

# Your LIFE!

January 2020!

A FREE PUBLICATION

[www.yourlifemagazine.net](http://www.yourlifemagazine.net)  
PRINT and ONLINE EDITIONS

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



**A&E**

2020  
Preview  
Guide

**LAUGH OUT LOUD!**  
ANNUAL Collector's Edition

**INSIDE**  
THIS ISSUE -page 3





**SATURDAY, FEBRUARY 1, 2020**

**WISCONSIN EXPO CENTER at STATE FAIR PARK 10am—5pm**

**VIP Hour 9am—10am**

***Celebrating Critters That Contribute***  
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# From the Publishers

JANUARY 2020!



Put down those phones and have a real conversation. Now that's a great New Year resolution!

Resolutions. Changes. Promises. Ouch. Sounds like more stress to me. Why do we do these things to ourselves? We'll hear it tediously repeated over and over... diet! eat healthy! exercise! That's not the *only* solution to a happy new you. This New Year I welcome you all to simplify things with me and make only one change... laugh more! Humor is graciously offered throughout this issue!

It's been over 18 years now since we published the first Boomers Newspaper that has morphed into Your LIFE! Newsmagazine. It certainly has been a wonderfully challenging journey filled with

many faces and friends, much hard work and a few headaches and backaches along the way. The best reward.... the feedback, the conversations, the 'virtual' relationships we have developed with our readers and business associates. That's the stuff that makes a late night deadline worth it!!

We can't thank enough the advertisers and supporters that are the backbone of our publication. Please take a second look at the ads that support our publication and try to help support their businesses as well. It takes a community to grow and we all need each other.

Tom, Amara and I are ready to put the skis on but the weather hasn't cooperated. If it's going to be cold, there should be snow to make it pretty and fun. Don't get me wrong - there's nothing like hot showers, programmable thermostats and Northface underwear to warm the blow of the north winds. Let's be realistic - we are thoroughly spoiled and have no capability of surviving the blizzards of those 'good ole days'. So don't complain. Start the New Year with a smile on your face!



Sandy and Tom Draelos

*"I really enjoy the Your LIFE publication. It is very informative and a pleasure to read. Good luck and keep up the great job your team is doing. ~J.D*

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## A Balanced Exercise Plan

Staying active is not a science. Mixing different types of exercise helps both reduce monotony and improve your overall health.

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## LAUGH out LOUD!!

Forget the diet fads and resolutions that won't last longer than a month. Make it simple, fun and healthy - LAUGH MORE. Enjoy the jokes!

-feature on page 12 / jokes throughout!



## Retirement FINANCE Strategy

Saving for that "someday" called retirement? Someday, your career will end. You know this, but don't know when, or how, it will happen. What is missing is a strategy.

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Let us entertain you!

2020 Preview of  
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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!

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2019-20 SCHAUER PERFORMING ARTS SERIES

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The Ice Fishing Musical  
**JAN. 25**



**Comicality 2020**  
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**Frank Vignola & Vinny Raniolo**  
**FEB. 14**



**Limanya Drum & Dance Ensemble**  
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**Golden Dragon Acrobats**  
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Sunday, February 16th - 1:30pm

Todd Wehr Auditorium

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CUW PLAYERS SPRING 2020

A classical ancient Greek tragedy  
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Spring Drama "Medea"

**April 23-26th**

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\$10 Adults / \$8 Seniors and children 13+  
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**Ticket Line: 262-243-4444**

Press "0" to leave reservation. Questions? Lori.Woodall@cuw.edu



## January 8

### Lecture at the Lighthouse: Captain Frederick Pabst. Beyond the Brewhouse

North Point Lighthouse Museum  
2650 N Wahl Ave – Milwaukee  
7:00-8:30 pm. Lecture explores how Milwaukee's legendary brewer was also a leading figure in the arts and agricultural activities of his adopted home city

## January 10-12

### 2020 Greater Wisconsin RV & Camping Show

Featuring the very latest makes and models of Recreational Vehicles from all of the nation's top manufacturers. Special factory rebates, financing, and on the spot loan approval makes this show a cannot miss for the serious RV enthusiasts

## January 11

### Winter Family Night!

#### Urban Ecology Center - Riverside Park

For All Ages. Break out of the winter routine and join us for a special celebration at Riverside Park! We'll have a winter puppet show and games. Winter crafts. Warm up with hot cocoa, snacks and stories in our tipi. Registration is required. 414-964-8505 AND...

### Winter Snowshoeing for Beginners

9:30-11:30am. For adults and accompanied children 7 years and up. Learn the basics of snowshoeing and enjoy a wintery hike



## January 18

### Cross Country Skiing for Beginners

#### Urban Ecology

#### Center, Menomonee Valley

3700 W Pierce St, Milwaukee

For Adults. We provide the gear. Don't get stuck inside this winter – give cross-country skiing a try! We will be taking a hike snow or no snow

## January 20

### Allied in the Fight: A Community Free Day

Jewish Museum Milwaukee

1360 N. Prospect Ave, Milwaukee

In honor of Martin Luther King, Jr. Day and in partnership with Milwaukee Museum Week, today admission is FREE for residents of Milwaukee County!

Celebrate the Civil Rights Movement on Martin Luther King, Jr. Day with Jewish Museum Milwaukee's traveling exhibit, Allied in the Fight: Jews, Black and the Struggle for Civil Rights

## January 20

### King Day Celebration at the Dr. Martin Luther King Jr. Community Center

Dr. Martin Luther King Jr. Community Center

1531 W Vliet St, Milwaukee

Celebrate the life and legacy of Dr. King. Enjoy presentations of music, spoken word, and dance, along with thoughts from guest speaker, Rev. Joseph Ellwanger, a civil rights advocate who was influenced by and marched with Dr. Martin Luther King Jr. The program will be followed by an open house

## January 22

### Milwaukee's Gold Coast: Mansions of Prospect Avenue

Captain Frederick Pabst Mansion

A presentation that takes a fast-paced historic stroll down what had been one of Milwaukee's most architecturally diverse avenues. Grand Avenue housed Milwaukee's wealthy West Siders, but Prospect Avenue was equally grand and featured lake views. Be amazed as we journey down this avenue, once densely built with beautiful residences and transformed in the 20th century into a street of lofty apartment buildings

## January 23

### Glorioso's 3rd Annual Beer, Cheese, and Sausage Event

1011 E Brady St., Milwaukee

5:30-7:30pm. Join us as we feature some of the best local brews. You'll get to sample over 30

delicious beers, as well as our famous house-made, family-recipe sausages on hand for tasting, and samples of several amazing cheeses

## January 25-26

### re:Craft and Relic - Winter Market

Milwaukee County Sports Complex  
Join thousands of Etsy-loving, Pinterest-obsessed, DIY enthusiasts as they shop over 150 diverse and exciting vendors. You will find handcrafted and vintage treasures, furniture, jewelry, home decor, architectural salvage, clothing and accessories, natural bath and body products, and much more

## January 26

### Brewers On Deck 2020

Wisconsin Center

Get up close and personal with your favorite Brewers through several can't-miss experiences — including meet and greets, photo opportunities, autograph sessions, kids' clinics, interactive games and activities, and a whole lot more

## February 1

### 5th Annual Sock Hop

Plymouth Arts Center

7-10pm. Sheboygan area's premier 50's and 60's tribute band, Il Cool, featuring musicians, John, Joe, and Gerry. A 'rockin' good time as we roll back the clock to the 1950's. Enjoy a cash bar, Soda Shop, hula hoop & best 50's attire contest. Costumes are optional. Tickets are: \$8 advance, \$10 at door. 920-892-8409. [www.plymoutharts.org](http://www.plymoutharts.org)

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- FEBRUARY 15** DAVINA & THE VAGABONDS / HOT CLUB OF COWTOWN
- FEBRUARY 19** TONIC SOL-FA
- FEBRUARY 21** THE CARLOS ADAMES GROUP
- MARCH 1** DIAVOLO | ARCHITECTURE IN MOTION
- MARCH 27** KATIE BOECK
- MARCH 28** UKULELE ORCHESTRA OF GREAT BRITAIN
- APRIL 1** BILLY STRITCH
- APRIL 17** PAUL SILBERGLEIT SEXTET
- MAY 6** WHAT WOULD PETULA DO?
- MAY 8** BETSY ADE & WELL-KNOWN STRANGERS
- MAY 16** KATHY MATTEA

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"Let me entertain you.  
Let me bring a smile..."



