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## Dubuque Symphony Orchestra Announces Programming for 2015-2016 Season

by Sara Heffernen



(DUBUQUE)—The Dubuque Symphony Orchestra (DSO) announces its programming for the 2015-2016 season including the Classics Series and Casual Concerts.

The ensemble will perform at both Five Flags Theater and Heritage Center located on the University of Dubuque campus. William Intriligator, music director and conductor, has prepared a thrilling season of unforgettable performances and world-class soloists.

“I am so excited about the DSO’s 2015-2016 concert season!” said William Intriligator. “I can hardly wait to welcome superstar violinist Midori here to Dubuque, it’s like a dream come true! In addition to her five day residency with our youth orchestra, we have the privilege of working with her for one of the Classics concerts. I am also delighted to partner with the Heartland Ballet Company to present a fully staged ballet again for the first time in many years.”

This season will also feature newer music by contemporary composer Philip Glass with a movement from his third Symphony, and the New Fanfare being written specifically for the orchestra by local composer Amy Dunker.

“We will be performing some of the greatest orchestral music ever written, and some of my own personal

favorites, such as Brahms’ German Requiem, Berlioz’s Symphonie Fantastique, Dvorak’s New World Symphony, and Rachmaninov’s Second Piano Concerto,” said William Intriligator. “The Brahms, in particular, is near and dear to my heart; it is gorgeous and moving!”

In addition to the Classics Series, the symphony also announces the dates of its Casual Concerts, including the Holiday Family Concert (December 5, 2015), Traditional Holiday Concerts (December 5-6, 2015), Ultimate Rock Hits Concerts (January 15-16, 2016), and the free Summer Melodies Concert (June 26, 2016).

### 2015 – 2016 Classics Series

The Classics Series consists of five programs with two performances each. Three of the programs will be held at the Five Flags Theater and two will be in John and Alice Butler Hall at the Heritage Center located on the University of Dubuque campus. The classical season is full of great works from the repertoire, such as:

#### Symphonic Fantasies at Heritage Center

Saturday, October 10 at 7:30pm  
Sunday, October 11 at 2:00pm

Amy Dunker New Fanfare (world premiere)

Rachmaninoff Piano Concerto No. 2

- Natasha Paremki, piano

Berlioz Symphonie Fantastique

Dubuque Symphony Cont. P. 14

## Fairgoers will be shouting ‘Cow-abunga!’

July 28 – August 2

by Jamie Blum

The 62nd Annual Dubuque County Fair, presented by 7G Distributing, will take the six best days of summer to new heights this year when the fair runs from July 28-August 2.

New attractions and fairgoer favorites will highlight this year’s event, which is the largest and longest running family entertainment event in the county.



Media are platinum sponsors of the weeklong event. Saturday, Aug. 1, will again be Theisen’s Family Day and Wednesday, July 29, will be TH Media Heritage Day.

Here are some of this year’s highlights:

### New Heritage Day

Wednesday, July 29, will be an homage to fairs of the past during TH Media Heritage Day. Come out and see how the fair continues to merge the traditions of the past with the relevance of today. And, don’t forget to try the legendary lemonade – a fair tradition!

### Free Grounds Entertainment

Going to the fair is a great investment of your Dubuque County Fair Cont. P. 3



The Balloon Buffoon  
Balloon twisting fun

In addition to presenting sponsor 7G, Theisen’s and TH

## Life Begins at Retirement ... Author Unknown

by Sue DeMoss RN, BSN, Administrator Bethany Home Retirement Center and Nursing Facility

Glinda Manternach, nursing home administrator of Bethany Home for the past 20+ years, retired on May 31, 2015. She was dedicated to the mission statement of Bethany Home “to provide a homelike, ecumenical atmosphere for those persons who are sixty (60) or older. We are dedicated to giving care to the varying needs of each resident. We strive to make Bethany a home where Christian love and concern for each resident is our guiding principle.” Glinda has been instrumental in making Bethany Home one of the top places for senior living in Dubuque. Bethany Home has seen many changes since Glinda became Administrator in 1994.

One of Glinda’s major undertakings started in 2001 when it was recognized that the original house needed to be replaced. The original house was taken down and a new



Sue DeMoss, Administrator (left) with Glinda Manternach, past Administrator

building was constructed, paving the way for Bethany’s future. The addition allowed all of our health care residents to have a private room and bathroom. Spacious one and two bedroom apartments were also added on the first, second and third floors. In 2010, Glinda saw a need for a CCDI unit in Dubuque. Glinda

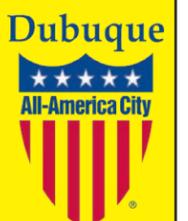
Bethany Home Cont. P. 3

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 July 7, 14, 21, 28  
 11:00 a.m.

Ramada Inn-Galena  
 11383 Hyw 20  
 Galena, IL  
 July 8, 22  
 11:00 a.m.

Guttenberg Library  
 603 S. Second St.  
 Guttenberg, IA  
 July 15, 29  
 11:00 a.m.

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Dubuque County Fair from P. 1



*The Hillbilly, Silly Science Spectacular – Education and Entertainment*

entertainment dollars. Included with admission are no-cost options to entertain all ages throughout the grounds – plus featured events in the grandstand nightly. Tuesday will feature stock car races, Wednesday is the NTPA Tractor Pull, Thursday is Invader sprint car races, Friday will feature a 90s rock concert (additional

Bethany Home from P. 1

approached the Bethany Home Board of Directors for permission to add on a CCDI unit to Bethany. This beautiful addition was opened in 2011 to serve area residents with dementia.

Glinda views the residents,

cost), Saturday will feature a concert by music superstar Jason Derulo (additional cost) presented by Dubuque Bank & Trust and Sunday will close the fair with stock car races. This year's fair also features one of the nation's top Midway carnival operators, the 4H barns and creative arts exhibits, fair food offerings and more.

**Nightly Entertainment**

Each night of the fair, the Budweiser Beer Garden will give adults (age 21 and older) the chance to gather to socialize and enjoy live music under the stars.



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their families and staff as an extension of her own family. She put the best interests of residents and families into all of her decisions for Bethany Home. Her passion for caring for the elderly in our community will be missed, but her legacy lives on.



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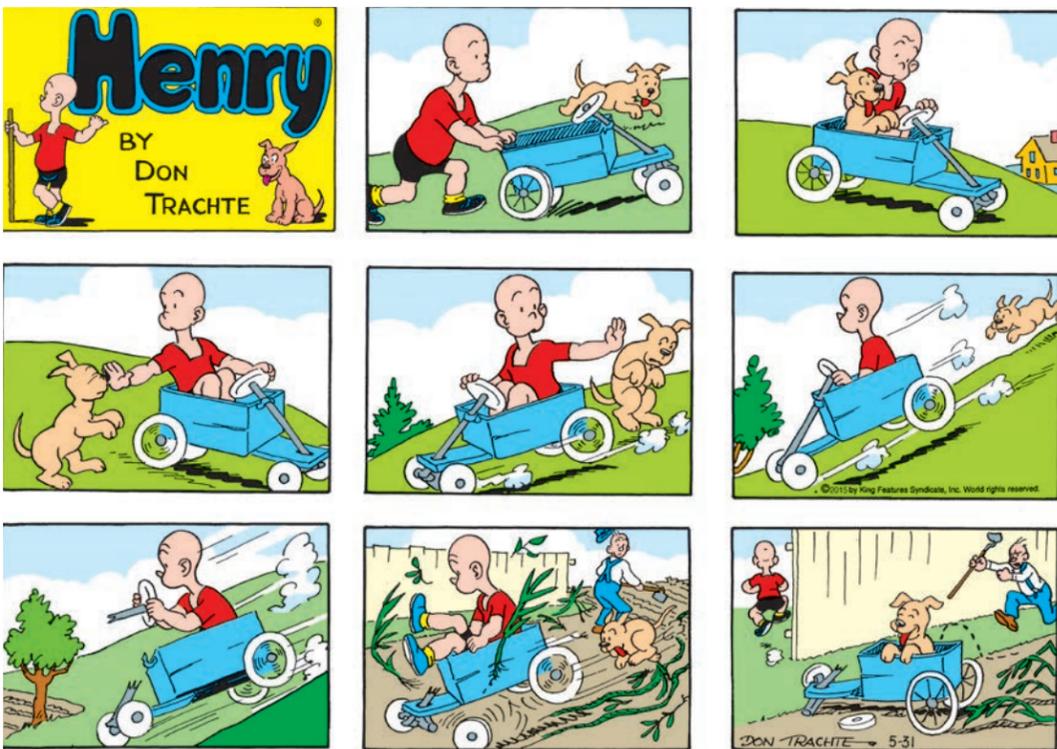


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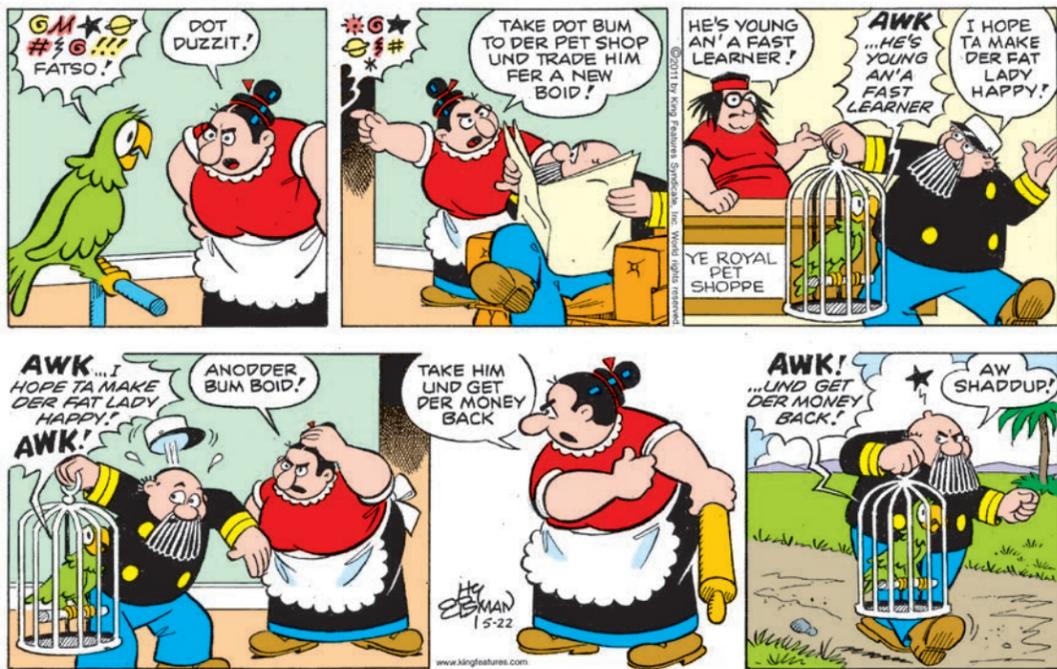
P.O. Box 661, Dubuque, IA 52004-0661  
 Ph.: 563-845-7586  
 E-mail: goldenviewpub@gmail.com  
 Website: www.thegoldenviewonline.com  
 Publisher: Golden View Publishing, Inc.  
 Editor - Bill Beutin  
 Graphic Design - Tom McGovern  
 Founders: Joan and Rudolph Bellmann  
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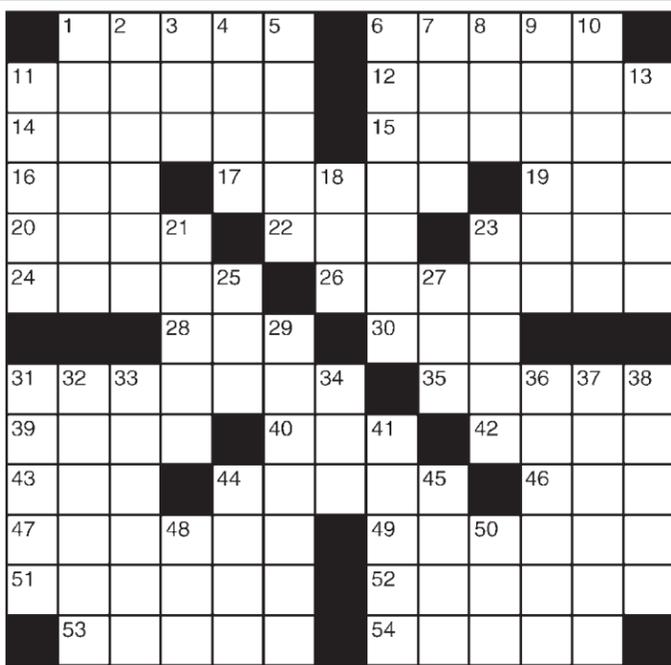
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**ACROSS**

- 1 Constitutional
- 6 Lab containers
- 11 So far
- 12 Proof reader's worries
- 14 Convertible
- 15 Honcho
- 16 Salt Lake athlete
- 17 Crenshaw, for one
- 19 "CSI" evidence
- 20 Inmate's weapon
- 22 2006 Nintendo debut
- 23 Leak slowly
- 24 Doctrine
- 26 Dueler's warning
- 28 Young bloke
- 30 Solidify
- 31 Dome-shaped candy
- 35 Community character
- 39 Taking care of business
- 40 Symbol of intrigue
- 42 Winnow
- 43 Grecian vessel
- 44 Destroyed
- 46 Chicken-



- |                                  |                        |                            |
|----------------------------------|------------------------|----------------------------|
| 23 king link                     | 6 Nixon's              | dame                       |
| 47 GI ID                         | nixing?                | 31 Dutch                   |
| 49 Motley                        | 7 Unyielding           | cheese                     |
| 51 Cause of hereditary variation | 8 Dadaist Jean         | 32 Open out                |
| 52 Does recon                    | 9 House painter's need | 33 Rub elbows              |
| 53 Material for hosen            | 10 Severely pelted     | 34 Energy                  |
| 54 Yon individuals               | 11 Have faith in       | 36 Gap                     |
|                                  | 13 Open-mouthed        | 37 Recently                |
|                                  | 18 Whopper             | 38 Companion less fellows  |
|                                  | 21 African grassland   | 41 Pop                     |
|                                  | 23 Epsom —             | 44 Hardy cabbage           |
|                                  | 25 Pitch               | 45 Dashboard dial, briefly |
|                                  | 27 "Wow!"              | 48 Kennedy or Koppel       |
|                                  | 29 Grande              | 50 Moo — gai pan           |

**DOWN**

- 1 Abhor
- 2 Enter cautiously
- 3 Roscoe
- 4 Fermi's bit
- 5 Cartoon skunk Pepe

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**Laugh A Lot**

Anyone who thinks women talk too much has never sat through a six-hour Super Bowl pregame show.

My dog licked the crumbs out of my computer keyboard and earned an online college degree.

I gave my father \$100 and said, "Buy yourself something that will make your life easier." So he went out and bought a present for my mother.

A medical student was told to remove the spleen from a cadaver. After he did, he kept poking around.

"What are you doing?" asked the professor.

The student answered, "I'm looking for the other one."

On the day I received my learner's permit, my father agreed to take me out for a

driving lesson. With a big grin, he hopped in behind the driver's seat. "Why aren't you sitting up front on the passenger's side?" I asked.

"Kirsten, I've been waiting for this ever since you were a little girl," Dad replied. "Now it's my turn to sit back here and kick the seat."

