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January, 2015

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Dubuque, Iowa

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The Ohnward Fine Arts Center Maquoketa, Iowa

by Richard Hall, Executive Director

The Ohnward Fine Arts Center in Maquoketa, Iowa is beginning its 10th season this year. The completion of the center was hailed by Davenport TV newscaster Fran Riley as "the most inspirational story" he had seen in twenty years. Despite the absence of any facility specifically intended for music or theater productions in all of Jackson County, several attempts to fund the construction of



an auditorium had only met with failure and frustration. Shortly following the last bond issue defeat, local spark plug, Gary Drew, a business instructor at Scott Community College in Davenport, announced his intention to build an auditorium in Maquoketa using volunteer labor. He was inspired by a community project in Maquoketa that had resulted in the construction of a children's playground.

Skeptics immediately cast doubt on Mr. Drew's sanity. They pointed out a huge difference in cost between a children's playground and an auditorium, not to mention the specialized knowledge needed to build a serviceable auditorium. The project was ridiculed as, "The Impossible Dream!" Nearly 14 years after the idea was conceived, thanks to several grants and gifts, an incalculable amount of donated labor and materials, and a tremendous dose of "never-say-die" attitude

from Mr. Drew, the auditorium has become a reality.

The facility seats 841. All sound and lighting equipment is state-of-the-art, and the acoustics are outstanding. All of this with a blueprint that only existed in Gary Drew's mind. The Ohnward Fine Arts Center will be a tremendous persuasive lesson in the power of positive thinking for many years to come.

The current executive director is Richard Hall. Many of you

may remember Mr. Hall, as he was active in Dubuque theater for many years, including working and managing the Grand Opera House. Richard then moved on to become the general manager of Timber Lake Playhouse in Mt. Carroll, Illinois and has spent the last five years at the Ohnward Fine Arts Center.

Some of the upcoming shows scheduled for the Ohnward Fine Arts Center in 2015 include: The Killer, The King, and Cash,



in January; American English, a Beatles tribute band, in March; Shining Star, a tribute to Earth, Wind and Fire, in May; The Johnny Cash Revue, in September; The Four Preps, in October; Maggie Mae's Holiday Show, in November; and the Neverly Brothers, on New Years Eve, 2015.

Ohnward Cont. P. 9

Shortage Plus Growth Equals Opportunity

For career planners and job seekers, it is good to know that health care is hiring. A recent Bureau of Labor Statistics report lists occupations with the most job growth in 2012 that are projected to grow into 2022. Coming in at number one was personal care aid, followed by registered nurse. Fourth on the list was home health aid. Sixth was nursing assistant.

Part of the reason for this

nursing services.

People with the right combination of aptitude and desire to help others can study and be qualified for healthcare positions relatively quickly. Local community colleges, such as Northeast Iowa Community College, offer various programs. A successful student may earn an associates degree in nursing after two years of study. Training courses to become



demand, taking registered nurses as an example, is the aging workforce. According to BLS, the median age of registered nurses was 45.4 in 2009. About half of registered nurses are within 20 years of retirement. That's more than a million nurses who will be leaving the workforce, BLS says.

The American Association of Colleges of Nursing says there was a 2.6% enrollment increase in bachelor's degree nursing programs in 2013. However, they say this increase will not meet the projected demand for

a certified nurse aid can be completed in less than two months. In the Dubuque area, people with these credentials may find work in hospitals, medical clinics, long term care facilities, and with home-health agencies. Even people without medical training can work in non-medical home health care.

As baby boomers age and need more medical support, younger people, or even second-career retirees, may find a niche they can fill in the health care field.

Submitted by Mill Valley Care Center, Bellevue, Iowa

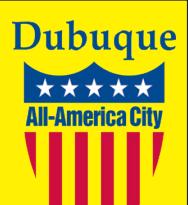
Happy New Year!

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"Stuff the Bus" sponsored by Windstar Bus Lines for St. Stephen's Food Bank



This annual event brings in a large amount of donated food product to feed the needy of the Dubuque community. This was the fourth year of this partnership with Windstar Bus Lines. Without Windstar and all the employees this event would not happen. Through the generosity of the company and employees of the Dubuque office the Bus is parked at Walmart for two days and staffed by them. The dedicated Windstar staff has stayed through the brutal temperature, we sometime experience this time of year in the Midwest, to speak with the public in promotion of their donation of product for the mission of feeding those in need. In the past four years the poundage has increased along with cash donations because of the promoting all these employees do with their volunteered time.

St. Stephen's Board

members and staff have stopped out in the past for promotion of the mission. This year the Hempstead Octagon Club became involved giving of their time in creation of a flyer and different shifts at the event to promote the Mission.

This event is important this time of year because of rising utility costs families can struggle to put food on the table. Everyone that gives of their time is to be commended as well as the generosity of the general public. Without the help of all the volunteers and donors our mission would struggle to be accomplished. Walmart has also been generous in allowing the event to happen in front of their facility.

Donations are accepted all year round and they come from individuals, businesses and food drives. If anyone would like to host a food drive please call the food bank at 563-557-7474 and ask for Kathy.

Who was Jack Rolling?

by Kathy Hutton, Executive Director St. Stephen's Food Bank

Jack Rolling was one of those people you cannot forget. Jack was first known in this community for his store, Rolling Bootery, which he took great pride in the product he sold and the craftsmanship he performed in boot repair. There was never a job too much for Jack even in his 80's Jack still repaired boots out of his home.

Jack and his wife Mary Ann went to Arizona for the winter months and while there he gathered Saguaro Cactus sticks that he carved into walking sticks. After carving the sticks he would paint them and sometimes add items like small birds to add some uniqueness to them. Since these were all hand carved there were no two alike.

The most important achievement that Jack executed in this community was the co-founding of St. Stephen's Food Bank. In 1981 while traveling in Yuma Arizona Jack & Maryann stopped at St Francis Church. There was a female speaker talking about feeding the needy and how food was gathered through Second Harvest. Today Second Harvest is known as Feeding America. Through this story Jack was inspired to start something in Dubuque. St. Stephen was a Deacon ordained by the Apostles to help look after the widows and the poor this is



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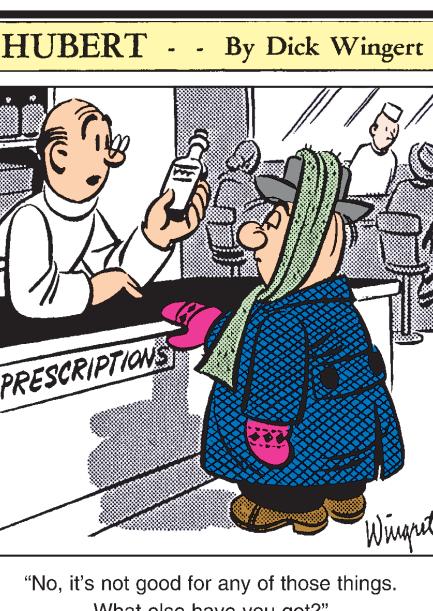
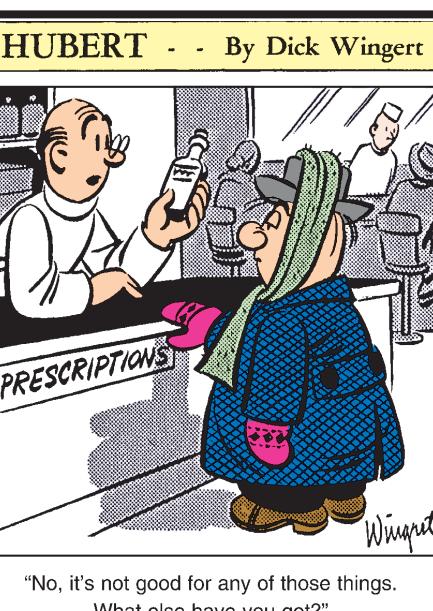
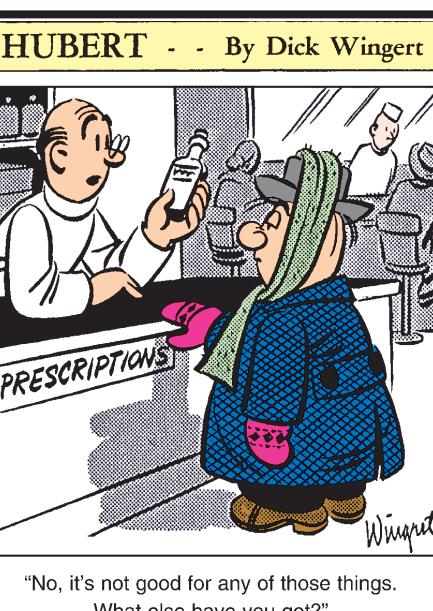
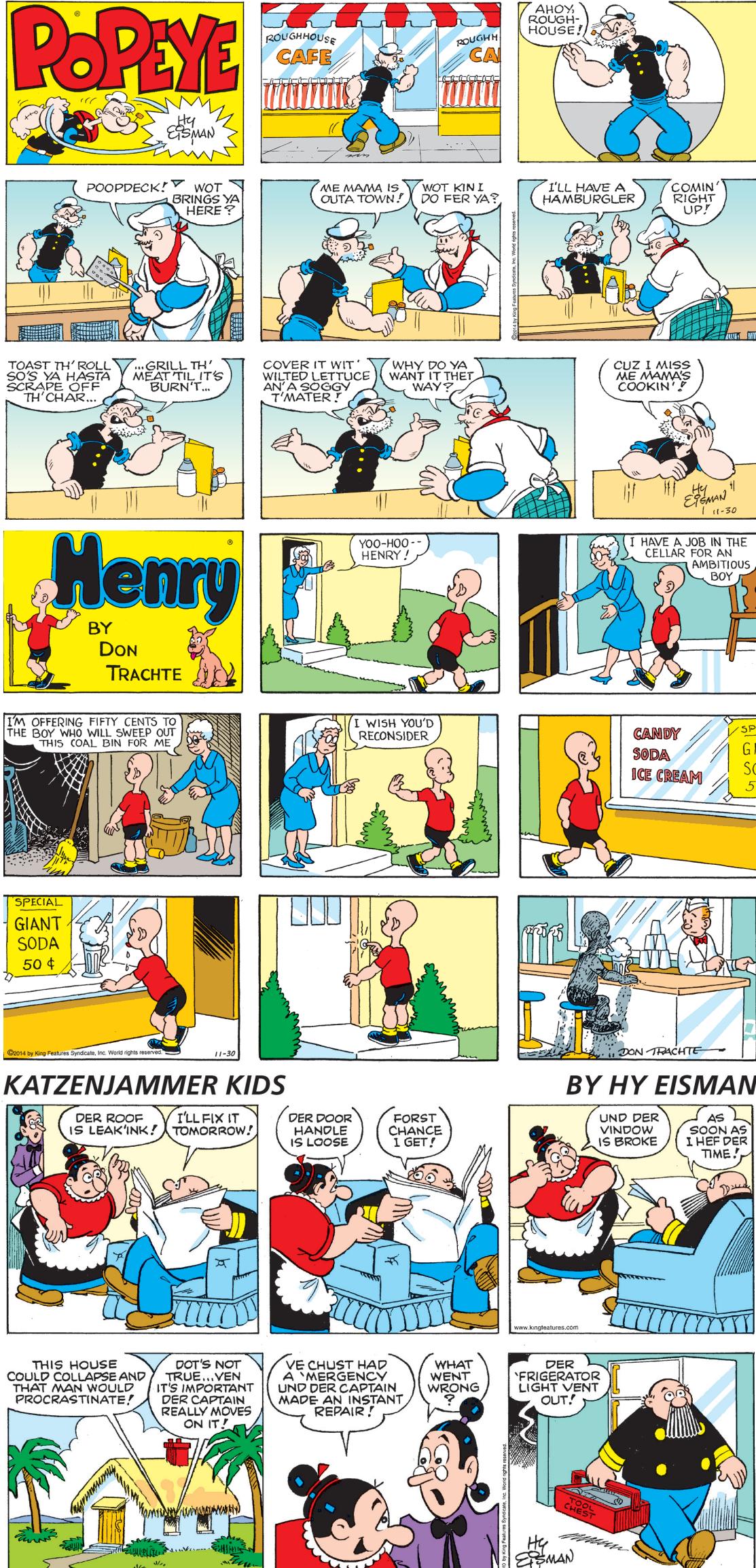
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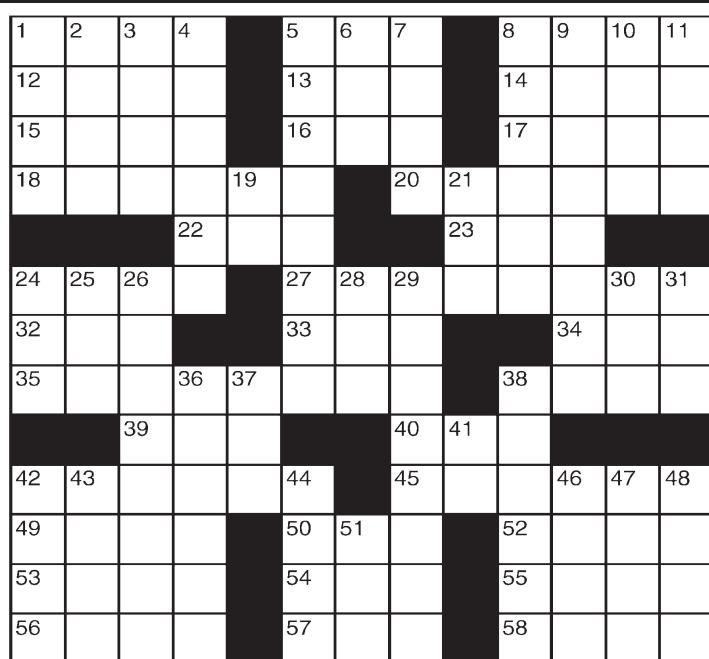


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ACROSS

- 1 Use an old phone
5 Poorly lit
8 Atomizer output
12 "— Karenina"
13 Anger
14 Golden Rule word
15 Fleet from far away
16 Cistern
17 Gulf War missile
18 Dwarf plant
20 Self-defense martial art
22 Egos' counter-parts

- 23 Decks in the ring
24 Fashion
27 Listing alphabetically
32 Leave dumb-struck
33 Individual
34 Tic-tac-toe win
35 Couch potato's place
38 Heal, as a broken bone
39 Charged particle
40 Midafternoon, on a sundial
42 Not celebrat-



- ed, as a hero
45 Had a stogie
49 Reason for a tarp
50 — Baba
52 Mediocre
53 "It shouldn't happen to —"
54 Ultramodernist
55 "Star Trek II" villain
56 Highway section
57 Martini ingredient
58 Pivot
DOWN
1 Smear
2 Data
3 Any time now
- 4 Timmy's pet
5 Math function
6 A Gershwin
7 Transcending
8 Tundra creature
9 Cut
10 Poker variety
11 — list (agenda)
12 Commercial
13 White House
14 Scratch
15 Have debts
16 Choice
17 Away from SSW
18 Scorn
19 There's — in team"
20 Obtained
36 Lizard's locale?
37 Hostel
38 Newsstands
39 "— Gonna Sit Right Down and Write Myself a Letter"
40 Caspian feeder
41 Zilch, in Xochimilco
42 Jets or Sharks
43 German chancellor
44 Birthright barterer
45 Finished
46 1980s-90s
47 Wahine's gift
48 Finished
49 Wahine's gift

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Crossword Answers on p. 32

Laugh A Lot

I was tie shopping for my son, who had just finished graduate school and was about to go on his first job interview. I spotted two college men in the store, and asked their opinion on which tie to purchase.

