



The Golden View

The Community Newspaper For Adults 55 Plus

January, 2016

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Ohnward Fine Arts Center 2016 Season

by Richard Hall, Executive Director



Always... Patsy Cline — performances on July 15, 16 and 17 at Ohnward Fine Arts Center in Maquoketa

The Ohnward Fine Arts Center in Maquoketa Iowa is very excited about the 2016 season. Richard Hall is now in his sixth year as executive director there.

A few of the acts appearing at the OFAC in 2016 include Joseph Hall's *ELVIS and his Rock 'N' Roll Remember Show* on Saturday, January 16th at 7:00 PM. Joseph Hall's resume includes top ten on "America's Got Talent 2008" on NBC and is also recognized as a top three Elvis Tribute Artist by the Elvis Presley Estate.



David Brooks, *The Piano Man Xperience* will be at Ohnward Fine Arts Center on February 13

On Saturday, February 13th, we will present *The Piano Man Xperience!* This show features Branson top award winning piano player David Brooks.

On Saturday night, March

19th, all the way from Ireland, it's *Teada* featuring Irish Traditional Music. What a great way to kick off the St. Patrick's Holiday!

On Saturday, April 23rd we present an all female swing band called *Ladies Must Swing*.

On Saturday, May 7th, it's the *Gordy and Debbie Show*, featuring great country, patriotic and gospel songs.

Changing things up a bit, joining us on Saturday night, June 11th, it's *KISS IT*, one of the best Kiss Tribute Bands around.

Also, back by popular demand, on July 15, 16 and 17, the Ohnward Fine Arts Center is pleased to present, *Always...Patsy Cline*. This show features many great country hits from Patsy Cline.

On Saturday, September 17th, joining us from Nashville, TN, it's the *Richard Lynch Band*.

On Saturday, October 15th, from RFD-TV, it's *David Church and Teri Lisa*.

On Saturday, November 26th, we welcome *Branson on the Road*, and for New Years Eve 2016, a great show called *Sweet Dreams and Honky Tonks*,

Ohnward cont. P. 3

State of the Art Varicose Vein Care Available in Dubuque

by Joseph T. Jenkins, M.D., F.A.C.S.

Technical advancements in medical care are occurring at record pace. Varicose vein treatment is no exception. For many years the only option for a patient suffering with varicose veins and venous reflux disease was to undergo vein stripping surgery. Post procedure, the patient was unable to return to their normal lifestyle for many weeks. Many patients were reluctant to undergo such procedures.

Catheter treatment causing destruction of the great saphenous vein revolutionized vein treatment in 2000. The procedure was able to be carried out in the physician's office. Generally, the patient was able to return to their normal activities within 24 hours generally. Patients' leg symptoms improved in a short period of time.

A drawback to this treatment was the need for injection



Joseph T. Jenkins, M.D., F.A.C.S.

of anesthetic solution along the entire vein length, so one did not feel the heat as the procedure was being completed. This required several needle sticks. Thus, different treatment modalities were developed to overcome this issue.

Varicose Vein cont. Pg. 3

LifeTime Program Meals & Activities Continue

by Deanne Althoff, Hills & Dales Development Director



All smiles after a warm, comforting meal.

It is hard to beat a warm, and deliciously comforting meal (*that just happens to be nutritious*) during these cold winter months. But you can make that enjoyment even greater by eating that meal alongside friends, both old

and new, at the Hills & Dales LifeTime Program.

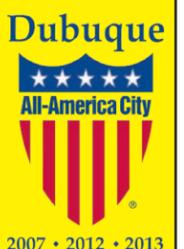
Recently the decision by Northeast Iowa Area Agency on Aging to reorganize and find efficiencies in the federally funded meal program resulted in the loss

LifeTime Program cont. P. 3

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January 5, 19
11:00 a.m.

Ramada Inn-Galena
11383 Hwy 20
Galena, IL
January 6, 20
11:00 a.m.

Guttenberg Library
603 S. Second St.
Guttenberg, IA
January 13, 27
11:00 a.m.

Maquoketa Inn & Suites
1019 W. Platt Street
Maquoketa, IA
January 15
11:00 a.m.

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Some fun activities of the LifeTime Program at Hills & Dales Community Center include friendly card games.

LifeTime Program from Pg. 1

of the contract for the congregate meals offered through the LifeTime Program. Hills & Dales made the decision to continue the weekday meals as long as fiscally possible, but community partnerships, both public and private, have been critical to keeping these important services for the older adults within our Dubuque community available. The City of Dubuque, recent grant funding from the Wahlert Foundation, and many other donors and contributors continue to help make it possible.

A significant component to the success and liveliness of the LifeTime Program is the various wellness, and leisure activities that take place throughout the week. You cannot put a value on the social benefits these different activities (see the ad on this page for a full list) provide, and you can have fun doing them!

Hills & Dales acquired the building in which the LifeTime Program is based out of in 2005, and took over the activities and meals focused on people age 60 and above in 2006 to help further support the organization's mission to enhance community inclusion for people with disabilities. The Hills & Dales Community Center is now home to various disability programs, an inclusive childcare and preschool, along with the LifeTime meals and activities.

If you are interested in meeting new friends, enjoying an affordable, delicious and nutritious meal or getting involved with different social activities please be sure to stop in, call **563-556-3305** or visit www.hillsdales.org. It is always great to see new faces throughout the LifeTime Program!

Varicose Vein from Pg. 1

The newest procedure for vein treatment approved by the FDA in February of 2015, is called VenaSeal. The vein is closed by placing cyanoacrylate (Super Glue) via a catheter along the vein. The vein is glued closed.

This procedure was showcased on the Dr. Oz show just prior to Thanksgiving. The Tri-State Vein Center performed the procedure for

the first time on two patients early December. This was a first in the Midwest, according to the company representative for this treatment option.

Dr. Jenkins and the staff at the Tri-State Vein Center are committed in providing cutting edge treatment for patients with varicose veins and venous reflux. Call the office for an appointment if you want to discuss this treatment option.

Ohnward from Pg. 1

featuring the great music of Loretta Lynn, Patsy Cline, Johnny Cash and more!

For tickets or any other information on the Ohnward

Fine Arts Center, please call **563-652-9815**. Box office hours are 9:00 AM – 1:00 PM. Or check us out online at www.ohnwardfineartscenter.com, where you can also purchase tickets!

It is the friends you can call up at 4 a.m. that matter.

—Marlene Dietrich

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*Volunteer opportunities with other Hills & Dales programs supporting people of all ages and abilities.



Call 563-556-3305 for more information, or before 8:00 AM to make lunch reservations.

Visit www.hillsdales.org for more information.
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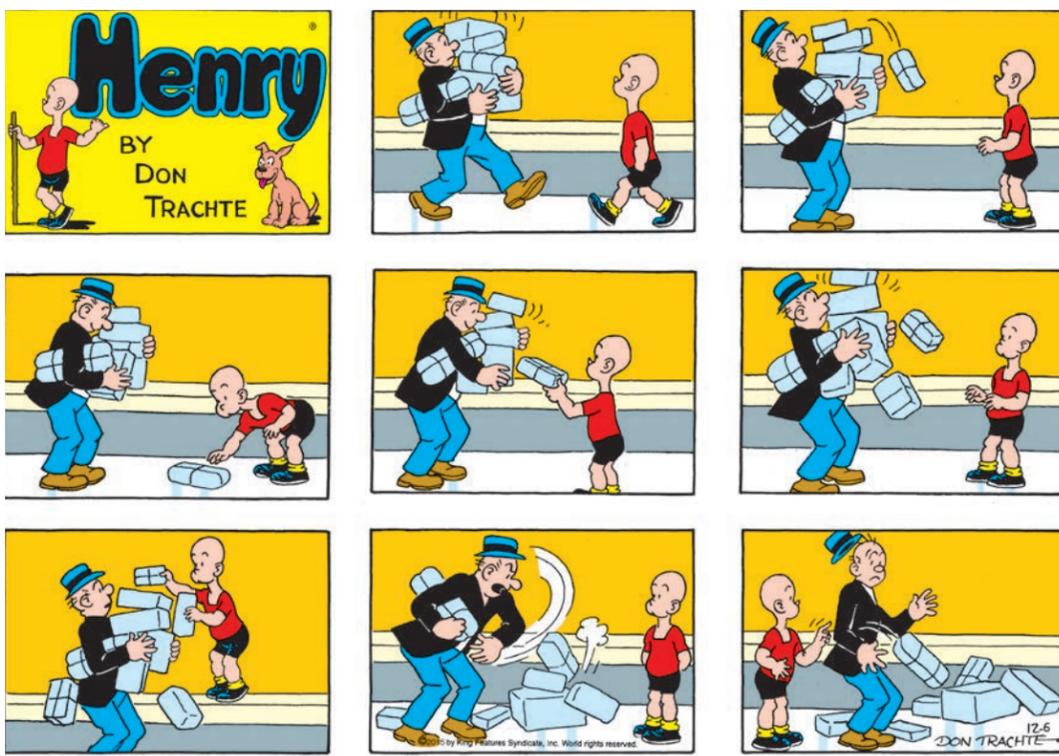
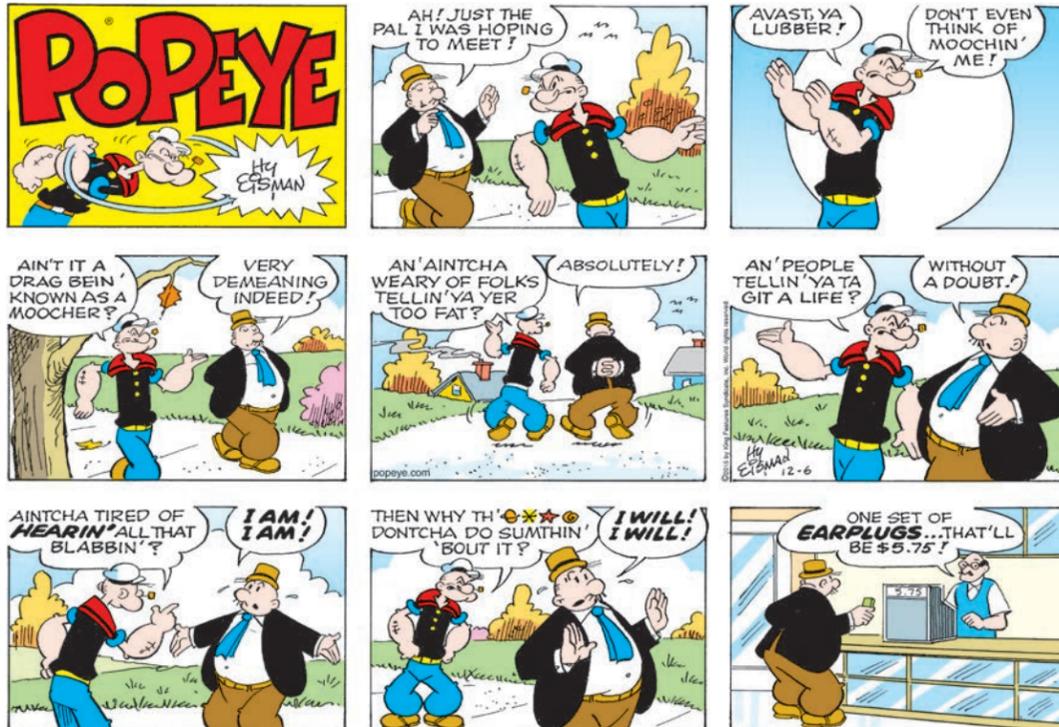
The Golden View

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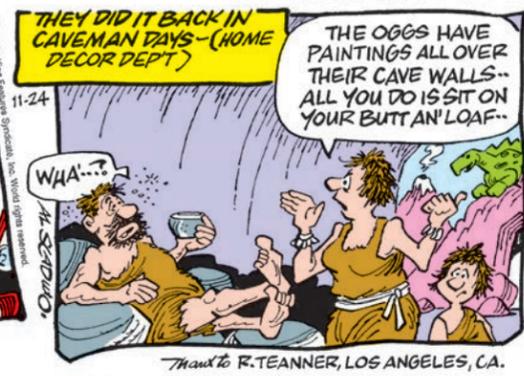
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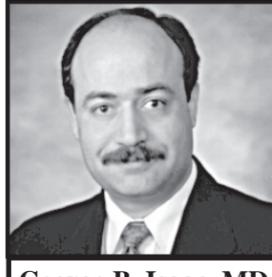
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- 5 Legislation
- 8 Use scissors
- 12 Picnic hamperer
- 13 Raw rock
- 14 Mexican entree
- 15 Water
- 17 Microwave
- 18 Classify
- 19 Mock
- 21 Med. research org.
- 22 Unescorted
- 23 \$ dispenser
- 26 Calendar abbr.
- 28 Once more
- 31 Child of the streets
- 33 Name
- 35 Sicilian spouter
- 36 Praise highly
- 38 Conger or moray
- 40 Early bird?
- 41 Eye part
- 43 Deteriorate
- 45 Official emissary
- 47 Puts on a pedestal
- 51 Vacationing
- 52 Go to court
- 54 Apportion (out)

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- 55 One of the Stooges
- 56 Chills and fever
- 57 Raised
- 58 Moreover
- 59 Put into words
- DOWN**
- 1 Met melody
- 2 Rock drummer Ulrich
- 3 Letter starter of yore
- 4 Whopper topper
- 5 Couldn't stand
- 6 Illustrations
- 7 Mary-Louise Parker series on Showtime
- 8 Warehouse's purpose
- 9 Steer
- 10 On the rocks
- 11 Corn recipe
- 16 Puzzle diagram
- 20 Greek H
- 23 Shock and —
- 24 Tariff
- 25 Ease
- 27 Prompt
- 29 Gerund suffix
- 30 Complain constantly
- 32 Made an incursion
- 34 Scolded
- 37 Eng. class
- 39 California city
- 42 Alabama city
- 44 Frat party garb
- 45 Mary's follower
- 46 Basin accessory
- 48 Indian style of music
- 49 Needle case
- 50 Origin
- 53 Electrical particle

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Laugh A Lot

I was nervous the first time my husband and I were hired to photograph a wedding. Making matters worse, we arrived at the wrong venue. In a panic, we bolted out of the building –my husband in the lead and me trailing behind, in tears. As we fled, I heard a security guard remark, “That ceremony didn’t go too well.”

While making my postal rounds, I delivered bulk mail from an insurance company addressed to “The safe driver at...” The next day, one of my customers kicked the envelope back to me after having written on it, “No such person at this address.”

Because Yom Kippur was coming up, I decided to cut my college students a break and cancel class.

“Yes!” shouted a Jewish student. “It was worth the 40 years in the desert!”

On his first day of Army basic training, my husband stood with the other recruits as the sergeant asked, “How many of you are smokers?”

Several men raised their hand. “Congratulations!” he said. “You just quit.”

People always ask me if I come from money, I actually come from coupons.

These nude body scanners make travel more difficult for women. Now we’re dieting not just for the beach but also for the airport.

After a long day at the office, I couldn’t wait to get home. “Once I leave here, I never think about work,” I told a colleague. “Have you ever felt that way?”

“No,” he said, “It doesn’t take me that long.”

