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**Slow Cooker Plant-based Meals**

When the weather outside is frightful, it is nice to have a delightful meal simmering in your slow cooker. Slow cooker meals are an easy dinner option. Using a slow cooker helps retain some of the nutrients typically lost when frying or boiling.

Plant-based slow cooker meals focus on foods primarily from plants. This includes not only fruits and vegetables, but also nuts, seeds, oils, whole grains, legumes, and beans

Research has shown plant-based diets reduce the risk of heart disease, diabetes, certain cancers (specifically colon, breast, and prostate cancer), depression, and increases mental and physical function.

Here are a few tips to get started with a plant-based slow cooker meal:

- Pair a whole grain with root vegetables, like potatoes and turnips, for soups and stews.
- Try dry beans for soups and stews.
- Layer vegetables, starches, and sauces for a casserole style meal.
- Use a variety of herbs and spices to add flavor.

Here is a delicious plant-based recipe that is perfect for slow cooking from **Spend Smart. Eat Smart., go.iastate.edu/FR22GX.**

**Slow Cooker Black-eyed Pea Soup**

Serving Size: 1 1/2 cups  
 Serves: 5

**Ingredients:**

- 1/2-pound dried black-eyed peas
- 2 cups vegetable broth
- 1 cup water
- 6 carrots, chopped
- 2 ribs celery, chopped
- 1 medium onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon seasoning (basil, dried oregano, rosemary, or sage)

**Directions:**

1. Rinse and sort dry black-eyed peas to remove any dirt or debris.
2. Place all the ingredients in the slow cooker and stir to mix.
3. Cook on low for 8 hours.

**Nutrition information per serving:**

200 calories, 1.0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 450mg sodium, 39g total carbohydrate, 8g fiber, 9g sugar, 12g protein.

This recipe is courtesy of ISU Extension and Outreach's **Spend Smart. Eat Smart.** website.

*Source: Adapted from Iowa State University Extension and Outreach, Words on Wellness (WOW) Newsletter, PM 2099 December 2023.*

over the phone, no matter who it is. The IRS, Medicare or Social Security aren't going to call you to ask for your account numbers or threaten to have you arrested.

If a caller asks, "Can you hear me?" never say "yes." That one word will be recorded and give them permission to authorize charges on your credit card, or to make a payment. Just hang up.

If a company claims you're having a virus problem with your computer and wants access to fix it, just hang up.

Never announce on social media that you're going away on vacation. It alerts thieves that your house will be empty.

Go online and search for scams against seniors. Become familiar with all the tricks thieves use to get you to let down your guard. Learn about the red flags for the grandparent scam, the lottery scam, the counterfeit check scam, the undelivered package scam ... there are just so many of them, and they rob seniors of billions of dollars each year.

Make your goal for 2025 to not fall for any scams. It's not impossible.

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**SENIOR NEWS LINE**

by Matilda Charles  
**Our challenge for 2025**

"Your mission, should you choose to accept it ..." Remember that quote, from the "Mission: Impossible" TV show? The show (1966-1973) tasked members of the team with stopping enemy forces, a job that seemed to be impossible but really wasn't. That's our challenge for the New Year, to stop the "enemy forces" who are the scammers that want to steal our money, our identification and our peace of mind.

Some ideas for staying safe: Ask your senior center to host a seminar about scams aimed at seniors.

Don't click on links in email or text messages.

Don't answer the phone if you don't know who it is. If a caller says they're from your bank, hang up and call the bank to see if they really did call you.

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—Oliver Wendell Holmes

## Diabetes & You

### Diabetes is More Common Than You May Realize

(NAPS)—If you or someone you care for is among the 1 in 3 U.S. adults estimated to have prediabetes, a condition where blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes, or is among the nearly 40 million Americans the Centers for Disease Control and Prevention (CDC) estimates have diabetes, chances are good you or the person you care for won't even know it.

That's because nearly 90% of those who have prediabetes have no clear symptoms and aren't aware they have it, and thus have an increased risk of developing diabetes.

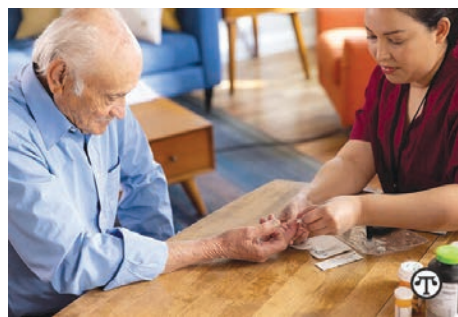
One reason may be that people often think diabetes is a disease of old age and aren't on the lookout. In fact, adults aged 45-64 receive the majority of new diabetes diagnoses in the U.S. and the country has seen increases in disease prevalence among those 18-44.

