

# *Celebrate Life* **Boomers!**

November 2013  
A FREE PUBLICATION

THE BABY BOOMER GENERATION & BEYOND

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



## *The* *Romance* *of the* **RAILS**

Trains, legends and lure runs through American stories and music, literally connecting our culture for generations.

~Story on page 3

### **CLOSING UP THE 2013 FINANCIAL YEAR**

Now is a good time to think about the investing, saving or budgeting methods you need to address for 2014. Some year-end financial moves may prove crucial.

~pg 16

### **Emotional Women**

Being emotional is being weak? I think not. What you can do to begin reclaiming your own emotional power.

~pg 13

### **WHAT'S INSIDE?**

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Welcoming the new Beaujolais Nouveau season.....pg 7

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*Enjoying the Good Life: Yesterday, Today & Tomorrow*





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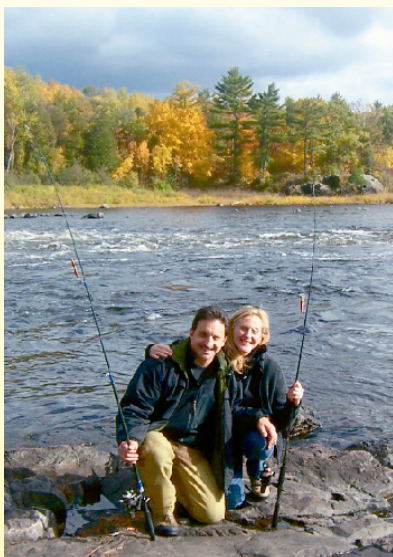




November comes with the promise of cold weather, crusty air and the start of another chaotic holiday season. Christmas can't get started, of course, without the arrival of the Fleet Farm Toy Catalog. Can't help myself -it comes in the mail, I get all excited, start circling the toys I want and ta-da! the Holidays have begun! Is there really anyone out there, no matter your age, that does not check out the new Barbies and army guys??!!

Approaching the holiday chaos always brings a mixture of expectation and dread. In our already-too-busy lifestyles, it's hard to add party lists, baking duties, gift buying, budget pinching and festive smiles to our over-booked schedules. Be sure to grab a quiet moment of appreciation for the true meaning here. On page 12 you will get a chance to read President Lincoln's first Thanksgiving Day Address. Just think about it a bit and above all the commercialism, the stress and the crazy schedules -let this month remind us to be thankful for our blessings. I am sure they are many if we take the time to look.

So get out your fleece, build a fire, and cozy up with the latest issue of Boomers! Enjoy!



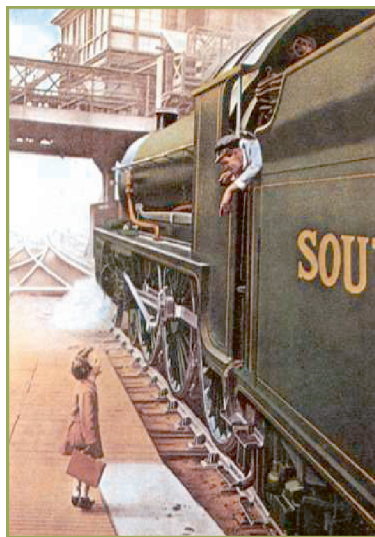
Fishing in Pembine, WI on the Menominee River

*And always remember to...*

*Celebrate Life!*

Sandy and Tom Draelos

# The Romance of the Rails



**Trains, legend and lure runs through American stories and music, literally connecting our culture for generations.**

*You can't escape some brush with the romance of the rails. Wisconsin in particular, boasts a long, full history of railroad familiarity with passenger, logging, mining and other freight lines. It is no coincidence that Milwaukee shares such history with the state.*

If you don't remember actually riding the train or waiting for it to bring a visitor to town, perhaps you had a model train around your Christmas tree.

