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April **2021**
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Spring
is here



Wisconsin
FLOWER GARDENS

4-MINUTE
DAILY WORKOUT!

INSIDE
THIS ISSUE ~page 3



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I am going to try to pay attention to the spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.

~ Anne Lamott



Take Time to Smell the Roses...and Lilacs...and Lilies... Wisconsin's Finest Public Gardens

Lakes and rivers. Hills and valleys. Wildlife and forests. Wisconsin has an abundance of natural resources. But the list of the state's environmental assets should also include its public gardens.

The best known, of course, are Olbrich Botanical Gardens in Madison and Boerner Botanical Gardens in Milwaukee. But there are hundreds more tucked away in small town and big city parks, nature centers, even around hospitals or on college campuses.

Not surprisingly, the oldest public gardens are in Milwaukee. The Victorians picnicked while visiting their deceased loved ones in Forest Home Cemetery, a garden cemetery established in 1850, which now contains several formal gardens. The great landscape architect Frederick Law Olmsted, who created New York's Central Park, left his imprint on several of the city's green spaces including Lake Park in 1889, Riverside Park, and Washington Park. These parks were considered "gardens for the poor" a means of escape for the urban dweller.

A little further to the north, the far-sighted Walter J. Kohler, Sr., president of the Kohler Company, traveled to England in 1913 to view the work of Sir Ebenezer Howard, the godfather of the garden community movement. The movement reserved the town center for residences and parks and the outskirts for transportation and industry. The village of Kohler ultimately became the first fully developed garden community in the United States and in 2004, it received botanical garden status.

With such an extensive history of public gardens in the state, there are many wonderful places to visit. But the following are worth a special trip. And while the colorful blooms are seasonal, most of the gardens are open year-round.

Olbrich Botanical Gardens – Madison

The Bolz Conservatory features 750 species of tropical plants from Florida and Central and South America. The Thai garden with its gold leaf-accented teak Pavilion, is the only authentic one in the continental United States. Olbrich received the annual Award for Garden Excellence from the American Association of Botanic Gardens and Arboreta in 2005, the plant world's equivalent of winning an Oscar.

Interesting trivia: The Sunken Garden's pool is dyed with beet juice to give the impression of depth. *Date open:* Both the gardens and the Bolz Conservatory are open year-round. *Peak time:* Spring bulbs peak in May, perennials peak in July/August. *Contact information:* 3300 Atwood Ave., Madison, (608) 246-4550, www.olbrich.org

Boerner Botanical Milwaukee

Varieties of "antique" daylilies, collections of tree peonies, shrub roses, and bearded iris and seven varieties of peonies hybridized in the 1800s are found here. The Rose Garden is one of 23 rose test sites across the country. Trial and test gardens for annuals and vegetables are also on display.

Interesting trivia: The gardens are named for Milwaukee landscape architect, Alfred Boerner. But some of the 3,000 rose bushes in the Rose Garden actually came from Alfred's brother, Eugene, nicknamed "Papa Floribunda" for his work in saving cutting stock from the Nazis during World War II. *Date open:* Year-round. *Peak time:* May for spring flowers; June for the roses and perennials; July for annuals *Contact information:* Hales Corners, (414) 525-5600, www.boernerbotanicalgardens.org



Public Gardens continued on page 4

From the Publishers

APRIL 2021



Mooching around in the backyard sure is fun during spring. The birds sing like crazy, there's green sprouts and new life bursting through the brown patches, and there's plenty of puddles and mud to play in. It was free entertainment for my brothers and I to pull off our shoes and hit every knee-high spring flood we could find, float our little improvised boats and play, play play...

Growing up in the country, you think a little different about spring. You stay outside until it gets dark, you drink maple syrup sap straight from the tree, you know the names of the spring wild flowers, your jeans always have muddy knees, crops are getting planted, cows are calving, and farm kittens are being made. Spring is all around you in a season of rebirth!

After a long winter couped up in the house battling this covid we're all so looking forward to fresh, warm spring air flushing out our houses and souls! Neighbors start to materialize and it's coffee and gossip time at the mailbox. We grab the calendars and start plotting weekends and summer days to spend with friends and family. Out come the bikes and boats and fishing rods, little skirts and strappy sandals. New seeds are planted both in our beautiful gardens and in our very lives. Health, attitude, habits, thoughts - let's encourage ourselves to let the fresh air in!

It's garden time! The farm girl in me knows that I need to add organic 'farm extract' to our soil in the form of 'poop' (my mom loved her chickens) but how do I move that from my brother's farm in Manitowoc in the trunk of my convertible without creating nasal trauma?!

Tom and I have a new coffeetime entertainment - feeding our backyard squirrels peanuts by our patio door (Little Dude and Litte Dude II). They no longer scamper away when the door opens - feeding time at the zoo. I don't tell them that squirrel was sometimes on the lunch table at the farm and Tom insists that when they eventually run into the house for more treats they are my problem to deal with.

Our beautiful daughter scored the lead role in her HS musical "The Pajama Game." I can't even whistle a tune so kudos to her and we can't wait to see it - great excuse for a live streaming house party!

Our Greek Easter falls on May 2nd and there will be lamb on the spit in our backyard. Feast time after a long fast.

Try to find a moment this month, a favorite chair by a sunny window or a perfect spot in your backyard, to really relax and re-establish that relationship with our Mother Earth and her gift of spring- a season of renewal, sunshine, weeding, planting, painting, fixing.... did I say relaxing...? YES! Thank you for reading our April issue. Be well and happy - and smile at your first daffodil...

LIFE. *Enjoy it!*

Sandy and Tom Draelos

INSIDE THIS ISSUE



VEGGIE TIME!

How do you get the best of your limited garden space? Here's the shopping list for the healthiest seed package and supper table! -page 5



THE 4-MINUTE WORKOUT

Work 16 of the largest muscles groups in your body - the best way to start toning your body - plus it's free and so easy nearly anyone can do it. -page 8



The GREEN THING

How wasteful we older folks were just because **we didn't have the green thing back then!?!?** Read on and recycle *that* you silly little young thing! -page 18



Walking Poles

Poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. -page 20



Attract Birds to Your Backyard

Creating a bird habitat can be a wonderful hobby. Here are essential things you can do immediately to begin attracting birds to your yard. -page 21

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Your LIFE! is a monthly publication serving the 45 and above readership of Milwaukee, Waukesha, Washington and Ozaukee counties.

