

Your **LIFE!**

MAGAZINE

**SUMMER
2024**

A FREE PUBLICATION

www.yourlifemagazine.net
PRINT and ONLINE EDITIONS

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

SUMMERTIME



SPECIAL SUMMER EDITION

FOOD • FAIRS • FESTIVALS • FREE CONCERTS
FARMERS MARKETS • LIFESTYLE and so much MORE!

INSIDE

THIS ISSUE ~page 5



WELCOME TO



BANDERO COUNTY
WOOD GRILL





**PARTIES OF
5 OR MORE?
CALL FOR
RESERVATIONS!**

"THE BEST OF THE SOUTHWEST"



**STOP IN FOR THIS
MONTH'S
SPECIAL**



**N96 W16865 Cumberland Ct., Menomonee Falls   @banderocounty
(262)251-8444 • banderocounty.com • OPEN DAILY 11am-10pm**

Join us
at **VILLAGE PARK**
in Menomonee Falls



Village Park
MILWAUKEE TOOL AMPHITHEATER
Showtime at Dusk
JUNE 14th: *Back to the Future*
JULY 12th: *Space Jam* starring Michael Jordan

- BEER GARDEN
 - FOOD TRUCKS
 - POPCORN WAGON
 - LAWN GAMES
 - FACE PAINTING
- LIVE MUSIC @6PM**
JUNE: JOE GLEESING
JULY: MARR'LO

SUMMER 2024 LINEUP

- JUNE 13 MILWAUKEE TOOL SHED BAND
- JUNE 27 THE BRITINS
- JULY 11 JAY MATTHES BAND
- JULY 25 NICK WALKER
- AUG 8 CORDOVAS
- AUG 22 CHASIN MASON

OFFSTATE MUSIC presents
THE FALLS Sunset
concert series
Music Starts at 6pm

VILLAGE PARK
MILWAUKEE TOOL AMPHITHEATER
f @
@FALLSSUNSETCONCERTSERIES

presented by
VILLAGE PARK BEER GARDEN
LIVE MUSIC | FOOD TRUCKS | LAWN GAMES
WEDNESDAY NIGHTS
5PM-9PM | JUNE - AUGUST

AUGUST 10th
12PM-5PM
VILLAGE PARK

FREE ACTIVITIES & GAMES
FACE PAINTING & CARICATURES
INFLATABLES & LIVE PERFORMANCES

FREE CONCERT THE MUSIC OF TAYLOR SWIFT

Falls Festival of the ARTS
Saturday
AUGUST 24 10 am - 5pm

- 110+ Artist Booths
- Demonstrations & Discoveries Tent
- Street Artist Performers & Kids Zone
- Beer & Wine Garden
- Live Original Music & Food Trucks

VILLAGE PARK
N87W16749 Garfield Drive
Menomonee Falls, WI 53051

menfallsdowntown@gmail.com
menomoneefallsdowntown.com
262.415.7013

Our Biggest Event of the Year!
The Flying Electrons of Menomonee Falls Present



AirFest 2024

Saturday, August 10th
9:00AM to 2:00PM
(Rain Date: Sunday, August 11th)

OPEN TO THE PUBLIC
BIG NOON RC AIR SHOW!

\$6.00 per car load

Location: Tamarack Airfield, W61 W17000 Kohler Lane, Menomonee Falls

Proceeds Support Local Area Boys & Girls Scouting!

- Fun for the entire family! Come for the full day!
- Huge aircraft perform maneuvers all day long!
- High-quality concession lunch services available!

For more information and detailed directions, logon to:

www.FallsAirShow.com

Greek Fest
June 21-23
FREE ENTRY!

Friday June 21
11AM- 9PM
Greek Dancers:
Kids 6pm
Adults at 7pm

Whole Chicken Drive Thru: 3-7pm

Band: Katie Mack & The Moan
5:15-8:45pm

Saturday June 22
11AM- 9PM
Greek Dancers:
Kids 3 & 5pm
Adults 4 & 6pm

Whole Chicken Drive Thru: 12-7pm

Bands: Max & The Invaders
12:30-4pm and
The First Wave
5:15-8:45pm

Sunday June 23
11AM - 6PM
Greek Dancers:
Kids 1pm & 3pm
Adults 2pm & 4pm

Whole Chicken Drive Thru: 12-4pm

Bands: Boo The Band
2:15-5:45pm



Win a Cruise to the Greek Islands

Purchase raffle tickets at our event

See Our Menu



Hosted by Annunciation Greek Orthodox Church
State Fair Park: 640 S 84th St,
West Allis, WI, 53214



HUNGER TASK FORCE
FREE LOCAL
Donate 2+ Canned Goods for a Free Spanakopita OR Tiropita

Join us FOR AN ART BLOCK PARTY
in Menomonee Falls

falls Festival OF THE ARTS

4th ANNUAL
2024

Saturday
AUGUST 24
10 am - 5pm

MAIN STREET
Block Art Party
on Main Street from
Grand to Water Street,
Mill Pond Park & Plaza
MENOMONEE FALLS, WI

- 110+ Artist Booths
- Demonstrations & Discoveries Tent
- Community Art Project
- Chalk Art Competition
- Street Artists
- Art Related Vendors Kids Art Zone
- Beer & Wine Garden
- Street Performers
- Live Original Music
- Performing Arts
- Food Trucks



THE WEEK LEADING UP TO THE EVENT

- Plein Air Art Competition
- Painted Sculpture Competition
- Paint the Downtown events
- Mixers & Mural Tour



SCAN ME



terrafoa@gmail.com
(414) 719-6613

fallsfestivalofthearts.com
@fallsfestivalofthearts





From the Publishers

SUMMER 2024



Sum-Sum-SUMMERTIME!

Isn't life just a little bit better during the season of fresh cut grass and pink petunias?!

I'm not even sure we were allowed to be in the house during summer on the farm. There was so much to do outside -work and play, neighbors to talk to over hay bales, gardens and clothes lines. With 6 brothers and only 1 sister, I am certainly not a girly-girl and was barefoot most of the season. We swam and fished in the Branch River that ran through our farm, built rafts and forts and homemade go-karts... and worked our butts off on farm chores. Mayberry?

Nope, just a little farmhouse in unincorporated Taus, Wisconsin in Manitowoc County.

Present day urban life is a different adventure! Welcome to fair and festival season - live music, cold beer, dancing under the stars, community gatherings at outdoor local stages, food trucks, car shows and everything SUMMER! Find the absolute best calendar and awesome event promos in this edition :)

Tom and I will be indulging in our annual fishing trips to Michigan, canoeing and camping on rivers throughout the state, miles of Ice Age Trail hiking and fires by our backyard pond. (*I'm still working Him on the idea of another puppy!!*)

The four seasons in Wisconsin certainly keeps us aware of good weather and bad. This is the GOOD STUFF! Let's appreciate and celebrate all the good things that this warm and sunny time of year brings to all of us....

LIFE. *Enjoy it!* Sandy and Tom Draelos

Just wanted to say thank you. Don't ever think you don't have a purpose in life because this paper makes so many people happy. You should feel good about doing it. Don't stop. We need you here.

I just finished reading the Spring 2024 issue. I so enjoy this publication and all the heart and soul that goes into it. It is a good escape for me and I learn something in every issue. I start with jokes! I just noticed that it is online too so now I can go back to any missed issues!

YOU ALL ARE APPRECIATED and MAKE OUR LIVES HAPPIER BY PRINTING YOUR PAPER!

Hi, I LOVE reading your magazine! Its my absolute favorite - so positive and helpful. Usually, I pick it up at Pick 'n Save. ~Thanks! Happy Reader

Great paper. Keep it up. It's good to know there is still a newspaper out there I want to read.

INSIDE THIS ISSUE



FARMER'S MARKET GUIDE

Support your local farmers and vendors AND enjoy these fresh, healthy, delicious and easy recipes

-page 18-19



MYTH vs FACT

Turns out, your favorite workout might be secretly undermining your healthy eating efforts. "Exercise and diet are like two wheels on a bicycle -one cannot work without the other."

-page 16-17



RENTING vs OWNING

Even after you've bidden your boss adieu and dropped your kids off at college, you may still be tied down... by your house

-page 21



AI in HEALTHCARE

Despite the potential, AI isn't intended to replace humans. Stressing the importance of assisting, not replacing professionals

-page 25

PICKLEBALL MANIA.....page 13
 Quirky WI Festivals.....page 15
 BIBLE Education in PUBLIC Schools.....page 22
 How Much WATER Should I Drink?.....page 27
 LAUGH out LOUD.....page 29+
 WORD SEARCH/CROSSWORD.....page 30-31

SUMMERFEST

Milwaukee

Presented by: **AMERICAN FAMILY INSURANCE**



JUNE 20 - 22

6/20 **KANE BROWN**

w/ **KAMERON MARLOWE & NIGHTLY**

6/21 **MÖTLEY CRÜE**

w/ **SEETHER & BUCKCHERRY**

6/22 **SZA**

w/ **AMINÉ**

Goo Goo Dolls • Black Pumas • Chelsea Cutler • Toosii • Taking Back Sunday • David Kushner • Brittany Howard • Kevin Kaarl AWOLNATION • O.A.R. • Umphrey's McGee • Dawes • En Vogue • Three Dog Night • Gin Blossoms • EMF • HANSON • Gavin DeGraw • The War & Treaty • Jamila Woods • Wyatt Flores • Bryce Vine • Allen Stone • LATIN MAFIA • The 502s • Better Than Ezra • Lily Rose Restless Road • Here Come The Mummies • Chance Peña • Black Violin • Shovels & Rope • Citizen • Little River Band • Taylor Bennett Arath Herce • Drowning Pool • Luis Figueroa • Brenda K. Starr • Little Stranger • Doom Flamingo • Gloss Up • Charlotte Cardin • Jonah Kagen Próxima Parada • Loyal Lobos • viisi • Abraham Alexander • Hans Williams • Jesus Jones • Happy Landing • Jeffrey Osborne • Modern English Winona Fighter • Lily Fitts • Mindi Abair • Brother Elsey • MC4D • Field Guide • The Producers • Sen Morimoto • Mary Shelley

JUNE 27 - JUNE 29

6/27 **ILLENIUM**

w/ **DISCO LINES & MIDNIGHT KIDS**

6/28 **TYLER CHILDERS**

w/ **S.G. GOODMAN & ADEEM THE ARTIST**

6/29 **KEITH URBAN**

w/ **NEEDTOBREATHE & ALANA SPRINGSTEEN**

MUNA • Jessie Murph • FLETCHER • Alison Wonderland • ISOxo • Key Glock • Ken Carson • Hippo Campus • Sleater-Kinney Ethel Cain • REO SPEEDWAGON • Boys Like Girls • Charles Wesley Godwin • St. Paul & The Broken Bones • Briston Maroney All American Rejects • Amos Lee • Metric • Mario • fliipturn • The Church • K Camp • The Afghan Whigs • Hawthorne Heights HYO • The Hold Steady • Mike Campbell & The Dirty Knobs • BigXThaPlug • Anberlin • Brent Cobb • The Dandy Warhols • Ziggy Alberts Maude Latour • Cherry Glazerr • Brigitte Calls Me Baby • Matt Hansen • Donavon Frankenreiter • Xana • Sarah Kinsley • Ian Asher Nolan Taylor • Certified Trapper • Briscoe • Austin Williams • Mo Lowda • Millyz • grouptherapy. • maryjo • CLIP • Sadie Jean Sawyer • J Stone • Tracy Bonham • Cedric Burnside • Ben Chapman • McKinley Dixon • Bassel & The Supernaturals

JULY 4 - 6

7/4 **AJR**

w/ **CARLY RAE JEPSEN & MXMTOON**

7/5 **MAROON 5**

w/ **DASHA**

7/6 **LIL UZI VERT**

w/ **LIL YACHTY, JID, RICO NASTY, LIHTZ, J.P., & 414BIGFRANK**

Ivan Cornejo • Bryson Tiller • Mt. Joy • Lil Tecca • Chase Rice • Local Natives • Cold War Kids • Mariah the Scientist • jxdn Sleeping With Sirens • COIN • The Wallflowers • Paul Cauthen • Wage War • Brian Kelley • Amy Grant • Kiana Ledé Conner Smith • Del Water Gap • Extreme • BoDeans • Set It Off • Cimagfunk • Sister Hazel • Sueco • Colony House • Saint Asonia Nikki Lane • Dylan Marlowe • Living Colour • Cracker • Tana • DC The Don • Karri • Uprooted with Michael Glabicki of Rusted Root The Box Tops • Anne Wilson • Say She She • The Baseball Project • Samaria • Ashland Craft • Abby Anderson • Almost Monday Doublecamp • Seaforth • Fiji Blue • Giacomo Turra • Colby Acuff • Reyna Tropical • oxymorrns • Tim Montana John Morgan • LØLØ • Angélica Garcia • Timothy Wayne • Me Like Bees • Roger Clyne & The Peacemakers



