

# Celebrate Life Boomers!

**April 2015**  
A FREE PUBLICATION  
FOR ALL GENERATIONS

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



## UNLEASH the POWER!

### NEUROBICS: Exercise for the Brain

The latest research shows that your brain performs best when it has its own fitness program, fostering a whole new industry to America's anti-aging mindframe. "Use it or lose it" doesn't apply only to fitness or sex. It also applies to the brain.

~page 3

### The 3 Best Islands in the World

Enjoy a laidback, tropical lifestyle for as little as \$1,500 a month. A new report ranks and profiles the five best tropical-island paradises.

~page 7

### Choose Healthy Fish for Your Favorite Fry

Baked or fried, fish is a healthy choice and a Milwaukee Fish Fry is a great choice!

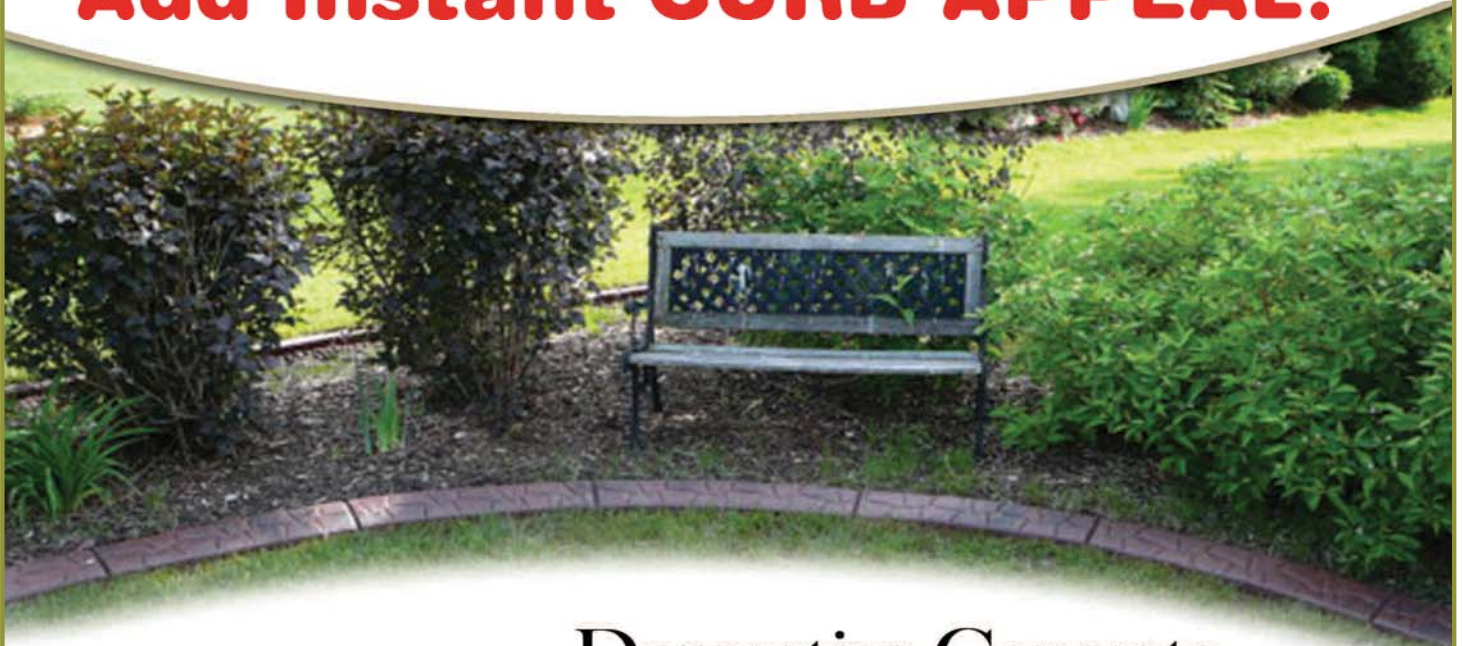
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*A well-spent day brings happy sleep. ~Leonardo da Vinci*



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*"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!"*

~ Mark Twain



Mooching around in the backyard sure is fun during spring. The birds sing like crazy, there's green sprouts and new life bursting through the brown patches, and there's plenty of puddles and mud to play in. It was free entertainment for my brothers and I to pull on our rubber boots and hit every knee-high spring flood we could find, float our little improvised boats and play till dark. Amara runs next door to the neighbors after school and 'hangs out' (can't say 'play' because she is 10 after all) with her friends until suppertime. She doesn't know it, but I always leave the window open just a bit so I can hear them laughing and squealing in the backyard. That's Spring. Neighbors start to materialize and it's coffee and gossip time at the mailbox. We air out the house and bring in the breeze. We grab the calendars and start plotting weekends and summer days to spend with friends and family. Out come the bikes and boats and fishing rods. The little skirts and strappy sandals. New seeds are planted both in our beautiful gardens and in our very lives. :)

Speaking of fun and games, don't forget about the noggin' on your neck. Brain Games, our favorite TV show, is also the special feature this month encouraging us to play mentally as well as physically to maintain our highest potential. Keep your brain young and fresh and so you too will be!

Thank you for reading our April issue. Be well and happy - be sure to smile at your first daffodil...

**And always remember to...**

*Celebrate Life!*

Sandy and Tom Draelos

**Boomers!** is a monthly publication, both in print and online, serving the reading audience (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!

**PUBLISHER / Editor**  
Sandra (Hill) Draelos

**PUBLISHER'S Asst:**  
Kellie Miller

**OPERATIONS MGR**  
Thomas Draelos

**ADVERTISING**  
Advertising Professionals  
Vicki Huber | Kelly Larson



**THE MILWAUKEE PUBLISHING CO., LLC**  
PHONE: (414) 586-9212  
FAX: (414) 586-9474  
milwaukeepublishing@wi.rr.com  
www.Boomersnewspaper.com



## UNLEASH THE POWER!

### Brain Fitness Games

By Ellen Wood

You CAN grow younger and one of the best anti-aging action steps is exercise. But 'use it or lose it' doesn't apply only to muscle fitness or sex. It also applies to the brain.

Our brains change as we mature but it's not all about decline. Contrary to an outdated but prevailing myth, we can stimulate new neural pathways and cell growth no matter how old we live to be.

Advances in brain imaging and neuroscience have enabled scientists to learn more about the brain and how it works. While researchers at the University of Kansas have found that getting plenty of physical exercise may keep your brain fit too, there's even better news.

Neurobics can take the form of mental exercises, brain teasers and puzzles. Studies show that by

**Brain Fitness** continued on page 6

## Life teaches us that nothing stays the same for long.

### Ageism, or our idea of aging, must also change.

It will be washed away, or at least significantly eroded, by the fast approaching "silver tsunami." America will soon experience a demographic upheaval of a scale not witnessed since the Baby Boom. During the next two decades, as these Boomers age, the number of Americans over sixty-five will double. There will be approximately eighty million of us, and we'll constitute about a fifth of the national population. Thanks to remarkable advances in medicine and technology, we can look forward to better health and longer average life expectancies. We will also, on average, be wealthier than many of our younger cohorts. In short, we are primed to live long and live well, and to serve as the standard-bearers of an idea whose time has come: ageism, in all its forms, is unacceptable. More than this, we'll be able to demonstrate that it is possible, even natural, to lead a vibrant, engaged life well into old age. Indeed, it is our responsibility to do so, and not only for ourselves. We owe it to the youngsters to show them how it's done. After all, with any luck, one day they'll be old too.



**Ageism** continued on page 19

## Boomers! GIVE-AWAY!!

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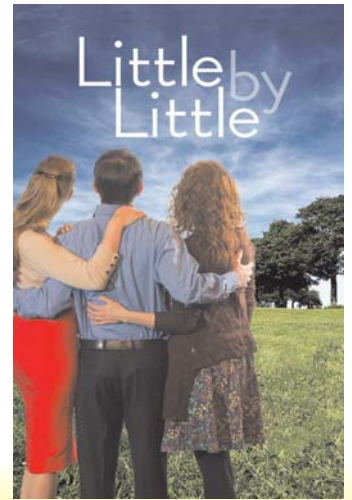
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By B. Ross, E. Greenfield,  
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**FRIDAY MARCH 13**  
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# AROUND TOWN

A collection of local events

## NATIONAL BEER DAY

April 7, 11am to 11pm  
Rock Bottom Milwaukee  
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## NEIL DIAMOND

BMO Harris Bradley Center  
April 9, 8pm

## FRANKIE VALLI AND THE FOUR SEASONS

April 10, 8 to 10:30pm  
Milwaukee Theater  
The only Wisconsin performance on this tour. Frankie Valli came to fame in 1962 as the lead singer of the Four Seasons and was chronicled in the Tony-winning musical Jersey Boys, which tells the story of Frankie and his legendary group. Well-known classics include "Big Girls Don't Cry," "Walk Like a Man," "Rag Doll," and "Can't Take My Eyes Off You."