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Sandra (Hill) Draelos

ADVERTISING

Advertising Sales Associates
Vicki Huber | Kelly Larson

OPERATIONS MGR

Thomas Draelos

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Wisconsin's Finest Public Gardens

Public Gardens continued on page 2

Rotary Gardens — Janesville

One of the few fern and moss gardens in the United States. Collections of narcissus, hostas, daylilies, and alliums are joined by 80 varieties of nicotiana (flowering tobacco), 115 of celosia and 40-plus types of morning glory plants. The Japanese garden is likely the largest one in the state. The Japanese Garden's bright red bridge was made from recycled curved light poles reclaimed from the city's wastewater treatment plant. The footbridge zigzags to ward away evil spirits that the Japanese believe can only travel in a straight line. *Date open:* The garden is open year-round although plants are blooming from mid-April to mid-October. *Peak time:* Spring bulbs peak in May; alliums peak in late May; roses peak in mid-June; annuals/perennials peak in June/July. *Contact information:* (608) 752-3885, www.rotarygardens.org



The Paine Art Center and Gardens — Oshkosh

The 18th century reproduction Herb Garden contains more than 60 species. A tulip tree from George Washington's Mount Vernon estate is found in the Secret Garden. A monochromatic or "moon" garden features plants with blooms or foliage in shades of white, silver, and gray. The 20 outdoor gardens or "galleries of horticulture" augment the revolving art exhibitions inside the museum. *Date open:* The mansion is open year-round, but the gardens are open May through October. *Peak time:* Spring bulbs peak in May; perennials in June; and the annuals and wildflowers in July. *Contact information:* 1410 Algoma Blvd., Oshkosh, (920) 235-6903, www.thepaine.org

Allen Centennial Gardens — University of Wisconsin-Madison

Exotic shrubs, dwarf conifers, and native plants all have individual gardens here. The 22 gardens are an outdoor classroom and laboratory for University of Wisconsin horticulture and landscape architecture students, so the newest varieties are always on display. *Date open:* Year-round. *Peak time:* Spring bulbs peak in May; annuals/perennials in July/August. *Contact information:* (608) 262-8406, www.horticulture.wisc.edu/allencentennialgardens/

University of Wisconsin-Madison Botany Garden and Greenhouses

Plants from around the world fill this beautiful world-class research garden and the greenhouses that support it. The garden utilizes the new Angiosperm Phylogeny Group system of molecular classification. The greenhouse features three specimens of the rare Titan arum, fondly known as the corpse plant for its rotten meat smell when it blooms. *Interesting trivia:* Ferns are the lowest plant forms on the evolutionary scale while daisies are the highest. *Date open:* The garden is open year-round and is in bloom from mid-April to mid-October; the greenhouses are open when class is in session. *Peak time:* July/August *Contact information:* (608) 262-2235, www.botany.wisc.edu/Garden/

The Botanical Gardens of Kohler

The village at the American Club features a variety of garden styles: formal, informal, container, prairie, sculpture, arboretum, and nature walk. *Interesting trivia:* It costs \$10 to rent hand-held wands for three self-guided tours that highlight the flowers and plant life in each of the gardens. *Date open:* Year-round. *Peak time:* The gardens have various peak times. There's generally something to see from early May to early October. *Contact information:* Kohler, (920) 458-5570, www.DestinationKohler.com

Warren Taylor Memorial Gardens — Kenosha

Fifty varieties of annuals, laid out in rows, with manicured grass paths in this sunken garden. One of the state's few formal gardens devoted solely to annuals. *Date open:* The gardens are located in Lincoln Park and are open when the park is open. *Peak time:* July *Contact information:* Lincoln Park, Kenosha, (262) 653-4080

Villa Terrace Renaissance Garden — Milwaukee

Brides who were married at Villa Terrace donated dwarf crabapple trees for the Bride's Orchard. Look for culinary and medicinal herbs, potted citrus trees, roses, and, in the spring, some 30,000 narcissus. This formal Italian Renaissance garden containing Wisconsin-hardy 16th century Italian plantings is the only one of its kind in the state. *Interesting trivia:* The Neptune Gate, with its Greek and Roman images, is one of the largest pieces of ironwork crafted in the past century. *Date open:* Wednesdays through Sundays, year-round. The summer opening is around June 1 but the garden can be seen from Lincoln Memorial Drive. *Peak time:* Spring bulbs and crabapple trees peak in May; remainder peaks in June/July. *Contact information:* (414) 271-3656, www.cavtmuseums.org



In cooperation with Wisconsin Trails, www.Wisconsintrails.com. For a complimentary copy of Wisconsin Trails magazine e-mail info@wistrails.com.

What Are the Top 5 Vegetables?

...for your garden and your table



It's GARDEN TIME!
How do you get the best of your limited garden space? Plant the healthiest veggies you can! And with Farmers' Markets right around the corner, here's the shopping list for the healthiest supper table!



"It's a tricky definition of terms," said Young, author of Healthy Mom (www.ivayoung.com). "It's really not as healthy to eat processed foods to begin with, but for them to say that using vegetables as fillers somehow makes processed foods healthy is disingenuous, at best. It's like saying 'don't pay attention to all the chemicals, dyes, sodium we put in the can - there's vegetables in there, too, so that makes it okay!'"



Young believes that we need to eat actual vegetables if we want to have a real healthy diet, and there are five key veggies that top her list as the healthiest. They include:



- **Spinach** — Popeye was right. Spinach is an excellent source of Vitamin K, Vitamin A, manganese, folate, magnesium, iron, Vitamin C, Vitamin B2, calcium, potassium and Vitamin B6. It's also a good source of fiber, copper, protein, phosphorous, zinc, Vitamin E, omega 3 fatty acids, niacin and anti-oxidants.



- **Lettuce** — Lettuce is a low calorie fiber food that is also a great place to find Vitamin A, folic acid, lactucarium (which helps enhance calmness and pain relief), as well as the antioxidants lutein and zeaxanthin. Lettuce also contains a good amount of anti-cancer properties.



- **Broccoli** — Besides having great flavor and texture, Broccoli contains copious amounts of Vitamin A, Vitamin C, beta carotene and Vitamin K. The minerals in broccoli include calcium, potassium, iron and folate. A great source of fiber, broccoli also provides lots of bioflavonoids, which is an antioxidant that helps protect against cancer and heart disease.

- **Brussels Sprouts** — A staple in the diets of Asian cultures, who are among the longest lived people in the world, the crunchy garnish contains lots of potassium, Vitamin C, Vitamin A, beta carotene and Vitamin K.

This is another great anti-cancer vegetable.

- **Cabbage** — Although best known as the partner of corned beef on St. Patrick's Day, cabbage is a great low calorie food that contains a good amount of fiber, calcium and Vitamin C. Cabbage is incredibly packed with substantial anti-cancer agents.

When picking vegetables, Young believes that fresh and frozen vegetables are better than canned vegetables, because they have less added salt. If you have to buy canned vegetables, she recommends draining the water they are packed in before preparing them to remove a good amount of the added sodium, or simply buy those labeled as having low sodium.

"Broccoli, cabbage and Brussels sprouts also contain glucosinolates, which are known for their chemoprotective agents against chemically-induced carcinogens by blocking the initiation of tumors in the liver, colon, breasts and pancreas," she added. "These anti-cancer compounds are released more effectively when you chop those vegetables before serving, and serving them raw increases the anti-cancer benefits even more."

With all this said it is most important to be aware that Young has found in her research that "the vitamin numbers go up when vegetables are cooked, but the anti-cancer compounds go down". Young suggests "steaming or roasting on a pan for no more than 7 minutes, which has proven to be a good way to keep the anti-cancer compounds and make it more edible."