Most of us know Arlo Guthrie's "Good Morning America" or Johnny Cash's "Orange Blossom Special" coming down the line. Or we could hum a few bars of "The Last Train to Clarksville," "Homeward Bound," "The Loco-Motion" or "The Marrakesh Express."

When Wisconsin became a state, railroads were one of the most widely discussed subjects among businessmen and officials. Along the Mississippi River, settlements competed to be

Romance of the Rails continued on page 8

## OPINION EDITORIAL

### Bringing Common Sense Back to Washington

**When people ask me what I do, I often tell a little joke. "I work in politics. You know "poli" -- that's Latin for many. And of course, "ticks" are blood-sucking animals."**

By Jennifer Laszlo Mizrahi

But, with the toxic brew of over-the-top destructive partisanship in Washington today, the joke isn't funny anymore.

I've worked in and around Washington politics for more than twenty-five years. I have seen presidents and Speakers of the House come and go. But I have never seen anything as dangerous as what we have today. It's a political storm that is worse than hurricanes Katrina and Sandy put together.

The partisan infighting is putting America's future at risk. Our government is largely shut down, and debt-ceiling issues loom. That we all know. But well beyond all that there is an even deeper mean-spirited "finger-pointing for the sake of the cameras" partisanship that possess our

Bringing Common Sense Back to Washington continued on page 19

**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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**World Cafe:** Tempt your taste buds with traditional dishes  
**Heritage Lane:** Explore the unique traditions and customs of diverse cultures through interactive exhibits  
**International Bazaar:** Cultural artifacts that create a unique shopping experience  
**Around The World In 5K Run/Walk:** Sunday, November 24 at 9:00 AM benefitting The Salvation Army of Milwaukee County. Register at [www.active.com](http://www.active.com)

### HOURS

Fri., 2 p.m. - 10 p.m.  
Sat., 10 a.m. - 10 p.m.  
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# AROUND TOWN

A collection of local events

## Missing Milwaukee: The Lost Buildings of Milwaukee

November 6, 6pm  
Chudnow Museum  
Yance Marti, author of the book, Missing Milwaukee, will give a discussion and review of former Milwaukee buildings demolished in the '60s and '70s and the challenges with preserving history.

## ArtWorks for Milwaukees 5th Annual Night By The River Benefit

Friday, November 8  
City Center at 735  
Located in the heart of downtown Milwaukee on Water Street. The evening will consist of food/beverage tastings from local businesses, silent/live auctions, art gallery, music, and good company! Original artwork/reproductions available for purchase.

## Veterans Day Parade & Day of Honor

November 9, at 11:00am  
Please join us for the 50th annual Veteran's Day Parade and Day of Honor. Parade steps off at 11a.m. from 4th and Kilbourn and heads east to the War Memorial via Wells Street. Memorial service immediately following at the War Memorial. War Memorial Center

## Rock the Rumble III, 6pm

Following the Milwaukee Veterans Day Parade, the Harley-Davidson Museum and Guitars for Vets will host a benefit rock concert to raise funds and awareness for Guitars for Vets.

## Downtown Delafield Tree Lighting

Friday, November 15, 5:30pm  
Bring the family to the traditional tree lighting event in the City of Delafield, downtown district. Welcome the holiday season with friends and neighbors.

## "An Unforgettable Evening" Dinner Theatre

November 20  
Marcus Center for the Performing Arts  
Observe the 75th anniversary of Kristallnacht (Night of Broken Glass), the vicious Nazi programs that forecasted the extreme violence of the Holocaust, and

the fateful 1939 voyage of the MS. St. Louis. The Trial of FDR by Robert Krakow, is a 35 minute one act play telling the story of the MS St. Louis. Several of the original passengers of the MS St. Louis will be present. Reflections on Berlin, a photo exhibit, will be on display. The evening aims to educate, inspire and to honor.