## SPRING A FAIR TO REMEMBER

April 11, 9am to 4pm  
Washington County Fair Park & Conference Center  
"A Fair to Remember" showcases over 200 exhibitors with unique and beautiful works of art for home or garden. \$3 admission and free parking. Wheelchair accessible. Free Children's Face Painting & Balloon sculpting Door prizes.

## READY TO RIDE WORKSHOP

April 11, 10 to 11am  
Wisconsin Harley Davidson  
A hands-on, fun experience to learn more about your bike. Innovative tips and solutions to keep your motorcycle running smoother and better than ever. We provide seasonal preparation advice, and even a free maintenance check.

## CHEESE TOPIA 2015

April 12, 12 to 4pm  
The Pritzlaff Building  
CheeseTopia brings the best of Midwest artisan and farmstead cheese to the heart of the city. Attendees may sample and buy cheese from 50 cheesemakers inside The Pritzlaff Building in the historic Third Ward of Milwaukee. Cheese samples, cash bar and breakout seminars. Tickets, \$25, sold in advance only, and on sale to the public on Feb. 24.

## Advanced Garage Party

April 16, 6pm  
Wisconsin Harley-Davidson  
The Advanced Garage Party is a great way to interact with other Harley-Davidson Enthusiasts, and learn new and innovative tips to keep your motorcycle in it's best condition. The Garage Party is also a great way to network with other Harley riders and possibly plan for your next great ride. Beverages will be provided, both alcoholic and non-alcoholic beverages.

## GAITHER VOCAL BAND

April 18, 6 to 8:30pm  
Milwaukee Theatre  
A full evening of entertainment and meaningful music with the best-loved voices in gospel music... If you attend just one musical event this year, an evening hosted by Bill Gaither, and featuring the Gaither Vocal Band, is one you can't miss. It will leave you encouraged, grateful and most certainly smiling!

## BLUE MAN GROUP

April 17-April 19  
Marcus Center for the Performing Arts  
Although it is impossible to describe, people of all ages agree that BLUE MAN GROUP is an intensely exciting and wildly outrageous show that leaves the entire audience in a blissful, euphoric state. With no spoken language, BLUE MAN GROUP is perfect for people of all ages, languages, and cultures.

## Chefs Class: Cooking the Seafood of Spain

Saturday, 3:30pm  
Harbor House  
Spain is surrounded by water on three sides so it's no wonder the Spanish love fresh fish and shellfish so much! Harbor House's Chef Zach Espinosa will discuss the culture and the seafood of Spain while demonstrating cooking techniques. \$45 per person - includes tax and gratuity. Purchase admission online <https://www.bartolottas.com/events/chefs-class-seafood-of-spain-at-harbor-house>.

## Milw Rep Prop & Costume Sale

Saturday, May 2, 10am  
Milwaukee Repertory Theater  
It's Back! Milwaukee Repertory Theater Prop and Costume Garage Sale. Items to be sold will include costume pieces, props, furniture and set decoration from Rep productions! Cash and carry, and must be removed from The Rep by the end of the day.

## Color Vibe 5k

May 9, 9 to 11:30am  
Veteran's Park, Lakefront  
The Color Vibe is coming to Milwaukee on May 9th and wants you to experience the most #VIBerant 5k of all time... Grab your friends and family and join us as we blast you with lots of fun, epic beats and TONS OF COLOR while you run/walk our course. You'll come as a blank canvas and leave a colorful mural! A portion of our proceeds will also go towards a local charity. <http://www.thecolorvibe.com/milwaukee.php> #ColorVibeMilwaukee



## Spring Flea Market

Sunday, April 19th  
9am-3pm

Knights Of Columbus Hall  
1800 S. 92nd Street, West Allis

Antiques, Collectibles  
Glasswares, Vintage, Linens  
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## Neurobics: Exercise for the Brain

exercising your brain, you can actually create new neural pathways and reverse cognitive decline.

Brain cells do NOT die off as we age. The truth is we can stimulate growth in our brain cells at any age!

Every day I exercise my body and my brain, but that's a big change. Before I began my 'Grow Younger' program, every time I got the urge to exercise, I'd lie down until it went away. Now I exercise every day and it's fun!

I had a special reason for beginning brain exercises and changing my negative mental chatter about aging: my mother died of Alzheimer's. Mom spent over three years in a nursing home and every time I visited her, I absorbed those images of her wasting away. I'd read a lot about Alzheimer's and that it's hereditary, so I worried that I'd have the same kind of deterioration of mind and body as I aged.

It was after I had a 'wake up' call that I realized how my thoughts and beliefs about aging were creating a life for me that I did not want. That's when I began to consciously change my self-talk and exercise my brain.

It's very easy to fall into habits of doing the same things and not trying anything new. Routine actions and thoughts become so automatic that most of our actions are governed by 'muscle memory' and we do them largely unconsciously.

To activate new brain circuits we need to stimulate our brain chemistry by doing something new, as simple as eating with our non-dominant hand or closing our eyes during some routine action.

Another way to stimulate your brain is by learning how to do something completely new – to speak a foreign language, a new skill such as knitting or how to play an instrument – perhaps the piano, banjo or guitar.

The best book I've found for increasing my brain power is "Train Your Brain: 60 Days to a Better Brain" by Ryuta Kawashima.

Allow yourself to become excited about trying new things and challenging yourself. The brain can be exercised and become more flexible just as our muscles can.

Author, anti-aging coach, columnist and speaker, Ellen Wood helps men and women grow younger with body/mind/spirit action steps. She is living proof that they work. Sign up for three free gifts at her website: <http://www.howtogrowyounger.com>.



## Brain Exercises for the Weekend

From SharpBrains.com

Here's a few fun brain exercises to train our attention and working memory. Have fun. They are not as easy as they may sound...

- 1) Say the days of the week back-wards, then in alphabetical order.
- 2) Say the months of the year in alpha-bet-i-cal order. Easy? well, why don't you try doing so backwards, in reverse alphabetical order.
- 3) Find the sum of your date of birth, mm/dd/yyyy. Want more exer-cise? Do the same with friends' and rel-a-tives' date of birth.
- 4) Name two objects for every letter in your complete name. Work up to five objects, trying to use different items each time.
- 5) Wherever you are, look around and within two minutes, try to find 5 red things that will fit in your pocket, and 5 blue objects that are too big to fit.

**1) A man who lives** on the tenth floor takes the elevator down to the first floor every morning and goes to work. In the evening, when he comes back; on a rainy day, or if there are other people in the elevator, he goes to his floor directly. Otherwise, he goes to the seventh floor and walks up three flights of stairs to his apartment. Can you explain why?

**2) A Petri dish** hosts a healthy colony of bacteria. Once a minute every bacterium divides into two. The colony was founded by a single cell at noon. At exactly 12:43 (43 minutes later) the Petri dish was half full. At what time will the dish be full?

**3) There are three switches downstairs.** Each corresponds to one of the three light bulbs in the attic. You can turn the switches on and off and leave them in any position. How would you identify which switch corresponds to which light bulb, if you are only allowed one trip upstairs?

Answers on page 17

## Online/Software Games

If you like variety, online or software-based brain game collections are a great option. These brain building computer games work all areas of your brain to keep cognitive function high. Some sites are free, but the software and pay-for sites are almost always very affordable. Explore the following sites for a favorite:

Lumosity.com  
GamesfortheBrain.com  
Fit Brains.com from Rosetta Stone  
BrainMetrix.com  
Merriam-webster.com/game  
MindGames.com  
Sharpbrains.com



## Beginner's Mensa

1. Johnny's mother had three children. The first child was named April. The second child was named May.

**What was the third child's name?**

2. There is a clerk at the butcher shop, he is five feet ten inches tall and he wears size 13 sneakers.

**What does he weigh?**

3. Before Mt. Everest was discovered,

**what was the highest mountain in the world?**

4. How much dirt is there in a hole

**that measures two feet by three feet by four feet?**

5. What word in the English language

**is always spelled incorrectly?**

6. Billy was born on December 28th, yet his birthday is always in the summer.

**How is this possible?**

7. In California, you cannot take a picture of a man with a wooden leg. **Why not?**

8. What was the President's name in **1975?**

9. If you were running a race, **and you passed the person in 2nd place, what place would you be in now?**

10. Which is correct to say, **"The yolk of the egg are white"** or **"The yolk of the egg is white"**?

11. If a farmer has 5 haystacks in one field and 4 haystacks in the other field, **how many haystacks would he have if he combined them all in another field?**

~Answers on page 17

## Brain Teaser: Can you count?

From SharpBrains.com

Quick! Count the number of times that the letter F appears in the following sentence:

"Finished files are the result of years of scientific study combined with the experience of years."

