

Your

NEWSMAGAZINE

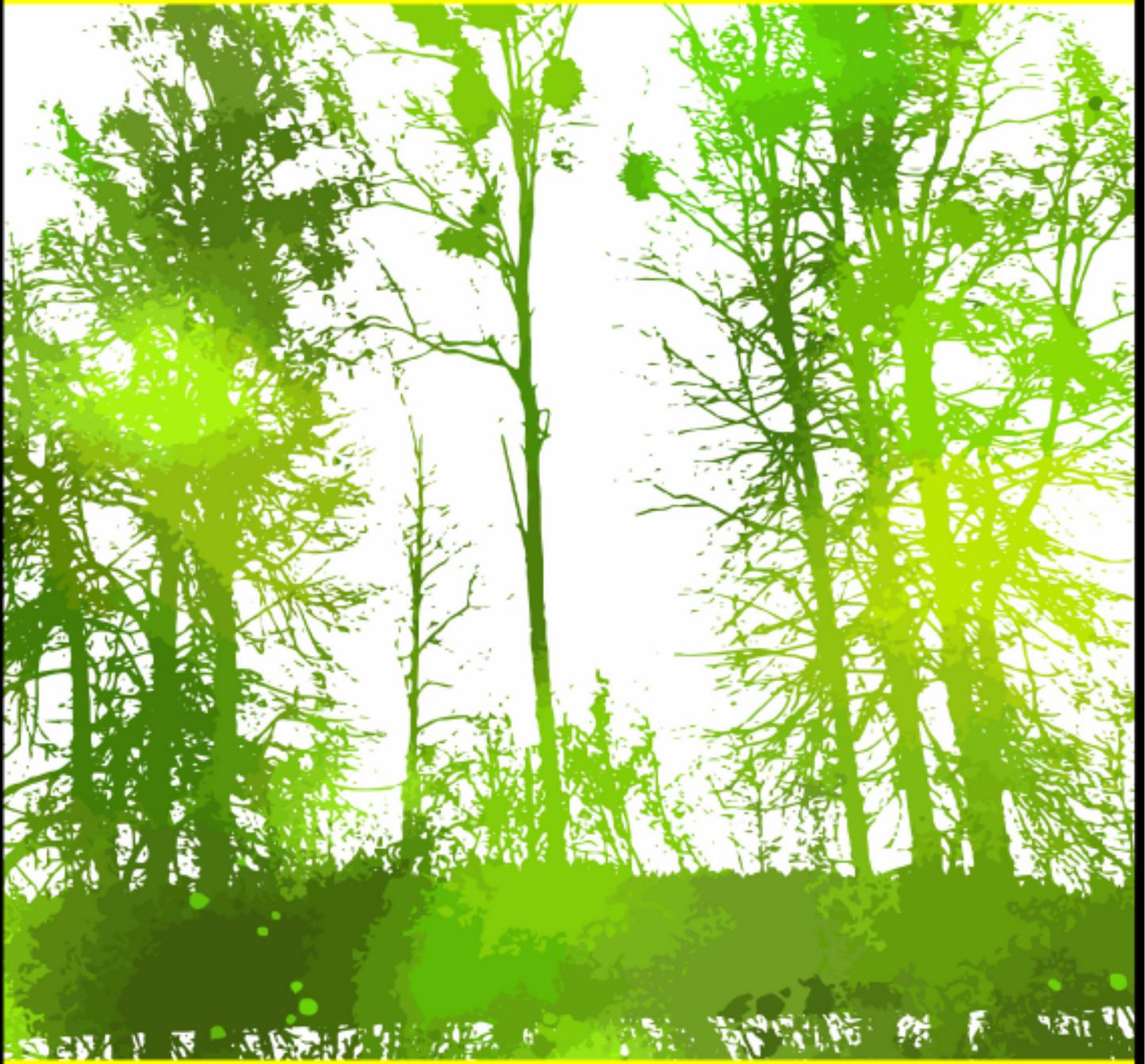
LIFE!

May 2022

A FREE PUBLICATION

www.yourlifemagazine.net
PRINT and ONLINE EDITIONS

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



WHY CAN'T I
LOSE WEIGHT?!

NO MOW MAY

INSIDE
THIS ISSUE ~page 3



SUMMER FUN IN PLYMOUTH, WI

NORTHERN MORAINES
Spring Art Tour
 2 Day Self-Guided Tour
 Free Admission!
40+ ARTISTS
17 VENUES




PLYMOUTH ARTS CENTER

JUNE 10-11, 2022, 10:00 AM



KIDS FROM WISCONSIN, TUES. JULY 5TH



*We invite you to visit us in
 Historic Downtown Plymouth*

The **CHEESE CAPITAL OF THE WORLD**
*Ongoing Fine Art Exhibits, Gift Shop,
 Classes, Theatre, Concerts, & Special Events!*

SPRING ART TOUR IN GREATER SHEBOYGAN CO.

JUNE 10-11, 2022 ~ FREE ADMISION! DEMOS, DOOR PRIZES

KIDS FROM WI AT PLYMOUTH HIGH SCHOOL, JULY 5

JAZZ & BLUES CRAWL ~ FRI, AUG. 12, 4:30PM-12:00AM

8 VENUES OF MUSIC, 11 FANTASTIC LIVE BANDS
 THROUGHOUT DOWNTOWN

"MILL STREET LIVE" SUMMER MUSICAL SERIES

HIGH ENERGY SONG & DANCE REVUE ~ 7 FRIDAY NIGHTS

Hours: Tues-Fri, 10 am - 4 pm; Sat-Sun. Noon - 3 pm

(Closed Mondays & Holidays)



JAZZ & BLUES CRAWL, FRI. AUG. 12



"MILL STREET LIVE" JUNE 24-AUG. 5



520 East Mill St. Plymouth • PlymouthArts.Org • 920.892.8409

have fun.

HOLY HILL ART FARM



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

4958 Holy Hill Rd (Hwy 167) Hubertus, WI

Art & Farm Market Dates
 June 4 & 5
 Sept 17 & 18
 Oct 8 & 9
 9am-4pm
HOT FOODS • WINE • MUSIC

Summer Events
 Dinners on the Farm, Wine Walks
 Tribute Concerts, Bob Seger, Fleetwood Mac, Jimmy Buffet, and MORE!
Limited Seating. Buy Tickets NOW!
www.holyhillartfarm.com



POLISH FEST

A festival so great for the senses
JUNE 10-12, 2022
 FRIDAY & SATURDAY: NOON - MIDNIGHT
 SUNDAY: NOON - 8:00 PM
 HENRY W. MAIER FESTIVAL PARK
 SUMMERFEST GROUNDS
MILWAUKEE, WISCONSIN



POLISH FEST



- Cultural Village
- 5 Stages Of Entertainment
- Folk Art - Children's Area
- Sukiennice Market Square
- Cooking Demonstrations
- Mass Sunday At 10 am
- Over 25 Food Vendors
- Non Stop Polka Music
- "Big Boomski" - Fireworks Sat 10:30pm- Sponsored by Planners Financial Group
- Enjoy Sobieski Specialty Drinks and Vodka Tasting
- Polish Beer Imported Directly From Poland
- Tyskie Beer Garden



SOBIESKI VODKA *Miller Lite* **TYSKIE**

WWW.POLISHFEST.ORG

From the Publishers

MAY 2022



There is no place like home surrounded by the birth of summer. Mooching around in the backyard with birds singing like crazy, green sprouts and buds and new life bursting through the brown patches. Muddy garden shoes, pots of seedlings on my patio, loads of yard work, resurrected dandelions, neighbors coming out to play and a new batch of baby squirrels to raid my bird feeder... Yes, this is exactly where I want to be.

Our little Amara is all grown up now and graduates from Brown Deer High School this May, top ten in her class with a 4.2 GPA! As I've mentioned before (bragging rights) she will begin Basic Training for the Army National Guard Reserve this June with additional logistics training through December and then will be home to attend Concordia College in January. Wow. Doesn't it sometimes feel nice to sit back, put your feet up and appreciate not being young and needing all that energy and enthusiasm to jump off the high dive! We look forward to seeing her become a truly happy, confident and beautiful woman.



Receiving the AHEPA/Spheeris Endowment Scholarship Award

I am looking forward to a girl's weekend in Door County this month with my longtime best of friends since grade school. Even though we don't have the chance to see each other often, when we do it's just like that weekend in high school, giggling over boys (husbands) babysitting monies (our careers) and munching out on chips and soda (now sushi and wine). And remember... what happens in Door County, stays in Door County!

Tom will no doubt appreciate the man cave and fishing with his buddies for white bass on the Wolf River. Looking forward to that fish fry dinner and not having to help clean fish!

On the road to summer is a good place to be. We're up with the sun at 6am to chase the Blue Heron and Kingfishers away from our pond. The coyote supper songs are coming in the open windows. Lilac blooms are on the way. I promise you a beautiful spring day!

LIFE. *Enjoy it!* Sandy and Tom Draelos

INSIDE THIS ISSUE



Home Project Budget

Whether you are building a brand-new space or renovating an older one, your budget is the most important part of getting started.

-page 8



Why Can't I Lose Weight?

Are you among the growing number of distressed people who do not lose weight when firmly committed to a diet?

-page 9



NO MOW MAY

Support native bees and create pollinator-friendly habitat in your backyard during No Mow May, an initiative to limit the mowing and clearing of your yard to promote healthy habitats for pollinators.

-page 10



SANDWICH ANYONE?

If you are part of the sandwich generation, caring for both your children and your parents, you have some unique financial planning challenges to address.

-page 13

LOCAL CALENDAR.....page 4-7
STATEWIDE Calendar.....page 6
FINANCE.....page 11
Estate Planning.....page 14
A SCAM Victim's Story.....page 15
LAUGH out LOUD.....page 20/22
WORD SEARCH.....page 22
CROSSWORD.....page 22

"Your jokes make me smile .Thank you for making us all a little happier!" ~a reader

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!

PUBLISHER / Editor

Sandra (Hill) Draelos

ADVERTISING

Advertising Sales
Kelly Larson

OPERATIONS MGR

Thomas Draelos

SUPPORT / Amara May



THE MILWAUKEE PUBLISHING CO., LLC
 PHONE: (414) 586-9212
 FAX: (414) 586-9474
 milwaukeepublishing@wi.rr.com
 www.Boomersnewspaper.com



Enter to win our monthly drawing!

Your **LIFE!**

\$50⁰⁰
GIVEAWAY!