## A 2020 Preview of A&E Highlights

### CONCORDIA UNIVERSITY THEATRE

262.243.2035 / Todd Wehr Auditorium / 12800 N. Lake Shore Dr., Mequon

[www.cuw.edu](http://www.cuw.edu)

Concordia University Players are a group of Concordia theatre and non-theatre students who participate in CUW Theatre productions, directed by theatre faculty and professional artists. We produce 3-5 plays a year across genres.

February 14-16: *Junie B. Jones*, The Musical  
April 23-26: *Medea*, A Greek Tragedy

### FALLS PATIO PLAYERS

262-853-0893 / N88 W16750 Garfield Drive, Menomonee Falls (auditorium)

[www.fallspatioplayers.com](http://www.fallspatioplayers.com)

February 7-9 & 14-16: 33 *Variations*  
April 24-26 & May 1-3: *The Music Man*

### FESTIVAL CITY SYMPHONY

262-853-6085 / Concerts at the Pabst Theatre / 144 E. Wells St. Milwaukee

[www.festivalcitysymphony.org](http://www.festivalcitysymphony.org)

Showcases the talents of area professional musicians in presenting free classical "pops" concerts geared to children at the Marcus Center, reasonably priced concerts at the Pabst for general audiences, and outreach concerts in the community. The area's oldest performing symphony orchestra. Join us for Symphony Sundays at the Pabst Theater and free Pajama Jamborees at the Marcus Center Bradley Pavilion.

February 12: Free Winter Pajama Jamboree

March 22: "Let Freedom Ring" Symphony Sunday

May 3: "Monuments" Symphony Sunday

May 6: Free Spring Pajama jamboree. A concert of patriotic tunes and lively melodies to welcome spring. FCS will close its season with children from the audience conducting the orchestral finale, Sousa's *Stars and Stripes Forever*.

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### OCONOMOWOC ARTS CENTER

Box Office: 262-560-3179 / 641 East Forest Street, Oconomowoc [www.theoac.net](http://www.theoac.net)

The Oconomowoc Arts Center continues its long tradition of bringing quality arts programming to the Oconomowoc community during our 2019-20 season. Our mission is to provide the highest level of entertainment programming to the Oconomowoc Area School District and communities of the region for the purpose of cultural education, entertainment and enrichment.

January 3 & 4: *Lost in Boston* / Cabaret Cafe

January 14: John Mueller's Winter Dance Party

No. 1 and official show for Buddy Holly, Ritchie Valens and the Big Bopper

February 7-9: *Four Guys in Dinner Jackets* "Now in Technicolor" / Cabaret Cafe

March 7: Comedy Sportz

March 13-14: *The Boston Imposters* w/Davey Harrison & arie Clement / Cabaret Cafe

April 4: Roaring into the 20s- OAC Fifth Annual Arts In Bloom Gala, at The Red Circle Inn

April 19: Oconomowoc Chamber Orchestra Spring Concert  
April 30 - May 2: OHS Players present *Around the World in 80 Days*

May 16: Ted Vigil's Tribute to John Denver

June 14: Neophonic Jazz Orchestra

### SCHAUER ARTS & ACTIVITIES CENTER

262-670-0560 / 147 North Rural St., Hartford / [www.SchauerCenter.org](http://www.SchauerCenter.org)

Filled with culture and history, the Schauer Arts Center was transformed from a 1918 canning factory into a non-profit, regional center for the arts that inspires creativity and connects people. Since opening in 2001, the Schauer Arts Center presents professional touring performances and regional artwork, in addition to offering year-around arts education programming.

January 10-11: *The Snow Queen*

January 25: *Guys on Ice*

January 31 & Feb 1, 7-8: Comicality 2020

February 14: Frank Vignola & Vinny Faniolo

February 21: Limanya Drum & Dance Ensemble

February 27: Golden Dragon Acrobats

March 8: The Magic of Isaiah

March 13-14: *The Musical Adventures of Flat Stanley*

March 22: Peacherine Ragtime Society Orchestra

April 3: Frank Nizer 4D

April 4: Dallas String Quartet

April 16: That Golden Girls Show!

April 18: Stories of Neil Diamond: Lee Rocker of the Stray Cats

June 27: New (Fiscal) Year's Eve Fundraiser

## 2020 Preview of A&E Highlights continued on page 9

**Lost in Boston**  
6:15 PM Dinner | 7 PM Show  
Friday & Saturday, Jan 3 & 4

**John Mueller's Winter Dance Party**  
7 PM Saturday, Jan 11

**The Boston Imposters**  
6:15 PM Dinner | 7 PM Show  
Friday & Saturday, March 13 & 14

**ComedySportz**  
6:15 PM Meal | 7 PM Show, Saturday, March 7

**John Denver Tribute with Ted Vigil**  
7 PM Saturday, May 16

**Technicolor**  
6:15 PM Dinner | 7 PM Show  
Friday & Saturday, Feb 7 & 8  
1:15 PM Dinner | 2 PM Show, Sunday, Feb 9

**Neophonic**  
2 PM Sunday, June 14

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## Thank You!

17+ years of deadlines and editing can make a soul a bit tired, but there is nothing like the invigorating start of a New Year. It's been a wonderful journey through 2019 and we look forward to 2020 opening the door to even more exciting opportunities and relationships. A big thank you to all our loyal readers and business associates and much happiness, peace and good health to all in the New Year!

Please take a second look at the ads that support our publication and support their business. It takes a community to grow and we all need each other!!





## A 2020 Preview of A&E Highlights continued from page 7

### SOUTH MILWAUKEE PERFORMING ARTS CENTER

414-766-5049 / 901 15th Avenue, South Milwaukee / [www.southmilwaukee.org](http://www.southmilwaukee.org)  
South Milwaukee Performing Arts Center (SMPAC) hosts several events a year inside the high school of South Milwaukee. Affordable arts events in our 786-seat, amazing sound theatre. Free parking. Located between College and Rawson on 15th Ave. Call for tickets today! We are your local source for great entertainment.

January 30: Shaun Boothe: The Unauthorized Biography Series

February 29: The Tap Pack

April 16: Mutts Gone Nuts in Canine Cabaret

May 15: 15th Anniversary Variety Show

### SUNSET PLAYHOUSE

262-782-4430 / 700 Wall Street, Elm Grove / [www.SunsetPlayhouse.com](http://www.SunsetPlayhouse.com)

Sunset Playhouse is Wisconsin's premiere community theater located in the heart of Elm Grove. Producing eight Furlan Auditorium Productions per season - comedies, mysteries, and musicals. Also home to three professional series: Musical MainStage Concert Series, SideNotes Cabaret Series and Bug in a Rug, a children's series

January 16 - Feb 1: *The Marvelous Wonderettes*

Feb 27 - March 15: *Noises Off*

April 23 - May 10: *Cabaret*

June 4 - 21: *Barefoot in the Park*

July 16 - Aug 9: *West Side Story*

### WORLD OF WHEELS

Wisconsin State Fair Park / West Allis / [www.worldofwheels.com](http://www.worldofwheels.com)

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March 14: Washington D. C. - 8 days / \$1992 DBL

