

Your NEWSMAGAZINE **LIFE!**

Summer 2023

A FREE PUBLICATION
www.yourlifemagazine.net
PRINT and ONLINE EDITIONS

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

→ Hello
SUMMER ←
~~~~~

JUNE · JULY · AUGUST



**SPECIAL SUMMER EDITION**

FOOD • FAIRS • FESTIVALS • FREE CONCERTS  
FARMERS MARKETS • LIFESTYLE and so much MORE!

**INSIDE**

THIS ISSUE ~page 5



# German Fest

A MILWAUKEE TRADITION

**JULY**  
**28<sup>TH</sup>, 29<sup>TH</sup>, 30<sup>TH</sup>**

More details on time and location below.

**FRI, 28<sup>TH</sup>**  
**3PM - MIDNIGHT**

**SAT, 29<sup>TH</sup>**  
**NOON - MIDNIGHT**

**SUN, 30<sup>TH</sup>**  
**NOON - 7PM**

**BACK BY  
POPULAR DEMAND!**

## SCHÜRZENJÄGER



## Jägermeister

Official Spirit of German Fest.



## Milwaukee

PRETZEL COMPANY

Celebrate the  
10<sup>th</sup> Anniversary  
of Milwaukee  
Pretzel as the  
Official Pretzel!

**PROUD TO  
WELCOME BACK  
STIHL TIMBERSPORTS!**

## STIHL

### TIMBERSPORTS



### **"CITIES BUILT BY ROMANS" IN THE CULTURE PAVILION!**

Everything we know about early German history we learned from Roman historians. As they conquered land along the Rhein River and up to the Danube River, they founded many cities like Trier, Regensburg, Cologne, and Bonn. The Cultural Village invites you to explore the areas the Romans conquered and where/why they were stopped.

German Fest Milwaukee, Inc. | Henry W Maier Festival Park, 200 N Harbor Drive, Milwaukee, WI 53202 | 414-464-9444

GermanFest.com |



# GATHERING *on the* GREEN

SATURDAY, JULY 15 • MEQUON, WI

# Ann Wilson of Heart's *TRIPSITTER*

WITH SPECIAL GUEST



TICKETS ON SALE NOW

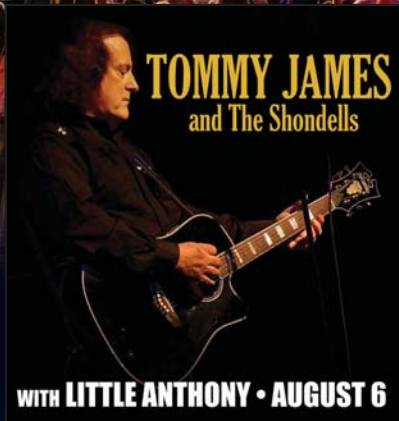
[www.gatheringonthegreen.org](http://www.gatheringonthegreen.org)

IN PARTNERSHIP WITH



# SHOWS ON SALE NOW

Miller Lite THE ORIGINAL LITE BEER OF THE MAIN STAGE



Additional service fees per ticket may apply. Etix is the only authorized ticketing partner of Wisconsin State Fair Park. The State Fair Ticket Office and Etix (accessed via the [WiStateFair.com](http://WiStateFair.com) or [Etix.com](http://Etix.com) websites) are the ONLY authorized sources for State Fair Main Stage tickets, presented by Potawatomi Casino Hotel.

If you purchase tickets from any other source, WSFP cannot guarantee the validity of the tickets and you risk being denied admission, refunds, and/or exchanges.

STATE FAIR  
MAIN STAGE  
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POTAWATOMI  
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MILWAUKEE

# SUMMERFEST 55<sup>TH</sup> ANNIVERSARY

MILWAUKEE, WI

Presented By: 



## JUNE 22 - 24

6/22 **ERIC CHURCH**  
w/ **ELLE KING**

6/23 **ZAC BROWN BAND**  
w/ **MARCUS KING**

6/24 **JAMES TAYLOR**  
& **HIS ALL-STAR BAND**  
w/ **SHERYL CROW**

The Avett Brothers • Noah Kahan • Santa Fe Klan • Elvis Costello & The Imposters  
Bleachers • Three 6 Mafia • Brett Eldredge • SOFI TUKKER • GRYFFIN • Fitz and the Tantrums  
NLE Choppa • Cheap Trick • Lyle Lovett • Tegan and Sara • Declan McKenna  
Destroy Lonely • Buddy Guy • Queensrÿche • Rosa Linn • BRELAND • Kidd G • Nitty Gritty Dirt Band  
Larry Fleet • Deer Tick • Adam Melchor • The Brook & The Bluff • The Romantics • Homixide Gang  
Sam Feldt • Lost Kings • Austin Snell • Nick Lowe & Los Straitjackets • The Wailers • The Moss  
Mindi Abair • Vixen • Wishbone Ash • Reverend Horton Heat • Autograph • MC Davo • Tornillo • Third World  
Caroline Jones • Thomas Jack • Ruby Waters • Allison Ponthier • Paris Paloma • Vanilla Fudge • Chris Duarte  
Forester • Frank Walker • PARTY SHIRT • Fleece

## JUNE 29 - JULY 1

6/29 **DAVE MATTHEWS BAND**

6/30 **ODESZA**

w/ **BONOBO (DJ SET), DRAMA, QTR & OLAN**

7/1 **A BOOGIE WIT DA HOODIE**  
**TRIPPIE REDD & CITY GIRLS**  
w/ **KIA RAP PRINCESS**

Earth, Wind & Fire • Joe Russo's Almost Dead • Ava Max • Lord Huron • Yellowcard  
Yung Gravy • Vance Joy • Cypress Hill • Coi Leray • Brett Young • Flyleaf with Lacey Sturm  
Sean Paul • lovelytheband • Mitchell Tenpenny • 38 Special • Night Ranger • Greensky Bluegrass  
Digable Planets • Spin Doctors • Jesus Jones • Nicky Youre • Beach Weather • Wang Chung  
A Flock Of Seagulls • Debbie Gibson • Survivor • Nate Smith • Mat Kearney • The Georgia Satellites  
JORDY • John Cafferty & The Beaver Brown Band • Thaikkudam Bridge • Shinyribs • Lucius Arthur  
BabyJake • The James Hunter Six • The National Parks • Andrew Duhon

## JULY 6 - 8

7/6 **JIMMY BUFFETT**  
& **THE CORAL REEFER BAND**

7/7 **ZACH BRYAN**

7/8 **IMAGINE DRAGONS**  
w/ **AJR**

Lauren Daigle • Smokey Robinson • Tyler Hubbard • Fleet Foxes • The War On Drugs  
The Pretty Reckless • Yungblud • Japanese Breakfast • Styx • Grupo Niche • Tesla  
Dinosaur Jr. • Jenny Lewis • WALK THE MOON • Ne-Yo • Scotty McCreery • bbno\$  
Cautious Clay • Collective Soul • Dylan Scott • Smash Mouth • Built To Spill • Morgan Wade • Runaway June  
Galactic ft. Anjelika Jelly Joseph • Cafuné • Hailey Whitters • Andy Shauf • The Mountain Goats  
Saliva • The Gufs • Frank Ray • The Regrettes • Buckcherry • Joey Valence & Brae • Soul Asylum  
Here Come The Mummies • Tito Puente, Jr. • Horsegirl • The Beaches • Leah Kate • Greylan James • Corey Kent  
Kalie Shorr • The Docksiders • Annie Bosko • Jet Black Roses • Momma • Lifeguard  
Piqued Jacks • Good Boy Daisy • Disq

TICKETS AVAILABLE AT [SUMMERFEST.COM](http://SUMMERFEST.COM)



# SUMMER

## INSIDE THIS ISSUE



**BEST CALENDAR OF EVENTS!!  
FOOD, FAIRS, FESTIVALS & FUN!**  
Calendar/page 7+ • Free Music Concerts/page 12+  
Farmers Markets/page 14+

### From the Publishers SUMMER 2023

My hands are grubby. My weed-pickin' finger is swollen. There is a bunny's nest smack dab in the middle of my front lawn. A woodchuck has made a home under our neighbor's deck in full access to my garden. Our squirrels, Gimpy, Pretty Girl and Stubby, enjoy scratching our patio screen every morning for their peanut breakfast. The local herons have been banned from their feasting on our pond fish and the woodpeckers, slowly making holes in our house, wake us up at 5am with their peck, peck, peck. Our fishing poles are ready to go and the canoe is shinier than our car. My she-shed camper is parked in the backyard. I have spent a fortune on flowers, bird seed, garden seed, cold beer and new strappy sandals... *I love Summer!*

**We'll be back in September with our Fall Edition and a new season full of adventures!**  
**A blessed, happy and sunny summer season to all readers, neighbors, friends, family and associates!**

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



### Summer Vacation in Wisconsin's Coastal Towns

Stroll sandy beaches or enjoy the sound of the waves crashing against the shore while exploring the beauty of historic coastal towns, right here in Wisconsin

-page 11



### Health Dangers of Diet Soda

Regular soda is far from healthy, but diet soda could be even more dangerous. This is hard to understand for most so let's find out why

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### The SUPER AGING Revolution

Is 60 really the new 30? "Yes!"

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Your LIFE! is a quarterly publication serving the multi-generational 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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**OPERATIONS MGR** Thomas Draelos  
**ADVERTISING** Kelly Larson



**THE MILWAUKEE PUBLISHING CO., LLC**  
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 FAX: (414) 586-9474  
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 www.Boomersnewspaper.com



## \$50 SUMMER GIVEAWAY!!

Random drawing.  