600+ ARTISTS. 12 STAGES. 9 DAYS.
SINGLE DAY ADMISSION TICKETS ONLY \$28

SUMMER CELEBRATIONS



FOOD, FAIRS, FESTIVALS and FUN! A CALENDAR of EVENTS Pgs 7-13

JUNE 14-15

Hart Fest
A Wauwatosa festival

JUNE 16

ASA Stars National Tour
The Milwaukee Mile

JUNE 19

Bayshore Family Flicks:
Every Wednesday from 4:30 p.m. – 7:30 p.m. through August 28th

JUNE 20-22

Summerfest Weekend One
Summerfest Grounds

JUNE 21-23

GreekFest
State Fair Park
OPA! Everything Greek

JUNE 22

Taco and Tequila Festival
Franklin

JUNE 22

Wild Ones Vintage Motorcycle Rally
Harley-Davidson Museum

JUNE 22

Kick The Dust Up Rodeo
Bulls & Barrels
The Barn at Buechler Farms, Belgium

JUNE 22-23

Cedarburg Strawberry Festival
Cedarburg

JUNE 22-23

Bayshore Makers Market
Bayshore Mall, Glendale

**JUNE 26, JULY 24
AUG 14, SEPT 11**

Milw Downtown Night Market

JUNE 28-JUNE 30

Sheboygan Greekfest
Deland Park, Sheboygan

JUNE 29

Lake Mills Country Parade
Lake Mills, 10:30am

JUNE 27-JUNE 29

Summerfest Weekend Two
Summerfest Grounds

JULY 4-JULY 6

Summerfest Weekend Three
Summerfest Grounds

JULY 6-SEPT 2

Bristol Renaissance Faire
Kenosha
Saturdays, Sundays and Labor Day

JULY 11-13

Iola Car Show
Iola, WI

JULY 11-14

Bastille Days
Cathedral Square, Downtown

JULY 11-13

Delafield Block Party
Delafield

JULY 11-14

Dominic Days
St. Dominic Parish, Brookfield

JULY 12

Music on the Farm
Margaritaville
Holy Hill Art Farm, Hubertus

JULY 12-13

Gathering on the Green
Mequon Rotary Park

JULY 12

Starry Nights & Car Show
Sharon Lynne Wilson Center

JULY 12-13

Rumble by the River
Truck and Tractor Pull
Big Bend Village Park, Big Bend

JULY 12-14

Sussex Lions Daze
Sussex Village Park

JULY 12-14

Mt. Carmel Festival
Kenosha

JULY 13

Lake Country Art Festival
Hartland

JULY 13-14

WhiteFish Bay Art Fest
Whitefish Bay /401 E. Silver Spring

JULY 14

Annual Homegrown Music Festival
Regner Park, West Bend

JULY 14

Annual Dominic Days Car Show
St. Dominic Parish, Brookfield

JULY 14

RiverWest Secret Garden Tour
Milwaukee's RiverWest

JULY 17-21

Waukesha County Fair
County Fair Grounds

JULY 18-20

Port Fish Days
Port Washington Lakefront

JULY 19-21

DeerFest
Sunnyview Expo Center, Oshkosh
Come see, buy, sell and trade everything deer



continued on page 8

GATHERING *on the* GREEN

THE FABULOUS
THUNDERBIRDS

BEATLES VS STONES
A MUSICAL SHOWDOWN



FRIDAY • JULY 12

WITH SPECIAL GUEST
THE STEPHEN HULL EXPERIENCE



SATURDAY • JULY 13

WITH SPECIAL GUEST **5+3SUBSTITUTE**
with members of The Who



GATHERINGONTHEGREEN.ORG

SUMMER CELEBRATIONS



CALENDAR continued from 7

JULY 19-21

Old Falls Village Civil War Encampment
Old Falls Village
Menomonee Falls

JULY 19-21

WI Sand Sculpting Competition and Festival
Red Arrow Park, Manitowoc

JULY 20

Taco Fest of Racine
Franksville Craft Beer Garden

JULY 20

CroationFest
Croation Park, Franklin

JULY 20-21

54th Midsummer Festival of the Arts
Kohler Arts Center. Free

JULY 20

Brady Street Festival
Milwaukee's East Side
Brady Street

JULY 20-21

Annual Fish Derby & Festival
Walsh Field, Two Rivers

JULY 20-21

Midsummer Festival of the Arts
John Michael Kohler Arts Center,
Sheboygan

JULY 20-27

South Milwaukee Heritage Days

JULY 21

Armenian Fest
St. John the Baptist Armenian
Orthodox Church, 7825 W. Layton

JULY 22-28

EAA AIRVENTURE
Wittman Regional Airport, Oshkosh

JULY 23-28

Washington County Fair
County Fair Park, West Bend

JULY 24-28

Racine County Fair
Racine County Fairgrounds

JULY 25

Taste of Germantown
Fireman's Park, Germantown

JULY 26-28

GermanFest
Henry Maier Festival Park

JULY 26-28

South Milwaukee Lionsfest
16th and Rawson

JULY 26

Music on the Farm
REO Speedwagon Tribute
Holy Hill Art Farm, Hubertus

JULY 27-28

Scenic Shore Ride for a Cure
Two-day, 150-mile bike ride from
Mequon to Sturgeon Bay

JULY 27-28

Milwaukee Air & Water Show
Milwaukee Lakefront

JULY 25-28

Harley-Davidson Homecoming Festival
Harley-Davidson Museum and
Dealerships throughout
Milwaukee

JULY 27

Milwaukee Brewfest
Beer tasting event. McKinley Park

JULY 27

Antique and Flea Market
Basilica of Holy Hill
Hubertus

JULY 27-28

Midwest Mix Fest
Kenosha Yacht Club
20+ DJ's, live mixing, food

JULY 29

Food Truck and Craft Beer Festival
Plaza at Fiserv

JULY 31-AUGUST 4

Ozaukee County Fair
Cedarburg. Free

AUGUST 1-4

Mile of Music
College Avenue, Appleton

AUGUST 1-11

Wisconsin STATE FAIR
State Fair Park, West Allis

AUGUST 3

Black Arts Fest
Summerfest Grounds

AUGUST 3

8th Annual WI IPA Fest
Third Space Brewing
1505 W. St. Paul Ave

AUGUST 3-4

Firefly Art Fair
7406 Hillcrest Drive, Wauwatosa

AUGUST 4

Racine Starving Artist Fair
DeKoven Center, Racine

AUGUST 8-11

Greendale Village Days
Greendale
Community Rummage Sale in
Daffodil
Park on August 12

AUGUST 8-11

Luxembourg Fest
Belgium, Tamarack Airfield

AUGUST 9-10

Waukesha Rotary Blues Fest
Naga-Waukee Park, Delafield



continued on page 9



With spectacular food, incredible music, thrilling rides, award-winning animals, and so much more, the Wisconsin State Fair will have you feeling good! Save time and scan this QR code to buy your State Fair tickets now.



WISCONSIN STATE FAIR
AUGUST 1-11, 2024

Presented By uscellular



SUMMER CELEBRATIONS

CALENDAR continued from page 8



AUGUST 11
Frame Park Car Show
Frame Park, Waukesha

AUGUST 11
Cheese Capital Jazz Crawl for the Arts
Plymouth Arts Center, Plymouth

AUGUST 10
Big RC Model Aircraft Event
AirFest 2024
The Flying Electrons of Menomonee Falls
Opens 9am / Air Show at noon
Tamarack Airfield
www.FallsAirShow.com.

AUGUST 12
Center Street Daze Festival
Humboldt to Holton, Milwaukee's Eastside

AUGUST 14-18
Kenosha County Fair
Wilmet fairgrounds

AUGUST 10
Bloody Mary Festival
Johnson Control Pavilion
Harbor Drive, Milwaukee

AUGUST 14-18
62nd Annual Venetian Festival
Lake Geneva

AUGUST 10
Milwaukee Dragon Boat Festival
Lakeshore State Park, 500 N Harbor Dr

AUGUST 15-18
Irish Fest
Henry Maier Festival Park

AUGUST 10
Falls Kids Festival
Menomonee Falls Downtown

AUGUST 15
Dog Days of Summer - Wine Down
Holy Hill Art Farm, Hubertus

AUGUST 10-11
Morning Glory Art Fair
Fiserv Forum Plaza

AUGUST 17
Brew City Cigar Festival
Bavarian Bierhaus, Glendale

AUGUST 17
HarborPark Jazz, Rhythm & Blues Festival
Harbor Park, Kenosha

AUGUST 17-18
MOWA Art and Chalk Fest
Veterans Avenue, West Bend

AUGUST 17-18
Oconomowoc Festival of the Arts
Fowler Park, Oconomowoc

AUGUST 18-19
Jewish Food Festival
Rotary Park, Mequon

AUGUST 22-25
West Bend Germanfest
West Bend

AUGUST 23-24
Country in the Burg
Cedar Creek Park, Cedarburg

AUGUST 22-24
Fresh Coast Jazz Festival
Pabst Theatre, Milwaukee

AUGUST 23-25
Dandelion Daze
Muskego Veterans Memorial Park
FREE admission

AUGUST 23-25
Mexican Fiesta
Henry Maier Festival Park

AUGUST 28-SEPT 2
Walworth County Fair
Walworth County Fairgrounds, Elkhorn

AUGUST 30-SEPT 1
Wisconsin Highland Games
Waukesha County Expo Center

AUGUST 31-SEPT 1
Third Ward Art Festival
Third Ward

AUGUST 30-SEPT 2
Oak Creek Lionsfest
9327 N. Shephard Ave, Oak Creek

AUGUST 30-SEPT 1
Saint Francis Days
4230 S. Kirkwood, St. Francis

SEPTEMBER 1
Wheels on Main
Car, Truck and Bike Show
Downtown West Bend

SEPTEMBER 6-7
TosaFest
Hart Park, Wauwatosa

SEPTEMBER 6-8
WI Sheep and Wool Festival
Jefferson County Fair Park

SEPTEMBER 7-8
Harvest of Arts and Crafts
Trimborn Farm, Greendale

SEPTEMBER 13-14
Best Dam Blues Fest
Thiensville Village Park

SEPTEMBER 14
Taco Fest
Henry Maier Festival Park

SEPTEMBER 14
Shorewood Feast Festival
4200-4400 N. Oakland Ave

SEPTEMBER 20-21
Oktoberfest at Elm Grove
Village Park, Elm Grove

SEPTEMBER 21-22
Cedarburg Wine & Harvest Festival

FOR MORE EVENTS VISIT: Festivalguidesandreviews.com/visitmilwaukee.org



262-242-3677

SPANKY'S HIDEAWAY

5208 W. County Line Road • MEQUON

Enjoy **SUMMERTIME** on our **SPACIOUS PATIO!**

Located on the Ozaukee Interurban Bike Trail!

GREAT FOOD SERVED
Seven days a week 11am-9pm

HAPPY HAPPY HOUR!
Monday thru Thursday 3-7pm
FOOD & DRINK Specials
including 60c wings!

Spanky's Upcoming EVENTS...

June 10: Music Bingo with Josh 6pm-8pm
June 22: Live Music with Sonic Boomers 4pm-7pm
PIG ROAST!
July 6: Live Music with Cream City Blues 4pm-7pm
July 8: Music Bingo with Josh 6pm-8pm
July 13: Live Music with Zakk Daniel 4pm-7pm
July 27: Live Music with Red Rabbit MKE 3pm-6pm
August 10: Live Music with DebuTaunt Band 3pm-6pm
PIG ROAST!
August 18: Live Music with Big Shoes to Phil 4pm-7pm
August 24: Live Music with Bryce Hunter 4pm-7pm
August 26: Music Bingo with Josh 6pm-8pm
September 22: Live Music with Red Rabbit MKE 3pm-6pm

Check our daily specials and upcoming events at www.spankshideaway.com



FREE

Summer Concerts

Music, Food, Fun and Free!

