



The Golden View

The Community Newspaper For Adults 55 Plus

February, 2021

Dedicated To The Young At Heart

Dubuque, Iowa

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Heritage Center to Feature Musicians Through Virtual Programming in February

by Stacey Ortman,

Director of Public Information, University of Dubuque



Dubuque's own Elizabeth Mary

University of Dubuque Heritage Center's virtual programming for February features two talented musicians.

Elizabeth Mary will join Live(stream) with Heritage Center for a free event at 7:30 p.m. Tuesday, Feb. 23, 2021, on YouTube at @UDBQMedia. The series is an opportunity for viewers to meet the artists behind the performances through Heritage Center's social media. It features interviews by Heritage Center staff with special guest artists and live presentations. Each episode is approximately 45 minutes.

Dubuque's own Elizabeth Mary wrote her first song, "I Have a Dream," at age 10 and

has been pursuing that dream ever since. She is known best for her hit country singles "Breathe in Girl" and "Sweatpants and Wine." Elizabeth Mary plays solo acoustic and full band shows anywhere from small venues to large music festivals in the tri-state area. Her highly anticipated 14 track, all original album, Meet Me in Madison, was released in November 2019.

Elizabeth Mary will join Heritage Center's staff to share her relatable lyrics and story to success including juggling the trials of the pandemic, production of a full-length album, and a newborn. In addition, she will perform hits from her newest album live.

While Live(stream) with Heritage Center is free, donations are welcome through the Friends of Heritage Center at <http://bit.ly/friendsofhc>. To request a direct link to a Live(stream) with Heritage Center episode, please call 563.589.3432.

Celebrate the Saint Patrick's Day season virtually with the original voice of Riverdance on Broadway. Virtual tickets are on sale now for Ireland with Michael Londra, a virtual

Heritage Center cont. Pg. 6



Celebrate the Saint Patrick's Day season virtually with the original voice of Riverdance on Broadway. Virtual tickets are on sale now for Ireland with Michael Londra.

Stonehill Communities Opens New Service for Those with Memory Impairment

by Amy Schauer and Christel Tatro, Stonehill Communities



The Assisi Village Expansion is nearing completion and includes assisted living memory care and traditional assisted living apartments.

Stonehill Communities is excited to announce the opening of its Assisi Village expansion. The new building offers 14 assisted living apartments with memory care services for those with early to mid-stages of memory impairment and an additional 10 traditional assisted living apartments. The first residents moved in this January and apartments are still available. Services are personalized for each individual, and include help with daily activities and support for both the resident and their family. The construction project also expanded other areas of Assisi Village including a state-of-the-art kitchen, dining room,

gathering spaces, and a new Chapel on the 2nd floor.

This new service fills a community need by expanding the memory care programming to those who need this service at an assisted living level. Stonehill previously offered long-term memory care at the Health Center and found a growing need for additional service levels.

"We are honored to meet this need and provide a full array of services on one convenient campus," stated Stonehill Communities' President and CEO, Gretchen Brown. Those living on the Stonehill campus are given priority as their needs change and they can move

Stonehill cont. Pg. 12

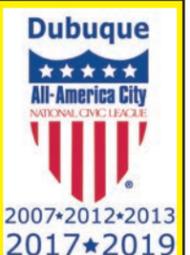


The new lounge/living room space for Assisted Living residents.

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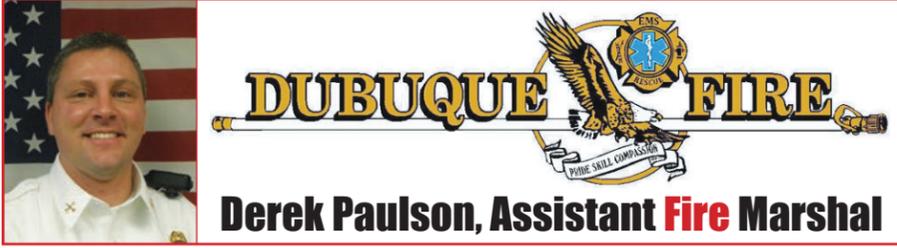
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Derek Paulson, Assistant Fire Marshal



Microwaves, in my opinion are one of the greatest inventions to ever happen. With a family of six we are always on the go. Throwing something in the microwave for a few minutes and then being able to eat it on the run is what we do. Microwaves are simple to use but there are still hazards associated with them. Here are some safety tips for using microwaves.

Always plug the microwave directly into a wall outlet. Plugging it into an extension cord or other device could result in the cord or device overheating resulting in a potential fire. Make sure the microwave is at safe height. Many microwaves are installed above the stove saving counter space. However, for people who are shorter or who have limited mobility or strength, this can become a hazard. Reaching up over your head and bringing something that is now heated down could

result in the food falling on you potentially causing a scald or burn. Using a step stool to reach could result in a fall as well. If you have difficulties in reaching your microwave purchase one that can be set on a kitchen counter for easier access.

Use microwave-safe food dishes or containers. Using plastics, metals or other non-microwave safe dishes could result in the containers melting, exploding or catching fire. Also, dishes that are not designed to be used in the microwave could become extremely hot causing scalds or burns when being taken out of the microwave.

Never walk away from the microwave when in use. Entering the wrong amount of cook time is a very common mistake. Entering the wrong time and then walking away could result in the melting of the container or a fire starting. Being by the microwave while in use will also help prevent smoke or steam from happening that could potentially set off the smoke alarms inadvertently.

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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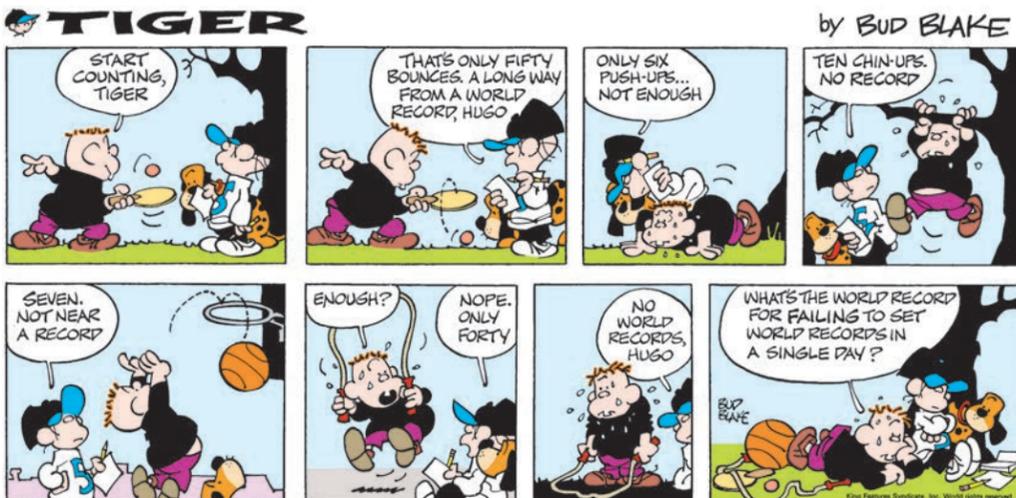

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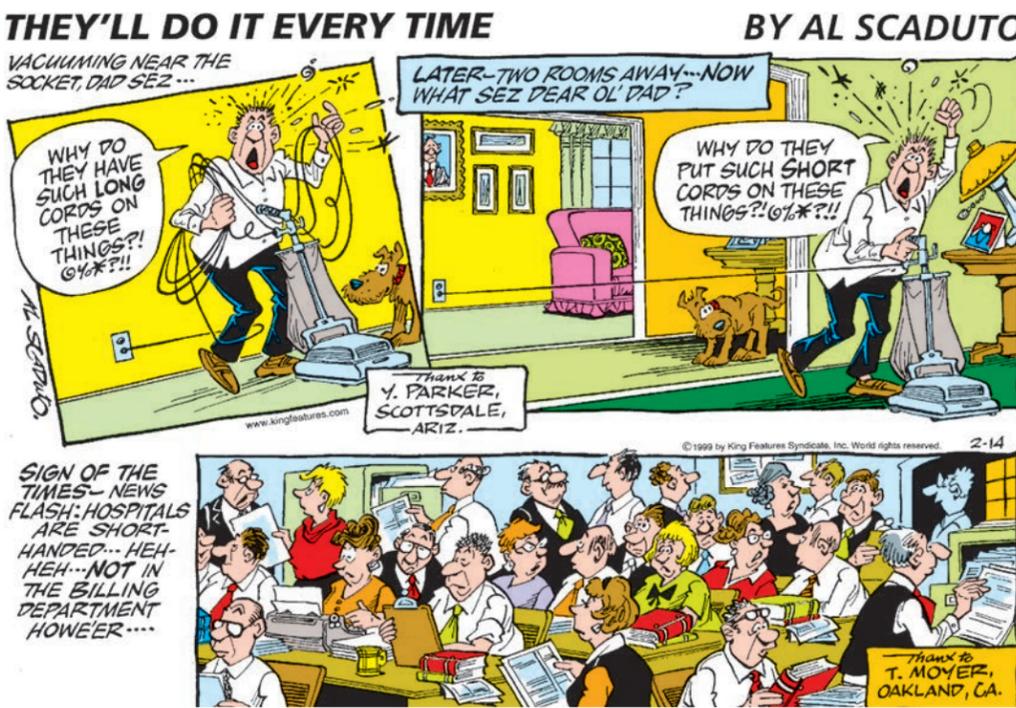


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STICKELERS [sic]
 by Terry Stickels

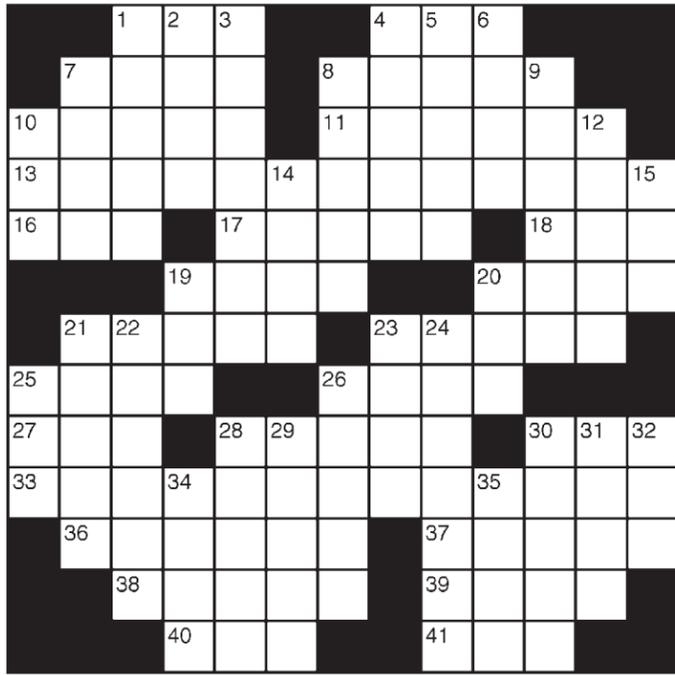
Draw a square. Now divide the square into four equal and congruent parts with three straight lines. None of the lines can cross each other within the square. How can this be done?

