



Man Attempts To Slow Progression Toward Kidney Failure

DEAR DR. ROACH: Recently I almost experienced kidney failure from a probable infection. I am a male, age 68. My glomerular filtration rate (GFR) ranges from 44-50, and my weight is 132 pounds. My blood pressure is 110/60 mm Hg, and I enjoy various endurance sports.

Besides limiting my protein, salt and saturated fat intake, as well as getting adequate hydration, do you have additional recommendations on how to help my kidneys recover or get the rest they need to slow their progress toward kidney failure? — D.

ANSWER: You've done most of my work for me, but I do want to say that I have seen people overly restrict their protein intake. The expert recommendation is to stay between 0.8-1 gram of protein per kilogram of body mass. So, for you, it would be 48-60 grams or about 2 ounces of protein a day.

You want as much polyunsaturated fat (mostly vegetable and seed oils) and saturated fat (mostly meat and tropical oils like coconut and palm) as possible. Your blood pressure is close to perfect, and a sodium intake of less than 2 grams will help keep it there.

Depending on more exact details of your kidney function (especially whether you are losing protein in your urine), medications such as ACE inhibitors, angiotensin receptor blockers, and SGLT2 inhibitors may have a role in slowing down your progression — if your nephrologist agrees.

The other issue I caution you on is over-the-counter medicines and their dosing. You should avoid anti-inflammatory drugs such as ibuprofen, naproxen, or their prescription counterparts.

Finally, many people who participate in endurance sports do get their volumes depleted during exercise, so you need to be meticulous about replacing

fluid, which needs to be the right kind at the right amount.

DEAR DR. ROACH: I am a 94-year-old man. I am on a well-balanced diet and take daily walks. I am on glipizide, atorvastatin, finasteride, terazosin, ergocalciferol and timolol. So far, I have resisted taking Prolia injections. The multiple prescriptions I have are based on lab tests, but could the meds act negatively against each other? — C.H.

ANSWER: I have access to a robust drug-interaction calculator, and when I put all of these in, the only identified interaction was between glipizide and timolol. (Glipizide is used to make the pancreas increase its secretion of insulin and is most often used in people with Type 2 diabetes.)

The interaction the calculator identified is that timolol, a beta blocker, has two negative actions in people with diabetes. It slightly suppresses the amount of insulin your body can make, and more importantly, it can prevent the symptoms that make people realize their blood sugar is going down.

Nervousness, tremor, dry mouth, and a fast heart rate are all symptoms that most people with diabetes recognize when they have low blood sugar. This prompts them to check their sugar levels and rush some food in if necessary. Without these early warning signs, a person can get dangerously low blood sugar, causing confusion. However, if you are taking timolol eye drops as I suspect, the danger of these adverse effects is exceedingly small as the amount absorbed in the blood is low, if not zero.

Let me mention that osteoporosis in men is not uncommon when they reach their 90s. I don't have enough information to say what the best treatment is, but I would carefully consider treatment if your doctor recommends it. Fracturing a bone in the spine can lead to years of back pain, and fracturing a hip is a life-changing event.

If you are concerned about Prolia in particular, ask your doctor why they chose it and perhaps ask them to consider other options.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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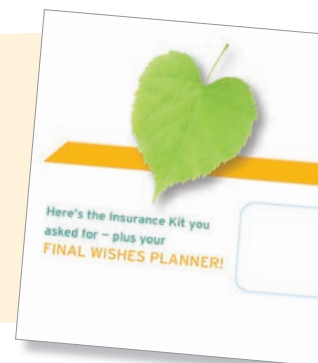
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Health Awareness

**Looking Out For Your Lungs:
 The Importance of Lung Cancer Screening**

(NAPS)—Early detection is essential when it comes to lung cancer, and early diagnosis can save lives.

The Problem

According to the American Lung Association—the leading organization working to save lives by improving lung health and preventing lung disease through education, advocacy and research—lung cancer is the leading cause of cancer deaths in the United States, yet only 16% of people at high risk have been screened.

A Solution

Fortunately, annual low-dose CT scans can reduce the lung cancer death rate by up to 20%; emphasizing the need to ensure that eligible high-risk individuals, such as former and current smokers, are aware of their risk and feel empowered to talk to their doctor.

High-risk individuals include:

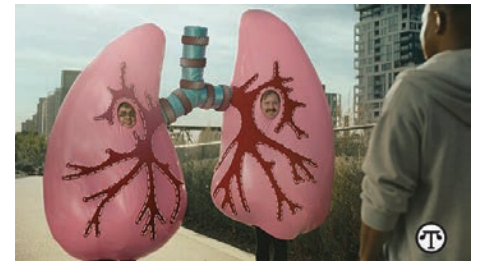
- Aged 50-80
- Smoked in the last 15 years
- Have a 20 “pack year” history (1 pack a day for 20 years, 2 packs for 10 years, or any combination of years and packs that equals 20).