April 1: Nashville Music City - 5 days / \$1399 DBL

April 6: Desert Sands Springtime - 14 days / \$2810 DBL

April 14: Vera Bradley Extravaganza - 3 days - / \$667 DBL

May 8: Holland Tulip Festival - 3 days / \$699 DBL

May 11: Branson USA - 5 days / \$956 DBL

### MILWAUKEE RV SHOW

Wisconsin State Fair Park - WI Expo Center / 8200 W Greenfield West Allis

[www.MilwaukeeRVShow.com](http://www.MilwaukeeRVShow.com)

February 27 - March 1

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# 33 Variations

By Moisés Kaufman

February 2020

Feb. 7th-9th & 14th-16th

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### PAJAMA JAMBOREES

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**MAY 6, 2020**

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### SYMPHONY SUNDAYS

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for All Ages

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**MARCH 22, 2020**  
*Let Freedom Ring!*

**MAY 3, 2020**  
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**FESTIVALCITYSYMPHONY.ORG**





## 48 Hours to Explore Hayward

Average temperature 23 degrees, seasonal snowfall 60 inches, frozen wilderness waters 17,000 acres. For winter outdoor enthusiasts, that right there is the definition of nirvana. And just where is this winter wonderland? It's Hayward, well known as a summer vacation favorite that turns into a winter playground for groups of friends and families.

By Carla Minsky

### Day One

First stop when you roll into town – the famous Norske Nook, where you can warm up with Lefse, a traditional Norwegian flatbread. For dessert, go ahead and buy an entire pie, no kidding, as you'll devour every last bite of bakery bliss before you ever leave town.

If you've trailered your snowmobile, then get out on the trails already. There are 600 miles of groomed and marked snowmobile trails in the area, all maintained by volunteers. Sawyer County has the largest fleet of snowmobile grooming equipment in the state, so you know they mean business. Trail 63 is a popular path with places to stop for gas and grub. If you prefer to rent a sled, head to Hayward Power Sports. For up-to-date information on snow conditions check the Wisconsin Snow Report.

Choose your haunts for the weekend based on your likes. Deer Foot Lodge & Resort is considered the heart-beat of the Chippewa Flowage in the winter. Cozy Treeland Resorts are Hayward staples with 28 lodging options. Park your snowmobile out front, where sleds are as ubiquitous as cars. If cross-country skiing is your jam, try Trail's End Resort. The cottages here have views



of Lac Courte Oreilles' clear lake water, plus there's live music every weekend all year long.

Every "going up north" weekend must include a Friday night fish fry. The Landing has an all-you-can-eat spread with broiled and deep-fried options. Lots of locals say Lost Land Lake Lodge has the best fish fry, plus you can belly up to the bar in their large barroom. Both spots are accessible by snowmobile.

The Hayward landscape is dotted with pubs, like Pat's Landing Bar & Grill on the flowage, where patrons are known to wash down white cheddar cheese curds with a cold beer. As for where the locals go, it's Angler's Bar & Grill right on Main Street, established in the early 1930s

with a décor style that leans all things taxidermy. For kitschy, make sure the Moccasin Bar is on your itinerary. It features its own taxidermy museum.

### Day Two

Fuel up at family-owned Coopers Family Restaurant, where menu items with names like Hearty Loggers Breakfast and Lumberjack Breakfast indicate you will leave full.

The cross-country skiers in the group have 200 miles of trails in the county to explore. Beginners should try the seven-mile Hasta Trail while the more advanced skiers can advance right to the 26-mile American Birkie Trail, the same trail that 10,000 skiers take to in February for the annual Birkebeiner cross-country ski marathon, the largest in North America.

Louie's Landing Resort on Moose Lake is a perfect little lunch spot. It's been around since the 1930s. Old Southern BBQ Smokehouse is another solid option. It's owned by Hayward local Dave Anderson, the "Dave" of the Famous Dave's chain, who opened his first restaurant in his hometown. Be sure to try the BBQ Bowl.

Another way to weave in a workout is with fat biking.

Exploring Hayward continued on page 11



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Every February, Hayward hosts the American Birkebeiner cross-country skiing race, the largest cross country ski marathon in North America. Over 13,000 skiers race every year. It is one of Hayward's largest and most popular tourist attractions.

## Exploring Hayward

American Birkebeiner finish line in Hayward  
Photo: Discoverwisconsin.com

Up North Guided Tours works in concert with CAMBA, short for Chequamegon Area Mountain Bike Association, in creating and grooming trails. They also offer a combo fat biking/snowshoeing tour.

Saturday is supper club night in the Northwoods. The big picture window at The Fireside puts you eye-to-eye with the deer while you enjoy a decidedly upscale menu that includes favorites like roasted duck and beef tenderloin. Tally Ho Supper Club opened in the mid-1940s, and back then ice for the Brandy Old Fashioned cocktail was chiseled out of frozen Spider Lake.

Save room for a beer from Angry Minnow Brewing Co., where the suds are brewed in the basement brewhouse of their 1889 building.

Get more of what you love – Sign up to be an insider

### Day Three

Backroads Coffee and Tea is a local microroastery with decadent morning pastries best enjoyed in one of their comfy chairs. Firehouse Bakery & Deli is known for its artisan breads, and the coffee cakes are tempting too. Snag a sampling of both before heading out ice fishing.

You can catch just about anything ice fishing here, thanks to 496 lakes in the county. Grab bait from Hayward Bait & Bottle, and wind down the weekend with an afternoon on the ice.

**Hayward is a city in Sawyer County,** Wisconsin approximately 350 miles north of Milwaukee. Hayward is a popular fishing destination because of the many lakes in the area including Lac Courte Oreilles, Grindstone Lake, Round Lake, Moose Lake, Spider Lake, Windigo Lake, and the Chippewa Flowage, which are known for yielding trophy-sized muskie, northern pike, walleye, and smallmouth bass

**In addition to fishing,** Hayward is also a hot spot for deer hunting, golfing, cross-country skiing, snowmobiling, canoeing, kayaking, horseback riding, and road and mountain biking.

Sawyer County has over **600 miles of groomed snowmobile trails**, including 335 miles that run through county forests and connect with trails in adjoining counties.

**ATV (quad bikes)** riding along existing county forest logging roads is permitted. There are 95.7 miles of state-funded ATV trails for winter use and 80.8 miles designated for summer use.

**The annual Chequamegon Fat Tire Festival** is the largest mass start mountain bike race in the United States. The first Fat Tire Festival was held in 1983 with 27 riders, and in 2008 the race was capped at 2500 competitors.

**Participants in the annual Lumberjack World Championships** (July 30-August 1) compete in a variety of lumberjack games such as log rolling, chopping, sawing, and chainsaw events.

**The Lac Courte Oreilles Band of Ojibwe** host several powwows throughout the year. The largest pow-wow in North America is held annually in the third weekend of July in Hayward.

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When your first child eats some earth, a bit of grass or a worm, you take them to a doctor.  
 When your second child eats some earth, a bit of grass or a worm, you spit on a hankie and clean them. When your third child eats some earth, a bit of grass or a worm, you wonder whether they still need lunch.

## PSYCHOLOGY-101

### Human Behaviour Experiment

If you start with a cage containing five monkeys, and inside the cage hangs a banana on a string from the top, and then you place a set of stairs under the banana, before long, a monkey will go to the stairs and climb toward the banana. As soon as he touches the stairs, you spray ALL the monkeys with cold water.

After a while another monkey makes an attempt with same result. ALL the monkeys are sprayed with cold water. Pretty soon when another monkey tries to climb the stairs, the other monkeys will try to prevent it.

Now, put the cold water away. Remove one monkey from the cage and replace it with a new monkey. The new monkey sees the banana and attempts to climb the stairs. To his shock, ALL of the other monkeys beat the monkey crap out of him. After another attempt and attack, he knows that if he tries to climb the stairs he will be assaulted.