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 Opening
- 4 Cartoon frame
- 7 Vend
- 8 "Dallas" matriarch
- 10 Sleep problem
- 11 Court hammers
- 13 1998 Bruce Willis thriller
- 16 Shock partner
- 17 Hoodwinks
- 18 Water tester
- 19 Gum flavor
- 20 Roll call reply
- 21 Fry lightly
- 23 Belted area
- 25 Cooking fat
- 26 Uttered
- 27 Chemical suffix
- 28 Up and about
- 30 Quilters' get-together
- 33 Wimbledon champ of 2008
- 36 Wife of Jacob
- 37 Edition
- 38 Nodded off
- 39 D.C. baseball team
- 40 Picnic crasher



- 41 Ram's mate
- 9 Upper crust
- 10 Docs' org.
- 12 Bull's sound
- 14 Ancient letter
- 15 "My word!"
- 19 Wet dirt
- 20 Secreted
- 21 Less loony
- 22 Sports venues
- 23 Banshee's cry
- 24 Delta, for one
- 25 Actress Tyler
- 26 Long-legged shorebird
- 28 Wan
- 29 Used a broom
- 30 Butter up the turkey
- 31 Flightless birds
- 32 Compass pt.
- 34 Bruins' sch.
- 35 Caesar's "vidi"

DOWN

- 1 Category
- 2 Sir Guinness
- 3 Enthusiastic approval
- 4 County of Ireland
- 5 Graceland idol
- 6 Fibs
- 7 Gush
- 8 Pharaoh's

- 9 Upper crust
- 10 Docs' org.
- 12 Bull's sound
- 14 Ancient letter
- 15 "My word!"
- 19 Wet dirt
- 20 Secreted
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Emergency Help for Hungry Pets

DEAR PAW'S CORNER: So many people are out of work right now, and there is little to no assistance available to them just to pay rent, much less buy food for themselves. I am wondering, how will people be able to feed their pets in this desperate situation? — *Jamie G., Atlanta*

DEAR JAMIE: One of the bright spots in this pandemic is the way that individuals have responded to help each other and fill the needs of tens of thousands — maybe millions — of pets.

Shelters in many parts of the country have opened or expanded food pantries for pets to help owners keep their dogs and cats healthy and fed. Napa County, California, for example, transformed two

empty shipping containers into a community pet pantry offering free supplies this summer. (Search for "Napa County's new pet pantry" to learn more.)

In Tuscon, Cody's Friends, a charity started in 2010 by a 10-year-old boy, has seen a huge surge of demand for pet food and is distributing to area shelters and clinics as fast as possible (<https://codysfriends.org>). And in North Carolina, the Davidson County Animal Alliance extended its holiday pet food collection drive because there was so much need.

If you are struggling to pay for pet food for any reason, contact your local shelter first and ask if there is a pet food program available. You may not be able to pick up food directly from a shelter; it may be distributed at a different location. Contact local food banks, churches and municipal offices. And of course, search online or on Facebook for these services as well.

Also, if you've been waiting to donate food, pet supplies or cash to a local shelter or charity, now is your moment to shine.

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

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Susan Farber for Dubuque Ward 1



Accessible, Accountable

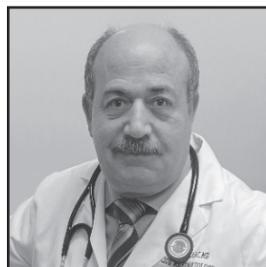
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COME CHAT
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 by S. E. Persinger



“Hang in there! How many times have you heard this statement?” Maybe someone said it to you. Perhaps you said it to someone else. Anyway, it is often a negative statement. It can bring you either HOPE or DESPAIR. It would depend upon the circumstances of your need.

The year 2020 brought negative feelings of despair because it was a troublesome election year, as well as the onset of the COVID-19 epidemic.

Now I say, “Hang in there! Try and have a positive attitude and we will get through this earthly problem.” My mother was 13 when the outbreak of the “Spanish flu” of 1918 occurred in America. I guess she was too young to realize what was happening in this country. I don’t remember her talking about the effect it had on the world at that time. Like the youth of today, I guess she lived through the experience with little memories to share with her children. She never mentioned her fears or long-lasting scares of negativity involving that epidemic period.

As I write this column it is a lovely autumn day and I

am watching the birds at the feeder in my backyard. The yard is filled with a blanket of fallen leaves but the birds and squirrels can still find the seeds that have dropped from the feeder. I haven’t seen the ground hog that has often passed through my yard and stopped to eat some left over nuts or berries. Wildlife has somewhat been affected by the pandemic. As have our domestic animals. They have seen their lives interrupted by the family lifestyles. Perhaps for the better, but then again no more dog parks for the time being. Yet, they will survive. They rely on our HOPE not DESPAIR.

HOPE is the hero of all DESPAIR. It wears optimism as a shield to ward off discouragement. I like to think of HOPE as a gentle word that over flows with faithfulness. And faith stimulates an inner belief that all will end well in the future. I would like to chop up the negative word DESPAIR and bury it in the ground and then stomp upon it whenever it creeps into my mind when I am weakened by bad experiences.

I am looking forward to 2021 with stars in my eyes. Yesterday is gone and its never coming back, today is a gift, and tomorrow will take care of its self, so I’m just moving on.

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Heritage Center from Pg. 1

concert and travel experience, at 7:30 p.m. Friday, Feb. 26, 2021. The presentation is one of Heritage Center’s Full-Length Features.

Ireland with Michael is a never-before-seen Celtic show from the National Opera House in Wexford, Ireland. Taped in front of a live audience of 750 people, the show features the Irish Concert Orchestra, two choirs, and musicians from all over Ireland joining Londra, an Emmy-nominated Irish tenor, in a celebration of Irish culture, heritage, and music. The show steps out into the Irish villages and countryside to meet local traditional singers, dancers, and musicians. Londra travels from Dublin to Belfast to the

Kennedy Homestead, sharing his own connection to songs and stories of his home county.

Household digital access for Ireland with Michael is \$25.00 for the livestream, \$35.00 for the livestream and a souvenir DVD, or \$50.00 for the livestream, a souvenir DVD, and a private Zoom call. Once purchased, the Ireland with Michael rental is available for “on demand” viewing for 48 hours following the scheduled presentation. An additional service charge may apply to virtual ticket pricing. To purchase a ticket, please visit <http://bit.ly/iwmhcc>.

For further information, please contact Stacey Ortman, director of public information, at **563.589.3267** or sortman@dbq.edu.

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“Ask for Help and Give Away Banana Bread”

Rudy Holloman was a senior member of the church I served in Toledo, Ohio. He was a widower, lived alone, and was legally blind. His family was supportive and helpful, but there were times when they weren't available to take Rudy to church or a doctor's appointment. This is where his church family came in.

To Rudy's credit he wasn't afraid to ask for a ride from those in his church. As far as I know, Rudy remained quite mobile, because people rarely turned down his request for a ride; he got to where he had to go, and even where he wanted to go. They loved taking Rudy places, because Rudy was a fun person to be around! He was joyful, humorous, and he always gave a freshly baked loaf of banana bread as a thank you gift to those who took him places.

So often we're frustrated when we need to ask for help and hesitant to do so. It's usually

easier for us to give help than to receive help!

We don't want to ask for help, because we don't want to be a burden. But, ironically, we actually add to the burden on the person helping us by being so apologetic or depressed about needing help that we're no fun at all to be around. We can even go so far as being short tempered around our helper. That's when we become a real burden, the very thing we don't want to be!

We need to straighten out our thinking on this. If it's more blessed to give than to receive, as Jesus said, then we sometimes need to let others give to us and help us so they can be blessed!

Sure, it's humbling to ask for help and to be helped. Bingo! Guess what attribute God wants us to develop? Humility! It's part of God's divine plan that we let ourselves be helped as well as being a helper.

Yes, it's important to serve and help others joyfully. However, equally important is to joyfully let others help and serve us! That's the lesson I learned from Rudy Holloman, who asked for help and gave away banana bread!

The apostle Paul, grateful for the financial help of the Christians at Philippi, wrote, "Yet it was kind of you to share my trouble." Philippians 4:14

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THE ILLUSTRATED BIBLE



For a thousand years in Your sight are like yesterday when it is past, and like a watch in the night.

