



The Golden View

The Community Newspaper For Adults 55 Plus

April, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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Stonehill Meets Next Need with New Memory Care Services

by Amy Schauer,
Stonehill Executive Director of Development



Stonehill's new memory care unit under construction. Project is expected to be completed in early 2021.

A mild winter helped construction move forward quickly on the Assisi Village expansion that began last October on the Stonehill campus. Looking to meet a growing need in the community, Stonehill is adding assisted living memory care apartments. This is part of a larger plan that has already included improvements such as a renovated Chapel; updated resident rooms, nursing, and dining areas; and a new driveway and maintenance garage.

“Stonehill prides itself on anticipating the next need and has a legacy of helping people live well,” stated President and CEO, Gretchen Brown, “These improvements are all part of our mission to provide quality health and wellness services.”

The expansion will add 24 new apartments. Fourteen will serve those with early to mid-stages of memory loss in an assisted living memory care setting that will provide safety, security, and personalized services. The other 10 will be traditional assisted living apartments, as the current Assisi Village is at capacity.

Also included in the project is a sky bridge that will connect the Assisi Village building to the Stonehill Health Center. This elevated walkway will allow residents, staff, and visitors to move safely and easily between buildings.

“Being able to accommodate residents and families needing different levels of care all on one campus is something that makes Stonehill unique,” said Brown, “The sky bridge will make it even easier for residents in different areas to interact and utilize services.”

Thanks to the generosity of the community, Stonehill has been able to raise \$2.2 million to date to support this endeavor. Donations are still needed to meet the \$3 million goal. Those interested can find out more at www.stonehilldbq.com/embracingcommunity. The Stonehill Benevolent Foundation has also supported this project with a \$5 million gift. The entire project is estimated to cost just over \$10 million and be completed in early 2021.

For more information about assisted living or new memory care services call Assisi Village Director, Lisa Crawford 563-583-8234.

Dubuque Chorale presents Great Innovators

by Danielle Phillips



Dubuque Chorale

Now that we're in the midst of spring, we can look forward to changes in our natural surroundings every minute. Flowers blooming, birds returning from their southern vacations ... practically everywhere you look in this season of rebirth and renewal, change is in the air. So let's celebrate it!

In this spirit of celebration and to honor the power of change, the Dubuque Chorale, its chamber choir Cadenza, and the Dubuque Chorale Children's Choir present their spring concert, *Great*

Innovators, which will include pieces by some of music's most innovative composers as well as works that broke new ground in the development of music throughout history.

“Innovation is what keeps new music interesting,” says Dr. Amanda Huntleigh, the Chorale's Artistic Director. “Even if it is simply combining two existing ideas in a fresh context, innovation allows us to hear, think, see, and appreciate differently. Innovations move us along a musical timeline ... in both popular and classical”
Dubuque Chorale cont. Pg. 3

Honor Flight of Dubuque and the Tri-States Announces a new hub for the Tri-States



of Dubuque and the Tri-States

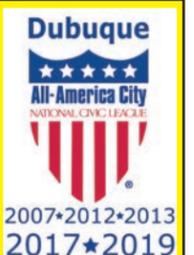
Dubuque IA — Honor Flight of Dubuque and the Tri-States is pleased to announce the creation of a new Honor Flight Hub and the schedule of 2 new flights for September of

this year. Veterans of WWII, the Korean Conflict and the Vietnam War will be invited to see the memorials built in their honor.

It is an exciting day for the veterans and this no-cost, once-in-a-lifetime tour is a “thank you,” for the service they rendered and the freedoms they secured for Americans as well as people around the globe, when serving in the U.S. military.

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Dubuque Chorale from Pg. 1
 music, creative new ideas can blaze new trails and inspire the next innovator.”

To illustrate this movement along the timeline, the concert will be structured chronologically, beginning with a chant by Hildegard von Bingen, one of the earliest-known female composers, and continuing forward through the centuries. The program will feature pieces by masters like Beethoven and Verdi, as well as a Bach cantata originally planned for Cadenza’s March 28th concert *To Heaven and Bach*, which was **cancelled** due to COVID-19 concerns.

After progressing through the past, the latter part of the concert will arrive squarely in the present, with the Children’s Choir performing popular songs from several genres. “The kids

are singing ‘My Shot,’ [which] is representative of rap being used to engage with a wider audience,” says Children’s Choir Director Karmella Sellers, referring to a song from the wildly popular 2015 Broadway musical *Hamilton*. “I think any of the pieces the children do with the live band will be great.”

As of publication of this issue, *Great Innovators* is scheduled to be performed on Saturday, May 2nd, at 7:30 pm and Sunday, May 3rd, at 2:00 pm, at St. Peter Lutheran Church, 3200 Asbury Road, Dubuque, Iowa. There is no charge for admission but freewill donations are welcome. Because change is constant, please watch for future announcements about possible scheduling changes. Updates will be posted on our website at dubuquechorale.org.



Dubuque Chorale Children’s Choir

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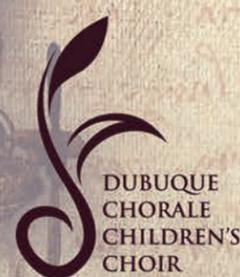
Conducted by Dr. Amanda Huntleigh, Karmella Sellers, & Than Chesher

**SAT, MAY 2 AT 7:30 PM
 & SUN, MAY 3 AT 2 PM**

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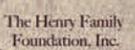
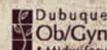
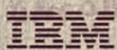
DUBUQUE CHORALE



DUBUQUE CHORALE CHILDREN'S CHOIR

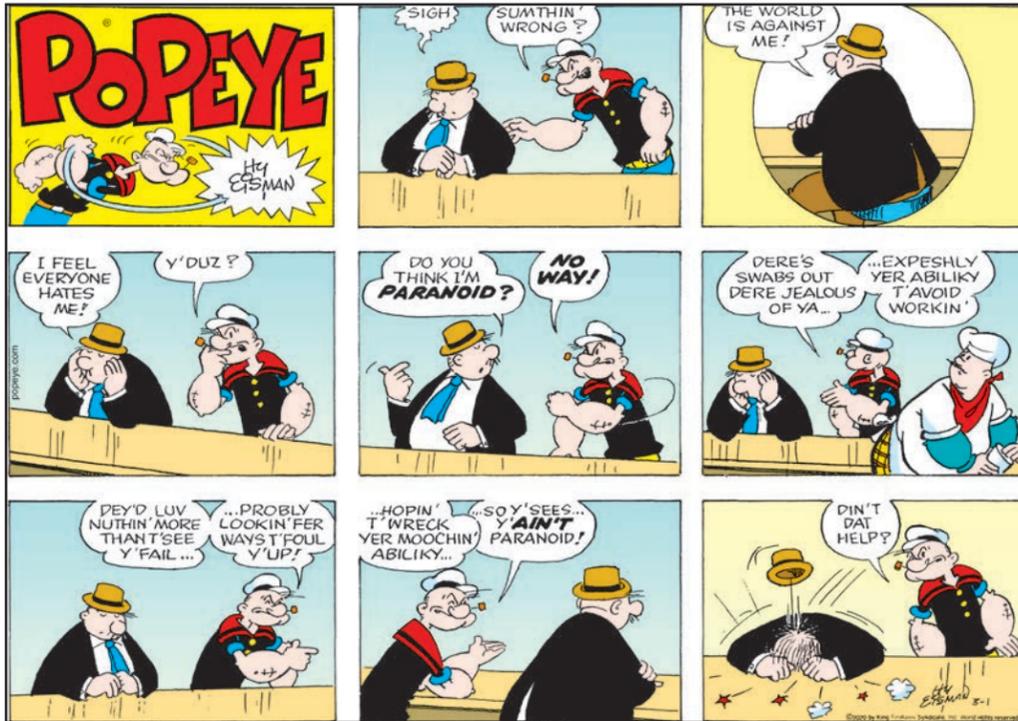


DUBUQUE CHORALE CADENZA



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Ken Resch	Bill Zwack	Derek Paulson

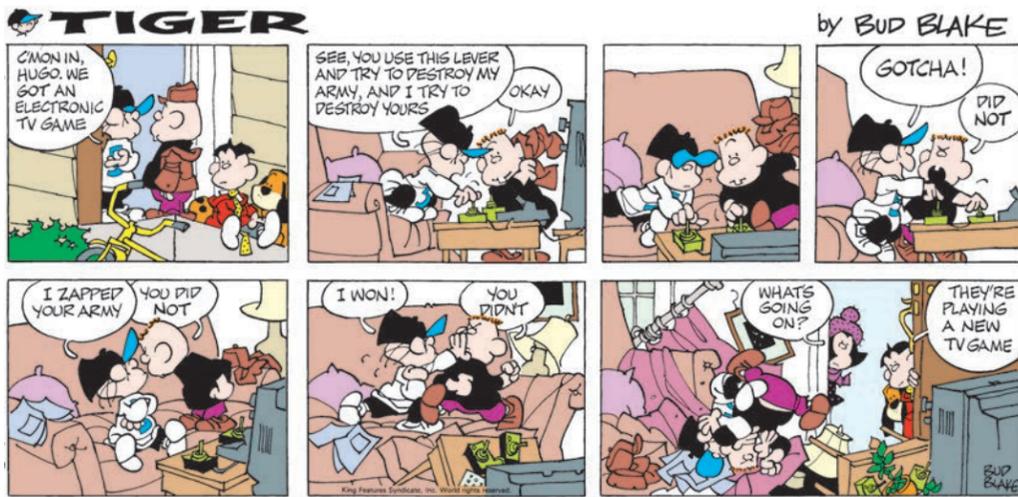


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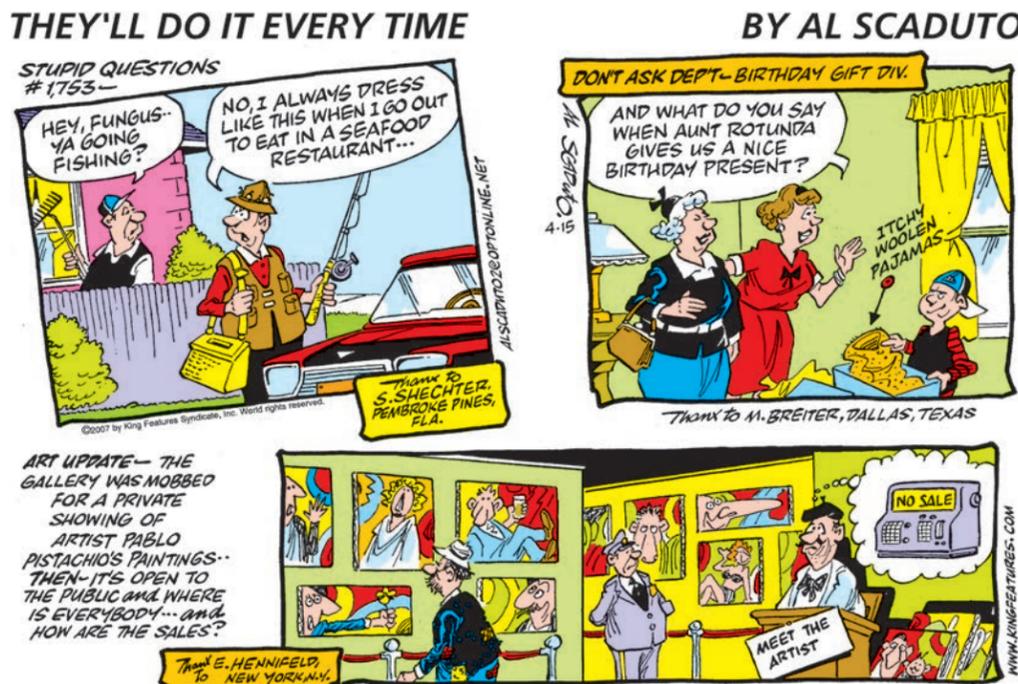
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STICKELERS [sic].
 by Terry Stickels

Unscramble the letter sets on the right to form the names of animals. Fill in the animal names in the spaces on the left. The first letters of the correctly solved animal names will spell out the name of another animal.

