



The Golden View

The Community Newspaper For Adults 55 Plus

February, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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February Rocks at University of Dubuque Heritage Center

by Thomas J. Robbins, Executive Director, Heritage Center



Dubuque native, Rita Harvey will perform in Neil Berg's 50 Years of Rock and Roll at University of Dubuque's Heritage Center on Saturday, February 15 at 7:30 p.m.

DUBUQUE, Iowa – University of Dubuque Heritage Center will host seven events to entertain audiences as part of the seventh annual Live at Heritage Center Performing Arts Series in February including Neil Berg's 50 Years of Rock and Roll and the Siberian State Symphony Orchestra.

Neil Berg's 50 Years of Rock and Roll will pay tribute to the music genre that changed the world forever at 7:30 p.m. Saturday, Feb. 15, in John and Alice Butler Hall. Tickets are \$25-\$42 for the general public in advance, \$30-\$47 day of show; \$19-\$37 for alumni, military, and veterans in advance, \$24-\$42 day of show; and \$19 for children and students in advance, \$24 day of show.

From rock and roll precursors in the 1940s, through the glory years of the '50s, '60s, and '70s, up until MTV in the early '80s, Berg will blend fascinating stories and groundbreaking music to share the often unknown stories from the 50-year history of rock and roll.

The cast consists of stars from Broadway's greatest rock musicals, including Dubuque native Rita Harvey, as well as incredible rock and roll singers. There will be tributes to iconic rock stars and groups such as

Little Richard, Elvis Presley, Buddy Holly, Bob Dylan, Frankie Valli, The Beatles, Beach Boys, Aretha Franklin, Carole King, Elton John, Stevie Wonder, Bruce Springsteen, and more.

A free CyberCafé Knapp Stage Pre-Show Concert featuring Terry McCauley precedes Neil Berg's 50 Years of Rock and Roll from 6 to 7 p.m. in Heritage Center. The former Dubuquer will perform acoustic favorites from the '60s and '70s.

The Siberian State Symphony Orchestra will be held at 7:30 p.m. Thursday, Feb. 27, in John and Alice Butler Hall. Tickets are \$25-\$49 for the general public in advance, \$30-\$54 day of show; \$19-\$39 for alumni, military, and veterans in advance, \$24-\$44 day of show; and \$10 for children and students in advance, \$15 day of show.

Direct from Krasnoyarsk, Russia, the 80-member Siberian State Symphony Orchestra embarked on an eight-week U.S. tour earlier this year. Founded in 1977, the orchestra quickly earned a reputation as one of the best Russian orchestras. The program will include *Tango* from *The Bolt* ballet by Shostakovich, *Piano Concerto No. 3* by Rachmaninov, and

Heritage Center cont. Pg. 14

Beating the Winter Blues

by Tracy Connolly, Bell Tower Retirement Community

Seasonal Depression is a real concern. Those of us who live in the Midwest and face long winter months should be aware of this and take steps in preventing ourselves from being affected by Seasonal Depression. There are many statistics available that we could list and clinical suggestions we could make to assist you in getting through the winter.

Let's take a different approach. Seasonal depression is often referred to as the winter blues, it's a real thing and most apparent in seniors. A realistic approach to beating the winter blues can be simple. Take

advantage of necessary outings such as going to the grocery store, to church, to doctors' visits. Try to be social to those around you during your outings,



Karen enjoying herself doing a quiet activity at Bell Tower Retirement Community.

human interaction is important to our mental health. Many seniors live alone and may have few visitors during the winter

Bell Tower Retirement cont. Pg. 3

Symphonic fairy tale Peter and the Wolf comes alive onstage

by Kathleen Hoeper, Director of Marketing and Community Relations, Dubuque Symphony Orchestra



Symphonic fairy tale *Peter and the Wolf* comes alive onstage as the DSO pairs with the Heartland Ballet February 22 & 23, 2020 at Five Flags Theater.

Written by Russian composer Sergei Prokofiev as an educational piece to introduce children to the instruments

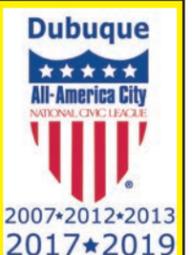
of the orchestra, *Peter and the Wolf* contains some of the composer's most memorable melodies. Peter and the animals are brought to life by the instruments to tell a tale of mischief, suspense and triumph. This orchestral story, which

DSO cont. Pg. 10

Al Batt	Page 21
Bridge	Page 19
Bill Zwack	Page 24
Kovels® Collecting... ..	Page 17
Gary Dolphin	Page 23

Jerry Eberhardt	Page 22
Ken Resch	Page 20
Michael D. Gibson... ..	Page 10
Paw's Corner	Page 5
Sports Quiz	Page 23

S. E. Persinger	Page 9
Social Security	Page 9
Trivia Test	Page 21
Uplifting Moment	Page 7
Veterans Post	Page 20



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February 12 at 11 AM
February 26 at 11 AM

Baymont Inn & Suites

4115 N. Riverview St., Bellevue, IA
February 20 at 11 AM

Guttenberg Library

603 S. Second St. in Guttenberg, IA
February 5 at 11 AM
February 19 at 11 AM

Best Western Plus

3100 Dodge St., Dubuque, IA
February 13 at 11 AM
February 24 at 6:30 PM

Johnson Public Library

131 E. Catherine St., Darlington, WI
February 21 at 11 AM

Lancaster Health Services

(formally Atrium Post Acute Care)
1350 S. Madison St., Lancaster, WI
February 7 at 11 AM

Econo Lodge

1019 W. Platt St., Maquoketa, IA
February 14 at 11 AM
February 25 at 11 AM

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Bell Tower Retirement from Pg. 1



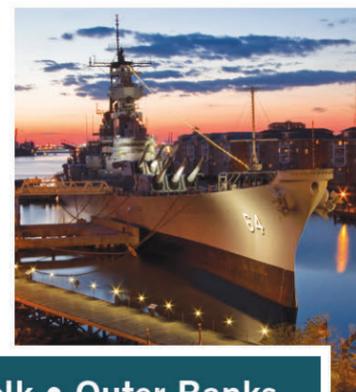
Bob and Buck, taking part in a social activity at Bell Tower Retirement Community

months so it's important to take ownership of your mental health as well as your physical health. On sunny days take a minute to let the sunlight hit your face, sit near the window and feel the warmth of the sun when possible. If you are feeling lonely reach out to friends and family and be honest, share with them how you are feeling.

When travel is safe, and you can get out for social events take advantage of the retirement communities in our area. All the communities have activities for their residents and many host monthly events for the community that you can take part in. Not only will that provide the socialization we all need, it will also give you the opportunity to visit

the retirement communities and learn about their services. Attending social events will give you the ability to meet the staff and residents as well. In the event you decide to move into one of our area retirement communities you will already have an idea of which one suits your needs when the time is right for you. Current residents of retirement communities are given the opportunity to take part in social activities. Many have stated that the socialization is the number one asset of living in a retirement community.

Historically mother nature has not failed us and brings warmer weather back to the Midwest each year, be patient it's coming. Until then, do your best to beat the winter blues.



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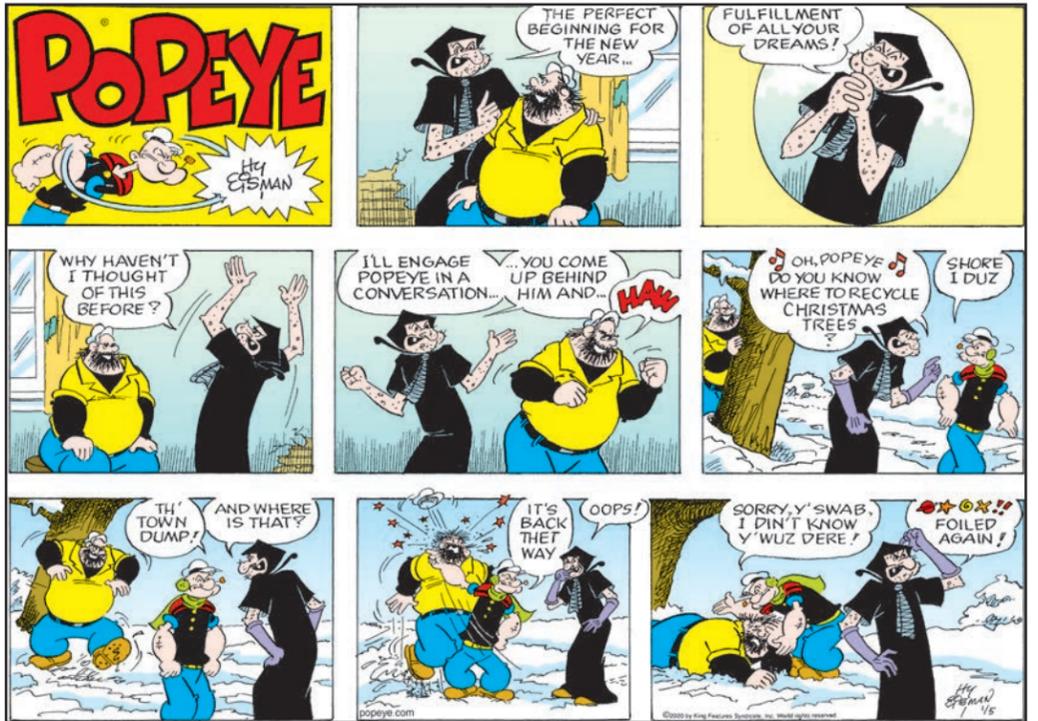


LIFE IS NOT MEASURED BY THE NUMBER OF BREATHS WE TAKE, BUT BY THE MOMENTS THAT TAKE OUR BREATH AWAY



The Golden View
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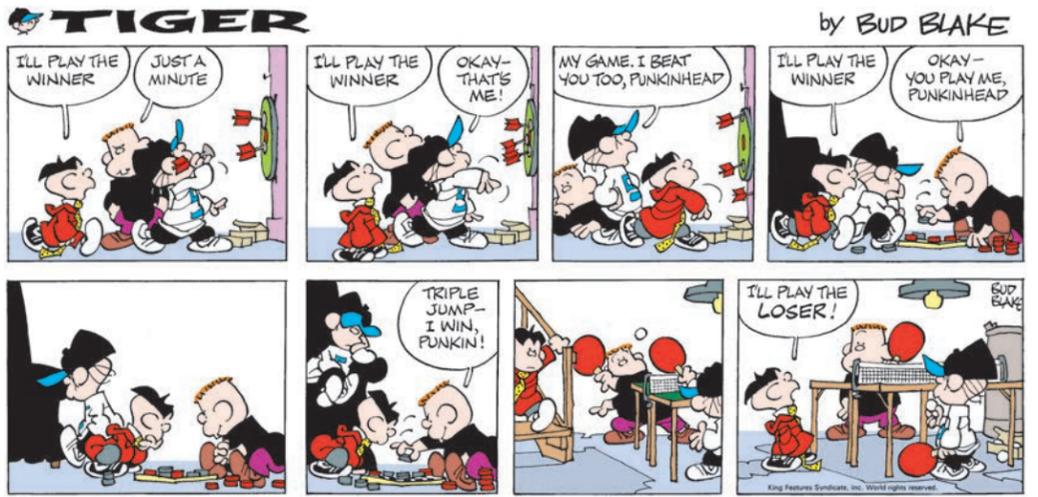

