

Your LIFE!

MAGAZINE

February 2020
A FREE PUBLICATION

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PRINT and ONLINE EDITIONS

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



ICE CLIMBING
In WISCONSIN

UPDATE
CORONAVIRUS

INSIDE
THIS ISSUE ~page 3





A celebration of American music that energized World War II dance halls!

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From the Publishers

FEBRUARY 2020



After a long deadline and many days inside working, I crept outside last night before finishing this letter. My backyard was silently draped with pure white. No breeze. Just my old dog Cuda snuffling around for deer scents. Absolute fresh, undisturbed peace. I know it's cold out there. It's Wisconsin so we complain. *But* it truly can be quite beautiful. Look for it. My Mother often opened the windows during

winter to flood the house with pure winter air. She hung the wash on the clothesline outside until it was frozen solid. She said fresh air was the best medication - and the sheets always smelled so good!

February - the month of love. As we grow older and wiser, our definition of love changes. What once was the drama of I-can't-breathe-or-think-or-eat-without-you becomes the comfortable tuna-noodle-casserole-Friday-night-on-the-couch kinda thing. It might not sound very exciting, but it's exactly where most of us want to be. Cuddled up and cozy - no fancy jeans and high heels, no make up, pajama pants... perfect.

I can still hear my college girlfriends belting out Tina Turner's 'What's love got to do with it... What's love but a sweet old-fashion notion - Who needs a heart when a heart can be broken'. Of course we were single at the time and probably enjoying every drama moment of our hearts-been-broken sisterhood over a pitcher of beer.

We can appreciate what love actually does 'got to do with it' as we grow older and wiser. The vine we cling to as we traverse the jungle. We've mixed it all up a bit in this issue with quite a bit of 'relationship' humor. Enjoy. It's all part of that love-pie!

And, by the way, I make a slammin' very romantic tuna noodle casserole!

May faith, health, happiness and LOVE surround you!



Sandy and Tom Draelos

"Good Morning Sandy and thank you for sending out Your LIFE! Magazine. The ability to open up a magazine online and enjoy it whenever you would like is a true gift, and I hope that your readership feels as blessed as I do to receive it." -loyal reader

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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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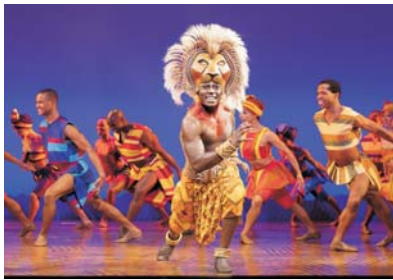
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The Lion King

The World's #1 Musical

**Performances Begin on February 5, 2020
And Play for Four Weeks at the Marcus
Performing Arts Center through March 1**

After 22 landmark years on Broadway, *The Lion King* continues ascendant as one of the most popular stage musicals in the world. Since its premiere on November 13, 1997, 25 global productions have been seen by more than 100 million people. Produced by Disney Theatrical Productions (under the direction of Thomas Schumacher), *The Lion King* has made theatrical history with three productions worldwide running 15 or more years and three others running 20 or more years.

Performed over its lifetime in nine different languages (English, Japanese, German, Korean, French, Dutch, Spanish, Mandarin and Portuguese), productions of *The Lion King* can currently be seen on Broadway; London's West End; Hamburg; Tokyo; Madrid; on tour across North America, Japan and The U.K. & Ireland, with a separate production touring internationally, for a total of nine productions running concurrently across the globe. Having played over 100 cities in 20 countries on every continent except Antarctica, *The Lion King's* worldwide gross exceeds that of any film, Broadway show or other entertainment title in box office history.

The Lion King won six 1998 Tony Awards®: Best Musical, Best Scenic Design (Richard Hudson), Best Costume Design (Julie Taymor), Best Lighting Design (Donald Holder), Best Choreography (Garth Fagan) and Best Direction of a Musical. *The Lion King* has also earned more than 70 major arts awards including the 1998 NY Drama Critics Circle Award for Best Musical, the 1999 Grammy® for Best Musical Show Album, the 1999 Evening Standard Award for Theatrical Event of the Year and the 1999 Laurence Olivier Awards for Best Choreography and Best Costume Design.

The Broadway score features Elton John and Tim Rice's songs from the *Lion King* animated film along with three new songs by John and Rice; additional musical material by South African Lebo M, Mark Mancina, Jay Rifkin, Julie Taymor and Hans Zimmer; and music from "Rhythm of the Pride Lands," an album inspired by the original music in the film, written by Lebo M, Mark Mancina and Hans Zimmer. The resulting sound of *The Lion King* is a fusion of Western popular music and the distinctive sounds and rhythms of Africa, ranging from the Academy Award®-winning song "Can You Feel the Love Tonight" to Lebo M's rich choral numbers.

Elton John, Lebo M, and Hans Zimmer all collaborated on the 2019 version of the film, executive produced by Julie Taymor and Thomas Schumacher, which has gone onto extraordinary worldwide success.

The book has been adapted by Roger Allers, who co-directed the animated *The Lion King* feature, and Irene Mecchi, who co-wrote the film's screenplay.

For more information worldwide, visit LionKing.com.



February 8 Cannabis Expo

Wisconsin Center

Featuring over 100 exhibitors, speakers and an estimated 2,000+ attendees, this event is an opportunity to learn more about the innovative and exciting cannabis industry.

Featuring growers, processors, dispensaries, operators, testers and investors. During the event, guests will have the chance to sample and purchase product, attend presentations from leading experts in the cannabis, CBD and hemp industry, chat with thousands of cannabis enthusiasts and network.

All products sampled and sold at the expo are legal in the state of Wisconsin. Speaker and panel discussions will include topics regarding legalization and the future of cannabis in Wisconsin.



February 14-16

A delightful adaptation of four of Barbara Park's best-selling books brought to life in a genuinely comical (and not strictly-for-kids) musical. Awaken a young person's desire to read with the sassy little diva, Junie B. Jones, and her adventures in first grade.

**Friday, February 14th - 7:00pm
Saturday, February 15th - 7:00pm
Sunday, February 16th - 1:30pm**

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

February 8

Owl Prowl at Riverside Park
Urban Ecology Center at Urban Ecology Center - Riverside Park
A winter night hike through the forest is the best time to hear the hoots of our nocturnal raptors, the owls. We'll take a look at the behaviors and adaptations that make these birds amazing survivors, then head to the woods to listen for the calls of our neighborhood owls. Pre-registration required

February 8

Virtual Reality Showcase
Discovery World
Virtual Reality and Augmented Reality make anything possible! Check out the latest and greatest of AR and VR from local businesses and organizations and learn all about how this technology works

February 13

The Shift
NEWaukee at Centennial Hall
The Shift is a female-focused speaker series centered on defining and fueling women's career trajectories. During The Shift, we explore topics around achieving gender parity in the workplace and highlight intergenerational stories of female leadership. The program features an opening keynote, a panel discussion, inspirational storytelling sessions and a closing presentation. The evening also includes networking, live music, drinks and appetizers while they last

February 14

Beers and Wedding Bells
Black Husky Brewing
909 E Locust St, Milwaukee
Have some fun, have a song sung for you and bring your pup for marriage and renewals. contact Devon@blackhuskybrewing.com and reserve your spot at Milwaukee's most pet-friendly taproom

