



Pain Persists Around Puncture Site After Medical Procedure

DEAR DR. ROACH: Nine days ago, I had a medical procedure under general anesthesia. One of the lines was put in the artery in my left wrist. Aside from deep bruising that went halfway up my forearm, it seems that there is some nerve damage. I have constant pain from my thumb, through my wrist, and up to about 3 inches on my arm. Overnight, the pain becomes intense and radiates all the way up to my shoulder.

Tylenol and an arthritis sleeve only provide minimum relief. Should I request to see a neurologist, or is there another type of doctor to seek out for a diagnosis? This has become life-altering, and I'm hoping it will eventually be healed. — **B.F.**

ANSWER: I suspect that the bruising on your forearm was caused by bleeding from the puncture site of the artery in your wrist. (This type of line is used to measure blood pressure accurately and instantaneously.) The hematoma (blood collection) inside the wrist might be compressing the median nerve in your carpal tunnel, which

causes a neuropathy very much like carpal tunnel syndrome.

If I am right, then the condition should improve as your body absorbs the blood, which takes pressure off the nerve. However, there are case reports of permanent damage to the nerve from complications of an arterial puncture. In general, if the nerve compression is serious enough to cause weakness, it needs to be acted upon urgently.

The doctors who performed your procedure need to know about this complication, and a neurologist is exactly the right person to see. A simple nerve test could confirm my suspicion or disprove it by finding a different cause if your symptoms persist.

DEAR DR. ROACH: I'm an active 60-year-old who took a soccer ball to the groin some time back. After a few months, I noticed a change in my sexual organ. Narrowing and bending of my organ developed, and it seems to be getting worse.

My general doctor seems to think it's Peyronie's disease. After researching this, I started taking vitamin E and COq10 supplements. I scheduled a urologist exam but was hoping for some insight on this. — **G.**

ANSWER: I suspect your general doctor is correct, and an evaluation by a urologist is certainly indicated. Peyronie's disease is often triggered by trauma in a person who is genetically susceptible to the condition. (Your trauma was very clear, but it isn't always clear in everyone what the trauma might have been.)

The diagnosis is made by an examination showing a bend in

To Your Good Health cont. Pg. 17

Alzheimer's from Pg. 10

is more common among women than men, and women make up approximately two-thirds of people living with Alzheimer's disease in the U.S. (Sources: Alzheimer's Association & *Alzheimer's Dement.*)

"It's important for individuals and their families to feel empowered to play an active role in their health journey," said Dr. Lenox. "Through culturally sensitive and effective community engagement, we can help ensure that people have an opportunity to consider clinical trials and determine with their health care provider whether participation may be right for them."

There is a clinical trial underway that is evaluating an investigational drug for adults living with mild to moderate Alzheimer's disease dementia. Researchers are evaluating whether the investigational drug is safe and may work well compared to placebo, when people take it with their current Alzheimer's disease

dementia medicine.

Researchers are looking for people who may be able to join the MK-1167-008 (NCT06721156) clinical trial. To qualify for this clinical trial, participants must be 55 to 90 years old and:

- Have mild to moderate Alzheimer's disease dementia;
- Be taking a type of medicine for Alzheimer's disease dementia called a cholinergic medicine, such as donepezil, galantamine or rivastigmine;
- Have a trial partner/caregiver who can attend all trial visits;
- Meet additional criteria for the trial that will be assessed by the study doctor.

Participation in the clinical trial is voluntary, and people are free to leave at any time. Participant privacy will be maintained throughout the trial.

If someone qualifies for the clinical trial, they will receive the investigational drug or placebo (a placebo looks like the investigational drug but has no active ingredients) and study-related medical exams at no cost. Please note that participants may

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—Larry Lujack

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or may not directly benefit from study participation. The study doctor can answer any questions and discuss the possible risks and benefits of participation.

Merck is committed to researching and developing investigational medicines to

see whether they may help treat, slow progression or prevent central nervous system disorders, including Alzheimer's disease.

For more information, visit <https://www.merckclinicaltrials.com/alzheimersclinicaltrial>.

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Look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred-and-first blow it will split in two, and I know it was not the last blow that did it, but all that had gone before.

—Jacob A. Riis

VETERANS ★ POST ★

by Freddy Groves

Helping other veterans over the holidays

The holidays are here, and for many veterans they won't be very merry. It's one struggle after the other, and the holidays just bring additional burdens.

There are presents to buy for the kids, there is the weekly dilemma of how to maneuver the rising costs of groceries, etc. We want to step in, but sometimes the needs seem endless and we don't know if or how we can help.

But, we can. Even a small effort on our part can go a long way to helping fellow veterans make the holidays a little less of

a struggle.

