

Your NEWSMAGAZINE LIFE!

December 2021

A FREE PUBLICATION

www.yourlifemagazine.net
PRINT and ONLINE EDITIONS

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



HOLIDAY
Calendar

Are Holidays
Hazardous to Your Health?

INSIDE
THIS ISSUE ~page 3



OAC

OCONOMOWOC ARTS CENTER

2021 - 2022

*Give a gift of the arts to someone special
this holiday season. Perfect for friends,
families, coworkers, teachers, charities ...
or even treat yourself!*

Oconomowoc Arts Center

'Tis the Season of Giving



Hearthfire
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Jan 7 & 8, 2022
*Dinner begins serving
at 6:15 PM*



Neophonic Jazz Orchestra
2 PM Sunday
March 13, 2022



Captain Fantastic
The Music of Elton John
7 PM Saturday, March 5, 2022



Girls Like Us
**The Music of Carole King,
Carly Simon & Joni Mitchell**
7 PM Friday & Saturday
March 18 & 19, 2022
Dinner begins serving at 6:15 PM



OAC Gala
Save the Date
5:30 PM
Saturday, April 9, 2022

**A John Denver
Musical Tribute**
Starring
Ted Vigil
7 PM Saturday
May 21, 2022



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From the Publishers

DECEMBER 2021

"That's part of the answer. The rest, my dear youth, is that my sack is magic. And that is the truth. In my sack I carry on Christmas Eve Day More love than a Santa could ever give away. The sack never empties of love, or of joys 'Cause inside it are prayers, and hopes, not just toys. The more that I give, the fuller it seems, Because giving is my way of fulfilling dreams.

~ excerpt The Best Gift by Betty Wirth



Santa is magic. Christmas is magic. The wonder and awe of the birth of Jesus is magic. This magic makes us believers in unconditional love, the enjoyment of family, the pleasures of a festive get-together, enduring spirituality, a joined humanity and yes, all those glorious presents, lights, scents of pine and... toys!

The holidays in particular bring out the cozy, simple memories of childhood. Back then, there were no expensive cell phones or gadgets under the tree but the magic was certainly there. Coming home from Christmas Eve mass was the most memorable - the decorated tree with the old glass ornaments, so many little wrapped presents, Santa bites out of Mother's anise cookies and a reindeer nose poked in the bowl of sugar. After we were in our pajamas, we would stand by the picture window in the living room, watching for Santa's sleigh. Even at 58, on Christmas Eve, I peer into that same sky with a winter moon and yes, I do believe I just might see Santa's sleigh and hear the gentle sigh of a sleeping babe.

Winter is a great excuse to warm up with a coffee break, eat cookies or sip on thick, sweet hot chocolate. Sharing a few of my favorite decadent recipes on page 9 might help melt the chill as well. There are certainly a few extra pounds on my butt from Thanksgiving and it's not going anywhere soon. I'll worry about that resolution later and will thoroughly enjoy cookies and treats until then!

My wish for you this month is to find time to take a conscious breath along the way and fill yourself with the peace and beauty of this Christmas celebration.

*So Merry Christmas to ALL
and to all a good night...*

LIFE. *Enjoy it!*

Sandy and Tom Draelos

INSIDE THIS ISSUE



We're in the belly of the beast this month, as millions of us desperately scour stores for last-minute gifts. And much of the consumer culture surrounding us began with a boy from Wisconsin...

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What are Conservation Dogs?

Simply put, they are canines specially trained in sniffing out evidence of specific wildlife species that scientists are seeking to learn more about.

-page 11



DIY Winter Home Improvement

This is the perfect season for indoor projects and tasks will keep you from going stir crazy; your house will be more attractive, comfortable and energy efficient.

-page 20



Coming up next month:
January
**LAUGH out LOUD
FEATURE!!**

Send us your favorite printable joke!
milwaukeepublishing@wi.rr.com

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

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

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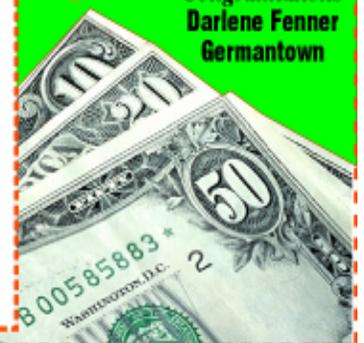
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Entry Deadline
Dec 25, 2021





NATIONAL DAYS in December!

What better way to Celebrate....

- DECEMBER 5**
Bathtub Party Day
- DECEMBER 6**
St. Nicholas Day
- DECEMBER 7**
National Pearl Harbor Remembrance Day
- DECEMBER 8**
National Brownie Day
- DECEMBER 9**
National Pastry Day
- DECEMBER 10**
Human Rights Day
- DECEMBER 11**
International Mountain Day
- DECEMBER 12**
Gingerbread House Day
- DECEMBER 13**
National Cocoa Day
- DECEMBER 14**
National Bouillabaisse Day
- DECEMBER 15**
National Cupcake/Lemon Cupcake Day
- DECEMBER 16**
National Chocolate-covered Anything Day
- DECEMBER 17**
National Maple Syrup Day
- DECEMBER 18**
Answer the phone Like Buddy The Elf Day
- DECEMBER 19**
National Hard Candy Day
- DECEMBER 20**
National Sangria Day
- DECEMBER 21**
Crossword Puzzle Day
- DECEMBER 22**
National Date Nut Bread Day
- DECEMBER 23**
National Pfeffernusse Day
- DECEMBER 24**
National Eggnog Day
- DECEMBER 25**
National Pumpkin Pie Day
- DECEMBER 26**
National Candy Cane Day
- DECEMBER 27**
National Fruitcake Day
- DECEMBER 28**
Pledge of Allegiance Day
- DECEMBER 29**
No Interruptions Day
- DECEMBER 30**
Bacon Day
- DECEMBER 31**
National Champagne Day

AROUND TOWNE

Holiday Highlights!

Fridays now thru Dec 17

Festive Fridays at the Kuhfuss House Museum
Cedarburg
Come enjoy the magic of Cedarburg during the Holidays at the historic Kuhfuss House Museum! Bundle up and stay warm by the campfire while enjoying holiday hits and seasonally inspired refreshments. 5-7pm. Cash bar

Now thru December 24

A Christmas Carol By Charles Dickens
Pabst Theater
Milwaukee's Favorite Holiday Tradition
Full ensemble production joyfully returns to the historic Pabst Theater. The perfect way for audiences of all ages to celebrate the season

December 10-11

Home for Christmas
Christ King Catholic Church
2604 N. Swan Blvd., Wauwatosa
Join the Choristers for joyous songs of the Christmas season that kindle a connection to home—whatever and wherever home means to each of us. milwaukeechoristers.org
\$20 adults | \$17 seniors (ages 62+) | \$10 students

December 10

Bough Trimming
Riveredge Nature Center
Under the guidance of a Riveredge Naturalist, identify and trim native boughs and branches from around Riveredge Nature Center. Then weave our materials into a welcoming table wreath, to use during your holiday entertaining. Coffee and cocoa will be provided to keep you warm! \$25

December 10-12

Christmas in the Basilica
Basilica of Saint Josaphat
Start your holiday season with Bel Canto Chorus' Christmas in the Basilica, our most popular concert

