



Kelsey Salow, RD
 Human Sciences Specialist, Food and Health
 Delaware Co. Extension | PO Box 336 or 1417 N. Franklin Street,
 Manchester, IA 52057 • phone: 563.927.4201
 ksalow@iastate.edu • www.extension.iastate.edu/humansciences
 Serving Benton, Cedar, Clayton, Clinton, Delaware,
 Dubuque, Jackson, Jones, Linn, Muscatine and Scott counties

Consistency is Key: Tips for Staying Active

When it comes to being physically active, consistency is key. Knowing your challenges and taking steps to overcome them will help you develop and maintain a physical activity routine. Here are a few tips to help you achieve the goal of regular physical activity.

- Know your why: What will keep you going? Identifying your personal motivations, such as improving health, boosting mood, or setting a good example for family, can help sustain long-term commitment.

- Make a plan: You could commit to the same time each day. Follow a workout plan to stay on track and be accountable. Using fitness apps can help you create and stick to a schedule.

- Set reminders: These alert you it's time to get active. Try setting an alarm or keeping your workout clothes in your work bag. Reminders can be important in creating routines.

- Make it easy: You are more

likely to stick with a plan that fits your fitness level. Activity doesn't have to be a separate task; incorporate it into everyday life. Park further from the store, take the stairs, or go for 10-minute walks throughout the day. These small changes add up!

- Track your progress: Hold yourself accountable and check in on yourself. Use a journal or app to track progress over time.

- Make it enjoyable: Choose activities you enjoy to make it exciting and fun. Whether it's dancing, hiking, or playing a sport, enjoying what you do helps maintain a regular routine.

Exercise isn't about doing it every day or being "motivated enough." It's about moving more and making it a natural, enjoyable part of your life. Start incorporating these tips today and see the positive changes in your health and well-being!

Adapted from Iowa State University Extension and Outreach Words on Wellness, December 2022.

'Tis the Season from Pg. 1

is supposed to be a time of religious observance, peace, and goodwill toward all has evolved for many into a period of stress and financial burden. Certainly any holiday that has as much significance to the retail industry as it does to the clergy is peculiar in itself.

My wife pretty much sums up my sister's thoughts. "I don't even look forward to Christmas," she has said in the past. "It's just so much work."

Yes, Christmas has taken a beating in the last few years. Some department stores began refusing to use the "C" word in their advertisements for fear of offending someone, and debates rage over whether it is allowable for a municipality to display their nativity scene in a public park. And while we seem to hear more and more about jingle bells, the holiday movie season and the economic impact of Black Friday, we also seem to hear less and less about the baby born in a manger over two thousand years ago.

The dilemma is not lost on University of Iowa's journalism professor Stephen Bloom, who once wrote the following in *The Atlantic*:

"After years and years of in-your-face religion, I decided to give what has become an annual lecture, in which I urge my students not to bid strangers 'Merry Christmas' or 'Happy Easter,' 'Have you gotten all your



Christmas shopping done?' or 'Are you going to the Easter egg hunt?' Such well-wishes are not appropriate for everyone, I tell my charges gently. A cheery 'Happy holidays!' will suffice. Small potatoes, I know, but did everyone have to proclaim their Christianity so loud and clear?

"Maybe it wasn't such a good idea. One gutsy, red-in-the-face student told me in no uncertain terms that for the rest of her life, she would continue offering Merry Christmas and Happy Easter tidings to strangers, no matter what I, or anyone else, said, because, "That's just who I am and I'm not about to change - ever!" Score one for sticking it to the ethnic interloper."

Ben Franklin may have simplified it best when he said, "A good conscience is a continual Christmas," and maybe we would serve ourselves and others best if we remembered that. So, whatever your beliefs or your reason for the season, I want to take a moment to wish you and your loved ones a peaceful and memorable one and hope that your new year is filled with good fortune.

Experience Dubuque's best senior independent living!

Each non-smoking community has its own unique amenities offering one & two bedroom apartments for those 55 & older.


Applewood I & II
 SENIOR APARTMENTS
 563-588-3693
 3125 Pennsylvania Avenue
 3175 Pennsylvania Avenue



APPLEWOOD I NO LONGER HAS INCOME RESTRICTIONS

Heat/Water/Sewer/Trash Included
 Underground Parking Included
 Close proximity to shopping, dining & entertainment needs.
**income restrictions apply at Applewood II, must be 55+*


Applewood III
 SENIOR APARTMENTS
 563-582-5334
 3225 Pennsylvania Avenue



APARTMENTS NOW AVAILABLE!

Heat/Water/Sewer/Trash Included
 Underground Parking Included
 Cat-Friendly
**income restrictions may apply, must be 55+*


Applewood IV
 SENIOR APARTMENTS
 563-543-0916
 3275 Pennsylvania Avenue



Heat/Water/Sewer/Trash Included
 Underground Parking Included
 In-Unit Washer & Dryer
 Cat-Friendly
**income restrictions may apply*

Roosevelt West
SENIOR APARTMENTS
 563-231-2580
 1865 Radford Road



Heat/Water/Sewer/Trash Included
 Underground Parking Included
 In-Unit Washer & Dryer
 Cat-Friendly
**income restrictions may apply*


THE WOODLANDS
 SENIOR APARTMENTS
 563-582-9818
 3460 Starlite Drive



APARTMENTS NOW AVAILABLE!
 Heat/Water/Sewer/Trash Included
 Convenient to shopping, dining & entertainment needs.
 Cat-Friendly
**no income restrictions*



563.663.9070

Join a **Paint Party** this Holiday Season!
Sign-Up OR Book A Private Party on our Website!

Express your Creativity!
PAINT CERAMICS!
MAKE MOSAICS, CANDLES, OR SIGNS!
THROW PAINT IN OUR SPLATTER BOOTHS!

DBQArtStudio.com
Located in Kennedy Mall! 555 JFK Rd. Ste 440 Dubuque, IA 52002

Hills & Dales LIFETIME CENTER

Christmas Meal December 18! Join us!

MEALS AND ACTIVITIES FOR OLDER ADULTS JOIN US!

MEAL COSTS
Over age 60:
\$6 NEISA Participant or \$8 (carry-out)
Under age 60:
\$9 (dine-in or carry-out)

CALL 563-556-3305
TO MAKE YOUR MEAL RESERVATION OR TO PURCHASE PUNCH CARDS

3505 Stoneman Rd, Dubuque (behind Kennedy Mall)



Blood Pressure Spikes Could Denote Labile Hypertension

DEAR DR. ROACH: I'm 85 years old and in good health for my age. I am an active nonsmoker, eat healthy, practice tai chi, and enjoy having many friends. I have no reason to experience extreme anxiety. Yet, for months, I've had unexplained blood pressure spikes.

The highest I had was 243/127 mm Hg, and this is when I called local EMTs who took me to the emergency room. I was given meds to lower my blood pressure, two electrocardiograms, and an X-ray. I was discharged after three hours and was told that my heart seemed fine.

