source is to the side.

EXPERIMENTS

Try these for a work environment that supports good health and posture. Set a timer and get up every 30 minutes. Take a walk to the water fountain, to a meeting, whatever. Just move a bit. Ask a colleague to take a picture of you at your workstation and check to see if it supports well-aligned posture (eyes looking straight, neck not bent, forearms parallel to the floor, low back in its natural curve). Follow the 20/20/20 rule. Every 20 minutes, give your eyes a 20-second break by focusing on something at least 20 feet away. Create a standing workstation!

Can't Hear on the Phone?

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



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

To qualify, users need:

- Hearing loss
- Internet connection
- Landline telephone service

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

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

CapTel
2400i



262-409-9370
CapTel.com



CapTel®
Captioned Telephone

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

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

Senate Candidate William Proxmire Refused Campaign Contributions

By Michael Edmonds, Wisconsin Historical Society



Proxmire shaking hands at the State Fair

Politicians and special interest groups will spend millions to billions on today's campaign trails. Compare that to Senator William Proxmire's campaigns...

"We spent under two hundred dollars," recalled Proxmire's chief of staff, Ron Tammen, about the 1976 and 1982 elections. "No staff, no advertising. The only money we spent was for stamps to send letters back to people who had sent us money on their own."

"Somebody in Eau Claire sends us ten dollars and we'd have to write Mrs. Jones a letter back and say, 'Very thoughtful of you, but I'm not taking any money.'"

When lobbyists delivered Christmas baskets, Proxmire gave them to food pantries. In 1983 he denounced donations from special interests as legalized bribery:

"Most of these PACs are run by hard-eyed realists. They know what they want and how to go about getting it. They are operated as a business and contributions are an investment. Those investments are expected to pay a return."

His solution? Just say no. Don't take campaign contributions and buy media time. Meet voters face-to-face.

"Whenever he was in town," Matt Flynn remembered, "he'd go wherever there was a crowd and just stand there. He kept a clicker in his left pocket and at the end of the day, he'd write down how many hands he'd shaken... I've never met anybody who lived in Wisconsin during that time that hadn't shaken his hand."

In 30 years Proxmire never lost an election.



Better care for your loved ones

Is your loved one experiencing challenges with incontinence?

Please contact us for details and free samples.

Free samples!



Choose premium incontinence products for your loved ones and offer them:

- The confidence to go out and enjoy life, socializing with others
- Healthier skin which may decrease doctor's visits
- Uninterrupted sleep, more energy and vitality

seni®

marketing@tzmousa.com • (470) 377-4942 www.seni-usa.com



Just Like HOME Adult Day Center

Call us Today! (262) 423-4411
W218N17483 Delaney Court
Jackson, WI 53037
Dave.morbeck@comforcare.com
www.JustLikeHomeAdultDayCenter.com

Keep your loved one independent through safety and supervision



Services

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

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

Accommodations

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

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

We are an owner operated small business with years of experience providing quality care.
Let us help you with your care needs!



ComForCare Home Care

Serving the Washington and Ozaukee counties, and surrounding areas

Supporting Independence, Dignity and Quality of Life.



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

262-674-1515
www.WestBend.ComForCare.com

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

The iceberg head lettuce is the most common lettuce in the U.S. They grow mostly in California and Arizona since they need warmer weather. Iceberg lettuce is a very popular salad choice, but it doesn't have many nutrients. Romaine, endive, and leaf lettuce offer more vitamin A, B, and C than iceberg. Romaine, endive, and butter head lettuce also have folate, which help prevent birth defect, and decrease heart disease.

Leaf lettuce. Leaf lettuce comes in many colors, from emerald green to dark maroon. Textures range from rounded edges to frills and ruffles. One and a-half cup of chopped up red leaf lettuce gives you 40% of vitamin A, 6% of vitamin C, 4% of calcium, and 1 gram of protein.



Romaine lettuce. This lettuce is packed with nutrients. The romaine lettuce is high in vitamin A, vitamin C, and beta-carotene which make it a heart-healthy green. The vitamins, minerals, phytonutrients, and fiber found in romaine lettuce are good for many common health problems. Two cups of this shredded lettuce give you 55% of vitamin A, 19% of vitamin C, 2% of iron, and 1 gram of protein. Romaine lettuce not only helps protect the heart, it can support normal cholesterol levels, and blood pressure.

Butter-head lettuce. This lettuce is a good source of vitamins, magnesium, calcium, potassium, and iron. One cup of this shredded lettuce has 36% of vitamin A, 3% of vitamin C, 2% of calcium, and 4% of iron. Boston lettuce makes an excellent substitute for this butter-head lettuce also.



Endive Lettuce. Curved, and wavy leaves make for an interesting look in your salad. The endive provides potassium, calcium, magnesium, iron, zinc, vitamins B, C, folate, and selenium.

