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MAGAZINE

March 2020
A FREE PUBLICATION

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

hurry springs!



RETIREMENT?
YES, PLEASE!

Edible Bugs
Another New Revolution

**INSIDE
THIS EDITION**
~page 3





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From the Publishers

MARCH 2020



My 23 pound Monkey

"There can be no life without change."

~Theodore Roosevelt

Let's all shout out for the first day of SPRING...
YEA!!!!!!!

Making a Spring resolution is more tangible to me than the New Year trend. In January, it's hard to fight the winter cold with new energy, but come March - the buzz is on! The morning sun is rising earlier and that means so are we! Tom and I never set an alarm clock. Amara is even the atypical teen who can jump up at 6am and kiss our foreheads good morning while they're still on the pillows.

The calendar starts to fill, outdoor activities and workouts multiply, and the lazy nights at home in sweat pants come to an end. Amen to winter and bring on CHANGE!

Tom has 'changed' careers, my sweet young daughter has 'changed' into a teenager with a boyfriend, and even my butt has 'changed'!! I feel like the 'little engine that could', just chugging along and keeping a smile on my face and in my heart as the journey continues to change.

Thoughts of retirement are another natural change for all of us. This edition explores finances, living options and support services. Life is a journey! Get on the bus, the train or the skateboard and enjoy the route!

My daffodils are poking out and that begins a whole new season of yard work and garden tending - MUCH more enjoyable than cleaning the basement or emptying closets. Tonight I made a wonderful spaghetti sauce using my frozen veggies from last year's harvest. Yum - a wonderful home-grown garden vegetarian meal to kick off the Lenten season.

As a Greek Orthodox family, Tom, Amara and I embrace the Lenten Orthodox fast of no meat, poultry or dairy. We do this with a happy heart celebrating that which is important in our lives and leaving other things behind. Believe it or not, a very common Greek Lenten meal is octopus - we love it and buy it by the case!

I encourage all to enrich your lives during this season of change to bring peace, love, and sunshine into your hearts. ""Kali Sarakosti!" (Wishing you a good Lent or "happy forty" in Greek.)

Happy Spring, happy hearts and happy reading!

IT'S Your LIFE!
ENJOY IT.
Sandy and Tom Draelos

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The SWEETNESS of SYRUP

It may take 40 gallons of sap to make one gallon of syrup, but it is certainly worth the effort.

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Choosing Healthy Fish for your FAVORITE FRY

Milwaukee's fish fry favorites are delicious and healthy!

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2020 Census

With political power and a share of \$675 billion in federal funding on the line, civic groups are trying to make sure that Wisconsinites get counted.

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EDIBLE BUGS??!!

Is switching out meat for EDIBLE BUGS to satisfy our protein needs a viable way to ratchet down our carbon emissions and overall environmental impact?

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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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THE MILWAUKEE PUBLISHING CO., LLC
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Flat Out Friday

March 13

Fiserv Forum

The 7th Annual Flat Out Friday, presented by Harley-Davidson Motorcycle Company, will be held at Fiserv Forum on Friday, March 13, 2020 at 7 p.m. Tickets for the event at Milwaukee's world-class venue are on sale now and can be purchased at FiservForum.com.

Originating in 2014, Flat Out Friday is an indoor motorcycle race on a soda-sprayed sticky indoor concrete track. Previous races have included top riders from throughout the country: Hooligan Rider Rusty Butcher and peoples champ of pro racing Jefferey Carver, as well as local phenoms JJ Flairity and Danny Mischler.

More than 250 riders are anticipated to race in eight classes, including Hooligan, Pro, Women's Hooligan and Boonie Bike.

Flat Out has always been as much a show as a race, and so they plan to activate all the spaces – atrium, plaza, track – with music, entertainment, things fun for families.

For more details on Flat Out Friday and rider registration, visit flatoutfriday.com. 414-227-0511



Cedar Creek Winery & Settlement Open House

March 14-15

Cedarburg

Two festive days with barrel tasting, music, cooking-with-wine, in-shop demonstrations/samplings, wine tastings, self-guided tours, and Wisconsin cheese samplings.

The Cedar Creek Winery and Wollersheim Winery, along with merchants of The Shops of Cedar Creek Settlement, invite guests to the 30th Annual Open House. Celebrating local wines, cheeses and wine-related gifts available in the Cedar Creek Winery Store.

The 25 retail merchants at the Settlement will host in-store special features, demonstrations and new spring merchandise from the Settlement's many boutiques and galleries. Guests can appreciate the special discounts and samples courtesy of shop owners and the daily drawing for a Gift Basket loaded with Settlement items and gift certificates worth \$200 or more.



Milwaukee's Welcome Party

March 19

Enlightened Brewing Company
 2020 South Allis Street, Bay View

When friends move away to a new city, we gather to throw them a going-away party and wish them well on their new adventures. Why don't we welcome people the same way?

The Welcome Party connects people who live in Milwaukee to each other and to the resources that make our city great. We'll have complimentary samples from local restaurants, community vendors, live music from DJ Loop and interactive networking.

New to the city and wondering what to do, or how to meet new people? The Welcome Party will give you an opportunity to meet new friends, local businesses and community organizations in person.

Lived in Milwaukee a long time? We're counting on you to join us as well! Help us make new Milwaukeeans feel at home, and show them all our city has to offer.



**What do you call a Frenchman
 wearing sandals? Phillipe Phillope**

Now thru April 3

Milwaukee Fish Fry Tour
Why did the fish fry start? What made it so popular in Milwaukee? Join Milwaukee Food & City Tours to find out! We are taking to the streets to sample our favorites around town with you. On the tour you will visit three stops for a classic Milwaukee Fish Fry (half portions), and custard for dessert

March 6-7

American Cup Weekend 2020: USA Gymnastics
Fiserv Forum
The American Cup, the USA's most prestigious international gymnastics competition, will make its first visit to Milwaukee on Saturday, March 7, 2020 at Fiserv Forum. The 2020 American Cup is the first of the four all-around events included in the International Gymnastics Federation's World Cup Series, which is part of Olympic qualification for the 2020 Olympic Games in Tokyo, Japan

March 6-8

Paradise at the Planetarium
UWM Manfred Olson Planetarium
Escape the winter with a trip to paradise at the UWM Manfred Olson Planetarium. Enjoy a simulated trip to the tropics to view vibrant island landscapes and the night sky as seen from countries close to the equator. Free event includes live, indoor stargazing and tropical punch

March 14

The 54th Annual Shamrock Club of Wisconsin St. Patrick's Day returns! Stepping off on Wisconsin Avenue at Old World Third Street, the parade will feature 100+ units including Irish dance groups, pipe & drum corps, local celebrities and dignitaries

March 15

Family Day St Patrick's Celebration
CelticMKE / 1532 Wauwatosa Avenue
Celebrate St. Patrick's Day early! Our family-friendly event has interactive activities for everyone!