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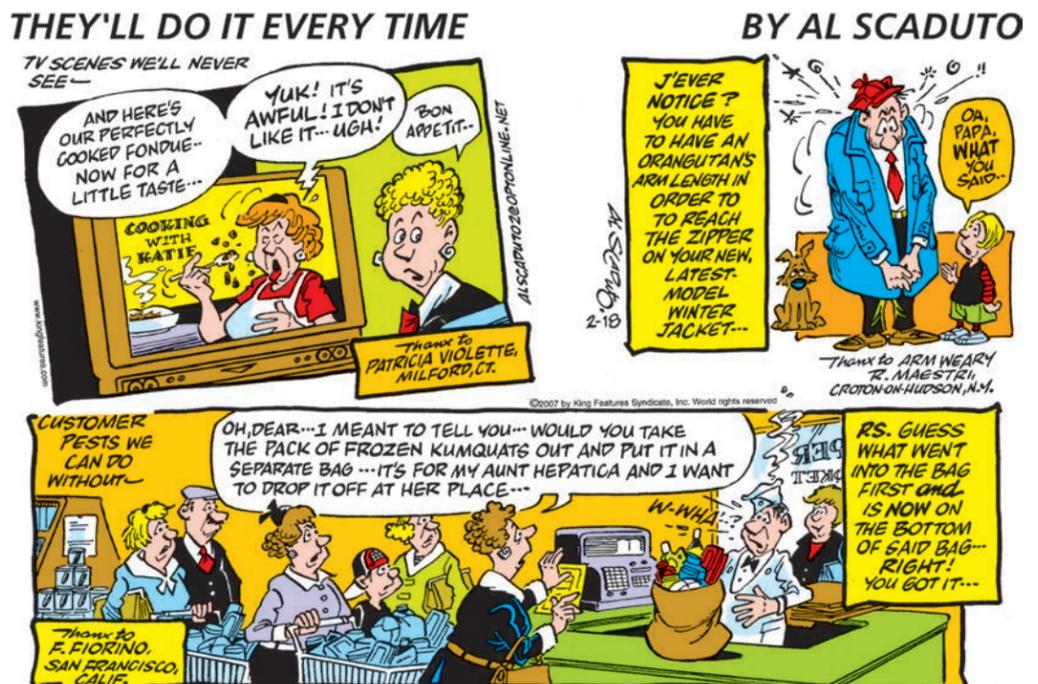


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STICKELERS [sic].
 by Terry Stickels

How many anagrams can you find for each word?

- 1) auctioned
- 2) mastering
- 3) introduces
- 4) restrain
- 5) teardrop

Stickelers Answer on Pg. 28
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King Crossword

ACROSS

- 1 Cleans the floors
- 5 Pouch
- 8 One of the Three Bears
- 12 Admitting customers
- 13 Time of your life?
- 14 Change for a five
- 15 Draped dress
- 16 Sailor
- 17 Western state
- 18 Deceptive
- 20 Melody
- 22 Lengthwise, to 16-Across
- 26 In spades
- 29 Actress Farrow
- 30 Mai — (cocktail)
- 31 Exceptional
- 32 Corral
- 33 Check
- 34 Film trickery, for short
- 35 One of the Brady Bunch
- 36 Cartoonist Trudeau
- 37 Everywhere
- 40 Surround
- 41 Attachments
- 45 Blunder
- 47 Rowing need
- 49 Help in crime
- 50 Padlock fastener
- 51 Oilfield struc-

1	2	3	4		5	6	7		8	9	10	11
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50						51				52		
53						54				55		

- ture
- 8 100 pence
- provider
- 52 Fourth dimension
- 9 Enemy of an "army"?
- 33 Numbers to be crunched
- 53 Vocal comeback
- 10 Shade of green
- 35 Cookie container
- 54 Hearty brew
- 11 Shade of blonde
- 36 Deity
- 55 Surmounting
- 19 Plaything
- 38 Ballerina in "Fantasia"
- DOWN**
- 1 Rolling
- 21 Actress Merkel
- 39 Ginormous
- 2 stone's lack
- 23 Make corrections
- 42 Last write-up
- 3 Colorful fish
- 24 Equitable
- 43 "Finding —"
- 4 Graceful woman
- 25 Wee
- 44 Flight component
- 4 Cold symptom
- 26 St. Louis landmark
- 45 That girl
- 5 Attendant of Bacchus
- 27 Creche trio
- 46 Fond du —, Wis.
- 6 — Khan
- 28 Annoyingly proper
- 48 Have something
- 7 Foolproof
- 32 Internet radio

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Why Can't His Husky Handle Cold Weather

DEAR PAW'S CORNER: My dog "Jackson" is part Husky, a big dog with lots of fur. When I put him outside in the backyard on a snowy day, he comes right back and whines to be let inside. I thought Huskies could handle cold weather. What's wrong with him? — *Dan in Springfield, Massachusetts*

DEAR DAN: Jackson may have descended partly from Huskies, but he's an indoor dog. He was raised to live in a house with humans, and from puppyhood he was acclimated to the comfortable temperatures inside a house.

It's not uncommon for some owners to think that because their big, furry dogs are more

comfortable in the fall and winter than in the warmer months, that those dogs can handle cold, wet or snowy conditions. This isn't true at all — unless those dogs are trained for outdoor tasks like herding, hunting or sporting.

Sled dogs, for example, are carefully acclimated to the extreme cold climate that they work in. They're not house pets that live indoors. Even so, their owners watch those dogs constantly to make sure they don't show signs of hypothermia, that they're eating food that will give them the energy to keep warm, and so on.

When the temperature drops below 40 F, dogs of all sizes begin to feel uncomfortable after a short time outside. Below 30 F, owners should stay with their dogs outside and take them in if they begin to shiver or whine.

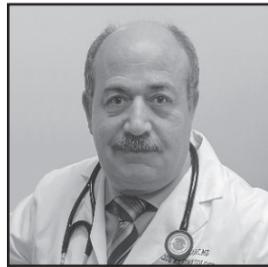
So forgive Jackson for complaining, and let him in. When a Husky doesn't like being outside, it's just plain cold.

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

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Upcoming Events at the James Kennedy Public Library in Dyersville: February 2020

Saturday, February 1: Bear Creek Carving Club Open House and Demo from 10:00 am to 2:00 pm. Members of the Bear Creek Carving Club will be at the library to demonstrate wood carving techniques and display their carvings. Questions are welcome. Everyone is invited to stop in during this open house and view the carvers and their works.

Saturday, February 1: Bad Karaoke Night from 6:00-8:00 pm. Love to sing but can't carry a tune in a bucket? Then this program is perfect for you! Join us as we use the library's new karaoke machine to sing our hearts out and have fun while doing it. For those age 13 and up.

Mondays and Thursdays, February 3, 6, 10, 13, 17, 20, 24, 27: Strength Training for Older Adults @ 9:30 am. Older adults of any age and fitness level are invited to join this special exercise program made possible through a partnership with the Geri-Fit® Company. Participants will exercise to a Geri-Fit® DVD and most of the exercises will be performed seated in a chair. Some supplies required. Space is limited so registration is required.

Fridays, February 7, 14, 21, & 28: Euchre Card Party from 1:00-3:30 pm. Join us Friday afternoons for cards and snacks! Come meet, teach, and play with other players. Refreshments provided.

Saturday, February 8: Mystery Dinner Fundraiser: A Dinner To Die For @ 6:30 pm. Join us on at the Dyersville Golf & Country Club for this Murder Mystery Dinner fundraiser. Tickets are \$50.00 each or \$350.00 for a table of 8. Doors open at 5:30 for cocktails with the catered meal and show starting at 6:30 pm. Period attire is welcome but optional. Seating is limited and tickets are on sale at the James Kennedy Public Library.

Tuesday, February 15: Internet Safety Class @ 1:00 pm. As part of National Safer Internet Day, the library will be hosting a class on basic methods you can use to protect yourself on the internet. This session will cover information on basic programs, what to avoid, and potential fixes for problems. Refreshments provided.

Sunday, February 23: Miniature Golf @ Your Library. Everyone is invited to come and help turn the library into a miniature golf course from 2:00-4:00 pm. Participants may work individually or in teams to create one golf hole from plastic cups, blocks, boxes, books, stuffed animals, and more. Then join us from 5:00-8:00 pm and come tee off between the stacks and navigate our book obstacles. All ages welcome but those under age 6 must be accompanied by an adult. Join us for fun, refreshments and door prizes!

Friday, February 28: Game Night @ Your Library @ 6:00 pm. Bring your favorite game (card game, board game, role playing game, or video game) and meet, teach, and play with others! Game night is held on the 4th Friday of every month. 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 Dawn Schrandt via email at dschrandt@dyersville.lib.ia.us



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God Is Good, All The Time!

When our grandson Danny died after major heart surgery at the age of five, my wife and I found ourselves questioning the goodness of God. I've been a lifelong follower of the Lord; I believe in all of His wonderful attributes. As a pastor for over three decades (at the time) I had preached often on God's attributes, frequently identifying three which gave strength to my faith in Him: God is all-powerful and can do what's best, all-wise and knows what's best, and all-loving and does what's best. After Danny's death we didn't so much question God's power or wisdom but did question His goodness.

Over the years I had read many good articles and books on the problem of pain, suffering, death, and evil. But with Danny's death I was not reading about the subject but living it. I was not only living it myself but feeling my heart break for my daughter

Julie (Danny's mother), my wife (Danny's grandma), and my grandchildren (Danny's siblings).

In my mind I intellectually could still affirm that God is good, but in my heart I didn't feel His goodness. I eventually took comfort that I was in some pretty good company in questioning the goodness of God. When Jesus was asleep in a boat with His disciples during an epic storm on the Sea of Galilee they woke Him and asked, "Teacher, don't you care if we drown?" (Mark 4:38) They didn't question Jesus' power as to whether He could do something about the storm nor did they question His wisdom in letting them take the boat into the storm. They asked Him whether He cared, they questioned whether He was acting good.

Author Tim Keller writes that "all sin against God is grounded in a refusal to believe that God is more dedicated to our good, and more aware of what that is, than we are. We distrust God because we assume he is not truly for us, that if we give him complete control, we will be miserable." (Tim Keller, p. 137, *The Prodigal Prophet*) This is why we often conclude, Keller writes, "We will have to take things into our own hands – we can't trust him." (p. 138)

By God's grace, and it is only
An Uplifting Moment cont. Pg. 17

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Jonah in the Old or New Testament or neither?
2. In Genesis 19, who escaped to Zoar on hearing wicked cities were going to be destroyed? *Gomorraah, Elijah, Lot, Shimei*
3. Who confessed to an angel, after beating his mule, that he had sinned? *Sodom, Balaam, Samuel, Daniel*
4. From Job 4, who was so

frightened by a dream that his hair stood on end? *Eliphaz, Abraham, Ehud, Joseph*

5. Who had to parade his eight sons before a prophet as found in 1 Samuel? *Aaron, Jacob, Naboth, Jesse*

6. From Exodus 14, whose chariots were lost in the Red Sea? *Solomon's, Pharaoh's, Samson's, Ahab's*

ANSWERS

(1) Old; (2) Lot; (3) Balaam; (4) Eliphaz; (5) Jesse; (6) Pharaoh's

Comments? More Trivia? Visit www.TriviaGuy.com

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THE ILLUSTRATED BIBLE

In the six hundredth year of Noah's life, in the second month, the seventeenth day of the month, on that day all the fountains of the great deep were broken up, and the windows of heaven were opened. And the rain was on the earth forty days and forty nights.

GENESIS 7: 11,12



Detail of "The Flood" by Clare Leighton (1952)

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Would you have a challenge finding important documents quickly if needed? Contact information, tax returns, medical files, titles, insurance policies, and owner's manuals may be in multiple locations. Consider starting 2020 by organizing personal and financial records.

"Getting Organized" from ISU Extension and Outreach is a 65-page workbook with forms to guide you in recording your personal and financial information in one place. The workbook offers guidance on what records to carry in your wallet, what to keep at home, and what to keep in an alternative location, such as a safe deposit box at a financial institution.

Essential financial and family information includes:

- Lists of financial accounts, insurance policies and credit cards
- Names and contact information for professional advisers
- Health and employment records
- Location of wills, marriage licenses, birth certificates, military discharge papers, adoption papers, etc.
- Home inventory

You can purchase the "Getting Organized" workbook as an electronic PDF file for \$3.00 from the ISU Extension Store. Link to <https://store.extension.iastate.edu/product/4448>

Download/print the workbook and record essential financial and family information.

