



The Golden View

Since 1994

February, 2014

Dedicated To The Young At Heart

Dubuque, Iowa

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Saying "I Love You" With A Song

Valentine's Day is special for many people. But how Valentine's Day came about and which St. Valentine it celebrates is inconclusive. We do know that expressions of love have been part of both ancient and religious traditions.

Certainly we've noticed that Valentine's Day is fast approaching. Right after Christmas, Valentine's decorations went up in many stores. This reminder, with its commercial focus, made us think about that special someone, or those special someones—the one or ones we are in harmony with! It also got us thinking about how harmonious our lives are...and what we might do to recognize and celebrate that harmony.

If you see a quartet of men dressed in tuxes wandering around town on February 14, you've run into one of the Music Men Barbershop Chorus' quartets saying 'I Love You' with a song! It's a tradition in Dubuque for the Music Men to sing Val-



YouseGuys Barbershop Quartet
L to R: Merlin Green, Ed Schumacher, Dan (Duke) Kelchen, & Bob

entine's Day greetings. As the Barbershop Harmony Society celebrates its 75th anniversary year it proudly trumpets this tradition of Barbershop Shop Quartets singing valentines in many communities across the U.S. and around the world!

What's the connection between barbershop singing and Valentine's Day? Certainly for over 150 years Valentine's Day has been a cultural event in the United States. So, when barber-

Music Men Cont. P 3

The Hospice Misconception,

by Andrea Chapman Community Relations,
Above & Beyond Home Health & Hospice

Before starting my career at Above & Beyond Home Health & Hospice my experience with the term "Hospice" was very limited to my grandmother's passing in a nursing home. I, like so many others was under the misconception that Hospice was a service only called upon during the very last hours of an individual's life. I was surprised to find out my views were far from reality of what hospice offers. Here are truths on hospice care that may be news to you and change how you interpret the meaning "Hospice."

- Hospice care can start when a terminal diagnosis with a life expectancy of 6 months or less is made by a physician. It is not uncommon for a hospice patient to outlive a 6 month life expectancy; in some cases a patient may stay on hospice for several years.
- Hospice care can take place in the home; it is not restricted to the hospital or nursing home.
- The services of hospice are vast and tailored to the needs of a patient and their family. Above & Beyond Hospice of-



Andrea Chapman, Community Relations, Above & Beyond Home Health & Hospice

fers the following services: (not all hospices have the same services)

- Skilled Nursing, Aides, Homemakers, Massage Therapy, Physician, Social Worker, Bereavement, Chaplain Services, Music Therapy, Respite Care & Volunteers.
- Hospice support continues after the loss of a loved one. Bereavement and social support

Above & Beyond Cont. P 3

Happy Birthday

Verlo Mattress Man! 15 Years!

That's Right! Rod Leibfried's Verlo Mattress Factory and the locally famous blue Mattress Man is 15 years old this Month! The blue guy was asked what he wanted for his birthday "What I'd really like is a driver's license, I stand out front of the Verlo Mattress Factory every day trying to wave somebody down to give me a lift, but all they do is just honk and wave!"

Verlo Mattress is going to celebrate their 15 years by coordinating it with Random Acts of Kindness Month which also happens to be in February. The Mattress mascot and the crew will be going through town randomly selecting people to give cash gifts to, encouraging the person to do something nice for themselves or maybe forwarding that on to somebody else to brighten their day. "Dubuque has been so good to us, we just want to say 'Thank You' in a fun and caring way, if a \$5, \$10, \$20, or \$50 bill improves



Verlo Mattress "Blue Mattress Man" making friends at a restaurant

that person's day it will be worth it! We live here, we have friends here, we support other local businesses here, we want the community to know how much we really do care," Says Leibfried.

Verlo Mattress Factory has been producing mattresses locally in Dubuque since 1999 located at 2725 Dodge (next to Sid's) with the highest quality standards. They will educate each customer on what it takes to increase their quality of sleep and offer a lifetime comfort guarantee. www.verlo.com.

Selling Your Home in the Winter is Possible and Profitable

by Betty Apelian, Sales Counselor

Luther Manor Communities' The Residences

Thinking of selling your current home for a move into something senior friendly and maintenance-free, such as Luther Manor Communities' The Residences? Why wait until spring to list your house?

According to Moving Station, a global relocation management company based in Chicago, IL, "Taking advantage of the winter market activity requires recognition of one key factor working in the seller's favor: buyers at this time of year are more likely to 'need' to move rather than 'considering' a move. If a home on the market meets their expectations, it will be shown. The sellers that wait until warmer weather to



Maintenance-Free Townhome At Luther Manor Residences In Asbury, Iowa

market their homes will miss out on these buyers. For this season in particular, interest rates remain exceedingly affordable, so more buyers are anxious to take advantage."

Moving Station has documented that upwards of five million homes will be sold within one year across the U.S. with win-

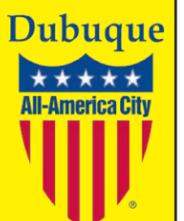
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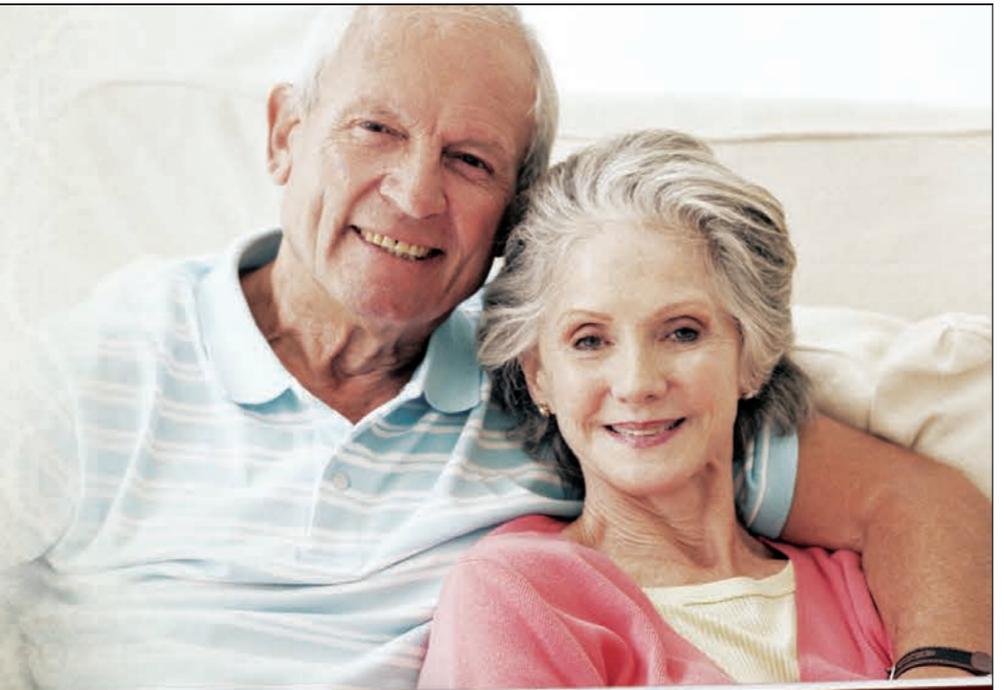
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 11:00 a.m.

Maquoketa Inn & Suites
 1019 W. Platt St.
 Maquoketa, IA
 Feb. 7
 11:00 a.m.

Guttenberg Library
 603 S. Second St.
 Guttenberg, IA
 Feb. 12, 26
 11:00 a.m.

KC Hall-Cascade
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Music Men from Pg. 1

shoppers were looking for ways to celebrate and share the joy of singing in harmony, it was natural to do so on Valentine's Day with a recognition and celebration of harmony, peace, and love. Harmony comes from the heart, the seat of love. So why not say "I love you" by singing in harmony?

If you see a barbershop quartet on February 14, you

know that they are singing love and harmony to special people and doing it in style! For information call: 563-552-7064 or go to www.musicmen.com, Barbershop Harmony Society: info@barbershop.org • <http://www.history.com/topics/valentines-day>, and www.wikipedia/valentines-day.com.

Written by: Joel Gorun for the Music Men Barbershop Chorus of Dubuque

Above & Beyond from Pg. 1

services will maintain contact with family and friends of the deceased patient for at least one year. These support services are there to help address the phases of grief and acceptance.

Above & Beyond Hospice has raised my awareness. Hospice is a team of caring professionals

who provide a customized emotional extension of the health support necessary for end of life care. The length of time needed for an individual and their family receiving hospice services varies greatly; but the more time someone has with a trusted hospice team the greater comfort and enhancement of life offered to them.

University of Dubuque Fine and Performing Arts Department to Present

Dinner à la Morte: Murder Mystery Dinner Theatre

University of Dubuque theatre students will present Dinner à la Morte, a murder mystery dinner theatre production, Saturday, February 1, 2014 at 6:00 p.m. in the University's Babka Black Box Theatre, located in Heritage Center. The production will be directed by adjunct professor Molly Hoefflin, of Die Laughing Players, an expert in interactive theatre in Dubuque.

WHAT: Dinner à la Morte: Murder Mystery Dinner Theatre

WHEN: Saturday, February 1, 2014, 6:00 p.m.

WHERE: Babka Theatre at Heritage Center, University of Dubuque

TICKETS: \$25

Set in prohibition-era 1929, the story begins at Katherine Ryan's dinner party, held in honor of her late husband (and banker) Francis Ryan. Audience members will be "guests" of Mrs. Ryan's, and enjoy a catered meal as the mystery unfolds. Eight student-actors will portray colorful characters throughout the evening, opening with a welcome during which a maître d' will mingle with and distribute new identities to guests, followed by an initial presentation of the plot, moving into dinner where each guest will have a chance to guess "whodunit," and closing with a final wrap-up to the mystery.

Reservations for Dinner à la Morte can be made through January 27, 2014, at Heritage Center's Farber Box Office, Monday through Friday from 12:00 p.m. to 5:30 p.m.; by phone at 563-585-SHOW; or online at www.dbq.edu/heritagecenter.

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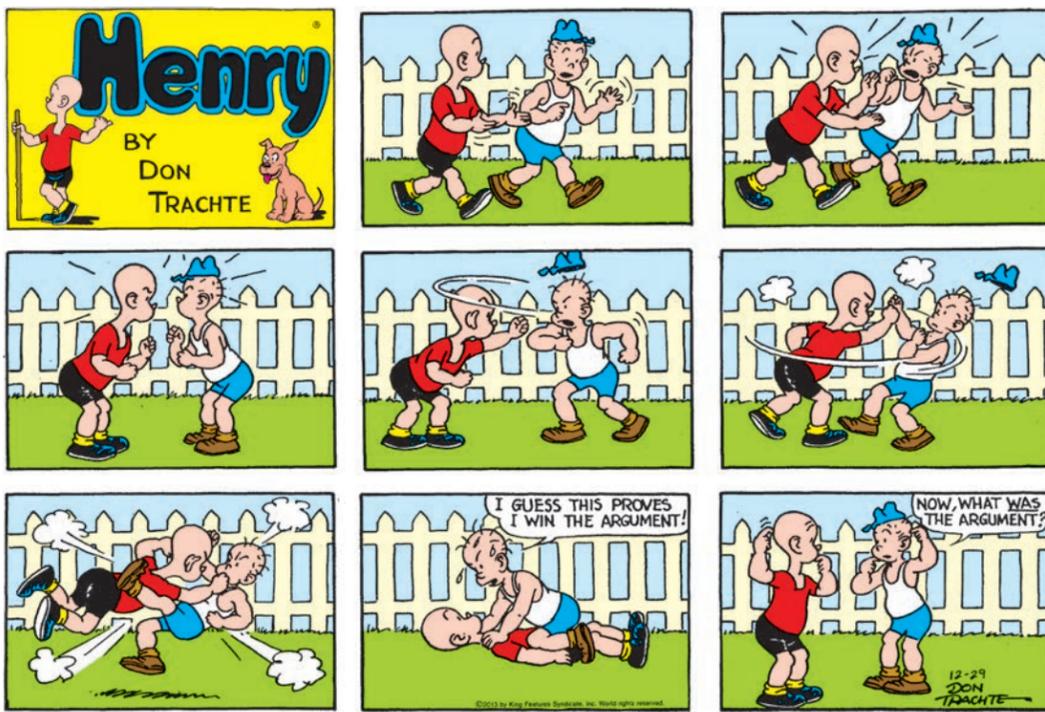
P.O. Box 661, Dubuque, IA 52004-0661
(563) 588-1692 Fax: 563-588-9833
E-mail: rjpub@mchsi.com
http://www.thegoldenviewonline.com
Publisher: R.J. Publishing Co.

Editor - Rudy Bellmann

Graphic Design - Bill Haxmeier

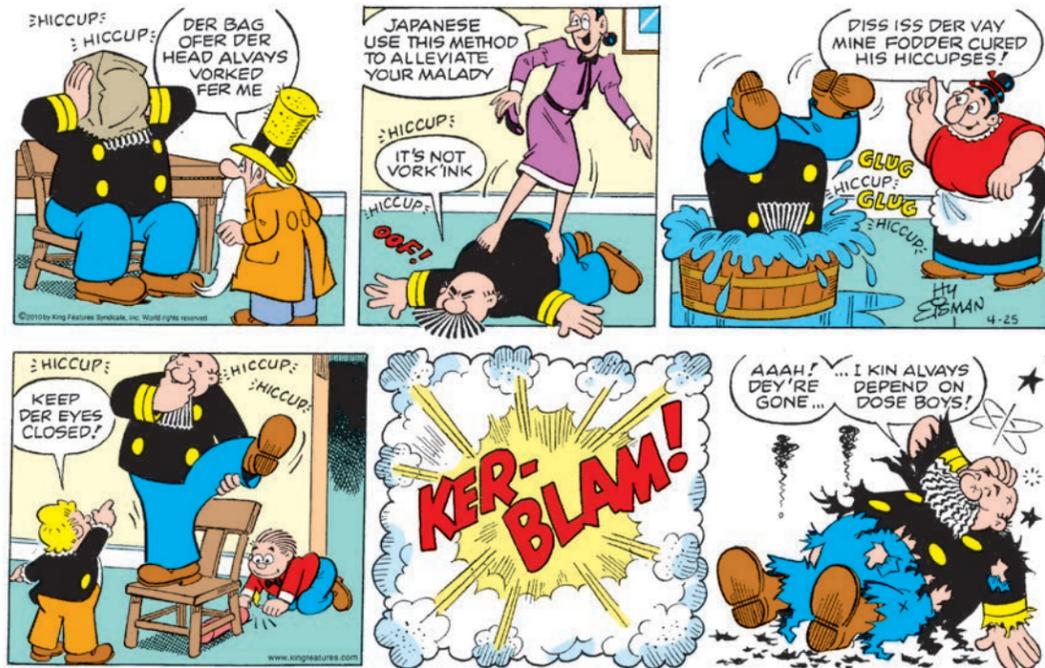
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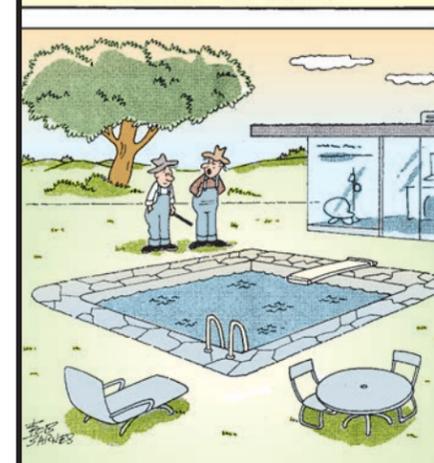
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LAFF-A-DAY



KING CROSSWORD

ACROSS

- 1 Persian bigwig
- 5 Corn core
- 8 Donahue or Collins
- 12 Little, in La Scala
- 13 Regret
- 14 Logical
- 15 Deserve
- 16 Table scrap
- 17 Differently
- 18 Guiding principles
- 20 Grown-ups
- 22 "Help!"
- 23 Tokyo's old name
- 24 Crazy
- 27 Roared
- 32 Id counter-part

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- 33 Acapulco gold
- 34 Geological period
- 35 Delighted (in)
- 38 Nervous
- 39 Writer
- 40 Fellow
- 42 Catchphrase
- 45 Expectorant drug
- 49 "The Music Man" locale
- 50 Personal
- 52 Gospel writer
- 53 Help a hood
- 54 Periodical, for short
- 55 Eye part
- 56 Fashion
- 57 Type measures
- 58 Fender bender
- DOWN**
- 1 Detail, for short
- 2 Frost
- 3 Farm fraction
- 4 Sincere
- 5 Medieval weapon
- 6 "— Town"
- 7 Next after alpha
- 8 Fake
- 9 Consecrated
- 10 "Meet Me — Louis"
- 11 Dregs
- 19 Accomplish
- 21 First st.
- 24 Morning moisture
- 25 Khan title
- 26 Ensued
- 28 Preceding
- 29 Inn offerings
- 30 Work unit
- 31 Rotation duration
- 36 Official emissary
- 37 — budget
- 38 There may be a shadow on it
- 41 Movie with a balloon-borne house
- 42 "The King and I" locale
- 43 Timber wolf
- 44 Iditarod
- 46 Remedy
- 47 Similar
- 48 "— la vie"
- 51 Hardly ruddy

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Selling Your Home from Pg. 1
 ter activity (November through March) accounting for approximately 1/3 of that volume.

Recently, as part of The Residences' complimentary Meaningful Meals seminars being offered monthly to the public through April, the program's focus was *Home Selling Tips for a Changing Real Estate Market*. Speaker David Frommelt of American Realty, Dubuque, noted that these days the area's real estate market is continually active. Why? He pointed to local companies such as IBM, John Deere, Prudential, etc., which are moving their employees year round. Mr. Frommelt left attendees on a positive note predicting overall steady real estate growth in Dubuque, 2014 and beyond, of between three and ten percent.