December 11

Tempel Lipizzans Farm
Holiday Highlight Performance
Enjoy the festive holiday spirit in our sprawling indoor arena. Four segments of the program all set to classical music: The Solo, The Airs Above the Ground, the Long Rein, and the Quadrille. Equipped with heat lamps above stands, less than an hour drive from Milwaukee. Following the show you will gain access to our stallion stable. www.tempelfarms.com \$35 adults, \$25 children/4-14

December 11

Winter's Eve Magic
Kids Candlelight Walk
Urban Ecology Center - Riverside Park
1500 E. Park Place, Milwaukee
Families and children. Register. 4pm-8pm
Illuminated trails with hundreds of candles. A guided stroll through the park listening to "The Mitten", a story, by Jan Brett. Warm your toes and hands at the campfire before heading home with a goodie bag of hot chocolate and cookies. programs@urbanecologycenter.org

December 11 & 12

Ugly Sweater Party
MOTOR@ Bar & Restaurant
401 W. Canal Street, Milwaukee

December 11-12

Saint Kate Holiday Marketplace
Saint Kate, the Arts Hotel- The Arc Theater
139 E Kilbourn Ave
Experience and enjoy the holiday ambiance of Saint Kate's ARC Theatre while interacting and connecting with over 70 local artists and vendors

December 12

Texas Tenors in Deep in the Heart of Christmas
South Milwaukee Performing Arts Center
Emmy® Award-winners and Billboard #1 recording artists put you in the mood singing holiday favorites. From seasonal favorites like O Holy Night and Joy to the World to the crowd-pleasing original hit Boottadaddy, The Texas Tenors bring a unique blend of music to the stage with thrilling harmonies and award-winning arrangements

December 12

Merry and Bright Market
Anodyne Coffee Roasting Co.
224 W Bruce St., Walker's Point
A day of holiday shopping and coffee. First annual Holiday Market with a selection of vendors selling handmade, vintage and curated goods. Support local! Free

December 13

Holiday Party Apps & Entertainment Cooking Class
Milwaukee Public Market
Hosting holiday parties? You don't want to miss out on this class! Come join us at the Milwaukee Public Market as Staci Joers demonstrates mouthwatering appetizers for the holiday season



CALENDAR continued on page 5



CALENDAR

continued from page 4

December 14

Rick Springfield
Northern Lights Theater
1721 W. Canal Street

December 17

Sacred Garden Open Mic Night
Arts @ Large
1100 S 5th St, Milwaukee
Poets, spoken word performers and artists are welcome to grace the Arts @ Large stage as a platform to amplify the voices of artists in Milwaukee

December 17

Northern Lights
WM Manfred Olson Planetarium
Enjoy the radiance of the night sky and colorful displays of dancing lights with a behind-the-scenes tour of the science behind one of nature's most remarkable light shows

December 17-19

The Nutcracker
Oconomowoc Arts Center
Tchaikovsky's beloved ballet has become a holiday tradition. \$25 Regular | \$19 Youth (19 & younger)
(262) 560-3172

December 18

Home for the Holidays Charity Event
Hotel Metro / 2-6pm
Everything you need this holiday season;

local artists and vendors, live music, signature cocktails, gourmet bites, raffles, a toy drive and donations to Children's Hospital of Wisconsin

December 18

Ravenswood Holiday Pop-Up Market
8500 Ravenswood Circle, Wauwatosa
Get your last minute holiday gifts by shopping with us in the front yards of our friendly neighbors on the 8500 block of Ravenswood Circle Showcasing local, small businesses, creators and crafters

December 19

Milwaukee Makers Market
Discovery World
Meet Milwaukee jewelry makers, artists, designers and other skilled artisans and shop one-of-a-kind, locally-made products including ceramics, clothing, leather goods, candles and more

December 26

Trans-Siberian Orchestra
Christmas Eve & Other Stories
Fiserv Forum

December 31

Harlem Globetrotters
Fiserv Forum

December 31- January 2

Shen Yun
Marcus Center

January 13-16

Elvis Unplugged & Rockin'
Fireside Dinner Theatre

December 21

Celebrate Winter Solstice with an Adult Candlelight Walk
Urban Ecology Center - Riverside Park
1500 E Park Place, Milwaukee

It's a perfect date night for a peaceful evening in Riverside Park where you'll find the trails illuminated by hundreds of candles. Go at your own pace and bring your own thermos to fill up on a hot beverage before you hike. You'll find cozy fires in the park to warm your mitts and roast marshmallows.

Walks begin at 4 pm and continue every 30 minutes (last walk leaves at 8:30 pm). Registration in advance for specific walk times is required. 414-626-8518.



January 20-13

Adventures in Parrotise
Fireside Dinner Theatre
A Jimmy Buffett Tribute

January 27

World of Musicals
South Milwaukee Performing Arts Center
The best of musical theatre. An emotional journey through the world of great musicals with ballads from Evita, Les Misérables and Phantom of the Opera plus great up-beat favorites from Dirty Dancing, Rock of Ages and Mamma Mia

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Number of reindeer required to pull a 333,333-ton sleigh: 214,206 -- plus Rudolph.

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THE TEXAS TENORS
in *Deep in the Heart of Christmas*



SUN, DEC. 12, 2:30 PM

THE WORLD OF MUSICALS | JAN. 27



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 Dec 31st: New Year's Eve Dinner Special
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 Jan 22nd: Live Music & Karaoke

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"Reel" Truth for CHRISTMAS

Christmas Movie Trivia!

- 1) Which movie DOESN'T take place at Christmas time?
 - a. Planes, Trains, and Automobiles
 - b. Ernest Saves Christmas
 - c. Reindeer Games
 - d. Home Alone
- 2) What's the actual title of the 2000 Jim Carrey mega-hit 'Grinch' movie?
 - a. The Grinch Stole Our Christmas
 - b. The Grinch Who Stole Christmas
 - c. How the Grinch Stole Christmas
 - d. Why the Grinch Stole Christmas
- 3) What was the name of the little son of Bob Cratchit in the movie and/or Disney adaptations of "A Christmas Carol"?
 - a. Tiny Tim
 - b. Tiny Frank
 - c. Wee Willy
 - d. Wee Todd Didd
- 4) Which actor's face is actually behind the happy face on this movie-poster detail?
 - a. Sir Anthony Hopkins
 - b. Chevy Chase
 - c. Bill Murray
 - d. John Candy
- 5) Which word(s) can't be used before the word 'Christmas' to complete an actual movie title?
 - a. The Night Before
 - b. The Night After
 - c. White
 - d. Black
- 6) Which of the three ghosts in 1988's "Scrooged" appeared to be a huge grim-reaper like being?
 - a. Ghost of Christmas past
 - b. Ghost of Christmas present
 - c. Ghost of Christmas future
 - d. Trick question - none were
- 7) In which action movie do we see a sign saying "Now I have a machine gun. Ho ho ho"?
 - a. Lock, Stock, and Two Smoking Barrels
 - b. Lethal Weapon
 - c. Reindeer Games
 - d. Die Hard
- 8) What was the name of the angel that helped James Stewart in "It's a Wonderful Life"?
 - a. Jessie
 - b. Beelzebub
 - c. Joe
 - d. Clarence
- 9) In which action movie does a cop get a Christmas present of some plastic toy handcuffs and a plastic police badge?
 - a. Lock, Stock, and Two Smoking Barrels
 - b. Lethal Weapon
 - c. Reindeer Games
 - d. Die Hard
- 10) In Rudolph the Red-Nosed Reindeer whom was Rudolph's girlfriend?
 - a. Sally
 - b. Clarice
 - c. Jane
 - d. Kattie
- 11) Which celebrity sang the songs in Rudolph the Red-Nosed Reindeer?
 - a. Frank Sinatra
 - b. Burl Ives
 - c. Frankie Avalon
 - d. Neil Diamond
- 12) Which of the following actors played bad guys in Home Alone?
 - a. Macaulay Culkin
 - b. Joe Pesci
 - c. John Heard
 - d. John Candy

Answers on page 22



Coming up next month:
January
LAUGH out LOUD
FEATURE!!

