

Your

MAGAZINE

LIFE!

September 2019

A FREE PUBLICATION

www.yourlifemagazine.net

PRINT and ONLINE EDITIONS

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



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National News: Not so cool to light up

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EXPERIENCE ROAD AMERICA

ROADAMERICA.COM | AGES 16 & UNDER ADMITTED FREE WITH ADULT



A DAY FOR WOMEN

2nd annual event at Road America

Wednesday, September 25

8:30am - 3:30pm

\$25 per person includes light breakfast, seminars, keynote speaker, lunch, door prizes, and wine tasting

Seminars to include:

Devon Beckes - Travel Leaders

Sue Breitbach Fenn - American Family Insurance

Lisa Hurley - Aging & Disability Resource Center

Beth Levendusky - Door Peninsula Winery

Alison Petri - Steimle Birschbach Law

Shannan Roeh - Aspira Spa, Osthoff Resort

And more!

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you by



VERVE

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UPCOMING TRACK EVENTS

September 13-15

Ariens Art on Wheels Weekend featuring VSCDA Elkhart Lake Vintage Festival *over 500 cars*

September 20-22

World Challenge Weekend

October 18-19

Ladies Learn to Ride Motorcycles

October 26 & 27

Road America Track Day *Drive your own sportscar! Three driving groups – Novice, Intermediate and Advanced. Instructors available on site.*

November 2

41st Annual Road America Walk/Run for the American Cancer Society *(morning event)*

4 Mile Evening Dinner Series – Casino Night *(evening event)*

From the Publishers

SEPTEMBER 2019



Fresh fish ready to clean & eat!



Go Brewers! Go Wisconsin!

Welcome Back!! Let's revisit summer vacation...

Highlights: 1) Dancing to King Solomon reggae at local summer stages; 2) State Fair turkey legs and grilled cheese; 3) Watching 10 caterpillars turn into Swallowtail butterflies in our butterfly terrarium; 4) Cold beer; 5) Making our backyard camper into a she-shed with fresh flowers, candles, and chocolate; 5) Watching my 13+ lab swim with puppies at Ottawa Lake; 6) Cold beer - did I say that already?? 7) Having a great neighbor that lets us use his riding lawn mower; 8) Our daughter still too young to drive; 9) Discovering 'Designated Survivor' on Netflix and doing late night marathons; 10) Seeing a new generation of Comet fish emerge in our backyard pond after a battle with the visiting demon Blue Heron who ate almost all of them; 11) Fresh panfish from our favorite lake (and yes, I always catch more than Tom because he is pre-occupied baiting my hook - ugh! :) and my favorite... NO DEADLINES!

What to do with all the delicious garden harvest!?. I feel like Dorothy in Oz - tomatoes, zucchini and pickles oh my (get it...lions and tigers and bears oh my). A little crop rotation went a long way this year

and our garden has been a mini Eden! We stretched our creativity for some very interesting new harvest recipes on page 25. Easy and delicious.

Big news in our house is that Tom has sold his liquor store and is mellowing out! Now that he is not on the phone taking stressful calls, he's developing a new quirky humor that's really kinda cute- kinda. If you know my husband, he is a hybrid type A personality. In the first 3 weeks he painted our house and is now charging into rental properties. Wanna sell? Call him. Get him out of my hair and out of my house so I can get some work done!!

Amara has been a camp counselor 'in training' all summer and now dove (literally) into swim team at Brown Deer HS. I love it when she comes home smelling like chlorine - makes *me* feel like I have been at the gym all day! Sophomore year will, I am sure, bring another basket of drama biscuits and all the truly wonderful things a teenage daughter adds to a home. Really!!!

There is probably a theory about trying to catch up on tasks when the work load is enjoying a summer low. This year I just really enjoyed the calm. Lesson learned - relax. No one but you cares if the house needs a vacuum. I would much rather work harder when the weather is nasty and play harder when perfect summer weather is available. Makes perfect sense to me.

Arts & Entertainment fall previews take a highlight this issue as Milwaukee's theater schedules begin. Check out the guide on page 6 and enjoy a good show, an excellent glass of wine and a night out!!

LIFE. *Enjoy it!* Sandy and Tom Draelos

INSIDE THIS ISSUE



RAW Food Diet for Dogs PRO vs CON

The pet-food industry is huge and their kibble has been rattled thanks to the latest trend in pet care: a raw food diet.

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Best WI Fall Hikes with a View

From the tops of bluffs to remote lakeshores, Travel Wisconsin offers up some of the best fall hikes for a day of autumn color!

-page 13



E-Cigarettes

E-cigarettes are popular alternatives to regular cigarettes, but are they safe? Here's what you need to know.

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FALL 2019 A&E GUIDE

Guide starts on page 6

Milwaukee is rich in Arts and Culture!
 Entertainment and creativity is always good for the heart and soul. Take a look at our local fall preview of not-to-miss shows and venues for a smooth transition into Milwaukee's next season of fun!

Your LIFE! is a monthly publication serving the 45 and above readership of Milwaukee, Waukesha, Washington and Ozaukee counties.

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

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\$50.00

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 from Franklin

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A CALENDAR OF EVENTS

SEPTEMBER 7 - OCTOBER 5

Oktobertfest, Heidelberg Park
700 W Lexington Blvd, Glendale
Don your favorite dirndl or lederhosen and stop by the Bavarian Bierhaus for an Oktoberfest celebration full of polka, beer, and fun! Join us for five consecutive weekends in featuring music from some of your favorite bands

SEPTEMBER 8

Harbor Fest 2019
11am-4pm
600 E. Greenfield Ave, Milwaukee
Join us for a free, family-friendly celebration of all things fish & boats. Check out Harbor View Plaza, enjoy live music, local food, boat rides, Milwaukee Boat Parade & more

SEPTEMBER 8

Starving Artists' Show
Mount Mary University
This outdoor art show is hosted on the west lawn of the Mount Mary campus, featuring over 200 local and national artists who work in pottery, fiber, photography, painting, sculpture and more. All artwork is original and priced at \$100 or less

SEPTEMBER 12

Grill-Side on the East End Sausages: MKE Cookout
Milwaukee Art Museum
Relish the flavors of the season, as Café Calatrava chefs fire up the grill and serve up a tasty à la carte menu. Great food, live music, and a memorable summer evening. Museum admission is not required

SEPTEMBER 13-15

Wisconsin 4-H Horse Expo
Wisconsin State Fair Park
Horse Events: Showmanship, Pleasure, Driving, Equitation, Western Riding, Trail, Cones, Reinsmanship, Saddleseat, Hunt Seat, and Western

SEPTEMBER 14

Free Movie Night in Gazebo Park
Hotel Transylvania 3
Greendale's Gazebo Park at dusk!
Food for sale before the movie begins. Bring a lawn chair or blanket and bug spray! In case of rain the movie will be shown at the Greendale High School Auditorium. Movie and popcorn is only \$1

SEPTEMBER 14-15

Maker Faire@ Milwaukee
Greatest Show (& Tell) on Earth - family-friendly showcase of invention, creativity, and resourcefulness. Students, young talent, skilled makers, families and educators interested in technology, advanced manufacturing, trades, and emerging fields

SEPTEMBER 20-22

Milwaukee Brewing Oktoberfest
1128 N. 9th Street
Milwaukee Brewing is excited to announce our first annual Oktoberfest! Together with Glass + Griddle, this weekend-long event will feature several of our German beers, live music, food, and other entertainment

SEPTEMBER 21

45th Holy Hill Arts & Crafts Fair
230+ Artists and Craftsmen present their work in a natural setting offering pottery, paintings, woodcarving, textiles, metalwork, jewelry, stained glass, photography, sculpture, mixed media, and more. Live entertainment, refreshments, door prizes, silent auction. Admission \$5. Rain or shine.
HolyHillArtsandCraftsFair.com

SEPTEMBER 21

East Troy Railroad Milwaukee Day
2002 Church St, East Troy
Enjoy viewing and riding streetcars and equipment from the Milwaukee Electric Railroad & Light Company of 90 years ago. This is a one-day event. \$8 for kids; \$12.50 for adults; \$10.50 seniors

SEPTEMBER 21

Fromm Petfest
Henry W. Maier Festival Park
Fun event for two-legged and four-legged attendees. Free event features pet-focused attractions, including dock diving, agility and lure courses, main stage presentations including training and trick clinics, a pet-themed marketplace, family-focused activities, contests, music, food and more. Bring your dog and cat

SEPTEMBER 21-22

Cedarburg Wine & Harvest Festival
Kick-off this beautiful season, come and celebrate a sweet and savory weekend at the 7th Annual Wine & Harvest Festival in historic downtown Cedarburg!

SEPTEMBER 22

Komen Race For The Cure More Than Pink Walk®
Henry W. Maier Festival Park
Join the fight as we walk to beat breast cancer this September!

