

Your LIFE!

MAGAZINE

April 2017
A FREE PUBLICATION

A FRESH NEW LOOK FROM
Boomers!
NEWSPAPER

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



CELEBRATING
EARTH DAY

**The RETURN OF THE
VICTORY GARDEN**

**UPGRADING
HOME SECURITY**

INSIDE
~page 5

DISCOVERY **VACATIONS** close to home this Summer

Upper Mississippi and the
Great River Road

*You'll be delighted to discover the hidden treasures that
lay just off-the-beaten-path in "our own backyard"!*



Our Wisconsin...and Yours, Too!

Our Wisconsin...and Yours, Too!

Starts in: **Madison, WI**

Jul 16-21 • Sep 10-15 LIMITED • Sep 24-29 • Oct 1-6 SOLD OUT

With the experts at *Our Wisconsin* Magazine, we proudly present an all-new exploration of western WI, from the capital and Driftless Region to the Great River Road and Dells!

Missouri Life

Starts in: **Kansas City, MO**

May 14-20 SOLD OUT • Oct 8-14 • Oct 15-21

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Our Iowa & the Mississippi River

Our Iowa & Mississippi River

Starts in: **Cedar Rapids, IA • Jun 11-16 • Aug 13-18 • Sep 10-15 • Oct 8-13**

Sail the Mississippi aboard the festive *Celebration Belle*; experience communal life at the Amana Colonies; see the "Field of Dreams" brought to life; and visit a Trappist monastery, century-old penitentiary, chocolatier, and robotic dairy. (With *Our Iowa* Magazine.)



North Dakota Legends

Jim Gallop/ND Tourism

North Dakota Legends

Starts in: **Bismarck, ND • Jul 16-22 • Aug 13-19**

Tour Teddy Roosevelt Nat'l Park, an oil camp, robotics lab, fish hatchery and American Indian reservation; go "behind the scenes" at the Medora Musical; see the Enchanted Highway sculptures, a nuclear missile facility, a conservancy for rare wild horses, more.



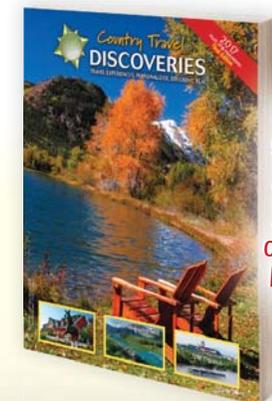
Western Nebraska Life

Alan Bantles/Nebraska Life

Western Nebraska Life

Starts in: **N. Platte, NE • Jul 16-22 SOLD OUT • Jul 23-29 • Sep 10-16**

Walk in the footsteps of pioneers on the Oregon Trail; meet local artisans, farmers, and cowboys; visit a national forest, ancient fossil beds and the world's largest railyard; enjoy a Wild West show and learn the legend of Crazy Horse. (With *Nebraska Life* Magazine.)



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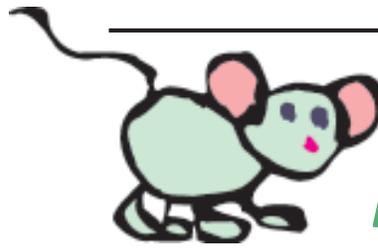
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A Mouse. A Cow. A Pig. A Chicken. And a Mouse Trap.

A mouse looked through the crack in the wall to see the farmer and his wife open a package.

"What food might this contain?" The mouse wondered. He was devastated to discover it was a mousetrap. Retreating to the farmyard, the mouse proclaimed the warning: "There is a mousetrap in the house! There is a mousetrap in the house!"

The chicken clucked and scratched, raised her head and said, "Mr. Mouse, I can tell this is a grave concern to you, but it is of no consequence to me. I cannot be bothered by it."

The mouse turned to the pig and told him, "There is a mousetrap in the house! There is a mousetrap in the house!" The pig sympathized, but said, "I am so very sorry, Mr. Mouse, but there is nothing I can do about it but pray. Be assured you are in my prayers."

The mouse turned to the cow and said, "There is a mousetrap in the house! There is a mousetrap in the house!" The cow said, "Wow, Mr. Mouse. I'm sorry for you, but it's no skin off my nose." So the mouse returned to the house, head down and dejected, to face the farmer's mousetrap. Alone.

That very night a sound was heard throughout the house — the sound of a mousetrap catching its prey. The farmer's wife rushed to see what was caught. In the darkness, she did not see it. It was a venomous snake whose tail was caught in the trap. The snake bit the farmer's wife.

The farmer rushed her to the hospital. When she returned home she still had a fever. Everyone knows you treat a fever with fresh chicken soup. So the farmer took his hatchet to the farmyard for the soup's main ingredient. But his wife's sickness continued. Friends and neighbors came to sit with her around the clock. To feed them, the farmer butchered the pig.

But, alas, the farmer's wife did not get well. She died.

So many people came for her funeral that the farmer had the cow slaughtered for the funeral luncheon. And the mouse looked upon it all from his crack in the wall with great sadness.

So the next time you hear someone is facing a problem and you think it doesn't concern you... **remember.** When one of us is threatened, we are all at risk. We are all involved in this journey called life. We must keep an eye out for one another and make an extra effort to encourage one another and keep each other safe.

~Anonymous

Zootastic

A night of animals, music and fun

Friday, April 28
At the Milwaukee County Zoo

Sponsored by GROW HOPE @ Saint

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Grandparents: Bring your grandkids for a special evening at the Zoo that includes:

- Dinner and Ice Cream Sundae Bar
- Crafts/Activities
- Meeting Zookeepers
- A Dance Party
- And more!



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Get more information on this family fundraiser and register at zoosociety.org/Zootastic or call 414-258-2333.



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SYMPHONY SUNDAYS

Select SUNDAYS at 3pm
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May 7, 2017 3pm
"Pioneers and Prodigies"



Photo Credit:
2016 Jennifer Brindley

Mendelssohn:
Ruy Blas Overture;
Wieniawski:
Violin Concerto
No. 2 in D Minor
Frank Almond, violin
Amy Beach:
Symphony No. 2

PAJAMA JAMBOREE

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May 17, 2017 7pm

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Young audience
members conduct the
orchestral
finale.



"Pajama Jamborees" are FREE 1-hour children's pops concerts at the Marcus Center
"Symphony Sundays" are general admission concerts for all
ages at the Pabst \$14/adults, \$8 child/students/sr.

From the Publishers

APRIL 2017

Growing up in the country, you think a little different. You stay outside until it gets dark, you see a spring puddle and off come the shoes, you drink maple syrup sap straight from the tree, you know the names of the spring wild flowers, your jeans always have muddy knees, crops are getting planted, cows are calving, kittens are being made. Spring is all around you in a season of rebirth!



Our CUDA. An example of unconditional joyful love.

After a long winter couped up in the house (most of us battling this chronic-cough bug) I am so looking forward to fresh, warm spring air flushing out my house and soul! Health, attitude, habits, thoughts - let's encourage ourselves to let the fresh air in!

Speaking of fresh... it's garden time! I have almost given up hope since our veggie garden was such a failure last year. The farm girl in me knows that I need to add organic 'farm extract' to our soil but how do I move that from my brother's farm in Manitowoc in the trunk of my car! We are determined. Read the article on the success of the WWII Victory Gardens and I hope it will encourage you to promote the idea of fresh and healthy garden foods for your supper table this year. In celebration of Earth Day this month, please consider one small change that you could implement (composting? page 16) this season to make our world a happier and healthier home for all! Enjoy the 'Green Thing' read on page 9 for an old-fashioned view on earth-care responsibility.

I've just jumped through hoops to find a B&B that we could visit with our dog. We brought Cuda home with us from the Humane Society at 14lbs and he turns 12 this month at a lean 92lbs! When we travel - so does he. He's absolutely family and loves staying at the posh hotels where he always becomes the center of attention. We so appreciate pet-friendly destinations so look forward to that article next month!

The holiest season of Easter is also a big part of spring celebration - a time of spring cleaning and re-newing both inside and out. In our high-tech, multi-tasking virtual world it's easy to forget about the necessity of discovering and re-discovering our source of spiritual strength. Try to find a moment this month, a favorite chair by a sunny window or a perfect spot in your backyard, to really relax and re-establish that relationship. Like the saying goes 'Peace be with you.' So take it with you as we spring into a season of renewal, sunshine, weeding, planting, painting, fixing... and did I say relaxing...?

LIFE. Enjoy it!

Sandy and Tom Draelos

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The Return of THE VICTORY GARDEN

In 1943, Americans planted over 20 million Victory Gardens, accounting for nearly a third of the vegetables consumed in the country that year.

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Short-Range Travel

A trend in tourism, driven by high airfares, has increased interest in short-range travel within the range of 400-500 miles.

