

A MAN'S AGE, AS DETERMINED BY A TRIP TO THE HARDWARE STORE

You are in the middle of a few projects at your home: putting in a new fence, painting the basement walls, putting in a new garden. You are hot and sweaty, covered in dust, lawn clippings, dirt and paint. You have your old work clothes on. You know the outfit — shorts with the hole in the crotch, old T-shirt with a stain from who-knows-what, and an old pair of tennis shoes. Right in the middle of these projects you realize you need to run to Home Depot for supplies. Depending on your age you might do the following:



In your 20s:

Stop what you are doing. Shave, take a shower, blow dry your hair, brush your teeth, floss and put on clean clothes. Check yourself in the mirror and flex. Add a dab of your favorite cologne because, you never know, you just might meet some hot chick while standing in the checkout line.

And yes, you went to school with the pretty girl running the register.

In your 30s:

Stop what you are doing, put on clean shorts and shirt. Change your shoes. You married the hot chick so no need for much else. Wash your hands and comb your hair. Check yourself in the mirror. Still got it. Add a shot of your favorite cologne to cover the smell.

The cute girl running the register is the kid sister to someone you went to school with.

In your 40s:

Stop what you are doing. Put on a sweatshirt that covers the hole in the crotch of your shorts. Put on different shoes and a hat. Wash your hands. Your bottle of Brute is almost empty, so don't waste any of it on a trip for hardware. Check yourself in the mirror and do more sucking in than flexing.

The hot young thing running the register is your daughter's age and you feel weird about thinking she's spicy.

In your 50s:

Stop what you are doing. Put on a hat. Wipe the dirt off your hands onto your shirt. Change shoes because you don't want to get dog poo in your new sports car. Check yourself in the mirror and swear not to wear that shirt any more because it makes you look fat.

The cutie running the register smiles when she sees you coming and you think you still have it. Then you remember — the hat you have on is from Bubba's Bait & Beer Bar and it says, 'I Got Worms'

In your 60s:

Stop what you are doing. No need for a hat any more. Hose the dog poo off your shoes. The mirror was shattered when you were in your 50s. You hope you have underwear on so nothing hangs out the hole in your pants.

The girl running the register may be cute but you don't have your glasses on, so you're not sure.

In your 70s:

Stop what you are doing. Wait to go to Home Depot until the drug store has your prescriptions ready too. Don't even notice the dog poo on your shoes.

The young thing at the register stares at you and you realize you have a hole in your crotch.

In your 80s:

Stop what you are doing. Start again. Then stop again. Now you remember you need to go for hardware. Go to Wal-Mart instead.

You went to school with the little old lady greeter.

In your 90s & beyond:

What's a home deep hoe?
Something for my garden?
You wander around trying to remember what you are looking for. Then you fart out loud and think someone called your name. Why am I reading this? Did I write it? Did you?



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TIPS AND TRENDS FOR **STAYCATION** READY HOMES



With many families tightening their budgets, opting for “staycations” instead of tropical vacations has become a common tradeoff. A staycation is a vacation from work for relaxation and leisure activities at home. At any price point, a wide range of upgrades, additions, and remodeling projects can be done to create the ideal atmosphere for vacationing at home.

Pergolas, Arbors, and Gazebos

Pergolas and arbors are easy, less costly additions that can add to a backyard’s sophistication and ambiance. Pergolas can be featured over a seating area or patio, or stand on their own to add shade and a unique design feature to a landscape. A pergola allows you to control the amount of sun screening by means of vegetation or fabric. They are a great fit for a limited budget, simple to build, and can be of almost any size. With its more open nature, it is easier to transition between covered and uncovered spaces. It also can be larger and closer to, or even attached to, the house for coverage right out your door.

Arbors are perfect for highlighting areas of your lawn and adding some character to the space you have. They act as great entry and exit ways to patios, gardens, and walking paths. Adding a bench beneath the arch creates an outdoor reading nook or unwinding spot. Gazebos can contribute numerous benefits to a staycation. Their design and beauty alone give a lawn added intrigue and appeal, and their shade and interior options offer a fun place to hang out and relax. They are great for a dining space or small sitting area.

Outdoor Living Areas

What’s a summer vacation without some time in the sun? A well-designed outdoor living area can attract guests to the home, highlight recreational preferences, and make entertaining a breeze. “An attractive, functional outdoor living space can be the perfect retreat for relaxing after work, regrouping with family, or entertaining friends,” said Ken DePratt of KD Poolsapes in Franksville.

An outdoor living area can be simple with one main focus, or have several different sections with as many features as desired. “Many of the smaller projects to enhance backyards are centered on barbecue islands, shade structures, fire features, and anything that is a natural space,” offered Dave Thompson of Swimming Pool Services in Waukesha.



STAYCATION Ready Homes continued on page 28



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- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

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Making a Retirement Plan for... **HOME MODIFICATION**

By Rebecca J. Banks, BSBM, COTA, CAPS

Amidst all of the financial planning advice that baby boomers and others are given regarding retirement, home modification is often overlooked. To understand the importance of considering home modifications as part of your planning, ask yourself these questions:

- Do I want to stay in my home for the long term?
- What if something happened that makes it difficult for me to care for myself?
- Am I willing to live in an assisted living facility or nursing home?

These questions should be answered as part of any good plan for your future, because they will directly affect the quality of your life when you retire.

When the American Association of Retired People (AARP) surveyed their members, over 85% reported wanting to stay in their own home and "age in place". Unfortunately, physical and health conditions associated with aging may affect our ability to do everyday tasks such as getting into or out of the shower/bath tub, sitting down or rising up from a chair or toilet, going up/down the stairs or just the general bending, reaching and physical maneuvering you need to do to function within your home.

The good news is, there are many beautiful and cost effective changes you can make to your home that will insure you will be able to function with ease and safety within it, despite any physical challenges or health changes.

The most requested project areas for home modification are bathrooms, kitchens, stairs and entrances/exits.

Some common bathroom modifications include: barrier free showers, walk in tubs, ADA height toilets, wall hung sinks, grab bars and door widening. Stairs can be made less a challenge with a stair lift or an elevator, entrances can be modified with wider doorways, ramps, automatic lifts, or by grading of the landscape to eliminate entrance stairs completely.

