

Celebrate Life **Boomers!**

February 2015
A FREE PUBLICATION

Come get your BOOM ON!

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

2015 GUIDE *Retirement Living*

AMERICA'S
#1 GENERATION
IS SHAPING TODAY'S
RETIREMENT

Starting on page 15

6 Reasons for a PRENUP

A little common sense doesn't mean you've jumped off the deep end of cynicism - does it? Today's idea of a 'temporary' state of marriage opens the door to contracts and compromises.

~pg 5

Get SERIOUSLY HEALTHY

A perfect storm of corporate power, profits, and public misinformation has succeeded in overwhelming the basic tenets of good health. Salt is good for you, calcium supplements are bad, and the lab test everyone should get.

~pg 26

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One too
many TOADS
in your
BUCKET of LOVE?

Navigating

THE ONLINE DATING SOCIETY!

Story on page 5

Love stretches your heart and makes you big inside ~Margaret Walker



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7:30PM 3:00PM 3:00PM 7:00PM

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TUESDAYS
Swing Night
Jumpn' Jive Club

FEB 4th: Closed first Wednesday of the month
FEB 11th: The Noyz Boyz & Gyriz
FEB 18th: Tom Cat Joe
FEB 25th: Larry Lynne and his Band

Check our website for details and schedule!
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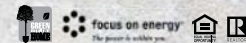
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CHAPTER



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SYMPHONY SUNDAYS SUNDAYS at 3pm PABST THEATER • 144 E. WELLS



Feb 15, 2015 3pm
"Seascapes"

Wagner's "Overture to the Flying Dutchman,"
Frank Bridge's "The Sea," & Debussy's "La Mer"

March 15, 2015 3pm
"American Masters"

Copland's "An Outdoor Overture", Chadwick's
"Symphony No. 2", Rutter's "Suite Lyrique for
Harp & Strings" with FCS harpist, Ann Lobotzke

May 3, 2015 3pm
"Russian Festival"

Borodin's "Polovtsian Dances" & Tchaikovsky's
"Symphony No. 3" & "Marche Slav"

PAJAMA JAMBOREE

Select WEDNESDAYS 7-8pm. FREE
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Geared toward children, K-5 and
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Pajamas encouraged!



May 6, 2015 7pm
"Spring Into Song"

FCS welcomes Spring with lively tunes.
Young audience members conduct the finale

Pajama Jamborees are FREE 1-hour children's pops concerts at the Marcus Center
Symphony Sundays are general admission concerts/all ages at the Pabst
\$14/adults, \$8 for children/students/seniors. Family Packs still available!!

have fun.

FEBRUARY CALENDAR

Sky Circus on Ice

February 13-15, 10am
Lakelawn Resort

Delavan will come alive with free winter fun during the first-ever Sky Circus on Ice. The four-day event will feature world-class kite performances over Delavan Lake, ice carving and snow sculpting throughout Lake Lawn's grounds and downtown Delavan, and a variety of indoor and outdoor activities.

A Superhero Valentine's Party

February 13, 6 - 9pm

Betty Brinn Children's Museum
Grab your capes and head up, up and away to our superhero Valentines party! - Meet some of your favorite superheroes in person!

17th Annual Food & Froth Fest

Saturday, February 21, 7pm
Milwaukee Public Museum

Beer is one of the oldest beverages created by humankind, and our ancestors have been imbibing for at least 7,000 years. Some archaeologists even speculate that beer was a key component of early civilization. Beer belongs in a museum. :)

40 Under 40 Awards

Monday, February 23, 5pm
The Pfister Hotel

This awards dinner and program honors 40 individuals under the age of 40 who are making a difference in the Milwaukee business and social communities.

2015 Milwaukee Auto Show

February 21 - March 1
Wisconsin Center

Do all your auto shopping under one roof - or just come to kick the tires!

Milwaukee RV Show

February 26- March 1
Exposition Center

Displays and sales of a wide range of recreational vehicles including pop-up campers, travel trailers, 5th wheels and motorhomes. Many campgrounds ready to take reservations, and miscellaneous products and accessories.

2015 Tripoli Shrine Circus

February 26 - March 1
Milwaukee Panther Arena

The Tripoli Shrine Circus returns to the U.S. Cellular Arena with the best circus performers in the world today!

Winter Blues Bike Night

Thursday, March 5, 5pm
Harley-Davidson Museum

Shake off those Winter Blues with a pre-season Bike Night including drink specials, MOTOR Mug Club specials, raffles for Harley-Davidson Merchandise; six lucky winners will be picked throughout the night with a grand prize drawing of an H-D Leather Jacket at 9 p.m. Come see a local acoustic blues/ americana/honky tonk band, Carpetbaggers.

Power Breakfast

Friday, March 6, 7am
Location: The Pfister Hotel

The Milwaukee Business Journal Power Breakfast is the premier business information and networking series in southeast Wisconsin. It presents headline makers in a unique format - part presentation, part Q&A conducted by our reporters and editors. The guest speaker is Mike Lovell, president of Marquette University.

"Put A Little Love in Your Home,"

2015 MILWAUKEE/NARI HOME IMPROVEMENT SHOW

The 53rd annual Milwaukee/NARI Home Improvement Show will be held Thurs., Feb. 12 - Sun., Feb. 15, 2015, at the Wisconsin Exposition Center at State Fair Park. More than 300 Milwaukee/NARI member exhibitors will fill more than 700 booth spaces covering the entire exposition center displaying a wide range of home improvement products and services, including kitchens, decks, cabinets, windows, bathrooms, siding, lighting, landscaping, media rooms, wall coverings, lower levels, roofing, fireplaces, and more. Green Bay Packer cornerback Davon House will appear in the Milwaukee/NARI Information Center from 11:30 a.m. - 1:30 p.m., on Feb. 14 to pose with Show attendees for photos. For more information, visit www.milwaukeeenari.org or call 414-771-4071.



COME BACK

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by Neil Haven

Feb 27th - March 22nd, 2015

Sky has been given the daunting task of finding the perfect resting place for her best friend's remains and her cross-country journey is filled with hilarious and poignant twists and turns.



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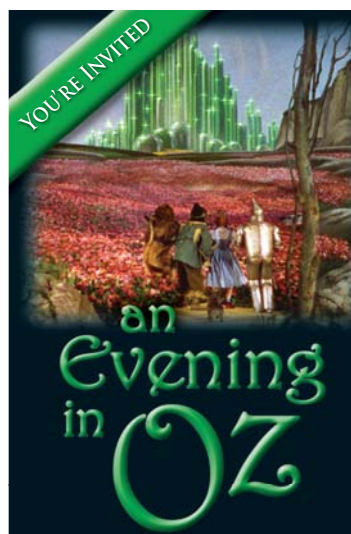
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FROM THE PUBLISHERS

FEBRUARY 2015



After a long deadline and many days inside working, I crept outside last night before finishing this letter. While the blizzard raged on the east coast, my backyard was silently draped with pure white. No breeze. Just my dog Cuda snuffling around for deer scents. Absolute fresh, undisturbed peace. I know it's cold out there. It's Wisconsin so we complain. But it truly can be quite beautiful. Look for it. Mother always opened the windows during winter and hung the wash on the clothesline outside until it was frozen solid. She said fresh air was the best medication - and the sheets always smelled so good!

February - the month of love. As we grow older and wiser, our definition also changes. What once was the drama of I-can't-breathe-or-think-or-eat-without-you becomes the comfortable tuna-noodle-casserole-Friday-night-on-the-couch kinda thing. It might not sound very exciting but it's exactly where most of us want to be. Cuddled up and cozy - no tight jeans, no make up. Perfect.

I can still hear my college girlfriends belting out Tina Turner's 'What's love got to do with it... What's love but a sweet old-fashion notion - Who needs a heart when a heart can be broken'. Of course we were single at the time and probably enjoying every moment of our hearts-been-broken sisterhood over a pitcher of beer.

We can appreciate what love actually does 'got to do with it' as we grow older and wiser. It is the vine we cling to as we traverse the jungle. We've mixed it all up a bit in this issue as we travel from online dating to prenups to the best divorce movies. It's all part of that love-pie!

Our focus this month is on retirement living choices. It certainly is not our 'grandparent's retirement' with the plethora of housing options and care venues available in today's market. Please take a look at our outstanding clients in this issue to help inform you of all the choices you do have available.

And, by the way, I make a slammin' tuna noodle casserole!

Faith, health and happiness to you!

Always remember to... Celebrate Life!

Sandy and Tom Draelos

There are more singles than ever in the U.S. – roughly 50% of all adults. It's just not true that there are "no good ones left" -but they certainly may be hard to find!

Online DATING

Go online? For a date? Good heavens NO!

The reality is that the dating scene is becoming a virtual society. And let's admit it, who really just wants to hang out at a bar or social event until 'someone' wanders along. So go ahead, jump into space and see who you find - with caution of course.

