



The Golden View

The Community Newspaper For Adults 55 Plus

March, 2016

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Come Chase Chopin with Pianist Alpin Hong

March 9 at Heritage Center

by Thomas J. Robbins, Executive Director, Heritage Center



Alpin Hong will perform "Chasing Chopin" at Heritage Center on Wednesday, March 9 at 7:30 p.m.

Heritage Center, University of Dubuque's performing arts, worship, and campus center, continues its 3rd annual Live at Heritage Center Performing Arts Series with Alpin Hong's *Chasing Chopin* Wednesday, March 9 at 7:30 p.m. Whirlwind American tours and performances across the globe have earned pianist Alpin Hong the reputation of a modern day Pied Piper.

WHAT: Live at Heritage Center Performing Arts Series – Alpin Hong "Chasing Chopin"

WHEN: Wednesday, March 9, 2016, 7:30 p.m.

WHERE: John and Alice Butler Hall, Heritage Center

TICKETS: \$19-\$24 adult, \$15-\$19 UD alumni, \$10 students

Alpin Hong's combination of stunning technique, emotional range, and rare humor continues to bring audiences young and old to their feet. Rooted in extensive classical training and a background in extreme sports, martial arts, and video games, Mr. Hong is a creative force unmatched in his vitality and charisma. The New York Times called him "a pianistic firebrand."

Alpin Hong is a native of Michigan and made his orchestral debut with the Kalamazoo Symphony at the age of ten. Enduring a catastrophic loss at age 12, Hong's passion fueled a career which has taken him to Juilliard, Carnegie Hall, the White House, and all 50 states.

Mr. Hong's lifelong fascination with the music of Chopin has thrilled, haunted, and sustained him. *Chasing Chopin* is a theatrical journey into Hong's extraordinary life. His autobiographical storytelling and dazzling performance dives into personal moments both hilarious and tragic. This window into Hong's life journey gives audiences an intimate look into gripping interpretations of Chopin's music.

The performance will be preceded by a free 30-minute lecture presented by Alan Huckleberry, professor of piano at the University of Iowa at 6:30 p.m. in Babka Theatre. A reception will also be held from 6:00 – 7:30 p.m. in the Bisignano Art Gallery in conjunction with the Salvador Dalí: Twelve Signs of the Zodiac exhibit presented in collaboration with the Dubuque Museum of Art.

Heritage Center cont. Pg. 3

Opening Up Senior Living Op

by Jasmine Rogness, Regional Director of Marketing, Oak Park Place



Making the decision to even explore options other than staying in your home is a huge step. The idea of assisted living sometimes symbolizes all of the loss that your loved one is experiencing: physical limitations, loss of friends, and dependence on family. Leaving home is just one more loss. But

it doesn't have to be that way. For some seniors, assisted living can provide freedom. Whether the needs are clear or complex, simply having consistent assistance available on-site at all times can minimize challenges that would be insurmountable for a senior

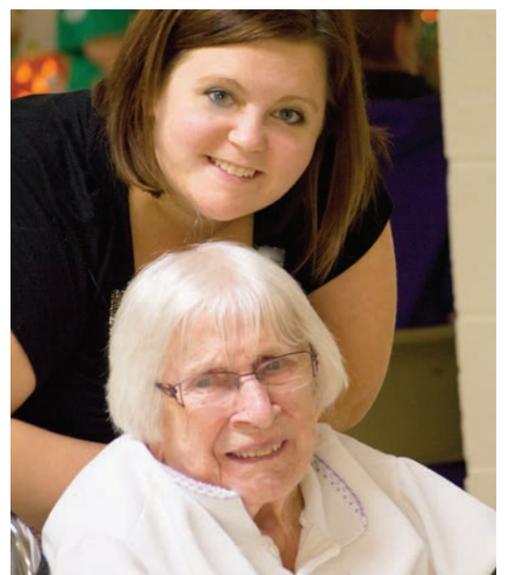
Oak Park Place cont. Pg. 3

Caring for People with Memory Impairment

by Susan DeMoss RN, BSN Administrator at Bethany Home

Alzheimer's type dementia is unfortunately becoming more prevalent. Alzheimer's is not a normal part of aging and does not discriminate. We as health care professionals are learning how to best care for this growing community. The old school thought was to treat pharmacologically which tends to have many adverse effects whereas now the focus has turned towards modifying the environment they live in to help anticipate and meet their individual needs through diversional activities and programs.

The goal of opening our memory unit at Bethany Home was to move residents with a dementia diagnosis into a separate unit offering a calm and secure environment where well-trained staff would offer tailored



Dana, Activity Director and Louise

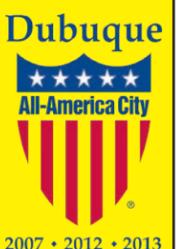
activities to meet the individual needs of the residents. By offering a calm environment, with trained staff and tailored activities we hope to reduce the need for

Bethany Home cont. P. 12

Al Batt	Page 23
A Sporting View	Page 27
Bridge	Page 21
Bill Zwack	Page 28
Collecting	Page 25

Gary Dolphin	Page 27
Jerry Eberhardt	Page 26
Ken Resch	Page 22
Michael D. Gibson	Page 12
Paw's Corner	Page 9

Rent A Flick	Page 21
S. E. Persinger	Page 9
Social Security	Page 11
Trivia Test	Page 22
Uplifting Moment ...	Page 7



Medicare advertisement
Medical Associates Medicare Plans

| we believe |

You deserve a top-rated Medicare plan.



WE ARE A FIVE STAR PLAN

Medical Associates Medicare Plans earned a **5-star rating**, the highest quality rating given by Medicare. Only 13 other medical plans **in the nation** received 5 stars.

