

Contract Bridge

Look Before You Leap

South dealer.
Neither side vulnerable.

NORTH

♠ 8 6
♥ 6 5 4 2
♦ J 10 5
♣ K 8 4 3

WEST

♠ K 7 2
♥ 9 3
♦ Q 9 8 4 2
♣ 9 6 5

EAST

♠ Q 10 9 5
♥ Q J 10 8
♦ 7
♣ J 10 7 2

SOUTH

♠ A J 4 3
♥ A K 7
♦ A K 6 3
♣ A Q

The bidding:

South West North East

3 NT Pass Pass Pass

Opening lead — four of diamonds.

Three notrump looks so easy to make on today's deal — especially after an opening diamond lead — that the casual player might well ask "What's the problem?" Yet it contains a trap that would very likely ensnare many unsuspecting declarers.

After the diamond lead, South pauses briefly to count his winners and sees nine in plain view — one spade, two hearts, three diamonds and three clubs. Having made this determination, he puts up dummy's jack of diamonds, which holds, and cashes the A-Q of clubs.

It is at this point that South begins to realize that his initial assessment of his prospects might have been premature.

The difficulty lies in the fact that although dummy's king of clubs is the game-going trick, there is no way to reach dummy to collect it.

Try as he might, South will find himself fighting a losing battle. If, for example, he tries to get to dummy by leading his remaining low diamond toward the 10-5, West takes the queen, leaving South with the lone A-K opposite the 10.

The solution is not really difficult, provided declarer negotiates the first hurdle. Before he plays to the opening trick, he should note the blockage in the club suit and take immediate steps to resolve that problem.

This can be done easily by playing the five of diamonds from dummy rather than the jack or ten. East's seven is taken with the king, and the A-Q of clubs are cashed. South then leads a low diamond toward the J-10.

West can take his queen now or later, but the result is the same in either case. Nine tricks are assured, regardless of what the defenders do.

What the deal points up is that the natural impulse to play high from dummy at trick one must be curbed until the hand is examined as a whole. In other words, look before you leap!

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by Steve Becker

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—Wendell Phillips

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1. TELEVISION: Which 1960s sitcom was about a TV comedy writer, his job and his family?
2. AD SLOGANS: Which candy slogan urges consumers to "Taste the rainbow"?
3. COMICS: Which superhero gets his power from a ring?
4. GEOGRAPHY: Which country has the most islands?
5. MEASUREMENTS: How many cups are in a pint?
6. MOVIES: Which scary 1980 movie contained the phrase "red rum" and what does it mean?
7. ANATOMY: What is the outermost layer of human skin called?

8. U.S. PRESIDENTS: Who was the first president to ride in a car to his inauguration?
9. HISTORY: When did India gain its independence from Great Britain?
10. CHILDREN'S LITERATURE: Who lives at 32 Windsor Gardens?

Answers

1. "The Dick Van Dyke Show."
2. Skittles.
3. The Green Lantern.
4. Sweden.
5. Two.
6. "The Shining." It's the word "murder" spelled backward.
7. Epidermis.
8. Warren Harding (1921).
9. 1947.
10. Paddington Bear and the Brown family.

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Follow-Up Biopsies Help Confirm Healing for Celiac Disease

DEAR DR. ROACH: I've been diagnosed with silent celiac disease at the late age of 62, but I've probably had it for decades. (It may have led to my serious osteoporosis.) A biopsy revealed totally flattened villi.

I am gluten-free and will be getting celiac-antibody, nutrient and other regular lab work from now on. But my doctors stated that no further scopes are needed unless my blood work reveals a problem, or I get symptoms while on a gluten-free diet. But for asymptomatic people like me, there are no symptoms, and blood work doesn't show whether the small intestine has physically healed. I tried to ask my doctor this follow-up question but never received an answer.

Should I get a second opinion? I hear from other patients that their doctors did schedule a follow-up scope one to two years after their diagnosis to check their physical healing. For senior patients who can tolerate a scope and have had major villi destruction, is a follow-up scope prudent or unnecessary?
— **W.C.S.**

ANSWER: People with unexpected osteoporosis should be considered for celiac disease testing. Celiac disease is a condition of damage to the small intestine due to gliadin sensitivity. Gliadin is a protein that is found in gluten, wheat and other cereals, and it is thought to directly damage the lining of the intestine. This causes flattening of the villi, which is the absorptive surface of the small intestine. The only treatment for celiac disease is strict avoidance of gluten in the diet.

