

# Your **LIFE!**

NEWSMAGAZINE

**FALL · 2023**

A FREE PUBLICATION

[www.yourlifemagazine.net](http://www.yourlifemagazine.net)  
PRINT and ONLINE EDITIONS

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



*Calendar*  
Fall Events

Anti-Aging Supplements  
Food Network WI Favorites  
Seasonal Yard Work Prep

MORE  
**INSIDE**  
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# OAC

OCONOMOWOC ARTS CENTER



**SALSA MANZANA**  
7pm Saturday, Sept 16, 2023



**ERIK LUNDE**  
7pm Saturday, Sept 23, 2023



**BROADWAY TONIGHT!**  
7pm Saturday, Oct 21, 2023



**GIRLS LIKE US**  
*The Most Wonderful Time of the Year*  
7pm Saturday, Dec 2, 2023

## Main Stage Series


2023-2024



**THE PIANO MEN!**  
7pm Friday, Jan 12, 2024



**KYLE MEGNA & THE MONSOONS**  
7pm Saturday, March 2, 2024



**HOCUS FOCUS**  
7pm Friday, March 15, 2024



**SAIL ON**  
*Beach Boys Tribute*  
7pm Friday, May 17 2024



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*in Dinner Jackets*  
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Your LIFE! Magazine

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April 6, 2024  
Constantinople &  
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May 18, 2024  
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**A MARIACHI**  
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**DEC. 7, 7:30PM**



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# From the Publishers

FALL 2023



Another Fall hike in Wisconsin's beautiful Door County!

## What if, today, we were grateful for everything?

~ Charlie Brown

### Fall. Winter. Spring. Summer.

Poof! Here we are preparing for another rush of cold while wrapping up another round of Wisconsin's favorite season... or just preparing for another favorite season with our beautiful palette of colors, crunchy leaves and cozy backyard hot chocolates?! I can't imagine a year without the change of seasons. Change is life. And every thermometer reading, storm forecast, sunny sky or grey, gives us all

a great opportunity to talk and gossip and have friendly conversations with friends and complete strangers... about what? The weather. Thank you Wisconsin!

Summer adventures included our annual voyage canoeing 40 miles down our favorite Namekagon River, kayaking the Wolf, summer concerts and great barbecues of lamb, burgers and brats. *Then* comes the harvest of our garden vegetables and berries and suddenly summer becomes a blur of canning, freezing and eating. *Then* there is fall backyard clean-up, holiday shopping and scheduling all over again - yea!

Living happy. Living healthy. It's the universal goal. I am so happy to be part of it... LIFE, that is. In 1993 when I was diagnosed with breast cancer, I certainly didn't know where (or if) I would be 20 years later. But this October, celebrating my 60th birthday, our 19th wedding anniversary and Amara's first year at UWM, everything little thing is just fine. Ups and downs. Good times and some bad. It's all good.

I LOVE autumn. I love the scary anticipation of a good ole' halloween, crunching through leaves, nestling in a bit earlier, preparing the turkey feast and decorating for the holidays. Check out our calendar that always includes so many fun things to do to celebrate the seasons!



**LIFE.** *Enjoy it!*

Sandy and Tom Draelos

## NOTE FROM THE PUBLISHER

In December of 2004 I was diagnosed with aggressive, stage 1, invasive ductal carcinoma.

After surgeries, chemotherapy, radiation and recovery, I am proud to wear the badge and scars of a cancer survivor. Tomorrow, and every day, when I wake up, it will be a beautiful day. I pray that all those touched by this disease will find their way through and let their light shine brighter than ever! ~Sandy



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!

**PUBLISHER / Editor** Sandra (Hill) Draelos

**OPERATIONS MGR**

Thomas Draelos

**ADVERTISING**

Kelly Larson



THE MILWAUKEE PUBLISHING CO., LLC

PHONE: (414) 586-9212

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# INSIDE THIS ISSUE



## Food Network

Good food abounds here in the Badger State. Options seem overwhelming, but start your list with Wisconsin restaurants featured on the Food Network.

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## TAKE a HIKE

Enjoy some Wisconsin scenery on a relaxing hike. Here are some of the best trails to explore with the whole family from travelwisconsin.com

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Let's learn more about...

# Barbie!

Barbara "Barbie" Millicent Roberts, from the fictional town of Willows, Wisconsin, debuted at the International Toy Fair in 1959 to mixed reviews.

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## Fall Yardwork=Spring Beauty

A little extra yardwork in the fall is an important step to ensure it's in ideal condition for next spring.

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## Anti-Aging Supplements

Research shows that several anti-aging supplements can help reverse oxidative damage and inflammation and help prevent age-related health problems.

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# \$50 FALL GIVEAWAY!!

Winner!  
Linda Zabel  
from Greenfield

Random drawing.  
Winner announced in  
WINTER Edition.

Name: \_\_\_\_\_

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Remit entry by mail to:

Milwaukee Publishing / Your LIFE! Give-Away

6465 W. County Line Road, Brown Deer, WI 53223

Entry  
Deadline

11/25/2023



Your LIFE!

# CALENDAR

## FALL EVENTS



### Now thru November 4

**Quilts Japan: The 16th Quilt Nihon**  
Wisconsin Museum of Quilts & Fiber Arts  
Cedarburg

### SEPTEMBER 16

**Scarecrow Fest**  
Downtown Delavan

### SEPTEMBER 16-17

**Wine and Harvest Festival**  
Cedarburg

### SEPTEMBER 16-17

**Threshere and Harvest Festival**  
Richfield

### SEPTEMBER 16-17

**Holy Hill Art and Farm Market**  
Hubertus

### SEPTEMBER 17

**Fashion Fest MKE**  
The Yard at Bayshore

### SEPTEMBER 22-23

**Waukesha Oktoberfest**  
Waukesha

### SEPTEMBER 23

**Fromm PetFest**  
Henry Maier Festival Park  
Bring the whole family- people and pets alike to enjoy pet-centric activities, live entertainment, shopping, food, music ... Free admission and free parking

### SEPTEMBER 23

**Time to Fly Kite Festival**  
Lincoln Park, Kenosha  
Demonstrations, yard games and activities

### SEPTEMBER 23

**Delavan Artisan Festival**  
Delavan

### SEPTEMBER 23

**Apple Harvest Festival**  
Retzer Nature Center, Waukesha  
Family-friendly autumn celebration. Featuring the apple market; beer garden, arts & crafts vendors, scarecrow lane, scavenger hunt, live music and more  
Car load \$10

### SEPTEMBER 23-24

**Doors Open Milwaukee**  
Celebration of Milwaukee's neighborhoods, architecture, and history. Behind the scenes tours of 150+ commercial buildings, art galleries, urban gardens and more throughout Milwaukee's downtown and neighborhoods.  
www.historicmilwaukee.org

### SEPTEMBER 23-24

**Germantown Hunsrucker Oktoberfest** Germantown

### SEPTEMBER 23-24

**Piala's Fall Festival**  
Piala's Nursery, Waukesha  
Vendor craft fair, live music, fresh food, sales and plant specials, peacock palace...

### SEPTEMBER 24

**Harbor Fest**  
Harbor District (600 E. Greenfield Avenue)  
The festival includes a wide variety of free, family-friendly activities related to boats, fish, rivers, art, and science

### SEPTEMBER 26+

**Sunset Kayak & Canoe Tour**  
Milwaukee Kayak Company  
Enjoy a relaxing paddle on the Menomonee River until sunset. 5:30pm-8pm

### SEPTEMBER 28-October 29

**Jack-O'-Lantern Nights**  
Racine Zoo  
Over 1,000 Jack-O'-Lanterns light up the night with charming decorations

### SEPTEMBER 29-October 1

**Harvest Fair**  
State Fair Park

### SEPTEMBER 30

**Brooktoberfest**  
Stefans Soccer, Brookfield  
Contests, polka music, hammerslagen, face painting, kid friendly arts, crafts

### SEPTEMBER 30

**Scandinavian Festival**  
New Berlin

### OCTOBER 1

**Milwaukee Lakefront Marathon**  
Grafton to Downtown Milwaukee

### OCTOBER 1

**Fall Waukesha Art Crawl**  
Downtown Waukesha  
Walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music or indulge in food and drink. 2-8pm

*Calendar* continued on page 7

## Vendor/Craft Fair & Bake Sale

Saturday, October 7th, 10am-3pm

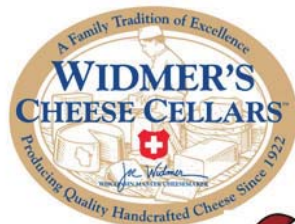
LOCATION: Knights of Columbus  
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Parking Lot Shuttle 9am-2pm

Saturday  
Oct 21, 2023

9am-3pm  
Admission \$4



# Calendar

continued from page 6

## OCTOBER 5

**Zoo Brew**  
Annual beer and food-tasting event inside the Milwaukee County Zoo

## OCTOBER 5-8

**The Farm Music Festival**  
5500 W. Silver Spring Dr

## OCTOBER 6-7

**Oktoberfest**  
Oklahoma Avenue Lutheran Church

## OCTOBER 6-8

**Milwaukee Oktoberfest**  
Cathedral Square  
German music & food, Stein competition, keg bowling, Miss Oktoberfest, Cornhole & the wiener dog beauty pageant



## OCTOBER 6-8

Get into the Halloween spirit as **MainStage Academy of Dance** returns to the **Oconomowoc Arts Center** to transform the oft-told tale of 'Dracula' into an elaborately staged ballet production

