

Your
NEWSMAGAZINE **LIFE!**

September 2021

A FREE PUBLICATION

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PRINT and ONLINE EDITIONS

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



**FALL
PREVIEW**

**ARTS & ENTERTAINMENT
EVENT HIGHLIGHTS**

HEALTHY
Ageing

**EMPLOYMENT
OPPORTUNITIES**

CBD
POTENTIAL

INSIDE
THIS ISSUE ~page 3



OAC

OCONOMOWOC ARTS CENTER



2021 - 2022

FAREWELL ANGELINA
All-Female Country Group
 7 P.M. Saturday, Sept 11, 2021

I AM HE SAID
Celebrating Neil Diamond
 7 P.M. Friday, Sept 24, 2021

Don't Make Me Hate You
Stand Up Comedy Featuring Maureen Langan
 7 P.M. Saturday, Oct 30, 2021

THE EVERLY SET
Legendary Music of the Everly Brothers
 2 P.M. Sunday, Nov 7, 2021

CAPTAIN FANTASTIC
The Magic of Elton John
 7 P.M. Saturday, March 5, 2022

NEOPHONIC JAZZ ORCHESTRA
Madison's Premiere Big Band Ensemble
 2 P.M. Sunday, March 13, 2022

A JOHN DENVER MUSICAL TRIBUTE
Starring Ted Vigil
 7 P.M. Saturday, May 21, 2022

641 E Forest St. Oconomowoc / www.TheOAC.net
info@TheOAC.net / 262.560.3172

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besound

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From the Publishers

SEPTEMBER 2021



The bounty of a Michigan fishing trip - but I caught the biggest Blue Gill!

The County Fair. In the country townships (Manitowoc) were I grew up, the Fair was the pinnacle of summer's end. The garden harvest was canned (in the Mirro brand pressure cookers- I still use mine today), hay fields were in and stored for the winter, the calves were fat and ready for auction and the blue ribbon on my prized Oscar Nubbins was my reward for a well-brushed and healthy rabbit! Those country days may be gone, but Tom and I still danced and ate our way through State Fair this year to the tunes of Bobby Friss and our annual dose of turkey legs and grilled cheese! What a blessing to enjoy the summer events that we missed last year.

More summer memories brought us a very relaxing canoe adventure down the Namekagon River, boatloads of Blue Gill for winter feasting, a few hundred miles peddled on our bikes, too many beers over the backyard barbecue and way too many hours weeding the garden while being stalked by our local frogs!

The closing of another summer season brings nostalgic feelings of another year passing. As Tom and I enter into our late 50s, it becomes more important to enjoy every season, stay really active and have fun. Healthy lifestyle and fun should be a synonym for all of us!

Our teenager is entering her senior year and starting to plan her life endeavor. It is a joy to open the doors to her new kingdom and see what she does with it. We are so proud that she is considering a military branch and I am confident in her abilities (and her bossiness) to know she will be a leader wherever she goes!

Milwaukee is rich in Arts and Culture (special feature) and the cooler weather is a wonderful reason to enjoy a glass of wine, a good dinner and cozy seats watching a local performance.

LIFE. *Enjoy it!*

Sandy and Tom Draelos

INSIDE THIS ISSUE



Wisconsin Fall FISHING

Think you have to fly to Canada for musky? No! It's a great season for anglers in Wisconsin - the fish are hungrier and there are fewer fishermen fishing.

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The Potential of CBD

Since the passing of the 2018 Hemp Farm Bill, CBD products have been growing in popularity as consumers are seeing how it helps alleviate symptoms of pain, arthritis, insomnia and stress.

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Safe Freezer Food Storage

It's time to harvest. After hours in the sun, weeding and watering, it's time to eat, enjoy and freeze those garden goodies. Choose safely. Recipes on page 19.

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Can Poor Gut Health Make You Age Faster?

As our body ages, so does our ability to absorb nutrients. Without the right supply of macronutrients, vitamins, and minerals, the body will age faster and repair slower.

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

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market!

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 Sept 25, 2021



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PARTHENIA

Italia Mia: Music of Renaissance Venice

November 13, 2021

St. Paul's Episcopal Church | 914 E. Knapp St.

Parthenia Viol Consort and soprano Sherezade Panthaki present a program of canzonas, dances, madrigals, and motets by composers of the 16th and 17th centuries, including Monteverdi, Gabrieli, Willaert, and Gesualdo.

...

A Mexican Christmas | December 4, 2021

St. Joseph Chapel | 1501 S. Layton Blvd.

Celebrate the holidays with the vivacious rhythms of 17th-century Mexico. This program features 28 musicians, including a street band of guitars, violins, and percussion, all joined by vocalists and instrumentalists of The Newberry Consort. A video with super-titles will be projected



THE NEWBERRY CONSORT

...



TAPESTRY

Faces of a Woman | January 29, 2022

St. Paul's Episcopal Church | 914 E. Knapp St.

This spirited program tells the stories of remarkable women who inspired nations and captured composers' imaginations. Join us as we weave a mix of music, tales, and poetry from 12th-century abbess Hildegard von Bingen to 16th-century Irish pirate Grace O'Malley.

...

Virtuosa! | March 5, 2022

St. Paul's Episcopal Church | 914 E. Knapp St.

Women made their mark on Baroque music not only as muses, but also as virtuoso performers and composers. Experience the talented women who made their historic musical mark, despite the considerable barriers of the time. The original girl power!



INFUSION BAROQUE

...



BLUE HERON

Ockeghem@600:

Missa Sine Nomine a 5 | May 7, 2022

St. Joseph Chapel | 1501 S. Layton Blvd.

Blue Heron is engaged in Ockeghem@600, a multi-season project to perform the complete surviving works of Johannes Ockeghem, one of the greatest composers of the Western tradition. The program features the three-voiced *Missa quinti toni*, and works by several of Ockeghem's contemporaries.

All programs and venues subject to change

EARLYMUSICNOW.ORG | 414.225.3113



Wisconsin Singer/Songwriter Series

2021-2022 Concert Schedule



ALL CONCERTS at the

Unitarian Church - North

13800 N. Port Washington Road, Mequon

Doors Open at 7:00 pm * music at 7:30pm

(262) 457-4399 www.wsss.org

unless noted: advance tix- \$19 * day of - \$23 * students \$12 at all times

2021

SEPT 10, Friday.....Katie Dahl

OCT 1, Friday.....Bill Staines

OCT 22, Friday...Johnsmith w/Dan Sebranek

advance \$25 / day of \$29

NOV 13, Saturday.....Peter Mulvey

advance \$25 / day of \$29

DEC 4, Saturday.....Alice Peacock

advance \$25 / day of \$29

2022

JAN 29, Saturday.....Bill Camplin

FEB 18, Friday.....Dan Navarro

MAR 19, Saturday.....Amy Space

APRIL 9, Saturday.....Rachael Kilgour

APRIL 23, Saturday.....Susan Werner

MAY 7, Saturday.....Tret Fure

MAY 20, Friday.....John Gorka

advance \$25 / day of \$29

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The Series is a non-profit, all volunteer organization with all revenue going to artist fees & operating expenses.

Your ears are telling you something...

ARE YOU LISTENING?