"What's his degree in?" asked one of the students.

"Computer engineering," I proudly replied.

"Well, then," he remarked, "he can wear just about any tie he wants."

My daughter attends Oregon State University and works part time at a grocery store. With the holidays approaching, she worried about having enough time to study for finals, so she penned a memo to her manager.

"It is absolutely imperative that I receive four days off," she wrote. "Otherwise I will not have time to study."

The next day her request was tacked to the employee bulletin board along with a note from her boss. "If I allow these days off," read the reply "it is absolutely imperative I know who you are."

The music in my dorm at Wofford college in Spartanburg, S.C., was getting louder every evening,

as residents competed to see who had the best sound system.

At times the noise continued until very late. Finally the usually easygoing dean of students, who lived across street, showed up during one 4 a.m. session. He never said a word—he just walked through the dorm carrying a chain saw buzzing at full speed.

The sound wars ended immediately.

Explaining the differences between durable and nondurable goods, our macroeconomics professor at Crown College in St. Bonifacius, Minn., said a durable good lasted three or more years, while non durables were consumed more quickly. "Can anyone give me an example of a durable good?" he asked.

"Fruitcake!" a student called out.

Waiting Game. Whenever I accompanied my aunt on her visits to the doctor, she would complain to me about the long delay she always endured.

One day, when my aunt's name was finally called, she was asked to step on the scale. "I need to get your weight today," said the nurse.

Without a moment's hesitation, my aunt replied, "One hour and 45 minutes.

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* * *

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Breast Development in Men Not Uncommon

DEAR DR. ROACH: I am a reasonably healthy 62-year-old male. During a recent checkup, my doctor observed that I have "abnormal breast development" and suggested that I see an endocrinologist. Besides being embarrassed to take my shirt off in public, are there other reasons I should be concerned about this? What treatment would an endocrinologist be likely to recommend? -- Anon.

ANSWER: The appearance of breast tissue in men (gynecomastia) is common, and can have several causes.

In adolescents, some transient gynecomastia is normal and usually resolves by itself. In middle-age and older men, medications (such as spironolactone, a common diuretic), liver disease and abnormal hormone levels (both sex hormones and thyroid) are the most common causes, but much of the time, no cause can be found. Since gynecomastia in rare circumstances can be a symptom of a serious disease, and endocrinologists are commonly expert in this evaluation, I would agree that you should get evaluated.

It is important to be sure you do not have male breast cancer, and a mammogram may be necessary. A careful exam, blood hormone levels and sometimes a testicular ultrasound to look for hormone-producing tumors are part of the evaluation. Treatment is of any underlying cause that may be found. If no cause is found, many men prefer surgery or liposuction to remove the breast tissue.

DEAR DR. ROACH: I have arthritis in both knees, injuries from the past. My knees hurt when going up and down stairs,

not level ground. How do I go about finding a good orthopedic doctor to check out my knees? There are so many doctors who do knee surgery. -- D.M.P.

ANSWER: Well, I must admit to some bias here as an internist. I would recommend starting with a rheumatologist, an expert in medical treatment of joint problems, or an internist, rather than going first to a surgeon. While orthopedic surgeons certainly have expertise in all kinds of treatment (both medical and surgical), I reserve the expertise of the orthopedic surgeons for the people with knee pain who, after a medical evaluation, I think might benefit from surgery.

Knee pain is such a common problem that any rheumatologist will be expert in diagnosing your condition. There are many kinds of arthritis, each with different treatments and prognoses. It's a good rule of thumb not to see a surgeon unless you think you need surgery, and you don't know enough yet to make that decision.

DR. ROACH WRITES: In February, I answered a question from a woman who wanted to help her husband cut down on alcohol use. I recommended against ever drinking more than five drinks a day. Five per day (four for women) is the usual definition of binge drinking, and linked with high risk for serious medical and social problems.

In no way did I mean to suggest that this is a healthy amount of drinking. While some studies have shown a reduced risk of heart disease among moderate (one to two drinks per day for men, one-half to one for women) drinkers, this is not proof that drinking is good for you. And for people with a history of problem drinking, ANY alcohol probably is too much.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475.

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STRANGE BUT TRUE by Samantha Weaver

- It was American author and illustrator Oliver Herford who defined a manuscript as "something submitted in haste and returned at leisure."
- A football in an NFL game lasts, on average, only 6 minutes.
- If you're planning to visit Chicago anytime soon, you might want to keep in mind that in that city, it's against the law to dine in any establishment that is on fire.
- One Washington state prison offers inmates cats to aid in their rehabilitation.
- In 1856, a soldier of fortune (who was also a journalist, doctor and lawyer) by the name of William Walker and his hand-picked

Strange But True Cont. P.7

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**The Winding Will
of God**

When people make a waterway or a ditch it's usually dug in a straight line. When God makes a waterway or ditch, usually called a stream or river, it's winding and meandering.

On our journey through life we'd like to have everything unfold in an orderly fashion with every step taking us on a straight path to where we want to end up. Give us the shortest distance between our desire and our satisfaction!

God has different plans for us! The ways of the Lord are often winding.

During Jesus' three years of ministry He walked all around

SENIOR NEWS LINEby Matilda Charles
All About Us**Olive Oil for Heart**

You've heard of the Mediterranean diet. It's been linked to lower occurrence of diseases such as coronary heart disease, as well as lowered blood pressure and arthritis. The primary source of dietary fat for those who follow the diet is olive oil.

Researchers at the University of Glasgow saw big improvements in the test scores of subjects who spent six weeks on a diet that included specific amounts of olive oil. They concluded that it's the phenolic compounds (polyphenols) that reduce the risk of heart disease.

If your doctor thinks you should add olive oil to your diet, here are a few things to know:

- Shop for extra virgin olive oil, with a first cold press. The majority of the polyphenols are extracted during that first press. The more refined the oil, the fewer polyphenols it contains.

Strange But True from Pg. 6

group of mercenaries took over Nicaragua. Walker appointed himself dictator, thus securing for himself the distinction of being the only native-born American citizen to become head of state of a foreign nation.

- You might be surprised to learn that the Earth experiences a million earthquakes every year; however, most of them are so small that they aren't even noticeable.

- If you counted up all the McDonald's, Dunkin' Donuts, Pizza Hut, Burger King, Domino's Pizza, KFC, Wendy's and Taco Bell locations in the United States and added them

the area we now call the Holy Land. Check out the maps of the apostle Paul's missionary journeys and you'll see that he did a bit of meandering, too.

We often don't know what the Lord is up to with us as our journey of life takes many unexpected twists and turns. However, just as a river eventually finds its way to the vast ocean, so we can trust God that His plans can unfold for us into the vastness of the ocean of His infinitely good will. We just have to go with the flow of His will, not fighting it by going upstream. Nor are we to give in to the temptation of saving ourselves some time and effort by taking the shortcut of a portage across a piece of land where it seems the stream of our life comes close to winding back on itself.

Faith is living with the bewilderment of His winding ways. When Christ bids us to come and follow Him, He calls us to meander with the Master!

The apostle Peter said about Jesus that He "went about doing good." Acts 10:38

- Shop in a health-food store if you can, and ask for advice. Let them point out good oils that haven't been mixed with other oils. Try to find oils that have a harvest date on them, ideally not more than one year.

- Look for dark bottles. Store it in a cool, dark cabinet once you get it home.

- Olive oil is high in calories. Don't go overboard. (The research used 4 teaspoons per day.)

- How to use olive oil: Drizzle a small amount over a salad. Use it as a dipping sauce for French or Italian bread with meals. Don't cook or fry with it.

- Check this site to learn about olive oil testing and research: olivecenter.ucdavis.edu. Don't miss the research about some extra virgin olive oils failing international and U.S. standards. While the testing only covered olive oils sold in California, it will teach you a lot about olive oils and how to choose them.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to columnreply2@gmail.com.

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together, you still wouldn't reach the number of pharmacy locations across the country.

- Barbra Streisand once had a shopping mall installed in the basement of her Malibu, California, home.

- The next time you see a group of cats together, you can call them a "cloudier." If the cats are young ones, though, the appropriate term for a group of kittens is a "kindle."

- Those who study such things say that cockroaches can run as fast as 3 mph.

Thought for the Day: "A man can't be too careful in the choice of his enemies." -- Oscar Wilde

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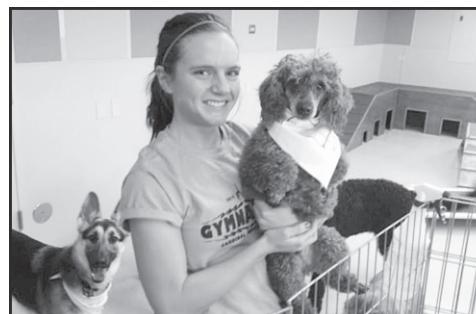
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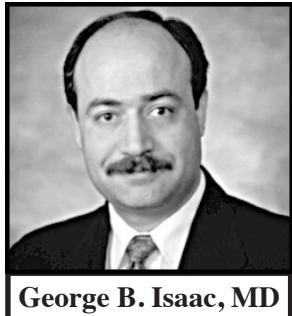
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E-mail: amber@iastate.edu
www.extension.iastate.edu/jackson

Parents Can Help Children with Abduction Concerns

Parents naturally are concerned for their children's safety, particularly when there is news of attempted child abductions that happen close to home. Finding the balance between emotions and the "teachable moment" as parents talk to their children is important.

Kids might be dealing with their own fears based upon what they are seeing on TV or hearing from others. It is important at this time that parents react with a sense of calm and reassurance.

Parents can take this opportunity to share with their children important information to help avoid potentially dangerous situations, but need to approach it in a manner that doesn't create unhealthy fears in children.

Share Helpful Information

The following are suggestions for parents:

- Emphasize with your child that strangers should not be asking children for help, but it is OK for a child to ask an adult for help when needed.

- Encourage your child to trust his or her intuition and to take action when sensing danger.

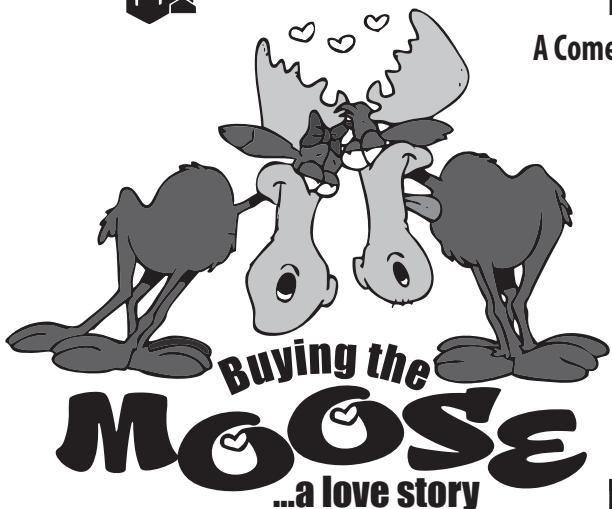
- Point out ways your child has learned to stay safe, such as saying "no" and running away when he or she is concerned about a situation.

- Help your child identify safe places such as schools, libraries, churches and businesses.

An analysis of all attempted abduction cases by the National Center for Missing and Exploited Children found that in 84 percent of cases, the children escaped their would-be abductors through their own actions.

It is important that parents
Amber Matthiesen cont. P. 16

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Upcoming Events at the James Kennedy Public Library in Dyersville: January 2015

December 29-January 10: Borrowing eBooks from the Library. Do you have questions about how to borrow eBooks on your eReader? The library is offering drop-in hours so you can get help. Please call for days/times.

Wednesday, January 7: Genealogy Club @ Your Library @ 6:30 pm. This group meets the first Wednesday of each month at 6:30 pm. Helpful handouts and laptop computers are available to use.

Saturday, January 10: Common Grounds Book Discussion @ 10:00 am. Join this NEW thematic book discussion group for adults! For this meeting the theme is Christmas/Hannukah".

Sunday, January 11: Afternoon Game Day @ Your Library @ 1:00 pm. Join us for this new monthly afternoon game day at 1:00 pm on the 2nd Sunday of every month. Come meet, teach, and play with other game lovers! All ages welcome.

Friday, January 16: The Ten Warning Signs of Alzheimer's Disease @ 3:00 pm. Come and learn the ten warning signs of this devastating disease. Presented by Alexandra Barton, Program and Event Coordinator of the Alzheimer's Association Greater Iowa Chapter.

Thursday, January 22: Going, Going, GONE! How to sell on eBay @ 6:30 pm. Do you have things to sell? Over 10 million people view eBay each day looking for deals or hard to find items. Join veteran eBay seller Lisa Christopher as she demonstrates how to use this popular online auction website.

Friday, January 23 - Monday, January 26: Used Book Sale. The Friends of the Library used book sale will be held in the basement of the James Kennedy Public Library Friday, January 23-Monday, January 26. Please call for hours.

Sunday, January 25: The Heart of the Matter: A Story of Forgiveness @ 3:00 pm. Few people have experienced the personal tragedy that Linda Wessels Shird lived through twelve years ago when her teenage daughter was murdered. Come and hear Linda's personal story - a powerful and empowering message of forgiveness.

Friday, January 30: Senior Game Day @ Your Library @ 2:00 pm. Calling all seniors! On this game day we will learn how to play the game "Pitch". Come join the fun! Healthy Snacks will be provided.

Saturday, January 31: Bear Creek Carving Club Open House from 10:00 am-2:00 pm. Members of the Bear Creek Woodcarving Club will be at the library to demonstrate carving techniques and display their carvings.

Library programs are free unless otherwise noted. For information on these and other library programs please call 563-875-8912 or go to www.dyersville.lib.ia.us or contact Dawn Schrandt via email at dschrandt@dyersville.lib.ia.us



Come Chat With Me
by S. E. Persinger

"Hey!" I've picked up on some very interesting information for us old-timers. Ever since nostalgia got blasted out of the last century we are on a whirlwind of today and tomorrow.

The other day I read an article in a business magazine whereby the author of the piece decided that our aging generation had nothing new to offer modern times. The writer suggested that we of the past generation have nothing beneficial to offer their generation and that our ways are old fashion, actually antiquated.

In another article I read some time ago there are some who want to down size our experiences gleaned from our many years of proving the theory of life too simply being alive. Yes, we have already lived what the younger generation is now experiencing. And to some, our lifetime has counted for very little. Obviously, to them, the whirlpool of life has

sucked us down into the center of nothingness.

Ironically, each generation has its own level of maturity. And maturity has many facets. You are not born one day and mature the next day. You travel a lifetime, you live a lifetime, and you contribute to a lifetime. You add sometime to society. You are so special. We are so very special. And each day we celebrate our birth anew just by waking up in the morning and embrace the daylight with a smile.