Considering that the average yearly cost of a long term care facility in Wisconsin is approximately \$70,000.00, the one-time cost of a home remodeling project becomes an obvious solution. The number of different types of products and options to make your home accessible can be daunting, so it is important to hire professionals who not only understand your specific circumstances, but have the expertise to provide you with appropriate, budget conscious, long term solutions for accessibility within your home.

The National Association of Homebuilders (NAHB) awards the "Certified Aging in Place Specialist"(CAPS) designation to individuals who receive the specialized training to understand and practice the concepts of environmental accessibility. Look for a CAPS certified builder/remodeler when contemplating any home modification project, and remember that modifying your home environment should offer you increased comfort and safety in your retirement years. Will you be able to spend your later years in the comfort of your own home? The answer will likely be yes, if you make home modification part of your retirement plan.



Rebecca Banks is owner/director of Functional Home, Accessibility Remodelers. You may reach her at 414-469-1450 or visit their website at www.myfunctionalhome.com

Things to consider...

from myfunctionalhome.com

- The overwhelming choice of millions of Americans is to continue to live in their own homes and age in place. The majority of homes in the United States were not built with accessibility in mind.
- The largest population cohort in our history is becoming aged, (Baby Boomers) and there is a need to become proactive in planning for the future. Consider remodeling your current environment to meet your future needs by making it both beautiful and accessible. Projects which include widening of doorways, ramps and/or bathroom and kitchen remodeling are the most common and cost effective ways to insure you are able to remain in your own home and successfully age in place.
- The costs of long-term health care continue to rise, currently averaging \$70,000+ a year for Nursing Home care in Wisconsin. (Many of these costs are not covered by Medicare). Compare this to the one-time cost of an accessibility remodeling project, which enables you to remain in the comfort and familiarity of your own home for as long as possible.
- Our economy and the future of Medicare and Medicaid remain uncertain, and even most private insurance policies do not cover all costs related to long-term care.

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Staycation Ready Homes continued from page 26

Outdoor living areas can greatly contribute to family time together, especially for staycations and kids' summer vacations. Having a backyard filled with welcoming hangout areas is likely to draw more guests in and get kids more eager to stick around home.

Adding an outdoor kitchen makes your patio or deck extra equipped for warm weather celebrations. Modern outdoor kitchens feature specially constructed appliances such as refrigerators, ice makers, and even dishwashers built to withstand the elements.

Water Features. The ultimate way to bring the feeling of a resort to a staycation destination is incorporating water. How many times have you gone on vacation and had the 'experience' of water multiply the good times.

Custom pool and spa design, lighting features, slides, waterfalls, and other bonus features are all becoming very popular. New to residential clients and quickly rising in popularity, splash pads are perfect for families with a limited budget and space. These have become very popular in cities to allow kids to cool off and have fun. They can also be created as multiuse spaces-like a patio that is transformable into a kids entertainment area by removing the furniture and starting the pump.

Surrounding the pool with outdoor living areas, or "poolsapes," is also a current trend. Poolsapes combine water features and entertainment areas into one cohesive backyard paradise. Although usually more costly, these large projects pay off by significantly raising property value and utilizing the land to its full potential.

"What many have termed as a 'staycation,' we have been calling a 'poolscape' for 28 years," said DePratt. "Poolsapes take the benefits people most enjoy on vacation, and put them right out their backdoor. Our poolsapes include spas, custom pools, fire pits, bar and grill areas, pergolas, putting greens, and the list goes on."

Sunrooms. Sunroom owners enjoy the beauty of the outdoors inside the comfort of their own home. Even during storms, buggy nights, and bad temperatures, sunrooms provide a space to enjoy the ambience of the seasons, no matter the weather.

"Sunrooms make every day a vacation," said Scott Bear of Bear Builders in Mequon. "Many people choose to build sunrooms to enjoy their hobbies and favorite recreational activities inside, and are surprised when it quickly becomes the most used room in the house."

All season rooms enable the warmth of the sun to shine through fully insulated walls and winter ready windows, creating a connection with the outdoors even in the dead of winter. Three-season rooms are also an excellent choice for those looking to use the room only during prime staycation weather.



Patio Covers and Glass Enclosures. Patio covers can increase the functionality of an outdoor space without closing it off completely. They provide shade and shelter while adding to the beauty of the patio or deck. Glass enclosures are perfect to house pools and spas since they do not absorb any moisture, making them a good space for a private cabana.

Home Technology and Lower Levels. Convenient access to technology has become a crucial aspect of what homeowners find entertaining and fun. Having a plethora of entertainment in the home's lower level can keep everyone occupied no matter the weather. Homeowners are opting to incorporate multiple activities and sections into their lower level, rather than having a one purpose only room.

"Many of our clients have multiple game consoles, golf simulators, and other games to keep kids and their company busy, as well as large televisions with

surround sound systems and access to online movie libraries, fully stocked bar areas with appliances, areas where things like ping pong or pool tables can be put in, and plenty of comfy chairs to crash in," said Susan Keel of Advanced Communications Specialists in Waukesha. "Placing music speakers in every imaginable space-from the garage to the shower, and all throughout outdoor living spaces-is extremely popular," said Keel. With universal controls equipped to queue up most of a home's technology, it's easy for homeowners to enjoy their music library anywhere inside the house or even the backyard.

Building a themed lower level is a unique way to create a fun retreat for those in the home and to awe guests while highlighting a family's personality. It can remind you of your favorite place -an Irish pub, sports bar, or something very metro and chic, a far off destination, a fun outer space or western themed area for kids.

Guest Bedrooms. Shaking up the decor and furnishings in a guest room could transform a bland spare space into a staycation quality hotel suite. "If you have a spare bedroom, create a themed guest room; a Cape Cod, Fiji, Paris, are all great destinations to start a theme with. Decorate B&B, luxury hotel, or private tropical hut style. Magic castle or pirate ship themes for the kids are great ideas. These are easy to accomplish with some simple accessories, paint, and some creative ideas for furniture. Now you have a virtual hotel suite you can escape to from your own room.

Submitted by the Milwaukee/NARI Home Improvement Council. For more information or to receive a free copy of an annual membership roster listing all members alphabetically and by category, and the booklet, "Milwaukee/NARI's Remodeling Guide," call 414- 771-4071 or visit the Council's website at www.milwaukeevari.org

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- Roger, Whitewater

Two old ladies...

were sitting on a park bench outside the local town hall where a flower show was in progress. One leaned over and said, "Life is so darn boring; We never have any fun anymore. For \$5.00, I'd take my clothes off and streak through that stupid flower show!"

