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**DECEMBER 2015**

A FREE PUBLICATION

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## A CHRISTMAS LEGEND



Three trees shivered  
 in the cold moonshine,  
 a date palm, an olive  
 and a dark green pine.

They whispered together  
 saw a light in the sky,  
 paused, secrets forgotten,  
 heard a new baby's cry.

They stood in the yard  
 near the child's manger bed  
 'What can we give him?'  
 the gentle pine said.

The olive gave oil  
 to soothe his small feet  
 The palm promised dates,  
 all sticky and sweet

'But what about me?'  
 the poor pine tree cried.  
 'I can't think of a thing  
 I've tried and I've tried.'

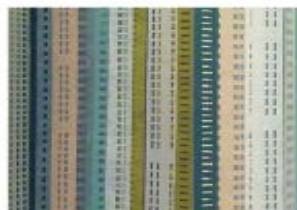
Hearing her cries, all  
 the stars tumbled down  
 to light up her branches  
 like a bright golden crown.

Then the pine tree stood tall  
 so the baby could see  
 on that first Christmas Day,  
 his first Christmas tree.

*~by Meira Andrew*

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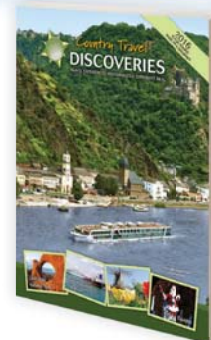
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## FROM THE PUBLISHERS

DECEMBER 2015

Magic. It's what Christmas is all about. A spirit of giving and love and generosity.

Mayhem. News of terrorists in Paris and murders and crime in our local neighborhoods. As the world spins out of control, how do we cling to the values that we know are true and good? How can we turn off the media noise and make our world a good place to live? This editor certainly does not have the answer. But I am willing to make a commitment to embrace and value those in my 'small' world. To smile at the cashier ringing up my groceries. To run over to my neighbors when they need a bit of help. To volunteer at my church when I think I really don't have the time. To drop extra change into the Salvation Army bucket. I know it certainly doesn't solve the problem of world peace, but I believe it does help a bit. What else can we do when our world is turning upside down? My heart reaction is to turn to God. My goodness - how 'politically incorrect' of me! It really is very complicated, isn't it?

There's always a plethora of things on our holiday calendars and time spent running around, shopping, meeting friends, spending quality (and required) time with family is part of the package that makes the holiday season what it really is. Family. Generosity. Love. And of course, food (recipes page 24). There's certainly a few extra pounds on my butt from Thanksgiving and it doesn't look like it's going anywhere soon. I'll wait until the first of the year before I worry about that resolution and will thoroughly enjoy cookies and treats until then! Everything in moderation - including moderation!

If you see Tom walking around in a middle-aged daze, be sure to wish him a Happy Birthday. Turning 53 doesn't seem to be his favorite idea, but what's the alternative? We still have a lifetime (ok, maybe *half* a lifetime) to laugh, work hard and share the adventure of it all. Yes, we creak and crack a bit when we get out of bed, but no complaints. It's just part of the journey!

In this season of sharing, please allow me to do my share of thanksgiving and appreciation for the continued success of Boomers!, the wonderful associates that have truly become friends, my husband and business partner, and our absolutely exhilarating ride through 2015!

Merry Christmas to all!

*And always remember to...*

*Celebrate Life!*

Sandy and Tom Draelos



In 1987, in the Gulf of Oman, in the North Arabian Sea, a young man serving in the US Navy finds the answer...

## How My Mother and Bob Hope Taught Me the True Meaning of Christmas

by Joel L.A. Peterson

It was Christmas Eve, 1987. I was a young naval officer and I had been at sea nearly 100 days straight escorting U.S.-flagged tankers through the Persian Gulf in the largest convoy operation since WWII. On this particular Christmas, my ship, the aircraft carrier, USS Midway, was just outside the Strait of Hormuz, off the coast of Iran, while Iran and Iraq were approaching their sixth year of war.

It was December 24th and Bob Hope flew aboard my aircraft carrier. Of course it wasn't just Bob. He brought a bevy of beauties, singers and actors and beauty contest winners.

I was thinking back on previous Christmases while waiting for the show to begin. Christmas was my mother's favorite holiday and she always pulled out all the stops and all her Hummel Christmas figurines were paraded out and displayed. I could remember so many of my mother's perfectly orchestrated Christmases, but not all distinctly and separately. Many seemed to run together to where I couldn't remember which Christmas had brought me the Hot Wheels set and which brought me the blue blazer.

Thanks to my mother, there were Christmases throughout my past, when the world around me was still so very new. Those Christmases were white and cold on the outside, but warm and glowing on the inside. As I waited for Bob Hope's Christmas show to start, I felt so distant from the wonder of the season seen through the eyes that I had when I was waist high.

As I waited on the hanger deck, I thought of my childhood home and all the seasonal aromas in the house. Breads and cookies that spread their scented glory throughout the rooms and struck one in the soul with the first step inside from the winter wind. A smell that said "home" like no other. A smell that welcomed all to the glowing promise of the ancient hearth. A smell that welcomed Christmases.

Eventually, the show got started with Bob leading the way. I was surprised at how talented and

*My Mother and Bob Hope continued on page 19*



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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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## Top Ten Reasons to Buy USA Made Products

Never before has the "Made in the USA" label been so important to the American consumer. With economic concerns, businesses moving abroad and recalls of tainted goods topping headlines, it's time shoppers start paying attention to where products are made.

madeinusaforever.com

10) Foreign labor standards allow unsafe worker conditions in many countries. When you buy American you support not only American manufacturers but also American workers, safe working conditions, and child labor laws.

9) Jobs shipped abroad almost never return. When you buy goods made in the USA, you help keep the American economy growing.

8) US manufacturing processes are much cleaner for the environment than many other countries; many brands sold here are produced in countries using dangerous, heavily polluting processes. When you purchase American-made product, you know that you're helping to keep the world a little cleaner for your children.

7) Many countries have no minimum wage restrictions, or the minimum wage is outrageously low. When you choose products made in the USA, you contribute to the payment of an honest day's wages for an honest day's work.

6) The growing lack of USA ability to manufacture many products is strategically unsound. When you seek out American-made goods, you foster American independence.

5) The huge US trade deficit leads to massive, unsustainable borrowing from other countries. Debt isn't good for you and it isn't good for America.

4) Foreign product safety standards are low. For example, poisonous levels of lead are in tens of millions of toys shipped to the USA. When you buy toys and other goods made in the USA, you can be confident that American consumer protection laws and safety standards are in place to protect your family.

3) Lack of minimum wage, worker safety, or environmental pollution controls in many countries undermines the concept of "fair and free trade". No

**MADE in the USA** continued on page 20

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 www.madeinusa.org  
 www.madeinusaproductsstore.com  
 www.stillmadeinusa.com  
 www.USAForever.com  
 www.usaonly.us

### Websites that provide Made in Wisconsin products:

www.savorwisconsin.com  
 usamadeproducts.biz/made-in-wisconsin  
 www.somethingspecialwi.com  
 www.wisconsinmade.com  
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# AROUND TOWNE

## December Highlights



### 12th Annual Holiday Lites Tours

Friday's and Saturday's in December, 12/4 -12/19  
Miller Visitor Center

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### Landmark of West Allis

Holiday Bazaar Craft & Bake Sale  
Dec 6, 9am-3pm  
1441 South 68<sup>th</sup> Street  
Free Admission

### Power Breakfast with Kathy Bufano

Friday, December 11, 7am  
The Pfister Hotel

Milwaukee Business Journal's "Power Breakfast" quarterly series is the premier business information and networking event in southeast Wisconsin. It presents headline makers in a unique format - part presentation, part Q&A conducted by our reporters and editors. The December 11, 2015, event speaker is Kathy Bufano, President & CEO of The Bon-Ton Stores, Inc.

