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April 2022

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A FRESH ROUTINE for
Spring

JUST BREATHE
for Relaxation

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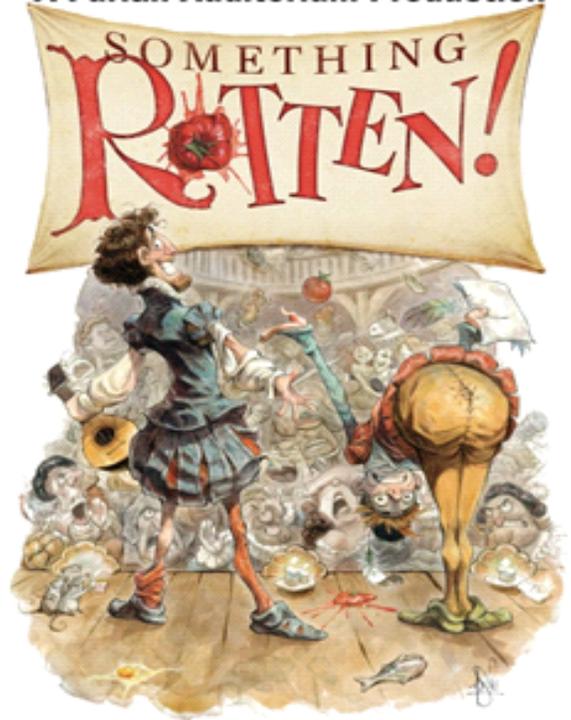
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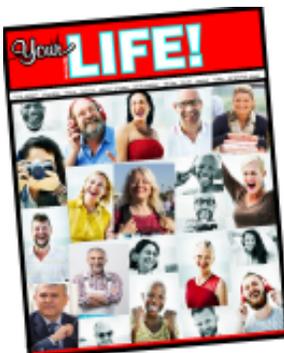
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From the Publishers

APRIL 2022

That beautiful spring sun is bringing an earlier morning to all of us! I make it a rule to *not* get out of bed until the sun is rising with very few exceptions so spring is truly that fresh early start every day for me. Tom and I have begun our daily am walk on the Ozaukee Interurban Trail (just a 1/2 mile from our house) which will eventually become our bike journey into Cedarburg as the temps get warmer. It just feels SO good to be outside in fresh air so enjoy - a cozy chair in the backyard watching the fat robins arrive or some crazy rollerblading around the neighborhood - just do it!

My over-ambitious husband is reclaiming his second-degree black belt in Taekwondo and bringing our daughter into combat. I hope my zumba classes can help me avoid being target practice with those overzealous kicks and punches! I do have the sharper tongue so the battle is on!

We made a trek into New Orleans to celebrate Amara's spring break and fell in a love with an eclectic charming corner of the world that is certainly worthy of a visit - *Celebrate New Orleans* feature in our summer issue.

With all the positive spring energy and sunshine there are still so many trials and tribulations for all of us we deal with political, personal and physical challenges in our daily lives. Remember please that happiness is truly a choice and we need to consciously make that choice and be willing to pursue it. Even happiness takes a bit of work! Read a motivational book. Listen to the plethora of YouTube videos and don't forget to pray for that, this and everything with a whipped cream topping of 'thank you' for all the good things that do come your way - including that early morning sunrise.

I'll never forget how it felt to feel spring on a Wisconsin country farm. Calves, kittens, little piglets and chicks...planting flower and garden seeds ... spreading 'fragrant, organic and fresh fertilizer into the spring soil... long hours and all those acres of fresh wheat, cash crops and alfalfa! And, of course, my mother insisting that every article of laundry was hung on the clothes lines in the backyard, by order and hung properly using the archaic basket of wooden clothespins. When I moved to Milwaukee, I even tried making my own clothesline using two stepladders... well that didn't work!

New traditions come with every season.

Make your own, borrow some and always... enjoy!!

LIFE. *Enjoy it!*

Sandy and Tom Draelos

The War in Ukraine is a Teachable Moment



"As Americans, we should remember that the principles that the people of Ukraine are defending with their lives today are the very same principles that generations of Americans have fought for as well. Despite all our self-imposed differences, we need to bear witness to the unity of the people of Ukraine, and notice that the only division is between those who stand in defense of democracy and those who stand against it."

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from Travel Wisconsin

The Kettle Moraine

Kettle Moraine was created more than 10,000 years ago when two glacial sheets collided. Today, the scenic landscape deserves a Spring road trip!

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We all get stuck in eating ruts -same bad choices over and over. Spring is a great time to review our food choices

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Just BREATHE...

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Can We Eradicate Covid-10?

Your great-great-grandchildren may still be getting immunized against coronavirus. Will we ever live in a world without COVID-19

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Electric Car Battery Concern

In less than a decade, nearly two million tons of lithium-ion batteries from electric vehicles will be retired each year, and current recycling infrastructure isn't ready. Most are tossed in landfills, with only five percent recycled worldwide



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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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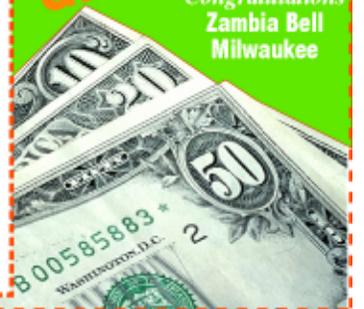
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Entry Deadline
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April Spring Events

2022

"Just when the caterpillar thought the world was ending, he turned into a butterfly." --Proverb



April 7-10

Art in Bloom
Milwaukee Art Museum
Welcome spring with a celebration of art and flowers at the Museum! Experience nearly 30 art-inspired floral installations throughout the galleries, live music, and refreshments. Timed tickets are required. Quantities limited

April 9

Craft Fair/Bake Sale
Knights of Columbus
South Milwaukee, 732 Badger Avenue
Benefiting Second Hand Purrs Cat Shelter
Come shop 20+ vendors/crafters, plus lots of yummy bakery for sale. Free

April 14

414 Day
Milwaukee's area code. Celebrate the people, places, businesses, and spirit that make Milwaukee the best city in America. Whether you're a 414 resident for life or just happen to be in town on this most festive day, it's the perfect excuse to do something totally Milwaukee.

April 14

Brewers Opening Day

April 15

Josh Gates is an avid explorer whose unique brand of humor and deep-rooted passion for adventure propels him to the farthest corners of the world. Discovery Channel's hit series Expedition Unknown chronicles Gates as he sets out on a global quest to find the truth behind iconic legends and thrilling archaeological mysteries.

April 16

Kite Flying at the Lakefront
Spring has sprung! Get the whole family outside and smile by joining us on our kite flying day by the lakefront. We take you from Washington Park to the lake via bus so you don't have to worry about parking or driving! We also will provide you with a beautiful kite to fly & lessons on how to fly it. The view at the lakefront is unbeatable, add in a kite, and it may just be the perfect afternoon! Adults and teens. Registration is required for this event, 414-626-8518

April 20

The Chef Event
Downtown Kitchen
777 E. Wisconsin Ave
Delicious dishes by some of Milwaukee's most innovative and noteworthy chefs. Justin Aprahamian from Sanford, Zak Baker from Ca'lucchenzo. Entertainment and handcrafted cocktails

April 21-May 5

Milwaukee Film Festival
The 14th annual Milwaukee Film Festival is coming this Spring ... and passes and six-pack ticket packages are on sale now. mkfilm.org/mff

April 23

BritBeat: A Multimedia Concert Journey
Through Beatles Music History
Marcus Performing Arts
BritBeat – The story of the Beatles from their early days at the Cavern Club in Liverpool, their dynamic debut on the Ed Sullivan Show, the attendance busting concert at Shea Stadium, onward to the psychedelic Sgt. Pepper era Tickets at \$40 each

