



# The Golden View

The Community Newspaper For Adults 55 Plus

August, 2022

Dedicated To The Young At Heart

Dubuque, Iowa

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## University of Dubuque Heritage Center Celebrates 10th Season

by Stacey Ortman,  
Director of Public Information, University of Dubuque



Tony Danza: Standards & Stories (UD Homecoming) Saturday, Oct. 22, 2022

University of Dubuque Heritage Center celebrates its 10th annual *Live at Heritage Center Performing Arts Series* with a special lineup including Tony Danza (C'72, HON'04), B2wins, Rita Harvey, and more.

"Our 2022-2023 anniversary season has wonderful things in store including tributes to iconic superstars like Tito Puente, Neil Diamond, and ELO as well as a blockbuster

production of Charles Dickens' *A Christmas Carol*," said Thomas Robbins, Heritage Center executive director.

Tickets are on sale now at the Farber Box Office, 2255 Bennett Street; by calling 563.585.SHOW; or by visiting [www.dbq.edu/heritagecenter](http://www.dbq.edu/heritagecenter). Season brochures can be requested through the box office. Summer hours are 11

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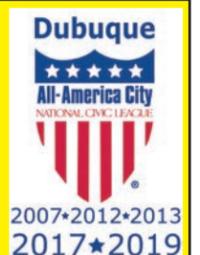


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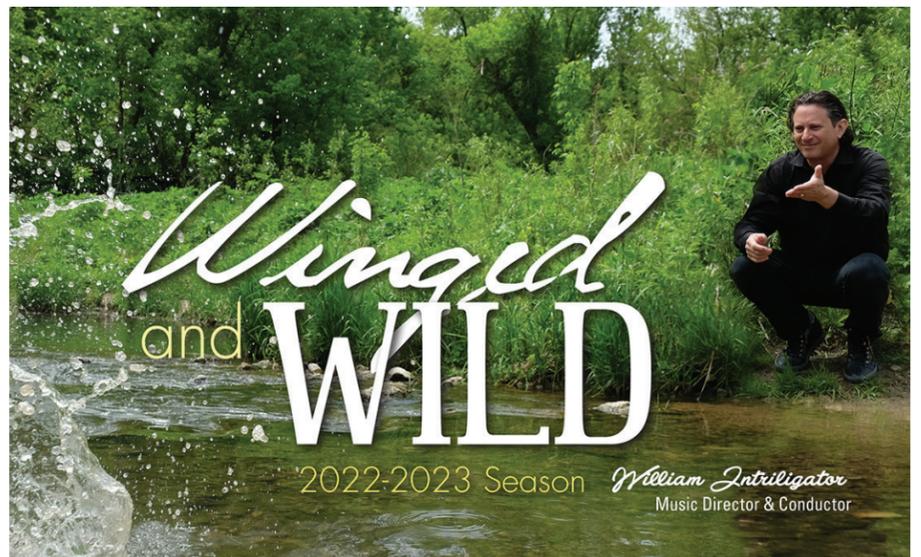
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## Dubuque Symphony Orchestra presents 2022-23 Season: *Winged and Wild*

**SEASON TICKETS NOW AVAILABLE**

by Kathleen Hoeper,  
Director of Marketing and Community Relations,  
Dubuque Symphony Orchestra



The Dubuque Symphony Orchestra's (DSO's) 64th season explores music's connection to the natural world. "Over the centuries, many musicians and composers have been inspired by nature, birds and animals," shares Music Director and Conductor William Intriligator. "Our upcoming season will explore some of these musical selections, and I hope they will inspire us to appreciate the blessings and beauty of the natural world we are a part of."

"Some musical selections are pieces I have wanted to perform in Dubuque for many years, such as *Carnival of the Animals*, and the *Crouching Tiger* cello concerto from the film *Crouching Tiger, Hidden Dragon*. I am also excited to feature the world premiere of a new double violin concerto by Madison-based composer Laura Schwendinger entitled *Duet of the Nightingales*, written for DSO Concertmaster Eleanor Bartsch.

"We also highlight symphonic masterpieces by Bizet, Brahms, Mozart, and Tchaikovsky. It's shaping up to be one of our best seasons yet, I hope you'll join us!"

The ensemble will perform

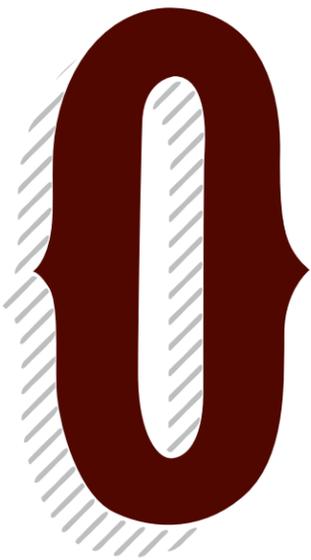
five Classics concerts, a spring family concert and signature Holiday concerts at historic Five Flags Theater. The orchestra also returns to the Mississippi Moon Bar at the Diamond Jo for DSO's Ultimate Rock Hits and Ultimate Country Hits. Visit [DubuqueSymphony.org](http://DubuqueSymphony.org) for full concert information.

Season ticket sales are now open to the public. Subscribe early for the best seats. Packages of 3, 4 or 5 Classics concerts are available. Season ticket holders receive exclusive benefits including early access to tickets for Ultimate Rock, Country Hits, Holiday and Family Concerts.

Subscribers also receive personal attention, avoiding box office lines and added online Ticketmaster fees. All subscription needs are handled through the DSO office. New subscribers (or those who haven't subscribed for the past 3 years) save 30% off single ticket pricing with the Full 5 package. To order, please call 563-557-1677 or stop in the DSO office, 2728 Asbury Road (lower level of the Atrium building in Fountain Park), open Mon-Thurs 10am-4pm.

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1910 Nairn Drive, Maquoketa  
August 5 at 11 AM

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August 22 at 6:30 PM



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Renee Snyder,  
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**Free Class Offers Tools for Caregivers**

The Caregiver Resource Center is preparing to offer a free, 6-week class for caregivers of adults September 29 through November 3. The class, Powerful Tools for Caregivers, is an evidence-based education program developed by Iowa State University. It will provide information and self-care tools to keep family caregivers healthy, help them find balance in their caregiver role, and prepare them for caregiving decisions.

Jolene Koopmann, Caregiver Resource Center Coordinator, listens to caregivers' stories nearly every day and has her own experience with caregiving. "Caregiving can be extremely challenging - physically, mentally, and emotionally. One of the best things caregivers can do is to learn to take care of themselves so they can provide the best possible care to their loved one," said Koopmann.

"At the Caregiver Resource Center, we are met with folks who are asking for tools to help them cope, reduce stress, deal with emotions and overall, be the best they can be for the person they care for. This class will provide all of these tools, while also providing a safe place to process and build connections with other local caregivers," said Koopmann.

The class is presented in partnership with Northeast

Iowa Area Agency on Aging (NEI3A). Carol Hughey, Aging Specialist at NEI3A, has previous experience offering the class.

"An important aspect of this class is that it focuses on the caregivers and what the caregivers need to do to take care of themselves. It's very goal-oriented, personal goals are set at the end of each session to encourage caregivers to do something for themselves each day," said Hughey.

Caregivers will have an opportunity to make connections and form relationships by participating in the class together and learning each other's stories.

The 6-week class is open to the public. It will meet from 1:00-3:30 pm weekly on Thursdays on the Stonehill Communities campus at 3485 Windsor Ave, Dubuque. Registration is required by September 16. For more information, please contact Jolene Koopmann at 563.690.9679 or [jkoopmann@stonehilldbq.com](mailto:jkoopmann@stonehilldbq.com).

The Caregiver Resource Center, established in 2021, provides information, resources, and support to non-professional caregivers at no cost. It is located on the Stonehill Communities campus. Services are made possible by a generous matching

Caregiver Resource cont. Pg. 16

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563-690-9637 to schedule an appointment.**

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**The Golden View**  
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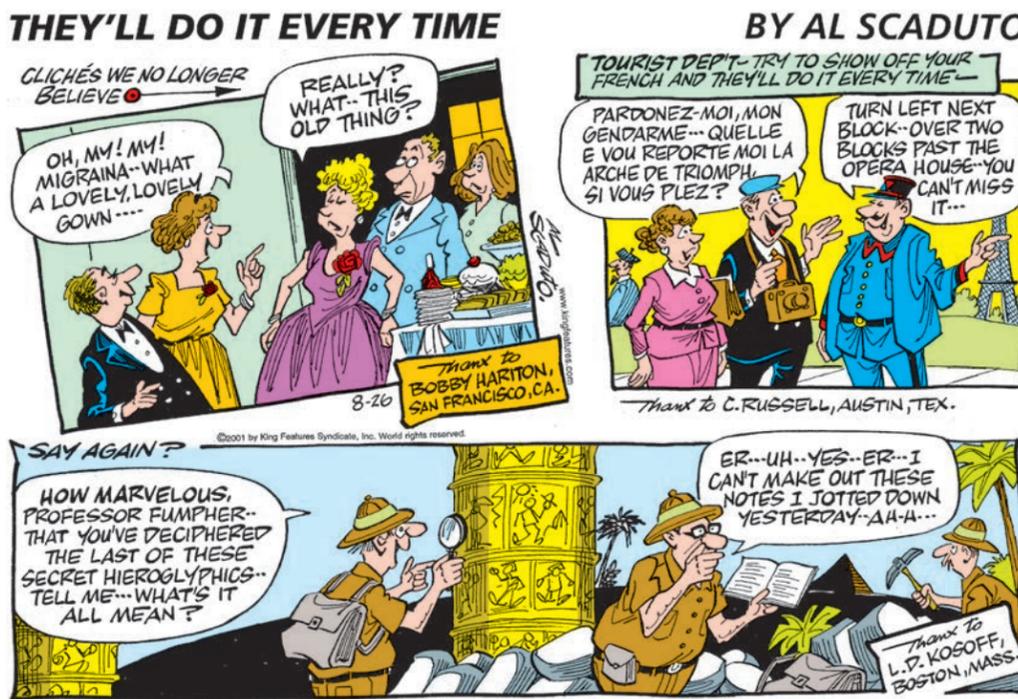
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**GO FIGURE!** by Linda Thistle

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.