## Milwaukee Holiday Lights Festival Kick-Off

November 21, 6pm, Pere Marquette Park  
This ceremonial switch-flipping comes packed with live music, holiday entertainment, a visit from Santa and a dynamic fireworks show. Free hot cocoa and cookies. After the show, take in all the sights aboard the Jingle Bus, free on kick-off night.

## International Holiday Folk Fair

November 22 - November 24  
Exposition Center, Wisconsin State Fair Park  
Holiday Folk Fair International celebrates the cultural heritage of people living in south-eastern Wisconsin.

## Milwaukee Holiday Parade

November 23  
87th annual Milwaukee Holiday Parade and it will feature approximately 100 units and take about one hour. Since 1927, the Downtown Milwaukee Christmas Parade has become a cherished Milwaukee Holiday tradition. The parade travels down Kilbourn Ave before finishing at the Shops of Grand Avenue.

## Celtic Christmas Boutique

November 23  
Milwaukee Irish Fest Center  
Discover gifts from the Emerald Isle and beyond with the Celtic Christmas Boutique showcasing Irish - and other-wares from vendors, artists and craftsmen. Featuring 30 artists and vendors from the Midwest region, items offered include traditional and contemporary jewelry, pottery, soaps, knitwear, artwork, quilts, books, CDs, Irish prints, photography, glassware, ornaments, baskets and more. Enjoy a break at Caf Celtique, an on-site cafeteria serving scones, potato soup, and McBob's famous corned-beef sandwiches.

## Barley and Whey Festival

November 30, 2pm  
Uber Tap Room, 1048 N. Old World Third St  
Wisconsin Cheese Mart and Uber Tap Room are pairing up with local vendors for a day full of sampling! Come visit the Uber Tap Room Saturday, November 30th and talk with local breweries, creameries, sausage makers, and chocolatiers!

## Grafton Christmas Parade

November 30, 11am  
Downtown Grafton Area  
'Grafton Sings the Blues at Christmas' is the theme of this year's parade. Grafton's parade is the largest in our region, featuring over 120 units including the nationally recognized South Shore Drill Team, clowns, bands, animals and special units!

## Tree Lighting in Cedarburg

December 2, 5:30pm  
Cedarburg Community Center  
Chamber elves are busy organizing the Annual Tree Lighting Ceremony where Santa comes to the Cedarburg Community Center each year

## EAA's Christmas in the Air

December 2, 3:00 - 8:00 pm  
EAA AirVenture Museum  
Free admission for everyone. Donations of non-perishable food items encouraged. Christmas in the Air, an annual tradition at EAA. Festive music, dance groups throughout the museum. Enjoy free cookies and milk. Participate in Just Plane Chocolate, a chocolate tasting experience starting at 5:30 p.m. And, of course, enjoy the variety of aircrafts on display inside the museum.

## 30th Annual Monches Artisans Holiday Tour

December 7 - December 8  
Monches Farm, 5890 Monches Rd, Colgate  
A drive-it-yourself art tour taking visitors along rustic roads through the scenic area surrounding the renowned Holy Hill Basilica. Tour includes artist's studios featuring pottery, art glass, metal sculpture, woven art, artisan wines, freshly cut Christmas trees & greens, and unique handcrafts. Refreshments, seasonal music and outdoor bonfires will welcome visitors at many of the stops along the way.

## Two guys were discussing popular family trends on sex, marriage, and family values.

Bill said, 'I didn't sleep with my wife before we got married, did you?' Larry replied, 'I'm not sure, what was her maiden name?'

## A little boy went up to his father and asked: 'Dad, where did my intelligence come from?'

The father replied. 'Well, son, you must have got it from your mother, cause I still have mine.'

'Mr. Clark, I have reviewed this case very carefully,' the divorce Court Judge said, 'And I've decided to give your wife \$775 a week.'  
'That's very fair, your honor,' the husband said. 'And every now and then I'll try to send her a few bucks myself.'

A doctor examining a woman who had been rushed to the Emergency Room, took the husband aside, 'I don't like the looks of your wife at all.' 'Me neither doc,' said the husband. 'But she's a great cook and really good with the kids.'