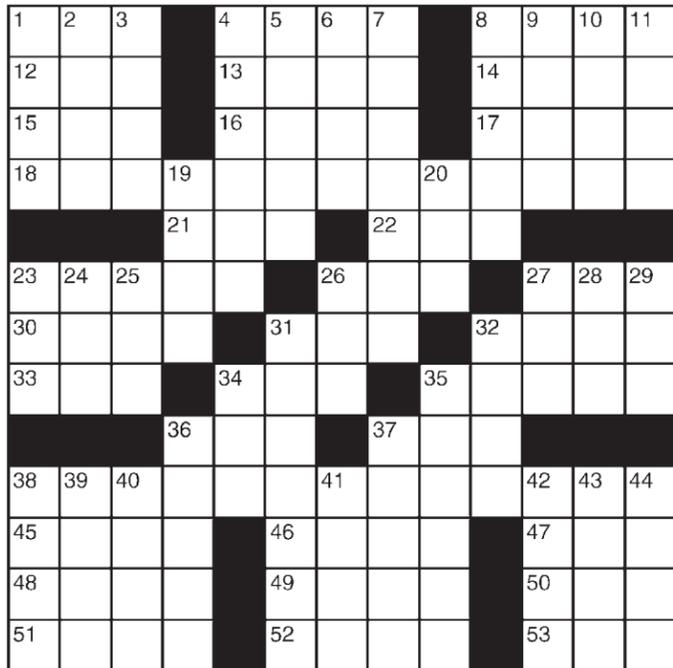
-----	AMLEC
-----	STORERO
-----	TEROT
-----	ACT
-----	CHORITS
-----	LOPHIND
-----	SENICT
-----	INOL
-----	PHENTALE

Stickelers Answer on Pg. 28
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King Crossword

ACROSS

- 1 Symbol of intrigue
- 4 Jet forth
- 8 Faucet problem
- 12 Shade
- 13 Part of the foot
- 14 Solemn promise
- 15 Geological period
- 16 Silver salmon
- 17 Wrinkly fruit
- 18 Informal game
- 21 "Absolutely"
- 22 Deposit
- 23 Brilliance
- 26 Cotillion honoree
- 27 Blond shade
- 30 Proper subject?
- 31 Stop running
- 32 Toll road
- 33 Pooch
- 34 Cover
- 35 Bizarre
- 36 "A mouse!"
- 37 Donkey
- 38 Uncanny ability to make money
- 45 Memory unit
- 46 Tittle
- 47 Aye canceler
- 48 Practice pugilism

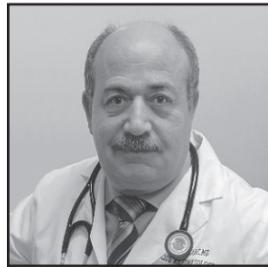


- 49 Heal, as a fracture
 - 50 Little demon
 - 51 Bouquet
 - 52 Withered
 - 53 Ball prop
- DOWN**
- 1 Sharpen
 - 2 Continental coin
 - 3 Bridges or Brummell
 - 4 Potpourri bag
 - 5 College lecturers, often
 - 6 Reverberate
 - 7 "Yahoo!"
 - 8 Uncertainty
 - 9 Sitarist's music
 - 10 "— have to do"
 - 11 Collins or Donahue
 - 19 Greenish-blue
 - 20 Bathroom fixture
 - 23 Conclusion
 - 24 Bill's partner
 - 25 Drag along
 - 26 Accomplished
 - 27 Football fill
 - 28 Go downhill rapidly?
 - 29 Haw preceder
 - 31 Long-snouted antelopes
 - 32 Mexican moola
 - 34 Mainlander's memento
 - 35 Will subject
 - 36 Nail smoother
 - 37 Moving about
 - 38 Recipe meas.
 - 39 Syringe, for short
 - 40 Greek vowels
 - 41 Top-notch
 - 42 Troop group
 - 43 Arrived
 - 44 Advertise

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Why Do Americans Indulge Their Pets?

DEAR PAW'S CORNER: Why do Americans spend so much money on their pets? Couldn't they save more money if they didn't indulge their dog or cat with designer sweaters, booties, premium dog food and trendy grooming? — *Caryn B., via email*

DEAR CARYN: It's true that Americans spend more on their pets than anyone else in the world. According to the American Pet Products Association, spending in 2019 reached \$95.7 billion.

Owners spend most of their money on pet food and treats, totaling \$36.9 billion last year. Another expensive item is veterinary care and related product sales (like medications), with \$29.3 billion spent.

Why do we spend so much money? Ask any owner, and they'll give you roughly the

same answer. Our pets are a part of our family. We are dedicated to them, just as they are dedicated to us. We don't want to see them suffer, and like any beloved family member, we are willing to spend far more money on their health and comfort than we would on ourselves.

Designer doggie sweaters aren't just stylish, they protect our dogs from the elements, and the higher-priced sweaters tend to be more comfortable and better fitting. Booties prevent cuts to the pads on their paws when walking in the city or on icy pavement, minimizing pain and possible infections. High-quality dog food costs more, but the payoff is in better overall health and a longer life. And grooming, for the most part, plays a key part in keeping pets healthier and more comfortable. (With the exception of scrotum glitter. I'm not quite sure about that one.)

So sure, we're spending a lot of money. But Americans look for a balance of value for what we spend, and clearly, pet owners are finding great value in spending a bit more to keep their beloved pets healthy and happy.

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

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Dubuque County Treasurer, Eric Stierman, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2020.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$23,215** annually, you are eligible for a reduction in property taxes.

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

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

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Upcoming Events at the James Kennedy Public Library in Dyersville: April 2020

Thursday, April 2: Intro to the Library's Website @ 6:30 pm. In March, the library debuted a new website. Come learn how to navigate the new website and discover all the great digital services the library has to offer. The library can help you learn a new language, research your homework, research your genealogy, fix your car, or find that next book to read. All from the comfort of your own home! We also have a fantastic digital collection that includes eBooks, eAudio, eMagazines, music, and movies for patrons to borrow. Come learn about all the exciting things the library has for you!

Monday, April 6: Intro to the Library's Catalog @ 6:30 pm. In March the library switched to a new Integrated Library System (our library operating system). You may have noticed that if you use the library's catalog that things look different or are in different places. Come learn how to use the library's new catalog. You will also learn how to set up your own account for on-line access.

Thursday, April 9: Prisoners of War in Iowa @ 1:30 pm. Iowa author Linda McCann will return to the library to talk about her book, *Prisoners of War in Iowa*. Did you know that 25,000 World War II prisoners of war were housed in Iowa? Come learn about this interesting chapter in Iowa's history.

Friday, April 17: Wine and Beer Tasting Fundraiser at Brew & Brew from 5:00—8:00 pm. Join us at Brew & Brew in downtown Dyersville for wine and beer tasting from area wineries and breweries including O So Good Winery, Franklin Street Brewing, Textile Brewing Company, and others. Tickets are \$20 in advance or at the door. Tickets are available at the library or Brew & Brew (starting April 1). Tickets include appetizers, a commemorative glass, and the tasting event.

Saturday, April 18: Ready - Set - Grow: Warm Season Crops @ 1:00 pm. Learn the nitty gritty of growing your own garden tomatoes at this free event. Participants will leave with their own planted tomato seeds. Led by Ray Kruse. Registration is requested by April 15 to ensure proper supplies. This program is sponsored by FarmTek.

Thursday, April 23: Dyersville Chamber Business After Hours @ the library from 5:00-6:30 pm. Join us for the Dyersville Chamber's monthly After Hours program at the library. Come learn about the library, see all the great things we have to offer, and enjoy some refreshments. Everyone is welcome!

Sunday, April 26: Spring Tea from 2:00-3:30 pm. Bring your mother, sister, aunt, daughter, husband, or friend to the annual Spring Tea. Enjoy delicious tea, scrumptious tea sandwiches and delicate homemade cookies served on real china. Lemonade will be provided for the non-tea drinkers. All ages welcome but children under the age of 10 require an adult companion. New this year, we encourage you to wear a hat! Sponsored by the JKPL Senior Advisory Committee.

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



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Americanisms



“Integrity is an expensive gift. Do not expect it from cheap leaders.”

— Warren Buffett

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Americanisms



“He who thinks he knows, doesn't know. He who knows that he doesn't know, knows.”

— Joseph Campbell

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An Uplifting Moment
with
Rev. David J. Claassen
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Peace in a Pandemic

The coronavirus pandemic is having a major effect on every one of us in a variety of ways, from impacting our normal schedules and activities to affecting what we can purchase because of shortages of essential items. We can't keep from thinking about the pandemic...a lot! It's easy to worry at a time like this; it's difficult to experience any measure of peace at a time like this.

Much is being said about the symptoms that indicate a person might have the coronavirus. There's a symptom, however, that many of us exhibit concerning the coronavirus even though we most likely don't have the virus. That symptom is fear.

Fear can be good. A healthy fear of the virus prompts us to take appropriate precautions and actions that can help protect us and also contribute to the containment of the virus.

This symptom of fear, however, can also be bad. Fear can distract us from focusing on our normal daily activities that

continue to need our attention. Fear can be debilitating, the anxiety reaching a level of panic at this pandemic. Fear can weaken our faith in God, distancing us from Him.

I'd like to remind us of an available vaccine that can be helpful, not for the pandemic itself, but for the pandemic-inspired fear that can infect our mind, heart, and soul. Just as a vaccine often uses a very small dose of the actual disease to fight the infection, I'd like to suggest how a proper small dosage of fear can be used as an antidote to fight the big fears that infect us.

Picture a small child, a toddler, facing a bunch of steps that he wants to go down. He's old enough to fear falling head over heels if he attempts to go down the steps. He uses his fear to prompt him to reach out for the hand of the adult who is alongside him. Reaching up, he grasps the big hand of the adult that's reaching down. He has the same fear of the steps, that has not gone away, but now he confidently takes the steps because he is holding on to someone bigger than himself in whom he has faith. What he doesn't even realize is that the adult's grip on him is far greater than his grip on the adult!

The symptom of fear that we exhibit in confronting the coronavirus can be used to prompt us to reach out our hand

An Uplifting Moment cont. Pg. 10

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THE ILLUSTRATED BIBLE

Do not let your adornment be merely outward – arranging the hair, wearing gold, or putting on fine apparel – rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God. 1 PETER 3:3,4



Detail of "Lesende Frau" by August Macke (1913)

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Leviticus in the Old or New Testament or neither?
2. About whom did Jesus say, "For they love to pray standing in the synagogues and on the street corners to be seen by men"? *Physicians, Hypocrites, Sadducees, Adamites*
3. From Genesis 29, what childless woman was jealous of

- her sister's fertility? *Candace, Abigail, Rachel, Herodias*
4. In what book do we find the story of Samson and Delilah? *Judges, Numbers, Exodus, 1 John*
 5. From Genesis 39, whose wife tried to seduce a handsome slave? *Daniel, Shimei, Potiphar, Achan*
 6. In Ruth 3, which farmer winnowed his barley at night? *Abner, Eleazar, Boaz, Joab*

ANSWERS

(1) Old; (2) Hypocrites; (3) Rachel; (4) Judges; (5) Potiphar; (6) Boaz

Comments? Gift ideas? More Trivia? Visit www.TriviaGuy.com

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The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.

—Mark Twain

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Thursday, May 14, 2020
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Prebiotics and Probiotics: Promoting A Healthy Gut

Bacteria is something we think of as bad, but a healthy gut is filled with a variety of bacteria. There are about 100 trillion good and bad bacteria that live inside our digestive system. The healthy bacteria can aid with digestion and support a healthy immune system.

However, if we have too much bad bacteria in the gut, an imbalance can occur. This can cause symptoms of diarrhea, constipation, excessive gas, and acne. Research even shows a connection to digestive conditions like inflammatory bowel disease, obesity, and depression. The imbalance of good and bad bacteria can be caused by stress, antibiotic use, and unhealthy dietary habits. One key to good GI health is eating healthy, along with consuming prebiotics and probiotics.