Individuals with low to moderate incomes are eligible to receive free and confidential tax preparation at any of the free filing tax sites listed below:

OPERATION: NEW VIEW CAA, DUBUQUE
January 25th–April 8th
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UNIVERSITY OF DUBUQUE
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Goldthorpe 130, University of Dubuque
2000 University Ave., Dubuque IA

OPERATION: NEW VIEW CAA, MAQUOKETA
February 3rd–April 8th
EVENINGS ONLY
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904 East Quarry St., Maquoketa IA

HILLS AND DALES LIFETIME CENTER (AARP)
February 1st–April 15th
Make an appt. by dialing 2-1-1 or 563-588-3980
3505 Stoneman Rd, Dubuque IA

OPERATION: NEW VIEW CAA, MANCHESTER
January 25th–April 9th
Make an appt. by dialing 563-927-4629
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What To Bring to your Appointment

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- W-2's for all jobs in 2015
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- A copy of last year's tax return
- Any other income-related or tax-related documentation received from all sources (employer, bank, IRS, state, etc.)
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Is Right Arm Better for Blood Pressure?

DEAR DR. ROACH: Would you explain the proper method for taking blood pressure? One instruction I read says to use the left arm. However, another shows the health-care worker taking blood pressure in the left arm and patients using automatic cuffs on the right arm. The right subclavian artery comes off the ascending aorta closer to the heart than the left subclavian artery, which suggests that the logical method would be to use the right arm. However, the self-assessment health stations at the grocery store and the YMCA are set up to use the left arm to measure blood pressure. — C.R.

ANSWER: There usually is only a small difference between the left and right arm blood pressure, so it is OK to use whichever arm is easiest for you. There are some automatic blood pressure cuffs that are designed to be on the left arm, probably because most right-handed people have an easier time manipulating the cuff with their right hand. A human is more accurate than most machines.

If there is a significant (greater than 10 mm Hg) and consistent difference in the left arm from the right, that could indicate an abnormality such as a coarctation of the aorta. This is a congenital constriction of the aorta, the major blood vessel of the body. Fortunately, this is pretty uncommon to find in adults nowadays.

High blood pressure is one of the most common ailments for the

general population. The booklet on it describes what it does and how it's treated. Readers can order a copy by writing: Dr. Roach — No. 104W, 628 Virginia Drive Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

* * *

DEAR DR. ROACH: I have read your articles and respect your opinion. I would like to ask you if you think it is safe to take these medications together: butalbital, zolpidem, Lunesta, clonazepam, clonidine, hydroxyzine, Lyrica, prochlorperazine, quetiapine, tizanidine and tramadol. I am concerned for someone I love. This person has a history of addiction and mental-health issues. Would they be safe if a person didn't have an addiction history or mental-health issues? Your opinion is appreciated. — Anon.

ANSWER: That's a very frightening list in a person with addiction issues. The likelihood of a significant interaction is high, even in a healthy volunteer. I could be wrong, and maybe a psychiatrist with much more knowledge than I have of your loved one has prescribed this, but the list looks to me like prescriptions from multiple doctors, none of whom knew what the others were prescribing, and each of whom was trying to help a significant psychiatric issue. It also may be that some of these medicines were meant to be discontinued when a new one was started. Literally every one of those 11 medications can cause sedation.

My best advice would be to bring your loved one and ALL of the medicine to ONE doctor, who can pare down the medications to a safer and more manageable level.

* * *

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 Good Health, 628 Virginia Drive Orlando, FL 32803.

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Strange BUT TRUE

By Samantha Weaver

- It was beloved American singer, songwriter and musician Ray Charles who made the following sage observation: "Marriage is like college; as great as it is, it ain't for everybody."

- Those who study such things say that when a llama is humming, that means it's content.

- If you think life in the Big Apple is tough these days, consider this: In the 1930s,

Strange But True Cont. P. 17

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God, Duct Tape, and WD-40

When things are broken or torn I reach for the duct tape. When things squeak or turn hard I reach for the WD-40. I always keep my duct tape and WD-40 handy. Skye Jethani, in his book *With: Reimagining the Way You Relate to God*, refers to a friend who says we can see God as a duct tape/WD-40 combo pack. Well, I do need God, even more than I need my duct tape/WD-40 combo pack! I identify with the psalmist who declared, "My help comes from the Lord, the Maker of heaven and earth." (Psalm 121:2) There is no greater source of help than the Lord, but He's to be so much more than my Great Helper!

What do we think of a friend, co-worker, or family member who only connects

with us when he or she needs something? We feel used. We want to be valued for who we are, not just for what we can do; it's foundational to any healthy relationship, including our relationship with God.

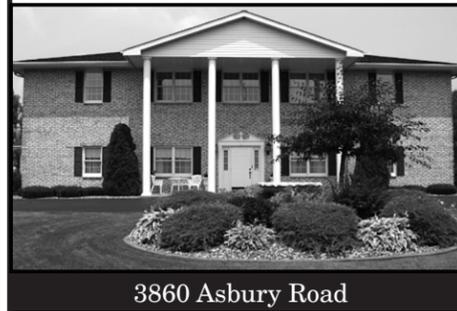
This means my going to God in prayer should involve so much more than asking Him for help. I should praise Him for His qualities, His attributes that I appreciate, such as His power, His love, His wisdom, etc. I can also thank Him for what He's done for me in the past. Confessing to Him that which alienates me from Him is also good to do. Sometimes the best praying happens when we don't come to Him with any agenda other than wanting to make Him the primary focus of our thoughts for a few moments.

God wants to be more than a duct tape/WD-40 combo pack in our lives. We open up ourselves to the greatest pleasure and delight when we seek to draw near to the Lord for who He is rather than just for what He can do for us.

"My soul yearns for you in the night; in the morning my spirit longs for you." (Isaiah 26:9)



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DID YOU KNOW?

by Rose Wickler



The Baptism of the Lord is the feast day commemorating the baptism of Jesus in the Jordan River

by John the Baptist. It was originally celebrated on the same day as The Epiphany,

which is the celebration of God the Son as a human being in Jesus Christ. Baptism is the admission and adoption into the Christian Church. This holiday shows us that if even He should be baptized, though He had no need of it, how much more the rest of us should be thankful for this sacrament. It is celebrated on the first Sunday following the Epiphany, this year on January 10.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 2 Kings in the Old or New Testament or neither?

2. From Luke 11, what group of people did Jesus say took away the key of knowledge?

Prophets, Carpenters, Lawyers, Scribes

3. The Ark of the Covenant was carried around and around what city?

Ramah, Moroni, Jericho, Nicopolis

4. From Genesis 26, who planted crops that were reaped

a hundredfold?

Adam, Isaac, Abraham, Cain

5. David and Bathsheba were the parents of?

John the Baptist, King Solomon, Noah, Daniel

6. How many psalms in the Book of Psalms are attributed to Moses?

0, 1, 34, 72

ANSWERS

1) Old; 2) Lawyers; 3) Jericho; 4) Isaac; 5) King Solomon; 6) 1

Wilson Casey's mainstream UFO book, "Swamp Gas & High Hopes 101," is now available from TouchPointPress.com.

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Women's Weekend

March 4-6, 2016

contact Jill Glennon

563-542-3428

djglennon@mchsi.com

Men's Weekend

March 11-13, 2016

contact Bill Beutin

563-583-9674

bbbeutin@aol.com

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Alzheimer's Disease: A "Weighty" Matter

New research suggests obesity and prediabetes or diabetes may make us more likely to have memory problems and develop Alzheimer's. According to the American Diabetes Association, more than half of adults over the age of 65 have prediabetes. Prediabetes and health problems, such as having too much insulin in the body (insulin resistance), are mostly caused by obesity, little to no exercise, and loss of lean muscle mass that occurs with aging.

What is Alzheimer's disease?

Alzheimer's is the most common form of dementia, the decline in mental abilities interfering with everyday life, and is more likely the older we get. Signs of Alzheimer's can appear decades before the disease manifests. Most people begin to notice regular to frequent memory problems, such as forgetting conversations or how to get to and from familiar places.

When memory problems become clinically significant, but do not impact daily life activities like household chores or working, a person is diagnosed with mild cognitive impairment (MCI). Most people with MCI eventually develop Alzheimer's in three to five years, although some individuals never do. A diagnosis of Alzheimer's requires not only constant memory problems worse than MCI, but also significant impairment in daily life activities and at least one more cognition problem (i.e., speech, planning or reasoning, purposeful movement).

What can you do?

Studies increasingly suggest that prevention is best. If you

are middle-aged or older, obese or severely overweight, ask your doctor. Suggest a waist circumference measurement to estimate your body fat. Have your blood sugar and insulin levels checked. If you have prediabetes, consider a weight loss program, moderate exercise for 30 minutes a day at least 3 days a week, and/or medication to lower blood sugar and insulin.

If you have diabetes, it is critical to get it under control with the plan of care your doctor suggests. If you are concerned you have memory problems, schedule an appointment with a neurologist or psychiatrist. Memory and thinking assessments can determine if your memory is impaired. Follow-up visits help track whether or not your memory remains the same or declines. (Source: Auriel A. Willette, MS, PhD, Food Science and Human Nutrition, Iowa State University)

If you have home and family-related questions, you can contact our ISU Extension and Outreach AnswerLine. Go to www.extension.iastate.edu/families/answerline or you can talk directly with a Home Economist by calling our toll-free ISU AnswerLine number in Iowa! Did you know they have been answering consumer questions for over 30 years?! AnswerLine is staffed Monday-Friday from 9 am-noon and 1-4 pm:

1-800-262-3804 (in Iowa)

1-800-854-1678

(in Minnesota)

1-800-735-2942

(Relay Iowa phone linkage for deaf and hard-of-hearing individuals)

*Wisdom doesn't automatically come with old age.
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—Abigail Van Buren



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MUST BE 21 YEARS OLD
TO ENTER



Come Chat With Me
by S. E. Persinger

Have you ever had a day when you felt melancholy? Maybe it was a day when you got up on the wrong side of the bed and the whole day followed suit. Perhaps by the time you got home from work you were worn out by the indifference of the entire eight or ten hours you were gone.

Well, join the crowd. I remember so well in my youthful days when I experienced the storms of indecisive moments. But now they are called “senior moments!” Bah! A senior can be classified as a student in high school, college or even a Senior Lawyer partner in a law firm. But, I don’t accept the term “senior moment.”

And I certainly don’t accept melancholy as a senior ailment. Oops! I stand corrected. If you need to call upon this phrase to get you out of an embarrassing slip of the tongue, use it as an excuse but don’t wear it out.

The word melancholy is described as sad or depressed. So, when these times occur a person should sit back and smell the roses, and I don’t mean buying a dozen prickly, thorny, and expensive roses. Think of the aroma and beauty of roses growing in the meadow. This image will cause the attack

of melancholy to disappear.

Even if you are the busiest person in the world, you need to relax once in a while and get in touch with yourself. Sometimes when you are feeling melancholy, find a comfortable spot to be alone. Then, put your head back and envision a beautiful spring day, and picture yourself in a grassland filled with prairie flowers and wild birds. Imagine you are listening to a meadowlark, or viewing a bluebird in flight. Perhaps a cardinal perched on a nearby limb. And if you have a big imagination, think of the beautiful buttercups nestled in a picturesque pasture, waving their blossoms in the air.

If you don’t like meadows or the countryside, think of the serenity of lakes and mountains. Perhaps Lake of Lucern, in Switzerland, with its surrounding mountains and unusual shape of the lake which teases the imagination even when you are not imagining.

We are living in such a busy and perplexing world that we are in danger of spinning out of emotional control. We need to stop and establish our priorities. We need to discover who we are, where we are going, and not where we have been. But most of all we have to be aware of the danger of too much melancholy. Remember. It’s a sad word. “Have a non-melancholy day.”

It takes a long time to grow an old friend.

—John Leonard



by Freddy Groves

Owning a Small Business

Is there a veteran-owned small business in your New Year? If you’ve thought about owning a business, where you open it might have something to do with your ease of working with the local authorities.

Thumbtack, a survey organization, recently completed its annual Small Business Friendliness survey, in which it asked 18,000 small-business owners to rate their cities and states in more than a dozen categories, including ease of hiring, licensing and tax regulations. Among those responding were 1,794 veterans who own small businesses.

Here, in order, are the top 10 cities friendliest cities for small businesses: Dallas, Austin and Fort Worth, Texas; Virginia Beach, Virginia; Atlanta; San Antonio; Houston; Washington, D.C.; Phoenix; and Raleigh, North Carolina.

Veterans own 9 percent of businesses, according to the

Small Business Administration, and we’re 45 percent more likely to become entrepreneurs than civilians. Here are the things veterans wanted most in trying to set up a small business ... things that help identify a city as business-friendly:

- Training and networking opportunities in translating military skills into civilian ones.
- Government websites full of local information and resources,
- Friendly licensing rules.

In the survey, the top careers for veterans were event DJ, personal trainer, handyman and computer-repair specialist. In the overall (including civilian) population, 42 percent of private investigators were veterans.

If a small business might be in your future, start gathering information now. Go online to the Small Business Administration website [www.sba.gov] and review the files on writing a business plan, estimating startup costs, hiring employees, finding a business mentor and much more. Especially see the links to Veterans Business Outreach Centers and Office of Veterans Business Development.

If you want to read the whole survey, go online to www.thumbtack.com/blog/veterans.

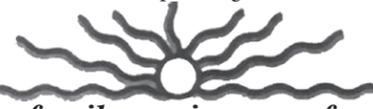
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Calling all Senior High Alumni
The Senior Alumni Association will be hosting an **Alumni Night at Nora Gym** during the Men’s Basketball Game as they take on Cedar Falls.
Date: January 29, 2016
Time: 6pm-Sophomore/7:30pm-Varsity
Come Cheer on the Rams
After Game get together at **Spirits Lounge**

BULL RIDING RETURNS TO DUBUQUE
Annual Event helps gather food items for St. Stephens Food Bank

Dubuque, Iowa – Did you know that bull riding fans can make a dent in hunger? When the Big-Time Bull Riding stampedes into Dubuque and the Five Flags Arena on February 5-6, it’ll be kickin’ and snortin’ to stop hunger in Dubuque!

The Anderson Weber Big-Time Bull riding is partnering with Clare Cares and the St. Stephens Food Bank to gather more than 4000 lbs. of food for the bank. Fans who come to the Bull Riding on February 5-6 are asked to bring a non-perishable can of food to the event, to fill the back of an Anderson-Weber Toyota truck.

Clare Cares will be on location at several spots around Dubuque in January and the first week of February, to gather food donations. Her goal is to bring in over 4,000 lbs. of food by the last day of the bull riding, Feb. 6. Last year, she gathered 2,080 lbs. of food; this year her plan is to double that amount.

Working with Clare Cares is a good partnership, said Ruth Nicolaus, bull riding event organizer. “Clare is well-known in the Dubuque area, and she’s a powerhouse. When she sets her mind to something, she goes after it till it’s accomplished. We are glad to work with her, and we’re glad that fans can come to the bull riding and have a good time, and make the world a better place by filling the shelves at the St. Stephens Food Bank.”

