



# The Golden View

The Community Newspaper For Adults 55 Plus

December, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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## Reflections in the Park

by Darlene Bolsinger,

Mission Advancement Coordinator, Hillcrest Family Services



It's the 26th anniversary of Reflections in the Park, a Hillcrest lights festival that opens to the public from 5:00 to 10 p.m. November 26th through January 3, 2021.

Reflections in the Park will feature more than 70 displays, including a wide array of objects, from the RGB 200' Tunnel of Lights to several new and different animated displays – all with LED lighting.

Last year was a record setting 54,000+ visitors enjoying Reflections in the Park.

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 greet visitors while social distancing, we need to keep Santa safe so he can make his

round on Christmas!

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 those of us involved enjoy chatting with each other to hear the heartwarming 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.

We are blessed with  
**Reflections in the Park cont. Pg. 21**



## Holiday Spirit is Alive and Well at Sunset Park Place

by Erica Wall,

Community Relations Coordinator, Sunset Park Place

Ebenezer Scrooge, from Charles Dickens' classic novel, A Christmas Carol, famously uttered, "Bah, humbug!" Scrooge eventually learned to love and appreciate the Holiday. Christmas time should be a joyous season, but let's face it, there are a lot of things about the holidays that can be stressful and make us feel less than in the holiday spirit, especially this year. The secret of the holidays is not only in the love and joy of the season, but about the love and joy we can choose to share with one another. In these trying times we could all use a little more love, joy and compassion.

The holiday season is the perfect time to reflect – to reminisce about the past,



Holiday spirit is shining through Florence.

embrace the present and look ahead to the new year. This holiday season it may not seem there is as much shine in the holidays as there was in previous years, but I assure you the Holiday Spirit is alive and well at Sunset Park Place.

The overwhelming sense of family is ever present among our residents and staff. Throughout all of the ever-changing policies and procedures we have become an even closer-knit family here. Many of our annual traditions have been amended to fit the "new normal" leaving space for many new traditions at Sunset



Conny enjoying the spirit of Christmas.

Park Place such as Zoom calls with families, virtual pastoral visits and Friendsgiving! Year after year Shelly Gessner, Life Enrichment Coordinator, has decked the halls immediately following Thanksgiving. This process always includes a slew of residents ensuring the tree is straight and the ornaments are in *just* the right spot! Without fail we are all more festive after the trees are up, the nativity is staged, and the garland is hung!

We encourage all of you to choose to see the good this holiday season, be thankful for all that you have in your life! This holiday season is different, but with a little joy, love, compassion and imagination we can make it one to remember!



Marilyn enjoying the holiday festivities.

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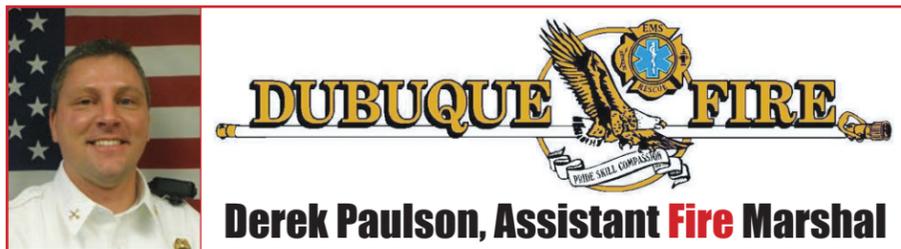
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**Derek Paulson, Assistant Fire Marshal**



It's beginning to look a lot like WINTER. The temperatures are falling and snow will soon be upon us. Because of this many people are racing to get their holiday decorations up. Around the holidays, fire departments across the country see an uptick in fires. Here are some holiday safety tips to help make your holiday celebrations safer.

Two out of every five home decoration fires were started by a candle. Use flameless candles if possible. They look and sound the same as a real candle without the potential dangers. If you choose to use real candles then make sure they are placed in areas where there is nothing flammable around or near them and where pets and children can't get ahold of them.

When selecting lights read the manufacturer's instructions

on where to place them. Some lights are only for interior use and should not be used outside. Using them in areas where they aren't supposed to be used could cause a spark or become an electrocution hazard if they get wet. Also, replace any strings of lights that have worn or broken cords or have any loose connections.

When hanging lights, use clips or other approved hanging devices for lights and other decorations. Never use nails to hang lights because nails could penetrate through the cord which could lead to a fire. Place lights on a timer so they turn off at night when you are sleeping or when you leave home. Some of the older style lights could potentially overheat if left on for too long.

Almost half of decoration fires are caused by decorations being placed too close to a heat source. Avoid placing decorations directly above fireplaces or other heat sources. If using a space heater, make sure you leave a three foot radius clear of anything else around the space heater.

And as always, make sure your smoke alarms are



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working. If you have any questions or would like further information I can be reached at **563-589-4195** or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org). Have a safe and happy holiday season.

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Ken Resch	Bill Zwack	Derek Paulson

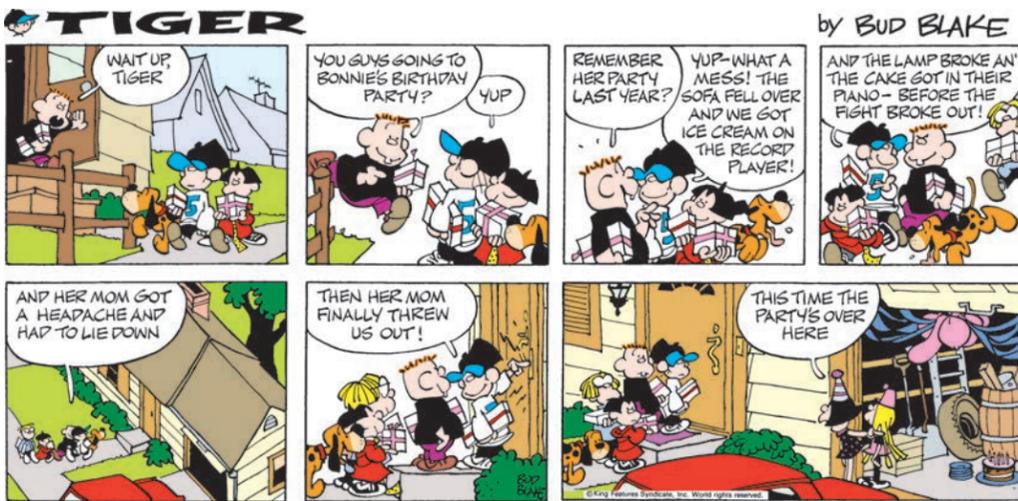


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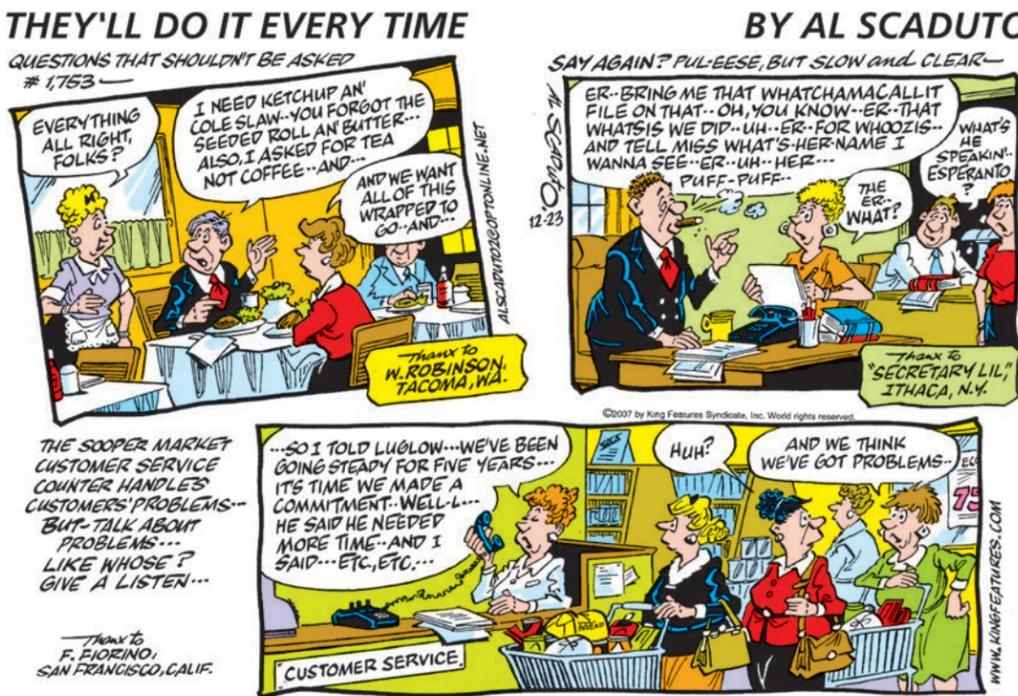
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**STICKELERS** [sic].  
 by Terry Stickels

Bob bought a cake that will serve 10 people. The cake is 6 inches in diameter. Then, Mike bought a cake that is 18 inches in diameter and wonders how many people it will serve if Bob's cake serves 10.