Send us your favorite printable joke and see if it makes it to press!

milwaukeepublishing@wi.rr.com
 Subject: Favorite Joke



Wisconsin Native Shaped Shopping Worldwide



We're in the belly of the beast this month, as millions of us desperately scour stores for last-minute gifts. And much of the consumer culture surrounding us began with a boy from Wisconsin...

ODD WISCONSIN By Michael Edmonds

Harry Gordon Selfridge (1857-1947) was born in Ripon and went to work at ten. He joined Marshall Field's at 19, made partner at 29, and retired with a fortune at 49.

He invented the phrase, "Only [X] shopping days until Christmas," and coined the slogan, "The customer is always right."

In 1908 Selfridge visited London, where rude treatment by storekeepers prompted him to teach them a lesson. He built a five-floor American-style department store on Oxford St., in the very heart of the British Empire.

He covered its wider aisles with soft carpet and welcomed browsers who just wanted to "make a day of it." His store carried "almost everything that enters into the affairs of daily life."

It also turned shopping into sensual entertainment. It pioneered artistic window displays, and had a restaurant, music, fresh flowers, post office, and even a "silence room" for those who literally shopped 'til they dropped.

Conservative London merchants were shocked, but their customers were delighted. And Gordon Selfridge grew even richer.

For two decades he splurged on lavish homes, servants, travel, and gambling. When the Depression hit, he'd run through nearly all his money. Creditors let him stay on as honorary president when they seized the business in 1937.

By then, he'd largely invented consumer culture as we know it today.

Sources: "Yankee who taught Britishers that 'the customer is always right'" Milwaukee Sentinel, September 09 1932; "Ripon native, now merchant prince, to return for honor." Sheboygan Daily Press, October 18, 1935.

If you don't want me to shop online...



you really shouldn't use my name on all your passwords.



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4 days / May 12 / \$1245 DBL

Nashville Music City
5 days / April 25 / \$1555 DBL

Arabia Steamboat
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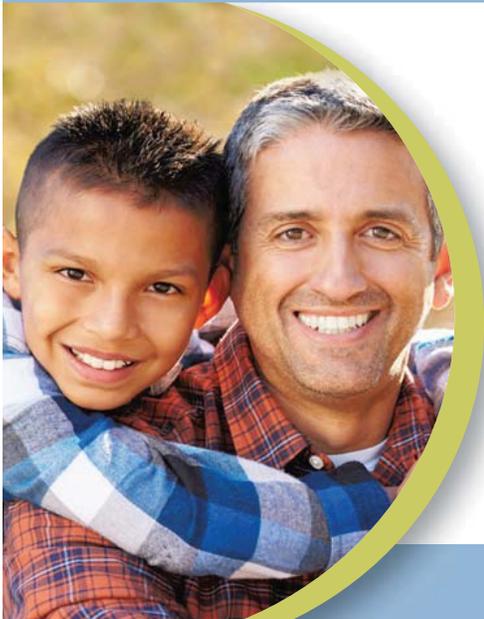


Happy Holidays

FROM OUR FAMILY TO YOURS!



Everyone can do something to support youth in foster care!



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

Contact us to learn more!

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SWEET & SALTY HOLIDAY TOFFEE

delish.com

- 35 saltine crackers
- 1 cp (2 sticks) butter
- 1 cp packed brown sugar
- 1 3/4 cp semisweet chocolate chips
- 1 bag red and green holiday M&Ms
- 1 jar holiday sprinkles

Preheat oven to 350°. Line a baking sheet or jelly-roll pan with tin foil and coat with cooking spray. Line the baking sheet with Saltine crackers. Set aside.

In a medium-sized saucepan, melt butter and brown sugar. Bring to a boil, stirring continuously, and let cook until bubbling, about 2 minutes. Pour mixture over crackers in an even layer and bake 12 to 15 minutes.

Top immediately with chocolate chips and let melt. Smooth chocolate out into an even layer, then top with red and green M&Ms and holiday sprinkles. Cut into squares, then cool until the chocolate has hardened.



GINGERBREAD FUDGE

delish.com

- 12 oz. white chocolate, melted
- 1 cp sweetened condensed milk
- 1 tsp ground nutmeg
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tbsp Red nonpareils
- 1/2 tbsp green nonpareils

In a large bowl, mix together white chocolate and sweetened condensed milk. Add nutmeg, cinnamon, and ginger and stir until combined. Stir in almost all nonpareils (leave some to sprinkle on top) until combined.

Using a spatula, transfer fudge into a parchment-lined glass baking dish and smooth over top. Sprinkle with remaining nonpareils and let sit until firm, at least one hour. (Transfer to the fridge to speed up process.) Cut into squares and enjoy.

PEPPERMINT OREO TRUFFLES

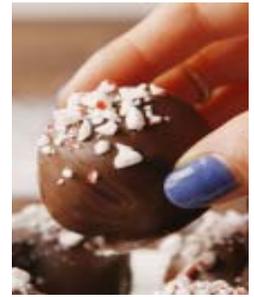
- 1 (15.5-oz.) package Oreos, crushed
- 1 (8-oz. package) cream cheese, softened to room temperature
- 12 candy canes, crushed, divided
- 2 cp chocolate chips, melted
- 2 tsp coconut oil

Line a small baking sheet with parchment paper. In a large bowl, combine crushed Oreos with cream cheese and half the crushed candy canes. Stir until cream cheese is completely integrated into the Oreo crumbs.

Using a small cookie scoop, form Oreo mixture into small balls and place on the cooking sheet. Repeat until all Oreo mixture is used and place baking sheet in freezer for 10 minutes.

Meanwhile, mix coconut oil with melted chocolate chips. When the balls are chilled, dip them in the chocolate and place back on cooking sheet.

Sprinkle with remaining crushed candy canes and return to the freezer to harden, 10 more minutes.



REINDEER BEER

Turn beer bottles into a festive reindeer display. Need a kid-friendly version? Use rootbeer. Just wrap brown pipe cleaners around the tops of the bottles, and twist smaller pieces around to make antlers. Then hot glue (or simply glue) on googly eyes and red pom poms on. (lifeofamodernmom.com)

They say every piece of chocolate eaten shortens your life by two minutes. I've done the math. Seems I died in 1537.



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www.mychoicewi.org/life

For Long-Term Care options contact your local [Aging and Disability Resource Center](#).
www.dhs.wisconsin.gov/adrc/



DHS Approved 8/16/2021

Wisconsin Senior Medical Patrol

Fraud Alert



DECEMBER 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

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

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

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



Medicare Fraud.... Tips to Keep You Safe from the Wisconsin Senior Medicare Patrol

Medicare fraud happens every day. In every state, including Wisconsin. To lots of people. Did you know that BILLIONS of dollars are lost on an annual basis due to improper claims to Medicare? Improper claims include fraud, abuse, and errors.