More information on the Big Time Bull Riding can be found on their Facebook page (search for Dubuque Bull riding); drop off locations for food items will be listed.

Tickets for the Anderson Weber Big Time Bull Riding are on sale January 8 at the Five Flags Box Office and at Ticketmaster.com. Tickets range in price from \$22 to \$43.50. Sponsors include WJOD, KWWL Channel 7, MainStay Suites, Bud Light, SteelMart, Dupaco Community Credit Union, and others. Lot One is the party stop for bull riders and fans.

For more information, visit the bull riding on its Facebook page (search for Dubuque Bull Riding).

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—Thomas A. Edison

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UnityPoint Health Finley Hospital January 2016 Events

For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit www.unitypoint.org/dbqevents.

All Day Childbirth Education. Saturday, January 9. 9 a.m. – 5 p.m. Delhi Medical Center, Third floor Conference Room. This class will help you get ready for the birth of your baby. Class topics include: what happens when you are in labor, what your choices are when you are in labor, baby care practices, how to keep your baby safe. A tour of the Family Birthing Suites is part of this class. Cost is \$30.

Breastfeeding Class. Tuesday, January 5. 6:30 – 9 p.m. Delhi Medical Center, Third floor Conference Room. The reason many mothers choose to breastfeed is for the benefits to both baby and mom. Join us for the most up-to-date information on how to have a great breastfeeding experience. Dad is also welcome to attend. There is no fee for this class.

Childbirth Education. Wednesday, January 13. 6:30 – 9 p.m. Delhi Medical Center, Third floor Conference Room. This class will help you get ready for the birth of your baby. Class topics include: what happens when you are in labor, what your choices are when you are in labor, baby care practices, how to keep your baby safe. A tour of the Family Birthing Suites is part of this class. This class meets one night a week for 4 weeks. Cost is \$30.

Diabetes Express. Friday, January 22. 10:30 a.m. – 12:30 p.m. Kehl Diabetes Center. Learn about type-two diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basics of diabetes treatment: meal planning, physical activity, medication and weight loss. Cost is \$5.

Family Birthing Suites Tour. Tuesday, January 5. 7:30 p.m. Finley Hospital Family Birthing Suites Lounge. Join us for a guided tour of the Family Birthing Suites. We will talk about how we will care for you and your baby while you are a patient at Finley Hospital. There is no fee for this class.

Grandparents Class. Monday, January 25. 7 – 9 p.m. Delhi Medical Center, Third floor Conference Room. Join us for a discussion on current birth topics and baby care practices, tips for grandparenting and a guided tour of the Family Birthing Suites. There is no fee for this class.

Sibling Class. Monday, January 4. 6 – 8 p.m. Delhi Medical Center, Third floor Conference Room. Having a baby is a family event. Getting big brothers and sisters ready for the new baby is important. Join us while we show your children what a new baby is like. A tour of the Family Birthing Suites is part of this class. Snacks are served and a birthday card is made for the new baby. There is no fee for this class.

Strength Training for Women. 10 week sessions start week of January 4. Babka Wellness Center. Learn proper strength training techniques using various equipment. Classes on Monday, Wednesday, and Thursday start at 9:00 a.m. Tuesday classes begin at 5:30 p.m. Cost is \$100 per session.

Wednesday at the Movies. Wednesday, January 13. 1 p.m. Babka Wellness Center. Call (563) 589-4899 to register and find out the movie selection.

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• On Jan. 9, 1493, Christopher Columbus, sailing near the Dominican Republic, sees three “mermaids” — in reality manatees — and describes the mythical half-female, half-fish creatures as “not half as beautiful as they are painted.”

• On Jan. 7, 1785, Jean-Pierre Blanchard and John Jeffries travel from England to France in a gas balloon, becoming the first to cross the English Channel by air. They nearly crashed as their balloon was weighed down by extraneous supplies such as silk-covered oars.

• On Jan. 4, 1847, Samuel Colt rescues his faltering gun company by winning a contract to provide the U.S. government with 1,000 of his .44 caliber revolvers. The heart of Colt’s invention was a mechanism that combined a single rifled barrel with a revolving chamber that held five or six shots.

• On Jan. 8, 1867, Congress overrides President Andrew Johnson’s veto of a bill granting all adult male citizens of the District of Columbia the right to vote. It was the first law in American history to grant black men the right to vote.

• On Jan. 10, 1946, the first General Assembly of the United Nations convenes in London. Two weeks later it adopted its first resolution, which called for the elimination of weapons of mass destruction.

• On Jan. 5, 1957, in response to the increasingly tense situation in the Middle East, President Dwight Eisenhower delivers a proposal to Congress calling for a more proactive U.S. policy. The “Eisenhower Doctrine” established the Middle East as a Cold War battlefield.

• On Jan. 6, 1994, Olympic hopeful Nancy Kerrigan is attacked at an ice rink two days before the Olympic trials. A man, hired by the ex-husband of skating rival Tonya Harding, clubbed Kerrigan in the leg in an attempt to keep her out of the Olympics. Months later, Kerrigan won the silver medal, while Harding finished eighth.

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Christmas at the Biltmore – December 4-7, 2016

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very smart mother pulled out a sock and slipped it over the doorknob, then secured it with a wide rubber band. Even I was unable to get a good grip on the doorknob after that!” — *V.R. in North Carolina*

• Surprise guests? Here’s how to quick clean your living areas: First, clean the toilet, mirror and vanity in the guest bathroom and leave a fresh towel; grab a laundry basket and remove any clutter from the living room and kitchen; put away or clean dirty dishes and wipe down counters in the kitchen; finally, give carpets a quick vacuum. Then maybe light a great-smelling candle and greet your guests!

• “Fireplaces are wonderful for heat and ambience, but the ashes! When cleaning up, I spritz the ashes with a rosemary water solution. This keeps them from dusting up and flying all over, and it smells great. My neighbor puts her damp loose-leaf tea in the fireplace for scent as well.” — *C.W. in Iowa*

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

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• When the holidays come around, we use fresh herbs to make several family recipes, but end up with lots left over. Here is a great tip I found online to stretch the usefulness of fresh herbs: “Store fresh herbs as you would fresh flowers: in a jar of water on your countertop. Pluck off what you need, change the water daily, and they’ll last two to three times longer than they would in the fridge (from *nourishedkitchen.com*).”

• Empty spice containers can be used to hold different hardware in the shop or in your toolbox.

• “My great-nephew and his family came to visit, and his toddler son is quite into opening doors. I had baby-proofed my breakables and such, but I did not think about his being able to turn a doorknob. His

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It’s believed that the tradition of using a baby to signify the New Year started in Greece around 600 B.C. Other traditions of the season include the making of New Year’s resolutions, which dates back to the early Babylonians.

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THE FORCE IS STRONG WITH SOCIAL SECURITY'S ONLINE SERVICES

"There's been an awakening. Have you felt it?"

This winter, Americans of all generations are awakening to the newest film in the Star Wars franchise, *Star Wars: The Force Awakens*. Many readers probably remember seeing the first Star Wars film in theaters in 1977. Audiences watched with fascination at the advanced technology used by the Jedi and Sith in a galaxy far, far away.

We still don't have interstellar travel, personal robots, or holographic communication, but we now use technology in our daily lives that would have seemed like science fiction in 1977. At that time, it would still be years until the modern Internet and smart phones would be part of our lives. Now, many of us can't imagine life without such technology.

Many people who need to do business with Social Security are finding an awakening of sorts in how easy it is to use our online services. We continually expand our online services to reflect changing customer needs, and to provide you with world-class service that would even have interplanetary traveler Han Solo saying, "Chewie, we're home." Our online services are convenient and secure, and allow you to conduct much of your business with us from the comfort of your home, office, or space freighter. (Not all services are available in all galaxies).

For instance, you can use our website at www.socialsecurity.gov to apply for retirement, spouse's, or disability benefits online. You can also apply for Medicare and *Extra Help* with your Medicare prescription drug costs on our website. We also have online benefit planners to help you estimate your future retirement, disability, and survivors benefits.

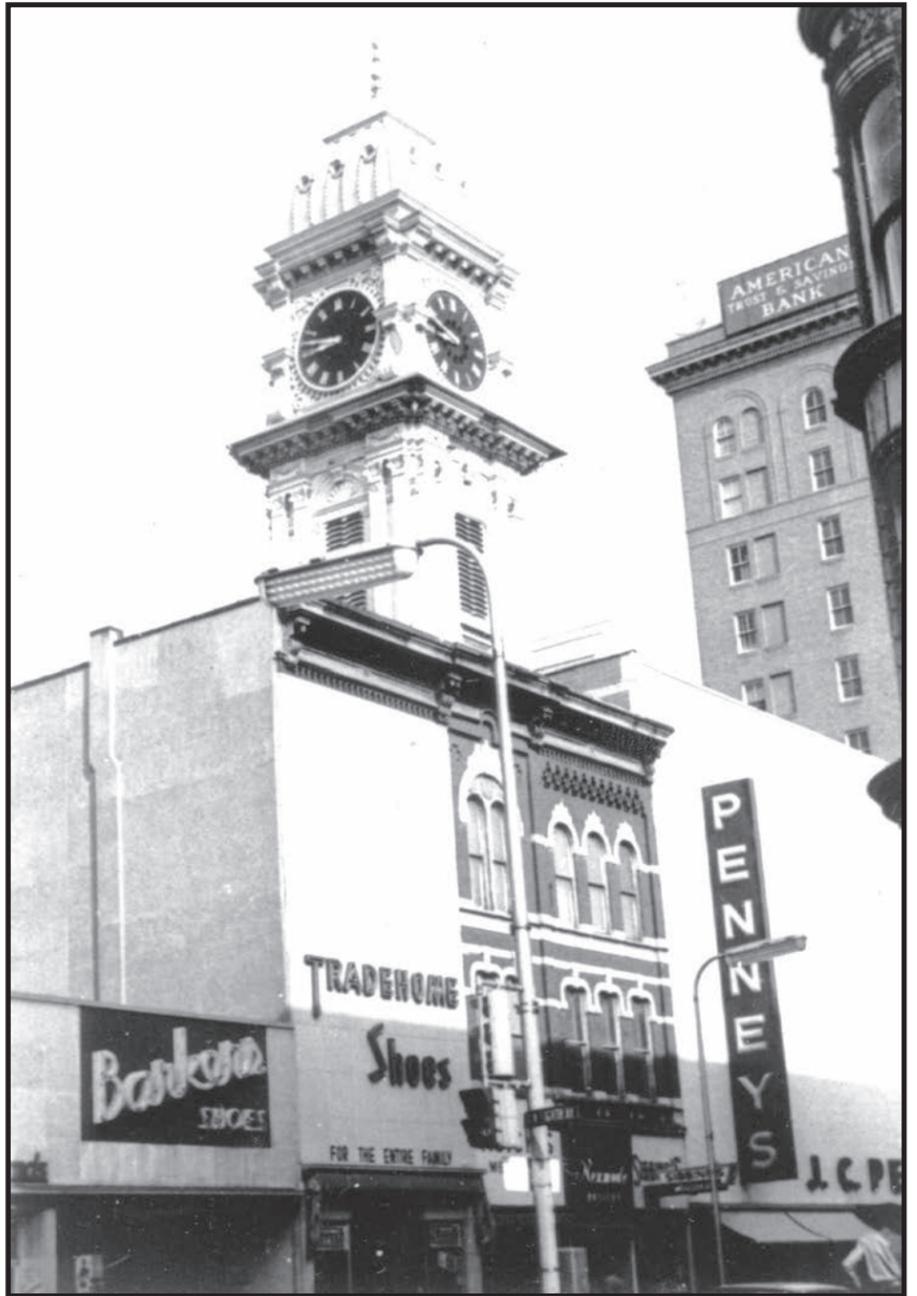
You can open a free personal online *my Social Security* account, where you can keep track of your annual earnings and verify them. Why is that important? Because your future benefits are based on your annual earnings. With your account, you can also get an estimate of your future benefits if you are still working; or, if you currently receive benefits, you can use your account to manage your benefits, and get an instant letter with proof of your benefits. You can also request a Medicare card replacement.

"The force is calling to you. Just let it in." This winter, check out our online services and join the millions of other Americans who have already awakened their own personal *my Social Security* accounts. A *my Social Security* account is a force to be reckoned with. And you don't need to be a Jedi to have one.

Learn more at www.socialsecurity.gov. Once you go online, this force will be with you ... always.

YESTERDAY AND TODAY

BY MICHAEL GIBSON



The second town clock, built in 1872, sat on top of the old building which once housed the Sullivan & Stampfer dry goods store. Since the late 1920's, J.C. Penny's department store was located at 855 Main and Barker's Shoes at 813 Main since the 1940's. Penny's moved to the Kennedy Mall in 1983 to a space formerly occupied by Montgomery Wards and remains there today. In 1985 Market Place Dubuque, consisting of ten tenants, opened the city's first factory outlet in the buildings on Main Street. (Courtesy of the Loras College Center for Dubuque History, MSL p.50).

Yesterday & Today cont. P. 13



Pam Shaw,
Social Security District Manager,
Dubuque, Iowa



MANY HAPPY RETURNS TO SOCIAL SECURITY

Everyone enjoys presents, but loved ones don't always know exactly what you want. That sweater that your relative gave you might be a little too festive for your taste. Or someone got you an appliance you already own. That's when those happy returns begin. With gift receipt in hand, you go to the store or online to exchange that item for one you really want.

Now that the holidays are winding down, you're also probably happy to return to your calmer routine. And part of that routine is planning for retirement. That's where Social Security comes in.

Your secure *my Social Security* account allows you to do a number of important things throughout the year, at your convenience:

- Keep track of your earnings and verify them every year;
 - Get an estimate of your future benefits if you are still working;
 - Get a letter with proof of your benefits if you currently receive them; and
 - Manage your benefits:
 - Change your address;
 - Start or change your direct deposit;
 - Get a replacement Medicare card; and
 - Get a replacement SSA-1099 or SSA-1042S for tax season.
- Signing up for my Social Security at www.socialsecurity.gov/myaccount is quick, easy, and secure.

We also have another invaluable tool at www.socialsecurity.gov that you

Social Security cont. P. 13

Yesterday & Today from P. 12

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.



American Trust & Savings Bank purchased the Market Place property in 1988 and in 1991 they remodeled the entire building into the current enlarged banking center as shown in this photograph. Several years ago the old town clock building itself was also renovated by John Butler for offices. In 1971, the Town Clock Plaza, Iowa's first open tree-lined pedestrian mall was dedicated. \$70,000 had been raised through private donations to remove the Town Clock itself from its original 100 year location and to place it on a four-column pedestal in the middle of 7th & Main Streets. In 2001, the pedestrian mall was reopened to traffic and the question arose whether to move the clock back to its original roof-top location, but the city council voted against the proposal. Today, as traffic is directed around it, the Town Clock still remains as one of the icons of Dubuque history. (Photo by Terry Grant).