Winner announced in  
September  
FALL Edition.

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  
 8/31/2023





Join our sisters  
**Saturday, September 9**  
 11 a.m. - 3 p.m.  
 St. Joseph Center Garden  
 29<sup>th</sup> St. @ Orchard St.  
 Milwaukee

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For rent: row boats, canoes, paddle boats, kayaks and hydro-bikes. (Daily admission not allowed to bring in boats or pets.)

Daily Beach Admission is Open to the Public thru Labor Day. Beach hours: 10am-7:30pm daily



7053 Lenwood Drive • West Bend  
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 1/2 mile NE of West Bend.  
 Hwy 144 North to Wallace Lake Rd

# GREEK FEST 2023

June 23-24-25



State Fair Park



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

**WHOLE GREEK CHICKEN DRIVE THRU!** FRI SAT SUN 3-7 127 124



**AUTHENTIC GREEK CUISINE!**



Collectible Wine & Beer Bottles \$25  
 Valid Sat. & Sun. 12-5 pm  
(General Rules Apply and in effect)

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

Fri. 7:00-10:30 PM: The First Wave  
 Sat. 2:30-6:00 PM: Suoner Nation  
 Sat. 7:00-10:30 PM: Inflection  
 Sun. 3:30-7:00 PM: Hot Red Navy & The B-sides

**GREEN FEET SAVINGS \$1 OFF Honey Puffs**



[annunciationwi.org](http://annunciationwi.org)  
[facebook.com/annunciationchurch](https://facebook.com/annunciationchurch)

**GREEN FEET SAVINGS \$1 OFF Lamb & Chicken DINNERS**



### Thru September

Town Food Truck Tour  
The Corners, Brookfield  
Third Wednesdays of the month

### Thru September 17

Road America  
www.roadamerica.com  
Plymouth

### June 16-17

Hart Fest  
A Wauwatosa festival

### June 17

Summer Soulstice  
Milwaukee's East Side

### June 18

ARCA Midwest Tour  
The Milwaukee Mile

### June 19

Juneteenth Day  
Milwaukee's East Side

### June 21

Bayshore Family Flicks: "Vivo"  
Bayshore Yard, 5800 N. Bayshore Dr  
Free. Bring your own lawn chairs

### June 22-24

Summerfest Weekend One  
Summerfest Grounds

### June 23-25

GreekFest  
State Fair Park  
OPA! Everything Greek

### June 24

Wild Ones Vintage Motorcycle  
Rally  
Harley-Davidson Museum

### June 24-25

Cedarburg Strawberry Festival  
Cedarburg

### June 24

Kick The Dust Up Rodeo  
Bulls & Barrels  
The Barn at Buechler Farms, Belgium

### June 29-July 1

Summerfest Weekend Two  
Summerfest Grounds

### July 6-8

Iola Car Show  
Iola, WI

### July 6-8

Summerfest Weekend Three  
Summerfest Grounds

### July 8

Lake Country Art Festival  
Hartland



# Summer CALENDAR

June-September • 2023

Play • Dance • Laugh • Relax  
Repeat!

### July 7

Music on the Farm  
Margaritaville  
Holy Hill Art Farm, Hubertus

### July 15

Gathering on the Green  
Mequon Rotary Park

### July 7-8

Millers at Milwaukee  
Vintage Indy Car Event / Milwaukee  
Mile Speedway  
Pre and Post WWII Indy Champ Cars,  
Roadsters and Laydowns

### July 14-15

Rumble by the River  
Truck and Tractor Pull  
Big Bend Village Park, Big Bend

### July 8-9

White Fish Bay Art Fest  
Whitefish Bay /401 E. Silver Spring  
Drive

### July 8-September 4

Bristol Renaissance Faire  
Kenosha  
Saturdays, Sundays & Labor Day

### July 9

RiverWest Secret Garden Tour  
Milwaukee's RiverWest

### July 12-16

Milwaukee Rally  
at West Bend Harley

### July 13-16

Bastille Days  
Cathedral Square, Downtown  
Milwaukee

### July 13-15

Port Fish Days  
Port Washington Lakefront

### July 13-15

Dlefield Block Party  
Delafield

### July 13-16

Milwaukee Raly  
Milwaukee

### July 13-16

Dominic Days  
St. Dominic Parish, Brookfield

### July 14

Music on the Farm  
Elvis Blue Hawaii Luau  
Holy Hill Art Farm, Hubertus

### July 14-16

Sussex Lions Daze  
Sussex Village Park

### July 14-16

Mt. Carmel Festival  
Kenosha

### July 15

CroatiaFest  
Croatia Park, Franklin

### July 15-16

Old Falls Village Civil War  
Encampment  
Old Falls Village, Menomonee Falls

### July 15-16

Midsummer Festival of the Arts  
John Michael Kohler Arts Center. Free

### July 15

Annual Dominic Days Car Show  
St. Dominic Parish, Brookfield

### July 16

Armenian Fest  
St. John the Baptist Armenian Orthodox  
Church, 7825 W. Layton Ave

### July 19-23

Waukesha County Fair  
County Fair Grounds

### July 19, Aug 16, Sept 13

Milwaukee Night Market  
Downtown Milwaukee. Free outdoor event

### July 21-23

DeerFest  
Sunnyview Expo Center, Oshkosh  
Come see, buy, sell and trade everything  
deer

### July 22

Taco Fest of Racine  
Franksville Craft Beer Garden  
9614 Northwestern Ave, Franksville

### July 22-23

Scenic Shore Ride for a Cure  
Two-day, 150-mile bike ride from Mequon to  
Sturgeon Bay

### July 22-23

Milwaukee Air & Water Show  
Milwaukee Lakefront/Bradford Beach

### July 22-23/29-30

Granville Blues Fest  
Brown Deer

### July 24-30

South Milwaukee Heritage Days  
2424 15th Avenue, South Milwaukee

### July 24-30

EAA AIRVENTURE  
Wittman Regional Airport, Oshkosh

### July 25-30

Washington County Fair  
County Fair Park, West Bend

### July 26-30

Racine County Fair  
Racine County Fairgrounds, Union Grove

### July 27

Taste of Germantown  
Fireman's Park, Germantown

### July 28

Music on the Farm  
Fleetwood Mac Tribute  
Holy Hill Art Farm, Hubertus

# Summer! CALENDAR *Play • Dance • Laugh • Relax • Repeat*

Continued from page 7

## JULY 28-30

**GermanFest**  
Henry Maier Festival Park

## JULY 29

**Brady Street Festival**  
Milwaukee's East Side/Brady Street

## JULY 29

**Food Truck and Craft Beer Festival**  
Plaza at Fiserv

## JULY 29

**Milwaukee Brewfest**  
Craft beer tasting event. McKinley Park

## JULY 29

**Antique and Flea Market**  
Basillica of Holy Hill  
Hubertus

## JULY 29-30

**Midwest Mix Fest**  
Kenosha Yacht Club  
20+ DJ's, live mixing, food, vendors,

## AUGUST 1-19

**Peninsula Music Festival**  
Door Community Auditorium, Fish Creek

## August 2-6

**Ozaukee County Fair**  
Cedarburg. Free

## AUGUST 3-13

**Wisconsin STATE FAIR**  
State Fair Park, West Allis

## AUGUST 5

**Black Arts Fest**  
Summerfest Grounds

## AUGUST 5

**6th Annual WI IPA Fest**  
Third Space Brewing  
1505 W. St. Paul Ave

## AUGUST 5-6

**Firefly Art Fair**  
7406 Hillcrest Drive, Wauwatosa

## AUGUST 6

**Racine Starving Artist Fair**  
DeKoven Center, Racine

## AUGUST 6-7

**Jewish Food Festival**  
Rotary Park, Mequon

## AUGUST 10-13

**Greendale Village Days**  
Greendale  
Community Rummage Sale in Daffodil  
Park on August 12

## AUGUST 11

**Cheese Capital Jazz Crawl for the Arts**  
Plymouth Arts Center, Plymouth

## AUGUST 11-12

**Waukesha Rotary BluesFest**  
Naga-Waukee Park, Delafield

## AUGUST 10-13

**Luxembourg Fest**  
Belgium, WI

## AUGUST 12

**Bloody Mary Festival**  
Johnson Control Pavilion, Harbor Dr

## AUGUST 12

**Milwaukee Dragon Boat Festival**  
Lakeshore State Park, 500 N Harbor Dr

## AUGUST 12

**Falls Kids Festival**  
Menomonee Falls Downtown

## AUGUST 12-13

**Morning Glory Art Fair**  
Fiserv Forum Plaza

## AUGUST 13

**Frame Park Car Show**  
Frame Park, Waukesha

## AUGUST 16-20

**Kenosha County Fair**  
Wilmot fairgrounds

## AUGUST 17-20

**Irish Fest**  
Henry Maier Festival Park

## AUGUST 17

**Dog Days of Summer - Wine Down**  
Holy Hill Art Farm, Hubertus  
A night on the farm for friendly dogs and  
their wine-loving owners

## AUGUST 18-19

**Milwaukee Fringe Festival**  
Marcus Center celebration of artistic  
disciplines. Indoor/Outdoor

## Calendar of Events

continued on page 9

VIP CONCERT & ADMISSION TICKETS ON SALE NOW!