Prebiotics:

Prebiotics are natural, non-digestible food components that promote the growth of healthy bacteria in the gut. You can find them in high fiber, complex carbohydrate foods.

- Bananas, onions, leeks, garlic, asparagus, artichokes, old-fashioned oats, whole wheat foods, soybeans

Probiotics:

Probiotics are healthy bacteria or live cultures, just like what's already in the gut. Consuming these helps change or repopulate the good bacteria to balance our gut flora. You can find these in naturally fermented foods, also look for 'live' or 'active' cultures on the label.

- Yogurt
 - Kefir— Similar to yogurt, but higher in probiotics. It's a combination of milk and fermented kefir grains.
 - Aged Cheese— Such as parmesan, swiss, cheddar, cottage cheese and gouda
 - Kimchi— A spicy Korean side dish made from fermented cabbage and other vegetables.
 - Sauerkraut— Finely cut raw cabbage that has been fermented with various lactic acid bacteria. Most canned sauerkraut has been pasteurized, killing the good bacteria. Purchase fresh, made without vinegar.
 - Tempeh— A fermented soy product with a good source of protein. It's a popular vegetarian meat replacement.
- Prebiotics are good bacteria promoters, while probiotics are the good bacteria. When you incorporate both into your diet, they can work together to improve gut health.

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COME CHAT
with **ME**
by S. E. Persinger



A friend, Diane Osborne, recently told me about an epiphany she experienced while traveling on an Iowa highway during a family outing. Diane asked the other occupants in the car if they had noticed the beautiful tree they had just passed? No one had an inkling of what she was trying to share with them. And while Diane and her family had traveled frequently on vacation trips, she had not really noticed how beautiful a single tree could be.

Actually, in a moment of sudden intuitive understanding, like just a flash of insight, she experienced a vision of beauty that no one else had seen. She had been dazzled and captivated by the beauty of a tree. You might say she had been enraptured and enchanted by the sight of the beautiful tree rooted along the roadside of a busy highway.

No doubt, Diane had probably studied about trees in school. Perhaps one day the topic had been about the California State Tree, the Redwood, or the Giant Sequoia, named for the Cherokee leader, Chief Sequoyah, and lives for 2400-4000 years, making it one of the longest living species on earth. Maybe these trees had caught her interest. Also, after the end of the lesson, perhaps the students were required to write something about the trees they had just studied about. Diane had most likely been impressed by the size and history of the Giant ("big tree") Sequoia, and the California Redwoods. But did she really see these trees as

beautiful or was she just awed?

At one time Diane may have been traveling thru the state of Arizona and caught sight of the State Tree, the Palo Verde, which means, "green tree." This tree is small with green limbs composed of many leaflets that have thorns at the base of the leaves. The small tree or shrub is often planted in gardens and used as a hedge. It needs very little care.

A favorite tree of mine is the Sugar Maple which is the State tree of New York, and Vermont, one of the six New England States. Actually, Vermont has a lot of beautiful trees that are perfect shade trees and offer a multitude of autumn colors of yellow, green, orange, red, tan, and brown during the Fall. I have never been that far east but have seen a number of pictures from there to stimulate my interest in trees.

Of course, here in Iowa, our State Tree is the mighty oak. It is strong and hardy. I've read that the oak genus contains about 450 species. There are 60 species in the United States and Canada, and an additional 150 in Mexico. Also, there are many other species located throughout the world. Besides the beautiful fall colors of the Oak trees, they are the home to small animals and birds of all nature. They also offer food for nature's wildlife. And since the oak is a hardwood tree it is often used as lumber for building any number of structures.

Since we live in Davenport, we get to travel the Mississippi River aboard the cruise boats during autumn time. It's a trip to remember. Thanks to Diane's epiphany, I have had the opportunity to search out the aforementioned information on trees. Eureka!

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8. Check Safety System
9. Check Carburetor Settings
10. Test Overall Operation of Mower

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dependent upon model
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Michelle Bell,
Social Security District Manager,
Dubuque, Iowa



Financial Literacy Month,
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April is Financial Literacy Month, a month focused on educating people about the importance of planning for a secure financial future. Social Security is a vital part of any financial plan, and we have online tools to help you understand your potential Social Security benefits and how they fit into your financial plans.

You should periodically review your *Social Security Statement* through your personal *my Social Security* account at www.socialsecurity.gov/myaccount. Your *Statement* is an easy-to-read record of your earnings that determine your future benefits. You'll want to verify that your recorded earnings are correct as they

affect the amount you could receive. Your *Statement* also provides a summary of the estimated benefits you and your family could receive, including potential retirement, disability, and survivors benefits. The online *Statement* is paired with an interactive Retirement Calculator that allows you to run additional benefit estimate scenarios comparing how different future earnings and retirement benefit start dates affect your benefit amount.

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YESTERDAY AND TODAY

BY MICHAEL GIBSON



This 22 room Queen Anne style home located at 1098 Locust was built in the early 1870s. Henry Botsford Glover arrived in Dubuque in the late 1850s from Connecticut. Mr. Glover originally owned a house on Fenelon Pl. but acquired this Locust St. home in 1882 and remained there until his death in 1914 at the age of 79. In 1860 he started the H.B. Glover Company, in the 700 block of Main, one of the first manufacturers of men's wear west of Chicago. By 1895 the company employed 350 people. They were known for pajamas, shirts, overalls, and by the 1920s they introduced leather jackets and sportswear. The company even had an endorsement in 1925 with the "Four Horsemen" of the Notre Dame football. In the 1930's, Graham's Clothing Store, ran ads for Sports Jackets in the "New Jay Berwanger Model" (first Heisman trophy winner and Dubuque native) with a starting price of \$4.95. H.B. Glover was indeed one of the most successful clothing manufacturers in the U.S. (Courtesy of the Loras College Center for Dubuque History, OHE p.66 Neg. 7063).

Yesterday & Today cont. Pg. 11

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An Uplifting Moment from Pg. 7

in faith to grasp the hand of God that is reaching down to us! And to realize that our weak grip of faith is enough, for His grip on

us is far stronger! No matter what we face, no matter what will happen, He will be with us, and in the ultimate sense, it will be okay! We can have peace in this pandemic!

"Even though I walk through the darkest valley, I will fear no evil, for you are with me..." King David in Psalm 23:4a

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Americanisms



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

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Never eat more than you can lift.

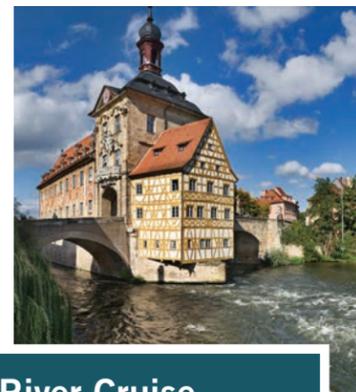
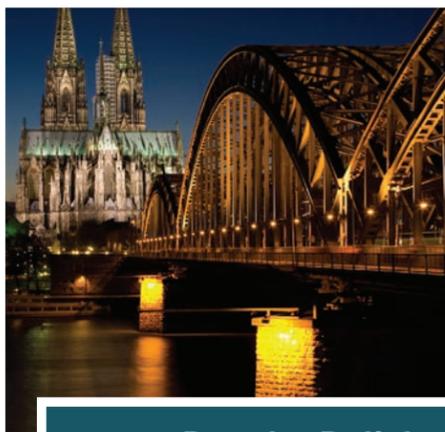
—Miss Piggy

Yesterday & Today from Pg. 10

Michael Gibson has decided to take a hiatus from the Yesterday and Today feature. He has given permission to recycle previously published photos and captions for your enjoyment.



H.B. Glover's lovely home was demolished in 1976, but the company he established left an enduring legacy. Not only was Glover's clothing manufacturing known nationally, but his company inspired a book. In the 1890s a union strike at the company became the basis for a novel written by Richard Bissell, the son of Frederick E. Bissell, the President of the H.B. Glover Co. The book was entitled "7 1/2 Cents" and was based on experiences Richard had while working at the plant. Later he collaborated with playwright George Abbott to turn the book into a musical comedy renamed the "Pajama Game" (1954) which won two Tony Awards and was later made into a movie (1957). (Photo by Terry Grant).



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National Volunteer Appreciation Week is an opportunity to celebrate the impact of volunteer service. At UnityPoint Health-Finley Hospital, we are blessed with an amazing volunteer team. In 2019, 365 volunteers donated their time and talents to better the lives of patients, families and staff.

Our volunteers, with their special hearts and talents, serve the hospital in various assignments. Although they complete several tasks to make the hospital go around, the difference they make for patients, families and staff goes beyond the actual service itself.

UnityPoint Health - Finley Hospital would like to thank and recognize our extraordinary volunteers who provide generous support to the hospital and the community.

As we celebrate National Volunteer Appreciation Week, we thank our volunteers and invite members of the community to learn more about being a part of the Finley team. Volunteer opportunities range from daily to once per month. To learn more about volunteering at Finley Hospital, call Volunteer Services at **563-589-2449** or go to www.unitypoint.org/dubuque/volunteer.

Dubuque Symphony Orchestra's 7th Annual Pursuit of the Podium



(DUBUQUE) – The Dubuque Symphony Orchestra (DSO) announces its seventh annual Pursuit of the Podium.

Four local individuals have been chosen to compete in this year's fundraiser. The contestant that raises the most money on behalf of the DSO between now and April 27 will conduct one piece at the free Summer Melodies concert at the Dubuque Arboretum on Sunday, June 28, 2020.

Contestants include Chris Farber, Beth Miller McDonald, Jack Schmid and Justin Stinson. Profiles of each contestant can be found on the symphony's website.

To make a donation on behalf of a Pursuit of the Podium contestant, please visit www.DubuqueSymphony.org or mail your gift to the Dubuque Symphony Orchestra at 2728 Asbury Road, Suite 900, Dubuque, IA 52001.

The Pursuit of the Podium winner and total amount raised will be announced at the final classics concert of the 2019-20 season: May 2-3 at Five Flags Theater.

Pursuit of the Podium supports a variety of initiatives consistent with the DSO's mission, which is to engage the tri-state community and enrich its quality of life through live musical performances and educational programs. The DSO will serve approximately 25,000 people this year. Since Pursuit of the Podium was first introduced during the 2012-2013 season, twenty-six community leaders have participated and raised more than \$175,000.

For more information, call the Dubuque Symphony Orchestra office at **(563) 557-1677**.

Health Awareness

Manage Your Blood Pressure And Protect Your Kidneys

(NAPS)—Did you know if you have high blood pressure you are at increased risk for chronic kidney disease?

High blood pressure, also called hypertension, is the second leading cause of chronic kidney disease in the United States. About 1 in 5 adults with high blood pressure may have chronic kidney disease, according to the Centers for Disease Control and Prevention.

Blood pressure is the force of blood pushing against the walls of your blood vessels. If your blood pressure gets too high, the blood vessels in your body—including those in your kidneys—may become damaged. This damage makes it harder for the kidneys to filter blood and remove wastes and extra water from the body. Kidney disease can get worse over time, and if not treated it can lead to kidney failure.

And while high blood pressure can lead to kidney disease, the reverse is also true: kidney disease can lead to high blood pressure. Simple tests can tell you whether you have high blood pressure or kidney disease. Ask your health care professional if you have been tested for high blood pressure and kidney disease.

Many people with kidney disease don't know they have the disease until their kidneys begin to fail. Research suggests that fewer than 1 in 10 people who have kidney disease are aware they have the disease. This is because kidney disease often doesn't have any symptoms early on.

The good news is that you can help protect your kidneys by managing high blood pressure



Getting your blood pressure checked regularly can go a long way toward protecting you from kidney disease.

with healthy lifestyle habits. "Our research continues to uncover the complexities of the link between high blood pressure and kidney disease," says Griffin P. Rodgers, MD, director of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health (NIH). "And what we are finding supports the message that you can help protect your kidneys by managing high blood pressure with healthy lifestyle habits."