Social Security from P. 12

can use over and over. The Retirement Estimator allows you to calculate your potential future Social Security benefits by changing variables such as retirement dates and future earnings. You may discover that you'd rather wait another year or two before you retire to earn a higher benefit. Or, you might learn that you are ready to retire now — which you also can do online and often

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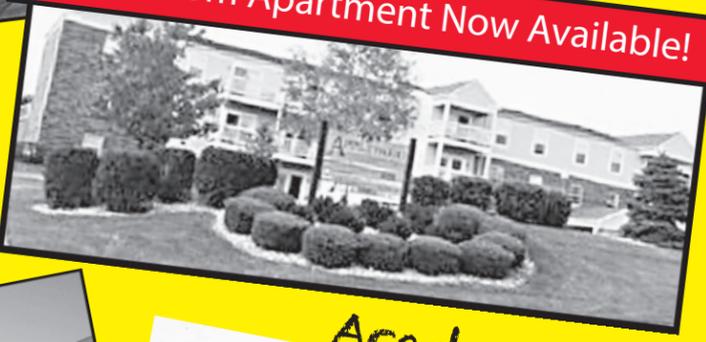
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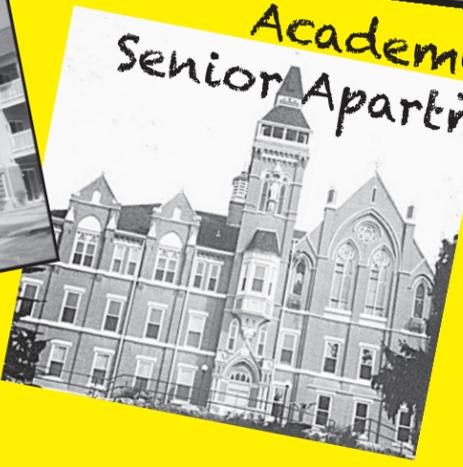
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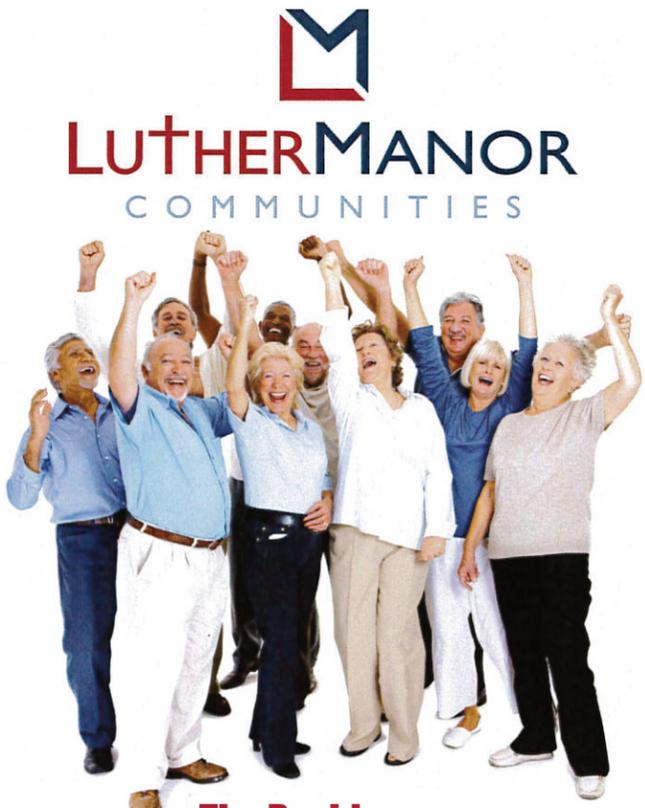
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Passion and Purpose

by Laura Nissen, Luther Manor Communities



John Lofstedt in his garage workshop.

All of us have abilities and talents that can make a lasting impact. Do you have activities in your life that you pursue with passion? On the surface these activities seem like they might be defined as leisure time. But on further analysis, these activities are sacred. They are our indulgences that make life worth living. These are moments that we find our joy. Finding these activities and giving them the appropriate value in your life can be the secret to living a life of happiness and well-being. Over the course of this brand new series, I would like to share examples of engaged, creative, passionate people who are frequently using their abilities and talents to reach

their full potential. John Lofstedt is such an individual. John's fascination with wood started when he was a young boy. He and his Dad would spend hours creating with wood in his Dad's woodworking shop. One of John's favorite memories was building a backyard clubhouse with his Dad when he was about 10 years old. John's Dad lovingly set him off on his lifetime journey with wood. When John and his wife, Ann started their own family John continued his love of wood by making their daughter, Sarah, doll beds and doll furniture. John loves the entire process. He enjoys planning the project, collecting his supplies and making it all happen. His **Passion and Purpose cont. Pg. 15**

Upcoming Events at the James Kennedy Public Library in Dyersville: January 2016

Friday, January 1: WARM-Up Winter Reading Program Begins! New this winter the JKPL is offering a winter reading program for adults. Stop in anytime after January 1 and pick up your winter reading bingo card. The winter reading program will run from January 1 – February 29.

Monday, January 4: Books for Lunch Book Discussion @ 12:00 noon. This month the group will discuss the book *The Paper Bag Christmas* by Kevin Alan Milne. Copies of the book are available to borrow from the library.

Tuesday, January 12: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm. For this month the group will read and discuss *Prayers of a Stranger* by Davis Bunn. Copies of each book are available to borrow from the library.

Thursday, January 14: Movie Night @ Your Library @ 6:30 pm. A 70-year-old widower discovers that retirement isn't all it's cracked up to be so he becomes a senior intern at an online fashion site. Rated PG-13. (121 min.). Due to licensing issues the library is not able to include the title, movie studio, or actor's names. For more details please call the library, check the library Facebook page, or check the library website www.dyersville.lib.ia.us.

Wednesday, January 20: Soup Supper Fundraiser from 5:00 to 8:00 pm. Join us for soup (chili or chicken noodle), crackers, bread and beverages starting at 5:00 pm until we run out! The soup is made and served by the JKPL Library Board and Fundraising Committee members. Price is \$5.00 per person with soup refills for \$1.00 each. Carry outs available. Proceeds from the fundraiser will be used to support the library's collections.

Friday, January 22 through Monday, January 25: Friends of the Library 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 22 through Monday, January 25. Bags of books are \$2 on the last day of the sale. Hours are: Friday, January 22: 9:00 am—5:00 pm; Saturday, January 23: 9:00 am—3:00 pm; Sunday, January 24: 1:00 pm—4:00 pm; Monday, January 25: 9:00 am—7:00 pm

Monday, January 25: Book Flicks @ Your Library @ 6:30 pm. Join us for this movie based on the book *War Room* by Chris Fabry. Rated PG-13. (120 min.). Due to licensing issues the library is not able to include the title, movie studio, or actor's names. For more details please call the library, check the library Facebook page, or check the library website www.dyersville.lib.ia.us.

Saturday, January 30: Bear Creek Carving Club Open House from 10:00 am to 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

Passion and Purpose from Pg. 14 skills increased and he started exploring new tools with every project. Later, he and Ann purchased an 1890 historic home in Galena. They gutted the home back to the studs and beautified this treasured home.

Today John makes birdhouses, puzzles and other smaller projects. His current projects include giving alphabet and number puzzles to the women's shelter. When asked what benefits woodworking offers, John indicates:

- It keeps his mind sharp.
- It helps him keep active.
- It is something to look forward to each day.
- It is a nice change of pace.
- Most of all, it is relaxing.

John's Advice:

- Don't be afraid to take on a new challenge.
- Learn all that you can through the library, videos and other resources.
- Find like-minded people that can offer guidance when you need it.
- Don't start too big. Let your skills catch up to your vision.
- Focus on something that is useful or meaningful to someone else.

Today you can find John and his faithful dog, Dutch, at his feet in the workshop. John says that all these years later his Dad would not have envisioned how far the backyard club house project carried him through a joyful journey of love for wood.

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Tickets: \$22(in advance) \$25(at the door). Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

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SENIOR NEWS LINE

by Matilda Charles

Can't Put Name With Face? Try Exercise

With the New Year fast approaching, many of us are pondering whether we should attempt a resolution. Do we diet, or read a book a week, or volunteer at a charity? Do we get fit?

Here's an idea, taken from a recently released study: Walk a block, remember a name.

While we know that exercise benefits us both physically and mentally, this new study pinpointed one specific area that exercise can help: We'll remember the names that go with faces.

The small study, aided by notables such as Boston University School of Medicine and Harvard Medical School, included younger participants ages 18-31 along with seniors ages 55-82. All were given the standard set of tests for function and memory. Parts of those tests were face-name memory. At the same time, participants were carefully tracked for total step

count and the step rate using an ActiGraph, a tracking gadget worn to monitor resting and awake-time activity.

While the younger participants weren't especially impacted by physical activity, the seniors were — and the strongest exercise-memory link was with “face-name relational memory and visual episodic memory,” in other words, putting the correct name with the face.

What was key in this study was the ActiGraph. Instead of using self-reported information (“I walked 7,943 steps today”), the monitor was able to pinpoint exactly what was done, and when.

While this study isn't the final word, it's a clear indication that exercise of some kind can impact memory. What researchers will try to identify next is the specific types of exercise (aerobic versus strength training), and at what frequency and intensity.

Meanwhile, knowing this, perhaps we can make a New Year resolution to be a bit more active.

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True friends stab you in the front.

—Oscar Wilde

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Feb. 19

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Chamber Singers –
Kristen Eby, conductor.
University of Dubuque
Wind Ensemble –
Nick Bratcher, conductor.

Feb. 26

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Ann Duchow, Andrea
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SCHEDULE

Jan. 8

St. Luke's Variety – clarinet,
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Sue Hattel, Julie Gross,
Craig Allen, Dr. Jeremy Mims,
Otto Krueger.

Jan. 15

Dr. Sang In Hahn, tenor;
Dr. Luke Tyler, piano.

Jan. 22

Jill Klinebriel, voice & piano
with Mike Link & Kristen Eby.

Mar. 4

Dubuque Fiddlers –
Ann Duchow, conductor.
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Tammy Adrian



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Iowa DOT Historical Archives Digital Collections
<http://www.historicalphotos.iowadot.gov/>

The Iowa Department of Transportation's goal during the winter season is to return roads to reasonably near normal winter driving conditions as quickly as possible after a storm. The department operates around the clock to clear roads of snow and ice but you can help their operation by observing the following safety rules:

Don't crowd the plow. Maintenance vehicles plow far and wide – sometimes very wide. The front of the plow extends several feet in front of the truck and may cross the centerline and shoulders during plowing operations.

Don't tailgate or stop too closely behind snowplows. Snowplows are usually spreading deicing materials from the back of the truck. They may need to stop or take evasive action to avoid stranded vehicles. If you find yourself behind a snowplow, stay behind it or use caution when passing.

The road behind a snowplow will be safer to drive on.

Watch for snowplows operating in either lane of travel, or following in tandem.

Don't travel beside a plow for long periods. When plowing through a snowdrift or packed snow, the impact can move the truck sideways.

Snowplows can create a cloud of snow that can reduce your visibility to zero in less time than you can react. Drive smart. Never drive into a snow cloud – it could conceal a snowplow.

Snowplows travel much slower than the posted speeds while removing snow and ice from the roads. When you spot a plow, allow plenty of time to slow down.

A snowplow operator's field of vision is restricted. You may see them, but they may not see you.

Plows turn and exit the road frequently. Give them plenty of room.

Strange But True from P. 6

landlords evicted about 17,000 tenants every month.

- It's the little details that can make or break a plan. A pair of aspiring bank robbers in Daytona Beach, Florida, walked into a bank, pulled out guns, demanded that a teller hand over the loot, and even made it out of the building. The problem came when they got in their getaway car; the engine sputtered and died almost immediately. It seems someone had forgotten to fill up the gas tank.

- The gray squirrel isn't always gray; these arboreal rodents also come in both black and white varieties.

- Sharks have been known to attack boats before, but they rarely, if ever, try for a

second bite — regardless of what Hollywood would have you believe. When a shark goes for a boat, it's a case of mistaken identity: electrical impulses from the metal of a ship's hull make the shark think that the boat is another animal (that is to say: dinner).

- If you're fond of fancy cocktails, you probably won't be surprised to learn that the words "mai tai" are actually Tahitian for "the very best."

Thought for the Day: "I would rather try to persuade a man to go along, because once I have persuaded him he will stick. If I scare him, he will stay just as long as he is scared, and then he is gone." — Dwight D. Eisenhower

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You can only perceive real beauty in a person as they get older.

—Anouk Aimee

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—Margaret Lee Runbeck



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National Endowment for the Arts Awards More Than \$27.6 Million Across Nation – Includes \$10,000 awarded to the Dubuque Symphony Orchestra

(DUBUQUE) – In its first 50 years, the National Endowment for the Arts (NEA) awarded more than \$5 billion in grants to recipients in every state and U.S. jurisdiction, the only arts funder in the nation to do so. Today, the NEA announced awards totaling more than \$27.6 million in its first funding round for fiscal year 2016, including a Challenge America award of \$10,000 to the Dubuque Symphony Orchestra to support a week-long residency featuring world-renowned violinist Midori Goto in May of 2016.

The Challenge America category supports projects that extend the reach of the arts to underserved populations whose opportunities to experience the arts are limited by geography, ethnicity, economics, or disability. Challenge America grants are comparatively small investments that have a big impact in their communities.

NEA Chairman Jane Chu said, "The arts are part of our everyday lives – no matter who you are or where you live – they have the power to transform individuals, spark economic vibrancy in communities, and transcend the boundaries across diverse sectors of society. Supporting projects like the one from the Dubuque Symphony Orchestra offers more opportunities to engage in the arts every day."

According to Dubuque Symphony Orchestra Executive Director Mark Wahlert, "Although these grants are notoriously competitive, our organization has been the recipient of four NEA awards within the past ten years. We feel

fortunate the NEA has been so supportive of our programming and look forward to the upcoming Midori project which will likely reach more than 3,000 tri-state area residents."

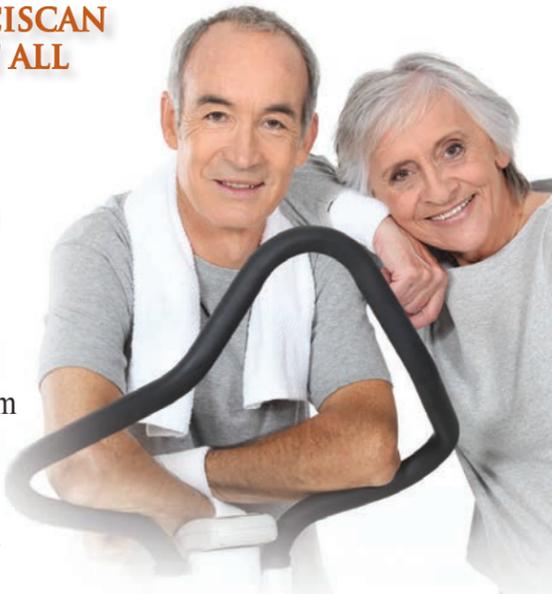
The goal of the Midori Orchestra Residencies Program is to establish the youth orchestra as a presence in the community, as well as build upon relationships with the local professional symphony, visiting artists and administrative staff. In addition to rehearsals and public performances with the Dubuque Symphony Orchestra youth ensemble students and the Dubuque Symphony Orchestra, Midori's residency will include a series of engagement activities at venues throughout Dubuque and the surrounding rural area. These activities are scheduled to be held at local elementary and middle schools, as well as at a nursing home and a residential care facility for adults with disabilities, and may include master classes, workshops, and question-and-answer sessions.