To those of us whom have weathered the "dawn of tomorrow," may I say, we grew up on the wisdom and guidance of our elders. We recognized their worthiness to be honored by us for their gift to us of their experiences in a changing world. I think we deserve the same consideration.

Furthermore, I for one know that I may not have the same spring in my step as when I was younger, but this ole hen hasn't been plucked yet. I have a lot more to contribute to today and tomorrow. "So, look out world, here I come!"

Lon Butikofer, RN, PhD Inducted into NICC Hall of Fame

Lon Butikofer, RN, PhD, has spent the majority of his career in healthcare in the form of nursing, education, and executive leadership. On October 20, 2014, Dr. Butikofer was inducted into Northeast Iowa Community College's Hall of Fame based on his honors, career and community achievements, volunteerism, and dedication to the College and northeast Iowa.



ability. In his role he manages the direction of every hospital function and all levels of leadership while always looking toward the future needs of the communities RMC serves.

"To me, leadership is like putting paint on the palette so others can create the masterpieces," stated Lon Butikofer, RN, PhD.

Dr. Butikofer's education degrees include NICC Practical Nursing, 1976; NICC Associate Degree of Nursing, 1978; Upper Iowa University Bachelor of Science in Nursing, 1983; University of Dubuque Master of Science in Nursing Administration, 1987; and Century University Doctorate of Philosophy – Health Services Administration, 1990.

Dr. Butikofer has led Regional Medical Center with vision, dedication, and passion since 1993. His responsibility as Chief Executive Officer demands strong healthcare knowledge and complex management

Congratulations to Dr. Butikofer for all your achievements and for your compassion, dedication, and passion in continuing to enhance the care provided to the patients RMC serves.

Onward from Pg. 1

Rich has booked all of the 2015 season and is currently working on shows for the 2016 season. Rich is also working on a couple bigger concerts in the 2015 season. Stayed tuned to

hear what they will be.

"We have great volunteers and a bunch of talent in Maquoketa," says Rich. Thanks goes to Gary Drew and the entire Maquoketa community for building such a great facility.

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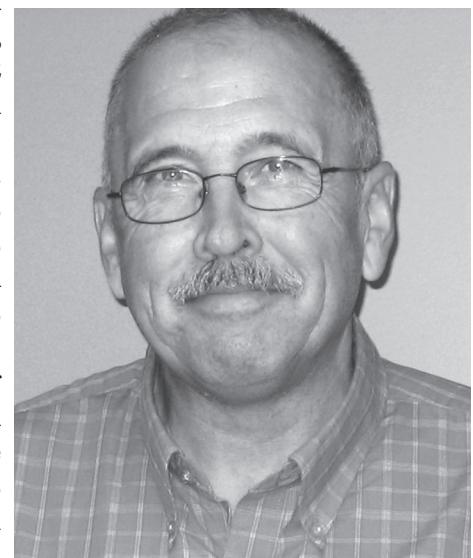
Hospice of Comfort Honored Volunteer Rick Linderwell of Dundee Recognized

For over 20 years, Hospice of Comfort, a service of Regional Medical Center in Manchester, has offered comfort, love, and respect to those on their end-of-life journey. Hospice touches lives, supports families, and strengthens communities... when a helping hand is needed most. Hospice volunteers are a crucial piece of this compassionate

service. Rick Linderwell of Dundee was recognized as Hospice of Comfort's Honored Volunteer for 2014. Rick has been a valuable volunteer with Hospice of Comfort since 2009.

"Rick provides help and companionship to clients and families in any way possible. He is always ready and willing to take on assignments, even when it means a lengthy travel time or a difficult situation," shares Amanda Kalb, RN,

Hospice of Comfort Client Care Coordinator. "We thank him for his dedication to our agency, our clients, and their families."



Hospice of Comfort is the caring choice focusing on quality of life, symptom control, relationships, values, and choices. Hospice care is designed to help the person make the most of each hour and each day. The mission of hospice is to enhance quality of life for terminally ill individuals and their families by providing physical, emotional, and spiritual support before, during, and following the individual's death.

For more information on Hospice of Comfort or if you would like to see about becoming a hospice volunteer, please call 563-927-7303 or visit www.regmedctr.org/hospice.

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Centering Prayer. Monday, Jan. 19, 7:00 p.m. Registration not required. Free will offering.

YOGA / MEDITATION: Body Prayers. Saturday, Jan. 24, 9:00 a.m. – 3:00 p.m. Deb May, Certified Yoga Instructor. Explore how yoga and meditation can help us be more aware of God's presence in our daily life. Discussion/sharing will include daily ritual, awareness, and gratitude. Offering: \$40, includes lunch. Register & prepay by Tuesday, Jan 20.

Reading That Matters Book Discussion: *Beyond the Beautiful Forevers* by Katherine Boo. Tuesday, Jan. 27, 7:00 – 8:30 p.m. "Journalist Katherine Boo spent years covering poverty in the U.S., work that earned her a Pulitzer Prize and a MacArthur "Genius" grant. But when The New Yorker reporter met her Indian husband in 2001, she wanted to better understand the persistent poverty in his country. Boo spent more than three years following several residents of a Mumbai slum: the Husains who made their living scavenging garbage; slum boss, Asha, and her daughter Manju; and Abdul Husain's friend, Sunil. The result is a work of narrative nonfiction that tells the dramatic story of families striving for a better life in one of the world's most unequal cities." (From a Sept. 2013 review on NPR).

OCCUPY SPIRITUALITY (three session series). Based on the book, *Occupy Spirituality: A Radical Vision for a New Generation* by Matthew Fox & Adam Bucko. Tuesdays, Feb. 3, 17, 24, 7:00 – 8:30 p.m. Facilitator: Eileen Miller OSF. The Occupy Wall Street movement and protest movements around the world were/are evidence of a new era of intergenerational activists seeking deeper spiritual meaning in their quest for peace and justice. In *Occupy Spirituality*, authors Matthew Fox, a 72-year-old theologian, and Adam Bucko, a 37-year-old advocate for homeless youth, explore a radical spirituality that is deliberately interfaith and relevant to the world we live in today. During the first session we will see and discuss a video interview of the authors introducing us to their topic. In the last two sessions, we will discuss the book, which is written in dialogue format, and create some dialogue points of our own in response to what we have learned. Offering: \$40/series. Includes book, which can be picked up at Shalom. Register & prepay by Monday, Jan. 19 to be sure you get a book.

BOOK: DAYS OF QUIET & PRAYER (four monthly sessions). *Speaking Christian* by Marcus Borg. Wednesdays, Feb. 11, Mar. 11, Apr. 8, May 13. 9:15 a.m. – 2:30 p.m. Facilitator: Eileen Miller OSF. Come for a relaxing, reflective day away each month. We open each session with a short prayer, spend much of the day in reading and reflection, have lunch, and close with a group discussion of the reading followed by prayer. *Speaking Christian*, by internationally renowned Bible scholar Marcus Borg, invites the reader to consider the original meanings of many of the very familiar words and terms that are part of our faith as Christians. He shows how many of these meanings have been narrowed and changed through the natural process of language development throughout the years and through translations from the original languages. The book is way more than a "fuss" about semantics, but a defining of Christianity in a fresh language that people can understand and trust. Each short chapter is in itself a basis for reflection. Offering: \$80/4-session monthly series. Includes book, program, materials, continental breakfast, lunch and private room. Register & prepay by Friday, Jan. 31 (so we can order books).

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**Moments in Time
The History Channel**

- On Dec. 29, 1170, Archbishop Thomas Becket is murdered in Canterbury Cathedral by four knights on orders of King Henry II of England. The Christian world was shocked by Becket's death, and in 1173 he was canonized a Catholic saint. In 1174, Henry was forced to do penance at his tomb.

- On Dec. 31, 1879, in the first public demonstration of his incandescent light bulb, inventor Thomas Alva Edison lights up a street in Menlo Park, New Jersey. The Pennsylvania Railroad Company ran special trains to Menlo Park in response to public enthusiasm over the event.

- On Dec. 30, 1936, in one of the first sit-down strikes in the United States, autoworkers occupy the General Motors Fisher Body Plant in Flint, Michigan. In all, the strike lasted 44 days. Among other things, the workers were given a 5 percent raise.

- On Jan. 1, 1942, President Franklin D. Roosevelt and British Prime Minister Winston Churchill issue a declaration, signed by representatives

of 26 countries, called the "United Nations." The signatories vowed to create an international postwar peacekeeping organization.

- On Jan. 3, 1952, Sergeant Joe Friday's police drama "Dragnet" comes to television. A popular radio series since 1949, it became one of the first TV series filmed in California, instead of New York. It began a long line of crime and police dramas, continuing into the present with "Law & Order" and "CSI."

- On Jan. 2, 1981, Peter Sutcliffe, the Yorkshire Ripper, is captured by British police, ending one of the largest manhunts in history. For five years, investigators had pursued every lead in an effort to stop the serial killer. Sutcliffe himself was interviewed nine times. When Sutcliffe was finally convicted, he had killed 13 women.

- On Jan. 4, 1999, for the first time since Charlemagne's reign in the ninth century, Europe is united with a common currency when the "euro" debuts. Eleven European Union nations launched the currency in the hopes of increasing European economic growth.

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**NOW HERE'S A TIP
By JoAnn Derson**

- Is it a great price? Before you rush to stock up, read the signs in the grocery stores to make sure the item that looks like such a good deal really is. Sometimes, products are "featured" with a tag that looks like a sale price, when the real price is only pennies more or no savings at all!

- Honey has antibacterial properties? Yep! Try rubbing a bit of it over a small cut for faster, more natural healing.

- "To separate yolks from egg whites, simply crack eggs into a shallow bowl and 'suck' the yolk out using an empty plastic water bottle. Squeeze the bottle slightly, then position the mouth of the bottle at the yolk and let go. It will magically slide up into the bottle, leaving the whites behind!" -- T.T. in New York

- Make your own gift wrap from everyday items like newspaper (think color comics) and children's drawings, which can be glued together along the edges. For a really unique wrapping, try inexpensive fabric.

- "This time-tested tip will keep your houseplants in the green while you're away from home: Set plants in the bathtub in an inch or less of water. If your flowerpot does not have drain holes, get a short length of cotton rope and feed it from the

*There is only one pretty child in the world,
and every mother has it.*

—Chinese Proverb

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Michelle Belle,
Social Security District Manager,
Dubuque, Iowa

**RING IN THE NEW YEAR WITH A COLA**

Happy New Year from Social Security! Put down the champagne and ring in the New Year with a COLA! And we don't mean the soda. In 2015, nearly 64 million Americans who receive Social Security or Supplemental Security Income (SSI) will receive a cost-of-living adjustment (COLA) increase to their monthly benefit payments of 1.7 percent.

The average monthly Social Security benefit for a retired worker in 2015 is \$1,328 (up from \$1,306 in 2014). The average monthly Social Security benefit for a disabled worker in 2015 is \$1,165 (up from \$1,146 in 2014).

For people who receive SSI, the maximum federal payment amount increased to \$733 (up from \$721 in 2014).

Other Social Security changes in 2015 are also worth noting. For example, the

maximum amount of earnings subject to the Social Security payroll tax will increase to \$118,500 (up from \$117,000 in 2014). A worker will earn one credit toward Social Security coverage after paying taxes on \$1,220 in earnings in 2015 (up from \$1,200 in 2014). As a reminder, eligibility for retirement benefits still requires 40 credits (usually about 10 years of work).

Information about Medicare changes for 2015 is available at www.medicare.gov.

The Social Security Act outlines how the COLA is calculated. To read more about the COLA, please visit www.socialsecurity.gov/cola/colafacts2015.html.

TIP YOUR HAT FOR PIE DAY AND SOCIAL SECURITY

A hundred years ago, no one would leave the house without a hat. Hats were everywhere: top hats, cowboy hats, stovepipe hats, even pork pie hats. Women wore elaborate hats to church, matching them to their fashionable outfits. Today, people celebrate their favorite sports teams with ball caps. And, we celebrate National Hat Day on January 15.

Social Security wears many hats to provide you with world-class customer service and benefits. One of the hats is as the administrator of the nation's Social Security disability insurance program, known as SSDI. This program provides critical support to some of our most vulnerable citizens—those with severe disabilities. You can start your

disability application online from the convenience of home by visiting www.socialsecurity.gov/applyfordisability. You will save time and money by avoiding a trip to a Social Security office. And, you can wear your favorite fedora while you do it.

And, hats off to Pie Day on January 23! Planning and applying for retirement is as easy as pie at www.socialsecurity.gov/retirement, where you'll have quick and easy access to online financial planning tools like the *Retirement Estimator*. The *Retirement Estimator* lets you experiment with different earnings and retirement dates to make sure your slice of retirement is just right for you. Make sure you have your piece of the pie covered. Create your personal *my Social Security* account to view your *Social Security Statement* instantly and to learn about retirement benefits you can receive. Sign up for your account at www.socialsecurity.gov/myaccount.

Wearing another hat, Social Security offers survivors benefits. Once you've registered for a *my Social Security* account, view your *Social Security Statement* to see the total survivors benefits your family may receive if something happens to you. Take the time now to make sure your family is provided for in the event of your death. You can get started at www.socialsecurity.gov/survivorplan. Now there's a plan that's fully baked!

Whether you are retiring, are disabled, or are a survivor, you can use the online benefits planners at www.socialsecurity.gov/planners to understand your Social Security protection better.

Like a good hat, Social Security has you covered.

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Contract Bridge

by
Steve Becker

**Dream Hand**

West dealer.
Both sides vulnerable.

NORTH	EAST
♠ 9 5	♦ Q 10 3 2
♥ A K J 5 3	♥ Q 10 9 8 7
♦ 6	♦ 8 3
♣ J 9 7 3 2	♣ Q 6

The bidding:
West North East South
2 ♠ Pass 3 ♠ 5 ♦
Opening lead — king of spades.

Here is a dream hand played once upon a time by Dorothy Hayden Truscott. She didn't actually play the hand — it occurred in one of her rare bridge dreams — but it features a play the likes of which you've probably never seen.

Mrs. Truscott held the East cards, and South got to five diamonds on the bidding shown.

West led the king of spades and continued with the ace. South ruffed, played a heart to the king and tried a trump finesse, losing to West's queen. Back came a second heart, on which declarer played dummy's jack. He reasoned that playing the king and discarding one club wouldn't help him a bit, because he had two small clubs to worry about, so one discard was virtually useless.

South therefore finessed the jack, and Mrs. Truscott — in her dream — followed low. South discarded a club on the jack of hearts and then — because he did not know that the clubs were so favorably divided, and naturally thought West had at least one more heart — continued with the ace of hearts, on which he discarded his remaining small club. West ruffed, and declarer went down one.

Of course, had Mrs. Truscott played her queen of hearts on dummy's jack, as she surely would have had she been awake, South would have ruffed and made the contract by drawing trumps and playing the A-K of clubs.

The moral of the story seems to be that it's much easier to play good bridge when you're asleep than when you're awake!