As an aside, please consider attending any of the upcoming, complimentary Meaningful Meals seminars on these informative topics — *Understanding Medicare Parts A & B* on Feb. 13 with speaker Barbara Barker, former administrator of Luther Manor Communities; *Forging a Financial Path with Ownership* at The Residences on March 6

with speaker Tom Johnson, vice president of commercial lending for Premier Bank; or, *Why We Chose The Residences*, a panel discussion with current owners of The Residences on April 10.

Each of these free seminars include a complimentary buffet dinner and are being offered in the conference center at Luther Manor Communities' Hillcrest Campus. To RSVP just call Betty Apelian, Residences' sales counselor, at **563.557.7662** or at **Betty.Apelian@luthermanor.com**.

If you would like helpful tips on how to successfully get your home sold during the winter months — or, perhaps you'd like to discuss the opportunity of living maintenance-free at The Residences, thereby receiving priority access to a premier health care provider, Luther Manor Communities — contact Betty Apelian, sales counselor, at **563.557.7662** or at **Betty.Apelian@luthermanor.com**.

Betty Apelian is sales counselor for Luther Manor Communities, 'The Residences,' The Residences, in Asbury, IA, is a maintenance-free townhome community for active seniors, age 55+.

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Meet the Presidents:

Thomas Jefferson and Abraham Lincoln

February is a month for remembering the contributions of those who have gone out of their way to shape the nation we live in today. February 12 is Abraham Lincoln's birthday, February 15 is Susan B. Anthony's birthday, and February 22 is George Washington's birthday.



February is also Black History Month, for which we remember those men and women who helped pave the way in securing justice and equality for all. Although these contributions can be easily overlooked or taken for granted, it is important that we take time to reflect on them and be thankful. **Saturday, February 22**, the Galena Jo Daviess County Historical Society will offer a dinner performance with two presidents crucial to the development of our democracy: Thomas Jefferson and Abraham Lincoln.

Presidents Thomas Jefferson, portrayed by Phil Lauricella of Elburn, IL, and Abraham Lincoln, portrayed by Max Daniels of Wheaton, IL. In this presentation, Tom and Abe will discuss issues that they feel are important, like the role of race in the country, national defense, and so on.

A social hour with cash bar will be held from 6 to 7 p.m. in the Desoto House Hotel Ballroom and a dinner will be served at 7 p.m. The menu will include your choice of New York Strip Steak, Pretzel-Crusted Walleye, or Butternut Squash Ravioli with or without chicken. Carrot Cake desserts will also be included. Then at 8 p.m., a 90-minute Town Hall style meeting will be held between

Then they will give you, the American citizen, an opportunity to raise your voice and ask questions of your own. Guests will be encouraged to ask about their personal philosophies, inquire about issues both past and present, and probe about their individual successes and shortcoming. This event will be moderated by Mrs. Mary Todd Lincoln, portrayed by Donna Daniels of Wheaton, IL.

The all-inclusive price for this living history event will be \$50 per ticket. All proceeds to benefit the Galena-Jo Daviess County Historical Society. To reserve tickets, call **815-777-9129**.

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Galena Daily Gazette

Aug. 25, 1905

A young lady living up on Spring street found one of her mother's letters a few days ago. Then she substituted her own name and that of her fellow and read it to her mother who forbade the daughter to have anything to do with a young man who could write such sickening stuff to a girl. The girl then gave the letter to her mother to read, and suddenly the house became so quiet she could hear the grass grow in the back yard.

Understand Odometer Fraud

(NAPSA)-While many people think you'd have to turn back the hands of time to find used cars with their odometers turned back, odometer fraud is, unfortunately, still alive and well. According to new research from Carfax, more than 190,000 cars have their odometers rolled back every year, potentially costing victims in excess of \$760 million in lost value and unexpected repairs.

To avoid odometer fraud:

- Check the vehicle's title and compare the mileage there with the odometer.
- Compare the odometer's mileage with that on maintenance and inspection documents.
- If the vehicle has a traditional mechanical odometer, see if the numbers are aligned correctly.
- Get your used car from a dealership you can trust, such as one recommended by family or friends.
- See if the wear and tear of the vehicle is consistent with the mileage shown.
- Have a qualified mechanic check out the odometer and the rest of the car before you buy it.
- Get a free Carfax Odometer Check.

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An Uplifting Moment

Rev. David J. Claassen



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Spiritual Drift

I like taking pictures of old buildings such as little shacks, rustic barns, and old churches. How do buildings get that way? Well, for one thing, they're old, but that's not the main reason. There are a lot of old buildings that are in good shape. The reason they're in disrepair is that they've been allowed to get that way. People haven't spent the time and money or put forth the effort to repaint and repair them.

The same thing can happen to relationships. If they're left to themselves, with little or no effort applied to them, relationships will go downhill and people will grow distant from each other.

The same thing can happen in the most important relationship we humans can have: our relationship with God. It also can fail to thrive.

Just think about it: what could be more important in the universe than God and our relationship to Him? We get so distracted with day-to-day living that we need to be intentional about keeping our main focus on what's ultimately most important: God.

Here are a few simple suggestions for thriving in our relationship with God. Talk to Him often, even just sentence prayers, throughout the day. Determine to think, speak, and act in ways that are pleasing to Him. Acknowledge a continual dependence on Him. Such steps can prevent a spiritual drift from God and can draw us back to Him.

"You have forsaken the love you had at first. Consider how far you have fallen!

Repent and do the things you did at first." Jesus in Revelation 2:4-5

NOW HERE'S A TIP

By JoAnn Derson

• Before you use your grater to grate cheese, give it a quick shot of nonstick spray. It will keep the cheese from gunking up in the grate. If you need softened butter for a recipe, you can grate it frozen, and it will soften up very quickly, but not melt like in a microwave.

• "Eliminate the odor of peanut butter after you wash the jar by rinsing it with white vinegar. I use peanut butter jars for storing things in my shop because they are a good size and the twist-off top is very secure. One time, the jar smelled like peanut butter, and I guess a mouse decided he'd like to get a taste. I found the gnawed-on jar on my outside workbench. Luckily, there wasn't anything in it."

• "I have found a new way to grocery shop and stay on budget. I use my calculator as I am going through, and add up as I go. Once I hit my budget, I

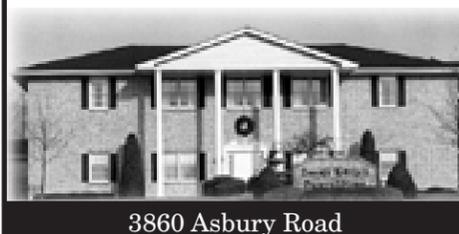
can't get anything else, so I have learned to get the things I really need first (most of them on the perimeter of the store), then shop the aisles for other things. I have stayed on budget for two months, when before I had been going over budget a lot!"

• Clean your cellphone screen often. This is especially important if you have a smartphone. We use our fingers nonstop to touch the phone, then put it directly up to our face. It's a germ's paradise. Just remember: A quick swipe with an alcohol cloth might save you from getting the flu this season. Stay healthy!

• "When heater season is in full effect -- like now -- I keep a spray bottle of water, to which I add 2 tablespoons of liquid fabric softener. I spritz the house from time to time, and it will add humidity as well as a pleasant scent, but it also keeps my carpets from making my kids little zappers (from static buildup when dragging their feet!)."



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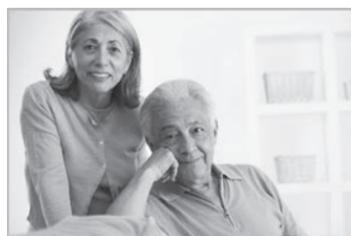


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"2014 Ecumenical Emmaus Weekend"
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Men's weekend is February 28 - March 2

These weekends are for anyone who wants to grow in their Christian faith.



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When I think of February, I think of Groundhog's Day, Valentine's Day, and President's Day.

Yes, we all hope for early spring and that the groundhog does not see his shadow on February 2nd.

Valentine's Day – take time to receive and give of your heart to others. You can do this by spending time with children like the Foster Grandparent Program, volunteering at your church or civic group. Don't forget your family members as they will remember you too.

Honor our presidents – George Washington, Abe Lincoln and Ronald Reagan, all are born in February. Enjoy a cherry pie in honor of George during this time.

My birthday is near to Abe Lincoln. If Lincoln was still living – he would be celebrating his 205th birthday. Here are some interesting facts about the Lincoln penny – Yes, Abe is the president on the penny we have in our pockets.

Recently, while waiting for pizza the place mat quiz asked where was Lincoln born? –As a child, my family traveled to Hodgenville, KY to see his cabin birthplace home. (The pizza place mat had it wrong!) His family spent time in Indiana as a child, before he came west to Illinois. The state slogan for Illinois is – the Land of Lincoln and he did spend his professional life in Illinois.

In 1904, President Theodore Roosevelt wrote to his Secretary of the Treasury, Leslie Mortier Shaw complaining that U.S.

coinage lacked artistic merit and to find an artist to prepare new coin designs.

Sculptor Augustus Saint-Gaudens was suggested to design all the American coins, but he died before the work could be finished.

When President Roosevelt saw sculptor Victor David Brenner's bronze plaque of Lincoln, the idea to feature this image of Lincoln on the U.S. Cent coin was born.

The penny was originally an Indian head and had wheat on the tails side of the coin. The Wheat side was replaced with the Lincoln Memorial in 1959. Next time you look at a penny think of how it began.

We all occasionally see a penny on the ground. Do you know where the term "Lucky Penny" comes from? The Irish will say, "Find a penny, pick it up. All day long, you'll have good luck." But, only pick this penny up if it is face up, as tails will lead to bad luck. Or if the penny is tails, you give the penny to a friend, to pass the luck to someone else.

In Ireland, there is a concept of luck money. Supposedly in the olden days, merchants would give a penny back to a customer as a way of wishing them good luck with their purchase.

Rumor also says that if a lucky penny is turned over in your hand three times on a new moon it will bring prosperity and luck.

Take time to care for the people you love and celebrate the work our presidents have done to keep our freedom.



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**ANDROID Tablet Class - Monday, February 10
2:00-3:30 p.m. in the Aigler Auditorium**

**iPAD Tablet Class - Monday, February 24
2:00-3:30 p.m. in the Aigler Auditorium**

*All programs are free. For more information contact the Library at
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City Welcomes Applications For City Life Program

The City of Dubuque is ready to welcome 25 Dubuque residents for the next session of City Life, a free "citizen academy" program designed to provide residents a hands-on connection with their local government. Applications to participate are due Friday, Feb. 14.

City Life was developed in 2013 by the City of Dubuque Human Rights Department to offer residents the opportunity to interact with City staff and other community members, discover the roles of departments and their services, participate in tours of City facilities, and learn about different opportunities for civic engagement with their city government. The City Life program consists of one session

per week for 10 weeks, with each session held on Thursday evenings from 6-9 p.m. The next session runs March 6 through May 8. The Human Rights Department offers City Life twice a year, each fall (September-November) and spring (March-May).

For more information and to apply for City Life, visit www.cityofdubuque.org/city-life, contact Community Engagement Coordinator Nikola Pavelic at 563-589-4182 or npavelic@cityofdubuque.org, or stop by the Human Rights Department office at 1300 Main St. in Dubuque. Accommodations may be arranged for those who wish to participate but require assistance in the areas of transportation, childcare, and/or language.



**Come
Chat
With Me**
by S. E. Persinger

Hi! What do you do on a “free” day? A free day is something you give yourself because you need a break from the 24/7 routine of everyday life. This day should be spent alone. You need to rediscover yourself.

When I worked full time, I just had to have my “free” day away from my normal duties as an employee, wife and mother. I didn’t abuse my “free” days but when I needed a time out, I took it. I hope you have a chance to experience this delightful time at least once in a while. You need it.

Now that I am retired, I still need to have a “free” day in which to explore my potential.

But nowadays, with my aching bones, wobbling knees, dimming eyeballs, and lazy ears, I have to plan my day differently

then years ago.

Since a “free” day is to be spent alone, I forgo eating out with my friends, don’t visit museums, don’t surf the mall, play cards, go to bingo, or visit a beer joint. But I might visit a local city park, or stop for a Whitey’s ice cream. And once in a while I might sit near a table of *romeos* (retired old men eating out) and eavesdrop on their conversation. Sometimes I cruise a library and sit in a section all by myself. After all, it is “me” time. I might even take in a movie, all by myself.

Life gets so heavy sometimes that you just have to unload your burdens, sorrows, and complications that have become like yokes around your neck. You have to have a talk with yourself. You have to be alone for just a while to rediscover just who you are. And it doesn’t matter what age you are. You need a “free” day to find yourself. It can be very refreshing. Go for it!

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By Pamela Shaw Social Security District Manager in Dubuque IA

February is American Heart Month, focusing on heart disease and how to prevent it. Every year more than 700,000 Americans have a heart attack and about 600,000 die from heart disease — making up about a fourth of the nation’s deaths. National Wear Red Day, February 7, also focuses on heart disease — the number one killer of women.

February 4 is World Cancer Day, a chance to raise our collective voices in the name of improving knowledge about cancer. February 14 is National Donor Day, encouraging everyone to become an organ donor, giving the ultimate Valentine to someone in need.

These awareness campaigns remind us how critically important Social Security disability benefits are for people with severe disabilities and their families.

Many people do not like to think about disability. However, the onset of disability is unpredictable and can happen to anyone at any age. The unfortunate reality is that one in four 20-year-old workers become disabled before reaching retirement age. When severe illness or injury robs a person of the ability to work and earn a living, Social Security disability benefits can provide a critical source of financial support at a time of need.

When you work and pay Social Security taxes, you earn credits. These credits count toward retirement, survivors, and disability benefits. The number of credits you need to qualify for disability benefits depends on your age, and some of the work must be recent. For example, the younger you are the fewer credits you need to have. For most people, you need to have

worked at least a total of 10 years, but if you are younger, you may qualify with as little as a year and a half of work.

You don’t need to have had a heart attack, organ transplant, or cancer to qualify for disability benefits. However, you must have a disability that is severe enough to render you unable to work and that is expected to last a year or longer, or result in death.

If you have such a disability, you should start your application now. That’s because it takes time to determine whether you qualify for benefits. It usually takes three to four months for a medical decision from the state agency that evaluates your condition. If your application is approved, your first Social Security disability payment will be made for the sixth full month after the date the state agency determines that you qualify for disability benefits. For example, if the state agency determines you qualify for disability benefits effective January 15, your first disability payment would be paid for the month of July. (Your July payment would be received in August.)

It’s in your best interest to do everything you can to help speed the process. The best first step is for you to read our online publication, Disability Benefits, at www.socialsecurity.gov/pubs. It will tell you all about the process, including the information you will need to apply for benefits.

Then, take advantage of our online disability starter kits. We have one starter kit for children and one for adults, and both are available in English and Spanish. The starter kit will help you get ready for your disability interview or online application, and provides information about the specific documents and the information that we will request from you. You will find the starter kits on our disability website at www.socialsecurity.gov/disability, under Apply for Benefits.

To Your Good Health

Paul G. Donahue, M.D.
P.O. Box 536475
Orlando, FL 32853



E-mail: letters.kfws@hearstsc.com

Dear Dr. Donohue: My mother was discharged from the hospital this past week. She was admitted for a urinary tract infection. She has had many urinary tract infections in the past, and they were all treated as an outpatient. Why was hospitalization needed this time?

Answer: The term “urinary tract” covers a considerable amount of ground. The kidneys, the ureters (the tubes that carry urine to the bladder), the urinary bladder and the tube that drains it -- the urethra -- are the four parts of the urinary tract. Your mother’s past urinary tract infections most likely were bladder infections. The official name for those infections is cystitis. People usually are treated for cystitis as outpatients.

Kidney infections, on the other hand, are much more serious, much more difficult to treat and carry with them the possibility of permanent damage. These infections most often are treated with intravenous antibiotics in the hospital. Such infections have the name pyelonephritis (PIE-uh-low-neff-RIGHT-iss).

Bladder infections make a person uncomfortable, require frequent urination and might induce a slight rise in body temperature.

With a kidney infection, people take to their bed, have a high temperature, often develop shaking chills, and suffer flank

pain. This is the kind of urinary tract infection your mother recently had.

Dear Dr. Donohue: Just below my armpit I have a small, red bump. It’s not tender, even if I push on it. I know it’s been there for many years, but I can’t tell you how many, maybe forever. What could it be?

Answer: This is a guess, only a guess. Because of the location, the lack of symptoms and the long time it’s been there, I’d say it’s an extra nipple. About 1 percent of the population has one or more extra nipples. Since it’s been there for so long and since it hasn’t caused any trouble, you don’t have to rush to a doctor. Mention it the next time you see one.

Dear Dr. Donohue: I love sweets. I also have diabetes. Can I use honey as a natural sweetener?

Answer: Sugar is a natural product, too. You have to use honey as you would sugar. One teaspoon of sugar has 16 calories, and one teaspoon of honey, 21.

Dear Dr. Donohue: I take flaxseed each morning with my breakfast. It works wonders for me after having constipation for many years.

My question is, will the residue of flaxseed settle in my colon and cause a greater chance of diverticulitis or some other type of stomach disorder?

Answer: Flaxseed keeps you from constipation. That reduces the risk of diverticulitis greatly. It isn’t linked to any digestive tract disorder. Stick with it.

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563-556-6200 or
800-862-6133

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Before beginning any exercise program,
we recommend checking with your physician.

Wednesdays at the Movies: February 12, Kehl Diabetes Center 1 – 3 p.m. Cost: \$2. Movie: *Grease*. John Travolta and Olivia Newton-John star in the film version of the smash hit Broadway musical about the fabulous 50's. You must pre-register to attend movie by calling 563-589-4899.