The inability to absorb nutrients can lead to symptoms

such as diarrhea and weight loss, but symptoms can also be very subtle. Some people have mild abdominal discomfort after eating, but the symptoms usually disappear once they're on a gluten-free diet.

People with celiac disease often have low calcium levels, the reasons for which are complex and involve parathyroid hormone and vitamin D, in addition to the direct malabsorption of calcium. I had one colleague with undiagnosed celiac disease who woke up after yet another colonoscopy, and she was unable to move her muscles due to low blood calcium levels. Since the major reservoir of calcium in the body is the bone, calcium is taken from the bone to preserve blood calcium levels, which can lead to severe osteoporosis over the years.

Blood tests can be highly suggestive of a celiac disease diagnosis, but small bowel biopsies remain the definitive way to diagnose celiac disease. Blood tests can turn out negative if a person is on a gluten-free diet, so the blood tests must be done while a person is consuming gluten.

Your question about getting another biopsy after being on a gluten-free diet is debated. However, the consensus of opinion as published by the American Gastroenterological Association is that people like you with severe celiac disease should get another biopsy within 12 months to confirm the original diagnosis and establish that your diet has allowed the intestine to heal.

In your case, carefully monitoring your vitamin D, parathyroid hormone and calcium levels, as well as keeping up with your bone density, will be important ways of confirming whether your treatment was successful. Unfortunately, bone is slow to change, and it will take years to be sure that your osteoporosis is improving through bone density tests.

You can read a lot more about celiac disease at celiac.org.

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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Thyroid Health from Pg. 9

this procedure will need to take synthetic thyroid replacement hormones for the rest of their life.

• Thyroid hormone replacement: For hypothyroidism, patients typically take a daily dose of synthetic thyroxine (T4), a hormone that replaces what their thyroid can no longer produce.

Take Control of Your Thyroid Health

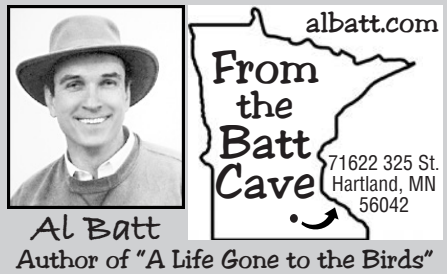
If you're experiencing symptoms of thyroid disease or have concerns about your

thyroid health, don't wait—talk to your healthcare provider to learn more about diagnosis and treatment options.

References

- 1 American Thyroid Association. Press Room. <https://www.thyroid.org/media-main/press-room/>. Accessed 20 Dec. 2024.
- 2 Cleveland Clinic. Thyroid Disease. Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/8541-thyroid-disease>. Accessed 20 Dec. 2024.

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Life is not a Super Bowl commercial

I had a stroke.

Now I have an excuse for not remembering someone's name.

I got up in the morning, walked to the bathroom and looked in the mirror. I like to smile at the mirror every morning, so I'll make at least one person smile each day. I took a gander. My odd reflection looked odder than usual. One side of my smile had a severe droop to it. A trip to the ER and an ambulance ride (with a few minor bumps in the road) to another hospital, which obligated me to tell 73 healthcare professionals (each of whom was an angel) my name and birthdate before they'd ask to see my smile. I spent a few days in the hospital and am on the mend. I recommend the aspirin suppository and the saline solution drip. The removal of countless sticky EKG electrodes allowed me to get something off my chest—hair. I've moved from taking no prescription drugs to taking enough to put my piggy bank on a rapid weight-loss program. My smile has returned. I'm happy to see it.

Which brings me to the actual subject of my column.

It was during the winter because I was perfecting my free-throw defense in basketball. Ice fishermen had started rumors of alligators and piranhas in St. Olaf Lake. They advised using stink bait to catch them.

I needed to interview an older adult for a school assignment, focusing on questions about

childhood, upbringing, education and significant historical moments, details about their daily life, hobbies, family traditions, what they're most proud of, and insights into their perspective on the past compared to today.

