



# The Golden View

The Community Newspaper For Adults 55 Plus

April, 2016

Dedicated To The Young At Heart

Dubuque, Iowa

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## Dubuque Chorale Broadway Breaking Boundaries

by Ruth Assmus and Mary Bryant



Dubuque Chorale Children's Choir in action

The Dubuque Chorale is excited to announce its spring concert, *Broadway Breaking Boundaries*. Songs from more than 20 Broadway musicals will be performed, characterizing life challenges when faced with societal norms, and demonstrating how music can illustrate and even effect change in our world. A sample of the musicals represented are; *Annie*, *Into the Woods*, *Les Miserables*, *Mary Poppins*, *Newsies*, *The Sound of Music*, *West Side Story*, and *Wicked*. The Chorale, Cadenza, and Dubuque Chorale Children's Choir will be performing with guest stars from the local musical theater scene including;

Joe Klinebriel, Cindy Caraway, Frank McClain, Craig Allen, and Tiffany Williams.

Bob Demaree, the Dubuque Chorale Artistic Director, states, "This concert shows how consistently American Musical Theater has commented upon cultural, social, and personal topics throughout the last century. Like all artists, Broadway composers have been inspired by 'real life' - whether in terms of issues like racism, substance abuse, the treatment of children, or the challenges of aging."

Dubuque Chorale President, Terry Eckhart, one of our soloists, shared, "Our theme is Broadway  
Dubuque Chorale cont. P. 3



The Dubuque Chorale in concert

## Dementia Friendly Community

by Stacy Martin, Community Relations Coordinator,  
Bell Tower Retirement Community



East Dubuque City Council members

The Dementia Friendly community initiative began with a gentleman named Norman McNamara, who was diagnosed with early onset dementia at age 50. He began to drive an effort in his community to increase awareness and understanding of dementia and to decrease isolation and stigma so that individuals with dementia are valued, included and live well within our community. Bell

Tower Retirement is providing dementia friendly trainings for local businesses as an opportunity for employers to offer their staff free education on how to recognize customers that may have dementia, learn how to effectively interact with those individuals and be aware of the resources available to assist.

Enhancing hospitality and positive experiences for  
Dementia cont. P. ?

## The Northeast Iowa School of Music presents: Oldies but Goodies

Spring "Oldies but Goodies" concert to feature NISOM ensembles: New Horizons Band, Dubuque Community String Orchestra, and Encore Chorale  
Oldies but Goodies

Sunday, April 17, 3:00PM

Westminster Presbyterian Church

Shine up your saddle shoes! Northeast Iowa School of Music's three adult performance ensembles will join forces to present a free spring concert of "Oldies but Goodies" on Sunday, April 17, 2016, at 3PM at Westminster Presbyterian Church. The concert features Dubuque Community String Orchestra (DCSO), directed by Tracey Rush; Encore Chorale, directed by Sue Flogel; and New Horizons Band (NHB), directed by Glenn Pohland.

Enjoy oldies hits like "Peppermint Twist" and "My Girl" and selections by The Beach Boys, The Four Seasons, Billy

Joel, and more. DCSO and NHB will perform as a full orchestra for a Marvin Hamlisch medley, and all three groups will present a special rendition of "Bridge Over Troubled Water." Sponsored by Sue and Jim Lindsay, the public is invited to attend this concert with free admission. Goodwill offerings will be accepted and help support the ensembles.

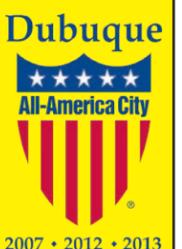
Located in Fountain Park in Dubuque, the Northeast Iowa School of Music provides arts education and enrichment in the Tri-State area for persons of all ages, musical abilities, and economic backgrounds. Also known as NISOM, the school is a non-profit organization and a certified member of the National Guild for Community Arts Education. In addition to instruction programs, NISOM provides a variety of outreach programs, holds numerous

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Country Inn & Suites  
630 S. Water St.  
Platteville, WI  
April 5, 19  
11:00 a.m.

Ramada Inn-Galena  
11383 Hwy 20  
Galena, IL  
April 6, 20  
11:00 a.m.

Guttenberg Library  
603 S. Second St.  
Guttenberg, IA  
April 13  
11:00 a.m.

Maquoketa Inn & Suites  
1019 W. Platt Street  
Maquoketa, IA  
April 15  
11:00 a.m.

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**NISOM from P. 1**

public concerts throughout the year, and sponsors the adult three performance ensembles that provide mental and social stimulation, stress relief, and a number of other potential health benefits.

Dubuque Community String Orchestra (DCSO) is a non-auditioned ensemble for adult string players. Since its founding in 1998, DCSO has presented thirty-five concerts at over fifteen locations in the tri-state area, featured forty four soloists, five choirs, and a middle school orchestra, and commissioned six world premieres with more than one hundred different string players.

NISOM's New Horizons Band (NHB) is a non-auditioned concert band for adult musicians. Formed in 2009, the group gives two more public concerts each

year. NHB is a member of the international music organization New Horizons Music, which promotes music-making for adults age 50 and over.

Formed in 2014, NISOM's Encore Chorale provides a fun, professional, and accessible environment in which anyone can participate, regardless of experience. Encore Chorale is open to adults age 55 and older and welcomes new singers and experienced vocalists alike. Encore rehearses weekly in the Grand Oaks Room at Oak Park Place in Dubuque from 1:00-2:00PM Tuesdays and performs throughout the community. NISOM's Encore Chorale is part of the national organization Encore Creativity for Older Adults. New members may join at any time.

Contact NISOM at (563) 690-0151 or visit [nison.com](http://nison.com) for more information.



**Dubuque Chorale from P. 1**

Breaking Boundaries. We see live theater as entertainment, but it always helps to define our humanity, sense of justice, and leads us through social change. You can follow this as the music journeys from childhood through adulthood revealing challenges and solutions. If you find yourself tapping your foot, dancing in

your seat, laughing, or crying.... welcome to Broadway!"

Performances will take place at the historic Grand Opera House in downtown Dubuque on April 29 and 30 at 7:30 PM both evenings. Reserved seating is available at the Grand Opera ticket office (563-588-1305.) Tickets are \$10 each. For more information, please visit our website at [www.dubuquechorale.org](http://www.dubuquechorale.org).

Northeast Iowa School of Music Presents

Simon & Garfunkel

# Oldies but Goodies

The Temptations The Beach Boys

**Sunday, April 17, 3PM**

**Westminster Presbyterian Church**

**Free Admission**

Elvis

Sponsored by Sue & Jim Lindsay

Joey Dee The Four Seasons

**Featuring:**  
**Dubuque Community String Orchestra**  
*Tracey Rush, director*

**Encore Chorale**  
*Sue Fogel, director*

Billy Joel

**NISOM**  
 Northeast Iowa School of Music  
[nison.com](http://nison.com)

**New Horizons Band**  
*Glenn Pohland, director*

Dubuque Community String Orchestra

Marvin Hamlisch

Encore Creativity for Older Adults

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DUBUQUE CHORALE CHILDREN'S CHOIR

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# BROADWAY

## BREAKING BOUNDARIES

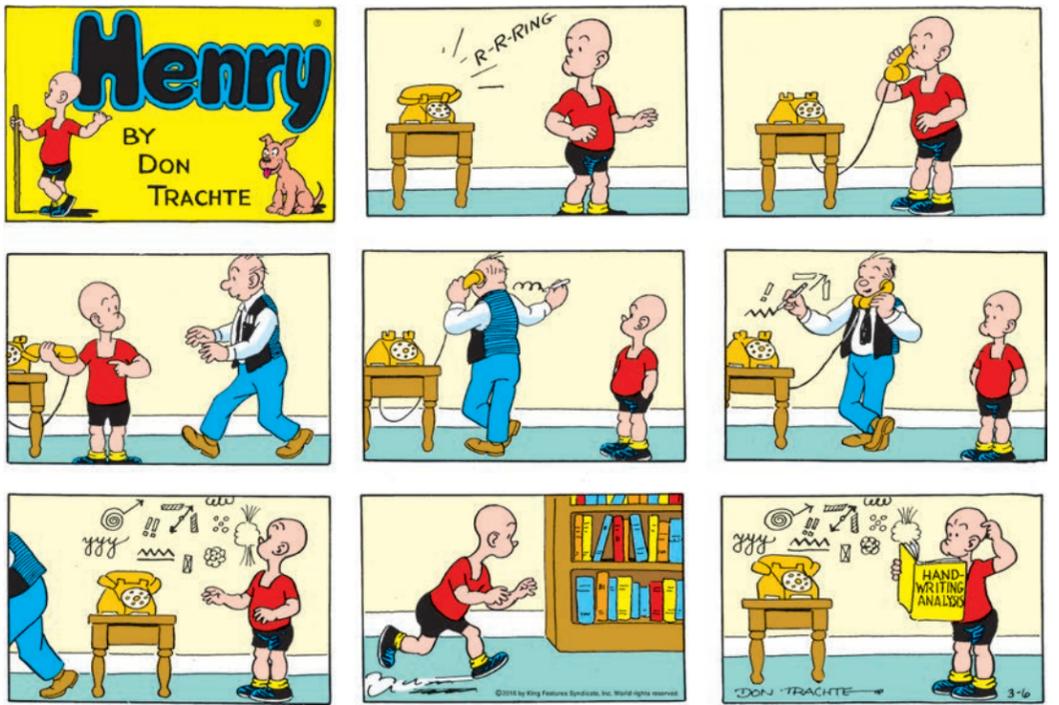
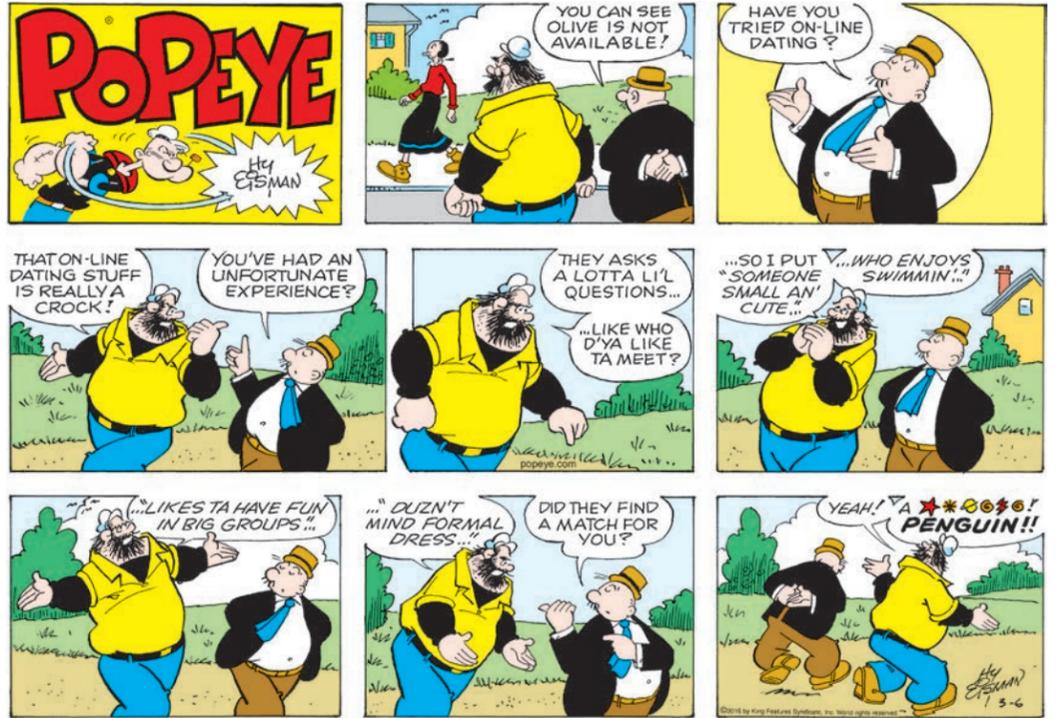
Bob Demaree, Artistic Director | Jeremy Mims, Assistant Director | Karmella Sellers, Director Dubuque Chorale Children's Choir

With additional support from American Bank and Trust, Butler Family Foundation, Dubuque Bank & Trust, DuTrac, IBM, John Deere, Mediacom, Premier Bank, Tri-State IPA, and Wahlert Foundation

**The Golden View**

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S.E. Persinger	Michael D. Gibson	
Ken Resch	Bill Zwack	



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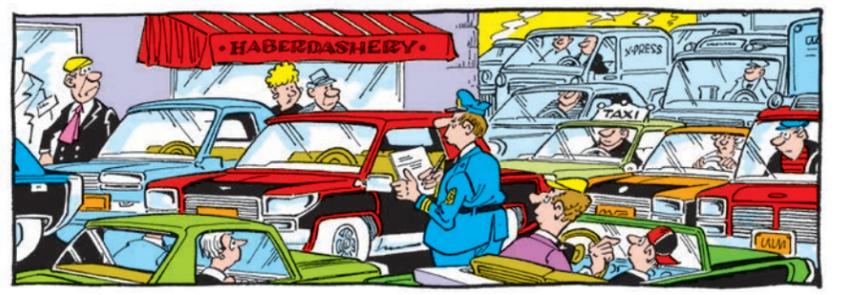
**THEY'LL DO IT EVERY TIME**



J'EVER NOTICE? WHEN GIVING A TICKET FOR DOUBLE-PARKING THE COP STANDS IN THE MIDDLE OF THE STREET, TYING UP ALL THE REST OF THE TRAFFIC.... OH, YEAH!

Thank to M.T. WASHINSKY, NEW ORLEANS, LA.