	-		x		5
x		÷		x	
	-		÷		2
-		+		-	
	÷		+		8
6		5		9	

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

1 1 2 3 4 5 6 7 8  
 Go Figure! Answer on Pg. 24  
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**STICKELERS** [sic].  
 by Terry Stickels

Kelsey is standing in a line with other students. She is fifth in line counting from one end and 12th in line counting from the other.

**How many students total are in the line?**

Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Hotel amenity
- 4 Beach bucket
- 8 "— it going?"
- 12 Sandwich meat
- 13 Roughly
- 14 "Garfield" dog
- 15 Class that includes newts and frogs
- 17 Style
- 18 Corn serving
- 19 Took the helm
- 21 Clara of the Red Cross
- 24 Guffaw syllable
- 25 Lawyers' org.
- 26 Label
- 28 Potato, for one
- 32 Toy block name
- 34 "Uh-huh"
- 36 The Big Easy acronym
- 37 Put in office
- 39 Sea, to Henri
- 41 Kimono closer
- 42 Nanny's charge
- 44 Beach robe
- 46 Boris' cartoon partner
- 50 Twitch
- 51 Hgt.
- 52 Highway turn-

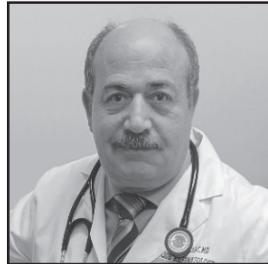
1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15			16						17			
		18				19		20				
21	22				23		24					
25				26		27		28		29	30	31
32			33		34		35		36			
37				38		39		40		41		
			42		43		44		45			
46	47	48				49		50				
51					52		53				54	55
56					57					58		
59					60					61		

- off
- 56 Aachen article
- 57 Snitch
- 58 — -jongg
- 59 June honor-ees
- 60 Sheltered
- 61 Group of seals
- DOWN**
- 1 Na Na lead-in
- 2 Nonstick spray
- 3 Electrical strength
- 4 Christie sleuth
- 5 Wall St.
- wheeler-deal-er
- 6 Egyptian deity
- 7 Reluctant
- 8 Four-bagger
- 9 Air freshener target
- 10 Broad
- 11 Feeder filler
- 16 Fez, e.g.
- 20 "Dig in!"
- 21 Hay bundle
- 22 First victim
- 23 Opposing vote
- 27 Wrigley prod-uct
- 29 Training site
- 30 Exile isle
- 31 Picnic spoiler
- 33 Scale ranges
- 35 Chest muscle
- 38 Lean- (sheds)
- 40 Baby's toy
- 43 Letter before iota
- 45 Fragrant tree
- 46 Must have
- 47 Inter —
- 48 See to
- 49 Skater's leap
- 53 — -de-France
- 54 Chinese chairman
- 55 Prof's degree

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Be sure to check the website  
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### Snooping Out a Mystery Pooper

**DEAR PAW'S CORNER:** Recently, a new neighbor with a big dog moved into one of the apartments next door. Since then, every morning there's a fresh deposit of dog poo on my front lawn. And not on the edge — right in the middle of the lawn. Because it happens before sunrise each day, I suspect the new neighbor is letting their dog out, unleashed and unsupervised, to do its business wherever it pleases. How should I deal with this problem? I don't have clear proof that it's the new neighbor, but it sure smells like it. — *Disgusted in Dallas*

**Dear Disgusted:** I'm with you. Owners need to be

responsible for their pets, and they need to be good neighbors by keeping their dogs on a leash and picking up after them.

There are a couple of ways to discover the culprit. The low-cost way is to wake up well before dawn and watch your front lawn. Snap a photo of the dog when it comes onto your property, but don't try to shoo it away — you're gathering evidence. The high-cost way is to install a security camera with a motion sensor. Aim it so that it has a good view of your property but not other yards (it's a privacy issue). Set it to record when the motion sensor is triggered.

With or without proof, contact the property manager of the apartment building. Calmly explain the situation and your suspicions, and ask them to remind residents in writing about leash laws. Most property managers have a vested interest in keeping the neighbors happy and will cooperate to solve the problem.

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

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



One day I decided to go to the local library and snoop around in hopes of getting a topic for this column. On that particular morning I had thought about a teacher from 4th grade and a word she had given us to remember the names of the Great Lakes. It was HOMES. Lakes Huron, Ontario, Michigan, Erie, and Superior. I'm sure other teachers had given this clue to their students and it was very helpful when a pop quiz was merited.

Actually, I had another subject in mind when I entered the library. The subject was shipwrecks of the Great Lakes. Fortunately, the clerk at the reference desk had recently visited the Great Lakes Shipwreck Museum in Whitefish Point, Michigan. She was a young lady, probably in her 20's, and stated that several friends had joined her on a weekend trip to the museum. This young lady related her experience with jubilant enthusiasm. Thus, this stimulated me to do some research on the topic of Shipwrecks on the Great Lakes.

There isn't enough space in this column to do justice to many statistics, but I do mention that the combined surface area

of the Great Lakes is 94,250 miles. And there have been over 6,000 shipwrecks with over 30,000 lives lost.

In my limited research the Edmund Fitzgerald shipwrecked on November 10, 1975, in Lake Superior and had no survivors. The ship simply went off the radar screen and disappeared. No one has ever figured out why this ship was lost.

Another shipwreck that stimulated my interest was the SS Eastland that went down in the Chicago River, the 24th day of July in 1915. The ship had flipped over into the river where the water was not too deep, but killed 844 passengers and crew members.

Another point of interest revealed to me is that at the bottom of the Great Lakes lays numerous lost schooners, steamers, and barges that are preserved by cold, fresh waters. These are underwater museums. I understand that Thunder Bay, Michigan, has the first National Marine Sanctuary with more than 100 historic shipwrecks to visit on boat tours.

Before I left the library, I thanked the young lady for stimulated my inquiring mind. And I am so glad that young people of today are interested in the history of our country. We can only better our future by learning from our past. And that means from both good and bad experiences.



Michelle Bell,  
Social Security District Manager,  
Dubuque, Iowa



### The Best Ways to Contact Social Security

Local Social Security offices continue to offer more in-person appointments and help people without an appointment. As we expand in-person service, we strongly encourage you to continue to go online, call us for help, and schedule appointments in advance.

Our online services allow your clients to apply for retirement, disability, and Medicare benefits online, check the status of an application or appeal, request a replacement Social Security card (in most areas), print a benefit verification letter, and more.

Those who can't complete their business online can call us toll-free at 1-800-772-1213 between 8:00 a.m. and 7:00 p.m. local time to speak to a representative. For quicker access to a representative, try calling early in the day (between 8 a.m. and 10 a.m. local time) or later in the afternoon

(between 4 p.m. and 7 p.m. local time). We are less busy later in the week (Wednesday to Friday) and later in the month. We also offer many automated telephone services 24 hours a day, without speaking to a representative.

While appointments are not required, they are strongly recommended. An appointment reduces the wait time and ensures that your client knows what documents to bring, so that we can complete their request in one visit. Our offices tend to be less busy later in the day, later in the week, and later in the month.

To learn more about scheduling an appointment and our safety measures and restrictions before visiting our offices, visit our webpage, How to Get Help from Social Security.

Please share this information with your family and friends.

*The more things you love, the more you are interested in,  
the more you enjoy, the more you are indignant about,  
the more you have left when anything happens.*

—Ethel Barrymore

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**Life Requires Maintenance**

I hauled three garbage cans of yard waste to the curb for the county to pick up. It seems that every week we have up to four garbage cans filled with weeds, clippings, and twigs to haul to the curb. Where in the world does all this stuff come from? Our yard isn't large! Of course, we've just returned from living near Julie in Mexico for a couple of months, so we're catching up with no maintenance having been done for the two months.

We've covered a significant part of the front and back yards with bark and pine mulch in an effort to create a "minimum maintenance" yard. The problem is that leaves and twigs fall on the mulch, which require picking them up, and weeds still poke through it, which require pulling or spraying. So our "minimum maintenance" yard still needs maintenance!

I shouldn't be surprised. Yards require maintenance, so does the house sitting in the middle of our small lot, so does the car parked in the garage.

What also requires maintenance is the relationship of the two people who live in the house (Diann and me). Then too, what both of us consider to be the most important relationship in our lives, our relationship with God, also requires maintenance.

All of life is a spinning top and needs regular attention to keep it spinning, to keep it from slowing, wobbling, and eventually coming to a stop. The temptation is to let things go, let things drift, let things slide.

Regular maintenance on any aspect of life takes vigilance. We can easily miss the slow but persistent deterioration from the way things were before. Regular maintenance also requires effort, it's rarely easy.

Maintenance on the material like a yard, house, car, etc. is important but shouldn't be the highest priority; all of this is replaceable. The two highest priorities should be the maintaining and nurturing of our relationship with God and with those within our sphere of influence. When we also regularly examine ourselves we are in a good place to do both.

Our yard is looking better, it just took some maintenance. Now, about those parts of life that are more important than the yard...

Jesus to the Christians at Ephesus, "Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen!" (Revelation 2:4-5a).

