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Dubuque, Iowa

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The Power of Puzzles

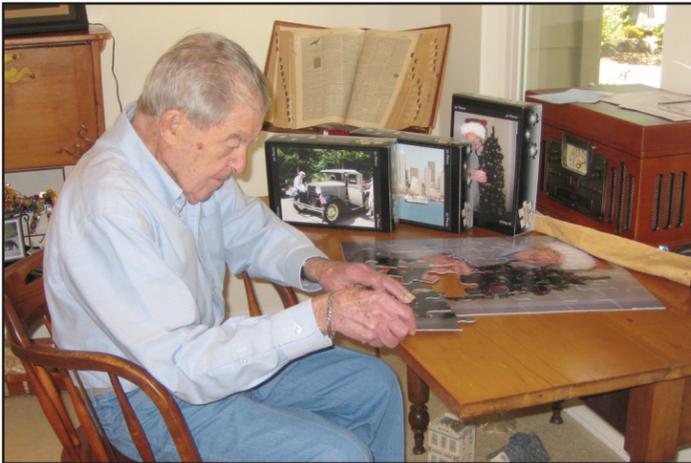
by Mindy Dalgarn



Oak Park Place Memory Care residents engage in stimulating puzzle work. Laura Nissen, Certified Dementia Specialist, reminds us that many studies suggest that, for some individuals, engagement in cognitively stimulating activities, especially those involving games and puzzles, might be a useful approach for preserving brain structures and cognitive functions in those who are vulnerable to Alzheimer's disease.

Although puzzles are often associated with children's games, current brain research suggests that mental exercise, like jigsaw puzzles, can slow the progression of dementia.

In 2001, dad, who celebrated his 90th birthday last April, was diagnosed with Lewy Body Disease, a form of dementia. Behavioral changes occurred gradually. Dad would sleep more and eat and drink less. Rarely did he initiate conversation. Responses became single syllable words. Dad became less engaged and was less inclined to shower, shave, brush his teeth or comb his hair.



James Dalgarn, working on a puzzle from Portrait Puzzles at his home in Redmond, WA.

There were times when dad wandered. We were fortunate in that he always managed to run into helpful people... teenagers who sensed that something wasn't quite right and called for help, EMTs who came to know him by name, neighbors who were aware of his challenges and even an alert bus driver who sensed there

was a problem.

After a decade, we finally convinced mom to get some help.

For several years, dad has found great comfort in viewing old family photos, reading old Christmas cards and listening to music of his generation.

Two years ago, in our search for a satisfying activity for him, we discovered Portrait Puzzles (www.portraitpuzzles.com).

Family photos are uploaded to the Portrait Puzzles website and magically transformed into high quality puzzles. The 30 piece puzzles are perfect for dad. Each puzzle piece is roughly 3.5 x 3.5 inches and easy for him to handle. He can work on them with others or complete them independently. It

Power of Puzzles Cont. P. 5

Knippel's Religious Goods

by A. Rose Wickler

Founded by Matthias J. Knippel, Knippel's Religious Goods has served the community, with a Catholic distinction, for over 110 years. Matthias passed the store on to his daughter, Cecelia (Knippel) O'Rourke. Cecelia handed it over to her two sons, William (Bill) and James when they returned home from the war in 1945. William bought out his brother in the 1950's. Located at 453 Main Street, the business catered to churches and individuals. It stayed this way after it was relocated in the 1960s to 129 Main Street where it resides. In 1994, one of Bill's daughters, Casey (O'Rourke) Reekie, took over Knippel's. Her husband worked elsewhere as Casey raised their two boys in the back office.



Matthias J. Knippel, Founder

The store is unique in that it keeps not just modern, popular merchandise in stock but that it also sells many items that are decades old. Knippel's was left with a lot of stock, much of which was made in

A very popular item at Knippel's is personalized rosaries. Casey has spent decades making unique keepsakes that reminds someone of when something special happened in their life. They are popular for First Communion, Baptisms, and Weddings, but have been gifts for many other occasions as well.



Photo of the original store on 453 Main Street when they opened. Pictured are the founder Matthias J. Knippel and Cecilia C. (Knippel) O'Rourke

the 1960s, after the passing of Bill. Knippel's even sells items dating back to its inception. St. Joseph house selling kits are popular at Knippel's, as are (children's) books, prayer and greeting cards, gifts for holidays and sacraments, indoor and outdoor statues, wall crosses, saint medals, prints, clergy apparel, and lots of candles.

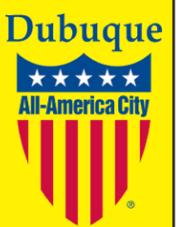
Knippel's caters to anyone that comes in whether it is by finding a gift, obtaining church goods, or ordering something that is not in stock. The store also carries supplies and gifts for many different Christian faiths. Knippel's first 110 years have seen many changes in the Church and it will stick through whatever else comes its way.

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Become a Mentor: Change 2 lives! This statement has proven powerful and empowering since the Dubuque Community YMCA/YWCA began implementing the Reach & Rise Mentoring Program in February of 2014. This YMCA signature program promotes youth development and strengthens community by matching children with a caring adult willing to serve as a positive role-model for a child.



It also provides an opportunity for personal growth for mentors who participate in 15 hours of training and spend 1-3 hours a week with the child.

“There is a powerful mentoring effect demonstrated by research and the experiences of young people who are connected to a mentor,” said Jennie Weber, Reach & Rise Mentoring Program Director. “Mentoring is linked to improved academic, social, and economic prospects for young people, and that ultimately strengthens our community.”

young people with the tools to make responsible decisions, stay focused and engaged in school, and reduce or avoid risky behaviors like skipping school, violence, and drug use.

Reach & Rise of Dubuque currently has 27 matches with a typical waiting list of about 15 youth. While mentors must be at least 23 years old, current mentors ages range from 23 through 74 and come from a wide variety of backgrounds and have an assortment of interests and skills that they share with their mentees. There is a match for everyone; youth referrals come from all walks of life and are in need of mentors to fill a void in their young lives.

To think that anyone who has an hour or two a week to spare can meet the concept: **Be Someone Who Matters to Someone Who Matters**, really drives home how we can all make a difference. To find out how YOU can make a difference in the life of a child, please contact Reach & Rise Program Director, Jennie Weber at **563-556-3371** or jweber@dubuquey.org.

Chance is always powerful. Let your hook be always cast; in the pool where you least expect it, there will be a fish.

—Ovid



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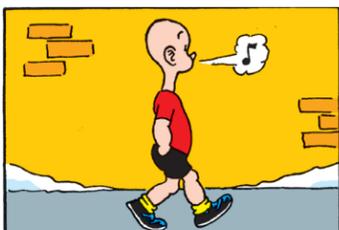
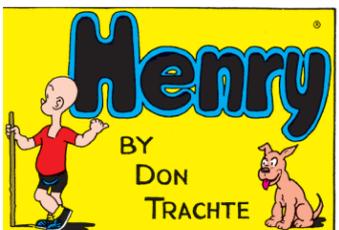
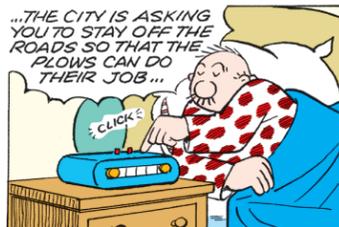
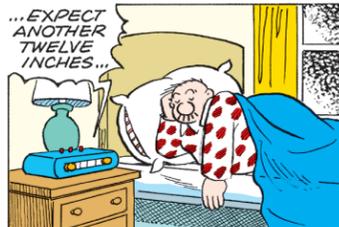
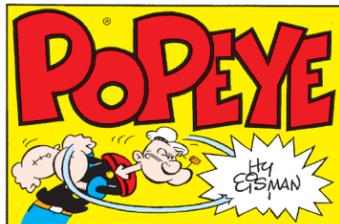
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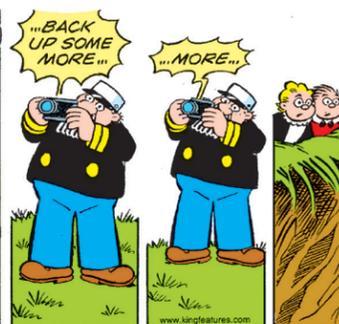
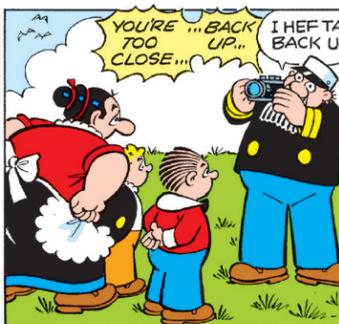
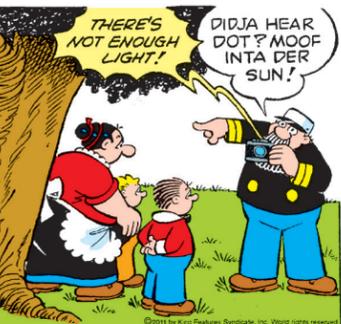
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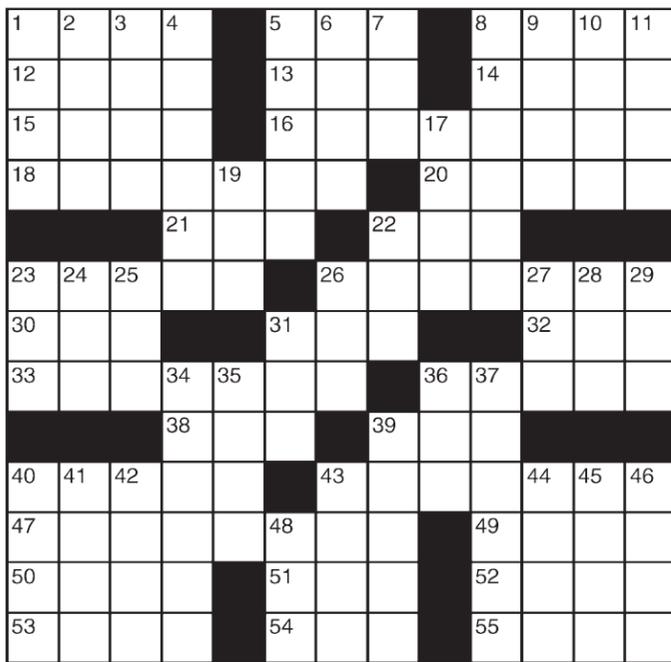
WALLY AND HIS Talking dog

"No, he doesn't bite. He just doesn't know when to shut up."

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ACROSS

- 1 "Mona —"
- 5 Line
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- 13 I love, to
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"The Talk" | 25 Jewel | 43 Sailors |
| 4 Wellesley
grad | 26 Prohibit | 44 Locks |
| 5 Silky material | 27 Oktoberfest
souvenir | 45 Cruising |
| 6 Melville
novel | 28 Fire residue | 46 Carte |
| 7 Stir-fry pan | 29 Perched | 48 Chit |
| | 31 Plead | |

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Laugh A Lot

Three prisoners broke out of their cells and incited a riot.

After they were caught, the warden asked why they had revolted.

"Warden," said one of the men, "we rebelled because the food is awful."

"I see," said the warden. "But what did you use to break the bars?"

"The French toast."

Recently, a man stopped at my desk at the library asking for help:

A woman had breast-fed her infant and forgotten to "tuck herself back in." I walked over to Lady Godiva and said, "Ma'am, I'm very sorry, but we don't allow open drink containers in the library."

My client buys many rental properties, not always with the enthusiastic support of his wife. Recently, I was showing him a home when his wife called. I could hear her ask what he was doing. "The real estate agent and I are having an affair," he answered.

"Oh, thank God," she said. "I thought she was selling you another house."

A mother complained to my wife, a schoolteacher, that other students were stealing her daughter's pencils.

"It's not the money—it's the principle," she insisted. "My husband took those pencils from work."

There was a period when our company's ownership was constantly changing hands, resulting in a new name for the business each time. After the latest regime and name change, I said, "We're going to need a new company sign out front."

A colleague said, "We don't need a new sign; we need a blackboard."

My father was completely lost in the kitchen and never ate unless someone prepared a meal for him. When Mother was ill, however, he volunteered to go to the supermarket for her. She sent him off with a carefully numbered list of seven items.

Dad returned shortly, very proud of himself, and proceeded to unpack the grocery bags. He had one bag of sugar, two dozen eggs, three hams, four boxes of detergent, five boxes of crackers, six eggplants, and seven green peppers.

It's choice—not chance—that determines your destiny.

—Jean Nidetch

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Power of Puzzles from P. 1

is heart-warming to know that there is an activity that allows him to be successful.

Last May we met with Jay McNamara, owner of Portrait Puzzles. Shortly thereafter, we established Pieces of the Past

(www.piecesofthepastpuzzles.com) and are working to help spread the word about the power of puzzles. Please reach out to friends or family members whose days may be brightened by jigsaw puzzles that provide pleasure, comfort and memories of days gone by.

Liberty may be endangered by the abuses of liberty as well as by the abuses of power.

—James Madison

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Carpel Tunnel Syndrome Keeps Getting Worse

DEAR DR. ROACH: I had surgery on my right wrist for carpal tunnel syndrome eight months ago. The numbness in my fingers has not changed. Now I'm faced with the same problem in my left hand. I'm going to forget surgery, seeing as it wasn't successful in my right hand.

I decided to go to an acupuncturist for laser treatments. I also had a cortisone shot. Neither of these has helped. Do you know of a solution for my problem? -- P.M.
ANSWER: Carpal tunnel syndrome is caused by compression on the median nerve, as it runs down the arm through a "tunnel" of bone and connective tissue deep in the wrist. It may cause pain, numbness and weakness of the wrist and hand. The thumb and middle three fingers are most often affected. In advanced cases, the hand muscles may become atrophied. The sooner the pressure on the nerve is relieved, the more likely there will not be permanent nerve damage.