MONDAYS

Musical Mondays

Lake Park Summer Stage
6-8:30pm/July 8-Aug 26

Patio Daze

The Fernweh at Ivy House
906 S Barclay Street
5pm/July 11, Aug 8, Sept 12

TUESDAYS

Brews & Bites Concert Series

Konkel Park, 5151 W. Layton
Avenue, Greenfield. Select dates.
6-8:30pm/Thru-Aug 20

Chill on the Hill

Humboldt Park, 3000 S. Howell
Food trucks 5pm. Music 6:30pm/
Now-Aug 27

Summer Concert Series

Franklin Park
7pm/Now-July 23

Tunes on Tuesday- Elm Grove

Elm Grove Village Park
6:30-8:30pm
July 9, 16, 23, 30, Aug 6

Riverwalk Concert Series

Milwaukee Public Market
5-8:30pm/June 25/July 9, 23/Aug
6, 20, Sep 10, 24

Skyline Music Series

Kadish Park, 909 E. North Ave
5:30 - 8:30pm/July 9 - Aug 20

Tribute Tuesday Concerts

Les Paul Performance Center
Cutler Park, Waukesha
5:30pm, concert 7-9pm
July 9, August 13, September 10

WEDNESDAYS

Washington Park

Wednesdays
4599 W. Lloyd St.
5-8pm/July 10-Aug 28

Heart(beans) of the City
Red Arrow Park
11:30am 1pm/Thru-Sep 4th

Live at the Oasis

Masloski Community Park
2200 W. Bender Rd, Glendale
6:30pm/June 20-Aug 14

Wonderful Wednesdays

Lake Park Summer Stage
2975 N. Lake Park Rd
6:30pm/July 8-Aug 26

Waterfront Wednesdays

Lakefront Park
222 W. Wisconsin Ave, Pewaukee
5pm, Music 6pm/Thru -July 31

Budweiser Music Pavilion

Wisconsin State Fair Park
6-10pm. Thru-Aug 30

Tosa Tonight

Hart Park Performance Pavilion
6-9:30pm/June 19-Aug 21

Live At The Triangle

Veterans Park, Saukville
7-9pm/ Every other Wed now-Aug
21

Vibes Community Series

Village Park, Brown Deer
6-8:30pm/June 19, July 17, Aug 21

THURSDAYS

Music at the Market

South Milwaukee Market
11th Avenue & Milwaukee Avenue
5-7pm/ Now-Oct 3

Rock'N Food Truck Rally

Rock Sports Complex
7011 S Ballpark Dr, Franklin
5-9pm/ Thru end of September

Bike Nights Concert Series

H-D Museum Motorcycle Plaza
5-9pm/ Thru-Sept 26

Jazz In The Park

Cathedral Square Park
6-9pm / Thru – June 27, July 25,
Aug 1-29

Jazz at the Vine

Humboldt Park
6-8:30pm / June 27, July 11, 25,
Aug 15, 19

Beer Garden at The Corners

20111 W. Blue Mound Road,
Brookfield
5:30-8pm/July 11- Sept 12

Musica del Lago

Collectivo - Lakefront
1701 N. Lincoln Memorial Dr.
6pm / 6/20, 7/18, 8/15

Concerts in the Garden

Boerner Botanical Gardens
9400 Boerner Dr., Hales Corners
6:30pm/Thru-July 29

Admission to The Gardens to attend the summer concerts is free. Attendees can walk through the gardens after 6pm/no cost

Picnic in the Park Series

Konkel Park, Greenfield
11:30am-12:30pm/July 11, 25/Aug
8, 22

Sunset Concert Series

Village Park, Menomonee Falls
6pm/June 27, July 11, 25/Aug 8,
22



continued on page 11



FAMILY CAMPING!

Quiet and clean facilities. Sites with water, electric and sewer (30/50amps). Lakefront sites available. Free WI-FI at your site. Bathroom & shower facilities. Hiking area. Beach & picnic area included. Camp by the day, week, month or season! (Pet restrictions.)

DAILY BEACH and PICNIC AREA!

Admission fee includes: swimming in a clean, spring-fed glacial lake, large sandy beach, raft, diving board, kiddie beach with slide, water basketball, playground system and featuring "The Tower" a 25' high spiral slide. Picnic tables, grills and parking included in admission.

For rent: row boats, canoes, paddle boats, kayaks and hydro-bikes. (Daily admission not allowed to bring in boats or pets.)

Daily Beach Admission is Open to the Public
Memorial Day Weekend through Labor Day.
Beach hours: 10am-7:00pm daily

7053 Lenwood Drive • West Bend

(262)334-1335

www.lakelenwood.com

1/2 mile NE of West Bend.

Hwy 144 North to Wallace Lake Rd

Lake
Lenwood
BEACH & CAMPGROUND

Get back into TRAVEL!!



Motor Coach Tours Throughout the US.

With Convenient Departure Points Near YOU!

Put-in-Bay

4 days / August 12 / \$1010 DBL

Ark & Creation Museum

5 days / August 20 / \$1495 DBL

Oktoberfest Columbus

4 days / September 5 / \$759 DBL

Yellowstone & Grand Tetons

11 days / September 5 / \$3729 DBL

Together We're Going Places™

Spanish Moss:

Savannah & Charleston

9 days / Sept 29 / \$2480 DBL

Albuquerque Balloon Festival

10 days / Oct 1 / \$3365 DBL

Oddities & Illusions Mystery Tour

5 days / Oct 17 / \$1235 DBL

Branson at Christmas

5 days / Nov 4 or 11 / \$1365 DBL



LAMERS
TOUR & TRAVEL

tours.golamers.com has all the info you need to book your next trip!

Reservations & Information: (800) 236-1976



continued from page 10

Tunes@Noon

411 E. Wisconsin Center Courtyard
12pm/Thru August 29

West Bend Music on Main

Main St/Old Settler's Park, West Bend
5pm-9:30pm/Thru-Sept 5

Waukesha Civic Band

Cutler Park, Waukesha
8pm/June 20, 27/July 11, 18, 25

FRIDAYS

Deer District Concert Series

Deer District Downtown Milwaukee
6-9pm/Thru Sept 27

Sounds of Summer

The Yard at Bayshore
5800 N. Bayshore Dr, Glendale
6-9pm/Thru- Aug 23

Starry Nights Series

Wilson Center, Brookfield
6:30pm/June 28/July 5, 12, 26/Aug 2,9

Live @ The Amp

Konkel Park, Greenfield
5-10pm/July 19, Aug 16

Summer Sounds

Cedar Creek Park, Cedarburg
6:30pm/Thru Aug 16

Mill Street Live Musical Series

Plymouth Arts Center, Plymouth
7:30pm /June 28th, July 5, 12, 19, 26/
Aug 2 Sunday Matinee July 14, 28/
2:30pm
FEE! \$15/17 for adults

SATURDAYS

Greendale Music on the Green

Gazebo Park, Greendale
7-8:30pm/Thru-Aug 24 and
Concert Series @ The Rock
Umbrella Bar
7900 Crystal Ridge Road, Franklin
6:30pm/Thru-Sept 21

Sounds on the Square

Monument Square
Main and Sixth St, Racine
4:30-7pm/Thru-Aug 24

SUNDAYS

Cafe Sopra Mare

Villa Terrace Decorative Arts Museum
Opens 10am/Music 10:30am Thru - Sept 25

Village Nites on the Green

Greendale Gazebo Park, Greendale
7pm/Thru-Aug 20

Summer Concerts in the Park

Lions Legend Park (Loomis Rd & Legend)
1:30pm/June 30/July 14, 28/Aug 11,25

OVER 210 ARTS AND CRAFTS VENDORS!

50TH ANNUAL

The Original! **HOLY HILL**
ARTS AND CRAFTS FAIR
SATURDAY, SEPTEMBER 21, 2024

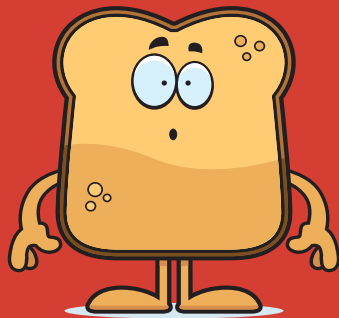
ADMISSION: \$6.00 · CHILDREN 12 & UNDER: FREE

10:00 AM 'TIL 5:00 PM



WWW.HOLYHILLARTSANDCRAFTSFAIR.COM

Don't Be Fooled!
By the typical
"Gluten-Free" Product



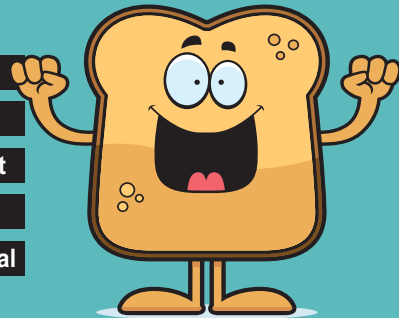
Typical ingredients in Gluten-Free bread

Ingredients: water, tapioca starch, canola oil, rice flour, potato starch, maltodextrin, canola oil, cane sugar, egg whites (egg whites, water, guar gum, sodium citrate, triethyl citrate), cornstarch, sugar, yeast, cellulose, guar gum, xanthan gum, enzymes.

Read the labels! Ingredients always listed in order from most to least in quantity.

Be Super Fueled!
BLOOMING LOTUS BAKERY
The World's One-and-Only!!

**Gluten-Free Grain-Free Dairy-Free Egg-Free Oil-Free
Peanut-Free Cane Sugar-Free Soy-Free Yeast-Free**



- Rice Flour VS. Almond Flour**
- Cane Sugar VS. Coconut Sugar**
- Cornstarch VS. Raw Buckwheat**
- Canola Oil VS. Coconut Milk**
- Xanthan Gum VS. Golden Flax Meal**

Nutrition
per slice of bread

1 g protein VS. 4 g protein
1 g fiber VS. 3 g fiber

Ingredients in our Country Loaf:

Almond flour, water, garbanzo flour, raw buckwheat, coconut milk, unsweetened applesauce, tapioca flour, arrowroot flour, orange juice, golden flax meal, potato starch, ground chia seeds, baking soda, cream of tartar, sea salt, Namaste egg replacer: [tapioca starch, arrowroot powder, citrus fiber, cream of tartar, sodium bicarbonate]



BLOOMING LOTUS BAKERY
2215 E. North Ave. & 3948 Maryland Ave.
Milwaukee, WI www.blbmke.com 414-212-8010

RACINE ZOO PRESENTS
THE 37TH ANNUAL

Animal Crackers

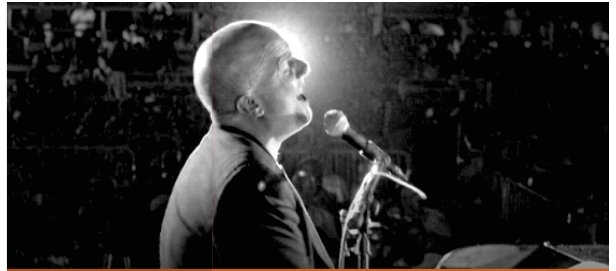
CONCERT SERIES
2024

Invite your friends, grab your folding chairs, and enjoy the scenic view of Lake Michigan while listening to some truly amazing artists from across the U.S. and atop the charts!

JULY 10
JULY 24
AUGUST 7
AUGUST 21

DOORS OPEN: 5:30PM
SHOWS BEGIN: 7PM

\$35 ONLINE | \$40 AT THE GATE
\$105 SEASON TICKETS



7/10

**DAVID CLARK'S
ALL ABOUT JOEL**



7/24

RICK BRAUN



8/7

THE JIMMYS



8/21

**TERRANCE SIMIEN
& THE ZYDECO
EXPERIENCE**

BUY TICKETS AT RACINEZOO.ORG



2131 N. Main St.
Racine, WI 53402

262.636.9189
racinezoo.org

Follow us! @racinezoo





Let's Play PICKLEBALL!

Join the Pickleball Craze - a combination of tennis, badminton, and ping pong and a fun, social, competitive game for the whole family. Wouldn't you like to be a Pickler too?

Pickleball is now the fastest-growing sport in America for the third year running.

In 2023, the Sports & Fitness Industry Association (SFIA) deemed it the fastest-growing sport in America for the third consecutive year. They estimate that about 36.5 million people have played the game at least once in the year.

In pickleball, you're hitting a plastic wiffle-like ball, so it's less bouncy and doesn't fly as fast through the air. The paddle is also much easier to handle because it's shorter and lighter than a tennis racket. You also serve underhand in pickleball, and underhand serves are easier to hit and return. Besides being easier to learn than tennis, pickleball is also slower paced and there's less ground to cover; you could almost fit four pickleball courts onto one tennis court, and most picklers play doubles. But don't kid yourself - it can be a great aerobic workout.

Originally the game was popular with the over 50 crowd, but it is quickly gaining traction with younger people. The SFIA report found that in 2023, almost 30 percent of pickleball players in the US were between 18 and 34 - the younger generation couldn't stay away from the allure of the game.

It was invented in 1965. Barney McCallum, an original pickleballer himself, and two of his good friends, Bill Bell and Joel Pritchard, Congressman from Washington state had returned to Pritchard's home on Bainbridge Island, after a round of golf to find their families sitting around with nothing to do. They ventured out to the backyard onto an old badminton court. Lowering the height of the net, they began hitting a plastic ball, similar to a plastic wiffle ball, with ping pong paddles. The three men created rules, relying heavily on badminton with simplified scoring. They kept in mind the original purpose, which was to provide a game that the whole family could play together.

Pickleball?

How did that ridiculous name come about?

As an enthusiastic alumna, Joan, wife of Joel, would go out to cheer on her visiting Marietta rowing team. Afterward, like many college sports, the non-starters would participate in a separate competitive just-for-fun "pickle boat" race. Frank recalled, "To hear my mother tell it, they sort of threw the leftover non-starter oarsmen into these particular pickle boats. She thought pickleball sort of threw bits of other games into the mix (badminton, table tennis) and decided that 'Pickle Ball' was an appropriate name."