"You're on!" said the other old lady, holding up a \$5.00 bill.

The first fumbled her way out of her clothes and, completely naked, streaked through the front door of the flower show. Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause. The naked lady burst out through the door surrounded by a cheering crowd.

"What happened?" asked her waiting friend.

"I won 1st prize as Best Dried Arrangement."

MADE IN AMERICA
THE FIRM OF FENTON GLASS
 AMERICAN MANUFACTURING

By Lynn Rinderle

Owning and operating a glass factory became a reality for the industrious Fenton brothers, Frank L. and John W. Fenton, in 1905 in Martins Ferry, Ohio. Understanding the need to be superior and innovative, the brothers focused on new aesthetics for hand made glass in color and by 1907, they introduced iridescent glass to their American glass customers. If imitation is the best form of flattery, the Fenton brothers would have felt very flattered because the iridescent glass; called carnival glass, was quickly produced by many or most of the great American glass manufacturers.

While maintaining a devotion to art glass, the brothers led the firm through a necessary utilitarian phase during the war efforts of WWI and WWII. With committed compassion towards patriotism, the Fenton's did what Americans did. They put their country first; adjusted their inventory accordingly, and persevered. The firm made much less art glass and many more serving pieces.

By the late 1940's, Frank L. and John W. passed on. Yet the Fenton legacy was quite alive in the hands of Frank M. and Wilmer (Bill) C. Fenton.

At a time when many American glass companies struggled, Fenton's line grew. The company flourished with the younger leadership of Frank M., President and Bill, Vice President. An explosion of new colors, lines and designs were launched and loved during the thirty years of Frank and Bill's leadership.

By the 1980's, the Fenton firm was once again turned over to younger heirs; George W. Fenton, son of Frank M. assumed the role of President, and Don A. Fenton, son of Bill became the Vice President of Sales. The company employed hundreds of skilled American glassmakers and continued to supply beautiful glass continuing the long legacy of design and color innovation loved throughout the world. In 2005, the firm celebrated 100 years of Fenton glass at their factory in



1) Fenton Green Depression Glass C1940. 2) Trio of Fenton Art Glass.

Williamstown, West Virginia.

21st century manufacturing in America brought many American manufacturers to the end of their industrial journeys. The third and fourth generation of Fenton's fought hard to maintain their manufacturing legacy yet in 2007, they announced Fenton would cease production. American Fenton fans reacted to the news with their checkbooks, and by the end of that year, sales had more than tripled. The company received what it needed most, revenue through customer sales, which helped the firm substantially. Yet in 2011, the firm faced the realistic awareness that it could no longer afford to make the beloved, world-renowned art glass it's family had created for over a hundred years. The firm announced it would close. An auction would take place to sell the factory, the molds and the name.

What happened next to the beloved brand? Who would purchase the name Fenton and the rights to produce America's longest lasting art glass legacy? Would the Fenton firm be purchased from an outsider and be moved to another country for production, like so many other American manufacturing firms? Would there for the first time, in over a century, be a Fenton less Fenton?

The successful bidder of the Fenton Art Glass Company's assets; including the company name, logo, trademarks, glass forming moulds and tools, was the Fenton Gift Shops, Inc, led by President Randy Fenton. Today, the Fenton Art Glass Company is still on American soil, employing Americans; including Fenton's, in the fine art of glass bead making. The future of this great American art glass manufacturer is influenced most by the appetite for quality art glass by consumers.

For fans of Fenton, a visit to the Fenton Gift Shop in Williamstown, West

American Manufacturers: Fenton Glass continued on page 43



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52 SIMPLE WAYS TO BECOME HEALTHIER

Continued from page 21

21. Next time you want scrambled eggs (or tofu), sauté some veggies first, then add eggs. Try eating your veggies all day!

22. Dry brush your skin before you shower in the morning. It's good for your lymphatic system and your skin will be so much softer and healthier.

23. Have at least one day a week without meat. Meatless Monday perhaps.

24. Eat more beans! They're high in protein, dietary fiber, and taste so good.

25. Use whole grain flour in your baking instead of white flour. Whole-wheat pastry flour is a fine grind and much healthier than the white stuff.

26. Remove white sugar from your diet or at least limit it. Use maple syrup, honey, agave or stevia instead.

27. Don't eat fake food! No artificial anything!

28. Don't eat out as much. Cook more.

29. Exercise your mind! Learn a new dance, read a good book. Learn a new language. Keep your mind moving as well as your body.

30. Learn to communicate better. Speak your mind, kindly, and be done with it. Don't hold grudges. Forgive yourself and others.

31. Make your own vinaigrette for your salads. Olive and/or flax oil, lemon juice or vinegar, a little Dijon mustard, a minced garlic clove and a little salt and pepper.

32. Use sea salt instead of the highly processed salt you find in many grocery stores.

33. Reduce salt intake. Use fresh herbs and lemon juice to boost flavor.

34. Try to stay off computers and away from anything electronic two hours before bed for a better night's sleep.

35. Use plain yogurt instead of sour cream.

36. Switch to whole wheat, corn or quinoa pasta (there are many selections) instead of pasta that uses refined flour.

37. Don't eat or drink any food with trans-fat. Watch those non-dairy creamers!

38. Add more leafy greens to your life-kale, chard, spinach, radicchio, etc. They are wonder foods! Steam the greens for a couple minutes, drain and set aside. In a pan sauté some onions, garlic and shitake mushrooms in olive

oil for a few minutes. Add the kale back in, stir and serve. Yum.

39. Use less cheese in casseroles that call for cheese. Instead sprinkle grated cheese on top.

40. Begin each day with a good stretch and some deep breaths.

41. Try new ingredients. Buy a kohlrabi or something you've never tried before and go from there. Keep yourself inspired.

42. Don't reward yourself or your family with food.

43. Try to eat whatever food is in season; it's more nutritious and tastes better.

44. Don't go hungry. Eat healthy snacks so you don't overeat later.

45. Watch what you put on your skin. Many products are loaded with chemicals that you shouldn't rub into your skin.

46. Bake instead of frying your meats and fish.

47. Increase Omega 3 fatty acids in your diet. Sources include walnuts, flax seeds and oil and cold water fish such as salmon. Healthy fats are important to good health.