Medicare Star Quality Ratings provide a tool for comparing quality and service. Medicare awards one to five stars based on the results of up to 32 measures that include wellness promotion, treatment of chronic illness, customer service, and overall responsiveness to members.

How does your plan rate?

Visit www.medicare.gov/find-a-plan to compare plans. Medicare evaluates plans based on a 5-Star rating system. Star Ratings are calculated each year and may change from one year to the next.

JOIN OUR TOP-RATED MEDICARE PLAN TODAY!

Attend a sales meeting to learn more about our Medicare Plans. A sales person will be present with information and applications at the locations and dates shown below.

Best Western Plus
3100 Dodge St.
Dubuque, IA
March 3, 17
11:00 a.m.

Country Inn & Suites
630 S. Water St.
Platteville, WI
March 1, 15
11:00 a.m.

Ramada Inn-Galena
11383 Hwy 20
Galena, IL
March 2, 16
11:00 a.m.

Guttenberg Library
603 S. Second St.
Guttenberg, IA
March 9, 23
11:00 a.m.

Maquoketa Inn & Suites
1019 W. Platt Street
Maquoketa, IA
March 18
11:00 a.m.

ATTEND A SALES MEETING, CALL FOR AN APPOINTMENT OR VISIT OUR OFFICE TO LEARN MORE ABOUT OUR MEDICARE PLANS.

563-556-8070 or 800-747-8900 | TTY 800-735-2943
1605 Associates Drive | Dubuque

For accommodations of persons with special needs at sales meetings, call the phone numbers above. Open to all Medicare beneficiaries eligible by age or disability.

Medical Associates is a Cost Plan with a Medicare contract. Enrollment in Medical Associates Health Plans depends on contract renewal. Y0045_MHP 741 CMS Accepted 11202015



**MEDICAL
ASSOCIATES**
HEALTH PLANS®

Heritage Center from Pg. 1

Tickets for Alpin Hong *Chasing Chopin* can be purchased now at the Farber Box Office Monday through Friday from 10 a.m. to 5:00 p.m. at Heritage Center, University of Dubuque, 2255 Bennett Street; by phone at 563-585-SHOW; or online at

www.dbq.edu/heritagecenter.

Other upcoming events at Heritage Center include SFJAZZ Collective's *Music of Michael Jackson and Other Original Compositions* Saturday, April 9, at 7:30 p.m. as well as Opera Iowa's presentation of Rossini's *Cinderella* Friday, April 15, at 7:00 p.m.

Oak Park Place from Pg. 1

alone at home. So how do you know when to make a move to assisted living? Every situation is different, but here are some signs to look for:

Teetering on the Edge of Disaster – has your loved one experienced, or come close to experiencing, falls, accidents, medical situations that required assistance? Are chronic conditions contributing to these situations? Have these emergencies repeated?

Keeping up with Everyday Living – Do you notice that routine activities are becoming difficult or are just not getting done? We take for granted simple tasks like showering, dressing, preparing meals or cleaning up. Some of these activities can be challenging with limited range of motion, decreased stamina or even depression.

Staying Social – If your social butterfly is no longer taking part in regular activities outside the home, isolation could lead to a drop in overall wellness. Emotional wellness—a sense of

all the amenities of home. The difference is in the care, services and experiences provided beyond the apartment.

Caregivers are on hand to assist with medications and activities of daily living such as dressing and bathing. Lifestyle services like housekeeping and laundry are usually available or included. Meals are an opportunity for consistent nutrition as well as a time to visit with friends. Group activities provide more opportunities for socializing. And in some cases, transportation is available for appointments and outings.

Imagine how much you and your loved one will gain—time to spend together without the stress of chores, the burden of daily care. Freedom to enjoy independence and confidence with peace of mind that support is there if needed.

Oak Park Place offers independent living, assisted living or memory care residences for seniors. For more information about Oak Park Place, call (563)585-4900 or email dubuquesales@oakparkplace.com.



purpose, belonging—through personal interactions is key to a positive outlook and influences physical health.

Fresh Perspective – Caregivers especially become desensitized to the decline of a loved one. When your goal is getting through each day in the best way possible, it's sometimes hard to see how things could be better. Enlist the help of family, friends, clergy, or even a social worker to evaluate your loved one's environment and overall well-being.

If all the signs point to needing more supportive services, an assisted living community may be one of the best options to consider. Most communities offer apartment-style living with

distinctly

HERITAGE CENTER

piano virtuoso/storyteller
Alpin Hong
in "Chasing Chopin"

WEDNESDAY, MARCH 9, 2016

7:30 P.M.

JOHN AND ALICE BUTLER HALL

Adult: \$24, \$19 | Faculty/Staff/Alum: \$19, \$15
Child/Student: \$10 | UD Student: \$6

If you enjoyed Alpin's appearance with the DSO in November 2014, you'll love him in *Chasing Chopin*. His artistry and musicianship are unparalleled and his storytelling is intensely captivating.

Free pre-show lecture in Babka Theatre 6:30 - 7:00 p.m. featuring Alan Huckleberry, University of Iowa professor of piano, presenting a biographical sketch of the legendary Polish composer.

Download our new free mobile app - search: HeritageCTR

EXCLUSIVE 2015-2016 SEASON MEDIA PRESENTING PARTNER:

TH MEDIA

Print. Digital. Social.

UNIVERSITY OF DUBUQUE

2015-2016 PERFORMING ARTS SERIES

TICKETS CALL 563.585.SHOW | ONLINE WWW.DBQ.EDU/HERITAGECENTER

BETHANY HOME

We at Bethany Home are dedicated to giving care appropriate to the varying needs of each resident in a home-like, ecumenical atmosphere.