SEPTEMBER 27-29

Harvest Fair
Wisconsin State Fair Park
Enjoy a day of fall fun at the Harvest Fair! This free event is full of fall-themed activities for kids and families

SEPTEMBER 28

Apple Pickin'
Urban Ecology Center - Washington Park
1859 N. 40th St., Milwaukee
Take a guided tour of the nature trails at Blue Heron Wildlife Sanctuary in Saukville and pick from the numerous varieties of apple trees in their orchard. Bring bags to bring home some apples! Please register by September 7th

SEPTEMBER 28

Historic Brewing Demonstration at Old World Wisconsin
Old World Wisconsin is brewing 19th century beer. Experience what your great-great-grandfather was brewing! See brewers use equipment and techniques from the late 1800s and heirloom hops

SEPTEMBER 28

Doors Open Milwaukee
Doors Open Milwaukee is a two-day public celebration of Milwaukee's art, architecture, culture and history. Tour over 160 sites throughout Milwaukee including skyscrapers, art galleries, community gardens, theaters and more!
historicmilwaukee.org/doors-open

SEPTEMBER 29

HKEMKE
Riverside Park
1500 E. Park Place, Milwaukee
Only fundraising hike for urban nature in urban nature! Benefiting the Urban Ecology Center, hike will take you on a 2.5-mile route in Riverside Park, through the Milwaukee Rotary Centennial Arboretum and along both sides of the Milwaukee River. Family-friendly. Register at urbanecologycenter.org/hkemke

OCTOBER 5

AIDS Walk Wisconsin
Taking place along Milwaukee's lakefront, the pledges help people with HIV live longer, healthier lives. Starts and finishes at the Summerfest Grounds. <http://www.aidswalkwis.org>

OCTOBER 5

29th Annual Scandinavian Festival
Ronald Reagan Elementary School
Nordic Shopping, Genealogy, Language, Authentic Nordic Food, Activities, and more

OCTOBER 5-6

Cedarburg's Oktoberfest
Bursting with gemütlichkeit. Free admission! Authentic German music and entertainment. Ever seen a live Glockenspiel Show (Cuckoo Clock), this delightful, goofy event will make you laugh as it reappears every two hours

OCTOBER 13

21st Milwaukee Empty Bowls Event
Kern Center - MSOE
1245 N. Broadway, 11am - 2pm
Creative work of area artists, soup and bread from more than 30 restaurants and bakeries, kids' activities, beer, and live music. Bowls: \$25 each | Budding artist bowls: \$10 each. Spoons: \$10



Jean Wells at her craft.
Jean's Clay Studio in Brown Deer
Stephanie Bartz Photography

Celebrate Milwaukee's Fine Art Craft Scene

The Wisconsin Designer Craft Council (WDCC) is proud to present its first **MKE Fine Craft Studio Tour**. This new fall arts event runs on Saturday & Sunday, Oct. 5 & 6, from 10 am through 5 pm both days.

The Tour will showcase the working studios of 13 Wisconsin Designer Crafts Council members residing in Milwaukee County. Each "Host" studio will also feature one or more WDCC guest artists for a total of 33 participating artists. Attendees will be able to view the creative environments where the host artists develop and produce their wares while also shopping the one-of-a-kind artisan goods displayed during this two-day event. Each location will offer a distinct variety of fine crafts such as: fiber, leather, ceramics, woodworking, sculpture, metalsmithing, photography, mixed media, jewelry, painting and glass.

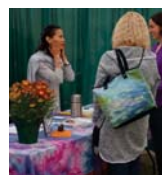
This open studio event is a self-guided driving tour of 13 WDCC member studios in Milwaukee County.

Visit MKEfinecraftstudiotour.org for information on participating artists. All 13 locations are linked to Google Maps and a printable map is also available on the website. Attendees can visit all thirteen tour stops or select a variety of stops based on their personal interests.

THE WellnessFair

Annual wellness fair to meet and learn from accredited professionals!

October 20th, 2019 • 11:00 AM - 4:00 PM



- Five LIVE Presentations
- 50+ Qualified Vendors
- Door Prizes & Raffles
- Door Bad to Attendees
- Program Booklet as a Guide
- Best Health Information
- Networking & Connecting

EARLY BIRD RSVP: \$7/person • AT DOOR COST: \$10/person

VENUE: The Ingleside Hotel (Pewaukee, WI)

DOWNLOAD YOUR FREE WELLNESS REPORT AT:

www.TheWellnessFair.org/YLS



FALLS PATIO PLAYERS PRESENT

Glorious!

The True Story of Florence Foster Jenkins, the Worst Singer in the World
by Peter Quilter

FALL 2019
Sept. 27th - 29th & Oct. 4th - 6th
Fri. & Sat. at 7:30 pm and Sun. at 2 pm
TICKETS: Adults \$15/ Seniors & Students \$13

262/255-8372 / FALLSPATIOPLAYERS.COM

North Middle School Auditorium
N88 W16750 Garfield Drive, Menomonee Falls, WI

Handicap Access

“Glorious! The True Story of Florence Foster Jenkins, the Worst Singer in the World” is presented by special arrangement with SAMUEL FRENCH, INC.

have fun.



2019 FALL PREVIEW ARTS AND ENTERTAINMENT GUIDE

“The arts truly set the Milwaukee Region apart from other urban areas its size.”

More than 150 arts and cultural organizations are located in the seven-county region, prompting American Style magazine to consistently select the area as one of the top 25 arts destinations in the United States. The United Performing Arts Fund, which sponsors local activities, is the most successful fund-raising organization of its kind in the country.” ~www.choosemilwaukee.com

BE SOUND MUSIC

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www.besoundmusic.com

Julie Brandenburg / besoundmusicstudio@gmail.com

At Be Sound, we teach all instruments at all levels and our lesson instructors are experienced and credentialed. Our students receive personalized learning plans that are effective, fun and inspiring. Be Sound also offers music production services in all styles. We are a professional music studio, not a music store. Start your musical journey today by calling or emailing Be Sound Music!

BELCANTO CHORUS

414-481-8801 / www.belcanto.org

Founded in 1931, Southeastern Wisconsin's oldest continually performing arts organization. Auditioned adult performance chorus of approximately 100 singers and a Senior Singers program for those 55 or better.

October 13 / Flights of Fancy / West Performing Arts Center

Christmas in the Basilica of St. Josaphat

Dec 13: 7:30 pm & Dec 14: 12 pm/7:30 pm / Dec 15: 4pm

Free Senior Singers Concerts

Nov 17 2pm / Mequon United Methodist

Nov 24 2pm / St. Elizabeth Ann Seton Catholic Parish

Nov 26 7pm / San Camillo Retirement Community

CONCORDIA UNIVERSITY THEATRE

262-243-4444 / Todd Wehr Auditorium / 12800 N. Lake Shore Dr., Mequon
www.cuw.edu

Concordia University Players are a group of Concordia theatre and non-theatre students who participate in CUW Theatre productions, directed by theatre faculty and professional artists. We produce 3-5 plays a year across genres.

Nov. 7-10 / Meet Me in St. Louis

ELKHART LAKE'S ROAD AMERICA

920-892-4576 / N7390 State Highway 67, Plymouth
www.roadamerica.com

America's National Park of Speed. Established in 1955 and located midway between Milwaukee and Green Bay in Elkhart Lake. The world's best racers have competed at this legendary 4-mile, 14-turn road circuit. The 640-acre, park-like grounds offer amazing viewing opportunities, fantastic concessions and high-speed excitement to hundreds of thousands of spectators each year.

Sept 25 / A Day for Women

FALLS PATIO PLAYERS

262-255-8372 / North Middle School Auditorium/N88 W16750 Garfield Dr, Menomonee Falls / www.fallspatioplayers.com

Falls Patio Players was established at a meeting in 1966 on the "patio" outside of the school in Menomonee Falls, where we still perform. Our 2016 production of My Fair Lady was voted "Best Musical by a non-professional company" by Footlights and viewers.

Sept 27-29 & Oct 4-Oct 6 / Glorious! The True Story of Florence Foster Jenkins, the Worst Singer in the World.

Oct 25-27 / Shrek the Musical, Jr.

Dec 6-8 / Christmas Carol

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2019 FALL ARTS AND ENTERTAINMENT GUIDE

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FALLS PATIO PLAYERS

262-255-8372 / North Middle School Auditorium/N88 W16750 Garfield Dr, Menomonee Falls / www.fallspatioplayers.com

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Sept 27-29 & Oct 4-Oct 6 / Glorious! The True Story of Florence Foster Jenkins, the Worst Singer in the World.

Oct 25-27 / Shrek the Musical, Jr.

Dec 6-8 / Christmas Carol

FESTIVAL CITY SYMPHONY

262-853-6085 / Concerts at the Pabst Theatre / www.festivalcitysymphony.org

Festival City Symphony, the area's oldest performing symphony orchestra, showcases area professional musicians, extending the reach of classical music in the community with reasonable pricing and informative formats for all ages. Join us for Symphony Sundays at the Pabst Theater and free Pajama Jamborees at the Marcus Center Bradley Pavilion.

