



The Golden View

The Community Newspaper For Adults 50 Plus

December, 2018

Dedicated To The Young At Heart

Dubuque, Iowa

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

The Reflections in the Park tradition continues...

by Darlene Bolsinger, Reflections in the Park Coordinator



Stop and see the Hillcrest Festival of Lights located in Louis Murphy Park from 5:00 – 10:00 p.m. daily, November 22 thru January 1

The intricate work of our amazing volunteers has begun in the park!

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

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

through January 1, 2019.

Reflections in the Park will feature more than 60 displays, including a wide array of objects, from the RGB 200' Tunnel of Lights to several new and different animated displays, including the Candy Cane Co. – all with LED lighting.

Last year was a record setting 48,000+ visitors enjoying Reflections in the Park.

Festival of Lights cont. Pg. 29

HOLIDAY GRANDE 2018: Pianist Jim McDonough Returns to Dubuque with an All-New Holiday Show

It's beginning to SOUND a lot like Christmas! "Iowa's Own Pianist" Jim McDonough and his orchestra and singers are set to tour the state this holiday season with a dazzling all-new production benefitting Camp Courageous of Iowa. Tickets for the nine-city tour, including two performances at the Five Flags Theater in Dubuque on December 8th (2:30 & 7:30 p.m.), are on sale now. Other tour stops include the cities of DeWitt, Cedar Falls, Coralville, Anamosa, Monticello, Cedar Rapids, Ottumwa and



Des Moines, Iowa.

This spectacular holiday Jim McDonough cont. Pg. 8

A "Family" Tradition

by Erica Wall, Community Relations Coordinator, Sunset Park Place



Santa and Mrs. Claus with Suzy the Naughty Elf at Sunset Park Place

Living at Sunset Park Place, is more than just three delicious meals a day, socialization, recreation, and transportation; it's about traditions. For more than 14 years, Jerry Bell, Manager at Sunset Park Place, has been a part of creating and participating in those Family Traditions.

You won't talk to a single resident without hearing the word "family" brought up when talking about the staff at Sunset. Just sit and talk with Betty, a resident who exceeds my time here and easily sums up what she likes best about Sunset Park Place, which is "everything!" So, then I proceeded to ask her about the staff at Sunset and she humbly said, "It's like family, everyone is so good to me."

Speaking of family and traditions, the tradition that comes to mind as we approach

the Holiday Season is the Annual Breakfast with Santa, which Sue Mills, Culinary Coordinator, has been hosting year after year. Sue's eyes perk up when speaking with her on why she loves this event. She says "it brings our family together with their family, but the best part is seeing the smiles on their faces. Especially the kids who get to leave with a goody bag, plus the donations from the breakfast go to the Alzheimer's Association."

Traditions around Sunset Park Place are especially evident during the Holidays. Ask Shelly Gessner, Life Enrichment Coordinator at Sunset for 10 years, knows that her annual trip through Murphy Park to enjoy the lights is a favorite of the residents; there is always a full bus, sometimes two! We can't forget

Sunset Park Place cont. Pg. 3

Al Batt	Page 23
Bridge	Page 21
Bill Zwack	Page 28
Kovels® Collecting... ..	Page 24
Gary Dolphin	Page 27

Jerry Eberhardt	Page 26
Ken Resch	Page 22
Michael D. Gibson... ..	Page 12
Paw's Corner	Page 5
Rent A Flick	Page 21

S. E. Persinger	Page 9
Social Security	Page 11
Trivia Test	Page 23
Uplifting Moment	Page 7
Veterans Post	Page 25



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December 5, 19 at 11:00 a.m.

Best Western Plus

3100 Dodge St. in Dubuque, IA
December 6, 20 at 11:00 a.m.
December 10 at 6:30 p.m.

Atrium Post Acute Care

1350 S. Madison St., Lancaster
December 7 at 11:00 a.m.

Baymont Inn & Suites

4115 N. Riverview St., Bellevue
December 11 at 11:00 a.m.

Guttenberg Library

603 S. Second St. in Guttenberg, IA
December 12 at 11:00 a.m.

Medical Associates Health Plans

1605 Associates Dr. in Dubuque, IA
December 13 at 11:00 a.m.

Econo Lodge (formally Maq. Inn & Suites)

1019 W. Platt Street in Maquoketa, IA
December 14 at 11:00 a.m.

Johnson Public Library

131 E. Catherine St., Darlington
December 21 at 11:00 a.m.

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Sunset Park Place from Pg. 1 the annual Christmas visits from local carolers and Santa himself! Now, if you ask Shelly to name one of her favorite things she has observed in her years here, she said it would

definitely be “the friendships the residents create and how they look out for one another.” Year after year, the real tradition at Sunset Park Place is creating memories and carrying on traditions old and new.



Pictured with Santa and Mrs. Claus are Sue Mills – Culinary Coordinator, and Shelly Gessner – Life Enrichment Coordinator

Keep Your Tree Looking Its Best



Depositphotos



1. Select a fresh tree. The needles should be moist and not break when bent with fingers.
2. Store your tree out of direct sunlight and away from drafts.
3. Immediately before the tree is brought inside, make a half-inch fresh cut from the trunk and place it in water.

4. Initially, put hot water in the tree holder to remove any sealing pitch.
5. Use a Christmas tree stand that holds a gallon of water.
6. Check the stand every day for water and keep it full. Never allow the reservoir to become dry.
7. Keep your tree away from a direct heat source.
8. Miniature light bulbs are better than large bulbs because they generate less heat.
9. Christmas trees should last inside safely at least a few weeks. When a tree ceases to “drink” water, it should be removed from the house.

From the SUNY College of Environmental Science and Forestry

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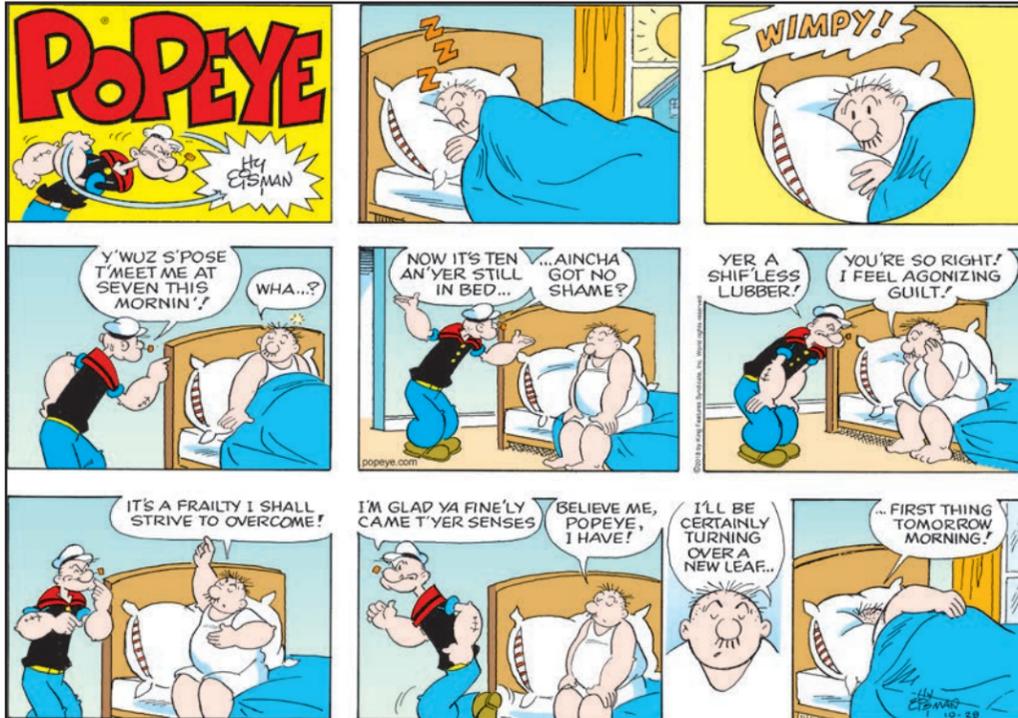
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The Golden View

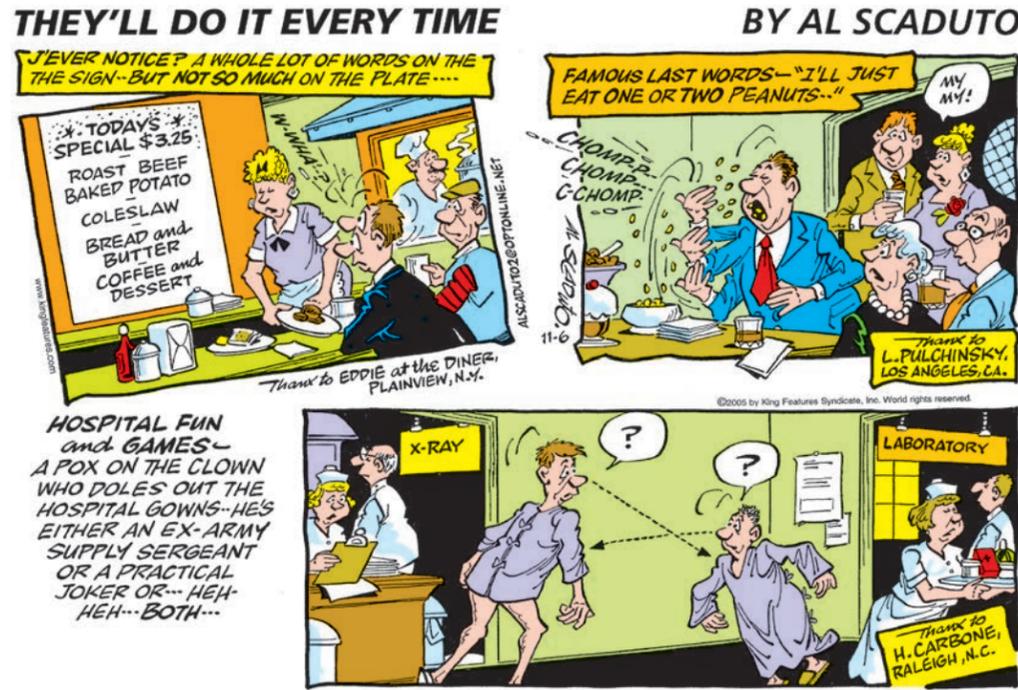
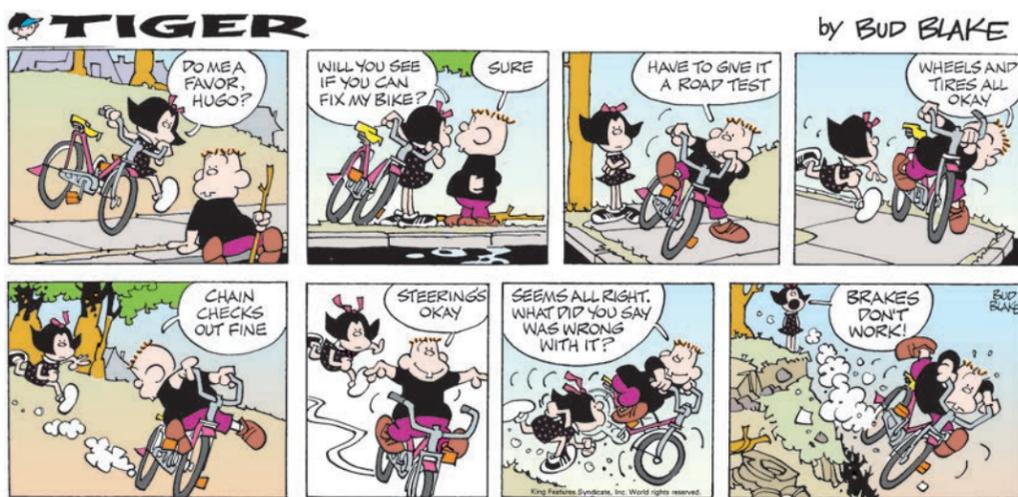
P.O. Box 661, Dubuque, IA 52004-0661
Ph.: 563-845-7586
E-mail: goldenviewpub@gmail.com
Website: www.thegoldenviewonline.com
Publisher: Golden View Publishing, Inc.
Editor - Bill Beutin

Graphic Design - Tom McGovern
Founders: Joan and Rudolph Bellmann
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| Ken Resch | Bill Zwack | |



Please Note: The final edition of Henry will be October 29. "Tiger" will appear in its place on November 5.



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STICKELERS

by Terry Stickels

These pieces can be assembled into a square. Make a copy of this page, cut out the 5 pieces and see if you can make the square.