How many did you find? Three? Wrong! There are six - read it again.

Almost everyone guesses three. Why? It seems that the brain cannot correctly process the word "OF". The letter F usually makes the "f" sound, like in "fox". However, in the word "of", it makes a "v" sound. Somehow, your brain overlooks the word "of" as it scans for the sound of "f".





1) Ambergris Caye - by Jason Holland  
2) Roatan Island - by Ann Kuffner  
3) Penang - by Eoin Bassett

## TOP 3 Best Islands in the World

*"Something about the word 'island' makes the mind race to escape."*

InternationalLiving.com has just released a report on the best islands in the world to retire to, where expats can enjoy a laidback, tropical lifestyle for as little as \$1,500 a month.

A new report from the editors of InternationalLiving.com ranks and profiles the five best tropical-island paradises for retirees today.

Spread throughout the world, these islands are unique—but they share certain characteristics: They're warm, offer good infrastructure, provide acceptable healthcare facilities either on-island or nearby, and they represent good value—a couple can live comfortably from \$1,500 a month, housing included.

"Something about the word 'island' makes the mind race to 'escape,'" says InternationalLiving.com's executive editor, Jennifer Stevens. "On an island, the pace slows, you live in the present, you shed concerns right along with your closed-toed shoes."

"Island living offers unique appeal... and for anybody who feels the tug, we've created this 'island index' to document the best values today."

Among the world's top islands for retirement is Roatán, the largest and most developed of Honduras' Bay Islands. With its own international airport, a well-established expat community, and modern amenities mixed with rustic charm, Roatán provides retirees interested in islands near home an excellent value.

"Roatán offers breath-taking hillside views and affordable beachfront property," says InternationalLiving.com's Roatán correspondent Amanda Walkins. "With growing interest in Roatán in recent years, now is the time to take advantage of the great deals still available in this lush, hilly, English-speaking divers' paradise."

In Roatán, apartment rentals with full amenities in popular areas can run anywhere from \$600 to \$1,000 per month for a two-bedroom unit. Typical utilities per month run \$200 and most couples estimate spending about \$600 per month on groceries. For a retired couple who own a home in Roatán (where mortgages and financing hardly exist), a typical monthly



Top 3 Best Islands continued on page 15

## Enjoy a one-of-a-kind vacation!

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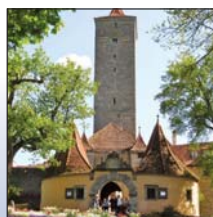
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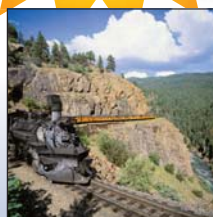
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Nebraska Life

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# What is the “National Food Policy” that environmentalists and foodies are asking President Obama to enact by Executive Order, and how would it affect American diets?

EARTH TALK

From the Editors of  
E/The Environmental Magazine



A November 2014 op-ed piece in *The Washington Post* entitled “How a National Food Policy Could Save Millions of American Lives” makes the case for President Obama to sign into law an executive order establishing a national food policy for managing the nation’s food system as a whole.

Authored by food writers Mark Bittman and Michael Pollan, along with Union of Concerned Scientists’ Ricardo Salvador and United Nations Special Rapporteur on the Right to Food, Olivier De Schutter, the op-ed states that because of unhealthy diets, a third of our kids will develop Type 2 diabetes—a preventable disease that was formerly rare in children.

“Type 2 diabetes is a disease that, along with its associated effects, now costs \$245 billion, or 23 percent of the national deficit in 2012, to treat each year,” the authors note. “The good news is that solutions are within reach—precisely because the problems are largely a result of government policies.” The authors cite Brazil and Mexico—countries they consider “far ahead of the United States in developing food policies”—as examples for positive change: “Mexico’s recognition of food as a key driver of public health led to the passage last year of a national tax on junk food and soda, which in the first year has reduced consumption of sugary beverages by 10 percent and increased consumption of water.”

While the White House has not responded in any way to the suggestion thus far, the article’s message that the current food system has caused “incalculable damage” remains alarming.

Whether or not to pass our own tax on junk food and soda in the U.S. has been the subject of much debate in recent years. Some say it’s deceitful to suggest that a tax on sodas is necessary to curb obesity and Type 2 diabetes when numerous other unhealthy options like sugary caffeinated beverages, candy, ice cream, fast food and video games that promote sedentary behavior would still be widely available. A 2009 study published in the *Journal of Public Economics* suggests that soft drink taxation leads to a moderate reduction in soft drink consumption by children and adolescents; however “this reduction in soda consumption is completely offset by increases in consumption of other high-calorie drinks.” Furthermore, in 2010, former New York City mayor Michael Bloomberg stated that “an extra 12 cents on a can of soda would raise nearly \$1 billion,” which suggests that government officials expect people to continue buying soda despite the tax.

Even though passing a soda tax has proven to be controversial, *The Washington Post* op-ed clearly points out the federal government’s contradictions concerning food. Existing federal guidelines for the U.S. diet, known as MyPlate, recommend that half the food we eat should be fruits and vegetables, yet these foods are granted less than one percent of farm subsidies. Meanwhile, more than 60 percent of subsidies go toward corn and other grains. The result, the op-ed states, is the “spectacle of Michelle Obama warning Americans to avoid high-fructose corn syrup at the same time the president is signing farm bills that subsidize its production.”

EarthTalk® is produced by Doug Moss & Roddy Scheer and is a registered trademark of Earth Action Network Inc. View past columns at: [www.earthtalk.org](http://www.earthtalk.org). Or e-mail us your question: [earthtalk@emagazine.com](mailto:earthtalk@emagazine.com).



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**According to a Women's Health ranking of the most healthy fish and seafood, Milwaukee's fish fry favorites are delicious *and* healthy!**

**COD** (from the Pacific) supplies almost twice the omega-3s of Atlantic cod (0.2 g vs. 0.1 g) and up to 72 percent of your selenium at 89 calories a serving. No more than twice a week, because its mercury count is on the high side (0.1 ppm).

**HADDOCK** offers omega-3s (0.2 g), 63 percent of your selenium, and over half of your B12 RDA. Very low mercury (0.03 ppm).

**POLLOCK** (from the Atlantic)-used to make filet-o-fish, fish sticks, and imitation crab is rich in B12 (3 mcg) and selenium (40 mcg) and extremely low in mercury (0.04 ppm). A 0.5 g of omega-3s is also low. Pacific pollock-it's more likely to contain PCBs.

**PERCH** (freshwater). One serving provides over 100 percent of omega-3 minimum, almost all of your selenium (47 mcg), and half of your B12, with no measurable mercury. Indulge!

**Tilapia** is a freshwater dweller similar to catfish. It has only 0.1 g of omega-3s, but is nearly free of mercury (0.01 ppm). Contains 84 percent of your daily selenium and 79 percent of your B12.

**SALMON** (the wild kind) is number one in health choice. Most varieties, including coho and sockeye, provide more than three times the 250-mg recommended minimum daily dose of omega-3s. Wild Atlantic salmon is highest with 1.6 g of the good stuff and a mini mercury count of 0.01 ppm and 72 percent of your 55-mcg RDA of selenium. Avoid Farmed salmon, which may contain PCBs from polluted water.

The season of the Fry



# FISH

Battered, fried, baked or broiled.

## Choosing Healthy Fish for your Favorite Fry

Even if you're a vegetarian, Body Ecology recommends eating fish about three times a week because fish has medicinal, grounding and strengthening properties. In general, fish is a great protein substitute for other meats because it is low in calories, saturated fat, and cholesterol, and that's not all:

Omega-3 fatty acids in fish have been linked to:

- lower blood pressure
- lower heart rate
- lower risk of death from heart disease
- lower risk for stroke
- lower risk for depression
- lower risk for some cancers

Fish consumption is especially important for women who are pregnant or want to have a baby because it provides the omega-3 fatty acid, DHA, which encourages healthy brain development of babies. But certain fish are sadly said to be on the "Do Not Eat List" because of the concern over mercury. You've probably also heard some of the warnings about overharvesting wild fish species and the water pollution

caused by commercial fish farms.

Here's what you need to know about fish to make sure that you're getting fish that improves your health instead of harming it.

### Mercury Poisoning and Other Toxins

Mercury poisoning is still a concern when it comes to fish consumption, but there are ways to mitigate this risk. To reduce the risk of mercury contamination, avoid eating swordfish, shark, tilefish and king mackerel altogether. Limit your intake of white tuna (albacore) to less than 6 ounces per week.

