

Celebrate Life **Boomers!**

A FREE PUBLICATION FOR ALL GENERATIONS

Summer
JUNE • JULY • AUGUST
2015

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

GET YOUR **BOOM** ON!

WHAT'S INSIDE?
~page 6



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1842

JULY 16 **RODNEY ATKINS**
Thursday, July 16 • 8 pm
VIP \$15 Elite VIP \$75
FM 106.1
MILWAUKEE COUNTRY

JULY 17 **REO SPEEDWAGON**
Friday, July 17 • 8 pm
VIP \$15 Elite VIP \$75 **Sold Out**
WOLFE ROCK
106.5

JULY 18 **JACKYL & QUIET RIOT**
Saturday, July 18 • 8 pm
VIP \$15 Elite VIP \$75
102.9 THE HOG
EVERYTHING THAT ROCKS!

JULY 19 **THREE DOG NIGHT**
Sunday, July 19 • 6 pm
VIP \$15 Elite VIP \$50
Oldies 95.7

Admission Special

THURSDAY, JULY 16 – CARLOAD DAY

sponsored by Boucher Automotive Group

\$20 admission and parking per vehicle before 4 pm

Seniors 62 & over \$5 admission and free parking with WeatherTight Corp. coupon. Visit WeatherTightCorp.com to print out coupon and redeem at the gate.



LOOK UP IN AWE
HOT AIR BALLOONS

INCLUDED WITH ADMISSION

Weather Permitting Wednesday, Thursday & Friday



ANNUAL
Classic Car Show

Sunday, July 19
3-9 pm
PRESENTED BY RANDLE DABLE
BRISK FUNERAL HOME

FOR MORE EVENTS & TICKET INFO. VISIT

WaukeshaCountyFair.com

WED. noon - 10 pm • THURS. - SAT. 10 am - Mid. • SUN. 10 am - 9 pm
Take I-94 to Hwy. J (exit 294) south to Northview Rd., west to Expo Grounds, Waukesha, Wisconsin.



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\$6 TICKETS
NOW - JUNE 30 • NO BALONEY
WISCONSIN STATE FAIR
AUGUST 6-16
Presented By
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Save BIG when you plan ahead and pick up your \$6 State Fair tickets before June 30.
It's easy and convenient! Just visit:

- WISCONSIN BANK MUTUAL BANK OFFICES
- WISCONSIN SENTRY FOODS STORES
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GREEK FESTIVAL
August 21, 22, & 23
www.OpaGreekFest.org
FRIDAY
4pm-9:30pm
SAT & SUN
Noon - 9:30pm
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AHEPA is a non-profit organization
All proceeds benefit Scholarship Programs and Community Projects



The Traveling



BEER GARDEN™



The Traveling Beer Garden™ is run by Milwaukee County Parks staff. All the revenue collected goes back into improving the parks across Milwaukee County. Featuring craft beer, gourmet sodas, Hard Root Beer, Hard Ginger Beer, and other refreshments from Sprecher Brewing, Co., Inc. In addition, great food is also available from Sprecher's Restaurant & Pub.



2015



The Traveling BEER GARDEN™ Tour

| | | | |
|-------------------|---|----------------------|---|
| May 20 - May 31 | Root River Pkwy South/Whitnall 92nd St. & College Ave. by Picnic Area #1 | ★ May 30th 1-5pm | Dretzka Park 12020 W. Bradley Rd. by the Chalet |
| June 3 - June 14 | Roemming Park 8801 S. 51st St. | | Gordon Park 2828 N. Humboldt Blvd. |
| June 17 - June 28 | Grant Park 100 E. Hawthorne Ave. by Picnic Area #5 | | Doctors Park ★ June 20th 1-4:30pm ★ June 27th 1-5pm |
| July 1 - July 12 | Falk Park 2013 W. Rawson Ave. | | Sheridan Park 4800 S. Lake Dr. |
| July 15 - July 26 | Greenfield Park 2028 S. 124th St. by Picnic Area #3A | ★ July 18th 1-5pm | Mitchell Park Domes ★ Fresh hops-infused beer - Date TBA |
| July 29 - Aug 9 | Holler Park 5151 S. 6th St. | | Brown Deer Park ★ PHC July 27th-Aug 2nd Brown Deer Park |
| Aug 12 - Aug 23 | Greene Park 4235 S. Lipton Ave. | | Red Arrow Park 920 N. Water St. |
| Aug 26 - Sept 7 | Root River Pkwy South/Whitnall 92nd St. & College Ave. by Picnic Area #1 | ★ Aug 29th 1-5pm | Juneau Park ★ Aug 28th-29th Live music & more! |

More Beer Garden Fun

- ★ Bung Hole Bags Tournament
Sign up call Organized Sports: 414-257-8030
- 🍺 Beer Olympics
- 🌿 Fresh Hop Randall
- ★ Sprecher's 30th Anniversary Party
- 🏌️ PHC Classic Golf Tour
Part of the Symetra Tour, the Road to the LPGA

BEER GARDEN HOURS
Mon-Fri: 4 pm - 10 pm
Sat, Sun & Holidays: 11 am-10 pm
Last call at 9 pm

Live music Wednesdays, Fridays and Saturdays 5:00 - 8:00 pm!



countyparks.com • 414-257-PARK (7275)

THIRD WARD

Plein Air painting competition

Starting Tuesday, July 21 through Friday, July 24, step outside and experience Plein Air artists painting various outdoor scenes in the Historic Third Ward, capturing the life and vitality of Milwaukee's most distinct neighborhood.

Join us on Gallery Night, Friday, July 24 at 5pm at the Hudson Business Lounge (310 N. Broadway) to see all the finished pieces and even purchase one for your home!

For more information visit
HistoricThirdWard.org

GALLERY NIGHT And Day

Gallery Night and Day is the premier art event in Milwaukee for gallery hopping and art viewing and showcases over 60 venues throughout downtown.

FRIDAY
JULY 24
AND
SATURDAY
JULY 25
2015

GalleryNightandDay.org

**HISTORIC
THIRD WARD**

THIRD WARD Art Festival

September
5 - 6

10am-5pm

Along Broadway
in the Third Ward

Just south of
Downtown Milwaukee

For more info visit
ThirdWardArtFestival.com



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LOUKOUMADES AND MORE

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WWW.ANNUNCIATIONWI.ORG

FROM THE PUBLISHERS

SUMMER 2015



Ahhh.... like a cool drink on a hot day, we finish this publishing year with our 2015 Summer Issue!

Festivals, food, music, art - grab your calendar and start booking because the season of sun is here! In this issue we've included an expansive calendar of summer events so there's no excuse to stay at home.

Backyard barbecues with the grill piled high with juicy brats and burgers and cold beverage in the cooler... Time spent on the water in

pontoons, fishing boats and inner tubes... Polished toes, muscle shirts and rock n' roll... That moment of 'zen' while soaking up rays... That wonderful smell of sun on your skin as you settle in for the night with windows wide open. Yes, this is summer.

Now that the virtual world has no demands for a bit, I believe I have a taste for some fresh blue gill, a cold beer and the smoke of a campfire. We'll be making our annual solo trip down the Namakagon River - a canoe full of supplies and complete solitude while floating down a meandering river. If that's not heaven... well then anticipating the best grilled cheese at State Fair certainly is -and forget the newest in bacon fashion, have you tried a turkey leg? My newest festival favorite! Have you noticed that the majority of bands booked at our summer events are 'boomer' bands playing *our* music! Hey, we were 'cool' then and we're still hip now!

Tom and I lazed around the patio last night watching the clouds roll around. Moonlight, warm breeze, frogs croaking and mosquitoes biting. Life is good. Enjoy the sun and we'll see you in September!

~Sandy and Tom Draelos

And always remember to... Celebrate Life!

WHAT'S INSIDE THIS ISSUE:

| | |
|------------------------------------|-------------------------------------|
| Summer Calendar.....pg 9 | Pets, PETS, Pets.....pg 26-27 |
| FREE Summer Concerts.....pg 12 | MILW Brewing History.....pg 29 |
| The Power of MUSIC.....pg 13 | Stop the JUNK Mail.....pg 33 |
| Classic CAR Calendar.....pg 14 | Bikini Body, Bikini Heart.....pg 36 |
| Summer Volunteering.....pg 16 | MOVING & PACKING.....pg 39 |
| Farmer's Markets.....pg 18 | Summer RECIPES.....pg 42 |
| Stomach Friendly BBQ.....pg 20 | Superfood KALE.....pg 43 |
| WI Adventure Destinations...pg 22 | Health Benefits of sex.....pg 49 |
| CUBA Anyone?.....pg 23 | LAUGH out LOUD.....pg 50 |
| Local TRAVEL.....pg 24 | Word Search.....pg 53 |
| Original WI Dell's DUCKS.....pg 25 | Crossword.....pg 54 |



From our wonderful readers...

Hello Sandy and Staff. I have enjoyed your paper since you began many years ago. I share with a lot of people and even send articles to friends in Massachusetts and California. We prayed for your cancer healing and the many trials I'm sure you've had living and sharing the growth of your paper. It is truly a gift. It is good to 'know' such good people! ~Mary

I love it. I love it. I love it! Thank you so much for doing what you do and printing such a little gem when there are so many other lousy papers out there! ~Sharon

Hi. I live in Kenosha where your paper does not reach me. I can't remember where I picked up the last issue but I fell in love with it. I make trips to South Milwaukee and to Oak Creek — can you tell me where in either cities I can pick up a copy of Boomers. Thank you so very much. ~Mardell

FYI: I read the paper and then send it to my friend in Florida. We both love it and find lots to talk about.

God Bless you for putting out such a wonderful magazine. A person can have a good read and a good laugh in a not-so-good economy. ~Kathy

Wanted to share with you that I collect and save your paper each month and then wrap them and give them to my sister for a birthday gift. She loves them and the price is right! ~RD

Question: I took my best friend to a doctors appointment and picked up a copy of your newspaper at the clinic entrance. This is THE GREATEST PUBLICATION out there! I just love it! I still find myself chuckling from the great jokes, and the articles are so pertinent. Is it available to read on your web site? Is it possible to receive it in my email, or on my Kindle? If I never see another copy, I want to thank you for making my day with the one issue I did read. Thank you, thank you, THANK YOU! Have a great summer. ~Pat



Discover the flavors of Milwaukee's most delicious & historic neighborhoods!

All-inclusive price includes:
- Food & drink samples that add up to a generous meal
- Historical & cultural guided fun

Private tours available at no additional cost—perfect for family reunions, company outings, bridal showers!

Walking Tours

Brady Street
Old World 3rd Street
Historic Third Ward
Walker's Point Dine Around
Bloody Mary Brunch
Village of Wauwatosa
Cedarburg 'Sweets & Treats'

Bus Tours

Milwaukee's Pizza Tour
Churches & Chocolates
Christmas Bakery Bus
Historic Bar Tour
Custard Capitol of the World

Family-friendly Photo Walks too!

FOOD TOURS

Receive **\$5 off** (per ticket, any tour route), with this discount code:
BB15

Get information, check availability, and buy tickets at
www.MilwaukeeFoodTours.com
or call 414.255.0534



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Linked in



THE PREMIER PLAYER'S CLUB *Always remember to Celebrate Life!* Sandy and Tom Dralos

WHICH PLAYER ARE YOU?

WHICH PLAYER ARE YOU? Diamond is the ultra VIP. High-limit gaming, limos, air travel and special dinners—the story of her life. But honestly, she's earned it. Learn more about our five-tier player's club, featuring the best gaming and amenities in the Midwest, now with **more smoke-free areas!**

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MILWAUKEE INC.
35 Jahre Gemütlichkeit
July 24, 25, 26 2015



Milwaukee's Kick-off to the Wisconsin Oktoberfest Season!

SUMMERFEST GROUNDS - July 24-25-26
www.GermanFest.com

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Milwaukee County Zoo

WHERE NATURE AND WONDER MEET!

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Visit **www.milwaukeezoo.org**



Zoo Milwaukee County

©2015 Zoo, Society for the Preservation of the Species, 6436CD15 Photo by Richard Brodollar

DIRECT SUPPLY SENIORFEST DAY

WEDNESDAY, JULY 1 • 12:00 – 4:00 PM

All patrons age 60 and up will be admitted FREE when they check in at any gate. Those seniors will also receive an offer for \$2 off a food and beverage (non-alcoholic) purchase over \$10. Spend a fun-filled day enjoying Rhythm and Blues from the 40's and 50's band performances and more! Check out exhibits and enjoy additional programming.

DIRECT SUPPLY **MeTV**  **7th Annual! Golden Gate**

Summerfest
The World's Largest Music Festival
MILWAUKEE, WI
June 24 - 28 / June 30 - July 5, 2015

VISIT SUMMERFEST.COM FOR MORE INFORMATION.




THE BEACH

Our first day at a resort my wife and I decided to hit the beach. When I went back to our room to get something to drink, one of the hotel maids was making our bed. I grabbed my cooler and was on my way out when I paused and asked, "Can we drink beer on the beach?" "Sure," she said, "but I have to finish the rest of the rooms beforehand."

What happens when the fog lifts in California?

UCLA.

A husband and his wife...

were sound asleep when suddenly the phone rang.

The husband picked up the phone and said, "Hello? How the heck do I know? What do I look like, a weatherman?" He then slammed the phone down and settled into bed.

"Who was that?" asked his wife.

"I don't know. It was some guy who wanted to know if the coast was clear."

Visit the Milwaukee County Zoo on **Friday, September 4** for

Senior Celebration

sponsored by  **Wheaton Franciscan Senior Health**

Seniors 55 and older receive free admission.
The fun takes place from **9 a.m. to 1 p.m.**

Visit health and wellness exhibitors and enjoy entertainment sponsored by San Camillo

Regular parking rates apply.
For additional information call **414-771-3040**
or visit the web at **milwaukeezoo.org**



Zoo Milwaukee County

©2015 Zoo, Society for the Preservation of the Species, 6436CD15 Photo by Richard Brodollar

Summer

2015 SUMMER EVENT GUIDE

FOOD • FUN • FAIRS • FESTIVALS!!

JUNE 24-JULY 5

Summerfest
Maier Festival Park

JUNE 27

Grafton Holiday
Centennial Park, Grafton

JUNE 28

Pommerntag Festival
Mequon City Park, 11333 N.
Cedarburg Road, Mequon

JULY 2-4

4th of July Family Festival
Malone Park, New Berlin

Franklin Civic Celebration
Lions Legend Park, 9229 W.
Loomis Road, Franklin

JULY 3

Fireworks
War Memorial Center

JULY 9-11

Iola Car Show & Swap Meet
Highway 161, Iola

JULY 9-12

Bastille Days
Cathedral Square Park

Dominic Days

St. Dominic Catholic
Church, 18255 W. Capitol
Drive, Brookfield

JULY 10-11

Delafield Food & Music Festival
421 Main St., Delafield

Gathering on the Green

Rotary Park
4000 W. Highland Road,
Mequon

Rumble by the River

Big Bend Village Park, Big Bend

JULY 10-12

Divine Mercy Fun Fest
695 College Ave., South
Milwaukee

St. Augustine Festival
6762 W. Rogers St., West
Allis

South Shore Frolic
South Shore Park, Bay
View

Sussex Lions Daze
Sussex Village Park

JULY 11

Croatian Day Picnic
Mukwonago Field Park

JULY 12

Riverwest Secret Garden Tour
Garden Park, Locust and
Bremen streets

JULY 15-19

Waukesha County Fair
Waukesha County
Fairgrounds

JULY 18

Mamies Chicken Fry in July
3300 W. National Ave.

Cedarburg Woman's Club Garden Walk
Cedarburg

JULY 17-19

Festa Italiana
Maier Festival Park

St. Rita Parish Festival
6021 W. Lincoln Ave., West
Allis

Waterford Balloon Festival
817 E. Main St., Waterford

JULY 18

Port Washington Fish Day
Harbor, & Upper and Lower
Park areas of Port
Washington

JULY 18-19

Annual Croatian Fest
9100 S. 76th St., Franklin

Old Falls Village Civil War Encampment
Old Falls Village Museum,
Menomonee Falls

JULY 19

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

JULY 20-26

EAA AirVenture
Wittman Regional Airport,
Oshkosh

JULY 21-26

Washington County Fair
Washington County Fair
Park, 3000 Highway PV,
West Bend

JULY 23

German Night
Plymouth City Park,
Plymouth

JULY 23-26

Falls Fest
Village Park, Menomonee
Falls

JULY 24-25

Taste of Lake Country
Lakefront Park, 222 W.
Wisconsin Ave., Pewaukee

JULY 24-26

German Fest
Maier Festival Park

St. John the Evangelist

Family Festival
8500 W. Coldspring Road,
Greenfield

South Milwaukee Lionsfest

16th and Rawson Ave.,
South Milwaukee

JULY 25

Brady Street Festival
Brady St., from Van Buren
to Farwell

July 25-26

Milwaukee Air & Water Show
Bradford-McKinley Beach

July 29-August 2

Racine County Fair
Racine County Fairgrounds

Ozaukee County Fair

Ozaukee County
Fairgrounds, Cedarburg

SUMMER EVENT GUIDE

Continued on page 10



Summer

Continued from page 9

FOOD • FUN • FAIRS • FESTIVALS!!

AUGUST 1

Mamies Annual Pig Roast
3300 W. National Ave.