March 17

St. Patrick's Day Celebration
Boelter SuperStore
4200 N Port Washington Road, Milwaukee
Celebrate St. Patrick's Day in proper fashion by stirring up flavors that would make the ol' boy proud. We'll use multicookers to prepare corned beef and cabbage in a more flavorful and nutritious way than traditional braising and do it in a fraction of the time. Don't fill up on the main course, our moist chocolate dessert implores your indulgence

March 20-29

Evita
Skylight Music Theatre
This staged concert version is a special limited run of the seven-time Tony Award-winning megawatt musical. The story follows Eva Duarte and her meteoric rise from impoverished child to wife of Argentine president Juan Perón and finally, to becoming the most powerful woman in Latin America. broadwaytheatrecenter.com. \$35-\$55

March 24

Brewing Herbal Tea from Native Plants
Urban Ecology Center - Riverside Park
1500 E. Park Place, Milwaukee
Participants will learn how to identify, collect, preserve and brew tea from native plants. We will specifically discuss a dozen native species you can grow. Class includes freshly brewed tea samples. For those that wish to purchase plants we will put a group order together for delivery in May. 964-8505

March 26

Captain Frederick Pabst: More than a Beer Baron
Pabst Mansion
Lecture exploring the life and legacy of Frederick Pabst beyond the brewery. Widely known as one of Milwaukee's great beer barons, this legendary character had many other interests than only brewing beer. Pabst Mansion historian, John C. Eastberg will lead you through the extraordinary life of Captain Pabst, starting with his days as a cabin boy on a Great Lakes steamer to eventually working his way up to Captain by his early twenties. Following his success as a brewer, Pabst was able to explore his interests in horse breeding, art collecting and serving as a civic leader, promoting Milwaukee as the German Athens of the West. Doors will open at 6:10 pm. Limited seating available. 414-931-0808

March 27

9th Annual Milwaukee Blues Festival
Wisconsin Center District
The annual Milwaukee Blues Festival will once again return to the Miller High Life Theatre in 2020, this time starring Pokey Bear, Sir Charles Jones, Bobby Rush, Calvin Richardson, Tucka, Lenny Williams, and Lacey

March 28

Spring Fling Egg Hunt
Discovery World
Bring the whole family to hunt for eggs throughout the museum! Enter a drawing to win a FREE Family Membership

March 29

Opening Weekend Tailgate
Sausage Haus Pavilion at Miller Park
All you can eat and drink tailgate party and round trip shuttle bus
The Brew Crew host the Cubs for Opening Weekend 2020. Indoor and outdoor tailgate party at Miller Park with private restrooms for our tailgate guests, an inclosed party area in case of weather, plus a full bar set up. Meet at Jack's American Pub, take the shuttle to the Miller Park, and enjoy an all-inclusive tailgate experience

April 1

All Elite Wrestling presents "DYNAMITE!"
Wisconsin Center District
AEW is a new global wrestling league that features world-class male and female wrestlers. AEW is about more than wrestling. Focused on fast-paced, high-impact competitions, AEW offers fans more athleticism along with real sports analytics

April 3-5

Midwest Gaming Classic 2020
Wisconsin Center
The Midwest Gaming Classic is a trade show featuring 100,000+ square feet of retro and modern home video game consoles, pinball machines, arcade video games, computers, table top gaming, crane games, collectible card games, air hockey...

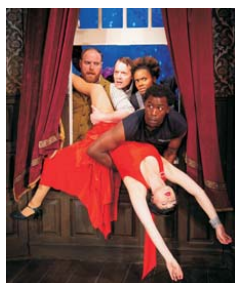
April 5

Wisconsin Bridal & Wedding Expo
Wisconsin Center
#1 bridal & wedding services expo, you'll find everything you need to have the perfect wedding day! Turn your dream wedding into a reality. Find the perfect gown, DJ, photographer, reception venue, band, honeymoon destination and so much more

April 11

Easter in Sicily: Making Traditional Treats
Glorioso's Appetito, 1020 E. Brady St
Join us in this hands-on class as we learn how to make beloved treats from scratch. We'll be making one of our Sicilian favorite treats, cannoli and Pupa con l'uova, Italian for Eggs in a Basket and a part of the Easter celebration in Sicily and Italy

To explore more events, go to visitmilwaukee.org



Broadway's Tony Award-Winning Hit Comedy Prepares to Wreak Havoc in Milwaukee March 17-22

The Play That Goes Wrong is a riotous comedy about the theatre. The play introduces The 'Cornley University Drama Society' who are attempting to put on a 1920s' murder mystery, but as the title suggests, everything that can go wrong...does, as the accident-prone thespians battle on against all odds to get to their final curtain call.

Milwaukee debut at the Marcus Performing Arts Center on March 17-22. Tickets can be purchased in person at 929 North Water Street, Downtown Milwaukee, by phone at 414-273-7206, or online at MarcusCenter.org or Ticketmaster.com.

Two gold fish are in a tank.
One looks at the other and says,
"You know how to drive this thing?!"

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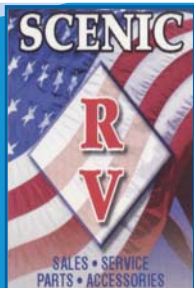
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Five Ways to Celebrate the Sweetness of Wisconsin's Maple Syrup

Did you know there's a maple syrup season in Wisconsin? That indecisive time when it's no longer winter but not quite spring, has been described as "the sweet good-bye of winter." It's the season when maple trees, known as the sugar bush, let their sap start to run, and it's the perfect time for the folks in Wisconsin to celebrate the harvest of that sweet, delectable nectar.

By Amy Bayer
Staff Writer / travelwisconsin.com

It may take 40 gallons of sap to make one gallon of syrup, but it is certainly worth the effort. We honor the effort with festivals around the state that demonstrate tapping trees, highlight nature hikes and provide music and games. What's maple syrup without pancakes? Many of the festivals feature a delicious pancake breakfast including the best of real Wisconsin-made maple syrup.



Sugarin' Off Pancake Breakfast – Racine

Multiple dates. www.riverbendracine.org

Start your weekend off right at the Sugarin' Off Pancake Breakfast held every Sunday in March at the River Bend Nature Center. Following a delicious breakfast, topped with 100% Wisconsin maple syrup, naturalist volunteers will lead you through the woods to learn the process of maple sap collection and syrup production. It's fun for the whole family at this local tradition of discovery!

Kickapoo Gold Open House and Pancake Breakfast – Westby

March 14 and 21

Head to the Driftless Region to visit the headquarters for Kickapoo Gold, certified organic maple syrup. A perfect opportunity to celebrate the arrival of spring, learn about maple syrup making, and enjoy an organic pancake breakfast – complete with sausages, milk, and Kickapoo Coffee – served with Kickapoo Gold Certified Organic Maple Syrup (of course!). Then enjoy a free sugar house tour and horse-drawn wagon tour of the sugar bush

Maple Sugarin' Open House – Newburg

Multiple dates. www.riveredgenaturecenter.org/maple-sugarin

Visit the Riveredge Nature Center in Newburg, just west of Port Washington, for the annual Maple Sugarin' Open House. This annual event includes a trip to the sugar bush and a tutorial on how sap is transformed into syrup. This event also provides an opportunity to participate in several games, activities and arts and crafts, like learning how to tap a tree, making a necklace using sumac and listening to live music. This event would not be complete without a pancake breakfast with real maple syrup.

Maple Sugar Days – Franklin

March 28 and 29

Maple Sugar Days is where all the family fun is at in late March. Check out this weekend adventure at the Wehr Nature Center. Your family will hike with a naturalist guide to the sugar bush and taste fresh sap as it drips from the trees. Then you'll get to visit an old-fashioned sugarin' camp to hear stories of how the pioneers produced maple syrup and sugar. Along the way there are hands-on activities for the whole family, like using Native American methods of boiling sap without the use of modern tools. Step back in time for this family-fun weekend.

Taylor County Lions Maple Fest – Medford

April 25

Join the Taylor County Lions and Lioness for their annual Maple Festival, celebrating all things about our Wisconsin state tree. This festival includes maple syrup production, raffles and door prizes, maple-flavored food, crafts, green space beautification demonstrations, cooking with syrup contests and, of course, it all begins with a pancake breakfast complete with maple sausage from Jones Dairy Farm. Taylor County Fairgrounds.



2020 CENSUS. BE COUNTED.

By Ana Martinez-Ortiz, Wisconsin Watch
www.wisconsinwatch.org
 Wisconsin Watch is a nonprofit newsroom that focuses on government integrity and quality of life issues.

While the census is still a couple of months away, here's what you need to know about it — and what it means for Wisconsin and the nation.

What is the census and its purpose? The census is a way for the government to count every living person in the country, and it serves many purposes.

During a news conference, state Rep. David Crowley, D-Milwaukee, explained the importance of the census. The population of a state determines how many seats it receives in the U.S. House of Representatives and how many federal dollars it receives.