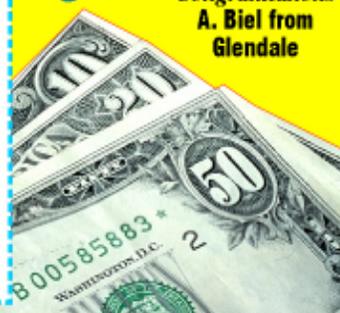
Congratulations
**A. Biel from
 Glendale**

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Telephone: _____
 Where did you pick up the paper? _____
 Age: 35-45 _____ 46-55 _____ 56-65 _____ 66 or older _____

Remit entry by mail to:

Milwaukee Publishing / Your LIFE! Give-Away
 6465 W. County Line Road, Brown Deer, WI 53223

Entry Deadline
JUNE 10, 2022



May 11

KISS
Summerfest Amphitheater
Hands down the most iconic live show in rock n roll

May 11-30

9th Season of Traveling Beer Garden at Juneau Park
Milwaukee County Parks System
Featuring a Sprecher firetruck, converted and outfitted with tap handles for a changing selection of craft beers, hard sodas, and their famous root beer. Enjoy live music Saturday nights, from 5-8 p.m. Each beer you drink supports your parks

May 10-15

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

May 13

SPARK! Memory Loss Engagement Program
Racine Art Museum
Free art experiences for people with memory loss and their care partners. Contact RAM Curator of Education Tricia Blasko at tblasko@ramart.org or 262.636.9573 to learn more about the program

May 14

Student Designer Fashion Show
Mount Mary University
Live shows at 3 and 7 p.m. showcasing garments and collections designed by students. Second and third floors of Notre Dame Hall, which will be transformed into a breathtaking fashion venue for the event

May 15

Avian Adventure
Schlitz Audubon Nature Center
Spread your wings at Schlitz Audubon and practice your birding skills. Visit a variety of bird-themed stations as we celebrate Wisconsin's year-round residents and welcome back our migrating friends.



Create bird-friendly crafts, challenge yourself on a binocular scavenger hunt. Designed for all ages. Children must be accompanied by an adult and will take place entirely outdoors. Space is limited. Register in advance 414-352-2880

May 14-15

BAYSHORE Art Festival
The Yard at BAYSHORE/surrounding streets
The 2nd annual BAYSHORE Art Festival is free to the public and will feature live music, food trucks, entertainment, and more than 75 artists, artisans, and makers. Wide variety of items from art to food, clothing to lotions, stationery to furniture, and candles to home decor

May 15

Fore the Ladies: Intro to Golf Clinic
Moorland Road Golf Center, New Berlin
Ever wanted to learn golf but didn't know where to start? An introduction-to-golf clinic! \$45 event (drinks, prizes and instruction included) Learn the basics of the game and more. Golf sets for you to try

May 20

Cathedral Music
Bel Canto Chorus at Basilica of St. Josaphat
Masterworks from the early 1600s through today, specifically written for the majestic acoustics of a large cathedral. Tickets on sale now at www.belcanto.org or call 414-481-8801

May 20

Singer/Songwriter Concerts in Ozaukee County
John Gorka
Unitarian Church - North
13800 N. Port Washington Rd - Mequon
7:30pm. For more information call 262-457-4399 or visit www.wsss.org

May 21

Armed Forces Day Celebration
Harley-Davidson Museum
Join the Harley-Davidson Museum and active military and veterans from the Air Force, Army, Coast Guard, Marine Corps and Navy.
Military equipment and interactive displays are available for attendees to see and experience from 10am-3pm.
Free event offers a unique experience to talk with all branches of the military to learn about their experiences and the challenges they face maintaining our freedom

May 21

Big Truck Day
Red Arrow Park, Milwaukee
11am - 2pm
City of Milwaukee's Department of Public Works and Milwaukee Fire Department will host a fleet of vehicles around the park, allowing kids an up-close look at various city equipment and occupations. Free activities for the entire family, including face painting, bubble art, and a basketball free-throw contest. Plus Public Library book sale. Lunch and ice cream

will be available to purchase from local food trucks, including Roll MKE, Taco Barrio Mexican Food, and Da Udder Spot

May 30

Memorial Day Celebration
2405 West Forest Home
Memorial Day is a day to remember and honor the men and women who died while serving in the military. Honor the dead and journey back in time to meet some of Milwaukee's most interesting citizens from the past.. Join us for this free event on the grounds of Milwaukee's oldest operating cemetery:
11-11:30 Memorial Service in the Historic Landmark Chapel and a laying of a wreath in the Garden of Honor
11:30-2:30 Visit with 10 notable Milwaukeeans at their graves
11:30-1:30 Usingers hot dogs, bratwurst, chips and soda available for a \$5 donation to the Forest Home Historic Preservation Assoc.
2:30-3:30 A History of Milwaukee tour
Visitors are welcome to picnic on the grounds. Dogs are allowed on leash with humans

May 31-July 1

Agatha Christie's Murder on the Orient Express
Quadracci Powerhouse
Murder on the Orient Express takes eight suspects on one thrilling ride. *Murder on the Orient Express* travels the exotic and mysterious Orient Express as it takes off into the opulence and grandeur of the 1930s, with a train full of suspects, each with a motive and an alibi. www.MilwaukeeRep.com or call 414-224-9490

June 2-4

Pridefest
Summerfest Grounds

June 4

Wingspan and Wine
Schlitz Audubon Nature Center,
Spend a summer evening outdoors tasting wines from around the globe while meeting our magnificent birds of prey, including owls, falcons, and a Bald Eagle. International wine experts from AVA Wine will pour more than 35 wines from around the world for you to sample. Tickets \$60 each. 414-352-2880

continued on page 7

An Inspector Calls JUNE 2 - 19, 2021

BROADWAY BLOCKBUSTER SINGALONG BROADWAY June 8 - 12, 2022

SUNSET PLAYHOUSE SunsetPlayhouse.com 262-782-4430

ABBA & FRIENDS June 13 - 14, 2022

Saying Grace - "A gentle reminder for ALL of US"

A visiting Priest was attending a men's breakfast in Ohio farm county. He asked one of the impressive older farmers in attendance to say grace that morning. After all were seated, the older farmer began.

"Lord, I hate buttermilk."
The Priest opened one eye and wondered to himself where this was going.

The farmer proclaimed, "Lord, I hate lard."
Now the Priest was overly worried.

However without missing a beat, the farmer prayed on, "And Lord, you know I don't care much for raw white flour."

Just as the Priest was ready to stand and stop everything, the farmer continued,

"But Lord, when you mix 'em all together and bake 'em up, I do love fresh biscuits.

So Lord, when things come up we don't like, when life gets hard, when we just don't understand what you are saying to us, we just need to relax and wait until You are done mixing, and probably it will be something even better than biscuits.

Amen."

GREEK FEST

2022

June 24-25-26

Shepherd EXPRESS
Best of Milwaukee
★ 2018
WINNER

State Fair Park

FREE ADMISSION!

Friday & Saturday 11 a.m.-11 p.m.
Sunday 11 a.m.-8 p.m.

WHOLE GREEK CHICKEN DRIVE THRU! FRI 3-7 SAT 12-7 SUN 12-4

AMAZING GYROS



GREEK PASTRIES



GREEK CHICKEN & LAMB



AUTHENTIC GREEK CUISINE!

GAMES & RIDES



Unlimited Ride Wrist Bands
\$25
Valid Sat./Sun. 12-5 pm
(Carnival Rides Open 4PM Friday)

GREEK MUSIC & DANCERS



Friday: Kids at 6, Adults at 7
Saturday and Sunday: Kids at 4 and 6, Adults at 5 and 7

LIVE BANDS ALL 3 NIGHTS!



Fri. 6:30-10:00 PM: Vintage Groove
Sat. 1:15-4:45PM: Sugar Bowl
Sat. 6:30-10:00 PM: The First Wave
Sun. 3:00-7:00 PM: Six Pack Sammy

GREEK FEST SAVINGS!
\$1 OFF
Honey Puffs
Limit 5; while supplies last
11am-4pm only
Valid June 24, 25 & 26, 2022



annunciationwi.org

[facebook.com/annunciationchurch](https://www.facebook.com/annunciationchurch)

GREEK FEST SAVINGS!
\$1 OFF
Lamb & Chicken DINNERS
Limit 5; while supplies last
11am-4pm only
Valid June 24, 25 & 26, 2022



Visit our website at
secondhandpurrs.org.



Second Hand Purrs
Cat Shelter

3 Day Rummage Sale

Thursday, June 16, 9am-6pm
Friday, June 17, 9am-6pm
Saturday, June 18, 9am-4pm

American Legion Post, 9327 S. Shepard Ave., Oak Creek
Inside and air conditioned! Find everything from A to Z.
All proceeds benefit the kitties of Second Hand Purrs!!!

Celebrating
50 Years in
Business!!

ON SITE RV SALE NEW 2022's ARRIVING DAILY!!



Travel Trailers & 5th Wheels

Take the Whole Family Camping!



2022 Salem FSX 178BHSK
Sleeps 10

Pymts starting
at \$161 per month*

*5.99% APR for 180 mths. 20% down w/qualified credit

Choose From:

- Salem
- Flagstaff
- Shamrock
- Trail Runner
- Vengeance
- Salem Hemisphere
- Elk Ridge
- Sundance
- Fairmont
- Sanibel F.W.
- Skyline
- Salem FSX
- Salem Villa
- E-Pro
- Flagstaff
- Avenger
- Hardside & Tent Campers

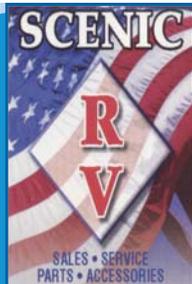
NO HIDDEN FEES!

Scenic RV.com

SLINGER, WI 53086
3155 Scenic Road
262-677-9026

BARABOO, WI 53913
E10879 Deer Run Road
608-356-2429

FAMILY OWNED & OPERATED SINCE 1972



Drive
a little to
SAVE
A LOT!

STATEWIDE

EVENTS CALENDAR

www.foodreference.com/html/wisconsin-june-festivals



June 3-5

Annual Great Wisconsin Cheese Festival

Little Chute
A cheese curd eating competition, cheese cake contest, cheese carving demo, free cheese tasting, the Big Cheese Parade, Big Cheese Breakfast, carnival rides, children's games and entertainment are just some of the fun activities taking place

June 3-5

June Dairy Days

West Salem
Celebrate June Dairy Month with music, recipe contest, carnival, fireworks and more

June 3-5

Dairyfest 2022

Marshfield
Celebrate all things dairy, agriculture, and more! Join us for a fun filled weekend of events as we look back at where it all began and continue to advance and mooove forward in the dairy industry right here in the Marshfield area

June 9-12

38th Annual Sparta Butterfest

Sparta
Annual event brings you the greatest fest foods, lunberjack shows, a parade, milking and other contests, art/craft/flea market, great entertainment and so much more

June 10-12

Up North Beerfest

Eagle River
33 breweries showcase just under 150 different beers for all to sample and enjoy. Kick off Up North Beerfest with Premier Beer Night – a more eloquent tasting of hand crafted beers on Friday evening, from 6pm to 8pm. This is a special tasting of specialty beers presented by 10 of the 33 Up North Beerfest Breweries. (They will showcase beers that will not be served at the event on Saturday.) We will literally be rolling out the red carpet for this evening – there will be live entertainment, tasty hors d'oeuvres and special sampling glasses for the showcased samplings for all to enjoy.

