



The Golden View

The Community Newspaper For Adults 55 Plus

April, 2021

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Asbury Senior Apartments New Independent Senior Living

by Ken Resch, Asbury Senior Apartments



Dubuque native, Stephen Resch, has chosen to reinvest his talents in a new local business designed with seniors in mind. Resch graduated from Hempstead in 1995, West Point Military Academy in 1999, and will soon retire from the United States Army as a Lieutenant Colonel and combat veteran. As Resch began to approach military retirement, he invested in several commercial properties in Dubuque. He and business partner Richard Schega, also a West Point graduate, established Patriot One Capital LLC and acquired several multi-family properties in Illinois and Missouri. They are now poised to offer seniors beautiful one and two-bedroom luxury apartments on Dubuque's west end.

Asbury Senior Apartments, located at 4885 Asbury Road, once Heritage Manor Nursing Home and later Hawkeye Care Center, is an excellent community for active and independent seniors. Asbury Plaza is situated within walking distance and is anchored by Hy-Vee grocery, Premier Bank, Kohl's Department Store, and

a mix of over a dozen other retailers. Beyond the Plaza are many other businesses and restaurants which collectively offer an abundance of services desired by seniors.

The City of Dubuque bus service—The Jule—has a stop at Hy-Vee and transports riders to the downtown area and numerous locations in between. The Northwest Arterial is located nearby, providing easy access to all highways. Less than ten minutes away by car are beautiful parks and walking trails. Several houses of worship are also located within minutes of the property and the nearby Asbury City Hall houses a branch of the Dubuque County Library. The vibrant western fringe of the City of Dubuque affords seniors every service imaginable—all within a short drive or walk.

After a two-year renovation, 24 brand new luxury apartments and 17 renovated apartments have been created to meet the needs of independent seniors. Amenities include multiple on-site laundry facilities, a

Asbury Senior Apts. cont. Pg. 3



Landscape of Guitar and Mutts Gone Nuts to Perform at Heritage Center

by Thomas J. Robbins,

Executive Director, University of Dubuque Heritage Center



University of Dubuque Heritage Center continues its Spring 2021 Live at Heritage Center Performing Arts Series in April. "More Than a Pipe Dream: A Socially Distanced Season" offers paid livestream access to performances via ticketed admission for the public. In-person performances are restricted to only UD faculty, staff, and students this season due to the COVID-19 pandemic.

Landscape of Guitar: The Animated Painting Concert Experience featuring Patchouli and Terra Guitarra will perform at 7:30 p.m. Thursday, April 22. Livestream access is \$15 in advance, \$20 day of show.

Performing fiery Spanish guitar pieces like "Malaguena" to the vocal harmonies of "Sounds of Silence," this duo takes the art of guitars to another dimension with their new animated painting concert experience. A colorful backdrop of vibrant painted landscapes based on the guitar theme flows through the concert.

A gallery exhibit of related artwork will be displayed Monday, April 19, through Thursday, April 22, in Bisignano Art Gallery. Open to the public, gallery hours are noon to 5 p.m. Monday through Friday. It is also open in conjunction with major events in John and Alice Butler Hall.

Mutts Gone Nuts: A Canine Cabaret will perform at 3 p.m. Saturday, April 24. Livestream access is \$15 in advance, \$20 day of show.

Expect the unexpected as canines and comedy collide in a smash hit performance that's leaving audiences everywhere howling for more. From shelters to showbiz, these amazing mutts unleash havoc and hilarity in a breathtaking comedy dog spectacular.



Livestream tickets are available from 10 a.m. to 5 p.m. Monday through Friday at the Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennet Street; by phone at **563.585.SHOW**; or online at www.dbq.edu/heritagecenter. Paid livestreams include the option of 48 hours of "on demand" access following the scheduled performance times.

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Asbury Senior Apts. from Pg. 1



centrally located and spacious common area, and an outdoor covered patio. Other services offered include discounted WiFi, room cleaning and vending with more to follow. Residents have convenient ADA access to each level from the newly paved parking areas surrounding the building. Security and safety are of paramount importance as evidenced by surveillance cameras, ample perimeter lighting, and locking exterior doors throughout the complex.

In our luxury apartments—some fully ADA compliant—residents will find new contemporary kitchens; spacious closets; accessible, open floor plans; new, laminate wood flooring; sprinkler systems, and integrated fire alarms; a smoke-free building and grounds. We believe you will thoroughly enjoy maintenance free west-end living here at the Asbury Senior Apartments—offering independent living in a friendly, caring environment where neighbors become your friends! If you have questions or would like to set up a no-obligation tour, please call our local representative, Ken Resch, at 563-599-5831.

Americanisms



“Have enough courage to trust love one more time and always one more time.”
— Maya Angelou

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Asbury Senior Apartments 4885 Asbury Road



OPEN HOUSE
Every Sunday
in April
1 – 4 PM

Welcome to the Tri-states newest **Senior Living Community!**

Asbury Senior Apartments offers modern one-and two-bedroom apartments designed for seniors 55+.

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Asbury Senior Apartments

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\$\$\$\$ Expires May 1, 2021 \$\$\$\$

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A warm and inviting common area is central to Asbury Senior Apartments and provides tenants a place to visit or hold small gatherings

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- Sprinkler systems, integrated fire alarms
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Flocking season runs from April 1-May 31, 2021

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STICKELERS [sic].
 by Terry Stickels

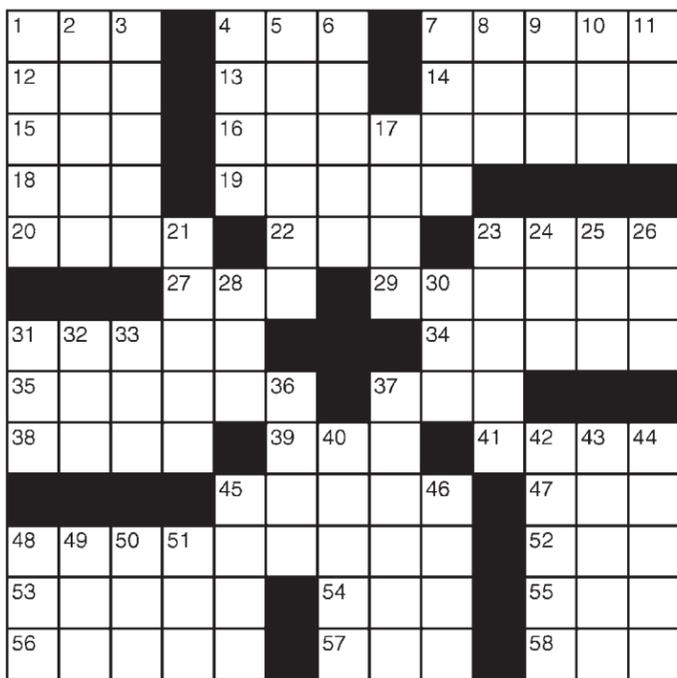
Eight countries border Saudi Arabia. How many can you name?

