

Your NEWSMAGAZINE LIFE!

Spring
2024

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

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



Just when the caterpillar thought the world was over, he became a butterfly. — Chuang Tzu

Retirement
IN STYLE!

Be HAPPY for Health!
Sleep Problems
Spring Yard Work Prep

INSIDE
THIS ISSUE -page 5





Milwaukee

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Spring
the music of open windows.

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5 PM Saturday
April 6, 2024
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FUN IN THE CONVERTIBLE!!

Twenty years ago I was in this same 2000 Chrysler convertible zippin' down the road to my daily radiation treatments at 9am every morning with my 10 strands of hair blowing in the wind. Survivor! Yes I am! Life whips up some surprises and yet here we are celebrating yet another awesome season.

Spring isn't just about warmer weather; it's a season that symbolizes renewal and rejuvenation. It's a chance to shake off the dust of winter and breathe new energy into our lives, create positive behaviors and a fresh start for our favorite time of year. My bedroom blinds are open and I try to wake with the sun. My gym clothes are next to the bed and before I go downstairs for coffee, I am dressed and ready to go to my awesome Rite Hite YMCA where Kevin is always at the front desk with a smile. Easy? Not every day -but since I started this habit I am 100% happier. And HAPPY is just where I want to be (pg 9).

Hubby Tom is completely recovered from his retina surgery and back on track training for his second degree black belt. My lovely daughter has a boyfriend and is completely smothered by homework at UWM. Life is good.



Go Brewers!

"The sun just touched the morning; The morning, happy thing, supposed that he had come to dwell, and life would be all spring."

~Emily Dickinson

LIFE. Enjoy it! Sandy and Tom Draelos



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The ART of HAPPINESS

Whether you're experiencing adversity or simply going through the daily annoyances -- you must protect your happiness

-page 9



WORST Fat Free 'Diet' Foods

Are you letting certain foods into your diet plan that are sabotaging your results? Cut out these three surprising foods for better results

-page 10



Wisconsin Spring Festivals

Celebrate the changing seasons with friends and family at these one-of-a-kind events happening throughout the state

-page 15



WALK Your Way to Fitness

It requires 200 muscles just to take one step. This is why a brisk walk is considered a full-body aerobic exercise

-page 17

From independent living choices to continuing care retirement communities, traditional options are no longer the norm when the GOAL is to...

Retire in Style!

(Starting on page 20. Retirement Living Guide on pages 22-23)

CALENDAR.....pages 7-8
Sleep Problems During MENOPAUSE.....page 11
DARE to be AWARE FAIR / May11th.....pages 12-14
Electric Vehicle DISMAY.....page 19
FINANCE.....page 27
LAUGH out LOUD.....page 29
New! WORD SEARCH/CROSSWORD.....page 30
Spring YARDWORK Basics.....page 31

Your LIFE! is a quarterly publication serving the multi-generational readership of Milwaukee, Waukesha, Washington and Ozaukee counties.

We provide informative, helpful & entertaining content which relates to the issues facing this diverse, active, mega-consumer market!

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Saturday May 18, 2024
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Milwaukee County Sports Complex
6000 W. Ryan Road, Franklin, WI



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Calendar

MARCH 22

Fred Astaire Dance Studio/ Dance Fantasy
Sharon Lynne Wilson Center for the Arts
Amateur dancers in a variety of styles and finishes with a professional show

MARCH 22-30

Realtors® Home & Garden Show
State Fair Park
Find a cascade of ideas for your home, garden and outdoor living spaces

MARCH 23

Maple Syrup Family Day
Richfield Historical Park

MARCH 30

Egg Day 2024
Milwaukee County Zoo
Easter-themed event including scavenger hunt, face painting

MARCH 30

6th Annual Sour Fest
MobCraft Beer, Inc. 505 S. 5th St
Wild and Sour beer tasting

APRIL 6

Trailblazing Women of Country
South Milwaukee Performing Arts Center
A tribute to Patsy, Loretta and Dolly. 7:30pm

APRIL 6

EAA Girls on the Fly program
EAA Education Center
The free, all-day event is open to girls in 6th through 12th grade introducing them to opportunities in aviation as career or hobby. Hands-on experiences with aviation technology, flight simulators. EAA.org/GirlsOnTheFly.

APRIL 7

Pour for Parks
Best Place at the Historic Pabst Brewery
New beerfest featuring the breweries of brew city benefiting Milwaukee County Parks. Samples from over 20 breweries. Limited tickets

APRIL 7

Donut and Coffee Fest
Turner Hall Ballroom
9am-1pm

APRIL 12

Extreme Dwarffanators Wrestling
Turner Hall Ballroom
The wrestlers flip, fly, toss and soar through the air, performing jaw-dropping stunts that will leave you on the edge of your seat

APRIL 14

Lake Country Wedding Show
The Ingleside Hotel

APRIL 18-21

Art in Bloom
Milwaukee Art Museum Annual
celebration of spring and discover floral interpretations of favorite artworks with live music, refreshments, shopping, art making

APRIL 19

Annual Milwaukee Blues Festival
Riverside Theater

APRIL 21

Slinger Super Speedway Season Opener
Action-packed, side-by-side stock car racing (five divisions!) on the world's fastest 1/4 mile oval

APRIL 27-28

re:Craft and Relic Spring Market
MKE Sports Complex
6000 W Ryan Rd, Franklin
160+ artists, makers, creators, designers, vintage curators and pop up boutiques, food trucks and live music

APRIL 28

MJ LIVE
Pabst Theater
MJ Live, the nation's #1 Michael Jackson tribute show

MAY 2-4

Jazz on the Vine
Osthoff Resort, Elkhart Lake
Three-night live music event centered around the appreciation for jazz

MAY 2-4

HOG Fest
Sponsored by 102.9 fm
Fiserve Forum
Recording artists Staind will headline an impressive roster of rock performers

MAY 4

Cinco de Mayo Family Festival
2701 S. Chase Ave, Milwaukee

MAY 4

Kentucky Derby Train / East Troy Railroad
You will be back to the Depot in time to watch the Kentucky Derby and enjoy dinner with your fellow passengers

MAY 4-5

4th Annual Tulip Fest & Harvest
Happy Day Farmhaus
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CALENDAR continued on page 8



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Thursday, June 20th: 9am-6pm
Friday, June 21st: 9am-6pm
Saturday, June 22nd: 9am-4pm

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Calendar

continued from page 7

MAY 11

Menopause The Musical 2
Pabst Theater
Hilarious and heartfelt look at the joys of menopause and friendship — plus hot flashes, mood swings, and memory lapses

MAY 14-16

Lakefront Festival of Art
Milwaukee Art Museum
Art, food, music, and activities for all ages at the Milwaukee Art Museum

MAY 15

Town Food Truck Festival Brookfield
Third Wednesday of the month May – September, 4:30pm – 8:00pm. Live music, local food vendors, craft beer and kid friendly activities