If you're a member of a veterans group, like the American Legion or Disabled American Veterans, you're in a perfect position to give some real assistance to other veterans.

Here are some ideas to get you started, either as part of a group or individually:

Call Voluntary Services at the closest VA medical center and ask what you can do. You might be asked to run the parking lot shuttle and bring veterans from their car to the door. You might be asked to do one-on-one visits with patients who don't have friends or relatives to stop by. You might be asked to read to patients with vision problems. If your group is big enough (as well as having a good budget), you might want to host a holiday party for a whole ward, with food, drinks and presents for each patient. Hint: You can seek donations from the community to defray the cost of purchases.

Take a local veteran and family under your wing and ask what they need, whether it's meals, presents for the kids, a warm pair of boots or some home repairs.

Work a shift at a homeless shelter that serves a large population of veterans. You might be cooking, serving meals at the tables or helping veterans find warm winter gear among the donated coats and gloves.

Whatever you do, your help will have an impact.

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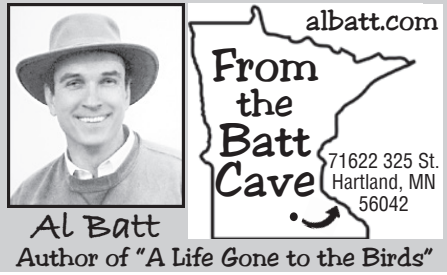


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I was one of the things going bump in the night

I was in the back of beyond. Even though I was somewhere between the tiny towns of Two Bits and North Burlap, I knew I'd find a cemetery or graveyard. Those places that claim they aren't nowhere, yet can see nowhere from there without using binoculars, often have burial grounds.

A graveyard is typically a smaller burial ground associated with a church, while a cemetery is a larger, separate burial ground not always affiliated with a church. That is the traditional distinction, but the terms are often used interchangeably.

I've done radio shows since the days when rocks were soft. A cemetery makes a perfect spot for a radio show—singing birds, rustling trees and limited human noise. Most cemeteries are lovely places that offer peace and quiet, plus the admission is free, having been paid for by the dead. Strangers are welcome at these restful spots, which put things in a proper perspective. I broadcast from various sites: an iceberg, rest area, trail, forest, airport (too many loud announcements), boat, county fair, hotel room, parking lot and birding festival to change things up a bit. However, cemeteries are my favorite remote places to hit the airwaves.

My aunts sent me to hard-to-find rural cemeteries and even-harder-to-find headstones to take rubbings from the gravestones of relatives, and while in Washington, D.C., I was ordered to obtain rubbings of relatives from the Vietnam Memorial. Rubbing a charcoal stick over a piece of rice paper held to an inscription produces a reasonable facsimile. While working in Vienna, I paid respects to many decomposed composers without my aunts requesting rubbings. That kept me from being arrested.

I visit my brother Donald regularly. A bench marks his gravesite and allows people to sit and have a palaver as the wind turbine spins and the grasses bend. I told him a tale from when I was wet behind my

ears. I played hide-and-seek in a village called Bath, which had a population of three at one time and has since dwindled to zero.

The reason I played hide-and-seek was that somebody had to, and I'd been invited. The Richardson boys, considerably older than I was, asked if I wanted to join their game.

Did I? Did I ever! Do snakes wear vests? Oops. Wrong idiom.

The Richardsons warned me not to hide in the cemetery, as the skeleton of the winner of Bath's World Championship Hide-and-Seek Contest of 1939 had recently been found. A Bigfoot had won the previous 20 years straight before retiring undefeated.

I asked a neighbor girl, who refused to take part in a game of hooligans and knuckleheads, if she had any tips for success in the hide-and-seek world. She gave me two words of advice: "Get lost!"

Girls are so smart. I was being moved up from the grade school team to the varsity. Uffda! I needed to impress the older kids. I scrambled across the street to St. Aidan Cemetery, where I hunkered down and hid behind a treestone with a broken limb. The older boys had told me not to hide there, so they wouldn't expect me to hide there. There was no way they'd expect the unexpected. I had to live with the burden of being a genius.

I chuckled to myself. It was a nervous chuckle because I was hiding in a cemetery. I chuckled because I knew the seekers wouldn't find me. I was far too clever.

The night grew dark. And then it grew darker. Still no sign of the seekers. I figured they were busy whistling past, hoping to muster enough courage to enter the cemetery and search for a hider.

Time passed as quickly as if I were carrying a backpack full of bricks up the steep side of Mount Everest. There were mysterious sounds of things going bump in the night.

No one found me, not even the things going bump in the night.

I bumped into more than a few things myself while scurrying out of the cemetery.