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 Nightwear, for short
- 4 Rm. coolers
- 7 Fable writer
- 12 Decay
- 13 Prefix with athlete
- 14 Preamble
- 15 Mode lead-in
- 16 Soundly defeated
- 18 Zilch
- 19 Berth places
- 20 Retain
- 22 Away from NNW
- 23 Roundish 'do
- 27 Writer Harper
- 29 Sitting room
- 31 Prepared apples for baking
- 34 Street punks
- 35 Uproar
- 37 Rotating part
- 38 A Great Lake
- 39 Actor Stephen
- 41 Dumbstruck
- 45 Striped equine
- 47 Hockey's Bobby
- 48 Performed to the end
- 52 Gun-lobby org.
- 53 Broadcaster
- 54 Code-



- breaking gp.
- 9 Pigs' digs
- 10 Metal source
- 11 Group of whales
- 17 Get ready, briefly
- 21 West Point freshman
- 23 Bakery lure
- 24 "Alice" waitress
- 25 Scepter
- 26 Hosp. areas
- 28 College URL ender
- 30 "Eureka!"
- 31 "Evita" narra-
- 32 Owned by us
- 33 MLB stat
- 36 Raised
- 37 Tenor Enrico
- 40 Deep, lustrous black
- 42 Candy maker Willy
- 43 Goofed
- 44 Pulls
- 45 Goose egg
- 46 — impasse
- 48 Bit of butter
- 49 Fib
- 50 Branch
- 51 "Uh-huh"

DOWN

- 1 Bit of mischief
- 2 "Salt" star Angelina
- 3 Trite
- 4 Perched on
- 5 Vacation at sea
- 6 Locations
- 7 Has a bug
- 8 Disney deer

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**Be sure to check the website
TheGoldenViewOnline.com**



Neighbor Lets His Dog Poop in My Yard

DEAR PAW'S CORNER: My neighbor constantly lets his dog come into my yard and do his business. Sometimes the dog is off leash, and other times he is on the leash while the neighbor just stands there. I'm tired of picking up after this dog! What can I do? Should I go out and squirt the dog in the face with water? — **Frustrated in White Plains, New York**

DEAR FRUSTRATED: This isn't the dog's fault at all — it's the fault of the owner for allowing his dog into your yard. Squirting the dog in the face (or the owner) will not help things and will only escalate the situation.

The next time the owner comes by, talk to him — calmly — and ask him not to let the dog poop in your yard, to keep the dog on a leash, and to pick up after the dog. Explain that keeping him on a leash keeps the dog safe.

If the neighbor keeps letting the dog into your yard, or if you don't feel safe talking to this person, then contact the city. White Plains, like many municipalities in the U.S., has a leash law and imposes fines on owners who don't keep their dog on a leash, who don't pick up after their dog, or who allow their pet to go onto someone else's property without permission.

And please, whatever you do, don't take this out on the dog. Pets are unaware of boundaries unless they're trained to stay away from certain areas. They don't realize they're doing something wrong, especially if the owner is not correcting them. It's up to the owner to control his dog while outside.

Send your questions, tips or comments to
ask@pawscorner.com.
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Elderly Or Disabled Tax Credit

Dubuque County Treasurer, Eric Stierman, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2021.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$24,206** 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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COME CHAT
with **ME**
by S. E. Persinger



Recently, I had to call 911 for help due to a faulty fire alarm. It was late in the evening and the fire alarm was malfunctioning. I couldn't smell smoke or any electrical odor so I made a call for help, something I had never had to do in my lifetime. I told the 911 operator that it was not an emergency but could she contact the fire department and ask them to come out to my home to check for any problems in the fire alarm system.

It was only a short time before the fire truck arrived. Three firemen came into the house and went to the fire alarm in the hall. There was a problem because it was old and needed to be replaced. This caused me great stress because I had no one to help me during the COVID-19 situation. As the firemen started to leave my home, one of the firemen asked me if I had someone to help me get it replaced. I asked where I could get a new fire alarm and two places were mentioned, but at that time I was "staying in" so it seemed to be a hopeless dilemma for me to solve.

Fortunately, one fireman spoke up and said that he got off work at 6:30 a.m. and would go and get one and install it for me. Sure enough, he arrived that next morning, I paid him for the product and he installed it. But, Fireman Mike Rose would accept no money for his service. And while he was here he asked me if I had a Carbon Monoxide unit in the house. I said no, so he checked the basement, then offered to get one and install it for me. At that time I thought that a family member might be able to help me. Before he left, he said if I couldn't get help just call him and he would get a unit and install it for me. Because of the virus, family members were unable to come to my aid. So after about eight days I called Mike Rose.

When he arrived that day, he had a large gift bag containing a beautiful blanket his wife Stacey had made. What a blessing! Like most people my age, I have been a 24/7 stay at home, and this act of kindness was a super surprise to an isolated woman. The gift card stated, "from the Rose Family."

Mike the fireman installed the unit and like before would not accept any money for his service. Furthermore, he offered to come and replace the batteries when needed. I must say, I have always respected firemen and all other public service workers with a grateful heart, but, this unselfish act gives me hope for all America. There are indeed angels among us.

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Americanisms



"Tough times don't last,
tough people do."
— Gregory Peck

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*You have to have confidence
in your ability, and then be
tough enough to follow through.*

—Rosalynn Carter

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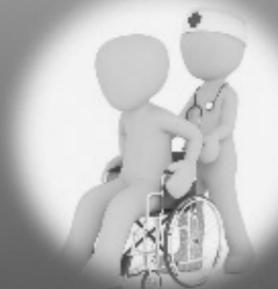
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Shadow of a Candle

I saw a photo posted on Facebook that intrigued me and decided to duplicate the image. I placed a lit candle near a wall. The candle was positioned to catch the rays of the rising sun shining through a nearby east window. Like the photo on Facebook, my candle, too, cast a shadow on the wall, but, like the Facebook photo, the flame cast no shadow at all!

For me, this phenomena of the greater light of the sun shining through the lesser light of the candle flame illustrates how I'm to live my life in relationship with God. A fundamental principle of a God-centered life I've sought to adopt is that God is to get the credit, the glory, if you will, of anything good that comes from my life. I'm like a small lit candle that's in a room with the bright sun shining in. People can see me, the small candle and my little flame of good, but because a far greater light is illuminating my life, God, God's light far outshines my light.

I believe my life is lived best

when people see God in me more than they see me in me. I'm not there yet, I'm still growing beyond the childish wish of "look at me, look at Dave!" and seeking to move toward a more spiritually mature position where my life is saying, "Look at God, look at Christ."

Yes, I like affirmation. I like for people to appreciate me. It's normal and a God-given desire to be valued by others. But I've discovered that there's something better than being well thought of by others. I've determined I want God to get the credit for any good within me and any good I do. I want folks to be impressed with God working through me rather than having them be impressed with me.

Life is so much better and bigger when I live for the Someone who is so much better and bigger than me! The irony is that when I seek to have people be impressed by God who is working through little ol' me instead of trying to have people be impressed with me, I feel far better about me!

I may be but a small lit candle in the world, but because I want my life to be illuminated by God any shadow of good influence I cast is because of Him. And I'm more than okay with that!

"... Let your light shine before others, that they may see your good deeds and glorify your Father in heaven." Jesus in Matthew 5:16b

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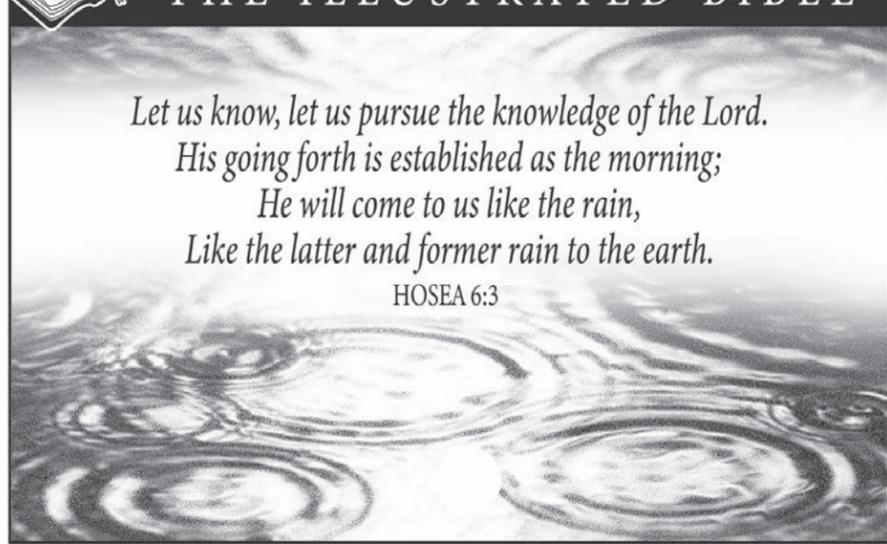
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THE ILLUSTRATED BIBLE

