



# hello Winter

"Winter is the time for comfort,  
for good food and warmth, for the touch of a  
friendly hand and for a talk beside the fire.  
**IT IS THE TIME FOR HOME."**

*~Edith Sitwell*

*Living* **BLUE  
ZONE**  
IN THE

Benefits of Napping  
Calorie Counting vs Exercise  
Save Your Marriage

MORE  
**INSIDE**  
THIS ISSUE ~page 5



# OAC

## Oconomowoc Arts Center



**LUCA STRICAGNOLI**

7 PM Friday & Saturday  
January 5 & 6, 2024



**THE PIANO MEN!**

7 PM Friday  
January 12, 2024



**KYLE MEGNA &  
THE MONSOONS**

7 PM Saturday, March 2 2024



**OAC Annual Gala**

5:30 PM Saturday  
April 2, 2024



**HOCUS FOCUS**

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**FROGWATER**

2 & 7 PM Friday, March 16, 2024



**SAIL ON**

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

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

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The **Savannah Sipping Society**

February 29 - March 17, 2024



Furlan Auditorium Production

Jesus Christ **SUPERSTAR**

April 18 - May 5, 2024



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Entry  
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from Milwaukee  
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Winner announced in  
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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!

PUBLISHER / Editor Sandra (Hill) Draelos

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ADVERTISING Kelly Larson



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www.yourlifemagazine.net



# From the Publishers

WINTER 2024



Home away from home.  
St. Pete's Beach, FL

A new year. Time flies when you're having fun and after 21 years of deadlines and headlines - we're still having fun!

Always busy, we did find time to vacation in St. Pete's Beach, FL in November and enjoyed our favorite porch on the beach, shell diving and kayaking with the dolphins and manatees! We came back to a little bit of snow and a little bit of snowball thrown by an anonymous spouse sent Tom in for eye surgery. Thank God he is a forgiving man and on his way to full recovery.

We started this publication when Tom and I ventured into the age of becoming "mature" adults. It's a nice, comfortable place to be so we're going to keep things here at the press happily tucked into a contented middle age. I must admit, it's not so bad on this side of the fence. Life is good and I hope that we are reflecting that attitude in "Your Life - Enjoy it!" The world is full of bad news, poor deeds and sour attitudes, but we can do our small part to put a smile on your face and provide a publication for you to enjoy. And God bless the freedom of America that provided the opportunity for a small country farm girl and a Greek boy from the city to combine our hard work ethics and creativity into a viable small business in the U.S. of A!

With gratitude, we thank you all so much -our advertisers, our readers, friends, and all associates. It's been a great journey and we look forward to many more miles!

**LIFE. *Enjoy it!***

Sandy and Tom Draelos

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There is a lot of buzz about longevity and the fountain of youth after the release of the Netflix documentary 'Live to 100: Secrets of the Blue Zones' (geographic areas with lower disease rates and a longer life) -page 11



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A nap is refreshing and there is plenty of scientific evidence to support the benefits of a daytime snooze -page 13



## SAVE Your MARRIAGE

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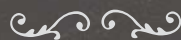
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Directed by Prof. Lori Woodall-Schaufler



*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



**LAST SATURDAY of the month thru MARCH 30**

**Pink Floyd's Dark Side of the Moon Big Film Show**

Milwaukee Public Museum, Planetarium

Combining breathtaking views of the solar system, played out to 42 minutes of Dark Side in surround sound, this truly immersive and all-encompassing treat that will transcend reality. Each song has a different theme -- some futuristically looking forward and some a retro acknowledgment to Pink Floyd's visual history, all relating to a time and space experience. Includes Stargazing with Pink Floyd, a live 25-minute Planetarium program, plus cash bar and food. \$18 for members, \$20 for non-members

**DECEMBER 31**

**17th Annual Sartori Big Cheese Drop & New Year's Eve Party**

Plymouth Arts Center

Nationally lauded as one of the country's quirkiest New Year's Eve traditions celebrating Plymouth, the official Cheese Capital of the World. Highlight of the event is marked by a countdown and the lowering of a giant wedge of Sartori's world award-winning BellaVitano® Gold Cheese at 10pm

**DECEMBER 31**

**Wild Lights Zoo Year's Eve**

Milwaukee County Zoo

Stroll along a 1-mile path glowing with animal-themed light displays and hundreds of thousands of shimmering lights

**JANUARY 1**

**Gift of Wings Cool Fool Kite Festival**

Veterans Park, Lakefront

Free kite flying lessons. Kites and food will be served at this event. This is a FREE event with FREE Parking

**JANUARY 12-MARCH 17**

**Guys on Ice**

Stackner Cabaret/Milwaukee Rep

**JANUARY 12**

**The Piano Men**

Oconomowoc Arts Center

Get ready for a musical time warp

**JANUARY 13-14**

**Brewer Winter Warmup**

Miller High Life Theatre

Come hang out with the Brew Crew at the all-new Winter Warm-up fan event! Get ready to see your favorite players like you've never seen before as they star in a fun-filled live show. Grab a drink from the bar where former Brewers take on bartending. Don't forget to grab a selfie with Brewers players at our photo stations. [www.mlb.com/brewers/fans/winter-warmup](http://www.mlb.com/brewers/fans/winter-warmup)

**JANUARY 14**

**Samson Stomp & Romp 2024**

Milwaukee County Zoo

**JANUARY 14**

**St. James 1868 Wedding Show: A Royal Wedding Experience**

St. James / 833 West Wisconsin Ave

The Abbey and the newly reimagined Hyde, will be on full display to help newly engaged couples with wedding planning. Featuring catering teams, linen and table arrangements, dessert displays, floral and entertainment showcases and more

**JANUARY 19-FEBRUARY 5**

**Love, Sex, and the I.R.S.**

Sunset Playhouse, Elm Grove

**JANUARY 19-28**

**Waukesha JanBoree Winter Festival**

Downtown Waukesha

Celebrating the JanBoree's 39th anniversary. Get out and embrace winter in Wisconsin. Family fun. [visitwaukesha.org](http://visitwaukesha.org)

**JANUARY 20**

**Beer & Cheese Fest**

Alliant Energy Center in Madison

Meet and mingle with brewers and cheesemakers from around the state and sample hundreds of delicious creations. Attendees 21+ years of age.

**JANUARY 27**

**Frosty 5K Run/Walk**

Waukesha

**FEBRUARY 2**

**Catapult's Magic Shadows**

South Milwaukee Performing Arts

Working behind a screen, the Catapult dancers stretch their bodies and your imaginations, telling stories with silhouettes transforming magically from one shape to another

*Winter Calendar* continued on page 8

# Early Music Now

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**CALENDAR SUBMISSIONS can be sent to:**

[milwaukeepublishing@wi.rr.com](mailto:milwaukeepublishing@wi.rr.com) / Attn: calendar

Please follow the format above



*Calendar* continued from page 7

**FEBRUARY 3**

**Pet Expo MKE**  
A benefit for animals in need. Exhibitors, entertainment and all things pet

**FEBRUARY 3-4**

**SHENYUN**  
Pabst Theater Group

**FEBRUARY 7-10**

**Winter Festival**  
Union Terrace at UW-Madison  
Annual carnival offers much to do, from 3D snowflake making to snowshoe rentals and the Snow Ball. Enjoy all things winter in the heart of UW Madison's campus

**FEBRUARY 8**

**DANCING WITH THE STARS LIVE**  
Pabst Theater Group  
See the ballroom brought to life in this brand-new production featuring your favorite Dancing with the Stars pros, PLUS special guest stars