Another possibility of the naming came from Pritchard's dog, Pickles. The cocker spaniel would often grab the ball and run off with it. Much to everyone's chagrin, play was interrupted. This is where Barney McCallum, the third friend in the original game creation, recalls "The Pritchard's had a dog named Pickles, and you're having fun at a party, right? So anyway, what the heck, let's just call it pickleball."

Resource: usapickleball.org

FIND YOUR
WELLNESS • PASSION • FUN

ENCUENTRA TU
BIENESTAR • PROPÓSITO • DIVERSIÓN

mkerec.net • 414-475-8203

Become a Foster Parent!

A loving space, a safe haven, a home. This is what every child & teen deserves.

Foster Care by Foundations offers caring services for children and teens in need of temporary out-of-home placement. We match children and teens with licensed families who can provide stability, love, and hope.



They need you. We need you.

There's a critical need for people just like you. All you need to get started is the capacity to love. The rewards are greater than you could imagine

Ready to Learn More or Start the Journey?

Contact Alissa Getzin
Milwaukee Area Regional Director
(414) 303-7240 or
agetzin@WeAreFoundations.org

Scan the QR code for access to our video library!



Can't Foster?

You can be an ambassador by placing a sign in your yard or window. Call or text Jessica Lorum, Licensing & Training Manager, at (262) 305-8664 to have a sign delivered!

WeAreFoundations.org

7 Can't-Miss, Quirky Wisconsin Festivals

What do trolls, cow chips, mustard, and satellites all have in common? Here in Wisconsin, we're always up for celebrating — and these aren't your ordinary celebrations. Take festival fun to a whole new level at these seven unique and quirky events!



National Mustard Day – Middleton Aug 3, 10am-4pm / mustardmuseum.org

Visit Middleton in August to celebrate all things mustard on National Mustard Day. Participate in the Mustard Games, enjoy live music and entertainment and taste the annual new Culver's Frozen Mustard Custard flavor! Bring the family to explore the National Mustard Museum, meet the Mustardmakers who make it all happen and, of course, sample plenty of tasty mustards at this one-of-a-kind event.

Lumberjack World Championships - Hayward Aug 1-3 / lumberjackworldchampionships.com

Head to Hayward for three days of thrilling competition at the Lumberjack World Championships. Watch competitors chop, saw, speed climb, axe throw, log throw and more while enjoying tasty food trucks, bands and a beer garden. Bring the whole family to try logrolling for yourself and watch impressive strength feats.

Wisconsin State Cow Chip Throw & Festival – Prairie du Sac Aug 30-31 / wiscowchip.com

It doesn't get much quirkier than the Wisconsin State Cow Chip Throw, with more than 50,000 people visiting Prairie du Sac to watch contestants throw flattened cow chips (or dried cow patties) as far as they can. The current record is 248 feet! Stay for the fun run/walk, arts and crafts fair, and the hilarious Tournament of Chips Parade.

Sputnikfest – Manitowoc Sept 7-10 / manitowoc.org

One of Wisconsin's most "out of this world" festivals celebrates the 1962 crash landing of a piece of the Sputnik IV satellite in Manitowoc. Compete in the Cosmic



Costume Contest by creating a stellar costume at home or crafting one on-site using aluminum foil, or enter your pet in the Alien Pet Contest. Don't miss the stellar Alien Drop where the Manitowoc Fire Department drops hundreds of alien erasers on the crash site.



Watermelon Fest – Pardeeville September 7 / pardeevillewatermelonfestival.com

Pardeeville is home of the U.S. Watermelon Speed-Eating and Seed-Spitting Championships and the annual Watermelon Fest. Other championship activities include the largest watermelon contest and watermelon carving contest, and families can enjoy all-you-can-eat watermelon, a hay dive and an arts and crafts fair. Stop by for delicious fun!

Thirsty Troll Brewfest – Mount Horeb September 7 / trollway.com

Calling all beer connoisseurs! Sample a variety of craft beers, microbrews, ciders, meads and wines from around the country at Thirsty Troll Brewfest in Mount Horeb. Show your strength in the Masskrugstemmen, a popular competition where participants compete to see who can hold a one-liter stein of beer the longest with their arm extended. No spilling allowed!

Bacon Bash – River Falls September 27, 28, 29 / rfchamber.com

Hungry for a good time? And bacon? The nation's largest free bacon festival features bacon-inspired activities, pig-calling contests and much more. Get your fix of all things bacon with a stop at the food booths, and don't miss the "When Pigs Fly" event, where plush pigs soar down from the rooftops! Featuring a Car Cruz on Sunday, 11am-4pm.



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

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

800-963-0035 TTY: 711
www.mychoicewi.org/life

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



DHS Approved 8/16/2021

MYTH vs FACT



A well-planned diet could enhance your sporting performance and even reduce the risk of injuries. With over **6 millions views** on Tiktok for **#athletediet**, we are eager to seek nutrition advice to support our fitness goals, **but sometimes it can be hard to tell facts from the myths!**

With this in mind, nutritionists **Vanessa Peat and Caroline Hind**, collaborate to **debunk the top misconceptions of sports diets, revealing the truths that can actually boost your performance and reduce your injury risks.**

Myth 1: Eating after dinner will make you gain weight

For those of us who snack after 6pm, there is no need to feel guilty! There is actually no right or wrong time to eat but instead, it depends on your workout and sleep schedule. If you prefer going to the gym or your local grassroots football in the evenings, eat a light meal 1-2 hours before you go and have some post-workout snacks afterwards.

Eating nutritious food with protein after a workout can help you replace glycogen stores and recover muscles to reduce the risk of overuse injuries. This is particularly important after muscle-building activities.

Myth 2: Carbs will make you fat

Many people believe carbs are the cause of weight gain but that may be the biggest misconception about dieting. Carbs are essential for a sports diet as it not only reduces your risk of injuries but also plays a crucial role in terms of recovery.

Research has shown that carbohydrates fuel your body and help with muscle growth by delivering energy, controlling blood glucose, and improving metabolic functions. This is even more vital during a sports injury when we are more vulnerable to lose muscles and in need of glucose and energy.

The recommended carbs during an injury are potatoes and whole grains such as bread and rice. But this does not mean that you should have a high-carb diet. Increase carbs around your rehab, but emphasise protein-rich foods with plenty of colorful vegetables the majority of the time.

Myth 3: A vegan diet fails to support you

There are an increasing number of athletes who are adopting a vegan diet, from tennis legends such as the Williams sisters, to British racing driver Lewis Hamilton.

A plant-based sports diet usually contains less fat and more fibre and carbs, which helps improve blood viscosity and increase aerobic capacity. This allows more oxygen to reach your muscle and improves endurance, enhancing athletic performance.

During an injury, a vegan diet provides plenty of proteins, without the inflammation effects of meat, which are supportive to muscle tissue rebuilding and recovery. There are plenty of ways to get protein from a plant-based diet. Tofu, soya, wheat and peas are all good protein sources for a vegan athlete diet.

Here is what Caroline Hind, Registered Clinical Nutritionist at Nutrable suggests if you are on a vegan diet: "Anyone reducing their intake of animal sourced foods should consider how to compensate for these bone-building nutrients. Supplemental protein powders, collagen, mineral and vitamin formulas can help, especially if teamed with a low-sugar, whole-food diet."

Myth 4: Salts are bad for you

Just as athletes need more protein, salts play a significant role in a sports diet too. You need more sodium if you sweat regularly as it helps maintain body fluid balance and keeps you hydrated.

Losses of sodium after sports could reduce your blood volume and the amount of oxygen it takes, which adds stress to your cardiovascular system, leading to fatigue and a higher risk of injuries.

MYTH vs FACT continued on page 17

Get local help with your Medicare questions.

I'm Gina Ensslin, a licensed sales agent in Southeastern, WI. When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. I know the ins and outs of Medicare, and I'm ready to answer your questions and help you find a plan that fits your needs.

It's time to take advantage.



Gina Ensslin

Licensed Sales Agent

414-840-5419, TTY 711

gensslin@myeph.com

www.eplatinumhealth.com/agent/gensslin/

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. ©2023 United HealthCare Services, Inc. All rights reserved.
Y0066_SPRJ55189_C



SPRJ55189

MYTH vs FACT

continued from page 16

Drinking sports drinks with sodium prepares your heart and body for physical activities and helps your body rehydrate. Research has shown that by supplementing with sodium, performances for endurance runners were enhanced significantly.

Myth 5: All you need for recovery is Protein

In response to this, Vanessa Peat, Performance Nutritionist, says: "In fact, the reality comes down to all of the following "R's".

Rehydrate: Drinking a homemade rehydration drink, post exercise will allow you to replace the fluids and electrolytes lost during sweating. A homemade electrolyte drink is easy to make and inexpensive.

Refuel: Post exercise is important to restore your glycogen stores, which are your main fuel source, ensuring you are ready for tomorrow's session. This can be done by eating some fruit, pasta or white rice following your session, which will give you a quick release of carbohydrates.

Rest: It is crucial to ensure that you take time to rest following your exercise session and good sleep quality is vital.

Repair: Yes, it is important to eat protein following exercise, to provide your muscles with the necessary building blocks - however, we must not forget the other three R's."

Beware of under-fuelling – if your food intake doesn't meet your energy needs, your sports performance and overall health will suffer. If you're concerned with weight and body composition, watch your sugar and processed foods. In a well-formulated sports diet, your meals should be satisfying and contain a protein-rich food, a variety of vegetables and a portion of starchy food no larger than a quarter of your plate. www.liverugbytickets.co.uk

Did you know your passion for working out could be sabotaging your weight loss goals?

5 Workout Mistakes That Lead to Weight Gain

Turns out, your favorite workout might be secretly undermining your healthy eating efforts. Here's how:

• **Cardio Overload:** Many believe that doing more cardio equals better results. However, focusing solely on cardiovascular exercise can backfire. According to Fit Factory Club, your body may start burning muscle for energy, slowing down your metabolism and making fat loss more challenging.

• **Extreme Calorie Cutting:** Some people resort to extreme calorie-cutting diets paired with intense workouts to lose weight quickly. However, as per News Medical, this approach can lead to nutrient deficiencies, muscle loss, and a slowed metabolism, making it harder to maintain weight loss in the long run.

• **Over-Reliance on Spot Training:** Targeting specific areas, such as endless crunches for a flat stomach or countless arm curls for toned arms, may not be as effective as overall strength training and cardio for overall fat reduction and muscle tone.

• **Excessive High-Intensity Workouts:** While high-intensity interval training (HIIT) is praised for its calorie-burning benefits, doing it excessively without proper rest and recovery can lead to burnout, injuries, and increased stress levels, which can negatively impact your eating habits and overall well-being.

So, Should I Just Stop Working Out? Absolutely not! Exercise has countless benefits for health. The key is shifting your perspective. Stop focusing on exercise for weight loss alone, prioritize the following:

• **Clean Eating:** Focus on whole foods, fruits, vegetables, and lean protein sources.

• **Portion Control:** Every *tablespoon* counts, even if it's healthy food.

• **Listen to Your Body:** Use exercise as a way to energize and feel good, not as a calorie-burning mission. Simple, but energetic, stretching and moving is a great place to start. (Start a personal 10 minute sun salutation -yes, morning- to start the day with a mindful stretching and movement routine.)

Weight loss is a complex puzzle, and exercise is one important piece. Adjust your mindset, understand the limitations of exercise for weight loss, and prioritizing a balanced diet. www.nursa.com/

"Exercise and diet are like two wheels on a bicycle, one cannot work without the other."



KEEPING IN MOTION
DON'T COUNT THE DAYS, MAKE THE DAYS COUNT

Elderly In Home Personal Training



Give us a **CALL** for a **FREE 30min Consultation!**

Keeping in Motion offers quality services to help increase your health & fitness to benefit your daily living skills.

Reasons You May Need Training:

Is your **STRENGTH** declining?

Is it **DIFFICULT** to get around?

Do you get **SHORT** of breath?

Do you **LOSE** your balance?

Do you need help following through with an established **EXERCISE PROGRAM** from a physical therapist?

Brandi Carson

CPT/LPTA/CPR

KEEPINGINMOTIONLLC@GMAIL.COM

(414)507-3275

"A faithful community of friends and family"



Stoney Creek
Adult Community

For Active Adults 55+

A friendly independent community on ten beautiful country acres.

Come and join our happy family of residents.



414.422.4686
Call for a personal tour today!
Stoney Creek

- Patio or balcony
- Full kitchen w/ appliances
- Washer/dryer in unit
- Cable TV
- Underground parking
- 24-hour security and so much more!!

S69W14142 Tess Corners Dr., Muskego • www.stoneycreekmuskego.com

Why put up with “store bought” when you can indulge yourself in the pure eating pleasure of raw foods from the sweat of your garden or the plethora of goodies at your local Farmers Market. Add an easy recipe to the mix and there’s no excuse for pre-packaged, chemical-ridden zombie food on your dinner table tonight.