**How many people will Mike's cake serve?**

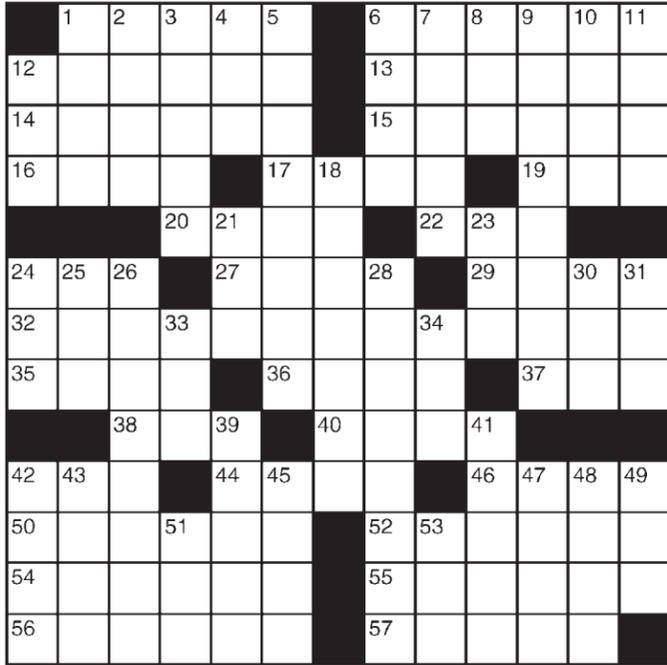
1) 20                      4) 80  
 2) 30                      5) 90  
 3) 60

Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Flourish
- 6 "Rabbit, Run" author
- 12 Tearjerker
- 13 Construction piece
- 14 "Anna Christie" playwright
- 15 Coats
- 16 Lima's place
- 17 Father of Thor
- 19 Away from WSW
- 20 Style
- 22 LummoX
- 24 Most Wanted List org.
- 27 Elite alternative
- 29 Bart's sister
- 32 Lincoln's election year
- 35 Region
- 36 Location
- 37 Storm center
- 38 Inseparable
- 40 Osso buco base
- 42 A cont.
- 44 Level
- 46 Apiece
- 50 Boardroom props
- 52 Prophet
- 54 Half a story-book duo
- 55 "My heavens!"



- 56 Clothing
- 57 Unlike a rolling stone?
- DOWN**
- 1 Part of N.B.
- 2 Lecherous look
- 3 Poppy drug
- 4 Lubricate
- 5 Tunes
- 6 Wrinkly fruit
- 7 Challenge for Laurel and Hardy in "The Music Box"
- 8 Saharan
- 9 Obsession
- 10 "Show Boat"
- 11 Gaelic
- 12 Doo- — music
- 18 Fool
- 21 Make a choice, with "for"
- 23 "The Greatest"
- 24 Shriner's capeau
- 25 Life story, for short
- 26 Unknowing
- 28 Waiting area
- 30 Pigpen
- 31 Nay canceler
- 33 Coop denizen
- 34 Multitude
- 39 Old anesthetic
- 41 Starts
- 42 Turkish potentate
- 43 "Animal House" group
- 45 Capri or Wight
- 47 Dogfight participants
- 48 23-Down's old name
- 49 The lady
- 51 Sixth letter after 53-Down
- 53 See 51-Down

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Be sure to check the website  
**TheGoldenViewOnline.com**



## Downgrading Cat's Fresh Food Diet

**DEAR PAW'S CORNER:** I was furloughed from my job in April and have been getting by on savings and an unemployment check. With no new job yet, I need to drastically cut back expenses to get through this winter. My cat "Silk" is 9 years old and eats a special diet of prescription canned food plus fresh pet food from the grocery. Will she stay healthy if I temporarily replace her diet with a commercial cat food? — *Henry in Worcester, Massachusetts*

**DEAR HENRY:** Thank you for putting Silk first in your household budget, especially in these tough times! Give your cat's veterinarian a call and

discuss the situation. Would a four- to six-month break from prescription canned food be OK, and not threaten Silk's health? The answer depends on the condition for which she's eating special food.

You can probably stop buying those prepackaged fresh pet foods for your cat, at least until you get financially back on track. Instead, prepare a few days' worth of fresh cat food at home by steaming rice, peas and a protein like chicken or tuna until fully cooked (do not add spices or salt) and smashing together. Cool and store in the refrigerator.

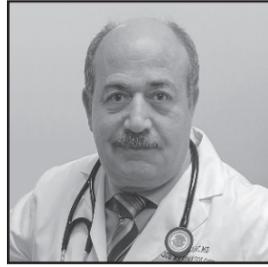
Fresh food needs to be supplemented with a formulated cat food so that Silk gets key nutrients during this time. The veterinarian should be able to recommend an off-the-shelf cat food, either dry or canned, that will meet her needs for a few months. If she is taking medications as well, don't skimp on her medicines, and be sure to include them in your budgeting.

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

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



My friend Ruth Runge retired in 2013 after working 26 years for Hardee's in Davenport, Iowa. She is 73 but still keeps busy with three grown children, four grandchildren, and two great-grandchildren. But, then one day she told me she was returning to work. I asked her why she decided to give up all the fun filled activities with her family and return to work?

Yes, COVID-19 entered her leisurely lifestyle. Her daughter, Amanda is the manager of the same Hardee's where Ruth had worked for 26 years. I guess after businesses were allowed to reopen under guidelines for pick-up orders at restaurants, Amanda had problems getting her staff to return to work under the new guidelines. Ruth had mercy and returned as an hourly worker, not a salaried employee. Ruth has been known to work almost a 40-hour week. She often goes in very early in the morning to make the daily biscuits.

Ironically, as this virus drags on, I have heard many people tell me of the changes in their lifestyles. One of these

areas of changes is in the school system. My seven-year-old grandson, Finn, is doing home schooling and the computer learning system. My hair stylist has a high-school daughter and she attends school some days and then does computer learning part time. Another friend has his children enrolled in a Catholic Academy.

This virus has disrupted everyone's life. Nothing is as it used to be. I have noticed so many businesses that will never open up again. Even Libraries are operating under time limitations for patrons. I miss the casual coffee shops that allowed lingering patrons to visit and not have to look at a "No Loitering" sign posted over the coffee urn.

I asked Ruth just why did she go back to work. She said, "I believe our existence on earth is not just to serve ourselves, but to lend a hand to those in need." I agree with Ruth and I think I am seeing a lot more unselfish behavior than ever before. People are becoming more caring and concerned with the well-being of others.

Now, how can we all help overcome the present virus conditions? I like to think that if we all try our best to help each other by staying in, washing our hands more often, wearing a mask when out in public, and by being aware of the distance of 6 feet from other people when in public places, we will get through this dilemma.

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**An Uplifting Moment**  
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**“The Christmas Gift of Humility”**

The birth of Jesus could have been so different. God could have arranged for Joseph and his very pregnant wife Mary to visit the temple in Jerusalem. Mary could have gone quickly into labor, Jesus being born in the temple with the angels appearing and singing as no temple singers had ever sung! But God didn't do it this way.

God could have made certain the young couple was walking through King Herod's palace court when Mary went into labor. The glorious appearance of the angels would have been an intimidating army guaranteeing that the jealous King Herod's military force could do no harm to the newborn King Jesus. But God didn't do it this way.

The way God did work was to have Joseph and Mary carry out a government obligation to travel to the little town of

Bethlehem to take part in a census. While there Mary went into labor. The census having resulted in a crowded town meant there were no vacancies in the few inns available. The only shelter was a stable, which is where the Son of God was born.

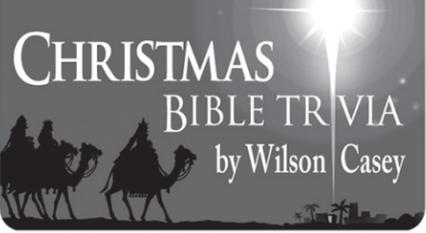
Jesus could have been born to the High Priest and his wife, or to a wealthy and famous Jewish family of Jerusalem. God didn't do it this way. Instead, the way God worked was to have Jesus born to a humble young woman and man, who was a carpenter.

God could have sent His angels to announce Jesus' birth to those in the temple or those in King Herod's court, but God didn't do it this way. The angels were sent to a group of shepherds, considered to be of the lower class, who were watching their sheep outside Bethlehem. Other than Mary and Joseph, the humble shepherds were the first to see the incarnated Son of God!

Humility runs through the entire Christmas Story! To make it our own story also requires humility on our part. We have to be humble enough to realize that we can't make things right with God on our own. That's why there's the

**An Uplifting Moment cont. Pg. 21**

**CHRISTMAS BIBLE TRIVIA**  
by **Wilson Casey**



1. The main Christmas story is paraphrased from what two New Testament books? *Mark / John, Acts / Romans, Matthew / Luke, Jude / Revelation*
2. Approximately how old was Jesus when the wise men (Magi) arrived with their gifts? *1 day, 2 weeks, 2 months, 2 years*
3. Where did the angel Gabriel appear to Mary saying, "Blessed art thou among women"? *Nazareth, Tyre, Ninevah, Gazi*
4. In what city of Judaea

was Jesus born? *Damascus, Jerusalem, Bethlehem, Gezer*  
5. Who plotted to kill the baby Jesus? *Archelaus, Herod, Pontius Pilot, Caesar Augustus*  
6. For the journey to Bethlehem, how did Mary and Joseph travel? *Bible not specific, Walked, Rode donkey, Boat*

7. Of these, which wasn't a gift from the wise men? *Silver, Myrrh, Gold, Frankincense*
8. How many times does the word "Christmas" appear in the Bible (KJV)? *Zero, 1, 2, 7*

**ANSWERS**

- 1) Matthew/Luke; 2) 2 years; 3) Nazareth; 4) Bethlehem; 5) Herod; 6) Bible not specific; 7) Silver; 8) Zero

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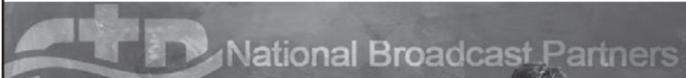


*"Carrying The Plenty"*  
*(woodcut from 1661 book of Jewish customs)*

2 CORINTHIANS 9:11

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**YESTERDAY AND TODAY**  
 BY MICHAEL GIBSON



1950's photo of 4th & Locust looking east. The Orpheum Theater is in the background and a Gulf service station in the left foreground. This was the location of a filling station originally owned by Iowa Oil Company in the 1930s and then by Chester A. Ruff. John Chapman & Leo Plein owned it from the late 1940s until Robert Cahill purchased it about 1956. It operated as Cahill's Gulf Station (402 Locust) until 1974 when the city purchased the property. (Courtesy of the Loras College Center for Dubuque History, OHE p.61 Neg. Hickey 19).

