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Summer 2013
A FREE PUBLICATION

THE BABY BOOMER GENERATION & BEYOND

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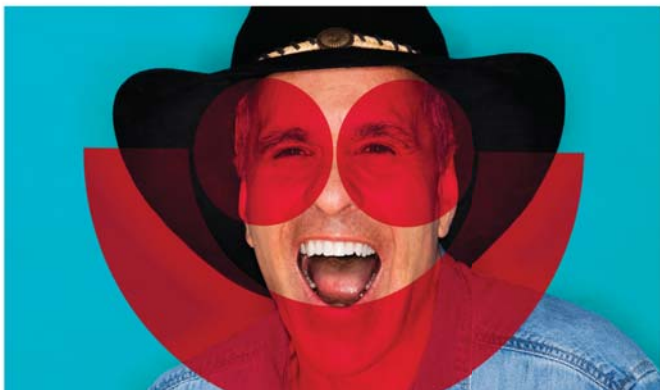
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Cedarburg Farmers Market: 9 am-2 pm Fri., June 8-Oct. 26. Washington Ave. and Mill

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East Side Green Market: 10 am-2 pm Sat., June 16-Oct. 13. Beans & Barley parking lot, 1901 E. North Ave.

East Town Market: 9 am-1 pm Sat., June 2-Oct. 6. Cathedral Square Park

Fox Point Farmers Market: 8 am-noon Sat., June 16-Oct. 13. Stormonth School parking lot.

Germantown Farmers Market: 8 a.m.-2 p.m. Sat., May 5-Oct. 27. W164-N11325 Squire Drive, Germantown.

Grafton Farmers Market: noon-6 pm Thurs., July 5 through mid-October. Twin City Plaza, 1720 Wisconsin Ave.

Greendale Open Market: 8 am-noon Sat., June 23, July 7, July 21, Aug. 4, 18, 25, Sept. 18, 22, Oct. 6, 20. Greendale Municipal Parking Lot.

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new Berlin Farmers Market: 8 a.m.-1 p.m. Sat., May 5-Oct. 27. New Berlin Police Department.

Oconomowoc Farmers Market: 7:30 a.m.-noon Sat., May 19-Oct. 27. St. Paul's parking lot, Pleasant St.

Pewaukee Farmers Market (Market on the Hill): 2:30-6:30 p.m. Wedn., May 23-Oct. 24. 449 W. Wisconsin Ave

Racine Downtown Farmers Market: 8 am-noon Sat., May 5-Oct. 27. Case Corp. parking lot, 700 State St

Riverwest Gardeners Market: 10 a.m.-4 p.m. Sundays, June 17-Oct. 28. Garden Park, 821 E. Locust St.

South Milwaukee Downtown Market: 3-7 pm Thurs., May 24-Oct. 11. S. 11th St. and Milwaukee Ave.

South Shore Farmers Market: 8 am-noon Sat., June 16-Oct. 13. South Shore Park, 2900 S. Shore Drive.

Thiensville Farmers Market: 8:30 am-4 pm Tues., June 5-mid- to late October. Freistadt Road and Main St.

Tosa Farmers Market: 8 am-noon Sat., June 2-Oct. 13. City parking lot near Little Red Store, 7720 Harwood Ave.

Vliet Street Community Market: 10am-2 pm Sun., June 17-Oct.14. 4420 W. Vliet St.

West Allis Farmers Market: Noon-6 pm Tues. and Thurs., 1-6 p.m. Sat., May 5-Nov. 24. 6501 W. National Ave., West Allis.

Westtown Farmers Market: 10 am-3 pm Wedn.,thru-Oct. 31. Zeidler Union Square

Whitefish Bay Farmers Market: 8 am-noon Sat., July 28-Sept. 29. E. Silver Spring Dr. and N. Berkeley Blvd.

Historic Downtown Burlington Farmers Market: 3-7 pm Thurs., May 3-Oct. 25. Wehmhoff Square, Pine and Washington.

Waukesha Farmers Market: 8 a.m.-noon, Sat., May 5-Oct. 27. Riverfront Plaza.



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FROM THE PUBLISHERS

SUMMER 2013

PERHAPS... the idea of 'summer' is just a frame of mind. Moments in our little head that we schedule and plan and anticipate really good times ahead with friends and family. Backyard barbecues with the grill piled high with juicy brats and burgers and cold beer in the cooler... Time spent on the water in pontoons, fishing boats and inner tubes... Polished toes, muscle shirts and rock n' roll... the moment of 'zen' while soaking up rays... that wonderful smell of sun on your skin as you settle in for the night with windows open and summer breezes and noises settling in...

Perhaps summer is a frame of mind, but in Wisconsin - NOT! I want real, actual 80 degree weather when I walk out that door. As I write this, it's early June and another overcast day in the high 60s. We've been beaten up with tornados and bad news and I'm really quite tired of it all. I've written often of my Mother. We brought her back home from rehab through Hospice and she is now journeying through that final season of her life surrounded by the usual loving chaos of family voices in our little, overcrowded home on the farm.

So though this issue was produced with a heavier heart, there was a message in that Rainbow that was sent so many, many years ago - even in Wisconsin, the 'sun will come out tomorrow'!

Live, love laugh. Enjoy the breeze, the birds, cold beers, sweet wine... and even a few mosquitoes!

And always remember... we're never too old or too sad for that 'summertime frame of mind'!

Celebrate Life!

Sandra and Tom Draelos

Boomers! is a monthly publication serving the Baby Boomer Generation (45 and above) 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 - America's number one generation!

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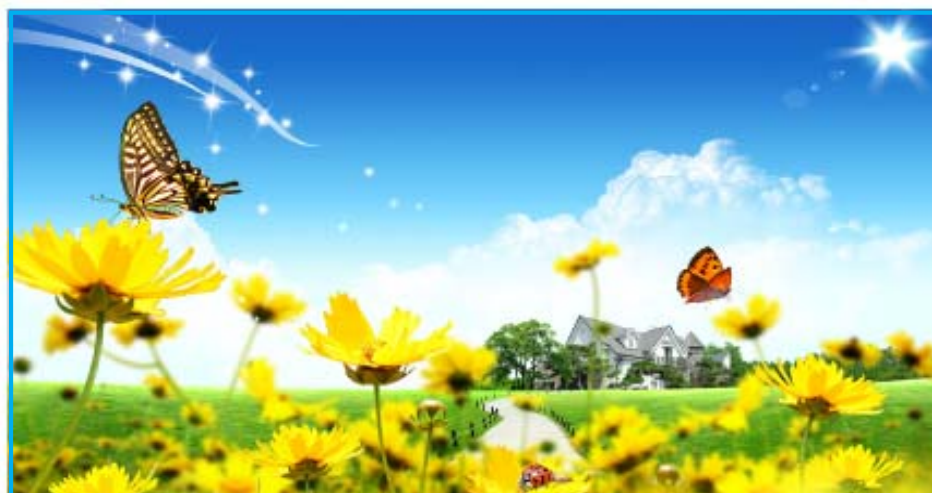
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Boomers!

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SUMMER
GIVE-AWAY!!**

**3 names drawn for a variety of
"SUMMER SURPRISE" GIVEAWAY PACKAGES!**

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

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Where did you pick up the paper? _____

Age: 35-45 _____ 46-55 _____ 56-65 _____ 66 or older _____

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Photo: Pierre Munson



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2013 EVENT SCHEDULE

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SVRA Spring Vintage Weekend

May 31- June 2

AMA Pro Racing

SUBWAY Superbike Doubleheader

June 7-9

**Vintage Motorcycle Classic
[AHRMA]**

June 13-16

**WeatherTech® Chicago Region
SCCA June Sprints®**

June 20-22

**NASCAR Nationwide Series /
ARCA Series / Trans-Am**

June 23

OPTIMA Batteries Faceoff

July 18-21

**The HAWK with Brian Redman
[Vintage]**

August 1-4

**Ferrari Club of America
50th Anniversary
[Non-Racing Event]**

August 8-11

**GRAND-AM [Sat] /
American Le Mans Series [Sun]**

September 6-8

**VSCDA Elkhart Lake
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September 19-22

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CEDARBURG CULTURAL CENTER

Research results could hardly be clearer: Taking a walk is one of the best ways to take charge of your health.