## OCTOBER 7

**Old Fashioned Cocktail Night**  
Racine Zoo  
Celebrating Wisconsin's classic cocktail. Sample old fashioned cocktails from local competitors while listening to live music

## OCTOBER 7

**Fall Street Festival**  
Port Washington  
Live music, food, vendors, games, a car show, a motorcycle show...

## OCTOBER 7

**Canine Carnival**  
Pewaukee Sports Complex  
Bring your furry friend and enjoy a day of fun interactive games and activities for families and their pets. Enjoy food trucks and craft beer, Waukesha K9 Demo, agility, Lure Coursing, breed races and more. Free

## OCTOBER 7

**10th Annual Shorewood Fish & Feather Festival**  
Hubbard Park  
Celebrate fall, the Milwaukee River, salmon running upstream and migrating birds. Walk in the river among salmon in waders or stroll through over a dozen interactive and education booths

## OCTOBER 7

**Wisconsin Mac and Cheese Fest**  
Lake Country DockHounds, 1101 Blue Ribbon Circle, Oconomowoc  
Highlighting local food vendors for their unique take on mac and cheese along with a variety of beer samples and live music

## OCTOBER 7

**Fall Family Fest**  
Greenfield

## OCTOBER 7-8

**Oktoberfest**  
Historic Downtown Cedarburg  
German foods, beers & music, live Glockenspiel Show (Cuckoo Clock)

## OCTOBER 7-8

**Holy Hill Art and Farm Market**  
Hubertus

## OCTOBER 13-15

**NARI Milwaukee Home & Remodeling Show**  
State Fair Park

## OCTOBER 13-15

**Oktoberfest**  
Our Lady of Lourdes Catholic Church  
3722 S. 58th St. Milwaukee  
Fish fry, pumpkin decorating, artisans, food

## OCTOBER 19-20

**Boo at the Zoo**  
Milwaukee County Zoo  
Family-friendly activities including a Trick-or-Treat Trail, pumpkin-carving demonstrations, & light shows. Come in costume

## OCTOBER 20-NOVEMBER 2

**Harry Potter Film Festival**  
Rivoli Theatre, Cedarburg  
Multiple showings of all eight original movies and local businesses are turning downtown into a mini Hogsmeade Village with costume contests, selfie stops, food & drink specials, Potter-themed window decor

## OCTOBER 21

**Scary Bloody Mary Walk**  
Cedarburg  
Costume (or not) and walk historic downtown Cedarburg to visit five of twelve bars competing for Best Bloody Mary

## OCTOBER 21

**Great Pumpkin Chuckin Fest**  
Racine County Fairgrounds

## OCTOBER 21

**Oak Creek Fall Festival and Harvest Market**

## OCTOBER 26-31

**Magic & Comedy** at the Haunted Brumder Mansion with Two Brothers One Mind

## OCTOBER 27

**Wisconsin Whiskey Festival**  
Hilton Milwaukee City Center  
Over 150 whiskeys from around the world. \$50

## OCTOBER 28

**Jack-O-Lantern Jubilee**  
Red Arrow Park  
Downtown's second annual Halloween-themed event. Ideal for kids ages 2 - 10

## OCTOBER 28

**The Enchanted Forest - A Witches Ball**  
3555 South 13th Street  
4-11:30pm.  
Feasting, dancing, and magick

*Calendar* continued on page 8

**Dad's SEASON TICKETS**

Family isn't Everything ... It's the ONLY Thing

**Community Theater World Premiere!**

September 7 - 24, 2023

Book, Lyrics, and Music by Matt Zembrowski  
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**Furlan Auditorium Production**

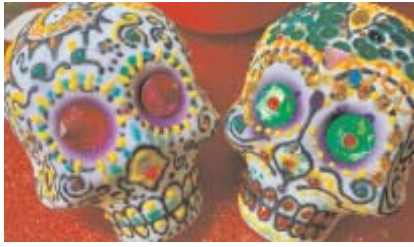
**BLITHE SPIRIT**  
By Noel Coward

Oct. 19 - Nov. 5, 2023

**Furlan Auditorium Production**

**THE BEST CHRISTMAS PAGEANT EVER**  
THE MUSICAL

Nov. 30 - Dec. 17, 2023



## Day of the Dead Ofrendas

### OCTOBER 18 through NOVEMBER 17

Latino Arts, Inc. 1028 S. 9th Street

Día de los Muertos (Day of the Dead) is a day to celebrate, remember, and prepare special foods in honor of those who have departed. On this day in Mexico, the streets near the cemeteries are filled with decorations of papel picado, flowers, candy calaveras (skeletons and skulls), and parades.

In order to celebrate, the families make altars and place ofrendas (offerings) of food such as pan de muertos baked in shapes of skulls and figures, candles, incense, yellow marigolds known as cemazuchitl (also spelled zempasuchil) and most importantly a photo of the departed soul is placed on the altar.

The Día de Los Muertos Ofrendas exhibit at Latino Arts, Inc., will feature installations from The Mexican Consulate, University School of Milwaukee, other schools and local artists.

Opening reception: Friday, November 3, 5pm  
On View: October 18 - November 17, weekdays 10:30am to 7:30pm. \$1 donation for gallery admission

# Calendar

continued from page 7

### NOVEMBER 3

#### Feed Your Soul

House of R.A.D. (Residents, Artists, Doers) 900 E. Keefe Ave (a manufacturing warehouse converted into collaborative artists' studios. Live art performance & auction. Painters, sculptures, musicians, fire performers, drag queens, and makers of all kinds – to raise money for Wisconsin's largest food bank. \$50/person - Last year's event raised more than half a million meals

### NOVEMBER 4

**Veterans Day of Honor Parade**  
War Memorial Center, Milwaukee

### NOVEMBER 5

Grace Fine Art & Craft Festival  
Grace Center, 250 E. Juneau Ave  
Pottery, paintings, photography, woodwork, candles, chocolates, metalwork, jewelry, home decor, natural skincare...

### NOVEMBER 11-12

**re:Craft and Relic Holiday Market**,  
Milwaukee County Sports Complex  
Franklin  
Artists, designers, and curators selling vintage, handmade, and pop up boutique

### NOVEMBER 12

**Ghosts of Christmas Pabst**  
Pabst Mansion  
A lecture that takes you through 130 years of Christmas celebrations at the Pabst Mansion. family Christmases in the home

### NOVEMBER 11

**Uncorked: Milwaukee Wine Festival**  
Harley Davidson Museum

### NOVEMBER 12

**Brookfield East Holiday Arts and Craft Fair**  
Brookfield East High School

### NOVEMBER 12

**SEWERFest Fall Show**  
Sturtevant, WI  
See & learn about animals rarely seen in zoos or museums. Began as a small Midwestern Reptile show but now includes a wide variety of diverse captive bred animals and features quality breeders across Wisconsin, the Midwest, and all over the United States

### NOVEMBER 16-JAN 1

**Holiday Lights Festival**  
Downtown Milwaukee

### NOVEMBER 17

**Wisconsin Annual Blues Harmonica Festival**  
Muskego

### NOVEMBER 17-19

**Holiday Folk Fair International**  
State Fair Park

### NOVEMBER 17-JANUARY 1

**Country Christmas Pewaukee**  
The Ingleside Hotel  
Nov 17 -19: 3-nights only - Walk thru nights.  
Drive thru nights: November 24-29 and December 1-January 1

### NOVEMBER 24

**Perfectly Imperfect Holiday Maker's Market**  
Brookfield Conference Center  
Handmade artists, vendors, makers and creators holiday and seasonal work. Free parking, admission \$2.

### NOVEMBER 27-DEC 18

**Father Christmas Visits the Mansion**  
Sundays. Holiday treats, letters to Santa, and enchanting Christmas displays

### DECEMBER 1-10

**Old World Christmas Market**  
Ostoff Resort, Elkhart Lake  
Reminiscent of the centuries-old Christkindlesmarkt of Nuremberg, Germany

### DECEMBER 1-31

**Wild Lights and Frosty Nights**  
Milwaukee County Zoo  
An illuminated destination with millions of sparkling lights throughout

### DECEMBER 8

**Holiday Art Fair**  
Cedarburg Community Center



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# festival of trees

**dec 2**

10am – 7pm

**dec 3**

10am – 4pm



community-decorated holiday display  
holiday boutique • live music  
cafe • ugly sweater sale  
tree raffles & more!



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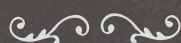
*New Works Series*

## Mystery Dinner Theatre

Oct 12–15th at 7pm

In the Albrecht Lounge

Directed by Ryan Schaufler & Co-directed by Alexandria Eggert



*Family Show Series*

## A Christmas Carol

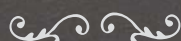
*full stage version*

Nov 10–12th and Nov 16–19th at 7:30pm &

Nov 12 and Nov 18th at 1:30pm

In the Todd Wehr Auditorium

Directed by Prof. Lori Woodall-Schaufler



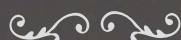
*Musical Series*

## Singin' in the Rain

Feb 22–25th at 7:30pm & Feb 25 at 1:30pm

In the Todd Wehr Auditorium

Directed by Prof. Lori Woodall-Schaufler



*Repertory Series*

## Death of a Salesman

*by Arthur Miller*

April 18–21st at 7:30pm each night

In the Todd Wehr Auditorium

Directed by Prof. Lori Woodall-Schaufler



*Summer Theatre Series*

## Moana, Jr.

July 19–21st at 7pm each night

In the Todd Wehr Auditorium

Tickets and program information can be found at:  
[cuw.edu/theatre](http://cuw.edu/theatre)

Background Texture Credit: Noita Digital on UnSplash

# Food Network

## Famous Wisconsin Restaurants Featured on TV

Good food abounds here in the Badger State. Options seem overwhelming, but start your list with Wisconsin restaurants featured on the Food Network. Launched in 1993, the Food Network offers a wide variety of food-centric shows, such as "Beat Bobby Flay," "Carnivorous" and "Diners, Drive-Ins and Dives." Here are four Wisconsin restaurants that made the cut...