*Let us know, let us pursue the knowledge of the Lord.
His going forth is established as the morning;
He will come to us like the rain,
Like the latter and former rain to the earth.*

HOSEA 6:3



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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Samaria in the Old or New Testament or neither?
2. From Nehemiah 10, what's the most common starting letter of the numerous names listing priests, Levites, chiefs, and fathers? *C, B, T, H*
3. Which prophet foretold the ministry of John the Baptist? *Levi, Isaiah, Aaron, Mordecai*
4. How did Jesus enter Jerusalem

during the "Triumphal Entry"?
On foot, Carried by slaves, On donkey, In golden chariot

5. From 1 Chronicles 20, Elhanan slew Goliath's ...? *Father, Brother, Mule, Oxen*
6. In which book is the parable of the Good Samaritan? *Matthew, Mark, Luke, John*

ANSWERS

1) Neither; 2) H; 3) Isaiah; 4) On donkey; 5) Brother; 6) Luke

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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YESTERDAY AND TODAY
BY MICHAEL GIBSON



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

Yesterday & Today cont. Pg. 9

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Michelle Bell,
Social Security District Manager,
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Additionally, our **Plan for Retirement tool** in your *my Social Security* account allows you to run various benefit estimate scenarios. You can compare different future earnings and retirement benefit start dates for how they could affect your benefit amount.

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Yesterday & Today from Pg. 8

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.



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

Bell Tower Theater Announces the United States Premiere of *The Numbers Game*

The Bell Tower Theater, your hometown theater, is pleased to announce that in-person live theater is continuing next month. The Bell Tower Theater will present their second United States Premiere of the 2021 *The Numbers Game*, a comedy by John Spurway. The performance will be directed by the Bell Tower Theater's Artistic Director Sue Riedel.

She was the most popular girl in high school; he was on the math team. They couldn't be more different. Thirty-seven years later, Phil is an actuary, looking for a place to live. Bernadette needs a roommate, preferably a female. The only thing they have in common is that they've both just been dumped. Does misery really

love company?

The cast features Bell Tower veterans Joanne Hillery, Scott Schneider, Cindy Campton-Iwasaki and Tye Stecklein.

Performances are every Thursday, Friday and Saturday evening at 7:30 pm, and Sunday afternoon at 2 pm from April 16 to May 2 plus added Saturday 2 pm performances on April 24 and May 1. April 16 & 17 are the Early Bird Special performances when tickets are just \$11. Tickets for all other performances are \$22.

Due to the current public health crisis, this show will be performed with social distance seating and a variety of other precautions. Some examples include: 1) The capacity of

Bell Tower Theater cont. Pg. 19

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Individual	Joint Owner on an Account	Individual Retirement Accounts	Joint Owner on an Account	Trustee Account with 1 Qualifying Beneficiary
\$250,000	\$250,000	\$250,000	\$250,000	\$250,000
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KOVELS® Antiques & Collecting

By Terry and Kim Kovel

Decorative Stove

Stoves were often the largest objects in the room of 18th- and 19th-century homes. They were needed for heat and cooking. Cast iron stoves came in many styles, most cast with curlicues and pictures formed by a mold. Special stoves had extra trim, a few tiles on the front or a complete set of tiles showing people, architecture or greenery.

A very unusual stove made about 1895 was covered in English Minton and Wedgwood tiles picturing the 12 months of the year, fairy tales and nursery rhymes created by Walter Crane for two of his 1887 children's books, and other Crane drawings of fairy tales and Aesop's fables. Additional tiles were copies of pictures of the month by Helen Miles in the 1870s. The buyer also got the stove's impressive provenance: a family scrapbook that identified previous owners, including the founder of Hobart Brothers of Troy New York, and a pictured article in Colonial Homes Magazine from 1994.

Even though the stove had been converted to gas and would cost a lot to ship, it sold for \$4,688.



Even though the auction catalog warned that the shipping cost would be high because of the weight of the 29-by-38-inch cast iron stove, the winning bid was \$4,688.

these small boxes with the hat. Can you give me any idea of age and value?

A: These miniature hats and hatboxes were not free. They were gift certificates someone paid for. The box included a gift certificate for a new hat, so you could give someone a gift of a hat and they could choose it themselves. Miniature Stetson hats are the most often found but other hat manufacturers also made miniature hats and hat boxes to promote their brands. Miniature Stetson hats were made in felt and in plastic. Hatboxes were usually made of paper or cardboard, though some were made of tin. Some boxes just have the brand name, some are decorated. A check of recent sales shows a felt hat in a tin hatbox for \$40 and a plastic hat in a cardboard hatbox for \$24 to \$40.

Q: I bought a miniature Stetson hat and hat box at a yard sale several years ago and paid \$2 for it. A friend told me when he was a young boy, his job was to stand outside a department store and when anyone left the store with a real Stetson box, give them one of

CURRENT PRICES

Shaving mug, occupational, D.K. Oliver M.D., rose, leaves, gold trim, marked, France, 3 1/2 inches, \$48.

Advertising sign, chicken farm, New Musser Leghorn
Kovels cont. Pg. 12

The Grand Opera House and Heartland Ballet present A Midsummer Night's Dream



The Heartland Ballet will present A Midsummer Night's Dream at the Grand Opera House on April 9, 10 and 11, sponsored by John and Alice Butler.

A Midsummer Night's Dream is a ballet using Mendelssohn's score to tell the classic Shakespearean comedy of lovers lost in a mystical wood and turned into the playthings of the fairies. With the King and Queen of the fairies fighting, mischievous sprites are about on the misty night, and there is no knowing who will be in love with who, or what, when the sun comes

up. Be transported by the storytelling of the dancers of the Heartland Ballet in A Midsummer Night's Dream.

The Grand Opera House is offering limited socially distanced seating in the theater during the performance, masks are required in the building at all times, and there are enhanced cleaning protocols and new traffic flow patterns into and around the building to keep the audience, volunteers, and staff safe. For more information about our safety protocols, please visit our website.

Tickets to be in the live audience of A Midsummer Night's Dream are \$23 for Adults and \$15 for children under 18. Seating is limited to 200 tickets per performance, 1/3 of the theater's capacity. Tickets for this event are sold in groups of 2, 3, or 4. We request you purchase all seats within a selected group. Groups will
Grand Opera House cont. Pg. 14

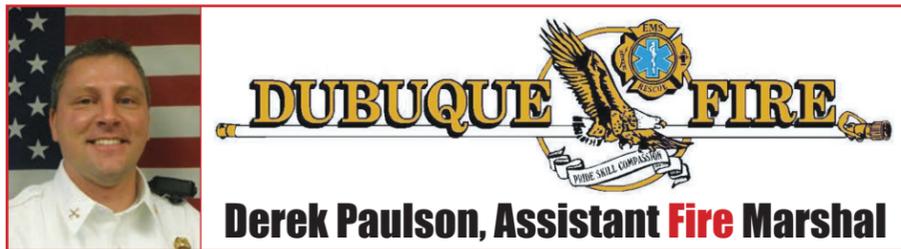
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Derek Paulson, Assistant Fire Marshal



Have you ever gone to the refrigerator and poured yourself a glass of milk and taken a drink only to realize that the milk was sour? You look at the expiration date on the carton and see that the milk went bad because it sat there too long. There are items all around us that we may or may not be aware will go bad at some point. However, one item many do not realize that can go bad are the smoke alarms in our homes.

Smoke alarms have a life expectancy of around 10 years. After this smoke alarms start to lose their effectiveness. Smoke alarms have sensors inside that over time collect dust, dirt and other particles in the air. These sensors become covered and the smoke alarm becomes less sensitive than when it was brand new.

Here is how you can check to see if your smoke alarm(s) are outdated or nearing replacement age. If you remove your smoke alarm(s) from the ceiling or wall, turn the smoke alarm over to the back side. On the back, there should be a date stamped on it. That date is the date the smoke alarm was manufactured. A smoke alarm is good for 10 years from the date stamped on the back. If your smoke alarm(s) don't have a date stamped on it, then it is time for them to go to the Smithsonian Museum.

