

# Your MAGAZINE LIFE!

November 2019

A FREE PUBLICATION

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*Holidays!*

**THANKSGIVING**  
Recipes

**INSIDE**  
THIS ISSUE ~page 3





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# From the Publishers

NOVEMBER 2019



Autumn fishing in Pembine, WI

I must be becoming a wishful retiree - I do not look forward to this season of blustery winter in Wisconsin.

We love snowshoeing, skiing, winter hiking and even sledding with kids down the Brown Deer Park sledding hill, but this year at 56, I just don't want to be cold anymore!

That brings us to the November theme of 'grateful thankfulness'. How can we possibly complain when around us are so many blessings - beautiful landscapes, the crunch of falling leaves, winter sky, the perfect V of a flight of geese, warm fires, hot chocolate, friends and family? It's all about attitude and I will try my best this

season to enjoy every ice-encrusted windshield and shovel full of snow. And with daylight savings time, we get the added pleasure of crawling into our pajamas or sweats early in the evening without that final push to do yard work at 7pm!

November is Adopt-A-Senior-Animal Month and I can't tell you the joy and unconditional love our 13+ lab still brings us. Yes, he has arthritis (don't we all) and he does get a little more demanding about having things his way, but his tail wags, the eyes laugh, he keeps us warm cuddling on the couch and he doesn't insist on a 4 mile walk everyday. Please consider taking a look at some of these wonderful furry hearts that truly deserve a forever home.

The world of politics will be rightfully taking front stage for the next 12 months. I love the saying that the worst enemy of the people is a misinformed or uninformed voter. *We the people* need to be involved and educated before we cast that vote. It will be an election on steroids! Be smart. Do research. Certainly do not count on the media to provide the final word. You will see no political slant in this paper but beware of the political jokes!

My mother was a nurse and often had to work holidays. I often found myself very responsible for creating the Thanksgiving feast for 20 or more hungry family members. It's still my favorite meal to host. Every year Tom and I compete over who will make the best stuffing (he uses a Greek recipe) but invariably my mother's recipe receives the highest honor! I love to rub that in since he is a much better cook than I. Check out the delicious recipes for Turkey stuffing on page 17 and enjoy your feast.

In a season of gratitude and thanks-giving, a Charlie Brown quote comes to mind... "What if, today, we were grateful for everything?"

**LIFE.** *Enjoy it!*

Sandy and Tom Draelos

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### No-Tech Holiday Gifts for Kids

Instead of another mobile device or video game this year, consider something meaningful from the heart. They will remember it much longer than the newest phone.

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### TRAVEL: WI Frozen Lake Entertainment

It's hard to explain the appeal of Wisconsin winters. The cold can take your breath away. But so can the Ice Caves near Bayfield and the sight of bald eagles diving for fish in Sauk Prairie. You'll laugh yourself breathless at people who dress up to plunge into icy lakes to help others. And nothing beats a great bowl of chili once your fingers go numb.

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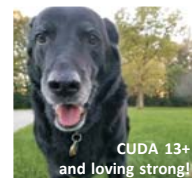
### Office Ergonomics

If you sit behind a desk for hours at a time, you're not doomed to a career of body aches. A comfortable work space can help you feel your best. Give your sitting work area a makeover with this visual guide to office ergonomics.

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### Adopt-A-Senior-Animal Month

November is national Adopt-a-Senior-Animal Month and the seniors at the Humane Society and various shelters can't wait to celebrate - in a new home!



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Your LIFE! is a monthly publication serving the 45 and above readership 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!

#### PUBLISHER / Editor

Sandra (Hill) Draelos

#### ADVERTISING

Advertising Sales Associates  
Vicki Huber | Kelly Larson

#### OPERATIONS MGR

Thomas Draelos

#### SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

FAX: (414) 586-9474

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### Jurassic World Live

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## November 8-10

### Bloomin' Holidays

Museum of Wisconsin Art

205 Veterans Ave, West Bend  
Seventh annual Bloomin' Holidays floral extravaganza. Explore exquisite florals in the galleries, expert talks and demonstrations, an indoor holiday artist marketplace, and more. Outside the museum, explore nighttime lights in the MOWA Gardens and downtown West Bend

## November 9

### Girls & STEM

Discovery World

Spark new interests, make real-life connections, and fight stereotypes and obstacles facing young girls and women in Milwaukee. Called Girls & STEM, but this day offers something for the whole family

## November 9

### Love Your Mother: Kombucha 101

The Domes

What's the deal with this fizzy fermented tea? Did you know you can brew it yourself? Learn the steps and science behind brewing your own 'booch and sample yummy flavors like Lemon Ginger and Strawberry Basil. Take home a SCOBY starter from a successful "mother" and a list of items you need to get started

## November 9-10

### Trainfest

State Fair Park

America's Largest Operating Model Railroad Show brings over four football fields of exhibits to Milwaukee during Trainfest! Amazingly-detailed railroads and their uniqueness and variety. Featuring more than 70 highly creative scenic railroads, it's a sight to behold

## November 13

### So You Think You Can Dance Live

Riverside Theater

Packing up its best dancers of 2019 and touring the country this Fall will feature the show's Top 10 Finalists including Season 16's winner, America's Favorite Dancer plus All Star guests

## November 14

### Theresa Caputo Live

Riverside Theater

Theresa Caputo, star of the hit TLC show, Long Island Medium, will share personal stories about her life and explain how her gift works while delivering healing messages to audience members



## November 15

### The Salvation Army Red Kettle Kickoff

Milwaukee Public Market

Free pancake breakfast to celebrate the beginning of the Red Kettle Campaign. First-come, first-serve event. Bell ringing sign-ups will also be available

## November 15-Dec 24

### Christkindlmarkt

Fiserv Forum

German-style outdoor holiday market. Free

## November 16

### Mannheim Steamroller

Riverside Theater

America's favorite holiday tradition

## November 16

### Native American Heritage Theme Day

Milwaukee Public Museum

Learn more about the history and diversity of Wisconsin's tribal nations

## November 16

### 2019 Veterans Day Parade

Downtown Milwaukee

## November 16

### Women Up!

Italian Community Center

A day dedicated to the empowerment of women. Mingle with vendors, sample delicious food and drink, watch presentations, enjoy a fashion show and celebrate YOU. [www.womanupmke.com](http://www.womanupmke.com)

## November 19

### November Adventure Day

Urban Ecology Center - Riverside Park

School is out - time to play!

Your kids will love building forts and playing outdoor games all while learning how animals and plants prepare for our long Wisconsin winters. Dress for the weather and bring a lunch. For grades 1st - 6th. We'll split the kids into two groups by grade levels

## November 21

### Milwaukee Holiday Lights Kickoff Extravaganza

Pere Marquette Park

It's the most dazzling time of year downtown - returning for its 21st year! Kick off the season with a holiday variety show and the city's largest switch-flipping ceremony

## November 22-24

### Holiday Folk Fair International

State Fair Park

America's premier multicultural festival celebrates the cultural heritage of the people living in southeastern Wisconsin.