Here are some important tips to help protect you from Medicare fraud:

- You will NOT be receiving a new Medicare card. If someone calls you to tell you that, they are lying. It is one of the latest Medicare scams. HANG UP!
- Durable Medical Equipment or brace scams are the most popular form of Medicare fraud. If someone calls you out of the blue, asking you about pain and offering to send you a “free” brace, HANG UP! Talk to your health care provider about medical equipment you may need.
- Genetic testing and/or cancer screening scams are being reported in Wisconsin right now. If someone calls you out of the blue about this type of screening, just hang up! Please don’t verify your Medicare number with someone over the phone. Talk to your health care provider about any sort of screening or testing.
- If the caller claims to be from Medicare, the Social Security Administration, or another government agency, HANG UP! Those agencies will not call you.
- If anyone asks for sensitive information, HANG UP! Don’t ever share personal information, including your Medicare number, Social Security number, other health insurance information, bank account, or credit card information with people who call you unexpectedly.
- Be aware of suspicious email messages, text messages, online advertisements, and social media advertisements. Fraudsters are creative in the ways that they hope to catch you off guard.
- 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 for assistance.

Toll-free, (888) 818-2611

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.

Dear EarthTalk:

What are Conservation Dogs?

Simply put, conservation dogs are canines specially trained in sniffing out evidence of specific wildlife species that scientists are seeking to learn more about for one reason or another. Most commonly these dogs are used to help biologists understand where and how threatened or endangered wildlife species are hanging on—or if they are still around at all.

At the forefront of this burgeoning field is Rogue Detection Teams (RDT), a Washington State based non-profit that sends their specially trained dogs around North America and beyond to help scientific researchers, government agencies and non-profit groups gather field evidence in order to further their conservation work.

It's no wonder that conservationists have started using detection dogs, a standard practice in the military and law enforcement since the 1940s when U.S. troops first employed canines to detect German land mines in North Africa. By pairing human handlers well-versed in ecology and biology (the "bounders") with detection dogs trained on a specific scent, conservationists can monitor the density, distribution and overall health of certain species of concern.

To wit, Rogue's dogs have worked all over the world helping conservation groups bolster their cases with hard data collected in the field. The majority of the Rogue's work so far has been in the American West, but teams are scattered as far afield as Brazil, Europe, Africa, Southeast Asia and the Middle East in search of everything from sea turtles to grasshoppers to pygmy rabbits, big cats, red foxes and bumblebees.

What makes for a perfect conservation dog? The best detection dogs wouldn't necessarily make a great pet, as they tend to be obsessed with reward accumulation. "Our dogs are typically considered unadoptable due to their high energy and obses-



"Pips" of Rogue Detection Teams was able to find larvae and larval poop of the endangered checkerspot butterfly for the Forest Service in Washington State in 2019

sive desire to play fetch," says Rogue's Jennifer Hartman. "This obsessive energy is quite perfect for us because we pair this with detecting an odor and reward our dogs with their ball for locating the odor." Rogue's dogs can cover up to 15 miles a day in survey work, and still have energy left over for more playtime after the search.

And it doesn't take a specific breed or size dog—it's all about the dog's so-called 'high ball drive'. "We have quite a few Labrador mixes as well as heeler mixes because these seem to be high drive dogs that end up in shelters, but we also have a chihuahua mix and what might be a papillon mix in our program," reports Hartman. "We love all dogs though, and don't discriminate as long as they like to play fetch!"

Currently Rogue runs 19 dogs out of its Washington State headquarters. The organization, founded in 2019 by a group of conservation-oriented dog handlers who had been doing this sort of work on their own for more than a decade, also runs programs to train others' dogs (and their owners) in these canine "detection" practices. Through its training work, Rogue hopes to develop the next generation of bounders to carry on the innovative work of the conservation dogs in helping other species hang on in this warming-compromised world.

Credit: U.S. Forest Service- Pacific Northwest Region, FlickrCC

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



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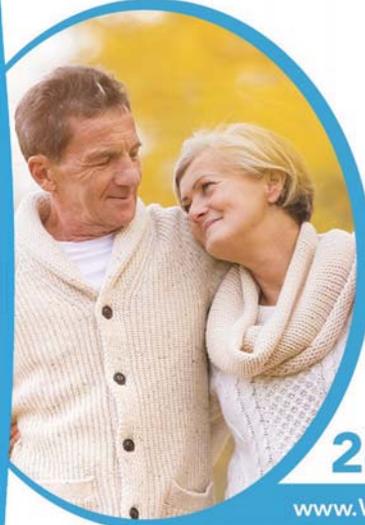
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Things you can do for your financial future as the year unfolds

What financial or life priorities do you need to address for the coming year? Now is an excellent time to think about the investing, saving, or budgeting methods you could employ toward specific objectives, from building your retirement fund to managing your taxes. You have plenty of choices. Here are a few ideas to consider:

If you're still working, can you contribute more to your retirement accounts? In 2022, the contribution limit for a Traditional or Roth Individual Retirement Account (IRA) is expected to remain at \$6,000 (\$7,000 for those making "catch-up" contributions). Your modified adjusted gross income (MAGI) may affect how much you can put into a Roth IRA. With a Traditional IRA, you can contribute if you (or your spouse if filing jointly) have taxable compensation, but income limits are one factor in determining whether the contribution is tax-deductible.

The limits for employer sponsored 401(k) plan contributions and IRA contributions do not overlap. As a result, you can fully contribute to both types of plans in the same year, providing you meet the different eligibility requirements.

If you're retired, then it's important to consider your IRA distribution strategy. Traditional Individual Retirement Account (IRA) withdrawals are taxed as ordinary income, and if taken before age 59½, may be subject to a 10% federal income tax penalty. Penalty-free withdrawals can only be taken under certain circumstances. Once you reach age 72, you must also begin taking annual Required Minimum Distributions (RMD's) from your Traditional IRA account.

Roth IRA distributions, on the other hand, are tax free providing the five-year holding requirement is met and the distributions occur

after age 59½.

Develop a Tax Strategy. Tax-efficient asset allocation is one factor that should be considered when developing your investment strategy. Depending upon your situation, it may make sense to have more than one type of retirement account, so you can maximize tax efficiency both before and after retirement.

Make a charitable gift. You can claim the deduction on your tax return, provided you follow the Internal Revenue Service guidelines and itemize your deductions with Schedule A. The paper trail can be important here, so be sure to obtain the recommended documentation.

Open an HSA. A Health Savings Account (HSA) works with certain eligible high deductible health insurance plans. There are specific rules and limitations to consider, so please be sure to understand these rules before opening an HSA account. You are limited to a \$3,650 contribution for 2022 if you are single; \$7,300 if you have a spouse or family. Those limits jump by a \$1,000 "catch-up" limit for each person in the household over age 55. Please note that HSA distributions should only be spent on qualified medical expenses and are subject to tax penalties if used for non-qualified expenses.

Consider the impact of any upcoming life and financial changes. Are you expecting any other significant changes to your family or financial life in 2022? Be sure to discuss these changes with your trusted financial professionals, so you can work together to modify your financial strategy as needed. This article is for informational purposes only and not a replacement for real-life advice from the qualified financial professionals who are familiar with your family and financial goals.