#### What You Can Do

Diabetes can affect health and quality of life at any age, but you can protect yourself three ways:

**1. Be proactive—know your numbers, know your risk:** From race and ethnicity, to genetics, weight and more, knowing your risk factors is the first and best step you can take in preventive measures to mitigate your risk of developing diabetes.

One of the top risk factors for developing type 2 diabetes is race and ethnicity. Type 2 diabetes is associated with increased mortality in ethnically diverse populations, specifically Hispanics and African Americans. Both Hispanic and African American adults are 60% more likely than non-Hispanic and non-African American white adults to be diagnosed with diabetes by a physician, with both populations being more likely to die or be



*Early screening, lifestyle changes and personalized medical care can help you protect yourself from this life-altering disease.*

hospitalized for the treatment of end-stage kidney disease related to diabetes.

**2. Make good lifestyle choices:** Strategies to stay as healthy as possible and prevent diabetes and other chronic diseases include:

- Make healthy food choices.
- Walk and integrate other forms of exercise into your daily routine.
- Stop smoking.
- Track your glucose levels.
- Get preventive testing and screening for kidneys, blood pressure, cholesterol and cancer.
- If you do develop diabetes, work with your primary care provider to develop and follow a diabetes care plan.

Modest weight reduction (5-10% of baseline weight) and increased physical activity to at least 150 minutes per week can reduce the incidence of diabetes by more than 50%.

**3. Know your diabetes status:** Get screened early (by age 35), especially if you have any risk factors.

#### Who Can Help

As part of Signify Health's In-Home Health Evaluations (IHEs), clinicians administer diabetes screenings while providing the personalized support and guidance you can take to prevent diabetes onset and better manage your health.

These clinicians will also review your medications and



### Liver Specialist Recommends Removing Cyst Growing in Size

**DEAR DR. ROACH:** I was diagnosed with several liver cysts over 15 years ago. My primary doctor and I followed the growth of the cysts by ultrasound, and one is increasing in size. We did an MRI with and without contrast to take a look at the cyst. The radiologist stated that the cyst looked "complex" and, for a lack of a better word, unusual.

A liver specialist's consult revealed that we could remove it if I wanted to. The doctor stated that he just had a patient who had a cyst, and it was cancerous. He felt that it may be best to remove it, but it's not urgent to do so.

I would appreciate your take on this situation. — **L.S.**

**ANSWER:** Simple liver cysts are common, and even when they are large, they do not need to be removed unless they cause symptoms. However, any other cyst than a simple one needs to be carefully evaluated. There are many possible causes, including various types of cancer, especially a mucinous cystic neoplasm, which can be associated with invasive cancer.

I looked at both the ultrasound and MRI reports you sent, and although it seemed to me that the radiologists thought this was likely a simple cyst with some bleeding, they could not be sure. Furthermore, the growth in the size of the cyst is concerning.

In some cases, it's reasonable to wait and redo the scans in 6-12 months when the risk of a cancerous cyst is low. However, since the liver specialist (who has much more experience than I do) is concerned enough to recommend surgery, I don't understand why you would want

health status, while answering any questions you may have about your conditions. For people living with diabetes, these in-home screenings and services can be critical. As many as 60% of people with elevated HbA1c or sugar levels, for example, are not following their treatment plan.

Both Signify's IHEs and the recently announced diabetes Focused Visits are designed to be supplementary to a doctor's

to wait. I suspect the surgery will prove that it was a benign cyst, but you'll probably sleep better at night once you know for certain.

The surgery is normally done laparoscopically, and although it's usually a very safe and effective surgery, there is always a small risk for complications. You should speak with a surgeon.

...

**DEAR DR. ROACH:** Do you have any comments on the use of metformin for weight loss and prediabetes? I am a 57-year-old woman. — **B.S.**

**ANSWER:** That's one question I can answer based on very good data. The National Diabetes Prevention Program looked at this very issue. Subjects in the study (who averaged 51 years of age and were overweight with prediabetes) were treated with metformin, an intensive lifestyle-behavioral-change program that aimed for a low-fat diet and 150 minutes of exercise per week, or a placebo.

