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 2 PM Sunday, March 13, 2022

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March 17th-April 4th: April 4th NCAA Tournament

March 31st: Milwaukee Brewers Home Opener

April 9th: Karaoke 7pm-11pm

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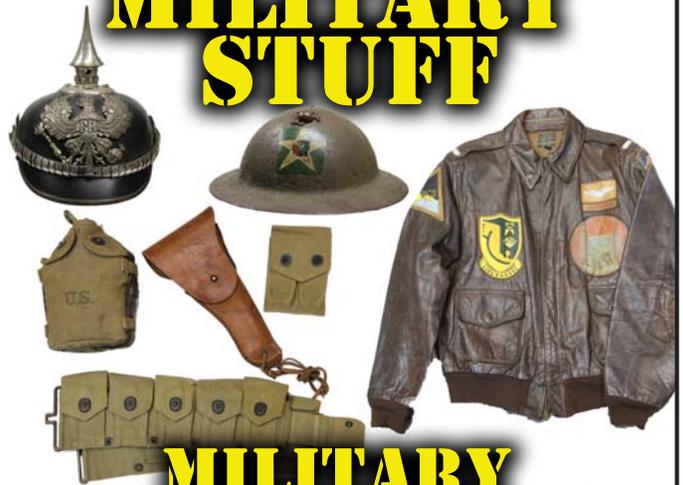


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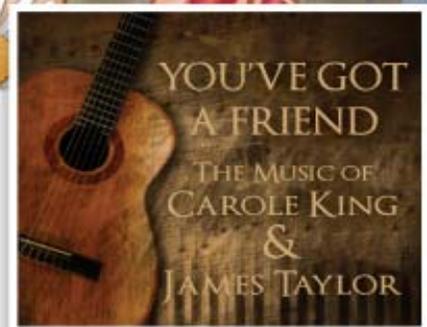
March 3 - 20, 2022



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# From the Publishers

MARCH 2022

Enjoying a 40 degree hike in February!

We welcome spring this month but it always seems overly anticipated with a few more weeks of drudgy weather. So instead of jumping into the zealous bandwagon of spring energy, I will enjoy a few more weeks of being a bit lazy, cozy and sweatpant-sy!

It took until February 24 for the first real snowfall of the year and I was happily shoveling, plowing, scraping and visiting neighbor's driveways to do the same. Until I had my walk in Wisconsin's beautiful winter wonderland it just didn't feel right! I am sure that generations before us have all had extreme seasons that made the record books but this year I did not enjoy the cold temperatures without playtime in the beautiful snow.

Amara finished her HS career of musicals with a star performance of Queen Aggravain in The Princess and the Pea and will be kicking up her heels in track and Tae Kwan Do in conditioning for Basic Training in June for the National Guard (our hero). Tom is creating callouses as he refurbishes properties and I am still pecking away at my desk creating another issue -with a new office buddy.... welcome little JoJo to my urban house of pets! And unbelievably, I think the bird and the cat have a crush on each other - now if I could only get them to do a little filing!



This is also a time of Lenten observance for Christians. Perhaps not understood by everyone, but raised in a Catholic home and now Greek Orthodox, I embrace this time to truly focus on

'being better' in so many ways. It's a quiet time of devotion and reestablishing my relationship with God that energizes me for the year ahead. Lent seems to be defined as a time of sacrifice. What are you 'giving up' seems to be the Lenten question - meatless meals, chocolate, wine? But Lent is not only about what goes in your mouth, but also what comes out of your mouth. **Speak Gently. Be Kind.** (And by the way, the Milwaukee Fish Fry does *not* seem like a sacrifice to me -gotta love Wisconsin!)

Enjoy the last snowfall. Enjoy the first blossoms of March!  
And pray for peace....

**Joy. Gratitude. Peace.  
Laughter. Kindness.**

**LIFE. Enjoy it!**  
Sandy and Tom Draelos

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One of the most thoughtful countries in the world topping international donations, volunteering, funding and compassion rankings

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The Irish were unique among immigrants. They fiercely loved America but never gave up their allegiance to Ireland. And enjoy some traditional recipes on page 19 and 21.

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## High Calorie Cuisine

After a hard week of work, a takeaway dinner is always a treat; but which takeaway cuisine sneaks in those extra calories?

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## Investing During Turbulent Times

Recent global events have created significant concerns for investors. When market volatility increases, it can test the mettle of even the most seasoned investor.

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## National Women's History Month

Recognizing women's varied, and often under-recognized, accomplishments throughout history.

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## OLIVE OIL

Think all oils are bad for you. Think again. A primary component of the Mediterranean diet, olive oil can be a healthy addition to your diet.

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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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## Think About This Succeeding to Fail

An economics professor at Texas Tech said he had never failed a single student, but had once failed an entire class. The class (students) insisted that socialism worked since no one would be poor and no one would be rich, a great equalizer. The professor then said, "OK, we will have an experiment in this class on socialism."

"All grades will be averaged and everyone will receive the same grade so no one will fail and no one will receive an A."

After the first test the grades were averaged and everyone got a B. The students who had studied hard were upset while the students who had studied very little were happy. But, as the second test rolled around, the students who had studied little studied even less and the ones who had studied hard decided that since they couldn't make an A, they also studied less.

The second Test average was a D. No one was happy.

When the 3rd test rolled around the average grade was an F.

The scores never increased as bickering, blame, name calling, all resulted in hard feelings and no one would study for anyone else.

To their great surprise all failed. The professor told them that socialism would ultimately fail.

The harder people try to succeed, the greater their reward. But someone takes all the reward away no one will try or succeed. ~anon

## CALENDAR OF EVENTS



### Thru April 9 Milwaukee Winter Farmers Market

Saturdays from 8 – 11:30am  
Deer District Downtown Milwaukee  
333 W Juneau Avenue  
Agricultural vendors offer high quality fruit, vegetables, meat, eggs, poultry and dairy products. Local food vendors also bring a wide variety of freshly baked goods, jams, cider, honey, maple syrup, sauces and soups, as well as delicious global cuisine

### March 4-May 1 My Way: A Musical Tribute to Frank Sinatra

Milwaukee Repertory Theater  
Celebrate the pivotal moments of Sinatra's remarkable five-decade career with a journey through his greatest hits

### March 6 Milwaukee Admirals Dog Day

Downtown Dog Park Fundraiser at Milwaukee Admirals Dog Day  
Join us down at the rink and enjoy the Milwaukee Admirals game with your favorite furry friend.  
Part of the proceeds from each ticket sale through our dedicated link supports fundraising efforts to build downtown's first dog park

### March 11 Rooftop Stargazing

UWM Manfred Olsen Planetarium  
Free public stargazing. Gaze through telescopes at the night sky and view the Moon, planets, star clusters, and other astronomical objects. The Skydeck is located on the 5th floor of the Physics building

### March 12 Drum Circle with Mark Soriano

Arts @ Large  
1100 S 5th St, Milwaukee / 10am-12  
Learn techniques of rhythms and beats. Bring your own drum or use one of ours.