Adopting healthy lifestyle habits that help you manage your blood pressure will also help to keep your kidneys healthy. You can prevent or slow kidney disease progression by taking the following steps to lower your blood pressure:

Take medicines as prescribed. Blood pressure
Blood Pressure cont. Pg. 25

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When one has tasted watermelon he knows what the angels eat.

—Mark Twain



Derek Paulson, Assistant Fire Marshal



storm DO NOT go under trees. There really is no safe place outside during a storm. Seek shelter inside a home, other larger buildings or your vehicle with a hard-topped roof.

If you hear thunder then you are within distance of being struck by lightning. Lightning strikes the Earth more than 8 million times a day according to the Centers for Disease Control (CDC). If you get caught outside crouch as close to the ground as you can in a ball-like position but do not sit or lay down on the ground. Also, if you are in a larger group break off into individual areas. This helps to reduce the number of injuries should a lightning strike occur.

Stay away from windows, doors and porches during a storm. If a storm is approaching but you have time, turn off as many electronics as you can. This helps to minimize any direct contact from the lightning to you. Finally, do not use water during a storm. Using water can increase your chances of getting shocked during the storm.

If you have any questions or would like further information, I can be reached at **563-589-4195** or at Dpaulson@cityofdubuque.org.

Spring is finally here. This is the time when we get our spring cleaning done, start to work on our yards and we spend A LOT more time outside. They say April showers bring May flowers and that may be true but April showers also bring the potential for severe weather. Strong winds, heavy rains, hail and lightning are all things we can expect this Spring. So, before you venture out, here are some safety tips to consider before getting caught in the rain.

Before going out for the day check the weather. We all know that the weather in the Midwest can change by the minute but get an idea of what the day looks like and plan accordingly. If you are outside and get caught in a

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**Medicare and Medicaid:
Unlocking the Mystery**

*by Thad Murphy,
Attorney with Pearson Bollman Law*

Medicare and Medicaid have long been a mystery to many consumers. They can confuse even some of the smartest citizens. However, it is never too early to gain a little understanding and awareness that might help you help you or an aging loved one.



Thad Murphy of Pearson Bollman Law

Medicare is a federal health insurance program. To receive Medicare, a person must be 65 years of age or disabled. A person can receive Medicare no matter their income or assets. Costs for Medicare are determined by the length of time a person paid Medicare taxes. These costs include premiums, copays, and prescriptions.

Medicare can be confusing because there are four parts: A, B, C, and D. Part A is hospital insurance, Part B is medical insurance, and Part D is prescription drug coverage. Parts A and B are covered in Original Medicare offered by the government. Part C is often called the Medicare Advantage Plan. This is a private health plan. It is required to include

the same coverage as Original Medicare but usually includes Part D as well. Do your homework on these plans to find which is most cost effective for you.

Medicaid is for people who cannot afford to pay for their own care. It is based on income and assets and available to eligible groups: children, the disabled, people over age 65, pregnant women, and the parents of eligible children. Seniors who require nursing home care may qualify for Medicaid to help offset the cost of a nursing home.

A person can be eligible for both Medicare and Medicaid and can receive both. The two

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programs work together to help the recipient best cover the expenses of health care.

Thad J. Murphy is an attorney in the Dubuque office of Pearson Bollman Law, located at 1635 Associates Drive, Suite 103, Dubuque. The attorneys at Pearson Bollman Law practice in the areas of estate planning, probate/trust administration,

special needs trusts, and elder law, which includes Medicaid and VA Pension Planning. If you have any questions or would like to register for one of our free workshops on estate planning, asset protection and elder law, please feel free to contact Thad Murphy at (563) 265-6971 or visit pearsonbollmanlaw.com and select "Events."

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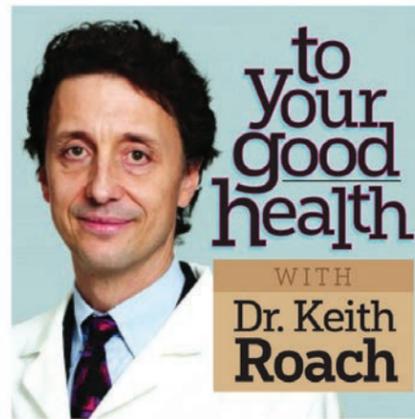


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New Option to Treat Enlarged Prostate

DEAR DR. ROACH: I am a 66-year old male, who is healthy with a very active life, both physical and sexual. Like many men my age, I have an enlarged prostate that my doctor monitors during annual visits. It doesn't impair my life, with the small exception of being annoying (waking up nightly to a weak or slow urinating stream), and it doesn't bother me too much during the day, except once in a while when I have to urinate a little more than usual. Every now and then I'll try an over-the-counter prostate supplement, but they never work. I will NOT go for a surgery because it's not really necessary.

I just read about a new revolutionary treatment option called a prostatic lift device, which is supposed to "lift and remove the prostate tissue out of the way so it no longer blocks the urethra (the passageway that the urine flows through)." It says, "Tiny implants are placed to hold the tissue in place, like tiebacks on a window curtain, leaving an unobstructed pathway for urine to flow normally again." They go on to say that treatment typically takes under an hour, preserves sexual function, doesn't require cutting, heating or removal of tissue. Compared with other BPH surgeries, this system is supposed to have a strong

safety profile with minimal side effects. Have you ever heard of this? Do you think it's safe? It sounds great. However, the thought of tiny implants being placed inside of me and staying there scares me. — V.A.

ANSWER: The prostatic urethral lift procedure is yet another option for men with symptoms of an enlarged prostate. The procedure does involve the placement of small implants. The procedure is said to be easy to perform (easy for a urologist, that is), and improves quality of life and measures of urinary flow.

In a study of 206 men, none developed sexual troubles after the procedure. It has significant benefits over traditional surgery: Recovery is faster and has less risk of sexual side effects, but traditional surgery improved urinary flow and complete bladder drainage more than the urethral lift procedure. Also, 14% of men who had the lift procedure needed the traditional surgery within five years. The implants seem to be safe and do not affect the ability to do surgery if necessary.

I wouldn't recommend this procedure nor a surgical procedure — or even an alternative procedure like laser, microwave, plasma vaporization or water vapor ablation — without a trial of prescription medication first. Most men do very well with an alpha blocker like tamsulosin (Flomax), a dihydrotestosterone blocker like dutasteride (Avodart), or a combination of the two. I'm not sure you have tried that.

DEAR DR. ROACH: Simple question: Why can't I hear well when I am having a big yawn? Is this normal? — J.C.A.

ANSWER: This is normal; in fact, it's a universal finding with a yawn that hearing decreases (but doesn't go away entirely). This is because the Eustachian tube closes, and there is a pressure difference inside versus the outside of the eardrum, reducing the ability of the ear to transmit sound.

Interestingly, after a big yawn, hearing may be improved; when the Eustachian tube reopens after the jaw position changes, it can equalize the pressure and improve sound transmission.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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I am fully conscious of the fact, that aphorisms are like wandering Gypsies. They must always be published without guarantee of the authenticity.

—Erkki Melartin

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By Terry and Kim Kovel

Paddy and the Pig

Famous mascots, logos and characters from books and songs are being tossed aside in this modern, more politically correct world. The Aunt Jemima of today doesn't resemble the original. Chief Wahoo of the Cleveland Indians baseball team made his last appearance at the end of the 2018 season. But has it gone too far? It has been suggested that the Fighting Irish Leprechaun, mascot of the University of Notre Dame sports teams, be dropped as not politically correct. Though derived from Irish folklore, some think he is a negative stereotype that is insulting to those of Irish background. As always, there are two sides to the argument, and so far, those who like their leprechaun are winning.

This leprechaun probably was inspired by "Paddy and the Pig," a caricature used by British political cartoonists since the 1840s to represent Ireland and the Irish people. Paddy was the ignorant peasant; the pig was the backward agricultural nation. Paddy wore breeches, a patched coat and a strange hat. Most of the political arguments were about Irish Home Rule, a hot topic in Victorian England politics. The comic Paddy was re-created as a toy.

A version made by Lehmann, a German toy manufacturer, depicts Paddy trying to ride an uncooperative pig that moves back and forth while Paddy holds on for dear life. It sold at a Bertoia auction in New Jersey for \$1,320.

Q: Is there an easy way to date an unused



Paddy and the Pig is a caricature found in political cartoons during Victorian times. A toy based on the caricature sold recently for \$1,320.

postcard? I know the amount of the postage stamp has often changed and there are lists of the prices and dates. But when were photographs rather than color pictures used? When was it called a "postal card"?

A: Postcard collectors know and have listed the table of postage and postcard changes online, and they are in our book "Kovels' Know Your Collectibles." A postal card is an early card called "pioneer" with no picture used from 1893 to 1898. A government printed card had printed postage, a privately-printed card required a stamp and a divided-back card was used from 1907 to 1914. Photochrome cards were used after 1939. Collectors call them photographs, although many are lithographs with a shiny finish. Real photo cards were used since 1900. If you want to sound like an expert, refer to them as RPPC. Used cards can be dated by the amount of the postage stamp; the postmark; a two-digit postal code, used after 1943; and a five-digit ZIP code, used after 1963.

CURRENT PRICES

"Peanuts" Lucy cookie jar, yellow dress, 12 x 8 1/2 inches, \$15.

Kovels cont. Pg. 24



1. How do you pronounce the name of the band INXS?
2. Why did Joan Jett take that name?
3. What was the original name of the band that eventually became Sugar Ray?
4. Who released an album titled "CHOBAB CCCP"?
5. Name the song that contains this lyric: "I'm gonna love you till the stars fall from the sky for you and I ... Stronger than dirt."

Answers

1. "In excess." In various incarnations they were

and the cleanser commercial. are the same in both the song Ajax because the last four notes was thought to be a reference to addition at the end of the song "1968. The "stronger than dirt" 5. "Touch Me," by The Doors, in first word is pronounced Sno-va. "Back in the USSR," and the Shrinky Dinks. It means by the toy maker who created band after threat of a lawsuit had to change the name of the 3. The Shrinky Dink. They the Runaways. Her first band was reasons. Her first band was maiden name, Jett, for musical divorced, she took her mother's Larkin. When her parents 2. She was born Joan Marie The Vegetables. Guinness, Farris Brothers and known as Doctor Dolphin,

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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 tolling of our church bell quickened our steps as we six children returned from our one-room school on April 2, 1917, to find my mother sitting at the kitchen table crying as she told us, "Our country is at war." She heard this news on our 14-party country telephone's general ring. The following day our daily paper's headline was "U.S. Proclaims War." War had been declared by President Woodrow Wilson.

With only 208,034 men in the army, (the U.S. was unprepared for war. The country had not fought a major war in over 50 years. The military air service had 55 rickety planes and 150 pilots.

The situation was quickly remedied by a draft and the mobilization of industry. Men between the ages of 21-30 went to their voting places to register on June 5, 1917. Newspapers listed their names by county and township.

We had to buy most of our artillery, tanks and ammunition at first from France and Britain. But patriotism was strong. We were out to win this war against Germany.

My two brothers, Harry and Francis, were drafted, and reported to the Army station in Dyersville for a physical examination. Harry failed to qualify as he had had one kidney removed at the age of 14, while Francis came home in tears as he was rejected because of poor vision. They would stay home on the farm to help raise food for the army.

Liberty Bonds were sold in order to finance the war. My father borrowed \$200 to buy bonds as he felt troubled that our family was not represented

in the armed services. The youngest children filled Liberty Books with 25 cent stamps, helping in a small way to raise \$17 billion for the government.

By June of 1918 the U.S. was in full swing with the business of war as factories ran around the clock. Community meetings were held to distribute materials to be made into pajamas and other clothing for the servicemen. My mother could sew 14 pairs of pajamas in one day. She had worked at in Glovers in Dubuque. Yam for socks and sweaters came in large skeins, so we kids held the yam over our wrists while she rolled it into a ball, making it handy for knitting. We also rolled bandages in two and four inch wide rolls.