Zucchini Fritters

1 1/2 pounds zucchini, grated
 1 teaspoon salt
 1/4 cup all-purpose flour
 1/4 cup grated Parmesan cheese
 1 large egg, beaten
 2 cloves garlic, minced
 salt and ground black pepper to taste
 2 tablespoons olive oil



Toss zucchini and salt together in a large colander and place in sink to drain for 10 minutes. Drain as much moisture from zucchini as possible. Using a cheesecloth is ideal. Mix flour, Parmesan cheese, egg, garlic, kosher salt, and pepper together in a large bowl. Stir in zucchini. Heat olive oil in a large skillet over medium-high heat. Scoop batter by the tablespoon into the hot skillet and fry until golden brown, about 2 minutes per side.

FRESH
Garden
RECIPES!!

Easy Vegan Stuffed Tomatoes

4 medium-large tomatoes
 salt and pepper
 2 tsp margarine or butter
 3/4 cup bread crumbs, regular or panko
 1/4 cup freshly grated Parmesan cheese
 1/2 tsp onion powder (optional)
 1 tsp basil or mixed Italian seasoning



Pre-heat oven to 350 degrees.

- 1). Slice tomatoes in half and place cut-side up on a lightly greased baking sheet or muffin tin. Season with salt and pepper.
- 2) In a medium bowl, combine the melted margarine, bread crumbs, Parmesan cheese and basil or Italian seasoning. Place a generous spoonful of the breadcrumb mixture securely on top of each tomato.

Bake tomatoes for 15-20 minutes, or until the bread crumbs on top are lightly golden brown.

Garlic KALE Chips

Cooking spray
 1 small bunch kale (about 1/2 pound)
 1 tablespoon olive oil
 1/4 teaspoon garlic powder
 1/4 teaspoon salt



1. Preheat the oven to 320°F. Spray two baking trays with cooking spray. Remove the center rib and stems from each kale leaf and discard. Tear or cut the leaves into bite-size pieces, about 2 to 3 inches wide. Wash the kale and dry it very well.
2. Place the kale in a large bowl. Drizzle with the oil and sprinkle with the garlic powder and salt, and massage the oil and seasonings into the kale with your hands to distribute evenly. Place the kale in a single layer on the baking sheets, and bake until crisp and the edges are slightly browned, 12 to 15 minutes.

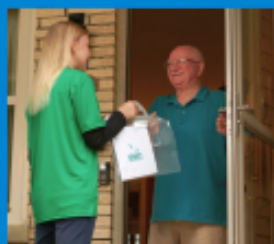
Taking medications just got easier.



MEDICATIONS MADE SIMPLE
 Ask us about medication packaging

Stay organized and safe with our medication packaging.

Add FREE delivery and we'll bring your medications right to your door!



HAYAT
 PHARMACY

HayatRx.com



Support LOCAL FARMERS AND MARKET VENDORS



Tuesdays

Thiensville Village Market

250 Elm Street/Village Park/
June 18 – October 8 / 9am-2pm

West Allis Farmers' Market

(see also Thursday & Saturday)
6501 W National Avenue
May 4 – Nov 30 / 12pm-6pm

Wednesdays

Brown Deer Farmers' Market

Village Park/Pond
June 26 - October 23 / 10am-3pm

Hartung Park Farmers' Market

NW edge of Hartung Park
Now - September 27 / 3:30pm-7pm

Menomonee Falls Farmers Market

(see also Sun)
Village Park Tennis Court
Now – October 16 / 2pm-6pm

Mukwonago Area Farmers' Market

Field Park/Hwy 83 & Hwy NN
May 15 – October 9 / 2pm-6pm

Thursdays

Fondy Farmers Market

(see also Saturday, Sunday)
2200 W Fond du Lac Ave
July 6 – October 31 / 7am-2pm



Jackson Park Farmers' Market

3500 W. Forest Home Avenue
June 13 – October 3 / 3pm-6:30pm

South Milwaukee Downtown Market

1101 Milwaukee Ave
Now – October 3 / 3pm-7pm

West Allis Farmers' Market

(see also Tuesday & Saturday)
6501 W National Avenue
Now – November 30 / 12pm-6pm

Saturdays

Brookfield Farmers' Market

Brookfield Central High School
7:30am-12pm

Delafield Farmers' Market

Fish Hatchery Sports Complex
Now – October 2 / 8am-1pm

Fondy Farmers' Market

(see also Thur, Sun)
2200 W Fond du Lac Ave
Now – June 29 / 9am-12pm
July 6 – October 31 / 7am-2pm
November 2 – 16 / 9am-12pm

Fox Point Farmers' Market

North Shore Congregational Church
June 15-October 12 / 8am-12pm

Germantown Farmers Market

Germantown Village Hall
May 4 – October 26 / 8am-12pm

Greendale Open Market

Historic Greendale, Broad Street
Now – September 28 / 8am-12pm

Hartford Farmers Market

Parking lot at Hartford Rec Center
May 18 – October 26 / 8am-12pm

New Berlin Farmers' Market

16300 W National Ave, New Berlin
May 4 – October 26 / 8am-12pm

Oak Creek Farmers Market

Drexel Town Square
Now – October 19 / 9am-1pm

Oconomowoc Farmers' Market

Bank Five Nine Campus Lot
Now – Oct 26 / 8am-12pm

Port Washington Farmers' Market

Main Street, between Franklin St
and Wisconsin St
June 15 – October 26
8:30am-12:30pm

South Shore Farmers' Market

South Shore Park, Bayview
Now - October 26 / 8am-12pm

Tosa Farmers' Market

7720 Harwood Ave
Now – October 12 / 8am-12pm

Waukesha Farmers' Market

Along the Fox River, Downtown
Waukesha, Waukesha State Bank
Employee Parking Lot
May 4 – October 26 / 8am-12pm

West Allis Farmers' Market

(see also Th & Sat)
6501 W National Avenue
May 4 – November 30 / 12pm-6pm

West Bend Farmers' Market

Old Settlers Park, Main St and
Cedar, Downtown West Bend
May 18 – October 26 / 7:30-11am

Whitefish Bay Farmers' Market

325 E. Silver Spring Dr
June 15 – October 26
8:30am-12:30pm

Sundays

Enderis Park Farmers' Market

72nd St. and Locust St
June 18 – August 27/9am-1pm

East Town Market

Cathedral Square Park
Downtown Milwaukee
Now-30; July 21-28; Aug. 4-25;
Sept. 8-29 / Sundays, 9am to 1pm
July 21-28 / 9am-1pm

Fondy Farmers Market

(see also Thursday, Saturday)
2200 W Fond du Lac Ave
May 11 – June 29 / 9am-12pm
July 6 – October 31 / 7am-2pm
November 2 – 16 / 9am-12pm

Greenfield Farmers' Market

Konkel Park, 5151 W Layton Ave
May – October 27/10am-2pm

Menomonee Falls Farmers Market

(see also Wed)
Village Park Tennis Court
July 14 – Sept 15 / 10am-1pm

Milaeger's Farmers Market

4838 Douglas Ave., Racine/Expo
Greenhouse/ongoing/10am-2pm

Riverwest Gardeners Market

2700 Block N. Pierce Street
Now – October 26 / 10am-3pm
(closed July 7)

Shorewood Farmers' Market

South end of Estabrook Park near
the Benjamin Church House
June 16 – October 27 / 9:30am-1pm

AEGIS

Wealth Advisors LLC
A Fiduciary Investment Advisor



Lake Country's
Retirement Advisor
for over 25 years

Aegis Wealth Advisors, 1208 State Road 83, Hartland, WI 53029



- Financial Planning
- Investments
- Retirement
- Estate Planning
- Health & Medicare

262-369-5200

www.aegiswi.com

Can't Hear on the Phone?

Get a CapTel Captioned Telephone at No-Cost to You!



The CapTel® Captioned Telephone shows word-for-word captions of everything a caller says, letting you read anything you cannot hear over the phone. CapTel is a **NO-COST**, federally funded technology available under the Americans with Disabilities Act.

To qualify, users need:

- Hearing loss
- Internet connection
- Landline telephone service

CapTel
2400i



CapTel® 
Captioned Telephone
800-233-9130
CapTel.com

REQUIREMENTS: Hearing Loss, High Speed Internet, Dial-tone No-Cost Phone with valid third-party certification is subject to change without notice. Terms and conditions may apply. FEDERAL LAW PROHIBITS ANYONE BUT REGISTERED USERS WITH HEARING LOSS FROM USING INTERNET PROTOCOL (IP) CAPTIONED TELEPHONES WITH THE CAPTIONS TURNED ON. IP Captioned Telephone Service may use a live operator. The operator generates captions of what the other party to the call says. These captions are then sent to your phone. There is a cost for each minute of captions generated, paid from a federally administered Fund. No cost is passed on to the CapTel user for using the service. CapTel captioning service is intended exclusively for individuals with hearing loss. CapTel® is a registered trademark of Ultratec, Inc. The Bluetooth® word mark and logos are registered trademarks owned by Bluetooth SIG, Inc. and any use of such marks by Ultratec, Inc. is under license. (v16 10-19)

Here's why renting, rather than owning a home, makes the "grumpy-old-man" years a bit less grumpy.

A Few Surprising Reasons Why Renting May Be a Smarter Choice



Even after you've bidden your boss adieu and dropped your kids off at college, you'll still be tied down by...your house.

If you're a retiree, near-retiree, or empty-nester of any age, you're probably looking forward to your golden years. Finally, after decades of being beholden to your job, your kids, and the hectic pace of modern life, your time will be your own.

Not so fast, warns author Jonas Bordo. Even after you've bidden your boss adieu and dropped your kids off at college, you'll still be tied down by...your house.

"Forget about that last-minute weekend getaway—you'll have to stay home and rake leaves, lest you receive a scolding from your HOA," says Bordo "And will you really have the energy to start that new woodworking hobby (not to mention the money to buy all the equipment) after you've mowed the lawn, mopped the floors, and paid to repair your unreliable HVAC unit?"

Still not convinced? Here are a few more reasons why you might want to kick-start retirement by selling your house and moving into an apartment:

- You can opt out of hosting Thanksgiving. "As much as I would LOVE ten

screaming grandchildren running around the house, sorry, there's no space." (Insert mournful look here.)

- In an apartment complex, there will be lots more young people around to receive your sage wisdom and casserole recipes...so who cares if your daughter-in-law doesn't want them?

- Getting out of the house where you spent your "responsible adult" years is an excuse to relive your wild, unfettered youth (but this time in more sensible shoes and with more aspirin).

- You'll have a whole new set of neighbors (and their drama) to be entertained by. Be honest—your cul-de-sac's ongoing feud over holiday decorations got boring before Y2K.

- If you fall and can't get up, your neighbors will be able to hear you calling for help through the walls.

- You'll be preventing your relationship with your kids from going down the toilet. Sure, they might say that they'll come over and help you clean out the gutters if you stay in their childhood home, but let's be

honest. It's not gonna happen, which will leave you no choice but to nag them until they ghost you.

- Finally, an excuse to get rid of your own and your kids' junk. "Oh no—the fly-fishing gear you haven't used in decades won't fit in this cozy little apartment!" I just won't have the storage space anymore. I know; I'm sad too." (Wink, wink!)

- In an apartment complex, you'll practically have your own personal tech support service. Does your tablet keep crashing? Just ask the eleven-year-old down the hall for help.

Okay, okay—clearly, this list is tongue-in-cheek. But Bordo says there are just as many legitimate reasons to consider moving into an apartment community.

"Our culture has this idea that moving from owning to renting is taking a step back, but for many people—retirees chief among them—renting is a smart choice. Renting gives you flexibility and freedom. With more time and money—not to mention less stress and fewer stairs—you can focus on a truly enjoyable retirement."

So—don't wait too long to shed your albatross of a house. Here are some of the benefits awaiting you once you exchange your mortgage for a rent payment:

You'll save money. Depending on where you live, your rent payment might be significantly less than your mortgage payment. (Plus, no more HOA fees, property taxes, and homeowner's insurance!) You'll be spending less on utilities and upkeep, too. And finally, if a pipe bursts, you won't be the one paying the plumber.

You'll have fewer chores. As an apartment-dweller, yardwork and upkeep will be a thing of the past. And while you won't be leaving chores behind altogether, you will have fewer square feet to vacuum and declutter.

You'll have more time. Instead of spending every weekend maintaining your house, you can finally pick up a hobby, travel, tackle the stack of books that's been on your shelf forever, or just take a nap.

The **RENTING** Choice
continued on page 27



Call us Today!
(262) 423-4411

W218N17483 Delaney Court
Jackson, WI 53037
Dave.morbeck@comforcare.com
www.JustLikeHomeAdultDayCenter.com

Keep your loved one independent through safety and supervision



Services

Safety and Security are our main concern when it comes to your loved one.

- State-of-the-Art Facility
- Up-to-date Safety & Security Features
- Constant Supervision
- Low Staffing Ratio 1:6
- Nurse on Staff at all times
- Dedicated Food Preparation Specialist
- Activities Director
- Personal Care Area
- Spa

Accommodations

We want your loved one to feel just like they are at home while they are with us.