Those boys were either terrible at playing hide-and-seek or they hadn't even tried to find me.

I'm going to go with the latter. They hadn't bothered to search for me.

I retired undefeated.

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uses plain and personalized language, and provides exact dates and dollar amounts of an individual's new benefit amount and any deductions.

Individuals who have my Social Security accounts can view their COLA notices online, which is secure, easy, and faster than receiving a letter in the mail. Account holders can set up

Social Security from Pg. 8 is slated to increase to \$184,500 from \$176,100.

Social Security begins notifying people about their new benefit amount by mail starting in early December 2025.

Similar to last year, Social Security beneficiaries will receive a simplified, one-page COLA notice, which



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text or email alerts when they receive a new message, such as their COLA notice.

To receive a COLA notice online, individuals will need to create or sign in to their personal **my Social Security** account and opt out of paper notices by November 19, 2025. Go Digital! Create an account today at www.ssa.gov/myaccount. An online **my Social Security** account also gives individuals access to request a replacement Social Security card, view their claim status and benefits, and view their SSA-1099.

Information about Medicare changes for 2026 will be available at www.medicare.gov.

For Medicare enrollees, the 2026 premium amount will be available via **my Social Security** Message Center starting in late November. Individuals who have not opted to receive messages online will receive their COLA notice by mail in December.

The Social Security Act provides for how the COLA is calculated. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) as determined by the Department of Labor's Bureau of Labor Statistics.

For additional information, visit www.ssa.gov/cola.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry

originally published
December 2016

Four of us saw a movie on one ticket!

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

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

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

Crawling was a cautionary move because as soon as this



Jerry Eberhardt with grandson, Maury Cohn

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

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

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

Much love,
Grandpa.

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Sports QUIZ

by Ryan A. Berenz

1. How many touchdown passes did the New England Patriots' Tom Brady throw in the second quarter of a 59-0 rout of the Tennessee Titans in 2009?
2. Name the Spanish soccer player for Barcelona who won the Women's Ballon d'Or in consecutive years from 2021 to 2022.
3. The 2025 sports biography film "The Smashing Machine" stars Dwayne Johnson as what mixed martial arts champion?
4. Where and when was the first World Series game to be played in a domed stadium?
5. What Southern California racetrack hosted the Breeders' Cup horse races in 2017, 2021 and 2024-2025?
6. What set of 72 trading cards was produced in 1979 and included cards of female athletes such as tennis player Rosie Casals, racecar driver Janet Guthrie, gymnast Cathy Rigby and Olympic skier Barbara Cochran?
7. Willie Thrower, recognized as the NFL's first Black quarterback in the modern era, played for what team in 1953?

Answers

1. Five, an NFL record for one quarter.
2. Alexia Puteallas.
3. Mark Kerr.
4. At the Hubert H. Humphrey Metrodome in Minneapolis, Minnesota, in 1987.
5. Del Mar Thoroughbred Club.
6. SuperSisters.
7. The Chicago Bears.

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Plant Talk

by Ken Resch



Children, Gardens, and Books

I believe the future of planet earth is out of our hands. Don't panic, but I hope I've got your attention. What I mean is we must enlist the help of younger generations to continue doing positive things to save our planet. For me, as I approach 80, this is an imperative. As a retired English teacher and grandfather to eleven wonderful grandchildren, I think an excellent way to guide young ones to care for the earth, besides taking them into the garden, is to read to them. I want to talk about three wonderful books you might buy or look for in the library and then read to grandchildren or other little ones. Rather than marshalling forces to aid Mother Nature, we'd be wiser to educate the young about what it means to be a part of the circle of life.


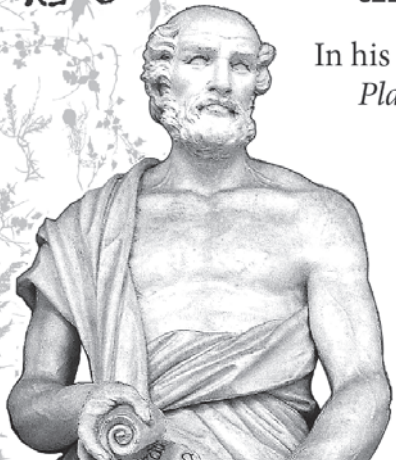
The first book is one I picked up at Reimen Gardens on the campus of Iowa State University—wonderful places to visit spring through fall. ***A Child's Garden of Flowers*** (ISBN: 0971009309) by Natalie S. Knudsen is an A to Z journey through the flower world. Each entry is beautifully illustrated and each also has a poetic description. In addition, specific information about each is given in a brief paragraph of flower facts.