A blonde calls Delta Airlines and asks, 'Can you tell me how long it'll take to fly from San Francisco to New York City?' The agent replies, 'Just a minute.'  
'Thanks,' the blonde says, and hangs up.

## Moe: 'My wife got me to believe in religion.'

Joe: 'Really?'  
Moe: 'Yeah. Until I married her I didn't believe in Hell.'

While shopping for vacation clothes, my husband and I passed a display of bathing suits. It had been at least ten years and twenty pounds since I had even considered buying a bathing suit, so I sought my husband's advice.  
'What do you think?' I asked. 'Should I get a bikini or an all-in-one?'  
'Better get a bikini,' he replied. 'You'd never get it all in one.'  
He's still in intensive care.



**Sunday, November 10, 2013 - 3pm**  
Shattuck Auditorium

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**Kelli Cramer, soprano**



**Tuesday, December 10, 2013 - 7:30pm**  
Sharon Lynne Wilson Center for the Arts

*An Old World Christmas*

**Margaret Liu, piano**



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Nov 20: Ricochettes  
Nov 27: Chuck Travis & the "do Wa Wa"

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# Celebrating Beaujolais Nouveau

When "Beaujolais Nouveau" is released for market midnight on the third Thursday of November, it is the signal for the start of a race by road, rail, sea and air to get 60 million bottles delivered on time to over 80 countries across the five continents.

Beaujolais Nouveau Day is marked in France on the third Thursday in November with fireworks, music and festivals. Under French law, the wine is released at 12:01 a.m., just weeks after the wine's grapes have been harvested. Parties are held throughout the country to celebrate the first wine of the season.

Beaujolais Nouveau — that much-ballyhooed cherry-red coloured vintage that's best served chilled — is clearly not for wine snobs. This fresh and fruity red is the result of a quick fermentation process that ends up with a tasty, clean wine that is enjoyed by palates the world over.

The Black Gamay grapes that go into Beaujolais Nouveau are handpicked in the Beaujolais province of France. The wine actually originated about a century ago as a cheap and cheerful drink produced by locals to celebrate the end of the harvest season.

Perhaps the most well-known producer of Beaujolais Nouveau is Georges Duboeuf, who is credited as one of the marketing geniuses behind the wine. Selling this young red was viewed by some vintners as a means to clear large quantities of wine at decent profits, which would create a much-needed cash flow shortly after harvest.

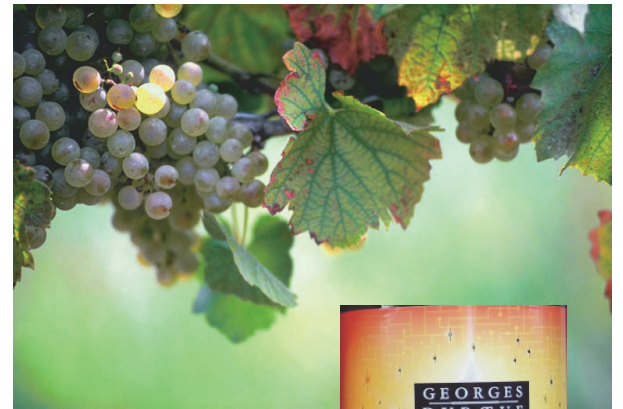
The idea of a race to Paris carrying the first bottles of the new vintage was conceived and this attracted much media attention. By the 1970s, the race became a national event. The races spread to neighbouring countries in Europe in the 1980s, followed by North America, and in the 1990s, to Asia.

Today, there are several dozen vintners making this popular red. The Beaujolais region is 34 miles long from north to south and 7 to 9 miles wide and home to nearly 4,000 vineyards which produce twelve officially-designated types of Beaujolais known as AOCs. They include some of the finest and priciest grand crus (big vintage) wines around, including Fleurie and Cote de Brouilly. The most common two are the Beaujolais and Beaujolais-Villages, the former of which account for half of the region's annual output.