- Fireplace
- Television
- Arts & Crafts
- Social Games
- Dining Room
- Quiet area for Reading or Relaxing
- Naturally Serene location with a fenced-in patio
- Incoming Complimentary Businesses such as hair care, nail care, message therapy, music therapy, pet therapy, and much more!

We are an owner operated small business with years of experience providing quality care.
Let us help you with your care needs!



ComForCare
Home Care

Serving the Washington and Ozaukee counties, and surrounding areas

Supporting
Independence, Dignity
and Quality of Life.



- Companionship
- Bathing and Grooming
- Medication Reminders
- Meal Preparation
- Light Housekeeping
- Transportation
- Personal Care
- Fall Prevention
- Safety Supervision
- Respite Care
- Errands and Chores
- Transportation from Hospital to Home
- Alzheimer's Care

262-674-1515

www.WestBend.ComForCare.com

Each office is independently owned and operate. ComForCare Home Care is an equal opportunity employer.

The LifeWise Way

A Legal Approach to Bible Education for Public School Students

Most Americans believe it's illegal to teach the Bible during the public school day. This is actually false.

The removal of the Bible from public schools is, for many Americans, the clearest expression of "the separation of church and state." This is why it's so surprising to learn that the Bible and the public school day can legally co-exist. It's been that way for over 70 years.

A 1952 US Supreme Court decision in *Zorach v. Clauson* stated unequivocally that "released time religious instruction" is not only legal but that the "government should recognize and accommodate the religious beliefs of its citizens." Based on the Court's ruling, "released time" is legal provided it meets three criteria. The religious instruction must be:

1. Off school property
2. Privately funded
3. Parent permitted

If you're shaking your head in disbelief right now, you're not alone. Joel Penton, the founder and CEO of LifeWise, had the same reaction when he first stumbled upon a released time program in Van Wert, Ohio in 2018. "My mind was completely blown," Joel recounts. "I just kept thinking: Wait, they're teaching the Bible to public school students during school hours?! How is this possible?"

That day Joel sat in on the program's board meeting and learned that over 90% of their elementary school attended their Bible class. Then they asked Joel a question that changed the course of his life. The question was simple: "Why doesn't every community have one of these?"

"It's the barriers to entry," Joel explains in his book, *During School Hours*, in which he addresses this very topic. "You basically have to start a private school, develop curriculum, communicate with your local school board and administration, handle payroll, HR, logistics, policies, and the list goes on. It's not that released time programs didn't exist after 1952. They did exist; they were just all reinventing

the wheel one school at a time. And there's nothing wrong with that, but after 70 years, less than 1% of public school kids had access to a released time bible education class."

Joel wasn't satisfied. "We know that 8 out of 10 kids do *not* attend church, but 9 out of 10 kids *do* attend public school." And so LifeWise was founded with the mission to reach unchurched students in public schools with the gospel through a replicable released time religious instruction program.

Since launching in five schools in 2019, LifeWise has reinstalled Bible education into the public school day in over 330 schools in rural, urban, and suburban communities across 15 states—with many of those programs regularly exceeding 50% participation rates within the student body. In addition to the over 31,000 students currently enrolled in LifeWise classes, communities in all 50 states have begun the process of starting a LifeWise program.

LifeWise has experienced broad support from the communities it serves. A recent independent survey showed that 76% of voters are in favor of teaching moral and character education to public school children, and 56% of Americans endorse teaching public school children character lessons alongside biblical values, as long as it is with parental consent. Additionally, schools served by LifeWise are seeing increased attendance and reduced suspensions.

"We believe this is the greatest missed opportunity to reach the next generation with the gospel," Joel said in an interview with CBN. When asked how parents and communities can help, Joel responded, "It all starts with a grassroots signature campaign. Go to lifewise.org to find your school district, sign the list to voice your support, and share it with everyone you know. It only takes 50 signatures to get started."



A recent independent survey showed that 76% of voters are in favor of teaching moral and character education to public school children, and 56% of Americans endorse teaching public school children character lessons alongside biblical values, as long as it is with parental consent. Additionally, schools served by LifeWise are seeing increased attendance and reduced suspensions.

Nestled on a Serene Campus

that includes a breath-taking grape arbor and plenty of room to sit or walk in our park-like setting



Juniper Court

Senior Apartments 55+
Independent Senior Living
Call for current rental rates
ALL utilities included in rent

Canticle Court

Senior Apartments 62+
Independent Senior Living
HUD Subsidized
Residents pay 30% of Adjusted income
Full Efficiency & 1 Bedroom

- Resident Activities
- Gardening
- Optional Religious Services
- Medical Alert Pendant
- Hair Salon
- Library
- Across the street from Lake Michigan

Rental Office 3209 S Lake Drive, St. Francis WI 53235

You may call our on-site manager at 414-744-5878

www.canticlejunipercourts.org

Managed by St. Clare Properties



Steeple View 414-525-5500

An Independent Senior Community
Embracing Christian Values



Make YOUR MOVE to the Luxury Senior Living of STEEPLE VIEW!



(Above) Judy and Bryon and (below) Chuck and Mary Jane enjoy their life at Steeple View.



Enjoy secure, carefree, independent living for active seniors in a caring, Christian atmosphere. Relax with the comforts of home without the burden of home ownership!

Our spacious 1, 2 and 2 bedroom + den deluxe apartment homes start at \$900 per month with a 90% refundable entrance fee required.

Call to schedule your tour of STEEPLE VIEW!

414-525-5500



Voted Top Senior Living Facility for the fourth year in a row!



12455 West Janesville Road, Muskego

414-525-5500 | steepleview.org | info@steepleview.org

How Do YOU See Your Retirement?

How do YOU picture YOUR future?

Your Money



with Tim Szymanski

Some see retirement as a time to start a new career. Others see it as a time to travel. Still others plan to spend more time with family and friends. With that in mind, here are some things to consider.

What do you absolutely need to accomplish? If you could only get four or five things done in retirement, what would they be? Answering this question might lead you to compile a “short list” of life goals, and while they may have nothing to do with money, the financial decisions you make may be integral to pursuing them.

What would revitalize you? Some people retire with no particular goals at all. After weeks or months of respite, ambition may return. They start to think about what pursuits or adventures they could embark on to make these years special. Others have known for decades what dreams they will follow. Yet, when the time to follow them arrives, those dreams may unfold differently than anticipated and may even be supplanted by new ones.

In retirement, time is really your most valuable asset. With more free time and opportunity for reflection, you might find your old dreams giving way to new ones.

Who should you share your time with? Here is another profound choice you get to make in retirement. The quick answer to this question for many retirees would be “family.” Today, we have nuclear families, blended families, extended families; some people think of their friends or their employees as family.

How much do you anticipate spending? We can’t control all retirement expenses, but we can manage some of them. The thought of downsizing your home may have crossed your mind. One benefit of downsizing is that it can potentially lead to no mortgage or a more manageable mortgage payment.

Could you leave a legacy? Many of us would like to give our kids or grandkids a good start in life, but leaving an inheritance can be trickier than many realize. Tax laws are constantly changing, and the strategies that worked years ago may have more limited benefits today.

Keep in mind this article is for informational purposes only and is not a replacement for real-life advice, so make sure to consult professionals before modifying any part of your overall estate strategy.

How are you preparing for retirement? This is the most important question of all. If you feel you need to prepare more for the future or reexamine your existing strategy in light of recent changes in your life, conferring with a financial professional experienced in retirement approaches may offer some guidance.

Do you have a financial question for Tim, or want to meet with him for a thoughtful review of your financial plan or retirement strategy? Tim can be contacted at (262)369-5200, emailed at info@aegiswi.com, or on his website at www.aegiswi.com. Founder and CEO of Aegis Wealth Advisors, LLC, a Registered Investment Adviser firm in Hartland, WI. Providing insightful and objective financial guidance to individuals, families, and small business owners. This material was prepared from independent sources and should not be construed as investment advice.



There's nothing I've learned from being a parent that I couldn't just as easily have figured out from setting all my money on fire.

I let my kids follow their dreams, unless I already paid the registration fee on their last dream, then they follow that for 6-8 more weeks.

Is everything expensive or I'm just broke all the time?

Up until I bought this bag of chips, I thought the air was free.

"The trick is to stop thinking of it as 'your' money," said the IRS auditor.

If you can count your money, you don't have a billion dollars.

EASTCASTLE PLACE

From Rehab to Recovery

The specialized skills and services of licensed certified rehabilitation therapists are available on both an inpatient and outpatient basis through Eastcastle Place's Rehab to Recovery Program. Here, physical, occupational and speech therapies focus on restoring health for residents of East Castle Place, and those residing in *Milwaukee, Wisconsin and the surrounding areas*, allowing them to return home and back to their lives as quickly as possible.

Eastcastle Place
2505 E. Bradford Ave.
Milwaukee, WI 53211

www.eastcastleplace.com

Managed by Life Care Services®



Before you head home, all-new, private suites make you feel right at home.

Comfortable and comforting surroundings in fully-furnished, private rooms with:

- › Free flat screen TV
- › Wi-Fi Internet access
- › Individual temperature controls
- › Staff call system
- › Private baths
- › Telephone in every room
- › Plentiful natural light and beautiful views from large windows



Services and amenities to keep you happy and motivated.

- › Restaurant-style dining with chef-prepared meals
- › Transportation to and from area hospitals and physician appointments
- › Therapy available six days a week
- › Physical, occupational, and speech therapies
- › State-of-the-art strengthening and cardio equipment

Contact us today at (414) 963-8480

Are cataracts clouding your focus on life?

By Cheryl L. Dejewski

Even though six out of 10 people age 60+ have one, most people don't know the facts about cataracts until they're diagnosed with one. Don't let poor vision cloud your future. Read, learn, and take action now.

Definition

"A cataract is the clouding of the natural lens located inside the eye behind the pupil," says Brett Rhode, MD, senior partner at Eye Care Specialists, a leading ophthalmology practice recognized for providing advanced medical, surgical and laser treatment of most all eye conditions. "This lens works like a camera lens—focusing light onto the retina at the back of the eye to form the images you see. As you age, proteins in the lens may clump together and start to cloud. This is called a 'cataract.' As the clouding advances, it can blur or fog vision to the point of inhibiting daily functioning." Depending on the cataract type, clouding can take years or just months to progress.

Symptoms

Poor vision is not a fact of life as you age. David Scheidt, OD, advises to schedule an eye exam if you notice:

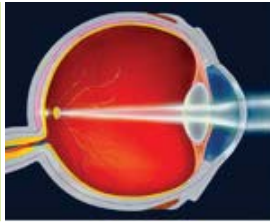
- Foggy, fuzzy or blurred vision
- Sensitivity to light and glare
- "Starbursts" around lights
- Holding items closer to view
- Needing brighter light to read
- Fading or yellowing of colors
- Difficulty judging stairs or curbs
- Difficulty seeing to drive at night
- Vision affects ability to do tasks
- New glasses or prescription changes don't improve vision

Protection Tips

Cataract development may be delayed or slowed by wearing sunglasses and hats with brims, eating a balanced diet high in healthy nutrients (vitamins, minerals and antioxidants) and low in fat and sugar, avoiding smoking and excessive alcohol intake, and keeping your blood sugar under control if you have diabetes.



Normal Eye:
The clear lens focuses light rays onto the retina, producing a sharp, clear image.



Eye with Cataract:
The cloudy lens causes light rays to scatter, producing a washed out, hazy image.



Risk Factors

- Age (cataracts develop with time, like age spots & wrinkles)
- Diabetes (doubles risk)
- Smoking
- Cortisone/steroid use
- Sun exposure
- Previous eye injury



Treatment

"There are no drugs, drops, glasses or exercises that can prevent or cure cataracts. The only effective treatment is to make an opening in the eye, surgically remove the cloudy lens (cataract), and replace it with a prescription intraocular lens implant (IOL) to once again focus light rays onto the retina thus restoring vision and depth perception," explains Daniel Ferguson, MD, who, along with his partners at Eye Care Specialists, uses the most advanced techniques to gently break up and remove cataracts through a tiny incision—often with only an eye drop needed for anesthesia.

Types of IOLs

"All IOLs improve how well you can see with glasses after surgery. Advanced technology IOLs, however, have various capabilities that can reduce the need for glasses/bifocals after surgery," says Daniel Paskowitz, MD, an ophthalmologist with credentials from Harvard and Johns Hopkins. These include:

- Toric IOLs to reduce the distortion caused by astigmatism.
- Multifocal and Extended Depth-of-Focus IOLs that allow functioning across multiple distances (unlike standard monofocal lenses).
- The Light Adjustable Lens (LAL), which enables patients to make adjustments and further customize their vision AFTER cataract surgery.

"Realistic expectations, higher costs, potential night glare, and other concerns are reviewed with patients who are candidates for advanced technology IOLs," says Paskowitz.

When to Have Surgery

Eye surgeon and continuing education lecturer Michael Raciti, MD, advises, "It's not necessary to wait to remove a cataract until it's so ripe that almost all vision is blocked. In fact, if you wait too long, it can grow so dense that the operation becomes more difficult. If the cataract is preventing you from doing tasks, new glasses won't improve clarity, and no other conditions exist which would negate the benefits of removal, like severe macular degeneration (AMD), then it's time for surgery."