My second selection is Douglas Wood's ***Granddad's Prayers of the Earth*** (ISBN: 076360660X). I treasure this lavishly illustrated and sensitive book for the simple approach it has regarding our oneness with nature. It begins with Granddad

and Grandson walking through the woods and the grandson asking about prayer. That simple inquiry causes Granddad to state. "Did you know, boy," he whispered, "that trees pray?" For the remainder of the book there are lessons on life, prayer and nature until that inevitable day that Granddad is gone. In his pain and sorrow Grandson eventually feels the earth's prayers and realizes his granddad is near. In my life I foresee reading this several times over the coming years to my grandchildren. It's a warm and gentle lesson of life and living and, depending upon the age of the grandchildren, the text invites several points of conversation.

For my final grandparents-must-read-to-grandchildren book I selected another by Douglas Wood—his first—titled ***Old Turtle*** (ISBN: 0938586483). I was at a conference on the earth or some such subject; I don't recall the details, in 1992 when I heard Mr. Wood present this text. I immediately purchased it and have used it a number of times to help children grasp the idea of God in Nature. All the animals argue for their concept of God—the fish say God is a swimmer, the lions say She is a hunter, and so on until their arguing gets loudly out of control. Suddenly Old Turtle yells "STOP!" and begins to tell the animals that God is all they say and more—ultimately "God IS." At this point the fable takes a decided turn and Old Turtle tells the animals of a new being—people—coming who will often mistreat the earth because they forgot their connection to the earth—and to God. And I leave the resolution for you to find, but trust that Old Turtle will smile!

So, my friends and readers, seek out these books and over the holidays introduce your grandchildren to nature and to talks with you—you'll be well-rewarded.

Theophrastus (c. 372–c.287 BC) was a Greek philosopher who is regarded as **the founder of botany.**

In his two ancient works, *Enquiry into Plants* and *On the Causes of Plants*, he covered the descriptions, classifications, distribution, propagation, germination, and cultivation of more than 500 species and varieties of plants. - Brenda Weaver

Source: www.cartage.org

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Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.

—George Bernard Shaw

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8. LITERATURE: In "The Jungle Book," who raised the boy called Mowgli?

9. TELEVISION: Where was Mork from in the sitcom "Mork and Mindy"?

10. LANGUAGE: What does the phrase "doubleplusungood" mean in Newspeak, featured in the dystopian novel "1984"?

Answers

1. HISTORY: Which country sold Alaska to the United States?

2. GEOGRAPHY: On which continent is the Sahara Desert?

3. GENERAL KNOWLEDGE: Who created The Muppets?

4. MUSIC: What was singer Miley Cyrus' alter ego when she starred in a Disney sitcom?

5. MATH: How many sides does a heptagon (sometimes called a septagon) have?

6. MOVIES: Which singer is featured in the biopic "A Complete Unknown"?

7. FOOD & DRINK: What is carpaccio?

1. Russia, in 1867.

2. Africa.

3. Jim Henson.

4. Hannah Montana.

5. Seven.

6. Bob Dylan.

7. Thinly sliced raw meat or fish, usually served as an appetizer.

8. Wolves.

9. Planet Ork.

10. Terrible.

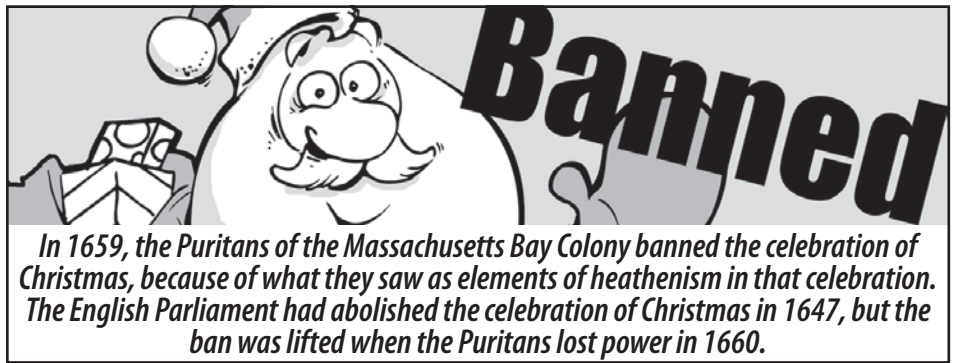
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Murder at Midnight was a series produced by KFI, Los Angeles, and syndicated in 1946. It featured tales of the supernatural and macabre by radio's top writers and performers. Elspeth Eric, Mercedes McCambridge, Berry Kroeger, Betty Caine, Carl Frank, Barry Hopkins and Lawson Zerbe were *Murder at Midnight* regulars. The stories were wild tales of death and the uncanny—of severed hands coming to life, of death appearing as a man in a black beard. It told of “the witching hour... when night is darkest, our fears the strongest, our strength at its lowest ebb. Midnight—when the grave gapes open and death strikes! Thus comes Murder at Midnight.” This show tried to do what *Inner Sanctum* did so memorably on the networks; the stories were often