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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DON'T

FUMBLE

in the Red Zone of Retirement



The SIX Documents You Need for Your Estate Plan Playbook

Football is a big deal in Wisconsin (Go Pack!) – and so is the surge of retirees – 10,000 baby boomers every day for the next 18 years, says multi-certified planner Larry Roby. The last thing pre-retirees want to do at this stage of their lives is to fumble while in the red zone of their retirement date, he says.

“Only 23 percent of pre-retirees have calculated how much they’ll need to save for retirement, according to New Retirement Landscape; while three-quarters say they’re confident in the red zone of retirement, an equal amount of people haven’t even done the math yet!” says Roby, founder and president of Senior Financial Advisors, a wealth-management firm that holds ethics and education as top priorities.

“Confidence in your retirement portfolio is good – if it’s justified. Otherwise, it can lull people into a false sense of security and lack of preparedness.”

Having a diverse portfolio and understanding your options for life insurance, Social Security and 401(k) or other retirement accounts are staples for retirement planning. But there are also six crucial documents that are often either not in an individual’s playbook or are overlooked.

Here are the six documents you need for a solid red zone estate plan:

Joint Ownership — Enables you to own property jointly with another person and upon the death of the joint tenant, the surviving joint tenant automatically becomes the owner of the property.

Last Will and Testament – A legal document which expresses the wishes of a person concerning the disposition of their property after death and names the person who will manage the estate.

Durable Power of Attorney – Grants authority to another individual to act on behalf of the person who executes the instrument and are commonly used for legal and financial purposes.

Durable Health Care Power of Attorney- Grants authority to another individual to make health care decisions on your behalf should you be unable to make such decisions.

Advance Care Directive – A set of written instructions in which a person specifies what actions should be taken for their health, if they are no longer able to make decisions due to illness or incapacity.

Living Trust – Created during your lifetime. Assets are transferred to the trust while you are alive. Provides written instructions for the disbursement of the trust assets upon your death.

“These documents can play a vital role in the major plays during the fourth quarter of your life,” Roby says. “Understanding how they work *now* can make the difference between a last-minute victory or loss.”

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Physician Shares Tips for Giving Your Body What It Needs to Fight Illness This Holiday Season

Why are the Holidays So Hazardous to Our Health?

It's a sad statistical fact: The holidays, from Christmas to New Year's, are a treacherous time when it comes to our health.

"There's a spike in heart attacks and other cardiac issues," says Dr. John Young, a physician specializing in the treatment of chronic illnesses through biochemical, physiological and nutraceutical technologies, and the author of "Beyond Treatment: Discover how to build a cellular foundation to achieve optimal health," www.YoungHealth.com.

"The incidence of pneumonia cases spikes – in both cold and warm climates. And deaths from natural causes spike. In fact, more people die of natural causes on Christmas Day than any other day of the year!"

While those numbers are well-documented, the cause(s) are not.

"Stress plays a role, particularly if your immune system is weakened," Dr. Young says. "If you look at how most of us eat from Halloween through New Year's, it's easy to see how the immune system takes a beating and otherwise healthy people become more susceptible to illness during the holidays."

It's basic biochemistry, he says. "We eat a lot more refined sugar, for instance, which is a carbohydrate that's been stripped of all the vitamins, minerals and proteins that make up a complete carbohydrate," he says. "Our bodies can't use that, so the cells in our digestive organs work overtime, burning up a lot of energy, vitamins and minerals to digest it, and they get nothing back. So, eventually, they grow weak."

So – can we have a little sugar, and good health, too? Dr. Young says we can.

"The occasional slice of pumpkin pie is fine as long as you're also feeding your cells with the nutrients they need – the minerals, vitamins, good quality protein, amino acids, essential fatty acids – to stay healthy."

He offers tips for staying healthy through the holidays and throughout the year.

Get your vitamin D!

Vitamin D is actually a hormone, not a vitamin, and one of our best sources for it is sunshine. Unfortunately, many people work indoors all day, so they get little sun exposure. When they do go outside, they wear long sleeves and sunblock to protect against skin cancer. And, of course, in the wintertime, people in cold areas tend to stay inside. As a result, many of us are vitamin D deficient, and should be taking supplements.

"Vitamin D is crucial to many physiological systems, including our immune defenses," Dr. Young says. "It helps fight bacterial and viral infections, including the flu. It supports our cardiovascular system; optimal vitamin D levels can reduce hypertension, heart attacks and stroke. "If I feel I'm coming down with a cold, I'll take 40,000 units of vitamin D at bedtime," he says. "The next morning, I usually feel like a new person."

Eat your protein – 1 gram for every 2.2 pounds of body weight daily.

In this country, we think a healthy diet means eating a lot of fruits and vegetables. We've forgotten protein, Dr. Young says. "Our immune system is made up of proteins

Holiday Health continued on page 15

REMEMBER THIS AT CHRISTMASTIME

According to the Alaska Department of Fish and Game, while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December. Female reindeer retain their antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl. We should've known... ONLY women would be able to drag an overweight man in a red velvet suit all around the world in one night and not get lost!



Holiday Health continued on from page 14

– our bones are 40 percent protein,” he says. “We need protein.”

When calculating your protein intake, consider: an egg has about 8 grams, and 8 ounces of fish, chicken, beef or pork have about 30 grams. Dr. Young does not give any of his patients more than 100 grams of protein a day.

Get a good night’s sleep, exercise, and manage your stress.

Yup, some doctors’ orders never change. Rest, exercise and finding effective, healthy ways to cope with stress are simple ways to pamper your cells. “One of the many cellular benefits of exercise is that it increases the oxygen in our bloodstream. Every cell in our body requires oxygen, so consider exercise another means of feeding your cells.”

It’s also important to manage stress during the holidays. With unchecked stress, our body releases large amounts of cortisol which, among other things, suppresses the immune system. “Take time out to meditate, listen to music, or take a walk in the woods,” Dr. Young says. “It feels good – and it’s good for you!”

Dr. John Young, (www.YoungHealth.com), is a medical doctor with more than 15 years’ experience working in emergency rooms and pediatric burn units. He’s the medical director of Young Health Products, which incorporate the latest biochemical, physiological and Nobel



Should You Wash Your Raw Meats and Vegetables Before Cooking Them?

Mayo Clinic

When it comes to food safety in the kitchen, it’s important to keep your work area clean from bacteria and the possibility of cross-contamination.

But what about washing raw meat and chicken before cooking? Here’s Mayo Clinic clinical dietitian Anya Hill with more.

Rinsing vegetables to rid them of loose grit or lingering dirt helps reduce germs. But when it comes to meat and poultry, that’s another story.

“Some people think they are supposed to wash their meats and chicken before cooking. I recommend not washing them because that puts you at risk for spreading the bacteria around your kitchen and around yourself,” Hill says.

Cooking raw chicken straight from the package is safe, says the Food and Drug Administration, because modern food safety systems have been greatly improved. Bringing meats to their proper temperatures will destroy any foodborne illness.

Chicken and all poultry products are safe to eat at 165 F. Beef, pork and lamb should be cooked to 145 F and ground meats are safe to eat at 160 F.

The following diet is designed to help you cope with the stress that builds during the holidays...