Sept 22 / "Esplanade: Pictures at an Exhibition" / Symphony Concert at Pabst Theater

Nov 10 / "Tales and Impressions" / Symphony Concert at the Pabst Theater

Dec 4 / "Holiday Pajama Jamboree" / Free concert for families at the Bradley Pavilion

MENOMONEE FALLS COMMUNITY LEAGUE CRAFT FAIR

Menomonee Falls HS / N80 W14350 Titan Dr, Menomonee Falls

www.communityleague.com

Oct 19 / A Community Affair - 9am to 3pm. Admission \$4

Arts, crafts, antiques, café, basket and cash raffles. Over 95 juried exhibitors.

OCONOMOWOC ARTS CENTER

Oconomowoc Arts Center

(262) 560-3179 / 641 E Forest St / www.theoac.net

Continuing its long tradition of bringing quality arts programming to the Oconomowoc community during our 2019-20 season. Our mission is to provide the highest level of entertainment programming to the Oconomowoc Area School District and communities of the region for the purpose of cultural education, entertainment and enrichment.

Sept 12: An Evening with Jerry Kramer 6 pm

Sept 13-Nov 4: Donna Lexa, Waukesha Community Art Project

Sept 21: Drew Harrison's In the Spirit of Lennon 7pm

Oct 3-Nov 25: Studies Of Light and Form

Oct 4-6: MainStage Academy of Dance Presents Dracula

Oct 12: Tweed featuring Gervis Myles 7pm

Oct 19: ComedySportz Meal 6:15 | Show 7pm

Oct 26: DUO - Eddi Hüneke & Tobi Hebbelmann 7pm

Nov 8: Oconomowoc High School Student Show through Jan 13

Nov 15-17 & 22-23: OHS Players present West Side Story

Nov 27-Jan 6: The Gift of White

Nov 30: Behind the Scenes with The Nutcracker 10am and 12:30pm

Dec 6-8: MainStage Academy of Dance presents The Nutcracker

Dec 14: That Holiday Feeling - Sinatra & Company 7pm

ORGANIC ARTS

414-702-6053 / orgarts@gmail.com 2609 S. Delaware Ave /

Milwaukee www.performingartsmilwaukee.com

Organic Arts is a collaborative of life-long performing artists presenting performing arts programs for senior centers, libraries, parks, festivals, schools, churches and community events. The artists have spent a lifetime presenting music, storytelling, environmental and cultural heritage events matching family-oriented artists to the community's event and educational needs.

PABST THEATER

(414) 286-3205 / 144 E Wells St, Milwaukee

pabsttheater.org

SCHAUER ARTS & ACTIVITIES CENTER

262-670-0560 / 147 North Rural St., Hartford / www.SchauerCenter.org

Filled with culture and history, the Center was transformed from a 1918 canning factory into a non-profit, regional center for the arts that inspires creativity and connects people. Opening in 2001, the Schauer Arts Center presents professional touring performances, regional artwork, and year-around arts education programming.

September 14 / Manitowoc Minute's Charlie Berens

September 20 / Elvin & Johnny (A Tribute Starring Joseph Hall & Paul Eve)

September 27 / Wisconsin Brass Quartet

October 5 / David Victor Formerly of Boston (The Hits of Boston & Styx)

October 11 / Sister's Back to School Catechism (The Holy Ghost & Other Terrifying Tales)

October 18 / The Art of Polka

October 19 / Chicken Wire Empire

October 25 / Exile 55th Anniversary Tour

November 2 / The Whiskeybelles

November 23 / 'Twas the Night Before Christmas (Milwaukee Ballet School)

December 6 / Top of the World (A Carpenters Christmas Tribute)

December 13 / 'Twas the Month Before Christmas

December 14 / 3 Redneck Tenors Christmas Spec-Tac-Yule-Ar

December 20 / Peter, Paul & Willy

A&E continued on page 9



PAJAMA JAMBOREES

Free Classical Pops
Concerts for Families

7-8 p.m. at the Marcus Center,
Bradley Pavilion

DECEMBER 4, 2019

FEBRUARY 12, 2020

MAY 6, 2020

SYMPHONY SUNDAYS

Classical Music
for All Ages

2 p.m. at the Pabst Theater

SEPTEMBER 22, 2019

Esplanade:

Pictures at an Exhibition

NOVEMBER 10, 2019

Tales and Impressions

MARCH 22, 2020

Let Freedom Ring!

MAY 3, 2020

Monuments



Folk Music for All Seasons



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~ Wisconsin Troubadour and Storyteller ~

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 —Larry King, CNN

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 —THE WALL STREET JOURNAL

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 —The Washington Post

"The Capitol Steps are what Washington would be like if everyone were smarter and could sing."
 —P.J. O'Rourke, Humorist

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Saturday, Sept. 21 • Pabst Theater

2019-20 SCHAUER PERFORMING ARTS SERIES

"EXPECT THE UNEXPECTED" AND MUCH MORE!

Wisconsin Brass Quintet - Sep 27	David Victor Formerly of Boston - Oct 5
Sister's Back to School Catechism - Oct 11	The Art of Polka - Oct 18
Chicken Wire Empire - Oct 19	Exile - Oct 25

TICKETS ON SALE NOW!

262-670-0560 ext. 3 • SchauerCenter.org
 147 N. Rural Street, Downtown Hartford
 Box Office: Mon-Fri 11:30 am - 5:30 pm & Sat 11:30 am - 2:00 pm

SCHAUER ARTS CENTER

JOIN US FOR OUR

2019/20

PERFORMANCE SEASON!

SEPTEMBER 28	VIVA MOMIX
OCTOBER 9	A TRIBUTE TO DEAN MARTIN
OCTOBER 11	ABBY JEANNE
OCTOBER 25	MARC BROUSSARD
NOVEMBER 8	KEITH PULVERMACHER
NOVEMBER 20	SIMON & GARFUNKEL [REVISITED]
NOVEMBER 23	JOHN PIZZARELLI & CATHERINE RUSSELL
DECEMBER 11	FLORENTINE OPERA HOLIDAY CONCERT
DECEMBER 14	EILEEN IVERS
DECEMBER 22	MSO HOLIDAY CONCERT
JANUARY 24	TEDDY DAVENPORT & THE CUSHIONS
JANUARY 25	COZY TALES BY THE FIRE: CINDERELLA
FEBRUARY 15	DAVINA & THE VAGABONDS HOT CLUB OF COWTOWN
FEBRUARY 19	TONIC SOL-FA
FEBRUARY 21	THE CARLOS ADAMES GROUP
MARCH 1	DIABOLO ARCHITECTURE IN MOTION
MARCH 27	KATIE BOECK
MARCH 28	UKULELE ORCHESTRA OF GREAT BRITAIN
APRIL 1	BILLY STRITCH
APRIL 17	PAUL SILBERGLEIT SEXTET
MAY 6	WHAT WOULD PETULA DO?
MAY 8	BETSY ADE & WELL-KNOWN STRANGERS
MAY 16	KATHY MATTEA

Sharon Lynne Wilson Center for the ARTS

SINGLE TICKETS ON SALE NOW!
 262-781-9520 • WILSON-CENTER.COM



2019 FALL ARTS AND ENTERTAINMENT GUIDE

continued from page 7

SHARON LYNNE WILSON CENTER FOR THE ARTS

Box Office / 262-781-9520 / 19805 W. Capitol Drive, Brookfield
www.wilson-center.com

A cultural anchor in Greater Milwaukee, the Center is a multidisciplinary arts facility with an 18-year history of providing intimate arts experiences. Located in Brookfield's beautiful Mitchell Park, the Wilson Center presents renowned dance companies, jazz legends, local singer-songwriters, global music sensations, and more.

September 28 / Viva MOMIX!

October 9 / A Tribute to Dean Martin featuring Joe Scalissi

October 11 / Abby Jeanne

October 25 / Marc Broussard

November 8 / Keith Pulvermacher

November 20 / Simon & Garfunkel Live in Central Park [Revisited]

November 23 / John Pizzarelli & Catherine Russell present: Billie & Blue Eyes,

December 11 / Florentine Opera Home for the Holidays

December 14 / Eileen Ivers – A Joyful Christmas, Saturday

December 22 / Milwaukee Symphony Orchestra Holiday Concert

SOUTH MILWAUKEE PERFORMING ARTS CENTER

414-766-5049 / 901 15th Avenue, South Milwaukee / www.southmilwaukeepac.org

South Milwaukee Performing Arts Center (SMPAC) hosts several events a year inside the high school of South Milwaukee. Affordable arts events in our 786-seat, amazing sound theatre. Free parking. Located between College and Rawson on 15th Ave. "Performing arts have the power to educate, inspire, lift spirits and even change lives," proclaims SMPAC Executive Director Rachel Sorce. Call for tickets today!