the equal of *Inner Sanctum* yarns, but the format wasn't in the same ballpark. Writers included Robert Newman, an older *Inner Sanctum* alumnus, Joseph Ruscoll of *Mollé Mystery Theater*, Max Ehrlich of *Suspense*, and William Morwood of *Bulldog Drummond*. Charles Paul contributed the creepy organ music; the director was Anton M. Leader, and the sinister-voiced narrator whose voice dripped “MURRR-DEERRR-A-A-ATTT MIDNIGHT!” was none other than Raymond Morgan, a former Long Island minister who had given up the cloth for the excitement of radio.

Listen to AM 1370 KDTH's *Big Broadcast* heard every Sunday night from 6 to midnight, and you might hear the organ music ringing in *Murder at Midnight*.



EXPIRES 1/31/2026 **Pizza Ranch** CODE 61004
2 Medium Single Top or Specialty Pizzas for \$22
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April 1961

Down Memory Lane

April 1961

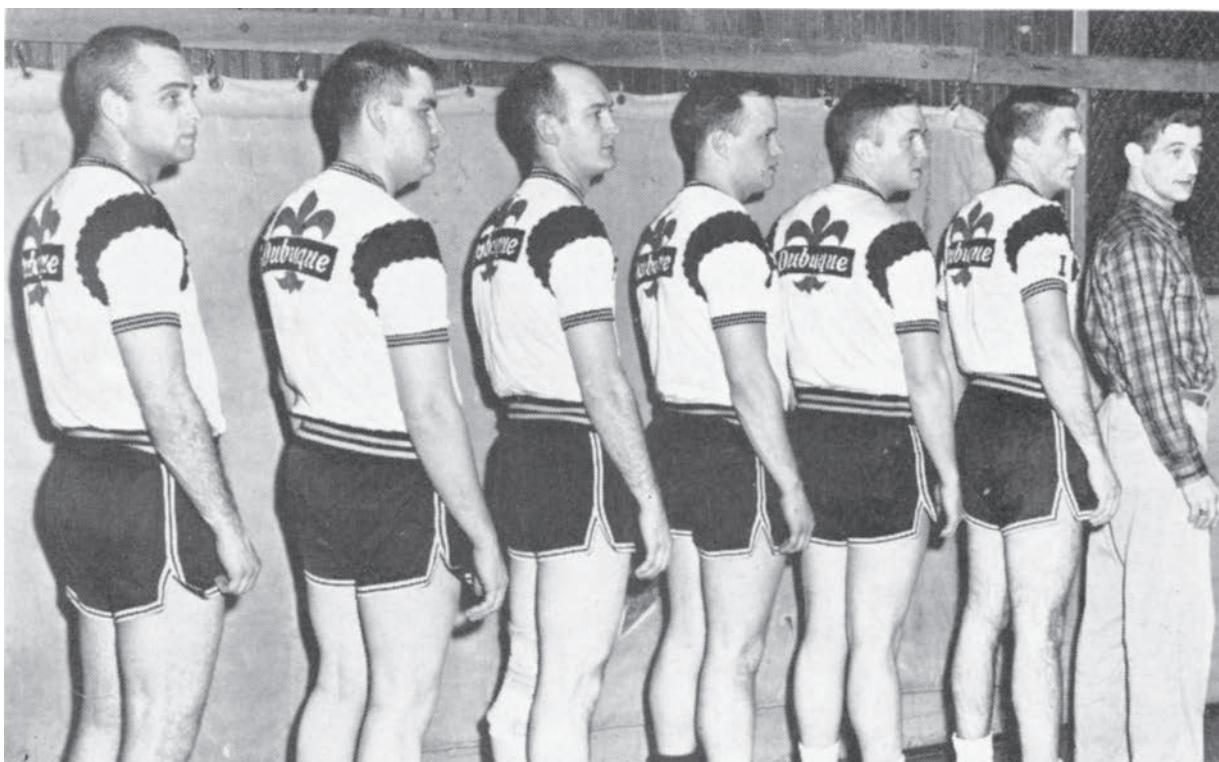
Exerpts From The Pages Of “Dupaco Meating Post” A Newsletter Of The Dubuque Packing Company

HAMMERS VIE FOR BASKETBALL TITLE

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

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

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



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



Jack Hurlburt

Bill Feyen

League Standings

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

SENIOR NEWS LINE

by Matilda Charles

Why do we turn down help?