-page 10



April's Lawn & Garden Care

Winter can be rough on lawns. April is a great month to take care of the main problems: salt damage, voles and snow mold.

-page 14



Power FOODS for the BRAIN

Are you concerned that a serious memory problem - like Alzheimer's disease - could be in your future? Here are the main brain threats and protectors.

-page 20



Think Like a BURGLAR

Thanks to new technology and innovative security measures, you don't have to become a burglary statistic.

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Boomers - Your Life! Magazine is a monthly publication serving the 45 and above 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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Entry Deadline: April 27, 2017



ORPHANS IN THE ATTIC

**2017
DOLL
&
BEAR
SHOW/SALE**

**Sunday, April 2nd
Sunday, Sept 12th
Sunday, Dec 3rd**

10am - 3pm

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April 6th

**Strength of the Creative Spirit:
Surviving Terezin** (A Three Part Series)
Jewish Museum Milwaukee / 7-8:30pm
1360 N. Prospect Avenue, Milwaukee
Since liberation in 1945, over 30,000 pieces of art that were made during the Holocaust have been documented. Created clandestinely in camps, ghettos, and in hiding, these pieces of art demonstrate the human capacity for resilience and willpower. Explore the art created during the Holocaust – with some focus on the creativity within Theresienstadt where many artists, writers, musicians and scientists were imprisoned – and how it demonstrates resiliency and humanity regardless of the oppressive conditions.

April 7th-9th

Wheel & Sprocket Bike Expo
Exposition Center at State Fair Park
This is the largest bike sale in the nation with over 2,000 bikes on sale and ready to ride home along with thousands of accessories. We have something for every kind of cyclist, so if you are looking for a new bike for you or a friend, want to trade in a used bike, or get all the bike accessories you need, this is the best time to buy. Free Admission

April 8th

Spring Marketplace
The Community League's Annual "Spring Marketplace (Vendors, Crafts, Rummage)
Menomonee Falls High School W142N8101 Merrimac Drive, Menomonee Falls.
Admission: \$1

April 8th-15th

Cheep, Cheep Easter Celebration
Elegant Farmer
This free, family-fun event features the Easter Bunny and a 4-H menagerie of bunnies in costume, baby chicks and guinea pigs for petting and enjoying. Visiting The Elegant Farmer each year at Easter, the 4-H members educate and introduce children of all ages to the animals they have raised and cared for as part of their 4-H project. Ride the East Troy Electric Railroad's Bunny Train (for tickets <http://www.easttroyr.org>) and make a grand entrance to meet the Easter Bunny at the Elegant Farmer. CiderBaked ham, fresh breads, Easter basket candies and more.

April 8th-15th

East Troy Railroad Bunny Train
East Troy Railroad Museum & Depot
Family fun on the East Troy Railroad's Bunny Train! Enjoy face painting and coloring at the East Troy depot before departure. Then take a ten-mile round trip to the Elegant Farmer, where kids will see live bunnies and chicks and the Easter Bunny.

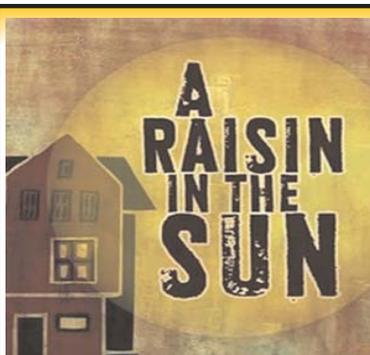
April 15th

Birding Lion's Den Gorge Preserve
Urban Ecology Center - Menomonee Valley
3700 W Pierce St, Milwaukee
Look for early migrant songbirds and waterfowl at one of the last stretches of undeveloped bluffs along Lake Michigan. Lion's Den Gorge Nature Preserve is a 73-acre ecological jewel within the Ozaukee County Park system. Binoculars and spotting scopes provided. Also, feel free to bring a lunch and stay for the Beak to Tail workshop at 1pm at no extra charge. We will meet at the Menomonee Valley branch and travel together by bus.
Members \$10 / Nonmembers: \$15

April 20th

Polka Night at the Milwaukee County Historical Society
910 N. Old World Third Street
Music by the Bewhaus Polka Kings
Lessons from 6pm-6:30pm- Dancing until 9pm \$5 donation includes admission to Melodies & Memories: 200 Years of Milwaukee Music Exhibition. Cash bar.

*Spring has sprung!
I'm so happy I wet my plants!*



**A RAISIN
IN THE SUN**

THE STORY: A Raisin in the Sun is a play by Lorraine Hansberry that debuted on Broadway in 1959. The title comes from the poem "Harlem" by Langston Hughes. The story tells of a black family's experiences in the Washington Park Subdivision of Chicago's Woodlawn neighborhood as they attempt to 'better' themselves with an insurance payout following the death of the father. The New York Drama Critics's Circle named it the best play of 1959. It was the first ever play written by an African-American woman to be produced on Broadway. The play has remained a classic American play since its debut, produced multiple times a year across the nation. It's universal themes of love, loss, and hope within the family structure has endeared it to audiences across cultural lines.

April 27, 28 & 29th

7:30pm

April 29 & 30th

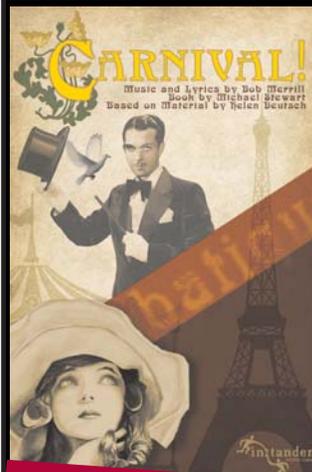
1:30pm

Ticket Line: 262-243-4444
Press "0" to leave reservation.
Questions?
Lori.Woodall@cuw.edu

\$10 Adults / \$8 Seniors, Non-CUW students, 13 & up
\$5 Veterans, CUW Faculty, Staff & Alumni
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Book by Michael Stewart
Based on material by Helen Deutsch

April 21-May 14, 2017

In this rare gem of a musical, naive, young Lili comes to the carnival for work, finding much more than she anticipated. A unique collaboration with the Milwaukee Public Theatre. Arrive early and immerse yourself in the carnival atmosphere in the lobby with games, music, drinks and more!
Best enjoyed by those 13+

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Tenth Street Theatre
628 N. 10th Street
(10th Street & Wisconsin Ave)
Plenty of parking within 2 blocks of the theater

April 21st-22nd

Stamp and Scrapbook Expo
Exposition Center at State Fair Park
Paper crafters of all types and experience levels. Card Makers, Find new products and designs from vendors. Swap ideas with like-minded crafters and learn new techniques during workshops.

April 22nd

**The Oconomoc Arts Center
Arts in Bloom Gala fundraiser**
Golden Mast Inn on Okauchee Lake
Includes a gourmet sit-down dinner, silent and live auctions. Long-time TV news anchor Mike Miller will host the evening's activities. Music entertainment by the Milwaukee Guitar Quartet and Milwaukee's USO-style trio, The Radio Rosies.

April 22nd-23rd

re:Craft and Relic
Milwaukee County Sports Complex
All things upcycled, vintage, and hand-made from 150+ junkers, makers, artists. Join thousands of Etsy-loving, Pinterest-obsessed, and DIY enthusiasts shopping for everything from Shabby Chic, European antiques, salvaged items, vintage and antique furniture, architectural salvage, vintage-inspired jewelry, re-purposed and up-cycled treasures, and beautiful, handmade clothing and accessories.

April 26th

The Womens Center 40th Anniversary Luncheon / Italian Community Center
11am-1:30pm
Features a keynote from Elizabeth Smart, child abduction and sexual assault survivor who went on to establish her own foundation and authored, "My Story."

April 27th

Turner Hall Ballroom
The Milwaukee Turners present the 2017 Zeidler Lecture featuring Dr. Heather Thompson, author of Blood in the Water: The Attica Prison Uprising of 1971 and its Legacy, a finalist for the National Book Award that was included on 13 Best Books of 2016 lists. Doors open at 6pm.

April 29th

Wisconsin Athletic Hall of Fame 66th Anniversary Induction Event
UW-Milwaukee Panther Arena
The Wisconsin Athletic Hall of Fame has named its 66th Anniversary induction class: Wisconsin Badgers Running Back Ron Dayne, LPGA legend Sherri Steinhauer and Green Bay Packers Super Bowl Champion Charles Woodson. Donald Driver, a Super Bowl champion and 2016 inductee into the Wisconsin Athletic Hall of Fame, will emcee the event.