To encourage lung cancer screenings, the American Lung Association and the Ad Council released new PSAs that ask: “If your lungs could talk, what would they say?” “The new PSAs are part of the ongoing Saved by the Scan campaign that first launched in 2017.

“There is hope. Lung cancer screening has played a critical role in the 44% increase in the lung cancer survival rate over the past decade,” said American Lung Association President and CEO, Harold Wimmer. “This new campaign will continue to raise critical awareness about lifesaving screening and encourage more individuals to take action.”

Over 1.3 million Americans have taken the *Saved By The Scan* screening eligibility quiz to determine if they are eligible for lung cancer screening. Among those eligible for lung cancer screening, 43% discussed the scan with their healthcare provider.

“By inspiring people to talk with their doctor about lung cancer screenings, we can offer hope for early detection, effective treatment and



A simple cancer screening could save your life—and your lungs may thank you for it.

ultimately save lives,” said Heidi Arthur, chief campaign development officer for the Ad Council. “We are proud to partner with the American Lung Association and Hill Holliday using the power of creativity—and a touch of humor—to remind former smokers and other high-risk individuals of the importance of getting screened.”

Early Detection Opens Doors for Treatment Options

Lung cancer survivor Denise Lee smoked for 40 years. One day on her commute from work, she saw a *Saved By The Scan* campaign billboard, leading her to speak to her doctor about getting screened for lung cancer. She got scanned, and learned of her lung cancer diagnosis before she had symptoms.

“The advantage of them finding it so early is that I had a lot more treatment options. I was able to have surgery, chemotherapy, qualify for a clinical trial. One of the advantages of early detection is that the goal of treatment becomes a cure as opposed to palliative. And I had so many treatment options.”

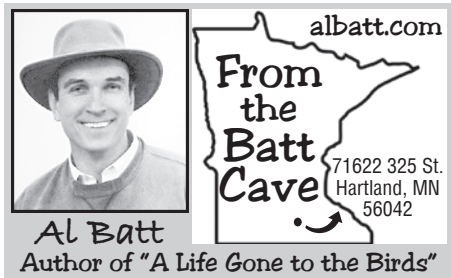
Understanding the Low-Dose CT Scan

The scan itself is quite straightforward and not scary. A low-dose CT scan is a type of X-ray that captures multiple images as you lie on a table that smoothly slides in and out of the machine. The process is open and non-claustrophobic, taking less than 10 minutes to complete. Although any screening can be emotionally challenging, getting the scan done early provides individuals with more treatment options if needed and peace of mind.

Learn More

For further information and to check if you qualify for a low-dose CT scan, visit SavedByTheScan.org.

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



I'd fallen prey to the treachery of an ambitious appetite

I made the mistake of ordering two pancakes from a delightful cafe.

I ordered nothing more than the two pancakes. The problem wasn't that they weren't good. The pancakes were spectacularly toothsome. The problem was that each one was the size of a manhole cover. They flopped all around the edge of a large plate. If I were the kind to take photos of my food, I'd have taken a photo of those hotcakes. I cut a hole in the middle of the flapjacks to contain the syrup, but some escaped to the table. It required a cleanup crew. Not to brag, but I couldn't have eaten two of those flapjacks if I'd worked three shifts. I'd fallen prey to the treachery of an ambitious appetite.

Those pancakes were so indescribably delicious, they caused me to think of the cafes from those thrilling days of yesteryear in my humble hometown.

They were social hubs that never made you feel as if you were being shoved aside. One of several charming waitresses scribbled your order on a notepad, and it magically appeared in front of you.

They were places that made people feel included.

When I contracted a first-class case of hunger, the cafes were the perfect yum factories to satisfy my hunger.

I'm blessed by having fine eateries not far away, but none as close as those local ones had been.

I'm grateful for servers, but have little experience in serving food other than at church, at a fair, fundraising events, once when no servers showed up to a banquet as a protest over their pay, and at many softball tournaments where I clutched my pearls while selling sloppy joes that came with free wings provided by uninvited flies.

Before my bubblegum had lost its snap. I loved listening to the friendly waitresses argue about who would have to serve me. Someone recommended that I come for the food, but stay for the waitresses.