AUGUST 1-2

Firefly Art Fair
Kneeland-Walker House, 7406
Hillcrest Drive, Wauwatosa

AUGUST 6-16

Wisconsin State Fair

AUGUST 7-8

Waukesha Blues Fest
Naga-Waukee Park, Delafield

AUGUST 7-9

Greendale Village Days
5600 Parking St., Greendale

AUGUST 8

Lake Moon Festival
Concordia University
Wisconsin, Mequon

**American Accents Festival of
Fine Arts & Crafts**
Willowbrook Park, Highway
60, Hartford

AUGUST 8-9

Morning Glory Fine Craft Fair
Marcus Center for Performing
Arts

USA Triathlon Championships
Milwaukee Lakefront

AUGUST 13-16

Irish Fest
Henry Maier Festival Park

AUGUST 14

Cheese Capital Jazz Crawl
Plymouth Arts Center, Ply-
mouth

AUGUST 15

India Fest
Humboldt Park

AUGUST 15-16

**Oconomowoc Festival of the
Arts**
Fowler Park, Oconomowoc.

AUGUST 20-23

Milwaukee A La Carte
Milwaukee County Zoo

AUGUST 21-23

Mexican Fiesta
Henry Maier Festival Park

Taste of Egypt Festival
St. Mary & St. Antonious
Coptic Orthodox Church

AUGUST 23

Art in the Park
Mill Pond Park, Menomonee
Falls

AUGUST 28-30

West Bend Germanfest
Downtown West Bend

SEPTEMBER 3-6

St. Francis Days
4230 S. Kirkwood, St. Francis

SEPTEMBER 3-7

Milwaukee Rally
Various Dealerships in
Milwaukee

SEPTEMBER 4-6

Wisconsin Highland Games
Waukesha County Expo
Center

SEPTEMBER 4-7

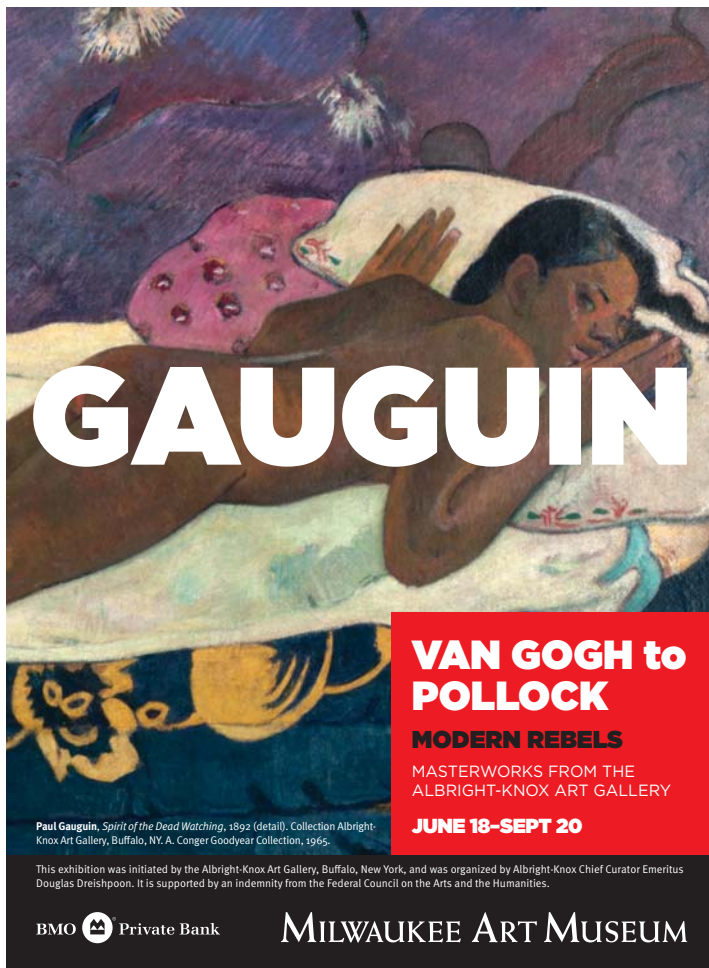
Oak Creek Lionsfest
9327 S. Shepard Ave., Oak
Creek

SEPTEMBER 4-26

Oktoberfest (weekends)
Heidelberg Park

SEPTEMBER 11-12

TosaFest
7615 W. State St., Wauwatosa



GAUGUIN

**VAN GOGH to
POLLOCK**
MODERN REBELS
MASTERWORKS FROM THE
ALBRIGHT-KNOX ART GALLERY
JUNE 18-SEPT 20

Paul Gauguin, *Spirit of the Dead Watching*, 1892 (detail). Collection Albright-Knox Art Gallery, Buffalo, NY. A. Conger Goodyear Collection, 1965.

This exhibition was initiated by the Albright-Knox Art Gallery, Buffalo, New York, and was organized by Albright-Knox Chief Curator Emeritus Douglas Dreishpoon. It is supported by an indemnity from the Federal Council on the Arts and the Humanities.

BMO Private Bank

MILWAUKEE ART MUSEUM

**Enjoy a Friday afternoon concert filled
with Music, Vocals or the Arts!**

2015 SERIES

- **June 19:** Celtic Harp - Kim Robertson
- **July 17:** Concert Accordion - Stas Venglevski
- **August 21:** Carrie Ash Group
- **September 18:** Xeno and Joe Duo
- **October 16:** Beth Warne Quartet
- **November 20:** Jack Wilson and Kay Stiefel
- **December 18:** Christmas Sing-a-Long

**Convenient
Parking!
Easy access!**



Every 3rd Friday @ 12:30 p.m.
All concerts are held in Spring Creek Church



N35W22000 Capitol Dr., Pewaukee, WI 53072
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For more information or
to make reservations, go to
www.springcreekonline.com

- General Admission Tickets: \$10
- Group Pricing (6 or more tickets): \$8
- Student (age 5-17)/Chaperone Ticket: \$5

Summer

Continued from page 10

FOOD • FUN • FAIRS • FESTIVALS!!

SEPTEMBER 11-12

Paramount Blues Festival
Lime Kiln Park, Grafton

SEPTEMBER 11-13

Indian Summer Festival
Henry Maier Festival Park

SEPTEMBER 12-13

Harvest of Art and Crafts
Trimborn Farm, Greendale.

Frank Mots International Kite
Festival
Veterans Park.

SEPTEMBER 19

Milwaukee River Challenge
Schlitz Park

SEPTEMBER 19-20

Hidden River Art Festival
Sharon Lynne Wilson Center for
the Arts
19805 W. Capitol Drive, Brookfield

Cedarburg Wine & Harvest Festival
Historic Downtown Cedarburg

SEPTEMBER 24-27

Harvest Fair/World Beef Expo
Wisconsin State Fair Park



10th Annual OPA! GREEK FESTIVAL

August 21, 22, & 23
www.OpaGreekFest.org

FRIDAY
4pm-9:30pm
SAT & SUN
Noon - 9:30pm

10635 W. Ridge Rd., Hales Corners
(Hwy. 100- One Block North of Grange)

**FREE ADMISSION!
FREE PARKING!**

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Greek Cooking Demonstrations

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SOUTHWESTERN SUBURBAN SYMPHONY

"REACHING THE COMMUNITY WITH A PASSION FOR MUSIC"



The Southwestern Suburban Symphony has arrived, prepared to deliver high caliber musical concerts for the people in Franklin, Greendale, Hales Corners, Muskego, New Berlin, Greenfield, West Allis and beyond. The fully professional orchestra of the area's finest instrumentalists led by Executive Director Christine Flasch is committed to presenting a broad variety of superb vocal and instrumental performances in the area's leading venues. We will serve these communities with engaging concerts for the general public, children and families, and an ever-growing population of vital seniors who make the suburbs their home.

WE INVITE YOU TO GET ON BOARD

Join with the burgeoning segment of Milwaukee suburbanites who love live music. Meet us in your own "back yard" for great music that speaks to your heart and soul. Music makes it happen and we want you to be a part of it...right here where you live and work!

BE AN ADVOCATE FOR THE ARTS IN THE SOUTHWESTERN SUBURBS

Help us launch a marvelous new orchestra right in your own back yard. No long ticket lines, no parking fees, First class live music at an affordable price. Let's put the Southwestern suburbs on the map with great music. *Our time has come!*

"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm & gaiety to life and to everything."
- Plato

BECOME A MEMBER

Spread the word within your circle of friends, volunteer at the ticket booth, serve as an usher at concerts, and participate in, and generate fund raising events in the area. If you have fresh, creative ideas, we'd like to hear about them! Become a member of *Packer Fans for Great Music (PFGM)* and let's shake up Milwaukee with stunning concerts presented in wonderful venues near you. *Join us for our first meeting Wednesday, June 10th at 6:30pm in the Franklin Library.* RSVP by June 8th. Additional meetings will be scheduled in July and August - TBD.



**DEBUT PERFORMANCE AUGUST 23RD!
GLORIOUS GERSHWIN**
At The Saber Center in Franklin

Tickets will be available online soon!
Senior Rate (\$10 off all tickets for 65 years +).
Children 12 and under, admission is FREE!

Info, events, tickets, and donations - SWSsymphony.org
Contact Executive Director, Christine Flasch by calling: 414-427-9428
or email: ceflasch@SWSsymphony.org



*Lounging on the Terrace at the Terrace
Decorative Arts Museum*



free Summer Concerts

MONDAYS

Musical Mondays (Lake Park): Mondays beginning July 6. 6:30-8 p.m. Lake Park Summer Stage, 3233 E. Kenwood Blvd.

TUESDAYS

Chill on the Hill (Humboldt Park): Tuesdays, 6-8:30 p.m. 3000 S. Howell Ave.

Kosciuszko Park Concert & National Night Out: August 4 only. 4-8 p.m.

Lincoln Park: August 4 only. 6:30-8:30 p.m.

Moody Park: August 4 only. 6:30-8:30 p.m.

Wedgewood Park: August 4 only. 6:30-8:30 p.m. 7201 W. Wedgewood Dr.

WEDNESDAYS

Wonderful Wednesdays (Lake Park): Wednesdays beginning June 24 - August 5. 6:30 p.m. to 7:30 p.m. Lake Park Summer Stage, 3233 E. Kenwood Blvd.

Community Vibes! (Brown Deer): Wednesdays June 17-August 19. 6-8:30pm.

Village Park, 4800 W. Green Brook Drive.

River Rhythms (Pere Marquette Park): Wednesdays, June 10-August 26. 6:30-9 p.m. 900 N. Plankinton Ave.

Waterfront Wednesdays (Lakefront Park): Wednesdays, June 3-August 26. 6-9 p.m., 222 W. Wisconsin Ave., Pewaukee.

Wednesdays at the Shell (Washington Park): Wednesdays in July and August. 6-8:30 p.m., 1859 N. 40th St.

Wednesday Night Live (State Fair Park): Wednesdays in June, July and August. 5:30-11 p.m., Budweiser Music Pavilion, 640 S. 84th St., West Allis.

Columbus Park: July 22 only. 6:30-8 p.m.

THURSDAYS

August Nights (Jackson Park): Thursdays, 6:30-8:30 p.m. Picnic Area 2, 3500 W. Forest Home Ave.

Concerts in the Garden (Boerner Botanical Gardens): 6:30-8:30 p.m., 9400 Boerner Dr., Hales Corners.

Jazz in the Park (Cathedral Square Park): 6-9 p.m., 520 E. Wells St.

Summer Arts in the Park (Wisconsin Lutheran College): July 11. 6:30 p.m.

Wisconsin Lutheran College Courtyard, 8815 W. Wisconsin Ave.

Sheridan Park: June 18 only. 6:30-8:30 p.m. South Lake Dr., Cudahy.

Smith Park: August 6 only. 6:30-8:30 p.m.

Mitchell Boulevard Park: August 20 only. 6:30-8:30 p.m. West Bluemound Rd.

FRIDAYS

Starry Nights: June 26; July 10, 17, 24 and 31; and August 7. 6:30 p.m. Wilson Center Gerlach Outdoor Theater, 19805 W. Capitol Dr., Brookfield.

Summer Sounds: June 12-August 21. 6:30-10 p.m. Cedar Creek Park, N52-W5925 Portland Rd., Cedarburg.

SUNDAYS

Cafe Sopra Mare: Sundays beginning June 7. 10 a.m.-12:30 p.m. **Villa Terrace Decorative Arts Museum, Mercury Courtyard, 2220 N. Terrace Ave.**



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- 28 4TH STREET ELEVATOR
MANDOLIN AND GUITAR

JULY

- 5 TOCO RICO – CELLI
- 12 BOB MAYNARD JAZZ QUARTET
- 19 WILLIAM HINDIN –
KEYBOARD ARTIST
- 26 LOVAS/NEULIN/SCHAUB TRIO –
REEDS, GUITAR, BASS

AUGUST

- 2 RICK AARON & GARY MEISNER
– FLUTE, KEYBOARD
- 9 MACYN TAYLOR –
FINGER-STYLE GUITAR
- 16 PADILLA & MILLER –
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- 23 KURT VON ECKROTH – ZITHER
- 30 DUO CARIBBEAN –
STEEL DRUM, MARIMBA

SEPTEMBER

- 6 JOSEPH DI FRANCES – VIHUELA
- 13 JOSEPH MAGNINO – ACCORDION
- 20 BOWING ROUGE – ILANA
SETAPEN & MARGOT SCHWARTZ
- 27 WORLDWIND JAZZ TRIO



"Where words fail, music speaks"
Hans Christian Andersen; Danish author and poet

THE POWER OF Music

"Music has charms to soothe a savage beast"
William Congreve; British playwright and poet

By Christine Flasch
Executive Director of The Southwestern Suburban Symphony

Long referred to as "the universal language" music is "a common phenomenon that crosses all borders of nationality, race and culture. A tool for arousing emotions and feelings, music is far more powerful than language", posits Cape Town psychologist and author, Malini Mohana. "Be it within films, live orchestras, concerts or simple home stereos, music can be so evocative and overwhelming that it can only be described as standing halfway between thought and phenomenon".

Why *does* the experience of music seem to transcend all other sensory and emotional experiences? Much has been written on this topic. "Rocker-turned-neuroscientist", Daniel Levitin's fascinating Los Angeles Book Prize finalist seeks to answer some of these universal questions. Though there is still something of a mystery in understanding why music affects us so deeply, Levitin draws on the latest research and on musical examples from every musical genre to explain how composers exploit the way our brains make sense of the world, and music, in particular.

Though music appears to be closely related to features of language, Levitin explains that it is more rooted in the primitive brain structures that are involved in motivation, reward and emotion. We first experience music as the brain "synchronizes neural oscillators with the pulse of the music through cerebel-

lum activation". We can then perceive when the next beat will occur. Our response to this is largely an unconscious one as it is processed from the cerebellum and amygdala (sometimes referred to as our "primitive" brain), rather than through the frontal lobes. This can begin to explain why music and rhythm are experienced so deeply and immediately.

Mohana describes music as a type of "perceptual illusion" akin to a collage, "in which the brain imposes structure and order on a sequence of sound that, in effect, creates an entirely new system of meaning". The appreciation of music seems to be tied to the ability to process its underlying structure and, in effect predict what will occur next in the sequence of sounds and rhythms. Skilled composers are able to manipulate our emotions within a song, for example, by knowing what the listener's expectations are, and then controlling how (or when) those expectations are met. The result is the thrill we experience when a musical selection really connects with, and moves us. Music involves subtle changes of timing, rhythm and pitch, and because we are generally not threatened by music, the frontal lobes interpret these changes as a source of pleasure. The sequence of pitches and rhythms builds anticipation, which when met, results in the reward reaction deep within us.

THE POWER of MUSIC continued on page 34

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AntiqueCar.com defines a classic car as vehicles built between 1946 and 1972, also known as the Classic Car Era. The classic car era started with Detroit making a major shift from "bigger is better" to "smaller is more efficient". Automakers started looking for materials lighter than steel to increase the horsepower to weight ratio - which gave birth to the muscle car. A classic car with more power resulted in higher speeds, calling for better roads and more roadside conveniences. Gas was relatively cheap, octane was high, and the classic muscle cars and hot rods ruled the road.

Car enthusiasts and collectors love classic cars and use the term indiscriminately to mean "memorable". Typically they are referring to cars made in the 1950's, 1960's and 1970's but not always. During that time designs were flourishing as manufacturers strove to differentiate their models from the competition. Cadillac, Ford, Chevrolet and Oldsmobile turned out car models that were distinct and could be easily identified, like the long hoods and short decks on the Dodge Charger and Ford Mustang. However others might also call the Model A Ford a classic!

SUMMER 2015 CALENDAR *Classic* CAR SHOWS

Cruisin' the Grove Car and Classic Motorcycle Night. 2nd and 4th Mondays. 13275 Watertown Plank Rd., Elm Grove.

Gyros West Family Restaurant Car Cruise. Mondays. 1538 E. Moreland Blvd. Waukesha.

Steren's McDonald's Car Show. Tuesdays. 191 Layton Ave., Milwaukee.

Ally's Bistro Classic Car Show. Tuesdays. N72 W13350 Lund Ln., Menomonee Falls.

Jumbo's Cruisin' Tuesdays. Jumbo's Frozen Custard, 1014 S. Main Street, West Bend.

Brew City Cruise Night. Tuesdays. Highland House, 12741 N. Port Washington Rd., Mequon.

Corvette Cruise-ins. Wednesdays. Wayne's Drive-In, Cedarburg.

Wednesday Night Classics. Weissgerber's Gasthaus, Waukesha.

Bike Nite. Wednesdays. Quaker Steak-n-Lube, 4900 S. Moorland Rd., New Berlin.

Classic Car Night. Thursdays. Quaker Steak-n-Lube, 4900 S. Moorland Rd., New Berlin.

Harley Davidson Museum Bike Night. Thursdays. 400 W. Canal St., Milwaukee.

Classic Cruise Nights. Thursdays. Wayne's Drive-In, Cedarburg.

Dr. Dawg Weekly Bike Night. Fridays. 7700 W. Layton Ave., Greenfield.

Georgie Porgie's Treefort Original Classic Car Show. Saturdays. Oak Creek.

Car, Truck & Bike Show. June 20, July 18, & August 15. Laura's Donges Bay Clubhouse, Mequon.

Hot Rods-n-Blues Car Show. June 28. 9-3:30. Lime Kiln Park, Grafton.

Kenosha Car Club Show. June 28. 10-3. Moose Club, 3003-30th Ave., Kenosha.

Ewald of Oconomowoc Cruisin' Hwy 16 Car Show. August 16. 10-3. 36833 E. Wisconsin Ave. (Hwy. 16 and 67) in Oconomowoc.

Cars Time Forgot Car Show. July 12. 8-3. Lake Lawn Resort, Delavan Lake.

Milwaukee Masterpiece. Aug 22-23. Veterans' Park, Milwaukee.