Yesterday & Today cont. Pg. 9



Michelle Bell,  
 Social Security District Manager,  
 Dubuque, Iowa



**Social Security Benefits Increase in 2021**

Nearly 70 million Americans will see a 1.3 percent increase in their Social Security benefits and SSI payments in 2021. Federal benefit rates increase when the cost-of-living rises, as measured by the Department of Labor's Consumer Price Index (CPI-W).

The CPI-W rises when inflation increases, leading to a higher cost-of-living. This change means prices for goods and services, on average, are a little more expensive, so the COLA helps to offset these costs.

January 2021 marks other changes that will happen based on the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax in 2021 will be higher. The retirement earnings test exempt amount will also change in 2021. You can read our press release for more information at [www.ssa.gov/news/press/factsheets/colafacts2021.pdf](http://www.ssa.gov/news/press/factsheets/colafacts2021.pdf).

We will mail COLA notices throughout the month

of December to retirement, survivors, and disability beneficiaries, SSI recipients, and representative payees. Want to know your new benefit amount sooner? You can securely view and save the Social Security COLA notice online via the Message Center inside my Social Security in early December without waiting for the mailed notice.

If you don't have an account yet, you will have to create your account by November 18, 2020 to receive the COLA notice online this year. *my Social Security* account holders can opt out of receiving a mailed COLA notice and other paper notices that are available online. You can choose text or email alerts when there is a notice in Message Center by updating your Preferences at [www.ssa.gov/myaccount/opt-out.html](http://www.ssa.gov/myaccount/opt-out.html) so you always know when we have something important for you.

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Social Security cont. Pg. 10

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Yesterday & Today from Pg. 8

Michael Gibson has decided to take a hiatus from the Yesterday and Today feature. He has given permission to recycle previously published photos and captions for your enjoyment.



The same corner as it looks more recently. The Orpheum Theater was fully restored and became the Five Flags Theater. The rest of the entire block between 4th & 5th and Locust & Main was demolished when the Five Flags Civic Center was built in 1976-78 at a cost of \$3.7 million. Formal dedication was March 24, 1979. It was Dubuque's first large multi-purpose convention center and indoor ice hockey rink. In 2003 the Grand River Event Center was constructed and in 2010 the Mystique Community Ice Center was built. Today the Five Flags Civic Center is used for special events and since 2003, management has been turned over to SMG. (Photo by Terry Grant).

## VETERANS ★ POST ★

by Freddy Groves

### 911 Getting a Partner With VA Crisis Link

We all know to call 911 when there's an emergency — car crash, burglary, need of an ambulance — but we'll soon be getting an additional number. Starting in the summer of 2022, we'll also have **988** as a direct line for suicide prevention and mental health crises.

It's been in the works since last summer, giving telephone companies time to set things up. The U.S. Department of

Health and Human Services Substance Abuse and Mental Health Services Administration, the Department of Veteran Affairs and the North American Numbering Council all have been working together, and this summer the FCC adopted rules to designate this number — **988**.

The National Suicide Prevention Lifeline will still be working at **1-800-273-8255** (1-800-273-TALK). As different parts of the country come online, those calling the new number will be transferred over to the crisis line, but the old number will continue to work.

Veterans who call either number should press 1 after dialing to reach the Veterans Crisis Line. They also can chat

**Veterans Post cont. Pg. 15**

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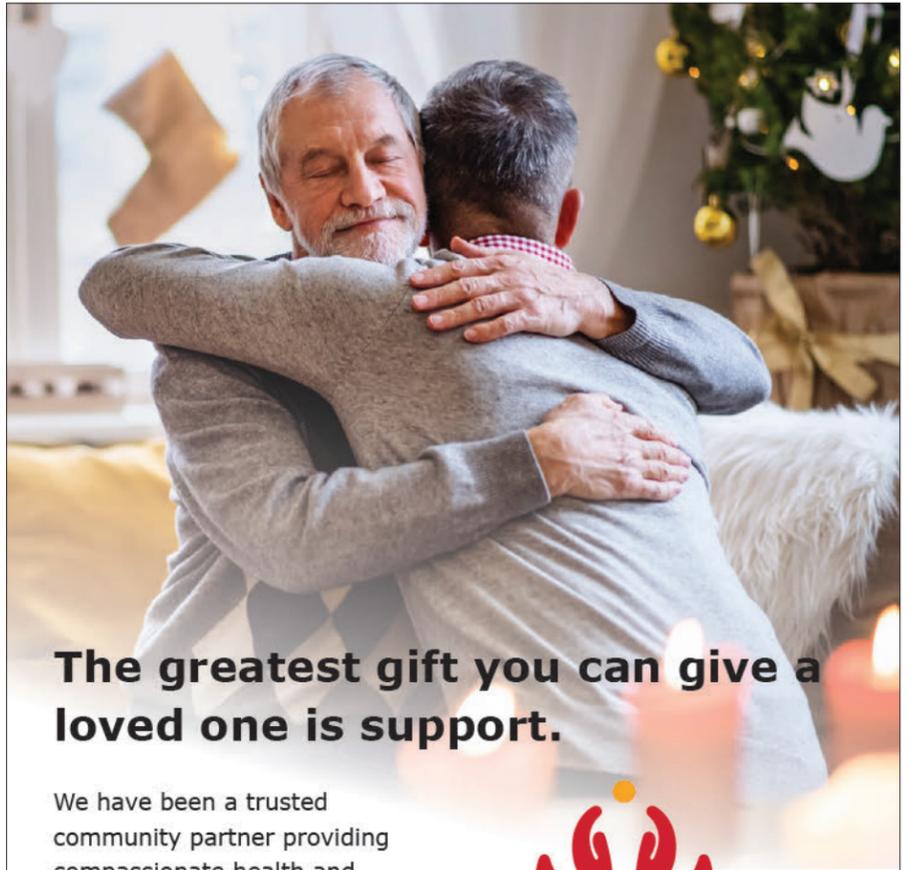
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1. Name the only No. 1 song The Stampeders ever had.
2. Which singer co-wrote and released "Baby Workout"?
3. Who released "She's Not Just Another Woman"?
4. What group released "I've Got You Under My Skin" in 1967?
5. Name the song that contains this lyric: "Don't come a knockin' around my door, Don't wanna see your shadow no more."

### Answers

1. "Sweet City Woman," in 1971. Thing is, it was No. 1 in Canada.
2. Jackie Wilson, in 1963. In on the Hot 100 chart.
3. Detroit R&B group 8th Day, in 1971. The song went gold. Later that year they released "You've Got to Crawl (Before You Walk)."
4. The Four Seasons. It was written by Cole Porter in 1936 and was originally used in the vintage film "Born to Dance."
5. "American Woman," by the guitarist Randy Bachman was riffing onstage at a concert and wanted to remember what he was playing, he asked a kid in the audience for the tape from a cassette player the kid was using to record the concert.

It the U.S. it only reached No. 8 on the Hot 100 chart.

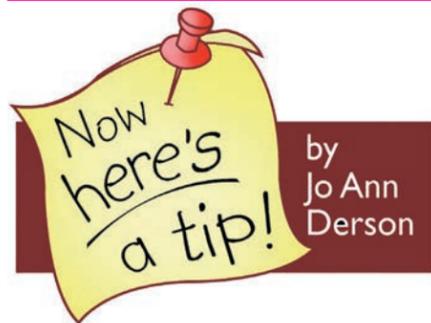
2. Jackie Wilson, in 1963. In the song he's trying to get a girl to dance with him, not go to the gym.

3. Detroit R&B group 8th Day, in 1971. The song went gold. Later that year they released "You've Got to Crawl (Before You Walk)."

4. The Four Seasons. It was written by Cole Porter in 1936 and was originally used in the vintage film "Born to Dance."

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• "At a home center recently, I saw a zip-up bag to store artificial Christmas trees in. This bag looked like luggage, with wheels on one end. I have purchased two, and I use them under my bed to store off-season

clothes. I can pull the handle and they wheel right out, and I no longer have to get down on the ground and tug them out as I used to do. It's a back saver." — **I.W. via email**

• If you get a scratch in a white enamel sink or other white enamel surface, try touching it up with white fingernail polish.

• "Try soaking an ink stain in rubbing alcohol for a few minutes before putting the garment in the wash." (Test first on a scrap.) — **B.D. in Virginia**

• "If you have a picture frame that just won't stay straight, cut the eraser tip off of a pencil and glue the flat (not the domed) side to the back of your frame at the bottom. For stubborn frames, use one at each corner. Then re-hang. Once you situate it on the wall, the erasers keep the frame from slipping to either side. It works great." — **R.I. in California**

• Don't just move dust around with that feather duster. Reserve it for dusting delicate items in a designated space (outdoors, preferably). Get a microfiber cleaning cloth instead. It catches dust and holds it.