April 22-23

10am to 4pm
Gallery Night MKE – Original gallery hop event. Discover local galleries, art, and artists. Free, two-day quarterly event offers you the opportunity to buy original art, dine in outstanding restaurants, and shop in unique boutiques

April 23-24

Brickworld Milwaukee 2022
Wisconsin State Fair Park
LEGO display and exposition. Creations on display in 32,000 square feet of space. Spectacular creations all built from LEGO bricks by local LEGO enthusiasts. Interactive activities, favorite LEGO sets, minifigures, and LEGO accessories

April 24

Milwaukee's Best Bloody
Italian Community Center
Milwaukee-area bartenders faceoff to showcase their signature Bloody Marys. Guests enjoy appetizers, beer chasers and vote for their favorite Bloody! Starting at \$20

Calendar continued on page 5

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April 28

Mutts Gone Nuts in Canine Cabaret
South Milwaukee Performing Arts Center
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April 30

Dare to be Aware Fair
Alverno College Conference Center
Over 100 specialists in health and wellness, coaching, natural healing, herbs, animal communicators, psychic readings and much more. Free presentations. \$5

April 30

Picking (Garlic Mustard) Pesto Workshop
Urban Ecology Center - Riverside Park, Milwaukee
Enjoy freshly made Garlic Mustard Pesto and join the clean up again (and eat it too)! While we're enjoying some spring air, some fresh bread will be baked for our pesto perfection. Bring a small jar or container to bring a sample of pesto home and leave with a recipe! \$9-\$12. 414-626-8518

April 30

Bike & Doodle
Urban Ecology Center - Menomonee Valley (For everyone) Come join us for a fun day of biking and doodling! Bike from the UEC Menomonee Valley branch to the Lakefront where we will find a spot and sit down and doodle the beautiful scenery. A fun way for us to explore the city on bikes. arodenbeck@urbanecologycenter.org or call 414-626-8518



May 6

Free Family Hands-On Art at RAM
Racine Art Museum
Join RAM for a free, family friendly hands-on art project. Museum admission is free while the hands-on art activity is taking place—regular museum admission is charged throughout the rest of the day

May 6

Hog Fest 2022
Fiserv Forum
With Headliner Godsmack. The Hog (WHQG-FM) is excited to bring yet another FEST to the City of Festivals. An amazing roster of rock performers including Three Days Grace, Asking Alexandria, Wage War and Lillith Czar. 414.227.0511

May 7

BLOCK PARTY
Arts @ Large at Arts
1100 S 5th St (Neighborhood: Walker's Point)
Celebrate 20 years of engaging our community in the arts! Featuring a Maker's Market, food vendors, music from multiple local bands, and art making for all ages

May 11

KISS
American Family Insurance Amphitheater (Summerfest Grounds)
KISS has proven for decades why they are hands down the most iconic live show in rock n roll. The Hall of Famers have sold more than 100 million albums worldwide

May 10-15

CATS
Marcus Performing Arts Center
The record-breaking musical by Andrew Lloyd Webber that has captivated audiences in over 30 countries and 15 languages, is now on tour across North America

May 14-15

BAYSHORE Art Festival
Bayshore Yard and surrounding streets
2nd annual BAYSHORE Art Festival presented by Welcome to Glendale is free to the public and will feature live music, food trucks, entertainment, and more than 75 artists, artisans, and makers. There will be a wide variety of items from art to food, clothing to lotions, stationery to furniture, and candles to home decor

April 28

TITANIC THEMED DINNER

The Hot House on Appleton Ave will be transformed into a unique evening experience remaking a first-class dinner marking the 110th Anniversary of the Unsinkable Titanic. This Titanic Themed "All Hands on

Deck" fundraiser is to help raise funds for improvements at Old Falls Village Historical Park. There will be a silent auction, raffles, and entertainment throughout the evening while enjoying a six-course meal similarly served on the Titanic's first-class dining hall.

Attend in Formal Black Tie or period appropriate attire for this immersion themed fundraiser. You are encouraged to dress in period outfits, but its ok if you do not have anything from early 1900s. Create an atmosphere of high society first class just like on the ship, so a suit and dress is appropriate also.

\$85 per person. Dinner Champagne included. Enjoy a six Course meal. Wine and drinks are available at the bar. Tickets are available for purchase at the Menomonee Falls Historical Society Office, also at www.OldFallsVillage.com. For more information, contact 262-250-3901 or mfhistory@yahoo.com.



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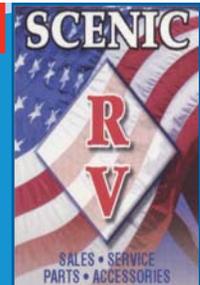
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Stretching from Whitewater Lake in Walworth County to Elkhart Lake in Sheboygan County, the Kettle Moraine was created more than 10,000 years ago when two glacial sheets collided, creating friction and land buckling. The area is dotted with kettle lakes, wetlands and valleys formed when pockets of ice melted, as well as high hills, moraines and kames formed by piles of sediment that were deposited when the glaciers retreated.

There are several regions of the Kettle Moraine that are protected by the Wisconsin DNR as state forests. Take a leisurely drive along the 115-mile Kettle Moraine Scenic Route, bike the 6.5-mile crushed limestone Lake-to-Lake Bike Trail connecting Mauthe and Long Lake Recreation Areas, hike to the top of an observation tower (there are three located in this region), or canoe along crystal clear lakes. There is a varied landscape just waiting to be explored. Here are just a few amazing natural wonders and great Kettle Moraine trails.

By Amy Bayer / Travelwisconsin.com / Staff Writer

Northern Unit

(Fond du Lac, Sheboygan/Washington counties)

Dundee Mountain – Summit Trail. The Long Lake Recreation Area is home Dundee Mountain, the largest kame in the state forest providing incredible panoramic views of the area. Nature trail loop is only 0.75 miles long, but it's a strenuous hike with a 200-foot elevation gain in a quarter-mile.

Greenbush Recreation Area. This recreation area has two separate trail systems, including nine miles of mountain bike trails and 13.5 miles of hiking trails. In the winter the hiking trails are groomed for cross-country skiing and the bike trails are groomed for snowshoeing, so it's a year-round destination to explore!

Parnell Observation Tower. The top of this tower is the highest point of elevation in the Kettle Moraine State Forest. From the Parnell Tower parking lot there are a series of steps that take visitors to the 60-foot tower rising above the treetops. Dundee Mountain and Holy Hill are visible from this perch. In addition to the tower there is a 3.5-mile trail loop to explore this section of the forest, which overlaps with a short segment of the Ice Age National Scenic Trail.



Southern Unit

(Jefferson, Walworth and Waukesha counties)

Ottawa Lake Canoe Trail. A shallow 27-acre kettle lake fed from groundwater springs. A canoe trail is marked along the lake with numbered buoys that correspond to a pamphlet - from descriptions of vegetation to wildlife, this self-guided tour provides a snapshot of the lake's fascinating features.

Rice Lake Nature Trail. Easy .5-mile trail circles a small section of Rice Lake, which was created in 1947 when a dam was built along Whitewater Creek. Abundant wildlife including bullfrogs, blue heron, raccoons, mink, muskrats, mallards, geese and painted turtles.

Pike Lake Unit

(Washington County)

Powder Hill Trail.. Powder Hill is the second-highest point in southeastern Wisconsin. Located a half mile from the Nature Trail parking lot or just over a mile from the Pike Lake beach parking area, an observation tower near the top of the peak provides panoramic views of the region. To the south you can even see the spires of the Basilica at Holy Hill.