April 29th-30th

Wisconsin Alpaca & Fiber Fest
Washington County Fair Center
3000 Highway PV, West Bend
Animal lover? Fiber enthusiast? Or just looking for a free, family activity with over 300 alpacas? Alpacas will be on display in our show ring. We are also having a fleece show, fiber arts contests, spin off, fiber classes and seminars for people interested in alpacas. There will be many vendors selling fiber and alpaca themed items as well. Stop out for a visit, you won't regret it! Best of all, admission & parking are free!

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ADAPTED BY **Polly Teale**
ORIGINALLY PRODUCED BY
Shared Experience Theatre Company
DIRECTED BY **KJ Sanchez**



APRIL 25 – MAY 21

Rock the Green 6th Annual Earth Day Celebration

April 22nd, noon till 2pm
Picnic Area 8 in Estabrook Park



Join Rock the Green for their 6th Annual (and FREE) Earth Day Celebration - A great way to learn about Eco-friendly opportunities and support the community in its environmental efforts.

Milwaukee Riverkeeper is proudly hosting their 22nd Annual Spring River Cleanup with nearly 4,000 volunteers joining together across the Milwaukee River Basin to pick up trash, get outdoors, and help to achieve swimmable, fishable rivers. Clean up Volunteers and the Community may join the free 6th Annual Earth Day Celebration Presented by Milwaukee Riverkeeper.

This annual cleanup effort, which results in the removal of many tons of trash from the Milwaukee River Basin, works towards improving the ecological and aesthetic quality of our local rivers.

Register today at www.bit.ly/MRKcleanup22. 414-287-0907

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—The Chicago Tribune

"SEE THIS MAN. HE IS COMIC GENIUS!"

—The Seattle Weekly

FRANK FERRANTE IN



Written and
Performed by
Frank Ferrante
Directed by **Dreya Weber**

NOW THRU MAY 28



www.MilwaukeeRep.com | 414-224-9490

Rochester (Michael Sharon) and Jane Eyre (Margaret Ivey) in *Jane Eyre*. Photo by Mikki Schaffner.



2017 Business Exploration Expo Features Franchise Opportunities

The 2017 Business Exploration Expo: Featuring Franchise Opportunities, presented by FranNet of Wisconsin and the Greater Brookfield Chamber of Commerce, is a must-attend event for anyone exploring the idea of going into business for themselves through franchise opportunities. The event will be held on May 4th from 4 p.m.

to 6 p.m. at the Embassy Suites by Hilton, 1200 South Moorland Road, Brookfield. The event is free, but advance registration is required at www.Eventbrite.com

The Expo will give people who are thinking about starting a business a chance to explore 3,100 local franchise opportunities in almost 300 industries. Attendees will have the opportunity to listen to keynote speakers, discuss the benefits of owning a franchise, the various opportunities available, and what it takes to get started.

FranNet is a franchise consulting service providing a free 7 step coaching process with a 91% success rate. Their local consultants provide free consulting, valuable research, and resources to help aspiring entrepreneurs choose a franchise for sale that best matches their business needs. Call (847) 254-9757, email pzkowski@frannet.com or visit www.frannet.com/microsites/pzkowski/home with any questions.

The Milwaukee Suburban
Christian Women's Connection

Invites you to Brunch!

Monday, April 17th, 2017

9:30-11am

Heidi Hornung, Shady Lane Greenhouses
presents: "Time to Grow"

Judy Moore-Vader, Escanaba, MI
presents: "Untangling the Yarns"

Canned Goods for Food Pantry encouraged!

All Welcome!

Davians Banquet Conference Ctr
16300 W. Silver Spring Dr., Menomonee Falls
\$15 includes brunch
262-251-3841 RSVP Lois by 4/10

No race can prosper till it learns there is as much dignity in tilling a field as in writing a poem.

~ Booker T. Washington

The Return of the Victory Garden

During the World Wars, as part of the war effort, the government rationed foods like sugar, butter, milk, cheese, eggs, coffee, meat and canned goods. Labor and transportation shortages made it hard to harvest and move fruits and vegetables to market. So, the government turned to its citizens and encouraged them to plant "Victory Gardens."

In 1943, Americans planted over 20 million Victory Gardens, and the harvest accounted for nearly a third of all the vegetables consumed in the country that year.



The First World War, also known as the Great War, was the largest war the world had ever known. Europe had serious problems getting and producing enough food. All the farmers in Europe had gone off to war during the summer of 1914, leaving their crops ripening in the fields, some never to be harvested. Since that time, much of the land in Europe had fallen into the war zone, making it impossible to farm and the possibility of shipping in food to Europe was threatened by the German's aggressive use of submarines to sink any ship.

In Europe, food production was at an all time low. There was no meat to be found and, in England, dairy products were so restricted that a doctor needed to certify that it was necessary for the recipients health. In some cities, bread was in such shortage that, many days, it was not available.

The US, though it had not yet joined the war, had to cut consumption greatly as well. Prices increased for foods such as butter, eggs, and coffee. There were meatless and wheatless days to try to cut consumption of highly valued food products. As a response to the cuts in consumption, community gardens began to spring up everywhere. In the early months of 1917, as it became clear that an increase in production was the only answer, Charles Lathrop Pack founded the National War Garden Commission. Through a campaign of posters, cartoons, press releases, and pamphlets the commission strove "to arouse the patriots of America to the importance of putting all idle land to work, to teach them how to do it, and to educate them to

Return of the Victory Garden continued on page 13

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Buona Pasqua!

Happy Easter!

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- Pupa cu l'uova
(buy 5 get one free!)
- Our famous Italian Cookies including
Cucidati (Italian fig cookies)
Cassatina Siciliana
Cassata Siciliana



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THE Green Thing



Checking out at the store, the young cashier suggested to the much older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this 'green thing' back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for the future."

She was right — our generation didn't have the 'green thing' in our day. Back then, we returned milk bottles, soda bottles, and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the "green thing" back in our day. Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our school-books. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalize our books on the brown paper bags.

But too bad we didn't do the "green thing" back then. We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the "green thing" in our day. Back then, we washed the baby's diapers because we didn't have the throw-away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing. But that young lady is right; we didn't have the "green thing" back then.

Back then, we had one TV, or radio, in the house — not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the "green thing" back then. We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the "green thing" back then. Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service in the family's \$45,000 SUV or van, which cost what a whole house did

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before the "green thing." We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we

didn't have the "green thing" back then?

I'm just another selfish old person who needs a lesson in conservation. I don't like being old in the first place, so it doesn't take much to irritate me -especially from a tattooed, multi-pierced lazy young'n who can't make change without the cash register telling them how much. ~anon submission

If we do not change our direction we are likely to end up where we are headed. ~Chinese Proverb

Interesting Tools Help You Pick a Great Vacation Trip Close to Home

Find Your "Circle of Discovery"

By Stewart Ikeda

A trend in tourism these days, driven by high airfares and tighter air routes, has been increased interest in short-range leisure travel—as a rule of thumb, a 400- to 500-mile radius of home. Tourism marketing offices often concentrate their promotions on regional audiences in that range, figuring it to be the outer extent of an easy half-day's drive to enjoy an economical vacation adventure. For example, Maryland's Office of Tourism heavily targets media in a 400-mile radius to reach qualified readers planning trips in the area; its top visitor markets are Maryland, Pennsylvania, New York, New Jersey, Virginia and Washington DC.

Even if you're more of the "escorted group tour type" who prefers to leave the driving to someone else, driving to the starting city can be a good way to save on airfare, and some tour companies will even provide you with free parking at the starting hotel as part of your tour cost.

Associated Press Travel Editor Beth Harpaz suggests that using online tools such as Freemaptools.com/radius-around-point.htm is a great way to start brainstorming a vacation. It lets you draw a colored radius from your home over top of a



detailed map, adjust the distances to suit your interests, and thus easily envision some fun, nearby places you'd like to explore.

With this in mind, I drew a 500-mile-radius map from the Milwaukee County Zoo and came up with some intriguing options for exploring this summer. I could make it as far west as Nebraska, celebrating its 150th anniversary with special programming this year, southwest along the Mississippi River to explore Twain's Missouri, or northwest to wide open North Dakota, often called "the least visited state".

Or, head due south and you could find yourself kicking up your heels in Music City at Nashville's Grand Ole Opry. Point yourself southeast, and treat yourself to thrilling byways through the Appalachian Mountain ranges of West Virginia. Head east around our Great Lake and find yourself standing in awe above Niagara Falls – and just in time before a New York State engineering project "turns off" the American Falls for maintenance!

Of course, there are many other wonderful experiences to be had closer to home throughout our Heartland – and even right here in our own backyard. If it's a leisurely, off-the-beaten-path, scenic driving trip you're after, the tool Freemaptools.com/how-far-can-i-travel.htm even lets you see how far you can get traveling at certain speeds, avoiding highways, taking public transportation, hiking or biking, and more.