### March 19 Maple Sugar Time!

Schlitz Audubon Nature Center, Milwaukee  
Learn how maple sap turns into syrup, how to identify a maple tree, and hear one of the many tales of how maple sugaring came to be. Activities to participate in along the trails and a delicious treat! Indoors and outdoors. Member: \$10 per person, Non-member: \$15 per person, 2 & under free.

### March 19 Song Circle - Spring Equinox

Urban Ecology / Riverside park  
1500 E. Park Place, Milwaukee  
Community song circle around the firelight.

Registration is required. Open to all. Celebrate Spring—with songs that celebrate the renewed life of the Earth. Broaden your connection to urban nature and each other through music and community. Outdoors so dress for the weather and feel free to bring a water bottle or a warm thermos drink

### March 19 Pancake Breakfast and Maple Sugaring

Urban Ecology Center - Washington Park  
Come hike around your community's maple trees. Learn all about how tapping works, how it gets turned into syrup, and even eat some delicious pancakes afterwards. Registration is required, family event. \$14 – \$25. 414-344-5460

### March 27 Lake Country Wedding Show

The Ingleside Hotel  
11am to 3pm  
Welcome bags for the first 200 couples. Enjoy complimentary Hors d'oeuvres, local vendors, decorated rooms, cash bar. Admission is FREE if you pre-register or \$5 at door

### March 29 Greater Vision

Fireside Dinner Theatre  
Greater Vision has inspired audiences around the world and became the

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**Arabia Steamboat**  
5 days / May 16 / \$1199 DBL

**Mackinac Island**  
4 days / June 27 / \$945 DBL

**Put-in-Bay (America's North Coast)**  
4 days / July 19 / \$899 DBL

**Shipshewana in Amish Indiana**  
3 days / July 19 / \$767 DBL



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**March 25-April 3**

**Macbeth by William Shakespeare**  
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325 W. Walnut St  
Macbeth rages a bloody path to the throne of Scotland. Infamously known as the cursed Scottish play, Shakespeare's darkest tragedy is filled with ferocious battles, supernatural horrors, famously gorgeous poetry, and some of the Bard's most vivid characters

**March 31-April 2**

**Nassim**  
John Michael Kohler Arts Center  
Audacious new theatrical experiment. Theatrical demonstration of how language

can both divide and unite us. Nassim follows Soleimanpour's globally acclaimed White Rabbit Red Rabbit, which has been translated into over 25 different languages and performed over one thousand times by names including Stephen Fry, Ken Loach, and Whoopi Goldberg. \$20/\$25

**April 2**

**Elton John - Rescheduled**  
Fiserv Forum  
Originally scheduled for April 28, 2020 has been rescheduled to April 2, 2022. All tickets purchased for the originally scheduled date are still valid. For additional information about this rescheduled event: 414.227.0511

**April 5**

**Bon Jovi**  
Fiserv Forum  
BON JOVI'S North American Arena Tour The tour is scheduled for arenas this coming spring. [fiservforum.com](http://fiservforum.com)



**CELEBRATE ST. PATRICK'S!!**

**March 12**

**Shamrock Club of Wisconsin St. Patrick's Day Parade**  
After a two-year hiatus, the 54th Shamrock Club of Wisconsin St. Patrick's Day Parade returns to downtown Milwaukee at noon. Parade steps off at North Dr. Martin Luther King Jr. Drive (formerly Old World Third Street) and West Wisconsin Avenue ending at Water Street and Highland Avenue

**March 12**

**Mass in Honor of St Patrick**  
St. Patrick Parish  
723 West Washington, 8.30am  
Readings in Irish and English. The Shamrock Club Color Guard will stand the colors, the liturgy sung by the Shamrock Club Choir

**March 17**

**Patty's Day Paint**  
Urban Ecology Center  
3700 W Pierce St, Milwaukee  
St. Pat's Day themed, watercolor painting. For families. Register. 414-626-8518. \$9-14

**March 17**

**St. Patrick's Day Indoor Bike Night**  
at MOTOR@ Bar & Restaurant  
Live music by LIL REV & WILL BRANCH duo featuring traditional Irish music, Celtic music plus a mix of blues, bluegrass, roots and rock. Raffles, food and drink specials

**March 18**

**St. Patrick's Day Dance Social**  
Gustavo Krystal Dance Studio  
132 West Mineral Street, Milwaukee  
Dance lessons, games, shows, snacks, and social dancing. Advance purchase necessary. \$25. Masks will be required

**March 20**

**Celtic Angels Ireland**  
South Milwaukee Performing Arts Center  
Irish dance, music and song with Celtic Angels Ireland, Celtic Knights Dancers and The Trinity Band Ensemble of Dublin. Songs of Ireland, rigorous dances and authentic Irish Trad instrumentals. Adult \$45-\$59, Senior \$40-\$55, Student \$15-\$20

**Vendor/Craft Fair & Bake Sale**

**Saturday, April 9, 10am-3pm**

LOCATION: Knights of Columbus  
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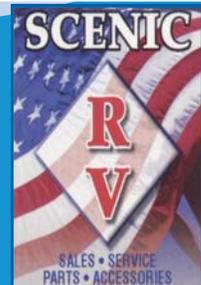
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Alfred Hitchcock's film *The Birds* conveys the eerie power possessed by a flock of hostile birds. But Hollywood's fantasy is nothing compared to the reality of Wisconsin birds long ago.

Flocks of passenger pigeons containing literally millions of birds criss-crossed the upper Midwest when white settlers arrived. La Crosse resident L.H. Bunnell was canoeing on the Mississippi in 1842 when he "saw clouds of pigeons" so large they broke the limbs off trees. "Crash would fall an oak limb," he wrote, "and then a noise would follow like the letting off of steam... The pigeon roost extended for 25 miles below La Crosse... — the whole length of the roost being about 45 miles."