**DAILY** PIG, GOAT AND DUCK RACES

**DAILY** NERVELESS NOCKS JETPACK  
FLYING WATER CIRCUS

**JULY 19  
22 & 23** JOLLY GIANT  
STILT WALKERS

**JULY 20** FAIREST OF THE FAIR  
ROYAL "TEA" EVENT



**JULY 20 & 23** TRUCK & TRACTOR PULLS  
*(Thursday date change)*

**JULY 21** COUNTY EXECUTIVE & FAIR  
MARSHAL JUNIOR LIVESTOCK AUCTION

**JULY 21  
22 & 23** BRANT THE FIRE GUY

**JULY 22** 44TH ANNUAL KIWANIS  
PANCAKE BREAKFAST



**JULY 22** THE WISCONSIN  
SPUDMOBILE & SPUDLY

**JULY 22** DEMOLITION DERBY

**JULY 23** 12TH ANNUAL CLASSIC  
CAR SHOW

FREE MOTORCYCLE  
PARKING COURTESY OF **the marek group**



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WED. 12pm-10pm | THURS. 10am-11pm | FRI. & SAT. 10am-12am | SUN. 10am-8pm



**AUGUST 19**

Brew City Cigar Festival  
Bavarian Bierhaus

**AUGUST 19**

HarborPark Jazz, Rhythm & Blues Festival  
Harbor Park, Kenosha

**AUGUST 19-20**

MOWA Art and Chalk Fest  
Veterans Avenue, West Bend

**AUGUST 19-20**

Oconomowoc Festival of the Arts  
Fowler Park, Oconomowoc

**AUGUST 24-27**

West Bend Germanfest

**AUGUST 25-26**

Country in the Burg  
Cedar Creek Park, Cedarburg

**AUGUST 25-26**

Fresh Coast Jazz Festival  
Pabst Theatre, Milwaukee

**AUGUST 25-27**

Dandelion Daze  
Muskego Veterans Memorial Park  
Formerly the Muskego Community Festival, largest FREE admission festival in southeastern Wisconsin

**AUGUST 25-27**

Mexican Fiesta  
Henry Maier Festival Park

**AUGUST 30-SEPT 4**

Walworth County Fair  
Walworth County Fairgrounds, Elkhorn

**SEPTEMBER 1-3**

Wisconsin Highland Games  
Waukesha County Expo Center

**SEPTEMBER 2-3**

Third Ward Art Festival  
Third Ward

**SEPTEMBER 4**

Oak Creek Lionsfest  
9327 N. Shephard Ave, Oak Creek

**SEPTEMBER 1-3**

Saint Francis Days  
4230 S. Kirkwood, St. Francis

**SEPTEMBER 8-9**

TosaFest  
Hart Park, Wauwatosa

**SEPTEMBER 9-10**

Harvest of Arts and Crafts  
Trimborn Farm, Greendale

**SEPTEMBER 8-10**

Festa Italiana  
Italian Community Center

**SEPTEMBER 15-16**

Best Dam Blues Fest  
Thiensville Village Park

**SEPTEMBER 15-16**

Oktoberfest at Elm Grove  
Village Park, Elm Grove

**SEPTEMBER 16-17**

Cedarburg Wine & Harvest Festival  
Downtown Cedarburg

**MUSIC. MOTO. MKE.**

**JULY 13-16**

Harley-Davidson will celebrate its 120th anniversary in 2023 with the annual four-day festival filled with music, food and moto-culture. Riders, enthusiasts, and fans from around the world will gather for this unforgettable weekend.

**Bonfire on the Beach**

Grant Park Beach  
July 13, 6pm-9pm  
Live music, bonfires, and s'mores on the shore of beautiful Lake Michigan!

**Veterans Park**

July 14 and 15  
Performances by some of the world's top musical acts, local food and beverages, for enthusiasts of all ages. Ticketed experience.

**120th Motorcycle Parade**

1pm-2:30pm  
Ride along or park and watch as we close out the weekend with our epic Harley-Davidson 120th Anniversary Parade through Downtown

**Bikes on the Block, Block Party**

July 15, 11am-3pm  
Join Harley Davidson for a fun and immersive family-friendly Block Party along Greenfield Ave., downtown West Allis

*"Some of the best memories are made in flip-flops."*

~Kellie Elmore

# 2023 - 2024 ON SALE NOW



**Tusk: The Ultimate  
Fleetwood Mac Experience**  
September 9, 2023



**Salsa Manzano**  
September 16, 2023

**Main Stage  
Series**



**Erik Lunde**  
September 23, 2023



**Luca Stricagnoli**  
January 5-6, 2024\*



**Broadway Tonight Live!**  
October 21, 2023



**Girls Like Us**  
December 2, 2023



**Frogwater**  
January 5-6, 2024



**The Piano Men**  
January 12, 2024



**Kyle Megna & The Monsoons**  
March 2, 2024



**The Beach Boys Tribute**  
May 17, 2024



**Hocus Focus**  
March 15, 2024

## OAC

OCONOMOWOC ARTS CENTER

Four Guys In Dinner Jackets  
*Call Us Old Fashioned - The Supper Club Tour*  
October 12-15, 2023

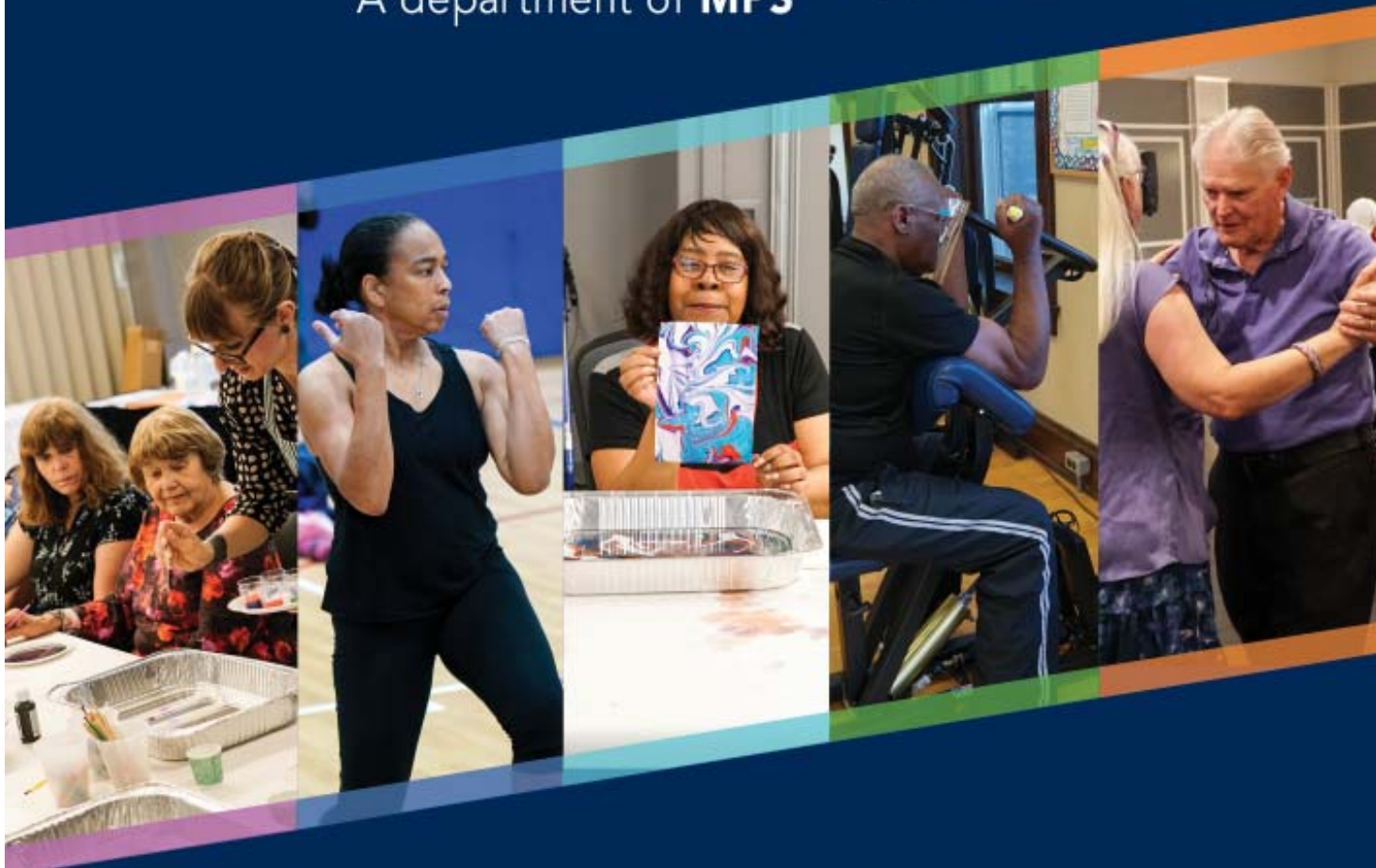


Cabaret Series

641 E Forest St, Oconomowoc | [www.TheOAC.net](http://www.TheOAC.net)  
[info@TheOAC.net](mailto:info@TheOAC.net) | 262.560.3172

# MKE REC

A department of MPS



## MILWAUKEE RECREATION

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Visit [mkerec.net/oasis](https://mkerec.net/oasis) or call **414.647.6057**

to register for Active Older Adults programming  
and to learn more about the  
OASIS Community Center (2414 W. Mitchell St.)



summer-vaca!