Breakfast:

- 1/2 grapefruit
- 1 slice whole wheat toast
- 8 oz. skim milk

Lunch:

- 4 oz. lean broiled chicken breast
- 1 cup steamed spinach
- 1 cup herb tea
- 1 Oreo cookie

Mid-Afternoon Snack:

- The rest of Oreos in the package
- 2 pints Rocky Road ice cream, nuts, cherries and whipped cream
- 1 jar hot fudge sauce

Dinner:

- 2 loaves garlic bread
- 4 cans or 1 large pitcher Coke
- 1 large sausage, mushroom and cheese pizza
- 3 Snickers bars

Late Evening News:

- Entire frozen Sara Lee cheesecake (eaten directly from box)
- Ahhhhhhh.... I feel better already!



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Your Health

The Mental Health Benefits of Spending a Day in the Woods In Shakespeare's Words:

"One Touch of Nature Makes the Whole World Kin"

Being in Nature Decreases Stress and Anxiety

The great William Shakespeare once said: "One touch of nature makes the whole world kin." It has been determined that as many as one in five American adults experience some form of mental ailment in any given year according to the National Alliance on Mental Illness. While there is a myriad of conventional therapies available on the market that effectually treat most mental health afflictions, it has been found that spending as little as one day in nature can be of great benefit as well. Apart from filling your lungs with fresh air and supplying you with a healthy Vitamin D boost courtesy of the sun, frolicking in the woods can benefit your mental well-being in numerous ways while also indirectly helping the environment itself by making you more knowledgeable about its operations.

Whether you simply go for a relaxing stroll or spend the weekend in the woods, you are bound to feel more relaxed almost instantly. This is due to the immense physiological effect nature has on the body, lowering both the blood pressure and cortisol levels in the body – both of which are associated with stress. Although the exact science behind this phenomenon remains elusive, one theory suggests that we are genetically programmed to have a positive response to nature as it represents the environment in which our ancestors flourished. While spending time in nature you will also undoubtedly interact with a wide range of living things including plants, mammals, insects, and birds, giving you a far better understanding of all the various workings of the planet.

Our concentration improves while being outside. The benefits nature has on especially children with ADHD has long been touted by researchers whose findings were published in the American Journal of Public Health. It was found that children who spent a couple of hours outside every day presented significantly reduced symptoms of ADHD as well as drastically improved concentration. Spending a day in the woods will not only help you focus better, but also improve your memory, better your concentration and boost your productivity which, in turn, will render you more confident than ever before. You will also become more frugal and environmentally

responsible once realizing that there is almost zero waste in nature. Unlike the waste originating from humans that can endanger the environment, the natural systems contained within the ecology have become exceptionally good at recycling just about all animal and plant matter.

Mother Nature suppresses obsessive, negative thinking.

When you dwell too much all everything that is wrong in your life, chances are you will be heading for anxiety attacks or full-blown depression sooner or later. Spending a day in the beautiful natural surrounds of a forest can reduce the prevalence of these conditions. According to research published by the Proceedings of the National Academy of Sciences of the USA (PNAS), time spent in nature can significantly reduce negative thinking as well as activity in the sub-genua prefrontal cortex, the area of the brain most commonly associated with mental illness.

Although retreating to the woods for a day should by no means replace professional medical intervention as far as mental illness is concerned, it can be very beneficial as a complementary therapy. Spending time in nature is also not only beneficial to those living with mental health issues but everyone who could do with a bit of a boost as far as their physical and mental well-being is concerned.

Allie Garnham/Mental Health and the Environment. Credit: Roddy Scheer. See more at <https://emagazine.com>. To donate, visit <https://earthtalk.org>.

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A Winter Reader's BOOK LIST

Whether you are traveling for the holidays or just looking for a book to keep you warm throughout the chilly season, this list will give you what to read for the winter.

The Last Christmas in Paris by Hazel Gaynor and Heather Webb

Set in 1914 England and as Evie's brother, Will, and his best friend, Tom, leave to join the fray in Europe they believe they will be home in time to celebrate Christmas in Paris. But as WWI rages on for months and then years, the savagery impacts all three as they write letters to each other about the struggle - a book to tug on your heartstrings this season.

Something New Under the Sun by John Robert McNeil

Warming things up a little, Something New Under the Sun documents the activities of the human species and its impact on the environment. Despite being an incredible work of academic scholarship, this book is highly accessible to anyone interested in the way people influenced planetary changes.

If you are looking to get in the spirit of interconnectivity between yourself and the environment, this is the book for you.

Kwanzaa Angel by Shirley Hailstock

Erin is a small business owner in her hometown. But as her family prepares for Kwanzaa, a blast from the past blows into town. The man who stood her up at her high school prom. Though she sees him as a nemesis, Raimi sees hope for rekindling a sixteen-year-old flame. And when he discovers they are bidding on the same property, chaos will surely stall his romantic plans.

If you are looking for a cozy romance story to get you through the season, this should be your number one choice.

The Fifth Season by N.K. Jemisin

The first book by an African-American writer to win a Hugo Award, The Fifth Season is the first book in the Broken Earth series. On a faraway planet with a supercontinent called the Stillness, the inhabitants experience a catastrophic fifth season every few centuries. The story follows characters as they try to survive these devastating times. If you are looking for a book with a dark mood to match the grim weather, The Fifth Season is sure to shake up your reading list.

White Fang by Jack London

Set in the frozen wilds of the Yukon Trail, White Fang is the tale of a wolf-dog who neither belongs in the wild or the world of men. Born into a fierce world, the little pup learns of nature's brutal truths as the lone survivor of his pack. Eventually, he is found by a man named Grey Beaver and his introduction to the world of man begins. Like many of Jack London's stories, it is a lonely contemplation on the human condition and the nature of the wild.

Hercule Poirot's Christmas by Agatha Christie

Looking for a cozy murder mystery for the holidays? Well, Hercule Poirot delivers just that in this cutting classic. When the wealthy Simeon Lee decides one Christmas to announce that he is cutting his four sons and their wives from his will, the festive holiday gathering turns ferocious. When Hercule comes to investigate he begins to unravel some mysterious family ties.

This book is perfect for the murder mystery lover who wants to feel a little festive. www.lec.org



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My New Year's resolution: to help all my friends gain ten pounds so I look skinnier.

My neighbor put up his Christmas lights today. I bet he's mad that I beat him to it. I put mine up three years ago.

Dear Santa,

This year, I really don't need you to bring me anything. Actually, could you possibly take away my mother-in-law?

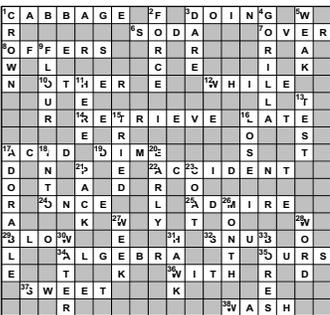
What would it do to world order if you dropped your turkey on the way to the table?

It could mean the fall of Turkey, the breaking of China and massively expanding Greece.

What do you call a bankrupt Santa?

Saint Nickel-less

What do you get when you mix a Christmas tree and an iPad? A pineapple!



Crossword on page 22



Funny how the year you stop believing in Santa is roughly the year you start getting socks and clothes for Christmas.

I love when they drop the ball in Times Square. It's a nice reminder of what I did all year.