Some \$675 billion of federal funding is split among the states each year, Crowley said — money that funds education, Medicare, transportation and more. A George Washington University study found that Wisconsin received about \$12.6 billion through 55 federal spending

programs that are guided by 2010 census data.

Additionally, the census provides the Legislature with fundamental data as it reshapes congressional and legislative districts every 10 years.

History of the census. The U.S. took its first census in 1790, a time of just 13 states with a population of nearly 4 million.

Thomas Jefferson, the secretary of state and census bureau chief at the time, spearheaded the census. Under his leadership, U.S. Marshals conducted a six-question survey, which was to be done every 10 years. The questions dealt with name, age, sex and race.

In 1830, Congress approved a more uniform questionnaire. In 1940, the census consisted of two surveys: one to count the population and the other to collect housing information. This changed in 1960, when the two surveys were combined. From 1970 through 2000, a short-term survey was sent to all households, while some households received a long-term survey. In 2010, the census consisted of 10 questions.

What are hard-to-count communities? Some populations are particularly hard to count, whether because

members are difficult to locate, contact or interview, according to the U.S. Census Bureau.

Much of northern Wisconsin may be hard to count, according to a CUNY Mapping Service analysis. During the 2010 census, the region included many communities where census workers did not send mailings to households and instead opted to visit each home to count residents.

"Our census affects the monetary resources that our state can get," said Lt. Gov. Mandela Barnes, a Democrat. "Meaning for every person not counted our state loses out on nearly \$1,400 per person per year."

During a news conference, Democratic Gov. Tony Evers said the hard-to-count population in Wisconsin is more than 600,000.

Milwaukee County has Wisconsin's largest concentration of census tracts where few people responded to census mailings in 2010. Some of those tracts are among the hardest to count in the country, according to an interactive map developed by the CUNY Mapping Service at the City University of New York's Graduate Center.

2020 Census continued on page 8

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COUNTING WISCONSIN: What You Should Know About the 2020 Census

2020 Census continued from page 7

Much of northern Wisconsin may also be hard to count, according to the CUNY Mapping Service analysis. The region includes many communities where census workers did not send mailings to households and instead opted to visit each home to count residents. These tracts were likely undercounted by 8 percent, according to the analysis.

What is being done to address hard-to-count communities? "It is our goal and our mission to get a complete count in 2020," she added. "We must count everyone once, only once, and in the right place."

Milwaukee County has Wisconsin's largest concentration of census tracts where few people responded to census mailings in 2010. Some of those tracts are among the hardest to count in the country.

Wisconsin and dozens of its local governments have launched "complete count committees" that are joining with civic groups to encourage census participation. The groups are relying on trusted voices in those communities to spread the word. They call the process quick, safe and private.

Sharon Robinson, the co-chairwoman of the Greater Milwaukee Complete Count Committee and director of the Department of Administration for the city of Milwaukee, said her committee wants to break down barriers that may prohibit people from participating in the census.

The plan includes setting up kiosks or stations where people can take the census online. For example, the Milwaukee Public Library will have computer spaces available, as will Employ Milwaukee, the local workforce development board.



2020 CENSUS. BE COUNTED.

What are some misconceptions surrounding the census? There are many misconceptions when it comes to the census, Robinson said, including that the process will take a long time or is inconvenient. Doing it online or by phone is quick and easy, she said and can take about 10 minutes.

Sanders said the information collected by the census is completely private and cannot be shared with anyone. Title 13 protects an individual's information and prohibits it from being shared with any organization, including law enforcement. Census Bureau employees are sworn to confidentiality and can face five years in a federal prison, a fine up to \$250,000, or both, for violations.

A census taker will also have a census badge with an identification number, which can be verified by the Census Bureau, Sanders said.

The Census Bureau aims to count every person living in the U.S., regardless of whether they are citizens. The 2020 census will not ask about citizenship status.

President Donald Trump's administration originally

sought to add a citizenship question, but federal courts last year blocked the plan.

How is data being collected for the 2020 census? April 1 is officially Census Day, but the data will initially be gathered in one of three ways: online, by mail or by phone.

By March 20, an invitation will be sent to a majority of households asking them to respond to the online census survey; some may also receive a paper questionnaire. A reminder letter will follow. If that household hasn't responded, then a reminder postcard will be sent by April 3, followed by a reminder letter and a paper questionnaire. A final reminder postcard will be sent by April 27. If at that point, a household has failed to respond, then the Census Bureau will follow up in person, going door to door in June and July.

The online form and telephone line will be available in 13 languages including English, according to the Census Bureau. Additionally, there will be language guides available in 59 languages other than English.

What happens after the data is collected? By Dec. 31, the Census Bureau will report to the president the population count and the apportionment of seats in the U.S. House to each state. The following year, some census findings will be available to the public.

CENSUS WORKERS NEEDED

People can sign up to be a census taker or for other positions — or they can simply spread the word at work, parties, places of worship and elsewhere. To become a census taker, call 1-855-JOB-2020.



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EARTH TALK

From the Editors of
E/The Environmental Magazine

Dear EarthTalk:

Is switching out meat for EDIBLE BUGS to satisfy our protein needs a viable way to ratchet down our carbon emissions and overall environmental impact?



Meal worms



Tempura Tarantula



Grasshoppers are edible, higher in protein than meat and enjoyed in cuisines all over the world. Next to ants, they are the most popular edible insect.

It's true that humans' affinity for meat—especially beef, lamb, pork and to a lesser extent chicken—takes a huge toll on the environment given the resources and emissions expended to rear and then transport it to market. In fact, the UN's Food & Agriculture Organization (FAO) reports that raising livestock accounts for some 18 percent of all greenhouse gas emissions globally. Meanwhile, on the consumption side, cutting meat out of our diets is perhaps the most efficient way we can slash our personal carbon footprints. But eating only vegetables can make it hard to get enough protein, and that's where bugs—with half or more of their body weight consisting of proteins—could play an important role in providing us with enough sustenance to feed ourselves, especially as our population surges to nine billion by 2050.

Proponents of eating bugs argue that emissions from so-called "insect farming"—that is, growing bugs for the express purpose of feeding humans and/or animals with them—is a much more energy- and emissions-efficient way to produce protein than traditional forms of livestock agriculture. "If we bartered beef, pork or chicken for a handful of insects, the environmental impact of our animal-protein intake would drop dramatically," says Canadian environmentalist David Suzuki. "Insects are especially effective at converting their food because they're cold-blooded and therefore waste less energy to keep warm."

If you're curious about edible insects, why not try some? Lewiston, Maine-based EdibleInsects.com ships edible insects coast to coast. UK-based PureGym is a big proponent of deriving

dietary protein from insects, and offers several seemingly tasty recipes on its website and YouTube channel. Creamy Mealworm and Coconut Noodles, anyone?

Of course, just because crickets, ants, cockroaches and worms are becoming more common as food delicacies doesn't mean that eating them is new for humans. The FAO points out in its "Edible Insects" report that while bugs have always been part of human diets, recent innovations in so-called "mass-rearing systems" mean we can produce a lot more insect-based protein than we used to: "Insects offer a significant opportunity to merge traditional knowledge and modern science in both developed and developing countries."

Suzuki couldn't agree more: "Emerging entotechnologies (from the Greek root entomo, for 'insect') bring together applications that focus on what insects do best." For instance, food waste or agricultural residue is fed to fly larvae, which in turn is used as a meat-free but protein-rich livestock feed. "[L]arvae have voracious appetites for fruit and vegetable residues and could help improve the way we handle...organic waste," reports Suzuki. "It's a way to give a second life to stale food, rather than sending it to compost bins or biogas plants."

"Considering that nearly 45 percent of fruit and vegetables produced worldwide is wasted, this is not a fringe idea," says Suzuki. "After feeding the hungry with the highest quality unsold portions of our food, we could feed our breeding animals with insects raised on organic residues from grocery stores and restaurant kitchens."