Loew Lake Unit (Washington County). Located in southern section of Washington County, this unit of the Kettle Moraine is a 1,200-acre wooded property. With a free boat launch and a no-wake policy, paddling activities are popular on the 23-acre Loew Lake.

Lapham Peak (Waukesha County). The Lapham Peak Unit of the Kettle Moraine has several features worth exploring. Unlike Parnell and Powder Hills, the Lapham Peak Observation Tower has a paved road for people to drive to the base of the observation tower, making it a little more accessible. In addition to the tower there are 4.8 miles of off-road biking trails, several miles of hiking trails, prairie restoration sites and a butterfly garden. In the winter the hiking trails are used for cross-country ski trails and has lit trails for nighttime cross-country skiing in the winter.

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How to Eat Like Your Life Depends On It ...*Because it Does!!*

“We all get stuck in ruts, where we are doing the same thing over and over,” Jennifer Scherer, certified personal trainer and owner of Fredericksburg Fitness Studio. “Oftentimes, these things we are doing are unhealthy. We have to change the habits that we have, so they are helping us, rather than hurting.”

According to the Centers for Disease Control and Prevention (CDC), the percentage of the adult population considered obese continues to rise. The latest figures show that 42% are obese, and obesity increases the risks of heart disease, stroke, type 2 diabetes, and certain types of cancer. All conditions, which they point out, are largely preventable through diet and lifestyle.

Here are some expert tips on how to make changes to your diet to make it healthier:

- Eat five or six small meals per day and aim for half your plate to be fruits and vegetables.
- Aim to consume no more than 2,000 mg per day of sodium. Purchase canned goods with no salt added and cook without adding salt. Salt can be added at the table, but it can't be removed once it's added during cooking.
- Don't drink your calories. Eliminate empty calories in sugar-sweetened beverages, coffees, and fruit juices.
- Focus on Fiber. Try to get at least 25 grams per day for women and 38 grams for men. Great sources of fiber include oatmeal, beans, lentils, popcorn, and whole-grain bread.
- Power with protein by getting 0.8 grams per kilogram body weight. Consuming adequate protein is good for bone health, retaining muscle mass, and reducing cravings by keeping you full. Great protein sources include lean meats, poultry, eggs, seafood, beans, tofu, peas, lentils, nuts, and seeds.
- Make a goal to increase your daily fruit and vegetable intake. Fruits and veggies should be a staple to the diet because they contain fiber, antioxidants, and phytonutrients. The CDC reports that only 9% of adults eat the recommended daily supply of vegetables, and 12% eat the recommended daily supply of fruits.
- Try to limit eating highly processed foods. Most of them are made with a long list of unhealthy ingredients. The National Institutes of Health reports that those eating highly processed foods tend to eat more calories and gain more weight. Make snacks at home, so there's more control over what goes into it.

“Start making changes with your diet, and you will see how quickly they make a difference,” adds Scherer. “When you eat a healthier diet, you will feel better and have more energy, in addition to reducing the risks of many diseases. We have to make good nutrition a high priority.”

To get in the habit of eating healthier, make a list of meals that will be made and shop only for the ingredients needed to make them. Avoid shopping while hungry, and try to stick to the store's perimeter, avoiding much of the highly processed foods in the middle.

To learn more about the Fredericksburg Fitness Studio, visit the site at: <https://www.fburgfitness.com>.



Spring is a great time to talk about what we eat. Sure, most people know what a healthy diet looks like, but truth be told, they don't follow it. However, the problem with this is that it's leading to a myriad of health problems. Junk food, fast food, and highly processed items may be convenient and taste good, but they are not good for the body. It's time to get serious and make some healthy changes.



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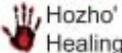
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Office of the Mayor
CITY OF MILWAUKEE



Proclamation

Whereas: The City of Milwaukee proudly joins the Center for Creative Learning, sponsors, service providers and community members in celebrating the 13th Annual Dare To Be Aware Fair on Saturday, April 30, 2022; and,

WHEREAS, Dare To Be Aware Fair was first held in 2008 at the Mitchell Park Domes as a community project and has grown in size every year to over 100 exhibitors and 1,000 attendees; and,

WHEREAS, Dare To Be Aware Fair is a unique opportunity for community members to learn more about healthy lifestyle decisions and enhance their wellbeing in 14 free presentations in addition to the exhibits; and,

WHEREAS, Dare To Be Aware Fair also hosts a series of workshops and events promoting personal growth, health and wellness, life coaching and holistic services; and,

WHEREAS, The City of Milwaukee commends Dare To Be Aware Fair on their 13th year of dedicated service and leadership, recognizing its outstanding contributions to the community and wishes it many more years of success;

NOW, THEREFORE, I, TOM BARRETT, Mayor of the City of Milwaukee, do hereby proclaim Saturday, April 30, 2022, to be

DARE TO BE AWARE DAY

throughout the City of Milwaukee.



Tom Barrett
TOM BARRETT
Mayor

Just Breathe.....

Breath meditation: A great way to relieve stress
Finding the best relaxation technique for you

For many of us, relaxation means flopping on the couch and zoning out in front of the TV at the end of a stressful day. But this does little to reduce the damaging effects of stress. Rather, you need to activate your body's natural relaxation response, a state of deep rest that puts the brakes on stress, slows your breathing and heart rate, lowers your blood pressure, and brings your body and mind back into balance. You can do this by practicing relaxation techniques such as deep breathing, meditation, rhythmic exercise, yoga, or tai chi.

Simply observing the breath can damp down stress and open a door to a more healthy and mindful lifestyle.

Psychological stress has a devastating effect on health. Research shows that people with heart disease do worse over time if they don't control stress, and stress seems to be associated with a higher risk for cancer. Stress is

Breathing techniques are designed to bring the body into a state of deep relaxation. Specific patterns that involve holding the breath for a period of time allow your body to replenish its oxygen.

If you enjoy it, breath meditation can be a gateway to a broader practice of "mindfulness," in which you learn to accept and appreciate what comes in life and stop fighting your own thoughts and feelings. "Many people take up mindfulness practices thinking they'd like to relax more, but where it leads is a very different approach to life and its inevitable challenges," says Dr. Ronald D. Siegel, assistant clinical professor of psychology at Harvard Medical School.

strongly associated with poorer memory and more aches and pains. However, reducing stress helps you sleep more restfully and control high blood pressure.

One of the easiest ways to reduce stress is to simply focus your attention on your breath. It's a form of "entry level" meditation that anyone can do. You'll notice an immediate sense of relaxation that could help protect your health over time.

Relaxation practices also help bring the body back into balance and regulate the fight-or-flight response we feel when we're stressed. This is particularly helpful if you're experiencing sleeplessness due to anxiety or worries about what happened today — or what might happen tomorrow. Swirling thoughts and concerns can keep us from being able to rest well.

JUST BREATHE continued on page 9



Just Breathe.....

You don't have to stick to the same practice each time. Play around. Listen to your body. Experiment. I'm sure that, within a few days, you'll find a technique that works for you. Aim to do at least one of these practices every day.

JUSTBREATHE
continued from page 8

4-7-8 Breathing Technique

The 4-7-8 breathing technique is a breathing pattern developed by Dr. Andrew Weil. It's based on an ancient yogic technique called pranayama, which helps practitioners gain control over their breathing. When practiced regularly, it's possible that this technique could help some people fall asleep in a shorter period of time.

The 4-7-8 technique forces the mind and body to focus on regulating the breath, rather than replaying your worries when you lie down at night. Proponents claim it can soothe a racing heart or calm frazzled nerves. Dr. Weil has even described it as a "natural tranquilizer for the nervous system."

Over time and with repeated practice, proponents of 4-7-8 breathing say it becomes more and more powerful. It's said that at first, its effects aren't as apparent. You might feel a little lightheaded the first time you try it. Practicing 4-7-8 breathing at least twice per day could yield greater results.

