



The Golden View

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July, 2014

Dedicated To The Young At Heart

Dubuque, Iowa

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Visit the 61st
Dubuque County Fair,
 July 22—27

Are you ready to have more fun than ever before? Visit the 61st Dubuque County Fair, July 22–27 to find out how much fun you can have! All six days are packed full of fun, entertainment and education. You won't want to miss a minute of the excitement.

Tuesday, visit the grandstand and see the Draft Horse Pull and IMCA races. Wednesday is full of fun activities for children from 10 a.m. – 5 p.m. Hear the roar of the tractors and trucks Wednesday night when the National Tractor Pull hits the track. Thursday is sure to please with a bull ride and mutton busting. Friday, *38 Special* will entertain you from the grandstand stage. Saturday morning test your skills at the Barnyard Charge or Farm Bureau Cook-off. Spend the evening with



Aaron Bonk, juggler

great country music from Scotty McCreery.

The mud volleyball tournament kicks off on Sunday morning, and the track roars with the Demo Derby and IMCA races.

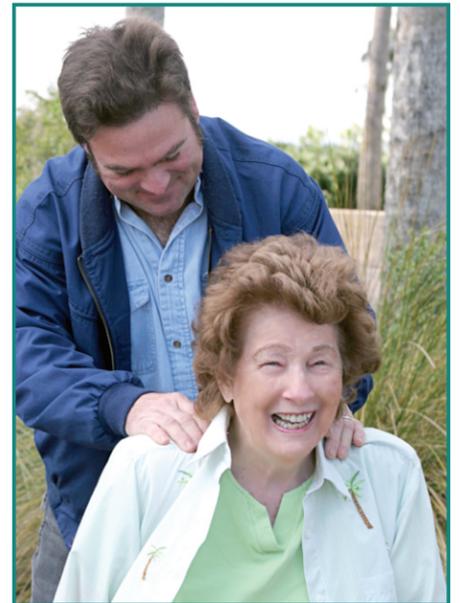
The barns will be filled with
Dubuque County Fair Cont. P. 3

Living in the Moment... Ways to communicate and connect

Everyone wants the best life possible—regardless of our situation. This is especially true for individuals with Alzheimers disease and other forms of dementia. If you are caring for a loved one in these circumstances, it is important to have a keen eye on how to help in every way possible.

One key way to bring joy, comfort and meaning to your loved one is via communication and connection. At Oak Park Place's Memory Keepers Educational Series, we were recently honored to have Rev. Jade Angelica provide highly specialized guidance in this type of communication.

The two-part workshop is focused on ways to live in the moment with our loved one. Jade recommended communication techniques to join our loved one where they live – in their moment. We learned that our loved ones with memory disorders are more tactile, less conceptual, and much more at-



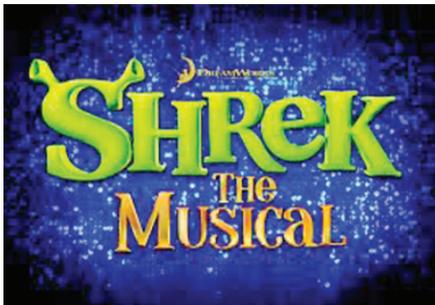
"Create moment of success and find humor whenever possible."

tentive to emotions and body language. Being present in this moment is the only way a memory care patient can live—and provides an opportunity to join our loved ones in that space. It is in that moment
Oak Park Moment Cont. P 3

Shrek the Musical

Mark your calendars for the Bell Tower Theatre's ninth annual kids-for-kids production: *Shrek the Musical!* In a faraway kingdom turned upside down, things get ugly when an unseemly ogre – not a handsome prince – shows up to rescue a feisty princess. Throw in a donkey who won't shut up, a bad guy with a SHORT temper and a cookie with an attitude and you've got a show that is part romance, part twisted fairy tale and all irreverent fun for everyone!

This fun, family friendly performance features some of the Dubuque area's very own adorable shining stars, ages 7–16. With help from director Sue Flogel, two casts of over 40 young performers bring the DreamWorks comedy to dazzling new life on the stage. With many hands and a whole lot of enthusiasm, tri-state area children show off their talents in nearly every aspect of the theatre, both on and off stage. In addition to acting, singing,



and dancing, roughly 100 children make up the backstage crew, ushers, concessions staff, marketing team, and tech crew. Together, the team of dedicated kids put on a wonderfully fun performance that you surely will not want to miss.

Join the Bell Tower Theatre in supporting tri-state area youth as they work to share their brilliant talents with our community! *Shrek the Musical* runs from July 9-20 and features both matinee and evening performances. All tickets are just \$9. For more information or to purchase tickets, call the Bell Tower Theatre at 563-588-3377 or log onto www.belltowertheater.net.

Dubuque Symphony Orchestra Announces 14/15 Season

by Kristin Hill, Director of Marketing

The Dubuque Symphony Orchestra (DSO) is excited to announce the 2014 – 2015 season. William Intriligator, music director and conductor, has prepared a rich array of music for the Classics Series, including crowd favorites, such as Holst's *The Planets*, Tchaikovsky's Fifth, and Beethoven's Eroica Symphony.

"I'm very excited about the 2014 – 2015 season," said music director and conductor William Intriligator. "One of the greatest highlights will be Holst's epic orchestral suite, *The Planets*. The orchestra players and I have dreamed of performing this piece for years. That dream will finally come true when we open our Classics Series in September at the Heritage Center."

A wide range of distinguished guest artists will join the symphony, including violinist, Michael Ludwig opening



William Intriligator, Director
 Dubuque Symphony Orchestra

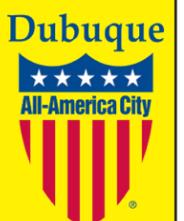
the season; pianist, Alpin Hong performing Liszt; international star of the flute, Carol Wincenc; University of Iowa professors Katie Wolfe and Anthony Arlinist, Michael Ludwig opening
Dubuque Symphony Cont. P. 5

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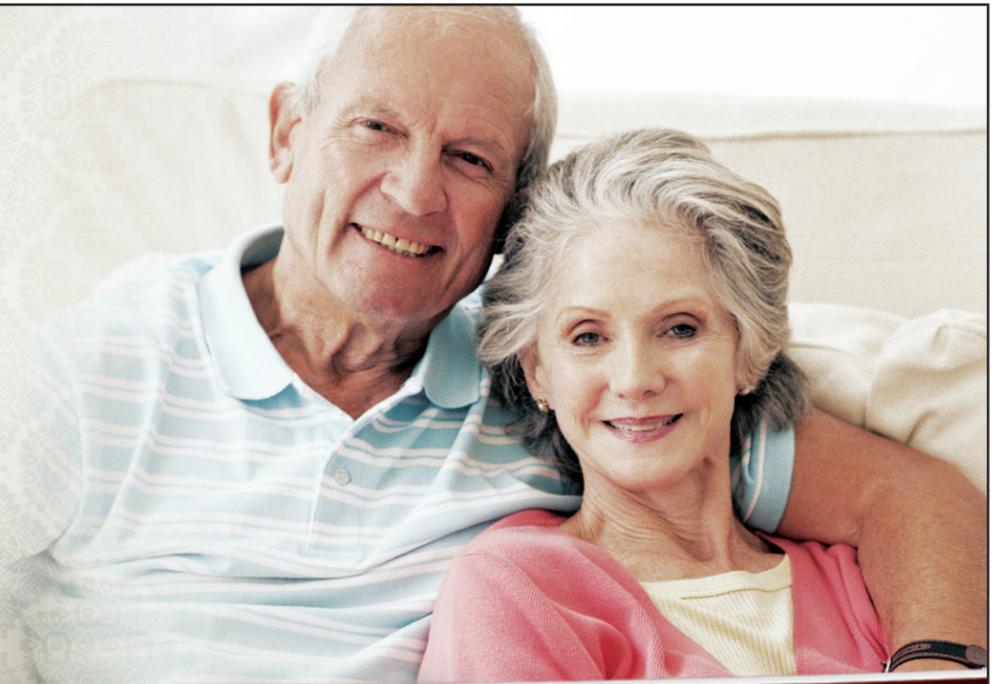
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 July 16, 30
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Guttenberg Library
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 July 9, 23
 11:00 a.m.

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Oak Park Moment from Pg. 1

where we can have more connection with the ones we love and experience the joy of the journey together.

Memory Keepers provides specialized guidance and education to families with practical day-to-day ways to support loved ones with memory care conditions. Please join us at Oak Park Place for the next Memory Keepers Educational Series exploring the physical environment for those with Alzheimer's and dementia. Memory Keepers is held at Oak Park Place on the first Tuesday of each month beginning @ 5:30 p.m. in The Grand Oaks Room, with the next meeting taking place on July 1.



"A golden rule for caregivers is to always have dignity and respect at the forefront."

In addition to the Memory Keepers Educational Series, Oak Park Place is honored to offer Memory Keepers Support Group in partnership with the Dubuque Alzheimer's Association. The Support Group provides guidance and connection for caregivers and families. We will meet at Oak Park Place every third Tuesday of each month (July 15) in The Screening Room (Assisted Living, 2nd Floor) at Oak Park Place.

Please come to all or part of the above programming as we are delighted to stand with you on your journey. For additional information and to RSVP, please contact Laura Nissen at 563-451-4900 or email lnissen@oakparkplace.com.



"Find ways to connect with your loved one in their world....that is where they will find joy."

Dubuque County Fair from Pg. 1

livestock and the Creative Arts and 4-H Exhibition buildings will be packed with displays and exhibits from the local talent and 4-H and FFA members. Enjoy many of our free acts in the Hy-Vee Big Top or the Coca-Cola Jumpin' Janes tent. Aaron Bonk will make you laugh while juggling, Randy Irwin will yodel and show off his rope tricks and Rick Jenkins, ventriloquist, will bring some of his favorite characters.

Try your luck at bingo or some of the other fun competitions we have planned. Our animal act will be a "huge" hit. The Elephant Encounter will perform in the outdoor exhibit park.



Rick Jenkins, Ventriloquist

Of course you will want to try the great food from our many vendors. Home made pizza, Bacon wrapped brats, funnel cake, ice cream and of course homemade lemonade! Grab your favorite refreshment in the Bud Light Beer Garden and enjoy the music of a variety of great bands each night.

Mark your calendars for July 22-27. You will have more fun than ever before!



Randy Irwin, yodeler and rope trick artist

Finalists Named for Dubuque Fire Chief

Dubuque City Manager Michael Van Milligen has announced that the City of Dubuque has selected six finalists in its search for a new fire chief. Dubuque Fire Chief E. Daniel Brown, who has served as fire chief since 1996, announced in January that he will retire in late August.

The finalists for the position, in alphabetical order by last name, are:

Mark Burkle is an assistant fire chief with the City of Dubuque Fire Department, which he joined in 1989. Burkle has a mechanical repair diploma from Northeast Iowa Community College and has a pre-hospital emergency medical care certificate from Mercy Medical Center in Dubuque.

Kevin Esser is a captain with the City of Dubuque Fire Department, which he joined in 2001. Esser has an associate's degree in fire science from Columbia Southern University in Orange Beach, Ala., and has completed coursework towards a bachelor's degree in fire administration, also from Columbia Southern University.

Mark Ludescher is an assistant fire chief with the City of Dubuque Fire Department, which he joined in 1988. Ludescher has an associate's degree in fire science from Northeast Iowa Community College and a bachelor's degree in business management from Loras College.

William Manley was a captain with the City of Ottawa, Ill., Fire Department from 1993 to 2013. He is currently the fire science program director at the Area Career Center/LaSalle-Peru Township. Manley has an associate's degree in fire science-EMS from Illinois Valley Community College in Oglesby, Ill.; a bachelor's degree from Illinois State University in Normal, Ill.; and a bachelor's degree in fire science management from Southern Illinois University in Carbondale, Ill.

Rick Steines is an assistant fire chief with the City of Dubuque Fire Department, which he joined in 1985. Steines is a graduate of the Executive Leadership Course at the National Fire Academy in Emmetsburg, Md., and has an associate's degree in fire science from Northeast Iowa Community College.

Robert Wetzel is a captain on the Decatur, Ill., Fire Department. He has been employed with the City of Decatur Fire Department since 1988. Wetzel has a bachelor's degree in fire prevention/administration from Western Illinois University in Macomb, Ill.; a master's degree in safety/security emergency from Eastern Kentucky University in Richmond, Ky.; and a master's degree in public administration from the University of Illinois in Springfield, Ill.

The interview process will begin on July 1, 2014, and conclude during the first week of August. Upon completion of the interview process, the City Manager will appoint a new fire chief, subject to the approval of the City Council.



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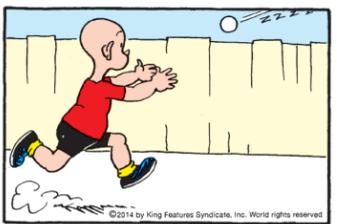
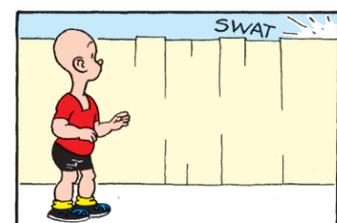
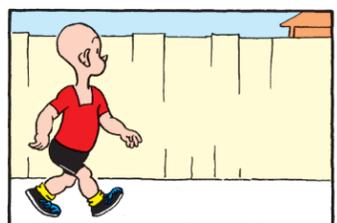
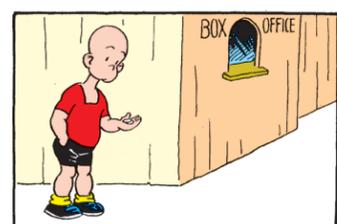
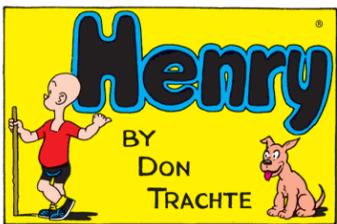
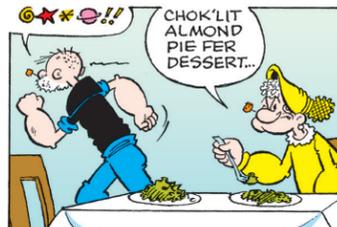
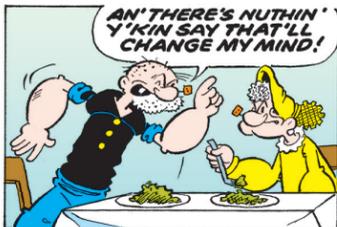
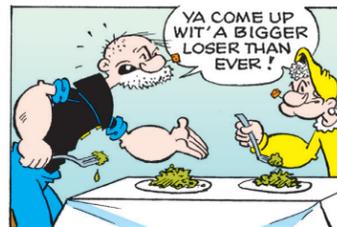
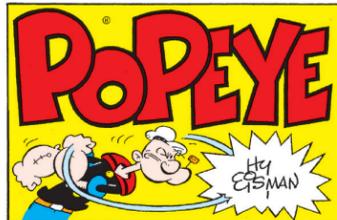
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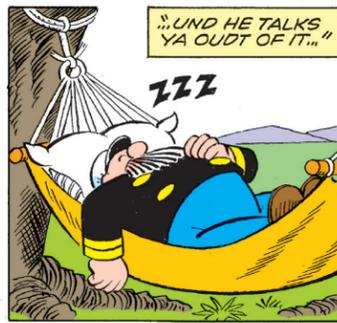
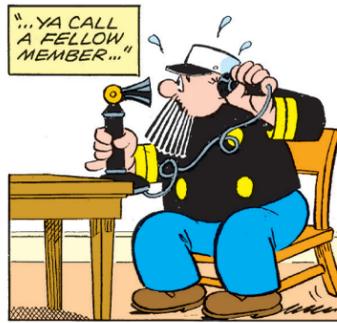
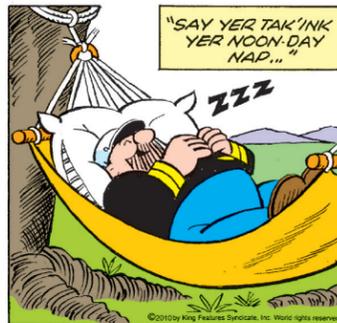
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101.1 **The River** WE ROCK THE TRI-STATES

For Information On The Day's Activities
2014 Fireworks & Air Show
Thursday, July 3

The Following Events will be at the River Front Below the Lock and Dam
Air Show: 6 p.m. - 8:30 p.m.