I wasn't one to wait until the last minute. I waited until the day before it was due. I was a chronic overachiever. Anticipation hung in the air.

Grandma was easy to find. It was back in the days when retired people stayed put. She lived in St. Benedict, Iowa, which was all downhill from my house. The town was tiny—barely a whole number. It would have been even smaller without Grandma. A rumor was that Grandma was once my age, but it was unsubstantiated.

"Hi, Grandma, thanks for taking the time to chat with me today. Where were you born, what was your family like when you were growing up, and what's your favorite childhood memory?"

Grandma was a reluctant witness put on the stand to be grilled by the most masterful attorney since Perry Mason. I wanted answers, but she was determined not to divulge any family secrets.

Her life hadn't been all butterflies, hummingbirds, fireflies and bluebirds. She had a passel of kids, a battalion of grandchildren, and great-grandchildren galore, but I knew I was her favorite because she fondly referred to me as "Whatshisname."

Grandma proved slicker than a boiled onion. She dismissed my questions with a tut-tut. I learned nothing and forgot much of what I knew.

She asked me how I knew she was telling the truth. I figured she'd used up her imagination, and I didn't think grandmothers could lie.

Here are my questions and



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Grandma's answers.

I asked her to tell me about the day my father was born. She said, "It was a hot June day. Or it might have been a cold June day when he was born. Or that might have been the June day when your twin aunts, Doris and Dorothy, were born."

I asked her if she'd rather play in the sand or the snow. "Neither."

I asked if she could have one superpower, what it would be, and why. "Next question."

Is there anything you'd change in your life? "Yes, I'd like fewer questions."

What's the greatest life lesson you've learned? Tell no one everything you know."

I tricked her into giving one answer: What do you think was the biggest change you've seen in your lifetime, other than family things, and how did it impact your life? I hoped

it would prompt reflection. The answer came at a gallop. "Electricity." Electricity gave her day at night, and she wondered why lanterns hadn't burned every barn to the ground.

What would you like to be remembered for? "Your Aunt Eddie has made her sugar cookies. They're fresh from the oven. I want to be remembered as someone who gave you a plate of warm sugar cookies that your Aunt Eddie made."

The judge dismissed the witness.

What would she say about being able to do her shopping, change the TV channel, open the garage door and correspond with the world without leaving the davenport?

If I listened with both ears, I'd hear crickets.

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Father Richard Ament is a retired priest of the Archdiocese of Dubuque, having served just under 59 years. His interest in St. Paul was stimulated during his years as a pastor. That interest led to much study and prayer. He hopes to pass on a bit of his love for St. Paul through this brief presentation.

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All work that is worth anything is done in faith.
—Albert Schweitzer

Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
April 2016



Jerry Eberhardt with grandson, Maury Cohn

My First Beer!

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

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

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

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

serve him?" A few moments later he started to chuckle, hung up the phone, drew a nickel glass of beer and served it to me at the other end of the bar.

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

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

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

Much love, Grandpa

To Your Good Health from Pg. 9

diet, so the blood tests must be done while a person is consuming gluten.

Your question about getting another biopsy after being on a gluten-free diet is debated. However, the consensus of opinion as published by the American Gastroenterological Association is that people like you with severe celiac disease should get another biopsy within 12 months to confirm the original diagnosis and establish that your diet has allowed the intestine to heal.

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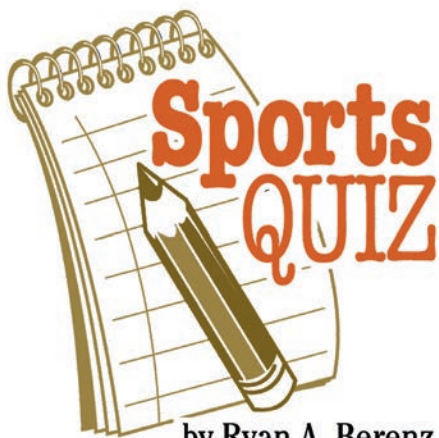
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by Ryan A. Berenz

1. Nino Salukvadze, who at age 55 competed in her 10th Olympics at the 2024 Paris Summer Games, participates in what sport?
2. The Conerly Trophy has been awarded annually since 1996 to the best college football player in what U.S. state?
3. Steve Phoenix, a pitcher for the Oakland Athletics in 1994-95, was born in what Arizona city in 1968?
4. What U.S. athlete won a gold medal in the 4x100 meter relay at the 1968 Mexico

City Olympics and then was awarded the Bronze Star while serving with the U.S. Army in the Vietnam War?

