

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).



Steroid Injections Provide Amazing Relief From Shingles Pain

DEAR DR. ROACH: I read your recent column on shingles. I am 66 and in fairly good health. I had both Shingrix shots about five years ago and take hydroxyurea for polycythemia vera (PV).

Around Aug. 1, I noticed some spots on my forearm that appeared to be a spider bite. I went to my family doctor, and she immediately diagnosed me with shingles and put me on gabapentin, which didn't help much. The next month was complete misery.

I never really had itching or an extensive rash, but intense pain and burning developed from the top of my neck down to my left thumb and forefinger. My wife read that hydroxyurea lowers your immune system, which is probably why I had such a bad case of shingles despite the Shingrix shots.

My cousin is a retired anesthesiologist and recommended an epidural steroid injection (ESI) that would help me immediately. I had the injection, and within 24 hours, I had an 80% improvement in my pain level. Over the next month, the pain decreased another 10% to 15%. I went from being almost incapacitated to being able to live again in 24 hours. The outcome was life-changing!

It seems that doctors need to be brought up to date on ESIs for shingles. I understand that the studies are inconclusive, but the on-the-ground results seem to show that it is effective. The pain from shingles has to be experienced to really understand how debilitating it can be. ESIs are fairly inexpensive, and even if they only helped slightly, they would be worth the cost. To have the improvement I found is priceless. — *Anon.*

ANSWER: I often recommend the vaccine to prevent shingles, but as your case shows, the vaccine isn't perfect. I agree that your PV and its treatment with hydroxyurea may have predisposed you to the complication of shingles you had, called postherpetic neuralgia (PHN). You are quite right that the pain can be extraordinarily severe.

I am glad you wrote because steroid injections are not a treatment that I have written about before. As you say, not all trials found a benefit, but the largest trial found that intrathecal injections (which are similar to epidural injections but are found to be more effective in a small trial) led to excellent or good pain relief in 90% of people with intractable PHN, compared to 4% in people who didn't receive treatment.

DEAR DR. ROACH: I am a healthy 50-year-old man. When I was at the pharmacy recently, they said I could get a vaccine for pneumonia. Is this something I should do? — *S.I.*

ANSWER: The pneumonia vaccine at age 50 is a new recommendation by the Advisory Committee on Immunization Practices. The risk for developing severe pneumonia from the bacteria *Streptococcus pneumoniae* starts to increase at age 50 and

To Your Good Health cont. Pg. 10

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
February 2016



Jerry Eberhardt with grandson, Maury Cohn

Showing Off for a Pretty Girl

Maury, at a recent luncheon reunion of our ball club at Alverno, Bob Schlueter, (I'm sure you remember "Boom-Boom," our 2nd baseman), reminded Grandpa of this crazy memory. It involved "Boom-Boom," "Big John," (you remember, our catcher), Jane (Schlueter) Ross, (Bob's sister) and Grandpa when I was eighteen. This is what happened:

It was Thanksgiving Day morning and the first snowfall of the year occurred the night before. Bob, John and Grandpa decided to go skiing in the local Linwood cemetery. We met at Bob's house and while waiting for John and Bob, I went outside to a close-by area known as "Frog Town" because I was anxious to get on my skis. Also, Bob's sister Jane was out there too! Right now, Maury, I'll explain three factors which were all crucial causes for what happened next. 1. "Frog Town" (which any native north end Dubuquer will verify) is a short but very steep bluff, practically perpendicular in height! (Most people would question the sanity of anyone using it as a ski slope!) 2. Jane was a very pretty girl, and 3. Grandpa was eighteen!

About the time Bob and John were coming out of the Schlueter house, and Jane was watching me, I took off from the top of "Frog Town." I'd guess my descent lasted 4 or 5 seconds when disaster struck. That's all the time it took to hit the bottom,

go across Queen street and have the point of my right ski hit the exact center of a telephone pole, miraculously, stopping on a dime! None of my body touched the pole! However, when I tried to get up, Grandpa remembers my right foot dangling at almost a 90 degree angle to the rest of my leg! It turned out my ankle was broken in two places.

