



The Golden View

The Community Newspaper For Adults 55 Plus

December, 2016

Dedicated To The Young At Heart

Dubuque, Iowa

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A Founder's Vision

by Tana Jones, Elizabeth Nursing Home

Aging is inevitable. It's going to happen to all of us. Knowing there is a quality care facility in the heart of Jo Daviess County can alleviate anxiety when the time comes and assistance is needed. Elizabeth Nursing Home has served our community for 48 years. It opened its doors in 1968 as a 41 bed, intermediate care facility with the intent of providing for

the community, which was the ultimate vision of the founding members. Currently residing at the Elizabeth Nursing Home is the last living original founder, Darlene Schulz. She and Agnus "Curly" Graves were the only females in the group, whom she credits as a driving force behind the idea. She was able to describe the vision that she

A Founder's Vision cont. P. 3



Reflections in the Park offers family friendly entertainment

by Darlene Bolsinger, Hillcrest Event Coordinator



The hustle and bustle in the park has begun – the holidays are around the corner!

And when the holiday season becomes frantic, the lights in Louis Murphy Park will once again offer family friendly entertainment.

It's the 22nd anniversary of Reflections in the Park, a Hillcrest lights festival that opens to the public from 5:00 to 10 p.m., November 24 through January 1, 2017.

Reflections in the Park features more than 60 displays, including a wide array of objects, from the Fountain and Swans display to the very popular 200' Tunnel of Lights to distinctively animated displays – all with LED lighting.

Upwards to 50,000 visitors view the massive Reflections in the Park event each year.

And one of those visitors is Santa Claus, who each year makes several visits to the park. Santa has indicated he will be at the park every Monday in December before Christmas –

that means four trips this year. He will be there from 5 to 8 p.m. to personally greet visitors and offer candy canes to all youngsters and even the family pet gets a special treat!

A reflection in the Park, "A Hillcrest Lights Festival", has not only become a family tradition for many but also a tradition in the Tristate community, according to event coordinator, Darlene Bolsinger of Hillcrest.

Approximately 500 community volunteers put in over 3,500 hours making Reflections in the Park happen, from handling the promotions, refurbishing lights year-round, doing everything from set-up, to volunteering while the show is up and running, to taking down the displays when the show wraps up. "The dedication of the year round volunteers for this event is truly overwhelming, it couldn't happen without them, we are so grateful to have them be part of the team," says

Reflections in the Park cont. Pg. 14

A Place for Friendship: Dubuque's Memory Café

by Jasmine Rogness, Regional Director of Marketing, Oak Park Place



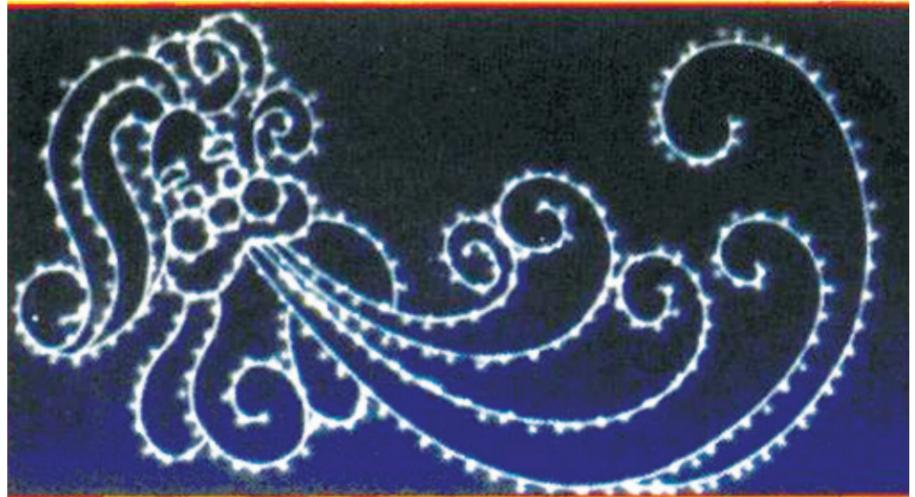
Dubuque's Memory Café.

Dubuque's Memory Café offers an opportunity for individuals with Alzheimer's or other forms of dementia and their caregivers to gather in a safe, supportive, and engaging environment. It is a social time and a friendly place where people can interact, enjoy life, find support, share, and celebrate without feeling embarrassed or misunderstood. *A Place for Friendship* encourages acceptance and enhances relationships.

The Memory Café movement began in the Netherlands in 1997 and was introduced in the United States in 2008. This opportunity to gather and share is an important contribution to the well-being of both persons with dementia and their caregivers, especially

Memory Café cont. Pg. 3

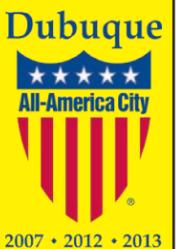
Statistics show that Alzheimer's and other dementia-related diagnoses are on the rise. Families are challenged with caregiving—and struggle with the progression of dementia that inevitably takes place. But resources are available to help, and the newest of these is a result of community collaboration to offer much needed support: *A Place for Friendship:*



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December 7, 21
11:00 a.m.

Guttenberg Library
603 S. Second St.
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December 14
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A Founder's Vision from Pg. 1

and her cofounders foresaw. "Our intention was to provide someplace in the community for people to be able to go when they could no longer care for themselves or their loved ones. I think it has far exceeded our expectations."

Since the opening, the operation has expanded to include an on-site assisted living facility and, partnered with Medical Associates Clinic, an on-site medical clinic for continuity and accessibility of care. Grandview Estates Assisted Living is the transitional part of Elizabeth Nursing Home where 23 apartments are available to provide residents with assistance and provide ongoing assessments, medication set-up and reminders, assistance with scheduling physician visits and follow up, on-site meals, 24 hour emergency assistance, exercise programs, recreational activities, housekeeping and laundry services. When needs increase, having lived in assisted living makes the transition to the nursing home less distressing as they are already familiar with the campus and staff. Nursing home residents have the added advantage of accessibility to our Restorative Department to assist them in staying as active and independent as they are able. By having different levels of care on one campus, residents and families are comforted by knowing our facility can accommodate a broad spectrum of healthcare needs and services.

Staff and care is driven by discussions at frequent resident council meetings where residents have input on not only care provided by the facility and its employees but also cares required to make individuals happy in a facility setting. Individualized care plan meetings are also conducted quarterly to ensure a team approach to care. Community support is an integral part of what makes our facility function exceptionally well.

Elizabeth Nursing Home and Grandview Estates interacts with community organizations to improve the quality of life for our residents, keeping them involved in a community they were active in. We provide intergenerational programs and welcome many groups. Residents also enjoy going out into the community where they are always welcomed by a supportive community. Some of our adventures include visiting E-town Coffee Shop, The Cove, van rides around Jo Daviess County and most recently a trip to Dubuque for a boat ride on the Mississippi. They also enjoy religious services, activity department fundraising, musical entertainment, crafts, and games.

Our goal as a healthcare facility is to continue to provide the best quality care by recognizing an individual's needs and drawing from community resources. Although our community is small, the residents of Elizabeth Nursing Home and Grandview Estates are never neglected or forgotten. Community religious leaders, musicians, veterans associations, therapists, specialists, physicians, and businesses often make visits, provide treats and include us in what is going on in the area. Over the past several years, ENH has set up a Giving Tree at banks and local stores during the Holiday Season and the support of individuals in our community has been overwhelming and humbling.

Although the vision of the founders was to serve the community of Elizabeth and Jo Daviess County, it is the support of our small community that has made Elizabeth Nursing Home and Grandview Estates the success that it is. We are forever grateful to be a part of such a caring and selfless community. Thank you. If you have any questions or wish to schedule a tour, please call **815-858-2275** or drop in to see us; you're always welcome.

Memory Café from Pg. 1

since people with dementia most often mention feeling isolated and alone. The Memory Café is for them and about them. It's a place where they can feel welcomed and included and not have to worry about what anyone might be thinking. They can be themselves while meeting and making new friends who will be companions for them on this journey. Similarly, caregivers will find new connections and new friendships and new kinds of support.

A Place for Friendship: Dubuque's Memory Café will meet on December 8 from 10 AM – Noon at Holy Trinity Lutheran Church located at 1755 Delhi Street in Dubuque. The program will meet regularly once a

month on the 2nd Thursday from 10 AM – Noon. There is no fee to attend *A Place for Friendship: Dubuque's Memory Café*, and pre-registration is not required. Coffee, tea, water, and seasonal snacks will be served.

Dubuque's Memory Café project is co-sponsored by multiple community organizations, including Cozy Corner Adult Day Services, Healing Moments Alzheimer's Ministry, Holy Trinity Lutheran Church, Home Instead, Oak Park Place, and the Telegraph Herald, and additional organizations are welcome to participate.

For more information or to co-sponsor *Dubuque's Memory Café*, please contact Catherine Basten: cathy@basten.us or **563-451-5129**.

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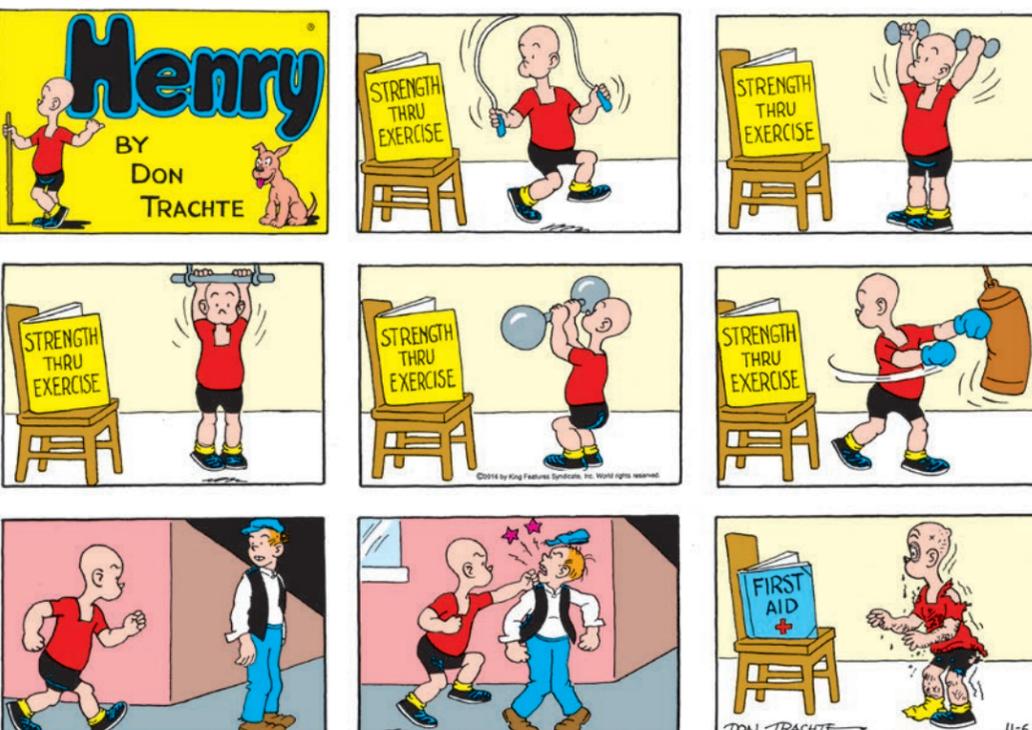
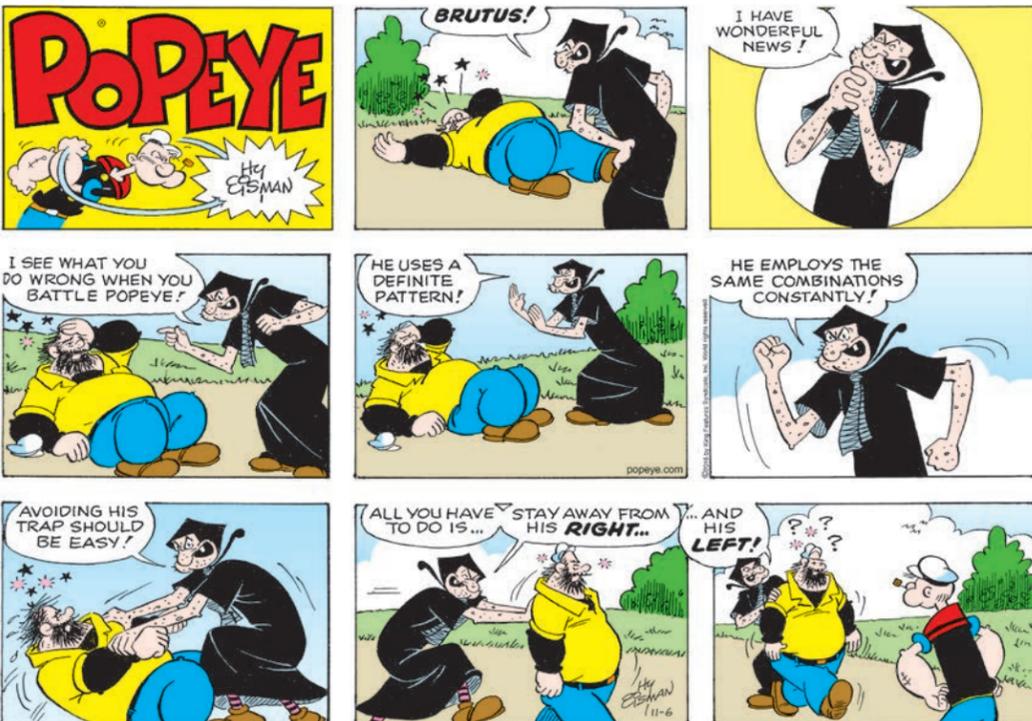
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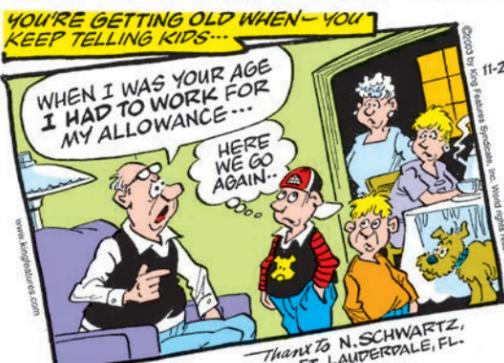
The Golden View