Native Americans had always lived in harmony with pigeons, never disturbing their nests until the young reached an edible size. The Sauk, Potawatomi, and

Menominee used nets to capture them on the fly. The Ho-Chunk held feasts when young birds were ready for harvest. "Under our manner of securing them," recalled an aged Iroquois chief, "they continued to increase."

At first, white settlers also hunted only enough to feed themselves. But the spread of railroads in the late 19<sup>th</sup> century enabled hunters to ship carloads of pigeons from rural Wisconsin to urban restaurants. For days, towns neglected all other business to shoot pigeons for sale to Chicago and Minneapolis restaurants. During the same decades Wisconsin was cleared of the huge forest tracts where pigeons had always raised their young. By 1920, birds so numerous that they once blocked the sun were gone forever.

*"Flights of fancy: birds and people in the Old Northwest." Wisconsin Magazine of History vol. 83 no. 3 (1999-2000): 171-178*

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**The USA is One of the Most Thoughtful Countries in the World**

**Topping the International Donations, Volunteering, Public Services Funding and Compassion Rankings**

Throughout the pandemic, the benevolent and compassionate actions of strangers have provided some of the most poignant moments. As many countries begin to emerge on the other side, it is important to remember and pay tribute to these selfless acts and the best side of human nature.

The Most Thoughtful Societies Index 2022 uses data to reveal the most caring and empathetic societies in the world by considering a range of factors including philanthropy, social equality and support for families.

· People in the USA make the most international donations to charitable organizations of any country in the world. The UK and Denmark rank second and third.

· People in the USA do the most volunteering in the world, followed by New Zealand and Indonesia.

· The USA ranks highest in the world for Public Services Funding, the redistribution of the country's wealth through the provision of public services. France and Belgium rank second and third.

· The USA ranks as the most compassionate society in the world, meaning it has the largest percentage of the population helping others through unorganized charitable work. Kenya and Uganda rank second and third.

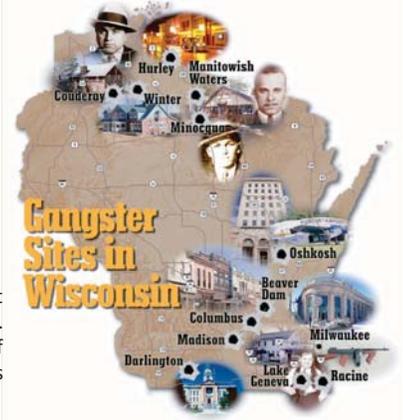
· Overall, the USA ranks as the 10th most thoughtful society in the world. The Netherlands ranks first and Finland second.

The study was done by Mypostcard.com, the postcard app. To determine results, the company assessed a range of comparable factors based on current data and statistics that indicate the level of care and empathy a nation and its citizens have for other people.

# Wisconsin's Gangster Tour

The Prohibition and the Great Depression of the 1920s and '30s were lucrative times for outlaws like Al Capone and John Dillinger. Charismatic and successful, they were polarizing figures unpopular with the FBI and local police. The usual suspects were often on the run. And that usually meant Wisconsin.

Wooded and rural, Wisconsin was popular among Chicago-based gangsters for its isolation. The state often played host to a number of infamous figures including Capone and Dillinger, a history mined by Michael Mann's movie, *Public Enemies*. Starring Johnny Depp as John Dillinger, the movie filmed on several Wisconsin locations and faithfully recreated some of crime's most vivid moments. This spring, go "On the lam" in Wisconsin and experience the rich lore and legend of Wisconsin's history. The following itinerary will guide you through some of Wisconsin's most notorious locations.



## NORTHERN TOUR

**Manitowish Waters: Little Bohemia Lodge.** The site of a vicious 1934 firefight between the Dillinger gang and FBI, the Little Bohemia Lodge still operates as a restaurant and was used as an authentic location for *Public Enemies'* recreation of that fateful night. The property has been faithfully preserved to maintain its unique history: original bullet holes still pepper the walls, Dillinger memorabilia is on display and legends of a missing bag lost in the shuffle of the gang's escape remain.

**Lac du Flambeau: Dillman's Bay Resort.** Cabin 5 was used by Baby Face Nelson as a hideout following his escape from the FBI shoot out at the Little Bohemia Lodge.

**Hayward: Barker Lake Lodge and Golf Course.** Chicago gang leader and speak-

easy operator, "Polack Joe" Saltis, owned a 238-acre estate on Barker Lake near the town of Winter in Sawyer County, not far from Al Capone's estate. Today visitors can stay in the historic lodge and play golf at the Barker Lake Golf Course.

**Herman's Landing Resort in Lac Courte Oreilles.** According to wiseguy legend, in 1949 Joey "The Doves" Iupa caught a world record muskie at Herman's Landing Resort. On the run from the law, Iupa sold the 69-pound, 11-ounce fish to Louis Spray. Spray, a former bootlegger himself, registered the catch as his own and has been recognized as the world record holder ever since.

**Mercer.** Ralph Capone (brother of Al) enjoyed northern Wisconsin so much that he made it his home. He settled in Mercer

and operated The Rex Bar until the 1970s when he passed away.

**Miscuano Island. Four Seasons Resort.** Al Capone is also rumored to have spent time at the Four Seasons Resort on Miscuano Island, near the Marinette County community of Pembine.

## SOUTHERN TOUR

**Darlington. Lafayette County Courthouse.** Johnny Depp stood trial for *Public Enemies* at the courthouse in handcuffs and leg shackles at the Lafayette County Courthouse, which substituted for the Lake County Courthouse in Crown Point, Indiana where Dillinger was arraigned after being captured.

**Columbus.** For *Public Enemies*, all of downtown Columbus was converted into

Greencastle, Indiana, circa-1933: the site of a \$75,000 robbery by Dillinger and his gang with the West James Gallery made into the Central National Bank. The city was selected because of its "Good Bones"- the entire downtown commercial area is on the National Historic Register.

**Beaver Dam. Hotel Roger.** For *Enemies*, the historic Hotel Rogers stood in for Tucson's Hotel Congress, the site of the Dillinger gang's capture after a fire broke out and the outlaws were recognized by authorities.

