



The Golden View

The Community Newspaper For Adults 55 Plus

August, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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

35th Annual Fireworks & Air Show

by Perry Mason, General Sales Manager, Radio Dubuque, Inc.



Due to safety concerns, this year's Fireworks and Air Show has been canceled. The US Golden Knights Parachute team will still be jumping at various locations.

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Dubuque Jaycees. This year's celebration was moved to Saturday August 22, due to the COVID-19 situation.

Dubuque's Independence Day Spectacular is dedicated

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if you
feel more comfortable please wear a mask.

The Air Show will begin at approximately 4:30pm and the line-up includes: The United



2020 Heroes Jumping for Heroes Tribute

The US Army Golden Knights Parachute Team will be jumping at the following locations:

- Friday, August 21st, 11am - The Nativity Church parking lot
- Friday August 21st, 7pm - The Kennedy Mall parking lot
- Saturday August 22nd, 10:30am - Hazel Green Southwestern HS
- Sunday August 23rd, 2pm - Guttenberg football field

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The Celebration can be seen from all over the Tri-State area, "Show Central" is located in the AY McDonald Park next to the Hawthorn Boat Ramp just below Lock and Dam 11. Because of this year's unusual situation

stations and the Jaycees have the ability to put on this show each year is through the financial support of good corporate citizens. Thank you to EVERYONE for your past and present support, we couldn't do it without you!

Adapting and Innovating During the Pandemic

by Amy Schauer, Stonehill Executive Director of Development

The COVID-19 pandemic has brought to light a need for continued innovation in many industries and long term care is no exception. Communities serving the most vulnerable populations have had to find innovative ways to meet the needs of residents including medical needs and social-emotional needs.

"None of us could have predicted what our world is facing today," said Gretchen Brown, President and CEO of Stonehill, "The staff at Stonehill has done an incredible job of responding to the COVID-19 crisis. I couldn't be more proud."

The team at Stonehill jumped into action as soon as visitors were restricted



Stonehill nurse Amber Vaske helps resident Betty Kenney prepare for a telehealth appointment.

on March 13 and as new recommendations regarding limiting the virus were put in place. New screening, protective

Stonehill Cont. P 3

Bell Tower Theater Announces the Rescheduled Performances of Exit Laughing

by Miki Robinson, Bell Tower Theater

The Bell Tower Theater, your hometown theater, is pleased to announce that they will be showing live theater again in August. The performance of Exit Laughing, a comedy by Paul Elliott, will be directed by the Bell Tower Theater's Artistic Director Sue Riedel.

Due to the current public health crisis, the show will be performed with social distance seating and a variety of other precautions. Some examples include: 1) The capacity of the Bell Tower Theater has been reduced from 174 seats to 63 seats, 2) All patrons will be required to wear a mask to enter and to move around the theater; 3) The show

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.

Because of the severely limited capacity, current ticket holders are being given an

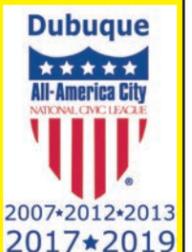
Bell Tower Theater cont. Pg. 3



Al Batt	Page 17
Bridge	Page 22
Bill Zwack	Page 20
Kovels® Collecting... ..	Page 15
Gary Dolphin	Page 19

Jerry Eberhardt	Page 18
Ken Resch	Page 10
Michael D. Gibson... ..	Page 8
Paw's Corner	Page 5
Sports Quiz	Page 18

S. E. Persinger	Page 6
Social Security	Page 6
Trivia Test	Page 17
Uplifting Moment	Page 7
Veterans Post	Page 9



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Stonehill Activities staff Carolyn Timmerman and Morgan Schadel welcome chickens to Stonehill's backyard coop.

Stonehill from Pg. 1

equipment, and social distancing procedures were enacted for every department. Stonehill moved quickly to embrace a dramatic increase in telehealth visits with medical providers. With the help of the Community Foundation of Greater Dubuque and a grant from the Center for Medicaid and Medicare Services CMP Reinvestment program, Stonehill was able to purchase iPads that could be used for both telehealth visits and virtual visits with loved ones.

The Activities department, which previously had organized nearly 100 activities and programs each week, has also had to think outside the box to meet the need for social distancing. Stonehill dedicated an internal television channel

to broadcast live daily Mass, virtual announcements to keep residents informed, and even virtual activities like bingo, spiritual sharing, and sing-alongs. Another fun treat was the addition of a chicken coop made possible through a generous community donation. Residents have been loving outdoor visits to see and feed the chickens, Speckles and Ginger.

The pandemic also called for new ways to provide dining services to residents. A special fundraiser helped provide new dining tray tables for resident rooms.

Stonehill Communities prides itself on innovating and adapting to meet the changing needs of the community, and will continue to do so far beyond the scope of COVID-19.



Bell Tower Theater from Pg. 1

opportunity to claim their seats first: Season ticket holders only from now until July 17 and single ticket buyers from July

17 to August 2. On August 3 any remaining seats will be opened to the public for \$22 each.

When the biggest highlight in your life for the past 30 years has been your weekly bridge night out with the "girls," what do you do when one of your foursome inconveniently dies? You "borrow" the ashes from the funeral home for one last card game, of course. This wildly funny new comedy shows all the fun you can have when you're truly living.

The cast features Bell Tower veterans Gerarda



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Lahey-Keppler, Debbie Meyer, Christine Luksetich Sikula and Megan Frankovich along with Jared Rutkowski, a former participant in our Free Summer Musical Program, in his first subscription series show.

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. Performances are every Thursday, Friday and Saturday evening at 7:30 pm, and Sunday afternoon at 2 pm from August 14 to 30 plus two added Saturday 2 pm performances on August 22 & 29. Tickets for all performances are \$22. For information and to purchase tickets call **563-588-3377**. Please note online sales (www.belltowertheater.net) will begin on Monday, August 3 at 11 am when the show is opened to the public.



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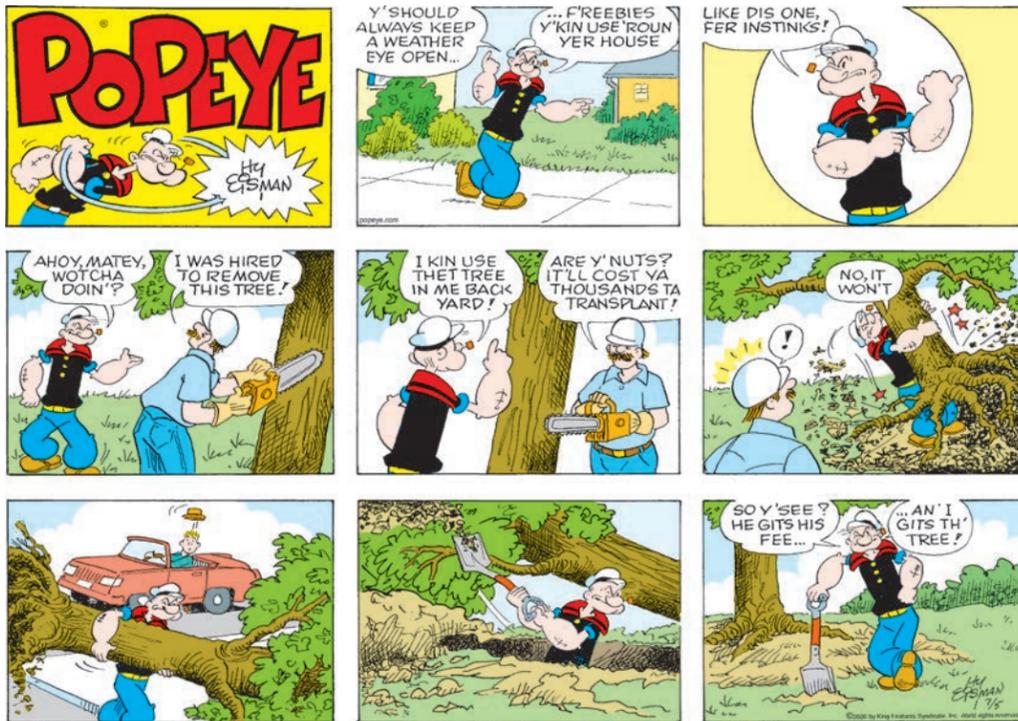