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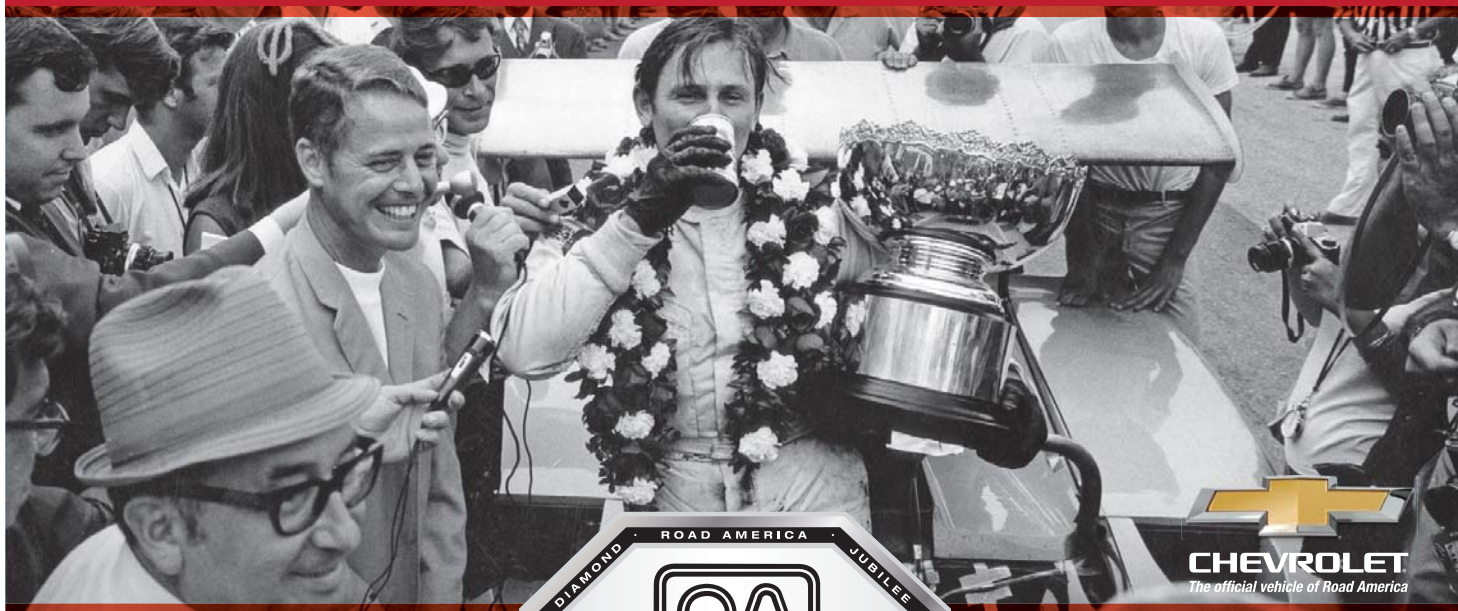
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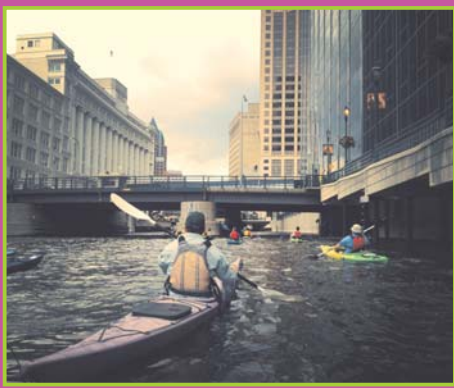
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MILWAUKEE RIVERKEEPER EVENTS

Let's Paddle!

A three hour twilight tour of the Milwaukee River from the Milwaukee Kayak Company (318 S. Water Street) to the North Avenue Dam, with a stop by Lakefront Brewery before heading back.

July 21st - Explore the Menomonee River

August 25th - Port of Milwaukee and KK River

5:30 Fitting; 6:00 pm to 9:00 pm Paddle

\$30 per paddler (includes your boat rental)

10th Annual Milky Moonlight Paddle

Thursday, July 30th - 6:15 pm to 9:30 pm

Tenth annual Milky Moonlight in Milwaukee! Float down the Milwaukee River to Lake Michigan and back again, in the shadow of skyscrapers and under the light of the full moon. This urban river adventure is one of the state's most unique paddling experiences and should not be missed. Bring a canoe or kayak, paddle, pfd, and lights. Sandwiches will be provided.

Volunteers Needed for Aesthetics Monitoring of the Milwaukee River

Milwaukee Riverkeeper is looking for volunteers to help monitor the aesthetics of 9 different sites within the Milwaukee River Estuary Area of Concern (AOC), which is considered a "hot spot" of pollution in the Great Lakes. The Milwaukee River Estuary has 11 "beneficial use impairments" that have been listed by EPA as barriers to our waters being able to fully support aquatic life. One of these impairments is degradation of aesthetics, from over 100 years of habitat degradation, industrial contamination and pollution. To document to EPA and others that we are making progress in improving conditions within the AOC, we are documenting the aesthetics or condition of two sites on each of our three rivers, and three beach locations. We need volunteers to commit to visiting each site once (1+ per month) from May through October, and to fill out a simple survey. We expect this would be a 1-2 hour volunteer commitment per month. If you are interested, please email Matt at matt@milwaukeekeeper.org.



Ice Age Trail Restoration Needs Volunteers with Outdoor Enthusiasm

The Mobile Skills Crew is coming to Lapham Peak! One of the most heavily used sections of Ice Age Trail is getting a facelift. Major restoration work has opened new possibilities to reroute and upgrade badly eroded sections of the Ice Age Trail to create a sustainable, more enjoyable experience. Boardwalk construction, rock work and the legacy of Increase Lapham will make this subject a blockbuster!

The Ice Age Trail Alliance (IATA) provides food, tools, and campsites free to all who volunteer. No previous experience is necessary; training is provided by certified volunteer crew leaders. There will be roles for all ages and abilities.

Your contribution is welcome for any part of the event or the entire project. Work begins on Thursday, Aug. 20, and concludes Sunday, Aug. 23. Trail construction activities begin each day around 8am and typically wrap up between 4-5pm.

To register as a volunteer for this event, visit iceagetrail.org or call 800-227-0046.



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Most people got married in June...

because they took their yearly bath in May. And they still smelled pretty good by June. However, since they were starting to smell, Brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Houses had thatched roofs- thick straw-piled high, with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof. Hence the saying, "It's raining cats and dogs."

There was nothing to stop things from falling into the house. This posed a real problem in the bedroom where bugs and other droppings could mess up your nice clean bed. Hence, a bed with big posts and a sheet hung over the top afforded some protection. That's how canopy beds came into existence.

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in it for quite a while. Hence the rhyme: "Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old."



Whoever said history was boring didn't know these tidbits!!! Here are some facts about the 1500's

HISTORICAL TRIVIA

burying people alive. So they would tie a string on the wrist of the corpse, lead it through the coffin and up through the ground and tie it to a bell. Someone would have to sit out in the graveyard all night (the graveyard shift) to listen for the bell; thus, someone could be, "saved by the bell" or was "considered a dead ringer."



Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and "chew the fat".

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

Lead cups were used to drink ale or whisky. The combination would sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom; "holding a wake".

England is old and small and the local folks started running out of places to bury people. So they would dig up coffins and would take the bones to a bone-house, and reuse the grave. When reopening these coffins, 1 out of 25 coffins were found to have scratch marks on the inside and they realized they had been

Now, who said that was boring??!
Email submission.



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What is Community Supported Agriculture?

By Kellie Miller

Last summer, a friend told me about a local farm that packs boxes of various summer crops and delivers them to individuals who have paid up-front to invest in the season's harvest. In other words, the farm invites members of the community to purchase a share (a.k.a. membership or subscription) before the season begins; in return, participants receive fresh vegetables, fruits, and herbs on a weekly or bi-weekly basis throughout the farming season, which is typically twenty to twenty-four weeks long. My friend was describing a farm that operates on the Community-Supported-Agriculture model. With a toddler at home and another babe on the way, the prospect of fresh, earthy goodies warranted my serious consideration this year.

CSA farms are supported by community neighbors that buy their produce, as the name implies. Over the last twenty-five years, according to www.localharvest.org, these farms have become an increasingly popular way for consumers to buy locally. The money invested by participants is used to pay for seed, fertilizer, equipment, supplies and the labor needed to grow crops on the farm. One farm close to my home offers certified organic produce and herbs for a \$450 "couple's share," a 5/9 bushel box delivered weekly, which totals \$22.50 per week based on a twenty-week season. A "family share" costs \$570 and is delivered in a ¾ bushel box every week. This particular farm also offers a half-share for \$250 per season and is distributed on a bi-weekly basis. With flexible options like these, a CSA share is a fantastic way to invest a portion of your grocery budget locally rather than depending entirely on commercially grown food that is trucked or flown in from across the country—or across the world.



Local Harvest also points out several other benefits to both farmer and consumer. Farmers receive payment early in the season for each share and have the opportunity typically to

Community Supported AGRICULTURE continued on page 27

GOT EXTRA GARDEN PRODUCE?

For those of you who wait all winter to dig deep into your gardens again, summer heralds sun-soaked days spent tilling and planting; weeding and watering; and hopefully, the sweet reward of a bountiful harvest. If that harvest turns out to be more than you and your family can use, you may agonize over the home-grown goodness that ends up wasted. One simple solution is to identify a local pantry that accepts fresh garden produce. Most food pantries will accept your extra garden goodies but are only open on certain days and during limited time windows. Call ahead to determine the best time to make your drop-off. Here are a few resources to get you started:

- 1) Family Sharing of Ozaukee County, Inc:
262-377-0634
- 2) Friedens Community Ministries
Despensa De La Paz: 414-289-6030
- 3) Menomonee Falls Food Pantry
262-251-6848
- 4) St. James Catholic Church Food Pantry,
Franklin: 414-761-0480



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Butler Farmers' Market: 12pm-6pm
12700 W. Hampton Ave.

Core/El Centro: 4pm-8pm
130 W. Bruce St., Milwaukee

TUESDAY

Thiensville Village Market: 9-6pm
250 Elm Street

West Allis Farmers' Market: T/Th, 12pm-6pm; Sat, 1pm-6pm
6501 W. National Avenue

WEDNESDAY

Brown Deer Farmers' Market: 7:30am-5:30pm
4821 W. Bradley Road

Dousman: 2pm-6pm, Highways 18 & 67, St. Mary's Church parking lot

Hartung Park Farmers' Market: 9-2pm
Menomonee River Parkway, Milwaukee & Wauwatosa

Lake Mills Artisan Farmers' Market
2pm-6:30pm
200 Water Street

Menomonee Falls Farmers' Market Wed
8-3pm & Sun 9-2pm
Main St, one block west of Appleton

Mukwonago Market: 2pm-6pm
Field Park, 933 North Rochester Street

Pewaukee: 3:30pm-7pm
Spring Creek Church

Westtown Farmers' Market: 10am-3pm
Zeidler Union Square, Milwaukee

THURSDAY

Grafton Farmers' Market: 10am-6pm
Grafton High School Parking Lot

Jefferson Open Air Farmers' Market 11am-6pm
S Center Ave. and East Racine (Hwy 18)

South Milwaukee Downtown Market 3pm-7pm
1111 Milwaukee Avenue

Village of Brookfield Farmers' Market
3pm-7pm
18725 Hoffman Avenue

West Allis Farmers' Market
T/Th, 12pm-6pm; Sat, 1pm-6pm
6501 W. National Avenue

Fondy's Market
2200 W Fond Du Lac Ave., Sunday, Tuesday, Thursday 8-2pm; Saturday: 7-3pm

SATURDAY

Brookfield: 7:30am-12pm
2000 N. Calhoun Road

Delafield Farmers' Market: 8am-1pm
421 Main St.

East Side Green Market: 10am-2pm
1901 E. North Avenue, Milwaukee

East Town Market: 9am-1pm
520 E. Wells Street, Milwaukee

Fox Point Farmers' Market: 8am-12pm
7300 N. Lombardy Road

Garden District: 1pm-5pm
6th & Howard, Milwaukee

Germantown Farmers' Market: 8-2pm
N112W17001 Mequon Road

Greendale Farmers' Market: 8am-12pm
Broad St. in the Village Center

Holy Hill Art & Farmers' Market: Sat. & Sun., 9am-4pm. 4958 Hwy 167 (Holy Hill Road), Hubertus

New Berlin Farmers' Market: 8am-12pm
16300 W. National Avenue

Oconomowoc: 7am-12pm
175 E. Wisconsin Avenue

Port Washington Summer Market:
8am-12:30pm 131 N. Webster St., First Congregational Church

Tosa Farmers' Market: 8am-12pm
7720 Harwood Avenue

West Bend Downtown Farmers' Market:
7:30am-11am
215 N. Main Street

Whitefish Bay: 8am-12pm
Berkeley Blvd. at Silver Spring Drive

SUNDAY

Greenfield Farmers' Market: 10am-2pm
Konkel Park, 5151 W. Layton Ave.

Holy Hill Art & Farmers' Market: Sat. & Sun., 9am-4pm. 4958 Hwy 167 (Holy Hill Road), Hubertus

Menomonee Falls Farmers' Market
Wed., 8am-3pm & Sunday, 9am-2pm
Main St, one block west of Appleton

Vliet Street Community Green Market
10am-2pm
4420 W. Vliet

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Wednesday Market ♦ May 6 – October 28
8:00am – 3:00pm

Sunday Market ♦ August 2 – October 25
(No market September 27)
9:00am – 2:00pm

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Beat the BBQ Bellyache! Tips for the Perfect Stomach-Friendly Summer BBQ

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

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

These potentially troublesome sugars and fibers in the diet are known as FODMAPs. The term FODMAPs was coined by a group of Australian researchers just a few years ago. They found that a low FODMAP diet helped up to 75% of their IBS patients. Examples of FODMAPs include:

Lactose (a.k.a. milk sugar, found in milk, yogurt and ice cream)

Fructose (a.k.a. fruit sugar, found in fruit, high-fructose corn syrup, honey and agave syrup)

Sorbitol, mannitol, and other "-ol" sweeteners (found in certain fruits and vegetables as well as some types of sugar-free gums and candies)

Fructans (a type of fiber found in wheat, onions, garlic and chicory root)

GOS (a type of fiber found in beans, hummus and soy milk)

The total load of FODMAPs from all sources counts more than which foods they came from, so it can be difficult to figure out how diet affects IBS without looking at the big picture. IBS sufferers may want to experiment with choosing mostly low FODMAP foods for a few weeks to see if they feel better. Luckily, there are plenty of delicious

Stomach-Friendly BBQ continued on page 37

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1. Pull your droopy pants up. You look like an idiot.
2. Turn your cap around straight, your head isn't crooked.
3. Let's get this straight; it's called a 'dirt road.' I drive a pickup truck because I want to. No matter how slow you drive, you're going to get dust on your Lexus. Drive it or get out of the way.
4. They are cattle. They're live steaks. That's why they smell funny to you. But they smell like money to us. Get over it. Don't like it? I-94 goes north and south, use it.
5. So you have a \$60,000 car we're impressed. We have \$250,000 corn pickers that we drive only 3 weeks a year.
6. So every person in rural Wisconsin waves. It's called being friendly. Try to understand the concept.
7. If that cell phone rings while an 8-point buck and 3 does are coming in, we WILL shoot it out of your hand. You better hope you don't have it up to your ear at the time.
8. Yeah, we eat taters & gravy, beans & biscuits, and homemade pie. You really want sushi & caviar? It's available at Bob's bait shop.
9. The 'Opener' refers to the first day of deer season. It's a religious holiday.
10. We open doors for women. All women.
11. No, there's no 'vegetarian special' on the menu. Order steak or chicken. Or, you can order the Chef's Salad and pick off the 2 pounds of ham & turkey.
12. When we fill out a table, there are three main dishes: meats, vegetables, and breads. We use three spices -

salt, pepper, and ketchup. Oh, yeah ... We don't care what you folks in New York call that stuff you eat IT AIN'T REAL CHILI!!

13. You bring 'coke' into my house, it better be brown, wet and served over ice.

14. You bring 'Mary Jane' into my house, she better be cute, know how to shoot, drive a truck, and have long blonde hair.

15. University of Wisconsin and high school football are as important here as the NFL.

16. Yeah, we have golf courses. But don't hit the water hazards ... it spooks the fish.

17. Colleges? We have them all over. We have State Universities, Community Colleges and Voc-techs. They come outta there with an education plus a love for God and Country, and they still wave to everybody when they come home for the holidays.

18. Turn down that blasted car stereo! That thumpy-thump crap ain't music anyway. We don't want to hear it any more than we want to see your boxers.

19. Four inches of snow isn't a blizzard - it's a flurry. Drive in it like you got some sense, and DON'T take all our bread, milk, and bleach off the grocery shelves. This ain't Alaska! Worst case you may have to live a whole day without croissants. Anyway the pickups with snowplows will have you out the next day.

20. By the way ... if you want to talk to God in Wisconsin, it's a local call.



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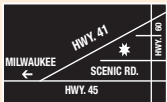
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Camping is more than just setting up a tent and eating s'mores. For many travelers it's also about the adventure. We've picked some fun, outdoor activities highlighted at local campgrounds around the state so you can get the best of both worlds depending on the activity you're most interested in. All this while enjoying the great Wisconsin outdoors this season!

River Tubing. The Apple River Hideaway in Somerset is a great destination for tubing and camping and river tubing. They offer tree-lined sites along the Apple River, and tube rentals that are good for the entire day. Set up your tent, grab a tube and drift along the river. Weekends on the Apple River can get a little rowdy as the waterway transforms into one of the largest outdoor pool parties; however, Sundays through Thursdays are the perfect times for family fun. If you're in northeast Wisconsin check out Wolf River Trips & Campground in New London. Campsites range from rustic to electric, with sites both along the river's edge or secluded in the woods.

Kayaking/Canoeing. The Apostle Islands National Lakeshore is a treasure trove of paddling adventures for kayak and canoe enthusiasts. Head to Big Bay Town Park on Madeline Island for the perfect blend of camping and paddling. Bring your own or rent one of the boats provided while you explore the entrance to the dazzling Big Bay Lagoon and more than a mile of beach along the Lake Superior shore. If primitive camping is more your style, head to the Kickapoo Valley Reserve in the Driftless Region for a rustic atmosphere and a chance to paddle down Wisconsin's "crookedest" river.

Fishing. It's hard to narrow down the perfect place to go camping and fishing in Wisconsin, because there are so many destinations to choose from! Here are just a few suggestions to get you started. Sure-Wood Forest Campground in Tomahawk is right on the north shore of Lake Alice, and also has access to the Wisconsin River. Sure-Wood Forest Campground provides boat rentals including fishing boats, canoes and a pontoon. Common catches include musky, northern pike, walleye, bass, crappie, perch and bluegill. In the southern part of the state, head to Lake Joy Campground in Belmont – a family-owned campground on a private spring-fed lake which has some of the best fishing in the area. They offer rental boats and a selection of live worms and artificial lures for your convenience; not to mention excellent fishing opportunities for large and small mouth bass, walleye, catfish, northern pike, crappie and bluegills (no fishing license required!).

Horseback Riding. If your passion is horseback riding, then the Wild West Campground in Amherst is your go-to destination. Pack up your RV, camper or tent and gather your friends and family to experience the life of a modern cowboy on 90 acres of scenic, rustic countryside in central Wisconsin. Wild West Campground has a corral with more than 20 horses that love to take visitors for a ride.

ATV Riding. When ATVs grab your attention, head to Merrillan to stay at Doc's Bunkhouse Campground, which welcomes RVs and tents with plenty of parking for your all-terrain vehicle. Doc's has direct access to the ATV Trails of Clark and Jackson Counties and their very own ATV Park. Stop by the on-site Bunker Bar & Grill, open seven days a week, to sit out on the patio overlooking the mud pit. Don't own an ATV? That's okay, because Doc's is located just a few miles away from Hatfield Sports Shop, which can assist you with all your rental needs.