PSALM 90:4

The "Night Watchman" statue (Grapevine, Texas)

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BIBLE TRIVIA
by Wilson Casey

(KJV) begin with the letter "E"?
0, 2, 5, 6
5. From 2 Timothy 1, who was Timothy's devout grandmother?
Dorcas, Lydia, Lois, Hannah
6. In biblical times, a "daric" was a Persian ...?
Gold coin, Headwear, Sailing ship, Well

ANSWERS

1. Is the book of Ur in the Old or New Testament or neither?
2. From Genesis, what was the act of God in making the heavens and the earth bringing forth life?
Confirmation, Calvary, Creation, Communion
3. When the disciples argued about who would be the greatest, who/what did Jesus point to?
Peter, Birds, Lilies, Little child
4. How many books of the Bible

(1) Neither; (2) Creation; (3) Little child; (4) Six; (5) Ecclesiastes Ephesians; (6) Esther, Exodus, Ezekiel, Ezra); (5) Lois; (6) Gold coin

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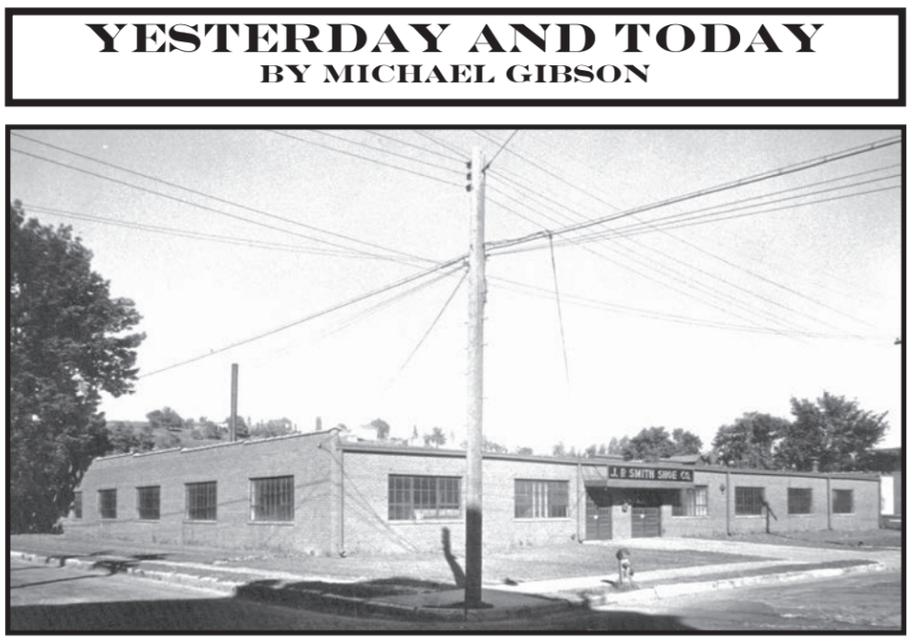
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YESTERDAY AND TODAY
 BY MICHAEL GIBSON

This early 1940's photo shows the J.P. Smith Shoe manufacturing company on the SE corner of 32nd and Jackson Streets. According to the city directory, James Purnell was the company superintendent from 1942 to 1947. In 1948 the Dubuque Stamping & Manufacturing company, a division of the Toledo (OH) Stamping & Manufacturing, purchased the 30,000 sq. ft. facility and employed seven people. In the late 1950s the factory produced several pieces of farm equipment under the trade name Farm-Eze and increased its workforce to 160 workers. In the early 1980s the agricultural division was sold. (Photo courtesy of the Center for Dubuque History, OHE p.153 Neg. 4336).

Yesterday & Today cont. Pg. 9

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Michelle Bell,
 Social Security District Manager,
 Dubuque, Iowa



Making the Most of America Saves Week

This year, America Saves Week runs from February 22 – 26. The week is an opportunity for organizations to promote good financial habits. It's also a great time for people to assess their own saving status, as planning and saving are key to a successful retirement.

Each day of the week will focus on a different aspect of saving:

- Monday – Save Automatically
- Tuesday – Save for the Unexpected
- Wednesday – Save to Retire
- Thursday – Save by Reducing Debt
- Friday – Save as a Family

It's never too early to start planning for your retirement. Set a goal, make a plan, and save automatically. People with a plan are twice as likely to save successfully. Pledge to save for America Saves Week at www.americasavesweek.org.

We have many tools to help you with your goals as you save for retirement. You can access our online information and resources at www.ssa.gov/benefits/retirement.

It's never too late for you and your loved ones to begin saving. Younger workers may think they have time to put off saving for their future, but the sooner they begin, the more their money can grow. Visit our website for young workers at www.ssa.gov/people/earlycareer for resources that can help you secure today and tomorrow.

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Yesterday & Today from Pg. 8

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



Despite several changes in owners, the plant remained in Dubuque and additional buildings were acquired. Today the company occupies over 100,000 sq. ft. and employees over 150 workers. They are one of the leading providers of quality metal products for such corporations as Caterpillar and John Deere. (Photo by Terry Grant).

Bell Tower Theater Announces the United States Premiere of The Dangers of VD (Valentine's Day)

Dubuque, IA—The Bell Tower Theater, your hometown theater, is pleased to announce that in-person live theater is continuing next month. The Bell Tower Theater will present the United States Premiere of The Dangers of VD (Valentine's Day), a comedy by Chris McKerracher. The performance will be directed by the Bell Tower Theater's Artistic Director Sue Riedel.

Love, particularly at Valentine's Day, can be a dangerous sport. This uproarious multi-generational comedy will have you rolling in the aisles. From Gran and Gramps to married couple Henry and Paulette to young Jacqui, you will laugh at the hazards of romance for young and old alike.

The cast features Bell Tower veterans Don Brauhn, Debbie Meyer, Scott Schneider, Lorie

Foley, Mandy Diercks and Megan Frankovich.

Performances are every Thursday, Friday and Saturday evening at 7:30 pm, and Sunday afternoon at 2 pm from February 12 to 28 plus an added Saturday 2 pm performance on February 20. Tickets for all performances are \$22.

Due to the current public health crisis, this show will be performed with social distance seating and a variety of other precautions. Some examples include: 1) The capacity of the Bell Tower Theater has been reduced from 174 seats to 62 seats, 2) All patrons will be required to wear a mask while in the theater; 3) The shows will be performed without an intermission and 4) Strict cleaning protocols have been put into place. Details about these and other changes can be found

Bell Tower Theater cont. Pg. 23

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KOVELS
 Antiques & Collecting
 By Terry and Kim Kovel

Porcelain Figurines

Many small porcelain figures were made in France, Germany and England in the 18th century, and many were made to resemble the work of the German Meissen factory. Realistic figures dressed in the robes of an unfamiliar country, or vases with scenes and additional raised floral decoration were best sellers even if the factory marks were symbols or initials that were nearly unknown. Jacob Mardochee Petit (1796-1868) started a porcelain factory in Bellville, France, in 1830. He also bought another factory in Fontainebleau, then moved it to Avon in 1851. The company went out of business in 1862. Its



It took a bid of \$1,220 to own this pair of Jacob Petit figurines, made about 1850. They were properly marked with the blue letters "JP."

early ware sold well, but in later years the firm concentrated on making Meissen and other copies. It made small figures and vases less than 6 inches high. The work in the 1850s was of lower quality and was less popular.

But today Jacob Petit perfume bottles are favorites of perfume bottle collectors, and there seem to be a few in every perfume bottle auction. Many are unmarked. The best-known mark is the underglaze letters "JP" in blue or incised. Other marks are "JP" with a dot below and above the J and a dot below the P. There also is a diamond-shaped mark with the letter J outside the left corner and the letter P outside the right. Beware, they are best known for making copies of Chinese Export, Sevres and Meissen pieces that have fooled many collectors. A pair of authentic 7 1/2-inch-high figures of a Sultan and Sultana in elaborate clothing sold at a 2019 Neal Auction in New Orleans for \$1,220.

Q: My stepdaughter has a Chatty Cathy doll that she received about 1970. We are wondering if it has any value.

A: Chatty Cathy dolls were made by Mattel

Kovels cont. Pg. 19

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Plant Talk

by Ken Resch



Gardening Brings Light to Our Darkness

The holidays are long over, and you may or may not have gotten anything to use this next season in the garden. On the likely chance you did not, treat yourself to a gift by going out on the web and looking at these sites. They are filled with information and links to more catalogs, gadgets, and gardening ideas than you will probably get through by planting time. Don't have a computer or internet access? Ask a family member or visit the library where both help, and computers are available for free.

The Backyard Gardener may be all anybody needs for all things gardening! This is a huge site of any topic imaginable related to gardening. Many links to catalog companies of all sorts.

www.backyardgardener.com

Garden Catalog Shopping

This site is on the "About.com" search site and, according to Marie Iannotti who operates the gardening newsletter at this site: "The first gardening catalogs have already started arriving. Before you sit back and start envisioning next year's garden, make sure you're on the mailing list for your favorite catalogs. The companies listed here are popular for both the products and plants they offer and the information their catalogs contain. They can all be found online, and most will send you a free print catalog, which you can order from their web sites." From my brief scan, this might be the only site you'd ever need to locate just about any garden-related catalog.

<http://gardening.about.com/od/gardenprimer/a/Catalogs.htm>

Gardening Websites with Really Useful Information

Gardening online is one of the best tools a gardener has. Here is a list of 10 information packed garden diagnostic web sites to answer all your gardening questions from identifying insects to figuring out what disease is attacking your flowers.

http://gardening.about.com/od/toolschool/tp/Web_Diagnostics.htm

Gardening Resources: Best Gardening Sites

The Internet provides ways to delve into a vast reservoir of knowledge. This site has collected "the best gardening sites on the Internet, so you can go straight to the best gardening resources. Feel free to dive in!"

<https://www.gardeningchannel.com/gardening-resources-best-gardening-sites/>

New Introductions for 2021

The new plants we find at out garden centers each spring don't just magically appear one year after the next. New introductions have been in development for years and when consumers first see them on the market it means a lot of plants have finally been propagated. This site offers beautiful pictures of some of our new arrivals. If one looks on the internet one will find many sites showing new plants specific to particular growers such as the entry that follows this one.

<https://savvygardening.com/new-plants/>

"Proven Winners" Perennials for 2021

The Proven Winners label on perennials or annuals is the mark of a plant that stands above the rest. WaltersGardens rigorously develops plants that are nearly fool proof to grow when properly cared for in the garden. Without question, I know gardeners will never go wrong with Proven Winners. Once at this site, go to the tool bar at the top and navigate around the site for even more amazing commentaries.

https://www.waltersgardens.com/photo_essay.php?ID=428

I believe all my readers are set for the next several weeks. Come next spring, I achingly hope we find ourselves in a better place. Often spoken as a way to place an event into a future time, "come next spring" has meant hope and creativity. If I have no hope for the future, current events would be so unbearable they would destroy my soul.