The diet and exercise group had the best response, decreasing the rate of new diabetes by 58% compared to the placebo group. However, the metformin group also had a benefit, with a 31% decrease in the rate of new diabetes diagnoses.

Personally, I recommend both. Metformin does help a bit with weight loss, but taking it along with some diet changes and exercise would likely have a much better response than metformin alone. We don't recommend a low-fat diet anymore, instead emphasizing whole fruits and vegetables, whole grains, and very few processed foods. A registered dietician would be a valuable partner in helping with the diet of your regimen. You don't need to exercise for the whole 150 minutes, but it's a goal you can work toward.

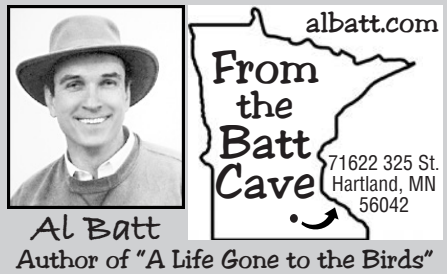
New studies show that drugs like semaglutide are even more effective at preventing diabetes, but they are very expensive and often not covered by insurance.

*Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu).*

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office visit, help close quality care gaps, slow chronic disease progression with education and customized care planning, and reduce hospitalizations—all from the convenience and comfort of a health plan member's home.

To take the first step toward managing diabetes risks, visit the self-scheduling portal at [www.HelloSignify.com](http://www.HelloSignify.com) to see if you're eligible for an In-Home Health Evaluation.



**Noses are red, fingers are blue. I like winter, how about you?**

The wind blew another partridge out of a pear tree.

Winter has trouble doing the right thing.

It's not the snow that gets you when you live in a snow globe. It's the shaking like a chilly Chihuahua that happens before the snow falls.

My wife and I gathered around the light bulb for warmth and read about global warming on a night as cold as a cast iron commode with wind gusts up to the speed of light. Winter has a license to chill.

Minnesotans might deny it, but most of them have wondered, "Why did they have to put Minnesota here?"

It's winter when snow becomes the new normal, and out-of-state visitors wear so much clothing that they look as if they're about to turn into butterflies.

Mirror, mirror, on the wall. What will the weather be after the fall? We get winter every year, and it's not subject to calendar restraints. Some winters have more teeth than others, and the number of winters we get varies each year.

Of all the 87 counties in Minnesota, I live in one of them. Each year, I put up a "Snow free to a good home" sign. It's usually replaced by a "Snow free to any home" billboard.

As a young fellow, I drove rust buckets. Each would have been a splendid car if I'd been an 11-year-old boy who loved to have any vehicle. The cars were old, and often the tires were older than the car. Lacking money but still wanting to drive, I traveled on bald tires. I don't recommend that. Now I pretend I'm driving on those bald tires

when inclement weather catches me on the road. It slows me and causes me to drive cautiously.

Blizzards of my youth provide remarkable memories. I was a young Shackleton, rolling snow into balls like I was a large dung beetle wearing a parka. I was closer to the snow then. I've grown taller and moved away from the snow. Waist-deep snow with drifts as hard as marble didn't mean there would be no school. I'd learned in school that settlers had flocked from all over the country when cold was discovered in Minnesota. It was the biggest cold strike since one in western Wisconsin. It was called the Cold Rush, and many people became rich by selling long underwear and wool socks. Carpetbags carried more wool than a sheep ranch. Blanket sales boomed when the new Minnesotans learned the windchill factor meant that 5 degrees below zero required 6 inches of blankets.

Winter wasn't good at hiding and usually arrived in the middle of a school bus ride. As long as the school building remained visible through the snow, school was never canceled. The unfairness of snow day policies led to a pile of petty grievances that kept the school's counselor busy.

Minnesota nice might be a real thing, but Minnesota ice is definitely a real thing. Please don't fall for ice; it's a scam. Ice should come in colors. A fellow I know slipped on the ice and banged his knee. He put ice on it. The curious combination of cause and cure led him to search for a cure for winter in the Lower Rio Grande Valley. He has become a card-carrying Winter Texan who calls home to hear the sounds of a snowplow. It's not just him. Others have determined that it's worth pulling up stakes and moving south to keep from being swept away by a roving glacier. They cower in warmer temperatures until the chance of being up to their ears in the snow back home has lessened. John Steinbeck tried to reason

Al Batt cont. Pg. 16

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## Trivia test by Fifi Rodriguez