Endive is rich in compounds that help boost the immune system, detoxify the body, promote regularity, lower the risk of cataracts, and protect the heart.



Ginger Salad Dressing

3 cloves garlic, minced
2 tablespoons minced fresh ginger root
3/4 cup olive oil
1/3 cup rice vinegar
1/2 cup soy sauce
3 tablespoons honey
1/4 cup water



In a 1 pint glass jar or larger, combine the garlic, ginger, olive oil, rice vinegar, soy sauce, honey, and water. Cover the jar with a tight fitting lid, and shake well. Remove lid, heat jar in the microwave for 1 minute just to dissolve

Caesar Salad Dressing

6 cloves garlic, peeled
3/4 cup mayonnaise
5 anchovy fillets, minced
3 tablespoons grated Parmesan cheese
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1 tablespoon lemon juice
salt to taste
ground black pepper to taste
1/4 cup olive oil



Mince 3 cloves of garlic, and combine in a small bowl with mayonnaise, anchovies, 3 tablespoons of the Parmesan cheese, Worcestershire sauce, mustard, and lemon juice. Season to taste with salt and black pepper. Refrigerate.

French Salad Dressing



1 cup vegetable oil
3/4 cup white wine vinegar
1 cup white sugar
1/2 cup ketchup

1/2 teaspoon salt
2 tsp Worcestershire sauce
1 onion, chopped

Prepare dressing in a large jar with a tight fitting lid. Add the oil, vinegar, sugar, ketchup, salt, Worcestershire sauce and onion. Shake until the sugar is dissolved. Refrigerate and shake well before using.



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

2505 E. Bradford Avenue Milwaukee www.eastcastleplace.com

Eastcastle Place is
Rated 5 Stars

by the Centers for Medicare and Medicaid Services (CMS)

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

PROVEN POST-ACUTE CARE

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

GOAL-DRIVEN EXPERTISE

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

Transitional specialties include:

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

Managed by Life Care Services®

CARE-INTENSIVE TREATMENT

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

Clinical capabilities include:

- Comprehensive wound care
- IV pain management
- Diabetes management



Affordable

SENIOR HOUSING

6 Desirable and Convenient Locations

Becker Property Services, LLC

262-240-9406

EMAIL: BeckPropSvc@aol.com

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

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

Call or email for more information or an application!



www.beckerpropertyservices.com



'Let Us' Grow Lettuce in Pots!

Almost all the lettuce varieties grow well in pots. As their shallow roots don't need deep soil, they do best in wide and shallow containers. The pot must have adequate drainage holes in the bottom and should be at least 6 inches deep. You can use any material for pots such as plastic, clay or terracotta pots.

Lettuce loves the sunlight though it can be grown easily in a partially shaded area. If the sun is intense try to place the pot in a spot that receives only a few hours of morning sun.

Once the lettuce leaves have reached the height of 4-6" (the baby green size perfect for cut and come again method) or according to your desired size, either pick the outer leaves individually or harvest them by cutting the leaves off 1-2 inches from above the base. Don't cut into or below the crown or else your plant will die. This way the plant will grow back and you'll be able to harvest it again.

LETTUCE WRAPS

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon freshly grated ginger
- 1 tablespoon Sriracha, optional
- 1 (8-ounce) water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- 1 head butter lettuce (or lettuce of choice)



Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and Sriracha until onions have become translucent, about 1-2 minutes.

Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste.

To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

"Get Off The Scale!"

You are beautiful. Your beauty, just like your capacity for life, happiness, and success, is immeasurable. Day after day, countless people across the globe get on a scale in search of validation of beauty and social acceptance.

Get off the scale! I have yet to see a scale that can tell you how enchanting your eyes are. I have yet to see a scale that can show you how wonderful your hair looks when the sun shines its glorious rays on it. I have yet to see a scale that can thank you for your compassion, sense of humor, and contagious smile. Get off the scale because I have yet to see one that can admire you for your perseverance when challenged in life.

It's true, the scale can only give you a numerical reflection of your relationship with gravity. That's it. It cannot measure beauty, talent, purpose, life force, possibility, strength, or love. Don't give the scale more power than it has earned. Take note of the number and adjust yourself for good health, then get off the scale and live your life. You are beautiful!"

~Steve Maraboli "Life, the Truth, and Being Free"

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

PROUDLY OFFERING:

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



Call 262-665-9407 to learn more!

JACKSON CROSSINGS



N168 W22022 Main Street
Jackson, WI 53037

262-665-9407

www.JacksonCrossings.com

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



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

- Vision Impairment
- Physical Impairment
- Reading Disability

Email:
WTBBL@milwaukee.gov

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

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



WISCONSIN TALKING BOOK
AND BRAILLE LIBRARY

Now is your time to **enjoy life!**



Senior living at Wilson Commons offers an active lifestyle free from the chores of maintaining a home so residents have the time to do what they enjoy. Whether it's **Independent Living at The Chopin** or **Assisted Living at The Polonaise**, our inclusive amenities and comprehensive care options offer the right amount of support with all the comforts of home.