My response to the storming of the U.S. Capitol horror in January will be to plant more new introductions than I've done in past years. Because these new introductions take years to develop, they will be an affirmation of what is good in the face of evil. They will affirm Nature will prevail. They will confirm other plants wait in the soils of 2022, 2023, and beyond. They will attest to our resiliency as we drop gently to our knees and place those first plants of 2021 in the soil.

*I think that if ever a mortal heard the voice of God
it would be in a garden at the cool of the day.*

—F. Frankfort Moore

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Don't Be Fooled by COVID-19 Vaccine Scams

As the COVID-19 vaccine begins to be distributed in Iowa, scams are being reported that are preying on those who are at higher risk of COVID-19 infection, such as older adults. Protect yourself and your loved ones by knowing the facts.

A variety of vaccine scams are circulating. These scammers are selling a ticket to guarantee a place on a waiting list to get the COVID vaccine or requesting you pay a fee for the vaccine or asking for personal information like your social security number, bank account information or credit card number to schedule a vaccination. None of these statements are true. It is never wise to give out personal or financial information when you did not initiate the contact.

The vaccine is free and there is no waiting list. The only charge to an individual associated with the vaccine would be if you make an appointment with your doctor. Then the clinic can charge for an office visit, but not the vaccine. Protect yourself from future scams by learning some red flags:

Being contacted out of the

blue. This can be emails, letters, calls or texts requesting you pay a fake invoice or a phony debt collection notice. Scammers hope consumers will pay before checking their records.

Learning that you have won a prize, but to redeem it you must first send money. Legitimate companies do not require prize winners to pay first.

Receiving a message asking you to provide financial or personal information. Banks, credit card companies and government rarely ask consumers to provide personal information and don't do so by phone, email or text message.

Being told to act quickly. Scammers appeal to your sense of urgency to get people to pay before having time to think through the situation.

It sounds too good to be true. That likely means it's false.

For more Iowa COVID-19 information visit <https://coronavirus.iowa.gov/>. To learn more about the vaccine, visit the Iowa Department of Public Health website, <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Vaccine>. You can also call your local public health office with questions or concerns.

Stonehill from Pg. 1

between services on the campus as needed.

This project was made possible in part by a \$5,000,000 gift from the Stonehill Benevolent Foundation and a \$3 million capital campaign.

"We are filled with gratitude for those who have reached out to support this project. Every donation is truly a gift that will impact the lives of residents. Dubuque has a strong philanthropic culture and we are blessed with many long-time donors," stated Executive Director of Development, Amy Schauer.

The capital campaign committee, chaired by volunteer Paula Friedman, hopes to meet their goal by February 28, 2021.

Anyone interested in more information about the new apartments or the capital campaign can visit www.stonehilldbq.com.

Underlying the whole scheme of civilization is the confidence men have in each other, confidence in their integrity, confidence in their honesty, confidence in their future.

—William Bourke Cockran

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Protect Your Loved Ones with a Special Needs Trust

by Thad J. Murphy, Attorney with Pearson Bollman Law

Do you have a loved one who is disabled? The most comprehensive way to protect them is to set up a Supplemental Needs Trust (also known as a Special Needs Trusts or SNT). The purpose of this type of trust is to maintain the beneficiary's eligibility for means-tested government benefits such as Supplemental Security Income (SSI) and Medicaid. Both of these programs require that the beneficiary be under the statutory resource limit. If the person exceeds those limits, they lose their benefits.



Thad J. Murphy of Pearson Bollman Law

SNTs are carefully drafted documents that allow persons with disabilities to receive an inheritance, lawsuit settlement, or other funds without losing their eligibility for benefits. Such trusts are meant to provide for needs which are "supplemental" to what is being paid for by the government, i.e. comforts and luxuries unique to the beneficiary including, but not limited to: education, cell phone bills, cable TV, counseling, etc.

A first-party SNT is designed to hold the beneficiary's own assets. These trusts are particularly useful for a beneficiary who is receiving government

benefits and obtains a large sum of money. They allow the beneficiary to keep both their money and their benefits. At the SNT beneficiary's death, the state is reimbursed up to the amount it paid for the beneficiary's care with the remaining assets.

A third-party SNT is likely the best option for parents or grandparents (or other individuals, e.g., aunts and uncles, siblings, etc.) planning for their special needs child's or grandchild's future. These types of SNTs are funded with the grantors' (i.e. the individuals who establish the trust) assets. When the SNT beneficiary dies, the remaining assets in the trust can pass to other family members and are not subject to pay back to the state.



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It is crucial that an SNT is properly drafted in order to ensure the assets in the SNT are not deemed countable for Medicaid and SSI purposes. If you're considering this type of planning, speak with an attorney experienced in drafting SNTs.

Thad J. Murphy is an attorney in the Dubuque office of Pearson Bollman Law, located at 1635 Associates Drive, Suite 103, Dubuque. The attorneys at Pearson Bollman Law practice in the areas of estate planning, probate/trust administration, special needs trusts, and elder

law, which includes Medicaid and VA Pension Planning. If you have any questions or would like to register for one of our free workshops on estate planning, asset protection and elder law, please feel free to contact Thad Murphy at (563) 265-6971 or visit pearsonbollmanlaw.com and select "Events". In these uncertain times, it is now more important than ever to have an estate plan that gives you and your family peace of mind. We are continuing to serve our clients by video conferencing or telephone meetings. In person meetings are not required.

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- ✓ The different types of trusts available and how to use them to your advantage.
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- ✓ How does all of this affect seniors?
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Seating is limited, so please RSVP. We will practice social distancing, and face masks are required.

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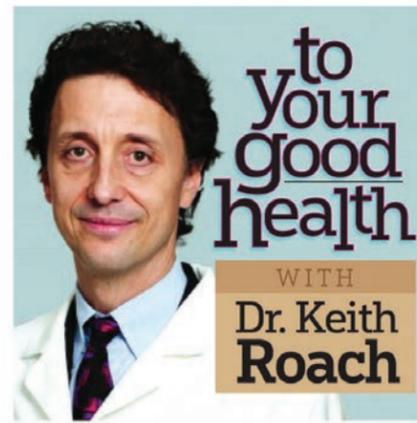
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Office Test Alone Can't Diagnose COPD

DEAR DR. ROACH: I am a healthy 70-year-old woman. The only prescription medication I take is for dry eyes. I recently visited my new primary physician for the first time, and she had me do a breathing test, where I exhaled into a tube to measure airflow. I was told to breathe deeply and exhale completely in succession. It took less than a minute to complete. It is apparently a routine test she orders for new patients.

She then told me I have COPD, on the basis of that test alone. She asked if I had ever smoked or been exposed to secondhand smoke. That was her only question — coughing or shortness of breath was never mentioned. I have never smoked, but my father was a smoker when I was growing up. I actually do have a slightly productive cough most mornings. I probably walk about 10 miles a week, and I do notice some shortness of breath on long uphill sections, though I can walk briskly in level areas for miles with no problem.

She said it is not advanced enough to require an inhaler at this time. I am bothered by this very easy “diagnosis” on the basis of one simple test. I wonder if I should ask to be referred to a pulmonologist for a more thorough evaluation.
— *O.P.*

ANSWER: The test your doctor performed is called office spirometry, and it is useful for monitoring known pulmonary diseases, especially COPD and asthma. However, by itself, it is inadequate to make the diagnosis of COPD, which I am not sure you have.

The diagnosis of COPD is made in people with persistent respiratory symptoms, usually shortness of breath or coughing. Spirometry will usually show obstruction to airflow. Formal pulmonary function testing, which is an extensive process taking an hour or so with a skilled and experienced technician, is ideal for determining severity.

The problem with getting a breathing test in someone who has no significant symptoms is that you can find someone whose test results are at or just below the lower limit of normal, and the diagnosis is unclear. The prognosis for people with mild airway obstruction but with no symptoms of COPD is much better than for people with COPD and who continue to smoke. For this reason, using spirometry as a screening test for everyone is not recommended.

Without knowing the exact results of your spirometry, I suspect you do not have COPD, given your absence of smoking and your extremely mild symptoms. A comprehensive exam by a pulmonologist would be definitive and may help you be less anxious about the results you have now.

• • •
DEAR DR. ROACH: I saw your recent column on enlarged prostate, and I have the same problem. I have no history of cancer, but I do have a high PSA and symptoms of frequent urination. Because of other medications, I cannot take ibuprofen, so I am curious if Tylenol has the same anti-inflammatory effect. I do occasionally use Tylenol for headaches and arthritis pain.
— *J.B.*

ANSWER: The exact mechanism of how Tylenol reduces pain remains a mystery. However, it is not an anti-inflammatory drug like ibuprofen, so would not be expected to have the benefit in prostate symptoms that some men get from taking an ibuprofen at bedtime.

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

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*Inaction breeds doubt and fear.
Action breeds confidence and courage. If you want to conquer fear, do not sit home and think about it. Go out and get busy.*

— Dale Carnegie

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—Andy Rooney

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1. Who wrote and released "Papa's Got a Brand New Bag"?
2. Name the artist who originally released "Long Tall Sally."
3. Where did Mungo Jerry get their name?
4. Who was the lead singer for "Love Grows (Where My Rosemary Goes)"?
5. Name the song that contains this lyric: "Listen boy, it's not automatically a certain guarantee, To insure yourself you've got to provide communication constantly."

Answers

1. James Brown, in 1965. The

versions in the single and in the 1991 box set aren't the same. The box set version was as written, while the single version was speeded up. 2. Little Richard, in 1956. The song was so up-tempo that he had to practice to fit all the words in, building up more speed. 3. They took their name from a T.S. Eliot poem "Mungojerrie and Rumpelstiltskin" in the "Old Possum's Book of Practical Cats." 4. Tony Burrows. He has a long history of fronting different bands, sometimes simultaneously. 5. "Tell Her About It," by Billy Joel, 1983. The song encourages a boy to tell his lady love how he feels, while he has the chance. The song appeared on the album "An Innocent Man."

