

Celebrate Life **Boomers!**

Come get your BOOM ON!

October 2015

A FREE PUBLICATION
FOR ALL GENERATIONS

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



OFF A ENTERTAINMENT

~page 5

WHAT'S INSIDE?

~page 2

If more of us valued food and cheer and song above hoarded gold, it would be a merrier world. ~J. R. R. Tolkien

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FROM THE PUBLISHERS

OCTOBER 2015

Warm days. Cool nights. For a while there, surrounded by beautiful weather in September I wondered where we were living?!! I worked through this October deadline with my office windows wide open and every night a refreshing chill of autumn air. Perfect. As I write this, a cool night breeze is chasing my hot flash right on down the hallway of middle-age. Here's a thought - perhaps the reason for global warming is the astronomical number of women having hot flashes at this very moment. Now there's some logic for you.

As Baby Boomers (the youngest at 51+ now), are we also entering into the 'autumn' of our lives? It's a hard concept to grasp - being on the downside of that pinnacle of age. And yet I feel a teenager again. Ready to kick some butt and make some mistakes. Wondering what I should do with the rest of my life. Reanalyzing who I am, what I've done and what I should be doing. I wish my Mother was still alive so I could talk to her about it. So mature and responsible we are... and still wanting our mother's advice. A peculiar and wonderful thing this life.

October is my most favorite month of the year. I have the privilege of turning 52, happily embracing the 11th wedding anniversary with my husband Tom and enjoying our traditional anniversary weekend in Door County, cheering to a new Packer season, and watching the world around us burst with the colors of autumn!

I was a 40 year old healthy women when I found a lump in my breast. It was while I was planning my wedding that the occasional pain in my breast (pain is very uncommon, I thank God for that little tip that saved my life) that ultimately led me to find that lump. Talk about irony - a wedding celebration and a cancer diagnosis. I could tell you stories....

Cancer has been referred to as the 'elephant in the living room'. It can take up the whole room, or at other times, it just sits quietly in the corner. Since my diagnosis 10 years ago, it certainly has not left the room, but I do feel that I have adjusted to living with that little shadow in the corner. This past year, one of my best friends fought that same war and also won. She is still adjusting to the mastectomy and reconstruction scars but I know one day she will see them as victory symbols - and **that** is the spirit of a woman and a warrior.

Enjoy the palette of colors that are literally dropped at our doorsteps this month. There is no greater art than the one displayed in random chaos across our skies and landscapes. Please be sure to take a moment to relax in the pleasure of it.

Read. Laugh. Enjoy.

And always remember to... Celebrate Life!

Sandy and Tom Draelos



Thumbs up after completing the Susan Komen 60-mile Walk for a Cure, Chicago.



That's me!

Milwaukee's Most Celebrated Ghosts

By Anna Lardinois, Owner/Gothic Milwaukee

Milwaukee has a rich history created by colorful inhabitants. While most past residents are relegated to the history books, a few notables continue to make their presence felt decades after their deaths, in very startling ways. In their lives, they were part of the collection of citizens that helped shape Milwaukee; in their deaths, they belong to a very exclusive club: they are some of Milwaukee's most famous ghosts.



Milwaukee's Ghosts continued on page 11

I still get wildly enthusiastic about little things... I play with leaves. I skip down the street and run against the wind.

Leo Buscaglia

Boomers! is a monthly publication serving the Baby Boomer Generation (45 and above) of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market - America's number one generation!

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THE PREMIER PLAYER'S CLUB WHICH PLAYER ARE YOU?

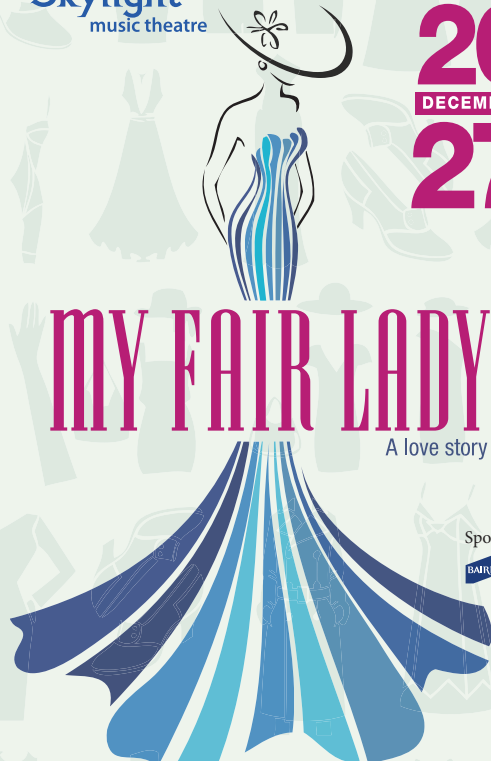
WHICH PLAYER ARE YOU? Diamond is the ultra VIP. High-limit gaming, limos, air travel and special dinners—the story of her life. But honestly, she's earned it. Learn more about our five-tier player's club, featuring the best gaming and amenities in the Midwest, now with **more smoke-free areas!**



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- Brian Ritchie
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- Julie VonDerVellen
- Christina A. West

Curated by Niki Johnson



Strip by Christina A. West

Charles Allis Art Museum
www.charlesallis.org



"I have always said and felt that true enjoyment can not be described."

~Jean Jacques Rousseau

"The audience likes their emotions to be touched. They want to laugh and cry and feel good."

~Magic Johnson

Who?
ME?

"It's possible to commit art and entertainment in the same moment."

~ Christopher Isherwood

"It is the most *delightful* thing that ever happens to me, when I hear something coming out of my guitar and out of my mouth that wasn't there before."

~James Taylor

"What does one prefer? An art that struggles to change the social contract, but fails? Or one that seeks to please and amuse, and succeeds?"

~Robert Hughes, The Shock of the New

Yes!

"I never called my work an 'art'. It's part of show business, the business of *building entertainment.*"

~Walt Disney



ARTS & ENTERTAINMENT 2015 GUIDE

CHARLES ALLIS AND VILLA TERRACE ART MUSEUMS

1801 North Prospect, Milwaukee / 2220 North Terrace, Milwaukee
www.cavtmuseums.org

These two historic landmarks are recognized for their classic elegances. They are ideal locations for a special occasion, celebration or corporate party.
Nov. 5 – Feb. 28, 2016: Threshold – The psychology of interiors

FALLS PATIO PLAYERS

262-255-8372

Menomonee Falls North Middle School Auditorium

www.fallspatioplayers.com

Celebrating our 50th season, Falls Patio Players has been entertaining people from Southeastern Wisconsin with quality productions of Plays and Musicals. See our website for more information on times and ticket purchases.

Oct. 2/11: *Godspell*

Nov. 6/7: *Aladdin Jr.*

Dec. 4/6: *A Christmas Carol*

FESTIVAL CITY SYMPHONY

414-365-8861

3480 West Bradley Road Milwaukee, WI

www.festivalcitysymphony.org

Festival City Symphony showcases the talents of area professional musicians in presenting free classical "pops" concerts geared to children at the Marcus Center, reasonably priced concerts at the Pabst for general audiences and outreach concerts targeting schools.

Sept. 13/3pm – Pabst Theatre, Symphony Sunday – "American Celebration"

Oct. 28/7pm – Marcus Theatre, Bradley Pavilion – "Halloween Pajama Jamboree – Free

Dec. 9/7pm – Marcus Theatre, Bradley Pavilion – "Holiday Pajama Jamboree – Free

INTANDEM THEATRE

414-271-1371

Tenth Street Theatre, 628 North 10th Street, Milwaukee

www.intandemtheatre.org

Professional live theatre at great prices! Relax in our spacious lobby and listen to live piano music as you sip a drink from our full bar in front of the fireplace! Art exhibits adorn the walls, and that drink – well, you can take it into the theatre with you!

December 4, 2015 – January 3, 2016: *A Twisted Carol* – In this hysterical holiday parody, Scrooge plays a game of chance with the Spirits of Christmas.

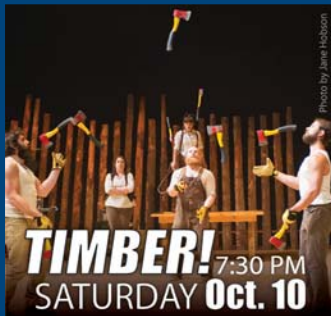
A&E GUIDE continued on page 6



**SOUTH MILWAUKEE
PERFORMING ARTS CENTER**

TICKETS ON SALE NOW!