June 10-12

Walleye Weekend

Fond du Lac
Attracting over 100,000 visitors each year making it the second largest festival in Wisconsin. Held during the Mercury Marine National Walleye Tournament, it features sporting events, national musical acts, a family fishing tournament, attractions for all ages – and of course – walleye

June 11

Beer, Bacon & Cheese Festival

New Glarus
Beer, Bacon & Cheese Fest is back by popular demand. One wristband entitles you to an afternoon of sampling some of the region's most unforgettable flavors – craft beer, specialty meat and artisan cheese – while you wander the charming streets. Live music

June 16-19

Cranberry Blossom Festival

Wisconsin Rapids
Live music, parades, arts and crafts, cranberry blossom tours, and culinary treats featuring Wisconsin's cranberry

June 18

Strawberry Fest

Waupaca
Family festival featuring art/craft fair with more than 100 vendors, strawberry shortcake, live entertainment... 9am - 4pm.

June 18

Annual Taste of Wisconsin

Beaver Dam
A craft beer and cheese tasting event featuring only products made in Wisconsin, with over 100 beers, 60 cheeses and live entertainment. Noon to 4pm.

June 18

35th Annual StrawberryFest

Sun Prairie
Family friendly strawberry festival featuring craft fair, run/walk, breakfast/lunch, raffles, children's carnival, computer arcade, book sale, lots of delicious strawberries

June 23-24

Scandinavian Hjemkomst & Midwest

Viking Festival
Green Bay
The Scandinavian Hjemkomst Festival is a celebration of Icelandic, Norwegian, Swedish, Finnish and Danish Cultures. Walk through the Hjemkomst Center discovering foods from all of the Scandinavian countries; sampling everything from lefse to pickled herring

June 24-25

Annual Cheese Curd Festival

Ellsworth
6,000 pounds of Cheese Curds, 30+ Craft Beers, 12+ Hard Ciders, 15+ Local Wines, 20+ Cheese Curd Food Dishes. Live Music, tastings & samples. Cheese carving and cheese curd eating contests, entertainment, truck pull, live music, parade, saddle club show, Antique Tractor Show and more

June 25

Uncork Summer Food Wine and

Music Festival
Ellison Bay
Food, wine, music and lots of fun at the Door County Season Opener at the outdoor grounds of Wickman House. The Peninsula's new summer kick-off event is 'a taste of Door County,' with offerings from local restaurants and markets. Sample some of the region's best varietal wines and beer. Meet local master brewers, vintners and sommeliers

have fun.

EVENTS CALENDAR



continued from page 4

June 4

Milwaukee Highland Games

New location Croation Park
9100 S. 76th Street, Franklin
Bagpipe bands, Scottish food, Highland dancing, working Sheepdogs in action, unique athletic events and the Parade of Tartans

June 4-5

Art and Farm Market

4958 Holy Hill Road, Hubertus
Unique rustic marketplace featuring artists and farmers, vintage & locally made and grown products on 80 secluded acres and a 160 year old restored family homestead. Treasures fill the barns and grounds. Sample produce and refreshments prepared by local farmers and bakers. Food, wine and Bloody Marys at their Grainery Bar and enjoy local musicians. \$3 at the door. 9-4pm

June 5

2022 UPAF Ride for the Arts

New in 2022: the new Hoan Loop Course and Slow Roll for the Arts
Utilizing Interstate 794, over the Hoan Bridge, from downtown Milwaukee to Cudahy and back again, course offers scenic views for riders of all ages and abilities. Completely closed to car traffic. This 12-mile loop will be available to riders from 7am until 10am. Following at 10:30am, the Slow Roll for the Arts, a 1-mile group ride through the Historic Third Ward. Participants can register for both experiences or just one. UPAFRide.org

June 10-11

8th Annual "Northern Moraine Spring Art Tour"

Two-Day Self-Guided Art Tour
More than 40 artists at 17 different venues. Meet painters, potters, furniture makers; fiber, glass, metal and leather artists, photographers and more. Demos, door prizes, and the opportunity to purchase original, fine art directly from the artists. Free admission

June 10-12

Polish Fest

A living educational showcase of the arts, culture and tradition that is uniquely Polish

June 11

Milwaukee Water Lantern Festival

Veterans Park, Milwaukee
Voted #1 Best Cultural Festival by USA TODAY two years in a row. A floating lantern event that is all about connections. As the sun begins to set the Festival begins to shine with the launch of the lanterns onto the water. Watch your unique lantern drift out into the water as it joins other lanterns carrying hope, love, happiness, healing, peace, connection

June 11

Milwaukee Food Truck & Craft Beer Festival

Waukesha Expo Center. Food Truck Festivals of America. Featuring 25+ local (and delicious) food trucks. Also enjoy some of the best regional and national craft beers.

June 15, July 13, August 17, September 21

Milwaukee Night Market

5-10pm. West Wisconsin Ave between 2nd Street & Vel R. Phillips.
Free, outdoor event showcasing a variety of local vendors, performers, and artists

June 16-18

3 day rummage sale

American Legion Post
9327 S. Shepard Ave, Oak Creek
Come early for the best picks. All proceeds go to Second Hand Purrs Cat Shelter

June 24-26

Greekfest

State Fair Park
Enjoy authentic Greek spit roasted chicken and lamb, gyros, saganaki and pastries. Games, rides, live music, Greek dancing and more

FUN IS WAITING ON THE HORIZON

So let's get traveling!



Experience
the Difference!

Convenient Departure Points Near YOU!

2022 MOTO COACH TOURS! Motor Coach Tours Throughout the US.

GoLamers.com has all the info you need to book your next trip!

Bunch of Boats & An Ark

5 days / Aug 15 / \$1375 DBL

Black Hills & our Ice Age Past

6 days / Aug 20 / \$1467 DBL

Gospel Quartet Gathering in the Smokies

5 days / Sept 26 / \$1475 DBL

Riverboat Twilight Paddlewheeler Cruise

4 days / Oct 17 / \$1189 DBL

Tour of Biblical Proportions

5 days / Nov 1 / \$1389 DBL

Smoky Mountains Christmas

6 days / Nov 14 / \$1699 DBL



LAMERS

TOUR & TRAVEL

www.GoLamers.com

Reservations & Information: (800) 236-8687

SPANKY'S KAWAIDIX

5208 W. County Line Road • MEQUON

262-242-3677

GREAT FOOD SERVED seven days a week 11am-9pm

Full menu: appetizers, salads, soups, sandwiches, rib & chicken dinners
and Friday FISH FRY (11am-9pm)

May 14th: Karaoke w/ Josh Quinn 7pm-11pm

June 18th: Sonic Boomers 5pm-8pm

July 9th: Christophers Project 4pm-8pm

July 17th: Cream City Blues 2pm-5pm

August 6th: The Hankerins 5pm-8pm

Sept 3rd: Christophers Project 4pm-8pm

Sept 10th: Karaoke w/ Josh Quinn 6pm-10pm

Cheer on our local teams! Food and Drink Specials!



HAPPY HAPPY HOUR!
Monday thru Thursday 3-7pm

FOOD & DRINK Specials
including 60c wings!

Check our daily specials and upcoming fall
events at www.spankshideaway.com or



TOP 5 MISTAKES People Make When the Budget Doesn't Match the Dream

Whether you are building a brand-new space or renovating an older one, your budget is the most important part of getting started.

Without a proper budget, you are likely going to have to make VE cuts (VE=value engineering, which really means you're over budget and now you have to cut items) so that you don't end up with a white box that looks more like an office than a resort.

Creating the correct budget takes work and attention to detail. There is a lot of pricing to consider, such as construction costs, design fees, furniture, finishes, window treatments, artwork, accessories, small wares, exterior furniture, signage and low voltage items.

Understanding the **TOTAL** cost of your space is going to help you make the best decisions by being proactive vs. having to make decisions in a crisis situation. You know the ole Benjamin Franklin saying, "If you fail to plan, you are planning to fail." Wise spending requires excellent financial intel that a holistic budget can provide. This will get you to market faster and keep you on budget without having to make excessive VE cuts or having to go back to your investors and ask for more money.

To help you get started, Lisa M. Cini, Founder of BestLivingTech.com and author of *BOOM: The Baby Boomers Guide to Leveraging Technology, So That You Can Preserve Your Independent Lifestyle & Thrive*, has put together the **Top 5 Mistakes** people make when the budget doesn't match the dream:



Small Costs... Cost More

There is a big difference between budgeting for one room vs. planning for many rooms. When you are budgeting for one room, costs are generally higher than when you build in bulk. Think of it like driving a car. When you drive short distances in the city, you get terrible gas mileage. When you are traveling long distances on the highway, you get great gas mileage. Small renovations still require the same prep time and stop time; it's just like starting and stopping when city driving. With a larger space, you get to take advantage of economies of scale, so just like highway driving, the price per mile is better when you

have farther (bigger) to go. When you hire a painter, you don't get the same price per room for one room as you would for ten rooms. You have to keep that pricing in mind when budgeting for smaller renovations, or your wallet may be in peril.

Not All Spaces Are Created Equal

Location, location, location. Where you are making changes to a design or expanding spaces, the location of the change makes a huge difference. Many contractors will show you an average price per square foot (sq. ft.) when they calculate their total cost. But, per sq. ft., common areas (like the dining room, lounge, lobby, fitness rooms, etc.) cost more than resident rooms which, in

BUDGET: Top 5 Mistakes continued on page 21

REPLACEMENT WINDOWS & DOORS



414-529-5509 • CallenWindows.com
Muskego Showroom

WHY CAN'T I LOSE WEIGHT?



By Eduardo Castro, MD

You likely have **Fat Loss Resistance Syndrome (FLRS)**. FLRS is the result of triggering survival mechanisms that allowed man to live through lengthy periods of searching for food, back in time when a next meal was not a certainty. These survival mechanisms can be inappropriately triggered today in our world of plenty, and the result is FLRS. It usually has three underlying factors that can be corrected: 1) Disruption of the hormones that regulate fat storage and energy utilization; 2) Excessive inflammation and 3) Unhealthy genetic expression.