EarthTalk® is produced by Roddy Scheer & Doug Moss for the 501(c)3 nonprofit EarthTalk. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>. Send questions to: question@earthtalk.org.

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they put a light in
the fridge?

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about unemployed
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Doctors offer insights into common eyelid problem

by Cheryl L. Dejewski

Eyelid disorders are among the most common of all eye problems. Blepharitis is the term used to describe common chronic inflammation of the eyelids. Symptoms include itching, irritation, swelling, loss of lashes, flaking or crusting of the lid margin, and sometimes redness. Blepharitis is generally caused by either a dysfunction of the oil glands or by an infection.

Structure of the Eyelid

"Eyelids are composed of skin on the outside and mucous membranes on the inside. The skin of the eyelid is the thinnest in the body. It is loose and has elastic-like qualities that enable it to continuously expand and contract as it moves across the eye with each blink. The mucous membranes on the inside protect the eye when blinking. Muscles and glands are sandwiched like a cartilage plate between the skin and the mucous membranes," explains Mark Freedman, MD, senior partner at Eye Care Specialists ophthalmology practice.

"There are four types of glands in the lids. Each has a specific function in maintaining the tear film that protects and moisturizes the conjunctival sac and cornea (the clear front parts of the eye). Inflammation of any of the glands generally results in swelling and complaints of irritation and pain. Treatment varies with the type of gland affected and type of inflammation," adds Brett Rhode, MD, Head of Ophthalmology at a major Milwaukee-area hospital.

Seborrheic Blepharitis



This type of blepharitis is often related to seborrheic dermatitis/dandruff of the scalp, eyebrows, eyelashes and ears. It is also associated with a form of acne and increased oil production that may lead to retention of oil below the skin's surface. "Seborrheic blepharitis is more commonly found in the geriatric population. The cause isn't clear, but it seems to be a hereditary condition triggered by such factors as hormones, nutrition, infection and emotional stress. The role of nutrition is not clear, but limiting carbohydrate intake appears to be important. Allergies and defects in metabolizing vitamins may also be factors," says ophthalmologist and busy cataract surgeon Daniel Ferguson, MD.

Seborrheic blepharitis can cause:

- Redness of the eyelids
- Scales and flaking around the lashes
- Lid swelling
- Irritated dry eyes

Staphylococcal Blepharitis

"The cause of this common irritating lid disease has been the subject of much debate. Attempts to incriminate a specific organism, parasite or underlying skin disease as the main culprit have been difficult. Recent studies seem to show that marginal blepharitis, in its chronic recurring form, is caused by a combination of seborrheic skin problems and chronic staphylococcal infection. People with a history of styes or chalazia (an inflammation of a gland found in the eyelid) are particularly susceptible to this type of blepharitis," explains Daniel Paskowitz, MD, an ophthalmologist with credentials from Harvard and Johns Hopkins.

Staphylococcal blepharitis can cause:

- Swelling and redness of the eyelids
- Hard brittle scales on the lid margins (upon removal, these matted hard crusts leave small ulcers that may bleed or ooze)
- Redness of the white part of the eye
- Eyelash loss and lid margin distortion, which can lead to chronic tearing of the eye.
- In severe cases, inflammation of the cornea (clear front part of the eye)

Treatment: Control = Goal

"It is important to understand that blepharitis is a chronic recurrent disease which cannot be completely cured. However, it can be controlled through a strict, regular program of eyelid hygiene and, when needed, medication," says Michael Raciti, MD, an eye care specialist who has a special interest in and has lectured to local physicians about this topic.

Mild forms of both types of blepharitis may be treated with a simple daily regimen of lid cleansing using baby shampoo and water or a commercial product (such as Eye-Scrub or Ocusoft) to remove scales, dried mucous and some bacteria.

In addition to lid cleansing, artificial tears may be prescribed to help relieve "dry eye" symptoms and anti-dandruff shampoos may reduce recurrence of the disease. Since seborrheic blepharitis is also often associated with staphylococcal blepharitis (inflammation caused by infection), antibiotic solutions or ointments with or without steroids (cortisone) may be recommended. While cortisone medications may hasten relief from symptoms, long-term use can cause harmful side effects. Susceptible patients may develop glaucoma or viral infections from prolonged steroid use.

Medical optometrist David Scheidt, OD, explains, "Most complicated cases of staphylococcal blepharitis, particularly with a marked seborrheic component, require a combination of therapy. This may include antibiotic ointments, antibiotic pills, warm compresses, incision and draining of abscesses, etc."



Blepharitis Normal

Occasionally, the cleansing process may result in an initial increase in the amount of irritation to the eyes. As time goes on, however, there should be a noticeable improvement. Although symptoms may clear up quickly, it is important to continue using any prescribed medications until they are gone, and to maintain a regular cleansing routine as recommended by your doctor.

Proper eyelid hygiene is the key to successfully controlling this often frustrating condition.

Education + Examination = Sight Protection

Learning about the symptoms and risks of common eye concerns and scheduling regular eye exams is key to protecting your sight. Call 414-321-7035 for a FREE handout on blepharitis; step-by-step "Lid Scrubs" instructions; or booklets on cataracts, glaucoma, diabetic eye disease, or macular degeneration. Or, call the offices below to schedule a complete eye exam, which is typically covered by insurance.

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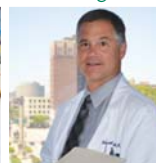
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Practice profile & common eye concerns information





Does grass-fed beef have any heart-health benefits that other types of beef don't?

Answer From Francisco Lopez-Jimenez, M.D.
Mayo Clinic Staff

Possibly. The difference in the diets of the cattle changes the nutrients and fats you get from eating the different types of beef. Grass-fed beef generally comes from cattle that eat only grass and other foraged foods throughout their lives.

Often, conventional beef cattle eat a diet that includes grains, such as corn, at some point. When compared with other types of beef, grass-fed beef may have some heart-health benefits. Grass-fed beef may have:

- Less total fat
- More heart-healthy omega-3 fatty acids
- More conjugated linoleic acid, a type of fat that's thought to reduce heart disease and cancer risks
- More antioxidant vitamins, such as vitamin E

Lean beef that's 10 percent fat or less — whether it's grass-fed beef or another type of beef — can be part of a heart-healthy diet. Although many people think grass-fed beef tastes better, it's generally more expensive and there is limited long-term research to definitively prove that grass-fed beef is better for you. Talk to your doctor or dietitian if you're thinking about adding more lean beef, including grass-fed beef, into your diet.

SYMPTOM CHECK

Is it a cold or allergy?

I seem to get a cold every spring and fall. I'm wondering if these "colds" are really seasonal allergies. How can I tell?

Answer From James M. Steckelberg, M.D.
Mayo Clinic Staff

If you tend to get "colds" that develop suddenly and occur at the same time every year, it's possible that you actually have seasonal allergies. Although colds and seasonal allergies may share some of the same symptoms, they are very different diseases.

Common colds are caused by viruses, while seasonal allergies are immune system responses triggered by exposure to allergens, such as seasonal tree or grass pollens.

Treatment of a common cold may include rest, pain relievers and over-the-counter cold remedies, such as decongestants. A cold usually lasts three to 10 days, although some may last as long as two or three weeks.

Treatment of seasonal allergies may include over-the-counter or prescription antihistamines, nasal steroid sprays and decongestants, and avoidance of exposure to allergens where possible. Seasonal allergies may last several weeks.



SYMPTOM CHECK: IS IT A COLD OR ALLERGY?