I am now taking losartan and propranolol. I tried triamterene after consulting with a cardiologist, but I couldn't tolerate the side effects. I occasionally use lorazepam.

Today a blood pressure reading showed 197/100 mm Hg. Just the thought of checking my blood pressure spikes the reading. How long can I go on with these blood pressure levels? Can these readings be normal for some people? — **S.O.**

ANSWER: No, these readings are not normal. Since you say that your blood pressure "spikes," I think you mean that most of the time, your blood pressure is normal.

The biggest concern is a condition where the body intermittently secretes substances that raise the blood pressure. This may be caused by a tumor called a pheochromocytoma. They are exceedingly rare but must be looked for in a case like yours, with sudden and dramatic spikes in your blood pressure. Your regular doctor or cardiologist will know how to look for a pheochromocytoma.

If you have a spike, a blood test will be dramatically elevated for epinephrine and norepinephrine. But if your blood pressure is normal at the

time of the visit, a 24-hour urine test is done.

There are other rare causes, including blockages in the arteries to the kidneys and certain drug use, such as monoamine oxidase inhibitors (very rarely used for depression) in combination with some foods. Cocaine use is another cause in a person on a beta blocker, like the propranolol you are on.

Even more likely is a condition called labile hypertension, where emotional stress leads to an increase in blood pressure levels. This is more likely for you because of the last thing you said: Just the thought of checking your blood pressure may cause it to spike.

Managing labile hypertension should be done by an expert. There are experts in hypertension who know how to manage very unusual cases of hypertension, whether they're generalists, nephrologists or cardiologists. Your doctor may have already considered this diagnosis because lorazepam is often used for spikes, sometimes in combination with short-acting blood pressure medicines, like labetalol or clonidine.

•••

DEAR DR. ROACH: I'm a 62-year-old woman in good health who has always been very active. When I was younger, I would hardly be sweaty after I worked out. My clothes would be dry. Now when I do a similar workout, I'm so sweaty that my clothes are wet. Why is there such a big difference? Is it hormone-related?

I also have hot flashes. — **M.C.**

ANSWER: Yes, it's very likely to be related to hormonal changes from menopause. When estrogen levels go down due to the ovaries ceasing production, temperature regulation at the level of the hypothalamus in the brain is changed. The brain causes heat-losing changes like skin flushing and sweating much more easily.

This can happen for no particular reason, but it may be triggered by exercise. So much heat can be lost that a woman may get so cold, she shivers to rebuild heat.

If it's bothering you, try less-intense exercise, exercising in air conditioning or near a fan, or swimming.

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.

(c) 2024 North America Synd., Inc. All Rights Reserved

A bone to the dog is not charity. Charity is the bone shared with the dog, when you are just as hungry as the dog.
— Jack London

Aging in Place?
Consider an AmeriGlide stair lift to keep you safe while at home.

Benefits of an AmeriGlide stair lift:

- More affordable than other options such as
- Eliminate the risk of falls
- Feel safe on the stairs

CALL TO SAVE \$200
1-844-482-0456

AmeriGlide ACCESSIBILITY SOLUTIONS

WHEN YOU WANT THE BEST YOU WANT OMAHA STEAKS

When you want to experience a steak that delivers rich, juicy, exquisite flavor and unparalleled quality in every bite, you don't want just any steak. You want Omaha Steaks.

Butcher's Deluxe Package

- 4 Butcher's Cut Top Sirloins (5 oz.)
- 4 Air-Chilled Boneless Chicken Breasts (4 oz.)
- 4 Boneless Pork Chops (5 oz.)
- 4 Individual Scalloped Potatoes (3.8 oz.)
- 4 Caramel Apple Tartlets (4 oz.)
- 1 Omaha Steaks Seasoning (3 oz.)
- 8 FREE PureGround™ Filet Mignon Burgers (6 oz.)**

77318CST separately \$224.94 **\$99.99**
SPECIAL INTRODUCTORY PRICE

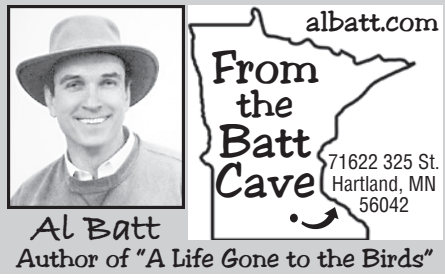
8 FREE BURGERS (A \$37 VALUE)

Order Now! » OmahaSteaks.com/Deluxe9655 | 1.855.222.9640
Ask for your 8 FREE burgers with offer 77318CST

THE BEST STEAKS OF YOUR LIFE OR YOUR MONEY BACK
100% GUARANTEE
AMERICA'S ORIGINAL BUTCHER
OMAHA STEAKS
SINCE 1917

Advertising Pays
Call 563-543-0640
for Ad Rates

Savings shown over aggregated single item base price. 8 free 6 oz. burgers will be sent to each shipping address that includes SKU 77318. Limit 2 on select items at these exclusive prices. While supplies last. Items may be substituted due to inventory limitations. Standard shipping rates will be applied and are subject to change. Minimum purchase and other restrictions may apply. Some products may not be available for sale in your area. Sales are subject to OmahaSteaks.com/terms-of-use/US. Expires 12/31/24. | 24M6729 | Omaha Steaks, LLC



Ripening in an Oklahoma fast-food drive-thru

“Oklahoma, where the wind comes sweeping down the plain, and the waving wheat can sure smell sweet, when the wind comes right behind the rain. Oklahoma, every night my honey lamb and I sit alone and talk and watch a hawk making lazy circles in the sky.”

I sang that aloud in the key of off on my drive to Oklahoma for a speaking gig. I sang because I was all alone in the car.

I'd finished one audiobook and was listening to a second book until I determined it wasn't the right path for my ears.

I can listen to my singing for only so long. I turned on the radio. A likable song came on immediately, but it was trickery. It was bumper music for a show filled with strident voices, angered by something their favorite football team had done or hadn't done. They gave their opinions at a high volume. The host interrupted and yelled back. Somehow, the discussion on quarterbacks touched on the JFK assassination and Putin's propensity to refuse to punt until the fifth down. Opinions flew at deafening decibels capable of peeling any wallpaper my car might have had. The host praised those who agreed with him and dismissed those who didn't. His nice button was in the shop. It was like listening to a bonus track on a Yoko Ono album. Opinions don't drive nails. We're not meant to know everything, but the host bragged he did. He hadn't learned that if you constantly need to tell people how great you are, you're not that great.

I switched off the radio. Disaster averted. I chose silence over harsh voices.

I rode along with both hands

on the wheel. Riding in the shotgun seat was a banana peel. I like bananas. Many people do. Most bananas eaten in the U.S. are cultivated in Central and South America. The fruit is picked long before it's mature, so it can survive the long journey to our favorite grocery store. There are banana ripening facilities in this country that use a delicate science, which enables them to trick hard, green bananas into continuing to ripen. These facilities convince bananas that they're back in their sunny, humid homes. It involves ethylene, a colorless, flammable gas that's a natural plant hormone, and speeds the ripening process.