### Brew City Big Band Holiday Dance Event

Friday, December 11, 6pm  
John Michael Kohler Arts Center  
Celebrate the season and the 100th birthday of Old Blue Eyes himself with drink specials, small plates, and ballroom dance activities followed by freestyle dancing to festive holiday music peppered with some Rat Pack favorites superbly performed by Milwaukee's best big band.

### Cocoa with the Claus

Saturday, December 12, 11am  
Cathedral Square Park  
Straight from the North Pole, share an afternoon, and some cocoa, with Santa and Mrs. Claus. This free outdoor event is a chance for kids to share their wish lists, and for moms and dads to snap a keepsake photo. Elves and other holiday characters will be on site for pictures, and holiday tunes will keep guests jazzed.

### Family Winter Weekend

December 19-20, 10am  
Discovery World  
This weekend is all about holiday and winter fun for the whole family! Santa Claus and our Kooky Cooky House - Sled dog rides (Saturday only) - Holiday movies - Train rides - Ice sculpture demonstrations - Local musical performances - Green screen holiday cards - Model train displays - Snow-flake pop-ups in our Brady Intelligent Products Lab - Holiday projects in the Kohl's Design It Lab! [www.discoveryworld.org/events/family-winter-weekend](http://www.discoveryworld.org/events/family-winter-weekend)

### Dickens Dinners at the Grain Exchange

December 18-22, 6:15 p.m.  
This year, a favorite Milwaukee holiday tradition has a new home! The Grain Exchange (225 E. Michigan Street) is the new location of an unforgettable dining experience focused around the magic of Charles Dickens' classic tale, A Christmas Carol. In this grandiose ballroom, you'll enjoy holiday beverages, passed appetizers, and

a three course meal as "Charles Dickens" reads excerpts from his famous story and carolers dressed in period costumes serenade you. Three course dinner. \$95 Adult \$45 Child [www.bartolottas.com/events/dickens-dinners-at-the-grain-exchange](http://www.bartolottas.com/events/dickens-dinners-at-the-grain-exchange)

### The Salvation Army's Christmas Family Feast

December 25, 11am  
Wisconsin Center  
A tradition in Milwaukee for 26 years, Christmas Family Feast is free and open to the entire community. Preparing to feed 8,000 to 10,000 people on Christmas Day, the Christmas Family Feast is the largest feeding program hosted by The Salvation Army in the country on Christmas Day

\*\*\*\*\*

### Men have two emotions: Hungry and Horny.

If you see a gleam in his eyes, make him a sandwich.

Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

In the 60's, people took acid to make the world weird. Now the world is weird and people take Prozac to make it normal.

Life is like a jar of Jalapeno peppers—what you do today, might burn your butt tomorrow.

"Don't worry about old age—it doesn't last that long."

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# YES, Virginia



## There is a Santa Claus.

Dear Editor,

I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, "If you see it in The Sun, it's so." Please tell me the truth, is there a Santa Claus?

~Virginia O'Hanlon

**Virginia, your little friends are wrong.** They have been affected by the skepticism of a skeptical age. They do not believe except what they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

**Yes, Virginia, there is a Santa Claus.** He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus!

By Francis P. Church, first published in *The New York Sun* in 1897. We take pleasure in answering thus prominently the communication below, expressing at the same time our great gratification that its faithful author is numbered among the friends of *The Sun*.



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## Santa Claus and Grandma

# MAY YOU ALWAYS BELIEVE IN THE MAGIC!

**I remember tearing across town** on my bike to visit her on the day my mean big sister dropped the bomb: "There is no Santa Claus," she jeered. "Even dummies know that!"

My Grandma was not the gushy kind, never had been. I fled to her that day because I knew she would be straight with me. I knew Grandma always told the truth, and I knew that the truth always went down a whole lot easier when swallowed with one of her "world-famous" cinnamon buns. I knew they were world-famous, because Grandma said so. It had to be true.

Grandma was home, and the buns were still warm. Between bites, I told her everything. She was ready for me. "No Santa Claus?" she snorted... "Ridiculous! Don't believe it. That rumor has been going around for years, and it makes me mad, plain mad!! Now, put on your coat, and let's go."

"Go? Go where, Grandma?" I asked. I hadn't even finished my second world-famous cinnamon bun.

"Where" turned out to be Kerby's General Store, the one store in town that had a little bit of just about everything. As we walked through its doors, Grandma handed me ten dollars. That was a bundle in those days. "Take this money," she said, "and buy something for someone who needs it. I'll wait for you in the car." Then she turned and walked out of Kerby's.

I was only 8 years old. I'd often gone shopping with my mother, but never had I shopped for anything all by myself. The store seemed big and crowded, full of people scrambling to finish their Christmas shopping.

For a few moments I just stood there, confused, clutch-



ing that ten-dollar bill, wondering what to buy, and who on earth to buy it for.

I thought of everybody I knew: my family, my friends, my neighbors, the kids at school, the people who went to my church.

I was just about thought out, when I suddenly thought of Bobby Decker. He was a kid with bad breath and messy hair, and he sat right behind me in Mrs. Pollock's grade-two class. Bobby Decker didn't have a coat. I knew that because he never went out to recess during the winter. His mother always wrote a note, telling the teacher that he had a cough, but all we kids knew that Bobby Decker didn't have a cough; he didn't have a good coat. I fingered the ten-dollar bill with growing excitement. I would buy Bobby Decker a coat!

I settled on a red corduroy one that had a hood to it. It looked real warm, and he would like that.

Is this a Christmas present for someone?" the lady behind the counter asked kindly, as I laid my ten dollars

down. "Yes, ma'am," I replied shyly. "It's for Bobby."

The nice lady smiled at me, as I told her about how Bobby really needed a good winter coat. I didn't get any change, but she put the coat in a bag, smiled again, and wished me a Merry Christmas.

That evening, Grandma helped me wrap the coat (a little tag fell out of the coat, and Grandma tucked it in her Bible) in Christmas paper and ribbons and wrote, "To Bobby, From Santa Claus" on it. Grandma said that Santa always insisted on secrecy. Then she drove me over to Bobby Decker's house, explaining as we went that I was now and forever officially, one of Santa's helpers.

Grandma parked down the street from Bobby's house, and she and I crept noiselessly and hid in the bushes by his front walk. Then Grandma gave me a nudge. "All right, Santa Claus," she whispered, "get going."

I took a deep breath, dashed for his front door, threw the present down on his step, pounded on his door and flew back to the safety of the bushes and Grandma.

Together we waited breathlessly in the darkness for the front door to open. Finally it did, and there stood Bobby. I'll never forget the look on his face.

Fifty years haven't dimmed the thrill of those moments spent shivering, beside my Grandma, in Bobby Decker's bushes. That night, I realized that those awful rumors about Santa Claus were just what Grandma said they were -ridiculous. Santa was alive and well, and we were on his team.