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Wellness Offerings: UnityPoint Health – Finley Hospital
 Register for all classes at www.unitypoint.org unless noted otherwise.

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

Strength Training for Women. 9 week session starts Jan 5. Cost: \$10 per class. Learn proper strength training techniques using various equipment.

Chinese Qigong – Mondays at 12 p.m. 6 week session starting Jan 5 or Feb 16. Cost: \$60. Qigong, is also known as acupuncture through very gentle movement, which relieves stress, increases awareness, promotes healing, and fights the signs of aging.

Practical Energy Therapy - Tuesdays at 12 p.m. 6 week session starting Jan 6 or Feb 17. Cost \$60. Learn the basics of energy therapy. Researchers have found energy therapy to be effective to bolster the immune system, reduce pain and slow the progression of early-stage Alzheimer's.

Core Weight Training for Seniors. Mon 1 p.m. 6 week session starting Jan 5. Cost \$60. The class will focus on strengthening the core muscles using functional movements with dumbbells.

Biofield Therapy – Thursdays at 12 p.m. Cost \$10 per class. Join us for an informative and hands-on session where we will share a selection of biofield energy healing techniques that research has shown to help with: PTSD: January 8; Alzheimer's & Dementia: January 22; Cancer & Chronic Illness: February 5.

Pre-Diabetes: What Can I Do Now? Cost: \$40 (2-part class offered monthly). This class teaches what you can do to prevent or delay the onset of type 2 diabetes. Part 1 will focus on an overview of diabetes and prevention. Part 2 will focus on successes and barriers met in the past week, lifestyle changes, and leaving with an individual plan for success. Jan 15 1:00-3:00 p.m. & Jan 22 1:00-2:00 p.m.;

Diabetes Express. Cost: \$5 (offered monthly). Learn about type 2 diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basic components of diabetes treatment: meal planning, physical activity, medication, and weight loss. January 16, 10:30 a.m.

Wednesdays at the Movies – 1:00 to 3:00 p.m. Cost: \$2. January 14: 8 Below. For seniors 60 and older. You must pre-register by calling 563 589-4899.

Massage Therapy. Tina Reeder, Licensed Massage Therapist. Types of massage offered include: relaxation, deep tissue, hot stone, infant, prenatal, postpartum, body polish, Thai, lymphatic, and Reflexology. For complete information or to schedule an appointment, call 563 589-2563.

Babka Wellness Weight Loss Center. Our program provides flexible, reduced-calorie meal plans emphasizing protein with each meal. Call 563 589-2324 for more information.

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- DECEMBER 25 DRAWINGS WILL BEGIN AT 2PM. THE MISSED DRAWINGS' PRIZES WILL BE ADDED TO THE SATURDAY, JANUARY 3 DRAWING AT IOPM.
- EARN ENTRIES EACH DAY FOR THAT DAY'S DRAWINGS.

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Cold/Flu Meds Pose Risks For High Blood Pressure

(NAPSA)-If you have high blood pressure and purchase an over-the-counter (OTC) medication, you may be getting more than you bargained for.

That's the word from experts who caution that some medications taken over the counter can have a negative impact on blood pressure.

If patients are unknowingly taking medications that elevate blood pressure, it could undermine efforts to keep blood pressure in a safe range.

The First Step

Willie E. Lawrence, Jr., M.D., a spokesman for the American Heart Association and chief of cardiology at Research Medical Center in Kansas City, Missouri, said the first step is for people with high blood pressure to know which products could cause variations in blood pressure. Cold medicines, painkillers and energy pills or drinks are a few products to watch out for if you have high blood pressure.

"Patients should be aware of the list of things that we know can cause an elevation in blood pressure," Dr. Lawrence said. He advised that these products should be avoided, used with caution, used only for a short amount of time or

used after a discussion with a medical professional.

Tips On Using OTCs

People with hypertension should educate themselves before mixing their high blood pressure medication with over-the-counter medicines. Some things to consider include:

• Chat with a doctor.

Lawrence cautions that people who have high blood pressure need to tell their doctors about any over-the-counter medicine they are taking or have taken recently.

• Be a label reader.

Medication labels should be scrutinized as thoroughly as food labels. Patients should use increased vigilance in cooler months because when temperatures drop, colds become more common.

Look for cold medicines labeled as safe for people with high blood pressure. Decongestants such as pseudoephedrine, which may increase blood pressure, are key ingredients to avoid.

• Skip the salt.

A top ingredient to avoid in medications, as in food, is salt, which may increase blood pressure due to fluid retention. On the ingredient



People who have high blood pressure need to tell their doctors about any over-the-counter medicine they are taking or have taken recently.

label, it may be listed as "salt," "sodium" or "soda."

• Avoid highly caffeinated products.

Caffeine raises blood pressure and impacts heart rate. According to Dr. Lawrence, this effect is especially intense if you're not used to it. He recommends that people with high blood pressure avoid high-caffeine energy drinks.

• Ask before using painkillers.

Patients should also use caution and speak to their doctors before using common painkillers, such as the class of drugs known as NSAIDs, which stands for non-steroidal anti-inflammatory drugs.

This class includes

prescribed medicines as well as over-the-counter aspirin, Advil (ibuprofen) and Aleve (naproxen). NSAIDs are associated with increased risks for people with heart disease and its risk factors. In addition, "These medicines may raise blood pressure a little and at higher doses they can damage the kidneys," Dr. Lawrence said. Since high blood pressure can lead to kidney disease, that makes adding NSAIDs a bigger health risk.

• Know the numbers. Those with moderately elevated or high blood pressure should monitor it regularly, particularly when taking new medications.

"People taking medicines in these classes should be monitoring their blood pressure at home to make certain it is staying within the range recommended by their doctor," Dr. Lawrence said. "If it increases excessively and is consistently over 140/90, then they need to speak to their doctor."

Learn more online at www.heart.org/HBP. Merck Consumer Care, maker of Coricidin(r) HBP, is a sponsor of the American Heart Association's High Blood Pressure website.

Book Review**Texts From Jane Eyre**

by Mallory Ortberg
(Henry Holt and Co., \$23)

Reviewed by Ealish Waddell

Updated versions of classic stories are nothing new, but the recently released *Texts From Jane Eyre* offers a pretty innovative take on the genre: If characters from classic books were real, and they had access to data plans, what would they text?

From ancient myths to Harry Potter, and Jane Austen to *The Hunger Games*, famous fictional figures have been retrofitted with smartphones and the worldview of a particularly cynical 21st-century twentysomething. The resulting epistles make for hilarious glimpses into their not-so-everyday lives through a lens that is extremely warped but still crystal-clear.

Text messages have a shorthand language all their own, and Ortberg employs it deftly to subtly indicate personality traits and narrative

nuances. Of course, the dramatic Edward Rochester types in ALL CAPS. Of course, flirty Scarlett O'Hara is into sexting. Of course, the Lorax won't shut up about composting. Typos and bad grammar abound (you try to type neatly when a raven won't stop staring at you). It might sound ridiculous, and it often is, but it's also really funny.

Given the concentrated nature of the vignettes, the effect is strongest when the reader actually knows the story being skewered -- the spotlight here is mostly pointed at characters, not plots. But even unfamiliar tales can benefit from a good goosing, highlighting common themes that run again and again through literature from ancient times to the most modern works.

The high-school English class staples are here, like *Wuthering Heights* and *Great Expectations*, but so are *Sweet Valley High* and *The Babysitters Club*. And you might be surprised at how much they have in common.

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of 3 Kings in the Old or New Testament or neither?
2. Who said, "I indeed baptized you with water, but He will baptize you with the Holy Spirit"? Matthew, Mark, John the Baptist, Luke.

3. Jesus says that to see the kingdom of God, you have to ...? Love one another, Be born again, Do what's right, Tithe.
4. From Leviticus 14, how long was a "clean" person required to remain outside his tent? 1 night, 2 nights, 4 days, 7 days.

ANSWERS

5. What town or city was Saul of Tarsus near when he converted to Christianity? Damascus, Assos, Corinth, Gaza.
6. Which apostle's mother-in-law is mentioned in the Bible (KJV)? Peter, Judas, James, Andrew.

Wilson Casey's 2015 Daily Box Calendars make excellent holiday gifts. Order *Bible Trivia Challenge*, *Golf Trivia* or *True Crime* at Amazon.com.

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Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as you can.
—John Wesley

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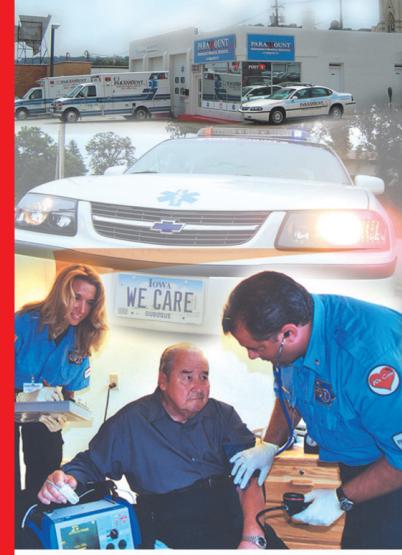
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Calling All Senior High Graduates

The Senior Alumni Association (SAA) is in the forming stages and we need your help and support to get the SAA up and running.

Some of the things the SAA plan to do.

- Monthly E-Newsletter informing SAA of upcoming events at Senior and sharing Senior High and Alumni news.
- Assist in marketing class reunions.
- Encourage interaction between Senior High, the current students and its Alumni and community.

• Hosting Alumni nights at school events. We believe that the Senior High Alumni have a lot to offer the school, students, fellow alumni and the community, and that we need to work together to make the Dubuque Senior High School experience rich and rewarding for all that attend.

If you would like more information on how you can assist or volunteer please contact Terry Mozena, 563-542-2866, TMozena@mchsi.com.



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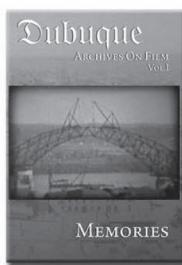
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- Newspaper Printing Operations at the Telegraph Herald 1958
- Julien Dubuque Bridge Construction
- 1930s Through the Early 1980s Wisconsin Toll Bridge
- The Wagon Bridge
- The River Front in the 1950s
- 1930s - 1950s Views from the 4th Street Elevator
- Rosheks
- 1930s O'Learys Lake
- 1940s Eagle Point Park
- 4th Street Park
- Multiple Boat Launchings at Ice Harbor
- Camp 17 in 1940
- John Deere Foundry 1965, John Deere Day Equipment Tryouts 1957
- Book Mobile Deliveries 1954
- Dubuque Senior High Track Meets 1940 and 1958
- Rockdale One Room School House Early 1940s
- Tornado Damage in Belmont, WI 1944
- 1930s Ice Harvest
- 1940s Longview Ski Jump
- 1936 President Roosevelt's Visit to Dubuque
- Train Ride Dubuque to Bellevue 1942

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Amber Matthiesen from P. 8

make it a priority to talk with their children about safety from predators not as a 'once and then done' conversation, but as an ongoing dialogue as their children grow older.

As children age from adolescence to tweens to teens, the conversation around child safety should evolve. The Take 25 campaign sponsored by the

National Center for Missing and Exploited Children offers age-appropriate discussion guides and activity sheets related to safety topics. Resources can be accessed at <http://www.take25.org>.

Help Young People Process Thoughts, Feelings

Watch your children closely for signs of anxiousness. Being open to talk about those

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

Dear Mr. Wilbricht:

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

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

Sincerely,

Rodney A. Roberts

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



YESTERDAY AND TODAY

BY MICHAEL GIBSON



This ca. 1967 photograph shows the east side of the 700 block of Iowa street just prior to urban renewal. Kies-Henschel Monument Co. (700 Iowa) was founded by Henry Kies in 1926. In 1961 it was purchased by Vince Brannon and moved in 1966 to Central Ave. Next is the 720 Inn (720 Iowa St.) and formerly known as the Holiday Inn Bar (1954-1966).

Tri State Blueprint (756 Iowa) started in 1942 and remained at that location until 1967 when it re-located to Central Ave. To the far left is Belsky Motor Co. which started in 1913 at 6th & Iowa. In 1923 it moved to a new building at corner of 8th & Iowa. The company sold Buick and Cadillac vehicles. In 1965 it became known as Shike-Richardson, Inc. Due to urban renewal, the dealership was forced to relocate to 1475 JFK Road in 1969. (Photo courtesy of Frank Hickey Collection, Loras College Center for Dubuque History, OHE p.16)

Yesterday & Today cont. P. 17

feelings while developing safety strategies can help children feel in control of situations. They can learn to make good choices when faced with possible unsafe circumstances, while still enjoying some of the carefree aspects of childhood.

Be open to how your child might be feeling and talk with him or her with sincerity and honesty.

This is an opportunity to discuss any number of issues—from children not putting

themselves in particularly dangerous situations to how to react when they sense they might be in potential danger.

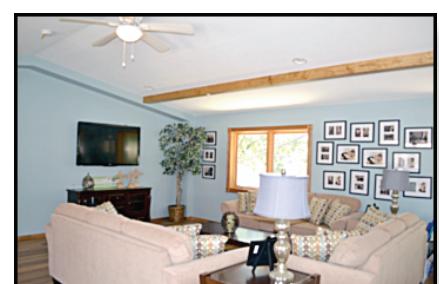
This is a teachable moment, so use it! But doing so in a calm, reassuring manner will help your point come across more clearly without raising unhealthy fears in young people.

Iowans can call ISU Extension and Outreach's Iowa Concern Hotline, 800-447-1985, for help and referrals for dealing with stress, crisis and loss.

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Adult Day Services

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Ask us about
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(next to Flora Park)



Yesterday & Today from P. 16

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



This entire block was demolished by urban renewal. This is how it looked recently. The voters of Dubuque and Dubuque County approved a \$1 million bond issue for the construction of a state of the art Dubuque County-City Law Enforcement Center at 770 Iowa Street. Both Police Chief Robert O'Brien and Dubuque County Sheriff John Murphy supported the project. It is centrally located across from the county court house. Both law enforcement departments moved into the new facility in 1974. (Photo by Terry Grant)



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*People ask me what I do in winter when there's no baseball. I'll tell you what I do.
I stare out the window and wait for spring.*

—Rogers Hornsby

How you can avoid making 7 costly mistakes if Hurt at Work

What can you do to avoid a costly mistake?

By **COREY WALKER**
Corey@IowaInjured.com



If you or a loved one have been hurt at work you may have questions like: How much should my weekly check be? Do I really have to go to their doctors? How much should they pay for mileage? Every year thousands of Iowans are hurt at work, but some make costly mistakes.

Iowans are beginning to realize that they should learn more about Iowa's workers' compensation laws. For example did you know that you have the right to a 2nd opinion in admitted claims after receiving

an impairment rating and should be paid mileage at 56¢ per mile? A new book reveals *seven costly mistakes* and how you can avoid them, *The Injured Workers' Bill of Rights* and much more. What do other Iowans say about the book?

Janet of Des Moines says, "Corey's book is a must have if you have been hurt at work." Laura of Dubuque says, "The book is very helpful."

