



# The Golden View

The Community Newspaper For Adults 55 Plus

August, 2021

Dedicated To The Young At Heart

Dubuque, Iowa

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## Stonehill Therapy Department, Exciting Changes Around the Corner

by Amy Schauer, MAC,

Executive Director of Development, Stonehill Communities



Photo credit: Christel Tatro

Stonehill Communities Outpatient Therapy temporary location in Health Center

Exciting changes are around the corner for the Stonehill Communities Outpatient Therapy Department. Stonehill Communities, in partnership with Select Rehabilitation, offers one of the area's highest quality therapy departments, specializing in physical therapy, occupational therapy, and speech therapy. Therapy services can be offered as an inpatient or outpatient. In early July, the Stonehill and Select Rehabilitation team came

together to move the therapy clinic from the business office building around the corner and into the Stonehill Communities Health Center ground floor as a temporary location during construction.

Why the move? Select Rehabilitation partners with the Stonehill Communities to offer state-of-the-art equipment such as a Hydroworx® pool, pain management technology, and fall prevention specialized

Stonehill cont. Pg. 9

## University of Dubuque Heritage Center Unveils 2021-2022 Season

by Stacy Ortman,

Director of Public Information, University of Dubuque



Uptown: Motown Remixed

The University of Dubuque Heritage Center is delighted to unveil the 2021-2022 Live at Heritage Center Performing Arts Series.

"We plan to be at full seating capacity as we welcome audience members back to celebrate the social phenomenon of sharing live performances together. There is something for everyone this season," said Thomas Robbins, executive director of Heritage Center.

Appropriately named "Artistically Resilient," the series' lineup highlights a variety of cultural and social perspectives with shows including Sampson Brothers, an Indigenous music/dance duo; If Beale Street Could Talk; Colin Mochrie of Who's Line Is It, Anyway?; and The American Soldier Solo Show along with holiday specials such as A Very Electric Christmas and Christmas at Heritage Center "O Come, All Ye Faithful."

Subscription orders and individual tickets for fall semester events are available for purchase online now at [www.dbq.edu/heritagecenter](http://www.dbq.edu/heritagecenter). Online fees are waived until the Farber Box Office opens on Monday, Aug. 2. From that date forward, subscription orders and individual tickets may be purchased at the Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennett Street; by calling

563.585.SHOW; or by visiting [www.dbq.edu/heritagecenter](http://www.dbq.edu/heritagecenter).

Patrons may choose four to seven fall semester events to customize a series ticket package at a discount between five to 20 percent. Patrons may also add special events, noted below, to a series ticket package at a discount. Other subscriber benefits include discounted companion tickets, priority seating, reduced fees, payment plan options, and advance purchasing privileges.

The Farber Box Office is open from 11 a.m. to 2 p.m. Monday, Aug. 2, through Friday, Aug. 13. Regular box office hours of 10 a.m. to 5 p.m. and 90 minutes prior to events begin Monday, Aug. 16.

Heritage Center cont. Pg. 21

## Together in Song with the Dubuque Chorale

by Danielle Phillips



Dr. Amanda Huntleigh leads the Dubuque Chorale as Artistic Director

The Dubuque Chorale and Dubuque Chorale Children's Choir (DCCC) are thrilled to announce their upcoming 2021-2022 season! Both groups are set to begin rehearsals again this fall, offering the perfect environment for residents of the tri-state area to get out, reconnect and express some joy

together...in song!

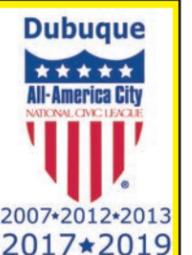
"Choirs provide an unmatched opportunity for community building and connecting with people through music," explains Dr. Amanda Huntleigh, the Chorale's Artistic Director, "and the Dubuque Chorale and...Children's Choir

Dubuque Chorale cont. Pg. 3



Douglas Taurel, actor/writer in American Soldier Solo Show

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*Karmella Sellers directs the Dubuque Chorale Children's Choir*

**Dubuque Chorale from Pg. 1** are here to welcome you back to singing.”

Karmella Sellers, director of the DCCC, feels similarly. “Children...attending Dubuque public schools were unable to sing for most of the year,” she laments. “I hope kids will come in droves. I’ve missed hearing children sing.”

Of course, the spread of COVID-19 is still a concern, so the Chorale will follow all recommended CDC guidelines this season. In addition, singers are required to sign waivers this season and unvaccinated singers are expected to wear masks.

Chorale rehearsals begin August 26 at Grand View United Methodist Church in Dubuque, IA. Sopranos/basses please arrive at 7 p.m. and altos/tenors arrive at 8 p.m.

No auditions required; all singers high school age and above are welcome.

The DCCC is open to all kids enrolled in grades 3–6 for the academic year during which they participate. Voice placement interviews will be held September 11, 18, 25, and the first rehearsal will be Monday, September 27. Further details about both choirs can be found at [dubuquechorale.org](http://dubuquechorale.org).

The upcoming season will include several concerts, and will culminate with the Chorale’s 50th Anniversary Concert in the spring, for which it will welcome back its founding director, Dennis Williams, to guest conduct.

All members of either choir are required to register, and are encouraged to pre-register and learn more online at [dubuquechorale.org](http://dubuquechorale.org).



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*August 26*



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Chorale rehearsals start August 26

Children's Choir interviews/rehearsals begin in September

**Registration required** (online or in person)

Updates and details at [dubuquechorale.org](http://dubuquechorale.org) and [Facebook.com/DubuqueChorale](https://www.facebook.com/DubuqueChorale)

DUBUQUE CHORALE

**50**

1971 - 2021

**YEARS**

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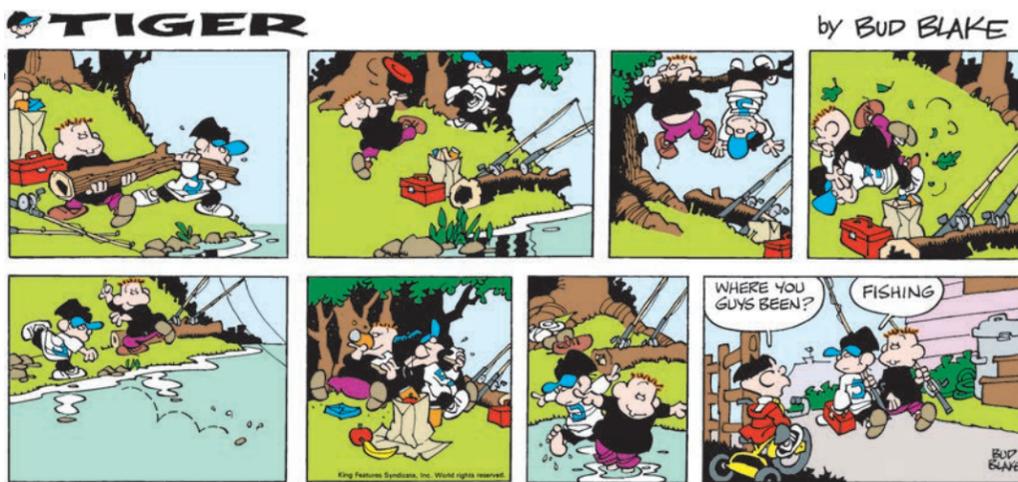


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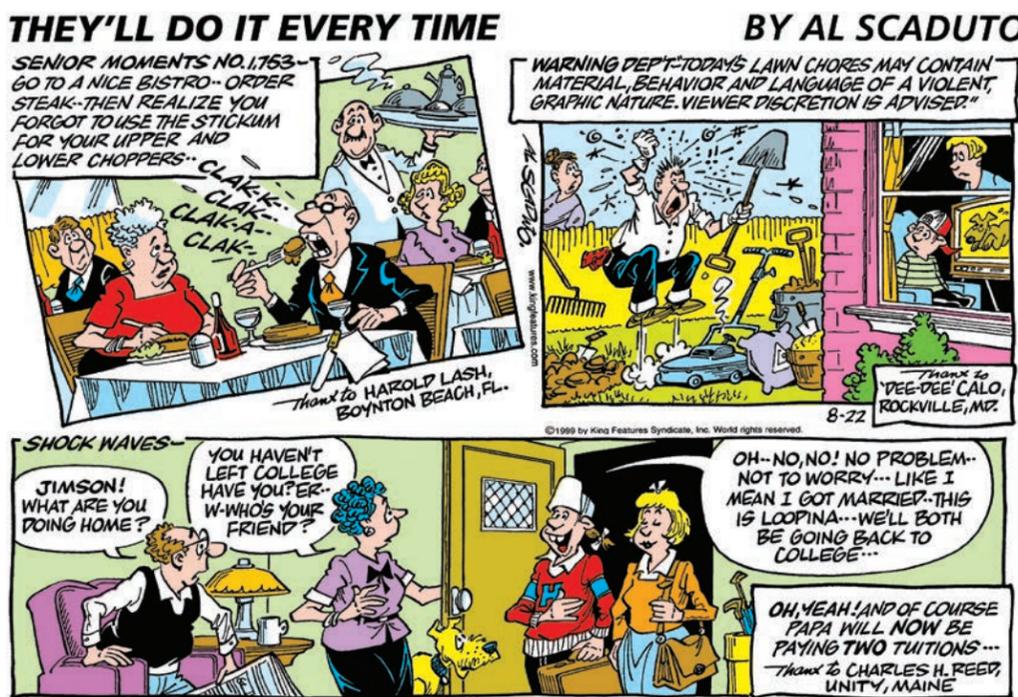
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**GO FIGURE!** by Linda Thistle

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

	+		×		20
×		×		×	
	+		-		10
+		-		-	
	×		÷		14
15		20		26	

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

1 3 4 5 6 7 7 8 9  
 Go Figure! Answer on Pg. 24  
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**STICKELERS** [sic].  
 by Terry Stickels

See if you can find the answers to the following trivia questions:

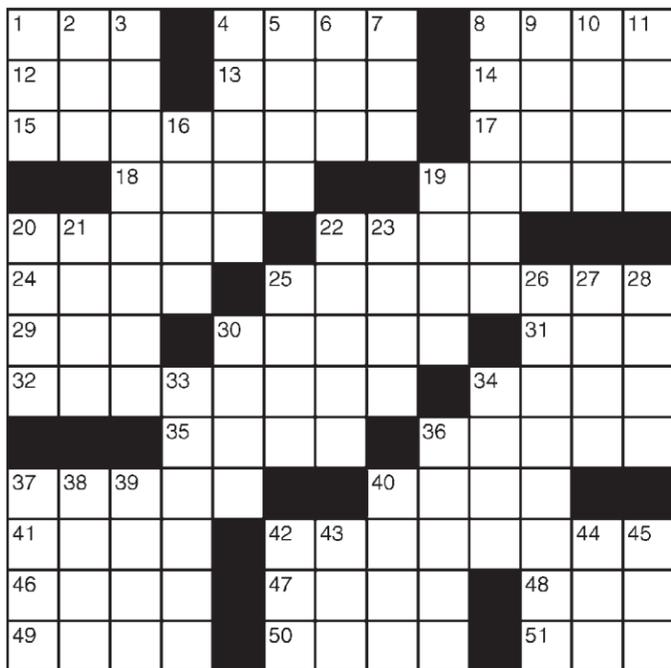
- 1) Ungulates are animals that have ?.
- 2) Pertussis is a medical condition more commonly known as ?.
- 3) True or false? If you mix equal amounts of red and green paint, you'll create brown paint.
- 4) A heptagon (7-sided figure), is sometimes called a ?.

Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Parking place
- 4 Toy block name
- 8 Narcissist's love
- 12 Bashful
- 13 Cameo shape
- 14 Russian river
- 15 Home
- 17 Wheels of fortune?
- 18 One of the Fab Four
- 19 Doze
- 20 Con games
- 22 Facebook action
- 24 Director Wertmuller
- 25 Tyrannize
- 29 Vichy water
- 30 Church key-board
- 31 Big D.C. lobby
- 32 Realm
- 34 Hertz rival
- 35 Swiss peaks
- 36 Justice Kagan
- 37 Waterlogged
- 40 Mideast airline
- 41 Say it's so
- 42 Rectangular game pieces
- 46 Painter Magritte
- 47 Regarding
- 48 Shell-game

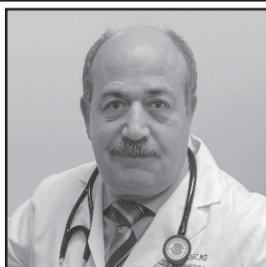


- item
- 49 Initial chip
- 50 Optimum
- 51 Stately tree
- DOWN**
- 1 Leary's drug
- 2 Discoverer's call
- 3 Ear membrane
- 4 Venue
- 5 Satan's forte
- 6 Lass
- 7 Flamenco cheer
- 8 Morose
- 9 Buffalo's lake
- 10 Hobbling
- 11 Broadway failure
- 16 "— Rock"
- 19 Epidermis
- 20 Rosebud, to Kane
- 21 Pisa farewell
- 22 Trademark symbols
- 23 One-named supermodel
- 25 Faucet problem
- 26 Letter holder
- 27 Ms. Brockovich
- 28 Tabula —
- 30 Unique
- 33 "Amen to that!"
- 34 Actor Rickman
- 36 "Adam Bede" author
- 37 Poet Teasdale
- 38 Roasting spot
- 39 Bloke
- 40 911 responders
- 42 Wee dollop
- 43 Sugary suffix
- 44 Moray, for one
- 45 America's uncle

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Be sure to check the website  
[TheGoldenViewOnline.com](http://TheGoldenViewOnline.com)



### Cat Owner Defends Free-Range Felines

**DEAR PAW'S CORNER:**  
As an owner of six indoor cats, I would like to respond to your recent article ("Cats shouldn't get free pass to poop"). In the past two years we have had to pay over \$300 for damage done by chipmunks to our car. We cannot have a raised garden here due to rabbits, groundhogs, deer and chipmunks.

When my cats used to be outdoors, I saw very few birds killed by them. Generally, it was mice and moles. My cats would kill snakes and scare off the squirrels.

I brought my cats indoors because of coyotes in the area. Also, one of my cats was attacked by a neighbor and had to be put to sleep.

If there were no cats, you would be totally overrun by mice and rats. How would you like that? I suggest that you print this letter, that you do not shorten it, that you apologize for what you said about cats and that you think twice before you put something like this in writing again. Thank you. — **Debra in West Virginia**

**DEAR DEBRA:** I will apologize ... for shortening your letter, as we have limited space. You raise many good points based on your personal experience. Cats do keep many rodents at bay, because they are incredibly good hunters. But they are at grave risk being outdoors, from coyotes, from feral cats carrying diseases and from humans who do evil, foul things.

The article that offended you raised many good points about the damage that outdoor cats can do to neighbors' property, and the danger they pose to small creatures. I'm glad you're keeping your cats safe indoors. Doesn't your experience prove the point that cats are safer inside?

Send your questions, comments or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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



Writers try and “hook” their readers in the first paragraph of their column, article, or other sharing works. So, after my introduction to this column, don’t cheat and go to the end of the column to learn why I was astonished and flabbergasted at an incidental moment.

Recently, my daughter and I attended the wedding of a friend’s granddaughter. Both groom and bride had been married before. The groom has two daughters and the bride has two sons. The minister was an aunt on her father’s side of the family.

Since this was a second marriage for both bride and groom, it was a more casual wedding. The color scheme was teal and white. The wedding party did not have tuxedos or fancy formal wear. But the brides two young sons wore suits. The children in the wedding party took their parts of the wedding seriously. The groom did wear a nice suit with a red cummerbund.

The bride wore an off-white, waltz length, fitted dress. She was beautiful.

The entire wedding festivity took place at one location. The wedding was in a room where the guests sat at decorated tables. When the wedding ceremony was over the wedding party, including parents and grandparents of the bride and groom, went to an adjoining room and brought back their food. Then the guests were allowed to follow suit.

When it was time for the “toasting” of the bride and groom, Danielle’s youngest son (almost three years old) got to hold the mike. He did a great job of sharing his thoughts. But he didn’t want to let go of the mike. The situation was solved but crying did occur. He was getting tired so grandpa carried him as he slept.

Now, here comes the dilemma, or you can call it a surprise of innocence. There was a wedding bar whereby water, pop, and draft beer was offered to the guests. After my daughter and I had returned to our table with our food she offered to go and get us each a beverage. Well, when I am out for a special event I have been known to request a beer. My daughter came back with pop for herself and a bottle of Heineken beer for me. I was surprised because I know that expensive drinks are usually not offered free at most weddings. I asked her what it cost. She said, “You don’t want to know!”

But I did. I quizzed her until she told me the cost of that one bottle of beer. It was \$6. I would never pay that much money for one bottle of beer. Actually, I usually don’t pay for a beer out in public because I’m always with family and someone else just treats “gramma” to a Heineken, if she wants one.

Ironically, I guess you are never too old to learn. From now on I’ll drink water, pop, or draft beer at weddings.

*There are painters who transform the sun to a yellow spot, but there are others who with the help of their art and their intelligence, transform a yellow spot into the sun.*

—Pablo Picasso

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**Where to Focus**

I was helping our daughter record a short message to post on the internet. We had chosen an outdoor location at Refuge Ranch where she and her family live in Mexico and where my wife and I also live part-time. Our daughter settled down on a blanket for the recording with a profusion of wild marigolds blooming behind her. What was she looking at while recording? The camera that I was holding, of course, but just behind my camera and me was a wire-enclosed burn area filled halfway with ash and unburned trash.

Looking one direction there was a flower festooned view, while 180 degrees the other way was a view of trash. It all depends on where you focus your attention as to whether you see trash or flowers.

Can you think of a situation in your life where this principle could be applied? How about a whole lot of situations and circumstances? That's certainly the case with me!

Our ability to focus on something while not focusing

on something else goes way beyond the functioning of our eyes. The mind and heart can do the same.

The grandparents were disappointed they couldn't take the grandchildren on a picnic because it was raining, but because it was raining they enjoyed playing games with the grandchildren at the kitchen table. A visit to the doctor wasn't the best way to spend a good portion of the morning, but there was the opportunity to have a good conversation with another patient in the waiting room who desperately needed a listening ear and some encouragement. It was a long wait as the car was being fixed, but a great article in an outdated magazine in the waiting area would not have been read if the car had been fixed quickly. We have the God-given ability to choose where we focus our eyes and also where we fix our thoughts and upon what we fixate our hearts.

Children's TV personality, the late Fred Rogers, remembers being frightened by some news as a child. His mother told him, "Look for the helpers. You will always find people who are helping." Mr. Rogers never forgot the advice, nor should we!

We can focus on the trash or switch our focus 180 degrees and focus on the flowers. It's a 180 degree switch I want to make when facing a lot of situations. You too?

**An Uplifting Moment cont. Pg. 12**

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*...The lips of an immoral woman drip honey, and her mouth is smoother than oil; but in the end she is bitter as wormwood, sharp as a two-edged sword. Her feet go down to death, her steps lay hold of hell. Lest you ponder her path of life - her ways are unstable; you do not know them.*

PROVERBS 5: 3-6

"Head of a Girl" by Karl Schmidt-Rottluff (1915)

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**BIBLE TRIVIA**  
by Wilson Casey

of whom? *Romans, Israelites, Philistines, Assyrians*  
5. From Matthew 17, who did Jesus send fishing to find tax money? *Andrew, Peter, Paul, Judas*  
6. After her first husband died, who did Ruth marry? *Isaiah, Ahab, Boaz, Jehu*

**ANSWERS**

1. Is the book of Haman in the Old or New Testament or neither?
2. From Genesis 21, who did Abraham banish to the desert in addition to Hagar? *Laish, Haman, Ishmael, Laban*
3. Which two disciples asked Jesus if they could sit on his right and his left? *Philip, James, Thomas, John*
4. Samson was put into prison as a political enemy