Prepare for the practice by resting the tip of your tongue against the roof of your mouth, right behind your top front teeth. You'll need to keep your tongue in place throughout the practice. It takes practice to keep from moving your tongue when you exhale. Exhaling during 4-7-8 breathing can be easier for some people when they purse their lips.

- 1) First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.
- 2) Close your lips, inhaling silently through your nose, count to four in your head.
- 3) Then, for seven seconds, hold your breath.
- 4) Make another whooshing exhale from your mouth for eight seconds.

When you inhale again, you initiate a new cycle of breath. Practice this pattern for four full breaths.

The held breath (for seven seconds) is the most critical part of this practice. It's also recommended that you only practice 4-7-8 breathing for four breaths when you're first starting out. You can gradually work your way up to eight full breaths.

Alternate Nostril Breathing

People may consider trying alternate nostril breathing for anxiety or stress.

Alternate nostril breathing is a common part of yoga practice. Most people use one nostril more than the other without realizing it. This exercise can even out the breathing and help a person slow down the breath to reduce stress.

It is best to sit in a comfortable position on a chair or the floor for this exercise. A person should breathe out fully before beginning the breathing technique.

A person can perform alternate nostril breathing by following these steps:

- Close the right nostril with the thumb of one hand
- Breathe in through the left nostril close the left nostril with the fourth finger and release the thumb
- Breathe out through the right nostril
- Breathe in through the right nostril
- Close the right nostril with the thumb and release the fourth finger
- Breathe out through the left nostril

Box Breathing

Box breathing, or square breathing, is a way to slow the breathing. It can help reduce stress, in addition to improving concentration and focus.

For the best results, people should sit upright in a comfortable chair. Sitting up straight makes it easier to breathe in and out fully. Resting the hands palm upward in the lap or on the knees can help the upper body stay relaxed.

- 1) To perform box breathing, a person should:
- 2) Breathe in through the nose for a count of four, filling the lungs
- 3) Hold the breath in the lungs for a count of four
- 4) Breathe out slowly through the mouth for a count of four, emptying the lungs fully
- 5) Wait for a count of four before breathing in again

As you inhale and exhale on the count of four, imagine your breath traveling the sides of a box.

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The True Value of Leisure

by Elisa Graf

If there are silver linings to be gleaned by living through a pandemic, learning to place more value on our time could very well be one of them. As daily life ground to a halt through lockdown and after, millions of us found ourselves with time on our hands. Though many jobs were lost and businesses shuttered, these stark conditions also gave many people a chance to re-evaluate their priorities.

In a November 2021 *Wired* article, Kathryn Hymes notes that people are now "...changing employers, 'downshifting' on the career ladder, or taking time away from the workforce altogether. With new clarity and savings from the Covid era, some workers have stepped back from precarious frontline jobs made brutally hard in the pandemic. Others report forgoing opportunities for money or status in exchange for greater flexibility and self-determination."

As a result, people are quitting their jobs in record numbers. According to the US Labor Department, an unprecedented four million people resigned from their jobs in April 2021 alone, leading observers to dub this period the "Great Resignation." This description, Hymes suggests, misses the point: "Taken on its surface, the Great Resignation foregrounds the language of job status, but misses a parallel, arguably bigger story: the radical realignment of values that is fueling people to confront and remake their relationship to life at home, with their families, with their friends, and in their lives outside of labor."

At another such historical moment nearly a century ago, when millions were suddenly jobless due to the Great Depression, the philosopher Bertrand Russell penned "In Praise of Idleness," an essay outlining the necessity for meaningful leisure for all human beings, and challenging our long-held cultural assumption that a person's value can only be measured by economic productivity. In a 2020 *New Statesman* article that notes today's relevance of Russell's argument, Max Hayward, Lecturer in Philosophy at the University of Sheffield, explains, "Russell believed that we don't only need to reform the economic system in which some are worked to the bone while others suffer jobless destitution, we also need to challenge the cultural ethic that teaches us to value ourselves in proportion to our capacity for 'economically

productive labor.' Human beings are more than just workers. We need to learn how to value idleness."

Hayward points out that with GDP as our standard measure for success, "... we must deem one society a relative failure if its citizens earn on average £1,000 a year less than its neighbors, even if they have more leisure, play more sports, take more walks, read more books, listen to more music, and paint more pictures."

But, he says, this thinking dooms us: "The society that Russell imagines – one that invests in meaningful idleness – is truly revolutionary, not just because its economic structures have been reformed, but because it has changed the way it understands, and values, itself."

In his book, *The Art of Living*, Benjamin Creme, chief source of information about the return to the everyday world of Maitreya, the World Teacher, defines leisure as a God-given quality: "... [leisure is] doing what you innately want to do, which is to be creative; it is the opportunity to be creative."

He explains creative activity, coming from the soul, as the nature of life. He says that the art of living is in fact creative living, which entails all aspects of life. This is why, he says, leisure is essential.

Yet as a result of today's stressful living conditions, Creme adds, "Most people are so devitalized by repetitive work processes, by poor conditions,

by the sheer deadness and sameness of their activities day by day, that creativity is almost the last thing you could expect."

In addition, as a result of widespread poverty and social injustice, mass numbers of people around the planet live deeply unfulfilled lives, dedicated only to earning enough to survive, therefore finding no opportunity for leisure. Creme argues that it is this enforced poverty that prevents the demonstration of the true inner spiritual nature of humanity.

The solution is the sharing of the world's resources so that every person has access to the goods to meet basic needs. Under Maitreya's inspiration, Creme explains, humanity will begin to see itself as one family, and make the required changes to create a saner, more just world for all. Among Maitreya's recommendations is a shift in social priorities so that adequate food, housing, clothing, education, and medical care become universal rights.

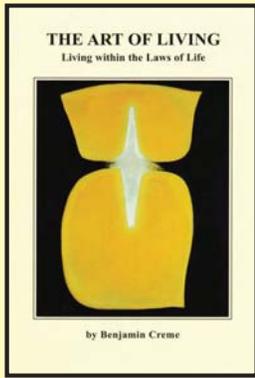
"Education for leisure," writes Benjamin Creme, "will release in people the possibility for the development of their inner skills, talents and potential in a way which could hardly be envisaged at present."

What might such education look like? To Bertrand Russell, it should be one of education's primary goals to equip the population with the necessary abilities, knowledge, and habits to enjoy creative leisure. Max Hayward suggests, "This would mean reform: access to higher education would need to be greatly expanded, while university and school curricula should place as much emphasis on creative arts and the pursuit of pure curiosity as on employable skills."

In these times of unprecedented global crisis, the freeing of human beings by the enabling of more leisure has the potential to promote a renaissance – the flourishing of human creativity that could truly transform our world.

"Leisure is doing what you would like to do, what rests the body, the mind, the heart, or which allows you the time to do for yourself something over and above what you do for the community."

– Benjamin Creme, *The Art of Living*



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To discover more about *The Art of Living* and the cover painting, "Soul Infusion" (from the book, *The Esoteric Art of Benjamin Creme*), please visit share-ecart.com/store/books

Maitreya, the World Teacher, is here to guide and assist humanity into the new time, and says: "In equal measure to the present discord, so will be the peace."

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Tips and Benefits of Morning Stretching

Morning exercise may be the key to improving decision-making skills and overall cognition for the remainder of the day

By Danya Douglas Hunt, Performance Coach for Back on Track System

To keep our bodies feeling young and aging well, we need to do what our body was designed to do—move! It doesn't mean spending hours, but it does mean doing something, otherwise expect stiffness and pain to start creeping in. Our bodies work on a premise of "if we don't use it, whether that's our joints' range of motion or our muscle strength, we gradually lose it over time". Just like our body adapts to "losing" it, our body can adapt and regain mobility and strength. It is never too late to improve how your body moves and feels regardless of ability, weight or age, and all it takes is a little bit each day.