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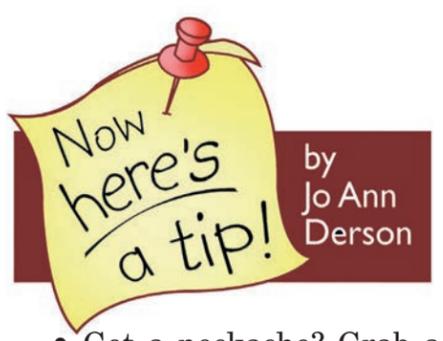
Liz Lynch is back by popular demand.

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

Churning Butter For Winter

The churning operation usually followed this procedure: The cream must be separated from the milk in a water separator which made the cream rise to the top of the milk by adding as much water as milk. Or if you were lucky, you might have a cream separator that turned with a handle separating the cream from the milk. The cream was then cooled in a pan of cold water. It was stirred many times to make it cool evenly, after which it was added to the cream of the previous days. In about a week, it was time to churn this cream. It was brought from the cellar the evening before churning day to become room temperature. The churn had to be kept in a cool damp place to keep the stays from warping and the hoops from becoming loose and falling off. The churn was scalded in clear water, followed by many rinses of cool water to eliminate all odors. The cream was put in the churn and the lid was fastened tight. The churn was whirled about ten times and stopped for a small cork near the bottom of the churn to be removed. This was done to allow gas to escape from the churn. After the cork was replaced, the churn was

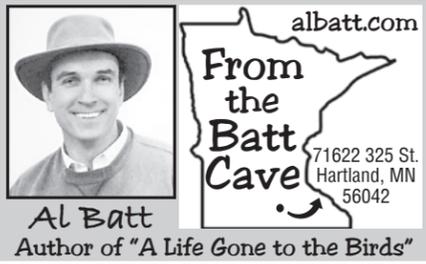
whirled around about 15 times and the same procedures of removing the gas and cork was done. This continued until there was no gas in the churn. After churning about an hour, or more you were assured by a sudden squishy sound that butter was about to be there. At this state you turned the churn very slowly to gather the butter particles into one big mass of butter. The butter was removed from the rich buttermilk, and washed many times until the water was clear. The butter was then salted to taste, and put in a crock with a white cloth covering it, with about an inch of salt on top of the cloth. After this the buttermilk was placed in a container to be drunk by members of the family. It could also be used in many baking recipes. The churn must be washed clean, rinsed, dried and returned to the cellar. It took about 20 gallons of butter to supply the family for the winter use. The super markets now advertise and sell butter as we need it. Little does the cook now realize how much time she is saved by buying it by the pound, instead of taking it from the crock.



- Got a neckache? Grab a pair of long socks, fill each with 2 cups of uncooked white rice and a couple of drops of your favorite essential oil. Knot the sock tightly to seal. Microwave for up to 2 minutes, and test temperature before draping it over your shoulders to apply heat to sore muscles. It's so nice, especially when you're laying down.
- **J.P. in New Jersey** advises that instead of using candles during a power outage — it can be dangerous! — try a battery-operated lantern instead. You can even use solar garden lights in a vase. You'd be surprised how much they can light a room.
- "If you're storing clothes in a storage tote, put a sheet of fabric softener in as well. It can help repel bugs and keep the fabrics smelling fresh." — **M.W. in Iowa**
- Two wonderful tips came

in from **G.K. of Minnesota:** "To protect floors from being damaged by chairs being pushed around, glue rounds of carpeting beneath the chair legs. They are easily removed for replacing as they wear down. Also, when making bread or rolls, warm the flour in the oven or microwave so as not to chill the butter. The dough will rise faster."
 • **B.W. of Colorado** swears by brake cleaner to get rid of bad spots on carpets. "Regular automotive brake cleaner on the spot and a clean rag will remove almost all stains," he says.
 • "In cold winter months, keep your robe (and slippers or whatever else) under the covers with you when you sleep. Pull it next to or over you a few minutes before you get up. It'll be toasty and will help make the transition into the cold a little less harsh." — **B.M. in New York**
 • If your animals try to get out when you go into or out of the house, keep some toys or treats in your pocket or near the door to throw across the room, giving you a few seconds to slip in or out.
 • As tax time draws closer, try taping a large manila envelope to the fridge, leaving

Now Here's A Tip cont Pg. 17



We kitchen tabled everything

The wind gained speed as it blew through the cracks of the old house.

My upstairs bedroom was called the freezer. I was the only one who called it that, but that means it was called that. My science teacher told me that hot air rises. I was convinced cold air did, too.

Our house had a furnace in the basement which provided rumors of heat. The furnace could have been in Idaho for as much heat as it supplied my room.

I believed the furnace was haunted because of the eerie moans it generated. I visited the library and endured an avalanche of librarian shushes to get to the encyclopedias and research haunted furnaces. There was a definite dearth of information on that subject. The heat from the haunted furnace was supposed to scour the house until it found the heat register on the floor in a corner of my bedroom. I suspect its remains (wherever they are) still search.

I got warmth from the kitchen stove along with a soothing morning alarm combining the smells of coffee and bacon. It was wonderful. I'd wanted to try coffee until I did. I don't hanker for the taste of coffee but I love its smell. Sometimes, my mother started making pies early in the morning. She loved to bake and cook, and because she loved to do it, she was good at it. A baking pie is what heaven smells like. Did those scents get me out of bed? Heck, yeah! When my nose detected pie fumes, I smiled so widely I needed stitches.

I jumped out of bed. The floor was as cold as ice to feet not wearing skates. My clothes were arrayed upon an ancient wooden chair making it possible for me to don them quickly before I succumbed to the cold. The shower was in the basement, not far from the haunted furnace. The shower offered two temperatures — frigid and Antarctic. Ice cubes fell from the shower's head. I ran under the shower stream, getting wet enough to soap up and then sprinted through the waterfalls once more to knock off most of the suds. To

stand under the shower was to invite hypothermia.

The kitchen had an Airline AM radio purchased at Monkey Wards. It was considerably older than me. It had tubes and a Bakelite cabinet. Bakelite was a light and durable plastic also used in cameras, billiard balls, jewelry, clocks, telephones, handles and car parts. A 1924 article in Time Magazine predicted that Bakelite "a material of a thousand uses" would one day make up nearly everything we touch, see and use. That radio was locked in on WCCO, 830 on the dial. WCCO and Lutheranism were Minnesota's two largest religions in those days.

We breakfasted in the kitchen as I hoped to hear a snow day school announcement before Boone & Erickson sang, "Good morning, good morning. It's grand to be on hand. Good morning, good morning, to you."

WCCO was given a voice in the dairy barn as well, except during milking. Dad felt country music encouraged the cows to give more milk.

There was more than eating done at the kitchen table. It was the seat of the family treasurer. Anytime mother accumulated more than one bill, she sat down and wrote out checks. She licked and applied stamps with such gusto it was as if she was happy to pay the bill. I suspect she was.

My father used the kitchen table as his desk. He penciled mysterious numbers into small, gimme notebooks acquired during some transactions. He sometimes worked on the worry stone he'd pulled from the pocket of his bib overalls. It was a smooth stone with an indentation about as wide as his thumb. Native Americans carried similar stones in a pouch and handed them down to the younger generation as a connection to their ancestors. My father told me he'd rubbed the indentation into his worry stone with his thumb while worrying if his numbers were correct.

Decisions were made at the kitchen table. When I did something I shouldn't have, I knew my case would be adjudicated at that table after I'd gone to bed. When I heard my parents' voices, I crawled on my hands and knees to that heat register, carefully avoiding a creaking floorboard, and put my ear to that grille. No chance of burning it. I listened to the prosecution's case against me, allowing me to prepare a Perry Mason-like defense.

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Now Here's A Tip from Pg. 16

the top open. Immediately place all tax-related forms and receipts in the envelope as they come in. This way, when you are ready to start your taxes,

all items will be together and easy to find.

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

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Trivia test by Fifi Rodriguez

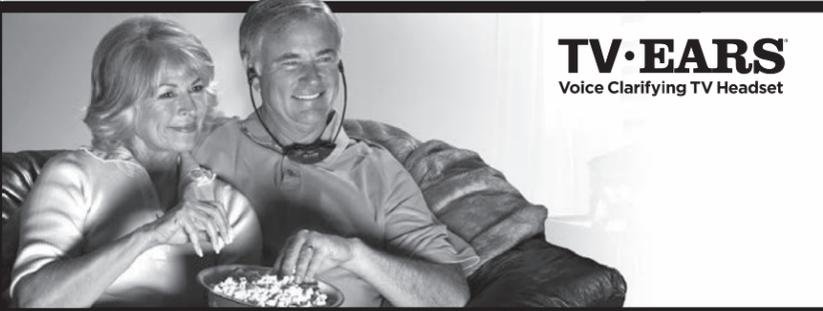
1. MOVIES: Who was the first African American to win the Academy Award for Best Actor?
2. ASTRONOMY: How many phases does the Moon go through each month?
3. MEDICAL: What are leukocytes?
4. TELEVISION: What are the names of the three animated "Powerpuff Girls"?
5. INVENTIONS: Who is credited with inventing the first battery?
6. GEOGRAPHY: What is the largest country in Africa in land area?

7. MEASUREMENTS: What does a Geiger counter measure?
8. LITERATURE: What item did the crocodile swallow in "Peter Pan"?
9. FOOD & DRINK: What is grenadine made from?
10. ANIMAL KINGDOM: What is a baby goat called?

Answers

1. Sidney Poitier, in 1964
2. Eight
3. White blood cells
4. Blossom, Buttercup and Bubbles
5. Alessandro Volta
6. Algeria
7. Radiation
8. A clock
9. Pomegranates
10. A kid

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We are
DEMENTIA FRIENDLY COMMUNITY CORNER
Dementia Friendly

February 2021, we are in the second month looking more closely at the stages of Alzheimers and how to identify the signs.

