



The Golden View

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March, 2014

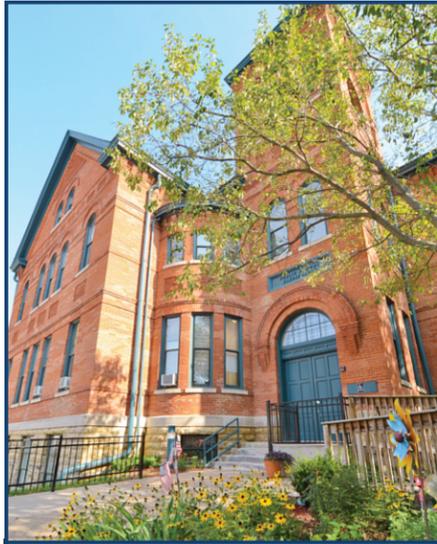
Dedicated To The Young At Heart

Dubuque, Iowa

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Bell Tower Retirement

Locally owned and operated by Callahan Construction, Inc. as of December 2013, Bell Tower Retirement was originally built as a school in 1893. The building that once served to educate the young people of East Dubuque was renovated and opened as an assisted living community in 2008. Bell Tower Retirement fosters individual growth and independence for seniors by offering Assisted Living, Memory Care, and Respite Care services.



Bell Tower Retirement
430 Sidney Street
East Dubuque, Illinois

The Assisted Living Program is designed to increase independence and help seniors remain social and active. There are 39 apartments for residents to make their own and call home. Basic amenities include 3 meals per day, 7 days per week, housekeeping and laundry.

The Memory Care Program, called Moments, offers a higher level of care for those with Alzheimer's and other forms of Dementia who require additional support and services. Moments provides a secure environment and is designed to promote dignity, independence, and choice.

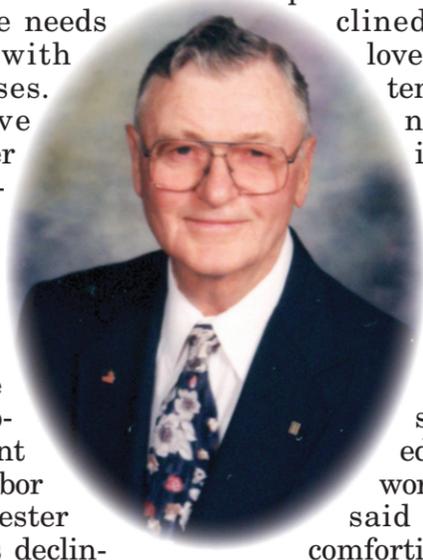
Bell Tower Retirement offers a Respite Care Program designed to assist seniors looking for temporary or short term care in a comfortable, home-like setting whether recuperating from an illness or current caregivers need to be away. The Respite Care Program is available for both Assisted Living and Memory Care.

Bell Tower Retirement Cont. P 3

Hospice of Comfort is Compassion for the Journey

by Marcia Burkle, Marketing Director, Regional Medical Center, Manchester, IA

Nearly two decades ago, Hospice of Comfort, a service of Regional Medical Center in Manchester, was started to help meet the needs of individuals with terminal illnesses. Many lives have been touched over the years. Families have shared their thoughts and memories of the journey they walked with their loved one to the end. Kenny Sheppard was a resident of the Good Neighbor Home in Manchester when, due to his declining health, his family turned to Hospice of Comfort for care.



Hospice of Comfort nurses told the family step-by-step what to look for as Mr. Sheppard's health quickly declined. The comfort, love, and respect extended to both Kenny and his family by the hospice team did not go unnoticed.

"I was most impressed with Amanda Kalb whose unconditional compassion, support, knowledge, and consoling words were amazing," said Sheppard. "Her comforting words during and after Kenny's failing health and death had an astonishingly positive effect even in the midst of our hardship. Residents of Manchester and the surrounding area are fortunate to be blessed with such a compassionate and caring hospice service."

Hospice of Comfort Cont. P 3

Runde Auto Group

Runde Auto Group has been serving the Tri-State area since 1927 when Alfred Runde established the Chevy dealership in Downtown East Dubuque. Now in its third generation of ownership within the Runde family, the dealership has grown to four locations covering three states and is the area's largest Chevy dealer. Between all four locations they have grown to

employ over 150 people. With a continued focus on supporting the local communities and equipping the tri-states with reliable vehicles and service follow up, Runde Auto Group is proud to call the Midwest its home.

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Visiting their website, www.RundeAutoGroup.com gives prospective customers an opportu-

nity to look at their inventory online and see itemized discounts and actual photos of each vehicle they may be interested in. The website also features useful resources that drastically speed up any potential transaction such as an online trade evaluation, finance application, finance calculator and even a live chat feature where you can chat directly to a salesperson from your computer!

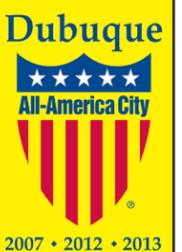
Runde Auto Group Cont. P 3

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 Maquoketa, IA
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 Mar. 12, 26
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| Two Pigs in a blanket..... | \$3.99 |
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|---|--------------|
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| Grilled ham or bacon-cheese sandwich..... | \$6.75 |
| Fish sandwich..... | \$6.75 |
| Breaded pork tenderloin..... | \$6.75 |
| Bacon cheeseburger..... | \$6.75 |

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Bell Tower Retirement from Pg. 1

Other amenities include daily life enrichment activities, in-house emergency response system, medication management, 24 hour on-site care staff, and much more. Each resident has an Individual Service Plan that addresses their care needs.

Bell Tower Retirement also offers an Alzheimer’s and dementia caregiver support group. The meeting is held once per month on the second Wednesday at 3:30 p.m. in the Community Room at Bell Tower Retirement. For more information, please contact Melanie Flesch at 815-747-6701 or by email at marketing@belltowerseniorliving.com.



Melanie Flesch,
Marketing Director,
Bell Tower Retirement,
East Dubuque, Illinois

Runde Auto Group from Pg. 1

During the spring season Runde’s sales hours are Monday through Friday 9 a.m. – 8 p.m. and Saturday from 9 a.m. – 2 p.m. The service department is open

Monday through Friday 7 a.m. – 6 p.m. and 8 a.m. – noon on Saturday. For customer convenience, Runde’s provides service loaners and will even pick up and deliver your vehicle for servicing.

Hospice of Comfort from Pg. 1

“The family’s journey continues after the patient’s journey ends,” states Amanda Kalb, RN, Client Care Coordinator with Hospice of Comfort. “We continue to aid families by providing support and counseling to help cope with grief after their loss. When you or a loved one is facing a life-limiting illness, we encourage you to turn to Hospice of Comfort and let us take life’s most difficult journey with you. Visit us at 613 W. Main St., Manchester, on our website at www.regmedctr.org/hospice, or call us at 563-927-7303. Let us provide the comfort, love, and respect that you and your family deserve.”



Amanda Kalb, RN, Client Care
Coordinator with Hospice of
Comfort, Manchester.

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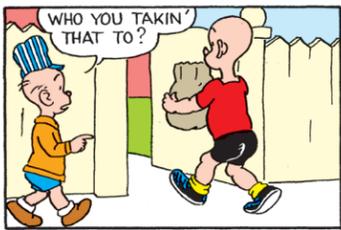
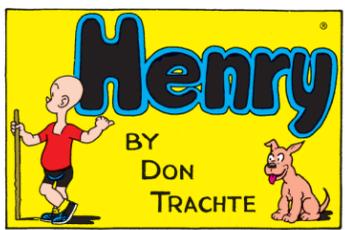
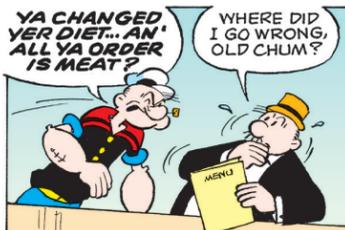
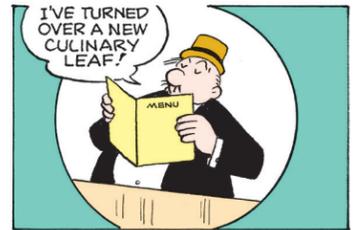
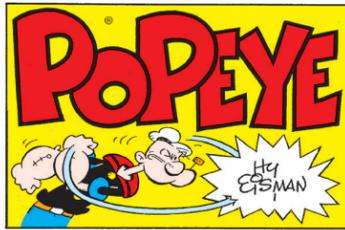
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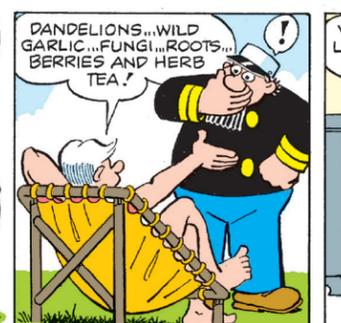
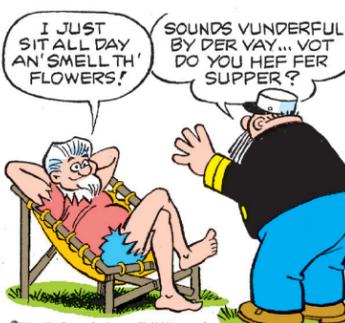
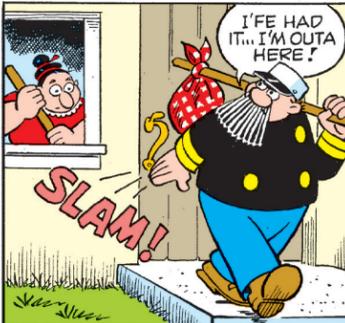
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KING CROSSWORD

ACROSS

- 1 Egyptian fertility goddess
- 5 Lingerie item
- 8 Go bankrupt
- 12 Less than bi-
- 13 Started
- 14 Discourteous
- 15 Many eBay sales
- 17 Geometry calculation
- 18 Speedometer stat
- 19 Father
- 20 Rascally sort
- 21 Lustrous black
- 22 Stick out
- 23 — New Guinea
- 26 Starbucks employee
- 30 Luke Wilson's brother
- 31 Energy
- 32 Piece of work
- 33 Skirt slit
- 35 Pesky insects
- 36 Cowboy nickname
- 37 — de deux
- 38 Unadorned
- 41 Island neck-

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- 21 Lustrous black piece
- 22 Stick out 42 Witness
- 23 — New Guinea 45 Continental coin
- 26 Starbucks employee 46 Parts
- 30 Luke Wilson's brother 48 "— go brag!"
- 31 Energy 49 Khan title
- 32 Piece of work 50 YouTube offering
- 33 Skirt slit 51 Cincinnati team
- 35 Pesky insects 52 Triumphed
- 36 Cowboy nickname 53 Vortex
- 37 — de deux
- 38 Unadorned
- 41 Island neck-
- 5 Become swollen
- 6 Tear
- 7 Commercials
- 8 One-half and three-fourths
- 9 Emanation
- 10 The same
- 11 Jump
- 16 Thought
- 20 South (Sp.)
- 21 Meeting places
- 22 Toast topper
- 23 Burst
- 24 Piercing tool
- 25 Shell game item
- 26 Piece
- 27 Hot tub
- 28 Ancient boy king
- 29 Donkey
- 31 Irritate
- 34 Under-standing
- 35 Pace
- 37 Pie nut
- 38 Juror, in theory
- 39 Enticement
- 40 Saharan
- 41 Toy block name
- 42 Hawked
- 43 Oklahoma city
- 44 Catch sight of
- 46 Carpentry tool
- 47 Hockey venue

DOWN

- 1 Mosque VIP
- 2 First course, maybe
- 3 Part of the foot?
- 4 Drunkard

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Phi Theta Psi Hosts Local Event for Volunteers to Shave Their Heads in Support of Childhood Cancer Research

On Tuesday, March 11, the University of Dubuque chapter of Phi Theta Psi will host the St. Baldrick's Foundation, a volunteer-driven charity dedicated to raising money for childhood cancer research. The Foundation will hold one of its signature head-shaving events at McCormick Gym at University of Dubuque, where several individuals will shave their heads in solidarity with kids with cancer and raise money to conquer childhood cancers.

In 2013, Phi Theta Psi raised over \$5,000 for the St. Baldrick's Foundation, and are hoping to surpass that goal in 2014. The event will include a silent auction, as well as a 50/50 raffle. Between head shavings, participants can enjoy performances by the UD Dance Company.

This year's event will honor a local hero, Josh Horne, from Clinton, IA. Josh was diagnosed on August 1, 2010 with acute lymphoblastic leukemia and is currently in treatment at the University of Iowa Children's Hospital in Iowa City.

Why all the shaved heads? Worldwide a child is diagnosed with cancer every three minutes, and one in five children diagnosed in the U.S. will not survive. With only 4 percent of all federal cancer research funding dedicated to pediatric cancer research, St. Baldrick's Foundation volunteers, supporters, and donors are needed to continue the battle against this devastating disease.

The St. Baldrick's Foundation is a volunteer-driven charity committed to funding the most promising research to find cures for childhood cancers and give survivors long and healthy lives. St. Baldrick's coordinates its signature head-shaving events worldwide where participants collect pledges to shave their heads in solidarity with kids with cancer, raising money to fund research. Since 2005, St. Baldrick's has awarded more than \$127 million to support lifesaving research, making the Foundation the largest private funder of childhood cancer research grants. St. Baldrick's funds are granted to some of the most brilliant childhood cancer research experts in the world and to younger professionals who will be the experts of tomorrow. Funds awarded also enable hundreds of local

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institutions to participate in national pediatric cancer clinical trials, and the new International Scholar grants train researchers to work in developing countries. For more information about the St. Baldrick's Foundation please call 1.888.899.BALD or visit www.StBaldricks.org.

If you would like to shave your head, make contributions,

or volunteer in another way, please contact Nicole Toro, volunteer organizer, at 407-375-3615 or ntoro@dbq.edu.

For further information, please contact Kristi Lynch, director of public information, at 563-589-3267.

St. Baldrick's Media Contact: Traci Shirk 626.792.8247 ext.50, traci@stbaldricks.org

Colt Cadets Accepting New Members

The Colt Cadets Drum and Bugle Corps will begin their 2014 season on Sunday, March 2 from 1:00-5:00 p.m. at Thomas Jefferson Middle School (1105 Althausen Street, Dubuque). This no-cost open rehearsal will include an informational meeting for students and their parents, followed by clinics and rehearsals in brass, percussion or color guard/dance.

There is absolutely no cost or commitment by attending. These rehearsal clinics are set up as a way for students to check out the Colt Cadets and see if they enjoy the drum corps activity. No strings attached.

The Colt Cadets are available to any young person in middle school or high school with or without prior experience on a musical instrument. There are no formal auditions for the Colt Cadets, instruments and

instruction are provided.

We'll teach beginners a new instrument, while providing experienced performers with new challenges and opportunities. There is opportunity for anyone with a desire to be great.

The Colt Cadets were founded in 2010. In 2014, the Colt Cadets will perform in eight states throughout the central United States. The Cadets will finish their session in August at the Drum Corps International World Championship in Lucas Oil Stadium, Indianapolis, IN (home of the Indianapolis Colts).

No advance registration is required. A second open rehearsal will be held on Sunday, March 9 at the same time and location for anyone unable to attend the opening event.

More information can be obtained by calling the Colts office (563-582-4872), by emailing matt@colts.org or by visiting www.colts.org

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Dubuque Area Writers Guild to Publish Annual Anthology

In conjunction with the 37th annual DubuqueFest Fine Arts Festival (May 16-18, 2014), the Dubuque Area Writers Guild is excited to announce that it will be publishing the 36th edition of its Gallery book project. This year's publication will be an open-genre anthology showcasing the art and writing of Dubuquers and those with ties to the Dubuque area, and will be open to works of any theme or subject.

Writers of all ages may sub-

mit fiction, non-fiction, poetry and memoir pieces. Prose entries should not exceed 1200 words. Poems should not exceed 30 lines. The project also invites submissions of black and white artwork (drawings, photography, digital art, etc.). Manuscripts should be double-spaced and the author's name, address, e-mail address and telephone number must appear on each submitted page. Writers should also include a short biographical paragraph about themselves along with their submission (not to exceed 50 words maximum). Electronic submissions are strongly preferred and should be sent to dubuqueareawritersguild@gmail.com as attached jpg or word files. If necessary, materials may also be mailed to Dubuque Area Writers Guild, % Heidi Zull, 1631 Main St. Apt. 1, Dubuque, Iowa. The deadline for submissions to the anthology is March 31, 2014.