Our book is offered at **no cost** because Iowa Work Injury Attorney Corey Walker has listened to the stories of hundreds of injured workers during the past 17 years and has seen the consequences of many who made common costly mistakes. Corey is committed to educating you, so you can avoid making a mistake.

Finally, you have the right to learn about workers' compensation laws in the comfort of your own home with no risk or obligation. If you or a loved one has been hurt at work and do not have an attorney join the thousands of Iowans who already have the book. Claim your copy (while supplies last) **Call Now** (800) 707-2552, ext. 811 (24 Hr. Message) or go to www.IowaWorkInjury.com. Call now and you will also receive a **Bonus DVD** which explains Iowa work injury laws in plain English.

Our Guarantee: We are so confident that our book will help educate you that if you have been hurt at work and do not learn at least one thing, let us know and we will donate \$1,000 to your charity of choice.

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It is NEVER too early to sign up for an event or trip – but it can easily be too late, and the event is filled, you don't want to miss out. Sign up early!

January 7, 2015-----Grand Opera House-----Lunch & Learn
First Wednesday of the Month. Meet in the lobby of the Grand Opera House at 10:30
Lunch will be at Kalmes' Break Time 1097 Jackson Street

January 17, 2015-----Ohnward Fine Arts Center in Maquoketa
"The killer, The King and Cash a Tribute to Jerry Lee Lewis, Elvis Presley and Johnny Cash! Dinner will be at Bluff Lake - all you can eat haddock, and then on to the show.
The perfect cure for cabin fever - a night out with dinner and a show \$65.00

February 4, 2015-----Not yet confirmed please call me-----Lunch & Learn
First Wednesday of the Month. Meet at – 10:30 AM Lunch: Sunshine 1575 JFK Road

February 5, 2015-----Fireside's Sensational 70' – Live Band Show
Fireside's Live Band show is always fabulous and this one is no exception. May of the great artists of the 70's will be represented in this explosive musical celebration featuring the Fireside Band led by the ever popular Steve Watts. \$105.00

March 4, 2015-----Metrix-----Lunch & Learn
First Wednesday of the Month Meet at Metrix 4400 Chavenelle Drive –10:30 AM
Lunch: Culvers 4800 Asbury Road

March 26, 2014-----The Wizard of OZ - Fireside Theater
The wonders of live theater! This show will amaze you; you do not want to miss this one! It's all there - good witches, wicked witches, munchkins, the tin man, a cowardly lion, a scarecrow, and Dorothy and Toto. A live stage performance! \$105.00

ALASKA----- August 18 – 29, 2015
There is still time to sign up for this fabulous trip. Call and make your reservations, but don't wait too long!

Call To make your reservations or for a brochure of any of the trip or trips you are interested in but don't wait too long ,because they do fill up quickly

Linda Blom-Eiben: 563-584-085 or 563-590-4067 Pat: 563-583-3243
Linda's Email: jleiben@mchsi.com Pat's Email: ptorgler@gmail.com

Glimpses of History from Mt. Pleasant Home's 140 Years 11th in a Series • 1960-1969: Transitions



Mt. Pleasant Home residents being served by the Matron, Mrs. Meier, at the 1964 annual tea. Mt. Pleasant Home took pride then—and still does—in its home-like atmosphere. But then "home" had more rules: few personal items and no electric fans in rooms, residents to remain at the dining room table until a bell was rung, lights out at 10, etc. [Photo courtesy of TH Media. Published May 27, 1964.]

Mt. Pleasant Home minutes reflect an institution undergoing change.

OLDER RESIDENTS.

Mt. Pleasant usually had a waiting list of elderly women with few financial resources who needed a secure, home-like residence. Improved social service funding changed that.

1961: "Mt. Pleasant is offering a different type of care today than it was originally set up for. [We offer] a home for older women who must live alone. However, of 39 rooms we have only 34 occupied, and no waiting list.... With the increase in Old age Assistance to \$94 a month women prefer to live alone until it is no longer physically possible. Hence the high age bracket of our residents, their frequent hospitalization or removal to a nursing home. This makes for a constantly changing family." The Board concluded that to "turn Mt. Pleasant into a nursing home ... was deemed inadvisable."

PROMOTION

A small flyer printed in 1962 promoted Mt. Pleasant as a "haven for friendliness" with \$80 monthly rent. Churches inserted the flyer in worship bulletins. But tacky promotion was out: "It had been suggested that, as so many people do not seem to know the location of Mt. Pleasant Home it might be well to have a sign... [but] the majority felt they preferred not to have a sign unless it be a small one [at the entrance].



Mt. Pleasant

— H O M E —

CAPITAL IMPROVEMENTS

The decade began with a "change over to gas heat. It will be cleaner and we hope more economical." Previously, as much as 100 tons of coal had been ordered for winter. The 1965 addition of an elevator accessed all three floors of the newest wing; cost: \$13,670. A 1969 purchase was a "John Deere riding mower at a cost of \$666.41, including snow blower."

STAFF ISSUES

Until switching to gas heat, spring housecleaning could extend over a month. In 1961, "the help had banded together and asked for a ten cent an hour raise during the housecleaning time... Finally decided to give a ten dollar bonus." Also: "The picture of the Kennedy family has been removed from the wall in the office because of feeling among some in the family."

DUTCH ELM DISEASE

Dutch elm disease eventually killed over 30 elms on Mt. Pleasant's five acre campus. 1959: "Our beautiful old elms have been trimmed and in the spring will be sprayed." 1964: "...will contact firm who is taking care of elms on Rhomberg Ave for the city regarding [inoculating] our trees." 1966: "...to [our] horror, seven of the [inoculated] Elm trees have the Dutch Elm Disease." 1969: "Removed six dead trees for \$630."

My mother gave me a bumblebee pin when I started work. She said: "Aerodynamically, bees shouldn't be able to fly. But they do. Remember that."

—Jill E. Barad



Trivia test

by Fifi Rodriguez

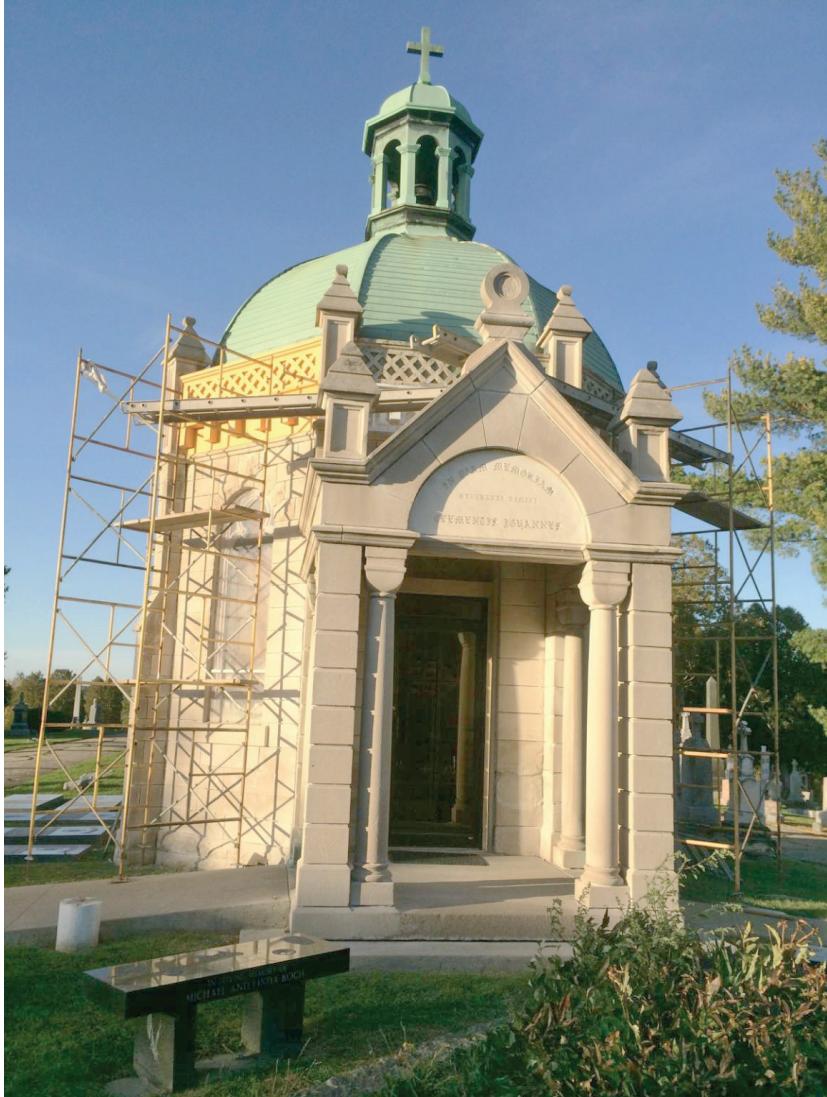
- MEDICINE: What condition does a deficiency of iron cause?
- FOOD AND DRINK: What is bergamot?
- GEOGRAPHY: Lake Tahoe lies between which two U.S. states?
- MOVIES: Which animated movie contains the line: "Squirrel!"?
- GENERAL KNOWLEDGE: What is the traditional birthstone for September?
- PUBLISHING: What magazine was headed by Helen Gurley Brown for 32 years?
- ASTRONOMY: How many

Answers

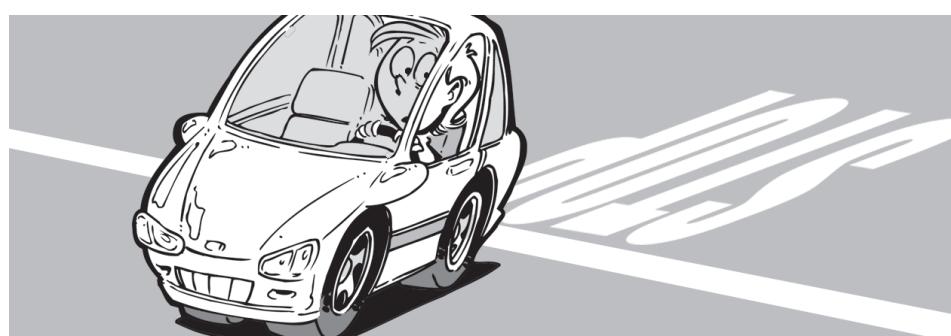
- Anemia
- A type of citrus fruit
- California and Nevada
- "Up"
- Sapphire
- Cosmopolitan
- Two, Phobos and Deimos
- Heilos
- Dreamt
- Spot

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Mt. Calvary Cemetery Assn.



Mt. Calvary Cemetery would like to thank the Dubuque Racing Association for a \$5,000 grant toward the restoration and repair of the Johannes Chapel and St. Michael Shrine. This restoration is the beginning of a multi-year project to repair and restore the shrines and buildings of Dubuque's oldest Catholic Cemetery. The grant assisted with the historically-accurate rope tuck pointing of the Johannes Chapel; cleaning and repair of the Bedford stone; cleaning and repainting of the exterior metal accents; vent repair; and tuck pointing of the St. Michael's Shrine.



If a car is traveling at 55 miles per hour it will travel 56 feet before the average driver can shift his foot from the accelerator to the brake.

- moons does the planet Mars have?
- MYTHOLOGY: What is the Greek god of the sun called?
- LANGUAGE: What is the only word in the English language that ends in the letters "mt"?
- LITERATURE: What was the name of Dick and Jane's dog in the famous early readers?

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The Killer, The King, and Cash

Sat., Jan. 17, 2015 – 7PM

The Killer, The King, and Cash is going to take you on a journey to the greatest era in Rock N? Roll music. Take a trip back with us to when three iconic legends: Elvis Presley, Jerry Lee Lewis, and Johnny Cash; came to Memphis, Tennessee to record at a small, yet unknown record label. You will feel the excitement and energy, as these legends come alive, in concert just as they did in their prime, in the 1950's and 60's! We would like to thank you for being a part of this journey, and celebrating a piece of history.

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

Students (18 & Under) Tickets:

\$13(in advance) \$15(at the door)



Things My Mother Taught Me

Fri., Feb. 13 & Sat., Feb. 14 – 7PM

Sun., Feb. 15 – 2PM



An Ohnward Fine Arts Center and Peace Pipe Player Production

Olivia and Gabe are moving into their first apartment together. They've just packed up all of their belongings and driven halfway across the country, to start a new life together in Chicago. Their moving day doesn't go exactly as planned, though, and things become slightly more complicated when all of their parents show up to help! Can a two bedroom apartment contain all of the love, laughs, worry and wisdom that's about to happen? This brand new comedy from the author of Nana's Naughty Knickers takes a generational look at relationships, and how sometimes parents are passing their best lessons on to their children without even meaning to. Funny and touching, this one will make you laugh out loud and fall in love all over again.

Tickets: \$15(in advance) \$18(at the door)

Students (18 & Under) Tickets:

\$10(in advance) \$12(at the door)

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815

Purchase Tickets online at www.ohnwardfineartscenter.com.

Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.



We are currently raising funds to purchase a new gazebo for the residents to utilize our beautiful backyard. Summer concerts and resident cook-outs are just a few activities they will be able to enjoy.



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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.

A Tied Score

My memories of following my son Jerry's baseball games were awakened anew as I drove to the Bernard Ball Park to see the Over Forty Game on a late September Sunday afternoon.

This sunny day had the right temperature for playing ball and a needed shady area to watch from.

The country was beautiful with waving fields of corn, alfalfa sprouting beneath the oats stubbles, giving a promise of a bountiful harvest.

The road banks held the fall array of white chapel veil, purple asters, goldenrod and bushes of sumac so familiar before weed spray was initiated.

I drove my 78 Model Oldsmobile into the ballpark and found a middle aged man and his son sitting on a short bridge collecting admittance fees to the park. A friendly smile and a forced wave to go forward assured me that Senior Citizens were admitted free.

A crowd of young and old had gathered under shade trees to watch the many overweight, over forty challenge a team of younger players all in spiffy uniforms as the P.A. System announced the teams, their players, batting averages and the next batter up.

The lively young ball team scored five runs in the first eight innings. With a bit of good luck the Forty Plus scored their five runs in the ninth inning. The P.A. System announced the

final score was a tie.

Both sides met in a friendly hand shake as they closed the ball season for another year.

As I sat in my car in the shade I saw life so interesting.

Many women from the village were seated on folding chairs in the shade enjoying visiting as they cheered their home team's luck in tying the score.

An elderly short stalky man with graying hair and well trimmed beard appeared holding a medium homemade picture frame with a heavy cord hanger. He approached his elderly acquaintances and said "Can you believe what you see in this picture?" After looking closely at the picture the man responded "I can't believe all those old ball players are already dead—aren't they?"

In silence they both seemed to be offering a prayer before they exchanged comments about the picture.

Many of the over forty ball players were friends who had picked up bales of hay many summers for me. They would drop by to say "hello" and reminisce the haying days before the new big bale modern machines could roll up a big bale that holds as much as thirty small bales they had worked with.

I drove away from the Bernard Ball Park with a lively spirit, knowing life still holds that wonderful feeling of a community still alive repeating the past.