## November 22 & 23

### Schauer Arts Center

147 N. Rural Street, Hartford

The Whiskeybelles (22nd)

'Twas the Night Before Christmas (23rd) (Milwaukee Ballet School & Academy)

## November 23

### Celtic Christmas Arts & Crafts Fair

CelticMKE Center

1532 N. Wauwatosa Ave

Christmas decor, Celtic themed and non Celtic themed items, everything from home decor, jewelry, gifts & more. FREE

## November 23

### Holiday Craft Fair

Washington County Fair Park &

Conference Center

9-3pm. Over 100 unique vendors selling nothing but handmade, one of a kind items. Holiday music, food, drink and raffles. \$3 admission

## November 23-30

### Festival of Trees

Tripoli Shrine Center

3000 W. Wisconsin Ave

An annual event. Walk through a winter wonderland of decorated trees

## November 29

### 8TH Annual Black Friday Beerfest

Harley-Davidson Museum

Forget the Mall. The best way to spend Black Friday is with great friends and your favorite craft brews

## November 29

### Pfister Hotel Annual Tree Lighting Ceremony

Join the The Pfister Hotel for our

signature Holiday tradition as Santa lights the spectacular lobby tree

## November 29-Dec 31

### Country Christmas

The Ingleside Hotel

810 Golf Rd, Pewaukee

Wisconsin's largest outdoor drive-through lights display

## December 5

### Holiday Wreath Design Class

Alfa Flower & Wedding Shop

Learn how to make a holiday wreath while sipping on your favorite wine. Starting at \$35, you'll receive everything you need to make your very own holiday wreath! We'll supply everything, and you get to go home with a one of a kind masterpiece just in time for the holidays! Spots are limited, so be sure to call 414-475-7080



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## November 16

### Veterans Day at the Milwaukee County War Memorial

- 9am - Displays and Performances
- 10:30am - Memorial Service
- 11am - Honor Walk. Let our veterans know how much you appreciate them as they parade from the War Memorial over the Mason Street Bridge to Prospect Avenue.
- Noon - Veterans Motorcade - Leaves the War Memorial to take veterans to a reception at Potawatomi Hotel and Casino. Cheer for our veterans along the motorcade route.

**THANK YOU TO  
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### New Veterans Motorcade Route

Leaves Prospect and Mason and heads west down Wisconsin Avenue to 6th Street, south on 6th Street to Canal Street, west on Canal Street to Potawatomi.





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## The Truth About Holiday Spirits

Many of us look forward to celebrations during the holidays, a time when some people are more likely to drink beyond their limits. Some will suffer adverse consequences that range from fights to falls to traffic crashes. We often put ourselves and others at risk because we don't understand how alcohol affects us during an evening of celebratory drinking.

**Alcohol's Effects Begin Quickly.** Holiday revelers may not recognize that critical decision-making abilities and driving-related skills are already diminished long before a person shows physical signs of intoxication.

Initially, alcohol acts as a stimulant, so people who drink may feel upbeat and excited. But don't be fooled. Alcohol soon decreases inhibitions and judgment, and can lead to reckless decisions.

As we consume more alcohol, reaction time suffers and behavior becomes poorly controlled and sometimes even aggressive—leading to fights and other types of violence. Continued drinking causes the slurred speech and loss of balance that we typically associate with being drunk. At these levels and above, alcohol can also cause blackouts—which are when a person does not remember what happened while he or she was intoxicated. At higher levels, alcohol acts as a depressant, which causes the drinker to become sleepy and in some cases pass out. At even higher levels, drinkers face the danger of life-threatening alcohol overdose due to the suppression of vital life functions.

**Even When Drinking Stops—Alcohol's Effects Do Not.** During an evening of drinking, it's also easy to misjudge how long alcohol's effects last. For example, many people believe that they will begin to sober up—and be able to drive safely—once they stop drinking and have a cup of coffee. The truth is that alcohol continues to affect the brain and body long after the last drink has been finished. Even after someone stops drinking, alcohol in the stomach and intestine continues to enter the bloodstream, resulting in impaired judgment and coordination for hours.

**Before You Celebrate—Plan Ahead.** Of course, we don't intend to harm anyone when we celebrate during the holiday season. Yet, violence and traffic fatalities associated with alcohol misuse persist. Because individuals differ, the specific effects of alcohol on an individual will vary. But certain facts are clear—there's no way to make good decisions when you are intoxicated and there's no way to sober up faster. Food can slow the absorption of alcohol and reduce the peak level of alcohol in the body by about one-third. It can also minimize stomach irritation and gastrointestinal distress the following day.

**Sobering Up—Myths and Facts**  
**Myth: Drink coffee. Caffeine will sober you up.** Fact: Caffeine may help with drowsiness but not with the effects of alcohol on decision-making or coordination. The body needs time to metabolize (break down) alcohol and then to return to normal. Also, when caffeine wears off, your body will need to deal with post-caffeine sleepiness. There are no quick cures—only time will help. Have a safe holiday season!

For more information on celebrating your holidays safely and tips for cutting back, please visit:  
[www.RethinkingDrinking.niaaa.nih.gov](http://www.RethinkingDrinking.niaaa.nih.gov).

### VIRGIN BLOODY MARY



1/4 teaspoon beef bouillon granules  
3/4 cup boiling water  
3 cups tomato juice  
1/4 cup lime juice  
1 teaspoon Worcestershire sauce  
1/4 teaspoon celery salt  
1/4 teaspoon dried basil  
4 celery ribs, with leaves  
Dissolve bouillon in boiling water. Add next five ingredients. Cover and chill.  
To serve, pour into glasses; add celery rib to each glass.

### VIRGIN HOLIDAY PUNCH



1/2 cup sugar  
1/2 cup lemon juice  
4 cups cold white grape juice  
1 liter club soda, chilled  
1 medium orange, halved and sliced  
1/2 cup sliced strawberries  
1/2 cup sliced fresh peaches  
In a punch bowl or pitcher, mix sugar and lemon juice until sugar is dissolved. Stir in grape juice.  
To serve, stir in club soda and fruit. If desired, serve with ice.



