



The Golden View

The Community Newspaper For Adults 55 Plus

January, 2017

Dedicated To The Young At Heart

Dubuque, Iowa

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

Ohnward Theater 2017 Season

by Richard Hall, Executive Director



Country music legend Connie Smith will perform on Saturday, June 10 at 7:00 pm at The Ohnward Fine Arts Center in Maquoketa, IA

The Ohnward Fine Arts Center in Maquoketa Iowa is very excited about the 2017 season. Richard Hall is now in his seventh year as executive director there.

A few of the acts appearing at the OFAC in 2017 include **Denny and the DC Drifters - Remembering Those Fabulous 50's Show** on Saturday, January 21 at 7:00 PM.

On Saturday, February 18 we will present Nashville recording artist **Keith Walker**.

Saturday night, March 18th it's something a little different at

the Ohnward Fine Arts Center as we present **Bad Medicine** a Bon Jovi Tribute Band from Chicago.

Saturday, April 15 we present the beautiful **Mandy Barnett** from Nashville as she presents and evening of Patsy Cline music in her show called **Sweet Dreams**. May 13 it's **Kevin Mac's Country Jukebox**. This show is for the TRUE country music lover.

Our biggest act for the 2017 season will take place on Saturday night, June 10 as we are pleased to present country **Ohnward Theater cont. Pg. 3**



Richard Hall, Ohnward Fine Arts Center Executive Director

'Moving-in' The Right Direction

by Cindy Kohlmann



Sunset staff and residents at our Cubs party celebration after winning the World Series

Here's a question, you or your parents have lived in their home for 40 or 50 years and routine tasks such as lawn care or cooking dinner just aren't as easy as they used to be, or aren't getting done, what do you do? The good news is there are a lot of wonderful options in for Senior or Retirement living in Dubuque, including Sunset Park Place.

Depending on what your needs are you may be seeking an independent retirement community to start, but something to consider is do you want to seek out a community where if you need additional care, that the facility offers those services so you wouldn't need to move very far? Costs

may also be a factor. If you start out in a totally independent community, I'd suggest you put together a plan for the future. Review your current needs and imagine what you'd like the future to look like should you require a higher level of care.

Make the call and take a tour. When you get there, I would look over the facility as a whole, are you comfortable, is it appealing, and will you be able to maintain a sense of independence even in assisted living? If costs are a major factor, find out how services are billed as levels of service or on an ala carte basis, and in the "basic fee" what is covered. If a **Sunset Park Place cont. Pg. 12**

Mindframe Campaigning for Improvements

by Steve Thompson

Mindframe Theaters is a locally-owned movie theater that is conducting a crowdfunding campaign through the Indiegogo website to raise capital funds to modernize their facility. The initial level of the campaign was reached and now they hope to raise enough for additional improvements such as replacing screens, updating signage, and installing new sound equipment, this goal is \$150K. If additional funds come in, they are looking at replacing the seating for \$60K per theater.

Here is a link to the



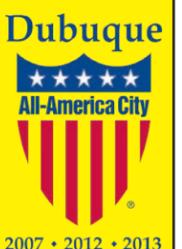
campaign. <https://igg.me/at/mindframephase3/x/209978>

Mindframe cont. Pg. 3

Al Batt	Page 17
A Sporting View	Page 27
Bridge	Page 21
Bill Zwack	Page 28
Collecting	Page 25

Gary Dolphin	Page 27
Jerry Eberhardt	Page 26
Ken Resch	Page 22
Michael D. Gibson ...	Page 12
Paw's Corner	Page 8

Rent A Flick	Page 21
S. E. Persinger	Page 9
Social Security	Page 11
Trivia Test	Page 23
Uplifting Moment ...	Page 7



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Ramada Inn-Galena
11383 Hwy 20
Galena, IL
January 4, 18
11:00 a.m.

Guttenberg Library
603 S. Second St.
Guttenberg, IA
January 11, 25
11:00 a.m.

Maquoketa Inn & Suites
1019 W. Platt Street
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January 13
11:00 a.m.

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Mindframe from Pg. 1

Mindframe is also a center for community events. They host special events such as film premieres, band concerts, comedy nights, community meetings, and parties. They have provided a space for more serious ventures such as corporate meetings and public forums on topics such as homelessness, human trafficking, diversity, poverty, and mental illness. Mindframe Theaters are great advocates for local events such as recently screening the new documentary about Chaplain Aloysius Schmitt. They provide special free screenings during school breaks, free outdoor screenings in parks, and sponsor special events, such as the Julien Dubuque International Film Festival.

About three years ago, Mindframe transitioned from old projectors to a fully functional digital theater. This came at a hefty price tag and slowed down their ability to make the upgrades they wanted to make to the building which is more than thirty-years-old. crowdfunding campaign will improve the build for all ages.



Coming attractions?



This campaign offers many discounts and special offers to their customers and supporters such as official movie posters, free popcorn for life, or free movies for a year or a lifetime. Even small donations such as a \$15 donation will help with the campaign and you would be able to get a commemorative piece of a real film. If that is too much, consider a \$7 sponsorship to vote on what gets fixed first. Please check out the above link today.

Ohnward Theater from Pg. 1

music legend, and Grand Ole Opry member, **Connie Smith**.

The Ohnward Fine arts Center will produce the Musical, **Church Basement Ladies** on July 14, 15 and 16. September 9 joining us will be a great show called **Yesterday and Today** featuring the music of the Beatles. October 14 from Branson, MO it's **The Carl Acuff Jr. Show featuring Jeannie Kendall**. November 25 we welcome back **The Four Preps** with their Holiday show, and Rock IN New Years Eve, 2017 with a ZZ Top Tribute

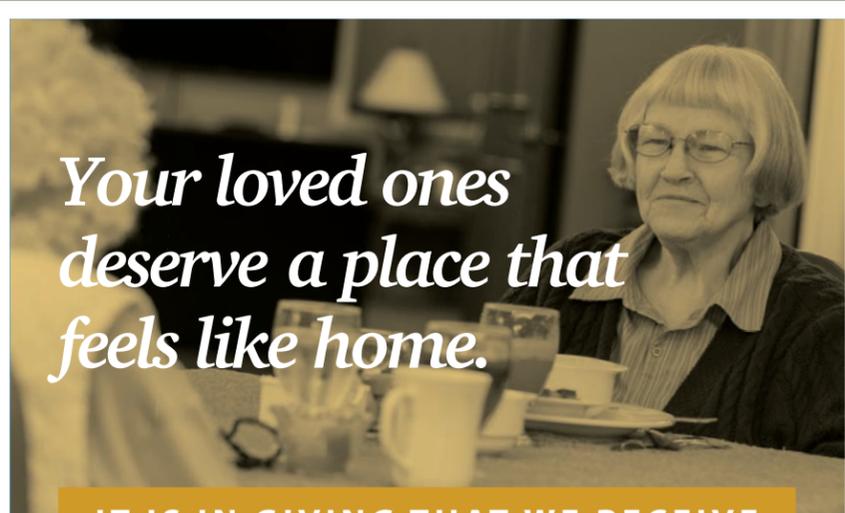
band called Eliminator!

This past year in 2016 the Ohnward Fine Arts Center installed a new \$96,000 roof. Tax deductible donations to help pay for the roof can be made out to **The Ohnward Fine Arts Center** and mailed to PO Box 995, Maquoketa, IA 52060.

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!



Ohnward Fine Arts Center has a new \$96,000 roof. Tax deductible donations to help pay for the roof can be mailed to The Ohnward Fine Arts Center, PO Box 995, Maquoketa IA 52060



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For those of you who miss the great music from the 1950's, Denny & the D.C. Drifters have a surprise for you! Denny will take you back to your 1950's prom. Heck he will even chose a King and Queen from the audience. This show has been rated one of the top tribute shows in the Midwest. Hear great music from such bands as Buddy Holly, Ritchie Valens, Big Bopper, Elvis Presley, Pat Boone, Chuck Berry, Connie Francis, Patsy Cline and MORE! SO don't wait. Get in your cruiser and head to the Ohnward Fine Arts Center for this great night of Rock 'N Roll!

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

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815
Purchase Tickets online at www.ohnwardfineartscenter.com

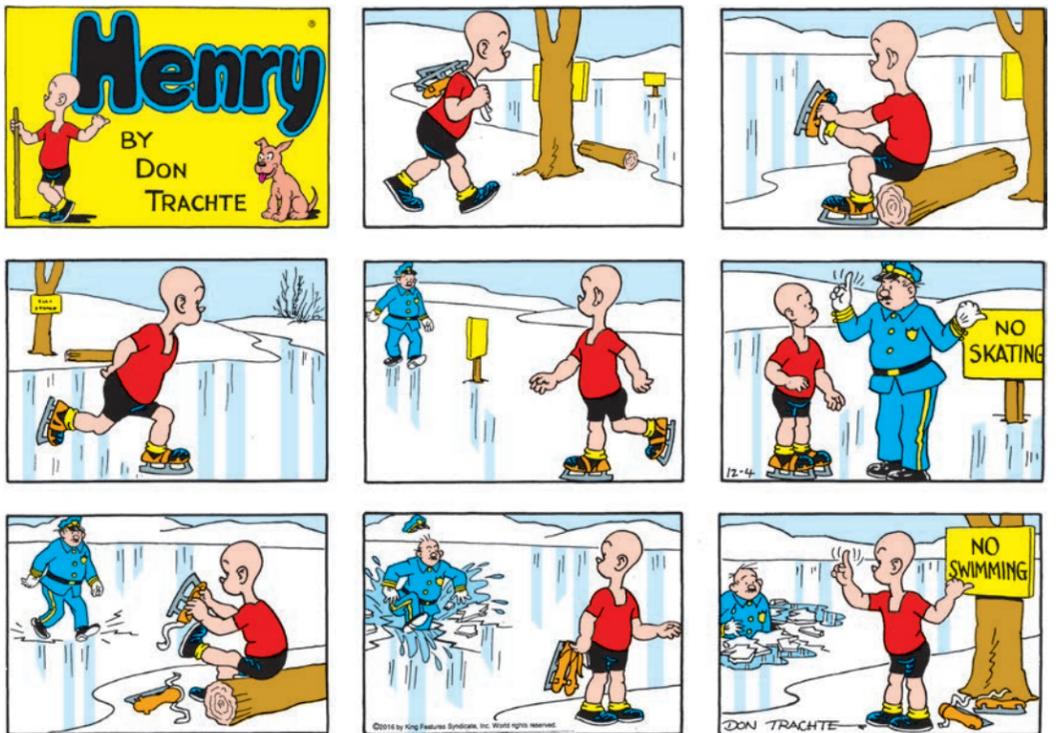
Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.

The Golden View

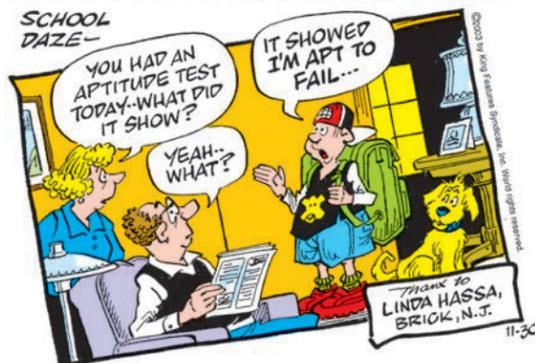
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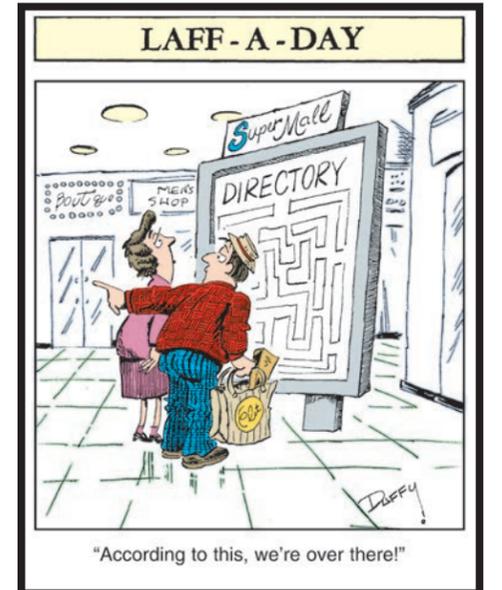
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- 13 Conclusion
- 14 TV's Dr. McGraw
- 15 Mideast port
- 16 Wrestling hold
- 18 Tetanus
- 20 Lassoes
- 21 High tennis shot
- 22 Jewel
- 23 Jaunty topper
- 26 Samson's weapon against the Philistines
- 30 Altar affirmative
- 31 London forecast
- 32 Hive dweller
- 33 Arid
- 36 Playwright Henrik
- 38 Noon, in a way
- 39 High card
- 40 Squabble
- 43 Plaster-fiberboard mix
- 47 Home entertainment piece
- 49 Vicinity
- 50 Oodles

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40	41	42			43			44	45	46
47					48			49		
50					51			52		
53					54			55		

- 51 Billboards
- 52 One-named supermodel
- 53 Some evergreens
- 54 Lad
- 55 Harp's cousin
- 8 Self-assurance
- 9 Hew
- 10 Pleasant
- 11 BPOE members
- 17 Sketched
- 19 Make marginalia
- 22 Choke
- 23 Lobster eater's aid
- 24 Tokyo's old name
- 25 Director Howard
- 26 Cohort of Whoopi and Sherri
- 27 Outdated, as a wd.
- 28 Born
- 29 Hallow ender
- 31 Calendar abbr.
- 34 Rejoices
- 35 God, in Grenoble
- 36 Aloof
- 37 Lament
- 39 Pretentious
- 40 Vacationing
- 41 Bronchial sound
- 42 Radiate
- 43 Prank
- 44 Host
- 45 Mad king of literature
- 46 Highway division
- 48 Arrest

DOWN

- 1 October birthstone
- 2 Pedestal part
- 3 Oil cartel
- 4 Irritate
- 5 Betty Ford Center program
- 6 From the start
- 7 Govt. Rx watchdog

Crossword Answers on p. 32

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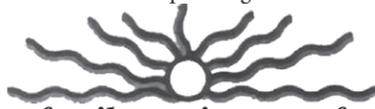
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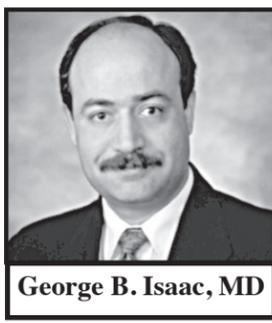


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Laugh A Lot

My sister walked into the butcher shop and ordered the biggest porterhouse steak they had.