Smoke alarms should be installed in each bedroom or sleeping area of the home, in the hallway outside the bedrooms or sleeping area and one on each floor of the home.

The Dubuque Fire Department in conjunction with the Red Cross of Northeast Iowa offers a free smoke alarm program. If you would like more information on this program or to schedule an appointment please call the Dubuque Fire Department at **563-589-4195**. I can also be reached at Dpaulson@cityofdubuque.org.



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Inflammation: The Role Diet May Play

When something harmful or irritating affects our body, the body responds with inflammation. There are two types of inflammation—acute and chronic.

Acute inflammation is short-lived inflammation. An example of this would be when you cut a finger or stub a toe. You see and feel the signs of acute inflammation in your body, and tissues become red, swollen, and painful. It is part of the body's natural healing response to injury or infection.

Chronic inflammation occurs over time. It has been linked to the development of serious chronic diseases, including cancer, heart disease, diabetes, arthritis, and dementia. It can be caused by stress, aging, smoking, excessive alcohol intake, excessive abdominal fat, as well as some foods.

A powerful tool to help fight chronic inflammation comes right from the grocery store!

Choose a variety of foods full of anti-inflammatory phytochemicals. Phytochemicals are compounds produced by

plants, which help protect our cells. Foods with these compounds include whole grains, beans, nuts, colorful fruits and vegetables, plant oils, and cold-water fish like albacore tuna, salmon, and mackerel. Tea, onions, and spices such as turmeric and ginger also have compounds with anti-inflammatory effects.

On the other hand, some foods—including processed meats, refined grains, and sugar-sweetened beverages—have been linked with increased inflammation. Saturated fat and trans fat are specific components of food that may trigger inflammation. The key to a healthy diet is variety and moderation with all food!

For more information about the benefits of consuming fruits and vegetables, recommended intake, and strategies for including them in the diet, check out some videos we made!

Veg Out!

<https://vimeo.com/419742344>

Feast on Fruits and Vegetables

<https://vimeo.com/203120951>

Resources:

Academy of Nutrition and Dietetics - What is an Anti-inflammatory Diet? (July 2019)
www.eatright.org/health/wellness/preventing-illness/what-is-an-anti-inflammatory-diet

Today's Dietitian - Inflammation and Cancer Risk: Can Anti-Inflammatory Diets Help? (Jan 2018)
<https://www.todaysdietitian.com/newarchives/0118p12.shtml>

Kovels from Pg. 10

Farms Pullet, images of chicks and hens, metal, 1940s-1950s, 13 x 10 inches, \$165.

Poster, "What'll You Do After You Graduate?" Dustin Hoffman as The Graduate, Volunteers in Service to America, 1968, 24 x 18 inches, \$420.

Scientific instrument, yardstick, maple shaft, whalebone end caps, diamond-shaped inlay, inch hash marks, 1800s, 36 inches, \$469.

• • •

TIP: Large mirrors should not be taken down to be cleaned. Get an assistant to hold the mirror steady while it is being wiped.

Looking to declutter, downsize or settle an estate? Kovels' Antiques & Collectibles Price Guide 2021
by Terry and Kim Kovel has the resources you're looking for.

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What If I Can't Find My Loved One's Documents?

by Thad J. Murphy, Attorney with Pearson Bollman Law

Who will get your stuff when you die? While most people think about the major items, such as homes, retirement accounts, personal property such as jewelry and vehicles, other possessions are often overlooked. Some sentimental items may be very valuable to you, however the people that you give them to upon death may not need them. Who, then, will get your property and possessions if no one wants them?



Thad J. Murphy of Pearson Bollman Law

A well-drafted estate plan includes contingency instructions for a beneficiary of last resort, for example, a charity. You can also instruct your personal representative to inquire among your remaining family or friends to see if any of them want the property. There are also other methods to dispose of the unwanted property:

Estate sale. This method involves hiring a company to sell the remaining estate property, similar to a garage sale. After the seller's commission, sale proceeds are part of the estate and are divided among the beneficiaries as instructed in the estate plan.

Estate auction. This is an alternative where there is an auctioneer who sets a

starting bid for an item but the ultimate price is set by the winning bidder. Similar to an estate sale, any sales proceeds become part of the estate or trust, minus the commission or cost of the auction.

Donation. If you did not name a charity in your estate plan, the beneficiaries can still cooperatively agree on a charity to receive unwanted items. Any agreement should be in writing and signed by all beneficiaries.

A complete estate plan should cover all your property. This includes specific gifts of property or money as well as residuary gifts of everything else that remains in your estate. It should also include a method for dividing other items fairly among your loved ones, as well as a process to follow if someone

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does not want an item. An estate planning attorney can assist you in designing a plan that captures your wishes.

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." In these uncertain times, it is now more important than ever to have an estate plan that gives you and your family peace of mind. We are continuing to serve our clients by video conferencing or telephone meetings. In person meetings are not required.



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Deep Vein Thrombosis Usually Due to Surgery

DEAR DR. ROACH: I am a 47-year-old woman. Five years ago, I developed a blood clot in my left leg after fracturing my ankle and being immobilized for several months. I was put on a blood thinner, and my ankle healed. Recently that leg started swelling again, and I went for an ultrasound. I was told that I have a chronic DVT, but that I don't need blood thinners. Why do I not need a blood thinner now when I did before? What does "chronic" mean? Why am I getting swelling again five years after the first clot? — **L.S.B.**

ANSWER: Blood clots can happen in veins or arteries, but the type that happen due to surgery and immobilization are almost always in the vein. That's the "V" in "DVT," which stands for "deep vein thrombosis."

A brand-new blood clot has a high risk of propagating further up the vein, and also of breaking off and traveling through the vein into the heart. Most often, the clot will go on into the lungs, then called a "pulmonary embolus." But in the rare case, the clot can go through a patent foramen ovale, which is sometimes called a hole in the heart, and cause a stroke.

Because of the risk of life-threatening complications, acute DVTs are treated with anticoagulants, such as warfarin (Coumadin) or apixaban (Eliquis). This stabilizes the clot, and after a week or two the risk of propagation or embolization becomes much lower. Most people are treated for at least three months for maximum benefit. Treatment does not dissolve the clot, and a follow-up ultrasound will detail changes that show the clot is no longer acute, hence "chronic." The vein itself is scarred and

damaged, and never returns to normal.

"Chronic DVT" isn't the best term, since it confuses many, both patients and physicians alike. I prefer scarred, and some experts use "chronic luminal changes" to differentiate it from an acute clot. Whatever it is called, it may still be symptomatic.

Most people with a history of a large clot on one leg will notice that leg swells more than the other in heat or with a large salt load. Even so, anticoagulant treatment is neither necessary nor helpful.

Effective treatment for swelling associated with previous DVT includes salt restriction, compression stockings and leg elevation several times during the day. People with more severe symptoms that do not respond to conservative management may benefit from more aggressive therapies, such as placement of a metal stent to let the blood flow better through the damaged area.

• • •
DR. ROACH WRITES: I am often asked about screening tests for pancreatic cancer.

Despite the promise of new tests, the U.S. Preventive Services Task Force recently re-reviewed the available evidence and continues to recommend against screening in the general population. However, it's important to recognize that these recommendations do not apply to people at increased risk for pancreatic cancer, such as those with familial pancreatic cancer or with some genetic syndromes, such as Peutz-Jeghers syndrome. However, it does apply to people with other risk factors for pancreatic cancer, including smokers and those with new-onset diabetes or chronic pancreatitis.

With better screening tests, or with improved treatments for pancreatic cancer, the balance of benefits (it's currently unlikely to find early pancreatic cancer when it can be treated) to harms (false positive results can lead to unnecessary surgery) may shift.