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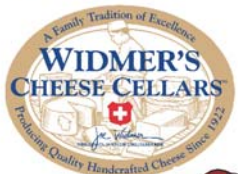


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# The Naughty List



**We all know someone who needs a bit of COAL in their stocking this year! This recipe makes it a bit kinder to encourage them to change their ways!!**

1/4 cup butter  
10.5 oz mini marshmallows (1 bag)  
4 cups rice krispie cereal (this is cut down from the regular rice krispies recipe)  
black icing color (can be found at most craft stores)  
Instructions  
Melt the butter on low and then add your marshmallows. Once that is all melted add your black coloring. (it took a bit of coloring to get it to go from purple to black for us) then stir in your rice krispies until they are all covered with the marshmallow mixture. Then just take out small handfuls and mold them into odd shapes. voila... yummy Christmas coal. ~pininterest

\*\*\*\*\*



**The last slice of pie is gone, your belly is busting and time on the couch is needed. Curl up with these Thanksgiving movie picks!**

- 1) Planes, Trains & Automobiles
- 2) Grumpy Old Men
- 3) Paul Blart: Mall Cop
- 4) Home Alone
- 5) The Oath
- 6) What's Cooking
- 7) Hannah and Her Sisters (Woody Allan)
- 8) Dutch
- 9) Nobody's Fool (Paul Newman)
- 10) The Christmas Story
- 11) An Old-Fashioned Thanksgiving (Hallmark)
- 12) A Family Thanksgiving (Hallmark)
- 13) Addams Family Values
- Animated:**
- 14) Free Birds
- 15) Garfield's Thanksgiving
- 16) A Charlie Brown Thanksgiving
- 17) A Winnie the Pooh Thanksgiving

\*\*\*\*\*

**What if, today, we were grateful for everything?**

~ Charlie Brown

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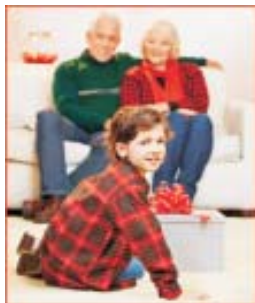
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## Instead of Another Mobile Device or Video Game, Consider Something Lasting from the Heart

Kids get their first cell phone by age 7, and more than a third of them have smart phones. Nine out of 10 teens have a computer and 97 percent of 12- to 17-year-olds play video games. More than half the homes in the United States have a video game console.

# Low-Tech/No-Tech Holiday Gifts the Grandkids Will Remember

**"It's great that our kids have access to technology, but I talk to a lot of grandparents who say they simply don't enjoy giving their grandkids tech gifts during the holiday season. They want to give something their grandkids will treasure; something they'll remember for a long time."**

**Their own clunker – which you'll restore together.** If you have a grandchild who's still a few years from driving age, buy an old pickup truck that the two of you can restore together. You'll have years to complete the project, which guarantees not only lots of one-on-one time together, but also the opportunity to teach valuable skills that will benefit him or her for a lifetime. "Plan it right, and when your grandchild gets a driver's license, he or she will also have wheels," Bernstein says. "And after spending so much time working on that vehicle, they're more likely to drive it carefully!"

**An annual helping hand for years after you've gone.** Imagine being able to send your grandchild a holiday gift of \$20,000 every year for 20, 30 or 40 years – with a note from you attached. You can do it with the Installment Life Option, a life insurance policy option that pays beneficiaries of a life insurance policy in predetermined amounts of your choice for up to 40 years. Because of the deferred payout, the insurance company can reduce the premiums up to 50 percent. And your grandchild is reminded of your love for him or her throughout his life, particularly during the financially stressful milestones: college tuition, wedding, paying off student loans, down payment for first home, and first child.

"A lot of the grandparents who do this love the fact that they can continue to help their grandchild long after they're gone," Bernstein says. "They also like the fact that they can choose what date the money is disbursed, whether it's a holiday, a birthday, or a special significant date. And they can add a personal note, which can be sent according to the policy holder's instructions."

**The gift of compassion.** Sponsor an impoverished child in another country in your grandchild's name. "I like the organizations that allow you to personally connect with the child you sponsor, so your grandchild can write to and receive letters from them, and trade photographs. You can learn about the country together, and pick out gifts for birthday or holiday season," Bernstein says.

One organization highly rated by independent charity evaluator Charity Navigator is Compassion International. The 61-year-old Christian-based non-profit facilitates 1.2 million sponsorships, providing the children with food, medical care, educational opportunities and more for \$38 per month. Sponsors are invited to exchange letters and develop a relationship with the child.

**About Ted Bernstein:** Ted Bernstein is a third-generation life insurance specialist with decades of speaking out and advocating for changes on behalf of consumers.



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## SPANKY'S CALENDAR of EVENTS

Nov 16th: Live Music - Christopher's Project  
Nov 23rd: 9th Anniversary Party 6-10pm  
Nov 28th: Thanksgiving Buffet 1pm-7pm  
Dec 1st: Cribbage Tournament  
Dec 7th: Christmas Craft Fair & Sale  
Dec 24th and 25th: Christmas Buffet 1pm-7pm  
Dec 31st: New Year's Eve Celebration

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## 21st Annual Festival of Trees

Saturday, Dec 7 • 10am-9pm  
Sunday, Dec 8 • 10am-6pm

- Over 75,000 lights
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- Many creations will be raffled off: tickets are \$2 each or 3 for \$5
- Christmas Shopping Boutique
- Refreshment Cafe serving holiday, bakery, coffee hot cocoa, hot cider and juice
- Continuous holiday entertainment by local musicians and schools

Admission: Adults \$7/Children (4-12) \$5/Seniors (60+) \$5

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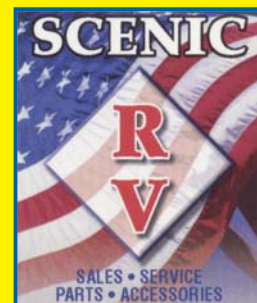
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# Must-See Events on Wisconsin's Frozen Lakes



It's hard to explain the appeal of Wisconsin winters. The cold can take your breath away. But so can the Ice Caves near Bayfield and the sight of bald eagles diving for fish in Sauk Prairie. You'll laugh yourself breathless, at the bike toss in Fish Creek, or marvel at people who dress up to plunge into icy lakes to help others. And nothing beats a great bowl of chili once your fingers go numb.

By Jerry Huffman / Special to TravelWisconsin.com

**Fish Creek Winter Festival - Fish Creek** (Jan 31, 2020 - Feb 2, 2020). For thirty years, Fish Creek has proven there really is a fine line between fun and silly. This year's party will feature, among other great choices, the annual bike toss, minnow racing and kickball on the harbor. Insiders know: Head for Casey's BBQ & Smokehouse for the award-winning beef brisket chili.

**Eagle Watching - Prairie du Chien and Ferryville.** One of the more breathtaking winter options in Wisconsin is eagle watching. Bald and golden eagles fish the open waterways making Wisconsin one of the largest winter nesting areas for the graceful birds.

If you can't make the celebrations in Prairie du Chien or Ferryville, head for the Mississippi River. Another great viewing area is in Sauk Prairie near the dam. Insiders know: Eagles are early risers and head back to their nests by early afternoon.

**Book Across The Bay - Ashland.** Legend has it the good folks of Chequamegon Bay put their heads together and came up with the idea of a candle lit ski and snowshoe run across the bay. Book Across The Bay was born. This year, they're expecting several thousand people to make the trek from Ashland to Washburn. Kids to seniors are welcome. You'll save a few bucks by registering online. Depending upon snow pack, walking or running may be allowed.