**FEBRUARY 10**

**Milwaukee Comic Con**  
WI State Fair Park  
where we'll be able to present you with more vendors, more artists, more creators, and more special guests Over 350 tables of geeky goodness

**FEBRUARY 17**

**Pabst Theater**  
Diamond, The Legacy Tour is a Neil Diamond Concert Celebration starring the #1 Diamond performer in the world - Jay White

**FEBRUARY 17**

**Cedarburg Winter Festival**  
Downtown Cedarburg  
Indoor/outdoor event. Theme this year is 'Back to the 80's'. Marketplace, 80's selfie wall, Cedarburg restaurant soup contest, craft beer/wine bar, 80's kid activities, raffle, chili contest, food, and Sunday pancake breakfast, ice sculpting contest, costumed bed races, food trucks, iceberg golf open, dog pull contest, and penguin egg hunt

**FEBRUARY 22-25**

**Singin' In the Rain Musical**  
Concordial WI Players  
Todd Wehr Auditorium

**FEBRUARY 23-25**

**World of Wheels**  
WI State Fair Park  
The 61st Annual showcasing the Finest Hot Rods, Customs, Trucks & Motorcycles

**FEBRUARY 24**

**La Morra**  
St. Paul's Episcopal Church  
Italian music from the time of Leonardo. Early Music Now is the only concert series in Wisconsin that focuses exclusively on historically informed performances of Medieval, Renaissance, and early Baroque Music

**FEBRUARY 29**

**The Price Is Right Live™ interactive stage show**  
The Riverside Theatre  
"Come On Down" to win. If you're a fan of The Price Is Right™ on TV, you'll love this exciting, live (non-televised), on-stage version of the show. Prizes may include appliances, vacations and possibly a new car! Play classic games just like on television's longest running and most popular gameshow including the Showcase. Playing to near sold-out audiences for more than 20 years, the Price Is Right Live™ has entertained millions of guests and given away more than 15 million dollars in cash and prizes

**FEBRUARY 29-MARCH 3**

**Milwaukee RV Show**  
WI State Fair Park  
Over 200 RVs. See what's new in the RV lifestyle

**FEBRUARY 29-APRIL 14**

**Fiddler on the Roof**  
The Fireside Dinner Theatre

**MARCH 1-3**

**Greater Milwaukee Golf Show**  
State Fair Park

**MARCH 2**

**Get Lucky Waukesha Art Crawl**  
Hundreds of artisans at 20 galleries and showplaces are featured at this seasonal event, walk the downtown streets to discover your next artistic treasure, shop the boutiques, listen to live music or indulge in food and drink

**MARCH 3**

**The Doo Wop Project**  
South Milwaukee Performing Arts

**MARCH 7-10**

**Milw Journal Sentinel Sports Show**  
A celebration of the great outdoors, bringing together outdoor sports enthusiasts from all over the country. From fishing and hunting to kayaking and boating.

**MARCH 9**

**St. Patrick's Day Parade**  
Downtown Milwaukee, Noon  
Featuring over 100 Parade units including Irish dance groups, pipe and drum corps, local dignitaries and more

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## Spanky's Upcoming EVENTS

\*\*\*\*\*

- Dec 24: Bar open, kitchen closed
- Dec 25: Bar open, kitchen closed
- Dec 31: Packer Party & NEW YEAR'S EVE Party
- Jan 6: Karaoke with Josh Quinn 7-11pm
- Jan 13: Cribbage Tournament
- Jan 27: CHILI Cook Off
- Feb 3: Karaoke with Josh Quinn 7-11pm
- Feb 10: Cribbage Tournament
- Feb 11: SUPERBOWL Party
- Feb 24: Charity Event
- March 2: Karaoke with Josh Quinn 7-11pm
- March 9: Cribbage Tournament

\*\*\*\*\*

Check our daily specials and upcoming events at [www.spankshideaway.com](http://www.spankshideaway.com)







Feb. 3, 2024  
WI Expo Center  
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*Pet Expo MKE*

# WISCONSIN WINTERS

## Coldest Temperature

Feb. 2, 1996, and again two days later, the thermometer plunged to 55 below zero in the Sawyer County village of Couderay.

## Heaviest 24-Hour Snowfall

According to the National Oceanic and Atmospheric Administration, the heaviest 24-hour snowfall in Wisconsin history occurred Dec. 26-27, 1904, when 26 inches fell on Neillsville. (More recently, Eau Claire received 22 inches on Dec. 11, 2010.

## Most Snow in a Season

Michigan's Upper Peninsula is notorious for heavy snowfalls, often spreading into Northern Wisconsin. The greatest seasonal total was during the winter of 1996-97 in Hurley, when 295.4 inches were measured - almost 25 feet.

## Highest Winter Temperature

Winter extremes are not always of the cold variety. The warmest winter temperature in state history was recorded on Feb. 26, 2000, when it was a sunny 69 degrees in Afton, Beloit, and Broadhead.

State Climate Extremes Committee

# Wisconsin Crowned Fifth Best State for a Winter Trip

Scoring 8.37/10

According to travel expert Viator, who sought to uncover the best states to visit for a winter vacation, our infamous Wisconsin winter is a winner!! To do so, they created a points-based index system that analyzed each state for ice rinks, ski resorts, indoor activities, and average snowfall levels.



Wisconsin brings the heat when it comes to winter fun, with a winter experience score of 8.37 out of 10. Glide across one of the 103 ice rinks in the state—the second-highest number of skating locations in the top 10—and you'll soon see why Wisconsin ranks highly for this winter sport. For those with a need for speed, Cascade Mountain and Granite Peak at Rib Mountain State Park deliver energizing runs to satisfy your snow fix. Afterward, refuel inside one of Wisconsin's supper clubs like Cimaroli's (less than a 20-minute drive from Cascade Mountain).

### Vermont is crowned the best state for the ultimate winter trip

Vermont is the best state to visit during winter, with a winter experience score of 9.99 out of 10. Vermont is home to the second-most ice rinks. Ski resorts saw a record-breaking 64.7 million visits during the US winter 2022-23 season, and travelers visiting Vermont have 25 ski resorts to choose from, including Killington and Stowe Mountain resort. For winter lovers, the most anticipated highlight of the season is witnessing the first snowfall. With 63.63 inches of snowfall on average across the winter months, Vermont provides ample opportunities for enjoying winter activities, from watching snowfall to making snow angels and having snowball fights with loved ones.

In second place is Alaska, with a winter experience score of 9.57 out of 10. Despite being the coldest state in the United States, Alaska offers a 5-star rating for indoor activities (highest figure nationwide) and ensures visitors can stay warm and cozy while exploring the wintry state. Skiing is a cherished winter pastime for many and Alaska is home to 18 resorts, equivalent to 2.45 resorts per 100,000 people. This is the second-highest number of ski resorts per capita nationwide, meaning visitors are never too far from an opportunity to hit the slopes during the winter.

[www.viator.com/blog/best-winter-states-usa/199274](http://www.viator.com/blog/best-winter-states-usa/199274)

**What's the best way to scare a snowman?**

Talk about global warming.

**If you live in an igloo, what's the worst thing about global warming?**

No privacy.

**What do you call an old snowman?**

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# Life in the BLUE ZONE



Las Catalinas, Costa Rica  
“Blue Zones” are geographic areas with lower rates of chronic diseases and a longer life expectancy.

At a time when life expectancy in the U.S. has dipped and diet-related disease is a leading cause of death, it's no wonder that Dan Buettner, author of *The Blue Zones: Secrets for Living Longer*, exploring centenarians who thrive in the longest-lived communities on Earth, is attracting lots of attention. His new Netflix documentary, *Live to 100: Secrets of the Blue Zones*, is trending as a top streaming pick.