MAY 18

Family Generation Expo
Milwaukee County Sports Complex
6000 W. Ryan Road, Franklin
FREE Expo to get information on everything you and your family need to make smart decisions for grandparents, adult children and grandchildren

MAY 16-19

Milwaukee Metal Fest
The Rave/Eagles Club
Indoor/outdoor event, multiple stages inside and Beer Garden. Food trucks, craft beers and liquor

MAY 17-19

Maifest
Germantown
Traditional German festival celebrating the arrival of spring

MAY 18

Bloody Mary Fest
Racine Zoo, Racine
Sample the best bloody marys with all the fixings. At the end of the fest, we will reveal the crowd favorite and winner for best presentation

MAY 25-26

Falls Memorial Fest
A weekend of military tribute. Lucky Ducky Derby, live music, food, marketplace vendors, beer and wine gardens, car show, art show, and more at Mill Pond Park, Village Park, and Main Street. Special Veterans Concert on Sunday in Village Park, and Memorial Day Parade on Monday along Main Street and Grand Ave

MAY 25-26

Sturgeon Bay Fine Art Fair
Martin Park, Sturgeon Bay
Over 70 artists from across the Midwest, live entertainment, activities, food...

MAY 31-JUNE 2

Festa Italiana
Italian Community Center

JUNE 1

Wisconsin Beer Lovers Festival
Bayshore Mall Courtyard
More than 60 craft breweries across the state, local restaurants and cuisine partners, food trucks, live bands...

JUNE 1

Milwaukee Highland Games
Croation Park
9100 S. 76th Street, Franklin
Bagpipe bands, Scottish food, Highland dancing, working sheepdogs in action, unique athletic events

JUNE 2

UPAF Ride for the Arts Inc.
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JUNE 1-2

Holy Hill Art and Farm Market
Hubertus
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JUNE 2

Brewtown Rumble
Boone & Crockett at 818 S. Water St (the intersection of National Ave and Water)
A ride-in vintage motorcycle show. It doesn't matter the make, model or condition of the bike. Just ride it!

JUNE 2

West Allis A La Carte Street Festival
70th to 76th & Greenfield avenue
11am-5pm

JUNE 6-8

PrideFest Milwaukee
Summerfest Grounds

JUNE 7-9

Thiensville-Mequon Lions LionFest
Live music, food, beer, rides, bingo, chicken dinners

JUNE 7-9

Sts. Constantine and Helen
Tosa Greek Fest
160 N Wauwatosa Ave

JUNE 8

Milwaukee Water Lantern Festival
Veteran's Park, Lakefront
Celebrate life, love, unity, peace, & remembrance

JUNE 9

Pig Roast and Pincho Fest
National Puerto Rican Day
4529 W. Forest Home

JUNE 15

Summer Soulstice Music Festival
Eastside between Prospect Ave & Farwell
Live music, local vendors, food, beer...

HOW TO STAY Happy AS YOU AGE

Life has its inevitable ups and downs, and the challenges we experience might not always seem fair. But there's no need let your happiness depend upon life's uncontrollable circumstances.



Whether you're experiencing adversity or simply going through the daily annoyances -- you must protect your happiness.

"What you want and what you get are not always one and the same," says Amy Shea, author of the new book "Defending Happiness and Other Acts of Bravery," a collection of short stories about her life's journey with adversity. "The key is to find what makes you happy and defend it."

In her book, Shea details how tough circumstances have not deterred her from living life on her own terms.

For example, she ultimately came to view her battle with breast cancer as a gift of opportunity. "What is possible to do in one's life changes remarkably when one fears death more than embarrassment," she says.

Shea has experienced poverty, divorce, cancer and the daily woes of aging, parenting and being parented, but believes that come what may, she is prepared to defend her right to be happy. She offers these insights in her book and online at www.DefendingHappiness.com

- Your emotions do not need to be an automatic reaction to what happens to you. By believing that, you abdicate choice. It is not life that is happy or not. It's you.
- Don't forget to simply sit from time to time and do some inner wandering. Original thought happens a lot more easily this way than while texting or on the treadmill.
- Life is neither fair nor kind -- but it is full of beauty and humor, and open to direction.
- When it comes to picking your battles, energy is like eye cream: expensive. So use just what you need and put it right where you want it.
- Aging won't be smooth and firm and flawless, but it is not the enemy. In fact, there are certain things about youth you won't miss at all.
- All of us have individual wiring that can get buried from time to time under habits we've formed. Be deeply committed toward the wiring that makes you happy.
- View life as a dynamic creative disturbance and don't forget to show up -- it's worth whatever trouble it takes.



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March 17: St. Patrick's Day Party

March 21-24: March Madness 1st & 2nd Round

March 28-31: March Madness Swt. 16 & Elite 8

April 6: Karaoke with Josh Quinn 7-11pm

April 6: March Madness Final Four

April 8: NCAA Championship Game

April 20: Spring Craft Fair 12pm-3pm

April 20: Music by Zakk Daniel 7pm-10pm

April 22: Live Music w/ Sonic Boomers 7pm-10pm

May 11 and June 8: "The Collective Effect"

with Jackie Caldwell & Ferro Haze 7pm-10pm

June 22: Live Music w/ Sonic Boomers 7pm-10pm

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3 'Fat Loss Foods' Sabotaging Results

Are any of these in your diet?

By Walker Plair / articlebiz

Feel like you're doing everything right on your diet plan but still not seeing the results you desire?

Many people find themselves in this position. They are working hard on their approach and taking care to follow their diet to the letter. But yet, something is amiss. The scale just isn't going downward and they aren't getting the results they were hoping for.

What gives?

Often, the big problem is not their effort or motivation. The problem is that they are letting certain foods into their diet plan that are sabotaging their results. Often these foods are designed to be fat loss foods but they really aren't. Instead, they're holding you back from success.

What are these foods? Let's go over three foods that you need to cut out of your diet immediately.

Fruit Flavored Yogurts



Fruit flavored yogurts are a favorite among many dieters but little do they know they're digging into pint-sized sugar bombs each time they eat a small container.

Next time you're picking out your favorite yogurt, double check the sugar content. You might just find yourself surprised to know there are 15 or more grams of sugar per serving.

Of course you can purchase the sugar-free varieties, but then you'll be taking in a number of unwanted artificial sweeteners, which can be just as bad for you.

Instead, opt for plain Greek yogurt. Flavor it yourself by adding a handful of fresh berries.



Fat-Free Products

Next up on the list of foods that you want to get out of your diet plan are any products that are built to be 'fat free'. These often state that they are fat free on the label and proud of it.

But ask yourself, if the fat is removed, what is added? Something had to be added otherwise these just wouldn't taste good.

The answer to that is sugar. Sugar has often been added to these foods and is what is causing them to still taste appealing.

And, if you are trying to lose body fat, sugar is just as bad - if not worse - than fat is.