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April 17

10 am, Opens at 9:30 am
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This is an educational training session where the basics of training are shown in beginner, intermediate and advanced horses. Join us for a rare opportunity to see Lipizzan horses learning their dance moves in a serene country setting. You'll sit socially distanced at our sprawling open air indoor arena while professional trainers and the most highly trained stallions go through the process of dance or "dressage" training. We will demystify how these gorgeous horses learn to do what they are best known for as you hear the sound of their hooves and breathing as they pass within feet of your seat. Tempel Lipizzans is a European cultural gem right in your backyard. Session takes place out of the elements, but we still recommend a heavy coat (in cold weather) and good walking shoes. Please consider our COVID-19 regulations



Hats encouraged! Kentucky Derby Dinner Train on the East Troy RR

East Troy Railroad Museum

Have a wonderful dinner on the train then watch the Kentucky Derby in the Depot!



May 1

Enjoy Dinner on the Train, Watch the Kentucky Derby in the Depot
This train departs the East Troy Depot at 3:30pm so you will be back to the Depot in time to watch the Kentucky Derby with your fellow passengers. Dinner starts with hot pimento cheese dip with toast squares, followed by southern spinach salad, then enjoy Kentucky hot brown sliders, shrimp, and smoked grits. Dessert is Mason jar pecan cake. Back in the depot for the race, multiple gourmet hors d'oeuvres will be passed. \$65 per person. Cash bar available. Advance reservations required.

April 10-11

Corrie Sachs as Reba!

Fireside Dinner Theatre

Don't miss this live tribute concert to the Queen of Country Corrie Sachs, the #1 Reba McEntire tribute artist in the country! Corrie is widely considered one of the best, and best known, Reba McEntire tribute artists in the country! Limited seating. Prices vary by menu selection.

April 16

I'm So Board: Sign Painting Event

5:30pm. Grace Center, 250 E. Juneau Ave.

Get your craft on with this sign painting event! Choose your design ahead of time and join us for step-by-step instructions to bring that design to life. \$12 per sign (feel free to sign up for multiple projects). Pre-registration is REQUIRED for this event to ensure we have ample supplies prepared.

April 22

Women's Baseball in Milwaukee and the Midwest

7:30 pm (Thursday)

Milwaukee County Historical Society at Online/Virtual Space
Learn about the history of women's baseball! Women have been playing baseball from its earliest days. Join us as baseball historian Mary Shea as explores the history of women in baseball, from the Bloomer Girls of the late 1800's to the championship team of the 1944 Milwaukee Chicks, and how women continue to play today.

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April 24 - May 2

Lake Geneva Restaurant Week

Nine days of delicious dining featuring multi-course prix fixe menus and exclusive specials. Dine In | Take Out | Eat Up! Mark your calendar and make plans to enjoy a culinary adventure around the Lake Geneva region!



Dozens of the area's finest restaurants will feature exclusive prix fixe menus for breakfast, lunch and dinner, as well as custom menus and specials created just for Restaurant Week. Explore new restaurants or revisit old favorites, dine in or take out... the choices are endless as you celebrate Lake Geneva's amazing dining scene

April 27-May 23

Ella Fitzgerald: First Lady of Song

A Celebration in Story and Song

Milwaukee Repertory Theater at Quadracci Powerhouse Award-winning actress Alexis J Roston salutes America's favorite jazz singer, Ella Fitzgerald. Roston was last seen at Milwaukee Rep in her mesmerizing star turn as Billie Holiday in Lady Day at Emerson's Bar and Grill (Chicago's Jeff Award, Black Theatre Alliance Award) and in the 2014 production of The Color Purple. In a spellbinding performance, Roston effortlessly emits the sultry swing and playful joy that made Ella an American treasure. Classic tunes by Ellington, Gershwin, Porter and more include "Summertime," "The Lady Is a Tramp," and "It Don't Mean a Thing If It Ain't Got That Swing."



Spring Floral Show: Seasons of Legend Through May 31

Mitchell Park Domes Spring Floral Show: Seasons of Legend

A look at the ways different cultures used folklore to explain the changing of the seasons. Legends are told with props and more than 3,000 brightly colored plants.

Seasons of Legend highlights these five stories:

1. Why Trees Lose Their Leaves (Cherokee) – and why pine trees keep their needles
2. The Blue Corn Maiden (Hopi) – the origin of spring
3. Zhulong: The Candle Dragon (Chinese) – the changing of seasons
4. Persephone and Demeter (Greek) – the origin of spring
5. Amaterasu: The Sun Goddess (Shinto) – the coming of light

The Show Dome is divided into five sections, each showcasing one of the legends. Plant selection supports each theme with a coordinated color pallet.

The new reservation system and one-way routes with physical distancing let you enjoy Seasons of Legend (in the Floral Show Dome), the Tropical Dome AND the Desert Dome. To help maintain safe visitor numbers, advance reservations are required. A reservation holds your timeslot, and when you arrive, you check in and pay admissions for your group. Wearing face masks is REQUIRED inside the entire Mitchell Park Domes.



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4-Minute Daily Workout

The Nitric Oxide 'Dump' — A Very Efficient, Quick and Easy Workout Strategy

In this four minute workout, you work 16 of the largest muscles groups in your body - one of the best ways to start toning your body, plus it's free and so easy nearly anyone can do it. Another convenient part of the concept is that you really can complete a quick workout multiple times per day.

You can do it whether you're on vacation, at work or at home, plus it doesn't matter what you're wearing, provided you can move freely.

By Dr. Mercola

Four-minute workouts done several times a day — as many times a day as you want (within reason) for maximum benefit — are a new concept for fitness that's designed to use nitric oxide for muscle growth. Dr. Zach Bush, whose triple-board certification includes expertise in internal medicine, endocrinology and metabolism, says this four-minute workout is efficient anaerobically and the more you do it, the better it works.

This short series of exercises could be called a new version of high-intensity interval training. It's designed to stimulate the release of nitric oxide, which is actually a soluble gas and a free radical stored in the lining or endothelium of your blood vessels that can catalyze and promote health.

When your platelets are sticky, it can cause the development of a blood clot, which could then cause a heart



attack or stroke, two very common causes of death. Another benefit of nitric oxide is that it's a powerful anabolic stimulus that can help you increase lean body mass - when you increase muscle mass, you're able to burn more fat.

Nitric oxide is a molecule your body makes that feeds your muscles, so when you run out of oxygen when you begin exercising, your muscles start to ache, Bush explains. When nitric oxide is released to make up for it, it moves through your bloodstream, your blood vessels dilate to deliver more oxygen and nutrients, and that's how your muscles develop. According to Bush, "Our blood vessels actually only store about 90 seconds' worth of nitric oxide before they need to manufacture more, so

working each major muscle group out for 90 seconds gives you the most efficient workout to tone and build muscles."

The body has the ability to regenerate nitric oxide every couple of hours, giving you the opportunity to release it multiple times a day. What that means is the most effective way to increase your muscle function is to work out very briefly every few hours.

While intended to be done about three times a day, you'll want to wait for at least two hours in between sessions, because that's how long it takes for nitric oxide to synthesize in your body for subsequent release and optimal benefit.

A typical four-minute workout entails three sets of 10 repetitions or "reps," but you can eventually work toward increasing it to 20.