Exploring five destinations around the world where people are living much longer than average, Buettner and National Geographic uncover similar elements in each of these destinations. Located near one of these “Blue Zones” in Costa Rica, the car-free, seaside town of Las Catalinas shares these similar principles for Blue Zone-inspired living from its strong sense of community to the town’s walkability encouraging movement and sociability and more.

**What do Blue Zones have in common? Despite being scattered across the globe and representing a variety of different cultures, there are characteristics that all blue zones have in common, like minimizing stress, moving regularly throughout the day, having a clear sense of purpose, and sticking to a mostly plant-based diet.**

**Five known blue zones: Okinawa Prefecture (Japan); Nuoro Province, Sardinia (Italy); the Nicoya Peninsula (Costa Rica); Icaria (Greece); and Loma Linda (California)**

## Life in a Blue Zone: A Look Inside the Town of Las Catalinas

There is a lot of buzz about longevity and the fountain of youth after the release of the Netflix documentary. Buettner collaborated with National Geographic and scoured the world to find where people live much longer than average. Through his travels, he unveiled Okinawa, Japan; Sardinia, Italy; Icaria, Greece; Loma Linda, California; and Nicoya, Costa Rica as Blue Zones with the highest rates of living centenarians. These five spots share some similar elements — a plant-slant diet, belonging to a community, natural movement, a sense of purpose and putting family first — have been proven to promote longevity and health in residents.

Among its many wonders and enchanting landscapes, Costa Rica is home to the Nicoya Peninsula in Guanacaste, a region that epitomizes the possibility of living life to its fullest and recognized as an extraordinary area known as a “Blue Zone.” Nearby to this transformative peninsula lies Las Catalinas, a purposefully designed, mostly car-free town that embodies the very essence of living life well. The town’s founder, Charles Brewer, had a profound vision of creating a vibrant community centered around a balanced lifestyle, where health, sustainability, fun, work, and fulfillment converge harmoniously.

Creating opportunities for better balanced living with a greater connection to nature is at the forefront of the coastal town. The plan began conceptualizing in 2006 that set out to implement a better way of living for the people who live, work and vacation there. Mostly car-free, the town encourages maximum human-to-human interaction in a setting that harmonizes people with nature. Taking cars out of the equation means people spend more time outdoors on foot (or on bike) creating opportunities for spontaneous interactions, conversations, and impromptu socialization.

The concept of “*Well-Living at Las Catalinas*” finds its parallel in the Blue Zone lifestyle, a groundbreaking discovery that has

LIFE in the BLUE ZONE continued on page 19

## TASTE OF GREECE 2024

Sat. FEB 24, 11am-8pm / Sun. FEB 25, 11am-5pm  
(ARRIVE EARLY, SUPPLIES ARE LIMITED)

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#### New York

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#### Westward High Mystery

7 days / May 18 / \$1795 DBL

#### Holland Tulip Festival

3 days / May 10 / \$939 DBL

#### Shipshewana

3 days / June 3 / \$949 DBL

#### Ark & Creation Museum

5 days / June 18 / \$1510 DBL

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# The science of a short snooze and the benefits of a nap

## Who Needs Nappy Time? We All Do!

The next time your boss or co-worker finds you napping in your cubicle, be sure to refer them to a 2021 article in the journal *Nature Communications* titled “Genetic Determinants of Daytime Napping and Effects on Cardiometabolic Health.”

By Craig L. Bowron, M.D. / Mayo Clinic

As you casually massage out the imprint your wrists left on your forehead, remind them that for you, napping is not due to indifference or sloth (though honestly, both may be warranted), but rather due to various genetic factors that are just now coming to light. Go ahead, directly quote the co-lead author of the *Nature Communications* article, Hassan Dashti: “...daytime napping is biologically driven and not just an environmental or behavioral choice.”

If that thoughtful and detailed explanation is met by the sound of crickets, it’s still possible that their quiet skepticism will lead one of them to actually read the article. If they do, here’s what they’ll find.

Dashti and his colleagues combed through two large genetic databases (in total, nearly a million people of European ancestry) and found 123 specific gene variations associated with nappers. Not surprisingly, these genetic variants seemed to sit close to or within gene regions that have previously been linked to sleep, including areas that are important in wakefulness.

Their data suggested two main reasons why some people might be nap-prone. Either they nap to make up a sleep deficit brought on by waking up too early or by poor-quality disrupted sleep, or because their own, personal sleep recipe simply calls for more sleep. In other words, they nap because something is wrong, or because napping feels right.



In Dashti’s study, 38% of participants reported sometimes napping, and 5% reported always napping — numbers that roughly square with U.S. surveys showing a third of adults (more often men than women) will take a nap on any given day. Those numbers tell us who is napping, but they don’t tell us how long they are napping, and nap length is important.

**What happens during a nap?** You can think of a nap as a truncated version of a full night’s sleep, which works like a dishwasher: The sleeping brain goes through a series of wash and rinse cycles every evening.

Specifically, the brain progresses from light sleep phases called stage 1 and stage 2 sleep, into deep, more refreshing stage 3 sleep, and finally into the dream-producing rapid eye movement (REM) stage 4 sleep. This cycle is repeated a number of times every night, but stage lengths vary. Early in the evening there is more deep

sleep, and later in the evening and early morning there is more REM sleep.

**How long should a nap be?** It’s generally agreed that a nap of roughly 20 minutes is optimal. That’ll get you into stage 2 light sleep. Longer naps allow one to slide into stage 3 deep sleep, which is a very physiologically restorative sleep, but if you wake up suddenly in the middle of it, you will not feel restored: You will feel a bit hung over and “worse for wear.”

Most of us have experienced this somewhat perplexing phenomenon. “Should have gone with the coffee,” we think to ourselves.

Longer naps of 60 to 90 minutes can avert this “sleepus interrupticus” hangover feel of a mid-range nap, but they should generally be avoided — unless one is looking to pay back a clear sleep deficit, say, from a late night at work, or a red-eye flight. Otherwise, a longer nap runs the risk of messing with that night’s sleep. This is also why experts don’t recommend taking a nap after 2 p.m.

**Are naps good for you?** One of the benefits of napping can be a pause that refreshes, and there is plenty of scientific evidence to substantiate what nappers feel: mentally sharper, more energetic, i.e., caffeinated without the caffeine. (One study noted improved “frustration tolerance,” which we can all use more of in a world full of COMPLETE IDIOTS!!)

Benefits of a NAP continued on page 26

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# Are you or a family member at risk for vision loss?

By Cheryl L. Dejewski

*“Up to 50% of all blindness in the U.S. is preventable—if people pursue prompt diagnosis and treatment,” says Brett Rhode, MD, of Eye Care Specialists, one of the state’s leading ophthalmology practices. “However, people are often hesitant to make an appointment to have their eyes checked—even when it’s obvious that they have a problem.”*

## Consequences of Poor Vision

“Loss of vision can have serious consequences that affect quality of life and independence, including an increased risk for falling, car accidents, depression, isolation, and nursing home placement,” says former engineer turned eye surgeon Daniel Ferguson, MD. Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins adds, “Poor vision, is not a fact of aging. It’s important to discover what’s behind any changes or symptoms — whether it’s simply the need for a new glasses prescription or something more serious like a sight-threatening disease.”