Are you among the growing number of distressed people who do not lose weight when they diet earnestly? Or you may lose just a few pounds, nowhere near the amount you expected to lose. And easy weight gain after dieting is common, even when your diet is good.

WHY CAN'T I LOSE WEIGHT!!??

Hormones

We have in our genetic blueprint an exquisite ability to assess and regulate precisely how much energy we store. We do not store protein and we store enough sugar for only a burst of activity. But we adapted to store enough fat to fuel the hunt for food for weeks.

As energy stores begin to deplete, it activates a cascade of hormonal changes that preserve fat by both decreasing metabolic rate and by making more fat whenever possible. Hormones can even direct the breakdown of muscle and organ tissues for energy to preserve fat stores.

If this cascade of hormones, meant to save us from starvation, gets triggered when we have more than sufficient fat stores, the picture of FLRS emerges. The first step in correcting FLRS is to regain proper hormone regu-

lation. The usual suspects are insulin, leptin, thyroid, and cortisol, and adrenalin and estrogen can also play a role. Typically, the following must be addressed to overcome FLRS.

- * Insulin resistance
- * Leptin resistance
- * Low thyroid functioning even with normal blood testing
- * Elevated cortisol levels
- * Adrenalin resistance
- * Excessive estrogen activity

By the way, although the causes of FLRS can get complicated, the solutions are straightforward. Plus, the causes of FLRS are interrelated so working on one often has a favorable effect on the others.

Inflammation

Inflammation is an important part of healthy immune functioning. It is a defense against invading microorganisms

and impedes the spread of infection, cleans up cellular debris and dead cells, and promotes healing. But like a nice bonfire getting out of control, excessive inflammation damages. Excessive inflammation is not only present in FLRS, it is the hallmark of Alzheimer's disease, autism, arthritis, auto-immune disease, severe allergies, asthma and cancer.

Excessive inflammation results from poor diets and from toxic substances. But in this world dominated by multinational corporations whose only concern is the bottom line, clean, high quality food is expensive and difficult to find, and avoidance of toxic substances is impossible. This means if you have FLRS, you are going to have to work harder than most people to eat well and to minimize your toxic exposures. And some will need to work at detoxification as well.

WHY CAN'T I LOSE WEIGHT continued on page 18

Cho's Martial Arts

2 WEEKS FREE

**Fun & Exciting
High Intensity
Martial Arts Training**

Adults Startup Program 50% off

Do you want your child to have more discipline, respect, learn how to defend themselves, and develop self-confidence? If so, you should try a martial arts class... or better yet, an ENTIRE 2 WEEKS FREE!



5 Locations



**more information:
www.CHOS.COM**



NO MOW MAY!



Support an Endangered Species!

Rusty Patched Bumble Bee

Did you know that there might be an endangered species in your backyard No Mow Zone? The Rusty Patched Bumble Bee was placed on the Federal Endangered Species List after surveys found a 90% drop in population abundance. Previously, this bumble bee species used to be found in 31 US states, and has been reduced to 10 states in the Midwest region. Southeastern Wisconsin and Northern Illinois have been highlighted as priority habitat for Rusty Patched Bumble Bee conservation. There is still much we have to learn about this species, how they nest, and how we can conserve remaining populations.

An easy way to support native bees and create pollinator-friendly habitat in your backyard is to do nothing! We're talking about No Mow May, an initiative to limit the mowing and clearing of your yard to promote healthy habitats for pollinators.

Mowing your lawn less creates habitat and can increase the abundance and diversity of wildlife including bees and other pollinators. One way to reduce mowing is by participating in No Mow May. No Mow May is a conservation initiative first popularized by Plantlife, an organization based in the United Kingdom, but which is gaining traction across North America. The goal of No Mow May is to allow grass to grow unmown for the month of May, creating habitat and forage for early season pollinators. This is particularly important in urban areas where floral resources are often limited.

Bees are critically important pollinators to our local South-eastern Wisconsin ecosystem, and in the winter they hibernate in our yards: under leaf piles, sticks and branches, and in holes in the ground. If we clear our yards early, we may be eliminating these important pollinators before they have emerged from hibernation. A messy yard with last year's leaves, stems and rock piles are a wonderful winter home for these essential pollinators. The other important reason to delay the yard cleanup every year is because our lawns naturally grow the resources that bees require to survive: including dandelions, clover, and naturally occurring spring flowers. If all we

do is wait to mow our lawns, then bees will be given more time to have the food and resources they need to survive.

Make sure you check your local ordinances on lawn-height requirements and obey your city, village or town laws. If your neighborhood has such an ordinance, contact your representatives and let them know why it's important to allow time for overwintering pollinators to emerge. Tell them why pollinators are so critically important to our yards and our wellbeing.

Growing Research

Research suggests that our urban gardens and lawns are a valuable, dependable resource for bumble bee populations – just as much as rural green spaces! By planting and growing native pollinator-friendly plants you are directly contributing to habitat restoration for the pollinators we depend on. The more homes that participate, the more habitat we are able to provide.

In fact, a study conducted in Appleton, WI in 2020 found that homes participating in their No Mow May initiative had more diverse and abundant flora, higher bee richness, and five times higher bee abundances than in frequently mowed spaces. These

continued on page 17

SO YOU THINK YOU ARE READY TO RETIRE? What you REALLY want to know before you take the leap!



Schedule a review of your retirement strategy and receive a complimentary printed copy of the book by renowned retirement lifestyle expert Barry LaValley. 262-369-5200 or www.aegiswi.com



Lake Country's Retirement Advisor for over 25 years - Located on HWY 83 in Hartland, WI

Could Custodial IRAs Help Young Adults Buy Homes?

Individual Retirement Arrangements (IRAs) are for retirement saving, right?

Absolutely. Is that their only purpose? Not necessarily.



Imagine using an IRA not only to save, but to facilitate a home purchase. This would obviously be a tall order for an adult, given current home values, yearly IRA contribution limits, and the priority of amassing retirement savings. How about for a child, though? Could an IRA help them out?

This thought has led some families to open custodial Roth IRAs. You can start a Roth IRA on behalf of a child, as long as that child has “earned income” (that is, income from either a W-2 job or some kind of self-employment). The IRA belongs to the child, but until the child becomes an adult, you (or some other adult) act as the IRA’s custodian.

The current annual contribution limit on that Roth IRA is \$6,000 (this limit may be adjusted up in future years). If your child has made \$4,000 from self-employment or a part-time job, all \$4,000 could go into that IRA. That might not be the case, but whatever the amount, it may benefit from potential compounding over the next several years.

What about taxes that come with taking the money out? After-tax dollars go into Roth IRAs, and if the account is at least five years old, up to \$10,000 of the account balance (including earnings) may be withdrawn

without being taxed, as long as the withdrawn amount is used for a home purchase and the IRA owner has not bought a home in the past two years. In doing this, you can even avoid the 10% tax penalty that normally comes when you take assets out of a Roth IRA before age 59½.

Plans may change, though. When a child turns 18 (or 21, in some states), a custodial IRA started on their behalf is no longer custodial. They are now the legal owner of that IRA. At that time, will the idea of using those IRA funds to buy real estate in the future seem worthwhile? Maybe or maybe not.

That young adult may just elect to keep contributing to the Roth IRA and use it as a retirement savings account. Or maybe the IRA is suddenly drained to enable the purchase of a new truck, or to fund a year abroad, or to pay for college. Choices will emerge, and parents and grandparents must be mindful of them. There is also the fact that when you withdraw assets from a tax-advantaged account, you are reducing not only the account balance, but also the account’s potential degree of compounding for the future. These factors must be considered if you embrace this idea.

Remember that a Roth IRA offers tax deferral on any earnings in the account. Qualified withdrawals of earnings from the account are tax-free. Withdrawals of earnings prior to age 59 1/2 or prior to the account being opened for 5 years, whichever is later, may result in a 10% IRS penalty tax. Other limitations and restrictions may apply. Also, tax rules are constantly changing, so it’s always a good idea to discuss your situation in detail with your qualified financial and tax advisors.

Do you have a financial question for Tim, or want to meet with him for a thoughtful review of your financial plan or retirement strategy? Tim can be contacted at (262)369-5200, emailed at info@aegiswi.com, or on his website at www.aegiswi.com. Timothy M. Stasinoulias is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI. Tim and his team



My Choice Wisconsin provides government-funded programs to frail seniors, adults with disabilities, individuals, and families.

We care for the whole person and well-being of all by offering services that promote independence, value diversity, and inspire self-advocacy.

800-963-0035 TTY: 711
www.mychoicewi.org/life

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



DHS Approved 8/16/2021

Wisconsin Senior Medical Patrol

Fraud Alert



MAY 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.

TO CONTACT WI SMP

Call: (888) 818-2611

E-mail: smp-wi@gwaar.org

New Website: <https://www.smpwi.org/>

Facebook:

@WisconsinSeniorMedicarePatrol



Greater Wisconsin
Agency on Aging Resources, Inc.



IMPORTANT!! THERE ARE NO NEW MEDICARE CARDS!

The fraudsters are on the phone, trying to convince you that you need a new Medicare card. Just hang up! There are no new Medicare cards!

New Medicare cards were issued in 2018-2019 when the Medicare number changed from a Social Security number to a random ID consisting of numbers and letters. There have been no changes or updates to Medicare cards since then.

Any phone calls that you receive about this are scams. There is NOT a new Medicare card. Not a plastic card, a chip card, a different colored card, a laminated option, or a different card because of COVID-19. There are NO NEW Medicare cards, for any reason. Your paper red, white, and blue card is the only card issued by Medicare. If someone calls you about this, just hang up. They are up to no good.

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.

SANDWICH GENERATION

By Patrick Hicks, Head of Legal Trust & Will



If you are part of the sandwich generation, caring for both your children and your parents, you have some unique financial planning challenges to address.

Imagine that you're someone who absolutely loves your family and would do anything to support them. You're often told that you put others above yourself. When it comes to family, that's the only answer from your perspective.

Now imagine that you have children and aging parents in your hemisphere. You live harmoniously and without too many challenges. You're having a great time raising your young children, while your adult children who have left the nest are thriving. Your parents live close by, but are enjoying their retirement and live relatively independently. This is the ideal for most.

Then, imagine that fate has other plans. The whole world experiences a rough economic downturn and is hit with a global pandemic. (Sound familiar?) Now, suddenly, your family members are looking to you for support, including your aging parents and adult children. What do you do?

Did this scenario give you the chills? Did it hit too close to home? As it turns out, this is the reality for Americans belonging to what economists call the "Sandwich Generation." Keep reading to find out the Sandwich Generation meaning, how it's affecting nearly 10 million Americans today, and what they can do to better protect themselves.