**(414) 766-5049
southmilwaukee.org**





Rock and roll music, if you like it, if you feel it, you can't help but move to it. That's what happens to me. I can't help it. ~Elvis Presley

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1721 Canal Street Milwaukee, WI
 www.PaysBig.com/entertainment

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October-December: Tuesdays are Senior Days

October: Oktoberfest Mercedes Benz SUV Giveaways (Thursdays)

November: Cruise Giveaways (Mondays/Fridays)

ORGANIC ARTS

414-702-6053

www.organicarts.info/Main/UpcomingEvents

Organic Arts presents grassroots music, storytelling, history, environmental and science programs throughout Southeastern Wisconsin for all ages – from schools, parks and libraries to senior residences. Programs are geared to serve kids through elders in a wholesome family experience and are often free to the public. Check the website for a listing of the many opportunities to enjoy performances throughout the Milwaukee area.

SCHAUER ARTS & ACTIVITIES CENTER

262-670-0560 ext. 3

147 North Rural Street Hartford, WI

www.SchauerCenter.org

Transformed from a 1918 canning factory into a non-profit, regional center for the arts that inspires creativity and connects people. Since opening in 2001, presenting professional touring performances and regional artwork, and year-around arts education programming.

Oct. 16: *Letters Home* – Voices from the Front

Oct. 17: Four Guys in Dinner Jackets – Everything Old is New Again

Oct. 18: *The Berenstain Bears: Family Matters*

Oct. 23: *Borders of the Mind*

Nov. 20: Frank Vignola & Vinny Raniolo

Dec. 4 & 5: *It's a Wonderful Life – Live Radio Show*

Dec. 11: *Doktor Kaboom* – The Science of Santa

Dec 18: Kettle Moraine Symphony Holiday Pops Concert

SKYLIGHT MUSIC THEATRE

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158 North Broadway Milwaukee, WI 53202

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Join us when we present a dazzling production of the beloved musical classic *My Fair Lady*. Known for its intimate, passionate and powerful approach to music theatre, audiences will welcome Milwaukee favorite, Norman Moses as Henry Higgins in this "lover-ly" production for all ages.

November 20 – December 27: Check the website for exact dates and times

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www.southmilwaukeekeepac.org

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Oct. 10: *Timber!* By Cirque Alfonse

Oct. 17: *The Zombies: ODESSEY & ORACLE The Odyssey Continues...*

Oct. 24: Jesse Cook: One World Tour

Oct. 25: Knightwind Ensemble: The Lord of the Rings

Nov. 4: Anderson Ponty Band

Nov. 13, 14, 15: *The Complete Works of William Shakespeare Abridged*: SMHS Fall Play

Nov. 21: Hot Club of San Francisco: Cinema Vivant

Dec. 5: Cantare Chorale

Dec. 9: Steve Hackett "Acolyte to Wolflight with Genesis Revisited" Tour 2015

Dec. 11: Milwaukee Children's Choir & Milwaukee Handbell Ensemble: Ceremony of Carols

ZOOLOGICAL SOCIETY OF MILWAUKEE – KOHL'S WILD THEATER

414-258-2333

www.wildtheater.org

The Zoological Society and Kohl's Cares have partnered to bring you Kohl's Wild Theater (KWT), which provides conservation-themed theater performances using drama, songs and puppetry. KWT travels to schools, festivals and community

events, within a one-hour radius of the Milwaukee County Zoo, free of charge. Learn more about our schedule on our website.

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Menomonee Falls High School

www.communityleague.com

Saturday, October 19 – 9 am to 4:30 pm. Admission: \$4. 31st annual arts, crafts, antiques and collectibles show featuring over 100 juried exhibitors, silent auction, raffles, lunch, pastries and more. One level, wide aisles, no strollers. Free parking. All proceeds go to charity. Donations to the food pantry accepted.

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Branson Christmas Countdown Holidays Entertainment Trip

November 11-15 in Branson, MO

Opryland Christmas & Nashville Pre-Holidays Extravaganza

November 30-December 3 in Nashville, TN

Rose Parade Holiday "Unpack Once" New Years Getaway

December 29 – January 2, 2016 in Huntington Beach, CA

HISTORIC THIRD WARD ASSOCIATION

414-273-1173

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www.historicthirdward.org

Milwaukee's Arts and Fashion district offers the city's most dynamic array of restaurants, theaters, galleries, spas and unique shopping – all in a historic warehouse setting.



A&E GUIDE continued on page 7

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 9am-4pm
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 OCT 24: Serious Jones

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Washington County Fair Park & Convention Center www.wcfairpark.com
November 21, 9-4pm \$3
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414-281-2002
1126 West Boden Court, Milwaukee www.lamerstour.com
Lamers Tour and Travel offers escorted motor coach tours to popular and unique destinations throughout the United States and Canada. In addition, a calendar of one-day tours is published monthly. For more information, request a free 2016 color Travel Planner or visit our website.
Nov 11: Yuletide Treasures Mystery – 4 Days
Dec. 8: Sounds of the Season – 4 days
Jan. 16: Las Vegas Western Winter – 17 Days

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262-238-1733
7520 West Donges Bay Road, Mequon www.laurasdbc.com
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AROUND TOWN

A collection of local events



Gothic Milwaukee Historical Haunted

Walking Tour
Through October 31, 2015
Cathedral Square Park
Join us for a glimpse of Milwaukee's past lead by your own costumed tour guide for this historical tour of downtown Milwaukee. Dark secrets and eerie sightings lurk in the shadows. Call for reservations. 414-301-2266. www.gothicmilwaukee.com

The Milwaukee Public Museums

Science On Tap with Harold Tobin
Thursday, October 8, 6pm
Milwaukee Public Museum
Join us for Science on Tap, MPM's evening lecture series exploring the space where science and culture intersect over drinks.

Snowmobile USA Show and Sale

October 16-18
Exposition Center/State Fair Park
See everything for snowmobiling. Over 120 exhibitors. Show prices and discounts.

Halloween Legends and Lore at Old World Wisconsin

Saturdays - October 17-31, 5:30
Always spooky, sometimes scary, rain-or-shine event as we celebrate the immigrant legends we brought with us and the folklore we created here at home.

Rummage (n) Rarities

October 17-18
WI State Fair Park
"Milwaukee's Premier all Indoor Fall and Winter Flea Market". Come shop over 150 booths of antiques, collectibles, housewares, jewelry, art, records & more.

2015 Hunting Moon Pow Wow

October 16-18
UW-Milwaukee Panther Arena

Celebrate Native American

Culture and Tradition! On October 16-18 the 11th Annual Hunting Moon Pow Wow will be held at the UW-Milwaukee Panther Arena. The dance competitions are a treat for the eyes.

Brew City Cigar Festival

October 17
Potawatomi Expo Center
Premium cigars, spirits, food, entertainment and camaraderie at the hottest cigar party in Wisconsin! One price for all-inclusive perks.

Zoo Brew

October 22
Milwaukee County Zoo
Enjoy samples of beers by Wisconsin brewers, specialty foods from metro-Milwaukee and animal sightings. Sampling stations will be available throughout the Milwaukee County Zoo.

Wisconsin Craft Beer Festival

Oct 23 (4:30pm) Oct 24 (11am)
Harley-Davidson Museum
Enthusiasts of craft beer and brewing will convene in the heartland of American beer for the first Wisconsin Craft Beer Festival at the nationally renowned Harley-Davidson Museum in Milwaukee.

Skate America 2015

October 23 – 25
UW-Milwaukee Panther Arena
Coming to Milwaukee for the first time! Skate America is an Olympic-style international figure skating event featuring competition in ladies, men's, pairs and ice dancing. On sale now, visit www.2015SkateAmerica.com

WORLD-CLASS ENTERTAINMENT AT YOUR DOORSTEP

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OF ANN LANDERS
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2:00 & 7:30 PM

CORKY SIEGEL

BLUES HARMONICA MASTER

SAT, OCT 18 • 8:00 PM

SNOW WHITE & THE SEVEN DWARFS

SUN, OCT 19 • 3:00 PM

DINO-LIGHT

GLOW-IN-THE-DARK ADVENTURE
SUN, NOV 2 • 3:00 PM

COPPER BOX

ACCORDIAN-FUELED ROCK
FRI, NOV 21 • 8:00 PM

THE NUTCRACKER

ENCHANTING BALLET
WED & THU,
DEC 3 & 4 • 7:00 PM

JIM WITTER

CHRISTMAS MEMORIES
FRI, DEC 5 • 2:00 & 7:30 PM



SCHAUER
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**Frank
Sinatra**
OR **Elvis**



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jbrown9134@hotmail.com



HOLY HILL ART FARM

Art & Farm Markets

September 19-20
October 17-18
9am-4pm



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There's nothing quite like the warm and fuzzy feeling you get from baby animals

Prepare yourselves animal lovers, because the Milwaukee County Zoo just got a whole lot cuter! On the morning of September 16, 2015, a healthy reticulated giraffe was welcomed into the world by first-time parents Ziggy and Bahatika, marking the zoo's first giraffe birth since 2003.

Weighing in at 157 pounds, the calf is already nearing six feet tall. That may sound tall for a newborn, but this little guy could grow to more than three times that size.