5. Rosey Rowswell was the play-by-play radio voice of what Major League Baseball team from 1936 until his death in 1955?

6. Name the member of the 2006 NBA champion Miami Heat who won the NBA All-Star Three-Point Contest two straight years from 2007-08.

7. What Pro Football Hall of Fame cornerback retired after the 2013 season with an NFL career record 203 pass deflections?

Answers

1. Shooting.
2. Mississippi.
3. Phoenix.
4. Melvin Pender Jr.
5. The Pittsburgh Pirates.
6. Jason Kapono.
7. Champ Bailey.

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Plant Talk

by Ken Resch



Delightful 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 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. We have a fondness for the beautiful "Bubblegum" variety. A large rectangular planter of them cascading over the sides greet our visitors every year. 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.

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I'll end by presenting the 2025 Annual of the Year from Proven Winners®. This year the honor belongs to the Supertunia Mini Vista Yellow®. The soft lemon-yellow blooms with a mounded-trailing habit cover this winner from spring until frost. Mini Vista Yellow® is ideal for containers, edging, or mass plantings in any sunny spot. This plant is heat and drought-tolerant, requires no deadheading, and will attract pollinators all season long.

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Dubuque Symphony Orchestra Announces 2025 Pursuit of the Podium Candidates



The Dubuque Symphony Orchestra (DSO) announces its annual fundraiser, Pursuit of the Podium. Three local leaders have been chosen to compete in this year's fundraiser. The contestant who raises the most money on behalf of the DSO between now and April 16, 2025 will conduct one piece at the DSO's Summer Melodies concert at the Alliant Energy Amphitheater June 29, 2025.

Contestants include Kevin Dragotto, Wes Hartig and Bob Woodward. Profiles of each contestant can be found on the symphony's website at <https://dubuquesymphony.org/special-events>.

To make a donation on behalf of a Pursuit of the Podium contestant, please visit the website, or mail your gift, with mention of candidate chosen, 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 DSO's Swan Lake Ballet performances May 3-4, 2025 at Heritage Center, University of Dubuque.

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 serves approximately 25,000 people each year. Since Pursuit of the Podium was first introduced during the 2012-2013 season, forty community leaders have participated and raised more than \$315,000.

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

The Garden Bug

Pruning trees

Create adequate spacing for the main branches along the trunk, and prevent branches below the permanent canopy from growing upright or getting too large. Always prune just outside the branch "collar," the point where one branch attaches to a larger one or to the trunk. Remove any branches that cross or rub against each other, and any torn, dead or broken branches.

– Brenda Weaver

BEFORE

AFTER

Source: csfs.colostate.edu

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Diabetes and You from Pg. 10

their treatment plan. Both Signify's IHEs and the recently announced diabetes Focused Visits are designed to be supplementary to a doctor's office visit, help close quality care gaps, slow chronic disease progression with education and customized care planning,

and reduce hospitalizations—all from the convenience and comfort of a health plan member's home.

To take the first step toward managing diabetes risks, visit the self-scheduling portal at www.HelloSignify.com to see if you're eligible for an In-Home Health Evaluation.

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Radio
from the 20th Century
by Bill Zwack

The word "spin-off" usually refers to a TV series that came from another series that was very popular to the viewers. So the producers feel that more money could be made from a spin-off of the original series. Actually, the term spin-off started during the golden days of radio. Historians agree that the first radio spin-off was *The Great Gildersleeve* which was a spin-off of the *Fibber McGee and Molly* radio series.

During Jack Benny's long run on radio, there were several spin-offs associated with that series. Phil Harris, Mel Blanc, Dennis Day, and even Rochester had his own short lived series, to name a few. However, before Dennis Day became Jack Benny's singing tenor, a tenor by the name of Kenny Baker was very popular on Jack's show.