Joint mobility and limb flexibility are at the center of longevity. Regular stretching and mobility can reduce chronic and acute stiffness and pain. Better movement in the body results in improved fitness, overall health and makes everyday activities that much easier.

Stretching is one component that aids in reducing pain,

stiffness, and tension. It helps improve range of motion, as well as decreases tension and stiffness within the muscles. However, we want to practice some form of mobility and strength training or stability work to teach the brain how to safely use that new range of motion, otherwise you may find that your stretching results plateau.

Regular stretching has a myriad of benefits. While it may seem relaxing, stretching speeds up metabolism by improving blood flow to internal organs and muscles. As you stretch, you're lengthening the muscle fibers, lubricating the joints, and improving muscle recovery and strength. And just so you know, if you have a body then stretching & mobility are for you, not just for athletes!

Stretching not only helps our muscles release tension, stiffness and soreness but we are able to slow down and focus on our breathing—our body's super tool for regu-



lating stress & anxiety. Breathing helps us tap into our parasympathetic system (our rest, restore and digest system) and turn off our sympathetic system (our fight or flight system), helping us feel better and be more productive.

Here are a few of my top movement recommendations that can easily be done seated in a chair. I recommend holding any of these movements for 30 seconds minimum, each side.

Thoracic Rotation. This mobility drill opens up & strengthens the thoracic back, which helps offload the tension and tightness in the low back and neck.

1. Sit tall in a chair, feet flat and shoulders set.
2. Keep your hips, knees and feet facing forward bring your arms to shoulder height straight in front of you
3. Rotate your upper body as far as you can to one side, opening up your arms to get both shoulders to face the side (one arm in front one arm behind) slowly and smoothly
4. Repeat other side

Glute Stretch. One part of our core that we often forget about is the glutes, which often get tight when sitting for long periods. Loosening up the glutes allows them to work together with the hips and hamstrings properly.

1. Sit tall on the edge of the chair.
2. Cross one leg over the other, resting your ankle on your thigh above your knee, so you're in a "figure four" pose.
3. Gently push your top knee towards the ground as you lean forward

Hinge and Shutters. We hinge thousands of times per day, and this movement activates & strengthens our back and neck, which improves posture.

1. Sit on the edge of your chair nice and tall (as if a string is pulling you up)
2. Maintaining a neutral spine, hinge forward slightly from the hips
3. Bring your hands in front of your face so your pinky's and elbows are touching
4. Keeping your torso still, open up your arms so the back of your hand faces the wall behind you and your arms up slightly behind your sides. Really focus on squeezing the muscles between your shoulder blades

When you're stretching, there are a few best practices to follow. Stretch when your body is slightly warmed up, rather than doing it as a warm-up. Do not bounce when performing static stretches. Stretch gradually, only to the point where you feel mild muscle tension. Do not move through pain.

Find a routine that works for you and stick to it at least three to five times a week, and soon you'll feel limber and stress-free.

Danya is a former Olympic Athletic Therapist and Strength and Conditioning coach turned multi-passionate entrepreneur. www.backontrackssystem.com

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Wisconsin Senior Medical Patrol

Fraud Alert



APRIL 2022

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These fraudsters can be very persuasive so if you have accidentally provided them with your personal information, please contact Wisconsin Senior Medicare Patrol for free, confidential assistance at 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.

Will We Ever Live in a World Without COVID-19

Your great-great-great-grandchildren will still be getting immunized against coronavirus. It's too late to eradicate COVID-19

By Quentin Fottrell / Mayo Clinic
Dr. Gregory Poland, who studies the immunogenetics of vaccine response at the Mayo Clinic, spoke about the prospects of COVID.

As the pandemic enters Year 3, many people are wondering if and when COVID-19, the disease caused by SARS-CoV-2, will become endemic. Endemic refers to the observed level of a disease — or the baseline predictable level with seasonal fluctuations like the flu — whereas a pandemic is typically a global public health emergency with an unpredictable level of illness and/or death.

That is a long way off, and COVID-19 will always be with us, Dr. Gregory Poland, who studies the immunogenetics of vaccine response at the Mayo Clinic, told MarketWatch and Barron's in a live video interview.

Measles, a highly contagious airborne virus spread through coughing and sneezing, serves as a good point of comparison. It is a stable virus and does not change, with no variants. As such, measles has — for the most part — been eradicated in the U.S.

Will there come a day when COVID-19 goes the way of measles? “No, it will not,” Poland said. “We are not yet at any stage where we could predict endemicity. We're not going to eradicate it. We have an animal reservoir now — white-tailed deer in the U.S. — that are infected with SARS-CoV-2, for example.”

“So let me make a prediction, which will be hard for any of you to hold me to



because we will all be dead by then, but your great-great-great-grandchildren will still be getting immunized against coronavirus,” he added. “How can I even say such a thing? If you got your flu vaccine this fall you were immunized against a strain of influenza that showed up in 1918 and caused a pandemic.”

COVID-19 has killed 856,288 Americans. Currently, there is a daily average of 735,652 new cases in the U.S., up 21% over two weeks, according to the New York Times tracker. Deaths currently have a daily average of 2,029, up 45% over 14 days. The COVID-19 Scenario Modeling Hub estimates that deaths to mid-March could be between 50,000 and 300,000.

A recent “viewpoint” essay in the Journal of the American Medical Association suggested the Biden administration needs to ad-

dress the fact that COVID-19 is here to stay.

“As the U.S. moves from crisis to control, this national strategy needs to be updated. Policy makers need to specify the goals and strategies for the ‘new normal’ of life with COVID-19 and communicate them clearly to the public,” it said.

The “new normal” does not include eradication or elimination, it added. “Neither COVID-19 vaccination nor infection appear to confer lifelong immunity. Current vaccines do not offer sterilizing immunity against SARS-CoV-2 infection. Infectious diseases cannot be eradicated when there is limited long-term immunity following infection or vaccination.”

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How to Start Saving for Retirement



Depending on your stage of life, retirement age can seem like a long way off — and therefore not all that important to start financially planning for. You might be thinking you can rely on Social Security benefits for your golden years — which could be a risky approach. Not everyone knows how to start saving for their retirement. It's a big, possibly far-off goal, and you might need some motivation to start working toward it. If that's your situation, here's some information that might help you out.



By: Mark Williams, CEO Brokers International

Benefits of Saving Money for Retirement

This might seem like a no-brainer, but you might be surprised how many people put off saving for retirement. There are lots of reasons someone might choose to wait on retirement planning. But by neglecting to save for retirement during their years of highest earning potential, they miss out on some significant benefits available to those who start early on a long-term retirement savings strategy.

First, just the peace of mind knowing that you're doing what you can to invest in your best potential financial future can be a huge benefit. Stress around finances is no joke — it's a perennial problem, but it's arguably only grown since the start of the pandemic.

Financial anxiety can lead to problems in other areas of your life, too, like your relationships and your health. Getting your finances in order, and knowing that you're going to be in good shape in the future, can lift a heavy load from you and your family.

Second, if you set and follow a long-term retirement savings strategy, you will benefit from being able to regularly set aside a smaller amount of money and have it build up over time. Saving \$100 every month (or even every week) for 40 years is going to be a lot more palatable than having to build up a nest egg in a short time span.

The third point builds on the second. When you save money for retirement over a long time horizon, you not only have the benefit of being able to save a smaller amount for a comparable impact. You get to reap the benefits of compound interest — your best friend in saving for retirement.

