



# The Golden View

The Community Newspaper For Adults 55 Plus

June, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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## Top 5 Tips for Seniors to Stay Engaged and Positive During COVID-19

by Julie Stevens, VP Life Enrichment, Eagle Pointe Place, an Enlivant senior living community



### Eagle Pointe Place Senior Living

While this is a difficult time for all of us, older adults living home alone face special challenges sheltering in place. Seniors who may have been receiving visits from friends or family members are now home with limited contacts and may feel isolated at this time.

Here are some practical things to do to keep your spirits up:

**Keep a Regular Schedule:** Maintaining a routine adds structure and helps manage stress and anxiety. Wake up at the same time each day and get busy with purposeful activities.

**Maintain a Healthy Diet:** Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems. If you don't have someone to do your grocery shopping for you, call your local grocery store to find out about delivery options.

**Stimulate Mind and Body:** Take a walk (observe

social distancing), do gentle stretches, light housework, or march in place. If balance is unsteady, do these sitting in a chair. Try online games, TED Talks, museum tours, and online classes. If you don't have a computer, how about tackling one of those classic novels you've always wanted to read, work a crossword or jigsaw puzzle, or play Suduko?

**Stay Connected:** Regularly phone friends and family, write a letter, or send a card. Before you know it, you might have a pen pal! If you have the technology, use a video chat program to connect with others.

**Share Your Legacy:** Write down family stories to pass on to the next generation. Don't worry about format or structure, just start writing! You could start an album of photos and keepsakes. Or, keep a journal of this extraordinary time.

And most importantly remember these words of wisdom: This Too Shall Pass!

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## Caregiver Agreements Pre- and Post-Medicaid

by Thad J. Murphy, Attorney with Pearson Bollman Law

Many people, out of love and affection, want to care for family members who are ailing physically and/or mentally. Caregiving is oftentimes time-consuming and long-lasting. Caregivers may find themselves earning less income to have the time and energy to care for their beloved family member.

A caregiver agreement can provide for compensation to the family caregiver. Such agreements also serve as proactive Medicaid planning tools. If the applicant has more than a limited amount of assets (typically \$2,000) he or she will not be eligible for Medicaid until "spent down" to this low asset level. Payments to caregivers under a valid caregiver agreement is a way to "spend down" funds in excess of the required asset level.

Once the required asset level is met, the applicant applies for Medicaid through a home-based Medicaid program. Medicaid approval can take months, and there could be a waiting list to receive benefits.

After the person begins receiving Medicaid, the state usually conducts an assessment to determine the recipient's care needs—i.e. how much help is needed with activities of daily living: bathing, dressing, eating, and moving. Then, the state draws up a budget, and the recipient can use the allotted funds to pay care, including paying a caregiver. Each state offers different benefits.

Recipients can choose to pay a family member as a caregiver, but states vary on which are allowed. Most states prevent caregivers from hiring a spouse, but many allow ex-spouses, in-laws, children, and grandchildren to serve as paid caregivers. States typically require that



Thad Murphy of Pearson Bollman Law

family caregivers be paid less than the market rate in order to prevent fraud.

Additionally, a veteran or the surviving spouse of a veteran may qualify for the VA Aid and Attendance (A&A) Pension. The A&A pension provides monthly stipends that can be used for various medical purposes, including paying a family or professional caregiver. An experienced elder law attorney can work with you to determine eligibility.

Thad J. Murphy is an attorney in the Dubuque office of Pearson Bollman Law, located at 1635 Associates Drive, Suite 103, Dubuque. The attorneys at Pearson Bollman Law practice in the areas of estate planning, probate/trust administration, special needs trusts, and elder law, which includes Medicaid and VA Pension Planning. If you have any questions or would like to register for one of our free workshops on estate planning, asset protection and elder law, please feel free to contact Thad Murphy at (563) 265-6971 or visit [pearsonbollmanlaw.com](http://pearsonbollmanlaw.com) and select "Events."

In these uncertain times, it is now more important than ever to have an estate plan that gives you and your family peace of mind. We are continuing to serve our clients by video conferencing or telephone meetings. In person meetings are not required.

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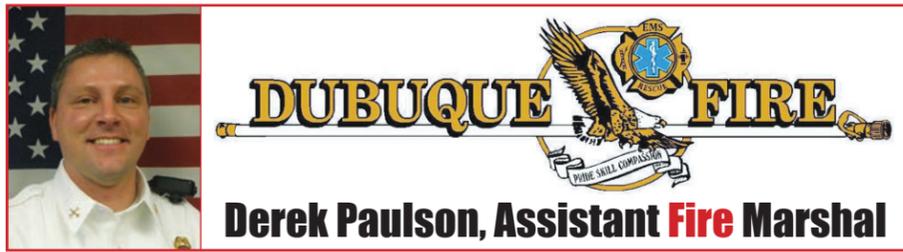
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**Derek Paulson, Assistant Fire Marshal**



Department does not condone the use of fireworks for personal use, we understand that people will continue to use them. Here are some safety tips to help ensure you and your loved ones are as safe as possible when around fireworks.

Never allow young children to use fireworks of any kind, including sparklers. Sparklers have been known to cause third degree burns. When older children are using fireworks, make sure they are under close supervision from a responsible adult. Never let an adult handle fireworks' if they are impaired by alcohol and/or drugs.

Only buy and use legal fireworks from a reputable seller. When using fireworks, the people handling them should be wearing protective eyewear, long-sleeved shirts and tighter fitting clothes to help prevent clothes from catching on fire. Always use fireworks away from other people, flammable or combustible materials and houses or other structures. According to the National Fire Protection Association, there is

**Dubuque Fire cont Pg. 15**

Most of us know that water boils at 212 degrees Fahrenheit. Wood burns at 575 degrees and glass melts around 900 degrees Fahrenheit. According to the National Safety Council, sparklers can burn up to 2000 degrees Fahrenheit. We don't let our children and grandchildren put their hand inside a boiling pan of water yet every year around the 4th of July we hand them sparklers and let them run around the yard.

June is National Fireworks Safety Month. Thousands of people are taken to local emergency rooms due to fireworks-related injuries each year. In 2017, 8 people were killed due to fireworks-related mishaps according to the National Safety Council. Although the Dubuque Fire

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**The Golden View**  
 P.O. Box 661, Dubuque, IA 52004-0661  
 Ph.: 563-845-7586  
 E-mail: goldenviewpub@gmail.com  
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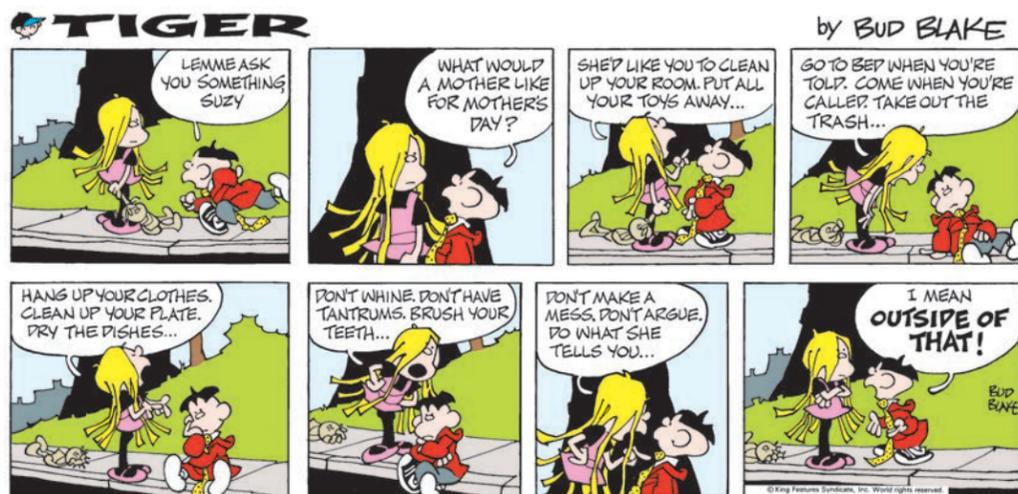


