



# The Golden View

Since 1994

April, 2014

Dedicated To The Young At Heart

Dubuque, Iowa

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## Alzheimer's Spotlight: Optimizing Quality of Life

Story by Laura Nissen director of sales Oak Park Place

We all want to experience the highest quality of life regardless of our situation. This is especially important for individuals with Alzheimers disease and other dementia-related conditions. If you are caring for a loved one in these circumstances, it is important to have a keen eye on how to improve the quality of life in every way possible.

Experience has shown that families who go about this in a deliberate and comprehensive way often are more successful at enhancing their loved one's day-to-day life. These families take a holistic view of what may be necessary to bring joy, comfort and meaning into further focus and then learn new skills and approaches to put those actions into play.

A holistic view often includes a thorough understanding of the individual: How do they like to commu-



Memory Care Activity at Oak Park Place, Dubuque

nicate? What makes a person fulfilled spiritually? Where are they at cognitively in the progression of dementia? How do they experience the world around them using their senses? What cultural and life experiences contribute to personal preferences? When all these areas are considered as a whole, simple modifications can be made to help the loved one have the highest

Alzheimer's Spotlight Cont. P 3

## Unique Support of Independence

*Affordable support of independence.*

	Three meals served daily	24-hour staff	Activities/Daily Interaction	Rent includes all services	Non-profit	Simple admission process	Free cable/Wi-Fi	Total costs
Mt. Pleasant HOME	✓	✓	✓	✓	✓	✓	✓	\$-\$
Subsidized Apts.				VARIES				\$-\$
Independent Living								\$-\$-\$
Assisted Living	✓	✓	✓					\$\$\$-\$\$\$\$

Mt. Pleasant Home's services are uniquely affordable and supportive.

Mt. Pleasant Home offers advantages not found at other Dubuque retirement communities.

### The Perfect Place

Mt. Pleasant is the perfect place for anyone needing a little bit of support to remain independent – not a nursing home or assisted living facility. Serving three meals every day, Mt. Pleasant is ideal for those tired of cooking for one or for persons needing consistently nutritious meals.

### Affordable, Worry-Free

All Mt. Pleasant services are included in the rent. Rent ranges from \$872 to \$1310 depending on the floor plan. Rent includes three meals every day, utilities, cable TV, Wi-Fi, weekly housekeeping and laundry (with ironing when needed), parking, and more. Rent is reduced by Mt. Pleasant's non-profit endowment.

### Fast, Flexible, Admission

Mt. Pleasant has no income limits and no lease for short or long term stays. Admission can occur overnight. Moving assistance is available. New residents with home healthcare services can continue with the same agency and personnel they enjoy. Administrator Keith Kettler can be contacted any day from 9 a.m. to 9 p.m. at 563-542-1590.

### Beautiful Central Location

Conveniently located on 5 acres just north of Loras Boulevard, Mt. Pleasant's landscaped bluff top campus is in a quiet residential neighborhood. Accessible facilities are built around a sunny, high-ceilinged 1850s mansion.

### Home-like Community

The forty residents interact with Mt. Pleasant staff at least

Mt Pleasant Cont. P 5

## Busy Winter For Luther Manor Communities Productive Spring Ahead!

By Betty Apelian,

Sales Counselor, Luther Manor Communities' The Residences

Luther Manor Communities has been busy this winter. It's especially evident on the Asbury Campus where construction has been ongoing on its neighborhood of maintenance-free townhomes for active seniors, The Residences. Those who live at The Residences appreciate interior and exterior home and

grounds maintenance, a neighborhood of new friends, social gatherings, and a healthful association with Luther Manor. The carefree lifestyle is further enhanced by having immediacy to all of Luther Manor's health-care services.

Construction will be completed this spring and summer



Excavating on Luther Manor Communities' Asbury Campus prior to the record-breaking cold, ice and snow of this winter. Results? Beautiful, new townhomes ready for move-in this spring and summer!

on eight new, move-in ready townhome units. This, in addition to units already occupied, brings the total of new homes on the Asbury Campus to 18. Luther Manor will break ground this spring on a 4,155 sq. ft. Residences' Club House offering a fitness area, swimming pool, party room with adjoining kitchen, office and conferencing space, plus maintenance garage to support the needs of the campus.

The Club House is another advantage of membership in The Residences, along with a wonderful 23-acre campus offering walking areas; a wildlife

pond; arbor with shaded area for relaxation; and raised gardening beds for horticulture enthusiasts. The site borders Asbury Park and the City of Asbury's future Community Services Campus which will house Asbury City Hall, library and police station.

For those active seniors, age 55+, who are considering a move into The Residences, now could be the right time. House sales improved dramatically last year and they are expected to be even better through the coming months. The Residences townhomes can be reserved

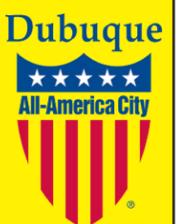
Luther Manor Communities Cont. P 5

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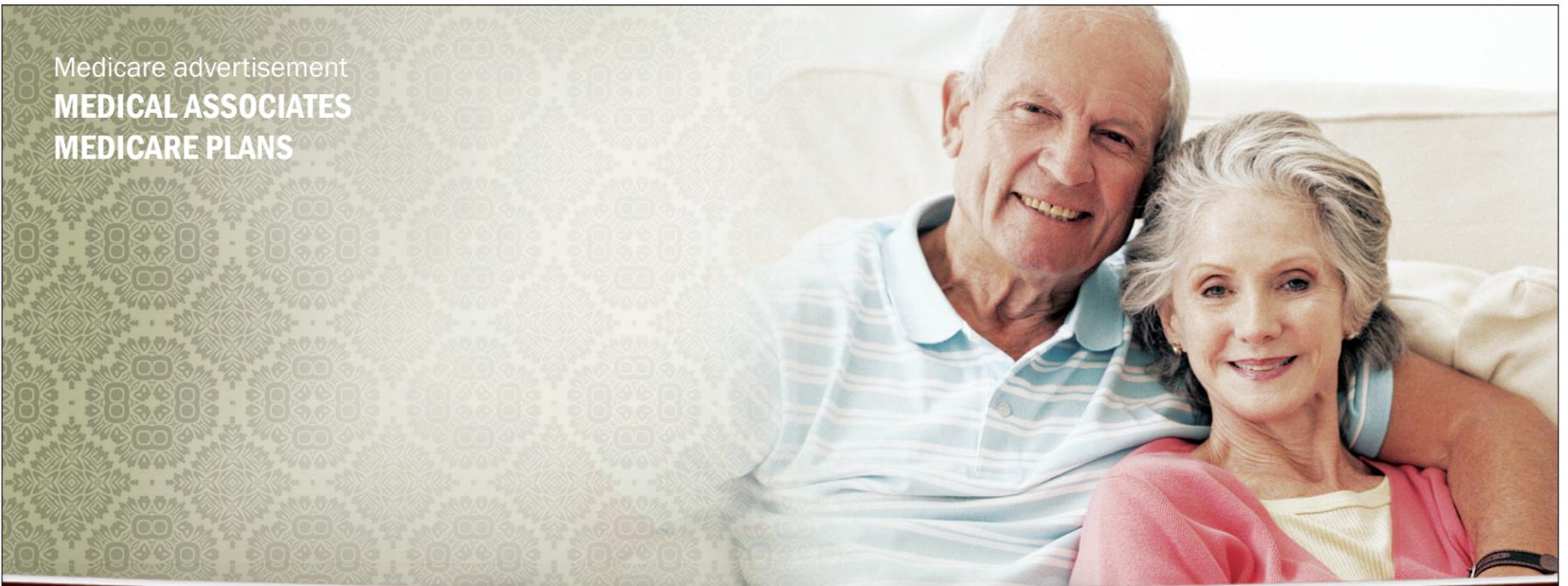
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 11:00 a.m.

Country Inn & Suites  
 630 S. Water St.  
 Platteville, WI  
 Apr. 1, 8, 15, 22, 29  
 11:00 a.m.

Maquoketa Inn & Suites  
 1019 W. Platt St.  
 Maquoketa, IA  
 Apr. 4  
 11:00 a.m.

Guttenberg Library  
 603 S. Second St.  
 Guttenberg, IA  
 Apr. 9, 23  
 11:00 a.m.

KC Hall-Cascade  
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 Apr. 18  
 11:00 a.m.

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Alzheimer's Spotlight from Pg. 1 possible quality of life at any given time.

Where professional caregivers are trained to be tuned-in to individual needs, it is often important for family members to learn new skills in order to understand. Some changes are obvious, with clear signs that a loved one needs something done differently. Other changes are not so obvious without some trial and error.

We are blessed in Dubuque to have so many experts. Families and caregivers have many resources to assist them in this new learning curve. It will require a new outlook and possibly new ways to relate and communicate, but it is all worth it. When you begin to see your loved one experience meaning and growth in daily experiences you will know that you are contributing directly to their improved quality of life.

**Dementia Support Resources for Families/ Caregivers**

Please join us at Oak Park Place for "Memory Keepers." In partnership with Alexandra Madole from The Dubuque office of the Greater Iowa Chapter of the Alzheimer's Association and Rev. Jade Angelica, Founder and President from Healing Moments



Iris Jensen, and a friend at Oak Park Place

Alzheimer's/Dementia Education and Advocacy, this program will provide specialized guidance and education to families of those with dementia related conditions on actionable day-to-day ways to support your loved one.

"Memory Keepers" is held at Oak Park Place on the first Tuesday of each month beginning April 1 @ 5:30 p.m. For additional information and to RSVP, please contact Laura Nissen @ 563-585-4900 or email [lnissen@oakparkplace.com](mailto:lnissen@oakparkplace.com).

Oak Park Place also hosts monthly Family Support Groups with Mary McNally, Northeast Iowa Area Agency on Aging Dementia and Service Specialist. Please contact Mary @ 563-588-3970 for additional details.



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*All I Could Be . . .*

**EARTH DAY PROGRAM**

Monday, April 21 - 7:00 p.m.

Local Photographer

Mark Hirsch's *That Tree*

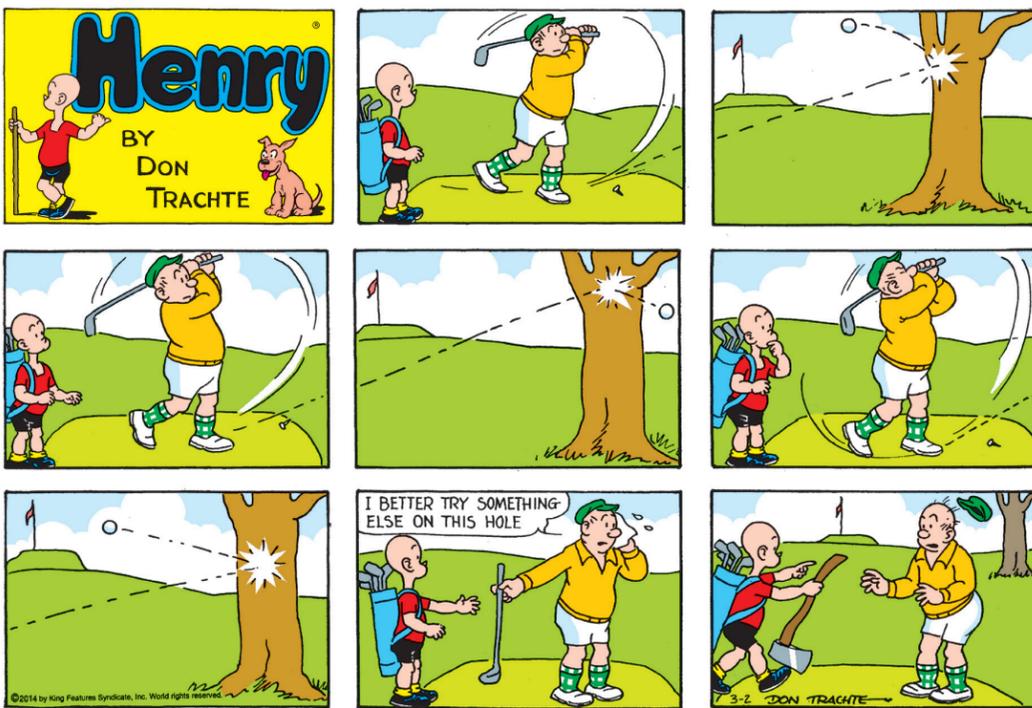
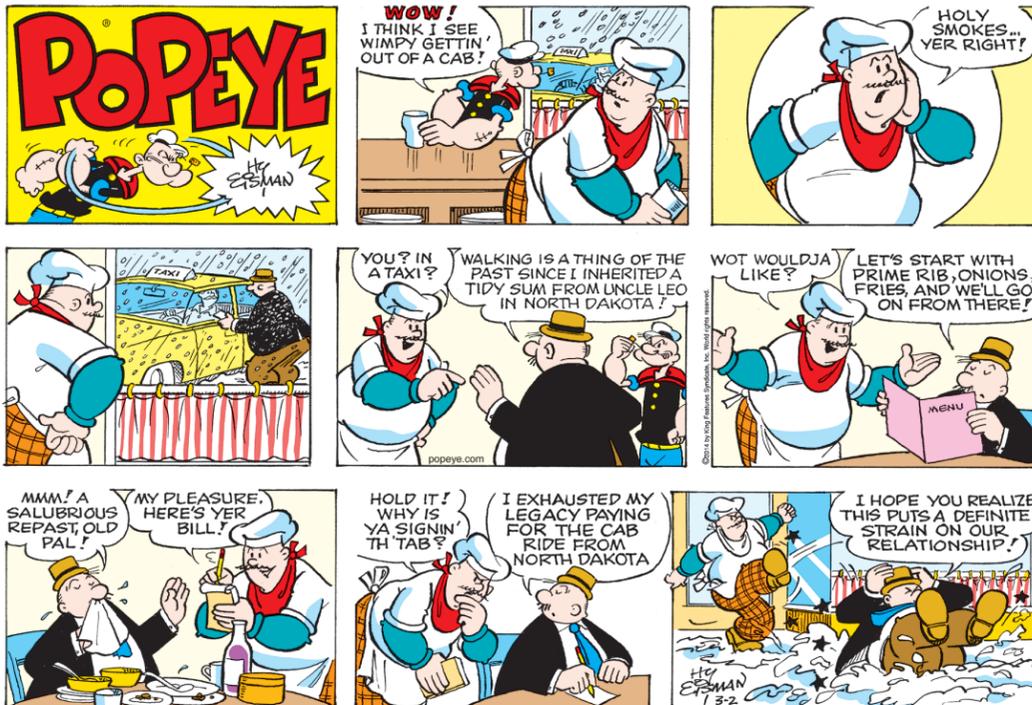
All programs are free. For more information contact the Library at (563) 589-4225 or [www.dubuque.lib.ia.us](http://www.dubuque.lib.ia.us)

**The Golden View**

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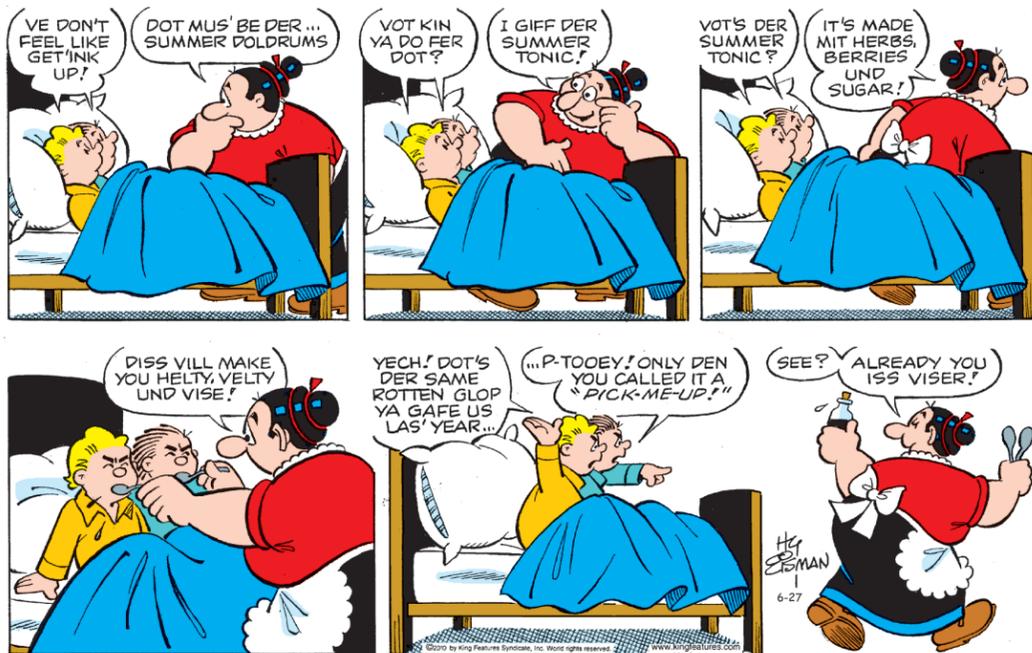
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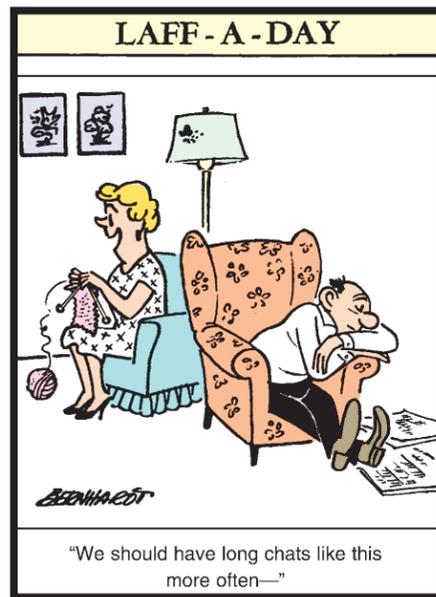
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**ACROSS**