Bob and John drove me to Medical Associates Clinic (which at that time was located at 12th & Main). This was 1942 and the doctors on the staff normally numbered about eight. But this was Thanksgiving Day and only one doctor was on call for an emergency. (He happened to be an obstetrician but he did a great job.) Neither were there any nurses, or regular staff present that day, so the doctor who set my ankle put John and Bob to work. The first thing I remember seeing when I regained consciousness was "Big John" on one side of me, and "Boom-Boom" on the other, wrapping tape, and the first words I heard were "Big John" saying: "It's too bad the doctor had to amputate his right foot!!"

Hope you enjoyed this, Maury. Much love, Grandpa.

To Your Good Health from Pg. 9

becomes much higher after 65. The new vaccines (PCV20 and PCV21 under the brand name Prevnar) have long-lasting protection for many strains of this bacterial species.

If you haven't had this vaccine and are over 50, you should consider it during your

next visit. (It's OK to get the vaccine at the same time as the flu or COVID vaccines.)

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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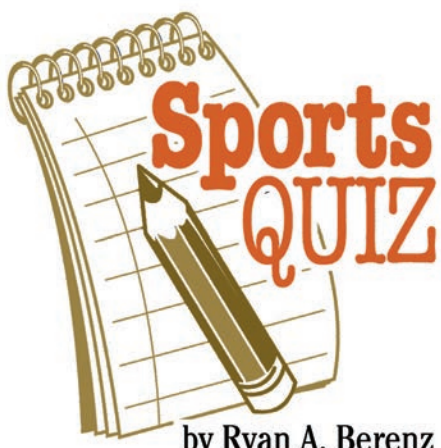
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by Ryan A. Berenz

1. What driver won his third career NASCAR Cup Series season title with a victory in the 2024 championship race at Phoenix Raceway?
2. Nicknamed "King Fish," what 1993 American League Rookie of the Year played his entire Major League Baseball career with the Angels organization from 1992-2006?
3. A new world record for women's sports attendance was set in August 2023 when a crowd of 92,003 filled Nebraska's Memorial Stadium to watch what event?

4. At what athletic and cultural festival do participants perform feats of strength like the caber toss, keg toss, sheaf toss and stone put?
5. Name the two teams who compete in the "Farmageddon" college football rivalry game.
6. What American figure skater, who won three straight pairs U.S. championships from 1970-72, was married to Pittsburgh Steelers quarterback Terry Bradshaw from 1976-83?
7. What women's professional three-on-three basketball league, founded in 2023, includes teams Laces BC, Lunar Owls BC, Mist BC and Vinyl BC?

Answers

1. Joey Logano.
2. Tim Salmon.
3. Nebraska vs. Omaha in an NCAA women's volleyball match.
4. Scottish Highland games.
5. The Iowa State Cyclones and Kansas State Wildcats.
6. Jodo Starbuck.
7. Unrivaled.

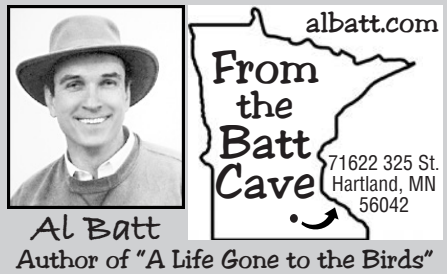
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Singing with Tom Petty while in winter's icy grip

We've all had brushes with fame.

Maybe you've met a teacher or a nurse, or shook hands with a firefighter or a police officer.

I sang with Tom Petty once.

It's a golden memory I've pressed into my little black book of golden memories.

It was just the one song—"Runnin' Down a Dream." That was enough.

Tom Petty was on the radio, and I was backing my car out of the garage, but our voices were joined. Like many others, I sing in the car, but I differ from most in that I sing only when my car is in reverse. I'm a backup singer.

We had descended into the icy grip of a dark, cold, mild winter. When winter hits, I head south a few steps. If that doesn't help, I hop in my jalopy and drive south 15 miles. It makes a world of difference. Travel is broadening.

A neighbor said, "Read my lips: no more Minnesota winters."

Unlike President George H.W. Bush, who said, "Read my lips: no new taxes," my neighbor meant what he said. He was a go-getter and he got going while the getting was good. Today, he's likely buying bottles of vanilla and eating grapefruit pie.

Roses are red; violets are blue. If I could get away, I'd go south, too.

Driving past three gyms in one day had exhausted me, and I needed to get groceries. Grocery stores sponsor nasty weather forecasts for a reason—to pack the places with panicked patrons intent on provisioning pantries.