## Reasons to Seek a Professional Opinion

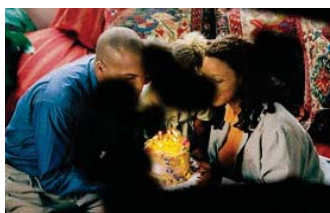
“There are two reasons why you should see a professional rather than rely on your own perception,” says Michael Raciti, MD, a frequent continuing education lecturer for local eye care providers. “First, problems in one eye can be masked by the other’s ability to compensate. Second, changes can occur so gradually that they go unnoticed. For example, patients with cataracts often have no idea how much light, color, and clarity they’ve lost until they are diagnosed and the cloudy lens inside their eye is removed and replaced with an implant. And, patients with glaucoma can lose side vision so slowly that they don’t realize it’s like looking through a tunnel—with no chance of turning around and coming back out.”

## Hesitating Isn’t the Best Plan of (In)action

“Most sight-threatening conditions will eventually present symptoms. But, do you really want to wait until whatever is wrong causes permanent damage or leads to something serious like falling and breaking a hip or having a car accident?” asks medical optometrist David Scheidt, OD. “That’s why it’s vital to have a comprehensive dilated eye exam (which is typically covered by Medicare and/or insurance) at least every two years. At our offices, that exam may also include a diagnostic OCT laser scan, which enables us to catch diseases even earlier.”



Cataracts



Diabetic Retinopathy



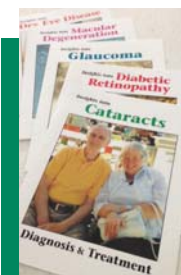
Glaucoma



Macular Degeneration

## See the Best You Can See: Now and in the Future

If your eye care specialist determines that you do have a cataract, macular degeneration (AMD), glaucoma, diabetic eye disease, or other condition, you can plan a course of treatment to protect and preserve your vision. But, that plan can’t start until you take the first step to call and schedule an exam. Rhode advises, “Don’t wait until it’s too late. If it’s been more than two years, call and make an appointment today to ensure you can see life to the fullest today AND tomorrow.”



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For a comprehensive exam or second opinion (which are typically covered by Medicare and/or insurance), call any of the offices below.

## Keep an eye on symptoms

Schedule an exam if you are experiencing:

- Loss of vision
- Pain in or around the eye
- Lines appearing distorted or wavy
- Seeing floaters, spots or webs
- Sensitivity to light and glare
- Dry eyes with itching and burning
- Blurriness/Double vision
- Difficulty seeing at night
- Flashes of light
- Continual eye redness
- Excessive tear production

## Questions to ask your doctor

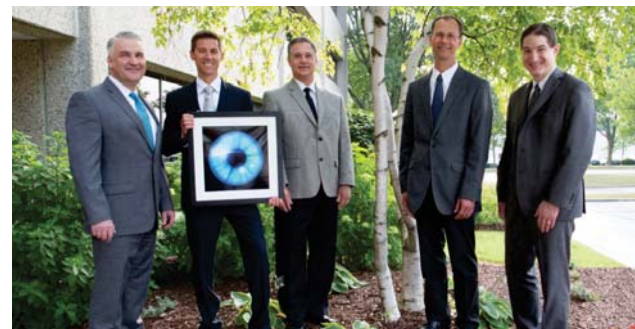
- What is my visual acuity (on the 20/20 scale)?
- Do I have any eye diseases or disorders?
- What caused my condition? Is it hereditary?
- How will this condition affect my vision and lifestyle—now and in the future?
- What kinds of tests do I need? Why? When?
- What is the best medical/surgical treatment for me?
- Should I watch for any symptoms and notify you if they occur?
- When will treatment start, and how long will it last?
- What are the risks, side effects, benefits & success rates for treatment?
- Are other treatments available?
- Are there foods, drugs or activities I should avoid?
- If my vision can’t be corrected, can you refer me for low vision resources and rehabilitation services?
- If I need to take a medication, what should I do if I miss a dose?
- Would diet, exercise or other lifestyle changes improve my condition? Would vitamin and mineral supplements be helpful?

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**Dreary Weather. Winter Blues. NOT ME.**

# Cheer yourself up!!



Every year, many people are caught off guard by seasonal affective disorder (SAD), with as many as 10 million people in the US grappling with this condition. SAD symptoms include reduced energy levels, feelings of worthlessness, difficulty concentrating, and cravings for sugary and high-carbohydrate foods.

With this in mind, the brain health experts at Brainworks Neurotherapy have shared their tips on how to combat the winter blues, and what can be done beyond the well-known light therapy.

These simple and easy-to-implement lifestyle changes aim to simultaneously address mood, sleep, physical health, and lifestyle factors to mitigate the impact the winter blues.

**Strategic Sunlight Exposure.** No matter how dreary the weather outside may be, make it a point to step outside for 10-15 minutes every day before 12:00. To maximise the benefits of this exercise, position yourself to face east, as this aligns you with the direction of the morning sun. It's also important to repeat this practice in the evening, during sunset facing west towards the sunset.

Exposure to natural light in this way and time frame is essential for supporting your hormonal system. This is because the amount of light that enters your eyes during these times directly influences the production and regulation of hormones in your body, such as serotonin, melatonin and cortisol, which play a critical role in mood and sleep patterns. This effectiveness extends even to areas with cloudy weather, as the light can penetrate through clouds.

**Bedtime Routine.** Set a fixed bedtime for every night, and as the clock ticks, put away your phone, turn off the lights, and gently close your eyes. This simple lifestyle adjustment is often underrated, yet it stands as one of the most effective anti-stress habits. Going to bed at the same time every day offers multiple benefits: It aids in regulating our circadian rhythms, ensuring our body's internal clock is in sync. This, in turn, helps stabilize the production of crucial hormones like melatonin and cortisol. Such regularity not only contributes to improved sleep quality but also plays a vital role in stabilizing mood and promoting better mental health.

**Connections.** While the natural reaction when experiencing SAD symptoms might be to isolate oneself, it's essential to try the opposite by nurturing connections with others. Engaging in social activities -with friends, family, or support groups, offers a potent antidote to the winter blues. These interactions not only provide emotional support but also serve as a reminder that you are not alone in your battle against SAD.

Please note that cases of SAD with more severe symptoms should be evaluated and treated by medical professionals. [www.brainworksneurotherapy.com](http://www.brainworksneurotherapy.com)

## EXERCISE vs CALORIE COUNT

### Which is better for weight loss... cutting calories or increasing exercise?

Donald Hensrud, M.D./Mayo Clinic

Cutting calories through dietary changes seems to promote weight loss more effectively than does exercise and physical activity.

The key to weight loss is to consume fewer calories than you burn. For most, it's possible to lower calorie intake to a greater degree than it is to burn more calories through increased exercise.

That's why cutting calories through dieting is generally more effective for weight loss. But doing both — cutting calories through diet and burning calories through exercise — can help give you the weight-loss edge.

Exercise is also important because it can help you maintain your weight loss. Studies show that people who lose weight and keep it off over the long term get regular physical activity.

If you lose weight by crash dieting or by drastically restricting yourself to 400 to 800 calories a day, you're more likely to regain weight quickly, often within six months after you stop dieting. Getting regular exercise can also help prevent excess weight gain in the first place.