Before I took the old family car to college, my father loaded the trunk with soft-drink bottles filled with oil, coolant and transmission fluid. Sure enough, my car overheated. Scolding myself for not listening to my father's instructions, I looked at the engine and saw how well he knew me. The oil cap was labeled Dr Pepper, the transmission stick, Coke, and the empty coolant container, Diet Pepsi. I finished the trip safely.

Don't knock the weather. If it didn't change once in a while, nine tenths of the people couldn't start a conversation.



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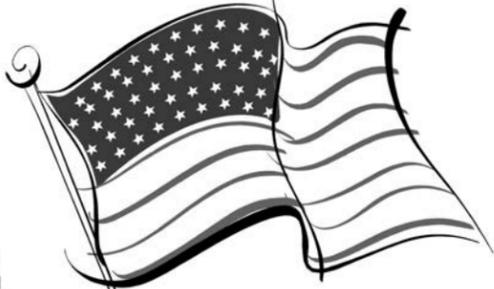
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**Limiting Sugar  
Is No-Brainer**

DEAR DR. ROACH: Medical advice is to reduce sugar consumption. Does this apply to 100 percent fruit juices, fresh fruit, sweetened cereal products or other fruit-sweetened products? — R.B.

ANSWER: I think it makes sense to limit sugar intake, as most North Americans take in remarkably large quantities of sugar. This week, while giving a lecture at the medical school, I noticed that the carbonated sodas served contained 45 grams of added sugar per can. That's more than the American Heart Association recommends in a day (no more than 25 grams of added sugar per day for women, 40 grams a day for men)! Be careful of products that claim to be sweetened by fruit juice or fruit sugar; this still counts as added sugar.

I do make an exception for fruits, as the body processes natural sugars from fruit differently. You can try this out at home by eating four medium-size oranges or drinking its equivalent in an 8-ounce (250 ml) glass of orange juice. I think you will find a big difference in how full you feel.

Although reducing sugar is critical for diabetics and is very important for anyone trying to lose weight, even for people with no sugar or weight problems, the evidence is accumulating that eating too much added sugar increases future risk for heart disease and diabetes.

Diabetes has become

epidemic in North America. The booklet on it provides insight on its diagnosis and treatment. Readers can order a copy by writing: Dr. Roach -- No. 402, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I have statin myopathy. I am in pure agony. I am taking muscle relaxants and pain relievers. The muscles all over my body ache. I have had pain for two months. Do you have any advice or remedies? — B.A.

ANSWER: Statin drugs are used to reduce risk for people with an increased chance for heart attack, depending on cholesterol levels, blood pressure, family history and other risk factors for coronary heart disease. As many as 9 percent of people treated with statins have muscle aches, which can be severe.

The treatment is stopping the statin. After stopping, the average time for symptoms to get better is two months. Only 7 percent have symptoms after six months. Coenzyme Q-10 has shown promise as a treatment for statin myopathy, in the dose of 200 mg a day, once daily or divided. It doesn't work for everybody.

DEAR DR. ROACH: Recently I was told that the “new way” to take blood pressure readings was to hold your arm against your chest and over your heart. I have not seen this on the Web anywhere. Is this true? — W.S.

ANSWER: It's not so new: We have long known that the arm should be at the same height as the heart. The arm also should be supported. Otherwise, the readings will be slightly (or not so slightly) off.

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

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**Strange  
BUT TRUE**

By Samantha Weaver

• It was Sigmund Freud, the founder of psychoanalysis, who made the following sage observation: “The first human who hurled an insult instead of a stone was the founder of civilization.”

• Many people make provisions in their wills for their pets; it's the compassionate thing to do. Singer Dusty Springfield went a bit further than most, though; she specified that her cat was to be fed only imported baby food.

**Strange But True Cont. P. 17**

**An Uplifting Moment**

Rev. David J. Claassen



Visit me on the internet!

[www.daveclaassen.com](http://www.daveclaassen.com)

**Influence**

C. S. Lewis was arguably the most influential Christian writer of the 20th century, and even up to this point in the 21st century. He wrote the classic children's allegorical stories of the Chronicles of Narnia series, with the first in that series being *The Lion, the Witch, and the Wardrobe*. The main character was a lion named Aslan, who was a Christ-figure. Lewis's nonfiction books, particularly *Mere Christianity*, give a clear, logical explanation of the Christian faith. His work has helped to bring many people to a faith in Christ. It would be hard to exaggerate the influence he has had on Christianity.

Interestingly, Lewis found faith through the influence of his friend J. R. R. Tolkien, the author of the famous *Lord of the Rings*. We admire people like Lewis, who had such a positive influence, and someone like Tolkien, who had an influence

on Lewis.

Who has had a significant and positive influence on your life? I asked this question in our weekend services and asked people to call out their answers. Parents, grandparents, a mate, and a friend were some of the responses. We've all had people influence us for the good.

All of us not only have been influenced in a positive way by others, we can have such an influence on other people. I know that sometimes we have doubts about this. We see our weaknesses and are vividly aware of our struggles. How can we be of any help to others?

If we think about those who have had a great influence on us we'd have to admit that they weren't perfect people, and that they had their own struggles. In fact, every single Bible character, other than Jesus, was far from perfect, yet their stories are in the Bible to inspire us with what God can do with ordinary and imperfect people. Maybe, just maybe. God can use us, too!

When the apostle Paul asked the Lord to heal him of something that he thought was inhibiting his work, he heard the Lord say to him, *"My grace is sufficient for you, for my power is made perfect in weakness."* 1 Corinthians 12:9



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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Esarhaddon in the Old or New Testament or neither?
2. In Esther 2, what was Hegai "the keeper of" regarding King Ahasuerus? Holy Grail, Weapons, The women, Grain of the fields
3. What New Testament person was the "voice of one crying in the wilderness"? Judas, Jude, Jehovah, John the Baptist
4. From Proverbs 22, what is bound up in the heart of a

- child? Foolishness, Mischief, Love, Rebellion
5. In biblical times, what were small copper coins called? Pennies, Shekels, Mites, Paschals
  6. From Judges 10, who had 30 sons who rode 30 donkeys? Elijah, Jair, Ezekiel, Job

**ANSWERS**

(1) Neither; (2) The women; (3) John the Baptist; (4) Foolishness; (5) Mites; (6) Jair

Comments? More Trivia? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com)

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**DID YOU KNOW?**  
by Rose Wickler



Saint Kateri Tekakwitha was born in 1656 in Auriesville, New York to a Mohawk warrior. At four years old, the area was ravaged by smallpox, killing her mother and disfiguring her face. She

converted to Catholicism as a teenager and was baptized at twenty. Her tribe disliked this and she suffered greatly for it but stood firm in her faith. She moved to Canada with other Native American Catholics where she spent every day in a chapel. She died on April 17, 1680 her face immediately clearing of all wounds. The first Native American woman to be declared a Saint, she was deemed one by Pope Benedict XVI in 2012. She is the Patron saint of the environment and her feast day is July 14.



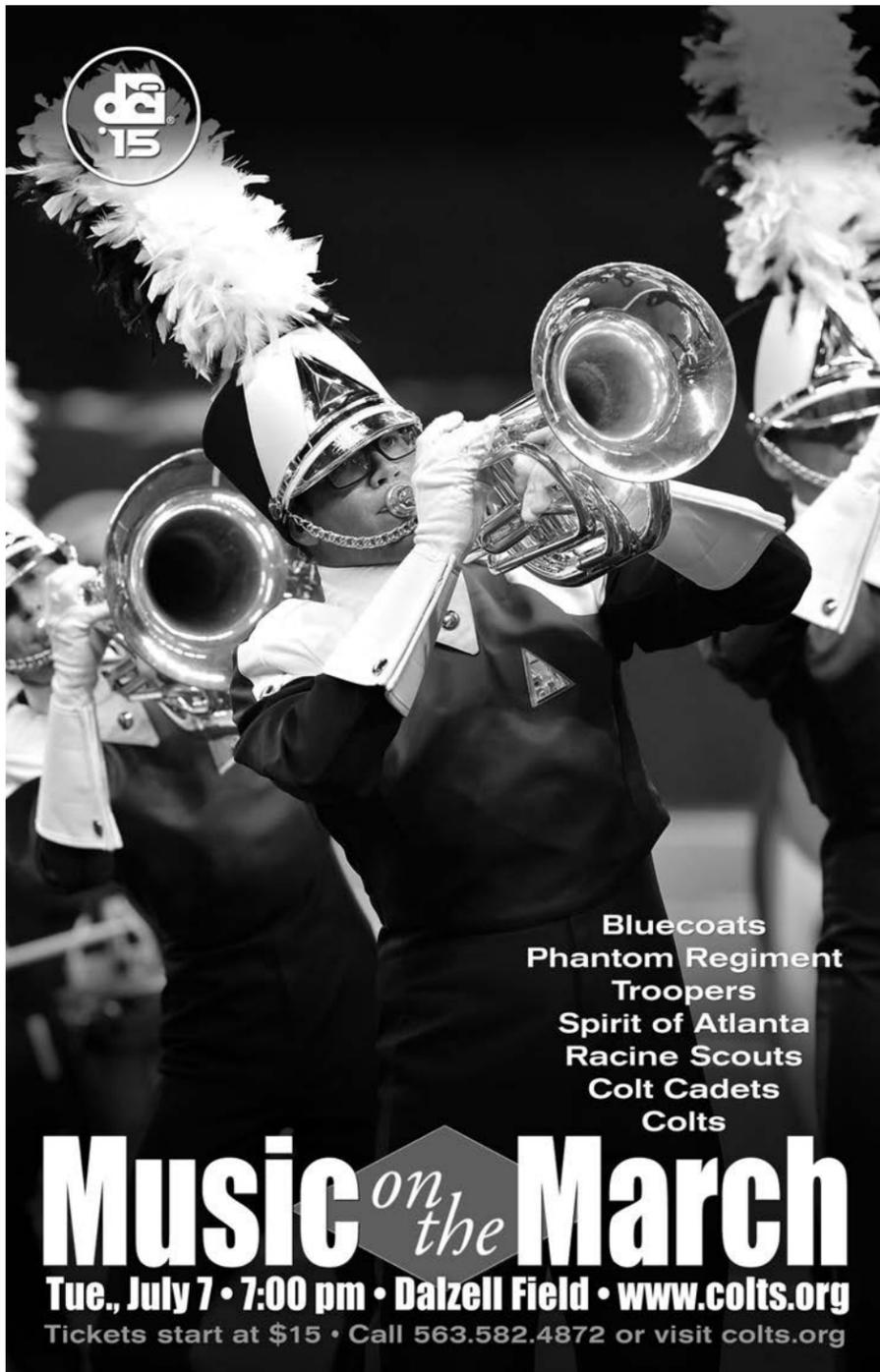
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# Music *on the* March

Tue., July 7 • 7:00 pm • Dalzell Field • [www.colts.org](http://www.colts.org)  
Tickets start at \$15 • Call 563.582.4872 or visit [colts.org](http://colts.org)

## MUSIC ON THE MARCH

*Dubuque's Summer Tradition Returns to Dalzell Field on July 7th*

The Colts Youth Organization welcomes hundreds of incredibly talented performers and thousands of eager fans to Music On The March on Tuesday, July 7, 2015. Dubuque's summer tradition features seven of the world's top drum and bugle corps including the hosts, Colts and Colt Cadets, as well as the Drum Corps International World Championship Silver Medalists — Bluecoats from Canton, Ohio.

The Colts and Colt Cadets both saw the most students ever audition for one of their coveted positions throughout the winter and spring rehearsals. The Colts will march the DCI maximum 150 students, while the Colt Cadets will field one of the largest corps in their history with 85 members.

The Colts are in session full time Memorial Day through the second weekend of August. The students travel on chartered motor coaches and sleep on gym floors as they prepare for intense rehearsals that average over seven hours a day. The group performs in Kansas City, Denver, Dallas, San Antonio, Atlanta, Allentown, PA, along with over 20 others competitions, culminating with

the Drum Corps International World Championships at Lucas Oil Stadium in Indianapolis on August 6-8, 2015.

The Colts organization is a nonprofit, tax-exempt organization and run with an operating budget of over \$1,200,000 a year, generated from contributions, grants, member fees, performances, sponsored shows, and the Colts Booster Club's three-day a week bingo game, souvenir sales and miscellaneous other sources.

For Music On The March tickets, and much more information about the Colts, visit [www.colts.org](http://www.colts.org).

### AN EVENING OF MUSIC BY THE RIVER

On Thursday, July 9, the Colts Youth Organization presents a wonderful evening of music featuring the annual performance of the Colts Summer Band. Pandemonium, the steel drum ensemble sponsored by the Colts, will kick off the evening at 7:00 PM, and the Colts Cadets Drum & Bugle Corps will close out the night with a performance of their 2015 program, "Fire & Ice." The event will be held at the Alliant Energy Amphitheater and is free of charge.



Cindy Baumgartner, MAE  
Human Sciences Specialist, Nutrition and Wellness

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## Biggest Chunk of Calories Comes From Processed Foods

Highly processed foods—such as prepared meals, white bread, cookies, chips, soda and candy—account for more than 60 percent of the calories in products Americans routinely buy in grocery stores, according to a new study.

This study found that many Americans have strongly held opinions and beliefs about processed foods. Some consider processed foods to be tasty, convenient, and affordable choices, while others contend that the combination of sugar, fat, sodium (salt), and flavoring in these foods promotes overeating and contributes to obesity.

Not only are highly processed foods a stable part of U.S. purchasing patterns, but the highly processed foods that households are buying are higher in fat, sugar, and sodium on average than the

less-processed foods (e.g., fresh or frozen vegetables and fruits, fresh meat, milk, eggs, and dried beans) they buy.

The biggest contributors to unhealthy diets and chronic disease are added sugars, excessive fat, and sodium. Too much sugar and fat may result in weight gain, increased cholesterol levels, and aggravation of other health issues. Excess sodium can lead to fluid retention and high blood pressure, putting extra stress on the circulatory system and increasing the risk for heart disease, heart or kidney failure, stroke, and other health problems.

### Add a little spice to your life!

Eating less sodium, sugar, and fat may seem challenging but using herbs and spices can  
Cindy Baumgartner cont. P. 13

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

**Monday, July 6: Books for Lunch Book Discussion @ 12:00 noon.** For this meeting we will read and discuss *Calamity Jayne* by Kathleen Bacus.

**Monday, July 6: Genealogy Club @ Your Library @ 6:30 pm.** This group meets the first Monday of each month at 6:30 pm. Helpful handouts and laptop computers are available to use. **New meeting day!**

**Thursday, July 9: Recycling and the Landfill @ 6:30 pm.** Learn interesting and pertinent facts about recycling and landfills at this program presented by the Dubuque Metropolitan Area Solid Waste Agency.

**Tuesday, July 14: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm.** For this meeting we will read and discuss *Chateau of Secrets* by Melanie Dobson.

**Thursday, July 16 - Monday, July 20 - Friends of the Library Used Book Sale.** The Friends of the Library used book sale will be held in the basement of the James Kennedy Public Library Thursday, July 16 through Monday, July 20. Bags of books are \$2 on the last day of the sale. Hours are: Thursday, July 16: 4:00 pm—8:00 pm; Friday, July 17: 9:00 am—5:00 pm; Saturday, July 18: 9:00 am—3:00 pm; Monday, July 20: 9:00 am—7:00 pm

**Friday, July 24: Fighting For Freedom documentary @ 2:00 pm.** Join us for this documentary on freedom and what it cost for America to get it. A discussion will follow this 90 minute documentary. (NR)

**Friday, July 24: Game Night @ Your Library @ 6:00 pm.** Bring your favorite game (card game, board game, role playing game, or video game) and meet, teach, and play with others! All ages welcome.