It sounds to me like the first surgery was not done soon enough to prevent damage. If that's the case, then surgery on your left hand, done sooner after the onset of symptoms, might prevent the long-term numbness present in your right hand. However, it's possible that the diagnosis was wrong or that the surgery might not have been effective, even if done promptly. At least one study of needle acupuncture showed that it is as effective as a cortisone injection. This study excluded people who already had fixed numbness in the fingers, who are less likely to be helped by any treatment. I have not found any evidence

that laser treatment is effective. My advice is to first be sure of the diagnosis. An EMG test is a study of nerve function, which can confirm the diagnosis and may be able to predict how much damage there is and provide guidance on treatment. If damage is not too severe, other treatments -- such as splinting, medication, yoga or ultrasound -- may be helpful. If advanced, surgery done quickly still may be your best bet.

DEAR DR. ROACH: There has been much reporting of the effect of not getting enough sun during the winter months. In your professional opinion, can some people get depressed from too much summer?

When I lived in the Southwest, all that heat and sun from May to October seemed to really get to me. I wished often for a cloudy day. Is it because I was raised in the depressing North? -- J.R.W.

ANSWER: Seasonal affective disorder is a type of major depression with recurrent seasonal onset and remission. Although it usually is described as beginning in late fall and early winter, and going away in spring or summer, some people can have symptoms that begin in spring and go away in fall. People with spring-onset SAD more frequently have insomnia, poor appetite and weight loss. Light therapy is used only for fall-onset SAD. Both medication and psychotherapy, especially cognitive behavioral therapy, are used for spring-onset SAD.

I don't know whether being brought up in the North predisposes one to the spring-onset form of SAD. I don't find the North particularly depressing.

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

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STRANGE BUT TRUE by Samantha Weaver

- It was British Prime Minister Winston Churchill who made the following sage observation: "All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."

- Though an electric eel is born with the ability to see, by the time it becomes an adult it is blind. This lack of sight is not a hindrance, though; the fish uses electricity to create an image of its surroundings in much the same way that we use radar. The electricity is also how the electric eel kills its prey, producing a 600-volt shock -- five times more powerful than a shock from a household outlet.

Strange But True Cont. P. 7

Do you need help with your rent?

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An Uplifting Moment

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Resurrection Help

I remember spending a couple of days with our son and his family in the Indianapolis area when they had a major snowfall. We played in the snow with our grandchildren. Casey, who was five, wanted a snow fort so that we could have a snowball fight and he'd have a protected place where he could wage battle. He had a couple of nifty snow block makers. Grandma and I helped him build the fort, but as it turned out he did very little of the work; Grandma and I did most of it. We were right there with him and were able to help him, and actually do more than just help him!

This is one of the marvelous ramifications of Jesus' being

resurrected, being alive and with us today! He's right here with us to help us!

Because Jesus lives. He doesn't say "Let me tell you who I've called you to be and what I've called you to do." He doesn't say "Let me show you who I've called you to be and what I've called you to do." In essence He says, "Let me help you be who I've called you to be and do what I've called you to do."

What are you facing in life? What has you feeling inadequate, weak, overburdened, overwhelmed, unloving, bewildered, or defeated? Whatever our weakness is, it has us in a good place because we can best appreciate the resurrected Christ's strength in the middle of our weakness!

The apostle Paul had what he described as a thorn in the flesh, and he asked the Lord to heal him. This is what he heard Jesus say to him: "My grace is sufficient for you, for my power is made perfect in weakness." (2 Corinthians 12:9) Yes, the resurrected Jesus gives us His help!



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BIBLE TRIVIA
by Wilson Casey

1. Is the book of 2 Kings in the Old or New Testament or neither?
2. From Acts 6, which one of the seven "deacons" did great wonders and miracles among the people? Nicanor, Philip, Timon, Stephen
3. What apostle was a disciple of John the Baptist when Jesus recruited him? Andrew, Simon Peter, Thomas, James
4. From Revelation 6, what color was the sun when it became like

a sackcloth of hair? Red, Black, White, Green

5. Who was Saul of Tarsus waiting for while he fasted three days in Damascus? Darius, Zenas, Ananias, Apollo

6. From Isaiah 63:2, what color garments does the Lord wear? Purple, Red, White, Gold

ANSWERS

ANSWERS: (1) Old; (2) Stephen; (3) Andrew; (4) Black; (5) Ananias; (6) Red

Comments? More Trivia? Visit www.TriviaGuy.com

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DID YOU KNOW?
by Casey Reekie



Did you know that the Old English word "Lent" means "the lengthening of days"? It refers to spring, the time when winter's short days transform into summer's lengthening hours of daylight. The term came to describe the time of fasting

and penitence between Ash Wednesday and Easter.

Fasting was seen as a venerable tradition of piety among Jews before the time of Christ. It was practiced by Christ and his apostles.

Lent is central to the Christian faith. Christians fast and abstain while pursuing prayer and almsgiving during these forty weekdays. We intensify our prayer to listen more intently to God and through almsgiving we give our treasure, time, and/or talent in the hope of setting a pattern in ourselves for the rest of our lives.

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

Strange But True from Pg. 6

- For reasons unclear today, in 18th-century England, bumblebees were commonly known as "foggy-toddlers."
- You might be surprised to learn that in 2011, a man by the name of Ignacio Marc Isperas was granted a U.S. patent for "apparatus facilitating the

building of a snow man/woman." According to the abstract, "the spherically shaped body and adhesion surface form a building component for facilitating the construction of the snow man/woman."

- If you're a pickle-maker in Connecticut, you should know that your product cannot legally

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slessei3@gmail.com

The Christian Experience Weekend (CEW) is a time away from your normally hectic life. This is an opportunity to leave the busy world for one weekend to look at yourself and your relationship with God and other people. It will give you a chance to meet some new friends, reflect on life, and most of all, have fun.

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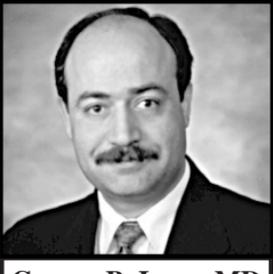
- be considered a pickle unless it bounces when dropped.
- Philadelphia brand cream cheese was originally made in New York.
- According to a recent survey by the National Association of Convenience Stores, 11 percent of adult Americans have at some point in their lives worked

at a convenience store or gas station. For 3 percent of adults, that was their first job.

Thought for the Day: "Once you can accept the universe as matter expanding into nothing that is something, wearing stripes with plaid comes easy."
-- Albert Einstein

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Help Your Children Take a Healthy Approach to Technology

Recent research shows that 40 percent of children between the ages of six and eight years have their own Internet-enabled mobile device. And probably most parents of toddlers or preschoolers have handed over their phone or tablet to entertain their children in needed moments. Our challenge is to make sure neither we nor our children lose contact with the real world as we inhabit the virtual one.

What's Wrong and Right with Screen Time

Too much screen time means too little time spent on active play, reading and socializing — activities essential to your child's development. In addition, the sedentary nature of most screen time has been linked to childhood obesity. Parents also should be concerned about commercialization linked

to many technology games, because young children do not have the capacity to discern the subtle messages being sent.

On the flip side, technology is here to stay and understanding digital tools can be educational. Our children need to be supported in becoming good digital citizens. There is also the added benefit of using programs like Skype to connect with loved ones separated by distance.

It is our job as parents to provide young children with balance. Along with media and technology use, this should include considering our child's time spent outdoors, playing with friends and getting enough sleep.

What You Can Do

A simple way to set limits is by clearly establishing ground rules for technology devices.

Amber Matthiesen cont. P. 28

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

Monday, March 2: Books for Lunch Book Discussion @ 12:00 noon. For this month the group will discuss the book *Salvage the Bones* by Jesmyn Ward.

Wednesday, March 4: Genealogy Club @ Your Library @ 6:30 pm. This group meets the first Wednesday of each month at 6:30 pm. Helpful handouts and laptop computers are available to use.
Thursday, March 5: Read Across America @ 7:00 pm. Kids of all ages are invited to a Dr. Seuss story time in honor of Dr. Seuss' birthday. We will read some Dr. Seuss books, make a fun craft and have a treat. Feel free to come dressed as your favorite Dr. Seuss character!

Saturday, March 7: Euchre Tournament Fundraiser @ 6:00 pm. Join us for our first Euchre Tournament fundraiser! We will be playing Bid Euchre with random partners. Cost is \$10 per person. Registration required by March 5 as 16 minimum needed to play. Walk-ins welcome if space allows. Prizes for the top winners. Snacks and beverages provided.

Sunday, March 8: Afternoon Game Day @ Your Library @ 1:00 pm. Join us for this monthly afternoon game day at 1:00 pm on the 2nd Sunday of every month. Come meet, teach, and play with other game lovers! All ages welcome.

Monday, March 9: Book Flicks @ Your Library presents "The Best of Me" @ 7:00 pm. Based on the book by Nicholas Sparks. Rated PG-13. (118 min.)

Tuesday, March 10: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm. For this meeting we will read and discuss *Home to Harmony* by Philip Gulley. Copies of each book are available to borrow from the library.

Sundays, March 15 & 22: Bear Creek Carving Classes @ 1:00 pm. The Bear Creek Carving Club are offering this two-part beginning woodcarving class at the library. The \$30.00 fee covers all equipment and materials. No experience is needed. A signed liability waiver is required of all participants. Registration is required as space is limited.

Friday, March 27: Senior Spelling Bee @ Your Library @ 2:00 pm. All seniors (and near seniors) are invited to find out just how good a speller they are. There will be fun spelling categories, prizes and healthy snacks.

Friday, March 27: Game Night @ Your Library @ 6:00 pm. Bring your favorite game and come meet and make friends with some of your fellow game lovers at our monthly game night at 6:00 pm on the 4th Friday of every month. All ages welcome.

Library programs are free unless otherwise noted.

For information on these and other library programs please call 563-875-8912 or go to www.dyersville.lib.ia.us or contact Dawn Schrandt via email at dschrandt@dyersville.lib.ia.us



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

Once upon a time in a make-believe jungle were two young children playing make-belief explorers. This make-believe jungle was just over the hill from the County dump. The County had moved my mother and us children into the farmhouse after our father had deserted the family. There were no heat, no electricity, and no indoor plumbing in the house that, we called "The Dump" because it was a dump!

We moved into the farmhouse in 1944 but I can remember another date so well because in 1945 my younger brother and I had been playing in our "jungle" and when we returned home all the family was out in the front yard yelling and jumping up and down and screaming, "THE WAR IS OVER! THE WAR HAS ENDED!" My brother and I didn't really understand what all the excitement was about but we joined in the celebration and did a victory dance.

We lived in that farmhouse until 1947 and until we left the farmhouse, our "jungle" or "forest" was a playroom to us. There was real vegetation of all sorts growing all around and we especially loved the hazelnuts that grew on small trees. We

often found wild raspberries and ate them, bugs and all. My older brothers often visited farmer Sullivan's garden and "tasted" his ripened water melons. We were not a party to this venture because we couldn't run as fast as they and their friends. My sister was more mature and didn't get involved in our playful behavior.

In the winter our "jungle" was frozen just like everything else in Minnesota. But we found great joy in playing outside in the snow and making ice slides down the hillsides. We really didn't have the traditional snow riding equipment but would piggyback down the hills on one sled. The older kids had a toboggan, and would often go ice skating on a lake or nearby pond.

Do you have fond memories of your youth? To this day I can remember the hazelnuts and wild raspberries that we ate so long ago. And the trees and foliage seem so real when I remember climbing the trees and digging in the dirt around the tree trunks. But, I don't remember just why my younger brother wanted to dig around the tree trunks. Perhaps he was looking for buried treasures. Next time he visits. I think I'll ask him.

Well, that's the end of a "mature" child's memory. Do you have some happy childhood memories? It's really fun to remember the good times.

VETERANS ★ POST ★

by Freddy Groves

VA's Prestige Plummet

How we view the Department of Veterans Affairs depends on which survey we read.

Back in 2013, in a poll modeled after the American Customer Satisfaction Index, a majority of veterans approved of their care at the VA. Specifically, veterans rated their care at 84 for inpatient and 82 for outpatient, generally along the lines of civilian hospitals.

Recently though, a general population poll done by think-tank organization Pew Research concluded that the VA is the third most unpopular U.S. government agency. While the ratings for most agencies have stayed generally the same over the years, the favorable opinion ratings for the VA plunged 16 percent in one year.

What happened between the two? Likely it was all the bad news: the disclosure of schedule

rigging at VA medical centers for the purpose of increasing bonuses, with the focal point being Phoenix; the resignation of Eric Shinseki, probably the best secretary the VA has ever had; and allegations that the delays in treatment at Phoenix caused the deaths of 40 veterans.

While it could be said that we're comparing apples and oranges (veterans getting care versus the opinions of the general population), it should be noted that the ACSI veterans survey was not anonymous. Surveyors called veterans at their homes already having their names, phone numbers and addresses as provided by the VA. The Pew survey was dialed randomly.

A more recent survey of employee attitudes at the VA paints the most damaging picture of all. Employees voted the VA as the second-worst place to work out of 19 government agencies. Just one year before, the VA ranked as 13th out of 19.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply2@gmail.com.

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Not often in the story of mankind does a man arrive on earth who is both steel and velvet, who is as hard as rock and soft as drifting fog, who holds in his heart and mind the paradox of terrible storm and peace unspeakable and perfect.