September 21 / Artrageous

September 25 / Celtic Angels Ireland with The Celtic Knight Dancers from Riverdance & The Trinity Band of Dublin

October 19 / Matt Vee Family & Friends Celebrate the Music of Neil Diamond

Nov 16 / Mark O'Connor Band: Coming Home

December 13 / Navidad Mexicana – Featuring Mariachi Reyna de Los Angeles, America's first ladies of Mariachi

SUNSET PLAYHOUSE

262-782-4430 / 700 Wall Street, Elm Grove / www.SunsetPlayhouse.com

Sunset Playhouse is Wisconsin's premiere community theater located in the heart of Elm Grove. Producing eight Furlan Auditorium Productions per season - comedies, mysteries, and musicals. Also home to three professional series: Musical MainStage Concert Series, SideNotes Cabaret Series and Bug in a Rug, a children's series

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Oct 10-Nov 3 / Mamma Mia

Dec 5-22 / The Game's Afoot/Holmes For The Holidays

SideNotes Cabaret Series

Sept 26-29 / Crown Jewels of Jazz

Dec 4-8 / Unforgettable: The Music of Nat King Cole Musical MainStage

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Liberace – West Allis

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Tony Shalhoub (Monk) – Green Bay

Emmy-winner Tony Shalhoub got his start acting as a young kid at Green Bay East High School when he landed a spot in the school's production of The King and I.

Willem Dafoe – Appleton

Rumor has it Willem Dafoe doesn't like his hometown of Appleton. But that has to be a rumor, because what's not to love about Appleton?

Gene Wilder – Milwaukee

The man most of us know as the original movie-version of Willy Wonka and the hilarious young Dr. Frankenstein was born in Milwaukee in 1933. His birth name was actually Jerome Silberman

Chris Noth – Madison

Whether you know him as Mr. Big from Sex in the City or Detective Mike Logan on Law

and Order or his Elliot Spitzer scandal inspired character on The Good Wife.

Les Paul – Waukesha

The world owes a debt of gratitude to Wisconsin. Les Paul is the man credited with inventing the solid-body electric guitar.

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John Fiedler (Piglet) – Platteville/Shorewood

Deep in the Hundred-Acre Woods... John Fiedler will always be remembered as the voice of Piglet from Disney's version of Winnie the Pooh.

Greta Van Susteren – Appleton

Here's one well-known Wisconsinite who loves her home-state and often speaks highly of it

Spencer Tracy – Milwaukee

One of the biggest stars from the Golden Age of Hollywood grew up in the Badger State.

Tom Wopat (Luke Duke) – Lodi

He may have played a Southern boy on The Dukes of Hazzard, but Luke Duke was a Wisconsin boy in real life.

Charlotte Rae (Mrs. Garret) – Shorewood

The understanding, motherly character of Mrs. Edna Garret from Different Strokes and The Facts of Life had to be played by a woman from Wisconsin.

Excerpt source from www.whoone.com

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FAMOUS!

Try not to become a man of success but rather to become a man of value.

~Albert Einstein

Imperfection is beauty, madness is genius and it's better to be absolutely ridiculous than absolutely boring.

~Marilyn Monroe





PRO vs CON Raw Food Diet for Dogs

The statistics say it all: Americans are crazy about dogs. In fact, according to the ASPCA, there are an estimated 78 million dogs from coast to coast, and 44% of U.S. households have a pooch. That's some serious puppy love, and all those tail-waggers need to be fed. The pet-food industry is huge and their kibble has been rattled over the last few years thanks to the latest trend in pet care: a raw food diet for dogs.

The Raw Facts about a Raw Food Diet for Dogs. This type of diet is pretty much exactly what it sounds like: uncooked natural foods. A common acronym is—ironically—BARF, which can stand for Bones and Raw Food or Biologically Appropriate Raw Food. It basically consists of some or all of the following: Fruits/Vegetables; Raw/Meaty Bones; Organ Meat/Muscle Meat.

Some high-end grocery stores now have entire coolers and freezers dedicated to the protein side of this diet, making it easier for dog owners to prepare their pets' meals, but doing so 100% still requires a considerable time commitment. A true aficionado might spend as much time putting together their dog's dinner as they do their human family's!

Statistics for a Raw Food Diet for Dogs. This new trend is certainly popular, so if you're considering it, you're in good company. According to pet food industry experts, the majority of sales for commercially-prepared raw food options are to owners who want to add a little bit of raw goodness on top of kibble. The next biggest seller is "full meal" raw food products. One thing's for sure: raw food diets are big business in America with sales of raw and raw alternative dog food more than doubling in just four years: from \$117 million to \$393 million recently.

The Pros and Cons. The pro-raw reasoning is that modern dogs' ancestors all lived on bones, raw meat, and while vegetation, so it's a natural fit for today too. Not necessarily! Right now, reports of health benefits or detriments are mainly anecdotal, and large-scale statistics are still probably several years away, but experts definitely have opinions. Here are some quick pros and cons, according to the experts at Modern Dog Magazine.

PROS

Safety: You know exactly what ingredients your dog's eating, so there's no need to worry about commercial-food recalls

Meet your Dog's Unique Dietary Needs: If your dog is allergic to or has aversive physical reactions as a result of eating certain ingredients in commercial foods, a raw food diet may be the solution

All-Natural: If you are concerned about preservatives in commercial food, then a raw diet might be an attractive alternative

CONS

Possible Contaminants: Raw diets can put dogs at risk for Salmonella, Campylobacter, E.coli, and more

Safety Risks: Dogs can choke, chip their teeth, or suffer intestinal blockage or organ perforations from chewing on and eating bones. Additionally, dogs have a hard time digesting raw vegetables, so veggies should be blanched and ground, which requires more work

Convenience: No doubt about it—a raw food diet for dogs can be expensive and it's definitely more time-consuming. Feeding is more difficult or complicated whether you're traveling with your dog or if you've left him behind with a sitter.

The Tip of the Tail. When in doubt, it's always wise to ask a veterinarian you trust. Your dog may have certain health conditions that make a drastic change in diet prohibitive. Be sure to also do extensive research on the internet before talking with your vet, so you can make a truly informed decision about what goes in your beloved dog's supper dish—it's such an important choice!

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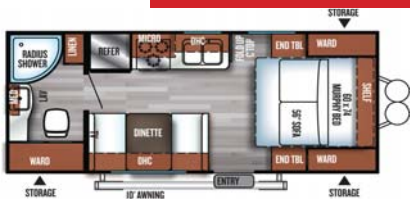
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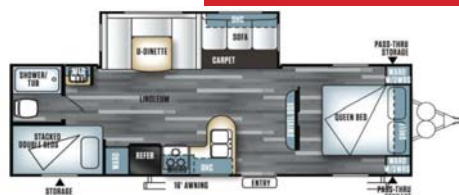
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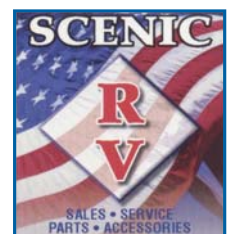
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Wisconsin Fall Hikes with Picture-Perfect Views

When fall in Wisconsin turns the landscape from vibrant green to a kaleidoscope of reds, oranges and yellows, it's time to grab the camera and start hiking. Here's a roundup of prime locations – from the tops of bluffs to remote lakeshores – that are well worth the hike or climb. The reward at the end is a stunning view and a great photo.

And once you get your photo, share your scenic vista with other fall hikers by uploading your image to the [Travel Wisconsin Fall Color Report](#).



Interstate Park: The Grandfather of Wisconsin Parks

Head to the town of St. Croix Falls, where Interstate State Park straddles the St. Croix National Scenic Riverway. Technically, the park exists in both Wisconsin and Minnesota but we think our side is better. Wisconsin's oldest state park, people have been visiting since 1900. Hike the Pothole, Summit Rock or River Bluff trails for the best views of the Dalles of the St. Croix. This steep-sided gorge was created after melted water from the Ice Age sculpted the riverside into uniquely carved bluffs. Keep an eye out for the "old man." We're referring to the Old Man of the Dalles, a rock formation carved in the bluffs in the shape of an old man's face – it's the Wisconsin version of Mount Rushmore.



Timm's Hill: Where Hill is an Understatement

How about climbing to the top of Wisconsin for a view of fall color? Timm's Hill in Ogema is Wisconsin's highest geographical point. Sitting at 1,951.5 feet above sea level, you can see 30 miles out from the top. In order to get a view from over the treetops, climb 88 steps to the top of an observation tower that sits on the hill. The trek is worth it because at this high altitude you'll see surrounding glacial hills packed with vibrant trees below. To the north is Timm's Lake and to the south you can see Placid Bass Lake and High Point Village Resort. If you have a panoramic setting on your camera, you'll want to use it here.



Door County Coastal Highway: The Long and Winding Road

In this case, the destination is worth the drive, rather than hike. Head all the way up the Door County Peninsula near Gill's Rock on Highway 42. A Wisconsin Scenic Byway, this stretch of Highway 42 twists and turns like a snake, offering views of winding road and brilliant fall leaves. Photographers love this spot, especially in the fall because the road is dripping with a mixture of northern hardwood, aspen and oak trees, with a few pine trees sprinkled in for a touch of green.



Rib Mountain: Pre-Ski Views

Granite Peak in Rib Mountain State Park is Wisconsin's largest downhill ski hill. And while Granite Peak is primarily known for its skiing, they offer fall color rides on its ski lift. That means amazing views and far less coats, hats, gloves, snow pants and gear. The Granite Peak Fall Color Sky Comet Ride gives visitors a chance to sit back and enjoy the views of Wausau from the comfort of your own 700-foot elevated chair. When you get to the top, hop off and take a hike around the park. No need to worry, your round trip ticket takes you back down.