## 5 Wisconsin Coastal Towns

Stroll sandy beaches or enjoy the sound of the waves crashing against the shore while exploring the beauty of historic coastal towns, right here in Wisconsin. Enjoy fun in the sun while kayaking over the crystal-clear waters of Lake Michigan, relax with family and friends on a local beach or set sail on a relaxing guided boat tour – whatever you choose, you’re in Wisconsin’s favorite season!



**Bailey’s Harbor – Door County.** Located on the coast of Lake Michigan in Door County, Bailey’s Harbor is full of local restaurants and shops alongside breathtaking views of the lake.

Things to do: If you’re looking for a fun and memorable experience for the whole family, visit Lakeshore Adventures and climb aboard a clear-bottom kayak to take in the mysterious views of abandoned underwater ships on a shipwreck tour. Head north for a guided lighthouse tour on Cana Island and climb 97 steps to get a sweeping panoramic view of Lake Michigan and the Door County peninsula from the gallery deck. If you’re feeling brave, you can see Door County from a

different perspective and take a 2,000-foot treetop canopy zipline tour through Lakeshore Adventures over Moonlight Bay and Cana Island for a heart-stopping view of Wisconsin’s splendor.

**Where to stay:** After your day on the water, unwind and take in some local heritage with a hand-crafted beer at Door County Brewing Company. If you’re wanting a truly local and authentic experience, consider staying at Bailey’s Harbor Schoolhouse Inn. This historic inn is a renovated 1917 schoolhouse and is hosted by a fifth generation Bailey’s Harbor family

**Milwaukee.** As the largest city in Wisconsin, Milwaukee is full of history and character, and the Lake Michigan shoreline sets the stage for a variety of water activities ideal for the entire family. Milwaukee native or not, there are still some surprises you haven’t discovered

**Things to do:** A hot spot on the Great Lakes’ “third coast,” Milwaukee has a massive variety of activities, such as guided boat tours, freshwater surfing, jet skiing and even charter fishing. Bradford Beach, located a few miles north of the Third Ward, has plenty of space to lay out, relax and soak up some sun. Take an evening stroll on the 3-mile Milwaukee Riverwalk – a path that runs through the heart of the city, or catch a romantic sunset view with your partner at Pere Marquette Park. And don’t forget to grab your leather jacket and get a coolamundo photo posing with Bronze Fonz – an epic statue tributing to the Happy Days king of cool.

**Washington Island.** If your ideal getaway is an island in the sun, Wisconsin has you covered! Enjoy a remote escape and hop on a quick ferry ride to Washington Island, where adventure awaits just across brilliant blue waters from the tip of the Door County peninsula: a true little paradise island hidden among the Wisconsin wilderness. You’ll find a variety of local shops, nature preserves and even a limestone beach, where you can soak up some sun with your favorite people.

**Things to do:** Schoolhouse Beach, a rare kind of beach made of smooth limestone

Coastal Towns continued on page 16



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## MONDAYS

### Musical Mondays

Lake Park Summer Stage  
6-8:30pm/July 10-Aug 28

### Patio Daze

The Fernweh at Ivy House  
906 S Barclay Street  
5pm/July 11, Aug 8, Sept 12

## TUESDAYS

### Brews & Bites Concert Series

Konkel Park, 5151 W. Layton Avenue,  
Greenfield. Select dates.

6-8:30pm/Thru-Aug 22

### Chill on the Hill

Humboldt Park, 3000 S. Howell Ave.  
6:30pm/Now-Aug 29

### Tunes on Tuesday- Elm Grove

Elm Grove Village Park

6:30-8:30pm

June 27, July 18, 29, August 1, 15

### Skyline Music Series

Kadish Park, 909 E. North Ave.

5:30 - 8:30pm/July 11 - Aug 22

### Tribute Tuesday Concerts

Les Paul Performance Center

Cutler Park, Waukesha

Concessions at 5:30pm, concert 7pm

July 11, August 8, September 12

## WEDNESDAYS

### Washington Park Wednesdays

4599 W. Lloyd St.

6-8pm/July 12-Aug 30

### Heart(beats) of the City

Red Arrow Park

12pm/Thru-Aug 30th

### Music in the Glen

Richard E. Maslowski Community Park

2200 W. Bender Rd, Glendale

6:30pm/July 13-Aug 2

### Wonderful Wednesdays

Lake Park Summer Stage

2975 N. Lake Park Rd

6:30pm/July 12-Aug 16

### Waterfront Wednesdays

Lakefront Park

222 W. Wisconsin Avenue, Pewaukee

Opens 5pm, Music 6pm/Thru -July 26

### Budweiser Music Pavilion

Wisconsin State Fair Park

Opens 6pm, music 7-10pm. Thru-Aug 30

### Tosa Tonight

Hart Park Performance Pavilion

6-9:30pm/June 21-Aug 23

### Live At The Triangle

Veterans Park, Saukville

7-9pm/ Every other Wed June 14-Aug 23

### Vibes Community Concert Series

Village Park, Brown Deer

June 21, July 19, August 17

## THURSDAYS

### Music at the Market

South Milwaukee Downtown Market

11th Avenue & Milwaukee Avenue

5-7pm/ Now-Sept 28

### Bike Nights

H-D Museum Motorcycle Plaza

5-9pm/ Thru-Sept 28

### Jazz In The Park

Cathedral Square Park

6-9pm / Thru - July 6 & July 27 - August 31

### Beer Garden at The Corners

Market Square

20111 W. Blue Mound Road, Brookfield

5:30-8pm/Thru August

### Musica del Lago

Colectivo - Lakefront

1701 N. Lincoln Memorial Dr.

6pm / 6/22, 7/27, 8/24

*Free Concert Series* continued on page 13



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July 2: Karaoke with Josh Quinn

July 29: Bags tournament and Zac Daniel 2-5pm

August 6: The Hankerins 3-6pm

August 19: DebuTaunt Band 3-6pm

August 26: Cream City Blues 2-5pm

September 10: Cream City Blues 1-4pm

September 17: Sonic Boomers 1-4pm

September 24: Karaoke with Josh Quinn

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**Concerts in the Garden**

Boerner Botanical Gardens,  
9400 Boerner Dr., Hales Corners  
6:30pm/Thru-July 27

**Picnic in the Park Family Series**

Konkel Park, Greenfield  
11:30am-12:30pm  
7/6,7/20 8/3, 8/17

**Sunset Concert Series**

Village Park Menomonee Falls  
6-10pm/Thru August 24

**Tunes@Noon**

411 E. Wisconsin Center Courtyard  
12pm/Thru August 31

**West Bend Music on Main**

Old Settler's Park, West Bend  
6:30-9:30pm/Thru-August 17

**Waukesha Civic Band**

Cutler Park, Waukesha  
8pm/June 29, July 13, 20, 27, Aug 3

**FRIDAYS**

**Sounds of Summer**

The Yard at Bayshore,  
5800 N. Bayshore Dr, Glendale  
6-8pm/Thru- Aug 25

**Starry Nights Series**

Wilson Center, Brookfield  
6:30pm/July 7-Aug 11

**Live @ The Amp**

Konkel Park, Greenfield  
5-10pm/June 16, July 21, Aug 8

**Summer Sounds**

Cedar Creek Park, Cedarburg  
6:30pm/Thru 8/18

**Music on the Monument**

Monument Square  
Main and Sixth St, Racine  
4:30-7pm/Thru-Aug 25

**Rock Complex Concert Series**

Umbrella Bar, 7900 Crystal Ridge Rd.,  
Franklin. 6:30pm

**Mill Street Live Musical Series**

Plymouth Arts Center, Plymouth  
7:30pm /June 30th, July 1, 7, 14, 21, 28,  
August 4, 5  
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**SATURDAYS**

**Greendale Music on the Green**

Gazebo Park, Greendale  
7pm/Thru-Aug 19

**Summer Concert Series @ The Rock**

Umbrella Bar  
7900 Crystal Ridge Road, Franklin  
6:30pm/Thru-Sept 17

**SUNDAYS**

**Franklin Park Concerts**

Lions Legend Park, Franklin. 1:30pm/June 25,7/9, 7/23, 8/6, 8/20

**Village Nites on the Green**

Greendale Gazebo Park, Greendale. 7pm/Thru-Aug 20