February 14

Hearts Under Glass
The Domes
Add the romantic atmosphere of the Domes at night to your Valentine's evening plans from 6:00-9:00pm to compliment your evening out with someone special. Cocktails, small plate dining, and desserts will be available for purchase. Stroll the softly lit Domes, take a walk in the moonlit Desert Dome, spend a romantic moment in the Tropics, and enjoy a spectacular light show amid the annual Train Show in the Show Dome

February 14-16

Anime Milwaukee
Hilton Milwaukee and Wisconsin Center
Wisconsin's largest anime convention is back for a weekend of gaming, cosplay, and all things Japanese pop culture

February 14-16

Sky Circus on Ice Kite Festival
Lake Lawn Resort
2400 E Geneva St., Delavan
Free Admission. Greatest kite performers in the world for a spectacular show. Expert ice and snow carvers. Concessions and warming stations. Purchase or make your own kite to fly

February 15

15th Annual Valentine's Laugh-A-Thon
Wisconsin Center
The popular annual comedy showcase will star comedians DeRay Davis, Rickey Smiley, Michael Colyar, Mark Curry, and Melanie Comarcho

February 15

Food and Froth Fest
Don't miss your one chance to tip back with a T. rex, snap a selfie with Snake, and cheers with Granny in the Streets of Old Milwaukee

FEBRUARY EVENTS



February 15-16

Cedarburg's Winter Festival
Family-friendly event. On Saturday, individual chili contests, ice carving competitions, grand parade, iceburg open golf tournament, bed races on ice (weather permitting). Find unique items for sale at the Marketplace at the Community Center. Saturday night with the Cool Brew at the Cedarburg Cultural Center. Sunday pancake breakfast, dog weight pull competition. Wine tasting at the Cedar Creek Winery and do some shopping at the Cedar Creek Settlement

February 16

ECO I DO Green Wedding Expo
Urban Ecology Center - Riverside Park
Learn how to host an environmentally friendly wedding from local and ecofriendly caterers, florists and rental companies. Try samples, talk with local businesses to find out about their green initiatives. We'll also have workshops on a variety of ecofriendly wedding topics. Before you say "I do", come to ECO I DO

February 17

Christian Women's Brunch
Davians Catering & Events
16300 W Silver Spring Drive
"Gift from the Heart" Bring a small gift to exchange with another guest." Maggie Imigwill speak on, The Seven Men in My Life." 9:30am. \$18 includes brunch and program. RSVP 262-251-3841. All welcome

February 21

Fiserv Forum Tours
See behind the scenes of this transformative venue and learn about how the vision of Fiserv Forum became a reality. Add in the Milwaukee Bucks storied past and electrifying present, this approximately 90-minute experience will leave you informed on the past and inspired about the future of entertainment in Milwaukee. (414) 227-0511

February 21-23

58th Annual World of Wheels
State Fair Park
Milwaukee's Largest Indoor Custom Car Show. North America's Premier Show Car Series

February 22-March 1

2020 Car & Truck Show
Wisconsin Center
See the newest models from all the major brands plus concept cars, hybrids, classics, antique and custom cars, performance accessories and more. **Sip & Savor** on Thurs, February 27th from 7-9:30pm. Sample Wisconsin craft brewers and local restaurants

February 27

Wingspan & Wine
Schlitz Audubon Nature Center
Taste wines from around the globe while meeting birds of prey, including owls, falcons, and a Bald Eagle. Wine experts will pour more than 40 wines from around the world. Cheese and other light refreshments. Wine can be purchased with a portion of proceeds supporting our Raptor Program

March 7

Local Farmer Open House
Urban Ecology Center at Urban Ecology Center - Riverside Park
Learn how you can conveniently get boxes of farm-fresh produce (and more) directly from your local farmers. Visit with the farmers, attend a workshop and see a cooking demo

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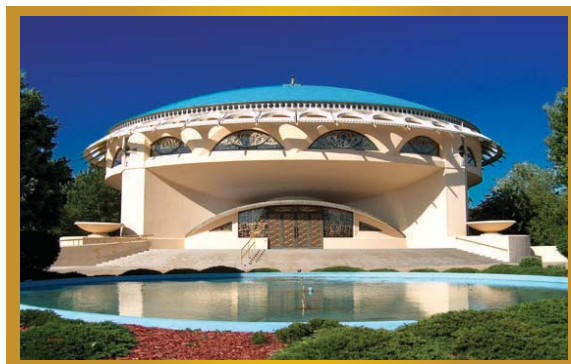
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Gyros



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Pastichio

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Portrait of Milwaukee

What made Milwaukee into the city it is today, and what does it mean to call oneself a Milwaukeean?



LAST MONTH of Showing (through March 1st, 2020)

Presented by Milwaukee Art Museum. Herzfeld Center for Photography and Media Arts

Portrait of Milwaukee reveals a deep connection between the city of Milwaukee and its residents. Photographs from the 1930s through the 2010s highlight some of the people, movements, businesses, and neighborhoods that have helped make Milwaukee what it is today. From small businesses to community churches, tannery workers to New Wave rockers, the subjects of the pictures in the exhibition show a midwestern city that is just as dynamic and diverse as the people who call it home.

Photographs in the exhibition are drawn from the Museum's collection, as well as from local collections that are rarely on public view.

Image: Murdoch & Co., View West of Wisconsin Avenue, Milwaukee, from Pabst Building, ca. 1925. Gift of Friends of Art M1989.410. Photo by John R. Glembin.

A wife asked her husband, "Honey, will you still love me when I am old and overweight?" The man replied, "Yes, I do."

If you want to know who is really man's best friend, put your dog and your wife in the trunk of your car, come back an hour later, open the trunk, and see which one is happy to see you.

What's the difference between your 1st & 2nd honeymoon? Niagara and Viagra

Worth repeating...

The Origins of A KISS

Has Hallmark tricked us into another \$8-Greeting-Card!? I have a better idea... How about a little kissin' by a cozy fire!

Historians initially believed that kissing began with the Romans, when, returning from a hard day at the amphitheatre, Roman husbands would kiss their wives to see if they had been into the red wine. Following this theory, scientists proclaimed that people kissed because when their lips met a pleasurable electric current was generated - when two people embrace, hormones are released into the blood stream, which immediately induce a sense of euphoria.

But truly my favorite... Back in Prehistoric times it was important to select a mate with a good immune system to further the species with. So, as barbaric as it may sound, our ape-like ancestors would taste each other's saliva in order to find a healthy prospect. Saliva contains levels of a compound found in the body called immunoglobulin (IgA). IgA binds to bacteria and triggers the immune system to destroy them. Stress and anxiety levels can also be measured through saliva by monitoring the breakdown products of a neurotransmitter called noradrenaline, high levels of which indicate recent trauma. So instead of indulging themselves in the kissing purely for the joy of it, our predecessors were actually using smooching as a test of the health of their partner. Somehow their nervous system was able to recognise a suitable match purely through the exchange of, er..... spit.