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Fireworks at Dusk exploding to music on: Radio Dubuque



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ACROSS

- 1 Space
- 4 Angels' illuminants
- 9 Total
- 12 Past
- 13 Vote into office
- 14 Gorilla
- 15 Moon, for instance
- 17 Youngster
- 18 CDs' forerunners
- 19 Winter weasel
- 21 Easter egg container
- 24 Golf props
- 25 "The — Daba Honey-moon"

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- 26 Water barrier
- 28 Vaults
- 31 On pension (Abbr.)
- 33 In medias —
- 35 Tragic
- 36 Speaks unclearly
- 38 Guy's counterpart
- 40 Away from WSW
- 41 Regretted
- 43 Maestro, e.g.
- 45 Wisconsin, the — State
- 47 Slight amount
- 48 Genetic messenger
- 49 Duke Ellington classic
- 54 Whatever number
- 55 "Excavating for —"
- 56 Trouble
- 57 More (Sp.)
- 58 Subsidized
- 59 Ram's mate
- 8 Cordwood measures
- 9 Content
- 10 "Once — a time, ..."
- 11 Apportion (out)
- 16 Wapiti
- 20 Anthropologist Margaret
- 21 Behind — (in jail)
- 22 First victim
- 23 Halves of weekends
- 27 "Little Women" woman
- 29 Sea eagle
- 30 Prognosticator
- 32 Pharmaceutical
- 34 Cracker type
- 37 Teeter-totter
- 39 Tilted
- 42 Pulitzer Prize category
- 44 Find 9-Across
- 45 "Dracula" author
- 46 Actress Paquin
- 50 Can material
- 51 Have bills
- 52 Depressed
- 53 Shelter

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Dubuque Symphony from Pg. 1

none performing the Brahms Double Concerto, and vocalists Megan Gloss, Sang-In Han and Alvaro Ramirez who will be the featured soloists in a Best of Opera program which also includes the Dubuque Chorale.

"I can hardly wait to work with pianist Alpin Hong. Alpin has tremendous chemistry and is a rising piano superstar," said Intriligator. "Carol Wincenc is one of the most famous flute players in the world. She is spectacular. Numerous living composers have written concertos specifically for her, and we will perform one of those when we bring her to Dubuque to perform the hauntingly beautiful Flute Concerto by Christopher Rouse.

We will also premiere a new commissioned work by

composer and Dubuque native, Zane Merritt. The orchestral piece is inspired by the city of Dubuque and its people. It will be an incredible season."

The Classics Series consists of five concerts with two performances each. Two of the concerts will be held at the Five Flags Theater and three will be in John and Alice Butler Hall at the Heritage Center located on the University of Dubuque campus.

Season ticket packages of three, four or five concerts are available and start as low as \$38 for five concerts. Single tickets go on sale August 18, 2014. Ticket price ranges from \$15 to \$78. For more information about the DSO and the 2014 – 2015 season, visit www.dubuquesymphony.org or call (563)557-1677.

Tips To Help You Stay Active

- Try a new activity each day, like brisk walking or dancing, to find out what you enjoy. Stick with what you like best.
 - If you must spend a lot of time sitting down each day, try to take breaks to stand up and move around every 30 minutes.
- Craft a Plan That Fits Your Day and Your Budget**
- If you have a hard time fitting in exercise, do 10 minutes at a time. Spread these bursts of

activity throughout the day.

- If cost is an issue, try activities that are cheap or free, such as walking. Also, find out if your local recreation or community center offers reduced rates or pay-as-you-go options.

Keep Up the Good Work

- Make it social. Involve your family and friends in physical activity to have fun, spend quality time together and stay on track.
- Once you start meeting your goals, reward yourself! Take a relaxing hot bath or shower.

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E-mail: letters.kfws@hearstsc.com

DEAR DR. ROACH: Why do people snicker when I tell them I have RLS? They wouldn't laugh if they knew the amount of sleep deprivation I have endured during the 20 years it took to correctly diagnose it. I think if it hadn't been for Sinemet (levodopa and carbidopa), a Parkinson's drug, I would have gone mad long ago. Has anyone discovered what causes it?

ANSWER: Restless leg syndrome causes an urge to move the legs (and sometimes arms), which is worse at nighttime and is relieved by movement. It is usually accompanied by unpleasant sensations in the legs. When accompanied by sleep deprivation, as yours has been, it is also called periodic limb movement disorder.

The cause is known only in a minority of cases. About 40 percent of cases seem to run in families, and several genetic factors have been identified. Iron deficiency sometimes

is associated with RLS, and replacement of the iron can improve symptoms. Moderate exercise, leg massage and heat (say, a warm bath before bed) are some nondrug ways of improving symptoms. Levodopa/carbidopa is an effective treatment; pramipexole (Mirapex) and ropinirole (Requip) also are effective for many people. There are other alternatives as well. An expert in the condition, usually a neurologist, is essential for severe cases.

I think the name "restless leg syndrome" may be part of the reason why people don't take this condition as seriously as it deserves. After all, legs are supposed to move, and being "restless" doesn't sound so bad -- but as you know, it's a lot more than that. For this reason, the new name, Willis-Ekbom disease, is preferred by some.

The booklet on restless leg syndrome and nighttime cramps offers more tips. Readers can obtain a copy by writing: Dr. Roach -- No. 306W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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AEO/AEE



STRANGE BUT TRUE by Samantha Weaver

• You might be surprised to learn that the hamburger didn't originate in the United States. In fact, it was early Turkic people called the Tatars who first came up with the idea. When they had low-quality beef, they discovered that shredding it and patting it back together improved the flavor and texture.

• If for some reason you have a hankering to see the world's biggest tire, you'll need to head to Detroit (fittingly, I suppose). Located near the

Detroit Metro Airport, the 80-foot Uniroyal tire weighs in at a whopping 12 tons. This attraction was created for the 1964 World's Fair in New York, where it served not only as an advertisement for the Uniroyal brand, but also as a Ferris wheel for the entertainment of attendees. In 1998, the company created the world's largest nail -- measuring 11 feet long and weighing 250 pounds -- and used it to pierce the giant tire. It was another advertising stunt, of course; this time to promote Uniroyal's puncture-resistant tire.

• If you're like the average American, you will eat between 25 and 30 pounds of apples this year.

• Some researchers believe that those who drink large quantities of coffee on a daily basis are self-medicating for depression.

• There is a species of frog found in Australia with an odd method of reproduction. It lays eggs like other frogs, but this particular frog keeps the eggs in its stomach, hatching them internally. When the baby frogs are fully developed, they emerge into the world via the adult frog's mouth.

Thought for the Day: "Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people." -- Elizabeth Green

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Happy People Are Thankful

One of my favorite holiday sermons to deliver is the Thanksgiving message. There's just something about focusing on thanksgiving that makes you feel so good! One of the best ways I've found to pull myself out of a down mood is to recite a list of things that I'm thankful for in a prayer to the Lord. I always feel better after such a prayer time.

Ingratitude is a serious sin in the Bible because it denies, or at least ignores, the blessed working of God. We can always work on being more grateful to the Lord. We remind children

when they're given something, "What do you say?" What we expect to hear is a "thank you" from them. We're trying to teach them to be grateful. All of us who call ourselves a child of God could still learn more about being grateful!

It's so easy to focus on what's not right that we can overlook everything that is right. Expressing gratitude to the Lord helps us focus on what's good in our lives.

Gratitude should not only go vertically, to God, but also horizontally, toward people. Few things encourage others and endear them to us as much as expressing gratitude does.

Dr. Henry Cloud wrote that "only 10 percent of our happiness comes from our circumstances. So no matter what circumstances we find ourselves in, we need to be practicing gratitude to fill in the gap." (The Law of Happiness, pp. 126-127)

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18

without tamping down."

• "Baking is a science as well as an art. It's about interaction of ingredients and what happens when they mix in certain ways. So this is not so much a tip as a caution. Make sure of your substitutions, and use the right amounts of things. Then your cakes will be light and fluffy, and your pastry will be flaky and moist."

• Berries are in season, and there's no greater time to stock up. But don't feel like you have to make jam out of all the berries. Freeze in a single layer and transfer to a freezer-safe bag or container. Later they can be popped into muffins and quick breads, as well as eaten straight out of the bag for a delicious treat.

• When searing meat on a stovetop, be sure your pan is oiled (if called for) and up to temperature. Otherwise, the meat will stick.

NOW HERE'S A TIP

By JoAnn Derson

• Here are two tips straight from my local butcher about cooking meat: First, let meats come to room temperature before cooking. It allows the meat to cook more evenly, and you won't end up with a cold center and a burnt outside. Secondly, when your meat comes off the grill or out of the oven, give it time to rest before serving. This allows the juices to redistribute throughout the cut of meat, and you'll end up with juicy goodness in every bite.

• "Depending on how you scoop it, you can end up with too much or too little flour. Here is a tip about getting the best amount every time. Give the flour a stir with a spoon and then lightly spoon it into a measuring cup. When it is heaped over, use a knife to level out the measure

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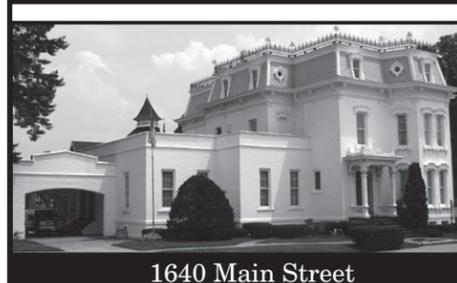
E-mail: info@shalomretreats.org • Web: www.shalomretreats.org To register, call Shalom at 563/582-3592 or send check with your contact information to Shalom Retreat Center, 1001 Davis St., Dubuque, IA 52001.

YogaCare Classes: with Deb May, Certified Yoga Instructor, 13 years experience. Mats & props provided. Register by calling 563/556-7141. FREE Sample Class for NEW students only: Wednesdays, July 2 (a.m.) or July 9 (p.m.).

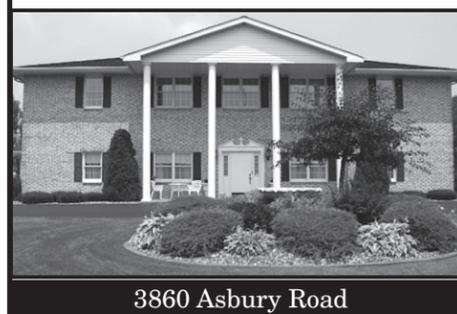
Mixed-Level Yoga: Beginners welcome! Wednesdays, 9:30 - 10:30 a.m., 5-classes: July 2 - 30, \$40. Wednesdays, 4:30 - 5:40 p.m. OR 6 - 7:10 p.m., 4-classes: July 9 - 30, \$36.

Yoga Flow: Basic yoga experience required. Mondays, 9:30 - 11:00a.m., 4-classes: July 7 - 28, \$40.

Growing In Wisdom & Grace: A Spirituality for Every Day Living. July 21 - 26. Director: Helene Cote pm. We are invited to imitate Jesus and thus to grow in wisdom and grace. We will focus on how to use the "stuff" of our every day lives to walk faithfully on this journey towards wholeness and holiness, balancing spirituality with psychology. Daily Eucharistic liturgy. Overnight & commuter options available. Register by July 14.



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Food Safety in Stormy Weather

Are you prepared if your power goes off during a stormy, summer day? Your refrigerator and freezer can help you avoid foodborne illness – if you are prepared!

Be prepared:

- Monitor the temperature. Keep a thermometer toward the front of the refrigerator and freezer. Check the temperatures as soon as you can after the power is restored before the food refreezes and you can't tell how warm it actually had been. Safe temperatures are 40°F or lower in the refrigerator and 0°F or lower in the freezers.
- Keep ready-to-eat food on hand. Store ready-to-eat foods on hand in case you can't cook or cool food.

When the power goes out:

- Keep refrigerator and freezer doors closed as much as possible.
- The refrigerator will keep food cold for about four hours...if the door is kept closed!
- A full freezer will hold temperature about 48 hours (24 hours, if half-full)

- Packages can be grouped in an "igloo" if the freezer isn't full.

When the power is restored:

- Toss perishable food that has been above 40°F for two hours or more.
- Throw out food with an unusual odor, color, or texture or any that feel warm to the touch
- Check for ice crystals in frozen food. Food partially or completely thawed may be safely refrozen if it still contains ice crystals or if 40°F or colder.

When in doubt, throw it out!

Need to know which foods are safe to keep? Ask for "*When the Home Freezer Stops*" (PM 1367) at your local county Iowa State University Extension and Outreach office OR download and print it at: www.store.extension.iastate.edu/Product/When-the-Home-Freezer-Stops To talk directly with a Home Economist, you can call our **ISU AnswerLine at (800) 262-3804**. The AnswerLine is staffed Monday–Friday from 9 a.m. – noon and 1 – 4 p.m.