- 1 Unexciting
- 5 Baby bear
- 8 Use a cleaver
- 12 Franc replacer
- 13 — budget
- 14 “Mary — Little Lamb”
- 15 First victim
- 16 Long-running reality game show
- 18 Gobi or Mojave
- 20 Harsh
- 21 Thy
- 23 Midmorning hour
- 24 Smith and Jones, e.g.
- 28 Kind
- 31 Eisenhower
- 32 Credit-card users’ problems
- 34 With 45-Across, a martial art
- 35 Fender bender
- 37 Made an educated guess
- 39 Foot part
- 41 Layer
- 42 Open out, as a flag
- 45 See 34-Across
- 49 Unexpected

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- occurrence
- 51 Night light?
- 52 Sheltered, at sea
- 53 In favor of
- 54 Satan’s forte
- 55 Run away
- 56 Type measures
- 57 Say it isn’t so
- DOWN**
- 1 Out of play
- 2 Cartoonist Goldberg
- 3 War god
- 4 One of Henry’s Annes
- 5 Halloween outfits
- 6 Big name in Burma’s history
- 7 Taverns
- 8 Sour cream and —
- 9 Poorer folks
- 10 Smell
- 11 Rid of rind
- 17 Ex-soldier
- 19 Street
- 22 Argue against
- 24 Comedian Caesar
- 25 Guitar’s smaller cousin
- 26 Like the superintendent’s apartment, maybe
- 27 Picket-sign carriers
- 29 “Norma —”
- 30 Danson or Koppel
- 33 Small diving duck
- 36 Hairpiece
- 38 Pressed
- 40 Blunder
- 42 Abbr. on a B-52
- 43 — and void
- 44 Biographer’s subject
- 46 Actress Campbell
- 47 Slay
- 48 Sole
- 50 Male child

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**Mt. Pleasant Home from Pg 1**  
four times daily. The 25 members of the working volunteer Board arrange indoor and outdoor activities year-round and visit with residents monthly. Residents enjoy respect for their privacy and access to commu-

nity rooms that include a parlor, sun room/ library, family dining room, computer room, exercise room, fire pit, and other outdoor gathering places.

Call Keith Kettler any day from 9 a.m. to 9 p.m. at 563-542-1590.

**Luther Manor Communitites from Pg. 1**  
and purchased, or other site locations on the 23-acre Asbury campus can be reserved for a future build. As we approach spring, Luther Manor is offering an **early bird special** on its townhomes through May 31. Call Luther Manor’s The Residences, 563-557-7662, for details and to schedule a tour.

ference Center at Luther Manor, 3131 Hillcrest Rd. The complimentary luncheon programs begin at 12 noon and include a presentation, introduction of Luther Manor department heads, and a guided bus tour of Luther Manor’s Asbury campus and townhomes. Call The Residences at 563-557-7662 for details and to reserve. Attend the Spring Open House which runs Friday through Sunday, May 16–18, to see available homes and receive the latest information. The Open House will run 10 a.m. until 4 p.m. all three days.

Folks interested in learning more about The Residences and its association with Luther Manor can attend any of a series of complimentary Lunch & Learns being offered between now and September in the Con-

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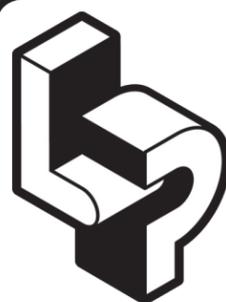
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## Architecture Days

Dubuque Main Street, in collaboration with many local businesses and organizations, will celebrate Architecture Days on April 7-12, 2014, featuring a schedule of free tours and events highlighting "Sacred Spaces"—historically significant religious institutions within the downtown districts.

### Free activities include:

#### Monday, April 7:

**12 P.M.** - Dubuque History presentation by Mike Gibson of Loras College, at Selser Schaefer Architects, 240 West 2nd St. Brown bag lunch suggested.

**6 P.M.** - Opening reception for a Dubuque Community School District Student Art Exhibit featuring Eleanor Roosevelt Middle School & Dubuque Senior High School artists. 1st Floor Program Room at the Carnegie-Stout Public Library, 360 W. 11th St. The art exhibit will be on display from April 7-12.

#### Tuesday, April 8:

**12 P.M.** - Tour & History of the former St. Mary's Church, 1555 White St. Presentation by Duane Hagerty.

**6 P.M.** - Evening Architecture Presentation by Duane Hagerty on "Dubuque's Three German Architects: Their Church Designs and Impact" at The Bridge Community Church, 395 W 9th St. Space is limited and RSVPs are required to 563-588-4400.

#### Wednesday, April 9:

**12 P.M.** - Tour & History of the St. Raphael Cathedral, 231 Bluff St.

**6 P.M.** - Free Film Showing of "The Money Pit" at Carnegie-Stout Public Library, 360 W. 11th St. Admission and snacks are free.

#### Thursday, April 10:

**12 P.M.** - Tour & History of St. Luke's United Methodist Church, 1199 Main St.

#### Saturday, April 12:

**10 A.M.** - Jackson Park Walking Tour. Hosted by Mike Gibson of Loras College. Meet at Jackson Park.

**12 P.M.** - Free Children's Bridges Craft Program at the Carnegie-Stout Public Library. Pre-registration is required.

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## Woodcock Watch Friday, April 11, 7:30 p.m. Whitewater Canyon

The American woodcock is a fantastic bird that has an even more fantastic mating ritual! Dress for the weather and meet at Whitewater Canyon.

## Owl Prowl Saturday, April 12, 7 p.m. Swiss Valley Nature Center

Are you afraid of the dark? You shouldn't be! This is when the nocturnal creatures wake up and let us peak into their world. Come learn about owl adaptations and hike in the preserve to hear the owl call.

## Natural Easter Egg Dying Thurs., April 17, 6:30 p.m. Swiss Valley Nature Center

Bring your entire family out to the nature center for a fun filled evening of Easter Egg Dying. Colors provided from nature. Bring your own eggs for dying.

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Rev. David J. Claassen



Visit me on the internet!

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**Changing for the Better**

The Kroger store near us in Lambertville, Michigan recently went through a major expansion. It really has changed, and I've had trouble adjusting to it. First of all, through the long building process things kept being moved around. It was always a mess and even that didn't stay the same: they kept rearranging the mess! It's finished now, but I still can't quickly find the peanut butter and jelly section.

It has been said that the only people who like change are wet or dirty babies. However, even they often cry when the

change is taking place!

There's one thing that never changes: the fact that everything changes. I suspect that we'd have trouble identifying any part of our lives that hasn't changed at all. Keeping things the same isn't an option; the best we can hope to do is to manage change well.

If you read about Jesus in the New Testament, you see that He was always calling upon His followers to stretch and grow: to change. Does He want us to change our attitude, what we hold dear in life, our way of relating to someone? How might a bad situation we face be used by God to change us for the better?

Jesus' frequent invitation to people was to "Follow me." That means that we can't stay where we are. There should be no such thing as a stagnant saint! "On the move for the Master" should be our motto!

"Follow me." Jesus (Matthew 4:19 and other texts)

**NOW HERE'S A TIP**

By JoAnn Derson

• My family's spring-cleaning checklist is in full effect. Some people dread seasonal chores, but I relish the sense of accomplishment that comes from a job well done. With the right planning, and some helpful tips, spring cleaning can be a breeze. Here are some of the best we have to share.

• "Stainless steel appliances are very popular, and in the kitchen, they get plenty of chances to get fingerprinted up. My appliance guy recommended using a light-mist, wax-based aerosol dusting spray once or twice a week to keep my stainless steel appliance fronts looking their best."

• "In the closet, we all want to pare away unused items, but sometimes it seems like you wear clothes that you don't. Turn all

the clothes hangers the opposite way (facing out instead of in). When you use an item and it is returned to the closet, replace the hanger normally. In a few months, if an item has not been worn, it will be apparent. If it's not likely to be worn, it should go.

• Spring is a wonderful time to clean the walls inside your house. It clears away hidden dust and really freshens a room. Clean painted walls by dusting them first with a dry mop, then washing with a rag dampened in water. If you need a little extra oomph -- say, in the kitchen or bath -- add a couple drops of mild dish soap.

• New drapes or even new pillow covers in a fabulous pattern can really jazz up a room. Consider switching smaller furniture accents between common rooms or a fresh furniture arrangement to change it up.

are many. Hydration is a reasonable approach. An hour before a game or an exercise session, drink a quart of water. That gives enough time for the water to be absorbed. During play, keep drinking. If you are drinking a lot of fluid, switch to a sports drink to prevent a drop in potassium and sodium. Stretch your calf muscles in three daily sessions. Rising on the toes is a good calf stretch. You can try taking a vitamin supplement that contains most of the B vitamins. Make sure vitamin B-6 is included. To uncramp a muscle, sit on the floor with the involved leg stretched out in front of you. Grab the ball of the foot, and, while keeping the heel on the floor, pull the foot toward you and hold it in that position until the cramp eases. Pinching the skin between the nose and the lip is another way to break a cramp.

**To Your Good Health**

Paul G. Donahue, M.D.  
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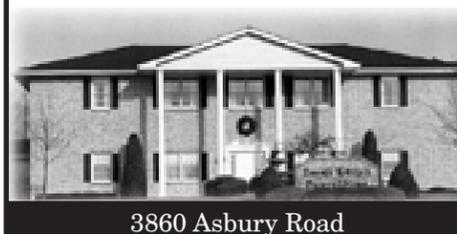
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**Dear Dr. Donohue:** I get cramps in my legs, mostly in the calves. During a game, I have to be replaced. Help.  
**Answer:** I have to tell readers that what I say applies to exercise-associated muscle cramps and not to the cramps that so many older people get when in bed.

The actual cause is a matter that experts have debated for years. A lack of potassium, calcium or magnesium, excessive exercise, cold weather, hot weather and dehydration have been cited as possible causes. None has been proven to be the universal cause. Suggestions to forestall cramps



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For an application, go to [www.cityofdubuque.org](http://www.cityofdubuque.org) Housing & Community Development/Rental Assistance or pick one up Monday through Friday from 8 a.m. to 5 p.m. at City of Dubuque Housing & CD Dept.

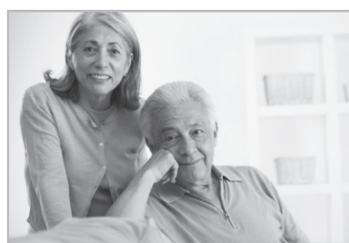


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  - Hash browns
  - Toast
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Cindy Baumgartner | Extension to Families  
Iowa State University Extension and Outreach

Nutrition and Health Program Specialist • Northeast Iowa.  
P.O. Box 336 or 1417 N. Franklin • Manchester, IA 52057.  
[cbaum@iastate.edu](mailto:cbaum@iastate.edu), ph.: 563.927.4201 • cell: 563.608.0868  
fax: 563.927.3744 • [www.extension.iastate.edu](http://www.extension.iastate.edu)

### Canning, Freezing, Dehydrating Foods? Do it Safely!

Isn't it wonderful we can start thinking about gardening? It has certainly been a brutal winter! It is time to begin planning and thinking about how you are going to keep those fresh foods safely preserved so you can enjoy them throughout the year.

Interest in home food preservation has skyrocketed due to the popularity of local foods and gardening. With more people preserving food, there is concern about whether the resulting food products are safe to eat.

The Centers for Disease Control and Prevention report the most common cause in the United States of the foodborne illness called botulism is from home-canned vegetables. This is because proper procedures were not followed. It is important to keep food safety in mind every step of the way when preserving foods at home:

Follow food safety guidelines when preparing the recipe.

Always use the most up-to-date, tested recipes and directions from a reliable source. Knowledge and recommendations have changed over time with new discoveries and scientific developments. That means some of the "old" recipes and methods you have used for many years may no longer be considered safe! Some pathogens (microorganisms that cause foodborne illnesses) have become stronger and more resistant to being killed. Ignoring recommended procedures can result in home-canned products that will make you and your family very ill.

Use the appropriate canning method. The acidity of the canned food product determines whether or not it should be processed in a hot water bath canner or in a pressure canner.

Have the dial gauge on your pressure canner checked each season. Weighted gauges remain accurate and do not need to be tested. Contact your local extension office for information on how to get your dial-gauge pressure canner tested.

You may rely on a well-meaning friend, relative, or neighbor for advice on food preservation. However, they may or may not know the most accurate

and current recommendations. It is very important to check with a reliable, research-based source to insure the recipes and methods used are current and the preserved food remains safe to eat.

Iowa State University Extension and Outreach is a reliable source of current information on safe home food preservation. We have resources on food preservation methods, including the following publications which can be downloaded and printed at: <https://store.extension.iastate.edu/>

- Canning: Fruits
- Canning: Fruit Spreads
- Canning: Pickles
- Canning: Vegetables
- Canning: Meat, Poultry, Wild Game, and Fish
- Canning and Freezing: Tomatoes
- Freezing: Fruits and Vegetables

ISU Extension and Outreach also offers the *Preserve the Taste of Summer* (PTTS) program that provides a thorough review of research-based, safe home food preservation practices, includes eight online lessons as well as four hands-on workshops (requires completion of online lessons), and is available statewide. The cost ranges from \$25 to \$100 depending on the level you choose.

Participant evaluations show the program increases knowledge of safe home food preservation practices and has been well received by those who have participated. To register for PTTS, visit: [www.ucs.iastate.edu/mnet/preservation/home.html](http://www.ucs.iastate.edu/mnet/preservation/home.html)

*I will be teaching a "Food Preservation 101" class on Tuesday, May 6, from 5:30-7:30 p.m. at the Dubuque County ISU Extension and Outreach Office, and providing information on the basics of canning, freezing, and dehydrating. Space is limited and you must be registered by no later than Friday, May 2. For more information and to register, contact Brittany Bethel at 563-583-6496 (ext. 12) or e-mail her at: [bbethel@iastate.edu](mailto:bbethel@iastate.edu)*

To talk directly with a Home Economist about food preservation questions you may have, you can call our ISU AnswerLine at (800) 262-3804. The AnswerLine is staffed Monday-Friday from 9 a.m.-noon and 1-4 p.m.

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## Elderly Or Disabled Tax Credit

Dubuque County Treasurer, Eric Stierman, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2014.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$21,698** annually, you are eligible for a reduction in property taxes.

Those eligible may either phone the Treasurer's office for a form or come in for assistance in completing the forms.

Last year we had 380 people qualify for the credit. If you have any questions as to whether you are eligible, please contact the Dubuque County Treasurer's office.

Dubuque: 563-589-4436 Dyersville: 563-875-6052

# Happy Easter



**Come Chat With Me**  
by S. E. Persinger

Ansel Adams (1902-1984), the legendary American photographer of landscapes would have a field-day photographing in black and white, and gray tones, our malls and streets with their tarred patterns. Although, he actually produced photographic views of nature as art I think he would have enjoyed the designs left on the pavements when they were tarred because of the cracks and holes left in the pavement by normal usage and weather damage.

I think this could be confirmed by his, "Ice on Ellery Lake," Sierra, Nevada, c.1959. This picture shows a unique sheet of ice floating on the water. At our North Park Mall, in Davenport, I saw a similar design. As a matter of fact there are many designs that resemble the abstract paintings of the modern artist, but these were painted by the city worker's filling the hole or crack via a paddle and hot tar, not with a pallet knife and paint, or a camera.