If you're pondering where to vacation and looking for inspiration, let these free tools help guide you to someplace new, convenient, and exciting.

Article submitted by Country Travel Discoveries at 855-744-8747 / www.CountryTravelDiscoveries.com



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Spring Beauties

Wildflower Walks That Will Wow You

A maple woods carpeted with trout-lily, the tangy smell of fresh earth, the rustling of earthworms slowly tilling the soil; a marsh-marigold standing out against the melting snow; a Jack-in-the-pulpit thrusting up through the earth, alone near a chocolate-dark tree stump—these are some of the visual treats Wisconsin hikers may find in spring.

By Erika Jensen
www.travelwisconsin.com

The walks listed here unlock a secret garden of spring ephemerals, wildflowers that grow in the first warmth of spring, before the tree canopy leafs out and blocks their sun, and vanish in the undergrowth of the forest floor later in the season.

Across Wisconsin, in locations mostly unknown to the general public, some State Natural Areas harbor a profusion of spring wildflowers. At the 10 sites described here, hikers will often find themselves alone, which adds to the appeal of these spots. These SNAs are mostly undeveloped; while some have walking trails, many do not.

Spring hikes have definite advantages. There are few bugs, and less undergrowth to wade through.

When to go? A good rule of thumb is to look for spring ephemerals when bulbs start to bloom, generally late April through mid-May, and through mid-June farther north (exact times depend on weather).

Two things to remember: Before entering and leaving a SNA, be sure to brush off clothing and turn out pockets and pant cuffs to prevent garlic mustard and other invasive weed seeds from hitchhiking on your clothes. And never pick any wildflowers on these public lands—leave them intact for others to enjoy.



Dells of the Eau Claire River, Marathon County

Dells of the Eau Claire, located within the Dells of the Eau Claire County Park, is both a great place to see wildflowers and a good place to explore some unique geological features along the river. The rocky gorge provides a series of waterfalls, miniature eddies, and potholes formed by swirling gravel and water.

Deep, loamy soils support a phenomenal number of spring ephemerals. Under a canopy of hemlock, sugar maple, and yellow birch, you'll see spring-beauty, trout-lily, hepatica, and just about every other common spring wildflower. Take Highway Y west and south from Hogarty, about 3.3 miles to a parking area south of the river and west of the road.



Fox Maple Woods, Florence County

This forest is one of only a few genuine old-growth mesic (an area of medium moisture) forests in Wisconsin, and the spring ephemerals are rich and abundant. You'll see some very large sugar maple, basswood, and hemlock, and get a sense of what the Wisconsin wilderness once looked like.

The understory is quite open, so you can walk around freely, but there is no trail system. Wildflowers include spring-beauty, trout-lily, Dutchman's-breeches, blue cohosh, nodding trillium, rosy twisted-stalk, and bloodroot. From the intersection of highways 2 and 70 in Florence, go west on 70 for 10.5 miles to a parking area north of the road.

Spring Wildflower Walks continued on page 24

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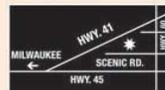
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The Return of the Victory Garden continued from page 8



conserve by canning and drying all food that they could not use while fresh". Their posters boasted phrases such as, "Will you have a part in victory?," "Every war garden a peace plant," "Can the Kaiser," "Sow the Seeds of Victory," and "Put the slacker land to work."

And America responded. President Wilson "called for ever American to contribute in the war to establish democracy and human rights." In a proclamation, President Woodrow Wilson said to Americans, "Everyone who creates or cultivates a garden helps... This is the time for America to correct her unpardonable fault of wastefulness and extravagance." The US Department of Agriculture formed a committee on public information to help plant "a million new backyard and vacant lot gardens."

It was thought that victory gardens would not only feed America so that we could send food abroad, but also that we could save on fuel and free transportation and middleman jobs to help with the war effort.

Here's an idea of the scale of the war gardening effort- In Dallas in 1918 there were 20,000 gardens that produced over 17,500 cans of vegetables in just a few weeks. The Town of Marian, Indiana had just 29,000 people and 14,081 gardens- that means that almost ever other person in Marian had a garden. National-wide there were 3 million garden plots in 1917, according to the National War Garden Commission. In 1918, that number increased to 5,285,000 plots. Due to rising education level of gardeners, these 1918 plots were cultivated more intensely. Over 528.5 million pounds of produce has harvested that year. The idea of the "city farmer" was born.

When the war ended in 1919, the war garden effort dropped off, but many people kept their gardens and would use them again in the victory garden movement of the second World War. ~Reprint from sidewalksprouts.com

Why Plant a Victory Garden Today?

Today our food travels an average of 1500 miles from farm to table. The process of planting, fertilizing, processing, packaging, and transporting our food uses a great deal of energy and contributes to the cause of global warming. Planting a Victory Garden would reduce the amount of pollution your food contributes to our environment. Instead of traveling many miles from farm to table, your food moves from your own garden to your table.

Our current economic situation is another good reason to start a Victory Garden. Every time that food is shipped from the farm to the store and your table, gasoline is used. As gasoline prices rise, food costs rise.

I have no backyard, what can I do?

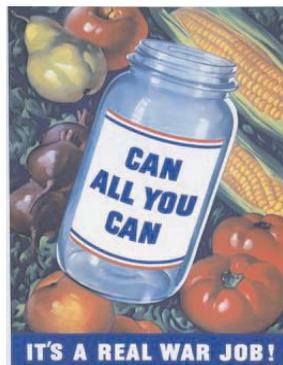
- You can combine vegetable plants with flowers in your frontyard.
- You can plant containers on your porch, patio, or balcony and can grow sprouts indoors.
- Perhaps a neighbor or friend without time or ability would let you garden their yard, in exchange for some produce.

If these options are not available, you can also choose to purchase foods which are grown close to home by visiting your local farmer's market.

Choose foods which use fewer chemical pesticides - such as organics, are in season, or have minimal packaging.

~victoryseeds.com

Special thanks for reprint to Sprouts in the Sidewalk. Find out more information about war effort gardening and today's trend of Urban Farming at sidewalksprouts.com



Here's a short list of resources to find a garden near you or simply more information on growing your very own Victory Garden

- www.city.milwaukee.gov/NeighborhoodGardens
- www.city.milwaukee.gov/homegrownmilwaukee
- www.milwaukeeenvironmentalconsortium.org
- www.growingpower.org
- www.victorygardeninitiative.org
- www.urbanecologycenter.org
- www.groundworkmke.org
- www.milwaukee.uwex.edu/agriculture/garden-mental

The Potato Patch Movement

In the late 1800's cities in America were growing rapidly. Many people were out of work. Across the country cities began offering garden plots to people so they could grow their own food.

Liberty Gardens

The U.S. Government recruited people to grow Liberty Gardens during World War I. Growing your own food was a way that every American could contribute to the war effort.

Relief Gardens

The Great Depression began in the 1930's Relief Gardens were promoted to improve people's spirits and provide work and food.

Victory Gardens

When the U.S. entered World War II, the government launched a Victory Garden campaign. By 1944, twenty million gardens produced forty-four percent of the fresh vegetables in the U.S.

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SPRING LAWN & GARDEN RECOMMENDATIONS

Winter Lawn Damage Fixes & Spring Lawn Care Checklist



Winter can be rough on lawns, and now is the time for homeowners to get outside and care for their yards according to members of Milwaukee/NARI (National Association of the Remodeling Industry), the area's leading home improvement and remodeling industry resource.

"Most lawns experience winter damage in one way or another, some worse than others," said Sarah Mack, a horticulturist with Central Services Co. in Waukesha. She provided what she called the top three concerns and causes of winter damage, as well as the best treatments.

Salt Damage: Salt typically damages the edges of the road, driveway, and sidewalks. "The salt draws the moisture away from the roots and dries out the turf area," she said.

An organic product is able to replace the salt with calcium and sulfur to help heal the damaged grass. "It will then help retain the moisture in the soil to promote healthy grass," she said. "Once applied, it should be watered in well." A professional can apply the product when the area has dried out and temps are averaging 40-50 degrees.

Homeowners who wish to prevent the problem can apply a salt tolerant seed—a wider blade grass that can withstand salt.

Voles: When the snow cover melts, homeowners often find the damage caused by these small rodents. Voles feast on grass, leaving tunnels of dead grass in their paths.

"Once the grass and soil dries out from the melting snow, rake away the dead grass and you can let nature take its course," Mack said. Because voles typically leave the root system intact, the grass will grow back in. "If the damage is significant, a spot seeding can be done."