Women stepped forward to fill the jobs working seven days a week for the duration of the war, doing the work left behind by the boys. They toiled in factories, plowed fields, worked in assembly lines, became traffic cops and held civil service jobs. 11,000 females enlisted in the Navy to become clerks and stenographers.

The government diverted tons of food to the men in the trenches, while at home food was rationed by allotting stamps in accordance to the number in each family. For each 100 pounds of white flour, you were forced to buy 100 pounds of substitutes like com meal, oatmeal, rice, rice flour, pancake flour, etc. Sugar was replaced with molasses, sorghum and honey. Canned food was also rationed. We were fortunate enough to trade meat and butter stamps with the clerks at the store for shoe stamps.

Honor Flight from Pg. 1

The cost to send a veteran on this trip is approximately \$600; however, funds to provide this trip, which is free to qualified veterans, come from a grateful public. No funding is received from federal, state, or local governments. Guardians who travel with those veterans needing assistance make a contribution to cover their own expenses.

Veterans are called in the order that they submit their applications, with a priority given to WWII veterans, followed by those serving in the Korean Conflict, and then to those serving in the Vietnam War. Terminally ill veterans from any war are given top priority.

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organization, understands and appreciates the service of all veterans no matter when or where they served.

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Contract Bridge

by Steve Becker



Famous Hand

North dealer.
Neither side vulnerable.

NORTH

♠ K 9 7 2
♥ 10
♦ J 5
♣ A K J 9 5 2

WEST

♠ A J 10 5 4
♥ A K 9 6 4 2
♦ 10
♣ 7

EAST

♠ —
♥ Q J 7 5 3
♦ A 6 4 2
♣ 8 6 4 3

SOUTH

♠ Q 8 6 3
♥ 8
♦ K Q 9 8 7 3
♣ Q 10

The bidding:

North	East	South	West
1 ♣	1 ♥	1 ♠	Pass!
2 ♠	Pass	3 ♦	Pass!!
4 ♥	Pass	4 ♠	4 NT
Pass	5 ♦	Dble	6 ♥
Pass	Pass	7 ♦	Dble

Opening lead — seven of clubs.

This deal occurred in the 1986 world team championship and features Pakistan's Zia Mahmood, whose daring and ingenuity through the years have provided bridge journalists with enough material to fill several volumes.

On this occasion, though, he experienced an unexpected lapse from which mere mortals may take heart. After conducting a typically Zia-esque auction with the West hand to reach a laydown heart slam, he failed to find the best defense against

North-South's seven-diamond sacrifice. As a result, he allowed the opponents to escape with a much smaller loss than they should have.

The bidding went as shown, with Zia lying low at his first two turns before showing his true colors. In the interim, the opponents' spade bids told him that his partner had at most one spade. When Zia eventually bid the slam, South, who had seen the Pakistani in action before, believed him and took the diamond save.

The defense seemed obvious: ace of spades, spade ruff, a heart to the king, spade ruff and the ace of diamonds for down five. This would come to 900 points (1,100 in today's scoring) — only 80 less than the score for making six hearts.

To everyone's astonishment, Zia led a club, reasoning that on the bidding, his partner's ace was likely to be in clubs. In that case, the defense would go: club ace, club ruff, spade ace, spade ruff, heart king and spade ruff for down six and 1,100 points.

However, South won the first club and led a trump to the jack and ace. East then returned a club, never expecting that his partner would lead a singleton club holding only one trump. When West couldn't ruff, declarer discarded his losing heart on a third round of clubs, drew trump and then led a spade. Zia had to grab the ace or he would have lost it, so South finished down only two for a loss of 300 points.

Perhaps there is hope for the rest of us after all.

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by Jo Ann Derson

• Most people wash their sheets, and some people fluff and air out their pillow. But how many properly clean their mattress? Vacuum the mattress surface at least every three months. Sprinkle with baking soda to absorb any odors.

• "I use my panini press to make hash browns because I like them nice and crispy on both sides. It works out great!" — **L.R. in Florida**

• If you're adding fruit to muffins or quick breads, just make sure you toss them in flour first. It will keep them from sinking to the bottom, distributing them more evenly throughout the bread.

• Need more storage in a small bathroom? Try installing a shelf over the door. It's an out of the way area where you can store items you don't need daily, but do need accessible.

• Use a serrated knife to cut the dome tops off of cake layers, then put them in the freezer for 30 minutes. It will make it easier to frost, and you'll get less crumbs that come up.

• "I often get up during the night to take medicine to help me sleep better. It's hard to see and line up the marks to open the container. So I got a permanent black marker and highlighted them (I even made them larger). Now it's easy to line them up in the dark." — **D.E. in California**

• Got unexpected company? For a quick, clean look, vacuum the floors and take care of these four things: the bathroom, dishes in the sink, piles of junk on tables or counters and an overflowing trash can. Your house will look great.

• In a pinch, you can use toothpaste to scrub your faucet in the bathroom.

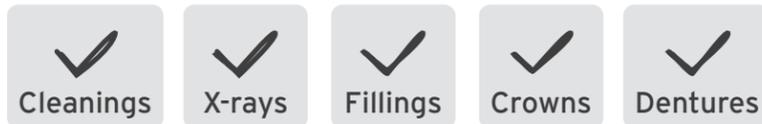
• "Loosen a stuck ring by putting a little bit of butter on your finger to help it slide." — **D.F. in West Virginia**

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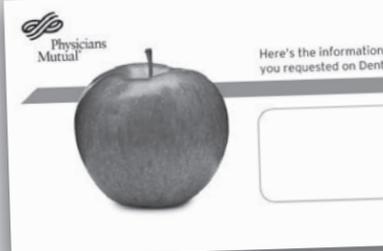


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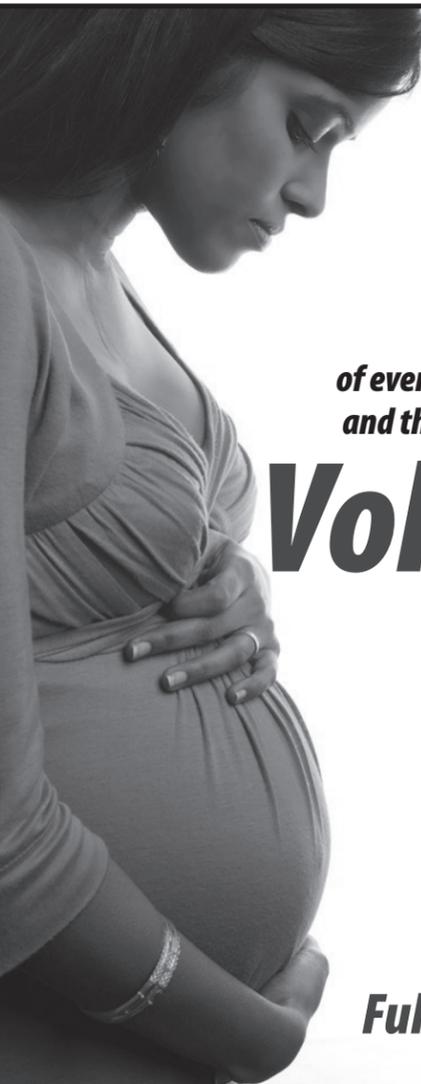
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For our mission to succeed we need Veterans like you to join today. We are here for those in need of support, for those looking to provide support, and for those who are missing that feeling of belonging. Our members have formed a Brotherhood to provide a way for Veterans to stay connected, and it is that connection that can help to stop the loneliness and sense of hopelessness that can cause too many of our Brothers to contemplate the unthinkable.

It is a small thing, to join a local chapter, to meet with other Veterans, to relax with those that have seen the things you've seen, been where you have been, and laugh at the things civilians just don't understand. But to another Veteran it can be lifesaving. There is no minimum time commitment; you and your family come first, when you have a spare moment reach out and connect with the other Vets. When you need us we'll be there for you.

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VETERANS ★ POST ★

by Freddy Groves

Stand Downs Offer Help for Homeless Veterans

Do you need Stand Down services? Or are you willing to help create successful events for homeless veterans? Even though parts of the country aren't quite out of winter weather, annual Stand Downs are gearing up. As spring and summer fully arrive, the number of events will increase.

Stand Downs, which last from one to three days, provide a long list of services, all in one location. Legal assistance, haircuts, personal care supplies, counseling on Department of Veterans Affairs benefits, clothing, information about housing, dental screenings ... they offer all this, usually right at one of the VA facilities across the country. Counseling is available as well for mental health concerns, plus substance abuse, health care information and referrals, and much more.

Perhaps you don't need the services but can offer your help instead, especially if you're a member of a veterans' group. Great. Contact organizers in your area and volunteer. They'll need drivers, set up, donations of personal care items, you name it. Ask what you can do.

If you plan to go to a Stand Down to access services, bring your DD-214 or its equivalent, plus your VA medical card if you have one. If you need a way to get there, sign up for transportation in advance.

If you need housing services, or if you are homeless now and there is no Stand Down coming up in your area, contact National Coalition for Homeless Veterans [www.nchv.org] at 1-877-424-3838. If you have a housing emergency (you're about to be homeless), you can call 24/7. Visit its website and look through the drop-down menu across the top.

To see the list of Stand Downs in your area, go to www.va.gov/homeless/events.asp and scroll down the page. You'll see the location, as well as two contacts with email and phone numbers for each one.

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Plant Talk

by Ken Resch



Delightful 2020 Annuals

I've written several times about Proven Winners® perennials, shrubs and now annuals. In their own words, these plants are worth the extra money because "our plants have been proven in trials conducted at numerous sites worldwide to be easy to grow and care for, covered with blooms, bright and colorful, long blooming and healthy and vigorous." My experiences affirm this 100% so this month I'd like to share several Proven Winners® annuals.

Petunias have been grown in my gardens since I was seven or eight because they were hardy and easy to grow. I accepted that in hot weather they may fizzle, and I accepted they could become leggy and I accepted spent flowers needed to be picked off. I accepted all of this because then I thought the bright colors made growing them worthwhile. Proven Winners® Supertunia® are **the best petunias I've ever, ever, ever encountered.** They are "self-cleaning, floriferous, and have flowers that range in color from purest white to rich, royal purple. **Supertunia®** are light years ahead of any other petunia on the market today." These plants will bloom all summer and many will mound up and spill over your baskets and containers.

A nice accent annual from Proven Accents® is a variety of Licorice Plant named White Licorice. This plant is a vigorous grower that will flow over the sides of a container planting. This licorice accent plant is also heat-tolerant so the

foliage will hold its silver-white color through July and August. Optimum sun is 4-6 hours, so partial shade works well. Plants grow 12" high by 20" long so they fill in nicely wherever grown. Two other notable Licorice accents are Licorice Splash with its dark-green variegated foliage and Petite Licorice, a more compact growing plant with smaller silver-green leaves.

Annuals with a grape fragrance? Yes, in the Angelface® Super Blue Snapdragon. Summer snapdragons grow best when it gets hot. Amazingly, these Angelface® Snapdragons seem to never stop blooming throughout the summer as they stand tall in the flower bed. Available in nearly a dozen colors from whites to pinks to blues, they make wonderful cut flowers sharing their unique fragrance throughout the house. These snapdragons tolerate summer drought, need no deadheading, bloom and rebloom all summer and are fool proof to grow.

I'll end this month by presenting the 2020 Annual of the Year from Proven Winners®. This year the honor belongs to the Euphorbia (you-FOR-bee-uh). This annual is related to the poinsettia but looks more like Baby's Breath in form and color. Often used as a filler in containers, Proven Winners® Diamond Snow™ does not stop there. Though on first glance Diamond Snow™ does look delicate like Baby's Breath, this annual is durable and able to grow well in sun or shade. The flowers are double which both heightens the brilliance of their whiteness and more densely fills out containers. The growth habit is rounded making it an excellent stand-alone container plant or as an edging plant in a garden bed where it has room to shine.

Plants from Proven Winners® will be available this spring wherever plants are sold.