By Melanie Radzicki McManus. [travelwisconsin.com](http://travelwisconsin.com)

**Delta Diner – Delta.** Delta Diner is famous for being in the middle of nowhere. (The "middle of nowhere" being a spot in northwestern Wisconsin's Chequamegon-Nicolet National Forest, in between Ashland and Superior.) The 1940s-era diner is also popular for its blue-plate specials with an inventive twist.



Guy Fieri, host of

"Diners, Drive-Ins and Dives," raved about the Norwegian pancakes with jalapeño peppers when he visited the diner for his show. Locals clamor for the buttermilk biscuits with red-eye gravy, a concoction made with ground espresso beans.

**Franks Diner – Kenosha.** Franks Diner, opened in 1926, is a popular breakfast spot and Kenosha landmark. The lunch car diner was featured on "Diners, Drive-Ins and Dives," where Guy Fieri indulged in Franks Garbage Plate. The restaurant's signature dish consists of five eggs, five meats, five cheeses and five veggies mixed into a medley of hash browns served with a side of homemade



Guy Fieri at the Anchor Bar & Grill

bread, crafted from wheat bran, yogurt and honey. Franks is also home of the Red Men Challenge which includes The Garbage Plate, two pieces of homemade toast and a tall stack of homemade pancakes -syrup is optional. No breaks and clean plates with a 45 minute time limit.

Celebs such as the Three Stooges, Lawrence Welk and Mark Ruffalo have dined at Franks, also known for its spunk. The Diner has also been featured in the New York Times, Wall Street Journal, the NFL Network, CBS Nightly News and WGN TV; on WNPR, WBEZ and WTMJ Radio, and in numerous travel and historical publications.

Check out the bottom of the menu, where you'll find admonitions to be nice or leave, close your mouth when

you chew and never drink a beer bigger than your head. **The Elegant Farmer – Mukwonago.** The Elegant Farmer's roots stretch back to 1946, when a dairy farm family sold their extra fruits and veggies at a roadside stand. Today the cows are long gone and the business has evolved into an upscale market featuring a bakery and gourmet food-and-gift shop. The stand-out item? Its Apple Pie Baked in a Paper Bag, voted America's best apple pie by various publications and shows.

The pie drew Bobby Flay to Wisconsin for an episode of "Throwdown." (We won't reveal who won.) The Elegant Farmer also has a deli selling additional notable fare, including a Chipotle French Dip sandwich and a Grilled Cranberry Turkey Wrap.

**Anchor Bar & Grill – Superior.** This place is a slice of Americana. At one time this was just a gritty little local bar that served great burgers. By word of mouth it became famous. And that's just fine with the restaurant's fans. Burgers and fries make up the bulk of the menu. In addition to typical burger, you can nosh on inventive creations like the olive burger, topped with cream cheese and green olives, and the cashew burger, smothered in Swiss cheese and cashews.

If you're extra hungry when you arrive, go for the Gally Buster, a one-pound burger with three slices of cheese. **ENJOY!**



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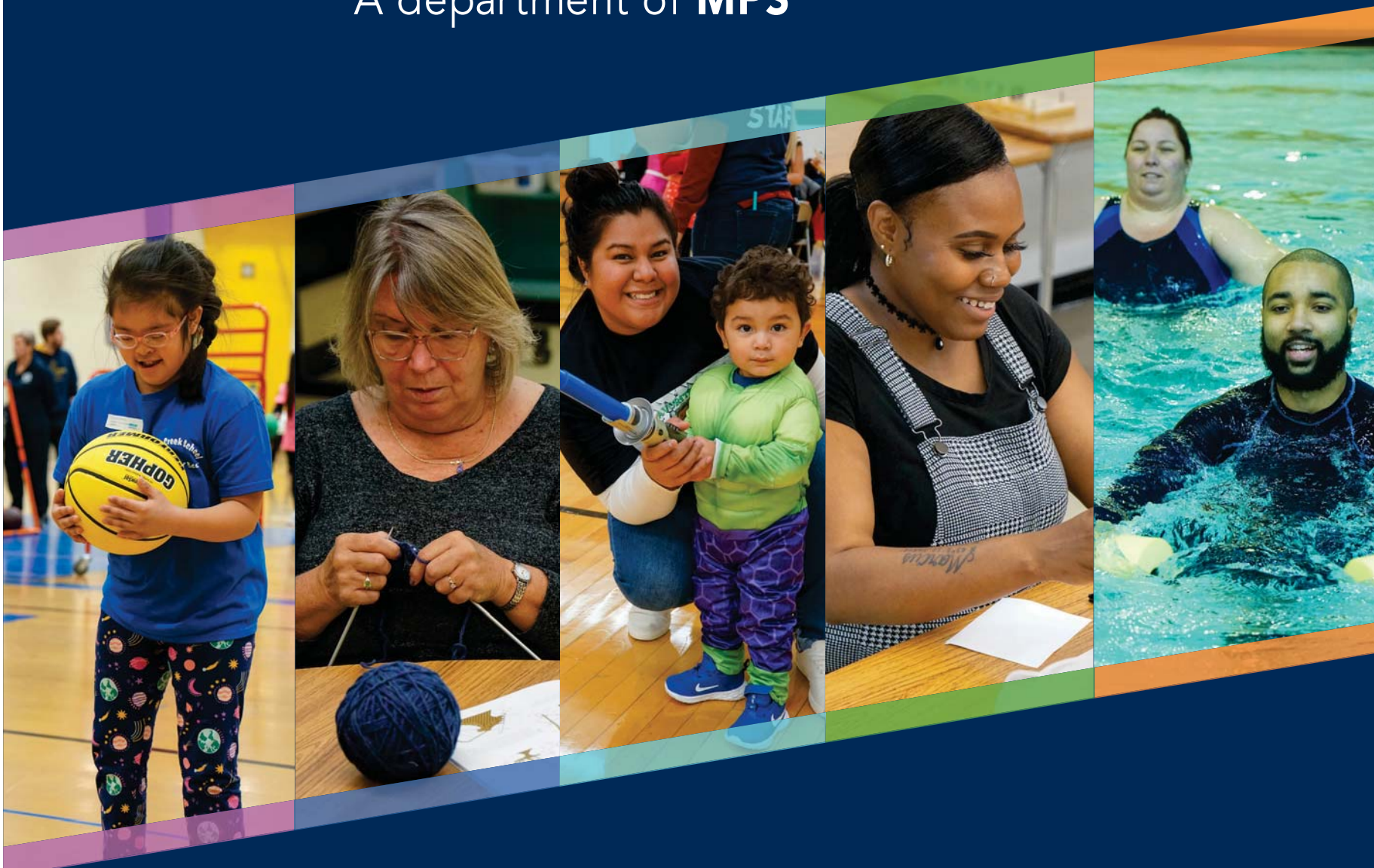
- Sep 17: Packers @ Noon. Sonic Boomers Band 3:30-6:30pm
- Sep 23: Cribbage Tournament 1pm
- Sep 24: Packers @ Noon. Karaoke w/ Josh Quinn 3:30-7pm
- Sep 28: Packers @ 7:15. Jager Girls 6-8pm
- Oct 9: Teremana TEQUILA NIGHT 6-8pm  
\$3 shots / \$4 Tequila Sunrises
- Oct 14: Cribbage Tournament 1pm
- Oct 28: HALLOWEEN Party
- Nov 4: Cribbage Tournament 1pm
- Nov 4: Karaoke with Josh Quinn 8-11pm
- Nov 9: Bucks Game. Jager Nights 6-8pm
- Nov 11: Spanky's ANNIVERSARY Party  
with Jackie Caldwell 7-10pm
- Dec 2: Spanky's CRAFT FAIR 12-3pm
- Dec 9: Karaoke with Josh Quinn 8-11pm

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# Take a Hike

## Six Easy Family Treks in Wisconsin

There's nothing better than enjoying some Wisconsin scenery on a relaxing hike through one of our state parks, countrysides or natural areas. And having little ones along for the walk doesn't mean that you still can't get out and get active—here are some of the best trails to explore with the whole crew.



Pattison State Park

### Badger State Trail

A famous railway-to-trailway that starts in Madison and heads south to Illinois (though there are plenty of shorter segments). The first six miles from the capital city are paved

and weave between urban and forested scenery before turning to packed limestone with views of prairie, farmland and rolling hills. While the impressive Stewart Tunnel is currently closed, there are plenty of fun rest stops close to the trail like Icki Sticki in Verona that's perfect for grabbing snow cones together.

### Doughboys Nature Trail

Located within the scenic Copper Falls State Park, this trail in the heart of the park follows along the Bad River and has stops along the way where families can view the awe-inspiring Copper and Brownstone waterfalls.