Off-Road Biking. Offering 30 miles of mountain bike trails, the Kettle Moraine State Park – Southern Unit in Eagle has some fantastic off-road biking opportunities. They even have a special loop created for newer mountain bike riders to test their skills in a variety of terrains. This State Park has three separate campgrounds with almost 300 individual sites for campers to reserve. If you're headed north, then you can't beat the CAMBA Mountain Bike Trail System with more than 300 miles of marked and mapped routes through a near-wilderness. Located in the Chequamegon-Nicolet National Forest there are numerous locations for tent or RV camping around the area.

For more campgrounds around the state, check out travel.wi.com

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Although Cuba is just 90 miles from Key West, Florida,
it has been off-limits for most Americans for 50 years. But times have changes...

CUBA, ANYONE? Now it can happen!

By Stanley Hurwitz

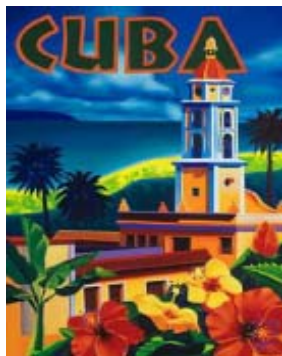
There are bucket lists — and there are *Bucket Lists*. Travel veteran Ellen Paderson, founder of Smiles and Miles Travel, recently returned from a week-long fact-finding trip to Cuba designed for travel agents.

Although Cuba is just 90 miles from Key West, Florida, it has been off-limits for most Americans for 50 years. With President Obama's announcement of limited normalization of relations, the U.S. government has expanded the categories of people who can travel to Cuba without a license. But visiting just for tourism is still forbidden. A little background: The U.S. imposed an embargo on Cuba in 1960, two years after the country's Communist revolution when the Castro government nationalized American-owned Cuban oil refineries without compensation. Since then, there has been almost no commercial, economic or financial dealings except for shipments of U.S. food and medicine. Last December, President Obama said it was time to normalize relations.

Paderson says, "Our guide reminded us that 'all of Cuba is an open-air museum of architecture, old cars, history—and now big change. We're facing an onslaught of tourists and full normalization which, when it comes, will bring up to one million Americans a year.'"

"So now we can travel legally to Cuba — with limitations — but you must be part of a tour targeting 'people to people' contact," says Paderson. New regulations will open up the island to more people — but you must fall into one of 12 approved categories such as family visits, entertainers, official business, humanitarian projects, journalists and research. Americans still can't simply book a flight and a hotel and head to Cuba."

"Eventually Cuba will be a new vacation and business destination for Americans," says Paderson. "I wanted to be among the first travel agents to go so I could give the best first-hand recommendations." You must travel with a recognized Cuba travel



organization officially licensed by the U.S. State Department.

She adds, "The people are friendly and welcoming to Americans. Because of the American embargo, often you feel like you're back in the 1960's. Because it's an authoritarian regime, you can't break away from your group. Havana has some beautiful old buildings; some are crumbling, others are renovated beautifully into restaurants and shops. The Malecón (Avenida de Maceo) is a beautiful esplanade which stretches for 5 miles along the coast, where people come out, bring food and socialize. The internet is spotty and most people don't have smart phones or computers so their view of the outside world is limited. People talk to each other instead of fidgeting with gadgets like we do. It's ingenious how people keep old cars running because they have no parts. Car buffs from the U.S. are intrigued at the sight of so many vintage vehicles."

A tour may include museums, historic sites, or even the Bay of Pigs, recreational activities — like visiting the beach or scuba diving — are prohibited. Activities must bring American and Cuban people together. Schedules are usually packed with these activities in order to comply with State Department's mandates and federal law. Cuba is home to many U.N.-designated World Heritage Sites including Old Havana (dating to 1519); Trinidad, first seen by Spanish explorer Cortes; the fort at Santiago, and many others.

According to the Associated Press, from Jan. 1 to May 9 of this year, 51,458 Americans visited Cuba, compared to 37,459 over that period last year. There were 38,476 visitors who flew directly from the US to Cuba, compared to 29,213 in the same period last year. Paderson says, "Anybody can go on an educational and other approved category trips, but they must go through approved companies."

For more information, contact Ellen Paderson: 508-238-4088. Email: ellenp1@comcast.net or visit www.smilesandmilestravel.com

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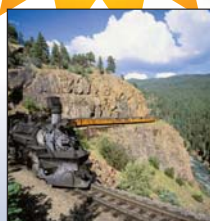
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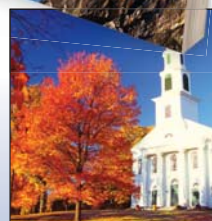
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To anyone who has recently looked into booking flights for personal travel, it will come as no surprise that “staycations” and short-range vacations within 400 miles of home have become a main growth area in the leisure travel industry.

A TOURIST IN YOUR OWN BACKYARD

By Stewart Ikeda, www.CountryTravelDiscoveries.com

Frankly, the airlines have lost their minds—and with airfares spiking, regional airports shrinking, and flights getting less dependable and more uncomfortable, more and more folks are understandably opting for vacation getaways in driving (or train, motor coach, or boat) distance.

However, one happy byproduct of this trend is that more of us are also finding opportunities to explore our region anew. But vacationing close to home doesn't mean just going to the Dells, Lake Geneva, Door County or other crowded tourist destinations. As a tour operator with a small-town and rural focus, unique, authentic trips and off-the-beaten-path experiences in the American heartland, driven by the notion that *amazing* stories, beauty, local exchanges and cultural richness can be found in even the most unlikely-seeming places.

For example, when Country Travel Discoveries of Elm Grove president Steve Uelner decided to create a tour of eastern Iowa in 2013, some said, “*Iowa?*!” imagining only flat cornfields whizzing by on Interstate 80. But Uelner, who went to college in the state, knew better. Partnering with the experts at *Our Iowa Magazine*, he built a tour of the editors' favorite hidden treasures, scenic landscapes and unique experiences, from meeting a Mississippi River lockmaster to a John Deere factory tour, having a community dinner served by a Mennonite Church congregation to visiting a colorful “gravewitcher” who helps locate unmarked graves. *Seven* tours were sold out until there were no more dates. Amazingly, half the travelers were from *Iowa*, and most remarked that they were surprised to experience so many fascinating things about their own state they never knew existed. It was so popular, the next year they added

a *western Iowa* tour that also sold out. Building on its winning formula, a third Iowa tour is being planned, and they have partnered with *Nebraska Life Magazine* to highlight the rural-life richness and frontier industriousness of the Cornhusker State.

Two Wisconsin tours offer a chance to experience the diverse cultures and attractions of our region. On “Lake Superior & the North Woods,” travelers can try their hand at curling with the Rice Lake Curling Club, savor a farm-fresh breakfast in an Amish home, thrill to views from the Midwest's only mountain gondola, walk inside a four-and-a-half-stories-tall Musky, and attend the world's largest cranberry festival.

And even Milwaukeeans might be surprised by the variety and depth of local stops awaiting them on “Lake Michigan Treasures”. Originating in a whirlwind tour of our beautiful lakefront city, the tour heads northward toward Michigan's Upper Peninsula in a circuit touching three Great Lakes. En route, travelers not only visit such famous sites as Kohler's American Club, Lambeau Field and Mackinac's Grand Hotel, but also encounter dairy farmers and competitive lumberjacks, historic shipwrecks and “haunted” lighthouses. They'll visit a special ranch for rescued bear cubs and enjoy a safe but stunning dune ride up sand mountains at Silver Lake before crossing home aboard the S.S. Badger, the only authentic steamship on the Great Lakes.

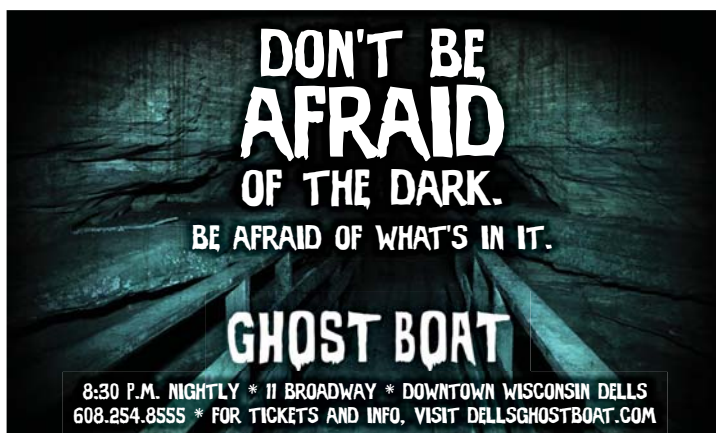
So, if airfares have got you down, cheer up! When you really take the time to be “a tourist in your own backyard,” you'll be truly amazed by the adventures and hidden gems all around us just waiting for you to discover them!

You can reach Stewart directly at Stewart.Ikeda@CountryTravelDiscoveries.com, by calling 262-923-8122 or visiting www.CountryTravelDiscoveries.com

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Original Wisconsin Ducks Celebrates 70 Years of Operation



It was 1942 when the unique amphibious vehicles first rolled off the General Motors assembly line. Built to go to war, the land-and-water military craft, code named DUKWs, were simply nicknamed "ducks" by World War II soldiers. This summer, a special fleet of the vehicles are celebrating 70 years of service at the Original Wisconsin Ducks in Wisconsin Dells, undoubtedly the longest tour of duty for any of the original machines that were manufactured.

"We are very proud of reaching this milestone 70th season," said Dan Gavinski, who is the general manager and part owner of Original Wisconsin Ducks, and began his career with the operation at age 14 as a parking lot attendant. "At the core we are about a fun, family ride on a unique vehicle; but we are also about helping preserve the legacy of the Ducks and their importance to the war efforts."

The Ducks finest hour came on D-Day – June 6, 1944 – where 2,000 of the vehicles participated in the historic invasion at Normandy, France. It is touted as the greatest amphibious operation in history and the turning point for the Allied Forces. Just a year later, the war would be over and surplus military supplies would be made available to the public. Among those were amphibious ducks. War veteran Bob Unger of Milwaukee plucked one up, and with his friend Mel Flath, brought it to Wisconsin Dells to offer tours. Scenic boat excursions had long been a draw for tourists, so why not add a new twist – land-and-water tours all from one seat.

While the operation had simple beginnings in 1946, the operation has continued to grow, with managers even traveling to Europe to find Ducks in good enough shape to

Wisconsin DUCKS continued on page 31

Journey into Haunted Canyon Nighttime Ghost Boat Tour



Wisconsin Dells Ghost Boat: Journey into Haunted Canyon embarks for another summer of scares and chills. The popular excursion begins with an eerie boat ride upriver to Cold Water Canyon where passengers disembark and continue their expedition on foot into the shadowy recesses of the haunted gorge.

When darkness falls, the *Ghost Boat* leaves the safe harbor behind for an ominous 1½-hour adventure into the heart of the Dells. The nocturnal excursion begins with a ghostly tale on board the vessel. The murky waters that flow beneath are an unnerving reminder of the deadly history of this once treacherous waterway.

The mysterious stage is set as the *Ghost Boat* docks along the solemn shores of Cold Water Canyon. Draped in darkness, passengers disembark and walk into the gorge on foot to find out what lies in wait.

Daily Ghost Boats run through August 30 and continue weekends through mid-September. In the fall, Dells Boat Tours offers a Halloween adventure. *Ghost Boat: Season of the Witch* takes passengers to Witches Gulch, another creepy canyon further upriver. Running weekends from mid-September through October, the fall *Ghost Boat* is its own unique experience to celebrate the Halloween season.

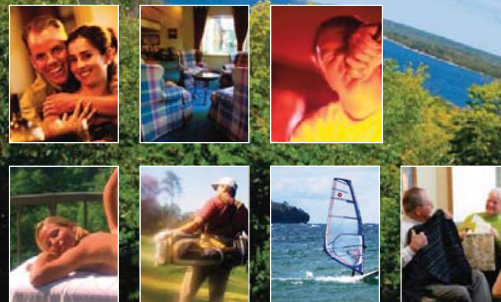
Tickets are \$23.99 for adults ages 12 and older. For children ages 11 and under, tickets are \$17. However, the excursion is not recommended for children under the age of 10 and those faint of heart. Visit dellsghostboat.com or call (608) 254-8555 for reservations.

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DEAR DOGS AND CATS,

The dishes on the floor with the paw prints are yours and contain your food. The other dishes are mine and contain my food. Placing a paw print in the middle of my plate does not mean that it is suddenly your food, nor do I find that aesthetically pleasing in the slightest.

The stairway was not designed by NASCAR and is not a racetrack. Racing me to the top of the stairs is not the object. Tripping me doesn't help because I fall faster than you can run.

I cannot buy anything bigger than a king sized bed. I am very sorry about this. Do not think I will continue sleeping on the couch to ensure your comfort. Dogs and cats can actually curl up in a ball when they sleep. It is not necessary to sleep perpendicular to each other, stretched out to the fullest extent possible.

For the last time, there is no secret exit from the bathroom! If, by some miracle, I beat you there and manage to get the door shut, it is not necessary to claw, whine, meow, try to turn the knob or get your paw under the edge in an attempt to open the door. I must exit through the same door I entered. Also, I have been using the bathroom for years - canine/feline attendance is not required.

The proper order for kissing is: Kiss me first, then go smell the other dog or cat's butt. I cannot stress this enough.

5 Reasons Why Dogs Make Great Reading Partners For Children

Studies Track Improvements in Grade School

Canines have been found to improve the immune system and reduce blood pressure, among other health benefits. They help rescuers and law officers, blind people and those with limited use of their hands and arms. Now we have another reason to celebrate man's best friend - they're good for kids' report cards, too!

"Dogs not only help children learn to read, they help children learn to love reading," says Michael Amiri, coauthor with his wife, Linda, of the children's book, *Shellie, the Magical dog* (www.shelliemagicaldog.com). "And that's true for children with and without learning disabilities."



A Minnesota pilot project called PAWSitive Readers finds that trained therapy dogs helped 10 of 14 grade-school participants improve their reading skills by one grade level. Additionally, a University of California study showed that children who read to the family dog improved their ability by an average of 12 percent.

Amiri discusses five reasons why dogs help kids learn to love reading:

• **No embarrassment:** "Most of us have memories of reading out loud in class," he says. "Though we may have been proficient readers, the fear of stumbling on a word in front of everyone was a constant source of anxiety." Dogs are excellent for unconditional, nonjudgmental love; they won't laugh

if and when mistakes happen.

• **Confidence boosters:** "I never had a dog while growing up, which is too bad because I think I would have had an easier time gaining self-confidence," says Amiri. As an adult, he discovered the many benefits of dogs through he and his wife's very special Maltese, Shellie. She's often the center of attention in their community at pet-friendly restaurants, where she laps her water out of a martini glass. And she has a full-time job as the greeter at Linda's hair and nail salon. "If a little dog can give me, a grown man, more confidence, imagine what it can do for kids," he says.

• **Polite listeners:** Like humans, dogs are social creatures and most enjoy the sound of a calm voice speaking to them. Many seem to enjoy curling up on a rug and listening to a story being read aloud. They don't interrupt (except for the occasional ear scratch or to sniff a body part) and they often show appreciation for the attention.

• **A fun approach to schoolwork:** Too often, when children think of studying, they think of time spent hunched over a desk struggling alone to work out problems and memorize lists. Interacting with a lovable, fuzzy friend for an hour of homework is an appealing alternative.

• **Win-win:** A canine-student reading program is a great way to help service dogs-in-training learn patience and discipline. Dogs are trained to help veterans suffering post-traumatic stress disorder, the blind, and people who use wheelchairs, among others. These dogs in training help children, while children improve a dog's service abilities.

Michael Amiri's personality-plus Maltese, Shellie, is a popular community character, who puts in a full day of work every day as a greeter at her "mom's" salon. She's the inspiration for the first in a series of children's books that will address topics and issues of concern to children.



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- (1) They live here. You don't.
- (2) If you don't want their hair on your clothes, stay off the furniture. That's why they call it 'fur'-nature.
- (3) I like my pets a lot better than I like most people.
- (4) To you, they are animals. To me, they are adopted sons/daughters who are short, hairy, walk on all fours and don't speak clearly. Yet.

Remember, dogs and cats are better than kids because they:

- (1) eat less,
- (2) don't ask for money all the time,
- (3) are easier to train,
- (4) normally come when called,
- (5) know how to play. You've been my neighbor for five years and I still haven't seen your kids in the backyard playing!
- (5) never ask to drive the car,
- (6) don't hang out with drug-using people;
- (7) don't smoke or drink,
- (8) don't want to wear your clothes,
- (9) don't have to buy the latest fashions,
- (10) don't need a gazillion dollars for college and
- (11) if they get pregnant, you can sell their children....



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What is Community Supported Agriculture?

continued from page 18

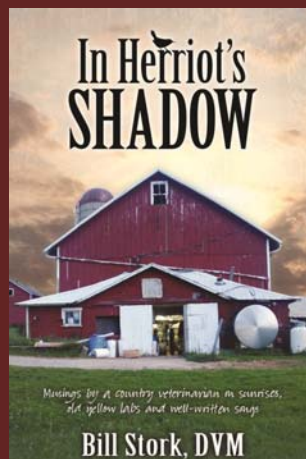
meet the people who eat the food they grow. CSA participants are given access to ultra-fresh food and are often exposed to new types of produce and thus new cooking methods. Members of a CSA may also have the opportunity to visit the farm that their food comes from and/or to work on the farm in exchange for their share. This model of farming certainly promotes a better understanding of food production and a closer relationship between the farm and your family.

The Community-Supported-Agriculture concept is truly a back-to-the-basics approach, designed to foster a relationship between local farms and their neighbors and to help both thrive. However, investing in a share is not right for everyone. Consider whether you have enough time to cook during the week and time to explore new recipes with whatever shows up in that weekly box of farm goodies. The surprise element requires flexibility and creativity. In any case, if you love vegetables and are prepared to enjoy the seasonal whims of fresh farm produce, perhaps this is an option that will fit well into your 2015 summer adventure.

For a listing of local CSA farms in your area, pick up a copy of the Farm Fresh Atlas or visit farmfreshsewi.org. Here are a few of my favorites to get you started:

- Full Harvest LLC, Hartford
- Wellspring Education Center and Organic Farm, West Bend
- High Cross Farm, Campbellsport
- Three Brothers Farm, Oconomowoc
- Wild Ridge Farm, Fredonia

Kellie Miller is a freelance writer and lover of words whose home-base is Southeastern Wisconsin. Questions or comments can be directed to kmiller.boomers@gmail.com.