Next, remove another of the original five monkeys, replacing it with a new monkey. The newcomer goes to the stairs and is attacked. The previous newcomer takes part in the punishment with enthusiasm because he is now part of the team.

Then, replace a third original monkey with a new monkey, followed by the fourth, then the fifth. Every time the newest monkey takes to the stairs, he is attacked. Now, the monkeys that are beating him up have no idea why they were not permitted to climb the stairs. Neither do they know why they are participating in the beating of the newest monkey.

Finally, having replaced all of the original monkeys, none of the remaining monkeys will have ever been sprayed with cold water. Nevertheless, not one of the monkeys will try to climb the stairway for the banana. Why, you ask? Because in their minds, that is the way it has always been! This, my friends, is how today's government operates; and this is why, from time to time: ALL of the monkeys need to be replaced at the same time.

## How To Stop Church Gossip

Mildred, the church gossip, and self-appointed monitor of the church's morals, kept sticking her nose into other people's business. Several members did not approve of her extra-curricular activities, but feared her enough to maintain their silence.

She made a mistake, however, when she accused Frank, a new member, of being an alcoholic after she saw his old pickup parked in front of the town's only bar one afternoon.

She emphatically told Frank (and several others) that every one seeing it there would know what he was doing! Frank, a man of few words, stared at her for a moment and just turned and walked away. He didn't explain, defend, or deny. He said nothing.

Later that evening, Frank quietly parked his pickup in front of Mildred's house .... walked home ... and left it there all night.



**I made a beginner's mistake and went shopping on an empty stomach.  
I am now the happy owner of aisle 7.**

At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's anterior chest wall. 'Big breaths,' ... I instructed.

'Yes, they used to be,' replied the patient.

**Editor's Note:** A few months ago I received a phone call from a rather harsh-sounding elderly lady. She asked to speak to the editor or "whoever put this paper together". Oh oh - one of those calls. She preceded to tell me that she was rather conservative in her views and really wasn't someone who smiled very often. From our short conversation at this point, I would have agreed. Then she said, and I quote: "Well, whoever put that joke on page 15 did a good job. I don't laugh much and it made me laugh out loud." That made my day and the official beginning of our Laugh out Loud monthly feature. So if the least I can do for you is share a hearty laugh or just a bit of a giggle, well go ahead, make my day!!

**Life's like a bird.  
It's pretty cute until it poops on your head.**

**A person helping a criminal evade law before he's arrested is called an accomplice.  
A person helping a criminal evade law once he's been arrested is called a lawyer.**

## Alcohol Seminar

The police stop an old guy in questionable condition at 1 am.

"What are you doing out so late, sir?" asks the police officer.

"I'm going to a seminar on 'The harmful effects of alcohol!'" replies the man.

"Are you pulling my leg or something?!" says the police officer, "Who would hold a seminar like that at this hour?!"

The man sighs, "my wife."

**An elderly gentleman... had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100 percent.**

The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!'

**The human body is made up of over 60% of water.  
That means I'm not fat...  
I'm flooded!**

**I have a lot of growing up to do. I realized that the other day inside my fort.**





Wife asks her husband: "Did you like the dinner today?"  
Husband replies: "Really, Shirley? Why are you always trying to pick a fight?"

I read the mass chicken farms pump chickens full of antibiotics. Well, that would at least explain why chicken soup is so good when you have a cold.

Feeling adventurous? Go to a Walmart changing room and after five minutes start asking loudly where they keep the toilet paper!

Two friends are walking in a park when they're suddenly stopped by a mugger with a gun. "Give me all your money!" demands the mugger.  
Both get out their wallets, but one of the friends slaps his forehead, "I totally forgot, Joe, I still owe you 150 dollars! Here you are!"

I was the best door-to-door security alarms salesman for many years running.  
The trick was to just leave a brochure on the kitchen table if there was nobody home.

## WHO DO WE NEED THE MOST...

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"I know everything".  
Google:  
"I have everything".  
Facebook:  
"I know everybody".  
Internet:  
"Without me you're nothing".  
Electricity:  
"Just keep talking.."

## CAH! CAH!

Researchers for the Turnpike Authority found over 200 dead crows near greater Boston recently, and there was concern that they may have died from Avian Flu.

A Bird Pathologist examined the remains of all the crows, and, to everyone's relief, confirmed the problem was definitely NOT Avian Flu. The cause of death appeared to be vehicular impacts.

However, during the detailed analysis it was noted that varying colors of paints appeared on the bird's beaks and claws.

By analyzing these paint residues it was determined that 100% of the crows had been killed by impact with trucks, while none were killed by an impact with a car.

They then hired an Ornithological Behaviorist to determine if there was a cause for the disproportionate percentages of truck kills versus car kills.

He very quickly concluded the cause:

When crows eat road kill, they always have a look-out crow in a nearby tree to warn of impending danger.

They discovered that while all the look-out crows could shout "Cah", not a single one could shout "Truck."

Joke resources:

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

## Time-Tested Keys to

# Happiness



## 5 Steps for Reconnecting in a World of Increasing Isolation

By Christian E. Megrelis

Emotional isolation is a growing problem, with more than one out of three adults aged 45 and older describing themselves as chronically lonely, up from one out of five a decade earlier.

The contributing factors are easy to identify: high unemployment; marriage rate at a historic low; increased reliance on technology over face-to-face communication.

"The main problem of tomorrow is that people are becoming inwardly focused and cut off from their neighbors," says Christian E. Megrelis, [www.christian-megrelis.com](http://www.christian-megrelis.com), vice chair of the International Union of Economists, biblical scholar, and author of "Glossary of Hope," a contemporary distillation of New Testament teachings and their applications today.

"The global crisis is not only economical but individual. Especially in the industrialized nations, we are pulling farther away from our human connections to our own detriment."

Emotional isolation, which is on the rise according to a 2010 AARP study, has been found to cause or exacerbate a number of diseases, from Alzheimer's to cancer, and is as high a risk factor for mortality as smoking.

"There's quality of life to consider as well," Megrelis says. "Lonely people are not happy people, hence the increased stress that causes physical illness. But we can change, individually and collectively, if we heed the wisdom that has endured for 2,000 years."

### Five time-tested steps anyone can take to reconnect and restore happiness:

**Work on loving everyone** - from the stranger on the bus to your worst enemy. "This is difficult, I admit, but you don't need to do it perfectly to see the benefits," Megrelis says. How does one take this from intellectual concept to practice? With humanitarian acts, Megrelis says.

Stop and help the person who has fallen down. Smile and say something kind to the harried store clerk. And give - not just what's easy to give, like the old clothes you no longer wear. Share your money, your time, your resources.

**Don't judge!** Another that's deceptively simple but gets easier with practice, Megrelis says. "Passing judgment on others is actually a very selfish act; we do it in order to feel better about ourselves, but it really isn't effective in that regard," he says. When you catch yourself commenting negatively about someone else, whether loud or in your mind, stop yourself and consider your own flaws. Honesty demands you focus on and correct those before your neighbor's.

**Forgive.** Holding a grudge or seeking revenge for perceived wrongs is a primitive impulse response. Forgiveness is a cerebral sentiment that comes from the cortex of the brain - the source of reason. Reason is what allows us to resist dangerous primitive impulses in able to achieve more far-sighted objectives, such as social life, which is impossible without forgiveness.

**Do good that makes a difference.** Feeling we have no purpose in life or being unsure what our purpose is can lead to despair or indifference often resulting in sterile ambition, delusion or conceit, all of which serve to isolate us from others. We all have a purpose, whether or not it's easily discernible. "Whatever place is yours in society, bring your brick every day to the never-ending construction of a happier world and you will quickly recognize your purpose," Megrelis says.

**Have faith.** You don't have to subscribe to a particular religion or follow dogmatic rules to have faith. "It's actually harder than that!" says Megrelis. Faith is the belief that there is something greater than us, the creator of the world in which we live, guiding all with an order and a purpose. Faith may be - and often is - marked by periods of doubt, but it should be the compass to which you return. Faith brings with it a connection to all other living things.