The workbook records can save time and reduce stress. Having access to a family member's workbook can be valuable if you find it necessary to manage medical care or financial affairs for that person.

Ways to store the information can include scanning the completed document and uploading it to secure cloud storage or a flash drive. The National Archives recommends following the 3-2-1 rule: make three copies, store them on two different media, and keep one copy at a different physical location. Copies of official documents should include where to obtain replacements.

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



One of my least favorite things to do, is going to the grocery store. But as we all know, this must be done if we want to eat. I am like a lot of shoppers. I use cents' off coupons when available. The other day I cut out six coupons from a circular delivered to my home. The sale was for five days. I cut out only the ones concerning foods or items that I frequently buy.

This particular day was annoying because it seemed that every item I went looking for was either gone or had been placed on the bottom shelf and pushed back so far that I couldn't reach it. This was especially true of potato chips. I wanted plain chips and there were three bags I couldn't reach to see what flavor was left. I called to a passing store clerk and he laboriously knelt down and brought the three bags forward. Eureka! They were what I wanted. I put one

bag into my cart and continued to shop.

My next coupon was for a 20-ounce size of wheat bread. That shelf was completely empty. So again I went looking for a store clerk. I was told that they would be out of that product until the next day. I continued down that aisle because my next coupon item was usually placed at the end of that aisle. Oops! Not anymore because they moved that product somewhere else. I never did find that item.

I went to look for a 10 for \$10.00 deal. I asked a clerk if you could buy just one product or you needed to buy ten. Well, you guessed it. You had to buy ten. And, that would never work for me, so I crinkled up that coupon. At that point I went to the freezer section for a breakfast food item I liked and this was a success. I was limited to two purchases with my coupon. It was a good deal.

My last coupon was for canned cat food. I could buy three cans with my coupon. At least my cat Charlie (a female) would be pleased with

Persinger cont. Pg. 24

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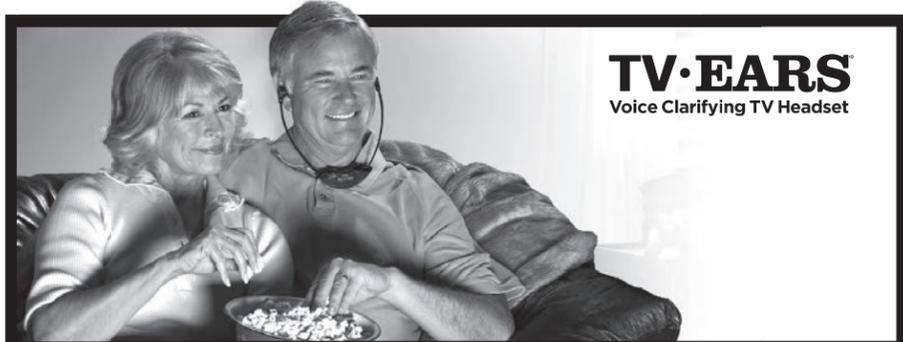
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Social Security District Manager,
Dubuque, Iowa



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If there is someone you want to be your representative payee, tell a Social Security representative, and they will consider your request. Social service agencies, nursing homes, or other organizations are also qualified to be your representative payee. Ask them to contact us.

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YESTERDAY AND TODAY

BY MICHAEL GIBSON



Medical Associates Clinic was founded in 1924 by Drs. Heles, Lynn, and Johnston in a house at the corner of 12th & Main. Shown in this photo is the clinic as it looked in the 1940s. Eventually with 28 physicians a larger facility was needed and in 1974 a new clinic was built adjacent to Mercy Hospital on Langworthy St. Of course, more recently with nearly 100 physicians, an additional west campus was built in 1997 on Associates Drive adjacent to the Northwest Arterial. (Photo courtesy of the Center for Dubuque History, MOSL p.30 Neg. ROD 771).

Yesterday & Today cont. Pg. 11

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DSO from Pg. 1

has captured the imaginations of many generations, will be narrated by Clarke University drama professor Joe Klinebriel, who also doubles as Peter's grandfather.

The Heartland Ballet, under the direction of Marina O'Rourke and choreographer Megan MacLeod, joins the DSO onstage to visually tell the story. Music Director and Conductor William Intriligator shares: "In my twenty years with the DSO, we have performed this classic piece on educational concerts, but never on the Classics Series and never with ballet staging. This production will be very special."

Saturday evening and Sunday afternoon's full concerts also include: Wagner's *Siegfried Idyll*, reflecting a rarely heard, more intimate side of the composer; a side-by-side performance of Beethoven's *Egmont* overture with the Dubuque Symphony Youth Orchestra; and Beethoven's youthful Second Symphony: a thrilling way to begin the DSO's year-long celebration of Beethoven's 250th.

Full concerts, co-sponsored by Dubuque Bank and Trust and guest artist sponsor John B. Donovan, will be held 7:30 pm Saturday, February 22

and 2:00 pm Sunday, February 23 at Five Flags Theater, downtown Dubuque. Tickets (\$18-87) are available at www.dubuquesymphony.org. It is encouraged to purchase direct at the Five Flags Box Office (corner of 4th and Locust Streets, open M-F 10-5) as Ticketmaster fees are applied to online purchases. Information about Spring Classics packages and discounted Group Sales tickets may be obtained by contacting the DSO office at 563-557-1677 or info@dubuquesymphony.org.

A SPECIAL 1:00 PM FAMILY CONCERT on Saturday, Feb. 22 will feature a shorter kid-friendly program including *Peter and the Wolf*, a fun piece for typewriter and orchestra, and movie favorites from *Frozen*, *Beauty and the Beast* and *Wizard of Oz*. Audience members are encouraged to wear a costume and attend post-concert activities including West Music's instrument petting zoo, activity tables, photos with Heartland Ballet dancers, and *Peter and the Wolf* marionettes from Fever River Puppeteers. The Family Concert is sponsored by the Chad & Laura Chandlee Family with media sponsor Telegraph Herald. Ticket prices for the family concert are \$12 for floor and balcony seating and \$27 for box seats.

Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are every Thursday, Friday and Saturday evening at 7:30 pm, and Sunday afternoon at 2 pm from February 7 to 23. Plus two added Saturday 2 pm performances on February 15 &

22. February 6 & 7 are the Early Bird Special performances when tickets are just \$11. Tickets for all other performances are \$22. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit us online at www.belltowertheater.net.

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Bell Tower Theater Announces the First Show of the 2020 Season the Area Premiere of *Love Happens*

Dubuque, IA—The Bell Tower Theater, your hometown theater, is pleased to announce their first comedy of 2020, *Love Happens* by Rich Orloff. The performance will be directed by the Bell Tower Theater's Artistic Director Sue Riedel.

Love blossoms when Donna and Tom meet at the local gym. But navigating a new relationship is never easy. Luckily they have Phil and Rose

(who will soon be celebrating 50 years together) to help them through the rough patches. Funny and sweet, this is the perfect show for Valentine's Day.

The cast features Bell Tower veterans Debbie Meyer, Jon Aguilar and Chris Becker and back after a nine-year hiatus from our stage C.J. Burroughs.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury

Yesterday & Today from Pg. 10

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



When the clinic moved to Langworthy Street in 1974-75, the old building at 1200 Main Street was occupied by such entities as the American Red Cross, the Badger Regional Blood Center, and the Moose Lodge 355. The building was eventually torn down in the late 1980s. The original site of and Iowa's oldest fully accredited multi-specialty clinic became the site of a parking lot. Note City Hall in the background. (Photo by Terry Grant).

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Scald Prevention
Safety Tips

February 2 – 8, 2020 is National Burn Awareness Week. This year's theme is Contact Burns – Hot Surfaces Damage Skin! Approximately 70,000 people visited the emergency department in 2018 due to contact burns (National Electronic Injury Surveillance System, NEISS).

According to Consumer Product Safety Commission's National Electronic Injury Surveillance System, 2018, between 2013 – 2017, most burns that were associated with cooking were caused by contact of a hot liquid or object. Always use oven mitts when taking dishes out of an oven or microwave. If you need to reach farther into an oven to grab a dish use longer oven mitts to avoid touching the top of the oven or rack.

Make sure that you have at least a three-foot radius around the stove clear of anything that could catch on fire or that could absorb heat. A metal pan sitting on the stove on an "off" burner could absorb heat from a burner that

is "on" resulting in a contact burn if you grab the pan. Also, keep the area clear of potential trip hazards that could result in you reaching out as you are falling and placing your hand on a hot stovetop. This includes kitchen cabinets, the oven door or other items laying in or around the stove area.

When going to sleep make sure to shut off heating blankets and/or heating pads. Many do not have a heat regulator to control the temperature. When outside on a hot surface protect your feet by wearing shoes or sandals.

If using an item that heats up such as a curling iron, clothes iron or other item make sure to allow it to properly cool before touching it or putting it away. And finally set your hot water heater to around 120 degrees to avoid scalds and burns when taking a shower, a bath or doing dishes.

If you have any questions or would like further information I can be reached at **563-589-4195** or at **Dpaulson@cityofdubuque.org**.

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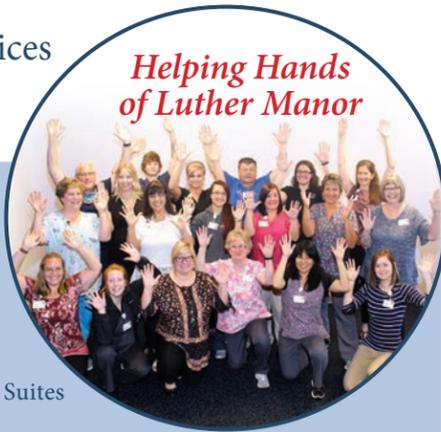
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The Public Health Threat No One Talks About: Loneliness



Too much time alone can be bad for your health but modern technology can help keep you connected.

(NAPS)—There is a public health threat looming across the United States that's not visible to most but affects nearly half of all Americans daily: loneliness. Social isolation is as bad for your health as smoking 15 cigarettes a day and is twice as harmful as obesity. Worst of all, loneliness is a contributing factor in senior suicides, which are rising in the U.S. While it is not something people like to think about, now more than ever, Americans must remove the stigma around mental health and spread awareness to better combat loneliness.

Many of the 12 million Americans over age 65 who live alone are entering the time of year where that lack of companionship and isolation is most palpable: winter. Whether physical or travel challenges keep seniors from attending family gatherings or the harsh weather deters them from venturing out for a social event, seniors can suffer from prolonged loneliness that can quickly manifest into more serious issues.

Loneliness does not have to be synonymous with getting older or with aging in place. Here are tips on how to help keep loneliness—and its negative health effects—at bay:

- **Intervene early:** Spotting loneliness in yourself or someone you love can be difficult. The most common physical and behavioral signs of loneliness include persistent sadness, impaired cognitive performance, lower self-esteem, or lack of motivation and energy. Early intervention can positively affect one's quality of life, so it's important to address these symptoms as soon as possible before they become overwhelming.