This brings to mind the artwork painted in the sky by the clouds. You know those beautiful puffs of white clouds that form pictures in the sky. Of course, the sky is blue to the eye even though there can be tones of gray, or even tints of

pink and golden hues at times. But, it has been said that there is no gray in Heaven, only black and white.

Ironically, Ansel Adams chose to photograph his mountains and other landscapes in black and white. He saw nature as black and white art components. I wonder what images he would have captured with the new and modern techniques of photography available in this-century.

I guess from the time he first held his Kodak Box Brownie in his hand, until he died he was destined to become an active conservationist and naturalist and then to teach others the value of preserving and recording America in an art form for all to admire.

Incidentally, Ansel Adams could have been a concert pianist but he switched his interest to photography. His mother once pleaded with him, "Do not give up the piano! The camera cannot express the human soul!" Adams replied, "Perhaps the camera cannot, but the photographer-can." And for more than 50 years Ansel Adams proved his point.

By the way, when you are out driving around someday be aware of all the designs you see in the streets, parking lots, and driveways, caused by a patch of tar here and there. It's even more amusing when the white lines fade and seem to blend in with the tarred surfaces. Be sure to bring your camera (or cell phone.)

**April events for Mercy Medical Center**

**Is Loud Snoring Keeping You Awake?** If you're ready to kick your spouse to the couch because of loud snoring, he or she might have sleep apnea. Attend our class to learn more about diagnosis and treatment of this serious disorder so that everyone can get a better night's sleep. Presented by Carol Marinko, RPSGT, Mercy neurodiagnostic services coordinator. Tuesday, April 8, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration required at 563-589-9600.

**New Advances in Lung Cancer:** Knowing the stage of lung cancer is crucial to identifying appropriate treatment. Medical Associates Clinic cardiovascular surgeon Lance Bezzina, DO, will discuss recent advances in lung cancer staging and treatment, including very accurate minimally invasive procedures for lung cancer diagnosis and treatment that he offers at Mercy. Wednesday, April 23, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration required at 563-589-9600.

**Stroke Detection Plus:** Detect your risk for stroke with three different non-invasive tests. Screenings for carotid arteries blockage, abdominal aortic aneurysm and peripheral vascular disease plus osteoporosis are \$45 each or all four for \$135. Tuesday, April 29 and Wednesday, April 30, 9 a.m. – 4:30 p.m. Mercy, ground floor, 250 Mercy Drive, Dubuque. Appointments are required. Call Stroke Detection Plus toll-free at 1-877-732-8258.

**Interval Strength Class:** Alternate walking and lifting dumbbells with a certified instructor. Six Tuesdays and Thursdays, 4:45 – 5:45 p.m. or 6 – 7 p.m. Mercy Wellness Center, Professional Arts Plaza 3rd floor, Dubuque. Cost: \$84 for a session of 12 classes. Begin your session of 12 classes at any time. Arrive early for your first class to register.

**Just for You Weight Loss Program:** Metabolism is an important factor in your ability to lose weight. Our registered/licensed dietitian team will measure your metabolism using the MedGem calorimeter (as seen on The Biggest Loser) and create an individualized, nutritional weight-loss plan – Just for You – that promotes healthy and lasting weight loss. Each participant will receive a detailed, individualized report that provides the information you need to lose weight and keep it off. Choose from a 1-hour session for \$99 or add a 30-minute follow-up session for \$125. To schedule your session, call 563-589-9655 or visit [www.mercydubuque.com/weightloss](http://www.mercydubuque.com/weightloss).

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## Savanna Museum and Cultural Center Welcomes The Zahina Sisters

**Free Dance:** April 26 from 2 – 5 p.m.

The Zahina Sisters will be performing and singing with the *Barnstormers* once again. Larry Busch of Cuba City, WI will lead the band in place of the girls' deceased father, Clarence. The festivities will take place at the Savanna Museum and Cultural Center, 406 Main Street, Savanna, IL. The new *Barnstormers* will be Mark Busch of Mineral Point, WI, Michael S. Dunavant of Savanna, Andy Nielsen, Jeff Kromer and Cindy Trent of Mount Carroll, IL.

From 1945 to 1948, Clarence Zahina and His *Barnstormers* were featured on a weekly radio show on Sunday afternoons over KDTH in Dubuque, at which time Clarence began featuring his three small daughters, Mary Jane, Darlene, and Jannan on holidays and other special occasions. They sang their first professional show at ages five, seven and eight. Through the years, the girls studied piano, violin, voice, and played other musical instruments as well.

During the 1950's, the girls joined their dad's band. The band was featured weekly on WISC-TV out of Madison, WI, and it was a huge success. It wasn't long before they were picked up by two



more TV stations: WMT out of Cedar Rapids and KWVL out of Waterloo. They were playing nearly every night and backing up visiting delegations of young Nashville stars such as Johnny Cash, The Everly Brothers, Ray Price, Marty Robbins, Jim Reeves, Redd Stewart, Pee Wee King, Leroy Van Dyke, Marvin Rainwater, Don Gibson, and many others. The sisters have always made music a part of their lives. They still possess some of the 24 tailor-made western dress outfits they wore during performances. They were a popular territorial band that played in venues across Iowa, Illinois, and Wisconsin, including several summers at the Tommy Bartlett Water Ski Show in the Wisconsin Dells, where many more stars such as the Lennon Sisters joined them at the water's edge before crowds that numbered in the thousands.

The Savanna Museum and Cultural Center is a historical 3-story building which contains artifacts telling the story of this Mississippi River Community. The Museum opened in 2011. One of the spotlights of the project is



Gene Wright's Gallery of more than 100 Civil War Soldiers. The museum also exhibits Gary "Scott" Law's Wayne King Big Band collection along with history of other area bands. Wayne King was a native son of Savanna and is a unique part of Savanna's history. There is a ballroom on the main floor that is available for dances, meetings, and other social events. The building is handicapped accessible and includes a new elevator installed this winter. There has been a wide variety of entertainment and traveling exhibits since the Museum opened. Last November 2, Lyle Beaver & The Brass Notes of Iowa City played a Veterans Day dance. They'll be back on Saturday, November 1, 2014. Look for the calendar of events on their website at [www.savannamuseum.com](http://www.savannamuseum.com) and Savanna Museum and Cultural Center on Facebook. More history of Clarence Zahina & His *Barnstormers* of Dubuque can be found at <http://stevensorchestra.org/>

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- Europa Haus Restaurant & Bierstube
- Adobos
- Sunshine Family Restaurant
- Country Junction Restaurant
- Europa Cafe
- CherryBerry
- All Things Sweet Shoppe
- Godfather's Pizza
- Texas Roadhouse

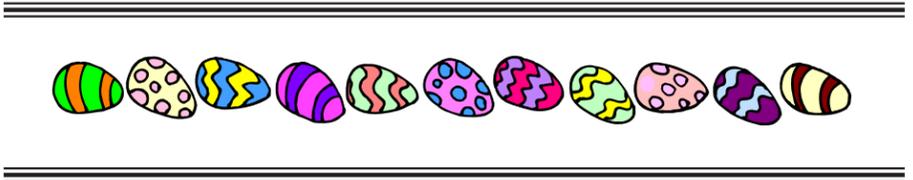
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**James Kennedy Public Library in Dyersville Activities**  
Programs are free unless otherwise noted. For information and registration, call 563-875-8912 or go to [www.dyersville.lib.ia.us](http://www.dyersville.lib.ia.us) or contact Lisa Gaylor, Senior Services Librarian.

**Wednesdays, April 2, 9, 16, 23 & 30: Sit and Stitch @ 1 p.m.**  
Join other crafters at this weekly gathering to share crafting and conversation.

**Sunday, April 6: Build-A-Basket Fundraiser Silent Auction ends!** You have one last chance to bid on one of the baskets donated to the library for the Build-a-Basket Fundraiser! The silent auction will end at 3 p.m. sharp.

**Monday, April 7: Books for Lunch Book Discussion @ 12 noon.** This month the group will discuss the book *Little Wolves* by Thomas Maltman.

**Tuesday, April 8: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7 p.m.** For this meeting the group will read and discuss the *You Don't Know Me* by Susan May Warren.

**Friday, April 11: De-Cluttering Your Life @ 2 p.m.** Is all the STUFF in your life driving you crazy? In this workshop learn helpful hints and ways to clear the clutter.

**Saturday, April 12, 2014: Wine & Beer Tasting Fundraiser from 5-8 p.m.** Celebrate at this special fundraiser for adults only. Enjoy wine, beer, appetizers and good company. Tickets go on sale March 10. Tickets are \$15 in advance and \$20 at the door.

**Thursday, April 17: Zentangle Club @ 6 p.m.** Join other zentangle enthusiasts at this monthly gathering on the third Thursday of the month from 6 - 8 p.m.

**Saturday, April 19: Woman Warrior in Iraq @ 2 p.m.** Miyoko Hikiji, a young Iowan woman was deployed to Iraq after the invasion. Come hear Hikiji's story, as told in her book, *All I Could Be: My Story as a Woman Warrior in Iraq*. Books will be for sale by the author.

**Friday, April 25: Indonesia with Professional Photographer Julie Habel @ 2 p.m.** Julie has travelled around the world taking photos. At this presentation Julie will share her amazing photos and delightful tales of her travels throughout Indonesia.

**Friday, April 25: Game Night @ Your Library @ 6 p.m.** Bring your favorite game and meet, teach, and play with others! All ages welcome.

**Saturday, April 26: Iowa's Early West with John Moore @ 10:30 a.m.** Period clothing, tools, and utensils will be displayed and described in this talk by John Moore and friends about Iowa's early history.

**Sunday, April 27: Ladies Spring Tea @ 2 p.m.** Bring all the women in your life to this special tea for women of all ages. Come enjoy tea, tea sandwiches and cookies.

**Join us for an Open House**  
**Sunday, May 4**  
**11 a.m. - 2 p.m.**



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### Shalom Spirituality Center

E-mail: [info@shalomretreats.org](mailto:info@shalomretreats.org) • Web: [www.shalomretreats.org](http://www.shalomretreats.org) To register, call Shalom at 563/582-3592 or send check with your contact information to Shalom Retreat Center, 1001 Davis St., Dubuque, IA 52001.

**Taize Prayer:** "Behold the Wood (Lent)" Thursday, April 3, 7 – 8 p.m. All are welcome! Registration not required.

**Centering Prayer:** Monday, April 21, 7 – 8 p.m. Registration not required.

**Shalom's Annual Administrative Professionals Luncheon:** Wednesday, April 23, 11:30 a.m. – 1 p.m. Presenter: Paul Hemmer. Bring your office staff to our annual salute to the wonderful people who are really the heart and soul of what happens within your organization. Let us honor these good folks with a scrumptious lunch, followed by a tribute to them given by Dubuque's own Paul Hemmer. Offering: \$11. Register by noon, April 18.

**Experiencing the God of Our Longing Retreat Day:** Saturday, April 26, 9 a.m. – 3 p.m. Director, Vince Hatt. Most of us grew up with an "elsewhere God." God was somewhere out there. Our lives have been a journey to find this elsewhere God. Where are you, God? Often the response is silence. The day includes discussion, reflection and sharing. Offering: \$25, includes lunch & snacks. Register by April 22. Vince Hatt has been a spiritual director, program presenter, and retreat director for 50 years. He was on staff at Shalom from 1991–1993. He retired as Director of Franciscan Spirituality Center, La Crosse, WI in 2011 and continues to do spiritual direction and facilitate men's groups.

**Shalom's Annual Celebration of German Food & Music:** Tuesday, April 29, 6:30 – 8:30 p.m. Once again our dietary department will be cooking and baking those mouth-watering foods, preparing to serve you a German-style feast. And also once again, Dave Overby and his friends will be on hand with their wonderful, lively, toe-tapping music. Don't miss it! This event tends to fill quickly, so register early. Offering: \$23. Register by April 24.

**Mandalas: Mirror to Your Soul Retreat:** Saturday, May 3, 10 a.m. – 4 p.m. Presenter: Mary Hauber, OSF. Mandalas are an expression in art as one meditates on their spiritual journey. Join her in discovering your God and yourself in this spiritual adventure. Offering: Commuter—\$40, includes lunch. Overnight stay available for \$32 per night. Register by Tuesday, April 29. Mary, a Dubuque Franciscan, has been drawn to mandalas as a creative form of prayer for over 30 years.

### Dubuque Symphony Season Finale at Heritage Center

by Kristin Hill, Director of Marketing

The Dubuque Symphony Orchestra will bring its 2013 – 2014 classics season to a close with an **all-Russian program** on **Saturday, April 12 at 7:30 p.m.** and **Sunday, April 13 at 2 p.m.** at the University of Dubuque's Heritage Center.

The orchestra will begin with Shostakovich's Festive Overture. It is tuneful and positive in spirit with fanfares and exuberant themes. It is the perfect curtain raiser for celebrations such as the season finale concerts.

We will then welcome soloist Jon Nakamatsu to the stage as the soloist in Rachmaninoff's Piano Concerto No. 3. Famously called the Mount Everest of the repertoire, this concerto is one of the most technically demanding and musically rewarding works for the piano.

Since his dramatic 1997 Van Cliburn Gold Medal triumph, Jon Nakamatsu's brilliant but unassuming musicianship and eclectic repertoire have made him a clear favorite throughout the world—both on the concert circuit and in the recording studio—including Dubuque. He appeared with the Dubuque Symphony several years ago, and we are thrilled he is returning to perform the Rachmaninoff!

Closing out the season will be Mussorgsky's Pictures at an Exhibition. One of the composer's closest friends was artist Victor Hartman who died at age 39. Devastated, Mussorgsky helped organize an exhibition of Hartman's paintings and to "draw in music" (his words) ten of them in a solo piano work. The piece was not published until after Mussorgsky's death and was little known outside of Russia.

That all changed in 1922 when Ravel was commissioned to score Pictures for a Paris ensemble. Working with love and respect for Mussorgsky's music, the Frenchman created the masterpiece the orchestra will perform. Several other composers have subsequently produced orchestrations of Pictures, but Ravel's remains the touchstone. Few works can match the orchestral color and sheer excitement of this piece. Experience it live at the DSO!

To purchase tickets (\$14 –\$48), call 563.585.SHOW; visit the Heritage Center Farber Box Office, (open Monday – Friday, 12:30–5:30 p.m.) or [www.dubuquesymphony.org](http://www.dubuquesymphony.org).

The Dubuque Symphony will also host an **open rehearsal on Friday, April 14** at Heritage Center. We ask that you be in John and Alice Butler Hall by 6:50 p.m. so that rehearsal can start promptly at 7 p.m. Open rehearsals are free and open to the public.

Saturday, April 12, 7:30pm  
Sunday, April 13, 2:00pm  
Heritage Center

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**SYMPHONY ORCHESTRA**  
William Intriligator, Music Director & Conductor

**Contract Bridge**

by Steve Becker



**A Mind-Reading Problem**

West dealer.

Neither side vulnerable.

**NORTH**

♠ K Q 10 3 2

♥ Q J 9 8

♦ 8

♣ A 7 2

**WEST**

♠ A 6 4

♥ K 7 3 2

♦ Q

♣ Q 10 8 6 5

**EAST**

♠ J 9 8 7 5

♥ 10 6 4

♦ A 10

♣ J 9 4

**SOUTH**

♠ —

♥ A 5

♦ K J 9 7 6 5 4 3 2

♣ K 3

The bidding:

West	North	East	South
Pass	1 ♠	Pass	2 ♦
Pass	2 ♥	Pass	4 ♦
Pass	5 ♦	Pass	6 ♦

Opening lead — four of spades.

Insanity is surely a liability at the bridge table, though it can't be denied that a crazy bid or play will occasionally score a resounding success.

Consider this deal where West, apparently suffering from delusions of grandeur, chose a low spade as his opening lead. This might have worked out well had dummy had the K-J-x-x-x of spades and declarer, holding two low spades, played

the jack from dummy. But this precise holding was extremely unlikely, and West's underlead of the ace should therefore be regarded at the very least as overly imaginative.

In the actual case, declarer was greatly helped by the lead. When dummy's queen of spades held the first trick, South was able to discard a heart from his hand and so avoid a potential heart loser.

Declarer then led the eight of trumps from dummy. After East produced the ten, South had to solve the problem of whether East had the Q-10 or A-10 of trumps -- the only holdings that would allow the slam to be made, provided South guessed correctly. In the former case, the jack would be the winning play; in the latter case, the king would be right.

South found the winning play without much difficulty. He put up the king, caught West's singleton queen and so made the slam.