**Madison. Public Enemies** served as a homecoming for director Michael Mann, who attended the University of Wisconsin-Madison. The crew shot in a number

Wisconsin's Gangster Tour  
continued on page 10

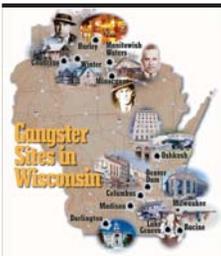
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## Wisconsin's Gangster Tour

continued from page 9

of Madison locations, including in and around the Wisconsin State Capitol building, which doubled as FBI headquarters for the film. Also, street scenes utilized Madison residents.

**Wisconsin Dells: Ishnala Supper Club.** An *Enemies* car chase involving Dillinger (Depp) was filmed near the historic restaurant.

**Lake Delton: Mirror Lake State Park.** *Enemies* gunshots also rang out at Mirror Lake State Park in Lake Delton. The park hosted several night shoots, and observers heard gunfire and squealing tires as late as midnight. Production also had nearby private lighting shut down and had the lake declared "off-limits" to the public for optimum seclusion.

**Milwaukee: Milwaukee County Historical Society Building.** During the mafia's heyday, Milwaukee was home to some of the organization's most powerful men, including Frank Balistreri, who was considered for head of the Commission: the mafia's governing body. Several *Public Enemies* scenes were filmed in Milwaukee including a bank robbery scene at the Milwaukee County Historical Society building - a fitting choice, as the building was converted from a bank.

**Racine: Racine Art Museum.** Formerly the American Bank and Trust, the building housed a bank that was robbed by Dillinger and his gang in 1933. Following a brief shootout and hostage situation, Dillinger's crew made off with \$27,000. The museum has housed exhibits commemorating the robbery, including a submachine gun.

**Lake Geneva: Watersedge of Lake Geneva.** The Waters edge was frequented by a number of gangsters in the 1920s and '30s, most notably by Bugs Moran. Bugs reputedly stayed frequently to avoid the police, with the now B&B doubling as a speakeasy. Bugs's wife Lucille would eventually divorce him and marry the establishment's original owner.

**Lake Geneva: French Country Inn.** Known during prohibition as the Lake Como Hotel, the French Country Inn was a hideaway for Al Capone, Bugs Moran, John Dillinger and Babyface Nelson. Before his fatal shootout with the FBI, Nelson was spotted near the hotel by agents shopping for groceries.

For more adventures around the state : [www.travelwisconsin.com/](http://www.travelwisconsin.com/)



Bullet holes at Little Bohemia Lodge

## 4 Wisconsin Supper Clubs with Gangster History

By Mary Bergin / [TravelWisconsin.com](http://TravelWisconsin.com)

Chicago gangsters during Prohibition used Wisconsin as a getaway for kicking back and doing business in quiet, secluded settings. Al Capone even built a big fieldstone house with armed-guard watch towers and an airstrip on 400 acres in the Northwoods, near Couderay, perfect for transporting illegal hooch, storing ammo and hiding out with partners in crime.

When they wanted a night out, they patronized rural supper clubs. Some gained notoriety because of gangster talk, real or fabricated. Experience the mysteries and stories...

**The Edgewater – Jefferson.** Take a window seat on the enclosed, slanted porch that faces the Rock River. During Prohibition, the Edgewater's owner doubled as a bootlegger whose moonshine routinely was shipped downstream. Add slot machines, reportedly from the Mafia, and gangsters as customers, including Al Capone's buddies. From the outside, this century-old building resembles a tattered dive bar. Inside, it's homespun, cozy and quirky, with serious farm-to-table cooking by owners who double as farmers.

**Little Bohemia Lodge – Manitowish Waters.** Count bullet holes among evidence of a botched FBI raid here in 1934. "Little Bo" was a resort back then, hosting a gang of 10 mobsters and their molls. Dillinger, Nelson and others were on the run, and the FBI caught wind of their location. But feds by mistake targeted innocent diners, which gave the real gangsters time to bolt in another direction. See what they left behind – from clothing to a machine gun – in display cases at the supper club. The atmosphere here is so perfect that *Public Enemies*, starring Johnny Depp, filmed the FBI's surprise attack scene here.

**Norwood Pines – Minocqua.** With gambling upstairs and mobsters dining on the main floor, this supper club was a hangout for hungry gangsters. Surrounded by red pines and Lake Patricia, this secluded area was a common hideout for the unlawful. Legend has it this place is cursed – the wife of the original 1930's owner lost out on the property in a bitter divorce and doomed bad luck to follow. After changing hands 15 times in 60 years, the current owners seem to have broken the spell.

**Ishnala – Wisconsin Dells.** Car chases and gunfire scenes from the 2009 thriller *Public Enemies* – the saga of John Dillinger, Baby Face Nelson and other elusive bank robbers – were filmed in Mirror Lake State Park. That's where this beloved supper club is located, at the end of a remote road, facing the lake. "By Itself Alone" is the Winnebago translation of "Ishnala."



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DHS Approved 8/16/2021



## Study Reveals the Most Calorific Cuisine

- Italian is the most calorific cuisine – 743 calories per dish
- Top three calorific cuisines are Italian, Mexican and Japanese
- Pad Thai claims the title of the most calorific dish with 1004 calories
- Mexico has the highest obesity projection for 2021

After a hard week of work, whether we're just too tired or maybe we've forgotten to do the food shopping (again), a takeaway is always a treat; but which takeaway cuisine sneaks in those extra calories?

Intrigued with finding the most calorific cuisine, GolfSupport.com utilised the online analytics tool SEMrush to collate the top ten most popular cuisines worldwide; followed by the top three most popular dishes of those cuisines, respectively.

**The most calorific cuisines.** Italian cuisine has an average of 743 calories per dish, which is the highest average calorie content of all cuisines in this study. It also comes out on top with the highest average fat content with 43g.

Mexican is second, only 157 calories away from the top spot with 586 calories per dish. The average dish contains 27.6g of fat.

Taking third place is Japanese with an average of 576 calories, and perhaps a surprisingly high sugar content (13g). However, it has one of the lowest fat contents (16.6g).

**The most calorific dishes.** Pad Thai claims the title with 1004 calories. Tacos aren't too far behind with 792 calories.

To round out the top three is Gelato. At 780 calories a serving, this sweet dish takes the top spot for fat content with a whopping 69g and 32g of sugar!