All too frequently we seniors don't ask for help when we need it, using as an excuse that others need it more. Sound familiar?

Our local senior center decided to host a free holiday dinner a few weeks before Christmas this year. It was to be a full turkey dinner, with several courses, a sit-down affair with table service from the Community Club at the high school. They needed to limit it to 100 people, and advance signup was required. Color them amazed when a full week after the announcement, there were still well over 50 dinner slots available.

Staff starting manning the phones, calling senior center members to ask if they'd heard about the dinner. Yes, people had heard. Yes, it sounded lovely. But no, they wouldn't be signing up for it. Other people, many stated, needed the free dinner more.

This did not surprise me. After all the times I've talked to

To Your Good Health from Pg. 11

the penis, along with plaque that can be felt during an examination in most cases. Some men, but not all, will have pain.

In men who are in the active phase of the disease (where the curvature is getting worse), urologists will often prescribe pentoxifylline for three to six months in hopes of stabilizing the condition and preventing the curve from worsening.

Vitamin E was not found to be superior to a placebo treatment. CoQ10 was found to have a benefit in a small trial, and since it is very safe, this was a reasonable treatment for you to try.

Depending on your symptoms and degree of curvature, there are several options for treatment. Medication can be injected directly into the penis; men treated with this were found to have about a 34% improvement in curvature. Traction therapy is also frequently used.

In men with more severe disease that does not respond to the previous options, surgical treatment can be considered. This should be done in men whose sexual function is affected by the disease and in cases where medical treatments have failed to improve their symptoms adequately.

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

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seniors around me about how it was OK for them to go to the food bank, that it was OK to ask for help — no, I wasn't shocked that many were turning down a free holiday dinner at the senior center.

Does this describe you? Someone who would turn down free things, saying that others might need it more?

There's more to it when we decline help, other reasons, if we're going to be honest with ourselves. Mostly we fear loss of independence. Somehow we equate getting help at the food bank — or a free turkey dinner — with not being able to take care of ourselves, thus possibly inviting scrutiny from others who might start questioning our ability to manage our lives.

I was not surprised when the senior center changed their promotion for the free dinner to say they would welcome donations, and the rest of the slots filled up.

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Welcome to Your Personal Resort —a breathtaking private island estate on the coveted northern tip of **Siesta Key in Sarasota, Florida**. Step through the gates into a tropical oasis where lush gardens surround a sparkling pool and spa. Beyond the side garden, a private dock awaits with direct access to Sarasota Bay and the Gulf of Mexico. From here, enjoy dolphin sightings, sweeping views of Sarasota, and quick passage to Big Pass—all from an oversized deep-sailboat dock.

Endless activities for all ages:

- Kayaks, paddleboards, and fishing gear
- Ping pong, bocce ball, putting green, corn hole, darts, and chess
- Board games, bikes for every age, and battery cars for the little ones
- Beach-ready coolers, chairs, and a wagon. And just 600 feet from the driveway, you'll find a charming community beach perfect for sun and sand.



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- A living room, family room, and dining room
- A chef's kitchen with granite countertops, breakfast bar, double ovens, and coffee station
- Gleaming hardwood floors throughout the main level, plus three guest bedrooms, two-and-a-half baths, and a laundry room
- Upstairs: a loft bedroom and a spacious primary suite with a luxurious bath and oversized walk-in closet
- Ground level: a game room with tournament basketball, air hockey, and shuffleboard, plus extended sleeping quarters with 2 double beds and a queen-over-twin bunk setup, along with another full bath



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What's it **WORTH** on 

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Simpich Character Doll: Ghost of Christmas Present

The Simpich Character Doll "Ghost of Christmas Present" is a handcrafted figure inspired by Charles Dickens' classic novella, A Christmas Carol. Created by the Simpich family, known for their artistry in dollmaking, this particular piece captures the spirit and grandeur of the iconic Christmas ghost who visits Ebenezer Scrooge on Christmas Eve.



Simpich Character Dolls were originally produced in Colorado Springs, Colorado, by Bob and Jan Simpich. From the 1950s through the early 2000s, the Simpich family handcrafted dolls that brought literary and historical figures to life. Each doll was made with meticulous attention to detail, using hand-painted faces, custom-designed costumes, and carefully styled hair and accessories.

In Dickens' tale, the Ghost of Christmas Present represents generosity, joy, and the spirit of giving. He is described as a giant, jovial figure, dressed in a green robe with a fur trim, wearing a holly wreath on his head, and carrying a torch shaped like Plenty's Horn. The character's appearance and attitude are meant to embody the warmth and abundance of the holiday season.