Fuel-Saving All-Wheel Drive



(NAPSA)-When purchasing a car, there are a lot of optional features to consider. While some offer convenience and comfort, others, such as an all-wheel-drive system, offer safety, making it one of the most important and helpful options to consider for your next car.

All-wheel-drive systems power all four wheels on the vehicle at the same time rather than just the front or rear wheels, allowing for safer driving because of improved traction and handling performance. These features can improve driving in difficult conditions, including rain, snow and ice—especially beneficial during challenging winter weather.

But all-wheel-drive systems generally come with a cost: increased fuel consumption.

Now, however, the all-wheel-drive system available on the new 2015 Mitsubishi Outlander 7-passenger crossover—in addition to providing outstanding agility and tractability and improved safety—has been cleverly engineered to reduce fuel consumption.

The electronically controlled

Super All-Wheel Control (S-AWC) system features the convenience of push-button activation as well as four distinct driving modes—the standard "NORMAL" mode,

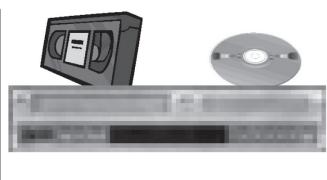
enhanced traction in slippery conditions with the "SNOW" setting, maximum traction in "LOCK" and an "AWC ECO."

In the first three settings, the vehicle operates in full all-wheel drive (4WD) with the engine routing power to all four wheels at all times while the vehicle is moving.

When the driver selects the "AWC ECO" mode, it operates as a more fuel-efficient front-wheel drive (2WD) vehicle that can switch to full all-wheel drive (4WD) in a split second for increased traction and stability. The moment sensors detect any wheel slip or loss of traction from any of the vehicle's wheels.

Fuel Saving Cont. P. 21

Rent A Flick by
Ron Richeson



Unforgiven

The western movie is a dying art. But the Clint Eastwood directed *Unforgiven* (1992) is such a powerful film—winning Oscars for Best Picture, Best Director, Best Supporting Actor (Gene Hackman), and Best Film Editing — that it should be revisited or seen for the first time.

Unforgiven is two stories that are destined to intersect in a very violent way. One takes place in Old Whiskey, a small frontier town ruled by a sadistic sheriff named “Little Bill” Daggett (Gene Hackman). An incident at the local brothel sets everything in motion. A drunken customer slashes the face of one of the working girls and it's “Little Bill's” job to hand out the punishment, which amounts to

An Iowa Legend Christian K. Nelson (1893-1992)

Christian K. Nelson turned an ice cream treat into a multi million-dollar enterprise. He created the chocolate-covered ice cream bar on a stick that is known as the Eskimo Pie.

Nelson was born in Denmark and emigrated soon after to the United States with his family, who lived in Illinois and Wisconsin before settling at Moorhead. His father started a creamery business there, and young Nelson and his brother were responsible for collecting the cream from nearby farmers.

Nelson attended prep school at Dana College in Nebraska, graduated from the University of Nebraska, then taught school before serving in the Army during World War I. He ended up teaching science at Onawa, IA. To supplement his income, he operated a confectionery store in the summers.

As the story goes, one summer day in 1919 a boy entered the shop and couldn't make up his mind whether he wanted a chocolate bar or a vanilla ice cream cone. Nelson, who was holding a scoop of ice cream, dropped it into some melted chocolate and his idea was born. With a \$50

Fuel Saving from P. 20

Meaningful fuel savings can be achieved by automatically switching to all-wheel drive only when absolutely necessary.

This system is one of the most sophisticated available on any vehicle today and includes a high-tech Active Front Differential (AFD) for precise delivery of power to the front wheels and Brake Control technology to improve the

little more than a slap on the wrist. With no other way to get justice, all the girls pool their money and send out the word that they'll pay \$1,000 to anyone who will kill the offender.

Several hundred miles away is William Munny (Clint Eastwood) a reformed gunslinger who now works a small patch of land. William's former life was changed when he married a good and caring woman. Sadly she died at a young age, leaving William a widower struggling to raise and support two young children.

Every aspect of *Unforgiven* is 4 stars. Even the theme song, the hauntingly beautiful Claudia's Theme, will always stay with you.

This film is rated a mild R and is available via Netflix mail order.

investment, he developed the product for two years, calling it the “I Scream” bar before Omaha chocolate entrepreneur Russell Stover helped rename it the Eskimo Pie and advised Nelson in patenting and marketing his creation. Nelson reportedly introduced the product at a picnic for Onawa's volunteer fire department.

To really test the market, Chris made up thousands of pies wrapped in aluminum foil, took them to Des Moines and became the instant talk of the town. In days, nearly every ice cream manufacturer in Iowa had signed up to manufacture and distribute Eskimo Pies.

Flushed with this success, Nelson went to Chicago and within four months sold 2,700 franchises.

Not only did Chris Nelson change the eating habits of the nation, but countries like Ecuador, a nation whose economy was based upon the cocoa bean sent special thanks to Christian Nelson. Holland and Switzerland said Chris rescued their economies.

The Eskimo Pie was at its zenith in the 1920s, often selling 1 million daily.

Nelson sold his Eskimo Pie Corp. to the Reynolds Metal Co., a subsidiary of U.S. Foil Co., which created the original aluminum envelope in which the treat was packaged.

driver's control over the vehicle as well as steering response.

Because of its innovative engineering, the 2015 Mitsubishi Outlander—an Insurance Institute for Highway Safety “Top Safety Pick+”-rated vehicle-offers best-in-class EPA fuel mileage ratings among 7-passenger crossover/SUVs and is one of the highest-fuel-economy SUV/crossovers in its segment in America today.



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We join together for social activities such as lunches, dinners, picnics, private house parties, holiday parties, card parties, movies, theater and many other activities. We provide a monthly calendar listing all of our activities and events. You choose the activities that you prefer and wish to attend. You are never under any pressure to participate if you don't wish to do so. We are a singles social club bringing lives together. We are not intrusive when you want to be alone; just remember however, you do not have to be alone. You can become a member of Tri-States Singles Social Club to meet new people and make some wonderful new friends.

Our goal as Tri-States Singles Social Club is to provide social communication and activities for adult singles age 40 and over, in our tri-state area. For more information you can phone Jack Tegeler, (President) @ 563-590-3608, Jane (Membership Coordinator) @ 608-778-4307 or Shirley (Activity Director) @ 563-581-6272.

Plant Talk

by
Ken Resch



Poinsettias—they'll bloom beyond the holidays!

Let's dispel the myth that too often causes many a beautiful Poinsettia to be trashed as soon as the holidays are over. They are not poisonous. A study fed a group of rats a lot of poinsettia leaves—must be an acquired taste—and nary a rat got sick. The current estimate is that a fifty-pound child would need to consume 500 of the flower bracts (POISINDEX® Information Service) to get sick which means you'll need about 100-150 plants in the house! That out of the way, let me to suggest that your poinsettia would make a wonderful houseplant through the winter—last year mine was blooming nicely for Valentine's Day—then a fine garden plant through the summer, and then a wonderful blooming plant for the 2015 holidays. So be bold and try your hand at growing a Poinsettia and fight against out throw away culture!

Here are some basic culture tips gleaned from the Internet and personal experience. If you've yet to purchase a plant, look for squat and well-branched specimens rather than tall leggy ones. Make sure the majority of the leaves (read: 99%) are deep green and turgid (meaning stiff, not limp) and that few leaves are yellowed and wilted. Also, keep the plant well-watered through the holidays, away from extremes of temperature (actually a bit on the cooler side is better).

Now, once the holidays are over, you can successfully keep your poinsettia in bloom following a few simple steps. 1) Keep the soil moist; never allow it to dry out, 2) give the plant six or more hours of indirect, bright, natural light, 3) maintain day temperatures of 65 to 70 and at night 60 to 65 degrees, 4) apply a balanced house plant

A mother understands what a child does not say.

—Jewish Proverb

30th ANNUAL

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**From The
Batt Cave**
Al Batt
*snoowl@aol.com
http://albatt.net/*
71622 325 St., Hartland, MN 56042
**The weather goes
bump in the night**

The weather goes bump in the night.

My feet were cold all the way up to my ears.

Old Man Winter had taken control of the thermostat.

Winter got in despite our best efforts to keep it out.

I enjoy the writings of Willa Cather and she had this to say about the weather of our harshest season, "It was as if we were being punished for loving the loveliness of summer."

I know that some of you flee to warmer places for the winter. Not me. I check the weather to make sure I don't miss the worst of it. I've spent every Christmas of my life here in Minnesota, where even the nicest of winters can be long and nasty.

Spring, summer, and fall fly by, but winter is a season in the dentist's chair. Every winter is the winter of my wife's discontent. She told me that one of her cousins was in a far better place. Before I could offer my condolences, she added, "Yuma."

We have two seasons here, shovel and swat. There is no business like snow business. A solar energy spill makes a frigid day tolerable. The sun is nice, but it limits the shoveling. We have the winter Olympics here every year. It's called getting out of the driveway. Bill Watterson wrote, "Getting an inch of snow is like winning 10-cents in the lottery."

The pastor works part-time for a towing company. Last winter, he saved a Kia Soul. He was on his way to his car—a Kia Parsonage—to go to town to get some hip balm. Many folks get chapped lips, but it gets so cold here that we get chapped hips. He ended up in the emergency room after tripping over a frozen weasel and hitting the icy ground with a chapped hip.

He believes that if Lot's wife had turned to salt while in Minnesota, she'd have been applied to the road.

Winter is the season when you can feel like a hero by just walking down to get the mail and we worry about dying of snow. When the world looks like the Beatles' "White Album," even those of us who are so

dense that light bends around us get the drift. Why is it that in a blizzard, it's always a white or gray car that has no lights? The snowplow driver, when he isn't making a mountain out of a snow hill, sells mailboxes part time. I can tell when it has been a long winter. My snow shovel is bent from me leaning on it.

Carl Reiner said, "A lot of people like snow. I find it to be an unnecessary freezing of water."

I say, "Don't ever put the snowblower away."

If you can't take the heat, move to Minnesota in January when it's colder than a snowman's lunch. The cold gives a crispness to cuss words, but violence is never the answer unless someone asks, "Cold enough for you?" If you don't see your breath here, it's either July or you're dead. One neighbor never looks at the thermometer because it makes him cold. He eats bad, spicy food just for the heartburn. He told me that he'd enjoyed three winters in Minnesota. Unfortunately, he has spent 62 winters here.

Last winter wasn't the good old days. A friend from Arizona called and asked the temperature. He calls when he sees on The Weather Channel that we are having nasty weather.

I replied, "It's two below, but I didn't think it would get that warm."

There was a pause before he said, "Really? I'd heard that it was 20 degrees below zero there."

"Oh," I said, "you mean outside."

Supermarket employees retrieve orphaned carts from the parking lot's cold surface. These good folks, part of God's frozen people, gather up the shopping carts into a rickety train and push it back into the store for eager shoppers to use. I don't want to be just like them when I grow up, but they are among my heroes.

Tree shadows on white snow are mesmerizing. Tolerable becomes the new perfect. I carpool with the Zamboni driver and take comfort in the fact that no one notices my weedy garden.

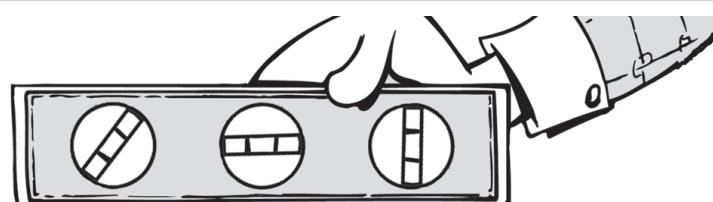
I keep moving. I don't want snow to blow under my feet.

I treat winter as I do most things. I prepare for the worst and I'm happy if it isn't that bad.

Winter is what carries us to spring.

Spring will be here eventually and take care of it.

Happy winter. Merry Christmas.

© Al Batt 2014


Someone or something said to be "on the level" is thought to be honest or as advertised. The expression is taken from the rituals of Freemasonry. The level is an instrument of builders. As a symbol, it stands for equality.

Sparkle Flair and Hair

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Drink (Water) To Your Health

(NAPSA)—Here's health news you should find easy to swallow: Whether you're working, traveling, playing sports or just relaxing, it's important to stay hydrated regardless of the season.

Making up more than two-thirds of the weight of the human body, water is critical to keep the body's cells and organs functioning properly. Keeping your body hydrated, says the American Heart Association, helps the heart pump blood more easily through the blood vessels to the muscles and helps the muscles remove waste so that they can work efficiently.

As you work, play and exercise, here are six questions to ask yourself to ensure you and your family are staying regularly hydrated:

1. How much water should I drink each day?

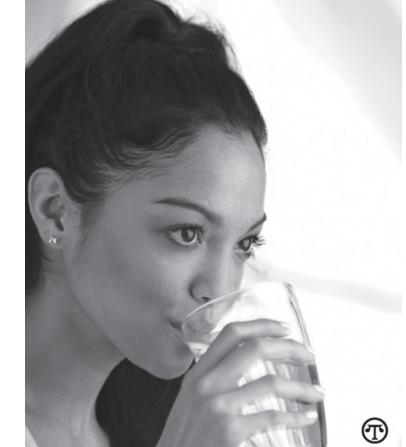
- Recommendations for water intake vary by person but wellness experts generally agree that drinking 6 to 8 eight-ounce glasses of water each day is a healthy goal. Individuals who exercise frequently and pregnant women should increase their intake.

2. Sugary drinks seem to quench my thirst as much as water. Is one better than the other?

- Under most circumstances, water is the best source of fluid to keep the body hydrated. Caffeinated beverages can cause you to actually lose more fluids and sugary drinks can be hard on the stomach. It's best to stick to water when trying to stay hydrated.

3. What else can I do to stay well hydrated?

- Foods such as fruits and vegetables that contain a high



An in-home water filtration system can filter out harmful contaminants, providing great-tasting, cleaner drinking water for your family.

percentage of water can help supplement your intake. Try tomatoes, cucumbers, celery, watermelon and strawberries.

4. I have trouble remembering to drink water. What should I do?

- Add drinking a glass of water or reusable water bottle of water to your daily routine. For example, drink a glass of water after you wake up or while watching your favorite show. Drinking water before a meal can help you feel fuller faster and perhaps prevent overeating.

5. How can I be sure my water is pure?

- To help reduce contaminants that may be in your tap water and provide filtered drinking water for your family, you can get a water filtration system. For example, 3M offers a wide range of filtration products, some of which address pesticides, nitrates, arsenic and other contaminants that may be found in water.

6. Where can I learn more?

- Visit [www.3mwater.com/yesiwant3MWaterSolution](http://www.3mwater.com/) and www.facebook.com/3MWaterDealer.

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**Over The Years
by Grandma**

**Movies of
the 40's**

That was entertainment. We'll never see an entertainment bargain to match what a dime or quarter bought at the movies in the 40s.

It wasn't just that you got up to three hours of the best (and worse) that Hollywood had to offer, you were also transported into a grand world of red carpet, uniformed ushers, gilded statues and plush seats. You felt like you were transported into another world after having just come from sitting on a three-legged cow stool to milk the cows.