Writers selected for publication may be invited to read at a reception to celebrate the launch of the anthology, which will be held during DubuqueFest. The public is invited to attend the reception/reading and encouraged to purchase copies of the Gallery.

For more information contact Danielle Phillips or Heidi Zull at dubuqueareawritersguild@gmail.com

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An Uplifting Moment

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A Right Attitude

There are a few statements that adults repeat to children over and over again in an attempt to help them live well. One of those statements is "You have to work on your attitude." We know that attitude is really important, and we want our children and grandchildren to understand that. We want them to learn at a young age to control their attitude so that they can control it when they're adults. However, the truth is that we adults often have a tough time with our attitude.

Victor Frankl was an Austrian psychiatrist who spent three years in a Nazi concentration camp during WWII.

It goes without saying that he and all the other prisoners were stripped of not only clothes but of their human dignity and of most of the freedoms we all hold dear. He made this statement: "The last of the human freedoms is to choose one's attitude in any given set of circumstances."

God has given each of us the power to choose how to think and act. This includes the ability to adjust our attitude. Certainly choosing to have a bad attitude is a bad choice! Look at it this way: a bad attitude isn't going to contribute anything positive to the situation!

It's helpful, when trying to adopt a good attitude, to keep in mind that our Heavenly Father has our best interests at heart, though sometimes it's hard to see that. He hasn't abandoned us, and He's at work doing something good that we often can't see. We need to hold on to the truth that the psalmist declared: "God is our refuge and strength, an ever-present help in trouble." Psalm 46:1

NOW HERE'S A TIP

By JoAnn Derson

• This tip will change your life when peeling eggs: After you have hard-boiled your eggs, drain them and leave them in the pot. Put the lid on the pot and shake. Shake in all directions for up to a minute. The eggs practically slip right out of their shells. Just rinse and prep.

• "I feed my kitty cat outside on the back porch, but she eats a little at a time and whenever she took a break, the ants would be all over her food. Now I serve my little princess in a teacup and saucer I found at the thrift store. I put the food in the cup, and then put a little water in the saucer. The teacup sits in the water on the saucer. The ants won't get the food ever, be-

cause they can't cross the water to get at it. Kitty is very happy now that she can take her time."

• "To distinguish your keys, especially house keys that have similar stamps, simply paint the key head with different colors of nail polish. You could even add a very subtle dot of the matching polish on the key lock. Reapply as needed."

• Use a flat iron to iron your collar if it's ruffled. This also works to straighten out button holes that have crimped.

• "To mark the end on a roll of tape, save your bread tabs. Stick one on the tape end and it will be ready and easy to start the next time. If it's a thick tape, you can use two clips -- one at either side of the tape. This way, it won't split on you." -

Robbie pull off the performance of a decade and win the girl of his dreams?

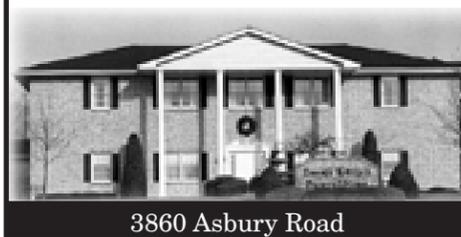
The Bell Tower Theater is seeking performers who are in 8th through 12th grades during the 2013-2014 school year for 25-30 on-stage roles (one cast) and 5-6 backstage roles. Students auditioning are asked to prepare a song. They can do any song they would like, but should choose something that shows off both their singing ability and their personality. Those auditioning can sing a cappella or bring an accompaniment CD. Those wanting to sign up for backstage roles including lights, sound, spotlight, props and stage managers should sign up on March 7 or 8 as well. All those auditioning and signing up for crew are encouraged to

Bell Tower Theater Holds Auditions and Crew Sign-Up for the Second-Annual High School Production The Wedding Singer

The Bell Tower Theater is pleased to announce auditions for its 2014 high school musical The Wedding Singer for Friday, March 7 from 6 p.m. to 8 p.m., and Saturday, March 8 from 9 a.m. to 12 p.m. at the Bell Tower Theater, 2728 Asbury Road in Dubuque. This musical comedy is based on the 1998 hit movie! It's 1985, and Robbie Hart is New Jersey's favorite wedding singer. He's the life of the party, until his own fiancée leaves him at the altar. Enters Julia, a winsome waitress about to be married to a Wall Street shark. Can



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download the audition form from the Bell Tower Theater website and bring the completed form with them.

Participation in the program is free of charge to all kids. Rehearsals will be held weekday evenings and weekend afternoons from April 7 to June 11. Performances are Thursdays through Sundays from June 12 to 22, 2014. Full rehearsal

and performance schedules are available at the website. For further information please contact the Bell Tower Theater at 563-588-3377 or visit www.belltowertheater.net.

This program is supported in part by grants from the Iowa Arts Council, a division of the Iowa Department of Cultural Affairs; the City of Dubuque and the James B. and Melita A. McDonough Foundation.

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Phone: (563) 652-4923 Fax: (563) 652-6710
E-mail: amber@iastate.edu
www.extension.iastate.edu/jackson

Plan for a Summer of Learning

Summer time is fast approaching and for most families, that means no school. Does it also mean it's time for the lazy days of summer? Not necessarily. Instead, plan for a summer of learning.

Some lazy days are great, but what would you like your child to learn this summer while school is out?

Being involved in activities beyond school can help children learn more about their world. New experiences increase children's sense of well-being and self-confidence. These activities stimulate children's brains and strengthen their belief that they can accomplish a goal.

Outside-of-school opportunities also promote children's social skills and improve their ability to handle emotions and have good relationships with others. They can reduce children's risk for developing problem behaviors and drug use. These opportunities provide new learning that can improve overall attitude and conduct.

For parents, these summer experiences can offer the security of knowing your child will be in a structured, supervised environment. They can provide a safe place for children while you work.

Many organizations and businesses offer summer exploratory programs for children. Look into the following:

- Youth programs, such as 4-H or scouting
- YMCA/YWCA
- Churches
- Community theaters
- Dance or gymnastics studios
- Music or art studios
- High school arts or sports booster clubs
- Parks and Recreation departments
- Local swimming pools
- Local or state parks
- Local gyms/fitness centers
- Libraries
- Science centers
- Museums
- Zoo or animal refuge

Think about your child's interests as you explore. Match your child's energy level to the activity. Some children might prefer a soccer clinic or swimming lessons, while others would choose an art class or theater camp.

When planning children's summer adventures, keep in mind that while children greatly benefit from these activities, all families need some unstructured time. Children and parents can become overwhelmed if they have too many responsibilities.

As parents, you are the single most important influence on your child's life. When you encourage children to try new things, they see that you believe in their abilities, thus teaching them to believe in themselves. Take the opportunity this summer to help your child explore the world beyond school.

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Recognized for years as one of the world's preeminent violinists. She has played with virtually every major orchestra in the United States and Europe. Miriam's first appearance with the DSO was in 2011. We welcome her back to perform Beethoven!

Mozart, Miriam and Beethoven

by Kristin Hill,
Director of Marketing

It is safe to bet that you recognize the names Mozart and Beethoven, but you may be asking yourself "Who is Miriam?" The Dubuque Symphony Orchestra couldn't be more excited to welcome back world-class violinist Miriam Fried as the soloist at our next classics concerts on March 15 and 16 at the Five Flags Theater.

Miriam has been recognized for years as one of the world's greatest violinists. She has performed with virtually every major orchestra in the United States and Europe, and is heralded for her intensity, emotional depth and virtuosity. In addition to being a concerto soloist she is an accomplished recitalist and chamber musician.

In February 2011 Miriam performed the Brahms Violin Concerto with the Dubuque Symphony Orchestra. This season we will feature her in the Beethoven Violin Concerto in D Major. It is one of the most graceful and challenging con-

certos in the violin repertoire. We are humbled to share the stage with such a consummate musician. It is guaranteed to be a spectacular performance.

Before Miriam takes the stage the orchestra will perform two stunning works by the magnificent Mozart. The concert will open with the Overture to *Così fan tutte*. This bright and sparkling overture sets the tone for the lighthearted symphony to follow. Named after the Austrian town, Mozart's "Linz" Symphony was composed in just four days. It is a testament the composer's genius!

Please join us for this excellent concert of Mozart, Miriam and Beethoven! Performances are Saturday night at 7:30 p.m. and Sunday at 2 p.m.

We will also be hosting an open rehearsal on Friday, March 14. We ask that you be in the Five Flags Theater by 6:50 p.m. so that rehearsal can start promptly at 7 p.m. Open rehearsals are free and open to the public.

Mozart cont. P . 9

DUBUQUE SYMPHONY ORCHESTRA
William Intriligator, conductor
Violin Concerto with Miriam Fried
BEEHOTH MOZART 36
Symphony No. 36
Overture to *Così Fan Tutte*
March 15, 7:30pm
March 16, 2:00pm
Five Flags Theater
Tickets \$14 - \$48
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Come Chat With Me
by S. E. Persinger

Valentine's Day is a holiday for the young and old. When February 14 rolls around each year, most of us have room for at least a little box of chocolate candy. Even if we have to buy it for ourselves. Well, I have a few tales to tell you about Cupid, the boy-man with his bow and quiver of arrows. But, do you know that Cupid has grown a beard of disguise.

I have proof of this. He is not just a mischievous boy but has become a wise man with growing whiskers. He aims his feathered arrow at an innocent victim, then pulls the bowstring back with all his might, and lets the arrow fly. The victim is wounded with love.

Recently, I viewed this scene at a restaurant. I saw a couple of "mature" citizens playfully exchanging the habit of blowing the paper wrappings from a straw directly at each other. The woman smiled in a flirtatious way as the paper flew over the top of her head. The man blushed just like a teenager as her paper sailed across the booth and landed on his shoulder. This

was a delightful sight. I bet they were on a date. I imagine Cupid was grinning and stroking his graying beard with pride.

Another example of Cupid's activity did not occur in my sight but had happened fifteen years before as I found out from a lady I met in the grocery store. We were talking over the fruit section and I found out that she and her husband had been married for 15 years. And they each had five children. It was a second marriage for both of them. They had been widowed and found each other at a St. Valentine's Day dance. Busy little Cupid, huh!

Also, I know for a fact that Cupid visits the Mall. I often see couples holding hands as they routinely walk the mall for their health or exercise. I know some of these people are married but I also know that some of them are just "keeping company," as the saying goes.

Isn't it great to know that Valentine's Day is for everyone? I like the cards, flowers, candy, and "ahem" kiss from a friend. You gotta give Cupid his due, he's on the job.

Editor's note: This article was overlooked last month, but that's ok, Cupid is at work twelve months of the year.

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To Your Good Health

Paul G. Donahue, M.D.
P.O. Box 536475
Orlando, FL 32853



E-mail: letters.kfws@hearstsc.com

Dear Dr. Donohue: What's all this about dust mites? Do they carry disease? How do we kill them?

Answer: Dust mites are hardly visible; they're smaller than the period at the end of this sentence. They don't transmit diseases, but they can create trouble for those who are allergic to them or their waste material. The mite skeleton and waste products can provoke asthma, skin itching, eye itching, sneezing and dripping nose. Most people, however, live in blissful ignorance of the mites. Dust mites don't bite. They feed on dead skin cells, mostly cells that have fallen off the body. They don't enter the mouth. You really can't tell they're around. They like living in bedrooms -- in mattresses and bedding, including blankets -- upholstered furniture and carpets. They can take up life in stuffed animals. Keep the bedroom cool and dry with a dehumidifier, an air conditioner or both. The humidity should be less than

50 percent. Mites dehydrate at that humidity. Wash all bedding weekly. Vacuum mattresses and pillows. Encase them in coverings specially made from cotton, polyester or plastic.

Dear Dr. Donohue: I read that more heart attacks occur in winter than in summer. Why? **Answer:** Cold weather is a stress on the body and the heart. The heart has to work harder to keep the body warm by pumping more blood than it ordinarily does. That extra effort is too much for hearts not in the best of shape. Dressing warmly lessens the risk.

Dear Dr. Donohue: Both my sister and I take Synthroid. My doctor insists that I take it first thing in the morning, before I have had anything to eat. He also has told me not to eat for 30 to 60 minutes after taking the tablet. My sister didn't get any similar instructions. She takes hers at noon with lunch.

Answer: It's best to take Synthroid, the most-often-prescribed thyroid hormone preparation, on an empty stomach and to wait at least 30 minutes before taking any food. I have to assume that your sister's doctor is checking her thyroid hormone levels from time to time. If they're OK, she's OK.

Mozart from Pg. 8

Concert tickets (\$14 - \$48) are available at the Five Flags Center box office, open Monday - Friday, 10 a.m. - 5 p.m., at any

Ticketmaster retail outlet, and online at www.dubuquesymphony.org. If you have any questions, please call us at (563) 557-1677.

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May 22, 2014 1 – 3:30 p.m. at Manor Care (Dubuque, IA)

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MARCH Wellness Offerings:

Wednesdays at the Movies: March 12. Kehl Diabetes Center, 1 – 3 p.m. Cost: \$2. Movie: *Country Strong*. Soon after a rising young singer songwriter gets involved with a fallen, emotionally unstable country star, the pair embark on a career resurrection tour helmed by her husband/manager. Between concerts, romantic entanglements and old demons threaten to derail them all. Tim McGraw and Gwyneth Paltrow star. Come watch a matinee with friends and enjoy a snack. For senior audiences, age 60 years and older. *You must pre-register to attend movie by calling 563 589-4899.*

Pre-Diabetes: What Can I Do Now? Friday, March 14 – 9 – 11 a.m. and Friday, March 21 – 9 – 10 a.m. Kehl Diabetes Center. Cost: \$40, payable day of class. This 2-part class will help you learn what you can do to prevent or delay the onset of type 2 diabetes. Part 1 will focus on an overview of diabetes and pre-diabetes management through physical activity and nutrition. Part 2 will focus on successes and barriers met in the past week, specific skills needed for making lifestyle changes including more information on meal planning and dining out, and leaving with an individual plan for success.

Diabetes Express: Tuesday, March 25, 5:30 – 7:30 p.m. Kehl Diabetes Center. Cost: \$5. Learn about type 2 diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basic components of diabetes treatment. Adult individuals with type 2 diabetes and a support person are welcome to attend.

Investigating Reiki: Kehl Diabetes Center. Thursday, March 13, 5:30 p.m. Cost: \$10. Instructor, Tamara Maury, Usui and Karuna, Master Teacher Trainer. You will learn more about what Reiki is and the benefits of Reiki for mind, body, and spirit. Is Reiki easy to learn? Where can I experience a Reiki session?

Reiki I: Kehl Diabetes Center. Saturday, March 8, 9 a.m. – 4 p.m. (Bring your own lunch and refreshment.) Instructor: Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$125. This one day course is the beginning level of Reiki training. You will be able to give yourself Reiki, your family, friends and pets, or even expand to the community as a volunteer. The training consists of discussion, Reiki Level I attunement, hands-on practice, and includes the course handbook “Reiki the Healing Touch.”

Reiki II: Kehl Diabetes Center. Saturday, March 22, 9 a.m. – 4 p.m. (Bring your own lunch and refreshment.) Instructor, Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$175. This one day course is the second level of Reiki training. You must have Reiki I certification to take this class. You will take your Reiki I skills and move them to the next level of training which includes distance healing and the use of Reiki II healing symbols. The training consists of discussion, the Reiki Level II attunement, hands-on practice, and includes the course handbook “Reiki the Healing Touch” by Wm. Rand of ICRT.

Reiki Sessions: Individual sessions with Tamara available upon request. \$75 per session. Call Tamara at **563 564-7622** for information.