With all of the sites available out there, it's difficult to know which online dating site is the right type for your needs. A new series at DatingSitesReviews.com will help you wade through the mud and muck of online romance and take the guesswork out of your computer work!

While it may not be readily apparent which site or sites will ultimately make you feel the most "at home," the series helps you narrow-down the process. After all – wouldn't you spend more time

Online DATING continued on page 13



6 Reasons You Need a Prenup

Tabloid headlines were showing up all over Chicago this recently regarding the divorce between billionaire investor Ken Griffin and Anne Dias Griffin in Chicago. All the fireworks center around their prenup signed 11 years ago.

The Griffins tied-the-knot at the Palace of Versailles just outside of Paris. Then began a two-day party which featured entertainment by Donna Summer and Cirque du Soleil.

According to Anne, Ken filed for divorce recently as she was heading out of the country on business. Ken notified the press about the divorce petition and then emailed Anne to let her know. With Anne out of the way, Ken then sent movers into the house Anne and the three children shared and started hauling out art and furniture.

In response, Ms. Griffin filed a petition in Cook County court demanding dismissal of the couple's prenup, claiming she signed it under duress. The prenup that she signed requires her to waive her rights to property and financial help.

Ms. Griffin claims Ken gave her a copy of the prenup just before the wedding and didn't have the opportunity to review it and negotiate it.

Not every couple that gets divorced will have the assets and property the Griffin's owned. Even so, it could be wise to consider agreeing to a prenup before saying the "I do's."

Some possible reasons to get a prenuptial agreement include:

6 Reasons You Need a PRENUP continued on page 13

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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Boomers!

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The baby boomer generation is revving the engine and driving out of the lot in a new set of wheels!

Age 50 to 64 year olds is now the number one market for new cars.

According to a new study by the University of Michigan's Transportation Research Institute, the infamous baby boomer has become the market most likely to buy a new car. Graying boomers replaced the 35-to-44 year old age group, who were most likely to buy four years ago.

As baby boomers start to retire, they want to get a car that will last and something they don't need to worry about breaking down. They're ready to buy something nice for themselves and they have the income to do it - making them prime candidates for a new car.

According to another recent study released by J.D. Power and AARP, Baby boomers are purchasing more new cars than any other age bracket, and they're buying them in higher rates than their expected new car market share rate. The study found that people aged 50 and older are now buying more than 6 out of every 10 new vehicles sold - that's 62% of all new car sales - up by 39%.

The findings show there are plenty of miles left in boomers' automotive passions and pocketbooks.

Dec 8, 1941

Al Capone's Armored Cadillac Used as Franklin D. Roosevelt's Limousine

"I hope Mr. Capone won't mind."

— FDR, when a reporter told him where the car came from

Hours after Pearl Harbor on December 7, 1941, the Secret Service found themselves in a bind. President Franklin D. Roosevelt was to give his infamy speech to Congress the next day, and although the trip from the White House to Capitol Hill was short, agents weren't sure how to transport him safely.

The White House did already have a specially built limousine for the president that he regularly used, it wasn't bullet-proof, and the Secret Service realized this could be a major problem now that the country was at war. FDR's speech was to take place at noon December 8th, and time was running out. They had to procure an armored car, and fast.

There was one slight problem. US government rules at the time restricted the purchase of any vehicle that cost more than \$750 (\$10,455 in today's dollars). It was pretty obvious that they weren't going to get an armored car that cheap, and certainly not in less than a day.

One Secret Service agent was a quick thinker. The federal government did already have in its possession a car that just might fit the bill: Al Capone's, which had been sitting in a Treasury Department parking lot ever since it had been seized from the infamous mobster during the IRS' tax evasion suit years earlier.

Capone's car was a sight to behold. It had been painted black and green so as to look identical to Chicago's police cars at the time. It also had a specially installed siren and flashing lights hidden behind the grille, along with a police scanner radio. To top it off, the gangster's 1928 Cadillac 341A Town Sedan had 3,000 pounds of armor and inch-thick bulletproof windows. Mechanics are said to have cleaned and checked each feature of the Caddy well into the night of December 7th, to make sure that it would run properly the next day for the Commander in Chief.

At one time exhibited in carnivals across America and in England as a Capone car, the Cadillac eventually returned to the United States in the mid-1960s and passed through a number of museums – the Niagara Falls Antique Auto Museum, the Cars of the Greats museum, and the Smoky Mountain Car Museum – before the late John O'Quinn added it to his collection in 2006. Offered recently at RM auction at St. John's with a \$300,000 to \$400,000 pre-auction estimate, the Cadillac sold for \$341,000, including the 10 percent buyer's premium. NADA's stated value for a 1928 Cadillac Model 341 four-door town sedan is \$41,200.

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Milwaukee

FEB. 20-22

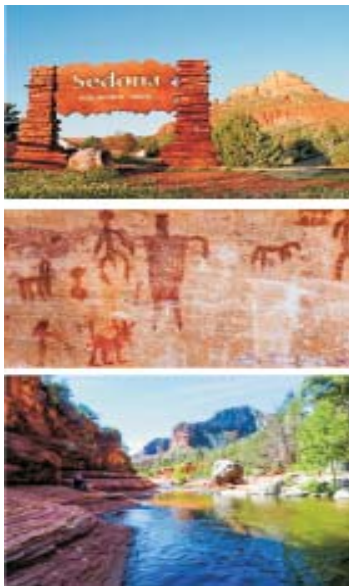
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People are always traveling - looking for beautiful places to visit and experience. One of those places is right here in the USA. The area of the United States just south of the Grand Canyon - Sedona, Arizona. Some people recognize it for the glorious red rock, but there is so much more to Sedona. Enjoy!

Sedona, Arizona is visited by people from around the world, all of whom seek different adventures. For some, their interest may be in the eclectic art scene and the various galleries scattered throughout Sedona. But there is so much more to Sedona than nature walks and unique art shops.

Sedona is located near two different Native American ruin sites: the Palatki Ruins and the Honaki Indian Ruins. These two villages were lively centers of daily life and culture from AD 1150 – 1300. The Palatki site features ancient cliff dwellings and pictographs. The three different trails in the site take up to three different experiences. The first takes visitors up to the Sinagua cliff dwellings; the second leads to a view of the dwellings from higher up; and the third takes you to the alcoves that shelter the cave paintings from the cultures that once occupied the Verde Valley. The Honaki Indian ruins is a sister site from around the same historical time, which also displays cliff dwellings and rock art. These sites were the homes of the Sinagua people – the ancestors of the Hopi people who still live in the area today. In fact, Sedona is located near one of the largest Hopi reservations in the country.

Today, the Hopi people live in three different areas in the Southwestern United States: the first mesa, second mesa, and third mesa. While the language, customs, and traditions are similar between all three areas, each reservation or village conducts its own ceremonies and has features that are unique from the other two. Sedona is located closest to the second mesa, which includes three villages (Shungopavi, Mishongovi, and Sipaulovi). This area has been lived in for over one thousand years. Spend a day visiting the cultural center and exploring the beautiful rock formations of this gorgeous village. You can see social dances, as well as visit galleries of art and crafts that cannot be found anywhere else in the world! Photography is prohibited on the reservation, so the only way to see the beauty and culture of the second mesa is to experience it yourself with your own eyes.

If an ideal day trip involves fewer ruins and museums, maybe the world's best-preserved meteorite impact site will prove more interesting? The Meteor Crater is an astonishing site – the result of an asteroid colliding with the surface of the earth at an estimated 26,000 miles per hour. The crater is almost a mile across and is deep enough to expose multiple layers of stone and rock that now lie in an inverted order due to the impact. The Meteor Crater was established as a landmark in 1967, and a modern visitor center is located right on the rim of the crater. There a visitor can enjoy an 80-seat widescreen theatre, indoor viewing area, crater trail access, interactive discovery center, artifacts and exhibits, and gift shop!

However, Sedona can serve as a central location for more than just hikes, museums, and visitor centers. Sedona and the surrounding areas of Page Springs and Cornville are the center of Arizona's wine country. The higher altitude, rich soil, and weather patterns make it ideal for cultivating reds like Syrah, Merlot, and Cabernet as well as sweeter whites like Chardonnay. Wine tasting in Sedona is the perfect way to sample the finest wines at the nicest wine bars and wineries in the area. And where there is good wine, there is good food! Sedona's wine bars and restaurants offering delicious dishes to fill up your stomach with as you sample different selections from local wineries. There are even jeep excursions that allow you to tour the areas where the wine is grown before returning to town.

El Portal Sedona Hotel is a boutique hotel where guests can enjoy Sedona and area in historic yet luxurious surroundings. At the luxury inn guests have access to personalized concierge services for Sedona and area - there are so many ways to explore Sedona and the surrounding countryside. El Portal is a pet friendly hotel with fenced pet patios. 800-313-0017 or visit www.ElPortalSedona.com

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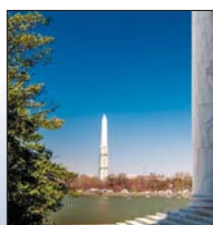
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Mighty Mississippi
& Cajun Country



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Heart of Texas Hill Country



Costa Rica Winter Paisaio



How many dogs does it take to change a light bulb?