- **Leverage technology:** Technology can play a key role in reducing loneliness, ensuring seniors are always connected to loved ones and care teams who can monitor and interact with them. For example, Philips Cares is a mobile application that helps connect seniors who are subscribers to Philips Lifeline service with their

Loneliness cont. Pg. 20

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WINTER SAFETY Tips for Senior Citizens

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KEEP THE FURNACE RUNNING AT A MINIMUM OF 68 DEGREES FAHRENHEIT

- CLOSE UNNECESSARY VENTS
- PUT PLASTIC ON WINDOWS
- PUT ROLLED TOWELS IN FRONT OF DOORS TO REDUCE DRAFTS

KEEP YOUR PANTRY FULL TO AVOID EMERGENCY TRIPS TO THE GROCERY STORE

PREVENT BROKEN BONES

- STAY INSIDE AFTER DARK
- HAVE YOUR STEPS, SIDEWALKS, AND DRIVEWAY CLEARED OF ICE OR SNOW
- WEAR SHOES WITH NON-SKID SOLES
- TAKE WET SHOES OFF WHEN RE-ENTERING THE HOME
- REPLACE WORN RUBBER FEET OF YOUR WALKER OR CANE THAT ARE SMOOTH OR IN BAD CONDITION

KEEP MEDICATIONS FILLED

WHAT WE CAN DO AS A COMMUNITY TO HELP OUR SENIOR CITIZENS:

- CHECK ON NEIGHBORS DAILY
- MAKE SURE THEIR CELL PHONES ARE CHARGED AND WITHIN REACH
- ASK THEM IF THEY NEED ANYTHING - A LOAF OF BREAD? A LETTER MAILED? A PICKUP AT THE PHARMACY?
- DISCUSS THE WEATHER AND ALERT THEM OF UPCOMING SEVERE WEATHER
- OFFER TO CLEAN SNOW OFF OF STEPS, SIDEWALKS, & DRIVEWAY

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Home Improvements For Safety



One call to the Eldercare locator can connect older adults to local resources that can help them modify their homes so they can live there safely for many years to come.

(NAPS)—Research shows that most older adults want to live in their homes and communities for as long as possible. Most homes, however, were not built to support the mobility, sensory and cognitive changes that often accompany aging.

Fortunately, older adults and caregivers can make simple updates such as clearing clutter from the floor, improving lighting and removing rugs to help prevent falls—all of which can make homes meet the changing mobility, sensory and cognitive needs of the older adults who live in them. Other changes such as installing a stair lift or renovating a bathroom are more complex and require outside assistance.

Many older adults who need to modify their homes don't

know where to turn for advice or assistance—or even what modifications they may need. That's where the Eldercare Locator, a public service of the U.S. Administration for Community Living, comes in. It connects older adults and caregivers across the country to Area Agencies on Aging and other resources—that can help determine what needs to be done, how to find a contractor to do it and look for ways to pay for it all—that can help ensure their homes meet their evolving needs.

To that end, the Eldercare locator created a brochure, "Modifying Your Home for Healthy Aging." For a free copy and further advice, call (800) 677-1116 or visit the Eldercare Locator at eldercare.acl.gov.

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"Nobody can do everything but everybody can do something."

Author Unknown

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From Bach to Rock features music from their Metamorphosis CD and so much more. A melding of classical and classic rock, the show explores the many links between today's rock music and the famed classical composers, from Bach to Beethoven, Handel and others, along with their influence on modern artists like The Beatles, The Police, Queen, Pink Floyd, Procol Harum, and so many others. It's a wild ride through the ages that totally rocks out!

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

Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)



The Clauson Family Music Show
Saturday, March 14, 2020
7PM

The Clauson Family Music Show features a spectacular production featuring a variety of music including 1950's & 60's rock n roll, country & western, jazz, blues, swing, bluegrass, ragtime and gospel. With an action packed show filled with great live music, exciting routines, hilarious comedy and fabulous costuming, the show features something for everyone. The Clauson Family Music Show is from Coloma, Wisconsin where they entertain regularly at Clauson's Barn Theatre.

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

Students (18 & Under) Tickets: \$13 (in advance) \$15 (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.

Heritage Center from Pg. 1



The Siberian State Symphony Orchestra will perform at 7:30 p.m. Thursday, Feb. 27

Symphony No. 5 by Tchaikovsky. The featured piano soloist will be Yury Favorin.

A free 30-minute special lecture precedes the Siberian State Symphony Orchestra at 6:30 p.m. in Babka Theatre. University of Iowa pianist/music professor Alan Huckleberry will provide commentary on the evening's program.

Tickets for Heritage Center events can be purchased from 10 a.m. to 5 p.m. Monday through Friday at the Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennett Street; by phone at 563.585.SHOW; or online at www.dbq.edu/heritagecenter.

Other February events include:

Shesh Besh, the Arab-Jewish Ensemble
Presented in cooperation with the Dubuque Arts Council
7:30 p.m. Saturday, Feb. 1

The Princess and The Peas,
performed by Lexington Children's Theatre
2 p.m. Sunday, Feb. 9

The Office! A Musical Parody
7:30 p.m. Tuesday, Feb. 11

Damien Sneed's We Shall Overcome –
A Celebration of Dr. Martin Luther King Jr.
7:30 p.m. Tuesday, Feb. 18

Golden Dragon Acrobats from China
7:30 p.m. Saturday, Feb. 29

Men are apt to prefer a prosperous error to an afflicted truth.

—Jeremy Taylor

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Dubuque, IA

563-543-0916

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Start the New Year Fresh by Creating or Reviewing your Estate Plan

by Thad Murphy, Attorney with Pearson Bollman Law

Every January 1st, we resolve to do things differently. For many, this means eating less or exercising more...but this time of year is also the perfect time to create an estate plan, or if you have one, to review your plan to ensure it still meets your goals.

Creating your Estate Plan

Without an estate plan, you and your property will end up in court: (1) if you become incapacitated, you will be subjected to a guardianship proceeding and (2) after you die, your property and your loved ones could end up in probate court, a time-consuming and sometimes expensive process.

A robust estate plan consists of: (a) Last Will and Testament or a Living Trust; (b) Financial Power of Attorney; (c) Healthcare Power of Attorney; and (d) a Living Will/Advance Directive.

A will and a trust both control what happens to your estate after your death. However, there are several differences. An estate planning attorney will discuss your unique circumstances with you to determine which is the more



Thad Murphy of Pearson Bollman Law

suitable vehicle.

The power of attorney documents and living will ensure someone will be legally able to take care of you during your lifetime. A financial power of attorney appoints an agent to act for you when you lack capacity; the agent may sign checks on your behalf, change your address with the post office, etc. A healthcare power of attorney appoints a decisionmaker who can make medical decisions on your behalf if you are unable to do so. A living will allows you to state your wishes for end-of-life care.

Reviewing your Estate Plan

If you have an estate plan in place, congratulations! You

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took steps to protect yourself, your loved ones and your legacy. However, it is crucial to review your existing estate plan every few years to ensure it continues to meet your goals.

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

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

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Free Asset Protection Workshop For Seniors

Join me, Attorney Thad Murphy, for a FREE informative and interactive workshop where we will cover...

How To Protect Your Home and Savings From Nursing Home Costs.

Please RSVP to ensure adequate seating and refreshments...

Thursday, February 20
Dubuque, IA
5:30-7:00 p.m.

Best Western
3100 Dodge Street, Dubuque

Register online:
pearsonbollmanlaw.com/events
or by calling (563) 265-6971

At this event, you will discover:

- ✓ The difference between a will and trust.
- ✓ The different types of powers of attorney and how to use them.
- ✓ How to protect yourself and your assets from long-term care (nursing home) costs.
- ✓ How you can use trusts and avoid probate.
- ✓ The different types of trusts available and how to use them to your advantage.
- ✓ What is Elder Law?
- ✓ How does all of this affect seniors?
- ✓ And so much more...



*Contains adult language and themes.

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at 7:30 pm**

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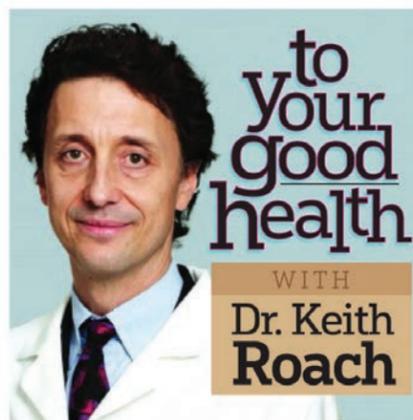
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—Yiddish Proverb*



Is Overexercise Cause of 'Knots in the Back'?

DEAR DR. ROACH: My wife is 69 and in very good health, exercising at least two hours a day. She has suffered from “knots in the back” for over 10 years. It is extremely painful, often bringing her to tears. It comes on suddenly at any time of the day or night, and lasts hours, days and occasionally weeks. She has been to several physicians, whose recommendations are to “live with it.” She has tried chiropractic, massage therapy, prescription and OTC painkillers, stretching and home massage, all to no avail. I cannot see the knots, but I can feel a tightness when I attempt to rub them out, which usually does nothing. A glass of wine is the only reliable relief, and it lasts only a few hours. Is there any recourse to this condition?
— J.P.

ANSWER: I am sure you and your wife must be frustrated.

The fact that it comes on suddenly, can be felt as tightness and gets a bit better with alcohol makes me strongly suspect she is having muscle spasms. These most often come on in the legs and feet, but they can affect the back too.

Two hours a day of exercising sounds like a lot, and she may be overexercising some muscles, while possibly not exercising others. This can lead to imbalances in muscle strength.

Another common problem stemming from exercising is inadequate stretching. Stretching is the first place to start for many people with muscle cramps. A physical therapist or physiatrist may be of immense benefit, and your wife should explain in detail what her exercise regimen is. We are taught to think carefully of the mechanism of injury, and I am concerned the exercise may be that injury.

Abnormalities in electrolytes (blood salts, especially potassium, sodium, magnesium and phosphate) are only rarely the cause, although many people write me that they have been helped by taking one or more of these. Primary muscle diseases, side effects from medications and inadequate hydration are possible, but also unlikely.

In absence of detailed knowledge about her exercise regimen, I'd recommend she try backing off a bit, maybe using ice after exercise, stretching the back under supervision and trying a hot bath or shower before bed.

...

DEAR DR. ROACH: I am a 78-year-old who runs 15-20 miles per week, with prostate gland enlargement and reduced urinary frequency with occasional use of Advil. As a runner, I have been reluctant to make ibuprofen a daily regimen because I have read that inflammation is part of the body's response to tissue damage, which is crucial to the healing process and is important for muscle growth. When ibuprofen's anti-inflammatory effect reduces symptoms, does it affect the healing process also? Can you comment on the pros and cons for runners?
— B.M.

ANSWER: High-dose ibuprofen was shown to inhibit muscle protein synthesis following weightlifting exercise. This led to a suspicion that it might impair the gains in muscle strength that are made with exercise. However, a Canadian study showed that moderate doses of ibuprofen (400 mg after exercise) did not impair muscle growth or gains in strength. Using ibuprofen for occasional muscle soreness or for the purpose of reducing

To Your Good Health cont. Pg. 17

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Antiques & Collecting

By Terry and Kim Kovel

Clobbered Porcelain

The English word “clobbered” has been used since at least the 1600s, but its meaning has changed. It still means beaten up, badly injured or damaged. But the word had a very different meaning in the 1700s. It describes porcelain dishes or ornaments with blue-and-white underglaze decoration that were altered. And in an auction catalog or antiques display, the clobbered alterations are not bad and not damaging, but enhancing, and not a reason to pay a lower price.

The Chinese made most of the blue-and-white pieces in the late 1700s to early 1800s. They were shipped to many countries and overpainted with colored glazes because the public would pay more for colored urns or dishes. The decorations did not follow the blue-and-white outlines of the original glaze, but were applied as new pictures and ornamental designs over the old glaze. The English did the same overglaze decorating, but many thought it was damaged, not improved. The Germans called it “schwarzlot” (blackish) decoration.

A pair of “Chinese Export clobbered porcelain vases” were sold at a New Orleans auction for \$5,750. Clobbering in green, pink, yellow and copper red in the mid-1800s has added to its value today.

...

Q: Wouldn't spoons made in the 1800s be worth more than the silver meltdown price? What makes sterling silver flatware eligible to be called “museum quality?”

A: Most old silver flatware is no longer popular and doesn't sell well. People don't want to bother cleaning silver. It needs to be washed by hand, polished regularly and stored properly in order to avoid tarnish, scratches and dents. It shouldn't be put in the dishwasher with stainless steel or other metal flatware. Certain foods, rubber, felt, wool, oak and some types of paint will cause silver to tarnish. Silver flatware should



A pair of clobbered Chinese urns decorated with blue-and-white pictures of houses and a river were overpainted with colored flowers, leaves and a cracked ice design. The pair sold for \$5,750.

be stored in special flannel bags or chests lined with tarnish-resistant flannel. Storing silver in plastic wrap or newspapers, or in cardboard boxes, causes it to discolor.