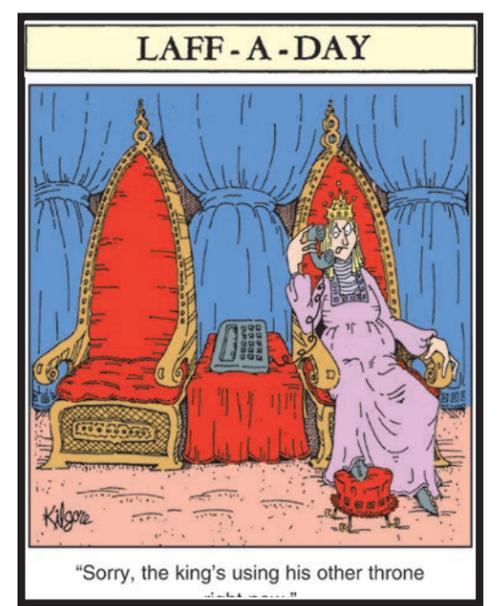
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**KING CROSSWORD**

**ACROSS**

- 1 Vim and vigor
- 4 Go by
- 8 Blueprint
- 12 Glass of NPR
- 13 Between jobs
- 14 Top-rated
- 15 Unreasonably suspicious
- 17 Deteriorates
- 18 Clumsy ship
- 19 Protective wall
- 21 Not quite boil
- 24 Greek consonants
- 25 Past
- 26 Two, in Tijuana
- 28 Sulked
- 32 First course, maybe
- 34 "Golden Girl" Arthur
- 36 Volcanic flow
- 37 First Little Pig's material
- 39 Blond shade
- 41 Prot. or Cath.
- 42 Disencumber
- 44 Expedition
- 46 Ideal
- 50 Tatter
- 51 — out

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
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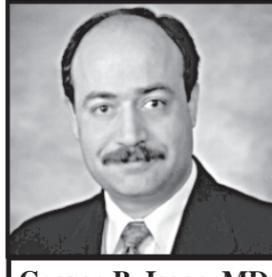
- 5 Commotion
- 6 Error
- 7 Auto style
- 8 Sunshade
- 9 Aerobatic maneuver
- 10 Initial stake
- 11 Cardinals' home?
- 16 Branch
- 20 Pirates' quaff
- 21 Back talk
- 22 "— Rhythm"
- 23 Plagiarize
- 27 Red or Black
- 29 Landlocked country
- 30 Always
- 31 Limp-watch painter
- 33 Seeming
- 35 Donkey
- 38 Peruke
- 40 Bother repeatedly
- 43 Grumpy companion
- 45 Online help pg.
- 46 Mexican money
- 47 Related
- 48 Depend (on)
- 49 Appellation
- 53 Scoot
- 54 Really impress
- 55 Stick with a kick

**DOWN**

- 1 Spot on a domino
- 2 Mound stat
- 3 Lover
- 4 Made a sawtooth edge
- 52 Toxic herbicide
- 56 Missile shelter
- 57 Ostriches' kin
- 58 Bristle
- 59 Black quartz
- 60 Longings
- 61 Still

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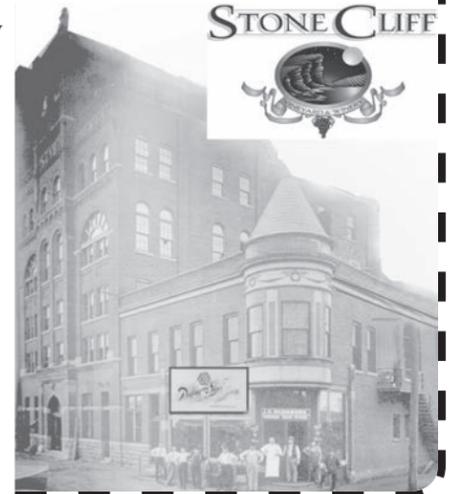
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**Laugh A Lot**

A drunk walked into a bar. After starring at a beautiful woman who was sitting at the bar for ten minutes, he sauntered over and kissed her. She jumped up and slapped him silly.

I'm sorry, he said I thought you were my wife. You look just like her.

"Ugh." "Get away from me, you worthless insufferable, no-good drunk," she yelled.

"Wow," he said. "You even sound like her."

When my husband, James Rowles, was in the seminary, he was invited to preach at a small rural church. However, the man who was to introduce him to the congregation had trouble pronouncing his name. So James offered this verbal clue. "Remember rolls, like hot buttered rolls."

It worked. When it came time for the introduction, the man announced, "We are pleased to have with us the Reverend James Biscuits."

The company I work for encourages its employees to quit smoking by making a

number of in-house smoking cessation programs available to us. I was looking at one of the brochures when a co-worker, an avid smoker walked by.

"I'm not interested in any of that," she said. I'm trying hypnosis instead."

"Think that'll work?" I asked.

"It should," she said, as she headed out the door for a smoke. "It worked the first time."

I was hurrying to bundle up my baby daughter in her snowsuit so we could get to the PTA function at my six-year-old son's school. I had spent the morning baking three lemon meringue pies for the event and was wondering aloud how I was going to manage the pies and a baby with only two hands. My son ran in to the kitchen and then emerged with a self-satisfied smile. "I've solved your problem,, Mom," he said. "I stacked the pies!"

In his autobiography, Mark Twain wrote a scathing tirade about a publisher who had swindled him. But he ended with a note of forgiveness: "He's been dead for a quarter of a century now. I have only compassion for him and if I could send him a fan, I would."

*A hot dog at the ball game beats roast beef at the Ritz.*

—Humphrey Bogart

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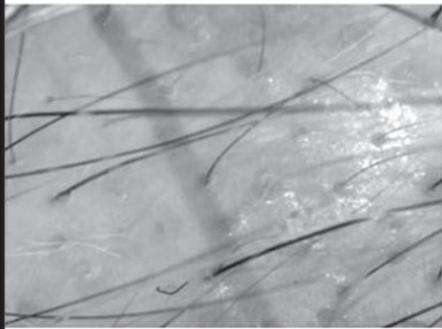
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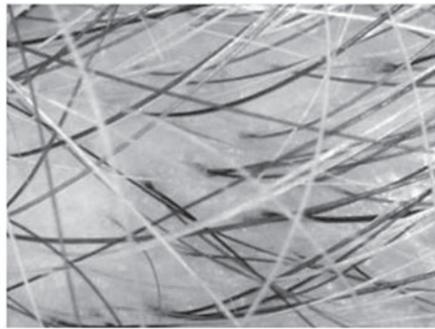
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*I was such a dangerous hitter I even got intentional walks in batting practice.*  
—Casey Stengel



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### Upcoming Events at the James Kennedy Public Library in Dyersville: April 2016

**April is D.E.A.R. (Drop Everything And Read) Month.** During the month of April the library will have a Book Jar filled with slips of paper with book titles recommended by staff, Board, and friends, available to patrons. Readers are encouraged to pick a slip out of the jar and check out the book title they select. All participants will be entered into a drawing.

**Friday, April 1: Yard Sign Fundraiser begins!** During April the library is selling yard signs that say "I Love My Library." Price is \$10 per sign. Signs are 18" x 24", vinyl, reusable and come with a ground stake. Already have one of these signs? Now's the time to put it up.

**Friday, April 1: Open Mic Night at Brew & Brew @ 6:00 pm.** Performers are encouraged to sign up for ten minute time slots and show off their talents. All ages are welcome, but performers must be at least 13 years old. Performers can register in advance at either the Library or Brew & Brew with walk-in performances allowed if there is time.

**Monday, April 4: Books for Lunch Book Discussion @ 12:00 noon.** This month the group will discuss the book *The Bookseller* by Cynthia Swanson. Copies of the book are available to borrow from the library.

**Tuesday, April 5: Organizing Caregiving Paperwork @ 6:30 pm.** Join author Jolene Philo, *The Caregiver's Notebook: An Organizational Tool and Support to Help You Care for Others*, as she shares her tips and tricks to organize all the paperwork necessary if you're a caregiver. Handouts will be provided.

**Thursday, April 7: JKPL Memoir Project @ 6:00 pm.** Join us for this monthly writers group that focuses on writing about personal stories and family history. This group meets the first Thursday of each month.

**Friday, April 8: Wine and Beer Tasting Fundraiser at Brew & Brew from 5:00 to 8:00 pm.** Tickets are \$20.00 and include a commemorative glass, the tasting event, and appetizers. Advance tickets available at the library and Brew & Brew starting March 15. Coffee and punch will also be available.

**Tuesday, April 12: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm.** For this month the group will read and discuss *Beyond All Dreams* by Elizabeth Camden. Copies of each book are available to borrow from the library.

**Sunday, April 24: Ladies Spring Tea from 2:00-3:30 pm.** All ages welcome to come and enjoy delicious tea, scrumptious tea sandwiches and delicate homemade cookies served on real china. Lemonade will be provided for the non-tea drinkers.

**Saturday, April 30: Savvy Seniors Avoiding Scams @ 2:00 pm.** Join us for this presentation and learn about the different types of scams and schemes that are present in today's society and get tips on how to protect your assets from scams.

*Library programs are free unless otherwise noted. For information on these and other library programs please call 563-875-8912 or go to [www.dyersville.lib.ia.us](http://www.dyersville.lib.ia.us) or contact Dawn Schrandt via email at [dschrandt@dyersville.lib.ia.us](mailto:dschrandt@dyersville.lib.ia.us)*

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## Strange BUT TRUE

By Samantha Weaver

• It was British art critic and social reformer John Ruskin who made the following sage observation: "Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather."

• After the events of this past winter, you may not be surprised to learn that sales of cakes, cookies and candy spike when a blizzard is in the weather forecast.

**Strange But True Cont. P. 17**

**An Uplifting Moment**

Rev. David J. Claassen



Visit me on the internet!

[www.daveclaassen.com](http://www.daveclaassen.com)

**Today's Forecast: Showers of Blessings**

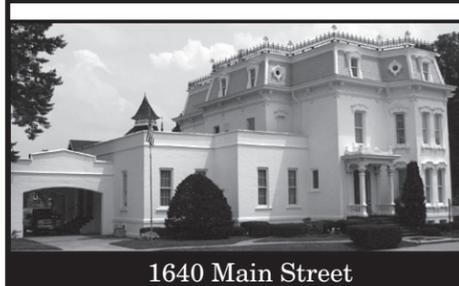
The Mexico farmland I hike past almost every morning has often been tilled by a horse drawn plow. This leaves the field carved into ridges. The farmers plant their seeds or seedlings on these ridges. The new plants look tiny for the first few weeks, but the rainy season provides the moisture they need to grow quickly.

I grew up on an Iowa farm, far from these Mexican farms, but still so similar in many ways. I'm always reminded of how much the farmer depends on God's miracle of germination and growth and upon God's blessing of sun and rain. Farmers have this partnership with God, whether they acknowledge it or not (I suppose there are atheist farmers, but I'm guessing they're few in number).

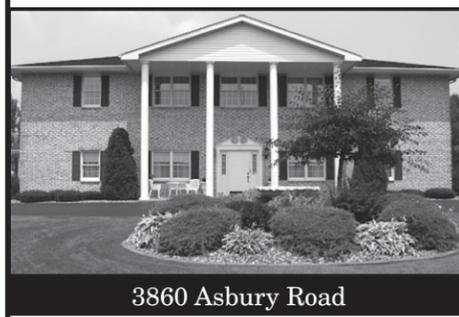
Farmers are not the only ones who depend on God's help in their endeavors. In reality, everyone depends on God's help for everything, whether they want to admit it or not. God is the Great Provider! It may be more obvious to the farmer and gardener that there's a dependence on God for sun and rain, but there's no human enterprise that's without the blessings from God. Whether it's building a marriage, raising children, cleaning a house, mowing a lawn, playing a sport, working in a store or factory or office, or any other activity, the fact is that we're given the strength, wisdom, and ability by God. We can pretend we're doing it on our own, but we're only pretending, and are deceiving ourselves.

We grasp the big picture and see reality as it really is when we acknowledge our partnership with God on a day by day, hour by hour, and moment by moment basis. The added benefit is that when we acknowledge this and live each day with a faith and trust in Him we'll find ourselves less worried and more hopeful. Yes, our lives flourish because of His showers of blessings!

**An Uplifting Moment cont. P. 9**



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**ANSWERS**

- (9) Aaron  
(4) Eliphaz; (5) Shechem;  
(1) New; (2) Jacob; (3) Ahasuerus;

Comments? More Trivia? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com)

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**DID YOU KNOW?**  
by Casey Reekie



Faustina Kowalska, a Polish nun reported visions and visitations from Jesus and conversations with Him which started in 1931. He asked her to paint the vision of His Merciful Divinity being poured from His sacred heart and specifically asked

for a feast day to be established on the 1st Sunday after Easter so mankind would take refuge in Him: Pope John Paul II proclaimed the saving power of Gods "merciful Love" His efforts to promote this message culminated in the establishment of the universal Feast of Divine Mercy Sunday in 2000. And a solemn Act of Entrustment of the world to Divine Mercy in 2002. Our current Pope Francis has declared this church year the year of Mercy with Divine Mercy Sunday April 3, 2016.

**BIBLE TRIVIA**

by Wilson Casey

1. Is the book of Mark in the Old or New Testament or neither?
2. From Genesis 32, who was "greatly afraid and distressed" about a reunion with a brother he had wronged? *Job, Jacob, Aaron, Peter*
3. Who honored a man by letting him ride the royal steed through city streets? *Silas, Hosea, Ahasuerus, Asa*

4. From Job 4, who was so frightened by a dream that his hair stood on end? *James, Eliphaz, Noah, Cain*
5. Which city of these was beat down and sowed with salt? *Shechem, Caesarea, Gaza, Berea*
6. From Numbers 20, who died on a mountaintop after being stripped of his garments? *Moses, Abraham, Noah, Aaron*

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regmedctr.org

Fall Lipid & Glucose Screening  
October 20, 2016

If you are age 20 or older the American Heart Association recommends having your cholesterol levels checked every four to six years.



Cindy Baumgartner, MAE  
Human Sciences Specialist, Nutrition and Wellness

Delaware Co. Extension | PO Box 336 or 1417 N. Franklin,  
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### Leftovers and Food Safety

The first step in having safe leftovers is to cook the food safely. To be sure you are cooking food to the proper temperature, use a food thermometer.

Bacteria grow rapidly, and to unsafe levels, if food is kept in what is called the "temperature danger zone." (40°F to 140°F) Be sure your leftovers are kept safe by following these steps:

- Refrigerate leftovers within 2 hours of cooking or holding it hot.
- Throw away all cooked food that has been at room temperature for more than 2 hours.
- Cool foods rapidly. To do this, large quantities of food should be cut in smaller pieces first or divided into shallow containers that will aid in cooling.
- Cover leftovers well before refrigerating. This helps keep odors and bacteria out and moisture in.
- Store leftovers in the refrigerator for up to 4 days or freeze for up to 4 months. Although leftovers are safe indefinitely when frozen,

quality will deteriorate when stored longer.

For a chart on storage times, visit: <http://www.foodsafety.gov/keep/charts/storage.html>

If you are unsure about food storage or have other home and family-related questions, contact our ISU Extension and Outreach "AnswerLine." Did you know you will actually talk to a person?! Yes, this is rare these days!

You can speak directly with a Home Economist by calling the toll-free ISU AnswerLine number in Iowa!

It is staffed Monday-Friday from 9 am-noon and 1-4 pm. To reach AnswerLine, call:

1-800-262-3804 (in Iowa)

1-800-854-1678 (in Minnesota)

1-800-735-2942

(Relay Iowa phone linkage for deaf and hard-of-hearing individuals)

You can also visit AnswerLine's website at: [www.extension.iastate.edu/families/answerline](http://www.extension.iastate.edu/families/answerline)

### 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, 2016.

If you are a Homeowner or a Mobile homeowner and have a combined household income of less than \$22,360 annually, you are eligible for a reduction in property taxes.

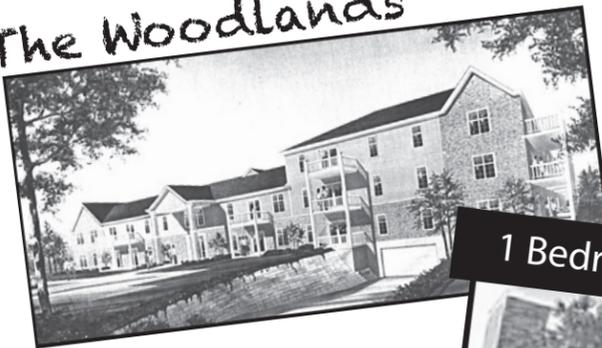
Those eligible may either phone the Treasurer's office for a form or come in for assistance in completing the forms.