- 51 Independent Living Apartments (1 & 2 Bedrooms)
- 54 Private Rooms with 24/7 Certified Nursing Care
- Memory Care Unit with 12 Private Rooms
- Attached, Climate-Controlled Parking Garage

quality living. exceptional care.

1005 Lincoln Ave Dubuque IA | 563.556.5233 | bethanyhomedubuque.org

Iowa's only

Accredited Vein Center

TRI-STATE VEIN CENTER

FREE SCREENINGS | 583.VEIN

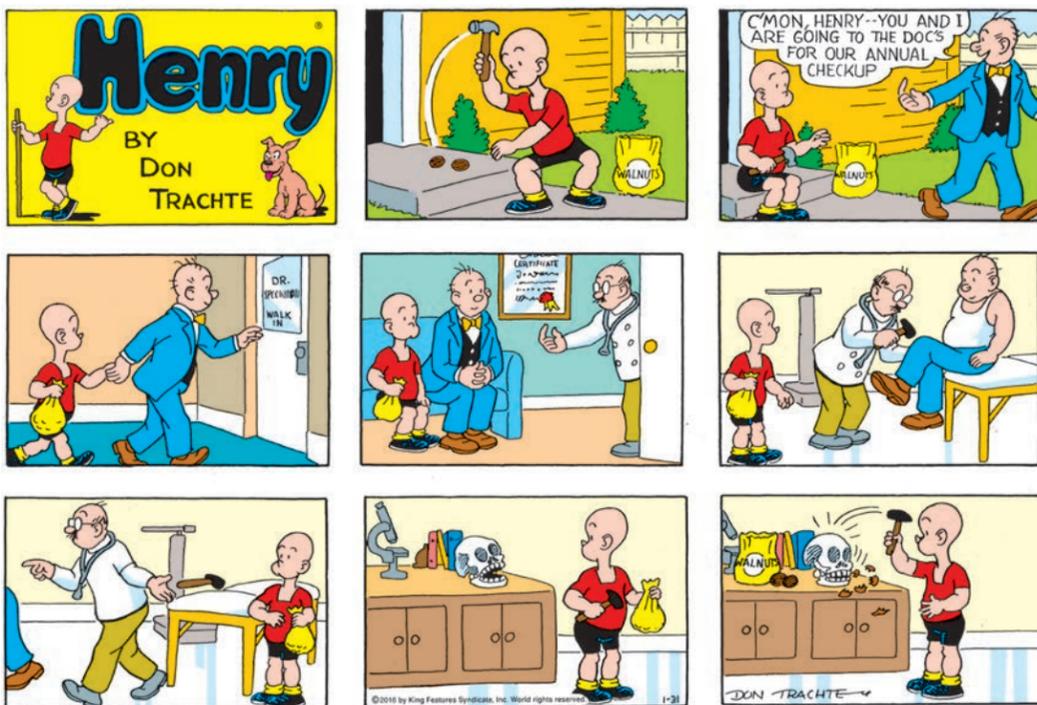
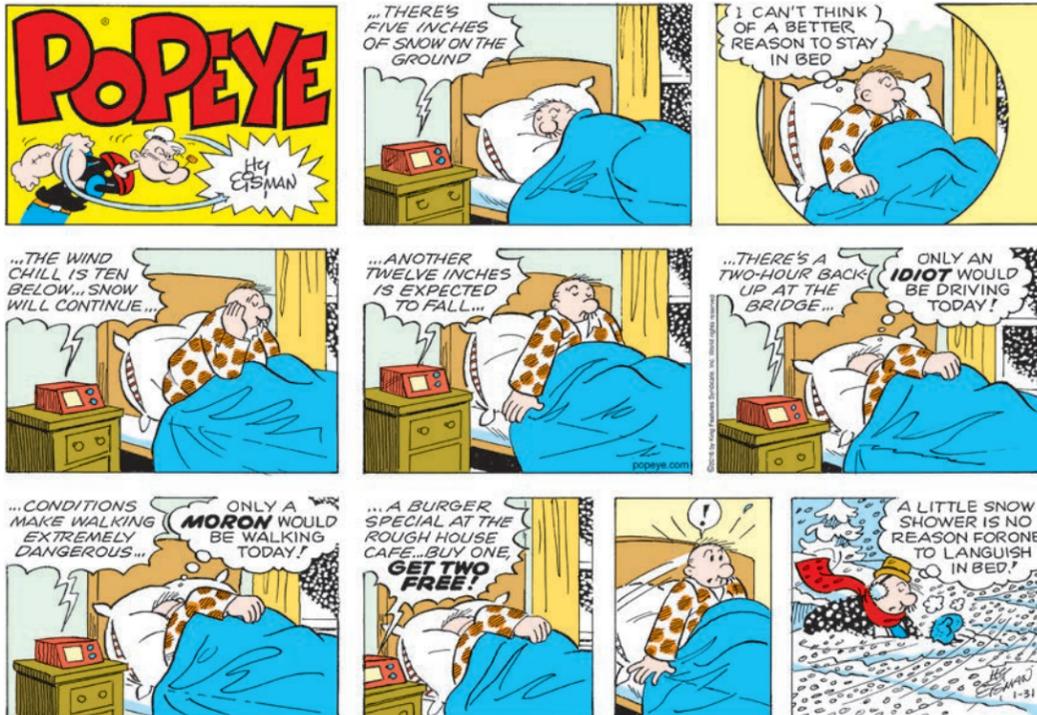
(563) 583-VEIN (8346) • (888) 852-4982