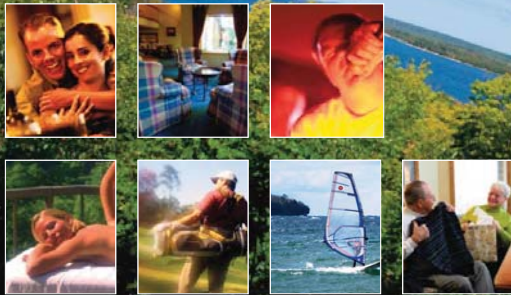
I still have the Bible, with the coat tag tucked inside: \$19.95.

~anonymous

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By Eileen Silva

# The Air of Home

*In the chilly days of winter, we tend to spend more time indoors, shutting doors and windows against the frosty chill. Unfortunately, we don't realize that the air in our homes is constantly under attack, and without the stabilization and freshness of outside ventilation in winter, it becomes, not only stuffy and stale, but downright dangerous.*

Imagine a quiet room with peaceful music playing, soft candlelight, and fragrance soothing the air. Sound inviting? Unfortunately, candles, especially if they are scented, release toxic soot, carcinogens, and even lead (from wire wicks), that flood the air with enough pollution to ruin computers and furnishings, as well as affect breathing.

For people with asthma, lung, or heart disease, the damage is even more pronounced. Fragrance oil candles and container candles don't burn cleanly and are even more dangerous than open-flame candles. If you must burn candles, choose unscented candles with no petroleum products and wire-free wicks. For aromatherapy, choose diffusers and enjoy cleaner air.

Another unsuspected source of air pollution is the family pet. Pet dander (skin flakes) is a nearly invisible pollution that your pet releases as it grooms, releasing dander and proteins from saliva into the air. Bathe pet frequently, using dander-reducing shampoo and follow up with an anti-dander spray. Dust home surfaces and vacuum frequently. Use a vacuum that does not release dust back into the air. A clean pet and a dust-free home will help both pet and family to be healthier.

Speaking of dust, it contains another invisible pollutant that invades every home - microscopic bugs called dust mites. Feasting on shed human and animal skin cells, these fecal-producing dust mites thrive in warm and humid places like beds, furniture, and carpets. Allergies and asthma testing proves that 80% of patients test positive to dust mites. To make your home safer from these unwelcome guests, vacuum and dust thoroughly, weekly, with a vacuum that filters dust and does not allow it back into the air. Using hot-water washing and high-heat drying, launder all bedding weekly. Don't forget to launder stuffed toys as well, and avoid non-washable stuffed toys.

Dehumidify the air, including closets and cabinets, to between 30-50%. Another benefit to dehumidifying the home is that lower humidity helps control yet another elusive air pollutant . . . mold. Flourishing in humid spots like damp basements, refrigerator drip pans, air conditioners, garbage pails, shower stalls, and closets, mold is a common allergic trigger. At least once a quarter, clean drip pans to prevent refrigerator fan from blowing mold spores into the air. Eradicate visible mold with non-toxic cleaning products, and use HEPA filters in air and heat systems.

In addition to cleaning, ventilating, and filtering, there is another, much more pleas-

**The AIR of HOME** continued on page 20



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## Forget 'Leave it to Beaver.' Normal families are more like 'The Twilight Zone.'

*At the heart of almost all of his patients' problems, says psychiatrist Gary Malone, are issues that stem from the family that raised them creating problems in the family they've started.*

At the heart of almost all of his patients' problems, says psychiatrist Gary Malone, are issues that stem from the family that raised them creating problems in the family they've started.

"Almost all of us deal with this to some degree or another. Very few families are idyllic," says Malone, a distinguished fellow in the American Psychiatric Association, and coauthor with his sister Susan Mary Malone of "What's Wrong with My Family?"

(www.whatswrongwithmyfamily.com).

Despite that, most of us manage to lead happy, productive lives.

"Once we recognize the childhood baggage we've carried into adulthood, we can take steps to compensate, make corrections, and change how we raise our own children," Malone says.

These are some of the qualities of a healthy family, and what you can do if that quality was missing or in short supply as you were growing up:

**Shows love:** Family is usually the one place and time in life that a person experiences unconditional love. If you did not receive that as a child, you likely have difficulty loving and valuing yourself. There is no substitute for loving yourself; this issue is the No. 1 cause of unhappiness in adult relationships. The first step in healing is recognizing the damage and being willing to believe your feelings of unworthiness are not based in reality but are the product of a deficit likely handed down through generations in your family. Listen to yourself – if it's



### WARPED BY YOUR FAMILY?

#### JOIN THE CLUB

*Psychiatrist Offers Tips to Overcome Common Issues*

things like, "I'm an idiot" and "I am really messed up," change that self talk. Words are powerful!

**Respects autonomy:** Individuals in the family are encouraged to develop their own personal identity and separate from the family while maintaining a role within it. The family supports and even cheers on individuals in their personal quests. Children who are not allowed

the freedom to express and explore their identities may become adults who develop co-dependent relationships – wherein they put the needs of others before their own and/or are dependent on the control of others. Ways to begin addressing autonomy issues as an adult include learning how to comfortably spend time alone, pursuing

interests (whether or not they are valued by friends and family) by taking classes or joining clubs, and boosting self-esteem through positive self talk.

**Creates structure & boundaries:** Parents are the keepers of the rules; they provide structure for children, both to protect them and to foster learning and growth. People who grow up with little or no structure may fail to offer structure to their own children – or overreact and be too rigid. Provide structure and consistency by setting up routines that everyone in the family is expected to follow daily, with occasional exceptions. These might include making your bed in the morning; daily chores; a set dinnertime, with everyone at the table; and "together" time, such as a game night.

Dr. Gary Malone is an Associate Clinical Professor of Psychiatry at the University of Texas Southwestern and a teaching analyst at the Dallas Psychoanalytic Institute. Dr. Susan Malone is director of Adult Chemical Dependency Services at Millwood Hospital in Arlington, Texas.



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We're in the belly of the beast this month, as millions of us desperately scour stores for last-minute gifts. But did you know that much of the consumer culture surrounding us began with a boy from Wisconsin...



## Ripon Native Shaped Shopping Worldwide

### ODD WISCONSIN

By Michael Edmonds

Harry Gordon Selfridge (1857-1947) was born in Ripon and went to work at ten. He joined Marshall Field's at 19, made partner at 29, and retired with a fortune at 49.

He invented the phrase, "Only [X] shopping days until Christmas," and coined the slogan, "The customer is always right."

In 1908 Selfridge visited London, where rude treatment by storekeepers prompted him to teach them a lesson. He built a five-floor American-style department store on Oxford St., in the very heart of the British Empire.

He covered its wider aisles with soft carpet and welcomed browsers who just wanted to "make a day of it." His store carried "almost everything that enters into the affairs of daily life."

It also turned shopping into sensual entertainment. It pioneered artistic window displays, and had a restaurant, music, fresh flowers, post office, and even a "silence room" for those who literally shopped 'til they dropped.

Conservative London merchants were shocked, but their customers were delighted. And Gordon Selfridge grew even richer.

For two decades he splurged on lavish homes, servants, travel, and gambling. When the Depression hit, he'd run through nearly all his money. Creditors let him stay on as honorary president when they seized the business in 1937.

By then, he'd largely invented consumer culture as we know it today.

Sources: "Yankee who taught Britishers that 'the customer is always right'" Milwaukee Sentinel, September 09, 1932; "Ripon native, now merchant prince, to return for honor." Sheboygan Daily Press, October 18, 1935.