Hand weights aren't necessary or even recommended at first, although you can also work toward using them later if you'd like. By focusing on form and speed, you run out of oxygen in your large muscle groups. It's a new level of fitness, but form is important and only once you've mastered form should your pace increase over time.



Here's the drill for each of these movements. Again, start with three sets of 10 repetitions. As you feel comfortable, move to 20 repetitions with each exercise. At the end, you'll have completed 240 movements. Here's an important stipulation: As you're exercising, don't breathe through your mouth. Keep your mouth closed and breathe only through your nose.



Squats: Legs, Glutes, Hamstrings, Quads, Calves and Abs

"A good squat is your butt going back and looking like it's going to sit in a chair. It's not just a simple knee bend," Bush explains. Your arms have to be held forward in front of you to maintain balance, especially as your weight shifts backward; first you "sit down," then you straighten back up again.

To help you do that, your feet should also be placed as far apart as your shoulders, and if it bothers your knees or back, you just make the movements more shallow. You'll get the

same activation in your quadriceps. The goal is to keep that muscle engaged, but your speed is actually more important than the depth of your squat.

Begin by standing with your feet hip-width apart, feet parallel, toes pointing forward and the weight of your body distributed evenly between your heels and the ball of your foot. Perform 10 squats in rapid sequence, keeping your quadriceps engaged.

If knee problems make squats problematic, get into a seated position by placing your back flat against a wall for 30 to 60 seconds until your thighs begin to ache.

Tin Soldier: Shoulders — Deltoids and Triceps

To start, swing your arms at a simple 90-degree angle, which helps work a number of muscles in your deltoids, which are the rounded, triangular-shaped muscles on the uppermost part of your arm and the top of your shoulder.

The arm swings from your waist, alternately right and left, go in front of you to shoulder height and encompass other muscles in your shoulders and back. Your hands should make loose fists and be pointed downward. It's important to keep your form tight and maintain muscle control rather than just flapping your arms up and down.

Alternately, achieve 90-degree elevation in each arm. Begin standing straight with your arms at your sides. Lift your right arm in front of you to a 90-degree elevation, then swiftly drop it back down to your side while raising your left arm, also to a 90-degree elevation. Alternate left and right, repeating 10 times each side.

Snow Angel: Back — Lats, Traps, Deltoids, Rotator Cuffs

This part of the workout is basically a jumping jack without the jump to work your latissimus dorsi muscles (lats), whose name means "broadest muscle of the back," and trapezius muscles (traps), the large muscle that extends from the back of your head down your neck and into your upper back. Make sure you don't get sloppy, but "click" your fists together both at the bottom and again at the top to get the full range of motion and the full benefit of the workout in your shoulders.

Begin standing straight with your arms down, fists touching in front of your pelvis. Use a broad rotation, circle your arms upward on each side to touch your fists over your head. Circle back down to hit fists at the bottom. Repeat 10 times.

If you have shoulder problems with your rotator cuffs, try this variation instead: Start with hands at a prayer position in front of your chest. Keep hands pressed together lightly as you extend them above your head. Circle your arms out to the sides to release before bringing them back to the prayer position. Repeat 10 times. "It's almost like you're doing the breast stroke. It's amazing; even if you have frozen shoulder how that can break things loose and loosen it up," Bush explains.

Military Press: Shoulders and Arms — Traps, Neck, Deltoids, Triceps

You could call this next exercise the "invisible pullup." Bring fists above your shoulder to either side of your head, elbows bent. Extend arms straight above your head. Return to position with fists just over your shoulders and repeat 10 times.

Then, without breaking your tempo, return to start the second exercise set in the same sequence: Squats, tin soldiers, snow angels and military presses, until you complete three sets. Bush notes that at the end of the four-minute exercise, it's important to mentally regroup to allow your body to catch up to the enormous increase in blood flow. What you're feeling is the liberation of nitric oxide.

Relax, shake it out and feel your fingertips. You'll feel a little tingling and a little puffy over the next 20 seconds. That's the nitric oxide effect. You're dilating all those blood vessels, oxygenating everything from your brain to your kidneys and everything else in your body, and you're building muscle for the next couple of hours. If you repeat that three times a day, you'll find a change in your metabolism and muscle capacity so you can strengthen and maintain lean muscle. It's an exciting shift in our concept of exercise.

The Nitric Oxide Dump, when done correctly, entails starting at 10 reps and working up to 20, paying attention to your form, and completing the sequence two or three times a day, every day.

This article was reprinted from by Dr. Mercola, a New York Times bestselling author. For more helpful articles, please visit Mercola.com today and receive your FREE Take Control of Your Health E-book!





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New TV Series Promotes CBD for Health

Anthony "Sully" Sullivan, the high-energy, omnipresent British-born TV pitchman of commercials and late-night infomercials, including OxyClean, now stars on the new hit TV series "Kings of Kush" on VICE (Tuesdays at 10:30 p.m.) premiering this month.

Sully took a departure from his 30-year career in selling products on TV when his daughter Devon was born with a rare genetic disorder and needed an alternative to prescription medication. Thom Beers, creator of "Deadliest Catch" and "Ice Road Truckers" met Sully and then planted his latest seed in TV ground with the reality series about CBD and family.



On "Kings of Kush," Sullivan and his business partner/friend Dave Christian purchase a 116-acre farm in Plainfield, Vermont, for the sole purpose of growing hemp to process cannabidiol (CBD) for its medicinal benefits. CBD is commonly used to treat a variety of issues, including anxiety, insomnia, and in the case of Sullivan's daughter, seizures. Sully's daughter was born with special needs that caused occasional seizures and cognitive problems. Her mother has a PhD in early childhood development, and together with Sully, they realized that CBD helped with Devon's seizures. Prescription medis had robbed Devon of her personality and after discovering that CBD managed Devon's seizures and helped restore her personality traits, Sullivan decided to go full bore into the CBD world to grow it, distribute it and get the message out of how it is helping his daughter.

Sully has embarked on his next great venture-the Vermont based CBD company and farm MONTKUSH. As CEO, father, USDA certified organic farmer, and consumer, Sully realized there was a lack of consumer understanding and confusion surrounding hemp derived CBD products. He decided to document and film the MONTKUSH journey with "Kings of Kush" to educate and entertain the world about the emerging hemp industry.

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4/20 Rallies for Legalization

In 1971, five high school students in San Rafael, California, used the term "4:20" in connection with a plan to search for an abandoned cannabis crop, based on a treasure map made by the grower. Calling themselves the Waldos, the group designated 4:20 p.m. as their meeting time. The Waldos referred to this plan with the phrase "4:20". After several failed attempts to find the crop, the term "4:20", evolved into a code-word the teens used to refer to consuming cannabis.

Today, on 4/20, tens of thousands of Americans gather around the country to celebrate a drug that remains illegal in the US: marijuana. Major rallies occur across the country, particularly in places like Colorado and California, where marijuana is legal.

As support for marijuana legalization grows, the festivities around 4/20 are becoming more mainstream and commercialized. As a result, marijuana businesses are looking to leverage the holiday to find more ways to sell and market their legal products, including Delta 8 and the CBD products utilized for medicinal benefits i.e. pain management, anxiety, sleeplessness and seizures.