In 2010, 35 million bottles of the wine were put on the market. Some 7.5 million were sold in French supermarkets and 15.5 million were exported mainly to Japan, Germany and the United States.

Beaujolais Nouveau owes its easy drinkability to a winemaking process called carbonic maceration, also known as whole-berry fermentation. This technique preserves the fresh, fruity quality of the grapes without extracting bitter tannins from the grape skins.

*Enjoy the pleasures of the harvest!*



Provided by  
BeaujolaisNouveau.com



**I got to thinking one day about all those women on the Titanic... who passed up dessert at dinner that fateful night in an effort to cut calories...**

*From then on, I've tried to be a little more flexible.*



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*Symphony No. 5*

March 16, 2014 3pm  
**"Timeless Romance"**  
All-Mendelssohn program featuring "*Mid-summer Night's Dream Overture*; *Symphony No. 3*, & *Concerto for Violin & Orchestra* with violin soloist Frank Almond

May 4, 2014 3pm  
**"Magnificent Moods"**  
All-Schumann: *Manfred Overture*; *Symphony No. 3* & *Concerto for Piano & Orchestra* with Stephen Swedish, piano soloist

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Dec 11, 2013 7-8pm  
**"Holiday Frosty & Friends"**  
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May 21, 2014 7-8pm  
**"Spring is in the Air"**  
Special guest David Drake, folksinger & guitarist. Kids get to conduct the orchestra finale



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The 19th Annual

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## The Romance of the Rails

continued from page 3

identified as western hubs. Across the state, political leaders and legislators sought to connect the lead mines of southwestern Wisconsin to the ships in Milwaukee. Milwaukee railroads fought back competitors from Sheboygan, Green Bay, Racine, Southport and even Chicago. Dominant railroad lines in the state included the Chicago and Northwestern, the Wisconsin Central Railway/Soo Line, the Green Bay and Western and the Milwaukee Road.

In the 1930's, Milwaukee gave rise to several companies and one organization that brought the love of railroads into the family home. Model railroading brought trains into attics and living rooms, and Milwaukee was at the heart of the hobby. Wm. K. Walthers founded his company, Walthers Model Railroad Equipment in 1932 on Erie Street, and his company was at the forefront of model railroading.

In 1935, Walthers and several others founded the National Model Railroad Association (NMRA) in Milwaukee. Members of this group gathered to share the craftsmanship and artistry involved in model railroading. Details in painting, carving, designing and research were showcased at regular meetings and gatherings. Today, the same NMRA is involved in the hobby and business of model railroading, and is active in Canada, Australia, Great Britain and the Netherlands.

Another major figure of influence in model railroading, A.C. Kalmbach, was also a native of Milwaukee, and started a publishing company there in the 1930's. Kalmbach was a founder of the NMRA and developed a number of magazines dedicated to sharing information about model railroading. Historical detail and accuracy, creativity in layouts, artistry in painting and details in construction were all described in some of the classic publications that are still produced at Kalmbach Publishing.

Over the next decades, railroads changed and so did model railroading, but people were fascinated by the lure of the rails. In 1971, Trainfest began as an event for Milwaukee area railroad enthusiasts to display their layouts and continue to share the romance of the rails with each other.

continued on page 9

# ALL ABOARD FOR TRAINFEST FUN!!

NOVEMBER 9th & 10th, WISCONSIN EXPOSITION CENTER, STATE FAIR PARK

## MAKE A WHISTLE STOP AT OUR SHOWROOM!

### Visit Our Showroom!

After you've visited Trainfest, be sure to bring your friends and family (especially the little ones) to the Walthers Showroom.

See our expansive layout in action with speeding trains, authentic buildings, tiny vehicles, figures and many more fascinating details!