Pre-Diabetes: What Can I Do Now? Thursday, February 6, 1–3 p.m. and Thursday, February 13, 1 – 2 p.m. Kehl Diabetes Center. Cost: \$40, payable day of class. This 2-part class will help you learn what you can do to prevent or delay the onset of type 2 diabetes. Part 1 will focus on an overview of diabetes and pre-diabetes management through physical activity and nutrition. Part 2 will focus on successes and barriers met in the past week, specific skills needed for making lifestyle changes including more information on meal planning and dining out, and leaving with an individual plan for success. Please register at 563-589-4899 or toll free at 1-888-589-4899.

Diabetes Express: Wednesday, February 19, 9 – 11 a.m. Kehl Diabetes Center. Cost: \$5. Learn about type 2 diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basic components of diabetes treatment. Adult individuals with type 2 diabetes and a support person are welcome to attend.

Zumba: The Babka Wellness Center. Instructor, Tina Reeder, Licensed Zumba Instructor. 6-week session beginning Wednesday, February 26 10:30 a.m. Cost: \$60. This program fuses Latin rhythms and easy-to-follow moves to create a total body work out. Please wear low tread shoes. For more information, call Tina at 563-589-2563.

Investigating Reiki: Kehl Diabetes Center. Thursday, February 13, 5:30 p.m. Cost: \$10. Instructor, Tamara Maury, Usui and Karuna Master Teacher Trainer. During this informative class you will learn: More about what Reiki is and the benefits of Reiki for mind, body, and spirit. Is Reiki easy to learn? Where can I experience a Reiki session?

Reiki I: Kehl Diabetes Center. Saturday, February 8, 9 a.m. – 4 p.m. (Bring your own lunch and refreshment.) Instructor, Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$125. This one day course is the beginning level of Reiki training. You will be able to give yourself Reiki, your family, friends and pets, or even expand to the community as a volunteer. The training consists of discussion, Reiki Level I attunement, hands-on practice, and includes the course handbook “Reiki the Healing Touch.”

Reiki II: Kehl Diabetes Center. Saturday, February 22, 9 a.m. – 4 p.m. (Bring your own lunch and refreshment.) Instructor: Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$175. This one day course is the second level of Reiki training. You must have Reiki I certification to take this class. You will take your Reiki I skills and move them to the next level of training which includes distance healing and the use of Reiki II healing symbols. The training consists of discussion, the Reiki Level II attunement, hands-on practice, and includes the course handbook “Reiki the Healing Touch” by Wm. Rand of ICRT.

Reiki Sessions: Individual sessions with Tamara available upon request. \$75 per session. Call Tamara at 563-564-7622 for more information.

Total Body Workout: Six-week session beginning: Monday, February 24, 5:30 p.m. Cost: \$60. Babka Wellness Center. Instructor: Tina Reeder, Licensed Massage Therapist. A 45-minute routine using a fitness ball combined with floor exercise for a total body workout. Must be able to get up and down from the floor. Please bring your own towel and water. For more information call Tina at 563-589-2563.

Chinese Qigong: Six week session beginning: Thursday, February 27, 12 p.m. Cost: \$60. Babka Wellness Center. Instructor: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner. Qigong, also known as acupuncture through movement, is practiced by millions of Chinese people every day, Qigong consists of very gentle movements that relieve stress, relax the body, increase awareness, promotes healing, and fight the signs of aging. Class is approximately 50 minutes.

Natural Energy for Healing: Thursday, February 20, 5:30 - 7:00 p.m. Kehl Diabetes Center. Instructor: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner & Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$15. Biofeld Therapy is often referred to as “energy healing” or “laying on of hands” and is described as “one of the oldest forms of healing.” Join us for an informative and hands-on session where they will share a selection of biofeld energy healing techniques currently available.

James Kennedy Public Library in Dyersville Activities
 Programs are free unless otherwise noted. For information and registration, call 563-875-8912 or go to www.dyersville.lib.ia.us.

Books for Lunch Book Discussion: Monday, February 3 @ 12 noon. This month the group will discuss the book *The Spark: A Mother's Story of Nurturing Genius* by Kristine Barnett.

Sit and Stitch: Wednesdays, February 5, 12, 18 & 26: @ 1 p.m. Join other crafters at this weekly gathering to share crafting and conversation.

Genealogy Club @ Your Library: Wednesday, February 5: @ 6:30 p.m. Join other genealogy enthusiasts to share tips and work on projects.

A Friend Indeed: Helping Those You Love When They Are Grieving: Sunday, February 9: @ 2 p.m. Join us for this informative and sensitive program on grief led by Amy Florian, an author, nationally known speaker, and widow.

Build-A-Basket Fundraiser begins! Monday, February 10. Create a theme basket and donate it to the library by March 14 to be auctioned off for a fundraiser. Call the library for details.

Inspirational Fiction: A Novel Approach to Faith book discussion series: Tuesday, February 11 @ 7 p.m. For this meeting the group will read and discuss *The Last Plea Bargain* by Randy Singer.

Senior Game Day: Friday, February 14 @ 2 p.m. The library will be hosting a game day for seniors. Come learn how to play the game Farkle. There will be healthy refreshments and door prizes!

Bear Creek Carving Club Demo: Saturday, February 15 from 10 a.m. – 2 p.m. Members of the Bear Creek Woodcarving Club will be at the library to demonstrate carving techniques and display their carvings.

Zentangle Club: Thursday, February 20 @ 6 p.m. Join other zentangle enthusiasts at this monthly gathering on the third Thursday of the month from 6 – 8 p.m.

Author visit with Carol Denekas: Saturday, February 22 at 1 p.m. & 3 p.m. Join Dyersville author, Carol Denekas, as she talks about her first published book, *Rescuing Love*. Carol will talk about her book and her journey at 1 p.m. and again at 3 p.m.

The Assassination of Abraham Lincoln: Friday, February 28 @ 2 p.m. Join us for this extraordinary PBS docufilm about the assassination of Abraham Lincoln. A discussion will follow.

Game Night @ Your Library: Friday, February 28 @ 6 p.m. Bring your favorite game and meet, teach, and play with others! All ages welcome.

Library programs are free unless otherwise noted. For information on these and other library programs please call 563-875-8912 or go to www.dyersville.lib.ia.us or contact Lisa Gaylor, Senior Services Librarian.

The Thomas Determan Global Perspectives Endowment/Scholarship Awards

Are you “thinking globally” these days? Are you “acting locally” as a result?

Each of us is affected by global events, trends, and issues in some way or another?

Maybe it's the price of food or fuel. Perhaps your new neighbor is someone new to Dubuque who you would enjoy meeting. Indeed, you may know a person whose rights were violated in the justice system. You receive images of our world daily. These may move you, scare you or enthrall or inspire you.

All of these and other examples illustrate our everyday lives make us citizens of the Earth. Our “big blue marble” does not recognize the human barriers, silos, fences and walls we have built. It is time to abandon the obsolete sense that we can “go it alone.”

I am a formally retired, yet perpetual educator. Part of what I wish to leave behind is the notion that “Global is the new normal.”

To do so, I have established The Thomas Determan Global Education Endowment. Its initial mission is to invest in

high school seniors who seek to take a global perspective into their adult lives and careers as leaders. The next step is the establishment of global education seminars to enhance educators' ability to infuse global perspectives into all levels and disciplines of K-12 education.

Your investment in this vision is needed. You know that we face substantial new realities in the nature of interdependence, conflict management, environmental sustainability, protecting human dignity and rights and, finally, choosing the alternatives before us that will help us live up to our promise. That promise is usually this phrase, “I want to leave this place a better one for my children and grandchildren.”

Go to my website: tdglobal.org.

Call me (563-564-7978) or write me thomdeterman410@gmail.com or stop by (call first, please) for a chat about my activities.

Finally, I leave you with the words of Mahatma Gandhi, “Be the change you seek in the world.”



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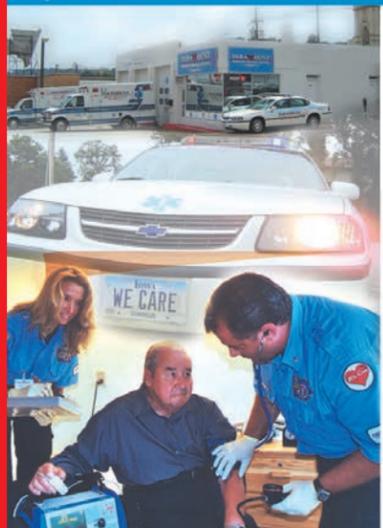
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Loras College Launching Education STEM Master's Program

DUBUQUE, Iowa --- Loras College will begin offering a master's-level program for elementary, middle, and high school teachers who want to improve both STEM (Science, Technology, Engineering and Math) content knowledge and pedagogical skills to help their students meet the Next Generation Science Standards and Common Core State Standards. The program will approach STEM areas as a single integrated discipline, use real-world, place-based problems, and emphasize interdisciplinary instruction and learning.

The MA program will be delivered with face to face summer components and online courses during the regular academic terms by interdisciplinary faculty teams.

"Loras College has a long tradition of interdisciplinary education, successful outcomes and 90%+ graduate and professional placement rates in sciences and mathematics, an ABET-accredited engineering program, and

faculty expertise in mathematics and science education. For example, math and science education faculty have been delivering Title II grant-funded professional development activities for teachers for 10 years through the Lesson-Study and Communities of Exemplary Practice (science/math education) initiatives, awarded by the Board of Regents, State of Iowa," explained Cheryl Jacobsen, Ph.D., Loras College Provost.

The program addresses the need for a technologically-proficient workforce with increasing globalization, and reflects efforts made at the national level and by the State of Iowa to encourage students to consider careers in STEM and to expand access to such careers by improving STEM education.

"Graduates of the program will be able to take what they've learned back into their classrooms and apply it for the benefit of their students. The program uses an integrated approach to STEM topics and concentrates on delivering STEM concepts to all students, using an approach that is contextual and addresses real-world problems."

Mercy events for February

Stroke Detection Plus: Detect your risk for stroke with three different non-invasive tests. Screenings for carotid arteries blockage, abdominal aortic aneurysm and peripheral vascular disease plus osteoporosis are \$45 each or all four for \$135. Tuesday, February 4 and Wednesday, February 5. Mercy, ground floor, Dubuque. Appointments are required. Call Stroke Detection Plus toll-free at 1-877-732-8258.

Eat Smart for Your Heart: Learn how simple changes and smart choices can add up to big rewards for your heart and overall health. Mercy dietitian Mary Hampton, RD, LD, will share practical tips and recipes that you can use at home. Tuesday, February 11, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration is required online or at 563-589-9600.

Cardiovascular Disease: Current and New Frontiers: Learn from the experts. Medical Associates cardiologist R.S. Ramabadran, MD, and Dubuque's newest cardiovascular surgeon Lance Bezzina, DO, will discuss the latest techniques and what will soon be available for treating cardiovascular disease. Wednesday, February 19, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration is required online or at 563-589-9600.

Cardiac Drugs: The Tried and True and What's New. Every prescription and over-the-counter medicine has benefits and risks — even such a common and familiar medicine as aspirin. Mercy pharmacy clinical coordinator, Kate Kurt, PharmD, will present the latest facts about the benefits of commonly prescribed cardiac drugs and other heart healthy supplements. Thursday, February 20, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration required online or at 563-589-9600.

Mercy Red Dress Breakfast: A fun-filled morning to raise awareness of heart disease in women. Enjoy a heart-healthy breakfast and hear from hilarious keynote speaker, Jeanne Robertson. Friday, February 21. Doors open at 7 a.m.; breakfast served at 7:30 a.m. Grand River Center, Port of Dubuque. Tickets: \$25. Registration required by February 14 at www.mercydubuque.com/reddress or 563-589-9600.

Mercy Intuitive Eating Program: Breaking the Dieting Cycle. Stop chasing the latest fad diet in your attempts to lose weight. Mercy's intuitive eating method has helped thousands of people end the cycle of yo-yo-dieting. Learn how to listen to your body. Tuesdays, February 25 – April 1, 5 – 6 p.m. Fee: \$199. Registration is required online or at 563-589-9600.

Heart Health Mythbusters: Some myths could actually be dangerous for your heart. Medical Associates Clinic nurse practitioner, Julie Ehlinger, ARNP, will bust several myths so that you can do what's best for your heart. Thursday, February 27, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration required online or at 563-589-9600.

Interval Strength Class: Alternate walking and lifting dumbbells with a certified instructor. Six Tuesdays and Thursdays, 4:45 – 5:45 p.m. or 6 – 7 p.m. Mercy Wellness Center, Professional Arts Plaza 3rd floor. Dubuque. Cost: \$84 for a session of 12 classes. Begin your session of 12 classes at any time. Arrive early for your first class to register.

Yoga retreat with a twist: Please remain seated

SINSINAWA, Wis.—Sinsinawa Mound is offering a chair Yoga retreat, "Finding New Connectors to God," Friday, Feb. 7, 7:30 p.m.-Sunday, Feb. 9, 1 p.m.

Participants will practice Yoga while sitting on a chair, welcoming people of all physical abilities. This retreat will explore the four types of claires—clairvoyance (pictures), clairaudience (hearing), clairsentience (feelings), and claircognizance (knowing)—trying to discover one that resonates with you to help you better connect with the divine power and bring awareness to where you are spiritually.

The retreat will combine the Hatha physical practice and meditation practice of Yoga. Denise Edenhofer will present this semisilent retreat. She is a certified fitness trainer and Yoga teacher. The registration deadline is Jan. 31, and the fee is \$217 for an overnight guest or \$142 for a commuter.

For more information, contact Guest Services at (608) 748-4411 or visit our website at www.sinsinawa.org. Sinsinawa Mound, the Motherhouse for the Sinsinawa Dominican Sisters, is located in southwest Wisconsin on County Road Z, off Highway 11, about five miles northeast of Dubuque.

Did you ever wonder why Kamikaze pilots wore helmets?

Contract Bridge

by Steve Becker



Where There's Life, There's Hope

North dealer.
North-South vulnerable.

NORTH

♠ K Q 5 2
♥ K 6
♦ A 7 4
♣ A K 8 3

WEST

♠ 7 4
♥ 10 8 4 3
♦ Q 9 6 5 2
♣ 9 2

EAST

♠ 8 6 3
♥ A Q J 9 5
♦ J 10
♣ Q J 6

SOUTH

♠ A J 10 9
♥ 7 2
♦ K 8 3
♣ 10 7 5 4

The bidding:

North	East	South	West
1 ♣	1 ♥	1 ♠	Pass
4 ♠			

Opening lead — three of hearts.

Assume you're in four spades and West leads a low heart. East collects two heart tricks and shifts to the jack of diamonds. How would you play the hand?

The outlook is not good. It seems certain that you'll lose a diamond and a club and go down one. Of course, you might get lucky and catch the double-

ton Q-J of clubs, but the 7 percent chance of this occurring doesn't cheer you up much.

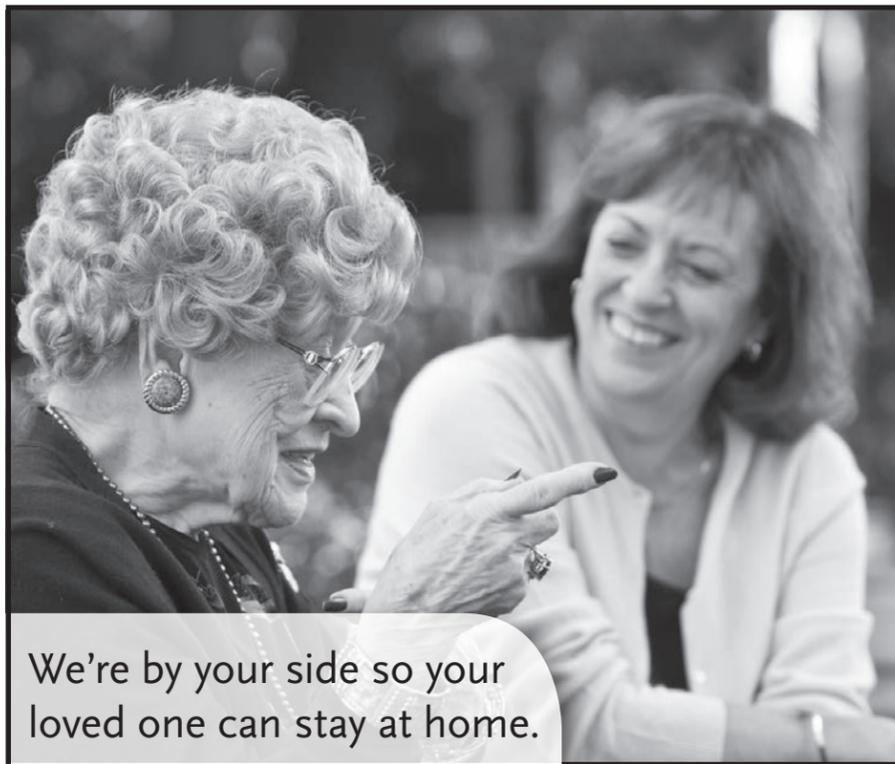
But when you consider the matter further, a brighter prospect emerges. You might be able to make the contract via an elimination play. So you win the diamond return with the king, draw three rounds of trumps and cash the A-K of clubs.

After the trumps and clubs both turn out to be divided 3-2, your chances of making four spades improve significantly. You next cash the ace of diamonds, and then, with fingers crossed, you exit from dummy with a club.

When East wins the trick with the queen, which is what you were hoping for, the contract becomes a virtual certainty. Assuming East started with five hearts for his overcall, he now has nothing but hearts left in his hand. When he returns one, you discard a diamond from one hand and ruff in the other to make four spades.