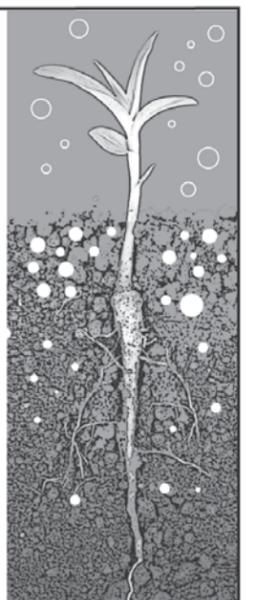
The Garden Bug

Soil nutrients

Plants require six primary nutrients: carbon, hydrogen, and oxygen, and nitrogen, phosphorus, and potassium, which are found in soil. Nitrogen is needed for leaf growth and making plants greener. Phosphorus promotes root development and also increases bloom and fruit production. Potassium, also known as potash, helps the plant fight off diseases and withstand extreme temperatures and ward off disease.

— B. Weaver

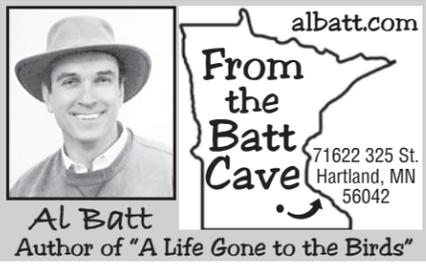
Source: www.almanac.com



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*It is my belief that nearly any invented quotation,
played with confidence, stands a good chance to deceive.*

—Mark Twain



Spring is when squirrels chatter more than our teeth

I greeted the day with a sneeze.

Sneezing is a part of my skill set.

I'd walked outside and experienced a photic sneeze reflex, sun sneeze or ACHOO (Autosomal Cholinergic Helio-Ophthalmologic Outburst) syndrome. This reflex is characterized by a sneeze induced by exposure to an intensive bright light like sunlight.

Spring is like waiting for a sneeze to happen. You know the feeling — that close-to-a-sneeze tickle that causes odd facial expressions and often results in disappointment.

We spring ahead for no apparent reason. Rip Van Winkle had Issues with daylight saving time (DST). Don't stick your sundial where the sun doesn't shine. DST is time-traveling, but that extra hour of daylight causes curtains to fade faster. A 2014 study by a University of Colorado cardiologist found that switching to DST and causing people to lose an hour of sleep, raised the risk of having a heart attack by 25% on the first following Monday compared to other Mondays. By contrast, the risk of a heart attack fell 21% after the clock was returned to standard time and people got an extra hour of sleep.

Spring is a time of hope, renewal, awakening and potholes. Even Easy Street gets potholes that echo.

Our house cat Purl, takes a break from searching for sunbeams coming through windows and landing on carpet, to look for spring. She visits the entryway to see if the window has been opened to its screen. When that happens, it's spring to her. She posts herself at that screen and keeps an eye and an ear on the chipmunk miscreants in the yard. That's how Purl finds spring. Robins find it by getting three snows on their tails. We all have our signs of spring. Some look for UPS drivers wearing shorts. Others wait for that certain baseball or softball game. I listen for red-winged blackbird males singing, "Look at me" and watch for our lawn mower peeking out of a snow bank. I wonder if Leap Year gives frogs a jump on spring?

The Farmers' Almanac, a masterful provider and

explainer of mysteries, states the current seasonal lengths for the Northern Hemisphere are: Summer — 93.641 days, fall — 89.834 days, winter — 88.994 days, and spring — 92.771 days. That's good to know. Why the difference? If the Earth made a perfect circle around the sun, the seasons would be equal. But it travels in an elliptical orbit. In its 365.2422-day tour, it's closer to the sun at some points than at others. When it's close, it speeds up. When it's far away, it slows down. When the Earth is close to and hurrying by the sun, it's during the fall and winter. As the Earth slows its pace after moving away from the sun, it's spring and summer.

Thunderstorms prove that lightning doesn't know how to conduct itself. Goldfinches sport new, brighter suits. Canada geese honk and wave. Birds come back to sing winter's epitaph. A robin sounds like spring. The killdeer, nicknamed the noisy plover or chattering plover, calls its name. Birding would be much easier if all birds did that. Insects bring cultural diversity. Your neighbor Joe PerfectLawn mumbles repeatedly, "I lawn for you mower and mower each day."

Spring is the time of the year when if it's nice enough to do yardwork, it's too nice to do yardwork. I drool over garden seed packets displayed at garden centers and hardware stores. I try to remember that nothing I grow will look anything like the pictures on those seed packages. The companies use professional vegetable and flower models.

Seasonal detritus appears. Things tossed from car windows spend the winter in snowy ditches and bloom in spring's melted sogginess.

Zen philosophy says, "Sit quietly, do nothing. Spring comes and the grass grows by itself." For lovers of spring and those weary of winter, every spring is reluctant. If spring is late, does that mean the calendar we got from the bank is defective?

No. Winter is nasty. There is little wonder spring is hesitant to push it aside. Better late than never. Even when it's early, spring can never come too soon for many folks. Spring bounces around like a baseball at a hockey rink. One year, spring lasted nearly half an hour. I've put my winter coat in the closet. "Sit. Stay," I told it. Whenever I'm sure spring has sprung, winter flicks my ear.

The first day of spring isn't always the last day of winter.

I hope you wintered well and will continue to do so if necessary.

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Trivia

test

by Fifi Rodriguez

1. ADVERTISING SLOGANS: Which product was advertised as "the champagne of bottled beer"?
2. GEOGRAPHY: Which was the first designated national park in the United States?
3. BIBLE: From which book of the New Testament does the proverb "the blind leading the blind" originate?
4. U.S. PRESIDENTS: Which president established the Purple Heart award to military members injured or killed in battle?
5. LITERATURE: What is the title of a classic novel that its British author originally named "Strangers from Within"?
6. ANIMAL KINGDOM: Which animal's home is called a lodge?
7. FOOD & DRINK: Which spice is described as "the Queen of Spices"?
8. MUSIC: Who wrote the libretto and music to the opera "The Flying Dutchman"?
9. HISTORY: Which country's revolution was described in the book "Ten Days That Shook the World"?
10. ANATOMY: What is the most common blood type in humans?

Answers

1. Miller High Life
2. Yellowstone
3. Matthew
4. George Washington
5. "Lord of the Flies" by William Golding
6. Beaver
7. Cardamom
8. Richard Wagner
9. Russia
10. O positive

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DEMENTIA FRIENDLY COMMUNITY CORNER

When you are entering the world of dementia as a caregiver or newly diagnosed you will hear vocabulary that you may not be familiar with. A term many medical professionals use is Sundowning. Sundowning is sometimes referred to as "late-day confusion". As a caregiver be aware that as the dementia progresses Sundowning is likely to happen. The dementia symptoms are heightened during the period of Sundowning. Most of the time this is late afternoon and evening. You may witness behaviors such as agitation, increased confusion or anxiety. During this time, do your best to redirect and be patient, remember do not argue or belittle the person who is experiencing sundowning.

This may continue for several months and most often happens in the middle to late stages of dementia. Sundowning could be caused by the body clock being thrown off, this is caused by the physical changes that are happening in the brain.

Some realistic examples of sundowning would be, a retired dairy farmer gets anxious around the time he used to milk the cows. They may insist on going outside to the barn or be anxious because they are not there to see the cows are being taken care of. A retired working mother may want to set the table or think it's time to make supper after she just ate. She may be recalling vague memories of what her life was like in earlier years.

Sundowning can be difficult to deal with and may cause increased stress to the caregiver. This stage doesn't always last for the duration of the disease but can be a very trying time.

If you are searching for a Support Group, Bell Tower Retirement has a Support Group on the second Thursday of every month from 5:00 to 6:00pm. River Bend Retirement Community's Support Group is held on the third Thursday of every month from 5:00 to 6:00pm.

For information on additional resources, support groups or to become a Dementia Friendly Business, working toward a Dementia Friendly Community please contact Tracy at Bell Tower Retirement Community at **815.747.6701** or Jill at River Bend Retirement at **563.582.5001**.

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Strange BUT TRUE

- In the mood for a *loong* vacation? Consider the planet Uranus. Its summer lasts 21 Earth years.

- It takes 700 gallons of water to make a cotton shirt. To put that in perspective, the amount of water needed to make a T-shirt is enough for one person to stay hydrated for 900 days, while the amount necessary to create a pair of jeans is equivalent to hosing down your lawn for nine hours straight.

- The official color of the Golden Gate Bridge is "International Orange."

- Speaking of that delightful hue, Alexander the Great washed his hair in saffron to keep it shiny and orange.

- The world's least-common surnames include Sallow, Miracle and Relish,

while extinct surnames include Bread, Spinster and Bythesea (By the sea).

- Your navel contains thousands of bacteria that form an ecosystem the size of an entire rainforest.

- Ever wondered about those ridges along the edges of some coins? They were the brainchild of Sir Isaac Newton, who while warden of the Royal Mint in 1696 used the reeded edges to help combat theft and counterfeiters.

- After the hip-hop duo OutKast coined the phrase "shake it like a Polaroid picture" in their hit song "Hey Ya!" Polaroid released this statement: "Shaking or waving can actually damage the image."

- Just like fingerprints, no two tongue prints are alike.

•••

Thought for the Day: "I don't need a friend who changes when I change and who nods when I nod; my shadow does that much better." — *Plutarch*

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

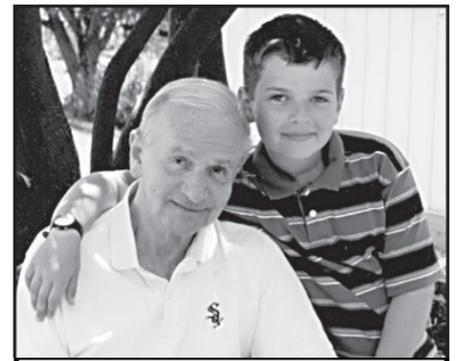
The Best Of Jerry

Our "Old" Sergeant Taught Us a "Lesson!"

As you know, Maury, Grandpa played third base for the 1st Cavalry Division baseball team in the American League of Japan the last year I was in the service. I mention this because recently in a conversation with some friends the subject was "drinking beer too fast!" I'll explain how these two facts are related!

A career tech sergeant who had been in the Army twenty years was our team's "business manager". He was about 40 and to us "kids" was "old but wise" in many ways! One day when we were rained out and our scheduled game was postponed, two of my teammates and I were having a beer with this sergeant waiting for transportation back to our base which had been delayed for a few hours.

The sergeant asked if any of us thought he could drink a six pack of beer in an hour but it must be consumed out of A SHOT GLASS! (A 6 pack totals close to 100 shot glasses) He said he'd bet a \$100 anyone of us could not! The three of us accepted his challenge! We each put up \$33.33. Our catcher, Chip Corey, did the "drinking" because we thought



Jerry Eberhardt with grandson, Maury Cohn

him to be our best beer drinker! Our 1st baseman "poured" each shot glass full and I would say "now" to Chip while looking at my wrist watch when he'd drink it down! Mathematically, I figured consuming two shot glasses every 60 to 65 seconds would do it with a few minutes to spare!

Chip did his best but I recall that about number 50 he started to get "woozy"! At 60 he became glassy eyed and about 70, he slumped over and could drink no more! We all learned the hard way he became "full of air!" Each sip from a shot glass caused additional air to fill his lungs! We lost the bet, but our sergeant told us this was the highest he had seen anyone go this far!

Grandpa's not recommending anyone do this but thought you'd enjoy the lesson to be learned from this incident!

Much love, Grandpa

SENIOR NEWS LINE

by Matilda Charles

Follow Flu Tips to Stay Safe From Coronavirus

We can't turn on the news now without hearing about the new virus that's sweeping the world. Coronavirus, now called COVID-19, is a serious virus that came out of China. At this point the virus has spread to more than 30 countries and there have been over 2,800 deaths.