48. Increase your intake of legumes: lentil, beans and peas. They are good sources of protein, dietary fiber and blood sugar regulators. Try split pea or lentil soup for breakfast! Think outside the box.

49. Take supplements. Begin with a good multivitamin and speak with your health practitioner about others that may be needed for your optimum health.

50. Watch your portion sizes as well as your plate and utensil sizes. Try chopsticks and eat slowly.

51. Shop in the outside aisles of the grocery store. Most of the more processed foods are located in the middle isles.

52. Play! Everyone needs to have fun!



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Sustaining hope in...

THE FACE OF CANCER

Hope is a curious thing. It's about looking forward to something positive and refusing to give up. It's about persisting in the face of adversity, even when the odds and the facts seem to be working against you. It's about creating positive energy that can nourish both body and soul.

Interviews with 86 personal caregivers who cared for 107 patients ranging in age from 2 to 92, from 19 states, with over 40 different cancers, and interaction with dozens of local families affected by cancer revealed that sustaining hope in the face of cancer is both critical and problematic.

All of these caregivers agreed that you aren't your cancer, and that looking beyond the cancer to envision a "new normal" was key to their hope. Their six guiding lines:

1. Set realistic goals. Is the feasible objective to become cancer-free, prolong life despite cancer, or help relieve patient pain and anxiety as death approaches? The more realistic the goals, the more likely they are to inspire hope, even if the patient is terminal.

2. Live life while you have it, and create joy every day. No matter how sick, the person you're caring for will always appreciate a surprise. Maybe it's a bouquet of the first daffodils of spring, the opportunity to snuggle with a favorite pet, or even a single chocolate-covered strawberry. Creating pleasure for the person with cancer creates positive and hopeful memories for both of you.

3. Preserve perspective. Rob's wife admits she was having a meltdown about his chordoma diagnosis when she "read about a guy who was killed when his all-terrain vehicle flipped over. I looked at Rob and I realized he's here right now, and he has a chance, and he feels good, so I can't dwell on poor me when people can lose a loved one in a flash." For Carl's wife, it was about focusing less on what they had lost (independence, control, and their normal life) when Carl lost a leg to bone cancer, but more on what they had left. "He couldn't control losing his leg, but he



By Deborah J. Cornwall

could control what he does with the rest of him. We just applied our own optimism; instinctively we wanted to get on with it and not get stuck." For both, regaining perspective took deliberate choice.

4. Cultivate humor. Many caregivers found that humor was an important stress reliever, even toward the end of a patient's life. When he knew he was dying, David told his sister he'd given up buying green bananas. It was black humor, but it lightened the mood. Less morbid humor can be generated by playing games to create captions for cartoons, or watching a funny movie together.

5. Manage information to your advantage and know what you're dealing with. For many patients, information

was a source for hope. It might have been clarity about the diagnosis, or treatment options, or a physician's depth of expertise treating a particular type of cancer. A physician's candor about the potential consequences of each option and the range of outcomes he's achieved stimulated hope, even in the most serious of situations.

Mimi was a stage 3 pancreatic cancer patient whose options were limited after two years of rigorous chemotherapy and radiation. Committed to evidence-based medicine, she found a transplant surgeon willing to do ground-breaking 20-hour three-team "ex vivo resection" surgery removing six abdominal organs so he could remove a deadly tumor that was wrapped around several of her blood vessels and vital organs. Once Mimi knew what she was dealing with, her rigorous research created optimism. The first person in the world to experience this surgery, Mimi is alive and well today, one year after making medical history.

• **Make deliberate choices when accessing information.** Several patient / caregiver teams found that they each had a different appetite for data, and so one would

Hope in the Face of Cancer continued on page 43

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Life-Saving Virginia Bulldog Mix Wins Pets of Valor Award



Chilly woke her owner, Heidi Parker, in time for her to get treatment for a life-threatening anaphylactic reaction to a medication.

The heroic efforts of Chilly, a 3 year-old English bulldog mix from Mineral, Va., have earned her The Humane Society of the United State' Pets of Valor Award. The award celebrates the human-animal bond by honoring rescued or adopted dogs and cats who have exhibited an extraordinary sense of courage or resolve by heroically helping a person in need

Chilly whined and urgently pawed and licked her owner's face, waking her from a nap. That's when Heidi Parker discovered that her throat was swelling shut, a symptom of the life-threatening anaphylactic reaction to the allergy injections she had received earlier that day. Chilly was chosen by the public through online voting at humanesociety.org/petsofvalor.

Betsy McFarland, vice president for companion animal issues at The HSUS said: "We're honored to name Chilly this year's Pets of Valor winner. Her story is yet another powerful example of the amazing bond shared by rescued pets and their new families. Heidi gave Chilly a second chance at life and to become her hero."

Uggie, the highly acclaimed Jack Russell terrier star of the Academy Award-winning film "The Artist," and official spokesdog of the Pets of Valor Award, praised the contestants through a spokesperson: "I want to congratulate Chilly on being selected as the winner of the Pets of Valor Award. Her heroism as well as that of the other finalists, proves once again that adopting or rescuing your next pet can have a huge payoff. You're not only bringing home a new best friend, but a potential hero too."

The complete stories of these brave pets' actions, and photos, are available at humanesociety.org/petsofvalor.

The Fluvanna SPCA the animal shelter that cared for Chilly will receive a one-year supply of dog food (500 pounds) courtesy of BOGO Bowl.



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* Although cats are rather delicate creatures, and they are subject to a good many ailments, I never heard of one who suffered from insomnia.

* Dogs and cats instinctively know the exact moment their owners will wake up. Then they wake them 10 minutes sooner.

* Dogs have owners. Cats have staff.

* Dogs shed, cats shred.

* I wonder if other dogs think poodles are members of a weird religious cult?

* No one appreciates the very special genius of your conversation as the dog does.

* Outside of a dog, a book is probably man's best friend. Inside of a dog, it's too dark to read.

* I hope to be the kind of person my dog thinks I am.

* Don't accept your dog's admiration as conclusive evidence that you are wonderful.