1. MOVIES: What state is the setting for the 1990s movie "Twister"?
2. GEOGRAPHY: Lake Okeechobee is in which U.S. state?
3. U.S. PRESIDENTS: Which president adopted the expression, "Speak softly and carry a big stick"?
4. MUSIC: Actor/singer Jared Leto also is the front man for which rock music band?
5. HISTORY: The U.S. Civil War ended in 1865 when Gen. Robert E. Lee surrendered to Union forces in which Virginia town?
6. SCIENCE: Which element has

- the symbol Pb?
7. GAMES: What is the destination in the board game Candy Land?
  8. TELEVISION: Who was the long-running host of "American Bandstand"?
  9. U.S. STATES: What is the capital of Alaska?
  10. LITERATURE: Who is the author of the autobiographical work "I Know Why the Caged Bird Sings"?

**Answers**

1. Oklahoma.
2. Florida.
3. Theodore Roosevelt.
4. Thirty Seconds to Mars.
5. Appomattox.
6. Lead.
7. Candy Castle.
8. Dick Clark.
9. Juneau.
10. Maya Angelou.

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**Sports QUIZ**  
by Ryan A. Berenz

1. What businessman is the founder, chairman and CEO of Monumental Sports & Entertainment, which owns the NBA's Washington Wizards, the NHL's Washington Capitals and the WNBA's Washington Mystics?
2. The Cyclone Taylor Trophy is awarded annually to the MVP of which NHL hockey team?
3. Name the Las Vegas Aces player who tied Liz Cambage's single-game WNBA scoring record with a 53-point performance in August 2023.
4. Pro softball pitcher, LPGA Tour golfer and U.S. Women's

National Basketball Team player Joan Joyce coached softball (1995-2022) and women's golf (1996-2014) for what college team?

5. Name the Los Angeles Dodgers first baseman who hit the first walk-off grand slam home run in World Series history.
6. Ed Anzalone, better known as "Fireman Ed," is a superfan famous for leading cheers at what NFL team's home games?
7. During a 2015 Indianapolis 500 practice session, what driver was critically injured in a crash when a piece of his car's suspension impaled his left thigh?

**Answers**

1. Ted Leonsis.
2. The Vancouver Canucks.
3. A'ja Wilson.
4. The Florida Atlantic Owls.
5. Freddie Freeman, in 2024 World Series Game 1.
6. The New York Jets.
7. James Hinchcliffe.

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# Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

*The Best Of Jerry*  
originally published  
December 2015

## A Ride in a Police Squad Car

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

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

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

He proceeded to tell us that the department received complaints about kids "being a nuisance" in this neighborhood and that if we could be of any help the department would really appreciate it. All the



**Jerry Eberhardt with grandson, Maury Cohn**

while he knew (and we knew that he knew) he was talking about us!!

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

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

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

Much love, Grandpa.



1. Name the original title of the Beatles film "Help!"
2. What was a deuce coupe in the Beach Boys' song?
3. "(I Can't Get No) Satisfaction" was a big hit for which group?
4. What was Jesse Belvin's biggest hit?
5. Name the song that contains this lyric: "All we need is a drummer, for people who only need a beat."

## Answers

1. "Eight Arms to Hold You."

Grammy Hall of Fame. the song was inducted into the Top 10. Thirty years later was their first song to get into and the Family Stone, in 1967. It 5. "Dance to the Music," by Sly playing a concert in 1960. suspicious car accident after Belvin died at the age of 27 in a 4. "Goodnight My Love" in 1956. too suggestive. because it was considered to be on pirate radio stations at first 3. The Rolling Stones, in 1965. The "Graffiti" in 1973. car also appeared in "American Ford Model 18. The same model 2. The deuce coupe was a 1932 has a special ring they want. In the 1965 musical comedy, a sister cult (complete with mad scientists) is after Ringo, who

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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 a fifty-pound child would need to consume 500 of the flower bracts to get sick which means you'll need about 100-150 plants in the house!

Some of you are saying "But what about my kitty or dog?" Yes, Poinsettias are poisonous to both animals. What will happen if either animal ingests leaves or stems? They'll likely do this once because the sap is an irritant to their mouths. Your pet may start drooling and possibly even vomit if some sap was swallowed. Beyond these reactions, many, many whole leaves need to be consumed before you rush off to your veterinarian. Now, there are plants deadly to cats. Here is a web site that lists all 17 deadly plants. <https://home.howstuffworks.com/green-living/plants-kill-cat-poinsettias.htm>

All that out of the way, let me suggest 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 holidays. So be bold and try your hand at growing a Poinsettia and fight against our throw away culture!