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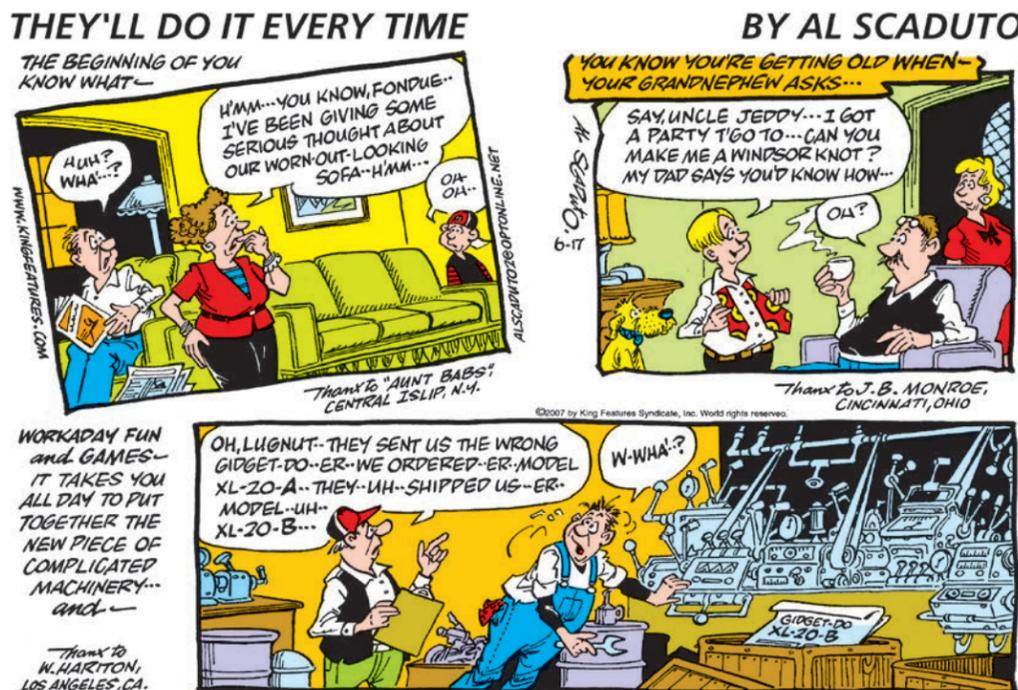
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**STICKELERS** [sic]  
 by Terry Stickels

A group of student athletes was hired by the athletic department to provide security for the new workout center. Five of them had to be on duty every night. Each student was permitted to work 12 shifts only. The school needed security for 48 consecutive days until school started.

**How many students were needed?**

Stickelers Answer on Pg. 20  
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# King Crossword

**ACROSS**

- 1 Work units
- 5 Urban carrier
- 8 Wanders
- 12 Hoodlum
- 13 Bobby of hockey
- 14 Leave out
- 15 Atmosphere
- 17 With skill
- 18 Godlike
- 19 Indefinite interval
- 21 To and —
- 22 Regimen
- 23 Sheepish comment
- 26 Mess up
- 28 Manicurist's concerns
- 31 Mater preceder

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18							19	20				
			21				22					
23	24	25		26		27		28			29	30
31			32		33		34		35			
36				37		38		39		40		
		41			42		43		44			
45	46						47			48	49	50
51					52	53						
54					55				56			
57					58				59			

- 33 Insult (Sl.)
- 54 Tourney situations
- 5 Massachus-
- 30 Norm: Abbr.
- 35 Nike slogan, "Just —"
- 55 Wire measure
- 6 Joan of —
- 32 Originally
- 36 Unpaid bills
- 56 Soda fountain treat
- 7 The staff of life
- 34 Unshaven, in a way
- 38 1960s Pontiac
- 57 Right on the map?
- 8 Proceed
- 37 "Mayday!"
- 40 Homer's neighbor
- 58 Snoop
- 9 Drive
- 39 Mr. Sharif
- 41 Faraway fleet?
- 59 Arctic diving birds
- 10 Pickling herb
- 42 Postage buy
- 43 Actress Thurman
- 11 Eyelid woe
- 44 Scent
- 45 Help
- 16 Ireland
- 45 Singer Lane
- 47 Least adorned
- 20 Victory
- 46 Protein-rich bean
- 51 Physicist Niels
- 23 Evil
- 48 Birthright barterer
- 52 Food of the gods
- 24 Brewery product
- 49 Symbol of smoothness
- 53 Russian space station
- 25 Surprise attacks
- 50 Body pics
- 27 Tractor-trailer
- 29 Falsehood
- 53 Russian space station

**DOWN**

- 1 "Zounds!"
- 2 Jim of sports radio
- 3 Asian desert
- 4 Express disdain nasally

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**Sheltering Pets During a Disaster**

**DEAR PAW'S CORNER:** I just moved to a new part of the country, where natural disasters like floods are more frequent than I'm used to. When checking out available emergency services, I found out that there is no emergency shelter nearby that allows pets. What can I do? — **Charlie B., via email**

**DEAR CHARLIE:** Knowing ahead of time what emergency services are available in a disaster is an excellent move. You won't have as many unpleasant surprises during the high stress of a natural disaster. But it is a bummer that the local disaster shelter doesn't accept pets.

First, locate the nearest disaster shelter that does allow you to shelter with your pet.

Develop a contingency plan for evacuating to this shelter, if possible. Another option is to identify pet-friendly hotels within an hour or two of your home; if you need to leave for more than a day, these may be an option.

Next, find out if there are designated shelters just for pets during or after a natural disaster. You wouldn't be able to stay with your pets, but they would be safe.

Third, get engaged with the local government and animal shelter. Talk to your new veterinarian, too. Find out if there's a local emergency management office and call them. Are any plans in place for taking care of pets in a disaster? If not, ask for steps to be taken to include this contingency.

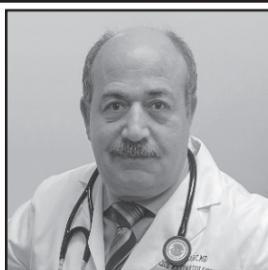
During California's wildfires in 2018, there were very few facilities just for animals, and no shelters allowed them. The need was so great that empty strip malls were repurposed to care for pets and abandoned animals. Urge local government to create a plan now, before a disaster, so all pets in the area will have a safe place to stay.

*Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com).*

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**COME CHAT  
with ME**  
by S. E. Persinger



I wasn't going to do a COVID-19 pandemic column because in the past 23 years I have never written a negative column. But just the fact that I have been hospitalized four times in the last five years with pneumonia I thought I might share some feelings on the subject. I was told by my doctor that the present virus gravitates toward people 65 years and older and those with existing medical problems. I guess that makes me a candidate. I do have concerns about my well-being. Not worries. I am a Christian.

I am a stay at home by choice. If necessary to keep some doctors appointment I have a mask and disposable gloves. When I get home I throw the gloves away. I do drive to the bank, get gas, and a meal from a drive through, but I never get out of my car until I return home.

I watch TV and listen to the radio so I am up to date on how we are fairing on the epidemic. I know we all thank the medical field workers in all areas and I'm not going to name them individually because of newspaper space, but thank you all from the bottom of our hearts.

I need to thank many people because of their unselfishness. Especially, my daughter Pam for all the personal help and delivery of foods and needs. And my son, Tom, in Michigan for all the things he sends via the computer and all the concerned phone calls. I thank my granddaughter, Amber for her package of goodies, and my Grandson, Tyler for his calls to his granny, me. I thank my great-grandsons for the hand made mystery, comic book and card. I thank Linda, my neighbor of fifty years, for her phone calls before she goes to the store asking me if I need anything. I thank my two brothers for their weekly meaningful calls.