Take the one-mile spur off the trail that leads visitors to a 65-foot observation tower to discover incredible vistas of

Lake Superior, the Apostle Islands and the Penokee Range. With impressive sights and plenty of opportunities for wildlife spotting, there's something on this trail for everyone in your crew to enjoy.

### Kettle Moraine State Trail Lapham Peak Unit

The Kettle Moraine State Trail - Lapham Peak Unit is a lovely, easy trail situated 25 miles west of Milwaukee in Delafield. It's easy to get to and offers wildlife viewing and 17 miles of lighted loop trails.

Pick from eight different trails, but be sure to climb the 45-foot observation tower on top of the highest point in Waukesha County for stellar views in every season.

### UW-Madison Arboretum

In the heart of the capital city is 20 miles of impeccably

continued on page 30



Travelers looking for year-round Wisconsin getaway ideas, travel planning, events and free guides can discover their own fun by visiting [www.TravelWisconsin.com](http://www.TravelWisconsin.com)



## Rib Mountain: Take A Magical Chair Lift Ride

Granite Peak in Rib Mountain State Park is Wisconsin's largest downhill ski hill. But while Granite Peak is primarily known for its skiing and other winter activities, you and your crew can take a ride on the ski lift before the snow falls to see an unforgettable display of fall colors at their peak.

The Granite Peak Fall Color Chairlift Rides gives visitors a chance to sit back and enjoy the views of Wausau from the comfort of your own 700-foot elevated chair. When you get to the top, hop off and take a hike around the park. And no need to worry — your round-trip ticket takes you back down where you and your group can enjoy burgers, brats and fall flavored brews.

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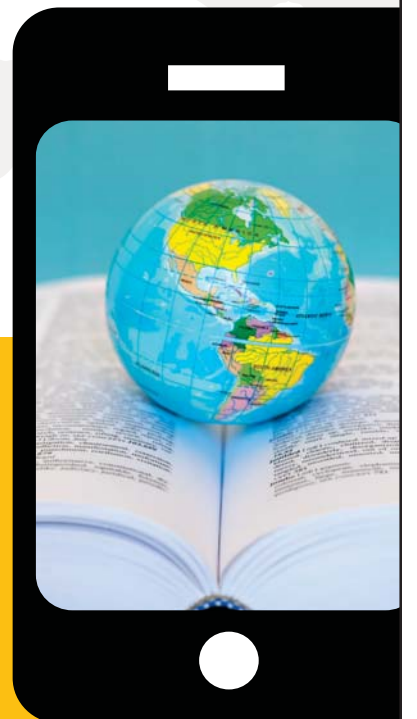
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Let's learn more about...

# Barbie!

www.wisconsinhistory.org

The infamous plastic icon came to life in the theatres this past summer and the much-publicized film won both praise and criticism. The humor, the satire and the social implications surprisingly captures the doll that inspired it.

Barbara "Barbie" Millicent Roberts, an 11.5" tall plastic doll with a voluptuous female body supposedly from the fictional town of Willows, Wisconsin, debuted at the International Toy Fair in 1959 to mixed reviews.

Doll buyers thought she was too mature and many refused to stock the doll in their stores. Generally mothers agreed, but for their daughters it was love at first sight. Since Mattel, Inc. sold over 350,000 of the \$3 doll in its first year, the daughters had had the final word. Described as an older teenage girl "created of sturdy flesh-tone vinyl plastic," Barbie came in a black and white striped strapless swimsuit, sunglasses, earrings, and stiletto-heeled shoes.

"Barbie" was the brainchild of Ruth Handler. In the early 1950s after noticing her daughter preferred playing with adult women paper dolls rather than ones representing children, Ruth realized that there was no real three-dimensional doll equivalent. Most dolls at that time were in the form of babies and young children. Handler believed girls wanted to dream about being grown up and dressing in fashionable clothes. Unlike other mothers she was in a great position to do something about her observation.

In 1944 her husband Elliot Handler and a friend Harold "Matt" Matson had created Mattel Inc. to sell picture frames. Within a year they were selling plastic doll furniture and by 1947 considered themselves in the toy business. By the early 1950s Mattel had already become "a big business" in the toy world. They planned to move into the doll market, but wanted their doll to make a splash. Ruth pitched the idea of an adult female doll with toenail and fingernail polish and great clothes to her husband and other company executives, but the concept made them squirm, especially the fact the doll would have a bosom, and they passed on it.

On a trip to Switzerland in the summer of 1956, Ruth saw a doll in a Lucerne shop window that represented exactly what she had conceived of in her mind's eye. The Lilli doll, based on a cartoon in the "Bild Zeitung" newspaper, had long legs, a full bosom, and a coy look. Ruth bought several of them to bring back to the States, completely unaware that these dolls were considered a toy for adult men and were a hit at bachelor parties in Europe.

When she showed the doll to Mattel executives, they still had a squeamish reaction to it, but Ruth's strong personality and steadfast belief in the doll eventually convinced them. In the end Barbie, named after Ruth and Elliot's daughter Barbara, was a toned-down version of Lilli, but she still had blond hair, a sideways glance, unusually long legs, and breasts.

Over the next ten years other dolls were added to the line, first Ken, named after the Handlers' son, followed by Midge, Allan, P.J., Stacey, and Christie, the first African American Barbie doll. In 1971 Barbie's look changed to the more familiar Barbie of today. Her face was softened and rounded, she looked straight ahead, and she smiled!

Over the years Barbie's popularity has soared, making her an American icon. Along with the popularity, however, have come some negative reviews. To many Barbie represents the negative side of America's consumer culture, since her foremost concern appears to be acquiring more "stuff," whether clothes, jewelry, houses, or cars. These critics feel Barbie teaches young girls only to become dutiful consumers. Feminists have derided her impossible body (38"-18"-33") and the emphasis on her bombshell looks, despite the fact Mattel has given Barbie

a number of careers including nurse, astronaut, and army officer. In Barbie's defense, Ruth Handler argued that Barbie has always maintained her independence. She has never gotten married or had children, although she has a slew of wedding dresses, and has followed her career dreams, all the while maintaining her femininity.



Orville and Frances Fox of Oshkosh purchased the original Barbie, along with a carrying case and lots of clothes, for their granddaughter Beth Fox of Madison to play with when she came to visit them at their home. Source: Wisconsin Historical Museum. 1961



Pages from "Barbie & Ken" catalog, 1961, featuring Barbie in her original zebra-striped swimsuit. Source: Wisconsin Historical Museum

*In Ruth's mind, Barbie was the embodiment of the modern American woman.*

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# Cataract lens implant options: Learn the differences

By Cheryl L. Dejewski

*A cataract is a progressive clouding of the natural lens inside the eye. If this clouding impairs your ability to do tasks, your best treatment option may be to surgically remove the cloudy cataract lens and replace it with a clear intraocular lens (IOL) to restore vision and depth perception. Since IOLs can incorporate varying amounts of your glasses prescription into them, depending on the type of IOL selected (monofocal or advanced technology), it may also reduce dependence on glasses for seeing near, far, or both. With any IOL, however, there may still be a need to wear glasses to fine-tune vision even at the targeted distance.*

## Key Similarities & Differences

“All IOLs improve how well you can see with glasses after surgery; the specific type—monofocal or advanced—determines how well you will see without glasses. Which IOL is best for you depends on your vision, lifestyle, eye anatomy, surgeon’s recommendations, expectations and budget,” says Brett Rhode, MD, senior partner at Eye Care Specialists, a southeastern Wisconsin-based ophthalmology practice with a highly respected team of cataract surgeons.

Monofocal IOLs are covered and paid for by Medicare and insurance (subject to deductibles and co-insurance). Advanced technology IOLs (which can further reduce dependence on glasses after surgery) are NOT considered a medical necessity and, therefore, are NOT covered by medical, vision, or other insurances. With these IOLs, your insurance provides coverage for the surgery, however, you are responsible for the cost of the IOL itself and additional testing. “You should never feel pressured to ‘upgrade’ to a specific implant beyond your comfort or budget,” says Daniel Ferguson, MD, who frequently co-manages care of patients with local referring optometrists. “Nearly 4 million Americans undergo cataract surgery each year, and the vast majority experience enhanced quality of life. So, no matter which of the following IOLs you choose, you will most likely improve your vision to a level not seen in years.”

## STANDARD IOLs

### Monofocal IOLs: Fixed Focus Capability

- If you DO NOT have a visually significant amount of astigmatism (an oval-shaped eye that distorts vision), the monofocal IOL provides clear vision without glasses at one fixed distance—either far away OR near, but NOT BOTH.

- If your lens prescription is set for far (driving, watching TV, etc.), you will need glasses to see near.
- If your lens prescription is set for near (reading, close tasks, etc.) or intermediate (computer work, etc.), you will need glasses to see far.
- If you have used contact lenses for “monovision” (one lens prescription for near and the other for distance), surgery can be done to achieve similar results.

## ADVANCED TECHNOLOGY IOLs

Advanced technology IOLs have various capabilities that can reduce the need for glasses or bifocals. They include the following types:

### Toric IOLs: Astigmatism-Correction Capability

A toric IOL includes a correction for astigmatism, a condition in which the cornea is more oval-shaped, like an egg, rather than round, like a normal eye. This causes images to appear blurry at all distances and is typically corrected with glasses or contact lenses. Toric IOLs can help to achieve best vision at one fixed distance (near or far) without glasses or contact lenses by correcting the astigmatism.