SUMMERFEST

Henry Maier Festival Park
Summerfest 2021 takes place on
September 2-4, 9-11 and 16-18

ROAD AMERICA

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September 7 and 14

Chill on the Hill
Humboldt Park Band Chalet
3000 S. Howell Ave
Presented by Bay View Neighborhood
Association (BVNA) and Milwaukee
County Parks System at Humboldt Park
Band Chalet

September 8, 15, 21

Wednesday Night Live!
Wisconsin State Fair Budweiser Pavilion
FREE. Live music by 33 RPM

September 9

Return To The Real Music Series -
John Michael Kohler Arts Center at The
Sheboygan City Green
Free live music and art-making activities.
All ages. Food and beverages

September 9 & 16

Summer Beer Garden
Cedarburg Art Museum
Enjoy live music, local food, and libations

September 9-October 24

**Joseph and the Amazing Technicolor
Dreamcoat**
The Fireside Dinner Theatre



September 10

Summer Sounds
Cedar Creek Park, Cedarburg
6:30pm
Music, food and fun. Stephen Cooper & The
Nobod y Famous with special guests
Sainted Patrons

September 10

Shepherd Express Old Fashioned Fest
Turner Hall Ballroom
Sample classic and re-imagined Old
Fashioneds, vote on your favorite

September 10-11

TosaFest
Rotary Pavilion & Hart Park
Annual event with festivities that include
entertainment on 3 stages, a children's area
with games, a wide variety of foods and a
"fun run"

September 11

"Local Motive" Dinner Train
on the East Troy RR
East Troy Railroad Museum
Romance and luxury dining aboard first-
class railroad cars. Advance reservations
required. 262-642-3263 /info@easttroyrr.org

September 11

2nd Annual Shorewood Feast
11am-9pm. Street festival spanning the 4200
to the 4400 block of Oakland Ave. Family-
friendly foodie event. Free entertainment and
activities for every age. Entertainment,
family-style dinner, kid's zone, artisans

September 11

Silver City International Festival
Arlington Heights Park
12pm - 5pm
Celebrate the cultural diversity of
neighborhood through food, arts, and music

September 12

Starving Artists' Show
Mount Mary College Campus
Annual outdoor art show featuring original
artwork priced at \$100 or less. Pottery,
paintings, glassworks, and sculptures. \$10

September 12

Historic Day
New Berlin Historical Park
19765 National Avenue

September 10-14

Cream City Roses
American Rose Society 2021
National Convention & Rose Show
The Pfister Hotel
Rose growers and exhibitors from around
the country. 16 presenters, 3 garden tours,
2 workshops. 1000's of blooms exhibited

September 16

Milwaukee Track Day
Wisconsin State Fair Park
Milwaukee Mile Speedway
Drive your street or race car on real
racetracks. Personal driving instruction &
restricted passing conditions that allow you
to legally test the limits of your car without
worrying about contact with other vehicles

September 18

The Rusty Wallace Racing Experience
Wisconsin State Fair Park
Milwaukee Mile Speedway
Drive like the NASCAR pros! Drive the
racecar by yourself, no instructor riding
shotgun. All of your laps are hot laps and
passing is allowed. Largest racing school in
the country

CALENDAR continued on page 6



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Theater, Milwaukee
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twobrothersonemind.ticketleap.com/brumder





Continued from page 5

September 18

Holy Hill Arts and Crafts Fair
Held on the scenic grounds of the historic Holy Hill Basilica. Featuring more than 200 juried artists and crafters. Live entertainment, refreshments, door prizes, silent auction. Admission is \$5 (12 and under free), includes free shuttle bus service from/to parking areas. Rain or shine

September 18

Annual Prosit Tosa Brew
Wauwatosa Historical Society-Kneeland Walker Grounds
7406 Hillcrest Dr. Wauwatosa
10am-8pm. Oktoberfest for the whole family. Beer and wine choices, 2 bands, food, children's area, hammerschlagen, a history exhibit, a vendor village, more

September 18-19

49th Annual Cedarburg Wine & Harvest Festival
Free, family-oriented festival is a favorite of many, drawing up to 80,000 people annually to celebrate wine, enjoy live music, browse and purchase original artwork from hundreds of artists, and enjoy decadent homegrown goods from the area

September 18-19

Best Dam Blues Fest
Thiensville Village Park
If you hear a soulful ruckus it's probably this two-day Thiensville music festival

September 18-19

Threshere & Harvest Festival
Richfield Historical Park
9am-4pm
Field demonstrations including steam engine threshing, log sawing, plowing, draft horses, sawmill, antique engines and tractors. Live music, children's activities, old tractor parade. Free wagon rides, silent auction. Delicious food, pie contest, maple cotton candy. \$6, children 12 & under free

September 19

The Hungry Williams
Anodyne Coffee Roasting Co. in Walker's Point 3pm
Hungry Williams play jump blues and swinging R&B with a New Orleans flavor. Free-just show up and dance! Doors open

September 21

Gold City
The Fireside Dinner Theatre
Gold City - setting the standard for male quartets since their inception in 1980

September 25

FROMM PetFest
Henry Maier Festival Park
10am-6pm
Free admission for the whole family and favorite four-legged friends

September 25

Halfway to St. Patrick's Day Parade
54th Shamrock Club of Wisconsin
Milwaukee's first ever Halfway to St. Patrick's Day celebration. The Parade will make its way through downtown streets for this unique opportunity to showcase Milwaukee's rich Irish culture, as well as support the area businesses as they rebound from the pandemic. More announcements in process

September 24-25

Oktoberfest
Black Husky Brewing
909 E. Locust St
Grab your dirndls and lederhosen for an event packed with music, food, fun, and, of course, beer

September 24-26

Harvest Fair
Wisconsin State Fair Park
Free Admission. Entire family fun includes Harvest Fair favorites like Pumpkin Bowling, Make Your Own Scarecrow, Amusement Rides, Farmers Market and more. Come hungry and ready to shop! Many favorite State Fair vendors are open during Harvest Fair. Enjoy FREE live entertainment at multiple stages

September 25

Milwaukee Fire Truck Pull
BrewCity CrossFit
1539 West Saint Paul Avenue
Does your team of 10 have what it takes to pull a 75,000lb fire truck?

September 25

Zoo Brew
Racine Zoo
2-6pm. New beer festival! Taste your way through nearly 100 beers and ciders offered by the Midwest's best brewmasters while enjoying the beautiful scenery of Lake Michigan. info@racinezoo.org

September 25-26

Maker Faire Milwaukee
Milwaukee School of Engineering
The Greatest Show (& Tell) on Earth is free. Family-friendly showcase of invention from engineers to artists to scientists to crafters, Maker Faire is a venue for these "makers" to show hobbies, experiments and projects

September 26

Italian Car & Motorcycle Show
Sussex Village Park
10 am - 3 pm. Proceeds benefit the Alzheimer's Association

September 28

Takeout & Tunes
St. Paul Avenue Park
New this year. New park & trails. Food vendors, music, tours of the park and Spin Scooters to try out. First event in the new parkspace at 940 W St. Paul Ave under the I-794 high rise bridge

September 28

Sunset Kayak Tour
Milwaukee Kayak Company
A relaxing paddle on the Menomonee River until sunset where we'll peek into history. At the turnaround, grab a beverage to go from City Lights Brewing, switch on headlamps and enjoy a moonlit trip back. Space limited, pre-registration required. \$35 per person or \$65/tandem. (414) 301-2240

September 29

Happy Hour Cruise/Menomonee River
Enjoy a relaxing and casual 45-minute happy hour float along the Menomonee River and Menomonee Canal. Chat with your friends or tune into the narration to hear about some of the Valley's history and what we hope to see along these shores one day. The boat departs from the Twisted Fisherman Crab Shack. \$15 and includes one drink ticket

October 2

WI Cannabis Expo
Wisconsin Center
Join attendees, exhibitors and speakers. One-day expo will feature 100+ exhibitors and a variety of presentations from the leading experts in the cannabis, CBD and hemp industry

October 2

Old Fashioned Cocktail Night
Racine Zoo
Celebrating Wisconsin's classic cocktail. Sample Old Fashioned Cocktails from participating vendors while listening to music. Vote on your favorite and at the end of the night, we will crown a winner! Food and additional drinks are available for purchase. \$30 drinking, \$15 non-drinking

October 2-3

Cedarburg's Oktoberfest
Washington Avenue. Free.
Authentic German music and entertainment plus a wooden dance floor for Polka fans. Live Glockenspiel Show (Cuckoo Clock), every two hours. Sauerbraten, wiener schnitzel, German sausage platter, currywurst and brats. Specialty beers wines from Cedar Creek Winery

CALENDAR continued on page 7

HOLY HILL ART FARM



This 160 year old 80 acre family farm is located in the heart of the Kettle Moraine near Holy Hill. This rustic property has been transformed into a *Unique Event Destination*.

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9am-4pm

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LOCATION: Knights of Columbus

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Come shop 25+ vendors, awesome raffle prizes, plus LOTS of yummy bakery for sale!

All proceeds benefit the kitties!!!