Around 11,943 people have told me never to go shopping

on an empty stomach because I'll buy too much food when I'm hungry. That makes sense. I was feeling peckish and decided to have a bite to eat.

At the eatery, the Table of Infinite Knowledge was in session. I joined them because I didn't know what I didn't know, and I could learn something at that table. Besides, when the temperature drops, their company keeps my spirits up.

The knights of the Table of Infinite Knowledge are great at multitasking. Each can listen, ignore and forget. The guest list was extensive, with many men putting on winter weight. My neighbor Crandall was there. He likes to start each winter day by jumping out of bed and taking a brisk nap on the sofa. He teased another, saying if that guy entered the laziest man competition in the Olympics, he'd finish in 4th place because he'd be too lazy to walk to the podium to get his medal.

We agreed that neither rain nor snow nor gloom of night should happen simultaneously. Still, we were thankful we didn't have to feel guilty about missing a Minnesota winter and the opportunity to exhale visible breath.

In the Bible, Solomon wrote, "What has been will be again, / what has been done will be done again; / there is nothing new under the sun." "There's nothing new under the sun" is a popular idiom used frequently as a world-weary complaint against the tedium of life.

A teacher had given me the writing assignment of asking my elders what the most significant invention in their lives had been.

I asked Grandma. She'd been born back when rocks were soft. She answered instantly, "Electricity." Then she mumbled something about hoping the next big invention would make the men in her family want to do the dishes.

I asked the same questions of the knights of the Table of Infinite Knowledge. Here are

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What is the smallest continent by area?
2. MOVIES: What is Deadpool's real name in the movie series?
3. MEASUREMENTS: How many ounces are in 1 gallon?
4. TELEVISION: What is the name of the character that Jason Bateman plays in "Ozark"?
5. FOOD & DRINK: What is the dimple at the bottom of a wine bottle called?
6. U.S. CITIES: Which city also is known as Motown?
7. LITERATURE: The movie "Bridget Jones Diary" is loosely based on which novel?
8. ANIMAL KINGDOM: Which is the only big cat that doesn't roar?
9. MEDICAL: What is a common name for fasciculation?
10. LANGUAGE: What does the Latin term "magnum opus" mean?

Answers

1. Australia (Oceania).
2. Wade Wilson.
3. 128.
4. Marty Byrde.
5. Punt.
6. Detroit, Michigan.
7. "Pride and Prejudice."
8. The cheetah.
9. Muscle twitch.
10. "Great work."

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Radio
from the
20th Century

by Bill Zwack

Rin-Tin-Tin was one of the first and last adventure shows of the air, with a gap of two decades in between.

The first *Rin-Tin-Tin* was heard on NBC Blue in 1930 as a 15-minute Saturday show for Ken-L Ration. That ran until 1934 (for CBS Sundays in its last year). It featured the exploits of the marvelous German Shepard wonder dog who battled badmen and the elements in the name of his master, and had been starred in movies as early as 1932. By January 2, 1955, three canine lifetimes had passed since the initial series, but Rinty was resurrected for another series, replacing *The Shadow* in a 30-minute Sunday format for Milk Bone and the Mutual Network.

This time he was owned by a frontier lad named Rusty, who rode with the 101st Calvary out of Fort Apache. It opened with a still bugle call and Rusty's pre-adolescent cry, "Yo, Rinty!" near the story's end, Rusty put Rinty through his paces. In whatever adventure they finished, inevitably ending with, "Okay Rinty, you've earned your Milk Bone." This series only ran one season. There are only two episodes that have survived to date. The series made a very successful transition to television with the same story line. None of the 15-minute episodes have been found.

Listening to 1370 KDTH's *Big Broadcast* on Sunday nights from 6 to midnight, you might hear "Rinty" barking for a Milk Bone.

Al Batt from Pg. 11

some of their responses.

Heated car seats and heated steering wheels.

Kinder, gentler winters.

Seedless watermelon.

A bad GPS, which allows people to see places they'd never see otherwise.

Several knights mentioned prevaricating politicians, who are much more effective at spreading manure than any of the old manure spreaders on the farms had ever been.

Duct tape, which makes a

DIY wizard out of everyone.

Duck tape, which makes mallard repair a snap.

If we have self-driving cars, can self-running shoes, snow that shovels itself and self-changing light bulbs be far behind?