I have a million thank you's for my forever friends. Bob and Marilyn Woode for all the home cooked meals Marilyn prepares for their supper, and then they drive over to my house and hand me a nice hot lunch or dinner. I surely can't forget my church and pastors, members, and others for the calls I received asking if I needed any help. I am a blessed person.

I want to express my sincere concern for people all over the world and especially everyone here in America. My prayers for their well-being are there for them if it is their desire to be prayed for. We will get through this pandemic together. Revelation 22:20-21.



Michelle Bell,  
Social Security District Manager,  
Dubuque, Iowa



**Social Security  
and Protecting Elders from Scams**

June is World Elder Abuse Awareness Month. Throughout the month, government agencies, businesses, and organizations sponsor events to unite communities, seniors, caregivers, governments, and the private sector to prevent the mistreatment of and violence against older people.

Scammers often target older people. They use fear to pressure people into providing personal information or money. In times like the current pandemic when people are particularly vulnerable, scammers will pretend to be government employees, often from Social Security, to gain people's trust to steal their money and personal information. The most effective way to defeat scammers is by knowing how to identify scams then hanging up or ignoring the calls.

**What you can do**

If you get a Social Security scam phone call, hang up, report it to our law enforcement office at [oig.ssa.gov](http://oig.ssa.gov), and tell your family and friends about it! We're telling as many people as we can that government

agencies will never:

- Tell you that your Social Security number has been suspended.

- Tell you about crimes committed in your name, or offer to resolve identity theft or a benefit problem in exchange for payment.

- Request a specific means of debt repayment, like a retail gift card, prepaid debit card, wire transfer, internet currency, or cash.

- Insist on secrecy about a legal problem, or tell you to make up stories to tell family, friends, or store employees.

Scammers continue to develop new ways to mislead you. They might use the names of Social Security officials and tell you to look them up on our public websites (where they learned the names themselves). Or, they might email you official-looking documents with a letterhead that looks like it's from Social Security or Social Security's Office of the Inspector General (OIG). Don't believe them! Social Security will NEVER email

**Social Security cont. Pg. 8**

**An Uplifting Moment**  
with  
**Rev. David J. Claassen**  
Visit me on the internet!  
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**The Two Sides of a Healthy Relationship with God**

When I first started dating my wife Diann nearly 50 years ago we were on our best behavior with each other. Over the next few months, like many couples having newly fallen in love, we viewed each other through starry eyes, which distorted our perception, causing us to see little that annoyed us in each other.

Then we got to know each other better! We discovered aspects and facets of each other that were less than perfect. Then too, we not only had to deal with each other's imperfection but the imperfection in our self that each of us pointed out to the other.

In any relationship experiencing the stern side of each other isn't as much fun as experiencing the kind side. However it's absolutely essential if there's to be a developing, maturing, and deepening relationship. Of course, a relationship of all sternness is not healthy nor will it survive, it needs much kindness, but neither is a relationship healthy and maturing if it is all kindness but has no sternness.

Just as we need both kindness and sternness in healthy human relationships, so too we need both in a relationship with God. I've seen people who have focused on either the kindness of God or the sternness of God at pretty much the exclusion of the other. It makes for an unhealthy, twisted, and distant relationship with God.

Some, for instance, have been deeply wounded by a church or a religious authority figure (which may be a parent, relative, friend). The sternness of God is all they can think of or can picture. It's all about sin and judgment. They feel they can do no right when it comes to God. There's no joy.

Others focus only on the kindness of God. They may admit they're not perfect (the socially acceptable thing to do), but they also don't think they've done anything seriously wrong that would upset God. There's little or no confronting the fact that God is not always pleased with them. They're like the archer who shoots an arrow at a blank target, draws a bull's eye around the arrow, then considers himself an accomplished archer.

A relationship with God needs to be balanced, like any healthy human relationship, with both a kind and stern facet to it. Those that have experienced primarily the sternness of God need to be actively and intentionally open to the fact that God is also kind! Those who have made God into their own comfortable image where He rarely, if ever, confronts them with their own sin need to be intentionally open to the fact that God is also stern!

In reality, most of us swing from one extreme to the other, maybe even several times a day. Sometimes we need to compensate by being more receptive to the kindness of God and sometimes by being more receptive to the sternness of God. A relationship with God, like that with another human being, is not static but always dynamic. This is good and as it should be. We just need to be open to that fact, to the two sides of a healthy relationship with God.

*"Consider therefore the kindness and sternness of God."*  
Romans 11:22

*The person who gets the farthest is usually the one who is willing to do and dare.  
The sure-thing boat never gets far from shore.*

—Dale Carnegie

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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Ecclesiastes in the Old or New Testament or neither?
2. From Numbers 4, what color was the cloth draped over the Ark of the Covenant? *White, Black, Gold, Blue*
3. "The wicked man travaileth with pain all his days" is from what Book's 15:20? *Ezra, Nehemiah, Job, Psalms*
4. From Daniel 5, who was so

scared that his knees knocked together? *Moses, Belshazzar, Solomon, Lot*  
5. Who paid Delilah to betray the mighty Samson? *The Pharaoh, Abdi, Lords of the Philistines, Jeuz*  
6. In which city were 85 priests slain? *Gezer, Nob, Shechem, Aphek*

**ANSWERS**

1) Old; 2) Blue; 3) Job; 4) Belshazzar; 5) Lords of the Philistines; 6) Nob.  
*"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.*

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**YESTERDAY AND TODAY**  
BY MICHAEL GIBSON



This photograph dated 1887 was taken by noted Dubuque photographer W.H. Morisher. The German Congregational Church which was built in 1867 at the head of Clay Street now known as Eighteenth & Central. The congregation itself dates back to 1849 when a pastor named Peter Fleury formed the Evangelical Church of Dubuque. Many of the members of this congregation later followed another minister to form the First Presbyterian Church. However, in 1865, the remaining members under Rev. Henry Frankfurth formed the German Evangelical Church. Two years later, a Rev. Jesse Guernsey, superintendent of Iowa Congregationalism, directed the construction of this frame church on the hill above Eighteenth St. and it became known as the German Congregational Church. Under the leadership of Rev. Herman Ficke the \$1,200 building debt was paid and membership grew from seven to some 70 members over the next several years. In 1890, the 800 membership outgrew the little frame church and a new edifice was built on the corner of 18th & Jackson to house the Immanuel Congregational United Church of Christ. (Photo courtesy of the Loras College Center for Dubuque History, MOSL p.41 Neg. HAM 880).

Yesterday & Today cont. Pg. 9

**Social Security from Pg. 6**

you attachments that have your personal information in them.

If you ever owe money to Social Security, the agency will mail you a letter, explaining your payment options and your appeal rights. If you get a call about a Social Security problem, be very cautious.

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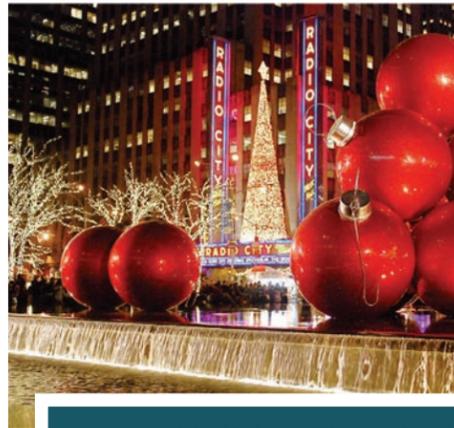
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Yesterday & Today from Pg. 8

Michael Gibson has decided to take a hiatus from the Yesterday and Today feature. He has given permission to recycle previously published photos and captions for your enjoyment.