The hand illustrates how a declarer can sometimes salvage what appears to be a hopeless contract. The key to success in such situations is to try to picture an opposing distribution that would allow you to get home safely. More often than not, your hopes will go unrewarded, but occasionally the outcome will be a happy one.

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When you start out in your career, you're probably not thinking much about retirement. But as you move through the years, your view of retirement comes into focus – and this vision can have a big impact on your savings and investment strategies.

To create and implement those strategies effectively, you'll need to define your retirement vision by identifying its various parts. Here are some to consider:

First, how much will you travel? And will it be local, national or international?

Second, what about housing? Will you downsize? Will you

purchase a second home? Next, will you expand your hobbies? This could involve expanded expenses.

Finally, will you open your own business or do some other type of work during retirement? Even though you'll be bringing in income, you may be incurring costs, such as travel.

By identifying the various components of your retirement vision, and estimating their respective costs, you can make those saving, spending and investment choices that can help you work toward your retirement dream.

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Slow-Cooked Mashed Potatoes

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Slow-Cooked Mashed Potatoes Recipe

Approximately eight cups
3 pounds Idaho potatoes, peeled and cut into 1-inch cubes
1 1/3 cups water
1/2 cup (1 stick) butter, divided
1 teaspoon salt or to taste
1/2 teaspoon black pepper.
1 cup whole milk
Coat a 3 1/2 to 4-quart slow cooker with cooking spray. Add potatoes and pour water over potatoes, stir, cover and

cook on high setting 3 hours or until potatoes are tender. Reduce heat to low, add all but 1 tablespoon of the butter, salt and pepper. Using a potato masher or a handheld electric mixer, beat on medium speed until potatoes are thoroughly mashed (while potatoes are in the slow cooker). Slowly add the milk and beat until creamy; do not overbeat or they will be stiff and have a "gummy" texture. Place the remaining 1 tablespoon butter in a small microwave bowl and cook on high setting 25-30 seconds or until just melted. Drizzle evenly over potatoes.



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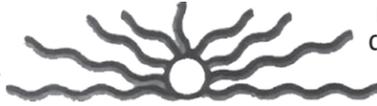
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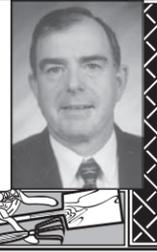
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Plant Talk

by
Ken Resch



New Plants for 2014

As we sit indoors sheltered from the cold of February, let's warm up even more as we preview some of the new plant introductions for 2014. There are so many wonderful plants to highlight that it will take this month and next to preview them all. So, for February we'll cover annuals and perennials and for March we'll look at veggies, trees and shrubs.

A wonderful container plant, Candy Stripe Verbena will turn heads with its abundant pink and red striped blooms that will trail nicely from hanging baskets. Verbena is heat tolerant, disease resistant and bloom, bloom, bloom!

Like sunflowers? Then definitely find a W. Atlee Burpee display and lay claim to a packet of Ms. Mars Sunflower seeds. This is a lower growing sunflower with a lot of branching—thus a lot of flower potential. Flowers, leaves and even stems run through shades of purple and red. The flower petals change from red to pink with maturity (thus its namesake) and will make for wonderful cut flowers.

Phlox lovers will be pleased with a new perennial introduction called 'Glamour Girl.' Walters Gardens has introduced this tall beauty that has hot pink flowers with deep green foliage and purple stems. This variety is very resistant to powdery mildew even in the hottest weather. The stems of this variety are very strong so

the "flop" often seen with tall phlox is avoided.

I'm personally looking forward to finding a new miniature hosta 'Curly Fries' to add to my collection. Given my increasingly limited space and unwillingness to continue managing plants all over the yard and beyond, miniatures make a lot of sense. Walters Gardens is again responsible for this hosta that has narrow chartreuse leaves with rippled edges. Lavender flowers follow in mid-summer.

Grasses occupy another soft spot for me because of their variety, beauty and nearly zero maintenance. This coming season we'll see a new variety of big bluestem called 'Rain Dance' which will offer a dramatic color as it turns from dark green to purple in late summer. An additional plus are the small red flowers that form along the red stems.

Another new coneflower joins the ranks with the introduction of 'Supreme Cantaloupe' from Terra Nova Nurseries and Blooms of Bressingham. Like the name implies, this Echinacea has the color of a ripe cantaloupe with an anemone bloom. Like other coneflowers of the prairie, this variety is drought resistant and loved by butterflies.

My final offering in the perennial world of 2014 is the 'Sea Heart' brunnera. This shade lover looks great in the garden and its heart-shaped green leaves with bright silver veins adds a wonderful pop of color to a dark corner. Like others in its family, this variety sports delicate blue flowers in early spring.

There you have our first installment of what to look for in the spring garden centers or to consider ordering on-line from the growers. Next month we'll continue with part two of this year's new plants. Keep warm—spring will return!

Wanted: Eyeglasses & Hearing Aids

The City of Dubuque has two Lions Clubs - Dubuque Noon and Dubuque Evening. They are making available collection boxes for used eyeglasses and hearing aids. Drop-off boxes have been placed around the city of Dubuque at various locations (see listing below). These glasses and hearing aids are then used for a worthy cause to help improve the vision and hearing of people around the world. Collectively, the Lions of the world; along with church groups and medical missions, have distributed recycled eyeglasses and hearing aids to third-world countries free of charge.

For more information on participating or a pickup, call Jim Trannel (Noon Club) at (563) 557-7360 or Paul Schemer (Evening Club) at (563) 556-7828.

Drop-off locations are:

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Book Review

**“Vivien Leigh:
An Intimate Portrait”**
by Kendra Bean (Running
Press, \$30)

Reviewed by Larry Cox

If Vivien Leigh had made only two films, “Gone with the Wind” and “Streetcar Named Desire,” she still would have managed to achieve film immortality. Her first love was the stage, but it was her luminous intensity in motion pictures that helped establish her lasting reputation. When Vivien Leigh walked into a room, her aura triggered a magnetism that drew people in and left them spellbound.

Kendra Bean’s biography of Leigh is the first to have utilized the Laurence Olivier Archives that features an invaluable collection of personal letters and documents ranging from interview transcripts to film contracts and even medical records. Because of this access, Bean’s book is the first to examine in such intimate detail the fascinating, troubled and often misunderstood life of Leigh.

Vivien Mary Hartley was

born in 1913 in India, the daughter of a British military officer. When the Hartley family returned to England in 1931, Vivien was enrolled at the Royal Academy Dramatic Arts in London. She married a barrister, Herbert Leigh Holman, a year later. The marriage didn’t last, but Vivien used his middle name professionally. After several minor roles, she was cast in a play, “Mark of Virtue,” in 1935, and it was during its run that Vivien met Laurence Olivier. The chemistry between them was especially evident in their first film together, “Fire Over England” in 1937.

Oliver was at work in Hollywood on “Wuthering Heights.” It was during this period that Vivien came to the attention of David Selznick, who cast her in the role that made her an international star, Scarlett O’Hara in “Gone with the Wind.” Leigh’s manic depression and ill health marred her career and even ended her marriage to Oliver in 1961.

Bean documents the highs and lows of Leigh’s life and career with clarity and sensitivity. The incredible images -- many published for the first time, -- add just the right touch.

those who have dementia will think more clearly as a result of exercise. If a dementia patient lives at home, caregivers were encouraged to find exercise programs in the community. Dementia patients in care facilities also should be offered exercise programs. In yet another study of 16 trials, exercise improved cognitive function in patients with varying levels of dementia. Clearly there are some serious benefits to exercising. Always ask your doctor for advice before embarking on a program.

Hearty Minestrone
2 slices bacon, chopped 2 medium carrots, cut into 1/4-inch
1 medium onion, cut into 1/4-inch dice
1 large celery stalk, cut into 1/4-inch dice
2 cloves garlic, minced
3 medium (about 1 pound) all-purpose potatoes, peeled and cut into 1/4-inch dice
1 can (14 1/2 ounces) chicken broth
1 1/4 teaspoons salt
1/4 teaspoon coarsely ground black pepper
1/4 teaspoon dried thyme
1 can (19 ounces) white kidney beans (cannellini), rinsed and drained
1/2 pound green beans, trimmed and cut into 1-inch pieces
1/3 cup small pasta, such as cavatelli, tubettini or ditalini
1 pound Swiss chard, chopped, with tough stems discarded
1/2 pound spinach, tough stems discarded
1/2 teaspoon freshly grated lemon peel
Grated Parmesan cheese (optional)

In 6-quart saucepot, cook bacon over medium heat until browned. With slotted spoon, transfer to paper towels to drain; set aside.

To drippings in saucepot, add carrots, onion and celery, and cook, stirring occasionally, until vegetables are browned, about 15 minutes. Add garlic and cook 30 seconds longer.

Add potatoes, broth, salt, pepper, thyme and 6 cups water; heat to boiling over high heat. Reduce heat to low; cover and simmer 10 minutes.

Add kidney beans, green beans and pasta; cook 7 minutes longer. Stir in Swiss chard, spinach and lemon peel; cook 5 minutes longer or until greens are wilted and tender. Stir in bacon.

SENIOR NEWS LINE

by Matilda Charles
All About Us

Exercise Offers Some Surprising Benefits

Just in time for New Year’s resolutions come multiple studies about the surprising benefits of exercise. One recent study even concludes that in some cases, exercise is more effective than prescription drugs.

In a U.K. study reported in the British Journal of Medicine, researchers scoured the results of hundreds of controlled trials to compare the benefits of exercise versus drugs. This was no small review: They considered the information on more than 300,000 patients. Surprisingly, in diabetes and coronary heart disease, drugs and exercise produced the same results. Patients who’d had a stroke and were in rehab actually fared better on exercise than on drugs.

In a combination of a dozen other studies, researchers verified that physical exercise lowers blood pressure. Specifically, four hours of exercise per week correlated to nearly a 20 percent lower incidence of high blood pressure. Exercising one to three hours per week lowered that level to 11 percent. Being physically active on the job, however, did not lower high blood pressure, leading one researcher to comment that health guidelines don’t distinguish between work and leisure activities, but they should.

In yet another study, researchers determined that

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Winter Window Treatments

by Grandma



When I grew up on the farm, we had our own home decorator for free. Which at that time was about all we could afford. The decorator only came in the wintertime, so you had to appreciate him for three months. His designs produced dazzling masterpieces on our windows. He doesn't come anymore.

You probably figured out that the decorator was Jack Frost. He created fantasy forests, animals, and all kinds of landscapes on the windowpanes. They were one of a kind creations and every morning there was a different design. My siblings and I enjoyed looking at the designs and using our imaginations to figure out what Jack had created. We would like to take our finger to trace around the designs. If our parents caught us doing this, we got a reprimand because they were afraid the heat from our fingers would break the window.

Depending on the kind of heat you were using, the designs would last only in the morning

or they would last all day. If there was a radiator under the window, the pane would heat up and the artistry melted. If there were only oil burning stoves or kitchen wood burning stoves, the design lasted all day. Which of course meant most of the heat generated was close to the stove. If you moved very far from the stove, it was chilly.

By morning, the temperature in the house had dropped to somewhere between brisk and brr-rr. We'd grab our clothes and scurried to stand by a stove pipe in hopes that there was a little heat coming off the pipe.

Heat didn't remain very long in most farm homes. Most of the old houses were built without insulation. Many farmers put bales of straw around the foundation to try to keep out some of the cold. These bales made a wonderful home for the field mice. They would eventually find a crack in the foundation and would join us inside. It was a constant battle of humans versus mice.

Jack Frost's retirement coincided with some big changes in homes that came after World War II, particularly the use of storm windows and thermal glass.

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Taize Prayer: "We Are All God's People" Thursday, Feb. 6, 7-8 p.m. All are welcome! Registration not required.

Valentine Evening for Married Couples: Love, Love and Love Some More! Sunday, Feb. 9, 6-8 p.m., Mass at 5 p.m. Presenters: Kevin & Valorie Schmitt It's the season to celebrate your love! Join other couples in the Shalom dining room for our annual Valentine candlelight dinner. We promise wonderful food and a good time. Following dinner, Kevin and Val will reflect with you on one of their favorite topics: Love! Offering: \$46/couple. Register by Feb. 5.

Embracing Life After the Death of a Spouse or Significant Other: Saturday, Feb. 15, 8 a.m.-3:30 p.m. Team: Barbara Meloy Callahan, Diane Fasselius, Pat Pierce, Jim Swenson and Marci Blum, OSF. Gather with others who have lost a spouse and share experiences of loss, grief and healing. Topics include: coping with loss, making adjustments, dealing with fears, surviving and thriving. Offering: \$40. Includes continental breakfast & lunch. Register by Feb. 10.

Centering Prayer: Monday, Feb. 17, 7-8 p.m. Registration not required.

Lunch & Learn: Yoga to Relieve Low Back Pain. Wednesday, Feb. 19, 12-1 p.m. Presenter: Deb May, Certified Yoga Instructor Join us for a nutritious lunch, and learn chair yoga practices that will give your lower back some nourishing attention to relieve pain and tightness. Yoga helps to build strength and improve mobility. Offering: \$13. Register by Feb. 17.

St. Catherine of Siena and Gospel Poverty: Tuesday, Feb. 25, 7-8:30 p.m. Presenter: Most Rev. Archbishop Michael Jackels (Archbishop Jackels was installed in April 2013 to lead the Archdiocese of Dubuque, having served as bishop of Wichita.) In light of Pope Francis' call to poverty and the spiritual Franciscan heritage of Shalom, Archbishop Michael Jackels, Archbishop of Dubuque, will present on St. Catherine of Siena in living her value of gospel poverty (shared life). St. Catherine, a Dominican tertiary, is one of the two patron saints of Italy, together with St. Francis of Assisi. Offering: \$10. Register by Feb. 21.

Towards a Healthy Christian Spirituality: Seven Sure Steps Ash Wednesday, March 5, 9 a.m.-4 p.m. Director: Fr. Richard Ament. Begin Lent with a preached retreat, time for reflection and quiet and participation in the Eucharistic liturgy. Fr. Dick Ament spells out how to live a Christian spiritual life using the word "healthy." This leads us on our spiritual journey throughout Lent and beyond Lent in our lives. Note: Remember to bring along your Bible or a copy of the New Testament. Offering: \$40, includes lunch. NOTE: Register by Feb. 26.

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April 3, 2013
Mr. Robert Wilbricht, Owner and Director
Cozy Corner Adult Day Care
2785 Pennsylvania Avenue
Dubuque, IA 52001



Dear Mr. Wilbricht:
Let me take a moment to congratulate you and your program staff for the violation-free monitoring visit on March 27, 2013. Caring for the health, safety, and welfare of Iowa's senior citizens is a paramount concern to all of us, whether regulator or provider. We appreciate the efforts of you and your staff in meeting the requirements of established rules and regulations governing adult day service programs operating in the State of Iowa. As part of our continuous improvement process, it is important to recognize those programs where the provision of care and service meets or exceeds expectations. We are hopeful that your program will continue to provide the same level of care and service in the years to come.

Please share this letter and the accompanying Certificate of Recognition with your staff and participants as it represents quite an accomplishment for your program. Again, congratulations on your recent violation-free monitoring visit. Best wishes for continued success in serving the needs of our elderly citizens.

Sincerely,

Rodney A. Roberts

Rodney A. Roberts, Director
Iowa Department of Inspections & Appeals

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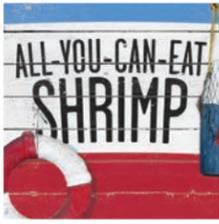
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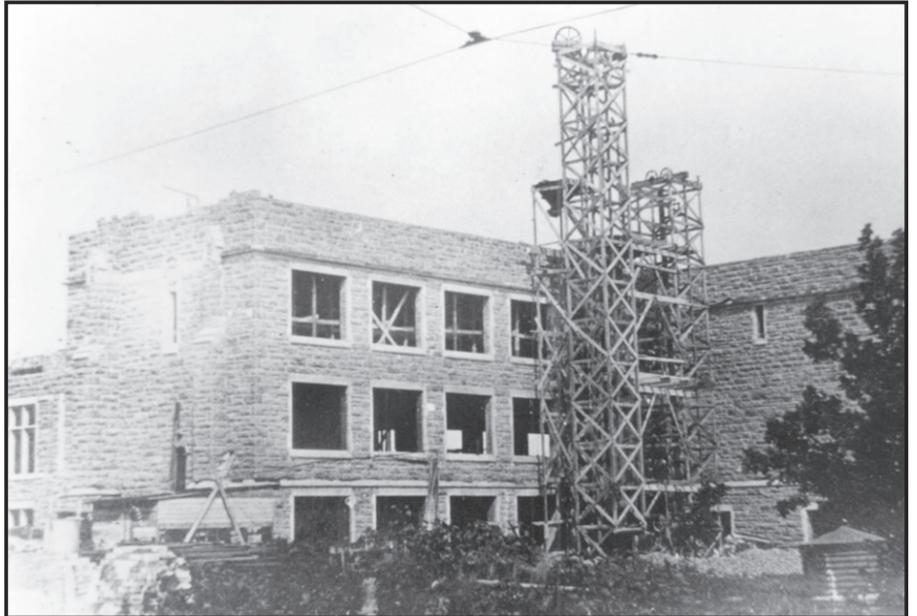
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YESTERDAY AND TODAY
 BY MICHAEL GIBSON



Scaffolding used by the stone masons during construction of Dubuque High School as seen looking from the northwest corner of the building. (Center for Dubuque History, Loras College, MSL p. 66)

Long known as the Home of the Rams, the Gothic castle-like limestone building at the corner of North Grandview and Clarke Drive was dedicated in 1923. The old red stone Central High School at 15th & Bluff, built in 1895, could no longer accommodate the city's high school students. In August of 1920 the school board purchased 15 acres of farm land owned by Mt. St. Joseph College (now Clarke University) and despite its remote location from the heart of the city, members of the Board of Education said the site "requires minimal grading, no tearing down of buildings, ample space for an athletic field, and is easily accessible by street car. We must look ahead farther than five years and this school will be built so well that fifty years from now it will still be standing and will be a central location of the community as the growth will be toward the west end." So the cornfield at the "Rim of the city" was purchased for \$45,335.