* We wonder why the dogs always drink out of our toilets, but look at it from their point of view: Why do humans keep peeing into their water bowls?

* Women and cats will do as they please ... men and dogs should relax and get used to the idea.

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MONARCH Butterflies

Are they declining in numbers?

The monarch butterfly, royally adorned in black, white and reddish-orange and able to migrate as far as 2,800 miles, is a true wonder of nature. Each year monarchs travel from Canada and the U.S. to hibernate in the forests of central Mexico. But in recent years the monarchs have been in sharp population decline due to habitat loss, eradication of the plants it depends upon and other environmental factors. The decline in monarchs has been going on for two decades, but the last few years have been particularly worrisome. Mexico's National Commission of Natural Protected Areas reports a 59 percent decline in the area of forest there occupied by overwintering monarchs since December 2011. Meanwhile, the World Wildlife Fund (WWF) reports that overwintering populations along the California coast have shrunk from over a million individuals counted at 101 sites in 1997 to less than 60,000 at just 74 sites in 2009. The International Union for the Conservation of Nature, which maintains the "Red List" of endangered species around the world, recognizes the monarchs' annual migration as an "endangered biological phenomenon."

According to Monarch Watch, an educational outreach program based at the University of Kansas that engages citizen-scientists in monarch monitoring and conservation efforts, habitat destruction is one key driver in the monarch's demise: "New roads, housing developments and agricultural expansion...all transform a natural landscape in ways that make it impossible for monarchs to live there." Also, drought and record-high temperatures in North America in

2012 triggered an earlier-than-usual monarch migration. This disrupted the butterflies' breeding cycle by drying out their eggs prematurely.

The hot weather has also reduced the nectar content of the milkweed plants that monarch larvae depend on. In addition, milkweed is becoming scarce due to farmers' increasing reliance on herbicides. Most of the soy and corn crops grown in the U.S. are genetically engineered to resist herbicides. This means even more chemical spraying—and far fewer milkweed plants. Nectar producing plants that attract adult butterflies are facing a similar fate, further complicating survival for the monarch.

It won't be easy to stem the tide of human development that threatens the species' long term survival.

In the meantime, the Mexican government has worked with WWF and other groups and made strides in restricting logging in areas critical to monarch populations. And in the U.S., monarch habitat restoration work in California and other parts of the U.S. have helped provide the butterflies some relief. Whether these and other efforts are enough to rescue the monarchs remains to be seen.

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Monarch butterflies have been in sharp population decline over the last two decades — a process that has accelerated in just the last few years — due to habitat loss, eradication of the plants it depends upon and other environmental factors. Pictured: a monarch caterpillar on milkweed buds.

EARTH TALK

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Five Great Trout Fishing Spots

Trout fishing in Wisconsin shares a bit of the mystique spawned by Richard Brautigan's infamous novel Trout Fishing In America. The state's more than 10,000 miles of trout streams, creeks, and rivers are famous for cold, clean waters thick with trout and other fish caught on the fly.

Brautigan was likely influenced by the peculiar customs long associated with the sport. First off, you must kiss the first trout you catch and then release it. Then there are the curious accessories—a vest with a plethora of pockets, pit-high waders, and the creel, a wearable basket to stash your catch—and strange lexicon: hackles, presentation, dead drift, floater, midge, Woolly Bugger. It all creates a sense of, well, mystery.

Bill Hinton, a certified fly casting instructor and expert at demystifying the sport for beginners, says that fly fishery is an art, not a sport, as it combines hunting, hiking, wading, wildlife watching, reading the water, and mastering the aerodynamic cast. It can also involve the design and tying of intricate flies that resemble insects and crafting stunning rods.

Perhaps the real mystique is created by the fact that less than a hundredth of 1 percent of the world's water is cold and pure enough to harbor trout, says John Weinberg, a National Park Service ranger and president of the Lew Jewett Chapter of the Federation of Fly Fishers. The prey insects that inhabit cold waters are most vulnerable to environmental changes, so the health of predator trout serves as a kind of canary in the coal mine when it comes to water quality.

Wisconsin is a haven for both novice and hardcore fly fishers and a testament to outstanding water quality. Here are five of Hinton and Weinberg's favorite spots to cast off:

1. Maybe the most famous trout stream in the state is the **Kinnickinnic River**, a Class I trout stream that stays vibrant through the work of Trout Unlimited, the Kinnickinnic River Land Trust, and the Western Wisconsin Land Trust. With between 6,000 and 8,000 trout per mile, many access points including in the River Falls area, and a prime location about a half hour east of the Twin Cities, the "Kinni" is a favorite of fly fishers of all levels.

2. The **Namekagon River**, with its beginnings near Cable, is known for its wild brown and brook trout fishing. It's been the inspiration for writers like Ernest Schwiebert and Gordon MacQuarrie. Nearby, at the St. Croix headwaters, the Bois Brule flows north to Lake Superior and is world famous because five sitting presidents (Coolidge, Grant, Cleveland, Hoover, and Eisenhower) have fished its waters (and, legend has it, Rosalynn Carter without Jimmy!).

3. In the southwest, the **Kickapoo River West Fork** is a 24-mile spring-fed waterway in Wisconsin's unglaciated Coulee Country near La Crosse. The



By Brenda K. Bredahl

Kickapoo Valley's other trout streams and tributaries are surrounded by hilly countryside, Amish farms, orchards, and produce stands.

4. To the northeast, the **Pike River** is one of three designated Wisconsin Wild Rivers. The Pike is deep and cold, with stretches of whitewater rapids, waterfalls, and forests, and is home to brown, rainbow, and brook trout.

5. At one time Trout magazine named **Black Earth Creek** one of the nation's top 100 trout streams. West of Madison along Highway 14, the 27-mile creek, like others near urban areas, has been threatened by growth. Conservation groups, including the Black Earth Creek Watershed Association, have joined forces to protect and restore the stream's quality.

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SALSA

Stomach-Friendly BBQ continued from page 16

As with just about any food item for the table, that which comes in a can or jar is not nearly as good as the version rendered fresh in the kitchen. Be the envy of your neighborhood with your very own fresh salsa for all occasions.

Salsa is no more or no less than a mixture of chopped vegetables, which just about always contains some form of chile pepper. The most popular chile pepper for any salsa is the Anaheim. It is a long, green, meaty pepper that is very mild on the heat scale, but full pepper taste.