Insiders know: Make sure you "go" before the race. There are no facilities on the ice. Trees either.

**Polar Bear Plunge - Several locations statewide.** Special Olympics Wis-

consin is hosting fourteen Polar Bear Plunges this winter across Wisconsin. Singles and teams are welcome to take the plunge as the community turns out to help the estimated 10,000 Special Olympic Wisconsin athletes. As they like to say, "You Plunge, They Play."

**The Bucket List Trip: The Apostle Islands Ice Caves - Cornucopia.** It's hard to pick a single winter destination which defines Wisconsin, but the Ice Caves near Bayfield may come close. The red cliffs along Mawikwe Bay combine with the natural ice formations of Lake Superior to create dazzling ice caves that have become a worldwide travel destination.

Know that it can be a challenging hike to get to the caves. Hiking boots are best. Cleats are helpful. It's just more than a mile from the Meyers Beach Road parking lot to the caves. Insiders know: Dress in layers. You're still walking on Lake Superior and the weather can turn on a dime.

**Note:** The Apostle Islands Ice Caves are only accessible when Lake Superior freezes over. As winter conditions change, visit the Apostle Islands National Lakeshore's Facebook for the most current information.



Travelers looking for year-round Wisconsin getaway ideas, travel planning, events and free guides can discover their own fun by visiting [TravelWisconsin.com](http://TravelWisconsin.com) on desktop, tablet or mobile devices.

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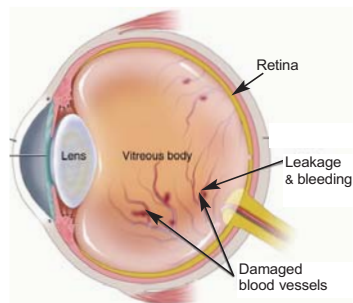
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# 7 things to know about **diabetes** & vision loss

by Cheryl L. Dejewski

"Of the more than 30 million Americans diagnosed with diabetes, up to 45% have some degree of diabetic retinopathy (damage to the sensitive retina in the back of the eye), which can lead to vision loss and blindness," reports Mark Freedman, MD, senior partner at Eye Care Specialists, who has treated thousands of diabetic patients since 1988. "For some people, when a routine vision check-up uncovers signs of retinopathy, it is their first clue that they even have diabetes."



**Diabetes can cause abnormal retinal blood vessel growth, leakage and bleeding that can lead to blurring,**

## 1. How Diabetes Robs Sight

With diabetes, high blood sugar levels can weaken blood vessels in the eye, prompting them to leak. This causes the retina to swell and form deposits that can lead to vision loss. Blood sugar fluctuations can also promote the growth of new, fragile blood vessels on the retina, which can leak blood into the vitreous (the clear, jelly-like substance that fills the eyeball). This retinal blood vessel damage ("retinopathy") can blur vision and lead to permanent sight impairment.

## 2. Lack of Early Symptoms

Usually, diabetic eye disease has NO symptoms. Most people don't notice a problem until it is so far advanced that lost vision may not be able to be restored. That's why annual dilated eye exams are crucial. You should also call your doctor immediately if you notice vision changes (not associated with fluctuations in blood sugar), numerous floating spots (like spider webs), or a veil over your vision.

## 3. Detection Methods

"Blood sugar fluctuations can temporarily affect vision, making it difficult to know if a serious problem is developing. Significant retinopathy may also be present and progressing even if a person's vision appears to be good. That's why diabetes-related



**November is "Diabetes Awareness Month." If you or someone you know has diabetes — be aware! The disease does more than wreak havoc with blood sugar levels. Without taking proper precautions, it can rob a person of their sight.**

damage can only be diagnosed through a comprehensive eye exam. Pupil dilation (enlargement with drops) is necessary to best view inside the eye for early signs of retinopathy before noticeable vision loss occurs," explains Brett Rhode, MD, an ophthalmologist who conducts continuing education programs for diabetes coordinators and doctors.

## 4. Treatment Options

"We have been very pleased with the success of medications that can be painlessly injected into the eye to decrease blood vessel leakage and abnormal new growth—thus staving off progression of diabetic eye disease," reports Daniel Ferguson, MD, a former engineer who is now one of Wisconsin's leading eye surgeons. Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins, adds, "We evaluate each patient's response individually to determine if and when (about every 4-12 weeks) they should receive injections. We have seen

amazing results with Avastin, Eylea and Lucentis, including stabilization of vision and, in some cases, improvement in sight."

## 5. Incidence Rates

"Diabetic eye disease can appear as early as a year after the onset of diabetes. All diabetics—type 1 or 2, insulin-dependent or not—are at risk, which increases with the number of years you are diabetic. For example, patients with diabetes for less than five years have about a 15% incidence of retinopathy. This skyrockets, however, to 80% in people with diabetes for 15+ years," says Michael Raciti, MD, an ophthalmologist who performs sight-saving injections on a daily basis.

## 6. Prevention Tips

"Diabetes-related sight loss is often preventable with proper precautions and early intervention," says David Scheidt, OD, who sees patients at three area locations. He recommends:

- Blood sugar tests every three years after age 45 to screen for diabetes

- Keep blood glucose levels close to normal through diet, medication and exercise
- DON'T SMOKE
- Keep blood pressure under control
- Keep cholesterol levels low
- Check hemoglobin A1C levels at least every four months. Aim for 7.0 or less.
- Dilated eye exams once a year, or as often as your Eye M.D. suggests

## 7. When To Be Screened

**Do you have diabetes? Was your last eye exam more than a year ago?** If you answer "Yes" to both questions, it's time to have your vision checked. "Don't hesitate. You want to ensure that you see life to the fullest—now AND in the future. And, remember, EVERYONE should have their eyes checked at least every two years after age 40 for conditions, like glaucoma, AMD or cataracts, that can lead to vision loss without initial symptoms," says Freedman.

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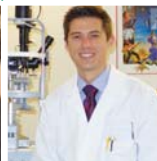
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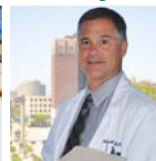
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Michael Raciti, MD



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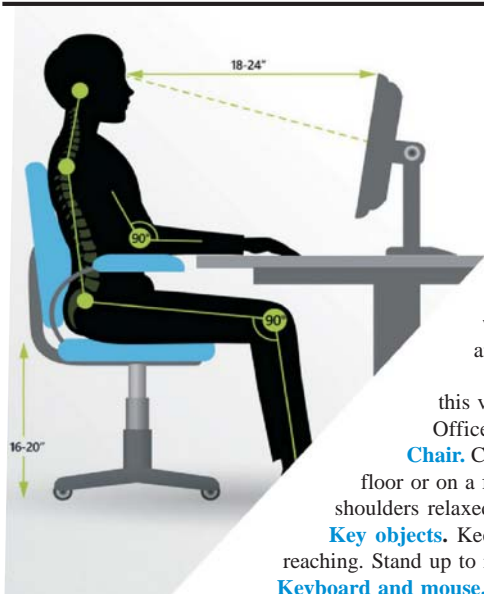
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# OFFICE ERGONOMICS

## Your how-to guide

A comfortable work space can help you feel your best. Give your sitting work area a makeover with this visual guide to office ergonomics.