WALKIN' your way to HEALTH and HAPPINESS

A calming stroll in the sunshine will challenge your body and expand your mind and spirit. Walking is the exercise most recommended by physicians and a great way to achieve cardiovascular fitness this summer. Convenient, inexpensive, and easy on your joints, walking helps reduce stress, burn fat, and speed up your metabolism. A study in the Journal of the American Medical Association showed that walking briskly for half an hour just six times a month cut the risk of premature death in men and women by 44 percent. A study in the New England Journal of Medicine reported 61 to 81 year olds sharply reduced their risk of death from all causes, including cancer and heart disease, by walking two miles a day.

If you are new to exercise, you can aim to walk for 20 to 45 minutes four or five days a week at the good fitness walking speed of three miles an hour. When (and if) you want to power up, you can take longer walks and work up to walking each mile in 15 minutes or less. Once you're ready to hit the road (or the trail, track, treadmill or mall), make the most of your walking workout. Walking instructor Kate Larsen, who has developed the LifeWalk™ Easy Audio Coach tape (888-LIF-WALK), offers these 10 practical tips for getting maximum aerobic, strength, postural and conditioning benefits from your walking program. All you have to do is take the first step!

1. Warm Up First, Then Stretch. Start by walking for just seven to 10 minutes (wear a watch) and then do a few gentle stretches. Your muscles will stretch better if you've warmed them up first.

2. Take Short, Quick Steps. By taking short, quick steps, rather than long strides, you will work your glute muscles (buttocks) as you log miles.

3. Practice the Heel-Toe Roll. Push off from your heel, roll through the outside of the foot, then push through the big toe. Think of the big toe as the go button and push off with propulsion. Keep the other toes relaxed. (This takes practice.)

4. Squeeze Your Glutes. Imagine squeezing and lifting your glutes up and back, as if you were holding a \$50 bill between them! This will strengthen your low-back muscles. Developing

the ability to maintain this deep contraction throughout your walk will take a while.

5. Zip Up Your Abs. During your walk, imagine you're zipping up a tight pair of jeans. Stand tall and pull your abdominal muscles up and in.

6. Pump Your Arms. Imagine you are holding the rubber grips of ski poles in your hands. Stand straight, drop your shoulders, squeeze your shoulder blades behind you and push back your elbows with each step.

7. Keep Your Chest Up, Shoulders Back. Use your walk as an opportunity to practice perfect posture. Imagine someone dumped ice down your back. That's the feeling you want: your chest up and shoulders back.

8. Keep Your Head Up. Look about 10 feet ahead of you. Imagine you're wearing a baseball cap and have to look up just enough to see the road. This keeps your neck aligned properly.

9. Smile and Have Fun. Learning these techniques takes time and concentration. Be patient and enjoy your workout. Dress comfortably, find a partner or wear a headset and listen to music you love or vary your route occasionally.

10. Practice Mental Fitness. Don't replay the problems of the day while you walk. Try to maintain a state of relaxed awareness by paying attention to your breathing and noticing how your body feels. Visualize yourself getting healthier, stronger and leaner.

A Habit You Can Live With

Consistency is probably the most important part of your walking workout. The more committed you are to walking all/most days of the week, the healthier you'll be. Remember that short walks are better than none at all. As Larsen says, health, like life, is a journey. All you have to do is take the first step.

Source: IDEA Health & Fitness Association

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A Day in the Life of BEATLEMANIA!!

On Tuesday, July 16, Milwaukee's Miller Park welcomes back international icon, music phenomena and 60s hearthrob, Paul McCartney. I was lucky to attend his previous concert at Miller Park with Linda at the keyboards, rain umbrellas reverberating the refrains to 'Hey Jude' and the enduring spirit of The Beatles intensifying the atmosphere. I can only imagine what happened on September 4, 1964 when the entire Beatles entourage unloaded at Mitchell Field...

Five months earlier, Beatlemania reached an amazing peak during the week of April 4 when 12 positions on the Billboard Hot 100 singles chart were held by Beatles songs.

On August 12, about three weeks before the Milwaukee concert, Variety estimated, based on inside information, that 80 million Beatles records had been purchased worldwide since the band signed its first contract with England's Parlophone label in the summer of 1962.

Two-song, 45 rpm singles were priced at .79 each in an advertisement for Milwaukee's Gimbles-Schuster store that was published on September 3, 1964. At that price, Beatles' record sales by August of 1964 added up to \$63,000,000, an amount that doesn't factor in higher-priced albums. In



©Ted Schaar 2009

2009 dollars, this is equivalent to more than \$425,000,000. Ringo was 24, Lennon, 23, McCartney, 22, and Harrison, 21.

Front Row. Lenore was a West Allis teen when she took a bus to the Beatles concert on that fabled Friday night in Milwaukee. Attendance puts her and the three other area residents introduced below in the tiny subset of fans who saw the Fab Four live.

The fact that she sat in the front row and was captured on film by a TV news cameraman—a copy of which was preserved by Milwaukee's "5th Beatle," WOKY DJ Bob Barry—elevates her into Beatlemania air so rare.

She was at the show with sisters Sharon and Sue and friends Kay and Marlene but despite their great

The BEATLES 1964 Concert continued on page 22

THE BEATLES

On September 4, 1964, the Beatles gave a concert in Milwaukee, Stop Number 12 on their first American tour which visited 25 cities, from San Francisco to New York. It was the only time the group appeared in Wisconsin.

When they took the stage at the Milwaukee Arena that late summer evening, they had already accomplished the lofty objective they set for themselves years before, as remembered by George Harrison:

"John would shout, 'Where are we going, fellas?' We'd shout back, 'To the top, Johnny!' Then he would shout, 'What top?' 'To the toppermost of the poppermost, Johnny!'"



Thursday Evening Concerts 6:30-8:00pm at the Village Park Gazebo

June 6	Velocity
June 20	Piano Brew
July 11	Tom Anthony
July 18	Community Band (Indoor)
August 1	Accompany of Kids
August 15	Marydel Rae

Bring your picnic baskets, lawn chairs and blankets for a night of family fun! Cash refreshments available.

Friday Noontime Concerts Noon-1:00pm at Mill Pond Park Shelter

June 14	Remember When Trio
June 28	Elvis!
July 12	Roger Boll
July 26	Dusk
August 9	3/5 of Scotch (Scotch & Soda Lite)
August 23	Bobby Way Single

Bring lunch or buy lunch. Nino's Italian Bakery selling lunch at the shelter starting at 11:30 a.m.

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Sunday Market 9:00am - 2:00 pm (July through October)

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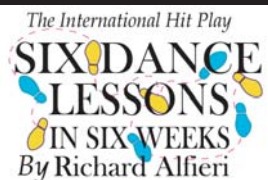
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By Lanford Wilson

AUG 6TH - 21ST



Comedy

By Caroline Smith

SEPT 24TH - OCT 9TH



Comedy

By Norm Foster

NOV 1ST - 10TH



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By Hope, Jones, and Wooten

DEC 6TH - 15TH

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Summer Calendar



EVENTS 2013

June 12

Milwaukee Recreation's Seniorfest
American Serb Memorial Hall,
Milwaukee

June 12 - July 7

Wicked
Marcus Center for the Performing Arts

June 13

Jazz in the Park - Davina and the Vagabonds
Cathedral Square Park

June 13

The 2013 Indyfest Street Party
Miller Time Pub & Grill, Milwaukee

June 13 - 15

Milwaukee IndyFest
Wisconsin State Fair Park

June 13 - 16

Mukwonago Lions Fest
Field Park, Mukwonago

June 13 - 16

St. Roman Parish Festival
Milwaukee

June 14

MAM After Dark: Block Party
Milwaukee Art Museum

June 14 - 16

Queen of Apostles Festival
Pewaukee

June 14 - 16

PolishFest
Henry W. Maier Festival Park,
Milwaukee

June 15

Summerfest Rock 'n Sole Run
Henry W. Maier Festival Park,
Milwaukee

June 16

Father's Day Dairy Breakfast
Old World Wisconsin, Eagle

June 17

Mormon Tabernacle Choir
Milwaukee Theatre

June 20

Shorewood Criterium Cycling Classic
Oakland Avenue/Marion Street,
Milwaukee

June 20 - 23

St. Paul Festival
1720 E. Orwich Avenue, Milwaukee

June 21 - 23

Lakefront Festival of the Arts
Milwaukee Art Museum

June 21 - 23

Greek Fest
Wisconsin State Fair Park

June 22

Zoo Ball for the Zoological Society
Milwaukee County Zoo

June 22

East Side Summer Solstice Music Festival
East Side Business Improvement District, Milwaukee