Shellfish can also be full of toxins because they are scavengers and feed on industrial deposits, sewage, and the waste of other fish, filtering it through their bodies. Avoid clams, lobsters, oysters, shrimp and scallops if you want to avoid excess toxins.

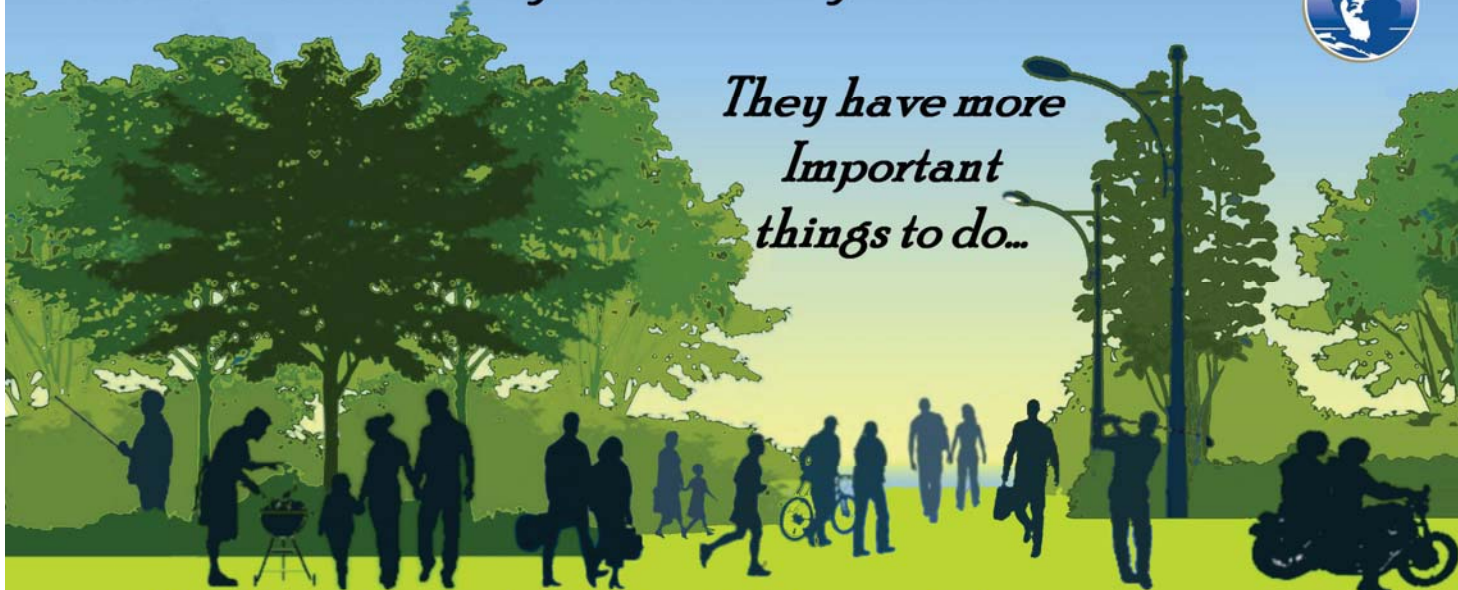
### Preservatives

Preservatives are another concern when it comes to purchasing your fish. Many fish are sprayed with pre-

The FISH Fry continued on page 18

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## Could walking poles help me get more out of my daily walk?

From Edward R. Laskowski, M.D., Mayo Clinic



Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. This activity is sometimes called Nordic walking.

Most walking poles have rubber tips that grab the pavement and wrist straps that secure the poles to your arms. With one walking pole in each hand, you grip the handles and push off with each stride. Sturdier walking poles designed for hiking are known as hiking or trekking poles.

### Consider the benefits of walking poles:

- 1) The arm movement associated with walking poles adds intensity to your aerobic workout, which helps you burn more calories.
- 2) Walking poles improve balance and stability.
- 3) Walking poles help you maintain proper posture, especially in the upper back, and may help to strengthen upper back muscles.
- 4) Walking poles take some of the load off your lower back, hips and knees, which may be helpful if you have arthritis or back problems.

Walking poles in various fixed or adjustable lengths are available online and in many sporting goods stores. Prices vary so shop around for your specific needs!



## No Garden Space? Here's a Little Trick!

Take a 2 cubic feet bag of potting soil (I used Miracle Grow), rumple it around quite a bit to loose the soil, poke quite a few holes in the back side for drainage, then lay the bag on a smooth surface that will allow drainage and not get too hot. Cut out the top, leaving about a 4 or 5 inch border all around. Lightly rake through the soil to even it out and loosen it even more, then carefully, and evenly sprinkle the seeds around. If doing radish seeds or spinach, just make lines the depth mentioned on the seed pack, plant the seeds and cover appropriately. For salad greens I sprinkled a lite covering of soil over the seeds and then spray-misted to water them in. I put my bags on metal sawhorses and grates to make them waist level. This kept the bags off the hot concrete and I didn't have to bend over when cutting my salad. When harvesting, just use a pair of scissors and cut what you need - don't pull the plants out. Same goes for spinach - they will grow back almost magically overnight, and you can't tell where you cut. Spray mist the seeds and plantlings at first when watering, until they are established, then you can water more vigorously as the plants mature. You will probably need to water more often, since the depth of the bags are not as deep as a regular in-ground garden. I just kept mine moist, not sopping wet.



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# Spring

## Lawn and Garden Tips

The snow has melted and left behind the remnants of last summer's beautiful garden and yard. Not so pretty. Looks like it's time to put on the mud boots and gloves and get to work.

As the cold of winter comes to an end and we transition to the warmer temperatures of spring, now is the perfect time to begin your annual spring lawn and garden maintenance according to members of the Milwaukee/NARI Home Improvement Council, Inc. Members share advice for inspecting your property for wind and snow damage and making necessary repairs.

"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," 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 1st to make any adjustments to base layers, edging, and surface elements."

"Once the snow begins to recede, you can begin Gary Urban of Hawks Landscaping Co. Inc., a Division of the

Hawks Nursery Co., Inc. in Wauwatosa recommends "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 damage to your lawn is to rake out dead grass and later in the spring to add soil and seed. "The soil needs to warm up, because if the ground is too hard, the seeds can't grow. We usually wait until early May to do seeding," said Urban.

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

If you are 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.

Clean, sharpen, and lubricate your garden tools such as digging shovels and pruning tools. Well-maintained equipment will last longer, make your work a lot easier, and is better for your plants and soils.

For more information or to receive a free copy of an annual membership roster listing all Milwaukee/NARI Home Improvement Council 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](http://www.milwaukee-nari.org).



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Do circumstances dictate your future? Do you recognize opportunity when you see it?

A new girl came to class who needs extra help with her reading. I have her mother's name and phone number, will call and introduce myself and set up a meeting in their home. I will begin the process again...

## She's Eight, and She's in Third Grade

By Judy Ann Sly Loth

I take the children to a room where we have some quiet, in this school where teachers' demanding voices travel and students walk the halls without a goal. The children I work with can be very easily distracted. "Miss Judy, what are all those gold things in your mouth?" "They're called bridges." "Miss Judy, why can we see the veins on your hands?" "Because I'm old." "Miss Judy, can I touch your hair?" "Yes, of course, but let's get back to work." And on and on.

Spring is just around the corner and I am finishing my second year as a literacy tutor for third grade in a central city school. Phonics, reading stories and grasping themes, putting feeling into quoted sentences, and discussing the importance of embracing reading encompass my time with the students. I also attend their programs at school and chaperone field trips when the class ventures out into the city. I have come to appreciate a few things on my sojourner which I was ignorant to before, and those realizations have made me wish that every parent could sit in for a few days with their child's classroom and see what really happens. First of all, the teachers are underpaid in my estimation. I do not care what they make or what their benefits are, it is not enough. There were twenty seven children and one teacher in the first class I worked with. I was, and still am, the only tutor in the school, and my time with each child has been quite limited. The teacher's one-on-one time was nonexistent, and this was not due to anything she was doing wrong. It was a simple matter of 27 to 1. Second, all students do not sit in their seats, eager to learn. If one is out of line, all the others must wait. This decreases valuable learning time for the non-offenders. Third, all children do not appear at the door of third grade, at, or just below grade level abilities.

A large portion of the demographics which compose the community that feeds into this school is not made up of people who value education. This, by no means, dictates they do not love and want what is best for their children. Many of them have had limited opportunities themselves, and survival far outweighs perusing the newspaper or sitting down with a best seller. Compound these thoughts with the fact that a large portion of the parents themselves, never actually learned how to read.