By Mayo Clinic Staff

If you sit behind a desk for hours at a time, you're not doomed to a career of neck and back pain or sore wrists and fingers. Proper office ergonomics — including correct chair height, adequate equipment spacing and good desk posture — can help you and your joints stay comfortable at work.

Ready to give your work space a makeover? Get started making your sitting workstation comfortable with this visual guide to sitting workstation ergonomics.

Office ergonomics

**Chair.** Choose a chair that supports your spinal curves. Adjust the height of your chair so that your feet rest flat on the floor or on a footrest and your thighs are parallel to the floor. Adjust armrests so your arms gently rest on them with your shoulders relaxed.

**Key objects.** Keep key objects — such as your telephone, stapler or printed materials — close to your body to minimize reaching. Stand up to reach anything that can't be comfortably reached while sitting.

**Keyboard and mouse.** Place your mouse within easy reach and on the same surface as your keyboard. While typing or using your mouse, keep your wrists straight, your upper arms close to your body, and your hands at or slightly below the level of your elbows. Use keyboard shortcuts to reduce extended mouse use. If possible, adjust the sensitivity of the mouse so you can use a light touch to operate it. Alternate the hand you use to operate the mouse by moving the mouse to the other side of your keyboard.

**Telephone.** If you frequently talk on the phone and type or write at the same time, place your phone on speaker or use a headset rather than cradling the phone between your head and neck.

**Footrest.** If your chair is too high for you to rest your feet flat on the floor — or the height of your desk requires you to raise the height of your chair — use a footrest. If a footrest is not available, try using a small stool or a stack of sturdy books instead.

**Desk.** Under the desk, make sure there's clearance for your knees, thighs and feet. If the desk is too low and can't be adjusted, place sturdy boards or blocks under the desk legs. If the desk is too high and can't be adjusted, raise your chair. Use a footrest to support your feet as needed. If your desk has a hard edge, pad the edge or use a wrist rest. Don't store items under your desk.

**Monitor.** Place the monitor directly in front of you, about an arm's length away. The top of the screen should be at or slightly below eye level. The monitor should be directly behind your keyboard. If you wear bifocals, lower the monitor an additional 1 to 2 inches for more comfortable viewing. Place your monitor so that the brightest light source is to the side.

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## EARTH TALK

From the Editors of  
E/The Environmental Magazine

### Do scientists think there is a big environmental component to the huge rise in peanut allergy cases in recent years?



The number of peanut allergy cases among children in the United States has more than tripled, from 0.4% in 1997 to 1.4% in 2010 and in 2018 peanut allergy cases affected 1.6 million children according to a study by food allergists at Mount Sinai Hospital in New York City. Of

the eight foods that cause 90% of food allergies (milk, soy, eggs, wheat, peanuts, tree nuts, fish and shellfish), peanuts are the deadliest. They result in an estimated 15,000 emergency room visits (half of the 30,000 due to food allergies) in the U.S.

Heather Fraser, author of The Peanut Allergy Epidemic: What's Causing It and How to Stop It, says that despite the continuing intense attention given to the growing epidemic of peanut allergies in children, an answer to its cause(s) has not been found. Fraser adds that it is difficult to accept the startling increase in peanut allergies in just the last 20 years as a coincidence or to chalk it up to a genetic fluke.

**Peanut Allergy-GMO Connection?** Environmentalists Robyn O'Brien, author of The Unhealthy Truth: How Our Food Is Making Us Sick – And What We Can Do About It, states that the sudden surge in American peanut allergies may be attributed to the fact that peanuts are grown in the same soil as Roundup Ready, or glyphosate tolerant, cotton, a genetically modified organism (GMO). Unlike almonds, walnuts and cashews, peanuts do not grow on trees—they're actually a legume with a soft shell that grows in the ground.

"Put anything in that soil and you can imagine how it gets absorbed into the peanut," O'Brien wrote on her website, adding: "Put genetically engineered seeds in that soil and you get soil that is saturated with a controversial chemical, glyphosate," a chemical that the U.S. Environmental Protection Agency (EPA) has linked to gradually increasing, cellular-damaging inflammation.

**Or is it vaccines?** But according to Fraser, the consumption of genetically modified foods does not correlate with the epidemiological facts of the peanut allergy epidemic: during a specific window of time between the late 1980s and early 1990s peanut allergy began to increase suddenly, just in children, in specific countries (the US, UK, Canada, AU) – and again, at the same time. Upon further investigation, Fraser discovered that there was a precedent to the child specific epidemic.

"Over 100 years ago the words allergy and anaphylaxis were coined to describe strange symptoms in children that were provoked by the first ever use of the needle paired with vaccines," says Fraser. "The current allergy epidemic among children was provoked by a sudden change in the vaccination schedule together with a sudden increase in coverage rates (the number of children being vaccinated at an early age)."

With the direct cause(s) of the peanut allergy epidemic still open-ended, many pregnant women have taken to avoiding peanuts altogether to prevent their unborn child from developing the allergy. But a recent study found that children whose non-allergic mothers had the highest consumption of peanuts or tree nuts, or both, during pregnancy had the lowest risk of developing a nut allergy. The risk was most reduced among the children of mothers who ate nuts five or more times a month.

"Some studies actually showed that avoiding peanuts during pregnancy increased the risk of a child developing peanut sensitization," said Dr. Ruchi Gupta, an associate professor of pediatrics at Northwestern University. Dr. Gupta emphasized that further research is needed to determine "why more and more children are developing food allergy and how we can prevent it."

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## The Board on Aging and Long Term Care Recognizes October as a Memorable Month for Residents in Long Term Care Facilities

October is designated as Residents' Rights month by the National Consumer Voice for Quality Long-Term Care. This annual event designed by Consumer Voice to honor residents living in long term care facilities is an opportunity to focus on awareness of dignity, respect, and the rights of each resident. This year's theme is "Stand for Quality."

In Wisconsin, the Volunteer Ombudsman Program is a group of dedicated volunteers who do

"Stand for Quality" for the residents in our many nursing homes. Volunteer Ombudsmen promote quality in all aspects of residents' experiences - quality care, quality services, quality choices, quality of life.

Volunteer Ombudsmen perform a vital service by building trusting relationships that allow residents to feel comfortable in sharing their concerns and identifying ideas that would bring comfort and quality to their lives.