“And please cutoff all the fat,” she added.

“You sure you want all the fat off?” the butcher asked.

“Yes, it’s much easier to take it off here,” she explained, “than after I’ve eaten it.”

“Al, when did you get a trombone?”

“I borrowed it from my neighbor’s kid.”

“I didn’t know you could play the trombone.”

“I can’t, and now neither can he.”

The bishop spoke to the congregation about the priest and nun shortage.

“Too many of you are having only one child and letting them go off into other professions. I propose that each family have three children; one for the father, one for the mother and one for the church.”

A few days later, the bishop was out grocery shopping when he saw a pregnant woman from his parish. But before he could say hello, she shouted above the crowd, “this one is yours, Bishop.”

Fascinated by the military,

my son went online to research everything there was to know about the armed forces, from training to equipment.

Looking up bulletproof vests, he found one with an interesting warranty. It said: “Guaranteed or your money back.”

Our supply clerk at the factory was in a dither. A box had been left on the loading dock with this warning printed on it: Danger! Do Not Touch! Management was called and we were told to stay clear of the box until it could be analyzed. When the foreman arrived, he donned gloves and safety glasses, and then carefully opened the box. Inside were 25 signs that read: Danger! Do Not Touch!

A client had a reputation for not paying his bills, but my brother-in-law took the job anyway. And when he finished, sure enough, he left with a promise that the check would be in the mail soon. Days later, no check, but he did get called back by the client, who complained of an awful smell coming from the den.

“I have an idea what it might be,” said my brother-in-law. “But before I do anything I need to be paid for the first job.”

Desperate, the man paid him on the spot. With that my brother-in-law walked over to the fireplace and pulled out the dead fish he’d stashed there days earlier.

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Upcoming Events at the James Kennedy Public Library in Dyersville: January 2017

Tuesday, January 3 - Friday, January 28: Quilting Bee with the Dyersville Layette Ladies. The Layette Ladies will be quilting in the library during January at a quilting rack set up under the library skylight. The ladies will quilt on weekday afternoons from 12:00 to 5:00 p.m. and Sundays from 1:00 to 4:00 pm. Once completed, the quilt will be auctioned off to raise money for the Dyersville Relay For Life.

Tuesday, January 3 - Friday, January 13: Borrowing Downloadable Books, Audiobooks, and Magazines from the Library: Come to the library during our drop-in hours and find out how to borrow library books, audiobooks, and magazines on your Smartphones, eReaders, or tablets. Check with the library for drop-in hours. Bring your library card and device!

Sunday, January 8: Sunday Movies @ Your Library @ 2:00 p.m. Join us for this movie based on the real-life socialite and opera singer Florence Foster Jenkins. Rated PG-13.

Friday, January 13: Games for Seniors from 2:00-4:00 p.m. Seniors are invited to come to the library for an afternoon of games including board games, cards, and Wii games.

Saturday, January 14: Mango Languages @ 10:00 a.m. This class will cover the basics of how to use Mango, the library's new online language database that has over 60 languages you can learn. Available only to those with full-service library cards. Please bring your library card with you along with a laptop or hand-held device, if you have one.

Saturday, January 14: Visit with Dubuque Author Vickie Owens @ 2:00 p.m. Dubuque author Vickie Owens will be at the library to talk about her book, *Weathered Roots*, which is a walk back in time to experience what it was like living solely off the land as a pioneer in the hill country where she spent her youth. Copies of the book will be available for purchase.

Thursday, January 19: Soup Supper Fundraiser from 5:00 to 8:00 p.m. Join us for soup (chili or chicken noodle), crackers, bread and beverages starting at 5:00 pm until we run out! Price is \$5.00 per person with soup refills for \$1.00 each. Carry outs available.

Friday, January 20 through Monday, January 23: Friends of the Library Used Book Sale. Join us for the Friends of the Library used book sale will be held in the basement of the James Kennedy Public Library. Please call for times.

Monday, January 23: Book Flicks @ Your Library @ 6:30 p.m. Join us for this movie based on the book *Sully: My Search For What Really Matters* by Chesley B. Sullenberger III and Jeffrey Zaslow. Rated PG-13. (108 min.)

Saturday, January 28: Bear Creek Carving Club Open House and Demo from 10:00 a.m. to 2:00 p.m. Members of the Bear Creek Woodcarving Club will be at the library demonstrate carving techniques and display their carvings. Questions are welcome. Everyone is invited.

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

Painting is just another way of keeping a diary.

—Pablo Picasso

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Strange BUT TRUE

By Samantha Weaver

• It was beloved American humorist and social commentator Will Rogers who made the following sage observation: “Too many people spend money they haven’t earned, to buy things they don’t want, to impress people they don’t like.”

• Famed Thoroughbred racehorse Man o’ War was as successful off the track as he was on it. After his famed career, he retired to stud, producing more than 64 stakes winners. Man o’ War sired 1937 Triple Crown Strange But True Cont. P. 20

An Uplifting Moment

Rev. David J. Claassen



Visit me on the internet!

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Birthday Card from Heaven

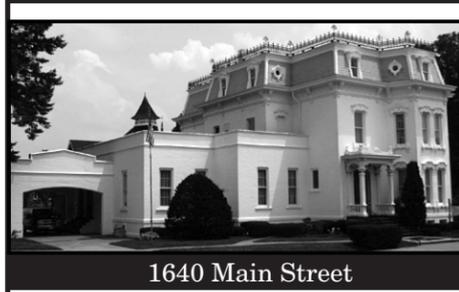
A great-nephew of mine received a birthday card from Granny, his great-grandmother (my mother). What makes this more than a little interesting is that Granny had died a few weeks earlier. My mother often prepared her birthday cards well in advance and had my sister, with whom she lived, mail them at the appropriate time. It was the last card Mom prepared before her death. My sister told me that Mom had included in the card a page torn

out of a daily devotional booklet that described clearly how to be right with God and spend eternity in His heaven.

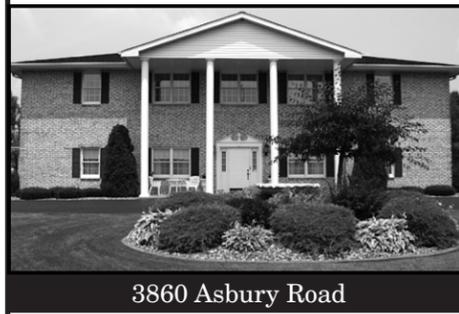
Mom told me toward the end of her life that pretty much all she thought about was heaven. Her great desire was that all of her family would find the Lord and His heaven to be most important to them as well.

The birthday card from heaven to a great-grandson is a good reminder as to how we should view life. In Stephen Covey's book, *Seven Habits of Highly Effective People*, the second habit he identifies is to "begin with the end in mind." As a pastor for 40 years, I came alongside many a person who had come to the end of their life. I can tell you that none of them at that point were focused on achieving great things in a career, finding the best restaurant in town, acquiring a

An Uplifting Moment cont. Pg. 10



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DID YOU KNOW?

by Casey Reekie



January 7 is St. Distaff's Day? This "Rock Day" (rock being an archaic name for a distaff) was the day after the Christmas holidays and of return to work:

Traditionally the women went back to domestic duties and the men to the fields. There was often a banquet the night before to celebrate the last day of Christmas the Epiphany. The banquet queen was called Bessy (God's promise, God is my oath). She had to be beautiful, sexy, quiet and very smart. Men would go door to door with a makeshift plow decorated and beg for money for the event.

BIBLE TRIVIA
by Wilson Casey

1. Is the book of Malachi in the Old or New Testament or neither?
2. Which king was stricken with leprosy because he disobeyed God's command and burned incense on a holy altar? *Uzziah, Solomon, Joab, Petra*
3. Who was the first woman to be ashamed of her lack of clothing? *Eve, Anna, Pilate's wife, Miriam*

4. From 1 Kings 19, what prophet experienced an earthquake while standing on a mountaintop? *Paul, Ahab, Andrew, Elijah*
5. Where did Jesus raise Lazarus from the dead? *Sinai, Bethany, Tarsus, Smyrna*
6. In Acts 9, what dressmaker was restored to life by Peter's prayers? *Naomi, Priscilla, Lydia, Dorcas*

ANSWERS

Now available by Wilson Casey! 2017 Bible Trivia box calendar, loaded with daily teasers.
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You are invited to a
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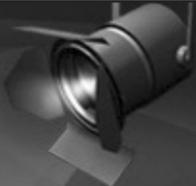
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Visit the website: www.spendsmart.extension.iastate.edu today to connect with us through our blog, Facebook, Twitter, or Pinterest. Here's one of our delicious recipes:

Minestone Soup:

Serving Size: 1 cup
Serves: 8

Ingredients:

- 2 teaspoons oil (canola or vegetable)

- 1 onion, chopped
- 2 or 3 large garlic cloves, minced, or 1/2 teaspoon garlic powder
- 2 cans (14.5 ounces) low sodium chicken broth
- 1 can (16 ounces) stewed or diced tomatoes
- 1 can (16 ounces) kidney beans (drained and rinsed)
- 1 package (10 ounces) frozen vegetables
- 1 teaspoon dried basil, oregano or Italian seasoning
- 1/2 cup uncooked pasta (such as rotini, macaroni, or small shells)

Instructions:

1. Heat oil in a large saucepan. Sauté onion and garlic. If using garlic powder, add with seasonings.
2. Add broth, tomatoes, beans, vegetables, and seasonings. Stir to mix.
3. Bring to boil over medium heat.
4. Stir in pasta. Reduce heat to medium low. Simmer about 20 minutes until the pasta is tender.

Nutrition information per serving: 150 calories, 2.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 260mg sodium, 26g carbohydrate, 5g fiber, 5g sugar, 8g protein

If you have further questions about nutrition, health, or food safety, you can speak directly with a Home Economist by calling the **toll-free ISU AnswerLine**. It is staffed Monday-Friday from 9 am-noon and 1-4 pm.

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How Does Your Pet Handle the Cold?

DEAR PAW'S CORNER:

The other day, I watched a neighbor walk her small Pug on an icy sidewalk in 19-degree weather. Her dog wore a sweater but had no protection for its paws, and it was limping onto the pavement and then off onto the crusted snowpack to find somewhere to "go."

Even though she was taking her dog out for only a few minutes, the conditions were very uncomfortable and maybe even painful for the dog. Can you tell your readers to be aware of the outdoor conditions and only let their pets out if they're capable of handling the weather? Not all dogs are the same, and they don't necessarily "get used to it" when

it's extremely cold or hot. — *Sid P., Lowell, Massachusetts*

DEAR SID: That is a very good point! Even with a protective sweater or vest and booties, conditions can just be too extreme for your pet. And that definition of "too extreme" can vary for each of your pets. A large dog may handle cold weather much better, for much longer, than a small or even medium-size dog.

How can you tell what a dog can handle? First, some breeds are known for their tolerance to cold — or lack thereof. A Dachsund has very low tolerance and may quickly get ill, while a Bernese mountain dog thrives in cold, snowy landscapes. Second, each dog has its own level of tolerance, regardless of breed. Owners must protect their pets from the cold, observe their behavior when they go out (do they whimper, shiver or limp?) and respond immediately. For small dogs with tiny paws and low cold tolerance, invest in pee pads to use on chilly days.

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

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Pointers On Pets

Calming Aid

(NAPS)—Just like us, our pets can experience stress; stress can be caused by fear, excitement and anxiety. There is a solution to help your pets manage stressful situations naturally. NaturVet Quiet Moments is veterinarian formulated and recommended to support the nervous system in reducing stress and tension while promoting rest and relaxation. Quiet Moments' unique blend of thiamine and L-tryptophan helps reduce stress and tension. Ginger supports sensitive stomachs, which is especially important when traveling, while melatonin helps to promote rest and relaxation.



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Quiet Moments is a natural solution to a calmer, stress-free pet. It's available in time-release chewable tablets for dogs and tasty soft chews for dogs and cats. NaturVet is manufactured by Garmon Corp., in Temecula, Calif., U.S.A.

For more information on Quiet Moments and special offers, please visit www.NaturVet.com or call (888) 628-8783.



Come Chat With Me
by S. E. Persinger

I grew up in Minneapolis, Minnesota, but moved to Kansas, at the age of 15, and then settled in Iowa, at the age of 27. I am now in my "mature" years and have loved living most of my life in this beautiful state of Iowa.

I like to think of myself as a snowflake that traveled from state to state. Actually, while a child in Minnesota, my snow days always included ice skating and sledding. And I remember skating on an icy pond surrounded by piles of white snow. And the image of my siblings and me sliding down a slick hill on a toboggan is forever sealed in my happy childhood memories. Incidentally, our mother did not want her youngest children to ride on the toboggan. She said it was difficult to steer a toboggan. The older kids would take us for a ride anyway. Yes, it was dangerous, but kids will be kids!

And then, while living in Kansas, my snow image was of shoveling snow and

experiencing the snow days when the kids were excused from school because of the snow. It seems to me that the weather in Kansas was a shock to my system. It was fridge weather. But the summers were hot and sticky. It was also humid and we sweated a lot during the summer months. It didn't seem to bother the children, but I baked!

Ironically, each state I lived in seemed to have its own weather pattern, but I believe Minnesota is one of the coldest states I ever lived in. Of course, it isn't as cold as the winters in Taiga, Manitoba. A harsh winter there can have a temperature of below -53 degrees. But, the average temp, is -19 degrees. Minnesota is as far north as I ever want to be.

I am now an official snowflake honoree, and I feel a kinship to the beautiful transparent ice crystals that fall from the winter sky. Of course, we are all unique and each of us has our own six-sided, hexagonal shape. Therefore, we are all part of the scenery painted by God's heavenly brush, dipped in the freshly fallen snow on a wintry day. Imagine that? We are snowflakes.