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The Golden View
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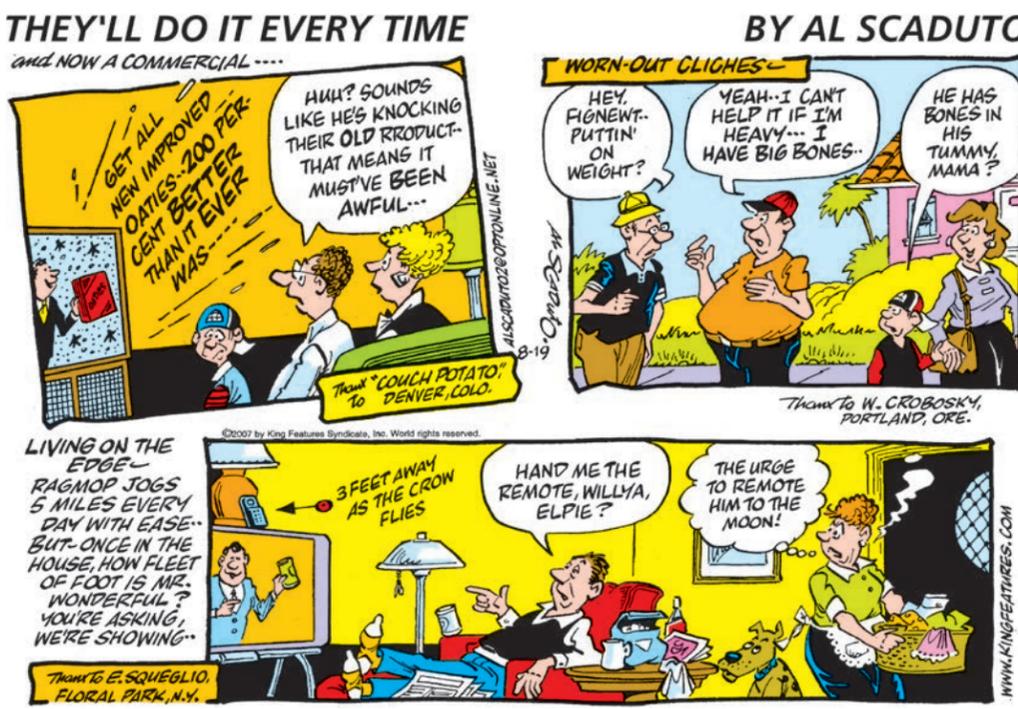
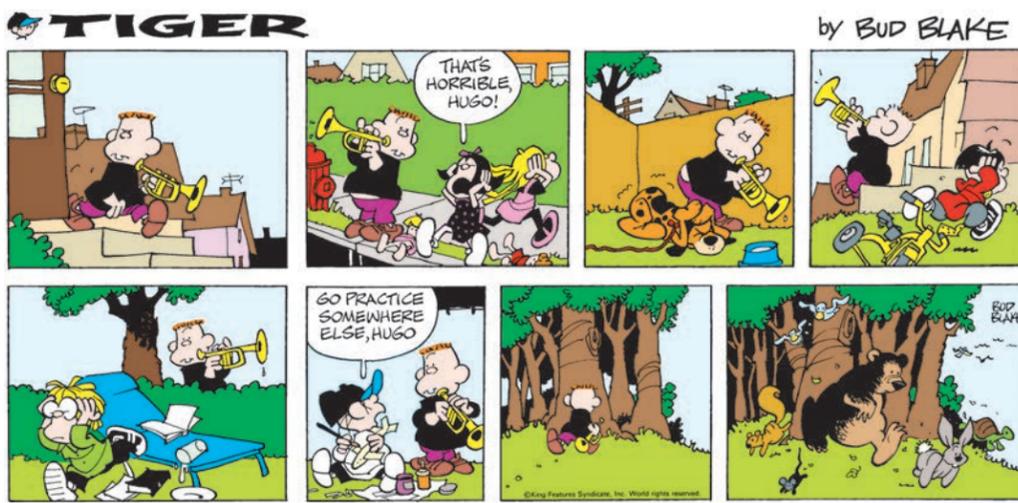
STICKELERS [sic].
 by Terry Stickels

Some trivia questions ...

- 1) What nation was the first to give women the right to vote?
- 2) How many appendages does a squid have?
- 3) Aphrodite was the goddess of love in Greek mythology. Who was the goddess of love in Roman mythology?
- 4) What is the only city in the world to lie on two continents?

Stickelers Answer on Pg. 24

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King Crossword

ACROSS

- 1 Give a darn
- 5 IOU, e.g.
- 9 Trip to Mecca (Var.)
- 12 Like 28-Across
- 13 Top-notch
- 14 Chicken-king link
- 15 The Swedish Nightingale
- 16 Hold sway
- 17 Cartoonist Chast
- 18 Creche trio
- 19 Auto grille cover
- 20 "For cryin' out loud!"
- 21 Id counterpart
- 23 Personal question
- 25 Beckon
- 28 Vast sandy expanse
- 32 Leafy shelter
- 33 Release a deadbolt
- 34 Trolley sounds
- 36 Present from birth
- 37 Common Mkt.
- 38 Pigpen
- 39 Pre-swan
- 42 Puncturing device
- 44 It gets in the whey

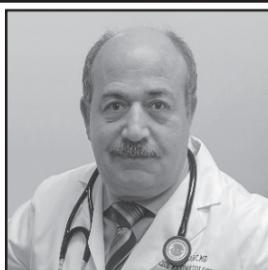
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48				49				50			
51				52				53			
54				55				56			

- 48 Seek restitution
- 49 Neighborhood
- 50 Quite eager
- 51 Historic time
- 52 Read bar codes
- 53 — good example
- 54 Press for payment
- 55 Cattle group
- 56 A bit unclear
- DOWN**
- 1 Tranquil
- 2 Bocelli solo
- 3 Peal
- 4 "Two Tickets to Paradise" singer
- 5 Diamonds, essentially
- 6 Session with a shrink
- 7 Extended family
- 8 Shirt shape
- 9 Tortoise's opponent
- 10 Lotion additive
- 11 Satchmo's genre
- 20 "I Walk the Line" singer
- 22 Canyon
- 24 Obsess
- 25 Pouch
- 26 Surfer's destination
- 27 Biz deg.
- 29 Lawyers' org.
- 30 Snitch
- 31 Exist
- 35 Hard to find
- 36 Gilligan's home
- 39 Secondhand
- 40 Mentor
- 41 Slender
- 43 Sport
- 45 Eye layer
- 46 "Puttin' on the —"
- 47 Crucial time
- 49 Blond shade

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Cat Raids Trash Can for Kitchen Scraps

DEAR PAW'S CORNER: My cat "Blaze" has figured out how to lift the lid on the kitchen trash can. He'll hop in there at any opportunity to get at the food scraps. I don't want him eating those, and I'm worried he'll get sick from raw or spoiled food. How can I stop this behavior? — *C.J. in Santa Monica, California*

DEAR C.J.: I know that's annoying! Cats are opportunists, escape artists and seemingly expert lockpickers that will take every chance to explore something that smells interesting. A trash can filled with food scraps is often irresistible.

Once a cat has figured out where all the good table scraps are, it's going to be very hard to train them out of that particular behavior. You can still try some deterrents. When you're in the kitchen and see Blaze creeping toward the trash can, hiss loudly and say "Nyah!" or "Leave it!" Or, keep a shaker can filled with pennies within reach and shake it at him when he approaches the trash can.

When you're not in the kitchen, Blaze may still keep trying to get into the trash can. For now, bungee or tape down the lid so that he can't pry it upward with his paws. Then, look for a trash can that has a locking lid, which will be much harder for your cat to lift up. This will be a huge help at night, when you can't rush into the kitchen to try and stop Blaze from his nighttime raids.

Best of luck, and remember to be patient and consistent with deterrent training methods.

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

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



In mid January of 2020, I had a meeting to attend with several other women. Iowa was in the midst of wintery weather and my driveway was covered with black ice and heavy snow. In this kind of weather I stay in the house. One of the women called me to see if I was going to be at the meeting. I said no due to the safety factor of my icy driveway. My friend said, "Oh, come on! Are you a wimp?" I don't remember any one ever asking me that question.

After all, a wimp is a weak, ineffective, insipid (cowardly) person, so the dictionary states. This description doesn't fit my personality. And the only other description of a wimp person I know of is the comic character of J. Wellington Wimpy, created in 1931, by a newspaper cartoonist named, Elzie Crisler Segar.

Wimpy, as he was called, was inspired by a real-life person, named J. William Schuchert from Chester, Illinois. Wimpy first showed up in Segar's comic strip called Thimble Theatre. Wimpy was drawn as a chubby gentleman with a small mustache with very few

hairs. He was quite educated and portrayed as intelligent. He loved hamburgers but didn't usually pay for them. He was a moocher. In the comic strips Popeye and his partner Wimpy are good friends. Popeye ate spinach for muscle. Wimpy ate hamburgers for pleasure. He just loved hamburgers!

Wimpy really didn't have an occupation, but he would sometimes do odd jobs for a hamburger. That is if he could not mooch one. He preferred freebies. All in all Popeye and Wimpy have quite a history in comic strips, comic books, film cartoons, TV series, and movies. Popeye and Wimpy are icons. They may live on forever. And while Wimpy was known to be a coward, was he really a bona fide wimp? Perhaps not. After all he was charming, and with his red tie and happy smiling face, he was loveable.

Was I a wimp because I wouldn't go out on an icy winter day? In my lifetime I have never thought of myself as a "wimp." Of course, I have not thought of myself as the antonym of a wimp either, which is a powerhouse. I'm just me. And I hope no one ever calls me "Granny Wimp!" Because if they do, they may have a real powerhouse on their hands!

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Michelle Bell,
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Coronavirus-Related Medicare Scam Alert

Since older Americans are particularly vulnerable to coronavirus (COVID-19), we want to remind Medicare beneficiaries to be vigilant and take precautions to avoid falling victim to healthcare fraud during this pandemic. We're warning Medicare beneficiaries that scammers may try to use this pandemic to steal their Medicare number,

banking information, or other personal data.

Unfortunately, scammers take advantage of the most vulnerable people during times of uncertainty and change. You must protect yourself by making sure you *only* give your Medicare number to your doctor, pharmacist, hospital, health insurer, or other trusted healthcare provider.

If someone calls you on the phone, saying they're from Medicare, and asks for your Medicare number or other personal information—just hang up. Medicare representatives will never:

- Call beneficiaries to ask for or to "verify" Medicare numbers.
- Call to sell you anything.
- Promise you things if you give them a Medicare number.
- Visit you at your home.
- Call you to enroll you in a Medicare program over the phone, unless you called us first.

Medicare cards no longer have Social Security numbers on them to reduce fraud and protect beneficiaries from identity theft. Even with this change, you should guard your Medicare card like you would a credit card.

Social Security cont. Pg. 8

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An Uplifting Moment
with **Rev. David J. Claassen**
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The Broken World

I found the world broken. It lay along the edge of the road. The broken world was a foam rubber ball made to look like the world. I picked up the sad looking sphere and held it in my hand, turning it over, surveying the damage.