Pilates: *Before beginning any exercise program, we recommend checking with your physician.* Six-week session beginning: Monday, March 3, 9:30 – 10:30 a.m. Babka Wellness Center. Instructor, Jean Daoud, Certified Pilates Instructor, Cost: \$60. Pilates is a mind/body exercise coordinating breath to movement and promotes strength, flexibility, balance and alignment. You must be able to get up and down off the floor.

Yoga and Ayurveda: *Before beginning any exercise program, we recommend checking with your physician.* Six-week session beginning: Wednesday, March 5, 4:15 – 5:15 p.m. Babka Wellness Center. Cost: \$60. Instructor: Jean Daoud, Registered Yoga Teacher, Ayurveda Lifestyle Consultant. This class combines the practice of yoga with the ancient wisdom of Ayurveda. Learn how the Ayurvedic lifestyle teachings and the exercise of yoga can create balance and enhance your quality of life. You must be able to get up and down off the floor.

Natural Energy for Healing: Thursday, March 20, 5:30 – 7 p.m. Kehl Diabetes Center. Instructor: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner & Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$15. Biofeld Therapy is often referred to as “energy healing” or “laying on of hands” and is described as “one of the oldest forms of healing.” Join us for an informative and hands-on session where they will share a selection of biofeld energy healing techniques currently available.

HYVEE Support Group: Tuesday, March 11 – Kim Peterman, RDLD, CDE. Asbury HyVee Club Room. 5:30 p.m. Cost: Free. Whole Grain Bread & Beyond! What makes whole grain bread a healthy choice? How does it affect your diabetes? Are there other whole grain foods besides bread? Join Kim to discuss and sample a variety of whole grains such as bulgur, flax, quinoa, and brown rice – recipes included. Chef Patrick will also provide cooking tips.

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The Man Behind The Magic

(NAPSA)-If you're like many people who've seen Disney movies (and who hasn't?), especially the new "Saving Mr. Banks" starring Tom Hanks and Emma Thompson about the making of "Mary Poppins," you may want to know more about the man behind the magic, Walt Disney himself.

Well, now you can, in the

pages of a fascinating book on this cinematic pioneer who captivated audiences for decades and led a life of imagination, perseverance and optimism that lives on in the hearts and minds of people around the globe.

The authors, Pat Williams with Jim Denney of "How To Be Like Walt: Capturing the Disney Magic Every Day of Your Life,"

not only develop a unique profile of this icon of family entertainment, they focus on what they call Disney's learnable skills.

They share lessons gleaned from an in-depth study of this icon of American family entertainment covering a broad range of Disney's ideas-dare the impossible, unleash your imagination, and stay the course by

never giving up ("Be a Person of Stick-To-It-Ivity," as Disney expressed it).

As Art Linkletter, who wrote the foreword, puts it, "Of all the books written about Walt Disney, this may be the most important."

The book is available in bookstores and directly from the publisher, HCI Books, at (800) 441-5569 and www.hcibooks.com.

James Kennedy Public Library in Dyersville Activities

Programs are free unless otherwise noted. For information and registration, call 563-875-8912 or go to www.dyersville.lib.ia.us.

Sundays, March 2 & 9: Bear Creek Carving Class @ 1 p.m. Members of the Bear Creek Carving Club are offering this two-part beginning woodcarving class at the library. The \$25 fee covers all equipment and materials. No experience is needed; however students must be at least 12 years old. A signed liability waiver is required of all participants. Registration is required as space is limited.

Monday, March 3: Books for Lunch Book Discussion @ 12 noon. This month the group will discuss the book *The Orphan Train* by Christina Baker Kline.

Friday, March 7: The Basics of Alzheimer's Disease @ 3 p.m. Alexandra Madole, program and event coordinator of Greater Iowa Chapter of the Alzheimer's Association, will present this program on the basics Alzheimer's Disease along with early warning signs.

Tuesday, March 11: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7 p.m. For this meeting the group will read and discuss books chosen by the participants.

Monday, March 17: Build-A-Basket Fundraiser Silent Auction begins! The baskets from the Build-A-Basket Fundraiser are in and now it's time to bid on them! Stop by the library anytime now through April 6 to enter your bid in the silent auction.

Thursday, March 20: Zentangle Club @ 6 p.m. Join other zentangle enthusiasts at this monthly gathering on the third Thursday of the month from 6 - 8 p.m.

Sunday, March 23: Author visit with Anneliese Heider Tisdale @ 2 p.m. Join us as Tisdale talks about her book, *When Christmas Trees Lit the Sky*, and about her experience growing up in Germany during WWII.

Friday, March 28: Game Night @ Your Library @ 6 p.m. Bring your favorite game and meet, teach, and play with others! All ages welcome.

Saturday, March 29: Pot Luck Recipe Swap @ 12 noon. Join us for lunch and conversation and a new recipe! Make your favorite dish, savory or sweet, and bring it to the library along with a copy of the recipe to share. Drinks, plates, and silverware will be provided by the library. Registration required.



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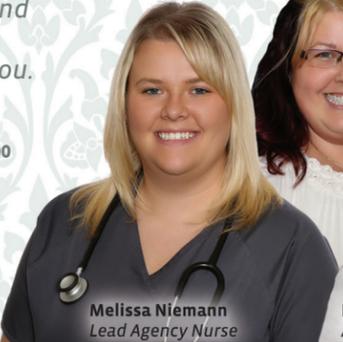
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Taize Prayer: “Jesus Send Us” Thursday, Mar. 6, (7 – 8 p.m.) All are welcome! Registration not required.

Using Lectio Divina with the Lenten gospels: Thursdays, Mar. 6, 13, 20, 27, April 3, 10, 17 (7 – 8 a.m.) Facilitator: Marci Blum OSF. Lent is a special time for spiritual reflection. Join us to reflect and pray using the Sunday Lenten Gospels. Bring your Bible. \$4/session. Register by noon the day prior to each session.

Shalom’s Sunday Souposiums: - “Shalom’s Values / Our Values” Sundays of Lent, 5 – 6:30 p.m. Enjoy a simple but delicious supper of soup and bread followed by an inspirational talk and discussion. Free will offering. Register by the Thursday prior to each Souposium.

“Shalom” -- Its Biblical Meaning and Roots March 9 -- Fr. John Haugen. Soups: Jan Cody & Dee Maahs: Beef Barley & Turkey Noodle; Bread: Sr. Bertha Kruse.

“Shalom – A Place of Outrageous Hope” March 16—Sr. Nancy Schreck. Soups: Gwen Nilles and Family – Minestrone & Chicken Vegetable; Bread: Sr. Marian Klostermann.

“Shalom – Announcement in Word and Action” March 23 – Deacon Jim Thill. Soups: Marge Huber and Frank Miller: Chicken Rice & Bean Soup with Ham; Bread: Mary Ann Miller.

“Shalom: Life, Longing and Love” March 30. Amanda Osheim. Soups: Srs. Theresa Jungers & Dolores Ullrich: White Chicken Chili & Italian Sausage, Potato and Kale Soup; Bread: Sr. Marci Blum.

An Irish Celebration: Irish Identity: Past, Present and Future. Tuesday, Mar. 11, 6:30 – 8:30 p.m. Presenter: Dave Cochran. Enjoy a wonderful Irish dinner, Irish tunes and a program presented by Dave Cochran, who is involved in Irish programming at Loras College. \$23. Register by Mar. 6.

Reading That Matters Book Discussion: *I Am Malala: The Girl Who Stood Up for Education and Was Shot by the Taliban* by Malala Yousafzai and Christina Lamb. Tuesday, Mar. 18, 7 – 8:30 p.m. Offering: \$6. Register by Mar. 17.

Spring Breakfast: And Wisdom Played. Wednesday, Mar. 19, 7 – 8 a.m. Mass at 8:15 a.m. Come for a delicious, nutritious breakfast and reflection by Meg Gemar OSF. \$9. Register by Mar. 17.

May The Spirit Be Present & Active! A Reflective Day of “Art Making.” Saturday, Mar. 29, 9 a.m. – 3 p.m. Presenter/Instructor: Jo Myers-Walker. “Art making” is a waterway to awaken our truth, our dreams. Through it, we find a different point of view regarding who we are. We will play with symbols, words and colors.” Art supplies will be provided, and participants will leave with several pages filled with Spirit-filled creativity. \$70, includes lunch. Register by Mar. 25.

T’ai Chi Chih Classes: Wednesdays, April 2, 9, 16, 23, 30, May 7 (8:30 – 9:15 a.m.) Instructor: Marian Klostermann OSF. Offering: \$45 for six sessions. Register by March 28.

St. Francis & Pope Francis: Tuesday, April 1, 7 – 8 p.m. Presenters: Ginny Helderfer OSF & Lisa Schmidt. Pope Francis is like St. Francis of Assisi in more than name. This program compares the values, actions and life-styles of these two very influential men, one from the 13th century and the other from the 21st century. Offering: \$10. Register by Mar. 31.

Lunch & Learn: Yoga – Relief For Neck And Shoulders. Wednesday, April 2, (12 – 1 p.m.) Presenter: Deb May, Certified Yoga Instructor. Enjoy a tasty lunch and learn some gentle, effective yoga stretches to ease tension and help improve range of motion. \$13. Register by Mar. 31.

Lenten Taize Prayer offered at Mound

SINSINAWA, Wis.—Lenten Taize Prayer will be held at Sinsinawa Mound at 7 p.m. Mondays, March 10, 17, 24, and 31 and April 7. The communal singing of these simple, meditative prayer chants will be led by Sister Mary Ellen Winston, OP. A freewill offering will be accepted.

For more information, contact Guest Services at (608) 748-4411 or visit our website at www.sinsinawa.org. Sinsinawa Mound, the Motherhouse for the Sinsinawa Dominican Sisters, is located in southwest Wisconsin on County Road Z, off Highway 11, about five miles northeast of Dubuque.

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Contract Bridge

by Steve Becker



An Eight-Trick Blunder

East dealer.
Both sides vulnerable.

NORTH

♠ 8 5 4 3
♥ 7 6 3 2
♦ 9 5 2
♣ K 4

WEST

♠ A K Q 7
♥ K J
♦ K J 6
♣ 10 9 8 3

EAST

♠ J 10 9
♥ A Q 10 8 4
♦ A Q 10 8 7
♣ —

SOUTH

♠ 6 2
♥ 9 5
♦ 4 3
♣ A Q J 7 6 5 2

The bidding:

| East | South | West | North |
|------|------------|------|-------|
| 1♥ | 1♠ (!) | Dble | Pass |
| Pass | 1 NT (!!) | Dble | 2♣ |
| Dble | Pass (!!!) | Pass | Pass |

Opening lead — ace of spades.

This deal occurred many years ago in a team-of-four match between Holland and France. At the first table, Bob Slavenburg, a player addicted to psychic bidding, was South for Holland.

He overcalled East's opening one-heart bid with one spade! He was hoping to confuse the opponents and was planning to run to his real suit, clubs, if he got doubled. West, of course, did double, but when this rolled around to Slavenburg, he de-

cidied to muddy the waters still further by bidding one notrump. West doubled again, whereupon North, who obviously did not know what was going on, ran to two spades, which East doubled. Slavenburg then passed -- a very doubtful tactic -- and two spades doubled became the final contract!

A glance at the East-West cards reveals that the defenders actually can take all the tricks, with a few to spare, since they start with four spades, five hearts, five diamonds and even a club ruff or two. Down eight would come to 2,300 points.

But the defense by the French East-West pair went slightly astray. West led the ace and king of spades, on which East played the jack and ten.

West, regretting that he had messed up the trump suit, continued with the queen of spades, felling East's nine and converting dummy's eight into a trick. Still in a fog, West then decided to lead the ten of clubs through dummy's king.

It did not take Slavenburg long to play the rest of the hand. He won the club with dummy's king, cashed the eight of trumps, ran his clubs and wound up making two spades doubled for 670 points!

At the other table, his teammates, holding the East-West hands, bid six spades and made seven for 1,460 points to give the Dutch team a total pickup of 2,130 points on the deal.

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The Tooth Truth

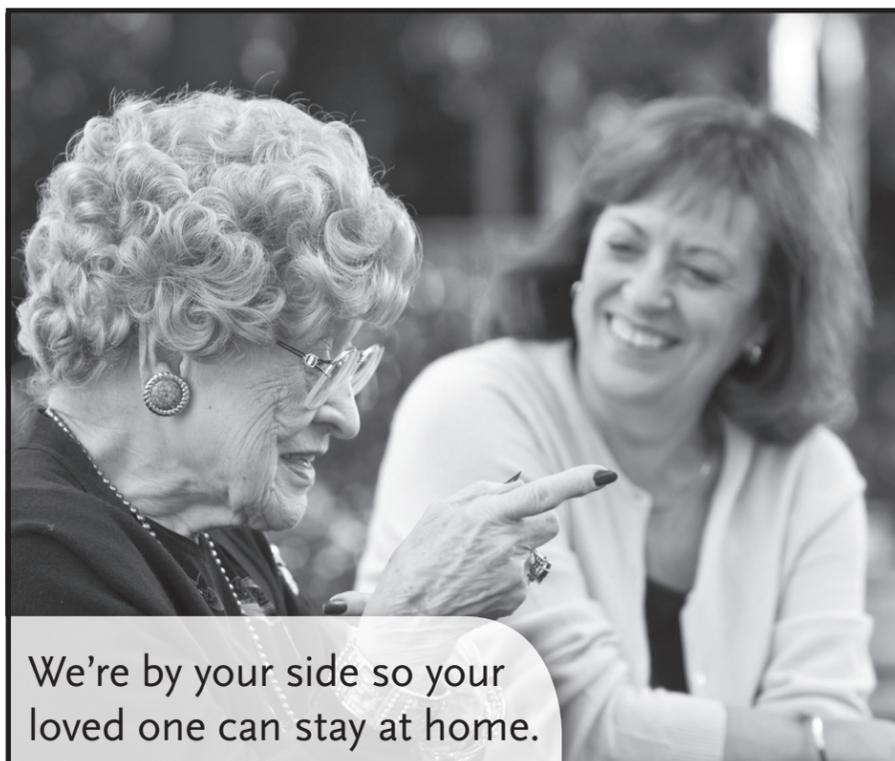
(NAPSA)-Here's a health idea you can sink your teeth into: Leading physicians and veterinarians say dental health is important for people and animals. Gum disease has been linked to such illnesses as heart disease, diabetes, respiratory disease, osteoporosis and rheumatoid arthritis.

Another connection is that oral health is sometimes overlooked in both, explains Thomas G. Nemetz, DVM, Ph.D., an Adjunct Professor at St. George's University School of Veterinary Medicine, where he coordinates and teaches twice-yearly dental courses to third-year veterinary students.

"As you begin taking care of a pet's oral condition, his or her health drastically improves," he said. "In the last 20 years, we have been doing a better job at keeping the oral cavity healthy in both pets and humans. Our pets are living longer, as are we, in part because of good preventative dental care."

Dr. Nemetz advised having oral health exams as part of routine office visits to cut down on periodontal diseases. According to Dr. Nemetz, about 80 percent of dogs and 70 percent of cats develop periodontal disease, requiring treatment by 3 years of age.

Learn more at www.sgu.edu/school-of-veterinary-medicine/index.html. From exotic to small animals, orthopedics to ophthalmology, St. George's University's School of Veterinary Medicine prepares students for a world of global health care.



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Plant Talk

by
Ken Resch



New Plants for 2014: Part Two

Welcome back to our second installment of new plant introductions for 2014. Last month we covered annuals and perennials and this month we'll look at veggies and at the anchor plants of the landscape: trees and shrubs.

Small gardens often do well with smaller varieties of produce like cherry tomatoes or baby carrots. Now we can add another petite produce offering in the Babybeat beet from Johnny's Selected Seeds. Small, round and beet-red, this smooth-skinned beet is perfect for steaming.

For herb gardeners, Burpee's offers a new basil variety called Bam. So often basil will bolt if not watched, but not so with this new introduction. Bam will produce tender leaves all summer and never bolt because it's flowerless! Plants are sold as transplants, not seeds, so gardeners can begin harvesting almost immediately.

Finally, a new tomato makes its way into the lineup with Burpee's introduction of the grafted Indigo Sun cherry tomato. These plants have a consistently high yield of yellow

fruit with burgundy shoulders. Maturity is about 72 days from grafted seedlings.