To see the Earth as we now see it, small and beautiful in that eternal silence where it floats, is to see ourselves as riders on the Earth together, brothers on that bright loveliness in the unending night.
—Archibald MacLeish

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Caring For Someone With Cancer?



When someone you care for has cancer, knowing a few facts can help both of you feel better.

(NAPS)—If you're caring for a loved one with cancer, it can often feel overwhelming, confusing and sometimes daunting. In fact, recent research has shown many people caring for someone with cancer experience depression and anxiety. One survey also found that family caregivers can spend over eight hours per day providing care and that as this time increases, caregivers are spending less time on their own health, such as by not getting enough sleep and exercise.

Caring for someone with cancer, however, can be a rewarding experience—especially if caregivers are prepared with their own

support system, information and resources.

The American Society of Clinical Oncology (ASCO), an organization that represents the world's premier cancer doctors, recognizes the important role caregivers play. It is important for cancer doctors to work with patients' caregivers to ensure they feel well supported and informed, and that they remember to take care of their own health and well-being. Caregivers perform critical tasks such as giving medication, providing transportation to and from appointments, managing household duties, and supporting the patient emotionally.

UnityPoint Health Finley Hospital January 2017 Events

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

Cancer Survivors Support Group. Tuesday, January 3, 12 p.m. Finley's Wendt Regional Cancer Center. The Cancer Survivors Support Group is a mutual support organization that brings together those persons affected by cancer so they may help each other learn to live life in a positive and meaningful manner. Feel free to bring your lunch or purchase lunch in our cafeteria. For more information call Wendt Regional Cancer Center (563) 589-2468.

Dubuque & Tri-States Head and Neck Cancer Support Group. Thursday, January 26, 3-4 p.m. Finley's Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

Grandparents Class. Monday, January 23, 7-9 p.m. Delhi Medical Center, 3rd 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.

Pre-Diabetes Online Program. This is an online "live" pre-diabetes programming brought to you by UnityPoint Health Diabetes Educators, so you can connect wherever you are - whether it is at home, work, or traveling! The class is a two-part class for those with pre-diabetes to learn more about the condition and to assist you in making long-term lifestyle changes. The video conferencing class can be accessed on any type of device that connects to the internet, such as your tablet or computer. For more information, call (563) 589-4899.

An Uplifting Moment from Pg. 7

really wonderful house, having great sex, accumulating more money, keeping up with the latest clothing styles, or any of the myriad of things that capture our hearts during a lifetime. I came alongside them as their pastor to talk with them and pray with them about what was to many of them the most important of all subjects, the Lord, His love for them, His willingness to graciously forgive them, and His desire to have them spend eternity with Him. Yes, life takes on a very narrow focus near the end.

I'm not trying to be morbid; far from it. It's just that when you have a pretty good idea of how things are going to be at the end of this life, take that into account, and respond

appropriately, then you're really able to live life to the full up to that point. Only when we're prepared to die are we in a position to really live!

There are a great many facets to life that interest us, challenge us, or that are important for living in this real world. In and through it all, however, it's good to hold to eternity's perspective. We live best when we live with the end in mind!

"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also." (Matthew 6:19-21)

Cancer.Net—ASCO's free patient information website—offers tips, downloadable materials, and other resources to help caregivers. Here are some top tips for family caregivers:

- **Remember, caregiving is a team effort.** Connect with other family members and friends, as well as the patient's health care team, to get help and divide tasks.

- **Be a problem solver.** Identify problems, find out what is needed and follow through with a solution.

- **Recognize your personal strengths and weaknesses** in deciding what to do yourself and what tasks to get help with.

- **Talk about your concerns** with your loved one

and his/her doctors and other members of the cancer care team.

- **Seek out information and guidance.** There are many resources on the Internet and locally to help support family caregivers.

- **Make sure to take time for yourself.** Taking care of your own emotional and physical health will make you a more effective caregiver.

"Caregivers are valuable partners in caring for patients," said ASCO cancer expert Andrew Epstein, M.D. "Ensuring that caregivers are well supported should be an essential component of high-quality cancer care."

For more information and free resources on caring for a loved one with cancer, visit www.Cancer.Net/Caregiving.

For Affordable Ad Rates, Call: 563-845-7586



Moments in time

THE HISTORY CHANNEL

• On **Jan. 8, 1877**, Crazy Horse and his warriors lose their final battle against the U.S. Cavalry in Montana. The Indians were resisting the U.S. government's efforts to force them back to their reservations.

• On **Jan. 6, 1925**, auto industry maverick John DeLorean is born. The DeLorean Motor Company produced just one model, a sports car with gull-wing doors that opened upward, in the early 1980s. Some 9,000 DMC-12s were produced before the company went bankrupt.

• On **Jan. 5, 1949**, President Harry Truman announces in his State of the Union address that every American has a right to expect from our government a "fair deal," including national health insurance, public housing, civil-rights legislation and federal aid to education. To some, the Fair Deal smacked of socialism.

• On **Jan. 1, 1959**, a popular revolution led by Fidel Castro quickly takes over Cuba. After Castro nationalized American-owned property and allied

himself with the Soviets, the U.S. severed diplomatic and economic ties, and enacted a trade and travel embargo.

• On **Jan. 7, 1959**, just six days after the fall of the Batista dictatorship in Cuba, U.S. officials recognize Fidel Castro's new provisional government. Relations between Cuba and the U.S. deteriorated almost immediately.

• On **Jan. 4, 1965**, in his State of the Union address to Congress, President Lyndon Johnson lays out legislation needed to achieve his plan for a Great Society. The address heralded the creation of Medicare/Medicaid, Head Start, the Voting Rights Act, Civil Rights Act, Department of Housing and Urban Development and Economic Opportunity Act.

• On **Jan. 2, 1971**, 66 soccer fans are killed in a stampede at a stadium in Scotland as they attempt to leave a game. The crush of spectators on the stairways led to tragedy.

• On **Jan. 3, 1999**, after three days of high winds and heavy snow that killed more than 100 people, the Great Lakes region begins digging out from one of the worst blizzards on record. Chicago's O'Hare Airport had to shut down, stranding 200,000 people for as much as four days.

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You can use this online tool to find out if you can continue to receive your Social Security benefits if you are outside the United States or are planning to go outside the United States at www.socialsecurity.gov/international/payments_outsideUS.html.

This tool will help you find out if your retirement, disability, or survivor's payments will continue as long as you are eligible, stop after six consecutive calendar months, or if certain country-specific restrictions apply.

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You can also read the publication titled *Your Payments While You Are Outside the United States* at www.socialsecurity.gov/pubs. Securing today and tomorrow is our priority, no matter where you might be living.



Pam Shaw,
Social Security District Manager,
Dubuque, Iowa



With the new year comes new changes

Monthly Social Security and Supplemental Security Income (SSI) benefits will see a slight increase in 2017.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more because of the increase in the taxable maximum.

Thresholds for benefits will change slightly next year including the Substantial Gainful Activity (SGA), SSI Federal Payment Standard, and SSI Student Exclusion.



Information about Medicare changes for 2017 are available at www.Medicare.gov. For some beneficiaries, their Social Security increase may be partially or completely offset by increases in Medicare premiums.

The Social Security Act provides for how the Cost of Living Adjustment is calculated. To read more, please visit www.socialsecurity.gov/cola.

Learn more about the resulting changes at our factsheet on the subject: www.socialsecurity.gov/news/press/factsheets/colafacts2017.pdf.



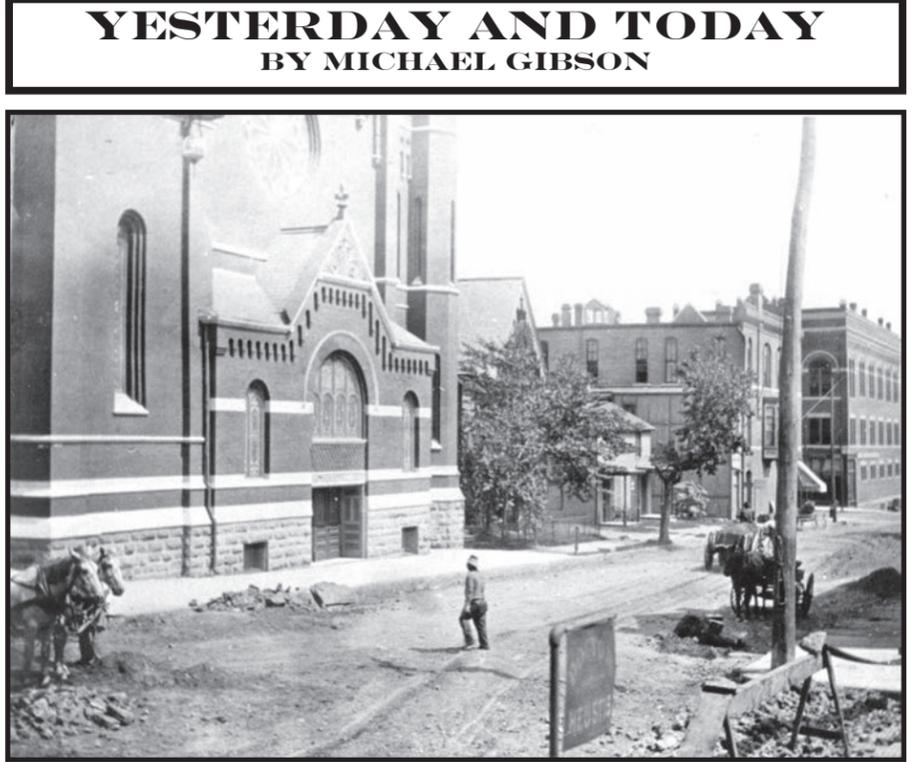
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This ca.1900 photo, at 10th & Locust, shows street construction with the First Congregational Church in the background. The cornerstone was laid in 1856, but the sanctuary was not completed until 1860. The small sign in the foreground reads "Doctor Heustis" a prominent physician, but it must be an advertisement because he never lived on Locust Street and his office was in the B & I Building. (Courtesy of the Loras College Center for Dubuque History, OHE p.64 Neg. 5735).

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Yesterday & Today cont. Pg. 13

Sunset Park Place from Pg. 1
 community is running a special, make sure you understand that 'low' cost. Sometimes not all costs are factored in or after the first year that great looking 'low rate' increases dramatically. Also ask about fees such as a lifestyle fee, a fee for push to call pendants, cable TV and phone. Also ask about the lease policy, especially how much notice needs to be given if you leave, need a higher level of care, or pass away. See what social and recreational activities are available and do they fit your needs. Food is also important, so ask about menus, what's available, do residents have input and are special dietary needs accommodated?
 After you take the tour, remember this is a big commitment, and if you feel good about moving in, go for it, make the deposit and set the date to move-in. I would suggest visiting a couple of communities to make sure it is a right fit. If the move-in is in the distant future – you should still consider getting on a 'wait list' to be sure you are on a radar screen for a community, and possibly participate in some of their activities before moving in.
 Overall – change your address, not your life and enjoy!

32ND ANNUAL

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Yesterday & Today from Pg. 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.



The brick pavers in the street have been replaced with asphalt. In 1972 an educational wing was added to the east side on the site of the home of Martha Baker. She was a charter member of the Y.W.C.A. and founder of the Visiting Nurses Association. The rose circular window above the entrance is thirteen feet in diameter—the largest window of its kind in the city. (Photo by Terry Grant).

Mt. Calvary Cemetery Assn.



Mt. Calvary Cemetery Association would like to thank the Dubuque Racing Association for a \$3,440 grant toward the upgrade and replacement of our computers and printers. This upgraded equipment will allow us to better serve our visitors. Thank You.

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1. Which band released "Mississippi Queen"?
2. Who wrote Three Dog Night's hit "One"?
3. Eddie Brigati and Felix Cavaliere started which group?
4. Who had a hit with the single "Kentucky Rain"?
5. Name the song that contains this lyric: "Clocks strikes upon the hour, And the sun begins to fade, Still enough time to figure out, How to chase my blues away."

Answers

1. Mountain, in 1970, on their debut album. The group was

heavily influenced by the British blues-rock band Cream.
 2. Harry Nilsson, of "Everybody's Talkin'" fame, in 1969. Legend says Nilsson got the idea while listening to a phone's busy signal and used that as the intro in the song.
 3. The Young Rascals. Their first appearance on TV was in 1965 on Hullabaloo, promoting their single "I Ain't Gonna Eat Out My Heart Anymore."
 4. Elvis Presley, in 1970. It was penned by songwriter Eddie Rabbit, who then launched his own recording career.
 5. "I Wanna Dance With Somebody (Who Loves Me)," by Whitney Houston in 1987. The song took Best Female Pop Vocal Performance at the Grammys and topped charts around the world, despite mixed reviews from critics.