The small globe had seen much play and some evil abuse. Apocalyptic events had gouged out parts of the oceans, some islands, and a good chunk of several continents.

It was either discarded or lost by the child or children who had played with it. I decided to keep it, a symbol of the larger world it represented.

Like the microscopic organisms that likely inhabited the surface of the small broken world I held in my hand, the real world also has creatures, human beings, inhabiting its surface, microscopic in size and unseen when viewed from anywhere beyond our envelope

of atmosphere.

We human beings experience the brokenness of this world beyond the fracturing earth's crust creating earthquakes and tsunamis, wild weather resulting in droughts, floods, tornadoes and hurricanes, and microscopic bacteria and viruses causing sickness and death. The brokenness also exists between us and the God who made this world and us, between each of us, and within each of us.

The good news is that our broken world is not lost nor has it been discarded. God could have considered our world a lost cause, but He didn't. He could have discarded the world as we know it, but He didn't.

Those of us who call ourselves Christians believe God did something absolutely astonishing. We believe God came to our broken world as one of us, became broken Himself on a cross, broken unto death, for us. He didn't stay broken, however, but became alive again, good as new. He did this so we wouldn't have to be broken in a relationship with Him, could have healing in broken human relationships, and inner healing from what's tearing us apart inside.

I'm keeping the broken world of a ball. The good news

An Uplifting Moment cont. Pg. 20

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Galatians in the Old or New Testament or neither?
2. From Luke 8, Jesus caused swine to rush into what body of water? *River Jordan, Dead Sea, Nile, Sea of Galilee*
3. In which gospel does Jesus say the scripture cannot be broken? *Matthew, Mark, Luke, John*
4. From Matthew 17, what did

Peter find with a coin in its mouth? *Ram, Fish, Viper, Raven*
5. Who was Jacob's firstborn as mentioned in Genesis 35? *Reuben, Ehud, Joshua, Elah*
6. Zacchaeus climbed what type tree to see Jesus? *Fig, Carob, Sycamore, Box*

ANSWERS

1) New; 2) Sea of Galilee; 3) John 10:35; 4) Fish; 5) Reuben; 6) Sycamore

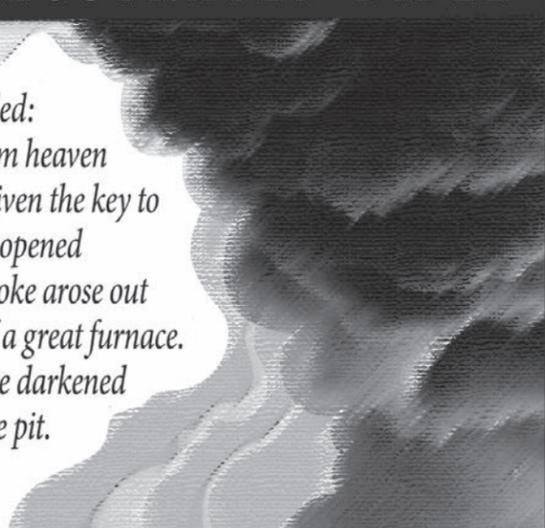
Test Your Bible Knowledge, a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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THE ILLUSTRATED BIBLE

Then the fifth angel sounded: And I saw a star fallen from heaven to the earth. To him was given the key to the bottomless pit. And he opened the bottomless pit, and smoke arose out of the pit like the smoke of a great furnace. So the sun and the air were darkened because of the smoke of the pit.

REVELATION 9:1,2



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YESTERDAY AND TODAY
BY MICHAEL GIBSON



The northwest corner of Fourth & Main has been the site of a theater ever since 1840 when the Athenaeum was built. In the 1860s and 70s it was refurbished several times under different ownership and names ranging from the Duncan-Waller Opera House to Bartell's Vaudeville Theater. In 1904, Jacob Rosenthal, assumed ownership and changed the name to the Bijou. A few years later Charles H. Eighmey, President of First National Bank & Harker B. Spensley, a real estate and insurance agent, purchased the theater and completely remodeled it. The stage was lowered from the second floor to the main floor and box seats were installed. Tragedy struck on April 7, 1910 when the theater was destroyed by a fire which resulted in over \$60,000 in damages. Fortunately, nobody was seriously injured in the blaze. The building to the right housed the Crystal Pool Hall and the National Hotel Register Co. with apartments on the upper floors. (Photo courtesy of the Center for Dubuque History, MSL p.172 Neg. Hoff. 860).

Yesterday & Today cont. Pg. 9

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Going Beyond What Others Provide

Social Security from Pg. 6

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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.



After the fire the theater hired the Chicago firm of Rapp & Rapp to design a new building at a cost of \$90,000. Built in the Renaissance-Flemish architectural style designed as a replica of a theater in Paris. The Majestic opened later in 1910 and it began showing motion pictures in 1920. It was renamed The Spensley in 1929 and in 1934 became the RKO Orpheum. In the late 1960s the Orpheum was scheduled for demolition as part of urban renewal. In 1972 several community activists led by Wayne A. Norman, Sr., raised the funds to build an arts exhibition facility known as Five Flags. As part of this complex, the old Orpheum theater was completely restored to its former grandeur and reopened in 1976 with a seating capacity of over 700. Today the Five Flags Theater stands as one of the historic landmarks of the Dubuque community. (Photo by Terry Grant).

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VETERANS POST

by Freddy Groves

No Summer Vacation? Time to Get Creative

With the coronavirus still raging, it looks like none of us are going away on a summer vacation this year. If we go anywhere, it will be local day trips, somewhere that doesn't involve crossing state lines or getting on an airplane or cruise ship. Still, we've got to do something to break up the monotony.

Before you do anything, check your state's department of health for the current movement status. Are you still on home quarantine? If you're basically free to roam around your state, do that. Think: be active, be outside.

Prowl your town looking for lawns to volunteer to mow. Head for the town's senior garden plots and offer to pull weeds.

Are you near any isolated, crowd-free water (river, beach, lake)? Take a folding chair and a book (or a fishing pole), plus a cooler of ice, water and sandwiches, and spend the day outside. Stay away from others.

Scour the internet for drive-in movies in your area. Many of

Veterans Post cont. Pg. 18

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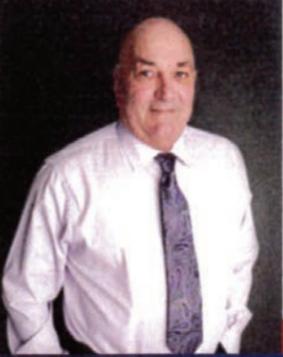
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 —Bill Veeck



Bridal bouquets

In ancient times, garlands or flowers symbolized the bride's fertility. In the Middle Ages, wedding bouquets were packed with pungent herbs; garlic, spices and dill were used to fend off evil spirits and bad luck that might plague the bride and the guests. The tradition of tossing the bouquet began from guests tearing pieces from the bride's dress for good luck; the bride would divert attention from this practice by throwing either the bouquet or the garter.

—Brenda Weaver

Source: www.roseandblossom.com

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Plant Talk

by Ken Resch



August: It's not Over Yet!

Yes, the world is upside down. Yes, conspiracy rumors abound. Yes, life seems wearisome at times. Yes, we are tired. Wait! The garden does not know this, nor do the flowers and trees. In case you've not noticed, flowers bloomed, veggies produced, trees leafed out and the grass always needed cutting. So, let's not despair and begin thinking "It's August. It's time to slow down in the garden." We've got a lot to do this month!

Now is the best time to divide perennials. Dig up your oversized clumps of Hosta, Iris, coneflowers, peonies and about any other perennial you have away from the center of the plant. You want a lot of roots for divisions. Remove most of the soil and divide where you see natural "clumps" or divisions. Because there are so many specific perennials you may have, I suggest you search online such as "Dividing oriental poppies" for plant specifics.

Fertilize the grass one more time in late August but no later than around Labor Day. Give your grass a low nitrogen fertilizer with high numbers

in the second and third place. Potash and Phosphorus help with root development. Stop fertilizing your flowers (except annuals) and main garden plants by mid-August. You do not want a lot of new growth developing before the weather turns cold. Plants are weakened, and the new growth does not harden off for winter.

Vegetable gardens have been producing well this summer and they have more to give. Keep watering squash, pumpkins cucumbers, and the like until the vines turn brown. Harvest onions and potatoes also when tops turn brown and store at about 35-40 degrees. Consider planting root veggies like radishes, and carrots and plant lettuce for the cool weather. Broccoli and Kale are two more veggies to plant in August because they're also frost tolerant. August is also an enjoyable time to harvest any herbs. Though used by many all summer long, fall is when the oils in the plants are the strongest and when herbs are most aromatic.

Over the years I've often said my grandfather's phrase "come next spring" which carries with it an array of meanings. In our gardening world and world at large, the words have added importance in 2020. We do not know where this crisis is taking us, and we cannot predict the overall impact it will have on us and our way of life. What we have some control over is how spring will greet us in 2021.

Go online to any number of companies that specialize in bulbs and begin looking through the selections for next year. Here are just three good choices: **K. van Bourgondien** www.dutchbulbs.com, **Michigan Bulb Company** www.michiganbulb.com, and **Holland Bulb Farms** www.hollandbulbfarms.com. What you will often find are an array of preorder "bundle offers" with considerable savings. Some offers are already sold out, but there are many others to consider. I'm going to pick three hyacinth offers—my wife's favorite spring flower—from Holland Bulb Farms and come next spring we'll have over 30 hyacinths in shades of blue, purple, white, pink, red and more. How could we remain down when we smell the heady fragrance of hyacinths?