—Carl Sandburg

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"Buck-a-Book" Used Book Sale. Monday, Mar. 2, 8:00 a.m. – 4:30 p.m. You are invited to come shop our huge used book sale. There are a wide variety of interesting titles on spirituality, all for just \$1. Treat yourself or pick up a few books for a friend.

Taize Prayer "Lent: From Brokenness to Healing." Thursday, March 5, 7:00 p.m. Registration not required. Free will offering.

Musical Stations of the Cross presented by the group "Lydia." Monday, March 9, 7:00 – 8:00 p.m. Join us for a beautiful, inspiring, and heartfelt Lenten prayer service. The women of "Lydia" will lead us in the Stations of the Cross with reflections and music. Free will offering. No registration required.

Bridges to Contemplative Living. Tuesdays, March 10, 17, 24, 31, April 7, 14, 21 and May 5, 6:30 – 8:00 p.m. Through reflection on our experiences with the writings of Thomas Merton, we focus on living contemplatively in our busy and active lives. Booklet: "Discovering the Hidden Ground of Love." Offering: \$40/8-session series includes the booklet, beverage & snacks. Register by Mar 4.

Reading That Matters Book Discussion - Nickel and Dimed: On (Not) Getting by in America by Barbara Ehrenreich. Tuesday, March 10, 7:00 – 8:30 p.m. Offering: \$6. Register by Mar. 9.

Centering Prayer. Monday, March 16, 7:00 p.m.

Sunday Souposium: What Is Lent Really All About? by Msgr. Dan Knepper. Sunday, March 22, 6:00 – 7:15 p.m. Offering: \$10, includes soup/bread supper and program. Register by Mar. 20. Pay upon arrival.

Spring Breakfast: New Buds Burst Forth and Miracles Unfold. Tuesday, March 24, 7:00 – 8:00 a.m. Presenter: Marge Burkle, OSF. Offering: \$9.50. Register by Mar. 20.

Map of My Kingdom - A Play and Discussion by Mary Swander on Farmland Transfer. Thursday, March 26, 6:30 – 8:00 p.m. Registration not required. Free will offering.

WORLD DAY OF PRAYER

Annual ecumenical World Day of Prayer will be observed on Friday, March 6, hosted at Summit Congregational Church UCC at 2885 John F. Kennedy Road.

The worship service, written by the Christian women of The Bahamas will include **"Personal Reflections on The Bahamas"** by Ms. Claudette Bees. Special photos and artifacts of the beautiful natural environment of The Bahamas will be displayed. Gathering with coffee begins at 9:30 a.m. followed by 10:00 a.m. service. Snowdate will be on March 13.

Location is handicap accessible.

The women of The Bahamas identify justice issues in their communities such as domestic violence, HIV/AIDS, women in the workplace, eco-justice and refugees and migrant workers. World Day of Prayer, held in over 160 countries globally, will join prayers in solidarity with women and for creating a safe, just and joyful world.

World Day of Prayer is sponsored by Dubuque Church Women United.

All people are welcome. Contact Sue Hattel @ 563-556-1394.

There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.

—Nelson Mandela

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**Moments in Time
The History Channel**

• On March 5, 1839, Charlotte Bronte writes to the Rev. Henry Nussey, declining marriage. The 23-year-old Bronte told him that he would find her “romantic and eccentric,” and not practical enough to be a clergyman’s wife. Her novel “Jane Eyre” was published eight years later.

• On March 3, 1865, President Abraham Lincoln signs a bill creating the Bureau of Refugees, Freedmen and Abandoned Lands. Known as the Freedmen’s Bureau, this federal agency oversaw the transition of blacks from slavery to freedom.

• On March 4, 1888, Knute Rockne is born in Voss, Norway. He would go on to become one of the most successful coaches in the history of college football, leading Notre Dame during its golden era in the 1920s. Rockne won three undisputed national championships with the Fighting Irish.

• On March 7, 1938, Janet Guthrie, the first woman to compete in the Indianapolis 500 and Daytona 500 races, is

born in Iowa. In 1976, she was the first woman to compete in a NASCAR Winston Cup superspeedway race.

• On March 6, 1945, members of the Dutch resistance attempting to hijack a food truck unwittingly ambush German Lt. Gen. Hanns Rauter, head of the Nazi SS in Holland. In retaliation, the SS put to death 263 Dutch. Rauter later was executed for war crimes.

• On March 2, 1978, in a famous case of body-snatching, two men steal the corpse of film actor Sir Charles Chaplin from a cemetery in Switzerland. After a five-week investigation, police arrested two auto mechanics, who led them to Chaplin’s body.

• On March 8, 1982, the United States issues a public statement accusing the Soviet Union of using poison gas and chemical weapons against rebel forces in Afghanistan. Evidence to support these charges was largely anecdotal. Some critics charged that the accusations were a smokescreen behind which the United States could go forward in upgrading its own chemical weapons arsenal.

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When you see a rattlesnake poised to strike, you do not wait until he has struck to crush him.

—Franklin D. Roosevelt

**NOW HERE’S A TIP
By JoAnn Derson**

• I purchased a roll of reflective tape to mark our basement stairs. It reflects the light from the open doorway at the top of the stairs, and I can turn the downstairs lights off before heading up. I had some left over, so I put a strip on my dog’s collar. When I let him out at night, I can shine a flashlight and spot him instantly, since the tape is more visible in the night.” -- V.R. in Pennsylvania

• Tongs lost their clip? Use the rubber band from a bunch of broccoli to hold the ends together in storage.

• “I am an avid craft sewer. A trick I use that was passed down from my mother is to save the bar soap when it gets to a sliver. Then I use it to trace patterns on cloth. I like it better than chalk. It makes a clear mark that “sticks,” but will wash right out when you’re done.” -- I.W. in Kansas

• Use an old vegetable peeler in the shop to sharpen pencils.

• “Diaper rash hurts. The best medicine, in my opinion, is a little diaper-free time for baby. But there are times when it’s just not practical to let the little one go about pants-free. When you can’t air dry an angry baby bottom, help dry the skin with a couple minutes of warm air from a hair dryer.” --- P.M.

• Wrap the metal collar of your paintbrush with masking

tape before painting. Then you can peel it off and there’s no stuck-on paint.

• Store plastic wrap in the refrigerator, or even the freezer, to keep it from sticking to itself.

Send your tips to Now Here’s a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

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BATTING A THOUSAND DURING TAX SEASON

Spring training for major league baseball teams begins in March. As you prepare to meet the April 15 deadline to file your taxes, here are some Social Security tax tips to help you knock the ball out of the park! Batter up!

FIRST BASE

If you changed your name due to marriage or divorce, or made another legal name change, make sure you change your name on your Social Security records and with your employer. Changing your name on all of your records will avoid a "mismatch" with our records

estimates of your retirement, disability, and survivor benefits, if you are still working.

Keep up the full-court press by managing your benefits, if you already receive them.

Get immediate proof of your current Social Security benefits or a replacement SSA-1099 or SSA-1042S for tax purposes.

While everyone focuses on college basketball, create your own March Madness with Social Security. You can open your online *my Social Security* account during one of the commercial breaks.

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(which could delay your tax return) and improper recording of your earnings. To learn more about your Social Security number and changing your name, go to www.socialsecurity.gov/ssnumber.

SECOND BASE

You will need Social Security numbers for your children if you want to claim them as dependents on your tax return. In most cases, parents request a Social Security number for their newborn child at the hospital when applying for a birth certificate. If you didn't apply for a number for your child then, you can apply at your local Social Security office or by mail. Claiming your dependents will maximize your tax refund or minimize any amount you owe. To learn more, read our online publication, *Social Security Numbers For Children*, available at www.socialsecurity.gov/pubs.

THIRD BASE

(Bases loaded)

If you receive Social Security benefits, you need to pay federal taxes on some of your benefits if your total income, including Social Security and all of your other taxable income, is \$25,000 or more, and you file federal taxes as an individual. Married couples filing joint returns need to pay federal taxes on income of \$32,000 or more. To learn more about taxes and your Social Security benefits, go to www.socialsecurity.gov/planners/taxes.htm.

Batting A Thousand cont. P 15



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Contract Bridge

by Steve Becker



THE RIGHT PLAY AT THE RIGHT TIME

South dealer.
Both sides vulnerable.

NORTH

♠ 6 4 2
♥ Q 10 4
♦ 9 7 4 3
♣ A 7 3

EAST

♠ 9 7 3
♥ A 5
♦ Q 8 6 2
♣ K 9 5 4

WEST

♠ Q J 10 8
♥ 6 2
♦ K 10 5
♣ J 10 6 2

SOUTH

♠ A K 5
♥ K J 9 8 7 3
♦ A J
♣ Q 8

The bidding:

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

Opening lead — queen of spades.

There is usually very little difference between playing a hand well and playing a hand perfectly, but occasionally this slight difference has a substantial effect on the outcome.

West led a spade against four hearts, and South, seeing four probable losers — one of which had to be averted for the contract to be made — decided that his only real chance was to find East with the king of clubs. Declarer

hoped to establish a 10th trick by leading a low club from dummy toward his queen, planning later to discard one of his losers on dummy's ace of clubs.

Accordingly, South took the spade lead with the ace and played the king of hearts to dislodge the ace. He expected that dummy's Q-10 of trumps would then provide him with the two entries he needed to accomplish his purpose. But East ducked the king of hearts and thereby foiled South's plan. Declarer could not recover from this setback and eventually finished down one.

South could and should have made the contract by leading the seven of trumps to dummy's ten at trick two! East can do no better than win with the ace and return a spade.

Declarer wins, leads the eight of trumps to dummy's queen and returns a low club, taken by East's king. The defenders cash their spade trick, but South is home free. Whatever is returned, he wins, cashes the queen of clubs, leads the three of trumps to dummy's four and discards the jack of diamonds on the ace of clubs.

Observe that East cannot stop the contract by refusing to take dummy's ten of trumps at trick two. South counters by leading a low club from dummy at trick three and later leads the heart eight to dummy's queen to produce the same outcome.

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Dollars And Sense By David Uffington

Consumers Are More Optimistic, But ...

The newest consumer sentiment survey is out, and it came in at a whopping 98 (out of 100). One year before that, the number was 81. When it comes to consumer expectations, the number shot up to 91 after reaching only 71 a year ago.

Here is one sample from the 50 questions on the survey: "Do you think that a year from now, you and your family will be better off financially, or worse off, or just about the same as now?"

The overall survey results tell us that we consumers think things are better than they've been in a decade. That we'll continue to spend, that more jobs will be created and that unemployment won't go up again. And that we believe these good times will go on for another five years.

All is not perfect in our eyes, however. Most of us have only our own paycheck to gauge how the country is faring, and we still need these lower gas prices and various discounts to have extra to spend. We expect that our own purchasing power will increase only 3.3 percent this year. But we're still optimistic.

While optimism is good, so is caution.

The official recession was

December 2007 to June 2009. It seems so long ago, and for so short a period of time — just 18 months. Yet the damage was so serious and the recovery so long (the unemployment rate continued to rise even after the "official" period ended) that it should be a message to all of us.

Depressions, recessions and periods of prosperity run in cycles, and there's nothing the individual can do to stop it. Taking care of yourself and your family should be your paramount goal in the face of not knowing what is coming when. Here are some ideas:

- Spend modestly. Before you buy a bigger house or an expensive vehicle just because you can, determine whether you actually need it.
- Keep your credit-card debt as low as possible, and look for credit cards with zero interest for a long period of time.
- Save extra money, whether it comes from a pay raise, paying off a monthly debt or eating dinner at home instead of a restaurant.
- Learn a new income-producing skill.

Mostly, remember the financial lessons learned, especially if you were unemployed for a period of time and struggled.

David Uffington regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply3@gmail.com.

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Dubuque Symphony Announces Its 3rd Annual Pursuit of the Podium



(DUBUQUE) – The Dubuque Symphony Orchestra (DSO) announced its third annual Pursuit of the Podium candidates; five local individuals are competing in this year's fundraiser.

Contestants include Tim Althaus, President at Family Beer & Liquor; Robert Byrne, Author; Jim Jelinske, Owner of Creative Education Services; Otto Krueger, Retired Air Force Officer and Procurement Manager at Diamond Jo Casino; and Jan Powers, Director of Workforce Solutions at Greater Dubuque Development Corporation. The contestant that raises the most money on behalf of the DSO between February 1 and April 13 will conduct one piece at the free Summer Melodies concert at the Dubuque Arboretum on Sunday, June 28, 2015.

To make a donation on behalf of a Pursuit of the Podium contestant, please visit www.DubuqueSymphony.org or mail your gift to the Dubuque Symphony Orchestra at 2728 Asbury Road, Suite 900, Dubuque, IA 52001. Profiles including each contestant's bio and a statement about why they would like to win Pursuit of the Podium can also be found on the symphony's website.

The Pursuit of the Podium winner and total amount raised will be announced at the Dubuque Symphony Orchestra concerts on April 18 - 19 at Five Flags Theater, the final classics concert of the 2014–2015 season.

For more information, call the Dubuque Symphony Orchestra office at (563) 557-1677.

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Book Review

“Spinster”

by Kate Bolick
(Crown, \$12.99)

Reviewed by Molly Ford

There are 158 million women in the United States, and 102 million of them are single. In this groundbreaking new book, based off a 2011 Atlantic magazine cover story, Kate Bolick examines why, how and what the future holds for the growing number of these women.

Guided by her own journey as a single woman and her experiences as a writer in New York City, Bolick’s stories give color and life to the statistics she shares about being a single woman in America.

To give a more complete view of single women throughout American history, Bolick weaves in anecdotes from her late mother’s life and also profiles five pioneering women from the past century who have

defined and embodied being single. These women include such notables as journalist Neith Boyce and essayist Maeve Brennan.