Stickelers Answer on Pg. 32
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King Crossword

ACROSS

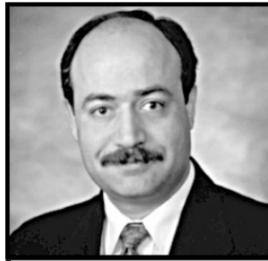
- 1 "Phooey!"
- 5 Snapshot, for short
- 8 Judi Dench, for one
- 12 Farm implement
- 13 George's brother
- 14 1946 song, "— in Calico"
- 15 Pastor
- 17 Yuletide beverages
- 18 Biden, Cheney, et al.
- 19 Pooch
- 21 Bewildered
- 24 Two-wheeler
- 25 Wail
- 26 Mosque towers

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
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42					43	44			45	46	47	
48					49				50			
51					52				53			

- 50 Existence
- 51 Golf gadgets
- 52 Ultramodernist
- 53 Cupid's alias
- DOWN**
- 1 Spinning abbr.
- 2 Boxer Muhammad
- 3 Heavy weight
- 4 Turn on a pivot
- 5 Mining areas
- 6 Rage
- 7 Red bird
- 8 Peril
- 9 Eager
- 10 Creche trio
- 11 Differently
- 16 Hot tub
- 20 Fine
- 21 Throat clearer
- 22 Actress Spelling
- 23 Former ugly duckling
- 24 Chomps
- 26 Sharpshooter
- 27 Verve
- 28 Be at an angle
- 29 Witnesses
- 31 Halt
- 34 Descends like an eagle
- 35 Pvt. Bailey
- 37 Pair
- 38 Just one of those things?
- 39 Memorization method
- 40 Reed instrument
- 41 Aware of
- 44 Lemieux milieu
- 45 Melody
- 46 Venusian vessel?
- 47 In medias —

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December Events



- Dec. 1: Breakfast with Santa
- Dec. 13: Pinot Palette Painting at Sunset
- Dec. 14: Hempstead Piano Student Concert
- Dec. 15: Tri State Singles Carolers
- Dec. 21: Christmas Dinner w/ Live Entertainment
- Dec. 22: Hot Chocolate Happy Hour
- Dec. 31: New Year's Eve Party w/ Live Entertainment



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Cat Returned Home Riddled With Fleas

DEAR PAW'S CORNER: I went on a weeklong Caribbean cruise with friends and left my cat, "Fuzzy," with a pet sitter who kept her in her home. The sitter had good references, but a few days after I returned and picked up Fuzzy, I noticed her scratching. Checking her fur, she was riddled with fleas! I'm very unhappy about this — it will be very difficult to rid her and my apartment of the infestation. Should I ask for my money back from the sitter? — *Caroline in Brooklyn*

DEAR CAROLINE: You certainly should contact the sitter and tell her about the flea infestation. Let her know that

Fuzzy didn't have fleas before she stayed over, and that now she does.

The sitter may not have known that fleas were an issue in her home. Perhaps they rode in on another guest cat. So, she'll certainly need to treat her home before accepting any more pets.

She should know that you're not happy and that you have to shell out money to treat Fuzzy for fleas. As to whether she should refund your money entirely? It may be up for negotiation. She may offer to refund the difference of the cost of ridding Fuzzy of fleas — so save your receipts from the pet store and veterinarian.

Since pet-sitting fees for a weeklong stay can run to hundreds and even thousands of dollars, you may want to consult a lawyer for advice. Chances are you can directly negotiate a refund with the sitter, but it's good to know all your options, like small claims court, just in case.

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

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HAPPY HOLIDAYS!

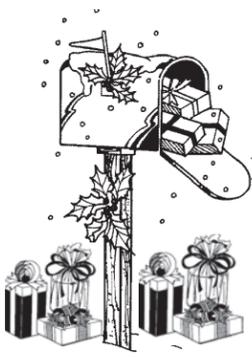
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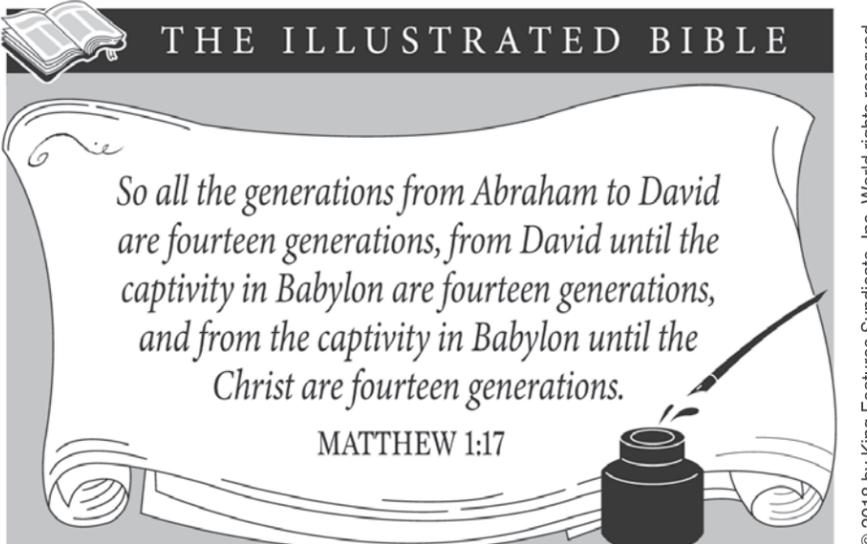
Holly Ball

Sunday, December 2
featuring The Ken Killian Swingtet
5 PM - 9 PM • Doors open at 4 PM • \$20 per person

New Year's Eve Celebration
featuring Larry Busch Band
9 PM - 1 AM • Doors open at 8 PM
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THE ILLUSTRATED BIBLE

So all the generations from Abraham to David are fourteen generations, from David until the captivity in Babylon are fourteen generations, and from the captivity in Babylon until the Christ are fourteen generations.

MATTHEW 1:17

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Upcoming Events at the James Kennedy Public Library in Dyersville: December 2018

Saturday, December 1: Cookie Walk Fundraiser from 10:00 am - 1:00 pm. Come to the library for our annual Christmas Cookie Walk Fundraiser. Fill a plate of sweet treats (about a dozen items) from a variety of homemade baked goods. Plates are \$6.00 for one or \$10.00 for two. Volunteers will be on hand to wrap your tray before you leave. Sponsored by the Fundraising Committee of the JKPL.

Monday, December 3: Holiday Music with Strings Attached @ 6:00 pm. Strings Attached, a local musical group, is coming to the library for a holiday concert! The group is composed of Gary Bramel, Joe Schmitt, and Dan & Sue Engelbrecht. Come listen as they perform some of everyone's holiday favorites.

Friday, December 7 thru Sunday, December 16: Used Book Swap @ Your Library. Looking for a good book? Come to the Used Book Swap at the library! 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, 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 Swap is open all hours the library is open between December 7-16.

Sunday, December 9: Old Fashioned Christmas from 1:30 pm to 3:30 pm. The entire family is invited for an afternoon of live music, traditional Christmas carols, cookies, and spiced cider at the Dyer-Botsford House in Dyersville. Santa & Mrs. Claus will make a special appearance, and several prizes will be given out in a drawing. All ages welcome, but children under the age of 10 must be accompanied by an adult. This event is sponsored by the Senior Advisory Committee of the JKPL and the Dyersville Historical Society.

Friday, December 21: Coffee and Creating @ Your Library from 9:30-11:30 am. Coloring, crafting, creating, chatting and enjoying coffee or other morning beverages are all part of the fun. Participants are welcome to come and go as time allows. This program is open to adults 18 and older.

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

The Americana Band



DOING THE MOST GOOD

The Americana Band keeps the "traditional" Christmas tradition alive by playing Salvation Army music around the kettles and elsewhere this time of year. They are scheduled to play at the Salvation Army kettle at the Locust HyVee 4-6 p.m. Saturday, Dec. 1, and again at the same location 4-6 p.m. Saturday, Dec. 8. Other places to hear the band are in the Rosheks lobby 1-2:30 p.m. Saturday, Dec. 8, and the same place and time on Saturday, Dec. 22. They will play the older traditional Christmas tunes during the Ham House Victorian Christmas event 1-3 p.m. Saturday, Dec. 1. The band is also scheduled to play a Civil War ball Dec. 15 in Galena.

Though the Americana Band started playing the kettles about 20 years ago, they have branched out into other styles of music. They play love songs for Valentines Day events, Irish music for St. Patricks Day, Latin music for Cinco de Mayo, patriotic music for Memorial Day and other summer venues such as the Ham House Fourth

of July Ice Cream Social, and numerous Oktoberfest gigs in the Fall. They played a Renaissance concert at the New Melleray Abbey a couple of years ago. This year was the first year they played Halloween music at a Halloween event. During the summer they play Dixie and ragtime in the American Trust pavilion outside the Ice Harbor on Sunday evenings as the Twilight riverboat steams in.

The band was started by David Overby, the University of Dubuque band director at the time, as an outlet for people to play in more informal settings for fun. Overby had Dixie bands in other places, and organized the Clinton Community Band over 25 years ago. His grandparents, immigrants from England and Canada, were Salvation Army officers in New England, and Overby has continued the emphasis on the British brass band style with the Americana Band. Though the band does mostly free events, the group, also known as the Band of Infidels and Guerrilla Band, is available for private parties.

Anyone is welcome to join the band. If you liked pep band in high school, this is for you. For more information, contact Overby at davidsoverby@gmail.com.

An Uplifting Moment
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Better Than a Traditional Christmas

I look forward to the Christmas season each year. Why? Because one of my Christmas traditions is savoring the unique flavor of Starbucks Christmas blend coffee, which is offered no other time of the year. It makes the Christmas season special. Starbucks also offers a Holiday blend at this time of year, but I pass on it because I want to keep "Christ" in the name of my coffee, which only the CHRISTmas blend does.

Okay, I'm not being serious (although I do like the flavor of Starbucks Christmas blend). Your relief is valid; you'd expect me to focus on something more important at this special time of year than Christmas blend coffee!

My tradition of drinking Starbucks Christmas blend is just one of the countless traditions of Christmas: putting up a Christmas tree, exchanging gifts, listening to Christmas music, going to Christmas parties, enjoying a Christmas dinner, and attending Christmas church services, concerts, or programs. Such traditions add meaning to the Christmas season for us, but they can also distract us from focusing on why we celebrate Christmas in the first place.

Imagine if Joseph and Mary, while tending their newborn baby in the stable, could

have seen how we celebrate Christmas 21 centuries after that first Christmas? I suspect bewilderment would be their response to our Christmas trees, Santa, Christmas sales, the story of Scrooge, Frosty the Snowman, flashing colored lights adorning the outside of homes, Christmas towels in bathrooms, and all the other aspects that make up our contemporary Christmases.

The good news is that we don't have to be a Scrooge and drop our Christmas traditions to get back to the core of Christmas (after all, I don't want to give up my Starbucks Christmas blend). We can use our Christmas traditions to prompt us to refocus on the central theme of Christmas, the coming of God into the world as one of us, born as a baby, Emmanuel (God with us). The lights of Christmas can be a reminder that He's the light of the world and wants to be the light of our life; the gift giving can prompt us to remember He Himself is our greatest gift; the Christmas parties can be an expression of the joy we have in Jesus being born into our world – you get the idea. Our Christmas traditions can propel us beyond the traditions themselves and on to the core truth of Christmas, and that, after all, is the way to really celebrate Christmas!

"And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David a Savior has been born to you; he is the Messiah, the Lord." (Luke 2:8-11)

1. From Matthew 1:18, when Mary became pregnant, she and Joseph were ... ? *Married, Engaged, Just friends, Strangers*
2. At the birth of Jesus, who was king of Judaea? *Solomon, Herod, Balak, Belshazzar*



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3. What group received the angels' announcement of the birth of Jesus? *Carpenters, Shepherds, Tentmakers, Masons*
4. Who was Herod's information source as to where the Christ Child was to be born? *Joseph, Reuben, Micah, Matthew*
5. What was the home city of Mary and Joseph? *Capernaum, Nazareth, Aphek, Shechem*
6. From Matthew 1:20-21, who told Joseph (in a dream) that the baby's name was to be Jesus? *Angel, Mary, Innkeeper, The Magi*
7. Where was the young Jesus

when the Magi came to visit him to present gifts? *Manger, Under the stars, House, Temple*
8. From Matthew 2, to what country did Mary, Joseph and the Baby Jesus flee? *Jordan, Syria, Oman, Egypt*

ANSWERS

- (1) Engaged; (2) Herod; (3) Shepherds; (4) Micah; (5) Nazareth; (6) Angel; (7) House; (8) Egypt

Comments? More Trivia? Visit www.TriviaGuy.com
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CHRISTMAS BIBLE TRIVIA
by Wilson Casey

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Amber Matthiesen, 4-H Youth Program Specialist & Program Coordinator, Jackson County Extension

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E-mail: amber@iastate.edu
www.extension.iastate.edu/jackson

Practice Kindness to Make a Difference

AMES, Iowa – Another day, another act of incivility, anger or violence. Ever-pervasive attitudes of self-centeredness and disregard for others seem to symbolize our times. But what if we could flip the script from callousness to kindness? That is one way to make a difference at the grassroots level.

Simply be kind. Remember the old adage of walking a mile in someone else's shoes. This can help us more fully appreciate the unique and diverse aspects of our world.

The Center for Inclusion, Diversity and Equity at the University of Missouri suggests that people seek first to understand. For example:

- Read a book about a different person, culture, country or experience.
- Listen to local, regional, international or a different genre of music.
- Explore your heritage, family history and personal cultural worldview.
- Visit a local cultural center.
- Interact with people from different backgrounds and cultures by becoming a language partner.
- Challenge yourself to learn 10 new words in another language.