Achieve, or at least work toward, these five steps and the result will be hope, Megrelis says. "Hope is happiness - a state of mind that transcends ordinary happiness," he says.

Christian E. Megrelis holds master's degrees in engineering, business and political studies. He is the first publisher of the Bible in the French-speaking world.

# Are you headed down the road to vision loss?



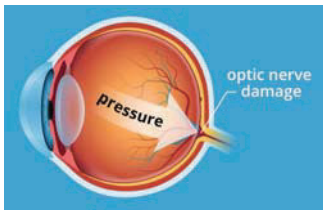
Left undetected and untreated, glaucoma can lead to permanent tunneling and loss of vision

by Cheryl L. Dejowski

*"Glaucoma is a leading cause of blindness, but vision loss may be preventable with prompt detection and treatment," says Mark Freedman, MD, senior partner at Eye Care Specialists, one of the premier ophthalmology practices in the U.S.*

## What is Glaucoma?

The front of your eye is filled with a fluid that supplies nutrients and maintains the eye's shape. If the proper amount is unable to continually pump in and drain out, pressure builds up.



"Glaucoma is a condition where the pressure in the eye is too high for the health of the optic nerve, which carries visual information from the retina to the brain. This pressure may be minimal, but if it persists, it can reduce the blood supply to the optic nerve. Left undetected and/or untreated, glaucoma causes loss of side vision and later possibly all sight—permanently," says Freedman.

## Are There Risk Factors?

- **AGE:** Glaucoma is most common after 40, and risk increases with age.
- **HEREDITY:** Siblings and children of glaucoma patients have a 5-10 times greater risk of developing the disease and should be screened every 1-2 years.
- **ETHNICITY:** Black people have a 6-8 times higher risk of going blind from glaucoma. Hispanics and Asians also have higher risk rates.
- **OTHER FACTORS:** Diabetes (doubles the risk), nearsightedness, steroid use, and previous eye injury.

## Are There Symptoms?

No, usually not. Brett Rhode, MD, Head of Ophthalmology at a local major medical center, explains, "The most common type of glaucoma is painless and progresses so slowly that most people don't notice symptoms for

months or years—until significant permanent damage has already occurred. Glaucoma affects 3+ million Americans, and up to half don't even know they have it. That's why regular eye exams are vital for protecting vision. Adults over age 40 should have comprehensive eye exams that include a check for glaucoma every two years, especially if you have risk factors." Rhode adds, "At our offices, that exam frequently includes a fast, painless OCT laser scan to catch glaucoma often before damage occurs."

## Is Glaucoma Dangerous?

"Tunneling" (loss) of side vision makes it difficult to safely navigate stairs, stay in your driving lane, detect obstacles, etc. As a result, glaucoma can triple the risk of falling and increase the risk of having a car accident by six times.



## Is Glaucoma Treatable?

Yes. Although glaucoma can't be cured, treatment can usually halt further damage and vision loss. Daniel Ferguson, MD, a former engineer and leading local eye surgeon, notes, "The most common type of glaucoma is a lifelong condition that typically requires continual management with prescription eyedrops to lower pressure (by either decreasing fluid production or increasing outflow)."

"However, in cases when drops alone cannot control pressure, side effects are intolerable, multiple drops are needed, or instilling drops is difficult, laser treatment may be an alternative. SLT (which increases fluid drainage) and ECP (which decreases fluid production) take about 10 minutes to perform at our surgery center and are covered by Medicare and most insurances," explains Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins.

## Are There New Treatments?

"In addition to prescription eyedrops and laser procedures, our team utilizes new Minimally Invasive Glaucoma Surgery (MIGS) procedures to lower eye pressure," says Michael Raciti, MD, who practices at all three Eye Care Specialists' offices. These include

Ab-Interno Canaloplasty (which uses a micro-catheter to enlarge and flush like angioplasty) and iStent implantation (which creates a bypass) to improve outflow within the eye's natural drainage canal system."

MIGS and laser procedures are often successful at controlling glaucoma and reducing the need for drops. This is especially important for people who already have other conditions requiring daily medication(s) that they have to worry about buying, taking and tracking.

## How Can I Protect Myself?

"Glaucoma sight loss is often preventable. But, you need to schedule regular eye exams in order to take advantage of the latest advances in diagnosis and treatment," says David Scheidt, OD, optometrist and continuing education lecturer.

## Free Booklets & Information

Call 414-321-7035 for FREE booklets on glaucoma, diabetes, cataracts, or macular degeneration. If you don't have an eye care specialist, you are invited to call the offices below to schedule a comprehensive exam, which is typically covered by insurance. Learn more at: [www.eyecarespecialists.net](http://www.eyecarespecialists.net)



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David Scheidt, OD





## EARTH TALK

From the Editors of  
E/The Environmental Magazine

### Dear EarthTalk:

### Is it true that asthma rates in the U.S. have doubled in the last three decades? What's behind this troubling trend and what can we do to reverse it?

Asthma is on the rise across the U.S., doubling since the 1980s. According to the Environmental Defense Fund (EDF), most people who develop asthma likely have a genetic predisposition but also probably experienced "critical environmental exposures during the first years of life." Asthma rates are highest in urban areas where auto and industrial emissions make for difficult breathing. But air quality in U.S. cities has improved in the last few decades, leaving researchers puzzled as to what's behind the trend.

One theory is that better hygiene in developed countries means that Westerners have less exposure to bacteria, viruses and parasites, altering our immune response with the result being increased risk for allergic diseases like asthma. Indeed, Western asthma rates are 50 times higher than in rural Africa. While this "hygiene hypothesis" may be part of the story, researchers believe that there are also other factors.

Some studies have shown a correlation between asthma and obesity, though a direct link is hard to prove. Other research has shown that psychological stress can trigger asthma attacks in those already predisposed. Dr. Harold Nelson, professor of medicine at the National Jewish Health in Denver, explained in a 2009 *New York Times* blog post that increased acetaminophen (i.e. Tylenol) use in young children, exposure to household cleaning sprays, and lack of Vitamin D also likely contribute to rising asthma rates. But how?

Pediatricians recommend against giving young children aspirin today, given the increased risk of Reye's syndrome, so many parents now use acetaminophen to relieve pain and reduce fever. But acetaminophen lowers levels of the antioxidant glutathione, resulting in an increased asthma risk. A study found that use of acetaminophen in the first year of life was associated with a 46 percent increase in the prevalence of asthma symptoms among a study group of 200,000 six- and seven-year-olds.

In regard to household cleaners, frequent inhaling of the spray mist from glass cleaners and air fresheners among other products irritates the lungs and increases the risk of developing asthma. A study found that European adults who used spray cleaners four days a week faced double the risk of developing asthma symptoms, while weekly use of cleaners increased the risk by 50 percent.

The link between Vitamin D deficiency and asthma comes from several studies on the topic over the last decade showing that low levels of Vitamin D in pregnant mothers result in more asthma in offspring. Those who spend lots of time indoors are particularly vulnerable to Vitamin D deficiency, as exposure to sunlight increases the body's ability to produce the important nutrient.

Dr. Nelson says that people can take steps to lower their exposure to these "new" asthma risk factors. For one, forego spray cleaners and air fresheners for liquids and pump sprays that don't produce a fine mist. Pregnant women might consider Vitamin D supplements. And parents should discuss pain relievers with their doctor and consider alternating different types so kids don't get overexposed to any particular one.