### Don't miss:

- Historical Displays
- Lots of Great Gift Ideas
- Operating Layouts

### Win Prizes!

We've cleverly hidden "Santa's Little Helpers" here and there on the Walthers Showroom layout. Find them all, enter your name, and you could win a \$125 gift certificate or a new WalthersTrainLine® Set!

No purchase necessary. Drawing to be held on December 30, 2013. Need not be present to win.

### Our Address:

Wm. K. Walthers, Inc.  
 5601 West Florist Avenue  
 Milwaukee, Wisconsin 53218

### Showroom Hours:

Monday - Friday 10:00am - 6:00pm  
 Saturday 9:00am - 1:00pm

### Donate to Toys for Tots!

When you purchase a train set at our showroom, or at a selected area hobby shop, through December 24th, Walthers will donate \$5.00 to Milwaukee's "Toys for Tots".

Help us be sure every deserving youngster gets a new toy at Christmas.

For participating stores visit  
[www.walthers.com/trainsetsforgood](http://www.walthers.com/trainsetsforgood)  
 or call 414.461.1050



### HOLY SMOKESTACKS... CHOO CHOO BOB RETURNS TO TRAINFEST!

Sponsored by Wm. K. Walthers, Choo Choo Bob is a wonderful entertainment experience for train lovers of all ages.

See Choo Choo Bob and his Holy Smokestack Revue band, performing live and in person, at Milwaukee's world-famous Trainfest. It's a musical extravaganza filled with trains and fun for all!



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**WALTHERS®**



## A Unique Model Railroad Experience



Trainfest®, America's Largest Operating Model Railroad Show is the nation's premier model railroading event and attracts visitors from around the globe to Milwaukee, the birthplace of the National Model Railroad Association (NMRA). November is National Model Railroading Month and for many model railroad clubs across the country, it is the opportunity to showcase their hard work and expert craftsmanship.

This Nov. 9 and 10 from 9am to 5:30pm, Trainfest fills nearly four football fields of exhibit space at the WI Expo Center at State Fair Park.

Over its 42 year history, Trainfest has become the annual coming together of friends, an occasion to showcase craftsmanship and the opportunity to educate others about the model railroading hobby. It's the only place in the world to experience so many scales and operating railroads under one roof—from a railroad in a suitcase to mega layouts measuring 60'x80' and from tiny Z scale on up to large G scale (garden railroads) and all popular scales in between.

Trainfest is a family friendly weekend full of trains and fun including the Trainfest Kids' Activity Zone. Returning favorites to the Kids' Zone are Thomas the Tank Engine® inflatable bounce house, 8' long wooden train tables for kids to play with and acoustic performances. Children can build with LEGO® bricks, ride a circus train replica or race trains on the dog-bone shaped track brought by Midwest TCA.

So, bring the kids and grandkids and spend the day. For more info or admission coupons visit [www.Trainfest.com](http://www.Trainfest.com).

Cover Graphic: Many vintage railway posters were designed and illustrated by well known artists of the day such as the one on the cover and the one above by Stanhope Alexander Forbes, a founding member of the influential Newlyn school of painters. His father was a Railway Manager in London, and his elder brother was also a Railway Manager who worked for the London, Brighton, and South Coast Railway.

## WORD TEASE

Just one of those funny little emails sent along...

1N 7H3 B3G1NN1NG 17 WA5 H4RD BU7

N0W, 0N 7H15 LIN3 Y0UR M1ND 1S

R34D1NG 17 4U70M471C4LLY

W17H 0U7 3V3N 7H1NK1NG 4B0U7 17.

B3 PROUD! 0NLY C3R741N P30PL3 C4N  
R3AD 7H15.

I cdnuolt blveiee that I cluod aulacilty uesdnatnrd  
what I was rdanieg. The phaonmneal pweor of the  
hmuan mnid, aoccdrnig to a rscheearch at  
Cmabrigde Uinervtisy, it dseno't mtaetr in what oerdr  
the ltteres in a word are, the olny iproamtnt tihng is  
that the frsit and last ltteer be in the rghit pclae. The  
rset can be a taotl mses and you can still raed it  
whotuit a pboerlm. This is bcuseaethe huamn mnid  
deos not raed ervey lteter by istlef, but the word as a  
wlohe. Azanmig huh? Yaeh and I awlyas tghuhot  
slpeling was ipmorantt!