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THE ILLUSTRATED BIBLE

*Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do good; seek peace and pursue it.*

PSALMS 34:12-14



"Study of a woman's head" by Leonardo da Vinci (1490)

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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Zechariah in the Old or New Testament or neither?
2. In 2 Peter 3:3, what shall come in the last days walking after their own lusts? *Politicians, Scoffers, Fools, Serpents*
3. What was the hometown village of Jeremiah, a biblical book author? *Anathoth, Neapolis, Patara, Sodom*

4. From Genesis 14, what city was Melchizedek the king of? *Nineveh, Salem, Jericho, Rome*
5. In Matthew 27, what position of authority did Pontius Pilate hold? *Doctor, Governor, Saint, Pharaoh*
6. From Genesis 4:9, who asked, "Am I my brother's keeper"? *Joseph, Cain, Abel, Seth*

**ANSWERS**

(1) Old; (2) Scoffers; (3) Anathoth; (4) Salem; (5) Governor; (6) Cain

*Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.*

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## YESTERDAY AND TODAY

BY MICHAEL GIBSON

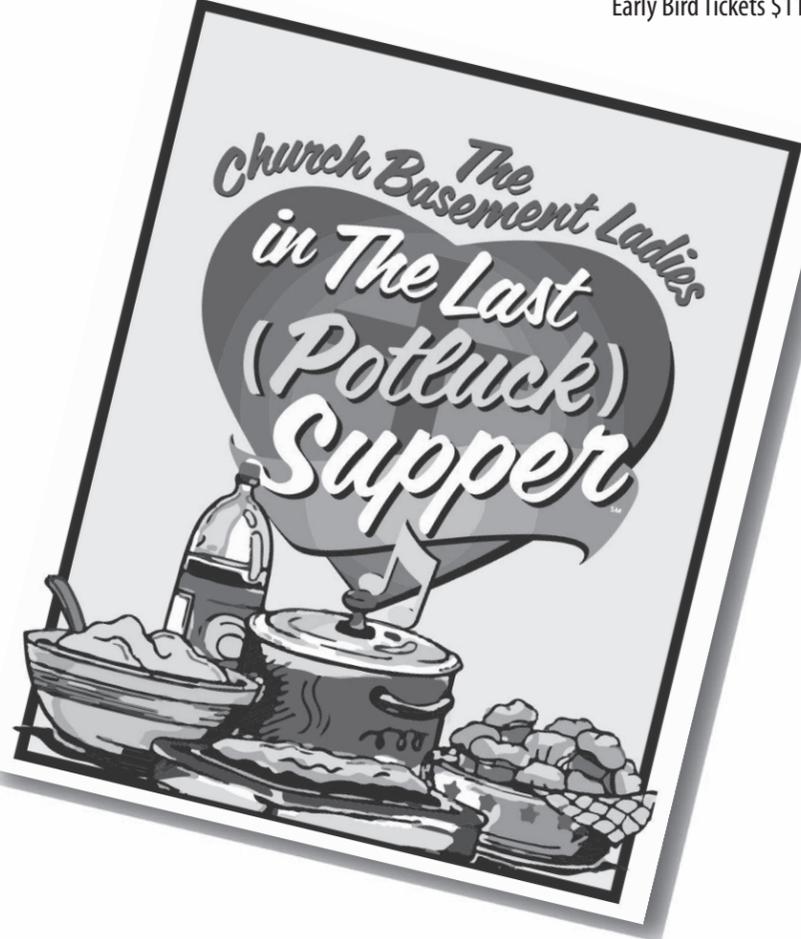


The Fraternal Order of the Eagles, Dubuque Aerie, No. 568 was organized in 1904 and leased space in a building at 10th & Main. The charter set forth the purposes of the organization "which are to promote social intercourse, fraternal feeling among the members, and to take care of the sick." With membership at 475, in 1908, the group purchased the old Herald Building at the corner of 6th & Locust for \$7,500. This building was constructed in the late 1870s and housed the offices of the Dubuque Herald newspaper, printing & binding company owned by Moses M. Ham and D.D.W. Carver. The three-story building was completely remodeled at a cost of \$30,000. The main floor housed a reception room and library; second floor was the lodge room; third floor was the enormous ballroom-31' x 80'—the largest in the city at one time; in the basement was the recreation room complete with pool and billiard tables, a card room, and lockers. For over sixty years this building was home to the Dubuque Aerie, No. 568. (Photo courtesy of the Center for Dubuque History, FBL 3676, MOSL p39).

Yesterday & Today cont. Pg. 9

# Bell Tower Theater

Regular Tickets \$23  
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## The Last (Potluck) Supper

Part of The Church Basement Ladies Series

**August 12 to 28, 2022**

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## Bell Tower Theater Announces the Third Show of their 20th Anniversary Season

### The Last (Potluck) Supper



The Bell Tower Theater is excited to announce its third show of the 2022 Season: *The Last (Potluck) Supper*. This musical comedy is the fifth show in The Church Basement Ladies series by Greta Grosch

and Drew Jansen. The performance will be directed by the Bell Tower Theater's Artistic Director Sue Riedel.

Those loveable Church Basement Ladies are back! The year is 1979, and the parishioners are celebrating the Centennial of First Cornucopia Lutheran Church. It's 100 years of history in toe-tapping song and dance served up with a healthy portion of laughs and a side of hot dish and egg coffee.

The cast features Bell Tower veterans Lorie Foley, Joanne Hillary and Mandy Diercks alongside newcomers to the Bell Tower stage Kiley Schulz and Frank McClain.

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 12 to 28. August 12 & 13 are the Early Bird Special performances when tickets are just \$11.50. Tickets for all other performances are \$23. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit us online at [www.belltowertheater.net](http://www.belltowertheater.net).

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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.



In March 1970 the Fraternal Order of Eagles built a new building behind Kennedy Mall along Century Drive. The old building was demolished as part of Dubuque’s “urban renewal” program. After much controversy a new elderly housing unit was built in 1975—Ecumenical Tower. This was the first use of urban renewal property for a project which was not commercial. The Federal Housing Administration supplied much of the funding, but over \$400,000 was raised by local churches, businesses, and individuals and the dream of Ecumenical Housing Inc., led by Rev. Tom Rhomberg, became a reality. (Photo by Terry Grant).



**Derek Paulson, Assistant Fire Marshal**

According to the Iowa Department of Natural Resources, Iowa has approximately 234,000 registered boats and over 300,000 acres of waterways. Having the Mississippi River in our backyard means that many people in this area use the river for some part of entertainment, whether that be camping, swimming, fishing or boating. Most people don’t associate fire safety with boating, but fires can happen just as quickly on a boat as they can in your home. Here are some fire safety tips that can help make your boating experience safer.

If you have a houseboat or a boat with some type of lower sleeping or sitting area, install smoke alarms as well as carbon monoxide detectors. Many fires on boats occur in the engine compartment or somewhere in the electrical components of the boat. Fires can burn below deck unnoticed so having early fire detection is a must. Make sure to have the appropriate type, size and number of fire extinguishers onboard. Make sure the fire extinguisher or extinguishers are in good shape, in the appropriate spot(s) and charged. Undertsand and practice using

a fire extinguisher. Remember the acronym PASS - Pull, Aim, Squeeze, Sweep. Make sure any guest on board also knows where the fire extinguishers are loacted and that they know how to use them.

Inspect electrical wiring, battery-charging equipment, connections and cords ensuring they are installed properly and in good condition. Do not overload power outlets. Use certified chargers for personal electronic devices.

If sleeping onboard overnight, make sure you have an evacuation plan and everyone knows it. Practice the plan so everyone feels comfortable using it in the event of a fire. Have a charged phone or marine radio on board and fully charged in case of an emergency. This will allow you to contact emergency services in the event of a fire or emergency. Also, have a GPS device available to help relay your location to emergency services.

Following these fire safety tips can help you and your guests stay safe while onboard. 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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- **Review your credit card statements when they arrive.** Make sure the information on your statement is accurate, such as your balance and any charges.
- **Report any errors to your credit card issuer.** You should report any erroneous or fraudulent charges to your card issuer as soon as possible.
- **Pay the accurate or undisputed charges.** Although you are not required to pay the disputed charges or fees until your card issuer investigates and resolves them, you are still responsible for the other charges on your credit card billing statement.
- **Verify if the errors were addressed or fixed.** Your card issuer will research the issue you reported and get back to you, within two statement billing cycles about what they found in their research, what actions they

took, and if you owe anything. If you do owe the amount, the issuer will also let you know when it is due.

Be sure to protect your credit card information. Do not provide it to unfamiliar parties, such as in response to unsolicited requests, without confirming their legitimacy. Do not share your credit card information in a public place where scammers or fraudsters can see it or hear it and steal it from you. When making purchases online, make sure the website is legitimate and secure. Check that the website you are on has "https" at the beginning of its URL with a lock symbol.

Also, be aware of pop-up windows that appear while you are on a website asking for your credit card information to receive coupons or to win free items. If you believe your credit card information was stolen or lost, contact your card issuer as soon as possible. You will also want to monitor your credit card account for any unusual activity or transactions. Keep your credit information secure to safeguard your shopping experiences and avoid billing errors.

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by Freddy Groves

Doing It on Your Own

The headline of this column could actually be "What to do when your local veterans group doesn't step up to help other veterans."

Because, yeah, it happens.

Mostly it's for compelling reasons — the members might be older (I saw an unofficial citation showing that the average age of American Legion members is their late 60s). For the Veterans of Foreign Wars, it was early 70s. I believe it. Or post membership might have dwindled to the point where there are many on the roster but only a few who actually show up for meetings. But if you're faced with this situation and you want to focus on helping other veterans, there are a few things you can do on your own or with some likeminded buddies.

If your veterans group is willing to part with money to help other veterans, take the cash. Make suggestions and

get their votes on how it should be spent.

Start with Voluntary Services at the local Veterans Affairs medical center. They can always use donations of money and time. In one calendar year, volunteers totaled up 2.6 million hours. Parking lot shuttle driver, office assistant, book cart, dining room companion, mail delivery to wards, transportation van driver ... the possibilities are many.

Even outside the VA world, you have options to help needy veterans and their families. You can do grocery shopping for elderly or infirm veterans, mow lawns, corral skilled carpenters and tradesmen to do home repairs, do taxes if you're a CPA and even match companies with unemployed veterans.