505 Cedar Cross Road • Dubuque, Iowa 52003

The Golden View

P.O. Box 661, Dubuque, IA 52004-0661
 Ph.: 563-845-7586
 E-mail: goldenviewpub@gmail.com
 Website: www.thegoldenviewonline.com
 Publisher: Golden View Publishing, Inc.
 Editor - Bill Beutin
 Graphic Design - Tom McGovern
 Founders: Joan and Rudolph Bellmann
 The Golden View is a monthly publication, published the last week of the month. All submitted articles and columns reflect the views of the writers and not necessarily those of the Golden View. Every effort has been made to insure accuracy. Neither the publisher nor the advertisers will be held liable for errors. Reproductions of any artwork or ads is prohibited without the permission of the Golden View. Contributing writers include:

Gary Dolphin	Amber Matthiesen	Susan Taylor
Al Batt	Cindy Baumgartner	Jerry Eberhardt
S.E. Persinger	Michael D. Gibson	
Ken Resch	Bill Zwack	



THEY'LL DO IT EVERY TIME



BY AL SCADUTO



IT HAPPENED THEN - AS IT HAPPENS TODAY - NO ONE EVER SHOWS UP WHEN YOUR CAVE IS SPICK-AND-SPAN, BUT COMES IT THE DAY YOUR PLACE IS A WRECK - AND...
 THANK TO EDNA & JIM, CHICAGO, ILL.



RundeAutoGroup.com

RUNDE CHEVROLET
 780 Hwy. 35 North • East Dubuque, Illinois

RUNDE CHEVY-BUICK-GMC
 885 E. Business Highway 151 • Platteville, Wisconsin

RUNDE PreDriven
 1 Mile N. of Chevy Store Hazel Green, Wisconsin

RUNDE FORD
 CHRYSLER • DODGE • JEEP • RAM
 1221 W. Main Street • Manchester, Iowa

1-800-94Runde | You'll Like Our Attitude!

For Above Par Insurance Service Call . . .

DENLINGER INSURANCE AGENCY INC.

Jim, Norma & Tom
 Licensed In:
 IOWA • ILLINOIS • WISCONSIN

SR 22 FILINGS

"IF YOUR DRIVER'S LICENSE HAS BEEN SUSPENDED - SEE US" SAME DAY SR 22 FILINGS

AUTO - BOAT - MOTORCYCLES
 SNOWMOBILES • HOMEOWNERS
 RENTERS • MOBILE HOMEOWNERS

563-583-3571 • 2600 Jackson, Dub.

VOICE OF THE TRI-STATES

KDTH AM 1370

Big Broadcast
 W/Bill Zwack
 6 p.m. - midnight Every Sunday



KING CROSSWORD

ACROSS

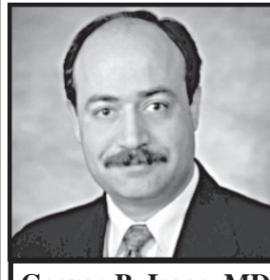
- 1 Cookie container
- 4 Acknowledge
- 8 Work units
- 12 — Khan
- 13 Part of N.B.
- 14 Panorama
- 15 Acted as a go-between
- 17 Sicilian volcano
- 18 Data
- 19 Armada
- 20 Propaganda pamphlet
- 22 Unctuous
- 24 Solemn pledge
- 25 Haphazardly
- 29 Cravat
- 30 Square dance group
- 31 Ostrich's cousin
- 32 Chess climaxes
- 34 Finished
- 35 Addict
- 36 Small lizard
- 37 Characteristic
- 40 Antitoxins
- 41 Count counterpart
- 42 Fully filled
- 46 Regimen

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

- 47 N. Mex. neighbor
- 48 Historic time
- 49 Do in
- 50 Electrician's supply
- 51 Parched
- DOWN**
- 1 Predicament
- 2 Life time?
- 3 Shone brightly
- 4 Sternward
- 5 Kill a bill
- 6 Inseparable
- 7 Marry
- 8 Novelist
- 9 Ceremony
- 10 Actor
- 11 Hit a fly
- 16 Foot fraction
- 19 Level
- 20 Schlep
- 21 Reason for a tarp
- 22 Playful water critter
- 23 Enrages
- 25 Pinnacle
- 26 Strayed
- 27 Portent
- 28 Gloom
- 30 Brewer's
- 33 Culpable
- 34 Gumbo need
- 36 Capture
- 37 Danson and Koppel
- 38 Bar
- 39 Geometry calculation
- 40 Use a teaspoon
- 42 Witnessed
- 43 "Entourage" role
- 44 Mess up
- 45 Rotation duration

© 2016 King Features Synd., Inc. Crossword Answers on p. 32

DUBUQUE RHEUMATOLOGY



George B. Isaac, MD

George B. Isaac, MD
Board Certified Rheumatologist

Specializing in:

- Osteoarthritis • Fibromyalgia
- Rheumatoid Arthritis • Lupus
- Joint pain – Muscle pain

Providing care in the following locations:
Independence – Maquoketa – Clinton
in addition to Dubuque

For appointments please call
(563) 583-4848 (866) 278-1995

COLONIAL TERRACE ANIMAL HOSPITAL



New Extended Hours!

We are offering extended hours on Mondays and Thursdays. We are doing this to help people with their busy lifestyles. The clinic will be open until 8pm both days, with appointment scheduling options over the noon hour and until 7pm.

For more information, visit or call us at:
2777 University Ave., Dubuque, Iowa
www.colonialterraceanimalhospital.com 563-556-2667

Laugh A Lot

Late one foggy night, a Yankee fan and a Red Sox fan collided head-on while driving across a bridge. Fortunately both are unhurt, but their cars are pretty banged up.

"This is a sign," says the Yankee fan, "that we should put away our differences and live as friends instead of rivals."

"You're right," says the Red Sox fan. He pops open the trunk and takes out a bottle of bourbon. "Let's toast our newfound friendship."