**Cafe Sopra Mare.** Villa Terrace Decorative Arts Museum.

Opens 10am, Music 10:30am. Thru - Sept 24

*Free Outdoor  
Movie Series*



**Bayshore Family Flicks**

Hosted in The Yard  
5800 N Bayshore Dr, Glendale  
Wednesdays 5pm - 7pm /Thru-Aug 30

**Greenfield**

The Amp in Konkel Park  
Dusk. June 17, July 15, Aug 19, Sept 16

**Greendale**

Gazebo Park  
Dusk. July 14, Sept 16

**WI Brewing Company Park**

(where the Dockhounds play)  
Movies begin after the Dockhounds game  
August 4, 25, Oct 14

**Friday Flicks - Elm Grove**

Elm Grove Village Park  
8:30pm

June 24, July 14, 29, August 11

**Family Movies at the Corners**

Brookfield, Market Square  
Movie at 7pm. August 2, 9, 16, 23, 30

**Movies in the Park**

Hartford, Willowbrook Park  
Dusk. July 11, 19, Aug 2, 9

**Movies in the Park**

Elm Grove, Village Park  
8:30pm. June 23, July 4, 29, Aug 11

**Menomonee Falls Family Movie Night**

Village Park Previews 6pm. Movies at dusk  
July 21, Sept 8

**Malone Park Free Drive In Movies**

New Berlin  
Movie at dusk. July 28, Aug 11, 25

**Moonlit Movies**

Fowler Park Oconomowoc  
Events start 6pm, Movie at 9pm  
June 15, July 13 and Aug 17

**Monday Night Movies in the Park**

Cutler Park, Waukesha  
Pre-movie activities at 6pm, movie at 7:15pm  
June 19, July 17, Aug 21

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## Tuesdays

**Thiensville Village Market**  
250 Elm Street at Village Park  
Thru October 12/9am – 2pm  
**West Allis Farmers Market**  
6501 W National Ave  
Thru November 25 / 12pm – 6pm

## Wednesdays

**Brown Deer Farmers Market**  
Village Hall, 4920 W. Greenbrook  
Thru Oct 25 / 10am-3pm  
**Grafton Farmers Market**  
Grafton Municipal Bldg  
30 Providence Rd / 2-6pm  
**Hartford Farmers' Night Market**  
Jack Russell Memorial Library  
Thru September 27 / 4:30pm-7:30pm  
**Hartung Park Farmers' Market**  
Keefe Ave & Menomonee River Pkwy,  
Wauwatosa  
Thru September 27 / 3:30pm-7pm  
**Menomonee Falls**  
Village Park  
Thru October 11 / 2pm – 6pm  
**Mukwonago Area**  
Field Park on Hwy 83 & Hwy NN  
Thru October 11 / 2 pm-6pm  
**Pewaukee Farmers Market**  
Christ Lutheran at W240 N3103  
Pewaukee Rd  
Thru Sept 27 / 3pm -7pm

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## Thursdays

**Burlington Farmers Market**  
Wehmhoff Square  
Thru October 26 / 3-7pm  
**Delavan**  
Walworth Avenue  
Thru August 31 / 3-6pm  
**Jackson Park Farmers Market**  
3500 W Forest Home  
Thru September 28 / 3-6:30pm  
**Lake Geneva**  
Horticultural Hall, 330 Broad St  
Thru October 26 / 8am – 1pm  
**South Milw Downtown Market**  
1101 Milwaukee Ave  
Thru October 12 / 3pm – 7pm  
**West Allis Farmers Market**  
6501 W National Ave  
Thru November 25 / 12pm – 6pm  
**Westtown Farmers Market**  
Zeidler Union Square 301 W Michigan  
7-13 & 27, 8-10&24, 9-7&21 / 11-2pm

## Saturdays

**Brookfield Farmers Market**  
Brookfield Central HS  
Thru October 28 / 7:30am – 12pm  
**Cathedral Square**  
520 E Wells St, Milwaukee  
Thru October 15 / 9am – 12:30pm  
**Delafield Farmers Market**  
Fish Hatchery, 417 Main St  
Thru-October 28 / 8am – 1pm  
**Fox Point Farmers Market**  
7330 N Santa Monica Blvd  
Thru October 15th / 8am – 12pm  
**Germantown Farmers Market**  
N112W17001 Mequon Rd  
Thru October 28 / 8am – 12pm  
**Greendale Open Market**  
5680 Broad St  
Thru October 28 / 8am – 12pm  
**Hartford Farmers Market**  
Hartford Recreation Center  
Thru October 29 / 8am-12pm

**New Berlin Farmers Market**  
16300 W National Ave  
Thru Oct 28 / 8am – Noon  
**Oak Creek Farmers Market**  
Drexel Town Square  
Thru October 21 / 9am – 1pm  
**Oconomowoc Farmers Market**  
155 W. Wisconsin Ave  
Thru October 29 / 8am – 12pm  
**Port Washington Farmers Market**  
Historic Main Street  
Thru October 28 / 8:30am – 12:30pm  
**South Shore Farmers Market**  
2900 South Shore Dr, Bayview  
Thru October 28 / 8am – 12pm  
**Tosa Farmers Market**  
7720 Harwood Ave., Wauwatosa  
Thru October 14 / 8am – 12pm  
**Waukesha Farmers Market**  
125 W. St Paul Ave  
Thru October 28 / 8am – 12pm

*Farmers Market Guide*

continued on page 15



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## Farmers Market Guide

continued from page 14

### West Allis Farmers Market

6501 W National Ave  
Thru November 25 / 1pm – 6pm

### West Bend Farmers Market

200 N. Main St, West Bend  
Thru October 21 / 7:30am-11am

### Whitefish Bay Farmers Market

324 E. Silver Spring Dr  
Thru Oct 28 / 8:30am – 12pm

## Sundays

### Endries Park Farmers Market

2965 N 72nd Street  
Thru – Aug 27 / 9am – 12pm

### Greenfield Farmers Market

5151 W Layton Ave/Konkel Park  
Thru – October 29 / 10am – 2pm

### Menomonee Falls

Village Park  
Thru Sept 10 / 10am – 1pm

### Saukville Farmers Market

Veterans Park  
Thru October 30 / 9am – 1pm

### Shorewood Farmers Market

Estabrook Park  
Thru October 29 / 9:30am – 1pm

## Thurs. Sat. Sunday

### Fondy Farmers' Market

2022 W Fond du Lac Ave  
Various times, fondymke.org

# A Summer Garden is Perfect Antioxidant Therapy



Antioxidants are compounds or substances that naturally occur in certain fruits and vegetables. You may have heard of flavanols in chocolate, resveratrol in red wine, lycopene in tomatoes or beta-carotene in carrots. These are all different types of antioxidants.

**How do Antioxidants keep us healthy?** They work to protect the cells by damage caused by oxidants. Oxidants, on the other hand, are free radicals that your body produces to defend itself against bacteria and viruses. When they become too many in number, they may start attacking and harming the cells and even put us at the risk of serious diseases like heart trouble and cancer. You may also encounter oxidants from the external environment from pollutants, smoke or alcohol. Antioxidants help the body by removing these oxidants from your bloodstream.

It's important to maintain the balance between antioxidants and oxidants in the body for good health. However, the free radicals or oxidants usually outnumber the antioxidants naturally produced in the body. Therefore, it is important to have a continuous supply of antioxidants from an external source to maintain this balance. Your diet is this external source and it must be packed with good quality antioxidants. This, in turn, provides other benefits like slowing down the signs of ageing, making your skin look youthful and lowering the risk of heart disease. A diet rich in antioxidants is also known to keep your brain active and your gut healthy. Needless to say, all these factors help in improving the quality and length of your life.

## Antioxidants and Foods That are High in Each

- **Allium sulphur compounds:** Leeks, onions, garlic
- **Anthocyanins:** Eggplant, grapes, berries
- **Beta carotene:** Pumpkin, mangoes, apricots, carrots, spinach, parsley
- **Catechins:** Red wine, tea
- **Copper:** Seafood, lean meat, milk, nuts, legumes
- **Cryptoxanthins:** Red peppers, pumpkin, mangoes
- **Flavonoids:** Green tea, red wine, citrus fruits, onion, apples
- **Indoles:** Cruciferous vegetables such as broccoli, cabbage, cauliflower
- **Lignans:** Sesame seeds, bran, whole grains, vegetables
- **Lutein:** Corn, leafy greens (such as spinach)
- **Lycopene:** Tomatoes, pink grapefruit, watermelon
- **Manganese:** Seafood, lean meat, milk, nuts
- **Polyphenols:** Thyme, oregano
- **Selenium:** Seafood, offal, lean meat, whole grains
- **Vitamin C:** Oranges, berries, kiwi fruit, mangoes, broccoli, spinach, peppers
- **Vitamin E:** Vegetable oils, nuts, avocados, seeds, whole grains
- **Zinc:** Seafood, lean meat, milk, nuts
- **Zoochemicals:** Red meat, fish

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# Five Wisconsin Coastal Towns Worthy of a Visit

Washington Island continued from page 11



rocks, is a must-stop visit. You'll only find five others like it in the world! Complete with areas to take a swim, with a diving raft and a charming picnic area along the shore. Dive even deeper into the awe-inspiring natural beauty and catch another ferry over to Rock Island State Park – a smaller island northeast of Washington Island. While you're there, make the quick 1.25-mile hike to the Pottawatomie Lighthouse, Wisconsin's first lighthouse. Leave your car behind; this island is vehicle-free.

**Where to stay:** From historic cottages and hotels to rustic campgrounds, plenty of options for lodging. If you're looking to stay right on the beach, Sunset Resort is located within steps of the cool waters and has rooms with views of the lake, making for the perfect opportunity to watch a relaxing sunset with your favorite beverage in hand.

**Sheboygan.** Just 55 miles north of Milwaukee lies the "Malibu of the Midwest": Sheboygan. Located on the shore of Lake Michigan, Sheboygan, known to many as the freshwater surf capital of the world. Looking for a sandy beach to kick back and relax, a historic B&B with a luxurious spa or the perfect shore to elevate your golf game,



North Beach, Racine

here you are!

**Things to do:** Enjoy the beauty of Lake Michigan with a guided sailboat tour, or rent a surfboard and try your hand at catching waves. Head on over to Deland Park for a tour of the Wreck of the Lottie Cooper – a three-masted schooner that capsized in 1894 off the Sheboygan Harbor. Enjoy this recovered and restored up-close vision of a once vibrant ship – a truly authentic piece of Sheboygan history.

**Where to stay:** Book a stay at Blue Harbor Resort if you're ready to get back out on the water to catch a wave. Blue Harbor is home to Breaker Bay Waterpark: a complete adventure for all ages that includes a riptide pool, a hot tub, water basketball, tube slides and more.

**Racine.** Located just 30 miles south of Milwaukee and 60 miles north of Chicago, Racine is a spectacular destination for a long weekend getaway from the city. Racine has a variety of activities to get out on the water, so pack your swimsuits and head out to North Beach or put your angler skills to the test in Lake Michigan. In the water or relaxing on the coast, Racine has a wide variety of notable activities to offer.