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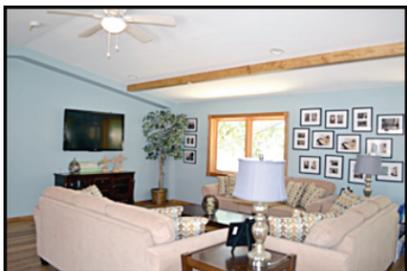


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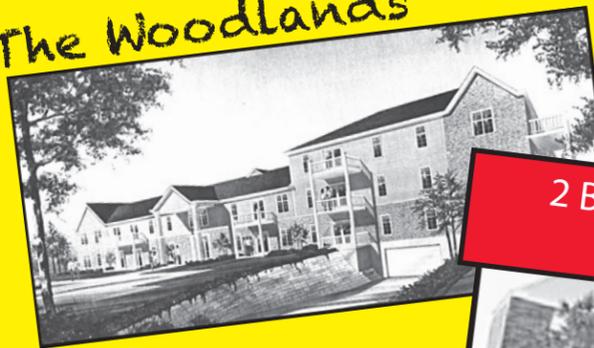
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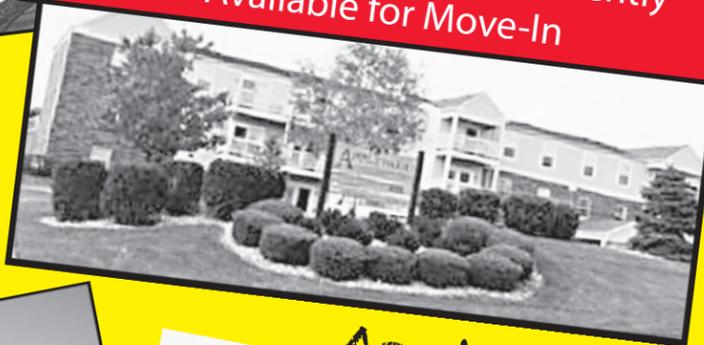
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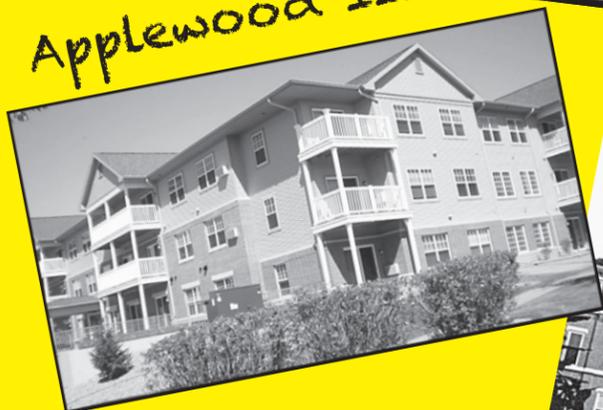


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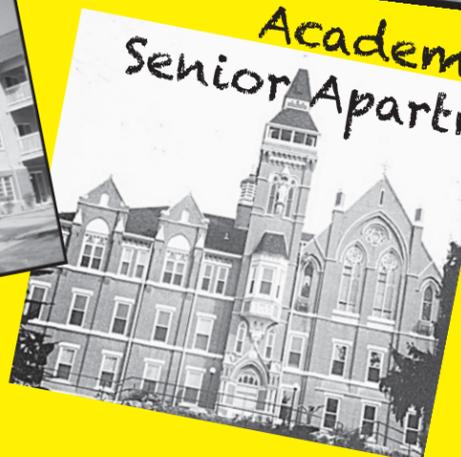
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Iowa Department of Transportation

Tammy Adrian

Winter Driving Tips

It's well known that weather related crashes will peak during the first part of poor driving conditions, but decrease as the winter wears on. That means we need to re-learn those winter driving skills each and every year.

With our mild fall and depending on which area of the state you reside, those winter skills had a later than normal 'dusting off.' When poor weather strikes the following are a few tips for sharing the roadway with snowplows.

Winter Driving Tips when Meeting or Overtaking a Snowplow

- When overtaking a snowplow, be aware that snowplows often travel only 25-35 mph. When you spot a snowplow ahead, slow down to allow for any difference in speed.

- Snowplows may need to stop or take evasive action to avoid stranded vehicles. Maintain a safe following distance and be prepared to stop, if necessary.

- Be cautious if you see an area of blowing snow- it could conceal a snowplow.

- If you must pass a

snowplow, be sure that you have clear vision ahead before passing. Allow plenty of room when passing a snowplow, and don't cut in too quickly. The blade extends several feet in front of the truck. On two lane roads, operators will pull over periodically to let following vehicles pass.

- On multi-lane roads, watch for plows operating in the left lane.

- Don't travel beside a snowplow. When encountering a large drift or packed snow, the impact can move the truck sideways.

- Don't attempt to pass a

snowplow when visibility is severely reduced.

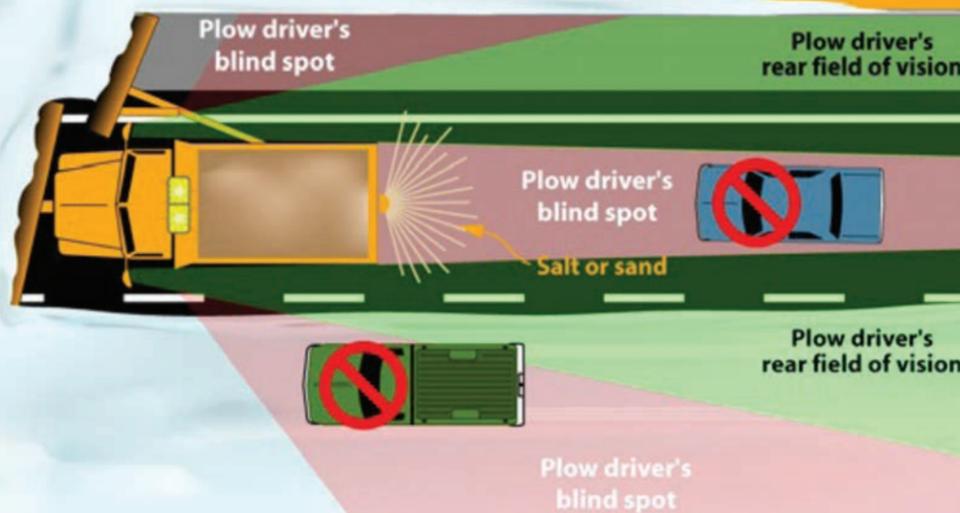
- Never pass a snowplow on the right. Many snowplows are equipped with a blade that extends to the right. This "wingblade" may be hidden by snow and difficult to see.

- Move as far away from the centerline of the pavement as you safely can when meeting a snow plow on a two-lane road.

- When two or more snowplows are working together to clear a multi-lane road, do not attempt to pass.

Use caution when approaching a snowplow. Snowplows typically operate at 25-35 mph.

Never pass on the shoulder side of a plow. Plows will move snow to the shoulders.



Don't assume plow drivers see you. Their fields of vision are limited.

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Caring For A Loved One

Coping With Caregiving Roles— Tips From Leeza Gibbons

(NAPS)—There are more than 34 million informal caregivers today, according to the U.S. Centers for Disease Control and Prevention. Caring for loved ones can be one of the most important things you do but often caregivers face incredible pressures as they help ensure their loved one is safe and aging well at home, while simultaneously maintaining their own day-to-day life.



Talk show host Leeza Gibbons and her father Carlos

It's normal that caregivers feel this pressure, emotionally, financially and physically. As a caregiver herself, American talk show host Leeza Gibbons understands the roller coaster of emotions involved—feeling angry, frustrated, exhausted, alone or sad, while also feeling fulfilled about your role helping them age healthy and happy.

Being a caregiver can be an isolating experience and it's hard to know where to turn. To help other caregivers cope with this unique and important role, Gibbons, who is a caregiver for her father Carlos, has the following tips:

Tip #1 Take your oxygen first: Caregivers are nurturers but if you really want to nurture someone, you have to fill yourself up first...mind, body, soul and spirit. That's the first way to give love to your loved one. When you feel better and are mentally stronger as the caregiver, you can go the distance and your loved one will also benefit from the positive change.

Tip #2 Talk as a family: To keep everyone on the same

page and ensure everyone's voice is heard, set up time for a family "check in." This could be a family dinner or monthly video conference, where family members come together to talk through important topics and emotions top of mind with everyone. This also serves as an open environment to make everyone's voice count. You may not all agree but it's a time to go from conflict to consensus.

Tip #3 Incorporate technology into your caregiving: There are solutions available right now—and they're getting better every day—that can support your role as caregiver. In addition, these solutions can help engage your loved ones to help improve their overall quality of life and independence. One solution is a medical alert service. Have a conversation about how this service can benefit both of you, as it will give you peace of mind knowing your loved one will have access to help, even if you're not there.

Learn More

For further information about caregiving, visit www.lifeline.philips.com/caregiver.



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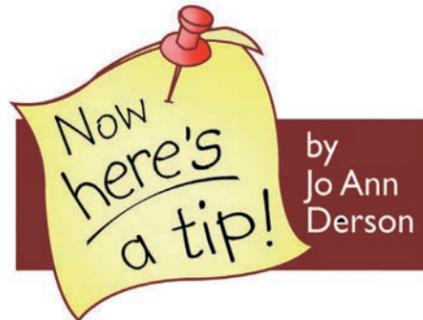
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• Create your own “on this day in history” calendar, just for your family. Purchase a large wall calendar each year dedicated to memories. Start with just listing birthdays. Then you can document things that happen throughout the year. Maybe someone bought a new car, or lost a tooth. Write down visitors to your home and vacations. Then at the end of the year, transfer them to a new calendar, noting what year something happened. As the years progress, you’ll have a wonderful reminiscing calendar!

• Use a pot rack, sold in the kitchen-supply section of department stores, to organize clutches and large wallets. —**J.D. in Nevada**

• When you’re shopping, remember to do the math.

Bigger isn’t always a better deal in terms of cost per unit. Make sure by dividing the price by unit (ounces, pounds or pieces) to see how much you are paying. Sometimes, the bulk size represents a significant saving, but other times, it’s MORE expensive.

• “I keep my decorations organized using recycled household materials. I save tissue boxes to hold garland, and I wrap stringed lights around the core of a paper towel roll. Clean styrofoam takeout containers can hold ornaments, and material items, like tree skirts, stay folded but unmusty when kept in a net bag.” —**H.R. in Washington**

• “If your suitcase is just plain black — and it seems like they all are — make it stand out at baggage claim. I put a bumper sticker from a band I like on mine. My cousins use yarn pompoms. My kids like the patterned duct tape you can buy. Personalize, and it’s easy to spot yours.” —**M.M. in Florida**

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

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Passion and Purpose

by Laura Nissen, Luther Manor Communities



Larry Zettel

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 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.

Larry Zettel is such an engaged retiree who enjoys helping seniors with their important health care decisions. Larry was first exposed to

the choices of Medicare when he enrolled himself as he retired from Loras College as a Mathematics and Computer Science professor. He completed his own research and the more he researched the more he learned. He compared his findings with those of friends and siblings and validated his choices. And, as it turned out Larry had a natural competency for maneuvering through these choices.

It was shortly after that process where he decided to look into assisting others and joined SHIIP as a volunteer counselor. SHIIP stands for Senior Health Insurance Information Program. As you may know, it helps Iowans by offering guidance to seniors so they can make informed healthcare choices regarding Medicare. It is a free and confidential

Passion and Purpose cont. Pg. 20



From The Batt Cave
Al Batt
<http://albatt.com/>
 Author of "A Life Gone to the Birds"

71622 325 St., Hartland, MN 56042

Notes from a life coated in coats

"Some mornings are cold enough that I have to put on a light jacket."

On our coldest days, we who winter in the north hear that from callers who winter in the south.

Climatologists have determined that no outerwear will ever be appropriate for the weather.

When my parents talked to an aunt and uncle about taking me in if anything should have happened to my parents, I listened to their kitchen table conversation by putting my ear to the heat register in the floor of my bedroom above the kitchen.

"What is in this hotdish?" my uncle asked. Most discussions in my family began with food.

"What isn't?" my mother replied.

"If anything happens to us, we'd like you to take care of little Allen," my father said.

"OK," said my aunt. "But please eat healthy and drive carefully. Please!"

Anyway, in those days, I wore hand-me-down coats and thought nothing of it. I was happy to have protection from the elements. Being warm was a grand emotional display back then. In those dark days, men weren't on speaking terms with their emotions, but we had more coats than throw pillows.

Then I grew taller than anyone else in my family, so I wore new coats. They didn't make me happier than wearing used coats. I was just pleased to be warm in the winter. I have seasonal allergies to frostbite.

The coats did their jobs, nothing more. The only time I felt as warm as toast or as snug as a bug in the rug is when I was in the house and seated near the wood stove, although the dairy barn filled with hay-chewing bovines offered a pleasant shelter from the cold.

My mother found a winter ensemble for me—coat, hat and mittens—coated in plastic. It worked well except when the temperature got below zero. Then I turned into a stiff and grounded Thanksgiving parade balloon.

I don't always wear a coat when I should, but whenever I catch a cold, my tongue is coated.

In college, I bought a long coat at a Salvation Army store. I didn't understand fashion and had no clue about vague concepts such as color coordination, but I figured that long coats saved wear and tear on pants. I've always been more interested in utility than style.

That's why several times a week, as I walk to the door to leave the house, my wife says, "You're not going out looking like that, are you?"

"No," I lie. "I'm just wearing this to make sure you're paying attention."

Querencia has been defined as the part of a bullfighting ring where a wounded bull takes its stand. As a boy, I thought of a querencia as the place a cow returned to after she'd gotten out of a pasture. It's a place where one feels secure.

I've a number of places that I think of as a querencia. On days that I've worked alongside a gelid lake or river, I'm thankful for a good winter coat. I've walked a breakwater on Lake Superior in January. A warm coat was my querencia.



Photo by Gail Batt

A friend in Alaska posed me in a bear coat from the 1920s. I donned a hat of marten, moose hide gloves and held an elderly Springfield rifle. The coat was warm, but great googly moogly, it felt as heavy as lead socks. I shuffled around as if I were carrying a bear. Photos were taken here and there. The wielders of cameras were doing a documentary on how the world is made up of protons, neutrons, electrons and morons. The coat I'd worn to Alaska weighed less than the sleeve of that ancient garment.

I have the nicest coat I've ever owned. It's lightweight and warm. It fills little space. The bulkiness of many winter coats causes me to whimper. The only thing I could hold against it was that it had only two pockets. The sad thing is that my coat has a rip in it. Every coat I've ever owned gets one sooner or later. This one got it sooner than later. It involved an encounter with a sharp rock made slippery by rain.

A tear in a new coat is similar to the first dent in a new car.

Such things cause one to mutter, "I can't have anything nice."

I'll be all right.

Things have gotten better. I had no duct tape, so I put a Band-Aid over the coat's wound.

The sad violins have stopped playing.

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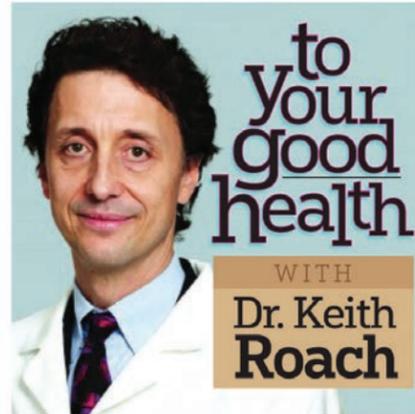
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Chronic Urticaria: The Non-Stop Itch

DEAR DR. ROACH: For the past year, I have had hives on and off again, with the hives being more prominent in the morning than in the evening. I have been told by a dermatologist that it is a viral infection and that topical creams, antihistamines and/or steroids would only mask the virus — it would still be in my bloodstream.