Although giraffes aren't critically endangered, the wild population has been on the decline, which makes this calf a most welcome addition to the Milwaukee County Zoo family.

www.milwaukee-county-zoo.com



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- 8 Flat Screen TVs for all sporting events
- Great weekly Packer & Badger specials
- Karaoke 1st Saturday every month
- Monthly Cribbage & Pool Tournaments



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FOOD & DRINK Specials
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Store Hours:
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Sat 8-5, Closed Sunday

OCTOBER MEAT DEAL

2 (4oz) BUTTER GARLIC BONELESS CHICKEN BREAST

2 BONELESS STUFFED PORK CHOPS

1 CHICKEN (WHOLE OR CUT UP)

1 LB LEAN GROUND CHUCK

3 PCS HOMEMADE FRESH CHICKEN ITALIAN SAUSAGES
(Made with 3 Different Cheeses – Mozzarella, Cheddar, Provolone)

2 CHICKEN PATTIES (PRE-COOKED)

\$20.15





Top Seven Tranquil Escapes on Door County's Quiet Side

By Lynn Armitage
Special to TravelWisconsin.com

Perhaps it's redundant to talk about the quiet side of Door County, when this "Cape Cod of the Midwest"—with its 34 named outlying islands and 300 miles of shoreline along Lake Michigan—embodies the very peaceful seclusion that so many vacationers are seeking. But let's give a big, loud shout-out anyway to these specific destinations on Wisconsin's Door Peninsula that offer a relaxing and inviting respite:

Whitefish Dunes State Park – Sturgeon Bay

This day park offers 14.5 miles of hiking trails and the tallest sand dunes in the whole state, including a 93-foot-high dune known among the locals as Old Baldy. Just follow the boardwalk.

Clark/Kangaroo lakes – Jacksonport/Baileys Harbor

As lakes go, these are two of the best-kept secrets in Door County. At crystal-clear Clark Lake, just south of Jacksonport, you'll find a public beach and two boat launches. This 865-acre lake is 25 feet at its deepest point, and is a perfect spot to fish for bass, panfish, trout and walleye.

Kangaroo Lake is a shallow, 12-foot lake near Baileys Harbor, and a popular fishing hole, so bring your favorite lures. Also, enjoy a quiet meal and a selection of 30 different bottled beers on the patio of Coyote Roadhouse, a cozy eatery overlooking Kangaroo Lake.

Cana Island Lighthouse – Baileys Harbor

More than 140 years old, this popular lighthouse just north of Baileys Harbor was added to the National Register of Historic Places in 1976. Climb the 97 steps of the spiral staircase to the gallery deck to take in the peaceful, expansive view of Lake Michigan and the Door Peninsula.

The Ridges Sanctuary – Baileys Harbor

Like a little piece of heaven, this National Natural Landmark, made up of forests and wetlands, is home to vast amounts of flora and fauna, including 25 species of orchids, more than 60 different types of birds and the endangered Hine's Emerald Dragonfly.

Explore miles of hiking trails year-round—even on snowshoes. A visit here wouldn't be complete without seeing the historic and rare two-structure lighthouse system known as Baileys Harbor Range Lights.

Newport State Park – Ellison Bay

If you're an outdoor enthusiast, you'll want to make the trek up to the tip of the Door Peninsula to this special place—the only designated wilderness park in Wisconsin's park system. Explore hiking and biking trails galore, or do a little camping and fishing along 11 miles of Lake Michigan shoreline.

Mink River Estuary – Ellison Bay

The best way to explore this freshwater area in northern Door County—considered one of the most pristine estuaries in the U.S.—is by kayak or canoe. You'll start and end your amazing journey in Rowleys Bay.

Along the way, you're sure to see many varieties of feathered friends, including bitterns, great blue herons, sandhill cranes and bald eagles. You could even see a painted turtle or two.

Door County Wine Trail

What could be more relaxing than sipping good wine? Between Lake Michigan and the waters of Green Bay, you'll find eight wineries that have joined forces to form this unique experience for tourists. Make a toast to cherry, apple and other tasty wines that this region is famous for.

Scenic RV Slinger & Baraboo

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It may seem like football rules New Year's Day, but this amazing showcase of Americana started well before any ball was kicked into the sunny Pasadena skies.

"In New York, people are buried in snow. Here (Pasadena, CA) our flowers are blooming and our oranges are about to bear. Let's hold a festival to tell the world about our paradise."
The rest, as they say, is history.

Every year I watch the parade. Every year I mention that I would love to be there to 'smell the roses'. Here's a little teaser so you can plan ahead.

By Matthew Keller

Now in its 127th year, this annual tradition put on by the Pasadena Tournament of Roses, has picked a theme in partnership with the U.S. National Park Service. "Find Your Adventure" encourages the public to re-engage with our natural treasures. Experiencing the Rose Parade as it celebrates the American spirit of adventure is truly a once in a lifetime opportunity.

It may seem like football rules New Year's Day, but this amazing showcase of Americana started well before any ball was kicked into the sunny Pasadena skies. The first Rose Parade was staged in 1890 by members of the Pasadena Valley Hunt Club. Many were former residents of the American East and Midwest desiring to showcase their new California home's mild winter weather. Club member, Professor Charles Holder, famously said, *"In New York, people are buried in snow. Here our flowers are blooming and our oranges are about to bear. Let's hold a festival to tell the world about our paradise."* The rest, as they say, is history.

Shortly after the turn of the century, the parade added full marching bands and motorized floats to the many equestrians, creating the feature foundations that view-

ers across the world associate with the event. And although it's watched by a massive television audience, those who have attended the event will tell you there is nothing like the experience of seeing the parade live.

Viewers attending the parade get a sensory experience that can only be captured first hand. So what should you expect to feel and see at the parade? Let's take a look at the incredible sights, sounds and smells by highlighting some of the parade's most well-known features:

• **Miles and miles of horses**—Horses and displays of equestrian skill have played a major role in the Rose Parade since its inception. Thousands of riders have made the 5-1/2 mile long trek down the parade route. Equestrians participating in the Rose Parade feature a variety of breeds in addition to their unique costumes and tack. The 2016 parade will feature 19 equestrian groups, a visual experience not seen since the days horses were our primary mode of transportation.

• **Enough bands to make the Music Man jealous**—In 1891, the Monrovia Town Band became the first musical group to entertain the Rose Parade crowds. Now a staple of the event, top marching bands from all over the world carry forward the tradition of providing the sounds that

make the Rose Parade an experience of a lifetime. This year, 20 bands will participate, hailing from across the United States as well Mexico, Guatemala and Japan.

• **Like no rose garden you've ever smelled before**—While beautiful to view on television, there's nothing like being immersed in one of the most stunning, sensory spectacles in the world, live and up-close. With over 18 million flowers adorning the floats, the fragrance of the passing procession is unforgettable. Those lucky enough to see the floats up close find deeper appreciation for the craftsmanship and care—how every inch of the framework is covered in delicate natural materials, a specific rule of the parade.

However you define it, finding your adventure is a great way to enrich your life. Whether it starts at the Rose Parade, at one of our National Parks, or somewhere else, cheers to finding your adventure in 2016.

Country Travel DISCOVERIES is a premier travel provider headquartered in Elm Grove, WI. Contact them today at (262) 923-8120 or www.CountryTravelDiscoveries.com for more information on their Rose Parade Holiday program and other unique adventures.



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Milwaukee's Most Celebrated Ghosts continued from page 2

Clair Richardson (1921-1980)

The famously flamboyant Richardson founded the Skylight Opera Theater in 1959. The former PR man was known for his theatrical dress and manner, but he is remembered for the impact he had on the cultural development of Milwaukee. In addition to founding the Skylight Opera, he also worked to help develop the Milwaukee Repertory Theater, Milwaukee Symphony Orchestra and the Bel Canto Chorus. After running the Skylight Opera for 21 years, Richardson died during open-heart surgery.

Richardson's pride, now known as the Skylight Music Theater, operates out of the Cabot Theater in the Historic Third Ward. Richardson appears to be as involved in the theater today as he was during his life. At his insistence, his ashes are being kept in an urn beneath the stage, so as he explained future decisions "would be made over his dead body." The urn, nestled on a shelf with a number of his belongings, is always ready for show time. It is reported that, among the other duties of the stage manager, is to make sure there is always a spotlight shining on the ashes. This became part of the official duties when it was discovered that a failure ensue Clair remained lit resulted in a number of unexplained technical problems which were always resolved by making sure the urn was in the spotlight. Richardson has also been known to wreak technical difficulties on performances that do not suit his taste.



collection of archeological finds are kept. The former director makes himself known by cold spots that can be felt on the mezzanine, and the lingering smell of tobacco, brought forth from his ever-present pipe. Ever the trickster, Borhegyi has been known to frighten night guards by repeatedly summoning the elevator to the third floor.