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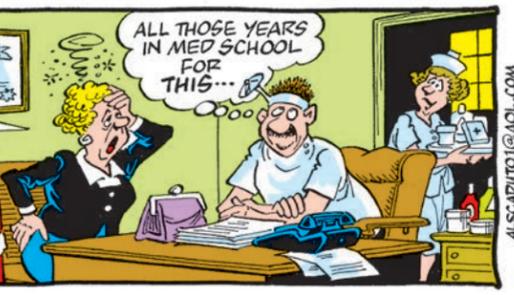
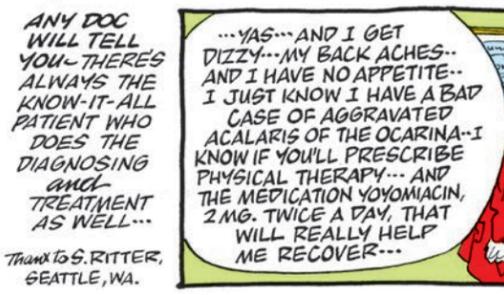
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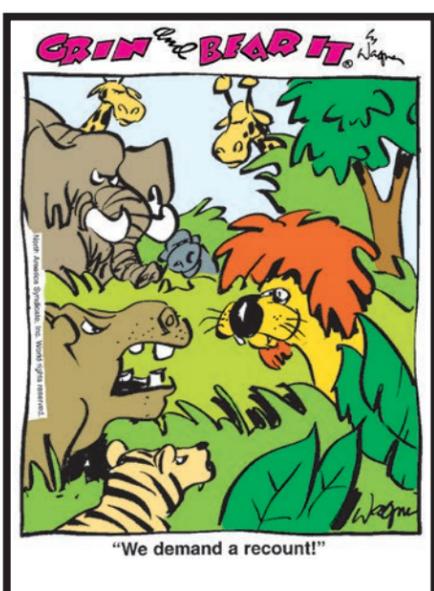
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ACROSS

- 1 Like a snail
- 5 Biblical verb suffix
- 8 Venomous vipers
- 12 Swearing-in utterance
- 13 Extinct bird
- 14 Actress Perlman
- 15 Acolyte
- 17 Gruesome
- 18 More indigent
- 19 Runs off to wed
- 21 Soar
- 22 Croon
- 23 Possesses
- 26 Thither
- 28 Scratch-and-

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- 31 Canyon phenomenon
- 33 Scale member
- 35 Great Lake
- 36 Mall unit
- 38 Wrong (Pref.)
- 40 "Ben-Hur" author
- 41 Wallace
- 43 Denials
- 45 Game with lettered cubes
- 47 Put into cipher
- 51 Met melody
- 52 G.I. of WW I
- 54 Bacterium
- 55 Hiatus
- 56 Telegram
- 57 One's performances
- 58 Speech hesitations
- 59 \$ dispensers
- DOWN**
- 1 Cleanser
- 2 Composer
- 3 "Beetle Bailey" dog
- 4 Harbor structure
- 5 Early life forms
- 6 Also
- 7 19th presi-
- dent
- 8 French forest region
- 9 2005 Steve Martin movie based on a novel he wrote
- 10 Father (Fr.)
- 11 Emulates Simon?
- 16 Depend (on)
- 20 Fleur-de---
- 23 "— a real nowhere man"
- 24 Do something
- 25 Vegas troupe member
- 27 — de plume
- 29 "A pox on thee!"
- 30 A handful
- 32 Folding art
- 34 Police methods
- 37 Right angle
- 39 Composition
- 42 Sill
- 44 Unstressed vowel
- 45 Luggage
- 46 Sandwich cookie
- 48 Last write-up
- 49 Campus quarters
- 50 Spud's buds
- 53 Rowing need

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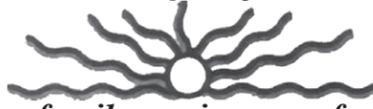
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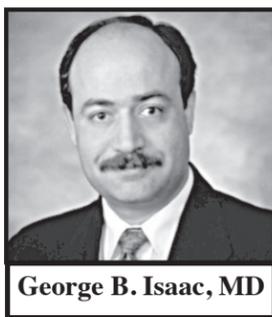


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Laugh A Lot

Our neighbor's cat was run over by a car, and the mother quickly disposed of the remains before her four-year-old son Billy found out about it. After a few days though, Billy finally asked about the cat.

"Billy, the cat died," his mother explained. "But it's all right. He's up in heaven with God."

The boy asked, "What in the world would God want with a dead cat?"

One summer day, my wife and I invited relatives for a cookout and a swim. My young nephew and I were having a conversation when suddenly he said, "I wish you were my dad." Taken aback, I began musing that because I enjoy children I'd probably be a wonderful father. And then he added, "You have a pool."

I helped a lost little girl by taking her to the store's service counter and having them page her mother. I saw this as a chance to teach my 12-year-old daughter a safety lesson.

"That girl did the right thing," I said "Do you know why? Because she asked a

woman for help, not a man."

My daughter looked at me mystified. "Why on earth would I ask a man for help if I was already lost?"

One day a doctor, a farmer and the president of an HMO arrive at the Pearly Gates. St Peter hesitates, because heaven is getting kind of full. Finally he tells the doctor, "You may come in, for you have taken care of the sick in their time of need." Then he turns to the farmer and says, "And you, too may enter for you have grown food to nourish your fellow man."

Then St Peter turns to the HMO executive. "Well I guess you can come in too, but only for three days."

One day my brother-in-law Don got stuck in a snowdrift, and his efforts to try to free his car proved fruitless. Finally his neighbor came by. The neighbor grabbed a chain hooked it to his truck, wrapped it around Don's rear bumper, then started to back up the truck. Suddenly the car's bumper ripped off and went flying.

The neighbor got out of his truck assessed the situation and said, "Well, Don, we'll have to pull out bigger pieces than that or we'll be here all day."

Friends are relatives you make for yourself.
—Eustache Deschamps

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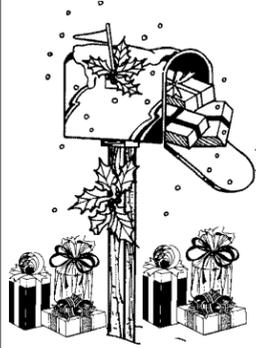
Season's Greetings

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Upcoming Events at the James Kennedy Public Library in Dyersville: December 2016

Monday, November 28 thru Sunday, December 18: Layette Quilt Display and Raffle. Several quilts made by the Dyersville Layette Ladies are on display at the library until December 18. During this time, you are able to purchase raffle tickets to win the quilt of your choice! Cost for raffle tickets are 1 for \$2.00, 3 for \$5.00 or 10 for \$10.00. One winner will be able to select their favorite quilt out of those on display to keep. Need not be present to win. Proceeds from this fundraiser will be split evenly between the Layette Ladies group and the JKPL.

Friday, December 2: Open Mic Night @ 6:00 pm. The James Kennedy Public Library is hosting a monthly open mic night at local restaurant Brew & Brew on the first Friday of each month. Performers are encouraged to sign up for ten minute time slots and show off their talents. All ages are welcome to come and watch but performers must be age 13 or older unless accompanied by a parent or other adult. Performers can register in advance at either the Library or Brew & Brew with walk-in performances allowed if there is time. Tables for spectators can be reserved by calling Brew & Brew.

Saturday, December 3: Cookie Walk from 10:00 am - 1:00 pm. Craving some special holiday treats but don't have the time to bake for yourself? Come to the library for our annual Christmas Cookie Walk Fundraiser. Purchase a tray of sweet treats for \$5.00 and fill it (about a dozen items) from a variety of baked goods provided by friends, volunteers, board and staff of the library. Volunteers will be on hand to wrap your tray before you leave. Sponsored by the Fundraising Committee of the JKPL.

Saturday, December 10 through Saturday, December 17: Used Book Swap @ Your Library. Looking for a good book? Come to the Used Book Swap at the library! This is a fun way to treat yourself to something new to read or share a book you are finished with. Just wrap up a gently used/nearly new book from your home library and mark it with a general statement of what it is – novel, romance, children's picture book, biography, etc. Bring your gift wrapped book to the library and exchange it for another. Everyone who participates will be entered into a drawing for a book lover's prize. The used book exchange is open all hours the library is open between December 10-17.

Monday, December 19: JKPL Memoir Project @ 6:30 pm. Everyone has a story to tell, what's yours? Join us for this monthly writers' group that focuses on writing about personal stories and family history. No previous writing experience is necessary, please come and learn with us! This group will meet the third Monday of each month. Suggested topics to write about are presented at each meeting. Participants are invited but not required to share their writing.

Tuesday, December 20: Drop-In Computer Help from 5:00-7:00 pm. Have basic computer questions? Come to the library! The library is hosting drop-in hours so you can bring your basic computer questions and we'll do our best to answer them. Laptop computers will be available for use but participants are encouraged to bring their own laptop if they own one.

Library programs are free unless otherwise noted. For information on these and other library programs please call 563-875-8912 or go to www.dyersville.lib.ia.us or contact Dawn Schrandt via email at dschrandt@dyersville.lib.ia.us

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Strange BUT TRUE

By Samantha Weaver

• It was 19th-century British historian and politician Thomas Babington Macaulay who made the following sage observation: "The measure of a man's real character is what he would do if he knew he would never be found out."

• Until nylon came to the fore, the most popular material used on the business end of toothbrushes — starting way back in 16th-century China — was hog bristles.

Strange But True Cont. P. 20

An Uplifting Moment

Rev. David J. Claassen



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“Things” Don’t Last

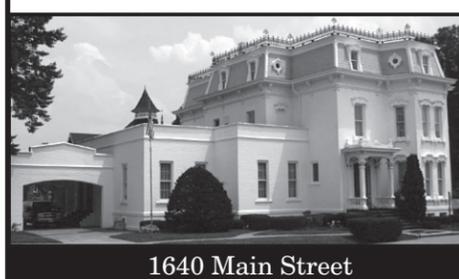
I recently tossed two radio-controlled toy aircraft in the garbage can, a large helicopter and a mini quad copter. I had some fun with each, but eventually both malfunctioned and my aircraft maintenance skills weren't up to the challenge of getting them airborne again. After unceremoniously dumping them in the garbage can I reminisced about my delight when each had been delivered to my front door from Amazon and how I had carefully

removed each from their box with great anticipation of the good times I was going to have flying them.

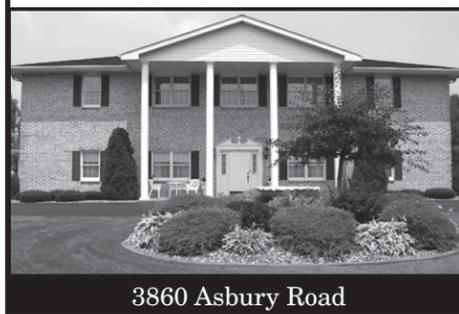
The two toys in the trash reminded me all over again that things don't last. I've also been reminded of this truth whenever I see a truck carrying a dozen or so squashed old cars pancaked on top of each other on their way from the junkyard to the recycling facility. Each of those vehicles had, at one time, been driven off a dealership lot by a proud and excited owner breathing in the new car aroma.

Don't get me wrong. It's not that "things" are bad. They aren't. It's just that we often depend too much on possessions to provide pleasure. We can possess possessions, but the danger is that they can possess us!

God's put us in a real world where we are to build, use, work
An Uplifting Moment cont. Pg. 10



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DID YOU KNOW?

by Casey Reekie



Did you know Christmas trees are a German custom? Medieval mystery plays employed fir trees decorated with apples to symbolize the Garden of Eden with its tree of life and forbidden

fruit. Long after the mystery plays, the Germans remember the tree modifying its decoration by adding sacramental wafers along with the apples, to contrast the eating that brought death with the eating that brings life. As the decorations became more elaborate, the symbolism of the fall and redemption faded. Apples were joined by oranges and then brightly colored balls. Wafers became cookies cut into shapes.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Lamentations in the Old or New Testament or neither?
2. From Romans 11, of what tribe did Paul describe himself as a member? *Benjamin, Rome, Barnabus, Tarsus*
3. In which "Garden of" did Adam and Eve live? *Everest, Eden, Heaven, Paradise*
4. From the Bible, what was

Adam made of or from? *Eve's rib, Earth's dust, Ray of light, Fig leaf*

5. What's the Decalogue another name for? *Ark of Covenant, Holy Grail, Ten Commandments, Last Supper*

6. In Romans 5:6, Paul noted that Christ died for the ...? *Believers, Unbelievers, Righteous, Ungodly*

ANSWERS

1) Old; 2) Benjamin; 3) Eden; 4) Earth's dust; 5) Ten Commandments; 6) Ungodly

Now available by Wilson Casey! 2017 Bible Trivia box calendar, loaded with daily teasers.