For more ideas from the center, visit diversity.missouri.edu.

Another critical component to kindness is how we speak to and about each other. Being respectful of self and others in our words and actions is living kindness.

The following techniques can help build an atmosphere of respect:

- Listen to others actively and intentionally.
- Speak from personal experience and use "I" statements.

Jim McDonough from Pg. 1

stage production — new for 2018 — features acclaimed International Steinway Concert and Recording Artist, Jim McDonough at a concert grand piano, his professional 14-piece orchestra, a cast of sensational singers and dancers, elaborate sets and costumes and the true spirit of the season.

The tour will deliver the message of Christmas in a production perfect for all generations. "We've put together the grandest 'Holiday Grande' yet," McDonough says. "It's elegant, it's exciting, it's filled with spectacular musical arrangements, and it benefits a wonderful organization."

- Withhold judgment and ask genuine questions for understanding.

- Check your biases and assumptions.

- Seek to understand your own communication and conflict style.

Finally, take good care of yourself. This may seem to be at odds with 'making the world a better place.' However, we must care for ourselves in order to have the stamina, energy and desire to live kindness. Get enough sleep, eat well, exercise, connect with friends or family, and engage in spiritual practices.

If you find yourself overwhelmed with the negativity, seek professional help. A counselor can help you in a trusting, non-judgmental setting. Call Iowa Concern at **800-447-1985** for help.

ISU Extension and Outreach's Iowa Concern hotline provides access to stress counselors and an attorney for legal education, as well as information and referral services for a wide variety of topics. With a toll-free phone number, live chat capabilities and a website, Iowa Concern (<https://www.extension.iastate.edu/iowaconcern/>) services are available 24 hours a day, seven days per week at no charge.

"All About Stress: Taking Charge (PM1660 A)" (<https://store.extension.iastate.edu/product/5165>) is available for free download from the Extension Store. The publication offers tips for coping with stress, managing stress and building resources to help.

Additional Resources

Tips and Handouts from University of Missouri Center for Inclusion, Diversity and Equity <https://diversity.missouri.edu/tips-and-handouts/>

For the past twelve of his sixteen years of touring, McDonough's "Holiday Grande" has benefitted Camp Courageous of Iowa, a year-round respite and recreational facility for individuals of all ages with disabilities.

All seating is reserved. Tickets to the Dubuque performance are \$29-\$45, and are available now by calling **(800) 745-3000**, online at TicketMaster.com, or to avoid delivery fees, purchase in person at the Five Flags Ticket Office. For information about other cities on the tour, call **(800) 375-7095** or visit www.PianoFavorites.com.



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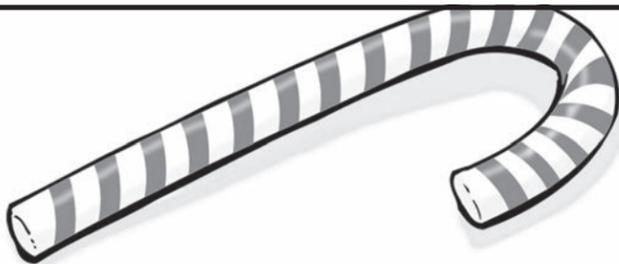
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Candy canes began as straight white sticks of sugar candy. A choirmaster at Cologne Cathedral decided to have the ends bent to depict a shepherd's crook. It wasn't until the twentieth century that candy canes got their red stripes.

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



The other day at the mall, a gentleman that comes to walk at the mall for exercise and guy-talk with friends, stopped at our "ladies" table and said he was doing a casual survey concerning cast iron skillets. He wanted to know if any of us still use cast iron skillets.

Yes! Many of us still use our cast iron skillets for our favorite dishes. He had stated that during his survey he found out that many women had inherited their cast iron skillets from their mothers or grandmothers and would never part with them.

Since I have three sizes of cast iron skillets, I decided to check out on the computer a little information about their history. This is brief information but I thought you might be interested in a little history of this cookware.

It seems that in 220 A.D. the Han Dynasties in China, were the first people to use cast iron cookware and perhaps they developed the technique for making the cast iron skillet. Thus, the use of cast iron products spread throughout Europe. And now the whole world knows how to produce cast iron cookware.

Ironically, cast iron cookware had run its course and declined in the 20th century, but its coming back. One reason this is happening is because there has been some concern about the chemical release of toxic fumes when using non-stick coated pans. Another reason is because cast iron cookware lasts a long, long time, as a matter of fact for hundreds of years. Also, some restaurant owners use the cast iron skillet to deliver food to the customer sizzling with the prospect of a juicy delicious steak cooked to perfection.

I have three cast iron skillets. Years ago, before microwaves, I used my 5-inch for heating up small portions of food. In my 7-inch skillet I make a yummy 2-egg, ham and cheese omelet. And, there is no better pot of goulash then that cooked in my 10-inch cast iron skillet. It is so simple and easy to make for the evening meal. You cook the hamburger, add, sauteed onions, cooked in the 5-inch skillet, pour in cooked macaroni, and canned diced tomatoes. I season the goulash with salt and pepper half way through the cooking process.

I can only imagine the wonderful recipes readers of *The Golden View* could share with others. Why not dig through your recipe box and pass on one of your favorite dishes cooked in a cast iron skillet?

Bell Tower Theater
announces the holiday musical,
A Christmas Survival Guide



Heil and new to the Bell Tower stage Christen Tebbe. They are accompanied by Terry Dillon, piano; Masa Iwasaki, percussion and Danielle Dillon, bass.

The show is sponsored by American

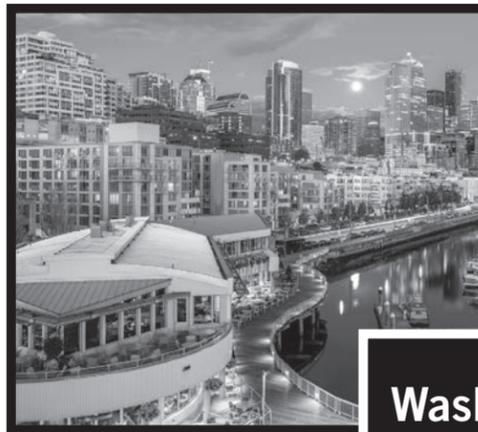
Dubuque, IA-The Bell Tower Theater is excited to announce their upcoming holiday show, *A Christmas Survival Guide* Join the Bell Tower for this light and fun holiday musical, directed by Sue Riedel with music direction by Megan Gloss.

Do you find the holidays more than a little stressful? Then this is just what you need! Armed with a copy of *A Christmas Survival Guide* and an optimistic attitude, the characters charge into the holidays searching for the true essence of Christmas. With a mix of holiday tunes both traditional and new, they learn to cope with the season in ways that are both hilarious and heartwarming.

The cast includes Bell Tower veterans Megan Gloss and Evan

Trust and Savings Bank.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are every Wednesday, Thursday, Friday and Saturday evening at 7:30 pm, and Sunday afternoon at 2 pm from November 30 to December 16. November 30 and December 1 are the Early Bird Special performances when tickets are just \$10.50. Tickets for all other performances are \$21. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit us online at www.belltowertheater.net.



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UnityPoint Health Finley Hospital
December 2018 Events

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

Amputee Support Group. Monday, December 3, 4:30 p.m. – 5:30 p.m., Kehl Diabetes Center (lower level). No one can fully understand the feelings and struggles involved in dealing with the loss of a limb quite like someone who has been through it. That is why UnityPoint Health - Finley Hospital is now offering a new support group to help you regain control through education, compassion and encouragement. The support group will offer:

- Open and honest discussions led by a licensed physical therapist
- Opportunities to share the trials and successes of your limb loss journey
- An empowering environment to help you adjust to your new normal, independent and fruitful life
- Guest speakers to enhance your knowledge and broaden you access to resources

Cancer Journey Support Group. Tuesday, December 4, 12:00 p.m. – 1:00 p.m., Finley's Wendt Regional Cancer Center. The Cancer Journey 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.

The Texas Tenors with the Dubuque Symphony Orchestra — tickets on sale November 26, 2018



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Tenors in Dubuque and all previous shows have sold out.

Tickets are \$35-\$50 plus fees and may be purchased at the Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennett Street. or more information, call the Farber Box Office at **563-585-SHOW**. Tickets can be purchased online at www.dbq.edu/heritagecenter.

Tickets for the The Texas Tenors Christmas Concert will go on sale Monday, November 26 at the University of Dubuque Heritage Center Box Office.

The Texas Tenors will be performing on Saturday, November 23, 2019 for a special Christmas concert, "Deep in the Heart of Christmas." The Texas Tenors will be accompanied by the Dubuque Symphony Orchestra.

The concert is part of the 50th anniversary celebration of the Dubuque Arts Council and is sponsored by the Falb Family Foundation. This is the fourth performance of the

The Texas Tenors have accumulated a long list of awards, accolades and an enthusiastic fan base, including three Emmy Awards for the PBS special "You Should Dream." They have performed more than 1000 concerts around the world including a 24-city tour of the United Kingdom and China, and collaborations with some of the most prestigious symphonies in the United States. They were recently named the #10 Classical Artist in the world according to Billboard magazine, and recently made their Canadian debut at the world-renowned Toronto Royal Conservatory of Music.

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Moments in time

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• On **Dec. 8, 1863**, President Abraham Lincoln offers his conciliatory plan for reunification of the United States with his Proclamation of Amnesty and Reconstruction. It allowed for a full pardon for and restoration of property to all engaged in the rebellion with the exception of the highest Confederate officials and military leaders.

• On **Dec. 6, 1933**, a federal judge rules that "Ulysses" by James Joyce is not obscene. The book had been banned in both the United States and England when it came out in 1922. Three years earlier, its serialization in an American review had been cut short by the U.S. Post Office.

• On **Dec. 1, 1939**, golfing great Lee Trevino is born in Texas. Trevino was known as a prankster. While waiting to start an 18-hole playoff against Jack Nicklaus in the 1971 U.S. Open, Trevino threw a rubber snake at his opponent and then won by three strokes.

• On **Dec. 5, 1941**, John Steinbeck's nonfiction book "The Sea of Cortez" is published. The book reflects Steinbeck's serious study of marine biology. He

would later use his knowledge of the sea and its creatures in creating Doc, the marine biologist in "Cannery Row" (1945).

• On **Dec. 4, 1952**, heavy smog begins to hover over London. Smoke, soot and sulfur dioxide from the area's industries and cars were trapped by a high-pressure air mass, leading to the deaths of at least 4,000 people, many of whom died in their sleep.

• On **Dec. 3, 1967**, Lewis Washkansky, 53, receives the first human heart transplant, in Cape Town, South Africa. He was given drugs to keep his body from rejecting the heart, but died 18 days later.

• On **Dec. 9, 1992**, nearly 2,000 U.S. Marines arrive in Mogadishu, Somalia, to spearhead a multinational force aimed at restoring order in the conflict-ridden country. In October 1993, rebels shot down two U.S. Army Black Hawk helicopters and killed 18 American soldiers.

• On **Dec. 2, 2001**, the Enron Corporation files for Chapter 11 bankruptcy protection, sparking one of the largest corporate scandals in U.S. history. Its collapse cost investors billions of dollars, wiped out 5,600 jobs and liquidated \$2.1 billion in pension plans.

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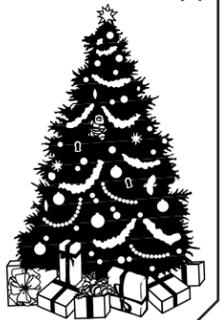
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Pamela Shaw,
Social Security District Manager,
Dubuque, Iowa



Social Security Benefits to Increase in 2019

Each year we announce the annual cost-of-living adjustment (COLA). Usually, there is an increase in the Social Security and Supplemental Security Income (SSI) benefit amount people receive each month, starting the following January. Law requires that federal benefit rates increase when the cost of living rises, as measured by the Department of Labor's Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W).

The CPI-W rises when prices increase for the things the average consumer buys. This means that when prices for goods and services we purchase become more expensive, on average, the COLA increases benefits and helps beneficiaries keep up with the changing cost of living.

More than 67 million Americans will see a 2.8 percent increase in their Social Security and SSI benefits in 2019.

January 2019 marks other changes based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax, as well as the retirement earnings test exempt amount, will change in 2019.

Want to know your new benefit amount as soon as possible? In December 2018, we

will post Social Security COLA notices online for retirement, survivors, and disability beneficiaries who have a *my Social Security* account. You will be able to view and save these COLA notices securely via the Message Center inside *my Social Security*.

Be the first to know! Sign up for or log in to your personal *my Social Security* account today at www.socialsecurity.gov/myaccount. Choose email or text under "Message Center Preferences" to receive courtesy notifications so you won't miss your electronic COLA notice!

This year, even if you access your COLA notice online, you will still receive your COLA notice by mail. In the future, you will be able to choose whether you receive your notice online instead of on paper. Online notices will not be available to representative payees, individuals with foreign mailing addresses, or those who pay higher Medicare premiums due to their income. We plan to expand the availability of COLA notices to additional online customers in the future.