Snow Mold: This fungus appears on the lawn after snow has melted. "Snow mold appears in circular, matted-down patches that can be gray or pink," she said. Gray will usually clear on its own when the weather warms up, but pink is harder to treat.

"Pink snow mold can interfere with the root system of your grass and do permanent damage if not treated," Mack said. "The best solution is to have a professional treat the area with a fungicide."

April is an important time for homeowners to perform general lawn maintenance.

"Cleanups are the first thing we do in spring," said Eric Weishaar, president of Breckenridge Landscape Design, Construction, and Maintenance in New Berlin. He provided this checklist of tasks to be done now:

- Cleaning up winter debris, leaves, and dead foliage.
- Cutting back ornamental grasses and any other perennials to 4-6 inches from the ground.
- Trimming certain shrubs.
- Cleaning up planting bed edges.
- Adding a fresh coat of mulch.

"Don't be too anxious to get started, though," Weishaar said. "Raking the lawn too early can damage root structures and stress the lawn."

He offered a word of caution when trimming plants. "Do not prune spring flowering plants such as lilacs, as they set their flower buds in fall and you will end up cutting off the flowers before they bloom."

Mack offered advice for when the ground begins to thaw and trees and shrubs begin to bud. "It's a good time to give them a long soaking of water, especially for newly planted items from the previous year."

Weishaar said, "Spring fertilizers are important to replenish nutrients in a lawn. Usually these are done in late April." Mack agreed, recommending core aeration for the lawn, seeding any areas damaged from the winter, fertilizing trees and shrubs, mulching planter beds, and edging the beds and sidewalks. Weishaar added, "If you need to patch areas of the lawn with new seed, be cautious not to use a pre-emergent on the lawn, as it will kill off the new grass plants."

Finally, Milwaukee/NARI members reminded homeowners not to forget about their porches and decks. It's important to choose a cleaning solution designed for the deck or patio material, whether that's wood, concrete, or another material. Early spring is a good time to sand and stain a wood deck that has begun to look worn.

"Clean patios to avoid mold in joints," Weishaar said. "This can be done with a simple power wash."

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



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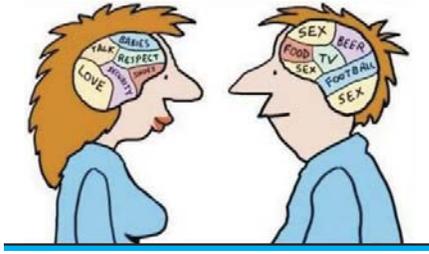
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- If **you** get a promotion ahead of her, it's favoritism.
- If **she** gets a job ahead of you, it's equal opportunity.
- If **you** mention how nice she looks, it's sexual harassment.
- If **you** keep quiet, it's male indifference.
- If **you** cry, you're a wimp.
- If **you** don't, you're insensitive.
- If **you** make a decision without consulting her, you're a chauvinist.
- If **she** makes a decision without consulting you, she's a liberated woman.
- If **you** ask her to do something she doesn't enjoy, that's domination.
- If **she** asks you, it's a favor.
- If **you** try to keep yourself in shape, you're vain.
- If **you** don't, you're a slob.
- If **you** buy her flowers, you're after something.
- If **you** don't, you're not thoughtful.
- If **you're** proud of your achievements, you're an egotist.
- If **you're** not, you're not ambitious.
- If **she** has a headache, she's tired.
- If **you** have a headache, you don't love her anymore.

~anon submission

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Dear EarthTalk:

I'd like to get into turning my food waste into compost for my garden, but I don't want a stinky pile of table scraps lingering in a pail in my kitchen or backyard. Are there any new high-tech ways to expedite the process?

EARTH TALK

From the Editors of
E/The Environmental Magazine

Composting is a natural process of recycling food and organic matter and exposing it to oxygen so it can decompose into a nourishing soil amendment. Whether you let your municipality process your food and yard waste into compost, or do it yourself at home, you're doing right by the environment.

The problem with dumping food and plant waste into the regular garbage bin is that it won't decompose in a landfill where it's buried under layers of inorganic matter, unexposed to oxygen. When organic waste is trapped in a landfill it can generate large amounts of groundwater-polluting leachate and potentially flammable methane (a potent greenhouse gas) as bacteria try to break it down in the absence of oxygen.

Given how easy it is to compost these days, it's hard to believe that food and yard waste make up as much as 30 percent of the waste we send to landfills. Luckily if you want to make your own compost at home or don't have curbside food/yard waste pickup, there are plenty of easy, low-cost ways to get started.

The Epica Stainless Steel Compost Bin is a great way to start recycling food waste right from your countertop. The Epica's airtight lid and replaceable charcoal filter work together to confine any harsh smells. Another plus is the attractive stainless steel exterior, designed to last a lifetime and warranted against scratches, cracks or chips. And all you need to clean the Epica is water, soap and a sponge.

Other products can speed up the process of making garden-ready compost right in your kitchen. For instance, the Food Cycler CS-10 (\$299) employs motorized agitators to break down cooked and uncooked food waste into small



particles which are then heated and sterilized. The dishwasher-safe, countertop-sized unit makes ready-to-use compost within three hours.

If you want to go even bigger, Zera's new appliance-sized Food Recycler (\$1,199) reduces food waste by over two-thirds its original volume and can handle a week's worth of kitchen scraps. It makes usable compost in 24 hours, and is also connects to your home's wifi network so you can monitor and control it remotely via an app. Yes, there's even an app for that!

Old-school (outdoor) composters might want to check out Yimby's low-cost, worry-free Tumbler Composter (\$81). Just insert your food scraps and/or yard waste, close the door and turn it manually 5-6 times every 2-3 days. The exterior is a recycled plastic bin with a steel frame, and can stay outside all year. The Tumbler Composter has a 37 gallon capacity, but takes two weeks or longer to turn your scraps into compost.

Composting is great for fertilizing your home garden, and it's satisfying to make something useful for free out of waste that you would otherwise just discard. If you just want to make a difference but don't need the compost itself, municipal food waste curbside pick-up is probably a better way to go. Whether you outsource the compost-making to your town or do it yourself at home, you can feel good that you're doing the right thing by the environment.

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A man and a woman are standing on a golf course, smiling. The man is wearing an orange polo shirt and a white cap, holding a golf club. The woman is wearing a light green polo shirt, a pink visor, and white gloves, also holding a golf club. The background shows a golf course with trees and a building.

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Sexual Identity Is Not As Simple As X and Y, Scientist Says

What Makes A Man A Man And A Woman A Woman?

The transgender story of Caitlyn Jenner, formerly Bruce Jenner, continues to raise discussions across America about what it means to be a man or a woman.

The simplest answer – that a woman has two X chromosomes and a man has one Y and one X chromosome – provides an incomplete picture.

What makes a fetus become a male or female is more complicated than who ends up with a Y chromosome, says Peter Schattner, a scientist and author of the book “Sex, Love and DNA: What Molecular Biology Teaches Us About Being Human”.

“Our sex is determined less by our chromosomes than by individual genes and the proteins that are encoded in those genes,” Schattner says. “For example, there are healthy, although infertile, men who do not have a Y chromosome. At the same time, normal women can have a Y chromosome.”

Yet even as science show us how genes and proteins make some fetuses develop the *physical* characteristics of a male while others have female features, understanding what makes us *feel* that we are male or female is still challenging. In fact, some people, such as Jenner, have a condition called gender-identity reversal or gender dysphoria.

“They appear on the outside to be unambiguous members of one sex, while their brains tell them they belong to the opposite sex,” Schattner says.

Science is still unraveling many of the complex questions about gender, he says, but some things have become clear, such as:

- Gender-identity reversal is not the same thing as homosexuality. “Some homosexual individuals are gender-identity reversed, but most aren’t,” Schattner says. “Some individuals with gender-identity reversal are attracted primarily to the opposite sex; others are not.”

- The prevalence of gender reversal is difficult to estimate because people with gender dysphoria are frequently reluctant to speak about it. Estimates of gender-identity reversal range from 1 or 2 per 1,000 people to 1 or 2 per 10,000, with considerable variation in different societies, Schattner says. Consistently higher estimates of transgender prevalence are found in surveys made by transgender activists than those by mainstream psychology organizations, he says.

But even using the most conservative estimates, about 30,000 transgender people are living in the United States and an estimated 60,000 Americans have undergone gender-change surgery over the last 60 years.

- Not that long ago, many scientists believed a person’s gender identity was largely, if not completely, determined by childhood education and upbringing. “The view was that if you are raised as a boy, you would see yourself as a boy, and if you were raised the way girls were traditionally raised, you’d develop a female self-image,” Schattner says. Now scientists are learning how genetics and prenatal biology play important roles in determining someone’s sexual identity, he says.