This puts 4/20's current iteration in sharp contrast to the holiday once embraced by a counterculture movement largely made up of hippies and others who decried greed, corporate influences, and all things mainstream. And that tells us a lot about how cannabis is changing in America as marijuana may transition to legalization in all states.

Our Tax System Explained

Suppose that every day, ten men go out for beer and the bill for all ten comes to \$100. If they paid their bill the way we pay our taxes, it would go something like this...

The first four men (the poorest) would pay nothing
 The fifth would pay \$1.
 The sixth would pay \$3.
 The seventh would pay \$7.
 The eighth would pay \$12.
 The ninth would pay \$18.
 The tenth man (the richest) would pay \$59.
 So, that's what they decided to do.

The ten men drank in the bar every day and seemed quite happy with the arrangement, until one day, the owner threw them a curve. "Since you are all such good customers," he said, "I'm going to reduce the cost of your daily beer by \$20." Drinks for the ten now cost just \$80.

The group still wanted to pay their bill the way we pay our taxes so the first four men were unaffected. They would still drink for free. But what about the other six men - the paying customers? How could they divide the \$20 windfall so that everyone would get his "fair share"?

They realized that \$20 divided by six is \$3.33. But if they subtracted that from everybody's share, then the fifth man and the sixth man would each end up being paid to drink his beer. So, the bar owner suggested that it would be fair to reduce each man's bill by roughly the same amount, and he proceeded to work out the amounts each should pay. And so:

The fifth man, like the first four, now paid nothing (100% savings).
 The sixth now paid \$2 instead of \$3 (33% savings).
 The seventh now pay \$5 instead of \$7 (28% savings).
 The eighth now paid \$9 instead of \$12 (25% savings).
 The ninth now paid \$14 instead of \$18 (22% savings).
 The tenth now paid \$49 instead of \$59 (16% savings).

Each of the six was better off than before. And the first four continued to drink for free. But once outside the restaurant, the men began to compare their savings. "I only got a dollar out of the \$20" declared the sixth man. He pointed to the tenth man, "but he got \$10!"

"That's right," exclaimed the fifth man. "I only saved a dollar. It's unfair he got ten times more than me"
 "That's true!" shouted the seventh man. "Why should he get \$10 back when I got only two? The wealthy get all the breaks!"

"Wait a minute," yelled the first four men in unison. "We didn't get anything at all. The system exploits the poor!"

The nine men surrounded the tenth and beat him up. The next night the tenth man didn't show up for drinks, so the nine sat down and had beers without him. But when it came time to pay the bill, they discovered something important. They didn't have enough money between all of them for half of the bill!

And that, ladies and gentlemen, journalists and college professors, is how our tax system works. The people who pay the highest taxes get the most benefit from a tax reduction. Tax them too much, attack them for being wealthy, and they just may not show up anymore. In fact, they could start drinking overseas where the atmosphere is somewhat friendlier to the wealthy.

For those who understand, no explanation is needed. For those who do not understand, no explanation is needed.



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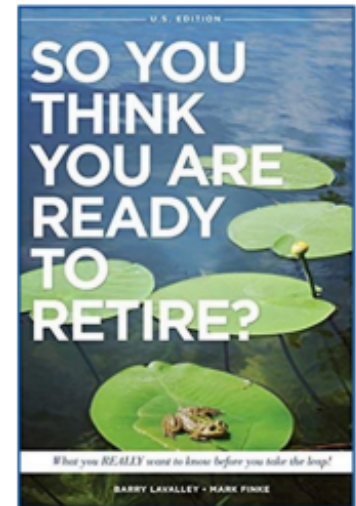
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The Emergence of ESG Investing

How generational and societal change is influencing companies and the markets

ESG: What does the acronym stand for? Those three letters stand for “Environmental, Social, and Governance” and signify an investment that has particular merit to investors of all ages.

A recent survey found that almost 90% of millennials would prefer to have investments that suit their values. With young adults, ESG investing could become more and more of an element in investing strategies.

You may recall how the phrase “socially responsible investing” became part of the stock market vocabulary a generation ago. Socially responsible investing (SRI) was often about *not* investing in certain companies – businesses whose products or services were objectionable to some investors. ESG investing focuses more on corporate behavior. Is a corporation managing natural resources sustainably? Does it treat workers well? Is its culture inclusive and diverse?

Corporate values count, perhaps now more than ever. Today, you have companies pledging to commit to environmentally sustainable practices and initiatives designed to include women and members of minority groups in leadership positions.

Some corporations now include ESG metrics in financial and annual reports. This is more than a nod to investors; it represents a trend in corporate communication and behavior. One notable ESG metric is CEO pay. Some S&P 500 firms have gotten bad publicity over the last decade for the degree of executive compensation their leaders receive, and investors are watching.

Philosophically, ESG investing asks two questions. One, should social responsibility matter more than a company’s financials when you are considering an investment? Two, can positive environmental and social news about a corporation influence its stock’s value more than its earnings and guidance? An ESG investing advocate’s answers may differ significantly from those of an investor not compelled by the ESG approach.

If you want to explore the world of ESG investing, consult your fiduciary financial professional for the insight and information that can help you identify your choices.



Do you have a financial question for Tim, or want to meet with him... (262)369-5200, email at info@aegiswi.com, or visit his website at www.aegiswi.com. Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI. His team specializes in providing objective financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice.

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*Bubba,
Me, Marcel, Donnie Ray and Jimmy Earl went for more ammo and beer.
Be back in an hour. Don’t mess with the pit bulls.
They got the mailman this morning and messed him up bad.
I don’t think Killer took part, but it was hard to tell from all the blood.
Anyway, I locked all four of ‘em in the house.
Better wait outside. Be right back.*

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Wisconsin Senior Medical Patrol

Fraud Alert



April 2021

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.

Please feel free to share this publication with others who may benefit from its contents.

TO CONTACT WI SMP

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Website: <https://gwaar.org/senior-medicare-patrol>

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Medicare Fraud.... Tips to Keep You Safe from the Wisconsin Senior Medicare Patrol COVID-19 vaccine scams are on the rise.

Here is what you should know:

- Medicare will cover the cost of the COVID-19 vaccine at no cost to you. That means no co-payments, coinsurance, or deductibles apply.
- Be sure to bring your Medicare card with you when you get your vaccine. Your health care provider or pharmacy will need that information to bill Medicare.
- If someone asks you for your Medicare number to get early access to the vaccine, you can bet it is a scam!
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- Do not share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.
- If you have questions about this information or would like to report a concern, please call the Wisconsin Senior Medicare at (888) 818-2611.
- An important tip from the Better Business Bureau: Please do not share your COVID-19 Vaccine Card on Social Media! While you may be excited to share the good news and encourage others to be vaccinated as well, please do not post a photo of your vaccine card on social media. Scammers use this information to create identity theft and help them create phony versions of the vaccine card. Safe ways to share this information on social media include sharing a photo of your vaccine sticker or set a frame around your profile picture.

