

Celebrate Life **Boomers!**

April 2014
A FREE PUBLICATION

THE BABY BOOMER GENERATION & BEYOND

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



ONE WORLD. ONE DIRECTION.

Our quest for a better world...

There is a great need for the introduction of new values in our society, where bigger is not necessarily better, where slower can be faster, and where less can be more.

~ Gaylord Nelson

Kuerig's K-Cups, Clean BEER and Synthetic Biology...

Special EarthTalk™ Feature ~pg 8

Health Meets Cyberspace ~pg 5

Remembering the Holocaust

"I am a member of a generation that wasn't to have been born, living proof Hitler's Final Solution didn't succeed completely."

~pg 17

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It is not the destination. It is the journey.

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Linda,
Shorewood, WI

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DESCRIPTION	COMMITMENT
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SUNDAYS at 3pm

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May 4, 2014 3pm "Magnificent Moods"



All-Schumann: Manfred Overture;
Symphony No. 3 and the Piano Concerto
in A Minor with Stephen Swedish
piano soloist



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Select WEDNESDAYS 7-8pm. FREE

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Geared toward
children, K-5 and
their families.
Dress is casual.
Pajamas encouraged!

May 21, 2014 7-8pm

"Spring is in the Air"



Special guest
David Drake, folksinger
and guitarist.
Kids get to conduct the
orchestra finale!

Pajama Jamborees are FREE.

Symphony Sundays are \$14 for adults, \$8 for children, students & seniors.

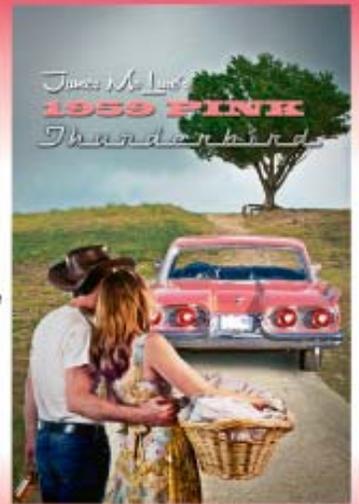
COMING SOON!

1959 Pink Thunderbird

April 25 - May 18, 2014

James McLure

Back from Vietnam and unable to get his life going, Roy tries to recapture his glory days through talk of girls, cars and candy bars. Meanwhile the gossip flows as freely as the liquor among the women-folk in this funny and insightful comedy.



\$5 OFF

\$5 off regular price. Not valid with any other discounts or on previously purchased tickets. Mention Boomers Newspaper when you make your reservation!



414-271-1371/TICKETS

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Plenty of parking within
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www.intandemtheatre.org

THREE VIEWS of the SAME OBJECT by Henry Murray

April 3 - 27, 2014

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www.nextact.org

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in America... is handled
with profound care,
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sentimentality..."

- EyeSpyLA





women's WEEKEND

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- Sunset Cocktail Cruise | Cooking Classes
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- Flower Arranging | Shopping/Hotel Packages
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- Black Point Mansion Tour | Wine Tasting 101
- Workshops | Taste of Tuscan Brunch | Sip & Paint
- Best Hat Competition | Casino Night



LakeGenevaWomensWeekend.com

(262) 745-1520 •

A child asked his father...

"How were people born?" So his father said, "Adam and Eve made babies, then their babies became adults and made babies, and so on."

The child then went to his mother, asked her the same question and she told him, "We were monkeys then we evolved to become like we are now." The child ran back to his father and said, "You lied to me!" His father replied, "No, your mom was talking about her side of the family."



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MOTHER'S DAY WEEKEND TRAINS

This year make your Mother's Day weekend plans extra special with a culinary experience at Mid-Continent Railway Museum! **Special onboard dining ticket options are offered May 10 & 11.**

All food service ticket holders ride aboard our luxury railcars. Hors d'oeuvres and drinks are served aboard Saturday's



First Class trains (55 minutes, \$40), while a full multi-course dinner is offered on the Saturday evening **Dinner Train** (2-1/2 to 3 hours, \$85). On Sunday, join us for our popular **Brunch Train** (1-1/2 hours, \$60).

2014 Season

Open Weekends Starting May 10

Open Daily Starting May 31

Three Departures Daily

11 a.m., 1 p.m. & 3 p.m.*

*Schedule differs during special events. See website or call for special event departures.



Museum admission is FREE!
Train rides require ticket purchase. Free parking and picnic facilities. Call or visit website for additional details.

MID-CONTINENT RAILWAY MUSEUM

E8948 Museum Road, North Freedom, WI 53951

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FROM THE PUBLISHERS

APRIL 2014

Tramping through the swampy spring woods on our family farm, picking wild flowers and watching the maple sap flow was a very real childhood memory for me. And though I have been 'urbanized', at some instinctual level the scent of that country spring air will always be my cotton candy! Welcome the season of honeysuckle, green grass, spring breezes, allergies and mud on the carpet!