The boys and girls I work with range from advanced reading levels all the way down to first grade level readers. The delays in reading ability have been masked over until this point, but in fourth grade there will be no catching up if the basic skills are not grasped. For that reason, I have pledged myself to helping the most remedial students after school, my goal being that they enter fourth grade better prepared. I called the mother of the first young man I chose to work with, went to his home to introduce

myself, explained my goals, and had permission slips signed. I offered to work with him for an extra hour each week and drive him home after. I made it very clear that this was my idea, and in no way associated with the school system, although I had permission to use their classrooms. My offer was met with great enthusiasm from his mother and she vowed my suggested fifteen minutes of listening to him read per night. At school we worked on things he chose, within the learning guidelines I offered. I truly believed that we could get him close to third grade capabilities by the end of the semester and gave him high-fives and shoulder hugs as his face lit up with each goal met. As an extra incentive, I brought healthy snacks for him in case he was hungry at the end of the school day. We worked well for a couple months until the call of walking home with friends and stopping at the candy store became too great for him to resist. I phoned his mother and told her he no longer chose to stay after, which she did not dispute, adding that he is only eight years old, and in third grade.


I wanted desperately, but you can't want someone else's goals. No matter how I tried to explain that reading is the one true key to education and promise of a future, I had to be aware also that my realities were not his realities. I do not walk home from school in an area that many adults would rather drive, than walk through. I do not wake up nightly to gunshots or sirens. I do not live in a neighborhood where there are more drug houses and taverns than libraries and block parents. I do not begin my day in yesterday's clothes, without breakfast. His single-parent home may have an older sister who is pregnant with yet another child, offering the chaos of a multi-generation household. His reality may visualize opportunities that might be more associated with the man who drives the nicest car in the neighborhood and flashes hundred dollar bills. It may be easier for him to accept his place in that world, then to struggle through the labyrinth of life that I am trying to lay out for him, believing it to be unattainable. Do circumstances dictate your future? Do you recognize opportunity when you see it? These are questions follow through the generations.

A new girl came to class who needs extra help with her reading. I have gotten her mother's name and phone number, will call and introduce myself and set up a meeting in their home. I will begin the process again with high fives, beaming smiles and healthy snacks. But this time, I will temper my enthusiasm with one altered realization; that she's only eight years old, and she's in third grade.

Submitted by Judy Ann Sly Loth. Judy is a professional volunteer and freelance writer living in the Wauwatosa area. She can be reached at jaloth@hotmail.com

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**The husband leans** over and asks his wife, 'Do you remember the first time we had sex together over fifty years ago? We went behind the village tavern where you leaned against the back fence and I made love to you.'

'Yes', she says, 'I remember it well.'

'OK,' he says, 'How about taking a stroll around there again and we can do it for old time's sake?'

"Oh Jim, you old devil, that sounds like a crazy, but good idea!"

A police officer sitting in the next booth heard their conversation and, having a chuckle to himself, he thinks to himself, 'I'll just keep an eye on them so there's no trouble. So he follows them.'

The elderly couple walks haltingly along, leaning on each other for support aided by walking sticks. Finally, they get to the back of the tavern and make their way to the fence. The old lady lifts her skirt and the old man drops his trousers. As she leans against the fence, the old man moves in. Then suddenly they erupt into the most furious sex that the policeman has ever seen. This goes on for about ten minutes with loud noises, moaning and screaming. Finally, they both collapse, panting on the ground.

The policeman is amazed. He thinks he has learned something about life and old age that he didn't know.

After about half an hour of lying on the ground recovering, the old couple struggle to their feet and put their clothes back on. The policeman thinks to himself, this is truly amazing, I've got to ask them what their secret is.

So, as the couple passes, he says to them, 'Excuse me, but that was something else. You must've had a fantastic life together. Is there some sort of secret to this?'

**Shaking, the old man is barely able to reply,** 'Fifty years ago that wasn't an electric fence.'



## LAUGH OUT LOUD! COFFEE BREAK

### Why our medical costs are so high...

Here's what happened to Kevin:

Kevin walked into a doctor's office and the receptionist asked him what he had. Kevin said: 'Shingles.' So she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Kevin what he had. Kevin said, 'Shingles.' So she wrote down his height, weight, a complete medical history and told Kevin to wait in the examining room.

A half hour later a nurse came in and asked Kevin what he had. Kevin said, 'Shingles..' So the nurse gave Kevin a blood test, a blood pressure test, an electrocardiogram, and told Kevin to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Kevin sitting patiently in the nude and asked Kevin what he had.

Kevin said, 'Shingles.' The doctor asked, 'Where?'

Kevin said, 'Outside on the truck. Where do you want me to unload 'em??'

### World's Shortest Fairy Tale

Once upon a time, a Prince asked a Princess "Will you marry me?"

She said "No."

...And the guy lived happily ever after and went fishing and hunting and drank beer all day every day for the rest of his natural days. **THE END**

**In the year 2011**, the Lord came unto Noah, who was now living in America and said:

"Once again, the earth has become wicked and over-populated, and I see the end of all flesh before me. Build another Ark and save two of every living thing along with a few good humans. You have 6 months before I will start the unending rain for 40 days and 40 nights."

Six months later, the Lord looked down and saw Noah weeping in his yard - but no Ark. "Noah!," he roared, "I'm about to start the rain! Where is the Ark?"

"Forgive me, Lord," begged Noah, "but things have changed. I needed a building permit. I've been arguing with the boat inspector about the need for a sprinkler system."

"My neighbors claim that I've violated the Neighborhood By-Laws by building the Ark in my back yard and exceeding the height limitations. We had to go to the Local Planning Committee for a decision."

"Getting the wood was another problem. There's a ban on cutting local trees in order to save the Greater Spotted Barn Owl. I tried to convince the environmentalists that I needed the wood to save the owls - but no go!"

"When I started gathering the animals the RSPCA took me to court. They insisted that I was confining wild animals against their will. They argued the accommodations were too restrictive, and it was cruel and inhumane."

"Then the Environmental Agency ruled that I couldn't build the Ark until they'd conducted an environmental impact study on your proposed flood. I'm still trying to resolve a complaint with the Human Rights Commission on how many minorities I'm supposed to hire for my building crew. The trades unions say I can't use my sons. They insist I have to hire only Union workers with Ark-building experience."

"To make matters worse, the Inland Revenue seized all my assets, claiming I'm trying to leave the country illegally with endangered species."

"So, forgive me, Lord, but it would take at least 10 years for me to finish this Ark."

Suddenly the skies cleared and a rainbow stretched across the sky. Noah looked up in wonder and asked, "You mean you're not going to destroy the world?"

"No," said the Lord. "The Government beat me to it"

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Stundel's family in 1937, before the Nazi invasion of Poland



Stundel at home in Milwaukee, 1980

## Holocaust Survivor Confronted Milwaukee Nazis **ODD WISCONSIN**

21-year-old Cyla Stundel watched from the woods as the Gestapo murdered her entire village in 1942. Seven years later she settled in Milwaukee, where she raised her family. About 1972 she was shopping downtown when she encountered neo-Nazis handing out propaganda.

"I saw the Nazi standing there with the swastikas on the arms," she said, "and a woman came over to me, she wanted to give me literature. And then everything went before my eyes, and I begin to fight with her."

Although Stundel was a small woman, she took on the American fascists with uninhibited passion.

"I told her, 'You giving me this? What? You killed my sisters and brothers and six million Jews?' And I got so hysterical... I cursed them and they got, I think, scared. And my blood pressure went up. I went numb."

"They got scared maybe I'll make a riot, me! Six Nazis, like the troopers with the flags and the boots and the helmets, like in the old country. The Nazis, they was walking back and forth. They thought that I'll make a riot..."

"I came home. I cried. I called up my son and I told him. He said, 'Mama, I'm proud of you, you done this.' ... And then until now I am so mad at myself. Why didn't I slap this woman over the face?"

"I'm scared. You know they shouldn't repeat, history shouldn't repeat itself."

You can listen to Ms. Stundel's story, and those of other survivors who settled in Wisconsin, at [wisconsinhistory.org/holocaustsurvivors](http://wisconsinhistory.org/holocaustsurvivors)

Sources: By Michael Edmonds. Oral history interview with Cyla Stundel <http://www.wisconsinhistory.org/HolocaustSurvivors/Stundel.asp>

## Yom HaShoah – Holocaust Remem- brance Day

April 19, 3 to 5pm  
Milwaukee Jewish Federation  
Remember the six million who perished in the Holocaust and honor those who have survived. Keynote speaker is Rabbi Phillip Lazowski who survived the Holocaust by hiding for almost three years in the White Russian woods. For more information about this commemoration, visit [www.MilwaukeeJewish.org/Yamim](http://www.MilwaukeeJewish.org/Yamim).