The theater was a respite from heat in the summer or an escape from the cold in the winter.

Before the movie actually started, the big screen featured sports heroes in action, current fashion, floods, fires, earthquakes, celebrities at play and world events...not much different from the fare we get nowadays on the network news.

The animated cartoons provided lots of laughter. If you were lucky there was a double feature, an added bonus. Sometimes on a Saturday matinee there were drawings for prizes.

During World War II, candy was scarce at concession stands because of the sugar rationing going on at the time, and popcorn became more popular than before.

A trendsetting decade in world cinema The 40s were the decade of movies. With the world at war, directors served up propaganda and escapist entertainment to the massed moviegoers of the pre-television age.

In the early forties, films heavily revolved around WWII and the war time activities. Common themes of patriotism and bravery were exemplified as the industry sought to provide a sort of record of the war while at the same time creating entertainment. Some films went as far as to romanticize the war, as characters such as G.I. Joe grew in popularity. Another common plot centered around the families of soldiers and the roll that war played on the homeland. Most notable are the many propaganda films that arose during the early forties which urged U.S. involvement in the war and later provided national support by portraying the enemy as idiotic and ultimately evil.

Some great movies in the 40s that did not center around the war were: Going My Way, It's A Wonderful Life, State Fair, Miracle on 34th Street, and Yankee Doodle Dandy. It is still fun to watch reruns of these wonderful films.



Cindy Baumgartner, MAE
Human Sciences Specialist, Nutrition and Health

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**Prebiotics-Probiotics:
What Is the Difference?**

Prebiotics and probiotics are considered "nutrition boosters" that are naturally present in everyday foods. Although there are prebiotic and probiotic supplements available, those found naturally in food are more readily digested and absorbed.

Prebiotics are natural, non-digestible food components linked to promoting the growth of "good" bacteria in your gut. Prebiotics help good bacteria grow in your gut and might also help your body better absorb calcium.

Probiotics are actual live cultures of "good" bacteria that are naturally found in your gut. These help balance or grow the bacteria you need in your gut. Probiotics may help enhance immunity and overall health, especially intestinal health. Probiotics have been used to treat irritable bowel syndrome, to lower lactose intolerance symptoms, and to prevent some allergy symptoms; however, the benefits vary person-to-person.

Try to include both prebiotics and probiotics in meals and snacks since they work together

to restore and improve gut health. For example, enjoy a cup of yogurt with a banana at breakfast or top sautéed asparagus with melted aged cheese for dinner.

FOOD SOURCES:

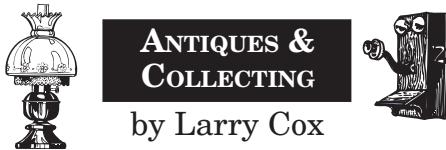
Prebiotics:

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Probiotics:

Aged cheese
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Miso
Sauerkraut
Soy beverages
Tempeh
Yogurt

If you live in Iowa and have further questions or want to talk directly with a Home Economist, call our **ISU AnswerLine** at **(800) 262-3804**. The AnswerLine is staffed Monday-Friday from 9:00 am-noon and 1:00-4:00 pm.



ANTIQUES & COLLECTING

by Larry Cox

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Hobnail Basket

Q: I am quite stressed. I gave a Fenton hobnail basket in amber to a friend and have since been told by a neighbor that it is quite rare and valuable. It was about 12 inches in size and had a ruffled edge. -- Susan, Elizabeth, New Jersey
A: Chill out. I found your piece in "Kovels' Antiques & Collectibles Price List" by Terry and the late Ralph Kovel. According to the Kovels, your Fenton basket is worth about \$4. Yes, that is not a misprint: \$4.

Q: At a recent yard sale, I purchased several older perfume bottles. I don't collect perfume bottles, but was attracted their unique designs. Since at least three are Art Deco, I believe my bottles probably are from the 1930s and '40s. How can I find out more about them? -- EmmaLou, Flagstaff, Arizona
A: One of the better organizations that you might find helpful is The International Perfume Bottle Association, www.perfumebottles.org. I also like "The Wonderful World of Collecting Perfume Bottles: Identification & Value Guide" by Jane Flanagan (Collector Books). Even though this reference was first published in 2006,

it remains my go-to book for answers in this field of collecting. Collector Books' contact is P.O. Box 3009, Paducah, KY 42002.
Q: I purchased a drinking cup showing the Cascade Fountains, an attraction of the St. Louis World's Fair of 1904. It is black and white with gold trim. I paid \$75 for it. -- Steve, Cheyenne, Wyoming

A: You paid just about what it is worth. I found your cup referenced in "1904 St. Louis World's Fair: Mementos and Memorabilia" by the late Robert L. Hendershott, who listed the tumbler's value in the \$50 to \$100 range.

Q: I have three baseballs, all signed by major-league players from the 1940s and '50s. I would like to have them appraised. -- Steve, Alexander City, Alabama

A: Robert Edward Auctions, LLC, specializes in all areas of baseball collecting, including autographs, uniforms, World Series items and, yes, signed baseballs. I contacted the business, and it will provide you with a free appraisal of your baseballs. Contact is P.O. Box 7256, Watchung, NJ 17069; www.RobertEdwardAuctions.com; and 908-226-9900.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor do appraisals. Do not send any materials requiring return mail.

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Radio From The 20th Century

by Bill Zwack



During the golden days of radio, there were just a few women actresses who could say they were the star of their own radio series: Penny Singleton, Kate Smith, Fanny Brice, to name a few. During the early days of radio, music and comedy were the high point of radio coming from men just off the vaudeville stage.

As radio came of age, radio executives realized that women had much to contribute to the industry. Female singers played an important part in paving the way for others to try their talents on radio.

Our focus for this article is on Ann Sothern. Ann was the star of *Maisie* both in the movie series and on radio. As the amusingly scatter-brained heroine, she captivated the public in ten pictures and on 78 broadcasts. For MGM, she first appeared as *Maisie* in 1939, having been in musical comedy on Broadway and in films. Although Sothern had done guest appearances with Rudy Vallee, Eddie Cantor

and Bing Crosby, *Maisie* at CBS was her first and only radio series. It was a syndicated program of MGM radio when it returned to the air in 1949 after a 2-1/2 year hiatus. During that break she made *Letter to Three Wives*, an award winning film. In 1953, she came to television in the role of *Private Secretary*, a popular sitcom, and followed with *The Ann Sothern Show* in the 1960s. As *Harriet Lake*, she began in Hollywood's Christie comedies and first sang in the chorus of Ziegfeld's *Smiles*. Ann was married to actor-bandleader Roger Pryor from 1936-42. She met second husband, actor Robert Sterling, in 1941 when he had a part in *Ringside Maisie*.

Ann was born January 22, 1909 in Valley City, ND and died of heart disease March 15, 2001 at the age of 92, in Ketchum, Idaho. The radio series *Maisie* can be heard occasionally on *The Big Broadcast*, which is heard every Sunday night from 6-midnight on AM 1370 KDTH.

Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.

—Mark Twain

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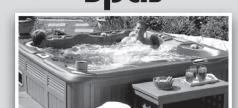
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The Year That Was

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Best sports performance by a single person:

You'd think that after pitching 47 2/3 innings in the post season and setting Major League Baseball records, Madison Bumgarner's arm would be so dead it could be served off a Kansas meat rack. But no, MadBum still had room for dessert and stuff...like a five-

inning shutout smorgasbord of a save on two days rest that was completely off the hook. To put in perspective how great MadBum's performance was, reflect and ponder that he pitched a quarter of the amount of what is considered the gold standard for innings pitched by starting pitchers -- 200 innings -- *in the post season alone*.

Best sports performance by a team:

There have been 109 World Series champions officially crowned since 1903, but the 2014 Kansas City Royals are the first losing team that I can recall ever truly considered a co-champion -- even by members of the other team. In post-game interviews at Kauffman Stadium, the

Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

"I'll Have A Swiss On Rye"

Maury, this memory happened at Mario's. (That's right - the restaurant and bar where you like to go with Grandpa!) The owner, Mario, (I call him "bossman" and he refers to me as "the philosopher") remembered this occurrence which he related to a Friday bar audience not too long ago. Following is a memory of Grandpa's that Mario recalled:

In the early 1980s, during the season, Grandpa used to sail every Sunday on the Mississippi aboard the "Kon-Tiki" owned by Paul "Skipper" Rasch who was also the bartender at Mario's. Almost every Saturday I'd have lunch at Mario's while Skipper tended bar. The bar was usually filled, especially during the football season, which subsequently led to what happened.

One Saturday, Maury, Grandpa requested a Swiss cheese on rye sandwich. Skipper informed me this was not on the menu. However, he quickly said that Mario, himself, was in the kitchen and that he'd probably "make" me a cheese sandwich. Mario did and upon serving me at the bar, Skipper informed me that when he asked Mario what to charge he replied "What ever



Jerry Eberhardt with grandson, Maury Cohn

you think!" That's when Skipper decided to have a pool! He told everyone at the bar (fifteen to twenty guys) that the charge would be between \$1.00 and \$2.25. He then secretly made out Grandpa's check! Everybody paid a \$1.00 to guess the price of my sandwich and the closest would win the pool. This took place every Saturday. It reached the point when some Saturdays I'd walk into Mario's a little later than usual and guys at the bar immediately would ask me to order "a cheese sandwich!" They wanted to see who would win that week's pool! And guess what, Maury! The Friday Mario told this he laughingly recalled that every week Grandpa would also get into the pool but NEVER WON! Most times, however, the winner of the pool would buy me a drink.

Much love, Grandpa.

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team that won ... whoever they were ... umm ... they wore brown ... Panda at third ... Bumgarner pitched always and they're quietly a dynasty with three championships in recent times, but those Royals. How could they lose? Those loveable, plucky, buy-the-whole-downtown-a-beer, overlooked Royals who won the most games you can win as a loser? It was too much to bear. Somebody forgot to send the script over to the Bay.

Most overlooked, great champion team:

The 2014 San Francisco Giants. I was just kidding about that previous stuff. Classy team, great bunch of guys. Seriously, a dynasty and provider of one of the top baseball performances in history. No rest for Bumgarner, bloody sock and stapled-tendon Schilling, Perfect Larson and then what? It's all walk off home runs from there.

Least heartwarming heartwarming moment:

Lebron James goes back home to Cleveland. I'm sorry,

but until the Cavalier's get a championship from their wayward king, this will always feel like a late night booty call.

Most disturbing trend:

Hey! You're not going to believe what happened when two drunk guys holding beers and wearing opposing team jerseys and looking all mean and tough met up in the men's bathroom / on the crowded concourse / up the down escalator! This one guy cheap shots the other guy, and oh man! Twenty guys take a picture of it with their camera phones, and now it's an annoying pop-up everywhere on the Internet! Remember when bloggers used to call out sports media establishments like NBC and USA Today for being stodgy and boring? Not anymore, dude! Now they, like, totally curse, and you won't believe what happens in next week's listicle!

No, seriously ... there's more in next week's installment. You won't believe what's in store!

Mark Vasto is a veteran sportswriter who lives in Dallas.

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Neptune Chowder



Here's a hearty soup that features the bounty of the sea. If you're lucky enough to live in an area where fresh fish is abundant, use it! But, if you're like us and are in a landlocked section of the country, the frozen works just fine.

2 cups thinly sliced onion
1 cup chopped celery
2 cups diced raw potatoes
1 cup shredded carrots
2 cups water
1/2 teaspoon lemon pepper
8 ounces white fish fillet, cut into bite-size pieces
1 (12-fluid-ounce) can evaporated fat-free milk
1 cup fat-free milk
1 cup shredded reduced-fat Cheddar cheese
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley flakes

1. In a large saucepan sprayed with butter-flavored cooking

Five pivotal discoveries in chemotherapy, cancer prevention, molecularly targeted therapy and supportive care have stood the test of time and further discoveries have been based on them. To learn about them and more, visit www.cancerprogress.net.

Research has shown that combining medication with psychosocial support is a comprehensive way to help patients try to beat their addiction, and including medication with psychosocial

spray, saute onion and celery for 5 minutes. Add potatoes, carrots, water and lemon pepper. Mix well to combine. Bring mixture to a boil. Lower heat, cover and simmer for 10 minutes.

2. Stir in fish pieces and continue simmering for 10 minutes or until vegetables and fish are tender. Add evaporated milk, fat-free milk and Cheddar cheese. Mix well to combine. Continue simmering until cheese melts, stirring often.

3. When serving, garnish each bowl with parsley flakes. Makes 6 (1 1/3 cup) servings.

• Each serving equals:
208 calories, 4g fat, 18g protein,
25g carb., 365mg sodium,
2g fiber; Diabetic Exchanges:
1 1/2 Meat, 1 Fat-Free Milk,
1 Vegetable, 1/2 Starch.

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support is now considered the optimal evidenced-based approach. For more on opioid dependence and its treatment, visit www.recoveryispossible.com.

The National Diabetes Education Program (NDEP), a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention, says people with diabetes are at greater risk for heart disease—but they can decrease that risk. Visit www.YourDiabetesInfo.org to download resources.



www.lungcanceralliance.org

HEALTHY IDEAS

(NAPSA)—Early diagnosis of Alzheimer's disease or another dementia is an important step in getting appropriate treatment, care and support services. The holidays are often a time when people notice warning signs of Alzheimer's in friends and family members. To learn more, visit www.alz.org or call (800) 272-3900.

The Lung Cancer Alliance points out that neither smokers nor anyone else deserves lung cancer. To learn more, go to

Down Memory Lane

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



Basketball 1953-54
Excerpts From The Pages Of "The Avalon" A Newsletter Of The Dubuque Packing Company

PACKERS OPEN DEFENSE OF INDY LEAGUE CHAMPIONSHIP: Coach "Duke" Defendi instructs our Dubuque Packers as they prepare to open the 1953-54 Indy League basketball campaign in defense of their loop title. Front row—Coach Defendi and starting combination (left to right): Emil Hoffman, Jerry Schiltz, Clete Meyers, Bill Feyen and Midge Delaney. Top row: (left to right): Earl Prey, Bill Meyer, Tony Callahan, Norbert Tressel, Walter Chapman and Ronnie Lansen.

Basketball
1953-54

BASKETBALL:

The Dubuque Packers basketball team got off to an impressive start in its bid for a fourth straight Industrial League championship by scoring a 53 to 37 victory over the Adams Company club in the opening game of the 1953-54 season. Coach "Duke" Defendi and Athletic Director Maurice Conwell have another strong combination but stiff competition is expected this season with several other teams boasting improved lineups. Carr, Adams & Collier's team – runner-up in last season's loop play – is expected to be another very powerful club this season. John Deere, Farley's and McDonald's are other promising outfits in the current race.

Community Foundation and United Way Announce Partnership to Map Nonprofit Networks

DUBUQUE, Iowa — The Community Foundation of Greater Dubuque (CFGD) and the United Way of Dubuque Area Tri-States have announced a new partnership. The two organizations are collaborating on the Network Mapping Project, an effort to engage nonprofit service providers, community leaders and funders to learn how effective networks can better address community needs.