Bolick has richly researched each of these “awakeners,” as she calls them. By including quotes from their original work, visiting their homes and talking to surviving relatives and friends, “Spinster” becomes as much a historical read as a commentary on contemporary singleness.

And although it’s the title of her book, Bolick puts the somewhat derogatory label of “spinster” to rest for good, showing how single women have been a rich, if slightly ignored, part of American history, and how they are influencing culture and lifestyles choices across the country today.

If you want to know more about this powerful and intriguing demographic shaping life in America, this is your read.

To read more reviews by Molly Ford, visit www.smartprettyandawkward.com.

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Batting A Thousand from P 12

CLEANUP HITTER:

Now that you’re working hard and earning Social Security credits, you can check your *Social Security Statement* online. Doing so will ensure that you have all your bases covered for the years you’ve worked. You can open or access your personal *my Social Security* account at www.socialsecurity.gov/myaccount.

A GRAND SLAM:

If you own a small business, Social Security has a free electronic filing option that allows you to prepare and submit W-2s for your employees at www.socialsecurity.gov/employer. Registering online gives you freedom from paper forms and it’s free, fast, and secure.

Follow these tips, and cover all your bases. To learn more about Social Security, visit www.socialsecurity.gov.

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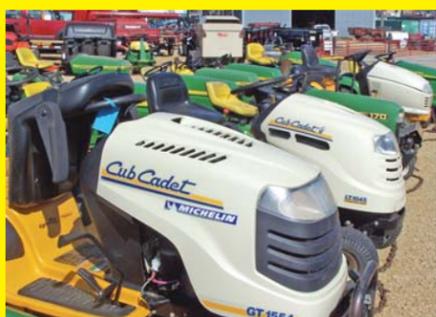
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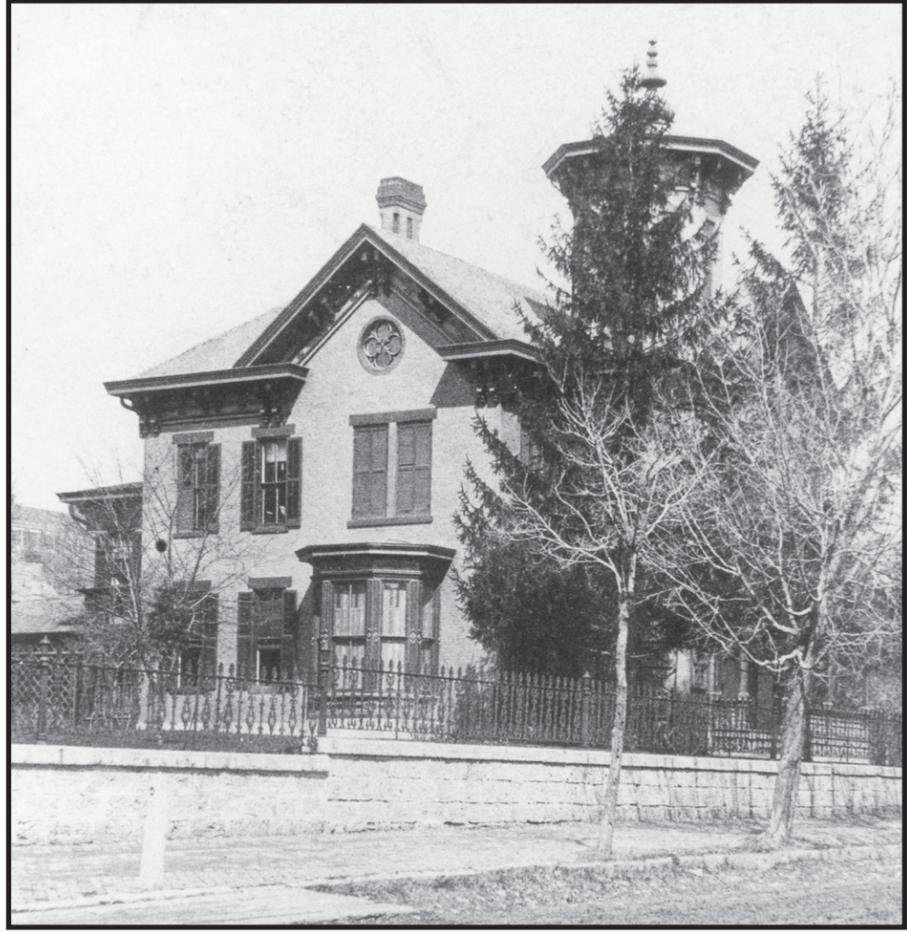
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YESTERDAY AND TODAY

BY MICHAEL GIBSON



This exquisite Italian Villa style home (1183 Locust) with its octagonal tower was built in 1873 by Dubuque businessman, James A. Beach. Beach came to Dubuque in 1857 from New Hampshire and soon established a lard, soap and candle factory at the corner of Dodge & Bluff. With his two sons, Edward & Charles, they later formed the James A. Beach & Sons soap manufacturing company. By 1880 annual revenue was reported to be \$50,000 with production of over 10,000 boxes of soap including such band name as "North West" and "White Castile." In 1906 with new equipment they became the first soap powder mill in Iowa. Beach served as city alderman and was instrumental in securing Washington Park. He also served as president of Finley Hospital and the German Bank, and at the time of his death in 1918, he was president of the Dubuque Packing Company. (Courtesy of the Loras College Center for Dubuque History, OHE p71 Neg. 1077).

Yesterday & Today cont. P. 17



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 to be included in the monthly newsletter. Contact Terry Mozena at 563-584-0282 with any questions.

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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.



In the late 1920's the home was demolished and eventually the property was sold to the Freemasons who constructed an elaborate structure to serve as a temple. The Masons first established Dubuque Lodge No. 3 in 1842 and they moved several times to different locations. Just prior to locating at 12th & Locust they occupied a building at 11th & Locust, where the new addition to the Carnegie Stout Public Library is currently located. The cornerstone for the current Masonic Temple was laid in 1931 and formal dedication of the temple occurred on March 15, 1932. (Photo by Terry Grant).

Senior Homecare

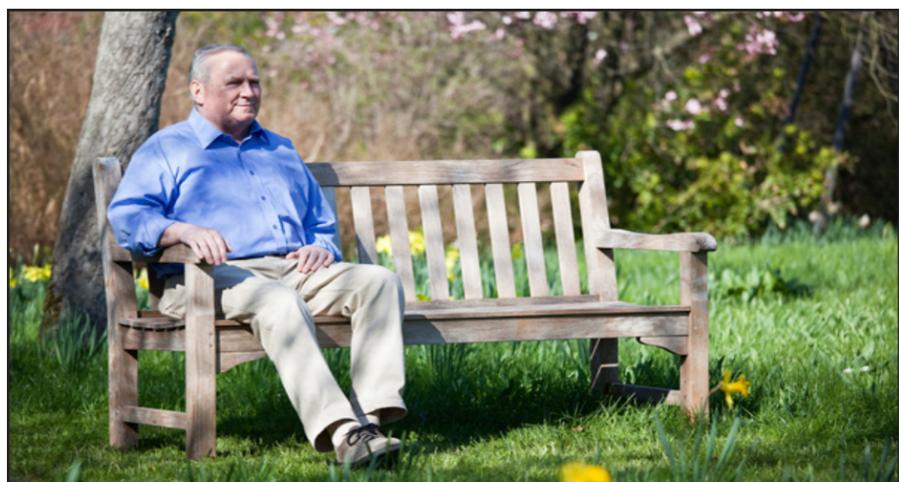


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Pipes & Drums, Dubuque American Legion Post 6, The Ancient Order of Hibernians (AOH) - Dubuque Divisions 1 & 2, The Julien Dubuque International Film Festival, and the Knights of Columbus, Council 510 and by doing play a prominent cultural role in the greater Dubuque area. We raise a significant portion of revenue through grants, sponsorship and donations for the long term growth and success of our organization and to support our own charitable giving (donations to and partnership with other like-minded non-profits). We also strive to expand the level of transparency and engagement within the community and to involve more young people in our events and organization so they gain a greater appreciation for their heritage and grow within our organization over time.

The Irish Hooley's 2015 Saint Patrick's Day Celebration Tuesday, March 17, 2015 • 5:30-8:30 PM Knights of Columbus Hall • 781 Locust Street

In honor of Saint Patrick's Day, The Irish Hooley is offering a free evening of music, dance, information and celebration for everyone of Irish heritage or "Irish at heart" on Tuesday, March 17th, the historical date marking the death of Saint Patrick of Ireland in 460 AD.

Schedule of Events

5:30 - 6:30: An Irish Seisiun featuring music by Emily & Alison Ott and John Eby. Dinner and drinks will be available at the KC Hall or just enjoy the music.

6:30 - 7:00: Travel In Ireland Part 1; a brief presentation by Mike & Judy Siegert.

7:00 - 7:30: Travel in Ireland Part 2: Saint Patrick's Way & the Irish Whiskey Trail.

7:30 - 8:00: Irish Dance Presentation by the McNulty School of Irish Dance.

8:00 - 8:30: It Never Rains in an Irish Pub - a brief excerpt from The Irish Pub Film. Announcing "An Irish Sunday" at the Julien Dubuque International Film Festival plus the Irish Hooley festival lineup and other events for 2015.

Admission is **FREE**. This is a family friendly event appropriate for all ages.

Irish and American food and beverages will be available (alcohol is only for those 21 years of age and older) inside the KC 510 Hall.

Parking is available in the KC Hall Parking lots, the City of Dubuque Parking Ramp across the street from the hall and along the downtown streets.

The Irish Hooley promotes Irish and Celtic music, cultural events, education venues, and international exchange through an annual series of events in the Dubuque Metropolitan Region, operating as an established 501(C)3.

Our goals are to create and promote sustainable annual music and cultural events in partnership with other area non-profit organizations including The Four Mounds Foundation and Project Heart, The University of Dubuque, The Dubuque Symphony Orchestra, Dubuque Fire



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Glimpses of History from Mt. Pleasant Home's 140 Years
13th in a Series • 1980-1989: Transitions



Pouring the foundation for the 1989 north wing addition to the 1857 mansion. The excavation has exposed bricks and foundation stones from the original north wing. The original two-story north wing was built in 1857 for the "help" and included the kitchen. After 1878, the old north wing housed women until the move into the west wing that was added in 1939. The original north wing was apparently worn out and – with no recorded regrets - was razed in 1940.

The records of Mt. Pleasant Home date back to 1874. The records give glimpses of life through the decades. They also also reflect changes in how Dubuquers supported persons with limited financial or support resources who could thrive in an affordable, home-like, independent living community.

CHANGING RULES

In 1959, the Home policy was that residents were not allowed to have fans. Apparently, that policy was soon relaxed. In 1985, residents were allowed to install small window air conditioners. By 1988, the hot summer had resulted in more air conditioner installations than the electrical circuits could handle.

Even as late as 1989, the Board reaffirmed that "there will be no locked doors for residents' rooms except when a resident is gone for an extended period of time." A few years later that restriction was dropped to end the long-running discussion begun decades earlier when the Fire Department wanted to enable quick resident evacuation in an emergency and opposed room locks.

LIMITS ON MEN

The ladies who incorporated Mt. Pleasant Home in 1874 made it a point to have only women organizing, staffing, and managing all operations. Men were hired for occasional labor. By 1891, it was determined that there was a "necessity of having a man on the premises to take charge of the furnace, cows, and all out of doors work." That position was titled "house man."

INTEGRATING MEN

1886 minutes noted that there was "a pressing need to house

Mt. Pleasant
— HOME —

old ladies." One hundred years later, in 1986, the pressing need in Dubuque was for comparable housing for men. A proposal to the all-woman Board of Directors began by noting that several units in the Home had been difficult to keep occupied since they "have smaller closet area and are more isolated. While these points are deterrents to ladies, they are less likely to bother men."

The proposal continued: "Now we see a need in our community for housing the male population, also.... I think we'd all agree that we find the company of men pleasant and often stimulating. They have a way of interesting us in subjects other than home, house, and family." The proposal was accepted and men began residence at the Home in June 1986.

Mt. Pleasant's first male Administrator had been hired in 1984. Men were first invited to join the Board of Directors in 1990. The first male president of the Board was elected in 2001.

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Tickets: \$22(in advance) \$25(at the door)
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MISTER BREGER By Dave Breger

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"After much discussion we've decided to name him John, for one of the family..."

A Winter Wonderland

by Jim Stack

This morning I set off on a walk back to my childhood. I have been asked many times in the past six months, why I left California to move back to Dubuque. This morning is precisely why. It started snowing last night about 6:00. There is about six inches or so on the ground and it's still coming down. Two hours ago, I grabbed my camera and set off north on the Heritage Trail. The first part is still in town. Immediately, I was transported back in time by sounds I hadn't heard in years. The wet, sibilant sound of tires cutting through slushy snow, the scrape of a plow blade on pavement, accompanied by the jingle of chain clad tires. As I traveled further and left the city behind, the sounds became more subtle, natural. The soft hiss of snow on snow, the scrunch of my shoes leaving their prints, the phop, phop of clumps of snow falling from the trees, the creak of the trees themselves, moving slightly in the wind; all of these sounds were sounds I had left behind in childhood and today, they transported me back there. Winter had always been my favorite season, I have always loved snow, watching it fall and silently trudging through it. It has always been something that has filled my heart with wonder, a visceral thing that has no explanation, it just is. I consider myself an extroverted introvert. Snowfall has always spoken to and soothed the loner in me. As summer recedes and the foliage deserts the trees, the bones of the earth show themselves. There is a harsh beauty that emerges with fall, but it is a reminder of how fleeting life itself is, how we all come from the earth and shall return to the earth. Winter comes along



and blankets everything with a quiet that promises a renewal.