## Israel Indepen- dence Day Celebra- tion

April 26, 1:30pm  
Harry & Rose Samson Family Jewish Community Center  
Join us in this family-friendly celebration of Israel! Family fun includes shopping with shekels at an Israeli-style shuk (marketplace), creating a recycled art map of Israel, testing your endurance in an IDF obstacle course, decorating and tasting fresh Israeli desserts and taking your picture anywhere in Israel. For more information about this celebration, visit [www.MilwaukeeJewish.org/Yamim](http://www.MilwaukeeJewish.org/Yamim).



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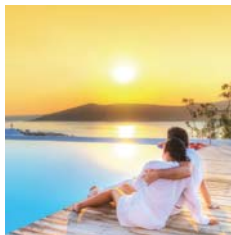
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# TOP 3 Best Islands in the World

continued on page 7



budget hovers around \$1,000. For a retired couple renting on-island, a typical monthly budget is closer to \$1,800.

With less than 20,000 residents, little Ambergris Caye, Belize—also English-speaking—offers expats a laidback, Caribbean retirement with easy access to mainland Belize and to the States.

Ambergris has racked up a series of “best island” awards over the last few years, but it is much more than a tourist destination.

“Every day I can enjoy the gorgeous Caribbean Sea and the sight of waves crashing on the offshore Mesoamerican Barrier reef. The Caribbean’s aquamarine hues never fail to dazzle me,” says InternationalLiving.com’s Belize correspondent Ann Kuffner.

“With the sea to the east, and the lagoon to the west, breath-taking water views surround us here on Ambergris. I just love how the weather is so balmy, year round, that we can dine at an open air beach café, day or night, without the need for a sweater.”

“You could live on Ambergris for under \$2,000 a month, although this is easier if you own your own home. How much you pay in rent is usually determined by how close you want to live to the beach, with beachfront properties usually commanding a higher price. Away from the beach, lots of options are available for less than \$750 a month,” Kuffner reports.

In Southeast Asia, Penang Island in Malaysia offers excellent healthcare, Western amenities and a low cost of living, with expats reporting a monthly budget of \$1,500 for a couple, housing included.

One of the oldest outposts of the former British Empire, Penang delivers 110 square miles of tropical treasures. A lush, mountainous island oozing history and heritage, Victorians christened it “the Pearl of the Orient.” It lies anchored on the Spice Route, just off Malaysia’s west coast, a two-hour drive from the borders of southern Thailand.

“Penang is terrific for an outdoor lifestyle. I can be at the beach within minutes of leaving my apartment or in the jungles hiking in the same amount of time and never see another soul for hours on end. When I want, I can cycle around the whole island in a day,” says Keith Hockton, InternationalLiving.com’s Asia correspondent.

The full report on the top five islands for retirees, which includes a breakdown of a typical monthly budget for a couple living on each, can be read here: [InternationalLiving.com](http://InternationalLiving.com) The Best Affordable Tropical Islands for Retirees.

A very successful attorney parked his brand new Bentley in front of his office, ready to show it off to his colleagues. As he was getting out, a truck came along too closely and completely tore off the driver’s door.

Fortunately, a cop in a police car was close enough to see the accident and pulled up behind the Bentley with his ...lights flashing.

Before the cop had a chance to ask any questions, the attorney started screaming hysterically about how his Bentley, which he had just purchased the day before, was completely ruined and would never be the same, no matter how any car body shop tried to make it new again.

After the lawyer finally wound down from his rant, the cop shook his head in disbelief. “I can’t believe how materialistic you lawyers are,” he said. “You are so focused on your possessions that you neglect the most important things in life.”

“How can you say such a thing?” asked the lawyer

The cop replied, “Don’t you even realize that your left arm is missing? It was severed when the truck hit you!”

“OH, MY GOD!!!!” screamed the lawyer.

“My Rolex!”



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## Will Baby Boomers Ever Truly Retire?

Baby boomers realize that their retirements may not unfold like those of their parents. Perceptions of retirement have changed for this generation. A majority of boomers expect to work in their sixties and seventies, and that expectation may reflect their desire for engagement rather than any economic desperation.



Provided by Tim Stasinoulis, RFC

Pew asked heads of 7,000 U.S. households how they envisioned retirement and also added survey responses from focus groups in Phoenix, Orlando and Boston. Just 26% of respondents felt their retirements would be work-free. A slight majority (53%) told Pew they would probably work in some context in the next act of their lives, possibly at a different type of job; 21% said they had no intention to retire at all.

**Working longer may help boomers settle debts.** A study published by the Employee Benefit Research Institute in January (*Debt of the Elderly and Near Elderly, 1992-2013*) shows a 2.0% increase in the percentage of indebted households in the U.S. headed by breadwinners 55 and older from 2010-13 (reaching 65.4% at the end of that period). EBRI says median indebtedness for such households hit \$47,900 in 2013 compared to \$17,879 in 1992. It notes that larger mortgage balances have been a major factor in this.

**Debts aside, some people just like to work.** Those presently on the job expect to stay in the workforce longer than their parents did. Additional EBRI data affirms this – last year, 33% of U.S. workers believed that they would leave their careers after age 65. That compares to just 11% in 1991.

**How many boomers will manage to work past 65?** This is one of the major unknowns in retirement planning today. We are watching a reasonably healthy generation age into seniority, one that can access more knowledge about being healthy than ever before – yet obesity rates have climbed even as advances have been made in treating so many illnesses.

Working past 65 probably means easing into part-time work – and not every employer permits such transitions for full-time employees. The federal government now has a training program in which FTEs can make such a transition

while training new workers and some larger companies do allow phased retirements, but this is not exactly the norm.

Working less than a 40-hour week may also negatively impact a worker's retirement account and employer-sponsored health care coverage. EBRI finds that only about a third of small firms let part-time employees stay on their health plans; even fewer than half of large employers (200 or more workers) do. The Transamerica Center for Retirement Studies says part-time workers get to participate in 401(k) plans at only half of the companies that sponsor them.

**Boomers who work after 65 have to keep an eye on Medicare and Social Security.** They will qualify for Medicare Part A (hospital coverage) at 65, but they should sign up for Part B (doctor visits) within the appropriate enrollment window and either a Part C plan or Medigap coverage plus Medicare Part D.

Believe it or not, company size also influences when Medicare coverage starts for some 65-year-olds. Medicare will become the primary insurance for employees at firms with less than 20 workers when they turn 65, even if that company sponsors a health plan. At firms with 20 or more workers, the workplace health plan takes precedence over Medicare coverage, with 65-year-olds maintaining their eligibility for that employer-sponsored health coverage provided they work sufficient hours. Boomers who work for these larger employers may sign up for Part A and then enroll in Part B and optionally a Part C plan or Part D with Medigap coverage within eight months of retiring – they do not have to wait for the next open enrollment period.

Prior to age 66, federal retirement benefits may be lessened if retirement

**Will Boomers Ever Retire?** continued on page 18

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## Beginner's Mensa

Continued from page 6

1. Answer: Johnny of course
2. Answer: Meat.
3. Answer: Mt. Everest; it just wasn't discovered yet. [You're not very good at this are you?]
4. Answer: There is no dirt in a hole.
5. Answer: Incorrectly
6. Answer: Billy lives in the Southern Hemisphere
7. Answer: You can't take pictures with a wooden leg. You need a camera to take pictures.
8. Answer: Same as it is now - Barack Obama [Oh, come on ...]
9. Answer: You would be in 2nd. Well, you passed the person in second place, not first.
10. Answer: Neither, the yolk of the egg is yellow [Duh!]
11. Answer: One. If he combines all of his haystacks, they all become one big one.

## Riddle Answers from page 6

- 1) The man is of short stature. He can't reach the upper elevator buttons, but he can ask people to push them for him. He can also push them with his umbrella.
- 2) The dish will be full at 12:44.
- 3) Keep the first bulb switched on for a few minutes. It gets warm, right? So all you have to do then is ... switch it off, switch another one on, walk into the room with bulbs, touch them and tell which one was switched on as the first one (the warm one) and the others can be easily identified.



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## Will Baby Boomers Ever Truly Retire?

continued from page 16

income tops certain limits. In 2015, if you are 62-65 and receive Social Security, \$1 of your benefits will be withheld for every \$2 that you earn above \$15,720. If you receive Social Security and turn 66, this year, then \$1 of your benefits will be withheld for every \$3 that you earn above \$41,880.