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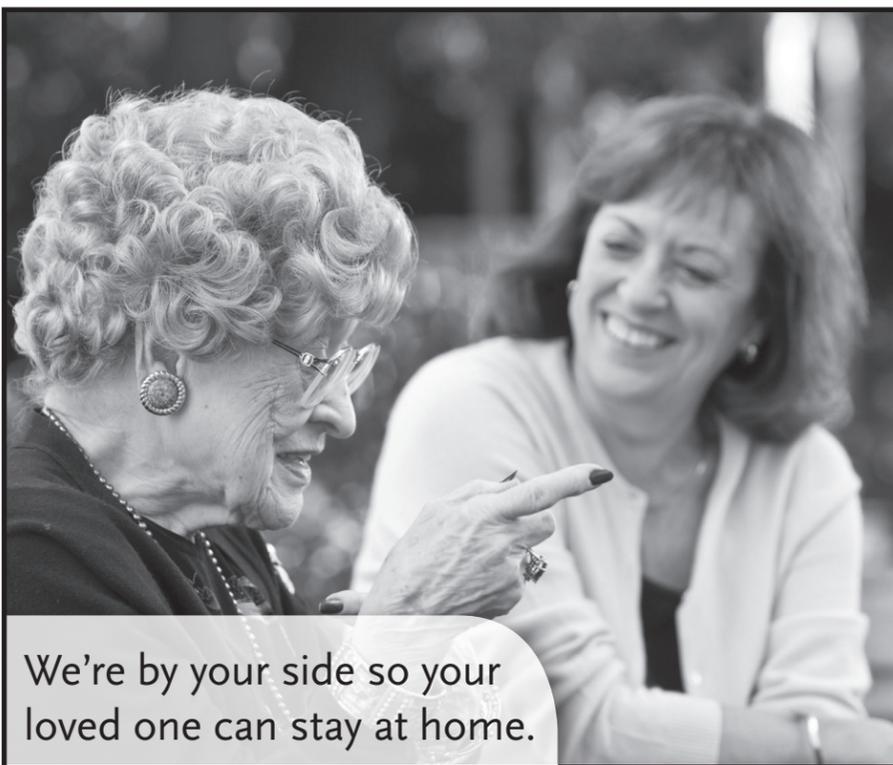


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Living Without My Car

by Betty Allen

First Anniversary

My, how time flies! My mother often told me this was so. "Wait until your old, then you will believe me". She died when she was 55 years old, and even then life was going too quickly for her.

I can't help but remember Mom's words. As I "celebrate" a whole year without my car. For many months I often thought, I miss running to the grocery store or to church. But now—seriously—I rarely think of my car. Perhaps it's because I'm content with my life as it is now. I will admit it takes time to make plans with DuRide and the Jule Mini Bus, but I'm always on time for my appointments and get home promptly.

Sometimes I feel as though I have a sign on my forehead, "Could you give me a ride home." I very seldom have to ask for a ride. My friends and family are so generous in taking care of me. That is one great benefit of being old. Most people are so respectful of the elderly. I'm finding, that the less I can do for myself, the more I allow others do for me. And, I don't feel I have to "pay them back." All I need to say is "thank you."

I'm thrilled with the Free Summer Trolley schedule. Riders can get on the trolley at any number of locations downtown and ride around the entire loop

which takes about an hour. Or they can get off or get on at the following locations: River's Edge Plaza, Port of-Dubuque Marina, Mississippi River Museum and Aquarium, Shot Tower, Cable car Square, 12th and Main Street, 16th & Kerper Blvd., Eagle Point Park, Matthias Ham House, Sutton Pool, Lock & Dam #11 Overlook, Harbor St. Trailhead, Mystique Casino, Miller Riverview Park, Mystique Ice Center, Bee Branch Trailhead, Main & 12th St. and the Dubuque Convention & Visitor's Bureau.

My first choice is to go to the Lock & Dam Overlook. Where hopefully I will see a barge lock through or if I'm really lucky an excursion boat will go through. I can stay for an hour, or two and then catch the trolley back to where I began, or stop and get something to eat at the Mississippi Museum or Grand River Center. Another day this summer I will get on the trolley and who knows where I'll get off this time. Maybe I'll just pack a sandwich and have my lunch on the beautiful River Walk.

This is a wonderful opportunity to tour Dubuque, where more than likely you will meet tourists exploring our city.

Drive carefully if you are still driving. If not, just know there are ample ways to get from here to there without a car.



**Come
Chat
With Me**
by S. E. Persinger

I often wonder if many people, like myself, have moments of melancholy when they should be hard at work, but let themselves daydream for a while. Today, I am proofing a manuscript but have stopped to peer out my office window. I see an altered view within my back yard. I see a majestic picture of winter cardinals feasting at the bird feeder. They are surrounded by soft and fluffy snow that is glazed with a sheet of freshly fallen icy snowflakes.

This picture is altered because the view is framed via a partially raised window blind, with slightly parted lace curtains displaying a wooden window sash. There is just a square shaped picture to be seen through the dirty glass window pane with smudges of left over dust and grime from autumn's departure.

As I peer out into the backyard from my viewing spot, I see five pairs of Red Cardinals. There are brightly colored males along with their less colorful female mates. This is an artist's dream, but I have neither brush

nor skill to paint a picture of this wintertime scene.

And, I know that if the beautiful red cardinals hear me raise the blinds they may see a shadow when I pull back the curtains and flutter away quickly into the surrounding bushes and trees to hide from danger. But I think they will return soon and I can get a full view of them at the backyard feeder.

I feel like a peeking Thoma-sina as I gaze upon their meal-time. I am watching them but as far as I know they can't see or hear me. There was a time when I used a manual typewriter and if the window was open they could hear me typing and would fly away.

Right now, there seems to be a situation between two of the males. They are flapping their wings, pecking at each other, and behaving rather badly. They just flew away but I bet they will return soon.

And I guess that is what I should do. It's time to return to my proofing and leave themelancholy for another day. Although, this reverie has been very pleasant, I've heard that there is a time for work and a time for play and just like the cardinals I must fly away. "Chirp! Chirp!"

"Not Just a Library Book"
Article from the
Galena Gazette submitted
by Steve Repp

The book skidded heavily from the bike-rider's hand to the sidewalk. The boy grinned at a passerby and said, "That's all right, it's just a library book." But the reply came back to the little boy. "Just a library book! There's more to it than that my little friend. "Where's your imagination?" He then went on to say : "When the book was new it was marked carefully by a librarian and carefully listed on one of those catalogue cards and placed on a shelf.

Another little boy whose home had few books was its first reader. He carefully turned the pages as he read everything between its covers. He even read some of the parts twice and when the borrowing time was up, he returned it to the library where it was again put on the shelf.

Next a little girl read it. She was sick and the words in the book made her happy and when she became so weak her mother read the book to her. And as time went many other children read that same book and it made them happier and richer because of what was in that book," The passerby then went on to say, "A book is special. It can be a hidden treasure as it can appeal to our inner most thoughts. We become acquainted with people of the present

time and the past as well as people that never existed. The words printed in that book can help us to become time travelers to far away places as we remain in the comfort of our home. The happiness and joy as well as the pain and sorrows of life can be found within its pages...so little boy, you see it's much more than just a library book!"

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Sprucing Up The Outside

by Grandma

Growing up on the farm, wild flowers grew almost everywhere, in woods, fields, and meadows. Flowers were as much a part of our summer as were the crops. Mom had a real talent for growing flowers.

There was a lane from the house to the main road where the mailbox was located. Using cuttings taken from mature geraniums in the fall, Mom was able to make enough plants to line the lane with colorful blossoms. There was enough space between the plants so the hand push mower could mow between the plants.

Flowers were also planted around the mailbox. The mail man deserved to see the wonderful hues as he traveled down the long dusty road. The cheery blooms made the entrance to the farm appealing for any visitors who came to call.

In one corner of the yard the hollyhocks did a wonderful job of transforming an otherwise ordinary metal fence into a work of art. One year, (after some subtle hints from Mom) Dad decided to replace the woven wire fence with a white picket fence. The



fence was made from wooden snow fencing. To give the fence a decorative touch, Dad cut each slat so that it was pointed on top. This job took weeks to accomplish.

Every eight feet or so a large wooden post was placed in the ground and the slats were stapled to them. The posts were treated with creosote to prevent them from rotting. The fence was painted white. This was a family project, no-one was exempt. Huck Finn would not have been able to talk his way out of this job.

The yard now looked picture perfect, with the white picket fence and the potpourri of colors that were ablaze in the yard.

Now that everything inside and out was all spruced up. It was time to have a party. We celebrated the Fourth of July with an explosion of noise and beauty. Mom and Dad had friends who lived in the city. They somehow secured what seemed like an arsenal of fireworks. These could not be set off in the city, so the farm was an ideal place to put on the show.

The spectacular display of color had us sitting spellbound. We had never seen anything quite like that exhibit. Going to bed that night we all had dreams of bombs bursting in air!

THIS IS A HAMMER

By Samantha Mazzotta
A Naturally Clean Home

Q: I'm making a move away from using unnecessary chemicals in my home, including cleaning products -- not just for my family's health but for the environment. Are there alternatives to these products that I can use?

A: I think it's great that you're looking at ways to limit your family's exposure to certain cleaning chemicals. While you might not be able to replace every cleaning product in your home, there are alternatives to commercial products ... and they're probably in your cupboard right now. Here are five you should have on hand at all times:

- **Lemon:** A natural disinfectant that also imparts a pleasant scent. It's no coincidence that many commercial products are lemon-scented.
- **Vinegar:** More than just a good disinfectant, vinegar is effective against mold. It breaks up grease, and can be effective against some stains.
- **Baking soda:** In addition to being a good deodorant for the fridge, baking soda can be used to gently scour surfaces without scratching.
- **Cornstarch:** A gentle cleaning product that can be used to polish some furniture, clean windows, and even shampoo

carpets.

- **Salt:** When you need more scrubbing power than soda or starch, and surface scratches aren't a concern, salt is an excellent substitute for scouring powders.

In addition to these fairly benign cleaners, there are a few products that you should have that boost cleaning options while having a limited impact on the environment. These should be stored out of the reach of children and pets, and you should follow package instructions:

- **Soap:** Look for unscented soap that doesn't contain petroleum distillates. Soap also demolishes grease, and creates a slick surface that makes it easier to wash food particles and bacteria from dishes.
- **Borax:** The commercial name for sodium borate, this chemical cleans and disinfects surfaces, including wallpaper and painted walls. It's even used to attract and poison pests like roaches.
- **Washing soda:** Also known as SAL soda, this is a mineral called sodium carbonate. It's used for household cleaning and is often an ingredient in laundry detergents and coffee pot descaling formulas.
- **Citrus solvent:** A more powerful cleaning solution, it can clean paintbrushes and help dissolve oil and grease.

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Hammer cont. P. 11

James Kennedy Public Library in Dyersville Activities
 Programs are free unless otherwise noted. For information and registration, call 563-875-8912 or go to www.dyersville.lib.ia.us or contact Lisa Gaylor, Senior Services Librarian.

Wednesdays, July 2, 9, 16, 23 & 30: Sit and Stitch @ 1:00 p.m. Join other crafters at this weekly gathering to share crafting and conversation.

Wednesdays, July 2: Genealogy Club @ 6:30 p.m. Join other genealogy enthusiasts to share tips and work on projects.

Thursday, July 3: Library closes at 5:00 p.m.

Friday, July 4: Library closed

Monday, July 7: Books for Lunch Book Discussion @ 12:00 noon. This month the group will discuss the book *Silver Star* by Jeannette Walls.

Tuesday, July 8: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 p.m. This month the group will discuss the book, *While We're Far Apart* by Lynn Austin.

Thursday, July 10 – Monday, July 14: Friends of the Library Used Book Sale. Hours are: Thursday from 4-8p.m.; Friday from 9am-5pm; Saturday from 9a.m.-3p.m.; Monday from 9a.m.-7p.m.

Saturday, July 12: Drop-in Computer Help from 12:30-2:30 p.m. Bring your basic computer questions to the library and we'll do our best to answer them. Computers will be available for use but participants are encouraged to bring their own laptop if they own one.

Monday, July 14: Book Flicks @ Your Library presents "Labor Day" @ 7:00 p.m. Rated PG-13. (113 min.)

Thursday, July 17: Zentangle Club @ 6:00 p.m. Join other zentangle enthusiasts at this monthly gathering on the third Thursday of the month from 6:00 - 8:00 p.m.

Monday, July 21: Type Rider II: The Tandem Poetry Tour @ 7:00 pm. Writers and riders Maya Stein and Amy Tingle are making Dyersville one of the stops on their 1,400-mile, 30-day tour from Boulder, Colorado to Beloit, Wisconsin. The two will be riding a tandem bicycle pulling two typewriters to promote literacy, reading and poetry. Join us at the library for a special presentation about the tour, the creating and sharing of Tandem Poetry, Q & A, and more.

Saturday, July 26: Visit with author and artist Naser Shahrivar @ 1:00 p.m. Central City artists Naser and Patricia Shahrivar will be at the library show some of the paintings from their gallery and Naser will talk about his first novel, *The Man Who Could Not Say Love*.

Wednesday, July 30: Author visit with Heather Gudenkauf @ 6:30 p.m. Join Dubuque author Heather Gudenkauf as she talks about and reads from her new book, *Little Mercies*.

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

Hammer from P . 10

- Isopropyl alcohol: Another common and affordable disinfectant straight out of your first-aid kit.

How do you safely use these ingredients? There are more ways than I have room to describe. The back of the packages for many of these products -- like Borax, washing soda, citrus solvent and baking soda -- contain tips and instructions on safe use. Additionally, you can find a trove of information on the Web. Eartheasy has a page dedicated to nontoxic cleaning along with ways to use the above ingredients. Real Simple's website has a page with 66 different cleaning tips.

HOME TIP: Clean and deodorize your garbage disposal by throwing in a few ice cubes and lemon or lime rinds, and running the disposal until clear.

Live at Heritage Center presents 34th Army Band Patriotic Concert • Sunday, June 29, 2014, 2 p.m.

The 34th Army Band is stationed in Fairfield, Iowa, and is the only military band in the state of Iowa. The 34th Army Band is made up of citizen soldiers whose civilian occupations include teachers, salesmen, corporate management, engineers, and students.