If you save \$100 every week for 40 years, you will end up with \$208,000. If you invest that same amount and earn an average 7% annual return on it, you'll wind up with over \$1 million.

But different stages of life have different demands on your finances. What does saving for retirement look like at for people in different age groups?

Saving for Retirement in Your 20s

When you're in your 20s, retirement is probably one of the last things you're thinking about. You're having a good time in college, possibly with a whole different set of financial concerns on your mind. Or you might be in the early stages of your career, building up your experience without a lot in your bank account yet.

In your 20s, when you might not have a lot of disposable income you can put toward your retirement savings, focus on building strong financial habits. Borrowing money might be tempting, but try to keep your borrowing modest. In college, do what you can to reduce your student loans, because otherwise you'll be paying those off for longer than you might otherwise have had to.

Saving is one of the best financial habits to build in your 20s. It doesn't matter if you don't have a lot of disposable income — if you can get in the habit of setting aside even \$5 a week, establishing that routine and expectation will serve you well when you start earning a higher annual salary. And because you're so young, even small amounts of money can add up to a significant amount by the time you retire.

Saving for Retirement at 30

In your 30s, you're likely better established in your career field. With that can

come greater financial stability as your earning potential goes up. You may also be finding yourself with more significant expenses than you had in your 20s.

Mortgage payments, child care expenses, auto loans and even student loans might feel like they are taking up all of your financial attention. Retirement still feels like a lifetime away — it's hard to prioritize saving for something that's 30+ years away when you have so many pressing financial concerns.

Being consistent is the key factor. Take advantage of any opportunity available to you, like a 401(k) through your employer. Most of the time, you can set up an automatic deduction from your paycheck so you don't have to actively manage it.

Using that type of system benefits you because you don't see the money leaving your bank account every month, and because it's a regular, consistent deduction it's easy to figure into your budget. If you are eligible for an employer 401(k) match, take full advantage of that free money.

Saving for Retirement at 40

By age 40, you may have entered into your peak earning years or will get there soon. If you haven't prioritized your retirement savings yet, you're going to be

Saving for Retirement continued on page 18



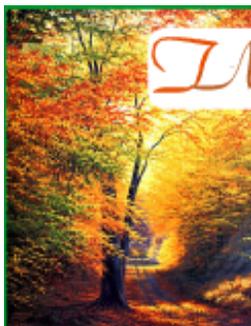
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An elderly woman decided to have her portrait painted. She told the artist, "Paint me with diamond earrings, a diamond necklace, emerald bracelets, a ruby brooch, and a gold Rolex." "But you are not wearing any of those things," replied the artist. "I know," she said. "It's in case I should die before my husband. I'm sure he will remarry right away, and I want his new wife to go crazy looking for the jewelry."

I'm not saying my financial adviser is bad at her job... but when I went into her office and asked her to check my balance, she tried to push me over.

Retirement can be a great joy if you can figure out how to spend time without spending money.

Not blaming inflation, but ... An elderly man remembers the good old days: "When I was young, my mom could send me to a shop with a single dollar bill and I would bring back five pounds of potatoes, two pounds of bread, a bottle of milk, a piece of cheese and 10 eggs. Nowadays that's impossible – there are simply too many security cameras."

Your Money



with Tim Stasinoulas

Why Don't All Affluent People Become Wealthy?

Perception, hesitation, & poor decisions are factors

- 1) Why do some people let their potential for lifetime wealth slip away?** Some people are better off economically at 30 or 40 than they are at 50 or 60. In some cases, fate deals them a bad hand. In other cases, bad decisions and inaction are to blame.
- 2) Some buy depreciating assets instead of allowing assets to appreciate.** They rack up debt and live beyond their means. What are they spending so much on? It isn't just consumer staples. It's not unusual for a family to "keep up with the Joneses." Contrary to the bumper sticker, the person who dies with the most toys does not necessarily win. In fact, that person may leave a pile of debt and little else behind. Today's hottest cars, clothes, flat screens, phones, and tablets may be tomorrow's junk and clutter.
- 3) Some never prioritize a retirement strategy.** For many, there are opportunities to invest, whether it be through a traditional individual retirement account or a workplace retirement account. In the case of workplace retirement accounts, some companies offer matching contributions, which may be an opportunity to heighten your savings power. That being said, not everyone takes advantage of these opportunities. Once you reach age 72, you must begin taking required minimum distributions from your 401(k) plan and traditional IRA in most circumstances. Withdrawals are taxed as ordinary income and, if taken before age 59½, may be subject to a 10% federal income tax penalty.
- 4) Some never build up an emergency fund.** Financial challenges will arise, and a rainy-day fund can help you meet them. Striving to save for that rainy day also helps to promote good, lifelong saving habits.
- 5) Some invest without a strategy.** Chasing the recent hot trend is a behavior that may lead to frustration instead of financial freedom. Instant wealth seldom comes from an overnight winner. These ideas don't stop people from hazardously assigning an excessive portion of their assets to one investment.
- 6) Some accept a "forever middle class" mindset.** Some people define themselves as middle class and accept that definition all their lives. The danger is that this can amount to a kind of psychological barrier, a sense that "this is it" and that "getting rich" is for others.
- 7) Behavior & belief may count as much as effort.** It takes some initiative to create lifetime wealth from present-day affluence, but a person's outlook on money (and view of its purpose) can influence that effort – for better or worse.

Do you have a financial question for Tim? Tim can be contacted at (262)369-5200, emailed at info@aegiswi.com, or on his website at www.aegiswi.com. Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI. This material was prepared from independent sources and should not be construed as investment advice. References and data sources available on request.



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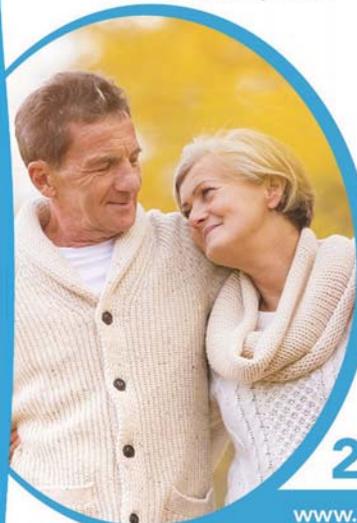


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STRESS RELIEF from LAUGHTER?!?



it's no joke!

People don't want your opinion. they want their opinion coming out of your mouth.

A woman, cranky because her husband was late coming home again, decided to leave a note, saying, "I've had enough and have left you...don't bother coming after me"

Then she hid under the bed to see his reaction.

After a short while the husband comes home and she could hear him in the kitchen before he comes into the bedroom. She could see him walk towards the dresser and pick up the note...

After a few minutes he wrote something on it before picking up the phone and calling someone...

"She's finally gone...yeah I know, about bloody time, I'm coming to see you, put on that sexy French nightie. I love you...can't wait to see you..."

He hung up, grabbed his keys and left.

She heard the car drive off as she came out from under the bed.

Seething with rage and with tears in her eyes she grabbed the note to see what he wrote..."I can see your feet. We're outta bread: be back in five minutes."

"Make me one with everything," says the Buddhist to the tofu hot dog vendor.

After getting his tofu hot dog, the Buddhist hands the vendor a \$20 bill.

The vendor takes the money and begins helping the next customer.

The Buddhist looks puzzled and asks the vendor, "Where is my change?"

The vendor replies, "Change comes from within."

I must have an amazing butt, because every time I walk away people say "What an a**."

Starbucks is starting to sell beer and wine. Apparently it's getting difficult to sell sober people a \$12 cup of coffee.



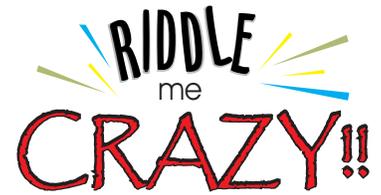
Got gas today for \$1.39. Unfortunately it was at Tacos To Go.