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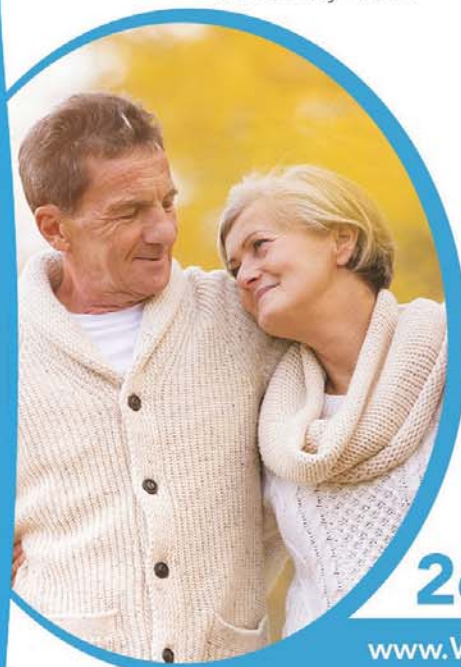


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# 2024 Real Estate Market Forecast

According to Lawrence Yun is Chief Economist and oversees the Research group at the National Association of Realtors®, the real estate market in the Midwest is expected to see slower growth in home prices, decelerating inflation, and slightly lower interest rates somewhere in the range of 6%-7%.

There is still strong buyer demand and inventory shortages. The millennial generation is almost 80 million strong, the same number as baby boomers. Try to remember when you were in your late 20's to mid-30's. There is a good chance the interest rate was over 10% maybe even up to 20% (1981). It is hard to imagine purchasing a home with sky high interest rates and a depressed 1980's real estate market. But you took the plunge. That is how strong the desire to own that very first home is. So don't worry about a shortage of buyers. The question is, will buyers pull back a bit and wait for prices to come back down, or will they continue to push forward with their dream of home ownership?

Based on my experience, I expect more homes to come on the market in 2024, as prices have most likely peaked, and so many older homeowners have waited to sell due to the pandemic as well as not wanting to sell when prices were on the move upward. Therefore, we may see a slight decrease in home prices. The good news is that there are 80 million millennials who are waiting to buy their first home. Interest rates have decreased from a high of 8% to about 6%. That is good news for first time buyers.

Many of my clients are asking about a possible "bubble" in our local real estate market. We all have a twitch in our eye when we think about 2008. That happened so quickly that no one had enough time to react. Market forces are global, and what is today may not be for tomorrow. The 2008 bubble had foundation problems; in other words, the real estate market was built on a house of cards. Loans were generated back then at a record pace, but the qualifications to obtain financing for buyers was flimsy at best. At that time, they had what was referred to by lenders as "stated income",

meaning a buyer could walk in and basically state what their income was with no verification of that income. Loans at the time were not monitored by the Fed as they are today, so there were many loans approved that should never have even been considered.

Our foundation today for buyer's financing is strong, meaning that there is verification of buyer's incomes, stronger standards for approval, and accurate appraisals for verifying the home purchase price. Foreclosures are almost non-existent compared to the disaster of 2008. Most importantly we have a huge population of would-be buyers.

In closing, Dr. Yun predicts that we will see a 15% jump in existing home inventory in 2024. There is such a buildup of baby boomers ready to downsize and many who will move to a warmer climate or closer to their children and grandchildren. It is hard to predict how much higher inventory. With higher inventory we will probably see a slow fall in home prices, as the new purchasers have been waiting for prices to adjust and interest rates to fall.

I just spoke to a long-time homeowner, who is worried about her move and not sure if this is a good time to make the change from her condo to a senior community. I told her that if boomers decide to make the move this year, the communities she has her eyes on may begin to have a waiting list. That makes the thought of a move even more tenuous. So, if on the fence about moving, all factors favor you financially and by choices available. We know prices are at all time highs, and communities have occupancy openings in many or most cases. That will change. So, I told her (and I am coining this saying), *you should contemplate, ruminate, but don't procrastinate!*

Bruce Nemovitz is a Senior Real Estate Specialist, a Certified Residential Specialist, as well as Certified Senior Advisor at Realty Executives Integrity. Bruce continues his over 40-year career helping seniors and their families prepare, downsize and sell their long-time homes in the four county Milwaukee-Metro area. He has published two books, called "Moving in the Right Direction", A Senior's Guide to Moving and Downsizing, and for the children of seniors, "Guiding Our Parents in the Right Direction", Practical Advice about Seniors Moving from the Home They Love. Bruce received the 2010 "Realtor of the Year" from the board of the GMAR (Greater Milwaukee Association of Realtors) and has been listed in Milwaukee Magazine's 5-Star Agents list for the last seven years. He's rated A+ by the Better Business Bureau. Bruce just received the "Five Star Professional Award" for the top Realtor agents for the 12th straight year. [www.BrucesTeam.com](http://www.BrucesTeam.com)

## Happy Holidays From Bruce's Team!

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Some of our favorite foods are just downright unhealthy for us. Some may even be the unhealthiest foods available, and you may not even be aware.

In recent decades, ultra-processed foods have become common in diets worldwide. However, eating large amounts of these foods increases risks to health.

The term “processed food” can cause some confusion because most foods are processed in some way.

Mechanical processing — such as grinding beef, heating vegetables, or pasteurizing foods — does not necessarily make foods unhealthful. If the processing does not add chemicals or ingredients, it does not tend to lessen the healthfulness of the food.

Chemically processed foods often only contain refined ingredients and artificial substances, with little nutritional value. They tend to have added chemical flavoring agents, colors, and sweeteners.

According Medical News Today here are some examples of highly ultra-processed foods

- Frozen or ready meals
- Baked goods, including pizza, cakes, and
- Pastries and packaged breads
- Processed cheese products
- Breakfast cereals, crackers and chips
- Candy and ice cream
- Instant noodles and soups
- Reconstituted meats, such as sausages, nuggets, fish fingers, and processed ham
- Sodas, sweetened drinks and sports drinks



## Cognitive Decline Linded to Ultra-Processed Foods

### Research Reveals Need for Healthy Changes in 2024

For many Americans, ushering in the new year means developing a list of resolutions. Becoming a healthier eater is one of the resolutions most frequently seen at the top of the list, and for a very sound, evidence-

based reason. Ultra-processed foods make up more than half of American’s diets. Research presented at the Alzheimer’s Association International Conference in 2022 suggests that eating ultra-processed foods for more than 20% of your daily calorie intake every day could set you on the road to cognitive decline.

“Research continues to show that what we eat can impact our brain health as we age,” said Kate Kahles, Program Manager, Alzheimer’s Association. “At the same time, there has been an increase in the availability and consumption of fast, processed and ultra-processed foods. There are steps we can take to good care of our brain health, including a heart-healthy, balanced diet low in some of the ingredients often found in processed foods like saturated fat, refined grains, and sugar, and high in fiber, protein, and healthy fats, often found in vegetables and fruits.”

Ultra-processed foods (UPFs) are foods that undergo significant industrial processes and contain large quantities of fats, sugar, salt, artificial flavors, colors, stabilizers, and preservatives. Examples include sodas, sugary breakfast cereals, white bread, potato chips, and frozen foods, such as, pizza, ice cream, hamburgers, and fries.

In the study, scientists at the University of São Paulo, examined the diets and cognitive function test results of more than 8,000 adults over 8 years. Research found that people who consume the highest amount of UPF (more than 20% of daily caloric intake) have a 28% faster decline in global cognitive scores – including memory, verbal fluency, and executive function.

“I’m not suggesting you have to skip those favorite Super Bowl snacks completely,” Kahles said. “It’s about balance and about adding in more fresh foods, and less of foods containing saturated fat, refined grains, and sugar. Maybe add a few more carrots to the snack table and a few less potato chips and cheese. It’s a win-win for everyone.”

To learn more about Alzheimer’s disease and other dementia and find local support services and resources, visit The Alzheimer’s Association [www.alz.org/wi](http://www.alz.org/wi).