Volunteer Ombudsmen make routine weekly visits to their appointed nursing home. They will meet with residents, asking residents how they are and if they are happy with the care and treatment they are receiving. Volunteer Ombudsmen ask if residents would like to address an issue with facility staff, speak with a Regional Ombudsman or have the Volunteer Ombudsman be their "voice" and communicate their concerns for changes in their nursing home care.

The Volunteer Ombudsman Program is recruiting potential Volunteer Ombudsmen in Milwaukee, Ozaukee, Sheboygan, Racine and Kenosha counties.

Do you qualify to be our next Volunteer Ombudsman? Sheryl Meyer, Volunteer Coordinator, believes "Volunteering is a Lifestyle" and asks, "If you have something to offer – think of offering your time to the Board on Aging and Long Term Care Volunteer Ombudsman Program."

*If you would like to apply or talk with Sheryl about the Volunteer Ombudsman Program, please call: 1-800-815-0015*

*e-mail: [BOALTC@wisconsin.gov](mailto:BOALTC@wisconsin.gov), or visit our website at [www.longtermcare.wi.gov](http://www.longtermcare.wi.gov)*

# Turkeys

## and Unnatural Selection



**The Wild Turkey** is an amazingly alert, wary and nervous bird which vanishes almost instantly when it detects even a potential threat. This is a far cry from descriptions of the birds' behavior when first encountered by Europeans. So what's changed?

North American Indian tribes used the wild turkey for more than food. The birds were valued for their feathers which were used in ritual cloaks, for insect control in Indian agricultural fields, as religious and social teaching aids for the young and possibly (and for a limited time in the turkey's life) as pets.

Hunting pressure on the birds by the aboriginal peoples was anything but intense. Due to a combination of religious and social hunting proscriptions turkey populations were kept at high levels due to Indian land use practices and were hunted only when no other game was available. In addition, the Indians hunted exclusively with bows and arrows (as well as to a lesser degree with blowguns and atlatls) which limited the range at which a bird could be killed. Indian tribes customarily captured and raised young birds for use as food and feathers which acclimated the birds to human contact.

In short, turkeys at the time of European contact were accustomed to living in close proximity to humans and were in large part dependent on them for habitat maintenance and some food sources. Since the Indian tribes took only a limited number of birds each year for food and feathers, the birds had learned that humans were on the whole benign.

This relationship with humans changed drastically with the coming of the European invaders who regarded them as nothing but abundant meat. With their firearms, their land use patterns, their basic attitude toward wildlife in general and their perceived mandate to subdue the land, the Europeans radically changed the equation that had existed between turkeys and humans in America for many, many years; and did it so rapidly that the turkey populations were unable to adapt to the change.

As a result only the wariest, most alert and most skittish birds survived the continent-wide hunting spree that ensued. And of these only those in the most inaccessible nooks and crannies of North America were able to successfully breed and reproduce.

When it at last became possible to reintroduce the Wild Turkey to its former turkey habitat, the only birds left were those who had survived the relentless warfare waged against them for centuries - the wiliest and wariest birds that turkey genes could produce. As a result our current crop of wild turkeys are, behaviorally at any rate, different from those that were originally found here.

[allaboutbirds.com](http://allaboutbirds.com)

\*\*\*\*\*

**What did the turkey say to the turkey hunter?**  
**"Quack! Quack! Quack!"**





## Leftover Turkey and Stuffing Muffins

4 1/2 cups crumbled leftover stuffing  
2 cups chopped leftover turkey  
3 large eggs, whisked lightly  
\*1/2 cup chicken or turkey stock  
Leftover cranberry sauce or gravy

### Instructions

Preheat the oven to 350°F. Grease a muffin tin with cooking spray.

In a large bowl, combine the leftover stuffing, leftover turkey, eggs and stock, stirring until combined.

Divide the mixture evenly into the 12 muffin cups then bake the muffins for about 30 minutes or until they're crisped slightly on top and the mixture is cooked through.

Remove the muffins from the oven and let them cool for 5 minutes in the tin before removing them. Serve with leftover cranberry sauce or gravy.

\*If your stuffing is particularly dry, you may need to add additional stock until the mixture is moist but not mushy.

**Home cooking...  
Where many a man thinks his wife is.**



## Deer Tater Tot Casserole

Fried ground venison burger with onions and green bell peppers smothered in cream of mushroom soup and topped with golden brown tater tots and cheddar cheese.

1 1/2 lb ground deer burger  
1 onion (optional)  
1 green bell pepper (optional)  
Approximately 20 tater tots  
2 cans of cream of mushroom soup  
1 cup milk  
2 cups of shredded cheddar cheese  
dash of salt and pepper to taste (optional)

### Instructions

Preheat the oven to 375. Fry the deer burger, breaking it up as it cooks. If you are going to use an onion and green bell pepper, add them once the burger is browned and drained of all excess fats. Let it fry until the peppers and onions are tender.

In a bowl, add the cream of mushroom soup, milk, salt, and pepper, and mix it well. Pour it in with the deer burger, onions, and peppers and mix well.

Pour the deer mixture in a 9" x 13" casserole dish and position the tater tots on top. Bake for 30 minutes and remove from the oven.

Evenly sprinkle with the cheese and put it back in the oven for another few minutes—just long enough for the cheese to melt.

Let it rest for a couple of minutes and then divide into 8 squares and serve.



## Turkey Stuffing Meatballs

It's Thanksgiving dinner rolled into a delicious ball!

3 tablespoons butter  
1 large yellow onion (diced)  
2 stalks celery (sliced lengthwise and diced)  
1 teaspoon kosher salt  
3 cloves garlic (peeled and minced)  
1 tablespoon fresh sage (minced)  
1 1/2 pounds ground turkey  
1 teaspoon dried sage  
1 teaspoon freshly ground black pepper  
1/4 teaspoon ground nutmeg  
1/4 teaspoon dried thyme  
3/4 cup cornbread stuffing mix  
2 large eggs  
1 tablespoon olive oil or cooking oil spray

### Instructions

Preheat saucepan to medium heat and melt butter. Add the diced onions and celery and sprinkle with the kosher salt. Cook occasionally stirring for about 5 minutes. Add garlic and fresh sage. Continue cooking an additional 2 minutes. Take the mixture out of the pan and let cool to room temperature.

Line a baking pan with parchment paper and set aside and preheat the oven to 375°F. Add the onion mixture to a large mixing bowl with the ground turkey, dried sage, black pepper, nutmeg, thyme, cornbread stuffing mix, and eggs. Use your hands to mix well, but not aggressively. Use a cookie scoop or hands to portion out the meat mixture into 1 1/2 – 2-inch balls. Place them on the baking sheet. Spray with cooking oil or baste with a little olive oil. Bake for 16-20 minutes, or until the center of the meatballs measures 165°F.



## Grandma's turkey stuffing

An easy, traditional recipe for Thanksgiving.