The old church was torn down in the early 1890s and a home was built on the site. A small portion of the old 18th Street Fire Engine House No. 1 can be seen to the right. It was built in 1883 and served as a fire station until 1980. 18th Street was the dividing line between Clay and Couler Avenues. The street to the south of 18th was known as Clay and to the north Couler. In the early 1920s both street names were changed simply to Central Avenue. (Photo by Terry Grant)



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*A lie told often enough becomes the truth.* —Vladimir Lenin

# Plant Talk

by Ken Resch



## A Solitary Pleasure

My hands have been in the soil well more than 65 years now, so I'd expect myself to know what to do when. Not so this season. Grandma said, year after year, "Don't plant the flowers until after Mother's Day" which was sound advice. Typically, our Zone 4/5 conditions dictate our last frost to be about mid-May—coinciding with the approximate date of Mother's Day. I did not listen. I put in my tomato plants, peppers, and cucumbers the day before that brutal freeze of May 9th (30°) and did not cover them. So, the next morning I looked out the back window and saw—nothing. I ran down to the garden and realized the "nothing" I saw were all my plants flopped over and frozen. "Grandma, I'm sorry," was all I said.

Discouraged? Of Course. Defeated? Never! For the next several days we hunted for our replacements, gathered them all together, and kept them in the garage for a week before planting. I'm pleased to say they

are thriving. What does this mean to my readers? Beyond the obvious of check the weather, it means gardening will have moments of disappointment—some self-imposed and some beyond our control—but we will always return come next spring.

When I taught, I continually asked my students "Why?" after they'd answer a question. Often, I'd ask them why again a second or third time after they thought they fully answered the original question. In the beginning of the school year my students were frustrated, but soon they came to realize the questioning strategy had a purpose: I wanted them to go deeper into their answer to get to the heart of why they believed what they believed. Now, this may seem a bit heavy for a garden column, but please bear with me.

Why do you plant a garden? Simple answers abound from "I like getting fresh vegetables," to "I enjoy all the colors of the flowers" with myriad other variations of response in between. I want to offer the fundamental answer to the "Why?" question. There is no physical activity spanning all ages, all abilities, all genders able to offer the solitary pleasure of gardening. Yes, my bride is often outside with me, but we are silent a great deal

Plant Talk cont. Pg. 18

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# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Penny Toys

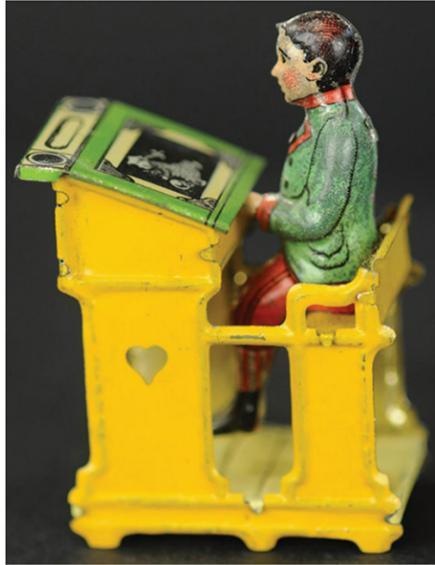
Children have always wanted to imitate the activities of people they see. So, toys have been made for centuries that are dressed to look like friends and, if possible, let them pretend to cook, play or work like grown-ups. In Germany, toy factories made small colorful tin toys from about 1880 to 1914 that could move and imitate a mother cooking or a boy roller skating. The price of the small toy was a penny, so they were named “penny toys” by today’s collectors.

About 175 antique penny toys were sold in an important Bertoia auction recently, and prices were much higher than a penny. The lowest price was \$180. The highest price was \$11,400 for a walking camel with a well-dressed Arab rider. The top of the rider’s turban could be turned to make the clockwork toy move. There were several toys showing a boy or a girl at school sitting at the traditional bench attached to a desk. The child’s arm moved and opened the top of the desk to show candy hidden inside. This schoolboy penny toy sold for \$840. Toys today are much more complicated with electric motors or digital instructions, but kids still play school.

• • •

**Q:** Is there an easy way to date an unused postcard? I know the amount of the postage stamp has often changed and there are lists of the prices and dates. But when were photographs rather than color pictures used? When was it called a “postal card”?

**A:** Postcard collectors know and have



*The toy schoolboy sold at auction was admiring a picture on the desktop that was hiding candy. Discovering and eating the candy made the toy great fun. Today it is a collector’s treasure costing \$840. The excellent condition of the original paint adds to the price.*

listed the table of postage and postcard changes online, and they are in our book “Kovels’ Know Your Collectibles.” A postal card is an early card called “pioneer” with no picture used from 1893 to 1898. A government-printed card had printed postage, a privately printed card required a stamp, and a divided-back card was used from 1907 to 1914.

Photochrome cards were used after 1939. Collectors call them photographs, although many are lithographs with a shiny finish. Real photo cards were used since 1900. If you want to sound like an expert, refer to them as RPPC. Used cards can be dated by the amount of the postage stamp; the postmark; a two-digit postal code, used after 1943; and a five-digit ZIP code, used after 1963.

• • •

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Glenn Ramaker



**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.

We raised two hundred baby chickens a year that provided 100 laying hens and 100 roosters. The roosters were fattened and eaten or sold by the pound at the local produce station. Raising baby chickens in the 1920s took planning as the incubator and setting the mother hens must be coordinated. This was before hatcheries shipped baby chicks by parcel post. The post office attendant notified its patron when the baby chicks would arrive rather than deliver them on the regular route.

Before this time hens setting on eggs for 21 days hatched chickens or they were hatched in an incubator for the same length of time.

The eggs that were saved for hatching had to be gathered several times a day from a flock of chickens that had one rooster for 20 hens. The fresher the eggs the healthier the chicks. The hatching house had wooden boxes about two foot square, large enough to hold a hen and 14 eggs in a thick bed of straw.

How does one know the hatching hen? After her laying cycle ended the hen that refused to leave the nest day or night in the chicken house. She pecked or flew at the brave person who tried to gather the eggs under her. The hen was moved to a hatching house and put on the nest of 14 eggs, covered and everyday she was put off the nest for a time to eat, drink and exercise. When she returned to the nest she turned the eggs with her head and feet. In about twenty - one days the

baby chicks were ready to peck the shell and angle their way out of the shell. They had to be moved from the nest at once or their mother would crush them. If the baby chicks chirped too much the mother hen would get uneasy and leave the nest in great distress trying to protect them. Her baby chicks were put in a warm place until the hatching period ended.

The incubator was about four feet square and stood on legs with trays that slid in and out, holding the eggs securely. The temperature of 101 degrees was kept steady by a mercury thermometer that was read about every two hours, day and night. A lamp which was fueled by coal oil, now called kerosene, needed watching as the wick worked up or down changing the temperature. Extreme changes in temperature weakened the chicks. The eggs were marked with a "X" and turned once a day.

The chickens, hen hatched or incubator hatched were put together and then divided equally to the mother hens, that sat on the eggs the last three weeks. Each mother hen was in charge of about 30 baby chicks. The baby-chicks didn't need food for the first three days as they had absorbed the yolk shortly before they hatched. The mother hens and chicks were put in separate coops for one day before they were turned out into a large chicken yard.

Next month we will continue the story of baby chicks to adulthood.



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1. Which duo was originally called Two Tons O' Fun?
2. What is most notable about "It Doesn't Matter Anymore" and "Raining in My Heart"?
3. Which group started as the Rhythm and Blues Quartet?
4. Who had a No. 1 hit with "Johnny Angel"?
5. Name the song that contains this lyric: "She was more than a woman, a goddess for all to see, All I ever needed was her right here loving me."

**Answers**

1. The Weather Girls. They started as backup singers, then

found their own path to success with a name change and the release of "It's Raining Men" in 1982.

2. Those were the last two songs released by Buddy Holly before he was killed in a plane crash in 1959. J.P. Richardson (the Big Bopper) and Ritchie Valens also died in the crash.

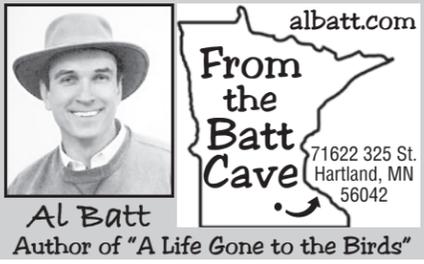
3. The Spencer Davis Group. They made the name change in 1964 because Davis was the only one who liked to do interviews.