In terms of new tree introductions, this year we have a new magnolia called 'Genie.' This compact magnolia took over a decade of breeding to become the compact focal point it now is in the garden. Pyramidal growth habit, 'Genie' reached ten to thirteen feet in height. Though we are zone four and this beauty is zone five, if one has a protected corner away from the harsh winter winds, 'Genie' might surprise you.

Tired of Forsythia not always being a dependable spring bloomer or of the difficulty you may have experienced with Azaleas? Then try a lesser known plant called Lotus Moon pearlbusch. Bailey Nursery has introduced this early spring blooming shrub to offer a new idea for early spring. Pearlbusch has petite flower buds that open to a profusion of five-petal blooms in early spring. Plant in full sun and expect a mature specimen to be four to five feet high and wide.

Spring officially begins this month so start getting some excitement for another season. The beauty of a new spring and new opportunities in the garden is that all that may have gone wrong last season is wiped clean. We have a new chance, a new opportunity to try again to see what magic we might produce. So, renew your energy and get ready for a wonderful 2014 season!

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Use "Tax Diversification" to Help Manage Retirement Income

Did you know that you may be able to contribute to both a traditional IRA and a Roth IRA? Contributing to both may allow you to benefit from both the tax deductions of the traditional IRA and the potential tax-free distributions of the Roth IRA.

And once you retire, this "tax diversification" can be especially valuable. If you have a variety of accounts, with different tax treatments, you could decide to first make your required withdrawals from a traditional IRA and 401(k) or other employer-sponsored plan, followed, in order, by withdrawals from your taxable investment accounts, your tax-deferred accounts and, finally, your tax-free accounts.

Of course, in any given year, it might make sense to change

the order of withdrawals, or take withdrawals from multiple accounts, to help reduce taxes and avoid moving into a different tax bracket. Tax diversification can be beneficial. After consulting with your tax and financial advisors, consider allocating your retirement plan contributions to provide the flexibility you need to maximize your income during your retirement years.

This is Terri S. Raymond your Edward Jones financial advisor located at 3430 Dodge Street, Suite 23. Dubuque, IA

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Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.

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Financial Advisor

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Book Review

“The Encyclopedia of Early Earth”

by Isabel Greenberg

(Little, Brown and Company, Reviewed by Ealish Waddell

Once upon a time there were two lovers, one from the north pole and one from the south. Across the entire length of the globe they are drawn to each other, two parts of the same soul ... and yet, they can never touch. How did this oddity come to be? That is the central question of “The Encyclopedia of Early Earth,” an entrancing new graphic novel that presents an alternate version of the time before time.

Surrounding the story of the lovers is an ever-expanding circle of other tales, rippling out into a web of stories within stories. It tells of a family of bird gods, inventors and architects of the world, separate from and yet intimately entwined with their creations. It presents new versions of ancient myths and archetypes from religious and

historical traditions, retold with just enough distance to makes the familiar narratives seem new and strange. It visits civilizations recognizable and yet alien, which love and fight and interact with each other just as humans have always done and always will do.

Dreamy and thoughtful, yet also sharp and smart, this “Encyclopedia” conjures visions of an ancient world merely a hairsbreadth from our own, perhaps just as real and possible as any other human-origin story.

The art has a beguiling simplicity, drawn with strong lines and bold patterns that evoke both primitive etchings and the panels of modern comic books. A subtle wit pervades the dialogue and composition (the background antics of the Genius Monkeys of Migdal Bavel alone are worth the cover price). A quirky but quietly lovely work, “Encyclopedia” is a reminder and a celebration of the universality of human nature, even when separated by years, miles or realities.

SENIOR NEWS LINE

by Matilda Charles
All About Us

Know the Signs of Senior Abuse

Sometimes it takes watchful eyes to keep seniors safe. Whether it’s physical, emotional or financial abuse, or any other kind, those who come in contact with seniors can look for signs that all is not well.

In banking, if you spot a senior who seems distressed and who repeatedly takes large sums of money out of an account (or changes his or her routine), that senior might be a victim of abuse or a scam. (Seniors, don’t use the drive-up teller window. Go inside so staff can get to know you. Sign a new signature card every six months so your handwriting sample is current.)

If you spot personality changes in a senior, the cause might be physical -- or it might be a result of abuse. Ask what’s going on. If a senior who used

to dress immaculately is now wearing the same clothes for days in a row, ask. If a senior is no longer as sociable or doesn’t participate in previous activities, ask. If you spot bruises or injury, ask.

In a caregiver or hospital situation, you might see lack of care or physical abuse. A neighbor who’s had relatives move in might suddenly change his or her routines. At home, the senior might be denied food or medicine or mail.

If you want more information to help seniors, go online to the National Center on Elder Abuse (www.ncea.aoa.gov) or call 1-855-500-3537. Learn about the signs of abuse and what you can do when you suspect it’s taking place. Check eldercare.gov, or call 1-800-677-1116. You’ll find information on getting help for housing, in-home services, long-term care, nutrition ... and abuse.

Seniors, if you think you’re being abused in any way, call the police. You don’t have to put up with abusive treatment.



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24-Hour Care, LLC expands and opens office in Dubuque, Iowa

24-Hour Care, LLC, announces that they have recently expanded, opening an office in Dubuque, Iowa. The new office—which offers private home nursing and home services—is conveniently located in the lower level of Wind-sor Park at 801 Davis Street.

24-Hour Care, LLC, offers professional in-home nursing and home services 24 hours per day, seven days a week. Compassionate care includes a full spectrum of responsibilities from developing an individual healthcare plan with the client’s family and physician to assisting the client with a variety of activities in daily living: personal care, mobility, meal preparation, laundry, grocery shopping, planning outings and providing companionship.

“24-Hour Care is committed to the well-being of our clients and helping them stay in the comfort of their own home as long as possible. We know people live longer, healthier and happier in their own familiar surroundings. We are dedicated to providing quality service to those who depend on us every day,” said Beth Kropp, business administrator.

“We’re excited to be able to offer home nursing in the Dubuque area. Not many other offices provide this service. In addition, we are also very proud that our home services team is comprised of certified nursing assistants (CNAs), which goes beyond what many others provide,” noted Emmy Hinton, agency administrator.

To learn more about 24-Hour Care, LLC, their staff and services, visit www.24hourcarehha.com, call 563-588-2424, or stop by their new Dubuque office location.

Established in 2010, 24-Hour Care, LLC, is committed to serving clients in the tri-state area (northwest Illinois, northeast Iowa and southwestern Wisconsin) with compassionate in-home care provided through its home health agency and home services/home nursing agency. These services, which can be scheduled to fit individual’s needs, are designed to assist clients and their families with short- and long-term care needs and empower independent living.

For a complete list of care services, please call toll-free **855-772-2424** to speak to a member of the 24-Hour Care professional nursing staff or visit their website: www.24hourcarehha.com

Dubuque County Conservation Board Lorax Program Swiss Valley Nature Center Sunday, March 2, 1 p.m.

Come celebrate Dr. Seuss’ birthday with us! We will be reading “The Lorax” as well as showing the film. Popcorn and refreshments will be provided! Call to register today, **563.556.6745**.

“Unless someone like you cares a whole awful lot, Nothing is going to get better. It’s not.”

The LORAX

When: Sunday, March 2nd, 1:00pm
Where: Swiss Valley Nature Center

Come celebrate Dr. Seuss’ birthday with us! We will be reading The Lorax as well as showing the film. Popcorn and refreshments will be provided!



24-Hour Care, LLC, received ACHC accreditation, and is recognized for achieving high standards in home healthcare. Pictured: (front, left to right): Emmy Hinton, agency administrator; Mindy Roberts, CNO/COO & agency supervisor; Melissa Niemann, lead agency nurse (back, left to right) Ann Kurt, office manager and Beth Kropp, business administrator.



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Elisha Darlin Art Award

Dubuque County Fine Arts Society is proud to announce that they will present Greg Orwoll with the 34th annual Elisha Darlin Art Award at a reception on **Friday, March 28** at the **Five Flags Theater**. Each year, the Fine Arts Society presents the Elisha Darlin Art Award in recognition of the contributions of an individual or group who impacts the arts and cultural landscape of the Dubuque community.

This year, Fine Arts Society presents the award to Greg Orwoll who recently retired from his position as Executive Director of Colts Drum and Bugle Corps. Orwoll spent 31 years working with the Colts to create a rich and encouraging

environment for the members. The Colts have an international reach to bring students to Dubuque to learn, compete, and experience the joy of expression and excellence through music and motion.

Dubuque County Fine Arts Society will present the Elisha Darlin Art Award on Friday, March 28 at the Five Flags Theater. Mark your calendars and save the date; more details will be announced soon. The public is encouraged to attend. For more information and admission price details keep an eye on <http://www.dcfas.org/>.

More Information Contact:

Ali Levasseur, Dubuque
County Fine Arts Society
info@dcfas.org
307-630-9447

The Autograph Book

by Grandma



Back in the day before students wrote spiteful mean things about one another on Facebook, Twitter, and other social media, they actually wrote pleasant words in something called an autograph book.

Instead of 'sexting' obscene photos to each other, students, both grade and high school students would draw funny, harmless illustrations, with an actual writing instrument like a pencil or pen, in your autograph book for you to remember them by. Many times this happened at the end of the year, to make sure that their friends wouldn't forget them over the summer. The younger students had their family sign their name and put a message with it. If family signed your book, you always knew they would put something complimentary about you. Most of the autograph books had different pastel pages.

The people who wrote in the books tried to be funny and creative. They did this by writing upside down, in a circle, vertical, using small and capital letters, sometimes only letters were used (ASS) meant always stay sweet and many times the message rhymed.

When I taught, many students asked me to put a message in their autograph book.

They would quickly share the message with their friends. Sometimes it was a balancing act to make sure you didn't say the same thing in another student's book. You tried to make the message personal.

Autograph books became passe' eventually. But if you're of a certain era, you'll remember those small hardbound books and you might even have one stashed away in a box of school mementos. I have one from each one of my children.

There was such a range of messages from the sentimental, to lovely thoughts about the importance of friendship, to sayings that today we would be viewed as sexist and politically incorrect, to clever and funny. There were even some delightful illustrations. I remember how some people would request to take the book home so they could find just the right thing to write, or spend some time over a miniature illustration.

Here are a couple popular messages I found in the two autograph books I have:

- When you are old and cannot see, put on your specs and think of me.

- Remember Grant, Remember Lee, the heck with them, Remember me.

Last of all to the readers of the Golden View:

May your friends be many, and your enemies few.

May God be your guide in whatever you do.

The Search is on for Iowa's Outstanding Senior Volunteer

Every day, Iowa senior volunteers generously give their time and service to help others. Now here's your chance to give back by nominating a deserving older adult in your community for his or her outstanding service through the Salute to Senior Service® program.

Sponsored by Home Instead, Inc., the franchisor of the Home Instead Senior Care® network, Salute to Senior Service recognizes the invaluable contributions of adults age 65 and older who give at least 15 hours a month of volunteer service to their favorite causes.

"Seniors have so much to give and make a positive impact on our communities daily," said Bob Stricker, owner of the Home Instead Senior Care office serving Dubuque, Delaware, Jackson, and Clayton Counties in Iowa, and Grant County in Wisconsin. "Senior volunteerism not only benefits others, but also helps seniors stay active and socially engaged in their communities – important elements of healthy aging."

Members of the community are asked to nominate and vote for these everyday heroes

between Jan. 15 and March 1, 2014, at SalutetoSeniorService.com. State winners will be determined by popular vote. A panel of senior care experts will then select a national Salute to Senior Service winner from among the state honorees.

Home Instead, Inc. will donate \$500 to each of the state winners' designated and approved nonprofit organizations, and their personal stories will be shared online on the Salute to Senior Service Wall of Fame. In addition, \$5,000 will be donated to the national winner's designated and approved nonprofit charity.

To complete and submit an online nomination form for a senior age 65 or older who volunteers at least 15 hours a month, and to view the contest's official rules, visit SalutetoSeniorService.com. Completed nomination forms can alternatively be mailed to Salute to Senior Service, P.O. Box 285, Bellevue, NE 68005.

For more information about Salute to Senior Service or the Home Instead Senior Care network's services, call your local Home Instead Senior Care at 563-585-1409.

April 3, 2013
 Mr. Robert Wilbricht, Owner and Director
 Cozy Corner Adult Day Care
 2785 Pennsylvania Avenue
 Dubuque, IA 52001



Dear Mr. Wilbricht:
 Let me take a moment to congratulate you and your program staff for the violation-free monitoring visit on March 27, 2013. Caring for the health, safety, and welfare of Iowa's senior citizens is a paramount concern to all of us, whether regulator or provider. We appreciate the efforts of you and your staff in meeting the requirements of established rules and regulations governing adult day service programs operating in the State of Iowa. As part of our continuous improvement process, it is important to recognize those programs where the provision of care and service meets or exceeds expectations. We are hopeful that your program will continue to provide the same level of care and service in the years to come.

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

Sincerely,

Rodney A. Roberts

Rodney A. Roberts, Director
 Iowa Department of Inspections & Appeals

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Upcoming Events at Swiss Valley Nature Center

Becoming an Outdoor Woman: Saturday, March 1, 8 a.m. until noon. Snowshoe, learn about handguns, shed hunt, learn about turkey hunting and more. Get out and get together with other women who want to explore the outdoors. Call to reserve your spot!

Geocaching Progm: Thursday, March 13, 1 p.m. GPS units, satellites, coordinates, oh my! Find hidden treasure in the preserve while using technology! A limited number of GPS units

are available on first come first serve basis. Call 563-556-6745.

Bluebird Workshop: Saturday, March 15, 10 a.m. Dubuque County Conservation Society is proud to bring the public a chance to increase habitat for the beautiful bluebird. Make your own house to take home and monitor throughout the nesting season! Preregistration is requested. 563-556-6745

Boy Scout Owl Prowl: Thursday, March 20, 7 p.m. Scouts only! The Owl Prowl has been such a popular program we are offering two this year! This is the scout only event. Sign-up by calling the nature centre 563-556-6745.

Dubuque Area Labor Hall of Fame

The United Labor Participation Committee inducted three new members into its Dubuque Area Labor Hall of Fame for 2014. The three labor leaders and activists inducted into the Dubuque Area Labor Hall of Fame are as follows:

- Don Grimes – UAW Local 94
- Sandy Johll – UIU/USW Local 1861
- Wayne Laufenberg – Machinists Local 1238

The induction of these members of the Dubuque Area Labor Hall of Fame was held at a ceremony Saturday, February 1, 2014 at the Mystique Casino. Those in attendance honored and paid tribute to Grimes, Johll, and Laufenberg. The trio was honored for their work as union leaders and activists, their contributions to the collective bargaining process and for their service to the community.

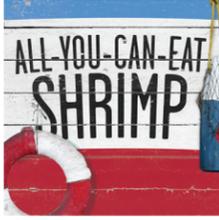
The addition of the three new inductees brings the total number of members of the Dubuque Area Labor Hall of Fame to 45.

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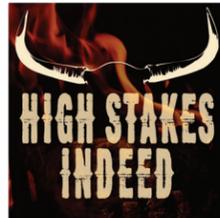
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YESTERDAY AND TODAY

BY MICHAEL GIBSON

New Format

The Loras College Center for Dubuque History has a tremendous photograph collection. Beginning with this issue, the "Yesterday and Today" monthly feature will now consist of a pair of photographs one depicting Dubuque as it looked many years ago and a corresponding more recent photo taken from the same vantage point. It is hoped that the readers will enjoy this comparative approach. As it has

been said, "A picture is worth a thousand words."

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 are always welcome.