(1) Neither; (2) Ishmael; (3) James/John; (4) Philistines; (5) Peter; Boaz

*"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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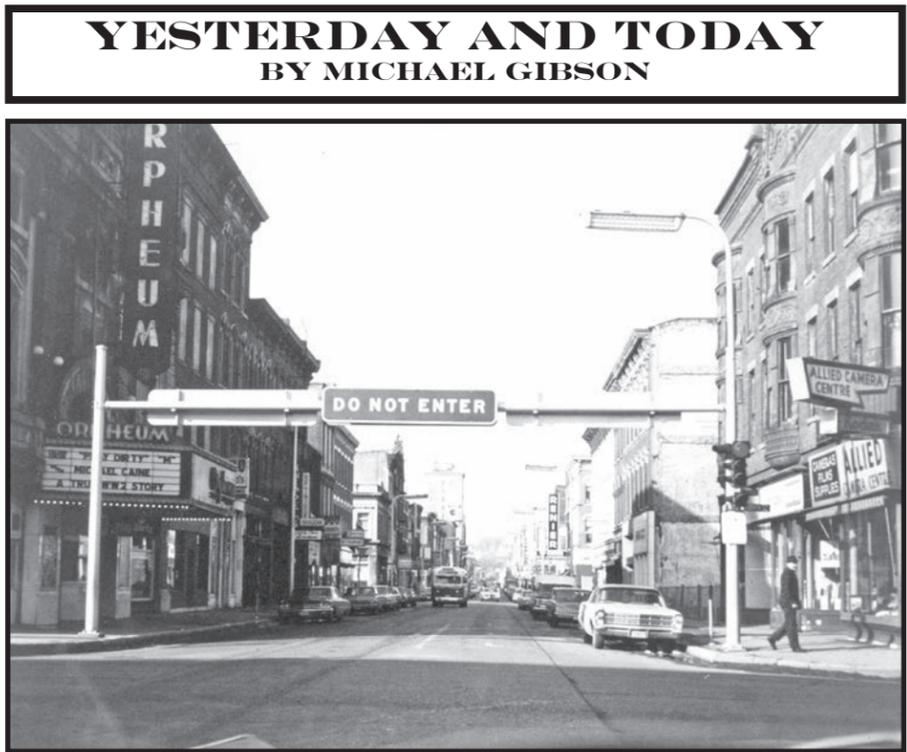
**Daily Specials**

Sunday: Chicken & Ribs  
 Tuesday: All You Can Eat Shrimp  
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4th & Main as it appeared before urban renewal in the late 1960s. "Play Dirty" (1968) starring Michael Caine is featured at the Orpheum. Familiar businesses along the one-way Main Street included Allied Camera Center, Knippel's religious store, Nagle Real Estate, Plamondon Dance Studio, Faber Music, Union Press, Navy Club tavern, and Demetris Restaurant. (Courtesy of the Loras College Center for Dubuque History, OHE p.93).

Yesterday & Today cont. Pg. 9

## Mill Valley Care Center

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Michelle Bell,  
Social Security District Manager,  
Dubuque, Iowa



### Three Retirement Planning Tips for Women

One day in 1939, Ida May Fuller stopped by the local Social Security office in her hometown of Rutland, Vermont to inquire about Social Security benefits. She knew she had been paying into Social Security, and wanted to learn more. The following year, she received the very first Social Security benefit payment — \$22.54 — arriving as check number 00-000-001. Ida's story still holds lessons for women today — and it started with her getting the information she needed.

Today, signing up for a personal *my Social Security* account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) can help you get information tailored for you to plan for your retirement. It's never too late to start planning. Ida was 65 years old when she started receiving benefit payments, but she lived well beyond her life expectancy of 65 years, 4 months. In fact, Ida lived to be 100 years old, and received Social Security benefit payments for 35 years.

It's important to create your personal *my Social Security* account as soon as possible. With your account, you can view estimates of future benefits, verify your earnings, and view the estimated Social Security and Medicare taxes you've paid. Verifying earnings is important because your future benefit is based on your earnings history.

Your Social Security benefit payments will provide only a portion of your pre-retirement income. You may have to save more to have adequate income for your desired lifestyle in retirement.

Savings need to be an active part of your plan to take care of yourself and your family's financial future. Ida never married. She supported herself. However, you may find yourself widowed or divorced — and having to provide for yourself for several more years. Unlike in Ida's day, you can go online to see if you're eligible at [www.ssa.gov/retirement](http://www.ssa.gov/retirement) to receive a current, deceased, or former spouse's benefits. It might make financial sense to claim those benefits instead of your own — since the payments could be higher based on the individual's own earnings history.

We encourage you to follow Ida's example and plan for your financial future. Please share this information with your friends and family — and help us spread the word on social media.

## Advertising Pays

## Call 563-845-7586

## For Ad Rates

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.



Urban renewal leveled the entire block on both sides of Main Street with the exception of the theater. The Majestic was built in 1911 and became the RKO Orpheum in 1937. It was totally restored and reopened in 1976 as the Five Flags Theater. The Five Flags Civic Center was constructed at a cost of \$3.7 million in 1979. The other side of the street remained as a vacant lot until the Clarion Hotel was built in 1991 and became the Holiday Inn in 1994. (Photo by Terry Grant).



Photo credit: Christel Tatro

Construction begins on the site of the new building that will house outpatient therapy, Caregiver Resource Center, and administrative offices for Stonehill Communities

Stonehill from Pg. 1

equipment. The therapy team needed more space for the array of specialized services. Additionally, the Stonehill Communities Wellness Center needed a studio space for classes and expanded restrooms and locker rooms. This space will be used by outpatients who receive a complementary three-month membership.

There are big things coming for the outpatient therapy clinic, an expanded space in

a new building is expected to be complete in August 2022. The building will also house a new Caregiver Resource Center in partnership with the Community Foundation of Greater Dubuque and administrative offices.

Mindy Oxenford, Physical Therapist and Stonehill Outpatient Manager shared her excitement,

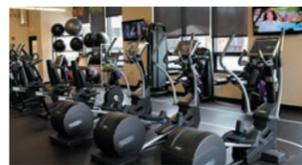
*“We [Select Rehabilitation] are very excited about the new space for the outpatient therapy*



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*department. While it will help us offer additional services to more people, we are even more excited about the opportunities it creates. The new space will allow for expanded community services through education, screenings, support groups, and opportunities we have not yet imagined. The space is designed to integrate seamlessly between injury/illness and wellness by encouraging early intervention, adjusting services to meet the current*

*needs of our community, and providing community access to partnerships with professionals who are fully devoted to helping each person reach their individual goals or become their best self.”*

Learn more about the extensive services offered on the Stonehill Communities campus in partnership with Select Rehabilitation at [www.stonehilldbq.com/how-we-care/outpatient-therapy/](http://www.stonehilldbq.com/how-we-care/outpatient-therapy/) or call **563-690-9637**.

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## KOVELS® Antiques & Collecting

By Terry and Kim Kovel

### Umbrella Stand

Umbrellas were invented over 4,000 years ago in China. They were used for protection from sun, not rain. Umbrellas became fashionable in the 16th century, when women made use of umbrellas for sun and sometimes for rain. There were few waterproof coverings, and the hoodie wasn't created until the 20th century.

Umbrellas were hard to store, but they were useful and needed. Large Victorian houses had an entrance hall and a new piece of furniture, the hall tree, was created. It was a tall mirror with a decorative frame with hooks to hold coats, hats, boots and wet or dry umbrellas. Designers made vases, wire cages and other imaginative holders, shaped like people, animals, tree stumps and more, to store umbrellas. Most were made of iron or ceramics. The most elaborate wooden stands included carved bears, while those made of cast iron were often statues of famous royalty, military men or representations of nature.

Eldred's Auctions recently sold an unusual umbrella stand. It was cast iron, a platform topped by two griffins holding a higher platform with anchors and a 4-foot-high statue of a man in military uniform. He had a folded jacket sleeve in place of his right arm, shoulder epaulets, medals and a tricorne hat suggesting a high-ranking naval hero. Horatio Lord Nelson, a famous British admiral, lost his right arm as well as an eye from combat injuries, but still led the English navy to defeat Napoleon's navy and change history. Nelson died in 1805. Although he was married, he had a scandalous affair with Lady Hamilton, who was also married. It was well-known and is mentioned in many history books as one of the great romances.

This Victorian painted iron umbrella holder depicting Admiral Nelson sold for \$600. The white bar in front of the admiral keeps the umbrella upright.

**Q:** What is a firkin? I keep seeing them listed in antiques auctions.



Kovels

*This iron figure representing Horatio Lord Nelson is part of an iron umbrella holder made for the front hall of a Victorian house. Few collectors today would recognize the man as a British naval hero who lived from 1758 to 1805.*

**A:** A firkin is a cask for ale or beer. It held a quarter of an imperial barrel of beer, a little more than a quarter of a U.S. barrel. Firkins were originally made of wooden staves held together by iron hoops. Modern breweries use stainless steel or aluminum containers. The firkins in antiques sales are probably made of wood and more than 100 years old.

### CURRENT PRICES

Jewelry, necklace, pendant, rhinestones, shades of blue, oval center stone, smaller stones surround, silver link chain, Schreiner, c. 1960, pendant, 2 inches, \$280.

Advertising clock, Ringling Bros. Circus, Next Free Show, paint on board, stylized sun, rainbow band, white arrow hands, 1960s, 24 x 24 inches, \$500.

Cut glass punch bowl, Champion pattern by J. Hoare, notched & scalloped rim, full cut skirted base, American Brilliant Period, 12 x 12 inches, \$805.

**TIP:** Is it cut or pressed glass? Feel the edges of the design on the glass. Cut glass has sharp edges; pressed-glass designs are molded into the glass.

For more collecting news, tips and resources, visit [www.Kovels.com](http://www.Kovels.com)

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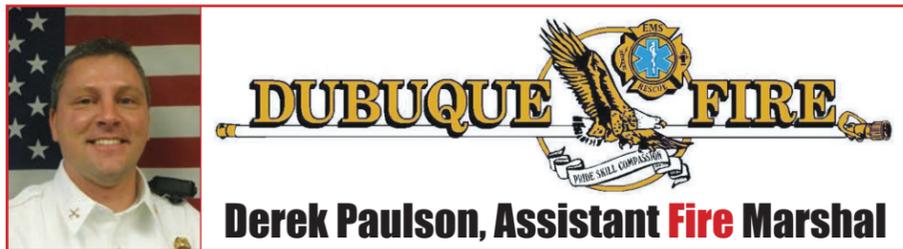


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tip over on unstable items or surfaces causing a potential fire to occur. Combustible items may also be too close to these heating devices increasing the risk for a fire. Extension cords may be used to power items since outlets may not be available. Trip and falls hazards are also a major concern due to hoarding of the home

Each Spring, I spend a weekend cleaning out my garage and house wondering how I accumulated so much stuff since last year. It doesn't take long for things to pile up. It's not difficult for me to get rid of things that I don't need or want anymore. However, for some, this task is not that easy. It is estimated that somewhere between 3 and 5 percent of the population are compulsive hoarders. This accumulation of "stuff" causes not only health issues but also fire safety risks to the occupants as well as to the first responders that may respond there.