Look over your holiday Poinsettia and see that the majority of the leaves (read: 99%) are deep green, stiff and 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 for 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. Each morning place it in a sunny location. Repeat the light/darkness regimen 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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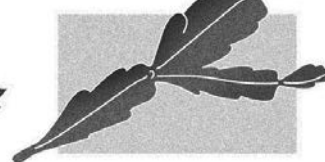
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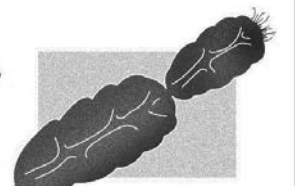


"Thanksgiving cactus" (*Schlumbergera truncata*) displays broad, pointy leaves and may bloom from late October through November.

### Holiday cactuses



"Christmas cactus" (*Schlumbergera bridgesii*) has scalloped, flat leaves and may bloom from late November to late January.



The "Easter cactus" (*Rhipsalidopsis gaertnerii*) displays rounded scalloped leaves, sometimes with "hairs," and may bloom from mid-March through April. – Brenda Weaver

Sources: planetdesert.com, Sunny Home Gardens

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**Radio**  
from the  
20th Century

by Bill Zwack

I had met Willard Waterman several years ago at a question and answer session in Chicago regarding the radio program *The Great Gildersleeve* that he assumed starring in, in the early 1950's. He was a very delightful and kind man. He had a very long and interesting career in show business, both on radio, television and the movies. Long before he became *The Great Gldersleeve*, he had at least one program of which he was the star.

*Those Websters* was a giddy comedy about family life, set in the typical small town with a typical mam-dad-brother-sis combo. It originated in New York on March 9, 1945, as a Friday night feature for Quarker Oats, then moved to Chicago after a few months, and finally made the jump to Hollywood in the Fall of 1945. In the interim, it switched days (to Sunday, 1945) and networks (from CBS to NBC)

before winding up in 1947-48 as a Sunday show for Mutual.

Willard Waterman starred as George Webster, the slightly pompous father figure who was a fine preparation for Waterman's role of *The Great Gildersleeve* a few years later. The cast included Constance Crowder, who played Mrs. Webster, Gil Stratton Jr. was son Billy, and Joan Alt played the daughter. The Webster family lived at 45 River Road in the town of Spring City, where such mundane comedic adventures as visits by old classmates and matchmaking among friends revolved around them.

Very few episodes have been preserved from this situation comedy, but at least one has been found to exist. If you listen to AM 1370 KDTH's *Big Broadcast* on Sunday nights from 6 to midnight, you might just hear Willard Waterman, as George Webster, and his family in one of their funny situations.

**Al Batt from Pg. 13**

with them by writing, "What good is the warmth of summer, without the cold of winter to give it sweetness," but to no avail.

I'm tethered to the homeplace in winter, with only brief excursions away. My Fitbit should give me extra steps for walking uphill both ways

through the deep snow.

Mittens offer warmth in the cold. If you like gloves better than mittens, well, I'm not one to point fingers. Spring will ride in like the cavalry after enough winter gloves and mittens have been lost. By then, winter will need a vacation.

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**Down Memory Lane**

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

Christmas  
1955

February  
1957

**HUNTING**

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



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



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



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



**Ohnward from Pg. 1**

Maquoketa has so much to offer. Maquoketa, Iowa, is a must-visit for nature enthusiasts, offering the stunning Maquoketa Caves State Park with its unique cave systems and scenic trails. Maquoketa's quaint downtown is a charming area that offers a delightful mix of shops, restaurants, and historic buildings. You can enjoy a unique shopping experience with local merchants who hand-select their inventory, providing a variety of specialty items you

won't find in regular stores. Additionally, Maquoketa's rich history and vibrant arts scene provide a charming backdrop for a memorable visit.

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 Monday through Friday. Or check us out online at [www.ohnwardfineartscenter.com](http://www.ohnwardfineartscenter.com) where you can also purchase tickets! Stop in and see a show. You won't be disappointed!



**Derek Paulson, Assistant Fire Marshal**

A new year means a new me, or at least that is what I tell myself each year. I try and set new goals for the upcoming year. Sometimes I'm successful and sometimes I'm not. It is always good to try to be better than we were the year before. It is good to challenge ourselves and learn something new. This year, I challenge all of you to learn something new. I challenge you to learn Hands-Only CPR.