• To make your own special flavor of coffee creamer, use a pint of fat-free or low-fat half and half and add the extract or spices of your choice. Some ideas: peppermint extract, chocolate syrup, almond extract, cinnamon, nutmeg or vanilla extract.

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### Social Security from Pg. 8

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You can find more information about the 2021 COLA at [www.ssa.gov/cola](http://www.ssa.gov/cola).

# Plant Talk

by Ken Resch



## Stewardship of the Earth

2020 has been a tough year for everyone as the news we heard every day seemed focused upon only two topics: the Virus and the Election. As of this writing, neither seem to be controlled and I'm left wondering what will happen to Planet Earth. It is sad that political divisiveness has created cracks in our earth and as 2020 closes I must hope we can heal ourselves and our planet. We must remember in the midst of all we face, we are called to be good stewards of our world. In Fyodor Dostoyevsky's *The Brothers Karamazov* we find these comforting words:

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

I believe in my 72+ years I have come to embrace these words completely. Little did I know that back in 1955 in Chicago was where I first learned what all this meant. I always observed my father putting what I thought were just pieces of junk, broken parts to different things, cut off pieces of pipe and different pieces of metal into boxes in the garage. Then every few months, believe this if you will, down through our alley came a man with a cart pulled by a horse. I could hear him coming not from the sounds of the horse but from his words "Rags, old iron! Rags, old iron!" He was a junk man, and my father either gave or sold the man what he had been collecting. My parents and grandparents—who lived upstairs of us in our two-flat—also put coffee grounds, eggshells and even bits of old wet newspaper into the earth of our small back yard.

It should have been no great surprise that people often paused as they walked past our yard and admired the roses in bloom. Nor should I have been surprised that after a good soaking of that ground around dusk that I could go out an hour later with my flashlight and harvest enough night crawlers to go fishing the next morning. All my life I have conserved resources and in my garage are boxes into which I sort

recyclables I take to the scrap yard to sell less for the money—since my checks seldom reach \$5.00—but more about caring for the earth.

So, this is my stewardship of the earth message to all my readers: in the 2021 season, care for the earth and that inhabits that earth. We do not yet know how much more the Virus will ravage us, but I am confident science will prevail. I plant native flowers to attract bees and butterflies (especially Monarchs) because bees are being decimated by colony collapse and the Monarchs by habitat losses; I carefully stop along roadways and remove animals struck by cars because all living things are to be honored and treated with dignity; I feed the birds and the squirrels because both are hungry; I diminish my use of pesticides and herbicides in favor of natural means of balancing the good and the bad in my gardens; I recycle my grass clippings back into the soil because we must nourish that from which we take so much; and I teach my grandchildren—and taught my children before them—to care for the earth by having them help me and by modeling behaviors not unlike those of my father.

This winter, take time to think about your gardening habits; develop and implement at least one new idea to help the earth. If you use bottled pesticides, exchange them

Plant Talk cont. Pg. 17

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## Health Alert For Seniors

### Many Older Americans Heading Into The Holidays Feeling Depressed

Nearly Two-Thirds Of Seniors Who Feel Depressed Won't Seek Treatment

(NAPS)—Many older Americans say they feel depressed—yet the majority of them are not planning to get help, according to a new national survey—though it could make a tremendous difference in their health and well-being.

With the onset of colder weather, fewer daylight hours, and the effect of the pandemic on holiday celebrations and traditions, more seniors than ever could be struggling with depression.

The GeneSight Mental Health Monitor reported that about two-thirds of adults 65 and older who are concerned they may be suffering from depression say they won't seek treatment. That's compared to fewer than half of adults over age 18. In addition, three in 10 of these older adults think "they can just snap out of it."

"The 'pull yourself up by your bootstraps' mindset and reluctance to talk about mental health may be preventing seniors from getting the help they need," said Dr. Mark Pollack, chief medical officer of Myriad Neuroscience, makers of the GeneSight test, a

genetic measure that identifies potential gene-drug interactions for depression medication. "People seek treatment for conditions like heart disease, high blood pressure or diabetes. Depression is no different. It is an illness that can and should be treated."

One GeneSight patient, Carmala Walgren, a 74-year-old resident of New York, agrees that depression should be treated regardless of age.

"There is such a stigma about depression among people my age," said Walgren. "It is worth it to find treatment that helps you."

#### Canceling Holiday Celebrations and The Effect on Mental Health

The pandemic is taking a toll on the mental health of older Americans. Nearly one in four people over age 65 said that the news about the pandemic has left them "feeling consumed with sadness." For those seniors who think they might have depression, the number climbs to nearly 4 in 10. Concerns about COVID are also why more than one in three seniors worried about being depressed say they



The isolation of the pandemic can cause some older Americans to feel depressed—but doctors can help.

of depression in their older loved ones.

"It's more important than ever to let each other know we care and that we are not alone—even if it feels that way," said Dr. Deshmukh. "Video calls might not be for everyone. Yet, if that's the only way to stay in touch, we need to do it."

And Dr. Deshmukh reminds seniors to talk to their doctors. "If your clinician

are "somewhat" or "very likely" to cancel holiday celebrations such as Thanksgiving.

Even as some consider canceling holiday festivities, isolation from friends and family remains a concern. Just under half of these seniors say they feel "isolated and disconnected from family," compared with 28% of all respondents over age 65, and 24% of respondents over age 18.

#### Connecting Can Help with Depression

Parikshit Deshmukh, M.D., CEO and medical director at Balanced Wellbeing, LLC, specializes in geriatric psychiatry. According to Dr. Deshmukh, families should make plans to connect virtually if they don't feel comfortable about getting together in person. Further, caregivers should be vigilant in looking for the signs

recommends treatment, ask about the GeneSight test. The results can help them make decisions about medications to treat your depression."

That's just what Carmala Walgren's doctor did. "The results I got from this personalized genetic test helped my doctor and me to finally find the medication that worked for my depression.

He told me that because I was covered by Medicare, there would be no cost for me to take the test.

"The GeneSight test made such a difference in my life," added Walgren. "I don't know where I would be without it, especially now."

#### Learn More

For further information on older adults and depression, visit [www.genesight.com/olderadult](http://www.genesight.com/olderadult).



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**Emotional Support Animals and Seniors**

*by Thad J. Murphy,  
Attorney with Pearson Bollman Law*

An emotional support animal is a companion that provides benefits to a person who has an emotional or mental health disorder. Most commonly, these animals are dogs, but other animals can serve in this important role. Emotional support animals can provide significant benefits to seniors: Whether depressed and/or dealing with disability or chronic illness, these companions are an excellent treatment option.



*Thad J. Murphy of Pearson Bollman Law*

**Physical Health**

Emotional support dogs require seniors to remain active. Exercise is a necessary part of a healthy lifestyle and can improve mobility. According to the American Heart Association, people with heart disease who own a dog outlive those who do not. In arthritis sufferers, petting their animals helps circulation and loosening the joints in the arms and hands. Social interaction with a pet normalizes heart rate and reduces stress.

**Mental Health**

Unconditional love from an emotional support animal reduces depression and anxiety. Studies have shown the stress hormone, cortisol, decreases. Many seniors are plagued with isolation,

loneliness and depression, especially during the pandemic. An emotional support animal can provide companionship and opportunities for social engagement.

Further, an emotional support animal can provide mental stimulation for seniors via talking to the animals or reading about breeds or pet care. Often those with dementia or Alzheimer’s Disease suffer from bouts of agitation— emotional support dogs can help to calm them down.

**Types of Emotional Support Animals**

Dogs are most common, but not the only option. Cats are a fairly common choice. Birds are an option for people who don’t have a lot of space. Fish are an option for those allergic

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

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to pet dander: Fish may lack the companionship offered by two- or four-legged pets, but watching them can be calming. Smaller furry animals such as rabbits, hamsters, and mice don’t require a lot of space, and are affectionate.

If you or a loved one experiences chronic illness or mental disorders, consider talking to the family, doctor, and veterinarian about getting an emotional support animal.

*Thad J. Murphy is an attorney in the Dubuque office of Pearson Bollman Law, located at 1635 Associates Drive, Suite 103, Dubuque. The attorneys at Pearson Bollman Law practice*

*in the areas of estate planning, probate/trust administration, special needs trusts, and elder law, which includes Medicaid and VA Pension Planning. If you have any questions or would like to register for one of our free workshops on estate planning, asset protection and elder law, please feel free to contact Thad Murphy at (563) 265-6971 or visit [pearsonbollmanlaw.com](http://pearsonbollmanlaw.com) and select “Events”.*

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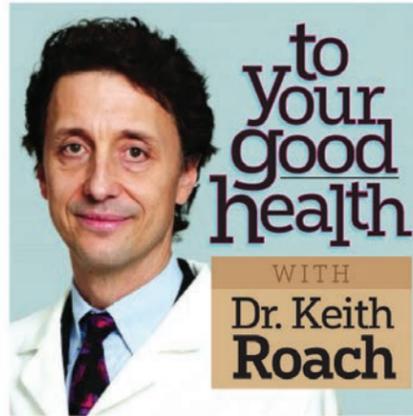
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**CBD Recommendation Awaits More Research**

**DEAR DR. ROACH:** I have a friend whose daughter has an egg allergy. She said her daughter will break out in a rash if she eats anything that even has trace amounts of egg in it. Another friend of hers told her to use CBD oil to prevent reactions, but I am skeptical. I cannot find anything credible to support the claim. What are your thoughts? — *E.B.P.*

**ANSWER:** Almost every day I hear another claim that cannabidiol, the major nonpsychoactive component of cannabis, is effective for some medical condition. Unfortunately, the evidence of effectiveness of CBD is very limited.