Sterling silver has a “meltdown value,” the cash price of the amount of silver the piece contains. “Museum quality” is whatever the museum decides it wants to include in exhibits as interesting art, design or history. Even the name of a famous or early maker doesn't guarantee the piece is of great value. Best sellers include Tiffany, Georg Jensen and some top-of-the-line Gorham.

...

CURRENT PRICES

Creamer, porcelain, pink and brown border, company monogram, marked, Ellerman Lines, 1900s, 3 3/4 inches, \$25.

Basket, purse, lightship, scrimshaw lid plaque, Nantucket style, signed, 7 x 9 inches, \$125.

Tazza, bronze, gilt, cat, owl, arabesque, leaves, vines, berries, Antoine-Louis Barye, 7 1/4 x 6 1/2 inches, \$170.

Fireplace, andiron, brass, steeple finial, ball, scrolling legs, ball feet, 22 inches, pair, \$480.

...

TIP: If a white powder forms on a piece made of lead, or glasses or pottery decorated with a lead glaze, immediately remove the piece from your house. The powder is poisonous. Consult an expert conservator if it is valuable and should be saved. Do the ecologically correct thing if you must dispose of the piece.

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

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An Uplifting Moment from Pg. 7 with His gracious help, we must come fresh to the conviction that God will always do right by us! Yes, God is good all the time

and all the time God is good!
“I remain confident of this: I will see the goodness of the Lord in the land of the living.”
 Psalm 27:13

To Your Good Health from Pg. 16 prostate inflammation should not adversely affect your performance in running.

individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

...

Dr. Roach regrets that he is unable to answer

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I'm living so far beyond my income that we may almost be said to be living apart.
 —e. e. cummings

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Liz Lynch is back by popular demand.

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

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

Liz Lynch cont Pg. 21

A JEWEL of a Season

2019-2020
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SATURDAY, FEBRUARY 15, 2020 - 7:30 P.M.
JOHN AND ALICE BUTLER HALL

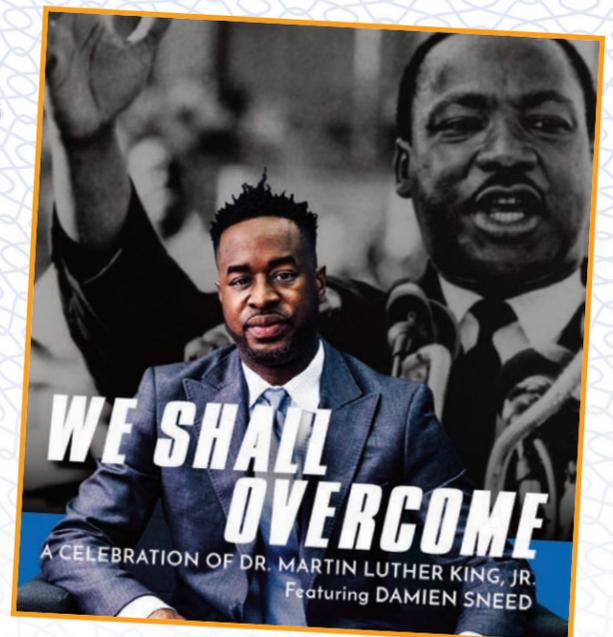
Featuring Dubuque native Rita Harvey and a cast of Broadway rock stars. Hear the music that changed the world and the story behind it.

Public adult \$25 and up. Free pre-show concert on CyberCafé Knapp Stage 6:00 to 7:00 p.m. with Terry McCauley.

Damien Sneed's *We Shall Overcome – A Celebration of Dr. Martin Luther King Jr.*

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A celebration in song and word of an American icon who defined civil rights activism for a generation.



TUESDAY, FEBRUARY 18, 2020 - 7:30 P.M.
JOHN AND ALICE BUTLER HALL

Public adult \$25 and up.

Free 30-minute pre-show lecture in Babka Theatre at 6:30 p.m.

Contract Bridge

by Steve Becker



Born of Desperation

East dealer.

Both sides vulnerable.

NORTH

- ♠ A 6
- ♥ A 9 6
- ♦ A K J 8 5 2
- ♣ A 8

WEST

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

EAST

- ♠ —
- ♥ J 7 4
- ♦ Q 10 9 6 3
- ♣ K 10 7 5 2

SOUTH

- ♠ K Q J 10 9 8 3 2
- ♥ 8 5 3
- ♦ —
- ♣ J 4

The bidding:

East South West North
Pass 4♠ Pass 7♠

Opening lead — king of hearts.

Desperate circumstances require desperate remedies.

For an extreme example, consider this deal from a team-of-four match where at both tables the final contract was seven spades, and West led the king of hearts.

At the first table, declarer won with the ace and, with only 12 top tricks in view, realized that his 13th trick would have to come from diamonds. He therefore ruffed

a low diamond at trick two, hoping the diamonds would later prove to be divided 4-3 or, failing that, that either opponent started with the singleton or doubleton queen.

South next led a trump to the ace and ruffed another low diamond. After drawing trump, he crossed to dummy with a club and tried to run the diamonds. Unfortunately, East turned out to have started with five to the queen, so South went down one.

The declarer at the second table, after winning the heart lead, first cashed the A-K of diamonds and then ruffed a diamond high. When West showed out on the third diamond, South realized he could no longer establish the diamonds with normal play since he was short one entry to dummy.

So at trick five, he led a low trump and, after West followed low, finessed dummy's six! When the finesse succeeded, South was home. He ruffed another diamond high, led a trump to the ace and ruffed the fifth round of diamonds, finally felling East's queen. After drawing West's last trump, declarer then played a club to the ace and cashed the jack of diamonds to make the grand slam.

Desperate circumstances require desperate remedies!

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by Jo Ann Derson

- To extend the shelf life of your bunch of bananas, try wrapping the stem tightly with a piece of plastic wrap. They also can be kept in the refrigerator if you don't mind cold bananas, like when you are slicing them into cereal or using them in a smoothie. The skins may brown, but the inside will not overripen to match.

- "If you have extra books hanging around, why not contact your local nursing homes to see if anyone would like some new reading material?" — **T. in South Carolina**

- H.W. in Massachusetts writes: "I use a bathroom chair in my tub and always wash the exterior. One day, a tip came off one of the legs and when I turned it over to replace it, I was horrified to see black mold underneath. I sprayed it with cleaner and it cleaned up perfectly. Please offer this tip to my fellow senior citizens. Mold is really bad."

- Energy saving tip for the kitchen: Use pots and pans that are the correct size for the

burner. There's no sense in using the big burner for a small pot, and a small burner will have to work twice as long to heat up a large pot of water. Also make sure your pots are flat (not warped) and clean, so heat can transfer more efficiently.

- "Many people have resolutions to eat healthier or to get more exercise. Why not connect with friends to be accountable to one another? You can cook together so that you will have healthy options for meals and snacks, and even if you cannot walk or go to the gym together, you can check in with each other a few times a week to make sure the person hasn't fallen off the wagon. Be an encourager!" — **F.L. in Oregon**

- "If you're looking to give yourself a bit of traction on icy sidewalks, be careful what you use. While kitty litter is a much-recommended solution, when it melts, you're left with a slippery pile of clay. Salt can de-ice a sidewalk, but it definitely will kill plants, so be precise, and don't use too much of either. I carry a baggie of sand in my bag and keep a small bucket for the steps. It's not perfect, but it works." — **T. in Pennsylvania**

Send your tips to **Now Here's a Tip**, 628 Virginia Drive, Orlando, FL 32803.

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DEMEMENTIA FRIENDLY COMMUNITY CORNER

We are often asked, "How do you know if someone has Dementia since many times there are no physical indicators?" Listed below are few signs to look for. If you are questioning, please reach out to your physician. Individuals living with dementia *consistently* may:

- have trouble handling money
- appear confused or staring - "Daydreaming"
- experience change in spatial awareness
- have trouble with communication
 - Broad in their statements
 - Difficulty coming up with words they want to use
- repeat themselves
- have changes in mood
- have a hard time focusing or tuning out a busy environment

If you or a loved one are experiencing these signs, please reach out to one of the many resources in the Tri State Area. If you are searching for a Support Group, Bell Tower Retirement has a Support Group on the second Thursday of every month from 5:00 to 6:00pm. River Bend Retirement Community's Support Group are held on the third Thursday of every month from 5:00 to 6:00pm.

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

Sponsored by
Bell Tower Retirement Community and River Bend Retirement Community
815.747.6701 563.582.5001

Strange BUT TRUE

- It was Nigerian poet and novelist Ben Okri who made the following sage observation: "Beware of the stories you read or tell; subtly, at night, beneath the waters of consciousness, they are altering your world."

- Romans thought that roses could prevent drunkenness.

- The neon sign was invented in France in 1910, but the first one didn't come to the United States until 1923. That was the year a car dealership in Los Angeles put up two brightly lit "Packard" signs. The novelties literally stopped traffic in the streets.

- Those who study such things say that China gets more earthquakes than any other country.

- Medical specialists say that the true definition of an insomniac is someone who wants to go to sleep but can't. If you can't go to sleep but aren't

really trying anyway, the term doesn't apply to you.

- Pure water doesn't conduct electricity; in fact, it's an insulator. It's the impurities in water that conduct electricity — making it a bad idea to use a hair dryer in the shower. There are underground lakes so pure that you can safely change a light bulb in them.

- The old Pony Express has been romanticized in modern times, but it's rarely pointed out that it was a financial failure. The mail delivery service actually lost an average of \$13 for every item it carried.

- According to a number of psychological surveys and studies, men have more friends early in life, while women have more friends when they're older.

- All tortoises are turtles, but not all turtles are tortoises.

• • •
Thought for the Day: "When you're traveling, you are what you are right there and then. People don't have your past to hold against you. No yesterdays on the road." — *William Least Heat-Moon*

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The Garden Bug

Hugelkultur is a traditional European gardening practice whereby fallen branches, logs and other woody debris are put into a pit under a compost pile, and covered with a growing medium into which a garden is planted. The buried wood acts like a sponge for moisture as it decays, and also provides nutrients for the soil, which are tapped into by the growing plants. The vertical building up of the pile maximizes space. This method dramatically reduces the need for irrigation.

Plants
Composting
Soil
Soil
Logs in pit

— B. Weaver
Source: permaculturenews.org

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VETERANS ★ POST ★

by Freddy Groves

2020 Honor Flights Starting Up Soon

Last year the Honor Flights Network took 21,000 World War II, Korean War and Vietnam War era veterans from around the country aboard flights to Washington, D.C. Over the years, non-profit HFN has taken over 200,000 veterans on these flights to see the memorials dedicated to them in the nation's capital. Because of donations, the veterans themselves paid nothing for their trips.

The 2020 season will be starting in a few months. Are you able to go as a volunteer escort to help three veterans for one day? Can you host a fundraiser or donate money? With over 20,000 veterans on a wait list for a trip, volunteers and donations are the most crucial at this point. Your first step is to look at the Honor Flight Network website at www.honorflight.org.

Click on Hubs/Flights and find the black dot closest to you. All but five states have hubs with a total of 140 locations. Click on a dot and you'll find contact information. Click on the website link for your hub. You'll learn about the local group: fundraisers, links to refer a veteran and more.

If you're a veteran who wants to go alone or with your family, you can go solo and meet up with the larger group in Washington, D.C., if you can secure your own funding and transportation. Another program is the Southwest Lone Eagle, for veterans who have been on the waiting list for more than one year and do not live within 120 miles of a hub. For veterans with a terminal illness, there is the TLC programs, meaning Their Last Chance.

For more information, or if there isn't a hub in your state, call Honor Flight at **937-521-2400**.