As I walked this morning, back into my past, I experienced that renewal on a spiritual level. Gone were the turmoil and disappointments of the adult world. I was 7 years old again; life had not grabbed me by the scruff of the neck and shaken the innocence out of me. Walking along, I have always liked turning and looking back at my footprints, the only blemish in the unbroken surface of the snow. On my return journey, even they had started to fade as the falling snow sought to return the earth to a pristine state. The world was covered in white, the color of purity and innocence, the blank slate, the fresh canvas. When I left California, was I leaving something, or moving to something? Only time and perspective will tell. But as the earth springs forth anew from the promise of the fresh canvas of winter, we should fill the blank canvas that each day presents us with the vibrancy of life. Getting in touch with my past, drives me to the future, I don't know where I'm going, but I'm confident I'll get there. I need the quiet renewal promised by winter, I've missed it.

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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: What city is the home of Marco Polo Airport?
2. MAGAZINES: Who was on the cover of the first Rolling Stone magazine?
3. FOOD & DRINK: What are the two ingredients in a Black Russian cocktail?
4. LANGUAGE: What does the Greek suffix "gamy" mean in English?
5. MUSIC: What are the first names of the Blues Brothers (Dan Aykroyd and John Belushi)?
6. HISTORY: In what year did test pilot Chuck Yeager break the sound barrier?

7. TELEVISION: What is the name of the dog on "Family Guy" animated series?
8. U.S. PRESIDENTS: Who was the first president to be born in a hospital?
9. SCIENCE: What would an entomologist study?
10. MOVIES: What are the names of the siblings who had acting roles in "Sixteen Candles"?

Answers

1. Venice
2. John Lennon
3. Vodka and coffee liqueur
4. Marriage
5. Jake and Elwood
6. 1947
7. Brian
8. Jimmy Carter
9. Insects
10. John and Joan Cusack

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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.

Our Adopted Uncle

Seven orphan boys between the ages of seven and fifteen rode the train from New York City to Dubuque, Iowa, in the year 1900.

They were brought here by subscription under the guidance of the parish priest to be adopted by farmers to help with farm labor.

Six were stationed satisfactorily but John Hogan, the seven year old boy was refused by his subscriber as he was too small and not able to work.

The priest turned to my grandfather and said, "Could you take this boy until I can find a home for him?" My grandfather had lost a son Peter, nine years old, the year before. He was dragged to his death by a horse that was tied to his foot while he was herding cows. Grandpa thought John might help ease their grief.

John Hogan grew up in this family of one girl, Annie, and four brothers, Daniel, John, Henry and Matthew, my father.

John worked for neighbors returning often to visit and play games with us. We loved to play cards with him. We had to watch, as he might play the same card twice or deal out of turn.

One morning he walked from a neighbor's to our home to ride with my folks to a funeral. My mother said, "Fry Johnny a few pancakes." I heated the big round griddle and fried eight big pancakes. He ate them all and called "More pancakes." I had taken the griddle off

thinking any more might be his death. Before he finished calling "More pancakes," he had eaten forty-two pancakes.

His love affair and engagement were canceled as a cousin of his bride to be influenced her that she should not marry an orphan.

About this time Uncle John moved his wife and family to Pasadena, California, to live, as he had poor health. John Hogan went with them and found work as handyman in large estates. After many years he had saved enough money that he could have bought five — one hundred and sixty acre farms.

After Uncle John's death, John Hogan returned to Iowa with the family to direct their farming operations.

In his later years he worked in Dubuque where he became interested in investing his money. He invested his whole fortune in a black onyx mine in Montana. He was confident in his investment that he kept saying to us, "Today you are riding in an Overland, tomorrow we will all be riding in a Cadillac."

John opened the fatal letter to find the mine was shallow — he had lost everything. He worked at small jobs returning often to live a week or more with us until his health failed.

He was cared for in St. Anthony's Home a few months before his death. He was buried in our family plot in the Monastery Cemetery.

We loved him as an uncle.

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SENIOR NEWS LINE

by Matilda Charles
All About Us

Singing Therapy Helps Parkinson's Patients

Researchers at Iowa State University have been using music as therapy for patients with Parkinson's disease.

Patients were first tested on pitch duration, vocal loudness, respiratory pressure and swallow control to set a baseline. Then, once a week for eight weeks, they all gathered together to sing simple songs. The end result? All showed significant improvement.

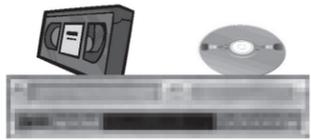
Since Parkinson's is progressive, being able to maintain a function can be important for continued muscle control. Participants were shown to have positive changes in voice, speaking and breathing, and experienced reduced stress and anxiety, improved communication and well-being, and even better memory as they learned new songs.

The physical aspects aren't the only areas that benefited. Interaction with others who have Parkinson's has brought the group together socially. Even though the study is officially over, they still meet every week to keep singing ... because they know what it does for them.

The program has been so successful that researchers plan to do another study for a 10-week period. They'll test this year's participants to see if there are differences between those who continued to sing and those who didn't.

Singing as therapy for Parkinson's apparently isn't new. As far back as 2011, Northwestern Memorial Hospital in Chicago has used music and drama for their therapeutic benefits to Parkinson's patients. It has documented benefits in movement, posture, speech and voice, as well as mood and attitude, goal setting and encouraging others. In the drama section, the participants

Senior News Line cont. P. 21



The Color of Money

We first met pool hustler “Fast Eddie” Felson (Paul Newman) in 1961’s *The Hustler*. In 1986 Paul Newman returned as “Fast Eddie” in Martin Scorsese’s *The Color of Money*. The passage of time has caused Eddie to put away the pool cue and make a living as a liquor salesman. Eddie is a very successful salesman, but there is a certain spark that has dimmed.

During one of Eddie’s liquor calls an earsplitting slam of billiard balls catches his attention. Eddie has found the natural that can rekindle his love for the game and the vast sums of money that are available for the taking. The young man’s name is Vincent (Tom Cruise), and he is beyond good; he is a young version of

Eddie. It takes some persuading, but Eddie convinces Vincent and Vincent’s girlfriend Carmen (Mary Elizabeth Mastrantonio) to join him on the road hustling pool, the eventual prize being the Nine Ball Tournament in Atlantic City. The challenge for Eddie and Carmen is to keep Vincent’s raw talent controlled and, although it’s demeaning, to make him understand that sometimes you have to throw a game in order to drive up the amount of future wagers, which is why they call it hustling.

Newman, Cruise, and Mastrantonio deliver topnotch performances and Scorsese will, of course, always be on the list of the world’s great directors.

This film is rated a mild R and is available via Netflix mail order.

**An Iowa Legend
Glen Miller
(1904-1944)**

Adjusting for inflation, it’s claimed that no entertainer in history ever made more money than Iowa-born band leader Glenn Miller.

As a youngster, Glenn Miller milked cows to earn his first musical instrument, a trombone. He spent the rest of his life milking that trombone to become America’s premier band leader, a title undimmed a half-century after his death.

Miller was born in Iowa (1904); his parents soon left for first Nebraska, then Missouri (where Glenn acquired his first trombone), then to Fort Morgan, Colorado. After two years at the University of Colorado, Glenn headed for the West Coast where he joined a small band and taught himself how to arrange music. Soon Glenn moved to New York City where he arranged for numerous orchestras.

After one disastrous attempt to form a band, Glenn reorganized a new one which, after a year of one-night stands, soared to become the most popular band in America.

The sound Glenn sought was an ensemble effect, where the band, as one music critic put it, soloed more often than any of its soloists. Tonal balance was dominant in the Miller band, the strongest feature being harmony created from

a skillful blend of clarinets and saxophones. This blend created a distinctively new and different style.

At the height of its popularity as the No. 1 band in the world, the clouds of World War II raced across the sky. Glenn let his band go and accepted a position in the Army Air Force. At the time he was the highest-paid band leader America had ever known, and adjusting for inflation and taxes, probably the highest-paid entertainer of all time.

Glenn’s army band duplicated the sound GIs had grown up with and they cheered themselves hoarse to hear him again in countless army outposts. He then went to England to bring a touch of America to lonely GIs readying to sacrifice their lives for world freedom.

On December 15, 1944, Glenn Miller took off in a small plane, heading for Paris to make arrangements for his band to entertain troops embattled on the European continent. The plane was never heard from again. America’s premier musical trendsetter disappeared without a trace.

Iowa-born Glenn Miller wrote the popular song Moonlight Serenade. During his lifetime, the dancing public (nearly everyone) referred to this beautiful “sweet” song as “America’s Other National Anthem.”

Glenn was born in Clarinda, Iowa.

Senior News Line from P. 20 read scripts, which helps memory recall and articulation.

If you have Parkinson’s or know someone who does, investigate singing therapy in your area. If there isn’t a

program, encourage the local hospital to begin one.

Matilda Charles regrets that she cannot personally answer reader questions, but will incorporate them into her column whenever possible. Send email to columnreply2@gmail.com.

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Plant Talk

by
Ken Resch



Stewardship of the Earth

In preparing some comments for a panel discussion on stewardship at Wartburg Seminary, I found the following words from Fyodor Dostoyevsky's *The Brothers Karamazov*:

"Love all creation, the whole of it and every grain of sand. Love every leaf, every ray of God's life! Love the animals. Love the plants; love everything. If you love everything, you will soon perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an all-embracing love."

I believe in my 68 years I have come to embrace these words completely. Little did I know that back in 1955 in Chicago was where I first learned what all this meant. I always observed my father putting what I thought were just pieces of junk, broken parts to different things, cut off pieces of pipe and different pieces of metal into boxes in the garage. Then every few months, believe this if you will, down through our alley came a man with a cart pulled by a horse. I could hear him coming not from the sounds of the horse but from his words "Rags, old iron! Rags, old iron"! He was a junkman and my father either gave or sold the man what he had been collecting. My parents and grandparents—who lived upstairs of us in our two-flat—also put coffee grounds, eggshells and even bits of old wet newspaper into the earth of our small back yard.

It should have been no great surprise that people often paused as they walked past our

yard and admired the roses in bloom. Nor should I have been surprised that after a good soaking of that ground around dusk that I could go out an hour later with my flashlight and harvest enough night crawlers to go fishing the next morning. All my life I have conserved resources and to this day in my garage are boxes into which I sort recyclables I take to the scrap yard to sell less for the money—since my latest check was for \$1.32—but more about caring for the earth.

So this is my stewardship of the earth message to all my readers: in the coming season, care for the earth and that inhabits that earth. I plant native flowers to attract bees and butterflies (especially Monarchs) because bees are being decimated by colony collapse and the Monarchs by habitat losses; I carefully stop along roadways and remove animals struck by cars because all living things are to be honored and treated with dignity; I feed the birds and the squirrels because both are hungry; I diminish my use of pesticides and herbicides in favor of natural means of balancing the good and the bad in my gardens; I recycle my grass clippings back into the soil because we must nourish that from which we take so much; and I teach my grandchildren—and taught my children before them—to care for the earth by having them help me and by modeling behaviors not unlike those of my father.

The growing season for 2015 has not yet begun. Take time now to implement at least one new idea to help the earth. If you use bottled pesticides, exchange them for naturals like lady bugs or mantis; if you need to replenish the soil, use peat and products from your home including grass clippings; if you are going to add plants to your garden, consider native plants and plants to attract bees and butterflies. In other words, think first about the earth; second about what you want.

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Broadcasts, Bovines and Blockheads

I listened to the radio. The bed had been warm and my pillow cold. That perfect combination made it hard to rise. I said a little prayer, counted my blessings and savored the calm before the coming storm of activity that each day brings. I jumpstart my brain in the morning with newspapers, books and radio. Occasionally a magazine, but never a TV. I love learning early things without too many pictures, allowing my imagination free reign.

Plus there aren't any reruns. Everything is new. The Greek philosopher Heraclitus said, "You can never enter the same river twice."

It's good to start the day knowing something new. That way, if someone said, "The first thing you know."

You could respond with something other than, "Old Jed's a millionaire."

I'd fixed myself a hot meal—peanut butter on toast. Nothing new there. I give little consideration to breakfast options. It's toast plus Kashi or Cheerios, yogurt, orange juice and PG Tips tea.

I dream of days that move with the speed of a building. People tell me that's a dreadful thing to desire. Thanks to an ambitious calendar, most of my days fly by before I've realized they were here.

I look for something positive in every morning's news. Some days I have to search harder than on others.

The news carried a story about a man who had trained his girlfriend's rabbit, Wallace, to fetch a bottle of beer. This was a man whose days went by slowly. He had too much time on his hands. He built a small cart and with the help of raisins as incentives, the bunny pushed the beer the man's direction. How did he get the beer out of the refrigerator and open the bottle? He had to train the cat to do that.

He didn't really train a cat. That would be like herding cats. Cats move only when there are laps to fill. Why do women like cats? Cats are independent. They don't listen, they don't come when you call, they can be emotionally reserved and they don't want to try new foods. In

other words, qualities women hate in a man, they love in a cat.

Animals do amazing things all the time. Not all of them make the news.

One evening, at Hartland University, the local dispensary of adult beverages, a Holstein cow walked in, uddered up to the bar and ordered a beer and a bump. Without batting an eye, the bartender set a bottle and a glass in front of the bovine. The cow paid with a \$20 bill. The bartender thought, "It's a cow. She won't know what drinks cost." He gave the cow no money back.

"You know, you're the first cow I've ever seen in here," he said.