The "Sandwich Generation" meaning is easy to understand: it describes middle-aged Americans who are "sandwiched" between a younger generation and an older generation.

The "Sandwich Generation" term came about because of the unprecedented pressures facing Americans in their 40s and 50s today. According to the Pew Research Center, a whopping 47 percent of Americans in this age group are providing care for both their parents and their children.

This statistic is caused by two different phenomena occurring simultaneously. For starters, we have a historically large baby boomer generation that is aging rapidly. They often require financial, emotional, and medical support from their adult children.

At the same time, a significant proportion of young adults are suffering from the long-lasting effects from the Great Recession and now the COVID-19 pandemic. Some were never able to leave the nest, while others were forced to move back in with their parents due to the pandemic and related financial pressures. Some Americans are supporting their parents, adult children, and minor children.

What is an Example of Sandwich Generation?

John and Susie are a married couple. They are in their mid-to-late 40s, and met when they both worked at a technology company many moons ago. Together, they had Molly, Mark, and Mason. Molly, the eldest, is a college graduate who is a few years into her very first job. Mark is a junior at New York University, as he wanted to be close to his sister. Mason, a lovely surprise, is just 6 years old and lives at home with John and Susie.

John earns a solid income as a mid-level executive. Just enough to support the family comfortably and help with Mark's tuition and board at NYU. Susie left the working world to focus on raising Mason. She also decided to stay at home because John's father, 78, has developed dementia and requires more support than before. She buys him groceries, cleans his house, and takes him to the local rehabilitation center several times a week.

When the COVID-19 pandemic hit, John and Susie found themselves supporting a full house. Mark's university closed and required all students to leave on-campus housing to continue their studies remotely. Molly was beginning to feel fed up with the fast pace of the city and expensive cost of living. Both Molly and Mark asked their parents if they could please move home. Of course, they didn't say no.

John and Susie find themselves as a part of the Sandwich Generation. All of a sudden, they are faced with supporting three children (two adults, one minor), plus an aging parent. This is all on one modest income.

By learning about John and Susie's story, you can begin to imagine some of the challenges faced by many members of the Sandwich Generation.

The Sandwich Generation faces several challenges, with the main one being financial planning. They're often stretching one income to support multiple family members while also trying to pay off debt, save up for emergencies, and saving toward retirement.

They also face challenges with their physical, emotional, and mental

SANDWICH GENERATION continued on page 19



LIVE THE HARWOOD LIFESTYLE

Harwood Place offers a host of on-site amenities and a variety of apartment floor plans to meet your needs. With community features at your doorstep and customized wellness programming you can focus on staying healthy and happy for many years to come.

Harwood Place offers:

- Entertainment, Social Activities & Outings
- Fine & Casual Dining
- On-site Health Clinic & Therapy Services
- Fitness Room
- Transportation
- Salon Services
- Spiritual Services
- Health Care Continuum at the Lutheran Home

Call 414-256-6814 to schedule your tour!

FREE

Dining for a Year!

HURRY! Offer ends 8/31/2022

L&H

HARWOOD PLACE

8220 Harwood Avenue, Wauwatosa
harwoodplace.org | 414-256-6814

Three friends from the local congregation were asked, "When you're in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, a fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives."

Al said, "I'd like them to say..."

'Look, he's moving!'"

Preparing for the Inevitable

The uncomfortable truth is that we are all going to pass away eventually and someone will need to deal with the financial affairs we leave behind.



By Attorney Danielle Rousset
Gimbel, Reilly, Guerin & Brown LLP, Milwaukee

Do you have your affairs in order? This includes, at a minimum, identifying all assets and debts, payment of all debts, and distributing the remaining assets. As a probate litigator, I have seen countless cases of family infighting and costly estate litigation when someone dies without an estate plan. Putting together an estate plan now will protect your assets and ensure your wishes are honored, while also greatly reducing the stress on your loved ones.

The two main types of estate plans are wills and trusts and both allow you to name your personal representative (the person responsible for managing your estate), the distribution of your asset, and your end of life wishes, such as funeral arrangements and disposal of remains. The main difference between the two is that wills typically must go through the Court probate process, which can be lengthy, and trusts do not.

Regardless of whether you chose a will or a trust, you should make a list of all your assets as it will speed up the administration of your estate and relieve your personal representative of the challenging task of locating all your assets. Make sure your list includes real estate, vehicles, bank accounts, investment accounts, life insurance, stocks, bonds, pensions, and valuable personal property. Include details as to the location of the assets. For example, for bank accounts make sure you list the name of the bank, the account number, the name of the account holder(s), and passwords if you do online banking.

Other important estate planning documents to consider are:

- Powers of attorney which give authority to a person of your choice to make financial or medical decisions for you if you become incapacitated;
- Living wills which expresses your medical wishes if you become incapacitated; and
- Domestic Partnership Agreements which state the legal rights for those who are unmarried but in long-term relationships.

Wisconsin does not require that estate plans be recorded by a governmental office so don't forget to let your loved ones know that you have an estate plan and where they can find it. Better yet, provide a complete copy to your personal representative.

Making end of life decisions and preparing an estate plan can be confusing and overwhelming. The process can be eased by consulting with an estate planning attorney that will guide you and prepare an estate plan tailored to your wishes.



Can't Hear on the Phone?

Get a CapTel Captioned Telephone at No-Cost to You!



The CapTel® Captioned Telephone shows word-for-word captions of everything a caller says, letting you read anything you cannot hear over the phone. CapTel is a **NO-COST**, federally funded technology available under the Americans with Disabilities Act.

To qualify, users need:

- Hearing loss
- Internet connection
- Landline telephone service

CapTel
2400i



CapTel®
Captioned Telephone 800-233-9130
CapTel.com

REQUIREMENTS: Hearing Loss, High Speed Internet, Dial-tone No-Cost Phone with valid third-party certification is subject to change without notice. Terms and conditions may apply. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered fund. No cost is passed on to the CapTel user for using the service. CapTel captioning service is intended exclusively for individuals with hearing loss. CapTel® is a registered trademark of Ultratec, Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Ultratec, Inc. is under license. (v16 10-19)



A Scam Victim's Story

The rise of tech support scams targeted at older adults

- A 90-year old widow, Phyllis Weisberg, was a victim of tech support scam and was defrauded of \$20,000.
- Tech support scams are fraudulent activities in which scammers try to gain people's confidence by pretending to offer technical support services.
- Tech support scams attacks in the US have increased by 251% when comparing December 2021 to January 2021.
- According to the FBI, in 2020, 66% of victims were over 60 years of age, and represented 84% of the losses, for a total of over \$116 million.

Avast and the National Council on Aging tackle the rise of tech support scams targeted at older adults

Ninety year old widow, Phyllis Weisberg, never thought she'd be a victim of a tech support scam. Phyllis thought she was receiving help, but instead was defrauded of \$20,000 when cybercriminals withdrew the money from her bank account. As it is common in these types of scams, Phyllis has not been able to recover her money, so she is now trying to help warn others.

Tech support scams are fraudulent activities that prey on unwitting victims by using scare and high-pressure tactics. Through phone calls, pop-ups, texts, or emails, a scammer pretends to offer technical support services and tries to fool victims into paying for fake services or providing remote access to their computer. Scammers often pose as representatives from a recognized organization (financial institutions, utility companies, technology providers, or virtual currency exchanges), offering to resolve issues related to a compromised email or bank account, a virus on a computer, or even a software license renewal.

In the last year, tech support scams have been on the rise. In the US, Avast observed that attacks targeting consumers have increased by 251% when comparing December 2021 (4.95% risk ratio) to January 2021 (1.41%). According to the FBI Internet Crime Complaint Center (IC3)'s

2020 report, 66% of victims are over 60 years of age, and they represent 84% of the losses, for a total of over \$116 million.

"They warned me not to discuss the issue on the telephone with anyone, because these bad guys could hear all my conversations. They sent me an address and asked me to send a wire with money. I went to the branch closer to home," Phyllis said. "My first reaction was total embarrassment that I would do anything that stupid. It took me quite a while to realize I wasn't the only one who was being taken advantage of. All I can do now is warn others and just hope that this will at least help one other person avoid going through this."

"Tech support fraud is increasingly common and targets some of the most vulnerable individuals. Scams are about psychological manipulation and a key piece of this is getting people into an isolated reality which gives the attacker greater opportunities of control. We are talking about professional scammers. They go in day after day and do nothing but tech support scams," said Emma McGowan, Privacy and Security Expert at Avast.

What to do if you think you're being scammed

- Stop everything right away, hang up, shut down your computer
- Call someone you trust right away

continued on page 17

TM THOMPSON MEADOWS
INDEPENDANT APARTMENT HOMES

- 1 bedroom \$800
- 2 bedroom \$950
- 24 hr. maintenance
- same floor laundry
- elevator
- library
- community room
- garden
- professionally managed
- income restrictions apply

1 & 2 Bedroom Now Available

For Independent Adults 55 & Better
414.769.9240
3120 E. Norwich Avenue St. Francis, WI 53235
TM@integrityinvest.com Professionally managed by Integrity Investments, Inc

Peace of Mind Services

Simple Cremation: \$695.00
(Excluding Cremation Permit & Fee)

Traditional Funerals:
\$1595.00 at the Church or Cemetery Chapel of your choice
\$1995.00 at the Funeral Home

Family Owned and Operated
Title 19 & Pre-Arrangements

Call for more details
414.453.1562
Two locations to serve you!
Serving all of Wisconsin

Steeple View
An Independent Senior Community Embracing Christian Values

Enjoy secure, carefree, independent living for active seniors (55 and better) in a Christian atmosphere. Relax with the comforts of home without the burden of home ownership!

Our spacious 1, 2 and 2 bedroom plus den deluxe apartment homes start at \$839 per month.* Schedule your personal tour or attend **OPEN HOUSE** and see why everyone loves living at Steeple View!
* with 90% refundable entrance fee.

OPEN HOUSE
Sunday, June 5, noon—2:00 p.m.
or call for your personal tour!
414-525-5500

Voted Top Senior Living Facility for the third year in a row!

Steeple View Senior Community
12455 West Janesville Road, Muskego
414-525-5500 | steepleview.org | info@steepleview.org

Spring Special 2022!!

Eastcastle Place will cover costs on Moving Expenses!

★★★★★
Alzheimer's and Dementia Care
It's our privilege to support your loved one.



Heartfelt CONNECTIONS
A Memory Care Program®

The memory support program at Eastcastle Place's healthcare center embraces Heartfelt Connections. This highly specialized program developed by Life Care Services is based on the latest in memory care research and best practices in a comprehensive, person-centered, and activity focused program. Heartfelt Connections is grounded in the belief that abilities that an individual with dementia maintains are far more important than those that are lost. Each member of the memory care team at Eastcastle Place is trained in Heartfelt Connections.