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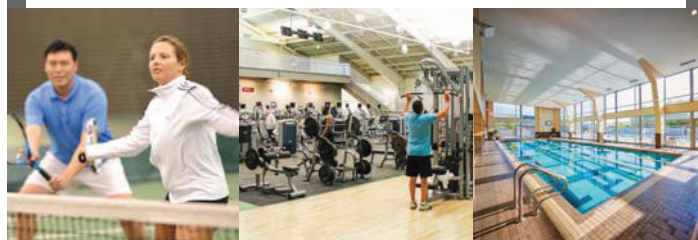
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## NEW YEAR Resolution: Create a Retirement Strategy

Across the country, people are saving for that “someday” called retirement. Someday, their careers will end. Someday, they may live off their savings or investments, plus Social Security. They know this, but many of them do not know when, or how, it will happen. What is missing is a strategy – and a good strategy might make a great difference. Many people just invest for the future. You have a chance to do more.

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**A retirement strategy directly addresses the “when, why, and how” of retiring.** It can even address the “where.” It breaks the whole process of getting ready for retirement into actionable steps.

This is so important. Too many people retire with doubts, unsure if they have enough retirement money and uncertain of what their tomorrows will look like. Year after year, many workers also retire earlier than they had planned. According to a 2019 study by the Employee Benefit Research Institute, about 43% do. In contrast, you can save, invest, and act on your vision of retirement now to chart a path toward your goals and the future you want to create for yourself.

Some people dismiss having a long-range retirement strategy, since no one can predict the future. Indeed, there are things about the future you cannot control: how the stock market will perform, how the economy might do. That said, you have partial or full control over other things: the way you save and invest, your spending and your borrowing, the length and arc of your career, and your health. You also have the chance to be proactive and to prepare for the future.

**A good retirement strategy has many elements.** It sets financial objectives. It addresses your retirement income: how much you may need, the sequence of account

withdrawals, and the age at which you claim Social Security. It establishes (or refines) an investment approach. It examines tax implications and potential tax advantages. It takes possible health care costs into consideration and even the transfer of assets to heirs.

**A prudent retirement strategy also entertains different consequences.** Financial advisors often use multiple-probability simulations to try and assess the degree of financial risk to a retirement strategy, in case of an unexpected outcome. These simulations can help to inform the advisor and the retiree or pre-retiree about the “what ifs” that may affect a strategy. They also consider sequence of returns risk, which refers to the uncertainty of the order of returns an investor may receive over an extended period of time.

Let a retirement strategy guide you. Ask a fiduciary financial professional to collaborate with you to create one, personalized for your goals and dreams. When you have such a strategy, you know what steps to take in pursuit of the future you want.

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 his website at [www.aegiswi.com](http://www.aegiswi.com). He 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. This material was prepared from independent sources and should not be construed as investment advice.



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# FITNESS AND Exercise



## Tips for building a balanced exercise plan

Staying active is not a science. Mixing different types of exercise helps both reduce monotony and improve your overall health. Here is an overview of the four building blocks of fitness and how they can help.

1

### The 1st building block of fitness: Cardio endurance exercise

· *What is it:* Uses large muscle groups in rhythmic motions over a period of time. This type of exercise increases your body's ability to deliver oxygen and nutrients to tissues and to remove waste over sustained periods of time. Cardio workouts get your heart pumping and you may even feel a little short of breath.

· *Why it's good:* Helps lessen fatigue and shortness of breath. Promotes independence by improving endurance for daily activities such as walking, house cleaning, and errands. Cardio includes walking, stair climbing, swimming, hiking, cycling, rowing, tennis, and dancing.

2

### The 2nd building block of fitness: Balance

· *What is it:* Maintains standing and stability under a variety of conditions including static (stationary) and dynamic (moving) balance.

· *Why it's good:* Improves balance, posture, and quality of walking. Also reduces risk of falling and fear of falls. Try yoga, Tai Chi, and posture exercises to gain confidence with balance.

3

### The 3rd building block of fitness: Strength training

· *What is it:* Builds up muscle with repetitive motion using weight or external resistance from body weight, machines, or elastic bands.

· *Why it's good:* Helps elderly people prevent loss of bone mass, builds muscle, and improves balance—both important in staying active and preventing risk of falling. Building up strength will help seniors stay independent and make day-to-day activities easier such as opening a jar, getting in and out of a car, and lifting objects.

4

### The 4th building block of fitness: Flexibility

· *What is it:* Challenges the joint's ability to move freely through a full range of motion. Can be done through static stretches (stationary), and ballistic stretches (moving or bouncing) to keep muscles and joints supple so they are less prone to injury.

· *Why it's good:* Helps body stay limber and increases range of movement for ordinary physical activities such as looking behind you while driving, participating in sport activities, quick reaction time when needed and overall movement.

## Types of activities that are beneficial for everyone!

- **Walking.** Walking is a perfect way to exercise. No special equipment, aside from a pair of comfortable walking shoes, and can be done anywhere.
- **Sports or fitness classes.** Keeps motivation alive while also providing a source of fun, stress relief, and a place to meet friends.
- **Water aerobics and water sports.** Working out in water is wonderful for our bodies because water reduces stress and strain on the body's joints.
- **Yoga.** Combines a series of poses with breathing. Moving through the poses works on strength, flexibility and balance. Yoga can be adapted to any level.
- **Tai Chi and Qi Gong.** Martial arts-inspired systems of movement that increase balance and strength.

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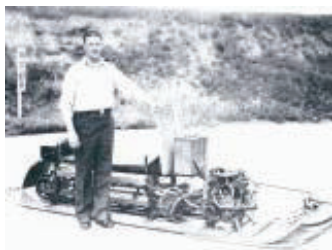


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By Michael Edmond

### Snowmobiles Invented in Wisconsin



After last week's blizzard up north, thousands of people are zipping-up jackets, strapping on helmets, and revving up for a new season of snowmobiling. How many of them know that the snowmobile was invented right here in Wisconsin?

Carl Eliason of Sayner wanted an alternative way to get around during the winter after injuring his foot in 1924. Amateur inventors had rigged up unreliable "snow buggies" by mounting cars or bicycles on skis but Eliason had the idea to start with a toboggan instead.

On top of it he mounted a boat engine, bicycle parts, and rope-controlled steering skis. He worked on this invention for two years in a small garage behind his general store.

In 1927 he obtained a patent for a "Motor Toboggan" and then tinkered with it for more than a decade. Through trial and error he continually improved it, turning out a few custom-built vehicles each year.

By 1939 demand was so strong that Eliason partnered with the Four Wheel Drive Auto Company of Clintonville to mass-produce the renamed "snowmobiles." Orders came from as far away as Finland. During WWII the United States Army wanted them.

Eliason's earliest snowmobiles are on display at the marvelous Vilas County Historical Museum in his hometown. The annual World Championship Snowmobile Derby in Eagle River and The International Snowmobile Racing Hall of Fame in St. Germain are testaments to his vision.

Today's models are fancier than Eliason's but snowmobilers around the world have him to thank for the fun and convenience they provide.

Sources: "Patent Pending Blog - Patents and the History of Technology." Company history at <http://www.eliason-snowmobile.com/>

The season to be jolly has finally slipped away. Depending on how you spent New Year's Eve, it may be something of a blur. But if that's the case, you're not alone. You're part of a long tradition of outrageous Wisconsin New Years celebrations. In Milwaukee, the New Year's Eve party of 1843 was talked about for decades.

About 6,000 people lived in the city then, and hundreds headed to the Milwaukie House hotel for a memorable night of gluttony. A local writer said that "every man who set out to be somebody," accompanied by "ladies in crinoline skirts and tiny bonnets," sat down at long tables in the dining room. Proprietor Caleb Wall proudly showed them a menu that few restaurants could create today. Mock turtle soup was followed by a choice of roast turkey, goose, duck, beef, chicken or veal. Next came the boiled course (corned beef, mutton, ham, turkey or tongue) followed

by venison a la mode and "bird pie." Then boiled fish and chicken salad. Those who had room left for anything else could finish off their feast with apple, cranberry, or mince pie, unless they preferred plum pudding.