My mother would always hang laundry on the backyard clothesline and I loved that freshness. After Tom and I were married, I made a futile attempt to hang our laundry on a rope between two step ladders since we had no clothesline in the backyard. Ha. That was a funny one. Fresh hung, sun-kissed sheets are now just a memory...

Our tomato seeds are sprouting and thriving in their kitchen window and I am so looking forward to devouring a fresh tomato from our garden! Get the most from your garden by planting the most nutritional harvest (pg 10).

My Girls "Turning 50" Getaway to Albuquerque was a hoot! Between margaritas & shopping, margaritas & eating, margaritas & laughing 'till we cried... it was good to know that some of the very best things in life never change as we get older.



TURNING 50? NO Problem!

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

And always remember to...

Celebrate Life!

Sandy and Tom Draelos

Latin America's Retirement Havens



Retire to Latin America? Why not?

Retirement properties with great water views—for less than \$150,000

In Mexico, Ecuador and Costa Rica properties with stunning views can be bought for as little as \$119,000, according to a new report by InternationalLiving.com.

"A great view usually translates into a premium price tag. But if a buyer knows the right places to look, he can find properties with world-class vistas for much, much less than you'd expect," reports property correspondent, Margaret Summerfield.

The west-coast destination of Vallarta, Mexico, hit the headlines in 1963 when John Huston filmed part of *Night of the Iguana* there. The world's press descended on the town to follow the romance

[Prime Retirement](#) continued on page 13



When health care meets CYBERSPACE

From researching treatment options to emailing with your doctor, telehealth gives you the tools to better manage your health.

By Mayo Clinic Staff

How many times have you heard it said that the Internet has transformed modern life? Indeed it's probably changed how you stay in touch with family and friends, purchase goods and services, and even search for information about health problems. But are you using the array of telehealth tools available to improve your health and wellness? If not, you may be falling behind the times.

[Cyber Health Care](#) continued on page 23

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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6465 W. County Line Road, Brown Deer, WI 53223

Limit One Entry
Per Household
Please

Entry Deadline: April 25, 2014

APRIL MAY 2014

2014 Milwaukee Lake Home & Cabin Show

April 4-6
Wisconsin Center/Downtown
The Lake Home & Cabin Show specializes in second homes and the second home lifestyle. Rustic and Specialty Furniture & Furnishings Architects, Builders & Remodelers Real Estate & Finance Sporting Gear, Outdoor Equipment & Marine Landscaping & Lakeshore Maintenance Custom Products, Accessories & How-To Seminars & Demonstrations

Mayfair Easter Bunny

Through - April 19, 2014
Come visit the Mayfair Easter Bunny at her brand new home in Center Court! Capture a spring memory with your child's photo with the Easter Bunny.

Victorian High Tea

April 5, 2014 - July 31, 2016
Schuster Mansion Bed & Breakfast Tea at the Mansion, is a very unique experience, unlike other High Teas you may have been to. You and up to 22 others will start with lessons of 1800's table etiquette. A buffet of 7 different flavored teas are offered to sip. Savories, scones and sweets.

Dare to be Aware Fair

Sunday, April 6, 9am-5pm
Mitchell Park Conservatory
Share the day with specialists in health and wellness, life coaching and personal growth programs, natural healing, herbs, organic items, animal communicators, sound healers, psychic readings, and so much more. Over 60 exhibits and 12 workshops - all of this in the beauty of the Domes - is a winning combination.

MPM Lunch & Lecture - The Magnificent Aging Brain

April 8
Milwaukee Public Museum, 10:30am
The Alzheimer's Association will discuss how the brain changes as we grow older. Chinese House, Chinese cooking, Japanese and Korean Houses Lecture in Gromme Lecture Hall - Buffet lunch in Garden Gallery

Milwaukee Public Market

April 12
Thief Wine's Spring Grand Tasting
Thief Wine annual Spring Grand Tasting, a fantastic walk-around tasting event, featuring more than 125 delicious and distinctive fine wines from around the world. Light snacks.

Fishing Clinics for Kids

9am. - 2pm Saturday, April 15
Fishing workshops at 11 different Milwaukee parks. Free, although participants will need a fishing license
Call 414.263.8614 or 414.263.8494

Egg Day

Milwaukee County Zoo
April 19, 9am
Join us for "egg-citing" activities celebrating the Easter holiday, and spring's arrival! Arts and crafts. Create your own set of bunny ears, or an Easter basket or paper egg!