Parnell Observation Tower: A Real Vantage Point

The Kettle Moraine State Forest, both north and south units, are popular for fall hiking and scenic drives. In the Northern Unit, a hike to the Parnell observation tower is the candle on the cake. Take the 3.5-mile Parnell tower trail loop to the highest point in the forest where a 60-foot observation tower awaits. At the top of the tower, see 25 miles out. Look south at farmland and rolling hills. Look north for a vast view of forests and glaciated hills in the distance. Look left and you'll likely see someone enjoying the same view as you.



Perrot State Park: Tall Bluffs Meets Fall Vistas

For one of the most stunning views on the Mississippi River head to Perrot State Park. The park marks the meeting point for the Mississippi River and Trempealeau River and is known for its 500-foot bluffs and views of the surrounding wetlands and riverbank area. But no one said a trip for the best view was easy; there's climbing involved here. The park offers a variety of trails that will take you to different lookout points. We recommend the views from Brady's Bluff East and West. Both are under a mile long and when you get to the top, your hard work is rewarded with a stunning view. Make this the spot for your holiday card photo.



Holy Hill Basilica: A View That's Just Divine

Standing atop the observation deck at Holy Hill Basilica in Hubertus is an almost spiritual feeling. Maybe it's the view – at 192 feet tall, you'll see a stunning view of the Kettle Moraine Southern Unit. Or, maybe it's the history of the location. Holy Hill Basilica was declared a Shrine of Mary in 1903 and in 2006 became a Minor Basilica. History and divinity aside, there's something to be said about the climb to the top. With 178 steps to the observation tower (the highest point in southeastern Wisconsin), it's practically a miracle when you make it to the top. Look to the east and make out the Milwaukee skyline 30-some miles away. Look down and see the fall color spreading across the Kettle Moraine State Forest. If you're feeling up to more hiking, check out the Ice Age Trail. While you're at Holy Hill visit the shrine and chapel and walk the grounds to soak in the entire experience.



Devil's Lake State Park: Hanging Cliffside

It's the largest and most popular state park in Wisconsin for a reason. Drive into Devil's Lake State Park this season and you'll be blown away by fall color. It starts at the main entrance road with a welcome tunnel of bright gold maple leaves. It's a favorite photo op spot, but that's not all. Take either the East Bluff or West Bluff trails for amazing views of the park and the 500-foot tall quartzite bluffs. These rock bluffs are oddly shaped and Devil's Lake's signature feature, attracting photographers from all over to capture their unique beauty. And don't be alarmed if you see someone hanging from the side of a cliff. Rock climbers like fall color too, and this is a popular place to climb.



Geneva Lake Shore Path: A Path with Million Dollar Views

For a more leisurely stroll with the million dollar views, take a stroll along the Geneva Lake Shore Path. The footpath, which stretches for 21 miles around Geneva Lake, offers beautiful views of water and fall colors. But we're not going to beat around the bush here. We love this path because it gives visitors the perfect opportunity to gawk at the gorgeous mansions that ring the lake. Whether it's the Lake Geneva Estates, Stone Manor, or the Wrigley Estates, these mansions, with their perfectly groomed lawns and fall color trees, are a sight to make anyone's jaw drop. Take a photo and tell your friends you won the lottery. We won't tell.

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ELECTRONIC CIGARETTES

Not a Safe Way to Light Up

E-cigarettes are popular alternatives to regular cigarettes, but are they safe?

By Mayo Clinic Staff



If you've considered trying electronic cigarettes, you might wonder if they're really a safer or healthier option or if they can help you quit smoking. Here's what you need to know about e-cigarettes.

How do they work? Electronic cigarettes are battery-operated devices that heat a liquid solution (usually but not always containing nicotine), turning it into a vapor that can be inhaled. They are often called e-cigarettes, e-vaporizers or electronic nicotine delivery systems. Using e-cigarettes is often referred to as vaping.

Some e-cigarettes resemble traditional cigarettes, cigars or pipes. Others look like pens or flash drives or have completely different designs. E-cigarettes can be disposable or refillable. Most use a cartridge or have a reservoir to hold the liquid, also called e-liquid or e-juice. The liquid typically contains nicotine, flavorings, propylene glycol and vegetable glycerin.

The strength of an e-cigarette is measured by the amount of nicotine in milligrams per milliliter of the e-liquid. However, studies have raised concerns that product labels don't always provide accurate information about nicotine content.

Are e-cigarettes safe? Because e-cigarettes don't burn tobacco, most experts agree that they're likely to cause fewer harmful effects than traditional cigarettes. But some

e-cigarettes may contain harmful substances, such as carcinogens, toxic chemicals and delta-9-tetrahydrocannabinol (THC), the psychoactive ingredient in marijuana.

E-cigarettes containing nicotine aren't considered safe for adolescents, young adults or pregnant women. Nicotine can harm brain development in children and young adults into their early 20s and is toxic to developing fetuses. Children and adults have also been poisoned by swallowing, breathing or absorbing e-cigarette liquid through their skin or eyes, according to the Centers for Disease Control and Prevention.

In youth and adult nonsmokers, e-cigarette use also poses the risk of a nicotine addiction. This could lead to long-term use of e-cigarettes, the effects of which aren't known, or to the use of traditional cigarettes. Research has shown that teen use of e-cigarettes is on the rise and associated with future use of traditional cigarettes.

Rarely, e-cigarettes can cause severe harm. Defective e-cigarette batteries have caused fires and explosions, mostly while the batteries are being charged.

Will e-cigarettes help me quit smoking? E-cigarettes aren't an FDA-approved quit aid. Studies to test whether e-cigarettes can help people stop using tobacco have had inconsistent results. Limited research suggests that using only e-cigarettes containing nicotine to quit smok-

ing can be effective short term compared with using medicinal nicotine replacements. But there isn't enough evidence comparing the safety and effectiveness of using e-cigarettes to quit smoking and established evidence-based treatments. E-cigarettes might be appropriate only in those unwilling to try evidence-based smoking cessation therapies or haven't had success quitting.

If you use e-cigarettes to quit smoking, remember that your goal is to completely quit using all tobacco products. Also, the dual use of e-cigarettes containing nicotine and traditional cigarettes is strongly discouraged.

If you're looking for help to stop smoking, there are several Food and Drug Administration-approved medications that have been shown to be safe and effective for this purpose. A combination of medication and counseling has been shown to work best.

Because of the unresolved safety concerns and because the research on e-cigarettes as a stop-smoking aid is inconclusive, Mayo Clinic doesn't recommend use of e-cigarettes as a way to quit smoking.

If you want to stop smoking, call 800-QUIT-NOW (800-784-8669) call the Mayo Clinic Nicotine Dependence Center at 800-344-5984.

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DO YOU HAVE AN EYE PROBLEM?

By Cheryl L. Dejewski

According to ophthalmologist Mark Freedman, MD, "Loss of vision can have serious consequences that affect quality of life and independence, including an increased risk for falling, car accidents, depression, isolation, and other unpleasant factors. Failing sight can also increase the chance you'll need home care or nursing home placement." Daniel Ferguson, MD, of Eye Care Specialists adds, "Poor vision, however, is not a fact of aging. It's important to discover what's behind any changes or symptoms—whether it's simply the need for a new eyeglass prescription or something more serious like a vision-threatening eye condition."

"There are two key reasons why you need to see a professional rather than rely on your own perception," explains Brett Rhode, MD, Head of Ophthalmology at Aurora Sinai Medical Center. "First, problems in one eye can be masked by the other eye's ability to compensate. And, second, changes can occur so gradually that they go unnoticed. For example, patients with cataracts often have no idea how much light, color, and clarity has been lost until they are diagnosed and the cloudy lens (cataract) inside their eye is surgically removed and replaced with an implant. And, patients with glaucoma can lose their side vision so slowly that they don't realize it is like looking through a tunnel—with no chance of turning around and coming back out."

"Most vision-threatening conditions will eventually present symptoms if left untreated. The question is, 'Do you really want to wait until whatever is wrong causes permanent irreversible damage or leads to something serious like falling and breaking a hip or having a car accident?,'" asks Daniel Paskowitz, MD, PhD, an ophthalmologist with credentials from Harvard and Johns Hopkins. "That's why it's vital to have comprehensive dilated eye examinations at least every two years."

The doctors at Eye Care Specialists, Wisconsin's leading ophthalmology practice, put together a test (see green box at right) to help readers assess their vision. Eye surgeon Michael Raciti, MD, notes, "**Checking 'yes' to just one of these questions MAY mean that you have a vision-threatening concern. Your next step should be to schedule a comprehensive dilated eye exam** (which is typically covered by Medicare and/or insurance)." Medical optometrist David Scheidt, OD, adds, "If your eye care specialist

determines that you do have a cataract, macular degeneration (AMD), glaucoma, diabetic eye disease, or other condition, you can plan a course of treatment to protect and preserve your vision. But, that plan can't start until you take the first step to call and schedule a comprehensive eye exam."