To join the Twitter conversation about this announcement, please use #NEAFall15. For more information on projects included in the NEA grant announcement, go to arts.gov.

Under the direction of Maestro William Intriligator, the Dubuque Symphony Orchestra creates exceptional live musical experiences that challenge and inspire audiences. Performances include classical, popular, opera and educational concerts. It is the only professional orchestra in a 70 mile radius. For more information, visit www.dubuquesymphony.org.

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He who has a thousand friends has not a friend to spare, and he who has one enemy will meet him everywhere.

—Ralph Waldo Emerson

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DSO Announces New Concertmaster

(DUBUQUE)—The Dubuque Symphony Orchestra (DSO) is pleased to announce violinist Eleanor Bartsch has been named its new Concertmaster, and she will begin her new role with the DSO at the March, 2016 Classics Concerts.

Ms. Bartsch is a Minnesota native, currently residing in Chicago. She holds the Associate Concertmaster position of the Elgin Symphony and performs frequently with many other orchestras throughout the Midwest. In May 2015, she completed her Masters Degree at the University of Wisconsin Madison School of Music. She concurrently earned a graduate certificate in Business Entrepreneurship from the UW-Madison School of Business.



Eleanor Bartsch, new Concertmaster for the Dubuque Symphony Orchestra

The process of selecting and hiring the new Concertmaster has been going on for several months, beginning with auditions in June 2015, when ten highly qualified candidates, some who flew in from around the country, auditioned in three separate rounds. After those auditions, Ms. Bartsch and DSO Associate Concertmaster Tim Kamps were selected as the two finalists. They each performed as Concertmaster with the orchestra this past fall as part of the final audition process.

DSO Music Director and Conductor William Intriligator states, “We have been so lucky to have two outstanding finalists for the Concertmaster position. Both Tim and Eleanor are not only fantastic musicians, but outstanding leaders as well. The decision was very difficult because either one of them would do a wonderful job. With Eleanor’s appointment, we are confident that her skills will bring the DSO to an even higher level of excellence and achievement.”

The Concertmaster of any orchestra is a position of extreme importance. This person is the lead first violinist and serves as the “team captain.” Along with the Music Director and Conductor, who is like the “team coach,” the Concertmaster establishes the musical and

professional standards for the orchestra and helps set the tone for the orchestra musicians. The Concertmaster makes numerous, crucial artistic decisions for every concert by determining the specific bowings and nuances for the violins and the strings as a whole. The Concertmaster is also frequently called upon to perform solos, both within symphonic music as well as in concerto genres. In addition to their playing, the leadership qualities of the Concertmaster are extremely important. The Concertmaster oversees the string section of the orchestra, sometimes coaches them, and makes suggestions for changes during rehearsals. The Concertmaster serves as an ambassador for the orchestra in the community and is a figurehead of the orchestra who, at times, represents the entire personnel of the orchestra.

“We are thrilled to welcome Eleanor to our DSO family. Her musicianship, experience, and personality will serve her well as a member of our Symphony leadership team,” said Mark Wahlert, DSO Executive Director.

For more information about the Dubuque Symphony Orchestra, visit www.DubuqueSymphony.org, call (563) 557-1677 or email info@dubuquesymphony.org.

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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.

Our Prize Possessions

My brother John and I were given four medium sized steel traps to keep us busy getting rid of the gophers that ruined our fields. We were taught how to set the traps hopefully without catching our fingers. We learned to trap gophers, which gave us \$.10 bounty for each set of front paws. We took them to the county treasurer's once in a pail of salt solution. The cashier never opened the pail of paws just asked, "How many set of paws do you have?" The season for trapping was open anytime the ground wasn't frozen. One year we caught seventy gophers, which helped to buy a Flexible Flyer Sled.

Minks, raccoons, muskrats, and rabbits were our prey. We were never sure what might be in our traps when we hurried to check them before we went to school.

We skinned and stretched the hides on boards to dry.

My neighbor, Bill McCarthy, agreed to get us the best price he could for the hides. We knew he would hold out for a better price than my dad would. One day the catch was a skunk that peppered John before he could get away. He came to school; the teachers refused to let him in. He went home and my mother made him bathe and change his clothes in the wood shed. The

wood carried the smell into the kitchen. We were mighty careful after that session to approach our catch slowly.

The first theater performance I attended was a stage play. "Uncle Tom's Cabin." This December day my father took us to town in a sleigh. My sister, Martha, chaperoned Matthew, John and me to the Orpheum's 2:00 p.m. performance. We were to meet my father at the livery on 1st Street to go home. Nothing was certain as to the time the play might be over. At 5:30 the play ended, but my father had hitched the team and was waiting since 4 o'clock.

How surprised we were when we came out of the theater to find the streets all lighted. People were rushing to board the streetcar. We hurried down three blocks to the livery to find a very impatient father ready to hurry the team, the fourteen miles home. We didn't even relive the joy we had at the theater. I thought how great it would be when I was old enough to attend another such play.

I have never been as thrilled by any play as I was that true to life play with adults and children and one scene so vivid, a mother and child crossing an ice covered creek to freedom. I thought that in a whole lifetime no performance could equal that one.

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Diabetes & You

Vinegar Can Help Control Blood Sugar Levels

(NAPSA) — During November, National Diabetes Month, or at any time, there could be sweet news for the 29.1 million people the U. S. Centers for Disease Control and Prevention estimates have diabetes.

According to Dr. Carol S. Johnston, professor and associate director of the Nutrition Program in the School of Nutrition and Health Promotion at Arizona State University, vinegar can be part of a diet strategy to manage blood glucose.

Why Vinegar

Here's why: Eating foods that are high in starch, such as bread and rice, causes surges in blood glucose levels, Dr. Johnston explains. These high levels of blood glucose have been linked to higher or increased cardiovascular disease risk in healthy populations and can also increase complications among those with type 2 diabetes.

Consuming small amounts of vinegar—one to two tablespoons—before your meal, however, can reduce these high levels of glucose, she says.

In fact, for individuals with type 2 diabetes, studies have shown that consuming vinegar prior to meals on a daily basis can significantly reduce blood levels of A1c, a key indicator of average blood glucose concentrations.

In addition to consuming vinegar alone, consuming foods high in vinegar is an option. Vinegar is found in pickled products and salad dressings and can also be consumed before a meal on a salad.

Why It's Important

Diabetes is a disease in which blood glucose levels are above normal. Most food you eat gets turned into glucose, or sugar, for your body to use for energy. The pancreas makes a hormone called insulin to help glucose get into the cells. If you



A variety of vinegar flavors can dress your salad while helping to keep your glucose levels low.

have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Diabetes can have serious health complications including heart disease, blindness, kidney failure and lower-extremity amputations. Diabetes is the seventh leading cause of death in

the United States, but you don't have to be in such statistics. The International Life Sciences Institute reports that "Several studies have demonstrated that vinegar can help reduce hyperglycemia, hyperinsulinemia, hyperlipidemia and obesity."

What Else To Do

In addition to adding vinegar to your diet, other helpful changes can include:

- Eat smaller portions. Learn what a serving size is for different foods and how many servings you need in a meal.

- Eat less fat. Choose fewer high-fat foods and use less fat for cooking.

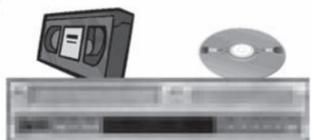
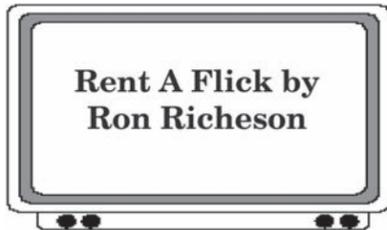
- Exercise for at least 30 minutes at least five days a week.

- Follow your doctor's advice about any health issues you experience.

Learn More

For more information on vinegar, including studies, recipes and more, visit www.versatilevinegar.org.

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Vanilla Sky

I chose 2001's *Vanilla Sky* (2001) to review this month for two reasons: (1) Many people are members of Netflix, and (2) the movie is so enjoyably complex that you simply cling to every frame of the film.

Tom Cruise plays David Aames, a super-rich and self-absorbed playboy who is heir to a successful publishing company. David's life is turned upside down when he gets into a car driven by his jilted lover and she deliberately crashes the car, taking her life and leaving David's face so disfigured that he wears a mask.

Reconstructive surgery can repair David's physical problems but his psyche is another matter. He begins to

struggle with hallucinations, walking a tightrope between what is real and what is not.

Director Cameron Crowe cleverly uses several scenes where the picture is embedded with static and a different scene briefly appears that has nothing to do with the storyline. It means something, we assume, but we can not imagine what. It is that confusion that makes the film so appealing.

When I first saw *Vanilla Sky* in the theater, I was sitting behind a husband and wife who left in the middle of the movie because nothing made any sense. What they failed to realize is that the film isn't suppose to make sense until the jaw-dropping big-reveal ending.

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

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Contract Bridge

by Steve Becker



YOU DON'T NEED A SLIDE RULE

South dealer.
Both sides vulnerable.

NORTH

♠ K J 10 9 4
♥ Q 10 9
♦ 6 2
♣ 6 4 3

WEST

♠ 7 2
♥ K 8 6 5 3
♦ J 7 4
♣ Q 10 5

EAST

♠ A 8 5 3
♥ 7 2
♦ Q 10 9 5
♣ J 9 8

SOUTH

♠ Q 6
♥ A J 4
♦ A K 8 3
♣ A K 7 2

The bidding:

South	West	North	East
2 NT	Pass	3 ♠	Pass
3 NT			

Opening lead — five of hearts.

The importance of planning the play can never be overemphasized. To play first and think later is to put the cart before the horse, and all too often a declarer who plays mechanically will have reason to regret a hasty play made earlier.

For example, take this deal where West led a heart against three notrump. Dummy's nine won the first trick, and declarer led a spade to the queen, which also won. The next spade lost to East's ace, and he returned

a heart.

South played the jack, won by West with the king, and the heart continuation was taken by South's ace. At this point, declarer found himself staring forlornly at dummy's three good spades, and with no way to reach them, he eventually finished down one.

Declarer's undoing can be traced to his play at trick one. He should have assumed the opponents would not cooperate by winning the first round of spades, and then sought a solution before proceeding.

Had he done that, he would have found a simple way to make the contract. All he had to do was to win the opening lead with the ace of hearts and force out the ace of spades. Dummy's Q-10 of hearts would have constituted an absolutely certain entry to dummy to cash the established spades, and declarer would have finished with an overtrick.

Superficially, it may seem absurd to win the first trick with the ace of hearts when you can win it with the nine. But when you consider the hand as a whole, it becomes clear that winning with the ace is right and winning with the nine is wrong. Although most of the time you win a trick as cheaply as possible, that doesn't mean you always do so.

Occasionally you get a chance to prove that reasoning is more reliable than woodenly following the line of least resistance.

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The best we can do is size up the chances, calculate the risks involved, estimate our ability to deal with them, and then make our plans with confidence.

—Henry Ford

True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation.

—George Washington

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Plant Talk
by Ken Resch




Nuts to Styrofoam!

Along with gardening, I'm an avid train collector. Sadly, I never created a large-scale outdoor train layout which would have combined both loves; but that's another story! When I buy and sell trains I routinely receive boxes filled with those pesky Styrofoam packing "peanuts" which do a wonderful job of protecting delicate and valuable trains. Though I recycle them in shipments of trains to other train buyers, for most people, getting rid of them is not so easy. Presently, they can only go to the landfill where it takes upwards of 500 years for them to degrade; and in the process they leach harmful compounds into the soil.

There are efforts to create biodegradable packing peanut-like materials, but to date most are expensive, heavy or leave unwanted chemicals in the soil. In early December, I witnessed a presentation by a group of Roosevelt Middle School students who just may have solved the dilemma by creating what promises to be a very viable earth-friendly packing material.

I was attending the area Lego League Competition where thirty-two teams competed for one of eight coveted spots at the state competition in January. The team I watched—Trash Bashers—focused on Styrofoam in the landfill and solved the problem with a packing peanut made out of a specific formulation of water, flour, newspaper and fertilizer! Without giving away too much information about their product—I suggested they give serious consideration to potential marketing possibilities—I was struck by the obvious plus for gardeners.

Imagine taking your box of "Trash Basher Peanuts" out into the garden instead to the trash can and working them into the soil

around your annuals, perennials or veggies. The team thought their product would degrade into the soil in a matter of a few weeks and the small amount of finely crushed fertilizer covering each peanut (more like cubes) would not cause any huge swings in the N-P-K ratios, but would offer an extended food supply for plants. One of the Trash Bashers put it more quixotically when he said "Plant roots won't get bored; they'll have something to read!" I believe they're on to something and they'll have time to keep thinking about refinements because they were among the eight teams chosen for the state competition!

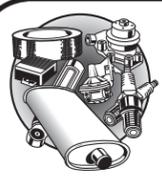
In their development of fertilizer-enhanced biodegradable packing peanuts, the team proved the "Trash Basher Peanuts" worked to protect fragile materials by packing a raw egg in a box surrounded by their peanuts and dropping it two stories; the egg was unharmed. In the next few weeks I'll ship a fragile train car to one of my friends on the east coast along with an egg in a plastic bag to see how their "Trash Basher Peanuts" work in the real world. Though these young people were out to solve an environmental problem, they have discovered a real way to reduce landfill materials, reduce potential environmental pollutants, while also enhancing the soil.

I was enthusiastic they seriously consider developing this product and I sat with the team after lunch and interviewed them about the "Trash Basher Peanuts" I asked them to consider a few questions I raised on the gardening side from learning what fertilizer they used to what is the pH level of the "Trash Basher Peanuts." I look forward to hearing more from this enthusiastic group of young people and if any of our readers wish to follow their work, go to their web site at <http://trashbashers.wix.com/trashbashers>. Finally, watch for news in the coming weeks of Trash Bashers and The Billy Goats, Roosevelt's other Lego League team also going to the state competition, to learn how well they did at Iowa State University.

Winter Dance

Saturday, January 30, 2016
KC Hall • 781 Locust Street • Dubuque, IA
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DUBUQUE SENIOR HIGH SCHOOL

Attention: Alumni
For the first time in the history of Dubuque Senior High School, since 1858, an Alumni Association is being formed. The mission statement of the Alumni Association is: To

encourage alumni to participate actively in the Senior High community, to attend events, to volunteer, to create new ways for alumni to stay connected to Senior High, and to contribute to the greatness of our High School.

The Association is starting out with a monthly Enewsletter that will share

information on what is happening at Senior and the successes of the current students, share reunion information and important Alumni news.

The Alumni of Senior High School have a lot to share with the school and are an important part of the future successes of Senior and the Student Body, stated Terry

Mozena, Association Member. Many of us have fond memories of our time at Senior and now it there is an opportunity to get reconnected. Please send your email address to DubuqueSeniorAlumni@gmail.com to be included in the monthly newsletter. Contact Terry Mozena at 563-584-0282 with any questions.