The sole Food and Drug Administration indication for CBD is for the treatment of two uncommon childhood seizures: Dravet syndrome and Lennox-Gastaut syndrome. There is preliminary evidence that CBD may be useful for anxiety disorders, some types of sleep disorders and chronic pain. There is active research on other conditions, including asthma, multiple sclerosis and contact dermatitis. I believe it is likely that CBD will be proven effective for other conditions, but until there is better evidence of effectiveness, I cannot make a recommendation to use CBD (outside of the two forms of childhood epilepsy for which it

is indicated).

Although there are laws in all 50 states legalizing CBD, the federal government’s position is still that cannabis extracts are Schedule I controlled substances, although they do not seem to be enforcing action against CBD at present. Unfortunately, independent laboratory analysis of available CBD products show that about a quarter of them have less CBD than advertised, and another quarter contained the psychoactive component THC.

For food allergies, I would recommend strongly against using any unproven treatment. Egg allergies have a broad range of severity in children, from mild rash to life-threatening airway swelling and anaphylaxis. Although many children outgrow egg allergies, your friend should listen to her daughter’s doctor, not her CBD-supporting friend.

**DEAR DR. ROACH:** I recently changed primary doctors, and I saw the report of my echocardiogram. It said I have “mild left ventricular hypertrophy with some diastolic dysfunction.” Could you tell me what this means and if it is serious? — *C.B.*

**ANSWER:** An echocardiogram uses sound waves to take precise images of the heart. The cardiologist interprets those images to make statements about the anatomy of the heart, including thickness of the walls of the heart, as well as its function.

The left ventricle is the chamber of the heart that pumps blood to all of the body, having received oxygenated blood from the lungs. Consequently, it is the thickest of the chambers. “Hypertrophy” means “too much growth” — that the wall is too thick. “Diastole” is the part of the cardiac cycle where the ventricles fill up. This should happen at very low pressures. In diastolic dysfunction, which commonly accompanies left ventricular hypertrophy, the left ventricle requires higher pressure to fill that thickened and stiffer wall.

LVH and diastolic dysfunction are most commonly results of high blood pressure. Some of the many medicines we use to control high blood pressure are good at helping the heart fill at lower pressure. Not everybody with these findings on an echo needs treatment. The key word in your report is “mild,” which generally indicates no need for treatment beyond careful blood pressure monitoring.

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

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# KOVELS®

Antiques & Collecting

By Terry and Kim Kovel

## Iron Clown Head

Part of the fun of bidding at auctions is seeing unusual, and perhaps useless, antiques selling for a lot of money. A very noticeable iron head of a clown with a mask, about 20 inches high, was offered in a Michaan's Auctions in Alameda, California. It was marked "J.T. Dickman, Pat'd Sep 19, 1911." Only the clown, squirrel and rabbit shooting gallery target shapes with the Dickman patent information are listed for sale online. The clown sold for \$12,000.

Iron tools were the only antiques to be pricey before 1950. Tongs, building supports, fences, hardware, boot scrapers, safes and windmill weights were selling at antique shows. By 1900, iron was used to make frying pans and attractive pieces like bookends, doorstops, large statues of animals and garden furniture. Iron can be molded or shaped by hand, is heavy and durable, and is often used for manhole covers.

...

**Q:** I inherited two unusual 14-karat gold and pearl tuxedo studs from my father's estate. They are square with what looks like a lace-edge handkerchief folded over in a triangle shape. A long pin with a pearl head is stuck through the "handkerchief." I don't want to scrap them. How can I find their value for resale?

**A:** Even though you don't want to "scrap them," it helps to know the meltdown value in order to determine the resale value of gold or silver items. You can take the studs to a jeweler to see how much the gold weighs and to find out the current meltdown value. The pearl also adds value. Jewelers often measure gold in troy ounces, which are heavier than standard ounces. The meltdown value of 14-karat gold



*This heavy 20-inch-tall head is made of iron. It was painted red and white. The auction catalog said it was a clown because of the pointed hat with a tassel. It's a not-very-funny shooting gallery target that pictures a clown with a mask. The strange item was wanted by many collectors, and the high bid was \$12,000.*

fluctuates, but the value of a troy ounce is about \$1,850. The jeweler may offer to buy them for a lower price because the jeweler must be able to make a profit. Most tuxedo stud sets include at least four studs and a pair of cufflinks. Since you only have two studs, they can't be worn with a tuxedo shirt.

...

### CURRENT PRICES

Backgammon game, Bakelite, yellow chips, cups, dice, cork playing surface, flowered case, 19 x 14 inches, \$90.

Prov Saxe vase, woman in garden with dogs and birds, blue and gold beaded enamel, 3 1/2 inches, \$120.

Lunch box, Joe Palooka, cartoon scenes, multicolor, tin lithograph, square with lid, two upright strap handles, 1948, 4 x 7 inches, \$180.

Side table, tiger oak, four-leaf clover shaped top, reeded apron, spindle spool legs, shaped lower shelf, ball feet, c. 1890, 29 x 24 inches, \$275.

...

**TIP:** When stacking dinner plates, put a piece of felt or paper between each plate. Never put more than 24 plates in one stack.

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

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## Veteran's Post from Pg. 9

online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net) or text **838255**. There's also support for the deaf or hard of hearing at TTY **1-800-799-4889**.

When you read the nationwide stats, you know how important the crisis lines are. Two years ago, the hotline answered over 2 million calls, averaging over 180,000 calls per month. Chats are used as well, averaging 8,500 per month.

On the Veterans Crisis Line, there is a network of 400 suicide

prevention coordinators at VA facilities around the country. After a completed call to the crisis line, within a day, one of those coordinators will hook up with the caller as follow-up.

The support for veterans in crisis is free. The crisis line serves all veterans, service members, National Guard and Reserve, as well as family members and friends. Go online to [www.veteranscrisisline.net](http://www.veteranscrisisline.net) to see the signs of crisis. Then make the call if needed.

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*Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen.*  
—Leonardo da Vinci

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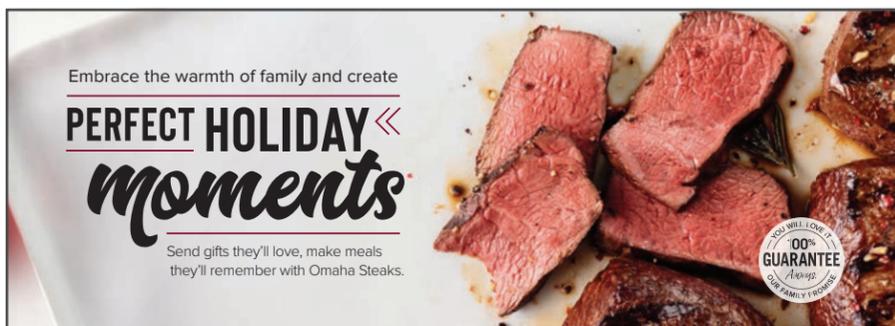
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**Liz Lynch is back by popular demand.**

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.

**Contract Bridge**

**It Only Hurts for a Minute**

South dealer.  
Both sides vulnerable.

**NORTH**  
♠ J 5  
♥ 7 4  
♦ K Q 6 4 3 2  
♣ A 10 8

**WEST**  
♠ 10 9 8 6 2  
♥ A 10 8 3  
♦ 10 5  
♣ 6 4

**EAST**  
♠ 7 4 3  
♥ K 6  
♦ A J 9  
♣ 9 7 5 3 2

**SOUTH**  
♠ A K Q  
♥ Q J 9 5 2  
♦ 8 7  
♣ K Q J

The bidding:  
South 1♥ West Pass North 2♦ East Pass  
3 NT  
Opening lead — ten of spades.

Let's say you're declarer at three notrump in today's hand and West leads a spade. You count six quick tricks and can surely score a diamond for a seventh trick. The question is how to get the two additional tricks you need for your contract.

Obviously, the diamond suit is a more promising source of tricks than the heart suit, since the diamonds are longer and stronger, so let's say that after taking the queen of spades you lead a diamond to dummy's queen.

All will be well if East cooperatively takes the ace. Regardless of what he returns,

you can then establish the diamonds, losing a trick to East's jack along the way, and so make your game.

The trouble with this line of play is that East may not take the ace of diamonds when you play the queen from dummy. If that happens, the best you can possibly do is hold yourself to down one.

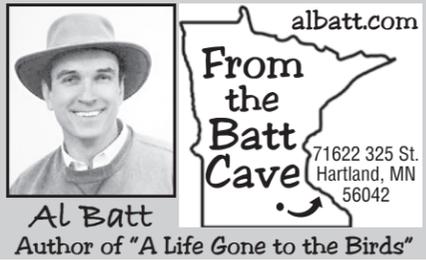
The way to prevent this is to lead a diamond at trick two and, regardless of what West plays, follow low from dummy instead of playing the queen! In the actual deal, East would win with the nine, but the defense could not then stop you from scoring nine tricks.