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MEREDITH WILLSON

Story by:
MEREDITH WILLSON & FRANKLIN LACEY

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Saturday, February 15th, 7PM

Sunday, February 16th, 2PM

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RV Swapping

RV, motorhome and campervan owners can enjoy many of the same vacation and holiday benefits as people who exchange their homes. One unique Internet company we've become aware of offers the tried and tested approach of a holiday exchange program, where owners exchange their pride and joy (traditionally houses and more recently boats) to have all the convenience of a well equipped home in another part of the world at virtually no cost.

With establishment of www.motorhomeholidayswap.com and competitor www.rvworldwide.com, details of motorhomes and their owners seeking this type of opportunity can be made available. Owners can have the reassurance that they will exchange with like minded people who care about their motorhomes/RVs.

International RV: Rental & Hire

If you don't already own an RV, international travelers can benefit from recreational vehicle rental and hire companies. If you would rent a car in a foreign country, you can just as easily rent an RV or campervan.

Rental recreational vehicles are equipped with bedding and cookware if desired. You should be fully instructed in the proper use of the vehicles systems including operation of holding tank valves and fresh water tank filling. Rental contracts should protect both you and the rental or hire company. Know what you are agreeing to.

Using your favorite Internet search engine searching for "country (where do you want to go?) RV camping" should provide a great starting point for finding rental and hire companies. As with any business transaction, it's your responsibility for determining value, safety, and business ethics of the companies you choose. We hope you choose wisely!

Unlimited RV Camping Possibilities

From the Australian Outback, to the Scottish Highlands, RV camping opportunities are limitless. Adventurous international travelers deciding on an RV for their vacation or holiday transportation and lodging can discover remote places that few tourists ever see. If you are interested in RV camping inside the USA, you can find information about most public land camping locations at RV Camping.

Always keep in mind vehicle operators license requirements, insurance laws, and local ordinances. Learn what is and is not allowed where you wish to camp and travel.

www.rv-camping.org

'Cool' Sport Try Ice Climbing in Wisconsin



Special to TravelWisconsin.com by Brian E. Clark

When Dave Everson read an ice climbing article a while back that described this winter activity as "a masochistic pastime for oddballs," the suburban Chicago resident knew he'd have to give the sport a try.

Already a mountaineer and rock climber, he'd been in situations where knowing how to safely navigate ice on glaciers would have saved him time and energy. And the idea of climbing straight up frozen waterfalls was something that intrigued him from the start.

Since then, Everson – the creative director for an ad agency – has climbed extensively in Wisconsin at Wyalusing State Park south of Prairie du Chien, Governor Dodge State Park north of Dodgeville, along the Wisconsin River near Lone Rock and at other sites around the Upper Midwest.

From clumsy beginner to graceful alpinist. "I like it because it is incredibly challenging," said the 52-year-old Everson. "... From that first class, I fell in love with it because it was so cool being out there on the ice. Now I climb a lot with Joel Taylor, who runs Vertical Adventure Guides."

In the beginning, Everson said ice climbing seemed counterintuitive. Now, moving up a 70-foot frozen waterfall at Wyalusing is a breeze for him.

"It just appeared to be so wrong to even try to go up a slippery surface like that," he said. "And before you get the technique down, it feels like it strains every muscle in your anatomy. But I was determined to learn, in part because the people who are good at it made it look graceful. Not necessarily easy, but they could go right up those frozen waterfalls. It's all about saving energy, not having a death grip on your ice axe, staying balanced and using your legs more than your upper body."

Not always about getting to the top. Everson first climbed with Taylor on a grain silo covered with ice. Since then, he's climbed extensively with him and watched him teach plenty of novices.

"I've seen him work with teenage girls so they get it," Everson said. "He's a super patient person who's willing to take the time to instruct people who want to take a stab at the sport. And it's not always about getting to the top, especially in the beginning. It's about being out there in the winter and gaining confidence."

Taylor, who is also 52, said he was attracted to ice climbing because it "seemed cool, no pun intended."

"I love just being out there and looking at the formations on the ice," he said. "And watching it change from day to day is fascinating, too. It still amazes me how you can climb it without falling off."

Gear and outfitters to give it a try. Climbers wear harnesses and are protected from slipping more than a few feet by ropes anchored from above if they do lose their grip.

"But with ice climbing, you actually don't fall as much," Taylor added. "Unlike rock climbing, you kick your own footholds in the ice with the pointed crampons on your boots and you make your own hand holds with your tools – the ice axe. It's an entirely different element. And as long as you wear the right clothing, you don't get too cold, either."

Other outfitters who teach classes and guide trips in Wisconsin include Eau Claire-based Chicago Rock and Ice Guides, and Vertical Illusions.

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CDC confirms additional cases of Coronavirus in United States

While this is a serious public health threat, CDC continues to believe the immediate risk to the U.S. general public is low at this time

2019 Novel Coronavirus (2019-nCoV) is a virus (more specifically, a coronavirus) identified as the cause of an outbreak of respiratory illness first detected in Wuhan, China. Early on, many of the patients in the outbreak in Wuhan, China reportedly had some link to a large seafood and animal market, suggesting animal-to-person spread. However, a growing number of patients reportedly have not had exposure to animal markets, indicating person-to-person spread is occurring. At this time, it's unclear how easily or sustainably this virus is spreading between people.

Chinese authorities identified the new coronavirus, which has resulted in hundreds of confirmed cases in China, including cases outside Wuhan, with additional cases being identified in a growing number of countries internationally. The first case in the United States was announced on January 21, 2020. As of our publishing date, January 27th, five cases have been verified in the U.S.

The Centers for Disease Control and Prevention (CDC) confirmed additional travel-related infections of 2019 Novel Coronavirus (2019-nCoV) in the United States, this time in Arizona and California. These patients recently returned to the U.S. from Wuhan, China, where an outbreak of respiratory illness caused by a novel coronavirus has been ongoing since December 2019. This brings the total number of 2019-nCoV infections detected in the United States to five.

Based on the patient's travel history and symptoms, healthcare professionals suspected 2019-nCoV. Investigations are underway to determine where these patients went after returning to the United States and any close contacts who were possibly exposed. CDC teams have been deployed to support these efforts.

This is a rapidly evolving situation, and we are still in the early days of the investigation – both domestically and abroad. CDC continues to monitor the international situation with our teams on the ground in affected countries, as well as domestically in the four states with confirmed cases – Arizona, California, Illinois, and Washington. CDC is leaning forward with an aggressive public health response strategy and working closely with state and local public health authorities to identify potential cases early and make sure patients get the best and most appropriate care.

It is likely there will be more cases reported in the U.S. in the coming days and weeks, likely including person-to-person spread.

In previous outbreaks with MERS and SARS, the two other coronaviruses that have jumped the species barrier to cause severe illness in people, person-to-person spread has been seen, including among healthcare workers caring for patients ill with coronavirus infection.

This is a very serious public health situation. We understand that some people are worried about this virus and how it may impact Americans. Outbreaks of new diseases are always of concern – and in today's connected world, an outbreak anywhere can be a risk everywhere. Risk is dependent on exposure. While this is a serious public health threat, CDC continues to believe the immediate risk to the U.S. general public is low at this time.