Another large sourced study, involving almost 20,000 adults, found that eating more than 4 servings of processed food daily was linked with an increased risk of all-cause mortality. For each additional serving, all-cause mortality risk increased by 18%.



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unveiled five regions around the world where people live exceptionally long lives, often reaching the remarkable age of 100 years. The tangible benefits of the Well-Living lifestyle become apparent in the remarkable health, happiness, and low stress levels of its residents.

The town has been a leader in the movement to build walkable neighborhoods and cities. In 2022, The Congress for New Urbanism celebrated Beach Town, the first neighborhood within Las Catalinas, with a Charter Award recognizing the town for achieving “more equitable, sustainable, connected, healthy, and prosperous communities.”

Las Catalinas was built with one sole intention in mind: providing a space where people can live a healthier life. Sounds simple, but as time passes, the impact will be unprecedented. Imagine living in a car-free town with the infrastructure to encourage positive human interactions, a connection with nature, and the experience of natural movement through its walkability. A place that promotes spiritual nourishment, a sense of belonging, and access to nourishing foods. A place where options for unwinding range from a sunrise meditation to stargazing, or sharing a glass of wine or a beer with your tribe or a sunset over the Pacific Ocean like no other.

Those who become part of this community naturally adopt a mindset focused on living well. Living here focuses on several pillars stating that a healthy life goes hand in hand with nourishment (of your body, soul, and spirit), meaningful connections (with others, with nature, and with your purpose, values, and beliefs), movement (through sports, recreation, and natural movement), simplicity (available to all, through daily habits and rituals, and finding gratification), and surrounded by beauty (making people feel energized, and awakening creativity and inspiration).

Here is what living in a Blue Zone looks like at Las Catalinas.

**Movement: Moving Naturally.** Aside from the versatile sports and recreational choices available including kayaking, standup paddleboarding, yoga, high-intensity interval training, mountain biking, hiking, and running, the opportunities for movement within town arise naturally, and most of the time, spontaneously and unplanned. A typical day with an early peaceful walk on their intricate network of approximately 26 miles of natural trails throughout a tropical dry forest. Residents are seen walking their children to school and walking to their place of work right after. Small groups of people are spotted in walking meditations and walking meetings throughout the day.

**Love and Being Loved: Putting Family and Friends First.** In a walkable town, skipping time in traffic allows for more time and energy for what is important. Las Catalinas is continually promoting the importance of time spent with family and friends with weekly activities such as movie nights, live music events, arts and crafts sessions, wine tastings, kid’s clubs, taco Tuesdays, BBQs, workshops, art exhibitions, moon ceremonies, stargazing, yoga, pizza nights and more.

**Downshifting: Slowing it Down and Reducing Stress.** Stress is a part of everyone’s life, but finding ways to reduce its impact is a significant focus for the town’s residents and visitors. Fortunately, Las Catalinas offers an array of options and spaces for

downshifting in town to cater to different interests and needs. This could mean engaging in sound healing ceremonies at the town’s wellness center and gathering hub, hitting the trails on foot or bike, taking a walk in nature, practicing yoga, meeting up for outdoor workouts, paddleboarding, swimming in the ocean’s calm waters,

meditating, meeting friends for a sunset drink, journaling on the rocking chair while sipping a cup of coffee or tea, or simply strolling through the town, admiring the beautiful architecture that imparts a sense of a calm like no other place.

**Nourishment: Benefits of a Plant-Slant Diet.** While food choices, preferences, and habits are entirely bio individual, Las Catalinas has ramped up their efforts to increase the availability of organic produce. This is to promote a higher consumption of plant-based foods. Not only is Las Catalinas accessing organic produce, but in collaboration with various local farms, vegetable gardens, and agricultural cooperatives, the town is making strides to use regenerative agricultural practices to support a respectful cycle of the food’s growth and the town’s interaction with it. This fosters a sustainable and efficient nourishment of the soil, and as a result, of one’s bodies.

**Purpose: Belonging and Being Part of a Tribe.** While this may look quite different for most people, choosing to become part of a community with such a clear intention naturally leads to the pursuit of similar purposes, at least regarding one’s health and longevity. Reimagining a better way of living by encouraging sociability, eating well, appreciating, and respecting nature, Las Catalinas offers an unparalleled Blue Zone inspired lifestyle for its residents and visitors. This is a place where people can feel better, feel healthy, feel like a contributor to the community and most importantly, encourage others a chance to live a healthier, thriving, and longer life.

About Las Catalinas, [www.lascatalinas.com](http://www.lascatalinas.com)

## Life in the BLUE ZONE

continued from page 11

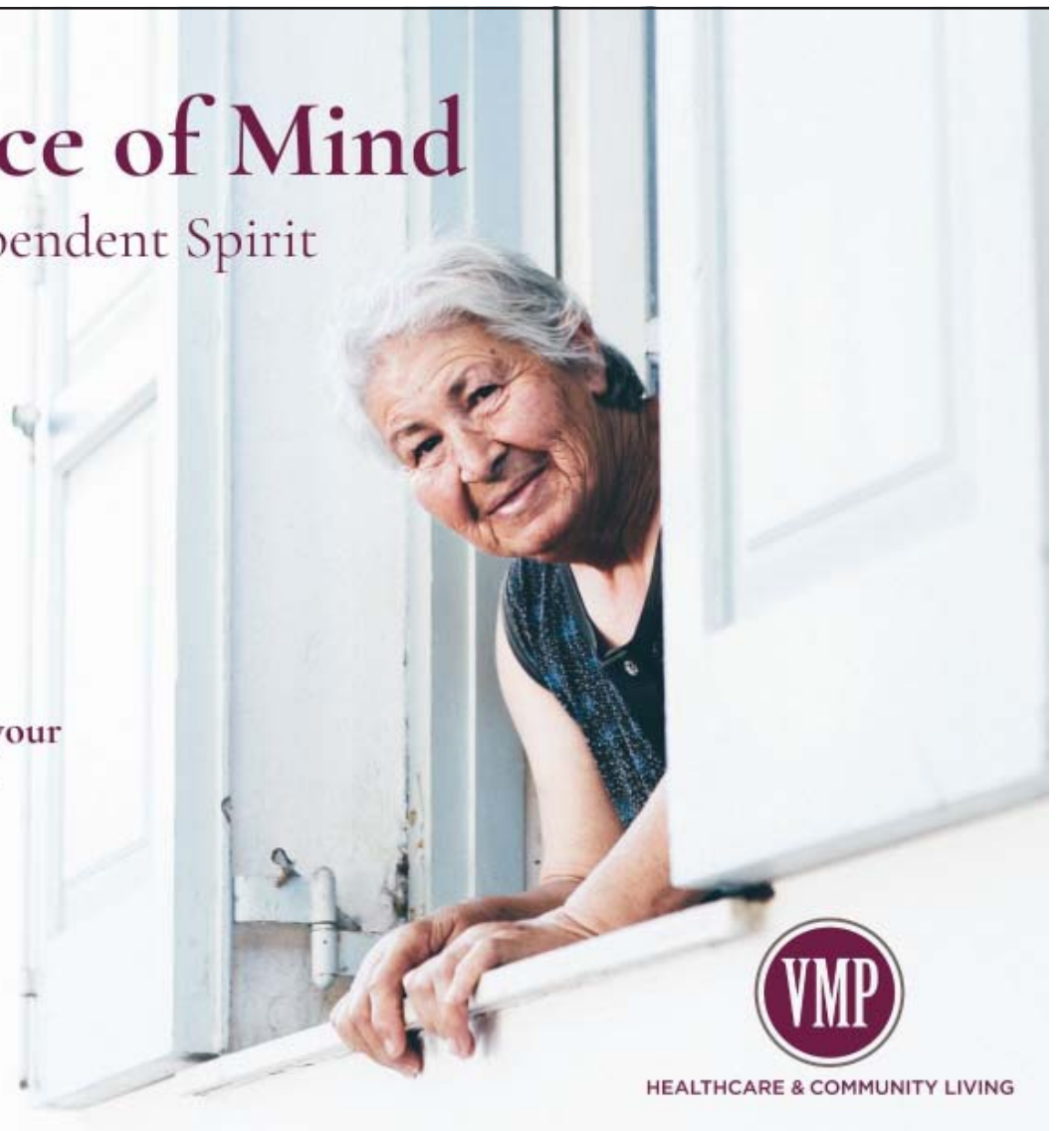
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# The FIVE FINGER PRAYER



**1. Your thumb is nearest you.** So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C. S. Lewis once said, a 'sweet duty.'