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As we become absorbed with the hustle and bustle of the holidays this year, take a moment to remember those who are not as blessed as we are. A few hours of free time or a couple dollars go a long way to those who are struggling. Consider the following charities if you are looking to volunteer or send some holiday cheer to those in need.



***“We make a living by what we get, we make a life by what we give.”***

~Winston Churchill

#### Artworks For Milwaukee

[www.artworksformilwaukee.org](http://www.artworksformilwaukee.org)  
An arts-based employability training program for Milwaukee's at-risk high school students with and without disabilities.

#### Happy Endings No Kill Animal Shelter

[www.happyendingswi.org](http://www.happyendingswi.org)  
A non-profit, no kill organization that has been in existence since 1994. It is run solely by volunteers. Our mission is to find permanent homes for strays, abused or unwanted animals.

#### Ice Age Park And Trail Foundation

[www.iceagetrail.org](http://www.iceagetrail.org)  
The Ice Age National Scenic Trail is a thousand-mile footpath — entirely within Wisconsin maintained by volunteers.

#### Second Harvest Of Wisconsin

[www.seconharvestwi.org](http://www.seconharvestwi.org)  
A food bank with warehouses in Milwaukee and the Fox Valley, we distribute more than 11 million pounds of food a year to more than 1,100 pantries, and meal programs.

#### Milwaukee Habitat For Humanity

[www.milwaukeehabitat.org](http://www.milwaukeehabitat.org)  
A non-profit Christian homeownership ministry building simple, decent, affordable housing in partnership with people in need.

#### Milwaukee Mentors

[www.milwaukeeementors.org](http://www.milwaukeeementors.org)  
A consortium of programs working to promote quality youth mentoring and to increase the number of adult mentors for Milwaukee youth.

#### Milwaukee Rescue Mission

[www.milmission.org](http://www.milmission.org)  
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#### New Beginnings Are Possible

[www.nbap.org](http://www.nbap.org)  
Provides at-risk youth in Milwaukee with a bible-based moral foundation to make healthy choices to become contributing members of the community.

#### St Ben's Community Meal

[www.stbensmilwaukee.org](http://www.stbensmilwaukee.org)  
Milwaukee's biggest potluck dinner. Donations of cash, food, blankets, hygiene products, new socks etc. always appreciated.

#### Repairers Of The Breach

[www.repairers.org](http://www.repairers.org)  
Grassroots homeless outreach, provider of the area's only daytime shelter and resource center for homeless people.

#### Rsvp-interfaith Older Adult Programs

[www.interfaithmilw.org](http://www.interfaithmilw.org)  
Interfaith Older Adult Programs was founded in 1973 by several congregations on Milwaukee's East Side who were concerned about isolated elders.

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## Creating a legacy for the ones you love

# YOUR ETHICAL WILL

*Our most important legacy cannot be measured in dollars and cents. It is what we believe, what we know and what we hope for.*

By Jo Kline Cebuhar, J.D.

Seventy-seven percent of Baby Boomers and their parents say that the most important inheritance to receive and provide is the legacy of values, life lessons and family stories.

As well as being a part of your intangible estate, creating an Ethical Will can help you sort out what principles you want to nurture with your bequests and lays the groundwork for ethical estate planning - the practice of choosing charities/gifts that demonstrate standards and goals that foster your own core values. For heirlooms with sentimental value, couple your gifts with stories of their meaning of past times or passed loved ones.

The goal of creating a special legacy may be what starts you thinking about an Ethical Will, but there are other rewarding reasons to create one. The creative process can be a constructive exercise in self-reflection and goal setting throughout life. Whether triggered by a career change, first home, anniversary, empty-nesting, your first grandchild or even a serious illness, identifying and examining your core values and real passions can guide future aspirations—a “personal mission statement.” And what better way for young parents to express their hopes for a child’s future than to create Ethical Will messages at birth, the first day of school, graduation and marriage? Any one of life’s milestones, jubilant or painful, can be a motivator and opportunity to reflect and then share wisdom and stories in an Ethical Will. The form of an Ethical Will is only limited by the imagination of the creator:

- A simple, handwritten letter.
- An elaborate multimedia slideshow, with pictures, words and music.
- An embellished photo album or scrapbook, affirming the values, life lessons and hopes practiced by those pictured.
- An Ethical Cookbook, recalling the memories and values that accompanied those prized family recipes and the people who created them.
- An Ethical Genealogy, weaving through your family history the stories of the values, life lessons and hopes of your ancestors, illustrating what you came from as well as who you came from.
- Tape recorded stories or an amateur video, capturing one-of-a-kind voices and faces.

Any media that includes the elements of an Ethical Will takes memories and stories to a different level: focusing on values demonstrated in word and deed.

Before you turn your creative juices loose, the first step in crafting an Ethical Will is identifying what your beliefs and values, life lessons and hopes for the future are. Not knowing how to begin to create this legacy of values and life lessons?

First, know your reason for creating an Ethical Will and whom you plan to share it with.

- Use familiar prompts to organize your thoughts such as family photographs, special occasions, historical events or favorite music. If you want more structure, find an Ethical Will outline or template with prompting questions such as *What value has served you best throughout life? What accomplishment are you most proud of? What do you hope life will bring for your loved ones?*

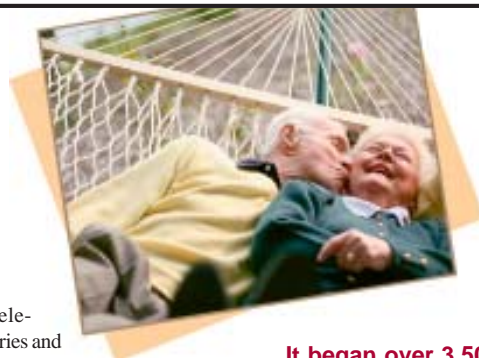
- Decide what medium you want to use: a recording, a simple letter, a video or slideshow, a collection of favorite quotations, an essay, a list of adjectives or a collage of photographs and messages.

- Don’t worry about style at first, just get your thoughts on paper and polish it later. Your Ethical Will can evolve over time.

- Set a deadline to have your Ethical Will completed and decide when you want to share it with loved ones. Then do so or put it in a safe place where others can find it when the appointed time comes.

Our most important legacy cannot be measured in dollars and cents. It is what we believe, what we know and what we hope for. Take the time to practice the ancient tradition of creating and sharing an Ethical Will. As Oscar Wilde put it best: *“The only thing to do with good advice is to pass it on. It is never any use to oneself.”*

Jo Kline Cebuhar is an attorney and former chair of a large hospice. She is also the author of *SO GROWS THE TREE – Creating an Ethical Will* – The legacy of your beliefs and values, life lessons and hopes for the future. For more information, please visit [www.SoGrowsTheTree.com](http://www.SoGrowsTheTree.com).



It began over 3,500 years ago with the first Ethical Will, spoken by Jacob to his twelve sons. This ancient tradition of creating and sharing a message of your beliefs and values, life lessons and hopes for the future has morphed dramatically over the centuries to reflect the media of the times. From the story of Jacob’s Ethical Will scratched on a clay tablet to *The Last Lecture* video delivered by Professor Randy Pausch, the core elements of an Ethical Will remain intact: as a way to record your beliefs, core values and life lessons.



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Santa Claus is a woman. I hate to be the one to defy sacred myth, but I believe he's a she...

#### Think about it...

Christmas is a big, organized, warm, fuzzy, nurturing social deal, and I have a tough time believing a guy could possibly pull it all off!