The cafe was a place to visit or read a newspaper, but a difficult place to mind your own business. People inquired about things. They were both concerned and nosy. There were convivial welfare checks, and shared miseries and joys. A friend living in the Twin Cities told me he had an odd bucket list. One item was his desire to attend the funeral of a stranger and partake of the meal afterwards. He did this at a large church in the metropolitan area. It went without a hitch. I told him he should have tried it in a small-town church. Someone would have asked him if he was the cousin Jerry that the deceased often mentioned.

The librarian ordered her favorite veggie, quiet peas, at the hometown cafe. Those who had fled to other parts triumphantly returned to the cafe, receiving a welcome like that given to a retired sailor—"Long time, no sea."

The waitresses didn't roll out the red carpet for diners. They didn't need to. The napkins were always fresh.

The cafes weren't citified. There was no TV. Home cooking, hotdishes and unfussy homemade pies entertained us. The early bird special was always eggs, and the food was always mouthwatering. Bad things never happened to good food. I don't recall any complaints. The closest was the grumbling of a guy who said regularly, "I like one egg scrambled and one sunny-side up, but they always scramble the wrong one."

The only thing that could have made the dining experience better would be if they had allowed us to take naps after eating.

I had bran flakes for breakfast this morning—not something that created a warm memory. Those cafes did that. I should have trapped some of the cafe air in a canning jar and saved that smell for when I needed it. Scents bring memories.

My hometown has places to get food—a bar and a gas station. But it's without a cafe.

When the last restaurant closed, I hoped another would open. I thought it was just a breather. You know, when one cafe door closes, another cafe door opens.

Endings become beginnings. That was my hope.

Until that happens, I'll add a notch to my belt and eat one more scrumptious pancake the size of the sun.

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West dealer.
 East-West vulnerable.

NORTH

♠ A K 10 6 3
 ♥ 9 8 6 5
 ♦ 8 6
 ♣ 7 4

WEST

♠ Q 4 2
 ♥ K Q 10 4 2
 ♦ J 7 4
 ♣ Q 3

EAST

♠ J 9 8 7 5
 ♥ A 3
 ♦ 10 9 5 2
 ♣ K 5

SOUTH

♠ —
 ♥ J 7
 ♦ A K Q 3
 ♣ A J 10 9 8 6 2

The bidding:

West	North	East	South
Pass	Pass	Pass	1 ♣
Pass	1 ♠	Pass	3 ♣
Pass	3 ♥	Pass	3 NT

Opening lead — king of hearts.

There's a lot more to some deals than at first meets the eye. Take this case from a major national pairs championship.

At one table, three notrump was reached on the bidding shown. West made the normal lead of the heart king, and East made the equally normal play of overtaking the king with the ace and returning a heart to unblock the suit. West took South's jack with the queen, cashed the ten and continued with a fourth heart, establishing his remaining heart.

Declarer won the heart with dummy's nine, cashed the ace of spades, discarding

a diamond, and then led a club toward his hand. After East followed low, South put up the ace and played another club, losing to East's king. West's good heart thus withered on the vine, and declarer took the rest of the tricks.

In the post-mortem, East chided himself for failing to put up his king when the first club was led from dummy. He pointed out that after South took the king with the ace, West would next gain the lead with the queen and cash his heart to defeat the contract.

South replied that if East had made this play, he would have allowed the king to hold and then played the ace on the next round. Whether South would actually have done so will never be known.

East and South both missed another possibility, however. East had the right idea about sacrificing his king of clubs — but the right time to get rid of it was on the third or fourth round of hearts! Once East jettisoned the club king on a heart, declarer would have been helpless.

The winning play is really not that hard to find. East should reason that if South has the A-Q, his king is dead anyway. It should therefore be disposed of as quickly as possible in the hope that partner has the queen.

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by Steve Becker

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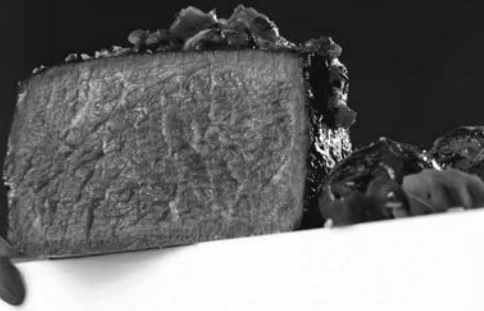


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1. TELEVISION: In the show "Ted Lasso," what does the sign over the locker room doorway say?
2. ANIMAL KINGDOM: How many words are dogs believed to understand, on average?
3. U.S. STATES: Which two states don't observe Daylight Savings Time?
4. LITERATURE: In the "Harry Potter" book series, how many balls are used in a Quidditch match?
5. GENERAL KNOWLEDGE: Which company owns car makers Porsche and Audi?
6. GEOGRAPHY: Which country is home to Lake Como?
7. MOVIES: What are the names of Cinderella's stepsisters?