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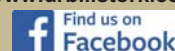
"Bill Stork has this thing about first impressions. He can't abide them." – Doug Moe, Wisconsin State Journal

Shed a tear for a dog called Buck, find out how Dr. Stork survives Jack going for his jugular, and make the acquaintance of the Amazing Dick Bass – *In Herriot's Shadow* weaves stories about B.B. King, temperamental cows, biking through Texas, therapy cats and life-saving dogs.

"Coveralls rolled to my waist, I stood shimmering with blood, sweat and fetal fluid, admiring my handiwork and God's creations. For the record, a properly marinated Eastern European flatlander at sunset is a prime attraction to the mosquito..."

Go to drbillstork.com to order and for a list of Local stores where *In Herriot's Shadow* is available. Readings, ramblings and appearances available on request. Follow the blog on Facebook or on

www.drbillstork.com





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MILWAUKEE'S BREWING HISTORY

Brats, beer... and one more beer

**Call it a weakness if you must,
but Wisconsinites love beer...**

Milwaukee became synonymous with Germans and beer beginning in the 1850s. The Germans had long enjoyed beer and set up breweries when they arrived in Milwaukee. By 1856, there were more than two dozen breweries in Milwaukee, most of them German-owned and -operated. Besides making beer for the rest of the nation, Milwaukeeans enjoyed consuming the various beers produced in the city's breweries. As early as 1843, pioneer historian James Buck recorded 138 taverns in Milwaukee, an average of one per forty residents. Beer halls and taverns are abundant in the city to this day although only one of the major breweries—Miller—remains in Milwaukee.

Milwaukee's founding fathers had a vision for the city. They knew it was perfectly situated as a port city, a center for collecting and distributing produce. Many of the new immigrants who were pouring into the new state of Wisconsin during the middle of the 19th century were wheat farmers. By 1860, Wisconsin was the second ranked wheat-growing state in the country and Milwaukee shipped more wheat than any place in the world. Railroads were needed to transport all this grain from the wheat fields of Wisconsin to Milwaukee's harbor. Improvements in railways at the time made this possible.

There was intense competition for markets with Chicago, and to a lesser degree, with Racine and Kenosha. Eventually Chicago won out. Due to its superior position on major railroad lines connecting east and west, Chicago had a distinct advantage over Milwaukee. The wheat market though, guaranteed Milwaukee's place as the commercial capital of Wisconsin.

Milwaukee was once the home to four of the world's largest breweries (Schlitz, Blatz, Pabst, and Miller), and was the number one beer producing city in the world for many years. Despite the decline in its position as the world's leading beer producer after the loss of two of those breweries, its one remaining major brewery, Miller Brewing Company remains in solid position as the second-largest beer-maker in the U.S., the city remains known as a beer town despite now only representing a fraction of its economy.

We all remember Happy Days and Laverne and Shirley, the two sitcoms that aired on ABC in the 1970s and 1980s. With the infamous Milwaukee breweries set as a backdrop for the storylines, our local beer-drinkin' reputation was set in stone.
Yup - we like beer.



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OBSTRUCTIVE SLEEP APNEA

Could Poor Sleep be Impacting the Quality of Your Life

Americans are not getting enough sleep. Researchers across the medical community continue to emphasize this fact in their findings. Countless studies have linked inadequate sleep with serious health consequences, and the Centers for Disease Control and Prevention (CDC) notes that so many Americans are getting insufficient sleep that it has become a public health epidemic.

At the National Institutes of Health (NIH), researchers have helped to shed light on a variety of health problems, from obesity to depression to heart disease, which can stem from chronic sleep problems. According to the National Sleep Foundation, sleep disorders affect 50-70 million Americans. One such disorder is Obstructive Sleep Apnea (OSA), a condition impacting millions of U.S. adults. Unfortunately, according to the NIH, up to 80% of these adults don't know they are affected. Sleep disorders like OSA not only impact quality of sleep and overall health but also one's safety on the roads and in the workplace.

OSA is a condition characterized by complete and partial airway obstructions, which can occur when the tongue and muscles relax during sleep, the lower jaw falls back toward the throat or the airway becomes blocked. A typical sequence of OSA occurs when a person stops snoring and is silent for seconds or minutes. The brain may cause the body to jerk in an attempt to wake the sleeper so breathing will resume. The silence may end with a loud snort, cough or gasp. This causes the sleeper to wake briefly and begin breathing. Once asleep again, the muscles relax and the airway becomes blocked again. This cycle can occur hundreds of times per night. Additional warning signs of OSA may include headaches, high blood pressure, daytime sleepiness, insomnia, diabetes, depression and more.

Symptoms such as daytime sleepiness can lead to an increased risk of vehicular crash. A 2013 study published in the *Journal of Clinical Sleep Medicine* found that when left untreated, OSA was linked to a rise in motor vehicle crashes and near-misses. Study participants with untreated OSA reported crashes three times more often than the general populace. Among those who drive for a living, OSA can be



particularly dangerous. Unfortunately, data from the American Academy of Sleep Medicine suggests that 20 percent of commercial drivers may suffer from OSA. Because of the sedentary nature of the job, drivers are at risk for obesity, which is strongly associated with OSA. Because commercial

drivers are so likely to have OSA and spend so much time driving, organizations like the American Academy of Sleep Medicine are working with Congress to develop regulations to ensure the health and safety of all drivers.

Even if you don't drive for a living, however, the symptoms associated with OSA can negatively impact one's work. OSA can lead to fatigue, morning headaches, difficulty concentrating and a foggy memory, all of which could affect one's ability or desire to perform a job. Additionally, these symptoms could lead to safety errors in a number of professions. A study published in a 2011 issue of the *Journal of the American Medical Association*, which surveyed nearly 5000 police officers in North America, estimated that 33 percent of the police officers involved in the study had sleep apnea and that the disorder was significantly associated with an increased risk of poor performance and safety errors.

The good news is that with treatment, patients may see a dramatic reduction in symptoms of OSA. If chronic poor sleep is making you sleepy on the road or at work, consider asking your physician for a sleep study, which will confirm whether or not you have sleep apnea. If you are diagnosed, there are a number of treatment options available, including lifestyle changes, surgery, Continuous Positive Airway Pressure (CPAP) and Oral Appliance Therapy. Oral Appliance Therapy works to hold the jaw in a position that allows the airway to remain as open and firm as possible during sleep, thus preventing snoring and interruptions in sleep. The appliance is similar to an athletic mouth guard but is less bulky. Additionally, it is covered by most insurance plans and Medicare.

For more information, contact Koala Center for Sleep Disorders. Dr. Connor has dedicated her practice to the treatment of snoring, sleep apnea, and TMJ Disorders with oral appliance therapy. To contact her call (262) 923-8081 or visit koalasleepcenters.com/brookfield-wi

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Original Wisconsin Ducks Celebrates 70 Years

Wisconsin Ducks continued on page 25



add to the fleet. Today, Original Wisconsin Ducks, with more than 90 vehicles, is the largest tour duck operation in the United States.

The Ducks are a challenging fleet to maintain, with their amphibious features and the fact that most of the parts made for these 70-year-old behemoths, are no longer manufactured.

Original Wisconsin Ducks has built a top-notch staff of eight full-time mechanics and expert metal workers who have made careers out of maintaining this novel fleet.

The story of "man and machine" extends to those who get behind the wheel of the lumbering Ducks and shuttle vacationers through the woods and waters of the Dells. Over its seven decade history, about 670 people can claim the title of Original Wisconsin Ducks Driver. In the early days, most of the tour operators were young men. Today most drivers are young college students, men and women, who commandeer the seven-ton Ducks for tours. This summer all alumni drivers are invited back for a special Duck Driver Reunion June 19-21, 2015.

"We have located about 600 of our former drivers and asked them to join us this summer; it's really going to be like a big family reunion, seeing what our alumni have gone on to do in their lives," Gavinski said.

Laying claim to the title of Duck Driver is special in and of itself. Only 50 candidates are chosen for the summer jobs each year. Besides the rigorous six-week training, being a driver takes a charming personality and a love for helping make family vacations fun. It's often said "You haven't done the Dells, if you haven't done the Ducks" and that's a legacy the operation hopes to maintain for decades to come.

Original Wisconsin Ducks take passengers on a one-hour tour on exclusive wilderness trails and make splashdowns into the Wisconsin River and Lake Delton. Shared by generations it's considered a top attraction in the Midwest and a quintessential part of any Wisconsin Dells vacation.

Original Wisconsin Ducks' 2015 season runs mid-March through mid-November, weather permitting. Tours run every few minutes during the peak summer season. For more information about Original Wisconsin Ducks, please call (608) 254-8751 or visit www.wisconsinducktours.com.

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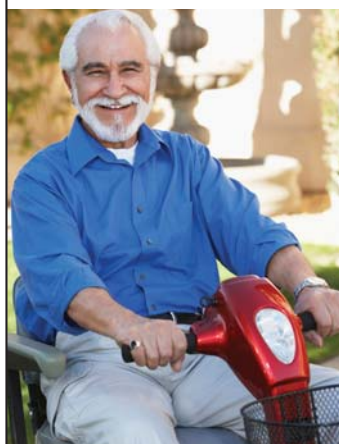
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- 8) The tongue depressors taste faintly of Fudgesicles.
- 7) The only proctologist in the plan is "Gus" from Roto Rooter.
- 6) The only item listed under Preventive Care Coverage is "an apple a day..."
- 5) Your primary care physician is wearing the pants you gave to Goodwill last month.
- 4) "The patient is responsible for 200% of out-of-network charges," is not a typographical error.
- 3) The only expense covered 100% is "embalming."
- 2) Your Prozac comes in different colors with little M's on them.

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Nearly \$320 million of local tax money is used to dispose of and recycle junk mail each year.

How can I stop this deluge of JUNK MAIL!?

EARTH TALK

From the Editors of
E/The Environmental Magazine

First of all, you're probably right! Junk mail has increased to a massive scale in recent years, with the average American receiving 16 pieces each week. While this might not seem like much, it adds up to weigh an estimated 41 pounds each year, according to leading anti-junk mail organization, 41pounds.org.

What's more, 44 percent of it is never opened, though the U.S. Environmental Protection Agency (EPA) estimates only about 40 percent is recycled properly. This enormous waste of paper has triggered the U.S. Postal Service to install over 4,000 postal recycling stations around the country. From a financial perspective, nearly \$320 million of local tax money is used to dispose of and recycle junk mail each year.

However, junk mail has environmental repercussions on a larger scale than individual inconvenience or waste of tax money. The paper for these mailings comes from more than 100 million trees each year. Not only does this cause deforestation and other direct problems to the local environment, it also creates an imbalance of the planet's carbon levels. While forests usually act as "carbon sinks" to maintain constant levels of carbon dioxide in the atmosphere, chopping down these trees and converting them into paper emits this stored carbon prematurely back into the atmosphere. On top of that, according to 41pounds.org, the carbon emissions from junk mailings each year are roughly equivalent to those of nine million cars.

ForestEthics.org, another leader in the charge against junk mail, estimates that

junk mail produces 51.5 million metric tons of greenhouse gases each year. Ciara O'Rourke reports in *The New York Times* that this is roughly the same amount of emissions produced by heating 13 million homes in the winter. ForestEthics' report, "Climate Change Enclosed," likens junk mail's carbon burden to 2.4 million cars idling 24/7 year-round.

Another negative impact of junk mail is the water waste it creates. As drought becomes an increasingly important problem across the country, Americans continue to waste upwards of 28 billion gallons of water on junk mail production and recycling every year.

Thankfully, these enormous environmental costs can easily be reduced by taking basic steps to get off mailing lists. By registering at 41pounds.org, junk mailings can be reduced by 80-95 percent for \$41. Similar to a no-call list for telemarketers, you can also opt out of these mailing lists at catalogchoice.org. By contacting dozens of these mailers directly, these organizations aim to eliminate junk mail waste.

After five years, 41pounds.org estimates "you'll conserve 1.7 trees and 700 gallons of water, and prevent global warming emissions—and you'll gain about 350 hours of free time." Though readers should note you must re-register every five years, this simple action can make a huge impact in stopping the torrent of junk mail being crammed into your mailbox each week.

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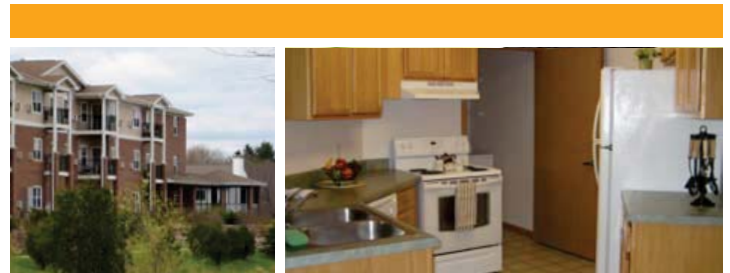
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The Story Behind 'LADIES FIRST'

Here is the story behind 'Ladies First.' It's really an interesting story though I don't know whether it's true or not. It does make a bit of sense...

A long time ago, a man and a woman were madly in love.

They wanted to marry, but their parents didn't approve.

So they decided to plan a suicide together, and planned to jump from a mountain.

The man could not bear to see his Sweetheart fall, so he convinced her that he will jump first, and so he jumped.

And she did not.

Thereafter all men decided to say.....
"LADIES FIRST".

"summer, after all, is a time when wonderful things can happen to quiet people. for those few months, you're not required to be who everyone thinks you are, and that cut-grass smell in the air and the chance to dive into the deep end of a pool give you a courage you don't have the rest of the year. you can be grateful and easy, with no eyes on you, and no past. summer just opens the door and lets you out."

~Deb Caletti



continued from page 13

Not only is music enjoyable, but it can improve our mood and our general level of creativity. It is now known that moderate noise levels are the "sweet spot" for getting our creative juices flowing, while high noise levels do just the opposite. We all know the experience of playing "upbeat" music to get us out of the doldrums, or expressing those emotions with music that reflects our sadness or feelings of loss. We have all exercised to bright, rhythm driven music. It has now been discovered what specific "beats per minute" are best for various kinds of work outs. Remarkably, successful experiments have been carried out in crime ridden inner cities and findings support a decrease in criminal incidents when classical music is played in these areas. Most of us are aware of the "Mozart" effect experiments of recent years that seem to indicate increased intellectual acuity in babies who listened to a significant amount of this music prior to their birth.

Levitin explains that babies in the womb are already aware of a large, pulsating world of colors, sounds and feelings all melded into one experience that we call "ultimate synesthesia". As the baby's brain develops certain areas become specialized in vision, speech, hearing, etc. It is suggested that we all continue to long for the perfect synesthetic state experienced near the beginning of life itself. Professor Levitin goes on to explain how the brain's memory, emotional and language centers are connected through the processing of music – providing what is essentially the holistic, synesthetic state we long for.

Whether it is the opening intervals of Beethoven's Fifth Symphony, the plaintive strains of the "dying swan" theme of Tchaikovsky's Swan Lake, or the classics of The Beatles, Stevie Wonder or Billy Joel, the preference for a certain type of music has an effect on how we experience it. Interesting research now explains why we like certain types of music more than others, and researchers continue to explore why music can "soothe the savage beast" in some of us, or arouse it to destruction! We have long known that when music is used as therapy it can unlock doors in the mind and emotions that nothing else can. Indeed, life without music would be a barren experience.

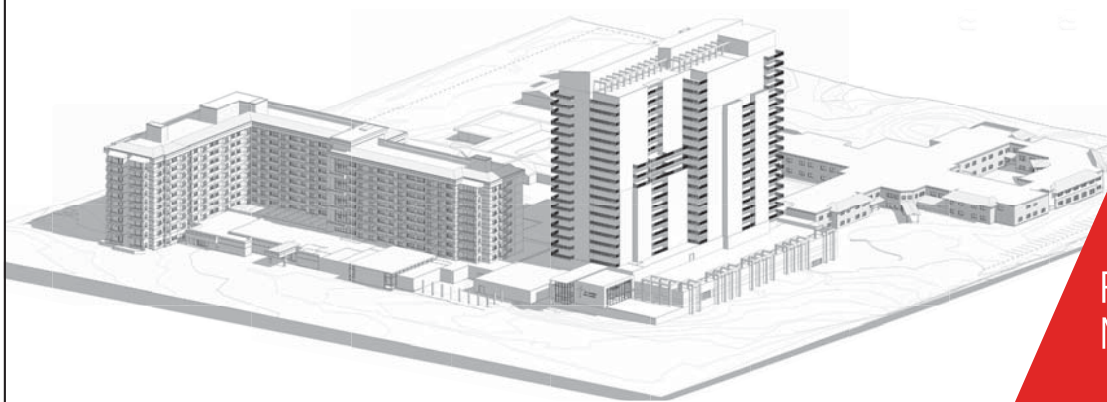
The power of music can influence cultures for good, and lift us out of our doldrums. George Gershwin's compositions, written just after World War I, are a great example of the evocative power of music. They abound with all-American images that combine classical elements and jazz themes. One can hear the sounds of the railroads, see the sweep of skyscrapers and experience the vibrancy of New York City in his engaging music. Gershwin captures the very heart of America, and his music renews our spirits and even gets us tapping our toes! As the great German philosopher Nietzsche stated: "Life without music is a mistake". Let's enjoy it, and use it to make our world a better place!

Christine Flasch, Executive Director of The Southwestern Suburban Symphony can be reached at ceflasch@SWSsymphony.org. To purchase tickets for The Southwestern Suburban Symphony's debut performance, "Glorious Gershwin" on August 23, 2015 visit the orchestra's website at www.SWSsymphony.org.



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Bikini Body, Bikini Heart

I'm pretty sure it was my bikini heart that attracted to me my legendary love. I don't think he would have been nearly as impressed if all I could have offered him was a bikini body.

By Elaine Taylor

My young friend Nancy is preparing to head off for beach-week with three longtime girlfriends. She has set up a 5-5-5 plan for getting ready: runs five miles a day, five days a week; and she's at the gym at 5:00 every morning, toning and buffing a body already taut with lush curves in places where my flab rolls repose.

The only thing that would convince me to hit the running track or go to the gym is if Tiffany & Co showed up there to hand out last years' out-of-style diamonds.

Nancy has lovely long blonde curls (no middle-aged auburn with the occasional silver fox roots), and 28-year-old-firm olive skin that will never morph into neon white crepe paper. One sultry smile and a flash of her big baby blues will start a stampede of waiters hot-footing across sizzling sand with trays of free umbrella drinks.

She's worked hard for her G-string bikini body—which is why she is so comfortable exposing it to the world.

That's the way I feel about my hard-earned bikini heart: I am no longer afraid to reveal it.