The Yankee-fan takes a big swig and hands back the bottle. "Your turn!"

"Nah," says the Sox fan, tossing the bottle into the river. "I think I'll just wait for the police to show up."

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."

While watching a movie recently, I couldn't hear the

dialogue over the chatter of the two women sitting in front of me. Unable to bear it any longer, I tapped one of them on the shoulder.

"Excuse me," I said. "I can't hear."

"I should hope not," she replied sharply. "This is a private conversation."

Friends of ours, Sam and Ruth, from main had just bought a car when winter hit with all its fury. "I wonder if the car has seat warmers," Ruth wondered.

"It does," said Sam, looking through the owner's manual.

"Here it is: rear defrosters."

Jim arrives home to find his wife lying on the floor in a pool of sweat. He rushes over and rouses her. It's then he notices that she's wearing a parka and a mink.

"Are you okay?" What are you doing?"

"You've been promising to paint the living room for months now," she explains groggily. "I wanted to prove that I could do just as good a job as you, and faster."

"Well, it does look like you did a good job. "But why are you all bundled up?"

"I know how to read," she snaps. "The can said for best results put on two coats."

Individuals with low to moderate incomes are eligible to receive free and confidential tax preparation at any of the free filing tax sites listed below:

OPERATION: NEW VIEW CAA, DUBUQUE
January 25th–April 8th
EVENINGS ONLY
Make an appt. by dialing 2-1-1 or 563-588-3980
1473 Central Ave., Dubuque IA

UNIVERSITY OF DUBUQUE
Wednesday, January 27th
Make an appt. by dialing 2-1-1 or 563-588-3980
Goldthorpe 130,
University of Dubuque
2000 University Ave., Dubuque IA

OPERATION: NEW VIEW CAA, MAQUOKETA
February 3rd–April 8th
EVENINGS ONLY
Make an appt. by dialing 563-556-5130
904 East Quarry St., Maquoketa IA

HILLS AND DALES LIFETIME CENTER (AARP)
February 1st–April 15th
Make an appt. by dialing 2-1-1 or 563-588-3980
3505 Stoneman Rd, Dubuque IA

OPERATION: NEW VIEW CAA, MANCHESTER
January 25th–April 9th
Make an appt. by dialing 563-927-4629
721 South 5th St., Suite B,
Manchester IA

ST. MATTHEW LUTHERAN CHURCH (AARP)
February 1st–April 15th
12pm–3:30pm
WALK INS ONLY
1780 White St., Dubuque IA

What To Bring to your Appointment

- Valid photo ID
- Social Security Card for each name on the return
- Birthdates for each name on the return
- W-2's for all jobs in 2015
- 1099 forms for other income, if any
- A copy of last year's tax return
- Any other income-related or tax-related documentation received from all sources (employer, bank, IRS, state, etc.)
- Health Insurance Coverage Statement Form 1095
- A blank check or your bank account information for direct deposit

Have no fear of perfection, you'll never reach it.

—Salvador Dali

Questions? Dial 2-1-1 or contact Hobie at hwood@operationnewview.org

CRESTRIDGE INC. NURSING FACILITY
1015 Wesley Drive Maquoketa, Iowa 52060
563-652-4967

30 minutes from Dubuque on Hwy 61

LONG TERM/SHORT TERM NURSING CARE/SKILLED CARE

RESPIRE/HOSPICE

SECURE DEMENTIA UNITS – one unit for men only



**SUPPER CLUB
MOTOR INN**

748-4687

3 miles N. of Iowa-Wisc. Bridge off Hwys 61 & 151 on Badger Rd. Hazel Green, WI

SUNDAY: 4:30 – 8 P.M.
TUES., WED., & THURS.: 4:30 – 8:30 P.M.
FRI. & SAT.: 4:30 – 9:30 P.M.

**Daily
Specials**

Sunday: Chicken & Ribs \$16.95
Tuesday: All You Can Eat Shrimp \$17.95
Wednesday: Rib Eye (14oz) \$18.50
(16oz) \$19.95
Thursday: 1/4 Broasted Chicken \$11.50
1/2 Chicken \$12.50
Friday: All You Can Eat Pike \$12.50
Saturday: New York Strip (10oz) \$17.50

HILLVIEW APARTMENTS

170 County Rd. N, Wauzeka, WI

1 Bedroom Apartments **AVAILABLE NOW!!!**

Rent 30% of adjusted income to qualified applicant.
(Must have a 3 year positive landlord history)

Free WIFI

Call toll free 888-393-3282

for more information and application.
Equal Housing Opportunity



Sunset Park Place
RETIREMENT COMMUNITY

Sunset Park Place
March Madness!

If we get your deposit for your apartment by March 31

Receive \$500 Off Your First Six Month's Rent

Call For A Tour Today!

563-583-7939

3730 Pennsylvania Ave
www.sunsetparkplace.net

**Upcoming Events at the James Kennedy
Public Library in Dyersville: March 2016**

Thursday, March 3: JKPL Memoir Project @ 6:00 pm. Join us for this monthly writers group that focuses on writing about personal stories and family history. This group meets the first Thursday of each month.

Thursday, March 3: How to Publish Your Memoir with Mary Potter Kenyon @ 7:00 pm. Mary will be at the library to give pointers on how to submit short stories about your life to interested magazines for publication. Come learn from an experienced and published author!

Saturday, March 5: Letter Writing Workshop with Local Authors @ 11:00 am. Iowa authors Mary Potter Kenyon and Mary Jedlicka Humston will discuss the letter-writing relationship that resulted in their book, *Mary & Me: A Lasting Link Through Ink*, and the importance of handwritten communication in a digital world. They will walk workshop participants through step-by-step instructions on letter writing. Registration requested but walk-ins welcome if space allows.