Make inquiries at homeless shelters that serve a lot of veterans and ask what help you can provide. It might be as simple as washing dishes. It might be delivering cases of food from their supplier. You might be playing checkers after lunch or handing out dry socks.

Whatever you do, however small, to help another veteran, can make a difference. You don't need to be part of a group to do it.

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# Healthy Aging

## 3 Safe Senior Exercise Options For Summer



Now's the time to kickstart your summer exercise routine. Pair up with a friend for extra fun and motivation.

(NAPS)—Sunshine and warm weather have many people thinking about new workout options. If you're ready to kickstart your fitness routine—but want to do so safely—consider these three simple tips:

1. **Check in with your gym about its COVID-safe offerings.** Many Americans who have been avoiding public places this past year are now looking to expand their horizons, including going back to a gym. Growing numbers of gyms now offer outdoor workout spaces

that include many of the weight training and aerobics equipment choices you previously enjoyed indoors—treadmills, stair climbers, weight machines, free weights—and even outdoor classes. Outdoors or indoors, many gyms continue to maintain at least six feet between each workout station, require masks within the space, and provide free hand sanitizer, clean equipment assurances and other COVID-safe protocols. Give your gym a call or visit the location to find out what

Healthy Aging cont. Pg. 22

Church of the Resurrection

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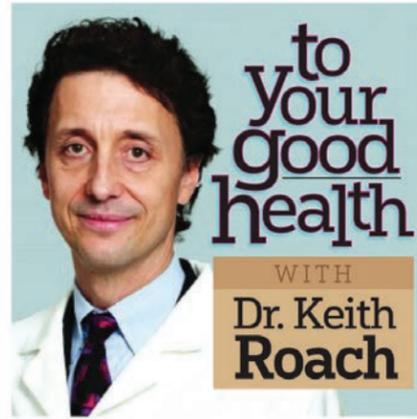
- Concertmaster Eleanor Bartsch and violinist Ariana Kim in premiere of Laura Schwendinger's *Duet of the Nightengales*.
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**Osteoporosis Treatment Could Put Jaw at Risk**

**DEAR DR. ROACH:** I am an 80-year-old female in good health except for a diagnosis of osteopenia. My primary care doctor has prescribed medication for my osteopenia. I have periodontal disease and have been advised by my periodontal specialist not to take medication for osteopenia due to deterioration of the jawbone. I think I am in a lose-lose situation. I spoke to my internal medicine doctor, and he said he was concerned about a hip fracture if I don't take the osteopenia medication. I don't want to take a chance on the jaw deteriorating. Please give me your opinion on the best course of action. — *G.M.*

**ANSWER:** Osteopenia, also called low bone density, is a risk factor for osteoporosis. The risk of developing a fracture depends on a person's age and sex, height

and weight, results of their bone density test and presence of certain other medical risk factors, including previous fracture, use of glucocorticoid drugs like prednisone, smoking and rheumatoid arthritis. Fracture risk is commonly estimated by the FRAX tool ([www.sheffield.ac.uk/FRAX/](http://www.sheffield.ac.uk/FRAX/)). If the estimated hip fracture risk is 3%, or the combined risk of any fracture is 20%, then medication treatment is usually recommended. Getting your FRAX result is a critical number to have to help make an informed decision. You will need the exact results of your bone density.

If your risk is not so high that medication is recommended, there are many things you can do to help your bone density. These include adequate dietary calcium, supplemental vitamin D, regular exercise — especially weight-bearing and strengthening exercises — and avoiding smoking and excess alcohol. A home evaluation to reduce fall risk may be of benefit.

If your fracture risk is already higher than the above threshold, medication would normally be prescribed in addition to lifestyle treatments. Antiresorptive treatments, such as alendronate (Fosamax) or other bisphosphonate drugs, do increase the risk for jawbone damage, and given what your periodontist has recommended, I would avoid not only these drugs but also denosumab (Prolia), which works similarly by decreasing bone resorption. Although I am not an expert, I would consider treatment with a medicine like teriparatide, which has been used as a treatment for people with jaw osteonecrosis. This medicine works by stimulating bone growth and has a good safety record.

...  
**DEAR DR. ROACH:** The blood bank nurses have a hard time finding a vein in either arm almost every time I go to donate platelets. I drink a lot of water the day before and 16 ounces the day of, but no luck. Is there anything I can do to make my veins easier to find? Does weight have anything to do with it? — *N.K.*

**ANSWER:** In addition to the fluid intake, keeping the arm warm makes the veins more prominent. Keeping the arm down (below your heart) for a good while may also help.

People who are overweight sometimes have veins that are harder to find, but that's not always the case.

*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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*Man is what he eats.*  
—German Proverb

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## Contract Bridge

### Scintillating Play

West dealer.

Both sides vulnerable.

**NORTH**

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

**WEST**

♠ Q 8  
♥ A K Q  
♦ 9 4 3 2  
♣ 9 6 4 3

**EAST**

♠ A 3  
♥ 7 4  
♦ J 7 6 5  
♣ 10 8 7 5 2

**SOUTH**

♠ K J 10 9 5 4 2  
♥ 6 3  
♦ K Q 8  
♣ J

The bidding:

West	North	East	South
Pass	1♥	Pass	1♠
Pass	2♥	Pass	3♠
Pass	3 NT	Pass	4♠

Opening lead — king of hearts.

This deal occurred in a pairs championship. Most of the South players wound up in four spades, and South then either made the contract or went down one.

West usually started by cashing the K-A of hearts, then shifted to a diamond. Declarer won in dummy, led a spade and, when East followed low, went into a trance.

Those declarers who played the king made four spades, losing only two hearts and a spade. Those who finessed the

jack lost to the queen and went down one.

A good case can be made for playing the king instead of the jack, but whether this is technically the correct play is debatable. It can be argued that West, having shown up with the A-K of hearts, is unlikely to have the ace of spades also, thus making the king a better play than the jack. But against this it can be argued that East might have had the A-Q-x, making the jack the winning play.

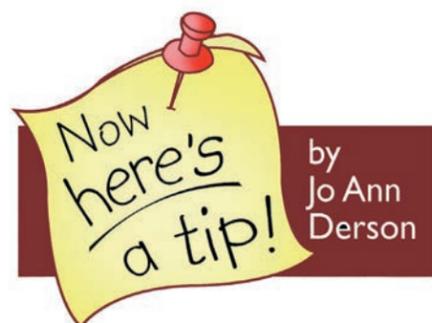
At one table, the argument for or against the king play was entirely academic. South went down one, and there was nothing he could do about it. Here, after cashing the A-K of hearts, West decided that there was no good reason to shift to a diamond and so continued with the queen of hearts.

East put on his thinking cap at this point and emerged with the killing play. He trumped his partner's high heart with the ace(!), after which declarer could not avoid losing a second trump trick to West's queen.

East reasoned that by ruffing with the ace, he could defeat the contract if his partner had either the Q-x or J-x-x of spades. East couldn't have been more right.

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by Steve Becker



by Jo Ann Derson

• "I finally got a new car, and there's no cassette player in it. I have a pretty large library of music on tapes, so I was a little bummed. My wife got me a little device that looks like an old Walkman, and it hooks up to the computer. I can convert my cassettes to digital songs, which I can burn onto CDs. It would cost hundreds of dollars to re-buy all that music, and there are some tapes that I couldn't replace even if I had the money, so this is great." — *C.C. in Ohio*

• "I love old books, and there are always a few I am looking for that are out of print. It seems like when I get inside a used-book store, I forget everything. So I made a card that I keep in my wallet and on it I list all the authors or titles I am after. This way, I have it handy all the time." — *C.D. in Florida*

• Apricots are a relative of the peach, and they can be ripened just like a peach can — in a paper bag on the counter. They should be refrigerated when ripe.

• "I went to a tag sale and purchased a set of really cute

flowerpots for barely anything. I like them so much that I am using them inside my house. They are holding utensils in the kitchen, and remotes and other odds and ends in the living room. They are great!" — *S.I. in Texas*

• Laundry baskets can be your best friends when decluttering the house. Go from room to room collecting the clutter in a laundry basket, then bring it to a central location to sort and redistribute items that belong in each room.

• If you want to cool your canned drinks quickly, add water to the cooler with a lot of ice, submerge all drinks under the ice line, and wait about 20 minutes. Without the water, it takes much longer. The water extends the surface contact of the ice.

• To keep your ladder from sinking into soft sand or dirt, put each leg into a can or bucket. It creates a much larger surface area, thereby stabilizing the legs.

• If you run out of bleach, add 4 tablespoons of hydrogen peroxide to a small load of white laundry.

• Be certain to use only distilled water in your iron. The water from the tap can leave mineral stains on clothing, and will kill your iron if you do it all the time. — *R.E. in Louisiana*

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## KOVELS® Antiques & Collecting

By Terry and Kim Kovel

### Toy Wagons

Toy wagons, those that are large enough to give rides to children or to haul packages of newspapers for a newsboy, were first made in the 1880s in the United States. Most were made of wood that was painted red. Newspapers were sold to newsboys by the bundle. The boys kept them in a wagon and moved around the city, shouting the headlines to sell the papers.

The newsboy wagons were usually made of painted wood with the name of the newspaper on the side. Some, like this one, had built up sides that could be removed. The type of wheel on the wagon helps to date it. Early wheels were metal with a rubber rim. Later wheels were rubber.

Another clue to the age of the pictured wagon is the name of the paper. The paper was started in 1883, destroyed by fire and started again in 1900. William Randolph Hearst bought it in 1921, around the time the paper's name was changed to “Detroit Times.” It closed in 1960.

The most famous toy wagon was manufactured by Antonio Pasin in 1917 in Chicago. He made the Liberty Coaster in 1921 and the famous red Radio Flyer in 1927. His company became the largest wagon maker in the country. The wagon at the Cowan auction sold for \$160.