**Monday, July 27: Book Flicks @ Your Library @ 6:30 pm.** Join us for this movie version of the book *The Longest Ride* by Nicholas Sparks. Rated PG-13. (128 min.)

**Tuesday July 28: A Matter of Balance classes @ 9:30 am.** A Matter of Balance is fall/injury prevention program that targets older adults who are interested in learning more about flexibility, strength, balance, and how to prevent falls. The two hour classes will be held on Tuesdays and Thursdays for four weeks starting July 28 and are taught by trained leaders. Pre-registration is required. There is a book fee of \$15 per participant. Scholarships are available to persons 60 years of age and older who express financial need. Presented by the Northeast Iowa Area Agency on Aging.

**Tuesday, July 28: Cowboy Comedy Show at 6:30 pm.** David "Buffalo Bill" Nelson will be at the library to entertain us with stories and tales about cowboy heroes. All ages welcome. Refreshments provided. Sponsored by the Friends of the Library.

*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](http://www.dyersville.lib.ia.us) or contact Dawn Schrandt via email at [dschrandt@dyersville.lib.ia.us](mailto:dschrandt@dyersville.lib.ia.us)*



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

Recently, I found out that the road to Delusion is on Economic Drive. It's on a tree-lined boulevard with wide streets that display inviting avenues leading off onto a number of establishments selling goods and services to the general public. But, you can't get there in your car because money is its calling card. And here is where Delusion gets its name.

By now you must have guessed that this is a tongue-in-cheek article on the economy. Nowadays, the economy is very unpredictable, to say the least. And even though many vendors dangle special prices for their item there is often a flaw in their offers. You may pay full price for a lesser amount of goods because the package you once bought was bigger than the one you recently brought home from the store. I think most of us have figured this out because of the common sense we must use while shopping on a budget.

This downsizing doesn't always just apply to items for consumption or that of clothing, but can also include health or life insurance during an open season. Once a year these companies offer their benefits to interest you in their insurance policies. But when you get to the small print, their offer might be even less protection to you than me policy you have had for years. Buyer, beware, read the small print.

Ironically, when you are on the road to Delusion, you may become lost while searching for a particular road leading to financial savings. Because the financial officers directing your path to values and savings may be just as confused as you are about where you will gain the best profit for your money. It pays to do a little footwork and stay off the highway until you know where you are going.

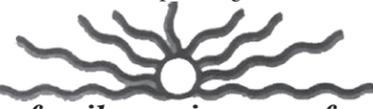
Finally, since there is no road map to Delusion on Economic Drive, I guess we must all follow our own path and head for the open road and plan a route of our own choosing whereby we will get the best benefits for our money and not be fooled by "Delusion."

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**VETERANS  
★ POST ★**

by Freddy Groves  
**VA Playing Loose  
With the Facts**

A year after we lost Eric Shinseki, probably the best Department of Veterans Affairs secretary we've ever had, what's been accomplished at the VA?

Answers: Not much.

House Speaker John Boehner recently had scathing remarks for the VA. He said, for example, that only one employee involved in the nationwide hidden wait list scandal has been let go. Boehner had to backtrack and rethink that. He conceded that some retired with benefits, got transfers or took paid leave, so, strictly speaking, the number of people dumped is higher than one.

Compare and contrast that to the assessment of our new VA secretary, Robert McDonald, former president and CEO of

the consumer products company Procter & Gamble. He says that over 900 employees have been fired, 60 specifically in relation to the wait list scandal. Real numbers were more like 75 people investigated and eight fired. He later claimed he misspoke.

Boehner says that Congress gave the VA more than \$16 billion (that's with a "B") to fix the problems of long waits for appointments by opening new clinics, starting up the new Choice program and hiring more medical staff.

McDonald said that wait times were down by 18 percent.

The reality: The number of veterans waiting more than 90 days for an appointment at VA clinics has doubled.

Sad to say, the new VA secretary has some problems. It doesn't help that he told a homeless veteran that he had been in "special forces." McDonald and VA public relations had to jump in later and say that, no, McDonald wasn't ever in the special operations forces. He finished Ranger training and left the Army.

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**Healthy Eating**

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(NAPSA)—A KIKU apple a day can make a terrific snack: A medium-size one has about 100 calories and is a good source of fiber and vitamin C. What's more, you and your family will likely love its supersweet taste.

**Ranking Sweetness**

Apples are ranked on a sweetness scale according to brix (the sugar percentage naturally found in the apples). Most apples have a brix of 12 to 14 percent. Apples that are sweeter (such as Gala) are at the high end of that range while traditional apples including Honeycrisp and Red Delicious are in the middle to lower end. Brix levels in KIKU apples, which are said to be quite possibly the sweetest apples you'll ever taste, typically range from 16 to 17 percent, often even higher.

KIKU apples are also known for their extreme crunch, juiciness, attractively striped, ruby-red color and intriguing origin.

**The KIKU Story**

It all started back in 1990, when an Italian apple expert by the name of Luis Braun was traveling through Japan. He discovered an apple that was dramatically different from all the other apples in its orchard. He was so mesmerized by its supersweet, full-flavored taste that he took a branch from the tree back with him to Italy. Once home, he painstakingly set out to grow as many trees as he could, making it his mission to share this new flavor with the world.

Within the U.S., KIKU apples are grown in Washington state, Michigan

and Pennsylvania—with more trees being planted across expanded acres in those states to ensure that strong demand for KIKU apples is met.

"KIKU is very quickly joining the ranks of premium apples that savvy consumers are increasingly seeking," said Steve Lutz, Vice President of Marketing for apple grower Columbia Marketing International, Inc. and former CEO for the Washington Apple Commission. "Cultivating new apple trees is a labor of love," he added. "It can take three to five years to nurture new apple trees. Our growers have been working overtime to bring KIKU to market."

**Smart Snacking**

The extreme sweetness of KIKU apples lends appeal to it being a healthy snack option. "It's a great option to help beat the mid-afternoon slump," said registered dietitian and food blogger Laura Chalela Hoover, who recommends eating the apple in place of nutrient-void sweets, which often contain processed sugars and additives. "Naturally sweet foods like KIKU can stop sugar cravings and help you break an unhealthy sugar addiction."



Want a sweet treat? There's an apple for that named KIKU and it's delicious in a grilled cheese sandwich.

**Enjoy An Apple Sandwich**

Delicious fresh, these apples also make a wonderful addition to classic dishes, including the grilled cheese sandwich. Simply layer apple slices and your favorite cheese between two slices of bread and grill at a low temperature. The sweet juiciness of the apples melds beautifully with melted cheese, making a warm, tasty treat relished by kids and adults alike.

KIKU apples also make an excellent addition to salads or smothered with peanut butter.

**Learn More**

For further sweet-apple facts and recipes, go to [www.sweetkiku.com](http://www.sweetkiku.com).

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# Moments in time

THE HISTORY CHANNEL

• On July 4, 1826, John Adams and Thomas Jefferson, the second and third presidents of the United States, respectively, die on the 50th anniversary of the adoption of the Declaration of Independence. Both men had been central in drafting the historic document.

• On June 30, 1859, Frenchman Emile Blondin becomes the first daredevil to walk across Niagara Falls on a tightrope. Wearing pink tights and a yellow tunic, Blondin crossed a cable about 2 inches in diameter and 1,100-foot long using only a balancing pole.

• On July 5, 1865, in London, revivalist preacher William Booth and his wife Catherine establish the Christian Mission, modeled after the British army, with women given ranks equal with men. In 1878, the organization was renamed the Salvation Army, and two years later the first U.S. branch opened in Pennsylvania.

• On July 2, 1881, President James A. Garfield is shot as

he walks through a railroad waiting room in Washington, D.C. His assailant, Charles J. Guiteau, was a disgruntled and perhaps insane office seeker. Garfield died 80 days later of blood poisoning.

• On July 1, 1951, Cleveland Indians ace Bob Feller pitches the third no-hit game of his career, making him the first modern pitcher ever to throw three no-hitters. Feller made his first start in 1936, when he was just 17.



• On July 3, 1985, the blockbuster action-comedy "Back to the Future," in which the iconic DeLorean concept car is transformed into a time-travel device, premieres.

• On June 29, 1995, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It was the 100th human space mission in U.S. history.

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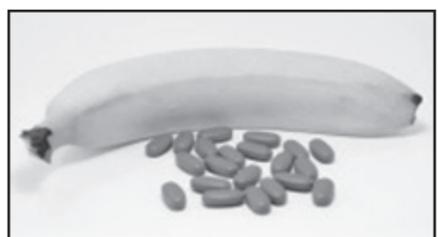
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by Jo Ann Derson

• Here's a grill tip just in time for summer: When you need to cook something that needs covering (say, chicken) alongside something that does not (like hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller size pans that can be reused. — *JoAnn*

• "I have a tip about taking medicine. Regardless of the size of the pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore." — *T.B. in New Hampshire*



• "The sticky residue from price tags can be really annoying. I use WD-40 to get it off. Works every time for me!" — *J.K. in Alabama*

• "Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!" — *I.L. in Nevada*

• Mix a quarter cup of salt in with two tablespoons of bath wash for a sudsy, refreshing, skin-soothing salt scrub.

• To travel with pleated skirts, use this packing trick: Turn the skirt inside out, and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next,

feed the skirt into a leg of pantyhose with the foot cut off. You'll end up with a nice tube, which you can tuck into the side of your luggage.

Send your tips to *Now Here's a Tip*, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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# SATURDAY BUFFET

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### Independence Bluegrass and Wine Tasting

featuring Finders & Youngberg 5 and The Driftless Sisters

Thursday, July 2 @ 6:30-10 PM

Schmid Innovation Center Courtyard (Caradco Warehouse)



Tri-State native Mike Finders' Colorado-based band, Finnders & Youngberg, have earned their stripes in the bluegrass world, and if such a rowdy musical subset had egos, they would certainly qualify as rock stars. On Thursday, July 2nd, the nationally touring act will return to Mike's roots and they make a stop in Dubuque at the Schmid Innovation Center Courtyard at the Caradco Warehouse at 955 Washington Street in the heart of downtown Dubuque's Millwork District. The all ages event opens at 6:30 PM, with music starting at 7 PM from local favorites, The Driftless Sisters. Tickets for the performance are \$10 at the door or \$8 in advance at the 365ink Offices (432 Bluff). Proceeds from the event support Marine Corps Toys For Tots serving the Tri-State area.

This year's event, generously sponsored by Dupaco Community Credit Union and hosted by 365ink Magazine, will once again feature a fabulous free wine tasting by Dubuque Heritage

Winery as well as yet to be determined goodies available from both the Dubuque Food Co-Op and Inspire Café, which both call the Caradco building home. Ice water and tea or lemonade will also be provided, complimentary, to keep you cool and chairs are provided, at least for the first 200, but you may bring your own too.

Finnders & Youngberg proudly swim in the deep currents of American music—classic bluegrass, tried and-true honky tonk, country swing, and skillfully spun folk tales. While their sound evokes timelessness, it is a decidedly contemporary, well-traveled, 21st century sensibility that informs their songwriting. Their tunes draw on the bumps, bruises and laugh lines earned when we find ourselves in the "bogs" of backroads, dive bars, and long, lonesome nights. Currently, they're promoting their newest CD, Eat The Moon, which just debuted last month.

Two-time MerleFest  
Bluegrass cont. P. 19



Bret Kuhns,  
Social Security District Manager,  
Dubuque, Iowa



### HALF A CENTURY OF HELP WITH MEDICARE

On July 30, 1965, President Lyndon B. Johnson signed Medicare into law with these words: "No longer will older Americans be denied the healing miracle of modern medicine. No longer will illness crush and destroy the savings that they have so carefully put away over a lifetime."

For 50 years, the Medicare program has provided essential health care services for millions of people who are age 65 or older, disabled, or have debilitating diseases. Without Medicare, many people would not be able to pay for hospital care, doctor's visits, medical tests, preventive services, or prescription drugs.

Your Medicare card is the most important piece of identification you own as a Medicare beneficiary since medical providers will request it when you seek their services. If you need to replace a lost, stolen, or damaged Medicare card, you can do it online with a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Requesting a replacement card through my Social Security is safe, convenient, and easy. Going online saves you a trip to your local Social Security office or unproductive time on the phone. Request your replacement Medicare card the easy and convenient way — online — and you'll get it in the same amount of time as you would if you applied in an office or over the phone — in about 30 days.

Fifty years ago, Medicare didn't have as many options as it does today. As the largest public health program in the United States, Medicare includes four parts to keep you covered:

Part A is insurance that covers inpatient hospital stays, outpatient care in nursing facilities, hospice, and home health care.

Part B includes medical insurance for doctor's services, medical supplies, outpatient care, and preventive services.

Part C is a Medicare advantage plan that allows you to choose your health care coverage through a provider organization. You must have Part A and Part B to enroll in Part C. This plan usually includes Medicare prescription drug coverage and may include extra benefits and services at an additional cost.

Part D is prescription drug coverage. There is a separate monthly premium for this plan; however, people with low resources and income may qualify for the Extra Help with Medicare prescription drug costs from Social Security. Visit [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp) to see if you qualify.

A recent survey to Medicare beneficiaries asked: Why do you love Medicare? One person stated, "It gives peace of mind not only for seniors, but for veterans and disabled as well." Another satisfied recipient replied, "I most likely wouldn't be alive today without Medicare." These are just two of the millions who endorse Medicare's half-century strong success story.

For more information about Medicare, visit [www.medicare.gov](http://www.medicare.gov).

As Medicare celebrates 50 years, Social Security commemorates 80 years. Learn more about Social Security's 80th anniversary at [www.socialsecurity.gov/80thanniversary](http://www.socialsecurity.gov/80thanniversary).

### SOCIAL SECURITY TURNS 80

Eighty years ago, on August 14, 1935, President Franklin D. Roosevelt signed the Social Security Act into law. The new law guaranteed a basic income for retirees and, at the time, the unemployed.

Over the years, Social Security has expanded its safety net to provide benefits for retirees, people with disabilities and the chronically ill, and spouses and children of deceased workers. The agency has evolved to serve the needs of a changing America. Now, we're celebrating this historic anniversary by looking at both our successful past, and the path to an even brighter future.

Social Security is there for you during all stages of life. Right from the beginning, we issue a unique Social Security number to most newborns when an application is taken at the hospital. This allows us to track your income over your working career and accurately

calculate your retirement benefit. We provide disability benefits to injured and chronically ill workers and their families. We provide survivors benefits to widows, widowers, and the minors of deceased workers. We also provide Supplemental Security Income (SSI) to those with low income and resources, and Extra Help with Medicare prescription drug costs for people who qualify.

In our decades of experience, Social Security has evolved to meet the fast-paced demands of the digital world. Creating an online my Social Security account, for instance, let's you view your Social Security Statement, verify the accuracy of your earnings record, and get estimates of future monthly benefits. Once you begin receiving Social Security benefits, you can use your online account to

**Social Security cont. P. 13**

**Contract Bridge**

by Steve Becker



**A Heart-Rending Tale**

South dealer.  
Both sides vulnerable.  
North-South have a partscore of 30.