• • •
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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Grand Opera House from Pg. 10 be socially distanced. All three performances will be streamed live and be available On Demand for 24 hours. Streaming Access is \$15 for a single house hold, or \$25 for multiple households. The Grand requests that if you will be streaming a production with a group of people larger than your family you purchase the "Multiple Household" tier

of streaming access. In person tickets and streaming access can be purchased in person at the Box Office located at 135 W. 8th Street in Dubuque, or by calling (563) 588-1305. Box Office hours are Monday through Friday from Noon until 4:00pm. Tickets can also be purchased on our website at www.thegrandoperahouse.com. Additional fees may apply.

Plant Talk

by Ken Resch



Robins and Berries

I looked out my front window a few days after our mid-March snowstorm to see at least a dozen Robins on the ground beneath a crabapple tree. There were also a few Robins among the tree's branches, and I realized they were eating the crabapples still on the tree. This is not unusual behavior among the birds though most of the time it's in the fall. Watching them caused me to muse upon the abundance of the berries for the Robin feast and that segued to the why.

So, I'll state the obvious: if the crabapple had had no flowers last spring, there would be no berries on the tree. Ah! Clearly this tree flowered in profusion since it produced enough food for the Robin flock to enjoy when food was scarce due to the snow and cold. All our trees, grass and flowers share a common trait: they all need nutrients taken up from the ground by the plant roots.

The primary nutrients all plants require are nitrogen, phosphate (Phosphorus), and potash (potassium) which we can add to the soil through the use of specific fertilizers blended for the needs of the target plants. When you see a fertilizer for tomatoes or one for houseplants or another for hyacinths, do not think this is just a marketing tool; rather, other nutrients are added to these compounded fertilizers for the plant named on the label. But what do the numbers mean?

First, know that all fertilizers whether in a one pound package or a forty pound bag follow a national standard and the three numbers are always in the same order N-P-K and always represent the percentage of the nutrient in the product. A bag labeled 10-10-10 contains 10% nitrogen (N), 10% phosphate (P), and 10% potash (K). Next, we need know what each nutrient does for the plant.

Nitrogen has the primary purpose of promoting healthy growth in plants. When a 30-15-15 lawn fertilizer is applied, there will be a burst of rich green growth for several weeks—and mowings—because of the large amount of nitrogen. In this sample, a 40 pound bag contains 12 pounds (30%) of nitrogen which will quickly green up the lawn. Among other needs, phosphate stimulates flowering and potash helps plants use water.

Now what about the flock of Robins prompting my thinking about fertilizer? Simply this: if you use a garden fertilizer high in nitrogen, you'll get lush growth from the plant, but perhaps only a few blooms. This is because with so much nitrogen, the plant spent its time growing and had few nutrients to cause bud formation for flowers. If the plants are annuals or perennials, you might have large plants with small or few flowers.

Solution? For annuals and perennials use a blossom booster type of fertilizer or simply one low in N and higher in P and K. For example, Miracle-Gro "Bloom Booster" is 15-30-15 and delivers twice the amount of phosphate and stimulates lush blooms. Using this simplified approach, you could use a fertilizer richer in phosphate around fruit-bearing shrubs and trees and you'll likely have more flowers and fruit.

But don't pour a blossom-boosting fertilizer around such plants before you do a soil test! Without such a test you have no idea just what the apple tree or raspberry bush actually needs. Micronutrients may be lacking which can also impact flowering and fruit production. So, in closing our brief look at fertilizers do this: first read the label of the product you might buy to determine the amount of each nutrient you have and second, before even using the product, get a soil test from your county extension office. For more information about soil testing, go to this link: <https://www.ncagr.gov/cyber/kidswrld/plant/soiltest.htm> Now, enjoy a spring and summer filled with strong plants, green in leaf and bountiful in flower and fruit!

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The plant called **ox-eye daisy** thrives in a wide range of conditions, but prefers a sunny or part-sun location in soil that is slightly damp.

It is commonly found growing along roadways or spread across fields. It is also widely cultivated commercially, popular for home gardens and in flower arranging. It can be invasive and difficult to eradicate.

There are some types that begin blooming in early spring, such as the "May Queen" cultivar. — Brenda Weaver

Sources: wikipedia.org, www.missouribotanicalgarden.org, www.sandysplants.com



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6255



1. Name Joan Jett's first No. 1 hit.
2. What song was inspired by the 1962 film "Mutiny on the Bounty"?
3. Which Elvis Presley song was written with the melody of a Civil War song?
4. What kind of music did Santo & Johnny play?
5. Name the song that contains this lyric: "Dig if you will the picture of you and I engaged in a kiss."

Answers

1. The first one was also the

only one, "I Love Rock 'n' Roll," in 1982. Her first release was in 1979. "Me" in 1979. 2. "Sun of Jamaica," by Goombay Dance Band in 1979, especially the part played in the film by Marlon Brando, who is mentioned in the lyrics. 3. "Love Me Tender," taken from "Aura Lea," an 1861 ballad. West Point also began using the song, again with different lyrics and title, for graduating classes starting in 1865. 4. Instrumentals, usually on a steel guitar. Their best known was "Sleep Walk" in 1959. 5. "When Doves Cry," by Prince, in 1984. It was Prince's first No. 1 hit on the Top 100 chart. After his death in 2016, the song climbed the chart again, this time going to No. 8.

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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.

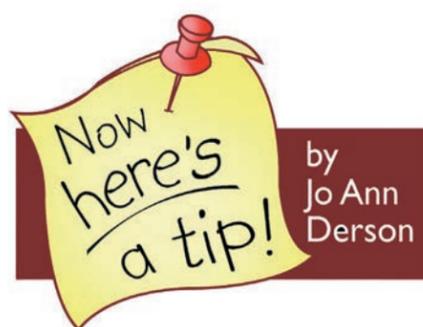
Liberty Bonds were sold in order to finance the war. My father borrowed \$200 to buy bonds as he felt troubled that

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.



• If your pooch doesn't like to poop in the snow, here's a great trick to secure a patch of grass (even if frozen). Lay a square of plywood down on the ground, with a rope secured as a handle. After a snow, pull up the wood to reveal the ground underneath.

• Use mismatched socks to protect glass items when transporting them from place to place, or even in storage.

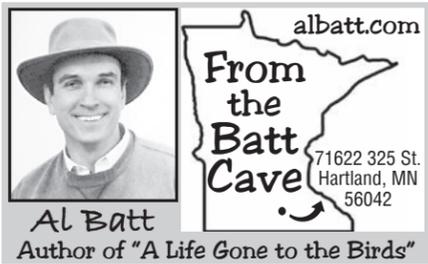
• Refillable spray bottles work best for cleaners. Refills

can be economical, they put less waste in the system, and here's one more reason: less propellants used, which can be a serious irritant to lungs. Purchase an attractive bottle, and then look up some recipes for eco-friendly cleaners. You might be surprised how well they work and how great they smell!

• "Add some nuts to your morning cereal or smoothie for a nutritious boost. It's not just for oatmeal or granola. I like to crush a handful of walnuts and sprinkle them across my waffles." — **J.E. in Maine**

• Get rid of the smell of burned popcorn in your microwave by setting a bowl of coffee grounds in it overnight. Somehow, when you remove it in the morning, it smells of neither popcorn nor coffee!

Now Here's A Tip cont Pg. 17



Life is a near-death experience

We've all had near-death experiences.

Eating your sister's cooking, trying to break Joey Chestnut's hotdog eating record, smoking an "It's a boy" cigar, drinking milk that's past its expiration date, driving a car whose oil should have been changed, eating suspicious school lunches, or buying a red car after a study found it's pooped on most often by birds (green cars are the least favorite targets). A buddy and I fell into the creek (Le Sueur River) one day. I'd have drowned if I hadn't seen him stand up and walk out of the water, but most near-death experiences involve funerals, visitations and internments. Shakespeare wrote, "All the world's a stage, and all the men and women merely players; they have their exits and their entrances."

Everyone exits. James Brown sang, "I feel good. I knew that I would." Despite that, James got out of the canoe, kicked the bucket and bought the farm.