More information about the 2019 COLA is available at www.socialsecurity.gov/cola.

You can also read our publication about the annual cost-of-living adjustment at www.socialsecurity.gov/pubs/EN-05-10526.pdf.



Pamela Shaw,
Social Security District Manager,
Dubuque, Iowa



Seasonal work can empower you

Soon after school begins in the fall, many businesses begin advertising for seasonal workers. It's a good way for people to make some extra income during the busy holiday season or ease back into working.

The diversity of jobs appeals to many people. Each year, companies also hire for seasonal work-from-home positions. These jobs include: customer service, sales, tech support, call center representatives, healthcare support, order taking/review, and more. Seasonal positions may help bridge employment gaps on your resume. They show proven experience and that you are ready, willing, and able to succeed. They also can help you to develop new or strengthen existing skills through training.

If you receive Social Security disability benefits or Supplemental Security Income (SSI), special rules make it possible for people to work and still receive monthly payments. If you want to try working again, seasonal work may help you ease back into the work force. Read Working While Disabled at www.socialsecurity.gov/pubs/EN-05-10095.pdf or visit

our Ticket to Work website at <https://choosework.ssa.gov> for more information.

Keep in mind that you must report all earnings, including your seasonal earnings, to Social Security; however, they also count toward your future benefits. You earn Social Security credits when you work in a job and pay Social Security taxes. We use your total yearly earnings to figure your Social Security credits. You can learn more at www.socialsecurity.gov/pubs/EN-05-10072.pdf.

You can also get Social Security retirement or survivors benefits and work at the same time. But if you're younger than full retirement age and earn more than certain amounts, your benefits will be reduced, although not dollar for dollar. Your benefits may increase when you reach full retirement age. You can read more about working while retired at www.socialsecurity.gov/planners/retire/whileworking.html.

Getting back to work can empower you in a number of ways. Social Security is here for you throughout your life's journey — at each step of your working life and beyond.

Happy Holidays!

Our very best wishes to everyone during this special season. Thank you to all our friends and neighbors for being with us throughout the year.

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If we are always arriving and departing, it is also true that we are eternally anchored. One's destination is never a place but rather a new way of looking at things.
—Henry Miller

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YESTERDAY AND TODAY

BY MICHAEL GIBSON



This exquisite Italian Villa style home (1183 Locust) with its octagonal tower was built in 1873 by Dubuque businessman, James A. Beach. Beach came to Dubuque in 1857 from New Hampshire and soon established a lard, soap and candle factory at the corner of Dodge & Bluff. With his two sons, Edward & Charles, they later formed the James A. Beach & Sons soap manufacturing company. By 1880 annual revenue was reported to be \$50,000 with production of over 10,000 boxes of soap including such brand name as "North West" and "White Castile." In 1906 with new equipment they became the first soap powder mill in Iowa. Beach served as city alderman and was instrumental in securing Washington Park. He also served as president of Finley Hospital and the German Bank and at the time of his death in 1918 he was president of the Dubuque Packing Company. (Courtesy of the Loras College, Center for Dubuque History, OHE p71 Neg. 1077).

Yesterday & Today cont. Pg. 13

'Holiday Tags' Available for Solid Waste Collection Customers

DUBUQUE, Iowa — The City of Dubuque is continuing its annual distribution of a complimentary "holiday tag" for extra garbage to its solid waste collection customers. The tags will be available until Jan. 3, 2019.

Customers requesting a holiday tag will need to present the original top portion of

their November 2018 utility bills, which have holiday tag information printed on them. Renters in housing units where the owner pays the City utility bill will need to request a holiday tag from the owner or property manager. Paperless billing customers requesting a holiday tag do not need to print their bill; however, verification of paperless billing status will be confirmed by City staff at the time of request.

Customers may pick up their holiday tag during normal business hours at the following locations:

- Municipal Services Center, 925 Kerper Ct.
- Utility Billing office, first floor of City Hall at 13th & Central
- Housing and Community Development office, third floor of the Historic Federal Building, 350 W. Sixth St.
- Leisure Services Department office, 2200 Bunker Hill Rd.
- Multicultural Family Center, 1157 Central Ave.

The holiday tags may be used for refuse on any collection day in the future. For additional information, please contact the Utility Billing Department at (563) 589-4144.

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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.



In the late 1920's the home was demolished and eventually the property was sold to the Freemasons who constructed an elaborate structure to serve as a temple. The Masons first established Dubuque Lodge No. 3 in 1842 and they moved several times to different locations. Just prior to locating at 12th & Locust they occupied a building at 11th & Locust where the new addition to the Carnegie Stout Public Library is currently located. The cornerstone for the current Masonic Temple was laid in 1931 and formal dedication of the temple occurred on March 15, 1932. (Photo by Terry Grant).

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Dashing Through
the Snow!



Pair Holiday Movies With Food, Drink

by Amy Anderson

Ah, the holiday season. Like ornaments and fir trees, yule logs and fireplaces, here's another classic holiday pairing: Christmas movies and food. Everyone has his or her favorite film — some an essential part of the family tradition. So check out this list of classic Christmas movies celebrating the food and drinks they inspire:

FROSTY BEVERAGES

National Lampoon's: Christmas Vacation — Clark Griswold's classic EGGNOG ("it's good, it's good") is the cure for what ails you — especially if you're having a "full-blown, four-alarm holiday emergency." So when you're overloaded by family or got shorted on your Christmas bonus and you can't take it anymore, pop on this film classic and have a heavily spiked glass of 'nog. It'll have you asking: "Can I refill your eggnog for you?" But with a smile on your face.

Love Actually — The way to properly enjoy this English masterpiece is with TEA, of course. Get your prime minister on, and serve it with biscuits (that's cookies, for non-Anglos), but "not the boring ones, with no chocolate." To me, that's perfect!

Elf — It's true that "elves try to stick to the four main food groups: candy, candy canes, candy corns and syrup." Well, if a plate of maple syrup spaghetti doesn't get you, here's a fun CANDY COCKTAIL that might: Mix 1 ounce each of peppermint schnapps and marshmallow vodka with simple syrup and crushed ice in a shaker. Serve in a glass rimmed with corn syrup and crushed candy canes. Not into alcoholic beverages? A 2-liter of Coca-Cola will do just fine.

The Santa Clause and **Polar Express** (TIE): — Whether it's a warm chocolate chip cookie and Judy's perfect hot chocolate — it took 1,200 years to nail that

recipe — or bopping along to the "Hot Chocolate Song" aboard a train, there's no more iconic winter quaff than a steamy mug of HOT CHOCOLATE. And that's with marshmallows or whipped cream.

MAIN DISHES

How the Grinch Stole Christmas — There's only one nosh that'll make your heart grow three sizes, and that's ROAST BEAST. I like mine with a little crusty bread and au jus, just like all the Whos down in Whoville.

Gremlins — Everyone knows not to feed a gremlin after midnight, but if you get your pals together for a retro movie night, be sure to serve roasted CHICKEN DRUMSTICKS to amp up the shenanigans a bit.

Home Alone — It doesn't always have to be a spread at the holidays. For nights when you're by your lonesome and want a quick meal, do like Macaulay



Will Ferrell as Buddy the Elf

Culkin and say your prayers before you sit down for dinner and a movie. In other words, "Bless this highly nutritious, microwaveable MACARONI AND CHEESE dinner."

A Christmas Story — Serve ROAST TURKEY and MASHED POTATOES if you're able to keep the dogs out of the kitchen, but don't despair if you can't. You can always order in CHINESE FOOD — roast duck with fried rice preferred — for a "fa-ra-ra-ra" feast.

JUST DESERTS

Die Hard — You might remember that Sergeant Powell (Reginald VelJohnson) stops at a convenience store for a heaping helping of junk food, chief among them TWINKIES. The tasty treats make another cameo when Powell describes them to John McClane as being "sugar, enriched flour, partially hydrogenated vegetable oil, polysorbate 60 and Yellow Dye No. 5. Just everything a growing boy needs."

It's a Wonderful Life — Snuggle up with someone who you "love until the day you die," and enjoy a heartwarming film about one man's mark on the world. Serve up a couple CHOCOLATE ICE CREAM SUNDAES — but no coconut, unless you're into adventure.

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How NORAD Came to Track Santa Claus

by Amy Anderson



NORAD Santa Tracker

It was the Cold War, and according to legend, a man sat at a desk in Colorado Springs, Colorado, with two telephones on it — one a direct line to the Pentagon. It wasn't a number in wide circulation, so when the phone rang on Christmas Eve of 1955, the Air Force colonel on duty at the Continental Air Defense Command center could be forgiven for his surprise at hearing a young child on the other end of the line ask: "Is this Santa Claus?"

Fortunately, Col. Harry Shoup, described by his children as "straight-laced and disciplined" in an NPR StoryCorp interview, was a good sport. After an initial bit of irritation, the colonel assumed the persona of Santa and chatted with the child, then spoke to the child's mother. It turns out the very private number to the very

important phone on his desk had been misprinted in a Sears ad alongside a photo of Santa Claus, enticing the kiddies to "Call me on my private phone." Col. Shoup's night was just beginning.

The man who would come to be known as "Colonel Santa" instructed some airmen to answer any additional calls, and instead of turning away from this typo, leaned directly into the storm. He contacted the local radio station and reported the current radar location of one very merry sleigh and the operator's eight tiny reindeer.

So began the tradition still carried by the North American Aerospace Defense Command (NORAD). Today the operations center uses complicated satellite systems and powerful radar to track Santa's progress around

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the world each Christmas Eve. A staff of 1,500 answer more than 140,000 calls and emails, and send updates by the minute to Facebook, Twitter and YouTube. NORAD's dedicated website, www.noradsanta.org, live-tracks Santa's location and offers updates in seven languages so that eager children and weary parents alike can know with certainty when it's

time to go to bed!

To track Santa this year, visit www.noradsanta.org, or follow updates by searching for @noradsanta on social media. To speak to a volunteer, call the toll-free number **877-Hi NORAD (877-446-6723)**.

For more information about NORAD's day-to-day job, visit www.norad.mil.

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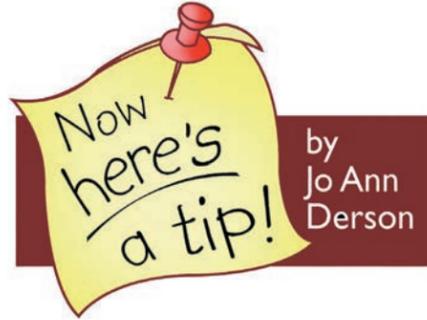
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- With the holidays approaching, now is a good time to run the self-cleaning cycle on your oven. Wipe out any bits first and remove as much grease as you can. Then make sure to open a window to air out fumes.
- To get cloudy glassware sparkling for the holidays, soak in hot vinegar for 15 minutes to clear them up. Wash good crystal by hand only, never in the dishwasher.
- Since you know it's coming anyway, take the opportunity to clean out the fridge a day or two before a big family dinner. It's a good idea to eat up any leftovers for dinner the day before. You'll have plenty to replace them on Thanksgiving, right?
- "If you have one person responsible for putting prep dishes and pots and pans in the dishwasher while you are preparing the bird and side dishes for the table, you will be halfway done with dishes by the time the meal is over." — *M.A. in Washington*
- "I buy extra supplies for Thanksgiving dinner as items go on sale. We always make extra-large portions of our side dishes and even put in an extra turkey while we're eating! Freeze meals in individual containers for quick dinners throughout the busy weeks from Turkey

Day to Christmas. Potatoes and vegetable casseroles freeze well, and they taste better than microwave dinners from the grocery store." — *E.S. in Oregon*

- In the fridge, it takes 24 hours of defrosting for every 5 pounds of turkey. When defrosting in water (only birds in a leakproof plastic wrapper), allow 30 minutes per pound and change the water every half-hour.

- Get kids in on the act of cooking. There's no better time than the holidays to get budding chefs into your family's holiday traditions. Let them help prep, and as they get older, assign cherished side dishes to appropriate-age children.

- Candles will burn more evenly if you refrigerate them for a few hours before lighting.

- For a tailgating favorite, make this: Prepare a batch of macaroni and cheese, then add an egg and stir in. Butter the wells of a muffin tin and fill with the mac and cheese. Top with a bit of shredded cheddar and bake for 20 minutes at 400 F. You can even make them super portable by using muffin liners. The gang loves these — no fork necessary!

- "In my family, you come to a holiday dinner with your own plastic containers for leftovers. If you don't bring your own, you don't go home with tomorrow's lunch. Mom instituted this rule after the first Thanksgiving when all the kids had moved out. We practically cleaned her out of Tupperware!" — *E.Y. in New Mexico*

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New Winter Hours for Household Hazardous Materials Drop Off

The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) accepts household hazardous wastes (HHW) such

as oil-based paint, motor oil, lawn chemicals, and other chemicals through the winter season. HHW's pose an environmental and human health risk if not managed properly. These materials should be brought to the Dubuque Metropolitan Area Solid Waste Agency (DMASWA) Regional Collection Center (RCC) for safe disposal and should not be disposed of in trash cans, floor drains, or storm sewers.