Protecting ourselves from COVID-19 is much like how we avoid the seasonal winter flu that's now in high numbers in every state. Guidance from the Centers for Disease Control and Prevention is mostly common sense, but every step is important:

- Wash your hands frequently. Use warm water and soap and wash for a minimum of 20 seconds. Try singing "Happy Birthday" to mark the time.

- Keep your hands away from your face, even if you've just washed your hands.

- Cover your mouth and nose with a tissue when you cough or sneeze, and then throw away the tissue.

- Disinfect surfaces in your environment frequently, such as countertops and doorknobs.

- When you go out, take a pack of antiseptic wipes to wet down grocery cart handles. If you don't have those, put hand sanitizer on your palms and wet the cart handle.

- Never share cups or plates or anything else with those who are sick.

- If you have to be out in public, keep your distance. Stay at least 6 feet away from others. For now, avoid shaking hands.

- If you feel sick, don't rush to the doctor. Call first and explain your symptoms. If they want you to come in, there might be a special entrance for you to use to keep from spreading germs to others.

Stay healthy this winter. Get enough sleep, eat well and keep your stress down. All of those affect your immune system. And if you haven't had a flu shot, get one now.

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SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

It's the kind of March Madness that no one expected. Covid-19 or Coronavirus brought an abrupt end to all sports as we know them on March 11th when the NBA suspended its season until further notice.

The next day the Big Ten tourney in Indianapolis was cancelled and the dominoes began to fall. No selection Sunday show, no NCAA tournament. No basketball, baseball or hockey. In fact, classes are suspended at Iowa and other universities until further notice.

I feel terrible for all involved. From the players, to the fans paying high ticket prices, to the workers at all the arenas who depend on that paycheck that supports their families. There's the regional hosting cities with the restaurants and bars that depend on that income. A ripple effect that becomes an after shock.

Of course, it was the right thing to do given the highly contagious nature of Covid-19. This should be a message to us

all where personal hygiene is concerned. Wash your hands with soap and cough or sneeze into your elbow sleeve. Avoiding large gatherings at games or concerts has been for the most part eliminated.

To think Luka Garza, Kathleen Doyle or Spencer Lee and Alex Marinelli won't be able to compete at the highest level for a chance at a title has to be stunning to these athletes. Hopefully their chance is still out there when this story subsides.

We'll all remember where we were and what we were doing when the sports world temporarily came tumbling down. It doesn't rival 9/11 or the day President Kennedy was gunned down in Dallas. It is shocking just the same. With medical technology unmatched, I hope and pray that doctors and scientists find a serum or antibiotic that will wipe Coronavirus off the windshield of daily life and we can get back to our escape from politicians sniping at each other and the Stock Market roller coasting.

SPORTS!



by Chris Richcreek

1. What women's college basketball team had its streak of 253 straight weeks ranked in the Associated Press poll's top five snapped on Feb. 17, 2020?
2. Actor Terry Crews ("Brooklyn Nine-Nine") was selected in the 11th round of the 1991 NFL Draft by what team?
3. In what sport would the competitors abide by the Marquess of Queensberry Rules?
4. Who was the last U.S. woman to win the gold medal in the ladies' discipline at the ISU World Figure Skating Championships?

5. What TV sportscaster played with future PGA Tour pros Fred Couples and Blaine McCallister as a member of the University of Houston golf team?
6. Jean Dolores Schmidt (a.k.a. "Sister Jean") became famous overnight as chaplain for what 2018 NCAA Men's Basketball Tournament Final Four team?
7. Though nicknamed "The Admiral," what rank did basketball great David Robinson achieve when he completed his Navy service in 1989?

Answers

1. The Connecticut Huskies, whose historic stretch began Feb. 5, 2007.
2. The Los Angeles Rams.
3. Boxing.
4. Kimmie Meissner, in 2006.
5. Jim Nantz, CBS Sports lead play-by-play announcer.
6. The Loyola University Chicago Ramblers.
7. Lieutenant (junior grade).

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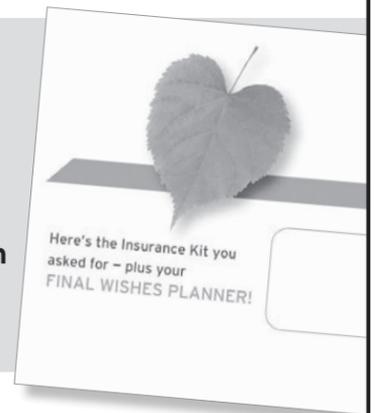
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Moments in time

THE HISTORY CHANNEL

- On April 11, 1814, Napoleon Bonaparte, emperor of France, abdicates the throne and is banished to the Mediterranean island of Elba. Napoleon is credited with reforms that had a lasting impact on European society, including rights for all men and the end of feudalism.
- On April 7, 1891, American showman Phineas T. Barnum dies in Bridgeport, Connecticut, at age 81. Barnum had requested that a New York paper run his obituary before he died so he could enjoy reading it, and the paper obliged.
- On April 2, 1902, the first American theater devoted solely to movies opens in Los Angeles. Housed in a circus tent, the venue was dubbed "The Electric Theater." A ticket cost 10 cents for a one-hour show.
- On April 6, 1917, the U.S House of Representatives endorses a Senate declaration of war against Germany, and America formally enters World War I. Some 50,000 American soldiers would lose their lives before the war ended on Nov. 11, 1918.

• On April 5, 1931, Fox Film Corp. drops John Wayne from its stable of actors after he failed to impress the studio in a series of bit parts. In 1939, Wayne had his breakthrough in "Stagecoach," and 30 years later he would win an Oscar for "True Grit."

• On April 10, 1933, President Franklin Roosevelt establishes the Civilian Conservation Corps to put thousands of Americans to work during the Great Depression. The CCC was open to unemployed, unmarried U.S. male citizens between the ages of 18 and 26.

• On April 9, 1959, NASA introduces America's first astronauts to the press: Scott Carpenter, Gordon Cooper Jr., John Glenn Jr., Virgil "Gus" Grissom, Walter Schirra Jr., Alan Shepard Jr. and Donald Slayton. The seven men, all military test pilots, were selected from a group of 32 candidates.

• On April 8, 2005, Eric Rudolph agrees to plead guilty to a series of bombings, including the fatal bombing at the 1996 Olympics in Atlanta, in order to avoid the death penalty. A 40-pound pipe bomb that exploded in Atlanta's Centennial Olympic Park killed one woman and injured over 100 people.

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The common idea that success spoils people by making them vain, egotistic, and self-complacent is erroneous; on the contrary it makes them, for the most part, humble, tolerant and kind. Failure makes people bitter and cruel.
—W. Somerset Maugham

Radio
from the 20th Century
by Bill Zwack

Jackie Kelk, a high pitched, quavering-voiced Homer, was the 16 year old buddy of Henry on the radio series, *The Aldrich Family*. Until age 18, Jackie played a teenager on radio without a break, including two seasons on television.

His first show, *The Chase and Sanborn Hour*, cast him as a bratty kid stooge opposite Eddie Cantor in 1933. Kelk similarly plagued Bert Lahr, Burns and Allen and Jack Benny in prime time while doing serials during the day. On *The Gumps*, he played Chester; Agnes Moorehead was Min, his mom. He never forgot the day his voice suddenly changed during a broadcast. "I went out of the studio and cried. It was kind of pathetic."

He played the lead in *Terry and the Pirates*. Bud Collyer, who was Pat, also worked with Kelk as Jimmy Olsen, cub reporter on *The Adventures of Superman*

for seven years. In the mid 40's he was a frequent guest on *The Chesterfield Supper Club* and appeared on the *Theater Guild on the Air* presentation of *Ah, Wilderness* with Walter Huston and Richard Widmark.

A professional children's school graduate, Kelk bowed on Broadway at nine years old in *Bridal Wise* with Madge Kennedy. He had many other stage appearances to add to his acting credit. At age 12, he appeared on screen as Loretta Young's son in *Born to Be Bad*, he also had a part on Broadway's production of *The Pajama Game*, which was produced by the Grand Theater in Dubuque in 2018.

Jackie was born August 6, 1923 in Brooklyn, NY., and died in 2002. *The Aldrich Family* is heard frequently on AM 1370 KDTH's *Big Broadcast*, which can be heard every Sunday night from 6 to midnight.

Kovels from Pg. 17

Irish lace collar, ivory shawl, flower blossom pattern, trailing leaf border, c. 1910, 11 x 46 inches, \$50.

Pitcher, silver, lid, hinged, inset Irish coin, armorial, hammered, 1800s, Ireland, 6 inches, \$90.

Wedgwood chalice, fairyland luster, orange interior, cobalt

exterior, gilt, birds, chased base, 7 1/4 x 5 1/4 in. \$180.

TIP: To get candle wax off your antique table, use a hair dryer set on low heat. Melt the wax, then wipe it off.

For more collecting news, tips and resources, visit www.Kovels.com

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Down Memory Lane

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

Bowling
1952-53

Bowling
1952-53



Ready for competition are members of our classy Dubuque Packing Company team which holds a 181 average in league bowling: (left to right)—Christy Reisch, Lloyd Nowlin, Harry Hanover, Earl Falk, Merle Tanner.

BOWLING: CHAMPION BOWLERS

Nine league championships and a present team average of better than 181 are indicative of the class of our Dubuque Packing Company bowling team which competes in two local loops.

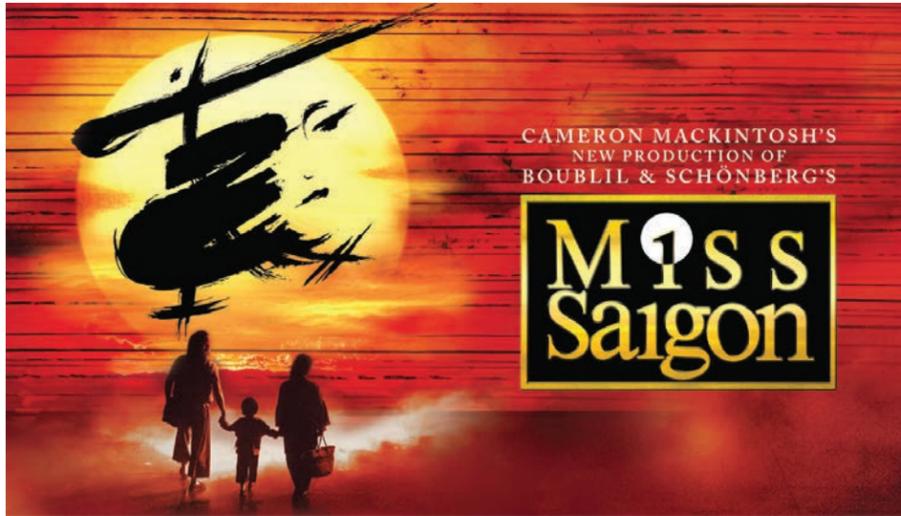
Members of the strong Dubuque combination—which holds down first place in the local Dr. Pepper Straight league and second spot in the Classic loop—are Merle Tanner, Earl Falk, Christy Reisch, Harry Hanover and Lloyd Nowlin. This quintet has a record of 55 wins and but 29 losses in the Dr. Pepper Straight league and a 48-36 slate in the Classic circuit.

Falk and Hanover are veterans on the team which now boasts a season's three-game high of 2,882 and a high single game count of 1,029 in league bowling. Individual three-game high is held by Nowlin with a 663 score. Tanner and Hanover have rolled high individual games of 256 during the present season.

Tanner has a season's average of 185.

Local fans are hoping the Dubuque Packing Company team will hit its peak in ensuing tournament bowling. This combination will roll in the Iowa State Tournament at Newton April 12th, and in the Chicago A.B.C. meet April 30 and May 1.

**The Ohnward Fine Arts Center
is Taking a Bus Trip to see *Miss Saigon*
Sunday, June 21, 2020**



The Ohnward Fine Arts Center is booking a bus trip to see the musical *Miss Saigon* in Milwaukee at the Marcus Center for the Performing Arts. The date is Sunday, June 21. Please note this is Fathers Day, but might make a neat gift for dad. It is a 1:00 matinee. We will leave from the Ohnward Fine Arts Center's parking lot at 8:00 AM on that date. We should return around 8:00 PM.