New inventions hit the market each day.

Who knows what's next?

As that noted philosopher Chuck Berry sang, "C'est la vie," say the old folks. It goes to show you never can tell."

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Down Memory Lane

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

March 1953

March 1953



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

Plant Talk

by Ken Resch



Go Native this Spring! (Part I)

This month and next I thought we might look at what's in our own backyards as far as plant materials native to eastern Iowa. Native plants are grouped first by types: forbs, grasses, shrubs and trees. The last three are familiar enough to all gardeners, but for may need a definition. Forbs are the large group of plants most of us commonly call perennials but are more accurately seen as native wildflowers. Some are small and woodland while others are seen in masses along highways or in restored prairie areas. Forbs are generally very hardy when grown under their native conditions and typically they—and all the other plants I'll discuss—will provide years of beauty in our garden areas.

Forbs and grasses are most often grown in massed groups as opposed to single specimens. Many are prolific in forming seeds and typically that is why they are seen in large groups in undisturbed areas where their seeds naturally drop or are blown by the wind. When I lived in Iowa I grew various groups of these native plants in my yard.

Following are a number of forbs I've had particular pleasure and ease in growing over the years. Now keep in mind: these are all native species. Many of these plants have been hybridized and numerous other varieties are in abundance at any of the area garden centers beginning in early May. Generally, hybrids are fine plants in their own right, but if what you are seeking is a "return to native Iowa," then stick precisely to the listed plants and their Latin names as well as common names. Look through your garden magazines or go online to learn more about the habitat of these forbs and all the other natives I'll be listing.

Yellow Yarrow
(*Achillea millefolium*)
pungent fragrance

Butterfly Milkweed
(*Asclepias tuberosa*)
Monarch butterflies lay their eggs on this plant

Sky Blue Aster
(*Aster azureus*)
a late bloomer in soft blue

Prairie Coreopsis
(*Coreopsis palmate*)
A bright yellow delight!

Pale Purple Coneflower
(*Echinacea pallida*)
long blooming;
spreads rapidly in masses

Joe Pye Weed
(*Eupatorium maculatum*)
tall prairie flower

Early Sunflower
(*Heliopsis helianthoides*)
grows well in masses
and small clumps

Blue Flag Iris
(*Iris virginica shrevei*)
good for a moist location

Prairie Blazing Star
(*Liatris pycnostachya*)
an upright standout in the
forefront of a garden

Cardinal Flower
(*Lobelia cardinalis*)
distinct red flower

Wild Bergamot
(*Monarda fistulosa*)
I love the fragrance;
attracts bees

Foxglove Beardtongue
(*Penstemon digitalis*)
The rich maroon color
is a garden standout

Wild Sweet William
(*Phlox maculata*)
An old standby both in
short and tall varieties

Black-eyed Susan
(*Rudbeckia hirta*)
A black center nicely shows off
the rich golden petals

Prairie Spiderwort
(*Tradescantia bracteata*)
Delicate pinkish flowers
adorn this spreader

The small group of native grasses listed below are most often sown by seed either through catalog purchases or from specialty stores and nurseries. Still, several have been available in the past several years from local nurseries and I predict their availability to become stronger. Those I've grown I'll make a brief comment about; the others you might investigate for yourselves depending upon what you have in mind for their use.

Big Bluestem
(*Andropogon gerardii*)
A wonderful blue color—
but it spreads!

Sideoats Grama
(*Bouteloua curtipendula*)
A short grass; waves
delicately in a slight breeze

Switchgrass
(*Panicum virgatum*)
A lovely clumping grass

Indian Grass
(*Sorghastrum nutans*)

Porcupine Grass
(*Stipa spartea*)
A grass that is mottled in colors
of cream and light green

Pennsylvania Sedge
(*Carex pensylvanica*)

Next month I'll talk about native shrubs and trees that are all readily available through local sources or catalog purchases. For now, have fun searching out some of these native forbs and grasses and see which ones you might find a home for in your garden.

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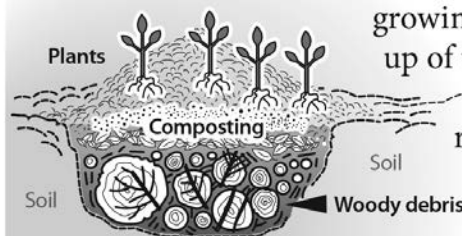
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medium into which a garden is planted. The buried
wood acts like a sponge for moisture as it decays, and also
provides nutrients for the soil, which are tapped into by the



growing plants. The vertical building
up of the pile maximizes space. This
method dramatically
reduces the need for irrigation.