1. **Golden Retriever:** The sun is shining, the day is young, we've got our whole lives ahead of us, and you're inside worrying about a stupid burned out bulb?
2. **Border Collie:** Just one. Then I'll replace any wiring that's not up to code.
3. **Dachshund:** You know I can't reach that stupid lamp!
4. **Rottweiler:** Make me.
5. **Boxer:** Who cares? I can still play with my squeaky toys in the dark.
6. **Lab:** Oh, me, me!!!! Pleeeeeeeeze let me change the light bulb! Can I? Can I? Huh? Huh? Huh? Can I? Pleeeeeeeeze, please, please, please!
7. **German Shepherd:** I'll change it as soon as I've led these people from the dark, check to make sure I haven't missed any, and make just one more perimeter patrol.
8. **Jack Russell Terrier:** I'll just pop it in while I'm bouncing off the walls.
9. **Old English Sheep Dog:** Light bulb? I don't see a light bulb!
10. **Cocker Spaniel:** Change it? I'll still pee on the carpet in the dark.
11. **Chihuahua:** Yo quiero Taco Bulb.
12. **Greyhound:** It isn't moving. Who cares?
13. **Australian Shepherd:** First, I'll put them all in a little circle...
14. **Poodle:** I'll just blow in the Border Collie's ear and he'll do it. By the time he finishes rewiring the house, my nails will be dry.

How many cats does it take to change a light bulb?

Cats do not change light bulbs. People change light bulbs.

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TRUE Super Bowl Wife!!

As a woman sat down at her seat on the 50 yard line for the Super Bowl, a man came along and asked her if anyone is sitting in the seat next to her.

"No," she said, "the seat is empty."

"This is incredible," said the man. "Who in their right mind would have a seat like this for the Super Bowl, the biggest sporting event in the world, and not use it?"

Somberly, the woman says, "Well... the seat belongs to My husband he and I were to come here together, but he passed away. This is the first Super Bowl we have not been to together since we got married in '67."

"Oh I'm sorry to hear that, that's terrible. But couldn't you find someone else - a friend or relative or even a neighbor to take the seat?"

The woman shakes her head,

"No, they're all at the funeral."



Cashing in on Recycled Electronics

There are more wireless devices in the United States than the number of people that live here. According to wireless telecoms organization CTIA, there were 335.65 million active wireless devices in the U.S. in 2013 and those numbers are only going to grow.

While these devices provide us with a unprecedented level of access to knowledge and information, they are also having a never-before-seen impact on the environment due to their relatively short lifespans.

Consumers can cash in on their old cell phones and other handheld electronics by recycling them through Gazelle, BuyMyTronics.com, ecoATM and others. Luckily, there are a slew of companies lining up to take your old electronics, providing better options for consumers than simply dumping old devices in local landfills.

Gazelle

Gazelle was ranked #24 in Inc. Magazine's list of the top 500 fastest growing companies in 2010. The reason? It has tapped into a market with plenty of products... unused electronics. Consumers can exchange their old electronic devices and either sell them for cash, give them to charity, or even just recycle them if they do not have any resale value.

You first predetermine the price Gazelle will give you for your device online. Gazelle then sends you a postage-paid return box for your device. Once Gazelle receives your device and makes a determination, Gazelle will send you payment in about a week. If you check Gazelle's website for your particular device and it isn't worth anything, Gazelle will still send you a box and postage for you to send your device back and be recycled. Gazelle has a wide customer base and has even established trade-in relationships with large retailers such as Walmart and Costco.

BuyMyTronics.com

Another popular electronics trade-in program is BuyMyTronics.com, a member of the GameStop network. This website works the same way as Gazelle, in that you get a price quote for your device, print out a shipping label, and send your device back to BuyMyTronics. You then get paid via PayPal. While not advertised on the site, you can still send in old devices even if they are not worth anything.

One of the nice things about BuyMyTronics is that companies and organizations can participate in a corporate buyback program for their bulk electronics. So if you are planning on upgrading the phones for your entire workforce, you can recycle and/or trade in those electronics easily. BuyMyTronics will do all the work for you.

ecoATM

If you are worried about sending your old iPhone through the mail to a company you don't know much about, you are in luck. ecoATM embodies a new concept for recycling certain electronic devices. Here's how it works. A user walks up to one of the many kiosks (which are located in high-traffic retail locations throughout the country) and places the device in the kiosk. The ecoATM then examines the device and offers the user a price. If the user agrees to the price, the ecoATM will give the user cash on the spot.

ecoATM is a great alternative for those who do not want to send their devices through the mail or receive their payment through PayPal. However, the kiosk is limited. First off, there might not be a kiosk near you. Second, ecoATM as of now only accepts phones, MP3 players, and tablets. If you have any other types of handheld electronics like cameras or electronic translators, you'll have to use one of the previously-mentioned options.

In the end, it doesn't matter too much if you choose one of these options or one of the many other companies offering to accept your old handheld electronics. In the end, most offer similar trade-in values for the different types of devices.

What is important, though, is to use these programs even if you don't get anything for the device. It doesn't cost you any money since the companies will send you the required shipping boxes or required postage free of charge. By taking charge of your electronics like this, you can help keep the nearly 330 million wireless devices in circulation from polluting the environment and out of the country's landfills.

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Marriage Bliss and Work Always Keep the Spark Alive!

By Kathy Kulig

Juggling the demands of a career and marriage can put a lot of strain on couples. How do you maintain marriage bliss? There are a number of ways to help restore balance and keep that spark alive.

Break up the routine. and not just for sex. Go to a new restaurant, wear an outfit you normally wouldn't wear, go to a movie in the middle of the week, go out of town for the weekend at the last minute. A change in routine can be enough to breathe fresh life in a stressful schedule.

Share your goals and dreams and help each other attain them. Does your spouse even know what you've always wanted to do, but never had the nerve to try? Why not share those dreams and take steps to accomplish them?

Sacrifices. Healthy marriages will include its share of sacrifices to keep the spark alive. Give something so your loved one will benefit, but not to the extent of being a doormat. When love and respect is strong, giving doesn't feel like a chore or sacrifice, it's a joy.

Take care of your health and appearance. Workout, eat healthier and visit your doctor regularly. Look good, feel good and be healthy for yourself and each other.

Maintain outside friendships. Close friendships outside the marriage are important. Depending solely on your spouse for friendship can build dependency and resentment.

Turn off the technology. We live in a world of instant technological gratification. Television, computers, Internet, cell phones, tablets, email, texting, etc. We're constantly bombarded by this activity. It's hard to turn it off, or turn off our brains. Do turn off the technology and reconnect with the people in your life.

Plan to make love. Does it sound silly? Not really when you consider the daily routine of an average couple both working full time jobs. They come home from their jobs, have dinner, then continue to work—answering emails, writing out bills and taking phone calls. 11 p.m. arrives and they're too exhausted to say more than, "I love you" and "Good night." Plan to make love. Set a date and time. Send a text message to remind your spouse, tease him.

Sense of humor. Try to find the humorous side of everyday dilemmas may help diffuse stressful situations. Learn to laugh at the absurd or through difficult times together.

Stop Doing List. As much as we say we don't have enough time, we continue to cram more and more projects and responsibilities into a twenty-four hour day. Instead of making To Do Lists, try making Stop Doing Lists. Learn to say, No when people ask you to take on extra projects, volunteer, guilt you into doing more and more. By eliminating this excess, you'll free up time to relax and be with your loved one.

Compliments are always welcome and so often over looked. "You look nice," "Dinner was great," "I love you." Say it, text it, email it during the day, every day.

Keeping that spark alive comes with learning a few tips on how to maintain the balance between work and marriage. Bliss in a relationship can be restored with conscious effort. Tell your spouse how much you appreciate him. Flirt, touch, tease, hold hands, and listen.

Kathy Kulig is an award-winning romance author whose works include elements of BDSM and the paranormal. Kathy's latest eBook, *Summer Sins* (Ellora's Cave, November 2013), is available at www.amazon.com.

A wife asked her husband, "Honey, will you still love me when I am old and overweight?" The man replied, "Yes, I do."

If you want to know who is really man's best friend, put your dog and your wife in the trunk of your car, come back an hour later, open the trunk, and see which one is happy to see you.

What's the difference between your 1st & 2nd honeymoon?
Niagara and Viagra

Wife: "How would you describe me?"

Husband: "ABCDEFGHIJK."

Wife: "What does that mean?"

Husband: "Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot."

Wife: "Aw, thank you, but what about IJK?"

Husband: "I'm just kidding!"