Declarer's reasoning was simple enough. He concluded that although West might have been slightly off his rocker to have underled the ace of spades at trick one, he could hardly have been crazy enough to do it with two aces in his hand. It followed, therefore, that East had the ace of diamonds, eliminating the apparent guess in the suit.

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**Tips For Safer Online Shopping**

(NAPSA)-There's good news for online shoppers who want more security when shopping at an unfamiliar website.

By taking a few practical steps, it's possible to have a shopping experience that is safer and more satisfying.

Here are a few tips to help determine if a company can be considered a trusted Internet shopping source:

- Ask family and friends if anyone has shopped from the store. Post similar questions on any social networks you belong to.
- Look for a clearly stated return policy, refund policy, warranty or guarantee before shopping.
- Also, see if the site supports "SSL" or Secure Checkout. The site should show a locked icon in your browser when you check out.
- Stores that accept credit cards are typically more reliable than ones that only accept PayPal.

For additional tips, visit [www.buyvia.com/how-to-find-safe-online-stores](http://www.buyvia.com/how-to-find-safe-online-stores).

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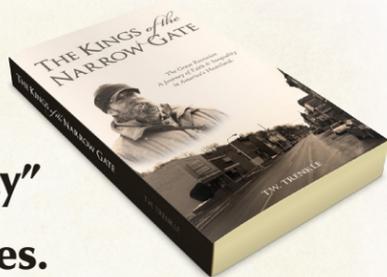
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### Plant Talk

by  
Ken Resch



#### What Planting Mix is Best for Plants?

In March my grandson Jacob won the regional science fair with a project of interest to all of us who garden. I asked him to be my guest columnist this month so he could share his results with all of us. For many gardeners his conclusions may seem obvious, but I believe his experiment suggests some other interesting results. So, here's Jacob!

The question I wanted to answer by doing my science project was to decide what planting mix is best for growing seeds and plants. I chose this question because last summer in my grandpa's garden we grew red, yellow, purple and Jalapeno peppers, but they didn't grow well at all. I asked my grandpa what he grew them in and he said he used old potting mix. When the plants did not grow well and failed to produce peppers, we came up with the idea to use a different planting mix the next year and see if peppers would grow better. I decided to try different mixes now before springtime arrived so we would have an answer.

The eight planting mixes I used were Starter Mix, leaf mold, coffee grounds, Perlite, tea leaves, Peat Moss, sand, and used potting mix. I planted four Zinnia seeds in each of six cups for each of the eight mixes, poked holes in the bottom of each cup for drainage, placed

them in planting trays to be watered and put them under lights for sixteen hours a day. The first seedlings sprouted in one week.

To get my conclusion on what mix is best for seed growth I gathered numbers on each mix. For germination I just counted the number of seeds that sprouted in each mix and wrote the total in my notebook. The best two mixes were Peat Moss and Starter Mix and only the tea did not have any seeds germinate. I decided to also measure the average size of the seedlings. Just because the seeds germinated in the different mixes does not show how good the mixes are for growing plants for a longer time. I took a ruler and measured each plant in millimeters, and then got the average height of all plants in each group. Peat Moss and Starter Mix had the best seedling size. Several weeks after my experiment I found the Peat Moss seedlings getting the biggest with several forming flower buds!

Even though on the bag it says Starter Mix has more ingredients than just Peat Moss, I believe Peat Moss is best and if it cost a lot less than Starter Mix to use. I would use it knowing it worked well. I will tell my grandpa that mixing Peat Moss into the gardens will improve the soil and probably will give us peppers this year.

Thank you, Jacob! I look forward to a successful gardening season this year. For all our readers, an obvious lesson is amending the soil every year will help assure success. Compost, and Peat Moss are great additions and the low cost of both make it a no brainer for good choices.

#### L&MOP Free Children's Concert

**Saturday, April 12, 2014 10:00-10:30AM**

**Carnegie-Stout Public Library, 3rd Floor Auditorium**

NISOM's popular Lollipops & Music for Our Preschoolers (L&MOP) series hosts a free performance on Saturday, April 12, 2014 from 10:00-10:30 a.m. at the Carnegie-Stout Public Library. Featured on this month's concert is the exciting Steel Drum ensemble Pandemonium. Comprised of local middle-school-aged students, Pandemonium brings these unique instruments to life in a rousing performance for the audience. Young music enthusiasts won't want to miss this!

L&MOP is a free monthly concert series that exposes children to a variety of musical styles and instruments. All concerts are at 10:00 AM on Saturday mornings at Carnegie-Stout Public Library and last approximately 30 minutes. L&MOP is sponsored by Drs. Mark Niemer and Yasyn Lee, in honor of their children and their teachers. Visit [www.nisom.com](http://www.nisom.com) for more information.

#### Red Cedar Chamber Music in Concert

**Tuesday, April 29, 2014 7:00PM**

**Dubuque Museum of Art**

Red Cedar Chamber Music, in collaboration with the Northeast Iowa School of Music (NISOM), presents the concert Rivers at the Dubuque Museum of Art, 701 Locust Street in Dubuque, Iowa at 7:00PM on Tuesday April 29, 2014. Red Cedar Trio members flutist Jan Boland, guitarist John Dowdall, and cellist Carey Bostian perform the hometown premiere of Dubuque native Michael Gilbertson's exciting new work River, plus a passionate Hungarian Trio by Nathan Kolosko and Gilbertson's Circle the Wagons. Tickets are now available through NISOM's office, and are \$20 for adults, \$10 for students. To purchase, call 563-690-0151, email [lthompson@nisom.com](mailto:lthompson@nisom.com), or visit the NISOM office at 2728 Asbury Rd, Suite 200. All tickets are general admission.

**Book Review**

**“The Heart Health Bible: The 5-Step Plan to Prevent and Reverse Heart Disease”**

by **John M. Kennedy, M.D.**  
(Da Capo, \$15.99 softbound)  
Reviewed by **Larry Cox**

It's no secret that heart disease is the No. 1 killer of men and women in the United States, claiming nearly 1 million lives each year. The irony is that it's also one of the most preventable diseases.

Dr. John M. Kennedy, a board member of the American Heart Association and professor of cardiology at Harbor-UCLA Medical Center, has successfully helped thousands of patients with his pioneering approach to preventative cardiology. Many of the techniques and strategies are outlined in his new book: *The Heart Health Bible*.

According to Dr. Kennedy, many of us have lost sight of the big picture by placing too much emphasis on fad diets. While weight and food intake are important, many diet plans are complicated, and more than a

few simply don't work effectively.

Dr. Kennedy outlines a more holistic approach, including stress reduction, a smart diet and regular physical activity, which can add to our overall health and longevity. With some 60 million Americans suffering from heart disease, changes in our behavior are essential to putting us on a sensible pathway that not only can help to prevent heart disease, but actually reverse it!

The five steps of his H-E-A-R-T plan are: 1) Healing blood pressure by learning to relax, adding aerobic exercise to our daily routine and decreasing salt; 2) Energizing the heart with exercise; 3) Acting on fat by using a BMI calculator and making better food choices; 4) Reducing blood sugar, since high blood sugar increases the risk of heart disease; 5) Tackling triglycerides to differentiate good fats from the harmful.

This is an excellent guide that includes anecdotes, tips and even recipes to help protect us and the ones we love against heart disease. Making his five steps part of our daily routine can create a wellness that can help save our lives.



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**SENIOR NEWS LINE**

by **Matilda Charles**  
**All About Us**

**Risks of Leaving a Nursing Home**

Leaving a nursing home to go into home/community care has to be a great feeling. But a study done at the University of Minnesota shows that medically, it might not be the wisest move.

Researchers looked at whether there were any differences in the rate of re-hospitalizations between Medicaid nursing home and Medicaid home/community care.

Yes, there were, and the numbers are dramatic.

The study compared patients over age 65 who stayed in a nursing home at least 90 days before going into home/community care with those who had a nursing-home stay of at least 90 days and then stayed in the nursing home.

Leaving a nursing home increased the possibility of having a preventable re-hospitalization by 40 percent.

The Money Follows the

Person program seems to be at the root of this. The MFP helps states with the costs of long-term care support with an emphasis on reducing the use of nursing homes and other medical institutions. The Affordable Care Act of 2010 has funded it through 2016 to the tune of \$450 million for each year.

While it's all well and good that the goal of some states is to use diversion programs to move patients out of nursing homes, it's not necessarily good for the patient ... or the financial bottom line if the patient ends up in the hospital.

Consider the differences: Nursing homes and hospitals have medical care 24 hours a day as they work with doctors and perform required assessments. Home/community workers have less medical background (if any), no doctors are necessarily involved and no assessments are required.

The study offered this conclusion: If patients are to be sent out to home/community, they need long-term care, medical providers and a care plan at the time they go.

“Anagrams” from the Galena Jeffersonian of June 20, 1853  
Anagrams are made by transposing the letters of one word into another. The following are surprising coincidences:

Astronomers--Moonstarers  
Democratical--Comical trade  
Lawyers--Sly ware  
Monarch--March on

Punishment--Nine thumps  
Penitentiary--Nay I repent it  
Revolution--To love ruin  
Telegraphs--Great helps

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## Household Toil Monday and Tuesday on the Farm

by Grandma



Nothing smells better than freshly laundered sheets that have been sun-dried on a breezy day. Of course, few people hang their sheets on the line anymore... and no matter what the ads say, fabric softener does not smell like sunshine and fresh air.

Sun-dried sheets are something we traded in exchange for progress. As nice as it would be to sleep on such sheets every night, I doubt many housewives would give up the household savers that have improved our lives on laundry day.

When I grew up on the farm, Monday was washday. It started bright and early with kettles of water steaming on the stove and bars of fels Naptha or homemade lye soap whittled into soap chips. Extra dirty clothes were given a preliminary treatment on the scrub board.

The clothes had to be sorted into different piles. The whites were in a pile, colored clothes in another and the blue jeans in still another. If there were delicates, they were washed by hand.

A little bit of bluing was added to the final rinse in the hopes that the whites would be whiter than those on the neighbor's clothes line. After the clothes were washed, rinsed and wrung out, Mom would take the clothes outside to the clothes line. The clothes were hung on

the line with clothes pins. Many times a pole was used to prop up a sagging line.

There were days that the washing just didn't seem like it would ever end. Disasters were commonplace. The clothesline sometimes broke, or a wind shift might send a cloud of dirt. Occasionally a wondering cloud dumped an unexpected extra rinse on the clothes that were nearly dry. Then there were the times a passing bird left a calling card.

In wintertime, clothes were hung out even in zero-degree weather and allowed to "freeze dry". Looking back, I figure Monday got its bad reputation because of doing laundry. Even so, I still miss those fresh-smelling clothes and sheets.

Tuesday was also a hard day. The ironing had to be done. Everything it seemed got ironed. It was quite a process. The clothes all had to dampened with a sprinkler bottle. Usually a sprinkler top was used that fit a standard Coke bottle. Then the clothes were put in a plastic bag and put into the refrigerator so they would stay moist. If the clothes were left at room temperature too long, they would sour. There were no steam irons. You would take out only a few pieces at a time to make sure they wouldn't dry out before you got to them. There were no permanent press clothes.

With the advent of the new washing machines, clothes dryers and steam irons, the task is somewhat easier, but still a woman's work it seems is never done.

### BIBLE TRIVIA

by Wilson Casey

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1. Is the Song of Solomon in the Old or New Testament or neither?
2. In Numbers 16, who ran into the congregation carrying incense to stop a plague? Moses, Aaron, Izhar, Anak
3. To whom did Paul address, "Mine own son after the common faith"? Timothy, Philemon, Titus, James
4. In 1 Kings 5, what type of trees out of Lebanon provided

the wood for Solomon's temple? Cedar, Fig, Olive, Barley

5. From 1 Samuel 9, who was Saul's father? Jonathan, Michal, Goliath, Kish
6. How did God first appear to Moses? Burning bush, Whirlwind, Mighty wave, Thunder

### ANSWERS

- 1) Old
- 2) Aaron
- 3) Titus
- 4) Cedar
- 5) Kish
- 6) Burning bush

### Baseball Love by Fr. Don Lange

As Spring finally buds in the trees above

I think of baseball, my first and truest love

Yesterday's symbol of my youthful quest

To overcome adversity, and give my best.

Now when I watch my favorite baseball nine

Thrills of youthful joy race up my senior spine

I bow loyally and cheer for my team with awe

As our hometown umpire thunders, "Play ball!"

April 3, 2013  
 Mr. Robert Wilbricht, Owner and Director  
 Cozy Corner Adult Day Care  
 2785 Pennsylvania Avenue  
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Cozy Corner Adult Day Services may be a solution to have your loved one enjoying a day in a fun and safe environment while you work, do your errands, or have a day to yourself!

Dear Mr. Wilbricht:  
 Let me take a moment to congratulate you and your program staff for the violation-free monitoring visit on March 27, 2013. Caring for the health, safety, and welfare of Iowa's senior citizens is a paramount concern to all of us, whether regulator or provider. We appreciate the efforts of you and your staff in meeting the requirements of established rules and regulations governing adult day service programs operating in the State of Iowa.

As part of our continuous improvement process, it is important to recognize those programs where the provision of care and service meets or exceeds expectations. We are hopeful that your program will continue to provide the same level of care and service in the years to come.

Please share this letter and the accompanying Certificate of Recognition with your staff and participants as it represents quite an accomplishment for your program. Again, congratulations on your recent violation-free monitoring visit. Best wishes for continued success in serving the needs of our elderly citizens.

Sincerely,

*Rodney A. Roberts*

Rodney A. Roberts, Director  
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### Convenience Store Opens by Town Clock Plaza in Downtown Dubuque

A new convenience store, which will be located at 730 Main next to the NICC Downtown Center, will feature "grab and go" items that will please the area workers and students who are short on time. With a mixture of traditional convenience store/bakery items and hours that will fit the busy "downtown" schedule, it is just what the area needs.

The store will be called Town Clock Market, and it will carry cinnamon rolls, doughnuts, pizza (breakfast and regular), milk, bread, candy, sandwiches, snacks, greeting cards, gift

items, coffee, a few groceries, and much more. It will be open from 7 a.m. to 6 p.m. Monday through Friday and 8 am to noon on Saturdays. It will be closed on Sundays. The starting date is expected to be sometime in March.

The owner, Chris Ross, is a local who grew up just outside of North Buena Vista, Iowa. She gained experience in the convenience store business when, for many years, she owned and operated Ross' General Store in Holy Cross, Iowa, just 20 miles north of Dubuque. She eventually left the store to teach computers, writing, and business classes at NICC for nine years. Then, although she loved teaching, when IBM came to town she

traded in her teaching cap for a chance to check out corporate America. After 3 1/2 years at IBM and a little over a year at Reliable Technology, also in downtown Dubuque, she discovered that her heart has always been where the action and people are, so she decided that it is time to trade in her desk chair for a chance to get back in the action. After working in the downtown area for almost five years, she identified a need for a convenience store where the workers can grab something fast when they don't have a lot of time.

Always an active person, Chris was also a volunteer on the Holy Cross Volunteer Fire department as an EMT for almost twenty-five years until she

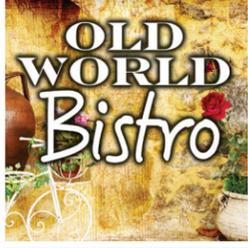
moved to Dubuque four years ago. Not content with just working full time and volunteering on the side, she has also been involved in the music business in the area over the years. So if she looks familiar to you, you might have seen her running sound or singing with the bands *Tramp*, *Stonefield*, *Profile*, *Hollowcreek*, the *Boots Hefel Band*, the *Odd Couple Band*, or DJing with her own *Criss Cross Productions DJ* business. Her newest musical adventure is as the lead singer with *Chrissy Ross and Crossroads*.

Be sure to stop in and check out the Town Clock Market when you are in the area.

The Grand Opening will be April 11, 2014

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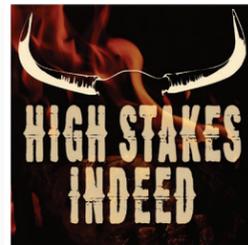
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**YESTERDAY AND TODAY**  
BY MICHAEL GIBSON

New Format



With the recent announcement of the closing and downsizing of the Sears store at Kennedy Mall our readers may remember how the corner of 5<sup>th</sup> & Main Street once appeared. This early 1950s shows Sears Roebuck which first located on Main around 1944 before moving to the South Locust location in the mid-1960s and eventually to the Kennedy Mall in the late 1980s. Other landmarks are the Hollywood Grille and across the street WDBQ Radio and Renier's Music which moved to Main street in 1915. Renier's later moved up a few blocks on Main and then to Iowa Street with an additional location at Kennedy Mall in the 1980s eventually going out of business in 1989. (Photo courtesy of the Loras College Center for Dubuque History, OHE p.92 NEG RL4No.5)

Yesterday & Today cont. P. 19



**HILLVIEW APARTMENTS**

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**Creating Inspiring Workplaces by Putting Humor to Work**

Sponsored by Hospice of Comfort

Hospice of Comfort is pleased to welcome Jim Jelinske, LBSW, MBA, of Creative Education Services to Regional Medical Center in Manchester. Jim will present **Creating Inspiring Workplaces by Putting Humor to Work**. Join us **Monday, April 7, from 2-4 p.m. and 6-8 p.m.**, with registration one half hour before each program.