Charles Pfister (1859-1927)

This native Milwaukeean is best known for the lavish Pfister hotel, which opened in 1893. Beyond being a hotelier, he was a successful business man, was the head of the

Wisconsin Republican Party for over 25 years and one time owner of the Milwaukee Sentinel. Just before his death, and after a paralysis-inducing stroke, Pfister sold the hotel to a long time employee in 1927.

Although he has been gone for decades, Charles Pfister may be more discussed today than he was in his lifetime, at least in certain circles. It has been widely reported that a number of major league baseball players have been the object of pranks played by Pfister. Players report that Pfister will open blinds, move objects in the room and attempt to scare the players by banging on windows and walls. Rumors are so persistent surrounding these player-related experiences that ESPN did an expose on the phenomena in 2013. Fortunately, for ghost-seekers, Pfister sightings are not limited to professional athletes. Many guests have reported seeing the man peering into the lobby from the top of the grand staircase, and strolling the halls, making his rounds, as he did in life.

Historic Milwaukee is rich with tales and alive with spirits and fall is the perfect season to seek out these ghosts. Time spent searching for them will not be wasted. Even if you are unable to have a paranormal experience, you still will have spent time in some of Milwaukee's true gems. Happy hunting!

Anna Lardinois is a local writer, storyteller and owner of Gothic Milwaukee, a historical, haunted walking tour company. More information can be found at www.gothicmilwaukee.com

Dr. Stephan Francis de Borhegyi (1921-1969)

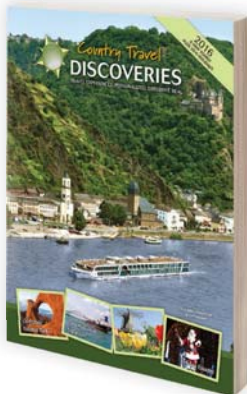
A noted archaeologist, the Hungarian-born Borhegyi became the director of the Milwaukee Public Museum in 1959. He was instrumental in the creation of one of the most beloved exhibits ever to appear in the museum, "The Streets of Old Milwaukee." Just one month shy of his 48th birthday, de Borhegyi was killed in a car accident on his way to the museum.

While the doctor's body never arrived at the museum that fateful fall morning, it appears his spirit still lingers there. It is reported that much of his activity occurs on the third floor of the museum, where both his photo and treasured

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As many Wisconsin gardeners watch their flowers fade and feel winter coming, they are dreading the autumn yard cleanup and cutting back. But fall lawn and garden maintenance doesn't have to be a huge project.

Easy Fall LAWN & GARDEN Projects

"I have chosen a simpler approach to my fall gardening, to make the yard and garden chores a bit less daunting," said Susan Radke of Innovative Exteriors in Genesee Depot. "Give yourself permission to let your fall be a little less stressed by letting nature do a little more, and you a little less."

Keep Track

The task is easier each spring and fall if homeowners write down what they do. "Make a note of this for next year's growing season, if you're not already doing it," Radke said. Without a small garden notebook, it may be hard to remember what was pruned and when. Homeowners should jot down what they do in fall, and what they plan to do in spring, to take the guesswork out of gardening.

Leave the Perennials

Homeowners don't have to cut everything down if they don't want to, Radke said. It's a timesaver. "Leaving sturdy perennials up for winter creates wonderful winter interest and provides food for birds too. I like to leave almost everything up, though some plants don't always look so great." However, there are a few plants that should be cut down to fight off pests or diseases—Radke named bearded iris, in order to eliminate some of the threat of iris borer. Daylilies, hostas, and peonies can also be cut back in the fall.

Healthy Lawns

According to Milwaukee/NARI members, for a healthy lawn in spring, homeowners should continue to water the lawn throughout autumn. Autumn rain and temperatures are ideal for grass seed germination, so homeowners are encouraged to use the season to fill in the bare spots in the lawn.

There are two good times to fertilize the lawn in autumn—at the start of the season, and once more after the final mow, around November so that plants absorb the nutrients for next spring. Ryan Fillinger, president of A. Fillinger Inc. in Milwaukee, recommended using a fertilizer in early fall that stimulates root growth. "In late fall, use a winterizing fertilizer that builds resistance to the cold and provides nutrients to extend the green period."

He added, "If you're going to pull or spray weeds, it will be easier and have better results when the ground is wet."

Milwaukee/NARI members agree that the longer grass of summer should be cut shorter in the fall to prevent the grass from matting down under leaves and snow. "Fall is the time to gradually bring the grass down to about two, two and a half inches," Radke said. "This will reduce the space available for voles to make runs under the snow in your lawn."

For homeowners who are serious about healthy lawns, Tom Ball of Ground Affects Landscaping in Sullivan recommended aerating the lawn once every fall, especially after a hot and dry summer. "It alleviates soil compaction and opens up the soil to let nutrients and water down to the root system," he said. Just like with weed pulling, lawn aeration is easier when the ground is wet. The easiest method for homeowners is buying or renting a machine that removes plugs of soil, perhaps sharing the cost with a neighbor.

Fall Lawn & Garden Projects continued on page 20



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YUMMMMMMMMMMM....

It's time for

PUMPKIN SEEDS!!!

While most stores sell pumpkin seeds, it is fun and easy to make your own. To do so, first remove the seeds from the pumpkin's inner cavity and wipe them off with a paper towel if needed to remove excess pulp that may have stuck to them. Spread them out evenly on a paper bag and let them dry out overnight. (Because I am impatient, I wash them and let them set on paper towels for awhile).

Place the seeds in a single layer on a cookie sheet and light roast them in a 160-170°F oven for 15-20 minutes. This 20-minute roasting limit is important. In a recent study, 20 minutes emerged as a threshold hold time for changes in pumpkin seed fats. When roasted for longer than 20 minutes, a number of unwanted changes in fat structure of pumpkin seeds have been observed by food researchers. Roasting for no longer than 20 minutes will help you avoid these unwanted changes.

Studies have shown that roasting temperatures of 195°F or higher are often required to bring out the full nut-like aromas and flavors in pumpkin seeds. We don't question this finding, but we believe that the unsaturated fats in pumpkin seeds will be better preserved by roasting at the lower temperature.

A Few Quick Serving Ideas

- ~Add pumpkin seeds to healthy sautéed vegetables.
- ~Sprinkle pumpkin seeds on top of mixed green salads.
- ~Grind pumpkin seeds with fresh garlic, parsley and cilantro leaves. Mix with olive oil and lemon juice for a tasty salad dressing.
- ~Add chopped pumpkin seeds to your favorite hot or cold cereal.
- ~Add pumpkin seeds to your oatmeal raisin cookie or granola recipe.
- ~Next time you make burgers, whether it be from vegetables, turkey or beef, add some ground pumpkin

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FOOD of the MONTH



The homespun wisdom is true...

Not only are apples low in calories and high in fiber, but nutritionists and scientists are finding that apples can prevent health problems or at least reduce health risks. It's their preventative and curative properties that continue to capture the spotlight:

- **Flavonoids**, especially the flavonoid, quercetin, found in apples, appear to reduce the risk of lung cancer. Some studies suggest they cut the risk of lung cancer in half.
- People with diets high in flavonoids, such as those found in apples, are 20% less likely to develop cancer.
- **High in fiber**. About 80% of the fiber in apples is soluble fiber which reduces cholesterol. The remaining 20% is insoluble fiber which may prevent cancers.
- **Potassium**, found in apples, regulates blood pressure.
- Apples have no fat, cholesterol or sodium.
- An average apple contains only 80 calories.
- Apples have five grams of fiber, 20% of the daily recommended fiber needs. That's more than most cereals!
- Apples contain vitamins A, B1, B2, C, and Niacin; plus nutrients, Phosphorous Magnesium, Iron and Potassium.
- Applesauce is a fat free substitute when cooking and can be used in place of oil or shortening. In addition to being health, applesauce makes baked goods taste moist.
- When eaten as a snack, apples suppress hunger longer than junk foods and the empty calories they contain.

~Nutrition Facts from Virginia Apples.org

Five Reasons To Eat An Apple Every Day

- **Your Diet** - Apples are the perfect, portable snack: great tasting, energy-boosting, and free of fat.
- **Your Heart** - Research confirms it! The antioxidant phytonutrients found in apples help fight the damaging effects of LDL (bad) cholesterol.
- **Your Digestion** - Just one apple provides as much dietary fiber as a serving of bran cereal. (That's about one-fifth of the recommended daily intake of fiber.)
- **Your Lungs** - An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.
- **Your Bones** - Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis.

Apples!

Fresh Apple Cake

- 1 1/2 c. oil
- 1 c. nuts, chopped
- 3 eggs
- 1 1/2 tsp. soda
- 2 tsp. vanilla
- 1 tsp. salt
- 3 1/2 c. chopped apples
- 1/2 tsp. baking powder
- 1 c. coconut
- 1 c. raisins, cooked for a while to make soft
- 2 c. white sugar
- 3 c. flour

Put everything together; mix well. Bake in a greased and floured tube pan at 325 degrees for 1 hour 15 minutes or 3 loaf pans - reducing baking time to approximately 35 to 40 minutes. Good!