Are there other causes of hives that could be causing or exacerbating the problem? I do not know the exact cause of the hives, and they really don't itch too much — they are just unsightly. How long can a viral infection with hives take to clear up? Is there anything I can do to help speed along recovery? Can it be heat-related, as in the warmer months they tend to come out more than in the winter?

I get differing diagnoses from various doctors, some saying I shouldn't go swimming or go outside in the sun, and others saying to go about my normal routines. I just wish I knew the exact cause. I would be grateful for any advice or insight on the topic of hives. — *Anon.*

ANSWER: "Chronic urticaria" is the medical term for what you are describing, if you have hives most days of the week for six or more weeks. The rash is raised, usually round or ring-shaped, and can

vary in size. They tend to be very itchy (you are lucky that way), and each lesion comes and goes within 24 hours. Chronic urticaria is common, occurs more often in women, and can appear on any part of the body. Sunlight and heat can be triggers for some people, whereas cold is a trigger for others. Diet usually is not a factor in chronic urticaria.

There are many theories, but nobody is sure, so I can't tell you the exact cause. It probably is not due to viruses, but hepatitis A and hepatitis C have been suggested, though there is conflicting data. We don't know what causes it, but since the itchiness can be very uncomfortable, even severe in some cases, I think treatment, even though it may "mask" the underlying cause, is still helpful, and antihistamines are the mainstay of treatment. I tend to prefer cetirizine (Zyrtec), since it is effective (both for itchiness and in helping clear the hives), usually doesn't cause sedation and is very inexpensive as a generic. It may take two to five years, but chronic urticaria usually does go away eventually.

DEAR DR. ROACH: I haven't had to shave my legs for a few years, because I never get growth anymore. My doctor said it may be from hormones. I'm 78. Could that be the reason? — *C.K.*

ANSWER: Lack of hair can result from several reasons, including hormonal changes, but also from "poor circulation" — specifically, peripheral artery disease. Unrecognized peripheral artery disease is important, since it predicts increased risk of heart disease and stroke. A physical exam is sometimes enough to make the diagnosis; however, if your doctor's suspicion is high, he

To Your Good Health cont. P. 21

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by Matilda Charles

What Your Shoes Can Tell You

When is the last time you looked at the bottom of your shoes? If it's been more than a year, you might be surprised. You could discover uneven wear or spots that are nearly worn through. Both of those can cause balance problems and lead to slips or falls.

The fix, however, isn't as simple as going out to buy another pair of whatever you're currently wearing. If, like some of us, you haven't bought new shoes in many years, you'll be surprised at how your feet have changed and what's available now.

If you have any problems with your feet or don't know what type of shoe to buy, your first step should be to ask your doctor for a referral to

a podiatrist. There, you'll be examined and have a shoe type suggested.

If you have your doctor or podiatrist recommend a shoe type, you'll know that you're getting something that will help, as opposed to hurt you. At the same time, there are shoes that Medicare may pay for if you have diabetes. If it turns out that you need a little arch support, a podiatrist will be able to advise you on what will work best.

One walking shoe that comes to mind is the New Balance 577. It comes in all sizes and three widths. Not only are they a popular walking shoe for all ages, but they come with both laces and tab closures.

When you go to buy shoes, shop at a regular shoe store where trained clerks will know how to measure and fit you for the right shoe. This is not the time to try to grab a bargain at a big-box store.

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The Motivo Tour Will Change The Way You Get Around



Many Americans have discovered a new assistive device that lets them walk with comfort, safety and dignity.

(NAPS)—Inspired by their own family members, two industrial designers set out to advance a product that has seen little innovation since its use in hospitals in World War II. What they achieved is the reinvention of the walker, the Motivo Tour.

The Motivo Tour features revolutionary technology that provides users greater independence for a more active life, and a sense of pride and dignity.

The Tour's patented design allows users to walk inside and upright as opposed to behind it and hunched over. This creates less fatigue, better posture and greater stability—and the inside position puts the user much closer to cabinets, drawers, shelves and counters

without having to reach over their walker.

Beyond the ergonomic benefits, the Tour includes first-in-class convenience features like an innovative stow-away padded seat, an easily accessible storage compartment that does not have to be emptied or removed when folded for transport, multiple cup holders and a convenient tray.

The contemporary design and automotive-inspired styling leave behind the stigmatizing, cold medical look that's associated with traditional walkers. A rich color palette and interchangeable graphics packages allow you to make the Tour your own—something never before seen in the world of mobility aids.

"The Tour was inspired by




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our parents and grandparents, who struggled with the decades-old design of existing walkers," said Jennifer Harris, who, along with Jeremy Knopow, founded Motivo, bringing together over 40 years of product design and development experience.

"We wanted our parents, and anyone else who needs a little extra help getting around, to have a better option," said Knopow. "One that gives them greater independence and didn't make them feel like a medical patient."

In addition to being loaded with convenience features, the Tour is made of lightweight and ultradurable materials for superior quality. It folds

compactly for easy travel, and the integrated storage compartment means users won't have to remove their belongings every time they fold their walker, as with traditional wheeled walkers.

"The best reward will be seeing people who, despite needing a walker, feel good about using the Tour because it makes their lives easier, safer and more independent," said Harris.

Manufactured and designed in the U.S.A., the Motivo Tour is now available for purchase at Motivo's website, www.motivolife.com, and at select home medical device dealers across the country.

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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.

Auctioneer

At the age of ten, my brother, John, was permitted to attend an auction sale a neighbor was having.

The auctioneer stood on a hayrack and sold items brought from both sides. John decided to demonstrate his skill at being an auctioneer. He stood on a chicken coup that was high enough for him to auction from. He stood up straight crying for bids on anything in sight, such as a rooster or hen, or any animal. He knocked them down with a slap of a hammer on the chicken coup declaring, "SOLD."

I was the clerk recording the sales. Finally we switched jobs. I was now the auctioneer. The chicken coup was slanted and with taking bids and calling for bids I lost my balance. I fell down and hit my mouth on a 2x4

plank frozen into the ground. I broke my upper six teeth level with the gums. I cried and went for help. I almost got a slap until my mother decided it was serious as I had blood all over me and no front teeth.

My folks drove nine miles to Zwingle to find the doctor at home. He dug a few roots out (no novacane) and decided the second teeth would force the other roots out before they could come through.

My menu was corn mush, oatmeal, and food softened with warm milk for months.

Lucky me, the second set was not damaged. They came in and have been chewing food well for some ninty years!

I didn't dare complain as I was doing something that I didn't need to do. I knew it all too well!

Strange But True from P. 6

winner War Admiral, and he was grandsire of Seabiscuit, who was Horse of the Year in 1938. In 1966, 37 percent of all stakes winners were descended from Man o' War, and he appears at least 17 times in the bloodline of American Pharoah, the 2015 Triple Crown winner.

- Those who study such things say that hyenas are more closely related to cats than to dogs.

- Those who study spycraft are aware of the many ingenious ways that have been used to pass secret messages. One of the earliest examples occurred in the late 6th century BCE, when Histiaeus, the tyrant of Miletus (in present-day Turkey), shaved the head of his most trusted slave, tattooed a message on

the slave's scalp, and waited for the hair to grow back before dispatching the slave to his son-in-law, Aristagoras, along with instructions to shave the slave's head upon his arrival.

- Police in Saudi Arabia have been instructed to arrest young men wearing tight jeans; the garments are considered to be immodest and un-Islamic.

- The Gottfried Krueger Brewing Company, founded in 1858 and based in Newark, New Jersey, has the distinction of producing the first beer in cans, back in January 1935.

Thought for the Day: "A man is known by the company he keeps. A company is known by the men it keeps." — *Thomas J. Watson*

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WARRIOR POINTE

Warrior Pointe was created to be the rallying point for all veterans who have honorably served this great nation. Whether you served in peacetime, war-time, or are still serving you are welcome at Warrior Pointe

Warrior Pointe is unique as our mission is simple and effective. In recreating the brotherhood we shared while in the service our members act as a safety net, not only for each other but also for those who are lost and searching for that missing connection with their brothers-in-arms, to ensure they do not fall and are not forgotten.

There are no membership fees to join Warrior Pointe. We believe that you, our brothers and sisters, paid your dues when you raised your right hand and swore to serve this nation. Our oath has no expiration date, our enlistment or commission may have ended, but our oath has not. We are the uncommon few that share the common bond of duty, honor, and country.

For our mission to succeed we need Veterans like you to join today. We are here for those in need of support, for those looking to provide support, and for those who are missing that feeling of belonging. Our members have formed a Brotherhood to provide a way for Veterans to stay connected, and it is that connection that can help to stop the loneliness and sense of hopelessness that can cause too many of our Brothers to contemplate the unthinkable.

It is a small thing, to join a local chapter, to meet with other Veterans, to relax with those that have seen the things you've seen, been where you have been, and laugh at the things civilians just don't understand. But to another Veteran it can be lifesaving. There is no minimum time commitment; you and your family come first, when you have a spare moment reach out and connect with the other Vets. When you need us we'll be there for you.

We are Veterans supporting Veterans.

WARRIOR POINTE



THE UNCOMMON FEW

For more information please visit www.warriorpointe.org where you can read more about Warrior Pointe's Mission. You can also join Warrior Pointe from there. If you have any further questions you can contact us through our Facebook page.

Passion and Purpose from Pg. 16 service. In Dubuque, there are knowledgeable volunteers staffed at two locations.

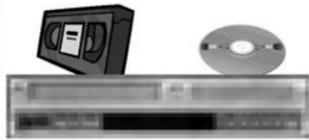
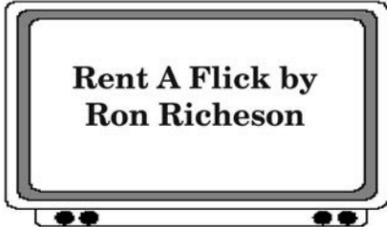
After intensive training at the Des Moines SHIIP office, Larry learned the intricacies of Medicare and learned the language of advising others through the process. Each year, Larry and his colleagues obtain continuing education and expand their knowledge base even further. Larry and his other colleagues are just finishing up their busy season, the Medicare Open Enrollment Period, which is from October 15th each year through December 7th. This year alone the two sites in Dubuque helped over 2000 seniors. Larry also leads "Welcome to Medicare" seminars in which typically 60-70 seniors attend.

If you are interested in receiving guidance from

SHIIP or perhaps joining SHIIP as a volunteer, you can visit the SHIIP web site, www.therightcalliowa.gov or call the Sunset Park Place SHIIP site at **563-583-3384** or the Des Moines office at **1-800-351-4664**.

When I asked Larry why he does this work year after year he tells me that it offers him the opportunity to get out of the house, stay mentally active and it is rewarding to help others. So much so that he also volunteers with AARP Tax Aide from February 1st through April 15th. During that time he helps senior citizens prepare their tax returns. If you are interested in this service, please call **1-888-687-2277**.

What gift do you have that you can offer to others? As Larry indicates, it is very rewarding work and is enjoyable as well.



Save the Last Dance

I have lost count of how many times I have watched 2001's *Save the Last Dance*, I enjoy it that much. Perhaps it is the film's follow-your-dream theme or perhaps it is the clever juxtaposition of ballet and hip-hop that I find so fascinating.

Julia Stiles plays Sara, an inspiring ballerina who is auditioning for Julliard. What she doesn't know is that her mother, frantically trying to get to the audition in time to see her daughter dance, is killed in a traffic accident. This leaves high schooler Sara with only one option, and she travels via train to inner city Chicago to live with her musician dad.

Sara is one of the few white

girls at her new school, and instead of an emphasis on ballet, the emphasis there is on hip-hop. Sara is befriended by classmate Chenille, and later begins an interracial romance with Chenille's brother Derek, played by Sean Patrick Thomas. Although he has had some run-ins with the law in the past, Derek has his head straight and has been accepted into Georgetown's pre-med program.

The highlight of the film, at least for me, is watching Derek teaching Sara the ins and outs of hip-hop. Hip-hop is much more than catchy dance steps. It's also an attitude, and Sara's transformation is amazing to watch.

This film is rated PG-13 and is available via Netflix mail order.



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Contract Bridge

by
Steve Becker



FIRST THINGS FIRST

South dealer.
North-South vulnerable.

NORTH

- ♠ 8 7 4
- ♥ K 9 5 2
- ♦ Q J 3
- ♣ Q J 4

WEST

- ♠ Q J 10 5
- ♥ 7 4
- ♦ 10 9 6 5
- ♣ 8 7 2

EAST

- ♠ 9 6 2
- ♥ A Q
- ♦ A 8 4 2
- ♣ 10 6 5 3

SOUTH

- ♠ A K 3
- ♥ J 10 8 6 3
- ♦ K 7
- ♣ A K 9

The bidding:

South	West	North	East
1 ♥	Pass	2 ♥	Pass
4 ♥			

Opening lead — queen of spades.

Whenever declarer is playing a suit contract, he is faced with the questions of whether or not to draw trumps, whether or not to take certain finesses, whether to try to establish a long suit, and so on.

Some or all of these things might have to be done, but the order in which they take place is usually of prime importance. Timing often spells the difference between the success

or failure of a contract.

Take this case where South was in four hearts and West led a spade. He won with the ace and immediately led the jack of trumps and finessed, losing to the queen. Back came a spade to South's king. Eventually, he lost four tricks — a spade, two hearts and a diamond — and went down one.

Declarer failed to make the contract because he did not get his priorities in order. By tackling trumps at once, he in essence pinned all his hopes on limiting himself to one trump loser.

South should have seen that he could afford to lose two heart tricks and still make the contract, provided he escaped the loss of a spade. This could have been achieved by leading the king of diamonds at trick two. After the defense took the ace, dummy's third diamond would provide a parking place for South's spade loser.

Even if the king of diamonds was allowed to win, a diamond continuation would establish dummy's third diamond as a trick. In that case, the jack of clubs would serve as the entry to dummy for the discard.

In most suit contracts, declarer plays trumps at once. But when there is more urgent work to be done, as in this deal, declarer should delay trump extraction until a more propitious time.