SYMPTOM

Cough
General aches and pains
Fatigue and weakness
Itchy eyes
Sneezing
Sore throat
Runny nose
Stuffy nose
Fever

COLD

Usually
Sometimes
Sometimes
Rarely
Usually
Usually
Usually
Usually
Sometimes

ALLERGY

Sometimes
Never
Sometimes
Usually
Usually
Rarely
Usually
Usually
Never



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FISH

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Choosing Healthy Fish for your Favorite Fry

Even if you're a vegetarian, Body Ecology recommends eating fish about three times a week because fish has medicinal, grounding and strengthening properties. In general, fish is a great protein substitute for other meats because it is low in calories, saturated fat, and cholesterol, and that's not all:

Omega-3 fatty acids in fish have been linked to:

• lower blood pressure • lower heart rate • lower risk of death from heart disease • lower risk for stroke • lower risk for depression • lower risk for some cancers

Fish consumption is especially important for women who are pregnant or want to have a baby because it provides the omega-3 fatty acid, DHA, which encourages healthy brain development of babies. But certain fish are sadly said to be on the "Do Not Eat List" because of the concern over mercury. You've probably also heard some of the warnings about overharvesting wild fish species and the water pollution caused by commercial fish farms.

Here's what you need to know about fish to make sure that you're getting fish that improves your health instead of harming it.

Mercury Poisoning and Other Toxins

Mercury poisoning is still a concern when it comes to fish consumption, but there are ways to mitigate this risk. To reduce the risk of mercury contamination, avoid eating swordfish, shark, tilefish and king mackerel altogether. Limit your intake of white tuna (albacore) to less than 6 ounces per week.

Shellfish can also be full of toxins because they are scavengers and feed on industrial deposits, sewage, and the waste of other fish, filtering it through their bodies. Avoid clams, lobsters, oysters, shrimp and scallops if you want to avoid excess toxins.

Preservatives. Preservatives are another concern when it comes to purchasing your fish. Many fish are sprayed with preservatives like polyphosphates, sulfites, sodium benzoate, and polytrisorbate to control mold, yeast, and bacteria and to make them appear appetizing. The FDA allows these preservatives, but they don't have to appear on the labels of the fish you buy.

The long-term health effects of consuming these preservatives are unknown, so it's best to avoid suppliers who use these preservatives. One guideline is that warm water fish (like Orange Roughy) are more likely to have preservatives than coldwater fish. Use your judgment and know your supplier to make sure that you're getting high quality fish without preservatives.

Wild Fish vs. Farmed Fish. You have probably heard the debate and are wondering, "Do I choose wild fish or farm raised fish?" When it comes to your health, we recommend wild caught fish, and here's why: Farm raised fish generally have the same level of omega-3 fatty acids as wild fish, but when it comes to fat and calories, the farm raised fish have more. Because farm raised fish don't have lots of room to swim and are prone to disease, they are often given antibiotics as well as commercial dyes to give them a healthy color. Having said this, however, there are many aqua-culturists that operate responsibly and you can eat the fish from these farms without sacrificing your health or flavor. Even the feed they are given may have toxins that are passed on to the consumer. Farm raised fish often costs less than their wild caught counter parts.

Body Ecology offers a back-to-basics approach to restoring health and vitality. The straightforward necessities we provide are all geared to one fundamental law of nature: the fact that our digestive systems are intimately linked to our immune, endocrine, circulatory and central nervous systems. www.bodyecology.com

According to a Women's Health ranking of the most healthy fish and seafood, Milwaukee's fish fry favorites are delicious and healthy!

COD (from the Pacific) supplies almost twice the omega-3s of Atlantic cod (0.2 g vs. 0.1 g) and up to 72 percent of your selenium at 89 calories a serving. No more than twice a week, because its mercury count is on the high side (0.1 ppm).

Haddock offers omega-3s (0.2 g), 63 percent of your selenium, and over half of your B12 RDA. Very low mercury (0.03 ppm).

POLLOCK (from the Atlantic)-used to make filet-o-fish, fish sticks, and imitation crab is rich in B12 (3 mcg) and selenium (40 mcg) and extremely low in mercury (0.04 ppm). A 0.5 g of omega-3s is also low. Pacific pollock-it's more likely to contain PCBs.

PERCH (freshwater). One serving provides over 100 percent of omega-3 minimum, almost all of your selenium (47 mcg), and half of your B12, with no measurable mercury. Indulge!

Tilapia is a freshwater dweller similar to catfish. It has only 0.1 g of omega-3s, but is nearly free of mercury (0.01 ppm). Contains 84 percent of your daily selenium and 79 percent of your B12.

SALMON (the wild kind) is number one in health choice. Most varieties, including coho and sockeye, provide more than three times the 250-mg recommended minimum daily dose of omega-3s. Wild Atlantic salmon is highest with 1.6 g of the good stuff and a mini mercury count of 0.01 ppm and 72 percent of your 55-mcg RDA of selenium. Avoid Farmed salmon, which may contain PCBs from polluted water.

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Baked Tilapia with Lemon and Capers



Taste of Home

4 tilapia fillets (6 ounces each)
3 tablespoons butter, melted
3 tablespoons lemon juice
1-1/2 teaspoons garlic powder
1/8 teaspoon salt
2 tablespoons capers, drained
1/2 teaspoon dried oregano
1/8 teaspoon paprika

Directions: Place tilapia in an ungreased 13x9-in. baking dish. In a small bowl, combine the butter, lemon juice, garlic powder and salt; pour over the fillets. Sprinkle with capers, oregano and paprika.

Bake, uncovered, at 425° for 10-15 minutes or until fish flakes easily with a fork.
~Taste of Home

The Very Best Fish Recipe Ever

2 lbs skinless fish (halibut, tilapia, flounder, mahi mahi, salmon, or cod all work great)
3/4 cup shredded Parmesan cheese
1/3 cup butter, softened (plus more for greasing dish)
1/4 cup mayonnaise
3 TBSP lemon juice
1/4 cup chopped green onions
1/4 tsp salt
1/4 tsp black pepper
2 tsp freeze dried dill (optional)
2 dashes Tabasco sauce



Livingwellsendingless.com

Pre-heat the oven broiler; Grease 9x13" baking dish with thin coat of butter. Mix together Parmesan cheese, butter, mayo, lemon juice, green onion, salt, pepper, dill, & Tabasco in small bowl until well blended. Arrange fish in a single layer in baking dish. Broil fish for 8 minutes or until it flakes with a fork. Remove from oven and carefully spread Parmesan mixture over top. Broil 2 additional minutes, or until bubbly and lightly browned.
~livingwellsendingless.com

How many psychiatrists does it take to change a light bulb?

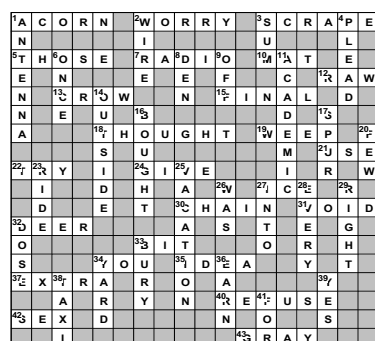
One. But the light bulb has to really want to change.

In the beginning God created the Earth and rested. Then God created Man and rested. Then God created Woman. Since then, neither God nor Man has rested.

They threw me out of the cinema today for bringing my own food. But come on – the prices are way too high, plus I haven't had a barbecue in months.

I broke my personal record for a 100 meter dash. I'm on 64 meters.

Today, my son came to me and gave me a hug – out of the blue. I was very pleasantly surprised – that is, until I heard him tell his father, "You're right. She did gain weight."



Crossword on page 26

Consumer Alert Another Hearing Aid Ad?

Skeptical about all the promises made in the large and frequent newspaper ads for hearing aids? You should be - they are almost always placed by retail hearing aid stores and staffed by *non-audiologist* sales people.

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Medicare Fraud....It Can Happen To Anyone

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Wisconsin Medicare beneficiaries are calling the Wisconsin Senior Medicare Patrol (SMP) Helpline to report scam phone calls regarding medical equipment, most often a brace of some kind. Companies are calling individuals and convincing them that they would benefit from a body brace of some sort. These scammers say it is free and that Medicare will cover all costs. They then ask to "verify" the beneficiary's Medicare number, order excess amounts of Durable Medical Equipment (DME), and bill Medicare thousands

of dollars. This is fraud. If you are on Medicare, you are the fraudsters' target.