**Rates starting at \$985 for 1 bedroom and \$1149 for 2 bedrooms
at The Chopin. Call for details. (414) 281-2450**



WILSON COMMONS
A CAPRI SENIOR COMMUNITY

1400 W. Sonata Drive, Milwaukee
CapriCommunities.com





Luxury Living at its Finest

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

Call 414-425-7155 to learn more!



HERITAGE MUSKEGO

Independent, Assisted Living and Memory Care Communities

S64 W13780 Janesville Rd. • heritagesenior.com

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

Fraud, False Advertising, and Misrepresentation Claims in Home Sales



How The Spring Melt Can Lead to a Flood of Litigation for Wisconsin Home Sellers

By Russell J. Karnes

Most people are relieved and ready to move on to the next phase of their lives after going through the long and stressful process of selling a home. Buyers and sellers typically have had very little direct interaction with each other during the sale process, and most sellers assume that they will never hear from the buyers again.

But as sure as the first warm sunny day will melt the winter snow, so too will Wisconsin's real estate litigation start heating up this spring. Because with all that melting snow comes another sure sign of spring in Wisconsin: damp and leaky basements. In some cases, last season's real estate buyers are surprised to find out that their new home's basement is no longer dry. So some buyers decide to sue the sellers after realizing how much it's going to cost to fix their leaky basements.

Sellers are often shocked when they receive a demand letter from a lawyer sent on behalf of the buyers; or worse yet, when they are served with a summons and complaint alleging breach of contract, false advertising under § 100.18, and fraud or misrepresentation under § 895.446 and § 943.20. Sellers assume that because they filled out a real estate condition report at the time of sale disclosing what they knew about the property, that they should be immune from lawsuits.

However, even when sellers filled out a real estate condition report, buyers and their lawyers may still be demanding thousands of dollars as compensation to fix damp or leaky basements, cracked foundations, or other property condition defects that were supposedly never disclosed by the sellers. Buyers may also be demanding treble (three times) and exemplary (punitive) damages and requesting that the sellers reimburse them for their attorneys' fees. All this can lead to a large judgment against the sellers if they don't respond and defend themselves in court.

What can sellers do to protect and defend themselves after being accused of failing to disclose defects or misrepresenting the condition of their home?

After sellers get over the initial outrage and disbelief of being accused of fraud or misrepresentation by the buyers, they are left to wonder how to respond to the buyers' demand letter or lawsuit? That's why sellers need experienced Wisconsin real estate and civil litigation attorneys on their side to help them through this difficult process.

If you find yourself in need of the advice of a Milwaukee or Wisconsin real estate attorney with a failure to disclose, breach of contract, false advertising, fraud or misrepresentation claim, contact one of the attorneys at Gimbel, Reilly, Guerin and Brown LLP to discuss your case. Call 414-271-1440 and schedule a consultation today. www.grgblaw.com



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

EARTH TALK

From the Editors of
E/The Environmental Magazine

Dear EarthTalk: Even though pesticides may take an environmental toll, isn't it worth it given how many more mouths we can feed thanks to their use?



As human populations swelled, these “advances” were applied around the world so farmers could grow more food to feed the hungry masses and stave off widespread famine. This transition from essentially organic farming practices to what we now consider “conventional” (that is, aided by chemicals) has been dubbed “The Green Revolution.” But “green” in the name doesn’t mean it’s been good for the environment.

Chemical fertilizers are synthetic or inorganic materials added to soil to aid in plant life. Pesticides kill insects or other organisms that are harmful to crops, while herbicides kill any unwelcomed vegetation that may affect their growth. According to data from the U.S. Environmental Protection Agency (EPA), American farmers use upwards of a billion pounds of pesticides every year. Meanwhile, the United Nations reports that globally we use about five times that.

Indeed, the widespread adoption of these synthetic fertilizers, pesticides and herbicides has done a great job at boosting crop efficiency to feed more and more of us. For example, India was on the brink of a mass famine in the 1960s due to rapid population growth. Using the techniques of the green revolution, Indian farmers were able to grow enough produce and rice to stave off widespread starvation. Another advantage of pesticide use in India and elsewhere has been the prevention of disease, because pesticides kill insects carrying viruses that could be passed onto the crops.

However, pesticides not only kill the pests but also the natural enemies of those pests. In nature, everything is balanced out. Indeed, there is no free lunch, as pests respond to treatment by breeding stronger offspring that are resistant to these chemicals, and with natural predators gone, these pests will quickly multiply, which is why the need for pesticides to kill these pests keeps increasing.