Hoarding increases fire risk in several ways. Often, cooking is unsafe due to combustible items being too close to or even on top of or stored inside of the stove or oven. Oftentimes, portable heating devices are used in the home, which may

If you or someone you know has an unsafe home, here are a few things to do to keep it safer. Make sure there are working some alarms in the home. There should be one in each bedroom, the hallway outside the bedrooms and one on each floor of the home. Make an escape plan and practice it. Make sure there are paths that are unobstructed so that persons can get out of the home in case of an emergency and that first responders can safely get in and out if needed. Reach out to community resources. There are lots of resources available in the community that you may not be aware of. And lastly, don't be afraid to ask for help or to accept help.

If you have any questions or would like further information, I can be reached at 563-589-4195 or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org).



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—James M. Barrie

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## Protect Your Medical Identity

Medical identity theft is a serious business. According to one study, about 1.5 million adults are victims of medical identity theft each year. FDIC Money Smart offers the following information and consumer tips.

Medical ID theft occurs when someone steals personal information and uses the information to get medical treatment, prescription drugs, surgery and/or other services and then bills Medicare for it. If the thief's health information is mixed with yours, your treatment, insurance and payment records, and credit report may be affected. Sometimes people are denied Medicare coverage for a service or medical equipment because their records falsely show they already received it.

All types of people, including doctors and medical equipment companies, have been caught stealing people's medical identities. About one-third of medical identity thieves are family members. Warning signs of a stolen identity include a bill for medical services not received, contacts by a debt

collection company for money not owed, insurance company notification of the limit reached on medical benefits, or denial of insurance for a medical condition you do not have.

To avoid medical identity theft:

- Protect your Medicare and other health insurance cards.
- Review your Medicare Summary Notices (MSN), Explanations of Benefits (EOB) statements and medical bills for suspicious charges. If you find incorrect information in your records, insist it be corrected or removed.
- Only give personal information to Medicare approved doctors, other providers and suppliers, your State Health Insurance Assistance Program or Senior Medicare Patrol (SMP) program, or the Social Security Administration. Call 1-800-MEDICARE (1-800-633-4227) if you are unsure if a provider is approved by Medicare.
- Beware of offers of free medical equipment, services, or goods in exchange for your Medicare number.
- Shred papers with your medical identity before putting them in the trash.
- Remove or destroy labels on prescription bottles and packages before you put them in the trash.

If you suspect medical identity theft, ask your health care provider for a copy of your current medical file. If anything seems wrong, write to your health plan or provider and ask for a correction. Your local Senior Medicare Patrol is ready to provide you with the information you need to protect yourself from Medicare errors, fraud and abuse, detect potential errors, and report your concerns. For more information, visit <https://shipp.iowa.gov/medicare-fraud>

### An Uplifting Moment from Pg. 7

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.”* Philippians 4:8

*Forget conventionalisms;  
forget what the world thinks of you  
stepping out of your place;  
think your best thoughts,  
speak your best words,  
work your best works, looking to your  
own conscience for approval.*

—Susan B. Anthony

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### Local Funeral Home Now Offering a Farewell Toast Visitation

The Egelhof, Siegert & Casper Funeral Home and Crematory is now offering a unique way to say goodbye to a loved one. The funeral home recently introduced the Farewell Toast™ visitation complete with wine, beer, and catering.

“My staff and I often hear the comments about wanting visitations to be more of a celebration than a somber event,” said Tom Siegert, owner of the funeral home. “We took that to heart and decided to join a growing trend in the funeral profession and offer a more casual style of visitation.”

For families choosing this option, the alcohol is served by funeral home staff and available up to one hour before the end of the visitation. “Our goal is to create an environment more conducive to telling stories and sharing memories. Wine, beer, and catering are

just part of the Farewell Toast experience. For example, we also replace the traditional rows of folding chairs with pub tables and offering special touches like chocolates from Betty Jane Candies.”

The funeral home is the first and only one in Dubuque to have a liquor license. “Controlling the serving of alcohol enables us to uphold the state laws and maintain a safe environment,” Siegert added. “We certainly understand that this option isn’t for everyone and will absolutely continue to offer traditional visitation services along with cremation and memorial options. We simply wanted to provide an alternative to those families wishing to have a visitation that’s a little outside the box.”

Families are invited to plan a Farewell Toast™ at Egelhof, Siegert & Casper, and raise a glass to a life well-lived.

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—Pam Shaw

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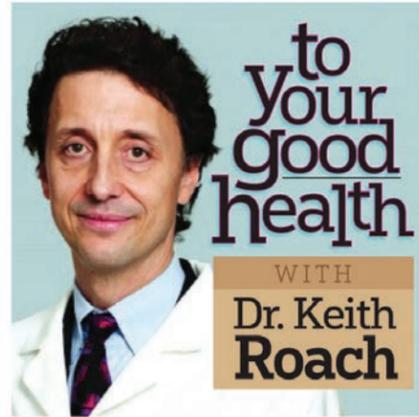
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**RAFFLE TICKETS** may be purchased at the Resurrection parish office at 4300 Asbury Rd or 556-7511 during normal business hours or after Mass on August 1 or August 8.

**SILENT AUCTION** bidding hours begin at 12:00 pm August 8, 2021 and remain open through 8:00 pm August 15, 2021!

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**to your good health**  
WITH  
**Dr. Keith Roach**

**Chronic vs. Acute Pain**

**DEAR DR. ROACH:** What is the difference between chronic pain and acute pain? How can I best describe my chronic pain when it is variable in intensity but negatively impacts so much of my life and my activities? Are there things my doctor should consider or suggest in my treatment or in communicating with me? — **P.P.C.**

**ANSWER:** Acute pain is usually due to an injury or infection, and we expect healing to occur relatively quickly. Chronic pain is expected to go on for at least six months. In some people, acute pain is not treated adequately at the time of injury, and the brain and body learn to be in pain chronically.

The reason for pain is perfectly obvious in some cases, but in others, it is not possible to identify the exact cause of pain. Most times, pain is due to damaged nerves (neuropathic

pain); injury or degeneration in the musculoskeletal system (osteoarthritis and many kinds of back pain); inflammatory pain (due to infection or inflammatory diseases like rheumatoid arthritis); and compressive pain (such as kidney stones or cancer).

Chronic pain affects many parts of your life, as you correctly note, and an experienced doctor will ask about the effect of pain on your social life, mood (depression is very common), relationships, sleep, exercise and occupation. People with more severe problems will have limitations in their activities of daily living.

Many people with chronic pain have almost given up communicating the scope of the problems they have, as they don't like "complaining" all the time, or they feel their loved ones are tired of hearing about it. However, getting a thorough history of the effect of all these dimensions of pain is important for your doctor. Questionnaires like the Brief Pain Inventory address more areas of function than a typical 1-10 pain scale, and may be useful to monitor response to treatment. Experts in pain management are more likely to have the knowledge and experience to communicate about pain effectively, and truly effective treatment for chronic pain requires understanding it.

To Your Good Health cont. Pg. 15

# ARTISTICALLY

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9/23	The Living Coast with Montopolis
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11/11	The American Soldier Solo Show
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# Plant Talk

by Ken Resch



## STOP IT! NOW!

The news is filled with stories about environmental issues. Many we cannot control as what nature may do with a lightning bolt that ignites a forest fire, but we can control so much else. I fear hubris clouds the reality of our individual actions, but I now believe many singular actions are becoming group actions. From the Greek, *hubris* means an over-the-top sense of arrogance and contempt. People who exhibit hubris defy others with their arrogant pride and they defy nature with the same contempt and disdain. They care not because they see no immediate harm; nor do they care about an unseen and unknown future impacted by their defiant sense of hubris. Following are three such acts of defiance I witness every week.

No matter how much some homeowners are told to not pile mulch around trees, so it looks like a volcano, they do it anyway. By sloping mulch many inches high above the tree trunk, they have doomed the tree to weakness. Mulches are a natural product and over time degrade and compact against the trunk. Stimulated by the warmth and moisture of the decaying mulch, the tree sends out roots—yes, right through the bark—into the mulch. None of these roots will help the tree and the energy used to develop the roots depletes the energy level of the tree. Additionally, mold and disease are in contact with the trunk. Remove the mulch cone and fan it in a ring. Around the

truck the mulch should be 2” or less and deepen to perhaps 4” at the edge of the ring.

Next is my candidate for arrogant actions is the on-the-driveway car washer. Yes, when I was a kid in the 50s I washed our car on the driveway. Yes, in the 60s our youth group had a “free” car wash. But we are in the enlightened 21<sup>st</sup> century. In Asbury, our street drains have metal tags that say: “No Dumping. Drains to Waterway” and in the center a picture of a fish. The message is clear: all the water going into the drain eventually gets to the Mississippi River. So, when my neighbors scoff at the message and every week wash their cars, they are pouring phosphates from the detergent into the water. They know what the sign says, they know what they are doing, but their hubris, their arrogance, tells them they can ignore it because they are above such trivialities. May I inform them of this fact? No one is above protecting our resources.

My final example of hubris—pride in this case—is the lawn waterer. We had a long dry spell in early summer. It was so dry the grass actually crunched and crinkled underfoot when walked upon. Lawns looked baked and they were a pale yellow-brown with wispy patches of pale green. A match would have easily burned the grass and in many areas of the country that is exactly what is happening. But down the street I saw a deep green, pristine, weedless lawn. I also noted a sprinkler pouring out an arc of water across that pristine lawn. We do not have the resources to pour water into the ground so that our grass is the best in the area. Lawn watering is done for one reason: the home owner is proud and wants everyone to take note. This is the most

Plant Talk cont. Pg. 20

## To Your Good Health from Pg. 14

There can be pain without suffering. Suffering is the emotional component brought on by fear: “How bad am I going to hurt today? Will I ever be able to work again? All of my relationships are suffering.” Learning to live a function-centered life is key in the treatment of chronic pain. It isn’t easy and requires a multidisciplinary approach.