4. Shelley Fabares, in 1962. She spent her teenage years playing the daughter on "The Donna Reed Show" (1958-64).

5. "Faded Pictures," a collaboration between R&B singers Case and Joe. The top 10 song appeared on the soundtrack for the 1998 film "Rush Hour."

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**That guy looks just like himself if he were someone else**

What the blue blazes am I doing?

I tried to maintain eye contact with shaggy men from outside my ZIP code who didn't look like themselves.

Our lives have taken an odd turn down an unfamiliar road. Brilliant scientific minds are working on our problems.

My grandmother was amazed to have electricity. I guess she'd used torches while living in caves. None of my teachers ever thought they'd end up being a security question when resetting passwords. They'd be amazed. We're less likely to be amazed by things today. We expect things to change quickly. Life is a thrill ride.

Organizations need to be nimble. Virtual meetings have become as common as added pounds during Minnesota's stay-at-home order. Teleconference and video conference meetings proliferate. They aren't bad. Everyone gets a comfortable room temperature. Video communications show us that touching a face is a hard habit to cease and there are such things as work pajamas.

I've attended a number of meetings on Zoom. I can give it a resounding, "It's O.K." I apologized for going an entire virtual meeting without once washing my hands. I enjoy not wearing shoes and socks during meetings and I can do that during online meetings. I like not wearing socks and shoes at all times, but will admit they come in handy while tiptoeing through a raspberry patch.

Women fret about missing visits to hairstylists, but they look great. Some men sport homemade haircuts so short they can't blink. Men don't worry about a lack of facial symmetry, because we know we'll look even worse tomorrow. We miss going to the barbershop to hear jokes and learn what might or might not be. A tonsorial parlor provides presidential press conference-like information without goofy accusations of fake news. We may think someone is a dunderhead, but we keep it to ourselves. It's the way we were brought up.

Women may look wonderful on the digital screen, but men appear to have gone off the grid, having discontinued shaving in order to have more time to eat cupcakes. A shaded face has

been a common look for years. What is that unshaven look called that the 1980s TV series "Miami Vice" first popularized? The scruffy look, the three-day beard, unplowed stubble, my shaver is broken or the results of an unfortunate visit to the Poison Ivy Petting Zoo. I enjoy shortbread, so I call the mini-whiskers short beard.

I looked at my family photo album from back when woolly mammoths roamed the world. Long exposures limited smiles, but smiling just wasn't a thing done for photographs in the age of black-and-white photos. Faces bearing mustaches, mutton chops, soul patches and beards stared back at me. There were facial brooms reminiscent of ZZ Top, the Smith Brothers, Santa Claus, Grizzly Adams, Abe Lincoln, Uncle Sam, Merlin, Gandalf and Colonel Sanders.

A fellow named Bob, wearing coveralls with the name Ralph stitched on them, walked into the barbershop back when we could still walk into barbershops. He told the barber, "I can't scrape off these whiskers. My face is too wrinkled from years in the sun."

The barber picked up a little wooden ball from a shelf and said, "Put this between your cheek and gums to tighten your skin."

After his shave, Bob/Ralph felt his face. We could touch our faces in those days. He said, "That's the best shave I've ever had, but I have a question. What would have happened if I'd accidentally swallowed that ball?"

The barber replied, "Everything comes out in the end. You'd have brought it back in a few days just like everyone else has."

Beards were as welcome as Christmas decorations put up in May in my boyhood home. Mother told me to drink from the handle side of shared drinking cups when around bearded men. "You don't know what's in those beards," she reasoned.

My whiskers present the beard rainbow — brown, black, gray and white — and give me the look of a crazed hermit who doesn't own a mirror. My wife is the shave monitor and declares that growing a beard is my worst idea in a long, rich history of bad ideas. I shave before appearing on a digital screen.

We're trying to get through today and tomorrow. Trying to get to the other side of trouble. On the other side, more whiskers will be shaved, but not all. Baby steps.

You may feel like lint in a snowstorm, but if you and yours are well, you're being productive.

Remember, everything comes out in the end.

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- Grease All Fittings
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- Check Safety System
- Check Carburetor Settings
- Test Overall Operation of Mower

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- Test Battery & Clean Terminals
- Replace Spark Plug(s)
- Change Engine Oil & Filter
- Sharpen & Balance Blades
- Inspect All Belts, Bearings, Spindles & Pulleys
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- GEOGRAPHY:** The island of Hispaniola is divided into which two countries?
- U.S. STATES:** Which state is known as the Badger State?
- MEDICAL:** Which human organ is involved in the development of diabetes?
- AD SLOGANS:** Which company advises clients to "leave the driving to us"?
- MONUMENTS:** How long ago was Stonehenge built?
- ENTERTAINERS:** Which singer/actress was born with the name Anna Mae Bullock?
- COMICS:** What kind of dog is Snoopy in the "Peanuts"

- comic strip?
- GENERAL KNOWLEDGE:** How many official languages does the United Nations have?
  - MEASUREMENTS:** How many drops are in a teaspoon?
  - MUSIC:** How many members sing in the Mormon Tabernacle Choir?

- Answers**
1. Haiti and the Dominican Republic
  2. Wisconsin
  3. Pancreas
  4. Greyhound bus lines
  5. About 5,000 years ago
  6. Tina Turner
  7. A beagle
  8. Six: English, Spanish, French, Russian, Arabic and Chinese
  9. 76
  10. 360
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## DEMENTIA FRIENDLY COMMUNITY CORNER

This month we will discuss two words that you may come across as you are becoming more educated about dementia.

Bringing these terms to a simple understanding will hopefully ease some of the stress of learning about this process as you move forward on your journey.

The first word is apathy. Apathy is the lack of interest, concern or emotion. Unfortunately as dementia progresses caregivers and loved ones may feel a sense of apathy coming from the person with dementia. As a person with dementia begins to struggle with remembering they may use different coping mechanisms, such as humor, or apathy. Caregivers and loved ones need to keep in mind they should not take the apathetic behavior personal. People with dementia are experiencing tremendous neurological changes; a lack of emotion or interest is not directed toward them, it's the dementia progressing.

Our next word is aphasia. Aphasia is trouble understanding what people are saying or speaking. Most people who suffer from dementia will experience aphasia. It is important for caregivers to talk slowly and clearly with a correct volume while making eye contact with your loved one. Struggling with communication is very frustrating and often causes one to close themselves off from others. When you sense someone with dementia searching for a correct word or stammering with their speech, show them support and reassure them it's okay. Don't rush them and try finding other ways to communicate effectively in other ways if possible.

Read our Dementia Friendly Corner next month for more terminology that may help you in your education on dementia.

For information on additional resources, support groups or to become a Dementia Friendly Business, working toward a Dementia Friendly Community please contact Tracy at Bell Tower Retirement Community at **815.747.6701** or Jill at River Bend Retirement at **563.582.5001**.

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

by Jerry Eberhardt (1924-2017)

### The Best Of Jerry

#### "What our 2nd Baseman Said to me after Playing my Last Game"

It is fitting that the first baseball memory grandpa is going to share with you, Maury, happened — in a way — because of YOU! That's right. I'll explain.

I was playing in my last game. It was in September, 1952, and we were playing a team of barnstorming major leaguers. (They had players from the Chicago Cubs, Philadelphia Phillies, Pittsburgh Pirates and Cincinnati Reds). In those times major league players did this, after their regular season was over, to earn extra income.

As I recall they beat us in a close ball game, but my last time at bat is what I remember "like it happened yesterday." I hit a screaming line drive double that glanced off the left-centerfield wall on one bounce and it came off a Cub pitcher, Warren Hacker!



Jerry Eberhardt with grandson, Maury Cohn

After the game I had mixed emotions — I realized this was the last baseball game I would play, but felt good about "that double." About that time, Maury, in the locker room our 2nd baseman, Bob Schlueter, (we called him "Boom-Boom"), said to me: "You can tell your grandchildren about that double!"