The corner of Couler Ave. (now Central) looking west up Kaufmann Ave. on the morning of July 10, 1919. Just the day before these trolley tracks had carried hundreds of visitors to Union Park. That day ended in a torrential flash flood destroying the amusement park and killing five people. The property damage was estimated at \$15,000. The waters also rushed down many of the coulees, including Kaufmann Ave. leaving damage and debris in its path as can be seen in this photo. (Loras College Center for Dubuque History, OHE p.68NEG 3617)

Yesterday & Today cont. P. 19

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UNIVERSITY of DUBUQUE

Author Nicholas Carr to Speak as Wendt Center for Character Education Spring Lecturer

On Monday, March 10, the University of Dubuque's Wendt Center for Character Education will host author Nicholas Carr who will deliver the lecture, "The Mind in the Net: How Our Gadgets Shape Our Thoughts". The lecture will begin at 7 p.m. in Heritage Center's John and Alice Butler Hall on the University of Dubuque Campus. Carr's lecture will be preceded by a book signing from 5:30 - 6:30 p.m. in the A.Y. McDonald Lobby. The event is free and open to the public, but tickets are required for admission and may be obtained through the Farber Box Office.

Tickets for this event are available at Heritage Center's Farber Box Office Monday through Friday from 12 p.m. to 5:30 p.m.; by phone at 563-585-SHOW; or online at www.dbq.edu/heritagecenter.

For further information, please contact Kristi Lynch, director of public information, 563.589.3267.



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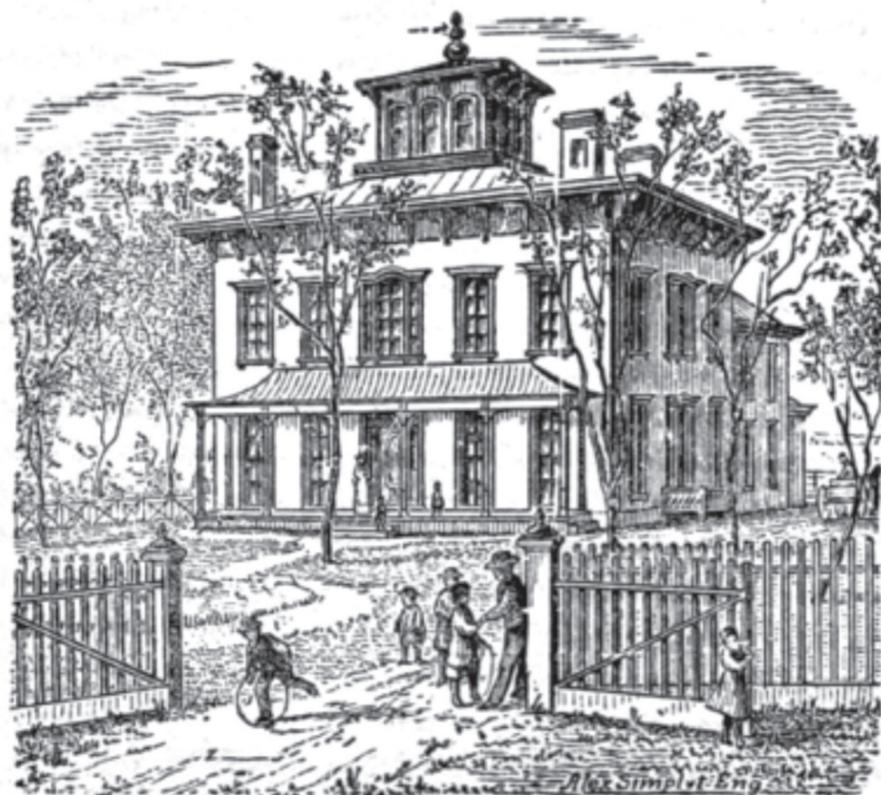
2000 Pasadena Drive ☺ Dubuque, IA ☺ 563-557-1076 ☺

TOUCHING LIVES IS AT THE HEART OF CARING

Yesterday & Today from P. 18



A more recent photo of Central Ave. looking west up Kaufmann. The Hartig Drug parking lot and store now occupy the place where the Family Theater once stood. A muffler shop is on the opposite side of the street. Thanks to the massive Bee Branch project, residents will no longer have to fear the gully washers resulting from flash floods which often left a path of destruction. – (Photo by Terry Grant).



In 1878, Mt. Pleasant moved to its current location. "far from the temptations of the city."

Mt. Pleasant: A Welcoming Home for 140 Years

First in a series using Mt. Pleasant's historical records at the Loras College Center for Dubuque History.

In 1874, Dubuque widows, orphans and abandoned women and children with no relatives or friends to take them in had two hopeless alternatives: beg and live on the streets or go to the county poor farm. Horrified by either alternative, 53 prominent ladies (including the genteel Julia Langworthy and the newly-arrived Dr. Nancy Hill - founder of what is now Hillcrest) stepped forward to incorporate Dubuque's oldest non-denominational charity: Mt. Pleasant Home.

They founded a durable, flexible institution that is still uniquely affordable and home-like.

Their initial vision relied on women only. Women would manage, staff, and volunteer to support residents until they could "do for themselves." The ladies found the first residents by calling on every house "be-

tween the bluffs and the river." **Funding And Politics**

Cash was limited. Small donations – even soup bones – were encouraged and publicized. Initial funds were raised by selling stock and serving meals at the September fair. The Iowa General Assembly favorably received their request for \$5000 but - intentionally or mistakenly – the appropriation disappeared at the last minute.

The Home's annual Charity Ball became so successful it was the concluding event of Dubuque's 1879 gala reception for former President U. S. Grant.

Early Changes

Board membership changed to accept the donation of a vacant mansion that was conditional on the donor naming a new Board that included his wife. The then-vacant 1850s mansion, which remains as Mt. Pleasant's main entrance, required significant renovation. A "house man" was hired to plow the garden, feed the furnace, and do other heavy lifting.

1st Annual
St. Patrick's Day Street Party



**Saturday,
March 15, 2014**

Party "Under the Tent" at 4th & Bluff Streets

**Admission \$5.00 (Kids under 12 free)
Food and Beverages Available for Purchase**

- 4:00 p.m. Gates Open**
- 4:15 p.m. Dubuque Fire Pipes & Drum Corp.**
- 4:30 p.m. Music by local favorites, The Lads**
- 7:30 p.m. Music by Wylde Nept**



Introducing a new St. Patrick's Day tradition sponsored by the Irish Hooley & Dubuque's Ancient Order of Hibernians. Come celebrate St. Patrick's Day in "Little Dublin" under the shadow of the 4th Street Elevator and right next door to Shamrock Imports and Shamrock Jewelers.



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Laugh A Lot

I was scolding our pastor for his habit of starting church services five or ten minutes late. I mentioned that in my years with the Air Force when the general scheduled us to take off at 0700 hours, he didn't mean 0707 or 0710. The pastor smiled at me and said, "My general outranks your general."

An adorable little girl walked into my pet shop and asked, "Excuse me, do you have any rabbits here?"

"I do," I answered, and leaning down to her eye level I asked, "Did you want a white rabbit or would you rather have a soft, fuzzy black rabbit?"

She shrugged, "I don't think my python really cares."

At the school where my mother worked, the two first-grade teachers were named Miss Paine and Mrs. Hacking.

One morning the mother of a student called in the middle

of a flu epidemic to excuse her daughter from school.

"Is she in Paine or Hacking?" the school secretary asked.

"She feels fine," said the confused mom. "We have company and I'm just keeping her home."

I'm a state trooper in Alaska, and I've been called to investigate many cases of moose poaching. Some we solved because of the carelessness of criminals who left behind incriminating evidence such as a boot print or in one case, a wallet complete with the preacher's driver's license.

When Diane found out she was pregnant, she lit up the phone lines telling everyone the good news. One day she took her four-year-old son, Sam out shopping. A woman asked the boy if he was excited about the baby.

"Yes!" Sam said, "and I know what we're going to name it too. If it is a girl, we're calling her Molly. And if it's another boy we're going to call it quits."

STRANGE BUT TRUE
by Samantha Weaver

- It was famed cultural anthropologist Margaret Mead who made the following sage observation: "One of the oldest human needs is having someone to wonder where you are when you don't come home at night."

- If you're like the average American, you will eat about 150 bananas this year -- 26 pounds worth.

- Up until the 1500s, the accepted way of dealing with a patient who was hemorrhaging was to cauterize the wound, often with boiling oil or red-hot irons. It was in the latter part of the 16th century that a French surgeon named Ambroise Pare began tying off the broken blood vessels with cord. That's pretty much what surgeons do today.

- It's been estimated that a million pigeons live in New York City.

- When pop star Christina Aguilera is on tour, she insists on

having a police escort. She hates to be stuck in traffic.

- Next time you're heading to Illinois, you can stop off in Metropolis and visit the self-declared birthplace of Superman. In honor of their hometown superhero, the citizens erected a 15-foot bronze statue of him on Main Street.

- It was Abraham Lincoln who signed into law the legislation that created the Secret Service. That very night, he was assassinated.

- Those who study such things say that on the 13th of every month, triskaidekaphobia causes a loss of \$83 million to American business due to absenteeism from work and other disruptions.

- In the United States, more babies are born on Oct. 5 than on any other day of the year. If you do the math, you'll find that New Year's Eve is 9 months and 5 days before that.

Thought for the Day: "Show me a hero, and I will write you a tragedy." -- F. Scott Fitzgerald

Winter Slaw

1/3 cup light mayonnaise
 2 tablespoons fresh lemon juice
 2 tablespoons extra virgin olive oil
 1 tablespoon Dijon mustard
 1/2 teaspoon salt
 1/4 teaspoon freshly ground black pepper
 6 cups shredded and peeled celery root
 1 cup shredded carrots
 1/4 cup sliced fresh flat-leaf parsley

Whisk, in large bowl, mayonnaise, lemon juice, olive oil, mustard, salt and black pepper.

Add celery root, carrots and parsley. Toss the celery root mixture in dressing until well-coated. Serves 6.

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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 many experiences of picking wild flowers for the tables and serving special foods were very delightful. One day a family from Dubuque was seated at my table.

Natures beauty with its peace will never be forgotten.

While at Glacier Park an unexpected venture engulfed Jean and me this cool morning as we were taken to Canada by an overnight visitor at the park. We had a friend, Pat, who lived there and took us to all the high spots he thought worth while.

About five o'clock in the afternoon Pat informed us that we could not cross back into the United States after dusk. We were successful in getting a ride with an Indian going our way. He had a large car but as we got in we discovered that the hind seat was accommodating about twelve sick kittens. We had to stand in two pans of liver and hold tight to the front seats as we sped along.

After about an hour of travel he turned into a lane and said, "This is as far as I go." We started to walk realizing there was little traffic. It became dark but the moon gave us enough light to keep us on the road.

It was hot, we were so thirsty, and finally we came to a small cabin with a pump beside it. We started to pump for water

when a window upstairs was raised by an old man that said, "What in hell are you two doing out there? Just yesterday a bear killed an Indian just over the hill. I will throw a mattress out of the window and you two get under it, not on top of it. Stay there until morning." That is just what we did. Neither one of us slept a wink. At daylight, he came out with toast and coffee for us. He directed us on our way with all the good wishes and warnings of the dangers in these parts.

Lucky for us a one-seated coupe with a father, mother and two children stopped to inquire if they could be of help. They were going to Glacier Park and would be willing to have us ride on the running board if we would sign a paper if we were injured they would not be responsible.

Every half hour they would stop so we could walk a little and rest our aching arms. By noon the sun was so hot and we were so sun and wind burned, we welcomed the sight of our hotel at Glacier Park.

We got a prodigal son welcome, as the authorities were ready to report us missing. The whites of my eyes were sunburned but we were happy to know they would heal with treatment. We termed this as a foolish venture.



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Trivia test by Fifi Rodriguez

- Language:** What does the verb "bibble" mean?
- Famous Quotes:** Who once said, "Humor is just another defense against the universe."
- Movies:** Which Charlton Heston movie used more than 1 million props?
- General Knowledge:** About how long is the Iditarod Trail sled dog race?
- Ad Slogans:** What advertiser urged consumers to "Say it with flowers"?
- Anatomy:** Of the 206 bones in the adult body, about one-fourth are located where?
- Literature:** Which book

written by Charles Dickens features a young boy named Pip?

- 8. Music:** What was Paul Simon's first solo to hit the Top 10?
- 9. Mythology:** Who was Hippolyta in Greek mythology?
- 10. Food & Drink:** What kind of fruit is the liqueur Chambord made from?

Answers

1. To drink often or much
2. Mel Brooks
3. "Ben-Hur"
4. More than 1,000 miles
5. FTD
6. In the feet
7. "Great Expectations"
8. "Mother and Child Reunion"
9. Queen of the Amazons
10. Raspberry



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

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Hills And Dales Lifetime Center (AARP)
Feb 4–April 15, Tues–Fri (9 a.m.–3 p.m.)
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Or @ 563-588-3980
3505 Stoneman Rd, Dubuque IA

Operation: New View, Maquoketa
Feb 4, 11, 18, 25, & March 4
(5 p.m.–9 p.m.)
Make An Appt. @ 563-652-5197
904 East-Quarry St, Maquoketa IA

Operation: New View, Manchester
Feb 5, 12, 19, 26, & March 5
(5 p.m.–9 p.m.)
Make An Appt. @ 563-927-4629
721 South 5th St., Suite B, Manchester IA

NICC, Peosta
March 11, 18, & 25 (3:30 p.m.–8 p.m.)
Make An Appt. @ 563-556-5130 Ex 14
8342 NICC Dr., Peosta IA

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Feb 3– April 15, Mon–Fri
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Any Questions???
Call Amanda @ 563-556-5130 x14

What to bring:

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

“London Fog? from the Galena Daily Courier of March 1, 1861. Such a fog as we have had today is of seldom occurrence. People fifteen feet off are almost undistinguishable; dogs run about at random, and women stay in-doors. Whether or not this is an English invasion? We are unable to tell.

**Iown Senior Medicare Patrol
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Protect Yourself from Medicaid Fraud and Scams

If you are covered by Medicaid health benefits, keep your eyes and ears open for scams that might affect your benefits. The Iowa Department of Human Services (DHS) has this advice:

- “If a person approaches you and offers you free services, medical equipment, or money for your Medicaid number, just walk away and report it.”
- “Don’t share your personal information with anyone who says that they are from Medicaid and ask for payment over the phone.”
- “Don’t share your information with anyone who comes to your home unexpected, wanting to sell something and says they would need your Medicaid number.”

In their fall, 2013, “Iowa Medicaid Member Quarterly Newsletter” DHS says if you want to review what claims have been paid under your Medicaid number, you can request a report of claims by calling Member Services at 1-800-338-8366. (In Des Moines call 515-256-4606.) If your Medicaid card is lost or stolen, you should call that same number immediately. If you suspect someone may be attempting to commit Medicaid fraud using your ID number, call the Medicaid fraud hotline at 1-800-831-1394.

The New “One Ring” Cell Phone Scam

The Better Business Bureau and the Federal Trade Commission just issued urgent warnings about the latest scam racing across the country. It begins with a call to your cell phone from a number you don’t recognize. You don’t have time to answer because they hang up after one ring. Naturally, you’ll be curious about who tried to reach you and wonder if it was an important call. At this point, you should protect yourself by not returning the call! The scam starts when you dial the number. You’ll get billed for an international call at about \$20 PLUS \$9 per minute that you stay on the call. The scammer gets you to stay on the line by playing recorded music or advertising.

The Federal Trade Commission’s (FTC) Internet article, “One-Ring Cell Phone Scam can Ding your Wallet,” (<http://www.consumer.ftc.gov/blog/one-ring-cell-phone-scam-can-ding-your-wallet>) warns that area codes commonly displayed on these calls are from 268, 284, 473, 664, 649, 767, 809, 829, 849 and 876. If you’re a victim of this scam, contact your cell phone carrier immediately, keep a close watch on your monthly statements.

**BIBLE TRIVIA
by Wilson Casey**

(c) 2014 King Features Synd., Inc.

1. Is the Song of Solomon in the Old or New Testament or neither?
2. What Canaanite commander did Jael kill by driving a tent peg through his head? Sisera, Joash, Ishmael, Pekah
3. In 1 Kings 3, who solved a custody dispute by proposing a child to be cut in half? Samuel, David, Solomon, Iddo
4. What Persian queen refused

to display her beauty at the court of King Ahasuerus? Esther, Abigail, Deborah, Vashti
5. The daughters of Jerusalem said they will make borders of gold with studs of “what”? Salt, Silver, Souls, Sins
6. How many suicides are recorded in the Bible (KJV)? Zero, 1, 7, 19

ANSWERS

- 1) Old
- 2) Sisera
- 3) Solomon
- 4) Vashti
- 5) Silver
- 6) 7

MISTER BREGER By Dave Breger



“Couldn’t get a rope but I DID get you these cough drops . . . !”