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Learning Pet CPR

DEAR PAW'S CORNER: Several years ago, I lost one of my dogs, "Corny," to a sudden illness when he collapsed and stopped breathing. Not sure what to do, I rushed him to the nearby vet's office, but they were unable to revive him.

From that incident, I resolved never to feel so helpless if it should happen to one of my pets again. I learned the basics of pet CPR from that vet, and have since taken online courses to learn more and to stay up to date on changes in performing pet CPR. I urge every pet owner to become familiar with CPR for pets, whether their dog or

cat or other pet is young or old.
— *Janine C., Chattanooga, Tennessee*

DEAR JANINE: Thank you so much for sharing your experience. I know the loss of Corny must have been heart-wrenching ... it's incredibly difficult to lose a part of your family.

Learning CPR is indeed a way to bring a little more assurance to pet owners that they can do something when their pet falls ill. Performing CPR — breathing for your pet, performing chest compressions if the heart has stopped — during the rush to the emergency vet can make a big difference in the outcome.

CPR methods vary between species, of course, and between different sizes of pets. But there is good information to be found from places online like the AVMA (American Veterinary Medical Association), which offers a video tutorial. It's well worth your time to learn this lifesaving technique.

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

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Iowa Department of Transportation

Tammy Adrian



RIGHT OF WAY — Yours or Mine?

According to crash statistics compiled by the Iowa Department of Transportation during 2001 to 2015, failing to yield the right of way is the second leading cause of crashes in Iowa.

Are you aware the law does not give anyone the right of way? The law states who must YIELD the right of way. It's up to you to know proper right of way procedures to avoid crashes.

The following rules apply:

- Yield when you want to make a right turn after stopping at a red light, but before the light turns green. Remember to make a right turn on red it must be permitted at that intersection.

- Drivers crossing a sidewalk, entering or exiting a driveway, alley or parking lot must yield to pedestrians. It's illegal to drive on a sidewalk except to cross it.

- Pedestrians using a guide dog or carrying a white cane have absolute right of way.

- When turning left the driver must yield to oncoming cars that are going straight. Do not use your horn as it could confuse or frighten the pedestrian.

- Drivers turning left must yield to oncoming cars that are going straight ahead.

- Bicyclists, watch out for them. Be ready to yield to them even at times they should be yielding to you.

- At uncontrolled intersections, where there are no stop or yield signs, drivers must yield to vehicles coming from the right.

- At a four way stop, the driver reaching the intersection first gets to go first, after making a complete stop.

- When a driver enters a roadway from a driveway, alley or roadside, they must

yield to vehicles already on the main roadway.

- You must yield or stop for pedestrians in marked or unmarked crosswalks at intersections.

- You must yield to other vehicles when approaching the triangular shaped 'yield' sign.

What about emergency vehicles? Who has the right of way? You must always yield the right of way to a police vehicle, fire engine, ambulance or other emergency vehicle using a siren or air horn and a red/blue flashing light. Pull your vehicle to the right edge of the roadway or as near as possible. If at an intersection, drive through the intersection and pull over. However, if the street/highway is separated by a median strip and the emergency vehicle is on the other side you do not have to pull over and stop.

Funeral processions are another right of way concern. Are you aware that upon immediate approach of a funeral procession the driver of every other vehicle, excluding an authorized emergency vehicle, shall yield the right of way?

Proper right of way driving makes for safer roadways. So who does have the right of way after all? No one, we grant it.

Stop by your local Driver License station for an Iowa Driver's Manual. Or view it on your computer at www.iowadot.gov/mvd/ods/dlmanual.htm. It's a great way to review safe driving habits.

When vehicles or pedestrians meet one another and there are no signs or signals to regulate traffic, there are rules that say who must yield the right of way. These rules tell drivers or pedestrians who goes first and who must wait in different situations.



1. Which group had a hit with "Angie"?
2. Name the group that wrote and released the 1978 version of "How Deep Is Your Love?"
3. Who released "I Saw Her Again"?
4. Which song came first: "My Girl" or "My Guy"?
5. Name the song that contains this lyric: "She was afraid to come out in the open, And so a blanket around her she wore."

Answers

1. The Rolling Stones, in 1973.

At 4:33, the song was long enough that many radio stations cut it down to three minutes. 2. The Bee Gees. No less than six groups over the years have produced different songs by the same name. 3. The Mamas & the Papas, in 1966. If you listen carefully, you can hear a mix error and miscued vocal. 4. "My Guy," in March 1963, by Mary Wells. 5. "Itsy Bitsy Teeny Weeny Yellow Polkadot Bikini," by Brian Hyland in 1960. The song tells of a girl afraid to be seen at the beach in her revealing new bikini, which was still considered risqué at the time. Songwriter Paul Vance, however, wrote the song after seeing his 2-year-old daughter in a tiny bikini!

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Come Chat With Me
by S. E. Persinger

To the Golden View readers, this will be a longer column than I usually write. But, it will be a gem to share. This piece is called, "The Convention Experience Via the Computer and, Otherwise." This saga begins at 6:00 a.m. on a bus going from Davenport, to Ottumwa, Iowa.

The trip out of town was pleasant but soon my motion sickness started to take hold. I had put some soda crackers in my purse which usually helped somewhat. Unfortunately, I can't take pills for this situation. My mother used to carry soda crackers whenever we had to ride the street car. I always got sick, even as a child.

The bus was almost filled to capacity but we were to pick up some people at another location. At this point of the ride I occupied an aisle seat while the one by the window was empty. I was pleased when a lady sat down by me. We introduced ourselves and from then until the trip was over Kathy had become a new friend. We discussed family, friends, pets, careers, and many other interesting subjects. This is what I refer to as "an Otherwise." People face to face contact.

When our bus reached its destiny, we were to pick up our

badges, and gather with our designated group. This took some time because there were a lot of different groups attending the Convention. Most people had cell phones and there were many already in deep conversation with someone. I am antiquated. I have no cell phone yet! But you know what? I found many people willing to talk with me as I asked directions. Sometimes this initial greeting stimulated further conversations.

Finally, when it came time to start the business of the day we all met in a large room and sat on fold-down chairs linked together. We were packed in quite tightly, and as the day wore on, many people changed their positions, wiggled their feet, and even exercised their necks.

When it came time for the lunch break, those who had paid for the buffet of pulled pork, BBQ baked beans, and a cookie dessert, met in the lunch room. There were circular tables with seating for eight. They were covered with white clothes and had iced tea, cold water, napkins and silverware for each person. We had been asked not to sit with friends but to sit with someone we didn't know. This was a wonderful suggestion and I was lucky to sit at a table with a husband and wife, and some young ladies from the area. This is another, "Otherwise."

After lunch, we went back to work. This became a major

Persinger cont. Pg. 12



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“Nobody can do everything but everybody can do something.” Author Unknown

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UnityPoint Health Finley Hospital December 2016 Events

For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit www.unitypoint.org/dbqevents.

Cancer Survivors Support Group. Tuesday, December 6, 12 p.m. Finley's Wendt Regional Cancer Center. The Cancer Survivors Support Group is a mutual support organization that brings together those persons affected by cancer so they may help each other learn to live life in a positive and meaningful manner. Feel free to bring your lunch or purchase lunch in our cafeteria. For more information call Wendt Regional Cancer Center (563) 589-2468.

Dubuque & Tri-States Head and Neck Cancer Support Group. Thursday, December 22, 3-4 p.m. Finley's Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

Finley Stroke and Brain Injury Support Group. Tuesday, December 27, 1:30-2:30 p.m. Acute Rehab Dining Room, Finley Hospital 4th Floor. Finley is taking steps to help stroke patients and their families. Finley offers this Stroke and Brain Injury Support Group for anyone who has had a stroke or has been affected by a stroke. Each session provides a forum for you to share experiences, express concerns and ask questions. Call Sarah at (563) 589-2594 for more information.

Pre-Diabetes Online Program. This is an online “live” pre-diabetes programming brought to you by UnityPoint Health Diabetes Educators, so you can connect wherever you are - whether it is at home, work, or traveling! The class is a two-part class for those with pre-diabetes to learn more about the condition and to assist you in making long-term lifestyle changes. The video conferencing class can be accessed on any type of device that connects to the internet, such as your tablet or computer. For more information, call (563) 589-4899.

An Uplifting Moment from Pg. 7

with, and play with tangible objects such as houses, cars, lawnmowers, TVs, toasters, boats, and hundreds of other items. But my tossed toys reminded me yet again that our “stuff” is to be a part of our lives, not the essence of our lives.

God is the ultimate giver of all our possessions. We're to see them as gifts from Him, give thanks to Him for them, and keep them in proper perspective; but our greatest delight is to be

found in the Gift Giver Himself!

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.” (Jesus in Matthew 6:19-21)

UnityPoint Health® Finley Hospital Celebrates 115 Years of Auxiliary

Dubuque, IA— November 15, 1911 marks the date that UnityPoint Health Finley Hospital's Auxiliary was founded. For 105 years, the volunteer group has supported the hospital's mission by providing services to patients and their families through direct contact, or fundraising that benefits patients and the hospital.

Their work continues today; the Auxiliary hosts ongoing patients support programs such as their annual Love Light Star, coordinates special

events, including their “Books and Goods Fair,” and provide volunteer support in several areas of the hospital. Auxiliary volunteers can be found as clerks in the Babka Surgery Center; serving patients and visitors as customer service representatives; they may deliver mail or newspapers to patients; provide clerical support; be Eucharistic Ministers for those in need; and provide financial counseling through the Senior Health Insurance Information Program (SHIIP).

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Moments in time

THE HISTORY CHANNEL

• On **Dec. 1, 1824**, Congress acts to decide a presidential election for the first time in history, giving the presidency to John Quincy Adams, even though Andrew Jackson had received the most electoral votes among the four candidates. The Constitution's 12th Amendment puts an election in the hands of Congress if no candidate receives a majority of Electoral College votes.

• On **Dec. 5, 1839**, Gen. George Armstrong Custer is born in Harrison County, Ohio. Although he is best known for his demise at the Battle of the Little Big Horn, Montana, in 1876, Custer built a reputation as a dashing and effective Union cavalry leader during the Civil War.

• On **Dec. 10, 1869**, motivated by interest in free publicity, Wyoming territorial legislators pass a law granting women the right to vote. Area men hoped women would be more likely to settle in the rugged and isolated country if they could vote.

• On **Dec. 6, 1884**, in Washington, D.C., workers place a 9-inch aluminum pyramid

atop a tower of white marble, completing the construction of a monument to the city's namesake, George Washington.

• On **Dec. 9, 1917**, after Turkish troops withdrew after only a single day of fighting, officials of the Holy City of Jerusalem offer the keys to the city to British troops, who promised to protect all religious shrines.

• On **Dec. 11, 1946**, the U.N. votes to establish the United Nations International Children's Emergency Fund (UNICEF) to help provide relief to children in countries devastated by World War II. The United States has never ratified the treaty.

• On **Dec. 3, 1947**, Marlon Brando's famous cry of "STELLA!" first booms across a Broadway stage, electrifying the audience at the first-ever performance of Tennessee Williams' play "A Streetcar Named Desire."

• On **Dec. 2, 1975**, Ohio State senior running back Archie Griffin becomes the first player in history to win the Heisman Trophy two years in a row. Griffin set an NCAA record with 5,177 career rushing yards.

• On **Dec. 7, 1989**, boxer Sugar Ray Leonard triumphs over a lackluster Roberto Duran in a unanimous 12-round decision in Las Vegas. Leonard, an Olympic gold medalist, became a boxing sensation in the 1980s.

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At www.socialsecurity.gov, we have a variety of services available to you, all from the comfort of your home. You can apply for disability benefits or appeal a disability decision. You can also file for retirement benefits, spousal benefits, or Medicare-only benefits while enjoying leftover pumpkin pie. Our secure, easy-to-navigate website is sure to add plenty of comfort and joy to the festivities.

Even if you're currently receiving benefits, or aren't quite ready to file, Social Security has services to bring you holiday cheer. With a *my Social Security* account, those receiving benefits may change their address and direct deposit information, get proof of their benefits, and request replacement documents like

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With the New Year just around the corner, it's never too early to start planning for your future. Once you've conducted your business at www.socialsecurity.gov, you may want to visit www.myRA.gov. *myRA* is a retirement savings account from the Department of the Treasury designed to help you put aside money for your retirement. You can invest in the fund according to your budget, putting you in control of your financial prospects. Give yourself a gift this holiday season and invest in your future.