My bikini heart did not require the kind of workout a cardiologist recommends; it was more of a psychotherapy thing.

In retrospect, my journey to a bikini-ready heart started around the time an astrologer/psychic told me I was destined for the kind of love about which stories are written. "But," she said, "not until you're ready."

Huh? She couldn't tell me what that meant; but apparently "life" knew because it stepped up to make me ready. With a setup I couldn't resist.

A friend called to arrange a blind date with a doctor who was qualified to practice gynecology ... and psychiatry. Talk about nowhere to run, nowhere to hide—he had both ends covered!

Even though I desperately wanted to meet "the right man", I dithered, I demurred. The gyne part caused not a twitch. Like a lot of single women, I had experienced a tad



of the get-nekkid-and-spread-'em drill with members of the opposite sex. For reasons medical ... or not. But that psychiatry thing unleashed a frantic kneejerk, *Absolutely no way would I let this guy put my psyche in stirrups.*

But why? No deep dark secrets nested in my id; I was an open book, right? Well yes, if you ignored the trail of relationship roadkill I had gouged over the years. And maybe a

heart as tough as armadillo hide.

Well guess what. Ask an innocuous little "But why?" and the Universe starts dragging you toward the answer.

I went out with the doc—not just once, but enough times to begin to call it a relationship. Spent weekends at his wine-country ranch, traveled to exotic islands together. It was grand. Or, grand enough that I wasn't going to let "perfect" stand in the way of "good." Couldn't wait to tell the psychic I had found "the one."

Wrong. She called him Heartache in an Armani Suit. "Have some fun!" she said "But if you involve your heart, he's going to break it."

Puh. What sane person actually takes advice from a psychic?

Fourteen months into it, lover-doc broke my heart; at the same time I sat with my cancer-riddled canine companion for the injection that stopped hers.

That armadillo hide? Collapsed like a bunker hit by a cruise missile. I crawled off to my shrink so she could put me back together—because I sure didn't know how.

First thing, there on her sofa, she did what all shrinks do: suggested I consider dumpster-diving into the past. Specifically, childhood.

"Oh, please, that is so cliché. I'm not going to dig around in forgotten memories."

"No need to dig. Just look over your shoulder and see which ones are dogging you. They may be what's blocking love from your life."

My formative years were a lot better than a lot of peoples'. How whiny and pathetic to rag about hurt feelings. I held out for as many sessions as I could. But, in truth, I was

Bikini Heart continued on page 37



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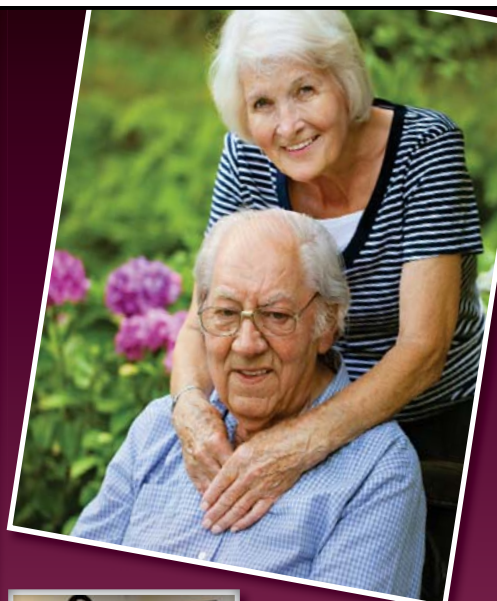
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Bikini Body, Bikini Heart

continued from previous page

beaten down—exhausted—by decades of hauling around my fortress like a turtle schlepping its shell.

Finally, I dared lower the drawbridge. I didn't know what was hiding behind those walls, but my anxiety shot higher than an orbiting space shuttle. Prescient, as it turns out. Because behind my formerly tough exterior was an army of sunlight-deprived, speedo-clad hitmen, itching to be freed of their long incarceration, eager to drag me down to a sunny beach where I would have to face their naked, corrosive fury.

Face them, I did. All those unacknowledged hurts and betrayals. Like, sitting astride a tricycle watching the backside of my alcohol-anesthetized father as he staggered out of my life for the last time. Like a steady stream of spittle-flecked *I-wish-you'd-never-been-born* and *I'm so ashamed of you* screeches from my bitter, self-pitying mother. Like societal ghost-whispers ... *you're just a girl, not worth a damn*.

I greeted those hitmen first with inculcated shame and guilt. Then I dug deep into my grit and voiced the question that had haunted me from earliest childhood: *why* was I so unlovable?

Finally, I allowed the pain of betrayal and abandonment to seep from my wounded heart; and washed it away with a slow-moving flood of primordial tears.

As Andre Berthiaume said: "We all wear masks, and the time comes when we cannot remove them without removing some of our own skin." Boy, was he right.

But when my heart was clean and soft as a newborn's, I realized my sense of worthlessness was a projection from psyches as damaged as mine. That they, like the rest of us, wore masks to cover what they did not want the world to see ... what they could not bear to confront in their own mirrors. That simple acknowledgment freed me from my long-held, beautifully disguised sense of worthlessness. I knew I was worthy of love.

James Baldwin wrote, "Love takes off the masks that we fear we cannot live without and know we cannot live within." For me, it was self-love that allowed me to strip off the armor and show to the world what I was no longer afraid to see.

I'm pretty sure it was my bikini heart that attracted to me the psychic's foretold legendary love. I don't think he would have been nearly as impressed if all I could have offered him was a bikini body.

Elaine Taylor is the author of KARMA, DECEPTION and a Pair of Red FERRARIS. You can find her at <http://www.KarmaDeception.com> and connect with her on Twitter.

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Stomach-Friendly Summer BBQ

continued from page 20

low FODMAP foods to choose from if you find that high FODMAP foods bother you. A typical FODMAP-friendly breakfast might include oatmeal with lactose-free milk, a little 100% pure maple syrup and ½ cup of blueberries, or perhaps a spinach and cheese omelet. Lunch could be a tossed salad (hold the onions) with baby greens, chicken or fish, olive oil and balsamic vinegar. A satisfying summer dinner might consist of grilled meat, fish or poultry served with potatoes or rice and some sautéed zucchini or steamed carrots.

Which high FODMAP foods might show up on the menu at your backyard party? Baked beans, carbonated soft drinks, ice cream, cherries, sandwich buns, coleslaw, onions and barbecue sauce would top the list.

Instead of fruit juice or regular soft drink, try some fresh iced tea with lemon, a few sprigs of fresh mint and a pinch of real sugar. Homemade lemonade made with fresh-squeezed lemons and a little sugar is always special. If you're short on time for making your own beverages, Newman's Own Old Fashioned Roadside Virgin Lemonade will fit the bill.

When selecting from the tray of veggies and dip, choose carrots, bell peppers, cherry tomatoes and cucumber strips; leave the broccoli, cauliflower and mushrooms. If you indulge in potato chips or corn chips, skip the onion and garlic-filled dips. Deviled eggs are an IBS-friendly backyard classic.

For the main course, serve grilled chicken, steak, salmon or burgers, hold the barbecue sauce. Side dishes might include home-made potato salad made with egg, cucumbers, carrots and mayonnaise. Fruit salad with seasonal cantaloupe, blueberries, and strawberries, filled out with grapes, bananas and pineapple is always a welcome addition to a picnic.

Before the coals die and the sun sets, enjoy a toasted marshmallow or two. If you're in the mood for a cold dessert, try sugar-sweetened Italian ice or sorbet, or lactose-free ice cream with fresh sliced strawberries.

Patsy Catsos, M.S., R.D., L.D. is a registered, licensed dietitian and a leader in the field of nutrition therapy for irritable bowel syndrome (IBS). Her bestselling 2008 book, *IBS—Free at Last!* For more information, please visit www.IBSFree.net.

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A mother enters her daughter's bedroom and sees a letter on the wall over the bed.

With the worst premonition, she reads it, with trembling hands:
"It is with great regret and sorrow that I'm telling you that I eloped with my new boyfriend.

I found real passion and he is so nice. The piercings and tattoos and his motorcycle are just a shield for his sensitive heart. And Mom, I'm pregnant. Tom said that we will be very happy in his trailer in the woods. He wants to have many more children with me and that's my dream too.

He can take care of us. I've learned that marijuana doesn't hurt anyone and he'll be growing it for us and his friends to pay the bills.

Don't worry Mom, I'm 15 years old now and I know how to take care of myself.

Someday I'll visit for you to know your grandchildren.

Your daughter, Judith

PS: Mom, it's not true. I'm at the neighbor's house. I just wanted to show you that there are worse things in life than my report card that's in the desk drawer.

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Keeping it Smooth...

Moving doesn't need to be a chaotic nightmare!



No doubt there are a few hardy souls who breeze through packing up and moving a household without breaking a sweat. Then there is the vast majority who find it extremely stressful, overwhelming, and a task whose end is far from sight. It doesn't have to be that way. The key is planning and organization. "Moving is a good opportunity to rid yourself of unused and unneeded items that have found their way into the basement, attic, or spare room. Let stuff go. You want to move as little as possible," according to Brenden McDaniel, CPO-CD cSMM, owner of Action Organizing Services LLC in Milwaukee and a member of the Milwaukee chapter of the National Association of the Remodeling Industry, an area leading home improvement and remodeling industry resource. He offers these tips for keeping a move smooth.

• **De-clutter:** Don't move items that are broken or ones that will never be used again. When sorting, utilize three categories, Best Friend, Acquaintance, and Stranger. Anything in the stranger category should be discarded, either in the trash or donated to a charity. Best Friend of course is the keeper pile, goods and clothes used and liked. Acquaintance is something liked, but may have seen better days, or has never been used.

• **A lot of clutter comes from children** – who now have their own homes. Many empty nesters are a storage facility for their children. Give the kids a deadline to pick it up and tell them if they don't, it will be donated or trashed.

• **Consider the new home's layout:** Get the room measurements and plan furniture arrangement before moving, which will save the effort of moving unused pieces..

• **Label, label, and label:** Be specific on what's in the box. For example, don't just say kitchen; specify kitchen/cutlery or kitchen/cookie sheets. Label on top of a box as well as on the side. Include the words

fragile if appropriate. Never label a box miscellaneous, at least label the room it came from and goes to.

• **Dishes:** Don't stack dishes, which puts excessive weight on the bottom plate. Instead arrange them vertically in a box. They still will have to be cushioned, but the vertical arrangement will result in less breakage.

• **Clothes:** Wardrobe boxes, which can be purchased from moving companies office supply stores, or found on the Internet, work really well for clothes. McDaniel suggests packing clothes by season and to throw out those items that will not likely be worn again.

• **Electronics:** Bundle cords from electronics and label the cords as to which appliance they go to; label remote controls as well. If original packing materials are discarded, make sure another cushioning element is used to protect screens and sensitive controls. Pad the bottom with packing material. *Tip:* Bed and bath linens can do double duty as packing material during the move.

• **Food:** Check expiration dates; they are there for a reason. When in doubt, throw it out. This includes spices, which lose their flavor after extended shelf life. Get rid of more-than-half-empty sauce bottles and jars. Pack perishables in a cooler with ice.

• **Medicines:** Again, check expiration dates. Keep anything needed to be taken on a daily basis on hand in a special container. Pack other over-the-counter drugs in a box marked medicine cabinet.

• **Paperwork:** Old credit card statements, utility bills, paid medical bills, and the like aren't necessary to keep. Everything is online now and easy to recall if necessary. When moving, keep one briefcase that has all the important papers needed – current bills, checks and banking information, papers needed to successfully complete the move or pay the movers, etc. Keep the briefcase locked in the car.

• **Donate:** Many people, especially seniors, have strong emotional attachments to items. It can be easier for them to let go if they know a piece of furniture, an article of clothing, or other household good is going to help someone else.

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

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MAKING THE MOST OF A SMALL BACKYARD



The long-awaited season is upon us – summer! Wisconsinites know how to optimize the enjoyment of the shortest season of the year. But finding the best ideas to make good use of one's backyard, especially if it is small, can sometimes be a challenge.

Milwaukee/NARI members provide assistance on a variety of home improvement topics to homeowners every day including landscaping and space utilization for the yard.

- In small yards, the landscape design can enlarge the look of the space. A plan should use small features and cool colors to create a space that offers entertainment options, fits the home's style, and suits your lifestyle.

- Layered landscaping can make smaller spaces dramatic. Use a fence, garage or shed walls, trellises and arbors with crawling vines, raised beds of annuals and perennials, and water features to lend a layered look. Use shade-loving ferns for a low-maintenance landscape.

- A portable fire pit is easy to move out of the way for more space.

- Container gardens maximize space and impact. Mix in seasonal colors and change things out when they stop blooming. The containers can be moved easily if additional space is needed for an outdoor party.

- Container vegetable gardens like potted tomatoes, peppers, cucumbers, green beans and herbs can be built into sunny niches and provide quite a bit of healthy summer munching.

- Give careful consideration to the colors desired in a small yard, as colors give spaces different perceptions. For example, cool colors like blue can make a space look larger. Evergreens, like blue spruce and Alberta pine, can extend the yard and add a feeling of largeness.

- A small rock garden makes a unique point of interest and can be tucked into a little corner or nook or even on a raised bed up against the house. It's important to select plants that go naturally with rocks and won't spread out too much to cover them.

- Water features like birdbaths or outdoor-use serenity fountains are made in a variety of sizes and styles that will fit even in a smaller-sized yard.

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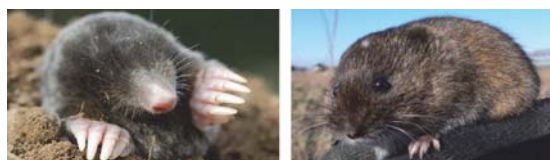


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Other than having similar sounding names and both causing havoc to yards, voles and moles have little in common. Moles seem to be much better known, but it's really voles causing much of the damage chalked up to moles.

MOLES vs VOLES

Who Did the Damage?



The biggest difference between moles and voles is the type of damage they cause. Moles are insectivores, and their primary diet is earthworms with a few grubs and insects tossed in as appetizers. They don't eat plants, and so their landscape carnage is really the incidental damage of tunnels and runways dug in lawns while on the never-ending search for more worms.

Voiles, on the other hand, are plant-eaters. They feed on grass and perennial-flower roots, they'll eat seeds and bulbs, and especially in winter when other foods are scarce, they'll even girdle the bark off trees and shrubs. Meadow voles also make networks of surface tunnels across the lawn under the snow cover of winter when they venture out into open spaces that they'd avoid in the growing season.

Moles are seldom seen because they live and feed underground. They're gray to dark brown in color, about 6 to 7 inches long and most distinguishable by their long noses and paddled, webbed front feet – perfect for tunnel excavation. They have no visible ears either. Those paddled front paws allow moles to dig tunnels at a rate of 1 foot per minute.

Being voracious feeders that eat quantities nearly equal to their body weight every day, moles are constantly tunneling in search of meals. It's this action that pushes up mini mountain ranges all over the lawn. Sometimes moles come up higher and create volcanoes of soil

in random spots. On a good day (for the mole, not the lawn-owner), a hard-working mole can dig 100 feet of new tunnels. That's a lot of damage.

One saving grace is that moles are anti-social mammals. Generally, only one or two is active in a given yard. Moles seek each other out only at mating time and typically have two to five babies at a time. A mole life span is two to three years.

Unlike moles, voles are rodents that look much like mice, only with shorter tails. They're dark brown in color, about 5 inches in length and have eyes and ears that you can readily notice. There are several different species of voles in North America – some that do most of their damage above ground and some that do more insidious root- and bark-chewing from underground (i.e. pine voles).

Voiles are prolific reproducers that can quickly colonize an area. To make up for a short life span of 16 months or less, voles can go from impregnation to baby-delivery in 21 days – cranking out three to six young at a time and up to 30 offspring per year. Because voles reproduce quickly, eat so many things and are pretty good at staying out of sight, they can do a lot of damage before gardeners ever figure out what hit them.

Good clues to look for are surface tunnels in mulch and along walls and golfball-sized holes near where damage is occurring

Some of the same anecdotal measures for moles also may help control voles. Or not. If not, professional pest-control companies can usually get things under control with a combination of baits and traps.

Sonic chasers. Battery-powered spikes or similar gadgets that vibrate underground.

Flooding the burrows with water.

Mothballs in active tunnels.

Inserting lava rocks soaked in onion and garlic solution into burrows.

Human hair is also a great mole repellent. Moles dislike the scent of humans and they do not like the feel of the hair.

Castor oil is an excellent repellent for moles. In order to effectively apply, you need to water the area thoroughly beforehand. Spray castor oil onto your lawn or garden using a spray bottle or lawn spraying device normally used for fertilizer. After you have thoroughly doused your area with castor oil, water it again to cause the oil to be brought down into the soil.

One of the best ways to control voles is to send a cat out on patrol or pour used cat litter into mole runs and hills you may be able to convince them that they should move to another area.

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Fresh Strawberry Muffins



Ingredients:

2 1/2 cups all purpose flour
2/3 cup sugar
1 teaspoon baking soda
3/4 teaspoon ground cinnamon
1/2 teaspoon salt
1 1/2 cup sliced fresh strawberries
1 cup lowfat buttermilk
1/3 cup margarine, melted
1 1/4 teaspoon vanilla extract
1 egg, lightly beaten
2 egg whites, lightly beaten
Vegetable cooking spray
1 1/2 tablespoons sugar

Instructions:

Combine flour, sugar, baking soda, cinnamon and salt in a large bowl and stir well. Add fresh sliced strawberries, stir well, and make a well in the center of the mixture. Combine buttermilk, melted margarine, vanilla extract, egg and egg whites. Add to dry mixture stirring until just moistened. Divide batter evenly among 18 muffin cups sprayed oiled with cooking spray. Sprinkle 1 1/2 TBS sugar evenly over muffins. Bake at 350° for 25-30 minutes or until a wooden pick inserted in center comes out clean. Remove from pans immediately; let cool on wire rack.

The Flavor of Summer!



SANGRIA!

1/2 cup brandy
1/4 cup lemon juice
1/3 cup frozen lemonade concentrate
1/3 cup orange juice
1 (750 milliliter) bottle dry red wine
1/2 cup triple sec
1 lemon, sliced into rounds
1 orange, sliced into rounds
1 lime, sliced into rounds
1/4 cup white sugar (optional)
8 maraschino cherries
2 cups carbonated water (optional)

In a large pitcher or bowl, mix together the brandy, lemon juice, lemonade concentrate, orange juice, red wine, triple sec, and sugar. Float slices of lemon, orange and lime, and maraschino cherries in the mixture. Refrigerate overnight for best flavor. For a fizzy sangria, add club soda just before serving.