You must assume from the outset that the diamonds are divided 3-2. Once this is granted, the contract is virtually assured regardless of where the ace is located, provided the king or queen is not played at the first opportunity.

It is true that this method of play will cost you a trick if it turns out that West has the ace. However, that trick is relatively unimportant because it affects only the question of making three or four notrump, whereas if East has the ace, it affects the much more vital question of making the contract or going down.

Making the contract is always the primary consideration.

by Steve Becker



**Get your antivirus protection installed in the drive-through lane**

“Yeah, well, you know, that’s just like, your opinion, man.”

The Dude said that in “The Big Lebowski.” I enjoy movies that make me laugh.

I was almost in a movie when I appeared with the famous producer, director and Opie, Ron Howard — or a guy who looked like him — in the same airport. And I sat next to a massive St. Bernard in a movie theater. What was the dog doing there? It had liked the book.

Quotes from films come in handy. If I get too busy, I repeat a line from “Ferris Bueller’s Day Off,” “Life moves pretty fast. If you don’t stop and look around once in a while, you could miss it.”

I looked around from the sofa while thinking of Captain Spaulding’s words in “Animal Crackers,” “One morning I shot an elephant in my pajamas. How he got in my pajamas, I don’t know,” when my wife spotted me. I listened better than either Dumb or Dumber who uttered this line from “Dumb & Dumber,” “Yeah, I called her up, she gave me a bunch of crap about me not listenin’ to her enough, or somethin’. I don’t know, I wasn’t really payin’ attention.” I love and appreciate my bride. I need to tell her things like what Frank Drebin said in “The Naked Gun: From the Files of Police Squad!” “Jane, since I’ve met you, I’ve noticed things that I never knew were there before ... birds singing, dew glistening on a newly formed leaf, stoplights.”

My wife told me we were going on a grand adventure, otherwise known as going to town. Be still my heart. I jumped behind the wheel of the car and made motor sounds as I waited for her to make sure everything in the house was in her purse. I echoed Elwood from “The Blues Brothers”: “It’s 106 miles to Chicago, we got a full tank of gas, half a pack of cigarettes, it’s dark and we’re wearing sunglasses.” His brother Jake added, “Hit it.”

My wife got into the car but needed to go back into the house because she’d forgotten

her purse. We headed down the road as I quoted Dorothy from “The Wizard of Oz.” “Toto, I’ve got a feeling we’re not in Kansas anymore.”

It was time for my wife’s annual flu shot. I wanted to turn into the drive-through lane because it’d have been faster and I’d never seen anyone get a drive-through flu shot but she, lacking my sense of adventure, demurred. She insisted her vaccination would be over before I knew it.

I heard John Belushi’s ranting character from “Animal House,” “What? Over? Did you say ‘over’? Nothing is over until we decide it is! Was it over when the Germans bombed Pearl Harbor? Hell no!”

As a sensitive and supportive husband, I regaled my spousal unit with an oft-told story of my grade school shot that involved a broken needle, screaming and a chase scene. I wanted her to be prepared, so I spared no details. In “Naked Gun,” I’d learned, “Truth hurts. Maybe not as much as jumping on a bicycle with a seat missing, but it hurts.” I questioned the expertise of the woman who had administered that ancient inoculation. I added something from “Monty Python and the Holy Grail,” “What makes you think she’s a witch?” “Well, she turned me into a newt!” “Anewt?” “I got better.” The nurse had said something similar to Clint Eastwood’s Harry Callahan in “Sudden Impact,” “Go ahead, make my day.” Her attitude was described in “Beetlejuice,” “Don’t mind her. She’s still upset that somebody dropped a house on her sister.” I could have used an “Airplane” line, “Surely you can’t be serious.” To which the nurse should have replied, “I am serious. And don’t call me Shirley.”

Forrest Gump, in the movie bearing his name, said, “Mama always said life was like a box of chocolates. You never know what you’re gonna get.” That applies to husbands, too. My wife hurried off, saying “If I’m not back in five minutes, just wait longer,” from “Ace Ventura: Pet Detective.”

I mumbled an Oliver Hardy line from “Sons of the Desert,” “Well, here’s another nice mess you’ve gotten me into!”

“There’s no place like home,” Dorothy had taught me in “The Wizard of Oz.” I wanted to go home, but I waited patiently. I would abide as the Dude did in “The Big Lebowski.”

But I kept an eye out for flying monkeys getting flu shots in the drive-through lane.

© Al Batt 2020

**Plant Talk from Pg. 11**

for naturals like lady bugs or mantis; if you need to replenish the soil, use peat and products from your home including grass clippings; if you are going to add

plants to your garden, consider native plants and plants to attract bees and butterflies. In other words, think first about the earth; second about what you want.

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**Trivia test** by Fifi Rodriguez

8. COMICS: Which comic character’s favorite exclamation is “Good grief!”?

9. PSYCHOLOGY: What fear is represented in the phobia cynophobia?

10. ANATOMY: What is the condition of “pes planus” more commonly called?

---

### Answers

1. Eight

2. “Friends”

3. Mali in west Africa

4. \$1,500

5. About 71%

6. “The Incredibles”

7. Lansing

8. Charlie Brown in “Peanuts”

9. Fear of dogs

10. Flat feet

1. MEASUREMENTS: How many tablespoons are in 1/2 cup?

2. TELEVISION: Which 1990s sitcom featured the theme song “I’ll Be There for You”?

3. GEOGRAPHY: Where is the city of Timbuktu located?

4. GAMES: How much money does each Monopoly player get at the start of the classic game?

5. SCIENCE: How much of the Earth’s surface is covered with water?

6. MOVIES: Which 2004 animated movie featured the character Edna Mode?

7. U.S. STATES: What is the capital of Michigan?

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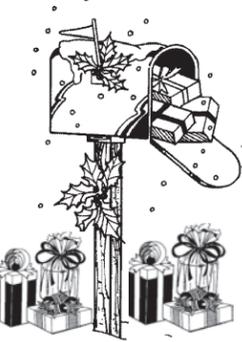
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We will conclude 2020 with final thoughts on Residential Care for someone living with dementia. After you've made the decision it is time to make a move into a residential memory care community. Please do your research and visit at least a few places, ask the questions that are important to you. There is no question that you should feel uncomfortable asking while doing your research. The atmosphere of the retirement community you choose should be comfortable and feel safe for the person moving in. Family members need to feel good about the decision as well, they too should feel comfortable and welcome during their visits.

The feeling of guilt for the caregivers can be overwhelming when making the move to a residential community. Again, caregivers need to do their best to stay healthy so they are available to support their loved one who suffers from dementia. There are support groups to help you with this guilt, the staff at your residential community should be able to help you get in touch with the support you need.

A residential care community should be looked at as a piece of the support system for you and your family. Be open and honest, talk about the needs of your loved one, be their advocate.

We will begin 2021 looking more closely at the stages of Alzheimers and how to identify the signs.

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

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

by Jerry Eberhardt (1924-2017)

*The Best Of Jerry*  
originally published  
February 2012

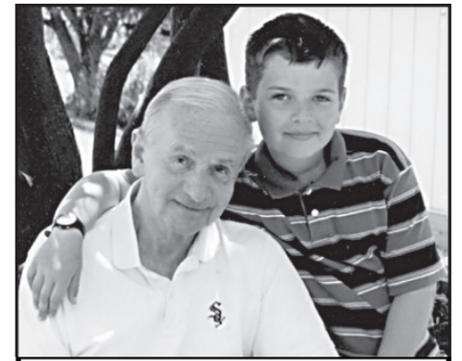
### Maybe Our Catcher (Big John) Hit the 'Longest' Home Run Ever!

With this baseball memory, Maury, Grandpa's going to tell you a "fun" story! What happened is all very true but the title and conclusion must be taken with a "tongue in cheek" view. (Right now, Maury, ask your mom or dad what that means). O.K., here's the story:

Back in the early forties, when Grandpa was in high school, it was reported in the sports section that Ernie Lombardy, a slugging catcher for the Cincinnati Reds, hit what was claimed to be, the 'longest' home run ever! This claim was based on the fact that the ball he hit landed in a cement truck passing behind the center field fence at Crosley Field in Cincinnati. When the driver routinely stopped to wash his truck thirty miles later he discovered the ball as it trickled out the back end!

Grandpa thought of this, Maury, years later during a ballgame when our catcher, John Deckert hit a home run. I'll explain why:

Directly behind the left field fence of our home ball park in Dubuque were railroad tracks



Jerry Eberhardt with grandson, Maury Cohn

for the Illinois Central. These tracks were on an embankment level with the top of, and about six feet behind, the outfield fence. It was common for trains to slow down and at times stop on this stretch of track, waiting for clearance, as it was just prior to crossing the railroad bridge over the Mississippi. When this occurred, many times the engineer would give a "friendly toot" with his whistle as he'd see the people in the stands on a summer night and a ball game going on, etc.

One night, when a train had stopped, our catcher (we called him "the Big One"), hit a ball over the left field fence and it landed (guess where, Maury) in an open empty box car! Those freight trains went from Dubuque to Chicago. So Grandpa figures our catcher hit a home run that was 'about 180 miles long'!! Hope you enjoyed this "fun" story!

Much love, Grandpa.

## SENIOR NEWS LINE

by Matilda Charles

### Fighting Boredom

Are we bored yet? Of course we are. We're staying indoors, especially now that cold weather has arrived, not shopping, not visiting friends, not doing much of anything. Somehow we have to get through this winter, though, and now might be the time to explore things that are new and different to us. Here are some ideas:

**Change the channel.** If you watch the same television news every night, switch to a different one (or better yet, skip a night or two). If you watch the same shows all the time, consider watching something different, even if you think it won't appeal to you.