This service is FREE to Dubuque and Delaware county households. From November through March, materials can be dropped off anytime between 7:30 a.m. and 3:30 p.m. Tuesdays, Thursdays, or Saturdays. No appointments are needed for residential customers. Any businesses requiring hazardous waste disposal assistance may contact the RCC. The RCC is located at the Dubuque Metro Landfill along U.S. Highway 20 on Dubuque's west side. For more information, go to www.dmaswa.org or call (563) 557-8220.



Merry Christmas
 and
 Happy Holidays
 From

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Postal Service Tips For A Less-Stressed Holiday

(NAPS)—The U.S. Postal Service plans all year for the holiday season. With more than 240 years of experience delivering the holidays, the Postal Service and local postal elves are ready to make this year the best one yet. Here are some tips designed to help postal customers have a happier, less-stressed holiday by getting those greeting cards and packages delivered on time and intact.

delivered when someone is home to receive them. Customers can:

- Sign up for free services and customize the delivery of their package by going to informedelivery.com
- Receive text messages or e-mail alerts notifying them that a package is en route and additional notifications when the package has been delivered
- Provide delivery instructions online and authorize the carrier to leave

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the package in a specific location

- Request the package be held at the post office by choosing the Hold for Pickup option
- Redirect packages when they won't be home to receive it by choosing the USPS Package Intercept option for an additional fee.

Skip the Trip and Ship Online: The Postal Service is uniquely qualified to deliver the holidays—offering customers a

variety of customized solutions designed specifically to make shipping holiday packages easy and convenient. Customers can stay home and avoid holiday hassles by:

- Ordering free Priority Mail and Priority Mail Express boxes and envelopes at usps.com/freeboxes, or picking them up from the local post office
- Using Click-N-Ship online at usps.com/ship to create shipping labels with USPS Tracking and pay for postage — and by using flat-rate

shipping products, weighing isn't necessary

- Getting packages picked up for free at home or in the office with Package Pickup. Just hand the package to the mail carrier on his or her regular delivery route. Pickups can also be scheduled at usps.com/pickup.

How to Avoid a Holiday Glitch: Here are some additional tips to help ensure a glitch-free holiday:

All of this information and more can be found at usps.com/holidaynews.

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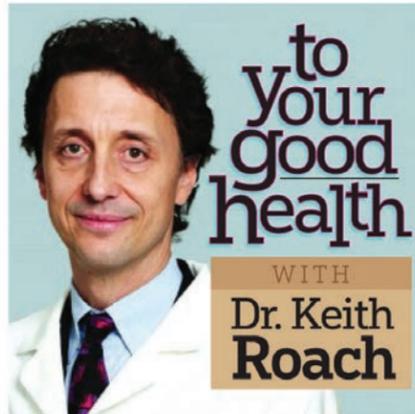
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Merry Christmas
to you and yours



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Risks, Benefits of HPV Vaccine for Boys

DEAR DR. ROACH: What are your thoughts on the pros and cons of HPV vaccine for boys? — *L.P.B.*

ANSWER: There are risks and benefits to the individual, but also benefits to society.

The HPV vaccine should really be considered an anticancer vaccine, since its goal is to reduce infection from the kinds of human papilloma virus strains that can lead to cancer. Cervical cancer is the most common HPV-related cancer, but some throat, anal and genital cancers also are HPV-related. The Centers for Disease Control and Prevention estimates that there are about 30,000 HPV-related cancers in the U.S. annually. It is possible but unproven that the HPV vaccine will provide protection against some or all of these.

When given to girls or women who have not been infected with HPV, the HPV vaccine is nearly 100 percent effective at preventing persistent infection with the strains most likely to lead to cancer. In males age 16-26 years, the efficacy of the vaccine at preventing high-risk HPV-related warts was about 90 percent. However, the HPV vaccine is relatively new, and it is not clear how long immunity will last. It has been proven to last only eight to nine years, but studies looking at protection up to 15 years are ongoing.

It is possible that additional boosters may be necessary.

The most serious risk of HPV vaccine is anaphylaxis, a possibly fatal allergic reaction. There have been 36 cases of anaphylaxis reported in the world literature and through the Vaccine Adverse Event Reporting system, according to the Institute of Medicine's 2012 report on adverse effects of vaccines. There have been 67 million doses given, with a 0.003 percent rate of all adverse events, 90 percent of which were not considered serious. The most common nonserious adverse events in men were redness and soreness at the injection site, dizziness, headache and fainting. Among the adverse events considered serious, the most common were headache, nausea, vomiting and fever.

The societal benefit to vaccinating boys is that they are less likely to spread infection to others. Since essentially all cases of cervical cancer are HPV-related, males are the most common source of infection (although it can be transmitted female to female).

By vaccinating your boy, you are reducing his risk of developing HPV infection and might be decreasing his risk of several types of HPV-related cancer, at a small risk of an adverse event, which is usually minor. However, probably the most compelling reason is to protect your son's future sexual partners. Put in the starkest terms, you are reducing the risk that your future daughter-in-law will develop cervical cancer.

• • •
DR. ROACH WRITES:

Several people wrote to me about the symptom of burping. One physician recalled several cases where burping, not chest discomfort, was the major sign of a heart blockage. A reader observed belching in

To Your Good Health cont. Pg. 24



Answers

1. Who first released "Don't Turn Around"?
2. Which girl group released "He's Just a Runaway"?
3. Name the group that released "Shining Star" in 1980 ... not to be confused with the 1975 Earth, Wind & Fire song of the same name.
4. Name the two halves of the duo who released "Stumblin' In."
5. Name the song that contains this lyric: "I'm scared, so afraid to show I care, Will he think me weak, if I tremble when I speak?"

U.S. radio play chart.
went to No. 58 on Billboard's
astonishingly enough, only
charts around the world but,
This stunning duet climbed
and Barbra Streisand, in 1997,
5. "Tell Him," by Celine Dion
Quatro, in 1979.
4. Chris Norman and Suzi
with Vocal at the 1980 Grammys.
Performance by a Duo or Group
up an award for Best R&B
3. The Manhattaners. They picked
family in Philadelphia.
born into an entertainment
1981. And yes, they are all sisters,
album, "All American Girls," in
2. Sister Sledge, on their fifth
followed by Ace of Base in 1994.
two years later with a cover,
in 1986. Aswad came along
to the "Typical Male" single
1. Tina Turner, as the b-side

SENIOR NEWS LINE

by Matilda Charles

Cash for Your Old Phone

How many of us stick our old cellphones in a drawer when we buy a new one? Too many of us, more than 50 percent, according to a recent survey. Some of us have just thrown away old phones.

If you're in the market for a new phone and plan to buy it from the same company, chances are you can get money back or store credit toward the new phone.

If you plan to buy from a different company and can't trade it in for a new phone, there are still ways to recoup some dollars from your old phone. For example, you can sell your phone on eBay. The minute new phones come out, those eager to save money know to look for a recent previous generation of

phone. eBay has made it easy for you with a selling kit. They'll even send you the box to put it in for mailing.

Check online prices offered on places like Gazelle, Swappa or Glyde. Read the details carefully. Craigslist will allow you to sell your phone in-person in your area. (Don't fall for scammers who want you to mail them the phone in exchange for a check.)

Security can be a problem if you leave data on your old phone, and it can be tricky to remove, depending on the type of phone. And no, doing a factory reset doesn't remove all your information. You'll need to remove your SIM card, a small circuit card inside your phone that contains information unique to your phone and network.

Your safest bet: Upgrade with the same phone company. You'll get cash back to help with the cost of your new phone, and their tech will be able to delete your personal information from your old phone.

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Why Santa's Suit Is Red, and Other Christmas Trivia

- The use of a Christmas wreath as a decoration on a front door, mantel or bay window symbolizes a sign of welcome and long life to all who enter.

- Christmas caroling began as an old English custom called Wassailing — toasting neighbors to a long and healthy life.

- The biggest selling Christmas song of all time is Bing Crosby's "White Christmas."

- All modern references of Santa coming down the chimney can be traced to the famous poem "A Visit From St. Nicholas," written in 1822 by Clement C. Moore. In it he describes "And then in a twinkling I heard on the roof, the prancing and pawing of each little hoof. As I drew in my head and was turning around, down the chimney St. Nicholas came with a bound."

- Due to the time zones, Santa has 31 hours to deliver gifts.

- The first printed reference to Christmas trees appeared in Germany in 1531.

- Artificial Christmas trees have outsold real ones since 1991.

- Candy canes began as straight white sticks of sugar candy used to decorate Christmas trees. A choirmaster at Cologne Cathedral decided have the ends bent to depict a shepherd's crook, and he would pass them out to the children to keep them quiet during services. It wasn't until about the 20th century that candy canes acquired their red stripes.

- A traditional Christmas dinner in early England was the head of a pig prepared with mustard.

- The Santa Claus suit was developed when the Coca-Cola Company hired American artist Haddon Sundblom in 1931 to redesign Santa Claus. Sundblom chose the official colors of Coca-



Coca-Cola

Cola, red and white.

- In America in 1822, the postmaster of Washington, D.C., complained that he had to add 16 mailmen at Christmas to deal with cards alone. He wanted the number of cards a person could send limited by law. "I don't know what we'll do if this keeps on," he wrote.

- An average household in America will mail out 28 Christmas cards each year and get 28 cards in return.

- According to a survey, 7 out of 10 dogs get Christmas gifts from their dotting owners.

- In 1836, Alabama was the first state to declare Christmas a legal holiday.

- In 1907, Oklahoma became the last state to declare Christmas a legal holiday.

- In 1947, Toys for Tots started making the holidays a little happier for children by organizing its first Christmas toy drive for needy youngsters.

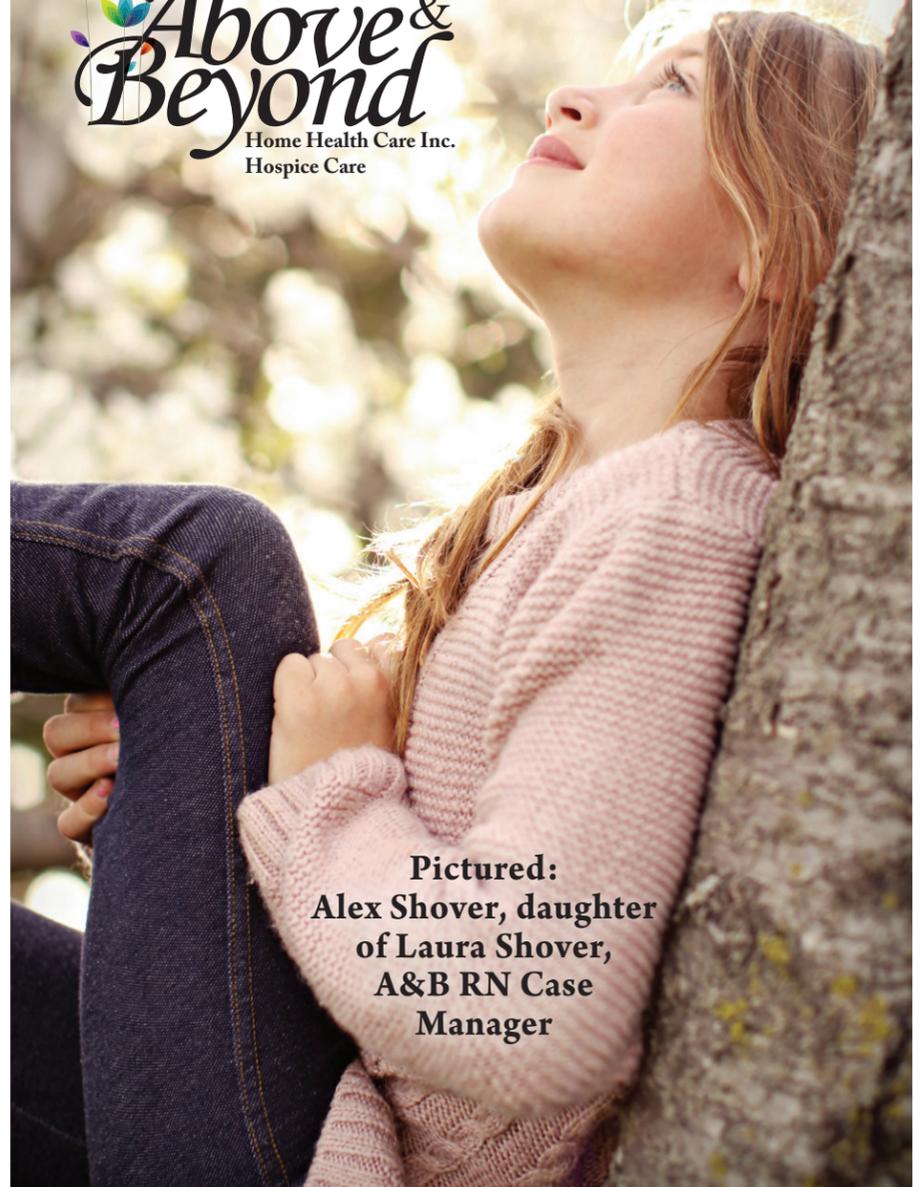
- According to Christian theology, the true Christmas season begins at sundown on Dec. 24 and lasts through sundown on Jan. 5. For that reason, this season is also known as the Twelve Days of Christmas.