**Things to do:** To no surprise, the gorgeous North Beach has been voted one of the top five freshwater beaches in the US. Just a few blocks from downtown Racine and spanning nearly 50 acres, North Beach makes you feel like you're on a tropi-



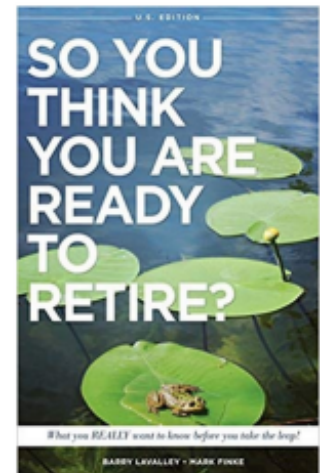
cal island from the moment you step foot on the sand. Go for a swim, play a few rounds of sand volleyball, build an epic sandcastle; no matter what you choose, you're bound for a relaxing afternoon lounging under a palm tree on the North Beach shores. Longing for a family fun jungle adventure in the sun? Swing by Racine Zoo to see over 100 different species of animals, including 50 endangered species. Don't forget to pack a bag of your family's favorite snacks and enjoy one of the zoo's picnic areas to refuel.

**Where to stay:** If you're looking to stay for at least a week, get a historic bed and breakfast experience and reserve one of the four rooms at the Christmas House, located not far from the shoreline of Lake Michigan. The Christmas House, built in 1893, has been restored and refurbished to meet modern-day conveniences with a flair of antiq



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# Are cataracts clouding your focus on life?

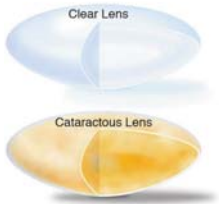
By Cheryl L. Dejewski

Even though six out of 10 people age 60+ have one, most people don't know the facts about cataracts until they're diagnosed with one. Don't let poor vision cloud your future. Read, learn, and take action now.

## Definition

"A cataract is the clouding of the natural lens located inside the eye behind the pupil," says Brett Rhode, MD, senior partner at Eye Care Specialists, a leading ophthalmology practice recognized for providing advanced medical, surgical and laser treatment of most all eye conditions. "This lens works like a camera lens—focusing light onto the retina at the back of the eye to form the images you see. As you age, proteins in the lens may clump together and start to cloud. This is called a 'cataract.' As the clouding advances, it can blur or fog vision to the point of inhibiting daily functioning."

Depending on the cataract type, clouding can take years or just months to progress.



## Symptoms

Poor vision is not a fact of life as you age. David Scheidt, OD, advises to schedule an eye exam if you notice:

- Foggy, fuzzy or blurred vision
- Sensitivity to light and glare
- "Starbursts" around lights
- Holding items closer to view
- Needing brighter light to read
- Fading or yellowing of colors
- Difficulty judging stairs or curbs
- Difficulty seeing to drive at night
- Vision affects ability to do tasks
- New glasses or prescription changes don't improve vision



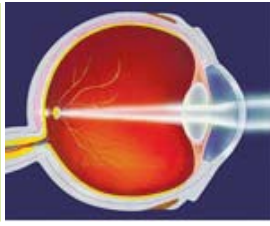
## Protection: Useful Tips

Cataracts cannot be prevented. Cataract development may be delayed or slowed, however, by wearing sunglasses and hats with brims, eating a balanced diet high in healthy nutrients (vitamins, minerals and antioxidants) and low in fat and sugar, avoiding smoking and excessive alcohol intake, and keeping your blood sugar under control if you have diabetes.



## Normal Eye:

The clear lens focuses light rays onto the retina, producing a sharp, clear image.



## Eye with Cataract:

The cloudy lens causes light rays to scatter, producing a washed out, hazy image.



## Risk Factors

- Age (cataracts develop with time, like age spots & wrinkles)
- Diabetes (doubles your risk)
- Cortisone/steroid use
- Smoking
- Sun exposure
- Previous eye injury

## Treatment

"There are no drugs, drops, glasses or exercises that can prevent or cure cataracts. The only effective treatment is to make an opening in the eye, surgically remove the cloudy lens (cataract), and replace it with a prescription intraocular lens implant (IOL) to once again focus light rays onto the retina thus restoring vision and depth perception," explains Daniel Ferguson, MD, who, along with his partners at Eye Care Specialists, uses the most advanced techniques to gently break up and remove cataracts through a tiny incision—often with only an eye drop needed for anesthesia.

## Types of IOLs

"All IOLs improve how well you can see with glasses after surgery. Advanced technology IOLs, however, have various capabilities that can reduce the need for glasses/bifocals after surgery," says Daniel Paskowitz, MD, an ophthalmologist with credentials from Harvard and Johns Hopkins. These include:

- Toric IOLs to reduce the distortion caused by astigmatism.
  - Multifocal and Extended Depth-of-Focus IOLs that allow functioning across multiple distances (unlike standard monofocal lenses).
  - The Light Adjustable Lens (LAL), which enables patients to make adjustments and further customize their vision AFTER cataract surgery.
- "Realistic expectations, higher costs, potential night glare, and other concerns are reviewed with patients who are candidates for advanced technology IOLs," says Paskowitz.

## When to Have Surgery

Eye surgeon and continuing education lecturer Michael Raciti, MD, advises, "It's not necessary to wait to remove a cataract until it's so ripe that almost all vision is blocked. In fact, if you wait too long, it can grow so dense that the operation becomes more difficult. If the cataract is preventing you from doing tasks, new glasses won't improve clarity, and no other conditions exist which would negate the benefits of removal, like severe macular degeneration (AMD), then it's time for surgery."

## Before Surgery

Cataract surgery is NOT performed in the office or on the day of your initial appointment. "In our practice, we like to have the patient meet with the surgeon first and then have preparatory tests done. Once you and the doctor decide to proceed with surgery, you will have a comprehensive eye exam to see if any other existing conditions (such as glaucoma, diabetes, retinal detachment and AMD) could detract from your results. Your exam will also include a quick, painless ultrasound procedure to determine the prescription for the implant that will restore focusing ability in your eye," says Ferguson.

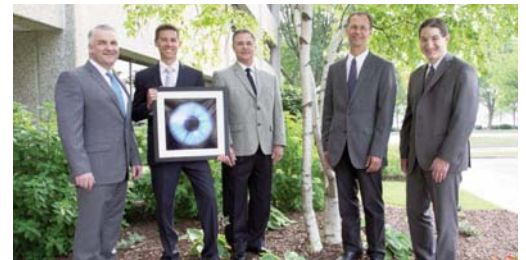
## Why Some People Hesitate

"Some people think cataract surgery is unaffordable. They don't realize it is covered by Medicare, Medicaid and most insurances. Others think they are too old or poor vision is just part of aging. The truth is that vision loss from cataracts is usually reversible, and cataract removal is one of the safest outpatient operations—even for the very elderly," says Rhode.

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Brett Rhode, MD | Michael Raciti, MD | David Scheidt, OD  
Daniel Ferguson, MD | Daniel Paskowitz, MD, PhD

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## The Truth About Diet Soda and What Makes It So Bad For You

You've probably heard that the idea of diet soda being healthier than regular soda is nothing more than a myth. Sure, regular soda is far from healthy, but diet soda could be even more dangerous. This is mind-boggling for most so let's find out why.

**It leads to more weight gain.** Before recent studies were released on the dangers of diet soda, many individuals who wanted to lose weight would swap their regular soda for diet. You can only imagine their surprise when they not only failed to lose weight, but actually ended up gaining more.

So, how exactly does diet soda contribute to weight gain? It's simple: while diet soda doesn't contain real sugar or calories it does contain a lot of additives and artificial ingredients including sweeteners. These ingredients are full of unnatural chemicals that can cause your body to crave more high-calorie and sugar-laden foods. Artificial sweeteners may also confuse your body into miscalculating the number of calories you are actually consuming which can then cause your metabolism to slow down, making it more challenging to burn off calories and lose weight.

**It has been linked to type-2 diabetes.** Think diet soda is safe for diabetics due to the lack of sugar? Think again. The artificial sweeteners in diet soda can actually cause a spike in blood sugar and insulin levels which in turn can lead to diabetic shock for those who have already been diagnosed with diabetes.

Don't have diabetes? You're not out of danger, either. Diet soda may greatly increase your risk of developing type-2 diabetes. As previously mentioned, diet soda can cause weight gain and a lower metabolism rate. These two elements alone can be the beginning of a recipe for diabetes in the future.

**It can cause heart problems.** There have been countless studies performed that all link diet soda to an increased risk of heart problems including congestive heart failure, heart disease, and/or heart attacks. The main culprit? Once again, it's artificial sweeteners including aspartame. Other health conditions that can be developed from the consumption of diet soda like weight gain, increased blood sugar levels, and diabetes can also contribute to heart problems.

**It can increase your risk of having a stroke by nearly 50%.** Back in 2011, the American Heart Association presented a paper at the International Stroke Conference that showed how drinking diet soda could increase your risk of having a stroke by 48%. Their study has shown that this risk is mainly caused by a large consumption of sodium which can cause an increase in their heart rate and blood pressure which can then in turn cause blood clots in the brain. The amount of sodium that a can of diet soda contains depends on the flavor and the brand. On the low side, you can expect to drink 12 milligrams of sodium and on the high side that number can be more than 5 times as high. Since it is recommended to consume no more than 2,300 milligrams of sodium per day, 1 can may seem harmless. However, those who drink multiple cans a day can quickly reach and go over their limit, which can greatly impact their health.