Apple & Carrot Casserole

- 6 large carrots
- 5 large apples
- 5 Tbsp. sugar
- 5 Tbsp. flour
- 1/2 tsp. nutmeg
- 1 Tbsp. margarine
- 1/2 cup orange juice

Slice carrots thinly and cook in salted water for 5 minutes; drain. Slice apples and cook in clear water 5 minutes; drain. Layer carrots and apples in casserole. Mix sugar, flour and nutmeg; sprinkle on top. Dot with margarine. Pour orange juice over all. (Can be made ahead and baked just before serving). Bake 30-40 minutes in 350 oven. Makes 6 servings.

Easy Apple Sauce

- 2 1/2 pounds tart red-skinned apples, such as McIntosh
 - 3 tablespoons sugar
 - 1 tablespoon squeezed lemon juice
- Core or peel the apples. Coarsely chop the apples. Combine the apples, lemon juice, and 3 tablespoons of water in a large saucepan. Bring to a boil over high heat. Cover, lower the heat to maintain a gentle simmer, and cook until the apples are completely soft, about 20 minutes. Uncover, and continue to cook, stirring frequently to prevent scorching, until most of the liquid has evaporated, about 30 minutes. Remove from the heat, add sugar (to taste) and optional cinnamon to taste. Refrigerate if not using immediately.

More recipes, go to foodnetwork.com



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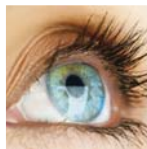
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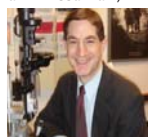
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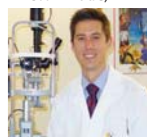
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Theresa Caputo Live! The Experience

Theresa Caputo, psychic medium and star of the hit TLC show, Long Island Medium, will be appearing live at the Milwaukee Theatre on Sunday, October 25th at 7pm.

Theresa will give interactive readings to audience members throughout the show and will also share personal stories about her unique gifts. Long Island Medium follows Theresa's life as a typical Long Island wife and mom with one very big difference...she can communicate with the dead. Messages come through at any time - the local car mechanic, manicurist or cashier at the bagel shop may find themselves receiving a spontaneous reading.

The unique challenges that her special abilities create for her husband of 22 years, Larry, and her two children and how they cope, are also a main theme of the show. Theresa has been a practicing medium for 10 years and is a certified medium with the Forever-Family Foundation, an organization dedicated to connecting science with the afterlife. Theresa has two books, titled You Can't Make This Stuff Up and There's More to Life Than This.



Cedarburg Cultural Center's Gothic History Tours Return

Get immersed in the dark side of Cedarburg's history with stories and live performances representing hauntings and atrocities from bygone days. More than just ghost stories, the past comes alive in encounters with the ghostly citizens of old Cedarburg through costumed actors and historic photos.

This year's tour includes scenes of new tales recently discovered in the deep recesses of historic Cedarburg documents and newspapers. "Journalist" docents "scoop" stories out of the old Cedarburg News and lead guests on a 90-minute walking tour through new and familiar stops in Cedarburg's National Historic District and Zur Ruhe cemetery.

Tickets are available only through the Cedarburg Cultural Center, 262-375-3676. TOURS: Friday, October 23, 7pm. Sunday, October 25, 6:30pm and Friday, October 30, 7pm. Tickets: \$13 advance / \$15 day of tour. Advance ticket purchase suggested Recommended ages 12 and up.

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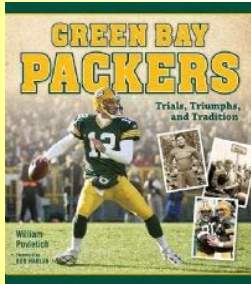


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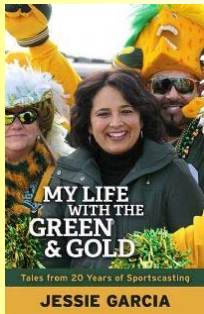


Pack up on Packer History with the Half-time Coffee Table Must-haves (or start your Christmas shopping early!)

Green Bay Packers

On the field, legends like Don Hutson, Ray Nitschke, and Brett Favre made the Green Bay Packers into a professional football powerhouse. But the history of the NFL's only small-town franchise is as much a story of business creativity as gridiron supremacy. "Green Bay Packers: Trials, Triumphs, and Tradition" tells the improbable story of professional football's most iconic team, and along the way gives a unique window into the rise of modern professional sports. As the NFL has evolved into a financial juggernaut, the Green Bay Packers, with more than 364,000 stockholders, stand alone as the only professional sports franchise owned by fans, thus providing the only public record of how a sports team is run.

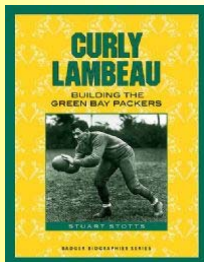
Featuring more than 300 photographs, some never before seen, "Green Bay Packers" illustrates how the most creative team in sports is also one of the most successful, with names like Lambeau, Canadeo, Lombardi, Hornung, Holmgren, and White leading the way to a league-best 13 NFL titles and 21 Hall of Fame inductees.



My Life with the Green and Gold

Ever wonder what it's like to interview famous athletes and coaches? For twenty years, sportscaster Jessie Garcia has done just that. In "My Life with the Green & Gold" she brings fans to the sidelines at Lambeau Field, inside the locker room, aboard the Packers bus, and into the host's chair at The Mike McCarthy Show. Garcia reported on Wisconsin's beloved Green Bay Packers during the Holmgren, Rhodes, Sherman, and McCarthy years. She's been a Packers sideline reporter for preseason games and covered the team during its Super Bowl showdowns against the Patriots, Broncos, and Steelers. She's traveled with the team to Tokyo and the White House and to schools and retirement homes, where the gridiron heroes interacted with their fans. She's visited the hometowns of players and coaches, she's met their proud parents and their pets, she's interviewed the team trainer about their strength exercises.

Garcia's expertise is capturing behind-the-scenes, human-interest stories. In My Life with the Green & Gold, she shares a personal and humorous insider's look at many Wisconsin sports heroes from the perspective of a female sports journalist—and working mom—who has ridden the adrenaline rush of being on air any hour in between juggling the many demands of family life. Not many parents can say they've changed their child's diaper in the tunnel at Lambeau Field, but Jessie Garcia can.



Curly Lambeau

When Earl "Curly" Lambeau was a young boy growing up in Green Bay in the early 1900s, he and his friends didn't have money for a football. Instead, they kicked around a salt sack filled with sand, leaves, and pebbles. That humble beginning produced a single-minded drive for the figure whose name now graces the Green Bay Packers' stadium.

This title in the Badger Biographies series charts the course of Curly Lambeau's career as a flamboyant player and coach, which paralleled the rise of professional football in this country. Lambeau revolutionized the way football is played by legitimizing passing in a game that had previously centered on running. His dedication to popularizing football in Green Bay helped build the Packer organization into the institution it has become. Yet, he was not without flaws, and this biography presents a full picture of a man whose ambitions complicated his legacy.

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yet

adverb: yet

1. up until the present
or a specified or implied
time; by now or then.

synonyms: so far, thus
far, as yet, up till/to now,
until now

The Wonderful Word "Yet"

What a wonderful time it is to be a "senior," a "Baby Boomer!" We will live longer lives than any previous generation, and we have access to medical and technological advances that can make our lives full and productive far into the future. 65 is the new 45. At the age when earlier generations were retiring, we are looking for second careers and for additional ways of contributing and of enjoying family and of getting even more out of life.

And because of this extra lease on life that seniors now have, there is one little three-letter word can turn almost every statement of doubt or defeat into one of hope and health.

It is the powerfully proactive and future-oriented word "Yet." And we can use it in a wide profusion of different, optimistic ways:

"My portfolio really isn't adequate for retirement.....yet.

"My relationship with my son is not very good.....yet.

"I am just not in very good physical shape.....yet.

"I don't have the kind of freedom and flexibility I thought I would have.....yet.

"Our extended family is not very close.....yet.

"I just haven't ever developed my interest and talent in music.....yet.

"I don't get to church as often as I should.....yet."

The final third or fourth of life, a twenty or twenty five year "bonus" that no other generation has ever had is a time to steadily and joyfully take care of the "yets."

There is time, and you don't have to try to fix everything at once, yet you can set some goals, and reel in all of those yet's one at a time.

Take any part of your life you are not satisfied with it and orchestrate a plan to repair it. Use the extra time that science and diet and technology gives you and take care of whatever it is that you wish you had done or that you wish you had done differently. We are not talking about quick-fixes here—just about deciding on what you want to fix, and then doing it!

And there is another way that we can use that same little word "yet" which can change our attitudes and make us more positive and hopeful. As you think of yourself and of your strengths and weaknesses you can use the magic word to pair-up and compensate for everything you don't feel good about with something you do feel good about:

"I'm less than confident in front of an audience, yet I'm totally comfortable one on one.