Lady Gaga comments on the Oscar/Academy Awards Will Smith incident: "There could be a hundred people in a room and 99 of them won't slap you, but one WILL"

Maybe if we tell kids the brain is an APP, they'll start using it.

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

ANSWERS on page 21



1) Riddle: A person is trapped in a room. The room has only two doors to escape. Through the primary door, there's an area constructed from magnifying glass. The hot sun instantly fries anyone that enters. Through the second door, there's a dangerous dragon. How can the man escape?

2) Riddle: I have cities, but not houses. I have mountains, but no trees. I have coasts, but no sand. What am I?

3) Riddle: What disappears the instant you say its name?

4) Riddle: If you have me, you will share me. If you share me, you don't have me. What am I?

5) Riddle: Most of the times, my color is red, I am beautiful, everyone loves me, especially ladies. Sometimes I can hurt you. I don't meant it, I am sorry. What am I?

6) Riddle: What comes once in a minute, twice in a moment, but never in a thousand years?

7) Riddle: I am present at the beginning of love; the start of life and I am the end of evil. What am I?

8) Riddle: I can show you numbers, I can make a sound. You don't like me in the mornings you need me at nights. What am I?

ANSWERS on page 21

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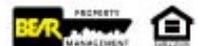
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How to Start Saving for Retirement

Continued from page 15

playing catch up at this point, but with some wise (and possibly tough) decisions, you may be able to make up for lost time.

The problem for many in their 40s is that, just like in their 30s, there are significant expenses to balance with saving for retirement. You're likely to still be paying off your mortgage, and if you have children, saving or helping pay for their

college education may be front and center in your financial picture.

Do whatever you can to put money away for retirement now; one of the primary strategies is still going to be your 401(k). Try to max it out each year — in your 40s, that's an annual contribution of \$19,500, whether you're funding it yourself or an employer match.

If you aren't able to max out your contributions, strive to increase them as much as you can. Even a 1% or 2% increase will give a big benefit since you still have a couple of decades to let compound interest amplify.

In addition to your employer-sponsored 401(k) plan, consider an additional savings vehicle, such as a traditional IRA or a Roth IRA. As with a 401(k), there are annual limits to how much you can contribute to this type of account, but one benefit to IRAs is that your contributions are after tax, which means you won't pay income taxes when you withdraw funds from an IRA as you would with a 401(k).

Saving for Retirement at 50

Hopefully by the time you're in your 50s you've been strategically saving for your retirement for decades. If you've been funding 401(k) and IRA accounts, you might be well positioned to hit your retirement savings goals.

If you're still behind, you have some opportunities available to you in your 50s to help catch up. 401(k) and IRA contributions are capped annually, but once you hit age 50, your limit goes up. Instead of \$19,500 and \$6,000, respectively, you can now put \$26,000 and \$7,000 into those retirement accounts each year.

You won't have as long of a runway to maximize compound interest, but you can be better positioned to take advantage of it with a larger sum of money being invested.

And if your mortgage is paid off (or close to it), consider taking that monthly expense and putting it into your retirement portfolio — whether that's through your 401(k), IRA or another savings or investment vehicle.

This is also a good time of life to think about limiting other expenses, particularly medical. Fidelity estimates that in 2021, the average 65-year-old retired couple should anticipate roughly \$300,000 in health care expenses over the course of their retirement.

To protect your retirement savings from those expenses, consider funding an HSA to pay for medical care, or explore insurance products, like long-term care insurance, to cover the costs of extended medical care.

Life Insurance for Retirement Savings

Life insurance may not be what comes to mind when you think of retirement savings vehicles, but it plays an important role. One of the key factors to consider is how your retirement savings strategy will be impacted by the loss of your spouse (or vice versa). If your spouse dies, especially if you have children, that loss will have a financial impact in addition to the emotional toll.

Whether you're a dual-income family or one spouse is the breadwinner while the other stays home with the kids, the death benefit from a life insurance policy can help cover major expenses, like childcare, education or your mortgage, without needing to borrow against your retirement savings (or prevent you from continuing your contributions).

You might be on the other end of the spectrum, asking "Am I saving too much for retirement?" If that's the scenario you find yourself in, here's a suggestion. Make a plan (again, a financial advisor can help here) and do your best to stick to it, but don't exclusively fund your future at the expense of your present. Balance the two, follow your strategy and know that you're taking care of yourself — both now and years down the road

Mark Williams, President and CEO of Brokers International, has been both a producing independent agent in the field and a home office leader consulting to agencies and field marketing organizations. He also is an avid mentor, helping financial professionals navigate the industry. Website link: www.markwilliams.com



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March 29, 2022. I discuss the topic of leadership a lot in our home. It is not much of a surprise as my wife and I have multiple combat tours between us. Together, we have over 40 years of collective military leadership experience and the honor of leading troops into combat. Over the course of our careers, we have seen the full spectrum of leadership; some of the most rewarding experiences are when we observe those unlikely leaders emerge in the face of adversity. In the past few days, like so many other Americans, we have watched new heroes emerge in Ukraine, as an unjust war unfolds.

We have been most impressed by "Captain Ukraine," President Volodymyr Zelensky, a former TV comedian, who in the past few weeks has become a global symbol for democracy. He has become not just the face of Ukrainian resilience, but also a leader that has truly united people across the globe. His words and actions have inspired and motivated world leaders, to recommit to the values of peace, unity, and democracy.

To our family, his courageous response to an offer of evacuation showed the spirit in which this country (America) was founded. He said, "The fight is here; I need ammunition, not a ride." It is this kind of "lead from the front" attitude that we feel has captivated so many of us. Zelensky's willingness to roll up his sleeves (when he is not wearing a tee-shirt) and put himself in harm's way is a stark reminder that freedom is not free and that the price of freedom is commitment, perseverance, and determination.

It is not just Zelensky who is worthy of praise as the media reports nearly 70,000 rifles were distributed to civilians in a single day last week. The same media also quotes a Ukrainian woman as she stands resolute to defend her country by defiantly stating, "I am an adult woman, I am healthy and it's my responsibility." President Zelensky has been the first to acknowledge that the Ukrainian people have stepped up and have been doing so since Russia's invasion of Crimea in 2014 with the creation of the Territorial Defense Force made solely of Ukrainian volunteers.

Just as live television allowed the Vietnam War to be brought into our living rooms, social media has put the Ukraine War into our hands. We are bombarded with traditional media and social media accounts of the war. This new age of reporting has brought an unprecedented awareness to how fragile democracy can be

and as my wife and I point to the TV, cell phone or computer monitor, we try to show our children that "this is what patriotism looks like and that everyday people can be heroes if they so choose."

The news is reporting that some Ukrainian parents are sewing their child's blood type to their shirt before sending them off to school. Other parents are packing bags for their young children so they can be loaded onto a train and taken to a foreign country for safety, reassuring them that everything will be OK while silently wondering if they will ever be a family again. Other parents are pleading with doctors trying desperately to keep the youngest victims of this war alive. This is how Ukrainian children are learning about war and freedom. With everything that has transpired over the past few days, my wife and I are suddenly realizing how valuable something as simple as a family dinner can be to a nation's democracy.

As Americans, we should remember that the principles that the people of Ukraine are defending with their lives today are the very same principles that generations of Americans have fought for as well. Our country, despite all our self-imposed differences, needs to look at the images coming from Ukraine and bear witness to their unity, and to notice that the only division is between those who stand in defense of democracy and those who stand against it.