- \* Men can't pack a bag.
- \* Men would rather be dead than caught wearing red velvet.
- \* Men would feel their masculinity is threatened ... having to be seen with all those elves.
- \* Men don't answer their mail.
- \* Men would refuse to allow their physique to be described even in jest as anything remotely resembling a "bowlful of jelly."
- \* Men aren't interested in stockings unless somebody's wearing them.
- \* Having to do the "Ho Ho Ho" thing would seriously inhibit their ability to pick up women.
- \* Being responsible for Christmas would require a big commitment.

I can buy the fact that other mythical characters are men: Father Time shows up once a year unshaven and looking ominous. Cupid flies around carrying weapons and Uncle Sam is a politician who likes to point fingers. Positive testosterone screening test here.

But not Santa. Not a chance.

## Holiday Music QUIZ!

The following words are alternate titles for several well-known Christmas Carols. Fill in the proper title in the space provided. If you get 100% correct, you will be assured a full Christmas stocking! Have fun!! ~Answers on page 20



1. Bleached Yule \_\_\_\_\_
2. Castaneous-colored Seed Vesicated in a conflagration \_\_\_\_\_
3. Singular Yearning for the Twin Anterior Incisors \_\_\_\_\_
4. Righteous Darkness \_\_\_\_\_
5. Arrival Time: 2400 hrs - Weather: Cloudless \_\_\_\_\_
6. Loyal Followers Advance \_\_\_\_\_
7. Far Off in a Feeder \_\_\_\_\_
8. Array the Corridor \_\_\_\_\_
9. Bantam Male Percussionist \_\_\_\_\_
10. Monarchial Triad \_\_\_\_\_
11. Nocturnal Noiselessness \_\_\_\_\_
12. Jehovah Deactivate Blithe Chevaliers \_\_\_\_\_
13. Red Man En Route to Borough \_\_\_\_\_
14. Frozen Precipitation Commence \_\_\_\_\_
15. Proceed and Enlighten on the Pinnacle \_\_\_\_\_
16. The Quadruped with the Vermilion Proboscis \_\_\_\_\_
17. Query Regarding Identity of Descendant \_\_\_\_\_
18. Delight for this Planet \_\_\_\_\_
19. Give Attention to the Melodious Celestial Beings \_\_\_\_\_
20. The Dozen Festive 24 Hour Intervals \_\_\_\_\_

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**Investments.** Review your approach to investing and make sure it suits your objectives. Look over your portfolio positions and revisit your asset allocation.

**Retirement planning strategy.** Are you able to max out contributions to IRAs and workplace retirement plans like 401(k)s? Is it time to make catch-up contributions? Have you considered Roth IRA conversion scenarios, and whether the potential tax-free retirement distributions tomorrow seem worth the taxes you may incur today?

**Tax situation.** How are your investments working from a tax perspective, and are there ways to take advantage of your situation? Review any sales of appreciated property and both realized and unrealized losses and gains. Take a look back at last year's loss carry-forwards. If you've sold securities, gather up cost-basis information. Look for any transactions that could potentially enhance your circumstances.

**Charitable gifting goals.** Plan contributions to charities or education accounts, and make any desired cash gifts to family members. The annual federal gift tax exclusion is \$14,000 per individual for 2015, so you can gift up to \$14,000 to as many individuals as you like without tax consequences. A married couple can gift up to \$28,000. The gifts do count against the lifetime estate tax exemption amount (\$5.43 million per individual in 2015).

You can choose to gift appreciated securities to a charity. If you have owned them for more than a year, you can deduct 100% of their fair market value and legally avoid capital gains tax you would normally incur from selling them. Besides outright gifts, you can plan other financial moves for your family – you can create and fund trusts, for example. The end of a year is a good time to review trusts you have in place.

**Life and Health Insurance coverage.** Are your insurance policies working for you? Review premium costs, policy features, beneficiaries, and any life events that may have altered your coverage needs.

**Life events.** Any changes to your family in 2015? Did you move or change jobs? Buy a home or business? Did you lose a family member, or see a severe illness affect a loved one? Did you reach the point at which Mom or Dad needed assisted living? Was there a new addition to your family? Did you receive an inheritance or a gift? All of these circumstances can financially impact on your life, and they are worth discussing with the financial professional you know and trust.

**Lastly, do any of these important ages apply to you in 2015?** If so, act accordingly.

**Are 70½ or older this year?** If so, you must now take Required Minimum Distributions (RMDs) from qualified accounts.

**Did you turn 65 this year?** If so, it's time to review your Medicare plan options.

**Did you turn 62 this year?** If so, it's to discuss your Social Security planning strategy.

**Did you turn 59½ this year?** If so, you may take IRA distributions without a 10% penalty.

**Did you turn 55 this year?** If so, and you retired during this year, you may now take distributions from your 401(k) account without penalty.

**Did you turn 50 this year?** If so, "catch-up" contributions may now be made to IRAs (and certain qualified retirement plans).

Do you have a financial question for Tim, or want to meet with him to discuss your concerns? Tim can be reached at (262)369-5200 or [tims@aegiswi.com](mailto:tims@aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Tim and his team specialize in providing financial guidance to individuals and families.

## Ask Tim



## QUESTION:


*What financial decisions should I be thinking about before the end of the year?*

~Brian M., West Allis, WI

## ANSWER:

Brian,


While everyone's situation is unique, here are some common items that I often review with my clients this time of year.



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## The First Badger-Gopher Game in Madison

Odd **WISCONSIN**

By Michael Edmonds

## When Wisconsin Welcomed Immigrants



The football team is here; Karel is probably the man in the direct center. Credit UW Archives.

Minnesota football coach J.E. O'Brien had always refused to play in Madison because he said the Badgers weren't worth the trouble of the trip. Until 1894, the two teams always met in Minnesota and Wisconsin always lost. But that year, Wisconsin coach L.W. Myers offered his rival \$500 to cross the Mississippi. O'Brien accepted and the Gophers prepared to play in Madison on November 16, 1894.

That afternoon the Minnesota band and 200 visiting fans paraded from their hotel to the field (where Library Mall is now located) only to be silenced by thousands

of screaming Badgers. The state's best-known dignitaries attended, including Governor G.W. Peck and former Governor Lucius Fairchild. The crowd was estimated at 8,000, a previously unheard of number.

The contest was brutal. The Badgers' left tackle quickly dislocated a shoulder, and quarterback T.U. Lyman was knocked in the head early and seemed a bit off balance for most of the game. The teams repeatedly stymied each other's offense, and at half-time the score was still tied zero to zero. The stalemate continued until the Badgers' sophomore halfback, Ikey Karel, broke a tackle and ran 40 yards for a touchdown. The cheering lasted 10 minutes and Wisconsin won, 6-0.

A bonfire was lit on Langdon Street which burned all night. The players were treated to an honorary meal of fried gopher (one would like to think it was just chicken under a false name, but we'll never know). O'Brien and his Minnesota players presumably ate crow.

Sources: "Judge Karel, Wisconsin football star in 90s, dies." Capital Times. (5 December 1938); Ariel (Univ. of Minn. student newspaper), Nov. 24, 1894, pp 8-10; Football at Minnesota: The Story of Thirty Years' Contests on the Gridiron (1914), pp. 29-30; Judge "Ikey" Karel dies in Milwaukee. Wisconsin State Journal (5 December 1938)

With our current presidential candidates competing for new ways to restrict immigrants, it's odd to think that officials once bent over backwards to attract them.