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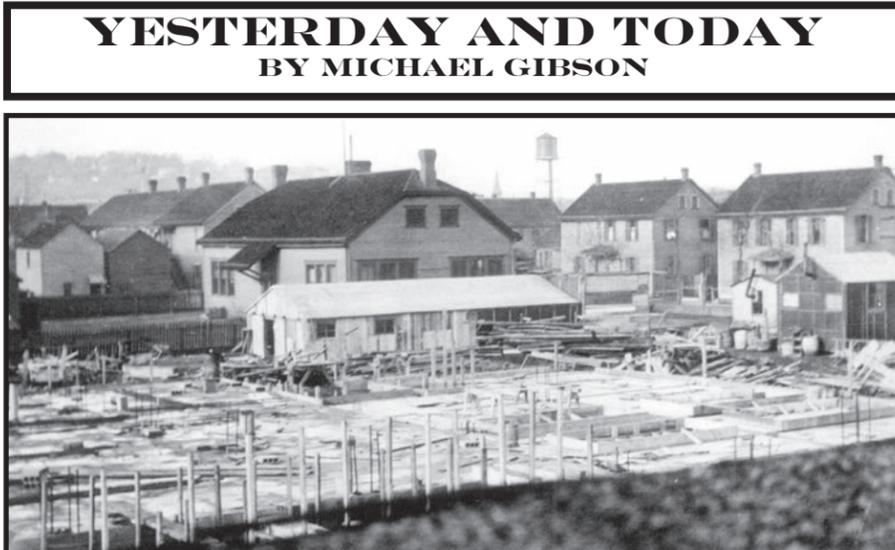
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The Peter Cooper School (SW corner 17th & Cedar) was built in 1890 and named after the inventor of the locomotive steam engine. Faced by location and sanitation issues the school was moved in 1924 to the SW corner of 15th & Maple. Here it was remodeled and remained open until 1930 when the pupils were sent to Prescott school. They could cross the railroad tracks at 13th which had crossing guards and a watchman. This photo is looking toward the northwest. St. Paul's Evangelical Lutheran Church steeple at 20th & Jackson can faintly be seen in the background. (Courtesy of Dupaco Community Credit Union).

This is the only photo of the old Peter Cooper School which we have seen. If our readers have other images of the school or recreation center please contact us at (563) 588-7163.

Yesterday & Today cont. Pg. 13

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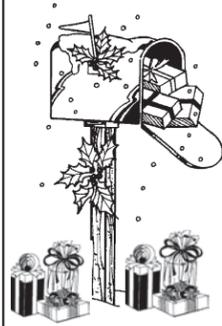


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Merry Christmas

Persinger from Pg. 9

voting experience for me. I had never used a computer voting unit. It was a small, hand-held unit, that fit in the palm of the hand. It was very easy to cast votes that were read quickly by the computer. At this time I must mention a comical dilemma. At one point in the voting process, I looked down and my unit was missing from the sleeve that held it. Naturally, I looked on the floor, as did a nice gentleman sitting next to me. Yes, this is another

had not been called yet, so I looked into my purse that I held between my feet because I needed my water bottle, Kleenex, and mint. Eureka! There was my computer voting unit. Thankfully, I was able to vote before the vote was closed.

I guess I must say that, all-in-all that was a day to be remembered. After the Convention was adjourned, we walked our tired bodies to the bus for our return trip to Davenport. When we were all accounted for, our hostess asked if we wanted to stop for something to eat. We had a divided group so we took a hand count. The no's won. But since I knew my motion sickness would probably be with me until I got off the bus, I had hoped to buy some type of cracker to get me back home.

Fortunately, the vote was changed and we stopped at McDonald's. But, they had no crackers. And this is where the "Otherwise" comes in again. Kathy, my new found friend, saw a nearby convenience store and offered to run over there and buy me some crackers. Since she was a lot younger than I and could move faster, I gave her the money and she brought them to me. We didn't have to delay the bus.

As I eased back into my bus seat and munched on my crackers, I was awed by the totality of my 1 S-hour day of person-to-person communication in this "Otherwise" Computer world.



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Ric@MainStJazz.com

Yesterday & Today from Pg. 12

If readers have related memorabilia (post cards, photographs, letters, diaries, scrapbooks) or other documents and reminiscences to share they may contact Mike Gibson at the Center for Dubuque History, Loras College, (563) 588-7163 or via email: michael.gibson@loras.edu. Your comments about this series would be welcome.



At its new location the old school was again remodeled and became a recreation center for the neighborhood. The facility was furnished by donors, including the fuel to heat the building and incidental expenses were provided with proceeds from the penny bingo games. By 1933 over 250 families were utilizing the building for recreational, social, and educational activities. The building was eventually sold to Catholic Charities and later to the Dubuque Packing Co. which demolished it. This is the view today standing at the approximate location of the original old school (17th & Cedar) with St. Paul's steeple again in the background. (Photo by Terry Grant).

Upper Main Street Jazz Band
by Ric Jones

Dubuque's Upper Main Street Jazz/Swing Band has been performing all over the tri-states since 1987. The late, great Dick Zimmer, a music educator and instrument technician started the band out of his shop, The Music Clinic at 10th and Main. Every Wednesday afternoon, musicians would descend on the shop, most business would cease, and live music would fill the area. People would come in and dance. Dick was a clarinet/saxophone virtuoso. Guitarist Don Boal, Trumpet man Don Dugan, and Trombonist extraordinaire Paul Powers, Bassist Mark Oberfoell and drummer Ric Jones set out on an adventure that began with hobby performances in the little music store.



The band soon gained a reputation as a great source for older music and was performing at many local events and a few not so local. Time took its toll on some of the senior members, with Dick Zimmer retiring in the early '90s. Local artist and composer David Resnick came on board playing clarinet/saxophone and brought a fun voice to the front row. Drummer Ric Jones took on the leadership of the group. The fabulous Megan Gloss was finishing her music

education at Clarke and came to a few of the shows and sang. She did so well that Ric had her join the band.

Today's band is well equipped, fully insured and made up of some of the finest musicians in the area. Featured singer Megan Gloss, who also performs with the Madison Opera, is joined in the front row by David Resnick on reeds and vocals, Bill Rowley on trumpet, and Brian Enabnit on Trombone. The back row includes Chuck Bregman on keyboards, Bill Enke on guitar, Joseph Gonzales on bass and Ric Jones on drums.

The band is true to its roots, performing many of the classics from the golden age of jazz and big bands, with a few contemporary pieces tucked in. There are even a few rock and roll gems tucked into the book.



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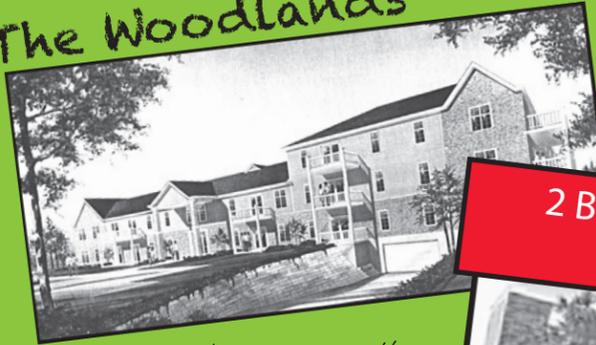
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Reflections in the Park from Pg. 1
Darlene Bolsinger.

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Tickets for Reflections in the Park are priced at \$10 per vehicle

at the gate. Discounted \$8 tickets are available at all Dubuque Bank and Trust banking centers and all Hillcrest Family Services locations throughout the event. Tickets also make wonderful stocking stuffer gifts.

Additional details about Reflections can be obtained by calling Hillcrest at **563.845.0378** or toll free at **877.437.6333**, or by sending an email to Darlene Bolsinger at darlene.bolsinger@hillcrest-fs.org.



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The Mystery of the World Series
by Tom Jack, November 18, 2016



Tom Jack's home scoreboard with results of all playoff games, including World Series.

God is mysteriously involved in the game of baseball. I can't speak for fans of other teams, but Cub fans have always had evidence of this mystery. For instance, on the day of 8/8/8, "a perfect night for baseball," lights were turned on for the first time at Wrigley Field. God had other plans, explaining why rain fell in the 4th inning, causing play to be suspended until the next night – God cried so much that buckets of rain intervened in the middle of the game.

Since God is involved with baseball, counting "magic numbers" bothered me during this year's post-season – this number indicates the number of wins any team needs to be world champions. I could not account for God's involvement if I reduced these numbers to the realm of magic. Therefore, I counted "mystical numbers." This counting allowed for the possibility that God was involved in the play of all teams, and I did not need to use strong magic when the Cub number lagged behind the opponent's number.

But being a life-long Cub fan, I still used magical thinking to insure Cub wins or excuse Cub losses. Therefore, it was no surprise when magical thinking returned this post-season. When the Giants beat the Mets, everyone assumed (myself included) "the Giants were destined to win the Series every even year!" I was relieved when the Cubs beat the Giants twice on the first weekend at Wrigley, reducing their mystic number to "9," but magical thinking returned when the American League's best team was swept by their Wild Card opponent: I wondered "did the same fate await the Cubs, the best team in baseball?"

I decided to give up all thinking (wishful, magical, stinking, even logical) to allow for mystery to prevail in my open heart. I was tested on Monday night when the Giants won in 13 innings. Without magical thinking, I dove into a pit of despair – in my heart, I was angry with God, not remembering that God supplies buckets in these empty pits.

On Tuesday night, there was a bucket full of batted balls in the pit – the Cubs won the game, lowering their mystic number to "8." Everyone had four days to wait for the Championship Series. I was aware that God was mysteriously weaving a tapestry, but I could only see the bottom, where a tangle of loose strings obscured the upper beauty. When play resumed on Saturday night, I watched alone in my outdoor bear-cave – all other fans were home watching football! That night a grand slam home run reduced the mystic number to "7." However, on Sunday, Dodger pitching cast a shadow over the silent Cub bats over which I tripped into the pit of despair.

By Monday night, magical thinking had returned in the bottom of this pit: I thought being separated from my long-dead father during a winter without baseball could only be prevented by "doing something." I found the bucket in the pit and filled it with my tears, allowing me to make out a message from beneath the tapestry: "seven times you've been in this painful October pit and magical thinking never got you out of it!" There was another message: "God might pleasantly surprise you if you keep an open heart." Even though the silent Cub bats meant the mystic number remained at "7" on Tuesday night, the

World Series cont. Pg. 17

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Sweet Dreams and Honky Tonks
Saturday, Dec. 31, 2016 • 7PM
featuring the music of Hank Williams, Loretta Lynn, Patsy Cline and Johnny Cash

New Years Eve!

It may be impossible to crown any one performer as country music's biggest star, but few would argue that Hank Williams, Loretta Lynn, Patsy Cline and Johnny Cash would all be near the top of any list. Each broke barriers and changed country and popular music forever. Sweet Dreams & Honky Tonks is a new revue that presents the best loved hits of these classic artists, along with stories of their colorful lives and amazing careers. Sweet Dreams & Honky Tonks stars two Wisconsin music veterans: Tom Waselchuk has performed for over three decades, sometimes juggling multiple projects, but always keeping one foot planted firmly in country music. Mr. Waselchuk is a singer and song writer, and plays guitar, bass and pedal steel guitar. Jami Lampkins moved to Madison in 2007 from Nashville, where she was a finalist in the USA Network's "Nashville Star" competition. Ms. Lampkins is a powerful singer, a song writer, and an accomplished guitarist and banjo player who has played professionally since age 14.

Tickets: \$25 (in advance) \$30 (at the door).

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

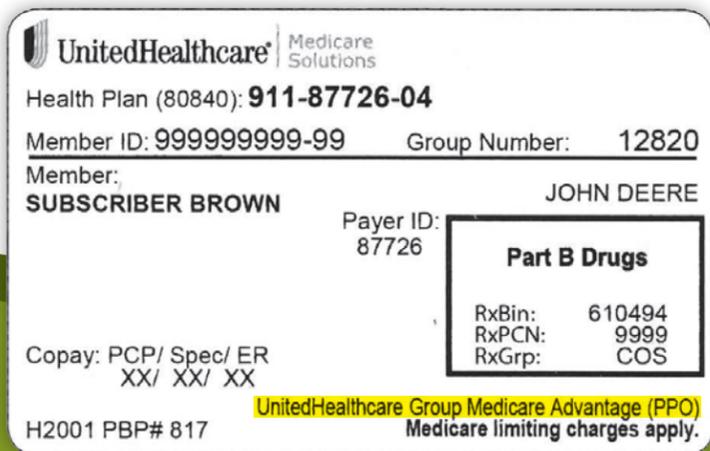
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- Towels gone through the wringer a few times, and maybe don't smell so good anymore? No worries. Here's something to try today: To get more absorbency and get rid of the mildew smells, just run the towels through two cycles, both in hot water. To the first add 3 cups of vinegar, and to the second add a full cup of baking soda.

- Keep stray hair ties (elastics) corralled with a carabiner clip. This will allow easy access to the color you want, too. — **K.S. in Florida**

- Do you have hydration goals? Using a large plastic refillable bottle, mark off the

times by which you should have consumed your water. Halfway down the bottle by 10 a.m.? OK! Then you will know when you need to play catch up.