It occurred to me that riding along in silence makes a car a ripening facility on wheels. And it's not the kind of ripening that only a shower could cure. It ripens the mind.

Nearing my destination, I consulted my GPS, on which I'd just switched the voice to that of a male. “Just keep driving. It's around here somewhere,” it advised.

Exit stage right and I was soon in the drive-thru lane of a fast-food restaurant after being in the drive-me-over lane of a highway. I wasn't there to fling a fang into french fries. I was in the drive-thru lane for two reasons: I wanted a cup of iced tea (I hoped they wouldn't make it sweet as they always promise they won't), and the drive-thru was the only part of the restaurant open due to staffing shortages.

Walking through the drive-thru lane just ahead of me were two ring-billed gulls—gulls with a ring around their bills. It didn't mean they were a married couple. It wasn't a diamond ring or prize from a box of Cracker Jack. The gull's yellow bill has a black band around it that gives the bird its name. What were they doing in the drive-thru? It wasn't the first time I'd seen birds in a drive-thru lane. The gulls were hoping to find stale french fries. They love stale french fries.

While the gulls were struggling to get their correct

Al Batt cont. Pg. 16

COUNTRY HEIGHTS SUPPER CLUB MOTOR INN
 608-748-4687
 3 miles N. of Iowa-Wisc. Bridge off Hwys 61 & 151 @ 1152 Badger Rd. Hazel Green, WI

CLOSED SUNDAY AND MONDAY
 TUES., WED., & THURS.: 4:30 - 8:00 P.M.
 FRI. & SAT.: 4:30 - 9:00 P.M.

Daily Specials
 Tuesday: All You Can Eat Shrimp
 Wednesday: Broasted Chicken & BBQ Ribs
 Thursday: 1/4 or 1/2 Broasted Chicken
 Friday: All You Can Eat Pike
 Saturday: New York Strip (16oz)

Visit us on Facebook

A Fantastic shopping event.

HUGE 34TH ANNUAL ARTS & Crafts SHOW
 Over 125 Exhibitors

SATURDAY & SUNDAY DECEMBER 14 & 15
GRAND RIVER CENTER
 DUBUQUE, IOWA
 SAT. 5-9, SUN. 10-4
 Admission: \$6
 FREE PARKING
 Over 125 Talented Exhibitors Present & Sell
 1000's Of Unique Handmade Creations
 Callahan Promotions, Inc., 563-357-1986

Bring this ad to show for \$1.00 OFF One Admission

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.

Royal Bank

100 Splinter Ave. • Dickeyville, WI
 Phone: 608-568-3334 • Tele-Banker 888-958-2265
 www.royalbank.usa.com

Trivia test by Fifi Rodriguez

- MOVIES:** In the movie “The Shawshank Redemption,” what is Andy Dufresne’s occupation before he was imprisoned?
- LITERATURE:** Which of Shakespeare’s plays features the characters of Rosencrantz and Guildenstern?
- TELEVISION:** Which 2000s TV drama starred a character named Jack Bauer?
- U.S. PRESIDENTS:** What was First Lady Jacqueline Kennedy’s maiden name?
- HISTORY:** Which dynasty built the Forbidden City in China?
- MYTHOLOGY:** What is the name of the mythical creature

- who is half man and half horse?
- CHEMISTRY:** What is aqua regia?
 - GEOGRAPHY:** Where was the ancient region of Mesopotamia mostly located?
 - ANATOMY:** Where are the alveoli located?
 - FOOD & DRINK:** What is hummus mostly made of?

Answers

- Banker.
- “Hamlet”
- “24”
- Bouvier.
- Ming Dynasty.
- Centaur.
- A corrosive mixture that can dissolve gold.
- Iraq.
- Lungs.
- Chickpeas.

© 2024 King Features Synd., Inc.

Brief Ads \$20 per month Call 563-543-0640 Three Months Paid in Advance

Medicare Sales, Service & Education Founded in Dubuque County
Stefan Johnson
 Independent Licensed Broker
 (563)581-9341 sj@retiringease.com

- Not affiliated with Medicare or the government
- Medicare Supplements & Cost Plans
- Medicare Advantage
- Prescription Drug Plans
- Many Companies for Unbiased Advice

PrePlan Your Monument Today!

- Free Design Services
- A+ Rating Certified Memorialist
- Celebrating 85 years of serving the TriStates
- Premium Granite Products
- Lowest Price Guaranteed

Lancaster MONUMENT COMPANY
 608-723-4537 • 334 W. Elm • Lancaster, WI

BURGER Shoe, Boot & Leather Repair
RANDY BURGER
 1340 DELHI ST. • DUBUQUE, IA • 563-588-0846

Holy Icons & Inspirational Gifts
KATHOLIKON.ART
 333 BLUFF STREET DUBUQUE IA (INSIDE BYZANTEAUM TEA SHOP)

Be sure to check the web site
TheGoldenviewonline.com

Heavy Duty Industrial Railing Without the Industrial Price

- Feel safe with sturdy metal railings for Steps & Decks • Swimming Pool Fences • Metal Staircases • Driveway Gates • Aluminum & Stainless Steel Welding • Portable Welding Repair

SR Custom Metal Railing 563-252-3349
 Stan Rodamaker • srcmrailings@alpinecom.net • Web: srcmrailings.com

ADVERTISEMENT

Why you need dental insurance in retirement.

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or even go without care.

Simply put – without dental insurance, there may be an **important gap** in your healthcare coverage.

When you're comparing plans ...

- ▶ Look for coverage that helps pay for major services. Some plans may limit the number of procedures – or pay for preventive care only.
- ▶ Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket before benefits are paid.
- ▶ Shop for coverage with no annual maximum on cash benefits. Some plans have annual maximums of \$1,000.

Medicare doesn't pay for dental care.¹

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

Early detection can prevent small problems from becoming expensive ones.

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

Previous dental work can wear out.

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental problem only go up as you age.²

Treatment is expensive — especially the services people over 50 often need.

Consider these national average costs of treatment ... \$222 for a checkup ... \$190 for a filling ... \$1,213 for a crown.³ Unexpected bills like this can be a real burden, especially if you're on a fixed income.