I knew I was going to be unpardonably late getting to the funeral, so I went straight to the rural cemetery and arrived early for the internment. I parked the car where I'd be out of the funeral caravan's way and made a long walk to where a truck was parked.

The grave had been dug by hand by a couple of brothers. One leaned on a shovel while the other applied finishes to the grave. They might have been named Across and Down not because of their love of crosswords, but because of their digging specialties. They might have been, but probably not. "I'm early," I said, stating the obvious as succinctly as possible.

"No problem," he said as a bead of sweat ran to the tip of his nose. "Jump in."

He told me a story of a skunk falling into an open grave. He said he'd done his job for 29 years in fits and starts, but he'd never seen anything like that. They needed to get it out without riling the animal. A grave smelling like a skunk wouldn't have made anyone happy. An old parable told of a

donkey falling into a pit. The farmer decided that since he couldn't free the animal, the donkey was old, and the pit needed to be filled, he'd bury the donkey. He got a shovel and started filling in the pit. After a few hours of furious shoveling, the farmer rested. To his amazement, the donkey walked past him. As each shovelful of dirt had hit its back, the donkey had shaken it off and stepped up on the growing mound of earth. Eventually, the dirt was deep enough for it to walk from the pit. Those fellows used the same technique with the skunk. The skunk waddled off and the brothers dug the grave again at no charge. They couldn't figure how to include "skunk removal" on their bill.

I was a youngling at Bath, which is a ghost town today, when older kids asked if I wanted to play hide-and-seek. I was thrilled when they told me to hide. A high honor. I wanted to impress them and crossed a country road to hide behind an impressive tombstone in St. Aidan Cemetery. It was the perfect hiding place. None of the kids found me. It turned out they hadn't even searched for me. I retired undefeated as the Bath Hide-and-Seek Champion. Years later, I was at that same lovely cemetery for the internment of a friend named Joe. Before they could bury him, his brother Tommy exclaimed, "That's the wrong grave!" It was. The gravediggers had to dig a second grave at no charge.

A family legend recounts my first visit to a visitation, which we called a wake. Everyone walked past the dearly departed's open casket. Each mourner said something appropriate. My father said, "He looks good." My mother added, "He looks so natural." Then they looked at me in a way that directed me to say something suitable. I wanted to say, "Where are the funeral potatoes?" because I liked funeral potatoes, but I thought my comment should involve the deceased. I said, "He looks dead."

Years later, I attended a visitation of a friend's father who had lived into his nineties. This time I knew what to say. I said, "I'm glad I knew him." His son nodded and responded, "He had a good run. You couldn't rush him. He did what he wanted because he stayed healthy. I expect this is the sickest he's ever been."

We start slow and then we taper off.

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Now Here's A Tip from Pg. 16

• Before removing a splinter, ice the area. There's less fussing and a wooden splinter might absorb some liquid, causing it to swell

enough to pop out a bit more.

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

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Trivia

test

by Fifi Rodriguez

1. LITERATURE: Which 19th-century novel begins with the sentence, "There was no possibility of taking a walk that day"?
2. CHEMISTRY: Which element's Latin name is hydragyrum and goes by the symbol Hg?
3. HISTORY: Who was the first female detective in the United States, hired by the Pinkerton Detective Agency in 1856?
4. ADVERTISING SLOGANS: What product's 1970s advertising slogan was, "I can't believe I ate the whole thing"?
5. U.S. PRESIDENTS: Only two Catholics have served as president of the United States. Who are they?
6. MOVIES: The "Star Wars" movie series was partly filmed

- in which African country?
7. LANGUAGE: What does the name Boca Raton (Florida) mean in Spanish?
 8. U.S. STATES: The highest and lowest points in the contiguous United States can be found in which state?
 9. ENTERTAINERS: Which American actor and comedian was born Eric Marlon Bishop?
 10. TELEVISION: Which 1950s Western series featured the theme song "Happy Trails"?

- Answers
1. "Jane Eyre"
 2. Mercury
 3. Kate Warne
 4. Alka-Seltzer
 5. John Kennedy and Joe Biden
 6. Tunisia
 7. Rat's mouth (named for sharp rocks where ships docked)
 8. California: Mount Whitney
 9. and Death Valley
 10. "The Roy Rogers Show"
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The annual Spring Clean-up will begin
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Please remove all items and decorations
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Sunday, April 18, 2021

*** *All items not removed will be discarded* ***

Cemetery Management requests that
no decorations or plantings
be placed on grave sites until
Saturday, April 24, 2021

Check Cemetery Regulations
before placing decorations
to avoid losing items that do not conform.

Thank you!

Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
June 2012

I Was Just Trying To "NOSE It!"

In memory #9 Grandpa was glad to hear, Maury, that he caused a terrific discussion 'round the kitchen table which led you to learn a new "grown up" word. That prompted me to recall another baseball memory, both serious and funny. Serious because of what actually happened, but funny because of what I said at the time. What I said would be considered a "pun." (Again, Maury, right now call "time out" and have your mom and dad explain what a "pun" is.) O.K. here's what happened:

We were playing the Cascade Reds. But it was on a different night in a different year and the game was played in Cascade, Iowa. Before telling you exactly what happened Grandpa has to go back about ten years before this game and explain what our first manager, Leo Schlueter, taught us about hitting. When we were in high school and first learning batting techniques he constantly pounded into our heads that good hitting comes from timing your swing much more than how hard you swing. He was teaching us to swing through the ball.

In other words over and over he admonished us "not to kill the ball" and to "see it all the way" from the moment it left the pitcher's hand – then step and swing. To emphasize this point he would repeatedly yell at us during batting practice to "JUST NOSE IT – NOSE IT!"



Jerry Eberhardt with
grandson, Maury Cohn

Right now, Maury, Grandpa wants you to know that it's relatively common to be hit by a pitched ball. What's unusual, while batting, is to get hit in the face, but that night I took a pitch right between the eyes. Even though this pitcher was very fast, it, thankfully, rarely happens. For some unaccountable reason that Grandpa, to this day finds hard to explain, remembers "freezing" at the plate.

I kept conscious, barely, but remember seeing "all the colors in the rainbow"! As I fell to the ground at home plate my team mates quickly gathered around me and, Maury, here comes the "pun" – I guess it was your Grandpa's sense of humor – but I was quoted as looking up and in barely audible words saying "I was just trying to NOSE it!"

I spent that night in the hospital and after a doctor worked on my nose everything was O.K. It also was a while before my face looked normal. (For a few days some people who knew me, at first weren't sure it was me!)

Maury, I hope you enjoyed this and that I helped you learn another "grown up" word!

Love, Grandpa



by Ryan A. Berenz

1. The Territorial Cup is a trophy awarded in the college football rivalry series between what two teams?
2. What nickname did Stevie Wonder bestow on Philadelphia 76ers legend Darryl Dawkins?
3. What endurance race did drivers Hurley Haywood and Scott Pruett each win a record five times?
4. Craven Cottage stadium in

London is the home ground of what English Premier League football club?

5. Figure skating legend Sonja Henie hailed from what country?
6. What infamous corporation held naming rights to the Houston Astros' stadium from 2000-02?
7. What team selected Purdue running back Mike Alstott in the second round of the 1996 NFL Draft?

Answers

1. The Arizona Wildcats and the Arizona State Sun Devils.
2. Chocolate Thunder.
3. 24 Hours of Daytona.
4. Fulham F.C.
5. Norway.
6. Enron.
7. The Tampa Bay Buccaneers.

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Gardens are a form of autobiography.

—Sydney Eddison



DEMMENTIA FRIENDLY COMMUNITY CORNER

Dementia Friendly

Centers for Disease Control and Prevention has shared this information on their website on the topic of Memory Loss. Memory often changes as people grow older. Some people notice changes in themselves before anyone else does. For other people, friends and family are the first to see changes in memory, behavior, or abilities. Memory loss that disrupts daily life is not a typical part of aging. People with one or more of these **10 warning signs** should see a doctor to find the cause. Early diagnosis gives them a chance to seek treatment and plan for the future.