Jelinske spent over 20 years working as a counselor in the human service field. For the past ten years, he has done educational programs for businesses and schools throughout the country. A nationally recognized professional, Jim speaks on many topics. His energetic approach and varied experience has brought him success with many organizations and businesses. His energy transfers to audiences adding life and character to events and programs. His passion, humor, quick wit, and skill to connect make his programs very successful.

Humor is one of the healthiest and most powerful methods to help give perspective on life's "grunge" (technical word for stress). This program helps attendees find



Jim Jelinske, LBSW, MBA, of Creative Education Services

the potential for humor in their work and the benefits it brings to workplace culture. In addition to finding ways that humor contributes to physical and mental health and wellness, Jelinske will discuss how keeping a sense of humor on the job helps provide quality care to clients/service to customers – even in the midst of stress.

Both presentations are **FREE** and open to the public. Mark your calendar and be sure to attend. **FREE nursing CEUs, Social Worker CEUs, EMS CEHs and provider CMEs provided by Hospice of Comfort.**

Please pre-register by **Friday, April 4**, on [www.regmedctr.org](http://www.regmedctr.org) under Events, or call 563-927-7559.

Yesterday & Today from P. 18

If readers have related memorabilia (post cards, photographs, letters, diaries, scrapbooks, or other documents and reminiscences to share they may contact Mike Gibson at the Center for Dubuque History, Loras College, (563) 588-7163 or via email: michael.gibson@loras.edu. Your comments about this series would be welcome.



Today, Prudential Retirement Co. occupies the entire block where the Hollywood Grille, Sears Roebuck, NuArt Wallpaper & Paint, and Sherwin Williams Paint were once located. A municipal parking lot has replaced the location of the former First National Bank, WDBQ Radio, and Renier's Music. The bank of course relocated to Locust Street between 6<sup>th</sup> & 7<sup>th</sup> in the early 1960s and the 500 block of Main Street eventually fell to the wrecking ball of Urban Renewal. (Photo courtesy of Terry Grant).

Highway 20 and the Northwest Arterial. Tickets are just \$19. Discounts are available for groups of 20 or more. There is just one performance: Saturday, April 26, 2014 at 8 pm. For tickets and information call 563-588-3377 or visit [www.belltowertheater.net](http://www.belltowertheater.net). This show is ideal for anyone ages 10 and up.

**Learn techniques to support those with dementia**

People who are supporting a loved one living with Alzheimer's or dementia will find support at Meeting the Mystery of Alzheimer's at Sinsinawa Mound Saturday, April 5, 9 a.m.-3 p.m. It can be difficult to understand or communicate and connect with people who have Alzheimer's or other forms of dementia. They may say or do things that don't make sense, or they may become upset or angry. Jade Angelica leads this workshop in a safe and supportive environment where participants learn and practice various ways to reduce conflict and stress and enhance their caregiving skills.

Caregivers who have attended this informative and enlivening program report they feel more confident, competent, and hopeful. The registration deadline is March 28, and the fee is \$50. For more information, contact Guest Services at (608) 748-4411 or visit our website at [www.sinsinawa.org](http://www.sinsinawa.org). Sinsinawa Mound, the Motherhouse for the Sinsinawa Dominican Sisters, is located in southwest Wisconsin on County Road Z, off Highway 11, about five miles northeast of Dubuque.

**The Bell Tower Theater Announces a New Special Event:  
Magic at the Bell Tower Theater**

Dubuque, IA-The Bell Tower Theater is pleased to announce an addition to their 2014 season. On Saturday, April 26, they will present Magic at the Bell Tower, an intimate evening of mystery and illusion with magician P.T. Murphy that includes sleight of hand, ghost stories and interactive mystery. This brand new show was created specifically for the Bell Tower Theater and incorporates the history of the building and the Dubuque area.

This is a show you won't want to miss. Murphy is known for his personable style, mischievous sense of humor and sophisticated sleight of hand. His 2013 show Magic on Main was voted Galena's #1 attraction. The Chicago Reader called Murphy's performance, "Magic to its best advantage, up close and personal!" Murphy is the co-creator of Chicago's long running hit show The Magic Cabaret that the Travel Channel hails as "One of America's Best Magic Shows!"

The Bell Tower Theater is conveniently located at 2728 Asbury Road in the city's vibrant West End just minutes from both

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## Laugh A Lot

A teenager lost a contact lens while playing basketball in his driveway. After a fruitless search, he told his mother the lens was nowhere to be found. Undaunted, she went outside and in a few minutes returned with the lens in her hand.

"I really looked hard for that Mom," said the youth. "How'd you manage to find it?"

"We weren't looking for the same thing," she replied. "You were looking for a small piece of plastic. I was looking for \$150."

Mrs. Willencot was very frugal. When her husband died, she asked the newspaper how much it would cost for a death notice.

"Two dollars for five words."

"Can I pay for just two words?" she asked. "Willencot dead."

"No, two dollars is the minimum. You still have three words."

Mrs. Willencot thought a moment.

"Cadillac for sale."

A woman wanting to im-

press two college chums, took them to dinner at an exclusive French restaurant and ordered for all three in flawless French. Handing the menu back to the waiter with a flourish, she asked, "Would you mind reading our order back to me?"

"Oui, madame—No. 4, No. 9, No. 16."

A man called his doctor's office for an appointment. "I'm sorry," said the receptionist. "We can't fit you in for at least two weeks."

"But I could be dead by then!"

"No problem. If your wife let's us know, we'll cancel the appointment."

In my job as a credit analyst for an auto-financing company, I often have to explain to customers why they were denied credit for auto loans. One woman's credit-bureau report was rife with judgments, charged-off accounts and even delinquent account with my own company. Still, she insisted she should be granted credit. "I just filed for bankruptcy," she said. "Now I don't own anybody!"

## STRANGE BUT TRUE

by Samantha Weaver

up once and suffer heartbreak twice before you meet the man you want to settle down with.

- It was celebrated Russian novelist, Fyodor Dostoyevsky, who made the following sage observation: "Talking nonsense is the sole privilege mankind possesses over the other organisms. It's by talking nonsense that one gets to the truth! I talk nonsense, therefore I'm human."

- If you can foretell the future by looking at fingernail clippings, you're practicing onychomancy.

- The name of the islands of Hawaii is thought to come from a word in an early Polynesian language meaning "place of the gods."

- You might be surprised to learn that before novelist Salman Rushdie wrote "The Satanic Verses" and had a fatwa issued against him by the Supreme Leader of Iran, he worked in advertising, coming up with slogans for candy companies.

- If you're like the average woman, you will kiss 15 men, go on four disastrous dates, be stood

- In 2009, Japanese scientists revealed that the human body emits a very slight, yet perceptible, glow. After using a special camera to study a sample of men in their 20s, they found that intensity of the glow varies, with the lowest point at around 10 a.m. and the brightest at 4 a.m.

- Horses can tell each other apart just by the sound of their whinnies.

- It is traditional in Scotland to "blacken the bride." In this process, a soon-to-wed woman is abducted by friends, covered in honey, eggs, sauce and feathers, then taken around town on a pub crawl.

- In ancient Rome, slaves with red hair commanded a higher price from buyers.

Thought for the Day: "What is laid down, ordered, factual is never enough to embrace the whole truth: life always spills over the rim of every cup." -- Boris Pasternak



ELECT

JIM SPECHT

Dubuque County Supervisor



Focused on improving county infrastructure, keeping our healthcare local, and managing projects with a common sense attitude.

After growing up in Sherrill and raising a family in Sageville, Dubuque County is my home, and it's time we begin taking better care of our home.

- We have to do a better job of managing our roads and infrastructure maintenance with an eye for long-term returns on how we invest in our roads.
- I served on the Sageville City Council for 18 years
- I've been a union-member for over 30 years.

If elected, I will work as hard for you as I've worked for my family, employers, and unions. I'll collaborate with employers and employees to keep costs low, and I'll fight to stop outsourcing our local jobs.

Elect Jim Specht on June 3<sup>rd</sup>, 2014!

Paid for by the committee to elect Jim Specht





**Liz Lynch is back by popular demand.**

The following stories were written by Liz at age 92 as she reminisced about the early days in her life.

The most frightening experience I can remember was on a buggy trip to Dubuque.

Dad, Mom, and I rode in the double-seated buggy with egg cases, cans of cream and proper clothing to protect us from the sun or rain.

Many trains passed through Rockdale whose path we had to cross to get to town. There were no tractors in the field so we listened for sounds of trains in the distance.

Before we were in sight of the train rails, we heard a train engine two hills away. We didn't have time to cross before it. My father got out of the buggy, ordering us to get out and stand some distance from the buggy.

The horses stood on their hind feet, neighed and tried to plunge forward, as my dad held their bridles secure to keep them from running away.

Pa talked to the horses to calm them down. They continued this neighing and rearing up until the train with one hundred boxcars disappeared out of sight. We got back into the buggy as my dad continued talking to and petting the team.

The three miles left to go were tense as we feared there might be an afternoon train to taunt us on the way home. The team shied and reared when we met a car on the road until they became used to them. The driver had to have quick action to keep the team from running away.

These adventures brings me to the time I was able to drive a Model-T Ford — no drivers licenses, no insurance, no windshields wipers, no turn-

ing signals, no starters, tires guaranteed to give trouble, no alcohol for the radiator. The pleasure of riding in a car only lasted from May until the first frost in the fall.

Our winter traveling was done with a buggy, wagon or sleigh. We rode horses and walked to visit neighbors.

We lived in a happy, helpful community. We shared work and play, which helped us prepare for a choice in the vocation we chose. I was guided by the directions given to me during my four years of boarding school. I still attend the yearly reunion held for all the pupils who attended our alma mater. I have missed only two reunions in 73 years. A good reward. Do you agree?

My best memories are the friendly families that attended our school and the fun we had preparing our yearly programs for the community. I attended high school as a boarder at the Immaculate Conception in Dubuque. I studied to become a teacher and taught the home school in 1928. Then I taught in one-room schools until 1940, when all married teachers were not allowed to teach. In 1949, a scarcity of teachers allowed married teachers to teach, as many teachers got more money in government jobs. I taught sixth grade at Sageville for three years. I then taught Special Education in Western Dubuque for twelve years.

This life's review brings me up to 1940. A special day, November 28, 1940, I became Elizabeth Lynch.



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**Trivia test** by Fifi Rodriguez

- 1. Geography:** Where is the island of Cyprus located?
- 2. Animal Kingdom:** What is a group of adult alligators called?
- 3. General Knowledge:** What is the Koh-i-noor?
- 4. Literature:** What was the name of the monster in Mary Shelley's novel "Frankenstein"?
- 5. Religion:** Which religion espouses the Eightfold Path?

- 6. Olympics:** A "Salchow" jump is employed in which winter sport?
- 7. History:** How many banks of oars were used in an ancient warship called the trireme?

**Answers**

1. Mediterranean Sea
2. A congregation
3. A large and famous diamond in the British crown jewels
4. It had no name but referred to itself once as "Adam"
5. Buddhism
6. Figure skating
7. Three

R.F.D. by Mike Marland



**Individuals with low to moderate incomes are eligible to receive *Free And Confidential Tax Preparation* at any of the free filing tax sites listed below:**

Operation: New View, Dubuque January 27– April 10 Every Mon & Thurs (5 p.m.–9 p.m.) Make An Appt @ 563-556-5130 Ex 14 1473 Central Ave., Dubuque IA	Hills And Dales Lifetime Center (AARP) Feb 4–April 15, Tues–Fri (9 a.m.–3 p.m.) Make An Appt. By Dialing 2-1-1 Or @ 563-588-3980 3505 Stoneman Rd, Dubuque IA
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St Matthew Lutheran Church (AARP) 1780 White St., Dubuque IA  
Feb 3– April 15, Monday – Friday  
12:30 p.m.–3:30 p.m. Walk-Ins Only

**Any Questions???**  
**Call Amanda @ 563-556-5130 x14**

**What to bring:**

- Valid picture ID
- Social Security Cards for you and each member included on your return
- Birthdates for you and each member included on your return
- W-2s for all jobs in 2013
- 1099 forms for other income, if any
- Any and all tax related documentation you might need
- A copy of last year's tax returns (federal and state)
- All adults on your return must be present to sign forms
- A blank check or your bank account information for direct deposit



Do you have photos of persons associated with Mt. Pleasant for posting on a Facebook timeline? In this circa 1885 photo charter Board member Mary Eveleen (Mrs. Benjamin. B.) Richards holds a youthful Clarence W. Richards (future Home trustee) outside her home at 1472 Locust.

**Dubuque History Found in Mt. Pleasant Records**

Second in a series. Glimpses of 140 years of history from Mt. Pleasant's records at the Loras College Center for Dubuque History.

A long-time Dubuque resident recently described Mt. Pleasant as remaining "beautiful and useful." Beauty is found in the bluff top setting of the Italianate 1850s brick mansion. Generations of dedicated staff, members of the working Board, and persons of good will have supported, maintained, and enhanced the facilities to provide an affordable, home-like atmosphere for forty residents.

**Original Mansion**

Mt. Pleasant was known as the dilapidated "Lovell Place" in 1877. William Y. Lovell, an ambitious Virginian, was a Dubuque judge, mine operator, Superintendent of Schools, railroad promoter, and land speculator. He and other newly-rich citizens built mansions "on the

bluffs" in the late 1850s relying on paper fortunes made by selling and buying land from each other at rapidly rising prices. Apparently Lovell, like many others, was bankrupted by the 1857 panic and soon moved on.

**Rague Links**

The mansion has links to flamboyant John F. Rague, architect of City Hall and the Old Jail. Mt. Pleasant's main stairway has the signature gingerbread trim that Rague characteristically used long after it was unfashionable. Chestina Scales Rague, his much younger second wife (described as Wisconsin's first female architect) resided at Mt. Pleasant around 1920.

**New Links**

Mt. Pleasant's Facebook timeline will celebrate the 140<sup>th</sup> anniversary with photos of activities and individual photos of the hundreds who supported these activities. Call Doug at 563-845-8309 to share photos or stories.



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**The Residences**

**MISTER BREGER** By Dave Breger



"Some day we might try finding out what most of these dials and gadgets are for..."



### From The Batt Cave

Al Batt  
snoeowl@aol.com  
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### Bless This Fat-Free, Sugar-Free, And Gluten-Free Food, But Maybe Not The Beets

About 45 percent of all Lucky Charms cereal is eaten by adults.

That's why giving grace before breakfast should be more prevalent than at other meals, but for some unexplainable reason, it's less common.

Perhaps not everyone has the ability to form words until after consuming breakfast, or at least, a favored liquid offering copious amounts of caffeine.

The tot was asked to say the blessing before dinner.

The little boy was hesitant, but was encouraged by a number of adults.

"I don't know what to say," protested the child.

"Say what you hear your Mommy say," urged an aunt.

The boy clasped his hands, bowed his head, and prayed aloud, "Dear Lord! Why on earth did I invite all these people to dinner?"

I had a college roommate named Keith Wakefield who was fond of saying this before we tore into our beans or ramen noodles.

"Rub-a-dub-dub. Thanks for the grub. Yay God. Let's eat."

We encouraged him with our giggles.

It might not have been the classiest of blessings, but it was better than nothing. It served as proof that the difference between bonds and men is that bonds eventually mature.

We were always hungry in those days. I think it was because we ate pasta and antipasto at the same time. They canceled one another.

Grace refers to any of a number of short prayers said prior to eating, a gentle message thanking God. Some traditions hold that grace imparts a blessing that sanctifies the meal.

Grace is often short, because you don't want to let the food cool or have it overwhelmed by growling stomachs.

With one eye closed and the other open surveying food-stuffs, we say, "Come, Lord Jesus, be our Guest, and let these gifts to us be blessed. Amen." Sometimes we add "Give thanks unto the Lord, for He is good, for His mercy endures forever. Amen."

At other times, grace is "God is great, God is good. Let us thank Him for our food. Amen." Or "Bless us, O Lord, and these, Thy gifts, which we are about to receive from Thy

bounty. Through Christ, our Lord. Amen."