Before Surgery

Cataract surgery is NOT performed in the office or on the day of your initial appointment. "In our practice, we like to have the patient meet with the surgeon first and then have preparatory tests done. Once you and the doctor decide to proceed with surgery, you will have a comprehensive eye exam to see if any other existing conditions (such as glaucoma, diabetes, retinal detachment and AMD) could detract from your results. Your exam will also include a quick, painless ultrasound procedure to determine the prescription for the implant that will restore focusing ability in your eye," says Rhode.

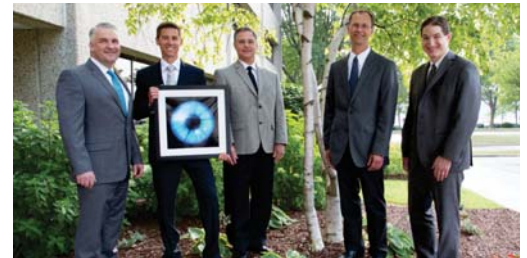
Why Some People Hesitate

"Some people think cataract surgery is unaffordable. They don't realize it is covered by Medicare, Medicaid and most insurances. Others think they are too old or poor vision is just part of aging. The truth is that vision loss from cataracts is usually reversible, and cataract removal is one of the safest outpatient operations—even for the very elderly," says Raciti.

See the best you can see, when you see Wisconsin's leaders in ophthalmology. EYE CARE SPECIALISTS

World-Class Care. Local Convenience. Since 1985.

Your vision is priceless. When you or a loved one need anything from a comprehensive eye exam to emergency treatment for a retinal tear, you want a team you can trust. Our specialists work together to deliver qualified, 24/7 coverage on the leading edge of technology and techniques. We believe each patient is unique and only recommend treatments appropriate to individual needs and means. And, as local residents committed to our community, we provide continuing education training to area health and senior care professionals and have distributed over one million free booklets and handouts. This dedication and expertise are two of the reasons why our peers voted us "Top Doctors" in Milwaukee and MKElifestyle magazines.



Brett Rhode, MD Michael Raciti, MD David Scheidt, OD
Daniel Ferguson, MD Daniel Paskowitz, MD, PhD

Medical, Surgical & Laser Services for Every Need. Trusted by over 200,000 doctors & patients.

- Glaucoma, Diabetes & Macular Degeneration (AMD) Care —with advanced medication injection & laser treatments
- Comprehensive Eye Exams/Diagnostic Laser Scans
- No-Stitch, No-Shot Ultrasonic Cataract Surgery—with toric, monofocal, multifocal & Light Adjustable Lenses (LAL) implants
- Dry Eye Disease, Infections & Floaters Treatment
- Corneal, Neuro-Ophthalmology & Retinal Cases
- Eyelid Treatment (inflammation) & Surgery (drooping)
- Accept Medicare & Most Major Insurances

West Allis
10150 W. National Ave.
414-321-7520

Wauwatosa
2323 N. Mayfair Rd.
414-258-4550

Milwaukee
633 W. Wisconsin Ave.
414-298-0099



www.eyecarespecialists.net
Doctor profiles & in-depth information about common eye conditions

AI in HEALTHCARE

The Future of Patient Care and Health Management



Curious about artificial intelligence? Whether cautious or curious, there is a lot to consider when AI is used in a healthcare setting.

By Mayo Clinic Press Editors

With the widespread media coverage in recent months, it's likely that you've heard about artificial intelligence (AI). In other words, machines can be given access to large amounts of information, and trained to solve problems, spot patterns and make recommendations. Common examples - Alexa and Siri. What you might not know is that AI is being used for a variety of healthcare applications.

A report from the National Academy of Medicine identified three potential benefits of AI in healthcare.

Preventive care. Cancer screenings that use radiology, like a mammogram or lung cancer screening, can leverage AI to help produce results faster. For example, in polycystic kidney disease (PKD), researchers discovered that the size of the kidneys — specifically, an attribute known as total kidney volume — correlated with how rapidly kidney function was going to decline in the future. But assessing total kidney volume, is laborious process that can take about 45 minutes per patient. With the innovations developed at the PKD Center at Mayo Clinic, researchers now use artificial intelligence (AI) to automate the process, generating results in a matter of seconds.

Risk assessment. "We have an AI model now that can incidentally say, 'Hey, you've got a lot of coronary

artery calcium, and you're at high risk for a heart attack or a stroke in five or 10 years,'" says Bhavik Patel, M.D., M.B.A., the chief artificial intelligence officer at Mayo Clinic in Arizona.

How can AI technology advance medicine and public health? When it comes to supporting the overall health of a population, AI can help people manage chronic illnesses themselves by connecting certain people with relevant screening and therapy, and reminding them to take steps in their care, such as take medication. AI also can help promote information on disease prevention online and analyze text on social media to predict outbreaks. Considering this might have supported people during the early stages of COVID-19.

How can AI solutions assist in providing superior patient care? Studies have shown that in some situations, AI can do a more accurate job than humans. For example, AI has done a more accurate job than current pathology methods in predicting who will survive malignant mesothelioma, a cancer that impacts the internal organs. AI is used to identify colon polyps and has been shown to improve colonoscopy accuracy and diagnose colorectal cancer as accurately as skilled endoscopists.

How can physicians use AI and traditional learning in healthcare? One of the key things that AI may be able to do to help healthcare professionals is save them time. For example:

Keeping up with current advances. When physicians are actively participating in caring for people and other clinical duties, it can be challenging for them to keep

pace with evolving technological advances that support care. AI can work with huge volumes of information — from medical journals to healthcare records — and highlight the most relevant pieces.

A helpful comparison to reiterate the collaborative nature needed between AI and humans for healthcare is that in most cases, a human pilot is still needed to fly a plane. Although technology has enabled quite a bit of automation in flying today, people are needed to make adjustments, interpret the equipment's data, and take over in cases of emergency.

What are the drawbacks of AI in healthcare? If not properly trained, AI can lead to bias and discrimination. For example, if AI is trained on electronic health records, it is building only on people that can access healthcare. Also, AI chatbots can generate medical advice that is misleading or false, which is why there's a need for effectively regulating their use.

Where can AI solutions take the healthcare industry next? As AI continues to evolve and play a more prominent role in healthcare, the need for effective regulation and use becomes more critical. That's why Mayo Clinic is a member of Health AI Partnership, which is focused on helping healthcare organizations evaluate and implement AI effectively, equitably and safely.

In terms of the possibilities for healthcare professionals to further integrate AI, Mark D. Stegall, M.D., a transplant surgeon and researcher at Mayo Clinic in Minnesota says, "I predict AI will become an important decision-making tool for physicians."



HAVING TROUBLE HEARING THE TV OR FAMILY MEMBERS TALKING?

Meet with technology experts to determine your product needs.

Are you in need of new assistive technology, such as an iPad, smart phone (iPhone or Samsung), and want to learn how you can purchase them at a reduced cost with the state-sponsored voucher program?



Call or visit us today!

10243 W. National Avenue, West Allis, WI 53227

414-604-2200 | info@hearwi.org | www.hearwi.org

A nonprofit organization helping anyone with all degrees of hearing loss!





Preventing Medicare Fraud

**Toll-free Helpline:
888-818-2611**

Email: smp-wi@gwaar.org

www.smpwi.org

 [WisconsinSeniorMedicarePatrol](https://www.facebook.com/WisconsinSeniorMedicarePatrol)

Empowering Seniors to Prevent Healthcare Fraud

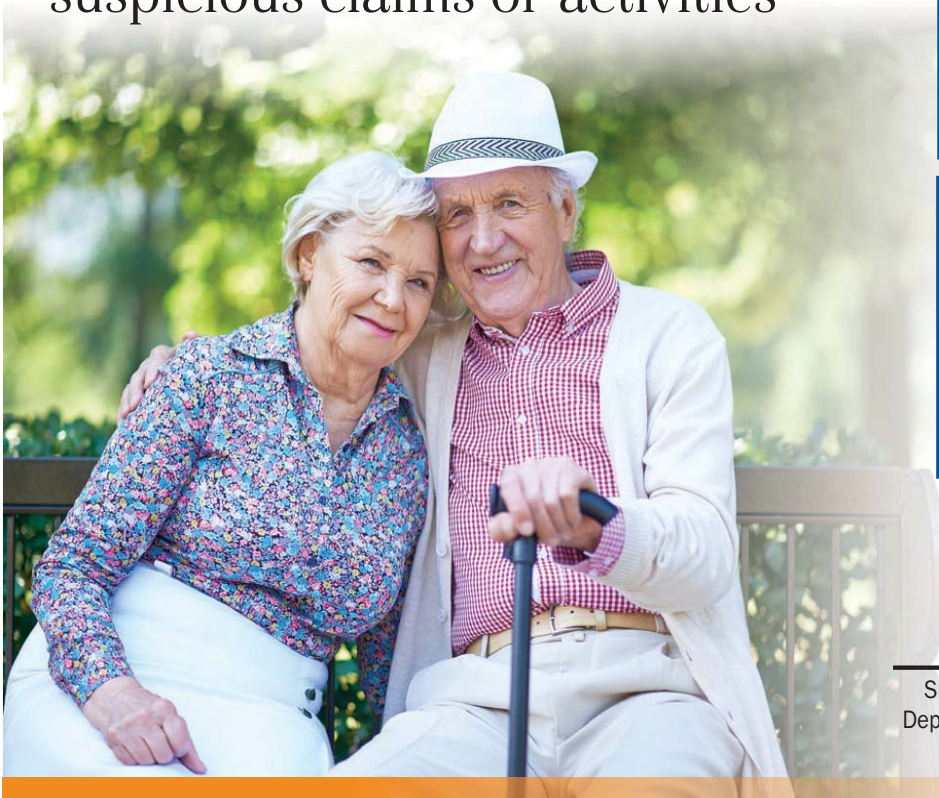
► **PROTECT**
your personal information

► **DETECT**
suspected fraud, abuse, and errors

► **REPORT**
suspicious claims or activities



Call us with questions about
billing errors, scams and
medical identity theft



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



Are you drinking the amount of water you should every day?

Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.

- **How much water should you drink based on your weight?** The general rule is to drink one ounce of water for every two pounds of body weight. All you have to do is weigh yourself, then divide the number of pounds by two to figure out your needed water intake.
- While there are few scientific studies on the **best drinking water temperature**, experts around the world agree that warm water is healthier overall. Drinking warm water, especially upon waking, helps wake up the body's systems, which helps to boost metabolism and promote proper digestion. Add lemon for a super detoxifying morning kick-start.
- **One glass of water shuts down midnight hunger** pangs for almost 100% of the dieters studied in a University study. **Lack of water** is the #1 trigger of daytime fatigue. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain up to 80%.
- **A mere 2% drop in body water** can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen.
- **Drinking 5 glasses of water daily** decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and 50% less likely to develop bladder cancer.
Resource: Healthline.com

The RENTING Choice

continued from page 21

The amenities are great. When Bordo says “apartment,” he isn’t talking about the bare-bones, outdated unit you rented when you were fresh out of college. Right now, near-record numbers of apartment communities are being built, and many of them are seriously upscale. Swimming pools, pickleball courts, a state-of-the-art gym, maybe even a laundry service—these could be at your fingertips every day.

You’ll have a built-in community. Naysayers decry the relatively close quarters of apartment living, but this doesn’t have to be a negative. Whether you simply say hello to people nearby or make it your mission to get to know everyone, you’ll be part of a community. The older we get, the more important it is to stay part of social groups.

You can (finally) live where you want. Maybe that’s closer to your grandkids. Maybe that’s in a beloved vacation destination. Maybe it’s in the walkable center of the city, or as far from suburbia as you can get. The point is—it’s your choice! And for the first time in a while, you won’t have to consider school districts or your commute.

Forget all the negative stereotypes you’ve heard about apartment living. Transitioning from homeownership to renting is all about improving your quality of life. And on that note, here’s one last tip to make sure you don’t regret your decision: *Do your research.*

Apartment-hunting is more complex and competitive than it used to be, and unwary renters of all ages can misunderstand the search process, be blindsided with hidden fees, or even fall victim to scammers. But if you educate yourself on how to search for available rentals, spot red flags, and deal with landlords, you can find a retirement rental you’ll love.

Jonas Bordo is coauthor along with Hannah Hildebolt of Everything You Need to Know About Renting But Didn’t Know to Ask: All the Insider Dirt to Help You Get the Best Deal and Avoid Disaster.

Moving? Overwhelmed?

Let us take the worry out of your move!

OUR PERSONALIZED SERVICES INCLUDE:

- Organizing
- Moving Arrangements
- Floor Plan
- Packing & Unpacking
- Putting Everything Away
- Clearing & Removal

We’ve helped **hundreds of people** make a smooth transition during one of the most stressful times in their lives.