Admission is free. Ticket distribution begins Monday, June 2. Tickets are available for pick-up at Heritage Center's Farber Box Office during summer box office hours or online anytime at www.dbq.edu/heritagecenter. A limit of four

tickets per household does apply. Tickets may not be ordered over the phone and no tickets will be placed on hold. Doors will open at 1:15 p.m. and all ticket holders must be seated by 1:45 p.m. Patrons without tickets will be seated from 1:45 p.m. to 2 p.m. Seats may not be saved for patrons who have not yet arrived. For further information, call 563.585.SHOW or visit the box office at 2255 Bennett Street, Dubuque, Monday-Friday, 12-2:30 p.m. The box office also opens 90 minutes prior to events.

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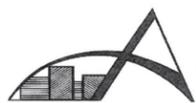
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**Before beginning any exercise program,
we recommend checking with your physician.**

Wednesday at the Movies: July 9. Kehl Diabetes Center. 1-3 p.m. Movie: *The Shootist*. Afflicted with a terminal illness, John Bernard Books (John Wayne), quietly returns to Carson City for medical attention from his old friend Dr. Hostetler (James Stewart). Aware that his days are numbered, the troubled man seeks solace and peace in a boardinghouse run by a widow and her son. However, it is not his fate to die in peace as he becomes embroiled in one last battle. Cost: \$2. Come watch a matinee with friends and enjoy a snack. For senior audiences, age 60 years and older. Please register by calling **563-589-4899**. Class size: 24

Pre-Diabetes: What Can I Do Now?: Friday, July 18, (9 - 11 a.m.), Friday, July 25 - (9 - 10 a.m.). Kehl Diabetes Center. Cost: \$40, payable day of class. This 2-part class will help you learn what you can do to prevent or delay the onset of type 2 diabetes. Part 1 will focus on an overview of diabetes and pre-diabetes management through physical activity and nutrition. Part 2 will focus on successes and barriers met in the past week, specific skills needed for making lifestyle changes including more information on meal planning and dining out, and leaving with an individual plan for success.

Diabetes Express: (Provided by the Kehl Diabetes Center Certified Diabetes Educators). Kehl Diabetes Center. Tuesday, July 15, (5:30 - 7:30 p.m.). Cost: \$5. Learn about type 2 diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basic components of diabetes treatment: monitoring, meal planning, physical activity, medication and weight loss. Adult individuals with type 2 diabetes and a support person are welcome to attend.

Reiki I: Kehl Diabetes Center. Saturday, July 19 (9 a.m. - 4 p.m.). (Bring your own lunch and refreshment.) Instructor: Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$125. This one day course is the beginning level of Reiki training. You will be able to give yourself Reiki, your family, friends and pets, or even expand to the community as a volunteer. The training consists of discussion, Reiki Level I attunement, hands-on practice, and includes the course handbook "Reiki the Healing Touch."

Natural Energy for Healing for Stages of Cancer: Thursday, July 10, (5:30 - 7 p.m.). Kehl Diabetes Center. Instructors: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner & Tamara Maury, Usui and Karuna Master Teacher Trainer. Cost: \$15. Biofeld Therapy is often referred to as "energy healing" or "laying on of hands" and is described as "one of the oldest forms of healing." Join us for an informative and hands-on session where they will share a selection of biofeld energy healing techniques that research has shown to be effective in bolstering the immune system, reducing inflammation, improving cognitive function, and reducing pain and fatigue in cancer patients.

Chinese Qigong: 6 week session beginning: Monday, July 14. 11:30 a.m. Babka Wellness Center. Instructor: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner. Cost: \$60. Qigong, also known as acupuncture through movement, is one of the best kept secrets of Chinese Medicine. Practiced by millions of Chinese people every day, Qigong consists of very gentle movements that relieve stress, relax the body, increase awareness, promote healing, and fight the signs of aging. Class approximately 50 minutes.

Practical Energy Therapy: 6 week session beginning Monday, July 14, 12:30 p.m. Babka Wellness Center. Instructor: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner. Cost: \$60. Learn the basics of energy therapy. Researchers have found energy therapy (also called "acupuncture without the needles") to be effective in bolstering the immune system of cancer patients, reducing pain and improving mobility in osteoarthritis patients, and slowing the progress of early-stage Alzheimer's. The U.S. Military has found energy therapy to be an effective treatment for PTSD. Class is approximately 50 minutes.

Core Weight Training for Men: 6-week session beginning Monday, July 14, 10:30 a.m. Babka Wellness Center. Instructor: Brian Brown MS, MS, Energy Therapy & Qigong Practitioner. Cost: \$60. Strength training with weights is the most effective, simplest, most efficient, and most economical way to gain strength. This class will focus on strengthening the core muscles using functional movements with dumbbells. When the core muscles are activated and strong, lower back, knee, hip, ankle, and neck pain diminish. Develop strength, balance, stability, flexibility, mobility, and confidence via a handful of simple movements. Class is approximately 50 minutes.



Contract Bridge

by
Steve Becker



The Good Old Days

South dealer.

North-South vulnerable.

NORTH

♠ Q J 10 9 5 3

♥ —

♦ A 2

♣ A Q 9 4 3

WEST

♠ K 6

♥ J 10 6 5 4 3

♦ J 10

♣ 8 5 2

EAST

♠ A 8 2

♥ 9 8 2

♦ 8 6 4

♣ J 10 7 6

SOUTH

♠ 7 4

♥ A K Q 7

♦ K Q 9 7 5 3

♣ K

The bidding:

South	West	North	East
1 ♦	2 ♥	3 ♠	Pass
3 NT	Pass	4 ♣	Pass
4 ♦	Pass	4 ♥	Pass
4 NT	Pass	5 ♣	Pass
5 NT	Pass	6 ♦	

Opening lead — ?

This deal occurred during the famous Culbertson-Lenz match in 1931.

Josephine Culbertson opened one diamond, and Oswald Jacoby made a weak jump-overcall of two hearts. Ely Culbertson bid three spades – a jump-shift indicating a powerful hand – and Sidney Lenz passed. Mrs. Culbertson then bid three notrump.

This might have been the right bid in those days, but by modern standards four diamonds surely would be regarded as preferable for two reasons: First, hands with 6-4-2-1 distribution don't lend themselves well to notrump play. Second, three notrump did not express the slam possibilities suggested by a hand with 17 high-card points facing a jump-shift.

Nevertheless, several rounds of bidding later the Culbertsons found themselves in six diamonds. It was an unsound contract, of course, but it had a good chance of succeeding — depending on the opening lead.

Jacoby had no clear-cut lead. The Culbertsons had bid all four suits, and where to attack was by no means obvious. It seemed to him there was a good chance that North had the A-Q of spades for his three-spade bid, and that a later finesse would trap his king.

So Jacoby decided to put Mrs. Culbertson under immediate pressure by leading the six of spades. He thought she might read the lead as a singleton and go up with the ace.

Jacoby's plan succeeded beyond his wildest dreams. Lenz won the trick with the ace and returned a spade, quickly nipping the slam in the bud. Had Jacoby led any other suit, Mrs. Culbertson would have scored all 13 tricks!

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Nurturing Healthy Sexual Development – A program to prevent child abuse

The Riverview Center offers a free program for parents and caring adults to promote open, comfortable communication between adults and children about healthy sexual development, and provides parents with information about the warning signs of sexual abuse.

This program also works to reduce parents' anxiety by providing concrete tools to start these conversations. *Nurturing Healthy Sexual Development* is offered the first Wednesday of every month from 6:30-8 p.m. at the Riverview Center's Office, 2600 Dodge Street, Dubuque.

The Program Concept recognizes that healthy sexuality is nurtured when we 1) promote a positive self-image and respect for each other, 2) accurately respond to children's questions, and 3) promote clear and open communication.

"I was afraid to ask my friends about [my son] because I wasn't sure if they would label him. Now I know he is behaving normally for a boy his age." - Parent who attended the Program.

For information or to RSVP, contact Matt at 563-557-0310.



Riverview Center

For the past twenty two years, Riverview Center has proudly provided the healing and justice survivors of sexual violence deserve, free of charge.

We are a nonprofit agency committed to providing free, confidential, compassionate, survivor-centered care for individuals affected by sexual violence in Allamakee, Benton, Black Hawk, Bremer, Buchanan, Chickasaw, Clayton, Delaware, Dubuque, Fayette, Howard, Jones, Linn, and Winneshiek Counties in Iowa; and for individuals affected by sexual and domestic violence in Jo Daviess and Carroll Counties in Illinois.

24-Hour sexual assault hotline
888.557.0310

Carroll County 24-hour domestic violence hotline
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Jo Daviess County 24-hour domestic violence hotline
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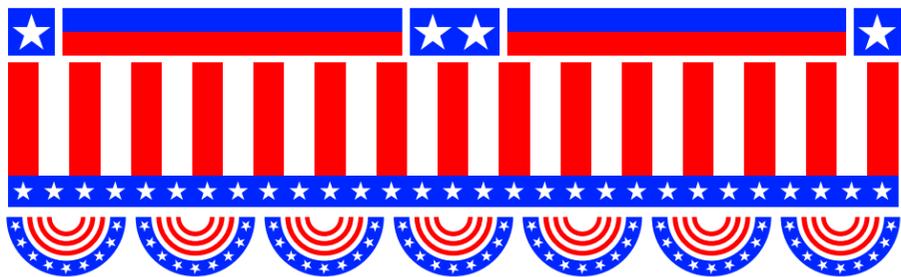
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SENIOR NEWS LINE

by Matilda Charles
All About Us

Will Social Security be Your Only Income?

Many seniors have only Social Security for income when they retire: 22 percent of married couples and 47 percent of unmarried people have no additional income. Maybe it's a matter of not having saved over the years, or maybe it's having lost everything in recent years due to layoffs and unemployment.

But if you have five more years until retirement, there are steps you can take now to make living on only Social Security a bit easier.

- Clear off your debts, especially your credit cards and vehicle. If possible, pay off your home or at least get the balance down. Keep your credit score high in case you need a loan for a large purchase -- the interest rate will be lower.

- If you own your home, look at long-term maintenance. If you'll need a new roof in the

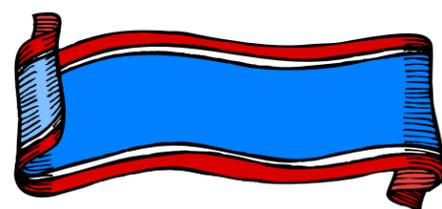
next five years, do it before you retire. The same goes for big-ticket items like appliances, central air conditioning and furnace.

- If you're willing to move, investigate states that don't tax Social Security income and/or have a lower cost of living.

Assume that retirement won't mean actual retiring. Be prepared to take a part-time job somewhere. You'll be able to earn a bit before it cuts into your Social Security benefit at the rate of one dollar for every two you make.

The Social Security Administration no longer sends out the annual statement of earnings, but you can get a ballpark estimate online of what your future income will be. You can open a MyAccount, or you can use one of the calculators to estimate.

Before you make the jump and quit work, do a test experiment for at least six months. Spend only the amount you would receive under Social Security. Create a strict budget and stay with it. Can you do it? It will be better to know sooner rather than later.



Book Review

“Pola Negri: Hollywood’s First Femme Fatale”
by Mariusz Kotowski
Reviewed by Larry Cox

One of the first truly great movie stars of the early American film industry was a former ballerina who overcame an impoverished childhood in Poland and a bout with tuberculosis to become legendary and celebrated throughout the world.

Pola Negri was born in 1897 in Vistula Land in present-day Poland. Later, after being accepted into the Imperial Ballet of Warsaw, she was diagnosed with tuberculosis, which ended her dancing career. She next turned to acting and worked in Europe with such heavy hitters as Ernst Lubitsch and Max Reinhardt. She arrived in the United States in 1922 and made her first American film, “Bella Donna.” Its success led to a lucrative contract at Paramount, where she began to establish herself as a major film personality.

Negri rented a large, Tudor-

style mansion and began exhibiting her flair for the exotic and eccentric. For example, she often was seen around Los Angeles in her chauffeur-driven limo, dressed in all white. As she later recalled, “I bought a limousine of pure white, trimmed with ivory and upholstered in white velvet. My chauffeur wore all-white uniforms on sunny days and all black when it rained. I used a white-fur lap rug and was usually seen with two white Russian wolf hounds.” She occasionally was seen strutting her stuff on the streets of Beverly Hills draped in either ermine or mink with her pet tiger in tow.

After Rudolph Valentino went to Paris to finalize his divorce with Natacha Rambova, Negri and the star became an item. His sudden death in 1926 ended that relationship, and she became even more intriguing as the original “woman in black.”

This crisply written, meticulously researched biography documents one of Hollywood’s most fascinating film stars, and also explores the link between Hollywood and European cinema during the interwar years.

BIBLE TRIVIA
by Wilson Casey

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1. Is the book of Shiprah in the Old or New Testament or neither?
2. From Jonah 3, what “people of” showed they were repenting by proclaiming a fast and wearing sackcloth? Carchemish, Nineveh, Larsa, Harran
3. Which book may be summarized as, “God will hold us accountable for all our actions”? Obadiah, Micah, Zephaniah, Zechariah
4. In 2 Chronicles, from what type tree did Solomon make harps

and stringed instruments? Fig, Cypress, Cedar, Algum

5. From Ecclesiastes 3, there is a time to be born, and a time to ...? Live, Eat, Die, Praise
6. Belteshazzar is better known as? Satan, Daniel, James, Goliath

ANSWERS

- 1) Neither
- 2) Nineveh
- 3) Zephaniah
- 4) Algum
- 5) Die
- 6) Daniel

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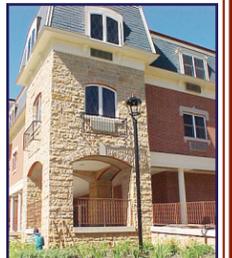
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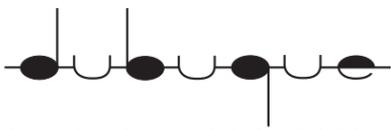
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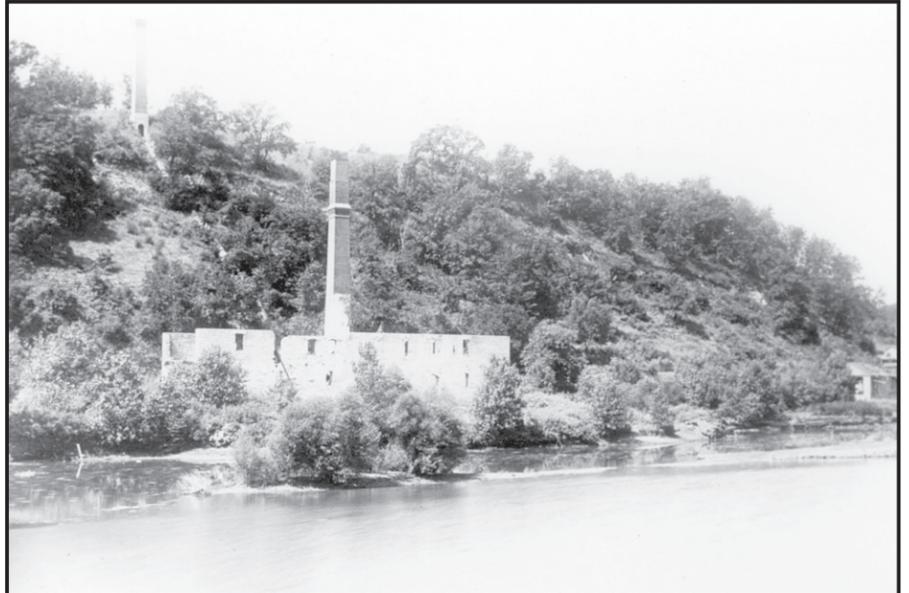
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YESTERDAY AND TODAY

BY MICHAEL GIBSON



Two brothers, Martin and Newell Moore came to Dubuque from Waterloo, Iowa in 1865 and established the Dubuque Lumber Company. Twelve years later they built a lumber mill, called Moore's Mill, south of town along the river. The original mill cost \$75,000, but in 1870 it was destroyed by a fire and was rebuilt. But six years later another fire completely wiped out the business and the mill leaving only a ruins as seen in this photograph. (Loras College Center for Dubuque History, MSL p.62 Hoff1212).