**Low calorie cuisines.** Indian cuisine is the lowest calorie cuisine with an average of just 357 calories per dish. Closely followed by Spanish cuisine (364 calories), and Greek (also 364 calories).

**Low calorie dishes.** Tom Yum, a spicy and sour Thai soup, takes the crown for lowest calories (90), fat (1g) and sugar content (1g). Closely followed by Gazpacho (126 calories), with just 1g of fat.

**Obesity projections.** The *World Health Organisation* (WHO) doesn't explicitly give a recommended daily allowance (RDA) for calories but using their previous statistics, *World Population Review* were able to create a projection of global obesity levels. The obesity levels for Japan are one of the lowest at 4.3%. This adds reinforcement to the phrase 'everything in moderation'.



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# Downsizing



## AND Simplifying

Overcoming The Fear

*It is the end of one chapter and the start of a new one. So how do we begin the process?*

**How can we** make the downsizing process enjoyable, while sorting through memories and parting with your treasures? Downsizing is a cleansing process. Most people, once they downsize, feel free to look forward to the future and have more time to enjoy relationships. We spend a lifetime collecting and storing items and many times we can not even remember what is in those boxes. As we approach retirement, many of us will look to the future and decide how we want to spend the rest of our life, the lifestyle we want to live and how we will downsize our life as well.

Downsizing is not a horrific task if you plan ahead, recruit help and hire a senior move manager to help you downsize in a practical way.

Don't get me wrong, change is hard, as well as saying good by to a familiar place and our possessions.

However, it will help embrace change that will allow others in. Look at it as an opportunity for families to share memories and treasures. Each memory tells our story and the legacy of our lives.

It is the end of one chapter and the start of a new one. So how do we begin the process? Migdalia Zanon and her late husband Rick are owners of the senior move management firm Universal Services and have been helping seniors for over twenty years. They developed a method for helping families understand the emotional value of their parents belongings, making "downsizing" a respectful process. They refer to it as "Five homes for Everything You Own" They encourage families to savor the moments and allow senior-age parents to share their experiences and knowledge about the things they have collected.

**1) Your Home:** Things you want to take with you to your new retirement home or apartment.

**2) Family and Friends:** Items to give to family and friends. Have your children spend some time with you learning about the items you want to pass to family and friends.

**3) Sales:** Consignment, Estate Sales. Much of the furniture that we have in our home does not fit the scale of the new residence or retirement home we are moving into. Consider a consignment shop like Consign w/ US to sell the furniture and treasures you do not need and get back money to offset the cost of the move.

**4) Donation:** Things to give to others. As you sort through your items you will find some things that are too good to throw away. You might consider others who will have a use for them. If you have not used an item within a year, get rid of it. Southeastern Wisconsin has a long list of charities with a list of "wish items". Some charities are Salvation Army, Homeless Veterans, Women's shelters and Goodwill.

**5) Dispose of:** Items not worth anything or useful to others. Some seniors raised by parents who lived during the depression have a hard time parting with their possessions. If the quantity is quite large, consider a dumpster service. Call in for extra garbage pick-ups.

**Migdalia Zanon, Senior Move Specialist can be reached at 262-257-0250 or visit [www.universalserviceswi.com](http://www.universalserviceswi.com)**



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Expect the Best!

# RETIREMENT



Our generation's feelings are of optimism about living an independent, active lifestyle; a lifestyle unrestrained by confined stereotypes and instead bolstered by living out our life passions. This survey indicates that 57 percent of 'older adults' plan to move out of their current home and 70 percent believe the place they retire to will be the best home in which they have ever lived.

## National Survey Finds Us More Confident About Retirement

# WE Expect the BEST!

As we age, many of us are faced with the prospect of revising our living arrangements. While thinking about moving can be a source of anxiety and stress, planning ahead can give you more choices for the future, making a big difference in your level of independence and quality of life.

"With approximately 77 million Boomers in the U.S., it's quite significant for our industry to see that this population has so much positive anticipation for the home in which they will be retiring – and for the majority, their aspirations involve making a move," said Sherry Chris, president and CEO of Better Homes and Gardens Real Estate LLC. "Baby Boomers are known for being a hardworking, trailblazing generation. As they have done with every other major life event, they are marching head-on into retirement with big plans and no desire to change pace. Our study shows that Boomers continue to surprise with nuances of what they care about and what they are prioritizing."

Among Boomers who feel more confident

about achieving their ideal retirement lifestyle compared to five years ago, the top factor is having a retirement lifestyle plan (49%). "This mindset shows us that, for Boomers getting ready to retire, there's more to it than solely saving money in the bank," said Chris. "To have the utmost confidence in their retirement plan, this generation is actively planning a comprehensive lifestyle plan, taking into account the type of home and community they want to live in, as well as the option to work or take advantage of travel and entertainment opportunities."

Approximately 1 out of 4 Boomers surveyed are also likely to buy a second home to use during their retirement years, such

as a vacation or beach house. For a generation that was hit hard during the recession, this commitment to lifestyle planning and desire for their "dream home" is a great show of optimism. On the selling side, 31 percent of Boomers are more likely to want to sell their home now than they were five years ago, showing a renewed confidence in the real estate market. Additional survey findings unveiling the retirement motivations and aspirations of Boomers include:

· **Visitors Only:** This generation, often referred to as the "Sandwich Generation," has cared for children and grandchildren as well as aging parents, but most – 83

continued on page 14

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### Subsidized senior housing.

There are senior housing complexes, subsidized by the U.S. Department of Housing and Urban Development (HUD), for low-income seniors. Keep in mind that depending on the area; waiting lists can take years, so it's a good idea to plan well in advance for this option.

**Senior apartments.** Senior apartments are apartment complexes restricted by age, usually 55+. Rent may include community services such as recreational programs, transportation services, and meals served in a communal dining room.

### Retirement communities.

Retirement communities are groups of housing units for those aged 55+. These housing units can be single-family homes, duplexes, mobile homes, or townhouses or condominiums. If you decide to buy a unit, additional monthly fees may cover services such as outside maintenance, recreation centers, or clubhouses.

### Continuing care retirement communities.

Continuing care retirement communities offer service and housing packages that allow access to independent living, assisted living, and skilled nursing facilities in one community. If residents begin to need help with activities of daily living, they can transfer to an assisted living or skilled nursing facility on the same site.