Common Symptoms of Eye Concerns

Cataract: Hazy, blurred vision; glare problems

Diabetes: Blurring, dark spots, fluctuating vision

Macular Degeneration (AMD): Blind spots, straight lines look wavy, loss of central vision

Glaucoma: Loss of side vision ("tunneling" effect)

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

For FREE booklets on the topics above, call 414-321-7035. If you need an eye specialist or second opinion, call the offices below.



Take the Test

Are you seeing the best you can? Check any concerns you have noticed.

- Do you have trouble seeing, even with glasses/contacts?
- Do you need more light to read or see?
- Are you uncomfortable going out/driving at night due to your vision?
- Do lights at night have a "halo" effect?
- Is it difficult to see things in the distance, like road signs?
- Do bright lights, sunlight and glare bother you?
- Do you have trouble seeing to read newspapers, books, magazines, instructions, recipes, labels, crossword puzzles, and other small print?
- Are colors not as bright as they used to be?
- Do you have trouble seeing words and numbers on the TV?
- Do you have problems seeing the food on your plate?
- Are you having difficulty judging stairs and curbs?
- Do you bump into things or fall because of poor sight?
- Does your vision inhibit your ability to drive, cook, clean, shop, etc.?
- Does your vision inhibit your ability to enjoy hobbies like reading, watching TV, knitting, golfing, or going out with friends?
- Is your distance vision getting worse, especially outdoors?
- Do vertical lines (like signposts and light poles) appear wavy?
- Have you noticed dark or blank spots in your central vision?
- Do you have difficulty making out faces or reading clocks?
- Do you have diabetes and your vision is blurry or fluctuates?

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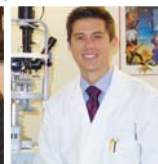
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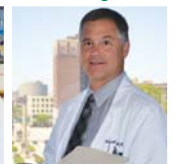
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Why are Americans So United?

They don't resemble one another even if you paint them! They speak all the languages of the world and form an astonishing mixture of civilizations. Some of them are nearly extinct, others are incompatible with one another, and in matters of religious beliefs, not even God can count how many they are. Still, the American tragedy turned three hundred million people into a hand put on the heart. Nobody rushed to accuse the White House, the army, or secret service that they are only a bunch of losers. Nobody rushed to empty their bank accounts. Nobody rushed on the streets nearby to gape about. The Americans volunteered to donate blood and to give a helping hand. After the first moments of panic, they raised the flag on the smoking ruins, putting on T-shirts, caps and ties in the colours of the national flag. They placed flags on buildings and cars as if in every place and on every car a minister or the president was passing. On every occasion they started singing their traditional song: "God Bless America!".

Silent as a rock, I watched the charity concert broadcast on Saturday once, twice, three times, on different tv channels. There were Clint Eastwood, Willie Nelson, Robert de Niro, Julia Roberts, Cassius Clay, Jack Nicholson, Bruce Springsteen, Sylvester Stalone, James Wood, and many others whom no film or producers could ever bring together. The American's solidarity spirit turned them into a choir. Actually, choir is not the word. What you could hear was the heavy artillery of the American soul. What neither George W. Bush, nor Bill Clinton, nor Colin Powell could say without facing the risk of stumbling over words and sounds, was being heard in a great and unmistakable way in this charity concert. I don't know how it happened that all this obsessive singing of America didn't sound croaky, nationalist, or ostentatious! It made you green with envy because you weren't able to sing for your country without running the risk of being considered chauvinist, ridiculous, or suspected of who-knows-what mean interests.

I watched the live broadcast and the rerun of its rerun for hours listening to the story of the guy who went down one hundred floors with a woman in a wheelchair without knowing who she was, or of the Californian hockey player, who fought with the terrorists and prevented the plane from hitting a target that would have killed other hundreds or thousands of people. How on earth were they able to bow before a fellow human? Imperceptibly, with every word and musical note, the memory of some turned into a modern myth of tragic heroes. And with every phone call, millions and millions of dollars were put in a collection aimed at rewarding not a man or a family, but a spirit which nothing can buy.

What on earth can unite the Americans in such a way? Their land? Their galloping history? Their economic power? Money? I tried for hours to find an answer, humming songs and murmuring phrases which risk of sounding like commonplaces. I thought things over, but I reached only one conclusion.

Only freedom can work such miracles!



Cornel Nistorescu, managing director of the daily Romanian newspaper 'News of the Day' published this editorial September 24, two days after watching a celebrity telethon in New York for victims of the attacks. Since then, thousands of Americans at home and expats around the world have e-mailed it to friends, saying it captured their nation's spirit. It has been read to U.S. soldiers and on radio talk shows and posted on U.S. web sites.



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Will 'Climate Change' Affect Real Estate Values?

It's not surprising that questions like these are on readers' minds today, given the relentless hurricanes in the Southeast, the devastating wildfires in California and other climate-related "Acts of God" bedeviling Americans recently. No doubt, climate change is already having an effect on real estate values.

EARTH TALK

From the Editors of
E/The Environmental Magazine



So even if your home isn't directly affected by climate change, your pocketbook will be, given that everyone's rates will need to go up to pay for an increasing number of catastrophic property claims.

Of course, the 40 percent or so of Americans who live in coastal areas are at most risk of financial loss, given rising sea levels and the increase in intense storms and attendant flooding. A recent analysis by Attom Data Solutions found that home sales in flood-prone areas grew 25 percent less quickly than in counties not prone to flooding over the last five years.

"If sea levels rise as much as climate scientists predict by the year 2100, almost 300 U.S. cities would lose at least half their homes, and 36 U.S. cities would be completely lost," says Krishna Rao, Director of Economic Product & Research at Zillow. Across the country, some 1.9 million homes—worth some \$882 billion in the aggregate—are at risk of literally being "underwater" as sea levels rise in coming decades.

Those states with lots of people living along their coastlines would be hardest hit. "More than one in eight properties in Florida are in an area expected to be underwater if sea levels rise by six feet, representing more than \$400 billion dollars in current housing value," reports Rao.

But living away from the coast doesn't guarantee your real estate values won't be affected by climate change, given the increase in extremely warm days across the country and the extension of the wildfire season across much of the West. Verisk, an insurance industry data analytics provider, reports that more than two million homes within California alone are already located in high risk zones.

"The amount of fire that is projected to increase in a warmer world is an increase of anywhere between 100 percent and 600 to 700 percent, and that's just with a 1°C increase in global average temperature," says Mika Tosca of the non-profit Union of Concerned Scientists (UCS). "And if we're projected to see 6°C of warming, you can imagine."

To make matters worse, the insurance system isn't keeping pace with the onslaught of climate effects. When Hurricane Harvey flooded Houston in late August 2017, 85 percent of the victims didn't have flood insurance and had to start all over again financially. And while fire insurance may be required as part of owning property, the economic impacts of increasing wildfires—so far residential insured losses from the October wine country fires alone total upwards of \$3 billion—could be a head shot to the insurance industry if it doesn't raise premiums across the board accordingly.

So even if your home isn't directly affected by climate change, your pocketbook will be, given that everyone's rates will need to go up to pay for an increasing number of catastrophic property claims.

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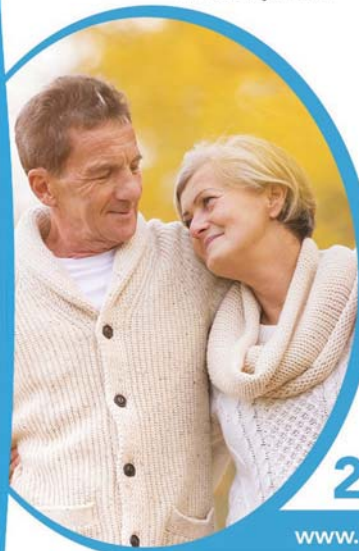


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The Normal Retirement Age It Is a Changin'

In a culture in which we are offered 12 different ways to drink our coffee and 36 different toppings for our pizza, the one-size-fits-all retirement no longer seems to make much sense.

The Realities that Made Age 65 the Norm are Fading from Memory

Age 65 was established as the normal retirement age as a result of the Social Security legislation of the 1930s. The idea was to get old workers out of the workforce, open up room for the hiring of younger workers, and thereby get the economy on its feet again.

The economic realities have changed over the past 70 years. The factors that made identifying age 65 as the normal retirement age make sense no longer apply. It's just a matter of time before new norms are established.

Employers Are Getting Out of the Retirement Security Business

Our employers did not finance our retirements with company pensions because they liked our smiles. They did it because they needed to entice workers from farms into factories and from factories into offices. They don't need to do that anymore.

For a time it was shocking for an employer to announce that it was going to stop funding its employees' retirements. More and more employers have gone down this path in recent years, making it easier for even more to follow suit. It's unlikely that employers will want to reassume this financial burden. Company-paid pensions are on the way out.



Workers Are Not Saving Enough to Be Able to Retire at Age 65

Most workers have not saved enough to be able to retire by age 65. New products and services are made available to us all the time and many of these products and services offer strong value propositions. Given the weaknesses of the conventional money management model, workers naturally are enticed to spend most of their incomes. The end result is that many will not be able to retire at age 65.

Most Workers Overestimate Their Net Worth

Most of today's workers are heavily invested in heavily overvalued stocks. That means that most of today's workers are overestimating their net worth. Even many of those who believe today that they will be able to retire at age 65 will find that they are no longer able to if stock prices drop dramatically.