Monday, March 7: Books for Lunch Book Discussion @ 12:00 noon. This month the group will discuss the book *Wedded to War* by Jocelyn Green. Copies of the book are available to borrow from the library.

Tuesday, March 8: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm. For this month the group will read and discuss *Wedded to War* by Jocelyn Green. Copies of each book are available to borrow from the library.

Thursday, March 10: Movie Night @ Your Library @ 6:30 pm. Join us for this movie about the real mine collapse that left Chilean miners stuck underground for 69 days. Rated PG-13. (127 min.) Due to licensing issues the library is not able to include the title, movie studio, or actor's names. For more details please call the library, check the library Facebook page, or check the library website www.dyersville.lib.ia.us

Sundays, March 13 & 20: Beginning Wood Carving Class @ 1:00 pm. Join us for this two-part beginning woodcarving class at the library. The fee is \$30.00 per person and includes all equipment and materials. Students must be at least 12 years old. A signed liability waiver is required of all participants. Registration is required as space is limited.

Tuesday, March 19: Coloring for Adults @ Your Library from 5:00 to 8:00 pm. The library will provide coloring sheets, colored pencils and light refreshments. This program is open to adults 18 and older.

Thursday, March 31: A Visit with Iowa Author Jocelyn Green @ 6:30 pm. Iowa author Jocelyn Green will be at the library to talk about the role of women in the Civil War with her presentation "Saviors, Survivors, Soldiers, Spies: Women in the Civil War". Sponsored by the Dyersville Federated Woman's Club and Friends of the James Kennedy Public Library.

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

*The secret of managing is to keep the guys who hate you
away from the guys who are undecided.*

—Casey Stengel

Shady Rest Care Center

Proudly community owned & operated

"WE CARE FOR THE PEOPLE YOU LOVE"



Fact: Medicare staff reviews 4 areas in skilled nursing homes.
When you review all areas combined, Shady Rest is our region's leader!

Please visit the official

U.S. Government website: **medicare.gov**

SKILLED REHAB NURSING ON-SITE!
WE WILL GET YOU HOME!

You may set up your "hotel-like" Skilled room prior to your hospital stay!

Call (563) 852-3277 or visit shadyrestcarecenter.com

• Skilled Rehab to Home • Long Term Care • Certified Dementia Community
701 Johnson St. NW • Cascade, IA 52033

**Strange
BUT TRUE**

By Samantha Weaver

• It was American journalist and poet Max Eastman who made the following sage observation: "People who demand neutrality in any situation are usually not neutral but in favor of the status quo."

• When you were in school, you may have had to memorize the names of all 50 states. You probably weren't taught, though, that fully half of those names are derived from the languages of the continent's native peoples.

Strange But True Cont. P. 17

An Uplifting Moment

Rev. David J. Claassen



Visit me on the internet!

www.daveclaassen.com

Beyond Discipline to Discipleship

Last year I took some time at the beach to photograph my own set of footprints. I walked a ways along the beach, then circled back in a large arc so as not to come near my first footprints. I framed the picture to show footprints going off into the distance. I now wish I had made a second set of footprints alongside the first so that there would be two sets of footprints in the photo. The spiritual journey is far better portrayed by two sets of footprints rather than just one set. That's because, as a Christian, I don't see the spiritual journey as a solo endeavor. The spiritual journey for me is a call to follow Jesus, for me to walk alongside Him.

A single set of footprints can symbolize discipline, often

seen as being self-discipline. The person determines the direction his or her life should take and makes a determined effort to follow that path. It is no one's journey except that person's. It seems to me much of the self-help literature focuses on this, the solo journey of one's own determination.

From my perspective as a follower of Jesus I see a big difference between discipline and discipleship. Discipleship implies someone who is discipled (taught) by a discipler (teacher). My spiritual journey is one in which Jesus is the discipler and I'm the disciple. It requires me to seek to be close to Him in a personal relationship and be willing to live His way and not my own way.

Here's a countdown of three reasons why I'm a disciple of Jesus rather than trying to go it alone with self-discipline. The list is from the lesser to the greatest of reasons...

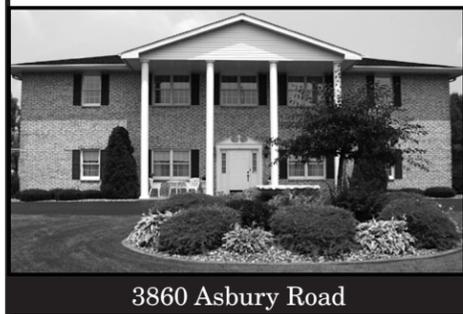
3. It's far less lonely, for I'm following alongside the One who is my Discipler.

2. I actually have His help, for a good discipler comes alongside the one discipled and offers needed assistance.

An Uplifting Moment cont. P. 9



1640 Main Street



3860 Asbury Road

Hoffmann Schneider

FUNERAL HOMES
AND CREMATION SERVICE

"FOR EVERY TRADITION"



Jim and Sharon Schneider

563-582-7221 • Hoffmann Schneider • 563-582-5222



You are invited to a
CHRISTIAN EXPERIENCE WEEKEND

at
Shalom Retreat Center
1001 Davis Ave., Dubuque, IA 52001

Women's Weekend
March 4-6, 2016
contact Jill Glennon
563-542-3428
djglennon@mchsi.com

Men's Weekend
March 11-13, 2016
contact Bill Beutin
563-583-9674
bbbeutin@aol.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.

Sponsored by Holy Spirit Parish CEW

DID YOU KNOW?
by Rose Wickler



The Feast of the Annunciation, March 25, is the Christian celebration of The Virgin Mary being told that she would become the mother of the human incarnation of the Lord. The announcement to Mary by the angel Gabriel dictated that she would

conceive and give birth to Jesus.