"I really should make more of an effort to stay in touch with old friends, yet I'm pretty good at responding to emails and social media contacts.

"I'm lousy at remembering birthdays yet I really reach out at Christmas.

"I'm not much of a golfer, yet I'm probably the best tennis player in the group.

"I'm not eating as judiciously as I should yet I do get to the gym twice a week.

Sometimes just reminding ourselves that we probably have a corresponding plus to go with every minus is what can cause us to feel some balance and confidently go from strength to strength as we try to at least neutralize our faults.

So lets love when we live; lets take the bonus years we are given; lets parlay all that we do have into more of the things we still want; and lets do it all not only for ourselves but for our children and our grandchildren and all the others whom we have power to inspire and help!

This article was submitted by New York Times #1 bestselling authors Richard and Linda Eyre. Visit their website at theyres.com

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Are You Retiring Within the Next 5 Years?

Provided by Tim Stasinoulis, RFC

You can prepare for your retirement transition years before it occurs and avoid the kind of financial surprises that tend to upset an unsuspecting new retiree.

How much monthly income will you need? Look at your monthly expenses and add them up. (Consider also the trips, adventures and pursuits you have in mind in the near term.) You may end up living on less; that may be acceptable, as your monthly expenses may decline. If your retirement income strategy was conceived a few years ago, revisit it to see if it needs adjusting. As a test, you can even try living on your projected monthly income for 2-3 months prior to retiring.

Should you try to go Roth? Many pre-retirees have amassed substantial retirement savings in tax-deferred retirement accounts such as 401(k)s, 403(b)s and traditional IRAs. Distributions from these accounts are taxed as ordinary income. This reality makes some pre-retirees weigh the pros and cons of a Roth IRA or Roth 401(k) conversion for some or all of those assets. You may want to consider the "Roth tradeoff" – being taxed on the amount of retirement savings you convert today in exchange for the ability to take tax-free withdrawals from



the Roth IRA or 401(k) tomorrow. (You must be 59½ and have owned that Roth account for at least five years to take tax-free distributions.)

Should you downsize or relocate? Moving to another state may lessen your tax burden. Moving into a smaller home may reduce your monthly expenses. In a perfect world, you would retire without any mortgage debt. If you will still be paying off your home loan in retirement, realize that your monthly income might be lower as you do so. You may want to investigate a refi, but consider the cost of a refi can offset the potential savings.

How conservative should your portfolio be? Even if your retirement savings are substantial, growth investing gives your portfolio the potential to keep pace with or keep ahead of rising consumer prices. Mere gradual inflation has the capability to erode your purchasing

power over time. As an example, at 3% inflation what costs \$10,000 today will cost more than \$24,000 in 2045.

In planning for retirement, the top priority is to build savings; within retirement, the top priority is generating consistent, sufficient income. With that in mind, portfolio assets may be adjusted or reallocated with respect to time: it may be wise to have some risk-averse investments that can provide income in the next few years as well as growth investments geared to income or savings objectives on the long-term horizon.

How will you live? There are people who wrap up their careers without much idea of what their day-to-day life will be like once they retire. Some picture an endless Saturday. Others wonder if they will lose their sense of purpose (and self) away from work. Remember that retirement is a beginning. Ask yourself what you would like to begin doing. Think about how to structure your days to do it, and how your day-to-day life could change for the better with the gift of more free time.

Many retirees find that their expenses "out of the gate" are larger than they anticipated – more travel and leisure means more money spent. Even so, no business owner or professional wants to enter retirement pinching pennies. If you want to live it up a little yet are worried about drawing down your retirement sav-

Retiring? continued on page 24

Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Review your financial strategy at 262.369.5200, or visit us at www.BoomersWealth.com to learn more. Providing guidance to individuals and families in transition as a result of retirement planning, sale of a business, divorce, or death. A frequent guest on FOX6 Wake-Up and named a Five Star Wealth Manager in 2013, 2014, and 2015.



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Mulch & Leaves

Although mulch shields frost, protects plant roots, and keeps soil temperatures stable, homeowners don't have to rush to cover or mulch over the plants. Radke said, "It is less important to keep the plants warm than to keep the ground frozen, especially around shallow-rooted perennials such as coralbells. Let the ground freeze—often around Thanksgiving time—before laying your pine boughs or other covering over coralbells and pachysandra. This keeps them from heaving out of the ground during thaw cycles in mid-winter."

Despite the fact that too many fallen leaves can smother the grass, block sunlight, and lead to insect or disease problems, Radke described leaves as nature's woodland fertilizer. "If you have leaves that fall into your plant beds and they are not too thick, consider letting them stay," she said. "They will decompose over the winter, and in early spring you can gently cultivate them into the soil around your plants and trees."



Homeowners who have a mulching mower with a bag attachment can use the shredded leaves as mulch or top-dressing in flower and vegetable gardens. "This adds excellent organic material to your soil," she said.

Winter Interest

Radke recommends selecting some of the plants to prune before flowering, to delay blooming. "Echinacea purpurea, known as Purple Cone Flower, is a perfect candidate," she said. "You can extend your bloom time on Purple Cone Flower well into September and October by cutting them back by one-half in early June, or when they are about two and a half feet tall. Then you'll have those wonderful 'cones' to leave up to catch the snow and feed the finches next year." Doing this with a portion of the garden will encourage longer blooming periods or staggering the blooming.

For shrub roses, Radke said to cut them back in spring, not fall. "Hardy shrub roses don't need to be covered like tea roses, so they're the ones I prefer to grow. Leave them up and cut back to new growth in the spring."


Milwaukee/NARI members recommend these plants for great winter interest:

- Sedum "Autumn Joy" and similar sedums.
- Echinacea purpurea (Purple Cone Flower).
- Solidago (Goldenrod) hybrids.
- Rose Hips. "Let some of your roses produce hips, or seed pods, starting in August rather than cutting them all off," Radke said. "This works great with your shrub roses and many have lovely color."
- Plants that have colorful berries in winter, such as holly, winterberry, red chokeberry, and varieties of crabapples.
- Gateway Joe Pye Weed. The seed heads look great in early winter, and as they break down in later winter, they provide covering for birds.

- Many ornamental grasses have strong flower stems that hold up well and provide great nesting material in the spring.
- Hardy mums
- "Don't touch your lavender!" Radke said. "Avoid heavy pruning after late August and wait until new growth breaks in spring—which can be very late. Be patient with your lavender."
- Evergreen ground covers
- Bigroot Geranium (Geranium macrorrhizum) gets great fall color and is semi-evergreen—so homeowners shouldn't cut the leaves off. Just clean up any brown leaves in early spring.

- Evergreen conifers with attractive cones such as a Norway spruce, juniper, and white pine.
- Liatris spicata (Gayfeather). "Particularly shorter varieties are very attractive with fluffy seedheads on red-tinted stems. Birds like them too," Radke said.
- Don't forget to plant the spring-blooming bulbs for next spring.


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 the Council's website at www.milwaukee-nari.org.



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"Boomergrands" enrich their grandkids lives in big and small ways

A special connection is being made between this young generation and the energetic group of boomer grandparents



By Scott Schaefer
Co-Founder and COO GrandCamp Adventures

My father loved ice cream.

My daughter works summers behind the counter at our local ice cream shop. The other day she told me, "You know, dad, every time I make a milkshake, I think of Papa."

My father connected with his granddaughter through the simple everyday experience of eating ice cream together. The connection remains even now, although he is no longer with us.

So much of the impact of grandparenting comes from the little things that are shared when grandparents and their grandkids spend time together — either physically in the same room or through the telephone, Internet or mail. For each of us as members of the Boomer generation, memories of grandparents are more often thoughts about little things — like how grandma took pride in her full cellar of canned vegetables or how granddad taught us how to clean a fish. I have vivid memories of my own grandmother celebrating the New Year's Eve ball drop with me over a feast of popcorn. My other grandmother taught me how to catch flies on the front porch - little things.

With so many families stressed with both parents working or a single parent trying to do it all, more and more grandparents are fulfilling a vital role in their grandchildren's lives. While as many as 15 percent of today's grandparents provide actual child care for their grandchildren, many others are enriching their grandchildren's lives through frequent visits, overnight stays when working parents travel, and stepped up electronic communications.

Fortunately, millions of the 70+ million grandparents in this country have the stamina and resources to play a vital role in their grandchildren's life. Boomer grandparents, in particular, have the potential to forge a real bond with their grandchildren.

Statistics from AARP show that the average age at which a person first becomes a grandparent is now about 47. That means many grandparents are still working regular jobs. The fact is, about half of all grandparents are still working. The challenge be-

comes one of balancing the demands of your own work/home life and the opportunities to become an integral part of your grandchildren's lives.