Glamour Manor premiered July 3, 1944, with Cliff Arquette. It was heard on ABC five times a week at noon, EST, running from 1944 through 1947 as part of the trend started on NBC to bring night time sounds to daytime radio. *Glamour Manor* was a situation comedy-variety

show, which later starred Kenny Baker with Arquette in support. *Glamour Manor* presented Baker as the greatly added proprietor of the Glamour Manor Hotel. He was forever a day late and a dollar short in business and in his romance with girlfriend Barbara Dilley, played by Barbara Eiler (also known as Babs on *The Life of Riley* radio series). There was a village idiot named Schlepberman (Sam Hearn), and such well known guest as Jack Benny who helped pep up the noonday hour. Elvia Allman played man crazy Mrs. Biddle and Don Wilson was the hotel's star boarder. Harry Lubin provided the music, and the show was sponsored by Crisco and Ivory Soap. Kenny's theme song was "There's a Small Hotel..."

Not many episodes of the *Glamour Manor* series have been preserved through the years. However, if you listen to AM 1370 KDTH's *Big Broadcast* on Sunday nights from 6 to midnight you might just catch an episode of *Glamour Manor* with Kenny Baker singing with his beautiful tenor voice.

Be sure to check the web site
TheGoldenViewOnline.com

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.

KOVELS®

Antiques & Collecting

By Terry and Kim Kovel

Identifying Glass

Glass can be notoriously difficult to identify. Signatures, if there are any, can be faked, molds can be reused, and glassmakers often imitated one another's decorations. Stiegel-type glass is an excellent example.

We know that Henry William Stiegel came to Philadelphia from Germany in 1750. We know he had a glasshouse in Manheim, Pennsylvania, from 1763 to 1774. Confirming that a piece of glass came from his glasshouse is nearly impossible. To begin with, the glass he made was similar to what was made in Germany at the time: thin-walled, mold-blown glass decorated with enamel or engraving. The same type of glass was made by other American glassmakers and imported from Europe.

In the 20th century, copies were made as giftware. To further complicate matters, some collectors doubt that Stiegel actually made any multicolored enamel glass, like this cologne bottle that sold at the Conestoga Auction Company Division of Hess Auction Group for \$312. The auction described it as "Stiegel-type" instead of attributing it to Stiegel or any other glassmaker.



Kovels.com

Glass like this enameled cologne bottle is usually called "Stiegel type" because it is virtually impossible to tell whether it was made by Henry William Stiegel or another glassmaker.

houses in your area, check to see if they sell microscopes or related antiques like binoculars, scientific instruments or medical equipment. You can search online or check ads in antiques publications for collectors or clubs specializing in antique microscopes or scientific or optical tools. You can also check medical supply companies; some of them also deal in antique equipment.

TIP: Shallow nicks and rough edges on glass can sometimes be smoothed off with fine emery paper.

CURRENT PRICES

Toy, top, spinning, Marvel Super Heroes, Secret Wars, hero and villain, pull strap, on card, Fleetwood Toys, 1984, 10 1/2 inches, \$35.

Poster, Maine Steamship Company, black and white print, steamship John Englis on water, frame, 33 x 47 inches, \$155.

Rug, Turkish, flatweave, red field, all-over multicolor squares, geometric motifs, braided fringe, wool, 20th century, 14 feet 10 inches x 6 feet 2 inches, \$1,095.

Music, guitar, acoustic, Sunburst, KG-11, Kalamazoo, Gibson, chip board case, 1933-43, 39 inches, \$1,250.

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

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Q: I have a very old microscope that is beautiful, and it still works. It has been in my family for at least 100 years. I would like to sell it and I am not sure how to proceed. It has a French inscription reading "C. Verick, eleve special de E. Hartnack, rue de la Pax cheminerie 2 Paris."