¹"Medicare & You," Centers for Medicare & Medicaid Services, 2024. ²"Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. ³American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

DENTAL Insurance

from Physicians Mutual Insurance Company

Call for a **FREE Information Kit!**
1-855-400-0218

Dental50Plus.health/golden



Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, LA, NV, NY - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, C250A/B438 (ID: C254ID; PA: C254PA); Insurance Policy P154/B469, P150/B439 (GA: P154GA; NY: P154NY; OK: P154OK; TN: P154TN). 6247-0324

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

by Jerry Eberhardt (1924-2017)

*The Best Of Jerry
originally published
December 2015*



Jerry Eberhardt with grandson, Maury Cohn

"Bargain Night"

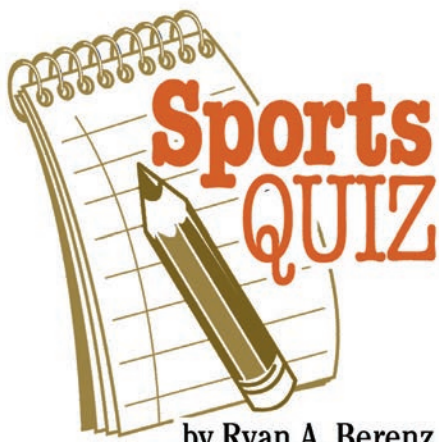
When Grandpa was in grade school, just a few years older than you are now, Maury, a theater in our neighborhood, called the "Capitol," featured a movie, a serial and several cartoons every Friday night. The theater management successfully appealed to a "kids audience," advertising it as "Bargain Night," because the cost of admission was only ten cents. (Regular movies then were about a quarter). Almost every kid in our neighborhood went to the "Cap" every Friday night.

Then, Maury, suddenly we were dealt a "crushing blow" - we were given the bad news that the Capitol theater owner had raised the price of admission to "Bargain Night" from a DIME to 11 CENTS!! Many of us bought an ice cream cone after the movie at the "Old Mill" two blocks down the street for a nickel, or a malt for a dime, and this devastating news made us a penny short because most of us had only 15 or 20 cents to spend on a Friday night!

Well, Maury, the kids in our neighborhood decided to rebel against this by PICKETING the

theater! We made signs stating: "Don't go to Bargain Night until it's back to 10 cents!" We held these signs while walking back and forth in front of the sidewalk window ticket office! We found other kids were "sympathetic" to our cause but the attraction of "Bargain Night" was way too compelling! Also, Grandpa remembers the theater owner telling us the price raise stays no matter how much we protest! It didn't take us long, Maury, to figure out we were promoting a losing cause. Resigned to this fact we concentrated on "different ways" to raise the extra PENNY needed for Friday nights, which looking back wasn't that difficult....thankfully, most parents were sympathetic to our plight! Anyway, Maury, I thought I'd tell you about the only time Grandpa carried a picket sign!

Much love,
Grandpa



by Ryan A. Berenz

1. What Chicago-area golf course hosted the U.S. Open in 1949, 1975 and 1990, the PGA Championship in 1999 and 2006, and the Ryder Cup in 2012?
2. Junior Bridgeman, who became a successful businessman following his 12-year NBA career from 1975-87, has his No. 2 jersey retired by what team?
3. What company, formed in 1998, pioneered TV graphics technology like the 1st & Ten line for football, RACEf/x for NASCAR and PITCHf/x for baseball?
4. What college football team plays its home games in Vaught-Hemingway Stadium at Hollingsworth Field?
5. The 2024 Chicago White Sox set a new modern-era Major League Baseball record for losses in a single season with how many?
6. What Middle Eastern nation's soccer team won consecutive Asian Football Confederation Asian Cup titles in 2019 and 2023?
7. What is the minimum number of darts needed to complete a "perfect leg" in 501-point darts?

1. The Four Seasons, in 1964. The song spent two weeks at the top No. 1 in Canada as well.
2. Johnny Tillotson, in 1958. The song was his first single and made it on to the Hot 100 chart. Tillotson penned several more hits over the years, including "Poetry in Motion."
3. Sugarloaf, in 1970. A few years ago an old tape was found of the group's live performance in 1975. It was remastered and turned into a vinyl album titled "Sugarloaf Live 1975." It's available online.
4. Neil Diamond, in 1970.
5. "Never Be Anyone Else But You," by Ricky Nelson, in 1959. Nelson's song has been covered by several artists, including internationally, over the years. The song has recently been used in a TV commercial for chicken noodle soup.

Answers

1. Medinah Country Club.
 2. The Milwaukee Bucks.
 3. Sportvision.
 4. The Ole Miss Rebels.
 5. 121 (the 1962 New York Mets previously held the record with 120 losses).
 6. Qatar.
 7. Nine.
- © 2024 King Features Syndicate, Inc.



1. Which group released "Rag Doll"?
2. Name the artist who wrote and released "Dreamy Eyes."
3. Which group released "Green-Eyed Lady"?
4. Who wrote and released "Cracklin' Rosie"?
5. Name the song that contains this lyric: "If I could take my pick of all the girls I've ever known, Then I'd come and pick you out to be my very own."

Answers

1. The Four Seasons, in 1964. The song spent two weeks at the top No. 1 in Canada as well.
2. Johnny Tillotson, in 1958. The song was his first single and made it on to the Hot 100 chart. Tillotson penned several more hits over the years, including "Poetry in Motion."
3. Sugarloaf, in 1970. A few years ago an old tape was found of the group's live performance in 1975. It was remastered and turned into a vinyl album titled "Sugarloaf Live 1975." It's available online.
4. Neil Diamond, in 1970.
5. "Never Be Anyone Else But You," by Ricky Nelson, in 1959. Nelson's song has been covered by several artists, including internationally, over the years. The song has recently been used in a TV commercial for chicken noodle soup.

© 2024 King Features Syndicate

Have THE GOLDEN VIEW mailed directly to your home. 12 issues for just \$30.00. Send check or money order to THE GOLDEN VIEW • PO Box 661 • Dubuque, IA 52004

Name _____ Address _____
City _____ State _____ Zip _____

Plant Talk

by Ken Resch



The Ornament

For more than sixty Christmases I have carried on a tradition dating back to 1909 and my Grandmother's first Christmas as a young married woman. That year she hung a gold ball on the tree shared with my Grandfather and for every year after that, only my Grandmother could hang The Ornament upon the tree until. . .

"Here it is, now you hang it right where we can see it." So were the words of my Grandmother as she carefully unwrapped the gold ball. I hung the ornament on the tree, and she continued the story of this simple piece. "That's the only ornament I have from the first Christmas your Grandpa and I spent together after we were married in 1909. This other one, the little red bell, was from your Aunt Vivian's first Christmas in 1910. Hang it right near the gold one." Every year I went through the same routine with Grandma and I never tired of her telling me the stories. I felt duty-bound to follow set traditions, and putting up my grandparents' Christmas tree was the most sacred duty I had as a young boy.

For my family, as I grew up in the 1950s, the holiday season did not—could not—begin before the Friday after Thanksgiving. On that day we children rushed to our Sears and Roebuck store in Chicago and anxiously waited for Toyland to open. During that weekend my parents, grandparents, and I would climb into the Chevy and go out to Amling's Flowerland to see the displays. On the way home, we stopped to buy our trees, a process that often tested my father's patience to the extreme. Grandma was a choosy shopper, and the tree had to be exactly right. Once purchased, the trees were tied to the top of the car, and we headed home. Dad later cut a bit off the bottom of the trees and placed each one in a bucket of water. The next weekend we decorated for the holidays.