Although progress has been made, questions remain and efforts continue to understand the complete picture, Schattner says.

“The origins of human sexual orientation and gender identity,” he says, “remain among science’s most challenging puzzles.”

Peter Schattner (www.peterschattner.com) is a scientist, educator and writer with 30 years of research experience in molecular biology, genetics, biomedical instrumentation and physics. Schattner received his doctorate degree from the Massachusetts Institute of Technology under Nobel Laureate Steven Weinberg and has held research and teaching positions at the University of California, California State University and Stanford Research Institute. He is the author of numerous scientific articles and reviews, as well as the textbook “Genomes, Browsers and Databases.” His latest book, “Sex, Love and DNA: What Molecular Biology Teaches Us About Being Human” is his first book for non-scientists.



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Reinforce Security at Home

Think like a Burglar

Protect your property and keep your family safe from crime

The Wisconsin Electronic Security Association provides home safety tips for homeowners

The most recent Uniform Crime Report published by the FBI reported that there were more than 8.9 million property crimes committed in 2014.

Thanks to technology and innovative security measures, homeowners don't have to become a part of the burglary statistic. The Wisconsin Electronic Security Association (WIESA) offers homeowners insight into the mind of a burglar, along with tips for reducing the risk of a burglary.

Most home burglaries can be classified as random opportunistic acts – not planned events. Homeowners can protect against burglary by looking at the weaknesses of their home from a burglar's point of view. Here are a few questions a burglar might ask when deciding on a house to target.

Is anyone home?

The first thing many burglars do is check to see if anyone is home. Sometimes the burglar will simply knock on the front door. If someone answers, he or she may make up an excuse for the disturbance, such as being lost and needing directions. If the knock at the door goes unanswered, the burglar may turn the door knob to test for an unlocked or easily accessible door.

Traditional locks aren't always the answer to home protection. On average, burglars will spend no more than 60 seconds on defeating locks to gain entry to a home.

To better protect their homes, homeowners should consider upgrading to deadbolts and reinforcing the frame of their front door to make a break-in more strenuous for the burglar.

Is the home equipped with an alarm system?

A recent ground-breaking study conducted by the University of North Carolina at Charlotte found that of the convicted burglars interviewed, 60 percent indicated that the presence of an alarm system would cause them to seek an alternate target. Additionally, the Cromwell-Olson-Avary study revealed that if a potential burglar sees a yard sign or window decal from a credible security company outside of a home, around 75 percent would think twice about going through with an attack. But signs and decals aren't enough to deter a burglar; security systems are the best protection against home burglary.

Will anyone notice?

Burglars tend to target homes that they can get away from easily without detection. For a burglar, an ideal home would be located in a dark, lifeless neighborhood with good hiding places and escape paths, such as overgrown bushes or trees in the yard.

Hiding areas can be eliminated by keeping the landscaping neatly trimmed and using an enhanced security



system complete with timed or remotely-controlled lights and surveillance. These sophisticated systems give homeowners the ability to set timers and control various aspects of their homes via a smartphone, tablet or other web-enabled device.

This technology, also known as smart home technology, is in high-demand among homeowners because of its convenient features. With smart home technology, homeowners can control indoor or outdoor lights, lock and unlock doors, arm their security system, and monitor activity within the home through surveillance cameras all via the web. Enhanced home control systems blend elements of security and accessibility to provide homeowners with maximum protection against burglary.

Electronic Security Association (ESA), is the largest trade association representing the electronic life safety and security industry and may be reached at (414) 459-3260 or on the Web at www.wiesa.org.

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POWER FOODS for the Brain

Are you losing your car keys a little too often these days? Are you having memory lapses more frequently than before? Are you concerned that a serious memory problem—like Alzheimer’s disease—could be in your future? Alzheimer’s already affects five million Americans, a number that is rising day by day. Here are the main brain threats and also brain protectors.

BRAIN THREATS

Saturated fats, found in meats, dairy products, and eggs, appear to encourage the production of beta-amyloid plaques within the brain. The Chicago Health and Aging Study reported in the Archives of *Neurology* in 2003 that people consuming the most saturated fat had more than triple the risk of developing Alzheimer’s disease, compared with people who generally avoided these foods.

Trans fats, found in doughnuts and snack pastries, have been shown to increase Alzheimer’s risk more than fivefold. These “bad fats” raise cholesterol levels and apparently increase production of the beta-amyloid protein that collects in plaques in the brain as Alzheimer’s disease begins.

Excess Iron. While we need iron to make the hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

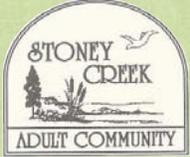
Excess Copper. The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer’s disease. It comes from copper pipes and nutritional supplements.

Aluminum. Aluminum’s role in the brain remains controversial. However, because aluminum has been found in the brains of Alzheimer’s patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

POWER FOODS for the BRAIN continued on page 21

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POWER FOODS for the BRAIN

continued from page 20

Brain-Protecting Foods:

Nuts and seeds are rich in vitamin E, which has been shown to help prevent Alzheimer's disease. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, sesame seeds, and flaxseed. Just one ounce—a small handful—each day is plenty.

Blueberries and grapes get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

Sweet potatoes are the dietary staple of Okinawans, the longest-lived people on Earth who are also known for maintaining mental clarity into old age. Sweet potatoes are extremely rich in beta-carotene, a powerful antioxidant.

Green leafy vegetables provide iron in a form that is more absorbable when the body needs more and less absorbable when you already have plenty, protecting you from iron overload which can harm the brain. Green vegetables are also loaded with folate, an important brain-protecting B-vitamin.

Beans and chickpeas have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or trans fat.

Vitamin B12 is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, B12 in supplements is highly absorbable. Together, folate, vitamin B6, and vitamin B12 eliminate *homocysteine*, which can build up in the bloodstream—rather like factory waste—and damage the brain.

For Extra Credit:

Get Your Heart Pumping: A 40-minute brisk walk three times per week brings oxygen to your brain and has been shown in University of Illinois studies to reverse brain shrinkage and improve memory.

Mental Exercises: Brain stimulation—from books, newspapers or online brain-training exercises—measurably strengthens the brain.

Sleep. Sleep is essential for preserving memories. The first half of the night is important for slow-wave sleep, when your brain integrates facts and words learned during the day. The second half of the night emphasizes REM sleep, when emotions and physical skills are integrated.

Neal Barnard, MD, is one of American's most well-respected nutrition authorities. He is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine and Health Sciences, Board-Certified by the American Board of Psychiatry and Neurology, and President of the Physicians Committee for Responsible Medicine in Washington, DC. His new work aims to put the findings of research to work to prevent risks to brain health. He is the author of 15 books and host of three PBS television specials.



What's the difference between sea salt and table salt?

Answers from Mayo Clinic Katherine Zeratsky, R.D., L.D.

The main differences between sea salt and table salt are in their taste, texture and processing.

Sea salt is produced through evaporation of ocean water or water from saltwater lakes, usually with little processing. Depending on the water source, this leaves behind certain trace minerals and elements. The minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

Table salt is typically mined from underground salt deposits. Table salt is more heavily processed to eliminate minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that helps maintain a healthy thyroid.

Sea salt and table salt have the same basic nutritional value, despite the fact that sea salt is often promoted as being healthier. Sea salt and table salt contain comparable amounts of sodium by weight.

Whichever type of salt you enjoy, do so in moderation. The Dietary Guidelines for Americans recommend limiting sodium to less than 2,300 milligrams a day.

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QUESTION:

What can you do to make your Tax Refund work for you?

Instead of just spending the money, you could plan to pay yourself. About 70% of taxpayers receive sizable refunds from the Internal Revenue Service. Just how sizable? The average refund totals about \$2,800.

What do households do with that money?

It varies. Last year, consumer financial services company Bankrate asked Americans about their plans for their federal tax refunds. 31% of the respondents to Bankrate's survey said that they would save or invest those dollars, and 28% indicated they would attack their debts with the money. Another 27% said they would buy food with that cash or use it to pay utility bills. Just 6% said they would use refunds for shopping sprees or vacations.

So, according to those survey results, about six in ten people who get a refund will use it to try and improve their personal finances. You could follow their example.

Do you have an adequate emergency fund? If not, maybe you could strengthen it with your refund. If you have no such fund at all, your refund gives you an opportunity to create one.

You might use your refund to pay off your worst debts.



Putting your refund to work that way may make more sense financially than putting it in the bank, given the minimal interest rates on so many deposit accounts today.

You could pay insurance premiums with the funds. An IRS refund of around \$3,000 could go a long way. If you have put off buying a term or permanent life policy, your refund might make insuring yourself easier.