Yesterday & Today cont. P. 17

City Channel Dubuque to Air 'From the Archives'

The City of Dubuque Cable TV Division is tapping into its media vault to unveil a new showcase on CityChannel Dubuque titled "From the Archives." This new showcase features old programs and video footage recorded by Cable TV personnel since the mid-1980s and often shows a Dubuque that looks much different than the city we know today.

"From the Archives" programs include the placing of the bell tower on City Hall in 1990, an interview with noted Iowa artist and one-time Dubuque resident Francesco Licciardi in 1989, architect Alfred Caldwell's 1991 return to Eagle Point Park to see the buildings he built there in the 1930s, music from the Iowa Sesquicentennial celebration in Eagle Point Park in 1996, and footage from the Grand Excursion in 2004.

"From the Archives" presents one program per week airing at four different times on CityChannel Dubuque: Tuesdays at 9 a.m. and 9:30 p.m., Fridays at 2 a.m., and Sundays at 5 p.m. Following each air-

ing will be a promotional announcement for the next week's program. "From the Archives" premiere on Tuesday, June 10, at 9 a.m. with the 1988 Field of Dreams press conference at Carnegie-Stout Public Library featuring stars James Earl Jones and Kevin Costner.

For the past six years, Cable TV Coordinator Craig Nowack and Video Producer Erich Moeller have been gradually digitizing old videotapes stored in the basement of City Hall Annex. "From the Archives" is a fun way to look back at some of Dubuque's recent history, and a great way to see what Dubuque used to look like," said Nowack.

CityChannel Dubuque is the City's government access cable channel found on channel 8 or digital 85.2 on Mediacom's cable system in Dubuque. The channel is also streamed live on the City's website at www.cityofdubuque.org/media. Viewers can access the channel's program guide at www.cityofdubuque.org/cabletv. "From the Archives" programs will eventually be available for on-demand playback on the City's website.

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The Spats

by Jeff Pickering



Yesterday & Today from P. 16

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



This more recent photo shows the location of the old Moore's Mill in an area once called Rafferty Slough and more recently Maus Conservation Park. The old smokestack stood for many years and there was interest in preserving it as a landmark in the 1950s, but in the mid-1960's it was torn down and any remains of the old mill are now long gone as are most of the memories of the entire lumber industry which was once so vital to our community's growth. (Photo by Terry Grant).

Dubuque Symphony Orchestra Names New Executive Director

The Dubuque Symphony Orchestra (DSO) Board of Directors is pleased to announce the appointment of Mark Wahlert as the new Executive Director. He is expected to start around August 1, 2014.

Wahlert comes to the DSO with nearly twenty-five years of experience working in the arts. Since 2010, he has served as the Executive Director of the Dubuque Museum of Art.



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Trivia test

by Fifi Rodriguez

novel "The Russia House"?

7. **Music:** What 1960s rock star lit his guitar on fire while performing?

8. **Geography:** Where is Stonehenge located?

Answers

1. "Shrek"
2. Deuteronomy
3. The Santa Maria delle Grazie convent in Milan
4. Involuntary contraction of the diaphragm
5. James Madison at 5 feet, 4 inches
6. John Le Carré
7. Jimi Hendrix
8. England

R.F.D.

by Mike Marland

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Mt. Pleasant Home's Glimpses of History
(5th in a series)



New Look at the North end of Mt. Pleasant Street

The columns and gate at Mt. Pleasant Home's entrance were dedicated in 1918. Expenditures were brickwork: \$285 • gate, \$110 to Vogenthaler • painting, \$9 • and architect, \$20. The riveted flagpole in this 2014 photo was donated about the same time by the Marshall Boiler Works with a flag from Shiloh Circle. (The entrance was renovated in 2013 with an Old House Enthusiasts grant and Don Reyerson's skills.)

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100 Years Ago (1910-1919)

In 1916, Mt. Pleasant Home “now cares for twenty old ladies and thirty-two children ranging in age from three to fourteen... The property ... consists of the main building, a small cottage used for an infirmary, a good stable, in which three cows are kept, and a chicken house. There are three acres of ground, part of which is play ground and part used for garden and pasture.”

County Support

“The old ladies each have a single room and pay \$10 to \$12 per month; the children pay \$6 per month. Those who are unable to pay for themselves are paid for by Dubuque County.” (By 1920, \$1905 of the \$3605 annual expenses were paid by the County.)

Self-Sufficiency

One spring, 65 cabbages, 450 tomatoes, and acres of potatoes were planted. In the summer of 1918, six bushels



Mt. Pleasant
 — HOME —

of navy beans were noted as an exceptional example of the vegetables grown for the use of the Mt. Pleasant family. The ladies of the Board considered the cost effectiveness of buying milk versus keeping cows and found it would cost a great deal more to buy milk. They decided to purchase another cow for \$115 as soon as possible.

Social Activities

The Home was open to visitors 2–5 and 7–8 Thursday and Sunday. An annual ice cream social in May honored Home founders.

The 1918 Thanksgiving dinner was a “bountiful and delicious” event for the residents: roast chicken, sweet and Irish potatoes, cranberry sauce, two kinds of pie, candy, apples, doughnuts and cinnamon rolls.

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MISTER BREGER By Dave Breger

“But all I said to your mother was how come they haven't named any hurricanes after HER...”



From The Batt Cave
Al Batt
 snoeowl@aol.com
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71622 325 St., Hartland, MN 56042

This, That, And The Other Ghosts

There are ghosts. I walk about a cemetery—St. Peter's. There is a crowd. My parents, in-laws, friends, and neighbors are buried there. I see ghosts. My memory riles them up. I place a stone on the tombstone of my parents – a sign that I had visited and remembered. I remember mother asking me what kind of birthday cake I wanted. I wanted a birthday pie. I remember telling father, a lover of Allis-Chalmers tractors, that the school had changed its colors so that the boys could wear John Deere caps to graduation. Memories are ghosts that I'm pleased to contemplate.

Sour dreams

There is a dreamcatcher on the wall near our bed. It resembles a miniature basketball net. According to legend, good dreams pass through the net to comfort a sleeping person. Bad dreams become tangled in the net and remain trapped until dawn, when they perish.

I thought the dreamcatcher had slipped up. It was the middle of the night. I was sleeping the sleep of the innocent and uninformed. Suddenly, something howling like a bad transmission interrupted my sleep. Someone had summoned the flying monkeys. It was no dream. It was the loud meowing of a cat.

"Shut your kibble-hole!" I growled in a kind and caring manner. I had run to the end of my chain and barked.

Back to sleep I went. I knew the path.

Once again, my sleep ended in noise. This time, it was that "hoopa" sound cats make before they cough up a hairball. I jumped from bed and searched for the feline. After stubbing a toe only once, I found the cat napping as if nothing had happened. That "hoopa" would make the perfect sound for an alarm clock. No one ever owned by a cat would be able to sleep through it.

Old time radio

A friend maintains that we share too much--thanks to cell-phones, email, Facebook, Twitter, YouTube, etc. We've always shared a great deal. When I was a boy, there were only three TV channels. You couldn't tape a program to watch later or zap the commercials. There weren't

many varieties of breakfast cereals, so we shared TV channels and cereals. We shared plenty. Radio offered more choices. I missed the golden age of radio, but I've listened to replays. TV had taken most of the programs, but I could listen to the old radio shows in reruns.

I enjoyed listening to "Fibber McGee and Molly," "Jack Benny," "Fred Allen," "Lum & Abner," "The Great Gildersleeve," "Pat Novak For Hire," "Edgar Bergen and Charlie McCarthy," "Red Skelton," "Bob Hope," "Stan Freberg," "Abbott & Costello," etc. I listened less intently to "The Green Hornet," "Suspense," "The Shadow," "Gunsmoke," "Boston Blackie," "Inner Sanctum," and "The Lone Ranger." My mother spoke fondly of listening to "Art Linkletter's House Party" in which Art asked kids from Los Angeles grammar schools questions like, "What does your mommy do?" and to Arthur Godfrey who strummed the ukulele, had "Seems Like Old Times" for a theme song, and was sponsored by Lipton Tea. Mom told of marching around the breakfast table on orders from "Don McNeil's Breakfast Club."

The first radio I recall was a Philco console with a wooden cabinet stationed in our living room. It wasn't steam-powered, but it was old. Photos or other prized possessions perched on top of a doily resting on the radio. The Philco had more knobs and dials than necessary. My first radio was a used Arvin, AM only with a shatterproof plastic cabinet, advertised as "Velvet Voice Radio." Later, I added a GE transistor radio to my stable. The old radio shows gave wings to my imagination.

Pasty

I ate a pasty in Meadowlands, Minnesota. It was delicious. A pasty is a pastry case filled with beef, sliced or diced potato, rutabaga (swede), and onion. It's seasoned with salt and pepper. It's made by placing the uncooked filling on a flat pastry circle, and folding it to wrap the filling, crimping the edge at the side or top to form a seal. The result is a raised semicircular package that is then baked. In the 17th and 18th centuries, the pasty became popular with Cornish workers. Tin miners found it to be a complete meal that could be carried easily, eaten without cutlery, remained warm for several hours, and if it did get cold, it could be warmed on a shovel over a candle. A pasty is a filling comfort food even if pasty rhymes with nasty and not tasty.

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Liz Lynch is back by popular demand.

The following stories were written
by Liz at age 92 as she reminisced
about the early days in her life.

A careful watch was needed for days as the mother hens often fought, pecking at each other to obtain leadership. They became weak after fighting as they lost so much blood. Baby chicks found water by having their beaks dipped into shallow pans of water and were fed fine corn meal and rolled oats. The mother hens were fed coarse corn and whole oats and given large containers of water. The mother hens scratched around finding seeds for food and called the chicks with a clucking voice to come and partake of worms or seeds. After three nights of returning the mothers and chicks to their coops they went to bed by themselves. The mother hen stretched her wings over them to keep them warm. The coops had to be closed securely as rats and wild animals could kill them.

A rainstorm in the daytime never prompted a mother hen to take her brood into the coop. She plopped herself down, spread her wings over her chicks just anywhere. Her body heat kept the chicks warm. If the chicks were in danger, like a hawk flew over them, the mother hen make a screeching noise, and the chicks laid flat on the ground until she signaled them to follow her. When the chicks were feathered and half grown, the mother hen sat on top of the coop all night as it was too warm inside and the chicks needed more room. The half-grown chickens were left on their own to care for themselves. The mother hen returned to the original chicken house to begin another cycle of laying eggs.

By the fall the pullets, young hens, were put in a separate house and fed 18% protein food to start the laying cycle. The roosters were fattened

with shelled corn and allowed to roam through the field to eat insects and grasshoppers. Six pound roosters made a fine roasting chicken which were in demand by the produce stations. They butchered them and sold them to the grocery stores. Chicken meat was a treat to us as salt pork meat was mostly used due to the fact salted pork needed no refrigeration.

The pullets started laying small eggs in September and continued laying until the weather was cold and snowy. By the following spring the heavy breeds of chickens; Rhode Island Reds, White Rocks and Plymouth Rock hens would continue the cycle of hatching and caring for the chickens.

Now, the chickens are bred to lay eggs daily and not hatch. High protein feeds are fed with fresh water available at all times in chicken waterer's. Artificial means of hatching must be used — incubators, brooder houses and brooder stoves would take the place of the mother hens.

The eggs were washed and placed in fifteen or thirty dozen egg cases and sold at the grocery store. The eggs and the grocery list was left at the store on the trip to town. The grocer candled and graded the eggs as to size, put the fillers and the groceries into your egg case. You then settled your bill as you returned from your shopping. Money from the eggs often covered the cost of coffee, tea, sugar and flavorings. The vegetables and meat were raised and cared for by the process of salting, canning and frying down. Nothing was wasted as life went on with monthly trips to town. We had everything we needed and were happy with it.

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Housing Department Offering Home Ownership Workshops

The City of Dubuque Housing and Community Development Department will host three separate "Home Ownership Made Easy" (HOME) workshops in June, August, and October to provide information on City programs, credit and basic banking, and utility bill savings for those who rent or own a home. Each workshop is comprised of four classes that span four consecutive Monday evenings from 5:30-7 p.m.

Workshop courses will be held in Suite 312 on the third floor of the Historic Federal Building, 350 W. Sixth St. Cost is \$25 per household for four classes, or free for those already participating in the City's Family Self-Sufficiency

Program. The HOME workshop is required for those who wish to qualify for City homebuyer incentives.

The four-week workshop classes are broken down as follows:

Week One: City Programs and Useful Tips, presented by City staff

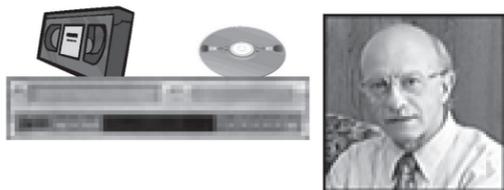
Week Two: The Keys to Your Home—Spending Plans and Credit, presented by Iowa State University Extension and Outreach of Dubuque County

Week Three: Basic Banking, presented by lenders and City staff

Week Four: Energy-Wise Ways to Reduce Utility Bills, presented by Green Iowa AmeriCorps.