8. ACRONYMS: What does the computer acronym DOS stand for?
9. MEDICAL: What is the condition called solar erythema?
10. PSYCHOLOGY: Someone suffering from alektorophobia is terrified by what?

Answers

1. "Believe."
2. Dogs generally know an average of 89 words and phrases, but the number can range from 15 to 215.
3. Hawaii and Arizona.
4. Four balls of three different types (the Quaffle, two Bludgers and the Golden Snitch).
5. Volkswagen AG.
6. Italy.
7. Anastasia and Drizella.
8. Disk Operating System.
9. Sunburn.
10. Chickens.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
August 2016

I Reported My Station Wagon "Stolen"!

Maury, this memory occurred sometime in the '60s when Grandpa had an office in the Fischer building in Dubuque and owned a station wagon. I'll state right now it was "one of the most embarrassing (or stupid) things I ever did"!

At that time I parked it many times in the alley adjacent to this building because of the convenience and the knowledge that the police (at that time) had a policy of not ticketing station wagons parked in any alley. One day, about 5:30 p.m., I was driving back to my office and spotted a parking space on ninth street directly in front of the Fischer bldg. which I immediately used. (It was rare to find a parking spot at that location, but most offices closed at 5 p.m., so for the first time in about THREE YEARS Grandpa parked there instead of in the alley). What follows some might find difficult to imagine.

I spent about half an hour in the office and "out of habit" left the building (not through the regular front entrance) but the



Jerry Eberhardt with grandson, Maury Cohn

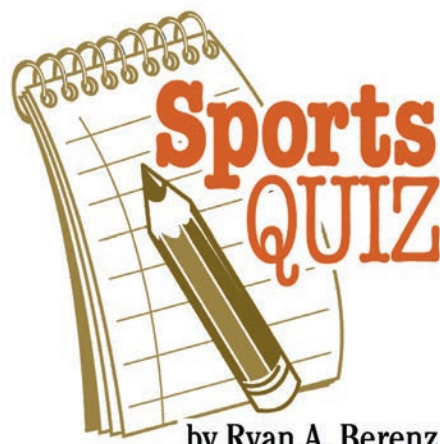
"habitual" way for me, namely, out of a side door leading to the alley. When I didn't see my station wagon my immediate thought reaction was it's been stolen!

I took the elevator back up to my office, called the police and reported my wagon stolen from that spot! They told me an officer would be dispatched to meet me in a short time and I went back down to the alley to wait for the police. About that time, suddenly, "a light went on!" Realizing what I had done I rushed back up to my office, again called the police, apologizing profusely and feeling like an idiot!

Maury, I'm not certain what lesson can be learned from this fiasco - if you have any "thoughts or suggestions" for Grandpa (please try to be kind!) - let me know!!

Much love, Grandpa

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by Ryan A. Berenz

1. What placekicker from Cyprus won two Super Bowls with the Miami Dolphins and was the last NFL player to play without a facemask?
2. If you're watching runners compete in the Bowerman Mile, where are you?
3. Name the American golfer who was the first to play in two Presidents Cup tournaments (1994, 1998) without playing in a Ryder Cup. (Hint: He shares a name with a legendary filmmaker.)
4. Swimmer Trischa Zorn won a record 55 medals in the Paralympic Games from

1980 to 2004, competing with what disability?

5. In 2024, what wide receiver became the University of Miami Hurricanes' all-time leader in receiving yards (2,844), receptions (200) and touchdown receptions (21)?
6. Kenneth Harkness and Arpad Elo are known for developing player ratings systems for what game?
7. Name the Hungarian-born American swimmer who won five Olympic gold medals and went on to star as Tarzan in the 1930s and 1940s and played Jungle Jim in a series of films in the 1950s.

Answers

1. Garo Yepremian.
2. At the Prefontaine Classic at the University of Oregon in Eugene.
3. John Huston.
4. Blindness.
5. Xavier Restrepo.
6. Chess.
7. Johnny Weissmuller.

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Plant Talk

by Ken Resch



What Legacy will We Leave?

I know my reading audience. My grandchildren do not read the Golden View; neither do most of the teachers I left behind at retirement. The people who encounter me in public and say: "Hey, aren't you the guy..." are my age or older. Yes, I know you because we are much the same. We are of an age, many have grandchildren (some have greats), and since you read my column, we all like nature, flowers and gardening. As summer unfolds, I'm asking this one question: "What legacy will you leave for the children of the future?" A future we will not see but one for which we have responsibility.