According to Luke 1:26, the Annunciation occurred "in the sixth month" of Elizabeth's pregnancy with John the Baptist. This day is approximately the northern vernal equinox nine months before Christmas. It was also used to mark the New Year in Britain until 1752. The 2nd-century writer Irenaeus of Lyon considered the conception of Jesus as coinciding with the Passion.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of 1 Samuel in the Old or New Testament or neither?
2. "All things are possible to him that believeth" is from what book's 9:23? *Psalms, Malachi, Mark, Ephesians*
3. What/where is the longest verse of the Bible? *Matthew 2:6, Esther 8:9, Romans 9:7, Luke 6:1*

4. "Absent in body, but present in spirit" is from what book's 5:3? *1 Corinthians, 1 Timothy, 1 Peter, 1 John*
5. From Judges 14, who called his wife a heifer? *Saul, Elijah, Samson, Peter*
6. What was the Hebrew name of Paul? *Simon Peter, Andrew, Haggai, Saul*

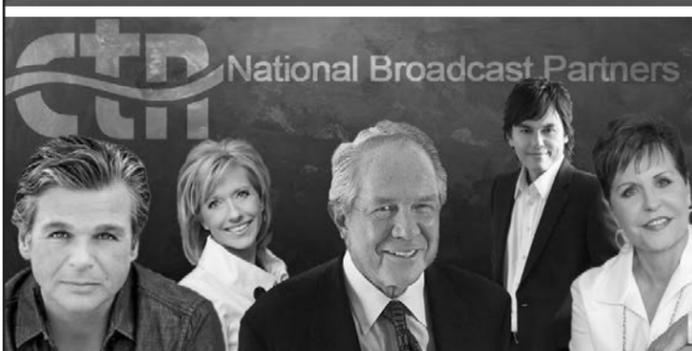
ANSWERS

- (1) Old; (2) Mark; (3) Esther 8:9;
- (4) 1 Corinthians; (5) Samson;
- (6) Saul

Comments? More Trivia? Visit www.TriviaGuy.com

© 2016 King Features Synd., Inc.

Your CTN Station
Christian Television Network
KFXB-TV Dubuque Iowa



- Providing 24/7 Christian based programming, Spreading the Good News!
 - Iowa's only Christian Television Station • Local Programmers
 - KFXB-TV can be seen in the Tri-State Area on:
Digital Antenna – Channel 43.1 • Mediacom Ch. 13
Anywhere Live Stream at www.kfxb.net
 - CTN Satellite can be seen on Dish Ch. # 267, DirectTV Ch. # 376
- 744 MAIN STREET, DUBUQUE, IA 52001 • 563-690-1704 • www.kfxb.net

Regional Family Health

\$25



LIPID & GLUCOSE SCREENING

This Heart Healthy Screening Includes

Cholesterol Profile
Blood Sugar
Blood Pressure



12-HOUR
FAST
REQUIRED

Thursday, April 21

6:30-9 AM

Regional Family Health • Manchester

QUESTIONS CALL 563-927-7777
regmedctr.org

Fall Lipid & Glucose Screening
October 20, 2016

If you are age 20 or older the American Heart Association recommends having your cholesterol levels checked every four to six years.



Amber Matthiesen, Families & 4-H Youth Development
Program Specialist, Jackson County Extension

201 W. Platt St., Maquoketa, IA 52060

Phone: (563) 652-4923 Fax: (563) 652-6710

E-mail: amber@iastate.edu

www.extension.iastate.edu/jackson

Manage Post-Holiday Stress with Mindfulness

The holidays are over, but for many, the stress continues: on bodies from over eating, on wallets from over spending and sometimes on relationships after what can be a tense time of the year. However, it's possible to relieve various forms of stress by taking steps toward mindfulness.

In his 1994 book "Wherever You Go, There You Are," Jon Kabot-Zinn defines mindfulness as paying close attention, on purpose, in the here and now with a nonjudgmental attitude.

That means the choices we made in December are behind us. Letting those weigh us down now can make us feel powerless and hopeless. Focusing on what we can do right now, today, will help move us forward and keep our stress in check.

Work at West Virginia University Extension has focused on using mindfulness to help reduce stress. An easy way to be mindful is to find a comfortable place to sit and focus on breathing.

There is no right or wrong way to do this. Just pay attention to how your chest or abdomen rises and falls with each breath as you take each breath in and release each breath out. Research suggests that doing so just a few minutes a day can increase our focus and productivity, as well as reduce the hormones that cause us to feel stress.

If you are feeling stress on your body from over indulging, mindful eating can help get you back on track. Eating slowly and focusing on the sensory pleasures of eating can help you enjoy your food more and eat less. Be sure to chew food thoroughly and stop between bites so you can savor the unique smells and textures of each bite. Doing so can improve

our health and relationship with food and reduce the mindless eating many of us are drawn to throughout our busy days.

Mindfulness can help with finances as well. Intentionally paying attention to the moment without judgment can reduce impulse buying and help people focus on long term goals. Tools like *PowerPay.org* from Utah State University Extension and Outreach can help consumers identify the quickest way to pay down debt.

The holiday season often can cause stress in our relationships as we try to balance our personal needs with the needs of family and friends. People generally are hard wired to pay attention to the negative and ignore the positive. However, self-critical judgements, beliefs and perceptions lead us to behave in ways that sometimes are not healthy.

Did burning the turkey really ruin everyone's holiday, or did it maybe cause a couple people to be a little cranky until dessert? By focusing on the burnt turkey did you miss the many smiles and laughter scattered throughout the holidays? Thoughts are words in our head and with mindfulness we can intentionally practice patience and kindness with ourselves and others to change those thoughts.