While you dream of where to plant daffodils, hyacinths, tulips, or any spring bulbs remember bulbs grow and bloom before trees leaf out. This means you can plant bulbs where it won't be shady until after the bulbs are finished blooming. Another tip I offer is to plant bulbs in odd groupings of 3, 5, or 7 bulbs depending upon the varieties. Groupings are much more dramatic than single flowers. Finally, do go

Plant Talk cont. Pg. 18



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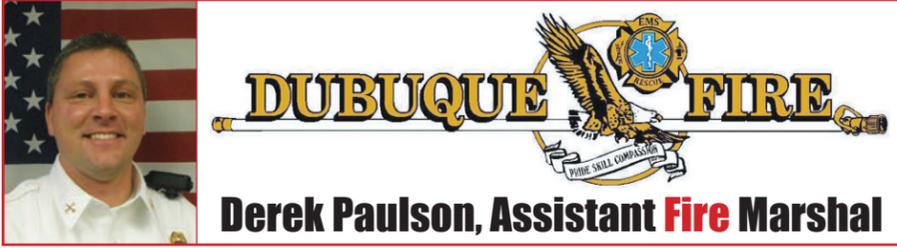


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Derek Paulson, Assistant Fire Marshal



According to the Electrical Safety Foundation International (ESFI), there are approximately 3,300 fires in the home annually caused by extension cords. On average, extension cord fires kill about 50 people yearly and injure another 270. Another hazard of extension cords is the trips and falls they may cause, especially in adults over the age of 65. Here are some safety tips that can help keep your home and yourself protected when using extension cords.

Extension cords are meant for temporary use. They are not to take the place of permanent wiring. If you are finding that you have lots of extension cords in use because you have few outlets, evaluate if you really need all the things plugged in. Consult with an electrician about having more outlets installed as well.

When using an extension cord, never plug an extension

cord into another extension cord or into a power strip. This is called “daisy chaining” and could result in a fire. Always plug larger items such as refrigerators, microwaves, air conditioner units and other appliances directly into wall outlets. The heat that these appliances produce can overheat extension cords and power strips resulting in a fire.

Never run extension cords through walls, ceilings or floors or under rugs or doors. Never set items on top of an extension cord such as clothing or other combustible materials. The heat buildup in the cord over time can cause those combustible items to start on fire. Running cords under doors can slowly wear the sheathing off the cord exposing the wires. This could cause an electrical shock or a fire.

Finally, extension cords can cause trip and fall hazards. Many people run extension cords across rooms, down hallways or even down stairways. As we get older we do not pick our feet up as high when walking. This can result in our feet getting tangled up in an extension cord and falling. If using an extension



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cord, ensure it does not go across doorways or in areas where you walk.

If you have any questions

or would like further information I can be reached at **563-589-4195** or at Dpaulson@cityofdubuque.org.

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During times of uncertainty many aspects of our finances may be impacted, including credit use and debt. Many are facing unfamiliar financial circumstances. Closely monitoring finances is important.

The three national credit-reporting companies, Experian, Equifax and TransUnion, are offering free weekly online credit reports through April 2021. By requesting a free credit report at <https://www.annualcreditreport.com> an individual will get a report from all three companies with the single application.

By establishing a “myEquifax” account at equifax.com/personal/credit-report-services/free-credit-reports or by calling 866.349.5191, individuals can receive six free credit reports every twelve months from Equifax, through December 2026. It is in addition to the one free report available each year from all credit reporting companies at AnnualCreditReport.com.

While checking your credit report is important, you can also protect your identity and improve a credit score by using these strategies.

- Pay all your bills on time if possible. Try to make at least your minimum debt payments by their due date every month.

- Contact your lenders for help and ask about hardship options as soon as possible—ideally before you miss a payment. Lenders may be able to temporarily lower your interest rate or payment amount, or pause your payments.

- Check your credit regularly and make sure the information is accurate. You can identify any potentially fraudulent activity and respond to it before it damages your credit.

- Dispute inaccurate information immediately. Remember to dispute with each credit bureau where the disputed information appears.

- Be extra vigilant about protecting your identity. If you fear identity theft may occur or has occurred in your name, you can also place a free security freeze on your credit file so lenders cannot gain access to it. This prevents people from applying for credit in your name. You can lift the freeze at no cost any time.

- Seek financial management
 IA State Extension cont. Pg. 19

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What to do if You are Appointed as Guardian or Conservator for a Loved One

*by Thad J. Murphy,
Attorney with Pearson Bollman Law*

If an adult lacks capacity to make decisions on their own behalf, the court will appoint a substitute decisionmaker: A “guardian” for decisions regarding well-being, and “conservator” for decisions regarding finances. Guardianships and conservatorships are legal relationships between a competent adult (the “guardian” or “conservator”) and a person who is unable to manage their own affairs (the “protected person”).



Thad J. Murphy of Pearson Bollman Law

Some important aspects of guardianships and conservatorships:

- Read the court order. The court can authorize you to make legal, financial, and healthcare decisions for the protected person. Depending on the terms of the appointment and state law, you may have to seek court approval for certain decisions.
- Fiduciary duty. A guardian or conservator has a “fiduciary duty” to the protected person; thus, they are legally required to act in the best interest of the protected person and carefully manage the protected person’s assets. It is imperative that you keep your personal finances separate from the protected person’s finances. It is equally

important to maintain detailed records of everything received, spent, or otherwise distributed.

- File reports on time. The court order should specify what reports must be filed. The first report is an inventory of the protected person’s property and a prospective financial plan. You are required to file yearly reports detailing what you spent and received on behalf of the protected person and any changes in the protected person’s health and/or living situations. After the protected person dies or the guardianship or conservatorship ends, the court will require a final report.
- Consult the Protected Person. You should include the protected person in your decision-making whenever

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Author Unknown

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feasible, and work to determine the protected person’s wishes and intentions.

- Don’t limit social interaction. Guardians and conservators may not limit a protected person’s interaction with family and friends unless such interaction would cause substantial harm.

If you are current a guardian or conservator, or want to explore options for a loved one, consult with an elder law attorney in your area.

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, guardianships and conservatorships, 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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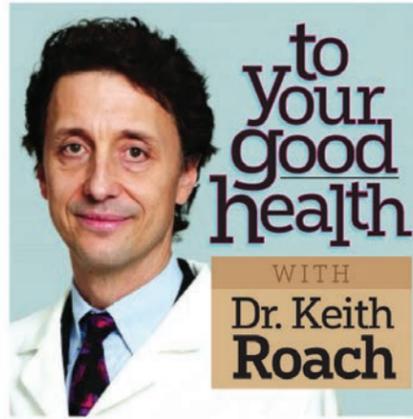


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Swimmer Fears Repeat of Legionnaire's Disease

DEAR DR. ROACH: I'm 73, male and have been swimming a mile in inside pools every day for 10 years. Two months ago, I caught Legionella pneumonia and was in the hospital for three weeks. They said I was critical. I'm afraid to go back to swimming for fear that I'll die if I get that disease again. What are my chances of getting it again if I return to daily swimming? — **D.F.**

ANSWER: Legionnaire's disease is caused by Legionella pneumophila, a bacteria species that lives in water, especially warm water. Legionella is a dangerous infection. It most commonly affects those over 50 or those with other risk factors, including smoking, alcohol use and a suppressed immune system from a medication or medical condition.

Pools are an occasional cause for Legionella infection; hot tubs are more common. Air conditioning systems and cooling towers are responsible for most large outbreaks. Infection occurs when the aerosolized water droplets contaminated with the bacteria are inhaled deep in the lungs where they can cause infection. I don't know if an investigation was done in your case, but large outbreaks are a significant concern, and often trigger a response by public health

officials. The swimming pool is a possibility.

A properly cleaned and treated pool poses little risk. You should discuss your diagnosis with the operator of the pools where you swam in the week or two prior to getting sick, so the water can be tested. I would point them to tinyurl.com/CDC-legionella-pool for information appropriate to aquatics professionals.

Swimming is a great form of exercise, and you should feel safe and comfortable in your pool.

• • •

DEAR DR. ROACH: Does a person with Eustachian tube dysfunction have to be careful when washing her or his hair? I am concerned that the water that gets into the ear can be felt going down the throat. Or is that another problem? — **K.C.H.**

ANSWER: The ear has three compartments: external, middle and inner. The external ear is all of the part you can touch, all the way to the tympanic membrane (eardrum). It is watertight (unless there is a perforation or a doctor has placed a tube in the eardrum). The middle ear is the location of three bones that connect the eardrum to the cochlea, the organ of hearing. The cochlea and the organ of Corti, from which you derive your sense of balance, comprise the inner ear.

The Eustachian tube runs from the middle of the ear into the back of the throat, and it allows the pressure in the ear to equalize with the pressure in the atmosphere. Eustachian tube dysfunction is when the tube fails to open, causing pressure changes in the ear. This often comes with reduced hearing and a sensation of ear pressure, and sometimes with ear pain, itching or tinnitus, the sensation of ringing in the ears or other noise. Eustachian tube dysfunction is a complicated issue I can't explain fully here.