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"Keep looking up, that's the secret of life"

- Snoopy

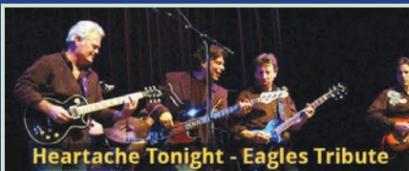
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Alex Shover, daughter
of Laura Shover,
A&B RN Case
Manager

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The Nevery Brothers

Saturday, January 19, 2019 • 7PM

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Tickets: \$22 (in advance) \$25 (at the door).

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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.

Health Awareness

Dos And Don'ts For Managing High Blood Pressure During Cold And Flu Season

(NAPS)—Colds and flu bring special considerations for people with high blood pressure, especially those on blood pressure medication. Here's how to keep your blood pressure stable:

DO: Keep track of medication. The American Heart Association's online tools at www.heart.org/hbp include a downloadable chart to manage medications and a tracker that lets people set up text message reminders, text in their readings, track their blood pressure and connect with providers.

DON'T: Miss your flu shot. People who get a flu shot may reduce their risk of heart attack or stroke. Stay away from people who are sick and wash your hands regularly.

DO: Read labels on over-the-counter (OTC) cold and flu medicines. Look for warnings to those with high blood pressure and who take blood pressure medications. Some ingredients in cold and flu medicines can affect blood pressure. Decongestants, used for a stuffy nose or congestion, and some pain relievers, such as nonsteroidal anti-inflammatory drugs (NSAIDs), are known to raise blood pressure.

Decongestants include:

- Oxymetazoline
- Phenylephrine
- Pseudoephedrine.

NSAIDs include:

- ibuprofen
- naproxen sodium
- celecoxib.

Check with your doctor before taking these medicines. A decongestant should be used for only the shortest amount of time possible—and never by someone with severe or uncontrolled high blood pressure.

DON'T: Try to replace your prescriptions with supplements.



People with high blood pressure should consult a doctor before taking any cold medicine.

There are no special pills, vitamins or drinks that can substitute for prescription medications and lifestyle modifications. Talk to your health care provider before taking any over-the-counter drug or supplement that claims to lower blood pressure. "Your doctor and other health care providers should know which over-the-counter medicines or supplements you are taking," said Willie E. Lawrence, M.D., chief of cardiology at Research Medical Center, Kansas City, Mo. "If something claims to be 'natural' or you don't need a prescription, it's not necessarily benign. It's still a substance that has an effect on your body."

DO: Work with your health care practitioner. "If you have high blood pressure, it's important to know that some medicines, even supplements, will affect you differently," Dr. Lawrence adds. "If you're struggling to keep your pressure controlled, review your routines—including over-the-counter medicines and supplements—and talk with your doctor about changes you can make. You should never be too busy to manage your blood pressure."

Learn more at www.heart.org/hbp.

• Coricidin HBP, product of Bayer Consumer Health, is a sponsor of the AHA Hypertension Web content area.

Strange BUT TRUE

• It was 20th-century American singer and songwriter Bobbie Gentry who made the following sage observation: "Euphemism is a euphemism for lying."

• In a match between a 200-pound mountain lion and a 20-pound porcupine, the lion is likely to be the loser — and probably will die if it tried to take a bite of the desired prey.

• The next time you're annoyed by a bad case of the hiccups, consider poor Charles Osborne. In 1922, when he was 28 years old, Mr. Osborne got the hiccups. For the next 68 years, he continued to hiccup, finally stopping in 1990, one year before his death at the age of 97.

• At one time the Catholic Church considered it sinful to eat a hot dog.

• It was British philosopher, logician, mathematician, historian, writer, social critic and political activist — and, not insignificantly, Nobel laureate — Bertrand Russell who made the following sage observation: "The fundamental cause of trouble in this world is that the stupid are cocksure while the intelligent are full of doubt."

• In an odd coincidence, President Abraham Lincoln had a secretary named Kennedy, and President John F. Kennedy had a secretary named Lincoln.

Kennedy the secretary told Lincoln the president that he shouldn't go to Ford's Theatre the night he was shot; Lincoln the secretary tried to convince Kennedy the president not to go on a trip to Dallas, where he was shot.

• If you're like the average man, your beard grows about half an inch every month.

• Those who study such things claim that an average bank robber in the United States nets about \$4,000 for every job. No info at hand on how the researches acquired their data.

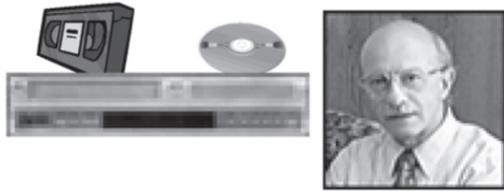
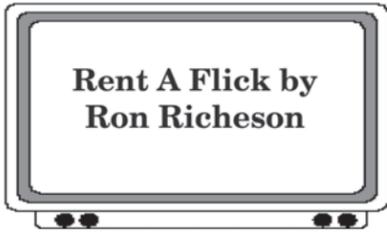
• You might think that hot dogs are a relatively recent food offering, but you'd be wrong. The first sausages were created more than 3,500 years ago when ancient Babylonians began stuffing spiced meat into the intestines of animals.

• The fastest of all non-domesticated canines, the African wild dog can sprint faster than 40 mph.

• Many people make provisions in their wills for their pets; it's the compassionate thing to do. Singer Dusty Springfield went a bit further than most, though; she specified that her cat was to be fed only imported baby food.

• • •

Thought for the Day: "Every man possesses three characters: that which he exhibits, that which he really has, and that which he believes he has." — *Jean-Baptiste Alphonse Karr*



Rent A Flick by
Ron Richeson

**Mamma Mia!
Here We Go Again**

2008's *Mamma Mia!* was such a wonderful movie that it was safe to assume a sequel had to be coming sometime. It took 10 years but it finally arrived in *Mamma Mia! Here We Go Again* in 2018.

When we left *Mamma Mia* #1, Sophie (Amanda Seyfried) and her fiancé postponed their wedding at the last minute and decided to explore the world together. *Mamma Mia* #2 finds Sophie returning to the Greek Isle where she lived while her mother (Meryl Streep) ran a hotel. Now that her mother has passed, the best way Sophie could honor her mother would be to restore the hotel and throw a fun-filled restoration party.

For whatever reason that

aspect of the film was not presented in chronological order, which made for a certain amount of confusion. Also, in *Mamma Mia* #1 many of ABBA's hit songs were used. Some were used again in *Mamma Mia* #2, but the focus seemed to be on ABBA songs that did not become mega hits, which I found disappointing because I am a big ABBA fan.

Even though I have a couple of negatives I still highly recommend this film because of its heartfelt charm and love-of-life flair. Cher has been added to the cast as Sophie's grandmother and in a matter of months Sophie will make her grandmother a great-grandmother.

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

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Contract Bridge

by
Steve Becker



PLAY IT AGAIN, SAM

North dealer.
Neither side vulnerable.
Both sides — partscore of 60.

NORTH

♠ A K 10 9 5
♥ 8 6 4
♦ 8 3
♣ 7 5 3

WEST

♠ 8 7 6 4
♥ 2
♦ A K J 7 5
♣ K Q 9

EAST

♠ 3
♥ K 10 5
♦ 10 6 2
♣ A J 10 8 4 2

SOUTH

♠ Q J 2
♥ A Q J 9 7 3
♦ Q 9 4
♣ 6

The bidding:

North	East	South	West
Pass	Pass	1♥	Dble
1♠	2♣	2♥	3♣
3♥	4♣	4♥	Pass
Pass	Dble		

Opening lead — king of diamonds.

From a rubber-bridge game comes this deal where the play was not precisely a model of perfection. West led the diamond king against four hearts doubled, East playing the deuce. West then shifted to the king of clubs, East signaling with the eight. Declarer ruffed the club continuation, led the spade jack to the king and successfully finessed the jack of trumps.

At this point, it seemed to South that he was about to make his contract with an

overtrick. But when he next led a low spade to dummy's nine to repeat the trump finesse, the hand collapsed. East ruffed the spade, led a diamond to his partner and ruffed another spade, and South wound up down two for a loss of 300 points.

The play by both sides was deficient. East could have ensured defeating the contract had he overtaken West's king of clubs with the ace at trick two and returned his singleton spade. From his viewpoint, this play would guarantee him a trump trick, since there could then be no way for declarer to take two trump finesses without subjecting himself to a spade ruff.

However, declarer failed to capitalize on East's blunder at trick two. He should have taken steps to guard against a possible 4-1 spade division. After ruffing the club at trick three, South should next have led a diamond! This play would have rendered the defense helpless.

Let's say that whichever defender wins the diamond returns a club. Declarer ruffs and trumps a diamond in dummy. He then takes his first heart finesse, returns to dummy with a spade and takes a second heart finesse, thus making four hearts doubled. The outcome is the same if the opponents shift to a spade after winning the diamond.

Occasionally, bridge resembles soccer, with the ball getting kicked back and forth almost aimlessly.

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Plant Talk

by Ken Resch



We are the Enemy

I'd like to address a growing concern in the world of plants: human ignorance. Now, I'm not meaning the simple ignorance of not knowing one plant from another; rather, I'm speaking more about a global ignorance of what we are doing to our entire ecosystem. The debate over global warming is beyond ignorance and it's simply stupid to assume human beings have not screwed up the system. Similarly, albeit less obviously, humans have caused a number of shifts in what's occurring globally with nature.

Two simple examples will show what I mean. In several columns over the past three years I've written about the Emerald Ash Borer (EAB) and I've suggested ways to protect—at least in the short term—one or two trees you might have on your property. I've been clear: EAB is not an "if" but "when" concern. Well, that time is upon us and we are on the verge of a long battle of decline of Ash trees in the state of Iowa. Few will be left standing over the next decade or two. We brought this upon ourselves through importation of the insect from Asia.

In another case, our state is the world leader—yes world leader—in the production of Eastern Black Walnut. No other state or country can match the board feet of walnut produced in Iowa. Yet, because of the potential for human ignorance, we stand to lose our trees in future generations if we fail to keep the walnut trees growing in a small spot in Arizona out of Iowa. Why? Because a fungus called "thousand cankers disease" attached to those particular trees that, if brought into our state in walnut wood from Arizona, will destroy all our trees. Yet

human ignorance will cause people to bring in walnut in trunks or trailers and spread the fungus among our trees. The revenue loss will be in the billions of dollars.

As readers of this column, you have an affinity for plants. I'm asking you to go online and remove a bit of personal ignorance from your life. Start by doing a search of "Native Iowa Plants" and learn about trees, shrubs, grasses and forbs (flowers) native to our state. Make conscious selections of these natives for your gardens next spring. Natives are simply hands-down hardier and better for our gardens. Next, learn about invasive plants and pests in Iowa. From Garlic Mustard to Purple Loosestrife to Reed Canary Grass, there are many invasive plants and other species like Asian Carp all on the verge of wiping out many of our native species.

Though "resolution time" is next month, I want you to resolve to do the following in 2019. First, if you've not visited the arboretum for more than a year, or ever—GO! It is one of our true gems and the volunteers who put in hours of their time create one of the most inviting places to walk through anywhere in the Midwest. You can learn about various kinds of gardens while also seeing what many of our native species look like. Second, visit the Farmer's Market on a Saturday morning. Again, we have within our city one of the best places to buy fresh produce. Buying locally helps insure we not only support the local economy but it aids in helping us reduce introducing invasive "bugs" into our ecosystem.

Finally, I'd like to suggest you find time, maybe this winter, to look into natural methods for controlling garden pests. From using lady bugs and Praying Mantis to incorporating natural strains of bacillus to kill pesky insects, we can work together to help restore some balance to nature. I fear if we do not take notice soon, we won't have much of an ecosystem. Perhaps this

Plant Talk cont. Pg. 23

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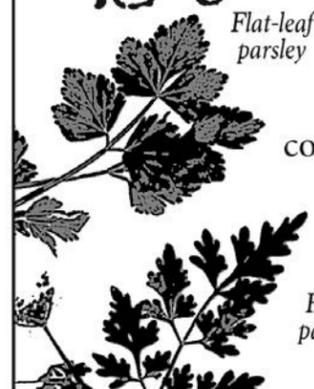
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◀ **Joan Lunden**, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

The Garden Bug

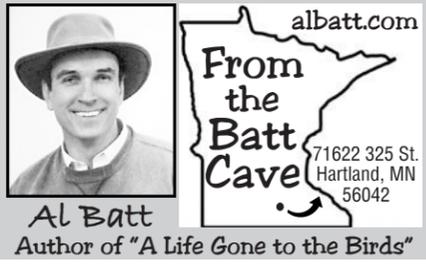


Parsley is native to Southern Europe.

Cultivated for more than 2,000 years, it was used medicinally and also as food. The ancient Greeks held it to be sacred, using it to adorn athletic champions and to decorate the tombs of the dead. Ancient Romans used it in cooking, and Charlemagne grew it on his estates. Fool's parsley, a poisonous weed, is sometimes mistaken for the edible flat-leaf parsley.