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From The Batt Cave

Al Batt
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71622 325 St., Hartland, MN 56042

Predictions for 2014

My doorbell rings.

I open the door and a robed visitor accompanied by sitar music walks in. It's the renowned mystic from the Far East (the eastern part of the Township), the fabled soothsayer, the seventh son of the seventh son, the oracle from just down the road; Swami Davis, Jr. stops by to give me his predictions for 2014. He knows little, but suspects a lot. He excels at predicting everything but the future.

The Swami has been indwelt by a spirit of divination, a muse of unearthly clairvoyance. The Swami sees all, knows all, and reveals all to those who proffer tribute. A savant of such gifts that within his psyche lie the limits of human understanding. As a fearless, feckless, and foolish seer, he is without peer. Even though unreasonable zoning laws that discourage the ancient Roman practice of haruspicy (divining the future by examining the entrails of recently slaughtered beasts) hamper him, you can take his predictions to the bank. They will provide records for use during your bankruptcy proceedings. Many have called him a bum seer and a purveyor of impaired prognostications, but at least one person (his mother) has called him "uncannily accurate." Swami Davis, Jr. is a reader of palms and tea leaves—he takes an orange pekoe at the future. Reading tea leaves is difficult. There is no plot or character development. His crystal ball (purchased at a rummage sale at Bowling Elaine's) is back from the shop after having its foreteller replaced.

"Swami Davis, Jr., who illuminates the dark corners of our culture, whose knowledge is beyond compare. By contrast, Nostradamus is nothing more than a flawed speculator. Oh, wise Swami, thou vessel of infinite wisdom, who is omniscient, omnipotent, and omnipresent, tell me, your humble implorer, what the future holds," I entreat, knowing that most of my future lies ahead. I am atwitter with anticipation.

Swami Davis, Jr. is a cowboy who rounds up predictions. He sees into the future by turning his car's rearview mirror around. Here are his bold predictions for 2014.

A small town will be sold for parts.

Taxes will skyrocket after

the members of Congress begin working on commission.

It will be proven that you are part of the problem.

The discovery of a three-foot-long toenail clipper will initiate a search for Bigfoot in the county.

In an incredible turn of events, a man will do something without having his photo taken.

All cars will be equipped with an exhaust that emits red smoke anytime they exceed the speed limit by over 10 miles an hour.

A tearful Joe Mauer will admit to having used lutefisk.

The Nobel Prize Committee will win the Nobel Prize for giving Nobel Prizes.

A Minnesota Twin will come out and admit that he is not very good at baseball.

Penguins will protest being on no-fly list.

The State will eliminate food inspectors at the State Fair. No one will care. People who eat all their meals deep-fried on a stick don't care about their health.

Reality TV shows will continue to be wildly out of touch with reality.

No cure will be found for the common cold or Congress.

The 4th of July parade will be moved to May 4 so that it wouldn't interfere with Christmas shopping.

The Minnesota Vikings will hold a lottery, the loser of which will become their starting quarterback.

Airlines will begin charging passengers for time spent waiting in airports.

A local man will win a national pro thumb wrestling championship. He will credit his success to doing all his homework on a cellphone.

Life will be discovered on Mars thanks to a Starbucks opening there.

In the tradition of the mood ring, cars will change colors according to the moods of the drivers.

Two ag economists will agree. They will be wrong.

In NFL news, there will once again be no groin pulls that are not painful.

Lady Gaga will go gaga for truck repair and will land a gig as a diesel mechanic.

A fast food restaurant will begin serving beet sandwiches. That restaurant will fail.

Red states and blue states will have purple populations.

There will be weather every day.

The Vikings will win the Super Bowl. No, they won't. The Swami threw that in just to make sure you were paying attention. Sorry.

In an uncertain world, the Swami brings more uncertainty to light.

What went around will come around. Tomorrow will be another day—probably last Tuesday.

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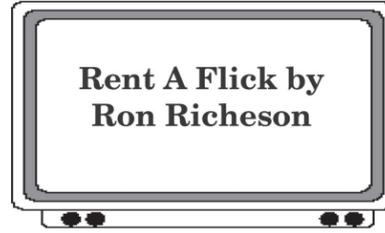
Clover Ridge Place is a beautiful home. The staff is so wonderful and takes good care of me.

— Ruth Hainstock resident at Clover Ridge Place.

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Rent A Flick by
Ron Richeson

Collateral

It only takes *Collateral* (2004) a few minutes of runtime and we know that we are in Michael Mann's world and the A-list director has us in his grip.

Jamie Foxx is Max, a cab driver in LA whose evening begins like every other. Tom Cruise plays Vincent, a businessman in town for one night to check on several real estate deals. Although it's against regulations, Max accepts \$600 to be Vincent's personal chauffeur during his brief stay, a decision that Max will soon regret. When the first body comes crashing down onto Max's cab from a second-story apartment building, reality quickly sets in. Vincent is a contract assassin and the killing has just begun.

Cruise, in one of his finest performances ever, has never portrayed such an icy demeanor. It's not what Vincent believes in that makes him so menacing; Vincent is menacing because he believes in nothing at all.

Mann's striking aerial shots and close-up visuals of the cat-and-mouse exchange inside the cab sets the tone, transforming the glimmering Los Angeles into an urban jungle. And on this night in the city named "The Angels," Vincent the hunter is on the prowl.

Max is a person who was at the wrong place at the wrong time. Before the sun comes up in the morning, Vincent will be too.

This film is rated R for scenes of violence and is available via Netflix mail order.

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Radio From The 20th Century

by Bill Zwack



"Jeff Regan, Investigator," began as a CBS summer series in 1948, and is notable mainly as a Jack Webb vehicle. Webb had a couple of seasons of hardboiled dramas behind him as "Pat Knovak" and "Johnny Madero," and here he played the same kind of tough private gumshoe. "My name's Jeff Regan. I get ten a day and expenses from a detective bureau run by a guy named Lyon-Anthony J. Lyon. They call me the Lyons Eye." A bit corny, but there you have it. As Regan, Webb constantly referred to his boss (Wilms Merbert) as "The Lion." The show was written by E. Jack Neuman. Sterling Tracy produced, and organ music was by Dick Aurandt.

Webb played the role in 1949, when he left for "Dragnet" and much bigger things. "Jeff Regan" continued into 1950 with Frank Graham in the title role and Frank Nelson as the Lion. William Froug and William Fifield were the writ-

ers in the Graham period. With the departure of both Webb and Neuman, the Regan character underwent a drastic change. The chip on the shoulder attitude disappeared, and Regan became a staunch champion of the underdog.

"Johnny Madero Pier 23" another Webb series ran Thursday nights on Mutual between April 24 and September 4, 1947. It is notable as Jack Webb's first significant appearance with his now famous staccato style, and has direct ties to Webb's other hard boil role, "Pat Novak For Hire." Madero and Novak were both a light year away from the Webb characterization that would emerge as Joe Friday on "Dragnet."

When listening to "The Big Broadcast" on AM 1370 KDTH on Sunday nights from 6 to midnight, you will no doubt experience the Jack Webb style of tough private detective, or sometimes a very compassionate police detective.

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**An Iowa Legend
Dan Gable
(1948---**)

Most slight high school students wouldn't dream of becoming a world-class athlete, an Olympic gold medalist, and a living legend of a sport they dominated. Most high school students aren't Waterloo's Dan Gable.

Sports always seemed to come easy for Dan. In grade school Dan was a pretty fair Little League baseball player. In junior high he quarterbacked an undefeated football team; then he won a state swimming championship. Yet, upon entering high school, he faced the same decision every athletic youngster encounters. The question is simple: Which sports shall I concentrate on?

Dan's answer was cerebral; it was to be wrestling. He knew that it's tough for a small man to compete in many sports, but wrestling is weighted by class. He knew in wrestling he would always compete against men his size.

With the choice made, Dan entered training in earnest on the new barbell set his dad had given him for his 13th birthday. The race was on. After three decades of training, Dan has never quit. He can't. He doesn't know how. He says the reason is clear, "I don't have the words 'quit' and 'give up' in my vocabulary!"

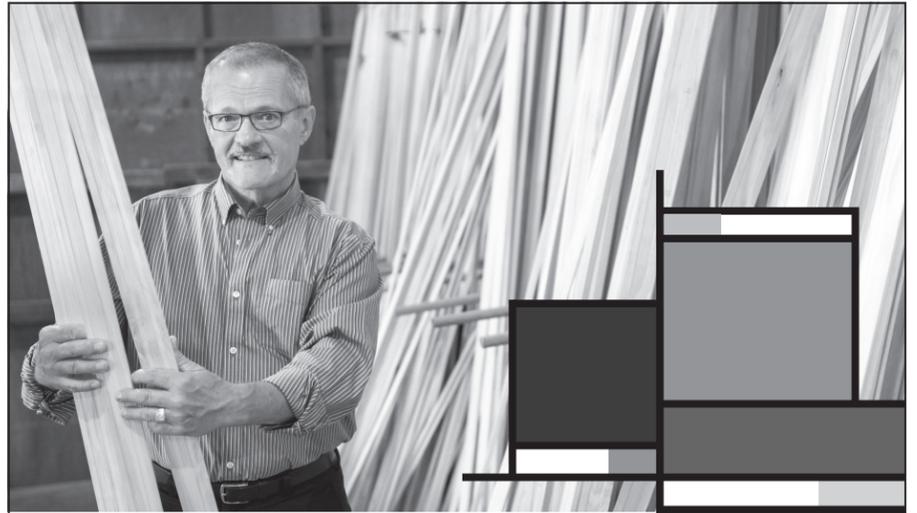
The record bears out this singleness of purpose. Winning 364 wrestling matches, the vast majority being pins, against two defeats is a record difficult to imagine. On his way to the Olympic Gold Medal, Dan didn't surrender a single point.

After the Olympics Dan joined the UI wrestling program, becoming head coach four years later. The program has never been the same, for Dan has done with his team what he did for himself—and that is amass an unequaled array of wins.

Whether one considers his record in the NCAA Championships, the Big Ten Championships, the number of All-Americans, number of Olympic qualifiers, or number of Olympic wrestling champions, Dan's records surpass an armchair athlete's understanding.

Dan's enthusiasm goes to the core of his being. At the Munich Olympics he was so fired up that officials administered several drug tests, just to "see if his spunk was real!"

Dan was born October 1948, Waterloo, Iowa. He has had many honors: Olympic Gold Medal, wrestling, 1972 Summer Olympics, without surrendering a single point to his opponents. Through high school and college a wrestling record of 182-1. He was undefeated in 64 prep matches. In college his record was 118-1.



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DuRide Drives to Record Year

A total of 10,603 rides were provided to members in 2013.

Growth has averaged over 30% per year, and is expected to continue.

In its 5th year of existence, DuRide has experienced continued growth and for the first time, provided over 10,000 rides to members.

DuRide is a non profit organization based in Dubuque, and its mission is to "get seniors where they want to go" by matching members ages 65 and over who can no longer drive with volunteers who provide rides door to door.

There are currently 228 members of DuRide, and they are served by 150 volunteers.

Volunteers use their own cars to provide transportation for the members, and service is available 7 days-a-week. Destinations are as varied as members, ranging from social outings, medical appointments, church services, volunteer and paid jobs plus family activities.

Members wishing to arrange a ride contact DuRide,



GETTING SENIORS WHERE THEY WANT TO GO.

who in turn contacts volunteers, listing the rides requested. Volunteers then select which rides fit their schedule.

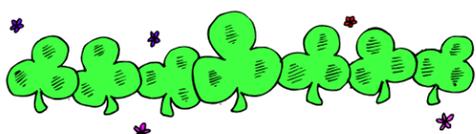
Volunteers are as varied as members, ranging from 24 to over 75. Some provide a few rides a month, while others offer several a week. DuRide will fit everyone's schedule.

Volunteers Are Needed!

Currently DuRide has the largest waiting list ever, but more volunteers are needed before more members can be enrolled.

Volunteers must be age 21 or older and have a reliable car, a valid license and proof of insurance that meets required minimums. A criminal and driving record background check is done, and new volunteers must attend an orientation.

For more information about volunteering or membership, call 451-4999 or visit the **web site at www.duride.org**.



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Unauthorized Cellular Phone Bill Charges: Cramming

If a mysterious unauthorized charge appears on your wireless phone bill—like a monthly horoscope, a “premium service” or membership—you may have been “crammed.”

According to the Federal Trade Commission (FTC), cramming occurs when a company adds a charge to your landline or wireless phone bill for a service you didn't order, agree to, or use. For years, landline users have filed complaints about cramming. More recently, wireless phone users have reported relatively small charges appearing on monthly cell phone bills—often from under a dollar to under \$10—for services that they didn't order. They may be one-time charges or monthly fees.

Protect Yourself from Cramming.

- Check your monthly wireless phone bill. Spending just a little time checking your monthly bill, line-by-line, is the very best way to protect yourself from cramming. If you pay through automatic billing, it's even more important to look over your wireless phone bill.
- Look for unauthorized charges. Look for third party charges that you didn't authorize and charges that appear to be unusual or have vague titles. For example, look for “membership” fees, unusual “service” or “voice mail” fees, charges through a 900 number, or even charges for entertainment services or horoscopes.
- Call your wireless carrier if you're unsure about a charge—even a small one. Your wireless carrier should be able to

explain all charges on your bill, whether it's their charge or from a third party.

- Ask your carrier about blocking third-party charges. See if your carrier offers blocking options.
- Dispute unauthorized charges. If you detect an unauthorized charge, notify your carrier. Follow up with an email or certified letter, and save a copy of the complaint and certified letter receipt for your records.
- Avoid providing your wireless number in exchange for “freebies.” Crammers may lure unsuspecting consumers through websites that promise freebies. When consumers provide their cell phone number, they may unwittingly sign up for a monthly membership or subscription fee. Avoid providing your cell phone number to online giveaways, sweepstakes, contest entries, and surveys. If you do provide your number, be sure you're familiar with the company collecting the information.
- Unsolicited text messages can lead to unauthorized charges. Unsolicited or “spam” text messages, which could be associated with contests, sweepstakes, ringtones, or other services, generally urge the recipient to reply—and sometimes even direct the recipient to reply with the word “stop” to avoid incurring monthly charges. Before attempting to stop the messages through replying, call your wireless carrier to verify that doing so will actually stop the texts and any associated crammed charges.
- Avoid calls to “toll-free” entertainment lines. Many of these numbers may transfer your call to a 900- number, which will result in charges to your phone bill. The call could also result in your automatic enrollment in a monthly “membership” charged to your phone bill.
- Crammers can also sneak in through downloads, apps and clicked ads. The beautiful free smartphone background picture, the fun free app you can download, and some clicked advertisements may result in unauthorized charges. A company may disclose the charges, but it's often buried in fine print that few people read or understand.

To file a complaint or for more information, contact the Iowa Attorney General's Consumer Protection Division, Hoover Bldg., Des Moines, IA 50319. Call 515-281-5926, or (toll-free) 888-777-4590. The website is: www.IowaAttorneyGeneral.gov.