### Multifocal & Extended Depth-of-Focus (EDOF) IOLs: Multiple Focus Capability

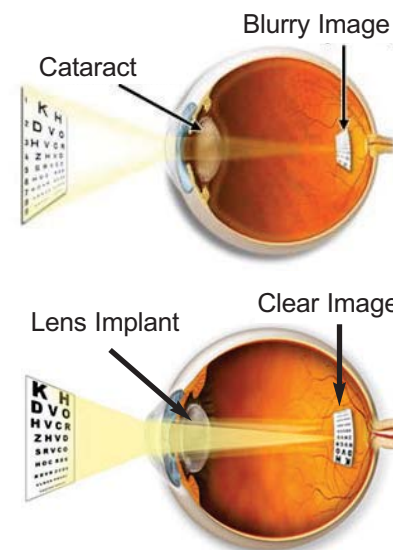
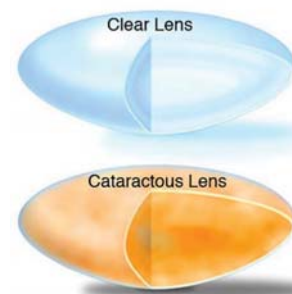
“Unlike monofocal IOLs that provide best vision at one fixed distance, multifocal and EDOF IOLs allow functioning across near, intermediate and far ranges, with a reduced need for glasses after surgery. With these advanced technolo-

gy lenses, there may still be a need to wear glasses to fine-tune vision at various distances and in certain situations like low-light reading and/or driving at night. Both can also come with a built-in correction for patients with astigmatism,” says Daniel Paskowitz, MD, PhD, a partner at Eye Care Specialists.

### Light Adjustable Lens (LAL): Post-Surgery Customization Capability

“The Light Adjustable Lens (LAL) is currently the only IOL that enables patients to further customize their vision AFTER cataract surgery. It offers the ability to make adjustments until vision meets personal desires and lifestyle requirements. The LAL is made of a special photosensitive material that changes the shape and power of the implanted lens in response to ultraviolet (UV) light treatments, which are performed by your surgeon in the office after your eye has healed from the standard cataract removal and lens implantation procedure. In order to customize your vision to your desire, you must wear ultraviolet (UV) protective glasses for a period of time and complete several 90-second, in-office, non-invasive light treatments to fine-tune your lens prescription,” says Michael Raciti, MD, a surgeon who offers monofocal and advanced IOLs options to his patients.

*NOTE: The above points are generalizations. Individual results may vary. Your surgeon can help you decide which IOL is best for you as well as review the potential benefits and drawbacks. For more detailed information about cataract surgery and IOLs, visit: [www.eyecarespecialists.net](http://www.eyecarespecialists.net)*



Cloudy cataract is surgically removed and replaced with a lens implant to once again properly focus light onto the retina to form clear images. Sample implant shown below.

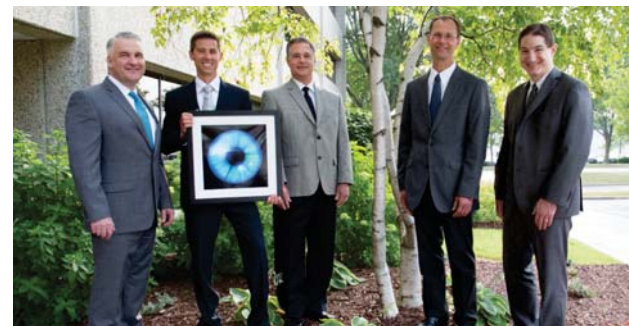


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## What can I do this fall to ensure my garden looks its best next spring?

Preparing your garden in the fall is an important step to ensure it's in ideal condition for the next spring. Depending on the size and scope of your garden, you might have a lot to do...

**Cleaning up and removing any dead plants**, weeds and debris from your garden beds now helps prevent diseases and pests from overwintering. Prune any dead or overgrown branches from trees and shrubs. Also, trim back perennials and grasses to about 2-3 inches above the ground. Rather than discarding fallen leaves and garden debris, consider composting them to create nutrient-rich compost for future use.

**If you have perennials** that have become overcrowded, fall is a great time to divide and transplant them to rejuvenate the plants and improve their health. If you have tender perennials, shrubs or trees that are susceptible to winter damage, consider protecting them with burlap or other insulating materials.

**Consider testing your soil** to determine its nutrient and pH levels. This will help you know what soil amendments are needed. Based on results, add organic matter like compost, well-rotted manure or leaf mulch to improve soil structure and fertility. Incorporate these amendments into the top 6-8 inches of soil. And it's never too late to apply a 2-3 inch layer of mulch over your garden beds to help retain moisture, regulate soil and suppress weeds - like wood chips, straw or shredded leaves.



**Fall is the ideal time to plant spring-flowering bulbs** like tulips, daffodils and crocuses. Follow planting depth and spacing guidelines for each type of bulb. Likewise, many perennial flowers and herbs—daylilies, peonies, lavender—can be planted in the fall so they have time to establish strong root systems before the growing season starts in the spring. Fall is also an excellent time to plant deciduous trees and shrubs because they can focus on root development without the energy demands of leaves. And if you're growing food crops that like cooler temperatures—broccoli, cauliflower, kale, lettuce, spinach, carrots—get them in the ground this fall for an early spring harvest.

**Also, continue regular lawn care**, including mowing, fertilizing and aerating. Great time for overseeding if your lawn needs it. Keep watering your garden as needed until the ground freezes. Plants still need water even as the weather cools down.

**Most important**, use the fall season to plan your garden for the next spring. Consider what new plants you want to add, any changes in design and any additional improvements. Address any pest or disease issues before winter. Prune and dispose of

affected plant material, and consider applying appropriate treatments. If you have bare garden beds, consider planting cover crops like clover or rye to improve soil health and prevent erosion over the winter.

By taking these steps in the fall, you'll set the stage for a thriving garden in the spring. Proper preparation and care during the fall months will help your plants establish strong root systems and ensure they have the nutrients they need for vigorous growth when warmer weather arrives.



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# I WANT TO MOVE... *What Choices Do I Have?*



Well, now that you have reached that age...you know, that number that says it can't be you, must be your parents - you now have some very important decisions to make. With longevity comes issues which are financial, physical changes and financial challenges. We all want our money to last. None of us want to rely on others for our well-being. Staying independent for as long as possible is the goal.

It is time to re-evaluate our future as none of us have a crystal ball as to the effects of the passage of time as we age. We may be in great health today, but we don't want to wait for a sign that demands change quickly, caught unprepared. It may be time to put the excuses and procrastination behind us and move towards facing who we are today and what our needs may be in the future.

What are the choices for a new type of housing based on who you are today? I am referring to those of you over 60, where your kids have moved out in many cases, and your home is too darn big! Your sec-

ond floor is being used as a storage facility for your kid's and relative's personal property and your laundry is in the basement where stairs may become an issue. Most of your long-time friends have moved out of the neighborhood and replaced with young families.

There are so many viable options in today's senior living choices. They include condominiums, senior apartment complexes and senior communities with services. It is confusing to decide on what choice is the right choice where you won't regret your decision as to where to move. Questions cycle through your mind. "I have so much stuff!" "How will I know if I made the right choice?" "I am shy and don't make friends easily".

**YOU ARE NOT ALONE!!** You are human. You have the same emotions of every human being facing a significant change. It has been said that the stress of moving is second only to divorce!

**Condominiums.** A condominium is a building divided into several units that are each separately owned, surrounded by common areas that are jointly owned.

If you are considering this option, consider your lifestyle and needs in general. One advantage is that you own this property. That entitles you to certain benefits of privacy and appreciation in value. You can choose a ranch side by side unit that feels much like single family living. The

downside is that there are HOA maintenance fees or association fees, and property taxes. There are rules and regulations such as restrictions on pets, number of cars, as well as noise (complaints when the grandkids stop out!). Also, if you have a health change that requires moving to assisted living or memory care, you then must sell your condo when moving.

**Senior Apartment.** Senior apartments, usually 55+ in age restriction, are rental units usually requiring a security deposit and a one-year commitment. The advantage is that you have no maintenance fees and never pay for repairs in most or all cases. Another advantage is that you can move without having to sell. A disadvantage is that you usually will have a one-year commitment, so if moving is suddenly required, you may have to opt out of your lease which may be costly.

**Senior Communities.** There are several types of senior communities, such as independent, assisted and memory care or a combination. There also is life care which

usually requires an endowment fees for a continuum of care. The advantage is that this can be a move that may not require another change of address in the future. If you choose a community with both independent, assisted care and also memory care, you can avoid a future move granting peace of mind that you are where you want to be for many years to come. If your health needs change, your needs may be met in the community you have chosen.

There are so many options to choose from when or if you decide to sell your home. What I can say from experience is that there is a common thread - almost all have reported back to me that moving was the best decision they ever made. They wished they had done it sooner. That is comforting to know if you are thinking that it may be time to move to a new lifestyle that fits who you are today.

Living in a community, whether condo or senior apartments, allows you to interact with others. That is what life is all about!