I care not for anyone's political bent, but I do care that we have the most anti-environment administration in our nation's history. We may bring change at the ballot box, but there is much we can and must do now. The earth is deeply wounded and it's our place to help with any healing possible. Folk-singer, activist and environmentalist Pete Seeger said: "If it can't be reduced, reused, repaired, rebuilt, refurbished, refinished, resold, recycled or composted, then it should be restricted, redesigned or removed from production." We must make a promise in 2025 to bring his words to fruition and become activists for the earth.

If you do not have a compost area—be it a pile, a container or burying organic material in the yard—this is the year to start. There are hundreds of articles on the internet, but this link

<https://www.finegardening.com/article/6-ways-to-make-great-compost> will take you to one in *Fine Gardening* titled "6 ways to make great compost." You'll discover many food scraps are compostable including baked goods, coffee grounds, pet fur, paper bags and even greasy pizza boxes! Never compost animal waste, meat, fish, dairy, bones or wood ashes.

In addition to establishing a compost area, consider other ways to help the environment. Reduce your need for plastic bags as giving up plastic is fundamental to healing the earth. Next, keep a box in the garage and put every piece of aluminum—from used foil to pie pans—into it; in fact, put any metal you think you'll toss into the landfill into the box. When it's full, drive out to Alter Scrap on Old Highway Rd (1/2-mile W of Seippel Rd). They are the epitome of reducing, reusing, and recycling and when I lived in Dubuque I visited there about every six weeks. Did I make a lot of money? Well, my high has been \$11.00; my personal satisfaction—Priceless!

Now we need to consider a few more of Seeger's ideas: repair, rebuild, refurbish, refinish, and resell. Look around at all you may have gathered and decide 2025 is the year you find new homes for much of your accumulation. I recycled about 100+ board feet of outdoor lumber and gave it to a construction group. I also took 30 bags of fertilizer headed for the landfill because they were damaged and sold them cheap. My point is: let's start with the easy ideas and help reduce what we send to the landfill. The future earth must not become a garbage dump while humanity flies off to other planets. This must be our legacy for generations we'll never know: "We made a difference; we cared for and loved the earth."

HOLY GHOST PICNIC Dickeyville



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The Garden Bug

- Remove dead flowers from your plants to encourage more blooming. Add both dead and green trimmings to your compost pile.
- Fertilize container gardens regularly with

Summer gardening



all-purpose plant food as needed. Keep them adequately watered, as they may dry out more quickly than your in-ground plantings.

- Pull weeds before they mature.
- As you add organic matter to your compost pile, "turn" it to aerate it.
- Support tall-growing plants and climbing vines. – Brenda Weaver

Sources: horticultureguy.com, thegardenhelper.com, canadiangardening.com

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

MID-DAY DEAL



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EXPIRES 09/30/25 **Pizza Ranch** CODE 3099

\$5 Off Any Large Pizza

Valid at Dubuque location only. Some restrictions may apply. Not valid in combination with any other discounts or offerings including Senior and Military discount. Void if posted on a third party website. Price is subject to change without notice.

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All day Monday & Wednesday



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Radio

from the 20th Century

by Bill Zwack



As a child who lived during the golden days of radio, it was exciting to get out of school and go home to listen to the latest chapter of one of the kids adventure programs. Especially if there was a prize in the latest package of cereal or if we received a package in the mail.

One of those exciting programs was *Don Winslow of the Navy*, which was based on the Frank Martinek comic strip, and premiered on NBC October 19, 1937, and ran for two seasons. It followed the young Naval Intelligence Commander in his pursuit of the evil mastermind, *The Scorpion*, the evil ones daughter Tasmia, and their worldwide organization of corruption and sin. Don, played by Bob Guilbert, was backed by his pal, Lieutenant Red Pennington,

and best girl Mercedes Colby. Winslow was heard again on October 5, 1942, for another blue run. This time, Red Pennington said in announcing the series, the enemies were Japs and Germans; the action was global. And they weren't kidding: Winslow and Pennington started the new series with a submarine battle and promised to give orders in future episodes on how the kids at home could keep the home front going. Under Post Toasties® sponsorship, this Don was played by Raymond Edward Johnson, host of *Inner Sanctum* fame.

If you missed the latest chapter of *Don Winslow* already, you might catch the next chapter by listening to AM 1370 KDTH's *Big Broadcast*, heard every Sunday night from six to midnight.

Social Security from Pg. 6
after you are already receiving benefits. You may also do so through your personal *my* Social Security account at www.ssa.gov.

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June 1953

Down Memory Lane

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

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.

SENIOR NEWS LINE

by Matilda Charles

Planning for aging in place

Are you in your last home and plan to age in place where you are? Or is there at least one more abode in your future?