The architect selected was J.W. Royer, and the general contractor was English Brothers from Champaign, IL. Heim and Sons furnished the hollow bricks for the interior walls and the Byrne Brothers did the stone work on the exterior. Reinforced concrete and steel trusses made up the framework. All stairways were enclosed in fireproof walls and the floors in all of the corridors were constructed of marble aggregate and cement. Large windows allowed for lots of natural light and a special ventilating system changed the air in the 26 classrooms and auditorium every six and one-half minutes. The gym floor was maple and the basketball court measured 50' x 75' with seating for 800. The auditorium seated 1,166 and was furnished in an old English style with oak beamed ceiling. (The auditorium was completely remodeled in 2006-07). The cafeteria was equipped to serve

300 students at one time and lunch periods were split into two shifts of 45 minutes each. Also included in the building were science labs, a study hall, library, faculty offices, and vocational areas. The total cost was \$766,139 which included equipment and furnishings.

Several additions were made to the school throughout the years including a girl's gym and football practice field. In 1954 a major addition was added to the east side including a new enlarged gymnasium and a technical school. The new gym included a 50' x 84' basketball court which seated 3,700. In 1998, the gym was named in honor of James Nora, founder of the physical education program, and long-time basketball, track and football coach. The new technical school addition included a fully equipped auto mechanics shop, metal shop, printing room, mechanical drawing room and a modern arts & crafts area. Also included in this expansion was a 350 car parking lot. Total cost plus all equipment was \$1,088,267.00.

In the mid-1960s the B wing was constructed which created a closed-in court yard; a D wing was added in 1987 and in 1990 a \$5.3 million addition was constructed adding a new cafeteria, commons area, library, computer labs, learning centers, and additional classrooms. In 1964 the football stadium was named in honor of Wilbur Dalzell, an Iowa Coaches Hall of Fame inductee in three sports, and the head football coach at Senior High for over 22 years with a record of 104-79-19 which stood until 1990 when it was broken by Bob Timmerman of Hempstead High School.

Dalzell coached Jay Berwanger, (who later became the first Heisman Trophy winner) and Lester "Dick" Hoerner (who later played pro ball for the Los Angeles Rams). Dalzell Field, which serves both Senior

Yesterday & Today cont. P. 19

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Yesterday & Today from P. 18



This 2004 photo shows the exact same view as the other photo except it was taken 80 years later. A concrete drive way and new windows have been added as well as a sign, although since this photo the sign has now been replaced with a modern electronic version. (Photo by Terry Grant)

and Hempstead High Schools, underwent a complete \$10.5 million make-over in 2012-13. The newly completed stadium is one of the finest in Iowa high school athletics, with artificial turf, complete with Musco sports lighting, a regulation eight-lane track, a 3,125 home bleacher section with an additional 1,500 visitor seats, an 11 x 20 feet digital display section on the scoreboard, new locker rooms, new concession stands, ticket booths, and an \$86,500 private donation funded larger-than life bronze statue of Jay Berwanger.

A school board member in 1920 predicted that the school would still be standing in 50 years, but he was wrong. Dubuque Senior High School is still standing after 91 years and remains a vital educational institution within the Dubuque community.

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

Loras College Receives Fully Intact Hippopotamus Skull

Loras College has received a fully intact hippopotamus skull as a generous donation from Dr. Richard Callahan ('63). The skull, taken in late May 1986 from Zambia, contains all its ivory teeth and is on display in the St. Joseph Hall of Science.

"I believe Loras to be one of the greatest Catholic colleges in the nation, and I am proud to call myself a graduate of this institution," said Callahan, on why he donated the piece.

The hippo was estimated at 2.5 tons and came from the back waters of the Munyamadzi River in the Luangwa Valley of Zambia. The skull was given as a donation by Callahan in memory of his years of studying biology at the college.

"The skull will fit in well with some of the other mounted African animals and horns we have on display in the Science Building. We thank Dr. Callahan for his generous donation," said Dr. Tom Davis, Loras professor of biology.

Callahan graduated from Loras in 1963 with a bachelor's degree in biology. He went on to graduate from the Loyola University Dental School and the Loyola School of Orthodontics in 1969 and served as a clinical instructor for seven years. Callahan has his own orthodontic practice and has lived and worked in Downers Grove, Ill. for over 30 years. Callahan's brother, Peter, graduated from Loras in 1964 and his son, Rick, earned his bachelor's degree in criminal justice from Loras in 2005.

The Golden View **ScanDBQ** **Photo Contest**
ONLINE By: Zachary Jakaitis, Webmaster

Remember to send in your photos to our email address for the contest Pictures@TheGoldenViewOnline.com.



Congratulations to this month's online Photo Contest winner, Michelle Boyer.

Springtime of Hope© presents:
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American Red Cross Issues New Pet First Aid App

App helps dog and cat owners provide emergency care until veterinary assistance is available

Pets are an important part of many families, and a new Red Cross Pet First Aid App puts lifesaving information right in the hands of dog and cat owners so they can provide emergency care until veterinary assistance is available.

The 99 cent Pet First Aid app gives iPhone and Android smart phone users instant access to expert information so they learn how to maintain their pet's health and what to do during emergencies.

"Pet owners learn how to recognize health problems and when to contact their veterinarian," said Sue Olsen, Executive Director of the Tri-States Chapter. "The Pet First Aid App provides step-by-step instructions, videos and images for more than 25 common first aid and emergency situations including how to treat wounds, control bleeding, and care for breathing and cardiac emergencies."

Additional topics include burns, car accidents, falls and what to do for cold- and heat-related emergencies.

Other features in the app allow pet owners to:

- Create a pet profile including tag identification number,

photos, list of medications and instructions.

- Use the list of early warning signs to learn when to call their veterinarian.

- Use "click-to-call" to contact their veterinarian.

- Find emergency pet care facilities or alternate veterinarians with the "animal hospital locator."

- Locate pet-friendly hotels.

- Test their knowledge with interactive quizzes and earn badges that they can share on their social networks along with their favorite picture of their pet.

History shows that people have not evacuated during disasters because they did not want to leave their pets behind. The Red Cross app contains resources to help owners include pets in their emergency action plans. Pet owners may also take a Red Cross Pet First Aid course so they can practice the skills and receive feedback. People can go to redcross.org/takeaclass for information and to register.

The Red Cross has made great strides in making emergency information available whenever and wherever people need it. The Pet First Aid App and other Red Cross apps can be found in the Apple App Store and the Google Play Store for Android by searching for American Red Cross or by going to redcross.org/mobileapps.

Laugh A Lot

When my son visited me at my daughter's home in Plano, Texas, at the height of tornado season, the first thing he noticed was that something was missing. "Umm..there's no basement," he said, "Where do you go for tornadoes?"

I told him, "For really good ones, we go to Kansas."

Shorthand is the norm in the medical field when taking notes. For example, HTN stands for "hypertension." I did a double take, though, when a diabetic patient came into the ER suffering from high blood sugar level. The nurse had charted the complaint as "Out of control BS."

Our newspaper's managing editor called me from home, agitated. She'd woken up to find her house on fire. In fact, it hadn't been put out yet. She was talking to me from her curb, barefoot and in pajamas, watching the firefighters battle the flames. But that's not why she was upset.

"This is awful," she complained. "We're the only paper

without a photographer here!"

Late one afternoon, I phoned my husband's unit the 413 Search and Rescue Squadron, and was told that everyone had left. Thinking this was odd, I asked, "Is this four thirteen?"

"No, ma'am," I was told. "It's five o'clock."

While my three-year-old grandson was attending a birthday party, his friend's father sneaked off to take a shower before work. Halfway through, the father heard a tapping on the on the shower door, followed by the sight of my grandson peering in. Looking around the stall, he asked, "Is my mom in here?"

While staring at a monkey in the zoo, one of my preschool students had a question: "What does he eat?"

The zookeeper rattled off a long list of foods that the monkeys were fed.

"Where does he get his food from?" asked the student. Oh, just the regular supermarket," answered the zookeeper.

My student wasn't finished. "Well, who drives him?"

STRANGE BUT TRUE by Samantha Weaver

- It was noted American writer and essayist, Flannery O'Connor who made the following sage observation: "Truth does not change according to our ability to stomach it."

- Even though the human brain makes up only 2 percent of the body's mass, it consumes 20 percent of the body's calories and oxygen.

- The chief translator for the European Parliament is named Ioannis Ikononou. He is fluent in 32 languages -- and still learning.

- During World War I, the United States acquired its first "war dog." The pit bull was found wandering around Yale Field in New Haven, Conn., by soldiers in training. One particular soldier, Cpl. Robert Conroy, became close to the dog and refused to leave Stubby behind; when Conroy was shipped out, he hid the dog on board. Stubby served overseas for 18 months

and saw action in 17 battles. On more than one occasion he sniffed out surprise attacks, saving his regiment. He was known for locating wounded soldiers on the field, and he even once caught a German spy. He was the most decorated dog of the Great War, and he was promoted to sergeant for his combat service -- the only dog to be so honored. After the war, Sgt. Stubby was hailed as a hero; he led parades and met three presidents. He even has his very own brick at the World War I Memorial. It reads, "Sergeant Stubby, Hero Dog of WWI, a Brave Stray."

- Those who study such things say that couples in a romantic relationship actually have heart rates that are in sync with each other.

- If you're like the average American, you drink 23 gallons of coffee every year, but only 9 gallons of tea.

Thought for the Day: "Research is what I'm doing when I don't know what I'm doing." -- Wernher Von Braun

Church Bloopers

The concert held in the fellowship hall was a great success. Special thanks are due to the ministers daughter, who labored the whole evening at the piano which as usual, fell upon her,

Michael Smith and Deborah Jones were married last Sunday in the church, so ends a friendship that began in schools days.

Due to the Rectors illness, Wednesday's healings services will be discontinued until further notice.



Liz Lynch is back by popular demand.

The following stories were written by Liz at age 92 as she reminisced about the early days in her life.

One Friday morning, I received a surprise phone call from my cousin urging me to come to Minneapolis the next morning to apply for a job as a waitress in Yellowstone or Glacier National Park.

The trip was fun to be with my cousin that made everything worth while.

Yellowstone had finished hiring, so we walked across the street to Glacier National Park's Office. One more waitress was needed so he agreed to give me a try out. He cautioned "If this doesn't work out satisfactorily this little trip will cost you a lot of money."

Two weeks later I was at the Great Northern depot in Minneapolis with hundreds more waiting to start on the trip to Glacier Park.

I was somewhat uneasy, as I had never done waitress work before. My first experience in sleeping in a sleeper found me wide-awake watching my purse all night.

The first glimpse of mountains looked like vicious thunderclouds ready for a storm.

Most of the group had worked there before and lead us all to our cabins and made us aware of our duties, privileges, and restrictions. After two days of adjusting the tour of Eastern Stars was scheduled for supper at six.

My waitress costume made me feel comfortable in taking

the first orders of food. The ladies at my table wanted their coffee demitasse. I had no idea what that might be but tried to remember the word. It meant a very small cup of very strong coffee with rich cream to sort of quiet it down.

The three-course meal was served to the crowd of happy travelers. They would be there again for breakfast and dinner for two days.

One day a week was spent in hitching rides to many areas. No one was afraid to travel with strangers. There were no special buses to travel in the park. Many park workers were happy to take us with them. Some guests had private cars that made it possible for us to see the park.

The Black Feet Indians had their teepees close by, where we could visit and observe their way of life. Every other day they had a pow-wow in the hotel that we could observe. They had rituals of thanksgiving done rhythmically in appropriate costumes. It lasted over an hour. Both children and adults danced as they sang sort of a liturgy.

There were many glaciers formed that lasted all summer. Some melting took place each sunny day, that flowed down into the valley.

September forced me on the Great Northern train on my way back to Iowa to teach.



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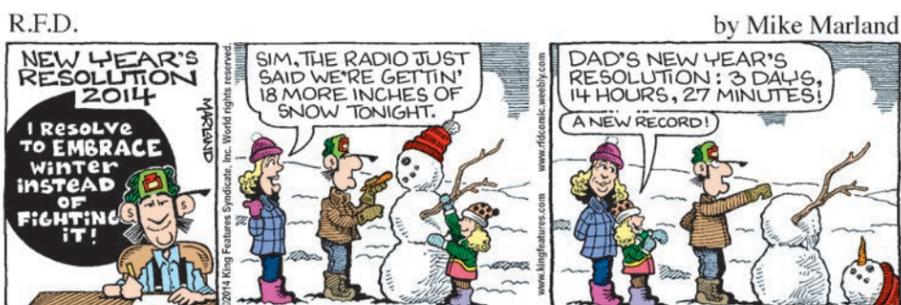
Trivia test by Fifi Rodriguez

1. General Knowledge: Who designed the Statue of Liberty?
2. Animal Kingdom: What is a beaver's home called?
3. Lanuage: In the international phonetic alphabet, what word represents the letter "Y"?
4. Money: What is the basic currency of Poland?
5. Geography: What nation is Baffin Island a part of?
6. Television: Who was Steve McGarrett's nemesis in the series "Hawaii Five-O"?
7. History: Who was the first postmaster general appointed by America's Continental

8. Congress?
8. Movies: Which two comedians starred as friends in the movie "Stripes"?
9. Medicine: What is trepanning?
10. Science: How fast do hummingbirds' wings move?

Answers

1. Frederic Bartholdi
2. A lodge
3. Yankee
4. Zloty
5. Canada
6. Wo Fat
7. Benjamin Franklin
8. Bill Murray and Harold Ramis
9. Cutting a hole in the skull to relieve pressure
10. Their wings flap between 12 and 80 times a second.



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Operation: New View, Manchester
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Make An Appt. @ 563-927-4629
721 South 5th St., Suite B, Manchester IA

Operation: New View, Maquoketa
Feb 4, 11, 18, 25, & March 4
(5 p.m.–9 p.m.)
Make An Appt. @ 563-652-5197
904 East-Quarry St, Maquoketa IA

University Of Dubuque
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2000 University Ave, MTAC 151,
Dubuque IA

NICC, Peosta
March 11, 18, & 25 (3:30 p.m.–8 p.m.)
Make An Appt. @ 563-556-5130 Ex 14
8342 NICC Dr., Peosta IA

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- Birthdates for you and each member included on your return
- W-2s for all jobs in 2013
- 1099 forms for other income, if any
- Any and all tax related documentation you might need
- A copy of last year's tax returns (federal and state)
- All adults on your return must be present to sign forms
- A blank check or your bank account information for direct deposit

Support for Local Alzheimer's Caregivers

According to the Alzheimer's Association®, more than 5 million Americans are currently living with Alzheimer's disease. It is difficult to find someone that has not been touched by this disease, and the impact is only going to increase. Caregivers play a large role in the lives of those living with the disease, helping those with Alzheimer's continue to live productive and meaningful lives.

Caregiving is an incredibly difficult task and is physically, emotionally and financially challenging. One way that many caregivers and families of persons with Alzheimer's find ways to cope with the demands of caregiving is by joining a support group.

Support groups provide a safe place for caregivers, families and friends to meet and develop a caregiving support system. It provides a place for caregivers to receive and exchange information on care, available services in the community and research and treatment opportunities.

This support group will host its first meeting on Friday, February 21 at 1 p.m. at the Alzheimer's Association Dubuque outreach office, 5900 Saratoga



Alexandra Madole,
Program and Event Coordinator,
Alzheimer's Association,
Greater Iowa Chapter

Plaza, Suite 11. The group will meet every 3rd Friday at 1 p.m. after that. For more information, please contact Alexandra Madole, Association program and event coordinator, at 563-589-0030.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. To contact the Greater Iowa Chapter directly please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900 or visit www.alz.org/greateriowa.

Certain cheeses, including aged Cheddar, Swiss and Monterey Jack, are thought to help protect teeth from decay.

BIBLE TRIVIA
by Wilson Casey

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1. Is the book of Zebedee in the Old or New Testament or neither?
2. From Proverbs 3, "In all thy ways acknowledge him, and he shall direct thy ..."? Thoughts, Estates, Paths, Fears
3. Acts 2:42 is a key scripture on Ecclesiology as a study of the ...? Rapture, Church, Messiah,

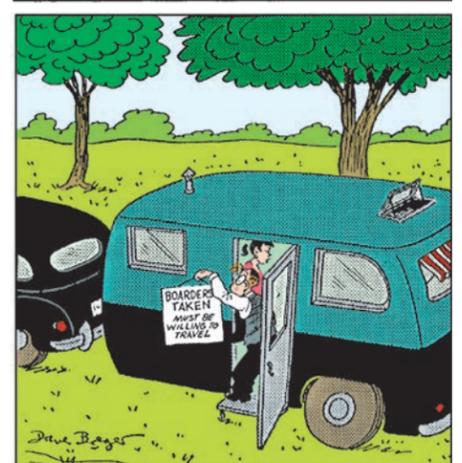
Holy Spirit

4. To which apostle did Christ entrust the "keys of the kingdom"? Andrew, James, Simon Peter, Matthias
5. Where is the "Apostles' Creed" found in the Bible (KJV)? Nowhere, Matthew 2, John 3, Romans 7
6. What is the youngest book in the Old Testament? Ezra, Daniel, Haggai, Malachi

ANSWERS

- 1) Neither
- 2) Paths
- 3) Church
- 4) Simon Peter
- 5) Nowhere
- 6) Malachi

MISTER BREGER By Dave Breger



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From The Batt Cave

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I Could Hear The Sundogs Barking

Once upon a time, way back last week, the meteorologists were right.