SUMMER FRUIT SOUP

1 1/2 cups fresh blueberries
1 cup diced fresh pineapple
3 oranges - segmented & chopped
1 honeydew melon - cubed
3 tablespoons fresh lemon juice
1 tablespoon lemon zest
1/4 cup white sugar
1 (16 ounce) can pineapple juice
1/4 cup vanilla low-fat yogurt (optional)
4 sprigs fresh mint leaves for garnish

Combine the blueberries, pineapple, oranges, melon, lemon juice, lemon zest, sugar, and pineapple juice in a large skillet. If desired, stir in the yogurt to make the mixture more creamy. Cook and stir over medium-high heat until the sugar dissolves and the fruit softens, 3 to 5 minutes. Place fruit mixture into a blender or food processor; blend or pulse until smooth. Spoon into a freezer dish. Chill until mixture becomes slushy, about 20 to 25 minutes. Serve garnished with fresh mint leaves.



FRENCH TOMATO SOUP

2 tablespoons extra-virgin olive oil, or more as needed
1 large onion, chopped
1/2 teaspoon salt
freshly ground black pepper to taste
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
2 pounds fresh tomatoes - peeled, seeded and chopped
1/4 cup dry vermouth, or to taste
2 cups chicken broth
1 tablespoon chopped fresh basil
1 tablespoon chopped fresh oregano
1 tablespoon chopped fresh thyme
2 cloves garlic, thinly sliced
1/4 teaspoon freshly ground cinnamon
1 (4 ounce) container crumbled Gorgonzola cheese

Heat olive oil in a soup pot over medium heat, stir in onion. Cook and stir until golden brown, about 12 minutes; season with salt, black pepper, dried basil, dried oregano, and dried thyme. Cook until dried herbs are fragrant, about 1 more minute, then mix in the tomatoes and vermouth. Bring to a boil, then stir in the chicken broth. Bring soup back to a boil, and reduce heat to a simmer. Mix in the fresh basil, oregano, thyme, and garlic. Cover pot, and cook until tomatoes are tender, about 20 minutes, stirring occasionally.

Sprinkle cinnamon over the soup, and ladle into bowls; top each serving with a spoonful of crumbled Gorgonzola cheese.



Massaging kale is easy to do. Sprinkle lightly with olive oil and take rinsed and cut bunches of kale in both hands and rub them together and repeat. You'll notice a visible change as you do this; the leaves will darken, shrink in size and become much softer in texture.

After a little massage-yes, a **massage**, kale becomes a great option for a plentitude of raw green salad options. Here's my favorite. Don't worry about measuring ingredients - it's all good!

KALE Salad with QUINOA

Start with a bowl of clean, rinsed massaged kale sized to whatever you have in mind - approximately 2 cups massaged kale. Dice and add as much as we wish of:

red onion
cucumber
tomato
green pepper
crumbled feta cheese
slice kalamata olives
1/2-1 cup of prepared and cooled quinoa
Drizzle generously with additional olive oil and red wine vinegar to taste. Pinch of sea salt and your good to go! The additions are endless! Try using: avocado, chick peas, asparagus, celery, pine nuts, walnuts, or dried cranberries.



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KALE

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The antioxidant value or score of foods is expressed in ORAC (Oxygen Radical Absorbance Capacity). The ORAC rating of a food gives an indication of the food's antioxidant capacity. Kale has an ORAC rating of 1,770. For the sake of comparison, raw spinach has an ORAC rating of 1,515, cauliflower has an ORAC of 839 and celery has an ORAC of 497.

1. Kale is low in calorie, high in fiber and has zero fat. One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content.

2. Kale is high in iron. Per calorie, kale has more iron than beef.

3. Kale is high in Vitamin K. Eating a diet high in Vitamin K can help protect against various cancers. Also increased levels of vitamin K can help people suffering from Alzheimer's disease.

4. Kale is filled with powerful antioxidants. Antioxidants, such as carotenoids and flavonoids help protect against various cancers.

5. Kale is a great anti-inflammatory food. One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.

Simple Steamed Kale: Fill bottom of steamer with 2 inches of water and bring to boil. Slice kale leaves into 1/2-inch slices, and cut again crosswise. Cut stems into 1/4-inch slices. Sprinkle with lemon juice and let sit 5 minutes before cooking to further enhance its beneficial phytonutrient concentration. When water comes to a boil, add kale (and onion if desired) to the steamer basket and cover. Steam for 5 minutes. Transfer to a bowl and toss with a Mediterranean Dressing or olive oil and a bit of red wine vinegar. For the best flavor, toss with dressing while kale is still hot. Top with any ingredients that sound yummy!

6. Kale is great for cardiovascular support. Eating more kale can help lower cholesterol levels.

7. Kale is high in Vitamin A. Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.

8. Kale is high in Vitamin C. This is very helpful for your immune system, your metabolism and your hydration.

9. Kale is high in calcium. Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and is also helpful to maintain cartilage and joint flexibility

10. Kale is a great detox food. Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy



How to incorporate more kale into your diet

A member of the mustard family, kale has a spicier and more pronounced flavor than your typical lettuce. It is also heartier and crisp with a hint of earthiness.

Kale grows well in the colder winter months, so can be a great addition to your fruit and vegetable routine when other produce is not as readily available.

Kale can be enjoyed raw in salads or on sandwiches or wraps, braised, boiled, sautéed or added to soups and casseroles.

Sauté fresh garlic and onions in extra-virgin olive oil until soft. Add kale and continue to sauté until desired tenderness.

Kale chips: Remove the ribs from the kale and toss in extra-virgin olive oil or lightly spray and sprinkle with your choice or a combination of cumin, curry powder, chili powder, roasted red pepper flakes or garlic powder. Bake at 275 degrees Fahrenheit for 15-30 minutes to desired crispness.

In a food processor or a high-speed blender, add a handful of kale to your favorite smoothie for a nutrient blast without a big change in flavor.

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By Bill Losey, CFP, CSA

ESTATE PLANNING

8 Ways To Protect What You've Saved

Estate planning is a task that people tend to put off, as any discussion of "the end" tends to be off-putting. However, those who leave this world without their financial affairs in good order risk leaving their heirs some significant problems along with their legacies. No matter what your age, here are some things you may want to accomplish this summer with regard to estate planning.

- 1 **Create a will if you don't have one.** Who doesn't have a will? You might be surprised. Some tremendously wealthy people have passed away without leaving a valid will. For example, Pablo Picasso and even Howard Hughes! It is startling how many people never get around to this, even to the point of buying a will-in-a-box at a stationery store or setting one up online. A recent Lawyers.com survey of 1,022 Americans found that just 35% had wills. (For that matter, only 18% had some kind of trust.) A solid will drafted with the guidance of an estate planning attorney may cost you more than the will-in-a-box, but may prove to be some of the best money you ever spend. A valid will may save your heirs from some expensive headaches linked to probate and ambiguity.
- 2 **Complement your will with related documents.** Depending on your estate planning needs, this could include some kind of trust (or multiple trusts), durable financial and medical powers of attorney, a living will and other items. You should know that a living will is not the same thing as a durable medical power of attorney. A living will makes your wishes known when it comes to life-prolonging medical treatments, and it takes the form of a directive. A durable medical power of attorney authorizes another party to make medical decisions for you (including end-of-life decisions) if you become incapacitated or otherwise unable to make these decisions.
- 3 **Review your beneficiary designations.** Who is the beneficiary of your IRA? How about your 401(k)? How about your annuity or life insurance policy? If your answer is along the lines of "Mm you know I'm pretty sure it's" or "It's been a

Continued on page 45



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TOURNAMENT WEATHER

Our pastor, an avid golfer, was once taking part in a local tournament. As he was preparing to tee off, the organizer of the tournament approached him and pointed to the dark, threatening storm clouds which were gathering. "Preacher," the organizer said, "I trust you'll see to it that the weather won't turn bad on us." Our pastor shook his head. "Sorry," he replied. "I'm sales, not management!"

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while since”, then be sure to check the documents and verify who the designated beneficiary is.

When it comes to retirement accounts and life insurance, many people don't know that beneficiary designations take priority over bequests made in wills and living trusts. If you long ago named a child now estranged from you as the beneficiary of your life insurance policy, he or she will receive the death benefit when you die – regardless of what your will states.

Time has a way of altering our beneficiary decisions. This is why some estate planners recommend that you review your beneficiaries every two years.

In some states, you can authorize transfer-on-death designations. This is a tactic against probate: TOD designations may permit the ownership transfer of securities (and in a few states, forms of real property, vehicles and other assets) immediately at your death to the person designated.

4 Create asset and debt lists. Does this sound like a lot of work? It may not be. You should provide your heirs with an asset and debt “map” they can follow should you pass away, so that they will be aware of the little details of your wealth.

- One list should detail your real property and personal property assets. It should list any real estate you own, and its worth; it should also list personal property items in your home, garage, backyard, warehouse, storage unit or small business that have notable monetary worth.

- Another list should detail your bank and brokerage accounts, your retirement accounts, and any other forms of investment plus any insurance policies.

- A third list should detail your credit card debts, your mortgage and any other outstanding consumer loans.

5 Think about consolidating your “stray” IRAs and bank accounts. This could make one of your lists a little shorter. Consolidation means fewer account statements, less paperwork for your heirs and fewer administrative fees.

6 Let your heirs know the causes and charities that mean the most to you. Have you ever seen the phrase, “In lieu of flowers, donations may be made to” Well, perhaps you would like to suggest donations to this or that charity when you pass. Write down the associations you belong to and the organizations you support.

7 Select a reliable executor. Who have you chosen to administer your estate when the time comes? The choice may seem obvious, but consider a few factors. Is there a stark possibility that your named executor might die before you do? How well does he or she comprehend financial matters or the basic principles of estate law?

Your executor should have copies of your will, forms of power of attorney, any kind of healthcare proxy or living will, and any trusts you create. In fact, any of your loved ones referenced in these documents should also receive copies of them.

8 Talk to the professionals. Do-it-yourself estate planning is not recommended, especially if your estate is complex enough to trigger financial, legal and emotional issues upon your passing.

Many people have the idea that they don't need an estate plan because their net worth is less than X dollars. Keep in mind, money isn't the only reason for an estate plan. You may not be a multimillionaire yet, but if you own a business, have a blended family, have kids with special needs, worry about dementia, or can't stand the thought of probate delays and fees whittling away at assets you have amassed, these are all good reasons to create and maintain an estate planning strategy.

Bill Losey, CFP®, CSA, has over 20 years experience in the financial services industry and is a Certified Financial Planner practitioner, a Certified Senior Advisor and Certified Retirement Coach. He is the author of *Retire in a Weekend! The Baby Boomer's Guide to Making Work Optional*. For more information, please visit www.BillLosey.com.



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JULY 29 – Iberian Spanish Dancers share the Ibero-Hispanic experience through classical and folkloric Flamenco styles.

AUGUST 11 – Carmen Nickerson's beautiful vocals and **Kostia's** original compositions create an exciting evening.

AUGUST 26 – Dixie Doodlers will perform lively Dixieland Jazz.



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Purchasing hearing aids? Ask these questions...

1) What level of technology is being recommended for you? Why is this level being recommended? Who manufactures the hearing aid? What model is it?

2) How many channels do the hearing aids have? Channels allow for greater programming and fine tuning ability. The more channels you have, the greater the technology and ability to adjust to your needs.

3) How long is the warranty, does it include loss and damage, and how much are office visits?

4) Who pays for batteries? Are the hearing aids rechargeable? What accessories are available?

5) How long is the trial period? If I return my hearing aids during the trial period, how much will it cost me? Some establishments do not offer any refunds, or charge large return fees. If you don't like your \$6000.00 set of new hearing aids, you can get stuck with them.

The Bottom Line on Hearing Aids

Stop! Don't buy that new set of hearing aids just yet!

Did I get your attention? Good. Take 5 minutes out of your day and read this article so I can help you purchase hearing aids properly.



If you are over the age of 60, you are probably getting a lot of information about the latest and greatest in hearing aid technology. I have been an Audiologist in the Milwaukee area for 23 years. I hear comments from my patients on a weekly basis about how they are being overwhelmed by hearing aid questions.

Who dispenses hearing aids?

Hearing aids are sold/dispensed by two groups of professionals, Audiologists and Hearing Aid Dispensers. There is a significant difference in the training of these 2 groups of professionals. Audiologists are required to have at least a master's degree in Audiology, and many have Doctoral level credentials. This means they have extensive graduate level college training on ear anatomy and physiology, diagnostics, and hearing aids. Audiologists are the most highly trained professionals to diagnose and treat hearing loss.

Hearing aid dispensers must pass a state exam to earn their license to dispense hearing aids. There is no formal training, college courses, or degree required to be a hearing aid dispenser. You will often pay the same price for your hearing aids whether you see and Audiologist or a Hearing Aid Dispenser.

Who makes hearing aids?

There are plenty of brand names and models but most hearing aids that are sold are manufactured by one of 6 companies: Widex,

Resound, Oticon, Sivantos, Starkey, and Phonak. However, you won't buy hearing aids directly from these companies. Hearing aids are dispensed by local audiologists, hearing aid dispensers, and large hearing aid franchises.

The top level hearing aids from each company are all high quality products that can be fit successfully on most patients. There is not one hearing aid company that stands out and has "the best" hearing aids in my opinion. However, there are hearing aid companies that do have technology that is "the best" for certain hearing losses. This is where the skill of an independent audiologist who works with several of the top hearing aid manufacturers is most advantageous. Some companies have hearing aid features that other companies do not offer. It is in your best interest to find an Audiologist who has experience with several hearing aid companies so they can select which product is most appropriate for your hearing loss and lifestyle.

When you have made the decision to investigate purchasing new hearing aids, many folks take advantage of advertised offers. The truth is that the national franchise that is selling the "latest and greatest" is selling the same level of hearing aid technology others are, just under a different name and perhaps at a lower price. My advice is for you is to get an estimate of what it would cost for the hearing aids that are recommended for you, and then compare that cost with others. Get the hearing aid manufacturer name and model number. Forget about the coupons and discounts. You need the final cost and the level of technology that is being recommended to make an accurate comparison.

Feel free to contact me and ask these questions. There is no cost to you for the evaluation or the consultation. Dr. Douglas Kloss, Audiologist. Midwest Audiology Center LLC, 4818 S. 76th St., Suite 3, Greenfield, WI 53220. 414-281-8300.



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THE VALUE OF Double-Checking Your Retirement Strategy

Motivational speaker Denis Waitley once remarked, "You must stick to your conviction, but be ready to abandon your assumptions." That certainly applies to retirement planning.



Tim Stasinoulis
RFC

The level of risk you chose to tolerate at 35 or 40 may not be worth tolerating at 55 or 60. Additionally, you may realize that you will need more retirement income than previously assumed. With those factors and others in mind, here are some signs that you may need to double-check your retirement strategy.

Your portfolio lacks significant diversification. Many baby boomers are approaching retirement with portfolios heavily weighted in equities. You could argue that this is entirely appropriate. If your retirement is near at hand, however, you might want to consider the length of this bull market and the possibility of irrational exuberance. The current bull has lasted about twice as long as the average one and brought appreciation in excess of 200%. It could rise higher: as InvesTech Research notes, two-thirds of the bull markets since 1955 have gained 20% or more in their final phase. Few analysts think a "megabear" will follow this historic rally, but even a typical bear market brings a reality check. The

lesser bear markets since 1929 have brought an average 27.5% reversal for the S&P 500 and lasted an average of 12 months.

A poor quarter makes you anxious. You start watching the market like a hawk and check up on your investments more frequently than you once did. Some of this vigilance is only natural as you near retirement; after all, you have far more at stake. Even so, this is a sign that you may be uncomfortable with the amount of risk in your portfolio. A portfolio review could be in order. A semi-annual or annual review is reasonable.

You find yourself listening to friends & pundits. Your tennis partner has an opinion about when you should claim Social Security. So does your dentist. Their viewpoints may be well-informed, but they are likely expressing what *they* would do as they share what they feel *you* should do. If you seem increasingly interested in the financial opinions of friends, acquaintances and even total strangers, this hints at anxiety or restlessness about your financial strategy. It may be time to reexamine some assumptions.

You wonder about the demands your lifestyle may make on your finances. You want to travel, golf, and have fun when you retire, and those potential lifestyle expenses now seem larger than they once were. Here is another instance where you may want to double-check your retirement savings and income strategy.

You see what were once "what-ifs" becoming probabilities. You sense that you or your spouse might face a serious health issue in the not-so-distant future. It looks as if you may end up raising one of your grandchildren. These life events (and others) may prompt a new look at your financial assumptions.

You think you will retire to another state. Say you retire to Florida. There is no state income tax in Florida. So your retirement tax burden may decrease with such a move (though some states have higher property taxes to offset the lack of state taxes). To what degree will geographic considerations affect your need for income?

You wonder how deeply inflation will impact your retirement income. A recent Morningstar analysis of retiree spending data compiled by the federal government noticed something interesting: for the typical retiree, spending declines in inflation-adjusted terms between age 65 and age 90. So the assumption that retirees increase household spending over time in light of inflation may be flawed.

Looking at your retirement strategy anew has merit. As the years go by, priorities change and needs arise. New questions call for appraisals of old assumptions. Reviewing your approach to investing and saving at mid-life is only rational, for your retirement strategy must suit the objectives you now have before you rather than those you set in your past.

Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Call 262.369.5200, or visit us at www.BoomersWealth.com to learn more. Specializing in providing guidance in transition as a result of retirement planning, sale of a business, divorce, or death. Frequent guest on FOX6 Wake-UP and has been named a Five Star Wealth Manager. These views were adapted from non-affiliated independent sources and should not be construed as investment or tax advice.

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They aren't suggesting you cajole your spouse into bed with the plaintive wail, "But honey, it's doctor's orders!" Some might try that approach, of course, but the physicians who wrote "*Stay Young: 10 Proven Steps to Ultimate Health*" are simply saying that sex is good for you.

It's all there in Chapter 8 – by far the most talked-about pages of "*Stay Young*" (George House Publishing, 2010), a top-selling book from authors Mark Anderson, MD; Walter Gaman, MD; and Judith Gaman, health expert and public speaker.

But don't go looking for pure titillation in Chapter 8. The doctors present their case in a straightforward, convincing manner and support it with case studies and facts.

But there's no denying they have turned health into an – *ahem* – exciting topic, and when's the last time you saw the word "sexy" next to healthcare?

"The fountain of youth can be found between the sheets," said Dr. Anderson, who, along with the Gamans, runs Executive Medicine of Texas in the Dallas-Fort Worth area. "Frequent intimacy causes the brain to release human growth hormone, which helps maintain youth."