June 22-23

Cedarburg Strawberry Festival
June 28-29
Holidaze 4th of July Celebration
Centennial Park, Grafton

June 26 - July 7

Summerfest
Henry W. Maier Festival Park,
Milwaukee

June 29

Plymouth Festival of Fine Arts and Mural Event
Plymouth Arts Center

June 29

Triplesfest - Marquette Volleyball's Annual Tournament
Milwaukee Lakefront

July 3

U.S. Bank Fireworks
Veterans Park, Milwaukee

July 11 - 14

Bastille Days
Cathedral Square Park, Milwaukee

July 12-13

Gathering on the Green Music Fest
Rotary Park, Mequon

July 12-13

Delafield Block Party: Food and Music Festival

July 12 - 14

South Shore Frolics
Bay View Business District

July 17 - 21

Waukesha County Fair

July 18 - 21

Festa Italiana
Henry W. Maier Festival Park

July 19

Grape Expectations - Milwaukee Symphony Orchestra's 15th Annual Wine Tasting
Milwaukee Hilton Center

July 20

Port Fish Day Festival
Port Washington

July 20

Milwaukee Firkin Beer Festival: A Celebration of Milwaukee Brewing
Cathedral Square Park, Milwaukee

Continued on page 11

Summer Calendar

EVENTS 2013

Continued from page 10

July 20 – 21

Midsummer Festival of the Arts
John Michael Kohler Arts Center,
Sheboygan

July 21

Armenian Fest
St. John the Baptist Armenian Orthodox
Church
7825 W. Layton Avenue, Milwaukee

July 23 – 28

Washington County Fair
Washington County Fair Park, West
Bend

July 25 – 28

GermanFest
Henry W. Maier Festival Park

July 24-28

Racine County Fair

July 27

Brady Street Festival
Brady Street, Milwaukee

July 29 – August 4

EAA AirVenture
Wittman Regional Airport, Oshkosh

July 31 - Aug 4

Ozaukee County Fair

August 1 – 4

Milwaukee Comedy Festival
Next Act Theatre, Milwaukee

August 1 – 11

Wisconsin State Fair
Wisconsin State Fair Park

August 3

EAA Runway 5k Charity Run/Walk
EAA AirVenture Museum, Oshkosh

August 3-4

Milwaukee Air and Water show
Milwaukee Lakefront

August 3 – 4

African World Festival
Henry W. Maier Festival Park,
Milwaukee

August 9

10th Annual Cheese Capital Jazz
Crawl for the Arts
Plymouth Arts Center

August 9 – 10

Waukesha BluesFest
Naga-Waukee Park, Delafield

August 15 – 18

Milwaukee Irish Fest
Henry W. Maier Festival Park,
Milwaukee

August 15 – 18

Milwaukee Journal Sentinel A La
Carte
Milwaukee County Zoo

August 16 – 18

2013 Milwaukee Domes Art Festival
Mitchell Park Horticultural
Conservatory – The Domes

August 23 – 25

Mexican Fiesta
Henry W. Maier Festival Park,
Milwaukee

August 28 – September 2

2013 Milwaukee Rally
Harley-Davidson
Milwaukee

August 29 – September 1

Harley-Davidson 110th Anniversary
Celebration
Henry W. Maier Festival Park,
Milwaukee

August 31 – September 1

Third Ward Art Festival
Historic Third Ward, Milwaukee

A man is getting into the shower...

just as his wife is finishing up her shower. The doorbell rings.

The wife quickly wraps herself in a towel and runs downstairs. When she opens the door, there stands Bob, the next-door neighbor. Before she says a word, Bob says, "I'll give you \$800 to drop that towel."

After thinking for a moment, the woman drops her towel and stands naked in front of Bob. After a few seconds of "careful observation", Bob hands her \$800 and leaves. The woman thinks 'that was easy' and happily starts a list of all the little things she can indulge in with the \$800 her husband doesn't know about.

Humming, the woman wraps back up in the towel and goes back upstairs. When she gets to the bathroom, her husband asks, "Who was that?"

"It was Bob the next door neighbor," she replies.

"Great," the husband says, "Did he say anything about the \$800 he owes me?"



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Classic Whirlpool	\$179	+	\$99 = \$278	\$129
Deluxe Whirlpool	\$199	+	\$119 = \$318	\$149
Paradise Swimming Pool	\$299	+	\$149 = \$448	\$229
Majestic Swimming Pool	\$339	+	\$169 = \$508	\$259
Chalet Swimming Pool	\$409	+	\$199 = \$608	\$509

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SUNDAY

Cafe Sopra Mare – Every Sunday thru Sept. 1st
Villa Terrace Decorative Arts Museum,
2220 N. Terrace Ave.; 10:30am – 12:30pm.

Fine Arts Quartet – Every Sunday thru June 30th
Helen Bader Concert Hall, 2400 E. Kenwood
Blvd. 7:30pm.

Sunday Sounds – Every Sunday thru Aug. 25th
The Iron Horse Hotel, 500 W. Florida St. 2-5pm

MONDAY

Courtyard Music Series – Every Monday thru Aug.
26th, Italian Community Center, 631 E. Chicago St.

Musical Mondays – Every Monday thru Aug. 26th
Lake Park, Milwaukee. 6:30pm.

TUESDAY

Bay View Chill on the Hill – Every Tues. thru Aug.
27th; Humboldt Park Bandshell, 3000 S. Howell
Ave. 6pm.

Tuesday Bluesday – Every Tues. thru Sept. 3rd
6:30pm. Italian Community Center, 631 E.
Chicago St.

WEDNESDAY

Music in the Glen – Every Wedn. thru Aug. 7th
5910 N. Milwaukee River Parkway, Glendale, 7 p.m.

Opera & Classical Night – Every Wedn. thru Aug.
28th, Italian Community Center, 631 E. Chicago St.

River Rhythms – Every Wedn. thru Aug. 30th
Pere Marquette Park, 900 N. Plankinton Street
6:30-9 p.m.

Waterfront Wednesdays – Every Wedn. thru Aug.
28th; Pewaukee Lake Beach. 6-9 p.m.

Westown Farmers Market – Every Wedn. thru Sept.
11th; Zeidler Union Square, 301 W. Michigan St.

Wonderful Wednesdays Family Concerts – Every
Wedn. thru July 31st, Lake Park. 6:30-7:30 p.m.

THURSDAY

Ayre in the Square – Every Thurs. thru Aug. 22nd
Catalano Square, 138 N. Broadway. 6:30-8:30 p.m.

Concerts in the Gardens – Every Thurs., Boerner
Botanical Gardens, 9400 Boerner Dr., Hales
Corners. 6:30-8:30 p.m.

Concerts on the Green – Every Thurs. thru Aug. 22nd
Enderis Park, Milwaukee

continued on page 13



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FREE CONCERTS!!

continued from page 12

THURSDAY cont'd

Courtyard Music Series – Thursday Rock and Roll Every Thurs. thru Sept. 26th
Italian Community Center 6:30 p.m.

Jazz in the Park – Every Thurs. thru Sept. 5th
Cathedral Square Park, 520 E. Wells St. 6-9 p.m.

Música del Lago – Every Thurs. thru Aug. 29th
Alterra at the Lake 777 E. Wisconsin Ave., 7 p.m.