The fervor in which grace is said varies according to the food, company, and occasion.

If you see drivers with bowed heads, they aren't saying grace. They are texting.

In my basketball playing days, it wasn't uncommon to see another player cross himself before shooting a free throw. I decided that I'd try it during practice. I needed all the help I could get shooting free throws. I crossed myself before shooting some free throws, but my shooting percentage didn't increase. A teammate told me that it didn't work for Lutherans. Perhaps he was right.

That's why I never see anybody cross himself or herself before bowling a frame in the Lutheran League at Bowling Elaine's.

I say a silent prayer while watching loved ones play sports. I ask that they play their best and that no one is injured.

I spend a lot of time on the rubber chicken circuit and listen to a lot of folks offering blessings before meals. They are all good, but I've noticed that most are read from written material. Not a bad idea. If the mind goes blank, it doesn't always turn off the sound.

Saying grace was more prevalent during my childhood. According to the American Bible Society Study, the Most Bible-Minded City for 2013 was Chattanooga, Tenn. I'll bet you'll hear grace said at the Waffle House in Chattanooga. Des Moines was 53rd and Minneapolis/St. Paul (St. Paul would prefer "St. Paul/Minneapolis") was 75th out of 100. The Least Bible-Minded City was a tie between Providence, R.I. and New Bedford, Mass.

I continue to not only believe in miracles in food and other things, but to rely on them. I'm not the only one.

A local minister stopped by the church to grab a bottle of wine that he'd need to give communion at a nursing home. He was running late, so he put the bottle on the passenger seat of his car. Before he cleared town, a police officer pulled him over for having a nonfunctioning headlight.

Seeing the bottle, the officer asked, "Sir, have you been drinking?"

"Just water," said the clergyman.

The trooper pointed at the bottle, "That looks like wine to me."

The pastor said, "Good Lord! He's done it again!"

Meister Eckhart said, "If the only prayer you ever say in your whole life is 'thank you,' that would suffice."

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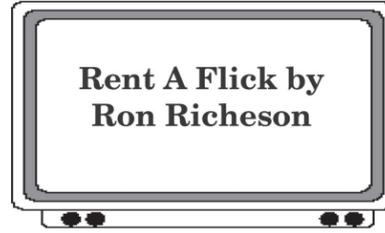
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Rent A Flick by  
Ron Richeson



### Rent

It took almost a decade for the stage production of *Rent* to arrive on the big screen in 2005 but the wait was worth it. Director Chris Columbus' adaptation of the critically acclaimed rock opera can best be described as total exuberance.

The film centers on eight individuals whose intertwined lives are part of the bohemian counterculture lifestyle of New York's East Village, circa the end of the 80s / beginning of the 90s. The play was groundbreaking because of its focus on same-sex relationships, drug addiction, and the human tragedy of HIV. But it was also uplifting, showing the capacity of the human spirit to embrace the wondrous gift of being alive in the here and now.

Minimal dialogue has been added for continuity, flow, and enhancement of the storyline, but its roots are kept intact with the electrifying song and dance numbers that brought theatergoers to their feet in thunderous applause. Although Columbus' previous endeavors do not include the musical genre, he was the perfect choice for this project, showcasing his cinematic talents with a film that is openly raw and emotional yet radiates beauty and passion.

In March '09 my wife and I were among the capacity crowd to see the road tour of *Rent* at Gam-mage Auditorium on the campus of Arizona State University. A stunning auditorium. A fantastic performance. A priceless experience.

This film is rated PG-13 and is available via Netflix mail order.

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Radio From  
The 20th  
Century

by Bill Zwack



The "Frank Morgan" Show was, in the end, a misnomer of sorts, because Morgan spent most of his radio career sharing a format with someone else. Those shows, covered elsewhere, are recapped as followed. In 1937, Morgan became a regular with Fanny Brice On NBC's "Good News Of 1938." That show evolved in 1940 to "Maxwell House Coffee Time," slimming down from 60 to 30 minutes but keeping the same sponsor and Thursday time slot.

"Maxwell House Coffee Time" was divided equally between Morgan and Brice. She used 15 minutes for a "Baby Snooks" skit. He used the remaining 15 minutes for a monologue, usually a tall tale about his exploits in younger days. This joint format ran for four years. In 1944, Fanny Brice pulled away for her own "Baby Snooks" show. Morgan then began his "Frank Morgan Show." This was essentially a

variety hour, featuring more tall tales and backed by Robert Young and Cass Daley. It too was carried by Maxwell House in the old Thursday time slot. But Morgan without Snooks lost a huge piece of rating. This show lasted only a year. Morgan came back in 1946 for another season of situation comedy, as the fabulous "Dr. Tweedy."

Morgan is probably best remembered as the wizard in the Movie "The Wizard of Oz". In May, the Big Broadcast heard on AM 1370 KDTH, from six to midnight on Sunday nights, will be presenting a 75 anniversary tribute to "The Wizard of Oz."

The radio show will be featuring some of the characters from the Oz movie who had their own programs, plus a radio presentatin of the "Wizard of Oz" on the Lux Radio Theater. Although Frank Morgan has been lost to the air waves, he will never be forgotten as the "Wizard."

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## Dubuque County Conservation Board

Earth Jam

Swiss Valley Nature Center April 5th 2-4 pm

Dubuque Metro Area Solid Waste Agency, DCCB, IDNR, Dubuque County Conservation Society, Audubon, and Green Vision Schools are all helping to provide an educational day at the Swiss Valley Nature Center. The Earth Jam event will begin at 2 pm with kid's activities and the CONCERT will begin at 3 pm. Mike Havlik, from the Des Moines YCamp, will be headlining the event. There is no cost for the Earth Jam. We look forward to having you jam with us at the Swiss Valley Nature Center.

**An Iowa Legend  
George Gallup  
(1901- 1984)**

“Sir, do you mind if I ask a few questions?” Startled Iowa Citizens in the 1920s weren’t used to intense people coming up to them and asking questions. Being this bold invaded another person’s space and in a Victorian-based society that just wasn’t done. It wasn’t done until a young Iowan dreamed up the idea and carved a niche for himself in the process.

George “Ted” Gallup believed that survey research brought he truth and truth was vital for needed reform in society. He used that conviction as foundation not only for his personal career and business but to inaugurate a new sociological dimension of human life. The industry he founded came to be known as public opinion research, an effort that brought opinion polls into being.

Born on an Iowa farm near Jefferson, Ted attended the University of Iowa. During his sophomore year, his family suffered severe financial reverses and so for the remainder of his college days he supported himself by means of scholarships and by operating the towel concession in the UI swimming pool. Ted also found time to act as editor of the Daily Iowan, which he extended from a campus newspaper into a newspaper that served the entire Iowa City community.

Following graduation, he became a UI instructor in journalism, while pursuing an M.S. in psychology and a Ph.D. in journalism. His doctoral thesis, “A New Technique for Objective Methods for Measuring Reader Interest in Newspapers,” contained the germ of the idea that he later developed into the Gallup Polls.

After receiving his doctorate, Ted became professor of jour-

nalism at Drake University in Des Moines. After two years, he accepted positions of professor of journalism and advertising at Northwestern University and as visiting professor in the Pulitzer School of Journalism at Columbia University.

Meanwhile, the theories he advanced were being tested in newspapers beginning with The Des Moines Register. Two of his important findings in his research led to the use of comics in advertising and the publication of *Look* magazine by the Des Moines Register and Tribune Company.

In 1932, Ted accepted a position as director of research for Young & Rubicam, a major New York City advertising agency. While there, he worked out methods for measuring reaction to advertised products, using the same techniques he had devised to measure response to radio programming.

In 1935, founding the American Institute of Public Opinion, he established the Gallup Polls. The avowed purpose of his organization was “to impartially measure and report public opinion on political and social issues of the day without regard to the lightness or wisdom of the views expressed.”

Today, an affiliated Publisher’s Syndicate distributes the results of Gallup Polls to hundreds of newspapers. An associated Audience Research Institute, Inc., evaluates movie titles, casts and stories.

Iowan, Dr. George Gallup redefined the way people understand each other. In doing so, he shouldered a large share of the responsibility, and shares much of the credit, for acting as the impetus of social reform in the world.

All his life George “Ted” Gallup proclaimed his pride in his Iowa origins and his love of farming. He once said, “I’m from Jefferson, Iowa, and I’ll always be from Jefferson, Iowa.”

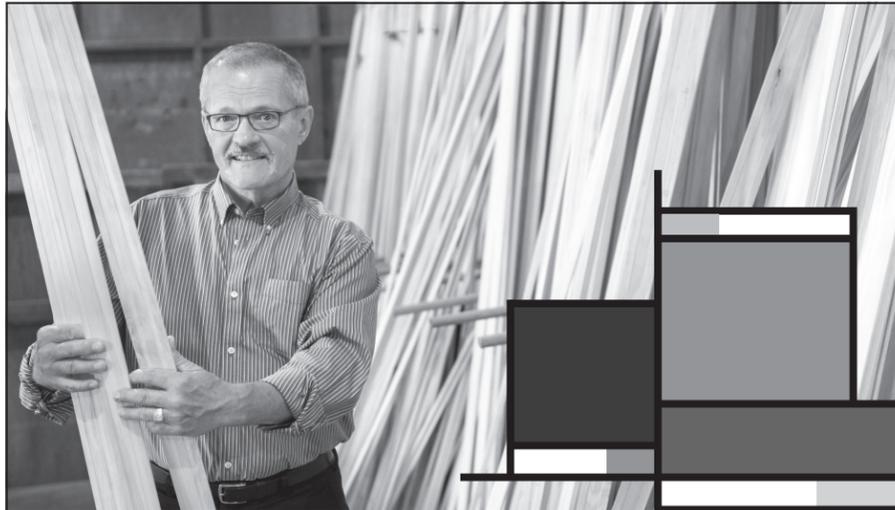
**Corned Beef and Cabbage**

- 8-inch square cheesecloth
- 12 parsley stems
- 2 garlic cloves, crushed with side of chef’s knife
- 2 bay leaves
- 1 tablespoon black peppercorns
- 1 corned beef brisket, flat (thin) cut (3 1/2 to 4 pounds)
- 1 1/2 pounds small red potatoes, unpeeled and each cut into 1 1/2-inch chunks
- 1 pound carrots, cut into 2-inch pieces
- 1 small head green cabbage (about 1 1/2 pounds), cut into 8 wedges

In cheesecloth, wrap parsley, garlic, bay leaves and peppercorns; tie with string and place in bottom of 5 1/2- to 6-quart slow cooker. Add corned beef; top with potatoes and carrots. Pour in enough water to cover meat. Place cabbage on top. Cover slow cooker with lid and cook on low setting 10 to 12 hours or until beef is very tender.

To serve, thinly slice corned beef across the grain; transfer to warm large platter with vegetables. Makes 8 main-dish servings

- Each serving: About 440 calories, 27g protein, 28g carbohydrate, 25g total fat (8g saturated), 6g fiber, 125mg cholesterol, 1,480mg sodium.



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### Your Credit Report & Credit Score

Your credit report and credit score are the keys to you getting a credit card, a home or car loan, an apartment, insurance, a job, or simply a better interest rate. A credit report includes information about your financial history. The information includes where you have lived, how you've paid your bills, and whether you've defaulted—including missed payments, repossessions, foreclosures, tax liens and bankruptcies. A credit score is a credit reporting company's three-digit scoring system that creditors use to help determine whether to give you credit and, if so, what kind of credit terms.

Because so much rides on your credit history—especially if something is incorrect—you should periodically check your credit report, especially several months prior to obtaining a mortgage, refinancing, or car loan.

**Getting your credit report:** The law entitles you to one free credit report per year from each credit reporting company: Equifax, Experian, and TransUnion. To obtain your free reports:

- Online: [www.annualcreditreport.com](http://www.annualcreditreport.com). This is the only official website for ordering your free credit report.
- Phone: 1-877-322-8228 (toll-free)
- Mail: Complete the Annual Credit Report Request Form, available at [www.ftc.gov/credit](http://www.ftc.gov/credit), and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.

You may request free reports from all three credit reporting companies at the same time. You may also choose to rotate your requests to the three companies once every four months, which enables you to monitor your credit throughout the year. You should periodically review your credit report to make sure it is accurate and complete. Monitoring your credit report also helps you ensure that someone has not sought credit or opened accounts under your name.

**If there are Errors:** Under federal law, credit reporting companies—and those who provide information to them—

are responsible for correcting inaccurate or incomplete information in your credit report. If you find an error, tell the credit reporting company, in writing, what information you think is inaccurate. Credit reporting companies must investigate the items in question—usually within 30 days—unless they consider your dispute frivolous. The credit reporting company is required to correct, complete, or delete any information that is erroneous, incomplete, or unverified. The company must give you the written results and a free copy of your report if the dispute results in a change. If an item is changed or deleted, the credit reporting company cannot put the disputed information back in your file unless the information provider verifies that it is accurate and complete.

**Negative Information:** Credit reporting companies can include most accurate negative information for seven years and bankruptcy information for ten years. There is no time limit on reporting information about criminal convictions. Information about a lawsuit or an unpaid judgment against you can be reported for seven years or until the statute of limitations runs out, whichever is longer.

**Credit Score:** Your credit score is based on your credit history. Errors in your credit report can adversely affect your credit score, which lenders use to evaluate you as a borrower. You are entitled under the law to access your credit score from the national credit reporting companies. The companies are allowed to charge a reasonable fee for providing your score.

**Improving your Credit Score:** Credit reporting companies develop their own credit scoring formulas. Since your credit score is based on your credit history, your financial track record determines whether your score goes up or down. Pay your bills on time, establish credit but don't apply for too many credit accounts or credit cards, and don't max out your credit limits. Keep your balances as low as possible.

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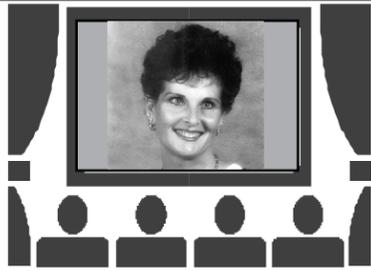
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### Foundation for Dubuque Public Schools (FDPS) Hires New Executive Director

Jennifer Klinkhammer has joined the Foundation for Dubuque Public Schools (FDPS) staff as executive director. Klinkhammer will facilitate the daily operations of the foundation including the overall management, fundraising, creation and implementation of projects and programs for FDPS that have a direct impact on the Dubuque public schools. She will also work with the FDPS Board of Directors to plan the strategic direction of the organization.