Right now, CDC recommends travelers avoid all nonessential travel to Hubei Province, China and people traveling to other parts of China practice certain health precautions like avoiding contact with people who are sick and practicing good hand hygiene. For the general public, no additional precautions are recommended at this time beyond the simple daily precautions that everyone should always take. It is currently flu and respiratory disease season, and flu activity is still high. CDC recommends getting a flu vaccine, taking everyday preventive actions to stop the spread of germs, and taking antivirals if prescribed.

As we learn more about this novel coronavirus, we will continue to update our guidance. Please visit the CDC website, which is updated daily, for the latest information related to our response.

www.cdc.gov

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Pandemics That Changed History

Flu pandemics have occurred throughout history. There have been four with major impact since 1918

Seasonal flu activity usually peaks in January or February, but it can occur as early as October and as late as May. Most experts believe that you get the flu when a person with the flu coughs, sneezes, or talks and droplets containing their germs land in your mouth or nose. You can also get the flu by touching a surface or object that has the flu virus on it and then touching your mouth, eyes, or nose.

Flu pandemics have occurred throughout history. There have been four with major impact since 1918.

1918 – 1919

Illness from the 1918 flu pandemic, also known as the Spanish flu, came on quickly. Some people felt fine in the morning but died by nightfall. People who caught the Spanish Flu but did not die from it often died from complications caused by bacteria, such as pneumonia.

During the 1918 pandemic approximately 20% to 40% of the worldwide population became ill, an estimated 50 million people died, nearly 675,000 in the U.S.

Unlike earlier pandemics and seasonal flu outbreaks, the 1918 pandemic flu saw high mortality rates among healthy adults. In fact, the illness and mortality rates were highest among adults 20 to 50 years old. The reasons for this remain unknown.

1957 – 1958

In February 1957, a new flu virus was identified in the Far East. Immunity to this strain was rare in people

younger than 65. A pandemic was predicted. In the summer of 1957, the virus came to the United States quietly with a series of small outbreaks. When children returned to school in the fall, they spread the disease in classrooms and brought it home to their families. Infection rates peaked among school children, young adults, and pregnant women in October 1957. By December 1957, the worst seemed to be over. However, another wave of illness came in January and of 1958. This is an example of the potential “second wave” of infections that can happen during a pandemic. Although the 1957 pandemic was not as devastating as the 1918 pandemic, about 69,800 people in the United States died.

1968 – 1969

In early 1968, a new flu virus was detected in Hong Kong. The first cases in the United States were detected as early as September 1968. Illness was not widespread in the United States until December 1968. Deaths from this virus peaked in December 1968 and January 1969. Those over the age of 65 were most likely to die. The number of deaths between September 1968 and March 1969 was 33,800, making it the mildest flu pandemic in the 20th century. The same virus returned in 1970 and 1972.

There could be several reasons fewer people in the United States died due to this virus: The Hong Kong flu virus was similar in some ways to the 1957 pandemic flu virus. This might have provided some immunity against



the Hong Kong flu virus; The Hong Kong flu virus hit in December of 1968, when school children were on vacation. This caused a decline in flu cases because children were not at school to infect one another or bring it home.

2009 – 2010

In the spring of 2009, a new flu virus spread quickly across the United States and the world. The first U.S. case of H1N1 (swine flu) was diagnosed on April 15, 2009. By April 21, the Centers for Disease Control and Prevention (CDC) was working to develop a vaccine for this new virus. On April 26, the U.S. government declared H1N1 a public health emergency. By June, 18,000 cases of H1N1 had been reported in the United States. A total of 74 countries were affected by the pandemic. H1N1 vaccine supply was limited in the beginning. People at the highest risk of complications got the vaccine first.

By November 2009, 48 states had reported cases of H1N1, mostly in young people. That same month, over 61 million vaccine doses were ready. Reports of flu activity began to decline in parts of the country, which gave the medical community a chance to vaccinate more people. The CDC estimated between 8,870 and 18,300 H1N1 related deaths.

CDC works 24/7 protecting America's health, safety and security. Whether disease start at home or abroad, are curable or preventable, chronic or acute, or from human activity or deliberate attack, CDC responds to America's most pressing health threats. CDC is headquartered in Atlanta and has experts located throughout the United States and the world.

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Age 50+? You may be at risk for AMD sight loss

by Cheryl L. Dejewski

Age-related macular degeneration (AMD) is the leading cause of central vision loss in Americans over age 50—profoundly impacting quality of life and independence. The team at Eye Care Specialists explains how prompt diagnosis and advanced treatment can protect and preserve vision.

What is AMD?

“AMD is an eye disease in which the macula (a highly sensitive area of the retina) becomes damaged causing loss of straight-ahead central vision (as needed for driving a car, reading fine print and recognizing faces),” explains Mark Freedman, MD, an ophthalmologist with 30+ years of experience. “Dry” AMD is more common (90% of cases), tends to progress slowly, and be less severe. “Wet” AMD is less common, but can progress quickly and cause profound loss of central vision. Without treatment, 70% of wet AMD patients become legally blind within two years.”

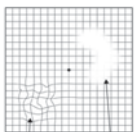
Risk Factors

- **Age:** The risk of developing AMD skyrockets from 2% for adults ages 50-59 to 30% for those age 75+
- **Heredity:** A family history of AMD
- **Gender:** Females are at greater risk
- **Race:** Being Caucasian raises risk
- **Smoking:** Increases risk 2-5 times
- **Circulatory problems**
- **Obesity and inactivity**
- **Light-colored eyes**
- **Prolonged sun/UV-light exposure**
- **A diet high in fat and low in vitamins, minerals and antioxidants**

Detection & Prevention

“Sight-robbing conditions often go undetected and untreated because they develop gradually in one eye and good vision in the other masks the problem,” explains Daniel Paskowitz, MD, PhD, an eye care specialist with credentials from Harvard and Johns Hopkins. “People age 50-plus should have a thorough dilated eye exam every two years to check for AMD and other hidden conditions, like glaucoma. If you notice warning signs, schedule a comprehensive eye exam immediately to determine the presence, type and severity of AMD and whether treatment would help.”

“As for prevention, we encourage wearing sunglasses, eating a diet high in healthy nutrients and low in fat and sugar, and NOT smoking (which raises risk 2-5 times). We also suggest using a simple paper Amsler Grid to easily test



Distortion Blind Spot

your eyes at home for changes,” says Michael Raciti, MD, who often conducts educational lectures for area eye doctors.



Age-related macular degeneration is the leading cause of central vision loss in the United States. It is a breakdown of the macula, the central part of the retina. As the macula becomes damaged, the ability to see straight ahead is lost. This can lead to difficulty seeing faces, clocks, signs, and words. It can also cause distortion of lines, colors, sizes, and edges.



Age-Related Macular Degeneration (AMD) damages central vision, causing difficulty with seeing clocks, signs, faces and words, as well as distortion of lines, colors, sizes and edges.