If you think you might benefit from a brace or other DME, contact your health care provider to discuss this further. Please don't share your Medicare number over the phone with someone that is unknown to you and is calling out of the blue! It will save you lots of time and headache and will save Medicare lots of money!



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 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

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 www.gwaar.org 

Here are some tips to help you **PROTECT** yourself from Medicare fraud:

- Don't answer the phone unless you recognize the number
- If you answer the phone and don't recognize the caller, just hang up
- Don't share any personal information, including your Medicare number, over the phone with people you do not know
- If it sounds too good to be true, it usually is
- Remember that Medicare and the Social Security Administration are not going to call you, so if you receive a call from someone stating they are calling on behalf of these two organizations, simply hang up!

Please know that the Wisconsin Senior Medicare Patrol is here to help if you have been receiving these calls or if you shared your Medicare number with someone over the phone.

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HOME!

WHERE YOUR HEART BELONGS!

Misconceptions about Assisted Living Communities

By Lori Thomas

Despite the fact that more and more families are turning to assisted living communities to help their loved ones maintain a high quality of life, there are a number of concerning misconceptions that people have when it comes to assisted living communities. Unfortunately, some of these misconceptions end up keeping some people away from the kinds of services that can help them get the most out of their golden years. It is with that in mind that we want to clear up some of the most common and harmful misconceptions that people have about assisted living communities.

You Will Lose Your Independence. Assisted living communities will go to great lengths to help foster the independence of their residents. As long as it is safe, residents in assisted living communities can be every bit as independent as they were before. To begin with, many assisted living residents stay in apartments that are just that: apartments. This means that residents will still have full control over just about every aspect of their new apartment, just like they did with their previous home. One important difference is that your loved one will have immediate access to a number of services whenever he or she needs them, including things like assistance from a care manager, housekeeping, and maintenance work.

Once again, the only real caveat is that assisted living communities will not allow their residents to do anything with their apartment that is considered to be unsafe—for instance, some residents may not be allowed to keep things like toaster ovens or microwaves in their apartment out of a concern that the appliance could potentially start a fire. However, even when something like a toaster or microwave is prohibited, you will

still likely be able to use them in the common space.

Outside of the apartment, residents are free to take part in any of the various activities happening around the community. If a resident doesn't feel up to doing something, or if he or she simply is not interested, they do not have to participate in anything in which they do not want to participate. Activities in assisted living communities are treated as opportunities for residents to socialize and engage their interests in real activities that are meant to stimulate the body and mind alike. That being said, communities try to offer a diverse range of activities that allow residents to make decisions about what they do and do not want to do.

Assisted Living Communities Are Prohibitively Expensive. While the cost of staying in an assisted living community can be expensive—it can be anywhere between \$2,000 to \$5,000 a month, on average—that does not necessarily mean that your family cannot afford it. To begin with, Medicare and Medicaid can both be used to cover a significant portion of the costs that are associated with staying in an assisted living community. If your loved one is a veteran, then his or her veterans' benefits can also be used to cover some of the costs of long-term care. If you have long-term care insurance for your loved one, you will obviously be able to pay for part or all of your loved one's care with the compensation your loved one gets under his or her policy.

While you will certainly be able to use any of these resources to offset the cost of assisted living, it is true that some of the costs will need to be paid for with private funds. Even so, you may be able to reduce the cost of your loved one's care by simply asking whether the

community offers special pricing or other incentives that can help make your loved one's accommodations a little more affordable. In any event, you may want to work with a financial advisor who can help you define the financial parameters your family can work within to find a community that will be both a good fit for your loved one and financially sustainable.

Only People Who Are Unwell Live in Assisted Living. Assisted living communities are meant to care for people who need relatively minimal medical care. In fact, many assisted living communities do not have the resources to provide the kind of around-the-clock medical care that people with serious medical conditions need—that is where skilled nursing becomes necessary. So, while it may be the case that some residents have some medical issues, it is important to remember that the assistance that is provided by assisted living communities helps to keep all of their resident active, well, and independent.

That being said, assisted living communities are pretty active places where residents can interact with one another and engage in meaningful activities. This last point should be apparent enough when you begin to visit communities in your area. However, every community is different and will offer varying levels of care for their residents. Depending on where you live, there should be enough options for you to select a community that is as active and vibrant as your loved one wants.

Lori Thomas is VP of Marketing / Chief Editor of SeniorAdvice.com - working to create the best online destination for researching issues that are important to seniors and their caregivers



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See if you are prepared to begin your retirement transition by answering some key emotional and psychological questions

1 One, is your work meaningful? If it is fulfilling, if it gives you a strong sense of purpose and identity, there may be a voice inside your head telling you not to retire yet. You may want to listen to it.

It can be tempting to see retirement as a “finish line”: no more long workdays, long commutes, or stressful deadlines. But it is really a starting line: the start of a new phase of life. Ideally, you cross the “finish line” knowing what comes next, what will be important to you in the future.

2 Two, do you value work or leisure more at this point in your life? If the answer is leisure, score one for retirement. If the answer is work, maybe you need a new job or a new way of working rather than an exit from your company or your profession.

An old saying says that retirement feels like “six Saturdays and a Sunday.” Fantastic, right? It is, as long as you don’t miss Monday through Friday. Some people really enjoy their careers; you may be one of them.

3 Three, where do your friends come from? If very little of your social life involves the people you work with, then score another point for retirement. If your friends are mainly your coworkers, those friendships may be tested if you retire (and you may want to try to broaden your social circle for the future).

At a glance, it might seem that an enjoyable retirement requires just two things: sufficient income and sufficient return on your investments. These factors certainly promote a nice retirement, but there are also other important factors: your physical health, your mental health, your relationships with family and friends, your travels and adventures, and your outlets to express your creativity. Building a life away from work is a plus.

4 Four, what do you think your retirement will be like? If you think it will be spectacularly different from your current life, ask yourself if your expectations are realistic. If after further consideration they seem unrealistic, you may want to keep working for a while until you are in a better financial position to try and realize them or until your expectations shift.

Ideally, you retire when you are financially, emotionally, and psychologically ready. The era of the “company man” retiring with a gold watch and a party at 65 is gone; the cultural forces that encouraged people to stop working at a certain age aren’t as strong as they once were.

Why you are retiring is as important as when you choose to retire. When you are motivated to retire, you see retirement as a beginning rather than an end.

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.



SO YOU THINK YOU ARE READY TO RETIRE?

What you **REALLY** want to know before you take the leap!



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HOME.

WHERE YOUR HEART BELONGS

YOUR GUIDE TO RETIREMENT LIVING OPTIONS

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Retirement Living Options continued on page 18



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HOME!

WHERE YOUR HEART BELONGS...

GUIDE to RETIREMENT LIVING Options

Continued from page 17

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HOME! Retirement Living Options continued on page 19

HOME!

WHERE YOUR HEART BELONGS...

GUIDE to RETIREMENT LIVING Options

Continued from page 18

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Ingrid Kunding, Project Manager
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The Wisconsin Senior Medicare Patrol empowers and assists Medicare beneficiaries, their families, and caregivers to *prevent, detect, and report* health care fraud, errors, and abuse through outreach, counseling, and education.

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HOME!



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How to Sign up for the National Do Not Call Registry

You can sign up over the phone or online.

www.donotcall.gov

To register for the National Do Not Call Registry, call 1-888-382-1222 (TTY: 1-866-290-4326) from the phone number you want to register, or register online at www.donotcall.gov. If you register online, you will need to provide an email address. The system will send a confirmation to that email address with a link that you must click within 72 hours of receipt to confirm your registration. After you sign up, your phone number will appear in the registry by the next day. Telemarketers then have up to 31 days to remove your phone number from their call lists.