Furthermore, persistent organic pollutants, also known as “POPs,” are highly toxic pesticides and chemicals that do not decompose. They poison non-target organisms in the environment because they are passed through the food chain (bioaccumulate). Consumption of POPs disrupts the endocrine system and is linked to cancer and infertility in humans. Pesticides also take a toll on our environment, contaminating water and soil. Along with insects, pesticides are also toxic to fish, birds, frogs and more.

Pesticide use is very controversial and should be taken seriously. While here at home, the EPA has banned many pesticides that are harmful to our environment and our health (though the battle for safer food rages on), in many other countries agricultural oversight and environmental regulations are non-existent or unenforced. Fortunately, we can all be part of the solution by eschewing conventionally grown foods and opting for organic varieties whenever we can. While growing your own food is one sure way to know that what you’re eating is safe, you can also find an increasingly large amount of organic food in your local supermarket, let alone at a Whole Foods near you. Another great way to eat healthier and organic is to shop at local farmers’ market. Find one near you by searching the free online database maintained by the non-profit Local Harvest.

EarthTalk® is produced by Roddy Scheer & Doug Moss and is a registered trademark of the nonprofit Earth Action Network. To donate, visit www.earthtalk.org. Send questions to: question@earthtalk.org.

The advent of new technologies coming out of World War II led agricultural researchers to start experimenting with new classes of chemicals they could use to boost agricultural production.

WE CAN HELP YOU WITH THE *next step.*

INDEPENDENCE • DIGNITY • INDIVIDUALITY • CHOICE • PRIVACY



Assisted Living and Memory Care Communities

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

Communities in:

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

HERITAGE
SENIOR LIVING

Assisted Living and Memory Care Communities

844-658-4475 • heritagesenior.com



BERKSHIRE AT KENSINGTON

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

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



BERKSHIRE WEST ALLIS

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

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



BERKSHIRE OCONOMOWOC

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

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



ACTIVE ADULT COMMUNITIES (55+)*



BERKSHIRE GREENDALE

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

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



BERKSHIRE AT SUNSET

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

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



BERKSHIRE GRAFTON

1004 Beech St., Grafton
262-376-9661

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



Professionally Managed by OAKBROOK CORPORATION

*Income Limits May Apply



Welcome to the swimming pool, the great equalizer, a place where people of all ages and abilities can get a fun workout - and we're not just talking swimming laps. Swimmers and nonswimmers alike are heading to the pool for exercise that ranges from gentle aerobics to heart-pounding boot camp workouts.

The health and wellness experts from the Mayo Clinic Healthy Living Program recommend using the pool to explore both aerobics and resistance training. You'll quickly discover these two pool-centric secrets.

1. Water is more resistant than air. Water is significantly denser than air - by almost 800 times. That means you can build muscle strength as you move through water. One study found that a long-term water exercise program was actually more effective than working out on land to build muscle strength.

2. Water buoyancy protects your joints and provides support. Water workouts are popular with all age groups. They're especially helpful for anyone recovering from surgery or an injury. The pool offers a safe spot to keep moving — just pick your favorite aerobic activity, or join a class. Heated pools are a plus: They'll help warm up your joints and muscles quickly.

3. People with chronic illnesses and joint problems may really benefit from time in the pool, too. Research has shown that joint-friendly aquatic exercise can improve physical functioning in adults over 50.

Common water aerobic exercises include:

Running or jogging. Great for cardiovascular fitness, as well as easing back into a running program after an injury.

Water walking. Typically done in waist-deep water, swinging your arms at your sides just as you do when you walk on land.

Aerobics classes. Offer a mix of exercises such as leg lifts, kickboarding, lunges and jumping jacks.



Water workout gear

Aerobic water classes usually include basic pool gear. Amp up the effectiveness of your time in the pool with these tools.

Foam dumbbells. Lightweight and easy to transport — but plenty heavy when you're lifting them under water — the dumbbells come in a variety of resistance options.

Water weights. Strap-on ankle or wrist weights increase the resistance to arm or leg movements in the pool. Also available in a range of resistance options.

Kickboard. You'll quickly learn lots of kickboard drills once you have one of these

inexpensive, lightweight pool tools. Some pools even offer team sports like board ball — think baseball, but your kickboard fills in as the bat.

Hand paddles and resistance gloves. The marketplace is flush with options here. This gear is designed to help improve your strength training in the water.

Buoyancy belt. These belts help keep your head above water in the deep end while leaving your hands free. You can run, lift weights and do other workouts using your hands, without needing to tread water.

Want to mix it up? Endorse an approach that splits your time in and out of the pool. Warm up in the pool with some deep water jogging, then jump out to do pushups, planks or lunges on your towel poolside. Next, dive back into the water for some kickboarding, weightlifting and more jogging. The more you explore water workouts, the sooner you'll zero in on your favorite activities. Whatever your choice, the research says you'll reap health benefits that can include added strength and flexibility, improved cardio fitness, and even weight loss.