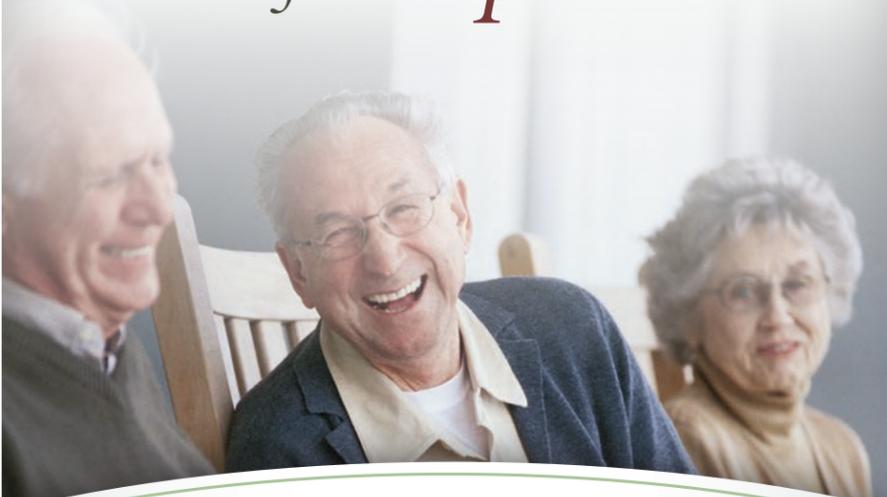
However, showering with Eustachian tube dysfunction is not a problem. A sensation of water going down the throat during showering could possibly be from a wide-open hole in the eardrum, but it is more likely a referred sensation, meaning the body is misinterpreting the data from its own nerves.

• • •

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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—Tommy Lasorda

KOVELS®

Antiques & Collecting

By Terry and Kim Kovel

Loving Cup

In past centuries before the invention of the camera, heroes and celebrities were remembered with figurines, prints and plates, and mugs of glass or ceramics. Coronations, royal weddings, major exhibitions and historic events were commemorated by souvenirs with depictions of the people or the event. The Royal Doulton Co. made many figurines of attractive imaginary people and animals. The company started making several sizes of small character jugs honoring fictional as well as real people in 1930, and it still makes a few new ones each year. Most sell today for under \$100.

Thirty limited edition loving cups and jugs (pitchers) about 10 inches high were made from 1930 to 1938, and two that honor Queen Elizabeth, one at her coronation in 1953, the other at her Silver Jubilee in 1977. The pieces designed by Charles Noke, molded with raised figures and decorated in bright colors, are rare. Each has a special mark on the bottom explaining the history of the hero and events pictured. The standard Royal Doulton Co. mark, a lion and crown, also is used. These limited editions were selling for more than \$1,000 each until about 10 years ago, when all Doulton prices fell.

A commemorative Admiral Lord Nelson loving cup auctioned at Skinner Auctions in Boston in 2015 for \$800. Lord Nelson was a naval hero who fought in many naval battles and seemed unstoppable. He lost an arm in one battle, an eye



Lord Nelson is honored on this Royal Doulton limited-edition loving cup made in 1935. Only 600 were made. This one sold for \$800. It was accompanied by the original signed certificate which adds value.

in another, and he was finally killed at the Battle of Trafalgar Bay in 1805. On one side of the loving cup is a picture of the one-armed admiral in his ship; a sinking ship and lifeboat with sailors is on the other side.

Q: I have a silver spoon marked with a small hallmark: the letter "S" in the middle of wings. I'd like to know the maker and when it was made.

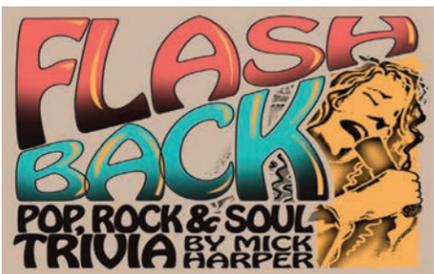
A: This mark was used by George W. Shiebler, who started his company in Baltimore in 1876. He moved to Brooklyn and the company name became George W. Shiebler & Co. in 1891. It went out of business in 1910. The company made flatware, hollowware, souvenir spoons and specialty items. A sterling teaspoon is worth about \$25 to \$50. A plated teaspoon sells for only \$10 to \$15.

CURRENT PRICES

Ballot box, wooden, turned handle, 2 compartments, lift lids, scroll metal latches, sloped front, 3 1/2 x 9 x 5 inches, \$150.

Photograph, United States Marine Corps, infantry men battle for Okinawa, black and white, 1945, 3 1/2 x 4

Kovels cont. Pg. 16



1. Name the band that originally called itself Salty Peppers.
2. Which group released an album titled "Rumours"?
3. Who released "Some Time in New York City"?
4. What is the stage name of Stuart Leslie Goddard?
5. Name the song that contains this lyric: "There goes my old girlfriend, there's another diamond ring, All those late night promises, I guess they don't mean a thing."

Answers

1. Earth, Wind & Fire. The name came from astrological

elements earth, wind and fire, leaving out water. The group was inducted into the Rock and Roll Hall of Fame, has a Hollywood Walk of Fame star and has won six Grammys. 2. Fleetwood Mac, in 1977. The album, their 11th, included the hits "Go Your Own Way" and "Don't Stop." It took the Album of the Year award at the 20th Grammys in 1978. 3. Plastic Ono Elephant's Memory, in 1972. It was a collaboration between John Lennon, Yoko Ono and Elephant's Memory and Invisible Strings. 4. Adam Ant, originally of Adam and the Ants. 5. "What It Takes," by Aerosmith in 1989. The song appeared on their album "Pump." Have the alternative album? There's a hidden six-minute instrumental track after "What It Takes."

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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.

Picking blackberries was not one of my favorite jobs. Why? It was in hot weather, often in a thicket of bushes with a growth of grass and weeds so thick you could not see what was underfoot. Many patches in the woods were known to be dangerous because of rattlesnakes, hornets and bees.

After a hearty breakfast, we loaded a five gallon cream can, three 3-gallon buckets and a gallon molasses pail with a handle to be tied to a leather belt around our waist. Both hands were free to pick with little exertion. We wore sunbonnets or straw hats and a man's long sleeved shirt over our arms to protect us from being scratched and bitten by insects.

Martha, Agnes and I hitched old Tybe, a brown draft horse, to a single buggy, loaded the utensils and lunch with a gallon glass jug of water with a corn cob for a stopper.

Tybe didn't like this berry picking trip any better than we did, as he had an unwilling disposition especially when hitched to this single buggy with a woman driving. He often turned so short in the middle of a hill that he almost upset the buggy. No tugging at the lines to keep him on the road did one bit of good - he turned around and started home.

Martha hopped over the wheel, caught his bit and turned him back on the trail. This venture might happen two or three times before we got to the berry patch.

We knew why. He was tied under a shade tree, awaiting our many returns with berries until the cream can and buckets were filled. Flies and mosquitoes, or bott bees often kept his head in steady motion to ward them off. He whinnied each time we returned. I'm sure he was saying, "Let's go home."

There was no SureJell then so we picked a few green berries in a special pail to supply the pectin needed to make this stiff, glossy jelly.

We knew it was noon by the sun being directly overhead. We tried to get home for dinner. We were tired, hot and happy to feel the breeze as Tybe galloped all the way home.

My mother had all the quart,

pint and jelly glasses washed and in the copper wash boiler ready to preserve the berries. Sauce was made first with a syrup of 2 cups of water, 1 cup sugar boiled, about ten minutes "open kettle" method. Each jar was sealed with a jar ring and a Mason jar lid. How pretty the jars looked with the berries floating in this deep red juice. The berries were served in a small dish with homemade bread as a dessert after a meal or for a treat after an evening visit with neighbors.

The jelly-bag was waiting to strain the juice as it hung from a stand draining into a large dishpan. The juice was boiled about ten minutes, equal parts sugar and juice. It continued to boil until two tablespoons tried in a saucer shows signs of congealing. Jelly glasses were filled with 1/8 inch of paraffin added to seal the jelly. Jars without lids were sealed with brown heavy paper pasted with a beaten egg white. It always worked but must be put where mice could not damage it.

The summer kitchen was the scene of this canning. The ceiling was low and the old Windsor (Montgomery Ward) range fired full blast served as a very warm place to preserve such goodies.

The larder in the cellar often had more than one hundred quarts of blackberries. A tasty cobbler was often made with a generous amount of berries on cold winter days.

We never complained but awaited the next berry picking as a way to have extra treats. We had no worry of sprays that would be poisonous. Without refrigeration, we preserved foods that made our lives healthy and happy.

How great it would be to have one more day of picking blackberries, then counting the jars as we shelved them in our cellar. Calories were not counted so the one hundred pound sack of sugar was used freely.

The City Saturday market has berries, but we could hardly estimate on our computer what that buggy load of berries and the one hundred pounds of sugar would cost — it was nature's gift to us.

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Kovels from Pg. 15 inches, \$480.

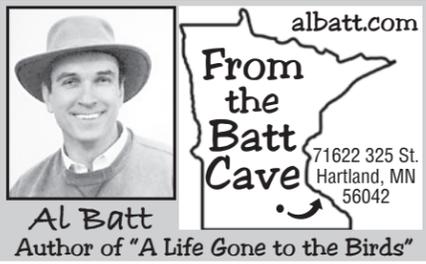
Book, "The Tale of Mrs. Tiggy-Winkle," Beatrix Potter, 1st edition, hardcover, F. Warne, 26 color illustrations, c. 1905, 5 1/2 inches, \$1,300.

Doll, Shirley Temple, composition, blonde mohair ringlets, leather cowgirl outfit, hat, smiling, dimples, 1930s, 27

inches, \$2,495.

TIP: If you store fabrics in paper, be sure it is acid-free. An acidic paper can discolor a fabric in a year, damage it within three years.

For more collecting news, tips and resources, visit www.Kovels.com
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We can't help it, eating is in our DNA

I spit sunflower seeds for distance.

It was a contest. I did OK. I'd have done better, but it had been a dry year.

I could have been in a pie-eating contest that day, but the two events had been scheduled for the same time. Pity. That was the year Emma Torvaldson hit a pie judge in the face with her signature lemon meringue pie after she'd finished in second place for the fourth straight year in the pie-baking competition. I'd loved to have seen that.

I read in the paper that Joey Chestnut won his 13th Nathan's Hot Dog Eating Contest, and broke the world record for consuming the most hot dogs in one sitting. Chestnut ate 75 hotdogs and buns in 10 minutes breaking his own previous record of 74 hot dogs and buns set in 2018. He prepared for the challenge by eating 420 hot dogs a week.