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To Your Good Health from P. 18
or she might order a Doppler ultrasound to evaluate the blood flow.

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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—Emily Dickinson

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—Lucille Ball

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**Plant
Talk**
by
Ken Resch




**Poinsettias—they'll
bloom beyond
the holidays!**

Let's dispel the myth that too often causes many a beautiful Poinsettia to be trashed as soon as the holidays are over. They are not poisonous. A study fed a group of rats a lot of poinsettia leaves—must be an acquired taste—and nary a rat got sick. The current estimate is that a fifty-pound child would need to consume 500 of the flower bracts (POISINDEX® Information Service) to get sick which means you'll need about 100-150 plants in the house! That out of the way, let me to suggest that your poinsettia would make a wonderful houseplant through the winter—I once had one blooming nicely for Valentine's Day—then a fine garden plant through the summer, and then a wonderful blooming plant for the 2017 holidays. So be bold and try your hand at growing a Poinsettia and fight against out throw away culture!

Look over your holiday Poinsettia and see that the majority of the leaves (read:

99%) are deep green and turgid (meaning stiff, not limp) and that few leaves are yellowed and wilted. There is little point trying to save a plant not in excellent condition.

Now, you **can** successfully keep your poinsettia in bloom following a few simple steps. 1) Keep the soil moist; never allow it to dry out, 2) give the plant six or more hours of indirect, bright, natural light, 3) maintain day temperatures of 65 to 70 and at night 60 to 65 degrees, 4) apply a balanced house plant fertilizer every month as directed on the package, and maintain vigor by removing damaged or diseased leaves.

The flower bracts may stay for a very long time—I once maintained the red bracts on a poinsettia until early June—but as they fade they should be removed, including a portion of the stem. You can do this cutting back all the way up until July depending on how big you want the plant next holiday season. Just be sure to always leave three to five leaves on each stem. Once weather is stable, repot to the next larger pot, use new soil mixed with peat and perlite (so it's light and well-drained) and move the plant outdoors—I plunge mine into the soil in a bright southern exposure. Apply a slow release fertilizer to the soil surface. Pinch every six weeks up until late August for shape. Do not pinch any later than this and make certain you heed the following rules about darkness

Poinsettias are short-day plants much like hardy mums. Both set buds and produce flowers as the autumn nights lengthen, blooming naturally during October-November (mums) or December for poinsettias. To flower and develop colored bracts, a poinsettia must receive as much sunshine as possible during the day but starting October 1st, it also needs at least fourteen hours of uninterrupted darkness each night at temperatures between 60 and 70 degrees. Stray light of any kind (street lights, pool lights or lamps) could delay or entirely halt the re-flowering process. Place the plant under a wastebasket or box that is **totally** dark. The dark treatment should last until color shows in the bracts (approximately Thanksgiving). Some modern cultivars may show color as much as two weeks before Thanksgiving. Continue fertilizing and watering to encourage good growth. If you follow these rules faithfully, you'll be proud to say next December "I grew this poinsettia!"



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*Whatever you may look like,
marry a man your own age—as your
beauty fades, so will his eyesight.*
—Phyllis Diller

The Green Alley

by Tom Jack, III

For those who are inclined to “google it,” the word “alley” surely will provide some interesting reading. I prefer to use the old-fashioned dictionary, which says the word comes from a root meaning a “walkway;” accordingly, I now have an excuse to postpone shoveling the snow off of it, since our alley is rarely used for walking. The neighbors must have been using their dictionaries as well, because the alley would be ignored except for the dedication of one neighbor: he must not have a dictionary. This story would end at this point if it weren’t for the new Green Alley installed last year on our block, and the memory of a day on another alley which changed my life.

The day was September 19, 1993, my son’s 13th birthday. My wife and I were introduced to Sasha two days previously when he bounded down the steps of his Moscow orphanage, threw his arms around us and said “mama e papa!” No translation was needed to realize his commitment to the relationship, but we were somewhat skeptical, knowing many barriers had to be crossed before we could share his enthusiasm. We soon found a Russian alley to help make this crossing. Sasha wanted to go to his church that birthday Sunday to bid farewell to Alla and Irina, his young Russian “babushkas” who had lovingly taken him under their wings. Friends assured us he knew the way and I was confident in my limited Russian allowing us to use the Metro, so the three of us set off on a journey from the outskirts of Moscow into the shadows surrounding Red Square in search of St. Nicolas Russian Orthodox Church, located near his former orphanage. Upon leaving the subway, it was clear Sasha was lost. Fortunately, we found an English-speaking preacher who explained our plight to a uniformed soldier conveniently waiting on the corner (little did we know the Yeltsin government was preparing for the “second Russian revolution” which was to occur only a few weeks after we left Russia!). The soldier sternly pointed the way to Sasha, who immediately ran the opposite direction down the alley as the soldier turned his back! We gave chase, thinking our errant “son-to-be” was leading us to a “dead end future” when miraculously, the backside of the church appeared on the alley! Sasha only knew the way there by means of this familiar alley. Thus began a loving adventure together on a humble Russian alley which continues to this day.

Alleys continue to intrigue me: two years ago we learned our block was to receive a new Green Alley. I wanted to receive the city’s hopeful assurances with Sasha’s gleeful embrace, but my optimism began to fade when listening to some of the neighbors’ concerns.

I had to laugh when a young summer intern, complete with clipboard, pencil and measuring stick, was sent to “answer all our questions.” He watched in disbelief when the soon to be dedicated neighbor took his ruler to adjust the measurement and prevent any loss of property. All the neighbors soon forget their concerns when the month-long drama of digging the trench, placing the pipe, dumping the gravel, pouring the concrete and gently laying the brick unfolded before our eyes. Our ridicule of the summer intern was soon replaced by gratitude for the personable supervisor and his hard-working crew.

Because of my pride in this Green Alley, I now look back with new-found affection for the many alleys which have graced my 70 years. In our birth town of Detroit right after the war, my sister was given her first lesson in “being neighborly” when she picked the neighbor’s flowers on the alley. In the family’s ancestral home of Decatur, our father tells the story of turning out the newspaper “The Five-Block Special” with his boyhood pals on his father’s office mimeograph machine and distributing it in their neighborhood. Their friendship was created and the neighborhood’s identity defined by their common border on the back alley. My sister and I found cardboard coffin boxes behind the funeral home down the alley of our home; we used them to make a city of elaborately interconnected homes in our backyard. Yet we moved into more “modern homes” not having alleys. Since they were located on circular front-yard streets, it would take an advanced mathematical formula to determine lot size if corresponding circular alleys had been provided!

I also look forward to a brighter future in our neighborhood because of the Green Alley. There are nine houses bordering this alley – only three of them have garages ready to use the alley for a car, and only one of the garages has a car parked in it, so it begs the question to ask “why concern myself with plowing the snow off the alley?” As a pragmatist, I must agree; but just as a strange boy with a foreign tongue opened my eyes on a humble Russian alley, even so the Green Alley is opening my eyes to our valuable neighborhood and our journey together in it. Upon the advice of the Good Witch of the North in the “Wizard of Oz,” Dorothy followed the “yellow brick road,” no doubt an alley through the Emerald Forest, to find her way back home. When she arrived home, she found everything she needed in her own backyard. I am following the same advice to find what I need in my backyard, walking there through the neighborhood on our Green Alley.



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1. MOVIES: What was Grace Kelly’s character’s name in the movie “High Noon”?
2. PSYCHOLOGY: What fear is represented in the phobia called “cryophobia”?
3. LITERATURE: What was the name of the island inhabited by tiny people in “Gulliver’s Travels”?
4. U.S. CITIES: What city bills itself as “The Sweetest Place on Earth”?
5. GEOGRAPHY: Where is the Gulf of Riga located?
6. HISTORY: How many human beings have walked on the moon?
7. ART: Which post-impressionist painter created the series

- titled “Sunflowers”?
8. LANGUAGE: What product was slangily known as a “Tin Lizzie” in the early 20th century?
 9. ASTRONOMY: What is the largest planet in our solar system?
 10. MUSIC: Which 1960s rock group recorded the hit song “A Whiter Shade of Pale”?

Answers

1. Amy Fowler Kane
2. Fear of extreme cold, ice or frost
3. Lilliput (the Lilliputians)
4. Hershey, Pennsylvania, home of the Hershey chocolate company
5. Northern Europe
6. 12
7. Vincent van Gogh
8. Model T Ford
9. Jupiter
10. Procol Harum



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Over The Years
by Grandma

The Lost Apron

A headline in a newspaper recently announced that "Aprons Make Comeback."

The story explained that many young women have never worn an apron. And considering the way our eating habits have changed, it's not surprising.

Who needs an apron to "order out" for a pizza? Or to pop a frozen dinner in the microwave?

When I was growing up, aprons were necessary apparel

in the kitchen where everything except salt was prepared from scratch. Kitchens were hot messy places. Meat sizzled in frying pans. Pots of potatoes and other vegetables bubbled away.

Cookies, pies and cakes were homemade of course. Shortening, sugar, baking powder and flour were laboriously blended together. Aprons kept house dresses clean and eventually accumulated the battle scars you'd expect...grease splashes, beet juice stains and anything else that splatters.

Kitchens were busy from early morning until the supper dishes were done. The days were labor intensive. The bigger the family, the more the turmoil. Real home cooking was best done while wearing an apron.

The aprons were used for many jobs that most women don't do any more like carrying fresh-picked vegetables from the garden. Grandma made a big lap basket with her apron. She could carry wash in her apron, wipe off the clothes line, and wipe jars of canned preserves.

After World War II, General Mills and Pillsbury sensed that the time was ripe for what was called "built-in-maid service." Instead of selling flour and sugar and shortening, they provided cake mixes. Just empty the contents of the box into a bowl, add eggs and milk, and presto! – your dessert was ready for the oven.

Before long, there were frosting mixes and biscuit mixes and waffle mixes, every one a labor-saver. And right behind them came frozen foods and even frozen orange juice.

No longer did you need to snap the green beans or open the pea pods. Just reach in the freezer. Someone far away had already done most of the tedious work.

When I grew up, eating out was reserved for major occasions such as weddings, and birthdays. Today eating out is universally popular and almost a form of recreation. When you eat out there is no need for aprons.

When all is said and done, one big question remains. What could ever replace an apron when it comes to drying the tears of little kids.

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In Austria, Poland and Switzerland, New Year's Eve is often referred to as the Eve of Saint Sylvester. According to legend, Saint Sylvester (or, according to Polish lore, Pope Sylvester) slew an evil dragon.

Collecting

by Larry Cox

Commodore Computer

Q: I bought a Commodore Plus/4 computer about 30 years ago. I never learned to use it. In fact, it is in its original box. I would like to find out what it is worth.

— **Alec, Spicer, Minnesota**

A: I would hold on to your computer for a few more years since early computers and computer games are beginning to attract the attention of collectors. That means current prices are sure to increase.

Your Commodore Plus/4 system was one of the first home computers, and the fact that it is in its original packaging makes it especially attractive. I found several Plus/4 computers available for sale, all priced in the \$75-\$150 range. One was in its original box with power adapter and built-in programs on ROM. It was priced at \$95.

Q: I have an oil painting done by Touis Ponsen. Do you know anything about this painter and where I might sell this picture? — **Darlene, Calico Rock, Arkansas**

A: I think you may have copied the name wrong. Even though I can't find any information on a Touis Ponsen, I did find a short

biography of Tunis Ponsen, who was born in the Netherlands in 1891 and immigrated to the United States in about 1914. He was a painter and settled in Western Michigan. Ponsen was known for his landscapes and treatment of light.

I can't help you find a buyer for your painting. However, I suggest you contact art dealers in Tulsa, Oklahoma City and Little Rock.

Q: My late uncle was a golfer, and he often haunted thrift shops searching for sheet music featuring golf themes. The earliest sheet seems to be "With Your Plus Fours On" from 1923. — **Bill, Davenport, Iowa**

A: The piece of music you listed in your letter is valued in the \$75-\$100 range. I found it documented in the "Official Price Guide to Golf Collectibles" by Edward Kiersh and published by House of Collectibles books. Golf memorabilia has become extremely popular in recent years, and prices have steadily risen accordingly. Of particular interest are pre-1950 golf clubs, tournament programs, medals, trophies and autographs.

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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VETERANS ★ POST ★

by Freddy Groves

VA Podcasts Get a Thumbs Up

The Department of Veterans Affairs has launched a weekly podcast titled "This Week at VA" that includes benefit information and interviews with veterans. So far it's pretty good.

One episode features a blind Navy vet who's a Paralympic Gold Medalist. Bradley Snyder is currently the world record holder for the 100-meter freestyle swim event. His description of how he's adapted to his blind life (he lost his vision in an IED explosion) is inspirational. He's also written a book, "Fire in My Eyes." While a podcast is speech and sound only (no video), check out the picture of this veteran's most excellent dog. What a beauty.

Another podcast is about Haley Carter, a female Marine veteran and graduate of the Naval Academy. She is a former goalkeeper for the Houston

women's soccer team and currently is the assistant coach for the Afghanistan women's national soccer team. (Try to wrap your mind around that: Afghan women playing soccer?) Carter also talks about claiming the VA benefits she's entitled to — education, buying a house, health — and what it was like to transition out of the Marine Corps.

Yet another podcast is an interview with the Massachusetts secretary of veterans' services, Francisco Urena. He talks about VA benefits, why he joined the military, serving in Syria and Kyrgyzstan, and more.

Granted, you're not going to hear from veterans who've been waiting years for disability benefits or who've had their paperwork lost five times, but chances are you'll get something good out of listening to the stories of these other veterans.

To access the podcasts on your computer, go to www.blogs.va.gov/VAntage/ and scroll down the list on the right to This Week at VA Podcast. Click that. You also can sign up on iTunes and get weekly updates when a new one is put up.