They predicted cold and they nailed it.

It was cold. How cold was it? It was so cold, my shadow hid in my pocket.

If a warm front had tried to push into the area, it would have met an impenetrable cold. It was well below zero and the frigid temperature kept company with a strong wind.

It was one of those days that Grandma said "chilled her to her bones."

Led Zeppelin sang about us, "We come from the land of the ice and snow."

My wife and I found ourselves in a supermarket, ringing the bells for the Salvation Army and shopping for foodstuffs.

Frantic shoppers scurried this way and that. They had the look of someone who didn't know where he was going and couldn't remember where he'd been.

A high-powered businessman stopped to say "hello." He was dressed impeccably, including a thermal necktie.

I always get a shopping cart. I never regret having one, only not having one. It's similar to the old aphorism that maintains it's better to have a coat and not need it than to need a coat and not have it. Shopping went quickly. I'm like many men, I don't shop. I buy.

I appreciated the good folks who retrieved shopping carts from the parking lot for the store as they had donned clothing in heaps.

I saw Viking fans going through the three stages one goes through after a football season – disappointment, anger and wearing Green Bay Packer clothing.

A youngster ran up and down the supermarket aisles shouting, "Kyle! Kyle!"

Finally reunited with her father, who chided his daughter, "You shouldn't call me 'Kyle.' I'm your father."

"I know," said the child, "but the store is full of Dads."

People shivered and found it difficult to work up a smile.

During the years when my goldfish ran away and an on/off switch was the cutting edge, I loved hearing the term "snow day." I don't recall any fondness when hearing "cold day."

Stuff happens on cold days. Things don't work as they should. Our garage door opener opened, but refused to be a garage door closer. A fellow shopper found that the doors of her Ford wouldn't open. She had to call the dealership to come and open the doors of her Frozen On Raw Day. The good Ford moves in mysterious ways.

It was cold enough to make The Weather Channel watchers shudder and weep and too cold to ask someone, "Cold enough for you?"

The day had countless saving graces, the most apparent was that the sun was shining and there were sundogs.

I could almost hear the sundogs barking.

The sundogs were free. I'm glad I didn't miss them.

Sundogs appear as light to the left or right of the sun, 22° distant and level with the sun, and as ice halos. Sundogs are loyal to the sun and are best seen when the sun is low--near sunrise or sunset. Some people call them "sun ghosts" or "mock suns." If the sun is close to the horizon, sundogs can give the impression of three suns.

Hal Borland wrote, "Sun dogs and moon dogs are beautiful accents to a winter day or night as the rainbow is to a showery summer day." A moon dog, also called a paraselene, mock moon or false moon, is a bright spot or a luminous ring around the moon.

Sundogs are solar parhelia (parhelia meaning "with the sun") that form when sunlight passes through ice crystals at a certain angle. Cirrus clouds in front of the sun produce sundogs, but ice fog or diamond dust also generate them.

I was comfortable in the misery. I replenished the peanuts in the bird feeders. The blue jays love them and I love the company of corvids. Cold brings an appreciation of warm blankets, wool socks and ugly hats with earflaps. We shoveled snow, bundled up, watched snowbirds fly up from graveled roadsides and celebrated well with friends and family.

We walked to our car on Christmas Eve. It had snowed heavily. Old Man Winter had put it down where we could step in it. Our shoes marred the perfection of the carpet of freshly fallen snow. The snow muffled sounds and created a silent night.

I would have frolicked had it not been for the ice.

The wind still whistled, but I rejoiced in temperatures above zero.

Heaven and nature sang.

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Rent A Flick by Ron Richeson

The Spectacular Now
The Spectacular Now drew praise at the Sundance Film Festival as did its two leading actors, Miles Teller and Shailene Woodley. A tender mixing of light-hearted drama and coming-of-age story, the film makes us care deeply because it conveys a realism that is sweet and sad at the same time.

about the future; Sutter only lives in the spectacular now.

High school senior, Sutter Keely (Teller), has it made and he knows it: he has a car; a job at a clothing store; a beautiful girlfriend; he's the life of every party. He is also extremely hedonistic – that soda cup with the long straw he always carries around isn't only filled with soda. His grades aren't that great and he could care less. Sutter doesn't think or plan

When Sutter gets dumped by his girlfriend he meets Aimee Finecky (Woodley), a quiet, gentle, and extremely bright fellow student who loves to read. For her, dreams and planning her future are important. Aimee, who never has had a boyfriend, develops deep feelings for Sutter. Sutter, on the other hand, sees Aimee as a project that he can help by molding her into a female version of himself.

As I mentioned in an earlier review, *The Way Way Back* was the best film that I had the privilege of viewing in 2013. *The Spectacular Now* comes a close second.

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Radio From The 20th Century




by Bill Zwack

Adventures By Morse, a syndicated series, was produced by writer Carlton E. Morse in 1944 after his *I Love A Mystery* was dropped from the networks. Morse was one of radio's most prolific, versatile writers and directors, doing soap operas, evening dramas and hair raising adventure shows.

These terror thrillers were the kind of radio writing Morse did better than anyone. He sent Friday in the first show to a graveyard in northern California where corpses walked, wolfmen prowled and ghouls roamed at will. In subsequent shows Friday and Skip headed for Cambodia and then, a quiet California town of Holman, where dead men prowled (which is now being heard on KDTH's *Big Broadcast* at 10 p.m.).

Adventures By Morse picked up the same high adventure themes Morse had been using in *I Love A Mystery* since 1939. Hero of the series was a San Francisco detective named Captain Bart Friday. With his sidekick, Skip Turner, Friday roamed the world solving mysteries and seeking out dangerous adventure. The stories often bordered on the supernatural, though in the Morse tradition there was usually a logical explanation.

Even the characters were developed along *I Love A Mystery* lines.

It was produced in serial form, each chapter 30 minutes long and programmed once a week. A full year of *Adventures By Morse* was produced for syndication, with the major stories done in ten chapters. Breather stories of three chapters were sandwiched between the longer

Captain Friday, as the strong voiced leader figure, was played by Elliott Lewis (commonly heard as Frankie Remley on the Phil Harris program). The character of Skip Turner, probably not without reason, had a strong Texas accent, and was more than a little reminiscent of Ilam's Doc Long who was played by Barton Yarborough who was Jack Webb's first partner on *Dragnet*.

If you tune into 1370 KDTH on Sunday nights for the *Big Broadcast* from 6 to midnight you will hear *Adventures By Morse* with a zombie and all.

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**An Iowa Legend
John Froelich
(1849- 1933)**

Investors in John Froelich's traction motor, or tractor, as it was to be known, knew it was a winner. The problem was how to get farmers to keep their horses in the barn and use the many horses in the tractor instead. But farmers were skeptical. Gasoline engines frightened not only horses but their owners, too.

John Froelich ran a grain elevator in Froelich, Iowa, a tiny town in Clayton county named for his father. Each summer he toured Iowa and the Dakotas with 16 hired hands, threshing wheat for farmers, using a J.I. Case steam engine for power.

One summer in 1890, John bought a Van Duzen gasoline engine to power his elevator. The minute it was installed he had a brilliant idea. What if he would take one of these new gasoline engines and put it on a steam engine base?

Steam power was costly, slow to generate, required an engineer to produce, was inconvenient, and often ignited the prairie when stray sparks from the boiler lit on dry wheat. Sometimes the engines exploded, and steam engines were cumbersome to move from field to field.

The people in Froelich snickered at John's tractor. But, on the day of its first trial, they were honest enough to cheer when John drove off at the incredible speed of 3 miles an hour, roughly the pace of a brisk stroll. For people who had never seen a machine move, it was an unforgettable sight.

John immediately tested his tractor on a neighbor's farm, and it worked perfectly. John loaded his tractor onto a train and took it to the wheat fields of South Dakota. During the first two months they threshed over a thousand bushels of wheat a day, using only 26 gallons of gasoline and without starting a single prairie fire.

Flushed with threshing success, John found eight men willing to put up \$50,000 to build and sell tractors. In 1894, the Waterloo Gasoline Traction Engine Company was incorporated and patents were applied for. Four prototype tractors were

built, two of which were sold, both of which were returned.

Hard times were at hand both for the nation and for the company. To keep the company alive, the group turned their interest to stationary engines, selling one of their first ones to the Waterloo Courier newspaper pressroom. The company's efforts in stationary engines weren't particularly promising, so the group sold out to another group, who then formed the Waterloo Gasoline Engine Company.

During the period of the financial bust, John Froelich lost most of his savings and property. He sold his interest in the company and moved to Dubuque, where he worked as an engineer in the Novelty Iron Works, a company that manufactured gasoline engines. Later he moved to St. Paul and became an investment counselor.

Meanwhile, the Waterloo Gasoline Engine Company improved their tractor and the company's stationary engines. In 1896, only one tractor was sold. Again in 1897, only one tractor sold; however, demand for stationary engines had grown so much that a new factory and foundry were built to boost production.

In 15 years 20 tractors sold and the first Waterloo Boy Model "R" single speed tractor, weighing about 5,240 pounds, was introduced. It sold to the farmer for \$985. Farmers liked it and sales jumped to 118.

Across the Mississippi, John Deere and his son Charles had their watchful eyes on the Waterloo manufacturer, for, by 1917, 4,558 tractors were sold, up from 2,762 the previous year.

At that time, Deere and Company was a heavyweight manufacturer of the popular self-cleansing plows John Deere had invented and other farm implements. John Deere realized that to be a well-rounded farm manufacturer he had to have a good tractor in his product line. The Waterloo Boy, being one of the most popular, was a natural acquisition target.

Deere made an offer and negotiations began for purchase of the Waterloo plant by Deere and Company. On March 14, 1918, Deere paid \$2,350,000 for the Waterloo Gasoline Engine Company.



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Contracts

Wireless providers typically encourage consumers to sign long-term contracts. In exchange for "free" or heavily discounted phones, providers will typically require a two-year commitment. If you cancel or switch providers before the contract expires, the contracts may impose a hefty early termination fee, which could be several hundred dollars per phone line. Be sure to understand what's in the written contract, as opposed to what someone verbally claims or promises. Written contracts override verbal representations and promises.

- Read the contract and any other documents that the carrier claims will govern your agreement. Clarify any terms you don't understand, including claims you see in promotional materials.
- If you are paying a promotional rate, be sure you understand the duration of the promotion and how much costs will increase after the promotional rate ends.
- Find out exactly what it will cost to cancel or change

your plan before the contract expires. Find out how the provider prorates its early termination fees.

- Ask for a coverage map, and ask about extra charges for roaming outside of the home service area. Be sure you understand how you know whether you are roaming.
- Ask about the trial period, which enables you to cancel and seek a refund without an early termination fee. When you first get your new phone, make sure you are satisfied with it and also your wireless carrier's service. Test your phone in places where you'll most likely use it.

Early Termination & Contract Changes

- Know when your contract expires. If your carrier makes a promotional offer before your contract expires, ask whether it requires you to extend your agreement.
 - Your wireless provider may not require you to sign a new contract if you extend or make changes to your existing plan, including upgrades. Be sure you understand the terms if you change or extend your agreement.
 - Ask what you need to do to end, continue or change your agreement at the end of the contract. It's possible that your provider will automatically renew or extend your agreement unless you ask to terminate it.
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POSTAL NEWS

The *Cut Paper Heart* is the newest "Love" stamp with a sell date of January 21, 2014. This fanciful, romantic stamp takes its inspiration from the folk traditions of papercutting. It depicts a large white heart enclosing a smaller pink heart with a saw-toothed shaded edge on its left-hand side. Smaller hearts imbedded in the design and the central hearts are surrounded with pink swirls. The hearts and swirls are contained within a red square that has "pinked" edges, as if cut with pinking shears.

The stamp art is reminiscent of *liebesbriefe* — ornately cut and painted love letters that are a form of *scherschnitte*, the papercutting tradition brought to America in the 18th and 19th centuries by German immigrants used for special sweetheart days. Like the *liebesbriefe*, the *Cut Paper Heart* stamps are not just for use on Valentine's Day, but say

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"love" all year round.

This month's Post Office Feature is New Vienna. The hours at the New Vienna Post Office are Mon-Fri 8 a.m. to Noon and Saturday 8:30-10:15 a.m. The Post Office is ran by Una Groth, who has 23 years in with the Post Office, recently transferring from Garnavillo. The rest of the staff include LuAnn Lansing-Postmaster Relief for over 6 years and Chuck Fensterman-Rural Carrier with 23 years experience. For your Postal questions, their phone number is 563-921-3945.

No person really decides before they grow up who they're to marry. God decides it all way before, and you get to find out latter who you're stuck with.

Kirsten age 10

The Spats

by Jeff Pickering





It's Movie Time



by
Paula J. Giese



The Book Thief: This film is based on the 2005 best selling book. Geoffrey Rush is once again great in this film and Emily Watson plays his wife. In 1939 this couple meets their adopted daughter Liesel (played by newcomer Sophie Nelisse). The movie is centered around World War II when the Third Reich and Hitler are going strong. Liesel befriends one boy in school and they grow very close. Rush and Watson rescue a stranded Jew and harbor him in their basement even though they would be killed if anyone from the Third Reich found out. I found the movie good but it is also a sad film. ***1/2

Homefront: This movie stars Jason Statham and James Franco. Statham plays a widowed ex-DEA agent with a 10-year-old daughter who picks the wrong town to move to. The film also stars Kate Franco, Winona Ryder, and Kate Bosworth. After Phil Broker's (Statham) daughter gets into a mishap with a bully at school, he finds himself with the bad guys after him to teach him a lesson. The movie is filled with plenty of action and I enjoyed it so much I saw it twice. ***1/2

Frozen: This was an excellent Disney animated film. The voice talents in this film include: Kristen Bell, Idina Menzel, and Josh Gad. The movie is a musical about two princesses. Menzel's character Elsa is the older of the two siblings who is born with a power, that's really more like a curse where everything she touches turns to ice. Her curse is hidden until it's revealed at a ball and she is banished from the kingdom. Her little sister Anna goes after her to bring her back. She meets up with a man whose job is to cut and deliver ice. A cute snowman somewhat steals the show with his humor. This is a must see for the young and old alike. ****

Out of the Furnace: This was a very intense movie starring academy award winners Christian Bale and Woody Harrelson. Other actors include: Casey Affleck, William Dafoe, Forrest Whitaker, Zoe Saldana, and Sam Shepard. This is a drama about two brothers who find themselves in a bit of trouble. Bale's character is an ex-con who works in a steel mill and takes care of his sick dad. His brother (Affleck) comes home from serving in Iraq. He has a gambling problem and is always owing the wrong people money. He goes up in the mountains to fight in order to pay back his debts. After disappearing, Bale takes matters into his own hands and sets out to find him. There wasn't much action but it was great acting and very involving. ***

Delivery Man: This was quite a different story starring Vince Vaughn, Chris Pratt, and Cobie Smulders. Vaughn's character works in the family meat store and is a big screw up. He learns that within a 33 month period in the 90s – when he donated sperm to a fertility clinic – those sperm produced 533 children. These children have decided to sue in order to find out the identity of their donor dad. After receiving the children's names he decides to “accidentally” run into these young adults and do something good for them, while remaining anonymous. The movie ended up being more serious than funny and had a somewhat touching story. **1/2

The Hobbit: The Desolation of Smaug: This is the second installment of “The Hobbit” movies. All the same characters are back plus some more thrilling and grand species. Bilbo Baggins (Martin Freeman) steals the show. He and the dwarves set out on another journey to steal back a wondrous gem from the dragon Smaug. They encounter giant spiders and orcs (with their mean wolf type horses) while trying to reach the inside of the mighty mountain which houses the gem. A couple new characters are born as elf guards. They are quite skilled in combat. When they reach the dragon, Bilbo and the dwarves have another problem getting the gem and escaping alive. I have to say the special effects were fantastic. ***1/2

American Hustle: I found this movie very slow paced, even with an all-star cast. Academy award winners Christian Bale and Jennifer Lawrence along with Amy Adams and Bradley Cooper all star in this film. Cooper plays a FBI agent who goes after hustlers Bale and Adams. They run a scamming business by taking \$5,000 from people and promising them a loan of \$50,000. The plot is to catch the New Jersey mayor (Jeremy Renner) who wants to rebuild Atlantic City. They use actors that pretend to be wealthy Arab sheikhs. Some of this actually happened to entrap a congressman. Despite the great cast, the movie was pretty boring. **1/2



My Ratings are: Movie Time cont. P . 28
 Excellent : ***** Good: ****
 OK: *** Poor: ** Terrible: *

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Movie Time from P. 27

Saving Mr. Banks: This film is about the true story of Walt Disney, played by Tom Hanks, who is trying to put the story of Marry Poppins on the big screen. Poppins is authored by P.L. Travers and played by Emma Thompson. Thompson's character is very attached to her Poppin's character and very particular about bringing her book to the big screen. She is a very crabby person who is not willing to help get her character to theaters. Mary Poppins is very dear to Thompson as it's about her childhood. Hanks and Thompson are both fantastic in this film. Collin Farrell is cast as "Mr. Banks" that they bring to life. Just remember this is the story of how they bring the book to songs and dancing onto the big screen. ****

Grudge Match: I thought this was a fun, enjoyable movie. Sylvester Stallone and Robert DeNiro star as old boxing rivals who decide to come out of retirement for one final match. Social media turns their local grudge into a must see HBO event. The movie is quite funny, especially Kevin Hart who plays the fight performer. Kim Basinger and Academy Award winner Alan Arkin play Stallone's friend and trainer respectfully. There is something behind the grudge that they carry on over the decades. It was a fun movie to see. ***

The Secret Life of Walter Mitty: For people who are unaware, this film is a remake of the 1939 movie starring Danny Kaye. Ben Stiller stars, directs, and produced this film. It also stars Kristen Wiig, Shirley MacLaine, Adam Scott, and Sean Penn. Mitty (Ben Stiller) works at "Life" magazine, which is going paperless so many people will lose their jobs. Mitty sets out to save his job. He has a habit of daydreaming about being a hero romancing beautiful women. I enjoyed this remake but the original was better. The story was completely changed in order to make it more modern. It was great seeing Shirley MacLaine again. ***

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Dollars and sense

by David Uffington

Sign Up for Consumer Safety Recall Alerts

Despite rules and laws for the manufacture and safety of products and food, sometimes mistakes happen and consumers are put at risk. Safety notices and alerts for items you and your family use are as close as you email box.