## National Survey Finds Us More Confident About Retirement

percent – do not expect family to move into their home in the future, indicating they expect any “house guests” to be temporary. So Millennials, don't get too comfortable at Mom and Dad's.

**Making the Move:** When asked which type of community Baby Boomers would most likely move to, 39 percent opted for a rural community, such as a farm or small town. Next in line was the traditional retirement community such as a 55+ exclusive neighborhood (27%), followed by an urban metropolitan city (26%).

**Putting Down Roots:** Many Boomers have planted roots in their communities and want to remain in a familiar place. In fact, of those surveyed who are not already retired, 72 percent plan to retire in the same state in which they current live.

**Custom Treatment:** Among those who plan to move out of their current home, 69 percent are willing to make updates or renovations to their next home to fit their specific wants and needs. However, when all Boomers were asked to pick the most important factor in choosing their next home, having low-maintenance home features topped the list (42%).

**Retirement To-Do List:** Historically, retirement was almost automatic at the milestone age of 65. Many Boomers, however, have a different plan in mind, since 28 percent of those surveyed who are not yet retired, plan never to retire. In fact, 46 percent of Boomers who plan to retire still anticipate working part-time.

The Better Homes and Gardens Real Estate Baby Boomers Survey was conducted by Wakefield Research ([www.wakefieldresearch.com](http://www.wakefieldresearch.com)) among 1,000 U.S. adults ages 49-67.

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# Investing During Turbulent Times

*Patience and diversification are essential*



Recent global events have created significant concerns for investors. Most people understand that stock prices don't go straight up. But when market volatility increases, the price action can test the mettle of even the most seasoned investor. What do you do next?

Right now, it may be best to ignore some of the short-term price swings. Remember, you craft your investment strategy to help pursue your long-term goals, regardless of what the markets do from day-to-day. From an investment

standpoint, many of us have weathered multiple geopolitical risks in the past. As you may have witnessed, markets tend to be relatively cold-hearted when it comes to these matters, and often impact your investments.

Markets take in massive amounts of data, and investors are valuing companies every moment. We've witnessed markets correcting in the past and have also seen them recover and reach new highs. It's important to remember that markets have withstood and created massive wealth through many conflicts around the globe over the past 100 years. As long as people keep buying products, markets should continue to thrive over time.

Diversification is the most important protection against market risks. While we might see large fluctuations in the major indexes like the Dow Jones and S&P, they do not capture the full market trends. While one sector of the economy might be falling, another part of the economy is usually growing, so it's essential for investors to remain broadly diversified and patient during times of global unrest. In the very wise words of Warren Buffett, "the most important quality for an investor is temperament, not intellect."



**Your Money**  
Do you have a financial question for Tim? He can be contacted at (262)369-5200, emailed at [info@aegiswi.com](mailto:info@aegiswi.com), or on his website at [www.aegiswi.com](http://www.aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI. His team specializes in providing 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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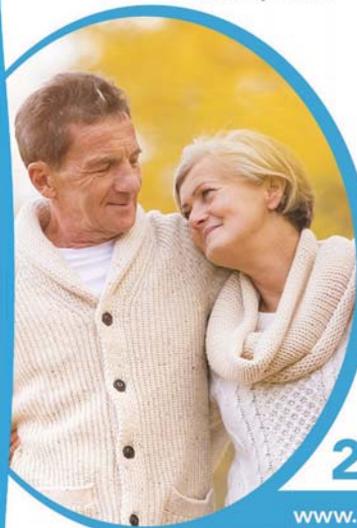


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## WOMEN in HISTORY

# Each March, Americans celebrate National Women's History Month: Recognizing women's varied, and often under-recognized, accomplishments throughout history

History texts and classes are often dominated by male figures, yet women have played and continue to play a major role in the world's economy, politics, culture and discoveries. March is Women's History Month and there's no better time to celebrate our contributions.

### By the Numbers: Amazing stats about women in the world today.

Today, 71% of moms with kids under 18 work. In 1975, fewer than 47% did. Once upon a time, the idea of women working outside of the home was frowned upon and most women who did so worked as maids, seamstresses, took in laundry or worked in one of the traditionally female fields. Today, more women not only work outside the home, but hold a wider variety of jobs, with some making it to the top of business, technology and science fields.

Women currently hold 17% of Congressional and Senate seats and 18% of gubernatorial positions in the U.S. While women are still underrepresented in political life, the current state of things is a far cry from a time when women weren't even allowed to vote — a mere 90 years ago.

In almost every country in the world, the life expectancy for women is higher than men. For virtually all causes of death at all ages, mortality rates are higher for men. Scientists aren't entirely sure why this is the case, but believe it might have to do with the presence of estrogen increasing natural immunity.

Approximately 14% of active members in the U.S. armed forces today are women. In 1950, women comprised less than 2% of the U.S. military. Today, women play an active role in serving their country through military service, but many in years past would simply dis-



guise themselves as men in order to gain access to the battlefield, including well-known examples like Frances Clayton in the American Civil War.

Over 60 percent of college degrees awarded in the U.S. every year are earned by women. In fact, women are more likely than men to get a high school diploma as well, and the numbers are only expected to rise in the coming years.

The two highest IQs ever recorded, through standardized testing, both belong to women. One of these high IQ women is the columnist and author Marilyn vos Savant. Of course, these numbers should be taken with a grain of salt, as IQ tests aren't perfect in measuring intelligence, but it does help show that women aren't inferior to men in intelligence — as was claimed for centuries.

More American women work in the education, health services, and social assistance industries than any other. It seems that while women are moving into the workforce in large numbers, they're still taking on traditionally female positions like teaching, nursing and social services. These three industries employ nearly one-third of all female workers.

## OH MY!!!

In 1770, a bill proposing that women using makeup should be punished for witchcraft was put forward to the British Parliament. The use of makeup was frowned upon during this period for the effect it would have on men, and women who were thought to be luring men in with scents, makeup, wigs or other cosmetics were thought to be performing the devils' work by inciting lustfulness. Even the Queen took a hard stance on makeup, calling it "impolite."