But 150 years ago, Wisconsin had more jobs than workers and more land than farmers. A State Board of Immigration was created to flood other countries with pamphlets in German, Norwegian, Dutch, and other languages that extolled Wisconsin's virtues. It placed advertisements in 900 newspapers to persuade immigrants that Wisconsin was a veritable paradise. They called Lake Superior "The Mediterranean Sea of America" and pictured idyllic log cabins with happy families and hearty livestock.

New immigrants came not just by the thousand or the tens of thousands but by the hundreds of thousands, and Wisconsin welcomed them with open arms. One newcomer recollected that,

"This was something of the America that I had seen in my dreams: a new country, a new society almost entirely unhampered by any traditions of the past; a new people produced by the free intermingling of the vigorous elements of all nations, with not old England alone but the world for its motherland; with almost limitless opportunities open to all, and with equal rights secured by free institutions of government."

There were probably as many reasons for coming here as there were people who came. But it's safe to say that the majority of newcomers who entered into the American experiment, whether in 1865, 1915, or 2015, did so with hope in their hearts and a firm faith in freedom, opportunity, and justice.



Halle Steensland and his wife Sophia pose with their five children at the family home, later located at 733 Lakewood Boulevard, Village of Maple Bluff.

Sources: Wisconsin. Board of Immigration. Statistics, Exhibiting the History, Climate, and Productions of the State of Wisconsin (Madison: 1867).

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## How My Mother and Bob Hope Taught Me the True Meaning of Christmas

continued from page 5

engaging he was, live and in person Bob Hope actually was a very funny man with a wicked sense of looking at the world and twisting his words to make everyone laugh at their own worst weaknesses and gaffes.

But when the laughs were done, the reality of this Christmas and how far away it was from any I remembered - that reality crushed my soul.

After the show, I went to my bunkroom where I opened the presents that my mother had sent me. She'd sent a little do-it-yourself, put'em-up plastic Christmas tree. I had put the thing up in my tiny and crowded bunkroom. It was something that resembled the little Christmas tree in *A Charlie Brown Christmas*. Pathetic in a cute sort of way. Mom had also sent a couple of my old and faithful Christmas tree decorations - like the tiny clothes pin soldiers I had made back in first grade. Decorations that had tiny red pipe cleaners for arms and colored cotton balls for hats. I hung all those decorations on the u-do-it-yourself, put'em-up plastic Charlie Brown Christmas tree, and didn't care if anyone might laugh at it.

I sat alone opening brightly wrapped packages that contained the presents sent by my mother to represent the love and warmth of family. And in the flashing hues of that plastic tree, I was suddenly swept with a loneliness so absolute, so profound and pure, a desperate longing that gripped my soul and squeezed and squeezed, until tears were squeezed from my eyes. And as I sat and stared amid the torn wrappings, so happy in their colors and cheery brightness, I cried.

I cried for the loss of those long-ago Christmases that were warmth and childhood. I cried for that forever-ago feeling when I had sat between my parents at church on Christmas Eve, warm and safe and oh so large on each side of me, and sang the ancient songs of harking herald angels and mangers that were far and away. I cried for a world that needed men like me, in uniform, in harm's way, flung across the world, separated and gone away.

In the tear-blurred lights and at that moment, I missed my mother and my family as I had never before. I missed the staggering perfume clouds of the powder room when aunts came to visit. I missed the cooking smells. I missed each and every one of them in my crystal pure, absolute loneliness. It was the kind of missing that stripped away my outer man, shucking me like a husk, leaving only the naked little boy that still lived inside me, exposed and crying.

I believed in what I was doing. I believed in the duty I had as a US Navy officer. I firmly believed that societies grow and flourish only so long as there are those who are willing to sacrifice on their behalf. But theories and duty and abstract beliefs can be pretty inconsequential when a man is exposed to the icy winds of his little-boy loneliness, in the winking lights of my plastic Charlie Brown tree.

And then I thought how someone as famous as Bob Hope - who was such an American icon - had traveled so far to give a show to me and my shipmates. How he and so many had given up their families at Christmas to come such a long way to reach out to men like me. Just to let us know that we weren't alone - not really - that we were all part of a society of shared hopes and shared striving. Suddenly, I felt that I understood more clearly than ever the beliefs I'd been taught by my mother regarding Christ's birth and sacrifice - that our God had taken on the frailty and limited form of humanness that He might share in human joys and pains and lonelinesses. I suddenly grasped with new insight what my mother had always said - it is in the wonder and hope and belief in the love of a God who would willingly share in the crushing mortality and limitations of His fleeting creations which is at the heart of Christmas.

My mother's teachings found their mark that lonely Christmas. I came to understand as never before what Christmas meant to my mother. For Mom, Christmas was not in the glitter and props and material objects offered and received. It was not in rituals, half pagan, whose meanings had long been forgotten. Christmas, for my mother - and now for me - would always be in the warmth of family, in the hearts of loved ones and of those who one care's about. It would always be in the drawing together against the world's cold to share the warmth that only we can give to each other, and together, to dare hope for a time when the world won't be quite so mean, quite so lonely, or quite so cold.

I hope that my future Christmases and yours will have that magic that it once had when we had heroes and they were just and good, when the night was cold but the hearts that surrounded us were warm and big and oh so safe. And when the wonder of God's love and my mother's love was the wonder of the world itself.

Joel L. A. Peterson is the founder and CEO of Student Planning Services, LLC and the author of the upcoming book, *Dreams of My Mothers* (Huff Publishing Associates, March 2015). Learn more at [www.dreamsofmymothers.com](http://www.dreamsofmymothers.com).

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# Making the Holidays Brighter

*Put a little extra effort to bring holiday cheer to friends and family in nursing homes*

## Every year around this time...

the sights and sounds of the holiday season spill over into nearly every aspect of our lives. Christmas, Hanukkah and Kwanzaa displays are up in stores and in our homes, holiday music is playing on the radio so it's easy to get in the spirit of the season. But someone may feel left out: nursing home residents.

Realizing it can be an emotional time of year, many facilities plan holiday events their residents can look forward to—such as bringing a local school choir in to sing, or going on field trips to see holiday lights. But there are a lot of things friends and family members can do to help lift residents' spirits.

**Room decorating**—You may want to start by helping to decorate his or her room with holiday decorations. Small artificial Christmas trees decorated with holiday ornaments look great on dressers and can really make the room look and feel festive. So do Menorahs and candles. Flannel holiday bedding such as sheets, pillow cases and comforters will not only keep your loved ones warm, but also add holiday cheer. Be creative—the more festive the better—and don't forget holiday music!

**Holiday cards**—It may be difficult for your loved one to send holiday cards. You can help write personal notes in the cards, address envelopes and make sure the cards get mailed. You can also read and display the holiday cards your loved one receives.

**Shopping**—Consider going on a fun holiday shopping trip. Plan it for a time when there will be fewer



crowds so it will be easier to move through the stores.

You may also be wondering what would be an appropriate gift to give. Just as you would with others, consider gifts that match hobbies, interests and needs.

## Holiday gifts suggestions:

**Room decorations**—Framed pictures, prayers or quotes, books, pretty quilts, blankets or pillows make a room more homelike and comfortable. Non-poisonous plants brighten up a room and give your loved one something to care for. A calendar with special dates and upcoming events, such as grandchildren's birthdays, children's anniversaries and graduations, along with a selection of cards and stamps, help your loved one remember and celebrate special occasions.

