

Your

MAGAZINE

LIFE!

**SUMMER
2020**

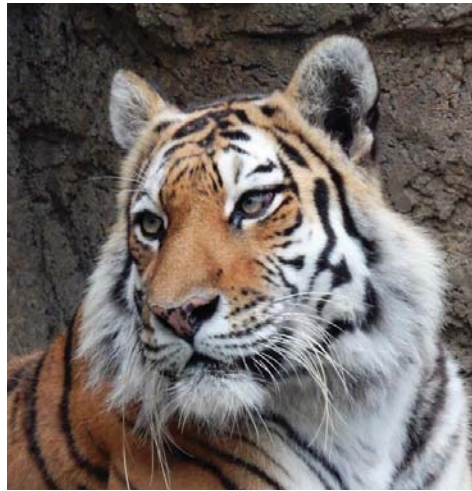
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Reaching a Connected Community of Active Adults



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From the Publishers

SUMMER 2020



Tom and Amara playing at the farm

FRESH AIR!! After all this isolation, distancing and face mask enclosure all I want is fresh air, sunshine and open roads through Wisconsin's beautiful summer season. It feels like we are getting closer each day and that is certainly encouraging.

My mother had a habit during winter months to choose a sunny cold day and open all the windows to let the outdoor in and all the stale winter germ air out. That night we certainly used more wood in the wood furnace but the house smelled beautiful! Mmmm! Hopefully the fresh air of summer will chase away this awful pandemic and life will return to normal.

Our little girl is now a blossoming 16-year old with her first job, her driving temps (yes, I was nauseous when she backed my 20-year old collectible convertible out of the garage all of 20 feet) and a boyfriend! Time moves on whether it's fun or not so have FUN! You may have to be a bit more creative this year since so many events have been cancelled or postponed but enjoy the simple evenings of s'mores, wine, cheese, burgers and cold beer by the backyard fire with friends, neighbors and family sitting 4 feet apart! :)

You may have noticed we did not print a May issue due to the pandemic events creating a stunted environment BUT we are back to our usual publishing schedule. We would like to encourage you to check out the advertising businesses that support us and help make our local community prosperous and GREAT again! We will see you back in September with our monthly regimen and a full year of good old-fashioned newspaper reading pleasure!

We all wonder if newspapers may become a thing of the past - like TV antennas, ironing boards and home-baked pies. A newspaper is a community of readers, advertising relationships and business associates. Being in the Milwaukee free publication business for 30+ years, I have seen so many worthy publications disappear... MKE, City Edition, The Senior, Mature American... Let's not forget the pleasure of pencil+eraser crosswords, local news, little jokes, small family business success and so many things that are finer in quality and integrity than finger-punching social media devices and resources. Support your print and local NEWSPAPER! I am blessed and fortunate to have survived the business turmoil for so many years... and cancer too! Whoa - what a ride! Carpe diem!

My annual Summer wish for you.... Enjoy the sky, open-window breezes, the smell of sun on your skin, the birds and squirrels, cold beer, sweet wine... and even a few mosquitoes!

LIFE. Enjoy it!

Sandy and Tom Draelos

INSIDE THIS ISSUE



Whether newbie or native, here's a guide to help you find the best place to call home in Wisconsin.

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5 Ocean-Like Beaches on Wisconsin's Great Lakes

Think you need to travel to the Atlantic or Pacific to enjoy a beachside vacation? Think again!

-page 5



It's ALL about FRESH!

Support your local markets and indulge in healthy, delicious FRESH eating with my favorite summer recipes!

-page 7 and 18



Antibacterial Soap Alert

Antibacterial soaps and other products with triclosan receive a bad rap from health and environmental advocates.

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LAUGH out LOUD

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Reaching a Connected Community of Active Adults

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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Your LIFE!



UPCOMING

Entertainment? Dining? Summer Festivals? County Fairs! * @ % ! # * ?

With the onslaught of Covid-19, social distancing and cancelled or rescheduled events, our calendar itineraries are changing everyday! Instead of our extensive summer events calendar, here are the popular sites where you can find up-to-date schedules. Happy Summer EVERYONE! It's all about attitude!! Be safe. Be happy. God bless all with good health and sunny days!

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#1 WISCONSIN CITIES

Wisconsin is famous for cheese, beer and the Green Bay Packers, but there's much more to the Badger State than meets the eye.

By Rebecca Lake/Credit Donkey

You'll find big name colleges, including the University of Wisconsin and Marquette University, as well as a prosperous manufacturing industry. The dairy industry is also big business, earning Wisconsin its well-known moniker, "America's Dairyland."

In terms of its natural beauty, Wisconsin's geography is marked by rolling hills, dense forest and more than 15,000 lakes, including waterfront views of both Lake Superior and Lake Michigan. You'll find large urban areas like Madison and Milwaukee as well as smaller towns and villages that take a more relaxed approach to Midwest living. The unemployment rate is below the national average and homes are moderately priced, which is great for potential buyers.

If you're looking for a place where the people are friendly, the winters are cold and the bratwurst is hot, Wisconsin belongs at the top of your list. Whether you're an arts enthusiast or your prefer the great outdoors, there's plenty here to keep you busy, and the low cost of living is particularly great if you're raising a family or enjoying retirement. Each city in this rankings is different from the next but their individuality is what makes them all great places to live. Whether newbie or native, here's a guide to help you determine which Wisconsin cities are the best places to call home.

#1 Wisconsin Cities continued on page 17

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5 Ocean-Like Beaches on Wisconsin's Great Lakes

Think you need to travel to the Atlantic or Pacific to enjoy a beachside vacation? Think again!

Wisconsin is home to a number of "ocean-esque" beaches along its beautiful Great Lakes coastlines.

These freshwater favorites are great family-and budget-friendly alternatives to the traditional oceanside vacation, which typically require more travel, expense and time off. Here are five of our most impressive beaches that will leave you with no choice but to dive in and head to Wisconsin's coasts! ~from travelwisconsin.com

North Beach - Racine

Selected by USA Today as one of the "51 Great American Beaches," North Beach is located on the Lake Michigan waterfront. This beach has 2,500 feet of shoreline open to the public for swimming, fishing and picnics, and has been a designated Blue Wave Beach (America's first environmental certification for beaches) since 2004. The Beachside Oasis is also a part of North Beach, featuring a concession stand, live music and the Kids' Cove Playground – a gem located right on the beach.

Big Bay Beach at Town Park - Madeline Island

Travel to the northernmost tip of Wisconsin and visit Madeline Island, the largest of the 22 Apostle Islands. The island's boardwalk provides a guided walk along Big Bay Beach, allowing you to enjoy the sound of the waves while taking in the spectacular view of Lake Superior through the towering trees. With two miles of sand beach, swimming and fishing, this park is both secluded and free, everything a vacation should be.

Schoolhouse Beach - Washington Island

Not a fan of sand in your shoes? Then Schoolhouse Beach is for you. Here, kids make stone castles instead of sand castles by using individual limestone pebbles polished smooth by Lake Michigan's wave action. The water deepens fairly quickly for great diving, rafting and snorkeling, and excellent swimming is offered in a

marked area. The limestone rocks are beautiful, but be sure to leave them there! Part of the beach's charm are the handmade signs reminding patrons to leave the stones behind. The town park and beautiful wooded setting are perfect for picnics and cookouts.