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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- Near historic West Allis shops & farmer's market, Walgreens, banks and Senior Center
- Located on bus line
- Smoke Free Community



### **BERKSHIRE OCONOMOWOC**

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**262-567-9001**

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- Free heat & water
- Pet friendly with some restrictions
- Walking distance to the downtown area, two lakes & farmers market
- Activities w/Oconomowoc Area Senior Center on site
- Smoke Free Community



## **ACTIVE ADULT COMMUNITIES (55+)\***



### **BERKSHIRE GREENDALE**

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- Business & fitness centers, community room & BBQ Patio
- Pets cherished
- Smoke Free Community



### **BERKSHIRE AT SUNSET**

S30 W24890 Sunset Drive  
(Corner of Sunset Dr and Prairie Ave)  
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**262-548-0131**

- Balcony/patio with every home
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- Free indoor/surface parking
- Heat & water INCLUDED
- Laundry rooms/storage units on each floor w/ elevator
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- Pet friendly
- Social activities for everyone!
- Smoke Free Community



### **BERKSHIRE GRAFTON**

1004 Beech St., Grafton  
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- Pet Friendly



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*Age gracefully and keep your health at its peak*

## ANTI-AGING SUPPLEMENTS

FOR MEN and WOMEN

The process of aging is natural and normal and should never become a road block to feeling good about yourself. That doesn't mean we can't do what we can to slow down the process and live as healthy and happy as long as we can.



While we can't prevent aging, there are different ways to keep yourself healthy as you age. Managing a healthy lifestyle, getting enough sleep, eating a balanced diet, exercising, and reducing stress, all contribute to well-being. Add anti-aging supplements to that list! Research shows that several anti-aging supplements can help reverse oxidative damage and inflammation and help prevent age-related health problems.

**Collagen Peptides.** Collagen is a structural protein found in your skin and connective tissues. Aging reduces collagen production, leading to visible signs of aging like wrinkles and sagging skin. Collagen supplements reduce these symptoms and improve skin health and appearance. Collagen peptides also help maintain flexibility and mobility, which is good for joint health.

**Curcumin.** A yellow antioxidant compound found in turmeric, a spice used in Indian and Middle Eastern cooking and medicine. Studies show that curcumin has potential health benefits that include antioxidant, immunity-boosting, anti-inflammatory, and brain health.

**Coenzyme Q10.** (CoQ10) is an antioxidant compound present in every cell. Evidence suggests that supplements with CoQ10 can help reduce the signs of aging and improve your health. Specifically, it may reduce fine lines and wrinkles and improve skin elasticity.

Age-related declines in CoQ10 levels can result in de-

creased organ function and cellular energy. CoQ10 also prevents long-term, age-related conditions like inflammation, heart disease, diabetes, kidney problems, and Alzheimer's disease.

**Hyaluronic acid.** A substance that lubricates your joints and keeps your skin hydrated and healthy. Its production decreases with age, though, leading to skin dryness and wrinkles.

Hyaluronic acid supplements can help reverse these signs of aging. A 12-week study conducted in 40 Asian men and women showed that the oral intake of hyaluronan (a form of hyaluronic acid) improved skin elasticity, removed wrinkles, and hydrated dry skin.

**Vitamin C.** Vitamin C is a powerful antioxidant that boosts skin health by stimulating collagen production to maintain skin. It also provides antioxidant protection against ultraviolet (UV) light that could otherwise cause sun damage. Vitamin C also has wound-healing, immu-

nity boosting and anti-inflammatory effects.

**Vitamin D.** The "sunshine vitamin," is essential for maintaining healthy bones and boosting the immune system necessary in fighting off illnesses and infections.

It is essential for the mineralization of bones and facilitates the absorption of calcium from the intestines. As we age the skin's capacity to generate the vitamin after exposure to sunshine may decline.

**Vitamin E.** Vitamin E is an antioxidant nutrient often used in cosmetic products. It protects the skin from harmful UV rays and sun damage. It also destroys free radicals and prevents oxidative damage. These effects make vitamin E a potential anti-aging nutrient. However, more studies are required to study its long-term effectiveness.

**Selenium.** Selenium is an essential trace mineral that activates antioxidant selenoproteins. It destroys free radicals and prevents oxidative damage and inflammation

ANTI-AGING SUPPLEMENTS continued on page 26



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



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- 1. No Strategy:** Yes, the biggest mistake is having no strategy at all. Without a strategy, you may have no goals, leaving you no way of knowing how you'll get there—and if you've even arrived. Creating a strategy may increase your potential for success, both before and after retirement.
- 2. Frequent Trading:** Chasing “hot” investments often leads to despair. Create an asset allocation strategy that is properly diversified to reflect your objectives, risk tolerance, and time horizon; then make adjustments based on changes in your personal situation, not due to market ups and downs.
- 3. Not Maximizing Tax-Deferred Savings:** Workers have tax-advantaged ways to save for retirement. Not participating in your employer's 401(k) may be a mistake, especially when you're passing up free money in the form of employer-matching contributions.
- 4. Prioritizing College Funding over Retirement:** Your kids' college education is important, but you may not want to sacrifice your retirement for it. Remember, you can get loans and grants for college, but you can't for your retirement.
- 5. Overlooking Healthcare Costs:** Extended care may be an expense that can undermine your financial strategy for retirement if you don't prepare for it.
- 6. Not Adjusting Your Investment Approach Well Before Retirement:** The last thing your retirement portfolio can afford is a sharp fall in stock prices and a sustained bear market at the moment you're ready to stop working. Consider adjusting your asset allocation in advance of tapping your savings so you're not selling stocks when prices are depressed.
- 7. Retiring with Too Much Debt:** If too much debt is bad when you're making money, it can be deadly when you're living in retirement. Consider managing or reducing your debt level before you retire.
- 8. It's Not Only About Money:** Above all, a rewarding retirement requires good health, so maintain a healthy diet, exercise regularly, stay socially involved, and remain intellectually active.



## Eight Mistakes That Can Upend Your Retirement

Pursuing your retirement dreams is challenging enough without making some common, and very avoidable, mistakes. Here are eight big mistakes to steer clear of.



### Your Money FINANCE QUESTIONS AND ANSWERS

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

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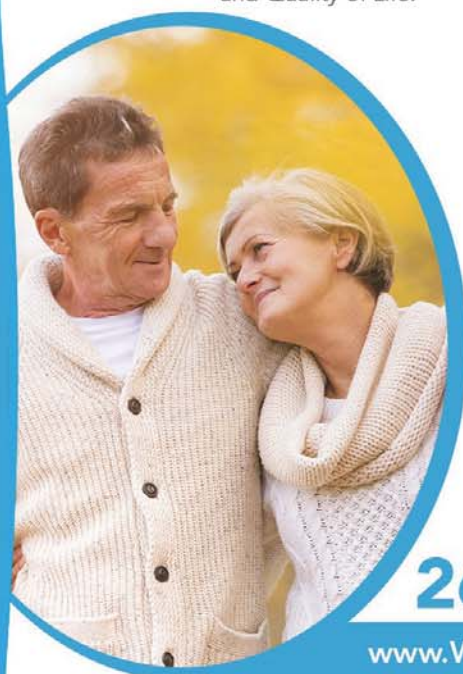
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## 5 Questions We Should Be Asking Presidential Candidates...

The presidential candidates are starting to define the issues that are most important to Americans. Hot topics have included Immigration, Iran, China and foreign policy in general, and jobs. With a bi-partisan open mind, let's consider these topics and how contenders for the POTUS would make a commitment and agenda to these issues.

### 1. Where do you stand on lowering the corporate tax rate in the US?

Currently the US has a higher corporate tax rate (35%) than most if not all developed nations around the world. Lowering it would solve the problem of companies moving facilities offshore and repatriate much of the business that is already located in other countries. This would help create jobs and boost economic growth. Hong Kong has a 10% corporate tax rate. Is it any wonder they are the home to more corporate headquarters than anywhere else in the world?

### 2. What immigration policy would you adopt to solve our illegal immigration problem?

Certainly the border has to be secured but the idea of deporting 11 million illegal immigrants is not only implausible but completely unacceptable to 72% of American's polled. We need a policy that allows those illegal immigrants to remain here legally eliminating their exploitation from employers. However, we cannot allow them to burden our social benefits programs that they are not entitled to. We also need a program that does not leap frog them ahead of immigrants trying to come into our country legally. And finally we need to reform our current immigration process to make it easier for the best and brightest from around the world to immigrate here making our nation and economy even stronger with their contributions.

### 3. How would you reform welfare if at all?

Our welfare system is debilitating, not only for our country but also for its recipients. A handout to someone capable of doing for themselves destroys human innovation, initiative and incentive. Our country has an obligation to provide for those who cannot provide for themselves, including children, but should stop there. We should help people help themselves and end the handouts that too often are destroying families, perpetuating the cycle of welfare and eliminating people's self determination. Too many of our inner cities are evidence of a failed welfare system in this country.

### 4. How would you keep social security from going bankrupt or bankrupting our country?

Social Security, Medicare and Prescription Drug programs are unsustainable in their present state. The estimates vary between \$50 and \$70 Trillion to provide the baby-boomers with the benefits they have been promised. You simply cannot tax the generations below the boomers enough to afford those benefits. Only a combination of growth, inflation and reform (means testing) will allow these programs to continue into the future without putting undo pressure (increased taxation) on the economy.

### 5. How would you make the ever increasing college tuition more affordable for America's youth?

College is no longer an option. The competition for good paying jobs along with the needs of American industry *requires* a college education. The cost of the average private college tuition in the US is \$31,231 for tuition and fees. That's more than three times the cost for tuition for in-state public colleges, averaging \$9,139. If eyeing an Ivy League college the least expensive tuition is a mere \$49,069 and that is for tuition and fees alone not counting room and board. (<http://www.collegedata.com>)

These costs are putting America's youth in such debt, that they are postponing getting married, starting families and buying homes, having a negative trickle-down effect on the economy and that's *if* they can find that big paying job they need to pay back their debt. This is creating an entire generation who's purchasing power is crippled and thereby crippling economic growth in the US. All the while these colleges and universities enjoy the benefits of *tax free status*, contributing nothing to state or federal coffers, all the while watching their endowments compound exponentially.