From The Batt Cave
Al Batt
<http://albatt.com/>
 Author of "A Life Gone to the Birds"
 71622 325 St., Hartland, MN 56042

The Truth Hides in Our Opinions

The caller got my first name right, but butchered my last name.

I told her that she had mispronounced my name correctly, but my feeble attempt at levity was lost on her. She'd already started asking questions. I asked her a couple in return and she terminated our conversation.

Professional sports are known for the trash talking. A silly endeavor. Irvin Loe was our garbageman for years. He was dependable and fair. I enjoyed participating in a little trash talk with Irvin. It was a kind confabulation.

I don't enjoy talking to pretend pollsters who pose questions intended to push my answers in the direction they desire. They use that technique under the guise of conducting a poll to influence voters. It's the worst kind of trash talk and the lowest form of negative ad in a world where there are no good negative ads. They wield telephones as clubs to get the opinions they want. They'd use waterboarding if they could get by with it.

Political beliefs are like silverware on the sides of plates. Some go on the left. Some go on the right.

Pollsters mark us as "undecided" if we don't agree with them. It's a wonder that any of us vote after hearing what each candidate says about another.

Part of it's our own fault. We open our ears only to make sure that words we don't agree with go in one ear and out the other. Everyone has a confirmation bias, which is a tendency of people to favor information that confirms their beliefs. We toss in a bit of wishful thinking, our interpretation of facts and actions or words as we'd like them to be rather than as they really are. We complete the recipe with some self-serving notions and a preoccupation with our own interests while often disregarding the truth or the concerns and well-being of others. We're willing to carry the lamp for things we believe. We tend to look in the same direction, looking another direction only to say, "Tch, tch, tch." We all do this. We can't help it. We're humans. We think the world needs more people just like us.

I love newspapers. I've loved newspapers since I saw my first one at the bottom of my cage. I prefer the print version. I enjoy the tactile sensation of paper and it's easier to swat flies with a newspaper than with a digital device.

I've read opinion columnists in newspapers for most of my life. I read Mike Royko, James J. Kilpatrick, Molly Ivins, Jimmy Breslin, Ellen Goodman, William Safire, Russell Baker and Art Buchwald. I still read George Will, David Brooks, Leonard Pitts, Maureen Dowd, Thomas Friedman, Paul Krugman, Gail Collins, Charles Krauthammer, Steve Lopez and Kathleen Parker.

I don't always agree with any of them, but I enjoy reading all of them, and on an occasion, a columnist causes me to change my opinion. A telephone pollster cannot do that without the use of waterboarding.

It's hard to swing someone over to your side without offering a monetary reward. Prove someone wrong and he proves himself stubborn. Telling someone he's wrong in an unpleasant manner is telling someone he's stupid. Life is short unless you're listening to someone trying to convince you that you're not only wrong, you're a misguided twit.

I appreciate dignified disagreement that involves polite discourse completely lacking in rancor.

We're the way we are for various reasons. Some is tradition. If opposing women's suffrage was good enough for his ancestors, it's good enough for him.

It's easier getting someone to try lutefisk. You can badger someone into that. Taste buds change. They give up. Our opinions change. The changes are usually gradual and coincide with changes in our lives. Our comfort zones become uncomfortable and our opinions change. The odometer spins and puts a stop to the best strut. Cocksure one day and unsure the next. Our lives are remodeled and new opinions bloom.

Scientific facts sway me. I know that liars figure and figures lie, but it's a good ship to board.

I'm not into horoscopes, but if I were, I'd realize that I'm Pisces and because of that, I'm sensitive and see both sides of a situation.

F. Scott Fitzgerald wrote, "The test of a first-rate intelligence is the ability to hold two opposed ideas in mind at the same time and still retain the ability to function."

I try to keep an open mind, but the wind whistling through it is annoying.

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Education is the ability to listen to almost anything without losing your temper or your self-confidence.

—Robert Frost



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The ancient Greeks chewed a gum made from the resin of the mastic tree and the Mayans chewed chicle, which is the sap from the sapodilla tree. In 1906, Frank Henry Fler invented a bubble gum that he called Blibber-Blubber.



1. GEOGRAPHY: Which U.S. state is closest to Russia?
2. HISTORY: In what year did labor leader Jimmy Hoffa disappear?
3. FOOD & DRINK: What relative of the banana is a staple food in tropical regions?
4. TIME: When is the next leap day?
5. MOVIES: What famous 1950s movie featured an unlikely couple named Charlie and Rose?
6. MUSIC: Who was the first artist to have a "greatest hits" album?
7. TELEVISION: Who starred as Simon Templar in "The Saint"?

8. SCIENCE: What is the most abundant gas in the air we breathe on Earth?
9. GENERAL KNOWLEDGE: In olden days, what was the occupation of a wainwright?
10. ANIMAL KINGDOM: What is a baby whale called?

Answers

1. Alaska
2. 1975
3. The plantain
4. Feb. 29, 2016
5. "The African Queen" (Humphrey Bogart, Katharine Hepburn)
6. Johnny Mathis
7. Roger Moore
8. Nitrogen. The air is made up of about 78 percent nitrogen, 21 percent oxygen and 1 percent other gasses.
9. One who makes or repairs wagons
10. A calf

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 **January 2016 Event Calendar**
Shalom Spirituality Center

January 7: Taizé Prayer at 7pm
 This contemplative prayer hour includes sung repetition of short refrains led by area musicians, a Scripture reading, intercessions, and shared silence. People of all faith traditions are invited! Taizé prayer is the creation of a monastic community in Taizé, France, founded in the 1940s. The brothers there emphasize service and ecumenicalism, particularly reconciliation between divided Catholics and Protestants.
Registration not required. Freewill offerings accepted.

January 18: Centering Prayer at 7pm
 Join others in quiet & meditative prayer, discussion, and support. Centering Prayer is a modernized, silent prayer method that prepares us to receive the gift of contemplative prayer, prayer in which we experience God's divine's presence with us.
 Newcomers are always welcome! **Registration not required. Freewill offerings accepted.**

January 25: Bridges To Contemplative Living: Faith Sharing at 7pm
 The first in an eight-part series. During this series, we will reflect together in faith sharing for Lent, using a book titled Bridges to Contemplative Living with Thomas Merton. Through reflection on our ordinary experiences with the writings of Thomas Merton, prayer, and quiet, we will share our understandings of the spiritual life.
 The book's subtitle is "Writing Yourself into the Book of Life." **\$40 offering for the 8-session series (includes book and weekly snacks). Must register by January 18 to attend.**

January 26: Writing Life Stories at 2pm
 The first in a four-part series. Designed to remember and record life stories 1) for the fun of it, 2) for the enjoyment of posterity, and 3) to reflect on what has shaped one's life thus far, the series offers direction and tips for writing life stories. This writing is different from journaling and does not constitute an entire autobiography, although the writing is autobiographical in nature. It is do-able by anyone, with or without writing experience. Anyone who can tell a story can write a story. Guaranteed to be enjoyable — and a little work!
\$40 offering for the 4-session series. Must register by January 21 to attend.

January 30: A Choice Beyond Stress For Retirement from 9am to 5pm
 Are you an employee in your workplace or retired? Do you feel appreciated and valued for your contributions, skills, and wisdom? We will examine generational stress and reframing stereotypical viewpoints to look at the freedom and creativity of a lifestyle change.
 This workshop will offer a variety of resources for our personal affirmation and social support including: spiritual insights, mental will power tips, and monastic wisdom and guidance for personal tranquility.
\$40 offering (includes lunch and snacks). Must register by January 26 to attend.

*Shalom Spirituality Center is located at 1001 Davis St.
 Call (563) 582-3592 or visit www.shalomretreats.org to register for programs.*



Over The Years by Grandma

Early Years of Television

Perry Como, Dinah Shore, Mitch Miller, Liberace, Kate Smith, Rosemary Clooney, Dean Martin, Gisele MacKenzie and Fred Waring.

If those names bring a smile to your face, you're among the lucky ones who remember a time when television brought great family entertainment into our homes.

Yes, there were doctor shows (City Hospital), cowboy shows (Maverick), cop shows (Dragnet) and panel shows (What's My Line?) and some really smashing dramatic productions (Studio One and The U.S. Steel Hour).

But those early days of television also were blessed with a dazzling array of talented singers and musicians. Sunday night got us off with a flying start with Ed Sullivan's variety program. It was jam-packed with everything from jugglers, Chinese acrobats to opera singers and the Beatles. In between were ventriloquists, the guy who somehow kept a bunch of plates spinning atop flimsy wooden poles, groups of performers from current Broadway shows and dogs that climbed ladders. Who said vaudeville was dead.

Next up was the soothing music of Fred Waring and his Pennsylvanians followed by the Arthur Murray Show with skits, dancing lessons and contests.

The other six days of the week also were packed with lots more music. Everyone's favorite was Perry Como, an ex-barber from a small town in Pennsylvania. Equally popular, and one of the first women to host a TV show

was Dinah Shore. Sponsored by Chevrolet, she closed each evening with "See the USA in your Chevrolet," boosting Chevy sales and triggering a boom in tourism. Her signature sign-off was a great big kiss thrown to the audience.

Vaughn Monroe was featured on *The Camel Caravan*. Kate Smith had a weekly evening show in 1950, Patti Page starred at the end of the 50s on the *Oldsmobile Show*.

Television was flooded with variety shows, which meant lots of opportunity for singers with talent. Dennis Day, Hoagy Carmichael, Julius LaRosa, Eddie Fisher, Gisele MacKenzie and Tony Bennett were in much demand as guest stars.

A must watch weekly favorite was *Your Hit Parade*. Well-established for years on radio, it made a graceful transition to television. The 50s and 60s brought the end of the Big Band era. But a few bands enjoyed a second life of television. Bob Crosby, the Dorsey brothers, Sammy Kaye, Spike Jones, Xavier Cugat and Kay Kyser had their own shows at one time.

The survivor of them all, of course was Lawrence Welk. You could count on a well-produced show with a good band, fine singers, and some dandy dancers.

The day-time monarch of TV was Arthur Godfrey. He was good at promoting products. He was just a so-so singer and ukulele picker, but he had many talented guests.

The musical shows came to an end when the musicians found they could make more money in Las Vegas. That was evident if you went down the strip in Vegas and saw the names on the marquees.

If you loved music, TV was as good as it got in the 50s and 60s.

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Radio From
The 20th
Century
by Bill Zwack



A Day in the Life of Dennis Day came to NBC October 3, 1946, when Colgate-Palmolive backed a series built around Jack Benny's singer-stooge. Day was a man of great vocal and comic talent; in the new format he was to play a character named Dennis Day - not quite the same Dennis who played on the air with Benny, but with the same screwball characteristics.

This Dennis was a poor man, a lowly soda jerk at Willoughby's store who occasionally referred sarcastically to "that singer on the Jack Benny program." His problems revolved around his low salary and his relationship with his girlfriend Mildred Anderson (Sharon Douglas and

later Barbara Eiler) and her feisty parents.

Dennis usually sang a couple of numbers, proving that he could sing at least as well as Jack Benny's Dennis Day. Scripts were prepared by Frank Galen. Frank O'Connor directed and music was by Charles "Bud" Dant. John Brown, always a pro, was Willoughby, Bea Benaderet was Mildred's mom, and Francis "Dink" Trout played her father, a henpecked creampuff who called his wife "Poopsie."

The show which ran for five years, finally bowing out in 1951, can be heard on *The Big Broadcast* on Sunday nights from six to midnight, on 1370 AM KDTH.

Collecting

by Larry Cox

Swan Planters

Q: I have four swan planters that are marked "Hull." I bought them at a thrift shop for \$150 for the set. They seem to be in excellent shape. I am enclosing pictures. What are your thoughts? — *Maryanne, Tyler, Texas*

A: The Hull Pottery Company produced many novelty items depicting fowl, but swans probably became the most widely produced design. The swans came in various sizes. I found your swans in "Warman's Hull Pottery: Identification & Price Guide" by David Doyle and published by Krause Books. According to Doyle, your planters are worth \$10 to \$25 each.

Q: I inherited my uncle's record collection, which includes discs from the early years of the past century. Most are opera or classical selections, and some are recorded only on one side of the disc. Is there a market for them? — *Jane, via e-mail*

A: Probably not. Most acoustical recordings from this period have very little value. For example, there is the mistaken belief that all Caruso recordings on Victor are priceless. They aren't. In fact, many are only worth a dollar or two each. On

the Zonophone label, however, Caruso is worth his weight in gold. I suggest you donate the recordings to a charity.

Q: I bought a Jadite spice set at a flea market for \$10. It was so cheap, I'm having doubts about it being authentic. — *Sarah, Phoenix, Arizona*

A: Although only an expert can determine if your Jadite is fake or the real McCoy, this type of pale green, opaque glass has been mass-produced in both China and the United States since 1999. You might want to consult the "Guide to Fakes & Reproductions," 4th edition, by Mark Chervenka, published by KP Books. It has a lengthy chapter, complete with illustrations, documenting Jadite and the reproductions that are flooding marketplaces throughout the country.

Q: I have several thousand matchbook covers. How can I find out how much they are worth? — *Niles, Palmetto, Florida*

A: One of the better reference books is "The Matchcover Collector's Price Guide: The Comprehensive Reference Book and Price Guide to Matchcovers" by Bill Retskin, now in its 2nd edition.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, 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 does he do appraisals. Do not send any materials requiring return mail.

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and raisins, nuts, avocados and other common holiday foods can cause house pets great harm. Store them well out of reach and keep pets out of the kitchen when cooking, and away from serving tables. A more extensive list is available from the Humane Society of the United States.

Christmas tree ornaments can potentially be harmful. Cats love knocking down glass ornaments and also may accidentally ingest tinsel or other shiny strands. Dogs may gnaw on interesting packages or break into gift boxes of candy or fruit.

Even plants need to be kept out of reach: poinsettias, for example, are toxic to cats.

To minimize risk, place breakable ornaments higher in the tree and put plants well out of reach. During parties or dinners, place your pets in a separate area of the house with bedding, food and water, and check on them occasionally. (This also is helpful in keeping pets' stress levels down.)

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

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Have Peace Of Mind When Pets Are Home Alone

(NAPSA)—According to the American Kennel Club, some half a million pets are affected by house fires each year—but there are steps you can take so yours aren't among them.

The Problem

Pets are often kept inside the house while their people are away. Unfortunately, if a fire starts or there's a gas leak and the smoke alarm sounds, pets are trapped as they can't call for help.

Some Answers

This risk can be reduced two ways.

First, it's a bright idea to take steps to keep fires from starting and spreading. Here are a few hints on how:

- Install smoke detectors, at least one on each floor and near bedrooms. Check the batteries monthly and change them at least once a year.
- Keep portable and space heaters at least three feet from anything that may burn. Never leave heaters on when you leave home or go to sleep. Children and pets should always be kept away from them.
- Never smoke in bed or when you're sleepy.
- Keep cooking areas clear of combustibles and wear short or tight-fitting sleeves when you cook.
- Keep pot handles turned inward so they don't overhang the stove.
- If grease catches fire, carefully slide a lid over the pan and smother the flames, then turn off the burner.
- Lock matches and lighters away where kids can't reach them.
- Don't leave lit candles unattended.
- If an appliance smokes or has an unusual smell, unplug it immediately and have it fixed before you use it again.
- Replace frayed or cracked electrical cords and don't overload extension cords. They should not be run under rugs.
- Never tamper with the fuse box or use an improper-size fuse.