Protein Bars

Finally, the last of the foods that you need to be careful about including in your diet plan are protein bars. These may seem

like a great option since they do contain protein and you're probably trying to get more protein into your day.

But once again, you need to check that sugar content. Most protein bars are upwards of 15 grams of sugar or more per bar. Some measure in as high as 30 or even 40 grams of sugar depending on the calorie content.

In actuality, these aren't much more than a glorified chocolate bar. While you can buy a few bars that do keep the sugar content very low (five grams or less per bar), you do need to search for those. Be careful about buying these bars.

Looking forward to our beautiful warm summer nights? **Not everyone!**

Sleep Problems During Menopause

Difficulty sleeping is one of the more common signs of menopause, with upwards of 40% of women between late 40s and early 50s reporting symptoms

Causes + Treatment



MENOPAUSE 101

Menopause only officially begins once you've gone 12 consecutive months without a period, which means it's marked retrospectively. The average age is 51, and the time leading up to that is what's called "perimenopause," which can last anywhere from seven to ten years. It's during this time that many women start experiencing symptoms commonly associated with menopause, such as hot flashes/night sweats, mood changes, increased anxiety, irregular and/or heavy periods, and difficulty sleeping. Once you've hit menopause, your ovaries will stop producing estrogen and, as a result, stop releasing eggs. Once this happens, you're in what's called "postmenopause."

The science behind why perimenopause + menopause mess with sleep. Generally speaking, both men and women experience decreases in deep sleep — aka "delta sleep" — after adolescence. However, this is compounded for women who, in addition to aging, are traversing a menopausal transition marked by fluctuations in several key hormones: estrogen, progesterone, serotonin, and melatonin.

Hormonal changes are important, but they don't always tell the whole story. Remember, women are going through a lot during these years! Stress due to things like finances, aging parents, career, and body image can all add up to cause or exacerbate sleep difficulties.

Common sleep issues during menopause

• **Insomnia.** When difficulty falling asleep is chronic (i.e. occurring more than three nights/week three months or longer), it's classified as insomnia which, if not addressed, may contribute to increased anxiety, impaired concentration and memory, and increased headaches.

• **Obstructive Sleep Apnea (OSA).** Studies indicate that 20% of women develop some form of OSA during menopause—although they may not even know they have it. (2) The condition is marked by temporary pauses in breathing, which causes an increased risk of snoring. And as we all know, snoring doesn't bode well for quality sleep.

• **Hot flashes + night sweats.** Hot flashes are classified as a vasomotor symptom (VMS) affecting about 85% of menopausal women. The cause? Fluctuating hormone levels—specifically estrogen, which affects the temperature-regulating part of the brain: the hypothalamus. Hot flashes occurring at night are known as night sweats, and because they're associated with an increase in adrenaline, they often cause sleep disturbances.

How to manage + treat symptoms. Here are a few key interventions to address sleep problems during menopause—with the caveat, of course, that sleep isn't one-size-fits-all. Any treatment plan should be tailored to individual needs and goals.

• **Smart supplementation.** There are a wide range of natural supplements available, some of which directly promote sleep while others do so indirectly via stress management. In addition to valerian root, ashwagandha, and melatonin, and there is promising emerging research on the impact of CBD on sleep symptoms for menopausal women — as well as for sleep improvement in general — although more research is needed before making any definitive claims.

• **Prescription + over-the-counter sleep medications.** "A lot of people don't want to go down this route because they're concerned about side effects and don't want to become addicted," explains Dr. Siebern. "But for acute distress caused by extreme stress or grief that affects sleep, it's worth a conversation with your primary care provider." Unlike non-habit-forming supplements, prescription medications are not intended for long-term use. Some may negatively interact with other medications, so it's important to read the fine print and allocate yourself at least eight hours of sleep.

[Sleep Problems](#) continued on page 13

Do you struggle to lose weight?

Do you feel young at heart?

Are you curious about aesthetic procedures but hesitant to take the plunge?

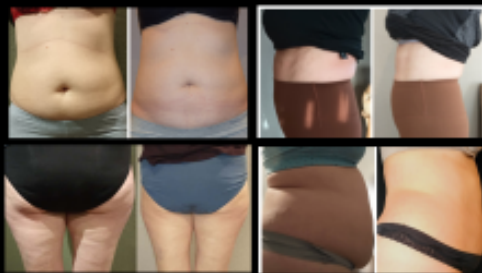


Hi, I'm Sarah, a Licensed Practical Nurse specializing in natural and non-invasive aesthetic services.

My mission is to empower you on your path to embracing your most beautiful self. As we age, hormonal shifts, muscle tone loss, weight fluctuations, and changes in metabolism can impact our appearance and self-confidence. Additionally, the loss of skin elasticity and collagen further contribute to these changes. With a focus on enhancing your natural beauty, I'm here to help you navigate these transformations and restore your confidence.

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The happiness of your life depends upon the quality of your thoughts. ~Marcus Aurelius

"If you know the art of deep breathing, you have the strength, wisdom and courage of ten tigers." – Chinese adage

Breathing Techniques for Stress Relief

When you're feeling overwhelmed, taking a few deep breaths can help you feel more calm and centered. Found these quick gems online reviewed by the experts at WebMD.

Equal Time for Breathing

In this exercise, you'll match how long you breathe in with how long you breathe out. Over time, you'll increase how long you're able to breathe in and out at a time working up to 10 counts.

Sit comfortably on the floor or in a chair.

Breathe in through your nose. As you do it, count to five.

Breathe out through your nose to the count of five.

Repeat several times.

Modified Lion's Breath

As you do this exercise, imagine that you're a lion. Let all of your breath out with a big, open mouth.

Sit comfortably on the floor or in a chair.

Breathe in through your nose. Fill your belly all the way up with air.

When you can't breathe in any more, open your mouth as wide as you can. Breathe out with a "HA" sound.

Repeat several times.



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Sleep Problems

continued from page 11

· **Hormone Replacement Therapy (HRT).** HRT involves taking supplemental hormones (estrogen and/or progesterone) to replace what the body no longer naturally produces during the menopause transition. It is not typically recommended as a course of treatment for sleeplessness alone but rather for ancillary menopausal symptoms that may indirectly affect sleep, such as hot flashes.

· **Behavioral change.** Better sleep cannot be achieved without addressing underlying behavioral and lifestyle change. "It's important to consider how much time you spend in bed compared to how much time you're actually sleeping," explains Dr. Siebern. "And what about your behaviors around bedtime? Start your wind-down routine at least one hour prior to bedtime with a relaxing activity, such as reading or taking a bath.

Avoiding excitement prior to bedtime is a way to lower sympathetic activation (the body's fight or flight system). Activities that are too stimulating can engage this system and run interference with the onset and maintenance of sleep.