**Everybody wants to save the earth;
nobody wants to help Mom do the
dishes without a dishwasher.**

P. J. O'Rourke



Cottonwood Trails Apartments

4600 S. Nicholson Ave
Cudahy

**A Senior
Complex**
Income Eligible
for Adults 55+

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

cottonwood@bearproperty.com

We offer:

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



Proudly Managed by Bear Property Management 262-697-9616

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
or call 414-335-6696 to schedule a tour.

Ocular migraines can be a frightening experience

by Cheryl L. Dejewski

What is an ocular migraine?

Ocular or ophthalmic (“of or related to the eye”) migraines sound serious, but fortunately, in most cases, they are more frightening than harmful. The term “migraine” usually defines a severe type of headache. Ocular migraines, however, are relatively common and may or may not be associated with a headache. And, interestingly, they do not originate in the eyes. They begin in the brain, but the symptoms are visual because they affect the visual cortex (the part of the brain responsible for sight).

What are the symptoms?

Ocular migraines affect both eyes at once and can cause a variety of symptoms, including:

- Seeing shimmering, metallic zigzags and/or stars in front of your eyes
- Seeing flashes of light
- Feeling as if you are staring through a shattered piece of glass
- Having blind spots in your field of vision. (The blind spots tend to start small, then expand, with your vision clearing in the center as the spot enlarges.)

How long do they last?

The visual symptoms of ocular migraine episodes usually last about 20-30 minutes before vision returns to normal. *See illustrations at right.*—>

Are precautions needed?

Your vision is significantly compromised during an ophthalmic migraine attack or episode. If sharp vision is essential for your safety, you should stop what you are doing immediately. If you are driving, pull over until the ocular migraine passes and your vision has cleared. If you experience ocular migraines with regularity, consider avoiding driving at the times of day when they typically seem to occur.

Why do they happen?

It is thought that ocular migraines might be the result of the body's neurological responses to certain triggers, such as hormonal changes, flashing lights, or chemicals in foods or medications. As a result of the migraine process, there may be constriction of blood flow to the area of the brain responsible for vision (the visual cortex or occipital lobe). The resulting ocular migraine can produce visual symptoms (often without a headache).

Are they a concern?

Although frightening, ocular migraines are generally harmless. They typically cause no permanent visual or brain damage.

Is treatment necessary?

Ocular migraines are nearly impossible to impact once they have begun. Fortunately, however, they typically do not require treatment.



1. An ocular migraine typically begins with a small blind spot (scotoma) in your central vision.
2. As the blind spot expands, bright, flickering lights or shimmering zig-zag lines may appear inside it.
3. The blind spot usually enlarges and spreads across your field of vision. Eventually, your vision will clear from the center outward. The entire process may take as long as 20-30 minutes.

Should I call my doctor?

It's a good idea to call your eye care specialist when you have any new or unusual vision symptoms, especially if only one eye is affected. They can ask questions to determine if a comprehensive exam is needed to make sure that a benign trigger (like an ocular migraine, floaters or flashes) really is/was the cause of the “fireworks” behind your eyes and not a more serious condition requiring diagnosis and treatment. For example, a retinal tear or detachment (which requires immediate treatment to protect vision) can mimic the flashing light symptoms of an ocular migraine, but typically affects only one eye and may include the appearance of a black curtain or veil over one's vision.

If ocular migraine symptoms recur regularly or with increasing frequency, you may need medication to reduce the frequency and/or severity of attacks in order to protect yourself from injury due to compromised vision, especially when driving. If your visual symptoms are not typical or are increasing in frequency, your doctor may order an MRI or CT-scan to rule out other possible causes.

How is a diary helpful?

The appearance of floaters, flashes or ocular migraine symptoms are not usually a cause for alarm (only 1 in 5,000 signal a retinal detachment). However, it is important to be aware of what is normal for your eyes in order to determine if occurrences are increasing in total and severity. To do so, keep a log that lists:

- Day, date and time of occurrence
- Length of the episode
- Description of symptoms/experience
- Vision status of each eye separately
- Description of what triggers you may have had during the hour before the episode (stress, heavy lifting, medication, foods, etc.)

This log may help you and your doctor to detect a consistent pattern of triggers related to your migraines. Avoiding these triggers might then help to reduce the frequency of your episodes.

Are there prevention tips?

Avoiding foods like chocolate, shellfish, alcohol and caffeine helps some people. Others find that meditation and relaxation help them ease the tension that can trigger ocular migraine attacks.

What are the risk factors?

- Sex: being female
- Age: being younger than 40
- A personal or family history of headaches
- Lupus, hardening of the arteries, sickle cell disease, epilepsy, and depression

Why are regular eye exams important?