State Fair Park

November 9 & 10

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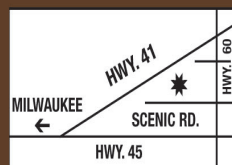
Salem	I-Go
Flagstaff	Cyclone
Shamrock	Elk Ridge
Riverside	Breckenridge
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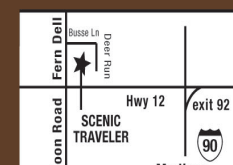


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# Holiday Gift Ideas



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- **Sponsor the Zoo's snow leopard OR** choose one of 2,200 other Zoo animals to sponsor. Snow leopard package includes an 11-inch plush-toy snow leopard (while supplies last).
- **Holiday ornaments** featuring Zoo animals – This year's ornament features Onassis, the Amazon River turtle.
- **Gift Certificates** – Purchase a certificate that can be used for a Zoo Pass, Zoological Society events, or education classes and camps.

Purchase any of these gifts at [www.boomzoogifts.com](http://www.boomzoogifts.com) or call (414) 258-2333.



Zoological Society of Milwaukee County  
10005 W. Bluemound Rd.  
Milwaukee, WI 53226-4383  
A Zoological Society and Milwaukee County Zoo Partnership



## Stay on Top of Shopping Trends this Holiday Season

(StatePoint) As the weather outside turns more frightful, consumers and small businesses look to the holiday shopping season to heat things up.

Whether you're a consumer or a small business owner, holiday shopping is always a hot topic. So staying on top of new shopping trends is critical for your bottom line -- from finding better deals to understanding what's popular and why.

There's no time like the holidays to learn more about what to expect this shopping season. A recent survey conducted on behalf of Deluxe Corp., a provider of marketing services and business products for small businesses, sheds light on new trends to watch out for this year:

### Going Local

With a whole world of shopping available at consumers' fingertips and with big box discount chains a top choice for in-person

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BRING A PHOTO OF YOUR PET AS REFERENCE & CREATE A UNIQUE ACRYLIC PAINTING. AGES 8 TO ADULT  
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**SAT NOV 30 10AM TO 12:30PM**  
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### INTRO TO PASTEL

4 WEEK PASTEL EXPLORATION  
**TUE NOV 26 THRU DEC 17 1:30 TO 3:30PM or 6:00 TO 8PM**  
\$110.00

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Enjoy **WISCONSIN**  
*Tastes of the Season!*

Perfect for gift giving or holiday entertaining.  
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[www.cedarcreekwinery.com](http://www.cedarcreekwinery.com)  
Corner of Bridge & Washington in Downtown Cedarburg  
**262-377-8020**  
Hours: Mon.-Thurs. 10-5; Fri. & Sat. 10-6; Sun. 11-5;  
Extended Fridays evening hours for the Holidays





Continued from previous page

holiday shopping, the expectation would be that small businesses are suffering.

However, for a variety of reasons ranging from great prices to unique merchandise, consumers are not neglecting boutiques and small businesses. In fact, 35 percent of people claim they will prefer to shop at small businesses this year for their holiday shopping, an 8 percent rise from 2012. And a vast majority of respondents agree it's important to support local businesses.

#### Quick and Convenient

Online shopping is gaining in popularity, and with good reason -- the expectation of quick and convenient shopping. Search engines remain an important way for consumers to find gifts online.

However, it's no surprise that half of all respondents say they don't go past the first two pages of search results. For small businesses looking to drive shoppers to their websites over the holidays, having an effective Search Engine Optimization (SEO) strategy is an important component of a successful holiday marketing plan.