Midnight in MKE: 2014-2015 Season Launch Party

Hot Water / Wherehouse
April 25, 2014 at 8:00 PM (Fri)
Celebrate the launch of Skylight Music Theatre's 2014/15 season of Fairy Tales and Fantasy. Dance to the sounds of 88NINE's Dori Zori, sample sweet treats from Milwaukee favorites Kasana and Indulge, craft your own fairy tale ending with La Prosette, and enter to win dazzling Lizzibeth jewels.

World Tai Chi & Qigong Day

April 26, 1-3 PM.
Location is Riverside High School
Admission is free and off street parking is available. World Tai Chi Day is a Global event celebrated locally by practitioners of these healthful arts. It is an interactive event as well as a demonstration of the skills of local instructors and their continuing students. No experience is necessary.

Milwaukee Beer Week 2014

Saturday, April 26 - Saturday, May 3
All Over Milwaukee
Milwaukee Beer Week 2014 will be the

largest most fun week long event of beer sampling yet! Join us at any of our event locations. Check out our website to view event details and schedule your own itinerary!
<http://Http://milwaukeebe-erweek.com>

Family Festival: Egypt

John Michael Kohler Arts Center
April 26, 11am
Known for the Red Sea coast, Nile River, Giza pyramids, and the Great Sphinx, Egypt is home to one of the world's oldest continuous civilizations. Experience some the traditions that comprise its culture. Featuring performances, art-making activities, demonstrations, storytelling, authentic food, more...

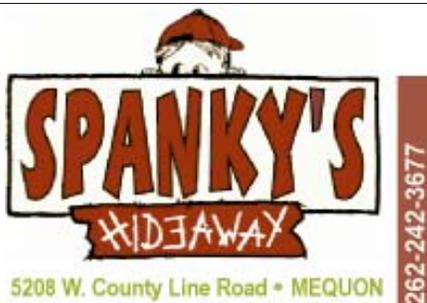
Green Living Festival

Mitchell Park Horticultural Conservatory 10am - 4pm Saturday, April 27
Learn how to live "green," with demonstrations and exhibitors discussing everyone from green fashion to bio-fuels. Free with regular Domes admission.

Kentucky Derby at Potawatomi

May 3, 8:30am
Live from Churchill Downs comes the 140th Kentucky Derby. Potawatomi Bingo Casino is the only place in Milwaukee to place

APRIL/MAY CALENDAR continued on page 7



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- Daily Homemade Soups
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11am-10pm featuring a special "Fresh Fish of the Week"

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Monday thru Thursday 3-7pm
Great Drink & Appetizer Menu!

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JOIN US!!
April 2nd: Closed first Wednesday of the month
April 9th: Tom Antony
April 16th Tom cats Joe
April 23rd: The Noyz Boyz and Gyrls
April 30th: Freddie and the Cruisers

Tuesday Night is SWING NIGHT!

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APRIL/MAY CALENDAR

continued from page 6

your bet on your favorite horse. Catch all the action in the Off Track Betting Room or on the 20-foot screen in the Northern Lights Theater. Potawatomi Bingo Casino

10th Annual Shorewood Woman's Club Wearable Art Show

3920 N. Murray Ave
Saturday, May 3, 9:30-3:30.
Variety of vendors, from fashion to jewelry to hats, scarves, and handbags. Scholarship fundraiser. Silent auction, bake sale, door prizes. \$2. Info: 964-8448.

Sip, Shop & Stroll - Ladies Night in Cedarburg

May 15, 4pm
Cedarburg Visitor Center
Over 70 downtown Cedarburg businesses will open their doors to

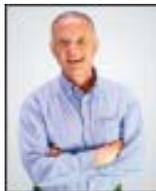
ladies for the 5th annual special night of pampering, shopping and partying.

Delafield Spring Art Walk

May 16, 5pm
Spend the day in Delafield, and enjoy a variety of artisans and musicians who will be located in the downtown district. Stroll the downtown area with the entire family, visit with local artists as they work. Then, purchase these one-of-a-kind creations. No charge. Welcome to Delafield!

Annual Cuban Day Street Festival

May 17
Streets between Mason and Wisconsin on Milwaukee Street closed off for festival Entrance: Free Live Latin Music bands, kids activities. \$12 all you can eat buffet and \$7 Mojitos provided by Cubanitas.



John McGivern to Headline Tenth Annual Evening of Celebration Fundraiser to Support People Fighting Cancer

Milwaukee native, comedian, actor and writer John McGivern will headline the tenth annual Chix 4 a Cause Evening of Celebration to help support people fighting cancer. The event will be held Saturday, April 26, 5:30-10 p.m., at the West Bend Mutual Insurance Company Prairie Center, 1900 S. 18th Ave., West Bend. The Evening of Celebration is an opportunity for the public and those fighting cancer, their family members and friends to celebrate survivors and remember those lost to the illness. In addition to McGivern, the evening will include performances, a silent auction, raffles, vendors, a cash bar and hors d'oeuvres.