**NORTH**

♠ A K 10 9 7  
♥ Q 9 5  
♦ 10  
♣ A K J 7

**WEST**

♠ Q J  
♥ 8 7 6 2  
♦ 7 6 5 3  
♣ Q 6 2

**EAST**

♠ 6 5 4 3 2  
♥ J 4  
♦ J 8 2  
♣ 8 5 3

**SOUTH**

♠ 8  
♥ A K 10 3  
♦ A K Q 9 4  
♣ 10 9 4

The bidding:

South	West	North	East
1♦	Pass	2♠	Pass
2♥(!)			

Opening lead — two of clubs.

They say that truth is stranger than fiction, and here is a tale to bear it out. The hand was played in a rubber-bridge game. The stakes were high, the atmosphere tense, and all the players except South were first-rate.

North had been having a hard time all evening, largely because he had cut South as his partner most of the time. So when he heard South open the bidding with a diamond, North perked up, since he was

about to win a rubber at last. To make sure South got the message, North responded by jump-shifting to two spades.

South now bid two hearts, which was not sufficient. West called attention to the insufficient bid and offered to explain the options South had, but South, gazing intently at his score pad, said: "No, it's all right. I bid three diamonds. We have game and 40."

North groaned deeply and said: "For your information, sir, we happen to have game and 30, and furthermore, you've now succeeded in barring me from the auction. Can't you even keep score correctly?" So South played the hand at three diamonds, making seven, and, of course, lost the rubber on the next deal.

Had South corrected his bid to three hearts, there would have been no penalty under the laws, and North-South might have reached a slam and made it.

When North tried to explain this to his partner, South replied: "Well, I've already told you three times I thought I was making a game bid because I thought we had 40 on. Besides, I wouldn't dream of rebidding my hearts with a four-card suit!"

Aside from what occurred, the hand is a curiosity in another respect: As the cards lie, North-South could have made a grand slam in spades, hearts, diamonds, clubs or notrump!

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**Cindy Baumgartner from P 8**

help! Herbs and spices help flavor foods when you cut back on dietary fat, sugar, and sodium.

You can reduce or eliminate sugar with these sweet-tasting spices: allspice, cloves, ginger, cardamom, mace, cinnamon, and nutmeg. When reducing sodium, improve the taste of recipes by adding savory flavors such as black pepper, garlic powder, curry powder, cumin, basil, and onion. Instead of using salt for your pasta, try basil, oregano, parsley, and pepper or use an Italian seasoning blend.

Sources: American Society for Nutrition, news

release, March 28, 2015; [www.lancaster.unl.edu/food/spiceherbshandout-color.pdf](http://www.lancaster.unl.edu/food/spiceherbshandout-color.pdf).

If you have further questions or want to talk directly with a Home Economist, call our toll-free ISU AnswerLine. Did you know they have been answering consumer questions for over 30 years?! AnswerLine is staffed Monday-Friday from 9 am-noon and 1-4 pm:

1-800-262-3804 (in Iowa)

1-800-854-1678 (in Minnesota)

1-888-393-6336 (in South Dakota)

1-800-735-2942 (Relay Iowa phone linkage for deaf and hard-of-hearing individuals)

**Social Security from Pg. 12**

manage your record, including changing your address and phone number, checking your benefit information, changing your electronic payment method, and obtaining an instant benefit verification letter or replacement SSA-1099/1042S. If you haven't already, you can easily sign up for a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Our safe and secure online services allow you to apply for retirement, spouse's, Medicare, and disability benefits from the comfort of your home. You can quickly complete an online

retirement application at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

Looking to the future, we recently released our Vision 2025, a strategic plan to help us shape the future of Social Security service delivery and maintain clear communication with you. For more information about our vision for the next ten years, visit [www.socialsecurity.gov/vision2025](http://www.socialsecurity.gov/vision2025).

We look to the next 80 years with a renewed commitment to proudly serving Social Security customers throughout their lifetime, when and where they need us. See how Social Security has evolved over the years at [www.socialsecurity.gov/history](http://www.socialsecurity.gov/history).

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### Dubuque Symphony from P. 1



**Magical Mozart**  
**at Five Flags Theater**  
Saturday, November 14 at 7:30pm  
Sunday, November 15 at 2:00pm  
Mozart Overture to The Marriage of Figaro  
Glass Movement 3 from Symphony No. 3  
Haydn Trumpet Concerto  
- Wes Skidgel, trumpet  
Mozart Symphony No. 40

**Beautiful Brahms**  
**at Five Flags Theater**  
Saturday, March 5 at 7:30pm  
Sunday, March 6 at 2:00pm  
Beethoven Symphony No. 1  
Brahms A German Requiem  
- the Dubuque Chorale,  
Bob Demaree, Artistic Director;  
Emily Birsan, soprano;  
Ashraf Sewailam, baritone

**Giselle (fully staged ballet)**  
**at Heritage Center**  
Saturday, April 2 at 7:30pm  
Sunday, April 3 at 2:00pm  
Adam Giselle (fully staged ballet)  
- Heartland Ballet Company,  
Marina O'Rourke, Director

**Midori**  
**at Five Flags Theater**  
Saturday, May 7 at 7:30pm  
Sunday, May 8 at 2:00pm  
Dvorak Symphony No. 9 From the New World  
Tchaikovsky Violin Concerto  
- Midori, violin

### Season Tickets

Season ticket packages of three, four or five concerts are available and start as low as \$38 for five concerts. First time season ticket buyers, or not in the past three years, receive 50% off single ticket prices on a five concert series package. Those first time buyers then receive 25% off when renewing their five concert package the following season. Season ticket holders receive special privileges including ticket exchange options, priority seat selection, free ticket replacement and the ability to purchase discounted tickets through the symphony office.

Season tickets go on sale June 22, 2015. They may be purchased by phone or in person at the Dubuque Symphony office. For more information, please call (563) 557-1677 or visit [www.dubuquesymphony.org](http://www.dubuquesymphony.org). The office is located at 2728 Asbury Road, in the lower level of the Atrium building in the Fountain Park complex.

### Single Tickets

Single tickets go on sale August 17, 2015. Price ranges from \$15 to \$78. Tickets to concerts at the Five Flags Theater may be purchased at the Five Flags Box Office or through Ticketmaster. Tickets to concerts at the Heritage Center may be purchased at the Farber Box Office, over the phone by calling (563)585-SHOW or online at [www.dbq.edu/heritagecenter](http://www.dbq.edu/heritagecenter).

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**Book Review**

**“The Mystery Writers of America Cookbook”**

*edited by Kate White  
(Quirk Books, \$24.95)  
Reviewed by Larry Cox*

This wickedly delightful cookbook features more than 100 recipes contributed by such legendary mystery authors as Sandra Brown, J.A. Jance, Sue Grafton and Mary Higgins Clark. In addition to the recipes, there are full-color illustrations, mischievous sidebars revealing links between food and foul play, and dozens of fun facts, such as lethal plants found in the family garden. Famed English mystery writer Agatha Christie knew a great deal about poisons, using them in the plots of roughly half of her 64 novels.

The cookbook’s recipes are divided into seven main sections: Breakfast, Appetizers, Soups & Salads, Entrees, Side Dishes, Desserts and Cocktails.

Kate White, former editor in chief at Cosmopolitan and

The New York Times’ best-selling author of the Bailey Weggins mystery series, offers insights and facts about major fictional characters. Whether it’s a hard-boiled breakfast, thrilling entree or cozy dessert, no one knows as much about the importance of stomach contents as these illustrious members of the Mystery Writers of America.

Among the recipes are James Patterson’s Grandma’s Killer Chocolate Cake (a family recipe from the 1940s), Sue Grafton’s Peanut Butter & Pickle Sandwich, Nelson DeMille’s Male Chauvinist Pigs in a Blanket, Alison Gaylin’s Smoking Gun Margarita and, with a nod to Sherlock Holmes, Laurie R. King’s Mrs. Hudson’s Coffee Sheet Cookies. And speaking of coffee, Lee Child serves up a recipe for his perfect cup of coffee for one.

Whether you’re planning a sinister dinner party or simply looking to whip up some comfort food, this cunning collection could just be the solution.

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**UnityPoint Health Finley Hospital July 2015 Events**

For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit [www.unitypoint.org/dbqevents](http://www.unitypoint.org/dbqevents).

**All Day Childbirth Education.** Saturday, July 18, 9:00 a.m.-5:00 p.m. Delhi Medical Center, Third floor Conference Room. This class will help you get ready for the birth of your baby. Class topics include: what happens when you are in labor, what your choices are when you are in labor, baby care practices, how to keep your baby safe. A tour of the Family Birthing Suites is part of this class. Cost is \$30.

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

**Dubuque & Tri-States Head and Neck Cancer Support Group.** Thursday, July 23, 3:00 p.m. Finley’s Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

**Family Birthing Suites Tour.** Wednesday, July 15, 7:30 p.m. Finley Hospital Family Birthing Suites Lounge. Join us for a guided tour of the Family Birthing Suites. We will talk about how we will care for you and your baby while you are a patient at Finley Hospital. There is no fee for this class.

**Grandparents Class.** Monday, July 13, 7:00 p.m. Delhi Medical Center, Third floor Conference Room. Join us for a discussion on current birth topics and baby care practices, tips for grandparenting and a guided tour of the Family Birthing Suites. There is no fee for this class.

**Reiki I.** Tuesday, July 21, 9:00 a.m. – 4:00 p.m. Babka Wellness Center. Reiki is a gentle but powerful hands-on healing technique. You will be able to give yourself Reiki, as well as your family, friends and pets. Training consists of discussion, attunement and course materials. Cost is \$125.

**Sibling Class.** Monday, July 6, 6:00 – 8:00 p.m. Delhi Medical Center, Third floor Conference Room. Having a baby is a family event. Getting big brothers and sisters ready for the new baby is important. Join us while we show your children what a new baby is like. A tour of the Family Birthing Suites is part of this class. Snacks are served and a birthday card is made for the new baby. There is no fee for this class.

**Strength Training for Women.** 8 week sessions start Monday, July 13, 9:00 a.m. Babka Wellness Center. Learn proper strength training techniques using various equipment. Classes on Monday, Wednesday, and Thursday start at 9:00 a.m. Tuesday classes begin at 5:30 p.m. Cost is \$80 per session.

**Finley Stroke and Brain Injury Support Group.** Tuesday, July 28, 1:00–2:00 p.m. Finley Hospital Auditorium. Finley is taking steps to help stroke patients and their families. Finley offers this Stroke and Brain Injury Support Group for anyone who has had a stroke or has been affected by a stroke. Each session provides a forum for you to share experiences, express concerns and ask questions.



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## YESTERDAY AND TODAY BY MICHAEL GIBSON



This is the 300 block of 8th Street as seen in the late 1940s. In the far background is the Telegraph Herald office building at 8th & Bluff which was constructed in the 1930s. The building on the corner has a sign which reads "Economy Cleaners" which was at 351 8th St. and owned by Delbert Graves and Collings Sommerfield. Several apartments were located on the upper floor. The Tasty Sandwich Shop was located in the same building for a short period of time. Further down the street was the Radio Shop, owned by Herbert Jennes who had just relocated from Main Street to the 8th St. location around 1948. Here you could purchase a new Crosley or RCA Victor radio, but if you wanted a Philco or Zenith you would have to go to Renier's Music. (Photo courtesy of the Center for Dubuque History, MSL p77 Neg. 1760).

Yesterday & Today cont. P. 17

## Ice Cream Business For Sale

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### Four Ways To Keep Your Pet Happy In Hot Weather

(NAPSA)—Pet parents who are cool to four important facts can help their furry friends flourish during the warm weather months.

**1. Heat Can Bring Frightening Sounds of Thunder.** Storm phobia can seriously affect the quality of life for pets.

Barbara L. Sherman, Ph.D., DVM, suggests you reward pets for calm behavior. Treat your pet to a special "inside" toy when he exhibits calm demeanor; he'll associate good

behavior with special toys.

Also, make sure she can get to a favorite hiding place and feel safe when the lightning flashes and the thunder rolls.

**2. Keep Paws Cool and Smooth.** Brandon McMillan, professional dog trainer and host of the CBS hit show "Lucky Dog," says, "When the temperature hits 85 degrees or higher, most dogs begin feeling uncomfortable. Depending on your pet's coat, the temperature can feel 15 to 30 degrees hotter."

Pet Care Advice cont. P. 17

## Life in the Moment

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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.



All of these buildings were demolished by the early 1960s as part of the early phases of the massive urban renewal movement. In 1964 the entire block became the home of the first public parking ramp in the city. (Photo by Terry Grant).

Strange But True from Pg. 6

• For a nation based on a foundation of democracy, the U.S. certainly has a lot of states (that were originally colonies, of course) named for British royalty. The state of Virginia, for instance, was named for Queen Elizabeth I, known as the “Virgin Queen”; and Georgia was named in honor of King George II. King Charles II got both North and South Carolina, while the Duke of York and Albany — later King James II — was honored when the state of New York was named. Even France got in on the action: When explorer Robert de la Salle claimed a large chunk of territory for France in 1682, he named it Louisiana, after King Louis XIV.



• Sissy Spacek was originally considered for the role of Princess Leia in the iconic 1977 film “Star Wars,” but she turned it down, paving the way for Carrie Fisher to play Luke Skywalker’s twin. Interestingly, the year before, Carrie Fisher had been offered the title role in the horror flick “Carrie”; when she declined, Sissy Spacek stepped in.

• If you’re planning a trip to California this summer, you might want to keep in mind that in that state, it’s illegal for a woman to drive while wearing a housecoat.

**Thought for the Day:** “Hell is paved with good Samaritans.” — William M. Holden

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Pet Care Advice from P. 16

Let your dog walk through the grass or on a cool surface to help her feel better. McMillan recommends placing your hand where your pet will walk. If it’s too hot for you, most likely, it’s too hot for your pet, too.



Toys are great for increasing the bond between pet and person.

You may want to move your walks to after dark. To keep your pet safe from traffic at night, you can get a leash and collar from the Petmate Max Glow in the Dark collection. Let it soak up the sun all day and it will glow automatically when you’re out with it at night.

**3. Exercise Gradually.** An animal’s body temperature can rise rapidly due to his or her furry coat and that can increase the odds of heatstroke. McMillan advises pet parents to bring water with them on long walks during the hotter months.

In addition, increase your dog’s play time gradually. Try toys such as Petmate’s Chuckit! brand Ultra Sling, a pocket-sized launcher for a variety of

fetch toys.  
**4. Heatstroke Signs And Symptoms.** The ASPCA advises pet owners to watch out for:

- excessive panting
- staggered breathing
- increased heart rate
- drooling and vomiting.

These can be signs of serious heatstroke or other illness and should get you to contact the vet or emergency animal hospital immediately.

**Learn More**

For further pet facts, tips and products, visit [www.petmate.com](http://www.petmate.com).

# Ohnward

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



**Boss Grant**  
Johnny Cash Tribute Show

### Boss Grant

**(Johnny Cash Tribute Show)**  
Saturday, September 5, 2015  
• 7PM

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Tickets: \$22 (in advance) \$25 (at the door).  
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Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.