Summer Arts in the Park – Every Thurs., Wisconsin Lutheran College campus courtyard, 8800 W. Bluemound Rd. 6:30 p.m.

Summer Sounds at the Park – Every Thurs., Hubbard Park, Shorewood. 6:30 p.m.

FRIDAY

Lunar Music Series – Every Fri. thru Sept. 13th; Milwaukee Athletic Club rooftop patio, 758 N. Broadway St., 5:30-8:30 p.m.

Starry Nights – Every Fri. thru July 26th; Wilson Center for the Arts Gerlach Outdoor Theater, 19805 W. Capitol Dr., Brookfield. 6:30 p.m.

Summer Sounds – Every Fri. thru Aug. 23rd, Cedar Creek Park, N49W5200 Portland Rd, Cedarburg. 7-10 p.m.

SATURDAY

Kil@wat on the Street – Every Sat. thru Aug. 31st, Intercontinental Milwaukee, 139 E. Kilbourn Ave., 5-7:30 p.m.



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Schoolhouse Beach. Courtesy of Door County Visitor Bureau

Top Ten Best Lakes for Motorboatin' in America

Based on a poll by MissTravel.com of 14,560 American members, Lake Michigan takes the top spot for motor boating, with 23 percent of members preferring the Great Lake above all others.

1. 23%. Lake Michigan
2. 17%. Lake Tahoe (Nevada, Calif.)
3. 14%. Lake Havasu (Arizona)
4. 11%. Chain of Lakes (Florida)
5. 9%. Lake Powell (Utah, Arizona)
6. 8%. Lake Superior (Wisconsin)
7. 5%. Lake Placid (New York)
8. 4%. Lake Lanier (Georgia)
9. 3%. Crater Lake (Washington)
10. 2%. Dale Hollow (Tennessee)

1

BIG BAY BEACH AT TOWN PARK, MADELINE ISLAND

Travel north to Lake Superior and the northernmost tip of Wisconsin and visit Madeline Island, the largest of the 21 Apostle Islands. The island's boardwalk provides a guided walk along Big Bay Beach, allowing you to enjoy the sound of the waves while taking in the spectacular view of Lake Superior through the towering trees. With two miles of sand beach, swimming and fishing, this park is both secluded and free, everything a vacation should be.

Places to Stay: Madeline Island offers a variety of lodging options from inns to cottages, including Travel Green Wisconsin certified properties, the Island Inn and The Inn on Madeline Island. Both of these accommodations offer waterfront locations and views of Lake Superior. Want to sleep under the stars? Camping is also available at Big Bay Town Park.

Things to Do: Try stand-up paddle boarding, a popular activity that combines surfing and paddling. Paddleboards, canoes and kayaks are available at several nearby Madeline Island rental companies. Enjoy a beer and a sunset at the casual and eclectic Tom's Burned Down Café. This local bar was once damaged in a fire and instead of re-building, they covered the building with a tent and now allow patrons to leave permanent marks by writing on the ruins' walls! Trust us, it's cool.

Wisconsin's Best Beaches continued on page 15



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A Milwaukee County Zoo and Zoological Society Partnership

2 SCHOOLHOUSE BEACH, WASHINGTON ISLAND

Not a fan of sand in your shoes? Then Schoolhouse Beach is for you. Here, kids make stone castles instead of sand castles by using individual limestone pebbles polished smooth by Lake Michigan's wave action. Excellent swimming is offered in a marked area with a diving raft. The water deepens fairly quickly for great diving, rafting and snorkeling. The limestone rocks are beautiful, but don't take one! Part of the beach's charm is the handmade signs reminding patrons to leave the stones behind. The town park and beautiful wooded setting are perfect for picnics and grills.

Places to Stay: Washington Island is accessible from the mainland and Door County by ferry. Accommodations on the island are independently owned inns, cabins and cottages. Try a room at either the main lodge or the farmhouse at Bread & Water. Or go completely rustic and take the ferry over to Rock Island State Park and pitch a tent.

Things to Do: The Door County Peninsula is surrounded by numerous historic shipwrecks, including wooden schooners and steamers that sank in the mid-1800s. Depths of the ships range from as little as 10 feet to 225 feet. Shoreline Diving Charters offers guided cruises featuring these shipwrecks and more. Pay a visit to the Washington Island Art and Nature Center, a beautiful combination of art gallery and nature center.

3 KOHLER-ANDRAE STATE PARK BEACH, SHEBOYGAN

Kohler-Andrae State Park is the home of majestic sand dunes, miles of golden beach, and the shimmering blue Lake Michigan water. This beach has the largest dune complex along Wisconsin's Lake Michigan coastline. The unique wetlands within the dune complex also provide habitat for many rare plants, some of which are only found on Great Lakes shorelines. More than 150 bird species have been spotted within the park, including many species of waterfowl and shorebirds and more than 20 species of warblers.



Places to Stay: Kohler-Andrae State Park offers 135 family campsites and two group sites. If the kids don't want to miss out on Wisconsin's famous waterslides, make your reservations at

the newly renovated Blue Harbor Resort & Spa in Sheboygan. Step out the back door of Blue Harbor's lobby onto the beautiful sand dunes beach of Lake Michigan. Rent one of Blue Harbor's luxury waterfront two- or four-bedroom villas.

Things to Do: Shop and explore downtown Sheboygan. Stop by Olivu 426 and experience the excitement of learning how to create your own beauty products fresh to order. Field to Fork Café serves breakfast and lunch favorites made with wholesome, natural ingredients from local farmers. Swing by the grocery section and buy fixings for lunch (picnic anyone?). Also take some time and explore the John Michael Kohler Arts Center. The center has 10 galleries, a theater, performance and meeting spaces, studio classrooms, an onsite retail shop named ARTspace and a cafe.

NESHOTAH STATE PARK BEACH, TWO RIVERS

4

Neshotah State Park Beach is another family friendly beautiful Lake Michigan beach offering several hundred yards of sand beach, bike and walking trails and picnic areas. Concessions are available at the beach house during the summer months. Bring the bicycles to this beach and ride the Rawley Point Recreational Trail – you can ride six miles to the Rawley Point Lighthouse at Point Beach State Forest or connect with the Mariners Trail in Two Rivers and ride to Manitowoc.

Places to Stay: The Village Inn on the Lake features a beach view, fire pit, bike rentals and more, or you can stay at the Red Forest Bed & Breakfast Inn which offers charm and relaxation. The Historic Norman General Store Bed & Breakfast in the rural community of Norman was first settled by immigrants from Bohemia, now part of the Czech Republic. Today, if you stay at this B&B, you will find the best authentic rural and agricultural experiences. Camping is also available at Pointe Beach State Forest.

Things to Do: Visit the Hamilton Wood Type and Printing Museum, the only museum dedicated to the preservation, study, production and printing of wood type. With 1.5 million pieces of wood type and more than 1,000 styles and sizes of patterns, the collection is one of the premier wood type collections in the world. In addition to wood type, the museum, which is often visited by current artists, typographers and designers from across the country, is home to an amazing array of advertising cuts from the 1930s through the 1970s.

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SECRET TO A LONG LIFE...

A tough old cowboy once counseled his grandson that if he wanted to live a long life, the secret was to sprinkle a little gunpowder on his oatmeal every morning.

The grandson did this religiously and he lived to the age of 93.

When he died, he left 14 children, 28 grandchildren, 35 great grandchildren and a fifteen foot hole in the wall of the crematorium.



A HOLE IN THE HEAD...

My husband was bending over to tie my three-year-old's shoes. That's when I noticed my son Ben staring at my husband's head. He gently touched the slightly thinning spot of hair and said in a concerned voice, "Daddy, you have a hole in your head. Does it hurt?"

After a pause, I heard my husband's murmured reply, "Not physically."



This IBS-friendly menu will permit you and your guests to continue enjoying the party long after dinner is over.

Beat the BBQ Bellyache!

Tips for the Perfect Stomach-Friendly Summer BBQ

by Patsy Catsos, M.S., R.D., L.D.