"All the data that we see sends an undeniably clear signal to business owners that they need to be found online," says Tim Carroll, vice president of small business engagement at Deluxe.

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## pet grooming

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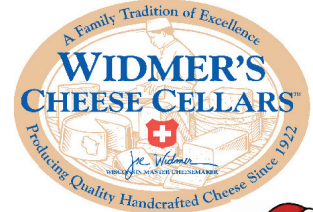
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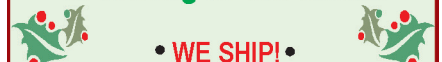


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## ORPHANS IN THE ATTIC

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**10:00 a.m. - 3:00 p.m.**

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# Thanksgiving Proclamation Address of 1863

*by the President Abraham Lincoln*

The year that is drawing toward its close has been filled with the blessings of fruitful years and healthful skies. To these bounties, which are so constantly enjoyed that we are prone to forget the source from which they come, others have been added which are of so extraordinary a nature that they can not fail to penetrate and soften even the heart which is habitually insensible...

In the midst of a civil war of unequalled magnitude and severity, which has sometimes seemed to foreign States to invite and to provoke their aggression, peace has been preserved with all nations, order has been maintained, the laws have been respected and obeyed, and harmony has prevailed everywhere ... Needful diversions of wealth and of strength from the fields of peaceful industry to the national defense have not arrested the plough, the shuttle or the ship; the axe has enlarged the borders of our settlements, and the mines, as well of iron and coal as of the precious metals, have yielded even more abundantly than heretofore.

Population has steadily increased... and the country, rejoicing in the consciousness of augmented strength and vigor, is permitted to expect continuance of years with large increase of freedom....

It has seemed to me fit and proper that they should be solemnly, reverently and gratefully acknowledged as with one heart and one voice by the whole American People. I do therefore invite my fellow citizens in every part of the United States, and also those who are at sea and those who are sojourning in foreign lands, to set apart and observe the last Thursday of November next, as a day of Thanksgiving...

Done in the City of Washington, this Third day of October,  
in the year of our Lord one thousand eight hundred and sixty-three.

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## EMOTIONAL



## WOMEN

# How to Turn a 'Liability' Into a Source of Power

## Leadership Mentor Shares 4 Tips for Harnessing Your Feelings

### Emotional. Sensual. Intuitive.

Society tends to treat these "feminine" qualities as liabilities; traits that should be suppressed and discouraged because they make us appear "weak." "Those characteristics are in fact the foundations of our feminine power," says Leela Francis, author of "Woman's Way Home," (www.VividlyWoman.com). By resourcing the power within one's own body, Francis teaches, "a woman can have the life of her dreams." One of the ways to do that is to master the world of your emotions.

"Emotional power is the freedom to feel the truth of your feelings and the ability to harness them," Francis says. Denying, suppressing or expressing emotion to manipulate others all stifle this wellspring of potential for depth and intimacy, which is a source of mental, physical and spiritual joy. What can you do to begin reclaiming your own emotional power? Francis offers these suggestions.

- 1 Indulge your emotions without dumping them on others.** When you digest food, your body absorbs the nutritious elements and expels the potentially toxic wastes. Emotions must be digested the same way. It's important to express your feelings in responsible ways so that you don't build up emotional toxins and pollutants in your body. This may be why anxiety, depression and panic attacks have become so prevalent in our culture, Francis says. Some healthy, responsible ways to express emotion include creative endeavors, such as the visual arts – painting, drawing, sculpting; expressive arts such as singing and dancing; and healing arts such as massage.
- 2 Don't demand others witness your emotional expression; and don't allow others to demand you witness theirs.** Using emotional expression to evoke responses from others is manipulative and does not allow you to experience the truth of your feelings. Crying, yelling, even pretending to be happy when you're not in order to influence someone else's behavior are abuses of emotional expression. We denied the benefits of expression, we have to live with our own lack of integrity for using them irresponsibly.

Emotional Women continued on page 18



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