Salsa does not use any dressings other than oil and vinegar or citrus juice. I get the best results with my salsa just using equal parts of balsamic vinegar and olive oil. A quick sprinkle of lemon or lime juice just before serving will sparkle up any of the salsas.

- 2-3 large tomato, seeded, chopped
 - 2/3 cup chopped red onion
 - 1/2 cup chopped fresh cilantro
 - 2 tablespoons olive oil
 - 1 tablespoon fresh lemon juice
 - 1/2 teaspoon ground cumin
 - 1/2 to 1 anaheim pepper
 - 1 avocado, pitted, peeled, chopped
 - Fresh cilantro sprigs
- Mix all ingredients together in a large bowl, cover and chill before serving.

• GOS (a type of fiber found in beans, hummus and soy milk)

The total load of FODMAPs from all sources counts more than which foods they came from, so it can be difficult to figure out how diet affects IBS without looking at the big picture. IBS sufferers may want to experiment with choosing mostly low FODMAP foods for a few weeks to see if they feel better. Luckily, there are plenty of delicious low FODMAP foods to choose from if you find that high FODMAP foods bother you. A typical FODMAP-friendly breakfast might include oatmeal with lactose-free milk, a little 100% pure maple syrup and 1/2 cup of blueberries, or perhaps a spinach and cheese omelet. Lunch could be a tossed salad (hold the onions) with baby greens, chicken or fish, olive oil and balsamic vinegar. A satisfying summer dinner might consist of grilled meat, fish or poultry served with potatoes or rice and some sautéed zucchini or steamed carrots.



Which high FODMAP foods might show up on the menu at your backyard party? Baked beans, carbonated soft drinks, ice cream, watermelon, cherries, sandwich buns, coleslaw, onions and barbecue sauce would top the list. With a little advance planning you can stock your cooler with low FODMAP foods that are still plenty festive, but won't be as likely to leave you with a stomach ache.

Instead of fruit juice or regular soft drink, try some fresh iced tea with lemon, a few sprigs of fresh mint and a pinch of real sugar. Homemade lemonade made with fresh-squeezed lemons and a little sugar is always special. Newman's Own Old Fashioned Roadside Virgin Lemonade will fit the bill, as well.

When selecting from the tray of veggies and dip, choose carrots, bell peppers, cherry tomatoes and cucumber strips; leave the broccoli, cauliflower and mushrooms for other to enjoy. If you indulge in potato chips or corn chips, skip the onion- and garlic-filled dips and salsas. Deviled eggs are an IBS-friendly backyard classic.

Serve grilled chicken, steak, salmon or burgers, hold the barbecue sauce. Side dishes might include home-made potato salad made with egg, cucumbers, carrots and mayonnaise. Fruit salad with seasonal cantaloupe, blueberries, and strawberries, filled out with grapes, bananas and pineapple is always a welcome addition to a picnic.

Before the coals die and the sun sets, enjoy a toasted marshmallow or two. If you're in the mood for a cold dessert, try sugar-sweetened Italian ice or sorbet, or Breyer's lactose-free ice cream with fresh sliced strawberries and whipped cream. Enjoy!

Patsy Catsos, M.S., R.D., L.D. is a registered, licensed dietitian and a leader in the field of nutrition therapy for irritable bowel syndrome (IBS). Her bestselling 2008 book, *IBS—Free at Last!*, introduced a novel dietary approach for finding and eliminating IBS food triggers known as the FODMAP approach. She is an expert contributor at ShareCare.com, an interactive Q&A platform. For more information, please visit www.IBSFree.net.



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Happy Summer to all of you, I know it started kind of cold but it is summer according to the calendar!!!!



Anna, her husband Tim and their pack of grandchildren.

Today I'm going to share this fish recipe and salad, It's pretty good and according to my hubby it's the best I've made so far!. We were on a 40 day fast for Greek Orthodox Lent, which meant no meat at all for 40 days, but on top of it we did no starch. Only on weekends we had a very small amount of whatever we wanted of rice, pasta , potatoes etc.... Our fast ended on May 5 and my husband grilled a lamb on the spit and it was the best lamb I ever had!!! Any ways back to the fish... I used cod fish. And I don't have precise amount on the seasoning but you can have as how you like it. This is how I did it because I had 6 pieces of cod.



Ingredients for the Cod:

- 6 pieces of cod fish
- Salt to your taste
- Fresh ground pepper
- North woods seasoning (I got this at Penzeys spices)
- Powdered mustard (also from Penzeys)
- Turmeric powder
- Cayenne pepper (if you like it a little hot)
- Smash fresh garlic much as you like (I used 5 cloves)
- Add all this to the fish (mix with your hands.)

For the salad:

- Arugula
- Spinach
- Grape tomatoes
- Seedless cucumber
- Green onions
- You can add what ever else you want to fit your taste, be creative!! For the salad seasoning I only smash 1 garlic clove add olive oil , salt, pepper and lime juice, if you like vinegar instead of lime juice do it!! It's very good too.

On a baking pan lay a bed of fresh onion ring, then put the fish on top. Then on top of the seasoned fish add slices of tomatoes and green onions, add some salt and pepper to your taste plus a hair line of olive oil . Then put it In the oven at 360 for about 20 to 30 minutes. Serve with a salad of your choice . I choose arugula and spinach.

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By Karyl Richson, Social Security Public Affairs Specialist

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The *Estimator* even gives you the opportunity to run different scenarios and "what if" situations. For example, you can change the date you expect to retire or change expected future earnings to create and compare different retirement options. This can help you as you plan ahead.

To use the *Retirement Estimator*, you must have enough Social Security credits to qualify for benefits and you cannot currently be receiving benefits. Experience the popular online service now by visiting Social Security's *Retirement Estimator* at www.socialsecurity.gov/estimator. Then, once you've sketched out your retirement plans, you'll know where to go when the time comes to apply for benefits: online at www.socialsecurity.gov.