Have you noticed that certain summer meals leave you feeling bloated and uncomfortable? Some ever-present picnic foods such as watermelon and baked beans contain loads of rapidly fermentable carbohydrates which can cause uncomfortable symptoms hours after the meal or even the next morning, especially if you have irritable bowel syndrome (IBS). A person with IBS has a gastrointestinal tract that does not function properly even though it appears medically normal. Symptoms can include diarrhea or constipation, gas, bloating and abdominal pain. In the past, high fiber diets were often recommended for IBS, but today patients are getting better results by limiting certain types of carbohydrates in the diet.

These potentially troublesome sugars and fibers in the diet are known as FODMAPs. If you've never heard the term FODMAP before you are not alone! Coined by a group of Australian researchers just a few years ago. FODMAPs are short chain carbohydrates and monosaccharides which are poorly absorbed in the small intestine, including fructans, galactans, fructose and polyols. The term is an acronym, deriving from "Fermentable, Oligo-, Di-, Mono-saccharides and Polyols".

The restriction of FODMAPs from the diet has been found to have a beneficial effect for sufferers of irritable bowel syndrome and other functional gut disorders. They found that a low FODMAP diet helped up to 75% of their IBS patients. Examples of FODMAPs include:

- Lactose (a.k.a. milk sugar, found in milk, yogurt and ice cream)
- Fructose (a.k.a. fruit sugar, found in fruit, high-fructose corn syrup, honey and agave syrup)
- Sorbitol, mannitol, and other "-ol" sweeteners (found in certain fruits and vegetables as well as some types of sugar-free gums and candies)
- Fructans (a type of fiber found in wheat, onions, garlic and chicory root)

Stomach-Friendly BBQ continued on page 38

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Suet Recipe For Birds

- 1 cup vegetable shortening or lard
- 1 cup chunky peanut butter
- 2 cups unbleached/bleached flour
- 3 cups yellow cornmeal

1. Melt shortening/lard and peanut butter in large pot on stovetop using medium heat; remove from heat when melted.

2. Measure all the flour and cornmeal right into the pot.

3. Stir until blended.

4. Place mixture into your desired containers or make a hamburger patty type shape. *Note: I spray my containers with Pam - it does help the cakes come out cleaner from the containers. Set your containers or patties into the refrigerator to set and then use as needed. www.artistic-garden.com

Attract Birds & Butterflies to your Backyard

By gardening expert, TV/radio host & author Melinda Myers

It's easier than you think to attract birds and butterflies and you don't need a lot of space to do it. Container gardens give you the ability to attract wildlife to your backyard, patio, deck or balcony. Follow these steps and your garden will be filled with color, motion and a season of wildlife.

Add a little extra color and motion to your summer garden with containers designed to attract birds and butterflies. Many garden centers continue to sell annuals throughout the summer and many of these mid-season annuals are a bit bigger, providing instant impact.

1. Provide food for birds and butterflies. Include plants with flat daisy-like flowers like pentas, zinnias, and cosmos to attract butterflies. For hummingbirds, include some plants with tubular flowers including nicotiana, cuphea, salvia, and fuchsia. And don't forget about the hungry caterpillars that will soon turn into beautiful butterflies. Parsley, bronze fennel, and licorice vines are a few favorites that make great additions to container gardens. You can even create containers that will attract seed-eating birds. Purple Majesty millet, coneflower, coreopsis, and Rudbeckias will keep many of the birds returning to your landscape.

2. Include water for both the birds and butterflies. It's a key ingredient and a decorative small shallow container filled with water can be included in a large container. Or include a free-standing birdbath within your container collection. I used a bronzed leaf birdbath in just this way. It created a great vertical accent, added interest to a blank wall and provided a water supply for the birds.

3. Give them a place to live and raise their young. Add a few evergreens, ornamental grasses, and perennials to your container garden. Use weather resistant containers that can tolerate the extreme heat and cold in your garden. Then fill with plants that are at least one zone hardier. Or add a few birdhouses. These can be included in the container or mounted on a fence, post, or nearby tree.

4. Skip the pesticides, please. Nature, including the birds you invite into your landscape, will devour many garden pests. Plus, the chemicals designed to kill the bad guys can also kill the good bugs and wildlife you are trying to attract. And, if pests get out of hand, use more eco-friendly products like soaps, Neem, and horticulture oil as a control mechanism. And, as always, read and follow label directions carefully.

And to conserve time and energy, try using one of the self-watering containers or hanging baskets that are on the market. This helps to make it both easy and convenient when time constraints and vacations get in the way of providing ideal care. I recently tried using one of the Gardener's Supply Easy Roller self-watering containers. I filled one with wildlife-friendly petunias along with papyrus and golden moneywort. After a five-day trip during hot dry weather I returned to find my container garden in great shape and hummingbirds visiting the flowers.

So gather your family and get started planting your wildlife container garden today.

Nationally known gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. Melinda has a master's degree in horticulture, is a certified arborist and was a horticulture instructor with tenure. Her web site is www.melindamyers.com

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PACKING TIPS and TRICKS

Planning a trip can be lots of fun.
Packing for a trip – not so much.

Ellen Paderson, founder of Smiles and Miles Travel (www.smilesandmilestravel.com) has sent thousands of people of all ages on vacations, cruises, and destination.

In addition to 'where to stay,' clients often ask their travel maven for packing tips, tricks and secrets. Here are Ellen's 'Top 10':

Roll your clothes — Tightly roll most items into compact pieces. Fold stiffer and dressy ones.

Use **soft-side travel bags** uses every square inch of your travel bag. Compresses when zipped.

Inflatable hangers - for hand laundry; pack with individual packets of Woolite. Vinyl folds small, inflates with a few breaths so you can drip-dry creaselessly.

Silk travel blanket — as warm as a regular blanket, yet takes up much less space. Pocket at bottom keeps feet toasty; blanket rolls up and tucks into your carry-on.

Wet Wipes to sanitize seats and trays on the plane, and for a million other uses in your travels.

Sealable plastic bags, different sizes—handy to store snacks, small electronics; keep them safe from the sand and sea.

Collapsible cooler - pack snacks when out on excursions (can pay for itself in one day!)

My swim suit told me to go to the gym. But my sweat pants said, "Nah girl...you're good!"

Wisconsin's FIVE Best Beaches continued from page 15



North Beach, Racine. Courtesy of cityofracine.org

5 NORTH BEACH, RACINE

Selected by *USA Today* this year as one of the "51 Great American Beaches," North Beach is located on the waterfront of Lake Michigan. This beach sits on 50 acres and has 2,500 feet of shoreline open to the public for swimming, fishing and picnics. Many special events, including EVP Professional Beach Volleyball, the U.S. Grand Prix of Watercross and the Ironman 70.3 Racine Triathlon. The beach has been designated a Blue Wave Beach

(America's first environmental certification for beaches) since 2004. The Beachside Oasis features a concession stand, live music, and the Kid's Cove Playground – located right on the beach.

Places to Stay: Situated on a bluff overlooking Pershing Park and Lake Michigan, Mansards On-The-Lake B&B in Racine is a charming place to rest your head. Each unit contains a private bath, fully Hamilton Wood Type Museum equipped kitchen, bedroom, and parlor or sitting area. Looking for a hotel? Try the Comfort Inn Racine or Radisson Inn Harbourwalk. Want to camp? Head to Cliffside Park.

Things to Do: You're in America's Kringle Capital. The Kringle, an oval-shaped, authentic Danish pastry, is produced predominately in Racine County. With 32 layers of flaky dough and filling choices from fruits to nuts, this pastry leaves you satisfied. The Kringle has put Racine County on the food map with food bloggers and critics alike. Visit O&H Danish Bakery to purchase your own Kringle to take home.

BONUS: GREEN LAKE BEACH, GREEN LAKE

It might not be a true Great Lake, but we still think it's great and it's also the state's deepest! Green Lake's scenic shoreline features bluffs, rock formations and beautiful homes. The lake offers a swimming beach at Dodge Memorial Park, located at the southwest end of Green Lake. The park features a shallow, sandy bottom, plenty of sand for kids to play, a snack area, a large picnic area, volleyball, a boat landing and more.