Dr. Gaman points out that "middle-aged men who have sex five times a week can lower the risk for prostate cancer by 33 percent, compared to those that have sex only five times a month."

Judy Gaman adds another startling fact: "Engaging three times a week for a year is the equivalent caloric burn as walking 75 miles."

Is more always better? Whether or not a point of diminishing returns exists, Dr. Anderson is convinced that "more intimacy can increase your immunity. A recent study showed that at least three times a week can increase IGA, a protein that acts as an antibody by binding to pathogens that enter the body."

For more information, contact Executive Medicine of Texas at 817-552-4300 or see their website at www.emtexas.com



A FABLE FOR ALL TIMES

A woman was out golfing one day when she hit the ball into the woods. She went into the woods to look for it and found a frog in a trap.

The frog said to her, "If you release me from this trap, I will grant you three wishes."

The woman freed the frog, and the frog said, "Thank you, but I failed to mention that there was a condition to your wishes. Whatever you wish for, your husband will get times ten!"

The woman said, "That's okay."

For her first wish, she wanted to be the most beautiful woman in the world.

The frog warned her, "You do realize that this wish will also make your husband the most handsome man in the world, an Adonis whom women will flock to".

The woman replied, "That's okay, because I will be the most beautiful woman. He'll only have eyes only for me."

So, KAZAM-she's the most beautiful woman!

For her second wish, she wanted to be the richest woman in the world.

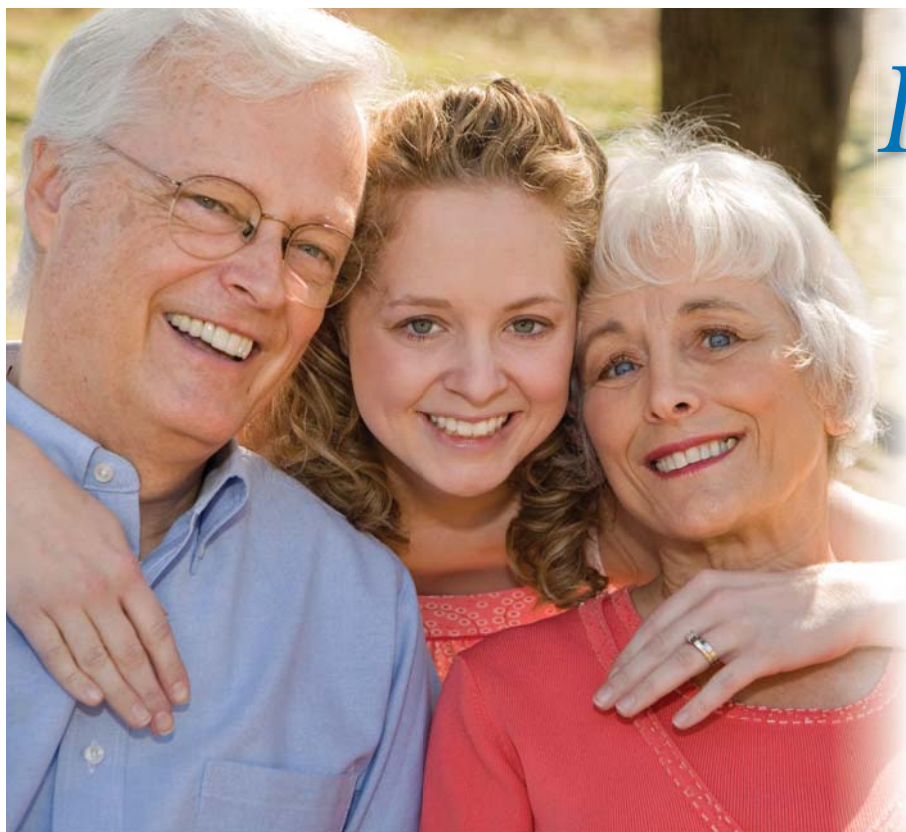
The frog said, "That will make your husband the richest man in the world. He will be ten times richer than you."

The woman said, "That's okay, because what's mine is his and what's his is mine."

So, KAZAM-she's the richest woman in the world!

The frog then inquired about her third wish, and she answered, "I'd like a mild heart attack."

Moral of the story: Women are clever. Don't mess with them.



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FLORIDA

A Florida senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he pushed it to 80 mph, enjoying the wind blowing through what little hair he had left.

"Amazing," he thought as he flew down I-95, pushing the pedal even more. Looking in his rear view mirror, he saw a Florida State Trooper, blue lights flashing and siren blaring. He floored it to 100 mph then suddenly he thought, "What am I doing? I'm too old for this!" and pulled over to await the trooper's arrival.

Pulling in behind him, the trooper got out of his vehicle and walked up to the Corvette. He looked at his watch, then said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a new reason for speeding—a reason I've never before heard — I'll let you go."

The old gentleman paused then said: "Three years ago, my wife ran off with a Florida State Trooper. I thought you were bringing her back.

"Have a good day, Sir," replied the trooper.



LAUGH OUT LOUD! COFFEE BREAK

GEORGIA

The owner of a golf course in Georgia was confused about paying an invoice, so he decided to ask his secretary for some mathematical help.

He called her into his office and said, "Y'all graduated from the University of Georgia and I need some help. If I wuz to give yew \$20,000, minus 14%, how much would you take off?"

The secretary thought a moment, and then replied, "Everthang but my ear-rings."

TELEMARKETER RESPONSES

1. Insist that the caller is really your buddy Leon, playing a joke. "Come on Leon, cut it out! Seriously, Leon, how's your mom?"
2. When they ask "How are you today?" Tell them "I'm so glad you asked because no one seems to care, and I have all these problems; my arthritis is bad, my eyelashes are sore, my dog just died..."
3. If they say they're John Doe from XYZ Company, ask them to spell their name. Then ask them to spell the company name. Then ask them where it is located. Continue asking them personal questions or questions about their company for as long as you can!

A MAFIA GODFATHER...

finds out that his bookkeeper has cheated him out of ten million bucks. His bookkeeper is deaf. That was the reason he got the job in the first place. It was assumed that a deaf bookkeeper would not hear anything that he might have to testify about in court.

When the Godfather goes to confront the bookkeeper about his missing \$10 million, he brings along his attorney, who knows sign language.

The Godfather tells the lawyer, "Ask him where the 10 million bucks he embezzled from me is."

The attorney, using sign language, asks the bookkeeper where the money is.

The bookkeeper signs back, "I don't know what you are talking about."

The attorney tells the Godfather, "He says he doesn't know what you're talking about."

The Godfather pulls out a pistol, puts it in the bookkeeper's temple and says, "Ask him again!"

The attorney signs to the bookkeeper, "He'll kill you if you don't tell him!"

The bookkeeper signs back, "OK! You win! The money is in a brown briefcase, buried behind the shed in my cousin Enzo's backyard in Queens!"

The Godfather asks the attorney, "Well, what'd he say?"

The attorney replies, "He says you don't have the guts to pull the trigger."

Lawyers...You gotta love 'em.

FOUR SHORT TRUTHS

1. You cannot stick your tongue out and look up at the ceiling at the same time, a physical impossibility.
2. All idiots, after reading #1 will try it.
3. And discover #1 is a lie.
4. You are smiling now because you are an idiot.

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MDs Review Latest Advances in Ophthalmology for Boomers

By Cheryl L. Dejewski

"As baby boomers age and people live longer, more Americans are hitting the age bracket where risk levels for debilitating eye conditions increase," warns Mark Freedman, MD, senior partner at Eye Care Specialists, a nationally recognized ophthalmology practice.

How can you protect your vision? Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center and partner at Eye Care Specialists, advises, "Your best protection is to schedule regular, comprehensive eye exams. Our practice strives to offer the latest technology to detect, track and treat nearly every cause of vision loss. But the most advanced equipment and services in the state are of no use if people don't utilize them."

The following are just a few of the cutting-edge devices and procedures his practice has available at their offices.



Cataract surgery with lens implantation restores vision and reduces the risk of falls, car accidents, and depression.

Customized Lens Implants

Cataract surgery requires making an opening in the eye to remove the cloudy lens (cataract) and replace it with an artificial lens (to once again focus light rays onto the retina and restore vision). Standard lens implants (IOLs) are "mono-focal" or single-focus. They are like miniature internal contact lenses set for a single prescription power—usually to provide clear vision in the distance (for driving, watching TV, etc.). Most patients still need to wear reading glasses or bifocals after surgery. "When appropriate, however, we offer the option of 'premium' IOLs, which are 'multi-focal' (provide multiple focusing zones for near and far) or toric (provide correction for astigmatism)," explains Daniel Paskowitz, MD, PhD, an eye surgeon with credentials from Harvard and Johns Hopkins. "At least 70% of premium IOL patients can see to read, drive, do computer work, or perform most activities—with never or only occasionally needing glasses. At Eye Care Specialists, we customize each implant to fit each patient's prescription, health, lifestyle, expectations, budget, and other concerns."



Because good vision in one eye can mask problems in the other and certain diseases lack early symptoms, people with diabetes (illustrated above), AMD, glaucoma, and other conditions often don't notice a concern until it is too late. OCT laser scans help to catch diseases early enough to protect vision.

Diagnostic Laser Scans

"Our practice has joined Harvard, Johns Hopkins, and other prestigious institutions in offering Optical Coherence Tomography, or OCT, laser scans. This advanced technology can detect, track and treat signs of glaucoma, diabetic retinopathy, AMD, and other sight-threatening diseases—often before damage occurs. Our staff and patients love that the OCT is fast and painless and results aren't influenced by attention span, comfort, or ability to follow directions," says optometrist David Scheidt, OD. Patients simply focus on a light while a safe, invisible laser scans inside the eye to create detailed cross-sectional images (similar to an ultrasound) that provide unparalleled accuracy in visualizing and measuring any changes to the retina and optic nerve.

Medication Injections to Treat AMD and Diabetes

Macular degeneration (AMD) is the leading cause of central vision impairment in Americans over age 50—robbing people of their ability to read, see faces, drive, etc. "A few years ago, there wasn't much we could do. But, now, we can offer revolutionary new medications, like Avastin and Eylea, that inhibit the growth of the abnormal blood vessels that cause the 'wet' form of AMD as well as diabetes-related eye damage," reports ophthalmologist Michael Raciti, MD, who performs sight-saving injection treatments on a daily basis. "Although there are NO guarantees, our practice has seen remarkable results with regular (about monthly) in-office injections, including stopping the progression of wet AMD in 90 percent of patients, and even having up to 30 percent gain improvement in vision. This is truly one of the greatest advances in ophthalmology in the past 50 years."



Medication injections can help stop loss of vision to macular degeneration (AMD—demonstrated above) and diabetes (left).



Advanced outpatient laser procedures can help prevent permanent "tunneled" vision loss caused by glaucoma.

Glaucoma Laser Treatment

Glaucoma is a condition in which the fluid pressure in the eye is too high for the health of the optic nerve causing loss of side vision and eventually all sight. It is typically treated with prescription eye drops to lower the pressure (by either decreasing fluid production or increasing outflow). "For some patients, however, laser treatment may be an alternative. Our surgeons utilize highly specialized SLT and ECP laser procedures for qualified candidates. If successful, these 10-minute outpatient procedures can control glaucoma and help to reduce the need, expense and hassle of using daily drops," explains eye surgeon Daniel Ferguson, MD, who is also trained to implant a specialized drainage device.



For More Information . . . Call 414-321-7035 for the free booklets shown. If you don't have an eye specialist or need a second opinion, contact the offices below.



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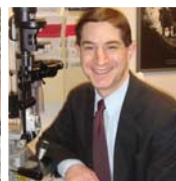
Mark Freedman, MD



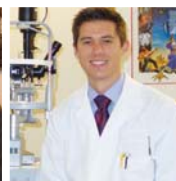
Brett Rhode, MD



Daniel Ferguson, MD



Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD

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A CONVERSATION BETWEEN GOD and ST. FRANCIS



GOD: You know all about gardens and nature Frank, what in the world is going on down there on the planet? What happened to the dandelions, violets, milkweeds and stuff I started eons ago? I had a perfect no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But, all I see are these green rectangles.

St. FRANCIS: It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers 'weeds' and went to great lengths to kill them and replace them with grass.

GOD: Grass? But, it's so boring. It's not colourful. It doesn't attract butterflies, birds and bees; only grubs and earth worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

ST. FRANCIS: Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing the grass and poisoning any other plant that crops up in the lawn.

GOD: The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

ST. FRANCIS: Apparently not, Lord. As soon as it grows a little, they cut it - sometimes twice a week.

GOD: They cut it? Do they then bale it like hay?

ST. FRANCIS: Not exactly, Lord. Most of them rake it up and put it in bags.

GOD: They bag it? Why? Is it a cash crop? Do they sell it?

ST. FRANCIS: No, Sir, just the opposite. They pay to throw it away.

GOD: Now, let me get this straight. They fertilize grass so it will grow. And, when it does grow, they cut it off and pay to throw it away?

ST. FRANCIS: Yes, Sir.

GOD: These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat.

That surely slows the growth and saves them a lot of work.

ST. FRANCIS: You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it, so they can continue to mow it and pay to get rid of it.

GOD: What nonsense. At least they kept some of the trees. That was a sheer stroke of genius, if I do say so myself. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn, they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life.

ST. FRANCIS: You better sit down, Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them taken away.

GOD: No!? What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

ST. FRANCIS: After throwing away the leaves, they go out and buy something which they call mulch. They bring it home and spread it around instead of leaves.

GOD: And where do they get this mulch?

ST. FRANCIS: They cut down trees and grind them up to make the mulch.

GOD: Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What film have you scheduled for us tonight?

ST. CATHERINE: 'Dumb and Dumber', It's a story about...

GOD: Never mind, I think I just heard the whole story from St. Francis.

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A man may be a fool and not know it...
but not if he is married.

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4 T O 5 O F F E R S
6 T R A A S U R E D I T
7 E A S Y 8 G A S O L I N E 9 A
10 A 11 G E L
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38 A W A I T I R E M E
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43 E E

What fits your busy
schedule better...
exercizing for an
hour a day or being
dead for 24?

WHY MEN WEAR EARRINGS

Did you ever wonder why earrings became so popular with men?

A man is at work one day when he notices that his co-worker is wearing an earring.

The man knows his co-worker to be a normally conservative fellow, and is curious about his sudden change in "fashion sense", so he walks up to him and says, "I didn't know you were into earrings."

"Don't make such a big deal, it's only an earring," the man replies sheepishly.

His friend falls silent for a few minutes, but then his curiosity prods him to ask, "So, how long have you been wearing one?"

"Ever since my wife found it in my truck."



CROSSWORD on page 54

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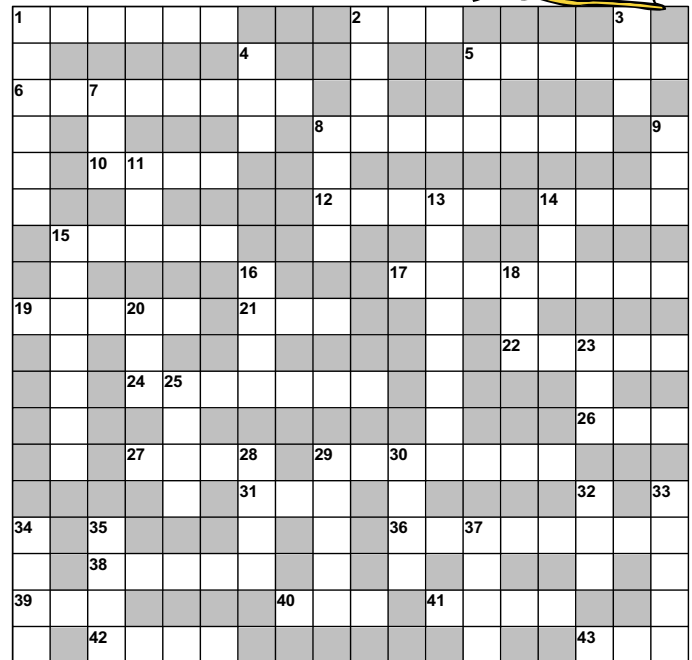
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FROM BOOMER'S NEWSPAPER

Answers on page 53

DOWN

1. Original bread spread
2. No one is without it
5. Bids
6. Pirates chest contents
8. Another name for petroleum
10. Extreme anger
12. Used to speak with
14. Tug
15. Beneath something
17. Adverb - without much doubt
19. Excellent: first rate
21. Stunned
22. Exhausted
24. Joking
26. Doctor from BBC Sci-fi
27. To don
29. House number
31. The last word of a film
36. In spite of the fact that
38. Expecting a future event
39. Not many
40. What Eve did
41. To transmit
42. Cherish
43. Golf ball perch

ACROSS

1. Nasty disposition
2. carbonated beverage
3. Creative inspiration
4. Attempt
5. most important fuel (at present)
7. Unit of corn
8. To bestow
9. Enery one
11. Conjunction
13. Round
14. Comes in a pod
15. Not common
16. Aformentioned party
18. Winged rat
20. Large member of the deer family
23. using two oars
25. A light bulb turns on
28. R of 'R and R'
29. Fess up to
30. first word of a letter
32. Result of addition
33. Place of occurence
- 34 Living the
35. Bird of prey
37. Adolecent



LONG LIVING

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

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

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



Do what we can, summer will have its flies.

~Ralph Waldo Emerson

WHAT A HOOT

Each evening birdlover Tom stood in his backyard, hooting like an owl - and one night, an owl called back to him. For a year, the man and his feathered friend hooted back and forth. He even kept a log of the "conversation."

Just as he thought he was on the verge of a breakthrough in interspecies communication, his wife had a chat with her next door neighbor.

"My husband spends his nights ... calling out to owls," she said.

"That's odd," the neighbor replied. "So does my husband." Then it dawned on them.

CASH TRICK

I place \$20 in a box.

So do you.

Now the box contains \$40, and we both know it.

I sell the box to you for \$30.

And we both walk away with a \$10 profit.

Wife: 'What are you doing?'

Husband: Nothing.

Wife: 'Nothing...? You've been reading our marriage certificate for an hour.'

Husband: 'I was looking for the expiration date.'

A computer once beat me at chess, but it was no match for me at kick boxing.

A man left work one Friday afternoon. But, being payday, instead of going home, he stayed out the entire weekend partying with the boys and spending his entire paycheck.

When he finally appeared at home, he was confronted by a very angry wife and was barraged for nearly two hours with a tirade befitting his actions.

Finally his wife stopped the nagging and simply said to him. "How would you like it if you didn't see me for two or three days?"

To which he replied. "That would be fine with me."

Monday went by and he didn't see his wife. Tuesday and Wednesday came and went with the same results. Come Thursday, the swelling went down just enough where he could see her a little out of the corner of his left eye.

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