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Continued from page 6

October 3

Maxwell Street Days
Cedarburg Firemen's Park
Over 600 spaces to be filled with antiques, collectibles, attic & basement treasures, crafters, produce, seasonal items, pottery, tools, sports, old toys, rummage, garage finds, family collections, vintage treasures, and more. Opens 6am

October 3

Milwaukee Numismatic Society Annual Coin Show
Sheraton Milwaukee Brookfield Hotel
Coins and Currency bought, sold and traded
80 dealer tables – the largest one-day coin show in Wisconsin

October 12-24

Hamilton
Marcus Performing Arts Center
October 13 -24
Featuring a score that blends hip-hop, jazz, R&B and Broadway, Hamilton has taken the story of American founding father Alexander Hamilton and created a revolutionary moment in theatre

October 15-17

NARI Milwaukee Home and Remodeling Show
Wisconsin State Fair Park

October 19

Wisconsin's Haunted History
Cudahy Family Library
Take a virtual road trip to the spookiest spots in Wisconsin! Discover the truth about local haunts including the murder-mystery-ghost-story that went all the way to the Wisconsin Supreme Court. Free

Thru October 23

Around the Ward in 90 Minutes
Milwaukee Food & City Tours at Historic Third Ward
At one time an unfortunate victim to a devastating fire and some bloody history, the Historic Third Ward is now one of the most beautiful and most frequently visited neighborhoods in Milwaukee. Once-empty factories and vacant lots now house delicious restaurants, enticing boutiques, and lavish condos...and an official plaque recognizing the birthplace of pizza in Milwaukee. To hear more about that great story and so many others, join an in-depth experience with local tour guides

Doors are opening. Some events may still have scheduling concerns. Be sure to double check dates and times for a fun and safe season! Calendar resources for more events...

- visitmilwaukee.org
- milwaukee365.com
- milwaukee downtown.com
- onmilwaukee.com
- eventbrite.com
- mkewithkids.com
- visitwisconsin.com
- wisconline.com
- jsonline.com/entertainment
- milwaukeeemag.com/calendar
- somethingspecialwi.com/events
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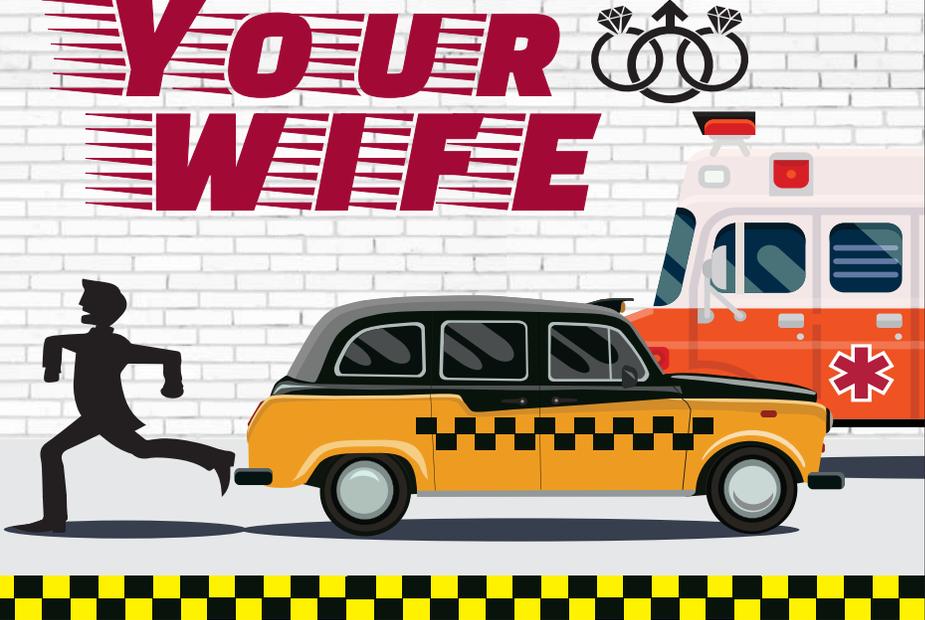
Tickets On Sale Now!

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southmilwaukeepac.org

<p>SEPT. 24</p>  <p>BIG BAND. BIG CLUB. BIG NIGHT! feat. <i>The Bill Sargent Big Band</i></p>	<p>OCT. 23</p>  <p>COMEDYSPORTZ® HALLOWEEN HOOT-TACULAR</p>	<p>NOV. 19</p>  <p>SHAKE & HOLLA TOUR feat. <i>North Mississippi Allstars & Rebirth Brass Band plus Cedric Burnside</i></p>	<p>DEC. 12</p>  <p>TEXAS TENORS <i>Deep in the Heart of Christmas</i></p>
<p>JAN. 27</p>  <p>THE WORLD OF MUSICALS</p>	<p>FEB. 25</p>  <p>FOUR GUYZ IN DINNER JACKETS® Call Us Old-Fashioned: <i>The Supper Club Tour</i></p>	<p>MARCH 20</p>  <p>CELTIC ANGELS IRELAND with <i>Celtic Knights Dancers and The Trinity Band Ensemble of Dublin</i></p>	<p>APRIL 28</p>  <p>Mutts Gone Nuts in CANINE CABARET</p>

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SEPTEMBER 9 - 26, 2021

By Ray Cooney
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Wisconsin Shipwreck Coast National Marine Sanctuary Goes Federal

The Wisconsin Shipwreck Coast National Marine Sanctuary has officially become a federally designated sanctuary by the National Oceanic and Atmospheric Administration (NOAA) after a 45-day review by Congress. This important designation will help to tell the rich maritime history of the state and the 36 shipwrecks that are currently documented in the area.

As one of only 14 national marine sanctuaries designated in the nation, the Wisconsin Shipwreck Coast National Marine Sanctuary represents Wisconsin's rich maritime legacy. It is comprised of a 962-square mile area off of Lake Michigan, located approximately between the communities of Port Washington and Two Rivers. Of the 36 known shipwrecks in the sanctuary, 21 are currently listed on the National Register of Historic Places including Wisconsin's two oldest known shipwrecks, the *Gallinipper* and the *Home*. Underwater archeologists with the addition of volunteers, interns and participants of the program research and document shipwrecks within the waters of Lake Michigan. The designation will help ensure the sanctuary area is preserved for future generations to explore. This sanctuary will be an important cultural tourism resource that helps educate visitors and K-12 students across the nation about the maritime history of Wisconsin and the Great Lakes.



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



1923 Ford Model "T" Camper

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.

Source: "Trip of dreams after 50 years." Milwaukee Journal June 10, 1923.

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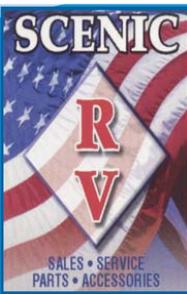
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Fall in Wisconsin Means Fishin'

It's a great season for anglers - the fish are hungrier and there aren't as many people going after them.

Thought you had to fly to Canada for big-time musky action, or head to the Pacific Northwest to catch bruiser Coho and Chinook?

Well, think again.

Both angling experiences can be had in Wisconsin, and fall is the optimal time to do it. From September through November, these marquee game fish become highly active, moving in closer to shore and feeding voraciously prior to winter or to spawning. What's more, the reduced angling pressure during fall means that almost all species become easier to catch, regardless of their seasonal patterns.

"Fall is really a premier time for fishing," says Mike Staggs of the Wisconsin DNR's Bureau of Fisheries Management. "People tend to quit thinking about it - they put their boats away, kids are back in school and it's almost hunting season. But it is a great season for anglers - the fish are hungrier and they aren't as many people going after them."

Make no doubt about it - fishing for Wisconsin's state fish, the muskellunge, reaches its peak in the autumn. Though they are active all summer long, musky appetites grow when the water temperature dips below 60 degrees, typically in mid-to late September. As lake temperatures drop, these "freshwater barracudas" go on a feeding binge that lasts through November, fattening themselves up prior to winter on ciscoes, white suckers and yellow perch. It is during this season that the biggest fish of the year are typically caught, such as the 53-inch, 51-pound monster Tom Gelb pulled in November in Vilas County (one of the only 50+ pound muskies caught in the U.S. in recent years.) Fall is also when most major musky tournaments are held, including the 19th annual Greater Wisconsin Muskie Tournament in St. Germain and the Sawyer County Fall Musky Tournament in Hayward (both in October.)

While live bait is fairly common, many musky hunters use artificial lures such as bucktails (in colors mimicking perch or cisco) or various jerkbaits - the bigger the better. While musky waters can be found across Wisconsin, they are most plentiful in the Northwoods region, particularly Vilas and Oneida Counties; the greater Hayward area in Sawyer County; the Mercer area in Iron County; and the Spooner area in Washburn County.