Travelers looking for year-round Wisconsin getaway ideas, travel planning, events and free guides can discover their own fun at TravelWisconsin.com. You can also choose to "Like" us at [Facebook.com/TravelWisconsin](https://www.facebook.com/TravelWisconsin) or follow along on Twitter at [Twitter.com/TravelWI](https://twitter.com/TravelWI). Download the free Travel Wisconsin™ iPhone or Android app.



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Growing up without a cell phone

When I was a kid, adults used to bore me to tears with their tedious diatribes about how hard things were when they were growing up - what with walking twenty-five miles to school every morning....Uphill... Barefoot...BOTH ways...yadda, yadda, yadda And I remember promising myself that when I grew up, there was no way I was going to lay a bunch of stuff like that on my kids. But now that I'm over the ripe old age of forty, I can't help but look around and notice the youth of today. They've got it so easy! I mean, compared to my childhood...

1) I mean, when I was a kid we didn't have the **Internet**. If we wanted to know something, we had to go to the library and look it up ourselves, in the card catalog!! Unless we were 'ritzy' with our very own set of Encyclopedia Britannica.

2) There was **no email!!** We had to actually write somebody a letter - with a pen! Then you had to walk all the way across the street and put it in the mailbox, and it would take like a week to get there. Stamps were 10 cents!

3) **Child Protective Services** didn't care if our parents spanked us. As a matter of fact, the parents of all my friends also had permission to swat away!

4) There were **no iPods**. If you wanted to steal music, you had to hitchhike to the record store and shoplift it yourself! Or you had to wait around all day to tape it off the radio, and the DJ would usually talk over the beginning. We had tape decks in our car. We'd play our favorite tape and "eject" it when finished. Cause, hey, that's how we rolled, Baby! Dig?. Very cool.

5) There weren't any freakin' **cell phones** either. If you left the house, you just didn't make a call or receive one. You actually had to be out of touch with your "friends". OH MY GOSH!!! Think of the horror... And then there's **TEXTING**. Yeah, right. Please! You kids have no idea how annoying you are.

6) And we didn't have fancy **Caller ID** either! When the phone rang, you had no idea who it was! It could be your school, your parents, your boss, your girlfriend, the collection agent... you just didn't know!!! You had to pick it up and take your chances.

7) We didn't have high-resolution 3-D graphics! We had the **Atari 2600!** With games like 'Space Invaders' and 'Asteroids'. Your screen guy was a little square. You actually had to use your imagination!!! And there were no multiple levels or screens, it was just one screen. Forever! And you could never win. The game just kept getting harder and harder and faster and faster until you died! Just like LIFE!

8) You had to use a little book called a **TV Guide** or the local paper to find out what was on! NO channel surfing! You had to get off your butt and walk over to the TV to change the channel!. NO REMOTES!!! Oh, no, what's the world coming to?!?!

9) There was **no Cartoon Network** either! You could only get cartoons on Saturday Morning. Do you hear what I'm saying? We had to wait ALL WEEK for cartoons, you spoiled little @\$%&!

10) Our parents told us to **stay outside and play...** all day long. Oh no, no electronics to soothe and comfort. And if you came back inside... you were doing chores!

11) **Car seats** - oh, please! Mom threw you in the back seat and you hung on. If you were lucky, you got the "safety arm" across the chest at the last moment if she had to stop suddenly. If your head hit the dashboard, well that was your fault for calling "shot gun" in the first place!

See! That's exactly what I'm talking about! You kids today have got it too easy. You're spoiled rotten! **You wouldn't have lasted five minutes in my shoes.. up-hill... without socks... in the snow...**

An anonymous Over 40 Crowd Member

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Collaborative Divorce

What the experts have to say

By Tim Stasinoulis, RFC

Unfortunately, due to the highly publicized ugly divorce battles we've all heard and read about, many unhappy couples enter this process with needlessly high levels of stress and emotional turmoil. Do you blame them? Wouldn't the prospect of a traditional adversarial litigation divorce costing lots of money and potentially irreparably damaging the family, especially when children are involved scare the life out of you too!

Collaborative divorce seeks to promote a continuing civil relationship with the divorcing couple while promoting the present and future emotional and mental well-being of their children.

Well it doesn't have to be thanks to the increasingly popular collaborative divorce method that's taking hold here locally and across the country. Collaborative divorce seeks to promote a continuing civil relationship with the divorcing couple while promoting the present and future emotional/mental well-being of their children. Sounds better already doesn't it?

Everyone loves to talk about their favorite team. Wouldn't it be great to be able to talk glowingly about your collaborative divorce team? In this process, instead of hiring your own dueling attorneys, divorcing spouses each have their own specially trained collaborative attorney and share the costs and expertise of other professionals as needed such as a neutral mental health professional, financial planner, accountant, and other certified professionals.

To gain a better understanding of the challenges facing divorcing couples, I consulted with a couple of Milwaukee area professionals of the Collaborative Family Law Council of WI (CFLCW), Attorney Megann M. Senfleben Hendrix of Becker, Hickey & Poster, S.C. and Scott J. Wildman, CPA, ABV, CVA of Vrakas/Blum Business Valuations. Here are their insights and some unique obstacles they've encountered.

Megann said that the economic downturn has impacted the use of collaborative because sometimes you can't bring in all professionals you optimally need due to financial constraints the couple is experiencing. So you sometimes have to modify and prioritize a bit. For example, bringing in a separate mental health professional for the kids would be high on the list and you would want to avoid cutting back on that. She also said that because each person has their own coach, it helps her as the attorney perform more effectively since they help identify problem areas to work on such the need for a properly designed parenting plan, etc. Some of the other financial challenges she often sees divorcing couples faced with are: maintaining two households, mortgage and/or rent affordability, high personal debt levels and living above their means. Attorney Senfleben-Hendrix also mentioned that she sees a big need in helping counsel women on how to handle the finances post divorce and that good planning starts with asking the right questions in order to develop a properly designed financial strategy including budget and income plans.

Scott Wildman is a past president of CFLCW and has participated in many collaborative divorce cases as a business valuation expert, financial/accounting neutral. He said it starts with the gathering of information including assets, liabilities, valuations of real estate, businesses,

Collaborative Divorce continued on page 24



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52 SIMPLE WAYS TO BECOME HEALTHIER

Over 100 million people vow to make improvements to their life, most dealing with various aspects of their health. Whether it is to lose those pesky ten pounds, cut out the junk food or quit a nasty habit, four out of every five people who try to make those changes fail. Don't be one of them.

By Patty James

1. Drink 8 glasses of water a day.
2. Get rid of any junk food in your house. If it's not there, don't get it.
3. Limit your caffeine intake: 1-2 cups of coffee a day.
4. Plan your weekly meals.
5. Spend 30 minutes twice a week cutting up fresh veggies to have them ready at all times.
6. Keep seasonal fruit at home and eat it when you're hungry or when a sweet tooth strikes.
7. Substitute raw nuts and seeds for processed granola bars.
8. Don't drink alcohol on an empty stomach; it's hard on your stomach and burns up B vitamins.
9. Eat raw vegetables every day. Raw veggies contain important enzymes that can be lost when they're cooked.
10. Purchase as much of your food organic as you can. Your body will appreciate it as will our planet.
11. Next time you make cookies or cake, substitute half of the butter with applesauce, pumpkin or prune puree. Less fat; more nutrients.
12. Get 8 hours of sleep a night.
13. Vary your food; if you eat it today, don't eat it for 4 days.
14. Different colored food has different nutrients, so eat from the rainbow. Red peppers, orange carrots, green kale, etc.
15. Thicken soups with pureed beans. Delicious and added nutrition.
16. Don't drink water from plastic bottles. Polycarbonate water bottles (labeled #7) contain bisphenol A (BPA), which leaches from the plastic and has been linked to chromosome damage and hormone disruption.
17. Start your day with a glass of fresh lemon water. 1/2 to 1 juiced lemon in water. Your liver loves it.
18. De-stress. Find out what works for you. Warm baths? Exercise? Reading? Yoga? Walks in the woods? Find out what calms and soothes you and practice daily.
19. Move daily. Find the movement that moves your body and eases your mind and make it a part of who you are. If you enjoy it, you will do it.
20. Eat at a table, cloth napkin on your lap and chew well. Be thankful.