SCAM ALERT Other important reminders to protect yourself or your loved one from Medicare fraud:

- We continue to receive calls from Medicare beneficiaries in Wisconsin about new Medicare cards. Here's what you need to know: Medicare is NOT issuing new Medicare cards. Period. Not because of the pandemic. Not for any other reason. There are NO new Medicare cards. If you receive this call, simply hang up, as the caller is trying to get your information to scam you. It's unfortunate, but it's true.
 - If you did receive this call and shared your Medicare number, please call us so that we can talk about next steps and things for you to be on the lookout for. (888) 818-2611
- If you have questions or are concerned that you might have been involved in some sort of Medicare scam, please call the Wisconsin Senior Medicare Patrol toll-free, (888) 818-2611, for assistance.

Funded by: This project was supported, in part by grant number 90MPPG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



Fraud Alert



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By Neal Barnard, M.D.

7

Seven Simple Steps to Help Women Turn the Tide on Alzheimer's

Dementia continues to take our nation by storm, and women are particularly hard-hit. Alzheimer's disease will affect more than 10 million American women by 2050, and they have a 30 percent higher risk of dying from the disease than men. But nutritious foods and a healthful lifestyle can significantly improve brain health and reduce the risk of Alzheimer's disease.

I recently worked with an international panel of brain researchers and physicians to develop Dietary Guidelines for Alzheimer's Prevention. Unlike risky drugs, these guidelines have only positive side effects: reduced risk of diabetes and heart disease, weight loss, and an instant antioxidant boost.



1. Vegetables, legumes (beans, peas, and lentils), fruits, and whole grains should be the primary staples of the diet. Moving from just one serving of vegetables each day to three or four can reduce their risk of cognitive decline by 40 percent. Grapes and blueberries strengthen memory. Leafy greens are rich in brain-boosting B vitamins. Sweet potatoes, loaded with beta-carotene, may be why Okinawans, the longest lived people on Earth, retain cognitive function into old age.
2. Minimize intake of saturated fats and trans fats. Saturated and trans fats, found in meat, dairy products, and packaged pastries, can more than triple your risk for Alzheimer's disease. Trans fats are found in many snack pastries and fried foods and are listed on labels as "partially hydrogenated oils."
3. One ounce of nuts or seeds (one small handful) daily provides a healthful source of vitamin E that can reduce the risk of Alzheimer's by as much as 70 percent.
4. A reliable source of vitamin B12, such as fortified foods or a supplement providing at least the recommended daily allowance (2.4 mcg per day for adults), should be part of your daily diet.
5. When selecting multiple vitamins, choose those without iron and copper and consume iron supplements only when directed by your physician. Studies have linked excessive iron and copper intake to cognitive problems.
6. While aluminum's role in Alzheimer's disease remains a matter of investigation, it is prudent to avoid the use of cookware, antacids, baking powder, or other products that contribute dietary aluminum.
7. Include aerobic exercise in your routine, equivalent to 40 minutes of brisk walking three times per week. And workout your mind by learning a new language, reading a book, or completing crossword puzzles.

We don't have to let our nutrition habits ruin our chances for longevity. By following these seven simple steps, we can reverse the Alzheimer's epidemic. Just remember: It's never too late to get started.



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Parkinson Disease? You Are Not Alone!

Neil Diamond. Alan Alda. Kirk Gibson. Michael J. Fox... Several well-known figures are living with Parkinson disease. As the fastest growing neurological disorder in the US, over 1 million people have Parkinson's – more than MS, ALS, and Muscular Dystrophy combined – and here in Wisconsin, 20,000 people live with Parkinson's.

Paul & Diana Beder live in Waupun. When COVID hit and it wasn't safe for Paul to attend classes at his local gym, they joined Wisconsin Parkinson Association's free classes on Facebook Live and Zoom 3 times each week. Exercise is the only way to slow the progression of Parkinson's, so Paul needs access to Parkinson-specific classes. An added benefit of WPA's classes is that Diana can join him too!



Dale Luedtke is a musician who performs around southeastern Wisconsin. He has been living with Parkinson's for several years, and has found that music helps his symptoms.

Wisconsin Parkinson Association

The primary symptoms of Parkinson disease are resting tremor, muscle rigidity, slowness of movement, and postural instability. Patients may also experience problems with swallowing, smaller handwriting, constipation, soft or slow speech, stooped posture, depression, and anxiety.

These symptoms can feel uncomfortable and alienating, but with 1 in 100 Americans over age 60 affected by Parkinson's, it's important to remember that you are NOT alone.

Support groups and exercise groups are one way to connect with other people with Parkinson's. Wisconsin Parkinson Association (WPA) supports a network of over 150 support groups and exercise groups around the state. Every support group is different, and many groups alternate between informal "sharing" meetings, and bringing in speakers and local experts to share information, tips, and ideas for managing your disease. Exercise groups vary from boxing and cycling to yoga and dance, and everything in between.

Educational programs are also a great avenue for people with Parkinson's and their loved ones to learn about the disease and feel empowered. With the support of their Medical Advisory Committee, made up of 8 neurologists around the state, WPA hosts half-day and full-day programs throughout the year. Each program has at least 3 speakers sharing information on Parkinson's symptoms, treatments, management, and more, and provides a sense of community for all attendees.

Receiving a Parkinson diagnosis can be confusing and unsettling. Information and resources can provide relief from fear of the unknown. Each person's Parkinson disease is different, so personal attention to your own needs and circumstances is crucial.

If you or a loved one has been diagnosed with Parkinson's, connect with Wisconsin Parkinson Association at wiparkinson.org or 414-312-6990 to learn about the programs and services in your area. You are not alone!

Parkinson Disease affects 20,000 people in Wisconsin.

Symptoms may include:

Resting tremor | Slowed movement
Rigid muscles | Impaired balance
Speech changes | Writing changes

Join a Support Community

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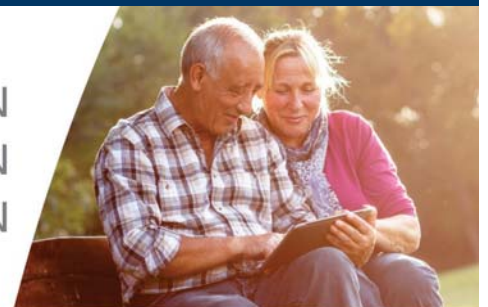
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THE Green Thing



Checking out at the store...

...the young cashier suggested to me the other day, that I should bring my own grocery bags because plastic bags weren't good for the environment. I apologized and explained, "We didn't have this green thing back in my earlier days." The clerk responded, "That's our problem today. Your generation did not save our environment for future generations." She was right — our generation didn't have the green thing in its day.




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Back then, **we returned milk bottles, soda bottles and beer bottles to the store.** The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. **So they really were recycled.** But we didn't have the green thing back in our day.

Grocery stores bagged our **groceries in brown paper bags**, that we **reused** for numerous things, most memorable besides household **garbage bags**, was the use of **brown paper bags as book covers** for our school books. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalize our books. But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have an escalator in every store and office building. **We walked to the grocery store** and didn't climb into a 300-horsepower machine every time we had to go two blocks. But she was right. We didn't have the green thing in our day.