1 bag cubed stuffing bread  
5 tablespoons salted butter  
1 large yellow onion, chopped (2 cups)  
2 medium garlic cloves, minced  
3 stalks celery, chopped  
8 ounces mushrooms, sliced  
1/2 cup cooked giblets, finely chopped  
1 teaspoon ground sage  
1/2 teaspoon dried thyme  
1/4 teaspoon dried marjoram  
1/8 teaspoon dried rosemary  
1/8 teaspoon black pepper  
Sprinkle of salt  
2 1/2 cups of a combination of giblet stock and turkey stock

### Instructions

In a large skillet, fry the four vegetables: onion, celery, mushrooms and garlic and the cooked giblets in 3 to 4 tablespoons of butter.

Next add the 6 spices, sage, thyme, marjoram, rosemary, black pepper and salt, cook vegetables until soft.

Put the toasted, dried out bread cubes in a very large bowl, add the vegetable mixture and stir until mixed.

Add two cups of the giblet and turkey stock, mix until combined.

If needed, add the last 1/2 cup of stock to the stuffing. The bread cubes should be moist, but not soggy.

Butter your casserole dish before adding your stuffing.

Cook at 400 F for 30 minutes covered with aluminum foil and 20 minutes uncovered.

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## Will You Avoid These Estate Planning Mistakes?

Too many households commit these common blunders

Many people plan their estates diligently, with input from legal, tax, and financial professionals. Others plan earnestly but make mistakes that can potentially affect both the transfer and destiny of family wealth. Here are some common and not-so-common errors to avoid.

**Doing it all yourself.** While you could write your own will or create a will, it can be risky to do so. Sometimes simplicity has a price. Look at the example of Aretha Franklin. The “Queen of Soul’s” estate, valued at \$80 million, may be divided under a handwritten or “holographic” will. Her wills were discovered among her personal effects. Provided that the will can be authenticated, it will be probated under Michigan law, but such unwitnessed documents are not necessarily legally binding.

**Failing to update your will or trust after a life event.** Relatively few estate plans are reviewed over time. Any major life event should prompt you to review your will, trust, or other estate planning documents. So should a major life event that affects one of your beneficiaries.

**Appointing a co-trustee.** Trust administration is not for everyone. Some people lack the interest, the time, or the understanding it requires, and others balk at the responsibility and potential liability involved. A co-trustee also introduces the potential for conflict.

**Being too vague with your heirs about your estate plan.** While you may not want to explicitly reveal who will get what prior to your passing, your heirs should understand the purpose and intentions at the heart of your estate planning.

If you want to distribute more of your wealth to one child than another, write a letter to be presented after your death that explains your reasoning. Make a list of which heirs will receive collectibles or heirlooms. If your family has some issues, this may go a long way toward reducing squabbles as well as the possibility of legal costs eating up some of this-or-that heir’s inheritance.

**Leaving a trust unfunded (or underfunded).** Through a simple, one-sentence title change, a married couple can fund a revocable trust with their primary residence. As an example, if a couple retitles their home from “Heather and Michael Smith, Joint Tenants with Rights of Survivorship” to “Heather and Michael Smith, Trustees of the Smith Revocable Trust dated (month)(day), (year).” They are free to retitle myriad other assets in the trust’s name.

**Ignoring a caregiver with ulterior motives.** Very few people consider this possibility when creating a will or trust, but it does happen. A caregiver harboring a hidden agenda may exploit a loved one to the point where they revise estate planning documents for the caregiver’s financial benefit.

The best estate plans are clear in their language, clear in their intentions, and updated as life events demand. They are overseen through the years with care and scrutiny, reflecting the value of diligent wealth transfer.

### Your Money



with Tim Stasinoulas

Do you have a financial question for Tim? Tim can be contacted at (262)369-5200, emailed at [info@aegiswi.com](mailto:info@aegiswi.com), or on his website at [www.aegiswi.com](http://www.aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI. Tim and his team specialize in providing insightful and objective financial guidance to individuals, families, and small business owners.

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## Take a BITE out of Thanksgiving with a few laughs around the table!!

**"Thanksgiving is a magical time of year when families across the country join together to raise America's obesity statistics."**

-Stephen Colbert

**"The meal isn't over when I'm full, the meal is over when I hate myself."**

- Louis C.K.

**"I love Thanksgiving turkey ... it's the only time in Los Angeles that you see natural breasts."**

-Arnold Schwarzenegger

**Two cannibals** are enjoying a Thanksgiving dinner and a light conversation about all things family.

"I just can't stand my mother-in-law," sighs one.

"That's quite understandable," nods the other one, "why don't you just have the potatoes with the gravy?"



Thanksgiving is a time to count your blessings, one by one, as each relative goes home.

What would mothers most like to make on Thanksgiving dinner?

Good restaurant reservations

Thanksgiving, man. Not a good day to be my pants.

-Kevin James

Why did the turkey cross the road?  
He was pretending to be a chicken.

**A young boy**, after hearing the story of Thanksgiving and how the Indians and the Pilgrims sat down together, climbed up into his father's lap and said, 'Daddy, did you know that if we were Indians, you would be a brave and Mom would be a squawk?'

'That is the best description of your mother I have ever heard', replied his daddy as he ducked.

### LAUGH OUT LOUD DINNER BREAK

**A man in Florida**, in his 80s, calls his son in New York one November day....

The father says to the son, "I hate to tell you, but we've got some troubles here in the house. Your mother and I can't stand each other anymore. We're getting a divorce. I've had it! I want to live out the rest of my years in peace. I'm telling you now, so you and your sister shouldn't go into shock later when I move out."

He hangs up, and the son immediately calls his sister in the Hamptons and tells her the news. The sister says, "I'll handle this."

She calls Florida and says to her father, "Don't do ANYTHING till we get there! We'll be there Wednesday night."

The father agrees, "All right."

The old man hangs up the phone and hollers to his wife, "Okay, they're coming for Thanksgiving. Now, what are we going to tell them for Christmas?"

**Thanksgiving is a time to spend with your loved ones. Problem is, after dinner they cease to be your loved ones!**

Joke resources: short-funny.com, laffgaff.com, pun.me, jokesoftheday.net, reader emails

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## Will taking zinc for colds *really* make my colds go away faster?

Answers from Brent A. Bauer, M.D.  
Mayo Clinic

There's been a lot of talk about taking zinc for colds ever since a 1984 study showed that zinc supplements kept people from getting as sick. Since then, research has turned up mixed results about zinc and colds.

Recently an analysis of several studies showed that zinc lozenges or syrup reduced the length of a cold by one day, especially when taken within 24 hours of the first signs and symptoms of a cold.

Most colds are caused by a type of virus called rhinovirus, which thrives and multiplies in the nasal passages and throat (upper respiratory system). Zinc may work by preventing the rhinovirus from multiplying. It may also stop the rhinovirus from lodging in the mucous membranes of the throat and nose.