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

# Senior Living Never Looked So Good!

The Woodlands

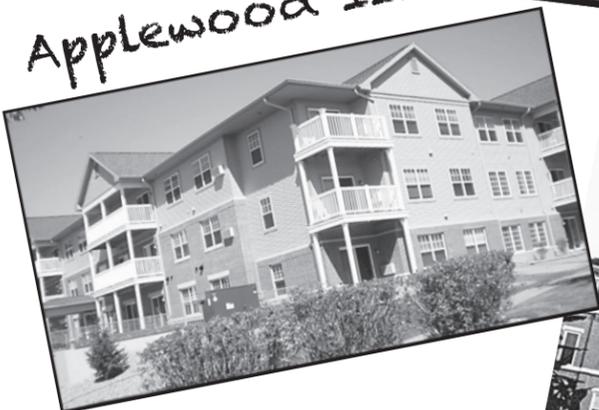


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**Come Chat With Me**  
by S. E. Persinger

Springtime is such a welcomed season. Because when the wrath of winter has vacated the scene and the green grass of spring has started to grow, a picture is framed and we know summertime is not far behind.

Many friends leave Iowa for the winter season and spend their days in warmer states. But there are those of us whom stay put for one reason or the other. And with the first sign of springtime when the Robins arrive from their winter absence we become honored and pleased with their presence.

Every spring an Eastern Bluebird arrives, and feeds from the finch feeder. It doesn't stay long but for a short time it is my Bluebird. One time we had at least two white doves that came early in the spring and then left for somewhere else. As we get deeper into spring all the regular birds join with the Robins and the yard is alive with songbirds and squirrels.

All spring and summer we enjoy the flight of the birds. The small birds flap their tiny wings and the air catapults them into the sky. Their wings are flapping the entire time they

are airborne. And they seem to be floating just like a speck of dust in a sunlit bedroom. They are dancing in the sky.

The larger birds such as the hawks, crows, and some others, are amazing to watch as they glide or soar high into the sky. They are actually majestic to watch. Their wing span is extremely wide. We live close to the Mississippi River where the Bald Eagles come but they usually don't visit my yard. Yet, the hawks appear overhead sometimes.

My favorite visitors to my feeders are the Red Cardinals. They usually come in pairs. Often there will be five sets of male and female. They stay here all year. In wintertime they are beautiful, and their red coloring against the powdery white snow is breathtaking.

Naturally, we do have some "naughty" birds that come to the feeders. The very colorful male Blue Jay is a bad boy. He chases all the other birds away from the feeder and stomps into the feeding dish and helps himself to the good stuff (fruit and berries.)

And last but not least, what better way to close this chatty article then to end up mentioning the Iowa State Bird? The American Goldfinch comes to our finch feeder often during the summer. Their beautiful singing wakes me up every morning. "Bye for now."

**An Uplifting Moment from P. 7**

*"You care for the land and water it; you enrich it abundantly. The streams of God are filled with water to provide*

*the people with grain, for so you have ordained it. You drench its furrows and level its ridges; you soften it with showers and bless its crops."* (Psalm 65:9-10)



**Paw's corner**

by Sam Mazzotta

**Caring for a Handicapped Pet**

**DEAR PAW'S CORNER:** We have two dogs that we adopted from shelters: "Kylie," a beautiful greyhound who is missing one front leg, and "Zu-zu," a toy poodle, who is about age 16 and is almost completely blind.

I'm writing to let readers know that caring for pets with physical challenges can be expensive and challenging. They need to know what they're in for before adopting a challenged dog.

We wouldn't trade our two "kids" for the world. Kylie is quiet and very determined even though walking can be tough for her. Zu-zu is yappy and can get anxious when she's home alone, but is loyal and loving.

Both have additional physical issues that require more trips to

the vet, extra medicines, even special equipment. Their care can run over a thousand dollars a year, easily. We have pet insurance that covers their basic care and some of their medication, which helps quite a bit.

Please let your readers know to be aware of the challenge they take on when they adopt dogs with illnesses or handicaps. — **Karen H., Conway, New Hampshire**  
**DEAR KAREN:** You told them, and I thank you! Caring for challenged dogs can be incredibly rewarding, but also difficult. They can have both physical and emotional issues, particularly if they've experienced past trauma, neglect or abuse.

Before adopting a pet, ask plenty of questions of both shelter supervisors about a pet's known past, its behaviors and what its treatment may cost. Talk to a vet ahead of time about the care and commitment that may be required. When you're prepared to care for a challenged pet, you'll be able to create a supportive home for them.

Send your questions, comments or tips to ask@pawscorner.com.

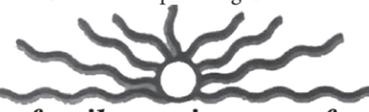
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 Tuesday, April 5 - 10:00 a.m.

---

**ARCHITECTURE DAYS MOVIE**  
 W.C. Fields' *The Bank Dick*  
 Wednesday, April 13 - 6:00 p.m.

---

**AUTHOR MICHELLE HOOVER**  
 Author Talk & Book Signing  
*Bottomland*  
 Sunday, April 17 - 2:00 p.m.

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

**UnityPoint Health Finley Hospital**  
**April 2016 Events**

*For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit [www.unitypoint.org/dbqevents](http://www.unitypoint.org/dbqevents).*

**Am I Hungry?® Mindful Eating Program.** Thursday, April 7, 4:30 p.m. Kehl Diabetes Center. No rules, no deprivation, no sneak eating. Just practical strategies you can live with, forever. "Am I Hungry?®" is an 8-week comprehensive lifestyle and health management workshop that provides mindfulness tools in addition to fitness and nutrition education to guide you towards sustainable healthy lifestyle changes. Cost for book, workbook and 8 sessions is \$249. Contact [Kim.peterman@unitypoint.org](mailto:Kim.peterman@unitypoint.org) or call (563) 589-2324 for further information or to register.

**Diabetes Education/Support Group.** Wednesday, April 13, 10:30-11:30 a.m. Hy-Vee Asbury. Kehl Diabetes Center and Asbury Hy-Vee partner for diabetes education/support group meetings. Call Hy-Vee Asbury to register (563) 589-2199. April event is Stress- How do you Spell Relief? With Michele Malone, MSN, RN.

**Diabetes Express.** Thursday, April 21, 2-4 p.m. Kehl Diabetes Center. Learn about type-two diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basics of diabetes treatment: meal planning, physical activity, medication and weight loss. Cost is \$5.

**Dubuque & Tri-States Head and Neck Cancer Support Group.** Thursday, April 28, 3:00 p.m. Finley's Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

**Finley Stroke and Brain Injury Support Group.** Tuesday, April 26, 1-2 p.m. Finley Auditorium, 1st Floor of the hospital. Finley is taking steps to help stroke patients and their families. Finley offers this Stroke and Brian Injury Support Group for anyone who has had a stroke or has been affected by a stroke. Each session provides a forum for you to share experiences, express concerns and ask questions. Call Sarah at (563) 589-2594 or Denise at (563) 589-2795 for more information.

**Grandparents Class.** Monday, April 11, 7-9 p.m. Delhi Medical Center, Third floor Conference Room. Join us for a discussion on current birth topics and baby care practices, tips for grandparenting and a guided tour of the Family Birthing Suites. There is no fee for this class.



*The term "freelance" originally referred to a knight whose lance was free for hire, i.e., not pledged to one master.*

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# Moments in time

THE HISTORY CHANNEL

- On **April 5, 1614**, Pocahontas, daughter of the chief of the Powhatan Indian confederacy, marries English tobacco planter John Rolfe in Jamestown, Virginia. Their marriage brought peace between the English colonists and the Powhatans.

- On **April 6, 1776**, the Continental Congress takes the first step toward American independence by announcing its decision to open all American ports to international trade with any part of the world not under British rule. It was the first act of independence by the Continental Congress.

- On **April 9, 1865**, at Appomattox, Virginia, Confederate Gen. Robert E. Lee surrenders his 28,000 troops to Union Gen. Ulysses S. Grant, effectively ending the Civil War. Forced to abandon the Confederate capital of Richmond, Lee had no other option.

- On **April 10, 1879**, Sandor Herz — the future John Hertz,

the man behind what will one day be the world's largest car-rental company — is born in present-day Slovakia. In 1923, Hertz bought a fleet of used Ford Model Ts and named the business Hertz Drive-Ur-Self Corporation.

- On **April 7, 1954**, President Dwight Eisenhower coins one of the most famous Cold War phrases when he suggests the fall of French Indochina to the communists could create a “domino” effect in Southeast Asia. He predicted that this would lead to the “loss of Indochina, of Burma, of Thailand, of the Peninsula, and Indonesia following.”

- On **April 4, 1975**, childhood friends Bill Gates and Paul Allen found the computer software company Microsoft. In 1987, the 31-year-old Gates became the world's youngest billionaire. Today, Microsoft is the world's largest software maker.

- On **April 8, 1990**, “Who killed Laura Palmer?” was the question on everyone's lips when David Lynch's surreal television drama “Twin Peaks” premiered on ABC. Shot in and around the logging town of Snoqualmie, Washington, “Twin Peaks” starred Kyle MacLachlan as relentlessly quirky FBI agent Dale Cooper.

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Exploring West Virginia  
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Pam Shaw,  
Social Security District Manager,  
Dubuque, Iowa



## SPRING INTO A STRESS-FREE RETIREMENT

There's nothing like saying “goodbye” to old man winter and “hello” to budding green leaves and fresh flowers. Spring is here! One way we welcome the season is by celebrating Stress Awareness Month.

Recognizing the sources of stress is the best way to understand how you can start eliminating factors in your life that put unnecessary strain on your body and mind. Did you know that stress, also called the “silent killer,” could cause heart disease and high blood pressure?

Social Security wants to make your retirement planning as stress-free as possible, which is why we have a number of online tools available for you. You can create your own secure, personal *my Social Security* account from the comfort of your living room and avoid unpleasant traffic and a possible wait in one of our local offices. Once you have a *my Social Security* account, you can view your *Social Security Statement*, verify your earnings record, and find out what to expect in monthly benefits if you retire at ages 62, full retirement age, or 70. Once you begin receiving Social Security benefits, you can use *my Social Security* to check your benefit information, change your address and phone number, change your electronic payment method, and obtain an instant benefit verification letter and

replacement SSA-1099/1042S. In some areas, you can even request a replacement Social Security card using your *my Social Security* account.

You can easily sign up for *my Social Security* at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

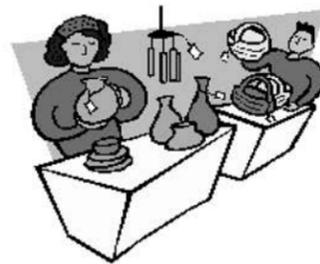
If you're thinking about retiring at an age not shown on your Statement, reduce the stress of the unknown by using our *Retirement Estimator*. The *Retirement Estimator* allows you to calculate your potential future Social Security benefits by changing variables such as retirement dates and future earnings. You may discover that you'd rather wait another year or two before you retire to earn a higher benefit. Or, you might see that this is the season for you to kiss that work stress goodbye and retire right now. To get instant, personalized estimates of your future benefits, go to [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

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—Bill Veeck

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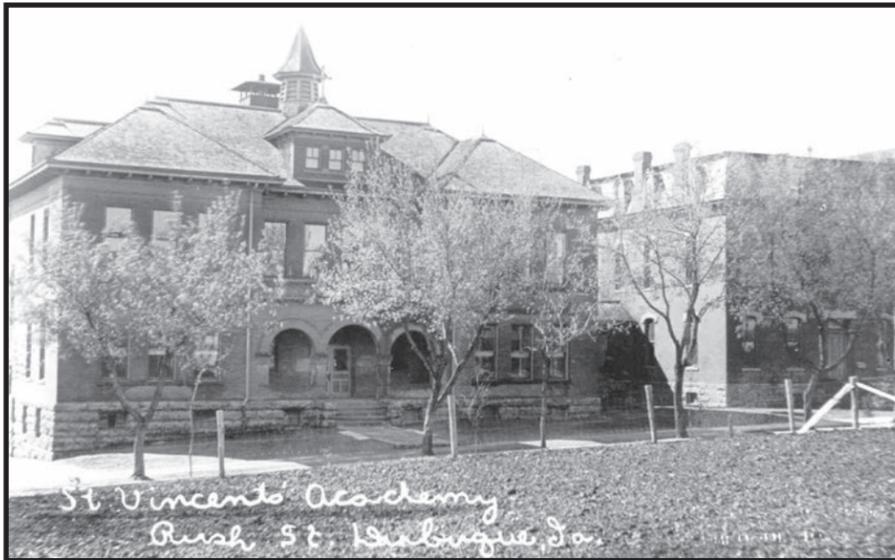
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**YESTERDAY AND TODAY**

BY MICHAEL GIBSON



The Sisters of the Presentation founded St. Vincent's Academy in 1879, eight years prior to the formation of St. Columbkille's parish. Forty students, both boys and girls, were enrolled and 25 cents was charged for each child. In 1898 an east addition was made to the building for apartments and in 1909 boarding students were admitted and attendance increased to 200. In 1914 another three-story addition was constructed and high school girls were admitted. In 1930 St. Columbkille parish purchased the school and boys were admitted to the high school. The high school was discontinued in the late 1950's with the opening of Wahlert High School. (Photo courtesy of the Center for Dubuque History, OHE p.158 Neg. 3235).

Yesterday & Today cont. P. 13

**Bell Tower Theater**

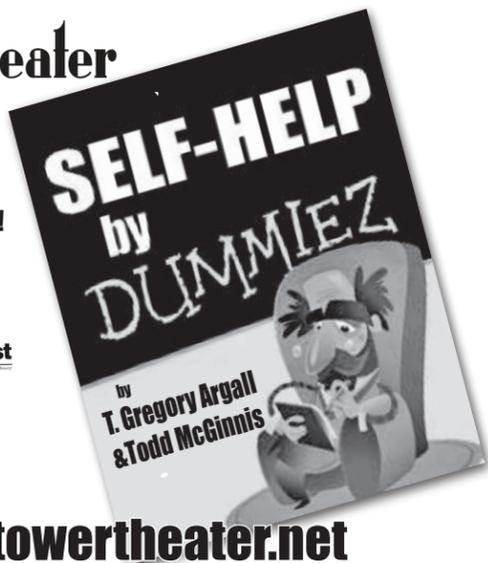
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**Consumer Advisory by Attorney General Tom Miller**  
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**Credit Report and Identity Theft Monitoring**

Anyone who has a credit history or plans to establish one should have an interest in what appears on their credit report.

Your credit report includes information about your identity, detailed credit history, and other information about you, including court judgments. Your credit report can affect your ability to get a credit card or loan, how much interest you pay, your insurance rates, and can even impact where you can live and work.