Multiple-Employer Careers Are Becoming Common

It used to be common for employees to remain at a single employer for an entire career. This is less and less the case. This makes planning more difficult and more fluid.

Changing employers can cause big income increases or big income drops. Some workers will be left better able to retire early. Others will be less able to retire at the normal retirement age.

Retirement Age continued on page 21

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Retirement Age Is a Changin' Continued from page 20



Fulfillment Counts for More to Today's Workers

Workers who lived through the Depression cared most about income, benefits and job security. Today's worker seeks personal fulfillment in his or her job. Many of today's workers have small families or have no children or are unmarried. Such workers put more focus on obtaining fulfillment at their work. Such workers are less

inclined to be willing to give up the spiritual rewards of work at age 65.

Workers are Living Longer

Age 65 was established as the normal retirement age at a time when those who had reached age 65 were old. Many of today's 65-year-olds have a good number of energetic years ahead of them. They are not inclined to accept without question the normal retirement age.

Work Today is More Fun

We all complain from time to time about the work we do. Truth be told, however, many of us derive a secret pleasure from our jobs. Few of us are coal miners anymore. Work today is more enjoyable than was work in the days when age 65 was established as the retirement norm.

Many of us are disinclined to give up our share of the fun. We want to move to less stressful jobs. We want to move to jobs that leave us with more free time. We want to move to jobs that we find more meaningful. We don't want to leave the workforce altogether just because we happen to turn 65.

Workplace Rules are Becoming More Fluid

Computers permit much work to be done offsite. Employers are better able to check on whether work is being done properly by employees not coming in to the office or not even living in the same state. Workers who are older than 65 are open to all sorts of arrangements that those in need of larger incomes to finance mortgage payments and college tuition payments are not willing to consider. Employers and older workers possess both the motivation and the means to construct creative arrangements for the older workers to continue working in some capacity beyond the normal retirement age.

Workers Earn More

Most of us earn more than did our parents or grandparents. While many workers will elect to work past age 65, others will elect to retire earlier than the normal retirement age. Both changes erode belief in the idea that there is significance to the act of turning 65.

The passing of the normal retirement age is a frightening specter to many. For good reason. Most of us have devoted little time to planning our careers or our financial affairs. Still, the news is not all bad. Those who do plan have before them more opportunities than were available to workers of any earlier time. Today you can choose your retirement age just as you can choose your pizza toppings or your cola.



Can Diet and Exercise Prevent Alzheimer's Disease?

Find happiness and vitality for a lifetime. Learn more.

Jonathan Graff-Radford, M.D.

Mayo Clinic on Healthy Aging

There are a number of articles that appear quite convincing that certain lifestyle behaviors prevent Alzheimer's disease. Yet, even with these mounting reports, the scientific evidence remains unclear. The most consistent data support cardiovascular exercise and a Mediterranean diet as two lifestyle behaviors that may reduce the risk of Alzheimer's disease.

To understand how lifestyle research is often conducted, it's important to understand the difference between causation and correlation. For example, a study may find that people who eat a diet rich in green leafy vegetables have less cognitive impairment. The relationship between consuming green leafy vegetables and cognitive impairment is a correlation — it doesn't prove that one actually caused or prevented the other. It could be that people who eat green leafy vegetables have other traits working to their advantage.

In another example of correlation, research indicates that other health conditions, such as obesity, diabetes and high blood pressure, might increase the risk of developing dementia. A healthy diet and regular exercise can combat these conditions — which might in turn have an impact on dementia risk.

However, these correlations are crucial for research. And when there are recurring findings over multiple studies, the evidence becomes more compelling — and something worth paying attention to.

There is no downside to eating healthfully, engaging in physical and mental activities, and staying socially connected. Even if they are not yet proved to prevent Alzheimer's disease, they are all extremely good for your mind and body and will improve the quality of your life.

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Noticed lately that many shops now ask if you would like a receipt? How easy it is to say no thanks - keeps the clutter out of your wallet and saves a tree. BUT it leaves it wide open for yet another scam that has become popular. This is worth reading if shopping at stores with a credit card.



They do not automatically hand you a receipt anymore especially if the sale is under \$30. Sometimes you must ask for it.

My husband loves grocery shopping and after checking out and paying with his credit card, he glanced at his receipt as the cashier was handing him the bags, he saw \$20 cash back. Which of course he didn't receive. He told her he didn't request any cash and to delete it. She said he'd have to take the \$20 because she couldn't delete it. He told her to call a supervisor. Same story. He insisted they return the items and redo the transaction correctly and legally. And taking the \$20 would be a cash advance against his credit card which would have cost him the interest on a cash advance!

Within the month the same thing happened to me! I had my items rung up by the cashier. The cashier hurried me along and didn't give me a receipt. I asked the cashier for it and she seemed annoyed but gave it to me.

I didn't look at my receipt until later that night. The receipt showed that I asked for a \$20 cash advance which I did not nor was I given \$20!

I spoke with a friend who works retail and she said that this was a new scam that was happening more and more. The cashier will key in that you asked for cash and then hand it to one of her friends when they come through the check-out.

It's a very strange world out there. I think maybe more people should be buying fire insurance for their afterlife. ~Anonymous email

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- September 9**
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- September 10**
National TV Dinner Day
- September 11**
National Day of Service and Remembrance
- September 12**
National Chocolate Milkshake Day
- September 13**
National Kids Take Over The Kitchen Day
- September 14**
National Cream Filled Donut Day
- September 15**
Wife Appreciation Day
- September 16**
National Play-Doh Day
- September 17**
National IT Professionals Day
- September 18**
National Cheeseburger Day
- September 19**
Talk Like A Pirate Day
- September 20**
National Pepperoni Pizza Day
- September 21**
National Pecan Cookie Day
- September 22**
Car Free Day
- September 23**
National Great American Pot Pie Day
- September 24**
National Cherries Jubilee Day
- September 25**
National One-Hit Wonder Day
- September 26**
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- September 27**
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I don't know what your problem is, but I'll bet it's hard to pronounce.

Your mind is on vacation but your mouth is working overtime.

I'd like to see things from your point of view but I can't seem to get my head that far up my butt.

Some babies were dropped on their heads but you were clearly thrown at a wall.

I thought of you today... I was at the zoo.

You're the reason the gene pool needs a lifeguard.

How did you get here? Did someone leave your cage open?

Just because you have one doesn't mean you have to act like one.

Don't like my sarcasm, well I don't like you stupid.

You, sir, are an oxygen thief!

Your birth certificate is an apology letter from the condom factory.

Your family tree must be a cactus because everybody on it is prickly.

Been shopping lately? They're selling lives, go get one.

~jokesoftheday.net

STRESS RELIEF from LAUGHTER?!?



it's no joke!

I got my boyfriend a "Get better soon" card. He's not ill or anything, but he could definitely get better.

Money can't buy you happiness? Well, check this out, I just bought myself a happy meal.

A very shy guy goes into a bar... and sees a beautiful woman sitting at the bar. After an hour of gathering up his courage he finally goes over to her and asks, tentatively, "Um, would you mind if I chatted with you for a while?"

She responds by yelling, at the top of her lungs, "No, I won't sleep with you tonight!" Everyone in the bar is now staring at them. Naturally, the guy is hopelessly and completely embarrassed and he slinks back to his table.

After a few minutes, the woman walks over to him and apologizes. She smiles at him and says, "I'm sorry if I embarrassed you. You see, I'm a graduate student in psychology and I'm studying how people respond to embarrassing situations."

He responds, at the top of his lungs, "What do you mean \$200?"

"I'm always worried when a woman sees me naked for the first time. That she's just gonna scream and run out of the park."

A girl was given a tea set for her second birthday. It became one of her favorite toys, and when her mother went away for a few weeks to care for her sick aunt, the toddler loved to take her father a little cup of tea, which was just water really, while he was engrossed watching the news on TV. He sipped each "cup of tea" he was brought and lavished generous praise on the taste, leaving the little girl immensely proud.

Eventually the mother returned home and the father couldn't wait to show her how his little princess had been looking after him. On cue, the girl took him his "cup of tea" and he sipped it before praising it to the heavens.

The mother watched him drink it and said: "Did it ever occur to you that the only place she can reach to get water is the toilet?"

An Extremely Loyal Fan

There was a Packers fan with a really bad seat at Lambeau. Looking with his binoculars, he spotted an empty seat on the 50-yard line. Thinking to himself "what a waste" he made his way down to the empty seat.

When he arrived at the seat, he asked the man sitting next to it, "Is this seat taken?" The man replied, "This was my wife's seat. She passed away. She was a big Packers fan." The other man replied, "I'm so sorry to hear of your loss. May I ask why you didn't give the ticket to a friend or a relative?"

The man replied, "They're all at the funeral."

Opera is when a guy gets stabbed in the back and, instead of bleeding, he sings.

Joke resources: short-funny.com, laffgaff.com, pun.me, jokesoftheday.net, reader emails




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FINANCE QUESTIONS AND ANSWERS

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A woman proudly told her friend, "I'm responsible for making my husband a millionaire."