Dr. Allison Siebern, PhD, DAC, LAc, CBSM is a sleep medicine psychologist and neuroscience-based doctor of acupuncture specializing in sleep, mood, and neurological health. She is board certified in Behavioral Sleep Medicine by the American Board of Sleep Medicine

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INDEPENDENT BRAND AMBASSADOR



The Case for Sharing

There will shortly come a time when humanity must reach a great decision. Troubled as it is on all sides by divisions and cleavage, a new approach must be found to the many problems which beset it. Without such a new approach, there is little doubt, an ominous future would await mankind.

Historically, there is no precedent for the present situation and conditions on Earth. Never before have so many souls co-existed on the planet. Seldom, if ever, have the divisions between the groups been so painful and deep. Never has man controlled such forces of destruction as are now at his command, giving him power to destroy the life in every kingdom. When such destruction threatens, man must take stock and devise new ways to proceed.

Of all the possible ways there yet remains but one untried. Throughout his history one simple answer has eluded man's grasp. The principle of Sharing is the only one which will answer man's needs and solve his many problems, for it is fundamental to the Plan of God himself. Without sharing, man denies his divinity and stores up for himself all future woes. Without sharing, unholy chaos reigns and withholds from man the Justice which is his by right. Sharing alone provides the opportunity to establish God's Plan of Brotherhood and to remove from the world for ever the sin of separation.

How, lacking sharing, could man continue? How, without sharing, could he hope to survive? So great are the dangers in the present imbalance between the nations that luck alone would not suffice to see him through. A deadly sickness — separation and greed — prevails upon the earth, and calls for drastic measures to effect a cure.

The simple cure is at hand despite the outer chaos. The long-drawn testing of mankind is all but at an end. Arrayed against the forces which still hold man in thrall, the Hierarchy of Light retrace their steps and stand together under the banner of Truth.

Maitreya's mission begins with an appeal to men to share. His knowledge of men's hearts leaves him certain of their choice, and certain of their readiness to make the needed changes. "Man must share or die", he has said, knowing well that men will choose to share and live and to create with him a better future.

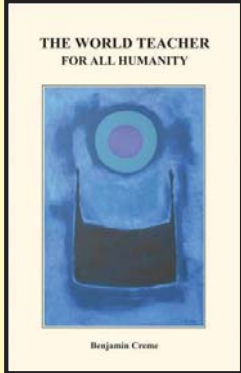
Until now, all efforts to solve man's problems have been directed to maintaining the present structures, however unjust they have proved themselves to be. The

cleavages on every hand cry out for resolution and await the application of the Law of Justice.

Fear grips many today as they hear their leaders wrangle; a time is coming when they will leave their leaders far behind. Man is awakening to the call for freedom and needs only true leadership to set the world to rights. Maitreya has come to show the way and to lead men to brotherhood and justice. A new era opens under his wise direction which will demonstrate the true divinity of man, establishing the means of sharing and co-operation and thus fulfilling the Plan of God.

This article, published in Share International magazine, was written by a Master of Wisdom. The Masters, led by Maitreya, the World Teacher, are highly advanced advisors of humanity, working constantly to help and uplift people everywhere. They plan to appear openly before the public very soon.

The terms "man," "men," and "brotherhood" are used here in the generic sense to mean humanity.



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ALL WELCOME!

Learn more about Maitreya, the World Teacher, view copies of books and *Share International* magazine — the record of the emergence of the Masters of Wisdom, with news from around the world by people at the forefront of progressive change.

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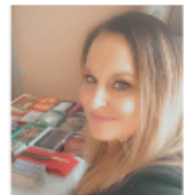
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~Maggy



FIVE Can't-Miss Spring Festivals in Wisconsin

Whether you're a fan of rare mushrooms or maple syrup, Wisconsin has the festival for you! The days are getting longer and summer is fast approaching. Celebrate the changing seasons with friends and family at these one-of-a-kind events happening throughout the state.



Maple Syrup Festival – Phelps April 6th, 9am-3pm

Perfect for all ages, the whole family can watch live tree tapping demos and hop on a free guided bus tour of local sugar bushes to get a better understanding of how raw sap is transformed into the delicious maple syrup we douse our pancakes with.

Once you've developed a new appreciation for fresh maple syrup, head to the Maple Café, where you can get your hands on just about any maple flavored treat you can think of! Stick around and you'll even get to see who's crowned champion of the maple syrup contest.

100 Mile Garage Sale – Pepin May 2nd through May 5 www.garagesalefinder.com/



Great River Road - Hwy 35. Residents and stores clean out their attics, garages & basements to create the Most Spectacular Garage Sale. A trail of distinctive colored ribbons will identify participating garage sales from Alma on the southern end of the Wisconsin side of Lake Pepin, north along Hwy 35 through Nelson, Pepin, Stockholm and Maiden Rock to Bay City. The trail then crosses west to Minnesota at Red Wing, MN and heads south on Hwy 61 through Frontenac, Lake City, Camp LaCopolis, Reads Landing, Wabasha, Kellogg and Winona.

There isn't a master list along the route, so you have to keep an eye out for the ribbons marking which sales are participating – almost like a scavenger hunt! Whether you're looking to discover vintage gems or are just in it for the scenic road trip with friends, you're sure to have fun exploring along the famous 100 Mile Garage Sale.

Spring Fair on the Square – Baraboo May 11th, 9am-4pm

Every spring, Baraboo's charming downtown comes alive with art, music, and delicious food. The Spring Fair on the Square draws more than 150 artists and crafters to put their unique talents on display. You'll see everything from hand blown glass, metalwork sculptures, intricate pottery, and plenty more.



Morel Mushroom Festival – Muscoda May 17th and all day Saturday, May 18th

The uniquely challenging growing conditions of morel mushrooms make it impossible for them to be harvested commercially, so they've become something of a rare delicacy. One place you won't have to hunt for them is at Muscoda's Morel Mushroom Festival, where local growers and mushroom enthusiasts alike gather to trade thousands of pounds of these delectable morsels throughout the weekend.

Springfest – Chippewa Falls May 17th & 18th

Kick off the start of warmer weather with Springfest in Chippewa Falls at the Northern Wisconsin State Fairgrounds. Dance to live music with friends at multiple stages in the Northern Wisconsin State Fairgrounds, sample tasty dishes from food trucks and be sure to bring the kids for the petting zoo, face painting and other family fun. There will also be vendors selling locally made crafts in heated tents and a community bonfire to bring everyone together for an unforgettable weekend.

Sam Kislia/TravelWisconsin.com



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Local MDs offer four major advances in eye care

By Cheryl L. Dejewski

“As baby boomers age and people live longer, more Americans are hitting the age bracket where risk levels for debilitating eye conditions increase,” warns Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center and partner at Eye Care Specialists, a nationally recognized ophthalmology practice.

How can you protect your vision? Rhode advises, “Your best protection is to schedule regular, comprehensive eye exams. Our practice strives to offer the latest technology to detect, track and treat nearly every cause of vision loss. But the most advanced equipment and services in the state are of no use if people don’t utilize them.”