- Brenda Weaver

Source: www.whfoods.com



Smile broadly, you're sailing on a tooth ferry

How many things are there which I do not want.

Socrates said that. Or maybe his PR guy said it.

There are things I want and many things I don't want. Many people want fewer things to carry or dust.

One of the things I want is another Alaska ferry ride. What do I like about a ferry ride? Everything. If you like a room with a view, the ferry has one big, beautiful view. It's breathtaking and as I've been told by wall hangings everywhere, it isn't the number of breaths I take that matters. What matters is what takes my breath away.

The ferry is a place to be alone or a part of everything. I can sit when the world is walking or walk when the world is sitting. It's a perfect place for both navel-gazing and naval-gazing. I was on a Alaska Marine Highway System (AMHS) ferry passenger in November. I've been there before. Was it deja vu? Boy, you can say that again. I don't have a black belt in ferrying, but I've been there and done that.

I enjoyed a cup of hot tea made from what might have been the morning's frosty dew and the whiskers of a harbor seal as the ferry floated over the perfect spot for an ocean.

The rules for ferry travel are simple: Don't drop anything. If you drop something and you don't hear a splash, it's a victory. The AMHS connects 32 communities on a 3,500-mile route from Bellingham, Washington to Dutch Harbor, Alaska. More than 320,000 people and 97,000 vehicles travel the AMHS annually. In Southeast Alaska, it runs through the Inside Passage, a splendid panorama of mountains, fjords and forests.

I sailed from Juneau on the Kennicott, which is 382 feet long and can hold 499 passengers, 80 vehicles (even more if they're Hot Wheels), 72 cabins and 24 roomettes. I have all the albums of the Roomettes. "I wish I Were a Cabin" is my favorite. A future president could be born in one of those cabins. I departed Haines on the LeConte, 235 feet long

and capable of holding 225 people and 33 vehicles. School sports teams use ferries to get to games. AMHS has been hit by budget cuts — ferries eliminated and port calls cut.

My ride was a 4 1/2-hour trip up and 4 1/2 hours back on the Lynn Canal, traveling at the speed of solving a calculus problem: 16 knots or about 18 miles per hour. A knot is one nautical mile per hour, approximately 1.15 miles per hour.

A fellow traveler who was more beard than body (perhaps he used his beard as a calendar) began to tell me about a fathom. He was one of those guys who burst into words without "hello" being one of them.

"Nice beard," I said. He said he kept yesterday's breakfast in it and went back to informing me about a fathom. I learned that fathom comes from the Old English faethm, meaning "outstretched arms." Fathom, which commonly refers to a depth of six feet, was originally used for the distance from fingertip to fingertip of one's arms stretched straight out from the sides of the body.

He was a commercial fisherman. I told him that if he should encounter Moby Dick, it'd be best to avoid making eye contact. He didn't hear me as he was busy telling me there are two kinds of people in the world and fishermen are better than either one.

I teetered about the deck on rickety legs made from Tinker Toys. I needed to take some photos. That's how we are. We need. I practiced my gull calls. "Here gull, here gull, here gull."

Joni Mitchell sang, "I've looked at clouds from both sides now. From up and down and still somehow. It's cloud's illusions I recall. I really don't know clouds at all."

That's how I feel while looking at mountains; those mysterious giants that never block the view. I've not moved any mountains, but their beauty moves me.

The seas weren't angry, but strong winds created waves — potholes in the water. The ferry moved with the speed of a lame glacier. It was wonderful! For a short while, life slowed.

Someone asked what time it was. I replied, "Where?"

No one ever asks me that question. We are surrounded by timepieces. The winds caused the 4 1/2-hour trip to become 5 hours. That was a bonus.

Each day is a bonus.

© Al Batt 2018

Plant Talk from Pg. 22

won't occur in my lifetime, but I'm hoping generations of my family will know my name in the family genealogy records I leave behind. I want them to smile as warmly at my "ancient"

photograph as I still do at my 19th century ancestors who came here as farmers from Germany during the potato famines. They cared for the land they worked; I am obliged to do the same.

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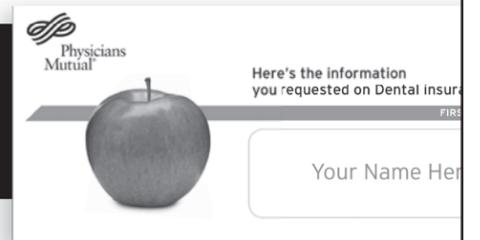
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A good marriage is the union of two good forgivers.

—Ruth Bell Graham

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Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What strait connects the Sea of Marmara with the Aegean Sea?
2. FOOD & DRINK: What is a pluet?
3. SCIENCE: What does an eidologist study?
4. MOVIES: Which Disney movie featured the title song, "You've Got a Friend in Me"?
5. AD SLOGANS: What product was advertised as "It keeps going, and going, and going ..."?
6. MYTHOLOGY: Who is the Greek goddess of the rainbow?
7. GENERAL KNOWLEDGE: What is the tallest lighthouse in the United States?

8. HISTORY: The German invasion of which nation had the code name Operation Barbarossa?
9. U.S. STATES: Which state has the nickname "The Mountain State"?
10. ROYALS: Which two houses were involved in England's The Wars of the Roses in the 15th century?

Answers

1. Dardanelles Strait
2. Plum and apricot hybrid
3. Mental images
4. "Toy Story"
5. Energizer batteries
6. Iris
7. Cape Hatteras, North Carolina
8. Russia
9. West Virginia
10. York and Lancaster

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Faience Bowl

Talented artists often become well-known for just one type of art when they actually created many different things. Emile Galle (1846-1904), the famous artist known for his cameo glass, designed, made and sold pottery and furniture. The glass and furniture are popular with today's collectors. The pottery is scarce and not well-known. Galle was a leader in Art Nouveau design and a passionate botanist, yet few of the art books mention anything but his cameo glass.

Galle's father had a store and sold glass and ceramics. Emile Galle studied glass making, design, botany and mineralogy, and he even served in the Franco-Prussian war. This training helped him in his commercial projects. After schooling, he moved back to Nancy, France, his birthplace, and started his own workshop. In 1874, he directed Saint-Clement pottery and eventually moved it to Nancy. His pottery was exhibited at the 1878 Paris Exhibition, and later, he showcased both pottery and glass at another Paris exhibition. He set up his furniture shop in 1884. The wooden pieces feature marquetry using naturalistic designs similar to those found on his cameo glass. Galle invented many new techniques for making glass, and he started the Art Nouveau style that used curved lines, shapes and natural designs with plants and animals. His Art Nouveau cameo glass was world-renowned, and he continued to study and write about horticultural subjects. Galle died at age 58 after a long battle with leukemia.

A large faience-handled bowl with flowers, scrolls, dolphin heads and a picture of a sailboat was auctioned at a James Julia sale in 2017. It's marked with a Cross of Lorraine and the words "Emile Galle Fecit Modele depose." (Emile Galle registered design). A similar bowl was on "Antiques Roadshow" in 2016 with an



This 14-inch wide faience bowl made by the Galle factory sold for \$968. Emile Galle's cameo glass brings much higher prices.

estimated value more than twice the price paid of \$968.

Q: While at an estate sale, I bought a Hall six-cup ceramic teapot. The bottom is stamped with pattern No. 0113, and the color is maroon with a gold patterned detail. There also is "M8" stamped on the bottom rim. When was this made?

A: You have a Hollywood teapot first made by Hall in the 1920s. It was made in 4-cup, 5-cup, 6-cup, and 8-cup sizes. Hollywood teapots were made in solid colors as well as with decal decorations. At one time, Hall was the world's largest manufacturer of teapots. The value of your teapot is \$25 to \$35.

CURRENT PRICES

Amethyst glass, sugar, black amethyst, square, scallop rim, pedestal foot, handles, c. 1934, 4 inches, \$25.

Grain shovel, farming tool, hand-carved, one piece of wood, paddle-shaped, cylindrical handle, c. 1870, 51 x 10 inches, \$230.

Fly catcher, blown glass, etched bamboo design, shouldered, spherical stopper, scroll feet, c. 1890, 13 inches, \$735.

Banner, sideshow, Madam Clair, The Psychic Wonder, psychic holding crystal ball, 80 x 120 inches, \$4,320.

TIP: If you have museum-quality wooden furniture, do not use modern furniture-spray polish. Use wax and apply it about once a year. Just dust it regularly.

For more collecting news, tips and resources, visit www.Kovels.com

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burping problem.

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.

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Love is no assignment for cowards.

—Ovid



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VETERANS ★ POST ★

New Boss for Troubled DC VA Medical Center

Those of you who get care at the Washington DC Veterans Affairs Medical Center (over 120,000 of you) probably can breathe a sigh of relief. A new director has taken the helm.

Michael Heimall comes with loads of experience: former Army officer, served as director at Walter Reed, 30 years in various capacities, a degree from the War College and a lot more. But the Washington DC VA Medical Center might be his biggest challenge yet.

This was the facility that risked lives because of chronic shortages. Remember when surgery staff had to run to other hospitals to borrow equipment? Or the dirty storerooms for sterile supplies, expired material on the shelves, surgeries canceled for lack of equipment, half a million uninventoried items stored in

unsecured areas, \$92 million in supplies ordered when there was no clue about what they already had, and confidential patient info stored in an unsecured area and found in the dumpster? The VA's Office of the Inspector General had plenty to say about it in its report.

All that nonsense will hopefully come to a screeching halt. A to-do list for Heimall: Of the 40 fixes recommended by the OIG, how many have been implemented?

Recently the D.C. facility was downgraded from a ridiculously low two-star rating to only one star. It's just my opinion, but no VA medical facility should ever be allowed to fall below a three-star rating without major intervention swooping in. At this point, there are eight others with one-star ratings: Atlanta; Big Spring and El Paso, Texas; Loma Linda, California; Memphis; Montgomery, Alabama; and Phoenix and Tucson, Arizona.

One thing Heimall needs to keep an eye on: The sterile processing center was to be completed by March 2019. Let's hope it will be.

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for payment. It's safer to pay by credit card or check.

- If you're donating online, check that the webpage where you enter your payment information has "https" at the beginning of the web address. The "s" means information will be transmitted securely.

- Avoid cash donations. Pay by credit card, or write a check directly to the charity. Legitimate charities will give you a receipt that shows the amount of your donation. Keep that record and check your credit card statements to make sure you're only charged for the donation you wanted to make.

- Both the need for donations and the opportunity for giving will be present for some time; there is no deadline for generosity. Do not feel pressured into making a contribution sooner than you are ready; reputable charities do not use coercive tactics to obtain immediate donations.

Watch out for scammers' tricks

- Scammers "spoof" the name and phone number that appears on your caller ID to make their fundraising calls look like they're from your local area code, a Washington, D.C., area code, or from an organization you know.

- Scammers pressure you into donating immediately before you have time to do any research. A legitimate charity will welcome your donation at any time.

- Scammers claim that you'll win a sweepstakes or get a prize if you donate.

- Scammers will call to thank you for a pledge to donate you don't remember making. Scammers do that to trick you into thinking you actually made a pledge and to guilt you into sending money.

What about donation requests through social media, crowdfunding sites and giving portals?

Many requests for donations through social media and crowdfunding sites are legitimate, but some are scams. For example, people may misuse real pictures and stories to get you to donate, but the money goes into their own pockets, not the individuals or organizations depicted in the photos. Crowdfunding sites often have little control over who uses them and how donations are spent. Research before you give. Also, if tax deductions are

important to you, remember that donations to individuals are not tax-deductible.

The safest way to give on social media or through crowdfunding is to donate to people you actually know who contact you about a specific project. Don't assume that solicitations on social media or crowdfunding sites are legitimate — even when they are shared or liked by your friends. Do your own research. Call or contact your friends offline and ask them about the post they shared.

Are you considering donating through a website or social media platform that promises to send your contribution to your chosen charity? That's a giving portal. These sites make it quick and easy for you to donate to one of several charities. Keep in mind, however: When you donate this way, your money may not go directly to that charity. Another company may get your money first, take some of it as a fee, and then pass on the rest to the charity. And it may take a while for the charity to get it. Learn more of what to look for from the FTC. (<https://www.consumer.ftc.gov/articles/donating-through-online-giving-portal?fbclid=IwAR3MrMPELaljnEN2QnxWcVDFq8ermMkSPrDkTpVqCAE73GqHOFGgstd4eWl>)

Advice for businesses

If your company gives charitable donations, the stakes are even higher: When you lend your company name to a charity through a sponsorship or by allowing fundraising on your property, your reputation is on the line. Customers and members of the community may interpret that as a "stamp of approval" and feel safe donating to a cause you're championing. Check out the FTC's advice for businesses: Tips for Retailers: How to Review Charity Requests.

How to file a complaint:

If you believe you've been scammed or you suspect a charity is acting fraudulently, contact your local law enforcement agency or the Iowa Attorney General's Consumer Protection Division. To file a complaint, go here or call **515-281-5926** (in Des Moines area) or **888-777-4590** (outside the metro area).