Treatment

“For significant dry AMD, we usually recommend vitamin supplements, sunglasses, and not smoking to prevent or slow progression. For wet AMD, we review the risks, benefits and candidacy for injections of special medications, such as Avastin, Eylea and Lucentis,” explains Brett Rhode, MD, a partner at Eye Care Specialists, where thousands of AMD patients are diagnosed and treated each year. “These revolutionary drugs inhibit the growth of the abnormal blood vessels that cause wet AMD. Although there are NO guarantees, we have seen remarkable results with regular in-office injection treatment (about every 4-8 weeks), including stopping the

progression of wet AMD in 90 percent of patients and gaining improvement in vision in up to 30 percent,” says Daniel Ferguson, MD, who performs injections on a daily basis. He adds, “These injections are also successful for treating diabetes-related vision damage.”

Maintaining Independence

“AMD patients can stay independent and productive by following their eye care specialist’s treatment plan, utilizing low vision aids (handheld and closed circuit TV magnifiers, telescopic devices, talking books, etc.), contacting support/transport services, and learning new ways to perform activities,” reports optometrist David Scheidt, OD, who cares for patients at three area offices.

Warning Signs

AMD usually develops gradually and painlessly, and good vision in one eye can mask problems in the other. As it progresses, however, you may notice:

- Difficulty with reading or doing tasks that require close vision
- Distortion of colors, sizes & details
- Blurriness of faces, clocks & words
- Edges and lines are bent or wavy
- Blind spots (dark or empty spaces) in the center of vision

If you have any of these symptoms, call 414-321-7035 for a free booklet or call the offices below to schedule a comprehensive eye exam.

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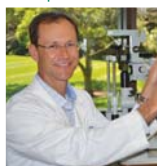
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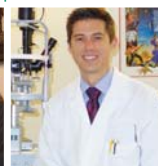


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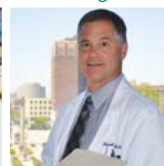


Daniel Paskowitz, MD, PhD



Michael Raciti, MD

www.eyecarespecialists.net
Practice profile & common eye concerns information



David Scheidt, OD





Red Wine and Resveratrol

Good for your heart?

Red wine, in moderation, has long been thought of as heart healthy. The alcohol and certain substances in red wine called antioxidants, such as flavonoids or a substance called resveratrol, may help prevent heart disease by increasing levels of “good” cholesterol and protecting against artery damage.

hypertensioninstitute.com

How is red wine heart healthy? Red wine seems to have even more heart-healthy benefits than other types of alcohol, but it's possible that red wine isn't any better than beer, white wine or liquor for heart health. There's still no clear evidence that red wine is better than other forms of alcohol when it comes to possible heart-healthy benefits.

Antioxidants in red wine called polyphenols may help protect the lining of blood vessels in your heart. A polyphenol called resveratrol is one substance in red wine that's gotten attention.

Resveratrol in red wine. Resveratrol might be a key ingredient in red wine that helps prevent damage to blood vessels, reduces “bad” cholesterol and prevents blood clots. Most research on resveratrol has been done on animals, not people. Research in mice given resveratrol suggests that the antioxidant might also help protect them from obesity and diabetes, both of which are strong risk factors for heart disease. However, those findings were reported only in mice, not in people. In addition, to get the same dose of resveratrol used in the mice studies, a person would have to drink over 60 liters of red wine every day.

Some research shows that resveratrol could be linked to a reduced risk of inflammation and blood clotting, both of which can lead to heart disease. More research is needed before it's known whether resveratrol was the cause for the reduced risk.

Resveratrol in grapes, supplements and other foods. The resveratrol in red wine comes from the skin of grapes used to make wine. Because red wine is fermented with grape skins longer than is white wine, red wine contains more resveratrol. Simply eating grapes, or drinking grape juice, has been suggested as one way to get resveratrol without drinking alcohol. Red and purple grape juices may have some of the same heart-healthy benefits of red wine.

Other foods that contain some resveratrol include peanuts, blueberries and cranberries. It's not yet known how beneficial eating grapes or other foods might be compared with drinking red wine when it comes to promoting heart health. The amount of resveratrol in food and red wine can vary widely.

Resveratrol supplements are also available. While researchers haven't found any harm in taking resveratrol supplements, most of the resveratrol in the supplements can't be absorbed by your body.

How does alcohol help the heart? Various studies have shown that moderate amounts of all types of alcohol benefit your heart, not just alcohol found in red wine. It's thought that alcohol:

- Raises high-density lipoprotein (HDL) cholesterol, the “good” cholesterol

- Reduces the formation of blood clots

- Helps prevent artery damage caused by high levels of low-density lipoprotein (LDL) cholesterol, the “bad” cholesterol

Drink in moderation, or not at all. Red wine's potential heart-healthy benefits look promising. Those who drink moderate amounts of alcohol, including red wine, seem to have a lower risk of heart disease. However, more research is needed before we know whether red wine is better for your heart than are other forms of alcohol, such as beer or spirits.

Neither the American Heart Association nor the National Heart, Lung, and Blood Institute recommend that you start drinking alcohol just to prevent heart disease. Alcohol can be addictive and can cause or worsen other health problems.

Drinking too much increases your risk of high blood pressure, high triglycerides, liver damage, obesity, certain types of cancer, accidents and other problems. In addition, drinking too much alcohol regularly can cause cardiomyopathy – weakened heart muscle – causing symptoms of heart failure in some people. If you have heart failure or a weak heart, you should avoid alcohol completely. If you take aspirin daily, you should avoid or limit alcohol, depending on your doctor's advice. You also shouldn't drink alcohol if you're pregnant. If you have questions about the benefits and risks of alcohol, talk to your doctor about specific recommendations for you.

Moderate drinking is defined as an average of two drinks a day for men and one drink a day for women. The limit for men is higher because men generally weigh *more* and have *more* of an enzyme that metabolizes alcohol than women do.

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with Tim Stasinoulas

FINANCE QUESTIONS AND ANSWERS

Estate Planning for a Second Marriage

Marrying again happens for lots of reasons and is quite common. It also makes estate planning more involved.

Special considerations for a complex situation

How do you provide for everyone you love? Should you provide for everyone you love? How do you arrange to transfer wealth in a way that won't hurt the feelings of certain heirs?

If you have not planned your estate yet, take inventory. Spend a half-hour and jot down the assets you own, major and minor. Who should own these assets after you die? Your spouse should do this, too – and you should talk about your preferences. It may not turn out to be the easiest conversation, but agreement now may preclude family squabbles and legal challenges down the line. (If you have a prenuptial agreement in place, you may have already discussed some of these matters.) You should also consider two scenarios – what happens if you die first, or what happens if your spouse does.

If you and/or your spouse have children from prior marriages, there may be some dilemmas for each of you. If you die, there is a real possibility that your current husband or wife will not elect to provide for your children from past marriages. So what might you do to prepare for that pos-

sibility? You might make a child the primary beneficiary of a life insurance policy, or set up a trust for your kid(s), or place certain real property under joint ownership with a child.

If you have already written a will, it will probably need revisions. Perhaps considerably. You want to be extremely specific about which heir gets what, no ambiguity.

How up-to-date are your beneficiary designations? Out-of-date beneficiary decisions are an Achilles heel of estate planning. Be sure to review them; you may want to revise beneficiary forms for retirement plans, investment accounts, and insurance policies.

As you consider these revisions, pay particular attention if you have been divorced. Divorce may actually preclude you from changing beneficiaries in certain cases. Turn to a lawyer and show the lawyer a copy of your divorce decree; ask if revising your beneficiary designations will violate it. Should you be unable to make beneficiary changes to your life insurance policy, you may want to buy another one in consideration of your new spouse.