The time of prescribing pain medications, especially opiates, without a comprehensive plan for long-term pain management, should be over.

...

*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](mailto:ToYourGoodHealth@med.cornell.edu).*

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- ★ Check on a friend or neighbor and have someone do the same for you.
- ★ Don't use the stove or oven to cook—it will make you and your house hotter.
- ★ Limit your outdoor activity, especially midday when the sun is hottest.
- ★ Wear and reapply sunscreen as indicated on the package.
- ★ Pace your activity. Start activities slow & pick up the pace gradually.
- ★ Wear loose, lightweight, light-colored clothing.

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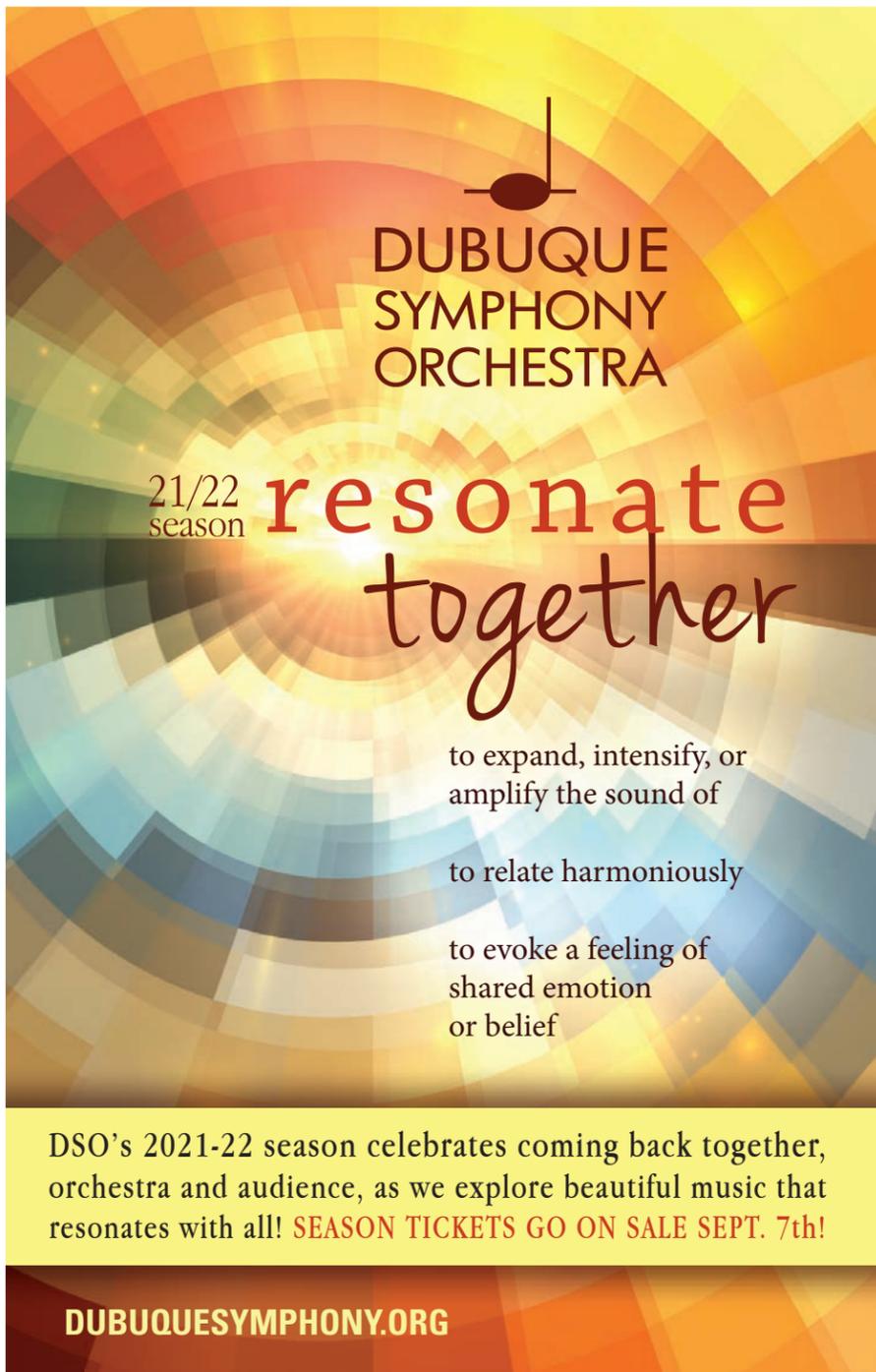
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to expand, intensify, or amplify the sound of

to relate harmoniously

to evoke a feeling of shared emotion or belief

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### Liz Lynch is back by popular demand.

The following stories were written by Liz at age 92 as she reminisced about the early days in her life.

#### The Real Agent

This day was special. The problem of buying an automobile had ripened like the early oats. Papa wanted to keep our driving team, old Pearl and Ruby as our means of transportation. Pa said, "The team ate as much oats and hay if idle. Why waste money on a car?" And good sweet gasoline was 4 cents a gallon. Besides "Papa would never learn to drive the automobile.

Harry, the oldest child, put his hat slightly back on his head, rolled up his shirt sleeves and showed signs of great interest in this automobile story. He had often made decisions for the family before about such things as buying a washing machine. Yes, the machine must wash a heavy horse blanket, buckles and all, without a whimper as the heavy thick wool squeezed itself through the wringer after killing the motor a half dozen times. Harry was well prepare for a wise choice in most things, but a choice of automobiles took a reliable man who had studied motors and cars from a weekly paper called *The Kansas City Star*.

The salesman, Leo Donovan, arrived, with the top up, and the car polished like a mirror, proclaiming in true Irish style, "It is the neatest and strongest car that can be found in these parts." After a heavy hand

shake with the whole family, the invitation to inspect the car was given with gestures of a true polished salesman. He and Pa had reminisced their knowledge of the whole territory as Harry made a thorough inspection of this new car.

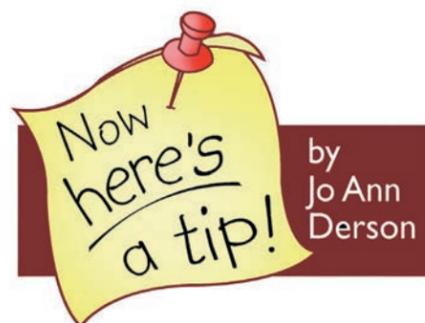
"We will buy the car," said Harry, "if it will go over the Sheehan Hills without any trouble."

Little did Leo, the agent, know about the Sheehan Hills. He soon found that a car full of people was a real problem at the foot of these steep hills, because the hills had not been graded, or driven over for 20 years. Sticks, rocks, trees and ditches were so arranged that the riders seldom settled in their seats before the car hopped over other rocks and ditches. And with the steep angle of the hill, they moved as if on a roller coaster in speed and thrills.

Leo felt a failure pang after passing the first hill, but the rest must be mastered or no sale. So the car was put in low gear, the clutch was released, the driver clung to the wheel as the car snorted, plunged and scratched up the last hill. Everyone knew the car was built for service if nothing else.

"Are there any more roads we could travel over?"

Harry smiled with the assurance that the trial was sufficient. Any car that could go up there could go anywhere.



- Dill planted near tomatoes will draw caterpillars away from the fruits. And it's delicious.

- Potato salad will have more flavor if you whisk together all the dressing ingredients and add it to the potatoes when they are warm. The potatoes will absorb the ingredients better, and the flavor will develop even more during refrigeration.

- "I love to grill, and when it's nice out, we grill every weekend. I always put on extra and use the leftovers through the week. Chicken in salad, a nice flank steak for fajitas, etc. And it means less cooking for me!" — **Y.L. in Maryland**

- Here's a great recipe for an icy treat: Freeze orange juice or apple juice in ice trays. Throw a handful in the blender for a fruit slush that can't be beat on

a hot day.

- "A lot of smoke was coming off our grill, and our patio doors were wide open. Long story short: It swamped the living room with smoke. The smell was a little overwhelming. After we closed the door, my neighbor doused a kitchen towel with white vinegar, wrung it out and waved it around the room. It cleared out the smoke smell right away, and the vinegar smell went away just as quickly. What a miracle!" — **F.F. in South Carolina**

- Get cobwebs off a window screen with a lint roller.

- Use this trick to freshen your stuffed animals. Dust with baking soda and put several together in a large paper grocery bag until it's half full. Fold the top of the bag down and shake vigorously. Remove the stuffed friends and shake off any excess baking soda. For good measure, put the dusted-off toys in a low- or no-heat dryer cycle for 10-15 minutes.

- Honey has amazing properties, and one of them is its antiseptic powers. You can even use it on pimples. Just a

**Now Here's A Tip cont Pg. 17**

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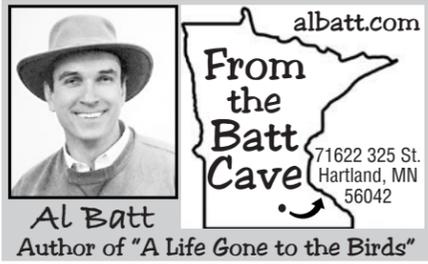
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The chill is gone. Summer begins when the last snowman melts.

It can't be summer already. Summer was just here. We're finding our way back to things. It helps if the weather is a little better than just OK—lovely green and blue days with grasses swaying in the gentle breeze. Those days cause me to consider E. B. White who wrote, "I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day."

Rod Serling said, "You're traveling through another dimension, a dimension not only of sight and sound but of mind. A journey into a wondrous land whose boundaries are that of imagination. That's the signpost up ahead—your next stop, the Twilight Zone." Serling might have been talking about summer. Let the sweating begin. Suntan lotion? We need BBQ sauce. We shudder at sunburns we could pop popcorn on. Satan called, he wants his weather back. "Never stand in the sun when you can sit in the shade," passes as wisdom.

I grew up without air conditioning, but with a rusty box fan. I put that fan in my upstairs bedroom window in accordance with the outside temperature. I pointed it outward so the fan pushed rising warm air out when the outside air was cooler than the air inside; otherwise, I wanted the fan blowing directly at me to aid evaporation of perspiration. Your experience may differ.