Note to veterans: use of a wheelchair or oxygen are not obstacles to going on one of these trips.

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Plant Talk

by Ken Resch



New 2020 Perennials

Scanning the internet, I found many new Proven Winners®. These are a unique line of annuals and perennials from a company that states they have the goals to "introduce the best, most unique, high performing plants, to produce them under the highest quality standards, and to market the plants innovatively. Proven Winners® plants are unsurpassed in terms of flowering, growth habit, disease resistance, and garden performance." I can confirm this to be true and have planted any number of Proven Winners® in my gardens.

This month I'll highlight a few of the new perennial introductions and next month highlight Proven Winners® annuals. Look for the largest selection of Proven Winners® in most large or upscale nursery settings. Don't be taken aback by the higher sticker price. What you receive is unmatched in quality. Following are just a few of this year's garden graduates:

Once only found in the prairie purple color, Coneflowers (Echinacea) are now in a vibrant array of colors. This year 'Orange You Awesome' is a striking plant 18-22" by 16-20" and of a deep orange hue. It blooms earlier than its other new coneflower 'Yellow My Darling' which is a bit taller. These flowers turn from rich to creamy yellow. Both grow best in full sun.

My brother, knowing I planted a lot of hostas and other shade-lovers once gave me a chocolate-leaved Brunnera (macrophylla). This year we have 'Jack of Diamonds' which adds a welcomed bright spot to the shade with its silver color between wide, dark green veining. 14-16" by 28-32." Brunnera will thrive in full to partial shade in zones 3-8.

Turning to something decidedly smaller, we have the ever-popular sedums. Sedums

love the hot sun and are stand-outs in the rock garden or container. Sedum ROCK 'N GROW® 'Boogie Woogie' is the first variegated sedum for Proven Winners® and it's a show-stopper! Because sedums are so low growing, they're only noticed when in bloom; otherwise, they're a mat of green. Not anymore! 'Boogie Woogie' has early summer flowers of yellow but then for the rest of the year the variegation keeps it in the limelight. 6-8" by 16-18" and full sun.

When I first began landscaping forty+ years ago, yellow Yarrow (Achillea) was a staple for naturalizing in mass plantings. Native plants were not much used, and Yarrow provided a long-blooming tall perennial for slopes. Decades later, Yarrow is now front and center in many perennial beds as well. 'Firefly Peach Sky' 32-36" by 28-32" blooms first in a light peach and then the flowers age to yellow. The tall upright growth of Yarrow makes it an excellent background plant. Zones 3-8 and full sun.

My garden contains many common Ostrich Ferns but with a unique family history. In the 1950s my father dug a clump of the ferns from a patch started by his mother in the 1890s on the family homestead in Indiana. In turn, I dug some of his in the 1970s and they continue to this day. I've loved ferns of every kind and I'm especially partial to Japanese Painted Ferns (Athyrium niponicum). JPFs are unique in that it looks like someone painted the frond with silver. 'Crested Surf,' the first JPF introduced by Proven Winners® is similar in color to others of its kind but the tips of the fronds are double crested giving the plant a much fuller look. 20-22" by 28-30" they like the moist shade and zones 3-8.

My final offering is an eye-popping Daylily (Hemerocallis) appropriately named 'Inkheart' because the creamy yellow flower has a dark purple center eye with amazing petal edging of the same color. Unlike the old-fashioned daylily that bloomed once and was foliage thereafter, 'Inkjet' is a rebloomer well into late summer. 28" by 18-24," full sun and zones 3-8.

Loneliness from Pg. 12

family and friends, helping to enable these caregivers to be there for their aging loved ones, easing and enriching their aging journey.

• **Make a connection:** Connecting with people, purpose and passions will help eliminate feelings of isolation. Consider organizing a reoccurring social gathering, such as a book club or a group

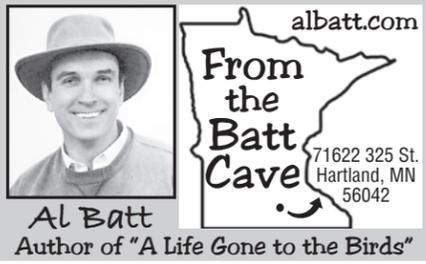
fitness class. Explore local activities organized by a senior community center or find a National Council of Aging program through www.ncoa.org/ncoa-map.

Learn More

For further facts about the latest technology to help seniors stay connected with their care circle, visit <https://philips.to/2MGDqLm> or call (855) 223-7395.

Who is rich? He that is content. Who is that? Nobody.

—Benjamin Franklin



Happiness is a warm head

I had just escaped the clutches of a colossal cold.

Once defrosted, I headed to a gig at a fine Minnesota college where I'd decided to walk at 5 in the morning. I had an hour to hoof it until breakfast. I'm not sure what the temperature was on the treadmill in my hotel, but it was 2° outside where I walked. Being a good Minnesotan, I found warmth in knowing that it was above zero. Walking helps me think. I hadn't walked long before I thought it might have been a good idea to have covered my ears with something warm. Even mashed potatoes would have helped. A hat with ear flaps, a watch cap, earmuffs or one of those 1/4-mile long scarves would have been welcome. A utility worker told me that earmuffs were like socks, they kept his feet warm. He likely flunked anatomy. I had some earbuds in my pocket, but I'd have been concerned if they'd have provided any heat.

Why wasn't I wearing any ear covering? Because it makes it hard to hear me when I talk to myself.

High school coaches had told knuckleheaded me about the importance of stocking caps. Going outside with wet hair was apparently the way the bubonic plague had started. I wore a stocking cap in the shower in mock protest. Bad idea. Someone isn't always watching out for stupid people. It wasn't long after that when I contracted quinsy. I doubt it was because of the stocking cap in the shower incident, but I ended up missing a lot of school and most of the basketball season. I spent quality time in the capable company of Doc Olds. By the time I'd become well, I'd nearly convinced him I wasn't a dimwit.

In my boyhood, my mother insisted I wear an itchy stocking cap in cold weather. She'd pull it down over my head, bending one my best ears in the process. My entire body commenced to itching. Mother insisted I'd be thankful later. I walked to the

end of the driveway to wait for the school bus. I put the stocking cap in a culvert there. I boarded the bus without a stocking cap and when I got off the bus in the afternoon, I retrieved it from the culvert and put it on. Boy, the things a guy does to keep his mother happy. That was one way to ensure that I never lost a cap. It was safe in the culvert unlike the gloves or mittens that I couldn't keep from losing.

I led a tour of northern Minnesota on a packed bus filled with folks from Arizona, Florida, Georgia and Texas. It was -33°. It warmed and I heard, "You're telling us it's up to -31°?" They each wore more clothing than I owned. It was a good idea. The bus went into the ditch and we strolled a breakwater on Lake Superior.

I often wear a hat to cover my north end. Generally, it's a dad hat. A baseball cap. It's a tasteful lid in earth tones, displaying a symbol of a granddaughter's basketball team. Some dad hats prove fathers don't always know best.

I grew up thinking hats were superfluous. Now, I swear, guys put on hats before eating. It's the modern way of dressing for dinner.

I have another hat with earflaps. The hat says Norge on it. It was made for massive melons like mine in Norway. It's a much-appreciated gift from an area family who had made me an honorary member. A voice from my past declared gelid days as being earlapper weather. He used earlaps to describe the two flaps attached to a cap to keep ears warm.

He told a tale of plodding along on a frigid morning when he heard something hit the ground and make the sound of fine crystal shattering. It was his ear. He hadn't been wearing a hat with earlaps.

I had him. It was great fun catching a grownup in a lie. I pointed out the fact that he had two ears. He said he knew that. He'd gathered the bits of his broken ear in his hands and blew on them until he made it to his house. Once the shattered pieces had thawed, he glued his ear back together. He claimed all the jigsaw puzzles he'd put together had given him the skill to do the job.

I could tell which ear it was. It was the one tilted slightly toward the sun.

© Al Batt 2020

Liz Lynch from Pg. 18

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.

Money isn't everything-but it's a long way ahead of what comes next.
—Edmund Stockdale

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1. LITERATURE: What is the motto of "The Three Musketeers" in the 19th century novel?
2. MUSIC: What were the first names of the Allman brothers?
3. GENERAL KNOWLEDGE: New York City is divided into how many boroughs?
4. GEOGRAPHY: What is the capital of Malaysia?
5. HISTORY: Which was the first U.S. state to be admitted to the union after the original 13 states were admitted?
6. MATH: What is the first number in which the letter "a" appears in its spelling?
7. GEOLOGY: What kind of rock likely would form at the bottom

- of a river?
8. U.S. PRESIDENTS: Which president once worked as a fashion model?
 9. MOVIES: How many people were killed in the 1996 movie "Scream"?
 10. FAMOUS QUOTATIONS: Which ancient Roman philosopher once said, "Every new beginning comes from other beginnings' end"?

- Answers**
1. One for all, and all for one
 2. Duane and Gregg
 3. Five
 4. Kuala Lumpur
 5. Vermont
 6. 1,000
 7. Sedimentary
 8. Gerald Ford
 9. Seven
 10. Seneca

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SENIOR NEWS LINE

by Matilda Charles

Deciding Where to Retire

Bankrate's study of the best and worst states for retirement pegs Nebraska, Iowa, Missouri, South Dakota and Florida as the top five. It's easy to just take a list such as this and call the movers, but it's the details that matter.

All 50 states in the study were ranked in terms of affordability, crime, culture, weather and wellness.

Nebraska, at the top of the list, had a rating of only 14 for affordability but did well on the other criteria.

Missouri, third on the list, was No. 1 for affordability, but only average or below average ratings on the other benchmarks.

Kentucky, at No. 6, came in at a respectable 9 for both affordability and crime. Its downfall was culture, which rated only a 46.

At the bottom of the list,

while New York scored very high for culture, it had the worst affordability rating.

So, how to decide where to retire? Not with a list like this. To pinpoint a location where you'll be happy in retirement, you need to get to know the area in person.

Go there. Stay as long as you can, at least through a vacation. Make contacts. Call real estate agents and tour homes to see what you can get in your price range. Contact the medical center and see if they have what you need. (Check Hospital Compare on medicare.gov.) Read the local newspaper.

Visit the police department and ask about crime, as opposed to believing a study. Check the nearest college for senior classes. Drive around and look for depressed areas. Is there a senior center with interesting activities?

Do the math. Can you afford your new location? Are there part-time work options if you need more money?

Deciding where to retire really does mean visiting the location and doing your homework.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry

We "Hitched" a Ride up Loras Blvd!

Maury, when Grandpa was in High School no school buses and certainly no cars were available as a means of transportation to Loras Academy. Ninety nine per cent of all students, in those times, walked to school in nice weather, rain or two feet of snow!

As Grandpa looks back, I'm automatically amused at this because of what we used to do to get to school. As every Dubuquer knows, Loras Academy was located on Loras Boulevard (or 14th St.). Because Grandpa lived in Dubuque's north end area, my friends and I would walk about twenty blocks to Loras Academy every day but were not quite there yet! I'll explain: We would only walk to 14th and Main because from there we would then "thumb a ride" UP THE HILL to "complete" our destination which was only about three or four blocks away!



Jerry Eberhardt with
grandson, Maury Cohn

Because times were different then, we never failed to hitch a ride! And it would usually take only a few minutes for a driver to stop, let us pile into his vehicle and drop us off! In fact, time-wise it would take longer to get us in and out of our "benefactor's" car than the actual ride up the hill!

I doubt, Maury, if this scenario would ever happen in today's society because, among many reasons, such as liability insurance, etc. and/or it could be dangerous for the drivers or the passengers!

Much love, Grandpa



Moments in time

THE HISTORY CHANNEL

- On **Feb. 8, 1587**, after 19 years of imprisonment, Mary Queen of Scots is beheaded at Fotheringhay Castle in England for her complicity in a plot to murder Queen Elizabeth I. In 1542, while just six days old, Mary had ascended to the Scottish throne upon the death of her father, King James V.