Kohler-Andrae State Park - Sheboygan

Kohler-Andrae State Park is the home of majestic sand dunes, miles of golden beach, and the shimmering blue Lake Michigan water. This beach has the largest dune complex along Wisconsin's Lake Michigan coastline and the unique wetlands within it provide habitat for many rare plants, some of which are only found on Great Lakes shorelines. More than 150 bird species have been spotted within the park, including many species of waterfowl and shorebirds and more than 20 species of warblers.

Point Beach State Forest- Two Rivers

Point Beach State Forest is a family-friendly Lake Michigan beach offering several hundred yards of beautiful sand beach, biking and walking trails and picnic areas. Concessions are available at the beach house during the summer months. Bring the bicycles to this beach and ride the Rawley Point Recreational Trail – you can ride six miles to the Rawley Point Lighthouse at Point Beach State Forest or connect with the Mariners Trail in Two Rivers and ride to Manitowoc.

*"I am Summer, come to lure you away from your computer...
come dance on my fresh grass, dig your toes into my beaches."*

~Oriana Green

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More from TravelWisconsin.com on page 8



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NEW 2020 GUIDELINES

Masks for customers will be strongly encouraged. Vendors will be required to wear masks and gloves.

Traffic control. Shoppers will follow a prescribed path along the market's new rectangular perimeter in one direction. There will also be limits on the number of people who can visit a stand at one time.

No touching the produce. Point to the produce, and farmers will handle the produce.

No direct exchange of money. There will be no hand-to-hand exchanges. Customers can put their money on the table, the farmer will pick it up and then make the change, and place that on the table.

No bagging of food. The farmer will put the produce in a bag, and then those bags can be placed into any reusable bags people bring.

Pre-ordering and online payment will be encouraged.

Due to COVID-19, opening dates are subject to change without notice, so please double check market details before attending.

Brookfield Farmers Market
Brookfield Central High School
16900 Gebhardt Rd.
Now through October
Saturdays 7:30am to noon

Burlington Farmers Market
Wehmhoff Square
Now through October
Thursdays 3-7pm

Delafield Farmers Market
Main & Dopkins Street
Now through October 24
Saturdays 8am to 1pm

Dousman Farmers Market
Dousman Village Hall
118 S. Main St.
Now through Oct 21
Wednesdays 2 to 6pm

Fondy Farmers Market
2200 W. Fond du Lac Ave.
June 27 to Nov 1: Saturdays
from 7 am-2pm, Sundays,
Tuesdays and Thursdays from
9am - 2pm

Fox Point Farmers Market
North Shore Congregational
Church
7330 N. Santa Monica Blvd.
Now through Oct 24
Saturdays, 8 am-noon

Germantown Farmers Market
Germantown Village Hall
Now through Oct 24
Saturday 8am-noon

Greenfield Farmers Market
Konkel Park, 5151 W. Layton Ave.
Now through October
Sundays 10am to 2pm

Hartford Farmers Market
Hartford Recreation Center and
Schauer Arts Center, 125 N. Rural
8am-noon Saturdays
Now through Oct 31

New Berlin Farmers Market
15055 W. National Ave.
Now through Oct 24
Saturdays 8 am-noon

Lake Geneva Farmers Market
Horticultural Hall, 330 Broad St.
Now through Oct 29

Mukwonago Area Farmers Market
Field Park, Highway 83 and NN
2-6 pm Wednesdays,
Now through Oct 14

New Berlin Farmers Market
15055 W National Ave
Now through October 31
8am-noon Saturdays

Oak Creek Farmers Market
Main Street, Drexel Town
Square
Now through Oct 24
8am-1 pm. Thursdays,
Saturdays 9am-1pm

**Port Washington Farmers
Market**
East Main Street,
Now through Oct 24
(closed July 4)
Saturdays 9am-1pm

Riverwest Gardeners Market
Garden Park, 821 E. Locust St.
10am Sundays,
Now through-Oct 25

Saukville Farmers Market
Veterans Park
Now through Oct 27
Sundays 9am-1pm

**South Milwaukee Downtown
Market**
11th and Milwaukee Avenues,
Now through Oct 18
Thursday 3 to 7 pm

South Shore Farmers Market
2900 S. Shore Dr.
Now through Oct 24
Saturdays 8am to noon

Thiensville Farmers Market
Thiensville Village Park
Now through Oct 13
Tuesdays 9am-3pm

Tosa Farmers Market
7720 Harwood Ave
tosafarmersmarket.com
Now through Oct 17
Saturdays 8am to noon

Waukesha Farmers Market
St. Paul & Madison
Now through Oct 31
Saturdays 8am-noon

Waupaca Farmers Market
Library and City Hall square
Now through Oct 31
Saturdays 9am- 2pm

West Allis Farmers Market
6501 W. National Ave
Now through Nov 28
Tuesday and Thursday noon-
6 pm, Saturdays 1-6pm

West Bend Farmers Market
Old Settler's Park
Now through Oct 31
Saturdays 7:30 to 11am

Westtown Farmers Market
Zeidler Union Square,
Now through Oct 7
Wednesdays 10am-2pm

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Bike Trails and Nature

6 Ways to Explore Wisconsin's Wildlife on Wheels



Wisconsin's state and county parks offer excellent opportunities for biking and natural exploration.

By Amy Bayer, Staff Writer/
TravelWisconsin

Wisconsin is one of the top bicycling states in the country with thousands of miles of paved, traffic-free, hassle-free bike trails. Here is a list of Wisconsin bike trails that will take you on a wildlife tour.

Albany Wildlife Area & Sugar River Trail. Located just northwest of Albany in Green County, this wildlife area covers more than 1,400 acres of land. Much of the area is wooded and follows the Little Sugar River.

The Sugar River State Trail bisects the property and crosses the river in multiple areas over scenic bridges. You'll be sure to hear and see plenty of wildlife as you bike along this trail, which also happens to be a small segment of the Ice Age National Scenic Trail. Commonly seen animals include deer, turkeys, pheasants, songbirds and rabbits.

Pheasant Branch Nature Conservancy. This Conservancy is a significant natural area located in Middleton. Home to a marsh with open water, springs, prairies, meadow and forest, the various habitats sustain a wide variety of animals including deer, herons, frogs, cranes, duck, geese, hawks and owls.

Bordered on three sides by residential neighborhoods, this conservancy is a natural oasis with more than three miles of a looped multi-use trail for bicyclists and hikers. There are several hiking paths with places to park your bike if you'd like to delve deeper into the marsh and prairie.

Schmeckle Reserve & Green Circle State Trail. The Schmeckle Reserve is a natural area open to the public on the University of Wisconsin-Stevens Point Campus. There are more than five miles of trails and boardwalks, as well as a 24-acre lake and numerous wildlife habitats to explore.

More than 200 species of birds have been witnessed here, as well as deer, fox, otters and muskrats. In addition to the trails within the reserve, the Green Circle State Trail has a 1.5-mile section that traverses through this stunning natural environment on its 26-mile loop around the Stevens Point area.

Horicon National Wildlife Refuge & State Wildlife Area. Managed by the U.S. Fish & Wildlife Service and Wisconsin DNR, is one of the largest freshwater marshes in the United States and provides critical habitats for more than 300 species of birds, as well as muskrats, foxes, turtles, frogs, bats, dragonflies and fish. The marsh offers trails for hiking, biking and auto tours.