The following are just a few of the cutting-edge devices and procedures his practice has available at their offices.



Because good vision in one eye can mask problems in the other and certain diseases lack early symptoms, people with diabetes (illustrated above), macular degeneration (AMD), glaucoma, and other conditions often don’t notice a concern until it is too late. OCT laser scans help to catch diseases early enough to protect vision.

Diagnostic Laser Scans

“Our practice was one of the first in Wisconsin to offer Optical Coherence Tomography, or OCT, laser scans. This advanced technology can detect, track and treat signs of glaucoma, diabetic retinopathy, AMD, and other sight-threatening diseases—often before damage occurs. Our patients like that the OCT is fast and painless, and we like that results aren’t influenced by attention span, comfort, or ability to follow directions,” says optometrist David Scheidt, OD. You simply focus on a light while a safe, invisible laser scans inside your eye to create detailed cross-sectional images (similar to an ultrasound) that provide unparalleled accuracy for visualizing and measuring any changes to the retina and optic nerve.



Cataract surgery with lens implantation restores vision and reduces the risk of falls, car accidents, and depression.

New Technology IOLs

Cataract surgery requires making an opening in the eye to remove the cloudy lens (cataract) and replace it with an intraocular lens implant, or IOL, (to once again focus light rays onto the retina and restore vision). “Monofocal” or fixed-focus IOLs are like miniature internal contact lenses set for a single prescription power—usually to provide clear vision in the distance (for driving, watching TV, etc.). Most patients still need to wear reading glasses or bifocals after surgery. “When appropriate, however, we offer the option of ‘advanced technology’ IOLs, which are ‘multifocal’ (provide multiple focusing zones for near and far), toric (provide correction for astigmatism), or ‘light-adjustable,’” explains Daniel Paskowitz, MD, PhD, an eye surgeon with credentials from Harvard and Johns Hopkins. “At least 70% of advanced technology IOL patients can see to read, drive, do computer work, or perform most activities—with never or only occasionally needing glasses. At Eye Care Specialists, we customize each implant to fit each patient’s prescription, health, lifestyle, expectations, budget, and other concerns.”

Medication Injections to Treat AMD and Diabetes

Macular degeneration (AMD) is the leading cause of central vision impairment in Americans over age 50—robbing people of their ability to read, see faces, drive, etc. “A few years ago, there wasn’t much we could do. But, now, we can offer revolutionary new medications that inhibit the growth of the abnormal blood vessels that cause the ‘wet’ form of AMD as well as diabetes-related eye damage,” reports ophthalmologist Michael Raciti, MD, who performs sight-saving injection treatments on a daily basis. “Although there are NO guarantees, our practice has seen remarkable results with regular (about monthly) in-office injections, including stopping the progression of wet AMD in 90 percent of patients, and even having up to 30 percent gain improvement in vision. This is truly one of the greatest advances in ophthalmology in the past 50 years.”



Medication injections can help stop loss of vision to macular degeneration (AMD—shown above) and diabetes (top left).



Glaucoma has no early warning signs. Left undetected and untreated, it can cause permanent tunneling and vision loss, which leads to health and safety risks. Advanced laser and surgical procedures can help prevent this from happening.

Advanced Glaucoma Treatment

Glaucoma is a condition in which the fluid pressure in the eye is too high for the health of the optic nerve causing loss of side vision and eventually all sight. It is typically treated with prescription eye drops to lower the pressure (by either decreasing fluid production or increasing outflow). “For some patients, however, there may be an alternative. Our surgeons utilize highly specialized laser and/or minimally invasive surgical procedures for qualified candidates. If successful, these outpatient procedures can control glaucoma and help to reduce the need, expense and hassle of using daily drops,” explains Daniel Ferguson, MD, an eye surgeon who conducts continuing education lectures for area doctors.



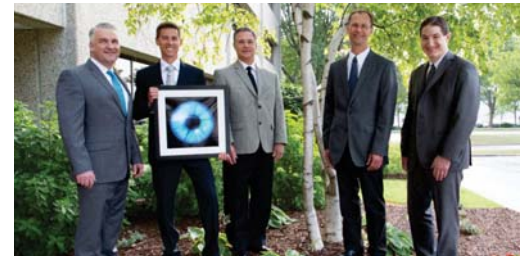
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FACTS on WALKING

1. The average adult will walk 65,000 miles in their lifetime which is the equivalent of walking 3 times around the world!
2. It requires 200 muscles just to take one step. This is why walking is considered a full-body exercise. It is not just your arms and legs that are responsible for the forward motion, your core is hard at work too!
3. The average healthy adult walks at a speed of around 3mph. The age of a person will affect how fast they walk, and the speed of walking decreases with age. A brisk walk is typically 3.5mph and can help you to build stamina, burn excess calories and increase your heart health!
4. Walking briskly for one mile in 15 minutes burns approximately the same amount of calories as jogging an equal distance in 8.5 minutes.
5. To understand roughly how fast you walk, count the number of steps you take in a minute and divide by 30. Your walking speed depends on your level of fitness and walking experience. Choose a flat walk for your test.

Do I Really Need to Take 10,000 Steps a Day?



You've probably heard that moving 10,000 steps a day is a healthy goal. I am certainly guilty of a happy dance when my Fitbit vibrates and sends me fireworks for reaching that 10,000 mark.

Not a simple goal as many of us sit more than stand, thanks to driving cars, sitting at office desks, and reclining in chairs at home; in fact the average number of daily steps an American takes is closer to 4,800. It may surprise you that the benchmark number of 10,000 is not

actually based on science but was created as a marketing tactic in the 1960s by a company making pedometers.

So is there any science to support stepping it up? Generally, research finds that more steps are better but even a lower amount can achieve health benefits. A study following 4,840 men and women 40 years of age and older for 10 years found that those taking at least 8,000 steps daily had a 51% lower death rate from all causes compared with those taking 4,000 steps or fewer. A goal of 10,000 steps a day has become widely accepted but recent studies have shown that health benefits increase even if fewer steps are taken each day.

The average American walks 3,000 to 4,000 steps a day, approximately 1.5 to 2 miles. Find your average baseline for a few days, and then you can work up toward your ideal goal of steps by aiming to add 1,000 extra steps a day every two weeks. www.hsph.harvard.edu

To burn off a single plain M&M candy, you would need to walk the length of a football field.



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EV Dismay: Is The Bloom Off The Rose For Electric Vehicles?

Does replacing an EV's battery for \$15-25k when it wears out in less than eight years jeopardize the emissions reduction gained by ditching the gas-guzzler?

It has been a tough run for electric vehicles (EVs) in recent months, with lots of bad press about everything from shorter ranges in cold weather to consumer frustration with getting stranded to the huge carbon footprint of the newfangled cars when factoring in life cycle assessments that include manufacturing. Whether or not these problems are enough to reduce sales in 2024 for the first time in the modern history of EVs is anybody's guess.