- Brenda Weaver

Source: <https://www.almanac.com/what-hugelkultur-ultimate-raised-bed>

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Every child is an artist. The problem is how to remain an artist once we grow up.

—Pablo Picasso

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 ♥ K 2
 ♦ 5 3
 ♣ 10 8 6 4

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

EAST
 ♠ K J 6 4 2
 ♥ 8 5 3
 ♦ 7
 ♣ 9 7 5 3

SOUTH
 ♠ —
 ♥ A Q J 10 9 7 4
 ♦ A K 10 6 2
 ♣ A

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*strong, artificial
 Opening lead — king of clubs.

When you're declarer in a slam, it is surely right to give the play more careful consideration than if you were in, say, a partscore contract. South neglected to do that in today's deal, and it wound up costing him 1,530 points.

He won the club lead with the ace and played the A-K of diamonds, planning to ruff the third round of diamonds with dummy's king. Unfortunately, East ruffed the king of diamonds

and returned a trump, and South later had to lose a diamond trick to West for down one.

The deal illustrates the type of reasoning required when a contract seems easy to make. In such cases, declarer should stop and ask himself, "What can defeat me?"

Had South followed that rule in this deal, he might have found the winning line of play. A 5-1 diamond division is certainly not probable, but since it is possible, some effort should be made to guard against it.

After taking the club lead and cashing the ace of diamonds, South should play the deuce of diamonds at trick three! This guarantees 12 tricks whether the diamonds are divided 3-3, 4-2 or 5-1. In the third and critical case, South can subsequently ruff the six of diamonds with dummy's king, discard the ten of diamonds on the ace of spades and so ensure the contract.

There is no question that South was unlucky to run into a 5-1 diamond break that cost him the slam. But it is also true that the most it would have cost him to lead a low diamond at trick three was 30 points, while the failure to do so could, and in fact did, cost him 1,530 points.

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What's it WORTH on



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.

Let's Ring in the New Year!

This Japanese 3-Tier Bronze Painted Dragon Hanging Nesting Temple Bell is an exquisite example of Japanese craftsmanship. These bells are typically associated with religious or ceremonial purposes. The three-tier design of the bells that are stacked or nested, with varying sizes, produce different tonal pitches when struck by a wooden hammer or stick. This design is both aesthetically and functionally integral to the function of these bells.



Made of bronze, known for its durability and excellent acoustic properties. Bronze also develops a beautiful patina over time, adding to the antique value. Painted Dragon Motif symbolizes power, protection, and good fortune in Japanese culture.

Intricate painted or etched designs often cover the bells, highlighting their artistic and cultural significance. Commonly used in temples for rituals or as a call to prayer. Can also serve

as decorative pieces in modern settings. Typically hung from a sturdy structure with chains or ropes, allowing them to be struck easily.

These bells were posted to eBay, and we found a buyer for them at \$75.00. The power of eBay worked to find the value and a buyer to give the bells a new home in Carlos, California.

SENIOR NEWS LINE

by Matilda Charles

Guard yourself against AI tricks

The year is off to a roaring start when it comes to scams. To hear the experts tell it, we have AI to thank for a lot of it. AI, or artificial intelligence, is enhancing some of the scams that were already out there and creating more as the technology increases.

Our goal: to get through 2025 without losing a single dollar to the crooks.

Last month the FBI put out an alert focusing on scams created by artificial intelligence and ways to protect ourselves.

AI-generated text creates fake social media profiles, emails, websites and texts that push financial frauds like investment and romance schemes to trick us into sending money or disclosing personal information.

AI-generated pictures can include fake driver's licenses or credentials for fake law enforcement. As an indication

of how low they'll go, AI can even create fake pictures of natural disasters that tug at our heartstrings and convince us to open our wallets and send money.

AI-generated audio can impersonate public figures or our loved ones and, again, the purpose is to make us believe something ... and open our wallets.

It's the same with AI-generated videos: to make us believe something is real when it isn't.

No. 1 on the FBI's list of ways to protect ourselves is to have a secret word or phrase with family so we can verify our identity.