- “Add hooks to the inside of your cabinet doors to hold lids for your pots and pans. Make sure there are no shelves obstructing the lid when the door is closed. Use a short wire rack to hold the bottom, and attach a bungee cord across the top to hold them in place.” — **C.P. in Arkansas**

- “Here's a fun sleepover or camping hack: Attach a headlamp to the side of a gallon jug of water. It makes the whole jug glow, creating a nightlight or tent light.” — **E.X. in New York**

- Most phones will charge quicker if you put them in airplane mode first.

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

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Passion and Purpose

by Laura Nissen, Luther Manor Communities



us to be hyper focused on the task at hand. Also, slowing down and being in the moment can make us all feel much calmer and relieve stress.

Using your hands. According to psychologists half of our brain's cortex is mapped to the hands,

so it's just as important to use them to create things to keep our brains healthy.

Aromatherapy. Whether it is the smell of Christmas cookies, freshly baked cake or cinnamon roll these heavenly aromas can take us back to our childhood and these kinds of memories can boost our outlook and attitude.

Using your creativity. The recipe itself is usually an exact science in the world of baking but the decoration is an opportunity to express yourself. This in turn can improve your mood as well.

Giving to others. We hear this all the time but during this time of year we especially know that giving to others will make you feel even better than receiving.

So get out that mixing bowl and bake for others but also bake for yourself and your good health!

All of us have abilities and talents that can make a lasting impact. Do you have activities in your life that you pursue with passion? On the surface these activities seem like they might be defined as leisure time. But on further analysis, these activities are sacred. They are our indulgences that make life worth living. These are moments that we find our joy.



Baking therapy? That's right...baking therapy is good for your health! And the fact that the holidays are right around the corner makes this a timely endeavor as well. December is a very active month for family bakers at Luther Manor! These sinful treats make the holiday extra special but why do the experts say that baking is good for us? There are five opportunities for us when we bake.

Slow down a bit. Baking demands exact measurements and ingredients to it allows



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World Series from P. 15



Tom Jack's home scoreboard with results of final game of the 2016 World Series.

reawakened bats meant a 10-2 win on Wednesday night and an 8-4 win on Thursday night, reducing the mystic number to "5." On Saturday night, before 42,386 fans in Chicago and nine of us in the bear-cave, the Cubs combined to send their team to the World Series for the first time in 70 years – four more mystical numbers remained.

Winter arrived on Tuesday night when cold winds blew from Cleveland through Chicago to Dubuque, but those same winds blew back to Cleveland on Wednesday night, reducing the mystic number to "3." While waiting for Friday night's game in Wrigley, I realized my father was always there "in the pits of my life", like the time we went down into the Grand Canyon on mules when I was 13. I needed this assurance as the Indians won twice, so that by Sunday night, the last game to be played this year at Wrigley Field, sadness filled my heart. I was encouraged by friends in the bear-cave (hibernation would have to wait), the Cubs reduced the mystic number to "2!" On Tuesday night, another grand slam home run brought the mystic number went to "1." By Wednesday night magical thinking had returned: I thought I needed to put on a "happy face" to mask my foul mood and not jinx the team. A lead-off home run and a 3-1 lead eased my anxiety, but the earth shook in

the 5th inning and a pit opened up. After a blown lead in the 8th inning, the face of Bartman appeared in the pit, When one of the bear-cave fans claimed her prayers caused all plays to succeed on the field, I asked "how can anyone entertain magical thinking at a time like this?"

Then God's surprise came with the start of the 10th inning – the rain tarp was being placed on the field! While the Indians waited in their dugout, the Cubs looked up to their struggling star player who encouraged them to keep trying – he had seen the star pitcher crying, tormented by a century of frustration! Magical thinking was washed away by those tears and that cool head. After 17 minutes of rain, the Cubs scored twice and Cleveland only once; at precisely 11:37 PM Chicago time on 11/2/16, the CUBS WON THE WORLD SERIES. I am now convinced more than ever that God is a baseball fan – it remains a mystery how God expresses His love for the game, but this year I am sure only a rain delay could have made that 10th inning possible. A tapestry hangs in God's bear-cave – it shows a rain-drenched tarp, faces of smiling Cubs, and a winning baseball safely stuffed in a Cub pocket. Life changed forever in that moment when mystery intervened to save the game and the Cubs' mystic number was reduced to "0!"

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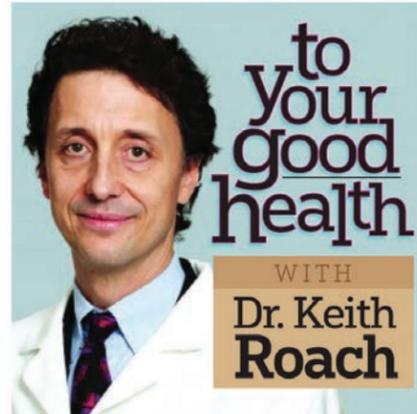
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Chelation Therapy: Tests Can be Flawed

DEAR DR. ROACH: Would you please comment on chelation therapy? A urine test for mercury, lead and arsenic was done that showed abnormal elevations after I was given DMSA. I also was prescribed a long list of vitamins and supplements. This testing and treatment have caused me great confusion. — *Anon.*

ANSWER: Chelation is the process of using a medication to rid toxic chemicals, especially the heavy metals you mention, from the body. DMSA is a chemical that binds to mercury and lead, and is then excreted into the urine.

We all have some amount of these metals in our bodies, because they are present in the environment, but few people have toxic amounts. Toxicity happens mostly in people with industrial exposure to the heavy metals. Toxic levels usually, but not always, are associated with symptoms.

The DMSA you took before the urine test will cause these small amounts to be rapidly excreted by the kidney. The problem I have with this type of testing is that comparing your urine toxin levels after DMSA with urine toxin levels in healthy people who have not had DMSA is not valid, and I would not recommend treatment based on this faulty analysis.

Unfortunately, the analysis you had is commonly done, so that nearly everybody tested will show falsely abnormal results. Thus, I recommend strongly against testing without a clear reason to do so, and never using this method.

Chelation treatment of heavy metals is appropriate only if there are symptoms and a history of exposure, and if blood levels not obtained after administration of a chelating drug are high (or urine, for mercury). An occupational medicine physician has expertise in this area and would be a good consultant if you still are confused.

DEAR DR. ROACH: My relative is a 69-year-old who has smoked for 55 years. She has a terrible cough. I want her to cover her mouth with a hankie or tissue when she coughs. The coughing can go on for a few minutes. She insists that she is not sick, and that it's just allergies. I say she is spraying her sputum, and I might catch what she doesn't know she has. — *S.B.*

ANSWER: You don't need to be worrying about yourself. Although it is possible that she has pneumonia, most pneumonias are not transmitted from person to person, so the risk to others is low.

You need to be worrying about your relative. With this degree of cough, it is very likely that she has chronic obstructive pulmonary disease. What's worse, a small number of smokers with a cough like this have lung cancer. In all probability, she is fooling herself that she has only allergies. She needs to quit smoking, now, and also get evaluated.

The booklet on COPD explains in detail both emphysema and chronic

To Your Good Health cont. P. 21

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SENIOR NEWS LINE

by Matilda Charles

How Not to Run Out of Retirement Money

One big fear of many seniors is that they will run out of retirement money.

Chuck Price, president of Price Financial Group Wealth Management Inc., has some ideas about how to stretch out the money we do have.

- Keep working. Even if it's a part-time job, perhaps in your own career or in a new one, every dollar you earn is one dollar you don't have to take out of your retirement savings. Consider signing up for temporary employment, perhaps with an agency, to make more money.

- Create alternate income streams. If you've always wanted a small side-business that produces income, this might be the time to create one.

- Cut your costs. This is always easier said than done,

but cutting costs will keep more dollars in your savings. Consider selling a vehicle you don't absolutely need, pocketing the money and saving on the cost of insurance and maintenance. Another idea, keeping a tally for one month of every dime you spend. At the end of the month, review how many times you went out for dinner, how much you spent on incidentals or entertainment. Decide where you can cut back. If your grocery bills are high, look at ways to cut those costs.

- Think about the financial help you give others. If you regularly give money to children and grandchildren or to charity, this might be the time to stop and reconsider whether you can continue to do that. If your own financial survival is at stake, saving your money is more important.

Chuck Price is the author of *Investing Simplified: What You Don't Know Can Hurt You*. Look for more advice on his website www.pfgwm.com.

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Wags at the Flags is coming to the Five Flags Center

DUBUQUE, IA – The Five Flags Center in downtown Dubuque, Iowa is proud to present Wags at the Flags coming this winter. It will be held on most Wednesdays from 4:30PM – 8:00PM and will go from November to March. Official dates* will be available on www.fiveflagscenter.com by October 1st, 2016.

Wags at the Flags is an indoor dog park that will be held in the Five Flags Arena and will accommodate both large and small dogs as well as their human counterparts. The cost for admission will be

\$3.00 per dog, and humans are free. There will be cleaning supplies available, as well as the Barka Lounge for pet owners to purchase refreshments, food and adult beverages. There will even be "Barkaoke," where you can sing karaoke with your canine companion, as well as local vendors.

A portion of the admission fee will be donated to an animal charity. There will be a different charity chosen every month that Wags at the Flags is open.

* Dates are subject to change, and are based on venue availability.

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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.

In 1915 our old dirt floor cellar was a storehouse far superior to today's Schwan's Grocery Store on wheels. The one entrance to our cellar was through a large pull up cellar door that swung open on hinges on the Southwest corner of our house.

Many trips daily were made to bring up milk, cream and butter for cooking and table use. Every morning and evening the separated cream was cooled and added to the cream can whose contents were sold weekly at the local cream station.

Built in wooden bins stored a wagon load of potatoes that kept solid until planting time in the spring. We had smaller bins of hubbard squash, heads of cabbage, carrots, and rutabagas all ready for use.

Two twenty-gallon crocks of sauerkraut cut and cured tempted our appetites when the twelve hogs were butchered and cured in early February.

The west cellar wall held wide shelves that stored one-

gallon bottles of tomatoes sealed with a cork and sealing wax canned the open kettle method of boiling the vegetables until completely cooked. Two quart, one quart and pint jars were sealed using jar rubbers and Mason lids that preserved tomatoes, beans and carrots.

Our desire for sugar was met by jars of peaches; pears, apples, plums, blackberries, raspberries and elderberries made into sauce, jellies and jams.

Our large wooden stave barrel chum stood on a special platform built to hold the chum as we turned the handle to separate the sour cream into butter and butter milk. Pa wouldn't help churn if the sour cream wasn't room temperature as it might take hours before the butter came. The quality of butter today seems very solid using a different process, I am sure. The chum had to be kept in a damp place or the staves would dry up and fall apart.

Strange But True from P. 6

- Among other artifacts, archaeologists found a bronze razor in King Tut's tomb. It was reportedly still sharp enough to use for shaving.

- Those who study such things claim to have found the best way to climb stairs: Evidently, you should exhale before you begin the ascent, inhale for the duration of the first two steps, exhale during the next two steps, and repeat until you've reached the top. Of course, it's interesting to note that what "best" means in this situation isn't clearly defined.

- According to pollsters, when divorced people take surveys,

women are much more likely than men to report that they're happy about the breakup.

- The hyoid, found in your throat, is the only bone in the human body that is not connected to any other bone. Its purpose is to anchor the muscles of your tongue.

- There are 12 sovereign nations in South America, and Brazil shares a border with all but two of them: Chile and Ecuador.

- Founding Father Benjamin Franklin's final public act was to write a letter to Congress urging the abolition of slavery.

Thought for the Day:

"It's good to have money and the things that money can buy, but it's good, too, to check up once in a while and make sure that you haven't lost the things that money can't buy."

— George H. Lorimer

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WEDNESDAY



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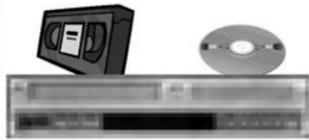
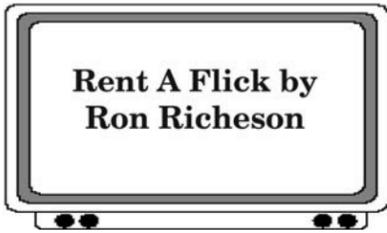
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The Shallows

The Shallows (2016) is a nail-biting thriller that keeps you glued to the screen and is the best shark movie since 1975's *Jaws*.

Blake Lively plays Nancy, a medical school dropout surfer who travels to a secluded Mexican beach to honor the memory of her late mother who loved this piece of paradise. Nancy's girlfriend is back at the hotel nursing a hangover, so Nancy decides to enjoy the beach alone. There are a couple of locals who are also surfing, but when they leave, Nancy decides to make one more trip into the water. That turns out to be a seriously bad move. It's never a good idea to go surfing alone.

What Nancy doesn't realize is that she has entered the feeding grounds of a great white, and reality doesn't reveal itself until she receives an excruciating bite on her leg and she sees the huge fin. She is able to find temporary safety on a large rock jutting out of the water, but to get back to shore during high tide when the rock is again covered will be a major challenge.

Much of the film consists of Nancy, a seagull with a dislocated wing, and the man-eating shark. Lively portrays it with perfection. We feel both her absolute terror and her absolute determination to survive.

This film is rated PG-13 and is available at most Redbox and Blue Box locations.