**2. The next finger is the pointing finger.** Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.

**3. The next finger is the tallest finger.** It reminds us of our leaders. Pray for the president, the prime minister, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God's guidance.

**4 The fourth finger is our ring finger.** Surprising to many is the fact that this is our weakest finger, as any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers day and night. You cannot pray enough for them.

**5. And lastly comes our little finger** - the smallest finger of all which is where we should place ourselves in relation to God and others. As the Bible says, 'The least shall be the greatest among you.' Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

## "You Are What You Think All Day Long"

~Ralph Waldo Emerson

### Does What You Think Matter?

Yes, it absolutely does, but perhaps not in the way you might expect. I'd ask that after reading this very short article, that you go back and read it again. Really think about what you read.

There are two types of thoughts, voluntary and involuntary. Voluntary would be a conscious thought such as, I am going to open this envelope. You then reach out and cut or tear the envelope open. An example of involuntary thought in action would be missing your exit ramp while driving. You were thinking about something else and were not aware of where you were or what you were doing. In that instance, who or what was driving the car? Well, it was your subconscious mind, a part of you which you had taught through repetition to handle driving even when you were unaware that you were behind the wheel. What other things have you taught your subconscious that out pictures in your life with seemingly unexplainable regularity.

What we think about is very important. What we believe about ourselves, on the inside, is out pictured in our life reality. Good thought in, good experience out. Bad thought in, bad experience out.

Be ever vigilant not to let unwanted thoughts get imbedded in your subconscious mind. Whatever you let in, you will absolutely experience in your life. Good or bad. Your conscious mind is the gatekeeper of the subconscious. Guard it with care.

Happy Thoughts Only!  
The Thought Traffic Controller,  
*T. Christopher*



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## 6 Unconventional Things You Should Do to Save Your Marriage



The lifelong probability of a marriage ending in divorce is between 40 and 50 percent, according to PolitiFact.com's estimates. Up your odds by trying this unusual advice...

Couples in trouble often seek advice from friends, family and counselors. But global marriage expert Mort Fertel, creator of the Marriage Fitness Tele-Boot Camp, says much of the advice couples get is bad.

"Much of the advice people get about their marriage problems is wrong. It sounds good. It makes sense. The problem is: it usually doesn't work," Fertel says. "Reconciling a broken marriage is tricky. The process is *not* intuitive. You really have to be careful that the advice you're following has proved to achieve the outcome you're looking for."

Fertel says his tips often run counter to many ideas existing within our culture's zeitgeist. "A lot of the advice people get is logical, but it's not psychological," he says.

"It's ineffective because it doesn't take into account the unique dynamics that occur between a husband and wife who are emotionally disconnected."

**Go at it ALONE.** Most people think, "I need my spouse to work with me to fix our marriage." But it does *not* take two to tango. One person's effort can change the momentum of a marriage, and very often, it's that effort that motivates the obstinate spouse to join in the process of saving the relationship.

**The wrong question.** Many people wonder, "Did I marry the right person?" But that's the wrong ques-

tion. The key to succeeding in marriage is not finding the right person; it's learning to love the person you found. Love is not a mystery. Just as there are physical laws of the universe, there are also relationship laws that, depending on your behavior, dictate the outcome of your marriage. You don't have to be "lucky in love." It's not luck; it's choice.

**Absence does not make the heart grow fonder.** That might have been true in junior high school when you went away for the summer. But in marriage, particularly in a broken marriage, absence separates people. It creates distance, and that's the opposite of what we're trying to achieve, which is closeness.

**Don't talk about your problems.** Talking about the problems in a marriage doesn't resolve them; it makes them worse. It leads to arguments and bad will. Besides, you'll never talk yourself out of a problem that you behaved yourself into. Marriages change because people change. Say little; do much. Speak in the vocabulary of your actions. New choices resolve marital problems; discussion don't.

**Don't think marriage counseling is the answer.** Marriage counseling does *not* work in most situations. The success rate is dismal. Most couples report being worse off after marriage counseling. One

of the reasons relates to point 4 above.

**Don't talk to family or friends about your situation.** One of the most important values in a marriage is privacy; therefore, it's a mistake to talk about your marriage or your spouse to family or friends. It's a violation of your spouse's privacy and it's wrong.

Mort Fertel is a world authority on the psychology of relationships. He has been featured as an expert on ABC, NBC, CBS, PBS and Fox television networks.

\*\*\*\*\*

**Why I GOT DIVORCED.** Last week was my birthday. My wife didn't wish me a happy birthday. My parents forgot and so did my kids. At work even my colleagues didn't wish me a happy birthday. But my secretary said, "Happy birthday, boss!" I felt so special. She asked me out for lunch. After lunch, she invited me to her apartment. We went there and she said, "Do you mind if I go into the bedroom for a minute?" "Okay," I said suddenly feeling very special. She came out 5 minutes later with a birthday cake, my wife, my parents, my kids, my friends, and my colleagues all yelling, "SURPRISE!!!" -and there I was, waiting, on the sofa... naked.



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[www.dhs.wisconsin.gov/adrc/](http://www.dhs.wisconsin.gov/adrc/)



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SMPs are grant-funded projects of the federal U.S. Department of Health and Human Services (HHS), U.S. Administration for Community Living (ACL).

# “A Banana a Day, Keeps the Doctor Away”

When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is the cheapest healthy item in your grocery cart!



Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

**Depression:** According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

**PMS:** Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate production of hemoglobin in the blood and so helps anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

**Constipation:** High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

**Hangovers:** One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Mosquito bites:** Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Smoking and Tobacco Use:** Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regu-

lates your body's water balance. When we are stressed, our metabolic rate rises, reducing our potassium levels. Rebalance with a high-potassium banana snack.

**Strokes:** According to in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

**Warts:** Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

**Shoeshine:** Want a quick shine on our shoes?? Take the INSIDE of the banana skin, rub directly on the shoe...polish with dry cloth.

[www.nutrition.gov](http://www.nutrition.gov)

## Quick & Easy Banana Treat

Ingredients: Slightly over ripe bananas, sugar, cinnamon, nutmeg. Slice the bananas into rounds. Combine cinnamon, sugar, and nutmeg in a small bowl and set aside. Spray a skillet with nonstick spray, heat over medium, then add the banana rounds.

Sprinkle about ½ of the cinnamon mixture, then cook for 2-3 minutes until the rounds start to warm. Flip the rounds over. Sprinkle the rest of the cinnamon mixture, cook for another 2 minutes or until bananas are warmed.