EASTCASTLE PLACE

For more than 135 years, Eastcastle Place senior living community on Milwaukee's vibrant East Side has been offering a complete continuum of care including independent living, assisted living, memory care, short-term rehabilitation and skilled care. Our health and rehabilitation center consistently receives the prestigious 5-star rating by the Centers for Medicare and Medicaid Services (CMS) and been designated as one of the Best Nursing Homes by *U.S. News and World Report*. We offer the top quality care with a superior staff-to-resident ratio in a vibrant and caring setting. As a member of Leading Age Echelon Program, Eastcastle Place is passionate about providing a high level of excellence in care and service to our residents. Eastcastle Place's memory support program offers advanced therapies and specialized care and programming for individuals with memory loss.

Services & Amenities

- Private suites in a secure environment
- On-site activities and events designed especially for memory support
- Three chef-prepared meals per day
 - 24-hour on-site care
- Cable TV, Wi-Fi, and all utilities (except phone)
- Housekeeping and laundry services
 - Scheduled transportation

2505 East Bradford Avenue - Milwaukee, WI 53211 - 414-963-8480 - www.eastcastleplace.com



Call us Today!
(262) 423-4411

W218N17483 Delaney Court
 Jackson, WI 53037
 Dave.morbeck@comforcare.com
www.JustLikeHomeAdultDayCenter.com

Keep your loved one independent through safety and supervision



Services

Safety and Security are our main concern when it comes to your loved one.

- State-of-the-Art Facility
- Up-to-date Safety & Security Features
- Constant Supervision
- Low Staffing Ratio 1:6
- Nurse on Staff at all times
- Dedicated Food Preparation Specialist
- Activities Director
- Personal Care Area
- Spa

Accommodations

We want your loved one to feel just like they are at home while they are with us.

- Fireplace
- Television
- Arts & Crafts
- Social Games
- Dining Room
- Quiet area for Reading or Relaxing
- Naturally Serene location with a fenced-in patio
- Incoming Complimentary Businesses such as hair care, nail care, message therapy, music therapy, pet therapy, and much more!

We are an owner operated small business with years of experience providing quality care.
Let us help you with your care needs!

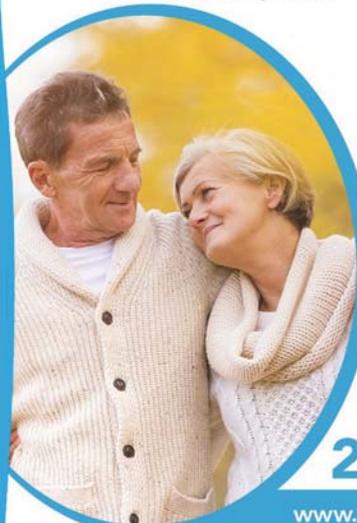


ComForCare
 Home Care

Serving the Washington and Ozaukee counties, and surrounding areas

Supporting Independence, Dignity and Quality of Life.

- Companionship
- Bathing and Grooming
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- Transportation
- Personal Care
- Fall Prevention
- Safety Supervision
- Respite Care
- Errands and Chores
- Transportation from Hospital to Home
- Alzheimer's Care



262-674-1515

www.WestBend.ComForCare.com

Each office is independently owned and operate. ComForCare Home Care is an equal opportunity employer.



Scam Victim's Story

Continued from page 15

· If you've given payment information, call the financial institution right away

"Above all, people should remember that whether it's a phone call or a website, legitimate tech support won't ever proactively seek them out to fix an issue. If in doubt, don't engage, give access to your devices, or share any personal information. Don't be embarrassed and don't hesitate to be vocal. Protect yourself," explained McGowan.

"There are simple steps older adults can take to be safe online," said Ramsey Alwin, President and CEO of the National Council on Aging. "Through our partnership with Avast, we are empowering older adults with trusted information on everything from how to avoid sweetheart scams to how to identify phishing and keep their passwords safe."

Visit: www.avast.com.

NO MOW MAY!



Continued from page 10

numbers provide us with a roadmap to helping pollinators in this critical spring season and all we need to do is put off the spring cleaning for just a bit longer. Even waiting a few extra weeks or days can allow more time for overwintering pollinators to emerge for the season.

After No Mow May Promoting a Healthy Lawn

Adjust your mower to the highest setting and make the first pass to reduce the grass height. After you have reduced the grass height to a more manageable length, change the mower setting by reducing the height of the blade, before making a second pass.

Do not cut more than 1/3 of the grass blade at a time in a single mowing. For example, if your grass is 6 inches tall, do not remove more than 2 inches of length. This helps prevent root stress and promotes turf vigor.

Reminder: Do not mow or blow grass clippings into the street. Grass and leaves in the street can travel with rainwater into the City stormwater sewers. Many stormwater facilities flow directly into our local rivers without pretreatment and the added nutrients can cause algal blooms and other detrimental effects.

What can we do outside of the Month of May to help our lawns, pollinators, and environment? If you typically mow your lawn every week, consider mowing every other week. Research has shown this to increase the number of individuals and species variety of pollinators. An added bonus of a less-is-more approach to lawn care is that more mowing can be associated with increased pests and allergy-causing plants

like ragweed. Relax and enjoy a cold beverage while enjoying the buzzing and fluttering critters in your yard.

Skip watering your lawn. EPA estimates that 30% of residential water usage is devoted to outdoor uses including watering lawns and gardens. Experts estimate that as much as 50 percent of water used for irrigation is wasted due to evaporation, wind, or runoff caused by inefficient irrigation methods and systems. When watering is needed, sprinkle your lawn, not sidewalks, driveways, or streets. Shape soil so water will sink in, rather than run off.

Reduce or eliminate the use of herbicides and pesticides. Besides being potentially harmful to our pollinators, chemicals and weed killers are not needed for a healthy lawn and they're one of the main reasons we have green algae in our lakes and streams. Get a soil test so you know if your lawn needs more nutrients. Mulch to keep the lawn healthy, so it can outcompete weeds for light, nutrients, and water. If you must fertilize, do it in the fall. Sweep up fertilizer that falls on the street and sidewalk and dispose of it properly - water and fertilizer that go into the street go directly to the river or lake.

www.deperewi.gov

Senior living for the young at heart

With a variety of engaging activities and learning programs, Clement Manor believes in helping our residents live life to the fullest. Our newly remodeled facility includes full-service restaurant-style dining, comfortable lounges, an indoor heated therapy pool, hair salon, chapel and more.

See why we received a 5/5 rating by U.S. News and World Report for senior care.

Go to CLEMENTMANOR.COM for more information.

Clement
Manor

LIFE ENRICHED



Who Doesn't Have a Few Extra Pounds??!

Sometimes a little chuckle helps us to smile at ourselves...

Ben & Jerry's Ice Cream is God's way of saying He likes us a little chubby.

A recent study has found that women who carry a little extra weight live longer than the men who mention it.

Diet Day #1 - I removed all the fattening food from my house. It was delicious.

I wanted to lose 10 pounds this year. Only 13 to go.

You're fat. It's not because it runs in the family, you're fat because nobody runs in your family.

Diet Soda: Making people feel better about ordering two double cheeseburgers and a large fry since 1982.



WHY CAN'T I LOSE WEIGHT!?!?

continued from page 9

An additional problem with inflammation and FLRS is that there is a vicious cycle present: excess fat increases inflammation and inflammation promotes the hormone disruptions that lead to obesity. It is well worth the efforts to eating healthy and reducing toxic load to break the cycle.

Genetic Expression

The notion that our genes largely determine our fate has been substantially modified. It has become clear that genes can be active or inactive and that various combinations of active and inactive genes can result in markedly different outcomes.

The field of science that studies what affects gene expression is epigenetics. To our great advantage epigenetics research indicates that there are several factors within our control that significantly affect our gene expression. Since FLRS becomes established via unhealthy gene expression, take particular note of these:

* **Diet** – eating the foods we are genetically adapted to turns on healthy gene expression; * **Bowel health** – microbes that inhabit our bowels influence weight, energy levels, sleep patterns, emotional regulation; * **Toxic burden** – avoidance and improved detoxification; * **Vitamin D level** (specifically, the 25-OH Vitamin D level) – Vitamin D affects at least 20% of our gene expression and should be optimized to a blood level of 60-80 ng/ml; * **Physical activity**; * **Beliefs** – not just being optimistic or hopeful but choosing to conduct yourself (thoughts and actions) as though your chosen belief is already in the process of becoming reality and having the feelings of profound gratitude (in the case of FLRS, the gratitude, relief, and joy you will experience when you are at a healthy body weight)

So how do you overcome FLRS and become able to lose weight?

- * Eat healthy food, i.e., foods man is genetically adapted to, but do not restrict calories until FLRS is corrected
- * Reduce your exposure to toxic substances
- * Enhance your detoxification processes
- * Avoid foods that cause an inflammatory reaction in your gut
- * Achieve optimal thyroid functioning

There are other considerations that, when addressed, help overcome FLRS:

- * **Stress Management** – particularly important since FLRS itself is highly stressful physically, emotionally, and psychologically
- * **Medications** – avoiding those that cause weight gain

Treating FLRS allows people to overcome the array of physiological problems that prevent them from losing weight. By helping people determine what the most likely underlying problems are, they are able to focus their attention and effort on correcting the problems and then they can begin losing weight.

Eduardo Castro, M.D. is the owner and Medical Director for the Mount Rogers Clinic in Troutdale, VA. Dr. Castro is the co-author of two books on neurofeedback with Robert Hill, PhD, *Getting Rid of Ritalin and Healing Young Brains*. For more information on his newest book, *When Diets Work: Overcoming Fat Loss Resistance* please visit: www.whendietswork.com



Affordable

SENIOR HOUSING

6 Desirable and Convenient Locations

Becker Property Services, LLC | **262-240-9406** Ext. 4
EMAIL: BeckPropSvc@aol.com

Accessible, federally subsidized, safe, secure, barrier-free, affordable one bedroom apartments for seniors age 62 & older.

- Burnham Village West Milwaukee
- Cifaldi Square Cudahy
- Gonzaga Village West Allis
- Oak West West Allis
- Sunset Heights Waukesha
- Valentino Square West Allis

Call or email for more information or an application!



www.beckerpropertyservices.com

Spring into Savings
CALL NOW FOR A SPECIAL OFFER
INDEPENDENT & ASSISTED LIVING

INDEPENDENT LIVING
ASSISTED LIVING
SKILLED NURSING

VMP
HEALTHCARE & COMMUNITY LIVING

Live Life In Full Bloom at VMP

Experience worry-free living at VMP by scheduling your tour today!