Take a look at irrevocable trusts. They can be used to provide for your spouse as well as your kids.

Alternately, parents create irrevocable trusts to direct assets to particular children. They are attractive estate planning vehicles for a number of reasons. A trust agreement is a private mechanism for wealth transfer, while a will is a public document (and some parents who have remarried would rather their wills not be made public). Assets within irrevocable trusts are shielded from creditors, and also from inheritance claims of spouses of the adult children named as heirs. An irrevocable trust represents a “finalized” estate planning decision, one that ensures that particular assets transfer to a parent's biological children. Irrevocable trusts are also rarely undone. It typically takes permission from beneficiaries (and a judge) to reverse them.

Those aforementioned pre-nups can play an estate planning role as well. They allow you to designate personal assets (such as assets within a college savings account) for existing rather than future

children. Post-nuptial agreements (similar to pre-nups, but drafted after a marriage) can accomplish this. Some states do not view pre-nup and post-nup agreements as legally valid, however – and sometimes carrying out the terms and conditions of these agreements is up to a judge.

Be sure to consult legal & financial professionals. When estates become this complex, collaboration with fiduciary professionals having a thorough understanding of estate planning and tax issues is essential.

Do you have a financial question for Tim? Tim can be contacted at (262)369-5200, emailed at info@aegiswi.com, or his website at 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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It stands to reason that these people don't go to the altar believing their marriage will end in divorce. Yet that will be the reality for an estimated 40 to 50 percent or more, depending on whether it is their first or a subsequent marriage, according to the American Psychological Association. Further complicating the issue, financial issues arise when a divorce takes place, issues which most people don't tend to think about until it actually happens to them. "Most people don't realize the depths of what divorce can do, when it comes to their finances," explains Samantha Fraelich, Certified Financial Planner and Vice-President of Bernard R. Wolfe & Associates, Inc., a company that specializes in offering wealth management strategies. "It is usually a matter of much more than a loss of salary or income. In addition to that, there are other issues that can arise and impact your finances."

DON'T DO IT!!
Think twice. Maybe even three times...

5 Ways Divorce Will Impact Your Pocketbook

- 1 Legal Assistance.** Attorney/Certified Divorce Planner costs—be prepared to spend thousands, even if you think it will be an amicable divorce. These services are not inexpensive.
- 2 Childcare Expenditures.** If children are involved, child support will need to be paid by the parent who doesn't have sole custody of the kids. But for the one who does end up having sole custody of the children, keep in mind that it's typically more expensive for you, since many costs pop up at the last minute and it's tough to split everything like that with a former spouse.
- 3 Uncle Sam.** Tax brackets will change, once you go from married filing jointly to head of household. Going from a joint filing status to a single filing status could increase your taxes. Be prepared for this so there are no surprises at tax time..
- 4 Future Planning.** Your plan for retirement has probably drastically changed now that you won't have two people sharing the costs. It is usually helpful to get a

retirement plan run by a professional, ensuring it includes the proposed settlement agreement, before you actually sign divorce paperwork. That way, you'll know whether the numbers will work in the future for you.

5 Insurance Needs. Many couples don't have long-term care insurance since they think their spouse will help take care of them. Once single again, long-term care insurance may need to be considered for those who are unable to self-insure that expense. Also, if you both agree you'd like long-term care, some companies offer "couples discounts" so it may be beneficial to apply and purchase the insurance before you decide to file any legal proceedings.

"Divorce is likely to have an impact on most people's financial situation," added Fraelich. "But that doesn't have to mean disaster. It should be the perfect opportunity to meet with a financial advisor, set some revised goals, and start working toward a new future for yourself."

Bernard R. Wolfe & Associates, Inc., founded in 1981, provides knowledgeable financial planning guidance to a diverse range of personal and corporate clients. To learn more about Bernard R. Wolfe & Associates, Inc., visit the website at www.bernardwolfe.com.



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Dear EarthTalk:

I see more and more EVs out of the road. When will EVs start to outnumber internal combustion cars on American roads?

Electric vehicles (EVs) have been around about as long as cars themselves. In fact, primitive EVs were the dominant form of automotive transportation at the dawn of the auto age in Europe and the U.S. in the late 19th century. It wasn't until the 1920s—when the U.S. road system was starting to be built out and cheap oil was available from newly tapped Texas oil fields—that internal combustion cars began to take over as the predominant vehicles across the United States.

And we never looked back. Until recently, that is. Nowadays, EVs (Teslas, Leafs, Bolts, etc.) are indeed everywhere. Analysts estimate the EVs will be cheaper to buy than internal combustion cars as soon as 2022. Beyond that, it's probably only a matter of two decades before EVs represent the majority of cars, light trucks and SUVs plying American roads.

In 2018, EVs made up only about two percent of total U.S. new car sales, but that figure represents an astonishing 70 percent growth from the year prior. Moving forward, analysts expect around 13 percent annual compound growth in the EV sector for the foreseeable future. Bloomberg New Energy Finance, a research arm of the New York-based media company, expects sales of passenger EVs to overtake conventional internal combustion-based vehicles by 2038 (with EV sales topping 50 million a year as compared to conventional vehicle sales of 47 million by then). After that, EVs, with their lower ongoing fuel and maintenance costs, will continue taking over more



and more of the market every year, calling the very future of the internal combustion engine passenger car into question.

As technologies mature (allowing for better battery storage and extended driving range) and manufacturers ramp up production and prices come down accordingly, consumers will begin to look exclusively at EVs when shopping for new cars. Indeed, a recent survey of 2,000 adults living in either California or the Northeast Tristate Area (NY, NJ, CT) by consulting firm West Monroe Partners found that the majority (59 percent) of respondents think their next vehicle will be an electric car. Not surprisingly, the survey found that Gen Zers (those born

after 1996) are especially inclined toward EVs.

That said, only 16 percent of respondents are driving around in EVs today, and concerns including short battery life and lack of charging stations (limiting the vehicles' range), as well as high up-front purchase costs, are still holding many of us back from taking the all-electric plunge. But the writing is on the wall for gas guzzling passenger cars as we overcome these short-term hurdles. With about 15 percent of U.S. greenhouse gas emissions emanating from the tailpipes of our internal combustion cars and light trucks, and gasoline becoming more and more expensive, the inevitable switchover to EVs—despite efforts by the Trump administration to reduce national fuel efficiency standards and bolster the ailing oil industry—is going to be a win-win for consumers and the planet. 2038 can't come too soon!

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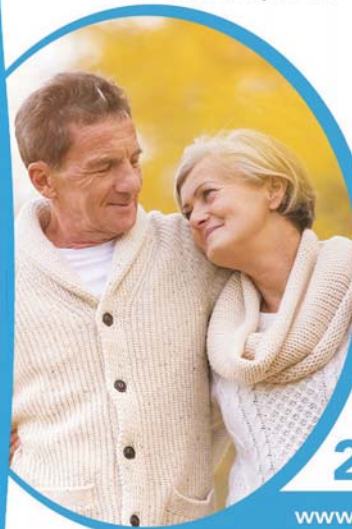
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WHAT IS ANTI-AGING MEDICINE

Go to page 20 for a list of Dr. Comstock's recommendation of supplements that have been shown to provide anti-aging benefits -lower inflammation, antioxidant protection, healthy cell function and longevity gene expression.