He's not alone in that training regimen. I know people who prepare for the permissible gluttony that is a fair by ramping up their food intake for a few weeks beforehand.

I'm like most people. I'm a good eater and I'm a poor eater. It depends on what I'm eating. When I was but a boy who didn't know anyone who didn't like mashed potatoes, my mother accused me of eating like a bird. She meant I was a picky eater. A hummingbird can eat 100% of its body weight per day. Let's see Joey Chestnut top that.

My mother loved to cook, so if she called someone a good eater, that was a high compliment. Good cooks attract good eaters. Salesmen, repairmen, ministers, truckers, shirttail relatives, church circle ladies and wandering souls just happened to show up at the house at mealtime. They ate. Second helpings were assumed. You couldn't visit us without my mother feeding you. I suppose you could, but it'd have involved a tranquilizer gun.

One frequent feeder of his face was a favorite of Mom's. "He's a good eater," she'd say each time she heard his name. He'd show up at our abode for no apparent reason. I don't know

that he had regular employment. The only time he exhibited any ambition was in being the first to the table. It's hard not to judge. Life is complicated. He wasn't. He wasn't just a good eater. He was world-class. He swallowed more than he chewed. He had a good attitude. He tried to find the good in every situation by finding the food in every situation.

I was working in Kentucky. Meals came with the job. I took a ton off my tibias and sat down for breakfast. Some at my table floated a few biscuits in the gravy. Others were the grits police making sure I ate my grits the proper way. I ate them without regrits. I like grits and hushpuppies for breakfast. A hushpuppy is a small, delectable, deep-fried round ball made from cornmeal-based batter. Grits is a porridge made from boiled cornmeal. I had a bit of cornbread with honey and some johnny cakes, which are cornmeal in a flatbread/pancake form. That meant I had cornmeal with my cornmeal with my cornmeal with my cornmeal. I'd stuck the landing. Hushpuppies date back to the Civil War. There are several theories about how the hushpuppy got its name. One is that when folks fried fish over a fire, the dogs begged and whined. People fried some batter and fed it to the dogs while saying, "hush puppy."

The waitress told me that hushpuppies taste like fried cornbread and something too good to eat. I told her that I loved cornmeal, but couldn't stand candy corn. She seemed shocked.

When I played ball and coached, my teams were more than mildly attracted to buffets. The all-you-can-eat kind where people over 60 were required to eat in pairs so there would be someone to call an ambulance. We didn't need a GPS to find a buffet restaurant. We used hunger instead. There was an abundance of good appetites on those teams. We ate in nice eateries with wall-to-wall floors, which we wore grooves in from table to food.

I'm not about to challenge Joey Chestnut. I can't eat that much, but I'm not yet to the point where I'm surviving on chicken soup without noodles served from a watering can. I have a good relationship with food. I find it impossible to be sad when I smell bacon.

If I could give you one helpful piece of advice about eating, I would.

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Trivia test

by Fifi Rodriguez

1. TELEVISION: In which 1980s-90s sitcom did a waitress named Carla Tortelli appear?
2. LITERATURE: What are the tree-like beings called in "The Lord of the Rings"?
3. GENERAL KNOWLEDGE: What is the rallying cry for the shape-changing Transformers?
4. U.S. STATES: Which state would a Jayhawker hail from?
5. MOVIES: Which movie featured the line, "Life is a banquet, and most poor suckers are starving to death!"?
6. ANATOMY: Which part of the human body is affected by

- surgery called rhinoplasty?
7. MUSIC: Which rock group's debut album was titled "Bleach"?
 8. U.S. PRESIDENTS: Which president was known as the "hero of San Juan Hill"?
 9. MEASUREMENTS: What does a joule measure?
 10. GEOGRAPHY: Where is the Grand Teton National Park?

Answers

1. "Cheers"
2. Ears
3. "Till all are one"
4. Kansas
5. "Auntie Mame"
6. The nose
7. Nirvana
8. Theodore Roosevelt
9. Energy
10. Wyoming, United States

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DEMENTIA FRIENDLY COMMUNITY CORNER

The definition of Activity is the condition in which things are happening or being done. Before dementia this is a simple definition, after dementia caregivers will need to get creative to accomplish the goal of completing an activity.

A person living with Alzheimer's or other dementia doesn't have to give up the activities that he or she loves. Activities may need to be modified to the person's ability. In addition to enhancing quality of life, activities can reduce behaviors like wandering or agitation.

In the early stages of dementia, the person may withdraw from activities he or she previously enjoyed. It is important to try to keep the person engaged. Being open with discussing these changes can reduce anxiety for all involved. For example, a large social gathering may be overwhelming, but the person may be able to interact more comfortably in smaller groups.

As the dementia progresses, you may need to make adjustments. These tips may help.

- Keep the person's skills and abilities in mind. Stick with activities the person has always enjoyed and adjust to match the person's current abilities. A person with dementia may be able to play simple songs learned on the piano years ago.
 - Pay attention to what the person enjoys. Take note when the person seems happy, anxious, distracted or irritable. Some people enjoy watching sports, while others may be frightened by the pace or noise.
 - Consider if the person begins activities without direction. Does he or she set the table before dinner or sweep the kitchen floor mid-morning? If so, you may wish to encourage these activities.
 - Be aware of physical impairments. If there is a hearing impairment then music may not be the best activity.
 - Focus on enjoyment, not achievement.
- Relate activity to work life. A former office worker might enjoy activities that involve organizing, like putting coins in a holder, helping to assemble a mailing or making a to-do list. A former farmer or gardener may take pleasure in working in the yard.
 - Look for favorites. The person who always enjoyed drinking coffee and reading the newspaper may still find these activities enjoyable, even if he or she is not able to completely understand what the newspaper says.
 - Adjust activities to disease stages. As the disease progresses, you may want to introduce more repetitive tasks. Be prepared for the person to eventually take a less active role in activities.

Visit Alz.org for activity ideas.

Read our Dementia Friendly Corner next month for more terminology that may help you in your education on dementia.

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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Veterans Post from Pg. 9
them have opened up.

Walk around your town with a camera and a map.

If there's a drive-up food bank near you, volunteer to hand out bags and boxes.

Look up all the veterans memorials in your area. Visit each one. Leave a small flag. Take a photo.

If you're tempted to travel to another state, remember that many states have blocked visitors from coming in unless they agree to a two-week quarantine. Some states

require returning residents to quarantine if they've been out of state for 24 hours.

And, if we're feeling sorry for ourselves, consider: If active duty personnel had their travel slammed shut, sometimes in the middle of a duty station move, with the family already sent on ahead and their belongings in a van, you know that our concerns are much smaller.

No matter where you go, take a mask, hand sanitizer and gloves. Be safe.

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*The pitcher has to find out if the hitter is timid.
And if the hitter is timid, he has to remind the hitter he's timid.*
—Don Drysdale

Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
October 2011

"30 Seconds Later and We Would've Missed the Train!"

Maury, I remember this as one of the craziest things that ever happened to your grandpa because of baseball.

One of the few day games on our schedule, each year, was at Prairie du Chien, Wisconsin on July 4 in the afternoon. Our team traveled by train, every year, for this game only. It was a very fast one called the "Zepher," and, this train's time schedule was ideal for us. On this particular 4th of July the team met as usual at our manager's house to travel in three different cars to the train station. Grandpa, Maury, had just bought his first car, ever, for a \$100, just a few days before the game. It was a '37 Willys, eleven years old, and a "clunker!" (Your mom or dad will tell you what a "clunker" is!).

A clue as to what happened was that the "brakes weren't too good!" Mine was the last car to leave, with three team members and our manager, Leo Schlueter, (who had a casualty insurance agency) up front with me. It was a 15-minute drive to the station with about 30 minutes to train time. Half way there, two cars directly in



Jerry Eberhardt with grandson, Maury Cohn

front of me, suddenly stopped. My brakes didn't "work very well," resulting in my front bumper getting hooked to the rear bumper of the car we were following! Immediately our manager, Leo, took over, getting out of the car saying "leave the talking to me." He approached the driver of the car I had hit (and I was definitely in the wrong), and was about to apologize, when that driver began apologizing for stopping too soon!

Leo quickly explained our emergency while our catcher, John Deckert (who was 6' 5") and two other team members PICKED UP THE FRONT END of my "little Willys," and unhooked the two bumpers so that we made it to the station just as the train was starting to move and the porter was yelling "all aboard!" All five of us "hopped" that Zepher at 3 miles per hour! And Monday morning I had the brakes fixed!

Hope you enjoyed this, Maury. Love, Grandpa.



by Ryan A. Berenz

1. The Washington Kastles, San Diego Aviators, Philadelphia Freedoms and Springfield Lasers are teams competing in what pro sports league?
2. Two Denver Nuggets players led the NBA in points per game for the 1982-83 season. Who were they?
3. NFL quarterback Tom Brady was selected in the 18th round of the 1995 Major League Baseball Draft by what team?
4. The likeness of golf great Chi Chi Rodriguez appeared on the

cover of the 1978 single "Be Stiff" by what American new wave band?

5. What barnstorming basketball team was founded in 1952 by Louis "Red" Klotz?
6. What two NHL players scored the first playoff hat tricks of their careers in Game 2 of the 2009 Eastern Conference Semifinals?
7. In the lyrics to "The Super Bowl Shuffle," which member of the Chicago Bears Shufflin' Crew professed to "run like lightning, pass like thunder"?

Answers

1. World Team Tennis.
2. Alex English (No. 1) and Kiki Vandeweghe.
3. The Montreal Expos.
4. Devo.
5. The Washington Generals.
6. Alex Ovechkin and Sidney Crosby.
7. Steve Fuller.