As President Reagan (a WW2 Veteran) once said "no arsenal, or no weapon in the arsenals of the world, is so formidable as the will and moral courage of free men and women." There is no place in the world today where this is more evident than in Ukraine. My sincere hope is that the sacrifices being made by the people of Ukraine inspire all of us to have the moral courage to recommit ourselves to the ideals we share as Americans and to put aside our petty arguments to find a way to show our families we love them and our country.

The War in Ukraine is a Teachable Moment

Teach the next generation about the value of freedom and what it means to be a patriot



Joseph Reagan is Director of Military and Veterans Outreach for Wreaths Across America. He has worked with leaders within Government, non-profit, and Fortune 500 companies to develop strategies supporting National Security, and Veterans Health. He served 8 years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is the recipient of multiple awards and decorations including the Bronze Star and the Purple Heart.

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As millions of electric car batteries start to reach the end of their useful lives, how can we avoid an e-waste apocalypse?

Record-breaking electric car sales confirm that the future of electric transport is here. Globally, 10 million lithium-ion battery-powered vehicles are now on the road. The International Energy Agency predicts that number will increase to 300 million by 2030, accounting for over 60 percent of new car sales. But a huge problem looms: in less than a decade, nearly two million tons of lithium-ion batteries from electric vehicles will be retired each year, and the current recycling infrastructure isn't ready for them. Most lithium-ion batteries are tossed in landfills, with only five percent recycled worldwide.

Researchers at Newcastle University in the UK warn that this growing stream of spent batteries poses "an enormous threat" to the natural environment and human health. "Degradation of the battery content in some cases may lead to the emergence of chemicals structurally similar to chemical warfare agents."

Given the risks, upping our capacity for recycling these batteries is imperative not only to avoid possibly catastrophic landfill disposal, but also to reduce the need for harmful mining. More than 70 percent of the world's cobalt, the most expensive element in a lithium-ion battery, is produced in the Democratic Republic of the Congo (DRC). One would assume this to be an economic miracle for miners in the DRC, however unrelenting poverty forces



Nissan Leaf cutaway showing part of the battery

even the children to work in the mines instead of attending school.

In addition to pitiful wages, DRC miners face serious health threats and local environmental annihilation. Researchers at the University of Lubumbashi found that residents near the mines, especially children, had higher urinary levels of cobalt, cadmium and uranium. The urinary cobalt concentrations found in this population are the highest ever reported for a general population. Fish in the DRC are also heavily contaminated with high levels of metals, while soil samples are so contaminated that the mining regions of the DRC are considered among the 10 most polluted areas in the world.

Lithium mining has also spurred a backlash across the

globe, including in Serbia, Tibet and Chile. And in the U.S., residents near Thacker Pass in Nevada formed a grassroots group to sound off on multiple concerns should a proposed lithium mine begin production there. Concerns include a possible dramatic decrease in air quality due to the tens of thousands of gallons of diesel fuel that will be burned daily at the proposed mine, releasing the same carbon dioxide emissions as a small city. The mine would also extract more than a billion gallons of water annually from an already over-allocated aquifer in the Quinn River Valley, possibly leaching dangerous substances into groundwater in the process. Further distressing are the adverse impacts to the area's unique sagebrush steppe terrain, a habitat for over 350 species, including greater sage-grouse, golden eagles, pronghorn antelope, owls, pygmy rabbits and more.

Dramatically increasing recycling capacity for lithium-ion batteries and creating new ways to store electricity safely are crucial to staving off the worst impacts of our newfound reliance on this technology.

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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They just passed a new sound ordinance in Hawaii. It is now illegal to laugh above a certain decibel. You have to use a lo-ha.

Found in an old scrapbook with spelling errors and all...

WARSHING CLOTHES



Build fire in backyard to heat kettle of rain water.

Set tubs so smoke wont blow in eyes if wind is pert.

Shave one hole cake of lie soap in boilin water. Sort things, make 3 piles: 1 pile white, 1 pile colored, 1 pile work britches and rags.

To make starch, stir flour in cool water to smooth, then thin down with boiling water. Take white things, rub dirty spots on board, scrub hard, and boil, then rub colored don't boil just wrench and starch. Take things out of kettle with broom stick handle, then wrench, and starch.

Hang old rags on fence. Spread tea towels on grass. Pore wrench water in

flower bed. Scrub porch with hot soapy water. Turn tubs upside down. Go put on clean dress, smooth hair with hair combs. Brew cup of tea, sit, rock a spell, and count yore blessings.

Paste this over your washer and dryer and give thanks. First thing each morning...run and hug your washer and dryer.

RIDDLE me CRAZY!!

- 1) Answer: He waits until the sun goes down and goes through the first door
- 2) Answer: A map
- 3) Answer: Silence
- 4) Answer: A secret
- 5) Answer: A rose
- 6) Answer: The letter "M"
- 7) Answer: The letter 'L'
- 8) Answer: Alarm clock

QUESTIONS on page 17

joy

/joi/

noun: joy
a feeling of great pleasure and happiness.

The true definition of joy goes beyond the limited explanation presented in a dictionary — "a feeling a great pleasure and happiness." True joy is a limitless, life-defining, transformative reservoir waiting to be tapped into. It requires surrender and, like love, is a choice to be made.



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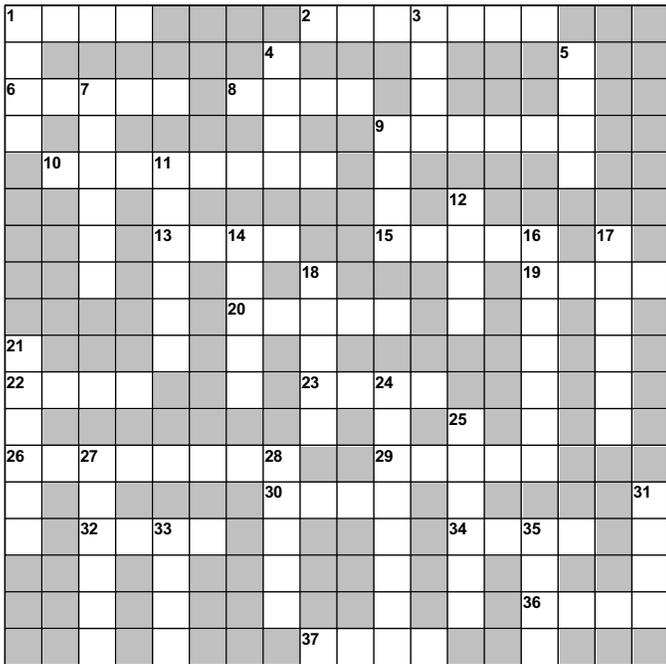
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ANSWERS on page 17



Crossword junkie!
abcdefghijklmnopqrstuvwxyz

ACROSS

- 1. End of the line
- 2. Which one of the two
- 6. Not nice
- 8. Not short
- 9. Evening meal
- 10. Pirates chest contents
- 13. Beckon
- 15. Having existence
- 19. "Willing and"
- 20. Rap with knuckles
- 22. Describes hair condition
- 23. Food, clothing, shelter
- 25. Don't run with these
- 29. Feeling of personal worth
- 30. Disdain of another
- 32. The other people
- 34. Vessel used to display flowers
- 36. Not under
- 37. To sit and be moved

DOWN

- 1. Always too long
- 3. Form of public transportation
- 4. Possessive form of you
- 5. Beep Beep
- 7. Roadway
- 9. Not smart
- 11. Incriminate
- 12. 7UP's delemon & de....
- 14. One accumulates on Youtube
- 16. Rubbish
- 17. World wide
- 18. Lost and
- 21. Mother's sister's kids
- 24. Most likely outcome
- 25. Precious metal
- 27. To direct the mind on
- 28. Part of bedding
- 31. Entry cover
- 33. Appendages on head
- 35. To cease movement

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What did 0 say to 8?
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