By Dr. Frank Comstock M.D.

Antiaging medicine is a program of optimal diet, nutraceuticals, exercise, bioidentical hormone therapy, and stress management directed at optimizing health and slowing, even reversing, the aging process. Antiaging medicine is all about wellness. We supply the body with what it needs to rebuild, repair and regenerate. We utilize healthy diet, nutritional supplementation, exercise, hormone replacement therapy and stress reduction to restore health and vitality.

Antiaging medicine is much more than "preventive medicine", it is a proactive, preventive health care program. In contrast to traditional medicine, which focuses on disease care, the focus of antiaging medicine is on health care. We focus on lifestyle interventions that restore energy, improve health, and slow the aging process. In antiaging medicine we are able to decrease dosages and even eliminate medications in many patients.

Our healthy diet focuses on blood sugar and insulin control. Patients eat a balanced diet to support metabolism and promote fat burning. We avoid processed foods that sabotage our health and well being. We choose food groups that are a premium fuel to run the body. This optimal diet is the foundation to healthy aging and vitality.

In antiaging medicine we utilize nutritional supplements to support cell function and balance oxidative stress to dramatically decrease the risk of degenerative diseases. Supplements work synergistically with our diet to improve overall health and body weight.

Our exercise programs focus on shorter duration resistance training, as well as interval training, to build muscle, burn fat, and support optimal bone density. With this approach patients spend less time exercising yet obtain maximal results from their exercise program. Hormone replacement therapy is a pivotal part of antiaging. As we age many of our vital hormone levels decline leading to weight gain, low energy, muscle loss and decrease in immune function. We use bioidentical hormone therapy to bring the hormone levels into a healthier range with restoration of energy and metabolism. Patients notice tremendous benefits when their hormones are in balance.

Stress reduction is a powerful modality to improve health. All of our antiaging programs lower stress burden on our bodies. In addition, we utilize simple yet effective stress reduction techniques to improve our health in many areas.

All components of antiaging medicine work synergistically to allow us to regain health and vitality. By decreasing our reliance on medications for chronic conditions, we attain true health reform.

Anti-aging Medicine continued on page 20

Frank Comstock, M.D. is board-certified in emergency medicine and anti-aging medicine. For the past ten years, he has practiced anti-aging medicine at Lifestyle Spectrum in Tucson, Arizona. His practice centers on bio-identical hormone replacement therapy, supplementation programs, and healthy diet and exercise programs. His book, Antiaging 101: Course Manual- A Proactive Prevention Health Care Program can be purchased online.



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*Editor's picks

BETTER THAN *sex* CHOCOLATE CAKE



1 box devils food cake mix and ingredients to prepare
12 ounces sweetened condensed milk
12 ounces caramel sauce
8 ounces whipped topping (1 tub = about 3 cups)
Toffee bits

Bake cake according to package directions.

Once baked, immediately poke holes all over the top of cake with handle of a wooden spoon.

Pour can of sweetened condensed milk over cake and spread out over the surface. Then pour your jar of caramel sauce over the top and spread out.

Spread whipped topping over top of the cake and sprinkle with your desired amount of toffee bits.

Breakfast in bed....

Easy Crepes with Strawberry Cream Cheese Filling



4 eggs
2 cups milk
1 1/3 cups flour
1/4 teaspoon salt
2 tablespoons sugar
1 teaspoon vanilla
1 1/2 teaspoons vegetable oil

FILLING

2 cups strawberries chopped
1/2 cup sugar
8 ounces cream cheese
1/2 cup powdered sugar
1/2 teaspoon vanilla



In a blender or food processor combine all top ingredients (if you don't want them to be sweet, take out the sugar and vanilla). Cover and refrigerate about an hour (don't skip this step, it is very important).

Heat a skillet over medium-high heat and spray with cooking spray or oil.

Pour 1/4 cup of the batter into pan, tilting to completely coat the surface of the pan (kind of like how you would if you were trying to coat the pan with oil).

Cook 3-4 minutes, flipping over once, until golden. The thinner the crepe, the better!

For the Filling

Combine strawberries and sugar and set aside. In a mixing bowl, mix cream cheese, powdered sugar and vanilla until smooth. Fold in strawberry mixture until well combined. Put about 1-2 Tbsp. of mixture in each crepe. Roll up and serve with sliced strawberries and whipped cream.

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LAUGH out LOUD

My son wanted to know what it's like to be married. I told him to leave me alone and when he did I asked him why he was ignoring me.

I received an invitation for a wedding. I answered: Maybe next time. Thanks.

My wife and I have been married for quite a few years and my wife asked me recently to get some pills that would make sure I'd be up to some action in the bedroom again.

I brought home diet pills. Apparently very much not what she meant.

I tried to re-marry my ex-wife. But she figured out I was only after my money.

I got a call telling me my wife's been taken to the hospital.

"Oh my Lord, how is she?!" I asked.

"I'm sorry to say she's critical," said the nurse.

"What the heck is she complaining about now?!"

An elderly couple talk in the evening:

"Honey, I'm so angry. I let out my anger at you so often. How do you manage to stay so calm with my foul mood?"

"I always remain calm. I just tell myself that I'm using your toothbrush."



BATTLE of the SEXES

I got really angry with my gps today. I even yelled at it to go to hell. 20 minutes later, it brought me in front of my mother-in-law's house.

A man noticed his credit card has been stolen - but he never reported it. The thief was still spending considerably less than his wife."

At a medical check-up:
Do you do dangerous sports?
Well, sometimes I talk back at my wife.

Mom, what does the stork do once he's delivered the baby?

He lies on the couch, drinks beer, watches TV, burps and passes gas.

Arguing with your husband is fun, even if he wins... he loses.

What food diminishes a woman's sex drive by 90%? Wedding cake!

Just spent the last hour tightening every bottle top and jar in my house. That will teach my wife for saying she doesn't need me.

I have never understood why women love cats. Cats are independent, they don't listen, they don't come in when you call, they like to stay out all night, and when they're home they like to be left alone and sleep. In other words, every quality that women hate in a man, they love in a cat.

One easy step to lose an argument with a wife: 1) Argue.

Last week my mother-in-law fell into a wishing well, can't believe it actually worked.

I love being married. It's so great to find one special person you want to annoy for the rest of your life. – Rita Rudner

I tried to drown my troubles the other night but the wife doesn't like swimming.

Men who say that a woman's place is in the kitchen are making a big mistake. That's where the knives are kept.

Women can be likened to roads. The more curves, the bigger the danger.

Finally I got an idea of what it looks like in a woman's brain: 126 open tabs in an internet browser.

I called Debbie to congratulate her on our first anniversary. And she just hung up. Doesn't our divorce mean anything to her?