**It's Movie Time**



by  
**Paula J. Giese**



**Jack Ryan: Shadow Recruit:** This movie stars Chris Pine, Keira Knightly, Kevin Costner, and Kenneth Branagh who also directed it. Jack Ryan (Pine) is a superstar CIA analyst who is a sexy daredevil. After Ryan is injured in Afghanistan, he catches the eye of CIA officer (Costner). Ten years later he is called upon on as an agency mole on Wall Street. Snooping around leads him to Moscow where he uncovers a plot to drain the dollar of its value. There is all kinds of action to get you through the entire movie. \*\*\*

**Monuments Men:** This movie is based on the true story of the greatest treasure hunt in history. This is an action-drama focusing on a World War 2 group of men who are asked to go into Germany and recover an art masterpiece from the Nazi's and return them to the rightful owners. It was great to see Bill Murray again on the silver screen. Also starring include: Matt Damon, John Goodman, George Clooney (who also directed the film) and Cate Blanchett. The movie is pretty good, although it did drag some. The art pieces shown are spectacular to see. Bill Murray has a scene which will warm your heart. \*\*\*

**The Nut Job:** This animated film depicts the animal world trying to gather their winter storage of nuts. A mischievous squirrel named Surly (voiced by Will Arnett) and his rat buddy plan an enormous heist to rob a nut store. Other voices include: Brendan Frasier, Liam Neeson, and Katherine Heigl. Along with the animals stealing nuts, there is a group of thieves robbing the attached bank. There is plenty of action going on with both stories. \*\*\*

**The LEGO Movie:** The concept of this movie is absolutely outstanding. Bringing the child's toy LEGO's to the big screen is neat to see. It's the story of a construction worker, Emmet, is chosen as the most extraordinary person and is the key to saving the world. The entire movie is action packed. There is something constantly going on. It is quite a violent film as they go from one bad situation to another. There is also a lot of adult humor. I know young kids love LEGO's but I suggest the child be a bit older before seeing this one. \*\*\*

**Robocop:** Yet another "Robocop" movie. I remember when the first three films came out starring Peter Weller in 1987. This remake star Joel Kinnamen as Alex Murphy (Robocop), Gary Oldman, Samuel L. Jackson, and Michael Keaton. The year is 2028 when a Detroit cop is badly burned by some very evil people. Oldman is the doctor who takes his severely burned and deformed body and turns him into a machine. Keaton owns the company who wants to get Robocops out on the streets to fight crime. Murphy is a husband and father who actually has feelings even though he is mostly machine. This is an action packed interesting film. \*\*\*

**Winters Tale:** This movie is actually a book they made into a film. It stars Colin Farrell, William Hurt, Russell Crowe, Jennifer Connelly, and Eva Marie Saint. The film has a mystical feeling and takes place in New York City set in an earlier time period that spans more than a century. It's a story of miracles, crossed destinies, and the battle between good and evil. Farrell is a thief who works for Crowe. He stumbles upon a magical white horse and finds out he is destined to perform a miracle for someone. I thought the film was quite intriguing. \*\*\* 1/2

**Endless Love:** This is a remake of a movie by the same name which came out in 1981. It's the story of a privileged girl and the boy she falls in love with. He happens to be poor. Her father, Bruce Greenwood, does everything in his power to keep the two apart from each other. The two main stars are Alex Pettyfer and Gabriella Wilde. It's an OK film but you could probably wait until it comes out on DVD. \*\*

**3 Days to Kill:** I really thought this movie had a lot going for it. Kevin Costner played a pretty good spy. Costner is a dangerous international spy who becomes ill so he decided to retire and try to be closer to estranged wife and teenage daughter. But first he must complete one more mission. He has to track down a ruthless terrorist. While working onto that assignment he has to look after his daughter while his wife is out of town. The movie is filled with a little bit of everything: action, mystery, comedy, and a hint of romance. \*\*\*\*



My Ratings are:  
Excellent : \*\*\*\*\* Good: \*\*\*\*  
OK: \*\*\* Poor: \*\* Terrible: \*

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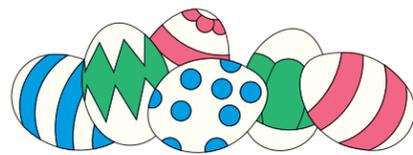
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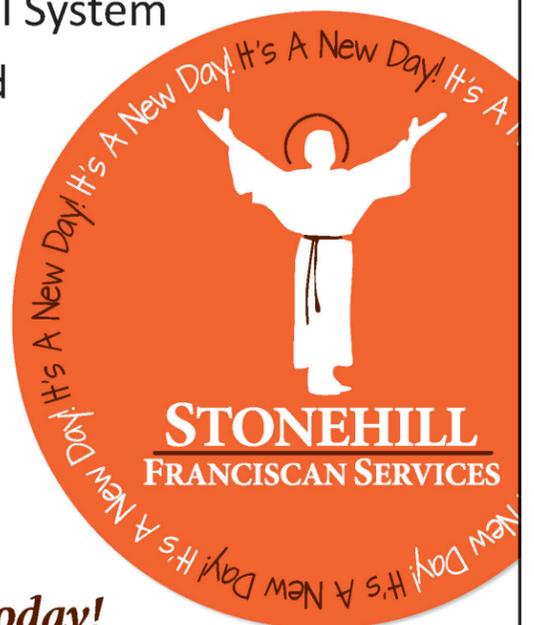


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**Dubuque County Library Events April 2014**  
Please register for all events unless noted.  
Asbury Br. 563-582-0008

**Preschool Story Time:**  
Peosta/NICC Branch: Thursdays, April 3 & 10, (9:30–10:15 a.m.)  
Asbury Branch: Thursdays, April 3 & 10, (11–11:45 a.m.)  
Join us as we embark on adventures through stories, crafts, songs & games. Stop at your local branch and pick up a list of themes for the month. Please call your local branch to register. \* Five must register, or program will be cancelled.

**Family Movies @Your Library – Farley:** Join us for a new release or popular family movie and snack. Farley/Drexler Branch, Saturday, April 5, (10–11:30 a.m.) Showing this month: “Hop”, Rated PG. Participants may bring a drink with a re-sealable lid. No registration required.

**Money Smart Week:** April 5–12. Visit your local branch of Dubuque County Library daily to register for the special nationwide contests.

**Baby & U – Epworth:** Epworth Branch, Tuesdays, April 8, (6:15-6:45 p.m.) This program includes interactive stories, music and movement for your little reader. Find out ways to promote language and communication while having fun with your child. Program designed for infants – 2 year olds. Call to register. \* 5 must register, or program will be cancelled.

**Legos, Books & More – Holy Cross:** (1st grade & older) Holy Cross Branch, Thursday, April 10, (3:30-5 p.m.). Come CREATE with Legos, CHALLENGE friends with some of our favorite games, see what’s NEW for kids and SWAP your gently used book for a new READ. Space is limited. Registration is needed so we have enough supplies for everyone attending. Call to register. \* Five must be registered or the program will be cancelled.

**Craft Night – Epworth:** Epworth Branch, Thursday, April 10, (6–7:30 p.m.) Join the group! Come discover a new craft idea. This month we will have a demonstration by one of our members OR you can bring your own project to work on. Reservations are requested to assure enough materials will be available for all participants. If you have further questions, call Terrie @ 563-582-0008.

**American Girl Book Club:** (2nd grade & older) Epworth Branch, Saturday, April 12, (10:30 a.m.–noon). Asbury Branch, Thursday, April 24, (6–7:30 p.m.) Explore the world of Julie this month at the Dubuque County Library. We will be reading, *Meet Julie* to learn about the life and time period in which she lived. Then join us for discussion, fun activities, and more. Registration is needed so we have enough supplies for everyone attending. Space is limited. Five must be registered or the program will be cancelled.

**Tech Time @Your Library – Asbury:** Asbury Branch, Saturday, April 12 & 26, (3–4 p.m.) Stop by and learn how to download eBooks and audiobooks to your new eReader, tablet or smartphone! Please come to the workshop with your WiFi device, charger and Dubuque County Library card. This will be our last Tech Time until fall.

**GAB Book Club – Peosta:** Peosta/NICC Branch, Thursday, April 17, (6–7:30 p.m.). This month’s selection: “The Dovekeepers” by Hoffman. Copies available on request. As we welcome in spring, what better way than to read a book about birds. But the story goes deeper than that. Open to high school Young Adults and older.

**Family Movies @Your Library – Peosta:** Peosta/NICC Branch, Thursday, April 24, 6:30–8 p.m. Join us for a new release or popular family movie and snack. Showing this month: “Cloudy with a Chance of Meatballs 2”, Rated PG. Participants may bring a drink with a re-sealable lid. No registration required.

**Movie Night @Your Library – Epworth:** Epworth Branch, Thursday, April 24th, 7–8:45 p.m. To celebrate this month’s “Money Smart Week”, April 5-12, 2014, we will be showing: “Tower Heist,” Rated PG-13. Snack provided. Participants may bring a drink with a re-sealable lid. No registration required.

**LEGO My Library & Games too!:** - Asbury (1st grade & older) Asbury Branch, Wednesday, April 30th, 1:15–3 p.m. \*\*Early out Join us to build, build, build! Then enjoy playing some of our favorite new & classic games. This open house style program allows children to come and leave when they finish. Please call to pre-register. Five registered or the program will be cancelled.

**Kids EXPO – A Family Resource & Fun Fair:** Dubuque County Library will be participating in the Spring Expo to be held at Western Dubuque High School, 302 5th Ave. SW, Epworth on Saturday, April 26, 2014 from 9 a.m. to 1 p.m. Wonderful family event. No charge, activities are FREE! This event brings a variety of businesses and organizations that serve families together. Visit booths to ask questions and gather information about services & activities offered to children. All sorts of activities including: a balloon artist, inflatables, games and more. Don’t miss out on this fun and informative event!

**ANTIQUES & COLLECTING**  
by Larry Cox

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P.O. Box 536475, Orlando, Fl. 32853

**Q:** Although I don't collect Pez candy dispensers, I have three, all depicting characters from the Peanuts comic strip. In addition to Snoopy, I have Charlie Brown and Lucy. I have been told they are collectible.

**A:** There are several versions of the ones you mention. The Snoopy Pez seems to be worth about \$5. The other two are a little complicated. For example, Charlie smiling is worth \$2, frowning about \$10 and with his eyes closed, \$75. The common version of Lucy is again worth about \$2, with white around her eyes, \$50-\$75, and the one known as "Psycho Lucy" as much as \$100.

**Q:** I have 19 Royal Doulton mugs. I am interested in finding out how much they are worth and then finding a market so I can sell them. Any information would be greatly appreciated.

**A:** One of the better price guides is "Antique Trader Royal Doulton," edited by Kyle Husfloen, which documents more than 2,000 individual price listings of both

Doulton and Royal Doulton ceramics. There is a whole chapter devoted to character mugs, which you should find helpful. Finding a market to sell will take some effort. I suggest you contact antiques and collectibles dealers in your area to see if there is any interest.

**Q:** I have 12 tin cows and calves that were premiums advertising DeLaval cream separators. I was wondering if they have any value.

**A:** The National Association of Milk Bottle Collectors is a nonprofit organization that attracts enthusiasts who collect milk bottles and other related items. I think your herd of tin cows would appeal to certain members of this group. The NAMBC publishes a monthly newsletter, The Milk Route. Contact is 18 Pond Place, Cos Cob, CT 06807; and milkroute@yahoo.com.

**Q:** Several years ago, I was given a framed picture of Chuck Yeager flying solo. The picture is signed by his wife, Jeana. Does it have any value? -- Bernard, Albuquerque, N.M.

**A:** I spoke to several autograph dealers, and they seem to agree that your picture is probably worth about \$25.

**Dollars And Sense**  
By David Uffington

**Summer Camps 2014**

What will your kids do this summer? If you hope to get them into camp, it's time to explore the possibilities before all the slots are gone.

The variety of camp themes grows every year. If there's an interest, there's a camp. A short list of camp themes now includes: science, swimming, sports, arts and crafts, canoeing and kayaking, basketball, fishing, nature, computer, living history experiences ...

And filmmaking, space, foreign-language immersion, climbing (wall and rappelling), drama, gymnastics, farming, chess, cooking, inline and roller skating, tennis, sailing, Lego robotics and engineering, golf ...

And whitewater rafting, music, writing, photography and PhotoShop, dance and voice training ... and more.

Picking a camp can help expand an interest your child already has, or can allow him or her to explore with new interests.

**Where to start:**

Look for day camps at colleges near you. You might find drama camps (Shakespeare) or science or art, especially if the college has an art museum. If the school has an education program, ask about day camps for younger kids (run by the college

students).

If you're near a big-city zoo, inquire about camps for kids who love all things animal. They'll do animal-related art, learn to feed the animals, explore habitats and much more.

Farm camps are a big now, with older kids spending a week at a sleep-away camp and experiencing all aspects of keeping a farm running. These camps might include horseback riding, rodeo instruction and an introduction to 4-H activities.

High-school students might want to take advantage of math and science camps to help them get an edge on college.

On the local level, parks and recreation departments (as well as the YMCA) typically host day camps with arts and crafts, as well as swimming and daytrips to nearby attractions.

Middle-school students might enjoy a summer of service, learning about the ways they can contribute to the community. High-school students can volunteer for a summer of service to areas of need that are either local or abroad.

If money is tight, don't assume your child can't go to a particular camp. Ask about camperships, which can reduce your costs or even make the experience free.

To see what camps are available in your area, go online to www.camppage.com. Search by type of camp (residential, day camp, travel), activity and state.

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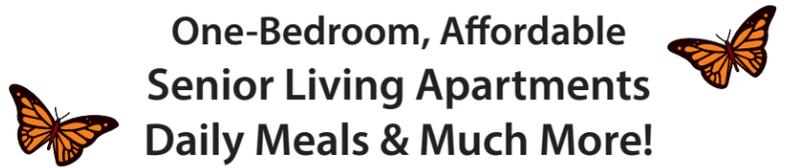
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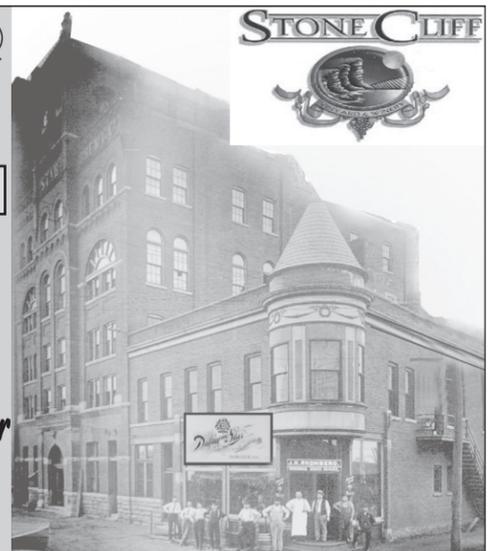
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## Memories Passed On

### (As told to my grandson Maury)

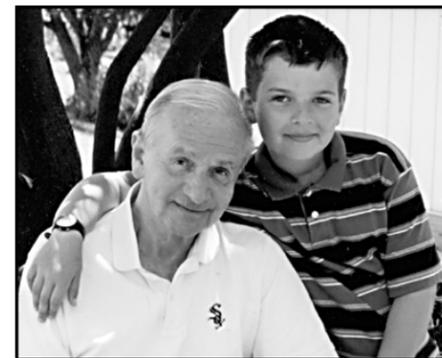
by Jerry Eberhardt

#### The Best Of Jerry

Because bunts were discussed in my last memory, Maury, grandpa thought he'd tell you about a special kind of bunt used very, very selectively in a ball game. It's called the "suicide squeeze." It's called that, Maury, because it either succeeds or doesn't. When it is successfully executed, there is no way the defense can prevent it. On the other hand when it fails it's "suicidal" as the runner becomes a "sure" out! Maury, this is how the "suicide squeeze" is attempted.

It is only tried with a base runner on third, less than two outs and, preferably, a favorable count on the batter. A favorable count, such as 2-0 or 3-0, (2 balls-0 strikes, or 3 balls-0 strikes), Maury, is expecting the pitcher to throw a strike on his next pitch. (Pitchers will throw a "high and wide" pitch not "buntable" if they think the squeeze is on). Once the bunt signal is given on a certain pitch there's no turning back! Two things happen in quick sequence: The runner leaves third base for home the exact instant he knows the pitcher must make his delivery and the batter must attempt to bunt.

Obviously, one of two things occurs: If the batter successfully lays down a fair bunt the runner scores easily as he's 80 percent home already and there is no way to get him out. But if the batter misses, or can't bunt at all because of a "pitch out," the catcher will be there with the ball to tag him out! (If the bunt attempt results in a pop



Jerry Eberhardt with  
grandson, Maury Cohn

fly that's caught, the runner easily is doubled off third.) The only other possibility is a foul ball.

Grandpa can tell you, Maury, that one of the most vivid baseball memories he has, is a game which cost us winning the Dubuqueland tournament, due to a team successfully executing the "suicide squeeze" against us. One of our toughest rivals, the Cascade Reds did it. In the last of the ninth, with the score tied, I remember the runner breaking with the pitch from third. Already playing "dangerously in" before the pitch, knowing the squeeze was a possible option, I remember running along side him towards home plate.

Grandpa recalls being about 10 to 15 feet from the batter when he laid down a perfect bunt. There was nothing I could do because, when successfully executed, there is no defense against the "suicide squeeze!" That's the way the game ended giving the Reds the championship!

Maury, now you know not only about the two types of bunts commonly used, but also about one used at a very special time and very selectively.

Much love, Grandpa.

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## Loras College Receives Anonymous \$103,000 Scholarship Donation

President Jim Collins ('84) announced today that Loras College received over \$100,000 through an anonymous cash donation toward the Inspiring Lives and Leadership: The Loras Legacy Campaign goal of \$75 million.

The donation was provided by the spouse of a late alumnus and will establish a scholarship for students with demonstrated financial need. "Loras was a special place to my husband," explained the donor. The donation came from a previously established trust which was split in equal shares with Loras, Georgetown University and the couple's local parish.

Currently, 83 percent of Loras students require some form of need-based assistance. Loras College provides \$20 million in aid annually to students.



## Sports Comment

by Gary Dolphin

V.P. **usbank** – Business Development  
and Voice of the Iowa Hawkeyes

### From Where I Sit

Unfortunately the Iowa basketball team took an early exit from the NCAA men's tourney this past week, losing to a very good Tennessee team that promptly destroyed Massachusetts on Friday afternoon. The Hawkeyes slump the last month of the season occurred for a variety of reasons. Players hit a physical and mental wall which affected everything from defense most notably to "tired" jump shots and lack of rebounding. No excuses, just the facts.