Zinc may be more effective when taken in lozenge or syrup form, which allows the substance to stay in the throat and come in contact with the rhinovirus.

But the recent analysis stopped short of recommending zinc. None of the studies analyzed had enough participants to meet a high standard of proof. Also, the studies used different zinc dosages and preparations (lozenges or syrup) for different lengths of time. As a result, it's not clear what the effective dose and treatment schedule would be.

Zinc — especially in lozenge form — also has side effects, including nausea or a bad taste in the mouth. Many people who used zinc nasal sprays suffered a permanent loss of smell. For this reason, Mayo Clinic doctors caution against using such sprays.

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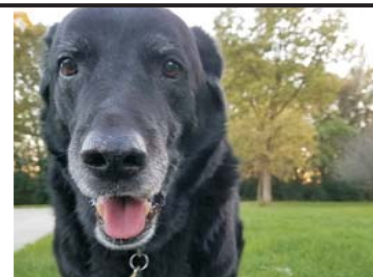
## Adopt-a-Senior-Animal Month

November is national Adopt-a-Senior-Animal Month and the seniors at the Wisconsin Humane Society can't wait to celebrate – in a new home. WHS has many spry seniors waiting for that perfect someone to provide them lots of love in their golden years. In return, these special elders have a lot of love to give.

In addition to their loving personalities, senior companion animals have a lot of other positive qualities that a younger furry friend may yet to have developed. Qualities that make senior animals such superb companions include:

- Older animals know the ropes. They're patient and wise, making it easier to assimilate them into a new home.
- Mature animals may often give you some time to yourself, as their physical demands are not as high.
- Older animals can learn very quickly. Their ability to focus is leaps and bounds ahead of those impetuous puppies and kittens.
- Senior animals will return the love that you give them tenfold!

The Wisconsin Humane Society always has wonderful senior ambassadors. As with all of the companion animals, these seniors come with the full behavior and veterinary package available at the Wisconsin Humane Society.



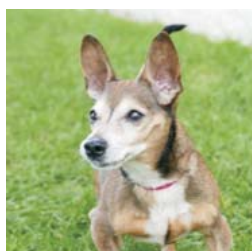
ME! PICK ME! ME! ME! PICK ME!!

Photo Courtesy: Cuda

### Dear Reader,

*Are you looking for a mature, wise companion? One who will love you unconditionally? Day and night? I dedicate my heart to yours for a simple offering of a warm bed and a good meal. Keep me close and treat me kindly and you will never know any deeper love than mine.*

*(Cuda is the editors's 13+ lab mix -not for adoption but a spokesman for adopting older pets). He is being coddled, loved and nurtured through his aging years. The most joyful, loving, spoiled dog ever!)*



**Howdy, my name is Joey** and I am a sassy and mature (10-years young!) gentleman who takes the world head on. I love adventurous walks but will need a sweater when the weather is cold. I am good-natured, loyal and very smart. I can handle cats, dogs and children of any age as long as they treat me tenderly. I only weigh 10 pounds but am full of spirit and exuberance. Come to meet me in person and trust that I'll be there for you and I hope you'll be there for me too. Currently residing at the Washington County Humane Society while waiting for his permanent home. 262-677-4388



Dear God,  
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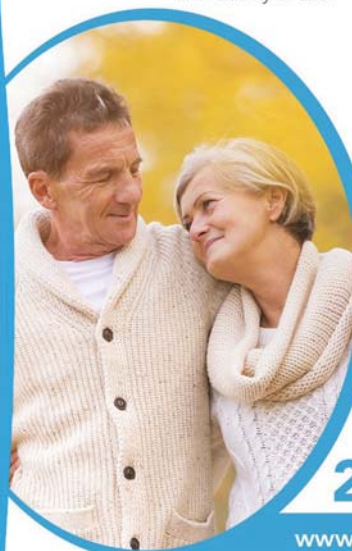
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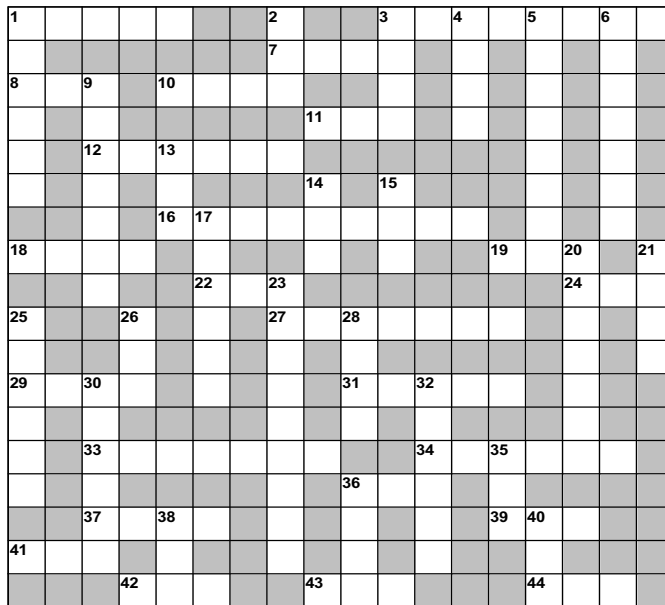


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say when they  
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I come from a family  
where gravy is con-  
sidered a beverage.

-Erma Bombeck

Vegetables are a  
must on a diet. I  
suggest carrot  
cake, zucchini  
bread, and  
pumpkin pie.

I didn't fight my way to  
the top of the food chain to  
be a vegetarian.

What can a man do while his wife is going through menopause? Keep busy. If you're handy with tools, you can finish the basement. When you're done you'll have a place to live.

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Hawthorne 9.5" Firm or 10" Plush Verticoil, Encased Edge Support			
Queen Set	Mattress Only Price \$608	USA MADE	
Twin Set	\$608	Full Set	\$695
King Set	\$1043		
Mattress Only Price			
\$478	\$521	\$826	

FLIP-ABLE 2-SIDED			
FREE Frame! Medicool 2			
THE TWO-SIDED MATTRESS			
Cortland 11.25" Extra Firm or 12.25" Gentle Firm Innerspring, Edge Support			
Queen Set	Mattress Only Price \$782	USA MADE	
Twin Set	\$739	Full Set	\$869
King Set	\$1391		
Mattress Only Price			
\$608	\$695	\$1130	

FLIP-ABLE HYBRID			
FREE Frame! Medicool 2			
Holds Up to 600 lbs.			
Heavy Duty 1500 12" Extra Firm Innerspring, Firmest Edge Support			
Queen Set	Mattress Only Price \$1245	USA MADE	
Twin Set	\$1195	Full Set	\$1395
King Set	\$1895		
Mattress Only Price			
\$995	\$1145	\$1445	



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Closed Thanksgiving Day  
Black Friday, Nov. 29 8:45am to 8pm  
Saturday, Nov. 30 10am to 6pm  
Sunday, Dec. 1 OPEN 11am to 5pm



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