52 Ways to be Healthier continued on page 31

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The BEATLES 1964 Concert. The Fans Remember...

continued from page 9

seats, they didn't hear much music.

"I heard the first note of the first chord but from that point on the Beatles were completely drowned out by thousands of screaming girls," she said. "We screamed all the way through, too!"

Eleven Rows Back. Bruce was a Milwaukee teen old enough to drive his own two-tone, black-with-a-white-top, 1956 Buick Special Coupe to the concert with friends Barb, Chuck, Kathy, Shirley, and Sam. A picture taken by a Milwaukee Journal photographer over the Beatles' shoulders shows him sitting 11 rows back from the front. He still has a copy of the shot as it appeared in the paper. "I'll never forget the concert's electricity," he said. "The screaming was the loudest I've ever heard, and it didn't stop until they left the stage." There was a bank of speakers above his seat, so he was among the few who could actually hear some of the Beatles' music despite the screaming. "But the whole atmosphere really overtook what was happening on stage," he recalled.

I'm in love with you. Jackie (who came to my attention in a column by Journal Sentinel writer Jim Stingle) was a Milwaukee teen when she went to see the Beatles with best friends Bonnie and Kathy:

"We used to meet at the bus stop on school days and listen to Bob Barry on a transistor radio. One morning he said he was going to play a new Beatles single, so we heard "Do You Want To Know A Secret" for the first time together. When it was over we stood and cried and thought it was the most beautiful song ever."

Prior to attending the concert, Jackie and her friends paid a confectioner to bake a cake in the shape of a guitar. "We delivered it to Bob Barry at the WOKY studios on Sherman Boulevard and hoped he would give it to the Beatles," she said. Barry took a picture of the cake before donating it to Children's Hospital, along with other food items fans gave him for the band.

Jackie and her friends sat on the left side about "half way up into the stands." They couldn't see very well and didn't hear much music. "But like most of the girls we screamed and cried throughout the concert; everybody had makeup dripping down."

Advance Notice. Two-thirds back from the stage in the center section sat Bill, a Bay View teen. He accompanied his mother and younger sister to the Beatles show as their "aide-de-camp." He didn't hear any Beatles music. "There was no break in the screaming once they took the stage," he said, "it was loud as crazy." His knowledge of the Beatles predated their arrival in America because his dad, an engineer, was transferred to England when Bill was a teen and took the family along. "After we returned to the US in 1963, I continued getting English newspapers and began seeing regular stories about the Beatles because they were causing so much commotion in the UK," he recalled. Time magazine reported on this in a November 15, 1963, story titled, "The New Madness." It states unprophetically, "Though Americans might find the Beatles achingly familiar (their songs consist mainly of 'Yeh!' screamed to the accompaniment of three guitars and a thunderous drum), they are apparently irresistible to the English." An accompanying picture of the band performing in Buxton, an English city 40 miles east of Liverpool, is captioned, "The audience is pretty funny, too."

Tickets. The 12,000 or so individuals who had seats at Milwaukee's Beatles concert held tickets supplied by Topping and Co. International House, which was located near the intersection of Plankinton and Wells.

Proprietor Nick Topping was an experienced concert promoter. In February 1964, just after the Beatles were featured three Sundays in a row on the Ed Sullivan Show, he was contacted by Chicago-based Triangle Productions and offered an opportunity to promote a Milwaukee appearance by the group. In a 1993 Milwaukee Journal interview Topping said, "We didn't know what the Beatles were all about" but "we saw what love there was for the Beatles" and "I'll always feel grateful they turned out to be peaceful people."

Opening Acts. The Milwaukee concert was scheduled to begin at 8:00 p.m. with four opening acts: The Exciters, Jackie DeShannon, the Righteous Brothers, and the Bill Black Combo. A few days before, Clarence Frogman Henry replaced the Righteous Brothers on the bill.

Prior to the concert, Harrison, McCartney, and Starr gave a press conference hosted by Barry. Lennon, nursing a sore throat and saving himself for the show, wasn't present.

When a reporter asked whether they were aware of Milwaukee prior to the gig, Starr replied quickly in his Liverpool accent, "I've 'eard of the beer that made it famous!" Another reporter queried, "Do you yearn for a good haircut?" Harrison said, "No, thank you," and Starr, "Do you?"

Beatles Central. Barry visited the the Beatles on Saturday at the Coach House Inn, before they left for their next concert in Chicago, but wasn't sure which rooms they slept in—or if they slept. He was there to be photographed with the group:

"When I got to the seventh floor, the four of them were in one room. It had a single bed that was covered with food, clothes, etc., and it looked like they might have had a pillow fight. We were going to do the interview and take the pictures in that room until one of their entourage said we should move to another unoccupied room down the hall to take the pictures because their room was a mess."

Morale Boost. The Beatles swept out of town later that afternoon but only after McCartney phoned a 14-year-old girl named Christine Cutler,* who was a patient at St. Francis Hospital. She had a ticket to the show but at the last minute couldn't go because she became "very sick." One of her physicians called the the Milwaukee Journal in an attempt to arrange a contact from her favorite Beatle. McCartney agreed to make the call. They chatted for several minutes and then he said, "Well, now, I've got to hang up, you see. But you will smile, though. That's the main thing, you know." Later the Milwaukee Journal reported the girl, "wanted to take the telephone home with her. And then the nurses cried."

Afterwards the Beatles and their entourage loaded into four black limousines and were escorted to Mitchell Field. Their visit to Milwaukee lasted about 24 hours.

Enduring Impressions. Lenore reflected on the Beatles success, "Everything that was innocent was shattered with the death of Kennedy," she said, "and all of a sudden, the Beatles come along and made us happy again. It was fun music! When the concert was over, we were breathless!"

The BEATLES 1964 Concert continued on page 23



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The BEATLES 1964 Concert. The Fans Remember...

THE BEATLES

The Lead Story

John, a former TV newsman who now lives in Verona and works as an independent contractor, attended The Beatles concert when he lived on Milwaukee's Northwest side and was a sophomore at Dominican High School in Whitefish Bay. "The Beatles were the lead story in 1964," he said. "They consumed our lives. It was all Beatles all the time."

When John heard WOKY DJ Bob Barry talk about the upcoming concert on the radio, he asked his dad to go downtown and get tickets for him and his friends. "I told him he'd have to get there early, so he took the bus and was fifth in line at 4:30 a.m. the day they went on sale."

"He could have gotten front row seats but he was worried about us getting crushed by the crowd. The tickets were \$5.50 each times five, and my dad was also concerned about getting reimbursed—that was grocery money for a couple of weeks back then! But we paid him."

"There were a lot of police in the Arena, and Red Cross workers circulated with smelling salts because people were passing out. The excitement was amazing. When The Beatles came on we all got goose bumps."

Like most attendees, he only heard a few notes. "The screaming was deafening." As loud as it was, however, John said every time McCartney "wiggled his head" the decibels would increase. When the concert ended, we were hoarse from yelling and jumping up and down," he continued, "but we kept saying, holy cow! We just saw The Beatles live!"

John remained a Beatles fan, bought every one of their albums, and still listens to them today. "They are the ultimate, past or present. I don't think there will ever be a bigger or better musical act. That's why the world's love for them continues."

Margie B. Remembers

Crazy About The Beatles

"I was at the concert in Milwaukee. I was 16 and crazy about The Beatles, especially Paul—I wanted to marry him."

"My girlfriend and I had seats in the 'nosebleed' section, until we decided to move down to the ground level during intermission."

"We ended up sitting together in one vacant seat in approximately the 10th row just before The Beatles came on."

I could not hear the concert because there was so much screaming.

"Even my girlfriend went nuts; she was jumping and screaming, and at one point took apart her baloney sandwich and threw the contents towards the stage. I just sat there in awe of seeing The Beatles in person, right there in front of me. We also stood watch across the street from their hotel, in anticipation of a glimpse of them, in case they peeked over the balcony. I remember one head momentarily did show, and everyone screamed—although we could not know if it was one of them or someone else with them."