According to the American Heart Association, more than 350,000 out-of-hospital cardiac arrests occur each year in the United States. About 90% of people who suffer out-of-hospital cardiac arrests will die if no action is taken. However, if CPR is performed immediately, a victim's chance of survival can double or triple, according to the AHA.

With Hands-Only CPR, rescue breaths are not required. The steps for Hands-Only CPR are getting early 911 notification and then starting chest compressions until First Responders or someone with more skills arrives to take over.

Hands-Only CPR helps keep oxygen moving throughout the body to help some of the vital

organs remain alive. This can be used on adults as well as teenagers. Hands-Only CPR should not be used on infants. Hands-Only CPR consists of dialing 911 to activate emergency services and then placing your hands on the center of the persons' chest and pushing hard and fast. Many 911 Dispatch Centers will also help walk you through doing CPR while they are on the phone with you. Also, if there is an AED nearby, do not hesitate to use that as well. Most AED's will talk you through what step needs to be done next. Early defibrillation also helps increase a person's chance of survival.

Hands-Only CPR does not replace the requirements for certification that many places of employment require. The Dubuque Fire Department highly encourages you to take a CPR class that certifies you. These classes will teach you CPR for infants, children and adults as well as how to perform the Heimlich Maneuver.

If you have any questions or would like further information, I can be reached at **563-589-4195** or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org).



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**The Cowtippers**  
Saturday, Jan. 25, 2025  
2PM

*The Cowtippers show is a timeline of Country Music, starting in the 60's through the 90's. We try to represent some of the most popular music from the different periods, such as the emergence of Patsy Cline, Johnny Cash, etc, through the Merle Haggard, George Jones period. We'll progress to the 70's "Urban Cowboy" craze, then on to the resurgence of Country during the late 80's into the 90's with George Strait, Brooks & Dunn, etc. We guarantee to trigger some memories!*

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



---



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

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

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

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

**Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815**  
**Purchase Tickets online at [www.ohnwardfineartscenter.com](http://www.ohnwardfineartscenter.com)**  
Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.

## Contract Bridge

### Far from Hopeless

South dealer.  
North-South vulnerable.

<b>NORTH</b>			
♠ J 9 8 7 5 3			
♥ 10 4			
♦ Q J			
♣ A 6 2			
<b>WEST</b>		<b>EAST</b>	
♠ 6		♠ 4	
♥ J 7 2		♥ Q 9 5 3	
♦ A K 7 3		♦ 10 9 8 6 5 4 2	
♣ K Q 10 9 8		♣ 3	
<b>SOUTH</b>			
♠ A K Q 10 2			
♥ A K 8 6			
♦ —			
♣ J 7 5 4			

The bidding:  
 South West North East  
 1 ♠ 2 ♣ 4 ♠ Pass  
 6 ♠

Opening lead — king of diamonds.

Whenever declarer finds himself in what appears to be a hopeless contract, he should try to visualize some lie of the opposing cards that might allow the contract to be made.

Sometimes the possibility might be extremely remote, but if it offers the only chance, declarer should plan his play on that basis. To do otherwise would amount to giving up.

Consider this deal where it seems that South must lose two club tricks at six spades

and go down one. However, South has an excellent chance for the slam if he plays his cards correctly. West's two-club overcall should guide him to the winning method of play.

Declarer ruffs the diamond lead and cashes the ace of trump. When both opponents follow suit, South knows that East started with a singleton spade and, in view of West's two-club bid, with either one club or none.

It follows that East must have lots of hearts and diamonds — and, more especially, that East almost certainly has more hearts than West. If this probability pans out, the slam is ice-cold.

So, South cashes the A-K of hearts and ruffs a heart, then cashes dummy's ace of clubs and ruffs the queen of diamonds.

The stage is now set for the key play. South leads the eight of hearts and, when West shows out, discards a club from dummy! East wins with the queen and is forced to return a diamond. This allows declarer to ruff in his hand as he discards dummy's last club, and the slam comes rolling home.

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*All work that is worth anything is done in faith.*  
—Albert Schweitzer

by Steve Becker

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## EYECARE AMERICA

### Regular Eye Exams are Essential to Living Your Best Life with Diabetes

(NAPS)—Many people don't know it but diabetes is a leading cause of vision loss. Fortunately, early detection could save your vision. Unfortunately, most people with diabetes do not get a yearly comprehensive eye exam as recommended by the American Academy of Ophthalmology.