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It's Movie Time



by
Paula J. Giese



Lone Survivor: This film is based on a true story, about Marcus Luttrells' first-person account of a 2005 Seal operation in Afghanistan. Mark Wahlberg plays Luttrell. The film also stars Ben Foster, Taylor Kitsch, Emile Hirsch, and Eric Bana. Wahlberg, Foster, Kitsch, and Hirsch are sent to kill a senior Taliban commander responsible for murdering marines. It was called Operation Red Wings. Once the fighting starts, it is non-stop gunfire between the Seals and the Afghan's. The Seals are constantly throwing themselves over cliffs and take one heck of a beating. This is a very good movie if the torture these Seals endure don't make you queasy. ****

August: Osage County: This movie is about a very dysfunctional family. Just when you think no more skeletons can come out of the closet, they come out of the woodwork. Meryl Streep portrays a mother who has cancer. Sam Shepherd plays her husband. Julia Roberts, Julianne Nicholson, and Juliette Lewis play her daughters. Also starring in this film is Ewan McGregor, Abigail Breslin, Chris Cooper, and Margo Martindale. During the summer, when the movie took place, it was very hot. I thought the film was all right and had some great acting. ***

Dallas Buyers Club: Matthew McConaughey definitely deserves an Oscar for his performance in this movie. He was fabulous. He lost a lot of weight in order to play an Aids patient. The movie takes place during the early days of the Aids epidemic. He only has a month to live but he decides to go to Mexico and get the drugs he needs in order to survive. He ends up getting large quantities of drugs and vitamins and starts a club where member's pay \$400 a month for their supply. He's pretty much always in trouble with the DEA but he still proceeds to help himself and other Aids patients. Jared Lento is great as his partner and Jennifer Garner plays his doctor. ****

Nebraska: Bruce Dern plays a Missouri father who's convinced he has won a million dollar magazine sweepstakes. He is an older man who is usually confused. He has two sons and he won't believe either of them that he really hasn't won any money. His one son, Will Forte, decides to take off work and drive his father to Nebraska to claim his winnings. They stop along the way to visit relatives. The movie is in black and white and I thought it was a very touching film about father and son on a journey together. ***1/2

Ride Along: I was hoping this movie was going to be better than it was. It's about Kevin Hart wanting to marry his girlfriend but ends the approval of her policeman brother Ice Cube. Hart plays an Atlanta security guard who has plans to go to the police academy. Ice Cube decides to give Hart a chance by having him ride along with him while he's working. Most of the day is spent on made-up police scenarios. After Hart finds this out he's none too pleased. All of a sudden a real bad guy comes into the picture. The film could have been funnier but it was watchable. **

Philomena: This is based on a 2009 investigative book by BBC correspondent Martin Sixsmith (Steve Coogan). He is asked by an elderly woman (Judi Dench) to find her lost child that was taken away from her. Philomena Lee (Dench) conceived a child out of wedlock and sent to live with the nuns. Shortly after a difficult birth the nuns sell her son to a couple in the United States. She was forced to sign the baby away but doesn't have any idea where he went. A journalist (Coogan) helps her find the truth out about her 50 yr. old son. They travel to Washington D.C. and the pieces of the puzzle start to fall in place. It is definitely not a happy film but it is a true story. Judi Dench is fabulous like usual. ****



My Ratings are:

Excellent : ***** Good: ****
OK: *** Poor: ** Terrible: *

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by Jeff Pickering



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Dollars and sense

by David Uffington

Debit Card Safety

The recent disclosure that millions of credit- and debit-card holders had their information stolen has gone from bad to much, much worse, with millions more accounts compromised. Of the two, credit versus debit, it's the debit-card holders who are most at risk.

Debit cards are tied directly to your bank account, and your money can vanish. What will you do while all the facts are being uncovered and the fraud revealed? In the event of a large credit/debit-card grab, such as we've just witnessed, your situation might not be sorted out for months. By law the bank has to investigate within 10 business days, but what happens if your vehicle or mortgage check tries to clear during that time and your account has been emptied?

If you still want a debit card (to save the interest charges on a credit card), there are a few places where a debit card should not be used:

- At a gas pump. Go inside to complete the transaction, but remember that the bank will put a hold on your funds for longer than you expect.
- Online. Too many things can

go wrong, especially if you're on WiFi or if the company's security isn't strong.

- Monthly payments of any kind. You lose control over when and if the payment is made.
- Any ATM location that's not out in public. An out-of-the-way spot is more likely to have been tampered with.
- New businesses. Let others be the first customers until all the bugs are worked out in their security. Add to this list small businesses, carryout establishments and restaurants.
- Making large purchases. You won't have the protection of a credit-card company if something is wrong with what you buy.
- A down payment on any item. The balance can be taken at the wrong time.

Do you see the pattern here? The advice is to not use debit cards, at least not until the financial world has managed to make our transactions completely secure. (That's not going to happen until we start using the microchip-based cards as they do in other countries.) If you object to paying the interest on a credit card, have the money ready to send the minute your statement arrives, or even sooner.

Or open a second account to be used with your debit card and keep limited funds in it. If the information is compromised and the money taken, the damage will be smaller.



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Sunset Park Place Fitness Program Shows Triple Digit Improvement

WOW! That best describes the progress Sunset Park Place residents have made participating in the Live 2B Healthy Senior Fitness Program. The latest numbers from our six month assessment show not only double digit improvement but – triple digit improvements!

The biggest area of improvement on an average of those participating in the program was in the Chest Press where residents improved 349%. Residents also improved their arm curls by 184%. Also impressive was the increase in balance by 56% and the step test improved by 35%. Those numbers are the average of our group of residents that exercise.

There were some pretty outstanding individual numbers too! For example, townhome resident, Lila K. had the biggest increase in an area – 688% in her Chest Press!

Chris Pipkin from Live 2B Healthy says that the achievements are even more remarkable given that the average age of the participants is 87 years



old. Sunset Life Enrichment Coordinator, Shelly Gessner says, "I was impressed with how much improvement I could see in general range of motion with many residents, heard many comments on how much better they felt, and was blown away with our assessments after 4 months of the Live 2B Healthy program!" Gessner says she gives a lot of credit to Maria our Personal Trainer for conducting a great class and that she challenges the residents and also makes accommodations to individualize the work out for each person.

Attendance in the class continues to boom. The class is held Monday, Wednesday and Fridays at 10 a.m. at Sunset Park Place.

Sunset Park Place, located in Dubuque, Iowa, is a state-certified assisted living community offering assisted living and independent living options, dementia care and town homes.



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Did You Know? Pigs can cover a mile in about 7 1/2 minutes when running at top speed.



ANTIQUES & COLLECTING

by Larry Cox



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Q: I have a "Mammy" cookie jar marked McCoy. I paid \$300 for it at a yard sale, and I was told it is from the 1940s. It is 10 inches high and in almost perfect condition.

A: You purchased a reproduction. An authentic Mammy Cookie Jar from McCoy is a full 11 inches high. Even if it had been an old one, you nevertheless overpaid. Authentic Mammy jars generally sell in the \$150 to \$250 range depending on condition.

Q: I have several dozen View-Master reels that I acquired during the 1950s. Are they worth keeping?

A: There is an excellent reference that should be helpful for you to determine values: "Stereo Views: An Illustrated History and Price Guide" by John Waldsmith and published by Krause Books. Most of the View-Master reels I've spotted in area shops and antique malls have been priced in the \$2 to \$5 range. As I often mention in this column, there are exceptions to every rule. For example, a

package of 15 reels featuring views of the 1939 New York World's Fair recently sold at auction for \$175.

Q: I began collecting glass insulators about 40 years ago, and I have managed to gather about 200 different ones. Is there a reference so I can begin determining values? -- Stan, Longmont, Colo.

A: One of the better references is "Insulators: North American Glass Insulators Price Guide" by Donald R. Briel. Briel has more than 600 in his personal collection and is considered an expert in this field of collecting. You can purchase his book at Amazon.com. A group for collectors is the National Insulators Association. Contact is www.NIA.org.

Q: I have a movie projector from the 1960s, along with a screen and a few movies. Can you put me in touch with someone who can evaluate these items for me, since I want to sell them?

A: You left several key facts out of your letter. For example, what is the brand name of your projector, and does it show 8mm or 16mm films? If it is an 8mm projector, it is probably worth less than \$50.

Living Without My Car

Part Five — Betty Allen

Well, it's almost 9 months since I've driven my car. It's been quite a journey!

Now that I'm no longer a part of a "driving" community, I since find myself in a new group, for lack of a better word, I refer to it as my "Transportation Community." Each day when I leave my home I look forward to seeing who will pick me up. It's always a surprise. Will it be a person whom I have yet to meet or someone I have ridden with before? Whoever it is, I'm grateful for their support.

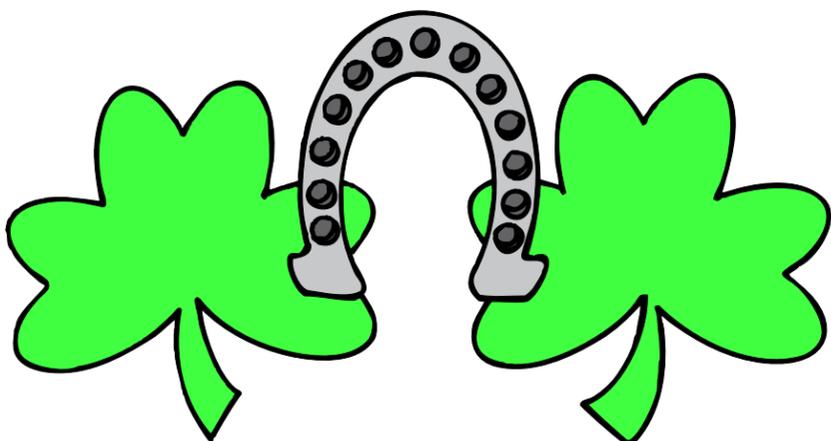
In my former articles, I've shared my experiences with the Jule fixed route bus, the Jule Mini Bus and DuRide. Which I use quite often. But I must say, the most surprising and heartfelt "transportation" I have experienced has been from my family, friends and neighbors. Their voluntary offers to pick

me up include:

- A ride to the Mall
- To the grocery store
- To church and back
- Music in the Garden
- The movies
- The bank
- Out for lunch wakes & weddings Etc.

At first I was reluctant to accept their kindnesses. I kept thinking, how will I ever pay them back. Now with a dose of humility, I accept with a deep sense of gratitude. Since giving up my car, my favorite words are "thank you." Thank you does not begin to cover the gratitude I feel towards each and everyone of you who have blessed my life.

My purpose in writing these articles was to encourage any of you who are "thinking" of giving up your car. It is a big change, but there will be many blessings along the way. Just think, we in the transportation community are waiting for you to join us.



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Memories Passed On

(As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

The Squirrel, My Grandmother, and Me

I was maybe about five when this took place. Grandpa remembers what happened just barely, so it had to be at a very early age. It is very common to see a lot of squirrels scampering on Alverno's scenic grounds and they suddenly brought to mind this memory. It's about a squirrel, your great, great grandmother and me.

Grandpa's backyard had two walnut trees. Every August, when the nuts fell (or were shaken) from these trees, your great grandpa would peel away the outside green shells and lay out these walnuts to dry in his shop. Each fall I remember seeing my dad's hands darkly stained from shelling walnuts. In late summer there would always be a few walnuts on the ground my dad had missed and they attracted squirrels. Maury, these squirrels would pick up the walnuts with their jaws, run away real fast and bury them in a garden, or other hiding place, for their food supply during the coming winter!

One day my grandma was sitting on our back porch swing while I was playing in our backyard when both of us noticed a squirrel moving slowly in my direction. His objective was a walnut about ten feet from me but he was very cautious. I can still remember my grandma placing her finger over her mouth as a signal to be very quiet and not to move. After several minutes, during which he continually watched me while edging closer, he suddenly grabbed the nut and took off! Seeing this, I must have wanted to know if a squir-



Jerry Eberhardt with grandson, Maury Cohn

rel would take a nut from my hand because I remember my grandma sitting on the porch swing while she had me sit on the lawn every day for about a week. Each day we'd place a walnut on the lawn for this squirrel, and each day we also shortened the distance between the nut and me. As soon as he'd appear we both were silent and didn't move. Each day he'd cautiously go for the walnut while always watching me. It seemed, Maury, his confidence and faith in us grew daily.

Then, a day after this squirrel had taken a nut less than a yard from me, my grandma had me hold a nut in my hand. And sure enough we again saw "our friend!" I remember holding the walnut in my outstretched hand as he watched me all the time. He, again, approached very slowly, more cautious than ever. He'd take a few steps, then stop. He'd do this over and over, all the while staring at me until he finally got the courage to come so close that I could touch him. Then, I remember holding the walnut with the edge of my fingers when he suddenly jumped, grabbed it "cleanly" with his mouth and was off!

Maury, hope you enjoyed this. Much love, Grandpa.

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Understanding Friendship

(NAPSA)-A heartwarming story of friendship that teaches children about love and acceptance has been created by Paul Harvey, Jr., author, playwright, pianist, composer, award-winning journalist, National Radio Hall of Fame inductee, and the son of legendary radio and television broadcaster Paul Harvey.

His first children's book, "E: A Tale for Everybody," with illustrations by Bryan C. Butler, is a charming and unusual story that introduces Sara, a precocious and curious cicada faced with the anxious reality of so much to learn and do and so little time to do it in (cicadas emerge every 17 years but live for only about 40 days).

Determined to discover meaning in her life and to make the most of the time she has, Sara becomes enamored of a human boy named Sam who

Friendship cont. P. 31



Sports Comment

by Gary Dolphin

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

From Where I Sit

Last Saturday's loss in Iowa City to Wisconsin pushed Iowa basketball into 4th place in the Big Ten standings with the Badgers now in 3rd. Both are chasing first place Michigan and 2nd place Michigan State but equally important for the Hawkeyes is to protect that 4th place slot which would ensure a first round bye at the Big Tourney in Indianapolis in three weeks. Iowa after playing just two games in two weeks will now play three games in six days beginning with Minnesota Tuesday night in Minneapolis.

After that the Hawks have a make up game at Indiana Thursday and then a home date with Purdue Sunday afternoon. Of their five remaining games, the Hawkeyes realistically have a chance to win four of them. A road date against Michigan State in early March is the only game Iowa won't be favored in.

That said the defense has to be more consistent. Iowa has been the highest scoring team in the league all year. It's getting stops in key moments that has been it's achilles heel. There were nine lead changes

in the Wisconsin game and most of those occurred in the final five minutes. Iowa led by one with 40 seconds remaining but couldn't stop Frank Kaminsky on a drive to the basket. The Badgers then got a stop and a take away on Iowa and that was it. The Badgers have been to post season in every one of Coach Bo Ryan's twelve seasons at the helm. Never has Wisconsin finished worse than 4th in the Big Ten under Ryan the former UW Platteville mentor.

Wisconsin does it with it crisp offense, solid defense, discipline and toughness. The Hawkeyes hope to find a little of each the remaining two weeks of the regular season and on into the Ncaa tourney. It would be Iowa's first trip to the dance since 2006.

The pieces are in place. The Hawks have an all conference first team player in Devyn Marble, size in seven footer Adam Woodbury and 6'10 Gabe Olasheni, solid wings in Aaron White and Mel Basabe and a tough point guard in Mike Gesell. Iowa needs to attack at the defensive end like it does on offense.

Friendship from P. 30

soon grows fond of her as well. Friends and family of both, however, seem to disapprove. Teachers and parents can use the book as a teaching tool to help kids learn about friendships; and how to respect and

embrace those who are different from themselves. For more information or to order a copy, go to Amazon.com and type Paul Harvey, Jr.; A Tale for Everybody in the search tool.

SPORTS QUIZ By Chris Richcreek

1. In 2012, Miguel Cabrera became the first Tiger to have five consecutive years of 30 or more home runs. Which two Detroit players had four such seasons?
2. True or false: Hall of Fame shortstop Honus Wagner also was a major-league manager.
3. What was the first college football bowl game to feature teams ranked No. 1 and No. 2?
4. When was the last time before 2013 that the New York Knicks won an NBA playoff series?
5. Of the top five NHL players in career short-handed goals, four are members of the Hockey Hall of Fame. Who is not?
6. In 2013, Sebastian Vettel became the first driver in Formula One history to have

nine successive victories in one year. Who held the old mark?
7. Entering 2014, who was the last American male to win a Grand Slam singles title?

Answers

1. Hank Greenberg and Cecil Fielder.
2. True. He was 1-4 in five games for Pittsburgh in 1917.
3. In the 1962 season, No. 1 Southern Cal faced No. 2 Wisconsin in the Rose Bowl. 4. It was 2000.
5. Butch Goring, who is fifth on the list with 40 short-handed goals.
6. Michael Schumacher won seven consecutive races in 2004.
7. Andy Roddick won the U.S. Open in 2003.