We had the opportunity to work on a collection of Simpich Character Dolls and this was the first of the lot to sell. We had it offered a Buy It Now of \$800.00 and accepted the best offer of \$700.00. The value for the Simpich Character Dolls lies in their rarity and high attention to detail. With 132,000,000 registered users on eBay we can find both value and a buyer when working with such a large pool of potential customers.



1. Who had a hit with "Shadow Dancing"?
2. Name the artist who wrote and released "Lay Down Sally."
3. Which female artist had a 1983 hit with "Time After Time"?
4. Name Billy Joel's first No. 1 chart topper.
5. Name the song that contains this lyric: "Don't go around tonight, Well it's bound to take your life."

Answers

1. Andy Gibb, in 1978. The song topped the charts for seven weeks. B-side songs would vary, depending on the country where the single was released.

2. Eric Clapton, in 1977. The song reached No. 3 on the Hot 100 chart and was used in the film "August: Osage County."
 3. Cyndi Lauper. The song was released on Lauper's debut album, "She's So Unusual." It received a nomination for Grammy Award for Song of the Year, and awards for video award for Best Female Performance and the BMI Pop Award.
 4. "It's Still Rock and Roll to Me," in 1980.
 5. "Bad Moon Rising," by Creedence Clearwater Revival in 1969. The song has been used in video games, films and as the crowd song for a British football team. Years later the song made it to the list of "500 Greatest Songs of All Time."

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Contract Bridge

A 20-POINT INVESTMENT

South dealer.
 North-South vulnerable.

NORTH
 ♠ Q 10 6 3
 ♥ A J 5 2
 ♦ 10 3
 ♣ Q J 9

WEST
 ♠ K 8 5 4 2
 ♥ Q 10 7 4
 ♦ 5
 ♣ 8 7 6

EAST
 ♠ J 9 7
 ♥ K 9 6 3
 ♦ Q J 9 8
 ♣ 4 2

SOUTH
 ♠ A
 ♥ 8
 ♦ A K 7 6 4 2
 ♣ A K 10 5 3

The bidding:
 South West North East
 1♦ Pass 1♥ Pass
 3♣ Pass 3NT Pass
 4♣ Pass 6♣

Opening lead — eight of clubs.

The natural instinct for self-preservation has its equivalent at the bridge table. Consider this deal where South is in six clubs and West leads a trump. Declarer sees that his only potential losers are in the diamond suit, and that all he has to do to make the slam is to ruff one or two diamonds in dummy.

But if South gets careless, he goes down. If he wins the club lead and attempts to cash the A-K of diamonds, West ruffs the

second diamond and returns a trump, and the slam goes down the drain. Declarer can ruff one diamond in dummy, but not two, and must concede a diamond trick to East to hold himself to down one.

However, if declarer exercises his natural instinct to survive, he cashes the ace of diamonds at trick two and leads the deuce of diamonds at trick three! The defense is helpless against this play. East can win dummy's ten with jack and return a trump, but declarer is now in full control. He ruffs a low diamond with dummy's last trump, establishing the suit, and scores the rest of the tricks.

It's true that declarer will lose a trick by adopting this line of play if the opposing diamonds are divided 3-2. North might even rebuke his partner for so blithely tossing away a trick.

But the fact remains that South will collect 1,370 points by deliberately giving away a 20-point trick, and at the same time will nullify the possibility of losing 100. The trick he gives away is simply a matter of self-preservation.

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Make Kale Chips With Kids

Hail to kale! I'm not sure what brought the green, leafy, good-for-you veggie into such renown, but try to open a foodie magazine or blog without some recipe that bows to its virtues. I've been following the trend and now dutifully toss it into stir fries and salads. Sometimes I even let it stand alone all spiced up in our family's most recent obsession: kale chips.

While kale chip recipes abound, I found the best, foolproof technique from Tricia Cornell, mom of two, freelance writer and author of the new book "Eat More Vegetables: Making the Most of Your Seasonal Produce."

The cookbook is chock-full of easy-to-follow, family-friendly veggie recipes. such as her tasty take on "Squash Chili" and "Soupe au Pistou." True to form, she has the kale-chip-making technique down to a science. "When my kids clamor for kale chips, who am I to refuse?" she said as her son, Arlo, chopped up the kale, and her daughter, Nora, grated Parmesan for the chips that would accompany their hamburger sliders for supper. "I want the chips to be tasty and crispy every time we make them," she said.

Pick up a bunch at your local market and enjoy making and tasting these light, crunchy treats with your kids.

CHEESY KALE CHIPS
Makes 4 cups

- 1 large bunch kale (12 ounces); both Lacinato and curly kale work well.