A comprehensive look inside the eye can lead to the prompt detection and treatment of ocular diseases as well as serious non-eye-related conditions, like tumors, carotid artery disease and diabetes. And, if a condition is caught early enough, less invasive and less costly procedures may be able to be used to not only prevent the spread of the problem, but to even save a person's life.

If it has been at least two years since your last eye exam, and you don't have an eye doctor or would like a second opinion, the team at Eye Care Specialists (contributors to the information in this article and continuing education providers for local doctors) are available for appointments at the offices below.

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

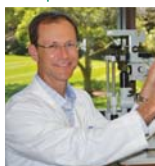
Trusted by more than 185,000 doctors & patients since 1985. Voted “Top Doctors” — Milwaukee Magazine



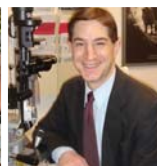
Mark Freedman, MD



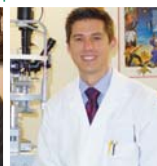
Brett Rhode, MD



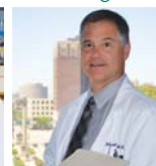
Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD

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

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

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

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



STRESS RELIEF from LAUGHTER?!?

it's no joke!

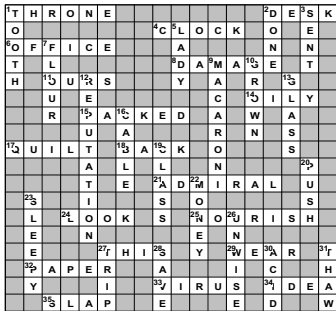


SuperMan

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.

"Your Honor," she began respectfully, "I figured that at 92, if he could do *that*, he could fly."

Puzzle on page 25



A prospective husband in a book store

"Do you have a book called 'Husband – the Master of the House?'"

Sales girl: "Sir, fiction and comics are on the 1st floor!"

When the kids text me "plz" (which is shorter than please), I text back "no" which is shorter than "yes."

My people skills are just fine. It's my tolerance of idiots that needs work.

Someone asked an old man: "Even after 70 years, you still call your wife – darling, honey, luv. What's the secret?"

Old man: "I forgot her name and I'm scared to ask her."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and 2 sizes smaller!

A newly ordained priest, nervous about hearing confession for the first time, finally asked an older priest to observe how he does and to give him some tips. After listening in on the second confession, the older priest suggested that the younger priest fold his arms, maybe rub his chin with one hand, while saying phrases such as "I see" or "Yes, my child. Go on." The young priest puts the suggestions into practice and later tells the older priest how much it has helped getting more information from his flock. "You've done well," said the older priest. "Isn't that much better than slapping your knee and yelling "No way! What happened next?"

When I was a child I thought nap time was punishment. Now it's like a mini-vacation.

Even duct tape can't fix stupid, but it can muffle the sound!



Stay active this summer and enjoy maintenance-free, independent living!

SERVICES & AMENITIES

- Heat, A/C, Electricity, Water
- Fitness Room & Programs
- Underground Parking
- 24hr Emergency Call System
- Chapel & Pastoral Care
- Banking
- Convenience Store
- Housekeeping & Laundry
- Dining Room & Bistro
- Senior Community Club

And much more! Call for a tour and more information.

1 month rent
FREE

Applies to studio & 1 bedroom apartments on the 3rd month's rent. Expires 6/30/19

8621 W. Beloit Road | West Allis
414.607.4322 | VMPcares.com

ALL UTILITIES INCLUDED! + FREE PARKING!

maria linden

Seniors 62+
CALL US TODAY!
(414) 384-3800
2375 W. Greenfield Avenue, Milwaukee
marialindenseniorliving.com
Income Restrictions may apply.

RESERVE YOUR TOUR OF THE NEW MARIA LINDEN COMMUNITY TODAY!

Now accepting applications!
2 bedrooms becoming available
* Income restrictions apply

FREE Laundry Facilities
or In-Home Washer/Dryer

Professionally managed by The Oakbrook Corporation

LARGE BEDROOMS

BUSINESS CENTER

COURTYARD

Chicken Surprise

A couple go for a meal at a Chinese restaurant, and order the 'Chicken Surprise'. The waiter brings the meal, served in a lidded cast iron pot. Just as the wife is about to serve herself, the lid of the pot rises slightly and she briefly sees two beady little eyes looking around before the lid slams back down.

"Good grief, did you see that?" she asks her husband.

He hadn't, so she asks him to look in the pot. He reaches for it and again the lid rises and he sees two little eyes looking around before it slams down.

Rather perturbed, he calls the waiter over, explains what is happening and demands an explanation.

"Please sir," says the waiter, "what you order?" The husband replies, 'Chicken Surprise'

"Ah! So sorry," says the waiter. "I bring you Peeking Duck by mistake..."