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Plant Talk from Pg. 10

online to any of the companies above and you'll find all the information you'll need for preparing the soil and planting

the bulbs. One great bonus with bulbs is once planted they stay put—no digging them up! Now, how can you not start planning for spring 2021?



SPORTS COMMENT

by Gary Dolphin

From Where I Sit

Voice of the Iowa Hawkeyes

When Australia caught fire in January and word started to leak out of China about this affliction called the Corona virus, now famously heralded as COVID-19, perhaps we should have paid closer attention to the signals the first month of the new year was trying to send. I'm sure doctors and scientists did. Since mid March I could have started this visit with a different opening paragraph daily. 2020 has been a moving target thanks to the pandemic. It has athletic departments at colleges and universities across the country scrambling to ensure the safety of its students and athletes, while cutting budgets and eliminating programs.

The University of Iowa will begin its fall session August 24th, with the student body in classrooms and online. Administrations across the state and locally deserve a standing ovation for efforts made during these trying times. After all, nobody has been through anything like this. Iowa football is scheduled to have its first team workout August 7th. The Hawkeyes, in the process of solving racial disparity issues inside the

Hansen Performance Center, in addition to preparing for the season that has now been pared to ten games, continue to workout individually with roommates anywhere they can. The strength and conditioning drills are done in small pods with just a few teammates at a time.

If and when organized drills begin, the players still might not know who and when they play. Throw the existing schedule away. The slate now comprises six west divisional games and four against the east. The plan is for five home games and five away. The computer continues to spit out different scenarios. Play is scheduled to start Labor Day Saturday, September 5th.

Of course, that's a month away and things could change and no doubt will. As to how many fans will be allowed inside Kinnick stadium, if any, the jury is still out. In an April interview with Coach Kirk Ferentz, I asked him what was his best guess on a 2020 football season? Ferentz replied, "I'm preparing for three scenarios. Full football, some football and no football." There, that answers that!

SENIOR NEWS LINE

by Matilda Charles

Free Entertainment

To help us stay away from the mainstream news that has nothing but disturbing commentary and visuals, I've compiled a list of more upbeat places to investigate online. Best of all — they're free!

Games — Do online searches for your favorite games to play on your computer, such as Scrabble, crossword puzzles, mahjong and vintage Pac Man, Myst and Donkey Kong. (Use "classic games" or "retro games" as your search terms for the old ones.)

Language classes — Duolingo (www.duolingo.com) is the best language learning site I've found, and you don't have to pay anything! They keep track of your progress and move you right along once you've mastered a section. At this point there are over 30 languages you can study.

E-books — Project Gutenberg (www.gutenberg.org) has over 60,000 books on its site, mostly

old classics and all of them free to read. If you have an e-reader, you can download books, or you can read them right on your computer. If you have an editing or education background, Gutenberg is always looking for volunteer proofreaders to help add more books to the catalog.

Classic TV shows — See if you have MeTV (www.metv.com) on your cable TV lineup. It shows all classics. You'll find "The Andy Griffith Show," "The Twilight Zone," "Mannix," "Barnaby Jones," "The Flintstones," "Wagon Train," "The Waltons," "The Carol Burnett Show," "I Love Lucy," "Perry Mason" and much more. Check the website for the shows and schedule for your area.

Vintage music — While you're on the MeTV website, click Music at the top for free vintage tunes. Or you can search in a browser for "free online music" and find dozens of vintage music archives. Even Gutenberg has free music, everything from Bach to Irving Berlin. However, you need to listen to only one at a time on Gutenberg.

Now, isn't that better than watching the news?

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dependent upon model
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3. Test Battery & Clean Terminals
4. Replace Spark Plug(s)
5. Change Engine Oil & Filter
6. Sharpen & Balance Blades
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10. Check All Fluid Levels
11. Test Overall Operation & Safety System

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IA State Extension from Pg. 12 help. The Iowa Concern Hotline (800.447.1985) can connect you with a financial consultant who will provide confidential information and discussion, free of charge. We want to empower

Iowans to make informed decisions.

For more information about free help and guidance during these difficult times, link to <https://www.extension.iastate.edu/humansciences/finance>

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KCC1596 - 1907

Radio from the 20th Century

by Bill Zwack

One of the most memorable childrens radio series from the golden days of radio was *No School Today* with Big Jon and Sparkie.

Jon Arthur brought two memorable childrens shows to ABC in 1950: the Saturday morning *No School Today* and the daily *Further Adventures of Big Jon and Sparkie*.

The shows revolved around one “normal” adult (Jon Arthur) and a supporting cast of fantasy characters played by Arthur. The star of the show was Sparkie, “the little elf from the land of make-believe, who wanted more than anything else to be a real boy.” The series was billed as a show “for the younger generation and the young at heart,” and featured stories and songs. Big Jon had his magic spy glass for inspection time. He could look into your bedroom and check such things as, did you make your bed, or are you well groomed for the day, among other things. There was march time with Gilhooly Mahoney and his orchestra playing a tune, with us kids marching around our bedroom.

There was a segment at which Sparkie told of the latest episode of a movie serial he saw the week before at the Westwood Theater, *Captain Jupiter and the Jupiter Rangers*. The unique creativeness of this series was that Big Jon Arthur was the voice of all the characters. Sparkie’s voice was a tape machine with the machine at a different speed. Two other main characters were Big Jon’s voice imitating people from his past friends.

The series was on ABC from 1950 to 1958. Later he worked for the Family Radio Network, a Christian station from Oakland, CA. Big Jon died February 24, 1982. He left behind wonderful memories for those of us who woke up on Saturday mornings to the tune of *The Teddy Bears’ Picnic*.

If you listen to the *Big Broadcast* on AM 1370 KDTH from 6 to midnight on Sunday nights, you might hear once again “Hi, hey, hello again, here we go again, it’s time for Big Jon and Sparkie and no school today.”

An Uplifting Moment from Pg. 7 is that it still can be played with as a ball, as broken as it is. This,

to me, is like the larger world it represents. My world, your world, our world, is broken, no

doubt about it. The good news is that God can and does work with it all and some day will make all things new again!

“He who was seated on the throne said, ‘I am making everything new!’” Revelation 21:5

Softball 1953

Down Memory Lane

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

Softball 1953

SOFTBALL
The Dubuque Pack Cannery 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 Cannery 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.

CANNERS (above) 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.

**University of Dubuque Heritage Center
2020-2021 Season Delayed**



Rendering of Opus 97, a custom \$2.4 million pipe organ gifted by UD Trustee John Butler and his spouse, Alice.

After careful consideration, University of Dubuque Heritage Center's 2020-2021 Live at Heritage Center Performing Arts Series season will be delayed through at least mid-January.

"Heritage Center and the live performance industry are all about communal experiences, witnessing artistry in real-time with friends and neighbors surrounding us, shoulder to shoulder, in the same room with the art and each other. Live arts are something we are intentional about doing together for the health and nourishment of our intellects, souls, and emotional well-being. The COVID-19 pandemic has put live performances in a theater full of warm hearts and inquiring minds on hold," said Thomas Robbins, executive director of Heritage Center.

Three series performances scheduled for the fall in John and Alice Butler Hall and four performances in Babka Theatre were canceled or postponed. One of those performances, Christmas at Heritage Center, is tentatively planned for relocation to Westminster Presbyterian Church.

Although the series will begin later than expected, Heritage Center remains committed to the arts.

Throughout the fall, Heritage Center will host an exciting new series called Live(stream) with Heritage Center once a month on its Facebook page. Live(stream) with Heritage Center will feature special guest artists for live music and discussions. Tune into Heritage Center's social media by searching @heritagectr for updates and more exclusive content from favorite performers at Heritage Center.

The 2020-2021 season lineup will be announced later this fall. Past season ticket holders and Friends of Heritage Center will be offered an advance opportunity to purchase discounted tickets for the new season.

Even though there are no live performances this fall, Butler Hall will not be empty. The venue is closed for installation of Opus 97, a custom \$2.4

million pipe organ gifted by UD Trustee John Butler (DHL'17) and his spouse, Alice (DHL'17). The pipe organ installation is scheduled to be completed in December.

"We eagerly anticipate the opportunity when we can all gather together once again for the magic that happens during live, in-person performances in Heritage Center. Along with the new season of events, we look forward to unveiling Opus 97, the new custom-built, 3,000 plus pipe organ that will grace John and Alice Butler Hall beginning early 2021," Robbins said. "We have so much to look forward to and are blessed to have such a strong following of patrons and supporters."

Farber Box Office is closed until further notice.

For further information, please contact Stacey Ortman, director of public information, at 563.589.3267 or sortman@dbq.edu.

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Commode?

A word not much used today since we have indoor plumbing and some homes have enough bathrooms for every person in the house. The dictionary describes a commode as a piece of furniture containing a concealed chamber pot. The chamber pot was the convenient way to relieve those night time bathroom calls without going outside to the Out-house, an outbuilding containing a toilet, typically with no plumbing.



I find myself defining words that I know not one of my 9 beautiful grand children would ever understand. Here in the US indoor plumbing started in 1829 and found its way into homes of the more

affluent of society. In 1891 Thomas Crapper patented the first modern toilet, yes, his last name is correct. This oak commode sold recently on eBay for \$75.00. Did you empty your chamber pot this morning?

Amber Waves

by Dave T. Phipps



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Contract Bridge

A Strategic Pass

East dealer.

Neither side vulnerable.