A: Your microscope was made by Constant Verick, who lived from 1829 to 1892. He worked for Edmund Hartnack before starting his own business in 1866. Both Verick and Hartnack were highly regarded microscope makers in the 1860s and '70s. Antique microscopes with a known maker can sell for about \$250 to \$500 at general antiques auctions. Usually, the more information (maker, date, etc.), the higher the value. The original box, slides and other "extras" also increase the value. If there are any antique shops or auction

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Strange BUT TRUE

by Lucie Winborne

- When Katherine Johnson was little, she loved to count things. By the age of 10, she was in high school. In 1961, she calculated the trajectory of NASA's first trip into space. She was so consistently accurate that when NASA began to use computers, they had her check the calculations to make sure they were correct.
- In Norse, the name Siri means "a beautiful woman that leads you to victory."
- And speaking of Siri ... she will flip a coin for you if you can't make a decision.
- Looney Tunes was created to promote the Warner Brothers music catalog in the 1930s, hence the name "Looney Tunes" instead of "Toons."
- James Vernor put the basic components of a new beverage into a barrel in 1861 before heading off to serve in the 4th Michigan Cavalry during the Civil War. When he returned four years later, he tasted the barrel's contents and, voila!, Vernor's Ginger Ale was born.
- Norway's Bouvet Island was discovered in 1739, then "lost" again for the next 69 years due to the original spotter's mislabeling its coordinates.
- Elvis Presley wore a cross, a Star of David and the Hebrew letter chai because he didn't want to "miss out on heaven due to a technicality."

- Canada has a strategic maple syrup reserve to ensure global supply in case of emergency.
- Identical twins don't have the same fingerprints.
- One in 18 people have a third nipple. Known as polythelia, it's caused by a mutation in inactive genes.
- A comet smells like rotten eggs, urine, burning matches and almonds.
- A single person's DNA contains as much information as 50 novels.
- Soccer player Mohammed Anas accidentally thanked both his wife and girlfriend in a post-match speech.
- LEGO bricks withstand compression better than concrete! An ordinary plastic LEGO brick can support the weight of 375,000 other bricks before it fails, which would theoretically allow you to build a tower nearing 3.5 km in height, but scaling that up to house-size bricks would prove too cost prohibitive.
- Giraffes are 30 times more likely to get hit by lightning than people are.
- Your brain is constantly eating itself, in a process called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Luckily, phagocytosis isn't painful or harmful, but helps preserve gray matter.

Thought for the Day: "The road to success is dotted with many tempting parking spaces."
 — **Will Rogers**

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Hasselblad Camera

The Hasselblad 500C is a medium format film camera that was introduced in the early 1950s. It became one of the most iconic and influential cameras in the world of photography. Known for its high-quality optics and modular design, the 500C was a favorite among professional photographers, especially in portrait, fashion, and commercial photography.

Some key features for this medium format camera are that it uses 120 or 220 roll film, producing 6x6 cm square negatives, which offer high resolution and rich detail. The camera has a modular, meaning you can swap out the film back, viewfinder, lenses, and more, allowing for a high degree of customization and flexibility.

The camera is compatible with the Carl Zeiss lenses, known for their exceptional sharpness and color rendition. The 500C typically uses a waist-level viewfinder, though there are also options for prism finders. The camera features a leaf shutter built



into the lens, which allows for quieter operation and flash synchronization at all shutter speeds.

The 500C is a fully manual camera, meaning the photographer must set aperture, shutter speed, and focus. This gives photographers full control over their images but requires skill and experience. It's known for its durable construction and mechanical precision, appreciated by skilled professional photographers and valued by collectors for vintage cameras. We sold this camera on eBay with a case and some extras for \$1,075.00.

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SENIOR NEWS LINE

by Matilda Charles

Downsizing help

Sometimes we just don't want to face the truth, so we ignore it as long as we can. But eventually it becomes clear: We need to downsize.

Just the word can be painful as we contemplate moving to a smaller place and likely needing to get rid of many of our belongings. And then there are all the details — what to keep, how to pack, lifting those heavy boxes.

The good news is that we don't have to do it alone. The National Association of Senior & Specialty Move Managers (www.nasmm.org) can steer you toward move managers in your area, people who are trained in all aspects of moving seniors. In the Find A Move Manager section of their website, put in your ZIP code to find people in your area.