Pre-registration is required to attend. To register, please call 563-589-4239.

**Rent A Flick by
Ron Richeson**



**The Secret Life
of Walter Mitty**

An adaptation of James Thurber's 1939 classic story, *The Secret Life of Walter Mitty* (2013) is part comedy, part drama, and part adventure. What impressed me the most is that it is filled with lessons-in-life metaphors that leaves the viewer smiling in total agreement.

Ben Stiller directs and stars as Walter Mitty, a negative asset manager (photo archivist) who works behind the scenes at Life magazine. Walter tends to be a daydreamer who 'zones out' into heroic and romantic fantasies, especially as it pertains to co-worker Cheryl Melhoff (played by Kristen Wiig).

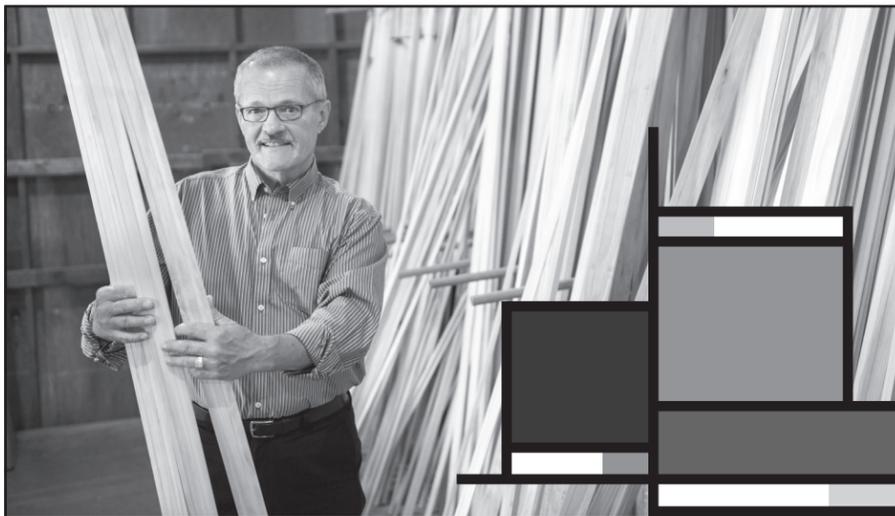
Walter's place of employment is the middle of upheaval. Life magazine is going digital and all non-essential employees will be let go. To commemorate the final

printed issue, the cover will feature the work of esteemed photojournalist Sean O'Connell (a small but important role by Sean Penn). It all sounds simple and straightforward, but Walter cannot find the negative. Thus begins a globe trotting adventure to remote corners of the world by Walter to find O'Connell, the missing negative, and hopefully save his job.

Sometimes in life we find ourselves searching for something, only to discover that we are already in possession of it.

The film has a surprise ending that no one sees coming, one that is amazing beautiful and amazingly satisfying. What a wonderful way to bring down the curtain on an absolutely delightful movie.

This film is rated PG and is available at most Redbox locations.



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**An Iowa Legend
Beula Detwiler Gundling
(1916- 2003)**

Jesse Hiatt (1826-1898) Jesse Hiatt gave the Midwest, and the world, the Delicious Apple. Hiatt was born in Indiana but moved to Madison County, Iowa, as a young man and lived there the rest of his life. He loved orchards and apple trees from the time he was a small child. Once settled in Iowa, he developed two apple varieties of his own- the Hiatt Black and the Hiatt Sweet. They were good apples, but not good enough.

In the spring of 1872, when Hiatt was age 46, he found a tiny green shoot growing from the root of a Bellflower apple seedling that had died. He started to grub out the little shoot along with the dead seedling. For some reason, he stopped with his hoe in mid-air and decided to let the little shoot grow. It developed rapidly, but not into a Bellflower type apple tree. In fact, it was not like any other apple tree he had ever see. Four years passed and finally the strange little tree produced four good tasting apples. He decided to call the apple "The Hawkeye" after his adopted state.

For 20 years he tried to interest people in his new kind of apple, but no one noticed. Then the Stark Brothers Nursery of Louisiana, MO, decided to have an "Apple Show and Contest" to find a replacement for the easy to grow, but not very tasty, Ben Davis apple. Hiatt heard about the contest and entered five of his Hawkeye apples. Clarence Stark picked Hiatt's entry as the champion, but when he asked for the winner's name, it turned out that the entry card had been lost.

The Stark Brothers held another contest the next year, solely on the hope that the Hawkeye apples would be entered again. They were and this time the entry card was not misplaced. Stark Brothers purchased the rights to the Hawkeye apple, which was renamed "Delicious". There has always been a legend that the Stark Nursery paid Jesse Hiatt \$5,000, although it has been impossible to verify. Soon the Delicious apple gained in popularity.

Hiatt, however, did not live to see his apple become a best seller. It was not even mentioned in his obituary. There is a monument to Hiatt in the park at Winterset, Iowa. It reads: To Commemorate the discovery in Madison County Iowa of a variety of apple by Jesse Hiatt A.D. 1872 and called by him The Hawkeye. Sole right to propagate acquired by C.M. Stark A.D. 1894 and by him renamed and introduced, as The Delicious Apple. Erected A.D. 1922.

The farm has passed from the Hiatt family and is now owned by Raymond E. Tracy. From the road only one sign indicates that this is the birthplace of the world's most famous apple. On the front of the barn is painted: Home of the Delicious. Past the house about 50 yards is a three cornered iron fence. And there, in the middle of the plot- no larger than a home kitchen- is the venerable old tree. It stands as high as the ceiling of a room; its bark is gone. The tree itself is filled with cement, like a ancient tooth, and is held together by stays and clamps and bands. And it has been there since it was discovered in 1872. The Tracy's are paid \$25.00 per year by the Stark Brothers to let the tree stay.

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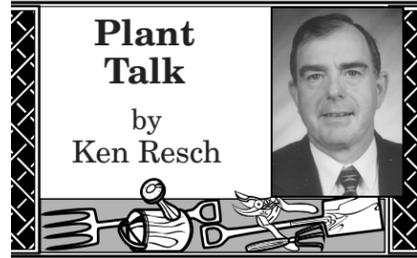
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Ash Tree Alert

I've written numerous columns about the inevitable Ash tree concerns with Emerald Ash Borer (EAB) and the destruction the insects will cause. This month, though, I'd like to turn attention to what seems to be occurring in the area regarding offers to remove potentially infected trees. I hesitate to label what I've heard to be a scam, but I will caution homeowners to be diligent in their inquiries regarding tree trimming and removal. Here is why.

Recently a dear personal friend had an unnerving encounter with a "tree service" individual. My friend is a senior citizen and what happened to her is a cautionary tale for all. Without solicitation a man knocked on her door and said he could take down her presently healthy Green Ash tree for a specified amount. She saw that a truck was parked in front of her house with another person in it but with no indication of a business marked anywhere on it.

My friend had actually inquired earlier of a reputable tree service about what seemed to be a split developing in the Ash tree so she was momentarily taken aback by this stranger's arrival on the scene. When she hesitated to answer if she wanted him to take the tree down he began to inquire more. What really frightened her was when he asked if she lived alone. Thankfully, my friend had the presence of mind to say no more other than "no" to the repeated solicitation to remove the tree. The man finally retreated to the truck and they drove off, but not before causing my friend to now be even more vigilant about securing her home.

What is becoming clear is that our area may well see spurious tree removal services arrive once our Ash trees show decline and in need of removal. These services, like the out of state roofers who descended upon us after our hailstorm back in 1990s, will arrive looking to make a fast buck. Granted, many will be reputable tree removers, but many will not, so do your homework when the time comes. My best advice is to use an established, local tree service whose credentials you can easily check.

When you do decide upon a service, get in writing everything they will do for the specified amount. It's one thing to remove the tree, but what about the stump? Will it be removed or ground down? Will all debris be cleaned up? Will extra charges for disposal suddenly appear on your bill? Know what you will receive for your estimate. Also, make sure the service is bonded and licensed and is an experienced tree removal company. Just because the business does landscaping (as I have), does not mean they can efficiently and safely take down a tree (I cannot)! Finally, there is no need for the tree service to ask inappropriate questions like they did of my friend. As soon as they do, tell them to leave.

It will be a sad time when our Ash trees begin to fail and for many long-time residents it will be a reminder of when Dutch Elm disease ravaged the Elms and wiped out over 95% of all Elm trees in the nation. The real take away from all this is to diversify tree plantings by using multiple species and planting native trees whenever possible. If you have only one or two Ash trees on your property, you can treat them at a reasonable cost either by using store purchased systemics containing Imidicloid or by hiring an arborist to spray or inject your tree. In any case, plan ahead before EAB arrives in full force.

Chicken Caesar Salad

12 ounces chicken-breast tenders
1 tablespoon vegetable oil
1/4 teaspoon salt
1 bag (7.5 to 10 ounces) regular or reduced-fat Caesar salad kit
1 bag (5 ounces) baby romaine or baby spinach leaves
3/4 cup matchstick-thin carrots (about one-fourth 10-ounce bag)
1/8 teaspoon coarsely ground black pepper

Heat ridged grill pan or heavy 10-inch skillet over medium-high heat until hot but not smoking. In medium bowl, toss chicken with oil and salt. Add chicken to grill pan or skillet and cook 4 to 5 minutes or just until chicken loses its pink color throughout, turning over once.

While chicken is cooking, in large bowl, toss lettuce, dressing, croutons, and Parmesan from Caesar salad kit with romaine and carrots.

Add chicken to salad and toss again. Sprinkle salad with coarsely ground black pepper.

Have a little extra time? Add cherry tomatoes that have been cut in half and sliced cucumbers to greens when tossing. Use your vegetable peeler to make thin shavings of fresh Parmesan cheese to garnish the top of the salad.



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License Required for Door-to-Door Sales

As a result of the recent "slamming" incident as announced by the City of Dubuque Police Department, the City Clerk's Office is advising citizens that all door-to-door sales representatives must obtain a Solicitor's License from the City Clerk's Office before approaching any property. Sales representatives must have a copy of the permit to present upon request.

Per City Code Title 4, Chapter 5 certain exceptions include non-profit clubs and lodges, churches, political campaigns, public and private schools and colleges, as well as vendors selling to established customers.

Businesses or persons wanting to solicit door-to-door sales can obtain a permit through the Dubuque City Clerk's Office, City Hall, 50 W. 13th Street, or download the form and ordinance at www.cityofdubuque.org/businesslicenses.

A solicitor is defined as any person engaging in the following:

A. Offering and exposing goods, wares, merchandise, products, or services for sale, or taking or soliciting orders

for goods, wares, merchandise, products, or services for future delivery from place to place, house to house, door to door, or street to street, whether the person collects advance payments for such sales or not; but excluding calling upon or soliciting business establishments, professional offices, or institutions, exclusively, or calling on prospective customers by appointment only.

B. Selling goods, wares, merchandise, products, or services from any fixed or temporary location, which is temporarily maintained or when such business is intermittently carried on and there is no intention to conduct the same permanently within the city, but excluding temporarily locating in the city and engaging in the taking of orders for merchandise or services, whether for immediate or future delivery. Any person is presumed to be temporarily or intermittently selling or offering to sell goods or services, unless such person intends to and does remain continuously in business at each location where such sales are offered for a period of more than sixty (60) days. (Ord. 16-13, 3-4-2013)



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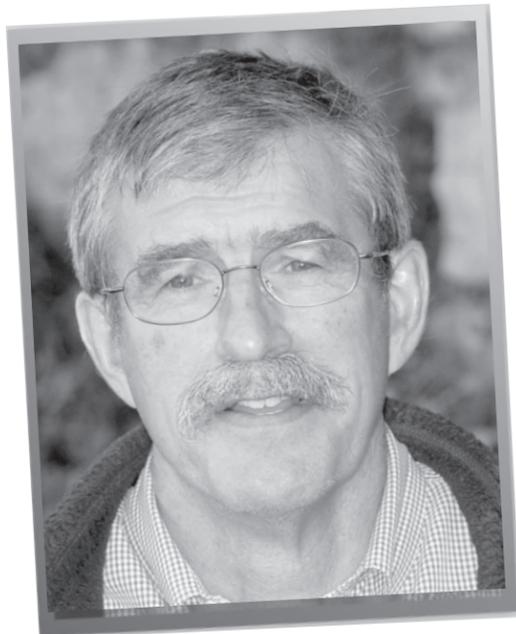
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The Drive to Destroy

Removing data from computer hard drives, storage devices & wireless phones

While the word “delete” means “remove,” did you know that deleting files from your computer’s storage device doesn’t generally remove them? That’s important, because computer storage devices often store very sensitive data, such as passwords, financial information and personal files. If you’re selling, donating or disposing of a computer or data storage device, or you’re simply replacing a hard drive, don’t take chances by allowing others to retrieve your personal data.

Computers, Tablets & Hard Drives

Deleting a file or reformatting a computer or tablet’s hard drive simply removes its indexing information, or road map, that the device uses to locate the raw data. Since the data still exists, someone using data recovery software – some of which is available for free – can retrieve deleted files. The only way to ensure that you have permanently erased data from a hard drive is to thoroughly overwrite it. Wiping a hard drive (using a “thorough” over a “quick” setting, which will repeatedly overwrite a hard drive) will irretrievably erase everything. It is better to overwrite or wipe a hard drive several times (ideally three to seven times), as opposed to once.

You can purchase software to wipe a hard drive or thoroughly erase selected files, and there is also free software that you can download. Before choosing software, be sure to understand its features, including its level of overwriting. And chances are that free software won’t include technical support beyond information posted on a website.

Physically destroying a hard drive is also an option. A common method is to drill four holes through the entire drive, shred it, or pry the internal hard drive platters so they cannot function. Physical destruction is best left to a professional.

Federal law requires that businesses follow data security

and disposal requirements in removing business-related personal and financial information from computer equipment.

Flash Drives, DVDs & CDs

A flash drive is another type of storage device. Like with hard drives, deleting a file from a flash drive does not ensure that the data has been permanently erased. To permanently remove data from a flash drive or thoroughly wipe the flash drive, use software that is designed for that purpose. For DVDs and CDs, cut or shred them (many heavy duty paper shredders will work). You can wipe rewritable discs, and there is software you can use to ensure you overwrite them securely.

Wireless Phones

Your wireless phone likely contains sensitive information, such as contacts, voice and text messages, and other personal data. A smartphone may be a gateway into personal and work e-mail accounts, or other accounts that enable the user to make purchases. When trading, selling, donating or disposing of your smartphone, make sure your data doesn’t go with it.