A 36-mile loop (with an alternate route to cut the distance in half) takes bicyclists to several wildlife viewing areas and overlooks, and includes a stretch along the Wild Goose State Trail. While you have the opportunity to see more than a hundred geese on any given day, peak migration times are in mid-April through May and mid-September through October.

Dunnville Wildlife Area & Red Cedar Bike Trail. Commonly referred to as the "Dunnville Bottoms," this wildlife area is nestled along the confluence of the Chippewa and Red Cedar Rivers, located between Menomonie and Durand.

The Red Cedar State Trail bisects the Dunnville Wildlife Area and provides a beautiful snapshot of this unique refuge. Adjacent along the north is the Lower Chippewa State Natural Area, which also is a vista for those on the Red Cedar Trail. These areas are abundant with sparrows, quails, hawks wrens, turkeys, ducks and herons.

Tara Lila - Lincoln Unit & Three Eagle Trail. Tara Lila is a privately-owned corporation that maintains three properties designed for long-term conservancy in Vilas and Oneida counties. The land is available for public use and has hiking trails, and the Tara Lila Lincoln Unit also contains a section of the Three Eagle Trail, which is available for bicyclists. Located just south of Eagle River, this park is open from dawn until dusk. A popular spot for numerous small game and birds, and also home to bears, wolves and coyotes, although it is unlikely to encounter any of these larger animals on the trail.

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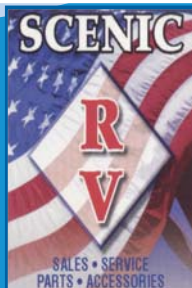
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ISOLATION THERAPY



Laughter has power, a force that provides happiness, relief, and distraction. Now, more than ever, when our days are challenging and the norm just doesn't feel quite right, a few laughs with friends over phone, social media or on the couch you have shared for the last 4 months, we need its power. We need some joy and light. We need to laugh. This pandemic has brought a cloud to our days of an already limited Wisconsin summer. Welcome some sunshine into your day. Yes, life is serious. But sometimes you just need to laugh....

Distancing, Isolation and the NEW NORM!

This morning I saw my neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house, told my dog.... we laughed a lot.

They said a mask and gloves were enough to go to the grocery. They lied, everybody else had clothes on.

I don't think anyone expected that when we changed the clocks a few months ago, we'd go from standard time to **The Twilight Zone!**

Single man with Purell and Lysol seeking single woman with toilet paper for some good clean fun.

The truth is, it's not so boring at home...But it's funny how one bag of rice has 7,456 grains and another bag has 7,489.

Homeschool Day 1: Going well. Two students suspended for fighting. One teacher fired for drinking on the job.

Homeschool Day 2: Wondering how I can get this kid transferred out of my class.

Homeschool Day 3: My child just said "I hope I don't have the same teacher next year".... I'm offended.

September morning 2050: finally opened the last pack of toilet paper purchased by my parents in 2020.

8pm is now the official time to remove your day pajamas and to put on your night pajamas.

Still haven't decided where to go tomorrow - The Living Room or The Bedroom.

My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.

If you're a family of 6, you're all about to find out who's the least favorite!

The longer this goes on, the harder it will be to return to a society where pants and bras are required!

Happy hour is starting earlier and earlier. If this keeps up, I'll be pouring wine in my cereal!

Today's Weather? Room temperature.

30 Days Hath September, April, June and November. All the rest have 31 ... except March which had 8000.

Smoking pot and skipping school had me in trouble constantly. Now weed's legal and school's closed ... dang kids are livin' the dream!

I just tried to make my own hand sanitizer and it came out as a rum & coke!

If you get an email with the subject "Knock Knock," it's a Jehovah Witness working from home.

After a few days of not going out, I saw someone I knew walking by. I immediately ran to the window and started yelling to them. Now I understand dogs.

Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.

Turns out my top 3 hobbies are: eating at restaurants, going to nonessential businesses, and touching my face.

People keep asking "is coronavirus really that serious?" Listen up! Casinos and churches are closed. When heaven and hell agree on the same thing, it's probably pretty serious!

And just like that...having a mask, gloves, duct tape, plastic sheeting and rope in your trunk is OK.

50 million children being home schooled by gun owning parents and not one single school mass shooting. Arming teachers works!!!

I can't believe I can walk into a store to buy weed, but I have to meet my hairdresser in a dark alley with unmarked bills to get a haircut!

Sitting at the bar in the kitchen at night. Tried to pick up my wife. She gave me a fake phone number.

It's been a blessing being home with the wife for three weeks now. We've caught up on everything I've done wrong for fifteen years.

Have you noticed that since beauty salons are closed, selfies are down 68%?

My Self-Isolation Quarantine Diary

Day 1 – I Can Do This!! Got enough food and wine to last a month!

Day 2 – Opening my 8th bottle of wine. I fear wine supplies might not last!

Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??

Day 4 – 8pm. Removed my Day Pajamas and put on my Night Pajamas.

Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!

Day 6 – I get to take the garbage out. I'm so excited, I can't decide what to wear.

Day 7 – Laughing way too much at my own jokes!!

Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.

Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.

Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.

Day 11 – Isolation is hard. I swear my fridge just said, "What EVER do you want NOW?"

Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.

Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.

Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.

May was National Foster Care Month.

For 31 days each year, the nation's attention shifts to focus on the stories of children and families whose lives have been affected by foster care. It recognizes the needs of kids and youth in foster care and celebrates the many supporters who are making a powerful and positive difference in their lives.

Some facts related to foster care....

- A child enters foster care every two minutes.
- More than 430,000 children and youth are in foster care.
- Most kids in care — 61% — enter the system due to neglect.
- The average child in care is about 8 years old.
- Children spend, on average, 20 months in care.
- Kids in care are predominantly white (44%) or African-American (23%).
- One in every five kids is Hispanic or Latino (of any race).
- More than 117,000 children and youth are waiting to be adopted.
- Nearly half — 45% — of kids in care joined a household of non-relatives for their most recent placement.
- More than half — 55% — of kids are seeking to reunite with their main parent or caretaker, according to their care plan goal.
- Former foster children are almost twice as likely as combat veterans to suffer from Post-Traumatic Stress Disorder.

Everyone can do something to support youth in foster care!



1. **Become a foster parent.** Provide a loving, supportive home to a child who needs you.
2. **Become a respite provider.** Help give foster parents a much needed break by providing short-term care for their foster child.
3. **Become a foster care ambassador.** Spread the word with family, friends, church, school, and other community connections about how they can get involved.
4. **Donate your time to raise money for kids.** Agencies are always in need of school supplies, hygiene supplies, and new or like-new backpacks/duffel bags for kids.
5. **Get creative!** Use your special skills or talents to teach a foster child a new skill, help a foster/adoptive family in your community, or educate others on the challenges that those involved in the foster system face.

Contact us to learn more!

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Foster Parents Urgently Needed in the Milwaukee County Area

Wouldn't It Be Great to Have

A Little Extra Energy?

Keeping your energy up throughout your day won't be difficult anymore as long as you use the power of food to your advantage.

By Chris Amolín

Of course it would! That's why so many of us grab a coffee several times a day. However, depending on caffeine to get you through the day isn't healthy and will result in a crash later on. Luckily all you need for a quick energy boost is to eat the right foods. Which foods? Try any of these energy-boosting foods next time you feel your battery running low and stay away from sugar and caffeine. The following top energy foods should serve to boost your energy and help keep you productive all day long.