For more tips, follow the Iowa Attorney General on Facebook and Twitter at @AGIowa



IOWA DEPARTMENT OF JUSTICE
OFFICE OF THE ATTORNEY GENERAL

Attorney General Tom Miller

Give with your head and your heart

Avoid fraud and make your donations count this holiday season

As the holidays approach and donation requests rise, you may come across more naughty than nice. Scammers will take advantage of your generosity all year long, but especially during the holidays.

But first, remember: Just because there are fraudsters who prey on donors, doesn't mean you should stop giving. There are great charities out there that help change lives. Please keep giving, but do your research first.

Here is some advice from the Iowa Attorney General's Consumer Protection Division and the Federal Trade Commission:

Resources for consumers

When you donate, you want your money to go to a charity that really helps make a difference. Many reputable charities are deserving of support. The Iowa Attorney General has tips on its website (<https://www.iowaattorneygeneral.gov/for-consumers/general-consumer-information/charitable-giving/>) to help individuals and businesses find reputable organizations and give wisely. Watch the FTC's new video "Make Your Donations Count." (<https://www.youtube.com/watch?v=KIPMiai9ILo&feature=youtu.be>)

Remember to:

Do your research

- Search the charity's name online with words like "complaint" and "scam."

- Check out the charity's ratings with groups like the BBB Wise Giving Alliance, Charity Navigator, Charity Watch, and Guidestar.

- Use the IRS's Tax Exempt Organization Search to see if your donation is tax-deductible. (<https://www.irs.gov/charities-non-profits/tax-exempt-organization-search>)

Ask questions

- What are the charity's website, address, and mission?

- How much of your donation will go directly to services, rather than fundraising or administration?

- How much of your donation will be used for the specific programs you want to support?

- If supporting services in your own community is important to you, ask how the charity spends money in your area.

Be careful how you pay

- If someone asks you to mail them cash, wire money, donate by gift card, or leave money under your front door mat for pick-up, don't do it! That's how scammers often ask



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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry

I "Took the Stick"!

Maury, about twenty five years ago Grandpa piloted a plane – well, not really, but sort of – I'll explain:

Don Palmer, a friend with whom I used to play tennis and an ex fighter pilot during World II, bought a University of Dubuque single engine Cessna training plane. At the time he was the purchasing agent for A Y McDonald Co. in Dubuque.

He loved to fly but would become bored going solo all the time, he explained, when he invited me to accompany him on different occasions. Two or three times a month we'd fly to Prairie du Chien, Wisconsin to dine at a supper club (I can't recall the name) located directly across the highway from the local airport. This was approximately a forty-minute flight from Dubuque and I learned from Don, we did "visual flying." He explained to me, on these trips, that we followed the Mississippi river as our "flight map." Looking down I recall it appeared as a beautiful winding silver streak!



Jerry Eberhardt with grandson, Maury Cohn

One time on one of these flights Don said "Take the stick but be gentle — no sudden moves!" In a matter of seconds I was "steering" the plane and following the river. Grandpa quickly learned to be "gentle" and felt real good when Don said: "You have a nice touch!" As I look back on this, Maury, flying could have easily gotten into my blood as I really enjoyed these flights.

Incidentally, Don used to also string tennis rackets and your Uncle Dave, when he was the tennis pro at the Dubuque Golf & Country Club, did business with him. Hope you enjoyed this.

Much love,
Grandpa.



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SPORTS COMMENT

by Gary Dolphin

V.P. **usbank** – Business Development and Voice of the Iowa Hawkeyes

From Where I Sit

I'm not sure in twenty two years of calling Iowa football and basketball on radio I've experienced a week of success like this past one. It started with the Hawkeye basketball team carving out a defensive identity and whipping two basketball blue bloods in Oregon and the U Conn Huskies and ended with a football blow out of Illinois on the road. Oh by the way, in between was wrestling dominance of a good Princeton outfit and a 12th ranked Hawkeye women's basketball blow out of North Carolina Central.

In New York City, on the big stage that is Madison Square Garden, freshman Connor McCaffery repeatedly hopped off the bench to rescue the Iowa guard court, ripping through double teams, helping to limit turnovers at critical junctures. In the title game of the Wounded Warrior benefit, he was the difference maker. Jordan Bohannon and McCaffery continually fed the post. Waiting for those passes were Tyler Cook and Luka Garza, big and powerful and fast maturing. Both carved up opposing interior defenders. They couldn't handle the brute strength of Cook nor the fluid movement of the seven foot Garza. 6'10" Ryan Kreiner — performing admirably off the bench — served to keep Cook

and Garza fresh, what with two games in less than 24 hours. What happened in the "city that never sleeps" should help this team immensely moving forward, because now they know they can play defense and sustain it!

Speaking of defense, Iowa football smothered Illinois' vaunted running game. The Illini were averaging 262 yards a game on the ground. Rayvon Bonner did end up with 120 but that was essentially it. Illinois ran the ball when it was down 35-0. It could not throw what with quarterback AJ Bush running for his life most of the afternoon. Rising star AJ Epenesa, the Big Ten co-defensive player of the week, forced a fumble, scooped it up and scored a touchdown. He blocked a punt that led to six more, had 8-1/2 tackles, 3-1/2 for loss and 1-1/2 sacks. The defensive end was the catalyst for a unit that allowed Illinois little consistency on a cold, windy and rainy day.

Iowa's four losses are by a combined 23 points. The Hawkeyes look to close out the schedule with a 4th consecutive win over Nebraska in the HyVee Hero's game Friday at Kinnick Stadium. Hope everyone has a very Happy Thanksgiving and Xmas holiday.

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- Of the 31 NHL teams, how many are based in the U.S.?
- Since the current World Cup format began in 1986, how many times has at least 10 European men's soccer teams advanced to the round of 16?
- When Triple Crown winner Justify triumphed in the Preakness in 2018, it put Bob Baffert in a tie for the most wins at that race by a horse trainer (seven). Who else did it seven times?

- In 2017, the Dodgers' Corey Seager became the fourth player in major-league history to have two three-homer games before his 24th birthday. Name two of the other three to do it.
- Name three of the four teams managed by Hall of Famer Whitey Herzog.
- In 2016, Brad Kaaya became the all-time career passing yards leader (9,968) at the University of Miami, Fla. Who had been No. 1?
- When was the last time the Washington Wizards won an NBA playoff game against the Celtics in Boston?

Answers

1. Mookie Betts, Juan Gonzalez and Boog Powell.
2. Texas (1973), California ('74), Kansas City ('75-'79) and St. Louis ('80-'90).
3. Ken Dorsey, with 9,565 yards (1999-2002).
4. It was 1982.
5. Twenty-four.
6. Six times (1986, '90, '94, '98, 2006 and 2018).
7. R. Wynnham Walden (between 1875 and 1888).

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Banned

In 1659, the Puritans of the Massachusetts Bay Colony banned the celebration of Christmas, because of what they saw as elements of heathenism in that celebration. The English Parliament had abolished the celebration of Christmas in 1647, but the ban was lifted when the Puritans lost power in 1660.

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UPS	Dec. 17 (for packages delivered by Monday, Dec. 24). Ship 2-Day Air by Dec. 20 or Next-Day Air as late as Dec. 21 for delivery by Dec. 24. (Saturday delivery is not available in all areas)	UPS Stores nationwide. Go to ups.com or call 800-789-4623 to find a location or schedule pickup.	www.ups.com; 1-800-PICK-UPS
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Radio

from the
20th Century

by Bill Zwack



During the Christmas season, 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."



It's believed that the tradition of using a baby to signify the New Year started in Greece around 600 B.C. Another tradition of the season, the making of New Year's resolutions, dates back to the Babylonians.

No man or woman really knows what perfect love is until they have been married a quarter of a century.
 —Mark Twain

December 1954

Down Memory Lane

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

Christmas 1955

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JUST THE MEAT FOR THOSE HOLIDAY MEALS AND PARTIES

What's a holiday meal or party without a Dubuque Ham? Employees were reminded to share a Dubuque Ham for the holidays.



Festival of Lights from Pg. 1

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!

Reflections in the Park, "A Hillcrest Lights Festival," presented by: DB&T and Heartland Financial USA; 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. Each year we hear such heart warming stories from our visitors on how or why it holds a special place in their heart. "We at Hillcrest Family Services enjoy the opportunity to put smiles on so many faces as our way to give back to the community for all their support they give to us so we in turn can serve our clients in need, for that we are forever grateful" says Bolsinger.

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 honestly couldn't happen without them, I am so grateful to be part of their team," says Darlene Bolsinger. They not only enjoy what they do, they do a spectacular job. It is an absolute pleasure to work with them.

Show sponsors cover the cost of the event, and dollars raised support the 30-plus programs of Hillcrest Family Services. Located at 2005 Asbury Road in Dubuque, Hillcrest is a nonprofit human services agency that serves over 34,000 individuals across State of Iowa and beyond.

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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If you have an item and you would like to know what it is worth, send digital pictures with a brief description to paulhconnor@gmail.com, make an appointment to visit 201 North Commerce Street, Galena, IL 61036, or call 563-543-5201.

7up Santa

This vintage store display dates from the late 1950's. Considering this Santa was built for a limited use period with the base made of corrugated cardboard it has fared well for being over 50 years old. Bidders on eBay set the value at \$140.50.



MERRY CHRISTMAS
 from
The Golden View

Merry Christmas

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<p>Veteran's Freedom Center 2245 Kerper Blvd., Suite 1 Ph: 563-845-0034 facebook: Veterans Freedom Center</p>	<p>The Golden View The Community Paper For Active Adults Ph: 563-845-7586</p>	<p>JERRY'S Pawn & Jewelry 1599 Central Avenue Dubuque, IA 52001 Ph: 563-583-0657</p>	<p>Knickers Saloon 22nd & Central Now Great Home Made Pizza</p>
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Cranberry Brie Bites

The perfect holiday party appetizer, and so easy to make.

- 1 tube crescent dough
- Cooking spray, for pan
- Flour, for rolling out dough
- 8 ounce wheel Brie
- 1 cup whole berry cranberry sauce
- 1/2 cup chopped pecans
- 6 sprigs of rosemary, cut into 1 inch pieces.

1. Heat oven to 375 F and grease a mini muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough, and pinch seams together. Cut into 24 squares. Place squares into muffin tin slots.

2. Cut brie into small pieces and place inside the crescent dough. Top with a spoonful of cranberry sauce, some chopped pecans and one little sprig of rosemary.



Delish magazine

3. Bake until the crescent is golden, about 15 minutes.

4. Serve warm. Makes 24 bites.

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Christmas Morning Italian Strata

Prepare this strata the night before and then bake it while everyone opens presents on Christmas morning. By the time the last gift is unwrapped, breakfast is ready and waiting! Serves 12.

- 1 1/2 pounds pork-sausage meat
- 1 12-ounce loaf French bread
- 2 4-ounce cans mushrooms
- 6 large eggs
- 1 quart milk
- 2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder (optional)
- 1/4 teaspoon pepper
- 1 8-ounce package shredded mozzarella cheese (2 cups)
- 1 4-ounce package shredded Cheddar cheese (1 cup)

Chopped parsley for garnish
NIGHT BEFORE SERVING:

1. Grease 13-by-9-inch glass baking dish. In 10-inch skillet over medium heat, cook pork-sausage meat, stirring frequently to break up sausage, until thoroughly cooked and no longer pink. Using slotted spoon, remove sausage to paper towels to drain.

2. Cut French bread into 1/2-inch cubes. Drain and chop mushrooms. In baking dish, combine sausage, bread



Depositphotos

cubes and mushrooms. In large bowl, whisk together eggs, milk, Italian seasoning, garlic powder and pepper. Pour egg mixture over sausage mixture. Cover with plastic wrap and refrigerate overnight.

ABOUT 1 3/4 HOURS BEFORE SERVING:

3. Heat oven to 350 F. Bake strata, uncovered, 1 hour. Remove from oven and sprinkle evenly with mozzarella and Cheddar cheeses. Bake 15 minutes longer or until knife inserted in center comes out clean. Remove strata from oven; let stand 10 minutes for easier serving. Garnish with chopped parsley.

- Each serving: About 390 calories, 24 g fat, 170 mg cholesterol, 855 mg sodium.

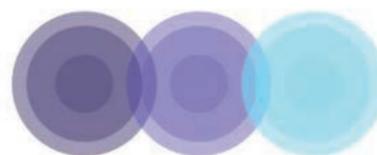
Find more triple-tested holiday recipes at www.goodhousekeeping.com/recipes/.

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Happy Holidays!

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Cremer's Cooking Tips

Cremer's E-Z Whole Beef Tenderloin

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

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

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.

For other Holiday entertaining or gift giving ideas give us a call.

Holiday Hosting HEADQUARTERS

Employee Gifts

- Christmas Ham
- Meat Boxes
- Amish Turkeys
- Beef Tenderloin
- Gift Certificates

Holiday Parties

- Turkey & Dressing
- Italian Beef or BBQ Pulled Pork
- Party Trays
- Cheese & Sausage, Cocktail Sandwich
- Meatballs and BBQ Ribs

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