Perhaps EV's biggest Achilles heel is the precious metal mining involved. According to Hesham Bakhbakhi, an expert in the central heating and renewable energy industry, the manufacture of a single Tesla Model Y battery requires moving some 250 tons of soil to obtain the needed metals (lithium, nickel, manganese and cobalt), not counting hundreds more pounds of aluminum, steel, graphite and plastic that are needed. "The Caterpillar 994A is used for earthmoving to obtain the essential minerals. It consumes 264 gallons of diesel in 12 hours," says Bakhbakhi. "Finally, you get a 'zero emissions' car."

According to the International Energy Agency, manufacturing EVs requires six times the minerals and metals as an internal combustion engine vehicle. To add insult to injury, most of the minerals Tesla uses to manufacture these batteries come from China or Africa. "Much of the labor for extracting the minerals in Africa is done by children," adds Bakhbakhi. "If we buy electric cars, it's China who profits most."



A 2019 study by Ernst & Young found that it takes 65,000-80,000 miles of driving (5-7 years) to offset the carbon footprint of purchasing a new EV. But according to Carl Medlock of Seattle's Medlock and Sons, one of the few independent Tesla repair shops in the country, you'll have to replace that EV battery every eight years or so—at a cost of \$15,000-\$25,000! And you would be starting the whole carbon footprint cycle all over again. Indeed, many EVs that aren't even that old are heading for the scrapyard instead of onto a second life on the road. None of this is good news for consumers or the environment.

Perhaps this is why you can score a used EV surprisingly cheap. Rental car company Hertz announced recently that it is selling off some 20,000 EVs from its rental fleet with prices starting at only

\$20,000 for a high-mileage but well-maintained Tesla Model 3. Hertz is also unloading Chevy Bolt EUVs starting at around \$22,500 and Tesla Model Ys for \$33,000. Hertz says it's time to sell these cars to better balance its supply and expected demand for EVs, but analysts point to the company needing to scrap lower-margin rentals and reduce damage expenses associated with EVs, which are much more expensive to fix after an accident or breakdown than their internal combustion counterparts. But one can't also wonder whether the battery replacement cost of high-mileage EVs has a bit to do with Hertz's big sell-off now.

Most environmentalists remain bullish on the transition to EVs and view these bumps in the road as opportunities to learn and improve so that someday in the not-to-distant future, we can power our EVs with clean, renewable energy.

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RETIREMENT



Living for Life!

Moving is an arduous process, and it's understandable that individuals may not want to make the transition more than once in this phase of their lives. For those who are looking to stay put, but also want a built-in support system, continuing care communities may help them achieve those goals.

What are CCRCs? Continuing care retirement communities (CCRCs) offer long-term contracts that guarantee lifelong shelter and access to specified health care services. CCRC residents enjoy an independent lifestyle when they are able, with the knowledge that if they become sick or frail, their needs will continue to be met. A staff of medical professionals is on hand to provide several levels of care.

Most CCRCs establish minimum requirements for incoming residents based on age, financial assets, income level, and physical health and mobility. In general, residents are expected to move into the community while they are still independent and able to take care of themselves. This way they can get to know the community and its residents while taking advantage of the ample amenities.

Who Needs a CCRC? A good candidate is anyone who wants the security of knowing they will receive the necessary care for the remainder of their life while having the ability to age in one place and make a home of their own. Many CCRCs have several stages of care, including residences for independent living, assisted living and nursing care. A member can move up or down this continuum of care for the rest of their life, depending on the extent of their health.

How Do I Pay For a CCRC? In return for guaranteed lifelong shelter, amenities and health care, residents usually pay a lump-sum entrance fee and regular monthly payments. There are three basic types of CCRC contracts: extensive, modified, and fee-for-service.

An extensive contract covers shelter, residential services, and amenities, plus unlimited long-term nursing care without an increase in monthly payments (except for normal increases related to operating costs and inflation adjustments). An extensive contract spreads the risk of catastrophic

CONTINUING CARE COMMUNITIES continued on page 24



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

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

800-963-0035 TTY: 711
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For Long-Term Care options contact your local [Aging and Disability Resource Center](#).
www.dhs.wisconsin.gov/adrc/



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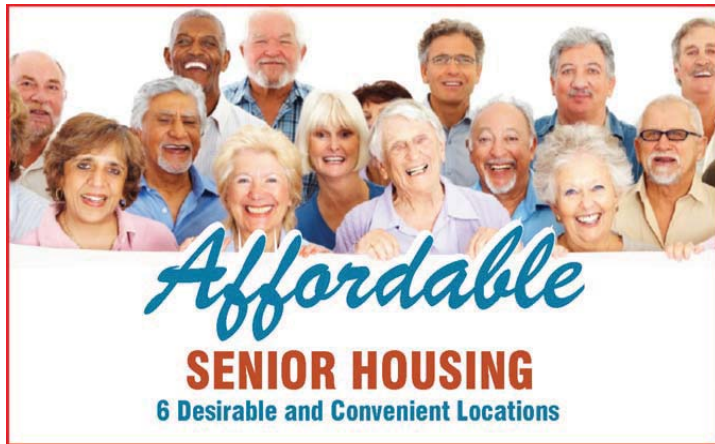
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Living for Life!

CONTINUING CARE COMMUNITIES continued from page 21

health care costs among all the residents of a community, so that no single person faces financial ruin. Entrance fees and monthly costs under extensive contracts are typically higher than those under modified or fee-for-service contracts.

A modified continuing care contract covers shelter, residential services, and amenities, plus a specified amount of nursing care. After the specified amount of care has been received, the resident can continue to receive care on an unlimited basis but must pay for it at daily or monthly nursing care rates.

A fee-for-service continuing care contract covers shelter, residential services, and amenities. While emergency and short-term nursing care is usually included in the contract, access to long-term nursing care is guaranteed only at daily nursing care rates. Entrance and monthly fees are lower under this type of contract because residents are responsible for all long-term nursing and health care costs. It is highly advisable to have an attorney review a CCRC contract before any commitment is made.

Most CCRCs provide a variety of residential services, which may be covered by monthly fees or be available at extra cost, depending on the contract. Services offered include meals, recreation facilities, apartment cleaning and grounds maintenance, prescribed diet, transportation, utilities, and care during illness.

What to Look For in a CCRC

Request an information packet from every CCRC you are considering. Read it carefully and visit each one. Dine with residents, talk with staff, read the residents' handbook and try to immerse yourself as much as possible in the daily life of the community. Be sure to assess the management's philosophy and its relationship with residents, keeping in mind your own needs.

Many adults who are familiar with the process of finding a CCRC recommend that you visit at least three to get a good grasp on your priorities. Keep excellent notes, and be sure to do research on the internet.

Advice on evaluating a CCRC is offered in The Continuing Care Retirement Community: A Guidebook for Consumers. Call 800-508-9442 or www.retirement-living.com

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RETIREMENT



What's Your Style?