In my town I found three companies. All advertise stress-free moves and help with organizing, downsizing and relocating. It seems they can do it all — starting with the decluttering that will be necessary for any move to a smaller place. They organize which belongings go to which family members, arrange for the sale of valuables or donations to charity and even take care of trash disposal. And that's just the first step in the process.

What I like best is that they'll do the packing. Then on moving day, they'll be there supervising the movers, dealing with the utility companies to get the power turned on in the new place and, surprise, they'll even unpack on the other end and haul away the empty boxes.

Moving to a smaller place might not be what we'd like to do, but when it becomes necessary, it's good to know that we don't have to do it alone. There are experts who know what to do and when. That should make the whole process much easier.

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• Have your carpets cleaned. High-traffic areas may require it as much as every three or four months, but bedrooms can go as long as 18 months. Use runners and area rugs to safeguard spots that may be vulnerable, like under a vanity or by your sofas.

• “I had some residue on my bathroom ceiling from hard water condensation. I happened to have a set of crutches lying around. I used a hair elastic to secure a hand towel to the arm rest of one crutch. Then I sprayed it with water and used it to scrub the ceiling. It worked really well. I was done in no time.” — **A.A. in Florida**

• A baking soda and water mix is great for tile floors if you want a quick mop up. If a lot of your floors are tile, do yourself a favor and invest in a steam mop. They clean and sanitize, leaving your floors brilliant.

• “One of the things I do each spring (and fall) is to go through my makeup and toss the old items. I also freshen up my first aid kit, and get new bottles of sunscreen and bug spray to keep in my car kit, so I will always have it around.” — **E.A. in California**

• Be sure you use a trivet or other protectant when placing flowerpots on wood floors. Also, purchase felt pads for the bottoms of furniture. This will eliminate divots or other kinds of depressions or scratches in the floor.

• “Tiny tears in your window screen can be secured with clear nail polish. I dab the spot, then use tweezers to line up the tiny wires, then dab again. Just make sure the window is open, or the screen might stick to the windowpane.” — **T.T. in Indiana**

• The Vision Council offers tips to minimize digital eye strain: Use the 20-20-20 rule: every 20 minutes, take a 20-second break and look at something 20 feet away.

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

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Serve up Chicken and Dumplings

It's "chicken and dumplings night" at our house! This old-fashioned dish is just right when it's damp and chilly outside. While this recipe tastes like it's been cooking all day, you actually can prepare it with your kids after they get home from school.

When the yummy dumplings puff up over the thick chicken stew, they'll know that it's the signal to gather the family 'round for conversation and this satisfying, hearty meal!

Chicken and Dumplings
Yields 18 dumplings. Serves 6-8.

Chicken:

1 chicken (3 1/2 pounds), cut up into 6-8 pieces

Salt and pepper

4 tablespoons unsalted butter

1 large onion, coarsely chopped

1/3 cup flour

6 cups chicken broth

2 ribs celery, chopped

3 carrots, peeled and chopped

8 ounces fresh mushrooms, sliced

1 teaspoon thyme

Chopped parsley, for garnish

Dumplings:

2 cups unbleached all-purpose flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1 cup plus 2 tablespoons milk

Rinse the chicken and pat dry. Season with salt and pepper. Heat butter in a large skillet over medium heat and brown the chicken pieces until golden, about 4-5 minutes on each side. Transfer chicken to a large pot or Dutch oven.

Over medium-high heat, saute the onion in the skillet drippings until softened, about 5 minutes. Add additional butter if necessary.



PHOTO CREDIT: Donna Erickson

Stir in flour and cook while stirring constantly until slightly browned, about 1 minute. Slowly add 1 cup of the chicken broth, stirring constantly and letting the mixture bubble between additions to make a gravy. Transfer to the pot of chicken. Add remaining broth, celery, carrots, mushrooms and thyme. Bring to a boil, reduce heat, cover, and simmer for 30 minutes.

Meanwhile, prepare dough for dumplings. Let your child measure, and using a fork, mix the dry dumpling ingredients in a mixing bowl. Add milk and stir just until the mixture is moistened.

An adult should gently stir the stew mixture once, then drop the dough in spoonfuls on the simmering liquid. I like small dumplings, about 2 tablespoons each. Cover and simmer for about 20 minutes undisturbed until dumplings are puffed and dry in the middle.