**Q:** My mother was a small reseller of, among other things, head vases. We recently discovered, to our surprise, that she actually had quite an extensive inventory. What we thought was a collection of about 20 to 30 head vases has turned out to be more than 250. How would we go about locating someone interested in buying the lot of brand new in-the-box Cameo Girls head vases?

**A:** Lady head vases were a fad in the 1960s and '70s. United Design Corporation made many of them. The



Courtesy of Kovels.com

*This wooden wagon with removable side panels from the early 1900s sold at a Cowan auction for \$160.*

company was founded in 1973 by Gary and Jeanie Clinton, who started with a single kiln in a backyard chicken coop. They quickly found their niche in clay figures, and the business grew from neighborhood sales to nationwide distribution. It closed in 2004. Cameo Girls head vases sell from \$30 to \$200, with most in the \$50 range. You could sell your mother's collection on Etsy and other online retailers, or you might find an auction gallery that would like to sell a collection of 250.

### CURRENT PRICES

Print, John James Audubon, Carolina Turtle Dove, No. 4, Plate 17, birds in dogwood blossoms, Princeton edition, distressed wood frame, framed size 44 x 32 inches, \$410.

Bowl, carved wood, calabash, gourd form, Norfolk pine, light honey colored graining and knots, deep thin sides, North Pacific Hawaiian Islands, c. 1940, 8 x 9 inches, \$2,490.

Jewelry, charm bracelet, 18K yellow gold links, seven charms, teddy bear, baby stroller, tricycle, drum set, paper airplane, toy soldier and rocking horse, child's, stamped Cartier, 7 inches, \$4,000.

**TIP:** Rust stains on clothing or textiles from old hooks and eyes or pins may come out with lemon juice.

*Looking to declutter, downsize or settle an estate?*

**Kovels' Antiques & Collectibles Price Guide 2022** by Terry and Kim Kovel has the resources you're looking for.

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**Daisy fleabane**

Often dismissed as weeds, these plants provide nectar and pollen for bees, flies, wasps and butterflies. Some insects and animals such as deer, rabbits, groundhogs and livestock may feed on the entire plant. It grows best in fields, along roadsides and around waste areas and reduces soil erosion.

— Brenda Weaver

Source: [www.illinoiswildflowers.info](http://www.illinoiswildflowers.info)

# Plant Talk

by Ken Resch



## Stewardship of the Earth

I read Jane Smiley's 1992 novel *A Thousand Acres* this past month. The novel portrays the unraveling and ultimate loss of the 1,000 acre Cook farm after Daddy wishes to divide it among his three daughters. There are multiple layers to the book, but what kept coming back to me was how much two daughters wanted to preserve the farm. Though the farm is lost, I still came away feeling the oldest daughter never stopped loving the land.

I don't even own an acre of land; in fact, at the moment I own no land. The land we did own before we sold our house has already been changed and much of what I did in 20 years is gone. I will not long mourn the loss as I'm reminded of Fyodor Dostoyevsky's powerful directive to love the earth in *The Brothers Karamazov*:

*"Love all creation, the whole of it and every grain of sand. Love every leaf, every ray of God's life! Love the animals. Love the plants; love everything. If you love everything, you will soon perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love."*

In my 75 years I have come to embrace these words, and little did I know it was in 1955 Chicago where I first learned what all this meant. My father put what I thought were just pieces of junk, broken parts to different things, cut off pieces of pipe and different pieces of metal into boxes in the garage. Every few months, believe this if you will, down through our alley came a man, a cart, and a horse. I could hear him coming from his words "Rags, old iron! Rags, old iron!" He was a junkman and my father either gave or sold the man what he had been collecting. My parents and grandparents—who lived upstairs of us in our two-flat—also put coffee grounds, eggshells and even bits of old wet newspaper into the earth of our small back yard.

I was never surprised when people often paused as they walked past our yard and admired the roses in bloom. Nor should I have been surprised that after a good soaking of that ground around dusk I could

go out an hour later with my flashlight and harvest enough night crawlers to go fishing the next morning. All my life I have conserved resources, and even now while living in an apartment I sort recyclables. I take my stash to the scrap yard to sell for the money—one check was for \$1.32—but more about caring for the earth.

So, this is my stewardship of the earth message to all my readers: in 2023, openly, care for the earth and all that inhabits that earth. Plant native flowers to attract bees and butterflies (especially Monarchs) because bees are being decimated by colony collapse and the Monarchs by habitat losses. Feed the birds and the squirrels because both are hungry. Diminish your use of pesticides and herbicides in favor of natural means of balancing the good and the bad in your gardens. Recycle grass clippings back into the soil to nourish that from which we take so much. I teach my grandchildren—and taught my children before them—to care for the earth by having them help me and by modeling behaviors not unlike those of my father.

Take time this fall to implement at least one new idea to help the earth. Perhaps start a compost pile for next year; if you use bottled pesticides, exchange them for naturals like lady bugs or mantis; if you need to replenish the soil, use peat and products from your home including grass clippings; if you are going to add plants to your garden, consider native plants and plants to attract bees and butterflies. In other words, think first about the earth; second about what you want. In a world that so often seems out of control, know that your stewardship of the earth is a positive action and one that, joined with the actions of millions more, just might save us all.

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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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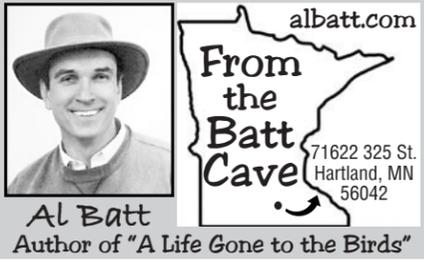
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### Caregiver Resource from Pg. 3

donation from Jim Theisen to establish an endowment at the Community Foundation of Greater Dubuque. More information is available at <https://www.stonehilldbq.com/caregiverresourcecenter/>

Northeast Iowa Area Agency on Aging (NEI3A) coordinates services for

individuals to help them maintain the independence they desire. Services include option counseling, case management, meal programs, caregiver support, respite services, evidence based health programs, advocacy, and recreation and education programs. More information is available at [www.nei3a.org](http://www.nei3a.org).



**The road worked ahead and gave me some class**

I was certain it was a trap to lure me out of hiding and bring me to justice for not turning in my slide rule.

I struck out into the unknown. There had been bygone days when gas was cheap and I'd stay on a road just to see where it went. With so much road work ahead of me, I'm never sure where any road will take me. A GPS gives directions with a caveat on what could go wrong. I try to make good time getting from one place to another, but good time can be hard to make. A rational man adapts to the path. Road work has become my quicksand.

I used to worry about quicksand. It's a flashback from watching Tarzan movies during my formative years. Quicksand is a mushy annoyance, but it's improbable anyone shuffled off this mortal coil in the way depicted in movies and TV because quicksand is denser than the human body. I thought it was deadly. The sinking sand was shown in "The Lone Ranger," "Swiss Family Robinson," "Lawrence of Arabia," "Gilligan's Island," "Batman," "Blazing Saddles" and "The Hound of the Baskervilles." I don't worry about quicksand now. Avoiding quicksand hasn't been difficult. Avoiding road work has been impossible. I couldn't leave home one day and I couldn't get home another.

I needed to get out. Not for nothing. Things needed tending. I'd received an important invitation. A class reunion needed attending.

You know you're getting older when your class reunion begins at the reasonable hour of noon instead of the night before. Many things that used to apply only to people much older than us, now apply to us.

We are a small class. We don't need to pretend to remember people who don't remember us. I graduated in the top 54 of my class of 54. In our small school, if you picked your nose, people knew which nostril.

Every member of the class still able to take nourishment has done well. That includes me. Years ago, my wife and I bought a new bathroom scale. I figure it's been a good life if you're on your second bathroom scale.

Each of us could still fit into our old high school gym. Reunions are where you hear, "You haven't changed completely." Like forgetting to send a forwarding address, we change without alerting everyone.

I was lucky. School wasn't akin to being covered in honey and staked to an anthill for me. The Main Ingredient had a hit song, "Everybody Plays the Fool." Everybody plays the fool in school. I remember my first push-up frozen treat. I removed the wrapper. It said to push up bottom. I did and could barely walk.

I liked my classmates and promised them if I won the lottery, no one around me would ever be poor. I didn't add that would be because I'd move to a gated community of rich folks.

I was noted for my amazing ability to find my way to the correct classroom nearly 83% of the time. After turning my poor-quality homework into a high-quality paper airplane, I told a math teacher the three words that scared me the most were "pop quiz." I got a weary smile in return. I wasn't the only one who took Play-Doh to college.

For many years, in the company of my classmates was where the world could find me. We knew better, but we couldn't picture growing much older. We thought we'd be immune to the ravages of time. The older we get, the more we're reminded of how old we are. We're holding up like a water-damaged ceiling, but the class has a few holes in it. I wish those dearly departed individuals were back where they should be. I never imagined the world without them.

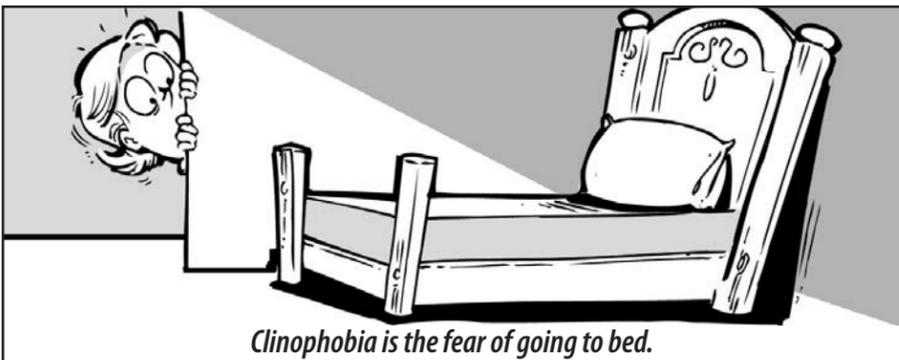
The lines between past and present blur. Memories, sometimes flawed, surface from the deep. In his book "Requiem for a Nun," William Faulkner wrote, "The past is never dead. It's not even past."