I wonder how skinny I'd be if I had to pedal to keep the computer powered up?

When a married man says, I WILL THINK ABOUT IT - what he really means is that he doesn't know his wife's opinion yet

I bought a wooden whistle but it wooden whistle so I bought a steel whistle but it steel wooden whistle so I bought a lead whistle but it steel wooden lead me whistle.

Wives are magicians. They can change anything into an argument.

Would You Remarry?

A husband and wife are sitting quietly in bed reading when the

Wife looks over at him and asks the question...

WIFE: "What would you do if I died? Would you get married Again?"

HUSBAND: "Definitely not!"

WIFE: "Why not? Don't you like being married?"

HUSBAND: "Of course I do."

WIFE: "Then why wouldn't you remarry?"

HUSBAND: "Okay, okay, I'd get married again."

WIFE: "You would?" (with a hurt look)

HUSBAND: (makes audible groan)

WIFE: "Would you live in our house?"

HUSBAND: "Sure, it's a great house."

WIFE: "Would you sleep with her in our bed?"

HUSBAND: "Where else would we sleep?"

WIFE: "Would you let her drive my car?"

HUSBAND: "Probably, it is almost new."

WIFE: "Would you replace my pictures with hers?"

HUSBAND: "That would seem like the proper thing to do."

WIFE: "Would you give her my jewelry?"

HUSBAND: "No, I'm sure she'd want her own."

WIFE: "Would you take her golfing with you?"

HUSBAND: "Yes, those are always good times."

WIFE: "Would she use my clubs?"

HUSBAND: "No, she's left-handed."

WIFE: — silence —

HUSBAND: "oh crap."

If God wanted me to touch my toes, he would've put them on my knees.

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



A Comprehensive Range of
Services to Support You.


Home Health Services



414.259.8630 • stcamhomehealth.com

Crossword junkie!

abcdefghijklmnopqrstuvwxyz



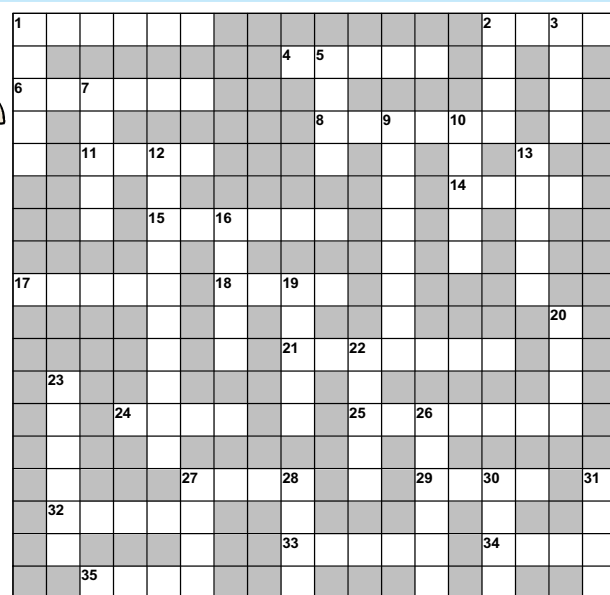
ACROSS

1. Kings chair
2. On which we learned
4. Time reference
6. White collar work place
8. Compensation for loss
11. Yours and mine
14. Describes hair condition
15. Compressed
17. Hand made blanket
18. Opposite of front
21. High rank in the Navy
24. Act of seeing
25. Give sustenance
27. The word is this
29. To don
32. Parchment
33. Type of infection
34. Picture in your mind
35. Open handed hit

DOWN

1. Small child's fairy
2. Finished
3. Past participle of send
5. Woman of refinement
7. Gluten host
9. Cheese and pasta
10. Reached maturity
12. Known by this
13. Contains sand, soda, and lime
16. A form of TV
19. Head of the
20. Press against with force
22. Root of all evil
23. Drowsy
26. Polite term for stupid
27. Proceeds a fall
28. Keep for later
30. Opposite of a base
31. To unfreeze

Answers on page 23



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

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

THOMPSON MEADOWS

INDEPENDANT SENIOR APARTMENT HOMES

- 1 bedroom \$615
- 2 bedroom \$715
- 24 hr. maintenance
- same floor laundry
- elevator
- library
- community room
- game room and garden
- professionally managed
- small pets welcome