Your pet can't call for help in case of fire—but your house can.

Even the best precautions can't prevent all house fires. The second key to saving dogs and cats from fires is for pet owners to find out about the threat and call for help or get home as quickly as possible.

That's where a simple but vital electrical device can come in. Once installed, the Leeo Smart Alert—which doubles as a sleek, modern LED night-light and comes in a variety of colors—continuously listens for your smoke and carbon monoxide detectors. If they sound, the Leeo Smart Alert immediately calls and texts you so you can take quick action to protect your pets and your home.

The Smart Alert is easy to set up using the free Leeo smartphone app for iOS and Android. No tools or special installation is required—simply plug it in and set up with your existing Wi-Fi network.

You can add contact information for friends, family members or neighbors. If there's an alarm in your home and you don't immediately reply to the Smart Alert's calls and push notifications, it will contact your preset emergency list until someone responds.

It can also let you know when your home's temperature and humidity go above or below thresholds you set. And you can have peace of mind knowing that your pets and possessions are safe from fire.

Learn More

For further facts, visit www.leeo.com or call (888) 487-LEEO.



Beware Holiday Foods, Ornaments, Plants

DEAR PAW'S CORNER: Please remind your readers of how important it is to keep their pets away from holiday foods. Some foods, like chocolate, can be deadly poisonous to dogs, while rich foods and ingredients like onions or raisins can be dangerous for cats and dogs. — *Jessica L. in Camden, New Jersey*

DEAR JESSICA: You told them, and thank you! The holiday season, with plenty of parties, family and food, can be hectic for everyone, but it's important to monitor pets and make sure they're kept away from potentially harmful items.

Many foods, not just chocolate but onions, grapes



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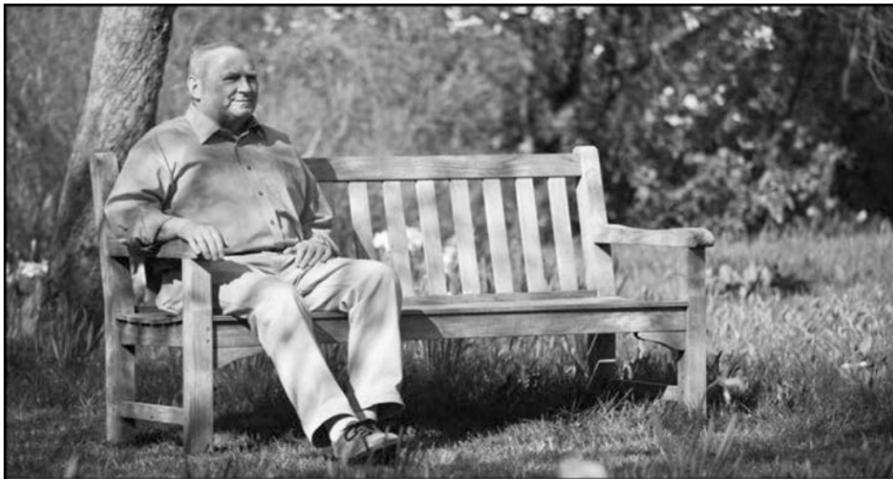
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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

A Ride in a Police Squad Car

Maury, do you recall Memory #16, when Grandpa was about twelve or thirteen, and described how we “celebrated” Halloween early? I told you about the minister who chased us after we “surrounded” his house! A recent conversation with a friend, plus recalling our Halloween activities, brought this memory to mind. What happened, Maury, was humorous and a simple lesson in psychology. Of course, Grandpa immediately thought of you!

It happened when Grandpa was about the same age but during summer vacation. The “gang” in our neighborhood, (for a short time, thankfully, until we “grew up”!) was a “nuisance and irritation” to adults in general. We did nothing to harm anyone or their property but did some foolish things which aren’t important to relate. Our behavior, however, caused an interesting result! Maury, this is what happened:

At that time it was common for us to meet on a certain neighborhood corner. Early one summer night, a police squad car on routine patrol duty stopped by. The officer, getting out of his squad car, greeted us in a very friendly manner. He stated that he stopped to “ask if we’d do him a favor.”

He proceeded to tell us that the department received complaints about kids “being a nuisance” in this neighborhood and that if we could be of any



Jerry Eberhardt with grandson, Maury Cohn

help the department would really appreciate it. All the while he knew (and we knew that he knew) he was talking about us!!

He said that if we “talked” to these kids maybe we could urge “them” to stop. Besides making the neighbors happy he further stated that if we were successful the department would show its appreciation. He offered to give us rides, for example, if we were going downtown, etc. He said just put up your hand when you see me cruising by and I’ll stop anytime for you!

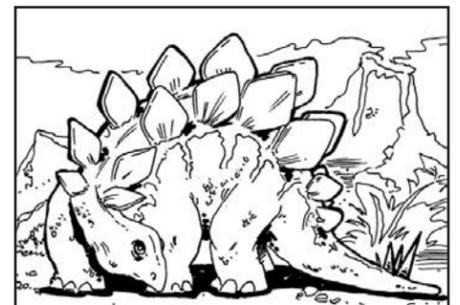
Well, Maury, after he’d gone we all decided immediately to “stop the nonsense” and take him up on his offer. In fact, we went out of our way to watch for him so we could “put on a show” for the same adults we had harassed who every summer evening sat out on their front porches! We were “rewarded” a few nights later when we saw his patrol car cruise down our street. When we raised our hands he stopped, as promised, and we asked for a ride downtown. He took us there and then we immediately walked back home - all to put on act for the neighbors!

As Grandpa looks back on this, Maury, one could explain our actions in many ways...one that comes to mind – if you’re kind! – might be, “creative!!”

Much love, Grandpa.

*If animals could speak,
the dog would be a
blundering outspoken fellow;
but the cat would have the rare grace
of never saying a word too much.*

—Mark Twain



The stegosaurus was a large plant-eating dinosaur that lived about 150 million years ago in what is now the western United States. It had two rows of bony plates shaped like huge arrowheads sticking out of its back and tail.

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Sports Comment

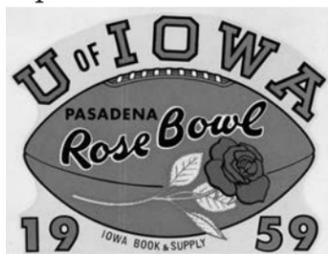
by Gary Dolphin

V.P. **USbank** – Business Development

and Voice of the Iowa Hawkeyes

From Where I Sit

It's been twenty five years since Iowa football last visited Granddaddy for the holidays. He's resided in southern California for one hundred years, and although he's showing his age, Mr. Rose Bowl is as spry as ever and will no doubt have a big smile on his face when twenty five to thirty thousand Hawkeye fans come calling New Years Day to root their beloved team on against the Pac 12 Champion Stanford Cardinal.



Iowa will make it's sixth appearance in Pasadena, having won two and lost three. The Hawks last victory came with Heisman Trophy runner up Randy Duncan at quarterback in 1959. Now they'll face a Heisman runner-up in outstanding running back Christian McCaffery, no relation to Iowa basketball coach Fran McCaffery, but he does remind you of a fleet footed Iowa tailback from '59 in Bobby Jeter. In a year where the Hawkeyes swept their four trophy games with Iowa State, Wisconsin, Minnesota and Nebraska, it would be fitting to bring home the next prize possession for the new case inside the Hansen Football Performance Center.

Stanford is built similar to a Wisconsin or Michigan State. Big and powerful, terrific quarterback in Kevin Hogan,

and a quality head coach in David Shaw, who replaced Jim Harbaugh when the latter came home to Michigan. The Cardinal has built its attack around the multi-talented McCaffery who had 460 all purpose yards in a Pac 12 title game domination of Southern Cal. Think of Iowa great Ed Podolak as a comparison to McCaffery, who is just a sophomore. The Colorado native can run, catch return kicks and block, all with tremendous athleticism. Iowa's defensive game plan starts and ends with McCaffery, but Hogan too has made big plays in big games, like Notre Dame and USC.

The Hawkeyes will look to clean up some things from the Big Ten title game. Notably, win the turnover battle and get back to dominating time of possession. Hopefully tailback Jordan Canzeri will have fully recovered from another sprained ankle. The defense will need a similar performance like Indianapolis. Giving up 16 points will typically get you a win. Look for star cornerback Desmond King to have a big game in this environment. He hasn't had an interception in a few games, but is now Iowa's 23rd consensus All-American as of last week. This is his kind of stage.

On Christmas Eve, just like Santa Claus, the Hawks will fly off to California with hopes of delivering a Rose Bowl victory as a present to their loyal fans.

By this time next month, Iowa basketball will be knee deep into it's Big Ten schedule and hopefully well on it's way to a third straight NCAA tourney bid. Until then, Go Hawks and Happy Holidays.

As a child his father gave him seven rules to live by that he would later distill down into three main rules that his players must follow in order to play for him:

1. Don't be late.
2. Don't curse.
3. Don't criticize your teammates.

At the heart of Wooden's philosophy is one word: respect. His three rules were about respecting the program, the coach (him) and each other. Whereas Lombardi makes the case that winning is always better and it is something that each individual must strive for at all times — fairly, but brutally if need be — Wooden's famous "10 rules for success" state that if you do the right things all the time, you will end up winning most of the time.



John Wooden on Success

Recently we shared Vince Lombardi's famous "What it takes to be No. 1" speech in this space. Knowing bulletin boards and locker-room walls like I do, I'm betting you have enough space up there for another guy's take on the subject of winning: John Wooden.

What does it take to have to back-to-back seasons without a loss and win 10 championships in 12 years? Well, for one thing, it took a guy like John Wooden.

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by Chris Richcreek

1. Who was the last Yankees rookie pitcher before Masahiro Tanaka and Dellin Betances in 2014 to be named to the A.L. All-Star team?
2. In 2014, the Dodgers' Clayton Kershaw became the third pitcher since 1914 to win eight consecutive games while striking out at least seven batters in each one. Name the other two.
3. Roddy White set a record in 2014 for most career TD receptions in Atlanta Falcons history. Who had held the mark?
4. When was the last time

But the "Wizard of Westwood" would go on to write an even more expansive set of "suggestions" that incorporated both his father's and his own set of rules. Following these rules, he promised, might lead to success if put to use. He was wrong: They led to unprecedented success.

JOHN WOODEN'S SETS OF SUGGESTIONS

1. Be a gentleman at all times.
2. Be a team player always.
3. Be on time whenever time is involved.
5. Be enthusiastic, industrious, dependable, loyal and cooperative.
6. Be in the best possible condition — physically, mentally and morally.
7. Earn the right to be proud and confident.
8. Keep emotions under control without losing fight

- before the 2014-15 season that Villanova's men's basketball team started a season 13-0?
5. Name the last player younger than Florida's Aaron Ekblad (19 in 2015) to win the NHL's Calder Trophy (top rookie).
6. Which team holds the Major League Soccer record for most ties in a season?
7. What was heavyweight boxer Evander Holyfield's record when he lost his first pro fight, and to whom did he lose?

Answers

1. Spec Shea, in 1947.
2. The Dodgers' Sandy Koufax (1966) and the Giants' Juan Marchal (1967).
3. Terance Mathis, with 57 TD receptions (1994-2001).
4. It was the 1937-38 season.
5. Bobby Orr was 18 years old when he won the Calder Trophy in 1967.
6. Chicago had 18 ties during the 2014 season.
7. Holyfield was 28-0 when he lost to Riddick Bowe in 1992.

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- or aggressiveness.
9. Work constantly to improve without becoming satisfied.
10. Acquire peace of mind by becoming the best that you are capable of becoming.

* * * *

1. Never criticize, nag or razz a teammate.
2. Never miss or be late for any class or appointment.
3. Never be selfish, jealous, envious or egotistical.
4. Never expect favors.
5. Never waste time.
6. Never alibi or make excuse.
7. Never require repeated criticism for the same mistake.
8. Never lose faith or patience.
9. Never grandstand, loaf, sulk or boast.
10. Never have reason to be sorry afterward.

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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1. Lorne Green, of Ponderosa fame, had a No. 1 hit record. What was it?
2. Who were The Hondells, The Sunsets, The Four Speeds, The Competitors, The Kickstands and The Ghoul's?
3. Name the band that released "Long Train Runnin'."
4. In which song is the singer getting fed macaroons?
5. Name the song that contains this lyric: "Last night I held Aladdin's lamp, So I wished that I could stay, Before the thing could answer me, Well, someone came and took the lamp away."

Answers

1. "Ringo," in 1964. The mostly spoken song told the story of the gunfighter Ringo. The record climbed the charts, although the historical facts were wrong. 2. They were fake bands, anonymous studio musicians brought together to cut records. The members were interchangeable. 3. The Doobie Brothers, in 1973. Sometimes "Without Love" is included in the title as the words are heard repeatedly in the song. 4. "Sweet City Woman," by The Stampeders, in 1971. 5. "Magic Carpet Ride," by Steppenwolf in 1968. Fans were surprised by the differences in the single and album versions of the song. The single was 2:55 while the album version was 4:25. Even the vocals and instrumentals weren't the same.

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As every cat owner knows, nobody owns a cat.

—Ellen Perry Berkeley



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Christmas
1955

Down Memory Lane

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

February
1957

HUNTING

Some photos of deer hunters from The Avalon newsletter. The large photo on the left was from the Christmas 1955 issue, while the two smaller photos were from the February 1957 issue.



Posed with the large deer atop his car is Bill Powers (third from left, standing) of Nite Beef who traveled to Miles City, Montana for this prize reward for his fine shooting. Total kill: 4 deer and 4 antelope by the party of four from the John Lee ranch.



DEER HUNTER DELUXE: Offaler Elgie Wiest displayed his hunting ability by bagging the above game during the recent deer hunting season. Elgie reports that he did better than some prominent citizens who even resorted to a bow and arrow in an attempt to bag their deer.



ANOTHER TALENTED HUNTER is Gerry Kipp of the Calf Kill who bagged the above deer while on the hunting expedition with Elgie Wiest. Gerry is another of the best riflemen in our plant.

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Dr. R. Ried Boom Delivers 1000th Baby
by Regional Medical Center in Manchester



Dr. R. Ried Boom with Archer Matthew, delivery number 1000.

their own. This makes it more convenient for both the patient and the provider.” Dr. Boom added, “Nurses have always had experiential knowledge, but now with more scientific education they are able to provide more services in areas like breastfeeding to our patients.”

When asked what moments stood out over the

December is filled with celebrations. Family and friends gather together, gifts are given, and the possibility of miracles are on everyone’s mind. In the Regional Medical Center (RMC) Obstetrics Department Dr. R. Ried Boom, MD, gets to have these moments regularly. However, on December 2nd at 6:18 PM Dr. Boom delivered Archer Matthew, son of Matt Drees and Anna Corkery of Manchester – his 1000th delivery.