What Coach Fran McCaffery must do now is reexamine his approach to handling a long season of 30 plus games that includes the 18 outing grind of the Big Ten, foreign trips and extended practices. He and the team will learn from this season and be better for it next season and beyond.

Despite losing all Big Ten guard Devin Marble to graduation, Iowa has some firepower returning in Josh Ogelsby and Peter Jok and incoming recruits Brady Ellingson and Trey Dickerson. By committee they should be able to make up for the 18 points a game that Marble averaged.

The inside game should be very good with the emergence of seven foot center Adam Woodbury, 6'10 Gabe Olasheni and Aaron White and Jared Utoff, both 6'9 forwards.

In the meantime please keep the McCaffery's son, 14 year old

Patrick in your thoughts and prayers. Patrick had a cancerous tumor removed from his thyroid this past week. The family is presently looking at treatment options.

The Hawkeyes were one of just seven institutions nationally that had a football team play in a January bowl game and have both it's men's and women's basketball teams get invite's to the post season dance. Lisa Bluder and her Hawks had a terrific season winning more than 25 games and an upper division finish in the league. Former Wahlert Catholic standout Claire Till played well the second half of the season and she's just a sophomore.

Congratulations to the Iowa wrestlers and in particular to 133 pounder Tony Ramos who secured an individual title at the NCAA championships this past week-end in Oklahoma City. Penn State won it's 4th consecutive team title while the Hawkeyes, with six all americans, finished 4th.

Dubuque native and University of Iowa senior Jim Ihm blistered the golf course in Phoenix this week-end with a 5 under par 66 and was in 4th place at the prestigious Arizona State University Thunderbird Classic. The Hawkeyes are ten strokes behind the host school in 3rd place. Ihm could very well be the next member of the PGA Tour from Iowa.

teams appeared the most times? 6. In 2013, Usain Bolt tied for the top spot in world championship career medals for men in track and field, with 10. Who also has 10? 7. Who has won golf's U.S. Senior Open the most times?

### Answers

1. Matt Holliday reached base in 38 straight games in 2007.  
2. Earl Webb had 67 doubles for the Boston Red Sox in 1931.  
3. Marvin Harrison did it for the Colts (1999, 2001-02).  
4. Danny Manning had 35 points in a game in 1985.  
5. Montreal (six appearances), and Boston (five six titles) and Boston (five appearances, two titles).  
6. Carl Lewis.  
7. Miller Barber won it three times (1982, '84-'85).

## SPORTS QUIZ

By Chris Richcreek

- In 2013, Michael Cuddyer set a Colorado Rockies record for most consecutive games reaching base in a season (46). Who had held the mark?
- Who holds the record for most doubles in a season?
- The Texans' Andre Johnson, in 2012, became the second NFL player to have 100 catches and 1,500 receiving yards in at least three seasons. Who was the first?
- In the 2012-13 college basketball season, Ben McLemore broke the Kansas freshman single-game scoring record with 36 points. Who had held the mark?
- During the 1970s, "Original Six" NHL teams made up 15 of the 20 teams that played in the Stanley Cup Finals. Which two

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### Alfie Mueller Celebrated in Photography Exhibit

Alfred (Alfie) Mueller, a life-long Galenian, was a local historian and a passionate collector of photographs and memorabilia of Galena and the surrounding area. While working in local pharmacies from 1924 until his retirement in 1975, Alfie slowly acquired an astounding 10,000 photographs, images and newspaper articles, some going back to the 1840's. In 1977, he generously donated much of his collection to the State of Illinois, to be cared for by the Galena State Historic Sites. Images selected from his vast collection, many unseen for years, are the centerpieces of a new, month-long exhibit.

To honor Alfie, to present a time capsule of the area, and to showcase Galena's architectural history as captured in his collection, the Galena Center for the Arts is presenting the Alfie Mueller Celebration. The opening reception will be from 5 to 8 p.m. on April 11. Thereafter, the exhibit will be open from 1 until 7 p.m., Thursdays through Sundays, through May 11, as well as by appointment for school or tour groups. It will be held in the handicapped accessible building at 219 Summit Street, Galena.

The exhibit will include enlargements of many of Alfie's photographs as well as related memorabilia about his life in Galena. "Then and Now" images will pair historic photos of locations in Galena and Jo Daviess County with



Portrait of John Adams, foreman of Liberty Fire Co. #1, with ceremonial horn presented to him by the members of the Liberty Fire Co. #1, July 4, 1860 Galena, IL.

photos of the same sites taken in 2014, showing the changes over the last hundred years. Visitors will also see artwork inspired by items in his collection, including a painting of Main Street Galena. Presentations by Daryl Watson, at 7 p.m. on April 24 and May 9, will celebrate Alfie and his work.

The Alfie Mueller Celebration is free to the public, thanks to generous help from the Midwest Medical Center and the Galena Foundation. This program is partially supported by the Illinois Arts Council, a state agency, and the Freeport Art Museum.

For additional information, please visit [www.GalenaCenterForTheArts.com](http://www.GalenaCenterForTheArts.com).



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by JoAnna M. Lund  
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2 cups chopped cabbage  
1/2 cup chopped celery  
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1 cup shredded carrots  
2 (2.5-ounce) packages 90 percent lean corned beef, shredded  
2 cups cooked noodles, rinsed and drained  
3 (3/4-ounce) slices reduced-fat Swiss cheese, shredded  
1 (10 3/4-ounce) can reduced-fat cream of mushroom soup  
1/4 cup fat-free mayonnaise  
1 teaspoon prepared mustard  
1/4 teaspoon black pepper

Preheat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

In a large skillet sprayed with cooking spray, saute cabbage, celery, onion and carrots for 10 minutes or until tender. Stir in corned beef, noodles and Swiss cheese. Add mushroom soup, mayonnaise, mustard and black pepper.

Spread mixture into prepared baking dish. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.



Pamela Shaw,  
Social Security District Manager,  
Dubuque, Iowa



### April is Stress Awareness Month

One thing that should never cause you stress is doing business with Social Security.

However, if you fall victim to fraud, it can really stress you out, not to mention damage your credit score and wallet. We encourage you to be cautious of suspicious email, letters, and phone calls or any time someone asks for your personal information.

Generally, Social Security will not call or email you and ask for your personal information, such as your Social Security number or banking information. If someone contacts you and asks for this kind of information and claims to be from Social Security, do not give out your personal information without first contacting us to verify the validity of the request. It could be an identity thief phishing for your personal information. Contact our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778).

Report suspicious calls to our Fraud Hotline at 1-800-269-0271 from 10:00 a.m. to 4:00 p.m. Eastern Time, or online at <http://oig.ssa.gov> using the "Fraud, Waste, and Abuse" link. When making a report, please include as many of the following details as possible:

- The alleged suspect(s) and victim(s) names, addresses, phone numbers, dates of birth, and Social Security numbers;
- Description of the fraud and the location where the fraud took place;
- When and how the fraud was committed;
- Why the person committed the fraud (if known); and

- Who else has knowledge of the potential violation.

Identity theft is one of the fastest-growing crimes in America. If you or anyone you know has been the victim of identity theft, you should contact the Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov), or call 1-877-IDTHEFT (1-877-438-4338); TTY 1-866-653-4261.

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**Moments in Time  
The History Channel**

• On March 17, 1834, Gottlieb Daimler, who in 1890 founded an engine and car company bearing his name, is born in Germany. In 1885, he and Wilhelm May of the four-stroke internal-combustion engine, which they attached to a wooden bicycle, creating what has been referred to as the world's first motorcycle.

• On March 19, 1842, French writer de Balzac's play "Les Ressources de Quinola" opens to an empty house, thanks to a failed publicity stunt. Hoping to create a buzz, the writer circulated a rumor that tickets were sold out. Unfortunately, most of his fans stayed home.

• On March 20, 1852, Harriet Beecher Stowe's anti-slavery novel, "Uncle Tom's Cabin," is published. The book was so widely read that when President Abraham Lincoln met Stowe, he reportedly said, "So this is the little lady who made this big war."

• On March 22, 1933, President Franklin D. Roosevelt signs the Beer and Wine Revenue Act. The law levied a federal

tax on all alcoholic beverages to raise revenue for the federal government and gave individual states the option to impose further regulations.

• On March 18, 1942, the War Relocation Authority is created to "take all people of Japanese descent into custody." Earl Warren (who would go on to become chief justice of the Supreme Court) claimed that a lack of evidence of sabotage among the Japanese population proved nothing, as they were merely biding their time.

• On March 21, 1963, Alcatraz Prison in San Francisco Bay closes down and transfers its last prisoners. At its peak use in 1950s, "The Rock," or "America's Devil Island," housed more than 200 inmates at the maximum-security facility.

• On March 23, 1983, Barney Clark dies, 112 days after becoming the world's first recipient of a permanent artificial heart. The 61-year-old dentist spent the last four months of his life at the University of Utah Medical Center attached to a 350-pound console that pumped air in and out of the aluminum-and-plastic implant through a system of hoses.

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**The Golden View ScanDBQ ONLINE Photo Contest**  
By: Zachary Jakaitis, Webmaster

Remember to send in your photos to our email address for the contest [Pictures@TheGoldenViewOnline.com](mailto:Pictures@TheGoldenViewOnline.com).



Congratulations to this month's online Photo Contest winner, Becki Kretz.



**Amber Waves** by Dave T. Phipp

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I wanted to share with my readers this week a great example of vintage Sterling Silver Navajo Indian Jewelry. This large and impressive necklace has the classic Indian styling and incorporates Turquoise, Coral and authentic Bear Claws. This necklace weighed in at an impressive 153 grams.

of times someone found the listing on eBay and looked at it. The final selling price was \$495. The silver content was worth less than \$74.

The true value on this necklace was in the Heritage and Craftsmanship of this beautiful Navajo necklace. Remember evaluations are always FREE. We welcome the opportunity to sell for you on eBay.



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**The Discovery Shop's French Market Days**



You are invited to experience a Parisian French Market right here in Dubuque at the American Cancer Society Discovery Shop on April 10, 11, & 12. Our Third Annual French Market, based on the famous markets of Paris, includes everything from everyday objects to haute couture. In the style of Paris' Markets we will display designer clothing and bags, books, bouquets, baking supplies, linens and many other items with a special emphasis this year on food, music and mime to make your market shopping experience fun and worthwhile.

mimes and a true atmosphere of the city of light will come to 2197 University Ave. The Market will be open on Thursday and Friday 9:30a.m. - 4:30 p.m. and Saturday 9:30 a.m. - 4:00 p.m. New merchandise will be added each day as we celebrate April in Paris with Premier Shopping on Thursday, Designer Day on Friday, and Vintage Fun on Saturday.

An additional treasure for you to purchase this year will be sampler boxes of the marvelous mini-cupcakes by Candle Ready Cakes. We will also be raffling a gift basket from the Mystique Casino, Gift Certificate for \$100 at the Champagne Restaurant along with \$100 in free slot play and more. Add to that the strolling minstrels and the playful

The American Cancer Society Discovery Shop is a unique quality resale experience. Through the sale of donated merchandise, your purchases, and our volunteer staff, the ACS Discovery Shop makes a substantial contribution in continuing the fight by funding cancer research, public education, advocacy efforts and patient services.

Donations are always welcome and may be dropped off at the **Discovery Shop, 2197 University, 563-582-9800**. The value of your donation is tax deductible.

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**GOOD FRIDAY**

**April 18, 2014**

**Easter**

**April 20, 2014**

Sunnycrest Manor is located atop the beautiful Dubuque bluffs at 2375 Roosevelt St., Dubuque, IA. We offer a vast variety of activities. We recognize individual activity preferences, such as large group, small group, one on one or individual activities. "The sky is the limit" as far as activities go at Sunnycrest. Our residents choose from a variety of activities, such as reminiscing, exercise, crafts, cooking/baking, as well as themed activities (such as *summer vacation month*). We love hearing from the residents and incorporate their ideas into the monthly calendar. Some of our offerings include Resident Council, Red Hat Club, religious services, bingo, in-house movie viewings—complete with movie theater popcorn, as well as going out to movies, birthday parties, Humane Society visits and much more!

We also respect residents' right not to participate in activities. For those who chose not



Sunnycrest residents enjoying a ride with the Freedom Trikers

to participate, we offer one on one visits in their room (heart to heart visits) or outside their room, such as walks, rides, manicures, etc. Our residents vary greatly in age and ability. To accommodate resident wants and needs, we take residents on outings approximately 12 times per month. Some of our outings include Wal-Mart, K-Mart, various restaurants, church outings, movie theaters, casino, Boot Scootin, and Christmas light rides, just to name a few.

We offer some very special events annually, such as our spring Prom. This year's theme is "Diamonds are Forever." The Freedom Trikers team with us to offer trike (three-wheeled motorcycle) rides each summer. Each autumn we take residents on hayrides. ALL residents can get a ride! Our Activities Department offers a combined 72 years of experience in the field! That is just one example of the dedication and longevity of staff at Sunnycrest! We are always looking for new volunteers to help with resident activities. If you are interested in volunteering, please contact Beth Houselog at (563) 583-1781.



Connie Erner dancing with a Sunnycrest resident.

### What's Three times as Dangerous As War?

Work is a bigger killer than alcohol, drugs or war.

Around two million people die every year from work related accidents and diseases, as opposed to 650,000 who are killed in wars.

Worldwide the most dangerous jobs are in agriculture, mining and construction. According to the US Bureau of Labor Statistics.

Lumberjacks had the most

dangerous job with 122 deaths per 100,000 employed. The second most dangerous job was fishing and the third was airplane pilots. You will be reassured to hear these were in small planes, not passenger jets.

Another common cause of death on the job is murder, this includes policemen as well as salespeople. Falls also make up a big cause of death on the job.

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 \* Significant others and caregivers welcome.

☆☆☆☆☆☆

Next Start Date  
 April 23, 2014 9 – 11:30 a.m. Keystone AEA (Dubuque, IA)  
 May 22, 2014 1 – 3:30 p.m. at Manor Care (Dubuque, IA)

To register, call  
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- March 30 – (2:00 p.m.) Bellevue, St. Joseph Catholic Church
- April 5 – (6:30 p.m.) Sinsinawa Mounds
- April 11 – (7:00 p.m.) St Peter Lutheran Dubuque
- April 12 – (7:00 p.m.) West Minister Dubuque
- April 13 – (3:30 p.m.) Hope Church Dubuque
- April 17 – (7:00 p.m.) Peosta Rec Center
- April 18 – (7:00 p.m.) The Grand Dubuque

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

- |           |         |            |         |
|-----------|---------|------------|---------|
| Bobsled   | Hackney | Moped      | Surrey  |
| Buggy     | Hearse  | Motorcycle | Tank    |
| Bulldozer | Jalopy  | Scoter     | Tractor |
| Go-kart   | Lorry   | Segway     |         |

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**HOCUS-FOCUS**

BY HENRY BOLTIKOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.  
 Differences: 1. Bed lamp is missing. 2. Picture is smaller. 3. Pillow is different. 4. Sleeves are shorter. 5. Earmuffs are missing. 6. Drum is smaller.

**GO FIGURE!** by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

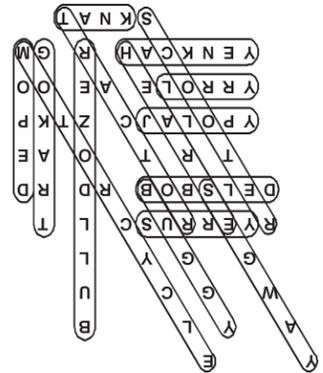
	x		-		21
+		+		÷	
	÷		+		3
÷		÷		-	
	+		+		10
13		5		2	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

1 1 2 4 5 6 7 8 9

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VEHICLES

**SUDOKU Answer**

9	7	8	3	6	2	1	4	5
3	5	1	4	7	9	8	6	2
6	4	2	5	8	1	9	3	7
5	1	9	6	3	4	2	8	7
2	8	4	7	1	5	6	9	3
7	6	3	9	2	8	5	4	1
4	2	1	5	9	3	7	8	6
1	3	7	8	5	6	2	4	9
8	9	6	9	4	2	5	3	7

**King Crossword**

Answers

Solution time: 21 mins.

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

**THEY'LL DO IT EVERY TIME** BY AL SCADUTO



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**SUDOKU**

by Linda Thistle

		3		2		6	
	2		9	5		7	
9				1			4
	1		8		3		7
	6			1			2
8		2			9		1
7				8			4
	9		6		4		3
		1	2			8	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
 ★★★ HOO BOY!

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Go Figure answers

	2		5		13
10	7	+	2	+	1
	-		÷		÷
3	1	+	4	÷	8
	÷		+		+
21	6	-	9	x	5

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