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Online Dating Site

Dating sites are created with different people in mind,

including those with certain faiths, others who want to try it for free, older online daters, and people who want to date while on the go. Several of the dating sites are fairly general and accepting of all people, but for those who prefer specific dating websites, the lists below should help target the right site. SeniorPeopleMeet.com is one of the top sites for older online daters to find a potential match. SeniorPeopleMeet.com was built with this age group in mind, and although the site is missing a few features that could make finding matches easier, the large pool of senior online daters makes it worthwhile for anyone who is 50 and older

Match.com is the premier online dating site for people of all ages who are serious about dating and quality control. By offering so many ways to find matches and the best communication capabilities, it's clear to see why so many are willing to pay for an account.

It might take some time to get through the initial personality and compatibility tests, but eHarmony uses all of your up front work to continuously match you with potential dates. The site is definitely not made for free online dating, and the price is fairly steep, but eHarmony has been one of the most popular dating sites for years.

With a site that looks and feels like a social network, Zoosk has attracted a younger demographic by offering solid free online dating resources and strong social media integration. Some online daters might be turned off by the lack of searching capabilities, but Zoosk can be a fun online dating site if you have some time on your hands.

With custom searching, detailed profile information, and some fun questions, Spark.com is a solid all-around dating site. If you're into mobile dating or so busy that you can't get in front of a computer, you'll be disappointed to know that Spark.com doesn't currently offer a mobile app.

ChristianMingle.com specializes in pairing Christian singles together by combining compatibility testing and powerful search options while many popular dating sites only offer one or the other.

Chemistry.com specializes in using personality and compatibility testing to match online daters. If it's searching capabilities and communication options you're looking for, you might be better off using Chemistry's sister site, Match.com.

The 3 Best Free Dating Sites

Free online dating sites are a great alternative if you're on a budget or just want to browse. You are able to have the complete online dating experience without paying anything, though if you are willing to pay, you can get access to some really nice upgrades.

1. okcupid.com
2. PlentyofFish.com
3. zoosk.com

The 3 Best Older Adult Dating Sites

The most important thing for older adults to think about when choosing a dating site is finding one with a large pool of older members. This will give you a much higher chance of success right away. There are some sites out there that are specifically focused on helping adults, but that doesn't mean that traditional dating sites can't work, too.

1. SeniorPeopleMeet.com
2. eHarmony.com
3. Chemistry.com

The 3 Best Christian Dating Sites

If finding a potential partner who shares your Christian faith is important to you, it may be a good idea to take a look at sites that allow you to single out others who share your faith. There are some specific Christian dating websites, and there are other more traditional dating sites that allow you to filter your searches by religious denomination.

1. ChristianMingle.com
2. Spark.com
3. PlentyofFish (POF)

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Online DATING continued from page 5

looking for love in the right place than wasting your time looking in the wrong ones?

Your privacy is important. Make sure that you don't reveal too much information too soon (like personal email addresses, home addresses and phone numbers) and use privacy features to your advantage. Safety, for men and women alike, is paramount, and you will likely gravitate towards the online dating sites that you find to be the safest and most comfortable.

Perhaps the most popular in the online dating world, online matchmaking sites are the ones you've heard the most about. Match.com, eHarmony, Chemistry.com – they are all designed to make recommendations about other users who might be a good fit for you. While many of these sites allow you to search on your own, some take the reins and handle the matchmaking process for you 100%.

If you're a hands-on type person, sites like eHarmony and Chemistry.com may not be the best option for you as they have the strongest control on the matchmaking process. They'll send you members to review (sometimes only a certain number per week), and then you can choose whether or not to initiate contact with them. However, if you're looking for a little more help in the online dating department, this type of site might be ideal since they minimize your search time and bring results directly to your inbox.

Sites like Match.com, Date.com and others allow you to take control of the search process and will email you updates of users you might like to review. However, they don't control your access to other members' profiles and let you pretty much look at whomever you'd like. Sites like these allow you to remain in control of the "seek and ye shall find" process. If you're easily overwhelmed by reading profiles and filtering results, you may want to stick with one of the pure matchmaking sites.

One of the benefits of the online matchmaking sites are that you can set up customizable searches to make the process simpler. They will email you results from your searches and help draw attention to new members who have recently joined who meet your search criteria. The custom search focus your time and save yourself from wading through profiles.

From www.DatingSitesReviews.com - visit for more info!



6 Reasons You Need a PRENUP continued from page 5

Forced to Look at Your Finances

Many divorces happen because of financial problems. A prenup forces both parties to look at — and reveal — their financial picture. An open discussion about finance may help to build a firm foundation for marriage.

You Have More Dollars Than Your Partner

If you have demonstrably higher income than your soon-to-be spouse, you may be worrying about what will happen if the marriage lands on the rocks. Usually, the things you owned before marriage will still be yours after the divorce. There are exceptions.

Your Partner Has More Income Than You

If your take-home is far less than that of your spouse, it could be wise to make sure you'll have support in the future. Agreeing ahead of time on the amount, duration and type of alimony, the prenup can help secure your financial future.

Business Owner

Owning a business before being married could be reason enough for a prenup. If the marriage fails, a person could find themselves forced into the position of giving up their business to their soon-to-be ex-spouse. Without a prenup, business partners could find themselves being partners with someone they don't want.

Raise the Kids

It's not that uncommon that one partner will stop working outside the home to focus on raising the children. If divorce happens, the stay-at-home parent can find it difficult to jump back into the business and work world. The custodial parent will probably get some form of child support, but child support will end when the children are 18 and is never meant to be the sole source of income in the first place.

Buried Under Debt

If your partner has a thing for credit cards, you could find yourself responsible for debts you didn't know existed. If your partner has ran up charges and debt — you could find that you may be expected to help shoulder the debt load.

Bonus Reason — The Dog

For many couples the family pet becomes part of the family. What happens when that furry or feathered creature gets tied-up in a break-up? As the divorce rate continues to increase, "pet prenups" are becoming popular. Legally, ownership of a pet is considered equal to owning a television or the refrigerator. It depends on who bought it. Disputes over the family pet have become so extreme that one divorce case in New York saw an entire day in court devoted to the couple's dog.

In today's culture, getting a prenuptial agreement can often be a wise move. Talking to an experienced attorney can help smooth the decision process and also write a prenup agreeable to both parties.



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10 Hollywood Movies with a Vital Lesson on Divorce



By Divorce Attorney Bruce Provda

Hollywood has produced movies that the critics thought would blow the doors off of the theater, and the public never came out. Other times, critics just “knew” a movie would bomb, only to be proven wrong again.

While some movies are stinkers, occasionally one will live up to the buildup and provide a couple hours entertainment. Others can deliver some life-lessons if we're only willing to step outside of our comfort zone occasionally.

Depending on the movie, Hollywood can produce films with lessons for viewers across the age spectrum. Getting past a divorce can be difficult if someone has to go through it alone. A film can be a shoulder to lean on. A great film can be a mentor with wisdom to share. Here are my top ten movies that teach a lesson about divorce and moving on.

Kramer vs. Kramer. Unhappy with her home life, Joanna Kramer, played by Meryl Streep, leaves her son Billy with her ex, Ted, played by Dustin Hoffman. After a year of finding out that life alone may not be any more satisfying than life at home, she returns to try to get custody of Billy and a child custody fight follows. The movie serves as a reminder that custody battles and bitter feelings aside, usually neither parent is a bad person — they just didn't mesh well.

Mrs. Doubtfire. Born in the late 80s or 90s? Then this film will be recalled as a kid's favorite. Sally Field's character, Miranda, divorces Robin Williams' character, Daniel and keeps custody of their 3 children. Trying to be with the kids, Daniel dresses like a female housekeeper, nanny, cook and confidante. Even with the laughs, the movie reminds people that despite what happens to the parents, their love for the children continues.

The Philadelphia Story. Starring Cary Grant and Katharine Hepburn, this film keeps reminding viewers about the importance of believing in love.

Far From Heaven. Not exactly dealing with the fallout of separation and divorce, Far From Heaven takes a look at what can happen when the marriage foundation isn't strong. Julian Moore plays the part of a housewife trying to be perfect — up until she kisses another man. As her world starts to untangle, viewers are reminded to remember that what lies beneath the facade of marriage is important and to find out what actually matters in life.

Stepmom. Julia Roberts and Susan Sarandon pound the boards in this tear-jerker that sees a divorced, terminally ill mom come to grips with the new woman in her ex's life. The lesson in Stepmom? Families aren't always bound by blood and acceptance is a big part of moving on.

ROUNDING OUT THE TOP 10

There are lessons that can be learned in these five movies as well. Be resourceful and watch each movie with someone. Who can first identify the lesson to be learned?

The First Wives Club. With idiot husbands chasing perkier — and younger women — Diane Keaton, Goldie Hawn and Bette Midler decide to get even.

Waiting to Exhale. Four friends, all struggling with their divorces, support each other. Look for the lesson shortly after Gregory Hines tells Loretta Devine's character, “I like a woman with some meat on her bones.”