**Step outside.** Even though it's cold outside, wrap up and go outdoors anyway. Don't try this if there's ice, of course, but even a few minutes spent walking around outside in fresh air can raise your spirits.

**Grab your camera.** Set up still shots around your house. A fabric background on a table or shelf, a few small statues or trinkets (especially ones from trips you've taken) and a lamp for lighting, and you might discover that you have a real eye for photography.

Or read a new author, learn to watercolor, take a free online course, watch zoo cams...

The idea is to try new things, even given our "stay at home" limitations.

As of this writing, most states are seeing big increases in coronavirus levels, even states that were stable with relatively low rates even a few weeks ago. We seniors are, unfortunately, in the high-risk group because of our age, even if we don't have health concerns.

And as of this writing, the U.S. has more active cases of the coronavirus than any other country in the world, including India. It has four times the population but half the deaths that we do. It's everywhere, and we can't let down our guard.

Stay home, stay safe and look for new things to occupy yourself.

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# SPORTS COMMENT

by Gary Dolphin

From Where I Sit

Voice of the Iowa Hawkeyes

Iowa football has shown in back to back victories that it hasn't gone anywhere. A pair of losses to start the season, by a combined five points, was due in large part to a sputtering offense led by a brand new quarterback who'd thrown ten career passes and didn't have the benefit of spring practice and a structured summer of development. No excuses, just saying. Coach Kirk Ferentz kept telling us, with more practice, more reps, the team would get better week to week. Spencer Petras still has plenty of improving to do as the leader. Remember three of his four interceptions occurred in one game, against a solid Northwestern defense. At Minnesota, Petras threw a touchdown pass with no picks, the Hawkeyes rushed through the Gopher defense for 235 yards, 142 of those from Tyler Goodson who scored twice and his back up, Mekhi Sargent added 86 on just nine carries with a touchdown. The Hawks have scored 84 points in their two victories with a suspect Penn State defense up next.

On the other side of the ball, coordinator Phil Parker continues to construct defenses that adjust only slightly to the changing landscape of college football. The Hawkeyes

play more five defensive back formations with two linebackers, allowing for more speed on the field. What doesn't change is that stout four man front and the overall physicality. End Zack VanValkenburg took over for A. J. Epenesa and had three of Iowa's four sacks on Minnesota quarterback Tanner Morgan. Jack Koerner and Riley Moss picked off passes. Gopher tailback Mo Ibrahim, who had scored eight touchdowns the previous two games while rushing for a Big Ten best 571 yards, totaled 144 but it took him 33 carries to get there. He never found the end zone.

The third leg of the stool, special teams, was outstanding again. Freshman punter Tory Taylor has been quite the find. On a cold night Taylor bombed all three of his punts inside the Gopher 20 yard line. What a weapon Taylor has become.

After Ole Floyd of Rosedale hopped on the equipment truck for the ride back to Iowa City, attention turned to the 2nd half of the season. After Penn State comes Nebraska, Illinois and Wisconsin. More rivalry games, even with out fans in the stands, is a nice tonic for this pandemic headed to the holidays. Stay safe and keep your distance.



by Ryan A. Berenz

1. Running back Curtis Enis rushed for 1,363 yards and 19 touchdowns in 1997 as a member of what college team?
2. NHL right winger Claude Lemieux won four Stanley Cup championships playing for three different teams. What were they?
3. What piece of sports equipment did Rev. Robert Adams Paterson revolutionize in 1848 when he made it out of a latex called gutta-percha?
4. What was the name of the

1996 inspirational film that starred Green Bay Packers defensive end Reggie White and actor Pat Morita?

5. Name the Cleveland Browns quarterback and Pro Football Hall of Famer who was NFL MVP in 1951, '53 and '55.
6. What 10-time NBA All-Star and Basketball Hall of Famer is known as "The Glide"?
7. What Brazilian footballer twice won FIFA World Player of the Year (2004-05) and won the Ballon d'Or in 2005?

### Answers

1. The Penn State Nittany Lions.
2. Montreal Canadiens (1986), New Jersey Devils (1995, 2000) and Colorado Avalanche (1996).
3. The golf ball.
4. "Reggie's Prayer."
5. Otto Graham.
6. Clyde Drexler.
7. Ronaldinho.

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we should cast the gift of a loving thought into the heart of a friend,  
that would be giving as the angels give.*

—George MacDonald

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**Radio**  
from the  
20th Century  
by Bill Zwack

Christmastime is a wonderful time of year. Especially during the golden days of radio. I can think of many radio series that brought laughter and warmth into the family home.

Take, for example, the time Jack Benny played Santa Claus for the children of Phil Harris and Alice Faye. Of course the girls new that Mr. Benny was the fake Santa and laughter ensued throughout the broadcast. Another time when Ozzie and Harriet were so proud of the radio/phonograph they had for each other for Christmas. But despite that one gift to each other, they decided in the end, that something more personnel should be given to each other.

Probably the greatest radio broadcast of the time was *A Christmas Carol* performed by Lionel Barrymore. *A Christmas Carol* was brought to CBS by Lionel Barrymore on December 25, 1934, and each year the Charles Dickens' classic became a listening must for millions. Barrymore's portrayal of the miserly Scrooge was as flawless as anything radio has ever produced. For his first

performance he was supported by Beatrice Lillie, while Alexander Woollcott served as master of ceremonies. In 1936, with the death of Barrymore's wife, his brother John took the role. Orson Welles played Scrooge in 1938 when Lionel became ill. But the following year he was back, in Welles' own Mercury Theatre, for a full 60 minute production with Welles as narrator. On December 23, 1944, Barrymore did the story in 30 minutes as part of his regular *Mayor of the Town* series. Many listeners and critics considered *A Christmas Carol* the greatest Yule story ever done on the air. Until his death on November 15, 1954, Barrymore, with almost clockwork regularity, captured the essence of "the grasping, clutching, conniving, covetous old sinner, Ebenezer Scrooge."

Listen to AM 1370 KDTH's *Big Broadcast* on Sunday nights from 6 to midnight during the Christmas season and you will hear many Christmas radio favorites, especially *A Christmas Carol* with Lionel Barrymore.

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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**Reflections in the Park from Pg. 1**  
 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 and thankful they let me be part of their team," says Darlene Bolsinger. They not only enjoy what they do, they do a spectacular job. I sure hope they all take pride in their hard work and creativity. It is an absolute pleasure to work with them.

The 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 37,000 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 at Hillcrest Family Services 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](mailto:darlene.bolsinger@hillcrest-fs.org).

**An Uplifting Moment from Pg. 7**  
 Christmas Story, a story of God coming to us so He could make things right with us. Our part? To humbly accept that He came to be our Savior because we can't save ourselves. Jesus is

the real gift of Christmas, and we can't earn a gift, so the best we can do is humbly accept the gift of Him!  
*"Thanks be to God for his indescribable gift!"*  
 2 Corinthians 9:15



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<b>Veteran's Freedom Center</b> 2245 Kerper Blvd., Suite 1 Ph: 563-845-0034 facebook: Veterans Freedom Center	<b>A&amp;B Automotive Center</b> Key West Drive – Will Pick up & drop off at your work Ph: 563-583-3575	<b>JERRY'S Pawn &amp; Jewelry</b> 1599 Central Avenue Dubuque, IA 52001 Ph: 563-583-0657	<b>Knickers Saloon</b> 563-557-0887 Serving the Best Pizza and Burgers in Town!

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Worth more than money!



Each week I like to bring you a story of something that we sold for a special value on eBay. Those values are reflected in dollars that someone was willing to pay for an item. Recently we sold a vintage Mr. Christmas Santa's Marching Band ornament collection. The buyer sent this email after receiving the item he had purchased from us.

"We received the drummer boy bells today and I just wanted to say it works perfect and thank you so much! My mom passed when I was 29 years old and I am 45 years old now and I did not get a thing that was hers. She was my best friend.

My stepdad would not let me, or my brother have anything. I bought this because it was my childhood with her. It was her favorite Christmas decoration. You have no idea what it meant to me to plug it in and hear it again. Just sad its without her but so happy that I have it to relive the memory so thank you so much!!! I promise to take very good care of it. Again, thank you!"

This email reminded me that not everything can be measured in dollars. Share the joy and love of this Holiday season since it will be fast upon us. The emotional value priceless the dollar value was \$98.00.



## Snow Thrower Safety Tips: Keep Best Practices In Mind This Winter

(NAPS)—Clearing snow and ice from driveways, sidewalks and parking lots is no small job. You rely on your outdoor power equipment to do the heavy lifting, and it's important to keep safety in mind. The Outdoor Power Equipment Institute (OPEI) reminds home and business owners to use snow throwers, often referred to as snow blowers, safely and offers tips to help.

"Weather today is more unpredictable than ever, and you need to have your snow thrower serviced and ready to power up," says OPEI President and CEO Kris Kiser. "Have the right fuel on hand and review your owner's manual now so you can use your equipment safely." Kiser says preparation is key and that home and business owners should consider the following:

**Review the owner's manual.** Check the owner's manual for safe handling procedures. If the manual cannot be found, look it up online, and store a copy on your computer so it's available to reference in the future. Review how to operate controls. Be able to shut off equipment quickly.



Check your snow blower carefully before using it every time.