Salmon Slammin' on Lake Michigan

Lake Michigan salmon fishing also reaches its peak during the fall season, though for different reasons. During fall, Chinook and Coho start to migrate in from miles offshore to spawn in tributary streams. Chinook are the first to arrive, typically spawning from mid-September into early October, while Coho and Brown trout begin spawning in early October and continue to end of that month. Generally thought of as deep-water fish that only owners of large boats can target, Lake Michigan salmon become accessible to virtually everyone during September and October and can easily be caught from shore, from piers or from shallower near-shore waters.

continued on page 21



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Aging comes with its fair share of aches and pains.

Muscle and joint pain, arthritis, insomnia – the list goes on. While prescription and over-the-counter drugs may help, many older adults are turning to CBD to help aid these pains.

Since the passing of the 2018 Hemp Farm Bill, CBD products have been growing in popularity as consumers are seeing how it helps alleviate their symptoms.

By Ed Donnelly

Before diving into the benefits of CBD for seniors, we must debunk some myths. CBD and THC, while both coming from the cannabis plant, are completely different chemical compounds that warrant different results. Many shy away from CBD because they worry about a “high” that can only come from consuming THC, found in marijuana. The reality is that CBD comes from hemp, which is a cousin of marijuana. In fact, CBD can help reduce the high from THC. To be legally classified as hemp, THC levels cannot exceed 0.3%. Some doctors may prescribe patients medical marijuana, which is not yet legal on a federal level. Thanks to the 2018 Hemp Farm Bill, those who can’t access or don’t want to use medical marijuana can turn to CBD products as an alternative. So, what are the benefits of CBD when it comes to ailments associated with aging?

1. CBD can help manage insomnia

Typically consumed orally through gummies or tinctures (oil) placed under the tongue, CBD can assist seniors suffering with insomnia to not only fall asleep but stay asleep. Studies have shown that when CBD is introduced to the nervous system, it can produce a calming effect. Not only does it help keep anxiety levels low, it also can help improve sleep scores. People who suffer from anxiety report significant improvements in their anxiety levels when using CBD ingestibles like tinctures, pills, and gummies. In this COVID world, more people are realizing higher levels of anxiety and reporting improvement after using CBD products.

2. CBD can be used as an anti-inflammatory

The body contains cannabinoid receptors throughout. When CBD is applied using transdermal methods, like with a cream, it can act as an anti-inflammatory when reaching these receptors. Studies have shown that when CBD is used to treat areas with inflammation, typically seen in arthritis patients, pain can be significantly reduced. CBD can also be used for general aches, pains, and muscle stiffness associated with inflammation.

3. CBD to boost appetite

Many senior citizens are prescribed medications that absolutely must be taken with food, however a common ailment is lack of appetite. While CBD won’t give you the same “munchies” that THC might, it can alleviate nausea which in turn can help boost your appetite. When suffering through chronic pain, patients may also feel a loss of appetite. CBD can help suppress pain, which will as a result also help with appetite.

4. CBD to help with diabetes symptoms

People with diabetes typically suffer from inflammation due to high glucose levels. CBD studies have shown to have a positive impact on inflammation due to these high glucose levels, showing promise that CBD can help with slowing down the damage diabetes can cause on blood vessel walls. Additionally, stress can cause an increase in cortisol and blood sugar. Thankfully CBD has shown to help manage stress levels. In the end, while CBD can’t prevent diabetes or cure it, patients have reported significant improvements in nerve damage and other associated pain after consuming CBD.

Ed Donnelly is a CBD expert and founder of AmourCBD. With over 30 years of experience working as a Burn Center Nurse in New York and then moving on to assume executive roles in medical technology sales companies, Donnelly entered a new chapter in life when he founded AmourCBD. Combining his experience as a businessman and medical professional, Ed is driven to bring high quality, medical grade products to the CBD market.



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Which containers are safe for FREEZER FOOD STORAGE

It's time to harvest. After hours in the sun, weeding and watering, it's finally time to Eat, Enjoy and FREEZE. With bushels of tomatoes, beans, corn, zucchini, squash and eggplant to preserve for the winter, I just want to know...

Reusing leftover plastic food containers to store items in the freezer may be noble environmentally, but it might not be wise from the perspective of keeping food safely frozen and tasting its best when later heated up and served. Many such containers are designed for one-time use and then recycling, so it's not worth risking using them over and over. Likewise, wax paper, bread wrappers and cardboard cartons should not be used to store frozen foods; these types of containers don't provide enough of a barrier to moisture and odors and also may not keep food fresh when frozen.

Luckily though, many other materials are suitable for use as freezer-safe storage containers, at least according to the National Center for Home Food Preparation. To qualify as "freezer-safe," the Georgia-based non-profit maintains, food storage containers must resist moisture-vapor, oil, grease and water as well as brittleness and cracking at low temperatures, while being durable, leak-proof and easy-to seal. They must also protect foods from absorption of off-flavors or odors. Good freezing materials include rigid containers made of aluminum, glass, plastic, tin or heavily waxed cardboard; bags and sheets of moisture-vapor resistant wraps; and laminated papers made specially for freezing.

As to the leaking of unsafe constituent chemicals (BPA, phthalates, etc.) from certain plastics into foods, freezing is generally less of a threat than heating, but it is better to avoid plastics known to be problematic anyway just to be safe. Polycarbonate plastic, marked with #7, contains BPA while polyvinyl chloride, marked with #3, contains potentially harmful phthalates. If a plastic item does not bear a recycling number on its bottom, steer clear as it may well be a mix, which classifies it as a #7 polycarbonate.

Of course, the majority of plastic containers designed for freezer use are safe and, since they can be washed and reused, are a better choice than disposable freezer bags and wraps. For those still leery of using plastic at all, glass containers designed to withstand large temperature extremes, such as Ball Freezing Jars (Mason jars) or anything made by Pyrex—regular glass containers could break when frozen or if thawed too quickly—can be a sensible alternative. Also, beware of loading up glass containers to the brim before freezing; some foods expand when frozen so leaving a little extra room between the top of the food and the bottom of the (airtight) lid is always a good idea.

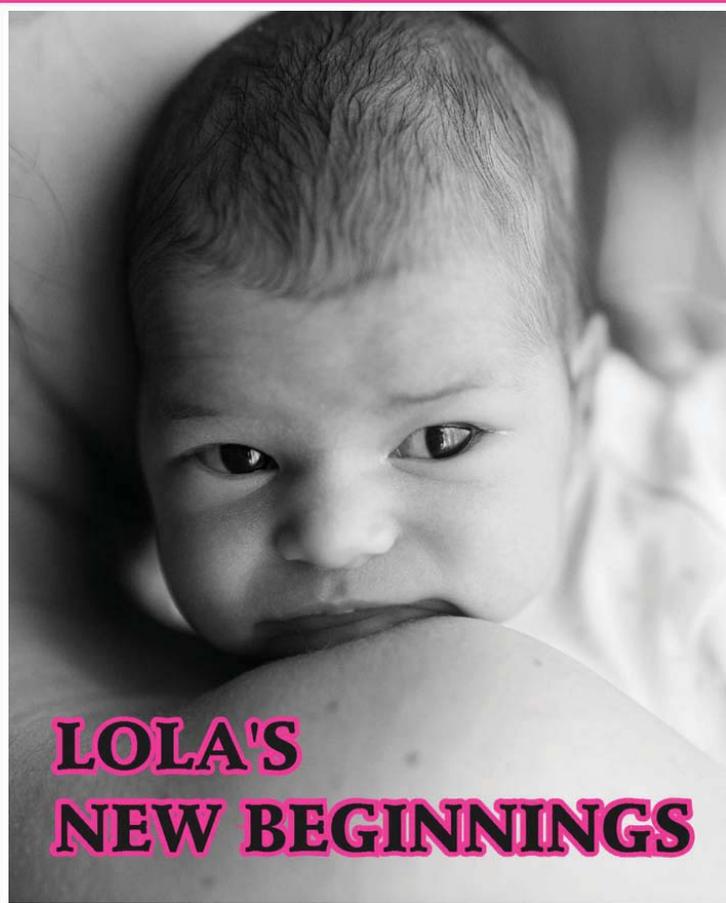
However you store your frozen delicacies, keep in mind that freezing food may inactivate microbes like bacteria and mold but may not destroy them. According to dietician and author Elaine Magee on the MedicineNet website, just thawing out frozen foods doesn't necessarily mean they are automatically safe to eat. Foods that require cooking still require cooking for health's sake after thawing. Also, Magee recommends quickly labeling and dating any foods you are freezing to facilitate purging of potentially spoiled or tasteless food down the line.