Liar Liar. Jim Carrey is a divorced attorney who has been neglecting his son. When Carrey's character's son, Max, makes a wish on his birthday, start watching carefully for lessons to be learned.

War of the Roses. Oliver and Barbara Rose, brought to life by Michael Douglas and Kathleen Turner, have spent 17 years as husband and wife. When they split and can't find anything to agree on, the fight is on over the house — the only thing, besides themselves, which they both love.

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Adjusting to Retirement

What People Don't Always Realize About LIFE AFTER WORK

If you have saved and invested consistently for retirement, you may find yourself ready to leave work on your terms – with abundant free time, new opportunities, and wonderful adventures ahead of you. The thing to keep in mind is that the reality of your retirement may not always correspond to your conception of retirement.

Provided by Tim Stasinoulas, RFC

Some new retirees are better prepared for that difference than others. They learn things after leaving work that they wished they could have learned about years earlier. So with that in mind, here are a few of the little things people tend to realize *after* settling into retirement.

Your kids may see your retirement differently than you do. Some couples retire and figure on spending more time with kids and grandkids – they hang onto that five-bedroom home even though two people are living in it because they figure on regular family gatherings, or they move to another state to be closer. Then they find out that their children didn't really count on being such frequent company.

Financial considerations come into play here as well. Keeping up a big home in retirement can cost big dollars, and if you move to another area, there is always the chance that a promotion or the right job offer could make your son or daughter relocate just a few years later. The average American worker spends 4.6 years at a given job, and less than 10% of U.S. workers in their twenties and thirties stay at the same job for a decade.

Medicare falls short when it comes to dental, vision & hearing care. Original Medicare (Parts A & B) will pay for some things – cataract surgery and yearly glaucoma tests for people at risk for that disease, for example, as well as dental procedures that are deemed necessary prior to another medical procedure covered under Medicare. These are exceptions to the norm, however, and as people's sight, teeth and hearing become more problematic as they age, it can be frustrating to realize what Medicare won't cover.

You may lose the impulse to work a little. These days, most retirees at least think about working part-time. Actually doing that may not be as easy as it first seems. It is a lot harder to get hired at age 65 than it is at age 45 – no one is denying that – and part-time work tends toward the mundane and unfulfilling. If you are able to earn income as a consultant or through other types of self-employment, you may be truly satisfied by the work you do and be able to set your own schedule, too.

Retirement income comes with income taxes. While retirees anticipate (and certainly appreciate) distributions from an IRA or an employer-sponsored retirement plan, few retirees map out a sequence or strategy intended to let them take distributions from retirement and investment accounts with the least tax impact. Generally speaking, you want to draw down your taxable accounts first, then the tax-advantaged accounts, and lastly your tax-free accounts. This way, you are giving the retirement money that is taxed least more time to compound.

Under the typical model withdrawal scenario, this sequencing a) offers the potential to reduce the tax bite from all these distributions, b) promotes greater longevity for retirement savings. The wealthier the retiree is and the higher the projected rate of return for his or her portfolio, the more sense the strategy usually makes. If a retiree has very low taxable income or large unrealized gains on taxable assets, it may not be wise to follow this rule of thumb. Health and longevity factors also influence withdrawal strategies, of course. Retirees also need to know something about the IRS rules for retirement accounts – if the assets are withdrawn too soon or used for an inappropriate purpose, penalties can result and tax advantages can be lost.

Retirement is a transition, but it isn't a solution. There are people that are really eager to retire, people that come to believe that retirement will wipe away all that is dull and restrictive from their lives. Retiring often leads to a rewarding new phase of life, but it won't solve health issues, family dilemmas or money problems.

You may have plenty of time on your hands. If you and/or your spouse have routinely worked 50-60 hours a week, it can be tough to come down from that once you are retired. Your urge to be productive will persist, and sooner or later, you will find ways to stay busy, contribute and make a difference. Thinking about how you will spend your time in retirement *before* retirement is wise, as you don't want to risk staring at (or climbing) the walls.

Adjusting to retired life takes a bit of time for everyone. Adjustment can become easier with a candid recognition of certain retirement realities.

Timothy M. Stasinoulas is the President of Aegis Wealth Advisors, LLC, a Wisconsin based Registered Investment Advisory firm located at 1208 State HWY 83, Hartland, WI. Call 262.369.5200 or visit www.HaveCoffewithTim.com. Qualified member of the Paladin Registry.com. and a frequent guest on FOX6 Wake-UP Recently named a 2013 & 2014 Five Star Wealth Manager. www.boomerswealth.com



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RETIREMENT



FEBRUARY 2015 RETIREMENT LIVING GUIDE

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Cathryn Lake-Gallun / 414-357-7100 / 5005 West Bradley Road, Brown Deer, WI
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Since 1988, Becker Property Services has been providing affordable, accessible, barrier-free, safe and secure housing for senior citizens (62+) and for physically disabled adults. We welcome applications for occupancy at all of our buildings. For more information, please email us at BeckPropSvc@aol.com or call (262)240-9406.

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www.berkshire-oconomowoc.com
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A Senior Apartment Community

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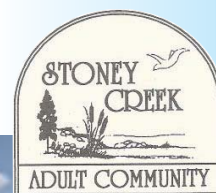
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CLEMENT MANOR

Keri Gerlach, Director of Marketing / 414-321-1800 / 3939 South 92nd Street Greenfield, WI 53228

www.clementmanor.com

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Andrea / 414.483.9969 / 4600 South Nicholson Avenue Cudahy, WI

www.cottonwood@bearproperty.com

Cottonwood Trails Apartments is a senior complex which offers Section 42 for adults 55 plus. This is a non-smoking environment with underground parking, elevator, laundry rooms on each floor, private intercom and a community room. Heat and water included in the rent.

CREATIVE LIVING ENVIRONMENTS, LLC

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www.cle-ccls.com

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Ivory Heinen / 262-432-0222 / 3585 S. 147th St. New Berlin, WI

Assisted Living and Memory Care Community

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Becky Rintelmann / 262-786-5800 / 800 Wall Street Elm Grove, WI

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David Moeller / 262-542-3434 / 1831 Meadow Lane Pewaukee

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Chris Kohn / 414-302-9700 / 7901 W. National Ave. West Allis, WI 53214

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Kim Deegan / 414-333-9710 / 3933 S Prairie Hill Lane Greenfield, WI 53228

www.seniorlifestyle.com

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www.horizonseniorhousing.com

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Enjoy a seasonal chef-prepared lunch with our Executive Director as you mix & mingle with residents and staff.

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a Senior Lifestyle community

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3933 S. PRAIRIE HILL LANE | GREENFIELD, WI 53228
WWW.SENIORLIFESTYLE.COM



FEBRUARY 2015
RETIREMENT LIVING GUIDE

Continued from page 18



JACKSON CROSSINGS RETIREMENT COMMUNITY

Amy Lloyd / 262-993-2838 / N168 W22022 Main Street, Jackson, WI 53037
www.jacksoncrossings.com

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Marlene Heller, Marketing & Communication Director
414-277-8802 / 1414 North Prospect Avenue Milwaukee, WI 53202
www.JewishSeniorLiving.org; www.SarahChudnow.org

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LEXINGTON VILLAGE SENIOR APARTMENTS

Joyce Pluess, Manager
414-425-4008 / 5000 South 107th Street Greenfield, WI 53228
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Stacy Lemley, Director of Sales / 414-292-0400 / 1621 Rivers Bend, Wauwatosa, WI 53226

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ForRent.com

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www.stcam.com

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www.stonecreekadultcommunity.com

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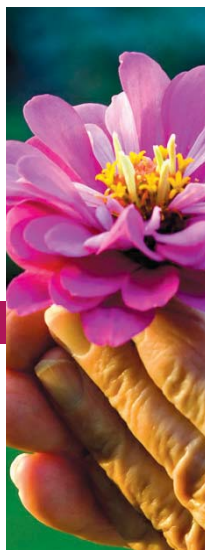
Just like family, Rent-A-Daughter provides an extra pair of hands, a warm heart and a friendly smile to make each day easier. Call us when you or someone you love could use help with cooking, shopping, running errands and other domestic needs.

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FEBRUARY 2015

RETIREMENT LIVING GUIDE

Continued from page 19

VMP MANOR PARK

Tamara Spredemann 414-607-4322 (Independent Living)
Christy Wiese 414-607-4104 (Assisted Living)
3023 S. 84th Street Milwaukee, WI 53227 / www.vmpcares.com

VMP TRINITY

Peggy Savatski / 414-371-7316 (Independent and Assisted Living)
7300 West Dean Road Milwaukee, WI 53223 / www.vmpcares.com
VMP Manor Park and VMP Trinity provide a full continuum of care: independent living apartments, assisted care, nursing care, short-term rehabilitation, and ventilator care. VMP Senior Care no longer requires an endowment upon entry, and independent living rentals are offered month to month. Our on-site Senior Community Club lives up to our motto: "You're Never Too Old to Play!" Assisted living units are apartment-style with three meals per day and 24/7 nursing care. On-site medical clinic and chapel.