As always, if you're suspicious about a call you receive, hang up.

Don't send anyone you don't know any cash or gift cards. Don't post your photos online. If they're online now, take them down.

As a start in staying safe from AI, search online for "how to spot AI text" so you can learn to recognize it. Then look for images and audio. Get up to speed on the different ways AI can fool you. Sadly, we need to be wary at all times now.

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by Steve Becker



Add Roasted Vegetables to Your Meal Planning

As a kid growing up in California, most of the vegetables I ate (with the exception of steamed artichokes and corn on the cob in the summer) came from a can. Mom was a good cook, but even she would later admit that there wasn't a lot of veggie appeal on our plates.

During my college years, stir-fried vegetables were the rage. I bought a wok, took a class on basic Chinese cooking techniques, and discovered a new world of tastes! Served over brown rice and topped with cashews or sesame seeds, these plates of deliciousness are prepared in no time flat.

While stir-fried meals are still part of our family menus, we love oven-roasted vegetables to balance out a meal. Easy to prepare on a sheet pan and appetizing to look at in an array of colors, the mostly root vegetables cook up crisp on the outside and tender in the middle, often with a sweet intense flavor. Here's my basic recipe:

ROASTED VEGETABLES Serves 6-8

- 1 medium sweet potato, peeled
- 2 carrots, peeled
- 1 pound Brussels sprouts, halved lengthwise
- 1 red onion, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 tablespoon chopped fresh herbs such as parsley, rosemary or thyme (optional)



PHOTO CREDIT: Donna Erickson

Preheat oven to 400 F. Line a large rimmed baking sheet with parchment paper. Cut sweet potato and carrots into 1-inch chunks. Place in a large bowl with Brussels sprouts and onions. Add oil, salt and pepper, then toss well. Place mixture in a single layer on a prepared pan.

Roast 20-25 minutes, or until all vegetables are tender, turning once with a spatula.

Serve sprinkled with fresh herbs and an extra drizzle of oil if you wish, or experiment with maple syrup or pomegranate molasses for a dash of sweetness.

VARIATIONS

Roast a pan of cherry tomatoes to amp up the flavor of a pasta salad. Preheat oven to 375 F. Slice cherry tomatoes in half and toss with 1 tablespoon olive oil, 2 minced fresh garlic cloves, and salt and pepper on a parchment-lined baking sheet. Bake 15-20 minutes, then cool. Lightly toss into your prepared pasta salad, and top with fresh herbs and grated Parmesan.

Most chilled leftovers keep their crunch, so dip them in hummus or yogurt-based dressing for a snack. Or reheat it to complement a bowl of greens and delicious grains like quinoa, bulgur, and other wonderful foods at lunchtime.

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

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Melissa the Medium

Melissa the Medium
Saturday, Feb. 15, 2025
7PM

Melissa the Medium from Dubuque

During Melissa's childhood she had profound experiences with her psychic ability. She uses her Christian background for guidance as she delivers messages from the spirit world. Melissa enjoys bringing comfort, healing and honesty to those in need. Melissa has been doing mediumship for 9 years. Along with mediumship she also teaches self-help self-awareness classes.

MUST BE AT LEAST 16 TO ATTEND
Tickets: \$25 (at the door).

Classical Blast in Kilts
Rockin' Celtic Music
Saturday, March 15, 2025
7PM

Classical Blast, based out of the Chicago area, is wildly popular for their innovative new arrangements of classic rock tunes performed on a mix of classical and rock instruments. Classical Blast has opened concerts for major rock headliners, including The Electric Light Orchestra; Stryper, Michael McDonald; famed Eagles guitarist, Don Felder; rock legend, Joan Jett and many others. From Bach to classic rock to contemporary pop, you'll find their performance exhilarating and their musical approach refreshing. Their unique mix of classical and contemporary is captivating, powerful and beautiful.

Tickets: \$25 (in advance) \$28 (at the door).
Students (18 & Under) Tickets: \$15 (in advance) \$18 (at the door)

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Purchase Tickets online at www.ohnwardfineartscenter.com
Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.



Cremer's Cooking Tips

Cremer's Baked Cod

- 1 tablespoon chopped green onion
- 1 lemon, cut into wedges

Ingredients

- 2 tablespoons butter
- 1/2 sleeve Townhouse crackers, crushed
- 2 tablespoons butter
- 1 pound thick-cut cod loin
- 1/2 lemon, juiced
- 1/4 cup dry white wine
- 1 tablespoon chopped fresh parsley

Directions

Preheat oven to 400 degrees F (200 degrees C).