Not mentioned on the menu were the beverages, but we can safely assume that large amounts of hard cider, beer, wine, and brandy were consumed. "Before the new year dawned," reported a local historian, "some of the male guests would be carted home in wheelbarrows, but in those days this was no deep disgrace."

Source: "Pioneers' New Year feasts beyond purse of modern man." Milwaukee News, December 31, 1930. [www.wisconsinhistory.org](http://www.wisconsinhistory.org)

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My mom used to cut chicken, chop eggs and spread butter on bread on the same cutting board with the same knife and no bleach, but we didn't seem to get food poisoning.

Almost all of us would have rather gone swimming in the lake or at the beach instead of a pristine pool (talk about boring), no beach closures then.

We got punished for doing something wrong at school, they used to call it discipline yet we all grew up to accept the rules and to honor and respect those older than us.

We had 30+ kids in our class and we all learned to read and write, do math and spell almost all the words needed to write a grammatically correct letter. We all said prayers in school and sang the National Anthem, and staying in detention after school caught all sorts of negative attention.

We thought that we were supposed to accomplish something before being allowed to be proud of ourselves.  
I just can't recall how bored we were without computers, Play Station, Nintendo, X-box or 270 digital TV cable stations...  
we weren't!!

We played King of the Hill on piles of gravel left on vacant building sites and when we got hurt, mom pulled out the bottle of iodine and then we got our backside spanked. Now it's a trip to the emergency room, followed by a 10 day dose of antibiotics and then mom calls the lawyer to sue the contractor for leaving a horribly vicious pile of gravel where it was such a threat.

To top it off, not a single person I knew had ever been told that they were from a dysfunctional family. How could we possibly have known that? We never needed to get into group therapy and/or anger management classes. We were obviously so duped by so many societal ills, that we didn't even notice that the entire country wasn't taking Prozac! How did we ever survive? *~anonymous email*

[illegible]

# NO CHEATING!

Keep that brain working; see if you can figure out what these seven words all have in common?

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

Look at each word carefully.  
You'll kick yourself when you  
discover the answer.

**Answers** on page 23



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## January is National HOT TEA MONTH

In honor of the occasion, here are a few of the reasons why freshly brewed, all-natural green tea is more than just a tea—it's also good for your health, your wallet and your planet

### Bottled vs. Brewed: Why Not All Tea is Created Equal

Many people know that tea is a healthy and refreshing drink. Hot or iced, tea is a flavorful option to water and a zero calorie alternative to sugary sodas or sports drinks. Green tea in particular is packed with healthy antioxidants, some shown through research to help prevent certain types of cancer, lower high cholesterol and blood pressure, and even fight off the flu. However, research has also shown us that not all green tea is created equal. Comparing an equal serving of bottled green tea, freshly brewed tea made with tea bags, provides higher levels of antioxidants, costs up to five times less and will help protect the environment by reducing the number of single-use beverage containers that go into landfills.

**Better for the Body.** According to the U.S. Department of Agriculture database of flavonoid content in foods, freshly brewed tea made with tea bags can contain up to 95 percent higher levels of the antioxidant EGCG compared to bottled teas. Tea's naturally occurring antioxidants are sensitive to heat and oxygen and can be destroyed during the processing, transportation and storage of bottle teas. Also, bottled teas are often loaded with sweeteners and other additives that can eliminate antioxidants and add unwanted calories. Compared to some bottled flavored teas that have more than 100 calories per bottle, freshly brewed tea, even flavored teas, is a zero-calorie, sugar-free beverage.

Enjoying a few glasses of green tea each day can help protect against illness by boosting the immune system, regulating cholesterol, increasing metabolism, enhancing physical endurance during exercise and preventing post-workout soreness by limiting the amount of lactic acid produced in muscles. Studies have also shown that green tea can help protect skin against UV damage, and promotes healthy teeth and hair growth.

**Better for the Wallet.** While many bottled teas retail for up to \$2, freshly brewed iced tea made with tea bags can cost as little as \$0.36 for an equal-size, 16 oz. serving. If you were to purchase three bottles of tea each week for a year at \$1.60 per bottle, you would spend more than \$230 annually. For the same volume of tea, freshly brewed green tea will cost only about \$26 over the course of a year – a savings of more than \$200.

**Better for the Planet.** Americans are not only paying more at the cash register, they are paying for the environmental impact of single-use plastic bottles as well. While many states are considering changing their legislation, there are still nearly 138 billion beverage containers that end up in landfills each year. It has been estimated by the Container Recycling Institute that the average American wastes 425 plastic bottles per year, resulting in increased energy consumption, greenhouse gas emissions and littering. When brewing fresh green tea, the only resulting product is the biodegradable tea

bag, which makes a great addition to rose gardens and compost piles. The tea bags add texture and acidity to the soil or compost and can act as a gentle fertilizer for roses and other plants.

**Beyond Just Brewing.** While the traditional way to enjoy natural green tea is by placing it in a cup with nearly boiling water, there are plenty of ways to incorporate fresh green tea and its antioxidants into your everyday diet. To tone down the sweetness and calorie content of fruit juices, try combining half juice and half green tea. Add green tea to your favorite smoothie and punch recipes or mix up unique cocktails like the green tea martini.

Aside from beverages, green tea can also be added to soups and stews for an extra immunity boost. While boiling foods like pasta and rice in water, add a green tea bag or two. Classic Lemon Green tea adds a perfect hint of flavor for a Lemon Chicken and Rice. Enhance your oatmeal with flavored green tea and include it in stuffing or muffin mix. Consider replacing some or all of the water in your everyday recipes with green tea for a new flavorful and antioxidant-packed spin on your favorite foods.

**Unbottle Your Tea.** To learn more about green tea and how drinking a few cups each day can help you stay healthy, save money and protect the environment, visit [www.UnbottleYourTea.com](http://www.UnbottleYourTea.com). There you will also find downloadable, money-saving coupons for Salada teas, and easy recipes featuring green tea.

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a heart attack is  
during a game of  
charades.

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They say you can't get  
a decent job without  
education. But look at  
Albert Einstein - he  
was a drop-out and  
still ended up being  
the first man on the  
moon!

We have enough  
youth. How about a  
fountain of 'smart'?

If it weren't for tailgaters,  
no one would ever check  
out my rear end!

Money isn't everything,  
but it sure keeps the kids  
in touch.

A man rings his boss, "Can't come in today, I'm sick." Boss says, "When I'm sick, I make love with my wife. Try that." Two hours later the man rings back, "I'm better now. You have a really nice house."

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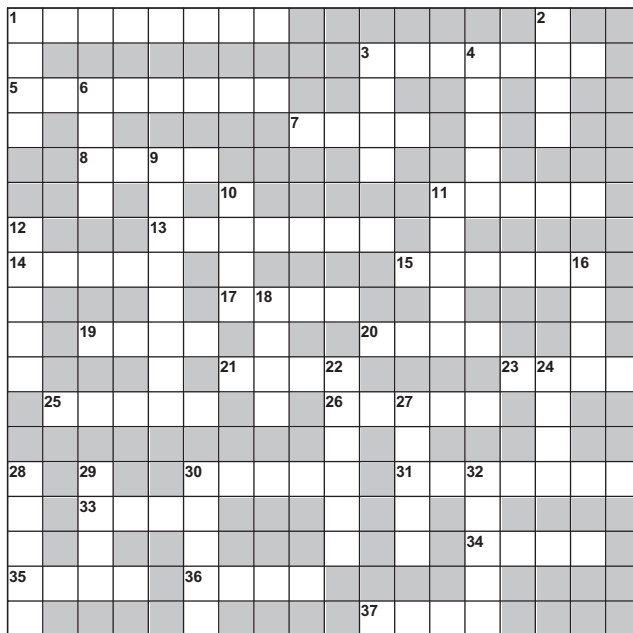
## ACROSS

1. Feel bitter about
3. Scavenger bird
5. Unrefutable
7. Graded exam
8. To remove fruit from a tree
11. All of
13. Ruler (of a country)
14. To provide needed items
15. Reflexive form of it
17. Possessive form of you
19. Next to; along side of
20. Planting medium
21. Result of good listening
23. Secondhand
25. Auditory reception complete
26. More than needed
30. Cars power plant
31. Oblong circle
33. Not out of
34. Using your loud voice
35. Beckon
36. Picture in your mind
37. Three a day is recommended

## DOWN

1. Big stone
2. Talking to god
3. Vessel used to display flowers
4. Small children's fairy
6. Opposite of "yup"
9. What this puzzle was designed on
10. Sole
11. Dihydrogen monoxide
12. After six
16. Imitation
18. Not under
22. To reflect with sorrow
24. To cease movement
27. The possessive case of they
28. Fast
29. Mountain made of a mole....
30. Sequence of photographs
32. Faithful to a cause

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Answers on page 20

## Subject: Only people from Wisconsin will truly understand

The year is 2024 and the United States has just elected the first woman as President of the United States.