Middle-stage Alzheimer's (moderate)

Middle-stage Alzheimer's is typically the longest stage and often lasts for many years. Caregivers may observe many good days, even weeks and potentially months. During this moderate stage of dementia the individual living with dementia may experience days of frustration as the reality of this disease sets in. As the disease progresses, which it will during this stage, the person with Alzheimer's will require a greater level of care.

During the middle stage of Alzheimer's, the dementia symptoms become more pronounced. The person may confuse words, get frustrated or angry, and act in unexpected ways, such as refusing to bathe or showing little interest in hobbies that were previously enjoyed. Damage to nerve cells in the brain can also make it difficult for the person to express thoughts and perform routine tasks without assistance.

Symptoms, which can vary from person to person may include

- Being forgetful of events or personal history.
- Feeling moody or withdrawn, especially in socially or mentally challenging situations.
- Being unable to recall information about themselves like their address or telephone number, and the high school or college they attended.
- Experiencing confusion about where they are or what day it is.
- Requiring help choosing proper clothing for the season or the occasion.
- Having trouble controlling their bladder and bowels.
- Experiencing changes in sleep patterns, such as sleeping during the day and becoming restless at night.
- Showing an increased tendency to wander and become lost.
- Demonstrating personality and behavioral changes, including suspiciousness and delusions or compulsive, repetitive behavior like hand-wringing or tissue shredding.

In the middle stage, the person living with Alzheimer's can still participate in daily activities with assistance. It's important to find out what the person can still do or find ways to simplify tasks and encourage them to actively participate in finishing those tasks. As the need for more care increases, caregivers may want to consider respite care or an adult day center so they can have a temporary break from caregiving while the person living with Alzheimer's continues to receive care in a safe environment. It is important during this stage for the caregiver to reach out for assistance and to remain healthy themselves. If the caregiver hasn't already sought out a Dementia Support Group this would be the ideal time.

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
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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
April 2012

"Buddy, you were robbed!"

It's a common saying, Maury, that we learn from our mistakes. (That's how Grandpa became so smart and learned a lot of things!) In this baseball memory I'll give you an example of what can happen when you don't "keep your head in the game!" What occurred was humorous and at the same time taught a valuable lesson.

Our manager at the time was a well-known Dubuquer, Johnny Armstrong.

Johnny was a former all around great athlete who was inducted into Iowa's athletic Hall of Fame. In the late 1920s he had been a quarterback for the Rock Island Independents, one of the first teams to play in the newly formed National Football League. (George Halas at that time owned the Decatur Staleys and a short time later founded and became owner-coach of the Chicago Bears). For two years, he also played class AA baseball as a second baseman for Oklahoma City in the Western league.

One day he was telling us the importance of being mentally alert at all times during a ball game by relating this story about himself:

In the late innings of a very close game, when only a few runs had been scored and a base runner became increasingly important, the opposing team



Jerry Eberhardt with grandson, Maury Cohn

had a runner on first base. The next batter was right handed so Johnny would take the catcher's throw to second if there were an attempted steal. On a given pitch a steal was attempted. It was a very close play at second with the runner sliding into the bag and, as frequently happens, Johnny falling on top of him as he attempted the tag. The base umpire immediately signaled the runner safe. Johnny SAW the call but the runner did NOT. While unpiling himself from atop the runner he said to him "BUDDY, YOU WERE ROBBED!" Thinking the call went against him, the runner reflexively jumped off second base "protesting" to the umpire, and Johnny immediately tagged him out because he was off base!

I'll bet, Maury, that guy never wandered off base in future games until he was certain that "time out" had been called!

We all laughed when our manager told us this story. Grandpa hopes you enjoyed it too!

Much love, Grandpa



by Ryan A. Berenz

1. What Canadian boxer, known for a powerful left-handed punch he called "The Smash," lost two heavyweight elimination bouts to Mike Tyson in 1991?
2. Renowned college basketball broadcaster Dick Vitale compiled a 34-60 record as head coach of what NBA team from 1978-79?
3. Italy's Armin Zoggeler won six medals at the Winter Olympics from 1994-2014 competing in what sport?
4. What two New York Mets

players reached the 30-30 club (30 home runs and 30 stolen bases) in the 1987 season?

5. What Los Angeles Sparks player was named both WNBA Rookie of the Year and MVP in 2008?

6. NBA great Shaquille O'Neal played the character of Neon Boudeaux in what 1994 basketball drama film starring Nick Nolte?

7. Name the Welsh golfer who won his lone major championship at the Masters in 1991.

Answers

1. Donovan "Razor" Ruddock.
2. The Detroit Pistons.
3. Luge.
4. Howard Johnson and Darryl Strawberry.
5. Candace Parker.
6. "Blue Chips."
7. Ian Woosnam.

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Gardens are a form of autobiography.

—Sydney Eddison



SPORTS COMMENT

by Gary Dolphin

From Where I Sit

Voice of the Iowa Hawkeyes

We know who the final four are competing for the NFL “big game” world championship. The Iowa Hawkeyes have the most alums dotting the rosters in this weekends AFC and NFC title games. There are ten former Hawks competing for the Buffalo Bills, Kansas City Chiefs, Green Bay Packers and Tampa Bay Buccaneers. Michigan, LSU, and Mississippi State are next with seven each, followed by Texas A&M at six and Penn State with five.

Iowa is often referred to as a developmental program and while that’s true to an extent, it populates professional rosters more than average annually when you factor in free agents with draft choices. NFL scouts have a great deal of respect for Coach Kirk Ferentz and his assistants. When he first came to Iowa, Hall of Fame coach Hayden Fry told me, in assembling a staff, he wanted teachers first, coaches second and recruiters

third. Knowing that until he established a winning attitude he would need people that could teach the basics, coach up and upgrade the talent base as time went on. Iowa won’t attract as many five and four star recruits as an Alabama or Ohio State but it can compete for championships with equal facilities and top notch coaches. A Hawkeye staff member will look for multi-sport high school athletes who can play several positions and are usually captains of their team.

That’s why this Sunday you’ll see for Buffalo: AJ Epenesa, Nick Easley, Micah Hyde and Ike Boettger.

Kansas City will features line backers Anthony Hitchens and Ben Niemann.

The Packers turn to Christian Kirksey and Josh Jackson.

Tampa Bay will rely on Tristan Wirfs and Anthony Nelson.

Ten reasons to be proud of Iowa football once again.

SENIOR NEWS LINE

by Matilda Charles

Art: Unlocking Your Creativity

Creating art can be emotionally healing and freeing. Who among us can’t use a little of that nowadays? Once you get started, you’ll wonder why you didn’t begin sooner.

Here are some ideas:

Collage Wish Board: Collect pictures of things you miss and hope to have or do again. You’ll need a poster board, school glue, scissors and magazines (or print out pictures you find online). If you hope to travel, gather travel magazines and snip out pictures of places you want to go once the ban on travel disappears. Paris? Add the Eiffel Tower. London? Add Buckingham Palace.

If you plan a garden for next summer, collect gardening magazines or look for pictures on seed catalog sites. Add in a small plan of your garden. A

collage wish board can be made for nearly any interest and topic. (Mine is a mixture of all the things that didn’t happen this year: the annual music festival, square dance classes and monthly museum exhibits.)

Coloring: There’s something very relaxing about taking a handful of fine-point markers and filling in the designs on a page in front of us. Search for “adult coloring books” online and print out the free pages. The topics are endless. (I’m a fan of the Celtic knots and mandalas.)

Crafts: If creating things is more to your liking, search online for “craft kits for adults” and see what appeals to you. Stained glass window art, jewelry-making, macrame, birdhouse kit, origami, wind chimes, mosaics, oil painting or watercolor ... the kits are endless. Look at the website for your local hobby and craft store. Chances are they have curbside pickup. (I’m in the middle of a 1:250 scale model of Notre Dame Cathedral.)

Have fun!

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My mother was the most beautiful woman I ever saw.

All I am I owe to my mother. I attribute all my success in life to the moral, intellectual and physical education I received from her.

—George Washington

...

Old age is like everything else. To make a success of it, you’ve got to start young.

—Fred Astaire



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February 2021 Programming

Faith Writers Writing Conference

Friday, February 19, 8:30 a.m. – 5 p.m.

Saturday, February 20, 8:30 a.m. – 3:30 p.m.

Online Program Via Zoom. Facilitator: Mary Potter Kenyon. Keynote Speaker: Cynthia Ruchti. Writers of all levels can join us for our second annual Faith Writer’s Writing Conference with keynote speaker Cynthia Ruchti. Cynthia tells stories hemmed in hope through her novels, novellas, devotions and non-fiction, and as a speaker for women’s events/retreats and writers’ conferences/workshops. She serves as Professional Relations Liaison for American Christian Fiction Writers and is a literary agent with Books & Such Literary Management. Other workshop presenters include W. Terry Whalin, author and acquisitions editor for Morgan James Publishing, Christy Award-winning author Shelly Beach, Dubuque author and minister Lillian Daniel, award-winning photojournalist and author David LaBelle, Faith Storyteller newsletter editor Mackenzie Ryan, LitNuts newsletter editor and author Mike O’Mary, and author Mary Potter Kenyon. Learn about self-editing, getting published, marketing and book promo techniques, writing your faith story, and more. Optional paid critiques with Cynthia Ruchti are available Friday night. Watch our website shalomretreats.org and the Faith Writers Conference Facebook page for more information and updates. \$125 per person. A limited number of scholarships are available thanks to

New York Times bestselling author Cecil Murphey.

Contact Mary Potter Kenyon at mkenyon@shalomretreats.org for more information.

Register and pre-pay by Wednesday, February 17 at shalomretreats.org or call 563.582.3592.

Realistic Optimism: Meeting the Psychological Challenges of the Pandemic

Tuesday, February 23, 6:30 PM – 8:00 PM

Virtual Program.