- On **Feb. 1, 1781**, the Articles of Confederation are finally ratified. The Articles had been signed by Congress and sent to the individual states on Nov. 15, 1777, but bickering between Virginia and Maryland delayed final ratification for almost four years.

- On **Feb. 2, 1887**, Groundhog Day, featuring a rodent meteorologist, is celebrated for the first time at Gobbler's Knob in Punxsutawney, Pennsylvania. According to tradition, if a groundhog comes out of its hole on this day and sees its shadow, it gets scared and runs back into its burrow, predicting six more weeks of winter weather.

- On **Feb. 4, 1913**, Rosa Parks is born Rosa Louise McCauley in Tuskegee, Alabama. Parks' name has become synonymous with her refusal to give up her seat to a white man on a segregated bus in 1955.

- On **Feb. 6, 1928**, a woman calling herself Anastasia Tschaikovsky and claiming to be the youngest daughter of the murdered Russian czar Nicholas II Romanov arrives in New York City. It wasn't until 1994 that Anastasia's DNA showed her to be Franziska Schanzkowska, a Polish-German factory worker.

- On **Feb. 5, 1934**, Henry Louis Aaron Jr., the baseball slugger who broke Babe Ruth's legendary record of 714 homers, is born in Mobile, Alabama.

- On **Feb. 3, 1950**, Klaus Fuchs, a German-born British scientist who helped develop the atomic bomb, is arrested in Great Britain for passing top-secret information to the Soviet Union. His arrest led authorities to Julius and Ethel Rosenberg and their subsequent execution.

- On **Feb. 9, 1960**, Adolph Coors disappears while driving to work from his Morrison, Colorado, home. Adolph, grandson of Coors' founder and the chairman of the Golden, Colorado, brewery, was kidnapped and held for ransom before being shot to death.

- On **Feb. 7, 1984**, while in orbit 170 miles above Earth, Navy Capt. Bruce McCandless becomes the first human to perform an untethered spacewalk. McCandless flew up to 320 feet away from the space shuttle Challenger while testing a rocket backpack of his own design.

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SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

This is turning into quite a basketball season for both the men and women. While there are plenty of games remaining, the most optimistic Hawk fan couldn't have predicted a 13-5 season for the guys, minus two starters for the year and a third for several games and 15-3 for the women, moving on without last year's National Player of the Year Megan Gustafson, with a couple seniors leading a young inexperienced group.

The astounding play of Iowa big man Luka Garza and steadiness of talented sophomore Joe Weiskamp has guided this shortened roster of eight scholarship players. Star guard Jordan Bohannon and power forward Jack Nunge are out for the year with hip and knee injuries. Another double figure scorer, C.J. Fredrick, missed significant time with a foot injury but has returned with a flare, scoring 21 points in a win last week against Michigan, Iowa's 3rd straight, that pushed the Hawks above 500 in Big Ten play at 4-3. Garza and Weiskamp are combining for 37 points a game, 6th best by a duo in college basketball. Garza this past week was named a first team mid season All-American by the Sporting News.

It's been a combination of zone defenses that has made the difference. A smooth sliding 2-3 has slowed athletic teams down and the Hawkeyes have posted a plus 4 advantage rebounding.

Connor McCaffery grabbed a career high 13 boards against the Wolverines. Granted, there's a long way to go before the hay's in the barn but with this farm work attitude, Iowa basketball has been so much fun to watch.

The women have been paced by senior guards Kathleen Doyle and McKenzie Meyer. Doyle leads the Big Ten in scoring at just over 20 a game and assists at 5 1/2. With Gustafson off to the pros, sophomore Monica Czinano has stepped right in and has looked very Megan Gustafson-like, scoring with either hand and rebounding. Her numbers are 15 and 5.

Not to be outdone, the Iowa wrestling team, led by two-time NCAA champ Spencer Lee at 125 pounds, is unbeaten and top ranked. The Hawkeyes are getting set to host top-five rated Ohio State and Penn State before the end of the month.

Three teams getting excellent coaching and performing above expectations. Sure helps those long Iowa winters kick into fast break mode!

If you would be wealthy, think of saving as well as getting.

—Benjamin Franklin



by Chris Richcreek

1. True or false: Boston Red Sox great Ted Williams is not in the top 20 for highest slugging percentage in a single season.
2. In 2018, Ronald Acuna Jr. set an Atlanta Braves single-season record of eight leadoff homers. Who had held the team mark?
3. Place-kickers Adam Vinatieri (599) and Morten Andersen (565) are 1-2 in career NFL field goals made. Who is No. 3?
4. When was the last time before 2019 that Auburn's men's basketball team made it as far in the NCAA Tournament as the Elite Eight?

5. Who scored the overtime goal against New Jersey to send the New York Rangers to the 1994 Stanley Cup Finals?
6. Mikaela Shiffrin set a record in 2019 for most career World Cup slalom wins by any skier. Who had held the mark?
7. In 2019, golfer Viktor Hovland set a new mark for lowest total score by an amateur (280) at the U.S. Open. Who had the previous record?

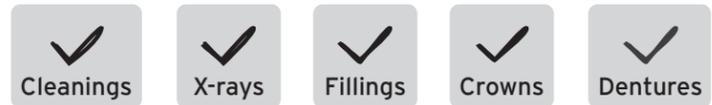
Answers

1. False. He holds the 17th (.7346 in 1941) and 19th (.7310 in 1957) spots.
2. Marquis Grissom had seven leadoff homers in 1996.
3. Gary Anderson, with 538 field goals made.
4. It was 1986.
5. Stephane Matteau
6. Sweden's Ingemar Stenmark, with 40 World Cup slalom wins (1974-87).
7. Jack Nicklaus had a 282 score as a U.S. Open amateur in 1960.

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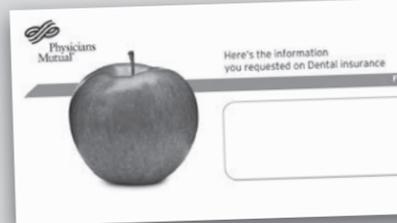


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1. Which Hollywood Argyles song was inspired by a comic strip?
2. John Fred and the Playboys wrote "Judy in Disguise" as a parody of which song?
3. What did Janis Joplin and Otis Redding have in common?
4. Which Santana song topped the Billboard charts for a whopping 12 weeks?
5. Name the song that contains this lyric: "The arms I long for, will open wide, And you'll be proud to have me, right by your side."

- ### Answers
1. "Alley Oop," in 1960. The comic strip started in 1932 and in 1995 was honored by a commemorative U.S. postage stamp.
 2. "Lucy in the Sky with Diamonds," by the Beatles. Writer John Fred initially misheard the Beatles song and thought the words were "Lucy in disguise."
 3. Both had No. 1 hits after their deaths: "(Sittin' On) The Dock of the Bay" for Redding and "Me and Bobby McGee" for Joplin.
 4. "Smooth," beginning in October 1999. It featured Matchbox Twenty frontman Rob Thomas.
 5. "One Fine Day," by the Chiffons in 1963. The song has been used in film soundtracks, including "The Flamingo Kid" (1984). Billboard lists it at No. 27 on the 100 Greatest Girl Group Songs of All Time.

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Radio from the 20th Century
by Bill Zwack

The Fitch Bandwagon was first heard on nbc in 1937, featuring vaudeville type acts and bands. Gradually it assumed more comic properties, and emerged in 1946 as the well developed forerunner to the Phil Harris-Alice Faye show. It featured Elliott Lewis and Walter Tetley, and was written by Ray Singer and Dick Chevillat. In short, Harris used *The Fitch Bandwagon* as a launching platform for his new show. For most of its run, *Bandwagon* was comprised of guest orchestras (Freddy Martin, Jan Savitt, Glen Grey and the Casa Loma Orchestra, ect.) and assorted guest stars, under supervision of producer Ward Bryon. Bill Lawrence had become producer in 1944, the year that Dick Powell signed as *Bandwagon* master of ceremonies, and Andy Devine came aboard as gravel-voiced comic.

announcer. Cass Daley became head comedienne in 1945, changing the emphasis from musical variety to comedy - musical variety to comedy music. Her rendition of the *Bandwagon* theme is still remembered:

*Laugh a-while, let a song be your style,
Use Fitch Shammmmmm-pooooo!
Don't despair, use your head, save your hair,
Use Fitch Shammmmmm-poo!*

Miss Daley departed in mid-1946. The first Phil Harris show was on September 29. Harris continued the *Bandwagon* theme through the spring of 1948, when the show closed shop. The following fall, the *Phil Harris-Alice Faye Show* opened on NBC for Rexall.

The *Phil Harris-Alice Faye* program is heard quite frequently on AM 1370 KDTH on Sunday nights, from 6pm to midnight on the *Big Broadcast*. Please tune in and smile awhile.

Wendell Niles was

Persinger from Pg. 9
my coupon shopping. All-in-all, my coupon shopping that day saved me \$6.09. I was a happy camper!

I don't know if any of you use coupons, but it can be fun

just to see how much money your can save on a weekly shopping trip. And, over time, any amount will add up to a generous sum. I see both men and women using coupons at the checkout counter.

Down Memory Lane

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

Basketball 1953-54

Basketball 1953-54




Members of the winning Skins team are (top row, left to right): Ronnie Carr, Fran Apel, Bud Pfeiffer, Bob Francis and Stan Sunderland; (bottom row): James Jutchcroft, Clete Meyer and Frankie Blaser.

The Shirts team included the following cagers: (top row left to right) – Bill Beam, Clarence Hagge, Elmer Johaningmeier, Ed Vandermuellen, Don Manders; (front row) – Junior Van Etty and Fred Spielman.



Press Desk: Reporter Leonard Beecham, who represented all news services at the event, Scorer Vic Shappell and Timer Mel Maas.

BASKETBALL: "SKINS" TRIUMPH IN 52-51 CONTEST

Two versatile Cutting Floor cage combinations matched their hardwood talent in a December game and the "Skins" triumphed in a close 52 to 51 battle. Coach Frank Blaser headed the Skins in their "non-conference" contest and was assisted by Ronnie Carr and Bud Pfeiffer in heading the scoring for the winners. Coach "Moe" Johaningmeier and Bill Beam sparked the losing team. The floorwork of Blaser was reported as exceptional and both teams featured a lightning-like attack. It is understood that the Skins have accepted a challenge to play the Ham Boners later this month.

Positive Growth Through Radical Change

by Dr Linda Peterson,
Statera Integrated Health & Wellness Solutions



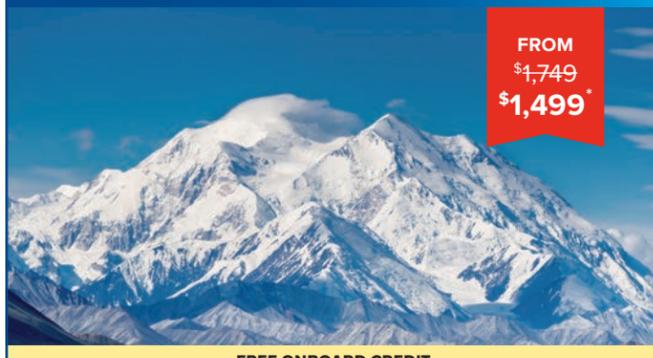
Linda Peterson ~ PhD, NCC, CLC, CHC
Dr. Linda Peterson, Life, Health and Wellness Coach, focuses on helping individuals live a healthy, happy and purposeful life

It has been said that change is the only constant in life. Change can be a deliberate choice we make or it can be thrust upon us unexpectedly such as in the loss of a loved one through death or divorce, the onset of a life-altering illness or the end a career due to downsizing. When change is your choice you can prepare for it, but when life changes without your consent, it can be dramatic, distressing and painful. Forced change is not only shocking, it can lead to anger, resentment, sadness, fear and illness. Fortunately, radical change can also be one of life's greatest teachers if we look for the lessons to learn, use it as a catalyst for personal growth and face it with a possibility mindset.