Nuts and Seeds. Good things come in small packages. That's a saying that may have been invented for nuts and seeds. Why? All nuts and seeds contain a lot of nutrients even though they are small. Even their high fat content is a good thing as it's the healthy kind of fat that actually helps you burn extra fat and makes you feel satisfied so you don't crave fried foods later on. Nuts and seeds also contain a plethora of vitamins and minerals, as well

as a healthy dose of protein and fiber. Basically they're little super nutrient nuggets.

There are so many different kinds of nuts and seeds and they all have different vitamins and minerals that make them shine. It's best to eat a variety of them to make sure you get all those good energy boosting nutrients that these powerful energy foods contain.

Almonds, walnuts, pecans and pine nuts are all great choices for nuts. Peanuts aren't technically nuts, but they contain many of the same nutrients. You can also

Extra Energy continued on page 22

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Medicare Fraud and Scams Surrounding COVID-19 Continues to Rise

Don't Let Your Guard Down!

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus (COVID-19) and are targeting individuals to illegally obtain money or Medicare numbers. Scammers use public health emergencies as opportunities to create new fraud schemes and to put new twists on existing scams. And because older adults are at greater risk for serious illness from this virus, they are at elevated risk of being targeted relative to others.



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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We must be vigilant. Here are some ways that you can beat the scammers and protect your personal information.

- Hang up (or shut the door) on anyone offering anything related to COVID-19 such as testing kits, any supplies, or treatments.
- Ignore any ads or computer links or attachments related to COVID-19 such as testing kits, any supplies, or treatments.
- Do not give your Medicare number, Social Security number, or any personal information in response to unsolicited calls, text, email, or home visits.
- Don't succumb to fear-based tactics of scammers. Cut off those who make you afraid and contact familiar sources instead.
- Only give your Medicare number to your health care professionals
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) looking for errors or claims for products or services that weren't received. Be especially vigilant for any Telehealth calls that you did not have.

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. Our toll-free Helpline number is: (888) 818-2611.

A Stock Market Lesson to Remember

Confidence can quickly erode, but it can also quickly emerge.

Undeniably, spring 2020 has tried the patience of investors. An 11-year bull market ended. Key economic indicators went haywire. Household confidence was shaken. The Standard & Poor's 500, the equity benchmark often used as shorthand for the broad stock market, settled at 2,237.40 on March 23, down 33.9% from a record close on February 19.

On April 17, the S&P closed at 2,874.56. In less than a month, the index rallied 28.5% from its March 23 settlement. And while past performance does not guarantee future results, there is a lesson in numbers like these.

In the stock market, confidence can quickly erode – but it can also quickly emerge. That should not be forgotten. There have been many times when economic and business conditions looked bleak for stock investors. The Dow Jones Industrial Average dropped 30% or more in 1929, 1938, 1974, 2002, and 2009. Some of the subsequent recoveries were swift; others, less so. But after each of these downturns, the index managed to recover.

Sometimes the stock market is like the weather in the Midwest. As the old Midwestern cliché goes, if you don't care for the weather right now, just wait a little while until it changes.

The stock market is inherently dynamic. In tough times, it can be important to step back from the "weather" of the moment and realize that despite the short-term volatility, stocks may continue to play a role in your long-term investment portfolio. When economic and business conditions appear trying, that possibility is too often dismissed or forgotten. In the midst of a bad market, when every other headline points out more trouble, it can be tempting to give up and give in.

Confidence comes and goes on Wall Street. The paper losses an investor suffers need not be actual losses. In a down market, it is perfectly fine to consider, worry about, and react to the moment. Just remember, the moment at hand is not necessarily the future, and the future could turn out to be better than you expect.

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.

Your Money



with Tim Stasinoulis

We are about to enter the summer and BBQ season...



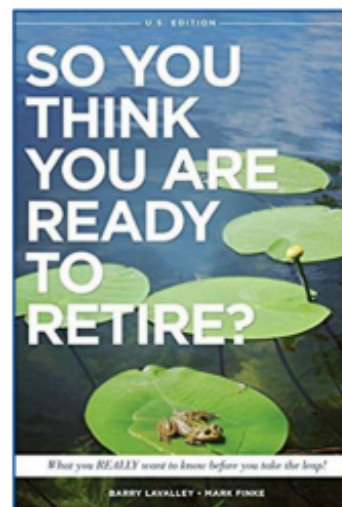
It is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the BBQ the following chain of events are put into motion:

- (1) The woman buys the food.
- (2) The woman makes the salad, prepares the vegetables, and makes dessert.
- (3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill - beer in hand. And here comes the important part:
- (4) THE MAN PLACES THE MEAT ON THE GRILL.
- (5) The woman goes inside to organize the plates and cutlery.
- (6) The woman comes out to tell the man that the meat is burning. He thanks her and asks if she will bring another beer while he deals with the situation.
- (7) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.
- (8) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.
- After eating, the woman clears the table and does the dishes.
- (10) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.
- (11) The man asks the woman how she enjoyed 'her night off.' And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women....

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Learn what to ask when choosing an Eye Surgeon

by Cheryl L. Dejewski

Your vision is priceless. When you or a loved one needs medical, surgical or laser treatment for anything from cataracts and glaucoma to macular degeneration and diabetic retinopathy, how do you decide whom to trust?

In recognition of "National Cataract Awareness Month," we turned to Eye Care Specialists, a leading local ophthalmology practice, for suggestions on what to ask when choosing a surgeon for cataracts or other concerns.

How long have they been practicing?

Mark Freedman, MD: Look at the individual doctor's years of experience, when the entire practice was founded, and its size. For example, Eye Care Specialists was founded in 1985 by cataract surgery pioneers Drs. Norman Cohen and Robert Sucher, and I came on board in 1988. Since then, our medical team has grown to provide care for nearly every eye condition to more than 185,000 people at three locations.

Do they practice alone or with a team of Eye MDs? Are they based in your community? How long?

Brett Rhode, MD: In our practice, we have six specialists who all work and live in the Milwaukee area. Because we are part of a team, our patients are assured that there is qualified, 24-hour back-up coverage, as well as the sharing of questions, techniques and ideas between doctors. And, because we are local residents—and not outsiders who only come in to perform surgery and then head back home to another city or state—we have a special commitment and stake in the community. This dedication, backed by expertise, is one reason why we are one of the only medical practices to have their entire team voted by their healthcare peers as "Top Doctors" by *Milwaukee Magazine*.

Is their practice well-rounded?

Daniel Ferguson, MD: When evaluating surgeons, consider their skill, patient volume, and breadth of services. For example, Eye Care Specialists is regarded as one of the leading cataract surgery practices in Wisconsin in terms of both volume and skill. We have performed tens of thousands of cataract procedures and have been asked to turn the operating room into a teaching environment for fellow physicians and industry professionals. Our doctors have been state pioneers in new surgical techniques and devices, including phacoemulsification (ultrasonic), topical anesthesia (eye drop) cataract removal, and fold-

able lens implantation. In addition to cataract operations, our surgeons have performed countless other procedures requiring equal or greater expertise, including eye muscle surgeries, corneal transplants, retinal repairs, lid repairs, and laser and medication injection treatment. By being well-rounded in skills, an Eye MD can help patients both now and when they develop other issues as they age.

Where do they perform most procedures?