Here are a few of the most recent ones that have serious implications for consumer safety:

- Shaw Industries Aristocrat II Carpet, only in Pale Clay color, available only at Lowe's: recalled for flammability standards, posing a fire hazard. Sold in 2013.
- Coby 32-Inch Flat-Screen Televisions: recalled for fire and burn hazards (including smoking, overheating and scorching), sold in 2013 at eight retailers including Best Buy, Fry's and Sears/KMart. Manufacturer is out of business. Contact store where purchased for more information.
- Exmark Commercial Walk-Behind Mowers: recalled due to injury hazard caused by breaking blade. Sold late 2012 through 2013. Recall includes Toro TimeMaster and TurfMaster lawn mowers.
- SRAM Bicycle Derailleurs: recalled after multiple injuries reported. Pivot pin can jam and interfere with the wheel, causing a fall hazard. Sold September 2012 to November 2013.
- Personal Emergency Report-

ing System (PERS) Transmitters: Recalled. Device is used to summon assistance. Battery clips can corrode, interfering with operation with no warning.

- Solowave (Tornado) Playground Tube Slides with Port Holes: recalled due to laceration hazard. Multiple injuries reported.
- Trek Madone 2013 Bicycles: recalled for possible front brake failure. These high-end bicycles were sold from July 2012 through December 2013.

Food allergies can cause serious health problems when the allergen is accidentally consumed. Among the undeclared allergens recently found in all manner of food products and posted on the fda.gov website: walnuts, egg, milk, sulfites, wheat, peanuts, hazelnuts and almonds.

Use a throwaway email address and sign up for email recall notifications at all the agencies.

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- National Highway Traffic Safety Administration: www.nhtsa.gov (or www.safercar.gov)
- Food Safety and Inspection Site: www.fsis.usda.gov
- U.S. Department of Agriculture: www.usda.gov
- Consumer Product Safety Commission: www.cpsc.gov
- Safer Products: www.saferproducts.gov. Read what product users had to say in multiple categories, such as cribs and strollers, ATVs, appliances, toys, generators and more. Or you can search for categories of interest. The site also links to recall information from other sources.



ANTIQUES & COLLECTING

by Larry Cox



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P.O. Box 536475, Orlando, Fl. 32853

Q: When I was in grade school during the 1950s, I carried my lunch in an Annie Oakley and Tag lunchbox. I still have it and the original thermos. I read in your column recently that older lunchboxes have become quite valuable. Is mine?

A: According to the 19th edition of "Toys & Prices" by Mark Bellomo and published by Krause Books, your lunchbox and thermos were issued in 1955 by Aladdin. The box is valued at \$695, the bottle \$150.

Q: My dad and I have always been interested in both the summer and winter Olympic Games. We have managed to build quite a collection of pins, posters, badges, decals and stickers. Is there someone to contact about the items we have? -- Rob, Titusville, Fla.

A: Craig R. Perlow is the owner of Olympian Artifacts, a business that specializes in autographs, badges, posters, medals and programs relating to the Olympics. His addresses are P.O. Box 92331, Norcross, GA 30010-3311; and www.olympianartifacts.com.

Incidentally, Perlow recently was named by the International Olympic Memorabilia Federation as an expert in this field of collecting.

Q: My mom recently gave me a bowl in the "Cat-Tail" pattern, which she thinks she got as a wedding present in 1948. What can you tell me about it?

A: Cat-Tail dinnerware was introduced during the 1930s and sold extremely well for the next two decades. Even though it was manufactured by several companies, most of the pieces I've seen were issued by Universal Potteries of Cambridge, Ohio. The pattern is distinctive, often featuring a cluster of red cat-tails with black stems. Most pieces seem to sell in the \$15-\$25 range.

Q: I have a number of tobacco-related collectibles, including old tins, premiums and even an assortment of older cigarette packs. Whom can I contact to find out if my collection is worth saving?

A: Smokeout Dale Fenton, owner of Antique Tobacco, a company that buys, sells and appraises tobacco-related items. Contact him at dale@antiquetobacco.com; and 404-606-2648. He also has an excellent website at antiquetobacco.com.

Living Without My Car

Part four – Betty Allen

We are fortunate here in Dubuque to have numerous means of transportation, for those of us who do not drive. Another way that I have not mentioned in my previous articles, are the taxi cabs which will take us from here to there quickly.

Where I miss my car the most is not being able to take short trips to the surrounding towns. There are wakes I would like to go to, or wedding receptions, or having lunch at Betty's Bread Basket in Manchester.

Now I have found RTA. It provides accessible, safe, convenient transportation for all citizens in the cities, communities and rural areas of Delaware, Dubuque, and Jackson Counties. RTA vehicles are equipped to accommodate all people, including children, the elderly and people with disabilities. In checking with this agency I find that they do not have a set schedule to pick up riders. So, if you would like to be picked up on a certain day and time you will need to contact RTA (563-588-4592) or 1-800-839-5005.

For many, many years I have driven to Des Moines to visit my daughter and her family. It was usually a leisurely trip with several stops along the way. Maybe a late breakfast or lunch at the Amana's or a lunch I packed and ate at one of the rest areas on 80. Needless to say I miss those trips very much. But, here again, there is a solution. To get to Des Moines I have ridden a Trailways Bus, which leaves Dubuque late morning and arrives in DM late afternoon. It is a pleasant and comfortable ride with stops at Cedar Rapids, Waterloo, Marshalltown and Ames. At Marshalltown one can get a quick sandwich and at Cedar Rapids there is about a 10 to 15-minute stop.

If I want to go outside the state, DuRide will pick me up at my door and take me to the door at the airport and pick me up on my return. It appears to me that there is a way to get from here to there. Sometimes it takes a little exploration and planning. And if all else fails, I still have my own two feet to get me short distances.

Next: I've saved the best for last.

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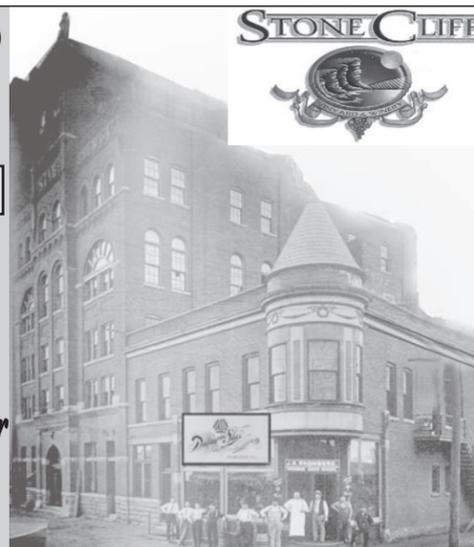
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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

The "Corner Gang" (part 2) or, Caught Showing Off

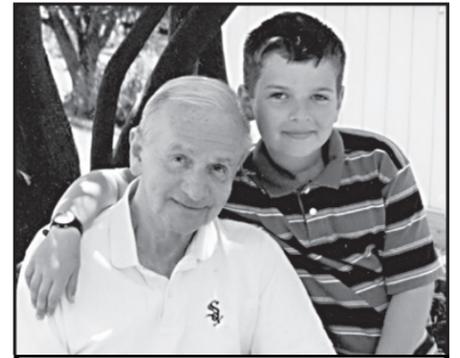
In my last memory, Maury, Grandpa told you about the "corner" gang and their softball games. I'm sure you remember Ed, the pitcher, and the reason why grandpa "participated" in their games. Part II is an additional memory related to these games.

You'll recall, Maury, the "corner" gang used the Audubon school playground. The school was a three-story brick building close to the softball diamond. It started at third base and ran parallel to the playing field continuing down the left field line. A distance of approximately fifteen yards separated it and the field. There were three outside fire escapes. The one in the middle was the highest with steps leading to a platform at the top with a door to the third floor. The entire roof area was slanted with a storm gutter approximately a foot wide and deep that ran all around the building.

This storm gutter began about 3 or 4 feet to the left of the top of the fire escape. A row of ornamental bricks protruded about 2 or 3 inches from the side of the building and were in line with the top of the fire escape and where the storm gutter began. Maury, here's why grandpa's telling you all these details:

I don't remember how much a new softball cost at that time but I do remember it as a guarded luxury by the "corner" gang! Remember this was the depression era! When a foul ball was hit anywhere on the roof it would always end up in the deep gutter.

To recover the ball one had



Jerry Eberhardt with grandson, Maury Cohn

to find a way to get in this gutter and walk to where the ball was. Every time this happened the "corner" gang knew they could count on me.

Maury, you remember my nickname – they'd say "Abe, get the ball!" I'd climb the fire escape steps, and from the top landing was able to hang on to the normal size gutter on a lower portion of the roof just left of the door while stepping on the protruding bricks. (Grandpa always wore tennis shoes). This led me to the storm gutter where I pulled myself up and over into it. (Maury, it was only about three steps between the fire escape landing and the storm gutter – if I would've slipped the fire escape was directly beneath me).

It was then easy to walk in the gutter to where the ball was. The spectators would spontaneously cheer every time I threw the ball back from the roof. I guess grandpa was sort of a "hot dog" at this young age because every time a foul ball was hit on the roof it was a chance to show off! However, when a neighbor informed my mom and dad about this they made me promise to not do this anymore. And, Maury, I never did! Hope you enjoyed this.

Much love, Grandpa

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- Day of the Dance.....\$7.00



MUST BE 21 YEARS OLD TO ENTER



Sports Comment

by Gary Dolphin

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

From Where I Sit

I had the honor of flying to Detroit last week with Iowa football coaches to attend the funeral service for longtime defensive coordinator Norm Parker who passed away at age 72 on Monday January 13th. Like Johnny Orr before him, Coach Parker was one of the most sought after speakers for the annual “I” Club spring banquet tour and other fund raisers. Norm made several trips to Dubuque over the years to speak and play golf and was a tremendous hit with the fans, while his defenses annually HIT with a ferocity not seen in a long time.

Under Parker the Iowa defense lined up in a base 4-3 and dared the opponent to run the football, which it rarely did with success. For roughly half of his 13 seasons in Iowa City, the hawkeye defense finished top ten in rushing and scoring defense and for the other half it was close to the best in the land. Parker believed in being physical, base and text book in the film room and over the years, able to recruit the likes of Bob Sanders, Aaron Kampmann, Chad Greenway and Abdul Hodge among others, the Iowa defense paved the way for eleven bowl trips in twelve seasons.

Maybe Parker’s crowning

defensive achievement came in the Orange Bowl against Georgia Tech following the 2009 season. Tech was second in the nation at rushing the football, averaging with close to 300 yards a game with that triple option. Led by all american end Adrian Clayborn and linebackers Pat Angerer and AJ Edds the Iowa defense terrorized the ACC power into 143 rushing yards, 12 passing and 9 first downs. Iowa won going away. Parker could scheme for any team in America if you gave him a month to prepare.

Norm Parker was a throwback. He’d shake his head at these west coast, spread, no huddle, hurry up, pistol and shotgun offenses calling it “video game football.” Then he’d snicker as he trudged off to his office to devise a plan to stuff said offense.

Parker told me once if you have a really good quarterback and a really good defense you have a chance to win every Saturday. Iowa has had many good quarterbacks over the years. Norm Parker was the architect of the best Iowa defenses this side of Andre Tippett, Mark Bortz and Larry Station.

The University of Iowa has started a scholarship fund in Norm Parker’s honor.

Free Caregivers Guide To Stroke

(NAPSA)-Lori Ramos Cavallo compares being a new caregiver to being CEO of a Fortune 500 company straight out of high school.

No prior experience. No qualifications. No idea where to start.

“My Mom went from being completely active to needing care overnight,” said Cavallo, who cared for her mother for eight years following a devastating stroke. “You don’t prepare for that mentally, financially or emotionally. It’s a struggle.”

To help stroke caregivers, the American Stroke Association, a division of the American Heart Association, developed “Caregiver Guide to Stroke.” The free guide includes sections on emotional support, communicating with the health care team, managing the effects of a stroke, legal resources, financial support and health coverage.

“Becoming a caregiver can be overwhelming,” said Barry J. Jacobs, Psy.D., clinical psy-

chologist and family therapist at Crozer-Keystone Health System in Springfield, Pa. “While they are still adjusting emotionally to a sudden change in their loved one’s functioning, family caregivers also feel like they need to become instant experts on treatments, rehabilitation, insurance and more. This guide will help the person who does the helping.”

A common fear for caregivers is that their loved one may have another stroke. The American Stroke Association’s Together to End Stroke initiative, nationally sponsored by the global health care product company Covidien, teaches the acronym F.A.S.T. to help people remember common warning signs of stroke.

- F-Face Drooping
- A-Arm Weakness
- S-Speech Difficulty
- T-Time to call 9-1-1

To download the association’s free “Caregiver Guide to Stroke,” visit www.StrokeAssociation.org/Caregiver. For caregiving or general stroke inquiries, e-mail TogethertoEndStroke@heart.org or call 888-4-STROKE (888-478-7653).

Some people go abroad to see places that are a fascinating blend of the ancient and the new, while others can get the same effect by looking around their own living room.

SPORTS QUIZ

By Chris Richcreek

1. The Marlins’ Juan Pierre, in 2013, became the seventh player to have 600 or more career steals, and more steals than walks. Name three of the other six.
2. Which of the following pitchers had more 20-win seasons for the Minnesota Twins: Bert Blyleven, Jim Perry, Johan Santana or Frank Viola?
3. When was the last time before the 2012 season that Stanford’s football team won a Rose Bowl?
4. Who was the last Portland Trail Blazers player before guard Damian Lillard (2012-13) to have at least 1,500 points and 500 assists in a season?
5. How many consecutive playoff series did the New York Islanders win starting in 1980?
6. In 2013, Matthew Centrowitz

became the second U.S. male to win two World Championship medals in track and field’s 1,500 meters. Who was the first?

7. In 2013, Jason Dufner tied a record at the PGA Championship by shooting a round of 63. How many others have shot a round of 63 at the PGA Championship?

Answers

1. Lou Brock, Bert Campaneris, Vince Coleman, Arlie Latham, Otis Nixon and Willie Wilson.
2. Jim Perry, who did it twice. All the others did it once for the Twins.
3. It was the 1971 season.
4. Clyde Drexler, in the 1991-92 season.
5. Nineteen.
6. Bernard Lagat.
7. Eleven others.

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NS39268 02/15/06

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HEALTHY EXCHANGES®

by JoAnna M. Lund

Grandma's Apple Pineapple Salad

3 cups (6 small) unpeeled diced Red
Delicious apples 1/4 cup raisins

1 cup (1 8-ounce) can crushed pineapple, packed in fruit juice,
drained

1/2 cup miniature marshmallows

3/4 cup reduced-calorie whipped topping

2 tablespoons fat-free mayonnaise

1 teaspoon lemon juice

In a medium bowl, combine apples, raisins, pineapple and marshmallows. In a small bowl, combine whipped topping, mayonnaise and lemon juice. Add dressing mixture to apple mixture. Mix gently to combine.

Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Serves 6 (2/3 cup each).

• Each serving equals: 96 calories, 0g fat, 0g protein, 24g carb, 144mg sodium, 1g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch.

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Pamela Shaw,
Social Security District Manager,
Dubuque, Iowa



Now Is The Time To Prepare For Tax Season

Wise taxpayers may want to take advantage of winter months indoors to prepare for tax filing season this spring. Whether you are a small business owner, a retiree, or a new parent, here are some Social Security tax tips that may help you.

Are Social Security benefits taxable? Yes, for some people with higher incomes. About one third of those receiving Social Security benefits must pay taxes on some of their Social Security benefits, depending on the amount of their taxable income. Learn more at www.socialsecurity.gov/planners/taxes.htm.

Will I get a tax form for my Social Security benefits? Yes. Beneficiaries should receive their Social Security Benefit Statements (Form SSA-1099) for tax year 2013 on or before January 31, 2014. If you receive Social Security and don't receive your 1099 by the end of January, you can request one online at www.socialsecurity.gov/1099.

We had a baby in 2013. Does our child need a Social Security number? Yes. Most people apply for their baby's Social Security number while they're still in the hospital at the same time they register for the birth certificate. But if you didn't, you'll need to apply for your child's Social Security number before you file your tax return in order to claim the child as a dependent. You'll also need it if you ever apply for government benefits on behalf of your child or your family. Learn more about Social Security cards and numbers at www.socialsecurity.gov/ssnumber.

I changed my name when I got married last year. Do I need to report it to Social Security? Yes. If you've legally changed your name due to marriage, divorce, court order, or for

any other reason, make sure you change your name with Social Security, as well as with your employer. If you change with one source but not the other, it could cause your earnings to be improperly recorded and you may not get all the benefits you are entitled to when you become eligible for Social Security in the future. Failing to change your name on your Social Security record could also cause a delay in your receipt of any federal income tax refund. You can learn more about your Social Security number and how to change your name at www.socialsecurity.gov/ssnumber.