**Check equipment.** The snow thrower should be powered off when being checked over. If fuel was not drained last winter before it was stored, empty the gas tank now. Adjust any cables and check the auger.

**Purchase fuel.** Be sure to use the correct fuel recommended by the equipment's manufacturer. For most gasoline-powered snow throwers, that is E10 or less. Often fuel stations are closed after a storm so buy gasoline in advance of storms. Fuel that is more than 30 days old can phase separate and cause operating problems. For more information on fueling properly see [www.LookBeforeYouPump.com](http://www.LookBeforeYouPump.com).

**Store and use fuel properly.** Place gasoline in a proper fuel container and label it with the date purchased and the ethanol content. Store fuel safely and out of the reach of children. Fill the fuel tank outside before starting the engine and while the engine is cold. Never add fuel to a running or hot engine.

**Tidy the yard.** Snow can sometimes hide objects. Doormats, hoses, balls, toys, boards, wires, and other debris should be removed from areas you intend to clear. When run over by a snow thrower, these objects may harm the machine or people.

**Dress for winter weather.** Locate safety gear now, and place it in an accessible closet or location. Wear safety glasses, gloves and footwear that can handle cold and slippery surfaces when operating the snow thrower.

**KEY SAFETY TIP: Never put your hands inside the auger or chute.** Use a clean out tool (or stick) to unclog snow or debris from the snow thrower. Your hands should never go inside the auger or chute.

**Turn OFF the snow thrower if you need to clear**

**a clog.** If you need to remove debris or unclog snow, always turn off the snow thrower. Wait for all moving parts to come to a complete stop before clearing any clogs or debris.

**Operate in visible conditions.** Never operate the snow thrower without good visibility or light.

**Aim with care.** Never throw snow toward people or cars. Keep children or pets inside and away from your snow thrower when it is operating.



Be careful when changing directions while using your snowblower.

**Use extreme caution on slopes and hills.** Use caution when changing directions on slopes. Do not attempt to clear steep slopes.

**Know where the cord is.** If using an electric powered snow thrower, be aware of where the power cord is at all times. Avoid tripping. Do not run over the power cord.

# Good Housekeeping

## Chili Pie With Cornbread Crust

No need to make cornbread and chili — in a cast iron skillet, with this dinner recipe, you can make both at once, pie-style.

- 1/4 cup vegetable oil
- 1 pound ground beef chuck
- 1 large onion, finely chopped
- 2 medium bell peppers, seeded, chopped
- 2 cloves garlic, chopped
- 1 tablespoon chili powder
- 1/4 teaspoon ground chipotle chile
- 1 can (14 ounces) fire-roasted diced tomatoes
- 1 can (14 ounces) kidney beans, rinsed and drained
- 1 can (14 ounces) fat-free refried beans
- 2/3 cup fine- to medium-ground cornmeal
- 2/3 cup all-purpose flour
- 1 teaspoon baking powder
- 1 large egg
- 2/3 cup milk
- 2 serrano chiles, thinly sliced
- Cilantro, for garnish

1. Heat oven to 400 F.
2. In oven-safe 12-inch skillet, heat 1 tablespoon oil on medium. Add beef; cook

3 minutes or until browned, breaking up meat. With slotted spoon, transfer beef to bowl; discard excess fat. To same skillet, add onion and peppers; cook 7 minutes, stirring. Add garlic, chili powder and chipotle chile. Cook 2 minutes, stirring. Return beef to skillet. Stir in tomatoes, beans and 1/2 teaspoon salt. Cook 3 minutes or until mixture is hot. Remove from heat.

3. Meanwhile, whisk cornmeal, flour, baking powder and 1/4 teaspoon salt. In separate bowl, whisk egg, milk and remaining 3 tablespoons oil; add to cornmeal, stirring to combine. Fold half of serrano chiles into batter. Pour over beef mixture, spreading to cover. Dot top with remaining serranos.

4. Transfer skillet to oven. Bake 25 minutes or until toothpick inserted into topping comes out clean. Let stand 10 minutes. Garnish with cilantro. Makes 6 servings.

• Each serving: About 485 calories, 20g fat (5g saturated), 26g protein, 50g carbs, 11g fiber, 930mg sodium.

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

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- 1 teaspoon dried parsley flakes
- 3 1/2 cups (18 ounces) diced cooked potatoes

1. In a large skillet sprayed with olive oil-flavored cooking spray, combine mushroom soup, salsa and Cheddar cheese. Stir in garlic and parsley flakes. Cook over medium heat until cheese starts to melt, stirring occasionally. Add potatoes. Mix well to combine.

2. Lower heat and simmer for 10 minutes or until mixture is heated through, stirring occasionally. Makes 6 (3/4 cup) servings.

• Each serving equals: 185 calories, 5g fat, 10g protein, 25g carbs, 658mg sodium, 233mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch/Carb, 1 Meat; Carb Choices: 1 1/2.

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# Comfort foods

Made fast and healthy



by Healthy Exchanges

## Cheesy Garlic Potatoes

This is a great side dish to accompany any meat — from a simple chicken breast to your favorite meatloaf recipe.

- 1 (10 3/4-ounce) can Healthy Request Cream of Mushroom Soup
- 3/4 cup chunky salsa (mild, medium or hot)
- 1 1/2 cups (6 ounces) shredded Kraft 2 Percent Milk Cheddar Cheese
- 1 teaspoon dried minced garlic



# Cremer's Cooking Tips

## Cremer's E-Z Whole Beef Tenderloin

- 4-4 1/2 lb whole beef tenderloin
- Cremer's Rub-Me-Tender Seasoning

Preheat oven to 425 degrees. Season tenderloin with Cremer's Rub-Me-Tender seasoning.

Place tenderloin in roasting pan or on cookie sheet.

Roast tenderloin for 30 minutes or until 130 degrees

internal temperature for medium rare (10 minutes additional for medium well).

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

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

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

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**HOLIDAY DINNER BUNDLES**

<ul style="list-style-type: none"> <li>• 12 LB. AMISH TURKEY (UNCOOKED)</li> <li>• BONE-IN HALF HAM</li> <li>• 5 LB. HOMEMADE STUFFING</li> <li>• 5 LB. MASHED POTATOES</li> </ul>	<ul style="list-style-type: none"> <li>• 1 QT. HOMEMADE TURKEY GRAVY</li> <li>• DOZEN DINNER ROLLS</li> <li>• 1 LB. AMISH ROLLED BUTTER</li> <li>• 1 PUMPKIN PIE</li> </ul>
<b>OR</b>	
<ul style="list-style-type: none"> <li>• WHOLE BEEF TENDERLOIN (UNCOOKED)</li> <li>• 2 LBS. MASHED POTATOES</li> <li>• 1 PT. HOMEMADE TURKEY GRAVY</li> <li>• 1 PT. BEEF AU JUS &amp; RUB-ME-TENDER</li> </ul>	<ul style="list-style-type: none"> <li>• 2 LBS. MAC AND CHEESE</li> <li>• DOZEN DINNER ROLLS</li> <li>• 1 LB. AMISH ROLLED BUTTER</li> <li>• 1 PUMPKIN PIE</li> </ul>

**\$100**  
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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.

### MAGIC MAZE • MAY WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: HEAD OF A CITY GOVERNMENT

- |          |          |           |            |
|----------|----------|-----------|------------|
| Cape May | Mayan    | Mayenne   | Mayhem     |
| Dismay   | Mayapple | Mayfish   | Mayonnaise |
| Karamay  | Maybe    | Mayflower | Maypole    |
| LeMay    | Mayday   | Mayfly    |            |

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### GO FIGURE! by Linda Thistle

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

	-		x		9			
+		+		x				
	+		÷		2			
÷		÷		-				
	x		÷		2			
5		1		12				
1	2	3	4	6	7	8	9	9

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

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### HOCUS-FOCUS BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Boy is taller. 2. Picture is vertical. 3. Chair back is different. 4. Fewer papers on floor. 5. Boy's collar is different. 6. Two checks on book.

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### SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging  
 ◆◆◆ HOO BOY!

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### Stickelers Answer

5) 90 people.  
 The area of the 6-inch cake is  $A = \pi R^2$ . The radius is 3 inches. So,  $A = \pi 9$  square inches, but Mike's cake has a 9-inch radius, so  $A = \pi 81$  square inches. It's 9 times as large as Bob's.  
 $9 \times 10 = 90$ .

### SUDOKU Answer

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

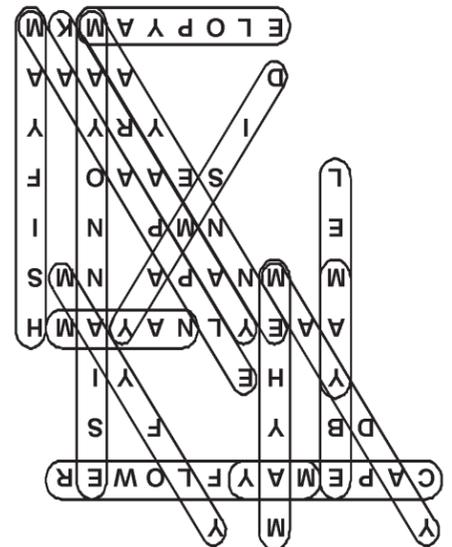
### King Crossword — Answers

Solution time: 24 mins.

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

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### MAY WORDS

Go Figure! answers

	12		1		5
2	6	÷	6	x	2
	-		÷		÷
2	7	÷	8	+	9
	x		+		+
9	3	x	1	-	4

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