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**Are you ready for some...  
Fireworks?**

*by Lisa Delaney*



The July 3rd fireworks and air show is coordinated annually by the four stations of Radio Dubuque (AM 1370 KDTH, 92.9 KATFM, 97.3 The Rock and 101.1 The River) and the Dubuque Jaycees. 2015 will be the 30th Annual show and promises to be bigger and better than ever!

Dubuque's Independence Day Spectacular is dedicated annually to the men and women of the U.S. Armed Forces who help protect the freedoms we enjoy today. Many military aircrafts have been featured in the shows over the years. In their flyovers, U.S. Air Force pilots have reported that they

estimate the Tri-State crowd size to be in excess of 250,000 people. It has evolved into the biggest community event in the tri-states.

Although the celebration can be seen from all over the Tri-State area, "Show Central" is located in the AY McDonald Park next to the Hawthorn Boat Ramp just below Lock and Dam 11. If you are planning to celebrate in this area, or anywhere near, please remember to arrive early (probably before 4pm) and pack and plan to be there through the end of the fireworks. It is often very hot that time of year and

**Fireworks cont. P. 19**

*Happy  
4th of July  
from  
all of us at*



***The Golden View***



*Happy Birthday*  
**AMERICA**



Remember to be safe while celebrating this July 4th ★

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**Independence Day**



Bluegrass from Pg. 12

songwriting competition winner in both the gospel and bluegrass categories, Dubuque native Mike Finders possesses an arresting and emotive stage presence and as the principal songwriter and guitarist for F&Y,



Finnders & Youngberg

his finely-honed storytelling forms the bulk of the band's cannon. From the long ago days of PoJamas and Electric Wonderland, to Fingers and beyond, many local live music lovers are well aware of Mike Finders' long and storied local music history.

Together on stage, Finders & Youngberg possess an undeniable chemistry and an energy that flows with might. Marked by an intimacy with the audience, their performances feature precision picking, soaring harmonies, and joyful, energetic choreography centered around an old-school single microphone setup. The emotional richness of their music resonates throughout their stage show. Heartbreakers slip in between anthemic glass raisers.

Driving tales of working men and women shimmy alongside wryly humorous numbers. Quick-witted stage banter keeps folks laughing. Tightly wound instrumental breakdowns keep dancers on their toes.

The Tri-States next Bluegrass rock stars, The Driftless Sisters, will open the show. The sassy blond duo grew up in their respective parents' antique shops across the street from each other. Aside from their catchy songwriting skills, seeing them live is an extra treat if only to see Lily Sprengelmeyer playing banjo, harmonica, and singing while simultaneously keeping the beat on the bass drum and tambourine pedals she stands on while she plays. Then add in the lovely vocal harmonies of Kat Karberg while she covers the guitar and snare drum parts. It's a lot of music, and great ad-libbed one-liners, coming out of two awesome girls.

Wrap-up your Independence Weekend celebrations by relaxing with great music, great local wine and more, all for a great cause.

For more information, contact Bryce Parks at 563-590-3840 or e-mail bryce@dubuque365.com



The Driftless Sisters

Fireworks from P. 18

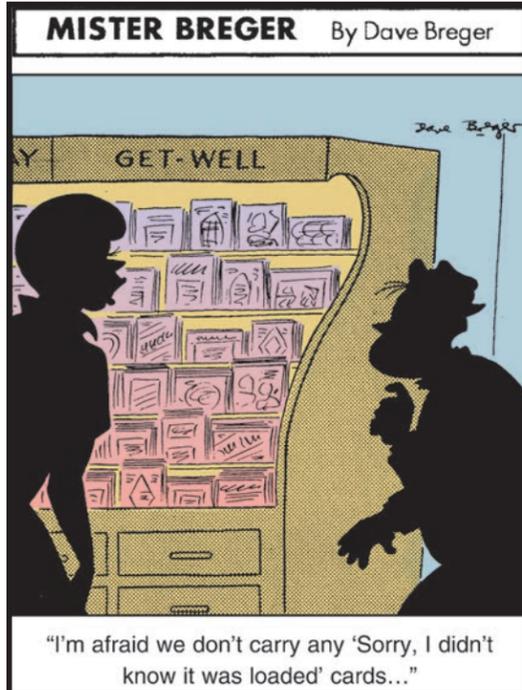
you are strongly encouraged to keep your pets at home.



The Air Show will begin at approximately 6pm and the line-up includes: The United States Army Golden Knights Parachute Team; The Aerostars Flight Team; Mike Whiskas and the Lucas Oil Pitts Plane; a MV22 US Marine Corp Osprey; a US Navy F-18 Hornet; a Heritage Flight with an F-16 and P-51 Mustang; a Jet Demonstration with Red Star and Dragon; and a US Army Chinook Helicopter. And then at Dusk ... the fireworks extravaganza! For a listing of all events associated with this

years' celebration, log onto KDTH.com and click on the Fireworks icon.

The only way the radio stations and the Jaycees have the ability to put on this show each year is through the financial support of good corporate citizens. Thank you to EVERYONE for your past and present support, we couldn't do it without you!





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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.

**Anticipation**  
 A real Big Top, tents, a parade with real live elephants—that was the only thing Matt and Nancy could think or talk about. They were going to the circus. Father had consented to take them.

Every newspaper was carefully examined for new features that might have been added to make this circus day the biggest day of the year. The tight rope walkers guaranteed to walk two hundred feet. Matt had strung the hay rope between the two hardy maples in the front yard and practiced so long and hard that he, like the circus performers, could walk the rope with graceful movements of body and hands.

Prayers went forth for a good day. The morning was perfect, quiet, and sunny as everyone bustled around, anxious to start on the fourteen mile journey to the city.

All details were completed. Hats must be worn for shade from the scorching sun, good shoes shined and in all a very expectant family awaited the “Get Up” of father to the horses - that final signal - and away they would go to this life time wonder.

The telephone rang - yes three rings - “Our ring” said Matt, Mother answered. “Yes, this is Sweeney—It is a nice day—Oh sure he can go along—They are just about ready to leave - have him hurry, they will wait for him.”

Calmly, Mother turned from the phone, “Yes, that was Aunt Agnes. John, the newly adopted orphan, wanted a ride to the circus. Of course he should go. You know you must always be kind to orphans. Someone will have to stay home.”

All bowed their heads in fear of being sentenced to stay home. “Nancy, you will stay home,” said Mother, “You are the youngest and you have more years to get to the circus than the rest.” That was final, Mother never changed her mind.

Poor Nancy ran upstairs and dropped upon the bed weeping bitterly. She did not hear the rattle of the buggy and all the chatter and laughter that swept over the hill on the way to the final dream - the circus.

She hung her clothes neatly in a row and came downstairs. Mother didn’t say one word as her youngest went outside the kitchen and started to cry. Mrs. Sweeney didn’t seem to hear. She was baking a lovely bread-pudding with its golden crust all covered with cinnamon on top. It was just what Nancy liked. No she didn’t want any. She would never want bread pudding again in her whole life.

Her Mother placed everything on the table and invited Nancy to join her. She did - very slowly and ate with bitsy bites. She could hardly swallow.

Evening came, Shep’s bark announced the coming of the buggy two hills away. Nancy did not want to hear about the wonderful things they saw. She hoped they wouldn’t talk about it - and they didn’t. Nothing good!

Not one word was said, only “The Circus wasn’t any good. There weren’t as many elephants as was advertised.” Matt said that he could tight-rope walk better than that fellow.

No, Nancy could not believe it. That was all made up to keep her from feeling so bad about it.

The big day was over. Maybe it hadn’t been as good as they anticipated - but at least they got to go.

**SENIOR NEWS LINE**  
 by Matilda Charles

**Better Health in 15 Minutes**  
 Now this is one piece of research I can really get behind: Exercising less than the recommended 30 minutes a day still has benefits.

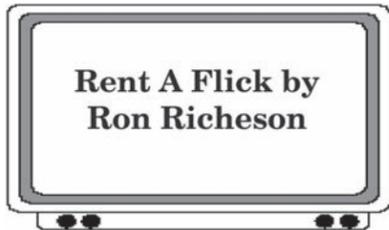
Until now, 30 minutes a day (or 150 minutes a week) of moderate exercise has been the gold standard. It was shown to reduce the average risk of death by 30 percent. However, new research has shown that the recommended level of exercise didn’t consider the needs and health of seniors — more than 60 percent of whom weren’t up to doing that much exercise (and were therefore likely to be discouraged from trying at all).

A French study monitored the health and activity levels of seniors over the age of 65 for 13

years. The results were as follows: Those who did the 150 minutes a week of moderate exercise (for example, brisk walking) had a 57 percent lower risk of death. That’s significantly more than the 30 percent previously calculated for that level of exercise.

The big news, however, for those of us who aren’t fans of exercise, is that 15 minutes a day, five days a week, is a good target for seniors. That can include swimming, riding a bike, brisk walking, dancing, ping-pong, badminton — anything that gets you moving for 15 minutes.

Granted, that 15 minutes a day (or 75 minutes per week) only gets you a 22 percent lower risk for mortality, but it’s a start. My theory: Once we start with that 15 minutes, we’re likely to increase it a little at a time. Bump that up a few minutes per day, and we can raise that to a 51 percent lower risk.



Rent A Flick by  
Ron Richeson

**Still Alice**

Adapted from Lisa Genova's novel of the same name, *Still Alice* (2014) centers on the cruelest malady that attacks humankind: Alzheimer's disease. Julianne Moore stars as 50 year old Alice Howland, a happily married wife and mother of three grown children and a professor of linguistics at Columbia University.

For Alice it starts very subtly: a forgotten word during a lecture; becoming disoriented while jogging on the campus she teaches at; introducing herself several times to her son's girlfriend. Alice knows that something is wrong and suspects she may have a brain tumor. Several tests by a neurologist rules out a tumor but does confirm that Alice has early

onset Alzheimer's. The film takes us with Alice as she attempts to cope with the tragic downward spiral she is on. Her family helps as best as they can, but there is nothing they or Alice can do to stop the inevitable progression of the disease.

Moore captures the heartbreak of someone struggling to hang on while their life is falling apart on a daily basis, and in February 2015 she was awarded an Oscar for Best Performance by an Actress in a Leading Role.

There will come a time when medical research will find a cure for this terrible disease and the Alices of the world will get the help they need. Sadly, we are not there yet.

This film is rated PG-13 and is available at most Redbox locations.

**An Iowa Legend  
Herbert Hoover  
(1874-1964)**

The eight-year-old future President of the United States lay lifeless.

Dimes were placed on his motionless eye lids, as the family sobbed in wrenching grief. Suddenly, the doctor burst into the room, grabbed the lad's body and blew into his mouth. "Praise Thee Lord!" rang out as the boy coughed alive.

Before the Civil War, Quakers had settled in West Branch, Iowa. Two of them produced a famous son, Herbert (or Bertie) Hoover. Jesse and Hulda Hoover instilled stem disciplines in their prized boy.

A year after his parents' death, 10-year-old Bertie went to live with an uncle in Oregon. He soon showed that he was a hard worker, with a head for figures. At 17, he was admitted to the first class at Stanford University where he studied geology, became a mining engineer and met fellow Iowan Lou Henry, from Waterloo.

Upon his appointment in 1899 as chief mining engineer for the Chinese government. Hoover married Lou and they at once accepted global responsibilities. Fifteen years later, World War I then engulfed Europe, and 10 million Belgians were starving, trapped between the Germans and the British. Hoover badgered nations, corporations and Americans to deliver \$1 billion worth of food for beleaguered Belgians.

Grateful Belgian children soon called a bowl of soup and a piece of bread a "Hoover lunch."

When America entered the war, President Woodrow Wilson asked Hoover to head the U.S. Food Administration. Hoover accepted, asking only total control and no pay. At war's end, famine stalked the Continent and "The Great Humanitarian" again brought relief.

In 1921, Hoover was appointed Secretary of Commerce by President Warren G. Harding. Eight years later he became the President of the United States. His vast popularity was to be short-lived, for a crushing financial collapse engulfed the nation soon after his inauguration. In 1932 he was defeated for re-election by Franklin Delano Roosevelt.

No American President entered office with greater expectations, or left with more bitter disappointments, than Herbert Hoover.

Later, when World War II finally ended, President Harry S. Truman asked for Hoover's help. Called back into service "like a trusted family doctor," Hoover headed global relief for the United States.

There are 13 presidential libraries in the United States. One of them, in West Branch, is dedicated to the 31st President of the United States, Iowa-born Herbert Hoover: a great humanitarian.

Herbert Hoover was born on August 10, 1874, in West Branch, Iowa, and was the first president born west of the Mississippi River.

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*It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence or take the risks. Yet most people don't. They sit in front of the telly and treat life as if it goes on forever.*

—Philip Adams



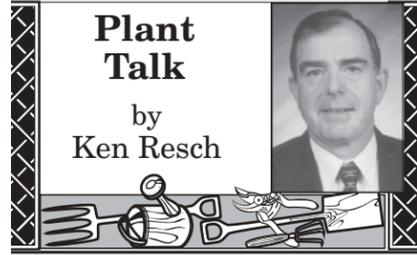
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### Vitamins for Plants

"I got the buckets, did you get the juice?" I inquired of Earl as we gathered our shovels and buckets to load up the truck for a landscaping job. A strange question to ask, but one of us always asks "Got the juice?" and we never leave home without it. So what's the juice? Many years ago I worked for a nursery where the owner said we should always use B vitamins when we plant shrubs or trees. I balked at the idea as did another employee, Earl, who eventually partnered with me in a landscaping business he continues to operate—with me working for him! But back to the vitamins for plants idea. We did as we were instructed and mixed a product called "Quick Start" in water and made sure each shrub we planted got an amount appropriate to its size. We weren't halfway through the planting season when we noticed some definite differences.

When we looked at plants we'd put in the ground three or four weeks earlier, the growth spurts or flower sets were amazing! Plants were healthier, more vigorous and better looking than we might otherwise have expected of newly planter material. Since that season Earl and I have fine-tuned the process and we both are willing to emphatically state that following our guidelines we will guarantee you larger plants sooner, more flowers or fruit, and overall healthier plants within six weeks of planting.

More than this, we have found the survival rate of trees and shrubs using our "juice" regimen is higher than without; over the past 15 to 20 years we've been juicing plants our survival rate remains at 97% or higher.

So what does one do before planting a tree, shrub, vegetable plant, perennial or annual? Juice the plant! We stick with our tried and true product: Miracle Gro Quick Start. In simple terms, what's in the bottle is fertilizer. But what sets this product apart is the ratio of 4-12-4 with the 12 being phosphate which is the root stimulator of fertilizer. We are convinced this basic formula does more to prevent transplant shock than anything else one might do. So what's the process?

Whenever we do a landscape job we line up our three or five gallon buckets and one of us or our minions fills them at least three-fourths and we add two to three liberal capfuls of Quick Start to each bucket. While we dig holes we plot the plants—in their containers—into the buckets for a good soaking. When the hole is ready we pull out the plant, let it drip into the hole as we remove the pot, and then, after we rough up the roots, plant it as we would anything else. When we finish an area we dump the remaining juice on the plants and move to the next ones.

We have successfully used the juice in planting annuals and vegetables and the results are noticeable. With small plants in six packs or in small pots, just dip it into the bucket until all the bubbles are gone—oh, yes, when plants go into the juice don't remove them until the bubbles stop telling you the root ball is soaked—and then plant them. It gets no easier than that!