Author Doug Obey has over 30 years experience helping people as a financial planner and investment advisor and is the author of *Money and the Human Condition*. His book offers solutions to these challenges and several more. Obey is also a self-made, successful entrepreneur and business owner who has acted as CFO and advisor to many other business owners. Learn more about Obey at <http://www.dougobey.com/>



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# Peter, Peter, pumpkin eater...

Peter was looking for a creative way to bake a pumpkin shell! And he had the right idea! The hollow shell makes a stylish and festive soup or stew bowl. Imagine serving soup out of a pumpkin at your next fall dinner party! A large pumpkin shell can hold enough soup for a family gathering or dinner party and small pumpkins are perfect for individual servings.

## A Pumpkin Bowl Serving Tureen

*Preparing the pumpkin shell:*

Start by washing the pumpkin in warm soapy water rinse well and dry.

Using a sharp knife, insert the tip about 1/3 of the way down, and cut away the top to form a lid. Scoop out the seeds (reserve for roasting) and stringy mass.

Lightly oil the pumpkin inside and out and sprinkle the inside with salt.

Place the pumpkin and lid on a parchment lined baking sheet or spray with an oil cooking spray. Bake a 325°F from 30 minutes to 1-1/2 hours depending on the size of the shell.

This is the tricky part. An over baked shell will not support the weight of the soup so under-baking is preferred. Bake the pumpkin shell until it begins to soften. Remove from the oven and cool.

Gently scoop out some of the soft pumpkin from the wall, being careful not to puncture the shell. Scrape the cooked pumpkin from the lid as well. Use this cooked portion for the pumpkin soup recipe on this page or freeze it for later use.

Ladle hot soup, stew or recipe of choice into the pumpkin and serve. The lid can be used as a cover to keep warm.

## Beef Stew in a Pumpkin Shell

- 1 mid-size/large pumpkin
- Melted butter
- Sugar
- 2 large onions, chopped
- 4 large garlic cloves, chopped
- Olive oil
- 3 pounds chuck steak, cubed
- 1 pound tomatoes, peeled and chopped
- 1 tablespoon tomato paste
- 3 and a 1/2 pints beef stock
- 2 pounds sweet potatoes, peeled and cubed
- 2 pounds white potatoes, peeled and cubed
- 2 pounds raw pumpkin, cut in chunks
- 2 cans sweet corn
- 12 canned yellow peach halves, sliced
- Syrup from canned peaches
- Bouquet garni: 1 heaping teaspoon dried oregano
- Salt and pepper to taste



Clean the pumpkin, as directed to the left, without baking it until directed. Measure out 2 pounds of the pumpkin flesh, cut in chunks, for the stew.

Brush the inside of the cleaned pumpkin with melted butter and sprinkle lightly with sugar. Replace the lid and set the pumpkin aside on a baking sheet.

Cook the onion and garlic in a little oil until soft but not browned. Transfer to a large saucepan. Brown the beef in the oil and add it to the onion mixture in the saucepan. Add the tomatoes, tomato paste, half the stock, the bouquet garni, a little salt and plenty of pepper to the meat and onions. Cover and simmer until the meat is almost cooked, about 1 hour.

At this time, put the pumpkin shell in the oven at 375 degrees. Leave it for 30 minutes, or longer if the walls are thick. But be careful not to collapse the walls. You can use a large casserole as a support for the walls.

Add the sweet potato, potato and pumpkin to the saucepan and cover with more stock. Return to a boil and simmer for 20 to 30 minutes, or until the meat is tender, the potatoes are cooked, and the liquid is thickened with the dissolved pumpkin.

Stir in the sweet corn and peaches and simmer for 15 minutes. Taste, correcting the seasoning and adding a little of the peach syrup. Remove the bouquet garni and discard. Ladle the stew into the pumpkin and put back into the oven for 10 to 15 minutes. Makes 6 to 8 servings.

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# ANTI-AGING SUPPLEMENTS

continued from page 21

protecting you from certain age-related health conditions.

**Zinc.** An essential mineral promoting cell functions and immune responses. Research shows that low zinc levels in older people can promote aging and decrease immunity. Low zinc also causes changes in the body due to oxidative inflammatory aging.

**Resveratrol.** A bioactive substance found in peanuts, grapes, red wine, and blueberries. Studies show that resveratrol has antioxidant and anti-inflammatory properties, which make it an effective anti-aging supplement. According to another study, resveratrol may activate sirtuins, a class of proteins connected to an increase in life spans. The antioxidant properties also assist prevent oxidative stress and cellular damage brought on by aging.

**Omega-3 fatty acids.** Omega-3 fatty acids are polyunsaturated fatty acids (PUFAs) found in fish oil and nuts. They help maintain cell function and prevent inflammation, improving the health of your joints and encouraging skin suppleness. They also improve brain function, heart health, immune function, muscle function, and bone health. Studies show that omega-3 fatty acid supplementation is safe and effective for treating and preventing aging-related health problems.

**Green tea extract.** Green tea extract contains antioxidant polyphenols like epigallocatechin-3-gallate

(EGCG). EGCG has potent antioxidant and anticancer properties.

More specifically, animal studies show that green tea extract prevents UV light-induced oxidative damage and skin cancer growth. Green tea extract also prevents age-related oxidative skin damage.

**Ginkgo biloba.** Ginkgo biloba is an herb with antioxidant and anti-inflammatory properties. Studies suggest that Ginkgo biloba decreases stress and improves memory, brain function, mental health, and quality of life. It may even help prevent Alzheimer's disease, Parkinson's disease, and cancer.

**Important:** Taking anti-aging pills may help you look and feel younger, but certain supplements may interact with other medications and have unexpected side effects. Speak to your healthcare provider before starting new supplements. They'll give you specific doses of supplements based on your needs.

**Ashwagandha.** An herb used in traditional Indian medicine to treat illnesses, manage joint pain, and improve general well-being and quality of life, especially in older people. Ashwagandha supplements promote cell function and lubricate joints. Animal and human studies show that ashwagandha root extract improves sleep, reduces stress levels, and has anti-aging effects.

**Nicotinamide mononucleotide.** Nicotinamide adenine dinucleotides (NAD+) are molecules that decrease due to aging. Low NAD+ levels can lead to oxidative stress, cell damage, impaired brain function, and inflammation. Nicotinamide mononucleotide (NMN) is an antioxi-

dant molecule that forms NAD+. Lab and animal studies suggest that NMN has anti-aging effects: Specifically, NMN supplements can delay cell aging by increasing NAD+ levels in your body. However, more studies in humans are needed to understand the long-term safety and effectiveness of NMN supplements.

**Probiotics.** Live probiotics are advantageous bacteria and yeasts that support healthy gut flora. For proper digestion, nutritional absorption and immune system operation, a healthy gut is essential.

The gut microbiota may become unbalanced as we age as a result of things like dietary changes, stress or taking medications. A healthy gut flora may be restored and maintained with probiotics, which also supports general well-being by enhancing digestion and promoting digestive health.

There are many ways to get probiotics, including powders, yogurt, kefir and capsules.

**Astragalus.** Astragalus membranaceus is a medicinal herb. It is used in traditional Chinese medicine to treat diseases and delay aging. Astragalus contains antioxidant and anti-inflammatory compounds like flavonoids, polysaccharides, and saponins.

Clinical studies suggest that Astragalus extract can reverse the signs of aging and protect your organs, immune system, and body function.

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# Unpack Your Worries with US

## “Let us Lighten Your Load”

Through our lives, most of us accumulate everything we own and cherish. Now, whether you are moving into a new home or a retirement community, you must get rid of some things in order to simplify and to unclutter. The idea of “less is more” sounds good. As a member of the National Association of Senior Move Managers, we understand the emotional and physical considerations that seniors face when planning to downsize or moving to a senior living community. As we explore the process of downsizing (rightsizing) and moving, you must consider an overall timeline for your move. A senior move manager will help you to develop an overall timeline that will pinpoint some key dates that will help you in the moving and downsizing process.

Choosing a moving company that is committed and compassionate toward seniors will build a trusting relationship that will ensure a positive moving experience.

**The following checklist will help you in the pre-planning and downsizing process toward your move.**

**1)** Hire a Senior Move Manager to manage all the rightsizing (downsizing) phases of your move.

**2)** Take inventory of **ALL** items—Make sure you pick furniture items and items that are your most favorite for your move.

**3)** Organize and start sorting one room at a time.

**4)** Ask yourself if you have not used it in a “year”, then get rid of or donate it.

**5)** Ask yourself if it is useful and functional in my new home.

**6)** Obtain a floor plan of your new home. Begin forming a tentative plan, keeping in mind that “your new home is more likely smaller than your current home.”

**7)** Gather family to go through a lifetime of cherished belongings. Remember your kids do not want your “stuff”. Have them consult with an Estate Sale specialist to evaluate the value of your family airlooms and china.

**8)** Schedule a moving or estate sale; An Estate Sale specialist should be able to decide what items could go to a consignment shop, or donation after the Estate Sale is done.