The traditions my parents established were like beacons in my life as they guided me toward the right understanding of family and the over-arching meaning of the December madness that prevailed. Our

tree stood proudly in the front room bay window. As my father grew older and I got taller, the task of hanging the lights was turned over to me. Holiday music played from the stereo and the multicolored lights cast a warm glow in the room as we hung ornaments. Every so often Mom would relate a bit about some of the older ornaments as we hung them on the tree. I still have a few from their first Christmas in 1935 as well as from our first Christmas in 1969.

Finished with our tree on Friday, I went upstairs to Grandma's on Saturday. I had the wonderful luxury of my grandparents living in the flat above—an intention of my parents when they bought their only house in 1955. Up at Grandma's, I was in charge, and it felt great! Grandma unwrapped all the ornaments and I hung them wherever I pleased—all but the two originals that Grandma made sure hung in a prominent spot. Little did I realize how much more was going on as we decorated the tree. The small bits of conversation, the reassuring "Oh, that looks nice there!" and the twinkling glances from Grandma, all were a part of my sense of belonging. I now often wonder if Grandma thought back to her early Christmases as she watched me put up the lights, hang the ornaments, and ever so carefully place the tinsel.

Last year was our first Christmas in our Missouri home. We purchased a nine-foot artificial tree, and it will dominate its high-ceiling space. Traditions matter and this year I have seen corporate greed sweep in and finally obliterate traditions they'd hammered on for several years. Witches and Santas were displayed together. Halloween lights glowed orange right by the red, green, blue, and white lights of Christmas. One holiday blurred into the next. It will not surprise me to see Valentine's Day displays before the end of the year.

The season is not about buying and spending and camping out for great deals; rather, it must always be about the personal relationships we have with each other. My grandmother's ornament will remind me of the joy I had just being in her presence. This season, as you hang ornaments with children or grandchildren, spouses, or friends, tell them stories of holidays past and pass on to others the warmth and love you've known.

Dubuque's Most Affordable Full-Service Retirement Community

OPEN SINCE 1874



Mt. Pleasant Rent Starts at \$1136 Per Month

Worry-Free, Affordable Living

563- 542-1590

- Call Keith for a tour
- Fast, flexible admission
- Central Dubuque Location
- Ask about financial assistance
- Non-profit organizational flexibility
- Cheerful, home-like living arrangements
- Accommodating short stay visits

Rent Includes

- 3 meals every day
- Laundry & Housekeeping
- All utilities plus cable & wifi
- Activity services include shopping, field trips, etc.
- 24 hour staff

Mt. Pleasant - 1695 Mt. Pleasant Street - Dubuque, Iowa 52001 www.MtPleasantHome.org



Have a Grand Holiday Season!



MINI SUBSCRIPTIONS CURRENTLY ON-SALE UNTIL APRIL 6

Purchase Online or through the Box office

SAVE OVER 15% OFF REGULAR TICKET PRICES

Purchase online or through the Box Office

GIVE THE GIFT OF AN EXPERIENCE

Send a Gift Voucher to the theater lover on your list and give the gift of an experience all year long!

Vouchers can be purchased in any amount and be redeemed Online, in-person, or over the phone.



See our website for more details or call The Grand's Box Office!

THEGRANDOPERAHOUSE.COM

Box Office: Mon-Fri, Noon-4pm • 563-588-1305 • 135 W 8th St, DBQ, IA



The best time to plant garlic is in the fall. Plant the individual garlic cloves with the peels intact, pointy ends up, 2 inches deep and 6 inches apart, in very well-draining soil. The cloves will form roots, but little top growth, before the ground freezes solid. Sprinkle seedless straw 5 to 8 inches deep over the planted cloves. It will pack down over the winter to about 2 inches, and will help to keep the weeds down during the growing season. Early next spring, your garlic will be ready to send up tiny green shoots as the ground thaws. - Brenda Weaver

Source: www.almanac.com

For Affordable Ad Rates, Call: 563-543-0640

\$10 FREE
WHEN YOU PURCHASE \$50 IN GIFT CARDS

Pizza Ranch Holiday Gift Card Promotion.

EXPIRES 2/10/25 **Pizza Ranch** **CODE 1271**
Buy 1 Adult Buffet at Regular Price, Get 2nd Buffet for \$10.99

EXPIRES 2/10/25 **Pizza Ranch** **CODE**
ONLINE ONLY
2 Medium Single Top Pizzas, Small Cactus Bread, Small Cheesy Ranch Stix \$20

FunZone Half Price Play at the FunZone!
All day Monday & Tuesday-Friday from 2-4pm

Pizza Ranch
DUBUQUE • 2020 RADFORD ROAD • 563-556-4488

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 knew that Mr. Benny was the fake Santa and laughter ensued throughout the broadcast. Another time was 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 Barrymore 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.

Al Batt from Pg. 13 order, I thought of the Florida man who had tossed a live 3.5-foot alligator into a drive-

thru window. His order hadn't been wrong. He did it to be funny. The judge ordered him to stay away from animals. I

hope he also stays away from restaurants. And I thought of the county sheriff in Georgia who called his deputies for backup because a drive-thru

worker got his order wrong. Those two gentlemen could use more time in a ripening facility.

©Al Batt 2024

December 1954

Down Memory Lane

Christmas 1955

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

the KITCHEN KORNER

For That Holiday Menu . . .

Tender, sugar-cured **DUBUQUE HAM** is ham at its best! You'll love its hickory-smoked flavor and tempting juiciness.

Order now and be prepared for the Holiday Parties!

the KITCHEN KORNER

An Ideal Gift
DUBUQUE HAM

Your friends, relatives and business associates will welcome a tasty DUBUQUE ham for their holiday table!

Attractively packaged for Christmas giving! Top quality, select ham as only DUBUQUE can be. With that wonderful "Tall Corn Country" flavor.

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.

SENIOR NEWS LINE

by Matilda Charles

Ready to volunteer?

Have you considered what you'll do with your spare time in the New Year? How about volunteering? There are so many ways we can step up.

AmeriCorps Seniors (americorps.gov/serve/americorps-seniors) provides opportunities to over 200,000 seniors every year to go into the community and give back. If there's an interest, there's likely a place that needs help.

The Foster Grandparent Program hooks up seniors and children ranging from premature babies all the way to young teenage mothers.

In the Seniors RSVP Program, seniors are matched with organizations that help others in the community.

The Senior Companion Program pairs a volunteer with another senior who needs help with daily living activities.

What do we seniors get out of volunteering? We gain new skills or improve the ones we already have as we share

our experience. We can earn a small stipend. We can lessen our isolation and feelings of loneliness as we interact with others. And we experience better health, including mental health with a decrease in anxiety and depression.

The only eligibility requirement is that volunteers must be age 55 and older.