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Contract Bridge

by Steve Becker



THE PRACTICAL SIDE OF BRIDGE

West dealer.

Neither side vulnerable.

NORTH

♠ Q 10 9
♥ 8 5
♦ A 7 4
♣ A Q 7 6 2

WEST

♠ 8 5 3
♥ K 9 6 2
♦ Q 10 3
♣ J 10 4

EAST

♠ 7 6 2
♥ Q J 4 3
♦ K 6 5 2
♣ K 9

SOUTH

♠ A K J 4
♥ A 10 7
♦ J 9 8
♣ 8 5 3

The bidding:

West	North	East	South
Pass	1 ♣	Pass	1 ♠
Pass	2 ♠	Pass	3 NT

Opening lead — two of hearts.

Assume you're in three notrump and West leads the heart deuce. It's not difficult to make the contract if you see the East-West cards. All you have to do is win the heart with the ace and play the A-2 of clubs. Nine tricks, easy as pie.

But making three notrump is not that easy if you see only

the North-South hands. You might, for example, win the third heart and finesse the queen of clubs. East would win with the king and return a heart, and the defender on lead would probably shift to a diamond. Eventually, you'd go down two.

However, there is a much better way to play the hand, if you put your mind to it. To begin with, you note that West's opening lead is the deuce of hearts. If West is a player who leads fourth-best, it is reasonable to assume that both he and East have four hearts. On this basis, therefore, you should win the opening heart lead with the ace.

Your next play also is important. You should lead a low spade to dummy's nine and return the deuce of clubs! In the actual deal, there is a good chance that East will go up with the king — rightly or not — and thereby hand you the contract.

The point is that by leading a low club from dummy at trick three, instead of taking an immediate finesse, you give East the chance to make a mistake (if he has the doubleton king of clubs). And the more opportunities you give the defenders to make a mistake, the more likely they are to oblige.

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To Your Good Health from P. 18 bronchitis, the two elements of COPD. Readers can obtain a copy by writing: Dr. Roach — No. 601W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow 4-6

weeks for delivery.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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Plant Talk

by
Ken Resch



Garden Web Links to Enjoy

We were also involved in the grand milkweed experiment of 2016 and if we look at the statistics it was an absolute failure. We planted well over 600 seeds of five varieties, we had a germination rate of maybe 50% overall, and by the time we set them out for hardening we had about 200 plants survive. As the plants hardened off we transplanted the peat cubes into larger pots and began setting those out. We ended up with about sixty Swamp Milkweed, now growing in the lower "nature preserve" a.k.a.: City of Asbury floodplain and in September they were in full bloom. Next year we'll spread these out over a larger area and continue our efforts to help the Monarch butterflies.

I shared our milkweed efforts with Dan, a fraternity brother of fifty years and over-the-top avid gardener and in the exchange of emails he sent me the most amazing links to "Mike's Backyard Nursery." I'm sending them on to our readers because I am certain you will all find something of profound interest

among these various links.

The first link <http://mikesbackyardnursery.com/> is a great overview of Mike McGroarty's business nursery. His effort is to get you to join the group so you can get the "inside" members' specials and such. You do not need to join to still enjoy many, many (65!) web pages of information.

This link <http://freeplants.com/> will fast become a favorite. On it you'll find a page of "how to" links from growing blackberries to preventing squash from dying on the vine. Well worth the time to look.

Next is a link, <http://mikesbackyardnursery.com/2015/03/propagate-mums/> on propagating mums. It may be too late this year, but tuck it away in your plant files and next year grow your own! Remember the small mums sold early in the summer? Buy those and try propagating more for your fall garden—when mums rightfully should be blooming!

For any of you who might like to try growing plants from cuttings, this link <http://mikesbackyardnursery.com/2015/03/grow-cuttings/> will give you the step by step way to succeed. A similar link <http://mikesbackyardnursery.com/2015/01/easy-summertime-plant-propagation-techniques-can-home/> shows you how to propagate summertime plants. A third link is to an Instructable on shrub propagation posted by my friend Dan. <http://www.instructables.com/id/Shrub-Propagation/> In his post he'll show you all the steps-to-success in creating more shrubs—for free!

Finally, I've included a wonderful youtube video <https://www.youtube.com/watch?v=bzUsjlsQymE> of my friend Dan talking about square foot gardening. This is an ideal way to garden in small spaces and when you want only a few of each plant because there may only be one or two of you to eat the produce. This last youtube video <https://www.youtube.com/watch?v=kkVlrboTbrg> is about building a raised bed garden to make it both easier to manage and able to be built without needing to till up the soil. These beds work nicely in small spaces and over poor soils that will not readily sustain a garden.

Enjoy the winter looking at any of these delightful links!



Cultured Christmas trees must be shaped as they grow to produce fuller foliage. To slow the upward growth and to encourage branching, they are hand-clipped in each spring. Trees grown in the wild have sparser branches and are known in the industry as "Charlie Brown" trees.



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—William Arthur Ward

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 Author of "A Life Gone to the Birds"
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Let's get organized

Unions do it. Criminals do it. Even governments do it. Let's get organized.

We are told to keep calm and get organized, but the correct order is to get organized and then become calm.

We have unreliable superpowers that make becoming organized an elusive concept. That's why most label makers find their way to garage sales quickly.

We delay becoming organized. We put off everything except procrastination. That's why the unicorns missed getting on Noah's Ark.

How many kitchen stoves have the correct time? The time changes, but stove clocks never change. They aren't organized.

A friend is so organized that every time he changes a password for his digital devices, he changes the name of his goldfish to match it.

A business owner of my acquaintance is so well organized that he knows exactly how much money he is making. I can tell when business is slow for him. He hands his business card to a prospective customer and says, "Take a quick look at it and don't bend it before you give it back."

He likes a messy office because he knows that everything is in the pile somewhere.

People who exercise regularly are organized. They have to be. Folks who wear Fitbits even get something good out of forgetting the car keys in the house and having to walk back to get them. They aren't forgetful or wasting time. They are getting steps.

Successful football teams are organized. When the line opens a hole big enough to drive a truck through, there is a guy who drives the truck.

After I became a licensed driver, I organized things in my car. Jumper cables, gas can, blanket, gloves, stocking cap, cherry bombs (the store was out of flares), a flashlight with dead batteries, towing chain, a couple of cans of motor oil, a flat spare tire and a phone book. If I got lost, I wasn't worried. There were maps in the phone book. I was prepared because I was organized.

Shopping lists are prime examples of organization. They work, too, unless you enter a grocery store with too many kinds of ketchup.

Speaking of stores, I waited in line in a busy convenience store. I didn't mind. Life is a line. We should never be in a hurry to get to the front. A line is a place of second thought. We reconsider our words and actions. Shouldas and couldas fill minds. Being in line isn't necessarily time wasted.

"How are you doing?" I asked the guy behind me. It never hurts to be friendly and he didn't look as if he'd come from a long line of short tempers.

"Meh," he replied. His soliloquy bolstered me.

The fellow ahead of me in line was organized. He wore pants with so many pockets that you needed a math degree just to estimate the number. He had his life in his pockets. He was one of those who liked to pay with the exact change. Most of us like to do that, but he did it. He kept his nickels and dimes in one pocket. He kept his pennies and quarters in another. I understand that. I put the same things into the same parts of my backpack. It saves panic searching. It took him so long to count out the correct change that I thought he might have considered the convenience store to be affordable housing.

He took the time to use one of his unspent coins on a scratch-off ticket he'd purchased. The audacity of hope. He probably thought that we were enjoying his actions as much as he was. He was both maddening and organized.

A retired friend has organized his life into two categories: Things he has to do, otherwise known as the things he might do. And things he'll never do.

I stopped at a business to close a clothing deal. A woman drove her car into the side of the building housing that enterprise. I'm sure that she'd told someone that she was going to run into the store for a minute and she did just that. It was a car with the headliner flopping down. She backed the car away from the broken bricks, put it into the parking place where she'd meant it to be and turned off the engine. She came into the store, told a clerk what she had done and said that she'd be back.

Then she walked next door to a restaurant and ate breakfast. That woman was organized.

© Al Batt 2016

Do not ask yourself what the world needs; ask yourself what makes you come alive. And then go and do that. Because what the world needs is people who have come alive.

—Harold Whitman

The best history is but like the art of Rembrandt; it casts a vivid light on certain selected causes, on those which were best and greatest; it leaves all the rest in shadow and unseen.

—Walter Bagehot



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1. HISTORY: Who was the first woman to be prime minister of the United Kingdom?
2. GENERAL KNOWLEDGE: What U.S. city's nickname is The Mile-High City?
3. MEDICAL: What does the Greek suffix "-algia" refer to in medical terms?
4. BIBLE: Noah was the grandson of what biblical character?
5. ADVERTISEMENTS: Which fast-food restaurant chain urges patrons to "eat fresh"?
6. MUSIC: Bebop is a style of what kind of music?
7. MOVIES: What was the name of the character played by Marilyn Monroe in "Some Like it Hot"?

8. LITERATURE: What famous ghost story was penned by Henry James?
9. TRANSPORTATION: What is the world's oldest airline still operating under its original name?
10. LEGAL: Witnesses who would prefer not to incriminate themselves might refuse to answer by citing which amendment to the U.S. Constitution?

Answers

1. Margaret Thatcher
2. Denver
3. Pain
4. Methuselah
5. Subway
6. Jazz
7. Sugar Kane Kowalczyk
8. "The Turn of the Screw"
9. KLM
10. The Fifth

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Over The Years
by Grandma

The Christmas Spirit

Even before the turkey is cold in the refrigerator, the invasion of the Christmas spirit begins. The spirit seems to get into full swing when a person begins Christmas shopping.

If you have ever been shopping the day after Thanksgiving you know these people are serious shoppers. They brave lines, pushy, rude, people and hundreds of pointed elbows. If the store is hectic the check-out-lines can be even worse. It seems that just when you are ready to check out, that line closes, so you step into another quickly-forming line only to find that there is a clerk in training on the side of the counter. As always seems to happen a mistake is made. Then another clerk is called to fix it. Then if you write a check, confusion again and after another ten minutes things are finally resolved.

In short, it takes approximately twice the normal time to get anywhere or anything done the weekend after Thanksgiving or on any weekend during the Christmas season. It seems to be a wise thing to do your shopping early in the day or early in the week.

There may not be as many bargains, but the piece of mind is worth it.

Besides shopping, another way to get into the Christmas spirit is to start your baking and get it going for gift giving. Food gifts run the gamut from plain to fancy and there's something to make for every cook and personal taste. One cook can whip up fancy breads, another cook loves to bake cookies, while another likes to whip up a batch of Chex-Mix. Whatever the item is, it is always welcomed because the receiver knows it was made with love.

These gifts come from the heart and hand. It is also a way to keep you away from the hectic mall and with only a trip to the grocery store, you're on your way to having some delicious gifts.

Some people can't get into the Christmas spirit unless all their family traditions go off as they have for years. Traditions are made to be broken and sometimes you have to go with the flow according to circumstances. Family dynamics change over the years so some traditions just have to go by the way side. Its alright to do something completely different this year. Your family may all like it and want to do it again next year. If that be the case, you have started a new tradition.

What ever your Christmas traditions are, I hope you are in the Christmas spirit.

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*If animals could speak,
the dog would be a blundering
outspoken fellow,
but the cat would have the rare grace
of never saying a word too much.*
—Mark Twain



Birding BITS BY Cindy Brook

Nighttime Symphony
Nocturnal birds add ambiance to the softness of night. What would an orchestra of crickets be without the steady call of a Whip-poor-will? I will climb out of sleep to listen to a Barred Owl. Day or night, birds are great!

E-mail: birdingbits@cfl.rr.com
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O' Little Town of Bethlehem



Collecting

by Larry Cox

Flower Garden Ashtray

Q: I have an ashtray that I have almost tossed several times, since no one in my family smokes and I have no use for it. An antique dealer identified the pattern for me as "Flower Garden with Butterflies," a pattern I can't find in my reference books. Can you help me? — *Martha, St. Charles, Missouri*

A: "Flower Garden with Butterflies," aka "Butterflies and Roses," was introduced in about 1928 by the U.S. Glass Company of Pittsburgh. Although you didn't specify the color of your ashtray, it was issued in amber, black, blue, blue-green, canary yellow, crystal, green and pink.

According to Ellen T. Schroy, a Depression Glass expert and author of "Warman's Depression Glass: A Value and Identification Guide," an ashtray in amber or crystal is worth about \$175; in blue-green, green or pink, \$185; and blue or canary yellow, \$325.

Q: In November 1982, I ordered a complete set of Princess of Wales 21st birthday greeting stamps with Crown Agents brochure from Good Housekeeping magazine. They include images of her, her wedding dress and the 21st birthday greeting to Princess

Diana. Do you have any idea of their worth? — *Lisa, Princeton, Indiana*

A: There were dozens of stamp sets issued to commemorate the 21st birthday of Princess Di, and I think I found your set on eBay. It features 17 stamps in a special Crown Agents folder and is offered for \$3.

Q: During the 1970s, I was given an annual plate issued by M.I. Hummel. It is "Apple Tree Girl." I have discovered the original issue price was \$50, but I suspect it is worth much more after the passage of several decades. — *Carol, Kansas City, Missouri*

A: Your plate is HUM 269 and was issued in 1976. According to the "M.I. Hummel" price guide, by Robert L. Miller and published by Portfolio Press, your plate is valued in the \$50-\$75 range.