The reunion was a welcome landing. We talked of the frivolous and of things that mattered. There was little tilting at windmills.

I plan to continue avoiding quicksand.

I want to stay on the road just to see where it goes.

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# SENIOR NEWS LINE

by Matilda Charles

## Don't Disregard AARP

Starting when we reach age 50, our mailbox becomes flooded with frequent invitations to join AARP. At that age, we don't want to hear about anything for seniors because, in our eyes, we aren't seniors yet. We don't even qualify for a senior discount at local stores. So maybe we don't even look at the piles of literature and ads AARP sends. But maybe we should.

There's more to AARP than meets the eye. For a mere \$16 per year, we get a whole list of benefits and information.

The discounts themselves are impressive, in over a dozen categories. Want to send flowers or a gourmet fruit basket? Get a 20% discount. Traveling and need a rental car? Get a 30% discount. Save on RV insurance, prescriptions at Walmart, restaurants, hearing aids (20%), Ancestry.com (30%), Norton computer security (25%) and much more.

There is a jobs board (315 jobs in my ZIP code alone), an auto-

buying program to help with dealer pricing, online games, local chapters and podcasts, a government watch ... everything designed to help seniors.

And then there is the AARP Bulletin monthly magazine that is sent by mail to members. If there's one thing you don't want to leave lying around unread, it's this. I just picked up a recent copy and discovered three must-read articles: Identifying phone scams when you get a call, cutting the cost of online groceries and, most important of all, an article on drug interactions. Imagine my surprise to see two of my drugs listed with information about contraindications no one ever told me about.

And what do they do with our membership fees? They advocate for us all over the country, especially with Social Security and Medicare.

If you're not signed up for AARP, it's something you should consider. If in doubt, go to [www.aarp.org](http://www.aarp.org) and scroll down the page to see what's new.

If you have questions, call AARP at 888-687-2277 (Monday through Friday, 7 a.m. to 11 p.m. EST)

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

by Jerry Eberhardt (1924-2017)

## The Best Of Jerry

originally published  
September 2013



Jerry Eberhardt with grandson, Maury Cohn

Maury, because you astutely pointed out that my last "memory" WAS a baseball one - sort of - was the cause of grandpa thinking of another incident related to that same time and place. (Ask your mom or dad to explain "astutely" as this is meant as a compliment to you). It, also occurred while grandpa was playing baseball in Japan and taught me a great lesson. That's why I remember it and believe that you, too, will appreciate this, especially when you are "a little bit older"! Maury, this is what happened.

During infield practice one day before our next scheduled game, I accidentally caught a routine toss from our catcher on my little left finger the "wrong" way with the result that it caused a severe sprain. The next morning it was quite swollen and very sensitive to the least little bump. Our manager had me "try" infield practice before the game as a test. He just wanted to know if I could play third not being concerned with how I'd do at the plate. (Grandpa, comparatively, wasn't that great a hitter!) Well, Maury about a half hour before game time I still wasn't sure if I'd be able to play

that day. I took infield practice with my heavily taped sprained little finger "outside" my glove and made it O.K. My manager said he'd start me as usual and could yank me, if necessary, at any time.

Here's why grandpa remembers this incident. Before the game, in my mind, I still didn't know how my fielding would be or if I could even hold a bat properly. Well, Maury, I played the whole game, had the usual amount of chances at 3rd without an error AND HAD 3 FOR 4 AT THE PLATE !! (This kind of hitting would be rare for me even if I were 100 percent healthy!)

The lesson to be learned here, Maury, is that many times we think we can't - or don't even know if we can - do something until we try it. Hope you enjoyed this.

Much love, Grandpa



1. How did the duet "You Don't Bring Me Flowers" come about?
2. Name the group that released "Baby Come Back."
3. The Weavers and the Kingston Trio released covers of "Wimoweh." What is the song's alternate name?
4. Which song accompanied the Dancing Baby (aka Baby Cha-Cha) on the Ally McBeal television show?
5. Name the song that contains this lyric: "We can go dancing, we can go walking, as long as we're together."

### Answers

1. Neil Diamond and Barbara

"Dancing Queen." even more than the groups In the U.S., the record sold of the song was "Billy Boy." ABBA in 1978. The original title 5. "Take a Chance on Me," by done by B.J. Thomas in 1969. 4. "Hooked on a Feeling," first and written in Zulu. released in 1939 in South Africa. The original ("Mbube") was 3. "The Lion Sleeps Tonight." breaking up with girlfriends of the group wrote the song after 2. Player, in 1977. Two members the duet. Streisand and Diamond record that the record company had air. The response was such versions and played it on the solo spliced together the two station program director released their own covers (1977 and 1978). A radio Streisand had separately

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• On Aug. 4, 1753, George Washington, a young Virginia planter, becomes a Master Mason, the highest basic rank in Freemasonry. The ceremony was held at the Masonic Lodge No. 4 in Fredericksburg, Virginia. Washington was 21 years old and would soon command his first military operation. Freemasons trace the origins of masonry back to the erecting of King Solomon's Temple in

biblical times.  
• On Aug. 6, 1911, Lucille Desiree Ball, one of America's most famous redheads and beloved comic actresses, is born near Jamestown, New York. Ball starred with husband Ricky Ricardo on television's "I Love Lucy" from 1951 to 1957.  
• On Aug. 2, 1939, Wes Craven, the man responsible for terrorizing millions of moviegoers with his "Nightmare on Elm Street" series, is born. Craven began his directing career with 1972's "The Last House on the Left," a violent teen horror film.  
• On Aug. 1, 1943, a Japanese

Moments in Time cont. Pg. 20

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# SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

Like many of you, I prefer to have the newspaper in my hands, reading it from cover to back with my cup of coffee and toast in the morning or a cold beer at happy hour. Social media has its place but call me old school.

The Telegraph-Herald is the Iowa Newspaper Associations "Newspaper of the Year." Congratulations to the Woodward family and staff, reporters and employees of the TH. Having to bump heads daily with the likes of big brothers Des Moines Register, Cedar Rapids Gazette, Quad City Times, Waterloo Courier and others, this is a tremendous honor for our local journal. To make sure there was no in-state bias, entrants across a multitude of categories were judged by members of the Oklahoma Press Association! I had the pleasure of attending a reception to note the honor last week.

The Telegraph-Herald's heritage stretches back to the 1830's. That's longevity and staying power. Congrats Publisher Bob Woodward, Executive Editor Amy Gilligan and everyone at the TH.

Evidence that summer is flying by, I looked at the calendar the other day and uttered "Oh my, Iowa football is about 45 days out!" Fall camp begins in

early August. Opening day on September 3rd brings an FCS power to Kinnick Stadium. South Dakota State powered its way to an 11-win season and a spot in the national semifinals last December. The Jackrabbits have qualified for the football championship subdivision playoffs each of the last ten years. Like Iowa's Kirk Ferentz, South Dakota State head coach John Stigelmeier knows the lay of the land. The winningest coach in school history, Stigelmeier's teams have won 185 games over his 25 years at the helm. Ferentz has 178 wins in 23 seasons at Iowa, 190 for his career.

Iowa's reliable, contentious defense will face a South Dakota State offense that averaged 212 rushing yards a game and 229 passing, defeating along the way 2nd-rated North Dakota State, number three Eastern Washington, 8th ranked Northern Arizona and Division I opponent Colorado State.

Ten Iowans dot the Jackrabbits roster, including Solon HS grad and linebacker Adam Bock, who led the team with 125 tackles in 2021.

A more in depth preview of the Labor Day weekend clash is planned for next month's *Golden View*. Enjoy the rest of summer vacation.



by Ryan A. Berenz

1. What Ball State Cardinals basketball standout was selected 11th overall by the Detroit Pistons in the 1998 NBA Draft, but had his rights traded to the Portland Trail Blazers?
2. Name the boxing referee who served two terms as a Nevada district court judge and had a courtroom TV show in syndication from 1998 to 2001.
3. In 2021, competitive eating legend Joey Chestnut broke his own record at the Nathan's Hot Dog Eating Contest by consuming how many hot dogs

and buns (HDBs) in 10 minutes?

4. What international multisport event, first held in 1930, was conceived as a competition among territories of the British Empire?
5. What golf ball, developed by MacGregor Golf in the 1980s for use on small island courses, weighed half as much and flew half as far as a standard golf ball?
6. Ohio State Buckeyes defensive tackle Dan "Big Daddy" Wilkinson was chosen first overall in the 1994 NFL Draft by what team?
7. What product was originally patented and sold under the name ChemGrass in 1965?

### Answers

1. Bonzi Wells.
2. Mills Lane.
3. 76.
4. The Commonwealth Games.
5. The Cayman ball.
6. The Cincinnati Bengals.
7. AstroTurf.

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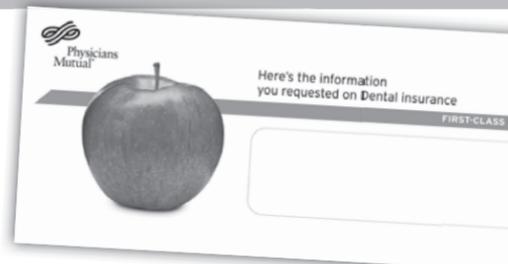
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1. TELEVISION: Which "Star Wars" character did Tina Fey dress as in the sitcom "30 Rock" to avoid jury duty?
2. GEOGRAPHY: What is the largest desert in Africa?
3. HISTORY: Who was the first American to win a Nobel Prize?
4. ANATOMY: Where in the body is blood produced?
5. MOVIES: Which movie features a theme song titled "Dueling Banjos"?
9. U.S. STATES: Which state was the first to make same-sex marriage legal?
7. SCIENCE: Where did the first manned spacecraft land

- on the moon?
8. LITERATURE: Which 20th-century Southern novel features a character named Frankie Addams?
9. MUSIC: What is the first movie that featured the singer Elvis?
10. AD SLOGANS: Which company's slogan once was "At the corner of happy and healthy"?