A recent study concluded that 84% of seniors plan to stay in their home for the rest of their lives. Planning (and hoping) doesn't make it definite, of course. Of those who plan to stay, only a quarter have moved to a place that's actually age-friendly, and a third of respondents have made age-related modifications to their home. Over a third say they'll need to make modifications and that cost would be a barrier to making it happen.

And what is it people are doing to turn their homes into places where they can stay as they age? First-floor bedrooms are high on the list, allowing seniors to avoid stairs. Ramps at the outside door are another way to avoid stairs. Grab bars

in showers, as well as walk-in showers, are also high on the list, as well as improved lighting, non-slip flooring and doorways wide enough for wheelchairs.

Those who don't have those things in their homes want them, of course.

The physical home and any needed modifications are not the only considerations about whether seniors can age in place where they are. The community itself is important, with opportunities for new connections and maintaining the ones they already have, resources for support services they might need in the future, transportation to stores and doctors and easy access to family and friends.

If you want to start planning for your own aging in place, there are many resources for assistance, such as AARP's checklist (www.aarp.org/home-living/aging-in-place-checklist). The key is to begin early in making your home safe and comfortable for the future, especially if finances are going to be a consideration for large remodeling projects.

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Be sure to check the web site TheGoldenViewOnline.com



20th Annual Irish Hooley

Saturday, August 23, 2025

Dubuque Star Brewery and Alliant Amphitheater at Port of Dubuque

Gate opens at 11:00 am Tickets: \$20 at the gate.

Advance tickets \$15 at Shamrock Imports, Premier Bank, Family Beer & Liquor and Happy's Place.

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

For more information visit Website www.irishhooley.org

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Let's Make Some Butter!

Dazey Churn Manufacturing Company was a prominent American company that specialized in the production of cream separators and butter churns during the late 19th and early 20th centuries. Dazey churns were particularly popular in rural areas for those making their own butter at home. They were very durable and had a distinctive design, with the brand being recognizable by the name "Dazey" on their products.



The company was established in 1901 by William H. Dazey in Chicago, Illinois. Before electric mixers and modern refrigeration, machines like Dazey's churns were crucial for simplifying dairy processes. Making butter in a Dazey Churn needed human power as I remember making butter with one in the 1960's for my family. The task of cranking the churn required 15 to 25 minutes of constant turning. At first it seemed fun, but the more butter needed to feed 8 kids the more churning

that had to be done. Thank God we did have 8 people to share the task with.

Check out eBay they have many used Dazey churns to purchase, and you can give churning butter from cream a try. They have over 500 churns to pick from and prices range in the \$50.00 to \$100 range. The one pictured here we sold for \$80.00, "That's What It's Worth on eBay."



1. Which group released "Sugar Magnolia"?
2. Leroy Brown, "the baddest man in the whole damn town," came from what big city?
3. Which duo had their first hit with "Yesterday's Gone"?
4. Name the group that released "The Game of Love."
5. Name the song that contains this lyric: "You and I must make a pact, we must bring salvation back."

Answers

1. The Grateful Dead, in 1970.

The song first came out on their "American Beauty" album and was one of their best-known songs.
 2. He lived on the south side of Chicago in Jim Croce's 1973 hit "Bad, Bad Leroy Brown."
 3. Chad & Jeremy, in 1963. The song was the first that Chad Stuart had ever written. It was also translated into French and was titled "Pas Ajourdhui."
 4. Wayne Fontana and the Mindbenders, in 1965. The song topped the charts in the U.S. but missed the top spot in the English groups UK home.
 5. "I'll Be There," by the Jackson 5, in 1970. The song was the group's most successful single ever and stayed at the top of the chart for five weeks. Michael Jackson was only 12 when it was released.

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• 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 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.

• "Our patio doors were wide open and a lot of smoke was coming off our grill. Short story: It swamped the living room with smoke smell. It 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**

• Rubbing alcohol can be used to remove ball point pen from most upholstery.

• Honey has amazing properties, and one of them is its antiseptic powers. You can use it on pimples, even. Just a tiny dab will help keep bacteria responsible for breakouts from taking over.

• Here's a workout tip: Rotate among a few pairs of running shoes to get the best life out of them. Rotating gives them a chance to dry out between wearings, and runners who practice this have a 39% lower chance of injury, according to a Luxembourg research firm.

• Got poison ivy? The maddening itch might find relief from coffee grounds or a cooled cuppa. It contains anti-inflammatories.