1. Memory loss that disrupts daily life: forgetting events, repeating yourself or frequently relying on more aids to help you remember (like sticky notes or reminders).
2. Challenges in planning or solving problems: having trouble paying bills or cooking recipes you have used for years.
3. Difficulty completing familiar tasks at home, at work, or at leisure: having problems with cooking, driving places, using a cell phone, or shopping.
4. Confusion with time or place: having trouble understanding an event that is happening later, or losing track of dates.
5. Trouble understanding visual images and spatial relations: having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
6. New problems with words in speaking or writing: having trouble following or joining a conversation or struggling to find a word you are looking for (saying "that thing on your wrist that tells time" instead of "watch").
7. Misplacing things and losing the ability to retrace steps: placing car keys in the washer or dryer or not being able to retrace steps to find something.
8. Decreased or poor judgment: being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
9. Withdrawal from work or social activities: not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what's happening.
10. Changes in mood and personality: getting easily upset in common situations or being fearful or suspicious.

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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SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

The Iowa basketball men and women have survived NCAA Tournament first round tests and look to move into the Sweet 16. The 2 seed Luka Garza led Hawkeyes collide with 10 seed Oregon next after defeating Grand Canyon Saturday night in Indianapolis.

At the Alamo dome in San Antonio Sunday, Caitlin Clark and Monica Czinano each scored 23 points, McKenna Warnock and Kate Martin added 13 apiece and Iowa won its first round game over Central Michigan, 87-72. The 5 seed Hawks face 4 seed Kentucky next.

The Hawkeye baseball team lost another slugfest to Nebraska, 13-8 at Duane Banks Field this past weekend. Ben

Norman smacked a two run homer, his 2nd round tripper of the series.

The Iowa wrestlers are back home with the schools 24th National Championship trophy, their first since 2010. The Hawkeyes scored 129 points, 15 better than runner up Penn State.

125 pounder Spencer Lee won his 3rd consecutive individual title, 7-0 over Arizona State's Brandon Courtney. Other finalists, Jaydin Eierman at 141 pounds and 174 pounder Michael Kemerer lost overtime decisions. The meet was held at the Enterprise Center in St. Louis.

Outdoor sports are here. Get out and enjoy the nice weather.

SENIOR NEWS LINE

by Matilda Charles

Here Are 2 New Scams to Watch Out For

They never stop. Scammers are continually busy, and so must we be to stay one step ahead of them. Here are two more scams they're trying to foist on us.

If you're still working and receive W-2 or 1099 forms, look them over very carefully. If it's a 1099-G, that's for unemployment benefits. Did you receive those benefits? If not, it means that a scammer has used your identity to collect benefits. Those 1099-G forms go to the IRS, and that income is taxable.

Contact the unemployment office that issued the 1099-G and have them send a corrected form showing zero unemployment income. If you can't get the corrected form in time, file your taxes without using that 1099-G dollar amount and

enclose a note saying you didn't receive unemployment benefits. The IRS is well aware of this problem.

Then send for your credit report, check it and put a freeze on your credit.

In another new scam, if you do an online search for a big box store and the first result on the list says "Ad" in front of the store name, don't click it. This scam is especially sneaky because if you click on the "Ad" link, you'll initially go to a page that looks very real. It isn't.

Clicking it will take you to a site that may freeze your screen ... and provide you a handy phone number to call to have the problem fixed. The person at the other end is a scammer who will ask for permission to access your computer remotely. If you allow it, he'll put a bug in your computer that locks everything up, and you'll have to pay to get it released.

Instead of doing a search, type in the Internet address of the store you want (call them if you're not sure what it is) and go directly there.

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Bell Tower Theater from Pg. 9

the Bell Tower Theater has been reduced from 174 seats to 62 seats, 2) All patrons will be required to wear a mask while in the theater; 3) The shows will be performed without an intermission and 4) Strict cleaning protocols have been put into place. Details about these and other changes can be found

at www.belltowertheater.net.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. For information and to purchase tickets call **563-588-3377** or go to belltowertheater.net.



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<p>EXPIRES 5/31/21 Pizza Ranch CODE 56419</p> <p>\$1 off 4 pc Chicken Dinner</p> <p><small>Valid at Dubuque location only. Some restrictions apply. All white meat an extra charge. Prices subject to change without notice. Not valid with any other offer or online ordering. Delivery where available and charges may apply.</small></p>	<p>EXPIRES 5/31/21 Pizza Ranch CODE 56418</p> <p>\$2 off an Adult Buffet Limit 2</p> <p><small>Valid at Dubuque location only. Some restrictions may apply. Not valid in combination with any other discounts or offerings including Senior and Military discount. Void if posted on a third party website. Price is subject to change without notice.</small></p>

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Radio
from the 20th Century
by Bill Zwack

Going “downtown” during the early 1950’s to one of the local movie houses, was a real treat for us youngsters during those early years. Going to the “State, Strand or Avon,” was thrilling especially if we were to see our favorite cowboys, serials etc.

However, cowboys were not the only pictures we saw as we ventured down the hill on a Saturday afternoon. For 15 cents we could watch two movies, a cartoon and the newsreel. Some of the other movies besides cowboys, were examples such as *Ma and Pa Kettle*, *Francis the Talking Mule*, or *The Bowery Boys*. If you were looking for jungle adventure you had your pick of “*Tarzan*,” or *Jungle Jim*” to name of few.

Unlike *Tarzan*, *Jungle Jim* did not wear a loincloth, consort with apes, or swing through the jungle on vines. Jim was a white hunter who wore jodhpurs and a pith helmet, used side arms, and lived in the jungles of Southeast Asia, not the jungles of *Tarzan’s* Africa. Jim and his

assistant Kolu helped in his plight to rid the jungles of bad guys.

On radio, *Jungle Jim* was a syndicated juvenile series based on the Hearst comic weekly strip by Alex Raymond. Following the story line of the newspaper closely, the program chronicled the exploits of *Jungle Jim* Bradley. The title role was played for the most part by Matt Crowley (*Mark Trail*). The first chapter of the series continued the story line and one serial led directly into the other. The series was similar to *Flash Gordon* in that respect even using the same theme music.

Of course in the movies, we enjoyed Johnny Weissmueller’s version of *Jungle Jim* during our trip to the movies. However, watching on the screen, and listening to his adventures on radio was not the same because of the lack of imagination.

It might be possible to hear an episode of *The Adventures of Jungle Jim* if you tune in to *The Big Broadcast* heard every Sunday night from 6 to midnight on AM 1370 KDTH.

Down Memory Lane

Exerpts From The Pages Of “The Avalon” A Newsletter Of The Dubuque Packing Company

1953

1953



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

Canners

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

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VETERANS ★ POST ★

by Freddy Groves

VA Extends Loan Forbearance Period

Some of you are going to breathe a sigh of relief at this news: The Department of Veterans Affairs moratorium on evictions and foreclosures was due to end March 31, but it's been extended to June 30.

The extension is designed to keep you in your home while you sort out the damaging financial effects of the COVID pandemic.

If you need forbearance (permission to miss payments or send a reduced amount), your lender is expected to grant you that for up to six months. During this time there are to be no late fees or penalties, but interest will accrue. The deadline to ask for forbearance is June 30, 2021.

If you can't make up your missed payments all at once when you have income again, call the mortgage company. If you're not comfortable doing that, call the VA loan people directly at **877-827-3702**.

Your missed payments can't just be pushed to the end of the loan period, but it is possible the loan could be modified. The VA allows loans to be extended under certain situations.

Your credit score won't take a negative hit during forbearance (not making payments), but only if you were current at the time you requested it. If you were already late on payments when you asked for help, then yes, they'll continue to report you as delinquent during the whole period. That's why it's important to stay ahead of the problem by asking for help before things spin out of control.

You have three ways to keep your home: forbearance, a repayment plan or a loan modification.

To talk to the VA about COVID-related loan payment problems, call them at **877-827-3702**.