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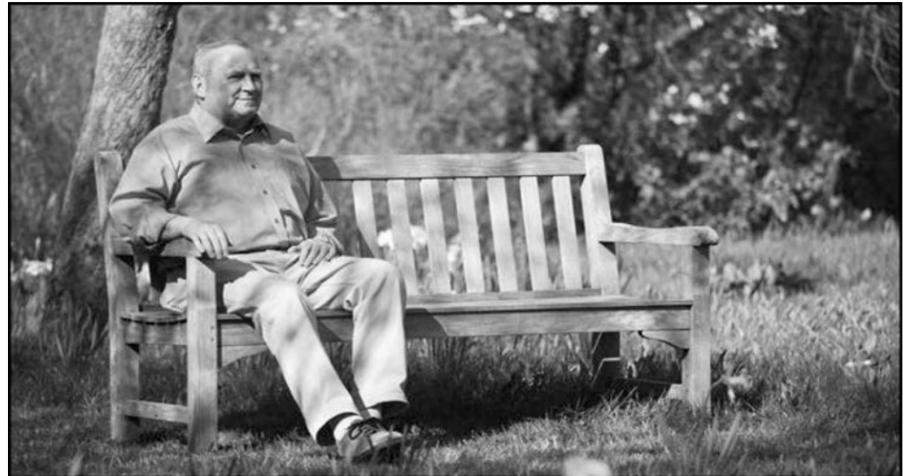
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The Army Salutes Its Veterans

Honoring Soldiers

(NAPS)—If you or someone you care about has ever served in the U.S. Army, there's something you should know: The Army Historical Foundation wants to make sure everyone who has done so can take his or her place in history in the future National Museum of the United States Army.

The Foundation invites current Soldiers, Army veterans and loved ones on their behalf, to submit their stories of Army service to the Registry of the American Soldier. This will be one of the largest collections of American Soldier profiles ever assembled. The Foundation currently features these stories online and the collection will be made available on kiosks throughout the future National Army Museum.

The Foundation is also accepting the stories of the people and animals that supported America's Soldiers.

The Registry of the Army Community recognizes the service of civilians such as Army



Stories of once and current American Soldiers, as well as civilians and animals supporting the Army, will be preserved in registries at the future National Army Museum.

spouses, Department of the Army civilians and USO employees.

The Registry of Animals in Service to the Army preserves the history of animals loyally supporting Soldiers through roles such as transportation, communications, security and bomb detection.

All Registries are free. Visit www.armyhistory.org/the-registries to get started. The process takes only a few minutes but the stories you share will be preserved forever.



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Guys in Ties,

featuring the Quad Cities award-winning
improv troupe Comedy Sportz,
returns to the Bell Tower Theater



Dubuque, IA—The Bell Tower Theater is excited to announce the return of the actors from Comedy Sportz, the Quad cities award-winning improv comedy troupe, performing *Guys in Ties*. After eleven years of sold-out shows, this audience favorite is back for the first of two 2017 shows!

On Saturday, January 21 professional improvisational comedians bring their own unique twist on improv to Dubuque. Watch as a brand new show comes to life right before your eyes using suggestions from you and your fellow

audience members. (If you've ever seen the TV show *Whose Line is it Anyway?* you have some idea how it works.)

The show is great for all ages. Their motto is "No off-color humor—don't need it, don't want it. You can stand on the street and hear people cuss for free."

Whether you are seeing them for the first time or the 10th time, don't miss *Guys in Ties*!

The Bell Tower Theater is conveniently located at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Tickets are just \$20. Discounts are available for groups of 20 or more. There is just one performance: Saturday, January 21, 2017 at 7:30 pm. For tickets and information call 563-588-3377 or visit www.belltowertheater.net.

Auld Lang Syne



"Auld Lang Syne" is sung at the stroke of midnight to bring in the new year. Set to an old Scottish melody, "Auld Lang Syne" literally means "old long ago," or simply, "the good old days."

Memories Passed On (As told to my grandson Maury)

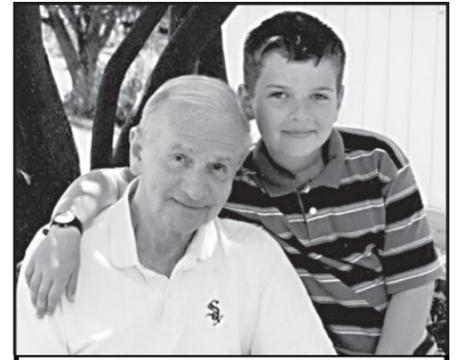
by Jerry Eberhardt

The Best Of Jerry

Cuzzie's "Act" Wouldn't Sell!

Maury, Grandpa almost forgot this crazy baseball memory ever happened. It occurred when Leo Schlueter (our first and great manager) was just beginning to really form our team. Recently, while watching a White Sox game, Ken "Hawk" Harrelson, the Sox play by play announcer, commented on too many pitchers, when a bunt is attempted resulting in a short pop up (with a man on first), reflexively catch it when they should not. Odds are they could easily get a double play by letting the ball drop. This caused me to remember one of the craziest and most puzzling situations that ever happened in one of our ball games all caused by our third baseman, Cuzzie Ottavi! (That's right, Maury, Cuzzie played third and Grandpa was at shortstop in our formative year. Then our manager, one day, had us trade positions and we stayed that way for the next thirteen years!) Maury, this is what happened:

The opposing team was batting with one out and runners on first and second. The next batter hit a screaming line drive to Cuzzie who caught the ball and then "DROPPED IT ON PURPOSE," stepping on third for the force out and



Jerry Eberhardt with
grandson, Maury Cohn

then throwing to second forcing the runner from first for a 5 - 4 double play! The game was held up for at least 15 minutes - nobody, including the umpires, knew what rule, if any, should apply! The opposing team continued the game under protest and nobody knew the correct ruling until the next day. What we subsequently learned was a little known rule for this rare "situation!" Here is that rule: "If, with less than two outs and a runner on first base (with or without any other runners on second or third) an umpire JUDGES that an infielder INTENTIONALLY drops a high fly ball, a line drive or a bunt he will call the batter out after the ball is dropped." (This is similar to the "infield fly" rule but differs in it's not automatic, requires an umpire's judgment and the ball must be touched first). Maury, hope you enjoyed this!

Much love, Grandpa



by Chris Richcreek

1. Entering 2016, who are the only three players to have won the following awards: a Gold Glove, a Silver Slugger and a Cy Young?
2. When was the last time before 2015 that the Houston Astros had two pitchers win at least 17 games apiece?
3. Who was the first player in NFL history to have 1,000 receiving yards and 1,000 return yards in the same season?
4. Maryland's Diamond Stone set a school record in 2015 for most points in a game by a freshman men's basketball player (39). Who had held the mark?
5. NHL legend Gordie Howe was a member of the famed "Production Line" starting in 1947. Name the two other Hall of Fame members of the original trio.
6. When was the last time before 2016 that Romania failed to medal in women's gymnastics at the Olympics?
7. In 2016, golfer Andrew Landry set a record for the lowest opening-round score (66) at a U.S. Open played at Oakmont (Pa.). Who had held the record?

Answers

1. Zack Greinke, Orel Hershiser and Fernando Valenzuela.
2. In 2005, Andy Pettitte won 17 games and Roy Oswalt won 20. Antonio Brown of the Pittsburgh Steelers, in 2011.
3. Joe Smith, with 33 points in 1993.
4. Ted Lindsay and Sid Abel.
6. It was 1972.
7. Ben Hogan (1953) and Gary Player ('73) each shot a 67.

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Sports Comment

by Gary Dolphin

V.P. **usbank** – Business Development

and Voice of the Iowa Hawkeyes

From Where I Sit

The Iowa basketball team has won the mythical state championship with its 69-46 victory over Northern Iowa last Saturday in Des Moines. More importantly, with the Big Ten season only a week away the Hawkeyes have figured out the formula for playing solid defense, in back to back wins over Iowa State and the Panthers. Can they keep it up? No reason not to. Granted, the competition intensifies starting December 28th at Purdue, but the younger players understand now what it takes in the defensive end. They know solid D leads to an advantage rebounding and winning the turnover battle.

Peter Jok is the lone senior and a mighty good one. After

his 21 point, 8 rebound effort against UNI, an onlooker at press row likened him to Oklahoma's All-American from a year ago, shooting guard Buddy Heild. That's a glossy comparison but the 6'6 Jok is playing his best, most complete basketball. He is the top scorer in the league averaging close to 25 points a game. Most importantly he is leading this young roster by example with help from sophomores Nicholas Baer and Ahmad Wagner.

There are three freshmen in the starting line up including Wahlert Catholic's Cordell Pems, and what a first year the 6'8, 250 pound bull is putting together. He leads the Big Ten, shooting 75% from the field, scoring 46 field goals in 60 shots! When fellow

winning their conference. It was supposed to add a little stability.

But we live in unstable times. The playoff committee is always quick to point out and tout the "human" side of the selection process. I'm not feeling it. While Michigan removed itself from the mix with two losses, Ohio State, which beat Michigan, gets the nod, despite losing to Penn State, who lost to Michigan but, again, won the Big Ten.

Alabama and Clemson are clearly the No. 1 and No. 2 teams in the country. I can see how Ohio State would be considered three or four. Washington, with 12 wins and one loss, can be seen as a contender for the four spot despite having a weaker schedule. It doesn't add up for me. My top four are Alabama, Clemson, Ohio State, Penn State, with Michigan or Washington as your shafted No. 5. What's truly peculiar about the situation is the nagging feeling you get about Michigan. The Wolverines still inspire a certain menace, and they could be the best team to take on Alabama and win.

Nonetheless, Penn State, under the wise leadership of the East Stroudsburg, Pennsylvania-bred James Franklin, has been gracious, it has shown humility. The Rose Bowl IS an honor, and it is a fitting cap to a great season. Take heart, those of you in Nittanyville, the bad days are finally over. You didn't get the go ahead this year, but there is no doubt you're back. Your future looks bright, and that is a welcome sight.

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

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freshman strongman, Tyler Cook returns from a broken hand in the next week or so, Coach Fran McCaffery has a nice problem to solve in dividing minutes among his basketball bouncers.

Iowa needs to care of business in its remaining two non conference games with North

Dakota and Delaware State. If that happens, an 8-5 record heading to conference action would be a welcome sight, given how the team was feeling after losing to the University of Nebraska Omaha to start December.

Merry Xmas,
Happy New Year!



Penn State Heartbreak

Penn State fans and alums knew there were going to be years like this, didn't they? In what can only be described as a minor controversy for the Penn State Nittany Lions, their Big Ten championship season will end with a trip to Pasadena's Rose Bowl, their Top 10 ranking all but ensured, win or lose.

The Rose Bowl matchup with USC is very compelling and will no doubt be a well-contested game. Still, after reeling off nine straight wins — several of which were major massacres — and a dramatic, come-from-behind win over Wisconsin in the Big Ten championship game, it can only be seen as a consolation prize for some and a more expensive cross-country commute for most.

The College Football Playoff series, with its 12 wise men selection committee, was inherently flawed from the start. That's what happens when you build the playoff formula based on five "power" conferences with only four playoff spots. This year, Penn State ended up with the square peg, despite having won the Big Ten conference championship.

The entire point of having a power-conference structure was to help ensure against situations where teams with great records and strong schedule bona fides like, say, Ohio State, weren't picked over teams that did what they were supposed to do by



Closing Time

Every year, you are given a task. That task is a vote. While some would say the task is an easy one, you know better. For your Hall of Fame vote is all that stands between the chasm that divides the words "mediocre" and "legend."

Some envy you. You are the baseball writers of America. You possess a talent, an ability that can elevate the mundane to the miraculous. But others despise you. When their heroes are overlooked, when their favorite players whom they watched 162 days and nights each year are deemed to be second rate, it seems to be an arrogant dismissal of what they and most everyone values the most: their time.

Time was when a relief pitcher was considered somebody who couldn't cut the mustard and make the starting rotation. Of course, there also was a time when starting rotations consisted of two starters who had 30 complete games every few months and were allowed to openly spit on the baseballs. Those days are over, thankfully, and it's time for us to evolve further by appreciating the closer role in baseball.

Many of you argue that the closer is a cop-out, a ploy managers use to save their skin more than they save games. After all, there's not much to think about when you're in the lead by one to three runs in the ninth and you have a multi-zillion dollar pitcher anxiously awaiting your call to the bullpen. Maybe the modern-day

closer deserves some scorn.

Statistics show that teams with a lead in the ninth inning almost always win, anyway. People really into statistics have concluded that a top-shelf reliever maybe wins an additional four games for a team. Aha! Right there, that should make the case. They're worth it because a win is a win. Many a team has lost the division by four games.

But there's more to it than that. Do not mistake brevity for lack of worth. Yes, good starting pitchers eat up more than 200 innings each season, but why should that influence your vote for a closer? Let's say you're a season-ticket holder. You get to see your best starter maybe 15 times each year. Your closer? You see him whenever you're about to win — they're the ones who kept you in the seats, which not only justifies their salary (a team can't make money off of concessions when you're gone, after all), it justifies their importance. Trevor Hoffman and Lee Smith, closers unfairly subjected to this closer discrimination, would appear in 70-80 games a season. They were like a warm, 98-mph hug.

Think of it like your wife or husband, kids or partner, best mate, what have you. Would you rather see them 15 times a year for two hours a pop, or would you rather see them in 80 electrifying, 20-minute appearances over an extended period of time (five extra years if you're a lefty)? You already know the answer, and that's why you know it's time to open up the gates of the Hall for the overlooked men who spent their career awaiting a call, closing the door on their opponents. Make the call to the pen ... your pen. The closer's time has come.

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

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Radio From
The 20th
Century
by Bill Zwack



Eddie "Rochester" Anderson was a favorite character on *The Jack Benny Program* for many years. In fact, it is hard to believe that there was a time when Benny did not have "Rochester" in the cast.

Eddie didn't appear on the show until March 28, 1937, even though Benny had been on the air since 1932. He was originally hired to play the one-time role of a redcap on the Benny program for a storyline of the show traveling from Chicago to California by train, which coincided with the radio shows actual return to NBC's City West in Hollywood after a brief stint in New York. Five weeks after Anderson's first appearance on the Benny show, he was called for another radio role on the show, this time as a waiter in a restaurant serving the cast. The Benny show received a large amount of mail about Anderson's appearances on the radio program. Benny decided to make him part of the cast as his butler and valet, "Rochester van Jones."

Neither Benny nor Anderson could recall how they came up with the name of "Rochester" for Anderson's character. Anderson always credited Benny for the invention of the "Rochester van Jones" name, saying that the name was copyrighted and that Benny later sold the rights to him for a dollar.