"Well what was he before he married you?" the friend asked. "A billionaire."

\$\$\$\$\$\$\$\$\$\$\$\$

I'm normally not one to brag about my financial skills But my credit card company calls me almost everyday to inform me my balance is outstanding!

\$\$\$\$\$\$\$\$\$\$\$\$

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

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Your Money



with Tim Stasinoulis

Regardless of how the markets may perform, consider making the following part of your investment philosophy:

Diversification. The saying "don't put all your eggs in one basket" has real value when it comes to investing. In a bear or bull market, certain asset classes may perform better than others. If your assets are mostly held in one kind of investment or financial sector, you could be hit hard by stock market losses, or alternately, lose out on potential gains that other kinds of investments may be experiencing. There is an opportunity cost as well as additional risk associated with the lack of diversification.

Asset allocation strategies are used in portfolio management. A fiduciary financial professional can ask you about your goals, tolerance for risk, and assign percentages of your assets to different classes of investments. This diversification is designed to suit your preferred investment style and your objectives.

Patience. Impatient investors obsess on the day-to-day doings of the stock market. Have you ever heard of "stock picking" or "market timing"? How about "day trading"? These are all attempts to exploit short-term fluctuations in value. These investing methods might seem fun and exciting if you like to micromanage, but they could add stress and anxiety to your life and are often a risky alternative to a long-range investment strategy built around your life goals.

Consistency. Many people invest a little at a time, within their budget, and with regularity. They invest \$50 or \$100 or more per month in their 401(k) and similar investments through payroll deduction or automatic withdrawal. They are investing on "autopilot" to help themselves build wealth for retirement and for long-range goals. Investing regularly (and earlier in life) helps you to take advantage of the power of compounding as well.

Consistency should also be applied to your long-term investment strategy. Stay the course and meet with your financial professional at least once a year to re-evaluate and update your plan as your goals and needs change over time.

If you don't already have a long-range investment strategy and written investment plan in place, I highly recommend speaking with a fiduciary financial professional today, and make sure *diversification, patience, and consistency* are built into your plan.

Do you have a financial question for Tim? He can be contacted at (262)369-5200, emailed at info@aegiswi.com, or on his website at www.aegiswi.com. Timothy M. Stasinoulis is the Founder and CEO of Aegis Wealth Advisors, LLC, a Fiduciary Financial Advisory firm in Hartland, WI. Tim and his team specialize in providing insightful and objective financial guidance to individuals, families, and small business owners.



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September Harvest RECIPES

CUCUMBER SALSA

After picking more than 10 cucumbers a day, we had to get creative. A great alternative to tomato salsa! This was our go-to dish to pass at summer parties this year and it was a rave. Also works great as a relish for tomato slices, salads, burgers, lettuce wraps, tacos and anything you can imagine. Cover and refrigerate for 1 hour. Serve with tortilla chips.

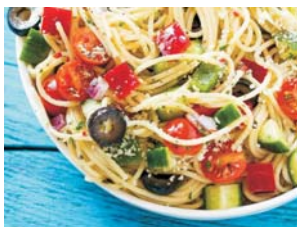
- 2 cups finely diced peeled cucumber
- 1/2 cup finely diced red onion
- 1/4 cup chopped fresh cilantro
- 1/2 cup diced red pepper
- 1 jalapeño deseeded, finely diced
- 1 teaspoon fresh minced garlic
- 1 teaspoon chopped fresh dill (optional)
- 3 tablespoons fresh lime juice
- 1 tablespoon vegetable oil
- Kosher salt and freshly ground black pepper to taste



Mix first seven ingredients in a medium bowl. Stir in lime juice and oil. Season to taste with kosher salt, freshly ground black pepper, and more lime juice, if desired. Cover and refrigerate for 1 hour. Like any salsa, feel free to experiment with ingredients and quantities. Add a few diced tomatoes, radishes or other colorful healthy fresh veggies! It's all good!

SUMMER SPAGHETTI SALAD

- 1 lb box spaghetti noodles
- 1 green pepper, diced
- 1 red pepper, diced
- 1/2 red onion, thinly sliced
- 1 English cucumber, sliced
- 1 cup grape tomatoes, sliced in half
- 1 (2.25 oz) can sliced olives, drained
- 1/2 cup cheddar cheese, cut into cubes
- 1/4 cup grated Parmesan cheese
- 1 tbsp McCormick Salad Supreme seasoning
- 1 tsp garlic powder
- 1 (16 oz) bottle Wish Bone Italian dressing



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Cook spaghetti according to package directions. I season the boiling water with one tablespoon of kosher salt before putting the noodles in. Stir noodles often while cooking. While you're waiting for your spaghetti to cook, start dicing your veggies. Drain the cooked pasta noodles and rinse gently with cool water. In a large bowl - and I do mean LARGE bowl - add in all your diced veggies, olives and cheeses. Then add the cooked and cooled spaghetti on top. Season salad with McCormick Salad Supreme seasoning and garlic powder. Give it all a gentle toss. Pour Italian dressing over noodles. Stir mixture carefully until combined. Cover with plastic wrap and allow to cool for at least two hours before serving.



Share your favorite fall recipe by sending it to:
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We're hungry!!



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Crossword on page 27



They all laughed when I said I wanted to be a comedian. I don't know why their not laughing now.

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WORD SEARCH

ALLOW	ENTIRE	LIKED	SCREAM
ANGEL	FINAL	LININ	SEVEN
ASLEEP	FLAKE	NOTHING	SINFUL
ATTACK	FOOLISH	OBJECT	TEETH
BEDTIME	FREEZE	PEPPY	THERE
BLOSSOM	FRIEND	PETAL	TRAIN
BLOUSE	GOOSE	PICKUP PLEAD	TRUCK
BORROW	GRADE	POTATO	UNTIL
CERTAIN	HABIT	REMARK	WHEEL
COFFEE	HEART	RIVER	WHISKEY
COWGIRL	HELPS	SAUSAGE	WINDY
DEFEND	JIGSAW	SCARLET	ZEBRA
EIGHT			

One company owner asks another: "Tell me, Bill, how come your employees are always on time in the mornings?"
 Bill replies: "Easy. 30 employees and 20 parking spaces."



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"I've probably wasted a solid year of my life just staring into the fridge."

-Bill Murray

In those days the best painkiller was ice; it wasn't addictive and it was particularly effective if you poured whiskey over it.

-George Burns

Never interrupt your enemy when he's making a mistake.

-Napoleon Bonaparte

Happiness is having a large, loving, caring, close-knit family in another city.

-George Burns

People say: "nothing is impossible", but I do nothing every day.

-Winnie the Pooh

Did anybody ever consider that cannibalism would resolve both overpopulation – and world hunger?

-Jonathan Swift

My ex-wife still misses me. But her aim is steadily improving.

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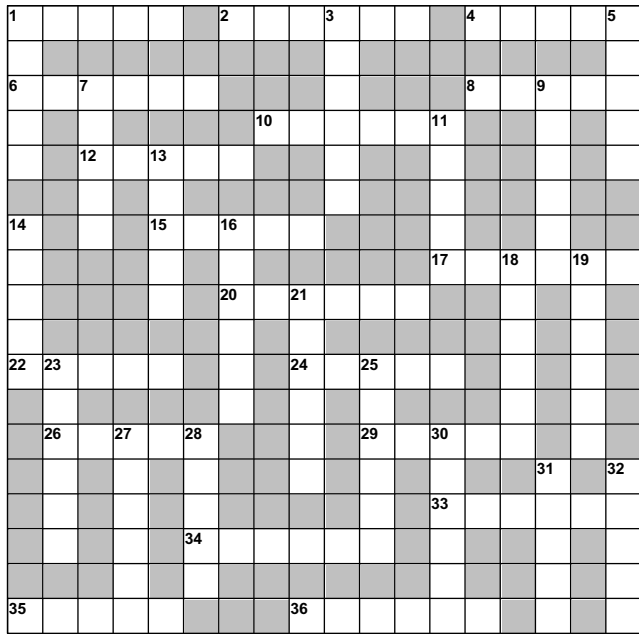


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Answers on page 25

ACROSS

1. Part of bedding
2. House of worship
4. Last exam
6. To create the first
8. Ordering others around
10. Me, myself, and I
12. To concentrate on one topic
15. Circus character
17. Potential harm
20. Post death destination
22. Washed out color
24. Saw for tree trimming
26. Presleep
29. To state on paper
33. Dislodge old paint
34. Material objects void of life
35. One accumulates on Youtube
36. To reflect with sorrow

DOWN

1. Without movement
3. Dried grape
5. Faithful to a cause
7. Go to see someone
9. Thick thread
11. Lost and
13. Your dad's brother
14. Takes without permission
16. Additional ones
18. Sewing implement
19. Ask to marry
21. Incriminate
23. In reality
25. Forever
27. Another name for quiet voice
28. Not clean
30. Crazy
31. Observe
32. Lowest in consideration



Which country's capital is the fastest growing?
Ireland. Every year it's Dublin.

What did the pirate say when he turned 80 years old?
Aye matey.

My boss told me to have a good day... so I went home.

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