Diabetic eye diseases often have no obvious signs or symptoms. The good news, however, is that an annual routine eye exam can help identify eye disease early so you can take steps to prevent or delay vision loss caused by diabetes.

"My patients are often surprised by how comfortable these eye exams are," said Andrew Iwach, MD, an ophthalmologist in San Francisco and a volunteer with EyeCare America, a program offering no-cost eye exams to qualified, underserved



*If you have diabetes, it's wise to have your eyes checked by an ophthalmologist to make sure they're not affected by the disease.*

Americans. "Taking charge of your diabetes includes taking charge of your eye health. Most people say they rely on their vision more than any other sense, so don't wait until you notice symptoms. Get your eyes checked every year."

#### How Does Diabetes Affect Eyesight?

Diabetes affects the body's ability to produce or use insulin effectively to control blood sugar levels. High blood sugar levels

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

### Buffalo Bill Signed Railroad card!

A railroad card signed by Buffalo Bill (William F. Cody) is a significant collector's item. Buffalo Bill was a famous American scout, bison hunter, and showman, and items connected to him, especially those with his signature, are highly sought after by collectors of Western memorabilia.

Buffalo Bill was closely associated with the development of the American West and popular culture in the late 19th and early 20th centuries. Railroad-related items could tie into his travels and performances for "Buffalo Bill's Wild West" shows, which he took across the United States and Europe, often utilizing railroads for transportation.

Railroad companies collaborated with public figures like Buffalo Bill to promote travel and tourism. This card promoted the Chicago Union Pacific and North-Western Line 31/2 days covering California and Oregon with dining and sleeping cars. The front of the card has a printed photo of Buffalo Bill's with a facsimile signature which looked as if he



had signed the card but in fact it was just printed.

The true value with this card was the dedication to a friend and a true signature from Col. W. F. Cody "Buffalo Bill" on the reverse side of the card. We had a local autograph expert compare this signature to other true examples of Buffalo Bill's signature and it was found to match others that he had signed. The value for this card was found on eBay to be \$995.00.

can cause damage in many parts of the body, including the blood vessels in the eye. When this happens, the blood vessels can swell or leak, leading to vision loss. This is called diabetic retinopathy.

People with diabetes are also at higher risk of other eye diseases, including cataracts and glaucoma.

People with diabetes who don't have eye disease can also experience a change in their vision. A quick change in blood sugar levels can cause temporary blurry vision. Taking care of your overall health by keeping up with exams, medications, and dietary guidelines as your doctor recommends is key to protecting your good vision.

#### A Simple and Painless Way To Avoid Blindness

The Centers for Disease Control and Prevention (CDC) says that about 90 percent of vision loss from diabetes can be prevented if it is diagnosed early.

Routine eye exams can include reading an eye chart, shining a light into your eye to check your pupil, testing your eye movement and side vision, an eye pressure test, looking at your eye through a slit-lamp microscope, and using dilating eye drops to check on the health of your retina, which is the back

of your eye. You may experience slight sensitivity to light after dilation, but otherwise, these exams are pain-free.

Getting a comprehensive eye exam before eye disease develops will not only give you peace of mind, but an ophthalmologist can also help you understand your risk factors and recommend health tips moving forward to help prevent disease.

#### Can't Afford an Eye Exam? EyeCare America® Can Help

Unfortunately, many of the 37 million people living in the United States with diabetes don't have the time or the means to get an annual eye exam.

People of color are at a greater risk of going blind from diabetes. The number of people with diabetic retinopathy is predicted to increase by 48 percent by 2030.

Individuals who are at high risk for eye disease or are over the age of 65 may be eligible for a no out-of-pocket cost medical eye exam through the American Academy of Ophthalmology's EyeCare America® program. This public service program matches volunteer ophthalmologists with eligible patients in need of eye care across the United States. To see if you or a loved one qualifies, visit [www.aao.org/eyecare-america/patients](http://www.aao.org/eyecare-america/patients).



PHOTO CREDIT: Donna Erickson

**Making Snowflakes Sunny-Side Up**

Put "Snowflakes Sunny-Side Up" on your breakfast menu this month, and the nutritious surprise will brighten even the darkest of wintry mornings.

Made with colorful slices of sweet red pepper in shapes that resemble snowflakes, this whimsical meal adds fun to the start of the day. The curvy rings frame an egg as it fries into deliciousness for about 5 minutes. Top with a dusting of Parmesan or feta cheese, and serve with toast or an English muffin and fruit juice.