McGivern is known around the country for his one-person shows in which he uses sincerity, compassion and humor to share his experiences of growing up as one of six children in an Irish Catholic working class family in Milwaukee. His topics include parents, nuns, school and not being able to throw a ball.

Chix 4 a Cause—representing the knowledge that (C)ancer (H)as (I)ts e(X)tras—is a local nonprofit organization that helps people fighting cancer by granting Gifts of Love. Gifts of Love are individualized, one-time gifts that could include weekend cancer-recovery retreats, family outings, arts and cultural experiences, and/or payment of rent, utilities, transportation and groceries; anything that might be needed.

Tickets are \$25. Call Beth at 262-308-2891, or by emailing jillian.clark@chix4acause.org or online at the website chix4acause.org

History of Cinco de Mayo

What is the significance of the fifth of May in Mexican history?

Outside of Mexico, Cinco de Mayo (translated: the fifth of May) is often mistakenly interpreted as Mexico's Independence Day and equivalent to the U.S.'s Fourth of July holiday. September 16 is actually Mexico's Independence Day that launched the war to win Mexico freedom from Spain's rule.

Cinco de Mayo's roots begin in 1862. After being an independent nation for more than 40 years and enduring a series of external and internal conflicts, Mexico was heavily in debt to Spain, England and France. France was attempting to expand its empire and claimed the outstanding debt as justification to send troops to capture Mexico City and seize rule of Mexico.

A well-outfitted French army of 6,500 soldiers landed on the gulf coast of Mexico and began marching toward Mexico City. On May 5, 1862, they were met in Puebla and defeated by Mexican General Ignacio Zaragoza and a poorly-armed but courageous band of 4,500 Mexican soldiers. Although the French later returned with thousands of additional troops and gained control of Mexico for a short period of time, the victory at the battle of Puebla continues to hold special significance in Mexican history.

~wikipedia

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- VOLLEYBALL
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MAY 31, 3:00 PM



Instrument Petting Zoo at 2:00 PM!

Shattuck Auditorium—Carroll University

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April 27 & May 4 - 2:00 pm

TICKETS

\$18.00 ADULTS \$15.00 SENIORS/STUDENTS

HANDICAP ACCESS: enter through rear theatre doors



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1



With upwards of 17 million U.S. households and offices possessing Keurig coffee brewers, billions of K-Cups are already ending up in landfills every year.

K-Cups—those little one-serving coffee containers that allow people to brew one cup at a time in a specially designed Keurig brewing machine—are all the rage these days. Each K-Cup is made up of a plastic outer container with one cup's worth of ground coffee and a small filter inside, capped off with a foil lid. They go into Keurig brewing machines which pierce the bottom of the K-Cup with a nozzle that then forces hot water through the coffee grounds and filter, and then out into the drinker's cup. K-Cups and the Keurig brewers are convenient and require little to no clean-up while producing gourmet quality coffee for a fraction of the price that a retail coffee shop would charge.

Environmentalists' beef with the Keurig system is in the single-use, non-recyclable nature of the packaging, given the implications for our waste stream. The individual parts of a K-Cup (plastic, paper and foil) could theoretically be recycled on their own, but the combination is too small and messy for recycling facilities to be able to sort. So our only choice

is to throw the whole K-Cup pack, lock stock and barrel, into the garbage. Each pound of coffee consumed sends 50 K-Cups to the landfill. And with upwards of 17 million U.S. households and offices possessing Keurig brewers these days, billions of K-Cups are already ending up in landfills every year.

Keurig Green Mountain, the company behind the K-Cup revolution, is on the case about the bad environmental reputation it is developing over the issue. As a first step, it launched its Grounds to Grow On program in 2011 whereby office customers can purchase K-Cup recovery bins and fill them up with spent K-Cups. When the boxes are full, they are shipped to Keurig's disposal partner, which turns the used coffee grounds into compost and sends the rest out to be incinerated in a "waste-to-energy" power plant. Critics point out, though, that waste-to-energy is hardly green given the airborne pollutants released from incinerator smokestacks.

In 2012, Keurig Green Mountain, realizing it still had a lot of work to do on sustainability matters, undertook a lifecycle assessment across its product lines—and set

ambitious sustainability targets to achieve by 2020. Chief among them is to make all K-Cups 100 percent recyclable. Other goals include ensuring responsible sourcing for all its primary agricultural and manufactured products, reducing life-cycle greenhouse gas emissions of its brewed beverages by 25 percent, and achieving zero waste-to-landfills its manufacturing and distribution facilities.

Those who love the Keurig system but are ready to forego the environmental guilt sooner than 2020 do have some options. Julie Craves reports that used K-Cups can actually be refilled with ground coffee and reused. An easier option might be buying a reusable K-Cup—most of them are made out of plastic with a stainless steel mesh filter. Still the best choice for the environment, however, might be getting the old traditional coffee pot out of storage and brewing up several cups at once—just like the old days.