1 Bedroom \$600/2 Bedroom \$690

1 Bedroom Now Available

\$99 Security Deposit

For Independent Seniors 55 & Better

414.769.9240

3120 E. Norwich Avenue St. Francis, WI 53235 ThompsonMeadows@aol.com

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

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

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

WORD SEARCH

AIRPORT	DEATH	LOUD	SEXUAL
ALLIGATOR	DISPOSITION	MILD	SEXY
ANYBODY	EVER	MOUNTAIN	STEAM
BOUGHT	FACT	NAME	THESE
BROKE	GRAND	NATURAL	THROW
CABBAGE	GRAY	NECKLACE	TIRESOME
CANDY	GROWN	READ	TRUTH
CELEBRATE	INSIDE	REAL	WEEP
CHEST	INTERRUPT	SAVE	WELL
CLEAN	KEYBOARD	SEASON	WENT
CLEVER	KICKED LATER	SEVEN	WITH
CURIOSITY	LISTEN	SEWING	WONDERFUL
			WOOD

Mothers can clean up everything. Scientists have proven that a Mom's spit is the exact chemical composition of Formula 409. Mom's spit on a Kleenex - you can get rust off a bumper with that! - Jeff Foxworthy

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

**A/C or Gas
Furnace
Tune-Up**
\$79.95

Expires June 15th, 2019

**Add a Programmable
Thermostat**
\$49.95

Installed with any
In-Home Service
Expires June 15th, 2019

Dave Lennox
PREMIER DEALER



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.

EMPLOYMENT



Be Part of
Something

Different

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



HSL

*Independent
Assisted Living
Memory Care*

- ✓ 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!

Experience, energy, entrepreneurship and tenacity equals success and financial reward!

Motivated individuals, small business owners or entrepreneurs looking for extra income on a very flexible
part-time basis / independent contractor set up / work remotely

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

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



BILTRITE™

FURNITURE • LEATHER • MATTRESSES
Locally & Family Owned Since 1928

USA
MADE

SMALL
SCALE

amish
made

SOLID
WOOD

memorial day **sale**
ON NOW!

GET REAL DEALS
UP TO **\$350 OFF***

UP TO **60 months**
Special
Financing**

34 Lift Chairs On Sale from \$595

After discount, Not pictured

Up to 300lb Up to 325lb Up to 375lb Up to 500lb



Petite Medium Large Extra Large

USA
MADE

SMALL
SCALE

MONTAGE COLLECTION

Sale from \$895

After discount

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

**130 Recliners
On Sale from**

\$295 After discount

SPECIAL
ORDER
OPTIONS



BEST SELLER!
Wall or Rocker Recliner

Sale \$495

After discount

40 Bedroom + 16 Amish!

7 Dr Dresser Mirror **\$699 \$169** Queen Bed **\$649**



3 Drawer
Nightstand
\$274

2 Drawer
Nightstand
\$234

SMALL
SCALE

SPECIAL
ORDER
OPTIONS

Available in 4 Colors.
Shown in Hazelnut.
Full Extension Drawer
Glides. Import.

17 Sofa Servers

Many Styles & Options.
Imports, USA or Amish
Made. 23 1/2" - 29" Tall.

Sale from \$79 After discount



SMALL
SCALE

100 Living Room Styles!



85" SOFA

Sale \$895
After discount

Available in 50
Fabrics at One
Low Price!

64 Dining + 23 Amish Made!

**AFFORDABLE
AMISH MADE** Customize Your Piece:
Size, Height, Shape,
Wood, Finish.

**5 pc Sets Sale from
\$1595**
After discount,
Not Pictured



amish
made

SOLID
WOOD



USA
MADE

FLIP-ABLE
REVERSIBLE
2-SIDED



BETTER
SLEEP @
BILTRITE

MATTRESS SALE

**LOW PRICE
GUARANTEE**

5 YEAR WARRANTY

Watertown HOT BUY!
9" Firm Innerspring,
Foam Encased Edge Support

\$395

Queen Set

Mattress Only Price \$275

ONE
SIDED

USA
MADE

Twin Set Full Set King Set

\$315 \$385 \$635

Mattress Only Price

\$215 \$275 \$415

FLIP-ABLE 2-SIDED

FREE Frame! RESTONIC
Great Lakes
12" Hybrid with Marvelous Middle,
Gel-infused Foam + Latex

\$899

Queen Set

Mattress Only Price \$679

Twin Set Full Set King Set

\$699 \$799 \$1449

Mattress Only Price

\$479 \$649 \$1069

FLIP-ABLE 2-SIDED

FREE Frame! RESTONIC
Comfort Care Max 9.75" Heavy Duty
Innerspring with Marvelous Middle

\$1295

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 Assembled
in the
USA
Adjustable Bed Group

Pro-Motion 2.0
Queen Base **\$699**

Twin XL **\$649**

Falcon 2.0+

Queen Base **\$899**

Twin XL **\$799**



• 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.

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

SPECIAL HOURS:
Sunday, May 26th 11 to 5
Memorial Day,
Monday, May 27th 10 to 6



* 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. 12 months financing on purchases of \$999 or more. 24 months financing on purchases of \$1399 or more. 60 months financing on purchases of \$3599 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 Monday, May 27, 2019. ©BRF