If your phone number is disconnected and then reconnected, you may need to re-register. In addition, there are actions that you or your telephone company might take that could cause your registered phone number to become unregistered - even if your service has not been interrupted (such as changing calling plans or other services, or changing the billing name on the account). You can remove your phone number from the registry by calling 1-888-382-1222 from the telephone number you want removed.

What is and isn't covered by the National Do Not Call Registry

Placing your number on the Do Not Call Registry will stop most telemarketing calls, but not all.

Only telemarketing calls (calls that solicit sales of goods or services) are covered by the National Do Not Call Registry. Telemarketers calling people in the United States are covered regardless of where they are calling from. If a company within the U.S. solicits sales through an overseas telemarketing service, that U.S. company may be liable for any violations by the telemarketer. The FTC can initiate enforcement actions against such companies.

Political phone calls are not covered by the National Do Not Call Registry since they are not included in its definition of "telemarketing." Charities are also not covered by the registry. However, if a third-party telemarketer is calling on behalf of a charity, you may ask not to receive any more calls from, or on behalf of, that charity. If a third-party telemarketer calls again on behalf of that charity, the telemarketer may be subject to a fine of up to \$11,000.

Telephone surveys, if made for the sole purpose of conducting a survey, are not covered by the registry. Callers claiming to offer a survey, but who also sell goods or services, must comply with the National Do Not Call Registry.

If you are on the National Do Not Call Registry, you can still receive calls from companies that you have an existing business relationship with or that you have previously agreed to receive calls from.

Politicians Coined the Term 'Gossip'

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some Ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'



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WHEN YOU THOUGHT I WASN'T LOOKING

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When you thought I wasn't looking I saw you hang my first painting on the refrigerator, and I immediately wanted to paint another one.

When you thought I wasn't looking I saw you feed a stray cat, and I learned that it was good to be kind to animals.

When you thought I wasn't looking I saw you make my favorite cake for me, and I learned that the little things can be the special things in life.

When you thought I wasn't looking I heard you say a prayer, and I knew that there is a God I could always talk to, and I learned to trust in Him.

When you thought I wasn't looking I saw you make a meal and take it to a friend who was sick, and I learned that we all have to help take care of each other.

When you thought I wasn't looking I saw you take care of our house and everyone in it, and I learned we have to take care of what we are given.

When you thought I wasn't looking I saw how you handled your responsibilities, even when you didn't feel good, and I learned that I would have to be responsible when I grow up too.

When you thought I wasn't looking I saw tears come from your eyes, and I learned that sometimes things hurt, but it's all right to cry.

When you thought I wasn't looking I saw that you cared, and I wanted to be everything that I could be and care just as much as you...

When you thought I wasn't looking I learned most of life's lessons. Now I want to truly look at you and tell you...

'Thanks for all the things I saw when you thought I wasn't looking.'
~anon

ODD WISCONSIN

Bears and Pioneers Lived On Close Terms

Most of us would panic if we saw a bear on the trail up ahead. But settlers on the Wisconsin frontier learned to live with them. Some people even kept them as pets.

In 1855, when a bear tried to carry a pig off a homestead in New London, in Waupaca Co., the intrepid farm wife ran out with a pitchfork and drove it away. Mrs. Herman Nass of Winnebago County recalled raids by bears about 1865 but claimed that families weren't frightened by them.

Just after the Civil War, the Bailey brothers of Eau Claire County, having killed the mother of two cubs while hunting, reared the young ones in captivity. Keeping a pet bear was not without its challenges, of course, and could lead to peculiar problems.

The neighbor of one man who had raised a tame bear looked out his window one morning and saw it harassing his cow. The angry farmer stormed out of his house, marched up to the beast, and had to smack it several times to drive it away from his livestock.

When the bear finally lumbered off, he headed next door to give its owner a piece of his mind. "Say, John," he shouted, "how can my cow give milk when your tame bear tries to wrestle with her?"

John silently pointed out the window at his bear, safely chained up as usual. As the truth slowly dawned, the embarrassed neighbor realized what a narrow escape he'd just had.



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- Located on bus line
- Smoke Free Community



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262-567-9001

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Let's Talk... MOVING

By move day, everything should be done; downsizing, sorting and packing

It was once said: "We spend a lifetime collecting stuff. We buy new stuff, old stuff, big stuff and small stuff. In fact sometimes we will pack up some of our stuff, to take with us on vacation and buy more stuff to remind us of our vacation!" Thank you George Carlin.

We live in a society where the goal for most Americans is to move up, and bigger is better. It might be hard to get excited about "downsizing" or "Rightsizing". With the right advice and assistance, the senior moving experience can be as exciting and rewarding as any other positive moving experience. In fact, you have made it to a place in life where you find yourself with more time for your own interests. Why not leave the hassle and maintenance of a home for the comfort and freedom of a smaller place? If bigger is better, how about "less is more"?

The national average for people to move is every seven years. Most seniors have accumulated a lifetime of memories and treasures that may be overwhelming to sort through and decide where the items belong.

All Hands on Deck. Consider advice and help from family members or friends in planning your upcoming move. There are times when a third party professional consultant can help you separate your belongings and suggest what needs to be moved. This fresh perspective can be practical and logical.

Five Homes for Everything You Own

Things to be moved. In our opinion, the most important phase of your move *Things going to family and friends.* Items can be distributed all over the world if needed

Things to be sold. Based on values, estate sales, consignment sale, etc.
Things to be donated. Church of choice, goodwill, etc.

Things to be disposed of. Dumpster service, throw it away

Emotionally it is very stressful for seniors to go through 40 to 50 years of accumulations, with the right help of family, friends and a professional moving company the task becomes more manageable. Consider utilizing a move specialist to assist with:

Organizing and decluttering: A move manager does an in-home survey to determine if there's enough inventory for an estate sale – or if not, which items are consignable and can go to the store.

Packing: A firm can do partial packing (only fragile china and special items) or full packing.

Moving Services: Movers can tell the customer how many people and how many hours the move will take. In addition, the move manager will create a timeline for the move.

Estate Sales and Consignment: A move specialist can come to your home to survey if you have enough inventory for an estate sale or consignment.



Unpacking services: Universal Services puts all the household items in place and gets rid of paper and boxes.

Clean-out service: The firm will get the old home ready for sale. It will help decide which furniture is going on your move, to family and friends, for consignment or estate sale, for donation or to throw away in the dumpster.

Begin With the End

Planning is the key to a successful move. Create a plan that will help you with every step of your move. Moving is a time of high emotions and critical decisions need to be made. Start the planning process by choosing where you would like items placed in your new home. This will help you realize what items will fit. Then you can accessorize your surroundings because "There is no place like home".

Helpful Tips

- Keep it fun. "Laughter gives us distance. It allows us to step back from an event, deal with it and then move on", Bob Newhart
- Always consider help offers. "Many hands make light work"
- Try to avoid a moving date too close to a real estate transaction
- Expandable tables are good units to have in apartment style living. When work surfaces are needed you have them available.
- Dresser drawers do not need to be empty. Use any empty drawer space for clothing linens and towels.
- Fill up empty suitcases.
- Start sturdy packing boxes ahead of time. Most moves require about \$250 worth of packing equipment (boxes, tape, paper, markers).
- Prepare an overnight bag with important papers and medication and personal items.

It can be a time of excitement and new beginnings. Live and enjoy all the amenities that the next lifestyle offers. Having less stuff to manage, does lead to more time to enjoy yourself. Congratulate yourself, you have arrived!

Universal Services offers personalized moving services. We help seniors make a smooth and stress free transition into the next adventure of their lives. If we can be of any assistance please feel free to call. 262-246-0250



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A Blonde...

decides to start a handyman service to make some extra money. She walks around a wealthy neighborhood and walks up to the first house.

A man answers the door and she asks if there is anything she can do. He tells her "The porch needs painting, how much would that cost?"

She replies "How does \$50 sound?" He agrees and she gets to work.