Maintaining a home may be a longstanding source of pride for you, but it can also become too much responsibility

Perhaps your home has a large yard which requires constant maintenance, or maybe it's becoming more difficult to clean those extra rooms now that your children are gone. Sometimes these challenges can be eased by hiring outside help or by other family members lending assistance. Take a look at your current living situation and see if an alternative to remaining at home may give you more freedom, flexibility and peace of mind in the long run. There are so many options!

When should I consider Independent Living? You can't read the future, but you're healthy right now. You'd like to be around your peers. You value security. You like your independence but don't want to bother with some tasks like yard work and housekeeping. This is a start.

What is an Independent Living Community? Simply put, it's a community for active, healthy seniors who are able to live on their own. You can live in a home, townhouse, condo, and even a mobile home. You can own or rent. These communities have age restrictions—usually over 50—and many offer amenities like clubhouses, gyms, yard maintenance, housekeeping and security.

Select the Right Community

What are some things you just won't compromise on? E.g. size of home, location of community, distance to family, etc. Make a list.

People. And here's where your wisdom comes in to play. Visit the community. Get a feel for the people who live there. Talk to the residents and staff. Do you want to get to know these people better? Could you see having them over for dinner?

How big is the community? Do you like a small, quiet community or a large, bustling one? Do you prefer a small house without a yard? A condo with flower beds? Is there adequate room for guests? For storage?

Location. Are you close to friends and family? To your doctors and hospital? To the mall, restaurants, and the movies? Are you within walking distance to any grocery stores or pharmacies? Is there a gym in the community or one close by? Walking trails nearby? Parks?

Things to Do. Is there a pool? A recreational center? A common area? Is there a reading group? A knitting group? A bowling league? Are there residents who like to ride bikes? Go to the beach?

Subsidized Senior Housing. There are senior housing complexes, subsidized by the U.S. Department of Housing and Urban Development (HUD), for low-income seniors. Waiting lists can take years, so plan well ahead for this option.

Senior Apartments. Senior apartments are apartment complexes restricted by age, usually 55. Rent may include community services such as recreational programs, transportation services, and meals in a communal dining room.

Retirement Communities. Retirement communities are groups of housing units for those aged 55+. These housing units can be single-family homes, duplexes, mobile homes, or townhouses or condominiums. Additional monthly fees may cover services such as outside maintenance, recreation centers, or clubhouses.

Continuing Care Retirement Communities. Continuing care retirement communities offer service and housing packages that allow access to independent living, assisted living, and skilled nursing facilities in one community. If residents begin to need help with activities of daily living, they can transfer to an assisted living or skilled nursing facility on the same site.



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How the landscape of corporate giants has changed in the last 20 years!

In an era rife with smartphones and AI, it's no shock that technology dominated the stock market in 2023, with seven technology companies including Apple, Amazon and Tesla occupying the top 10 according to research by cityindex.com

Highlights from the research:

- **Apple** was the world's biggest company in 2023 – worth \$3.03 trillion, followed by Microsoft (\$2.51 trillion)
- **Microsoft** was the world's biggest company in 2000, worth \$586 billion (equating to \$1.03 trillion in 2023)
- **IBM** was the biggest company in 1980, with a market cap of \$34.6 billion (equating to \$128.12 billion in 2023)
- **The Oil and Gas** sector dominated the market throughout the 1980s, however from 2000 onwards, the Technology industry produced the most valuable companies.



Building a Solid Financial Foundation

When you read about money matters, you may see the phrase, “getting your financial house in order.” What exactly does that mean?

To some, when your financial “house is in order,” it means it is built on a solid foundation. It means that you have the “pillars” in place that are designed to support your long-term financial well-being.

#1: A banking relationship. Having a relationship with a bank can play a role in many financial strategies. You have many different choices when deciding which bank is right for you. Some banks are larger and nationally based, while others are smaller and community based. Different banks may have unique advantages and disadvantages, so it's important to look around and see what each one can offer you.

#2: An emergency fund. You know that label you see on fire extinguisher boxes – “break glass in case of emergency?” Only in a financial emergency should you “break into” your emergency account. What is a financial emergency? Everyone's definition varies, but it can range from a broken water heater to major car repairs to unemployment help.

#3: A retirement strategy. At some point, you may want to consider when to start saving for retirement. Workplace retirement plans can offer you a convenient way to get started if one is available. If your workplace doesn't offer retirement plan options, or if you are self-employed, then you should consider an Individual Retirement Account (IRA) or similar tax qualified plan.

#4: An eye on Insurance. Like the other decisions you'll need to make while building your financial foundation, choosing the appropriate insurance program is going to be influenced by your own individual life circumstances. For example, if you're supporting a family, you may want to look into an insurance program that is designed to protect you in the event that something happens to you or prevents you from working for a period of time.

#5: Estate Strategy. It's never too early to start thinking about your legacy. For some, this can mean providing some financial support to your loved ones. For others, it might mean creating a program that supports charities and organizations. Whatever your aspirations, it's important to ensure that your assets transition smoothly in accordance with your wishes.

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

Your Money



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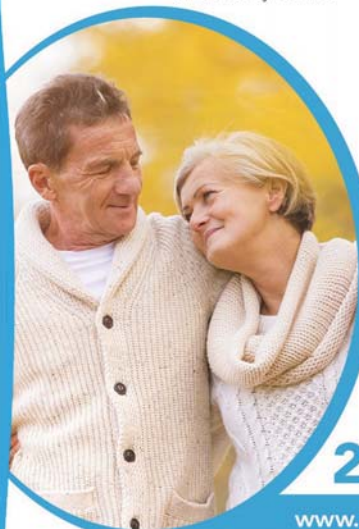


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Through our lives, most of us accumulate everything we own and cherish. Now, whether you are moving into a new home or a retirement community, you must get rid of some things in order to simplify and to unclutter. The idea of “less is more” sounds 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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A wife got so mad at her husband she packed his bags and told him to get out. As he walked to the door she yelled, "I hope you die a long, slow, painful death." He turned around and said, "So, you want me to stay or what?"

Why do eggs come in flimsy cartons and batteries come in packages only chainsaws can open?

Anyone? Common Sense? Ever?

REMOTE CONTROL

The clerk asked me, "Cash, check or charge?" after ringing up my purchase.

As I fumbled through my wallet, she noticed a remote control for a television set in my purse.

"Do you always carry your TV remote when you go shopping?" she asked.

"No," I replied. "But my husband refused to come shopping with me, so I figured this was the best way to get even with him!"

Wife: "I want another baby."

Husband: "That's a relief, I really don't like this one either."