If you're interested in exploring volunteering opportunities, go online to the AmeriCorps website and click on the Pathfinder. Put your state or area of interest in the search box. You'll be shown lists of agencies that can use your volunteer help as well as the email contact and website for those agencies.

You might end up teaching a child to read, or volunteering as an aide in a kindergarten class. You might help another senior with tasks he or she can no longer do, such as laundry or writing letters to family. You could work behind the counter at a recreation center signing out basketballs. You might sort vegetables in a food bank. The opportunities are nearly endless.

If you need inspiration, look at the National Service Reports for your state to see what others have been doing.

© 2024 King Features Synd., Inc.

Bell Tower Theater from Pg. 1

participant in our Free Summer Musical Program in his first adult play, Brekon FitzPatrick.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are every Thursday and Friday evening at 7:30 pm; Saturday, December 7 & 14 at 7:30 pm;

Saturday, December 21 at 2 pm and every Sunday afternoon at 2 pm from December 6 to 22. The performances on December 6 & 7 are the Early Bird Special performances when tickets are just \$12. Tickets for all other performances are \$24. Thursdays are Girls' Night Out; all audience members (21+) get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit tickets.belltowertheater.net.

Happy Holidays!
from
Miracle Car Wash
255 Locust
2090 Holliday Drive
**Coupon Books
On Sale Now!**

The *United Labor Paricipation Committee* and the *Dubuque Area Labor Harvest* will be serving a **FREE Christmas Dinner.**

These meals will be served in to-go boxes and will be available for pick-up at:

The Dubuque Area Labor Harvest Building
423 West Locust Street
Dubuque, Iowa

Sunday, December 22, 2024

Dinners will be available from Noon to 1:30 p.m. at the **front door** if you **don't have** a vehicle, and at our **side door** on Dorgan Place if you **have** a vehicle. Signs will be posted.

FREE HOME DELIVERY

For those unable to get to Dubuque Area Labor Harvest in person, **we will also be making home deliveries starting at 11 a.m. on Sunday, December 22, 2024.**

To have meals delivered to you, call **Brenda** at 563-583-1779

Monday through Thursday — 7:00 a.m. to 3:30 p.m.

Deadline for delivery orders: Wednesday, December 18, 2024



Advertising Pays
Call 563-543-0640
For ad Rates

Merry Christmas
As We Give Thanks With Our Families, We Would Like To Thank You For Your Patronage This Year!

| | | | |
|--|--|---|---|
| <p>Abbadent Family & Cosmetic Dentistry 3430 Dodge St. - DBQ, IA Ph: 563-556-8388</p> | <p>Calico Bean Market Bulk Foods Homemade Peanut Butter 352 Bluff St. 563-557-8159</p> | <p>The Golden View The Community Paper For Active Adults 563-543-0640</p> | <p>Meineke Car Care Center 2195 Central - Dubuque, IA 563-582-6489</p> |
| <p>Ken's Auto Body 598 Central Avenue Dubuque, Iowa Ph. 563-557-4413</p> | <p>Fast Freddy's Karaoke - Friday, Saturday 3130 Jackson St., Dubuque Euchre @ 1:30 pm Sundays</p> | <p>Monk's Kaffee Pub 373 Bluff Street Ph. 563-585-0919 Organic coffee & full bar</p> | <p>Knickers Saloon Pizza-Burgers-Sandwiches 563-557-0887 2186 Central Avenue</p> |
| <p>Paul's Tavern 176 Locust Street, Dubuque Best Burgers in Town Ph: 563-556-9944</p> | <p>A&B Automotive Center Key West Drive - Will Pick up & drop off at your work Ph: 563-583-3575</p> | <p>Sportsters Pub & Grub <i>Now Serving 7am-10pm, Every Day</i> Breakfast, Lunch, Dinner 2600 Central • 563-582-6822</p> | <p>Next Phase NEW LOCATION 600 Central Avenue Karaoke Mon. - Sat.</p> |

We Moved
EZSELLUSA
Open in Downtown Galena
201 North Commerce Street
Larger Consignment Resale Center
ebay Consignment Sales
ESTATES ANTIQUES TREASURES
 201 N. Commerce, Galena, IL 563-543-5201

12 HOLIDAY WINES
PLUS BONUS GIFTS
ONLY \$79.99 **SAVE \$160**



Our experts handpicked this highly acclaimed collection to pair perfectly with your favorite dishes from Omaha Steaks. Uncork 12 bottles with bonus gifts for just \$79.99 (plus \$19.99 shipping and tax) as your introduction to the Omaha Steaks Wine Club – saving you \$160.

Then, look forward to 12 new selections every three months and enjoy a \$25 Omaha Steaks E-Reward Card with each future club case. You'll also save 10% on every 12+ bottle purchase and get free shipping every time you order. There's no commitment to continue and every bottle comes with our 100% guarantee.

OMAHA STEAKS WINE
 POWERED BY LAITHWAITES

Order now at GetOSWine.com/MBAGJF124
 or call 1.844.970.1961 and mention code AGJF002

Savings off retail price. Offer subject to availability and club enrollment. Omaha Steaks Wine is operated independently from Omaha Steaks, LLC. Full terms and conditions online. Void where prohibited by law.

Advertising Pays
Call 563-543-0640
For Ad Rates



Hale GROVES

SAVE OVER 42%

REG. \$39.99- NOW \$27.99 +\$5.99 SHIPPING

A festive fruit selection perfect for sharing!

This thoughtfully curated gift box is filled with a variety of handpicked, premium fruits that are perfect for any holiday celebration. Bursting with freshness and flavor, it's an ideal choice for families, friends, or colleagues looking to enjoy healthy, delicious treats during the season.

- 1 Ruby Red Grapefruit
- 2 Orchard Apples
- 2 Grove Navel Oranges
- 2 D'anjou Pears
- 2 Honey-Sweet Tangerines
- 4 Petite Navel Oranges

CALL 844-650-6871 OR VISIT HALEGROVES.COM/H5YP13
 Order Item #272X, mention Code H5YP13 for your savings.

*Only \$27.99 (reg. \$39.99), plus \$5.99 shipping & handling. Satisfaction completely guaranteed. This gift ships in December at the peak of freshness. Order by Dec. 18, 2024 for GUARANTEED Christmas delivery. AZ, CA, TX & LA order by Dec. 12, 2024.

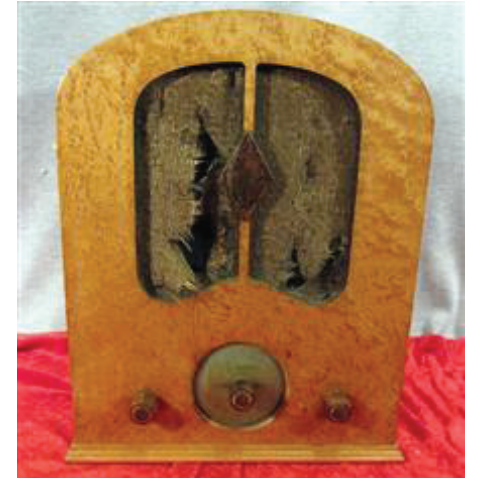
SINCE 1947 - HALE GROVES, VERO BEACH, FL 32966 IC: H5YP13

What's it WORTH on ebay™

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, or make an appointment to visit me at 201 North Commerce Street, Galena, IL. Be sure to check out our website at www.ezsellusa.com.