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## The Iowa State Fair: Photographs by Kurt Ullrich

June 27 – October 11, 2015

*Sponsored by Humanities Iowa and The Henry Family Foundation*

In 2013, Kurt Ullrich, a nationally syndicated photographer and writer from Jackson County, Iowa set out to chronicle the Iowa State Fair in words and photographs. The result was "The Iowa State Fair," a book published by University of Iowa Press, and a traveling exhibition of 52 black and white photographs that celebrates Iowa's largest and most famous annual event. The Dubuque Museum of Art is excited to be able to bring this exhibition to Dubuque this summer along with exciting programming that includes a family day, mini fair on June 28th and two lectures in September.

The Dubuque Museum of Art is best known for its collection of works by Iowa Regionalist artist, Grant Wood. Iowa's most famous artist is a perfect match with Iowa's most famous event.

The state fair is about tradition in many ways, which is the core of its appeal, but the fair is also a celebration of excellence and innovation in agriculture and its profound effect on our lives as Iowans, no matter where in the state we live. Grant Wood's famous portrayal of Iowans in his 1930 painting "American Gothic" and his 1931 painting "Appraisal" are still popular today. Wood's imagery speaks to what it meant to be an Iowan and a Midwesterner for much of the 20th century, however our population has shifted and most of us are no longer as directly connected to our agrarian roots. With his photographs, Ullrich has brought us a 21st century portrayal of Iowans and those who go to the Iowa State Fair - modern, fun-loving, and proud of our state while still embracing

**DBQ Museum of Art cont P. 23**



**From The Batt Cave**  
**Al Batt**  
 snoeowl@aol.com  
 http://albatt.net/

71622 325 St., Hartland, MN 56042

**I'm sorry I can't say I'm sorry**

It goes down like pickle juice on breakfast cereal.

A man would have no problem apologizing if it weren't for one thing. To a man, apologizing counts as being woefully wrong. It's a chink in his armor.

And when it comes to admitting that he is wrong, most men are stubborn enough to be twins.

That's why we become pebble pickers. That's an old baseball term wherein a fielder blamed an error on an imaginary rock by pretending to toss one aside.

We blame others for our mistakes.

There is an old kid's joke, or maybe it's a young kid's joke, that goes like this, "I know there are 26 letters in the alphabet, but each time I recite the alphabet, I come up with only 25. I can't remember Y."

I'm not sure why we find scapegoats necessary. We're humans. Humans make mistakes.

My bride and I stopped to eat at a chicken place. You'd know it. When many of you think of chicken, you likely think of this place. It's everywhere and it advertises a lot.

I ordered two two-piece meals. A simple order. The cashier told me there would be a 9 1/2-minute wait and asked if I was OK with that. I was. It was much longer than that, more like a 29 1/2-minute wait. Other orders were filled promptly. I'm as patient as a pyramid, but the place wasn't behaving as a fast food restaurant should. I'm not good at complaining. When people hear complaints, they usually don't care or are happy that the complainer has complaints.

Realizing that every path has a puddle, I waited a few more minutes before returning to the counter. The same cashier was there. She busied herself with housekeeping tasks as I waited, a one-man line. Perhaps she'd hoped I'd go away. When she finally asked if she could help me, I informed her of the missing meals. She immediately chastised a coworker, a guy obviously a bit

lower on the pecking order. I got the two meals. I was asked if I wanted some honey. I always want honey.

What I didn't want or expect was getting the two two-piece chicken meals free. And I didn't get that. I didn't want anything at a discount. I didn't want a coupon. I didn't growl or become demanding. I didn't want the cashier flogged. There is an old proverb that warns against allowing anger to poison even when things are unfair. Dennis Wholey said, "Expecting the world to treat you fairly because you are a good person is a little like expecting the bull not to attack you because you are a vegetarian."

There is seldom any profit in a quarrel.

My wife, The Queen Bee, and I got our food. It was good.

It could have been worse. The cashier could have put her feet up on our table as she applied toenail polish while saying, "Your meal will be delayed. I can't do everything."

I'd have liked to have received an, "I'm sorry," but I didn't. I know, worse things happen. If that was the worst thing that happened to me that day, it was a blessed day.

I realize that fast food workers are frequently grumbled at unfairly. This might make them sorry shy.

Maybe they aren't supposed to admit mistakes because they go onto job performance reviews and their district manager, Attila the Hun, considers errors a sign of unacceptable weakness. Mistakes happen. Anyone who has been awake for more than 10 minutes has likely already made at least one. If mistakes didn't happen the word "mistake" wouldn't have been coined.

When I was in England, people said "I'm sorry" nearly as often as they breathed.

It's rare for someone to forget to give a customer a meal. Two meals unaccounted for is even rarer. It's seldom, when there has been a mistake, that someone doesn't say, "I'm sorry." We tend to offer an "I'm sorry" even when it's not needed or sincere.

There is so much good in the worst of us and so much bad in the best of us, that it serves little purpose to criticize any of us.

I'm sorry the young woman didn't say she was sorry, but I'm not sorry that I feel that way.



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- 8. **U.S. PRESIDENTS:** Which presidents' faces are on Mount Rushmore?
- 9. **MYTHOLOGY:** In Greek mythology, what was the name of the hunter who was killed by his own hounds?
- 10. **ASTRONOMY:** How often does Mercury orbit the Sun?

- 1. **GEOGRAPHY:** What two nations does the 38th parallel divide?
- 2. **BUSINESS:** What beer company is headquartered in Golden, Colorado?
- 3. **HISTORY:** The Jacobins were a radical group of which movement?
- 4. **MOVIES:** When was "The Muppet Movie" released?
- 5. **MUSIC:** What rock group had a hit with the single "Message in a Bottle"?
- 6. **SPORTS:** When was the last year the Dodgers played in Brooklyn?
- 7. **COMICS:** In the "Archie" comics, which of Archie's girlfriends had blond hair?

- Answers**
- 1. North and South Korea
  - 2. Coors
  - 3. French Revolution
  - 4. 1979
  - 5. The Police
  - 6. 1957
  - 7. Betty
  - 8. George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt
  - 9. Actaeon
  - 10. About 88 Earth days
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### Going, Going, Gone!

#### Online Auction, Sales and Rental Scams

Websites offering merchandise and places to rent or vacation are convenient, they often offer plenty of options to choose from, and you might find a really good deal online—a good deal, that is, unless it turns out that it was all a scam.

While the vast majority of online auction sales are legitimate, criminals and con artists are out there. Since an online sale involves paying for something that you have not seen in person, you may run the risk of getting scammed.

#### General Buying Tips

If you plan on buying merchandise site unseen—especially something expensive—make sure you understand exactly what is being sold, the item's condition, shipping and handling costs, and the return policy. Research the seller. Know who it is, where he or she is located, the seller's phone number, whether he or she has sold previous items, and look for

feedback from previous buyers.  
**Phantom Merchandise Scam**

In this scam, a criminal posts a copied picture of an item for sale on sites such as eBay or Craigslist that he or she doesn't own. If the seller claims that he or she is out of the country and asks you to wire the money or transfer funds electronically through a cash card or bank transfer, that's a tipoff that it's a scam. Criminals who run these scams generally do so from foreign countries. Unfortunately, once they collect electronic payments from the buyer, the money is generally gone—just like mailing an envelope with cash.

#### Not What the Seller Claimed

Con artists may post a picture and description of an authentic item for sale, but what arrives is a knockoff, damaged merchandise, or a generally inferior item. These are often goods advertised at unusually low prices. Do your



Over The Years  
by Grandma

### Fun At The Fair

Fairs are a celebration of excellence in personal skills such as homemaking and farming, a place to show off your best and applaud your neighbors' best.

To really enjoy a fair in the good old days, you had to be there when the gates opened and stay until the harvest moon came up over the grandstand infield. Fairs were always a dawn to dusk event – things really changed by the hour, and you sure didn't want to miss any of it.

For example, any fairgoer worth his or her salt would insist on arriving early to watch the fair “wake up”. If you didn't you'd miss the aromas of bacon and coffee coming from the tents where food was served, and the sight of animals being exercised, shampooed curried and pampered like Hollywood celebrities.

In the judging pavilion, the real show was on the faces of the kids. They were proud, scared, hopeful and nervous all at the same time as they jockeyed to catch the judge's eye at the magic moment when their animal was posed just right. Months and months of attention, training and grooming had gone into that one moment.

Whether it's the happiness of a day at the fair with your family or winning a blue ribbon, enjoying your favorite bands, or

snacking on your favorite food, smiles are everywhere at the fair.

Once you were on the fair grounds, there were lots of free entertainment, such as tractor pulls, racing, jugglers, high wire acts, wrist wrestling, mud volleyball, and one of my favorites was harness races.

The midway was always full of thrilling rides and games of chance. The names of some of the rides were scary without even riding them. Some of the names were: Freak Out, Pharoahs Fury, and Free Fall.

After your visit to the fair, your faith in young people was renewed. Making your way through the barns you saw the hard working and dedicated kids taking care of their animals. Also as you went to the 4-H building, it was apparent that the local youth were talented as you saw the food, photography, canning, and sewing that was on display.

I remember going to the fair as a young child, going into the Commercial Building and receiving free gifts. The business people who rented a booth to display their wares often gave away a little gift. The gift usually had their name on as another way to advertise. Some of the gifts were, note pads, pencils, rain bonnets, shoe horns, matches, tea bags, tumblers, packets of perfume, colorful brochures, combs, paper fans, and nail files. You could also sign up for free gifts.

Fairs were magic, they attracted real people, the ones who smile and are quick to shake hands and who are proud of their children.

*The strongest man in the world is he who stands alone.*

—Henrik Ibsen

homework when shopping online, and be wary of anyone offering something priced far below the market value.

#### Use Credit Card or PayPal—Don't Use Wire Transfers or Cash Cards

When purchasing through an online auction site such as eBay, avoid doing business with anyone who insists on a wire transfer (such as Western Union or MoneyGram), electronic cash card, or money order. Using a credit card (not a debit card) affords buyers certain consumer protections. PayPal affords buyers certain fraud protections. Both provide a payment dispute process. If a seller demands to close the deal outside of the auction site's trading environment, that's a red flag.

#### Rental Scams

Rental scams work much like phantom merchandise scams. A criminal posts a copied and pasted photo of an apartment, duplex, townhouse, house or vacation property, and lists it as available. The pictured property may truly be offered for rent by the actual owner, it may not be available for rent at all, or it may not even exist.

The same advice for buying

online auction items holds true for online rentals—protect yourself when the transaction involves a seller you aren't meeting in person. Confirm the seller's contact information, including his or her address and phone number, and look for any other feedback on the seller. You should visit the property for rent or try to find someone you know who can visit it for you—avoid a seller who won't meet you in person or allow you to see the rental property in advance. Don't wire money. If the person who placed the ad claims that they are out of the country for an emergency, work assignment, or volunteer work, that is a sign of a possible scam.

#### Report Online Scams

If you lost money through an online auction or rental scam, file a report with your local police department or sheriff's office. If the scam occurred through a website, contact that site and report it. You can also report online scams to the Internet Crime Complaint Center (IC3), which is a partnership between the Federal Bureau of Investigation (FBI) and the National White Collar Crime Center. The website is [www.ic3.gov](http://www.ic3.gov).

**Collecting**  
by Larry Cox

**Buddy Lee Doll**

**Q:** I have a Buddy Lee doll that I received in the late 1940s. It is still dressed in its original Lee overalls and cap. I rarely played with this doll, so although it is not mint, it is in excellent condition. I have been offered \$150 for it, but thought I would check with you first. — *Barbara, Laguna Beach, California*

**A:** Buddy Lee dolls have molded hair, painted eyes and are jointed at the shoulder, with stiff hips and legs. They are dressed in Lee clothes. Most of the Buddy Lee dolls I have seen do not have their original clothes, so this makes the one you have especially desirable. Ones with composition heads were made during the 1920-1948 period, and the later ones with heads of hard plastic from 1949-1962. There were other variations, too. For example, Buddy Lee dressed in a Coca-Cola uniform, John Deere clothing and as a gas-station attendant also were manufactured.

According to "Blue Book Dolls & Values" by Jan Foulke and published by Hobby House Press, your doll is valued in the \$450 to \$550 range, so my advice is explore more options before you accept the offer you have.

**Q:** I have about a dozen perfume bottles that originally belong to my grandmother. Most of the bottles seem to be from the 1930s and '40s. How can I find out more about them? — *Steve, Rye, New York*

**A:** One of the better organizations for collectors is the International Perfume Bottle Association. Contact is [www.perfumbottles.org](http://www.perfumbottles.org), and 732-492-2003. There are several excellent references. One of my favorites is "The Wonderful World of Collecting Perfume Bottles: Identification & Value Guide" by Jane Flanagan and published by Collector Books.

**Q:** I have a large-size book of Norman Rockwell illustrations, suitable for framing. How much are they worth, and how can I find a buyer? — *Eva, Olney, Illinois*

**A:** Your question is impossible for me to answer. You did not provide me with the edition and publisher. Without that information, I cannot establish a value. Most Norman Rockwell collections I've seen have generally sold in the \$25 to \$75 range, again, depending on condition, edition and publisher.

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

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**Radio From The 20th Century**

by Bill Zwack



*Sky King* featured "America's favorite flying cowboy," first came zooming down through the 1946 ABC skies in his plane the *Songbird* for a quarter-hour of daily serialized action. The sustained serial version premiering October 28, 1946, didn't last long: by 1947 it had moved into a Tuesday and Thursday 30-minute, complete-in-each episode format for Peter Pan® Peanut Butter. Sky, played originally by Roy Engel and later by Earl Nightingale, flew into adventure from his Arizona ranch, usually accompanied by his young sidekicks Penny and Clipper. The plane took them to such remote, exotic locales as France and South America, but many of the *Sky*

*King* adventures also were set nearer home, in the modern American west. Beryl Vaughn played Penny, Jack Bivens was Clipper, and the announcer was Mike Wallace. Peter Pan® stayed with *Sky King* through a network change in 1950. The show was heard for its last four years on Mutual, and ended in 1954. *Sky King* was also one of the successful transplants to early television.

Even though *Sky King* had a successful run toward the end of the gold age of radio, only less than a handful of episodes have survived. When listening to AM1370 KDTH's *Big Broadcast*, heard Sunday nights from 6 to midnight, you just might hear the *Songbird* zooming down into your radio speakers.

*The follies which a man regrets most in his life are those which he didn't commit when he had the opportunity.*

—Helen Rowland

*What counts in a happy marriage is not so much how compatible you are, but how you deal with incompatibility.*

—Leo Tolstoy

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### Shift Happens

The next time you see David Ortiz or Ryan Howard lose what would have been a sure base hit had there not been a concentration of seven guys with gloves milling about in the spot the ball went, know that what you are seeing is nothing new.

Credit a guy they called "Old Shufflefoot" for the defensive shift, one time called "the Boudreau shift" after the creator, or "the Ted Williams shift," the guy it was invented for. The story goes that Lou Boudreau, the player-manager of the Cleveland Indians, decided to employ the shift

during the second game of a doubleheader with the Red Sox.