The cow looked at her empty hoof and replied, "At these prices, I'm the last cow you'll ever see in here."

A cow will work for you 10 years for an opportunity to kick you once.

May the bartender live 100 years, with one extra year to repent.

I worked for cows for many years. One year, my aunt lost her wedding ring while bringing lunch to me as I was mending fences. We searched everywhere for that ring without luck. I even employed a metal detector that I'd built—a Heathkit model. I found countless bits of metal, but no ring.

Three weeks later a cow walked up to me. She carried the ring in her mouth.

I couldn't believe my eyes. It was like seeing a bloody turnip. I took the ring from the cow's mouth, thanked her, whistled a happy tune and presented it to my aunt as soon as possible.

My aunt raised her eyes heavenward and exclaimed, "It's a miracle!"

It wasn't. Her name was written on the inside of the ring.

Cows might be smarter than men. I offer two examples.

A friend told me that after a day of frustrating work and travel, he told his wife that he couldn't find his cellphone. His wife, on the other end of the line, told him kindly, "You're talking on it."

My wife occasionally asks questions filled with husband traps, especially after she'd reread her favorite book, "Women Are from Venus and Men Are Wrong."

"If you could live your life over again, would you do anything differently?" she asked sweetly.

"Probably," I mansplained.

"What?" she asked not as sweetly as she'd asked the prior question.

After minimum cogitation, I replied, "Everything. I can't remember how I did anything."

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Over The Years
by Grandma

**Cleaning The
Separator**

One of the hard jobs on the farm was operating and cleaning the cream separator. Mounted on an iron frame was a tank for milk. Beneath the faucet was a little cup with a float and beneath that a spout each for milk and cream. In the center was a whirling bowl that separated the cream from the milk by centrifugal force. Before separating began, the handle had to be turned until the bowl spun at the proper speed. Turning the separator by hand took a strong back and arms. After milking those cows by hand and turning the separator, the farmer and his wife earned the cream check.

The farmer's wife and children had another job that earned the cream check. The blessed thing had to be spotlessly clean in order to get Grade A price from the creamery.

This was one of the very early morning tasks – washing the separator before it soured. Mother had us rinse the machine and disks with cold water to remove the milk before a hot suds bath. If you failed to rinse it all off, the hot wash became a slippery, rope, sticky, smelly mess – enough to turn your stomach.

Next came the wash in hot suds. Inside the revolving bowl were 35 fine metal discs. They fit together so precisely, they were numbered. These discs were sharp, you had to be careful not to cut your fingers. Each had to be put on the spindle in correct order. For washing and airing, they were slipped onto a large frame, much like an oversized

safety pin. Here, too, is where rinsing with cold water first was really needed. If these got sour milk between them, they would stick together – and that sour milk.

Then came the heavy bowl that fit over the discs. Usually it collected about one-third inch of dirt, scum and whatnot inside. I used to grimace as I took my finger and scraped it out separately.

Then there was a large screen strainer and that blessed strainer cloth. If not carefully washed and rinsed, the strainer cloth would become stiff with old milk and be smelly and useless.

After all this suds washing, next came a teakettle of boiling water to scald the whole process, spouts and all. After all parts were scalded, a clean dish cloth was placed over all the parts.

After all the parts of the separator were thoroughly washed, the iron separator frame and the floor around it had to be washed. The last thing to be washed was the milk house floor.

In the evening, the separator had to be put together. Each part had to be assembled just right, especially the heavy screw top of the bowl that held the discs.

The separator separated the whole milk from the cream. The cream ran out its spout into a tall can provided by the creamery. A truck picked the cream three times a week. The skimmed milk was fed to the calves and pigs.

Cream cans and old separators are a curiosity today. Often we see an old separator in the yard, the tank filled with flowers, or a cream can in a modern living room, used for an umbrella stand. I just don't get excited over that decor knowing how hard people worked cleaning them.

As far as I am concerned, a painting speaks for itself. What is the use of giving explanations, when all is said and done? A painter has only one language.

—Pablo Picasso



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Second Annual Dubuque St. Patrick's Day Tent Party

The Ancient Order of Hibernians (AOH) Dubuque Division #2 will host the second Annual Dubuque St. Patrick's Day Tent Party on Saturday, 14 March 2015, with doors open at 3:30 p.m. and ending at 10:30 p.m., in the Dubuque Knights of Columbus 510 Building parking lot on the corner of Locust Street and 8th Street in downtown Dubuque.

Music will be headlined by Dubuque's own Irish band - The Lads - playing your favorite Irish sing-along songs, pub tunes and ballads at 7 p.m. Also appearing will be the band Raspberry Lemonade at 5:15 p.m., providing lively and inspiring Irish jigs, reels and ballads; the Dubuque Fire Pipe and Drum at 4 p.m., and the

McNulty School of Irish Dance at 4:45 p.m.

Irish and American beverages will be available (alcohol is only for those 21 years of age and older), with food and other liquors and beverages available inside the KC 510 Hall.

Entry ticket price is \$5.00, paid at the tent primary access along Locust Street.

Parking is available in the City of Dubuque Parking Ramp across the street from the venue and along the downtown streets.

AOH is the oldest and largest Irish Catholic organization in the United States. AOH is a place to meet like-minded Irish Americans who share the same values and beliefs of Friendship, Unity, and Christian Charity. In America, the Division is

the basic unit of the Order. Divisions are combined into County Boards, which are in turn governed by State Boards, and an overall National Board elected every two years. Membership is open to men 16 years and older of Irish birth or descent, citizens of United States of America, and Roman Catholic. While there is a Lady AOH organization, Dubuque is still working membership and activation. Please ask us how you may join the AOH.

Annual dances, concerts, and parades sponsored at all levels of the Order raise millions for charity while providing a showcase for the positive contributions the Irish have made in every walk of American life. Divisions across

the country have traditionally provided a welcome for new Irish immigrants. Here, the unique art, dance, music, and other interests of the Irish are fostered and preserved, making the AOH a home away from home for many. The AOH in the City of Dubuque was originally founded in 1891, though disbanded in mid-1900's as were many across the country. Dubuque County is proud to have two active divisions, one founded 2005 in Dyersville, and our division founded in 2013.

The loyalty of the Irish are bound to the principles of their adopted land in America. In any case, AOH members are best described by the statement, "To be Irish is a Blessing, To be a Hibernian is an Honor."



ANTIQUES & COLLECTING

by Larry Cox



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P.O. Box 536475, Orlando, FL 32853

Cast-Iron Bank

Q: I have inherited a cast-iron bank from the Victorian era. It is the Little Red Riding Hood bank. What can you tell me about it, and how much do you think it is worth? I have been offered \$5,000 for it by a collector. — Sam, Conway, Arkansas

A: I am always cautious when I receive a question about cast-iron banks, since many reproductions have flooded the marketplace in recent years. I found your bank referenced in "The Official Price Guide to Mechanical Banks" by Dan Morphy and published by House of Collectibles books. According to Morphy, the "Little Red Riding Hood" bank was produced during the 1880s by W.S. Reed and Company in Leominster, Massachusetts. When a coin was inserted in the slot and the lever activated, Grandma's mask pivots forward exposing the wolf's face as Red Riding Hood moves her head backward and the coin falls into the bank.

Morphy thinks your bank is quite rare and valuable. How rare and valuable? He believes it is worth somewhere in the \$15,000 to \$120,000 range depending, of course, on condition.

Q: I love older paperbacks and have been collecting them for at least 20 years. Most of the ones in my collection were purchased at garage sales and at flea markets for less than a dollar each. There is one I am especially interested about, F. Scott Fitzgerald's "The Great Gatsby," the Armed Service Edition No. 862. — Charlie, Pensacola, Florida

A: The Armed Service Editions are difficult to date. I suspect the one you have was issued in about 1945 or 1946. Your paperback is valued in the \$45 to \$325 range, again, depending on condition.

Q: My uncle brought home a bracelet from Germany after World War II. He gave it to me. How can I find information about it, especially its value? — Anon.

A: If you are truly interested in your bracelet and its value, it's time to contact either a professional appraiser or an expert. Don't rely on a neighbor or friend. This service might not be free, so ask for a verbal appraisal, which is always less expensive. Keep in mind that researching an item takes both time and expertise.

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

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Radio From The 20th Century

by Bill Zwack



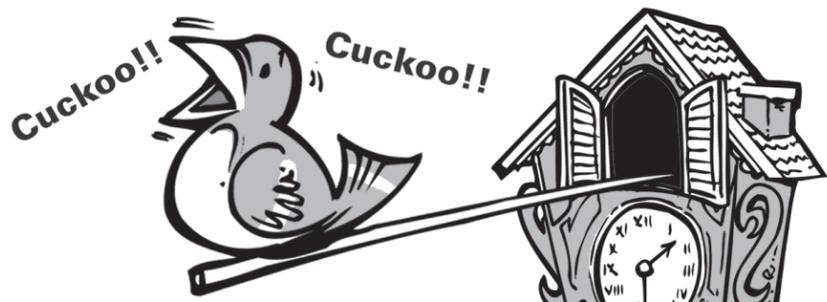
Of all the detectives on during the golden days of radio, there were two who were able to solve crime in spite of their size. *Nero Wolfe*, who never left his chair, but still got his man with his able assistant; and *The Fat Man*.

J. Scott Smart, best known as *The Fat Man*, was a corpulent, clever sleuth which had been conceived by author Dashiell Hammett for his novel, *The Maltese Falcon*. When auditions for the radio role were held, Smart was chosen because, as an ABC executive explained, "It takes a fat man to sound like a fat man. His voice is very deep and resonant, quite sinister at times."

Smart got underway at WPDQ, Buffalo. Specializing in dialect parts, he played Senator Bloat on *Fred Allen's Show*,

Uncle Walt on *Gasoline Alley*, and various names in the news on *March of Time*. In 1936, he left New York for the movies. Success proved elusive, so he returned to New York in the early 1940's for roles with *Inner Sanctum Mysteries* and *Grand Central Station*. After starring in the radio inspired film, *The Fat Man* in 1951, Smart gave up his career as a performer to become a painter. In the 1950's, he also operated a summer theater in Ogunquit, Maine.

Smart was born on November 27, 1902 in Philadelphia, PA, and died January 15, 1960 in Springfield, IL. Listen to *The Big Broadcast* on AM 1370 KDTH on Sunday nights from 6 to midnight and you might hear the sound of, tipping the scales at 370 pounds, *The Fat Man*.



Cuckoo clocks, containing carved wooden birds which emerge and "sing" to tell the time, were made in the Black Forest of Germany as early as 1730 and are still popular.

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7. Inspect All Belts
8. Check Safety System
9. Check Carburetor Settings
10. Test Overall Operation of Mower

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Includes labor for inspection, oil & parts for Gold Package. All other repair parts & additional labor extra.

GOLD TRACTOR PACKAGE

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3. Test Battery & Clean Terminals
4. Replace Spark Plug(s)
5. Change Engine Oil & Filter
6. Sharpen & Balance Blades
7. Inspect All Belts, Bearings, Spindles & Pulleys
8. Balance Tire Pressure & Level Mower Deck
9. Check Carburetor Settings
10. Check All Fluid Levels
11. Test Overall Operation & Safety System

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Memories Passed On

(As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

Tom Schlueter

Maury, this memory is very special. It's about a great teammate who passed away at age 83 a very short time ago.

Tom was the youngest player on our team, the Dubuque Star Brewers. He is survived by his wonderful wife, Dorothy, and nine great children, plus two sisters, Jane and Helen, plus three brothers, Bob, Joe and Bernie. (Deceased are his father, Leo, Sr., and mother, Helen, plus two brothers, Leo, Jr., and John).

Tom was known for his great sense of humor on our Ball Club and patrolled right field with "Beautiful Baseball Ability!"

Until we meet again in that "Great Dugout In The Sky!" These are your old teammates saying "So Long For Now, Tom... We'll See You Later - It's Once More Around The Horn -



Jerry Eberhardt with grandson, Maury Cohn

IN ABSENTIA:

John Deckert, catcher;
Tom Breitbach, pitcher;
Merle Mathis, first base;
Cuzzie Ottavi, shortstop;
Midge Delaney, left field;
Bob Hoerner, center field;
Tom Schlueter, right field.

Bob Schlueter, second base;
Jerry Eberhardt, third base.

Much Love,
Grandpa



The Dean's List

For the first month or so, times were fun — even a bit giddy — in Cole Field House at College Park, Maryland. Led by head coach Gary Williams, the early '90s edition of the Maryland Terrapins were off to a hot start, and their newest recruits, like Joe Smith and Exree Hipp, were electrifying to behold. Smith played center with a calmness and physical grace that made watching him a pleasure. Hipp, who would later go on to play for the Harlem Globetrotters, spent most of his time above the rim, or trying to get there. The Terps were on a roll, and the fans were living it up.

And then, one day, something called the "ACC schedule" dropped. Suddenly the other team didn't look like it was wearing hand-me-downs from an intramural volleyball team. The other squad wasn't an undersized troop led by a manic point guard taking 75 shots per game, and the other coach wasn't some wet-behind-the-ears kid barely out of college himself, clutching a clipboard with a death grip while tugging at his ill-fitting dress shirt.

On this one particular day, the team that came out of the locker room was wearing powder blue, and the head coach was a guy who carried so much gravitas that the entire student section just stopped and stared. To paraphrase one of the freshmen seated close behind the bench upon seeing Dean Smith in person for the first time: "[Things] just got real."

He didn't look like an innovator, and he didn't look very friendly,

either. Always in a suit, always with a certain look of intensity, a gaze that seemed to burn right through you. He was a very religious man off the court, and on the court, despite that gaze, he was never "blue" — didn't curse or throw chairs onto the court. But as soon as you heard the whistle, he unleashed all the furies of basketball hell he could devise.