Social Security income may also be taxed above the program's "combined income" threshold. ("Combined income" is defined as adjusted gross income + non-taxable interest + 50% of Social Security benefits.) Single filers with combined incomes from \$25,000-\$34,000 may have to pay federal income tax on up to 50% of their Social Security benefits in 2015, and that also applies to joint filers with combined incomes of \$32,000-\$44,000. Single filers with combined incomes above \$34,000 and joint filers whose combined incomes top \$44,000 may have to pay federal income tax on up to 85% of their Social Security benefits.

**Are boomers really the retiring type?** Given the amazing accomplishments and vitality of the baby boom generation, a wave of boomers working past 65 seems more like a probability than a possibility. Life is still exciting; there is so much more to be done.



Timothy M. Stasinoulis is the CEO and Founder 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.BoomersWealth.com](http://www.BoomersWealth.com). He and his team specialize in providing guidance to individuals and families in transition as a result of retirement, sale of a business, divorce, or death. Tim has been a frequent guest on FOX6 Wake-Up and has been named a Five Star Wealth Manager in 2013, 2014, and 2015.

## Choosing Healthy Fish for Your Favorite Fry

continued from page 9

servatives like polyphosphates, sulfites, sodium benzoate, and polytrisorbate to control mold, yeast, and bacteria and to make them appear appetizing. The FDA allows these preservatives, but they don't have to appear on the labels of the fish you buy.

The long-term health effects of consuming these preservatives are unknown, so it's best to avoid suppliers who use these preservatives. One guideline is that warm water fish (like Orange Roughy) are more likely to have preservatives than coldwater fish.

Otherwise, use your judgment and know your supplier to make sure that you're getting high quality fish without preservatives.

### Wild Fish vs. Farmed Fish

You have probably heard the debate and are wondering, "Do I choose wild fish or farm raised fish?" When it comes to your health, we recommend wild caught fish, and here's why: Farm raised fish generally have the same level of omega-3 fatty acids as wild fish, but when it comes to fat and calories, the farm raised fish have more. Because farm raised fish don't have lots of room to swim and are prone to disease, they are often given antibiotics as well as commercial dyes to give them a healthy color. Having said this, however, there are many aqua-culturists that operate responsibly and you can eat the fish from these farms without sacrificing your health or flavor. Even the feed they are given may have toxins that are passed on to the consumer. Farm raised fish often costs less than their wild caught counter parts.

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# AGEISM and Its END

**Life teaches us that nothing stays the same for long.**

Continued from page 3

By Brendan Hare

Until I retired, and officially joined the ranks of “the olds,” I lived for decades as an unreflecting and unapologetic ageist. I’m not a mean-spirited person. I pride myself on being open-minded and progressive. I’ve always tried to guard against bias in my thoughts and actions, and to fight bigotry wherever it cast its sulphurous gloom. But somehow, my prejudices about old people seemed to be natural, to reflect the facts of life, to share in the universal consensus. Being old was simply bad, wasn’t it? This felt like a solid fact, an incontrovertible position and, in the U.S. of A., also a basically uncontroversial one. In America—youth-worshipping, plastic-surgery-tweaked America—ageism stands as one of the last widely acceptable social prejudices.

Everyone, it seems, indulges in it, even the most conscientious among us. It’s reflected in our workplaces, courts, laws, and public policies. In movies, on television shows, on the nightly news, and in pharmaceutical commercial after pharmaceutical commercial, we chuckle and grin to see seniors portrayed as cute, helpless, and feeble, stumbling through what’s left of their lives in a fog of befuddlement. We’ve developed a whole vocabulary to express such prejudices: *Having a senior moment? Can you hear me? Where are your keys? Do they still allow you to drive? Well, be careful. Are you sure you can handle all this by yourself? Wow, you’re so capable and independent. So youthful! How inspiring. I mean, for someone your age. What are your plans for the time you have left? A few laps around the old mall? Or maybe you’ll stay in, catch up on your programs? Wait! Did you take your meds? Sure? Good for you.*

The term “ageism” is an abstraction. Like other prejudices, it works by constructing artificial barriers. On one side of the wall, older people languish, mistreated and misunderstood. On the other side, younger people lose access to a vast store of wisdom and experience, and are tempted to adopt a false vision of life—to live as if old age were something that only happened to other people. In this way, ageism acts like an environmental toxin. As it spreads, it imperils us all, old and young alike.

It is probably impossible to measure how much society loses by tolerating prejudice against the old. But for seniors, the consequences of ageism are troublingly apparent.

First, it sets up a dangerous loop: Age discrimination tells seniors, *Time has made you infirm, obsolete, and worthless.* In response—as is natural—seniors feel pressure to accept and internalize this view of themselves, with disastrous consequences for their mental and physical health. Studies have correlated experiences of ageism with memory loss, cardiovascular sickness, and low self-esteem. One study suggested that experiencing age discrimination diminished older people’s will to live. Another reported that seniors who harbored negative views about old age faced life expectancies that were, on average, seven and a half years shorter than those of their peers.

I began conducting research for a project about aging in America. One of the people I interviewed, a resident in an assisted-living facility, asked the facility to arrange to put me up in a spare room for a night. He thought that spending a full twenty-four hours there would help my research. I declined as politely and as firmly as I could. To be honest, the prospect made me deeply uncomfortable, as if old age were contagious—as if I might lose twenty years in one night. I got over this eventually. But it made me realize that, for much of my life, I’d had relatively little exposure to the old. In this regard, I’m not alone. We are educated alongside people who share our birth year. We spend our working lives with people who are, in most cases, about our own age, or within a decade or two of it. When it comes time to retire—and there’s a socially acceptable age for that too—many of us flee to sunny places, to be close to other retirees, lest we get caught lingering in the noisy world of the whippersnappers. Consider: If you are young, do you have a friend or acquaintance outside your family who is over seventy? If you are old, who do you know under thirty?

Life teaches us that nothing stays the same for long. I’m happy to predict that ageism, too, must change. I think it will be washed away, or at least significantly eroded, by the fast approaching “silver tsunami.”

*Brendan Hare is a retired attorney and the author of From Working to Wisdom: The Adventures and Dreams of Older Americans, available at Amazon. For more info, visit fromworkingtowisdom.com.*

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## April is National "Sports Eye Safety Month"

*Looking forward to a beautiful day out on the course? The following tips will not only protect you from potential injuries, but can also help prevent or slow the development of vision-threatening conditions.*



## Golf tips to keep your eyes on the ball and out of harm's way

By Cheryl L. Dejewski

### Add Sun Protection to Your Golf Gear

"Numerous studies have shown a link between exposure to ultraviolet light (UV) and eye diseases, such as cataracts and macular degeneration. Given the evidence, it's important to seek maximum sun protection for the eyes, especially out on the golf course," notes Mark Freedman, MD, senior partner at Eye Care Specialists ophthalmology practice. "Wearing a brimmed hat or visor can reduce ocular exposure by 50 percent, and ordinary, close-fitting sunglasses can reduce UV exposure by about 95 percent. If you already wear glasses for everyday use, you can have them treated with a coating for UV-light protection or wear special protection made to go over or behind your regular lenses."

Brett Rhode, MD, Head of Ophthalmology at a major Milwaukee-area hospital, adds, "When shopping for sunglasses, keep in mind that darker does not always mean better. Some cheaply made sunglasses are so dark that they force the pupil to enlarge, thus actually letting more damaging light rays into the eye. Many manufacturers now voluntarily exceed the standard and identify their product as 100% UV absorbing. This protection can be found in all price ranges."

### Beware of Lost & Flying Balls

Eyewear can also come in handy to protect against corneal abrasions when playing in a sand trap or searching for a ball amid trees and brush. Eye surgeon Daniel Ferguson, MD, advises, "If you poke or scratch your eye, seek immediate treatment to prevent serious infection and to ensure that no further injury has occurred deeper in the eye."

Tree branches and bugs aren't the only things that find their way into golfers' eyes. "Balls used in many sports, especially golf, fit neatly into the bony orbit of the skull surrounding each eye, allowing the full force of the ball to strike the eye," says ophthalmologist Daniel Paskowitz, MD, PhD. "Use common sense and remember to stand in back of the person or off to the side behind a tree when anyone is about to swing a club."

"Even better, wear glasses or sunglasses with polycarbonate lenses. These offer the best protection against damage caused by a ball soaring off course," adds eye care specialist Michael Raciti, MD. "And, if you do suffer a blow to the eye, apply cold compresses and seek immediate emergency attention."

### Keep Contact Lenses From Handicapping Your Game

Another potential handicap for golfers (especially contact lens wearers) is contending with the wind, sand and sun that can lead to dry, irritated eyes. "Wearing a pair of sunglasses and carrying a small bottle or disposal units of artificial tear wetting solutions can help keep your concentration on the game and not your sore eyes," says optometrist David Scheidt, OD.