Because so much rides on what is in your report, it's important to know about any negative information that might appear, and whether it's correct. You may also be concerned about threats from data breaches and identity thefts, as a criminal could use your name and good reputation to obtain funds, new credit and loans, utilities, or even pretend to be you.

That's why some turn to credit or identity theft monitoring services. For a monthly or annual fee, these services may offer to help you track or monitor your financial account activity, history, and personal information. Many consumers who subscribe to these services may find it convenient that the services take responsibility for regularly monitoring credit or taking steps to address a data breach or identity theft.

However, monitoring service providers may charge \$10-\$30 per month for some services that are available for free or at a low cost, or may not provide the level of protection that they

may imply or you expect. Before subscribing to a credit report or identity theft monitoring service, be sure you understand what you are paying for, as well as what you can already do for free or at a low cost.

For example:

**Credit Reports:** Some services may advertise that their fees include providing a copy of your credit report at no additional cost. Keep in mind that federal law entitles you to receive one free credit report per year from each of the three major credit bureaus (Equifax, Experian and TransUnion). The only authorized site for these free annual reports is [www.annualcreditreport.com](http://www.annualcreditreport.com). (Tip: You can get free year-round protection when you stagger and rotate your requests by seeking a report from one of the three bureaus every four months.)

**Fraud Alert:** A fraud alert, which is available for free, requires a lender to take certain measures to verify your identity before opening credit in your name, and the alert may make it harder for identity thieves to open accounts in your name. A credit reporting bureau that receives a request for fraud alert must notify the other two bureaus. The alert lasts 90 days, but you can renew it.

**Security Freeze/Credit Freeze:** A security freeze, also called a credit freeze, helps prevent others from opening new credit under your name, or making changes to your existing accounts. A credit freeze restricts access to your credit report. A

Consumer Advisory cont. P. 13

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Yesterday & Today from P. 12

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.



Elementary and junior high enrollment increased to over 900 by 1959. A new school was built to the east of the old building in 1956-1957. A second floor was added in 1962. The old academy building on Rush Street was completely renovated in 1982 for multiple uses. The 1898 addition was converted into apartments, offices for St. Columbkille's parish were provided, a pre-school and daycare occupied a portion of the building, and retreats found classrooms and sleeping quarters useful.  
(Photo by Mike Gibson).

**New Date for 1964...THE TRIBUTE  
Coming to the Five Flags Arena**

FIVE FLAGS CENTER – 1964 The Tribute to the Beatles has been postponed from Saturday, March 19th to Saturday, June 18th at 7:30PM.

Due to a travel issue, the Five Flags Center regrettably must postpone 1964 The Tribute to June 18th. Already purchased tickets will be honored for the June 18th date. Those who wish a refund must do so at the original point of purchase. For any questions regarding ticketing, please contact the Five Flags Center Box Office at 563-589-4258.

DUBUQUE, IA — Nine Entertainment presents "1964"...THE TRIBUTE at the Five Flags Arena on Saturday, June 18th at 7:30 pm. "1964" will dazzle generations of fans old and new while staying true

to the memories many have held dear for 50 years. Join in on celebrating the 50 year anniversary of The Beatles' LAST WORLD TOUR!

"1964...THE TRIBUTE" is: Mark Benson as John Lennon, Mac Ruffing as Paul McCartney, Tom Work as George Harrison, and Bobby Potter as Ringo Starr.

Tickets are \$30.00\*, \$40.00\* and \$50.00\* (plus applicable fees) and are currently on sale. Tickets can be purchased at Ticketmaster.com and Five Flags Center box office, at Ticketmaster Outlets or charge by phone 1-800-745-3000. Five Flags Center Box office hours are Monday through Friday from 10:00am – 5:00pm. For additional venue information visit [www.fiveflagscenter.com](http://www.fiveflagscenter.com).

Consumer Advisory from P. 12

credit freeze is free to identity theft victims, and otherwise costs \$10 per credit report. It stays in place until the consumer requests to lift it. A temporary lift costs \$12, and permanently removing the freeze costs \$10 (the fees are waived for identity theft victims).

There are services that offer additional options, such as access to your credit score, credit activity notifications, identity theft response assistance, and credit record rebuilding support.

Services that offer you a free credit score in exchange for your credit card number generally enroll you in a monthly service that carries with it monthly charges.

One of the best ways to protect yourself from financial fraud on existing accounts is to review your financial account statements, and periodically review your credit reports. One of the best ways to protect yourself from others opening new accounts under your name is through a security freeze.

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—Don Drysdale

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—Bryant Gumbel

## Senior Resource Day

### THURSDAY, MAY 12, 2016

**3:00pm to 6:00pm**

at



801 Davis Street, Dubuque IA 52001

Are you feeling overwhelmed finding resources for seniors?

Many services & organizations conveniently in one place.

Enjoy the ease of fact finding in a hospitable atmosphere.

**This is a free event with Door Prizes**

- The Lifetime Center
- Volunteer Programs
- Project Concern
- City of Dubuque Housing
- Hospice
- First Call Emergency System
- Funeral Planning
- N.E. Iowa Agency on Aging
- Long Term Care Insurance
- DuRide
- Alzheimer's Association
- Financial Services
- SHiip
- And More

Contact Tracy at 563.451.2379 for additional information.



## Passion and Purpose

by Laura Nissen, Luther Manor Communities



Kathryn (Kay) Norman

All of us have abilities and talents that can make a lasting impact. Do you have activities in your life that you pursue with passion? On the surface these activities seem like they might be defined as leisure time. But on further analysis, these activities are sacred. They are our indulgences that make life worth living. These are moments that we find our joy. Finding these activities and giving them the appropriate value in your life can be the secret to living a life of happiness and well-being. Over the course of this new series, I would like to share examples of engaged, creative, passionate people who are frequently using their abilities and talents to reach their full potential.

Kathryn (Kay) Norman is an enchanting example of Passion and Purpose. Kay is a gifted mixed media artist capturing special moments of life with grace and elegance. Kay tells me "I paint what I live and I'm living what I paint. For me, art is in everything I do." Her passion for art has spanned a lifetime and her works are incredibly abundant.

Kay was first exposed to art in seventh grade at Nativity School where Sr. Paula Maloy helped her work on a mosaic. It was then that she found her passion. Kay is a Dubuque native who received her bachelor's degree in Art at Loras College. She has studied with Francesco Licciardi. Like Licciardi she was inspired by French painters. She admires Matisse for color,

Degas for line, Van Gogh for texture and Toulouse-Lautrec for showing the several sides of people interacting. She also incorporates the formal emphasis of cubists Picasso and Braque in her work. Kay has studied with the New York School of Design.

Kay was a faculty member of the 1986 Iowa Conference for Art Educators and has taught several courses at the Dubuque Museum of Art. She has work in the prestigious permanent collection at the Dubuque Museum of Art, the permanent art collection at the National Bank of Waterloo, IA, and three works in the University of Dubuque collection. Her work is exhibited in galleries throughout the Midwest. She has contributed generously by giving numerous original paintings to charitable organizations and fund raising events. She also contributed a 5' by 7' painting to the City of Dubuque's Grand River Convention Center. Several years ago she designed and painted a 25' X 80' set for the Swan Lake Ballet staged by the Heartland Ballet Company at the Five Flags Center in Dubuque. This was a contribution as well.

When asked about the goal of her artistry, Kay indicated that she hopes for an exchange between the artist's expression and the viewer's response. "If my work makes the audience think, then to me, the work was a success. I intentionally leave something unfinished in my work which encourages the viewer's imagination. It gives a reason to go back to the painting, to look again and to mentally finish it, so to speak."

Kay now paints on a smaller scale and part time. She plans to return to showing in Tri-State galleries and to become more involved in community volunteer work in the arts.

Kay brings to us our imagination in many forms. A successful painting "starts well. It flows well. It's magic. It's surprising," she said. If you have ever seen any work from Kay you know firsthand her magical gift of art by the electric sparks fired by your imagination.



*Mycophobia is the fear of mushrooms,  
while lachanophobia is the fear of vegetables.*

*Never eat more than you can lift.*

—Miss Piggy



1. Who released "Be-Bop Baby," and when?
2. Which group released "Electricland"?
3. Who wrote and recorded "See the Funny Little Clown" in 1963?
4. Name the artist who wrote and released "Song Sung Blue."
5. What song contains this lyric: "My father sits at night with no lights on, His cigarette glows in the dark. The living room is still; I walk by, no remark"?

**Answers**

1. Ricky Nelson, in 1957. The

rockably song went to No. 3 on the charts, but it's said that Nelson hated the song so much he eventually refused to play it. 2. Bad Company, in 1982. It was written by one of the original members, Paul Rodgers. Although in and out of the group over the years, Rodgers currently is back in. 3. Bobby Goldsboro, of "Honey" fame. The "brokenhearted guy" laughing on the outside, crying on the inside" song spent nine weeks on the Hot 100 chart. 4. Neil Diamond, in 1972. 5. "That's the Way I've Always Heard It Should Be," by Carly Simon in 1971. The song tells of a woman who hesitates to marry because she sees her parents and friends all getting divorced. The song netted Simon her first Grammy nomination, for vocals.

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# FOUR MOUNDS FOUNDATION

## Spring Fashion Show Features Lineup of Six Local Boutiques



*In 1929, a stylish Elizabeth Burden crosses the lawn at her home at Four Mounds*

Four Mounds annual Fashion Soiree has moved from fall to spring, and is set at the beautiful Four Mounds estate. The Four Mounds Women's Fellowship invites you to an elegant evening event on Thursday, April 28th at 5:30 pm, with a show beginning at 6:00.

The event is a fundraiser for Four Mounds Foundation and tickets cost \$30 per person. Guests may reserve their spot by visiting EventBrite's online reservation system, or calling 563-557-7292. The evening consists of the fashion show in the historic Grey House, followed with a lovely dinner and drinks. Four Mounds will provide each guest with a souvenir Four Mounds' engraved wine glass and guests are welcome to bring their own bottle of wine. Complimentary hand-made beverages include organic tea with local honey, blueberry-mint lemonade and cucumber water with lime. Reservations are required because space is limited.

Since 2009, the Fellowship has presented this annual event. Our six returning boutiques are Fig Leaf, DBQ Fashions, Gotta Have It, Graham's Gal & HJ's Fashion Emporium,

and Rhomberg Fur & Leather Gallery. Each uses the stage to outline their upcoming spring & summer fashions. The event is intimate, with the boutique owners talking about their lines of clothing

and accessories. After the show, there is an opportunity for guests to speak directly with the boutique owners. The picnic dinner follows with individual picnic baskets for each guest. Guests may stay indoors or head out to the picnic tables and Adirondack chairs to enjoy the view of the Mississippi River on this spring evening. Guests can try their chance at seven exciting door prizes from the boutiques and Four Mounds.

The event is co-sponsored by the Four Mounds Women's Fellowship, Neises Design, Fig Leaf/Echoes from Heirlooms, and the East Mill Bake Shop. Since the early days of the Four Mounds Foundation, the Women's Fellowship has been a dedicated group of volunteers supporting the organization's mission to Preserve, Educate, and Serve. Together they hold monthly meetings and plan two fundraisers: the fall Fashion Soirée and our annual Christmas Tea. The Fellowship seeks enthusiastic and creative volunteers. For more, information about the fellowship, contact Marie at 563-543-0925 or inn@fourmounds.org, with a subject line "fellowship".

### DUBUQUE COMMUNITY SCHOOL DISTRICT School Bus Drivers Needed

The DSCD currently has openings for School Bus Drivers. High school diploma required. No experience necessary. We will train (\$17.38 non-probationary wage). PM only routes also available. Applications available at [www.dbqschools.org](http://www.dbqschools.org). At the top click "Careers."

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## The Grand Opera House Presents

April 1, 2, 8, 9 – 7:30 p.m.  
April 3 – 2:00 p.m.  
This madcap, screwball comedy is guaranteed to leave audiences teary-eyed with laughter. Tickets \$18 Adult/Under 18 \$12

### The Letterman

Tuesday, May 10th  
7:30 p.m.

Multi-award winning vocal trio are best known for their signature sound and classic hits like "Smile, "Goin' Out Of My Head/Put Your Head On My Shoulder," "Shangri-La," "Love," "Traces/Memories" and many more. Tickets \$49, \$39, \$34

### Branson on the Road

Saturday, May 14 – 7:30 p.m.  
& Sunday, May 15 – 2:00 p.m.  
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**Dancing with the Stars**  
*Dubuque Style*



**2016 PARTICIPANTS**  
Bobbi Earles, "Digger" Kurt, Amanda Goodman, Shannon Lundgren, Amy Wagner, Otto Krueger, Penny Ehlinger, Emily McCready, Lisa Schaefer, Rick Fullmer.

**SATURDAY | APRIL 30 | 6:00PM**

For more information please contact the  
Dubuque Area Chamber at  
563.557.9200 or [www.dubuquechamber.com](http://www.dubuquechamber.com)

[WWW.DUBUQUECHAMBER.COM](http://WWW.DUBUQUECHAMBER.COM)

**2016 Dancing with the Stars Dubuque Style  
Raises Funds for Local Charities**



YMCA, among others. Music will be provided by Hunter Fuerste and his American Vintage Orchestra.

DUBUQUE, Iowa—Dancing with the Stars Dubuque Style is coming to the Five Flags Center on Saturday, April 30. Local celebrities have been paired with Dubuque’s finest dance instructors to be transformed into elegant ballroom dancers!

Along with the judges’ scores, audience members will help decide the winners by purchasing a vote for their favorite contestants. All funds raised from each vote will go the charity of the contestant’s choice.

You’ve seen the TV show and now is your chance to see Dubuque’s stars in action. Included in this impressive lineup are a television news reporter, a Dubuque police officer, an Iowa State House of Representatives hopeful and more - all competing for the winner’s trophy on behalf of charities such as the Dubuque Symphony, the Special Olympics, Ronald McDonald House and the

Your ticket includes heavy hors d’oeuvres, beer, wine and a night of fun and entertainment. A cash bar will also be available.

Tickets are \$50 per person and are available at the Five Flags Center box office or from any of our competing celebrities.

The opening reception will begin at 6:00 pm with show time at 7:00 pm, so dress in your best and join us for this event. It’s sure to be a blast!

For additional information, contact Barry Gentry with the Dubuque Area Chamber of Commerce at **563-557-9200** or [bgentry@dubuquechamber.com](mailto:bgentry@dubuquechamber.com).

**The Robert I. "Bob" Peacock Memorial Fund  
Dancing with the Stars**

The Dubuque Symphony Orchestra, in conjunction with the Dubuque Area Chamber of Commerce Dancing with the Stars, is pleased to announce the establishment of the Robert I. "Bob" Peacock Memorial Fund. The purpose of this fund is to empower students through music education, which will be accomplished by enhancing existing programs while also looking at the possibility of adding some exciting new opportunities.