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4 cups diced raw potatoes
 3 cups sliced carrots
 2 cups chopped celery
 1 cup chopped onion
 1 (2-pound) lean beef rump roast
 1 (12-ounce) jar fat-free beef gravy
 1 teaspoon dried parsley flakes
 1/8 teaspoon black pepper

Spray a slow-cooker container with butter-flavored cooking spray. Evenly layer potatoes, carrots, celery and onion in prepared container. Arrange roast over vegetables.

In a small bowl, combine gravy, parsley flakes and black pepper. Evenly spoon gravy mixture over top. Cover and cook on LOW for 8 to 10 hours. Just before serving, cut roast into 8 pieces. Makes 8 servings (1 piece roast and 1 cup vegetable mixture).

- Each serving equals: 259 calories, 7g fat, 27g protein, 22g carb., 549mg sodium, 3mg fiber; Diabetic Exchanges: 3 Meat, 1 Starch, 1 Vegetable.



Pamela Shaw,
 Social Security District Manager,
 Dubuque, Iowa





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ARE YOUR SOCIAL SECURITY BENEFITS TAXABLE?

If you've recently begun receiving Social Security benefits or plan to apply in the near future, you may be wondering this tax season: are Social Security benefits taxable?

The short answer is: sometimes.

Some people have to pay federal income taxes on their Social Security benefits. This usually happens only if you have other substantial income (such as wages, self-employment, interest, dividends and other taxable income that must be reported on your tax return) in addition to your Social Security benefits.

There is never a case when a person pays tax on more than 85 percent of his or her Social Security benefits, based on Internal Revenue Service (IRS) rules. Now, let's get down to the numbers.

If you file a federal tax return as an individual and your income is between \$25,000 and \$34,000, you may have to pay income tax on up to 50 percent of your benefits. If your income is more than \$34,000, then up to 85 percent of your benefits may be taxable.

If you are married and you file a joint return, and you and your spouse have a combined income that is between \$32,000 and \$44,000, you may have to pay income tax on up to 50 percent of your benefits. If your combined income is more than \$44,000, then up to 85 percent of your benefits may be taxable.

Note that your "income" for the purpose of determining whether you must pay taxes on some of your Social Security benefits includes your adjusted gross income, your nontaxable interest, and one half of your Social Security benefits.

In January, you should have received a Social Security Benefit Statement showing the amount of benefits you received last year. You can use this statement, or SSA-1099, when completing your federal income tax return to find out whether some of your benefits are subject to federal income tax. If you didn't receive yours, you can request one at www.socialsecurity.gov/1099.

So, are your Social Security benefits taxable? Maybe. To learn more, read page 14 of our booklet, Retirement Benefits, available at www.socialsecurity.gov/pubs or visit www.irs.gov to obtain more detailed information on the subject.

**Ash Wednesday
 March 5,
 2014**



**Moments in Time
The History Channel**

• On Jan. 2, 1811, Timothy Pickering, a Federalist from Massachusetts, becomes the first U.S. senator to be censured when the Senate approves a motion against him. Pickering was accused of violating congressional law by publicly revealing secret documents.

• On Dec. 30, 1862, the U.S.S. Monitor sinks in a storm off Cape Hatteras, N.C. Just nine months earlier, the ship had been part of a revolution in naval warfare when the ironclad dueled to a standstill with the C.S.S. Virginia (Merrimack) -- the first time two ironclads faced each other in a naval engagement.

• On Jan. 5, 1920, the New York Yankees major-league baseball club announces its purchase of the heavy-hitting outfielder George Herman "Babe" Ruth from the Boston Red Sox for the sum of \$125,000. The deal paid off as Ruth went on to smash his own home run record in 1920, hitting 54 homers.

• On Jan. 1, 1946, on the island of Corregidor, in Manila Bay, 20 Japanese soldiers approach a

lone soldier -- literally waving a white flag. The soldiers had been living in an underground tunnel and only discovered that the war was over by reading it in the newspaper.

• On Jan. 3, 1967, Jack Ruby, the Dallas nightclub owner who killed the alleged assassin of President John F. Kennedy, dies of cancer in a Dallas hospital. The Texas Court of Appeals recently had overturned his death sentence for the murder of Lee Harvey Oswald and was scheduled to grant him a new trial.

• On Jan. 4, 1974, President Richard Nixon refuses to hand over tape recordings and documents that had been subpoenaed by the Senate Watergate Committee. Nixon would resign from office in disgrace eight months later.

• On Dec. 31, 1984, Bernhard Goetz, the white man dubbed the "subway vigilante" after he shot four young black men on a New York City subway train, turns himself in at a police station in Concord, N.H. Goetz claimed that the men, all of whom had criminal records, were trying to rob him and that he had acted in self-defense.

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June's Got the Ca\$h

March 15, 2014 at 7 PM

June's Got the Ca\$h was formed by June Carter lead vocalist Jenna Miller in 2008. Ever since the movie "Walk the Line" came out she knew she had to make this dream of hers a reality.

June's Got the Ca\$h is a 5-member ensemble that delivers a beautiful program of hit songs we've all grown to love. June's Got the Ca\$h relives the love story of a lifetime just for your audience! The audience will love getting involved and the band enjoys reaching out to everyone testing their memory from years that have past.

Tickets: \$22(in advance) \$25(at the door)

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



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Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.

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

Remember to send in your photos to our email address for the contest Pictures@TheGoldenViewOnline.com.



Congratulations to this month's online Photo Contest winner, Laurie Helling.

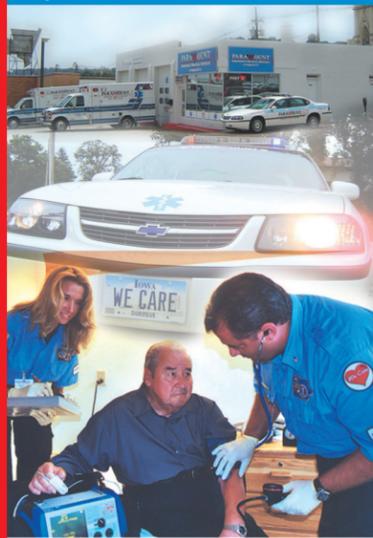
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Have you every purchased a cosmetic item and then never opened it or used it. Well our featured item this week is just that. Back in 1969 our client bought an old lipstick display from a local drug store. The display was for Yardley Lipstick in painted Metal tubes. She has been bringing in a few at a time and they have been selling on eBay for an average of \$85.00 per tube.



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In 2014, Spring Begins with the Vernal Equinox on March 20 at 12:57 P.M. EDT.

Ah, spring! This season brings increasing daylight, warming temperatures, and the rebirth of flora and fauna.

The word equinox is derived from the Latin words meaning "equal night." Days and nights are approximately equal everywhere and the Sun rises and sets due east and west.

Birds are one of the best predictors. There is a weather proverb that states, "Bluebirds are a sign of spring; warm weather and gentle south breezes they bring," and this appears to be true in the northern tier of the

United States. Bluebirds do not come north until all chance of winter has passed and they are assured an ample food supply.

Some of the other signs to look for that spring is indeed here are: the first Robins trying to pull an ample food supply of worms from the ground, the tulips, daffodils and crocuses breaking through the ground, the maple trees are starting to show their buds, as are the magnolia and forsythia bushes.

Unstable weather often occurs during spring, when warm air begins on occasions to invade from lower latitudes, while cold air is still pushing on occasions from the Polar regions. Flooding is also very common this time of year because of snowmelt.



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March 17, 2014 7:30PM



Father Samuel Mazzuchelli: God's Bridge of Love to Many

by Father Don Lange

In 1982 Dubuque's Telegraph Herald sponsored a contest to name the new bridge stretching from Dubuque into Wisconsin. The name receiving the most votes was the Mazzuchelli Bridge. The name finally chosen, however, was the Dubuque-Wisconsin Bridge.

On April 12, 2006 Dubuque Archbishop Jerome G. Hanus announced that the new Holy Family middle school would be named the Mazzuchelli Catholic Middle School.

A stained glass window in Dubuque's Sacred Heart church pictures Father Samuel Mazzuchelli and a carpenter working on St. Raphael's Cathedral.

This reminds viewers that he built and designed 20 churches, organized thirty parishes and built several civic buildings and schools. He also built the church spiritually through his preaching, teaching and good example.

He helped Bishop Matthias Loras organize the Dubuque diocese. He built Galena's St. Michael's church. He visited Menominee where he celebrated Mass in Joachim Lang's home.

He purchased Sinsinawa Mound from George Wallace Jones. There he built St. Thomas College. In 1847 he founded the Sinsinawa Dominican Sisters who established schools and prepared teachers to teach settler's children. Their motherhouse is at Sinsinawa Mound.

He admired America's government, but wasn't afraid to criticize its shortcomings. He protested injustices against Indians and settlers, opposed slavery and condemned the Civil War's bloodshed.

To settlers of many creeds, he was civic leader and friend. In 1850 cholera struck New Diggings, Wisconsin. He buried the dead, comforted survivors and cared for orphans. When fire destroyed Benton's Primitive Methodist church, he sent money to help them rebuild.

In 1836 he was chaplain of Wisconsin's first Territorial Legislature in Belmont. Irish miners affectionately called him "Matthew Kelly."

Many contemporaries considered him a saint. In 1993,



Father Samuel Mazzuchelli

Pope John Paul II declared him "Venerable," the first step towards sainthood.

Father Samuel Mazzuchelli, OP, was remembered on the 150th anniversary of his death. A Mass and other activities were held at St. Patrick Catholic Church, Benton, Wis., Sunday, Feb. 23, 2014.

The house in which Father Mazzuchelli lived, ministered from, and died was open for tours from 12:30 to 1:15 p.m., and many people visited his gravesite throughout the day. Mass was offered at 1:30 p.m., followed by a reception where historical artifacts were displayed and refreshments were served.

Father Mazzuchelli began his ministry in the 1830s with Native Peoples of the upper Midwest, providing education and attempting to right the injustices they faced. Later he traveled farther west to serve the new immigrants while founding parish communities, building schools and churches, serving in civic as well as religious affairs.

Father Mazzuchelli was known throughout the United States. Upon his death Feb. 23, 1864, these words began the heartfelt obituary by Judge Charles Corkery that was published in the San Francisco Monitor and New York's Metropolitan Record, "Another efficient servant of God is gone to receive the reward of eternal life."

Father Mazzuchelli's life and ministry will be commemorated by several events in 2014.

Consumer Advisory by Attorney General Tom Miller
www.IowaAttorneyGeneral.org —515-281-5926

Foreclosure Rescue Scams

When homeowners are at their worst financially, fraudulent foreclosure consultants and scam artists are at their best. These are the so-called experts who aren't your lender, but they seem to have all the answers and promises to save your home. Unfortunately, their answers are wrong, their promises are empty, and their real expertise is in taking your money.

What are they?

Foreclosure rescue scams occur when companies or individuals claim that they can prevent a foreclosure. The scammers may claim—or may even be—lawyers from out of state or Iowa. They may claim they can save your home, refinance or modify your troubled mortgage, eliminate your debts and repair bad credit, and help you "buy more time."

How do they work?

Scam artists advertise through websites, television and radio ads, newspapers, roadside signs, and fliers. Sometimes they'll search through public foreclosure notices, and will contact troubled borrowers directly through emails, letters and phone calls.

Fake Foreclosure Rescues & Counseling:

A fake "foreclosure service" or "mortgage consultant" purports to act as an intermediary between homeowners and lenders, and claims they can negotiate repayment plans or loan modifications. They may charge outrageous fees for "services," like occasional phone calls or simple paperwork that you could easily handle yourself. Or, they may do no work at all. They may tell you not to contact your lender, lawyer, or credit counselor, and may even try to collect your payments directly. Some other signs of a scam include: 1) up-front fees before the work is done,

2) requiring more and more information or making you resend information, 3) not letting you cancel the contract within three business days, 4) making you sign a lien, mortgage or a real estate contract, 5) not providing a written contract, 6) telling you to stop paying your lender and pay them their fees instead. Don't ignore letters from your lender, and don't make mortgage payments to anyone but your lender.

Rent-to-Buy Scams:

Scam artists try to convince you to transfer your title or sell your house to them.

Under this scam, you supposedly can stay in your home as a renter and buy back your home later. Unfortunately, the terms of these deals generally set you up to fail, and you'll lose your home and money.

Refinance Scams:

Beware of people posing as brokers or lenders with too good to be true finance offers.

Scammers will ask you to sign a stack of documents, which they claim will facilitate a refinancing. But your signature may actually trigger the surrendering of the title to your house in exchange for the "rescue" loan and/or instruct your lender to send all notices to the scammer so that you do not receive important notices about saving your home.

Don't pay up-front fees!

Under federal and state laws, it's illegal for companies to collect any fees until a homeowner has actually received an offer of relief from his or her lender and accepted it. That means that even if you agree to have a company help you, you don't have to pay until it gets you the result you want.

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

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

- | | | | |
|------------|--------|---------|--------|
| Assured | Doubt | Praise | Taught |
| Contempt | Esteem | Regard | Will |
| Denial | Image | Starter | Worth |
| Discipline | Made | Styled | |

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Hat is different. 2. Newspaper is missing. 3. Birdhouse is missing. 4. Handle is shorter. 5. Buttons are missing. 6. Lamppost is missing.

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.

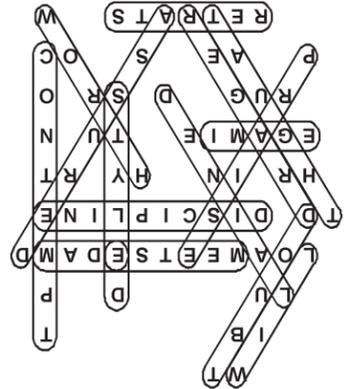
| | | | | | |
|----|---|----|---|---|----|
| | + | | x | | 20 |
| x | | - | | + | |
| | ÷ | | + | | 5 |
| + | | x | | ÷ | |
| | - | | x | | 18 |
| 15 | | 10 | | 1 | |

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 4 5 6 7 7 8 9

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SUDOKU Answer

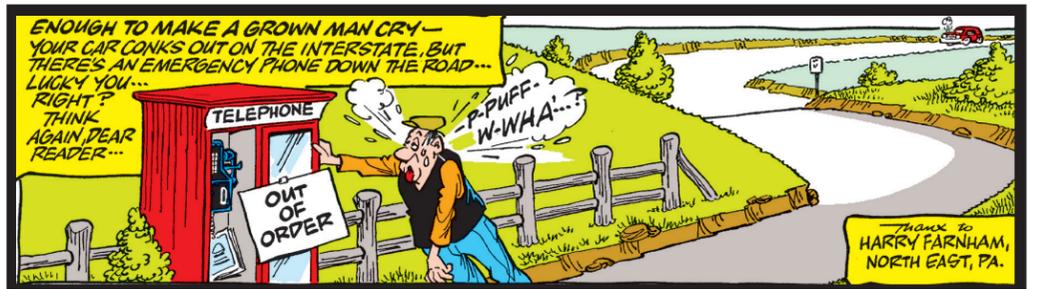
| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 5 | 9 | 4 | 8 | 2 | 3 | 7 | 1 |
| 8 | 3 | 2 | 9 | 7 | 1 | 5 | 6 | 4 |
| 1 | 4 | 7 | 6 | 5 | 3 | 9 | 8 | 2 |
| 3 | 2 | 3 | 6 | 8 | 9 | 4 | 1 | 6 |
| 9 | 7 | 7 | 2 | 3 | 5 | 7 | 1 | 8 |
| 4 | 8 | 1 | 7 | 6 | 5 | 2 | 9 | 3 |
| 7 | 9 | 3 | 5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

— **King Crossword** —
 Answers

Solution time: 21 mins.

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

THEY'LL DO IT EVERY TIME BY AL SCADUTO



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SUDOKU

by Linda Thistle

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

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

| | | | | | |
|----|---|---|----|---|----|
| | 1 | | 01 | | 91 |
| 81 | 9 | x | 9 | - | 8 |
| | ÷ | | x | | + |
| 5 | 4 | + | 7 | ÷ | 7 |
| | + | | - | | x |
| 20 | 2 | x | 6 | + | 1 |

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