**Toiletries**—Even simple gifts such as talcum powder, lotion, a toothbrush or toothpaste can significantly contribute to a resident's comfort and well-being. Because skin changes with age, check with nursing home staff to make sure such gifts are appropriate. Gift certificates to the nursing home's beauty salon are especially appreciated. Make it more special and join them at the salon.

**Phone cards**—Many nursing home residents have access to phones either in their rooms or down the hall, but not everyone has long distance set up. A phone card that will allow the resident to place calls where they want, when they want. You could even take it a step further by attaching the names and numbers of people you know they'd like to keep in touch with.

**Entertainment**—Often, nursing home residents are not able to attend special family events such as graduations, anniversaries or birthday parties. Videotape the event and watch it together so your loved one can see the festivities and feel like an important part of the family. Books and music are also popular. If your loved one has vision problems, make a date to visit weekly and read to him or her.

**Clothing**—Gifts that help your loved one feel warm and cozy during the winter months can be especially welcome. Cardigan sweaters, sweat suits, slippers, robes and lap blankets are just a few warming gift ideas. And don't forget to pick up cheerful sweaters, sweatshirts and socks depicting fun holiday scenes. Holiday apparel can be worn throughout the season.

Sometimes the simplest gifts are the most appreciated. If your loved one is mobile, go to a favorite restaurant, plan a visit to a church or synagogue for services, or invite friends to the nursing home for a special lunch. And of course, *visiting and spending time is often the best gift.*



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### DAUGHTER'S TEXT to DAD:

Daddy, I am coming home to get married soon, so get out your check book. LOL  
 I'm in love with a boy who is far away from me.  
 As you know, I am in Australia , and he lives in Scotland . We met on a dating website, became friends on Facebook,  
 Had long chats on Whatsapp. He proposed to me on Skype, and now we've had two months of relationship through Viber.  
 Dad, I need your blessing, good wishes, and a really big wedding."  
 Lots of love and thanks,  
 Your favorite daughter,  
 Lilly

### DAD'S REPLY:

My Dear Lilly,  
 Like Wow! Really? Cool!  
 Whatever.... I suggest you two get married on Twitter, have fun on Tango, buy your stuff on Amazon, and pay for it all through Paypal. And when you get fed up with this new husband, sell him on eBay.

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## Homemade Treats Make the Perfect Gift!

Admit it - most of us have more than we need when it comes to material things. And there is nothing I hate more than spending too much money on gifts that are not necessary or even wanted. Who really needs another sweater, coffee mug or picture frame!! That's not the miser in me - just the realist. But let's talk food and

we have everyone's attention! There's nothing like a tasty tin of fudge or cookies, a pickled pint of garden pickles or a wonderful loaf of banana bread - all tied with a ribbon! Last year my neighbor gifted us with a pint of his mother's pickled okra (including the recipe) and we ate it in one day!! Visit the dollar store for decorative tins and boxes. Give a little bit of your time and some sweet thoughtfulness!

\*\*\*\*\*

## MAKE and BAKE and DECORATE

Who doesn't need a personalized handmade ornament!! :) This is an excellent recipe - the dough is very easy to work with, and once baked the ornaments are very firm and easy to paint.



### INGREDIENTS:

1 cup salt  
4 cups flour  
1 1/2 cup warm water  
Water-based  
Acrylic paints

Place dry ingredients in a bowl, add the water and oil, then stir until blended. Once the dough holds together, make it into a ball and knead it with your hands to make a smooth texture. Place the dough on a cutting board, and using a rolling pin, roll the dough out into a pancake shape that is a bit thicker than you would use for regular cut-out cookies.

Cut out the ornaments with cookie cutters, design your own ornaments using a blunt knife, or shape dough with your fingers. Punch or carve a hole into the top of the ornament to thread a string through to hang the decoration.

Bake at 250 degrees until hard (for one to two hours). Once cooled, paint with water-based paints if desired, or glue on glitter using white household glue. Thread a string or ribbon through the hole and hang the decoration on the tree or elsewhere in your home. These ornaments can be reused year after year.

### A Healthy Gift Treat

## Muesli breakfast bars

The New Mayo Clinic Cookbook, The original breakfast cereal called muesli — a German word meaning "mixture" — combined rolled oats with nuts and fruit. The bars here are perfect for breakfast on the go or for a healthy snack anytime. Makes 24 bars

2 1/2 cups old-fashioned rolled oats  
1/2 cup soy flour  
1/2 cup fat-free dry milk  
1/2 cup toasted wheat germ  
1/2 cup sliced (flaked) almonds or chopped pecans, toasted  
1/2 cup dried apples, chopped  
1/2 cup raisins  
1/2 teaspoon salt  
1 cup dark honey  
1/2 cup natural unsalted peanut butter  
1 tablespoon olive oil  
2 teaspoons vanilla extract

Preheat the oven to 325 F. Lightly coat a 9-by-13-inch baking pan with olive oil cooking spray.

In a large bowl, combine the oats, flour, dry milk, wheat germ, almonds, apples, raisins and salt. Stir well to blend and set aside.

In a small saucepan, stir together the honey, peanut butter and olive oil over medium-low heat until well blended. Don't let the mixture boil. Stir in the vanilla. Add the warm honey mixture to the dry ingredients and stir quickly until well combined. The mixture should be sticky but not wet.

Pat the mixture evenly into the prepared baking pan. Press firmly to remove any air pockets. Bake just until the edges begin to brown, about 25 minutes. Let cool in the pan on a wire rack for 10 minutes, and then cut into 24 bars. When just cool enough to handle, remove the bars from the pan and place them on the rack to cool completely. Store the bars in airtight containers in the refrigerator.

Nutritional analysis per serving: Total carbohydrate 27g, Dietary fiber 3g, Sodium 75mg, Saturated fat 1g, Total fat 5g, Trans fat 0g, Cholesterol 1mg, Protein 6g, Monounsaturated fat 2g, Calories 177, Sugars 11g

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## CHRISTMAS FUDGE

**LOVE is always SWEET!**  
Who wouldn't think a package of home-made fudge was the perfect gift?!



### Double Decker Oreo Fudge

Line a 8x8 pan with foil.  
1 can of sweetened condensed milk, portioned in half  
10 Oreos, chopped  
1 cup white chocolate  
2 tablespoon butter  
1 cup of semi-sweet chocolate

Split sweetened condensed milk in half and set aside. Chop Oreos and set aside. Place white chocolate, one ½ of sweetened condensed milk, 2 tablespoon of butter in a heat proof bowl over simmering water. Stir and mix until melted and combined. Fold in Oreos and stir to combine. Pour mixture into pan.

Place semi-sweet chocolate and remaining half sweetened condensed milk in a heat proof bowl over simmering water. Stir and mix until melted and combined. Pour mixture on top of Oreo layer and refrigerate for 1 an hour to set.

Remove from refrigerator and peel away foil once set. For ease of cutting make sure to clean knife between cuts to prevent sticking.

### Peanut Butter Fudge

Joy of Cooking Cookbook  
1 cup (250g) creamy peanut butter\*  
1 cup (2 sticks or 230g) unsalted butter  
1 teaspoon vanilla extract  
1/4 teaspoon salt (optional)  
4 cups (460g) sifted confectioners' sugar\*  
3/4 cup add-ins, such as chocolate chips, nuts, or Reese's Peanut Butter Cups (optional)



Line an 8-inch or 9-inch square baking pan with aluminum foil, leaving an overhang on the sides to lift the finished fudge out.