And now, Maury, forty six years after it happened, I can finally do just that — you are my grandson and I told you what happened in my last baseball game!! Hope you enjoyed it!

Much love, Grandpa



by Ryan A. Berenz

1. What former New England Patriots tight end was the host of WWE's "WrestleMania 36" event?
2. In 2014, who became the first to drive the No. 3 car in the NASCAR Cup Series since Dale Earnhardt at the 2001

Daytona 500?

3. What player — nicknamed the "Clown Prince of Basketball" — had his No. 36 jersey retired by the Harlem Globetrotters in 2001?

4. Who is the only player inducted into both the Arena Football Hall of Fame (2011) and the Pro Football Hall of Fame (2017)?

5. Three-time Indianapolis 500 champion Helio Castroneves also was the Season 5 winner on what ABC TV competition series?

6. What former Major League Baseball player had a 44-game hitting streak as a member of the Cincinnati Reds in 1978?

7. WebstUR is the mascot for what university's athletic teams?

### Answers

1. Rob Gronkowski.
2. Austin Dillon.
3. Meadowlark Lemon.
4. Kurt Warner.
5. "Dancing With the Stars."
6. Pete Rose.
7. The University of Richmond Spiders.

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### Americanisms



"Age is an issue of mind over matter. If you don't mind, it doesn't matter."  
— Mark Twain

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# SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

When college football resumes, the landscape will look significantly different than what we're used to. The game will be played the same but will the season begin in September? Will there be fans in the stands? Will tailgating be allowed or the concession stands open? Questions that mean little when compared to families losing loved ones to the deadly coronavirus. The social distancing or self isolation we've all endured for nearly three months has been no fun.

Finding a vaccination for a cure and reigniting the economy are priorities for the pharmaceutical industry and lawmakers and should be. College football is big business and a key ingredient of that economy and American lifestyle. Sports in general are great escapes for the issues of everyday life.

Imagine a sunny 70 degree day in September and October without football at Kinnick or Jack Trice stadiums. Or an empty Uni-Dome all fall. We're a hundred days out from kick off! Iowa head coach Kirk Ferentz and his staff have been in constant contact with Hawkeye players. They call it connect and

communicate. Quarterbacks to cornerbacks are in possession of academic and workout schedules. Most have found high school gyms, garages and basements to lift dumbbells and kettlebells while wearing weighted vests. They can mark off any grass field to run a 40 yard dash or a shuttle. So what if they don't have an electronic timer. They can't duplicate a twelve thousand square foot weight training room, walk along a forty foot buffet line or stop at any of the nutrition and refreshment vending stations. The Hansen Performance Center is awaiting their return.

Whether June or July, when the Hawks return to the nest in Iowa City they won't run into tackling dummies right away. They'll first get checked out by medical, training and strength and conditioning staffs. Then will come meetings with Ferentz and position coaches. It'll be several weeks before players run onto the practice field for contact. Keep in mind Iowa missed all of spring practice in March and April. One thing is certain. Coaches and players miss each other very badly. They miss the everyday interaction. They miss what they love most. Football. We all do.

## VETERANS POST

by Freddy Groves

### Vets Keep Distance Outside Coffee Shop

I ventured into town today to check on the rumor: the town was dead, the streets empty, not a soul in sight.

It was mostly true. Very few cars were parked along the main drag, and those were in front of restaurants open for sidewalk takeout service only.

I did spot a knot of people in front of the coffee shop, which was my true destination. A half dozen of the early-morning regulars (all elderly veterans) were fanned out on the sidewalk, leaning on canes or sitting in folding chairs. I parked the car and approached the walkup service window. As I did, one of the vets whipped out a folding wooden tape measure and aimed it at me as he opened it to the full length.

"Six feet," he said. "Eight, if you count my arm."

I nodded and steered a wide

circuit around him.

At the service window the clerk shoved a small credit card reader through the window. "No cash," she said. I fumbled my one credit card into the machine, and she slid my coffee out the window, slamming it firmly afterward.

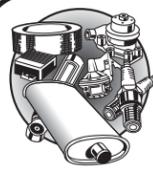
I hung around at the edge of the group, pretending to study the menu in the coffee shop window. Eventually they started talking again, and as usual, I listened.

What I heard, in the middle of this dead town, gave me hope: One veteran was looking forward to his grandson taking him out on the water. Another looked forward to the birth of another great-grandchild. A third one was calculating the possible success of hijacking the grocery store delivery truck and making off with the toilet paper. I even heard some laughter.

It was then that I knew we'll be OK.

A constant reminder: Wash your hands with antibacterial soap, and scrub for a full minute. Use a brush under your nails — better yet, keep your nails trimmed very short.

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## SENIOR NEWS LINE

by Matilda Charles

### Help Fill the Hours With an E-Reader

I don't often recommend specific products in this column, but there's one that many of us could use right now: a Kindle.

The Kindle is a handheld reading device, also called an e-reader, that holds thousands of books. Books can be downloaded into a Kindle — both books you buy (or read for free) from Amazon, and free books from your local library. With Amazon's Kindle Unlimited, for \$9.99 a month, you can read as many books as you like, or many books are \$2.99 or less.

For the device itself, consider the Kindle Paperwhite. Go to Amazon and read the reviews, questions and technical specs, such as WiFi versus

WiFi+Cellular Connectivity, audio capability and storage size.

If you already have a tablet, you can read e-books as well. You'll need an app, available for free on Amazon, if that's where you're going to order books. In the search box on Amazon, type in Kindle app.

The biggest difference between reading on a tablet and reading on a Kindle is this: The Kindle has one purpose, which is reading. The screen doesn't have a glare (unlike the shiny glass on a tablet), and you can easily increase the size of the type font.

If you want to download free books from your library, either onto a Kindle or a tablet, you can likely get help if you need it. Many libraries are technically closed now (the public can't go in), but staff are still there, some of them specifically to offer technical help. Call to ask for the specific e-reader app they use.

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### Dubuque Fire from Pg. 3

an average of 18,500 reported fires each year due to fireworks-related incidences.

Lastly, leave the fireworks to the professionals. Grab a chair, find a good spot to watch and just enjoy the show. This will

guarantee that you and your loved ones will have a safe and enjoyable holiday.

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

*Regardless of how you feel inside, always try to look like a winner. Even if you are behind, a sustained look of control and confidence can give you a mental edge that results in victory.*

—Arthur Ashe

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**Radio**  
from the  
20th Century

by Bill Zwack

The golden age of radio began in 1925 with the NBC network. Radio comedy and drama as we knew it then, ended with cancelation of the soap operas in 1960, and yours truly, Johnny Dollar in 1962.

However, during the 1970's there was a revival of interest in radio drama that came with the nostalgia craze. For example, *The Zero Hour* began syndication in 1973, a highly potent thriller series. Like the contemporary *CBS Radio Mystery Theater*, it featured many of radio's "old pro" fraternity, and also starred many "younsters" who had come to the forefront since tv. But while *Mystery Theater* was successful, *The Zero Hour* failed badly in its attempt at individual syndication. Also known as *The Hollywood Radio Theater*, it was heard nightly, in five chapter dramas featuring

the best talent available. Rod Serling, whose unmistakable voice became famous through his *Twilight Zone* and *Night Gallery* tv shows, was host. Stars included Edgar Bergen, Richard Crenna, Howard Duff, George Maharis to just name a few.

Elliott Lewis produced and directed, and theme music was by Ferrante and Teicher. There was only one problem, nobody was willing to sponsor the series. By December 1973, *The Zero Hour* was reorganized and sold to Mutual, which changed the format, added new staff and booked too many commercials. It died, leaving *Mystery Theater* alone to carry on a lost art.

Listening to AM 1370 KDTH's *Big Broadcast* on Sunday nights from 6 to midnight I will endeavor to locate a copy of *The Zero Hour* for your listening pleasure.