Next time you're out to eat or craving something sweet, put down the can of diet soda and instead grab a healthier alternative such as a glass of water sweetened with natural fruits.

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## MOVING IN THE RIGHT DIRECTION



# Our Decision-Making Process Can Be Our Friend or Foe...Which is It?

We often base our decisions on fear rather than our real-life experiences

By Bruce Nemovitz

How many times have you made a calculation based on logic and found that to be at odds with the result you were looking for? We have all made bets on the future based on hearsay and "pundits", only to find that the result of that wager turned out to be a disaster. You can find 'experts' 24/7 who make predictions only to make excuses when looking back at their failed prediction. The stock market is a great example of 'experts' creating stories based on facts and then coming up short when results counter acts their convincing prognostication.

We as a species often base our decisions on fear rather than our real-life experiences. We have that 'gut' feeling that often warns us of distorting what is real verses what we are told. We look for corroboration of our tendencies rather than information that may be antithetical to those fear-based emotions.

You have heard about left brain verses right brain. The left brain is analytical and logical while the right brain is creative, emotional, and special. Our life experience will trigger one side or the other based on who we are. This concept of brain thinking styles can determine how we make our decisions and react to information.

I often meet with would-be sellers who share their most sensitive information with me as to why or why not they will decide to move to another lifestyle. In many cases, the decision-making process is tainted by these inner

fears of what could go wrong rather than what would truly be their interest. I understand and empathize with everyone I meet as I have learned that what is initially said to me may be far from what lies beneath the initial reasoning told to me in our meeting. Buried within this reasoning may be that fear of change. Fear of the unknown. Fear of uncertainty. That is how we are wired, as in our development as humans we faced true adversity in our environment, such as being eaten by a lion!

Our fears and our individual brain makeup play a crucial role in our decision to move or to remain in our homes. I believe Covid played a huge role in our decision-making process. Many I talk to tell me that they had plans to move prior to Covid, but after isolation and the uncertainty of the pandemic they decided to stay put. That reluctance to move has now become a sort of safe zone keeping them in their cocoon of familiarity.

Whether our reactions to new information is left brain (analytical and logical) or right brain (emotional, creative, special), the end result should always be what is best for who we are today. Not based on that tape we play over and over in our minds which may have worked in the past but is now a hindrance to who we are today.

So how do our thinking processes relate to trying to time the decisions we make? Do we listen to fact or do we trust others to decide for us. Do we look for those pun-

ditions who make a living off of our fears or do we search for those professionals who are in real time in regard to services we truly need? When we hear from friends and family their take on what is going on in the real estate market, it is almost the opposite of what is actually happening in real time. We hear real estate sales are way down, and most I talk to have equated low sales count to low prices. That couldn't be further from the truth. Sales are down to historic levels, but that is because would-be sellers have decided to stay in their homes for the reasons stated above. This has also created another issue; how can you sell your home when there are so few properties for sale to purchase.

I believe this is the year of change for those who have put off moving. Time is a constant and we are all aging in place in real time. Our physical and mental needs are changing and what has worked in the past may no longer be a possibility for the future. We can try to time the real estate market to sell high and buy low but think about it. If your home price falls, so does the condo or home you choose to purchase. Therefore, trying to time the market is irrelevant. If you are thinking of moving to a senior community, then selling now makes great sense because we are at the peak of the real estate market. We know interest rates are cutting into buyer's purchasing power.

Moving in the Right Direction continued on page 29

## Now Is The Time To Sell!

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## GOD & LAWN CARE

### GOD to ST. FRANCIS...

"You know all about gardens and nature. What in the world is going on down there on the planet? What happened to the dandelions, violets, milkweeds and stuff I started eons ago? I had a perfect no-maintenance garden plan. Those plants grow in any type of soil, withstand drought and multiply with abandon. The nectar from the long-lasting blossoms attracts butterflies, honey bees and flocks of songbirds. I expected to see a vast garden of colors by now. But, all I see are these green rectangles."

**ST. FRANCIS:** It's the tribes that settled there, Lord. The Suburbanites. They started calling your flowers 'weeds' and went to great lengths to kill them and replace them with grass.

**GOD:** Grass? But, it's so boring. It's not colorful. It doesn't attract butterflies, birds and bees; only grubs and sod worms. It's sensitive to temperatures. Do these Suburbanites really want all that grass growing there?

**ST. FRANCIS:** Apparently so, Lord. They go to great pains to grow it and keep it green. They begin each spring by fertilizing grass and poisoning any other plant that crops up in the lawn.

**GOD:** The spring rains and warm weather probably make grass grow really fast. That must make the Suburbanites happy.

**ST. FRANCIS:** Apparently not, Lord. As soon as it grows a little, they cut it-sometimes twice a week.

**GOD:** They cut it? Do they then bale it like hay?

**ST. FRANCIS:** Not exactly, Lord. Most of them rake it up and put it in bags.

**GOD:** They bag it? Why? Is it a cash crop? Do they sell it?

**ST. FRANCIS:** No, Sir, just the opposite. They pay to throw it away.

**GOD:** Now, let me get this straight. They fertilize grass so it will grow. And, when it does grow, they cut it off and pay to throw it away?

**ST. FRANCIS:** Yes, Sir.

**GOD:** These Suburbanites must be relieved in the summer when we cut back on the rain and turn up the heat. That slows the growth and saves them work.

**ST. FRANCIS:** You aren't going to believe this, Lord. When the grass stops growing so fast, they drag out hoses and pay more money to water it, so they can continue to mow it and pay to get rid of it.

**GOD:** What nonsense. At least they kept some of the trees. The trees grow leaves in the spring to provide beauty and shade in the summer. In the autumn, they fall to the ground and form a natural blanket to keep moisture in the soil and protect the trees and bushes. It's a natural cycle of life.

**ST. FRANCIS:** You better sit down to hear this Lord. The Suburbanites have drawn a new circle. As soon as the leaves fall, they rake them into great piles and pay to have them hauled away.

**GOD:** No!?! What do they do to protect the shrub and tree roots in the winter to keep the soil moist and loose?

**ST. FRANCIS:** After throwing away leaves, they go out and buy something which they call mulch. They haul it home and spread it around in place of leaves.

**GOD:** And where do they get this mulch?

**ST. FRANCIS:** They cut down trees and grind them up to make the mulch.

**GOD:** Enough! I don't want to think about this anymore. St. Catherine, you're in charge of the arts. What movie have you scheduled for us tonight?

**ST. CATHERINE:** 'Dumb and Dumber', Lord. It's a story about...

**GOD:** Never mind, I think I just heard the whole story from St. Francis.

-anonymous



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## In the Heat of Summer, Why Think About New Year's Resolutions?

Now is a good time to check-in and see how you're really doing amid the draining heat of mid-summer. Do you remember your New Year's resolutions regarding your personal financial planning? How are you coming with your to-do list?

Time passes. Our children grow up and we get older. Sand keeps passing through the hourglass. The year is half gone. In about a couple of months children will start back to school and traffic will worsen. The summer break for most will be over. So, it's high time to get done what you need to get done.

As a financial planner, it's amazing to see the number of people with no wills or obsolete wills. Such a lapse in planning is especially critical in a marriage with minor children in the mix. An old will is better than no will, but it carries potential problems for minors, especially if both parents die at once, or a single parent passes on.

Often the bulk of a couple's savings, or that of a single parent, resides in retirement plans. There too, money passing to a minor presents problems. Have you checked both the primary and contingent beneficiary designations on retirement accounts, and personal and group insurance policies?

For those with young children, have you funded a college savings plan? Anyone, a parent or a grandparent, annually may gift to such a college plan. Gifts are made with after-tax dollars but the money grows tax-free and may be spent tax-free to meet qualified college and graduate school expenses.

How are you coming with plans to pay down debt and build savings outside of your retirement plans? Think about creating a Personal Freedom Fund – a pool of liquid capital equal to at least one-year's worth of living expenses. Living paycheck to paycheck is motivation-draining stress. Liquid and available capital creates peace of mind and freedom to roll with the punches or pursue opportunities.

If you are a key breadwinner in a family or household, are you adequately insured against the consequences of disability or death? The same question goes for key persons of an enterprise, including business owners. Is there a succession plan? Is it up to date? Time passes.

Do you have a financial question for Tim? Contact Tim at (262)369-5200, [info@aegiswi.com](mailto:info@aegiswi.com), or [www.aegiswi.com](http://www.aegiswi.com). Timothy M. Stasinoulas is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI, providing financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice.



**FINANCE  
QUESTIONS  
AND  
ANSWERS**

### WEALTH ACTION PLANS

1. Consolidate credit card debt
2. Can't stick to a budget? Create a spending plan instead
3. Prioritize saving money
4. Start an emergency fund
5. Boost your retirement savings
6. Learn better investing habits
7. Improve your credit score
8. Cook more meals at home
9. Update your beneficiaries
10. Look for extra ways to make money

A spending plan allows you to choose what you spend your money on instead of mentally restricting yourself on what you can't spend.

Determine your monthly income. Start with necessary expenses that include items such as housing, utilities, groceries and savings. After identifying how much you need for those categories, go ahead and get creative with your remaining funds -hobbies, dining out, entertainment or travel.



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To convince you it's true, we have to start by establishing what 60 used to mean.

There was a dominant "model" of aging (we call it Default Aging) and, though obsolete, it still prevails in the minds of many, particularly policy makers and the media. Under this model, 60 was the gateway to Old Age: In five years' time, you'd be 65. That meant retirement. Declining health. Maybe 10 more years of life expectancy. No time left to do much more.

The model was dominant because...well, it was true. It reflected how life worked. But not any more.