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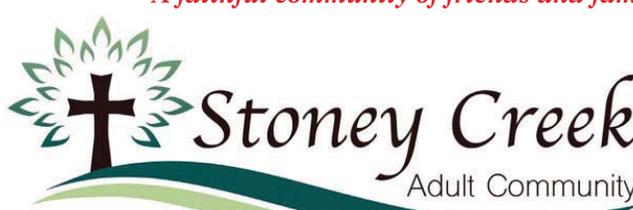
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# Irish Immigrants in America during the 19th Century



Excerpt from the Kinsella family, [www.kinsella.org/history/histira](http://www.kinsella.org/history/histira)

Although life in Ireland was cruel, emigrating to America was not a joyful event. It was referred to as the American Wake, for these people knew they would never see Ireland again. But they knew their future in Ireland would only be more poverty, disease, and English oppression. America became their dream. Early immigrant letters



described it as a land of abundance and urged others to follow them through the "Golden Door." These letters were read at social events encouraging the young to join them in this wonderful new country. They left in droves on ships that were so crowded, with conditions so terrible, that they were referred to as Coffin Ships.

Even as the boat was docking, these immigrants learned that life in America was going to be a battle for survival. Hundreds of runners, usually large greedy men, swarmed aboard the ship grabbing immigrants and their bags trying to force them to their favorite tenement house and then exact an outrageous fee for their services. As the poor immigrant had no means of

moving on, they settled in the port of arrival. They begged on every street. One honest immigrant wrote home at the height of the potato famine, "My master is a great tyrant, he treats me as badly as if I was a common Irishman." The writer further added, "Our position in America is one of shame and poverty." No group was considered lower than an Irishman in America during the 1850s.

All major cities had their "Irish Town" or "Shanty Town" where the Irish clung together. Our immigrant ancestors were not wanted in America. Ads for employment often were followed by "NO IRISH NEED APPLY." They were forced to live in cellars and shanties, partly because of poverty but also because they were considered bad for the neighborhood. They were unfamiliar with plumbing and running water. These living conditions bred sickness and early death. It was estimated that 80% of all infants born to Irish immigrants in New York City died.

Instead of apologizing for themselves, they united and took offense. Insult or intimidation was often met with violence.

Solidarity was their strength, they helped each other survive. They prayed and drank together. The men seemed to do more drinking than praying, yet it was their faith and dogged determination to become Americans that led one newspaper to say, "The Irish have become more Americanized than the Americans."

The Church played an integral part in their lives. It was a militant Church—a Church who fought not only for their souls but also for their human rights. After the religious riots in Philadelphia where many Catholic churches were burned, the mayor of New York asked Archbishop Hughes, "Do you fear that some of your churches will be burned."

"No sir, but I am afraid some of yours will be. We can protect our own." Later, public officials asked the Archbishop to restrain New York's Irish. "I have not the power," he said. "You must take care that they are not provoked." No Catholic church burned in New York.

In actuality, the Irish arrived at a time of need for America. The country was growing and it needed men to do the heavy work of building bridges, canals, and railroads. It was hard, dangerous work, but

desperation drove them to this work. A common expression heard among the railroad workers was "an Irishman was buried under every tie."

Not only the men worked, but the women too. They became chamber maids, cooks, and the caretakers of children. Early Americans disdained this type of work, fit only for servants. A prominent hotel keeper was asked why all the women servants in his hotel were Irish. He replied, "The thing is very simple: the Irish girls are industrious, willing, cheerful, and honest—they work hard, and they are very strictly moral. I should say that is quite reason enough."

The Irish were unique among immigrants. They fiercely loved America but never gave up their allegiance to Ireland.

The days of "No Irish Need Apply" passed. St. Patrick's day parades replaced violent confrontations. The Irish not only won acceptance for their day, but persuaded everyone else to become Irish at least for one day.



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## Simple, Traditional Irish Meals

Popular with locals in Ireland the Irish potato soup recipe is well worth trying. It has been part of Ireland's custom foods for many years and is still traditionally made as it would have been many years ago.

[Irish Stout Stew Recipe on page 21](#)

### Traditional Irish Potato Soup

We suggest trying the below recipe or attempt to create your own variation of this great tasting soup.

- 2 tablespoons of Irish butter
- 2 medium sized onions
- 3 large potatoes, washed & peeled
- 1 cube chicken bouillon
- 2 cups of milk
- 1 clove garlic, crushed
- 1 teaspoon dried parsley
- 3 pieces of celery, chopped
- 1 pinch ground black pepper & salt
- 1 ½ cup of grated cheese

Thinly slice the onions and potatoes and add to a pan with melted butter. Add the chicken bouillon, celery, dried parsley, garlic and season with salt & pepper. Cover the pan allowing the vegetables to soften under a low heat, do not let them brown. Add milk and mix until soup becomes thick then stir in cheese until fully melted.

Serve piping hot with a few slices of buttered bread and enjoy.

**A priest is driving back to Dublin when he gets pulled over for speeding. The police approaches the window and sees an empty wine bottle in the passenger's seat. The priest rolls down the window and a strong smell of wine wafts out.**

**"Have you been drinking, Father?" asks the officer.**

**"Just water," replied the priest.**

**"I can smell wine, Father," said the police officer.**

**The priest looks from the bottle to the heavens. "Good Lord, He's done it again!"**



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*Think all oils are bad for you? Think again.*

**OLIVE OIL**— one of the primary components of the Mediterranean diet — can be a healthy addition to your diet. In fact, research has found that adding olive oil to your diet can decrease your risk of heart disease and possibly even cancer.

By Mayo Clinic Staff

What is it about olive oil that makes it a healthier choice? Two factors:

Olive oil's fat profile. Olive oil is mostly composed of healthy monounsaturated fat, with a minimal amount of unhealthy saturated fat. This is particularly helpful for cholesterol management. It's even more powerful when you substitute olive oil in place of products like butter that are high in saturated fat.

Micronutrients. Virgin and extra-virgin olive oils also contain a wide array of more than 230 beneficial bioactive compounds. These include antioxidants, tocopherols (vitamin E) and polyphenols.

**Buying and storing olive oil.** The way you buy and store olive oil is important to maintaining its health benefits. Heat, light and oxygen not only degrade olive oil's flavor, but its nutritional benefits, too.

For best results, follow these guidelines:

Keep it in the dark. Buy and store olive oil in dark or opaque containers.

Think small. Buy an amount you'll use fairly quickly.

Extend your reach. When shopping, grab a bottle from the back of the shelf where less light reaches.

Read the label. Look for a "sell by" date or a date of harvest to gauge how long the oil has been exposed to degrading factors. In general, olive oil has a shelf life of about 12 months.