• "Lemon juice can bring out the flavor of mushrooms. I keep a little spray bottle that I found in the travel section of the drugstore to keep lemon juice accessible in the kitchen. I find it's good for all kinds of things, like avocados and apples. I spray the cut side to keep them from browning. It's also great for salad greens." — **T.T. in New Jersey**

• "The liners from cereal boxes work really well to store pies in the freezer. They can be stapled shut." — **Y.L. in Indiana**

• "Polish wall tiles in the bathroom using car wax. They will repel water really well. Just be sure that you cover the floor before you apply any wax. You do not want to polish your tub, as that is a safety hazard for sure!" — **M.W. in Missouri**

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

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Get a Taste of Asian Culture With Fresh, Healthy Spring Rolls

I have to admit that Asian food in our house usually comes from one of the little white containers with skinny metal handles. But when we eat out, we like to explore the innovative pan-Asian dishes that have become popular with American palettes.

Spring rolls, also called summer rolls, are one of my favorite Asian dishes, but I don't need to go globetrotting further than the popular Rice Paper Asian Fusion restaurant in my neighborhood. Fresh, light and full of flavor, owner An Nguyen's preparation derived from her Vietnamese roots is tasty and thoughtfully presented.

An shared her recipe with me and, at the same time, encouraged me to devise variations with my family. "Substitute sliced Swedish meatballs for the shrimp," she suggested in a nod to my Scandinavian heritage. I encourage you to do the same. Once you have the basic ingredients out on your counter, take turns with your teens assembling spring rolls with your own family twist.

Here are the ingredients for approximately 12 spring rolls:

1 package round rice-paper wrappers (also known as spring roll skin)

Leafy lettuce, washed and dry
1 package fresh mung bean sprouts



PHOTO CREDIT: Donna Erickson

- Chopped fresh cilantro leaves*
- Chopped fresh mint leaves*
- Chopped cilantro*
- 6 ounces rice stick noodles soaked in hot water until soft, about 10 minutes (Drain and snip with kitchen scissors to shorten.)**
- 1 cup thinly sliced cooked chicken (or use deli slices)**
- 1 cup cooked shrimp, sliced lengthwise**
- 1 carrot, shredded**
- Bottled peanut dipping sauce**

To assemble, soak rice paper one at a time in a shallow dish of hot water until soft and flexible. Place on a clean, damp towel. Set chicken or shrimp slices in a row, 1 inch from the bottom edge. Set some lettuce on top, then layer with cilantro, mint, sprouts and noodles.

Carefully fold the wrapper down over the mixture just to cover it as tightly as you can without tearing it, then fold the two sides in and continue to roll up until all edges are secure. Place seam-side down on a plate, cover with a damp cloth, and refrigerate until ready to serve.

Top with a sprig of cilantro and shredded carrots. To eat, dip into peanut sauce served in small bowls.

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

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The River City Boys
featuring the music of **The Statler Brothers** and **The Oak Ridge Boys**
Saturday, August 23, 2025 • 2PM
"A tribute to the Statler's 2002 Farewell Concert."
During their 47-year career, The Statler Brothers amassed five Grammy's, two Academy of Country Music awards, and three Country Music Association awards! Since 1955 they have released 38 albums and 69 singles and when they retired in 2002, they left millions of fans wanting more - and now you can have it! The River City Boys will bring the "Salute to The Songs of The Statler Brothers" with the Tribute to the Statler Brothers 2002 "Farewell Concert." "Flowers on the Wall," "Do You Remember These," "Do You Know You are My Sunshine" and more. Travel back in time with The River City Boys' tribute to the legendary Statler Brothers. The River City Boys - Brian, Dale, Mike, Scott and Jamie - are all veteran members of many favorite gospel groups, and they are all big Statler fans. They miss their incredible live concerts as much as you do, so they're taking the music back on the road to entertain fans everywhere. This years show also includes great songs from The Oak Ridge Boys!
Tickets: \$25 (in advance) \$28 (at the door).
Students (18 & Under) Tickets: \$15 (in advance) \$18 (at the door)

Rick Lindy and the Jukebox Legends
Saturday, Sept. 13, 2025
7PM
Telling historical back stories of the songs and artists and performing all the hits!
Rick Lindy & the Jukebox Legends are an international touring show band that has toured all over USA, Europe and Canada for over 20 years. Rick Lindy & The Jukebox Legends show performs hits of the legends of the 50's and 60's such as Johnny Cash, Elvis, Roy Orbison, Chuck Berry, Jerry Lee Lewis, Dion and The Belmonts, Buddy Holly, The Beatles and many many more. Rick Lindy is a dynamic, versatile vocalist; he and his dynamic band have performed this most recently all over Texas, aMinnesota, South Carolina, Indiana, Wisconsin, Illinois and Iowa. The Band has a great theater act that tells historical back stories of the songs and artists and performs all the hits.
Tickets: \$25 (in advance) \$28 (at the door).
Students (18 & Under) Tickets: \$15 (in advance) \$18 (at the door)

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815
Purchase Tickets online at www.ohnwardfineartscenter.com
Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.