Call (414) 607-4100 for more information or visit VMPcares.com

3023 S. 84th Street | West Allis | 53227

health. Providing a dual caregiving role can be physically demanding. However, it can also easily take a toll on someone's mental and emotional health.

Financial Planning for the Sandwich Generation

One of the key challenges faced by the Sandwich Generation relates to financial planning. As an adult, we can ideally focus on our personal financial goals, which can be hard enough in itself. This could include building up a safety net, paying off those college mortgage loans, and tucking money away for our retirement.

With this, here are some actionable financial planning tips for the Sandwich Generation.

1. Have a conversation with your parents early on about their finances. The first tip should happen long before you find yourself in the sandwich generation dilemma. In other words, this is a preventative action step. Have an open and honest conversation with your parents about finances as early as possible. It's in everyone's interest to make sure your parents can support themselves. This includes talking about any debts, ongoing expenses, estimated income in retirement, and other assets that could potentially help.

Although it may feel awkward to talk about money, you have a right to know. If you find yourself in a situation where you are providing care for a parent, the burden will fall on you. If they are not prepared financially, part of the burden includes finances. This is also a good time to make sure that they have a proper Estate Plan in place in case anything were to happen.

2. Keep an open dialogue with children about money. This is also a great time to have transparent communication with your children about finances. Let them know if you are saving up money for their college education, and how much you expect them to contribute to the household when they are legally able to work. This can provide them reassurance and an understanding about the family's financial game plan. Talking about money early on can provide them with great financial skills and healthy spending habits.

3. Review your budget and adjust spending, saving, and income planning. Thinking about the future can also



serve as a wakeup call regarding your spending behavior. If you're suddenly hit with financial challenges, you'll likely feel foolish for not creating a better safety net for yourself and your family.

Review your budget and monthly spending and make the necessary changes to help you meet your financial goals. This could include small changes such as making coffee at home, working out at the park instead of at the expensive gym, and eating out less frequently. Small savings can add up significantly over time.

4. Prioritize long-term saving. Pace an emphasis on your long-term savings goals. You'll feel thankful if your parents can support themselves financially through retirement, and one day you'll find yourself in the same shoes. Thanks to the magic of compounding interest, your money will grow while you sleep. If your employer offers any type of matching plan, take advantage of it! Not doing so is like giving away free money that could have boosted your financial standing in a significant way.

5. Establish regular check-ins. A good indicator of financial health is a person who checks under the hood at regular intervals. Although the "set it and forget it" strategy works well for most long-term saving, it's still important to establish regular check-ins. Every once a while, sit down and analyze your spending habits and recreate your budget. Also, check your investment vehicles and savings products and make any changes if you spot a better investment option or savings rate.

6. Revisit estate planning for you and your parents.

Finally, don't forget to revisit estate planning for yourself and your parents. A solid Estate Plan ensures that assets and property are passed down in your family effectively, efficiently, and rightfully.

If someone passes away and does not have an Estate Plan in place, it can wreak havoc on your family legacy. Not only will your loved one's estate plan pass through probate, the court system may distribute assets in a way that doesn't work for your family.

Make sure every adult in your family secures their assets by putting a strong Estate Plan in place. It's also a great idea to hold regular family meetings to talk about estate planning to make sure everyone involved is aware of what's to come and is a part of a cohesive strategy.

Update Your Estate Plan in Accordance with Sandwich Generation Needs

Belonging to the Sandwich Generation is challenging, and it's the harsh reality that millions of Americans face today. Even if it doesn't affect you now, it could affect you later. A large proportion of Americans continue to age, while the economic future for today's young adults remains uncertain. You may also have a parent, sibling, aunt, or uncle who is facing the challenges of this generation.

Some economists have even created new categories within the Sandwich Generation as new variations arise. For instance, the Club Sandwich Generation describes young adults who have minor children, elderly parents, and aging grandparents. It can also describe older adults who are wedged between elderly parents, adult children, and possibly even grandchildren. This means that the majority of Americans can find themselves in this predicament.

Taking care of our caregivers' collective physical, mental and emotional stress is a top priority. Another priority is supporting them with their financial planning. No matter our role in our families or the economy, we can pitch and help by making sure those we love are planning for their financial future. One of the best ways to do this is by establishing an Estate Plan.

Need An Easier Way To Read? We Can Help!



You may qualify for **FREE** library services if your ability to read is affected by:

- Vision Impairment
- Physical Impairment
- Reading Disability

Email: WTBBL@milwaukee.gov

Call Toll-free: 1-800-242-8822

Visit: <http://talkingbooks.wi.gov>



WISCONSIN TALKING BOOK AND BRAILLE LIBRARY



Cottonwood Trails Apartments

4600 S. Nicholson Ave
Cudahy

\$99 Security Deposit

A Senior Complex

Income Eligible for Adults 55+

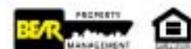
Call Andrea at 414-483-9969

to schedule a visit!

cottonwood@bearproperty.com

We offer:

- Non-smoking
- Heated underground parking
- Elevator service
- Laundry on each floor
- Controlled entry access with private intercom
- Community room / Social Activities
- 1 & 2 Bedrooms w/ Heat & water



Proudly Managed by Bear Property Management 262-697-9616

In the year 2022, the Lord came unto Noah, who was now living in America and said:

"Once again, the earth has become wicked and overpopulated, and I see the end of all flesh before me. Build another Ark and save two of every living thing along with a few good humans. You have 6 months before I will start the unending rain for 40 days and 40 nights."

Six months later, the Lord looked down and saw Noah weeping in his yard - but no Ark. "Noah!" he roared, "I'm about to start the rain! Where is the Ark?"

"Forgive me, Lord," begged Noah, "but things have changed. I needed a building permit. I've been arguing with the boat inspector about the need for a sprinkler system."

"My neighbors claim that I've violated the Neighborhood By-Laws by building the Ark in my back garden and exceeding the height limitations. We had to go to the Local Planning Committee for a decision."

"Getting the wood was another problem. There's a ban on cutting local trees in order to save the Greater Spotted Barn Owl. I tried to convince the environmentalists that I needed the wood to save the owls - but no go!"

"When I started gathering the animals the RSPCA took me to court. They insisted that I was confining wild animals against their will. They argued the accommodations were too restrictive, and it was cruel and inhumane."

"Then the Environmental Agency ruled that I couldn't build the Ark until they'd conducted an environmental impact study on proposed flood. I'm still trying to resolve a complaint with the Human Rights Commission on who I'm supposed to hire for my crew. The trades unions say I can't use my sons. They insist I have to hire only Union workers with Ark-building experience."

"To make matters worse, the Inland Revenue seized all my assets, claiming I'm trying to leave the country illegally with endangered species."

"So, forgive me, Lord, but it would take at least 10 years for me to finish this Ark."

Suddenly the skies cleared and a rainbow stretched across the sky. Noah looked up in wonder and asked, "You mean you're not going to destroy the world?"

"No," said the Lord. "The Government beat me to it."

STRESS RELIEF from LAUGHTER?!?

it's no joke!



"Sometimes I wrestle with my demons. Sometimes we just snuggle." ~ unknown

FIVE RULES TO REMEMBER IN LIFE:

1. Money can't buy happiness - but it's far more comfortable to cry in a Porsche than on a bicycle.
2. Forgive your enemy - but remember their name.
3. If you help someone when they're in trouble - they will remember you when they're in trouble again.
4. Alcohol does not solve any problems - but then, neither does milk.
5. Many people are alive only because it's illegal to shoot them.

BONUS RULES:

1. Condoms do not guarantee safe sex! A friend of mine was wearing one when he was shot by the woman's husband.
2. I think all politicians should wear uniforms. You know, like NASCAR drivers, so we could identify their sponsors.
3. Also, all politicians should serve only two terms — one in office and one in prison.

An elderly gentleman went to the local drug store and asked the pharmacist for Viagra.

The pharmacist said "That's no problem. How many do you want?"

The man replied, "Just a few, maybe a half dozen, but can you cut each one into four pieces?"

The pharmacist said, "That's too small a dose. That won't get you through."

The gentleman said, "Oh, that's all right. I'm too old, and I don't even think about sex anymore. I just don't want to pee on my shoes."

When I was a child I thought nap time was punishment. Now it's like a mini-vacation.

Throughout this issue, joke resources: shortfunny.com, laffgaff.com, pun.me, humor matters, jokesoftheday.net, reader emails

HAIR Experience

John Endries
47 Years Experience!

2215 S. Kinnickinnic Ave
414.744.8141



HARD TO CONTROL AREA?
We can Help!
Ask about our Razor, Clipper & Shear Cutting Techniques

WIGS & Hair Add-ons




Come in and TAKE A LOOK!! Whether you're experiencing hair loss or want to try a whole new look for a night out or a trip to the grocery store!

SCHIEBLE'S AUTOMOTIVE

Since 1970

Your friendly, honest, family-owned automotive repair center! Our prices are reasonable, our employees are happy and hard-working and our work is precise. If you want fast, reliable work, stop by today for a **FREE ESTIMATE!**

COMPLETE AUTO REPAIR

FREE ESTIMATES on REPAIRS!
414-354-8350

7375 N. 51st Blvd., Brown Deer
(1.5 miles south of Brown Deer Rd)
schieblesautomotive.weebly.com



World's Shortest Fairy Tale
Once upon a time, a Prince asked a Princess "Will you marry me?"
She said "No."
...And the guy lived happily ever after and went fishing and hunting and drank beer all day every day for the rest of his natural days. **THE END**

Crossword on page 22

T	A	N	D	E	M	S	T	A	R	T	F	A	R	E
A						H				A				A
R	O	U	B	L	E	E		R	U	S	H	V		
T	F					M	A	M	M	A	T			
L	A	X								I				S
E	E		O	D	Y	S				O	L			
			T	O						I	C	R		
			E			A	G	I	N	G	K	O		
R	E	A	R	E	O									P
C	E				O	C	K	I	N	G				
I	K	S			D	N								
L	H	T			O					L				
E					I	W				I	L	Y		
A	E	L								E	A	L	C	E
S														
U	I	C	I	D	E					E	K	Y		
A	E	P								D	E			
E	N	D	E	R										

turn, cost more than hallways. Don't make the mistake of calculating the cost out of an all-inclusive cost per sq. ft. number.

The Cost of Deconstruction

Let's go back into the car and think about construction zones on a highway. When "renovating" a road, there are so many more costs and factors that slow you down than when building a road from scratch. You have to make sure the space is still safe for people to pass through. You can only work at certain times. You have to

get rid of what is already there before you can construct what you want to replace it. All of these come with costs that make renovation significantly more expensive than a new build. Many folks actually budget much less for renovations than a new build building; it makes sense, right? They already have lots of the building that they don't have to pay for again. The issue is that the costs to renovate a "live" environment, can sometimes make the process way more costly and more time-consuming. Plan for the hidden "live" costs, so you don't run out of fuel while you're stuck in construction traffic.