Cathedral Radio

The Cathedral Tube Radio by Grunow is a notable piece of vintage radio design, popular in the 1930s and highly sought after by collectors today. Named for its distinctive "cathedral" or "tombstone" shape, which resembles the arched windows and grand designs found in Gothic architecture, this style was particularly popular in American radio manufacturing during the early 20th century.



Grunow radios, produced by the General Household Utilities Company, were known for their quality craftsmanship and reliable performance. Grunow's designs often featured intricate wooden cabinets, detailed dials, and decorative elements that made the radios both functional and beautiful. Inside, these tube radios utilized vacuum tubes to amplify radio signals, a technology that was state-of-the-art for the time.

Radio was the central source of news and entertainment for many years leading up to the advent of broadcast television. Radios came in numerous styles and types from table top to full floor models. This radio was not working and the fabric covering the speaker is torn. These things can be repaired easily and you would have a working vintage radio. A collector found this radio attractive enough and purchased it on eBay for our Buy It Now price of \$100.00.

Contract Bridge

Interchangeability

South dealer.

Both sides vulnerable.

NORTH

- ♠ 7 4
- ♥ 10 9 7 5
- ♦ 10 8 5 3
- ♣ 9 6 2

WEST

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

EAST

- ♠ Q 10 5
- ♥ Q 3
- ♦ Q 6 4
- ♣ J 10 8 7 3

SOUTH

- ♠ A K 9 3
- ♥ K J 8 4 2
- ♦ 7
- ♣ A K 5

The bidding:

| South | West | North | East |
|-------|------|-------|------|
| 1♥ | 2♦ | Pass | Pass |
| Dble | Pass | 2♥ | Pass |
| 2♠ | Pass | 3♥ | Pass |
| 4♥ | | | |

Opening lead — diamond king.

You usually break even by swapping one loser for another, but there are times when the exchange gains a trick.

Consider this case where South got to four hearts on the bidding shown. His double of two diamonds was for takeout and indicated a strong hand with support for the unbid suits. North could do no more than show his heart support, and South eventually pressed on to game.

West started off with K-A of diamonds. Declarer ruffed,

cached the A-K of spades and trumped a spade in dummy. He then led the ten of hearts and followed low, crediting West with the ace of hearts for his overcall.

West took the ace and, recognizing from East's play of the queen of spades on the previous trick that East had no more spades, led the jack of spades. Declarer ruffed in dummy, East overruffed with the queen, and South later lost a club trick to go down one.

Declarer played correctly up to the point where he trumped West's jack of spades return in dummy. He shouldn't have ruffed, since it was certain that East had no more spades and would overruff.

Instead, South should have discarded a club from dummy, deliberately allowing West's jack to hold the trick. Had he done this, he would have made the contract by eventually ruffing his third club in dummy.

The reasoning behind the club discard is simple enough. South is sure to go down if he ruffs the spade jack in dummy and is very likely to make the contract if he discards a club instead. He should therefore swap his club loser for a spade loser, gaining the game-going trick in the process.

©2024 King Features Syndicate Inc.

by Steve Becker



Make Candied Walnuts for Snacking and Giving

I was in a hurry while I was recently sifting through my gadget drawer for holiday cookie cutters when my mom's classic metal nutcracker, wedged in the back corner, caught my eye. It gave me pause, as I was suddenly a kindergartner again, transported to my childhood home during the holidays in Santa Rosa, California.

The walnut trees in our backyard produced a bumper crop that year, and it was my job to crack the nuts. With all the strength I could muster, I split them in two, and Mom pried out the nutmeat with a pick. We filled brightly painted tin coffee cans and wrapped them in big sheets of red cellophane, cinched together with festive bows and gift tags that read "From Our House to Yours."

As the years pass, California walnuts continue to make an appearance during the holidays, often doctored up with sugar and spice. Here are two of our favorite family recipes for yummy candied walnuts that give the healthy nut a festive taste for snacking and for gift-giving — if you have any left!

The recipes come together in minutes on your stovetop. For the best results, use an inexpensive candy thermometer. An adult should do the cooking while the kids enjoy decorating containers and gift tags.

CANDIED WALNUTS WITH YOGURT

Makes about 3 cups



PHOTO CREDIT: Donna Erickson

- 1/2 cup granulated sugar
- 1 cup light brown sugar (packed)
- 1/2 cup plain yogurt
- 1 teaspoon vanilla
- 2 cups walnut halves or large pieces
- Butter, or line a baking sheet with parchment paper

Combine sugars and yogurt in a medium saucepan. Cook over medium heat, stirring constantly until mixture reaches a soft ball stage (235 F on candy thermometer).

Add vanilla and cool until mixture begins to thicken. Add nuts and stir until covered.

Spread out nuts on baking sheet to cool.

CANDIED WALNUTS WITH CINNAMON SPICE

Makes about 4 cups

- 1 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons orange zest
- 1 teaspoon cinnamon
- 5 tablespoons milk
- 1 tablespoon orange juice
- 3 cups walnut halves or large pieces
- Butter, or line a baking sheet with parchment paper

Combine sugar, salt, orange zest, cinnamon, milk and juice. Cook over medium heat, stirring constantly until mixture reaches a soft ball stage (235 F on candy thermometer).

Add nuts. Cook over low heat, stirring until most of the syrup sticks to the nuts.

Spread out nuts on baking sheet until cool.

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

© 2024 Donna Erickson
Distributed by King Features Synd.



- 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).

Cremer's Cooking Tips

Cremer's E-Z Whole Beef Tenderloin

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

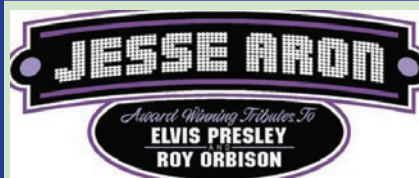
Internal temperature may increase 5-10 degrees while resting — due to residual heat.

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

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

The Ohnward Fine Arts Center now has a great family Holiday gift idea!
Purchase your Holiday Family Gift Pass for just \$90.
This pass offers you four passes (tickets) to any of our Ohnward Fine Arts Center productions.
Easy to use and you save money too! They NEVER expire!



An Evening with Roy and Friends

NEW YEAR'S EVE

Tuesday, Dec. 31, 2024 • 7PM

Staring Award Winning Tribute Artist Jesse Aron

World Champion Tribute Artist Jesse Aron will take you on a magical tribute through time with some of the most legendary voices in Rock & Roll History.. Enjoy music from Elvis, Ricky Nelson, Sam Cooke, Dion & The Belmonts, Bobby Darin, Roy Orbison & More. Relive the magic and the music of the founding fathers of Rock & Roll...