**Wikipedia: "I know everything".
Google: "I have everything".
Facebook: "I know everybody".
Internet: "Without me you're nothing".
Electricity: "Just keep talking.."**

"Make me one with everything,"

says the Buddhist to the tofu hot dog vendor. Then, after getting his tofu hot dog, the Buddhist hands the vendor a \$20 bill. The vendor takes the money and begins helping the next customer. The Buddhist looks puzzled and asks the vendor,

"Where is my change?"

The vendor replies,
"Change comes from within."

MOTHER'S DAY. Dad and their 2 daughters ordered Mom to stay in bed one Mother's Day morning. As she lay there looking forward to breakfast in bed, the smell of bacon floated up from the kitchen. But after a good long wait she finally went downstairs to investigate. She found them sitting at the table eating bacon and eggs. "Surprise!!" Dad explained, "We decided to cook our own breakfast on Mother's Day so you didn't have too!"

You can't beat the best... The INFAMOUS Lines from HOLLYWOOD SQUARES

- Q. Do female frogs croak?
A. Paul Lynde: If you hold their little heads under water long enough.
- Q. If you're going to make a parachute jump, at least how high should you be.
A. Charley Weaver: Three days of steady drinking should do it.
- Q. True or False, a pea can last as long as 5,000 years.
A. George Gobel: Boy, it sure seems that way sometimes.
- Q. You've been having trouble going to sleep. Are you probably a man or a woman?
A. Don Knotts: That's what's been keeping me awake.
- Q. According to Cosmopolitan, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?
A. Rose Marie: No wait until morning.
- Q. Which of your five senses tends to diminish as you get older?
A. Charley Weaver: My sense of decency.
- Q. As you grow older, do you tend to gesture more or less with your hands while talking?
A. Rose Marie: You ask me one more growing old question Peter, and I'll give you a gesture you'll never forget.
- Q. In bowling, what's a perfect score?
A. Rose Marie: Ralph, the pin boy.
- Q. During a tornado, are you safer in the bedroom or in the closet?
A. Rose Marie: Unfortunately Peter, I'm always safe in the bedroom.
- Q. If you were pregnant for two years, what would you give birth to?
A. Paul Lynde: Whatever it is, it would never be afraid of the dark...
- Q. Who stays pregnant for a longer period of time, your wife or your elephant?
A. Paul Lynde: Who told you about my elephant?
- Q. According to Ann Landers, what are two things you should never do in bed?
A. Paul Lynde: Point and laugh.

~reader email submission

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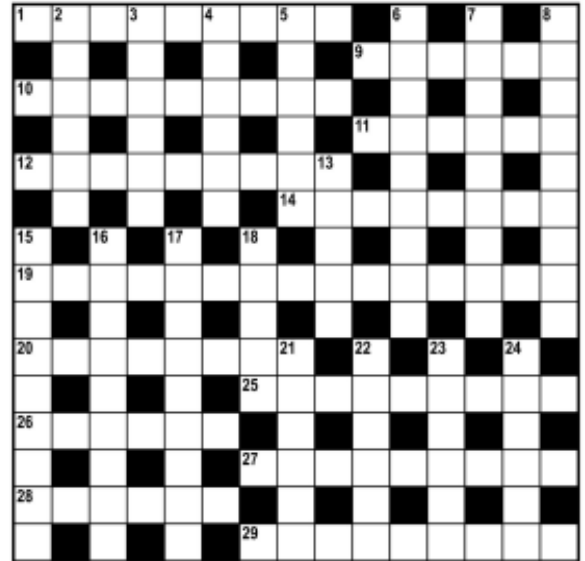
Words go left, right, up, down, not diagonally, and can bend at a right angle. Every letter is used only once.

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

- | | | | | |
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CROSSWORD PUZZLE

Fill in the blanks with the words provided.



- 5 letter words: MAPLE, WEIGH
- 6 letter words: ARTHUR, ARTIST, EMBOSS, FORINT, INGRID, MONDAY, NEVADA, NUMBER, PEEWIT, SKETCH, SYDNEY, TANDEM
- 8 letter words: EARNINGS, MALAMUTE
- 9 letter words: AGREEMENT, ASTRONOMY, COTE D'AZUR, ECOSYSTEM

- 15 letter word: GUSTAVE FLAUBERT
- ESPERANTO
- HYBRID CAR
- HYDRANGEA
- KERBSTONE
- LAMINATED
- MILWAUKEE
- ON THE ROAD
- STATUETTE

ANSWERS:

Across: 1 ESPERANTO, 9 FORINT, 10 KERBSTONE, 11 PEEWIT, 12 ECOSYSTEM, 14 MALAMUTE, 19 GUSTAVE FLAUBERT, 20 EARNINGS, 25 HYDRANGEA, 26 MONDAY, 27 ON THE ROAD, 28 NUMBER, 29 HYBRID CAR.
 Down: 2 SKETCH, 3 EMBOSS, 4 ARTIST, 5 TANDEM, 6 COTE D'AZUR, 7 MILWAUKEE, 8 STATUETTE, 13 MAPLE, 15 AGREEMENT, 16 ASTRONOMY, 17 LAMINATED, 18 WEIGH, 21 SYDNEY, 22 ARTHUR, 23 INGRID, 24 NEVADA.

Why does a mermaid wear seashells?

Because she outgrew her B-shells!

An old lady on a bus offers a handful of peanuts to the driver. He thanks her and has a nice snack. About 5 minutes later she comes up with another handful. The driver asks, "Why don't you eat them"? She says, "I can't chew, I don't have any teeth." He says, "Then why do you buy them"? She replies, "Because I like to suck the chocolate off them."

Option 1: Let's eat grandma.
 Option 2: Let's eat, grandma.
 There you have it. Proof that punctuation saves lives.

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DO's and DON'TS for Spring Yard Clean Up



- **DO** pick up lawn debris that has accumulated over the winter months such as trash, sticks, pinecones, any “presents” your dog may have left you, etc.
- **DON'T** remove leaf litter accumulated in garden beds just yet, ground-nesting bees may still be hibernating underneath and will not emerge until mid-Spring.
- **DO** get out those pruners and start pruning trees and shrubs best pruned in the spring. See our pruning guide for more information of what to prune when.
- **DON'T** start planting your annuals or perennials in the ground. Although the snow is gone, soil temperature have not yet reached 50 degrees which is the minimum recommended temperature to start “digging in the dirt”.
- **DO** plant up cool season annuals such as pansies, alyssum, lobelia and cool season edibles in containers. Cool season annuals can handle a light frost and temperatures down into the low 30's and if containerized, can be moved indoors for the night if needed.
- **DON'T** cut back your ornamental grasses or other hollow stemmed perennials instead if you must cut, keep at least 15 inches of stem stubble; cavity-nesting bees may still be inside and like ground-nesting bees will not emerge until mid-Spring.
- **DO** clean out your garden shed or garage and get those gardening tools cleaned and sharpened for the Season.
- **DON'T** worry, the grass will be green and the crocus, tulips and dafodils will be in bloom before we know it!
- **DO** Get outside and enjoy the fresh air and have fun!
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