Williams, despite his reputation and self-assertion of being the greatest hitter of all time, was a one-trick pony at the plate in that he was a dead-pull hitter. The game previous he had pulled three homers to beat the Indians by a run, and Boudreau, who was considered one of the best hitters in the game, decided it might be a good ploy. Williams had an ego and nobody thought he would drop a bunt to the vacated field to his left.

It's interesting that Boudreau's name should come up. He is a bit of a trivia answer. He was the last American League player-manager, and unlike Pete Rose, the last player-manager, he successfully guided Cleveland to its last championship and won a batting title and MVP to

boot. He integrated the AL by starting Larry Doby, and did something way cool by signing Satchel Paige for a pennant chase. Along the way he handled the scorching grounder — barehanded it at face level after a bad hop, no less — that ended Joe DiMaggio's 56-game hitting streak.

Even though the infield shift was used a time or two in the old days, there are few anecdotes pointing to the fact that it was used to the degree it is today, which, anecdotally speaking, is a lot. A lot, lot. Like, every game, a lot.

Ty Cobb called Williams "stupid" for not bunting against the shift like he would. Today, former hitting stars like Don Mattingly are urging players to learn how to hit to all fields. In a recent op-ed, Hall of Famer Mike Schmidt pointed out that for many players, it's too late to

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

by Jerry Eberhardt

### The Best Of Jerry

#### Lower Pitcher's Mound Makes a Great Difference!

Maury, Grandpa hasn't "talked baseball" with you for a long time. Recently, I was thinking how the game has changed and one of the big reasons why. Then, I thought of sharing these thoughts with my "favorite reader" — YOU!

If you're running a mile, Maury, five inches mean nothing. But a five inch lower pitcher's mound in baseball makes a great difference! Grandpa will discuss why by relating current baseball history and then explain how the height of the pitcher's mound drastically affects the game today.

In 1969 major league baseball, in order to "get more offense in the game," decided to lower the pitcher's mound from 15" to 10". Their reasoning was that the "average" fan wanted more hits, home runs and more runs scored as opposed to "pitchers' battles." In other words, Maury, because they concluded a pitcher's advantage was too great they decided to help batters. Anyway, the result was many more home runs, more hits, typical scores being 11 to 9 and .250 hitters batting close to .300, etc. Before 1969 an elite small number of batters hit over .300. After the mound was lowered, they became comparatively more common. Home runs increased (partly due to "fences being closer" in the new ball parks), but mainly due to the lower mound. (Grandpa has to quickly insert his definite feeling on this...



Jerry Eberhardt with grandson, Maury Cohn

this is NOT how the game was intended to be played!) Relying on the "long ball" detracts from the use of the bunt, hit and run attempts, base stealing, etc. and all the things that really make the game more exciting to any fan who truly understands and appreciates it.

Maury, to help you understand what it means to have every pitch coming towards a batter at a higher angle try hitting a ball dropped from a table right above you or imagine a baseball dropped vertically from sixty feet directly overhead and trying to hit it as it goes by you with a round bat! It would be a million to one shot! This is an exaggeration but the principle is very true.

No matter how fast or slow, how great a curve a pitcher has or hasn't, the same pitch coming towards a batter, coming down from an angle five inches higher, makes a tremendous difference as to the degree of difficulty in attempting to make contact!

Grandpa was far from a .300 hitter but if the mound would've been lower then, maybe my .222 batting average would've been somewhat higher!!!

Much love,  
Grandpa

change. This is ironic because, in the AL at least, the designated hitter rule has finally done what it was marketed to do in the first place, namely extend the careers of aging stars. Alex Rodriguez and Ortiz fit that bill perfectly.

But defenders of the shift argue that it's something that will work itself out. Personally, I don't want to see Mark Teixeira or Ryan Howard bunt and run every game, and I don't want to explain to my kid why the third baseman is guarding the line — at first base.

This is silly. The game only had one flaw, and it was fixed when they instituted the infield fly rule. We say that runners have to remain in the base paths, fielders should field their positions. Enough of this shift.

Mark Vasto is a veteran sportswriter who lives in Kansas City.

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## Sports Comment

by Gary Dolphin

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

### From Where I Sit

As we approach the dog days of summer, it's a great time to relax, recharge the batteries and peek toward football and basketball seasons a few months hence. I'm often asked, "when do you start serious prep for the next Iowa football season?" The answer is, you never stop prepping. Recently the Iowa coaches completed a month and a half's worth of spring banquets. Fanning out all over the state, Kirk Ferentz, Fran McCaffery, Lisa Bluder, Tom Brands and others shook hands, signed autographs and spoke to thousands of Hawkeye faithful about their programs. Of the twenty five or so stops on the tour, I served as master of ceremonies for roughly half of them. It gives me a chance to visit with the coaches in a non pressure packed atmosphere when they are much more apt to talk about strengths and weaknesses of players, recruits, schedules and philosophies. It gives me a better feel and insight about the Hawks long before I focus on the upcoming opponents.

Every April after spring football concludes, I start a file on the Iowa opposition. I've been looking at Illinois State's prospectus for a few weeks. Iowa State is easier because, like a Big Ten foe, Iowa plays the Cyclones every year so they are not a difficult preparation. Pittsburgh comes to Iowa City for a night game and because the Hawks played the Panthers last year, it too should be a

comfortable broadcast. While Paul Chryst is no longer the head coach, having moved to Madison, Pitt's new man is a familiar face. Pat Narduzzi crafted all those terrific defenses at Michigan State for years, therefore the Hawkeyes can't be surprised by anything the Panthers throw at their offense. North Texas follows Pitt into Iowa City and the Green Wave is coached by Dan McCarney. Much of that game's hype will be about Danny Mac, given he was raised in Iowa City, played for the Hawkeyes and built many good teams at Iowa State.

I've got manila folders going on all non-conference teams on Iowa's 2015 slate and will start focusing on Big Ten matchups right after the 4th of July. Iowa opens the conference on the road at Wisconsin, plays Minnesota in a November night game at Kinnick Stadium and ends the year in Lincoln against Nebraska. Illinois comes to Iowa City for the first time in a few years and Maryland visits for the first time period.

The brand new 55 million dollar football operations center is now open and what an impressive structure it is, just northwest of the stadium. With its fan interactive section, it will be wildly popular on game day as part of the tailgating experience — an experience Iowa fans richly deserve for the 125 years of loyal support for Hawkeye football. Until then, there are 75 days til Hawkeye football. Have a safe 4th of July holiday.

### SPORTS QUIZ

By Chris Richcreek

- Who was the first player to hit 100 or more home runs for three different major-league teams?
- Four different pitchers won at least 20 games in a season for the Los Angeles Dodgers during the 1960s. Name three of them.
- When was the last time before 2013 that Clemson beat Georgia in a college football game?
- Name the four Golden State coaches who led the Warriors to at least one 50-win season.
- Who was the first hockey player to be on the cover of Sports Illustrated?
- In 2014, goalkeeper Faryd Mondragon became the oldest soccer player (43) in World Cup history. For which country did he play?

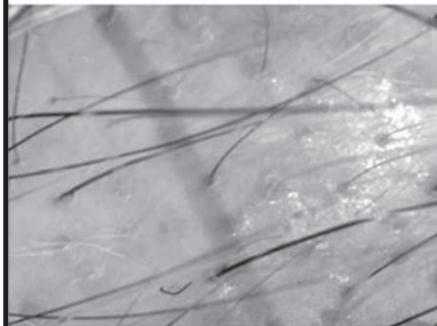
- When was the last time before 2015 (Deontay Wilder, WBC title) that an American won a major heavyweight boxing championship?

### Answers

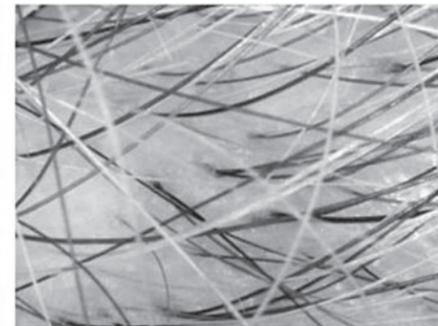
- Reggie Jackson, with the A's (269 homers), Yankees (144) and Angels (123).
- Don Drysdale (1962, '65), Sandy Koufax ('63, '65, '66), Bill Singer ('69) and Claude Osteen ('69).
- It was 1990.
- Al Attles (twice), Mark Jackson, Steve Kerr and Don Nelson (twice).
- Jean Beliveau of the Montreal Canadiens, in 1956.
- Colombia.
- Shannon Briggs won the WBO heavyweight title in 2006.

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### RV Survival Guide

So you've bought an RV and you're ready to take to the open road in 3 mpg increments. Due to the RV's sheer size and the amount of money invested in it, you're going to have a lot of questions and concerns your first couple of times out. That's why most people recommend you do a "dry run" in your driveway or local RV park. Here, are some more suggestions.

#### You need help

This should be self-evident. Most people never have problems with their RV, but when you consider what can go wrong with a car or truck, or a vacation home or boat, and combine them into one vehicle, you'll learn soon enough that stuff happens. And when it does you'll need special RV insurance, and that insurance should come with roadside assistance or else you'll have to pay for RV-specific roadside help — even if you have roadside assistance for your cars.

It also helps to have another set of eyes on board (and no, your dog or cat does not count). You'll need someone to help you back in and out of tight situations and to remind you of all the things you forgot to do before taking off.

#### Make a checklist

Like any good pilot, you need a checklist of things to do before taking off and landing at your site. There are apps for this and lists on the Internet, and they come in handy when you have about 20 things to shut off, like your water heater and pumps. Also, you don't want to forget to

lower your TV antenna before leaving the campsite, as they make terrible tree pruners.

#### Have a plan

Wanderlust can be a great thing, but you have to understand that you can no longer drive and/or park where you are used to driving and parking. You need to research RV-specific routes that take into account things like your propane tank and the size of your vehicle. You don't want to drive 20 miles down a dirt road in, say, West Virginia only to encounter a small bridge intended for 19th-century mule traffic, with no space to turn around. Also, you might want to check up on the site you plan on visiting. Good Sam is a RV resource online that offers trip planning and Frommer-like RV-park ratings.

#### Learn to love Walmart ... and baskets

One of the few places that will welcome an RV with open arms is Walmart, where you can park without hassle (something you cannot do in most municipalities) and stock up on supplies, as they have a whole row dedicated to RVs. Also they sell baskets, lots of them, which you'll need to put everything in because, remember, your house on wheels moves and things definitely will have shifted during the ride. Also, if you just got done camping, you are one of those people dressed weird in Walmart ... just saying.

#### Relax (or don't do it)

Take the slow road, and stop and see the world's largest ball of twine, have a sandwich at the beach and see the sights with your family and friends. Sure, it gets a little Outward Bound at times, but in the end, the memories are what you're really buying.

Mark Vasto is a veteran sportswriter who lives in Kansas City.

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*One must not lose desires. They are mighty stimulants to creativeness, to love and to long life.*

—Alexander A. Bogomoletz

## Good Housekeeping

### Ultimate Grilled Pizza Recipe

Quick-rise yeast gets mixed right in with the flour and salt and needs no proofing. Grilling pizza gives it a smoky flavor not unlike that from a wood-burning oven. If you like, grill onions, peppers and sausages and let guests personalize their own pizzas.

- 2 cups all-purpose flour
- 1 package quick-rise yeast
- 3/4 teaspoon salt
- 3/4 cup hot water (120 F to 130 F)
- 2 teaspoons olive oil
- 2 tablespoons olive oil
- 8 ounces fresh mozzarella cheese
- 12 fresh basil leaves
- 2 small ripe tomatoes
- Salt and coarsely ground black pepper

1. Prepare outdoor grill for direct grilling over medium heat.
2. In large bowl, combine flour, yeast and salt. Stir in hot water and 2 teaspoons oil until blended and dough comes away

from side of bowl. Turn onto lightly floured surface; knead until smooth and elastic, about 5 minutes.

3. Shape dough into two 10-inch rounds or four 6-inch rounds (do not form rims). Cover with greased plastic wrap; let rest 15 minutes.

4. Place dough rounds on hot grill rack over medium heat and grill until underside of dough turns golden and grill marks appear, 2 to 5 minutes. With tongs, turn rounds over.

5. Brush lightly with some remaining oil. Top with mozzarella, then basil and tomato slices. Grill until cheese begins to melt, 3 to 5 minutes longer. Drizzle with remaining olive oil and sprinkle with salt and pepper. Makes 12 appetizer servings.

**TIP:** No time to make your own dough? Frozen bread dough from the supermarket or pizza dough purchased from your local pizza parlor is a great stand-in for homemade dough. Follow the thawing directions on the package if using frozen dough.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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### Attention: Alumni

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

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

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

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

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

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

## Down Memory Lane

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

### SOFTBALL

Our Dubuque Packers — defending champions in the Industrial League — have made an impressive start in the local softball loop with three wins to their credit in as many contests this season. Manager "Duke" Defendi has most of his veterans back in the lineup and ace pitcher "Rich" Miller is again heading the pitching staff. The Packers are again competing in the Indy loop and play most of their games at teh new Rafferty Stadium. They are one of the favorites for the 1953 crown in the fast Industrial league.



PACKERS (above) Front Row: (left to right) Jim Welu, Bill Meyer, Buzzy Rupp, Richie Miller, Manager "Duke" Defendi, Maurie Conwell, Jerry Meyer. Back Row: Chuck Zillig, Clete Meyer, Maurie Reed, Emil Hoffman, Danny Keyes. Midge Delaney was not present for the picture.

Softball  
1953

Softball  
1953



1. Who had a hit with "It Hurts To Be in Love"?
2. Name the Bobby Lewis hit that was used in the 1978 "Animal House" soundtrack.
3. What song was released by all of these: Brian Hyland (1962), Gary Lewis and the Playboys (1968) and Bobby Vinton (1972)?
4. Which rock group released the "Demons and Wizards" album?
5. Name the song that contains this lyric: "Goodbye, Norma Jean, Though I never knew you at all, You had the grace to hold yourself, While those around you crawled."

**Answers**

1. Gene Pitney, 1964. Neil Sedaka was supposed to record the song, and he did, but his record company wouldn't let it be released because Sedaka hadn't recorded it in their studio.
2. "Tossin' and Turnin'," recorded in 1961.
3. "Sealed With a Kiss," Hyland re-released the song in 1975.
4. Uriah Heep, in 1972. Legend says the gatefold album cover contained an erotic image.
5. "Candle in the Wind" by Elton John and Bernie Taupin, in 1973, in honor of Marilyn Monroe. In 1997, John rewrote the song (called "Goodbye England's Rose") as a tribute to Diana, Princess of Wales, upon her death.

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**Corn: Summer's Sweet Gift**

Yesterday, my sister gave me half of the bag of fresh, sweet corn she'd purchased at the market. Corn is best eaten as soon as possible after harvesting, as its sugar converts to starch. To show my thanks, I husked all of the corn. I decided I'd use my share in a variety of different ways: roasted on the cob, as creamed corn and shelled in recipes like my Zesty Chicken With Fresh Corn, Baby Spinach and Fettucine.

Corn was grown by Native Americans long before the arrival of Christopher Columbus. Over thousands of years, Native Americans used special cultivation methods to transform maize into the domesticated plant and the wide varieties of corn that we eat today.

Sweet corn is sold by color, not variety. Our colors are white, yellow and bi-color (white and yellow mixed). Sweet corn has been bred to have higher levels of natural sugars, one of the reasons it is so popular.