During 28 years of delivering at RMC, Dr. Boom has seen how technological advancements and expanded nursing education has advanced Obstetrics. “Ultrasounds have evolved to a point where we are able to foresee some deficiencies earlier, and providers are able to do some degree of ultrasounds on

last 28 years, Dr. Boom smiled saying, “It’s the relationships with my patients that mean the most.” Dr. Boom continued, “The general sense that I get from each, from the little snippets of intimacy with the patients to the situations where we have had difficulty, and we make it through. Then baby is born, and everything is okay.” He added, “I really must be attracted to the challenge of the decisions that need to be made in OB. You’re constantly having to make decisions and each mother wants her needs heard.”

“I like the variety in Family Practice. There are areas you can become more specialized in. Dr. Thompson did that with Emergency Medicine, and I specialized in Obstetrics and Cesareans.” In the past few

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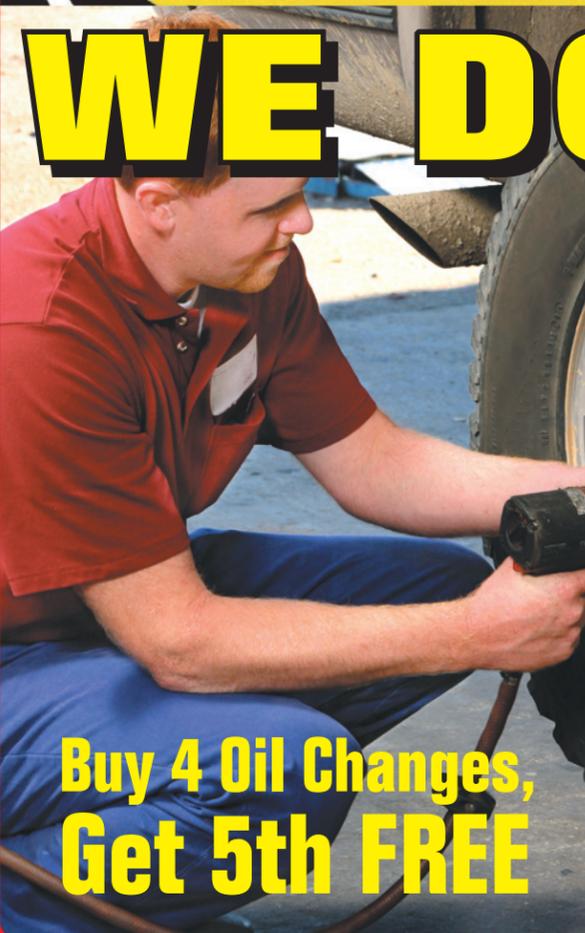
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OUTPATIENT VISITS
FY 2015

years, Dr. Boom has done two-thirds of the C-sections at RMC. However if the surgery was performed on another provider’s patient, the birth did not count towards Dr. Boom’s total deliveries.

Even though he has performed countless C-sections and natural births, this particular delivery was even more special. The patient-provider relationship between Dr. Boom and Anna Corkery began in his first year in Manchester. “Dr. Boom has been my primary care doctor since my Mom’s first prenatal appointment in 1986,” shares Corkery. “His level of compassion and dedication to his patients’ overall care is extraordinary. When it was time to choose a

provider to deliver and care for our babies, the decision was easy. It is truly special to be a part of this milestone in his career. Not only has Dr. Boom been a blessing to our family but to the entire community as well.”

Dr. Boom’s compassion for his patients and his years of experience are an asset at RMC. We congratulate him on this incredible milestone and look forward to the next 1000 deliveries. Please join us in thanking Dr. Boom by sharing your stories, pictures, and extending your thoughts about Dr. Boom and how he helped you through the birth of your baby(ies). Visit our Facebook page (www.facebook.com/regmedctr) to post your messages and photos.

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 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. Our offices are at 2560 Dodge Street in Dubuque, Iowa, phone 563-556-1249. Come visit, we would love to give you a tour and show you our new retail location with 100's of items for sale. Let us help you find out "What's it WORTH on eBay."

Can we ride it to England?

Working with eBay we often find buyers outside of the United States. This vintage Tricycle is going to England to a collector that really wanted it for his personal collection. Shipping is always a challenge for international



purchases but if the buyer is willing and wants to pay the price, shipping for almost anything can be arranged. The winning bidder for this item paid \$355.55 for the Tricycle at auction on eBay. Shipping will be via DHL at the buyers expense.



Persimmons Are Sweet Cold-Weather Treat

Persimmons are a late-season treasure. In fact, the Latin word for it means "food of the gods." Ripe persimmons are a sweet, orange-red fruit ranging in size from 1 to 3 inches. Persimmons can be consumed fresh, dried or as an ingredient of breakfast cereals, muffins, pies, breads, cakes, salads and puddings.

Persimmons begin appearing in markets in October and are available through February. Look for persimmons with taut, glossy skin, avoiding fruit with soft spots or bruises. If persimmons are still firm, store them at room temperature and allow them to ripen. To speed up the ripening process, you can put the fruit in a paper bag with a banana or apple. Store soft, ripe persimmons in the refrigerator until ready to eat.

There are two main varieties of Asian cultivars commercially available in the U.S. Hachiya persimmons are tart and chalky until they

are extremely ripe, when their interior turns sweet and liquefies. Fuyu persimmons are shaped like tomatoes and are sliced and eaten like apples. Fuyus are sweeter than Hachiyas and can be eaten while still firm.

Native American persimmon trees produce a more astringent fruit with a bitter taste. As the fruit gets ripe, the tannins that cause the astringency coagulate, the flesh becomes soft and the fruit becomes sweet and juicy.

Sharon fruit is another variety of persimmon — a small, glowing-orange fruit with a waxy skin and a firmer texture. It gets its name from Israel, where it is extensively grown. It's a little easier to transport than the American



Depositphotos.com

varieties because it's not as fragile and has a longer shelf life. It also doesn't have the lush, jelly-like interior of American persimmons.

Persimmons originated in China, where over 2,000 different cultivars have been developed. Eventually the tree spread into Korea and Japan. By the middle of the

1800s, the persimmon tree made the journey across the Pacific Ocean to California. The seeds arrived in 1856 with Commodore Perry from Japan, and whole trees were imported to California in 1870.

Unripe Japanese persimmons are full of tannin, which is used to brew sake and preserve wood. The small, non-edible fruit from wild persimmon trees in Japan is crushed and mixed with water. This solution is painted on paper to repel insects. It also is thought to give cloth moisture-repellent properties. Leaves of persimmon can be used for the preparation of tea, while roasted, ground seeds can be used as a substitute for coffee.

Persimmons are high in vitamin A, and are a good source of vitamin C and fiber. Persimmon pudding and cookies are tasty treats. Persimmons also can be pureed and used as a topping for ice cream or cake, or as an addition to rice dishes and fruit salads. This recipe for a Spiced Persimmon Chutney pairs perfectly with Pan-Fried Pork Chops. It's the perfect hearty, cold-weather meal.

PAN-FRIED PORK CHOPS WITH PERSIMMON CHUTNEY

2 firm-ripe Fuyu persimmons (12 ounces total), peeled with a knife, cored, seeded if necessary, and cut into 1/4-inch dice
 1/4 cup finely chopped sweet onion

1 teaspoon finely grated peeled fresh ginger
 1 small fresh jalapeno chile, seeded and minced
 2 tablespoons fresh lime juice
 2 teaspoons salt, divided
 1 teaspoon black pepper
 1 tablespoon poultry seasoning
 1 teaspoon paprika
 4 (3/4-inch-thick) loin pork chops
 3 tablespoons vegetable or olive oil

1. Stir together the persimmons, onion, ginger, jalapeno, lime juice and 1 teaspoon of the salt; let stand at room temperature while cooking pork chops.

2. Heat vegetable oil or olive oil in a large skillet over medium heat. Pat chops dry and season with remaining salt, pepper, poultry seasoning and paprika.

3. Cook chops for 4 to 5 minutes per side, turning once halfway through cooking, until browned on the outside and slightly pink in center (145 F with an instant-read thermometer).

4. Transfer chops with tongs to cutting board or plate and let stand, loosely covered with foil, for 3 minutes before serving. Serve pork chops with persimmon chutney. Makes 4 servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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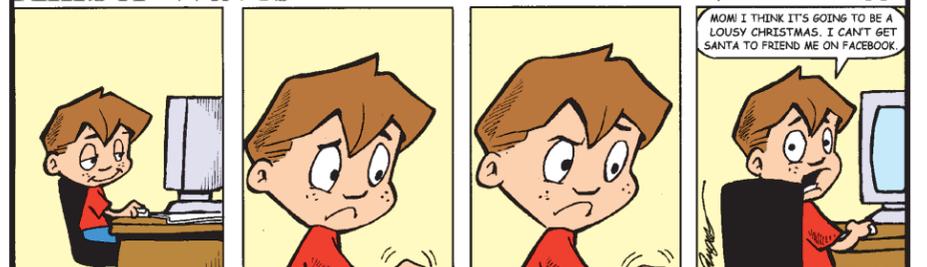
Out on a Limb

by Gary Kopervas



Amber Waves

by Dave T. Phipps



Good Housekeeping

Creamy Fudge

- 1 can (14 ounces) sweetened condensed milk
- 1 pound semisweet chocolate, chopped
- 1 ounce unsweetened chocolate, chopped
- 1 1/2 teaspoons vanilla extract
- 1/8 teaspoon salt

1. Line 8-by-8-inch metal baking pan with foil, extending foil above edge at 2 sides.

2. In 2-quart saucepan, combine condensed milk and chocolates. Cook over medium-low heat 5 minutes or until chocolates melt and mixture is smooth, stirring constantly.

3. Remove saucepan from heat; stir in vanilla and salt.

Pour chocolate mixture into prepared pan; spread evenly. Refrigerate until firm, at least 4 hours or overnight.

4. Remove fudge from pan by lifting edges of foil. Invert onto cutting board; discard foil. Cut fudge into 8 strips, then cut each strip crosswise into 8 pieces. Store fudge in tightly covered container, with waxed paper between layers, at room temperature up to 1 week, or in refrigerator up to 1 month. Makes 64 pieces.

- Each piece: About 55 calories, 1g protein, 8g carbohydrate, 3g total fat (2g saturated), 1g fiber, 2mg cholesterol, 15mg sodium.

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S'more Cake Brownies

These chocolate treats are so yummy, you'll think your BEST holiday gift is enjoying a couple of these without guilt!

- 1 1/2 cups all-purpose flour
- Sugar substitute to equal 3/4 cup sugar, suitable for baking
- 1/4 cup unsweetened cocoa
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/2 cup fat-free yogurt
- 1/3 cup fat-free mayonnaise
- 1 teaspoon vanilla extract
- 3/4 cup water
- 1 cup miniature marshmallows
- 6 tablespoons purchased graham cracker crumbs
- 1/4 cup mini chocolate chips

1. Heat oven to 350 F. Spray a 9-by-13-inch cake pan with butter-flavored cooking spray.

2. In a large bowl, combine flour, sugar substitute, cocoa, baking soda and baking powder. In a medium bowl, combine yogurt, mayonnaise, vanilla extract and water. Add liquid mixture to dry mixture. Mix gently just to combine.

3. Spread batter evenly into prepared cake pan. Bake for 15 minutes. Evenly sprinkle marshmallows over top of partially baked brownies.

4. In a small bowl, combine cracker crumbs and chocolate chips. Sprinkle crumb mixture evenly over top. Continue baking for 10 to 15 minutes or until a toothpick inserted in center comes out clean.

5. Place cake pan on a wire rack and let set for at least 10 minutes. Cut into 16 brownies. Makes 8 (2 each) servings.

- Each serving equals: 170 calories, 2g fat, 4g protein, 34g carb., 352mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1/2 Fat.

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The Spats by Jeff Pickering

R.F.D. by Mike Marland

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Cremer's Cooking Tips

Cremer's Secret Recipe Meatballs and Hamballs

Start with a 2 lb. 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. I recommend chili sauce and grape jelly.

Hamballs start with a 2 lb. Cremer's Homemade Hamloaf. Follow same directions as teh meatballs. With the hamballs, I use peach jelly and chili sauce. Come to Cremer's for all your party planning!

The goal of entertaining is not only to ensure the enjoyment of your guests, but to plan your own good cheer!

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

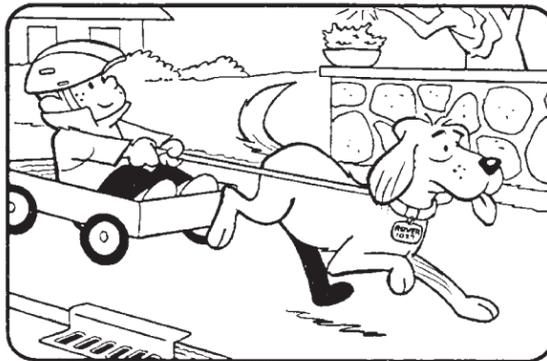
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|--------|--------|---------|---------|
| Bellow | Flow | Hollow | Slow |
| Below | Follow | Mellow | Swallow |
| Fallow | Glow | Pillow | Tallow |
| Fellow | Hallow | Shallow | |

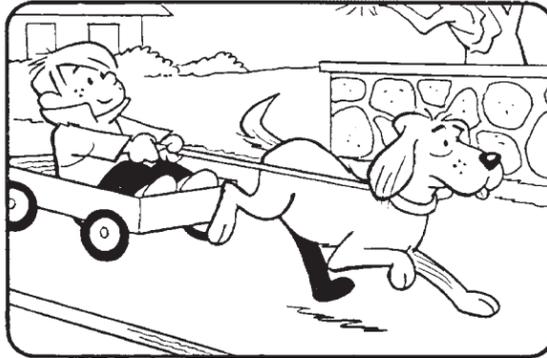
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Helmet is missing. 2. Drain is missing. 3. Tail is shorter. 4. Flower pot is missing. 5. License tag is missing. 6. Tongue is smaller.

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GO FIGURE! by Linda Thistle

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

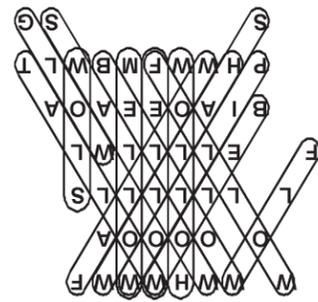
	x		÷		18
-		+		+	
	x		-		20
x		x		x	
	-		x		15
25		32		25	

DIFFICULTY: ★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 4 5 5 7 8 9

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YOU CAN
 HOW CAN YOU

SUDOKU Answer

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

King Crossword

Answers

Solution time: 25 mins.

ALSO	LAW	SNIP
RAIN	ORE	TACO
IRRIGATE	OVEN	
ASSORT	DERIDE	
	NH	STAG
ATM	DEC	AGAIN
WIFE	DUB	ETNA
EXTOL	EEL	EGG
IRIS	ROT	
LEGATE	ADORE	
AWAY	LITIGATE	
METE	MOE	AGUE
BRED	AND	SAID

THE CASHIER

BY RICARDO GALVÃO



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SUDOKU
 by Linda Thistle

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

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

	25		32		25
15	5	x	2	-	5
	x		x		x
20	1	-	7	x	3
	+		+		-
18	4	÷	9	x	8