Q: I have inherited an antique Valentine collection and would like to get it evaluated. — *Margaret, Lakeland, Florida*

A: I suggest you contact the National Valentine Collectors Association, P.O. Box 647, Franklin Lakes, N.J. 07417; www.valentinecollectors.com.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.

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VETERANS ★ POST ★

by Freddy Groves

Bicycles Banned at Arlington

Bicycles will no longer be allowed in Arlington National Cemetery, unless being ridden by people with family passes who are there to visit a loved one's grave. Commuters, weekend exercisers and cycling clubs are no longer welcome.

To which I give a big thumbs-up.

Arlington National Cemetery holds upward of 30 funerals a day. Some of these involve long streams of cars of attendees and escorts; some involve the military band or horses pulling a caisson. The last thing funeral-goers need is to have to navigate around cyclists, or have them whiz by during a funeral service.

Of course, cyclists were upset when the news came out, and they started a petition, claiming they don't disrupt anything. The cemetery's response to that was, "Previous

trial periods with bicyclists in the cemetery showed bicyclists did not typically stop for these processions."

Enough said.

Some state veterans' cemeteries seem to ban bicycles as well, such as the Connecticut State Veterans' Cemetery.

Others aren't as vigilant, with one state suffering from horseback riding, picnics, fireworks and hunting at their veterans' cemetery. Another had to ban bicycles after multiple bike crashes disrupted funerals.

Some places aren't so fussy. There apparently is an annual ride at the Chattanooga National Cemetery in Tennessee. The Willamette National Cemetery in Oregon allows bicycles and is on a list of places to ride, complete with helpful GPS printable maps.

Having buried a grandfather, father, mother, two uncles, a spouse and multiple friends in national cemeteries, I can say this: If you're a cyclist who lives where a national cemetery allows bicycles and you spot an ongoing procession or funeral service, stop. A cemetery isn't just a convenient shortcut for you. It's the end of the line for our loved ones.

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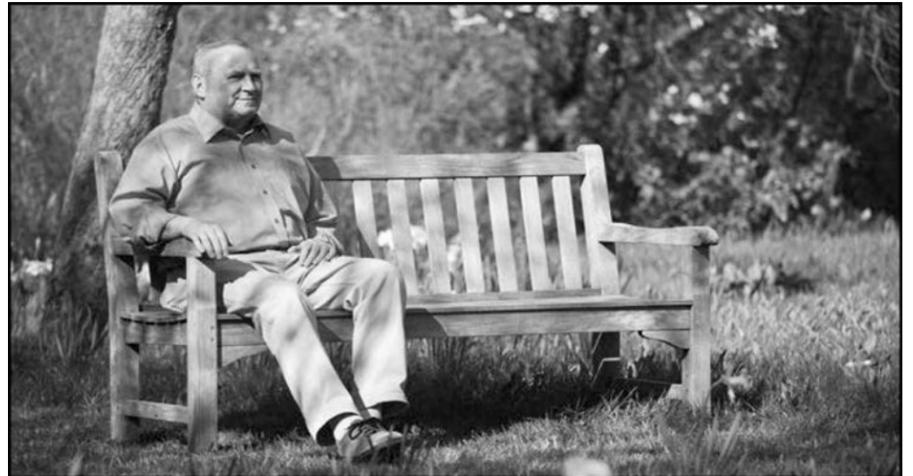
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Celebrate this Christmas Season with Shalom Spirituality Center

Getting Out of My Spinning Squirrel Cage! An Advent "Ahh" Day

Thursday, December 1, 9:30 AM — 2:30 PM

Facilitator: Eileen Miller OSF. The holiday season can be exhausting. We get caught up in the whirls and swirls of social events, shopping, decorating, baking/cooking and whatever else seems to demand our time during these weeks. We invite you to take a break from all of this with a few hours of quiet time during the first week of Advent. We will pray a little, offer a short Tai Chi session, have a simple lunch — and the rest of the time is yours to do with as you wish: write Christmas cards, read, meditate, work on a craft project or take a nap. The idea is to relax and to have time to remember the "reason for the season."

Offering: \$12. Register & Prepay By Tuesday, November 30

Shalom's Annual Advent Evening for Women Monday, Dec. 5, 6:00 — 9:00 PM

Presenters: The Music Group Lydia. The tradition continues! Once again our good friends of the group Lydia will lead us in a prayerful and inspirational celebration of Advent. Join us for conversation, friendship and prayer. As always, the chapel program will be preceded by a social and dinner in the Shalom dining room. Bring your friends and celebrate the spirit of the season!

Offering: \$24. Register & Prepay By Wednesday, November 30

Note: To facilitate table assignments, please indicate who will be in your group.

Shalom's Winter Breakfast: A Memory of Christmas Tea Wednesday Dec. 7, 7:00 — 8:00 AM, Mass at 8:15am

Presenter: Marilyn Dansart. It's worth getting up early on a December morning to enjoy a wonderful, tasty breakfast and time to chat with friends. Following breakfast, sit back and enjoy Marilyn's presentation based on the book "A Memory of Christmas Tea" (a sequel to the popular "A Cup of Christmas Tea"), by Tom Hegg, and its message of taking time for the important things in life.

Offering: \$10. Register & Prepay By Monday, December 5

The Music of Christmas Monday, Dec. 12, 6:00 — 9:00 PM

Presenters: Carol Hemesath, OSF & our favorite Dubuque-area musicians. Join us for our annual evening of anticipating Christmas with good food, good music and prayer! We'll nourish our bodies with a bountiful meal and our spirits with beautiful music and prayer. Join us for this joyous evening that will hopefully open our hearts and minds to the message of Jesus.

Offering: \$24. Register & Prepay By Wednesday, December 7

Shalom Spirituality Center is located at 1001 Davis St.

Call (563) 582-3592 or visit www.shalomretreats.org to register for programs.



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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

Four of us saw a movie on one ticket!

Maury, this is another humorous memory that Grandpa cautions you to not imitate! At the same time, Grandpa decided to share it with you because I recognize that you are definitely beginning to display “an ever growing mature sense of humor!”

One day, while we were still in high school, Grandpa and three of my close friends wanted to see a John Wayne movie that was playing at the Orpheum theatre (now the Five Flags Center) in Dubuque. We were short of money at the time, so this “situation” caused our creative minds to go to work! We decided on the following “brilliant and daring” scheme! This is what happened:

We went to the theatre early just after the ticket window opened and very few people were there. We had one of us, Grandpa, buy one ticket. Keep in mind theatres are always dark. After purchasing my ticket I waited until no usher or employee was near. Then I quickly opened a fire exit door (which only opened from the inside) located on a far left wall to let one of my friends waiting outside at that spot to quickly hit the deck and “crawl” in!

Crawling was a cautionary move because as soon as this



Jerry Eberhardt with grandson, Maury Cohn

door was opened an employee or usher, who might be looking, could see “daylight!” We figured they’d think someone had exited instead of “being let in!” After successfully getting two buddies in (one at a time!) one of us had to open this door for the third time to let the last guy in. Again we were successful but this time caused an employee to become suspicious.

Coming to this area of the theatre he saw the four of us sitting in the same row, nearby, looked at us, and you could almost hear the “mental wheels turning!” We concentrated on looking straight ahead at the screen, all the while thinking there’s a good chance he might have figured out what happened, but there was no way he could prove it! After “staring” at us a little longer he left and the four of us enjoyed John Wayne!

Maury, even though we were the “guilty foursome” we never tried this again!!

Much love, Grandpa.



by Chris Richcreek

1. In 2015, pitcher Zack Greinke became the third Los Angeles Dodgers right-handed pitcher in the modern era to have six straight starts without allowing a run. Who else did it?
2. Jose Altuve became the fastest player in Houston Astros history to reach 800 career hits (647 games). Who had been the fastest to do it?
3. In 2015, Keenan Allen tied a San Diego Chargers record for most receptions in a game (15). Who else did it?
4. Syracuse’s men’s basketball team, in 2015, became the second team in Division I

- history to win 50 straight games against an opponent (Colgate). Who was the first to do it?
5. Who was the last American before Auston Matthews in 2016 to be selected No. 1 overall in the NHL Draft?
 6. Who was the first Major League Soccer player to have at least 15 goals and 15 assists in the same season?
 7. Name the last horse to win the Preakness and the Belmont after not winning the Kentucky Derby in the same year.

Answers

1. Don Drysdale (1968) and Orel Hershiser (1988).
2. Cesar Cedeno needed 707 games to do it.
3. Kellen Winslow, in 1984.
4. UCLA’s men’s basketball team won 52 consecutive games against Cal (1961-85).
5. Chicago selected Patrick Kane in 2007.
6. Jason Kreis of FC Dallas in 1999.
7. Afleet Alex, in 2005.

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Sports Comment

by Gary Dolphin

V.P. **usbank** – Business Development

and Voice of the Iowa Hawkeyes

From Where I Sit

We're thankful as usual for many things this holiday. Family, friends and a roof over our heads. Many are not as fortunate. Do what I do every Thanksgiving and Christmas. Send a check to a worthy charitable organization that will purchase a down-on-it's-luck family or homeless person a meal, clothes or evening of rest in a shelter. The need is great. The Salvation Army, Dubuque Rescue Mission or your local church are a few that provide comfort and care this time of year. You'll feel better, trust me.

If you're a Hawkeye football fan, we're all feeling better after big wins over Michigan and Illinois. Iowa has a chance to finish the regular season at 8-4 should it defeat a very good Nebraska team the day after Thanksgiving. Easier said than done. It's been a wild finish to

the Big Ten west division race. The Hawks have been officially eliminated from a successful defense of it's title due to a loss to the Wisconsin Badgers in Iowa City. Iowa is making it interesting however. The Hawks, the Badgers, Huskers and Minnesota Golden Gophers all could finish with 6-3 records and technically tied for first place. Then a bevy of tie breaking rules come into play. Wisconsin would be my selection right now to head to Indianapolis and face perhaps Penn State for the Big Ten crown and a spot in the national playoffs. Penn State's win over Ohio State has the Nittany Lions in the driver's seat should it win this Saturday. Should Michigan knock off Ohio State, the Wolverines get the nod by virtue of it's victory over the Lions to start the Big Ten season.

Happy Holidays!



The Way Things Ought to Be

With everyone racking their brains about the perceived problem of shrinking NFL TV ratings, we now get to shift our focus to the flawed NCAA playoff rankings. But why stop there? There are plenty of things in the sporting world that need to be addressed. Here are a few I will toss out there:

1. Tim Tebow needs to try out for every major sport. This is a no-brainer. Everyone knows that Tim Tebow is a superior athlete and a virtuous Christian. That is why he must always be set up for martyrdom, so we can talk about how teams don't understand the righteous talent they are sitting on. It doesn't matter that he's only hitting .149 for the Mets' fall instructional league team, he probably sells more jerseys than most of the Mets big-league players combined. Surely he could be a center on the Blue Jacket's checking line, or a power forward for the Brooklyn Nets. It might hurt to watch, but that means it's working.

2. Every NFL team has to wear black (or pink). Studies show that teams wearing black are more aggressive. That study, no doubt commissioned

by the circa 1970s tangerine-orange mustachioed Tampa Bay Buccaneer, has taken hold of the league because black keeps creeping into color schemes. The only exception can be made for the Eagles, but only if they switch their color back to Kelly Green. Philadelphians shouldn't be made to wear Forest Green, sorry.

3. Nick Saban needs to trash every other team's offensive scheme at press conferences, then destroy that team by mastering the offensive scheme he just trashed. It started with the run option, but something tells me that Saban would win if he ran nothing but wildcats or fake punts on every first down. This is a good thing, because Saban's idea of a perfect game would be Alabama scoring every quarter and beating LSU 8-0, all safeties.

4. Pete Rose and Alex Rodriguez need to do postgame analysis for every baseball game. When A-Rod isn't name-checking Andy Pettite (which almost never happens) or using multi-syllabic words, Pete Rose is there to make fun of him or tease him about Derek Jeter's inspiring play. The matchup of those two plus Frank Thomas is a thing of beauty. You can just picture a bunch of drunken FOX execs coming up with the idea ... "No! Wait! Pete Rose has to wear a bow-tie!" then still going with the idea the next morning.

5. The Cubs needed to lose the World Series. The world needed the Cubbies to lose. They were the last team clinically proven to break hearts. Look at what



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happened to Red Sox fans. They used to be the quirky losers, now they're just obnoxious without the charm (Fenway Park notwithstanding). Look at how miserable hockey fans are having been robbed of the joy that was chanting "1940" to Ranger fans. Oh well, Wrigley

Field is still only place where singing "take me out to the ballgame" in the vocal style of Daffy Duck can be considered cool (but only when Bill Murray does it).

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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**Radio From
 The 20th
 Century**
 by Bill Zwack



During the Christmas seasibm many Christmas themed movies will be shown on television. One of the most popular is *White Christmas*. Of the main stars, Danny Kaye played off of Bing Crosby in a manner that no one else could do. During the 1940's, Danny had a short lived radio program that didn't live up to his visual talent.