I own a small business. Can I report my employees' W-2s to Social Security electronically? Yes, and we encourage you to do just that at www.socialsecurity.gov/bso. Filing your W-2s electronically is free, fast, and secure! Plus there's an added bonus: when you file electronically, you receive an extra month to file because electronically filed W-2s aren't due until March 31. You'll also receive an electronic receipt. And when you enter your W-2 information online, you can simultaneously print out the W-2s for your employees. Learn more at www.socialsecurity.gov/employer.

Does Social Security have any tips at this time of year for those filing their taxes? Yes. We encourage you to carefully check: your name, Social Security number, and all data on your W-2s; your online Social Security Statement; and your Social Security card to make sure they all match. If you don't have access to your card or Statement but know your Social Security number, make sure the number and information is correct on your W-2s. A mismatch could delay your tax refund.



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Moments in Time The History Channel

• On Jan. 17, 1865, Union Gen. William T. Sherman's army is delayed in Savannah, Ga., by 10 days of rain as it waits to begin marching into the Carolinas. Just as Sherman and his army had destroyed nearly everything in its path in Georgia, Sherman planned to subject the Carolinas to the same brutal treatment.

• On Jan. 16, 1919, the 18th Amendment to the U.S. Constitution, prohibiting the "manufacture, sale, or transportation of intoxicating liquors for beverage purposes," is ratified and becomes law. In 1933, the 21st Amendment to the Constitution repealed prohibition.

• On Jan. 15, 1936, Edsel Ford, son of auto pioneer Henry Ford, forms a philanthropic organization called the Ford Foundation with a donation of \$25,000. The foundation was established in part as a legal way for the Ford family to avoid inheritance taxes.

• On Jan. 14, 1954, Hollywood star Marilyn Monroe marries New York Yankees slugger Joe DiMaggio. The marriage barely got past the honeymoon, and

they were divorced 274 days later. In her filing, Monroe accused her husband of "mental cruelty."

• On Jan. 13, 1962, comedian Ernie Kovacs, who hosted his own television shows during the 1950s, dies after crashing his Chevrolet Corvair into a telephone pole in Los Angeles while driving in a rainstorm. The Corvair was later made infamous by Ralph Nader's groundbreaking 1965 book, "Unsafe at Any Speed."

• On Jan. 18, 1985, for the first time since joining the World Court in 1946, the United States walks out of a case, this one concerning U.S. paramilitary activities against the Nicaraguan government. The Court decided against the United States; it charged that the U.S. violated international law with its actions against the Sandinistas.

• On Jan. 19, 1977, President Gerald Ford pardons "Tokyo Rose," a Japanese-American woman named Iva Toguri. Toguri and other women had broadcast sentimental American music and phony announcements in a vain attempt to destroy the morale of Allied soldiers during World War II.

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Nana's Christmas Gift

Christmas is a time for gifts such as the one
Brought forth by the mother of God's son.
She gave us a child to be remembered forever
As the wonder of all things under the sun.

My one-time gift for Christmas was brought
To me wrapped in a blanket so nice and neat.
As I viewed him for the first time since his birth
My great-grandmother's heart skipped a beat.

There he was, ten wiggly fingers and ten
Squishy toes, and all the rest of him.
His first expression was brief but showed his
Dimpled chin and a slight toothless grin.

I marveled at this little guy who had stolen
The whole Christmas celebration that day.
But I knew that he was only a part of what
Christmas really means in every way.

S.E. Persinger

Some People Are Like Potatoes

There are those who are content to watch while others think and work.
They are called "Spec tators."

Some never help, but are gifted at finding fault and telling others how to do it. They are called "Comment tators."

There are people who cause problems by asking others to agree with them that it is too cold, too hot, too sour, or too sweet. They are called "Agi tators."

Then there are people who say they will help, but somehow they never get around to it. They are called "Hezzie tators."

There are some people who pretend to be someone they are not. They are called "Emma tators."



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Sat., Feb 15 at 7 p.m.
Sun, Feb 16 at 2 p.m.



An Ohnward Fine Arts Center and Peace Pipe Player Production. A comedy by Billy Van Zandt, Jane Milmore. Jon Trachtman and Leslie Arthur are out of work musicians who room together in New York City. To save money, Jon has been filing tax returns listing the pair as married. The day of reckoning comes when the Internal Revenue Service informs the "couple" they're going to be investigated. Leslie masquerades as a housewife, aided by Jon's fiancée, Kate. Complicating matters further Leslie and Kate are having an affair behind Jon's back, Jon's mother drops in unexpectedly to meet her son's fiancée, and Leslie's ex girlfriend shows up demanding to know why Leslie has changed and won't see her anymore. Like a cross between *I Love Lucy* and *Some Like it Hot!* "Enough comic lines to fill an encyclopedia of humor?"
Tickets: \$15(in advance) \$18(at the door)
Students (18 & Under) \$10(in advance) \$12(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.

NISOM students to perform in February Student Recital.

Also in February, the New Horizons Band performs for children as part of the popular L&MOP concert series and the Asbury Eagles Club helps NISOM raise funds with a "Burger Night".

L&MOP Free Children's Concert
Saturday, February 8, 2014
10:00-10:30AM

Carnegie-Stout Public Library, 3rd Floor Auditorium

NISOM's popular Lollipops & Music for Our Preschoolers (L&MOP) series continues with a free concert on Saturday, February 8, 2014 from 10:00-10:30 a.m. at the Carnegie-Stout Public Library. This month's event will feature a fun and educational performance by the New Horizons Band. One of NISOM's non-auditioned adult ensembles, the New Horizons Band is comprised of community members who share a passion for music, and they will bring their enthusiasm for their instruments to the energetic audience.

L&MOP is a free monthly concert series that exposes children to a variety of musical styles and instruments. All concerts are at 10:00 AM on Saturday mornings at Carnegie-Stout Public Library and last approximately 30 minutes. L&MOP is sponsored by Drs. Mark Niemer and Yasyn Lee, in honor of their children and their teachers. Visit www.nisom.com for more information.

NISOM Burger Night Fundraiser
Thursday, February 20, 2014
5:00-8:00PM

Asbury Eagles Club

Dine out for a good cause on Thursday, February 20 as the Asbury Eagles Club hosts a Burger Night fundraiser for NISOM, with all proceeds going to support NISOM.

The public is invited to enjoy dinner from 5-8PM at the Asbury Eagles Club (5900 Saratoga Plaza, Suite 200, Asbury) that includes a choice of burger, brat or hotdog, plus a salad and desert bar. Tickets are only \$7.50 for adults and \$4.00 for children ages 10 and younger, and may be purchased in advance by visiting NISOM's office (2728 Asbury Road, Suite 200). Guests will also be able to purchase tickets at the door the night of the event.

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This week we sold a Vintage Heuer Monaco Steve McQueen 1970 Chronograph. It was purchased new by our client at a price of \$500.00 – an expensive wrist watch in 1970. He had the watch cleaned, serviced and appraised in 2007 and the appraised



value then was \$2,500.00. After some research on eBay we gave it a seven-day auction with a starting bid of \$9.99. The watch hit \$5,600.00 after about four days, and with 60 seconds left, the last flurry of bids drove the final sale price to \$11,411.00. It was purchased by a buyer in Italy.



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DUBUQUE SYMPHONY ORCHESTRA

DANCE & ROMANCE

FEB. 15, 7:30PM & FEB. 16, 2:00PM
FIVE FLAGS THEATER

In the true spirit of Valentine's weekend the DSO presents a program of love and passion. Enjoy Mendelssohn's Wedding March; romantic dances by Gluck, Ravel and Faure; Vaughan Williams' playful Tuba Concerto; Schubert's "Unfinished" Symphony and more!



JIM LANGENBERG, TUBA
in Vaughan Williams' Tuba Concerto.

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Think About It:

Credit is a system whereby a person who can't pay gets another person who can't pay to guarantee that he can pay

10 Orchestral Treats—Sweeter with Every Note!

by Kristin Hill, Director of Marketing

In the true spirit of Valentine's weekend, the Dubuque Symphony Orchestra presents a program of love and passion on Saturday, February 15 at 7:30 p.m. and Sunday, February 16 at 2 p.m. at Five Flags Theater.

For many reasons this program is unexpected and unique in its offerings. You might be surprised to hear that 10 musical selections will be performed. This is more than double the amount of works typically featured at a symphony orchestra concert. Needless to say, this concert is perfect for audience members who love a variety of short works.

With the regal blast of the trumpets you will instantly recognize the first piece as Mendelssohn's Wedding March. Although it was written for Shakespeare's play, *A Midsummer Night's Dream* it didn't gain popularity until it appeared in a royal wedding in 1858. Now it is hard to imagine wedding music without it!

That leads seamlessly into the next four works which include Cimarosa's *Overture to the Secret Marriage*, Elgar's *Salut d'amour* (which he presented to his wife Alice as an engagement present), *Dance of the Blessed Spirits* from Elgar's opera "Orfeo" and



SYMPHONY ORCHESTRA

Euredice, and Ravel's *Pavane for a Dead Princess*.

We then welcome Jim Langenberg, principal tubist since 2004, as the featured soloist in Vaughan Williams' Tuba Concerto. Highlighting the tuba might seem like a surprising choice for a Valentine's concert, but you will be amazed by the playfulness and lyricism of the instrument when it is in the hands of such a masterful player.

Following Jim's performance the orchestra will perform Schubert's Symphony No. 8 "Unfinished", the Intermezzo from Mascagni's opera *Cavalleria rusticana*, and to top it all off the most famous tango in concert music: Albeniz' little Tango in D. This concert is truly one orchestral bon-bon after another —sweeter and more delicious with every note!

Individual tickets (\$14 – \$48) to this concert are available at the Five Flags Center box office; open Monday – Friday, 10 a.m. – 5 p.m.; at any Ticketmaster retail outlet; and online at www.dubuquesymphony.org. If you have any questions, please call us at (563) 557-1677.

Amber Waves

by Dave T. Phipps



Rack Up Some Extra Space On Your Vehicle

(NAPSA)-When you need to haul stuff for work or DIY projects around the yard, a pickup truck is invaluable. The downfall of pickup trucks is the lack of secure storage and ability to carry longer items. Truck boxes and racks are a perfect solution for these challenges.

Truck Rack Facts

For the workman looking for tough, well-built storage and carrying solutions, there are many options on the market. Here are some features to look for when you are in the market:

- Because your truck will be exposed to the elements, look for items made of aluminum. Not only are aluminum products rust resistant, they are much lighter without compromising strength. Traditional steel truck racks can weigh up to 200 pounds, eating up a significant portion of the truck bed's weight capacity and decreasing gas mileage.
- For a higher-quality finish and more style, look for racks and boxes that have been powder coated. This will also provide longer life to these products.
- Because of their surface area, look for racks that are aerodynamic. This helps to slice through the wind and keep any

wind noise to a minimum.

- Some racks are equipped with dual T-slot channels in cross-bars, enabling you to mount accessories on the top or bottom of the crossbar and store things below the rack.

- Only some of the many options you see on shelves and online are made in the U.S.A., which many people prefer.

Best Chests

In addition, you can improve your truck's storage capacity with lightweight aluminum or tough steel utility chests, boxes, undermount cases and even special cages for transporting dogs.

Loading Tips

Once your truck is fully equipped, loading it up can be easier if you heed six hints:

1. Load the heaviest items first, in front and on the floor.
2. Load lightest items last, on the top and to the rear.
3. Pack all items closely and firmly.
4. Secure partial loads with straps, as close to the front of the cargo area as possible.
5. Never load cargo on the outside of the truck.
6. Always be sure the cargo door is closed and latched securely.

Learn More

For further facts on truck racks and boxes, go to www.UWSTA.com and www.TracRac.com or call (800) 432-4685.

The Back Pain That's Hard To Find

(NAPSA)-Chronic low back pain is an experience shared by millions-and a mystery that often goes unsolved for years. The National Institutes of Health says Americans spend at least \$50 billion a year on low back pain, and it is the most common cause of job-related disability. And much of that issue can be blamed on the difficulty of diagnosing the cause.

Causes of Low Back Pain

Low back pain is often generalized as coming from the spine, particularly degenerating disks. But studies have shown that 15 to 30 percent of chronic low back pain is actually caused by dysfunction of the sacroiliac (SI) joint, which transfers weight and movement between your upper body and your legs. The SI joint is frequently overlooked as a potential source of pain.

SI joint pain can arise from a traumatic event or from degenerative conditions and can affect men and women of all ages. The pain can occur in the back, pelvis and buttock area or hip and it can shoot down the leg in a fashion that mimics sciatica. And that, in turn, can inhibit walking, sitting or sleeping.

Most spine surgeons, however, are trained to look first at the vertebrae and spinal disks as sources of the pain, rather than

the SI joint. And most MRIs and X-rays of aging spines show degenerating or narrowing disks that tend to support the more common diagnosis. One study has found that among "failed" spinal fusion patients-people who had their lumbar vertebrae fused and were still in pain afterward-the SI joint turned out to be the culprit in well over half the cases.

Low Back Pain Treatments

Treatments for SI joint pain include physical therapy, chiropractic manipulations, oral medications, and injections. If these treatments are not effective, surgery may be the next option considered.

"We have come a long way in correctly identifying and treating the source of low back pain in our patients," said Dr. David W. Polly, Chief of Spine Service at the University of Minnesota. Recent advances in minimally invasive surgical treatment for the SI joint offer a promising alternative for those in chronic pain.

The most common surgery in the U.S. for the SI joint is the iFuse Implant System from SI-BONE, which is intended for sacroiliac joint fusion for conditions including sacroiliac joint disruptions and degenerative sacroiliitis. iFuse involves the insertion of small titanium implants to stabilize and fuse the damaged joint.



Iowa Department of Transportation

Tammy Adrian



Avoiding Car Break Ins

Every year around the Holidays we hear horror stories of car break ins. Not only are personal belongings taken but there is lost time reporting the damage, contacting insurance companies and getting vehicles repaired.

Instead of focusing strictly around the Holiday season to prevent the break ins, start now and form a habit of practicing safety measures every time you drive your vehicle.

The following are some suggestions:

- Keep things out of sight. Most of the time thieves are looking for something they can quickly turn to cash. If the box in your back seat says 'Apple Computer', thieves won't know if it's full of Goodwill items or the computer on the label. You definitely won't miss the items you are taking to Goodwill but you will have to get your vehicle repaired if thieves just can't resist the
- opportunity. Store things in the trunk, glove compartment or under the seat. A clean vehicle not only looks nice but also doesn't provide the temptation for thieves.
- Park in well lit, high traffic areas. Are there security cameras in the parking lots? Park near them. If you are uncomfortable returning to your vehicle in a shopping mall parking lot, ask a mall security officer to walk you to your vehicle. A little planning ahead when parking can ease some anxious moments when you are ready to leave.
- Make certain your vehicle

is secure. Do you run in the store for a few items leaving your vehicle unlocked? You may plan on being 'just a minute' but could be detained. Make a habit of locking your vehicle and closing windows instead of handing the thief an open door.

- Along these lines, do you run in the store for 'just a minute' and leave your vehicle running? You may be fast, but a car thief may be faster. Take your keys and lock up.

Your actions become habits with practice. Practicing the suggestions listed may help you avoid becoming a crime victim.

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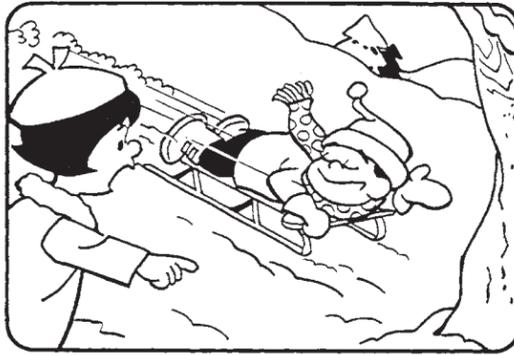
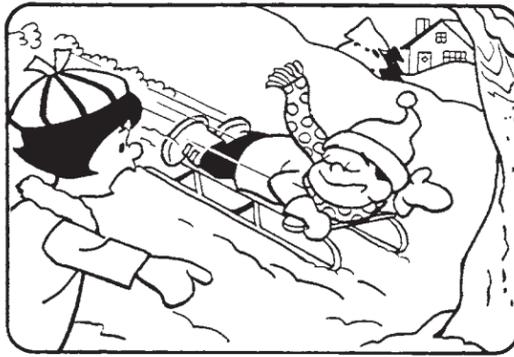
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

- | | | | |
|-----------|-----------|-----------|----------------|
| Bar soap | Grip | Handlebar | Steering wheel |
| Baton | Hand tool | Handrail | Tiller |
| Doorknob | Handball | Handshake | Writing |
| Gear knob | Handhold | Rungs | |

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HOCUS-FOCUS

BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.
 Differences: 1. Hat is different. 2. Whitten is missing. 3. Scoot is shorter. 4. Sled runners are shorter. 5. Cap tassel is moved. 6. House is missing.

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GO FIGURE! by Linda Thistle

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

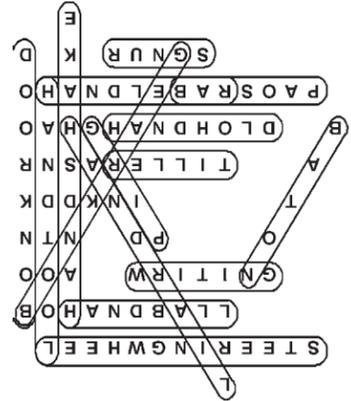
	-		x		15
x		+		x	
	+		+		22
÷		x		-	
	+		x		35
12		27		33	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 4 5 6 7 8 8

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SUDOKU Answer

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

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

THEY'LL DO IT EVERY TIME BY AL SCADUTO

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SUDOKU

by Linda Thistle

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

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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35	7	x	3	+	2
	-		x		÷
22	8	+	8	+	9
	x		+		x
15	5	x	1	-	4

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