*Robert I. "Bob" Peacock*

Bob was a true ambassador for this community and a huge advocate of the symphony. Before passing away unexpectedly in December of 2015, Bob had agreed to participate in the local Dancing with the Stars competition. He selected the symphony as his charity of choice and had set a personal goal of raising \$100,000 to benefit youth education.

reality. Checks, made payable to the DSO, can also be mailed to our office at 2728 Asbury Rd, Suite 900, Dubuque IA 52001. For those who prefer to make an on-line contribution, please visit [www.dubuquesymphony.org](http://www.dubuquesymphony.org). All gifts received by April 30 will count toward our fundraising totals which will be revealed at the Dancing with the Stars finale later that evening.

With the help of Bob’s wife, Diane, and his best friend, Otto Krueger, we are committed to seeing Bob’s vision become a



Dubuque SYMPHONY ORCHESTRA

**MAY 7-8 2016**

**Midori**  
*world-renowned violinist*

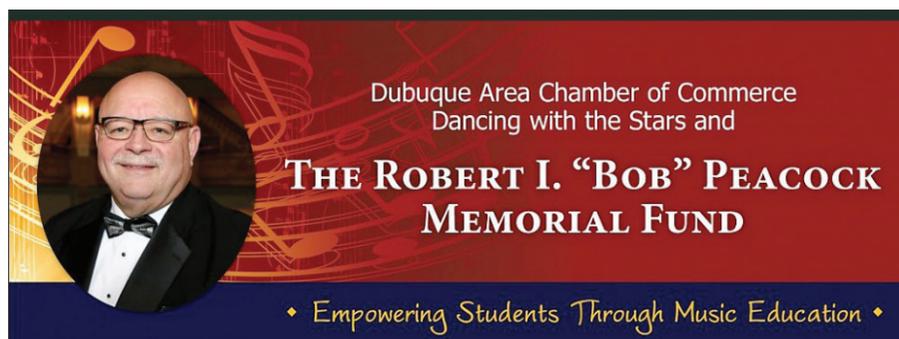
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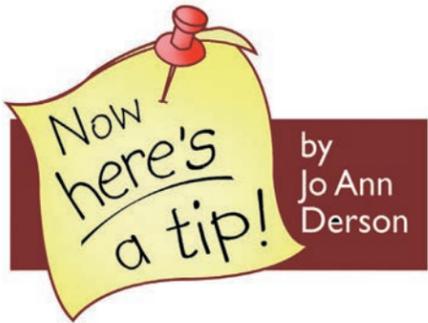
**CONCERT LOCATION:**  
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Dubuque Area Chamber of Commerce  
Dancing with the Stars and

**THE ROBERT I. "BOB" PEACOCK  
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◆ Empowering Students Through Music Education ◆



• Here's your springtime reminder: As you install your window screens to air out the house (or even if you keep them up year-round), double-check to make sure they are pet-secure. Cats love a windowsill, and they can fall through and out the window if screens are not secure. If you have a pup, you may want to give it the push test — it should be able to withstand Fido's nose jammed against it!

• To preserve your manicure in the garden, wear gardening gloves. If you love the feel of dirt in your hands but don't love dirty nails, simply rake your nails over a bar of soap before you dig in. The soap gets under there, keeping dirt out. Bonus, it's easier to wash your hands afterward!

• "If you use ground chicken or turkey to make lower-fat meatballs, give them some time to firm up by making the meatballs and putting them in the fridge for an hour or so. They hold together much better that way." — *F.K. in Missouri*

• Some tips for working with garlic: To peel cloves, microwave for 10-15 seconds or cover in plastic (in a sandwich baggie or plastic wrap) and crush lightly with a glass bowl or plate. To chop or mince, spray your knife with cooking spray or put a few drops of oil on the clove itself, as this will keep the garlic from sticking to the knife. Finally, go ahead and crush that garlic by turning your knife on its side and pressing down hard.

• Add an eraser to your whiteboard marker by gluing a small pompom on the end with a drop of hot glue. Use giftwrap tape to tape a small magnet to the side of the marker, and it's ready to go up on the fridge with your dry-erase board.

Send your tips to **Now Here's a Tip**, 628 Virginia Drive, Orlando, FL 32803.

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**Strange But True from P. 6**

• You've almost certainly heard of "M\*A\*S\*H," one of the most popular TV series of all time. One of the main characters on the show, which ran from 1972 to 1983, was Corporal Klinger, played by Jamie Farr. It's interesting to note that in the 1950s, Farr actually served as an enlisted man in the U.S. Army in Korea — and the dog tags he wore on the show were the same ones he wore during his service.

• For reasons that are not quite clear, inventors have created a robot that can solve a Rubik's cube in slightly more than one second.

• In 18th-century France, there was a Parisian printer who employed several apprentices,

all of whom lived in the home of the printer's family. The printer's wife was, evidently, a lover of cats — and her cats begged for scraps and screeched at all hours of the night. Finally fed up with the felines, the apprentices took matters into their own hands: While the family was out of town, they held a formal trial, complete with guards, a confessor and a public executioner. After they were pronounced guilty, the accused felines were strung up on cat-sized gallows.

\*\*\*

**Thought for the Day:** "Politics, as a practice, whatever its professions, has always been the systematic organization of hatreds." — *Henry Adams*

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**Dementia from P. 1**

customers and employees can be considered good business practices, including respectful and responsive services for individuals with Alzheimer's disease and other forms of dementia and their caregivers. A business that is dementia-friendly becomes a stakeholder in the well-being of the entire community.

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Care Program provides a secure environment and is designed to promote dignity, independence, and choice. It offers a variety of daily one-on-one and group activities to engage each resident in meaningful and fulfilling pastimes. Bell Tower is passionate about supporting families that are affected by Alzheimer's disease and other forms of Dementia and is excited to initiate their Dementia Friendly community program in the Tri-State area. If you are a business or know of a business that would like to receive this free, on-site 30 minute training, please call Bell Tower Retirement Community at 815-747-6701.

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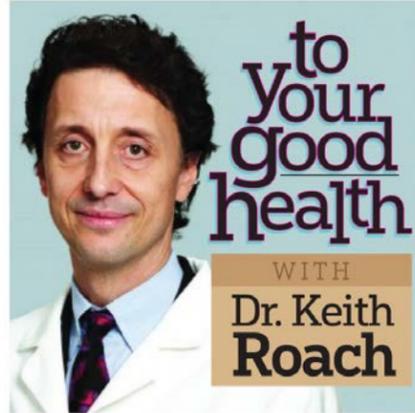


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—Ted Williams



### High Blood Pressure Can Lead to Stroke

**DEAR DR. ROACH:** Can high blood pressure cause blood clots, blindness and strokes? Or is this caused by taking the wrong combination of blood pressure medicines? — Anon.

**ANSWER:** High blood pressure over months or years causes damage to the lining of blood vessels. This can indeed predispose a person to a stroke. Reducing blood pressure gradually reduces risk of stroke.

Blood clots also can cause strokes, but these usually are not linked to blood pressure, high or low, and instead are linked to conditions that affect the blood itself or that affect the rhythm of the heart. Some medicines, such as estrogen, make blood clots more likely.

In people with very high blood pressure, lowering it too much, too quickly can cause strokes. The blood pressure needs to be reduced gradually, which usually can be done as an outpatient. There are still a few times when people with extremely high blood pressure are admitted to the hospital, where blood pressure can be brought down very slowly in a controlled environment.

High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it's treated. Readers can order a copy by

writing: Dr. Roach — No. 104W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.  
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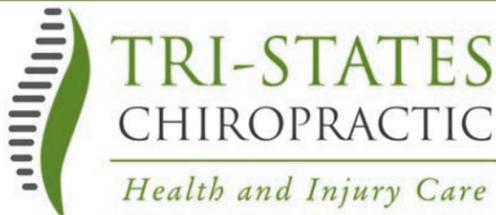
**DEAR DR. ROACH:** In March 2013, I fell and landed on my left side. Since then, I have had quite a lot of pain. I had an MRI that showed I have a tear of the gluteus medius muscle. I was advised to have a surgical repair done as an outpatient. My family doctor wants me to wait and talk to another surgeon. My pain is aggravated by pressure and weight-bearing activities. What is your suggestion? I'm 77 and in pretty good health, and I walk my dogs several times per day. — M.C.

**ANSWER:** Gluteus medius tears are an increasingly recognized cause of hip pain. The gluteus medius muscle helps hold the hip in place during walking. They often are treated conservatively, with injection and physical therapy. They can be mistaken for trochanteric bursitis, but persistence of pain despite treatment should make the physician consider alternate diagnoses, and an MRI usually makes the diagnosis.

In your case, you have been suffering for two years, and I agree that it's time to consider surgical repair. However, I also have to agree with your family doctor that a second opinion may be wise. There are several new surgical techniques, and you want an experienced surgeon operating on you. Talking to a second surgeon at the very least can make you more confident that the surgery is necessary.

Postoperative recovery may require six weeks of crutches or other assistive device, and another six weeks in a hip brace, although the exact recovery

To Your Good Health Cont. P. 19



**NEW LOCATION!**

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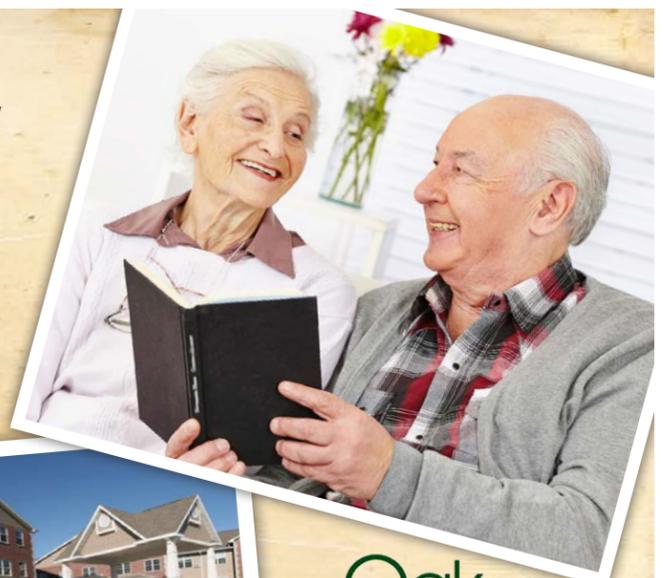
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# SENIOR NEWS LINE

by Matilda Charles

## Move and Live Longer

Another study of seniors ages 50-79 has concluded that we can live longer if we're more active. This one comes with some fancy credentials: It was run by the Centers for Disease Control and Prevention.

The difference between this study and previous ones that showed that activity makes us live longer is that this study was monitored. Other studies used self-reported information about the level of activity. This time researchers used activity monitors worn on the body, so the information was certain to be correct. They then tracked those people for eight years.

They learned that moving doesn't have to involve weights and sweating at the gym. Easy activity — even making the bed, mopping the floor and walking around the neighborhood — all count as activity that can help us live longer.

Here's the bottom line:

If we're fairly active, if we get up and move around for 30 minutes, we'll live longer. This can be either light or moderate physical activity. Sweaty workouts are not required, but moderate-to-vigorous activity is especially beneficial.

If we get an average amount of activity and only move around for 10 minutes a day, we can improve our risk of mortality by one-third. (But, once we're up and moving, why stop at 10 minutes? Wash one more window or walk one more wing of the mall during senior walking mornings, and we've just lowered our mortality risk.)

If we're not at all active, if we let ourselves be extremely sedentary, we're five times more likely to die.

So our new mantra might be: Move, live longer — gym membership not required. Consider what the result could be if we sign up for dance or swimming classes, take yoga or qigong, or volunteer to do a neighbor's shopping once a week.

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## To Your Good Health from P. 18

depends on you and the type of surgery performed.

\*\*\*

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email

questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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## Iowa Department of Transportation

Tammy Adrian



### Railroad Safety



When driving, we always need to be alert and aware of our surroundings. We know that. But are you always as attentive as you should be? Consider railroad crossings. If you drive over the same route several times each day did you look as closely the last time you crossed them as you did the first time?

Being familiar with your surroundings may make you more comfortable but can add to complacency when driving. Statistics show that over 50 percent of crashes occur within 5 miles of home and over 70 percent within 15 miles or less.

It may seem obvious but trains and cars don't mix. Because of their size, they

cannot stop quickly and they are usually closer and traveling faster than you would expect.

Here are a few safe driving tips:

Gates may be used with flashing lights. NEVER DRIVE AROUND A GATE! Gates and warning lights alert you that a train is in the area.

Cross train tracks at designated crossings without stopping and remember to look both ways.

At multiple track crossings, watch out for both sets of tracks, checking both ways just as you would when crossing a street.

Only cross when you can completely cross the tracks without stopping, do NOT get trapped on the tracks.

If you live in close proximity to rail lines or have to cross railroad tracks you may think you know their schedules. But freight trains don't follow set schedules, ALWAYS EXPECT A TRAIN.

According to OPERATION LIFESAVER, in America a person or vehicle is hit by a train every 3 hours. Don't be a statistic. Be safe.

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**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 turning 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

Liz Lynch cont. P. 21

*Man does not live by bread alone.*

—Moses

## Bird Watching at the Lower Bee Branch on Saturday, April 2



Do you like birds and enjoy spending time outdoors? Join the City of Dubuque Leisure Services Department at the Lower Bee Branch on Saturday, April 2, for an introduction to bird watching with the Dubuque Audubon Society.

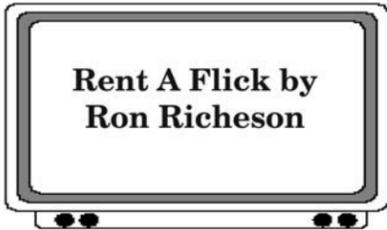
The Bee Branch Creek and 16th St. Detention Basin is a prime spot for waterfowl such as ducks and gulls, as well as local favorites like the American Goldfinch and Bald Eagles. Participants will meet at the 16th St. Detention Basin

behind the Dairy Queen on 16th St. If possible, please bring binoculars. All ages and birding levels are welcome.

**April 2, 2016**  
**8:00 a.m. - 9:30 a.m.**  
**Lower Bee Branch**  
**16th St. Detention Basin**

This program is FREE! NO REGISTRATION REQUIRED.

For questions or for more information, please contact (563) 589-4263.



**The Martian**

The Martian was one of the films nominated for an Oscar for Best Picture and it's easy to see why: Andy Weir definitely did his research when writing "The Martian"; Matt Damon gives an Oscar-nominated portrayal of astronaut Mark Watney; the stunning cinematography makes us believe we are actually on the surface of Mars; the film is directed by auteur Ridley Scott of Blade Runner fame.

Watney is part of a manned mission to the Mars surface. During a terrible dust storm he is hit by debris and blown away. Missing and presumed dead, his fellow crew members must leave Mars because of the weather. But Watney is not dead, and he must figure out a

way to set up communications with Earth and survive until, and if, help can arrive.

Being both an engineer and a botanist prove to be invaluable for Watney. He is able to contact the space center to let them know he is alive and then comes up with an ingenious way of using the Hab (the laboratory the astronauts built on Mars) to create rain and grow potatoes from seeds.

It is inherent to our nature to vigorously fight when the odds are stacked against us. This basic instinct along with science, ingenuity, and outside help will become necessary if Watney is to see and experience Earth once again.