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Susan Dakins & Melody Elliott / 262-894-0623

www.customfitrealty.com

At Custom Fit Realty we specialize in the art of negotiation and have many years of experience selling real estate, not only for seniors but also in helping Boomers deal with the sale of their parents home. We can help you navigate what can be a very difficult process. We will be with you every step of the way!

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608-243-1785 / 2554 Advance Road / Madison 53718

www.inmobility.org

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Carole / 262-225-7978 / W250N8383 Hillside Rd. Sussex, WI 53089

www.seniorshelpingseniors.com/waukesha or carolrshs@gmail.com

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Richard and Migdalia Zanon, Senior Move Specialists

262-257-0250 / www.universalserviceswi.com

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Assisted Living and
Memory Care Communities



For more information call:

Heritage Court., Men Falls
Lexington Heritage, Greenfield
Call (262) 442-1540

Heritage at Deer Creek, New Berlin
Call (262) 432-0222

Heritage West Allis
Call (414) 302-9700

Heritage Elm Grove
Call (262) 786-5800

Heritage Waukesha
Call (262) 542-3434

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Our comprehensive Memory Care programs, care services and mind-engaging activities provide Alzheimer's and dementia care residents with activities that build and maintain cognitive strength.

Please call to schedule
a personal tour
www.HeritageSenior.com

INDEPENDENCE • INDIVIDUALITY • DIGNITY • PRIVACY • CHOICE

RETIREMENT

Retirement Living Choices continued from page 16

A life full of choices



Subsidized senior housing. There are senior housing complexes, subsidized by the U.S. Department of Housing and Urban Development (HUD), for low-income seniors. Keep in mind that depending on the area; waiting lists can take years, so it's a good idea to plan well in advance for this option.

Senior apartments. Senior apartments are apartment complexes restricted by age, usually 55. Rent may include community services such as recreational programs, transportation services, and meals served in a communal dining room.

Retirement communities. Retirement communities are groups of housing units for those aged 55. These housing units can be single-family homes, duplexes, mobile homes, or townhouses or condominiums. If you decide to buy a unit, additional monthly fees may cover services such as outside maintenance, recreation centers, or clubhouses.

Continuing care retirement communities. Continuing care retirement communities offer service and housing packages that allow access to independent living, assisted living, and skilled nursing facilities in one community. If residents begin to need help with activities of daily living, they can transfer to an assisted living or skilled nursing facility on the same site.

harder for you to leave your home as often you'd like, leading to more isolation. Sometimes these challenges can be partially remedied by hiring outside help, remodeling parts of your home, or other family members lending assistance. However, it's worthwhile to take a look at your current living situation and see if an alternate may give you more freedom and flexibility in the long run.

Understanding the options available to stay at home can help you make the best housing choice. There are many services available, from meals on wheels to home care aides. However, consider these elements when contemplating living at home, to the many benefits that senior apartment living may have:

*** Transportation is a key issue.** You may live in an area where you must drive to attend social activities, visit friends, and shop. If you find yourself less comfortable with driving, you may find yourself relying more and more on family and friends to get out and about. It may be harder and harder to visit others, go to activities you enjoy, or keep doctors' appointments. Independent living usually offers opportunities to socialize on site with peers and may offer some transportation options to outside activities

*** Are you finding it harder and harder to connect with others?** Maybe you have a difficult time getting out of the house, because of increased mobility issues. Neighbors may be busy with other work and family commitments, or the neighborhood may not be easy to get around. While the phone and computer can help, you need human connection as well. The more isolated you are, the greater your risk for depression and other mental health problems. Independent living facilities can give you a built-in social network of peers, while some even provide structured activities such as a recreation center, clubhouse, or field trips

*** Take a look at your current state of health.** While no one can predict the future with certainty, if you have a health condition that makes it difficult to stay active and will most likely worsen with time, it's good to consider your options carefully. It's also important to consider the health of your spouse if you are married. Are you already helping your spouse with daily activities? If you are shouldering a significant amount of care already, moving to an facility where some of the burden can be lifted can help both of you stay independent longer.

What should one look for in an senior apartment living facility is based on your own unique situation. First and foremost remember: "it's all about the people" whether that means your family, your spouse, your children, or how you interact socially in more of a community environment.

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Contact Kim at 414.546.7000
for more information and to schedule a tour.

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



BERKSHIRE WEST ALLIS

1414 S. 65th St., West Allis
414-248-2720

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



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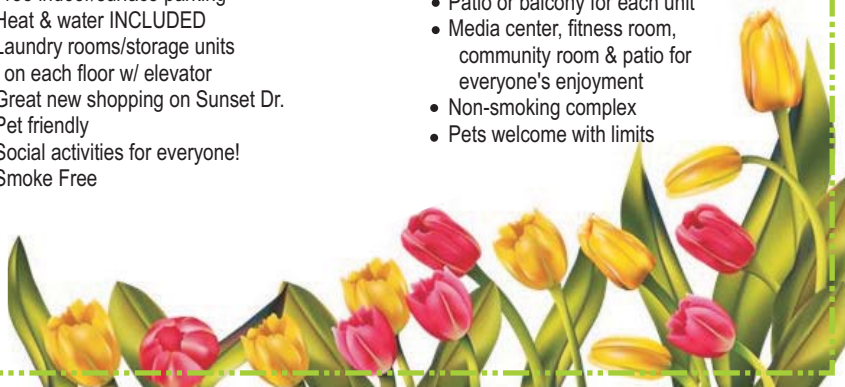
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*Income Limits May Apply

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CHECKLIST

Choosing an assisted living facility

Visit a facility at different times—during activities and meal times, for example—and seek feedback from residents and their families.



What to look for in the staff:

- ☐ Do they have time to speak with you or does it feel rushed?
- ☐ Do they appear genuinely friendly and interested in you?
- ☐ Do they interact warmly with current residents? Or do they seem stressed or overwhelmed?
- ☐ How do they handle emergencies?

What to look for in the residents:

- ☐ Do they appear happy?
- ☐ Do they enjoy interacting with one another?
- ☐ Do they seem like people you'd enjoy getting to know?
- ☐ Are there hobbies or groups on site that look interesting to you?

What to look for in the facility:

- ☐ Do the different areas seem clean and fresh?
- ☐ How often is housekeeping provided for your room?
- ☐ Does the facility seem safe and secure? Are the bathrooms easily accessible and have grab bars? How do residents contact staff in an emergency?
- ☐ How is the food? Sample a meal and ask about menu options.

Excerpts from www.helpguide.com



7 Signs that a parent or loved one might need assisted living

It's not always easy to tell when your parent or another family member or loved one needs more help. The following warning signs may indicate that it's time for a talk about assisted living.

The refrigerator is empty or filled with spoiled food or your parent is losing weight. These may be signs that he or she isn't eating well because shopping or cooking is difficult.

You notice frequent bruises, although your parent may try to cover them up. This may be a sign of falling, or mobility and balance problems.

Your parent wears the same clothes over and over again or neglects personal hygiene. This can indicate that doing laundry and bathing is physically challenging.

The house and yard isn't as clean and tidy as it used to be.

Your parent forgets things, including doctor's appointments and when to take medication. This may be due to memory loss.

Your parent seems depressed. Depression is common in seniors who are isolated and alone.

You notice strange or inappropriate behavior. For example, your parent may dress inappropriately for the weather. This can be a sign that he or she is experiencing confusion.

Care for the Whole Person

It's a new year, and for many families, it may be time to *start the conversation* about assisted living.

If you can no longer give your loved one the support they need, Villa St. Francis can help provide true peace of mind.



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WEDNESDAY, MARCH 18

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Currently in Our Artist Series

Artist Jeanine Semon, formerly of Menomonee Falls and Lac du Flambeau, Wisconsin, opened an exhibit entitled "Groupings," a composite of twenty-six pieces.

Jeanine is a painter working in acrylic, oil, pastel, and watercolor on paper and canvas. Known for her 'Fine Art with a Healing Touch,' she inherits her skill and love for art from her mother and great uncles from Russia.



The show is free and open to the public. Her art will be on display through Wednesday, March 4, in the 2nd Floor Art Gallery.

Sarah Chudnow Community offers living options for older adults, with apartment living, assisted living, memory care, and sub-acute rehab. Options are available to customize your lifestyle. An elegant community with the emphasis on choice is just a phone call away. Visit sarahchudnow.org or call Connie at 262-478-1506 to learn more.



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Warm up to a yummy bowl of chowder!



With the Lenten Season fast approaching, it's time to take a new look at our favorite fish recipes! Here's a delicious chowder from the Mayo Clinic staff -and it throws in a healthy dash of healthy eating!!