Melt the peanut butter and butter together in a large bowl. I prefer to slice the butter to make melting easier. Stop the microwave and stir the mixture every minute until completely melted and smooth. Remove from the microwave and stir in the vanilla using a large rubber spatula or wooden spoon. Add the salt if you prefer a salty/sweet fudge. Add the sifted confectioners' sugar and stir until completely combined. The mixture is very, very thick and resembles cookie dough. If using any add-ins, fold them into the fudge while it is still warm.

Press the fudge into prepared baking pan, smoothing the top with the back of a spatula or spoon. The top will be somewhat oily. Cover tightly with aluminum foil and chill for at least 4 hours or until firm. Cut into pieces.



### Andes Mint Fudge

2.5 cups semi-sweet chocolate chips, divided  
1 14 oz can sweetened condensed milk, divided  
1.5 cups white chocolate baking chips  
1 teaspoons peppermint extract (or more, go by your taste preference)  
2 drops green food coloring  
1 teaspoon shortening

1/2 cup mini chocolate chips and/or Andes Creme De Menthe Baking Chips or broken Andes Mint Chocolate candies

Line an 8x8 baking pan with parchment paper. Spray paper with non-stick spray and set aside.

In a small saucepan over low heat, melt 1.5 cups chocolate chips with 3/4 cup sweetened condensed milk, stirring occasionally. Spread melted chocolate mixture into pan and chill for 5-10 minutes.

In another saucepan, melt white baking chips and remaining condensed milk, stirring until completely smooth. Remove from the heat and add peppermint extract and food coloring. Spread mint layer over chilled chocolate layer. Chill for 5-10 minutes as you make the final layer.

Melt remaining 1 cup of chocolate chips with 1 tsp shortening in the microwave in 30 second increments. Stir until completely smooth. Spread over chilled mint layer. Top with mini chocolate chips and/or Andes baking chips. Refrigerate at least 2 hours or until fudge is completely set (could take up to 4 hours).

Fudge will store in an airtight container in the refrigerator up to two weeks.  
Fudge will freeze up to 2 months) and thaw well.



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## WORD SEARCH

ADMIRAL  
AFTER  
AGREE  
AFTER  
ALWAYS  
APPLE  
AREA  
BEAR  
BEER  
BEHIND  
BLACK  
CHARGE  
COHERENT

DANGER  
DREAM  
EARN  
EXPECTED  
EXPLAIN  
GIVE  
GLASSES  
GROOM  
GROUND  
HATE  
HOME  
HUNGRY  
KICKED

LAPTOP  
LOOSE  
MONTHS  
MOVED  
NICEST  
ONLY  
PICKUP  
PINE  
PONY  
PROMISE  
SENSIBLY  
SHALL  
SLEEP

SLIP  
SMART  
STORE  
STREET  
SUBMERGE  
TATTLE  
THUMB  
TOLD  
TREE  
TRIANGLE  
WORLD  
YELL

Some people try to turn back their odometers. Not me. I want people to know 'why' I look this way. I've travelled a long way and some of the roads weren't paved.



Thought I was having a hot flash this morning. Then I realized it was just my boobs hanging in my coffee.

\*\*\*\*\*

"Bigamy is having one wife too many. Monogamy is the same."

~Oscar Wilde

\*\*\*\*\*

"It isn't premarital sex if you have no intention of getting married."

~George Burns

As I was nursing my baby, my cousin's 6-year-old daughter, Krissy, came into the room. Never having seen anyone breast feed before, she was intrigued and full of all kinds of questions about what I was doing. After mulling over my answers, she remarked, "My mom has some of those, but I don't think she knows how to use them."

The Montana Department of Employment, Division of Labor Standards claimed a small rancher was not paying proper wages to his help and sent an agent out to investigate him.

GOV AGENT: I need a list of your employees and how much you pay them.

RANCHER: Well, there's my hired hand who's been with me for 3 years. I pay him \$200 a week plus free room and board. Then there's the mentally challenged guy. He works about 18 hours every day and does about 90% of all the work around here. He makes about \$10 per week, pays his own room and board, and I buy him a bottle of bourbon every Saturday night so he can cope with life. He also sleeps with my wife occasionally.

GOV AGENT: Sounds like that's the guy I want to talk to - the mentally challenged one.

RANCHER: Well...that would be me.

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Your joints are more accurate  
meteorologists than the national  
weather service.

In a hostage situation, you are  
likely to be released first.

People never expect you to  
hurry.

Things you buy now, won't wear  
out.

You have a party and the neigh-  
bors don't even realize it.

You quit trying to hold your  
stomach in, no matter who walks  
into the room.



# Crossword junkie!

abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER

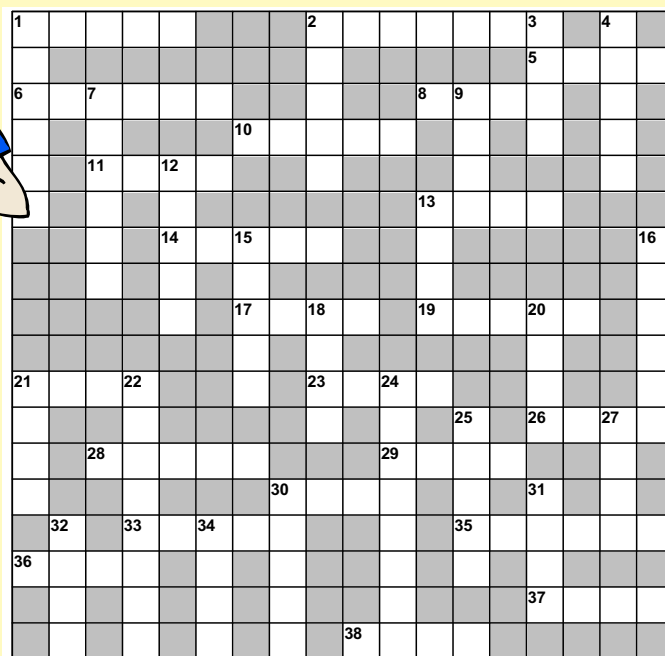


## ACROSS

1. To argue a case
2. A child being bad
5. Obtain by hard work
6. One who loads things
8. To maliciously end a life
10. Highly respected
11. Misplace something
13. To prepare food
14. Sometimes compared to oranges
17. Happily .... after
19. Group of stems
21. Not smart
23. On which we learned
26. To owe money
28. Cars power plant
29. Fizzy malt beverage
30. To threaten with ....
33. Baby talk 'Mom'
35. Being in the moment
36. To turn directly toward an object
37. Smeller
38. Commune to discuss

## DOWN

1. Gracious
2. Live in baby-sitter
3. Using your loud voice
4. To state on paper
7. Not awake
9. Not out of
12. Intelligent
13. Caveman weapon
15. Part of a puzzle
16. Something material
18. Justifies the means
20. Frigid
21. To challenge
22. Old fashioned underpants
24. To go underwater
25. May obtain water from
27. The present tense plural of be
30. Joyous emotion
31. Used to bake in
32. Verbalize
34. Three a day is recommended



Puzzle Answers on page 20



For those of you who cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom. I give them pictures of my family, my dog, and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them the "thumbs up" and tell them I like them.

And it works just like Facebook. I already have four people following me: two police officers, a private investigator, and a psychiatrist.

Question: WHY IS CHRISTMAS JUST LIKE YOUR JOB??

Answer: You do all the work and the fat guy with the suit gets all the credit.

Question: WHY IS SANTA SO JOLLY??

Answer: Because he knows where all the naughty girls live.

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