The cost is \$125 each. These tickets will be sold first come first serve. No exceptions. Also no refunds will be given after tickets are purchased.

To get your tickets you must CALL the Ohnward Fine Arts Center at 563-652-9815 between 9 am and 1 pm Monday through Friday. Or just stop in.

Experience the acclaimed new production of the legendary musical *Miss Saigon*, from the creators of *Les Misérables*. This is the story of a young Vietnamese woman named Kim who is orphaned by war and forced to work in a bar run by a notorious character known as the Engineer. There she

meets and falls in love with an American G.I. named Chris, but they are torn apart by the fall of Saigon. For 3 years, Kim goes on an epic journey of survival to find her way back to Chris, who has no idea he's fathered a son.

Featuring stunning spectacle and a sensational cast of 42 performing the soaring score, including Broadway hits like "The Heat is On in Saigon," "The Movie in My Mind," "Last Night of the World" and "American Dream," this is a theatrical event you will never forget.

Miss Saigon contains some scenes and language which may not be suitable for younger audience members. The production includes strobe lights, gun shots and pyrotechnic effects. We encourage patrons to consider these factors when making their decisions about attending the performance. Recommended for ages 16 and up.

Questions can be directed to Richard Hall, executive director at the Ohnward Fine Arts Center at 563-652-9815 or by emailing to Director@ohnwardfineartscenter.com.

Blood Pressure from Pg. 13
medicines often play a key role in lowering blood pressure.

Aim for a healthy weight. If you are overweight or have obesity, reducing your weight may lower high blood pressure.

Select healthier food and beverage options. Follow a healthy eating plan that focuses on heart-healthy foods such as fruits, vegetables, whole grains, and lean meats that are low in sodium.

Stop smoking. Smoking damages blood vessels, increases your risk for high blood pressure, and worsens problems related to high blood pressure. For help quitting, call 1-800-QUITNOW or go to Smokefree.gov.

Get enough sleep. Lack of sleep can have an adverse effect on your blood pressure and metabolism. Aim for 7 to 8 hours of sleep each night.

Manage stress and make physical activity part of your routine. Healthy stress-reducing activities and regular physical activity can lower blood pressure. Try to get at least 30 minutes or more of physical activity each day.

"You can manage your blood pressure and its complications through healthy lifestyle habits, which include exercise, following a healthy eating plan and taking blood pressure medication as prescribed by your doctor," says Gary H. Gibbons, MD, director of the National Heart, Lung, and Blood Institute (NHLBI). "It's important to know your numbers because controlling or lowering your blood pressure can prevent or delay serious complications like kidney disease and heart disease."

For more information, visit the NIDDK website at www.niddk.nih.gov.

*A picture that is beautiful, or that comes off, or that works,
looks as if it was all made at one stroke.*

—Helen Frankenthaler



Ohnward
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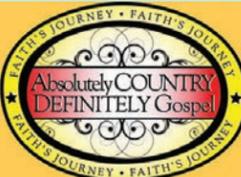
Helen Russell & Company
Saturday, April 25, 2020
2PM



Helen Russell & Company
A LITTLE BIT COUNTRY
A LITTLE BIT ROCK & ROLL
AWARD WINNING SHOW!

Elvis and Helen Russell provide high energy toe-tappin' LIVE AWARD WINNING music shows and entertainment for a variety of venues across the United States. They are located in the Lake of the Ozarks area at Osage Beach, MO. Many folks remember Helen as an entertainer with Lee Mace's Ozark Opry, where her abilities as a vocalist and instrumentalist were enjoyed 6 nights a week for 19 seasons. Well folks, she is now better than ever! Enjoy family style comedy and impersonations along with audience participation! With Elvis on bass, they also feature keyboard, banjo and drums. It will be an entertainment experience that you are sure to enjoy. They look forward to seeing you "on the front row" at the Ohnward Fine Arts Center. You will be 100% entertained!! Featuring Classic Country, Bluegrass, Classic Rock, Gospel, Comedy and Impersonations!

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

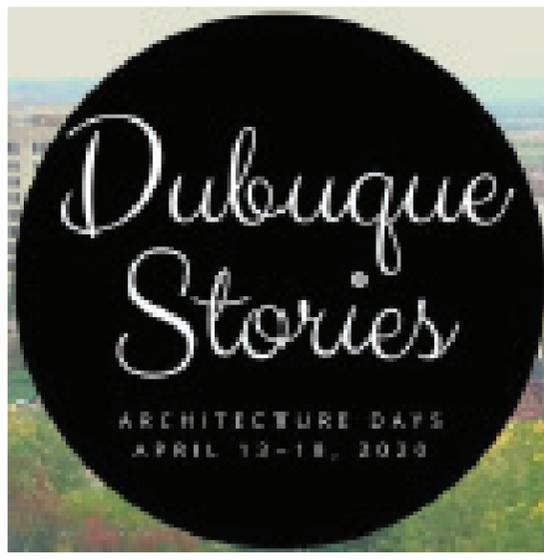


**Absolutely Country,
Definitely Gospel**
Sunday, May 17, 2020 • 2 PM

"Absolutely Country, Definitely Gospel Show" is a glorious journey through some of country and gospel music's best, presented with that irresistible country sound! Join Faith's Journey as they share beloved gospel music and country songs like Eastern Gate and Coalminer's Daughter, sending your spirits soaring and warming your heart and soul. Looking for that perfect blend of country voices, and great gospel music? Look no further than Branson's own "Absolutely Country, Definitely Gospel."

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

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



**Dubuque
Stories**
ARCHITECTURE DAYS
APRIL 12-18, 2020

My students and I are working on a research project regarding the locations below. We are looking for individuals that have stories or memories relating to these locations. These individuals will be interviewed by my students and myself. This can include childhood memories, employment stories, or anything that relates to the location. This is part of a local social history project on behalf of the Architecture Days committee (see link below for more info). "Dubuque Stories" has a double meaning - stories told by individuals & stories relating to a part of a building. Please contact me at 563.599.2915 if you have any information you or someone you know would like to share.

Locations:

- **Dimensional Brewing (formerly AtLast Fluid) - 67 Main St.**
- **Saint Luke's United Methodist Church - 1199 Main St.**
- **Former Hoffman Schneider Funeral Home**
15th & Central, 1640 Main St.
- **Central Avenue Mercantile (formerly King of Clubs)**
1902 Central Avenue
- **Upcycle Dubuque (formerly Singer Sewing)**
1838 Central Avenue

<http://downtowndubuque.org/event/architecture-days-2020/>

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What's it **WORTH** on **ebay**

If you have an item and you would like to know what it is worth, send digital pictures with a brief description to paulhconnor@gmail.com, or make an appointment to visit me at 201 North Commerce Street, Galena, IL. Be sure to check out our website at www.ezsellusa.com.

Do you have your Chapeau?



With Easter just over a month away someone decided that this would be the right Chapeau for the occasion. Chapeau is French for headdress or hat, in this case a 1950's Christian Dior Turban, with daisy flower pom poms. The purchase price on eBay was \$199.99 and will arrive in time for this Easter Sunday services.

R.F.D. by Mike Marland

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JUST WHAT I'VE ALWAYS WANTED--TO BE FOREVER TRAPPED IN THE DEAD OF WINTER.

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Amber Waves by Dave T. Phipps

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Understanding Parkinson's Disease

(NAPS)—60,000 people are newly diagnosed with Parkinson's disease (PD) each year. Nearly fifty percent of those newly diagnosed with Parkinson's and their care partners leave the doctor's office following a diagnosis without educational resources or information on what the future holds. The Parkinson's Foundation aims to connect with those newly diagnosed with PD earlier and more frequently



If you or a loved one is ever diagnosed with Parkinson's disease, you should know you're not alone.

to provide ongoing support throughout their entire journey with the disease. Newly Diagnosed: Building a Better Life with Parkinson's Disease, is a new program designed to arm people who are newly diagnosed with the knowledge, tools and resources they need to navigate life with the disease.

The Parkinson's Foundation also offers educational programs that focus on care and research; digital resources; topical podcasts; and an online community to connect with others living with the disease and care partners and be part of a network of support.

If you or a loved one has been diagnosed with Parkinson's disease, you are not alone. Call the toll-free Parkinson's Foundation Helpline at 1-800-4PD-INFO (473-4636) or email Helpline@Parkinson.org. Order your free Newly Diagnosed kit today at Parkinson.org/NewlyDiagnosed.

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Striped Bass With Lemons and Capers

Elegant enough for a dinner party, this light fish dish is fast and flavorful. Tart lemon and tangy capers create balance when paired with the tarragon-infused striped bass.

- 1 large lemon
- 1 whole (about 3 pounds) striped bass or sea bass, cleaned
- 3 cloves garlic, sliced
- 1/4 cup dry white wine
- 2 tablespoons olive oil
- 2 tablespoons capers, drained
- 1 tablespoon Dijon mustard
- 1/4 teaspoon dried or 1 teaspoon chopped fresh tarragon leaves plus additional for garnish
- Ground black pepper

1. Heat oven to 425 F. Cut lemon in half; cut 1 half into 4 slices. Set aside remaining half. Rinse fish inside and out with cold running water; pat dry with paper towels. Make 3 diagonal slashes on each side of fish, cutting almost to bone.

2. Cut 2 sheets of foil, each 8 inches longer than length of fish. Place 1 sheet of foil in

15 1/2-by-10 1/2-inch jellyroll pan, allowing ends to extend over sides of pan. Place fish lengthwise in center of foil in pan. Place lemon and garlic slices in fish cavity. Squeeze remaining lemon over fish.

3. In small bowl, whisk wine, olive oil, capers, Dijon, tarragon and 1/4 teaspoon pepper until blended. Drizzle half of wine mixture into fish cavity; drizzle remaining wine mixture over fish, rubbing mixture into skin and slashes.

4. Place second sheet of foil on top of fish. Crimp edges all around to seal completely. Bake fish 25 to 30 minutes.

5. Before serving, with kitchen shears, cut opening in packet to let steam escape, then carefully pull back foil. With 2 wide spatulas, transfer fish to platter. Pour juices in foil over fish. Garnish with fresh tarragon. Serves 4.

• Each serving: About 215 calories, 11g total fat (2g saturated), 117mg cholesterol, 250mg sodium, 2g total carbohydrate, 27g protein.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/food-recipes/.

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Comfort foods



by Healthy Exchanges
S'More Gorp

Reach for this crunchy snack the next time you have an attack of the munchies.

- 3 full cups honey graham cereal
- 1 cup miniature marshmallows

- 1/2 cup dry-roasted peanuts
- 1 cup raisins
- 1/4 cup mini chocolate chips

In a large zip-lock storage bag, combine cereal, marshmallows, peanuts, raisins and chocolate chips. Seal bag and shake well to combine. Store mixture in an airtight container. Mix well before serving. Makes 8 (3/4 cup) servings.

• Each serving equals: 201 calories, 5g fat, 3g protein, 36g carb., 150mg sodium, 2g fiber; Diabetic Exchanges: 1 Starch/Carb., 1 Fruit, 1 Fat.

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Cremer's Cooking Tips

Cremer's Baked Ham with Maple Glaze

roasting. Preheat the oven to 325 degrees F. Place ham in a roasting pan.

2. Roast for 30 minutes in the preheated oven. In a small bowl, mix together the maple syrup, red wine vinegar, Dijon mustard and mustard powder.

3. When the 30 minutes are up, brush 1/3 of the glaze over the ham. Bake 20 minutes, remove ham, brush with remaining glaze. Let ham stand for 10 to 15 minutes before carving.

- Ingredients**
- 5-6# Roses Spiral Cut Ham
 - 1/4 cup Big Timber pure maple syrup
 - 1 tablespoon red wine vinegar
 - 2 tablespoons Dijon mustard
 - 1 tablespoon dry mustard
- Directions**
1. Remove ham from refrigerator 45 minutes to 1 hour before

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