Russell Baker wrote, "Ah, summer, what power you have to make us suffer and like it."

Summer is a time for dillydallying. Some people prefer to dilly, others to dally.

Weather predicting is more difficult than herding cats. Perfect weather isn't. We take what we get. It's a dry summer when the lake needs watering. I favor cooler weather over hot, humid weather because I'm not a corn plant. I feel that way despite having my best effort in the 100-yard dash on a hot day. I completed 67 yards.

Summer is when it becomes safe to drive by a high school parking lot. It's when I

wonder why they didn't cover potholes in driver's training, I graze on watermelon and sweet corn, radish sandwiches make me drool, people don't move much faster than not at all, and thunderstorms have lightning with legs. Noisy kids, construction sites, roadwork and lawn mowers abound. My favorite summer quote is by James Dent, "A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken." My cousin thinks he's a lawn mower. The neighbor just returned him. Mowing the lawn is an excuse for people who don't golf to wear ugly clothing.

Summer is a time to yell at insects. I pick raspberries because I love to eat raspberries. I avoid making eye contact but mosquitoes pick on me because they have to eat, too. It's impossible not to be one with nature around mosquitoes. A mosquito bite is a direct interaction with the world and the skeeters offer biting commentary. Mosquitoes are popular. People clap for them. Someone will say, "I don't remember the mosquitoes ever being so bad." That person will be right. Someone else will say, "The mosquitoes aren't bad this year. That person will be right, too. With apologies to David Farragut, "Damn the mosquitoes, full speed ahead."

Pendulous oriole nests look like dirty gym socks hanging from trees. You might live where green frogs call. You might not. They create a sound like the pluck of a loose banjo string, "plunk."

Butterflies dance in the breeze. Butterflies give wings to flowers. Thanks to flowers, I can smell colors. Caterpillars get off the no-fly list. Monarch caterpillars spend their lives eating and growing 2,000 times larger in 9-14 days. We see the exoskeletons of escaped cicadas that should be considered winged and sonorous. Snowstorms of moths surround lights on ballfields, but it's not summer until the crickets sing.

Summer is a pearl in an unshucked oyster and doesn't end until we're given a certificate of participation—a snow shovel. Summer just gets here when it begins to leave. Groucho Marx as Captain Spaulding, in "Animal Crackers" sang, "Hello, I must be going, I cannot stay, I came to say, I must be going. I'm glad I came, but just the same, I must be going."

A cheering note to carry with you. The hotter the summer, the colder the following winter.

Excelsior!

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

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**Now Here's A Tip from Pg. 16** tiny dab will help keep bacteria responsible for breakouts from taking over.

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**TheGoldenViewOnline.com**



1. Dana won the Eurovision Song Contest 1970 with which song?
2. Name the band that released "Who'll Stop the Rain."
3. Which group had a hit with "Walk Away Renee"?
4. Who is the only musician who has been inducted into the Rock & Roll Hall of Fame three times?
5. Name the song that contains this lyric: "Way down South, in Birmingham, I mean South, in Alabam', There's a place where people go to dance the night away."

**Answers**

1. "All Kinds of Everything."



1. AD SLOGANS: Which company used the slogan "The Uncola" as a way to stand out in the beverage market?
2. ENTERTAINERS: Which actor/singer created The Cowboy Code in the 1940s?
3. MYTHOLOGY: What item is a werewolf's greatest weakness?
4. BUSINESS: What is the basic currency of Laos?
5. U.S. STATES: Which state uses the slogan "The Last Frontier" on its license plates?
6. ANATOMY: What is the second largest organ in the human body?
7. GEOGRAPHY: Which body of

Dana (born Rosemary Brown) had won the 1970 Irish National Song Contest with the same song. Her version climbed charts around the world. 2. Creedence Clearwater Revival, on their "Cosmos" album in 1970. The "Factory" album spent nine straight weeks at No. 1 on the Billboard chart. 3. The Left Banke, in 1966. "Walk Away Renee" was ranked No. 222 in Rolling Stone magazine's 500 Greatest Songs of All Time in 2004. 4. Eric Clapton, for the Yardbirds (1992), Cream (1993) and solo artist (2000). 5. "Tuxedo Junction," by the Manhattan Transfer in 1976. The vocal jazz group has covered many styles since forming in 1969, including pop, R&B and old swing. They took their name from the 1925 novel by John Dos Passos.

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- water separates Saudi Arabia from Africa?
8. TELEVISION: What was the name of the detective agency in the 1980s series "Moonlighting"?
  9. SCIENCE: At what wind speed is a tropical storm reclassified as a hurricane?
  10. LITERATURE: Truman Capote's book "In Cold Blood" takes its name from which of Shakespeare's plays?

**Answers**

1. 7UP
2. Gene Autry
3. Silver
4. The kip
5. Alaska
6. Liver
7. Red Sea
8. Blue Moon Detective Agency
9. 74 mph
10. "Timon of Athens"

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## Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

**The Best Of Jerry**  
originally published  
October 2012



Jerry Eberhardt with  
grandson, Maury Cohn

Maury, you asked me on the telephone when I'd send another "baseball memory". This time grandpa thought you might enjoy a memory of mine unrelated to baseball. It's just something that a "bunch of guys" thought was funny at that time. We even thought of it as "creative" although many might debate this!

When grandpa was about eighteen, I used to frequently meet all my friends on Friday nights "on the corner" in our neighborhood. My dad (your great grandpa) let me use the car he had whenever he didn't need it. It was a 1926 big Buick, 16 years old (this was in 1942) which all my friends called "Betsy the boiler." They would all chip in to buy gas (which was about 15 cents a gallon) and we would "cruise" down Main street. (Maury, ask your mom and dad what "cruising" is if you don't know).

Downtown Dubuque merchants had recently decided to promote business by keeping their stores open until 9 p.m. on Friday nights. The city cooperated by having red lights flashing 4 ways every 5 minutes at the busiest intersection, 8th & Main, allowing shoppers the convenience of jay walking to get to the stores.

Because we knew a lot of people would be there, Maury, this is what we did. One Friday night about nine of us got into "Betsy" and I purposely drove so that we'd be the first car to go through 8th & Main after the light turned green. While waiting for the red light

to change I would turn off the motor. When the light turned green I would leave the "starter switch" off, step on the starter, and of course the engine COULD NOT START ... it would make a "loud grinding sound" familiar to everybody when the engine in their car wouldn't turn over. We'd get out and open the hood by unhooking FOUR latches, two for each side! The guys would look under the hood and yell to me to "try it again"! The policeman standing on that corner would ask us if we ran out of gas! Traffic was backed up behind us and a lot of horns would start to honk! Bystanders would give us amused stares! We'd wind up (with people helping us) push "Betsy" through that intersection! Finally I'd turn the switch and of course the engine would start immediately! About that time the crowd would give a spontaneous cheer! We certainly were a nuisance, but did this "con job" for entertainment!

As grandpa looks back, Maury, "our gang" at that time did some crazy things. We never did anything that would hurt anyone but I guess you could say, at times, were rebellious in a harmless way. Hope you enjoyed this.

Love, Grandpa

## SENIOR NEWS LINE

by Matilda Charles

### Are You a Victim of Elder Abuse?

Do you suspect, or know, that somebody has been stealing from you? Maybe it's items from your home? Or maybe it's your money? Or perhaps you're being pressured by someone to keep giving them cash. If so, you are not alone. It's called elder abuse.

The biggest problem is that these thefts are often not reported, typically because the one doing the abusing is a family member. Or maybe it's after the fact, and we're not certain. Or maybe we don't know where we should report it.

Finances and theft aren't the only forms of elder abuse. Others include emotional, sexual and physical abuse, neglect and exploitation. Emotional abuse, for example, can include threats, belittling and verbal attacks — anything that causes mental distress and pain. Exploitation can be fraud, undue influence over your cash or property and being pressured to sign papers you don't understand. Do you see yourself in any of those categories?

The National Center on Elder Abuse website (ncea.acl.gov) is a good place to start. Notice the red banner at the bottom of the page with "Safe Exit" in white letters. If you're looking at the site and fear that someone will come up behind you and read what you're looking at, quickly click that red banner and it will take you to an innocent-

Senior News Line cont. Pg. 19



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## DEMANTIA FRIENDLY COMMUNITY CORNER

When you have made the decision to begin the screening process for dementia, it is important that you communicate effectively and honestly with your doctor.

Most people begin this process with their primary care physician, many times the primary care physician will oversee the diagnostic process and provide advice on what specialists should be part of your care team.

Specialists who may be included are Neurologists, who specialize in the brain and nervous system, Psychiatrists who are trained in mental health, Psychologists, who have special training in testing the ability to think and memory and lastly Geriatricians who specialize in older adults. These specialists, when working together can be a great asset to you during your screening process and creating a plan of action for you after a diagnosis is made.

When visiting with your primary physician or any of the above mentioned specialists it is important you be honest providing a solid health history, any health changes or medications changes. Come prepared with a list of questions that you may have, including, what tests will be performed, how accurate are these tests to assist in the diagnosis of dementia. It is important that you are an advocate for yourself and have a solid understanding of what the plan of action will be.

It would also be a good time to ask your care team about resources in the community. They should be able to provide you with information about support groups, organizations that have in-home care services, respite services or even activities for those with memory loss.

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

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# SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

It's a busy time for baseball awareness in the Tri States. I'm not just talking about the White Sox and Yankees facing off at the Field of Dreams in Dyersville on August 12th. Dubuque County is known for its quality baseball all over. From high school to town team tournaments it's a busy time on the diamond.

The Field of Dreams special, a year late thanks to Covid, was well worth the wait. What a boost in economic vitality and showcasing the Dyersville area across the country and the baseball world. Congrats to Roman Weinberg and his staff out at the sight. I stopped by a week ago and the buzz was incredible. The temporary stadium with it's eight thousand seats looks very major league! The community is rolling out the red carpet for visitors. The White Sox are in first place in the Central! The Yankees.....well they're the Yankees with Aaron Judge, Garrett Cole, twenty seven world championships and an international fan base. It's a 'dream' matchup between two of the old American League standards.