This film is rated PG-13 and is available at most Redbox and Blue Box locations.

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**Contract Bridge**

by Steve Becker



**BETTER SAFE THAN SORRY**

South dealer.

Both sides vulnerable.

**NORTH**

♠ 6 5  
 ♥ J 9 8 4 3 2  
 ♦ A 8  
 ♣ J 7 3

**WEST**

♠ J  
 ♥ Q 10 6 5  
 ♦ 5 2  
 ♣ Q 10 8 5 4 2

**EAST**

♠ 10 9 3 2  
 ♥ K  
 ♦ J 10 7 6 4  
 ♣ A K 6

**SOUTH**

♠ A K Q 8 7 4  
 ♥ A 7  
 ♦ K Q 9 3  
 ♣ 9

The bidding:

<b>South</b>	<b>West</b>	<b>North</b>	<b>East</b>
1 ♠	Pass	1 NT	Pass
4 ♠			

Opening lead — five of clubs.

At the start of play, it is not sufficient for declarer to adopt an approach merely because it is likely to succeed. Rather, he should seek the line of play that offers the maximum chance of success.

Consider this deal from a pairs tournament. At most tables, the final contract was four spades, but about half the declarers finished down one after failing to find the approach that offered the greatest chance

of yielding 10 tricks.

A club was the usual opening lead, South ruffing East's ace on the second round. At the tables where the contract failed, declarer next cashed the A-K of diamonds and then tried to ruff his low diamond in dummy. West ruffed with the jack, and since South still had to lose a heart and a trump trick, the result was down one.

While these declarers were admittedly unlucky to find the diamonds divided 5-2 and the trumps 4-1, and even more unlucky that the player with the doubleton diamond held a singleton high trump, the fact remains that they did not give themselves the best chance to make the contract.

Since there was always the possibility — however remote — that one opponent might have been dealt fewer than three diamonds plus a singleton 9, 10 or J of trumps, it would have been more prudent for declarer to draw one round of trumps before tackling the diamonds. This would have made it impossible, assuming no worse than a 4-1 trump break, to lose a trick to a diamond ruff and also a subsequent trump trick.

Those declarers who made four spades saw that it could cost them nothing to cash a high trump at trick three before attempting to ruff a diamond, and they took this simple extra precaution. The others paid the full price for their omission.

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**Liz Lynch from P. 20**

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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 4. Replace Spark Plug(s)  
 5. Change Engine Oil & Filter  
 6. Sharpen & Balance Blades  
 7. Inspect All Belts, Bearings, Spindles & Pulleys  
 8. Balance Tire Pressure & Level Mower Deck  
 9. Check Carburetor Settings  
 10. Check All Fluid Levels  
 11. Test Overall Operation & Safety System  
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**Plant Talk**

by Ken Resch

**What to do in the garden in April**

I vowed at the end of last year's gardening season to get on top of things earlier the next year so here's a list of "stuff to do" in April before the garden really wakes up.

- Put on at least a two inch layer of compost or well-rotted manure into your beds to prepare for the growing season. You can also work in a general purpose 10-10-10 fertilizer.

- Feed trees, shrubs and hedges with a balanced, slow release fertilizer like Osmocote. Lightly scrape the surface inch or two of soil and then water in the fertilizer. This is especially true of Roses which are greedy plants and will greatly benefit from feeding as they come into growth. If you have not trimmed your roses, also do so now.

- Lift and divide perennial plants now to improve their vigor and to create new plants for your garden. Also divide hostas before they come into leaf. I have failed to do this for several years and now face the task of dividing over eighty different ones around my yard.

- Buy some packages of summer-flowering bulbs such as lilies and Ranunculus and plant them into beds, borders and containers. If you have forced flower bulbs such as hyacinths and daffodils from Easter don't toss them out! They can be planted out in the garden.

- Another area I often think of too late is seeing if I have any plants that will need supports. Put the supports in now so the plants grow up through them. Adding supports afterwards is difficult and plants are often damaged in the effort. Similarly, tie in climbing and rambling

roses to their supports as well as training emerging Clematis to grow on the trellis or support you've provided.

- Check any tree support ties to make sure they're not cutting into the trunk. Loosen any that are tight to allow the trunk room to expand.

- If you haven't done so already, finish cutting back any dead foliage left on your perennials and ornamental grasses to make way for new growth. Also, prune Forsythia as soon as they have finished flowering, cutting back to strong young shoots. If you wait until summer, you'll end up removing next year's flowers.

- When all your spring bulbs like daffodils and tulips finish blooming, deadhead the flowers but leave the foliage intact allowing it to die back naturally.

- Apply Osmocote or another slow-release fertilizer around the base of your raspberry canes, fruit bushes and fruit trees to encourage bumper crops. Make sure you've pruned out old canes.

- Sow lawn seed now on well-raked soil and keep the soil covered and moist while the seed is germinating. If you want an instant lawn, lay new sod early and kept moist until established. Also, repair any bare patches in your lawn with seed rather than small pieces of sod which are hard to keep viable in the lawn. Apply Starter fertilizer to your lawn now for a boost to the start of the season. Though lower in nitrogen, Starter fertilizer is higher in the other components and they help in root and rhizome development for a thicker lawn.

- Check your compost bins to see if there is any compost ready to use. Use it to improve the drainage of heavy soils by incorporating into the top two or more inches. We rebuilt our retaining wall/raised beds last year so we've already topped them with compost and good quality topsoil.

- Finally, do a walk about

**Plant Talk cont. P. 23**

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**Trivia test** by Fifi Rodriguez

1. MEASUREMENTS: How fast do you have to travel to break the sound barrier?
2. FOOD & DRINK: What food is also known as a groundnut?
3. MOVIES: What film ended with the words "the horror ... the horror"?
4. QUOTATIONS: What 20th-century actor once said, "Courage is being scared to death but saddling up anyway"?
5. MEDICAL: What is the medical symptom called dyspnea?
6. SCIENCE: What is the study of blood called?
7. GEOGRAPHY: What

is the predominant language of Australia?

8. TELEVISION: Who was Sonny Crockett's partner in "Miami Vice"?

9. U.S. STATES: How many U.S. states border Mexico?

10. LANGUAGE: What is the longest English word composed only of vowels?

**Answers**

1. About 770 mph
2. Peanut
3. "Apocalypse Now"
4. John Wayne
5. Shortness of breath
6. Hematology
7. English
8. Ricardo "Rico" Tubbs
9. Four: California, Arizona, New Mexico and Texas
10. Eunoiae, a musical cadence



**From The Batt Cave**  
**Al Batt**  
<http://albatt.com/>  
 Author of "A Life Gone to the Birds"

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**The Church of the Sunday Drive**

We were members of The Church of the Sunday Drive.

We went for Sunday afternoon drives.

The pews were the seats of a Pontiac primeval.

It wasn't a shopping trip or an errand. There was no set agenda or particular destination. The journey was often improvised. It was a Sunday drive.

I grew up on this planet during a time when if you owned a car, you were expected to take it for a Sunday drive.

Many families ate the same thing every Sunday. Maybe chicken or pot roast, and then hit the road. Dinah Shore sang, "See the USA in your Chevrolet." We tried, but a Pontiac was as close as we came. A friend said that his family had been bored in a Ford. Another said that he found God in the backseat of a Plymouth because his father was such a lousy driver.

The author Joyce Carol Oates wrote, "Our car was our principal means of adventure, exploration, and entertainment; our lengthy, looping seemingly uncalculated Sunday drives with sometimes my father, sometimes my mother, at the wheel were our primary means of experiencing ourselves as a family."

A leisurely Sunday drive on a pleasant summer afternoon was a tradition during the days of dime stores, gas stations and Tang. The aimless meandering was a family-friendly, go-at-your-own-pace, gas-is-cheap affair. It wasn't in my best interests to decline an opportunity to go on a Sunday drive. It was travel to someone accustomed to staying put. It became a cherished childhood memory.

The drive wasn't without duties. We had things that we needed to look for—good crops, bad crops, new cars and critters of every kind. Getting nowhere at a snail's pace was the idea. Bumpy roads made keen eyes bounce. I'd never been on an airplane. I encouraged my father to get up some speed when approaching a dip in the road or the top of a hill, in the hopes that it would result in the semblance of flight. He declined, worrying about the health of the Pontiac. I still said, "Wheeeee!"

I say "Wheeeee!" today. Usually, when walking down to get the mail.

Sunday drives appeared timeless and peaceful. They have been upstaged by hurried traffic. There is no "off" switch to most jobs.

The Puritans, who settled in New England in the 1600s, promoted a strict Sunday observance. Sunday was for church-going and Blue Laws made nearly everything else illegal. Some state's blue laws were ludicrous, one in the 18th century said that you couldn't kiss a baby or tell a joke. Church organs and hymns aside, music was taboo on Sundays.

In the 20th century, the Sunday paper with the comics, sports and crosswords became an American staple. Sunday became a day for games and celebrations. Music was played. NFL telecasts hadn't yet become a major part of a Sunday.

My parents were entertaining guests when a neighbor asked if I wanted to join his family on a Sunday drive. I jumped at the chance. To be honest, I sometimes thought that my family's Sunday drives were odd and I wanted to compare them to others. Kids called windows as part of this ritual. I was surprised when the children of the host family insisted that I sit by a window. I reckoned they'd been taught to treat guests kindly.

Down the road we went on a hot day in a car without any cooling apparatus other than opened vents and windows. The sun was shining brightly when I felt a bit of moisture on my face.

Rain? Without a cloud in the sky? It was a Sunday drive miracle.

Then I realized why I was given the prized window seat behind the father—a chronic tobacco chewer and a spitter of some renown.

A friend's father was in the armed forces, stationed far from home. His mother wasn't a licensed driver. His grandfather believed that every child should experience the joy and educational opportunities afforded by Sunday drives. Each Sunday afternoon, he took his grandson on a tour of rural roads.

One Sunday found the grandfather with a bad cold. He needed to stay in bed. His wife encouraged his rest by volunteering to take their grandson for a Sunday drive.

When grandmother and grandson returned, the grandfather, sitting up and waiting, asked, "Did you enjoy the ride with Grandma?"

"Yes, Grandpa, but we didn't see a single idiot or moron."

Good times. It's a shame that every good road has to end.

© Al Batt 2016

**Plant Talk from P. 22**

and look out for signs of pests and diseases because early prevention is easier than curing an infestation. While you stroll about your garden, make sure

bird baths and bird feeders are kept topped up to encourage birds to your garden. In addition to their beauty and songs, many species will also help minimize the pesky insects beginning to emerge.



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Tuesday, April 19, from 6:30 to 8pm

Musicians: Dave Overby & Friends

Register early for this feast of German food and music! Our kitchen will be busy making the foods beloved by those of German descent (and others as well). And, of course, the music will be lively as always! Offering: \$24. Register & prepay by Thursday, April 14. (Registration closes earlier if all seats filled.) NOTE: If you are a member of a group that wishes to be seated together, please inform us when registering.

### Leading Like Francis: Building God's House

Saturday, April 23, from 9am to 3pm

Presenter: Carl Koch

Carl Koch was the first director of the MA in Servant Leadership Program at Viterbo University and program coordinator at the Franciscan Spirituality Center in La Crosse, Wisconsin. He has authored 36 books and continues to facilitate retreats and servant leadership seminars. In 2011, Carl retired as director of Ring Lake Ranch, an ecumenical retreat center in the Wind River Mountains of Wyoming.

This day of retreat will be based on Carl's book, *Leading Like Francis — Building God's House*. Jesus and St. Francis of Assisi call us to be servant leaders. The ten characteristics of a servant-leader are all qualities of the self-giving love that forms the heart of servant-leaders. Leading like Francis builds God's house. By the end of our day together, we should all understand our calling to be servant leaders in the footsteps of Jesus, Francis of Assisi, and now Pope Francis. Offering: \$40, includes lunch and snacks. Register by Tuesday, April 19. NOTE: Koch's book is available in the Shalom gift shop.

### Praying With Poetry

Saturday, April 30, from 9am to 4:30pm

Presenter: Rhonda Miska

From the psalms of Hebrew Scriptures to 21st century spoken word, poetry has long served as a path of speaking to and of God. This workshop includes input, time for personal writing, exploration of writing as spiritual practice, and reflection on writings by poets including Mary Oliver, Rumi, & Billy Collins. All are welcome regardless of experience reading/writing poetry. Offering: \$40 includes lunch. Register & prepay by Tuesday, April 26.

Shalom Spirituality Center is located at 1001 Davis St.

Call (563) 582-3592 or visit [www.shalomretreats.org](http://www.shalomretreats.org) to register for programs.

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—Tommy Lasorda

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SAT., APRIL 9, 2016

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(HIGHWAY 52 NORTH)

Doors open at 5:00pm  
Games begin at 6:30pm



Teams of 6-8 players compete to answer trivia questions. Cost is \$20 per person. Entry fee includes a delicious buffet featuring ham or turkey & dressing sandwiches, salads & chips.

Call the parish office to reserve your table at 583-1709.



Over The Years  
by Grandma

## Burma-Shave

To market Burma-Shave, Allan Odell devised the concept of sequential signboards to sell the product. Allan Odell recalled one time when he noticed signs saying Gas, Oil, Restrooms, and finally a sign pointing to a roadside gas station. The signs compelled people to read each one in the series, and would hold the driver's attention much longer than a conventional billboard. Though Allan's father, Clinton, wasn't crazy about the idea he eventually gave Allan \$200 to give it a try.

Burma-Shave sign series first appeared on U.S. Highway 65 near Lakeville, Minnesota in 1926, and remained a major advertising component until 1963 in most of the contiguous United States. The exceptions were New Mexico, Arizona, and Nevada (deemed to have insufficient road traffic), and Massachusetts (eliminated due to that state's high land rentals and roadside foliage). Typically, six consecutive small signs would be posted along the edge of highways, spaced for sequential reading by passing motorists. The last sign was almost always the name of the product. The signs were originally produced in two color combinations: red-and-white and orange-and-black, though the latter was eliminated after a few years. A special white-on-blue set of signs was developed for South Dakota, which restricted the color red on roadside signs to official warning notices.

This use of a series of small signs, each of which bore part of a commercial message,

was a successful approach to highway advertising during the early years of highway travel, drawing the attention of passing motorists who were curious to learn the punchline. As the Interstate system expanded in the late 1950s and vehicle speeds increased, it became more difficult to attract motorists' attention with small signs.

The rhymes usually promoted Burma-Shave's products, but the company also did a series of public service messages regarding traffic laws and safe driving. The signs were removed when the company was sold to Phillip Morris in 1963.

Examples of Burma-Shave advertisements are at The House on the Rock in Spring Green, Wisconsin. Re-creations of Burma-Shave sign sets also appear on Arizona State Highway 66, part of the original U.S. Route 66, between Ash Fork, Arizona and Kingman, Arizona. Other examples are displayed at The Henry Ford Museum in Dearborn, Michigan.