The addition of brown rice and cooking slowly makes this low-fat clam chowder taste very creamy.
Serves 4

- | | |
|---------------------------|------------------------------|
| 1 cup diced carrots | 2 cups low-fat milk |
| 1 cup diced celery | 1 1/2 cups vegetable stock |
| 2 cups diced yellow onion | 1 teaspoon minced thyme |
| 2 cloves garlic, minced | 1 teaspoon minced oregano |
| 2 ounces lean ham | 1 teaspoon fennel seed |
| 1 tablespoon canola oil | 1 tablespoon black pepper |
| 1 cup diced fresh clams | 1/2 cup diced red potatoes |
| 1/2 cup clam juice | 1/4 cup brown rice, uncooked |

Directions

Saute carrot, celery, onion, garlic and ham in canola oil over medium heat until lightly brown, about 10 minutes. Add clams and clam juice, continue to cook slowly to reduce volume by half. Add milk, stock, herbs, spices, potatoes and rice.

Bring to simmer, reduce heat and cook for 1 hour, until rice is cooked and stew has thickened considerably. Serve. And, of course, enjoy!!



Shhh... Memories of 'The Quiet Season'

*Frost-covered windows. Crunching footsteps.
Glowing kerosene lanterns.
Wood-splitting piles. Warm cow barns.*

Celebrated rural historian, Jerry Apps, recalls the sights, sounds, sentiments-and yes chill-of winters on the farm in his newest Wisconsin Historical Society Press book *The Quiet Season: Remembering Country Winters*. He shares stories growing up and keeping warm on a farm in central Wisconsin in the 1930s and early '40s. His memories are of a "quieter season"- a winter world before electricity when farmers milked cows by hand by the light of a kerosene lantern. It was an era when a major part of every winter's work was "making wood" to heat drafty farm homes and rural country schools and when a lack of indoor plumbing meant every morning began with a rousingly-cold dash to an outhouse.

Wisconsin winters then were also a time of reflection, of planning for the next year, and of families drawing together, Apps recalls, describing how winter influenced farm families and that those who grew up with harsh northern winters are profoundly affected by their memories of "the quiet season."

Order by phone toll free at 888-999-1669, shop online at www.wisconsinhistory.org/ shop, or shop in person at the Wisconsin Historical Museum Shop, 30 N. Carroll St., Madison WI 53703

EARTH TALK

From the Editors of
E/The Environmental Magazine

What are some basic guidelines about seafood consumption, especially in light of all the pollution threats to our oceans and waterways?

Between mercury poisoning, overfishing and the environmental impacts of fish farms or "aquaculture," some might expect to see a "Proceed with Caution" sign above seafood counters soon. Others contend that fish and shellfish are an important part of a healthy diet, providing high-quality protein and omega-3 fatty acids. The U.S. Food and Drug Administration (FDA) recommends eating up to 12 ounces of fish and shellfish per week, but only if they are "lower in mercury."

Mercury can be released into the air through industrial pollution and can accumulate in streams and oceans. The FDA warns that if you regularly eat types of fish that are high in mercury, it can accumulate in your blood stream. They add that mercury is removed from the body naturally, but it may take over a year for levels to drop significantly. For this reason, women trying to become pregnant should avoid eating high-in-mercury fish like shark, swordfish, king mackerel and tilefish, and gravitate toward low-in-mercury shrimp, canned light tuna, salmon, pollock and catfish. According to the Monterey Bay Aquarium's "Super Green List," fish that are low in mercury and also good sources of especially healthy "long-chain" omega-3 fatty acids include Atlantic mackerel from Canada and the U.S., freshwater Coho salmon from the U.S., wild-caught Pacific sardines and Alaskan wild-caught salmon (fresh or canned).

Of course, it's possible to obtain long-chain omega-3s without eating fish. Omega-3s supplement is derived from a strain of algae that naturally produces high amounts of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the healthiest omega-3s. Although most people think fish are the original source of DHA and EPA, these omega-3s actually come from the algae lower in the food chain.

"When salmon farming began in North America, farmers discovered that without fish oil in their diet, farmed salmon did not contain salmon oil in their tissues," says Udo Erasmus, Ph.D., author of *Fats that Heal-Fats that Kill*. "Fish get their 'fish oil' from the foods they eat. When we trace these supplement oils back to



Wild salmon, high in "long chain" omega-3s, is one of the healthiest foods we can eat.
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their origin, we find that the oils we call 'fish oils' are actually made by plants at the bottom of the food chain. One-celled red-brown algae makes fish oils. Fish oils are actually plant-based products."

Algae and other plant-based omega fatty acids also will not deplete the ocean's supply of fish. Industrial overfishing practices have wiped out certain types of fish before they've had a chance to repopulate, and unintentionally killed other marine species besides fish—known as "bycatch"—in their large nets. Upwards of one million sea turtles, for example, were estimated to have been killed as bycatch from 1990-2008, according to a report published in *Conservation Letters* in 2010. The transition to aquaculture, where fish are raised in confined quarters (like the "factory farming" of pigs, cows and chickens) has its own environmental burdens. According to the Mangrove Action Project, an estimated three million hectares of important coastal wetlands, including mangroves, have already been lost in order to make room for artificial shrimp ponds.

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"A perfect storm of corporate power, profits and public misinformation has succeeded in overwhelming the basic biochemical and physiological tenets of good health."

There's a reason – well, several – why so many diseases are increasing in frequency in the United States, making some that were almost unheard of 100 years ago commonplace today, says Robert Thompson, M.D., an OB/GYN and integrative medicine specialist.

“The United States is now 46th in men's mortality and the absolute worst country in the industrialized world for first-day infant mortality,” says Thompson, author of “The Calcium Lie II: What Your Doctor Still Doesn't Know,” (calciumliebook.com), a new book that details the roles minerals play in overall health and how to identify and correct deficiencies and imbalances.

“Based on the current rate of autism diagnoses, there will be no ‘normal’ male babies born in the U.S. by 2030,” he says. “The current rate of diabetes suggests 95 percent of our adult population will be diabetic by 2030. The number of children with life-threatening allergies has increased more than 1,000 percent since 1995.”

“Mineral deficiencies are responsible for a host of health problems, which are incorrectly treated by drugs,” Thompson says. “We're told by the government and the medical community that we should be ingesting certain amounts of vitamin and mineral supplements to prevent disease, like osteoporosis, when in reality, the recommendations lead to other very serious health problems.” Thompson offers these suggestions for Americans to take charge of their health:

Dr. Robert Thompson is a board-certified obstetrician and gynecologist, and a nutrition specialist who helps patients get long-term relief from chronic disease, including obesity, diabetes, hypothyroidism and adrenal fatigue. His newest book, "The Calcium Lie II," is available for free at calciumliebook.com. He was added to the *peer-reviewed directory, "Best Doctors in America,"* in 1996.

[illegible]

The man replied, "The kitchen, the living room, the kitchen and the dining room."

6 Things You Should Know About Diabetic Eye Disease

Diabetes is reaching epidemic levels in the U.S. Chances are you know (or are) one of the 29+ million Americans with the disease. If so, take note. Diabetes does more than affect blood sugar levels. Without proper precautions, it can rob a person of their sight.



1. Description

With diabetes, fluctuating and high blood sugar levels can cause the blood vessels that nourish the retina in the back of the eye to become weak or abnormal. This promotes leakage and bleeding that can blur vision and permanently impair sight. "Of the more than 29 million Americans diagnosed with diabetes, up to 45% have some degree of diabetic retinopathy (damage to the retina)," reports Dr. Mark Freedman, partner at Eye Care Specialists, a local ophthalmology practice that specializes in the care of diabetic patients.

2. Symptoms

Usually, none. Most people don't notice a problem until retinopathy is so far advanced that lost vision can't be restored. That's why annual dilated eye exams are crucial. Also, call your doctor immediately if you notice vision changes in one or both eyes (not associated with fluctuations in blood sugar), numerous floating spots (like spider webs), or a veil over your vision.

3. Detection

"Because fluctuations in blood sugar levels can temporarily affect vision and significant retinopathy can exist even if a person's vision appears to be good, diabetes-related eye damage can only be diagnosed through a comprehensive eye exam that includes pupil dilation (enlargement with drops) to see inside and thoroughly check the back of the eye," explains Brett Rhode, MD, an ophthalmologist who conducts continuing education programs for local doctors and diabetes coordinators.

4. Treatment

"We have been very pleased with the success of medications (like Avastin and Eylea) that are painlessly injected directly into the eye every 4-12 weeks to inhibit the growth of the abnormal blood vessels related to diabetic retinopathy," reports Daniel Ferguson, MD, an eye care specialist who performs injections on a daily basis. "The results have been amazing, including stabilization of vision and, in some cases, actual improvement in sight."

5. Incidence

Diabetic eye disease can appear as early as a year after the onset of diabetes. All diabetics—type 1 or 2, insulin-dependent or not—are at risk, which increases with the number of years you are diabetic. For example, patients with diabetes for less than five years have about a 15% incidence of retinopathy. This skyrockets, however, to 80% in people with diabetes for 15+ years.