To serve, arrange chicken, vegetables and dumplings in wide, shallow bowls. Ladle gravy over each serving. Then let your child sprinkle parsley on top for a fresh garnish.

Cook's Note: If you prefer to serve boneless chicken, before dropping the dough in spoonfuls, remove the chicken pieces from the cooking pot. Take the chicken off the bones, shred, then return the meat to the pot.

...

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com.

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Tickets: \$25 (in advance) \$28 (at the door).
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Cremer's Cooking Tips

Cremer's Baked Ham with Maple Glaze

Directions

1. Remove ham from refrigerator 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,

- 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

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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.

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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: NAILED TO A HORSE'S HOOF

- And buggy
- Doctor
- Opera
- Weed
- Back
- Fly
- Race
- Whisperer
- Chestnuts
- Hide
- Sense
- Wrangler
- Collar
- Liniment
- Trainer

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SUDOKU

by Linda Thistle

	4	8	5	7				
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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.

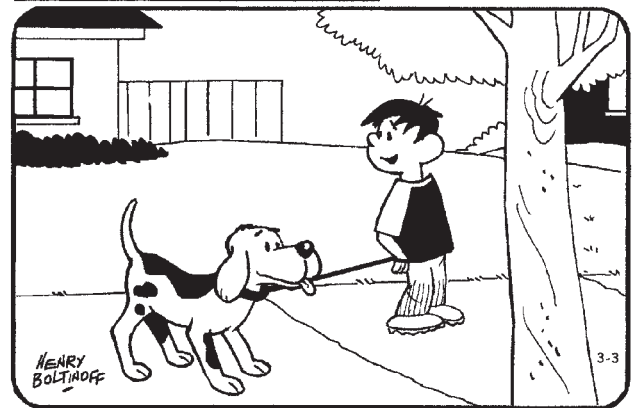
DIFFICULTY THIS WEEK: ♦♦♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

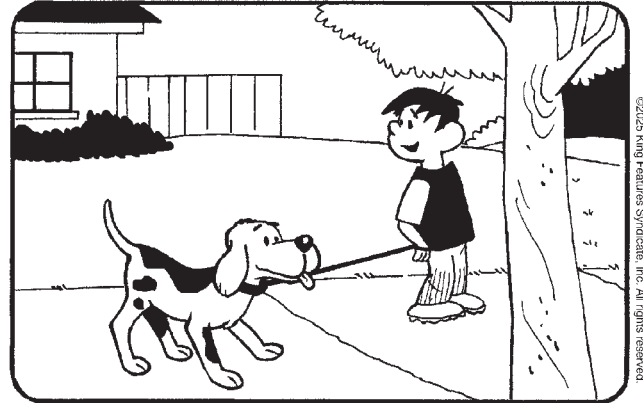
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Boy is moved. 2. Shirt is different. 3. Tail is moved. 4. Window is missing. 5. Bush is larger. 6. Dog's leg is moved.

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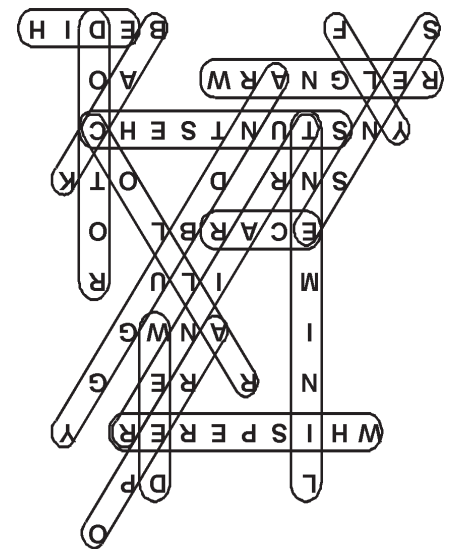


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— HORSE —

Go Figure! answers

60	8	21
=	=	=
5	2	3
= 1	÷	+
x	÷	x
4	7	6
= 52	x	+
+	+	+
2	8	9
=	-	+

King Crossword —

Answers

Solution time: 21 mins.

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

SUDOKU Answer

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

Stickelers Answer

Only one word is spelled correctly:
DESPERATE