So how do we go about regaining our equilibrium when we have been shaken to our core? First, we fall apart. Then we pull ourselves back together and move in a new, and often better, direction. Change that rocks your world can also shake you awake!

So, how do we find the lessons we are to learn after a radical change? It is important and courageous to allow yourself to feel whatever emotions arise from your loss.

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The challenge is to not get stuck in the muck of anger, resentment and bitterness. Once you acknowledge that your life has been altered in a radical way, you can move toward acceptance and begin to reflect on your new possibilities. You may not understand the

why of this painful situation until much later in life, but you can choose to accept there is a reason that will be revealed later. As I reflect on my life, the best things in my life today are all a result of painful changes in the past. I have learned that sometimes involuntary change

is just life giving you a second chance for greater happiness.

When change has been thrust upon you, choose to step forward into growth. Personal growth is the foundation of emotional, physical, intellectual and spiritual health and well-

Linda Peterson cont Pg. 27

Fifty and Forward Workshop Sharing, Caring, and Growing Together

Typical changes during this life stage may include: empty nest, caregiving, divorce, retirement, death of a significant other, health challenges, redefining purpose, and career changes. The program is facilitated by Dr. Linda Peterson, who is a certified Life Purpose and Health and Wellness Coach and is a National Certified Counselor. This is an interactive group with time for sharing, supporting and learning with and from each other.



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Our first Fifty and Forward Workshop will be held Monday evenings March 2nd, 9th, and 16th from 5:30-6:30pm.

Topics include:

- ~Expanding possibility thinking
- ~Myths of aging
- ~Challenges of the caregiver
- ~Facing health challenges with love and compassion
- ~Finding passion and purpose after 50
- ~Enhancing skills for navigating change
- ~Making healthy choices for longevity
- ~Creating a "next step" action plan

Our first *Fifty and Forward Monthly Connection Group* will be held Monday March 23rd from 5:30-6:30pm.

Completion of the 3-week workshop is required for attendance in the Monthly Connection Group.

We Moved

EZSELLUSA

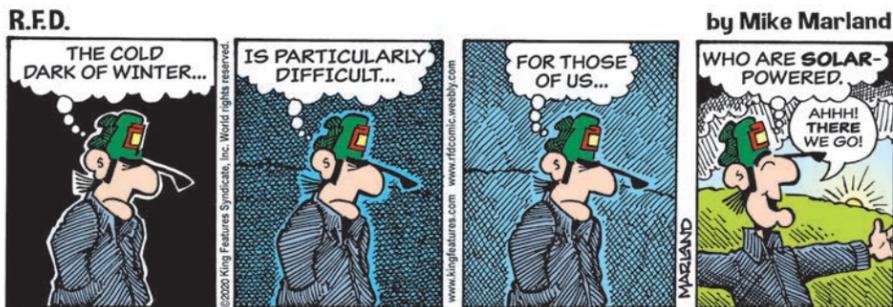
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Butter the Hard Way!

I don't consider myself that old, but I do remember the job of making butter from the cream we collected from the family cow. Many of my readers remember when churning butter with one of these was part of daily life. The challenge was it took a lot of cranking to turn cream to butter. This 4-quart butter churn sold for \$60.00 on eBay.



If all the rich people in the world divided up their money among themselves there wouldn't be enough to go around.

—Christina Stead

Ancient Order of Hibernians, Division #2 donate to Dubuque Rescue Mission



Pictured left to right: Bob Felderman – AOH member, Mike Martin – AOH member, Rick Mihm – Director, Dubuque Rescue Mission, and Bob Feeny – AOH member.

Celebrating 82nd Birthday February 23, 2020 Sister Carolyn Thirtle, OSF

(in the earlier years known as Sister Mary Edith Ann, OSF)

Sister Carolyn was born and raised in Omaha, Nebraska. She entered the Dubuque Franciscan Sisters in 1955. She taught at St. Mary's Dubuque 1958-1966, and at Holy Ghost in the 70's. She helped open Mercy Child Care Center in 1974 and worked at Mercy for 36 years in several departments. She worked as a Para Educator at Lincoln Elementary School for 2 years (about 2011-2012) in a program for blind and visually impaired children.



Sister Carolyn presently is retired, living at Mount St. Francis and a recently retired volunteer from Stonehill Franciscan Services with the therapy department and skilled care.

As members of the Ancient Order of Hibernians Dubuque County Division #2, located in

the City of Dubuque, Iowa, the oldest Irish Catholic Fraternal Organization in America, we annually distribute donations to worthy groups and causes that reflect our mission of Friendship, Unity, and Christian Charity.

This year we included the Dubuque Rescue Mission for its outreach offering food, shelter, clothing, and job assistance to men in need, with a donation of \$1,000.

Formed in 2013, the Dubuque Division #2 has donated over \$34,000 to schools, charities, and other worthy causes. These include Mary's Inn Maternity Home, American Cancer Society, Anamosa State Penitentiary Chapel, Dubuque Wahlert High School, and Research for the Kids, with donations ranging from \$500 to over \$9,000.

AOH Dubuque Division #2 raises funds from member donations, St Patrick's Day Events, and the Dubuque Irish Hooley Music Festival (held each year on the fourth Saturday of August).



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Quick & Easy Pork BBQ

We used ready-made shredded barbecued pork, sold in tubs in the meat department, for the base and added beans and fresh tomatoes for extra flavor and fiber. Serve with coleslaw and store-bought corn bread.

16 ounces (half 32-ounce container) fully cooked barbecue sauce with shredded pork
1 can (15 to 19 ounces) red kidney beans, rinsed and drained
1 can (15 to 19 ounces) black beans, rinsed and drained
2 large plum tomatoes, cut into 1/4-inch dice

1. In 3-quart saucepan, heat pork mixture with beans, tomatoes and 1 cup water to boiling over medium-high heat. Reduce heat to low; cover and simmer 5 minutes to blend flavors, stirring occasionally. Makes 4 servings.

• Each serving: 380 calories, 6g total fat (2g saturated), 30mg cholesterol, 1,245mg sodium, 60g carbohydrate, 18g dietary fiber, 29g protein.

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Comfort foods
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Mediterranean Pizza

This is for all you feta cheese lovers. It's also for all you zucchini lovers. And all you pizza lovers, too!

1 (11-ounce) can purchased refrigerated crusty French loaf bread
2 teaspoons Italian seasoning
1 3/4 cups (one 15-ounce can) tomato sauce
2 1/2 cups chopped unpeeled zucchini
3/4 cup crumbled feta cheese
3/4 cup shredded reduced-fat mozzarella cheese

1. Heat oven to 425 F. Spray a 10-by-15-inch rimmed baking sheet with olive oil-flavored cooking spray. Unroll French loaf and pat into prepared baking sheet. Bake for 5 minutes.

2. Stir Italian seasoning into tomato sauce. Evenly spread sauce mixture over partially baked crust. Arrange zucchini evenly over sauce. Sprinkle feta and mozzarella cheeses evenly over top.

3. Continue baking for 12 to 14 minutes or until crust is golden brown. Place baking sheet on a wire rack and let set for 5 minutes. Cut into 8 large pieces. Serves 8.

• Each serving equals: 173 calories, 5g fat, 9g protein, 23g carb., 758mg sodium, 2g fiber; Diabetic Exchanges: 1 starch, 1 meat, 1 vegetable.

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Linda Peterson from Pg. 25 being. Change does not always lead to personal growth, but personal growth will always change you—on the inside and for the better. Viktor Frankl, Holocaust survivor, said, "When we are no longer able to change a situation, we are challenged to change ourselves." When we veer, or are pushed, off

of our normal path, we can discover new opportunities for happiness and fulfillment. Change can be positive or negative, but personal growth is always positive and can move you toward a more joyful, meaningful life. You can allow yourself to be a victim of change or you can seek new possibilities. The choice is always yours!



Cremer's Cooking Tips

Stuffed Pork Chops with EZ Apple Pan Gravy

Follow the cooking instructions on the label of either the pork chops or chicken breast. Finish off this go to meal with a simple apple pan gravy that is sure to add a little

sweetness to your Valentines dinner. In the same pan you browned the chops/breast in, melt 2 Tbsp butter. Add a small sliced onion and 1/2 chopped apple until soft. Add 2 cups of chicken broth and simmer. Mix 2 Tbsp of flour with 1/2 cup cold apple juice, whisk into broth mixture until thickened.

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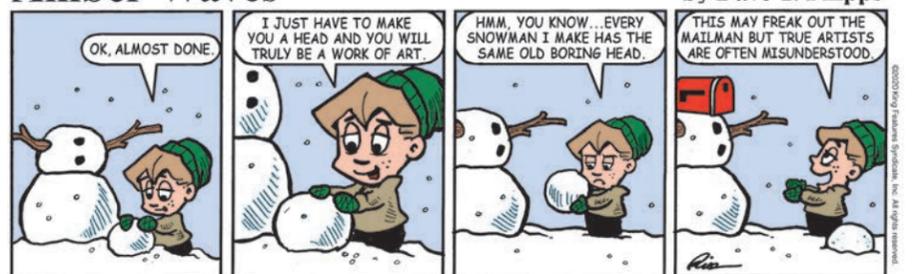
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 Q O O L O N A K N A L Y D L J
 S W P H F D C V A R C Y W V T
 N O M I S S E Q P N E C L K I
 J H F E C R B Z Y W V B M U S

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

- | | | | |
|-----------|----------|-----------|----------------|
| Anka | Dylan | McCartney | Sondheim |
| Berlin | Gershwin | Porter | Stephen Foster |
| Bernstein | Joplin | Seeger | Wonder |
| Denver | Kern | Simon | |

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Lamp is different. 2. Curtain is shorter. 3. Rattle is moved. 4. Foot is showing. 5. Sleeve is longer. 6. Tissue is higher.

GO FIGURE! by Linda Thistle

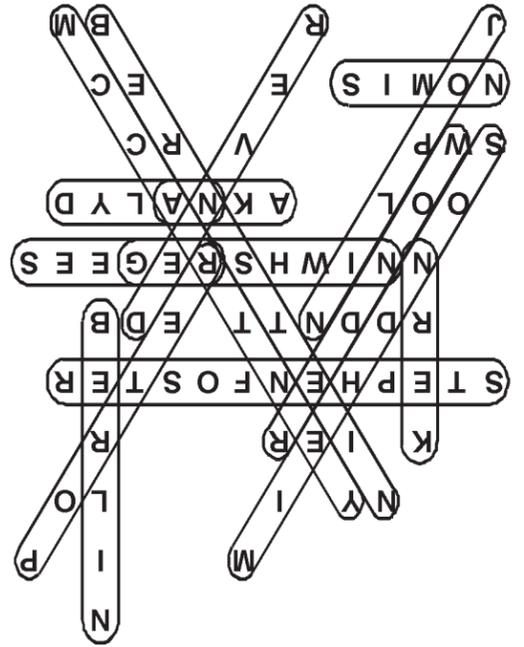
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

	÷		+		13
+		x		-	
	x		-		12
x		+		x	
	x		+		12
14		13		15	

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

1 2 3 5 6 6 7 8 9

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SONGWRITERS HALL OF FAME

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Stickelers Answer

- 1) auctioned — cautioned, education
- 2) mastering — emigrants, streaming
- 3) introduces — discounter, reductions
- 4) restrain — retrains, strainer, terrains, trainers
- 5) teardrop — prorated, parroted, predator

SUDOKU Answer

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

King Crossword
 Answers

Solution time: 25 mins.

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

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SUDOKU
 by Linda Thistle

4			5	3				
	1		7	2		9		
		3		4			7	
3	7		8			5		
	2		4			6		
1				5			2	
	6			2			8	
		9		8			5	
8			9		2	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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Go Figure! answers

	15		13		14
12	5	+	7	x	1
	x		+		x
12	6	-	3	x	9
	-		x		+
13	9	+	2	÷	8

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