Daniel Paskowitz, MD, PhD:

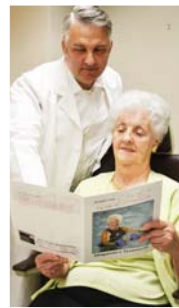
Whenever medically appropriate and possible, our doctors perform diagnostic and treatment procedures in-office for patient convenience and cost-effectiveness. This includes corneal topography mapping to determine the best surgical technique and customized lens implant to utilize for cataract surgery, inner eye medication injections to preserve vision in diabetic and macular degeneration patients, and OCT laser scanning to detect, track and treat sight-threatening conditions, often before vision loss occurs. More complex procedures are conducted at the Eye Surgery & Laser Center of Wisconsin, in the Milwaukee County Research Park near the Zoo. This outpatient center has some of the most advanced technology available in a comfortable environment with a hand-picked team of nurses who specialize in eye surgery. For patients whose insurance or other needs require that they receive services elsewhere, we also have surgical privileges at many of the area's finest hospitals and outpatient facilities.

What equipment do they use for procedures?

Michael Raciti, MD: Our surgeons have tested nearly every type of equipment and selected exactly what works best for them. We utilize some of the finest machines available for performing cataract surgery, glaucoma and diabetic retinopathy laser treatment, and other procedures. All of this enhances our ability to achieve excellent outcomes and satisfied patients.

Are they invested in educating patients, peers and the public?

David Scheidt, OD: We believe that education is critical to protecting and preserving vision and that it is important to make patients informed partners in their care. Our practice is one of the only ophthalmology groups in the country to write and publish its own



educational materials on cataracts, glaucoma, diabetic retinopathy, dry eyes, macular degeneration, and countless other topics. In addition to our own patients, we have distributed more than one million booklets and handouts free-of-charge to senior centers, retirement communities, civic groups, health care professionals, and other individuals and organizations. Through education, we strive to encourage all Wisconsinites to seek and receive the best possible eye care.

Do they work with referring physicians and other professionals?

Mark Freedman, MD: Eye Care Specialists has provided extensive continuing medical education training and materials for health and senior care professionals for nearly 35 years, including conferences for optometrists from throughout southeastern Wisconsin. We are happy to answer referring physicians questions and routinely co-manage the care of medical and surgical patients as well as provide educational materials for them.

What are their financial policies?

Michael Raciti, MD: My partners and I believe that finances should not prevent someone from achieving and maintaining their best possible vision. As such, we accept Medicare and most major and state insurances. We are also participating providers in American Academy of Ophthalmology EyeCare programs and, when needed, help research financing and flex plan options. Our policy is to treat each patient as an individual—presenting treatment options that best fit their medical needs, lifestyle and budget. We do NOT believe in pushing patients to accept cataract lens implants or other devices or treatments that are beyond their needs and means.



See the best you can see, when you see Wisconsin's leaders in ophthalmology.

Eye Care Specialists

Are you putting your vision at risk?

Most people aren't motivated to make an eye appointment unless they notice a problem—and often not even then. However, many sight-threatening conditions have no warning signs. We can help. If you know the risks, symptoms, tests and treatment options for common eye concerns, you're more likely to take action. Call **414-321-7035** for detailed free booklets on cataracts, glaucoma, AMD, and diabetes. Read. Educate yourself. And, take action. If your last eye exam was more than a year ago, call today to protect your vision for tomorrow.

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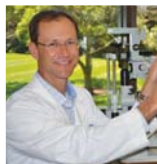
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Mark Freedman, MD



Brett Rhode, MD



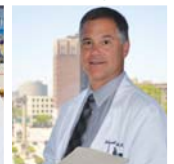
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Daniel Paskowitz, MD, PhD



Michael Raciti, MD



David Scheidt, OD



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Should I avoid products that contain triclosan?

By James M. Steckelberg, M.D. / Mayo Clinic

The answer is probably.

In 2016, the Food and Drug Administration (FDA) issued a rule stating that over-the-counter consumer antiseptic wash products containing many potentially harmful antibacterial active ingredients — including triclosan and triclocarban — can no longer be marketed to consumers. These products include liquid, foam and gel hand soaps, bar soaps, and body washes.

Triclosan is also added to certain clothes, cookware, furniture and toys to reduce or prevent bacterial contamination, but these products aren't regulated by the FDA.

The ruling follows recent studies that have raised questions about whether triclosan is hazardous to human health. Research has shown that triclosan:

- Alters hormone regulation in animals.
- Might contribute to the development of antibiotic-resistant germs.
- Might be harmful to the immune system

When you use a product containing triclosan, you can absorb a small amount through your skin or mouth. A large 2008 study, which was designed to assess exposure to triclosan in a representative sample of U.S. children and adults, found triclosan in the urine of nearly 75 percent of those tested.

Triclosan isn't an essential ingredient in many products. Triclosan added to toothpaste has been shown to help prevent gingivitis. However, there's no evidence that antibacterial soaps and body washes containing triclosan are more effective than plain soap and water in preventing illness and the spread of certain illnesses, according to the FDA.

Many manufacturers have started removing this ingredient from their products. If you're concerned about triclosan, look for products that don't list triclosan in their ingredients.



Why do antibacterial soaps and other products with triclosan get such a bad rap from health and environmental advocates?

Antibacterial soap products aid in killing bacteria. But rumors that they are no more effective in doing so than traditional soap and water, coupled with concerns that such products could actually be harmful to human health and the environment, prompted the U.S. Food & Drug Administration (FDA) to undertake studies.

As to the possibility that these products can cause harm, the ingredient that has some scientists worried is triclosan, an antibacterial and antifungal agent that has been shown to negatively affect hormone regulation in some animals. Human health relies on a well-functioning endocrine system to regulate the release of specific hormones that regulate metabolism, sleep and mood, as well as growth and development. When certain chemicals disrupt the system, they can do major damage to the physical process of maturation.

When you use a product containing triclosan it absorbs through your skin or mouth and enters the body. One recent study found triclosan in the urine samples of 75 percent of the U.S. children and adults screened. Researchers also found that triclosan may contribute to the growth of antibiotic-resistant germs in the body. This can cause your immune system to weaken and become more vulnerable to serious illnesses and disease.

More than 95 percent of the consumer products containing triclosan are disposed of in sewage drains. As a result, the substance is now prevalent in our nation's waterways. In fact, according to a U.S. Geological Survey study of 95 different organic wastewater contaminants in U.S. streams, triclosan was one of the most frequently detected chemicals. This is particularly worrisome because triclosan is lipophilic, meaning it can be absorbed through fatty tissues like skin—and therefore many aquatic animals may be carrying triclosan in their bodies as well.

As for the controversial question of whether antibacterial soap is more effective than traditional soap and water, the answer seems to be no. According to the Centers for Disease Control and Prevention (CDC), washing your hands thoroughly with ordinary soap and warm water is still just as effective at warding off infection as triclosan.

The implications of these findings are that anti-bacterial soaps may not be widely available in the U.S. for much longer. The non-profit Beyond Pesticides reports that as a result of these negative studies, many major manufacturers "have quietly reformulated their products without triclosan."

Says the FDA's Theresa Michele: "Following simple handwashing practices is one of the most effective ways to prevent the spread of many types of infection and illness at home, at school and elsewhere...we can't advise this enough. It's simple, and it works."

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EARTH TALK

From the Editors of
E/The Environmental Magazine



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One morning a husband returns to the cabin after several hours of fishing and decides to take a nap.