“Realistic Optimism” is a learnable attribute that is pivotal in successfully meeting the many psychological and interpersonal challenges imposed by the COVID pandemic. Unlike pie-in-the-sky optimism, research shows the realistic variety allows us to adapt, grow more resilient, and maintain self-mastery in the face of adversity and life disruptions. During this presentation, we will examine the critical components of realistic optimism, including:

- Resilience
- Emotional self-regulation
- A growth mindset

-Effective self-care in support of personal well-being

There will be time for discussion after the program.

\$5, register and prepay by Monday, February 22. This is a virtual program via Zoom, you will receive a Zoom link by NOON on the day of the program.

Register at shalomretreats.org or call us at 563.582.3592.

Scripture In Times of Disruption

Wednesday evenings beginning January 20, 7 p.m.

Online Program Via Zoom. Facilitator: Sr. Sarah Kohles, OSF

We are currently living in a time in which we are experiencing disruption in every aspect of our lives and in every nation on earth. The Scripture in Times of Disruption series offers an opportunity for people to encounter the Bible anew and consider its connection to their own lives. Sr. Sarah is a scripture scholar with a PhD from Graduate Theological Union in Berkeley and an MA from Catholic Theological Union. She has served as an adjunct professor at Loras College and Wartburg Theological Seminary.

To register, please contact info@shalomretreats.org for the Zoom link.

FAITH WRITERS: Monthly Writer’s Group

Third Tuesday of every month: February 16, March 16, April 20, May 18, 6:30 – 8 p.m.

Online Program Via Zoom. Facilitator: Mary Potter Kenyon

Monthly writer’s group allows time to share up to two pages of writing with an opportunity for feedback and critique from other members.

Contact Mary Potter Kenyon at mkenyon@shalomretreats.org for more information.

Wishing you Shalom... peace, wholeness, integrity, & well-being!

Visit: 1001 Davis Street, Dubuque • Browse: shalomretreats.org

Be sure to check the website TheGoldenViewOnline.com

Kovels from Pg. 10

from 1960 until 1964. They were re-issued in 1969 and again in 1998-99. The original dolls were vinyl and 20 inches tall. They were available with blue or brown eyes, and blonde, brunette or red hair. Dolls made closer to 1964 had hard plastic faces. In played-with condition, 1960s Chatty Cathy dolls sell for \$25 to \$75. In mint condition and in the original box, the value is closer to \$100 to \$150. The most expensive Chatty Cathy dolls are African American versions from the early 1960s. Examples of these dolls have sold from \$450 to more than \$800.

...

CURRENT PRICES

Lladro figurine, “Over the clouds,” boy, airplane, bomber jacket, goggles, blue, No. 5697,

box, 5 inches, \$80.

Baccarat perfume bottle, glass, opaque, pink, brass top, 4 1/2 inches, \$120.

Kate Greenaway glass dresser box, women, chatting, seated, blue, flowers, brass mount, C.F. Monroe, 4 x 6 inches, \$420.

Lalique vase, Orchidee, opalescent orchids, 6 1/2 x 8 inches, \$650.

...

TIP: When vacuuming an Oriental rug, don’t push the sweeper too close to the fringe. Leave about 6 inches. The vacuum may catch a thread and pull it.

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Radio

from the 20th Century

by Bill Zwack

Quiet, Please! was an eerie little brew dreamed up by Wyllis Cooper, radio's best practitioner of an almost surrealistic dramatic form that read like poetry but contained all the elements of the play. One of radio's pioneers, Cooper had founded *Lights Out* in Chicago before moving on to the film pastures of the west coast.

Lights Out mold, but perfected in a subdivision of its own. Few of its happenings were explained or justified, things just occurred without reason or logic. Cooper was a master of mood and direction of voice, he took us to a dark side of life in a deceptively quiet way that held more terror than all the blood and gore of radio's "chop-em-up" school.

Quiet, Please opened on Mutual July 28, 1947. Cooper, writing and directing, unlocked his imagination and unrefined terror flowed out. His people had all stepped past the limits of reality into a fuzzy dream world where things were not always what they seemed. Cooper's world was far more terrifying than melodrama of *Inner Sanctum*. Even when nothing particularly terrifying was happening, the element of menace was always there, abstract horror always just around the corner. In Cooper's hands, a field of lovely lilies could be deadly, a sunny field of trees touched with sinister implications.

Ernest Chappell was host and star. It was his calm, strong voice that set the scene and told the stories, usually in first person, occasionally in present tense and often in flashback. The series ran on Mutual on various nights, then moved to ABC in 1948 for a second season as a late afternoon Sunday show. Sustained (no sponsor) for both years of its run, it was a fine, creative piece of radio that never enjoyed the success it should have had.

Quiet, Please was cast in the *Quiet, Please*.

Down Memory Lane

March 1953

March 1953

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



DUPACO GIRLS SEXTET: top — Pat Mills, Donna Galliard, Rowetta Johnson, Charlotte Wickham, Jeanette Meyer; bottom — Coach Louis Hanson, Delores Sowle, Audrey Reardon, Jeanette Jaeger, Pat Greisinger.

GIRLS BASKETBALL

GIRLS CAGERS IN SECOND PLACE

Our Dubuque Pack girls' basketball team now sports a five and two record in the win and loss column and holds second place in the local girls' league.

One of the best performances of the season was turned in by our Packers' sextet last week when they registered an impressive 49 to 19 victory over the Perfection Oilers. Rowetta Johnson led the scoring with a 24-point count which sparked the Packers' offensive.

Russ Gantenbein manages the girls' team which is coached by Louis Hanson.

League Standings:

	WON	LOST
Hilldale	6	0
DUBUQUE PACK.....	5	2
Y Hi Time.....	4	2
Meadow Gold	4	3
Girls Center.....	3	4
Bernies Service.....	2	4
Perfection Oilers.....	2	5
Adams Co.....	0	6

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VETERANS ★ POST ★

by Freddy Groves

The COVID Vaccine Is Coming for Vets

The COVID vaccine is currently being distributed to 37 VA locations around the country. The logistics to move 300 million doses to where they need to be (Operation Warp Speed) are overwhelming, but the Department of Veterans Affairs has plans in hand for us.

The first thing to remember is that you likely won't be first in line to get the vaccine. Until you get the two shots (spaced weeks apart), your job is to stay healthy. Just because you get the first shot doesn't mean you're in the clear. And depending how things are going in your area, you'll likely need to keep wearing a mask and doing social distancing, even after you've had both doses.

The order of vaccination is still being organized, but it will likely start with medical staff and residents of long-term care facilities, and those with high-risk medical conditions.

Once they move down the list, the vaccines will be available to all veterans who get VA health care. The fine print says they'll contact you when it's available, but it can't hurt to check with your health team to make sure they have your info. If you're not signed up for VA health care, you can apply online with VA form 10-10EZ.

Other tidbits:

If they come out with multiple vaccines, no, you won't be able to pick which one you get, at least not initially when there are shortages.

If you haven't had a flu shot but plan to get one, do it now. You likely will not be able to take the COVID vaccine too soon after getting a flu shot. The Centers for Disease Control and Prevention is still deciding about this.

For more info on the vaccines and VA, go to www.va.gov/health-care/covid-19-vaccine. Scroll down for lots of information and resources.

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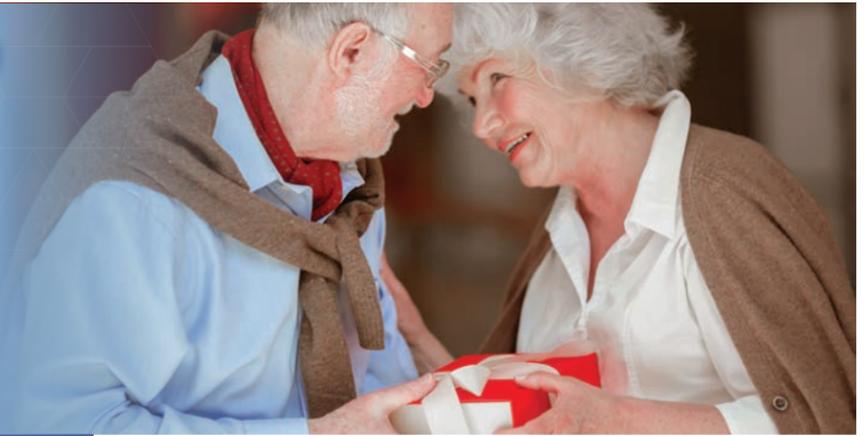
Americanisms



"A year from now, you're gonna weigh more or less than what you do right now."
— Dr. Phil McGraw

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Dubuque Noon Lions
New Project for 2021
Eyeglasses/Hearing Aids
Collection Center



Dubuque Noon Lions Club has served our Dubuque Land Community for the past 98 years. Our motto is "WE SERVE" with a common goal to help people in need. Our main focus is eyesight and hearing, we provide for eye exams and eye glasses and hearing aids for those in need. Our members help at and contribute to many community projects.

Eye Glasses and Hearing Aids Collection Center

This coming year we are going to provide a Collection Center to gather used eye glasses and hearing aids. This unit will be bright yellow and have Lions Logo Emblems and lettering to indicate as a Lions Collection Box for used eye glasses and hearing aids. These glasses and hearing aids will be collected and transported to our Lions Eyeglass Recycling and Hearing Aid Center to be re-worked and then provided to those in need. This Collection Box will be located left of the Pharmacy Entrance at the Asbury HyVee Store.

Iowa KidSight

Iowa KidSight is a joint project of the Lions Clubs of Iowa and the Department of Ophthalmology & Visual Sciences at the University of Iowa Stead Family Children's Hospital, dedicated to enhancing the early detection and treatment of vision impairments in young children (target population 6 months of age through kindergarten) in Iowa communities through screening and public education. For the past fifteen years in the Dubuque area the Dubuque Noon Lions screened 20,997



children and 967 have been referred to eye specialists. With the permission of the parent or guardian the Lions screened these kids by taking two pictures of their eyes with a special digital camera, one horizontal and one vertical simultaneously. Then the images are transmitted to Iowa "KidSight" and reviewed by the Ophthalmology Department of the University of Iowa Children's Hospital. Screenings are available to all Day Cares, Preschools and at Kids Expo. Each year the number of children we screen has grown. Unfortunately, this year screenings have been put on hold due to the pandemic. Web Site: <https://medicine.uiowa.edu/kidsight/>

Dubuque Noon Lions website: e-clubhouse.org/sites/dubuquenoonio/

What's it WORTH on ebay

If you have an item and you would like to know what it is worth, send digital pictures with a brief description to paulhconnor@gmail.com, or make an appointment to visit me at 201 North Commerce Street, Galena, IL. Be sure to check out our website at www.ezsellusa.com.