If you're a renter and are in danger of being homeless, call the VA immediately at **(877) 424-3838**.

You can also go online for additional information: benefits.va.gov/homeloans/cares-act-frequently-asked-questions.asp

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—Henry David Thoreau

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 ¹In Texas, the Auto Program is underwritten by Southern County Mutual Insurance Company, through Hartford Fire General Agency. Hartford Fire Insurance Company and its affiliates are not financially responsible for insurance products underwritten and issued by Southern County Mutual Insurance Company.
 ²Savings amounts based on information reported by customers who switched to The Hartford from other carriers between 1/1/19 and 12/31/19. Your savings may vary. *First Accident Forgiveness is not available to CA policyholders. Terms and conditions apply. *Gift is a limited time offer and not available in all states. Email address required in most states. Allow 4-7 weeks for delivery. Bottle not included. *Based on customer experience reviews shared online at www.thehartford.com/aarp as of June 2020. 006131

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Style Meets Function!

Percolator now that is a word that many today would not know the meaning of. A percolator that is used in the production of coffee, America's favorite morning beverage, was replaced in the 1970's by automatic drip coffee makers. Coffee percolators came in every size shape, color and design that could be imagined. Some just sat on the burner, on the top of the stove and made a strong cup of coffee, and others where self-contained with there own source of heat from an attached electric cord.



A client that collected percolators has been selling off his collection and some of the items we have sold look more like modern works of art as opposed to kitchen appliances. This globe shaped coffee percolator was made by the Manning Bowman Company in the 1930's Art Deco period.

A shining chrome finish with Bakelite accents gives this percolator a style all its own. We found a buyer on eBay in today's market willing to pay \$60.00 for this item, they have sold in years past for as much a \$200.00.

Contract Bridge

FAMOUS HAND

South dealer.

Both sides vulnerable.

NORTH

- ♠ 3 2
- ♥ 3 2
- ♦ A K 5 4 3
- ♣ 6 5 4 3

WEST

- ♠ J 5 4
- ♥ K J 9 8 5
- ♦ J 9 6
- ♣ A 10

EAST

- ♠ Q 10 9 8
- ♥ 7 6
- ♦ Q 10 8 7
- ♣ J 8 2

SOUTH

- ♠ A K 7 6
- ♥ A Q 10 4
- ♦ 2
- ♣ K Q 9 7

The bidding:

South	West	North	East
1 ♠	2 ♥	3 ♦	Pass
4 ♥!	Dble		

Opening lead — six of diamonds.

If you don't believe in fairy tales, you won't believe this happened. It is said that the deal was actually played in the early days of contract bridge — more specifically, in 1927!

South opened the bidding with one spade. Of course, today we'd bid one club, but in those days the principle of opening the suit below the singleton had not yet been developed.

West ventured two hearts, a hair-raising action by present standards, but people were more sporting in those days. North got into the spirit of things with three diamonds, but at least he had an opening bid

by South to lean on.

South thought he'd be unlikely to score many diamond tricks if he undertook a three-notrump contract, so he tried four hearts, even though West had already bid the suit. He was hoping he'd make enough high-card tricks in the side suits and low-card trump tricks to bring the contract home.

West doubled, and North, who had no idea what was going on, passed. West led a diamond, whereupon South quickly wrapped up 10 tricks!

He won the diamond with the ace and cashed the king, discarding a club. He then played a club, losing the king to the ace. Back came a club to South's queen. Declarer then cashed the A-K of spades, ruffed a spade in dummy and a diamond in his hand.

By this time, South had won seven of the eight tricks played and still held the A-Q-10 of hearts, a spade and a club. West had only the K-J-9-8-5 of hearts left.

Declarer led a spade, and West was forced to ruff and return a trump. South won with the ten and exited with a club. Again West had to ruff and return a trump, handing declarer his 10th trick and his doubled contract.

Those were the good old days!

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by Steve Becker

Good Housekeeping

Green Beans With Lemon and Garlic

The beauty of this basic side dish is that you can cook the beans up to 2 days in advance. Immediately after draining, plunge beans into ice water to stop the cooking process, then store them in the refrigerator in a self-sealing plastic bag until ready to complete the recipe.

- 2 1/2 pounds green beans, trimmed
- 2 tablespoons olive oil
- 2 cloves garlic, crushed with side of chef's knife
- 1 1/2 teaspoons freshly grated lemon peel
- 3/4 teaspoons salt
- 1/4 teaspoons coarsely ground black pepper

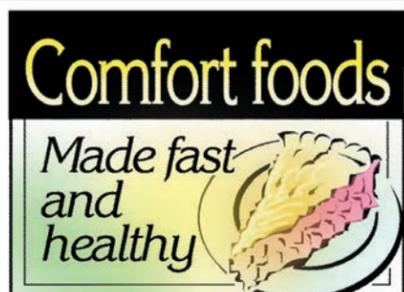
1. In 12-inch skillet, heat 1-inch water and 1 teaspoon salt to boiling over high heat. Add green beans; heat to boiling. Reduce heat to low; simmer, uncovered, 5 to 10 minutes, until beans are tender-crisp; drain. Wipe skillet dry.

2. In same skillet, heat oil and garlic 1 minute over medium heat. Add lemon peel, pepper and 1/2 teaspoon salt, and cook 1 minute longer. Return beans to skillet and cook until beans are hot, about 5 minutes. Makes 12 servings.

• Each serving: About 55 calories, 3g total fat, 7g carbohydrate, 3g fiber, 2g protein, 150mg sodium.

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

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by Healthy Exchanges

Oatmeal-Raisin Muffins

Somehow, muffins seem to fit the bill for a filling breakfast, a tasty snack and even as an offering for dessert. These muffins are no exception!

- 1 1/2 cups all-purpose flour
- 1 cup quick oats
- 1 cup raisins
- Sugar substitute to equal 1/4 cup sugar, suitable for baking
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon apple pie spice
- 1 cup fat-free milk
- 2 tablespoons fat-free sour cream
- 1/2 cup unsweetened applesauce
- 1 egg or equivalent in egg substitute

1. Preheat oven to 375 F. Spray a 12-hole muffin pan with butter-flavored cooking spray or line with paper liners.

2. In large bowl, combine flour, oats, raisins, sugar substitute, baking powder, baking soda and apple pie spice. In a small bowl, combine milk, sour cream, applesauce and egg. Mix well with a fork to combine.

3. Add milk mixture to flour mixture. Mix just until moistened (batter will be lumpy). Evenly divide batter into prepared muffin wells. Bake 18 to 22 minutes or until a toothpick inserted in center of muffin comes out clean.

4. Place pan on a wire rack and let set 5 minutes. Remove muffins from pan and continue cooling on rack. Makes 12 servings.

• Each serving equals: About 129 calories, 1g fat, 4g protein, 26g carb., 140g sodium, 2g fiber; Diabetic Exchanges: 1 Starch, 1 Fruit.

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Cremer's Cooking Tips

Cremer's Baked Ham with Maple Glaze

45 minutes to 1 hour before 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

- Dubuque Natural Juice 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

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: SAUDI —

- | | | | |
|------------|--------------|-----------|-------------|
| Samoa | Singapore | Spain | Sweden |
| San Marino | Slovenia | Sri Lanka | Switzerland |
| Senegal | South Africa | Sudan | Syria |
| Serbia | South Korea | Swaziland | |

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GO FIGURE! by Linda Thistle

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

	÷		+		8			
-		x		+				
÷		+			11			
x		-		÷				
	-		x		10			
6		11		7				
1	2	3	4	5	6	8	9	9

DIFFICULTY: ★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Boy is moved. 2. Golf club is missing. 3. Tree is added. 4. Golf shoes are different. 5. Hedge is missing. 6. Zipper is added.

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SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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SUDOKU Answer

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

King Crossword Answers

Solution time: 26 mins.

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

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	7		11		9
10	2	x	1	-	9
	÷		-		x
11	6	+	4	÷	8
	+		x		-
8	5	+	3	÷	6

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