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EDITORS CHOICE
Favorite Harvest Recipes on page 19

EARTH TALK
From the Editors of
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MEDICARE FOR YOU?

The number of Americans 85 and older will increase sharply between now and 2040. Will Medicare be able to keep up with their services and needs? Seniors will need to navigate and deal with the ever-increasing complexities of this health care system.

The overall population of Medicare recipients will grow by 37% between 2020 and 2040 as the baby boom generation reaches retirement age.

In addition to increasing in size, says Dave Rich, CEO of Ensurem, an insurance technology and product distribution firm, the Medicare enrollee population's age demographics will change significantly. Currently, he notes, just under 11% of Medicare enrollees are 85 or older (or non-baby boomers); however, that number is projected to more than double, from 6.5 million in 2018 to 14.4 million in 2040—a fact with serious implications for the entire senior healthcare delivery system. “As the Medicare enrollee population skews older,” says Rich, “the need for additional services will increase the complexity of an already very complex market.”

A major factor in this increased complexity will be continued growth in the popularity of Medicare Advantage. Currently, 42% of all Medicare enrollees opt for coverage under a private Medicare Advantage plan, a share that is all but certain to grow as seniors seek services not covered by traditional Medicare. This in turn will drive an increase in the complexity of the choices seniors are required to make—which is already, he notes, considerable. Already in 2021, the average Medicare beneficiary is being asked to choose from among 33 different Medicare Advantage plans.

The situation is made more confusing still by the government's rules surrounding Medicare Part A and Part B sign-up periods. Adding to the confusion are Medicare Supplement plans, also known as Medigap.

The largest factor driving complexity in the market is the fact that healthcare cost is a major element in essentially all older peoples' financial considerations. On average, healthcare spending in the United States for the 45 to 64-year-old age group is \$6,406 per year; for the 65+ age group, it is \$11,316, or more than \$900 per month.

The need for assisted living and long-term care, which often arises with beneficiaries in the 85+ age cohort, can dramatically increase month-to-month medical expenses, adding that this is an area in which seniors and their advisors need to pay particular attention to the details of specific plan offerings. Traditional Medicare does not cover costs for most types of long-term care, including Alzheimer's and dementia care. When it does pay, it is only in a very limited capacity. Medicaid, a joint federal and state program, may cover some or all nursing home costs based on need. In the event of a terminal illness with a life expectancy of six months or less, traditional Medicare covers virtually all the cost of hospice care.

It's important for seniors to understand their options in the increasingly complex industry of Medicare insurance, particularly Medicare Advantage coverage. It is time to prepare for it by making the most of recently available technology, and by addressing cost and efficiency issues on an industry-wide basis.

As the Medicare enrollee population grows older and their needs increase, seniors will need to understand their options and make the best possible choice. It is incumbent upon all of us to understand the senior healthcare delivery system to make certain that choices are understood, and needs are being met.

Ensurem is a leading technology and product distribution company serving carriers and consumers within the massive U.S. senior market.



TWO EGGS to GO

Rosa and Arthur, now well into their 80's, went to breakfast at Bert's Café where the “seniors' special” was two eggs, bacon, hash browns and toast for \$2.99.

‘Sounds good,’ murmured Rosa.

‘But I don't want eggs.’

‘Then I'll have to charge you three dollars and forty-nine cents because you're ordering à la carte,’ the waitress warned her.

‘You mean I'd have to pay for not taking the eggs?’ Rosa spluttered.

‘Yes.’ stated the waitress.

‘I'll take the special then.’ Rosa eventually decided, smiling at Arthur.

‘How do you want your eggs?’ the waitress asked, just a bit impatiently.

‘Raw and still in the shell,’ Rosa answered with a glint in her eye and a wink to husband.

Rosa took the two eggs home.



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Cardiovascular Genetic Testing Fraud

Tips for Protecting Yourself and Medicare

Genetic testing scams quickly emerged in 2019 targeting cancer screening and pharmacogenetics (medication metabolism). The latest growing genetic testing fraud trend focuses on cardiovascular genetic testing. Scammers are offering Medicare beneficiaries cheek swabs for genetic testing to obtain their Medicare information for fraudulent billing purposes or possibly medical identity theft.

What is Cardiovascular Genetic Testing Fraud?

Cardiovascular genetic testing fraud occurs when Medicare is billed for a cardio type of test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician.

What are Examples of Cardiovascular Genetic Testing Fraud?

- Here are several ways cardiovascular genetic testing is advertised:
 - * Cardio/cardiac genetic screening/test
 - * Comprehensive cardiovascular panel
 - * Cardiovascular disease genetic kit
 - * Cardiovascular genetic screening/test
 - * Comprehensive cardiomyopathy NSG
 - * Hereditary cardiovascular profile
- A company offering you "free" or "at no cost to you" testing without a treating physician's order and then billing Medicare.
- A company using "telemedicine" to offer testing to you over the phone and arranging for an unrelated physician or "teledoc" to order the tests.
- Billing Medicare (usually thousands of dollars) for a broad range of cardiac genetic tests that you did not request or possibly even receive.
- A company calls you stating your doctor or cardiologist requested that you have the testing done and they will send you a testing kit.

What Happens if Medicare Denies the Cardiovascular Genetic Test Claims?

You could be responsible for the entire cost of the test. The average is \$9,000 to \$11,000.

Medicare Billing Codes

There are numerous Current Procedural Terminology (CPT) codes that have been associated with cardiovascular genetic testing complaints as noted by SMP. The codes are in the 81400 - 81500 CPT series associated with Gene Analysis & Molecular Pathology. You can review your MSN for these codes.

When is Cardiovascular Genetic Testing Covered by Medicare?

- When the test is medically reasonable and necessary.
 - ✓ Federal regulations define medical necessity as *“services or items reasonable and necessary for the diagnosis or treatment of illness or injury or to improve the functioning of a malformed body member.”*
- When it is ordered by a treating physician.
 - ✓ Federal regulations define a treating physician as *“the physician who furnishes a consultation or treats a beneficiary for a specific medical problem and who uses the results in the management of the beneficiary’s specific medical problem. Tests not ordered by the physician who is treating the beneficiary are not reasonable and necessary.”*
- When a treating physician orders the test as a diagnostic service and uses the results to manage the patient’s condition.

What Can You Do to Stop Cardiovascular Genetic Testing Fraud?

- Be sure your doctor has assessed your condition. Although Medicare covers many genetic tests to detect heart disease, it is not a test to predict or screen for cardiovascular disease.
- Do not give out your personal information to someone calling claiming your cardiologist has requested the testing.
- Do not give out your personal information or accept screening services from someone at a community event, a local fair, a farmers’ market, a parking lot, or any other event.
- Always read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB). The words “gene analysis,” “molecular pathology,” or “laboratory” may indicate questionable genetic testing has occurred.
- If you received a cardiovascular genetic testing kit or test that was not medically necessary, report your concerns about billing errors or possible fraud and abuse to your local SMP.

How Your Senior Medicare Patrol (SMP) Can Help

Your local SMP is ready to provide you with the information you need to **PROTECT** yourself from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs and their trained volunteers help educate and empower Medicare beneficiaries in the fight against health care fraud. Your SMP can help you with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations.

**To contact the Wisconsin Senior Medicare Patrol, call: 888-818-2611 or
Email: smp-wi@gwaar.org**

This project was supported, in part, by grant number 90MPC0002 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.

Eating Smart for Your Gut

When it comes to eating to diversify our gut microbiotas, foods high in fiber are recommended. Fiber powers our gut microbiome and supports bacterial diversity. Fiber-rich foods include whole grains, legumes, nuts, seeds, and fruits and vegetables.

As per the 2015-2020 Dietary Guidelines for Americans, women under 50 should consume at least 25 grams of fiber per day. Men under 50 should aim for 31 grams of fiber per day. However, most Americans fall short—in fact, according to survey results from What We Eat in America, the country's fiber intake for the last decade averages just 16 grams per day.