What does Santa bring naughty boys and girls on Christmas Eve? A pack of batteries with a note saying "toy not included"

Legal Department approves the following Holiday Greeting:

Please accept with no obligation, implied or implicit my best wishes for an environmentally conscious, socially responsible, low stress, non-addictive, gender neutral, celebration of the winter solstice holiday, practiced within the most enjoyable traditions of the religious persuasion of your choice, or secular practices of your choice, with respect for the religious/secular persuasions and/or traditions of others, or their choice not to practice religious or secular traditions at all . . . and a fiscally successful, personally fulfilling, and medically uncomplicated recognition of the onset of the generally accepted calendar year 2022, but not without due respect for the calendars of choice of other cultures whose contributions to society have helped make America great, (not to imply that America is necessarily greater than any other country), and without regard to the race, creed, color, age, physical ability, religious faith, choice of computer platform, or sexual orientation of the wishee.

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This greeting is subject to clarification or withdrawal. It is freely transferable with no alteration to the original greeting. It implies no promise by the wisher to actually implement any of the wishes and is void where prohibited by law, and is revocable at the sole discretion of the wisher. This wish is warranted to perform as expected within the usual application of good tidings for a period of one year, or until the issuance of a subsequent holiday greeting, whichever comes first, and warranty is limited to replacement of this wish or issuance of a new wish at the sole discretion of the wisher. ~humormatters.com

Joke resources: short-funny.com, laffgaff.com, pun.me, humor matters, jokesoftheday.net, reader emails

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Bunion Barbie. Years of disco dancing in stiletto heels have definitely taken their toll on Barbie's dainty arched feet. Soothe her sores with the pumice stone and plasters, then slip on soft terry mules.

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7

DIY Winter Home Improvement Projects

Don't let being stuck inside keep you from enjoying some quality time spent upgrading your home!

This is the perfect season for indoor projects. Home improvement tasks will not just keep you from going stir crazy; your house will become more attractive, comfortable, and energy efficient.

1 Put Insulation on Your Water Heater

One way to save energy during the winter months and throughout the year is insulating your hot water heater. Adding a thick blanket or insulation around your water heater will ensure that the water stays hot even when it's not in use. Insulation kits are available at most home improvement stores. You can also turn down the temperature a few degrees to save energy and money.

2 Seal Openings & Air Leaks

For under \$500, the least expensive home improvement project a homeowner can undertake this winter season is to sealing openings and air leaks in their home. Taking the time to seal seams around windows and doors with caulk, waterproof sealant or weatherstripping will not only improve your energy consumption, but lower your utility costs as well. According to EnergyStar, sealing leaks can improve the overall quality of your home

3 Put in a Programmable Thermostat

The first utility bills you receive after the weather has gotten colder is usually shocking. You can lessen the shock and still keep your home warm by installing a thermostat that you can set to change the temperature throughout the day. Keeping your home warm while everyone is out is a waste of energy and money. Installing the thermostat is a simple project that most homeowners can complete on their own. It involves hooking up a couple of low-voltage wires, and most programmable thermostats come with detailed instructions to help you through the process of setting it up. These thermostats are available at most hardware stores for as little as \$25, so they pay for themselves very quickly.

4 Refinish Your Basement, Kitchen or Bath

The winter is a great time for tackling a large indoor project such as refinishing your basement. You are likely to find a contractor that can help you with the parts of the project you can't complete on your own during the winter. You should be able to do the demolition work on your own and will probably also be able to paint and install flooring. You can also remodel your kitchen or bathroom during the winter as you can do most of the work by yourself and find a contractor that isn't busy to call for help if you need it.

5 Paint the Walls

Painting the walls in your home is a great way to liven up the space during the dreary winter months. Paint is inexpensive and makes a big difference in any room in your home. Try to time your painting project during a time when there is no rain or snow in the forecast so that you'll be able to ventilate the room with open windows.

6 Lights and Lamps

New lights, lamps, and ceiling fans will update your interior without draining your savings. And the new lighting will help accent those newly-painted or papered walls and your bathroom renovations.

If you install dimmers in areas like the dining room or family room, you can control the ambiance and save on energy costs at the same time. LED lights are also a money-saving option.

7 Organize Drawers and Closets

You're probably already spending most of your time indoors during the winter months, making it an excellent time to get organized. Start by clearing everything out of the space you want to organize. Wipe everything down so that you're

DIY Winter Projects continued on page 21

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WORD SEARCH

- | | |
|----------|----------|
| ABSENT | MART |
| ADDITION | PINE |
| AGREED | POINT |
| ANKLE | PRETEND |
| APPLE | ROCK |
| BASE | ROOSTER |
| BECOME | RUIN |
| BEING | SCRUB |
| BORES | SHARE |
| BUSINESS | SOLID |
| CROW | SOME |
| DEADLY | SOONER |
| DECK | SPARE |
| DIRT | SPOIL |
| EACH | STUPID |
| EXACT | TALK |
| FORWARD | TEETH |
| GORILLA | THAT |
| HOOK | THREW |
| ICECREAM | TIRE |
| KNIGHT | TOILET |
| LATELY | TREASURE |
| LEAN | TRIAL |
| MACARONI | UGLY |
| MAID | YOUR |

Once upon a time the government ...

had a vast scrap yard in the middle of a desert.

Congress said, "Someone may steal from it at night." So they created a night watchman position and hired a person for the job.

Then Congress said, "How does the watchman do his job without instruction?" So they created a planning department and hired two people, one person to write the instructions, and one person to do time studies.

Then Congress said, "How will we know the night watchman is doing the tasks correctly?" So they created a Quality Control department and hired two people. One to do the studies and one to write the reports.

Then Congress said, "How are these people going to get paid?" So They created two positions: a time keeper and a payroll officer, then hired two people.

Then Congress said, "Who will be accountable for all of these people? So they created an administrative section and hired three people, an Administrative Officer, Assistant Administrative Officer, and a Legal Secretary.

Then Congress said, "We have had this command in operation for one year and we are \$918,000 over budget, we must cutback."

So they laid off the night watchman.

DIY Winter Projects continued from page 20

starting with a clean slate. You may need to make a trip to the store for new hangers, bins or other organizing supplies. Try to avoid putting anything back into the space you have organized that doesn't belong there. Your home will look much bigger when it is organized, even if you haven't actually increased the square footage at all.

- 1) Wait for a cold windy day and feel for drafts in doors/windows. Create easy draft dodgers -get some material and fiberfill. Sew up some material the length of the door bottom or window ledge to stop drafts.
- 2) Repaint/antique an old dresser
- 3) Take some old drawers and paint them and put them together to form a curio shelf.
- 4) Replace an old tap with a new updated faucet.
- 5) Splurge on new area rugs
- 7) Declutter your junk.
- 8) Makeover the bath with shower curtains, rugs and towels.
- 9) Install new door handles and light switch plates
- 10) Add a new color with throw pillows for your couch or bed.
- 11) Switch to LED light bulbs. Residential LED light bulbs use at least 75% less energy and last 25 times longer than incandescent lighting, according to the Department of Energy, boosting your home's energy-efficient appeal.