A few days after the election, the president-elect calls her father in Milwaukee and asks, "So, Dad, I assume you will be coming to my inauguration?"

"I don't think so. It's a long drive. Your mom isn't as young as she used to be, we'll have the dog with us, and my arthritis is acting up in my knee."

"Don't worry about it, Dad, I'll send Air Force One or another support aircraft to pick you up and take you home, and a limousine will pick you up at your door."

"I don't know. Everybody will be so fancy. What would your mother wear?"

"Oh, Dad," she replied, "I'll make sure she has a wonderful gown custom-made by one of the best designers in New York."

"Honey," Dad complained, "You know we can't eat those rich foods you and your friends like to eat."

The President-elect responded, "Don't worry, Dad. The entire affair is going to be handled by the best caterer in D.C. And I'll ensure your meals are salt-free. Dad, I really want you to come."

So her parents reluctantly agreed, and on January 20, 2024 arrived to see their daughter sworn in as President of the United States.

The parents of the new President are seated in the front row. The President's dad sees that a Senator is sitting next to him and leans over and whispers, "You see that woman up there with her hand on the Bible, becoming President?"

The Senator whispered in reply, "Yes, sir, I sure do." Dad says proudly, "Her brother played football for the Packers".

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## NO CHEATING!

Take the first letter of the word and make it the last letter and it spells the same word backwards!

Riddle on page 20

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- We buy "as is"
- We pay most normal closing costs



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SMALL SCALE  
SPECIAL ORDER OPTIONS

## DECOR-REST FURNITURE LTD.

Solid Hardwood  
Frame. Choose from  
Over 460 Body Solids  
+ Accent Pillows +  
2 Cushion Firmness  
Options.

2pc Sectional  
81" x 82"

**Sale from \$1895**  
After discount

## 64 Dining + 23 Amish Made!



SMALL SCALE

### 5 PC DINING SETS

Table with  
4 Side Chairs.  
Import.

**Sale  
\$495**  
After discount

## 40 Bedroom + 16 Amish!



Ball Bearing Drawer Glides.  
American Alder, Available in  
2 Finishes.

## Chairside Tables 4 STYLES!



SMALL SCALE

16"W x 24"D x 24"H. Mission, Contemporary,  
& Traditional Styles in Oak, Brown, Merlot or  
Ebony. All Wood. Assembled. Import.

**Hot Buy! \$143**  
After discount

## 100 TV Stands!



Largest  
Selection in  
Wisconsin!

**FACTORY  
BUILT!**

USA  
MADE

**Sale from \$245 to \$1999**  
After discount

## 130 Recliners On Sale from \$295

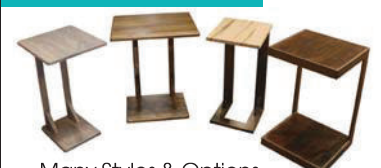


Wall Recliner  
**Sale from \$495**  
After discount

Power Recliner  
**Sale from \$595**  
After discount

**Free Removal  
Of Old Recliner  
With Delivery**

## 17 Sofa Servers



Many Styles & Options.  
Imports, USA or Amish Made.  
23 1/4" - 29" Tall.

**Sale from \$79**  
After discount

USA  
MADE  
SMALL SCALE



# MATTRESS SALE

**LOW PRICE  
GUARANTEE**

- **OVER 50 Models On Display** – All USA Made & 100% Handmade, Brand New & Factory Fresh Mattresses
  - **FREE** Same Or Next Day White Glove Delivery On In Stock Mattress Only Purchases Over \$499
  - **FREE** Removal Of Old Mattress Must Be In Donatable Condition – Old Bedding Donated To Charity
  - **FREE** Heavy Duty Bed Frame (Select Model Sets)
  - **PICK-UP** From Our On Site Warehouse
  - **EXPERIENCED & Educated Sleep Specialists**
- All Advertised Models, All Sizes Include All Discounts.

**FLIP-ABLE 2-SIDED**  
**Comfort sleep**  
**Dunham**  
9.25" with 416 Coil Innerspring, Poly Foam & Air Flow Fiber  
**\$425** 5 Year Warranty  
Queen Set **\$310** USA MADE  
Twin Set Full Set King Set  
**\$325 \$395 \$675**  
Mattress Only Price  
**\$240 \$290 \$495**

**FLIP-ABLE 2-SIDED**  
**Comfort sleep**  
**Murphy**  
13.5" Firm or Plush with 650 Coil Innerspring, Gel Poly Foam  
**\$665** 5 Year Warranty  
Queen Set **\$555** USA MADE  
Twin Set Full Set King Set  
**\$475 \$615 \$865**  
Mattress Only Price  
**\$385 \$515 \$685**

**FLIP-ABLE 2-SIDED**  
**FREE Frame! Medicoil 2**  
THE TWO-SIDED MATTRESS  
**Cortland** 11.25" Extra Firm or 12.25" Gentle Firm Innerspring, Edge Support  
**\$999** 10 Year Warranty  
Queen Set **\$799** USA MADE  
Twin Set Full Set King Set  
**\$749 \$899 \$1449**  
Mattress Only Price  
**\$649 \$699 \$1149**

**FLIP-ABLE HYBRID**  
**FREE Frame! Medicoil 3**  
Holds Up to 600 lbs.  
**Heavy Duty 1500** 12" Extra Firm Innerspring, Firmest Edge Support  
**\$1495** 20 Year Warranty  
Queen Set **\$1245** USA MADE  
Twin Set Full Set King Set  
**\$1195 \$1395 \$1895**  
Mattress Only Price  
**\$995 \$1145 \$1445**

**Get SAME OR NEXT DAY PICK-UP & DELIVERY** on most sofas, recliners, chairs and mattresses!  
See store for details.

5430 W. Layton Avenue,  
Greenfield, WI 53220  
(414)-238-2020  
**BiltRiteFurniture.com**

Weekdays: 10am to 8pm  
Saturday: 10am to 6pm  
Sunday CLOSED to be with family

You're Local.  
We're Local.  
Buy Local!

\* Discounts not valid on American Leather. Items marked "As Advertised," "Final Price" "After Discount" or "Includes All Discounts" already include the discount. Prior purchases and clearance items are excluded. Cannot be combined with any other offer, discount, coupon or balance. \*\* Special Financing: Subject to credit approval. Some restrictions may apply. See store associate for details. 6 months financing on purchases of \$399 or more. 12 months financing on purchases of \$999 or more. 24 months financing on purchases of \$1599 or more. 36 months financing on purchases of \$2599 or more. 60 months financing on purchases of \$3599 or more. 50% deposit required on special orders. 10% deposit required on in stock orders. Deposit is due at time of purchase and cannot be financed. See store for details. ©BRF