Adding fermented foods such as yogurt, kimchi, miso, kefir, and pickled vegetables to your diet also is recommended. Known as probiotics, these foods contain live microorganisms that help popular the gut with beneficial bacteria.

Following a diet that's rich in whole, fresh, local, and seasonal foods—like the Mediterranean diet—seems to be the general consensus in working to keep your gut microbiome healthy.

The Mediterranean diet can help in supporting a healthy gut microbiome, reducing inflammation and improving your overall health by offering a good balance of the polyunsaturated omega-3 and omega-6 fats, as well as monounsaturated fats, fiber, and a wide variety of phytonutrients.

Resource: www.cookinglight.com



Can Poor Gut Health Make You Age Faster?

By Dr. Robin Rose

Anti-aging is not about how good you look on the outside, and can't be erased by the latest cream, serum or procedure. The process of aging is more than skin deep! It is about how you're aging on the inside—more specifically, how well your gut is functioning. The microbiota in your gut contributes to vitamin and nutrient synthesis, immune programming, inflammation, energy levels, and even your risk for developing neurodegenerative diseases.

As our body ages, so does our ability to absorb nutrients which can lead to deficiencies and imbalances. Poor gut health can lead to malabsorption of nutrients and fluids, which can catalyze painful joints, immune system dysregulation, low energy, and brain dysfunction. Dietary needs shift as we age and without the right supply of macronutrients, vitamins, and minerals, the body will age faster and repair slower.

Imbalance of the gut microbiome contributes to what is termed "inflammaging." This is low-grade chronic inflammation and an unregulated inflammatory response throughout the body that occurs as we age. Inflammaging is exacerbated by blood sugar imbalances, inflammatory diet (sugar, refined carbohydrates), sleep disturbances, chronic stress, toxins, and leaky gut syndrome. Inflammaging both causes and accelerates disease. Inflammation is the leading cause of disease, acute and chronic. It often correlates with the development of life-limiting conditions such as stroke, dementia, and cardiovascular disease.

Gut health is intricately linked with outward physical appearance. In particular, skin, our largest organ, plays a role in the detoxification process. Gut imbalance leads not only to acne, psoriasis, and dermatitis, but also wrinkling and other visible signs of aging. Individuals with poor gut health are more likely to have skin disorders and show signs of aging such as the breakdown of collagen, and redness/sensitivity than people with a healthy, balanced microbiome. Bringing your gut back into balance by ridding it of inflammation-causing microbes and replacing them with inflammation-fighting microbes helps prevent, as well as treat, skin disorders.

Your energy levels are correlated with gut function. Slowing down may be a sign of aging, but it doesn't have to be if you care for your gut. Poor functioning can lead to low energy levels as your microbiome is essential for energy

continued on page 19



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Gut Health Continued from page 18

production. The microbiome is also impacted by circadian rhythms. The microbiota is regulated by circadian rhythms of their own as well as the host (you). Changes such as time of feeding, and metabolic activity (think late night snacks or waking up at night) can impact your metabolic and immune function. If you disrupt your sleep cycle, you throw your microbiome out of balance, which in turn impacts energy production as the microbiota is responsible for this.

The strength of your gut-brain connection is correlated with how well you age. Certain species in the gut contribute to the creation of inflammation while others combat it. Your mental health is directly related to the species that inhabit your gut. Signals in your gut are sent to your brain via your Enteric Nervous System (ENS), spanning the esophagus to rectum. The ENS is two thin layers of over one million nerve cells. It is mainly responsible for digestion and assimilation of nutrients, but also communicates with our brain, via the vagus nerve. Evidence suggests that disruption in the digestive system is responsible for mood changes through signals sent to the brain. Individuals suffering from digestive disorders such as irritable bowel syndrome (IBS) are at a higher risk for developing mental health issues such as anxiety and depression. Keeping your gut-brain connection functioning properly is top priority while aging.

Neurodegenerative diseases (along with diabetes, atherosclerosis, cancer) arise due to imbalances in the gut-brain connection. These diseases develop due to oxidative stress. Oxidative stress is the imbalance between free radicals and antioxidants. Free radicals have an uneven number of electrons which make them readily available to react with other molecules in your body, causing damage through the process of oxidation. The bacteria that line your microbiome play a significant role in creating or combating oxidative stress.

Poor gut microbiome diversity can have a detrimental consequence on healthy aging, performance, and longevity. Proper care of your microbiome is of paramount importance in maintaining mental, physical, and immune resilience while aging. Dr. Robin Rose is Founder and CEO of Terrain Health and is a double board-certified specialist in Gastroenterology and Internal Medicine, integrating systems biology with an innovative approach that requires a deep understanding of each person's biochemical, genetic, and lifestyle factors. Foundational tests measure your Bio Age, revealing how old your body is behaving physiologically & the actual age of your cells, which is quite different from your chronological age.

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

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

- 6 cups corn sliced off raw cobs
- 1/2 tsp salt
- 1 cup water
- 1 cup water
- 3 tbs sugar
- 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.

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Retirement Questions Aren't Always About The Money

Retirement planning is not entirely financial.

Your degree of happiness in your "second act" may depend on some factors that don't come with an obvious price tag. Here are some non-monetary factors to consider as you plan your retirement.

What will you do with your time? Too many people retire without any idea of what their retirement will look like. They leave work, and they cannot figure out what to do with themselves, so they grow restless. It's important to identify what you want your retirement to look like and what you see yourself doing. Maybe you love your career and can't imagine not working during your retirement. There's no hard and fast rule to your dream retirement, so it's important to be honest with yourself.

While this concept doesn't have a monetary value, having a clear vision for your retirement may help you align your financial goals. It's important to remember that your vision for retirement may change—like deciding you don't want to continue working after all.

Where will you live? This is another factor in retirement happiness. If you can surround yourself with family members and friends whose company you enjoy, in a community where you can maintain old friendships and meet new people with similar interests or life experience, that is a definite plus. If all this can occur in a walkable community with good mass transit and senior services, all the better. Moving away from the life you know to a spread-out, car-dependent suburb where anonymity seems more prevalent than community may not be the best decision for you.

How are you preparing to get around in your eighties and nineties? The actuaries at Social Security project that the average life expectancy for men is 84 years old, and the life ex-



pectancy for women is 86.5 years. Some will live longer. Say you find yourself in that group. What kind of car would you want to drive at 85 or 90? At what age would you cease driving? Lastly, if you do stop driving, who would you count on to help you go where you want to go and get out in the world?

How will you keep up your home? At 45, you can tackle that bathroom remodel or backyard upgrade yourself. At 75, you will probably outsource projects of that sort, whether or not you stay in your current home. You may want to move out of a single-family home and into a townhome or condo. Regardless of the size of your retirement residence, you will probably need to fund minor or major repairs, and you may need to find reliable and affordable sources for gardening or landscaping.

These are the non-financial retirement questions that no retiree should dismiss. Think about them as you prepare and invest for the future.

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



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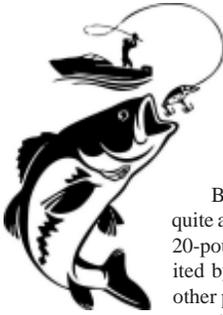
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Gone Fishin' in WI

Continued from page 9

"Fall salmon fishing here is just unbelievable," said Brad Eggold of the Wisconsin DNR. "Though these fish aren't quite as large as coastal salmon, they're still big - with many in the 20-pound range. And, since their stream migration distance is limited by dams, they are concentrated into a smaller area than in other parts of the country, which translates into very high harvest rates."

Eggold cited a number of river and river mouth areas as fall salmon hotspots, including the Menomonee and Milwaukee Rivers in Milwaukee County; the Pike River in Kenosha County and the Root River in Racine County. Further to the north, the Sheboygan River in Sheboygan County, Manitowoc River in Manitowoc County, the Kewaunee River in Kewaunee County, and the Menominee River in Marinette County also attract widespread attention from anglers.

While salmon anglers use a variety of lures and presentations, yarn flies seem to be popular with wading or shore fishermen while dodger fly rigs and J-plugs are used by fishermen on the lake. Prospective anglers are encouraged to visit www.dnr.wi.gov/fish/lakemich for more information or to call the Wisconsin DNR fishing hotline at 414/382-7920.