Place 2 tablespoons butter in a microwave-safe bowl; melt in microwave on high, about 30 seconds. Stir buttery round crackers into melted butter.

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Place remaining 2 tablespoons butter in a 7x11 inch baking dish. Melt in the preheated oven, 1 to 3 minutes. Remove dish from oven. Coat both sides of cod in melted butter in the baking dish. Bake cod in the preheated oven for 10 minutes. Remove from oven; top with lemon juice, wine, and cracker mixture. Place back in oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes. Serve with lemon wedges.

MAGIC MAZE ● — DROP

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: DROP FROM THE EYE

- | | | | |
|-----------|------------|-----------|------------|
| Back | Eye | Lemon | Peppermint |
| Chocolate | Gum | Mail | Rain |
| Cough | Hear a pin | Market | Voltage |
| Dew | Helicopter | Parachute | |

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SUDOKU

by Linda Thistle

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

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

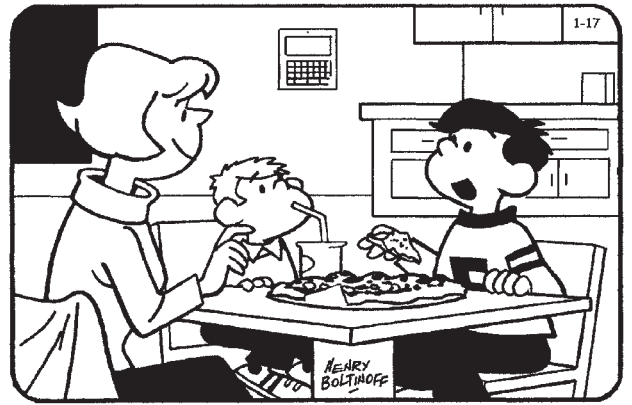
DIFFICULTY THIS WEEK: ◆

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

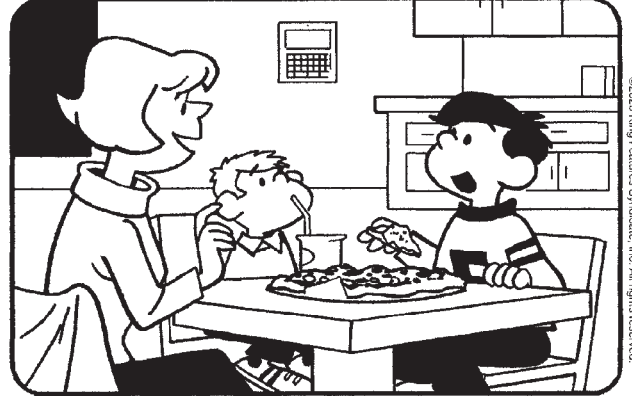
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

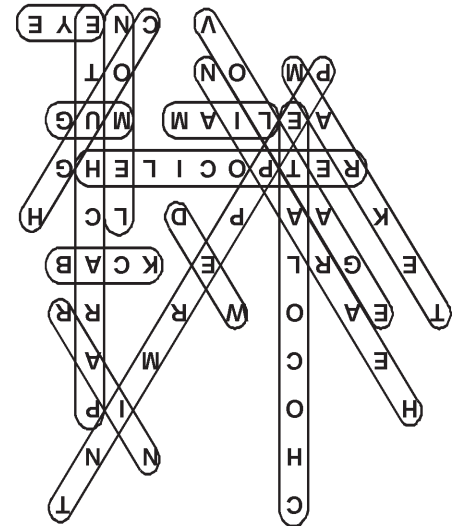


Differences: 1. Fingers are not showing. 2. Counter is not as wide, is thicker. 3. Hand is moved. 4. Mouth is open. 5. Straw is different. 6. Table

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BULLETIN BOARD

Here's My Card



— DROP —

Go Figure! answers

4	=	88	=	16	=	4
3	+	8	-	9	+	3
2	+	4	×	1	+	2
5	+	7	+	6	+	18

King Crossword —

Answers

Solution time: 24 mins.



SUDOKU Answer

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

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Stickelers Answer The answer is 2) P - 649.