Although not familiar with the lake, the wife decides to take the boat out, since it is such a beautiful day. She motors out a short distance, anchors, and reads her book.

Along comes a Game Warden in his boat, he pulls up alongside the woman and says,

"Good Morning, Ma'am, what are you doing?"

"Reading a book," she replies,

(thinking, isn't that obvious?)

"You're in a Restricted Fishing Area," he informs her.

"I'm sorry officer, but I'm not fishing, I'm reading a book."

"Yes, but you have all of the equipment. I'll have to write you up a ticket."

"For reading a book?" she replies.

"You're in a Restricted Fishing Area," he informs her again.

"But, officer, I'm not fishing, I'm reading."

"Yes, but you have all the equipment. For all I know, you could start at any moment. I'll have to write you

up a ticket and you'll have to pay a fine."

"If you do that, I'll have to charge you with sexual assault," says the woman.

"But, I haven't even touched you," says the Game Warden.

"That's true, but you have all of the equipment. For all I know you could start at any moment."

"Have a nice day ma'am," and he immediately departed.

MORAL: Never argue with a woman who reads. It's likely she can also think. Happy reading everyone!



This is a quiz for people who know everything!

1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
3. Of all vegetables, only two can live to produce on their own for several or more growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.

Pharmacist to Customer:

"Sir, please understand, to buy an anti-depression pill you need a proper prescription. Simply showing a marriage certificate and wife's picture is not enough!"

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Crossword on page 26



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Best Places to Live in Wisconsin

#1 WISCONSIN CITIES

Continued from page 4

10. Appleton

Odds of Being a Victim of a Violent Crime: 1 in 345. Commute Time: 17.9 minutes. Income: \$52,605. Restaurants: 1 per 374 inhabitants.

Appleton sits on the Fox River, just north of Lake Winnebago and about 30 miles south of Green Bay. With a population of over 73,000, Appleton, the largest city in our rankings, still manages to convey a small-town vibe. Education and manufacturing are among the leading industries, and the city is home to Lawrence University, the second co-ed college established in the U.S. Residents enjoy a crime rate that's below the national average.

9. Manitowoc

Odds of Being a Victim of a Violent Crime: 1 in 542. Commute Time: 16 minutes. Income: \$42,579. Restaurants: 1 per 379 inhabitants.

To the east of Appleton lies Manitowoc, which sits on the shores of Lake Michigan near the mouth of the Manitowoc River. Besides spectacular waterfront views, this smaller town features a strong local economy, excellent schools and a thriving arts community. Some of the most popular attractions include the Wisconsin Maritime Museum and the Pinecrest Historical Village, where visitors can experience what life was like in 1850s Manitowoc. Did You Know: For nearly 160 years, Manitowoc was a major supplier of malted barley for the Anheuser-Busch Company.



8. La Crosse

Odds of Being a Victim of a Violent Crime: 1 in 337. Commute Time: 15.6 minutes. Income: \$39,014. Restaurants: 1 per 264 inhabitants.

The largest city in western Wisconsin, La Crosse sits on the banks of the Mississippi River just a stone's throw from the Minnesota border. Like many Wisconsin cities, La Crosse began as a fur trading settlement, but today the city's economy is based around the healthcare and education industries. Did You Know: If you're in the mood for a cocktail, head downtown to Third Street, which once made the Guinness Book of World records for having the most bars on a single street.

7. Wauwatosa

Odds of Being a Victim of a Violent Crime: 1 in 599. Commute Time: 20.2 minutes. Income: \$68,674. Restaurants: 1 per 380 inhabitants.

Head west out of Milwaukee and you'll come to Wauwatosa, a suburban area of just over 47,000 residents. Nicknamed "Tosa" by the locals, the city is just 15 miles from the downtown metro area and the average commute takes around 20 minutes. Baseball fans will love the close proximity to Miller Park, home of the Brewers, while the nearby Milwaukee County Zoo is a favorite for families. Did You Know: Architect Frank Lloyd Wright designed a number of buildings in Wisconsin, including the Annunciation Greek Orthodox Church in Wauwatosa.

6. Franklin

Odds of Being a Victim of a Violent Crime: 1 in 2,232. Commute Time: 23.6 minutes. Income: \$76,426. Restaurants: 1 per 752 inhabitants.

Another suburb of Milwaukee, Franklin lies near the Muskego Lake metro area. The city is particularly attractive to residents due to its extremely low violent crime rate, higher median household incomes and relatively short commute to downtown. Education, healthcare, manufacturing and the retail sector lead the way and the largest employers include Northwestern Mutual Life Insurance and Wheaton Franciscan Healthcare Medical Center.

Did You Know: Franklin is named in honor of scientist, inventor and Founding Father Benjamin Franklin.

5. Neenah

Odds of Being a Victim of a Violent Crime: 1 in 734. Commute Time: 18.2 minutes. Income: \$51,168. Restaurants: 1 per 344 inhabitants.

Just down the road from Appleton is the city of Neenah, which happens to be the

smallest city on our list with a population of slightly less than 26,000. Neenah began as a farming and industrial settlement, and that heritage is reflected by the continued presence of the paper, steel and manufacturing industries. Families are drawn to Neenah because of its low crime rate while retirees enjoy the scenic views from nearby Lake Winnebago. Did You Know: The Kimberly-Clark Corporation, a leading manufacturer of paper products, got its start in Neenah in 1872.

4. West Bend

Odds of Being a Victim of a Violent Crime: 1 in 1,078. Commute Time: 23.5 minutes. Income: \$54,579. Restaurants: 1 per 415 inhabitants.

Despite its name, West Bend is actually tucked away in the southeast corner of the state, approximately 40 miles north of Milwaukee. The city's economy is based around manufacturing and financial services. One of West Bend's biggest attractions is the historic downtown area, which features shops, museums, historic buildings and miles of hiking, walking and biking trails. Did You Know: Home to Wisconsin Museum of Art, which showcases the works of past and present Wisconsin artists.

3. Stevens Point

Odds of Being a Victim of a Violent Crime: 1 in 559. Commute Time: 15.9 minutes. Income: \$38,934. Restaurants: 1 per 285 inhabitants.

Stevens Point sits in central Wisconsin, just east of the Wisconsin River. A low violent crime rate and a strong emphasis on education make Stevens Point a great place to raise a family, but it's also favorable if you're searching for a new job. Several major companies are headquartered here, including Delta Dental of Wisconsin and Sentry Insurance, and the median household income is just short of \$40,000. There are plenty of breweries and bistros to explore, as well as more upscale dining locals such as @1800, which styles itself as a restaurant, lounge, gallery and theater. Did You Know: Stevens Point has been recognized by a number of publications as a "Top 10 Dream Town," one of the "Top 10 Places to Live," and one of the "Top 25 Places to Retire."

2. Brookfield

Odds of Being a Victim of a Violent Crime: 1 in 2,005. Commute Time: 20.7 minutes. Income: \$88,012. Restaurants: 1 per 333 inhabitants.

Approximately 15 miles west of Milwaukee, Brookfield is one of the safest and most affluent cities in the study. The violent crime rate is one in over 2,000 and the median income is more than \$88,000. Commute times here are reasonable and the possibilities are endless if you're interested in enjoying some family fun or a night on the town. Did You Know: Carolina Ingalls, mother to author Laura Ingalls Wilder, was born in Brookfield in 1839.