Other Fall Species to Target in Wisconsin

While musky, Chinook and coho take most of the limelight during the fall fishing season, several other species are also worth putting on your "fish-for" list. In Lake Michigan, Steelhead and Brown trout also have seasonal spawning patterns and offer similar opportunities similar to Coho and Chinook. Lake trout are another popular species, as they continue to be very active during this period and make for a delicious feast (not to mention exciting angling!)

On the inland lakes, walleye are a popular fall target. According to Wisconsin DNR creel surveys, walleye catch rates are highest during the fall. What's more, they become much easier to find - as weeds die back and the water temperature cools, they tend to migrate to shallower waters, particularly at twilight. Working crank baits in the cooler waters near edges and rocky shorelines is often productive during the fall season, as are larger minnows. While walleye can be found throughout Wisconsin, the Lake Winnebago system and northern lakes such as Lac du Flambeau and the Chippewa Flowage are particularly well-known for fall walleye fishing.

A shark is teaching his kid how to hunt and eat humans. He says, "Look son, first you swim full speed at the human but at the last second, you turn away. Then you swim at him full speed again, but again at the last second you swim away. Then you can go back and eat the human."

The son looks confused and asks,

"But dad, why don't we just go and eat the human the first time?"

Dad shark replies "Well, you can but they taste better if you scare the 'poo' out of them first."

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REFLECTIONS

20 years since 9/11

On 9/12 there was no doubt in anyone’s mind that we would prevail, there was no doubt that we were stronger together. Now, 20 years later, we should focus our efforts on those elements that unify us, those elements of our history that make us stronger, those elements that define American exceptionalism.

Over the past few days, I have had an opportunity to chat with several fellow Veterans, Service Members, Military family members, and Gold Star families. It is beyond the obvious in saying that the past few days have been extraordinarily difficult for those with a personal connection to our mission in Afghanistan. My wife Tiffany and I are no different.

Earlier this week, a CNN reporter broadcast from a base in Andar, Afghanistan – this was a base that my soldiers and I built, it’s the base where I was wounded in 2006. Seeing it on the screen brought back a lot of memories – good and bad.

In my conversations with fellow Veterans, their memories are about the same. The question that keeps coming up: was this worth it?

Unfortunately, most are having a hard time answering that question. There’s a term for that, Moral Injury. Moral Injury is the mind’s response to actions or memories that are in violation of a person’s values and beliefs – some might say it’s an injury to your soul. For 20 years the full weight of the War on Terror fell on the shoulders of less than 1% of us. 2.7 million Americans voluntarily answered the call to serve, .7% of the U.S. population to be precise. 7,057 never came home, another 30,177 came home only to take their own lives.

Since 9/11/01 my generation of Veterans has been fortunate to have a grateful nation behind us – I attribute this to our Vietnam and Korean War Veterans who after

9/11 were adamant that my generation received a proper welcome home and proper access to care, something many of them never received. Believe me when I say, ALL of us appreciate that gratitude – but over the past few days the resounding impression I get from talking to my fellow Veterans is that “thank you for your service” has lost its meaning. Many Veterans have begun to see this as a hollow or superficial gesture, people say it because that’s what you’re supposed to say.

Like most Veterans, on my right wrist I wear a silver bracelet, I have a collection of them, but they all look the same. Most people assume it’s a medical alert bracelet, but if you look closely each bracelet is inscribed with the name of a friend or colleague I’ve lost, either to our enemies abroad, or the demons within. I wear the bracelet so that I can read their name, when I shake hands, when I render a salute, when I play with my kids, while I type these words, their names are always with me. Almost every Veteran I know does this. We do this because it inspires us, they inspire us. They sacrificed their tomorrow so that we could have our today – and that is not something to be taken lightly. We have an obligation to live up to their legacy, we have an obligation to make those sacrifices matter, and what we’re seeing today should only strengthen our resolve to do so.

As we reflect as a nation on the current situation in Afghanistan and on the 20th

continued on page 23



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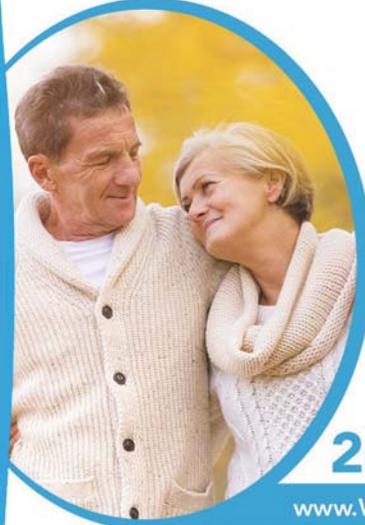
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20 years since 9/11 *continued from page 22*

anniversary of 9/11, I think it is more important than ever to remind ourselves of the unity that existed immediately following the 9/11 attacks. On 9/12 there was no doubt in anyone's mind that we would prevail, there was no doubt that we were stronger together. Now, 20 years later, we should focus our efforts on those elements that unify us, those elements of our history that make us stronger, those elements that define American exceptionalism.

Pearl Harbor, September 11th, whatever the crisis, American's have always stood up and found a way to overcome any obstacle. Despite the fear, the heartbreak, the anger we're all experiencing we owe it to ourselves, we owe it to our fallen to be good stewards of our democracy, we must live up to their legacy and be good stewards of our communities. As we approach the 20th Anniversary of 9/11, all of us must find a way to serve, we must ensure that the sacrifices made by the .7% were not in vain.

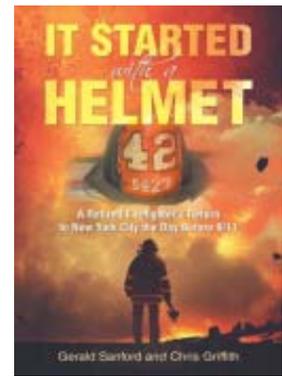
After Pearl Harbor our entire nation mobilized in support of the war efforts. Everyone made sacrifices in support of our common goal. When the war was over, we quickly made up for lost time. The greatest generation not only secured victory in World War II but they returned home to oversee the largest period of economic growth this country has ever seen, and some of the greatest technological advances the world has ever seen. For the greatest generation there was no obstacle that couldn't be overcome – and today we have the opportunity to harness that same spirit.

To the brave men and women who volunteered and to your families, and to the families of the fallen. The sacrifices you made – and your families made – were not in vain. What we are witnessing today is not our failure, this is not our burden to bear. Having had the privilege of serving alongside so many amazing Americans (and allied Service Members as well), quite frankly I'm tremendously proud of what you were able to accomplish, and I hope you are too. The fact is you carried more than your fair share – and you are stronger because of it.

It's OK to not be OK right now. Take some time to reconnect with old friends, remind ourselves about that time we were handed a mission, given no resources to execute the mission, and somehow figured out how to make it work. Let's take that problem-solving mindset into our next mission. There's a lot of work to be done - your country and your communities need strong leaders like you to tackle tough problems and solving tough problems is what we do best.

Adlai Stevenson II said, "Patriotism is not a short and frenzied outburst of emotion but the tranquil and steady dedication of a lifetime." I can think of no better way to demonstrate our gratitude for the sacrifices of our Service Members, Veterans, and their families than by reaffirming our commitment to service, to each other, to our communities, and to our nation.

Joseph Reagan is the Director of Military and Veterans Outreach for Wreaths Across America. He has over 10 years' experience working with leaders within Government, non-profit, and Fortune 500 companies to develop sustainable strategies supporting National Security, and Veterans Health. He served 8 years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is a graduate of Norwich University, the oldest private military college in the country.



As the nation approaches the 20th anniversary of 9/11, many Americans are reflecting on their experiences in the wake of this national tragedy and documenting them for the generations to come. "It Started with a Helmet: A Retired Firefighter's Return to New York City the Day Before 9/11," shares the gripping true account of Gerald Sanford, a former New York City police officer and FDNY firefighter, while volunteering with the FDNY during the aftermath of the September 11th terrorist attacks.

"It Started with a Helmet" reflects on Sanford's 29-year career with the FDNY after which he retired and moved to Naples, Fla. But Sanford's retirement was short-lived, and he quickly began working for the North Naples Fire Control and Rescue District. In this role, he came across an early 1900s antique leather fire helmet. Wanting to reunite the helmet with the firehouse it originated from, Sanford coordinated a presentation ceremony, scheduled for Sept. 10, 2001, to return the historic keepsake to its rightful owners – Ladder 42 in the Bronx. Many people who attended the helmet presentation tragically died the next day.