Back then, **we washed the baby's diapers** because we didn't have the throw-away kind. **We dried clothes on a line**, not in an energy gobbling machine burning up 220 volts — wind and solar power really did dry our clothes back then. **Kids got hand-me-down clothes** from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the green thing back in our day.


Back then, **we had one TV, or radio**, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, **we blended and stirred by hand** because we didn't have electric machines to do everything for us. When we packaged a **fragile item to send in the mail**, **we used wadded up old newspapers** to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. **We used a push mower** that ran on human power. **We exercised by working** so we didn't need to go to a health club to run on treadmills that operate on electricity. But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. **We refilled writing pens** with ink instead of buying a new pen, and **we replaced the razor blades in a razor** instead of throwing away the whole razor just because the blade got dull. But we didn't have the green thing back then.

Back then, people took the **streetcar or a bus** and **kids rode their bikes to school** or walked instead of turning their moms into a 24-hour taxi service. **We had one electrical outlet in a room**, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 2,000 miles out in space in order to find the nearest burger joint.

How wasteful we older folks were just because **we didn't have the green thing back then!!??** Recycle *that* you silly little young thing!

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A very successful attorney parked his brand new Bentley in front of his office, ready to show it off to his colleagues. As he was getting out, a truck came along too closely and completely tore off the driver's door.

Fortunately, a cop in a police car was close enough to see the accident and pulled up behind the Bentley with his ...lights flashing.

Before the cop had a chance to ask any questions, the attorney started screaming hysterically about how his Bentley, which he had just purchased the day before, was completely ruined and would never be the same.

After the lawyer finally wound down from his rant, the cop shook his head in disbelief. "I can't believe how materialistic you lawyers are," he said. "You are so focused on your possessions that you neglect the most important things in life."

"How can you say such a thing?" asked the lawyer

The cop replied, "Don't you even realize that your left arm is missing? It was severed when the truck hit you!"

"OH, MY GOD!!!" screamed the lawyer.

"My Rolex!"

STRESS RELIEF from LAUGHTER?!?



During a lady's medical examination, the doctor says, "Your heart, lungs, pulse and blood pressure are all fine. Now let me see the part that gets you ladies in all kinds of trouble. The lady starts undressing but is interrupted by the doctor. "No! No! Just stick out your tongue!"

The wife says, "You haven't heard a word I'm saying have you!"

The husband replies, "That's an odd way to start a conversation."

Before Marriage:

Boy: Ah at last. I can hardly wait.

Girl: Do you want me to leave?

Boy: No don't even think about it.

Girl: Do you love me?

Boy: Of Course. Always have and always will.

Girl: Have you ever cheated on me?

Boy: Never. Why are you even asking?

Girl: Will you kiss me?

Boy: Every chance I get.

Girl: Will you hit me?

Boy: Hell no. Are you crazy?

Girl: Can I trust you?

Boy: Yes.

Girl: Darling!

After Marriage: (Read from bottom to top)

If you're not supposed to eat at night, why is there a light bulb in the refrigerator?

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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Could walking poles help me get more out of my daily walk?



Walking poles work your arms, shoulders, chest and upper back muscles through a functional range of motion as you walk — which can help you turn your daily walk into a full-body workout. This activity is sometimes called Nordic walking.

Most walking poles have rubber tips that grab the pavement and wrist straps that secure the poles to your arms. With one walking pole in each hand, you grip the handles and push off with each stride. Sturdier walking poles designed for hiking are known as hiking or trekking poles.

Consider the benefits of walking poles:

- 1) The arm movement associated with walking poles adds intensity to your aerobic workout, which helps you burn more calories.
- 2) Walking poles improve balance and stability.
- 3) Walking poles help you maintain proper posture, especially in the upper back, and may help to strengthen upper back muscles.
- 4) Walking poles take some of the load off your lower back, hips and knees, which may be helpful if you have arthritis or back problems.

Walking poles in various fixed or adjustable lengths are available online and in many sporting goods stores. Prices vary so shop around for your specific needs!



No Garden Space? Here's a Little Trick!

Take a 2 cubic feet bag of potting soil (I used Miracle Grow), rumple it around quite a bit to loose the soil, poke quite a few holes in the back side for drainage, then lay the bag on a smooth surface that will allow drainage and not get too hot. Cut out the top, leaving about a 4 or 5 inch border all around. Lightly rake through the soil to even it out and loosen it even more, then carefully, and evenly sprinkle the seeds around. If doing radish seeds or spinach, just make lines the depth mentioned on the seed pack, plant the seeds and cover appropriately. For salad greens I sprinkled a lite covering of soil over the seeds and then spray-misted to water them in. I put my bags on metal sawhorses and grates to make them waist level. This kept the bags off the hot concrete and I didn't have to bend over when cutting my salad. When harvesting, just use a pair of scissors and cut what you need - don't pull the plants out. Same goes for spinach - they will grow back almost magically overnight, and you can't tell where you cut. Spray mist the seeds and plantlings at first when watering, until they are established, then you can water more vigorously as the plants mature. You will probably need to water more often, since the depth of the bags are not as deep as a regular in-ground garden. I just kept mine moist, not sopping wet.



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With morning coffee in hand I watch... and laugh... and relax... as the chaotic frenzy of wings, seed and song fill my backyard.

How to Attract Birds to Your Yard

Creating a bird habitat can be a wonderful hobby. Here are essential things you can do immediately to begin attracting birds to your yard.



Food and Feeders

Of course, the number one way to attract birds to your yard is to put out a bird feeder. Perhaps you've tried this without much luck. Some seed on the market, especially some mixed seed found in the grocery store, is not very enticing or tasty for birds. If you want a no-fail solution, black oil sunflower seed attracts a large variety of birds. They find it very tasty and easy to eat with its soft shell, and it provides the added benefit of high nutritional content; large concentrations of oil, protein, fat, vitamins and minerals. In the northeast region you will attract Cardinals, Titmice, Finches, Blue Jays, and even some varieties of woodpeckers such as the Red-Bellied.

To attract an even larger variety of birds, try feeders designed for a specific type of bird; a feeding tube or sock filled with Nyjer or Thistle seed for example, will attract both American Goldfinch and House or Purple Finches. Keep a woodpecker suet log filled with tasty offerings, and you will most definitely attract woodpeckers to your yard, especially in the winter. And, of course a hummingbird feeder filled with nectar will readily attract a hummingbird – sometimes you have to be patient, but they will come. Don't forget about ground eating birds. Seed scattered on the ground or offered on a platform feeder is a welcome treat for foragers such as Juncos, Robins, Red-Headed Woodpeckers and Mourning Doves.



Water Supply

A clean water supply for birds tops the list of elements to attract birds to your yard, and is an enjoyable experience for bird and birder alike. During long periods of dryness, or winter months when fresh water is scarce, a good water supply is especially important to the health (remaining hydrated) and comfort (care of feathers) of birds. You don't have to buy something expensive either. Here are a few homemade ideas to try:

- Plant stand with a large saucer or pie tin
- Plant hanger with bowl of water
- Large bowl or casserole dish on a tree stump
- Bucket suspended from a strong tree branch
- Garbage can lid turned upside down on top of a garbage can

Locate your water supply away from trees or brush where neighborhood cats or other predators may lurk. A wide open space will give the birds a sense of protection as they bathe and drink. Try adding movement to your water supply. A small water pump, or dripper suspended above the bird bath will act like a bird magnet. A container such as a milk or cottage cheese carton suspended above the bird bath is all you need. Punch a small hole in the container to create a slow steady drip. Both the sound and movement will attract birds.