When the man goes back into his house his wife asks him "Does she know the porch wraps around the house?" He tells her "She has to, she saw it."

About an hour later she comes to the door to collect her money. She says "I had extra paint so I put on two coats." The man is really impressed and gives her the money. She thanks him and says "And by the way, it's a BMW, not a porch."

What does it mean when a man is in your bed gasping for breath and calling your name?

You didn't hold the pillow down long enough.



Policeman: I'm very sorry, sir, but it looks like your wife got hit by a bus.

Man: I'm aware of that, but Karen has a wonderful personality.

What's a politician's favorite day of the week?

Tuesday. There's no point starting anything new so shortly before the weekend.

How is Colonel Sanders like the typical male?

All he's concerned with is legs, breasts, and thighs.

**If I was a plastic surgeon....
I would put a squeaky toy in every breast implant!**

Young Son: "Is it true, Dad, I heard that in some parts of Africa a man doesn't know his wife until he marries her?"

Dad: "That happens in every country, son."

An Irishman walks into a bar...

in Dublin, orders three pints of Guinness and sits in the back of the room, drinking a sip out of each one in turn. When he finishes, he orders three more.

The bartender approaches and tells him, "You know, a pint goes flat after I draw it, and it would taste better if you bought one at a time." The Irishman replies, "Well, you see, I have two brothers. One is in America, the other is in Australia, and I'm in Dublin.

When we all left home, we promised that we'd drink this way to remember being together. So I drink one for each o'me brothers and one for me self."

The bartender admits that this is a nice custom, and leaves it there. The Irishman becomes a regular in the bar, and always drinks them the same way.

One day, he comes in and orders two pints. All the other regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss."

The Irishman looks quite puzzled for a moment, then a light dawns and he laughs. "Oh, no, everybody's just fine," he explains, "It's just that my wife had us join that Baptist Church and I had to quit drinking. But it hasn't affected me brothers none."

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A father passing by his son's bedroom...

was astonished to see the bed was nicely made and everything was picked up. Then, he saw an envelope, propped up prominently on the pillow. It was addressed, 'Dad'. With the worst premonition, he opened the envelope and read the letter, with trembling hands.

Dear Dad,

It is with great regret and sorrow that I'm writing you. I had to elope with my new girlfriend, because I wanted to avoid a scene with you and Mom.

I've been finding true love with Stacy. She is so nice, but I knew you would not approve of her because of all her piercing's, tattoos, her tight Motorcycle clothes, and because she is so much older than I am.

But it's not only the love, Dad. She's pregnant. Stacy said that we will be very happy. She owns a trailer in the woods, and has a stack of firewood for the whole winter. We share a dream of having many more children.

Stacy has opened my eyes to the fact that marijuana doesn't really hurt anyone. We'll be growing it for ourselves and trading it with the other people in the commune for other necessities.

In the meantime, we'll pray that science will find a cure for Misomolio so that Stacy can get better. She sure deserves it!

Don't worry Dad, I'm 15, and I know how to take care of myself. Some-day, I'm sure we'll be back to visit so you can get to know your many grandchildren.

Love, your son, Joshua.



P.S. Dad, none of the above is true. I'm over at Jason's house. I just wanted to remind you that there are worse things in life than the school report that's on the kitchen table. Call when it is safe for me to come home!

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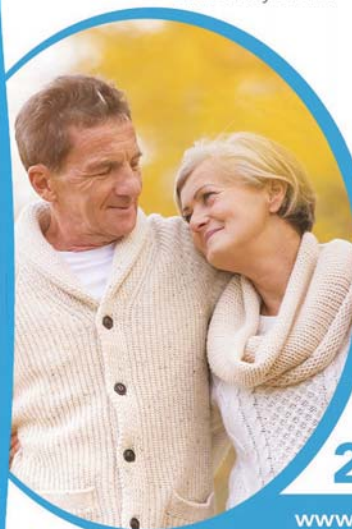


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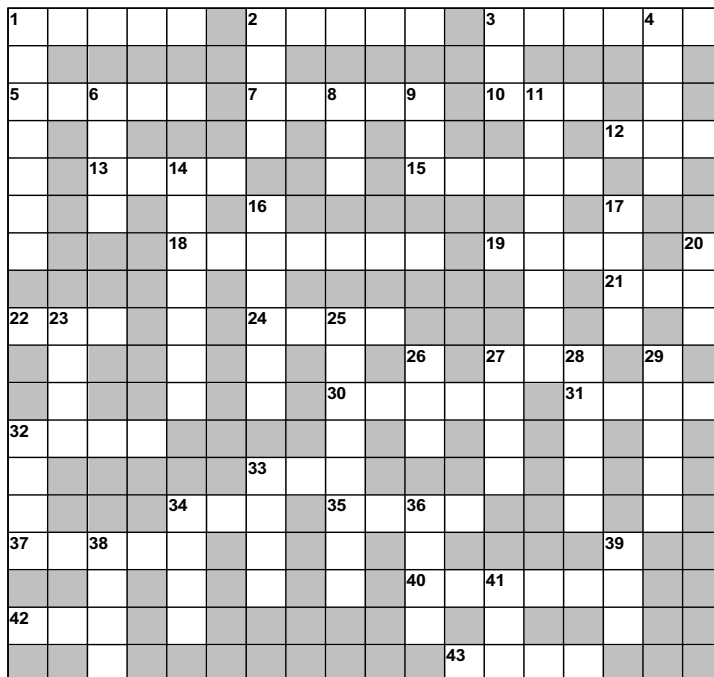


ACROSS

1. Hit Chicken Little
2. Anxiety cause
3. Dislodge old paint
5. Plural of that
7. Airwaves listening device
10. Wipe feet on
12. Uncooked
13. Large black bird
15. Last Exam
18. Every action preceded by
19. Quiet crying
21. Practice of employing something
22. Attempt
24. Donate
27. Frozen water
30. Saw for tree trimming
31. An unused check
32. Antlered animal
33. Drilling or boring tool
34. Not me
35. A light bulb turns on
37. More than needed
40. To not accept
42. Male or female species division
43. Eventual hair color

DOWN

1. Rabbit ears
2. Used to connect electricity
3. Result of addition
4. To argue a case
6. upon a time
8. Where bears hibernate
9. Not on
11. Scholar
14. The external appearance
16. Purchased
17. These jingle jangle jingle
20. Not many
23. To sit and be moved
25. Work break
26. Past tense of be
27. Not out of
28. All
29. Made up of three lefts
32. To nod off
33. May precede final document
34. A measure of cloth
36. Obtain by hard work
38. Form of public transportation
39. Consenting reply
41. Two ... the price of one



Answers to this month's puzzle on page 13

Skinny Dipping

An elderly man in Florida had owned a large farm for several years. He had a large pond in the back.

It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some orange and lime trees. One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a five-gallon bucket to bring back some fruit.

As he neared the pond, he heard voices shouting and laughing with glee. As he came closer, he saw it was a bunch of young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end. One of the women shouted to him, "we're not coming out until you leave!" The old man frowned, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked..." Holding the bucket up he said, "I'm here to feed the alligator."

Some old men can still think fast.

I married Miss Right.

I just didn't know her first name was "Always."

My boss told me yesterday, "Don't dress for the job you have, dress for the job you want". But when I turned up at the office today in Ghostbusters gear, he fired me!

Today a man knocked on my door and asked for a small donation towards the local swimming pool.

I gave him a glass of water.

I find it ironic that the colors red, white, and blue stand for freedom until they are flashing behind you.

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

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!"

A wife is like a hand grenade. Take off the ring and say good bye to your house.

If I had a dollar for every girl that found me unattractive, they would eventually find me attractive.

On the other hand, you have different fingers.

What's the best form of birth control over 50? Nudity.

"Any man who is under 30, and is not a liberal, has not heart; and any man who is over 30, and is not a conservative, has no brains."

- Winston Churchill (1874-1965)



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