Be cool. Don't keep your olive oil on a countertop or next to your stove. Instead, store it in a cool, dark location like a cupboard or refrigerator.

Try this. For ease of use, consider putting a small amount of olive oil in a container for easy reach. Then store the rest of it away in a safe spot.



## Irish Stout Stew

*While everyone else is off drinking green beer, discover the true flavor of Ireland.*

### INGREDIENTS

- 2 pounds lean beef stew meat
- 3 tablespoons vegetable oil, divided
- 2 tablespoons all-purpose flour
- freshly ground black pepper to taste
- 1 pinch cayenne pepper
- 2 large onions, chopped
- 1 clove garlic, crushed
- 2 tablespoons tomato paste
- 1 1/2 cups Irish stout beer (e.g., Guinness)
- 2 cups chopped carrot
- 1 sprig fresh thyme
- 1 tablespoon chopped fresh parsley for garnish

### DIRECTIONS

Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.

Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.

Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

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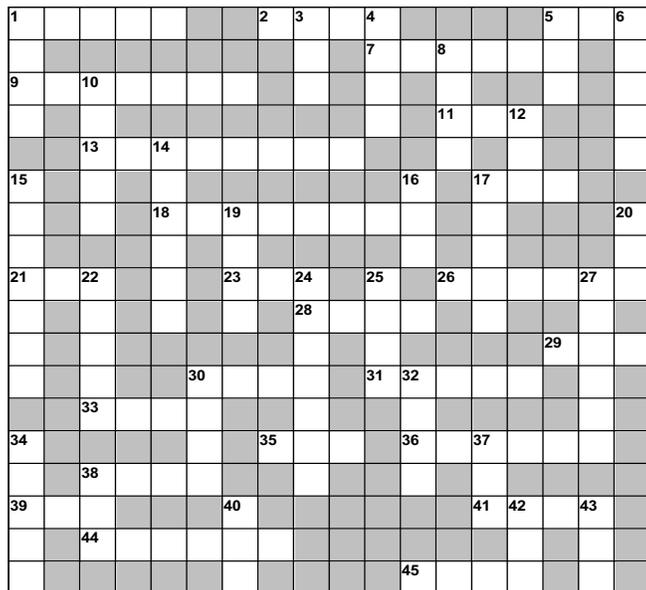
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**ACROSS**

1. Pass out
2. Verbalize
5. Victorious
7. Crazy
9. Get well
11. Real happy
13. Scholar
17. Result of addition
18. A coat worn over clothes
21. To question
23. Pool stick
26. Dislodge old paint
28. Act of seeing
29. To brawl
30. Form of public transportation
31. Intelligent
33. Very close
35. Practice of employing something
36. Distribute evenly

38. Where you are
39. Comes in a pod
41. Cylindrical stone aqueduct
44. To kill a human
45. A fishing must

**DOWN**

1. Companion
3. Present plural of BE
4. Pucker up
5. A child's expression on a swing
6. Unintelligible sound
8. A foretelling of an event
10. Miners stake this
12. Not me
14. Dollar value
15. Night Clothes
16. What Eve did
17. Simmering bones
19. Two or more considered individually

20. Frozen water
22. No doubt about it
24. Oblong circle
25. Not bucks but ....
27. Punctuation
30. Accurate
32. To be obliged to
34. Parchment
37. Using two oars
38. Goof
40. Ask for handout
42. Large member of the deer family
43. The Knee bones connected to the ... bone



Answers to this month's puzzles on page 20

**WORD SEARCH**

- ABDOMEN
- ABLE
- ACORN
- CART
- CLOTHES
- COAT
- DEER
- DESERVE
- DIME
- DINNER
- DONE
- DRIVE
- FACE
- FANCY
- FATHER
- FOOL
- FOOLISH
- GRIN
- GUESS
- HARMLESS
- HAWK
- HEAVEN

- LET
- LIED
- LIP
- LOON
- MOUTH
- MUFFIN
- OFF
- PAST
- QUIET
- RID
- ROAD
- SLOPE
- SOMETIME
- SOUP
- SPOON
- STONE
- STRANGE
- THEIR
- TRUE
- USING
- WATER
- WHETHER
- WHICH
- WHISPER
- WHOSE
- WICKED
- WISH
- WITH

"A computer once beat me at chess, but it was no match for me at kick boxing." Emo Phillips

I have a hard time deciphering the fine line between boredom and hunger.

How do you explain the difference between COMPLETE and FINISHED in a way that is easy to understand: When you marry the right woman, you are COMPLETE. When you marry the wrong woman, you are FINISHED. And when the right one catches you with the wrong one, you are COMPLETELY FINISHED!



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# Wisconsin Senior Medical Patrol

# Fraud Alert



**March 2022**

*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.

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## COVID-19: Scammers Targeting Covid Testing Options

### Medicare Fraud.... Tips to Keep You Safe

While COVID-19 numbers continue to decrease, we must still be vigilant to protect our health and safety and our personal information. Scammers are still out there, trying to take advantage of the situation regarding expanded testing options.

It is critical that you be aware of the potential for fraud and be able to find legitimate testing kits and locations. Here are some tips:

- To receive free testing kits sent right to your home, go to [www.covidtests.gov](http://www.covidtests.gov). For those who don't have computer access, call 1-800-232-0233 to order your tests. Each address will receive four kits. If you live at an address with multiple dwellings, be sure to put your apartment or condo number in the street address line (not in the apartment/suite/other box).
- You can also purchase home test kits at area pharmacies. Your private insurance company is required to reimburse your expense. For **MEDICARE BENEFICIARIES**: Medicare will not currently cover or reimburse you for a home test kit. Starting in Spring 2022, Original Medicare will cover over-the-counter COVID-19 tests.
- Get your test kits from a trusted source, not social media ads or pop-ups. Over from people who call you, out of the blue, requesting personal information in exchange for test kits.

### RED FLAGS/ Don't Accept:

- Someone calling or coming to your door selling kits, or handing them out, in exchange for your Medicare number.
- A testing site that asks for a Social Security number, a credit card, bank account information, or payment of any kind – that is likely fraud.
- If you have questions or are concerned that you might have been involved in some sort of Medicare scam, please call the Wisconsin Senior Medicare Patrol toll-free, (888) 818-2611, for assistance.

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