1. Superior

Odds of Being a Victim of a Violent Crime: 1 in 329. Commute Time: 14.9 minutes. Income: \$41,144. Restaurants: 1 per 269 inhabitants.

You'd be hard-pressed to find a city more aptly named than Superior. Located on the western edge of Lake Superior, this city of just under 27,000 is a major transportation hub, with the Duluth-Superior port accounting for a significant share of the workforce. As an added bonus, residents here enjoy the shortest average commute - just 14.9 minutes - of any city on our list. Median incomes are past the \$41,000 mark and the violent crime rate is below the national average. While you'll find high-end dining options, locals also prefer more low-key spots like The Shack and Gronk's Grill & Bar. Did You Know: Main tourist attractions is the S.S. Meteor, the world's last intact above-water Whaleback freighter ship.

Study conducted by CreditDonkey®. CreditDonkey is a credit card comparison website that publishes data-driven analysis to help you save money and make savvy decisions.

FRESH Frozen Tomato Sauce

6 medium sized tomatoes
1 large onion
1 large green pepper
3 stalks of celery, including greens
4 garlic cloves/halved
Italian herbs of choice: oregano, basil, thyme, crushed rosemary...
Salt and pepper to taste



Cut up vegetables and garlic and place in a stockpot. Bring to a boil and cook uncovered until vegetables break down and become very soft. Add seasoning to taste. A touch of sugar is optional.

Pour mixture into food processor (perhaps 1/2 at a time to make it easier) and sauce it up! Longer of course for a smooth sauce or less time for a chunky sauce. Freezer bags, freezer jars or the Food Saver works great. If you wish, keep the sauce bland which makes it easy to accommodate a variety of other dishes as well.

***You can also cut up fresh tomatoes, mix them in the blender and freeze just like that!*



FRESH Frozen Sweet Corn

6 cups corn sliced off raw cobs
1 cup water
3 tbs sugar
1/2 tsp salt
1 cup water
4 tbs butter (1/2 stick)

Bring to a boil and cook uncovered for 10 minutes. Add 4 tbs of butter and let cool. Place in freezer bags or use your Food Saver for a tasty winter treat.

***Corn starts losing it's sweetness as soon as it is picked. Eat and/or freeze as quickly as possible!*



FRESH Strawberry PIE! Yum, yum & yum!!

Pretzel Crust

1 1/4 cups crushed pretzels
1/4 cup granulated sugar
1/2 cup butter or margarine, melted

Pie

3/4 cup boiling water
1 package (4-serving size) Jell-O™ strawberry-flavored gelatin
1 teaspoon grated lime peel
1/4 cup lime juice
1 1/2 cups whipping (heavy) cream
3/4 cup powdered sugar
2 cups strawberries, slightly crushed

Directions

In medium bowl, mix all crust ingredients. Press mixture firmly against bottom and side of 9-inch glass pie plate.

In large bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in lime peel and lime juice. Refrigerate about 1 hour or until thick but not set. Beat gelatin mixture with electric mixer on high speed about 4 minutes or until thick and fluffy; set aside. In chilled large bowl, beat whipping cream and powdered sugar on high speed until stiff peaks form. Fold whipped cream and crushed strawberries into gelatin mixture. Pour into crust.

Refrigerate about 8 hours or until set. Garnish with chocolate-covered strawberries. Store covered in refrigerator.

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Pinterest

Beloit Couple Left It All Behind in 1923

In June 1923, the Milwaukee Journal reported that an elderly Beloit couple, Charles and Capitola Kidder, were setting out on a remarkable adventure.

Married for five decades, the Kidders had always wanted to follow the pioneers who'd gone west in covered wagons. So as retirement neared, Charles built a tiny house on a truck chassis. Into it they put all their favorite possessions. "We love our old things," Mrs. Kidder said, "Why should we deprive ourselves of them?"

They were joining the growing ranks of "Tin Can Tourists" who piloted the first campers along unpaved roads to the country's national parks and scenic destinations. Although the Kidders built their own motorhome by hand, the first RVs had already begun to roll out of automobile factories by 1923.

Having "stood shoulder to shoulder through more than 50 years of marriage and financial life," the Kidders then turned their backs on Wisconsin and their eyes toward the sunset. As they got ready to leave, neighbors asked how long they would be gone.

"Why people should measure a trip by days or miles I cannot understand," Mr. Kidder replied. "We have all the time there is and we expect to decide as we go along how to use it."

He said they intended to follow the Santa Fe Trail to San Diego and then work their way up the Pacific Coast to Vancouver. Off they rolled into the sunset, never to be seen again in Beloit, so far as anyone can tell.

Image: There's apparently no photo of the Kidder's motorhome, but a page showing similar vehicles is here: <http://www.oldwoodies.com/gallery-rv.htm> I didn't look into rights for any of the images there. Source: "Trip of dreams after 50 years." Milwaukee Journal June 10, 1923.

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A SHOT OF WHISKEY

In the Old West, a .45 cartridge for a six-gun cost 12 cents, so did a glass of whiskey. If a cowhand was low on cash he would often give the bartender a cartridge in exchange for a drink. This became known as a "shot" of whiskey.

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The 'Joy' of 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!" 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.

MOVING! continued on page 23



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Continued from page 11

Wouldn't It Be Great to Have **A Little Extra Energy?**

eat nut butters and get the same nutrients. Seeds like chia seeds, flax seeds and hemp seeds are very healthy, but hard to eat as a snack unless you eat them as part of something else such as in a cereal or with yogurt. Pumpkin seeds and sunflower seeds are a popular snacking food that you can eat at work or wherever an energy boost is needed.

One thing to keep in mind is that nuts and seeds are pretty high in calories so you'll want to make sure you eat a small portion. You don't want to end up gaining weight.



Spinach. Spinach is a highly nutritive food. It contains almost every vitamin and mineral that your body needs, as well as protein and fiber.

Many times our energy levels are low because we lack a certain nutrient. Eating spinach will surely take care of that! As a bonus,

spinach is one of those low calorie energy foods that can be eaten raw, steamed or sauteed without adding to your waistline. Other leafy greens like kale, mustard greens and collard greens could easily be substituted with just as many health benefits and energy boosting power.

Whole Grains make great Energy Foods. Are you one of the many people who've sworn off carbohydrates to lose weight? You may want to rethink that strategy. The fact is not all carbohydrates are created equal. Carbohydrates are a great source of energy, but you have to eat the right kind. Whole grains are just that.

Grains like oatmeal, quinoa and farro deliver steady fuel for your body. Quinoa contains high contents of eight different minerals, as well as protein and fiber.

It also contains many B vitamins, which helps you turn the food you eat into fuel or



energy. Most whole grains are great breakfast choices because they'll keep you full until lunch and get you ready for your day.

Many cereals are made with whole grain, hot or cold. Yogurt with granola, whole grain toast with peanut butter and whole grain muffins are great choices that will give you high energy.



Beans. Beans are a great carbohydrate that has a good amount of fiber. Since fiber takes longer to digest, it draws out the energy you get from foods. This means you won't be craving foods or having any energy dips before your next meal. Beans also contain plenty of protein and iron, but are low in fat.

Watermelon. Watermelon is 90% water low calorie and fat free. If you don't drink enough water throughout the day it can take a toll on your energy levels. The good news is that you can hydrate with this delicious melon. It also contains vitamins A, C and B6 with lycopene, an anti-inflammatory antioxidant that's great for your health. Unfortunately, a good watermelon is usually hard to find in season.