Hear music from Elvis, Roy Orbison, Sam Cooke, Dion and the Belmonts, Conway Twitty, Frank Sinatra and much much more...

Tickets: \$35 (in advance) \$38 (at the door).

The Cowtippers

Saturday, January 25, 2025
2PM



The Cowtippers show is a timeline of Country Music, starting in the 60's through the 90's. We try to represent some of the most popular music from the different periods, such as the emergence of Patsy Cline, Johnny Cash, etc, through the Merle Haggard, George Jones period. We'll progress to the 70's "Urban Cowboy" craze, then on to the resurgence of Country during the late 80's into the 90's with George Strait, Brooks & Dunn, etc. We guarantee to trigger some memories!

Tickets: \$25 (in advance) \$28 (at the door).

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

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815

Purchase Tickets online at www.ohnwardfineartscenter.com

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

Advertising Pays

Call 563-543-0640

For Ad Rates

Holiday Hosting HEADQUARTERS
731 Rhomberg • 563-583-6589

| | |
|-----------------------|------------------------|
| Employee Gifts | Holiday Parties |
| • Christmas Ham | • Turkey & Dressing |
| • Meat Boxes | • Italian Beef |
| • Beef Tenderloin | • BBQ Pulled Pork |
| • Gift Certificates | • Party Trays |

Avoid the crowds. Call ahead early.
Delivery available for your convenience.
FREE Delivery on \$100 order or more.

TENDERLOIN DINNER BUNDLE

| | | |
|------------------------------------|--------------------------------|-------------------------------|
| • 4 LB. AVG. WHOLE BEEF TENDERLOIN | • WHOLE TURKEY BREAST (FROZEN) | \$125 FREE DELIVERY |
| • RUB ME TENDER RUB & EASY RECIPE | • DOZEN DINNER ROLLS | |
| • 2 LB. MASHED POTATOES | • 1 LB. AMISH ROLLED BUTTER | |
| • 1 QT. HOMEMADE TURKEY GRAVY | • 1 PUMPKIN PIE | |

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

COLORADO'S TALLEST MOUNTAINS

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

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

- Antero
- Blanca
- Castle
- Crestone
- Elbert
- Evans
- Grays
- Harvard
- La Plata
- Lincoln
- Longs
- Massive
- Quandary
- Torreys
- Uncompahgre

©2024 King Features Syndicate, Inc. All rights reserved.

SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆

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

© 2024 King Features Synd., Inc.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cup is smaller. 2. Saucer is missing. 3. Nose is smaller. 4. Trilobes are different. 5. Stool is missing. 6. Mouth is open.

©2024 King Features Syndicate, Inc. All rights reserved.

BULLETIN BOARD

Here's My Card

"Skip" Breitbach Feeds

Balltown, Iowa (563) 552-2393

Give Skip a call, he will deliver

- Wild Bird Seed
- Sunflower Seed
- Ear Corn
- Cracked Corn
- Shelled Corn
- Rock Salt
- Salted Peanuts for Human Consumption

We also have sidewalk melt not harmful to grass or concrete

BYZANTEAUM



Loose Leaf Teas and Tea Ware

...a shop that inspires wellness...

Cable Car Square 333 Bluff Street, Dubuque IA
 BYZANTEAUM.COM 563-321-3323



WE REPAIR:
 Computers
 Cell Phones
 Tablets
 Electronics
 Game Systems

(563) 556-5009 We Also Make House Calls!

TechCornerDBQ.com

Located in Kennedy Mall! 555 JFK Rd Ste 450, Dubuque, IA 52002



Call me today for a free home evaluation. When you work with me, YOU choose the commission.

SARA POST REALTY

HOW MUCH IS YOUR HOME

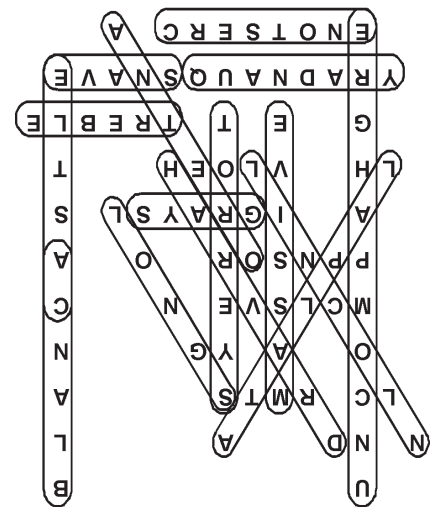
Worth?

THE RIGHT MOVE

Local Real Estate Expert REALTOR® Licensed in IA & IL



563-845-1583 sarapostrealty@gmail.com



COLORADO'S TALLEST MOUNTAINS

Go Figure! answers

| | | | | |
|----|---|----|---|--------|
| 28 | = | 35 | = | 22 |
| 4 | + | 7 | × | 9 = 99 |
| 6 | + | 2 | × | 5 = 13 |
| 1 | + | 3 | + | 8 = 12 |

— King Crossword —
 Answers

Solution time: 26 mins.

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

SUDOKU Answer

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

PRECISION AUTO GLASS

Full Service Auto Glass Repair & Replacement
 Locally Owned & Operated

770 Cedar Cross Road
 Dubuque, IA 52003
 (563) 845-0762
 (563) 845-0010 Fax
 www.precisionautoglass.co

Shane Marti
 Ben Marti

Medicare can be complicated.

A Farm Bureau agent makes it easy. Call me to find a Medicare supplement plan that's right for you.

AUTHORIZED INDEPENDENT AGENTS FOR

FARM BUREAU **Wellmark** **Blue Cross** **Blue Shield**

Products available at Farm Bureau Financial Services

Ted Borelli
 2625 John F Kennedy Rd,
 Dubuque, IA
 563.583.7300
 tedborelli.com

An authorized independent agent for Wellmark Blue Cross and Blue Shield of Iowa, an independent licensee of the Blue Cross and Blue Shield Association. W5018029 9/20

DUBUQUE PODIATRY, P.C.
 Diseases and Surgery of the Foot and Ankle
 www.dubuquepodiatry.com

T.J. Quagliano, D.P.M.
 R.S. Kelsey, D.P.M.
 M. Arnz, D.P.M.
 N.M. Jedlicka, D.P.M.
 K.J. Franzen, D.P.M.

1500 Delhi St., Ste. 2200
 (563) 557-5930, Dubuque, IA

420 1st Ave. East
 (563) 875-7937, Dyersville, IA

Brenda Husemann, ARNP

HISTORIC BLUFFS
 FAMILY PRACTICE CLINIC

666 Loras Blvd.
 Dubuque, IA 52001 **563-239-1175**

Now Accepting New Patients

Stickelers Answer The hidden word is: **EXTRAVAGANZA**