### Answers

1. Princess Leia
2. The Sahara
3. President Theodore Roosevelt, Peace Prize
4. Bone marrow
5. "Deliverance"
6. Massachusetts
7. Sea of Tranquility
8. "The Member of the Wedding"
9. "Love Me Tender," 1956
10. Walgreens

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



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*The Hardy Family* was a Metro-Goldwyn-Mayer syndication produced around 1950 and starring the original cast from the Andy Hardy movies. Mickey Rooney was Andy, Lewis Stone was his father, Judge James Hardy and Fay Holden was Mrs. Hardy, Emily to the judge.  
 The series supposedly reflected "the common joys and tribulations of the average American family," in reality, Andy Hardy was a cross

between Archie Andrews and Henry Aldrich - two parts pandemonium to one part chaos.  
 The show was just another comedy about an insane teenager, and much better remembered as a film series.  
 The scripts were by Jack Rubin. Music was by Jerry Fielding. Thomas McAvity directed.  
 Tune in on a Sunday night on AM 1370 KDTH to hear the chaos of *The Hardy Family*.

**Moments in Time from Pg. 18**  
 destroyer rams an American PT (patrol torpedo) boat, No. 109, slicing it in two. The destruction is so massive, other American PT boats in the area assume the crew is dead. Two crewmen were, in fact, killed, but 11 survived, including Lt. John F. Kennedy, who would later become president.  
 • On **Aug. 6, 1945**, an American B-29 bomber, the Enola Gay, drops the world's first atom bomb over the city of Hiroshima, Japan.  
 • On **Aug. 7, 1964**, the United States Congress approves the Gulf of Tonkin Resolution, giving

President Lyndon B. Johnson nearly unlimited powers to oppose "communist aggression" in Southeast Asia. The Johnson administration began heavy bombing of North Vietnam in early 1965 and sent U.S. combat troops in March 1965.  
 • On **Aug. 3, 1977**, "The Spy Who Loved Me," starring Roger Moore as James Bond, is released in theaters. The film features one of the most memorable Bond vehicles of all time — a sleek, powerful Lotus Esprit sports car that does double duty as a submarine.  
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Sept-Oct 1955

## Down Memory Lane

Sept-Oct 1955

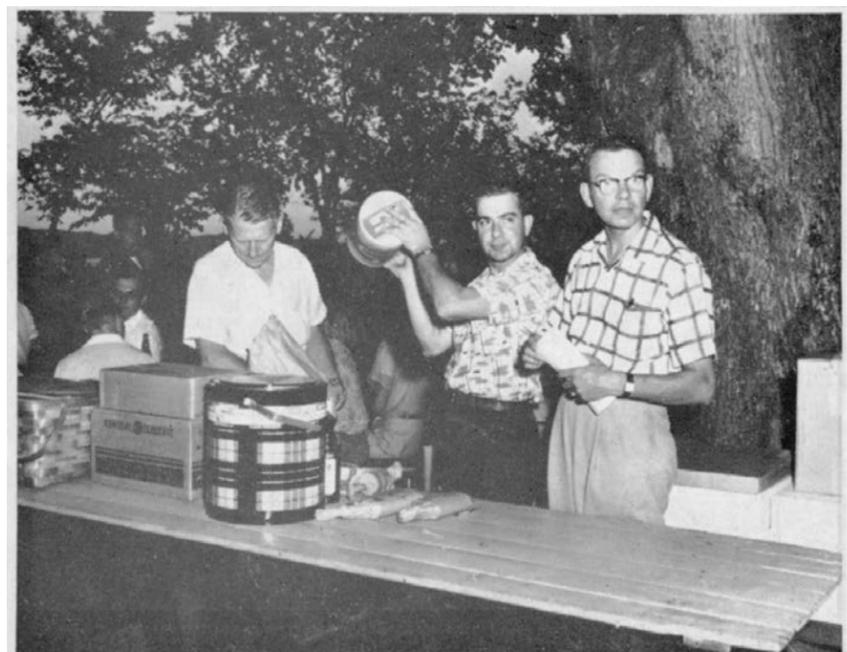
Exerpts From The Pages Of "Dupaco Meating Post" A Newsletter Of The Dubuque Packing Company

### Foremen's Picnic

Our annual Foremen's picnic for supervisors and men of the various offices was held in early August at Sullivan's picnic spot with close to 200 men attending the affair.  
 The usual spirited horseshoe and euchre tournaments and other diversified sports offered an enjoyable afternoon and evening which was topped by the usual tasty dinner of DUBUQUE beef and all the trimmings.  
 Committee Chairman Clete Heitzman and his group arranged a record number of attractive attendance prizes which were awarded through a drawing conducted by Company Secretary Andy Kisting. Activities enjoyed by the foremen and their guests are shown in the photos reproduced on this page.  
 Enjoyable musical offerings were contributed by talented accordianist Art Tigges.



ED AMISS, BOB HORSTMANN, BILL MEYER AND FRANK KUHLE WINNERS IN HORSESHOE PITCHING



ANDY KISTING, BOB LEHMAN AND CLETE HEITZMAN CONDUCT DRAWING

Heritage Center from Pg. 1  
 a.m. to 2 p.m. through Friday, Aug. 12. Regular hours of 10 a.m. to 5 p.m. and 90 minutes prior to events begin Monday, Aug. 15.  
 New this year, the Heritage Performing Arts Loyalty System (H-PALS) allows patrons to

earn rewards. For every \$200 spent on eligible events, patrons receive one free ticket (valued up to \$50) to their choice of eligible event.  
 Conlon Construction is the presenting sponsor of this milestone season.

## SCHEDULE

- B2wins, Brazilian Pop Music Duo  
Sept. 1
- Comedian Mike Paramore  
Sept. 9
- Tito Puente Jr. and His Latin Jazz Ensemble  
Sept. 16
- Wiesenthal: The Nazi Hunter  
Sept. 19
- Matt Vee's Music of Neil Diamond  
Oct. 4
- Organist Dexter Kennedy  
Oct. 16
- Tony Danza: Standards & Stories (UD Homecoming)  
Oct. 22
- Riders in the Sky  
Oct. 28
- Peter & The Wolf, Eulenspiegel Puppets  
Nov. 5
- Piano Fondue: Dueling Pianos  
Nov. 5
- Christmas at Heritage Center "Heaven and Nature Sing!"  
Dec. 2
- A Christmas Carol, Nebraska Theatre Caravan  
Dec. 6
- The Magic of Bill Blagg LIVE!  
Jan. 13

- Warriors Don't Cry, TheaterworksUSA  
Jan. 23
- Evil Woman – The American ELO: The Electric Light Orchestra Experience  
Jan. 26
- Organist Joby Bell  
Feb. 3
- Romeo and Juliet, The Acting Company  
Feb. 7
- The Legendary Count Basie Orchestra  
Feb. 10
- Doreen's Jazz New Orleans  
Feb. 21
- Paddington Gets in a Jam, Rockefeller Productions  
March 5
- Organist Daryl Robinson  
March 19
- The Pirates of Penzance, New York Gilbert & Sullivan Players  
March 26
- The Adventures of Tortoise & Hare: The Next Gen, LightWire Theater  
April 2
- The Wizard of Oz, American Midwest Ballet  
April 21 & 22
- Neil Berg's 103 Years of Broadway  
May 6



A Christmas Carol, Nebraska Theatre Caravan, Tuesday, December 6, 2022



Screaming Orphans



Tallymoore



Ballyheigue

# 17th Annual Irish Hooley

Saturday, August 27, 2022

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

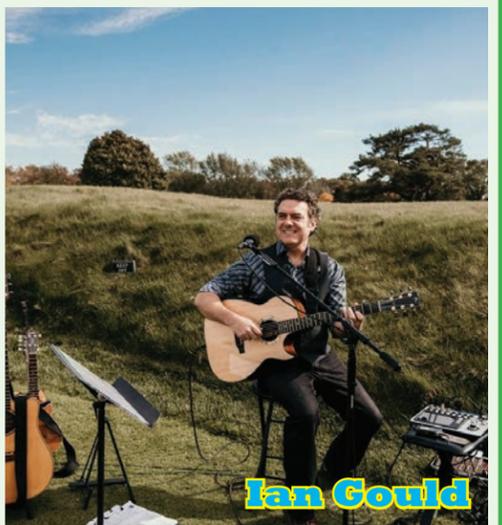
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- McNulty School of Irish Dance
- Ian Gould
- Ballyheigue
- The Lads of Dubuque
- Tallymoore
- Derek Warfield & The Young Wolfe Tones
- Screaming Orphans

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### Alarm Clocks?

How many times do you snooze yours? Alarm clocks are a necessity in our lives to bring us from a comforting and restorative sleep, to meet the challenges of a new day or night depending on what shift you may be working. Some of us have what is called an internal alarm clock which is our body waking us at a regular time every day. Mine seems to be set at 5:30 am which is when I start most of my days. Others need a bit more motivation to get up and get going. Today many of us use our cell phones to single the start of a new day. Over the years alarm clocks have come in many shapes and sizes. I know some people that needed more than one set up in their bedrooms to wake them, in time to get to work.



This clock was recently brought to us to sell, and it had an extra bit of sound to break the owner from a deep sleep. The clock was built by a German clock maker in the 1890's and was

a key wind clock. The clock has a brass megaphone attachment that when struck produced a sound much louder than a normal bell found on similar clocks of the period. With this added feature I am sure it would wake even the most sound of sleepers. Offered on eBay we found a collector willing to pay just over \$100 to have it delivered to their home in Michigan.

### Healthy Aging from Pg. 11

specific COVID-safe guidelines are in place there, so you can determine whether you're ready to resume your gym routine.