Call for a free consultation and see why our clients say, **“I couldn’t have done it without you!”**

SEQUES Senior Move Specialists

262-442-4200 • www.segues.net



Traditional Funerals:
\$1995.00 at the Church or Cemetery Chapel
of your choice

\$2495.00 at the Funeral Home
Simple Cremation: \$695.00

(Excluding Cremation Permit & Fee)

Title 19 & Pre-Arrangements

Call today for more details

414.453.1562

Two locations to serve you! Serving all of Wisconsin

Family Owned and Operated

Unpack Your Worries with US

“Let us Lighten Your Load”

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

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

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

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

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

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

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

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

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

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

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

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

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

2 to 3 weeks before moving:

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

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

3) Start packing.

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

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

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

Day before the move:

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

2) Keep all boxes organized by room

and according to your floor plan.

Day of the move:

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

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

Day after your move:

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

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

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

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

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



UNIVERSAL SERVICES®

Relocation + Logistics Management

Let Us Lighten Your Load!

- Rightsizing
- Organizing
- Packing
- Moving

- Consignment Shop
- Unpacking
- Clean Out

- Estate Sales
- Senior Transportation

25 Years in the Business of Helping Seniors | 262-257-0250

All services under one roof | Wisconsin premier senior moving company

STRESS RELIEF from LAUGHTER?!?



**How is a wife like bacon?
They both look and smell amazing.
They also both slowly kill you.**

What body part grows 10 times it's size when stimulated?

The 6th grade science teacher, Mrs. Parks, asked her class, "Which human body part increases to ten times its size when stimulated?"
No one answered until little Mary stood up and said, "You should not be asking sixth graders a question like that! I'm going to tell my parents, and they will go and tell the principal, who will then fire you!"
Mrs. Parks ignored her and asked the question again, "Which body part increases to 10 times its size when stimulated?"
Little Mary's mouth fell open. Then she said to those around her, "Boy, is she going to get in big trouble!"
The teacher continued to ignore her and said to the class, "Anybody?"
Finally, Billy stood up, and nervously said, "The body part that increases 10 times its size when stimulated is the pupil of the eye."
Mrs. Parks said, "Very good, Billy," then turned to Mary and continued. "As for you, young lady, I have three things to say:
One, you have a dirty mind. Two, you didn't read your homework. And three, one day you are going to be very disappointed."

Wife: "Can I spend \$20,000 on chest implants?"
Husband: "Why don't you just rub toilet paper all over your chest?"
Wife: "I don't get it."
Husband: "Worked on your butt, didn't it?"

Behind every angry woman is a man who has absolutely no idea what he said wrong.

**Alcohol does not solve any problems
But then, neither does milk.**

A couple of old ladies were sitting on a patio and speaking to each other about their grandchildren. "I send greeting cards and checks to my grandchildren," complains one, "and still they barely visit me!" The second old lady said "I send checks to my grandchildren and they visit me all the time!" "You are so lucky to have more grateful grandchildren." said the first one sadly.
The second old lady smiled: "No my grandchildren are about as grateful as yours." "So what do YOU do different? Are your checks bigger than mine?" Asked the first one, surprised. "No," chuckled the other old lady, "I just don't sign mine."



OUTSIDEDOWN PRODUCTIONS

Convert analog audio, video, photos, film reels, slides, negatives & printed works into high quality digital files!

Your media can simply be converted to digital OR it can also be repaired / restored / improved. Your project can be customized to meet your needs and budget. Many formats and creative options are available. Preserve your important memories for years to come in a user-friendly digital format!

Services include - but are not limited to:

- Recently added U-matic tape (3/4") and Betacam SP conversion!
- 8 & 16mm video, VHS, Betamax, camera tapes, DAT, audio reels, etc.
- Videography & Production - live events, performances, music videos...
- Photo - repairs, retouching, restoration, slide shows, photo printing...
- Graphic Arts - CD/DVD media layouts, posters, business cards...

Call Jef at 414-412-1479 or e-mail at outsidedown@juno.com

See more at outsidedownproductions.com, Facebook, and Yelp.com

HAIR Experience

HARD TO CONTROL AREA?

We can Help!
Specialty Razor,
Clipper and Shear Cutting
Techniques

John Endries
47 Years of Exceptional,
Quality Service

Try a Great New Look... **WIGS and Hair Add-ons**

2215 S. Kinnickinnic Ave **414.744.8141**

**Need An Easier
Way To Read?
We Can Help!**

You may qualify for **FREE** library services if your ability to read is affected by:

- Vision Impairment
- Physical Impairment
- Reading Disability

Email: WTBBL@milwaukee.gov
Call Toll-free: 1-800-242-8822
Visit: <http://talkingbooks.wi.gov>

WORD SEARCH PUZZLE

COUNTRIES OF THE WORLD



- | | | |
|--|---|--|
| ICELAND
PARAGUAY
CAMBODIA
CANADA
NICARAGUA
ESTONIA
KUWAIT
GERMANY
YEMEN
QUATEMALA | SLOVENIA
ETHIOPIA
THAILAND
KYRGYZSTAN
LEBANON
NORWAY
CAMEROON
EGYPT
NEW ZEALAND
JARDAN | AFGHANISTAN
BULGARIA
ARMENIA
VENEZUELA
IRAQ
DENMARK
UKRAINE
BOLIVIA
MOLDOVA
TUNISIA |
|--|---|--|

Remember when you were young and fun
and now you just spend your Friday nights picking out
tile at the flooring store.

HELLO?
WASHINGTON?
IS YOUR
CALCULATOR
WORKING??!

Design • Build • Live

Callen
 Design • Build • Live

Replacement Windows • Patio Doors

414-529-5509 • CallCallen.com

SUMMER PROJECTS are here!!! Many new donations arriving!

Habitat for Humanity Germantown ReStore <div style="display: flex; justify-content: space-around; align-items: center;"> Shop. Donate. Volunteer. </div> <div style="display: flex; justify-content: space-between; align-items: center; margin-top: 10px;"> <div style="font-weight: bold; font-size: 1.5em;">ReStore®</div> <div style="text-align: right;"> Hours: Monday-Friday: 9am-6pm Donations from 9am-5pm Saturday 9am-4pm Donations from 9am-3pm </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> 262-255-7470 W190N10768 Commerce Circle Germantown, WI 53022 </div>	<div style="text-align: center; color: #008000; font-weight: bold; font-size: 1.2em;"> WE SELL THE FOLLOWING ITEMS and ACCEPT/APPRECIATE THEM AS DONATIONS </div> <ul style="list-style-type: none"> • Windows, Doors & Lumber • Kitchen Cabinets • Bathroom Vanities & Toilets • Flooring • Light Fixtures & Ceiling Fans • Couches, Chairs & all types of Tables • Refrigerators, Stoves, Microwaves • Washers & Dryers • Hutches, Dressers, Beds, Frames, New Matresse- • Handyman Tools including Power Tools, Saws, Benches, Nails, Screws • and MUCH MORE!! <div style="text-align: right; margin-top: 20px;"> <p style="color: #008000; font-weight: bold; margin-top: 10px;">OFFERING FREE DONATION PICKUP</p> <p style="font-size: 0.8em; color: #008000;">like us on facebook www.hfhrestore.org</p> </div>
--	--

**I offered my opponents a deal:
“if they stop telling lies about
me, I will stop telling the truth
about them”.**

~ Adlai Stevenson, campaign speech, 1952.



**A little old lady was running
up and down the halls in a
nursing home. As she walked,
she would flip up the hem of her
nightgown and say ‘Supersex.’
She walked up to an elderly man in a
wheelchair.. Flipping her gown at him, she said,
‘Supersex...’ He sat silently for a moment or
two and finally answered, ‘I’ll take the soup.’**

**The kids text me “plz” which is
shorter than please. I text back “no”
which is shorter than “yes”.**

Pharmacist: “Please understand, to buy an anti-depression pill you need a proper prescription. Simply showing a marriage certificate and a picture of your spouse is not enough!

MESSAGE BY A WIFE

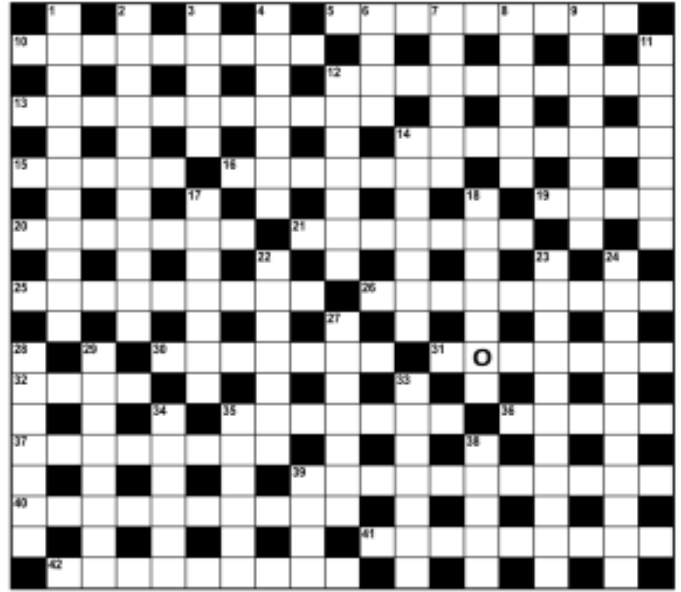
**Dear Mother-in-law: Don’t teach me how to handle
my children. I am living with one of yours and he
needs a lot of improvement!**

**I was visiting my daughter last night when I asked if I
could borrow a newspaper.
“This is the 21st century,” she said with a roll of her
eyes. “We don’t waste money on newspapers.
Here, use my iPad.”
I can tell you this: That damn fly never knew
what hit him!**

FILL-IN, OR CRISS-CROSS, CROSSWORD PUZZLE

Fill in the blanks with the words. To help you get started one letter is already in place.

- 4 letter words
CAVE
COMB
COPY
RARE
- 5 letter words
DIGIT
PERTH
SENSE
STAMP
- 6 letter words
EDITOR
PARSEC
SECRET
SPIDER
- 7 letter words
BRISKET
CARAVAN
CASHIER
DEAD SEA
DEWDROP
DOLPHIN
DRYDOCK
FEATHER
ICE CUBE
NOONDAY
OCTAGON
- 8 letter words
ORCHARD
PLATEAU
PRINTER
REPTILE
SENATES
- 9 letter words
CREATURE
ACCESSORY
DOMESTIC
CONSONANT
ROTATION
MEGAPIXEL
SEAFRARER
- 10 letter words
CONSONANT
EQUESTRIAN
- 11 letter words
SKELETON KEY
CANDLESTICK
OIL PAINTING
PRELIMINARY



- 11 letter words
REMINISCENT
- 10 letter words
OPTIMISTIC

ANSWER:
Across: 5 Accessory, 10 Saskatoon, 12 Optimistic, 13 Preliminary, 14 Domestic, 15 Perth, 16 Cashier, 19 Comb, 20 Printer, 21 Drydock, 25 Seventeen, 26 Megapixel, 30 Plateau, 31 Dolphin, 32 Rare, 35 Senates, 36 Digit, 37 Sealiner, 39 Candlestick, 40 Equestrian, 41 Consonant, 42 Peach tree.
Down: 1 Barrier reef, 2 Skeleton key, 3 Stamp, 4 Noonday, 6 Copy, 7 Editor, 8 Spider, 9 Reptilian, 11 Ice cube, 12 Orchard, 14 Dead Sea, 17 Reptile, 18 Octagon, 22 Feather, 23 Oil painting, 24 Reminiscent, 27 Caravan, 28 Brisket, 29 Creature, 33 Dewdrop, 33 Dewdrop, 34 Parsec, 35 Secret, 38 Sense, 39 Cave.

**I don't want to brag, I finished the puzzle in under a week and it
said 2-4 years on the box.**

**Money can't buy happiness - but it's far more comfortable to cry in a
Porsche than on a bicycle.**

WANTED
OLD BICYCLES & BIKE PARTS
TOYS & OTHER COLLECTIBLES
FROM THE 1930'S, 40's, 50's, 60's
CASH PAID & WILL PICK-UP!

CALL SCOTT (414) 254-7572
or email
SCOTT@BICYCLECOLLECTOR.COM

0% Financing Available!

**\$99^{A/C} TUNE-UP
SPECIAL**

**Save BIG on
Indoor Air Quality**

visit us at
thielmanngroup.com

(262) 299-6197 | 6 Locations to best serve Southeastern Wisconsin

LIGHT UP YOUR SENSES



WIN
WIN
WIN

Get the perfect blend of big-city entertainment and small-town charm when you immerse yourself in the Potawatomi Casino Hotel Milwaukee experience.

Book your winning stay today.



 **POTAWATOMI**[™]
CASINO | HOTEL
MILWAUKEE

[PAYSBIG.COM](https://paysbig.com)    

1721 WEST CANAL STREET | MILWAUKEE, WI 53233 | 414-847-7883
MUST BE 21 YEARS OLD TO DINE | PLEASE DRINK RESPONSIBLY
©2024 FOREST COUNTY POTAWATOMI COMMUNITY, MILWAUKEE, WISCONSIN