July also brought the annual Major League baseball draft. Wahlert High School's Ian Moller was taken in

the 4th round by the Texas Rangers. The 6'0", 200 pound catcher is powerful with his swing and throwing arm. Moller didn't play for the Golden Eagles, opting instead to compete on the club circuit before committing to the LSU baseball program. It remains to be seen if he ever puts on a Tiger uniform. The scouting report reads, "strong sturdy frame. Loose, easy and smooth batting stroke with raw power."

Another young man indirectly connected to Wahlert, was taken by the New York Yankees in the 13th round. Zach Messenger is a 6'6", 225 pound right handed pitcher for the University of Virginia and touched 97 mph with his fastball this summer in helping lead the Cavaliers to the College World Series. Messenger is the son of Dennis and Lisa Messenger. She's the former Lisa Sampson, who was an outstanding volleyball and softball player for the Golden Eagles. Her Dad was the late hall of fame basketball and softball coach of the Golden Eagles and at Waukon High School. Bob Sampson was a good friend and a longtime neighbor of the Dolphins on Dubuque's west end. How proud grandpa would be today.

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MKT-P0253

## Contract Bridge

### Good Detective Work Works Well

East dealer.

East-West vulnerable.

**NORTH**  
 ♠ K 5  
 ♥ A J 6 3 2  
 ♦ K 6  
 ♣ J 9 4 3

**WEST**  
 ♠ J 10 8  
 ♥ 5 4  
 ♦ 9 8 5 4 2  
 ♣ 10 7 5

**EAST**  
 ♠ A Q 9 7 3  
 ♥ 9  
 ♦ J 10 7 3  
 ♣ K Q 6

**SOUTH**  
 ♠ 6 4 2  
 ♥ K Q 10 8 7  
 ♦ A Q  
 ♣ A 8 2

The bidding:

East	South	West	North
1 ♠	2 ♥	Pass	4 ♥

Opening lead — jack of spades.

The bidding by the opponents often helps declarer find his best line of play. In this deal, for example, South has a far greater chance of making four hearts because of East's opening bid than he would if East-West had remained silent. East's one-spade opening drew a neat blueprint for declarer to follow to a successful conclusion.

West led the jack of spades, and East took the king with the ace and cashed the queen. East then returned the jack of diamonds.

Having already lost two tricks, South's problem was

to avoid two club losers. This could not be done against most divisions of the East-West cards, but South found the winning solution by relying largely on the clues furnished by the bidding.

Declarer could see 12 points in dummy and 15 points in his own hand. This left only 13 points to account for East's opening bid, and even that number had been reduced to 12 by West's lead of the jack of spades. East was therefore virtually certain to hold both the king and queen of clubs. All that remained was to take advantage of this knowledge.

Declarer won the jack of diamonds with the queen, drew two rounds of trump, and ruffed his last spade in dummy. He then played the king of diamonds to the ace and led a low club.

When West followed low, declarer played the nine. East won with the king but then had to return a spade, a diamond or a club, and whichever he chose was bound to give South the rest of the tricks.

Of course, if East had held the ten of clubs in addition to the K-Q, this line of play would not have worked. But in that case, no other approach would have been successful either.

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by Steve Becker

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by Ryan A. Berenz

1. Who was guest host of "Jeopardy!" when contestant Scott Shewfelt gave "Who wanted to kick that field goal?" as his Final Jeopardy answer?
2. Name the Texas Tech Red Raiders basketball player whose glass-shattering slam dunk in the NCAA Tournament appeared on the March 25, 1996, issue of Sports Illustrated.
3. What St. Louis Blues defenseman suffered a cardiac arrest and collapsed on the bench during a February 2020 game vs. the Anaheim Ducks?
4. What NASCAR driver finished

sixth in the 2014 Indianapolis 500 and won Indy 500 Rookie of the Year honors?

5. What Oscar-winning film from 1981 depicted the true story of British sprinters Eric Liddell and Harold Abrahams, who both won gold medals at the 1924 Paris Summer Olympics?
6. At what stadium did the New York Giants' Willie Mays make his famous over-the-shoulder catch of a fly ball hit by the Cleveland Indians' Vic Wertz in Game 1 of the 1954 World Series?
7. What two brothers combined for 93 goals during the 1999-2000 NHL regular season?

### Answers

1. Green Bay Packers
2. Darvin Ham
3. Jay Bouwmeester
4. Kurt Busch
5. "Chariots of Fire"
6. The Polo Grounds
7. Pavel (58) and Valeri (35) Bure.

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### Senior News Line from Pg. 18

looking webpage. If you are being abused in some way, help is available. In all states, there are professionals who are required to report suspicions of maltreatment. It's called mandatory reporting, and in some states the list of professions is very long

and varied: chiropractor, occupational therapist, member of the clergy, attorney, animal control officer, bank employee and many others.

To get a referral for help, call the Eldercare Locator at 1-800-677-1116. If you are in immediate danger, call 911.

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**WEEKEND BRUNCH BUFFET**

**Pizza Ranch**

*Let's Do Brunch*

**Sunday Brunch Buffet Hours**  
Sunday 9 am – 1:30 pm

EXPIRES 09/30/21 **Pizza Ranch** CODE 56420  
**Large Pizza for Medium Charge**  
Valid at Dubuque location only. Some restrictions may apply. Additional \$2.00 charge for stuffed crust. Extra cheese is an additional charge. Price subject to change without notice. Not valid with any other offer, online ordering or with Gluten Free Crust. Delivery where available and charges may apply.

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**8 pc Chix Box, Family Mashed Potatoes, 6 Biscuits for \$19.99**  
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EXPIRES 09/30/21 **Pizza Ranch** CODE 56418  
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KK1596 - 1907



**Radio**  
from the  
**20th Century**

by Bill Zwack



Jim Backus had a long and varied career in show business. Both on radio, television and movies. He's not a leading man as such, but very enjoyable nonetheless.

Regarding his radio career, there were two programs with his name: a 30-minute program appearing on Mutual in 1947-48, and a 60 minute show appearing on ABC in 1957-58. Backus was a comedian and character actor who was the voice of *Mr. Magoo* in the well-known cartoon series and was later a star of *Gilligan's Island* on television. Both versions were comedy-variety programs written by Backus and his wife.

On the 1947 program, Backus was supported by Dink Trout, France Robinson, and Jerry Hausner. Frank Graham was the announcer. On the later program, music was by Elliot Lawrence, with vocals by Jack Haskell, Betty Ann Grove, and The Honey Dreamers. Del Sharbutt was the announcer.

As far as I know there is only one episode available to the collectors of old time radio. I have yet to find that episode. Listening to KDTH's *Big Broadcast* on Sunday nights from 6 to midnight you might catch Jim Backus in another role, such as on *The Alan Young Show* and *Burns and Allen*.

**Plant Talk from Pg. 15**

egregious act of hubris because it forces human will against Nature. In times of drought, Nature has ways of dealing with the issue and does not need our pathetic belief we are helping.

Still, Nature does need our understanding because in the larger picture we can

and must work together if our planet is to be saved for future generations. Sadly, too many individuals are unwilling to believe soapsuds down the sewer, daily watering of the lawn, or poorly managed trees contribute to environmental damage. They do, and now you are enlightened to the facts.

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**Down Memory Lane**

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

June 1953

June 1953



**Top row (left to right): Rachel Maerschalk, Joan Folsom, Ava Hollenbeck, Cacily Freyhage, Bette Hoefler, Sally Pfab, Jean Ann Hoefler.**  
**Bottom row: Grace Biehl, Marge Connelly, Phil Manternach, Joan McDonald, Lil Schiltz, Alice Schiltz and Delores Sowle.**

**Dupaco Girls Softball Team**

One of the classiest clubs in the local softball loop is our Dubuque Pack girls team which finished second in the standings for the first half of the season. The Company combination established a record of five victories and but one loss in the first half of the campaign. A combination of consistent hitting and excellent pitching has kept the Company club near the head of the race, and the Pack girls are expected to make a strong bid for the second half title. Bernie's Standard Service team scored an upset over the Dubuque Pack girls in this week's contest with a 9 to 7 victory over our team. The opposition team scored five runs in the first inning of Monday's engagement and our girls found it impossible to overcome the early lead. The Dubuque Pack girls have also played one non-league game this season and posted a 16 to 1 win over the Stockton, Ill., girls team. Louis Hanson is coach of the Pack combination in girls softball play. Employees are urged to watch the local newspapers for the current schedule and arrange to attend these softball games. Additional support for our Pack girls team could easily assist them in copping the league banner.

**UD Heritage Center from Pg. 1**

Order forms are available online at [www.dbq.edu/heritagecenter](http://www.dbq.edu/heritagecenter) and the Farber Box Office. To request a season brochure, please call the Farber Box Office at **563.585.SHOW**.

Spring semester events will go on sale in November.

All performances are located in John and Alice Butler Hall, Heritage Center.

**FALL 2021 PERFORMING ARTS SERIES SCHEDULE**

**Sampson Brothers, Indigenous Music/Dance Duo with Special Guest Frank Waln**  
7:30 p.m. – Wednesday, Sept. 1, 2021

**Uptown: Motown Remixed**  
7:30 p.m. – Friday, Sept. 17, 2021

**The Living Coast with Montopolis - Film, Songs, and Stories from the Texas Gulf Coast**  
7:30 p.m. – Thursday, Sept. 23, 2021

**If Beale Street Could Talk, performed by Literature to Life**  
3 p.m. – Sunday, Oct. 3, 2021  
7:30 p.m. – Monday, Oct. 4, 2021

**Guest Organist Stephen Hamilton, John and Alice Butler Pipe Organ Recital Series (special event)**  
3 p.m. – Sunday, Oct. 10, 2021

**Colin Mochrie's HYPROV with Master Hypnotist Adad Mecci (special event)**  
8 p.m. – Friday, Oct. 15, 2021

**Wings of Courage Play Screening, performed by Mad River Theater Works (special event)**  
7:30 p.m. – Monday, Oct. 18, 2021

**The American Soldier Solo Show**  
7:30 p.m. – Thursday, Nov. 11, 2021

**A Very Electric Christmas, performed by LightWire Theater**  
2 p.m. – Sunday, Nov. 28, 2021

**Christmas at Heritage Center "O Come, All Ye Faithful" (special event)**  
7:30 p.m. – Friday, Dec. 3, 2021

**Neil Berg's Broadway Holiday, presented by the Dubuque Arts Council in cooperation with Heritage Center**  
7:30 p.m. – Saturday, Dec. 11, 2021