For nearly a decade, CFGD has been working to create long-term solutions to community challenges through initiatives like Project HOPE, Every Child/Every Promise and Inclusive Dubuque. These programs tackle complicated issues by bringing together multiple partners from different sectors. The approach has created successes like Opportunity Dubuque, a free job training program that connects the underemployed with employers in need of skilled workers. Opportunity Dubuque was made possible through the collaboration of partners like Northeast Iowa Community College, Dubuque Works and several local businesses.

The Network Mapping Project applies this proven, collaborative problem-solving to build a high-performing network of nonprofits that focus on people in need. By identifying organizations that are working on the same problems, CFGD and the United Way hope to strengthen partnerships to improve services as well as to identify gaps. CFGD's Project HOPE initiative will lead the Network Mapping Project.

"The Network Mapping Project will help us to learn about organizations in our community and the strengths or gaps that exist in the network of providers that serve people in need," said Eric Dregne, CFGD vice president of strategic initiatives. "We are thrilled to partner with the United Way on this project and grateful for the wealth

of fundraising and nonprofit knowledge and experience they bring to the table."

Organizations that participate in the project will have the opportunity to learn about the networks they are in, to connect with network partners and to strengthen existing networks. CFGD and United Way will interview nonprofits and then use data visualization software to share findings and explore ways to build the capacity of networks.

As a community organization with deep roots and a strong history of collaboration, the United Way of Dubuque Area Tri-States was a natural partner for the Network Mapping Project. Since 1928, it has distributed approximately \$64 million in funds to strengthen community partnerships and various programs surrounding health, income, education and volunteerism. The United Way has also collaborated with community organizations on education-related causes and coordinated Impact Dubuque, a volunteer community center that matches individuals based on their skills and interests with organizations seeking volunteers.

"A collaborative partnership between the United Way and the Community Foundation of Greater Dubuque seems such a natural fit for this project," said Joey Taylor, president/CEO of the United Way of the Dubuque Area Tri-States. "Both of our organizations work with so many community agencies who are providing the direct services needed. This networking mapping allows everyone to better understand exactly what services are being provided and by whom. Ultimately, it aligns with our goal of strengthening the entire community."

For more information on the Network Mapping Project, contact the Community Foundation of Greater Dubuque at 563.588.2700.

Personalized Weight Loss

(NAPSA)—Paul Hart, 26, a single father in Las Vegas, struggled with his weight for years. As he passed the 250-pound mark, Hart decided it was time for a change. He didn't want to develop Type 2 diabetes like his parents and he wanted to be active and healthy to enjoy playing with his 6-year-old daughter. So when Hart stumbled on an ad looking to test a new online personalized health tool for weight loss, he decided to give it a try.

Hart joined nearly 1,000 people across the country to try ph360, a new online wellness program that provides a personalized guide to the



A personalized plan can help you lose weight faster.

best food, fitness, environment and lifestyle for each person based on individual body measurements, family history and other health information.

Matt Riemann, CEO of ph360, explained: "ph360 uses scientific calculations of gene



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expression and epigenetics—the external factors that affect our genes—to determine the specific diet and exercise regimen most likely to work for each person's unique body chemistry. ph360 harnesses the latest technology to turn complex science into a simple guide for each person's optimal weight loss and wellness."

Hart was nervous at first to measure his body but found that the process was easy with just a tape measure and he only needed to answer a few health questions. He was shocked when in less than 30 minutes he received a personalized list of foods to eat and foods to avoid, a tailored exercise plan and lifestyle tips created specifically for him.

"I couldn't believe how easy it was. ph360 told me exactly what and when to eat, what exercises to do, and offered specific advice, such as going to bed before 11 p.m. so my hormones could regulate," said Hart. "I made some simple changes, such as cutting out beef and soda, drinking more water, adding asparagus and garlic to my diet, and changing my weight lifting routine so I was lifting less weight and doing more reps. I was amazed by how quickly I lost weight—30 pounds in just six weeks."

Other testers like Hart were asked to follow their personalized health plans for

one month while reporting weekly health changes. The results were surprising: The testers who listed weight loss as a primary goal experienced rapid, healthy weight loss of an average of 15 pounds in one month. Their bodies changed shape, too, often going down one to two sizes.

ph360 was developed over the course of a decade, with research and input from 10,000 patients. The results of the recent test group have been encouraging, with users reporting fast weight loss, better sleep, clearer skin, more energy, less bloating, and resolving health complaints such as headaches and joint pains. The majority of testers had frustrating experiences with traditional diet and weight loss programs in the past.

As Dr. Phil Wuth, a family physician who is recommending ph360 to his patients, puts it, "Weight loss trends are exactly that—trends. I tell my patients that the best way to lose weight is to discover what works for them. That's truly preventative health. And ph360 is leading the way."

About his experience with ph360, Hart said, "The program helped me believe in myself. I look in the mirror now and think: I feel good, I look good and I'm healthy. That's real self-worth."

Plans start at \$19. Visit www.ph360.me for more information.

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Energy Tips For Colder Weather

(NAPSA)-Here's news that may warm your heart—and your home.

There's now a new resource from the Eldercare Locator to help keep older adults safe and warm during the cold weather months. It's a brochure called "Winter Warmth and Safety: Home Energy Tips for Older Adults," and it provides tips about preparing a home for winter weather and saving money on energy expenses.

Hints To Help You

The brochure suggests you:

- Make sure your home is energy efficient by installing a programmable thermostat and sealing and insulating ducts.
 - Learn about energy assistance programs such as the Low-Income Home Energy Assistance Program (LIHEAP) and utility no-cut-off programs.
 - Avoid the risk of home fires by not using your stove or oven to heat your home.
- 
- Older people may be more susceptible to the cold than others, but a few simple steps can help keep them warm and safe at home.**
- Make sure carbon monoxide detectors are installed and working properly.
 - Learn about Weatherization Assistance Programs (WAP).

What's It Worth On eBay?
EZSELLUSA specializes in selling items for clients 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 stop by the office at EZ SELL USA, 2613 Dodge, Dubuque, IA across the street from K-Mart. Call 563-543-5201 for an appointment.

How Much is that Gold Tractor Worth?

Selling on eBay creates a fair market value on unusual items. For instance, this 1/8 scale Gold Farmall 560 tractor from the Ertl Company, in its original box, shows what can happen on eBay. A recent client consigned this item with EZ Sell USA. While doing research, we could not find any comparable items that



had sold in the last few months. We gave the listing valid Key words and a series of 18 photos. After 10 days at auction on eBay, the listing was viewed by 271 individual eBay users, 8 active bidders entered 27 bids and it sold for \$434.99. I would love to know what these sold for NEW and what others have sold them for. Feel free to email me at paulhconnor@gmail.com.

credit is scrolling off the credit reports of consumers who got in financial trouble before.

2015 Credit Predictions

What will the new year bring us financially? Here are some educated guesses and predictions:

CardHub (www.cardhub.com) assembled the opinions of financial experts ... who don't agree on all points. Credit-card interest rates likely won't go up, credit will be more available because of low rates, and consumers are likely to spend more in the next years (to the tune of \$60 billion in credit-card debt) because we haven't learned anything from the past few years.

Overdraft protection might be harder to get, and your credit worthiness will be checked before banks offer that service on your accounts.

The reader machines for "chipped" credit cards will show up in more places, especially since new rules (starting next October) will force merchants to pay for any fraud if they haven't installed new machines. If you have an opportunity to swap an existing card for one with a chip, take it.

Data breaches will continue. U.S. News (money.usnews.com) consulted experts who see more access to credit in 2015, especially for those who haven't qualified in recent years, for two main reasons: Banks are a bit more relaxed with approvals now, and bad

Without consensus from experts on how 2015 will go financially, your best bet is, as always, to keep your head down. Don't charge what you can't pay for within three months. Look at statements when they first come in for any signs of fraud or compromise. Save, save, save. Try to get one more year out of your vehicle before buying another one. Keep good security on your home computers, and stay on top of news about viruses and how they might present themselves in email or on websites. If you can qualify for a zero-percent interest balance transfer credit card, use it to pay off any other credit card that charges interest. (Don't close that other account -- just don't use it.)

But mostly, don't give in to the feeling that it's safe to start spending extravagantly. It's not.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply3@gmail.com.

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

- Be sure to schedule a check-up of your heating equipment. Dirt and neglect are the No. 1 cause of heating system failure.

- Insulate water pipes to avoid freezing and bursting. Be sure to drain and turn off outside waterspouts.

- Identify alternative living arrangements should

extreme weather conditions occur. Have a plan ready.

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THIS IS A HAMMER

By Samantha Mazzotta

Salvaging a Fire Pit

Q: My parents have a freestanding copper fire pit in their backyard that they never use—except when we visit. They refuse to cover it up, so the pit fills with water, the copper discolors and the grates rust. Every year I end up buying replacement grates so we can enjoy the fire pit. It's something my wife and kids look forward to when we visit Arizona, since it's far too cold in Minnesota to sit outside in the winter. Is there a better way to protect the fire pit long-term when we're not around?—Derek M., Duluth, Minn.

A: To be honest, it's really your parents' call as to how well they want to take care of their fire pit. Do they take care of the rest of their outdoor equipment and their yard? If so, chances are that they keep that pit there just for you.

I'd recommend that you talk with them first about taking care of it. Do they use it at other times during the year? Would they prefer that it be stored completely away when you're not visiting? Or do they like it

and just never get around to using it? Finally, when it fills with water, is it too heavy for them to empty right away?

It sounds like a good-quality fire pit, since you haven't had to do any repairs on the copper pit itself. What I'd recommend is that you purchase a replacement grate and grill top as usual, but look for products that resist rust.

Before you leave for home, clean the fire pit out completely (making sure first that all the ashes are stone cold). Brush the grill and grates free of ashes and melted marshmallow, and store them in a shed or garage.

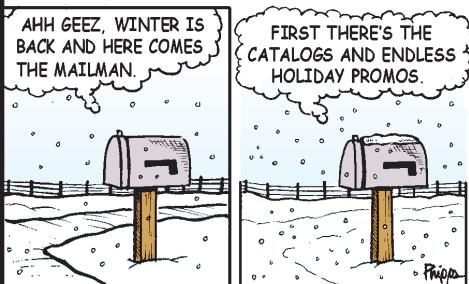
After your talk with your parents, if they keep it around only for you, then store the fire pit in a sheltered spot or in a shed. If they want to keep it outside, buy a cover for it. I'm presuming that the bottom of the fire pit does not have an outlet for ashes or drainage. If it does, leave that outlet open.

HOME TIP: Pressure-treated wood emits toxic gasses when burned. If it has a greenish tint, it may be pressure treated. If you're not sure, DON'T burn it!

Send your questions or home tips to ask@thisisahammer.com.

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Amber Waves



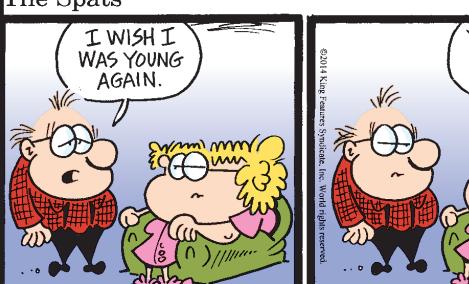
by Dave T. Phipps

R.F.D.



by Mike Marland

The Spats



by Jeff Pickering

Cremer's Cooking Tips

Cremer's Secret Recipe Meatballs

Start with a 2lb. Cremer's homemade meatloaf. Thaw in refrigerator overnight. Add 1/4 cup of dehydrated onions and a tablespoon of garlic powder, mix well, then ball into golf ball size balls. Place on a greased baking pan, add a few tablespoons of water to the bottom of the pan.

Cover and bake at 350 degrees for 25 to 30 minutes. Uncover the last 10 minutes if you desire browned. Serve with your favorite sauce. Come to Cremer's for all your party planning!

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

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

Air bag	Collar	Leash	Sling
Anchor	Fastener	Lock	Tether
Arrester	Handcuffs	Muzzle	Tie down
Chain	Hobble	Shackle	

SUDOKU Answer

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

King Crossword

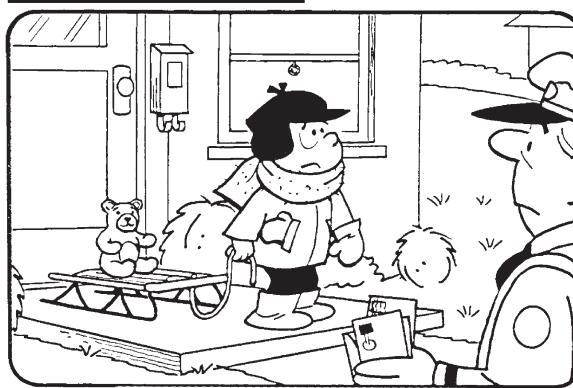
Answers

Solution time: 25 mins.

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

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GO FIGURE!

by Linda Thistle

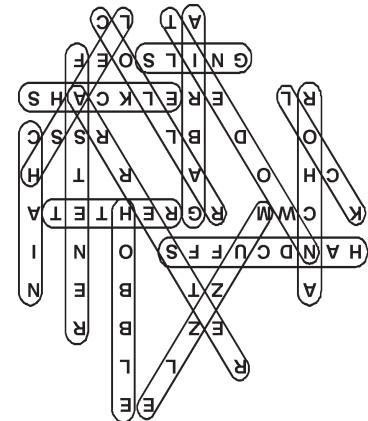
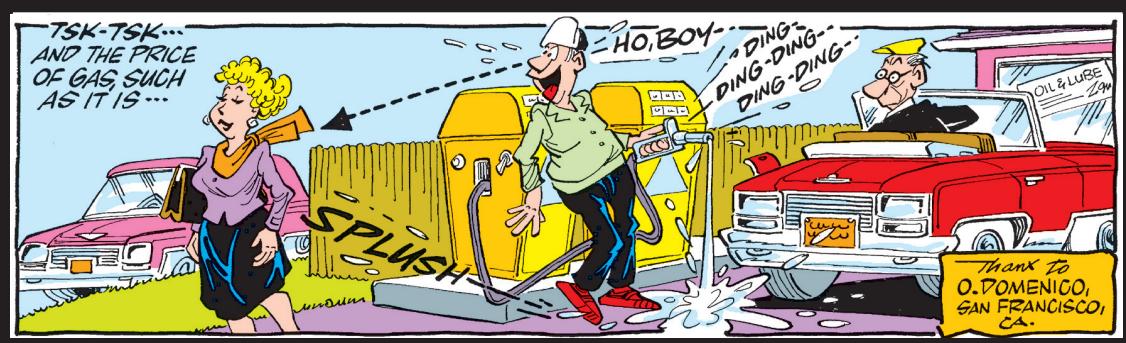
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	x		-		19
-		x		÷	
	+		x		21
x		-		+	
	x		-		4
12		18		11	
1	2	3	4	6	6
7	8	9			

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by Linda Thistle

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

12		18	11		
2	×	6	-	8	4
	+		-		
1	+	6	9	3	21
-	×		÷		
7	×	4	-	9	19

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