Bananas. Want something convenient? Think bananas. Why? They're so easy to bring along with you wherever your day may take you. You don't need a spoon and they aren't messy to eat. Bananas contain a lot of potassium which regenerates your body by replenishing any nutrients you lose through sweat and urinating. They also contain vitamins C and B6, as well as carbohydrates.



Chris Amolten is a certified health coach, trainer who is TRX certified. He specializes in body transformations and is an online nutrition consultant.



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The 'Joy' of MOVING

Continued from page 21



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. 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. "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!

For two decades, Universal Services has specialized in all phases of senior downsizing. Migdalia Zanon CEO MHA. 262-257-0250

After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.....

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

Lose Pounds by Picking Up Poo?



The Best Garden Activities to Burn Calories

If you have a dog, you may be in luck! 'Picking Up Dog Poo' could burn an estimated 150 calories per hour!

During lockdown staying fit and getting exercise is so important. The activities below are estimated on average calories that *could* be burnt per hour (depending on your current fitness level and how vigorously you attack each activity).

Activity/Calories Burnt Per Hour

Mowing (Manual)	400
Digging	350
Assembling Furniture	275
Hedge Trimming	250
Weeding	175
Picking Up Dog Poo	150
Painting Fences	125
Cleaning Patio	100
Raking Leaves	75
Planting Seeds	50

These results show that while it may be difficult being stuck at home, you can still get some good quality exercise and stay in shape.

<https://www.farawayfurniture.com> commissioned the data.



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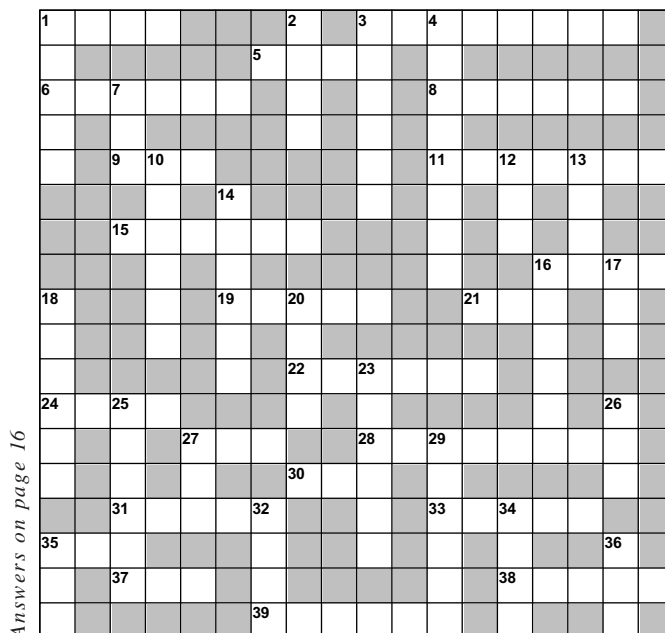
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ACROSS

1. A clock sound
2. Math function
5. Animal textile
6. Choose one of two
8. Reside in
9. Which came first?
11. Joking
15. Additional ones
16. Grocery vehicle
19. Root of all evil
21. Sticky
22. Ordinary
24. Outdoor porch
27. Form of division
28. Pestering
30. Comes in a pod
31. Group of stems
33. Fear
35. Also
37. Up to now
38. Treated with suppressants
39. Only one is your best

DOWN

1. To or into that place
2. It's as good as
3. Not quite
4. Opens doors
7. Golf ball perch
10. To have obtained
12. Past tense of do
- 13/. Picture in your mind
14. Appeared to be
16. Mother's sister's kids
17. Uncooked
18. Keep this dry
20. Kind
23. Organize flow of resources
25. Star of the rodeo
26. Used to catch butterflies
27. Type of food container
29. Most certainly
32. 1/2
34. Two or more, considered individually
35. Road patch material
36. Duration of life



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20 years ago we had Johnny Cash, Bob Hope and Steve Jobs. Now we have no Cash, no Hope and no Jobs. Please don't let Kevin Bacon die!

Traced my family tree...

Apparently it grew nuts and was pretty shady.....

Last night on television,

I heard a famous psychologist and therapist advise that, while staying isolated in this time of Coronavirus, we must embrace inner peace. To achieve this, she said we should always finish things we start in order to restore and preserve more calm to our lives.

I looked through my house to find things I'd started and hadn't finished, so I found and finished off a bottle of Merlot, a bottle of Chardonnay, a bottle of Baileys, a bottle of wum, the remainder of Valiumun scriptuns, and a box of chocletz.

Yu haf no idr how fablus I feel rite now.

Sned this to all who need innr pees. An telum u luvum. And hash yer wands, stafe day avrybobby!!!

WORD SEARCH

ACTRESS
ADMIRAL
ALTHOUGH
ANGEL
BELL
BORROW
BREAK
CELEBRATE
COPY
COWBOY
DARK
BEER
DEFENCE
DREADFUL
DURING
EARTH
FATHER
FIFTEEN
FLOWER
FONDER
FUNNY
GOOSE
HEAVY
HOPE
HUMILIATE

HURRICANE
INTERESTED
ITSELF
KEPT
KEYHOLE
LAST
LATEST
NOTION
QUICK
RAGE
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WHOEVER
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R	C	R	C	E	E	I	L	A	T	E	S	T	A	N	O	N	P
N	E	K	F	E	N	A	C	I	R	R	U	H	C	L	C	N	O
R	Y	D	E	T	S	E	R	E	T	N	I	F	N	A	F	U	H
W	O	R	E	T	U	R	N	L	L	U	D	W	E	E	U	F	T

Kinda' starting to understand why pets try to run out of the house when the door opens.

answers

Quiz questions on page 16

1. The one sport in which neither the spectators nor the participants know the score or the leader until the contest ends: Boxing.
2. North American landmark constantly moving backward: Niagara Falls ... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Only two vegetables that can live to produce on their own for several

growing seasons: Asparagus and rhubarb.

4. The fruit with its seeds on the outside: Strawberry.

5. How did the pear get inside the brandy bottle? It grew inside the bottle. The bottles are placed over pear buds when they are small, and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.

6. Three English words beginning with dw: Dwarf, dwell and dwindle...

7. Fourteen punctuation marks in English grammar: Period, comma, colon, semicolon, dash, hyphen, apostrophe,

question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.

8. The only vegetable or fruit never sold frozen, canned, processed, cooked, or in any other form but fresh: Lettuce.

9. Six or more things you can wear on your feet beginning with 'S': Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.

To put things in perspective for those of us feeling a bit stir crazy already.....Anne Frank and 7 other people hid in a 450 sq. ft. attic for 761 days, quietly trying to remain undiscovered to stay alive. We can all do our part to keep everyone safe and spend a few weeks at home.

This cleaning with alcohol is total nonsense. NOTHING gets done after that first bottle.

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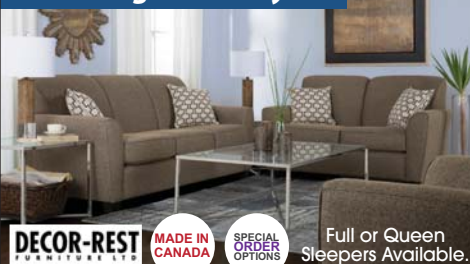


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