The concept of "playing" their way to their connection with this young generation has struck a chord with this energetic group of grandparents. The idea is to spend time, not as an onlooker, but as a participant in activities with grandchildren. Casual low-pressure play creates the space for meaningful conversation and sharing. Reading and story-telling opens up room for imagination and exploration. Don't bake cookies for your grandchildren, bake cookies *with* them.

One of the most treasured grandchild remarks for one of my colleagues came when her 13-year-old granddaughter said, "It's already time for me to leave, and I feel like I just got here." That was after a weeklong visit with fun outings and plenty of yard work and cooking and storytelling in between.

I am not yet a grandparent, but every year I relish the fact that we have a Grandparents Day. It's a relatively young tradition turning 32 this year. In 1979, President Jimmy Carter proclaimed the first Sunday after Labor Day each year as National Grandparents Day: (September was chosen to signify the "autumn" years of life). In part, the proclamation reads:

"Grandparents are our continuing tie to the near-past, to the events and beliefs and experiences that so strongly affect our lives and the world around us... Because they are usually free to love and guide and befriend the young without having to take daily responsibility for them, they can often reach out past pride and fear of failure and close the space between generations."

Scott Schaefer is the COO and co-founder of GrandCamp Adventures. GrandCamp Adventures is the creator of entertaining and educational storybooks, music, games and activities carefully designed to stimulate conversation and connect families through the grandparent and grandchild relationship. www.grandcamp.com

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"Pull Up A Chair" Fundraiser Supports Seniors in the Community



Interfaith Older Adult Programs' annual Pull Up a Chair event will be held at the Crowne Plaza-Milwaukee Airport, 6401 S. 13th St. on Thursday, Nov. 5. Emcee Mark Baden, WISN-12 Chief Meteorologist, and Auctioneer Steve "The Homer" True, show host on 540 ESPN, will greet guests at the luncheon.

As it has for the past six years, the Pull Up a Chair fundraiser will include a live auction featuring hand-painted chairs and furniture, in addition to a silent auction, raffle, wine pull, and holiday gifts.

This year, Wisconsin artists have contributed more than 20 pieces for the event. In the spirit of Interfaith's mission of linking older adults with a caring community, artists of all ages have contributed artwork, many of them 50 or older. Visit our Facebook page to see artists works from previous years.

Donations raised through this event are used to support senior neighbors, especially those that live in isolation. Interfaith and its volunteers help combat social isolation and depression, and give some peace of mind to older adults that they can retain their independence and continue living in their own homes."

Learn more at interfaithmilw.org.



Do You Qualify for a Senior Benefits Program?

For more than 50 years, the Social Development Commission (SDC) has offered programs and services that assist low-income residents of Milwaukee County. One of the populations that SDC serves is seniors that often have limited financial resources.

Many times individuals have a preconceived notion that they will not qualify for programs. With escalating health care costs and many seniors living on a controlled budget, it is worth investing the time to determine whether you qualify. Seniors are often pleasantly surprised that they qualify for these programs and how much money they can put back in their pocket.

The senior benefits services provided by SDC not only help identify what programs those with low-income qualify for, but assist in the completion of applications required for program enrollment. Once enrolled, households realize the impact of needed financial savings.

The Medicare Savings Program pays for the Medicare Part B premium if it is currently deducted from a Social Security check. Medicaid returns the premium back to the check. To be eligible, the monthly gross income for a single household cannot exceed \$1,324 and the liquid asset limit, which includes items such as bank accounts, stock, and CDs, cannot exceed \$7,280. For a dual household, the monthly gross income limit is \$1,792 and the liquid asset limit is \$10,930. The first \$20 of unearned income will not count toward this limit.

Medicare Extra Help Part D, a prescription drug plan, can pay for all or part of Medicare Part D premiums and, depending on the income level, it may also pay for all or most of prescription drug costs. In a single person household, the monthly gross income is limited to \$1,471 and the liquid asset limit has a cap of \$12,140. For a two-person household, monthly gross income cannot be in excess of \$1,991 and the liquid asset limit is \$24,250.

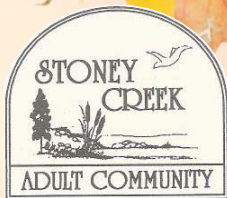
The SDC senior benefits specialist is able to assist seniors with applications for FoodShare, which can provide financial assistance with the purchase of groceries. Individual's monthly gross income may not exceed \$1,946 and the limit is \$2,622 for two-person households. There is no asset limit to qualify for FoodShare.

Seniors 65 and over may also be interested in completing a Senior Care Prescription application. The individual household gross monthly income limit is \$1,569 and the gross monthly income for two person homes cannot exceed \$2,124. There is no asset limit. Once enrolled, Senior Care does have a \$30 annual program fee.

Seniors interested in applying for one or more of these money saving programs, can schedule an appointment that is free of charge. The SDC senior benefits specialist will provide assistance and will aid interested seniors with completion of the application process. To schedule an appointment, call 414.906.2706.

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3 leading causes of blindness



By Cheryl L. Dejewski

Education is key to maintaining your health, vision and independence. To help our readers "see" life to the fullest, the doctors at Eye Care Specialists' ophthalmology practice have summarized the symptoms, treatment and preventive measures for the three most common causes of vision loss in boomers.

GLAUCOMA

"Glaucoma is a sight-robbing eye disease (often related to increased fluid pressure in the eye) that causes progressive damage to the optic nerve, which carries visual information from the retina to the brain. Left untreated, glaucoma can cause permanent loss of side vision and eventually all sight," explains Mark Freedman, MD, who uses OCT laser scanning technology to detect and track glaucoma.

Symptoms

- Often, none. (That's why eye exams are vital.)
- Loss of side vision
- Inability to adjust to darkened rooms

Treatment

Most cases are treated by daily use of prescription eye drops to either reduce fluid production or increase fluid drainage within the eye. If drops are ineffective or intolerable, laser procedures (SLT or ECP) may be an option to control glaucoma and sometimes even reduce or eliminate the need for drops.

Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center reports, "Since glaucoma usually does not present symptoms until very late in its course, the earlier it is discovered, the greater the success in preventing loss of vision. Routine eye exams are important for anyone past age 35, especially if there is a family history of glaucoma."

High-Risk Indicators

- Siblings/parents with glaucoma (you have a 1 in 5 chance of developing it too)
- Diabetes
- Previous eye injury or eye surgery
- Black heritage
- Cortisone/steroid medication use

CATARACTS

"A cataract is NOT a film or growth on the eye. It is a clouding of the eye's natural lens located behind the pupil. In addition to aging (six out of 10 people over age 60 have one), other causes include heredity, eye injuries, medications (steroids), and long-term, unprotected sunlight exposure," says Daniel Ferguson, MD, who uses advanced ultrasonic and laser-assisted removal procedures and new technology lens implants.

Symptoms

- Hazy, fuzzy and blurred vision
- Sensitivity to light/glare
- A "starburst" effect around lights
- Lens prescription changes don't seem to help

Treatment

"The right time to remove a cataract is dependent upon your own needs. When visual impairment interferes with your daily activities, it may be beneficial to have cataract surgery, which involves making a tiny opening in the eye, removing the cloudy lens (cataract), and replacing it with an intraocular lens implant (IOL) to once again focus light rays onto the retina. IOLs often restore vision to levels not seen in years," reports Daniel Paskowitz, MD, PhD.

Causes of Blindness continued on page 24

Is Romance Dead?

If so, is texting possibly the reason?

A middle-aged couple finally learned how to send and receive texts on their cell phones. The wife, being a romantic at heart, decided one day that she'd send her husband a text while she was out of the house having coffee with a friend. She texted: "If you are sleeping, send me your dreams. If you are laughing, send me your smile. If you are eating, send me a bite. If you are drinking, send me a sip. If you are crying, send me your tears. I love you."

The husband, being a no-nonsense sort of guy, texted back: "I'm in the bathroom. Please advise." (Brings a tear to the eye, doesn't it?)

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Causes of Blindness

continued from page 23

AGE-RELATED MACULAR DEGENERATION (AMD)

With AMD, the macula (a highly sensitive area of the retina) becomes damaged causing loss of straight-ahead central vision (as needed for driving a car, reading fine print and recognizing faces)," explains Michael Raciti, MD. "Dry" AMD is more common (90% of cases), progresses slowly and is less severe. "Wet" AMD is less common, but can progress quickly and cause profound loss of central vision. Without treatment, about 70% of wet AMD patients become legally blind within two years.

Symptoms

- Straight lines appear wavy
- Type on a page appears blurry
- Dark or empty spaces appear in the center of the field of vision

Treatment

"For dry AMD, we usually recommend vitamin supplements, sun protection, and not smoking to stop or slow progression. For wet AMD, we review candidacy for injections of medications that can inhibit the growth of abnormal blood vessels," says David Scheidt, OD. There are no guarantees, there have been remarkable results with regular treatments (every 4-8 weeks), including stopping wet AMD progression in 90% of patients and up to 30% gain improvement in vision.