Today a new model is emerging. We call it SuperAging. It's based on the new reality: at 60, you have a lot more time left and you can do a lot more. You can learn, explore, discover, reinvent, pursue entirely new activities, even new careers. *You get older...but you don't get "old."*

SuperAging is the most important social revolution we will ever see. It says that an 80-year-old, a 90-year-old, even a centenarian, can still accomplish meaningful things. Instead of a relatively short (and often painful) period of decline and then death, the 60+ years now become a dynamic, positive time of life. Instead of mere survival, there is growth, development, new possibilities.

SuperAging is already happening all around us. It's driven by two irresistible forces:



**Is 60 really the new 30? We think we can convince you that the answer is, "Yes!"**

·The people doing the aging aren't the same as the people, of that same age, from previous generations. Today the "older" demographic is dominated by Baby Boomers who, as a generation, are definitely a Type A personality. Because of the sheer size of the generation, Boomers have always been in the spotlight. Why should they be in a hurry to step off the stage now?

·Exactly when the Boomers become the dominant component of the "older" market, science steps up with a torrent of new research discoveries to extend life even further, and mitigate the effects of aging (and possibly even *reverse* aging). Longevity is one of the fastest-growing categories of venture capital investment – there's even a Longevity Stock Index.

As a result, "60 is the new 30" is true literally. Just do the math.

By David Cravit and Larry Wolf. Co-authors of SuperAging: Getting Older Without Getting Old

In DefaultAging, a 30-year-old had about 45 years or so of further life expectancy. If we took those 45 years, and added them to a 60-year-old of today, that would mean the 60-year-old would have to make it to 105. Is that possible? We're not saying it's routine – but it's getting closer.

Centenarians are already the fastest-growing age group, in percentage terms. And in recent weeks, a Harvard research scientist declared that the first person to live to 150 *has already* been born.

Besides, even if a 60-year-old doesn't make it all the way to 100 or 105, his or her attitudes and behaviors are increasingly those of a thirtysomething: "I have plenty of time left to make new plans, discover new things, add more experiences and achievements to what I've already accomplished."

We see evidence of this everywhere. SuperAgers are not retiring "on schedule" at 65. Many are still working, or embarking on entirely new careers. They're much more proactive about their own health and wellness, seeking to become knowledgeable and engaged partners in healthcare, rather than the passive recipients (as their parents were) of whatever the clinicians chose to share. They're active planners (helped

SuperAging continued on page 25

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# ODD WISCONSIN

## Bicycles, Not Cars, Spawned First Good Roads

Our original state constitution required local governments to maintain their roads. Town boards made residents pay cash or supply labor for an annual road maintenance project. The crew chiefs were elected, and any foreman who made townspeople work hard was thrown out of office. Many farmers viewed their annual road work mainly as a time to swap stories and trade horses with neighbors.

The inevitable result was terrible roads.

As late as 1900, more than 80% of Wisconsin's rural roads were unpaved. Farmers didn't care because they shipped their produce by rail. There were no drivers to complain because cars hadn't become popular yet.

But 15,000 bicyclists had taken to the inadequate roads during the 1890s. They formed clubs to lobby for improvements and partnered with businesses to create the "Good Roads Movement." University experts proposed that a state agency take over the public highways.

Farmers called this unnecessary government intervention and denounced bicyclists as lazy "city dudes." Rather than support state control of roads, they urged lawmakers to restrict bicycles.

Tension between rural residents and urban bicyclists simmered for more than a decade. Finally, in 1911, the cyclists won. A state law was passed requiring county officials to map the best cross-county routes and instructing state government to cover a third of the costs of paving them. By 1918, nearly a quarter of the state's rural roads were paved and a state highway system had been begun.

Bicyclists had smooth riding – except for the new-fangled "automobiles" competing for road space.

Source: Campbell, Ballard C. "The good roads movement in Wisconsin, 1890-1911." Wisconsin magazine of history: Volume 49, number 4, summer, 1966

## SuperAging continued from page 24

by a whole new industry of "reinvention" consultants) of how to spend a new phase of life that will extend over decades.

They dominate the ballot box. They already represent the largest share of consumer spending, and control the majority of the nation's wealth.

Of course, to be a successful SuperAger, you have to know more and keep track of more. It isn't just a single "miracle diet" or magic workout plan. It's keeping up with the latest scientific discoveries you can intelligently work them into your own life. It's re-thinking how you work with your health and financial advisers. It's exploring more options for activities and relationships. In our book, SuperAging: Getting Older Without Getting Old, we identify seven key pillars of the SuperAging program, and show readers how to use them.

*It's the SuperAging revolution. And it's just getting started.*

\*\*\*\*\*

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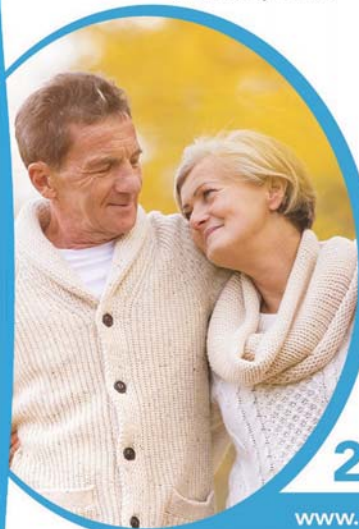


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## Overcoming The Fear

Whether the move is downsizing to simplify your life or you are helping a parent move to a new home or community that provides better for their needs, a daunting task awaits you.

# The Keys to a Successful Move

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

### How can we make the downsizing process enjoyable, while sorting through memories and parting with our treasures?

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

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

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

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

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

### Create categories to organize

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

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

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

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

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



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



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## Moving in the Right Direction

continued from page 20

Every time the interest rises, buyers must lower their price point when looking for their new home. So, eventually prices will fall. As inventory rises, more homeowners will decide to move as options will become available. The price of your home will probably decrease but so will the home you will purchase. If you are choosing a senior community, selling at the peak would be in your best interest.

Bruce Nemovitz is a Senior Real Estate Specialist, a Certified Residential Specialist, and Certified Senior Advisor for over 43 years. To help families as they transition from their long-time homes, he has published "Moving in the Right Direction", A Senior's Guide to Moving and Downsizing and "Guiding Our Parents in the Right Direction", Practical Advice about Seniors Moving from the Home They Love, available at [www.brucesteam.com/bruces-books/](http://www.brucesteam.com/bruces-books/). For more articles and information visit [www.BrucesTeam.com](http://www.BrucesTeam.com). He has been listed in Milwaukee Magazine's 5-Star Agents list for the last eight years in a row. Rated A+ by the Better Business Bureau, and is actively working selling senior's homes with his wife Jeanne and managing partner Erica.

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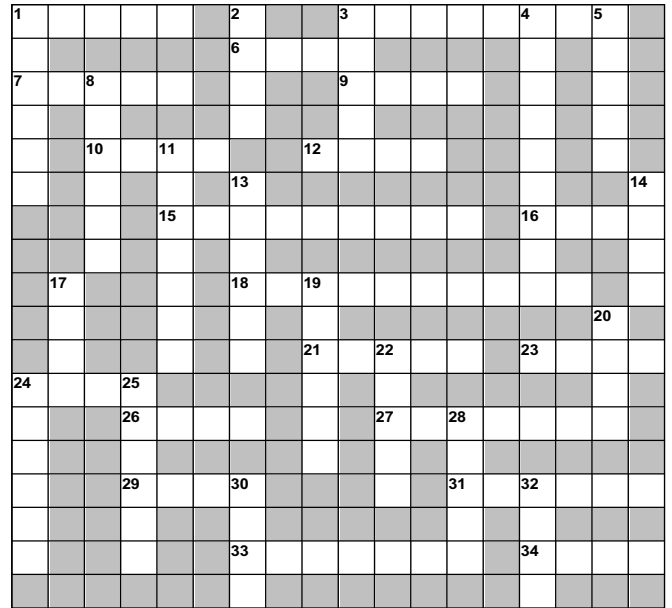


**ACROSS**

1. A flowers ambition
3. Big eared pachyderm
6. To entice
7. Up to the time when:
9. Domesticate
10. Type of life insurance
12. Created
15. Scarecrow's home
16. Not out of
18. Comprehend
21. Future action based on past result
23. Large North American omnivore
24. Single woman's title
26. Not pretty
27. Embarrassed of ones actions
29. Not smart
31. Release from anxiety
33. Without discrepancy
34. Past tense of go

**DOWN**

1. Purchased
2. Measure of land
3. More than needed
4. Squeeze box instrument
5. Firmly fastened
8. To tell on someone
11. Type of chair
13. Planting bed
14. Glue
17. Form of public transportation
19. Greenback
20. Aforementioned party
22. Once more
24. Keeps Fido from biting
25. First and last day of the week
28. To move with haste
30. Fizzy malt beverage
32. Tended grass



Answers on page 27



## Why Men Have Dogs, Not Wives...

1. The longer you are away, the more excited your dogs are to see you.
  2. Dogs don't notice if you call them by another dog's name.
  3. Dogs like it if you leave a lot of things on the floor.
  4. A dog's parents never visit.
  5. Dogs agree that you have to raise your voice to get your point across.
  6. You never have to wait; dogs are ready to go at a moment's notice.
  7. Dogs find you amusing when you're drunk.
  8. Dogs like to go hunting and fishing.
  9. Dogs will not wake you up to ask, "If I died, would you get another dog?"
  10. If a dog has babies, you can put an ad in the paper and sell them.
  11. A dog will let you put a studded collar on it without calling you a pervert.
  12. Dogs like to ride in the back of a pickup truck.
  13. Dogs don't take half of your stuff when they leave. In fact, they don't leave.
- To test these theories: Lock your wife and your dog in the garage for an hour. Then open it and see who's happy to see you!

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