2. **Increase your outdoor exercise routine.** After being cooped up for months, getting outside can work wonders for your physical health and emotional well-being. Take yourself to a park to explore a new walking or hiking path. There are several apps that can locate hiking trails near you. Challenge a friend to a regular game of tennis, pickleball or bocce ball. Or dust off your bicycles and enjoy the freedom of feeling the wind in your faces. Establishing a fun exercise routine with a friend can motivate you to keep it up and help lift your spirits. Older adults reported increased feelings of isolation last year. Exercising with a friend can help you shake off the loneliness blues.

Being outdoors offers the added benefit of providing you with a dose of vitamin D. Your body needs vitamin D to absorb calcium and to enhance bone health and immune system function. Regularly spending time outdoors is the most natural way to get the recommended 10 to 30 minutes of sun exposure several times a week. Just don't forget to put on sunscreen.

3. **Augment your workout with home exercise classes.**

National guidelines recommend that you get at least 150 minutes per week of exercise. To make sure you're meeting that, augment your workout routine with home exercise classes that you can view on your laptop, phone or other devices. For best results, mix things up. Incorporate cardio exercise classes with strength training videos that use resistance bands or free weights. If you want to improve balance or flexibility, try a yoga or tai chi class. Popular options such as the Silver&Fit® Healthy Aging and Exercise program offer a wide range of free online classes specially designed for older adults. Classes premiere daily on Facebook Live from 8 AM to 4 PM Pacific time, 6 days a week. You can join the scheduled classes at <https://www.facebook.com/SilverandFit> to enjoy engaging live with other online viewers. Or you can view the replays on YouTube at a time that's convenient to you. You'll find them at: [www.youtube.com/silverandfit](http://www.youtube.com/silverandfit).

Now can be your time to get back into a fitness routine—or start a new one. Find workout options that you love and that motivate you to stick with them. Then make the most of the season. As always, before you start any new exercise routine, talk to your doctor to discuss your goals and what types of exercise might be safest for you.

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# Good Housekeeping

## Salmon Sliders

This recipe is a fun and creative way to use up leftover wine. These bite-sized sandwiches also make a great party snack to complement your favorite bottle.

- 6 hot dog buns, toasted
- 1 pound skinless salmon, cut into chunks
- 2 green onions, chopped
- 3/4 cup wine
- 2 tablespoons mayonnaise
- 1/3 cup mayonnaise, for sauce
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. In food processor, pulse 2 toasted hot dog buns into crumbs; transfer to bowl. Pulse salmon until chopped.
2. Mix with crumbs, green onions, 1/4 cup wine, 2 tablespoons mayonnaise, salt and pepper. Form into 12 patties.
3. Bake on foil-lined pan in 425 F oven 10 minutes or until cooked through. In saucepan, boil 1/2 cup wine on high until reduced by half, stirring; chill slightly.
4. Toast 4 more buns, cut into thirds. Whisk wine into 1/3 cup mayonnaise; serve with patties on buns. Makes 12 sliders.

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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Cookery has become a noble art, a noble science; cooks are gentlemen.

—Robert Burton

## Comfort foods

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by Healthy Exchanges

### Peanut Butter and Banana Smoothie

Skip the ice-cream shop. Blend these two great tastes together right in your own kitchen and save yourself money and calories.

- 1 1/2 cups cold fat-free milk

- 1 cup (1 medium) diced ripe banana
- 2 tablespoons reduced-fat peanut butter
- 1/2 cup sugar- and fat-free vanilla ice cream

In a blender container, combine milk, banana and peanut butter. Cover and process on BLEND for 30 seconds. Add ice cream. Re-cover and process on BLEND for 15 seconds or until mixture is smooth. Serve at once. Serves 2 (1 1/4 cups).

• Each serving equals: 258 calories, 6g fat, 13g protein, 38g carb., 216mg sodium, 3g fiber; Diabetic Exchanges: 1 Fruit, 1 Fat-Free Milk, 1/2 Meat, 1/2 Fat, 1/2 Carb.

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## Cremer's Cooking Tips

### Brined Grill-Roasted Pork Loin

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.

#### Ingredients

- 1/2 cup sugar
- 1 cup kosher salt
- 2 cups water
- 1 (4-5 pound) bnl's 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.



Drew Art Gallery & Gift Shoppe • Kopel Theatre  
1215 East Platt St., Maquoketa, Iowa 52060



**Moana Jr.**  
Saturday, August 6, 2022 • 7PM  
Sunday, August 7, 2022 • 2PM

See the line where the sky meets the sea?

You'll love this thrilling and heartwarming stage adaptation of the coming-of-age tale of Moana as she sails across the Pacific to save her village and discover the truth about her heritage. She and the demigod Maui embark on an epic journey of self-discovery and camaraderie as she learns to harness the power that lies within. Adapted for young performers, this musical includes favorite songs by Tony®, GRAMMY, Emmy, and Pulitzer Prize-winning composer Lin-Manuel Miranda, Opetaia Foa'i, and Mark Mancina, such as "How Far I'll Go," "Shiny," and "You're Welcome." With its empowering message of bravery, **Moana JR.** is sure to awaken your inner hero!

Tickets: \$10 (in advance) \$13 (at the door).  
Students (18 & Under) Tickets: \$7 (in advance) \$10 (at the door)

**Gordy and Debbie**  
Saturday, August 20, 2022 • 7PM  
Country Legends Show



Gordy & Debbie take you on a nostalgic musical journey in their Country Legends show as they bring the songs and the faces of who made them famous to life! This meticulously designed show is enhanced with video footage in each song they perform and perfectly synced with the music to create the illusion of the original artist that performed the song, only with Gordy & Debbie providing their amazing vocals live! Some of the videos even provide a storyboard of each artist's life, complete with pictures of the past and present, as well as tidbits of interesting information about the artist or the song! This show is pure country music and storytelling at its finest and it's even laced with a little humor and some great audience participation. Some of the Country Legends you will hear Gordy & Debbie perform are Hank Williams, Patsy Cline, Merle Haggard, Lynn Anderson, Conway Twitty, Loretta Lynn, Kenny Rogers, Dolly Parton, George Jones, Tammy Wynette, Johnny Cash, Tanya Tucker, Glenn Campbell, Anne Murray, Willie Nelson, Alan Jackson, Reba McEntire, plus many more! The show's grand finale culminates with a medley of three great country songs all meshed together with an all-star cast of country music's biggest stars from the past and present. This show will be an experience you won't soon forget!

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

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815  
Purchase Tickets online at [www.ohnwardfineartscenter.com](http://www.ohnwardfineartscenter.com)

Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.



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 ITGEOANNADNABMD  
 SBAYXBWUTSQPNL

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

- |          |            |             |       |
|----------|------------|-------------|-------|
| Bandanna | Cravat     | Muffler     | Oxbow |
| Boa      | Dog collar | Neckerchief | Scarf |
| Bolo     | Dog tag    | Necklace    | Shawl |
| Cowbell  | Garland    | Necktie     |       |

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**SUDOKU**

by Linda Thistle

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

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

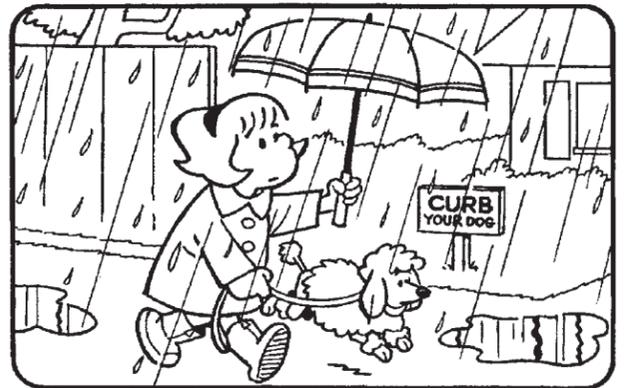
**DIFFICULTY THIS WEEK:** ◆◆

- ◆ Moderate ◆◆ Challenging  
 ◆◆◆ HOO BOY!

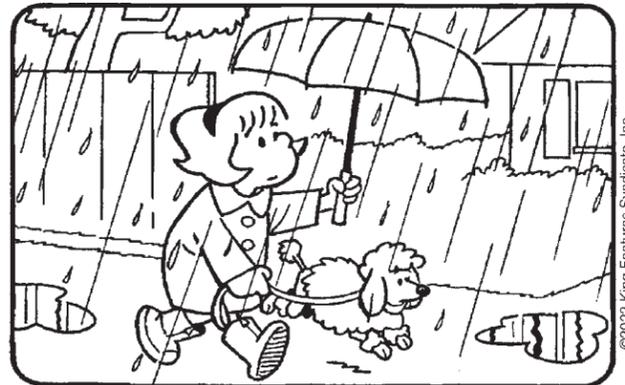
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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is shorter. 2. Raincoat is different. 3. Leash is shorter. 4. Stripe is missing. 5. Sign is missing. 6. Puddle is smaller.

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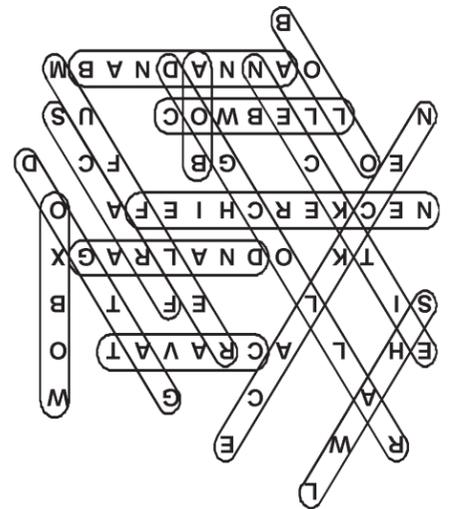
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**WORN AROUND THE NECK**

Go Figure! answers

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

**King Crossword**  
 Answers

Solution time: 25 mins.

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

**SUDOKU Answer**

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

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