**Kovels from Pg. 11**

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& gilt flowers, 14 in. pair. \$680.

**TIP:** Be sure that any restorer, refinisher or upholsterer working on your antique is insured.

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**Down Memory Lane**

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

Softball  
1953

Softball  
1953

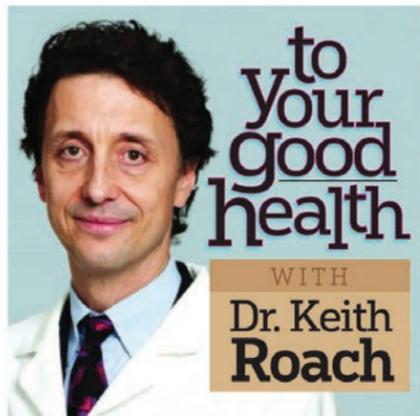
**SOFTBALL**

Among the strongest contenders for the 1953 Indy loop bunting is our Packinghouse Workers combination with Richie Jahn sparking the pitching staff. This aggregation — sponsored by Local 150 — has already won three out of five Indy circuit engagements and is rapidly making a name for its athletes in the local softball competition. The Packinghouse Workers have one of the hardest hitting clubs in the loop and can be expected to give their co-worker Packers team a tough tussle for the title.



**PACKINGHOUSE WORKERS**

Front Row: (left to right) Norm Jotham, Don Cornish, Gilles Ede, Merlin Kaiser, Louis Hanson, Fred Rossman, George Gantenbein, Jay Neyens.  
Back Row: Gene Sutherland, Charles Spielman, Wally Gau, Darrel Sendt, Dick Neumann, Jerry Jansen, Ray Mangeno, Stub Zillig.



**Joint Pain Not Usual Statin Side Effect**

**DEAR DR. ROACH:** I am a 69-year-old white male. I take one 20-mg pravastatin per day to manage my cholesterol. One of the side effects is joint pain. Are you aware of a substitute that does not have this joint pain side effect? — *H.L.*

**ANSWER:** Statins are one of the most common medicines used, and although they have relatively few side effects, so many people take them that there are many reported untoward effects.

Muscle aches are common. Muscle breakdown is serious and, fortunately, rare. But joint aches are not a common side effect. In the package insert, “arthritis” is listed in less than 1% of people.

Of all the statins, pravastatin tends to have relatively few side effects. It is metabolized differently from how the others are, so have a discussion with your doctor about taking a different statin, such as atorvastatin (Lipitor). Lipitor is much more potent than pravastatin (Pravachol), so the dose you will need is likely to be much lower.

**DEAR DR. ROACH:** What is your opinion on screening for ovarian cancer in a woman with a family history (in my case, a sister)? One gynecologist stressed an annual ultrasound, while the other discouraged me from doing so. I am worried that if I wait until symptoms develop, the cancer might be pretty advanced. — *W.*

**ANSWER:** I really understand why people with increased risk for ovarian cancer are interested in screening. Unfortunately, we still don’t have any screening tests, such as an ultrasound or CA-125 blood test, that are good enough to recommend yet. I hope this changes soon. Promising work is progressing.

Consider genetic testing for a familial cancer syndrome, such as BRCA or Lynch syndrome.

*Age—that period of life in which we compound for the vices that we still cherish by reviling those that we no longer have the enterprise to commit.*

—Ambrose Bierce

◆◆◆◆◆  
*Old age is 15 years older than I am.*

—Oliver Wendell Holmes

People with one of these cancer syndromes are at high enough risk that screening may be of benefit, and there are ongoing studies to help identify the best strategy. Speak to your gynecologist about a referral to a genetic counselor. If you test negative for these genetic syndromes, you are at lower risk (but unfortunately, even low-risk women still may get ovarian cancer).

You certainly should be vigilant for even mild symptoms of ovarian cancer; these are nonspecific and may include abdominal discomfort, bloating or swelling. Urinary urgency (a sense of needing to get to the bathroom right away) also should prompt a visit to your gynecologist, more so than in people without a family history.

**DEAR DR. ROACH:** Is it possible that when immersed in water, you absorb it through your skin? Whenever I spend more than 30 minutes in the pool, I later have to urinate more than when I don’t spend time in the water. Can the absorbed water travel to kidneys? Can the chemicals added to pool water do some damage? — *E.M.*

**ANSWER:** Water is not absorbed to any appreciable effect when the body is immersed. The reason you urinate more may be due to unnoticed swallowing of pool water, which is very common in swimmers.

Don’t worry about the chlorine in pool water. The amount of chlorine is similar to or only a bit higher than most tap water, and is not enough to be dangerous.

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

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### Baskets!

Native American Indian baskets are always of interest for collectors. This example is only 7 inches across the top and 4 inches tall. It is a very finely woven example with a beautiful geometric design element all around the basket. Recently sold on eBay for \$232.50, after



6 active bidders entered 15 bids over the course of a 10-day auction.

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## Contract Bridge

### Plan Ahead

South dealer.  
 Neither side vulnerable.

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

The bidding:  
 South West North East  
 1 ♠ Pass 2 ♠ Pass  
 4 ♠  
 Opening lead — seven of spades.

Two chances are certainly always better than one, and this is especially true at the bridge table. Consider this case from a national team-of-four championship, where both North-South pairs reached four spades as shown.

At the first table, declarer won West's opening trump lead in his hand with the eight and led another spade to dummy's ace. A diamond was then led to the king, losing to West's ace.

West now effectively put an end to declarer's chances by returning his remaining trump to dummy's queen, removing dummy's last entry

before the club suit could be untangled. South could now do no better than lead a heart to the king, but even though the ace was favorably placed, he still could not avoid losing two hearts and two diamonds for down one.

The declarer at the second table found a way to give himself an extra chance. He carefully won the opening trump lead with dummy's ace and also led a diamond to the king. West won and continued with the queen and another diamond, ruffed by South (a trump return would not have fared any better).

Declarer now cashed the spade king, but then, leaving the last trump outstanding for the moment, played the A-K-Q of clubs. After both opponents followed to all three clubs, he crossed to the spade queen, discarded a heart on the club jack and led toward the king of hearts for his 10th trick.

Note that this second line of play had everything to gain and little to lose. By timing the play properly and handling his entries to dummy judiciously, South retained access to the jack of clubs when and if the necessity for its use arose. This gave him an additional chance to make the contract if one of the red aces was favorably placed and the key suits broke normally.

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by Steve Becker

### Plant Talk from Pg. 10

of the time even if next to each other. "Garden talk" occurs here and there, but we still find ourselves wandering away to other parts of the yard as we plant and weed and admire what surrounds us.

Over the years I've developed an area below my yard on the City flood plain. I've planted many trees and shrubs and now my grandson has added sunflowers. I often visit my quiet paradise to think and relax while I trim or weed. Similarly, I have a "Hosta Hut" where a variety of miniature hostas bring me pleasure as I walk through the hut. My point? I want each of you to find genuine respite in gardening and avoid seeing it as a chore. Will my gardens be in Better Homes and Gardens? Not likely.

I have weeds, untended areas, dead shrubs here and there, dandelions and any number of other "garden turnoffs." Perfection is not the point of gardening.

Perfection is not the point of gardening bears repeating. If that is the goal, then the solitary pleasures of gardening are lost. Yes, a bountiful vegetable crop in the fall is wonderful as is a beautiful bouquet of cut flowers, but we must dig deeper with "Why?" and realize the answer is because of the pleasure we receive within ourselves. "Everything that slows us down and forces patience, everything that sets us back into the slow circles of nature, is a help. Gardening is an instrument of grace." (May Sarton) May such grace be yours as you tend your gardens.

### Amber Waves

by Dave T. Phipps



### The Spats

by Jeff Pickering



# Good Housekeeping

## Corkscrews With Spring Veggies

Toss sauteed asparagus and leeks with pasta and creamy goat cheese. Yum!