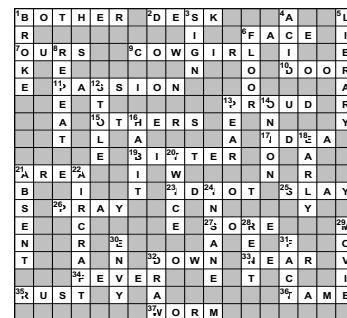
My wife and I have been married for 43 years and we've never even thought about a divorce. Murder, yes. But divorce, no.

Even though at first sight, they may seem cuddly, friendly and sweet, one must not forget that women are still dangerous predators.

My girlfriend is always stealing my t-shirts and sweaters... But if I take one of her dresses, suddenly "we need to talk".

My wife suggested we should try some role reversal in bed so I told her I have a headache.

Puzzle on page 23



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WHAT IS ANTI-AGING MEDICINE

Continued from page 17

Here are the supplements Dr. Comstock suggests for anti-aging. All of the following supplements have been shown to provide antiaging benefits.

- 1) Pharmaceutical grade **multivitamin and mineral formula** to supply our cells with necessary nutrients to optimize cell function, and to provide balanced antioxidant protection throughout the body.
- 2) **Omega 3 Fats** are utilized by every cell in our bodies, they promote healthy cell function and lower inflammation. Best source of omega 3 fats are found in pharmaceutical grade fish oil capsules.
- 3) **Resveratrol** promotes the expression of our longevity genes and provides anti-inflammatory as well as powerful antioxidant protection.
- 4) **Alpha Lipoic Acid** is a potent antioxidant and is utilized by every cell in the body to assist cell energy production and improve metabolism. It is pivotal for brain and heart health.
- 5) **L-carnitine** contributes to cell energy production, cell efficiency, and promotes fat burning metabolism.
- 6) **Coenzyme Q10** works synergistically with alpha lipoic acid and L-carnitine to optimize cellular energy production throughout the body. High energy producing cells such as in the brain and cardiovascular system are most supported by these energy producing nutrients. In addition, coenzyme Q 10 is a powerful antioxidant
- 7) **Astaxanthin** is an immensely strong antioxidant that improves cell membranes enhancing brain, skin, heart and eye health. (It is a naturally occurring carotenoid found in plants and microalgae)

Witticism of Will Rogers

In the mid-1930s Will Rogers was hugely popular in the United States, its leading political wit and the highest paid of Hollywood film stars. He died in 1935 when his small airplane crashed in northern Alaska.

Enjoy...

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman. Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. There are three kinds of men: -The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.
9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding' ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him. The moral: When you're full of bull, keep your mouth shut.

~ www.brainyquote.com



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— Richard Lewis

WORD SEARCH

ADDICT	NAME
AIRPORT	PERSON
ALMOND	POOR
ANKLE	PRIDE
ANYWAY	PROBABLY
BOSSY	RATHER
BURY	RECOVER
CLUMSY	RECTANGLE
CRAWL	REMIND
CRAZY	RESULT
DEMANDING	SHOW
DEVIL	SLAY
DISPATCH	SLEEP
DREAD	SPEECH
DROPPED	STAND
ENTIRELY	STRANGE
FUNNY	SUDDEN
GLOBAL	TEEN
GRAY	THEATER
HONEST	THUMB
HOUSE	TRIANGLE
LABORATORY	TUESDAY
LIVE	WIRE
LOOSE	WISE
MORE	ZEBRA

B	H	M	A	E	T	S	T	A	B	N	P	E	C	Y	E	S	S
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Y	N	E	L	L	O	G	R	R	D	R	N	Y	A	D	R	R	T

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

"Amazing," he thought as he flew down I-95, pushing the pedal even more.

Looking in his rear view mirror, he saw a Florida State Trooper, blue lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120. Suddenly he thought, "What am I doing? I'm too old for this!" and pulled over to await the trooper's arrival.

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

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

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

I'm at that delusional stage where I think everyone my age looks way older than I do.

For all those men who say, "Why buy the cow when you can get the milk for free". Here's an update for you. Nowadays 80% of women are against marriage, why? Because women realize it's not worth buying an entire pig, just to get a little bacon...

COMMON SENSE is like deodorant. The people who need it most never use it.

I wonder why we are obsessed with finding intelligent life on other planets when we can't find intelligent life here.

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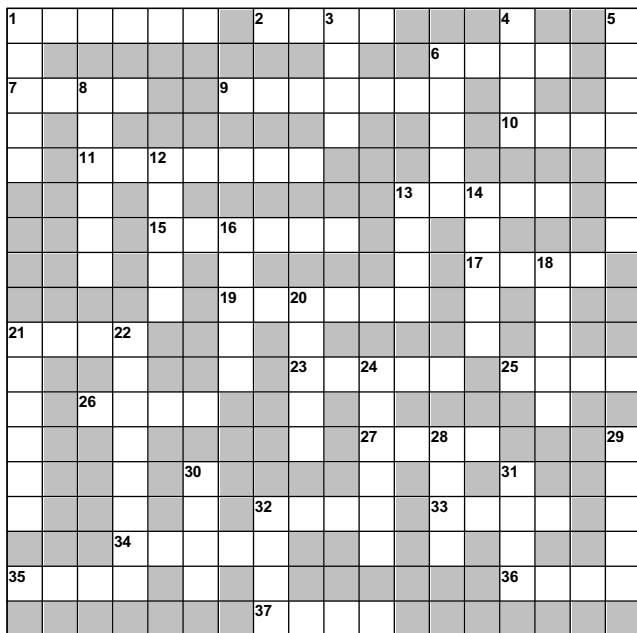


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ACROSS

1. To pester
2. On which we learned
6. To turn directly toward an object
7. Yours and mine
9. Female herded
10. Entry cover
11. Ardent affection
13. Prideful
15. Additional ones
17. Picture in your mind
19. Nasty disposition
21. Rectangles height by width
23. Foolish person
25. To kill a dragon
26. Talking to God
27. Painful
32. In boxing, "... for the count"
33. Very close
34. High body temp
35. Oxidized metal
36. Domesticate
37. Good fishing bait

Answers on page 19

DOWN

1. Penniless
3. The foretelling of an event
4. Opposite of a base
5. Book building
6. Room bottom
8. To do it again
12. Garment of mink
13. Body shaped fruit
14. Edible bulb
16. Nun's uniform
18. Before expected
20. Once times two
21. Missed roll call
22. Vehicle for air travel
24. Crazy
28. Paid for use of
29. Sequence of photographs
30. Jealousy
31. Undisputed issue
32. Move toward a direction



After being married for 50

years, I took a careful look at my wife one day and said, "Fifty years ago we had a cheap house, a junk car, slept on a sofabed and watched a 10-inch black and white TV - but hey I got to sleep with a hot 23-year-old girl every night. Now ... I have a \$750,000 home, a \$45,000 car, a nice big bed and a large screen TV, but I'm sleeping with a 73-year-old woman. So I said to my wife "It seems to me that you're not holding up your side of things."

My wife is a very reasonable woman. She told me to go out and find a hot 23-year-old girl and she would make sure that I would once again be living in a cheap house, driving a junk car, sleeping on a sofa bed and watching a 10-inch black and white TV.

Aren't women great? They really know how to solve a guy's problems.

Remember when we had to smack the tv because the channel wasn't coming in clearly? I feel that way about far too many people.

Love has 4 letters, but then again so does beer.

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