Eventually, there were more than 7,000 Burma-Shave signs on the nation's highways, with rhymes such as

"Within this vale / of toil / and sin / your head grows bald / but not your chin"

"Shaving brushes / You'll soon see 'em / On a shelf / In some museum"

"A shave / That's real / No cuts to heal / A soothing / Velvet after-feel"

"Every shaver / Now can snore / Six more minutes / Than before / By using Burma-Shave"

"A shave / That's real / No cuts to heal / A soothing / Velvet after-feel / Burma-Shave"

"If your hubby / Trumps your ace / Here's something / That will Save his face / Burma-Shave"

When we were taking a drive with our parents, my siblings and I would take turns reading the signs. It gave us something to look forward to. We also wanted to impress our parents of our reading skills.

The word "burmashaving" is used in Canada to describe politicians holding signs and waving to traffic by the side of the road, a common sight during election campaigns.



*Despite its hump, a camel has a straight spine.*

# Collecting

by Larry Cox

## Shirley Temple Mug

**Q:** I purchased a Shirley Temple cobalt mug in a shop for \$20. When I got it home it looked too new to be from the 1930s, so I took it back and was refused a refund. — *Don, Salt Lake City, Utah*

**A:** The market is flooded with fake Shirley Temple mugs, so buyers have to do their homework and educate themselves about reproductions and fakes. One tip-off concerning your transaction was the price. Most Shirley Temple mugs, authentic ones, sell in the \$35-\$50 range. Twenty dollars was a little too good to be true. When making a purchase, ask the dealer if a refund is possible if you decide you are unhappy with the merchandise. If he or she says no, walk away.

**Q:** I have two framed prints, one identified as being a drawing of Richard Owen, 1804-1892, and the other Sir William Crookes, 1832-1919. Both are signed "Spy." What are these prints, and are they worth anything? — *Connie, Mesa, Arizona*

**A:** Leslie Matthew Ward was a Victorian-era British portrait and caricaturist who signed his work "Spy." He drew 1,325 cartoons for Vanity Fair magazine between 1873

and 1911. His autobiography, "Forty Years of Spy," was published in 1915.

His work is, indeed, collectible. Typical prices are caricatures of Thomas Carlyle, \$75; Horace Greeley, \$75; Mark Twain, \$300; and George Bernard Shaw, \$150. Some of his more obscure personalities generally sell in the \$35-\$50 range.

One of the better collections of "Spy" prints is at the Philadelphia Print Shop Ltd., 8441 Germantown Ave., Philadelphia, PA 19118; and philaprint@philaprintshop.com. To check inventory and current prices, visit [www.philaprintshop.com/vanfair.html](http://www.philaprintshop.com/vanfair.html).

**Q:** I purchased a Victor Victrola at an auction that requires steel needles. My problem is that I can't find any in my area. Can you help me? — *Hubert, Sun City West, Arizona*

**A:** The Needle Doctor has a cure for your problem with one of the largest inventories of needles and styluses in the country for both wind-up machines and phonographs of a more recent vintage. His steel needles come in packets of 25 for \$6 plus postage. Contact is Brian at 6006 Excelsior Blvd., St. Louis Park, MN 55416; info@needledoctor.com; and 800-229-0644.

*Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to [questionsforcox@aol.com](mailto:questionsforcox@aol.com). Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.*

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# VETERANS ★ POST ★

by Freddy Groves

## Upgrades to Crisis and Suicide Hotline

The Veterans Crisis Line is forming a closer bond with the suicide prevention office and mental health services, indicating that the Department of Veterans Affairs is taking seriously its role in reducing veteran suicides.

Among the changes:

- Veterans will have their calls answered promptly by someone who is experienced. Calls pertaining to non-crisis matters will be diverted to other VA resources, freeing up the crisis responders.

- Eighty-eight more staffers are being hired, on top of the 300 already at the crisis line.

- Improvements to the phone systems to handle increased demand.

As an indication of how much the upgrades are needed, the crisis line sent emergency responders to intervene with

veterans in crisis 11,000 times last year. Do the math: That's over 30 veterans per day. With the online chat and phone text functions, crisis staffers talked to 300,000 veterans last year.

But they can't do it alone. If you know a veteran who might be in crisis, either now or in the future, become familiar with the information at [www.veteranscrisisline.net](http://www.veteranscrisisline.net). You'll find information on the warning signs of suicide, suicide and crisis resources, and ways you can help. Make your first stop on "The Signs of Crisis" and click on "Identifying." The best first way to help a veteran who might be suicidal or in crisis is to learn all you can.

If you're a veteran and you need help, call 1-800-273-8255 and Press 1 or send a text message to 838255. Or go to the web link above and join a chat group. If you're not sure whether you're at risk, take the self-check quiz.

There also is support for homeless veterans, and if you're deaf or hard of hearing. These confidential support services are available 24 hours a day, 7 days a week, 365 days a year.

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**Memories Passed On  
 (As told to my grandson Maury)**

by Jerry Eberhardt

**The Best Of Jerry**

**My First Beer!**

Maury, your Mom, reminded me of this memory which I had related to her before you were born. It's not only what happened, but more important, WHY. Grandpa will explain the "why" after telling you what occurred.

One day, when Grandpa was about sixteen or seventeen, I went for a haircut from the barber in our neighborhood. The barbershop was adjacent to a neighborhood tavern located in the same building. Only an inside door separated the barbershop from the tavern. After my haircut (it was a very warm summer day) I went through the door leading to the tavern, sat on a bar stool and ordered a nickel glass of beer.

I had been in taverns before, delivering newspapers, etc., but had never ordered a drink. This was 1940 or '41. Draft beer was sold in nickel or dime glasses! Ray Nicks, the proprietor, who knew me said:

"Just a minute." He then walked to the other end of his long bar to a pay telephone on the wall. After calling a number I heard him say "Larry, (he had called my Dad!) Abe's here and ordered a nickel beer – should I serve him?" A few moments



**Jerry Eberhardt with grandson, Maury Cohn**

later he started to chuckle, hung up the phone, drew a nickel glass of beer and served it to me at the other end of the bar.

"What did my Dad (your Great Grandpa) say?" I asked. Ray replied:

"If he has the nickel to pay for it, serve him. Otherwise tell him not to be using up a bar stool!" Maury, this event would never happen today because our culture has changed. Grandpa believes you are old enough (and bright enough!) to understand why this is true. At that time there were no I.D.s and no Dram Shop law. (Mom & Dad will explain).

But most important, neighbors really cared about each other. Ray's reasoning was if it's O.K. with this kid's parents that's all that counts. Maury, Grandpa doubts that this would ever happen in today's society!

Much love, Grandpa

**We Treasure our Volunteers.....**

At UnityPoint Health Finley Hospital, we have a team of doctors, nurses, medical staff and non-medical staff that provide care, in one way

or another, to our patients. Another important member of our care team is Finley volunteers. As part of National Volunteer Appreciation week, Finley Hospital would like to thank and recognize our extraordinary volunteers who provide generous support to the hospital.

The time and effort put forth by all Finley volunteers truly makes a difference. Volunteers provide a personal touch for our patients – helping patients with registration, finding their way to an appointment, or delivering care packages or the gift cart to patient rooms. Our volunteers are one of the many reasons UnityPoint Health Finley Hospital has such a positive effect on our community – they assist seniors in our community gain a better understanding of their insurance options, supply our gift shop with outstanding handmade gifts, and assist us in helping overwhelmed patients and families find where they need to go within our hospital and campus. To say that our volunteers impact our hospital in many ways, is an understatement. Finley

Volunteers cont. P. 27

**BUFFET *Pizza Ranch* CHICKEN**

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EXPIRES 4/30/16 **CODE LSM1971**

**2 PC CHICKEN DINNER FOR \$5**

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## Sports Comment

by Gary Dolphin

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

### From Where I Sit

Iowa basketball will have a distinctively different look next season. The Hawkeyes year ended March 20th with an 87-68 loss to Villanova in the 2nd round of the NCAA tourney in New York City. While it was a frustrating conclusion for four quality senior student athletes, Mike Gesell, Jarrod Utoff, Adam Woodbury and Athony Clemmons leave quite a legacy. Their 89 victories is the 3rd highest of any class at Iowa. The Hawkeye's started the Big Ten season 10-1 and were ranked as high as 3rd before stumbling down the stretch, losing 8 of 10 games, many of those to very good teams. I feel Villanova is a Final Four worthy team.

While we thank this group now leaving the program, I'm excited about the immediate future. Hawkeye fans got more than a glimpse of what's to come this season with the development of sophomore Dominic Uhl, freshmen Ahmad Wagner and Nicholas Baer. Wagner potentially is a rebounding machine and Baer, a walk-on from Bettendorf has

shown he can score and play defense. He brings instant energy to the court, can rebound and block shots. Nicholas has Dubuque roots with his Mom and Grandmother.

Speaking of Dubuque roots, Wahlert's all state post player Cordell Pemsil is part of a highly rated recruiting class coming to Iowa City this summer. At 6'8" and 235-240 pounds, Pemsil brings inside toughness while 6'9", 230 pound Tyler Cook of St. Louis is a top 100 player who just led his Chaminade high school team to the Missouri state title. Guard Jordan Bohannon of Linn Marr is a 6'1" sharp shooter who averaged 25 points a game this season. Coach Fran McCaffery is also excited about the return of 6'7" Dale Jones, a former junior college all america who tore an ACL last fall. He and Peter Jok are excellent shooters. It'll be Jok's team in 2017.

McCaffery will be beating the bushes this spring, attempting to add in another juco or transfer. A quality point guard is high on his shopping list.

### Volunteers from P. 26

wouldn't be what it is today without the dedicated group of volunteers who so generously give of their time and talents.

As we celebrate National Volunteer Week, we thank our volunteers and invite members of the community to

learn more about being part of the Finley team. Volunteer opportunities range from daily to once per month. To learn more about volunteering at Finley Hospital, call Volunteer Services at **563-589-2643** or go to [www.unitypoint.org/dubuque/volunteer](http://www.unitypoint.org/dubuque/volunteer).



by Chris Richcreek

1. Who was the last Padres starting pitcher before James Shields in 2015 to win his first seven decisions of a season?
2. During the 1970s, two N.L. players had a season of at least 30 home runs and at least 30 errors. Name either one.
3. Who holds the Big Ten record for most passing touchdowns in a season?
4. When was the last time the Washington Wizards franchise won at least 50 games in a season?
5. Ben Bishop set a record in the

2015-16 NHL season for most career wins by a Tampa Bay Lightning goaltender. Who had held the mark?

6. Who was the first American male skier to win an Olympic downhill gold medal?
7. In 2015, Inbee Park became the seventh female golfer to win four different majors. Name four of the first six.

### Answers

1. Andy Hawkins went 11-0 to start 1985.
2. Cincinnati's Tony Perez (1970) and Atlanta's Davey Johnson (1973).
3. Purdue's Drew Brees, who had 39 TD passes in 1998.
4. It was the 1978-79 season, when Washington was 54-28.
5. Nikolai Khabibulin, with 83 victories.
6. Bill Johnson, in 1984.
7. Louise Suggs, Mickey Wright, Pat Bradley, Juli Inkster, Karrie Webb and Annika Sorenstam.

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### Going, Going, Gone!

Legendary New York radio sports talk announcer Art Rust Jr. used to have a favorite saying: "I saw it on the radio."

Baseball translates better on radio than any other sport. In football, you really need to be watching the sudden movements like, say, when a tackle is broken. In a basketball broadcast, the grace and beauty of a perfectly executed jump shot or high-flying dunk is lost. Hockey broadcasts consist primarily of commentary on line colors ("skates past the red line, passes to the blue line, back to the blue line, pass stolen at the red line, to the blue line, he shoots, stick save and the puck is kicked back at the blue line..."), and boxing has lost any semblance of the classic drama created by old-time announcers.

But baseball works. In fact, I would argue that baseball is better on radio than it is on TV.

Let's face it, the action in baseball comes in 60-, 90-, and 400-foot bursts. During the course of a three-hour game there may be, on average, less than an hour's worth of action. And even if there's a guy with a dramatic curveball on the mound like Zack Greinke, in most parts of the stadium you can't really tell what he's throwing. In the park, the focus is on the outcome of a pitch, rarely is it about the mechanics.

On TV, fans get the familiar centerfield camera view. While this allows you to see the pitch and its velocity and arc, it's really an unnatural view, as most people have never watched a game from that angle, that far

away. And while it lets you see the batter swing, the best way to take in a batter's swing is from the side. Lastly, that view does not allow you to see the position of the fielders or the lead of the runners. Granted, great production crews will have extra cameras and offer you brief glimpses, but the experience just never really clicked with viewers and that, probably more than anything led to football's dominance on TV.

Not so on the radio, where the attention is on the details. A good announcer — of which there are many — adheres to the storytelling tradition during a classic baseball broadcast. They will announce the starting lineups rather than just posting it on your screen, they will describe the details of the uniforms and the atmosphere in the park, and you will better hear the pop of the ball in the catcher's mitt, hum of the crowd and crack of the bat. Descriptions of the play are far more intense, and your imagination can add flourishes to mundane plays you've seen a thousand times. Best of all, you can multi-task (my preference being a beer and a porch).

I'm no shill, but I have to recommend the MLB At Bat application for both Apple and Android phones to all baseball fans — particularly those on the go. The app costs \$19.99 for the season, \$4.99 monthly, and gives you access to every radio broadcast in the country plus being able to see video highlights of key plays if you wish. Other Internet radio sites offer some broadcasts, but MLB At Bat is well worth the money.

Check it for yourself and remember ... yesterday is a canceled check, tomorrow is a promissory note, but today is all the time you have, so spend it wisely.

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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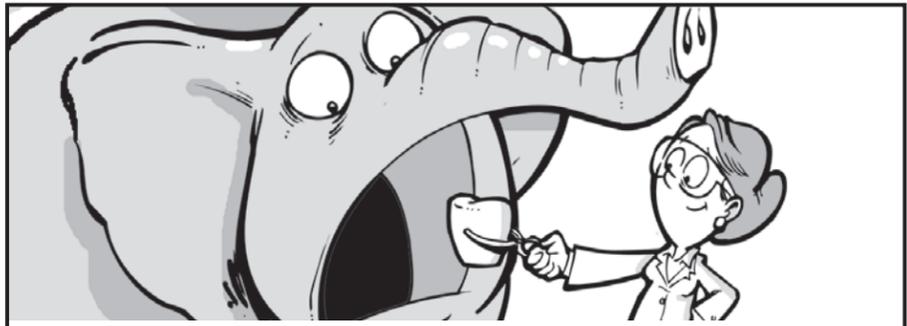


*The Dick Haymes Show*, built around the vocals of radio's wartime heartthrob, came to NBC June 20, 1944, as a Tuesday night Autolite variety program. It was heard on CBS Saturdays in 1945-46 and Thursdays, still for Autolite, in 1946-47. Haymes came out of the old Harry James Band, and for a time was seriously considered a staunch rival to Bing Crosby and Frank Sinatra for the nation's crooning crown. But his popularity waned after the war, and his final radio fling the melodramatic *I Fly Anything* of the early 1950's made no use whatever of his previously touted singing ability.