**SPRING 2022 PERFORMING ARTS SERIES SCHEDULE**  
Reminder: Tickets go on sale in November.

**Jim Belushi and the Board of Comedy**  
7:30 p.m. – Thursday, Jan. 13, 2022

**DRUMLine Live**  
7:30 p.m. – Wednesday, Jan. 26, 2022

**Freedom Riders, performed by Mad River Theater Works**  
7:30 p.m. – Monday, Jan. 31, 2022

**Count Basie Orchestra with Guest Vocalist Diane Schuur**  
7:30 p.m. – Friday, Feb. 11, 2022

**Mike Super, Magician**  
7:30 p.m. – Friday, March 11, 2022

**The Pirates of Penzance, performed by New York Gilbert & Sullivan Players**  
3 p.m. – Sunday, March 13, 2022

**Skerryvore, Award-Winning Scottish Band**  
7:30 p.m. – Thursday, March 17, 2022

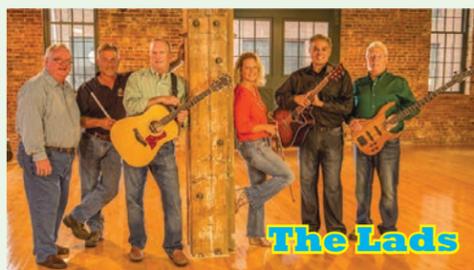
**A Raisin in the Sun, performed by National Players**  
7:30 p.m. – Saturday, March 26, 2022

**Guest Organist Chelsea Chen, John and Alice Butler Pipe Organ Recital Series**  
7:30 p.m. – Monday, April 4, 2022

**Spamilton: An American Parody**  
7:30 p.m. – Tuesday, April 19, 2022



Rita Harvey — Dubuque native who stars in Neil Berg's Broadway Holiday



**16th Annual Irish Hooley**

**Saturday, August 28, 2021**

**Dubuque Star Brewery and Alliant Amphitheater at Port of Dubuque**

Gate opens at 11:30 am

Tickets: \$12 at the gate.

Advance tickets \$10 at Shamrock Imports, Premier Bank, Family Beer & Liquor, Happy's Place and Butts Florist.

Children's Admission (10 and under) is FREE!

For more information visit Website [www.irishhooley.org](http://www.irishhooley.org)

- 11:30 am — Gates Open
- 12:00 pm — Opening Ceremony – Military Veteran Salute
- 12:05 pm — Ian Gould
- 12:10 pm — Dubuque Fire Pipes and Drums
- 12:45 pm — McNulty School of Irish Dance
- 2:00 pm — Ballyheigue
- 4:30 pm — The Lads
- 7:00 pm — Dubuque Fire Pipes and Drums
- 7:30 pm — Ian Gould
- 8:10 pm — Raffle Drawings
- 8:20 pm — Screaming Orphans

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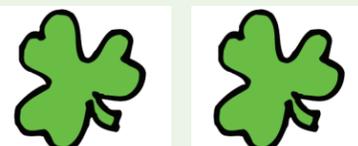
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**Limited Edition?**

Finding value in contemporary art and decorative items can be a challenge due to the fact that in the last 50 years 10's of thousands of items have been produced. The item that we sold recently for a client measures 18 inches high by 24 inches wide. The original was created by George Turner and was reproduced using a pressurized Polyurethane process that captured every detail of the original. The relief sculpture of a narrow-gauge steam train on a distressed barnboard background was limited to only 1000 items and each was hand painted.



According to the information on the plaque itself, it was

limited to a production run of just 1000 pieces. The one we sold was numbered by hand as 281 of 1000 produced by the artist. It also carried a copyright date of 1998. The detail that was captured is remarkable, we researched this item for past sales data and decided post ours for a Buy It Now price on eBay of \$245.00 and found a willing buyer within a couple of days.

**VETERANS  
★ POST ★**

by Freddy Groves

**Don't Mess With the VA**

This is a big no-no. An Ohio man threatened to kill a Department of Veterans Affairs social worker's daughters. You do not do that, no matter what your beef. You do not go after family.

The Ohio idiot didn't even do it anonymously, sending a threatening text message, and it wasn't long before the VA Office of Inspector General was all over it. Turns out he was known to the social

worker because he'd availed himself of homeless-veterans services and had been given permanent housing. Several years later, he was evicted due to multiple complaints of physical threats and public intoxication. Upset, he sent the threatening text message.

At this point he's indicted. No established guilt. Court to be held later. At his arrest he was charged with disorderly conduct, resisting arrest and obstructing official business. I hope the federal charges are stronger than that. You do not threaten family.

This next case I don't understand. Oh, I understand the theft and scamming part. What I don't understand is why it took so long.

In 2017, a VA employee who worked in the IT department was nabbed and indicted for attempting to sell the personal info of veterans and employees he'd grabbed off the computers. He'd even narrowed down the victims to those making over \$50,000 per year, saying that would be valuable to identity thieves. He selected veterans who'd received compensation or a pension, those who went to a VA medical center and those who'd had a VA financial assessment. He even made fake credit cards and had the equipment to do that. He was picked up in a bathroom when he went to the VA to steal a server.

In 2019, he pleaded guilty to one charge in exchange for having the others dropped. Fast-forward to now: He's just been sentenced to 46 months, plus two years of supervised release.

What took so long?




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563-590-2749

# Good Housekeeping

## Grilled Lobster Tails With Nectarine Sauce

A simply prepared dish that's sure to impress, perfectly grilled lobster with a sweet, spicy, citrusy sauce makes a complexly flavored and delicious main dish.

- 2 nectarines
- 1 scallion
- Juice of 3 limes
- 1 lime
- 2 tablespoon extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon finely minced seeded habanero pepper
- 4 lobster tails

1. In a food processor, puree nectarines, scallion, 2 tablespoons lime juice, 1

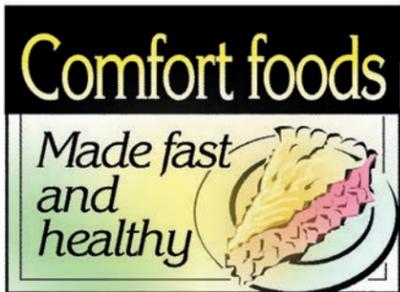
tablespoon olive oil, 1/4 teaspoon salt and habanero pepper. Transfer to a medium bowl and set aside.

2. Heat grill to medium-high. In a small bowl, whisk together remaining lime juice, olive oil and salt. Split lobster tails lengthwise, remove membrane if desired and brush meat with the lime-oil glaze. Place lobsters on grill, meat side down, and roast for 4 minutes; turn over to shell side and grill until meat is opaque and cooked through, 4 to 5 minutes more.

3. Transfer to a platter, garnish with lime wedges, and serve with reserved nectarine sauce. Serves 4.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/food-recipes/](http://www.goodhousekeeping.com/food-recipes/).

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## by Healthy Exchanges Heavenly Hash Cream Pie

If you're like most folks, dessert is the exclamation point to the meal! Well, this delicious pie is quite a way to punctuate any menu.

- 2 (4-serving) packages sugar-free instant white chocolate pudding mix
- 1 1/3 cups nonfat dry milk powder
- 2 cups water
- 3/4 cup reduced-calorie whipped topping
- 1 1/2 teaspoons coconut extract

- 6 (2 1/2-inch) chocolate graham crackers
- 1 (6-ounce) purchased chocolate piecrust
- 2 tablespoons flaked coconut

1. In a large bowl, combine dry pudding mixes, dry milk powder and water. Mix well using a wire whisk. Blend in whipped topping and coconut extract. Coarsely crush 5 graham crackers. Fold in cracker crumbs.

2. Spread mixture evenly into piecrust. Crush remaining 2 graham crackers into fine crumbs. Evenly sprinkle coconut and fine cracker crumbs over top. Refrigerate for at least 2 hours. Serves 8.

• Each serving equals: 206 calories, 6g fat, 6g protein, 32g carb., 516mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat-Free Milk.

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## Cremer's Cooking Tips

### Brined Grill-Roasted Pork Loin

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

#### 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 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.

# HOLY GHOST PARISH PICNIC

## Dickeyville



## SUNDAY, September 5, 2021

Deep Fried Chicken & Ham Dinner  
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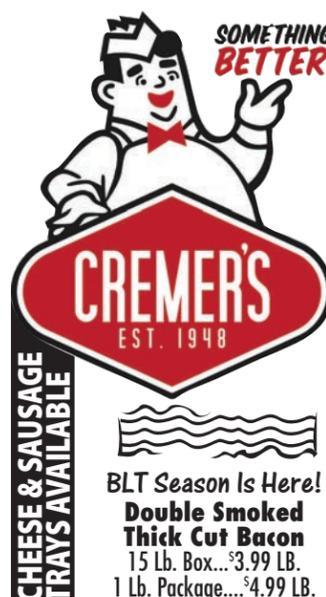
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 YELLECOYLXELCWT  
 VTAORIQHOECNETL  
 KRRSDIHFPDCCADZ

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: **A Room Below Ground Level**

Cellblock	Cellphone	Excelled	Nacelle
Cellist	Cellular	Excellent	Photocell
Cellmate	Cellulite	Lyocell	T cell
Cellos	Celluloid	Monticello	

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### SUDOKU

by Linda Thistle

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

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 BOLTIHOFF

Find at least six differences in details between panels.

Differences: 1. Rose stem is longer. 2. Straw is missing. 3. Cord is shorter. 4. Gown is different. 5. Hair is different. 6. Door knob is lower.

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Go Figure! answers

15	26	20		
8	4	÷	7	×
				+
7	6	-	9	+
	×		×	×
1	5	×	3	+

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**Stickelers Answer**

- 1) hooves
- 2) whooping cough
- 3) true
- 4) septagon

— King Crossword —

Answers

Solution time: 26 mins.

LOT	LEGO	SELF
SHY	OVAL	URAL
DOMICILE	LIMO	
PAUL	SLEEP	
SCAMS	LIKE	
LINA	DOMINEER	
EAU	ORGAN	NRA
DOMINION	AVIS	
	ALPS	ELENA
SOGGY	ELAL	
AVER	DOMINOES	
RENE	ASTO	PEA
ANTE	BEST	ELM

SUDOKU Answer

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

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