NORTH

- ♠ A 10 8 5
- ♥ —
- ♦ K Q 5 4
- ♣ 9 8 7 3 2

WEST

- ♠ J 3
- ♥ A K 10 9 6 5 3
- ♦ J 8 6
- ♣ 10

EAST

- ♠ K Q 9 7 4
- ♥ Q J 7 4 2
- ♦ —
- ♣ J 6 4

SOUTH

- ♠ 6 2
- ♥ 8
- ♦ A 10 9 7 3 2
- ♣ A K Q 5

The bidding:

East	South	West	North
1 ♠	2 ♦	2 ♥	Pass (!)
3 ♥	Pass	4 ♥	5 ♦
5 ♥	Pass	Pass	6 ♦
Pass	Pass	Dble	

Opening lead — jack of spades.

This deal occurred many years ago in the Masters Pairs championship in England. The bidding shown took place when Nico Gardener and Albert Rose, well-known international stars, held the North-South cards.

East opened one spade on a hand with which most players, using standard methods of bidding, would pass as dealer. However, East-West were playing Acol, which emphasizes good distribution, so East felt obliged to open the bidding.

Rose made a normal overcall of two diamonds, and West

entered the fray with two hearts. North's correct action at this point is debatable — there are possibly half a dozen different bids he could reasonably make.

But Gardener felt that he was not yet in good position to judge how high to go in diamonds, so he elected to pass! This unusual maneuver worked out extremely well when Gardener eventually inched his way into six diamonds, which West doubled and Rose made with an overtrick.

West might possibly have bid six hearts (down one) instead of doubling, even though there was no way he could expect that his partner would not take a trick after having opened the bidding.

In general, in the situation West was confronted with, it pays to go on bidding despite the fact that you're sure to go down and the opponents have seemingly overextended themselves. The operative principle is that you should be willing to accept a relatively small loss in order to avoid a large one.

None of these comments is meant to detract in any way from Gardener, who started out with an imaginative first-round pass and was ultimately rewarded for it with 1,190 points.

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by Steve Becker

**Be sure to check the web site
TheGoldenViewOnline.com**

Good Housekeeping

Sausage-Pepper Kabobs

Grilled smoked sausage and fresh vegetables make a great light summer or holiday meal. To save time, these kabobs can be prepped a day before serving, wrapped and refrigerated.

- 1/4 cup olive oil
- 2 cloves garlic, crushed with press
- 1/2 teaspoon dried oregano
- Salt and pepper
- 2 large (8 to 10 ounces each) onions
- 2 medium (4 to 6 ounces each) purple or green peppers
- 3 medium (4 to 6 ounces each) red peppers
- 2 pounds fully cooked kielbasa (smoked Polish sausage)
- 12 (12-inch) metal or bamboo skewers

1. If using bamboo skewers, soak skewers in cold water at least

30 minutes to prevent burning. Prepare outdoor grill for covered direct grilling on medium.

2. In small bowl, combine oil, garlic, oregano, 1/8 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Let stand while you cut onions, peppers and sausages into 1-inch chunks.

3. Thread peppers, 2 at a time and alternating with onion and sausage, onto skewers. Brush skewers with oil mixture.

4. Place on hot grill grate; cover and cook 10 to 12 minutes or until browned, turning occasionally. Place on platter to serve. Serves 12.

• Each serving: About 325 calories, 27g total fat (9g saturated), 51mg cholesterol, 745mg sodium, 10g total carbohydrate, 2g dietary fiber, 12g protein.

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Luscious Layered Lemon Dessert

Nothing is quite so refreshing on a hot summer day as a cold glass of lemonade. Well, how about all that refreshment in a delicious dessert! This has all the flavor of lemonade, but it's so creamy it will practically melt in your mouth!

- 12 (2 1/2-inch) graham cracker squares
- 2 (4-serving) packages sugar-free instant vanilla pudding mix
- 1 (4-serving) package sugar-free lemon gelatin
- 1 1/3 cups dry milk powder
- 2 cups diet lemon-lime soda
- 1 cup reduced-calorie

whipped topping

1. Evenly arrange 9 graham crackers in a 9-by-9-inch cake pan. In large bowl, combine 1 package dry pudding mix, dry gelatin, 2/3 cup dry milk powder and 1 1/4 cups diet lemon-lime soda. Mix well using wire whisk. Blend in 1/4 cup whipped topping. Carefully spread mixture evenly over graham crackers. Refrigerate while preparing topping.

2. In same bowl, combine remaining package of dry pudding mix, remaining 2/3 cup dry milk powder and remaining 3/4 cup soda pop. Mix well using wire whisk. Blend in remaining 3/4 cup whipped topping. Spread topping mixture evenly over filling. Crush remaining 3 graham crackers into fine crumbs; evenly sprinkle over top. Cover and refrigerate at least 2 hours. Makes 8 servings.

• Each serving equals: 96 calories, 0g fat, 5g protein, 19g carb., 296mg sodium, 0g fiber; Diabetic Exchanges: 1/2 fat-free milk, 1/2 starch.

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Cremer's Cooking Tips

Brined Grill-Roasted Pork Loin

Directions

In a bowl mix the sugar and salt with 2 cups of water until dissolved. Put the pork roast into a deep bowl or a large plastic bag. Pour in the sugar and salt water. Add more water until the meat is covered. Let it sit in the brine in the refrigerator for 2 to 6 hours.

Remove the pork roast from

- #### Ingredients
- 1/2 cup sugar
 - 1 cup kosher salt
 - 2 cups water
 - 1 (4 to 5 pound) boneless pork loin roast
 - Extra-virgin olive oil
 - Cremer's Rub Me Tender Seasoning



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the brine about 1/2 hour before you will be ready to cook it to allow it to come up to room temperature. When ready to cook, heat a grill to high heat. Dry the pork, rub it with olive oil, and season it with Rub Me Tender Seasoning. Sear the pork on all sides to get grill marks. Move the roast to an upper rack (or over indirect heat)

and put a drip pan underneath it. Cook the pork until the internal temperature reaches 145 degrees F, about 30 to 45 minutes. Remove to a platter, cover loosely with foil, and allow it to rest for 10 minutes.

Before carving, add any accumulated juices to the drippings in the pan. Spoon these over the sliced pork.

MAGIC MAZE • NUTTY WORDS

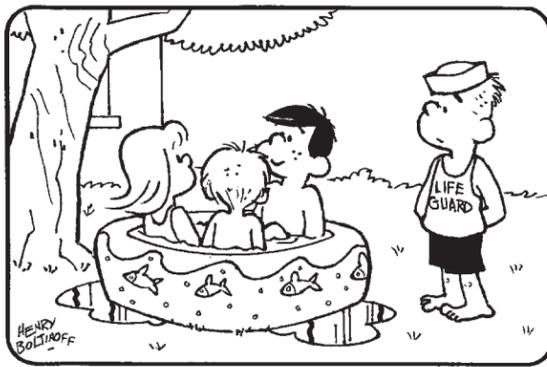
S V S P N K I F C T A X V S Q
 O L J DOUGHNUT H E C G
 O A X I V T M E T N R P N E E
 L T J M H F I U H T D B Y T M
 X V U I T R N R C S P O U U T
 M K I N T R U G T E E N D N U
 B Z X U E W T U A H A T R I N
 Q O N T N T I L H C J I G M K
 F D T I C A A Y T U N O C O C
 X U W V V T E T U N G N I W O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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: PLEASE WAIT JUST A —
 Butternut Diminutive Nuthatch Tenuto
 Canute Doughnut Nutmeg Thumb nut
 Chestnut Locknut Nutrient Wing nut
 Coconut Minutiae Nutshell

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Window is gone. 2. Girl's swimsuit is different. 3. Ball has been added. 4. Fish have changed direction. 5. Life guard's shirt is different. 6. Flowers have been added.

GO FIGURE! by Linda Thistle

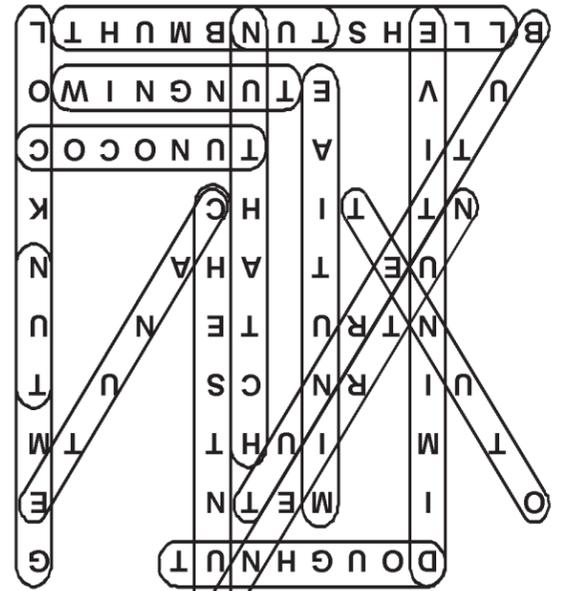
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

	+		x		10		
+		÷		x			
	-		x		5		
x		+		+			
	x		-		13		
22		9		8			
1	2	3	4	5	6	7	8

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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NUTTY WORDS

SUDOKU Answer

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

King Crossword
 Answers

Solution time: 24 mins.

CARE	CHIT	HAJ
ARID	AONE	ALA
LIND	RULE	ROZ
MAGI	BRA	JEEZ
EGO	WHO	
SUMMON	SAHARA	
ARBOR	UNBAR	
CLANGS	INNATE	
EEO	STY	
UGLY	AWL	CURD
SUE	AREA	AVID
ERA	SCAN	SETA
DUN	HERD	HAZY

Stickelers Answer

1) New Zealand, 2) 10 appendages — 8 arms and two tentacles, 3) Venus, 4) Istanbul

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SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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Go Figure! answers

	8		6		22
13	3	-	8	x	2
	+		+		x
5	5	x	9	-	7
	x		÷		+
10	1	x	9	+	4

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