High-Risk Indicator: Relatives with AMD

3 STEPS TO PROTECT AGAINST ALL 3 CONDITIONS

1. Regular eye exams (typically every two years after age 40)
2. Wearing sunglasses and hats with brims
3. Not smoking

FREE BOOKLETS

For free booklets on each of these or other eye conditions, call 414-321-7035. Or, visit www.eyecarespecialists.net.



Retiring?

continued from page 19

ings too fast, consider slimming transportation costs (car and gasoline expenses; maybe you could even live car-free), landscaping costs, or other monthly costs that amount to discretionary spending better suited to youth or mid-life.

How will you take care of yourself? What kind of health insurance do you have right now? If your company sponsors a group health plan, you may as well get the most out of it (in terms of doctor, dentist and optometrist visits) before you leave.

If you retire prior to age 65, Medicare will not be there for you. Check and see if your group health plan will extend certain benefits to you when you retire; it may or may not. If you can stay enrolled in it, great; if not, you may have to find new coverage at presumably higher premiums.

Even if you retire at 65 or later, Medicare is no panacea. Your out-of-pocket health care expenses could still be substantial with Medicare in place. Long term care is another consideration – if you think you (or your spouse) will need it, should it be funded through existing assets or some form of LTC insurance?

Give your retirement strategy a second look as the transition approaches. An adjustment or two before retirement may be necessary due to life or financial events.




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LAUGH LOUD COFFEE BREAK

A man is driving along a highway and sees a rabbit jump out across the middle of the road. He swerves to avoid hitting it, but unfortunately the little rabbit jumps right in front of the car. The driver, a sensitive man as well as an animal lover, pulls over and gets out to see what has become of the rabbit.

Much to his dismay, the rabbit is dead. The driver feels so awful that he begins to cry.

A beautiful blonde woman driving down the highway sees the man crying on the side of a road and pulls over.

She steps out of the car and asks him what's wrong. "I feel terrible," he explains. "I accidentally hit this rabbit and killed it."

The blonde says, "Don't worry." She runs to her car and pulls out a spray can. She walks over to the limp, dead rabbit, bends down, and sprays the contents onto the rabbit.

The rabbit jumps up, waves its paw at the two of them and hops off down the road. Ten feet away the rabbit stops, turns around and waves again, he hops down the road another 10 feet and waves, hops another ten feet, turns and waves, and repeats this again and again and again, until he hops out of sight.

The man is astonished. He runs over to the woman and demands, "What is in that can? What did you spray on that rabbit?"

The woman turns the can around so the man can read the label. It says:

Are you ready for this?

It says, "Hair Spray—Restores life to dead hair, and adds permanent wave."

How to RELIEVE STRESS

Seven steps to relieve stress. In case you are having a rough day, here's a stress management technique recommended in all the latest psychological journals. The funny thing is that it really does work and will make you smile:

1. Picture yourself lying on your belly on a warm rock that hangs out over a crystal clear stream.
2. Picture yourself with both your hands dangling in the cool running water.
3. Birds are sweetly singing in the cool mountain air.
4. No one knows your secret place.
5. You are in total seclusion from that hectic place called the World.
6. The soothing sound of a gentle waterfall fills the air with a cascade of serenity.
7. The water is so clear you can make out the face of the politician you are holding underwater.

See, it worked. You're smiling. You feel better already. Have a great day.

HUSBANDS are HUSBANDS

A man was sitting reading his papers when his wife hit him round the head with a frying pan.

"What was that for?" the man asked.

The wife replied, "That was for the piece of paper with the name Jenny on it that I found in your pants pocket."

The man then said "When I was at the races last week, Jenny was the name of the horse I bet on."

The wife apologized and went on with the housework. Three days later the man is watching TV when his wife bashes him on the head with an even bigger frying pan, knocking him unconscious.

Upon re-gaining consciousness the man asked why she had hit him again.

Wife replied. 'Your horse phoned'

DONATION

Father O'Malley answers the phone.

"Hello, is this Father O'Malley?"

"It is!"

"This is the IRS. Can you help us?"

"I can!"

"Do you know a Ted Houlihan?"

"I do!"

"Is he a member of your congregation?"

"He is."

"Did he donate \$10,000 to the church?"

"He will."

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Crossword junkie!

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FROM BOOMER'S NEWSPAPER

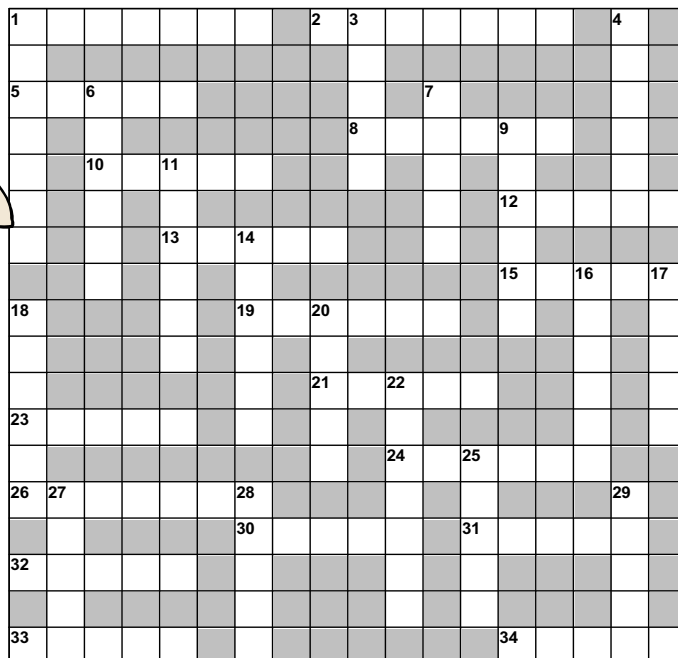


ACROSS

1. Envy of another
2. A word that is also a sentence
5. Put into service
8. Expression of disbelief
10. Washed out color
12. Exhausted
13. Your siblings daughter
15. Used to secure a gate
19. Citrus fruit
21. The remaining one of two
23. Expecting a future event
24. Often followed by 'God bless you.'
26. Extreme or severe
30. Airwaves listening device
31. Distinctive species of animal
32. A form of TV
33. Sleeping position
34. Not nice

DOWN

1. A trip
3. Hit Chicken Little
4. Any person
6. Baby
7. To lift upward
9. The near past
11. Supper time
14. The last straw
15. Joint with funny bone
16. Used for tasting
17. Bee's product
18. Frightened
20. Provide a family for a child
22. Story about the past
27., set, GO!
28. Shed tears
29. Fess up to



Answers below. Don't cheat!!



A wife asked her husband: 'What do you like most in me, my pretty face or my sexy body?'

He looked at her from head to toe and replied: 'I like your sense of humor!'

Q: Hear about the new sushi bar that caters exclusively to lawyers?

A: It's called **Sosumi**.

THE MOOD RING

My husband bought me a mood ring the other day. When I'm in a good mood it turns green. When I'm in a bad mood, it leaves a red mark on his forehead.

We should just get somebody from the left and the right and they should all throw bumper stickers at each other and the first one to cover the other one wins.



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Q. Why do X's at the end of a letter signify kisses?

A: In the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.



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M	V	P	S	Y	A	A	A	K	T	R	E	V	E	T	A	H	W
P	E	U	E	T	E	M	R	D	C	B	E	S	K	E	E	W	W
U	I	O	E	X	D	S	A	E	P	O	S	S	I	B	L	E	A
C	H	R	L	N	T	F	L	O	O	R	H	S	R	H	B	T	H
M	C	G	A	W	O	R	L	D	N	A	A	G	D	E	I	R	V
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REVEAL
SATISFY
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SEVERAL
SEWING

SHALL
SPARE
SWEET
TIGHT
TONIGHT
TOUCH
TURKEY
WEEKS
WHATEVER
WORLD
WRONG

A HEART WARMING LAWYER STORY

One afternoon a lawyer was riding in his limousine when he saw two men along the road-side eating grass.

Disturbed, he ordered his driver to stop and he got out to investigate. He asked one man, "Why are you eating grass?"

"We don't have any money for food," the poor man replied. "We have to eatgrass."

"Well, then, you can come with me to my house and I'll feed you," the lawyer said.

"But sir, I have a wife and two children with me. They are over there under that tree."

"Bring them along," the lawyer replied..

Turning to the other poor man he stated, "You may come with us, also.

The second man, in a pitiful voice, then said, "But sir, I also have a wife and six children with me!"

"Bring them all as well," the lawyer answered.

They all entered the car, which was no easy task, even for a car as large as the limousine.

Once under way, one of the poor fellows turned to the lawyer and said, "Sir, you are too kind. Thank you for taking all of us with you."

The lawyer replied, "Glad to do it. You'll really love my place.

The grass is almost a foot high."

C'mon...did you really think there was such a thing as a heart warming lawyer story???

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