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"I don't have any relatives living here, they're all gone and I really need the help. I don't think anyone that drives can imagine how much it means to people that can't get around. I appreciate every ride. I have a lot of doctors: dermatologist, foot doctor, regular doctor, heart doctor. One of your drivers, "Kathy", she's the kindest person and a very good driver, she's so friendly. She talks with me which I need, because you sit alone a lot in these places. I wouldn't be able to get along without her. I've had some very wonderful volunteers. Sometimes it made me cry they were so nice to me. When you're 88, you feel lonely, you know, with your parents and family and everyone gone. Things are not always easy. I go to bed at night and thank God for all the volunteers. If Interfaith were ever taken away, I'd be lost completely."



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**Dear Boomer's
Magazine,**

A few months ago, Boomer Magazine ran a community service announcement highlighting the fact that we were in need of Hospice Volunteers. I was able to recruit and train two wonderful "Boomers" from that announcement. They are presently visiting our patients and are making a considerable difference in the life these patients have remaining. I hoped we could run the announcement again. It would be wonderful if I can meet two more extraordinary "Boomers".

Help those in need at a critical point in their lives. Become a Hospice Volunteer. Hospice Volunteers help those with a limited life expectancy by providing companionship. Hospice recognizes dying as part of the normal process of living. Hospice Volunteers focus on maintaining the quality of a patient's remaining life. To become a Hospice Volunteer, please call or email: Rita at 414.257.1708 or rita.calatolapofahl@cchnet.net

With sincere appreciation for the information Boomer Magazine conveys to it's readers and the service it provides.

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HISTORICAL TRIVIA

Did you know the saying "God willing and the Creek don't rise" was in reference to the Creek Indians and not a body of water? It was written by Benjamin Hawkins in the late 18th century. He was a politician and Indian diplomat. While in the south, Hawkins was requested by the President of the U.S. to return to Washington. In his response, he was said to write, "God willing and the Creek don't rise." Because he capitalized the word "Creek" it is deduced that he was referring to the Creek Indian tribe and not a body of water.

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Painting arms and legs would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint)

As incredible as it sounds, men and women took baths only twice a year (May and October) Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term 'big wig...' Today we often use the term 'here comes the Big Wig' because someone appears to be or is powerful and wealthy.

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'

Personal hygiene left much room for improvement.. As a result, many women and men had developed acne scars by adulthood. The women would spread bee's wax over their facial skin to smooth out their complexions. When they were speaking to each other, if a woman began to stare at another woman's face she was told, 'mind your own bee's wax.' Should the woman smile, the wax would crack, hence the term 'crack a smile'. In addition, when they sat too close to the fire, the wax would melt. Therefore, the expression 'losing face.'

Ladies wore corsets, which would lace up in the front. A proper and dignified woman, as in 'straight laced' wore a tightly tied lace..

Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some Ale and listen to people's conversations and political concerns. Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

Submitted by Lyn F.

MADE IN AMERICA

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continued from page 29

Virginia is still a thrill. The gift shop is open for business seven days a week and still has an inventory of Fenton Art Glass from the great production years available for purchase. It is cited as one of the top ten American tours by USA Today, was awarded the 2006 Rand McNally "Best of the Road" Editor's Pick and it is a featured site on the National Geographic's Discover Appalachia website.

Fenton Art Glass Company has created another product to fill a niche in the American glass consumption; beautifully handcrafted art glass beads and Teardrop earrings. The array of colors, designs and finishes available in the art glass beads is an outstanding tribute to the firm's history. The art glass beads are available in over 150 stunning options and can be used to create an endless array of jewelry pieces. Fans of Fenton will love the art glass inventory. You can find it at www.fentonartglass.com/shop.

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Sustaining hope in...

THE FACE OF CANCER

continued from page 32

become a data fiend while the other kept more distance and only accessed the broader data about the disease and its prognosis when specific information was needed. They preserved hope by being selective.

• **Interpret data cautiously.** Several patient / caregiver teams decided that statistics about the broader patient population with a particular diagnosis weren't necessarily relevant to them. This wasn't denial; rather, it was recognition that every projection of aggregate survival rates includes a full range of outcomes, some more desirable than others. René and his wife explained that: *"The survival facts [the doctor] gave were tough, so we decided to ignore them because he didn't say that was true in 100% of the cases. Whatever the low percentage is who live longer, we decided that we'd be in it. Now we're at four years, so it's working."*

6. Forestall later regrets. Every caregiver described trying to do everything possible to ensure they'd have no regrets, no matter how the treatment ended. That meant not only going through the normal routines of treatment, but also pressing for management of side effects like pain and nausea and expressing love for the patient every day.

Hope isn't restricted to survival situations. Mike and his wife lost his battle with pancreatic cancer over 13 years ago. Her dedication to his care and her passion for seeking out clinical trials and breakthroughs in treatment gave him hope and options that kept him alive for 27 months in the face of a diagnosis that offered a six-week death sentence. She describes their experience as a victory, in spite of his death, and she's been a passionate advocate for cancer research funding ever since.

Decisions about when a patient will die, and where, are part of creating hope for loved ones. As Tim's wife said, *"We had to be ready because we had to go on. There was a point where it's all about the people who live. It's not about the person who dies. It's about what will make it OK for the ones who live."* Orchestrating the readiness of children for such an outcome is part of this planning.

The Russian author Fyodor Dostoevsky said *"to live without hope is to cease to live."* Hope feeds the courage to keep going during challenging and uncertain treatments. It's what allows family cancer caregivers to carry on every day. It's what allows people like Mimi to undertake unthinkable treatments, and it's what allows exhausted caregivers to heal in the aftermath.

Deborah J. Cornwall is an experienced advocate on behalf of cancer patients and their families. She is the author of *Things I Wish I'd Known: Cancer Caregivers Speak Out*, a new book based on interviews with 86 cancer caregivers and dozens of patients and survivors. For more information or to purchase the book, go to www.thingsiwishidknown.com.



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2. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
3. You never hung a shirt by the shoulders - always by the tail! What would the neighbors think?
4. Wash day on a Monday! . . . Never hang clothes on the weekend, or Sunday, for Heaven's sake!
5. Hang the sheets and towels on the outside lines so you could hide your "unmentionables" in the middle (perverts & busy bodies, y'know!)
6. It didn't matter if it was sub zero weather . . . Clothes would "freeze-dry."
7. Always gather the clothes pins when taking down dry clothes! Pins left on the lines were "tacky!"
8. If you were efficient, you would line the clothes up so that each item did not need two clothes pins, but shared one of the clothes pins with the next washed item.
9. Clothes off of the line before dinner time, neatly folded in the clothes basket, and ready to be ironed.
10. IRONED?! Well, that's a whole other subject!