For a special weekend breakfast, let the snowflakes land on servings of hashbrowns, bacon or sausage. Let's get crackin' ...

**SNOWFLAKES SUNNY-SIDE UP**  
Makes 6

- 2 large, firm red bell peppers with contours
- Butter
- 6 medium eggs
- Salt and pepper
- Grated Parmesan cheese or crumbled feta

Slice peppers into six 1/3-inch-thick rounds, keeping the cut edges smooth and even. Remove seeds and core pieces.

Melt some butter on a flat skillet. On one side, cook the pepper slices on medium heat for about 1 minute, then flip.

Carefully crack an egg into the center of each ring. Immediately press down on the ring with a spatula if the egg white seeps through. Cook for about 5 minutes, or until the yolks are firm. (Place a lid on the pan during the last minute, if you wish.)

Serve with salt and pepper, and sprinkle cheese on top.

**Extra Idea:** For a springtime twist, set a strip of cooked bacon upright under the pepper on the plate. Your winter snowflake instantly transforms into a blooming flower with a stem.

...  
*Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).*

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**Why you need dental insurance in retirement.**

Many Americans are fortunate to have dental coverage for their entire working life, through employer-provided benefits. When those benefits end with retirement, paying dental bills out-of-pocket can come as a shock, leading people to put off or even go without care.

Simply put – without dental insurance, there may be an important gap in your healthcare coverage.

**When you're comparing plans ...**

- Look for coverage that helps pay for major services. Some plans may limit the number of procedures – or pay for preventive care only.
- Look for coverage with no deductibles. Some plans may require you to pay hundreds out of pocket before benefits are paid.
- Shop for coverage with no annual maximum on cash benefits. Some plans have annual maximums of \$1,000.

**Medicare doesn't pay for dental care.<sup>1</sup>**

That's right. As good as Medicare is, it was never meant to cover everything. That means if you want protection, you need to purchase individual insurance.

**Early detection can prevent small problems from becoming expensive ones.**

The best way to prevent large dental bills is preventive care. The American Dental Association recommends checkups twice a year.

**Previous dental work can wear out.**

Even if you've had quality dental work in the past, you shouldn't take your dental health for granted. In fact, your odds of having a dental problem only go up as you age.<sup>2</sup>

**Treatment is expensive — especially the services people over 50 often need.**

Consider these national average costs of treatment ... \$222 for a checkup ... \$190 for a filling ... \$1,213 for a crown.<sup>3</sup> Unexpected bills like this can be a real burden, especially if you're on a fixed income.

<sup>1</sup> "Medicare & You," Centers for Medicare & Medicaid Services, 2024. <sup>2</sup> "Aging changes in teeth and gums", medlineplus.gov, 4/17/2022. <sup>3</sup> American Dental Association, Health Policy Institute, 2020 Survey of Dental Fees, Copyright 2020, American Dental Association.

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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 the 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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### MAGIC MAZE ● "OO" WORDS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: AN INK DESIGN ON THE SKIN

Ballyhoo	Cuckoo	Shampoo	Wahoo
Bamboo	Hullabaloo	Skidoo	Waterloo
Buckaroo	Kangaroo	Taboo	Yahoo
Bugaboo	Kazoo	Voodoo	

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### SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ♦♦**

♦ Moderate ♦♦ Challenging  
 ♦♦♦ HOO BOY!

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### HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Pillow is larger. 2. Picture on wall is moved. 3. Mouth is different. 4. Necklace is added. 5. Apron is different. 6. Wristwatch is added.

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### Go Figure! answers

4	=	14	4	=	11	3	=	11
3	+	7	+	1	+	7	=	11
8	-	5	+	2	=	5		
9	+	6	-	4	=	11		

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### King Crossword — Answers

Solution time: 24 mins.

ABBA	CPA	UFOS
LEAD	HIS	NUBS
FACEMASK	FLIT	
ANKLET	UBOLTS	
EEE	PALM	
ELF	TAM	ADORN
MIRO	URN	SOME
SPECS	SIS	NNE
ETAL	AIM	
REMADE	GREASE	
ELEV	FLASHMOB	
ALAI	TAR	TARA
LALA	SBA	ATTY

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COLTEN VASKE 563-690-8747  
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### SUDOKU Answer

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

## Stickelers Answer

The word is "assesses."