High-interest debts, in particular – if you pay off a debt that carries 16% interest, getting rid of that liability is, effectively, like getting a 16% return. If you lack an emergency fund, you should create that first, then think about reducing your debt. Paying debt down without an emergency fund or some reservoir of savings just sets you up for quickly accumulating more debt.

If you own a home, you may want to consider making a thirteenth mortgage payment before 2017 ends.

Could you invest the money the IRS returns to you?

You could increase (or max out) your annual retirement plan contribution with it or simply direct it into another type of investment account. Whether the savings or investment vehicle is tax-advantaged or not, you have a chance to make that lump sum grow with time.

Aside from investing in equities or debt instruments, you could take your refund and invest in yourself. Maybe you might use it to start a business or support a business you already own. It could also be spent on education. Think of these options as “indirect investments” that might help you or your household grow wealthier one day.

Lastly, remember what a federal or state tax refund represents. It is a percentage of your earnings that the government holds back, in the event that you owe it in taxes. If you repeatedly get a refund, you might want to carefully adjust your W-4 withholding, so that your paychecks are larger during the year.

Do you have a financial question for Tim? Tim can be reached at (262)369-5200 or info@aegiswi.com. Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Advisory firm in Hartland, WI. Tim and his team specialize in providing financial guidance to individuals, families, and small business owners. References available upon request.

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Over 50? You may be at risk for AMD vision loss

Age-related macular degeneration (AMD) is the leading cause of central vision loss in baby boomers. Prompt diagnosis and treatment are key to maintaining quality of life and independence.

By Cheryl L. Dejewski

How AMD affects vision: "With AMD, the macula (a highly sensitive area of the retina) becomes damaged causing loss of straight-ahead central vision (as needed for driving a car, reading fine print and recognizing faces)," explains Mark Freedman, MD, ophthalmologist and education lecturer for eye care professionals. "'Dry' AMD is more common (90% of cases), progresses slowly and is less severe. 'Wet' AMD is less common, but can progress quickly and cause profound loss of central vision. Without treatment, about 70% of wet AMD patients become legally blind within two years."

Risk Factors: "AMD is the leading cause of central vision impairment in Americans over age 50," notes Brett Rhode, MD, Head of Ophthalmology at a Milwaukee area hospital. "Age is the greatest risk factor (AMD affects one-third of adults age 75+). Other factors include heredity, race (Caucasian), gender (female), sun exposure, smoking, light eye color, circulatory problems, obesity, inactivity, and poor diet."

Warning signs: AMD usually develops gradually and painlessly, and good vision in one eye can mask problems in the other. As it progresses, however, signs may become obvious, including:

- Difficulty reading or doing close-up work
- Blurriness of faces, clocks and words
- Distortion of colors, sizes, edges and fine details
- Straight lines appear bent or wavy
- Blind spots (dark or empty spaces) in the center of vision

"Don't assume you simply need new glasses and wait to make an appointment. A comprehensive eye exam is necessary to evaluate the presence, type and severity of AMD and whether treatment might help," advises Daniel Ferguson, MD, a partner at Eye Care Specialists.

Treatment: "For dry AMD, we usually recommend vitamin supplements, sunglasses, and not smoking to slow progression. For wet AMD, we review candidacy for injections of medications that can inhibit the growth of abnormal blood vessels," says Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins. "Although there are NO guarantees, we have seen remarkable results with regular treatments (about every 4-8 weeks), including stopping wet AMD progression in 90% of patients and having up to 30% gain improvement in vision."

Prevention & Protection: "A comprehensive eye exam is the only way to accurately detect AMD and other disorders," says eye care specialist Michael Raciiti, MD. He recommends the following to protect vision:

- Schedule regular dilated eye exams (every 2 years after age 50).
- If you notice a problem with your vision, don't ignore it.
- Wear sunglasses and hats to protect against AMD and cataracts.
- Don't smoke. It increases the risk of AMD (2-5 times) and other eye diseases.
- Eat a diet high in vitamins, minerals and antioxidants and low in fat and sugar. Ask your eye care specialist if and what supplements may be beneficial.

FREE Booklets & Information. For free booklets on AMD, cataracts, glaucoma or diabetes call 414-321-7035. Eye Care Specialists offices are located on 7th & Wisconsin Ave., Mayfair Road, or 102nd & National Ave. Or, visit www.eyecarespecialists.net.

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Spring Beauties

Wildflower Walks That Will Wow You continued from page 11

Haskell Noyes Memorial Woods, Fond du Lac County

Wander up the hills and into the pockets of the kettles of this SNA in the Kettle Moraine State Forest—Northern Unit and you'll see plenty of wildflowers. In one low-lying area I found a colony of skunk-cabbage, which, in early spring, can actually melt the surrounding snow and ice. Flower species include hepatica, snakeroot, large-flowered trillium, red trillium, May-apple, and bellwort. Small paths crisscross the area and the forest understory is open, which allows hikers to walk around easily.



Head southwest out of Dundee on Highway 67 for 0.4 mile, then south on Highway G for 2.1 miles. Turn east onto Highway SS for 0.9 mile, then head south on Highway GGG for 0.1 mile to a parking area and historical marker west of the road.



Waupun Park Maple Forest, Fond du Lac County

This small park offers a superb late-April display of trout-lily, which completely covers the forest floor in some areas. Other notables are wood anemone, bloodroot, Jack-in-the-pulpit, meadow-rue, and spring-beauty. Return in

May to see large-flowered trillium and wild geranium. In spring and summer, you might hear sandhill cranes yodeling high above, on their way to the nearby Horicon National Wildlife Refuge. From highways 151 and 49, head west through Waupun. Turn north onto Highway MMM for 0.8 mile to the parking lot.

Logan Creek, Door County

Managed and owned by The Ridges Sanctuary, the Logan Creek property offers several habitats, including an upland beech maple forest and a wetland forest dominated by cedar and hemlock. The best time to see spring wildflowers here is mid- to late May, when a profusion of spring-beauty, Dutchman's-breeches, toothwort, large-flowered trillium, trout-lily, and more than a half-dozen varieties of wild violets carpet the forest floor. A trail system makes hiking easy. Bring your binoculars to take advantage of good birding. From Jacksonport, take Highway 57 south. Turn left onto Loritz Road. Drive in about three-quarters of a mile and look for two stone pillars with an iron gate marked "Tree Haven." Park and walk around the gate to find the trail.



McGilvra Woods, Sauk County

This rich southern mesic forest contains mainly sugar maple and basswood. You won't find trails here, but this SNA is easy to navigate since there's almost no underbrush. In mid-May, you might see woodland phlox, nodding trillium, Jack-in-the-pulpit, hairy Solomon's-seal, and red baneberry. Earlier in the season, you'll find a good display of trout-lily. All in all, look for dozens of species of plants, including the rare cuckoo-flower and putty-root orchid. From the intersection of highways 12 and 136 in West Baraboo, go south on 12 for 1 mile, then west on Highway W for 3.25 miles, then north on Farview Road. Park on the road and walk east into the site.



Avon Bottoms, Rock County

In this floodplain forest along the Sugar River, pools of water and rich deposits of silty soil provide habitat for a number of wildflower species. Bring your rubber boots and splash through the pools to see woodland phlox, wild chervil, Virginia water-leaf, and a host of other woodland plants. What makes this place special? Vines like river bank grape, woodbine, and common moonseed climb the trees and evoke the atmosphere of a cathedral. From the intersection of Highway K and Beloit-Newark Road in Newark, go west on Beloit-Newark Road for 4 miles. Turn south onto Nelson Road 1.6 miles to a parking area east of the road and south of the Sugar River.

Powers Bluff Maple Woods, Wood County

A 300-foot-tall bluff of erosion-resistant quartzite is the setting for this SNA. Dotting the floor of this forest, which is dominated by sugar maple and yellow birch, are wild columbine, blue cohosh, ferns, violets, trout-lily, bloodroot, and an incredible array of large-flowered trillium in mid-May. Follow trails through the site, or to a more developed section of the park with picnic tables and restrooms. From Arpin, take Highway E south for 1 mile. Head west on Bluff Drive for 1.1 miles to the park entrance. The natural area covers the eastern portion of the park.

Erika Jensen is a flower and vegetable farmer in Waupun.



EASTER: Man's Words or God's Words?

Most people do not realize that calendars are influenced by religious traditions instead of the Bible. The 2017 calendar labels April 14 as "Good Friday" which tradition says is the day Jesus was crucified. It also labels April 16 as "Easter Sunday" which tradition says is the day Jesus resurrected.

The Bible says that Jesus was dead for "three days and three nights" (Matt. 12:40); but "Good Friday" to "Easter Sunday" only allows for two nights. Consider, too, that many churches have special "sunrise" services on Easter; but the Bible says that Christ was already risen "when it was yet dark" (John 20:1).