The Danny Kaye Show premiered on CBS January 6, 1945. If judgment is reflected by popularity poll rather than Hooper rating, Kaye's show was one of the most popular in the land. At least *Radio Daily* thought so. The magazine ranked him in fifth place among all shows. His Hooper of 12-plus wasn't a disgrace either, though writer Goodman Ace later described the show as a bomb. Kaye was on for just over a calendar year, broadcasting

for Pabst Blue Ribbon beer.

A veteran of Vaudeville, Broadway and movies, Kaye's stage training made him a superb radio comedian, a master of tongue-twisters and double talk, at home with any dialect. His company included Eve Arden, Lionel Stander, and Harry James and His Music Makers. Ken Niles announced; Dick Mack directed. Writing for the series was Ace, Abe Burrows, and Sylvia Fine, who was Mrs. Kaye in private life. This was a solid variety show. His program included skits, music and a variety of very enjoyable entertainment. He wasn't big like a Jack Benny or Red Skelton, but he could hold his own on stage and the screen, which he did many times.

Listen to KDTH's *Big Broadcast* on Sunday nights from 6 to midnight and you might catch Danny "gat gat gettle."

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April
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Down Memory Lane

April
 1961

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

HAMMERS VIE FOR BASKETBALL TITLE

As the local Industrial League basketball race neared its conclusion, our Dubuque Packing Company Hammers were still very much in the fight for the loop championship and our Packers were making a most respectable showing.

The well balanced Hammer combination — sparked by ace scorers Donald Nachtman and Bill Feyen — has sported one of the best offensive machines in the entire league. The Hammers won their first five straight games before dropping a tight 57-54 battle to the league-leading John Deere team. Don Nachtman scored 23 points and Bill Feyen hit for 17 tallies in the crucial contest with the Deere club.

Our Hammers won the first-half title and John Deere took the second semester bunting; the two clubs are now to meet for the season's title.



Jack Hurlburt

Bill Feyen

League Standings

	Won	Lost
John Deere	7	0
Dubuque Hammers	6	1
Dubuque Packers	4	3
Barrett Division	3	3
A. Y. McDonald	3	3
Caradco	3	4
People's Gas	3	6
Engineering Prod.	0	7

DUBUQUE HAMMERS: (left to right), Don Nachtman, Joe Burbach, Jack Hurlburt, Bill Feyen, Wayne Noel, Tony Callahan, Manager — Coach Norbert Tressel.



• Having a holiday party? Put food and drinks in separate areas, as these are places that guests tend to linger. With different stops for each, guests will not bunch up in one place trying to do both, and it actually encourages mingling!

• Dirty candles can be cleaned up quickly with a leg of pantyhose. Slip the candle in the hose, rub the outside of the candle and release.

• Need a quick batch of cookies? Keep a box mix of cake on hand. Instead of the listed ingredients, add two eggs and a half-cup of oil to the mix. Mix and shape, then bake at 350 F for 10 minutes. They are really good, and you can get pretty creative.

• Inexpensive gift idea: a cute holiday coffee mug with a bar of chocolate, a packet of hot cocoa or instant coffee, a peppermint stick and a decorative holiday pick or spray. Place inside a gallon-size zipper-top bag, tie with a ribbon, then trim off the zipper-top, leaving just the plastic. Looks nice.

• “Wondering what wine to serve at your holiday party? Order a case of mixed wines.

You might get a hit on your hands!” — *C.C. in Oregon*

• Instead of going out and buying extra items to have on hand for guests, just borrow from your neighbors. Extra towels, place settings, silverware, kitchen appliances: It’s a pretty good bet that someone on your street has it for you to borrow. If you don’t know your neighbors well enough to ask, maybe you should start planning a get-to-know-you party right now.

• “Commit to spending one or two unscheduled nights per week during holiday break just hanging out with your kids. You can enjoy the toys they might have gotten for Christmas or Hanukkah, read, play games or just relax in each other’s company. They will return to school (and you to work) less stressed.” — *E.G. in Massachusetts*

• My personal holiday rule is simple: When in doubt, leave it out. There is so much to do, and we want to cover it all, but my best memories of holidays involve the people whom I spend time with, not the place setting or the exact perfect gift. — *Happy Holidays, JoAnn*

Send your tips to *Now Here’s a Tip*, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

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Lincoln Axe

The Lincoln Axe head shown here is a pristine example of an item that was manufactured in Dubuque, Iowa. We recently sold one that had been well used, on eBay for a client for



\$250.00. This axe head was made by Kretschmer-Tredway Co., established in 1907. The one shown here was valued at \$3,500.00 being New in Box, never felt a handle or a tree.

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Good Housekeeping

Roasted Acorn Squash with Maple Drizzle

This hearty side dish is a delicious way to add great veggies to your meal. Not to mention you that can never go wrong with bacon.

2 large acorn squash; sliced, seeds removed
1/4 cup butter
2 tablespoons dark-brown sugar
1 teaspoon Kosher salt
5 black pepper bacon slices
1 tablespoon chopped rosemary leaves
1/2 cup maple syrup
2 tablespoon red wine vinegar
Fresh rosemary leaves
Freshly ground pepper

- Heat oven to 400 F. Line 2 baking sheets with parchment paper. Combine butter, brown sugar and salt. Coat squash with butter mixture; arrange on baking sheets in a single layer. Bake 20 minutes; turn squash over, and bake 10 more minutes or until tender.
- Meanwhile, saute bacon in a medium nonstick skillet over medium heat until crisp. Remove bacon with a slotted spoon. Drain drippings, reserving 1 tablespoon in skillet. Cook rosemary in hot drippings 1 minute. Stir in syrup and vinegar, and cook, stirring often, 5 minutes or until reduced by almost half. Arrange squash on a serving platter and drizzle with warm maple mixture.
- Crumble reserved bacon over squash and sprinkle with additional rosemary leaves and pepper. Serve warm or at room temperature. Makes 8 to 10 servings.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipes/.
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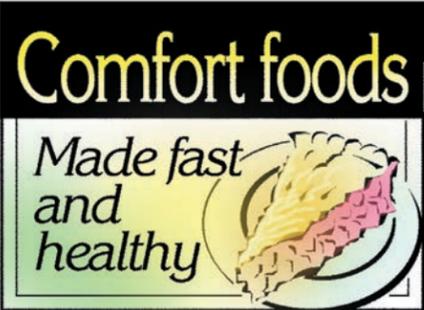
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by Healthy Exchanges

Tom's Pizza Meatloaf

This main dish gives a different twist to a family favorite.

- 16 ounces extra-lean ground sirloin beef or turkey breast
- 1 (2.5-ounce) jar sliced mushrooms, drained
- 1/2 cup chopped onion
- 1/3 cup sliced ripe olives
- 1/4 cup Kraft Reduced Fat Parmesan Style Grated Topping
- 1/2 cup plus 1 tablespoon dried fine bread crumbs
- 2 teaspoons JO's Pizza Seasoning or any pizza seasoning
- 1 (8-ounce) can Hunt's Tomato Sauce
- 1 teaspoon dried parsley flakes
- 2 (3/4-ounce) slices Kraft reduced-fat mozzarella cheese

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with olive oil-flavored cooking spray.

2. In a large bowl, combine meat, mushrooms, onion, olives, Parmesan cheese, bread crumbs, 1 teaspoon pizza seasoning and 1/3 cup tomato sauce. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes.

3. Stir parsley flakes and remaining 1 teaspoon pizza seasoning into remaining 2/3 cup tomato sauce. Spoon sauce mixture evenly over partially baked meat loaf. Cut mozzarella cheese slices in half diagonally. Evenly arrange cheese pieces over top. Continue baking for 15 minutes.

4. Place meatloaf on a wire rack and let set for 5 minutes. Cut into 6 servings.

- Each serving equals: About 186 calories, 6g fat, 19g protein, 14g carb., 556mg sodium, 107mg calcium, 1g fiber; Diabetic Exchanges: 2 1/2 Meat, 1 Vegetable, 1/2 Starch; Carb Choices: 1.

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The Spats

by Jeff Pickering



Cremer's Cooking Tips

Cremer's E-Z Whole Beef Tenderloin

- 4-4 1/2 lb whole beef tenderloin
 - Cremer's Rub-Me-Tender Seasoning
- Preheat oven to 425 degrees. Season tenderloin with Cremer's Rub-Me-Tender seasoning.

Place tenderloin in roasting pan or on cookie sheet.

Roast tenderloin for 30 minutes or until 130 degrees internal temperature for medium rare (10 minutes additional for medium well).

Remove tenderloin from oven, cover with foil tent, and let rest for 15-20 minutes.

Internal temperature may increase 5-10 degrees while resting—due to residual heat.

Slice tenderloin into 1/4" to 1/2" slices. End piece will be more done and center of roast more rare.

As Christmas fast approaches it represents the busiest time of the year for many of us. For most of us there are holiday gatherings that continue through the month and spill over into the New Year.

The hands down most popular item we carry for the upcoming season is Whole Beef Tenderloin. Its versatility becomes as favorable as its delicate beef flavor. Whether sliced thin for finger sandwiches at a cocktail party or the main course for Christmas dinner. Roasting these at a high heat for a relatively short amount of time is sure to ease the challenges of entertaining and delight your guest.

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

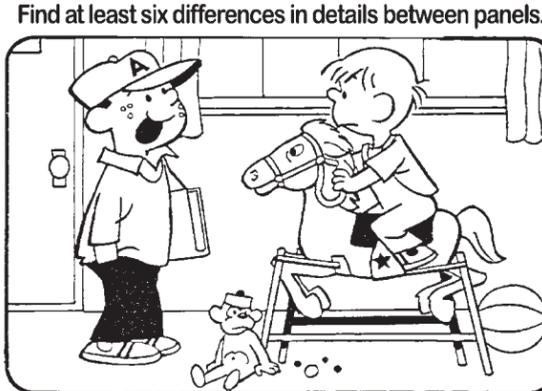
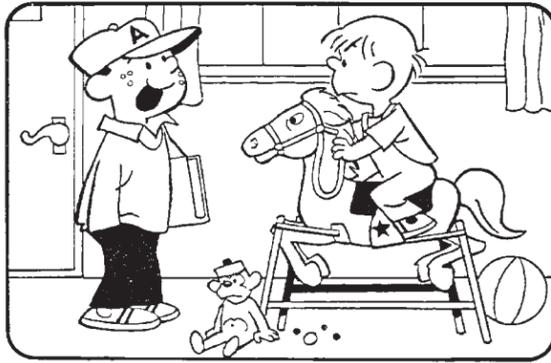
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

By a nose Hat trick Kisser Ringer
 End run Home stretch Knockout Round
 Gambit Infighting Play ball Slam-dunk
 Hands down Kayo Punchy

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Handle is different. 2. Sleeve is shorter. 3. Monkey's head is turned. 4. Rein is shorter. 5. Tail is smaller. 6. Ball is turned.

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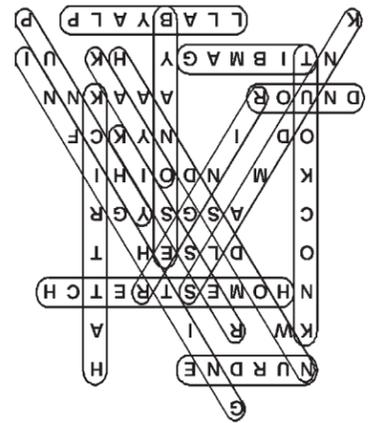
GO FIGURE! by Linda Thistle

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.

	+		×		11
-		+		+	
	+		÷		3
×		-		×	
	+		÷		7
12		7		10	

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

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SPORTS IDIOMS

SUDOKU Answer

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

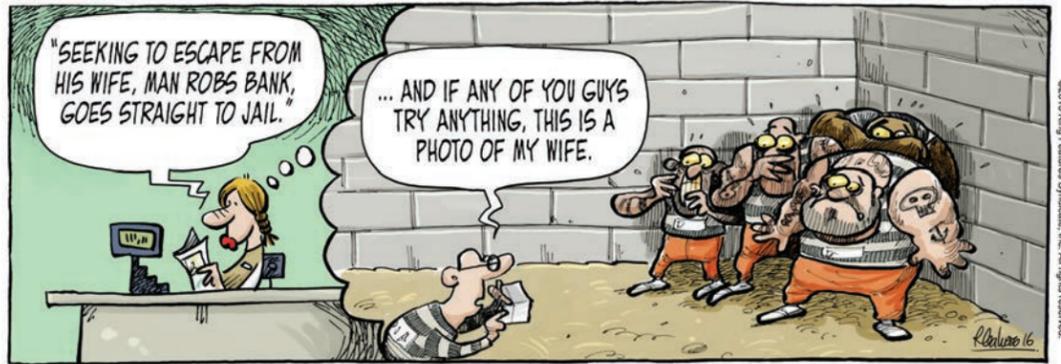
King Crossword —
 Answers

Solution time: 25 mins.

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

THE CASHIER

BY RICARDO GALVÃO



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SUDOKU
 by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦
 ♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!

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Go Figure! answers

	10		7		12
7	2	÷	8	+	9
	×		-		×
3	4	÷	6	+	3
	+		+		-
11	1	×	9	+	5