PHOTO CREDIT: Donna Erickson

- 1 tablespoon olive or canola oil
- 1/4 cup finely grated Parmesan
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper, or 1/2 teaspoon pepper flakes

Here's the fun: Heat oven to 400 F. Trim off the long, tough center stems from kale and discard. Slice leaves into 1- to 2-inch pieces and place in a large bowl.

Pour oil, cheese, salt and pepper over kale, and massage kale well with your hands, making sure that every piece is covered but not dripping with oil. Line 2 baking sheets with parchment paper and spread kale in a single layer. Place in oven and immediately reduce heat to 250 F.

Bake for about 20 minutes, until crisp, stirring kale and turning pans halfway through. It's important to keep an eagle eye toward the end; you want them to be crisp, not brown.

When completely cool, serve. If there are any leftovers, store in an airtight container up to three days.

Variation: Barbecue Kale Chips

Omit Parmesan and pepper. Stir 1 teaspoon pimenton de la vera (smoked Spanish paprika) and 1/2 teaspoon sugar into the salt before adding.

...

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

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—Albert Einstein

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Cremer's Cooking Tips

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

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• 2 LB. MASHED POTATOES	• 1 LB. AMISH ROLLED BUTTER
• 1 QT. HOMEMADE TURKEY GRAVY	• 1 PUMPKIN PIE

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

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

The hands down most popular item we carry for the upcoming season is Whole

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

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

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: **Have Your Boarding — Ready**

- | | | | |
|----------|-----------|----------|----------|
| Agent | Cabin | Gates | Outbound |
| Aircraft | Carrier | Inbound | Stopover |
| Arrival | Departure | Layover | Tarmac |
| Baggage | Duty-free | Non-stop | |

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SUDOKU

by Linda Thistle

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

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

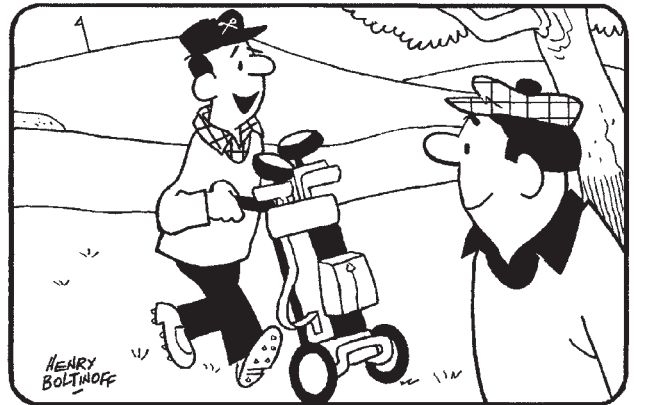
DIFFICULTY THIS WEEK: ◆

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

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HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Club is missing. 2. Man has less hair. 3. Cap is different. 4. Nose is different. 5. Shoe is different. 6. Golf bag strap is different.

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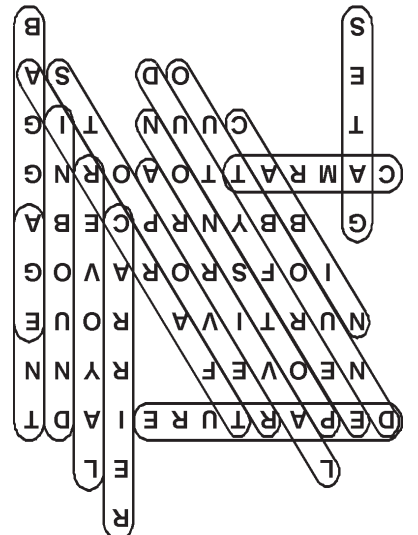
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Go Figure! answers

13		1		15
=		=		=
2 =	8	-	7	+ 3
	+		÷	×
9 =	1	÷	5	+ 4
	-		+	-
13 =	6	+	2	- 9

King Crossword — Answers

Solution time: 26 mins.

E	A	R	S	U	M	O	E	D	A	M	
N	B	A	E	M	I	L	D	E	M	O	
T	E	M	E	R	I	T	Y	G	L	A	D
S	T	A	D	I	A	M	B	A			
			D	A	K	P	A	R	I	T	Y
B	R	O	I	L	T	I	M	K	O	O	
L	O	D	E	S	R	A	T	I	N	G	
I	K	E	P	L	Y	P	O	D	I	A	
P	U	R	I	T	Y	S	E	T			
			P	A	N	C	A	E	S	A	R
V	E	R	A	E	N	O	R	M	I	T	Y
A	M	I	D	S	E	L	L	M	O	E	
T	O	P	S	S	O	D	S	P	M	S	

SUDOKU Answer

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

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Stickelers Answer The answer is $3,125 \times 32 = 100,000$