Most phones use removable Subscriber Identity Module (SIM) cards to store contact data, and many phones also utilize separate secure digital (SD) cards to store photos, video and other files. Remove the cards and then initiate a factory reset to wipe other sensitive data. As these procedures vary by model, consult the user manual, manufacturer’s website, or your wireless carrier for more information. Be sure to check your phone to ensure your contact information and other personal information has been erased. Ask your wireless carrier about transferring your SIM and SD cards to another phone.

Dispose of Electronics Properly

Check with your local waste authority on properly disposing of electronics, as most computer equipment contains hazardous materials that should not go to a landfill. Some businesses collect, refurbish or recycle certain electronic items.



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Sinsinawa Mound’s Summer Organ Concert series offers free concerts at 7 p.m. Wednesdays through August.

Gail Archer gives her inaugural concert of the series July 2. She is college organist at Vassar College, Poughkeepsie, NY, and director of the music program at Barnard College, Columbia University, New York, where she conducts the Barnard-Columbia Chorus. She is an international concert organist, recording artist, choral conductor, and lecturer who draws attention to composer anniversaries or musical themes with her annual recital series in New York. Archer is the founder of Musforum (www.musforum.org), an international network for women organists to promote and affirm their work. For more information, contact Guest Services at (608) 748-4411 or visit our website at www.sinsinawa.org. Sinsinawa Mound, the Motherhouse for the Sinsinawa Dominican Sisters, is located in southwest Wisconsin on County Road Z, off Highway 11, about five miles northeast of Dubuque.



ANTIQUES & COLLECTING

by Larry Cox



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P.O. Box 536475, Orlando, Fl. 32853

Q: I began collecting beer cans a number of years ago when I found a Denver Beer can at an area dump site. I discovered that it was a product of the Tivoli Brewery, which no longer exists. That inspired me to see how many other beer cans I could find from defunct breweries, and I currently have more than 200. How can I determine current values, and is there a club for collectors you can recommend?
A: Beer can collecting has really come into its own since the 1970s. Even though most cans sell at flea markets for about a dollar a can, there are always exceptions. A Krueger Cream Ale from Newark can command more than \$200. Other brands popular with collectors include Gettelman Beer of Milwaukee; Country Club Beer, St. Joseph, Mo.; E&B Special Beer, Ekhardt and Becker Brewing of Detroit; and most cone tops, such as General Pulaski of the Pulaski Brewery of Hammonton, N.J. To determine values, one of the better beer can referencing sites

is www.ebeercans.com. I also recommend you contact the Brewery Collectibles of America (BCCA), 747 Merus Court, Fenton, MO 63026; <http://bccca.com>.

Q: I have a copy of Time magazine from 1951, the year in review issue. Gen. Douglas MacArthur is on its cover, and it is in fairly good condition. How much do you think it is worth?

A: Special "time capsule" issues are always especially interesting, and 1951 was an incredible year: Harry Truman was president; Julius and Ethel Rosenberg were executed for treason; color TV was introduced; and "African Queen" was one of the top films of the year. I checked with several collectors, who seem to agree that your magazine is worth about \$15 -- assuming it is in good condition.

Q: There were several fishermen in my family, and I recently found a Heddon tackle box with two trays in a storage shed. Is it worth keeping?

A: Heddon made several tackle boxes, which now range in price from \$20 or \$30 to several hundred dollars.

Radio From The 20th Century

by Bill Zwack



"Quiet, please" was an eerie little brew dreamed up by Willis Cooper, radio's best practitioner of an almost surrealistic dramatic form that read like poetry but contained all the elements of the play. One of radio's pioneers, Cooper had founded "lights out" in Chicago before moving on to the film pastures of the west coast.

"Quiet, please" opened on Mutual July 28, 1947. Cooper, writing and directing, unlocked his imagination and unrefined terror flowed out. His people had all stepped past the limits of reality into a fuzzy dream world where things were not always what they seemed. Cooper's world was far more terrifying than melodrama of "Inner Sanctum."

Even when nothing particularly terrifying was happening, the element of menace was always there, abstract horror always just around the corner. In Cooper's hands, a field of lovely lilies could be deadly, a sunny field of trees touched with sinister implications.

"Quiet, please" was cast in

the "lights out" mold, but perfected in a subdivision of its own. Few of its happenings were explained or justified, things just occurred without reason or logic. Cooper was a master of mood and direction of voice, he took us to a dark side of life in a deceptively quiet way that held more terror than all the blood and gore of radio's "chop-em-up" school.

Ernest Chappell was host and star. It was his calm, strong voice that set the scene and told the stories, usually in first person, occasionally in present tense and often in flashback. The series ran on Mutual on various nights, then moved to ABC in 1948 for a second season as a late afternoon Sunday show. Sustained (no sponsor) for both years of its run, it was a fine, creative piece of radio that never enjoyed the success it should have had.

"Quiet, Please" may be heard Sunday nights on AM 1370 KDTH's *Big Broadcast* which is heard from 6 to midnight. You may be asked to turn your lights off and be sure and "quiet, please."

Attention all Dubuque Senior High School Alumni

The Rams Booster Club is organizing an Alumni Association. Please email your contact information to Terry Mozena at TMozena@MCHSI.Com to receive the Monthly Alumni Newsletter that will keep you posted of all the great things happening at Senior.

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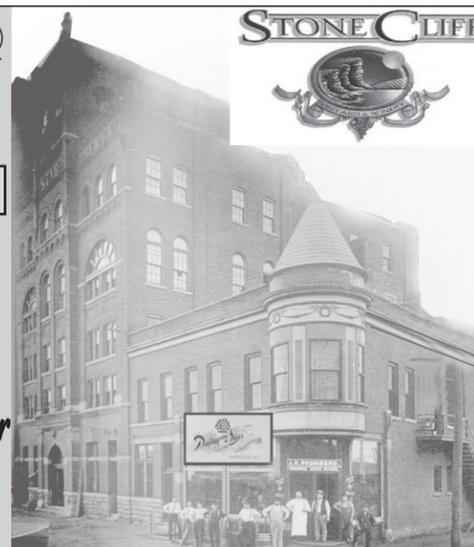
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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

Grandpa's Helmet was Worn by One of the Four Horsemen!

Maury, Grandpa heard a TV sports analyst commenting, recently, about great college football traditions. When he mentioned the four horsemen of Notre Dame, (ask your dad about them) I immediately thought of you because it caused me to think of a grade school memory which I think you'll enjoy.

During the "roaring twenties" (mom & dad will explain) the Notre Dame football team had, probably the most famous backfield ever, called the "four horsemen." One of them, the fullback, was Elmer Layden, who after his playing days became the football coach at Loras College in Dubuque (then Columbia) for a short time.

When Grandpa was in seventh grade in 1937 our grade school football coach was Fr. Albert Hoffmann. (He later became the "most decorated chaplain" of WWII). He "made me" his quarterback and gave me a book to read with the title "How to Play Quarterback"! He gave me an oral test (yes, Maury, on a Saturday morning!) to check on how much I had learned after reading it. Apparently I passed!

Fr. Hoffmann was a friend of the athletic director at Colum-



Jerry Eberhardt with grandson, Maury Cohn

bia College (his alma mater), who informed him that Elmer Layden, after leaving Columbia, left behind the helmet he had worn when playing for Notre Dame. When Fr. Hoffmann learned this he arranged with the athletic director to loan our football team the use of this helmet for the football season. As our coach, he told us that after every game he would name the most "outstanding player" on our team and that player would have the honor of wearing Elmer Layden's helmet in the next game! Grandpa received that honor one week the following year when I was in eighth grade!

To this day Grandpa remembers how Fr. Hoffmann, our coach, used this to motivate us and how it felt wearing Elmer Layden's helmet in a football game! Maury, hope you enjoyed this.

Much love, Grandpa

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July 2014

July 6 Madison Brass Band (DAC)

July 13 Denny Diamond (DAC)

July 20 Endless Summer (DAC)

July 27 Kids from Wisconsin (DAC)

August 2014

August 3..... Milestone's Off Season (American Standards)

August 10..... Beatles 50th Anniversary Show (Beatles Tribute)



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Sports Comment

by Gary Dolphin

V.P. **USbank** – Business Development
and Voice of the Iowa Hawkeyes

From Where I Sit

Happy 4th of July, America and Tri States! Party responsibly.

Whenever we turn the calendar page on the seventh month I start squirming and fidgeting as I know college football is right around the corner. University of Iowa players report the first full week of August and following three weeks of conditioning and work outs, the season is here, beginning with Northern Iowa, Saturday August 30. It's Amazing to think the season is just 60 days out. I'm not rushing things because there are plenty of golf outings, picnics and vacations to enjoy between now and then. That said, here's a snapshot of what I see following spring ball and summer workouts.

Offensive strengths should be quarterback and running back. If you follow Hawkeye football historically you understand that the offensive line will be solid and the tight ends productive but the season hinges on Jake Rudock and CJ Beathard's improvement under center. This is year three of the Greg Davis offense and I see this team scoring 34 points a game versus the 24 it put up a year ago

The passing game should be better while the kicking game is suspect given the graduation of all Big Ten and school record holder Mike Meyer from Wahlert. The heir apparents, Marshall Koehn and Alden Haffar, haven't

grabbed the bull by the horns yet, but both have strong legs.

Defensive strengths are the front four, corner and safety. The Hawks should be strong against the run with the maturation of tackle, Carl Davis, and the emergence of end, Mike Hardy. Drew Ott and Louis Trinca Passat are salty veterans. In the back end, Desmond King should have a knock out sophomore season. He is a lock down corner back while John Loudermilk looks to finish off his career the way most Iowa safeties do, in play making fashion.

The remainder of the secondary is young, but extremely athletic and fast. Get used to hearing names like Greg Mabin, Jordan Lomax, Sean Draper and Anthony Gair.

While the jury remains out on the linebackers replacing James Morris, Christian Kirksey and Anthony Hitchens, the candidates are many and solid, led by Quinton Alston in the middle. Alston will be flanked by Travis Perry, the junior on one side and hybrid sophomore, Reggie Spearman, on the other. There are plenty of back ups eager for their chance, like Chad Gilson, Bo Bowers, Josey Jewell, Cole Fisher, Drake Kulick and John Kenny. History has shown Iowa linebackers to be plentiful and very good. I expect nothing less out of this group.

Enjoy the rest of your summer!



SPORTS QUIZ

By Chris Richcreek

1. Who is the only full-time designated hitter to win an A.L. batting title?
2. Entering 2014, who held the Cincinnati Reds record for most stolen bases in one game?
3. Since 1970, five NFL coaches have reached the conference championship game in each of their first two seasons. Who is the only one of them to do it for three seasons?
4. In 2013, Wichita State became the second No. 9 seed in NCAA men's basketball history to reach the Final Four. Who was the first?
5. Who holds the NHL record for most saves in a regulation-

- time shutout?
6. When was the last time before 2014 that the U.S. failed to medal in Olympic speedskating?
 7. Name the only PGA golfer to be a wire-to-wire winner of the Arnold Palmer Invitational.

Answers

1. Seattle's Edgar Martinez hit .356 in 1995.
2. Ryan Freel, with five in 2005.
3. San Francisco's Jim Harbaugh (2011-2013).
4. Penn, in 1979.
5. Ben Scrivens had 59 saves for Edmonton in 2014.
6. It was 1984.
7. Fred Couples, in 1992.

Sammy Houston Photography Display Now through September 1, 2014 Hurstville Interpretive Center

The beauty of the outdoors captured by local photographer Sammy Houston is now on display in the community room at the Hurstville Interpretive Center through September 1, 2014.

Breathtaking sunsets, amazing still life shots, colorful plant life, nature and everyday life depicted in this showing will inspire you to get outdoors and enjoy nature!

Sammy Houston Photography is currently featured in the 2014 Iowa Travel Guide with her astonishing Fenelon Place Elevator photo, and has been on many national magazine Facebook pages. Sammy is a



Hurstville Interpretive Center
18670 63rd St.
Maquoketa, IA 52060
563-652-3783
www.jacksonccb.com

2014 Maquoketa High School graduate and will be attending Black Hawk College for Social Services and will also be studying with the New York Institute of Photography.

Be sure to take this opportunity to view Sammy Houston's work now through September 1st in the Hurstville Interpretive Center's community room during normal operating hours. To learn more about the artist, please visit Sammy Houston Photography on Facebook, or visit her 500px page at <http://500px.com/sammyhouston> or contact Lori Houston at (563) 357-8934.

For more information, please contact JCCB at (563) 652-3783 or jen@jacksonccb.com

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by JoAnna M. Lund

Bacon Beer Bread

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3/4 cup nonalcoholic beer
1/4 cup water
Sugar substitute to equal 2 tablespoons
sugar, suitable for baking

2 tablespoons Dijon Country Mustard
2 tablespoons reduced-calorie margarine
3 cups bread flour
1/2 teaspoon table salt
1 1/2 teaspoons active dry yeast
1/2 cup purchased real bacon bits
1/4 cup chopped green onion

In baking pan container, combine beer, water, sugar substitute, mustard and margarine. Add flour and salt. Make an indentation on top of dry ingredients. Pour yeast into indentation.

Follow your bread machine instructions for a 1 1/2-pound loaf. Add bacon bits and onion when “add ingredients” signal beeps. Continue following your machine’s instructions.

Remove loaf from machine and place on wire rack to cool. Makes one 1 1/2-pound loaf. Freezes well. Makes 12 servings

• Each serving equals: 146 calories, 2g fat, 6g protein, 26g carb., 348mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch.

Jule ‘Nightrider’ Evening Service Summer Hours

The Jule will continue its Nightrider service on Friday and Saturday evenings throughout the summer with modified service hours.

This summer’s Nightrider hours of operation will be from 6 p.m. – 11 p.m. on Fridays and Saturdays from Friday, May 30, through Saturday, August 16. Minibus service is also available during these hours and must be scheduled at least one day in advance.

The Nightrider route is open to the public and provides services every 30 minutes to west-end and downtown shopping, dining and entertainment venues and receives financial support from the Iowa Clean Air Attainment Program and Clarke University, Loras College and the University of Dubuque.

For more route and fare information or to view the Nightrider map and schedule, visit www.cityofdubuque.org/Nightrider or call 563-589-4196.