"I was such a fan, I drew their pictures and made a scrapbook, and dreamed about hanging out with them. My prized possessions are several photos I took with my Brownie camera at the Milwaukee concert."

The Beatles would take pop music into unusual territory with each new album until the band's official breakup when McCartney released his first solo effort, McCartney, on April 10, 1970. Each launched a successful solo career and Beatles albums continue to sell well. The Beatlemania bubble remains intact.

Complete story with photos and more at www.schaarcommunications.com

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3903 N. Richards Street
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Collaborative Divorce

continued from page 20

and retirement plans such as 401k's, SEPS, etc. The goal is to develop a plan with options: Who is working? Who needs income? Is there a budget? Is there home equity? Can you refinance? Financial challenges of a divorcing couple along with lots of emotional issues can be difficult - all the more reason why you need a team working together with the couple to achieve the best possible outcome for the family. One of the questions Scott often asks is "explain to me your typical week". It's a lifestyle question and their response helps him gauge whether or not they're living beyond their means. He also emphasized how the collaborative process was so much more rewarding for

him as a practitioner, because the divorcing couples have a higher level of appreciation for the team and they value what you're doing for them. After all, the goal is to position them for future success post divorce.

The final very important part of this process is counseling the individuals after the divorce has been completed. The professionals that work in this capacity are known as affiliates of the Collaborative Family Law Council of WI. It's critically important that continuity of the collaborative process be continued in the post divorce financial planning. It should convey the same level of trust already established during the collaborative team process. The best interests of the client should always

come first. This is a new beginning and it must get off to a solid start. The role of the financial planner post divorce is even more important because while the collaborative team has positioned the couple for future success, it's up to the financial professional to help them realize that success. Visit www.collabdivorce.com for more information.



Timothy M. Stasinoulis, Registered Financial Consultant, is the President and Founder of Aegis Wealth Advisors, LLC, 262 W. Main St., Wales. ASK TIM by calling 262.968.5500 or visiting www.aegiswealthadvisors.com. He is a frequent guest on FOX6 Wake-UP and was recently named a 2013 Five Star Wealth Manager.

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15" x 13" ALL PURPOSE SHOP TOWELS
PACK OF 50
LOT NO. 46163/68442/69649
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SAVE 43%
\$8.99

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US* GENERAL
580 LB. CAPACITY FOUR DRAWER TOOL CART
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Item 95659 shown

SAVE \$130 \$99.99

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MOVER'S DOLLY
HaulMaster
LOT NO. 93888/60497
REG. PRICE \$14.99

Item 93888 shown

1000 LB. CAPACITY
SAVE 46%
\$7.99

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drillmaster
LOT NO. 5889
29 PIECE TITANIUM NITRIDE COATED DRILL BIT SET
REG. PRICE \$24.99

Item 5889 shown

SAVE 60% \$9.99

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Low Profile PITTSBURGH RAPID PUMP
2.5 TON HEAVY DUTY STEEL FLOOR JACK
LOT NO. 68049/60688/61282/61253
REG. PRICE \$139.99

Item 68049 shown

SAVE \$70 \$69.99

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CENTRALPNEUMATIC
17 PIECE AIR TOOL ACCESSORY KIT
LOT NO. 68236/61449
REG. PRICE \$9.99

Item 68236 shown

SAVE 50%
\$4.99

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16 OZ. HAMMERS WITH FIBERGLASS HANDLE
PITTSBURGH CLAW
LOT NO. 47872/69006/60715/60714
REG. PRICE \$7.99

Item 47872 shown

SAVE 62%
\$2.99

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PORTABLE GARAGE
LOT NO. 69039/68217/60727
REG. PRICE \$299.99

Item 69039 shown

SAVE \$125 \$174.99

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18 VOLT CORDLESS 3/8" DRILL/DRIVER AND FLASHLIGHT KIT
drillmaster
LOT NO. 68287/69652
REG. PRICE \$44.99

Item 68287 shown

SAVE 55%
\$19.99

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60" WORKBENCH WITH FOUR DRAWERS
DESIGN
LOT NO. 93454/69054/61446
REG. PRICE \$229.99

Item 93454 shown

SAVE \$90 \$139.99

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3200 WATT/4000 MAX. WATT PORTABLE GENERATORS (212 CC)
PREDATOR
LOT NO. 68528/69676/69728
REG. PRICE \$499.99

Item 68528 shown

SAVE \$200 \$299.99

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27 LED PORTABLE WORKLIGHT/FLASHLIGHT
Gardner
LOT NO. 67227/60566/69567
REG. PRICE \$5.99

Item 67227 shown

SAVE 56%
\$2.59

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ELECTRIC CHAIN SAW SHARPENER
CHICAGO ELECTRIC POWER TOOLS
LOT NO. 68221/53213
REG. PRICE \$49.99

Item 68221 shown

SAVE 44%
\$27.99

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12" RATCHET BAR CLAMP/SPREADER
PITTSBURGH
LOT NO. 46807/68975/69221/69222
REG. PRICE \$5.99

Item 46807 shown

SAVE 66%
\$1.99

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AUTO-DARKENING WELDING HELMET WITH BLUE FLAME DESIGN
LOT NO. 91214
REG. PRICE \$79.99

Item 91214 shown

SAVE 50%
\$39.99

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2.5 HP, 21 GALLON, 125 PSI VERTICAL AIR COMPRESSOR
CENTRALPNEUMATIC
LOT NO. 67847/69091/61454
REG. PRICE \$219.99

Item 67847 shown

SAVE \$70 \$149.99

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4 PIECE 1" x 15 FT. RATCHETING TIE DOWN SET
LOT NO. 90984/60405
REG. PRICE \$16.99

Item 90984 shown

SAVE 52%
\$7.99

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2000 LB. ELECTRIC WINCH WITH REMOTE CONTROL AND AUTOMATIC BRAKE
BADLAND
LOT NO. 68146/61258/61297
REG. PRICE \$99.99

Item 68146 shown

SAVE \$50 \$49.99

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4-1/2" ANGLE GRINDER
drillmaster
LOT NO. 95578/69645/60625
REG. PRICE \$19.99

Item 95578 shown

SAVE 50%
\$9.99

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WIRELESS DRIVEWAY ALERT SYSTEM
Bunker Hill Security
LOT NO. 93068/69590
REG. PRICE \$29.99

Item 93068 shown

SAVE 56%
\$12.99

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1.5 CUBIC FT. ELECTRONIC DIGITAL SAFE
LOT NO. 91006
REG. PRICE \$149.99

Item 91006 shown

SAVE \$50 \$99.99

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RECIPROCATING SAW WITH ROTATING HANDLE
CHICAGO ELECTRIC POWER TOOLS
LOT NO. 65570
REG. PRICE \$39.99

Item 65570 shown

SAVE 50%
\$19.99

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7 PIECE RATCHETING COMBINATION WRENCH SETS
PITTSBURGH
LOT NO. 2696/61277
REG. PRICE \$34.99

Item 2696 shown

SAVE 71%
\$9.99

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SUPER-WIDE TRI-FOLD LOADING RAMP
HaulMaster
LOT NO. 90018/69595/60334
REG. PRICE \$144.99

Item 90018 shown

SAVE \$65 \$79.99

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MECHANIC'S GLOVES
LOT NO. 93640/60447
REG. PRICE \$9.99

Item 93640 shown

SAVE 64%
\$3.59

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TORQUE WRENCHES
PITTSBURGH
LOT NO. 239
REG. PRICE \$34.99

Item 239 shown

SAVE 71%
\$9.99

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1/4" DRIVE 3/8" DRIVE 1/2" DRIVE
SAE METRIC
LOT NO. 96654 LOT NO. 95552
REG. PRICE \$39.99

Item 96654 shown

SAVE 55%
\$17.99

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60" WORKBENCH WITH FOUR DRAWERS
DESIGN
LOT NO. 93454/69054/61446
REG. PRICE \$229.99

Item 93454 shown

SAVE \$90 \$139.99

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