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What's the best form of birth control over 50? Nudity.

Puzzle on page 46

I was thinking about how people seem to read the Bible a whole lot more as they get older. Then, it dawned on me. They were cramming for their finals.

As for me, I'm just hoping God grades on the curve.

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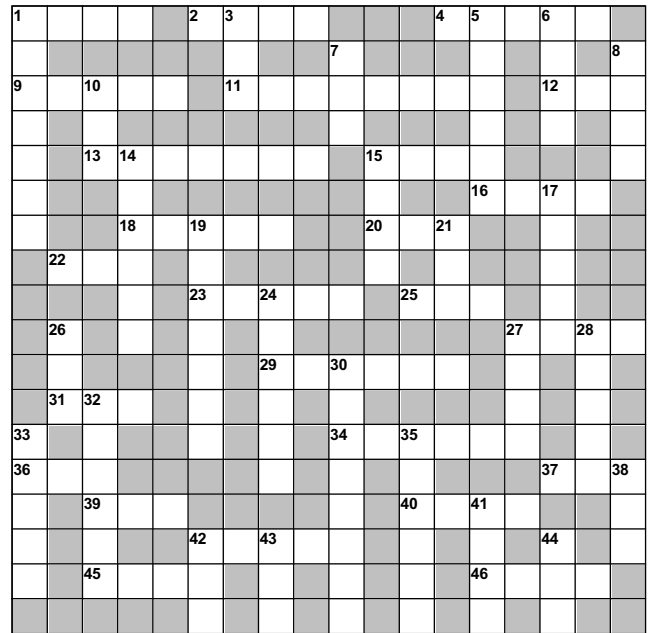
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Crossword junkie!

abcdefghijklmnopqrstuvwxyz

FROM BOOMER'S NEWSPAPER



Answers to this month's puzzle on page 45

ACROSS

1. Pucker up
2. To lose footing
4. From fire
9. Basis of a secret
11. Message by courier
12. Large member deer family
13. With conviction
15. Make rotate or revolve
16. Keeps on ticking
18. Small stream
20. Fifth month
22. Golf ball perch
23. A contemptible person
25. Pool stick
27. Contain items for travel
29. Dried grape
31. To state verbally
34. XX
36. Attempt
37. selection without restriction
39. Possesses
40. To remove fruit from a tree
42. Place of occurrence
45. To make clean
46. Tended grass

DOWN

1. Cooking room
3. Allow
5. Expression of time
6. Cherish
7. Where bears hibernate
8. to the lou my darling
10. Employing something
14. To receive
15. Domesticate
17. Baby talk 'mom'
19. Oblong circle
21. Not me
24. Make believe
26. Consenting reply
27. Colt
28. Saw for tree trimming
30. Description of earnings on CD
32. Whatever syn.
33. Source of cooking heat
35. To consider probable
38. Up to now
41. Beckon
42. Doctor from BBC Sci-fi
43. Which came first?
44. 1+1

An elderly gentleman ...went to the local drug store and asked the pharmacist for Viagra. The pharmacist said "That's no problem. How many do you want?"

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

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

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



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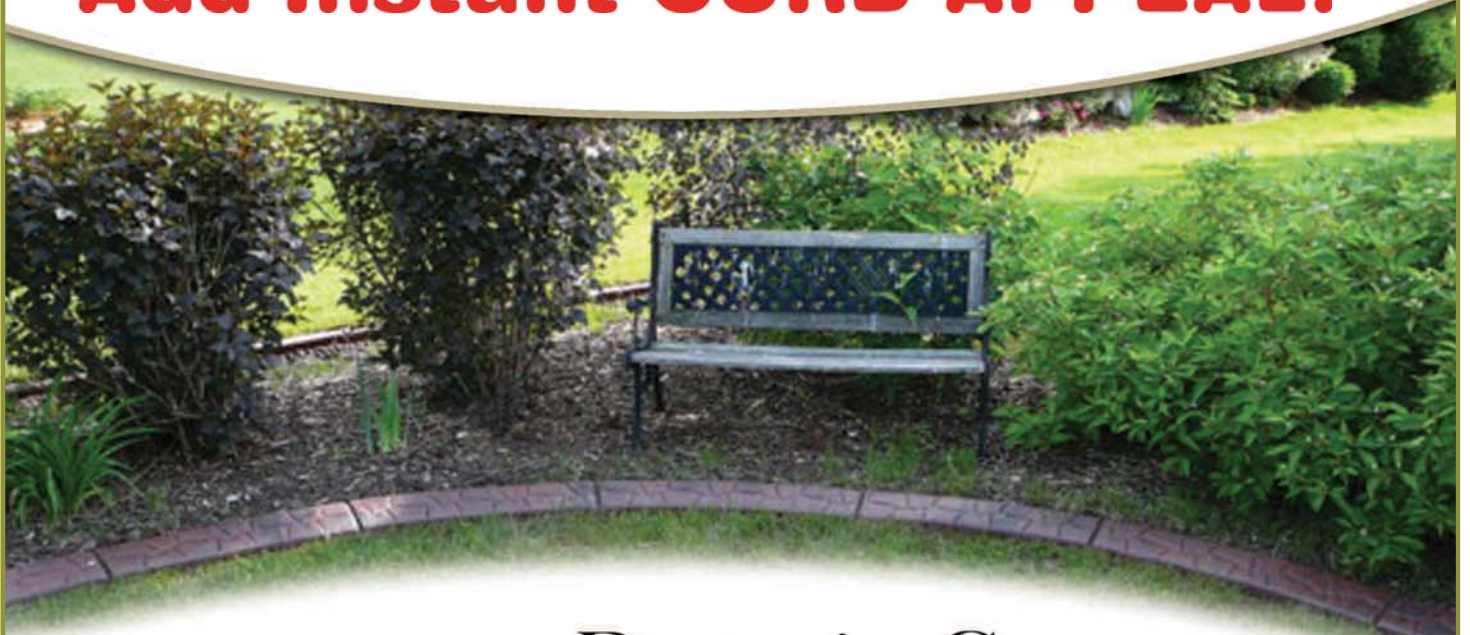


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