2

EarthTalk Topic #2

Continued on page 15

We are still accepting orders for sausage and grinding. Bring in your 9 servings new at Bunzels' Wild Game Processing Center 7835 W. Burleigh St., Milwaukee 414-444-0325

BUNZELS WILD GAME PROCESSING

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2 CHICKEN CORDON BLEU
3 HOMEMADE BRATWURST
1 CHICKEN (WHOLE OR CUT UP)
1 LB GROUND CHUCK
1 ½ LBS COUNTRY STYLE RIBS
2 CHICKEN PATTIES (PRE-COOKED)

\$20.14

Beer Can Chicken
8 Servings

1 cup of butter 2 tablespoons of garlic 2 tablespoons of paprika Salt and pepper to taste
1 (12oz) Can of beer 1 Whole chicken (approx. 4 lbs)

DIRECTIONS

- Preheat an outdoor grill for low heat.
- In a small skillet, melt 1/2 cup butter. Mix in 1 tablespoon garlic salt, 1 tablespoon paprika, salt, and pepper.
- Drizzle 1/2 the beer (No Driving!), leaving the remainder in the can. Add remaining butter, garlic salt, paprika, and desired amount of salt and pepper to beer can. Place can on a disposable baking sheet. Set chicken on can, inserting can into the cavity of the chicken. Baste chicken with the melted, seasoned butter.
- Place baking sheet with beer and chicken on the prepared grill. Cook over low heat for about 3 hours, or until internal temperature of chicken reaches 180 degrees F (80 degrees C).

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ORPHANS IN THE ATTIC

2014 DOLL & BEAR SHOW/SALE

Sunday, April 13th
10:00 a.m. - 3:00 p.m.

SERB HALL
5101 W. Oaklahoma Ave.
Milwaukee, Wisconsin

Admission: \$4 / 6-12 yrs. \$1.50

Information: Sue Serio
Ph. 800-786-9649
sueserio@gmail.com

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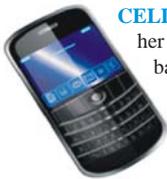
Criminals are embracing technology for their own deviant schemes. Beware of these clever crimes

Some people left their car in the long-term parking at San Jose while away, and someone broke into the car. Using the information on the car's registration in the glove compartment, they drove the car to the people's home in Pebble Beach and robbed it. So I guess if we are going to leave the car in long-term parking, we should NOT leave the registration/insurance cards in it, nor your remote garage door opener.

This gives us something to think about with all our new electronic technology.

GPS. Someone had their car broken into while they were at a football game. Their car was parked on the green which was adjacent to the football stadium and specially allotted to football fans. Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the football game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents.

Something to consider if you have a GPS - don't put your home address in it... Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.



CELL PHONES. This lady has now changed her habit of how she lists her names on her cell phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet, etc., was stolen. 20 minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago.'

When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral of the lesson:

a. Do not disclose the relationship between you and the people in your contact list. Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc....

b. And very importantly, when sensitive info is being asked through texts, CONFIRM by calling back.

c. Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you.

PURSE in the GROCERY CART SCAM. A lady went grocery-shopping at a local mall and left her purse sitting in the children's seat of the cart while she reached something off a shelf...wait till you read the WHOLE story! Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the Mall Security to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by Mall Security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were Mall Security, they could lure her out of her house long enough for them to burglarize it.

~anonymous email



When a man marries a woman, they become one; the trouble starts when they try to decide which one.

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What Are the Top 5 Vegetables?

We all know we need to eat our veggies, especially with the new wave of processed food companies touting how their sauces and canned pastas now contain a full day's allotment of vegetables — but Iva Young thinks that's just a bit deceiving.



"It's a tricky definition of terms," said Young, author of Healthy Mom (www.ivayoung.com). "It's really not as healthy to eat processed foods to begin with, but for them to say that using vegetables as fillers somehow makes processed foods healthy is disingenuous, at best. It's like saying 'don't pay attention to all the chemicals, dyes, sodium we put in the can - there's vegetables in there, too, so that makes it okay!'"

Young believes that we need to eat actual vegetables if we want to have a real healthy diet, and there are five key veggies that top her list as the healthiest. They include:

- **Spinach** — Popeye was right. Spinach is an excellent source of Vitamin K, Vitamin A, manganese, folate, magnesium, iron, Vitamin C, Vitamin B2, calcium, potassium and Vitamin B6. It's also a good source of fiber, copper, protein, phosphorous, zinc, Vitamin E, omega 3 fatty acids, niacin and anti-oxidants.

- **Lettuce** — Lettuce is a low calorie fiber food that is also a great place to find Vitamin A, folic acid, lactucarium (which helps enhance calmness and pain relief), as well as the antioxidants lutein and zeaxanthin. Lettuce also contains a good amount of anti-cancer properties.