Two-three zones and four corners offensive schemes; shooting nothing but threes or driving for layups ... no dinky jump shots; substituting five players at one time; starting six seniors and taking the technical to begin a final home game. He slowed the game down just so he could speed it up to otherworldly levels. He was amazing. Brilliant.

Gary Williams, who suffered at the hands of Smith's teams for the early part of his tenure at Maryland, recalled how he developed a rivalry with Smith over the course of the '90s.

"We had a lot of great games," Williams told listeners of "The Norris & Davis Show" in Baltimore upon learning of Smith's death. "He really went after it. He was a tough guy in terms of competition ... if you weren't prepared you were going to lose, because he was going to be prepared."

Smith, who passed Feb. 8 at age 83, was prepared to go. A victim of "the long goodbye" that robbed him of some of his greatest memories in old age, he could always be content in knowing that the list of his accomplishments both on and off the court will continue to resound and rebound and aggressively inbound and come right back down the court inside the minds of those who witnessed his life and the lives he touched.

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

Parachuting right into the middle of the most exciting time of the year for college basketball is high school football recruit signing day. Although Iowa's 2015 class, on paper, won't rival that of Alabama, Ohio State or Florida State, it did address several key positional areas for the immediate and long term health of the program. Coach Kirk Ferentz and staff fanned out across the country and signed twenty one young men representing nine states, including nine from Iowa.

The in-state talent is headed up by a pair of quarterbacks and five linemen. Ryan Boyle, of West Des Moines Dowling, and Drew Cook, from Iowa City Regina, led their programs to a pair of state championships. Cook is the son of legendary Hawkeye tight end Marv Cook, his Regina coach, and is probably headed for a tight end or defensive end future. Boyle fits more the run-pass option that ignites the Iowa zone stretch offense.

The state's top rated player, defensive lineman Anthony Nelson of Waukee comes from very good blood lines as well. His dad, Jeff Nelson played on Iowa's 1991 Rose Bowl team. Another familiar name in these

parts is Brett Waechter, whose uncle Henry starred at West Dubuque and Nebraska and won a super bowl with the 1985 Chicago Bears. Waechter is 6'5, 275 and played both offensive and defensive line at Hartley-Melvin-Sanborn. He was coached by his dad Steve, another former WD prep star.

In fact, this Iowa recruiting class is a true family affair. Twin brothers Landon and Levi Paulsen are wrecking ball offensive linemen from Woodbury Central. Former Hawkeye all American Riley Reiff, now a star with the Detroit Lions, can watch his younger brother, defensive end Brady Reiff, play at Kinnick stadium the next four years. The top rated player in the class, center James Daniels, is a 4 star recruit and younger brother of current Hawkeye running back LeShun Daniels.

Iowa signed twelve defensive and nine offensive players, with both lines and linebacker receiving the most attention. In the end, we won't know for a couple years where this class stacks up against others. Now it's up to the individuals to hit the weight and film rooms, building bodies and minds into Big Ten quality student athletes.

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SPORTS QUIZ

By Chris Richcreek

1. In 2014, the New York Yankees' Derek Jeter became the fifth major-league player with 2,500 career singles. Name two of the first four.
2. Who was the last player to lead either the American League or National League in hits and walks in the same season?
3. In 2013, Allen Hurns became the fourth University of Miami (Fla.) football player to have 1,000 receiving yards in a season. Name two of the others.
4. Three NBA players have had their numbers retired by the Hawks franchise. Name two of them.
5. When was the last time before 2014 that the Buffalo Sabres were shut out in back-to-back games?

6. Name the last time before 2014 (Aric Almirola) that the Petty-owned No. 43 car won a NASCAR Cup race at Daytona?
7. When was the last time a teenage tennis player won a Grand Slam event?

Answers

1. Ty Cobb, Eddie Collins, Willie Keeler and Pete Rose.
2. Lenny Dykstra, in 1993 for Philadelphia (194 hits, 129 walks).
3. Leonard Hankerson, Eddie Brown and Andre Johnson.
4. Lou Hudson, Bob Pettit and Dominique Wilkins.
5. It was 2003.
6. It was 1984, and Richard Petty was the driver.
7. In 2006, 19-year-old Maria Sharapova won the U.S. Open.

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Dead-On Balls Accurate

New England Patriots Coach Bill Belichick has his trophies, but he is a cheater. I used to defend him, too. So what if he stole some signs? Baseball players do it all the time. It's part of the fun. And if you can hack one of those military-grade communication systems the NFL uses just to learn which side a team is running a sweep, I think you need to re-evaluate your career choice because you belong in the NSA, not the NFL.

Deflating the ball is another matter. It gives the running back and receivers an edge in holding onto the ball. For a receiver, it will not bounce off your pads as easily; for a running back, it will be easy to lock up in your arm as you matriculate the ball downfield. The statistics bear this out: The New England Patriots fumble ratio is other-worldly. Clearly, it has affected the outcome of games, and Belichik had to know that he had solved one of a football coach's greatest laments: the turnover.

"I would not say that I am Mona Lisa Vito of the football world," Belichik said at a press conference while explaining

his lack of knowledge of underinflated footballs. For the uninitiated, he referenced Marisa Tomei's character, Mona Lisa Vito, from the film "My Cousin Vinny," who provides expert testimony that acquits Ralph Machio's character and his friend of murder charges.

Along the way, her combative nature proves useful when arguing with Joe Pesci over a dripping faucet. Pesci's character, Vinny Gambini, surmises that maybe she did not tighten it enough.

LISA: I twisted it just right.

Vinny Gambini: How could you be so sure?

LISA: [sighs] If you will look in the manual, you will see that this particular model faucet requires a range of 10 to 16 foot-pounds of torque. I routinely twist the maximum allowable torque.

Vinny Gambini: Well, how could you be sure you used 16 foot-pounds of torque?

LISA: Because I used a Craftsman model 1019 Laboratory Edition Signature Series torque wrench. The kind used by Caltech high-energy physicists. And NASA engineers. Because a split second before the torque wrench was applied to the faucet handle, it had been calibrated by top members of the state AND federal Department of Weights and Measures ... to be dead-on balls accurate!

Belichik blamed the atmosphere for his balls deflating. Physicists like Bill

Sporting View cont. Pg. 29



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Amber Matthiesen from P. 8
 The American Academy of Pediatrics recommends being very cautious about all forms of electronic media before a child turns two years of age. Older children should have no more than two hours of screen time per day.

Here are some suggestions to help balance a young child's use of technology:

- Be clear with specific time limits for your child. Give warnings when reaching limits

and make sure other activities are available that interest your child.

- Eat at least one meal a day as a family and have the rule of no screens at the table.
- Find active games that get kids moving instead of just giving their thumbs a workout.
- Charge devices outside the bedroom to help ensure a good night's sleep.
- Participate with your child while using technology. You are missing learning opportunities when you simply use devices as



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- 1 1/2 cups reduced-fat baking mix
- Sugar substitute to equal 1/2 cup sugar, suitable for baking
- 1/2 cup fat-free milk
- 2 tablespoons no-fat sour cream
- 1 egg or equivalent in egg substitute
- 1 teaspoon vanilla extract
- 1/4 cup mini chocolate chips
- 1/2 cup chopped walnuts

1. Preheat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.
2. In a large bowl, combine

baking mix and sugar substitute. Add milk, sour cream, egg and vanilla extract. Mix well to combine. Fold in chocolate chips and walnuts.

3. Evenly spread batter into prepared baking dish. Bake for 20-25 minutes or until a toothpick inserted near center comes out clean. Place on a wire rack and let set at least 10 minutes. Makes 8 servings.

• Each serving equals: 188 calories, 8g fat, 5g protein, 24g carb., 283mg sodium, 1g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fat.

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a babysitter.

• If you are not really watching a screen, turn it off. Interruptions of sounds and visual stimuli can negatively impact a young child's skill development during play.

• Ban any games or sites that have violent or adult content. Check with your Internet carrier about using parental controls.

Set a Good Example

Children do as parents do, not as they say. So, be sure to follow your own advice about screen time. Examine your own habits

such as how often you bring a device to the dinner table and how much you are texting rather than talking in person. Model for children a healthy approach to technology as well as the ability to occasionally unplug."

Get free, up-to-date information specific to your child's age (prenatal through age 5) delivered by email just when you need it. Register for Just in Time Parenting, a monthly e-newsletter for parents in the first five years, at www.extension.org/parenting. Use the coupon code IA10JITP.

Down Memory Lane

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

Basketball
1952-53



Basketball
1952-53

Above photos give us the "before" and "after" coverages of the recent dunking of Packer Coach "Duke" Defendi who was tossed into the Y.M.C.A. swimming pool following the attainment of the Indy loop basketball championship. "Duke" took the dunking in good spirit as members of the team celebrated their successful struggle for their third league title.

BASKETBALL: Duke Gets Dunked! • Packers win third title

A third consecutive Industrial League basketball title for the Dupaco Packers meant a dunking in the Y.M.C.A. swimming pool for their Coach Albert "Duke" Defendi. Dunking plans originated early in the campaign when "Duke" agreed to the dunking if his athletes won their third straight title — a remote objective at the early stages of the season. The Packers not only won their third straight title but they scored 28 consecutive victories before suffering a loss in loop competition. Packer cager Ed Spautz was named the most valuable performer of the season in the Industrial league. Our congratulations go to Coach Defendi and the entire squad on their great repeat performance in the strong local league.

St. Patrick's Day Celebrations

2nd Annual
St. Patrick's Day Tent Party
hosted by Knights of Columbus and The Ancient Order of Hibernians

Saturday, March 14, 2015 • 4-10 pm
Corner of 8th and Locust in the Knights of Columbus parking lot

4:00 p.m. Dubuque Fire Pipes & Drum
4:45 p.m. McNulty School of Irish Dance
5:15 p.m. Music by Raspberry Lemonade
7:00 p.m. Music by Dubuque's own Irish band - The Lads

Irish and American beverages will be available (alcohol is only for those 21 years of age and older), with food and other liquors and beverages available inside the KC 510 Hall.

Entry ticket price is \$5.00,
paid at the tent primary access along Locust Street.

Parking is available in the City of Dubuque Parking Ramp across the street from the venue and along the downtown streets.

The Irish Hooley's 2015 St. Patrick's Day Celebration

Tues., March 17, 2015 • 5:30-8:30 pm
Knights of Columbus Hall • 781 Locust Street

In honor of Saint Patrick's Day, The Irish Hooley is offering a FREE evening of music, dance, information and celebration for everyone of Irish heritage or "Irish at heart" on Tuesday, March 17th, the historical date marking the death of Saint Patrick of Ireland in 460 AD.

5:30 p.m. An Irish Seisiun featuring music by Emily & Alison Ott and John Eby
6:30 p.m. Travel in Ireland Part 1; a presentation by Mike & Judy Siegert
7:00 p.m. Travel in Ireland Part 2; St. Patrick's Way & the Irish Whiskey Trail
7:30 p.m. Irish Dance by the McNulty School of Irish Dance
8:00 p.m. It Never Rains in an Irish Pub- A brief excerpt from The Irish Pub Film. Announcing "An Irish Sunday" at the Julien Dubuque International Film Festival plus the Irish Hooley festival lineup and other events for 2015

Admission is FREE. This is a family friendly event appropriate for all ages. Irish and American food and beverages will be available (alcohol is only for those 21 years of age and older) Parking is available in the KC Hall Parking lots, the City of Dubuque Parking Ramp across the street from the hall and along the downtown streets.

<p>THE ANCIENT ORDER OF HIBERNIANS <i>AOH is the oldest and largest Irish Catholic organization in the United States. AOH is a place to meet like-minded Irish Americans who share the same values and beliefs of Friendship, Unity, and Christian Charity. The loyalty of the Irish are bound to the principles of their adopted land in America. In any case, AOH members are best described by the statement, "To be Irish is a Blessing, To be a Hibernian is an Honor."</i></p>		<p>THE IRISH HOOLEY <i>The Irish Hooley promotes Irish and Celtic music, cultural events, education venues, and international exchange through an annual series of events in the Dubuque Metropolitan Region. We also strive to expand the level of transparency and engagement within the community and to involve more young people in our events and organization so they gain a greater appreciation for their heritage and grow within our organization over time.</i></p>	
<p>Shamrock Imports 391 Bluff Street Cable Car Square Dubuque, IA. Ph 583-5000</p>	<p>McCann's Service Towing & Auto Repair 690 West Locust Dubuque, IA. Ph 557-8383</p>	<p>Shamrock Jewelers 432 West Fourth Street Cable Car Square Dubuque, IA. 563-582-2968</p>	<p>The Calico Bean Market Bulk Foods Homemade Peanut Butter 352 Bluff St. 563-557-8159 www.calicobeanmarket.com</p>
<p>River City Beefstro Holiday Inn 450 Main • DBQ, IA 52001 Ph 563-556-2000</p>	<p>Continental Realty Dubuque Felderman Appraisals 55 Bluff Street, Dubuque, IA RobertFelderman@yahoo.com</p>	<p>Kelly's Market Place Oky Doky - A & W Locust at 1st Street Dubuque, IA.</p>	<p>Dolphin Custom Cabinets Dean J. "Moe" Dolphin 3160 Cedar Cross Court Dubuque, IA. Ph 563-556-6881</p>
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Sporting View from Pg. 27
Nye and NASA engineers like Neil Degrasse Tyson publicly refuted his arguments. In response, Patriot's owner Rob Kraft produced lucid, intelligent, well-thought-out objections of the NFL and media's interest in the matter.
Mr. Kraft? Overruled. Because just as Mona Lisa Vito's torque had been calibrated by top members of the state AND federal Department of Weights

and Measures, the concern people have with the non-stop annoying pick-nit cheats and how they affect the outcome of games are serious. Belichick was dead-on balls accurate when he said he was no Mona Lisa Vito ... he's the colonel from "A Few Good Men." Now let that trial begin.