Remember to plug in!

We've seen a lot of budgets, and one thing that everyone forgets to put into



their budget is technology. This includes things like the wiring for internet, phone lines, smart devices, pharmacy, bidets, tracking devices, EMR's, security technology, etc. It's a nightmare to think about after you've built a space. These are essential items that should be integrated from day one. **Technology is no longer just nice to have...** it has become a need to have. Budgeting for a building without the technology is like planning a building without indoor plumbing! You can get by with an outhouse, but it's the twenty-first century, and no one wants to live like that if they don't have to.

This Is Not HGTV

Unfortunately, you don't get to build a space and then hope to have the budget to fill the spaces with furniture, finishes, window treatments, artwork and accessories. The best way to know you have the budget you need is to involve an interior designer from the beginning. Interior designers understand all that goes into a space, from the furniture to the artwork, no matter the size of the project. Without one, you are liable to create a construction budget for a beautiful but empty room! It would be like buying a car and then finding out the seats were not included. We live in the space, after all — eating, connecting, and sleeping, which all require furniture.

Kris Rhyner, Sr. Project Manager for Scherrer Construction's Signature Home Division. Kris manages Scherrer Construction's Signature Home Division and provides ongoing communications to the client, architect, and all relevant team members throughout the duration of the project.

SPRING CLEANING is here!!! Many new donations arriving!

Habitat for Humanity Germantown ReStore



Shop.



Donate.



Volunteer.

WE SELL THE FOLLOWING ITEMS and ACCEPT/APPRECIATE THEM AS DONATIONS

- Windows, Doors & Lumber • Kitchen Cabinets
- Bathroom Vanities & Toilets • Flooring
- Light Fixtures & Ceiling Fans
- Couches, Chairs & all types of Tables
- Refrigerators, Stoves, Microwaves
- Washers & Dryers
- Lawn & Garden • Yard • Patio Furniture
- Hutches, Dressers, Beds, Frames, New Mattresses
- Handyman Tools including Power Tools, Saws, Benches, Nails, Screws
- and MUCH MORE!!



OFFERING FREE DONATION PICKUP

like us on facebook www.hfhrestore.org

Washington and Dodge Counties

Habitat for Humanity

ReStore

262-255-7470

gtrestore@hfhwashco.org

Hours:

Monday-Friday: 9am-6pm

Donations from 9am-5pm

Saturday 9am-4pm

Donations from 9am-3pm

W190N10768 Commerce Circle

Germantown, WI 53022

WANTED

OLD BICYCLES & BIKE PARTS
TOYS & OTHER COLLECTIBLES
FROM THE 1930'S, 40'S, 50'S, 60'S

CASH PAID & WILL PICK-UP!



CALL SCOTT (414) 254-7572

or email

SCOTT@BICYCLECOLLECTOR.COM

FURNACES & A/C's IN STOCK!! BEST PRICES!



THE THIELMANN GROUP

We don't do things the easy way... We do them The Thielmann way!

BURLINGTON

THIELMANN & SON

ROTH

GAS FURNACE TUNE UP OR
A/C CLEAN & CHECK \$99.95ea

Or Both for \$179.95

Exp: 6/30/22

DUCT CLEANING
SPECIAL

Starting at
\$495

Exp: 6/30/22

LENNAR PREMIER DEALER



DAIKIN

Turn to the experts

Visit our website at

ThielmannGroup.com



262-763-2653
BURLINGTON

262-763-2500
HARTFORD

262-293-9285
MENOMONEE FALLS

262-786-2000
NEW BERLIN

414-764-4700
OAK CREEK

262-534-5568
WATERFORD

Crossword junkie!

abcdefghijklmnopqrstuvwxyz

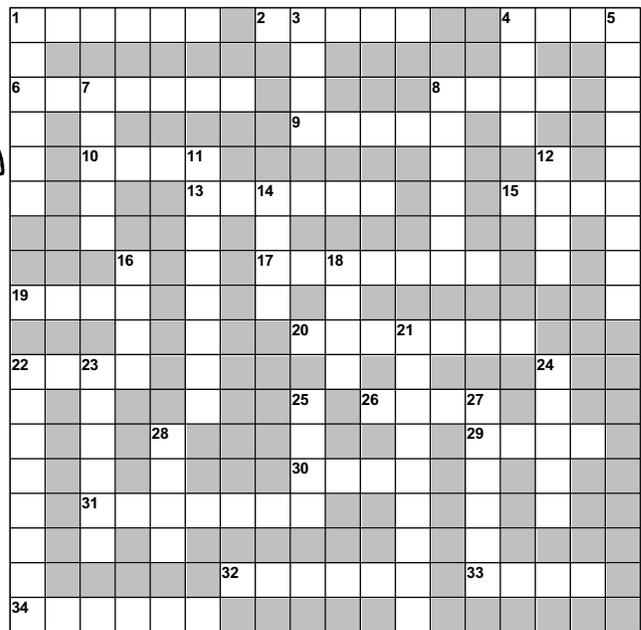


ACROSS

1. A bike for two
2. Begin
4. Money paid to be transported
6. Worse if it's double
8. Conservative talk show host
9. Baby talk 'mom'
10. Form of public transportation
13. Not anymore
15. Past tense of sell
17. Wife's fault
19. Rectangles height by width
20. Type of chair
22. To remove fruit from a tree
26. Animal textile
29. Describes hair condition
30. Three a day is recommended
31. Taking one's own life
32. Activity of people arriving
33. To exhaust
34. Showing gentleness or concern

DOWN

1. To tell on someone
3. The other people
4. Very quick
5. Listen to others inadvertently
7. Frequently
8. Dried grape
11. Description of earnings on a CD
12. Big stone
14. Femur is one
16. Opposite of front
18. Opposite of bad
21. Gained through learning
22. Agreeable qualities
23. Solid dairy product
24. Path behind buildings
25. Two fifths of two bits
27. Keepsake necklace
28. To loose footing



Answers on page 20

The Snap, Crackle, Pop in the morning ain't my Rice Krispies!!

WORD SEARCH



- | | | | |
|----------|-----------|----------|----------|
| ANGEL | FEVER | MAKE | RID |
| BELIEVE | GLAD | MARBLE | SEXUAL |
| BELONG | GOOSE | PACKED | SOLITARY |
| BESIDE | GRIND | PATIENCE | SUDDEN |
| BORE | GROUND | PILLOW | THAW |
| BREED | GRUNT | PLUM | THEN |
| BROWN | HELPED | POST | THREW |
| CHANGE | HOMESTEAD | POTATO | UNDER |
| CIRCULAR | HORN | PRAYER | UNREAL |
| CROWDED | IMMORTAL | QUIET | WHISPER |
| DEN | INN | RAIN | WILL |
| DOLLAR | LETTUCE | RAISIN | WORRY |
| ELBOW | LIKABLE | | |

For MOMS...

When your first child eats some earth, a bit of grass or a worm, you take them to a doctor. When your second child eats some earth, a bit of grass or a worm, you spit on a hankie and clean them up. When your third child eats some earth, a bit of grass or a worm, you wonder whether they still need lunch.

Happy Mother's Day! Yes, it's today. How fast can you glue macaroni into a bracelet?

Moms can clean up everything. Scientists have proven that a Mom's spit is the exact chemical composition of Formula 409. Mom's spit on a Kleenex - you get rust off a bumper with that.

- Jeff Foxworthy

"I'm not an early bird or a night owl... I am some form of a permanently exhausted pigeon."

A student at a management school came up to a pretty girl and kissed her without any warning. The surprised girl said, "What was that?"

The guy smiled at her, "Direct marketing!"

The girl slapped him soundly. "What was that?!" said the boy, holding his cheek.

"Customer feedback."

**We don't just sell hearing aids.
We focus on total hearing health.**



**Dr. Douglas Kloss,
Audiologist**



**Dr. Amy Wiza,
Audiologist**



**Joanne Colombo,
Audiologist**

The audiologists at Midwest Audiology Center have a mission to improve the lives of people with hearing loss through better hearing.

Introducing **WIDEX MOMENT™**

the world's first hearing aid to deliver
a truly natural sound experience.

NOW available at Midwest Audiology Center

we understand how hearing loss can negatively affect your life. Our focus is to help YOU keep being YOU and continue to enjoy your life activities. From the hearing evaluation, diagnosis and eventual hearing device recommendation, your needs are our top priority. **Its better care at a better price.**

Buy two **WIDEX MOMENT™ 440** lithium-ion rechargeable hearing aids and get one portable charger

FREE

\$150 Value



Call Today for a **30 Day Trial**

414-281-8300

4818 S. 76th St., Suite 12 Greenfield, WI 53220

www.midwestaudiology.com

Gimbel • Reilly • Guerin • Brown LLP

RESOURCEFUL. DETERMINED. RESPECTED.



L to R:

Brianna J. Meyer
Nicole M. Masnica
Denis J. Regan
Christopher M. Hayden
Jason D. Luczak**
Cameron G. Weitzner
Patrick J. Knight*
Jaclyn C. Kallie**
Richard E. Reilly
Joshua L. Gimbel*
Franklyn M. Gimbel*
D. Michael Guerin*
Thomas E. Brown*
Erin M. Strohbehn*
Christopher L. Strohbehn*
Raymond M. Dall'Osto*
Russell J. Karnes**
Megan L. Drury
Max T. Stephenson**
Kathryn A. Keppel*
Jorge R. Fragoso
Kristen N. Nelson

*Selected to Super Lawyers

**Selected to Rising Stars

WE HANDLE THE FOLLOWING AREAS OF LAW:

Appeals	Government
Business	Health Care
Civil Litigation	Insurance Coverage
Commercial Litigation	Personal Injury
Constitutional Law	Professional Licensing
Criminal Defense	Property Tax Assessment Appeals
Divorce	Real Estate
Employment Law	Regulatory Investigation Defense
Estate Planning & Probate	White Collar Crime
Family	
Fiduciary Litigation	

15+
YRS
RATED BY
Super Lawyers®

Thomas E. Brown
Raymond M. Dall'Osto
Franklyn M. Gimbel
D. Michael Guerin
Patrick J. Knight

10+
YRS
RATED BY
Super Lawyers®

Joshua L. Gimbel

WISCONSIN TRIAL & APPELLATE LAWYERS

Serving All of Wisconsin | PH: 414.271.1440 | FX: 414.271.7680

GRGBLAW.COM