- 1 bunch (about 1 pound) leeks
- 1 package (16 ounce) corkscrew or bow-tie pasta
- 1 tablespoon margarine or butter
- 1 pound asparagus, trimmed and cut diagonally into 2-inch pieces
- 1 package (4 ounces) soft goat cheese, cut into small pieces

1. Cut off roots and leaf ends from leeks. Discard any tough outer leaves. Cut each leek lengthwise in half, then crosswise into 1/4-inch-wide slices. Place leeks in large bowl of cold water; with hand, swish leeks around to remove any sand. Transfer leeks to colander. Repeat process, changing water several times, until all sand is removed. Drain well.

2. In large saucepot, prepare

pasta in boiling salted water as label directs.

3. Meanwhile, in nonstick 12-inch skillet, melt margarine or butter over medium heat. Add leeks and cook until almost tender, about 5 minutes, stirring often. Stir in asparagus, 3/4 teaspoon salt and 1/4 teaspoon coarsely ground black pepper; cook 5 minutes longer, stirring often. Add 1/3 cup water; cover and cook 3 to 5 minutes, until asparagus is tender-crisp.

4. Drain pasta, reserving 3/4 cup pasta cooking water. Return pasta to saucepot. Add asparagus mixture and pasta cooking water; toss well. Spoon into large serving bowl; sprinkle with goat cheese and coarsely ground black pepper.

• Each serving: About 580 calories, 11g total fat (5g saturated), 13mg cholesterol, 705mg sodium, 96g total carbohydrate, 6g dietary fiber, 23g protein.

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- 1/8 teaspoon black pepper
- 3 (3/4-ounce) slices reduced-fat American cheese

1. Heat oven to 350 F. Spray a 9-by-5-inch loaf pan with butter-flavored cooking spray.

2. In a large bowl, combine meat, breadcrumbs, onion, green pepper and 1/3 cup tomato soup. Mix well to combine. Pat mixture into prepared loaf pan. Bake for 45 minutes.

3. Stir mustard, parsley flakes and black pepper into remaining tomato soup. Spread soup mixture evenly over partially baked meatloaf. Evenly arrange cheese slices over top. Bake for an additional 15 minutes or until meatloaf is cooked through and cheese is melted.

4. Place loaf pan on a wire rack and let set for 5 minutes. Cut into 6 servings. Freezes well.

• Each serving equals: 200 calories, 8g fat, 17g protein, 15g carb., 484mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Starch.

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- 16 ounces extra-lean ground turkey or beef
- 1 cup plus 1 tablespoon dried fine breadcrumbs
- 1 cup finely chopped onion
- 1/4 cup finely chopped green bell pepper
- 1 (10 3/4-ounce) can reduced-fat tomato soup
- 1 teaspoon prepared yellow mustard
- 1 teaspoon dried parsley flakes

R.F.D. by Mike Marland

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### Ingredients

- 1/2 cup brown sugar
- 2 tablespoons Lawry's® Seasoned Salt

# Cremer's Cooking Tips

## Beer Can Chicken

- 2 teaspoons garlic salt
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 (12 fluid oz) can beer
- 1 (3-1/2 pound) Plump & Juicy whole chicken from Cremer's

### Directions

- 1. Preheat an outdoor grill

for medium-high heat, about 375 degrees F (190 degrees C). Mix the brown sugar, Lawry's® Seasoned Salt, garlic salt, salt, and ground black pepper in a small bowl. Place the half-full can of beer in the center of a plate.

2. Rinse Plump & Juicy Farm Raised Chicken from Cremer's under cold running water. Discard giblets and neck from chicken; drain and pat dry. Fit whole chicken over the can of beer with the legs on the bottom; keep upright. Sprinkle 1 teaspoon of the seasoning mix into the top cavity of the chicken. The beer may foam up when the seasonings fall inside

the can. Rub the remaining seasoning mix over the entire surface of the chicken.

3. Place the chicken, standing on the can, directly on the preheated grill. Close the lid and barbeque the chicken until no longer pink at the bone and the juices run clear, about 1 hour 15 minutes. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 180 degrees F (82 degrees C). Remove the chicken from the grill and discard the beer can. Cover the chicken with a doubled sheet of aluminum foil, and allow to rest in a warm area for 10 minutes before slicing.

**MAGIC MAZE ● — STREET**

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

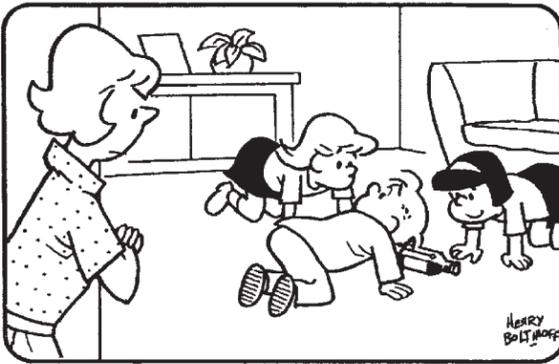
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: **Most Crooked Street in the World**

- |            |          |         |         |
|------------|----------|---------|---------|
| Across the | Dead-end | High    | Sesame  |
| Back       | Downing  | Main    | Two-way |
| Basin      | Easy     | Narrow  | Wall    |
| Bourbon    | Fleet    | One-way |         |

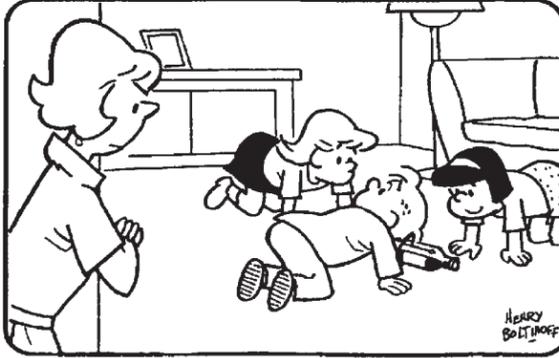
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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Plant is missing. 2. Frame is added. 3. Woman's blouse is different. 4. Lamp is added. 5. Girl's skirt is different. 6. Woman's earring is added.

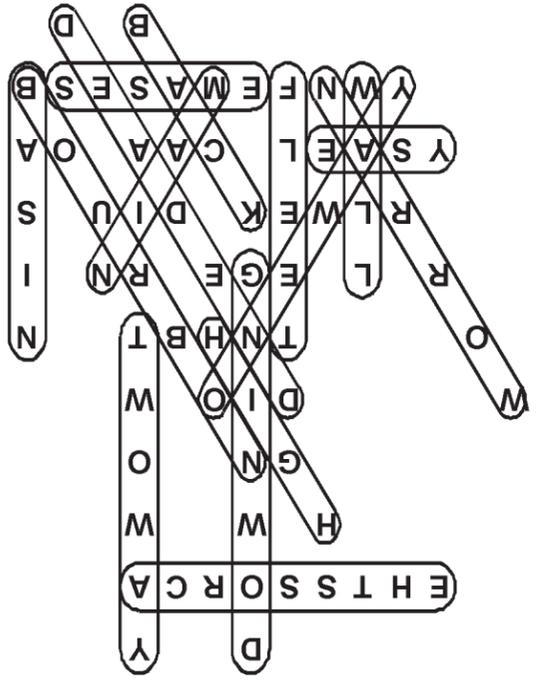
**GO FIGURE!** by Linda Thistle

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		30
+		-		x	
	x		-		28
x		x		+	
	x		+		22
16		32		27	

DIFFICULTY: ★  
 ★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

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— STREET

**SUDOKU Answer**

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

**King Crossword — Answers**

Solution time: 25 mins.

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

**Stickelers Answer**

20 students were needed.  
 48 days times 5 students (per shift) means they needed 240 total shifts. But each student could only work 12 shifts, so 20 students were needed.

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**SUDOKU**

by Linda Thistle

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

	27		32		16
22	9	+	8	x	2
	+		x		x
28	7	-	5	x	7
	x		-		+
30	3	x	9	+	1

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