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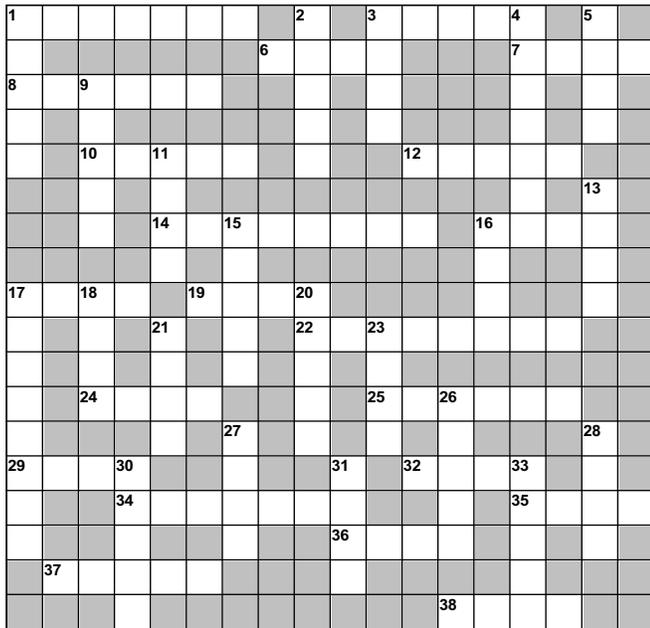
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Answers on page 19

ACROSS

1. Giant brussels sprout
3. In action
6. Carbonated beverage
7. Not under
8. Bids
10. The remaining one of two
12. Slang for a period of time
14. To go and bring back
16. Tardy
17. Opposite of a base
19. Two fifths of two bits
22. Unintended incident
24. upon a time
25. To look up to
29. Method to extinguish candles
32. Refuse to acknowledge
34. Prerequisite for trigonometry
35. Yours and mine
36. Next to; along side of
37. Type of tooth
38. To make clean

DOWN

1. Worn by the king
2. May The be with you
3. To challenge
4. Largest primate
5. No muscle strength
9. Gluten culprit
11. Where you are
13. Graded exam
15. Presleep
16. Misplace something
17. Extremely charming
18. Not out of
20. Before expected
21. Contain items for travel
23. Heavy jacket
26. About 1/12 of a year
27. Calendar unit of measure
28. This type of game
30. Dihydrogen Monoxide
31. Bird of prey
33. Repetitious or dull

MOVIE TRIVIA Quiz (page 6) Answers

1. a, 2. c, 3. a, 4. b, 5. b, 6. c, 7. d, 8. d, 9. b, 10. b, 11. b, 12. b

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TOP 10 TIPS FROM A PRO ON HOW TO PURCHASE HEARING AIDS.

When You Are Looking To Buy Hearing Aids It Is Easy To Feel Swamped By The Sheer Amount Of Information.



1 See an Audiologist.

The most qualified and educated person to diagnose your hearing loss and fit your hearing aids is an Audiologist. If you don't see the word "Audiologist" or the initials Au.D. after the person's name, go someplace else. Don't believe me? See the hearing aid buying guide published by Consumer Reports. They got it right.

<https://www.consumerreports.org/cro/hearing-aids/buying-guide/index.htm>

Visit an audiologist who will carry out a complete hearing test in a sound treated room and diagnose your particular hearing loss. Hearing tests done by non-Audiologists are done for purposes of selling hearing aids only.



7 Get a demonstration and/or Trial period.

Many Audiologists offer a free demonstration so that you can try the hearing aid out before you buy it. The aid can be programmed to your hearing loss and worn with a disposable tip. Many offices offer a trial period usually around 30 days where you can take the hearing aids home and have the option to return them if you are not satisfied.



8 Find out what's included in the cost including warranty and service.

At your appointment you should be offered a choice hearing aid types as well as some different brands. Ask questions about the features included with each one as well as optional extras.

Hearing aids are an expensive investment and you should always check exactly what is included in the warranty and aftercare service. Make sure that follow up appointments are included in your aftercare package.



9 Hearing Aids do not restore your hearing to normal.

As soon as Hearing aids cannot restore your hearing to normal nor are they perfect...they are used to AID you to better hearing.

Hearing aids are a great way to help you manage the negative effects of hearing loss but they are not a cure for hearing loss. As soon as you take the hearing aids off you will still have a hearing loss. However, waiting too long to start wearing hearing aids can have negative effects.

Several studies have shown that an untreated hearing loss (not wearing hearing aids when a hearing loss is detected) can result in increased anxiety, depression, memory loss, and may also be a risk factor for Alzheimer's Disease and Dementia.



10 Take someone with you to the appointment.

It is always a good idea to take someone with you to your appointment. When you are worrying about the results it is easy to miss what your Audiologist is saying. This is even more likely when you may have a hearing loss. You will be getting a significant amount of information at this appointment.



3 Find a local provider and do your research.

Find a local Audiologist that is established and has a good reputation. Ask friends and relatives who their audiologist is. Most people do this to find a good physician also.

Many flashy sales ads will tout how great the hearing aids will work for you but say little about the person or office actually fitting the hearing aids.

Has this office changed names and staff often? Many national brand offices are frequently bought and sold leaving the patient to deal with follow up issues years down the road. This can be extremely frustrating after spending thousands of dollars on hearing aids to find out that your provider is gone, and the new company has little or no experience with the model of hearing aid you are currently wearing. Does the local Big Box store have staff that changes often? Do they have hearing aid dealers instead of Audiologists working at the store? Who is fitting your hearing aids today? Tomorrow? Etc.... You want to avoid this.

There are 6 major hearing aid manufacturers in the world. Ask why a particular manufacturer is being used for you. Avoid hearing aid sales people and franchises that sell only one brand of hearing aid. Not all hearing aid companies can fit all hearing losses. The public has no way of knowing this. Your Audiologist will guide you.



4 Ask why a particular manufacturer is being used for you.

Do not purchase hearing aids or hearing devices from magazine ads or newspaper ads that make outrageous claims about how well these devices will work for you. Any hearing aid or device you purchase through the mail will most likely be a waste of your time and money. See an Audiologist and get a professional opinion on your specific hearing loss so you can find out what the best treatment plan is.

Be aware that flashy newspaper ads that have people wearing white lab coats do not make them Audiologists. Too many advertisements feature people pretending to be Audiology or Medical professionals to misrepresent what they will be providing in their offices. Get a local Audiologist to fit your hearing aids. This is the person that will be performing services for you for years down the road. Keep that person.



5 Know what you want for your hearing aid.

There are many additional extras that you can buy for your hearing aid. These are all useful add-ons which can help someone with hearing loss to lead the life that they are used to. However you need to make sure that they fit in with your lifestyle. For example, many hearing aids now connect directly to cell phones. This is a wonderful option for many people to take advantage of. However, if you are not a big cell phone user, you can potentially save money by purchasing a model that does not have this feature that you may not need. Telecoils are also an option in which some hearing aids can connect wirelessly to hearing loops that have been installed in many churches, theaters, and arena's.



6 Shop around.

It is a good idea to shop around when looking to buy a hearing aid so that you can compare prices and services. The main manufacturers are Widex, Oticon, Starkey, Resound, Signia (Siemens), and Phonak. Most national franchises get their hearing aids from one of these companies, re-label them, and charge outrageous fees to pay for their advertising budgets.

Many times you can get the same or better hearing aid technology in a local Audiologist's office at a cheaper price.



*Dr. Douglas Kloss
Audiologist*



*Joanne Colombo MA
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