Maundy Not Moldy!

Maundy Thursday, the day before Good Friday is a religious holiday with services celebrated in the Church of England, and around the world. At the service, the British monarch or a royal official ceremonially distributes small silver coins known as "Maundy Money" as symbolic alms to elderly recipients. The coins are legal tender but do not circulate because of their silver content and numismatic value.

Recently while working to clean a home that was unoccupied for over 4 years, we encountered our fair share of Mold while searching over 75 large trash bags. We found this small red box only about 3 inches square that contained 4 coins dated 1896. Photos of the front and back of the coins



are shown under the box. We posted this collection on eBay and found a buyer in Ukraine with a winning bid of \$206.25.

A lie has speed, but truth has endurance.

—Edgar J. Mohn

Contract Bridge

Exactly the Right Medicine

North dealer.

North-South vulnerable.

NORTH

♠ A J 9 4

♥ —

♦ K Q J

♣ 10 9 8 6 3 2

WEST

♠ 7

♥ A 10 9 3

♦ 10 9 8 5 2

♣ Q 7 5

EAST

♠ 5 3 2

♥ K 8 6 5 2

♦ A 6 4 3

♣ 4

SOUTH

♠ K Q 10 8 6

♥ Q J 7 4

♦ 7

♣ A K J

The bidding:

North	East	South	West
1 ♣	Pass	1 ♠	Pass
3 ♠	Pass	6 ♣	

Opening lead — ten of diamonds.

The value of a 4-3-3-3 hand is usually not hard to determine. The high-card point count generally tells the story.

The real difficulty in evaluating a hand properly rises in proportion to its freakishness. Hands with wild distribution do not lend themselves well to accurate evaluation. The excellence of a fit with partner's hand, or the absence of it, becomes the determining factor.

For example, North's hand, with only 11 high-card points, has a very imprecise value when the auction begins. But its value increases tremendously when

partner responds one spade. Whether it's worth a jump to three spades is debatable, but the slam contract turns out to be quite reasonable.

East won the diamond lead and returned a trump, taken by South. One possible line of play was to ruff three hearts in dummy and discard a heart and the jack of clubs on dummy's two high diamonds. But this would require a 2-2 club division.

Alternatively, South could draw the missing trumps and, if they did not break 2-2, rely on the clubs to be divided favorably. But another method of play, the one chosen by South, had a much better chance to succeed.

He cashed the ace of clubs, led a spade to the nine and then discarded the J-K of clubs on the K-Q of diamonds! Next he ruffed a club, led a third round of trump to the jack and ruffed another club with his last trump.

By this time, dummy had the only remaining trump together with three good clubs, so South had the rest of the tricks.

Just about all declarer's plan required for success was a normal 3-1 or 2-2 trump division, together with a normal 3-1 or 2-2 club division. Discarding the K-J of clubs may appear to be overly fancy, but it was the right thing to do under the circumstances.

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by Steve Becker

Good Housekeeping

Pasta e Piselli

Our fastest soup — just 10 minutes to prepare, 15 minutes to cook. Cousin to the Italian favorite Pasta e Fagioli (pasta and beans), this is made with peas instead. Dust with freshly grated Parmesan for an irresistible touch.

- 2 cups (about 8 ounces) mixed pasta shapes or elbow macaroni
- 2 tablespoons olive oil
- 3 cloves garlic, crushed with side of chef's knife
- 2 cans (14 1/2-ounce) chicken broth, or 3 1/2 cups homemade chicken broth
- 1 can (14 1/2-ounce) diced tomatoes
- 1/4 cup (packed) fresh basil leaves, coarsely chopped
- 1 package (10-ounce) frozen peas, thawed
- Grated Parmesan cheese (optional)

1. Cook pasta as label directs in boiling salted water; drain.

2. Meanwhile, in 4-quart saucepan or saucepot, heat olive oil over medium heat. Add garlic; cook until golden, about 5 minutes.

3. Remove saucepan from heat. Then, carefully add chicken broth, tomatoes with their juice, basil and 1/2 cup water. Return to heat; heat to boiling. Reduce heat to low; cover and simmer 5 minutes; discard garlic.

4. Add peas and pasta; heat through. Serve soup with grated Parmesan cheese if you like. Serves 5.

- Each serving: About 290 calories, 7g total fat (1g saturated), 8mg cholesterol, 705 mg sodium, 46g carb., 11g protein.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/food-recipes/.

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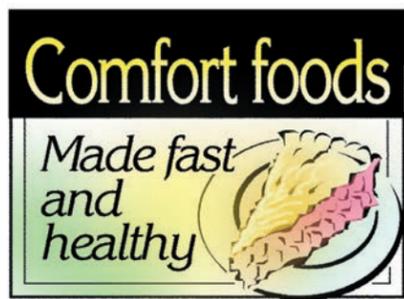
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by Healthy Exchanges Creamed Celery and Peas

Usually vegetable dishes get no respect. Kids and husbands often say, “Thanks, but no thanks” unless it’s french fries. But we’re betting this ultra-easy veggie dish will get remarks more like, “Wow, this is good! When can we have this again!?”

- 1 1/2 cups finely chopped celery
- 1 (2-ounce) jar chopped pimiento,

- undrained
- 2 cups frozen peas, thawed
- 1/3 cup fat-free sour cream
- 1 teaspoon dried parsley flakes
- 1/8 teaspoon black pepper

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery for 6 to 8 minutes or just until tender. Stir in undrained pimiento and peas. Continue cooking for 3 to 4 minutes, stirring often.

2. Add sour cream and parsley flakes. Mix well to combine. Lower heat and simmer for 3 to 4 minutes or until mixture is heated through, stirring often. Makes 4 (3/4 cup each) servings.

- Each serving equals: 80 calories, 0g fat, 5g protein, 15g carb., 148mg sodium, 4g fiber; Diabetic Exchanges: 1 Starch, 1/2 Vegetable.

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Bell Tower Theater from Pg. 9 at www.belltowertheater.net.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city’s vibrant

West End just minutes from both Highway 20 and the Northwest Arterial. For information and to purchase tickets call 563-588-3377 or go to belltowertheater.net.



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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—Orson Welles

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

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

- | | | | |
|----------|--------|---------|------------|
| Amber | Jasper | Perdita | Sgt. Tibbs |
| Anita | Lucky | Pongo | Tripod |
| Dipstick | Nanny | Roger | Whizzer |
| Horace | Pepper | Rolly | |

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GO FIGURE! by Linda Thistle

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

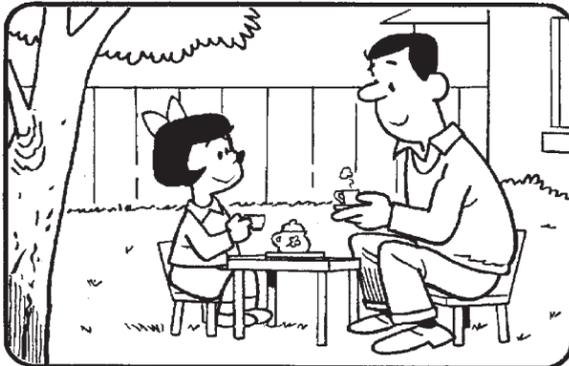
	-		x		25
+		x		x	
	x		-		21
x		+		+	
	x		+		25
26		16		24	

2 2 3 4 5 6 7 8 9

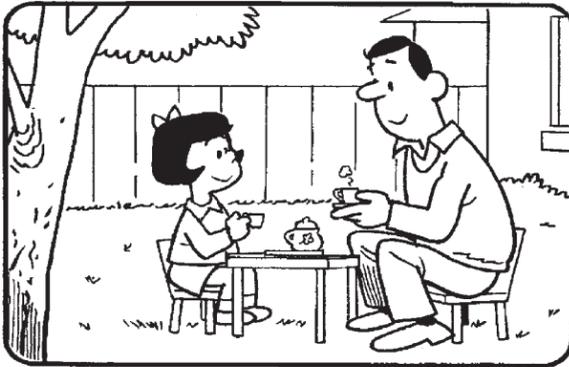
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HOCUS-FOCUS

BY HENRY BOLTIKOFF



Find at least six differences in details between panels.



Differences: 1. Bow is smaller. 2. Skirt is shorter. 3. Table leg is missing. 4. Teapot is moved. 5. Hair is different. 6. Cuffs are missing.

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SUDOKU

by Linda Thistle

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

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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SUDOKU Answer

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

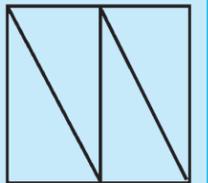
King Crossword —
 Answers

Solution time: 24 mins.

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

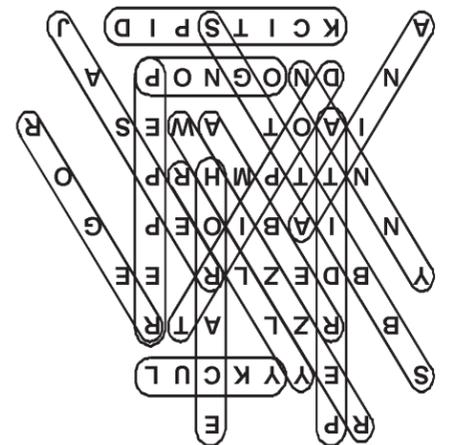
Stickelers Answer

Here's one way:



BULLETIN BOARD

Here's My Card



"101 DALMATIANS" CHARACTERS

Go Figure! answers

	24		16		26
25	9	+	8	x	2
		+			x
21	3	-	4	x	9
	x		x		+
25	5	x	2	-	7

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