6. Prevention

"Diabetes-related sight loss is often preventable with blood sugar control, yearly exams and early intervention. But all of our expertise and treatments are of no use if patients don't come in for regular checks," says Freedman.

How to reduce diabetes-related vision loss

- ☐ Have a blood sugar test every three years after age 45 to screen for diabetes
- ☐ Keep blood glucose levels close to normal through diet, medication and exercise
- ☐ Don't smoke
- ☐ Keep blood pressure under control
- ☐ Keep cholesterol levels low
- ☐ Check hemoglobin A1c levels at least every four months. Aim for less than 7.0

FREE Booklets & Information

Eye Care Specialists' doctors have written their own series of booklets on these conditions. Call 414-321-7035 for FREE copies or to schedule an appointment for a thorough examination at their offices on 7th & Wisconsin Avenue, Mayfair Road across from the mall, or 102nd & National. They also offer information at www.eyecarespecialists.net.



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Marriage Quotes By Men

I married Miss Right. I just didn't know her first name was Always.

It's not true that married men live longer than single men. It only seems longer.

Losing a wife can be hard. In my case, it was almost impossible.

A man was complaining to a friend: 'I had it all - money, a beautiful house, a big car, the love of a beautiful woman; then, Pow! it was all gone!' 'What happened?' asked the friend. 'My wife found out..'

Wife: Let's go out and have some fun tonight. Husband: Okay, but if you get home before I do, leave the hallway light on.

How many men does it take to open a beer? None. It should be opened by the time she brings it to the couch.

Women will never be equal to men until they can walk down the street bald and still think they are beautiful!

I haven't spoken to my wife for 18 months - I don't like to interrupt her.

If your wife and a lawyer were drowning and you had to choose, would you go to lunch or to a movie?

A man is incomplete until he is married. After that, he is finished.



LAUGH OUT LOUD! COFFEE BREAK

Spaghetti

A wealthy man was having an affair with an Italian woman for a few years. One night, during one of their rendezvous, she confided in him that she was pregnant.

Not wanting to ruin his reputation or his marriage, he paid her a large sum of money if she would go to Italy to have the child. If she stayed in Italy, he would also provide child support until the child turned 18.

She agreed, but wondered how he would know when the baby was born. To keep it discrete, he told her to mail him a post card, and write "Spaghetti" on the back. He would then arrange for child support.

One day, about 9 months later, he came home to his confused wife.

"Honey," she said, "you received a very strange post card today."

"Oh, just give it to me and don't worry about," he said.

The wife obeyed, and watched as her husband read the card, turned white, and fainted.

On the card was written "Spaghetti, Spaghetti, Spaghetti. Two with meatballs, one without."

A wise person once said:
'Beauty is in the eye of the beer holder!' and we would add that you should consider this: 'Drink 'till she's cute, but stop before the wedding.'

New Relationship Book

"My wife suggested a book for me to read to enhance our relationship. It's titled: 'Women are from Venus, Men are Wrong.'"

Male assertiveness

A mild-mannered man was tired of being bossed around by his wife so he went to a psychiatrist.

The psychiatrist said he needed to build his self-esteem, and so gave him a book on assertiveness, which he read on the way home.

He had finished the book by the time he reached his house.

The man stormed into the house and walked up to his wife.

Pointing a finger in her face, he said, "From now on, I want you to know that I am the man of this house, and my word is law! I want you to prepare me a gourmet meal tonight, and when I'm finished eating my meal, I expect a sumptuous dessert afterward. Then, after dinner, you're going to draw me my bath so I can relax. And when I'm finished with my bath, guess who's going to dress me and comb my hair?"

"The funeral director," said his wife.

A man rushes into his house and yells to his wife, 'Martha, pack up your things! I just won the California lottery!' Martha replies, 'Shall I pack for warm weather or cold?' The man responds, 'I don't care. Just so long as you're out of the house by noon!'

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LUNCH
MASONRY
MEAN
MOTHER
MYSELF
NIGHT
PEACE
PERFECT
PONY
RAP

ROB
SAW
SPARE
TEMPER
TERRIBLE
THEIR
TOE
TOLD
VILLAGE
WHOLE
WINDOW
WIRE

A man was telling a story at a meeting how he watched his wife's routine at breakfast for years.

She made lots of trip between the refrigerator, stove, table and cabinets, often carrying a single item at a time.

One day I told her 'Hon, why don't you try carrying several things at once?'

'Did it save time?' a guy in the audience asked.

'Actually, yes,' replied the speaker. 'It used to take her 20 minutes to make breakfast. Now I do it in seven.'

Mike was telling Elaine that he just finished a trekking expedition in the highest mountain ranges in the world.

Elaine asked him, "Everest?"

Mike replied, "Yeah, after every 200 feet."



Social Security

A retired gentleman went to the social security office to apply for Social Security.

The woman behind the counter asked him for his driver's license to verify his age. He looked in his pockets and realized he had left his wallet at home. He told the woman that he was very sorry but he seemed to have left his wallet at home. "I will have to go home and come back later." The woman says, "Unbutton your shirt." So he opens his shirt revealing curly silver hair. She says, "That silver hair on your chest is proof enough for me" and she processed his Social Security application.

When he gets home, the man excitedly tells his wife about his experience at the social security office. She says, "You should have dropped your pants. You might have gotten disability too."

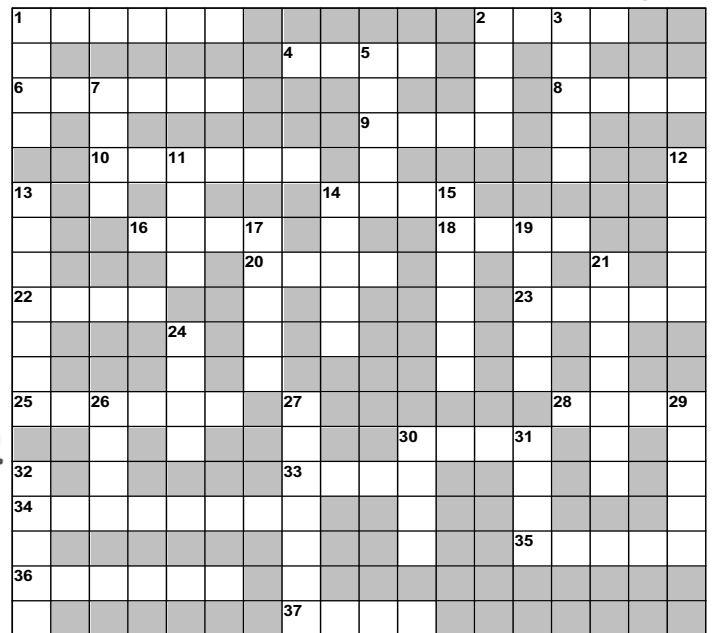
Across

1. Potential harm
2. Single woman
4. To affix a notice
6. To withhold food
8. Secondhand
9. Jealousy
10. To direct the mind on
14. Caveman weapon
16. Suspend
18. Not pretty
20. Path in front of buildings
22. is the case
23. Time reference
25. Many cows
28. Moves the clouds
30. Water and chicken combo
33. Not out of
34. Consists of tracks
35. Mistaken
36. A bike for two
37. Past tense of take

Down

1. Floating particles
2. Allot more than two
3. Stuffing one puts in a pillow
5. The nose's sense
7. Opposite of a base
11. That's it
12. Fast
13. Extreme or severe
14. Saw for tree trimming
15. Connects a belt
17. Type of piano
19. Unforeseen success
21. Early daylight hours
24. Snow wish
26. Public transportation
27. Obvious
29. In action
30. In a little while
31. Turn the soil
32. This sometimes hurts

Answers on page 26



A single woman who retired just a few months back walked up to a little old man rocking in a chair on his porch in her neighborhood. "I couldn't help noticing how happy you look," she said. "What's your secret for a long happy life?" "I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods, and never exercise." "That's amazing," the woman said. "How old are you?" "Twenty-six," he said



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WITH ANY PURCHASE

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ITEM 69052
69111/62522/62573
Item 69052 shown

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69645/60625
Item 60625 shown

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REG. PRICE \$19.99

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Item 69676 shown

SAVE \$200

\$2999

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12" TOOL BAG

NEW VOYAGER
LOT NO. 61467
38168/62163/62349
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Item 67421 shown

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Bunker Hill Security
LOT NO. 69643/93661
60524/62534
Includes 6V, 900 mAh NiCd battery pack.
Item 69643 shown

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CENTECH
LOT NO. 66783/60581
60653/62334
Item 60653 shown

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PITTSBURGH RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

LOT NO. 69553/69252
69559/62160/62496
Item 69553 shown

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WristTech
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Item 67212 shown

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1 TON CAPACITY FOLDABLE SHOP CRANE

PITTSBURGH
LOT NO. 69445
69512/61858/93840
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