Helen Forrest. Both left *Here's to Romance* to others when the Autolite slot opened on NBC. Miss Forrest co-starred with Haymes through the 1946 season. Her departure ushered in two new characters, Una Romay and Mrs. Wilson, who was the owner of a flower stand, played by Cliff Arquette. Mrs. Wilson, who wandered into the show at various times and never knew the time of day, was the singer's comic relief. Gordon Jenkins went all the way with Haymes as orchestra director.

Haymes first starred on the air in *Here's to Romance*, a 1943 CBS Thursday night show, with another old alumnus of the James band, singer

If you would like to hear a rival of Crosby and Sinatra during the 40's and 50's, tune in to 1370 KDTH's *Big Broadcast* heard every Sunday night from 6 to midnight and you might get to enjoy the romantic sounds of Dick Haymes.



An elephant's tooth can weigh over six pounds.

**Down Memory Lane**

Exerpts From The Pages Of "The Avalon" A Newsletter Of The Dubuque Packing Company



*Canners (back row, left to right) — Mel Maas, Walter Davis, Ray Hingtgen, Leonard Hanson, John Schnee, Mgr. Ben Belling. Front row — John Rosier, Pete Driscoll, Clarence Richard, Bob Moore, Tom Schilling.*

**Canners**  
 The Dubuque Pack Canners softball club was organized last season and has entered the local Twilight league this year. Manager Ben Belling's combination suffered only one loss in independent competition last season while defeating some of the strongest clubs in the Tri-State area. Pitchers Jack Schnee and C. J. Richards will do the hurling for the Canners who are garbed in yellow and black shirts with the Canned Meats insignia. They rank as a top team in the Twilight loop this season.

**For Affordable Ad Rates, Call: 563-845-7586**

**Animal-Assisted Interactions**

by Caroline Woods, MS, PA-C



Ken and Emma

Ken, a resident at Luther Manor, and Emma, a Canine-Good-Citizen visitor, enjoy their time together. Emma's favorite thing to do is stand near someone, be petted, then

lay down to keep them company. Emma does residential and hospice visits with her handler, Caroline Woods. Emma's visits are possible thanks to Mary Bettcher, the activities director at Luther Manor Retirement Communities (563-588-1413).



Caroline Woods



**Discovery Shop's French Market**  
March 31 - April 2



Come and experience your French Fantasy at the Discovery Shop's French Market - March 31, April 1 & 2.

This year we will feature both land and sea, from Paris to the Cote d'azur. Our Market will have everything French from "shabby to chic".

The 5th annual French Market will be at 2197 University and open on Thursday and Friday 9:30 - 4:30 and Saturday 9:30 - 4:00. New merchandise will be added each day as we celebrate the French Market's Premiere on Thursday with a piece of "Chocolat" for each customer donated by Betty Jane Homemade Candies, Haute Couture / Designer Day on Friday, and Vintage Treasures on Saturday. You will be able to buy chances for raffle items beginning in early March for a "Chanel Perfume Basket" donated by Premier Bank; a "Wine and Dine Basket" donated by Mario's Italian Restarante; a "Custom Fresh Floral Arrangement" donated by Flowers on Main; and a "Brunch & Lunch Basket"

donated by Café Fraiche, Premier Bank & East Mill Bakeshop. Call 582-9800 for more information or <https://www.facebook.com/DubuqueDiscoveryShop>. All proceeds benefit the American Cancer Society to fund cancer research, education, advocacy, and patient services.

**Ohnward**  
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**LADIES Must SWING**  
**Ladies Must Swing**  
Saturday, April 23, 2016 • 7PM

Ladies Must Swing is an all girl big band based out of Wisconsin, and they have made quite a journey the past 18 years. One of the many highlights of Ladies Must Swing occurred in October of 2008 when we went to Tuskegee, Alabama to participate in the grand reopening of the Airfield at Moton Field to celebrate the heroes that were the Tuskegee airmen. They serenaded them with their big band swing favorites of the forties and meet their families and thank them for their service to our country. Join us and hear such great songs as, Boogie Woogie Bugle Boy, When Your Good to Mama, Don't Sit Under the Apple Tree, Harlem Nocturne, Tennessee Waltz and many, many more!

Tickets: \$22 (in advance) \$25 (at the door).  
Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

**The Gordy & Debbie Show**  
Saturday, May 7, 2016 • 7PM

With over a quarter century of success in the entertainment industry, Gordy and Debbie Wensel perform an upbeat variety show that is a mixture of country, music from the 50's and 60's, gospel and patriotic music combined with comedy and suitable for all audiences. This show incorporates video throughout the performance to make it a very visual experience. With a state of the art sound they can bring the Branson show experience! Currently they perform A Tribute to George Strait Dinner Show at Jackie B. Goode's Uptown Dinner Theater, May through December in Branson, MO. They were recently invited by country music legend, Mickey Gilley, to perform on his new nationally televised TV show, 'Gilley's Place.' Gordy and Debbie were recently voted Musical Duo of the Year 2014 by The Valley Star Awards in Branson, MO.

Tickets: \$22 (in advance) \$25 (at the door).  
Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815  
Purchase Tickets online at [www.ohnwardfineartscenter.com](http://www.ohnwardfineartscenter.com)  
Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.

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**What's it WORTH on eBay?**  
 EZSELLUSA specializes in selling items for clients on eBay. If you have an item and you would like to know what it is worth send digital pictures with a brief description to paulhconnor@gmail.com. Our offices are at 2560 Dodge Street in Dubuque, Iowa, phone 563-556-1249. Come visit, we would love to give you a tour and show you our new retail location with 100's of items for sale. Let us help you find out "What's it WORTH on eBay."

**Truckloads of Barbie's?**

When selling for clients sometimes we have large collections of things that need to be sold. Last month a client who's mother collected Barbie Dolls, called and asked if we could help to sell them. We had three pickup trucks filled with Barbie's delivered to us and we went to work. Barbie's are an iconic doll that most every girl in America and around the world has had at least one. Our client's mother



collected 100's and enjoyed them all of her life. Most of the dolls we sold had never been played with and had remained in their original boxes. To date we have sold over \$2,000.00 in dolls with several yet to sell. In the last 90 days on eBay a search for Barbie doll found 494,560 listings with prices ranging from \$19.67 to several thousand for Barbie's from 1959. Let us help you find "What's it Worth on eBay."

**Join us for an Open House**  
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**Healthy Eating**



**Get More Potassium With Potatoes**

(NAPSA)—If you're like most people, you're missing out on an important nutrient—but there's a simple and simply delicious way to overcome that deficit.

The problem is lack of potassium. A potassium-rich diet has been linked, in several studies, to reduced risk for heart disease and stroke—the two leading causes of death among adults in the U.S. Yet an estimated 97 percent of adults are falling short of the recommended intake.

Fortunately, one of the best sources of potassium is a tasty Idaho® potato. It contains nearly twice the amount of potassium per serving as a banana—and provides roughly one-quarter of your average daily recommended amount of potassium.

In fact, Idaho® potatoes are the only fresh potatoes that have been certified heart healthy by the American Heart Association.

One great way to increase your potassium intake is with this White-on-White Idaho Potato Cauliflower Soup. This satisfying meal is easy to make and great for busy and blustery nights:



*This hearty White-on-White Idaho Potato Cauliflower Soup packs a healthy dose of potassium.*

- 1 teaspoon garlic powder
- 1/4 teaspoon dried rosemary
- 2 cups cauliflower florets
- Coarsely ground black pepper
- 1-2 tablespoons chopped fresh basil
- 2 teaspoons extra virgin olive oil

Heat a large saucepan coated with cooking spray over medium heat. Add the onions and cook for 3-4 minutes, stirring occasionally, until soft. Add the potatoes, broth, garlic powder and rosemary; bring to a boil, reduce heat, and simmer for 20 minutes. Add the cauliflower and simmer for 10 to 15 minutes, until the cauliflower is soft. Serve as is or puree with an immersion blender before serving. Sprinkle with pepper and basil; drizzle oil evenly over all.

**Estimated Nutritional Analysis per Serving:**  
 168 calories, 0 mg cholesterol, 4 g fat, 104 mg sodium, 9 g protein, 27 g carbohydrates

For more recipes, visit [www.idahopotato.com](http://www.idahopotato.com).

**White-on-White Idaho Potato Cauliflower Soup**

- 1 cup finely chopped onion
- 2 medium Idaho potatoes (about 1 pound total), peeled and cut into 1/2-inch cubes
- 32-ounce carton low-sodium vegetable or chicken broth

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Out on a Limb by Gary Kopervas



LIKE, SO I DON'T WANT TO HAVE TO FOLLOW YOU UP THAT HILL EVERY TIME I NEED WATER. DUH! NICE BROKEN CROWN! I'M OFF TO THE GYM FOR MY HOT YOGA CLASS. LATER PAIL BOY!

JACK AND JILLIAN

# Good Housekeeping

## Tip: Separating Egg Yolks

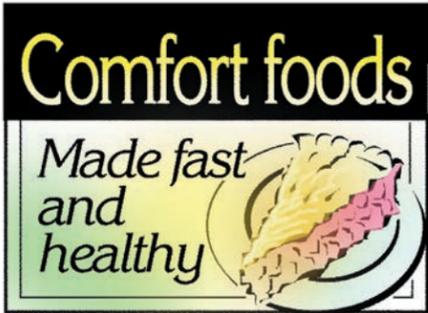
Many recipes call for egg whites or egg yolks, which means the eggs must be separated. Eggs separate most easily when cold. You can use an egg separator, but the half-shell method works just as well.

To separate an egg, on the side of a bowl, sharply tap the eggshell along its middle to make a crosswise crack. With

your thumbs, gently pull open the shell along the crack, letting some of the white run into the bowl. Slowly transfer the yolk back and forth from one half-shell to the other, being careful not to break the yolk on any sharp shell edges, until all the white has run into the bowl.

Cover leftover unbroken egg yolks with cold water (to prevent a skin from forming on the surface) and refrigerate for up to two days; drain before using.

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## by Healthy Exchanges South Seas Chicken Over Rice

Dinner for two and no leftovers!

8 ounces skinned and boned uncooked chicken breast, cut into 12 pieces

1/2 cup chopped onion

1/2 cup unsweetened orange juice

1 tablespoon orange marmalade spreadable fruit

1 1/2 cups frozen sliced carrots, thawed

2 teaspoons I Can't Believe It's Not Butter Light Margarine

1/2 teaspoon dried rosemary

1 cup hot cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, brown chicken and onion for 5 minutes on each side. Stir in orange juice, spreadable fruit, carrots, margarine and rosemary. Lower heat and simmer for 10 minutes or until chicken and carrots are tender, stirring often.

2. For each serving, place 1/2 cup rice on a plate and spoon about 1 cup chicken mixture over top. Serves 2.

HINTS: 1) Thaw carrots by placing in a colander and rinsing under hot water for one minute. 2) Usually 2/3 cup uncooked instant rice cooks to about 1 cup.

- Each serving equals: 301 calories, 5g fat, 26g protein, 38g carb., 161mg sodium, 66mg calcium, 4g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 Starch, 1 Fruit, 1/2 Fat; Carb Choices: 2 1/2.

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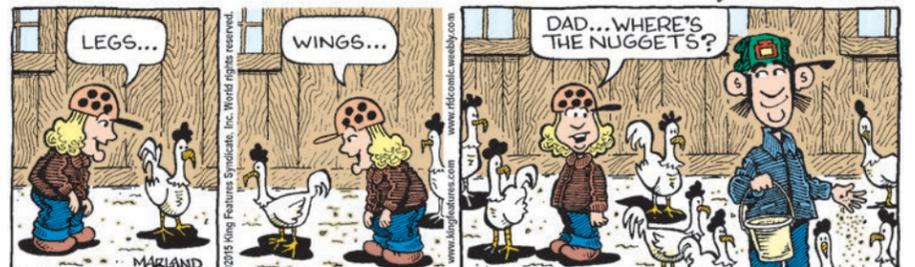
## Amber Waves

by Dave T. Phipps



## R.F.D.

by Mike Marland



## The Spats

by Jeff Pickering



# Cremer's Cooking Tips

## Cremer's Brats

**Ingredients**  
12 Cremer's Homemade Brats  
2 or 3 Large Onions

**Directions**  
Pre-heat oven to 350°F. Slice onions into 1/2" thick slices, layer a baking dish with onions and place Cremer's Homemade Lean Brats on bed of onions.

Pour enough water to cover onions. Cover and bake for one hour. Remove brats from oven and place on medium-hot grill until you have grill marks (5-10 minutes).

You can also chill brats and use them at a later time, throwing them on grill to heat through to an internal temp of 165° (10- 15 minutes).

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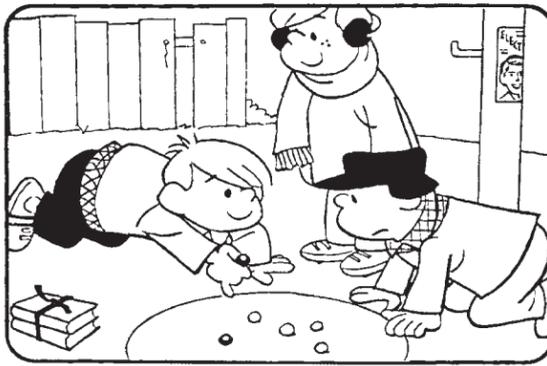
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- Aging
- Bicycle
- Dreams
- Fire pole
- History
- Parachute
- Rocket
- Roller coaster
- Sailboat
- Ski jump
- Skiing
- Slander
- Sledging
- Tattoo
- Sky diving

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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sweater ribbing is missing. 2. Books are missing. 3. Fence board is missing. 4. Scarf is shorter. 5. Poster is missing. 6. Arm is moved.  
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**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.

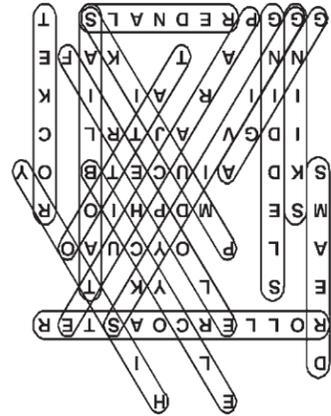
	+		x		24
x		-		x	
	-		x		20
-		x		+	
	x		-		33
21		30		19	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

2 3 4 5 6 7 7 8 9

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NO REVERSE

**SUDOKU Answer**

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

— **King Crossword** —  
 Answers

Solution time: 25 mins.

PEP	PASS	PLAN
IRA	IDLE	AONE
PARANOID	ROTS	
ARK	PARAPET	
SIMMER	NUS	
AGO	DOS	MOPED
SOUP	BEA	LAVA
STRAW	ASH	REL
	RID	SAFARI
PARAGON	RAG	
EKED	PARAQUAT	
SILLO	EMUS	AWN
ONLYX	YENS	YET

**THE CASHIER**

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**SUDOKU**

by Linda Thistle

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

	19		03		21
33	6	-	9	x	7
	+		x		-
20	5	x	3	-	7
	x		-		x
24	2	x	8	+	4

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