- **Broccoli** — Besides having great flavor and texture, Broccoli contains copious amounts of Vitamin A, Vitamin C, beta carotene and Vitamin K. The minerals in broccoli include calcium, potassium, iron and folate. A great source of fiber, broccoli also provides lots of bioflavonoids, which is an antioxidant that helps protect against cancer and heart disease.

- **Brussels Sprouts** — A staple in the diets of Asian cultures, who are among the longest lived people in the world, the crunchy garnish contains lots of potassium, Vitamin C, Vitamin A, beta carotene and Vitamin K.

This is another great anti-cancer vegetable.

- **Cabbage** — Although best known as the partner of corned beef on St. Patrick's Day, cabbage is a great low calorie food that contains a good amount of fiber, calcium and Vitamin C. Cabbage is incredibly packed with substantial anti-cancer agents.

When picking vegetables, Young believes that fresh and frozen vegetables are better than canned vegetables, because they have less

added salt. If you have to buy canned vegetables, she recommends draining the water they are packed in before preparing them to remove a good amount of the added sodium, or simply buy those labeled as having low sodium.

"Broccoli, cabbage and Brussels sprouts also contain glucosinolates, which are known for their chemoprotective agents against chemically-induced carcinogens by blocking the initiation of tumors in the liver, colon, breasts and pancreas," she added. "These anti-cancer compounds are released more effectively when you chop those vegetables before serving, and serving them raw increases the anti-cancer benefits even more."

With all this said it is most important to be aware that Young has found in her research that "the vitamin numbers go up when vegetables are cooked, but the anti-cancer compounds go down". Young suggests "steaming or roasting on a pan for no more than 7 minutes, which has proven to be a good way to keep the anti-cancer compounds and make it more edible."

Iva Young's parents grew up in Croatia, so she grew up eating traditional high-fat Croatian and German meals. That upbringing helped spark her passion for nutrition and natural health. She holds a Bachelor of Arts degree with an emphasis in Kinesiology and Health Promotion from California Polytechnic University.



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POWER FOODS for the Brain

By Neal Barnard, MD

Are you losing your car keys a little too often these days? Are you having memory lapses more frequently than before? Are you concerned that a serious memory problem—like Alzheimer's disease—could be in your future? Alzheimer's already affects five million Americans, a number that is rising day by day. Here are the main brain threats and also brain protectors.

BRAIN THREATS

Saturated fats, found in meats, dairy products, and eggs, appear to encourage the production of beta-amyloid plaques within the brain. The Chicago Health and Aging Study reported in the Archives of *Neurology* in 2003 that people consuming the most saturated fat had more than triple the risk of developing Alzheimer's disease, compared with people who generally avoided these foods.

Trans fats, found in doughnuts and snack pastries, have been shown to increase Alzheimer's risk more than fivefold. These "bad fats" raise cholesterol levels and apparently increase production of the beta-amyloid protein that collects in plaques in the brain as Alzheimer's disease begins.

Excess Iron. While we need iron to make the hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

Excess Copper. The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer's disease. It comes from copper pipes and nutritional supplements.

Aluminum: Aluminum's role in the brain remains controversial. However, because aluminum has been found in the brains of Alzheimer's patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

Brain Protectors continued on page 19

Brain Threats

- Saturated fats
- Trans fats
- Excess iron
- Excess copper
- Aluminum

Brain-Protectors

- Vitamin E
- Beans and chickpeas
- Blueberries and grapes
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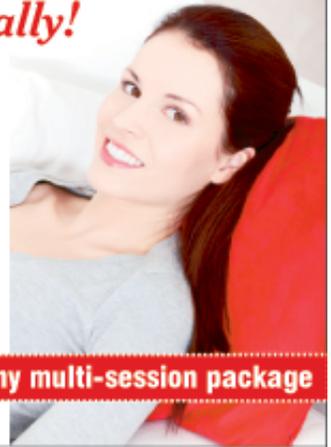
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LAWN AND GARDEN TIPS

Designed Specifically for a Wisconsin Spring!

As this cold winter comes to an end, we transition to another spring. Now is the perfect time to begin your lawn and garden maintenance. Here's some advice for inspecting your property for wind and snow damage and tips for making necessary repairs and upkeep.

"The heavy snow cover and extremely high winds have caused a great deal of breakage of limbs on existing trees and they will need to be pruned out along with any other normal pruning that one might want to do in the late winter or early spring," said Tom Auer of The Ground Crafter, LLC in Milwaukee. "Remember that many flowering shrubs and trees bloom on last year's growth, so pruning will sharply reduce the number of buds. The flowering crabs, magnolia, and forsythia are a few species that will suffer a reduction in bloom.