The truth of what the Lord Jesus Christ accomplished by his crucifixion and resurrection is too important to veil in religious traditions. Either the Bible is right or labels put on calendars by religious traditions are right. Our faith does not come from calendars or the observance of days. Rom. 10:17 says that faith comes by God's word. The Christian faith is believing God's written word "rightly divided" (2 Tim. 2:15, KJV); specifically, Paul's distinct gospel and Jesus Christ according to the revelation of the mystery first given to Paul (Gal. 1:11-12; Rom. 16:25-26; Eph. 3:1-5). Is this what you believe?

Man's word says to have a righteous standing for eternal salvation, man must "do" BUT God's word through Paul says that Christ did all the work; simply trust in Christ alone because the work for righteousness is "done" (2 Cor. 5:14-21; Eph. 1:12-14; Rom. 4:4-5).

Want to learn more? Attend any upcoming seminars:

April 16, 2017 – "Easter: The Untold Truth"

May 7, 2017 – "Man's Word Or God's Word"

May 21, 2017 – "Are You Following Christ According To Peter Or Paul?"

Sound Doctrine Bible Fellowship

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CONVERSATIONS in HEAVEN

SYLVIA: Hi! Wanda!
 WANDA: Hi! Sylvia! How'd you die?
 SYLVIA: I froze to death.
 WANDA: How horrible!
 SYLVIA: It wasn't so bad. After I quit shaking from the cold, I began to get warm & sleepy, and finally died a peaceful death. What about you?
 WANDA: I died of a massive heart attack. I suspected that my husband was cheating, so I came home early to catch him in the act. But instead, I found him all by himself in the den watching TV.
 SYLVIA: So, what happened?
 WANDA: I was so sure there was another woman there somewhere that I started running all over the house looking. I ran up into the attic and searched, and down into the basement. Then I went through every closet and checked under all the beds. I kept this up until I had looked everywhere, and finally I became so exhausted that I just keeled over with a heart attack and died.
 SYLVIA: Too bad you didn't look in the freezer—we'd both still be alive.

FUNNY Dictionary

- 1. **ARBITRAITOR**
A cook that leaves Arby's to work at McDonald's
- 2. **BERNADETTE**
The act of torching a mortgage
- 3. **BURGLARIZE**
What a crook sees through
- 4. **AVOIDABLE**
What a bullfighter tries to do



A farmer drove to a neighbor's farmhouse and knocked at the door. A boy, about 9, opened the door. "Is your dad or mom home?" asked the farmer.

"No, they went to town" said the boy. "How about your brother, Howard? Is he here?" asked the farmer. "No, he went with Mom and Dad" the boy answered.

The farmer stood there for a few minutes, shifting from one foot to the other, and mumbling to himself. "I know where all the tools are, if you want to borrow one, or I can give Dad a message," said the boy.

"Well," said the farmer uncomfortably, "I really wanted to talk to your Dad. It's about your brother Howard getting my daughter Suzy pregnant". The boy thought for a moment...

"You would have to talk to Dad about that. I know he charges \$500 for the bull and \$50 for the pig, but I don't know how much he charges for Howard."

When you're from the country, your perception is a little bit different.

- | | |
|---|--|
| 5. EYEDROPPER
Clumsy ophthalmologist | 10. HEROES
What a man in a boat does |
| 7. COUNTERFEITER
Workers who install kitchen cabinets | 11. PARASITES
What you see from the Eiffel Tower |
| 8. ECLIPSE
What an barber does for a living | 12. PARADOX
Two physicians |
| 9. LEFT BANK
What the bank robbers did when their bag was full of money | 13. PHAMACIST
A helper on a farm |
| | 14. POLARIZE
What penguins see through |

A Harley biker is riding by the zoo in Washington, DC when he sees a little girl leaning into the lion's cage.

Suddenly, the lion grabs her by the cuff of her jacket and tries to pull her inside to slaughter her, under the eyes of her screaming parents.

The biker jumps off his Harley, runs to the cage and hits the lion square on the nose with a powerful punch. Whimpering from the pain the lion lets go of the girl and the biker brings her to her terrified parents, who thank him endlessly.

A reporter has watched the whole event. The reporter addressing the Harley rider says, 'Sir, this was the most gallant and brave thing I've seen a man do in my whole life.'

The Harley rider replies, 'Why, it was nothing really, the lion was behind bars. I just saw this little kid in danger and acted accordingly.'

The reporter says, 'Well, I'll make sure this won't go unnoticed. I'm a journalist, and tomorrow's paper will have this story on the front page...So, what do you do for a living?'

The biker replies, 'I'm a proud Republican U.S. Marine ma'am.'

The journalist leaves. The following morning the biker buys the paper to see news of his actions, and reads on the front page:

**U.S. MARINE ASSAULTS
AFRICAN IMMIGRANT
AND STEALS HIS LUNCH**

- 15. **PRIMATE**
Remove spouse from in front of TV
- 16. **RELIEF**
What trees do in the spring
- 17. **RUBBERNECK**
What you do to relax your wife

If you think nobody cares if you're alive, try missing a couple of payments.

QUESTION: What can a man do while his wife is going through menopause?

ANSWER: Keep busy. If you're handy with tools, you can finish the basement. When you are done you will have a place to live.

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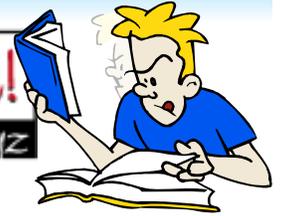
ACROSS

1. Snow form
2. Place of occurrence
3. Used to bake in
5. Absence of color
8. Combining things
9. Not private
12. Daydream
15. Used in place of we or us
19. Utilizing
21. Prone to ACL damage
22. Where the train stops
24. Brings the tea
25. Twosome
27. All by yourself
29. Layered vegetable
30. Homonym of tail
31. Home of the Robin

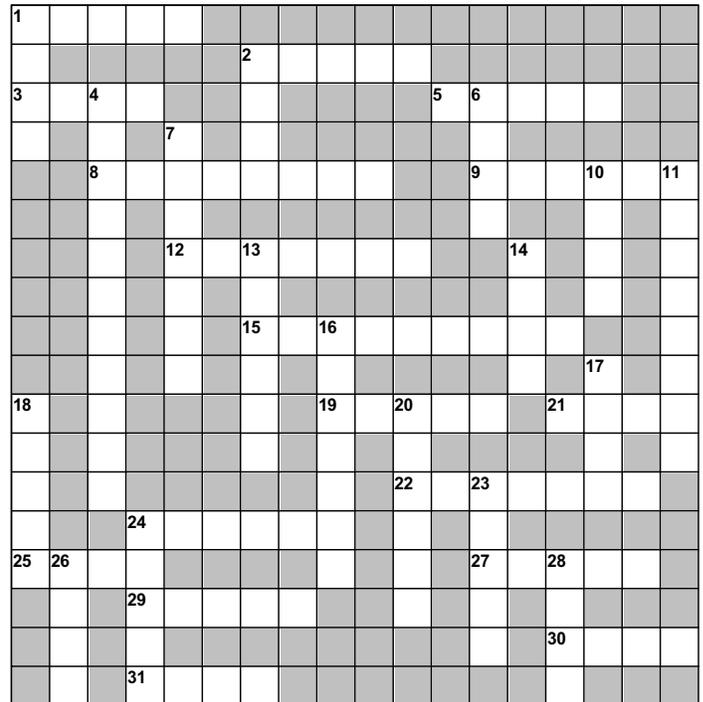
DOWN

1. Preposition
2. Skins response to insects sting
4. Very fancy
6. Used to kiss with
7. In opposition to
10. End of the line
11. This puzzle was designed on...
13. Conductors last call
14. Insect circus performer
16. Sour stalk used for pie
17. Not out of
18. Edge of a knife
20. Crazy
23. Once more
24. Green + red
25. A rooms length by width
28. Pledge of responsibility

Crossword junkie!
abcdefghijklmnopqrstuvwxyz



FROM YOUR LIFE! MAGAZINE



Answers on page 26



Ever Wonder...

- Why the sun lightens our hair, but darkens our skin?
- Why don't you ever see the headline 'Psychic Wins Lottery'?
- Why is 'abbreviated' such a long word?
- Why is it that doctors call what they do 'a practice'?
- Why is lemon juice made with artificial flavor, and dish washing liquid made with real lemons?
- Why is the man who invests all your money called a broker?
- Why is the time of day with the slowest traffic called rush hour?
- Why isn't there mouse-flavored cat food? Why isn't there cat flavored dog food?
- Why didn't Noah swat those two mosquitoes?
- Why do they sterilize the needle for lethal injections?

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.'

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