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

by Matt Brossard
www.terapeak.com

I met our newest customer spotlight candidate early last year while hosting the Terapeak Live Workshop in Chicago. Paul Connor traveled

surplus on eBay. Much to my surprise, I was able to generate \$3000 in sales quite easily."

Clearly something about selling on eBay resonated with Paul and when things didn't work out for Choo Choo Charlie's, he liquidated everything else in the restaurant on eBay including a group of redemption games which



from Dubuque Iowa to attend the one day workshop and we happened to bump into each other at the hotel while ordering breakfast. I urged Paul to pull up a chair and began describing his registered eBay drop off location called EZsellUSA. Sadly we ran out of time that morning and we were both occupied with the workshop for the rest of the day so I would have to wait to hear the rest of Paul's story. Recently we reconnected so Paul could participate in our monthly spotlight.

Paul's involvement with eBay started during his previous occupation. Fourteen years ago, Paul opened a restaurant called Choo Choo Charlie's. When he purchased the restaurant space, the contents of the previous restaurant were included in the sale. Paul describes how that led into his first foray into online selling, "I was already very familiar with using eBay as a buyer (I collected anything and everything related to rhinos). I had all this extra restaurant equipment taking up space and it occurred to me to sell the

earned him an impressive \$50K. It was around that time that Paul started exploring the possibility of selling online full-time. He read a book on e-commerce strategy by Skip McGrath and the business model for drop off stores described in the book became the inspiration for Paul's next business venture.

For those who are unfamiliar with the term, drop off stores are similar to consignment stores but a greater emphasis on online sales. Catherine Keener's character in the movie The 40 Year Old Virgin (2005) was shown starting her own eBay drop off store and when that film came out, drop off stores were at the height of their popularity. Here is how it works: walk-in clientele bring items to a brick and mortar drop off location to be sold online. The store takes care of the photographing, listing, selling and shipping the item and the client receives a share of the proceeds from the sale. Creating an online seller account and payment method is a lot of setup for a single transaction, so the drop off model makes perfect sense for one-off items, plus the drop off store can leverage greater experience with the listing and

What's It Worth On eBay?

EZSELLUSA specializes in selling items for clients on eBay. If you have an item and you would like to know what it is worth send digital pictures with a brief description to paulhconnor@gmail.com or stop by the office at EZ SELL USA, 2613 Dodge, Dubuque, IA across the street from K-Mart. Call 563-543-5201 for an appointment.

What is it? Well the answer to that question is a Spring Ride on called Slik Stuf from McDonalds.

In the late 70's McDonalds had these cast aluminum Spring Ride on toys in many fun shapes set in their outside play areas. This one

laid in a local corner crib for years and was on its way to be recycled



for about \$30.00 in aluminum. The owner dropped into our office here at EZ Sell USA and

asked us if we thought we could sell this for him. We did some research and said yes. This one sold for \$355.00 last week. 10 times the scrap aluminum value, that is what it's worth on eBay.

fulfillment process to increase the chance of a successful listing.

Initially EZsellUSA was a one person operation with about 600 square feet of storage space. Paul's company has grown steadily since then and now he employs a team of 15. At any given time EZsellUSA has around 700 auctions running and a steady queue of new inventory to list. His inventory now requires double the storage space.

The most common challenge faced by Paul's team tends to

be the task of pricing and identifying the variety of used condition items brought into the store. Listing off some of the most valuable sales that stand out in his memory, Paul mentions a 1950's Schwinn bicycle, silver dollars, an antique cash register, vintage cameras and a

book of poetry by Maya Anjelou. Paul states that EZsellUSA will accept just about anything to sell, so long as it's legal and moral.

"I don't know everything about everything—but I can find research on the value of whatever you want to sell. We start our research in Terapeak with simple terms and add more detailed filtering to reach an apples to apples comparison between the item in question and real sales data. That's why Terapeak is invaluable for our operation. We do product research with the client right

here in the store, so they know what their item is really worth."

I inquire whether Paul markets his items on multiple sales channels and he explains that eBay is the ideal platform for what they sell. EZsellUSA remains focused on eBay because of the unique ability of the auction to produce value for his consignment clients.

In addition to consignment, there is another significant component to EZsellUSA. When someone faces a major life event

requiring estate sale planning, Paul's team is available to help. Paul designs a 30 day plan tailored to the needs of each client. Some items are sold at a live estate sale, others are added to the store and listed online. Paul adds, "We only do estate sales a few times a year, but each one is important. It means a lot to

me if I can help someone through what can sometimes be a difficult transitional time."

Paul has come a long way since his experience as a restaurant owner. He should be proud of the success of EZsellUSA and the lives he's touched. Every one of the items he has sold has a story behind it and I'm sure there will be lots more to share next time I bump into Paul.

Visit the EZsellUSA site at <http://www.EZsellUSA.com/>

Find the EZsellUSA store on eBay.



THIS IS A HAMMER

By Samantha Mazzotta

Slow-Flowing Drain

Q: My bathroom sink drains pretty slowly, and fills up at least halfway when I'm brushing my teeth with the water running. I'm not sure if I should use a drain cleaner on it. What do you recommend? — Sara in Melbourne, Florida

A: Before taking the drain-cleaner route, try a couple of other things first. A slow-flowing bathroom sink drain's problem may be sitting right in front of you, at the bottom of the sink, with the stopper.

Most of today's standard bathroom sinks use a pop-up sink stopper, controlled by a push-pull rod behind and below the sink. The bottom of the stopper is typically attached to a control rod; this ensures that the stopper pops up far enough to allow a good, steady drain of water, and that it seals tightly when you want to fill the sink.

A couple of things can happen to the stopper over time: Hair and soap can get stuck at the bottom of the stopper, where the pivot rod attaches to it, causing a clog or slowdown. Or, the attachment to the pivot rod can break. Even if the stopper still pops up or closes, it may not be doing either very well.

So check your stopper first: grab it from the top with your index finger and thumb and pull gently upward. If it comes out easily, its attachment is likely broken. There's a great step-

by-step guide at instructables (<http://www.instructables.com/id/Fix-a-Sink-Stopper/>) on replacing a pop-up stopper.

If the stopper is attached to the pivot rod, you can go ahead and check for a clog at the base. Dive under the sink and locate the pivot rod. This is a round metal rod jutting horizontally into the back of the drain pipe. It's held in place by a nut; loosen this nut and ease out the pivot rod. You may want to have a helper hold onto the stopper from above so that it doesn't fall flush into place, making it hard to get out. Once the rod is pulled back, lift out the stopper.

Clean the gunk from the bottom of the stopper; if you see more gunk in the area around where the pivot rod sits, try fishing out the clog using a wire hanger bent into a hook, or an old bottle brush, or feed a pipe snake to the spot and swirl it a couple of times.

Using a helper to position the stopper, move the pivot rod back into place and hand-tighten the nut. Run the water to see if the slow drain problem is fixed, making sure water doesn't leak from the pivot nut.

HOME TIP: To de-gunk a slow-flowing drain without drain cleaner, pour a tablespoon of baking soda into the drain followed by two tablespoons of white vinegar; let sit for a few minutes, then flush with hot water.

Send your home tips and questions to ask@thisisahammer.com.

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Cremer's Cooking Tips

Cremer's Baked Cod

Ingredients

- 2 tablespoons butter
- 1/2 sleeve Townhouse crackers, crushed
- 2 tablespoons butter
- 1 pound thick-cut cod loin
- 1/2 lemon, juiced
- 1/4 cup dry white wine
- 1 tablespoon chopped fresh parsley
- 1 tablespoon chopped green onion
- 1 lemon, cut into wedges

Directions

Preheat oven to 400 degrees F (200 degrees C). Place 2 tablespoons butter in a microwave-safe bowl; melt

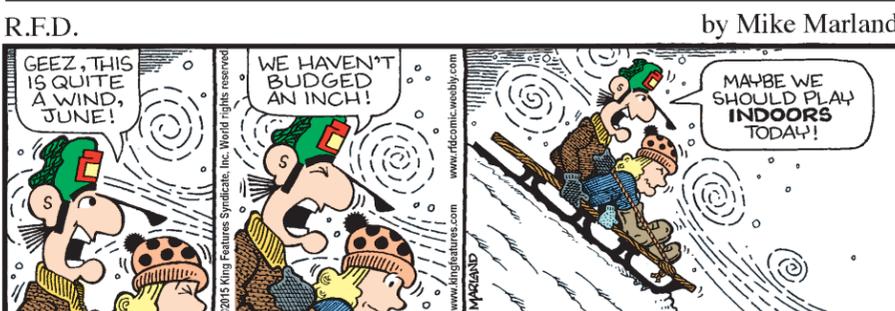
in microwave on high, about 30 seconds. Stir buttery round crackers into melted butter.

Place remaining 2 tablespoons butter in a 7x11 inch baking dish. Melt in the preheated oven, 1 to 3 minutes. Remove dish from oven.

Coat both sides of cod in melted butter in the baking dish.

Bake cod in the preheated oven for 10 minutes. Remove from oven; top with lemon juice, wine, and cracker mixture. Place back in oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes.

Serve with lemon wedges.



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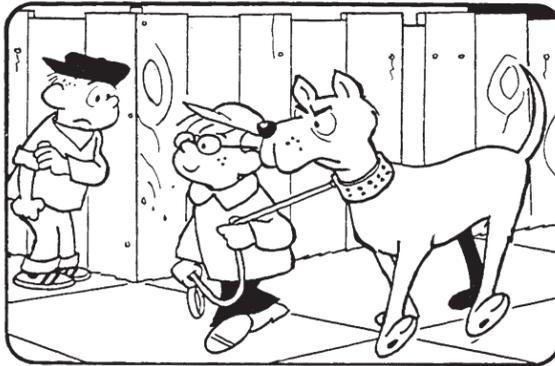
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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally.

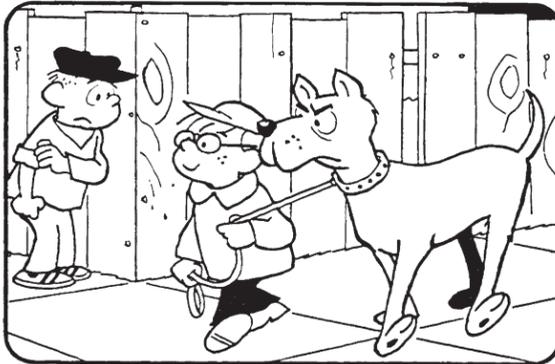
- | | | | |
|-------|--------|-------|---------|
| Bark | Cheep | Honk | Squeal |
| Bleat | Cluck | Meow | Whinny |
| Bray | Crow | Moo | Whistle |
| Buzz | Gobble | Quack | |

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cap is reversed; 2. Cuffs are missing; 3. Leash is shorter; 4. Collar is different; 5. Fence board is missing; 6. Tail is shorter.

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GO FIGURE! by Linda Thistle

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

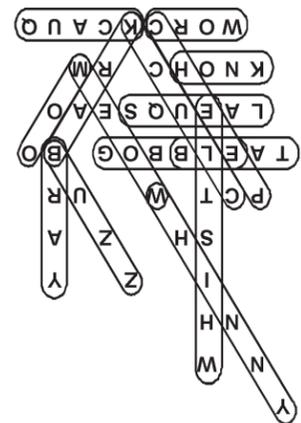
	+		x		18
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DIFFICULTY: ★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 3 4 5 6 6 7 8 9

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SOUNDS ON THE FARM

SUDOKU Answer

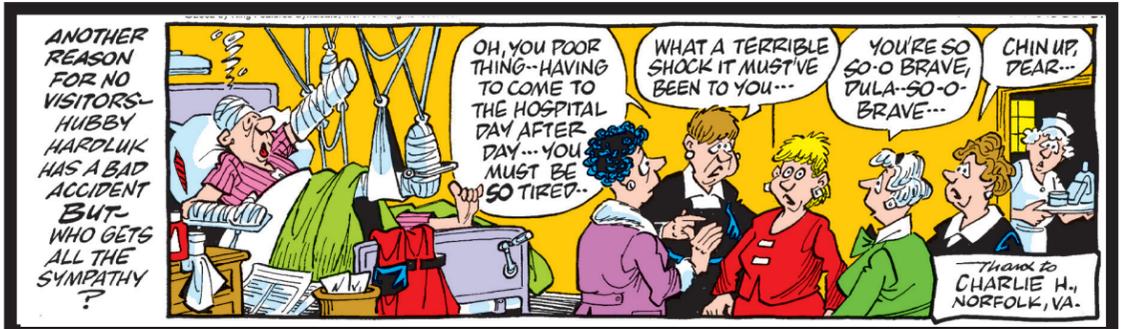
4	9	8	6	7	5	2	1	3
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5	6	4	7	1	9	3	8	2
7	2	9	5	8	3	1	6	4
9	4	2	8	5	7	6	3	1
8	7	6	9	3	1	4	2	5
3	1	5	4	9	2	6	7	8

— **King Crossword** —
 Answers

Solution time: 21 mins.

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

THEY'LL DO IT EVERY TIME BY AL SCADUTO



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SUDOKU
 by Linda Thistle

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

	17		14		15
7	7	x	9	÷	9
	-		-		+
13	8	+	4	-	6
	x		x		x
18	3	x	5	+	1