Freedman concludes, "Make golf a pastime to enjoy now and in the future—keep your eyes on the ball and out of harm's way."

### FREE Booklets & Information

The physicians quoted in this article are partners at Eye Care Specialists, an ophthalmology practice dedicated to providing the highest quality AMD, cataract, glaucoma, diabetes, dry eye, accident/injury, and laser vision correction care. Call 414-321-7035 for FREE copies of their booklets/handouts on these conditions 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 Avenue. They also offer information at [www.eyecarespecialists.net](http://www.eyecarespecialists.net).

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There are more than 153,000 adults over the age of 60 in Milwaukee County. While many older adults remain active and independent, others are isolated, frail and in great need of help in day-to-day living. At Interfaith Older Adult Programs, more than 2,350 volunteers donate their time, energy and resources each year to help adults 50+ in the Milwaukee area stay healthy, active and engaged in their communities.

# VOLUNTEER

## Volunteer Opportunities

Starting at age 14 and up, Interfaith offers many volunteer opportunities to match personal interests, talents and schedules. Volunteers help older adults each day by: providing rides to doctor appointments or the pharmacy; helping with grocery shopping; working around the yard on seasonal chores, such as cutting grass, raking leaves and snow shoveling; or simply making friendly home visits. Even more volunteers can be found at Interfaith-run senior centers and senior dining sites, helping with everyday activities and meal service.

"Interfaith volunteers make an incredible difference in thousands of lives in our community, and we're so grateful for them," said Felice Green, director of public relations/marketing for Interfaith. "We hear from our older adult clients nearly every day on how just a little help or a simple act of kindness from one of our volunteers makes a world of difference."



## Volunteerism for Older Adults

Another sector of volunteer opportunities is designed specifically for adults 55+. Through Interfaith's Retired and Senior Volunteer Program (RSVP), older adults have the opportunity to volunteer their time by tutoring Milwaukee Public School students, making daily phone checks to isolated seniors, volunteering for veterans and becoming a senior ambassador. Another volunteer opportunity for adults 55+ is Interfaith's Foster Grandparent Program. Older adults provide one-on-one attention to children with special needs, helping them develop the skills, confidence and strength they need to succeed in life.

Volunteers looking to get involved can log on to [interfaithmilw.org](http://interfaithmilw.org).

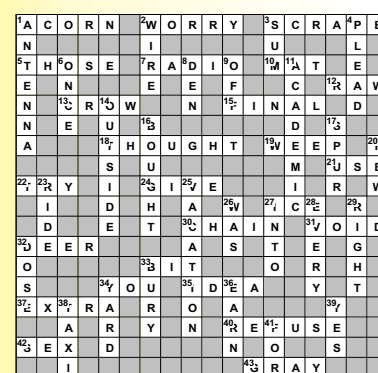
*"In my many years I have come to a conclusion that one useless man is a shame, two is a law firm, and three or more is a congress."*

~John Adams

\*Nothing sucks more than that moment during an argument when you realize you're wrong.

\*I totally take back all those times I didn't want to nap when I was younger.

## Puzzle on page 22



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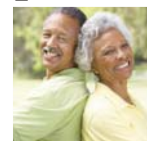
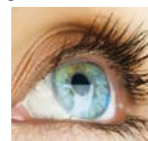


Residents pay approximately 30% of their adjusted income for rent & utilities. Restrictions apply. To be determined by project and program eligibility which is established by the Department of Housing & Urban Development and Metropolitan Associates resident selection plan.



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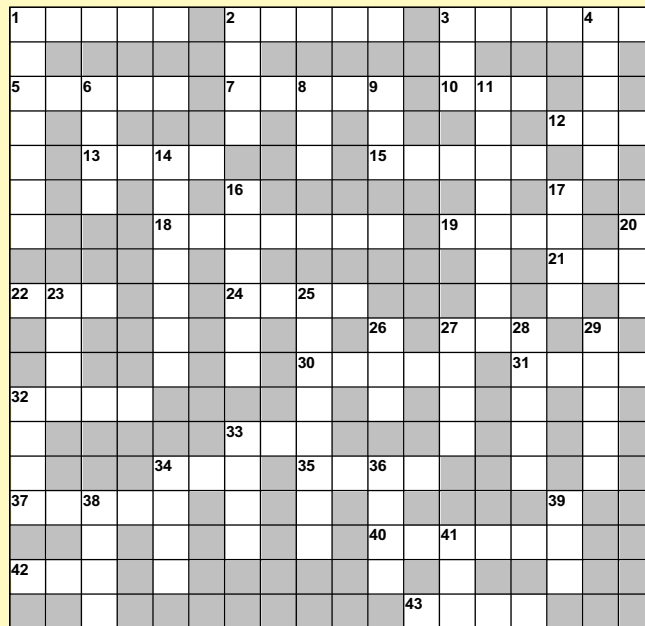
# BRAIN POWER

## ACROSS

1. Hit Chicken Little
2. Anxiety cause
3. Dislodge old paint
5. Plural of that
7. Airwaves listening device
10. Wipe feet on
12. Uncooked
13. Large black bird
15. Last Exam
18. Every action preceded by
19. Quiet crying
21. Practice of employing something
22. Attempt
24. Donate
27. Frozen water
30. Saw for tree trimming
31. An unused check
32. Antlered animal
33. Drilling or boring tool
34. Not me
35. A light bulb turns on
37. More than needed
40. To not accept
42. Male or female species division
43. Eventual hair color

## DOWN

1. Rabbit ears
2. Used to connect electricity
3. Result of addition
4. To argue a case
6. .... upon a time
8. Where bears hibernate
9. Not on
11. Scholar
14. The external appearance
16. Purchased
17. These jingle jangle jingle
20. Not many
23. To sit and be moved
25. Work break
26. Past tense of be
27. Not out of
28. All
29. Made up of three lefts
32. To nod off
33. May precede final document
34. A measure of cloth
36. Obtain by hard work
38. Form of public transportation
39. Consenting reply
41. Two ... the price of one



Answers to this month's puzzle on page 21

### Female Medical Examination

During a lady's medical examination, the doctor says,  
 "Your heart, lungs, pulse and blood pressure are all fine.  
 Now let me see the part that gets you ladies in all kinds of  
 trouble. The lady starts undressing but is interrupted by the  
 doctor.  
 "No! No! .... Just stick out your tongue!"

### A Georgia State Trooper...

pulled over a pickup on  
 I-75. The trooper asked:  
 "Got any I.D.?"  
 The driver replied: "Bout  
 whut?"

"And will there be anything else, sir?" the bellboy asked  
 after setting out an elaborate dinner for two.

"No thank you," the gentleman replied. "That will be all."  
 As the young man turned to leave, he noticed a beautiful  
 satin negligee on the bed. "Anything for your wife?" he  
 asked.

"Yeah! That's a good idea," the fellow said. "Please bring up  
 a postcard."

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

Sorry for the 'soar' and 'beat' mix up last month. I am blaming it on the computer -really!! Demonstrates the inefficiency of spell check and the need to pay attention during English class! Hope we do better this month!

ABBREVIATE	DEMANDING	GRANDCHILD	PRIDE	TERRIBLE
ADMISSION	DREAD	GROWN	RESENT	TESTIFY
ANNOY	ELBOW	INSTEAD	SCHOOL	THOSE
ANTEATER	FIELD	ITSELF	SENSE	THREATEN
APPLE	FLOOR	JUDGE	SHAME	TRUST
AWAIT	FLOWER	MORTAR	SISSY	WELLS
AWAKE	FREAK	NECESSARY	SOUVENIR	
BANANA	GIVEN	NURSE	SPEECH	
BUTTER	GORILLA	OFFICE	START	
CHANGE	GOSSIP	PAJAMAS	STATE	
CHEAP	GRADE	PEPPY	TANDEM	

## GENERATION WHY??

People born before 1946 were called **The Silent generation..**  
People born between 1946 and 1964 are called **The Baby Boomers.**  
People born between 1965 and 1979 are called **Generation X.**  
People born between 1980 and 2010 are called **Generation Y.**

### Why do we call the last group Generation Y?

Y should I get a job?  
Y should I leave home and find my own place?  
Y should I get a car when I can borrow yours?  
Y should I clean my room?  
Y should I wash and iron my own clothes?  
Y should I buy any food?  
Y are you always picking on me?

A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt and is named 'Amal.' The other goes to a family in Spain, they name him Juan'. Years later, Juan sends a picture of himself to his mum. Upon receiving the picture, she tells her husband that she wished she also had a picture of Amal. Her husband responds, "But they are twins. If you've seen Juan, you've seen Amal."

"An old-timer is someone who can remember when a naughty child was taken to the woodshed instead of to a psychiatrist." —David Greenberg

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