"There will likely be a great deal of heaving of stone patios and some other garden structures this spring," Auer said. "Homeowners should be patient, as the thaw of ground frost can take quite a long time, especially a northern exposure or other areas that might be shaded by trees or buildings. Wait until at least May 1 to make any adjustments to base layers, edging, and surface elements."

"Once the snow begins to recede, you can begin to make an assessment of your lawn, trees, and bushes," said Gary Urban of Hawks Landscaping Co. Inc., a Division of the Hawks Nursery Co., Inc. in Wauwatosa. "Check for mole and vole damage by looking for the signs of burrowing into the ground and eating at the roots of trees and bushes. You would also notice narrow dead tracks in the lawn.

"The landscaping cure for lawn damage is to rake out dead grass and later in the spring to add soil and seed," said Urban. "The soil needs to warm up, if the ground is too hard, the seeds can't grow. Usually wait until early May to seed.

"Rabbits can cause damage to tree trunks and even lower branches due to high snow fall levels," Urban said. "For burning bush, a type of shrub, rabbits eat at the

bark searching for food during the winter. If more than three quarters of a branch is damaged, you need to prune out the remainder. Inspect perennials to make sure the cycle of freezing and thawing has not caused these plants to heave," said Auer. "If you discover a plant that appears to be pushing up out of the ground, gently step down around plant to keep it rooted until growing conditions improve.

"Evergreens, such as spruce and boxwood, will undoubtedly show signs of wind damage from the winter," said Auer. "The dehydration resulting from the wind will cause needles and leaves to brown. A very light shearing can remove some of this damage and allow recovery and new growth.

"Patience will be key this spring, so give existing plantings time to recover before deciding to take them to the compost pile," said Auer. "Many species will die down to the ground during such a harsh winter, but often the crown and roots have survived and will flourish if left undisturbed while Mother Nature works her magic."

· Make sure gutters, downspouts, or inlet basins for sub-surface drainage systems are clear of debris before the normal heavy rains in spring. Not only is this critical to protect your home, but standing water and flash flood-like conditions can also harm plants and cause ruts in your yard, washing away valuable topsoil in the process.

· Inspect the "hardscaping" features on your property too, such as trellises and decks. Make repairs now while waiting for more ideal gardening weather.

· If reusing certain supplies from previous years (like pots to grow seeds in), make sure to disinfect them. Pruning tools should also be disinfected. The UW-Extension recommends using a 10% bleach solution to disinfect your tools and supplies.

For more information or to receive a free copy of an annual Milwaukee/NARI Home Improvement Council membership roster listing all members alphabetically and by category, and the booklet, "Milwaukee/NARI's Remodeling Guide," call 414- 771-4071 or visit the Council's website at www.milwaukee-nari.org.



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Latin America's Retirement Havens

Continued from page 5



between Richard Burton, a star in the movie, and Elizabeth Taylor.

Tourists and expats started to flock to this little fishing village. Today, around 50,000 North Americans live in Vallarta or own property in this sophisticated city with top-notch amenities, including golf, marinas and shopping.

A one-bedroom, one-bathroom condo is listed just south of town for \$119,000. It boasts spectacular views of the ocean, beach and jungle-covered hills. It's in a beachfront complex with a heated swimming pool, tennis courts, a large sun deck, a gym and a heated Jacuzzi.

On Ecuador's Pacific coast, Salinas is a lively resort city, which offers great value for money when it comes to beachfront or oceanview real estate.

"More expats and retirees are moving to Salinas, seduced by its warm, dry climate, pretty beaches and low cost of living. A couple could live very comfortably here—and enjoy an active beach lifestyle—for about \$1,700 a month," says Summerfield.

"And the same good value is reflected in property prices. Your real estate dollar goes a long way in Salinas." The resort city has many amenities—restaurants, cafés, bars and a buzzing nightlife. There are malls, modern supermarkets and a movie theater. A two-bedroom, two-bathroom, fully-furnished condo is listed for \$145,000. It's got marina and ocean views and a full 1,291 square feet of living space.

"That's a great price for a setting like this," Summerfield reports.

You can read the full report from InternationalLiving.com, here: Properties with Premium Views for Less than \$150,000.

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Two elderly ladies were talking. "At our age, I don't know what would be worse; Parkinson's or Alzheimer's?" one said. Her wise friend answered, "Oh I'd rather have Parkinson's, definitely Parkinson's. Better to spill half my wine than to forget where I keep the bottle."



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I heard that a number of beer brewing companies have banded together to support the Clean Water Act. Can you enlighten?

Last year the non-profit Natural Resources Defense Council (NRDC) brought together two dozen nationally respected craft beer brewers to launch the Brewers for Clean Water Campaign, which aims to leverage the economic growth of the craft brewing sector into a powerful voice for bolstering clean water protection in the United States.