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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 heirlooms 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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## The Science of a Short Snooze and the benefits of a Nap continued from page 13

Obviously, if you are napping a lot to make up for consistently poor nighttime sleep, naps are only a temporizing measure, not a real solution. People with insomnia know they are having poor sleep because they are awake to know it. But those folks who sleep poorly due to the all-too-common obstructive sleep apnea are often unaware of the issue. Yes, they sleep through the night, but their breathing problems repeatedly startle the brain out of any restorative sleep.

**Are meditation and napping the same thing?** I dabble in naps, and also in meditation, and to be honest, sometimes the one becomes the other. I wondered if science could tell me if napping and meditation were different versions of the same thing. The answer is hobbled by the fact that meditation comes in a myriad of styles and practices, and also by the fact that it doesn't have the kind of profit margins that encourage deeply funded research.

The answer, I think, is that there are clear brain wave changes seen during meditation, but they don't seem to approximate those seen in sleep. Squiggly brain waves aside, perhaps the best explanation is both obvious and rather pedestrian. Meditation is a conscious act, a quiet focusing, whereas sleep is an unconscious act. We "fall" asleep.

*Sweet dreams!*

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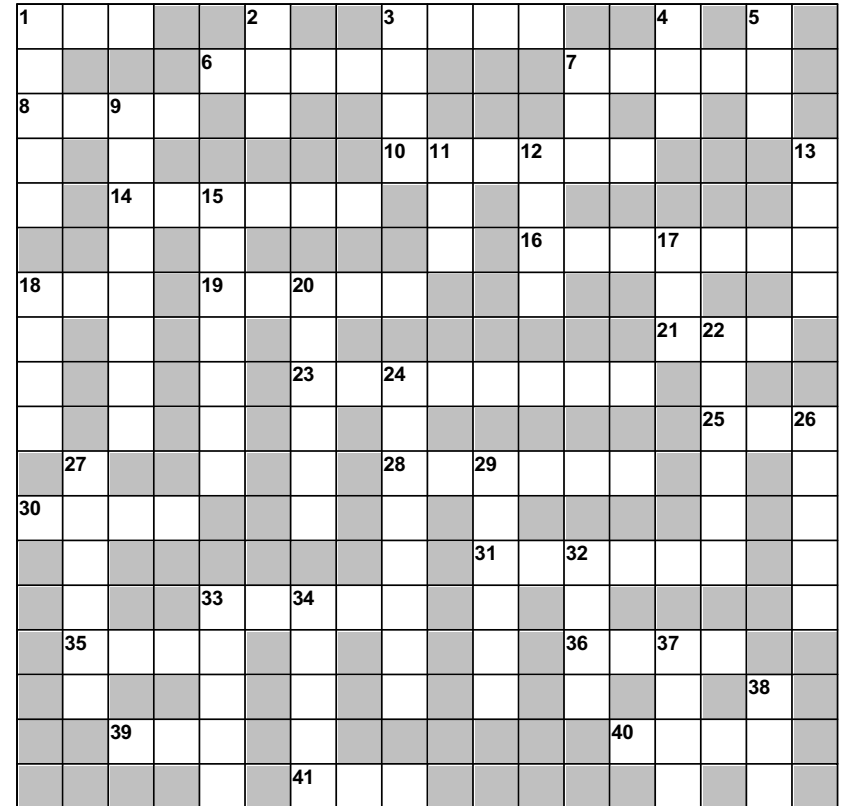


## What My Parents Really TAUGHT ME...

1. My Parents taught me **TO APPRECIATE A JOB WELL DONE**.  
"If you're going to kill each other, do it outside? I just finished cleaning."
2. My Parents taught me **RELIGION**.  
"You better pray that will come out of the carpet."
3. My Parents taught me about **TIME TRAVEL**.  
"Straighten up or I'm going to knock you into the middle of next week!"
4. My Parents taught me **LOGIC**.  
"Because I said so, that's why."
5. My Parents taught me **MORE LOGIC**.  
"If you fall and break your neck, you're not going to the store with me."
6. My Parents taught me **FORESIGHT**.  
"Make sure you wear clean underwear, in case you're in an accident."
7. My Parents taught me **IRONY**.  
"Keep crying, and I'll give you something to cry about."
8. My Parents taught me about the science of **OSMOSIS**.  
"Shut your mouth and eat your supper"
9. My Parents taught me about **CONTORTIONISM**.  
"Will you look at that dirt on the back of your neck!"
10. My Parents taught me about **STAMINA**.  
"You'll sit there until all that spinach is gone."
11. My Parents taught me about **WEATHER**.  
"This room of yours looks as if a tornado went through it."
12. My Parents taught me about **HYPOCRISY**.  
"If I told you once, I've told you a million times. Don't exaggerate!"
13. My Mother taught me the **CIRCLE OF LIFE**.  
"I brought you into this world, and I can take you out."
14. My Parents taught me about **BEHAVIOR MODIFICATION**.  
"Stop acting like your father!"
15. My Parents taught me about **ENVY**.  
"There are children who don't have wonderful parents like you do."
16. My Parents taught me about **ANTICIPATION**.  
"Just wait until we get home."
17. My Parents taught me about **RECEIVING**.  
"You are going to get it when you get home!"
18. My Parents taught me **MEDICAL SCIENCE**.  
"Stop crossing your eyes, they are going to get stuck that way."
19. My Parents taught me **ESP**.  
"Put your sweater on; don't you think I know when you are cold?"
20. My Parents taught me **HUMOR**.  
"When that lawn mower cuts off your toes, don't come running to me."
21. My Parents taught me **HOW TO BECOME AN ADULT**.  
"If you don't eat your vegetables, you'll never grow up."
22. My Mother taught me **GENETICS**.  
"You're just like your father."
23. My Parents taught me about my **ROOTS**.  
"Shut that door behind you. Do you think you were born in a barn?"
24. My Parents taught me **WISDOM**.  
"When you get to be my age, you'll understand."

~email submission

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 E E H E F P H D H N L G H R R R W R  
 M I E A L E C U T T E L B O W E G R  
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ANGEL  
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DOLLAR  
ELBOW

FEVER  
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SOLITARY  
SUDDEN  
THAW  
THEN  
THREW  
UNDER  
UNREAL  
WHISPER  
WILL  
WORRY

Answers on page 25

**ACROSS**

- 1. Soda
- 3. This type of game
- 6. Logical thought
- 7. Gusty
- 8. Yours and mine
- 10. Where criminals live
- 14. First and last day of the week
- 16. Garments
- 18. Victorious
- 19. Measure of accomplishment
- 21. Advanced in years
- 23. Applying a course of action
- 25. Coffee alternative
- 28. Kings chair
- 30. Misplaced
- 31. Dislodge old paint
- 33. Independent family living unit
- 35. Good intent
- 36. Not light
- 39. Unit of corn
- 40. Idle
- 41. Consume

**DOWN**

- 1. Communication device
- 2. Where bears hibernate
- 3. Quiet crying
- 4. The loneliest number
- 5. Optical receptor
- 7. Doctor from BBC Sci-fi
- 8. Feel bitter about
- 11. Retired cloth
- 12. Not well
- 13. Home of the Robin
- 15. Wife's fault
- 17. 1+1
- 18. Bipedal movement
- 20. Boy deer adornment
- 22. Not big
- 24. Wholly
- 26. Pathway behind buildings
- 27. Civil authority
- 29. Consequences of something
- 32. To sit and be moved
- 33. Valentine organ
- 34. Your dad's brother
- 37. Pathway in front of buildings
- 38. What EVE did

The problem isn't that obesity runs in your family.  
 It's that no one runs in your family.

\*\*\*\*\*

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 when you cross a bear with a skunk?  
 Winnie the Pooh.

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