Sweet corn is one of the few vegetables that is a good source of the kind of slowly digested carbohydrate that gives you long-lasting energy. It also is an excellent source of dietary fiber, and it contains vitamin C, along with niacin and folate (two of the B group vitamins). It's also a good source of potassium, and can help balance the body's fluids if you eat salty foods.

Here are a few tips for selecting an ear of corn:

- Cobs should be fully filled, i.e. covered in corn kernels
- Kernels should be bright, plump and show no signs of wrinkling
- The leaves of the husk should be intact, fresh, green and not spotted or damaged
- Cobs should be free of disease and insects
- Sweet corn should be free of any foul odors.

Store corn in the husk in the vegetable crisper or in a plastic bag in the refrigerator. Corn is best eaten within one day of purchase, which is a good excuse for eating one of summer's sweet gifts right away!



**ZESTY CHICKEN WITH FRESH CORN**

- 12 ounces fettuccine (3/4 box)
- 3 tablespoons olive oil
- 4 boneless, skinless chicken breasts (6 ounces each)
- 2 teaspoons ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon ground sage
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons black pepper
- 4 green onions (white and green parts, roots discarded), cut into 1/4 inch pieces
- 4 cloves garlic, thinly sliced
- 1/4 teaspoon red pepper flakes
- 1/2 tablespoon flour
- 1/2 cup chicken broth
- 1 cup corn kernels (from 1 to 2 ears, or frozen)
- 3/4 cup half-and-half cream
- 1/2 cup grated Parmesan cheese (1 ounce)
- 1/4 teaspoon ground nutmeg
- 2 cups baby spinach (1 1/2 ounces)
- 1 lemon, cut into wedges

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**Mt. Pleasant**  
— HOME —

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1. Cook pasta according to package directions. Drain.

2. Meanwhile, heat 2 tablespoons of the oil in a large skillet over medium heat. Season chicken on both sides with cumin, paprika, sage, 1/2 teaspoon salt and 1/2 teaspoon pepper.

3. Cook chicken until golden brown and cooked through, 6 to 7 minutes per side. Transfer chicken to plate, cover loosely to keep warm and set aside.

4. Meanwhile, add remaining tablespoon of oil to pan. Add green onions, garlic, red pepper flakes and 1/2 teaspoon each of salt and pepper. Cook, stirring occasionally, until garlic is tender, 1 to 3 minutes. Add flour and stir for 1 minute. Add chicken broth and turn heat to high; stir until well-combined and liquid thickens slightly.

5. Turn heat down to low, and add the corn. Simmer until corn is tender, 2 to 3 minutes. Stir in half and half.

6. Add pasta and 1/4 cup of the Parmesan cheese, the nutmeg and remaining 1/2 teaspoon each salt and pepper, and toss to combine. Fold in spinach. Top each serving with a chicken breast. Sprinkle with remaining Parmesan cheese. Serve with lemon wedges. Serves 4.

\*\*\*

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

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by Healthy Exchanges

**Chicken Salad Sandwiches**

You may not have thought of chicken and cucumbers together before, but you will after trying this summertime salad.

- 1 1/2 cups diced cooked chicken breast
- 1/2 cup finely shredded lettuce
- 1/2 cup finely chopped cucumber
- 1/2 cup fat-free mayonnaise
- 2 tablespoons fat-free Thousand Island dressing
- 1/2 cup chopped fresh tomato
- 8 slices reduced-calorie whole-wheat bread, toasted

1. In a large bowl, combine chicken, lettuce and cucumber. Add mayonnaise and Thousand Island dressing. Mix well to combine. Stir in tomatoes.

2. For each sandwich, spoon about 1/2 cup chicken mixture between 2 slices of toast. Serve at once or refrigerate until ready to serve. Makes 4 servings.

- Each serving equals: 223 calories, 3g fat, 23g protein, 26g carb., 607mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch/Carbo, 1/2 Vegetable.

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**Paul H. Connor**

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*I am not an employee or agent of eBay Inc.*

**What's it WORTH on eBay?**  
 EZSELLUSA specializes in selling items for clients on eBay. If you have an item and you would like to know what it is worth send digital pictures with a brief description to paulconnor@gmail.com. We moved to 2560 Dodge Street in Dubuque, Iowa. Our new offices are over twice the size we had in our old location. Come visit, we would love to give you a tour and let us help you find out "What's it WORTH on eBay."

**What is it?**

This week's item started as a mystery. Measuring just 3.25 inches across and only 1 inch tall, some said candle holder, others condiment bowl, or a finger bowl. The item was silver plated but very tarnished. After some



awarded during World War II by the Japanese Imperial Navy for honor and bravery in battle. The underside of the cup has etched Japanese symbols. Having found what to call it we found 2 bidders that drove the value on eBay to \$103.50. That is "What's It Worth on eBay".

After some research time it was revealed to be a Sake Cup. This cup was

value on eBay to \$103.50. That is "What's It Worth on eBay".

## Diabetes & You

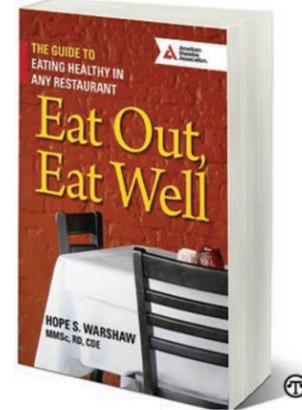
### Best-Selling Authors With Tasty Tips For Managing Diabetes

(NAPSA)—There's some delicious and healthful news for those with diabetes, whether they're dining at home or on the go.

Two new books from the American Diabetes Association offer recipes, menu ideas and tips from best-selling authors to help people manage their diabetes without feeling deprived.

The first, "Guilt-Free Weeknight Favorites," is by the experts at the Mr. Food Test Kitchen and includes a foreword by NASCAR driver and American Diabetes Celebrity Ambassador Ryan Reed. A hit nationwide, this book topped the best-seller lists as the No. 1 trade paperback book in America.

"Guilt-Free Weeknight Favorites" features over 150 new diabetes-friendly recipes, including Parmesan-Crusted Chicken, Simple Southern Sliders, Freckled Blondies and more. Designed to help home cooks create healthy, tasty meals when schedules are busy and time is short, this cookbook is an excellent stress-free choice for weeknight family fare.



assembling healthy meals in just about any type of restaurant.

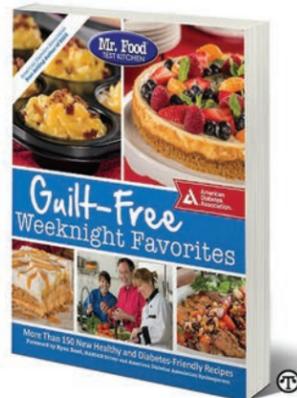
A nationally recognized expert and American Diabetes Association best-selling author, Warshaw offers practical advice on how to deal with common diabetes dining dilemmas, including delayed meals, drinking alcohol, and fitting in sweets and desserts.

It has sections on skills and strategies for overall healthier restaurant eating, such as tips and tactics to help children eat healthfully, strategies for gluten-free restaurant meals, and healthier meal samplers for all restaurant types.

The book covers the complete landscape of American and ethnic cuisine, including breakfast/brunch, fast food, sandwiches, salads, upscale dining and more.

To ensure you always have up-to-date nutrition information for restaurant foods at your fingertips, download the free companion app, **Eat Out Well—Restaurant Nutrition Finder from the American Diabetes Association**, from iTunes and Google Play. There, you'll be able to find nutrition information for hundreds of independent and chain restaurants.

Both books are available online and where books are sold.



The second book, "Eat Out, Eat Well: The Guide to Eating Healthy in Any Restaurant," by Hope S. Warshaw, MMSc, RD, CDE, is the resource for

## Happy 4th of July

### 2015 Fireworks & Air Show Friday, July 3

Events will be at the River Front below the Lock and Dam

Air Show: 6 p.m. – 8:30 p.m.  
 US Navy F-18; US Air Force F-16 and the Marine Corp Osprey

We are pleased to welcome back the United States Army Parachute team, The Golden Knights

*Fireworks will begin at Dusk*

For More Information On The Day's Activities Tune In To Your Radio Dubuque Stations




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 Steppin up DJ: Noon - 6 pm  
 Lipstick Slick: 9 pm - 1 am

**HOG ROAST CHALLENGE**

**PROCEEDS GO TO**  
 Veterans Freedom Center  
 Operation We Care  
 Give a Lift to a Vet

**BUS AVAILABLE**  
**LIVE AUCTIONS STARTS 6PM**

**FOOD MUSIC RAFFLE SILENT/LIVE AUCTIONS FUN**





**Summer Flea Control**

**DEAR PAW'S CORNER:** Temperatures are really warming up now, and with it, I know, will come the annual onslaught of fleas on my dog, cat and all over my house. Is there any way I can get rid of fleas for good? — *Charlotte in Columbia, Maryland*

**DEAR CHARLOTTE:** Flea infestations are incredibly annoying and tough to beat --even when you think fleas have been eradicated, they often come back. Winter temperatures often send these pests into dormancy or at least reduce their activity, but they return with a vengeance in spring and summer.

A pre-emptive attack could make a big difference in this

summer's flea wars. While you may not notice adult fleas on your pets just yet, flea eggs or larvae may be present on their fur or throughout the house.

Start by talking to the veterinarian about the best treatment for your pets. Many owners swear by one-month topical treatments that are applied to the back of a dog or cat's neck, but others are leery due to potentially serious side effects. Consider alternatives if you're not sure.

Next, treat your home for fleas — using a carpet and upholstery treatment designed for both adult fleas and their eggs. You'll want to tackle not just the carpet and dusty corners of the house, but the furniture and any linens, such as curtains, that aren't frequently cleaned. Keep pets out of rooms until the treatment you're using has been vacuumed up or washed away.

Through the summer, brush your pets' coats daily, checking for fleas. Vacuum and dust at least once per week.

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

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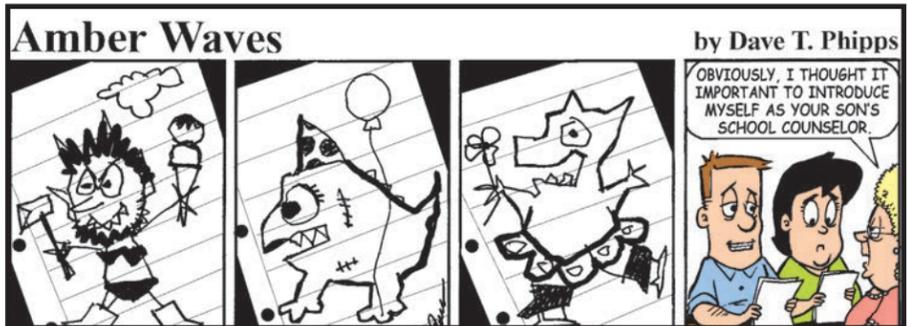
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## Cremer's Cooking Tips

### Grilled Tri-Tip Beef

**Ingredients**  
Whole Tri-Tip, about 2 pounds  
3 Tbsp Cremer's Rub Me Tender Seasoning

**Directions**

1. Sprinkle meat with rub and massage lightly all over. Cover and refrigerate at least an hour or as long as overnight. Remove from refrigerator an hour before cooking.

2. Prepare charcoal grill or heat a gas grill to high. Place roast on grill and sear one side well, 6 to 8 minutes, checking for flare-ups. Turn the roast and sear the other for about the same time. Then lower gas to medium-high or move the meat to a cooler

part of the charcoal grill.

3. Turn meat again and cook another 8 to 10 minutes. Flip and cook again. A 2-pound roast will require about 20 to 25 minutes total cooking time. The roast is ready when an instant-read thermometer reaches 130 degrees when inserted into the thickest part of the meat.

4. Rest roast on a cutting board 10 to 20 minutes. Slice against the grain. The roast is shaped like a boomerang, so either cut it in half at the center of the angle, or slice against the grain on one side, turn the roast and slice against the grain on the other side.

CHEESE & SAUSAGE TRAYS AVAILABLE

**MAGIC MAZE ● — TABLE**

XXUROLJGDAXVSPN  
 KGIFCAXVSQOLJGB  
 HGNITAREPOELNRC  
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 EDRO RTDSDFOBZXW  
 ALLOCATION UTRQO  
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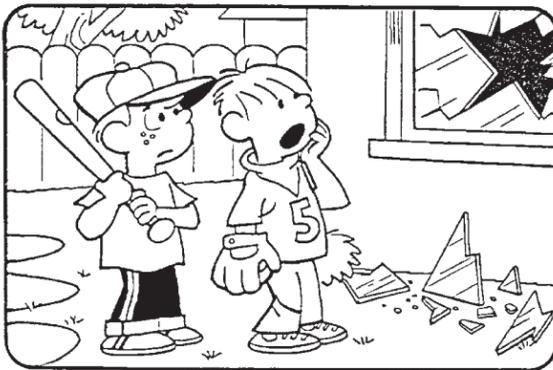
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- |            |          |          |      |
|------------|----------|----------|------|
| Actuarial  | Card     | Dressing | Pool |
| Allocation | Coffee   | Night    | Tea  |
| Billiard   | Dinner   | Parsons  | Work |
| Breakfast  | Drafting | Periodic |      |

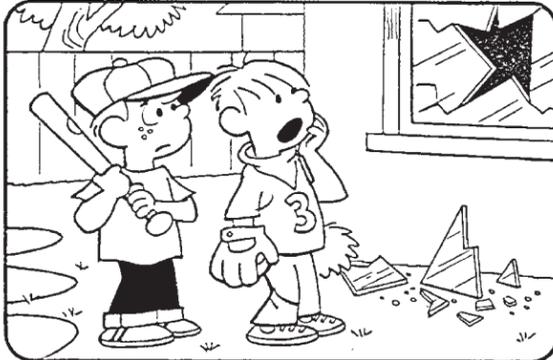
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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Fence is different. 2. Bat is shorter. 3. Stripe is missing. 4. Number is different. 5. Glass break is different. 6. Piece of glass 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.

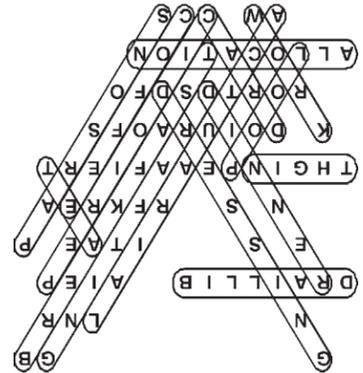
	-		x		24
x		x		-	
	x		-		23
-		+		+	
	÷		+		11
21		11		15	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 2 3 4 5 6 8 8 9

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— TABLE —

**SUDOKU Answer**

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

— **King Crossword** —  
Answers

Solution time: 24 mins.

LEGAL	VIALS
TODATE	ERRATA
RAGTOP	TOPDOG
UTE	MELON
SHIV	WIT
TENET	ENGARDE
LAD	GEL
GUMDROP	ETHOS
ONIT	WEB
URN	KAPUT
DOGTAG	RAGTAG
ALLELE	SCOUTS
LEDER	THOSE

**THEY'LL DO IT EVERY TIME** BY AL SCADUTO



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**SUDOKU**  
by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging  
★★★ HOO BOY!

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**Go Figure! answers**

15	11	12
11	8	9
+	+	-
23	1	6
-	x	x
24	8	5