“Whether brewers are creating ales, pilsners, porters, wits or stouts, one ingredient must go into every batch: clean water,” says Karen Hobbs, a senior policy analyst at NRDC. “Craft brewers need clean water to make great beer.”

While hops, malt and the brewing process itself are also clearly important, water just may be the secret ingredient that gives a specific beer its distinctive flavor. “Beer is about 90 percent water, making local water supply quality and its characteristics, such as pH and mineral content, critical to beer brewing and the flavor of many classic brews,” reports NRDC. “For example, the unusually soft water of Pilsen, from the Czech Republic, helped create what is considered the original gold standard of pilsner beers. The clarity and hoppiness of England’s finest India

Pale Ales, brewed since the 1700s in Burton-on-Trent, re-

sult from relatively high levels of calcium in local water.” Brewers can replicate the flavors of beers like these and others by sourcing freshwater with similar features or by starting with neutral water and adding minerals and salts accordingly to bring out certain desired characteristics.

Of course, clean water is essential to more than great-tasting beer. “It’s critical for public health and the health of a wide range of industries,” adds NRDC.

The popularity of craft brewers’ “microbrews” in recent years is another reason why NRDC has hitched its clean water wagon to the industry. “Craft brewers are closely tied to their communities with a very real understanding of the impacts bad policy can have on regional water sources,” reports the group. “Participants in the campaign include brewing operations large and small, all have demonstrated a commitment to sustainability to operations and development.”

By taking part in the campaign, New Belgium, Sierra Nevada, Allagash, Short’s, Temperance, Arbor, DryHop, Finch’s, Revolution, Flossmoor, Cranker’s, Wild Onion, Right Brain, Half Acre, Goose Island and other craft brewers are helping spread the word



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in a way that hits home with consumers. For its part, NRDC is urging beer lovers (and environmentalists) to use the form on its website to e-mail the White House encouraging President Obama to finalize guidelines recently created by the Army Corps of Engineers and the U.S. Environmental Protection Agency that call for greater protections for streams and wetlands in important headwaters regions from coast to coast. And consumers should be glad to know that for once drinking beer can actually be good for the environment.

So bottoms up!

EARTH TALK

From the Editors of
E/The Environmental Magazine

Should those of us who care about health and the planet be concerned about the new trend in genetic engineering called synthetic biology?

“Synthetic biology” (or “synbio”) refers to the design and fabrication of novel biological parts, devices and systems that do not otherwise occur in nature -an extreme version of genetic engineering (GE). But unlike GE, where genetic information with certain desirable traits is inserted from one organism into another, synbio uses computers and chemicals to create entirely new organisms.

Proponents of synbio, which include familiar players such as Cargill, BP, Chevron and Du Pont, tout its potential. According to the Synthetic Biology Engineering Research Center (SYNBERC), a consortium of leading U.S. researchers in the field, some promising applications of synthetic biology include alternatives to rubber for tires, tumor-seeking microbes for treating cancer, and photosynthetic energy systems. Other potential applications include using synbio to detect and remove environmental contaminants, monitor and respond to disease and develop new drugs and vaccines.

While these and other applications may not be widely available for years, syn-

thetic biology is already in use for creating food additives that will start to show up in products on grocery shelves later this year. Switzerland-based Evolva is using synthetic biology techniques to produce alternatives to resveratrol, stevia, saffron and vanilla. The company’s “synthetic vanillin” is slated to go into many foods as a cheaper and limitless version of real vanilla flavor. But many health advocates are outraged that such a product will be available to consumers without more research into potential dangers and without any warnings or labeling to let consumers know they are eating organisms designed and brought to life in a lab.

“This is the first major use of a synbio ingredient in food, and dozens of other flavors and food additives are in the pipeline, so synbio vanilla could set a dangerous precedent for synthetic genetically engineered ingredients to sneak into our food supply and be labeled as ‘natural,’” reports Friends of the Earth (FoE), a leading environ-



mental group. “Synthetic biology vanillin poses several human health, environmental and economic concerns for consumers, food companies and other stakeholders.”

For example, FoE worries that synbio vanilla (and eventually other synthetic biology additives) could exacerbate rainforest destruction while harming sustainable farmers and poor communities around the world. “Synbio vanilla...could displace the demand for the natural vanilla market,” reports FoE. “Without the natural vanilla market adding economic value to the rainforest in these regions, these last standing rainforests will not

be protected from competing agricultural markets such as soy, palm oil and sugar.” Critics of synbio also worry that releasing synthetic life into the environment, whether done intentionally or accidentally, could have adverse effects on our ecosystems.

Despite these risks, could the rewards of embracing synthetic biology be great? Could it help us deal with some of the tough issues of climate change, pollution and world hunger? Given that the genie is already out of the bottle, perhaps only time will tell.



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