Benny's chief problem with Anderson was his frequently being late for the show. Benny attempted to instill punctuality in Anderson by fining him \$50 each time he arrived late at the studio. Anderson was an integral part of the cast even into the television series. He actually had two of his own short lived radio programs. Heart disease claimed the life of "Rochester" on February 28, 1977 at the Motion Picture Country House and Hospital in Los Angeles.

If you listen to KDTH's *Big Broadcast* on Sunday nights from 6 to midnight, you will hear "Rochester" at 6:00 p.m. on *The Jack Benny Program*.

Young people don't know what old age is, and old people forget what youth was.
—Irish Proverb

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Down Memory Lane

April
1961

April
1961

Exerpts From The Pages Of "Dupaco Meating Post" A Newsletter Of The Dubuque Packing Company

DUBUQUE PACKERS BASKETBALL

Dick Hough and Dick Holdridge have starred on the Packers team which is now in third spot in the fast seven-team loop. In their last outing, the Packers defeated Barrett Division by a count of 84 to 72. Hough rang up 26 points and Holdridge scored 23 for the Packers.

In the final game of the season, Dick Hough set a new all-time league scoring record with 62 points against the People's Gas team.



Dick Holdridge

Dick Hough

League Standings

	Won	Lost
John Deere	7	0
Dubuque Hammers	6	1
Dubuque Packers	4	3
Barrett Division	3	3
A. Y. McDonald	3	3
Caradco	3	4
People's Gas	3	6
Engineering Prod.	0	7

DUBUQUE PACKERS: Top row (left to right): Dick Holdridge, Bill Jaynes, Tom Miller, Dick Hough.
Bottom row (left to right) Bob Curler, Charley Spielman and Bob Gatena.



GETTING SENIORS WHERE THEY WANT TO GO.

If the day ever comes you can't drive any more, what will you do? Your independence and your freedom are so very important to your quality of life.

How will you get to medical appointments, friends and family, shopping, church, volunteer jobs, social events or even a card game or a visit over coffee? Public transportation doesn't always work and family and friends, if there are any who could help, are not always available.

A member recently said "I don't know what I would do without DuRide. Without you, I would not be able to stay in my home." Another said "DuRide gave me back my life, and that is not an exaggeration. I don't know what people did before DuRide."

If you're 65 or older and live in Dubuque, Asbury or East Dubuque, you can call DuRide.

DuRide is a non-profit organization that started in 2008. In 2009, the first full year of operations, 1,067 rides were given. Last year DuRide gave 12,717 rides. In total, DuRide has now provided over 72,000 rides.

Members pay \$45 a year and \$4 per ride, and financial assistance is available. Member fees cover 40% of the cost to operate DuRide. The remaining funds come from the City of Dubuque (16%), contributions from businesses and individuals (23%) and foundations (21%).

DuRide works because Dubuque has so very many people who support their community and their neighbors in need, and that shared commitment is what makes Dubuque the special place it is, and what makes DuRide possible.

Few programs like DuRide exist anywhere else. As a matter of fact, AARP sent staff to Dubuque to study DuRide so they could share what we do with other communities.

The number of people age 65 and older will continue to grow, and so will the number of people who need DuRide. We'll

need even more volunteers and supporters to keep up. Please consider becoming involved.

A record 288 members and 176 volunteers are involved in DuRide, and more are joining regularly.

Volunteering for DuRide is easy, and works in everyone's schedule. There are no minimum commitments or regular schedules to keep, and no special license or insurance is required. Every volunteer undergoes a driving and criminal background check for safety.

Volunteers use their own vehicles, and some volunteers provide a dozen or more rides a week, others just a few rides a month; some only in the summer, some only Thursdays. Whatever time you have makes a difference for someone who needs help.

Why volunteer? "I've never been thanked so much in my life", said one new volunteer. Another said "This is the most rewarding thing I've ever done. I get so much more than I am giving!"

How does it work? DuRide provides 25 to 40 rides on a typical day. To request a ride, a member calls the DuRide office by noon the day before, and the staff records the details and puts the ride in a master schedule, which is then emailed to the volunteers. If a volunteer feels they have time to help, they pick the rides they can do, and let DuRide know. A final schedule is then completed, and the members and volunteers receive a detailed confirmation the day before the ride.

About half of all rides are for medical appointments and the others are for most anything else. Rides are provided to any address in Asbury, Dubuque and East Dubuque.

DuRide operates 365 days a year including all holidays and weekends, from early morning and into the evening.

Office hours are Monday through Friday, 9 a.m. to 4 p.m. and an after-hours phone is always answered.

Please call 563-451-4999, send an email to info@duridedbq.com or visit us at www.duride.org or on Facebook to find out more.



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Greens Bring Luck in the New Year

For many people, the new year is a time for making resolutions and eating certain foods for “luck.” On New Year’s Day, eating greens, black-eyed peas and cornbread are thought to bring financial reward. While I’m not superstitious, I do believe in the health benefits of eating greens.

Greens include any vegetable in the cabbage family that doesn’t form a compact head, like collards, mustards, turnips, spinach and kale. There are several varieties of tasty and unusual types of greens, so be bold and experiment! Dark,

leafy greens such as spinach, kale, collards and mustard greens are an excellent source of many nutrients. Greens contain high amounts of vitamin A and iron, as well as some calcium. Greens also are packed with antioxidants and are a wonderful addition to any diet.

If the stems of the greens are tough, don’t throw them away. There are nutrients in the stems, so chop them up into small pieces and freeze them. You can add the stems to soups and stews, saute them along with onions, or add them to dishes just as you would carrots.

Pot liquor, the highly seasoned liquid that is left after the greens are cooked, is full of vitamins and minerals and is a nutritious drink.

The practice of combining different types of greens is called a “mess of greens” in the South. Cooking a mixture of greens along with pieces of pork is an integral part of African and African-American

What’s it WORTH on eBay?

EZSellUSA specializes in selling items for clients on eBay. If you have an item and you would like to know what it is worth send digital pictures with a brief description to paulhconnor@gmail.com. Our offices have moved to 201 North Commerce Street, Galena, IL 61036. Our phone is 815-402-3300. Come visit, we would love to give you a tour and show you our new Consignment Retail Center with ten thousand square feet of retail. Let us help you discover “What’s it WORTH on eBay!”

Potosi Beer Cigarette Lighter

As I was emptying out a box discovered that what looked like from a client that I thought was empty this small pencil like item rolled out from under a flap in the box. Seeing the Potosi Beer name drew my attention. Upon closer examination I discovered that what looked like a pencil was in fact a cigarette lighter. 130 people found this listing, 6 buyers entered 19 bids to win this item for \$76.00 on a recent eBay auction. It pays to check the boxes.



culinary history. During times of slavery, if greens were served one day, the leftover pot liquor and a pan of cornbread often made the meal for the next. My vegetarian version for preparing a mess of greens retains the flavorful soul of the recipe, but is much healthier.

2. Using a large pot, season the onions with salt and sweat them in the olive oil over low heat for about 10 to 12 minutes, stirring occasionally. Add the garlic, jalapeno, sugar, salt and pepper to the pot, and saute the mixture for about 5 minutes.



Depositphotos

While I don’t personally believe in luck or eating certain types of food on the first day of the new year, a dish of dark, deliciously fresh greens makes me feel blessed all year long!

MESS OF GREENS

4 pounds greens (mixture of kale, collards, mustard, turnips or spinach)

1/4 cup olive oil

1 large onion, sliced

1 jalapeno, diced

6 cloves of garlic, diced

1 tablespoon sugar

2 tablespoons salt, divided

2 tablespoons pepper, divided

5 cups water

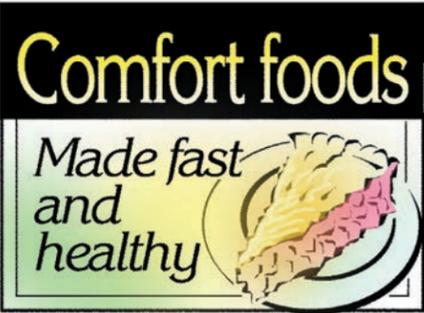
6 sun-dried tomatoes, sliced, and the oil (optional)

1. Wash greens thoroughly: Remove any brown spots or blemishes, and wash the greens 3 or 4 times in cold water to ensure they are clean and free of insects. Roll the cleaned greens up and slice them into smaller pieces so they’ll cook evenly. Remove and reserve any large stems.

3. Add the greens and water to the pot and continue cooking for 45 minutes to 1 hour over medium-low heat, stirring once after about 30 to 40 minutes. Test the greens for tenderness by piercing the stems with a fork or knife. Cook for another 10 to 15 minutes, if needed. Season with the remaining salt and pepper.

4. Place the greens in a bowl with the pot “likker.” Serve with the sun-dried tomatoes and the oil, if desired, and the traditional Southern condiments: vinegar, hot sauce, hot peppers in vinegar, wine vinegar and chopped onions.

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.



by Healthy Exchanges

Auld Lang Syne Dip

Add a dip to your vegetable and cracker tray that won't add extra pounds to your hips this holiday season.

- 1 (8-ounce) package Philadelphia fat-free cream cheese
- 1/2 cup Kraft Fat Free French Dressing
- 1/4 cup Land O Lakes no-fat sour cream

- 1/4 teaspoon Worcestershire sauce
- 1 teaspoon dried onion flakes
- 1 teaspoon dried parsley flakes

1. In a large bowl, stir cream cheese with a sturdy spoon until soft. Add French dressing and sour cream. Mix well to combine. Stir in Worcestershire sauce, onion flakes and parsley flakes.

2. Cover and refrigerate for at least 30 minutes. Gently stir again just before serving. Makes 8 (3 tablespoon) servings.

- Each serving: About 52 calories, 0g fat, 4g protein, 9g carb., 301mg sodium, 91mg calcium, 0g fiber; Diabetic Exchanges: 1/2 Meat, 1/2 Carb.; Carb Choices: 1/2.

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Good Housekeeping

Salted Caramel Bark

Sweet, salty and crunchy, you'll want to make this addictive bark in big batches — it's sure to go quickly.

- 3 tablespoons corn syrup
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 2 cups peanuts
- 12 ounces semisweet chocolate, melted

1. Heat oven to 350 F.
2. In large bowl, combine corn syrup, sugar and salt. Stir in peanuts to evenly coat. Spread in single layer on

parchment paper-lined jelly-roll pan.

3. Bake 15 minutes or until browned and caramelized. Cool completely.

4. Stir into melted chocolate until well coated. Spread evenly on waxed paper-lined pan. Refrigerate until set. Makes 8 servings.

- Each serving: About 380 calories, 12g total fat (4g saturated), 34g protein, 34g carbohydrates, 7g dietary fiber, 68mg cholesterol, 790mg sodium.

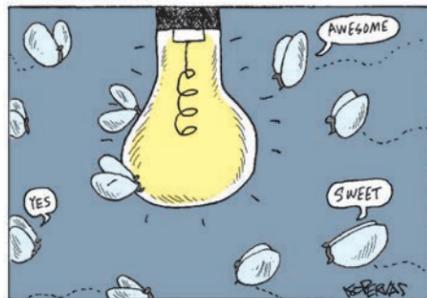
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from all of us at
The Golden View

Out on a Limb



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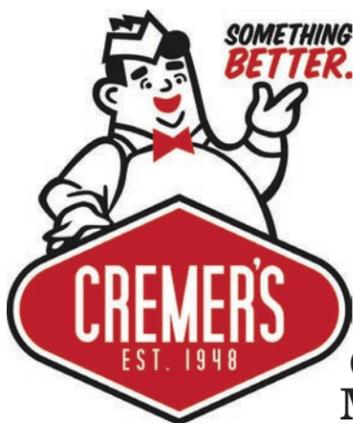


The Spats

by Jeff Pickering



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Cremer's Cooking Tips

Cremer's Secret Recipe Meatballs and Hamballs

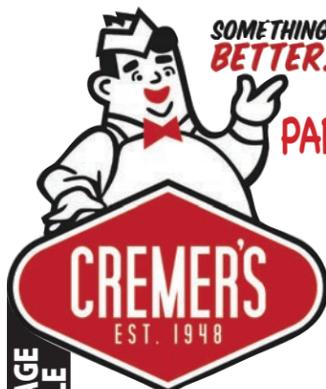
Start with a 2 lb. Cremer's homemade meatloaf. Thaw in refrigerator overnight. Add 1/4 cup of dehydrated onions and a tablespoon of garlic powder, mix well, then ball into golf ball size balls. Place on a greased baking pan, add a few tablespoons of water to the bottom of the pan.

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

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

- | | | | |
|---------|-----------|--------|--------|
| Arrows | Campeche | Isles | Puck |
| Bangkok | Fires | Naples | Whales |
| Bengal | Fundy | Palma | Winds |
| Biscay | Gibraltar | Plenty | |

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Log is missing; 2. Box is smaller; 3. Stocking is reversed; 4. Glass is smaller; 5. Plug is missing; 6. Sleeve cuff is missing; 7. Glass is smaller; 8. Plug is missing; 9. Sleeve cuff is missing.
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GO FIGURE! by Linda Thistle

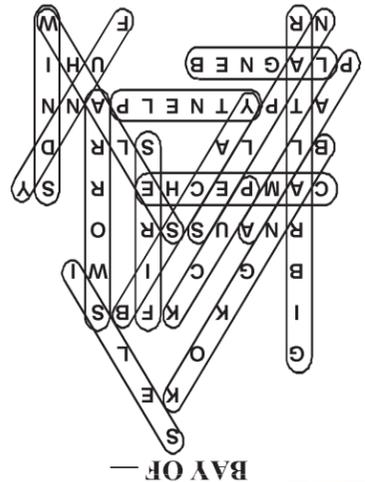
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

	x		+		15
+		-		x	
	x		-		19
x		x		+	
	+		+		16
20		16		15	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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SUDOKU Answer

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

King Crossword

Solution time: 21 mins.

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

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SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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Go Figure! answers

	15		91		20
91	3	+	8	+	5
	+		x		x
19	2	-	7	x	3
	x		-		+
15	6	+	9	x	1

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