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Down Memory Lane

Exerpts From The Pages Of “The Avalon” A Newsletter Of The Dubuque Packing Company



DUPACO GIRLS SOFTBALL TEAM: Top row: (Left to right) Rachel Maerschalk, Joan Folsom, Ava Hollenbeck, Cacyly Freyhage, Bette Hoefler, Sally Pfab, Jean Ann Hoefler. Bottom row: Grace Biehl, Marge Connelly, Phil Manternach, Joan McDonald, Lil Schiltz, Alice Schiltz and Delores Sowle. Louis Hanson is coach of the Pack combination in girls softball play.

Laugh A Lot

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

It's game 7 of the NBA finals and a man makes his way to his seat at center court. He sits down and notices that the seat next to him is empty. He leans over and asks his neighbor if someone is sitting there. He responds, "No, the seat's empty." "The first man exclaims, "What?!? Who in their right mind would have a seat like this for the NBA finals and not use it?" The neighbor responds, "Well the seat is mine, but my wife passed away and this is the first NBA finals we haven't been together." The first man responds, "I'm sorry to hear that. Wasn't there anyone else, a friend or relative, that could've

taken that seat?" The neighbor responds, "No, they're all at the funeral."

A young woman was taking golf lessons and had just started playing her first round of golf when she suffered a bee sting. Her pain was so intense that she decided to return to the clubhouse for medical assistance. The golf pro saw her heading back and said, "You are back early, what's wrong?" "I was stung by a bee!" she said. "Where?" he asked. "Between the first and second hole." she replied. He nodded and said, "Your stance is far too wide."

A teacher wanted to teach her students about self-esteem, so she asked anyone who thought they were stupid to stand up. One kid stood up and the teacher was surprised. She didn't think anyone would stand up so she asked him, "Why did you stand up?" He answered, "I didn't want to leave you standing up by yourself."

Part of my job on the hospital's cardiac floor was shaving patients from chin to toe in preparation for bypass surgery. The women tended to be fine with this procedure, but not the men. One guy in particular gave me a rough time, refusing to let me come near him. Finally, I made a suggestion that helped him overcome his shyness.

"If you like," I told him, "I can do this with my eyes closed."

Moments in Time The History Channel

- On June 14, 1789, English Capt. William Bligh and 18 others, cast adrift from the HMS Bounty in a mutiny seven weeks before, reach Timor in the East Indies after traveling nearly 4,000 miles in a small, open boat. Bligh would fall prey to a total of three mutinies in his career.
- On June 13, 1895, Emile Levassor drives a Panhard et Levassor across the finish line in Paris to win the world's first automobile race, completing the 732-mile course in 49 hours -- an average of 15 mph. His car was powered by a two-cylinder, 750 rpm, four-horsepower Daimler Phoenix engine.
- On June 15, 1904, more than

1,000 people taking a pleasure trip on New York City's East River are drowned or burned to death when a fire sweeps through the boat. The onboard fire hose did not work, and life preservers had been filled with a weighty, non-buoyant material that sank.

• On June 10, 1935, two recovering alcoholics, one a New York broker and the other an Ohio physician, found Alcoholics Anonymous (A.A.), a 12-step rehabilitation program. Today there are more than 80,000 local groups in the United States.

• On June 9, 1973, Secretariat wins the Belmont Stakes to become the first Triple Crown winner since Citation in 1948. Secretariat's heart was later found to weigh 22 pounds, more than twice that of a typical thoroughbred.



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Tickets: \$15(in advance) \$18(at the door)
Students (18 & Under) Tickets:\$10(in advance) \$12(at the door)

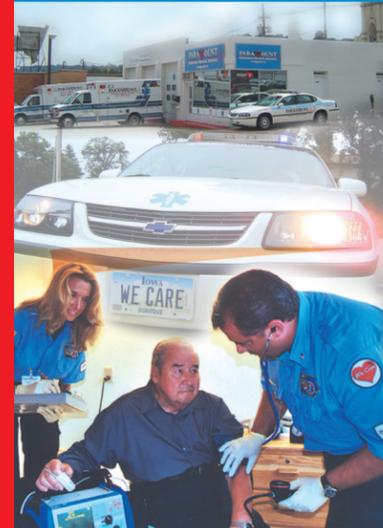
• Enjoy a delicious country style dinner before each show by adding \$10 to your ticket price.

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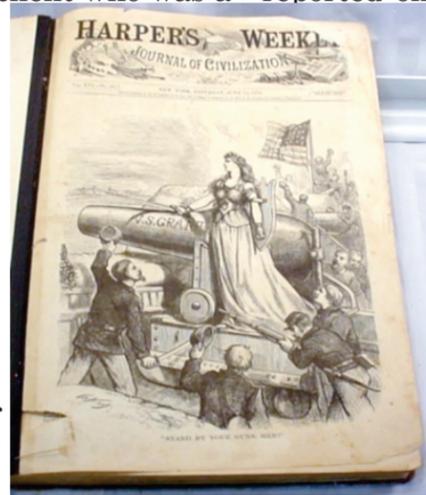
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It pays to recycle your old “Newspapers!” We have been working for a client who was a collector of old books. His son gave us seven bound volumes of Harper’s Weekly from the 1860s. Each bound volume contained a complete year’s worth of the “Journal of Civilization,” also called Harper’s Weekly.



This publication was the USA Today of the time and reported on events happening during the Civil War.

Filled with wonderful illustrations the complete set of seven generated over \$3,400 in total sales with individual volumes selling from \$411 to \$761 per volume. Love finding value on eBay and this was one our client was not expecting.

Dubuque’s Irish Hooley Entertainment Line-up Set

Dubuque’s Irish Hooley, Inc. has announced the entertainment line-up for the 10th Annual Irish Hooley on Friday, August 22 and Saturday August 23, 2014. This year’s music festival will feature a new “acoustic set” on Friday night in the Mississippi Moon Bar and the traditional outdoor music event on Saturday at the Alliant Amphitheater in the Port of Dubuque.

The 2014 music lineup includes local favorites The Lads (Saturday only) and the Donegal, Ireland sister act *The Screaming Orphans* along with a trio of Scottish groups: *Manran* (Friday only) plus *Skerryvore* and *The Red Hot Chilli Pipers*. The “Chillis” will bring their full brass section, dancers and a new light show to take full advantage of the outdoor stage under the stars on Saturday night.



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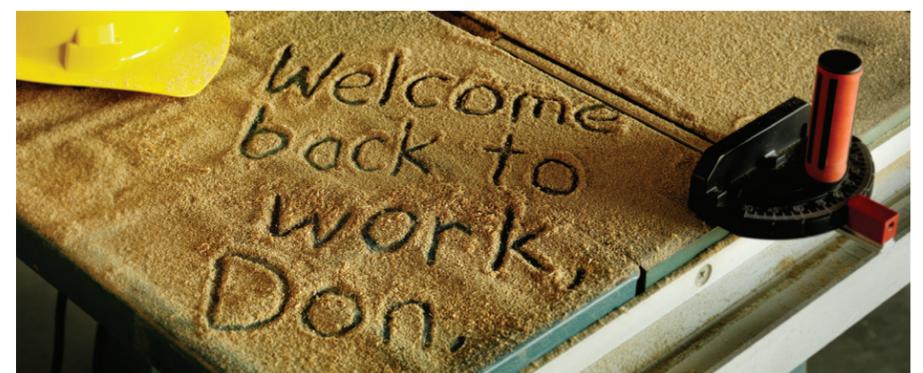





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**Dollars And Sense
By David Uffington**

Product Recalls

Food and consumer-safety alerts cover a wide range of products. Learning of these alerts as quickly as possible is the best way to keep your family safe.

Here are a few recent recalls that you should be aware of:

- Kraft has recalled 1.2 million cases of cottage cheese, including Simply Kraft, Daily Chef, Knudsen and Breakstone because of possible premature spoiling.
- Transatlantic Foods has recalled 222,000 pounds of poultry and pork products that weren't inspected.
- BMC has recalled three bicycle models because the forks can break above the brake mount: Alpenchallenge, Masschallenge and Urbanchallenge.
- Cannondale Tandem Road Bicycles have been recalled because the fork can break on the 2014 model Road 1, Road 2 and 29 tandem models.
- Northstar Lanterns have been recalled by Coleman because the gas feed tube can release too much fuel and cause a fire.
- Quest ZRT Riding Mowers have been recalled because of loss of steering control.
- Certain lots of Bravo Pet Food have been recalled because of possible Listeria contamination.
- Approximately 96,000 pounds of Oscar Mayer Classic

Wieners have been recalled, as they actually might be Classic Cheese Dogs in the wrong package.

- Gree has recalled more dehumidifiers because of serious fire and burn hazards. This is an expansion of the 2013 recall and totals \$4.5 million in fire-related property damage. They are sold under brand names such as De'Longhi, Fedders, Frigidaire, GE and Kenmore.
- Stonyfield YoBaby Peach/Pear Yogurt has been recalled due to potential coliform contamination.
- Blue Bunny Premium Bordeaux Cherry Chocolate Ice Cream has been recalled in certain states for undeclared eggs.
- Dragonfly Brand Crushed Chili Powder has been recalled for possible salmonella.
- Ste. Fromagere Du Livradois (France) has recalled Raclette Cheese and Montboissie Cheese lot #350 for possible salmonella.

If you have a webpage such as a blog, you can put a widget on it for automatic alerts from FoodSafety.gov by copying the code provided right onto your blog. Click on Recalls & Alerts on the FoodSafety site.

The U.S. Consumer Product Safety Commission also has the widget text you can put on your blog or website at www.cpsc.gov. The U.S. Food and Drug Administration can send you alerts via RSS as well. See fda.gov to sign up.

Or if you prefer, you can sign up for alerts via email on all three sites.

From the how come department: How come the person who has everything usually sits next to you in the doctor's office... Just when you think you see the whole picture of life clearly, the channel changes...Any

philosophy that can be put in a nutshell belongs there, and did you ever stop to think that it's not the Bears or the Bulls on Wall Street that make you lose money, it's the bum steers.

— Jim Doyne



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Sincerely, Steve Kettering

"Therapy did a lot for me, meals were good, nurses were nice, roommate was very nice!"
Sincerely, Rita Mae Riniker

"Thank you to the staff for you great care of my Mother during her stay. She felt safe and accepted by everyone so much so that she wanted to stay. Your help and care was awesome."
Sincerely, Karen Blocklinger

"I have been in several hospitals and therapy at Ennoble made me feel like for the first time there is life after rehab. I love Christa for everything she did and the support through it all."
Sincerely Bruce Murphy

"I got the best care and the best therapy while I was at Ennoble. I'm so glad that I decided to come here. It's a great place. I will come here for therapy after I have surgery on my other knee."
Sincerely, Irene Revenig



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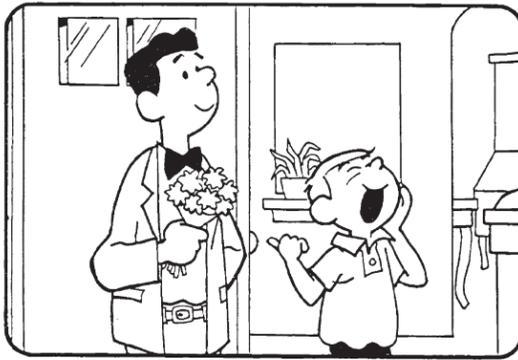
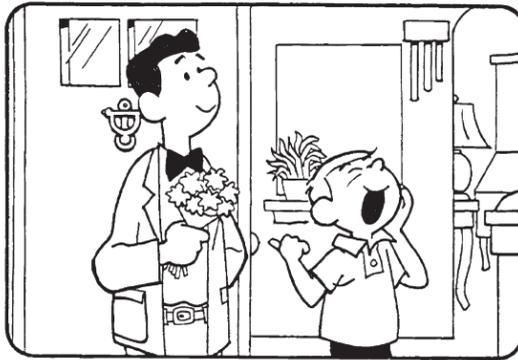
C R P M S K I F D B S Y W U S
 C O M M A N D G Q E E O M K E
 I F D Y B Z O N C X C D W S U
 S Q O N M I L I T A R Y N C Y
 L J H F D R V T T A O E C I G
 A Y W V T R A H U A F S Q T E
 P R O T E C T G Y E R P N S T
 L K I S T H F I D V I E E I A
 S E N I R A M F C B A Z P G R
 Y W C V U S R Q P N M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

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

- | | | | |
|-----------|-----------|------------|----------|
| Air Force | Fighting | Navy | Strategy |
| Army | Logistics | Operations | Tactics |
| Command | Marines | Protect | Weapons |
| Defense | Military | Services | |

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HOCUS-FOCUS BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.

Differences: 1. Door knocker is missing. 2. Pocket is missing. 3. Plant is different. 4. Shift is different. 5. Chimes are missing. 6. Lamp is missing.

GO FIGURE! by Linda Thistle

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

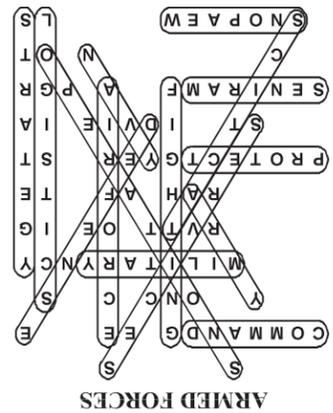
	-		x		18
+		x		÷	
	+		÷		4
x		+		x	
	+		+		17
27		22		18	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

2 3 3 4 5 6 7 8 9

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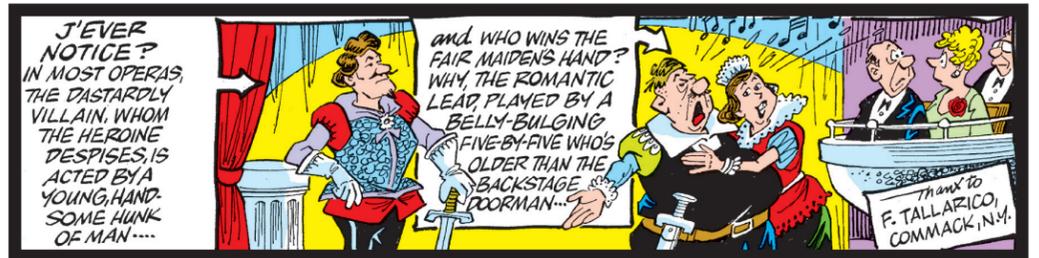
SUDOKU Answer

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

— **King Crossword** —
 Answers
 Solution time: 21 mins.

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

THEY'LL DO IT EVERY TIME BY AL SCADUTO



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SUDOKU

by Linda Thistle

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

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

	18		22		27			
7	9	+	8	+	3			
17	6							
	x		+		x			
	4	3	÷	7	+	5		
		÷		x		+		
18	9	x	2	-	4			