**9)** Donate items to your charity or church of your choice (These items should be in good condition).

**10)** Discard items that are not usable to you or anyone else.

**2 to 3 weeks before moving:**

**1)** Hire a senior move manager to do your packing and coordinate your move.

**2)** If you are doing the packing yourself get packing materials (Get packing materials such as boxes, tape, and paper).

**3)** Start packing.

**4)** Pack boxes and mark them with room name and contents

**5)** Pack room by room, keeping items separated - to keep it simple and to avoid confusion.

**6)** Pack any flammables, cleaning products, and paints separately (Most moving companies are NOT able to transport these items).

**Day before the move:**

**1)** Pack a suitcase with important papers, medications, checkbook, keys, toiletries, and label it “Do not move”. This items will be transported in your vehicle.

**2)** Keep all boxes organized by room

and according to your floor plan.

**Day of the move:**

**1)** Everything that is not furniture should be packed and labeled where it is supposed to go.

**2)** Ask movers to place boxes in the appropriate room and to place furniture according to your floor plan.

**Day after your move:**

**1)** You should still be unpacking and settling into your new home.

Remember that the key to a successful downsizing and moving is organization. This process starts by hiring a professional and ethical moving company with experienced move managers and movers. Make sure that the moving company you hired has cargo liability insurance to insure your belongings.

Universal Services has helped seniors in all phases of moving for over twenty years. Universal provides rightsizing,

organizing, packing, moving, and unpacking services. Consign w/US is a sister company of Universal Services that provides a place for seniors to sell those items that do not fit in the new home or retirement community. Seniors get a good percentage of money back to be used toward their move. Consign with US provides Estate Sales and clean out services for those who need more help. Universal Services provides a turn-key moving experience.

Our mission is patterned after the golden rule: “We treat every senior that we work with as if they were our relative, and value their personal property as it were our own.” Migdalia Zanon and her late husband Rick Zanon simply say, “We are in the helping business”. After you are settled into your new home you feel a sense of relief resting assured that you did your homework.



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- Organizing
- Packing
- Moving

- Consignment Shop
- Unpacking
- Clean Out

- Estate Sales
- Senior Transportation

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## Pregnant Turkey

One year during the holidays, we all went to my sisters's house for the traditional feast. Knowing how gullible my sister is, my mom decided to play a trick. She told my sister that she needed something from the store and sent her out. When my sister left, my mom took the turkey out of the oven, removed the stuffing and 'stuffed' a Cornish hen into the turkey, and re-stuffed the turkey. She then placed the bird(s) back in the oven.

When it was time for dinner, my sister pulled the turkey out of the oven and proceeded to remove the stuffing. When her serving spoon hit something, she reached in and pulled out the little bird.

With a look of total shock on her face, my mother exclaimed, "Patricia, you've cooked a pregnant bird!" At the reality of this horrifying news, my sister started to cry.

It took the family two hours to convince her that turkeys lay eggs!

\*\*\*\*\*

A person helping a criminal evade law before he's arrested is called an accomplice.

A person helping a criminal evade law once he's been arrested is called a lawyer.

## STRESS RELIEF from LAUGHTER?!?



People who wonder whether the glass is half full or half empty miss the point...  
THE GLASS IS REFILLABLE!!!

### A New Orleans contractor...

takes out a tape measure and does some measuring, then works some figures with a pencil. "Well," he says, "I figure the job will run about \$9,000. That's 4,000 for materials, \$4,000 for my crew and \$1,000 profit for me."

The Kentucky contractor also does some measuring and figuring, then says, "I can do this job for \$7,000. That's \$3,000 for materials, \$3,000 for my crew and \$1,000 profit for me."

The Chicago contractor doesn't measure or figure, but leans over to the White House official and whispers, "\$27,000." The official, incredulous, says, "You didn't even measure like the other guys. How did you come up with such a high figure?"

"The Chicago contractor whispers back, "\$10,000 for me, \$10,000 for you, and we hire the guy from Kentucky to fix the fence." "Done", replies the government official.

And that, my friends, is how the Government budget plan works

\*\*\*\*\*

PMS should just be called ovary-acting.

## A man in Florida, in his 80s, calls his son in New York one November day.

The father says to the son, "I hate to tell you, but we've got some troubles here in the house. Your mother and I can't stand each other anymore, and we're getting a divorce. I want to live out the rest of my years in peace. I'm telling you now, so you and your sister aren't surprised when I move out."

He hangs up, and the son immediately calls his sister in the Hamptons and tells her the news.

The sister says, "I'll handle this."

She calls Florida and says to her father, "Don't do ANYTHING till we get there! We'll be there Wednesday night."

The father agrees, "All right."

The old man hangs up the phone and hollers to his wife, "Okay honey, they're coming for Thanksgiving. Now, what are we going to tell them for Christmas?"

\*\*\*\*\*

### I tried one of those organic deodorant sticks.

It said in the instructions:

1. Remove the cap
2. Take applicator and push up the bottom with your thumb.

It is very difficult to sit but my toots smell very nice now.

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# 1966 vs. 2023

- 1966: Long hair
- 2023: Longing for hair
- 1966: KEG
- 2023: EKG
- 1966: Acid rock
- 2023: Acid reflux
- 1966: Moving to California because it's cool
- 2023: Moving to Arizona because it's warm
- 1966: Seeds and stems
- 2023: Roughage
- 1966: Hoping for a BMW
- 2023: Hoping for a BM
- 1966: Going to a new, hip joint
- 2023: Receiving a new hip joint
- 1966: Rolling Stones
- 2023: Kidney Stones
- 1966: Disco
- 2023: Costco
- 1966: Parents begging you to get your hair cut
- 2023: Children begging to get their heads shaved
- 1966: Passing the drivers' test
- 2023: Passing the vision test
- 1966: Whatever
- 2023: Depends

\*\*\*\*\*

There's that moment when you put your steak on the grill... and your mouth waters all over from that amazing smell. Do vegans feel the same when you mow the grass?!"

1	F	R	U	I	T	2	D	O	S	E										
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			E			31	A	R	A	C	H	U	T	E						

Crossword on page 31



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# Take a Hike



Continued from page 13

groomed nature trails and boardwalks that traverse woods, prairies, gardens, savannas, marshes and even a “lost city”—a failed subdivision that never came to fruition.

The visitor center has a library, theater and gallery. The northern end of the preserve runs along the gorgeous Lake Wingra, and is only a hop, skip and jump away from the free Henry Vilas Zoo.

## Pattison State Park

Pattison State Park is extra-special because it not only offers over seven miles of trails, but it has the state’s highest waterfalls and the fourth highest waterfall east of the Rockies. The Black River passes through the park, then flows over the 31-foot Twin Little Manitou Falls which pours into Interfalls Lake. Walk the two-mile trail along Interfalls Lake for scenic water views, and make sure to stroll along the short .5-mile Big Manitou Falls overlook to have your pint-size hikers take in the 165-foot-high majesty.

## Wyalusing State Park, Southwest

Perched 500 feet above the Wisconsin and Mississippi Rivers, Wyalusing State Park (one of the state’s oldest) has nine walking trails that lead through small waterfalls, woods, Native American effigy mounds and natural areas for wildlife observation. The short Bluff Trail is easy and has sights from atop the Wisconsin River bluffs, and a wood staircase leads down to the Treasure Cave where kids can explore a limestone cavern. The Sugar Maple Trail is a self-guided nature trail with signs pointing out plants and ecological concepts for little learners.



## WORD SEARCH

H	L	L	C	D	O	A	L	D	G	A	C	L	O	T	H	E	S
E	S	O	O	L	T	O	A	A	N	L	T	U	G	T	L	D	N
A	T	N	N	W	O	G	R	E	E	N	A	F	A	B	N	E	S
B	A	U	V	N	R	S	U	T	S	Z	W	D	R	K	V	E	M
O	M	S	I	I	R	V	T	A	O	T	E	A	E	N	C	R	E
N	S	O	N	K	A	U	A	T	S	O	M	E	D	O	Z	M	W
I	N	G	C	D	C	I	N	S	T	R	R	R	N	E	D	N	T
L	S	O	E	E	U	Y	N	B	E	C	N	D	O	S	A	E	H
O	T	C	O	O	P	P	U	C	L	I	E	I	Y	O	U	N	G
R	I	O	A	N	R	I	S	L	A	Y	L	D	A	E	D	O	U
G	L	A	P	R	R	P	L	T	R	L	D	N	W	P	M	B	O
D	L	D	D	R	L	E	R	W	A	I	T	E	Y	U	G	C	R
A	I	R	P	R	C	E	T	U	N	I	M	L	N	L	E	E	B
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ACCENT  
AFTERNOON  
AGREED  
ANYWAY  
BROUGHT  
CARROT  
CLOTHES  
COMB  
CONVINCE  
CREEK

DAWN  
DEADLY  
DENY  
DOOR  
DREADFUL  
ENTERTAIN  
FLEA  
GEAR  
GLAD  
GLASS

GOWN  
GREEN  
LETTUCE  
LOON  
LOOSE  
LOST  
MARBLE  
MEAL  
MINUTE  
MOST

ONION  
PAIN  
PIPE  
PLAY  
POOR  
RABBIT  
SCARLET  
SECOND  
SLAY  
SNEEZE

SPLENDID  
STATE  
STILL  
UNNATURAL  
UNPACK  
UPSTAIRS  
VASE  
WAIT  
WEEP  
YOUNG

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