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Amber Waves by Dave T. Phipps

CHECK IT OUT, OWEN. MY ARTWORK IS ON DISPLAY FOR ONE AND ALL TO ENJOY.
OOH, HERE COMES MY DAD. PROBABLY TO TAKE IN ALL MY ARTISTIC EXPRESSIONS.
AH, COME ON! WHO ATE ALL THE LEFTOVER EGG SALAD?
LIKE ALL THE GREATS, I'M NOT APPRECIATED IN MY OWN TIME.



Cremer's Cooking Tips

The Best Pork Chops Ever

- Ingredients**
- 4 Large Pork Chops about 1 Inch Thick, Bone In**
 - 1 Box of Kraft Oven Fry for Pork**
 - 2 Eggs**
 - 4 Tablespoons of Butter**
 - 2 T of Honey**
 - 1 T of Yellow Mustard**
 - 1 T of Vinegar, I used Red Wine Vinegar**
 - 3 to 4 T Fresh Parsley, Minced**
 - 1 teaspoon Paprika**

- Instructions**
- Let the eggs sit out for about 30 minutes after whisking them.
 - Dry the pork chops on all sides with paper towels.
 - Set yourself up a breading area with the egg, oven fry, chops and an empty plate.

- Bread the chops following these steps:
 - Dip a chop in the egg mixture making sure to coat all sides.
 - Then press the chop down into the oven fry, turn to get all the edges and opposite sides.
 - Place chops on plate while you prepare the remaining chops.
 - Prepare a baking sheet with foil and non stick spray and place the chops on the sheet while heating the oven to 375-400 degrees, depending on how hot your oven gets.
 - Then sprinkle a little bit of the oven fry on top of the chops with a pat of butter on top of each chop.

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- Bake these for about 20 minutes before they were done.
 - While the chops bake, prepare the honey mustard glaze by whisking together the honey, vinegar, mustard, half the parsley and paprika.
 - Remove the chops from the oven, drizzle the chops with the honey mustard glaze and place the sheet pan back in the oven (that is turned off) for about 5 to 7 minutes so the glaze bakes on. Reserve the remaining glaze for dipping.
- SERVE.**

MAGIC MAZE ● — WALL

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 L K I H D A R R E L T S A C H
 F E C B Z Y W G W V U S R Q P

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

- | | | | |
|-----------|-----------|--------------|---------|
| Abdominal | Exterior | Interior | Sea |
| Chest | Fire | Load-bearing | Stone |
| Climbing | Great | Retaining | Wailing |
| Dry | Hadrian's | Rock | |

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SUDOKU

by Linda Thistle

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

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. Freezer handle is wider. 2. Upper cabinet is wider. 3. Sandwich is larger. 4. Cookie jar is smaller. 5. Fridge door is not as wide. 6. Countertop is thicker.

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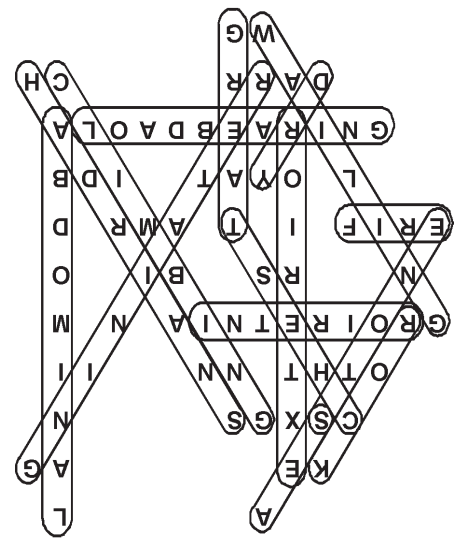
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— WALL —

Go Figure! answers

15	9	30
=	=	=
8 =	1 ÷	5 +
	÷	-
9 =	6 ×	7 -
	+	+
1 =	6 ÷	4 +

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King Crossword — Answers

Solution time: 26 mins.

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EMU	IOTA	ELMO
WORDLIST	VIOL	
EONS	EIEIO	
SAVES	STYE	
HMOS	FOREWORD	
AMI	CEDES	LED
WORDPLAY	AIDA	
OATS	ENVOY	
PACTS	EPEE	
EDIT	CUSSWORD	
CITI	ASTO	ICU
KNEE	DEEM	LAB

SUDOKU Answer

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

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Stickelers Answer

The answer would be B. 12.
 The four numbers that total 100 are 15, 18, 23 and 44.