Hanging Bird Feeders Correctly

- Provide shelter
- Avoid noisy areas
- Keep out of reach from squirrels and cats

When searching for a place to hang your birdfeeder, please keep in mind that the best place might not always be in your line of sight. Birds like to have cover and shelter. Bird feeders need to be hung in a place where the birds feel safe from predators, like cats and squirrels. Avoid open and noisy areas, and try to hang your bird feeders at eye level or a little above. Do not hang feeders too close to anything where squirrels can jump on them, or too low they are within a cat's reach. Birds will not enjoy constant attack by predators, and will move on to find a new bird feeder if they can't eat in peace. If you have an area in your yard where you can place a shepherd's hook, this would be ideal. Shepherd's hooks are designed specifically for birdfeeders because they are taller, and the hook is further away from the pole.

Don't Forget About the Squirrels

I speak from experience when I recommend offering an additional "dining area" to our bushy-tailed friends. A raised wooden platform offering peanuts, apples, cereal, corn, or other treats tucked away from the bird feeders will keep them somewhat satisfied and away from the real goods. There's nothing worse than a feeder full of bird seed, scattered to the ground to germinate, after Buddy gets his fill.



For more useful tips and tricks, visit: Birdwithme.com

P	L	A	C	E	2	A	X	I	P	G	O	R	I	L	L	A
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Puzzle on page 22

"An old-timer is someone who can remember when a naughty child was taken to the woodshed instead of to a psychiatrist."

~David Greenberg



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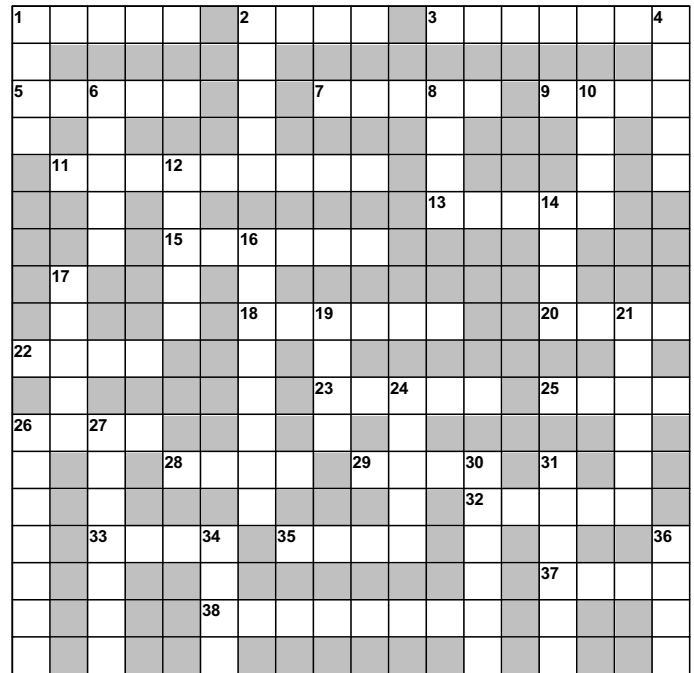


ACROSS

1. Location
2. Form of public transportation
3. Largest primate
5. The remaining one of two.
7. Fracture
9. Gain access
11. Seek forgiveness
13. Martial arts belt before black
15. Not anyone
18. Small animal, big ears
20. Average of numbers
22. Picture in your mind
23. Frequently
25. Next to; Along side of
26. First half of Pres. Obama's promise
28. Large North American omnivore
29. Aforementioned party
32. Provide a family for a child
33. These jingle jangle jingle
35. A fishing must
- 37 R of 'R&R'
38. Extremely charming

DOWN

1. Void of money resources
2. A matter of concern
4. To pester
6. Joyous emotion
8. Hair tool
10. Course of action
12. Mid day meal
14. Toasty
16. Annual celebration
17. Airwaves listening device
19. Method to extinguish candles
21. One who has expressive talent
24. Appreciate
- 26 $((1+4) \times 200) / 10 =$
27. A Way through
30. Potential harm
31. Plotted path
34. Process written language
36. To cease movement



Answers on page 21

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Joe: 'Nope! But I think my wife should apply!'

What did the Buddhist say to the hot dog vendor?
Make me one with everything

A little boy opened the big family Bible...
He was fascinated as he fingered through the old pages. Suddenly, something fell out of the Bible. He picked it up and looked at it. What he saw was an old leaf that had been pressed in between the pages.
"Mama, look what I found," the boy called out.
"What have you got there, dear?"
With astonishment in the young boy's voice, he answered,
"I think it's Adam's underwear!"

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A very proper lady began planning a week's camping vacation for her and her Baptist Church group. She wrote to a campground for reservations. She wanted to make sure that the campground was fully equipped and modern, but couldn't bring herself to write the word "toilet" in her letter. So, she decided on the old-fashioned term "Bathroom Commode." Once written down she still was not comfortable. Finally, she decided on the abbreviation "B.C." and wrote, "does your campground have its own "B.C.?"



When the campground owner received the letter, he couldn't figure out what she meant by "B.C." He showed it to several of the campers, one of whom suggested the lady was obviously referring to a Baptist Church since there was a letterhead on the paper which referred to a Baptist Church. So, he sent this reply:

Dear Madam:

The B.C. is located nine miles from the campground in a beautiful grove of trees. I admit it is quite a distance if you are in the habit of going regularly. No doubt you will be pleased to know that it will seat 350 people at one time, and it is open on Tuesday, Thursday, and Sunday of each week. Some folks like to take their lunch and make a day of it. The acoustics are very good, so everyone can hear even the quietest passages. It may interest you to know that my daughter met her husband there. We are also having a fund-raiser to purchase new seats, as the old ones have holes in them. Unfortunately, my wife is ill and has not been able to attend regularly. It has been a good six months since she last went. It pains her very much not to be able to go more often. As we grow older, it seems to be more of an effort, especially in cold weather.

Perhaps I could accompany you the first time you go, sit with you, and introduce you to all the other folks who will be there.

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|----------|----------|----------|----------|
| AHEAD | EXPECTED | LEMON | STICKY |
| BANANA | FATHER | LIVER | SUDDEN |
| BELONG | FLOUR | MARRIED | TANDEM |
| BLOOMERS | FONDER | NEATLY | THING |
| BORROW | FOREST | PICKUP | THIRSTY |
| BROUGHT | GOTTEN | POISON | UNREAL |
| CERTAIN | GREAT | POLICE | VOLUME |
| CONVINCE | GRIND | PROBLEM | WHATEVER |
| CUTTING | GROWL | SLIPPERY | WORRY |
| DOING | HEAVY | SOCCER | WOULD |
| DRESS | HORRIBLE | SPACE | WRONG |
| EARTH | IDIOT | SPARED | WROTE |
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