"It Started with a Helmet" is a powerful memoir that twines Sanford's rare ground-level perspective with important historical information, including his observations of political figures such as Mayor Ed Koch, Mayor David Dinkins and Mayor Rudy Giuliani, that serves to educate the public and keep those who tragically lost their lives in the minds of future generations. To order or learn more, please visit www.itstartedwithahelmet.com.

You can sponsor a veteran's wreath anytime for \$15 at www.wreathscrossamerica.org. Each sponsorship goes toward a live, balsam wreath that will be placed on the headstone of an American hero as we endeavor to honor all veterans laid to rest at noon on Saturday, December 18, 2021, as part of National Wreaths across America Day. A non-profit organization, the mission "Remember, Honor, Teach" is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as thousands of veterans' cemeteries and other locations in all 50 states.



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Just wondering...

Why are Zoey and Zoe pronounced the same way but Joey and Joe aren't?
Is the 's' or the 'c' in scent silent?
Why does 'fridge' have a 'd' in it but refrigerator does not?
Pronouncing words that end in 'ough':
 cough, bough, rough, dough, through, though.... *really?*

All I'm saying is that the difference between humans and animals is that animals would not let the dumbest in the herd lead them.



I'm so glad I learned about parallelograms instead of how to do taxes. It came in so handy this parallelogram season.

When a woman says 'what?' it's not because she didn't hear you. It's because she's giving you a chance to change what you said.

Who knew what time it was when the first clock was made? **SO technically, am I really late for work?**

The fact that Kansas and Arkansas are pronounced differently bothers me more than it should.

And so ends another month without me becoming unexpectedly rich.

VULNERABLE (vul-ne-ra-bel) adj. Female: Fully opening up one's self emotionally to another. Male: Playing football without a helmet.
THINGY (thing-ee) n. For a female: Any part under a car's hood. For a male: The strap fastener on a woman's bra.
COMMUNICATION (ko-myoo-ni-kay-shon) n. Female: The open sharing of thoughts and feelings with one's partner. Male: Writing out a note before suddenly taking off for a week-end with the boys.
COMMITMENT (ko-mit-ment) n. Female: A desire to get married and raise a family. Male: Not trying to pick up other women while out with one's girlfriend.
ENTERTAINMENT (en-ter-tayn-ment) n. Female: A good movie, concert, play or book. Male: Anything that can be done while drinking.
FLATULENCE (flach-u-lens) n. Female: An embarrassing by-product of digestion. Male: An endless source of entertainment, self-expression and male bonding.
REMOTE CONTROL (ri-moht kon-trohl) n. Female: A device for changing from one TV channel to another. Male: A device for scanning through all 75 channels in three minutes.

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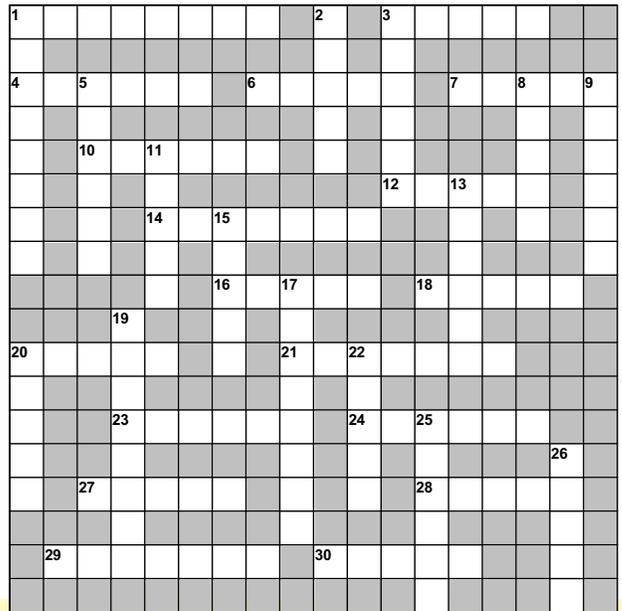
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ACROSS

1. Combining things
3. Distinctive species of animal
4. Condensed computer
6. This sometimes hurts
7. Strength
10. Another name for quiet voice
12. Lucifer
14. The external appearance
16. No doubt about it
18. Once more
20. Room bottom
21. Bother
23. Appointed
24. Act upon arrival
27. To have specified intentions
28. Popular organ meat
29. Which one of the two
30. Used to consume the three a day

DOWN

1. Message by courier
2. To provide needed items
3. What you sit on
5. Where criminals live
8. May obtain water from
9. Spacecraft propulsion
11. Small rock
13. Gutter speak
15. Charmed
17. Common
19. Unrefutable
20. Snow form
22. Concentrate on specific topic
25. Gracious
26. Remarkable in magnitude

Answers on page 25

ABOUT DUST....

You are made from dust and to dust you shall return. That's why I don't dust. It could be someone I know.

I dusted once. It came back. I'm not falling for that one again.

One minute your cute and fun. And the next, you're turning down the car stereo to see better.

Due to recent cutbacks, the light at the end of the tunnel has been turned off.

HUSBAND: In the moonlight, your teeth look just like pearls.

WIFE: Whose Pearl and what were you doing in the moonlight with her?

If Jesus tried to feed the multitudes today...

"I don't eat fish. Do you have vegan?"

"Is that bread gluten-free?"

"Has that fish been tested for mercury?"

I'm so old that when I was a kid, we actually had to win to get a trophy.

Remember when people had diaries and got mad when you read them? Now they put everything online and get mad when people don't. Yup. The younger generation is SO much smarter than we are.

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SPECIAL EVENT

<p>SATURDAY, SEPTEMBER 18 MICHAEL PERRY AND THE LONG BEDS</p> 	<p>SATURDAY, SEPTEMBER 25 DALLAS STRING QUARTET</p> 	<p>FRIDAY, OCTOBER 1 ROYAL WOOD</p> 
<p>FRIDAY, OCTOBER 8 TOP OF THE WORLD</p> 	<p>SATURDAY, OCTOBER 16 GIVE 'EM HELL HARRY!</p> 	<p>SATURDAY, OCTOBER 23 SONGS AND STORIES OF NEIL DIAMOND</p> 
<p>THURSDAY, DECEMBER 2 LORRIE MORGAN</p> 	<p>SATURDAY, DECEMBER 4 MILWAUKEE HANDBELL ENSEMBLE</p> 	<p>THURSDAY, DECEMBER 9 CHRISTMAS IN KILLARNEY</p> 
<p>SATURDAY, DECEMBER 18 A ROCKY MOUNTAIN CHRISTMAS</p> 	<p>SATURDAY, MARCH 5 CHURCH BASEMENT LADIES</p> 	<p>FRIDAY, MARCH 11 B2WINS</p> 
<p>FRIDAY, MARCH 18 SKERRYVORE</p> 	<p>SATURDAY, MARCH 26 CHARLIE BERENS</p> 	<p>SATURDAY, APRIL 2 ROCKAPELLA</p> 
<p>SATURDAY, APRIL 9 THAT GOLDEN GIRLS SHOW!</p> 	<p>FRIDAY, APRIL 29 RIDERS IN THE SKY</p> 	

<p>Fri-Sat, Sept 10-11</p>	<p>SIP AND FALL IN THE SCHAUER</p>	<p>Fri-Sun, Jan 21-23</p>	<p>COMICALITY 2022</p>
<p>Sun, Oct 3</p>	<p>JOHNNY PEERS & THE MUTTVILLE COMIX</p>	<p>Sat-Sun, Jan 29-30</p>	<p>SCHAUER ARTS CENTER OPEN HOUSE</p>
<p>Fri, Nov 12</p>	<p>THE CLAUDETTES</p>	<p>Fri, Feb 18</p>	<p>RYAN MCINTYRE</p>
<p>Sat, Dec 11</p>	<p>OLD BEFANA</p>	<p>Fri, Feb 25</p>	<p>THE VERY HUNGRY CATERPILLAR</p>
<p>Fri, Dec 17</p>	<p>I GOT YULE BABE</p>	<p>Fri, Mar 25</p>	<p>MARK NIZER 4D</p>
<p>Fri-Sat, Jan 14-15</p>	<p>SEUSSICAL JR.</p>	<p>Fri, May 6</p>	<p>THE WHISKEYBELLES</p>