The busyness of the holiday season gives way to the busyness of returning to work, school and other routines. Mindful practices can help reduce the stress of this busyness and provide the necessary focus for making healthy choices.

For more resources on stress, check out the Iowa State University Extension and Outreach series "Taking Charge," available for free download from the Extension Store, <https://store.extension.iastate.edu/>.

Terry Schildgen Heart to Heart Fund Benefit

Saturday, March 12, 2016
3:00 to 9:00 p.m.

Thums-up Bar and Pub
Kieler, WI

(on Main Street, right across from the church)



At age 56 an undetected heart malfunction sent our brother and son (Terry) to the hospital in an emergency life and death situation. Right before Christmas he had two heart surgeries and spent 13 days in the hospital with very little health insurance. His self-employed job meant he is not able to collect workmen's compensation or other benefits that most of us are accustomed to.

This benefit will help Terry and wife and son be able to stay in their home and help to pay living expenses, plus the huge medical expenses they have incurred.

Terry is a hard working family man who would do anything for his wife and son.

There is also a **Go Fund Me** page on facebook at
<https://www.gofundme.com/4xm32v64>

Thank you for anything you are able to help with.



HEALTHY IDEAS

(NAPSA)-Your doctor can help you stop smoking, points out the U.S. Preventive Services Task Force, an independent, volunteer panel of national experts in prevention and evidence-based medicine. Learn more at www.uspreventiveservicestaskforce.org.

The Federal Long Term Care Insurance Program can help pay for long-term care for qualified federal employees and

their family members who need help with everyday activities or who need supervision due to a severe cognitive impairment. Learn more at www.LTCFEDS.com and (800) 582-3337.

Medicare awards health plans one to five stars for quality. Eight of the 12 Medicare Advantage plans earning five stars this year are members of the Alliance of Community Health Plans, an organization



representing high-quality health plans. Learn more at www.ncqa.org.

Dry mouth can result from many conditions and medications. Just two sugar-free, chocolate-flavored BasicBites chews a day can help dry mouth sufferers maintain their enamel health. Recommended by leading dental professionals, they're available exclusively online

at www.basicbites.com, where you can find more information.



Come Chat With Me
by S. E. Persinger

The Bill O'Reilly show is aired on Fox TV as *The O'Reilly FACTOR*. Bill usually ends his show with a word to ponder. One time the word was opine. I didn't remember using this word even though I knew it meant opinion. So I went to my dictionary and confirmed its meaning.

Sometimes even hearing an unfamiliar word rings a bell in my head. I remember one time when a co-worker and I came back to the office after eating lunch at a nearby restaurant. We came off the elevator both giggling as young girls often do. As we entered the office one of our bosses stopped us at the door and said, "Well, what have we here? Welcome back to the office you lovely cosmopolites." We stifled our laughter and looked at each other rather inquisitively. Our boss smiled and asked us if we knew the definition of that word. We did not. He said that the word meant, "worldly." We looked up the word in our secretarial dictionary and discovered it meant a cosmopolitan person; a citizen of the world. Our boss was teasing us but in a kind way. Nowadays, the

episode would probably be misunderstood and ultimately cause an office uproar.

Ironically, a short time ago I met a friend that I haven't seen in a long time. We talked about things that had happened in our circle of friends so many years ago. It seems that I remembered more clearly the events of the past than he did. At that point he called me a mnemonist. I thought he was swearing at me! "Oh, my goodness," I muttered to myself. After all it had been several years since we saw each other. He suddenly noticed the shocked look on my face and then stated, "Oh, I'm sorry, I seem to have forgotten your difficulty with vocabulary." After looking up the word I realized that it meant an individual with an exceptional memory. So he was not swearing at me. He had just paid me a compliment.

I envy people who have the capacity to let words of knowledge just roll off their tongues like balls rolling down a hill. Incidentally, I carry a small dictionary with me at all times. It really comes in handy when I'm attending a public function whereby it might be necessary to fill out a form, and at the end of the meeting, sign it. If I sign anything, I want it to be a reflection of my best work.

An Uplifting Moment from P. 7

1. I believe with all my mind and heart that Jesus is God come to us, that He did His work of saving us, reigns supreme as creator/sustainer of everything and, therefore, *deserves* to be in charge of my life!

...This is why I follow Jesus.

Yep! Someday I'm going to take that photo of two sets of footprints. It symbolizes the spiritual journey at its best!

Jesus' invitation: "*Follow me.*" (Matthew 4:19, 8:22, 9:9, 10:38, 16:24, 19:21)



Paw's corner

by Sam Mazzotta

Finicky Cats Stage Hunger Strikes

DEAR PAW'S CORNER: I'm writing in regards to your recent column about the causes of finicky eating in pets. My two cats don't like liver or the smell of liver. However, most wet cat food contains chicken or beef "byproducts," which usually means some amount of liver. If my cats smell liver in their food, they just won't eat it, and will go hungry and meow about it — usually in the middle of the night.

By trial and error, I have found about five or six different cans they really like to eat. However, some days they gobble the food down and other days

they go on a hunger strike, even with foods they liked the last time. When that happens, I pick up the bowl and smell it. Every single time it smells like liver, and I have to throw it out.

They also like variety in their wet food, although I never have had to switch their dry food.

I wish cat food manufacturers would not add any liver at all, but almost all cat food has byproducts in it. I hope my experience helps your other readers. — **Kathy in Sacramento**

DEAR KATHY: Many thanks for sharing this! I too have dealt with this issue. The struggle then becomes finding another flavor or brand of food that the cat will tolerate.

Often that boils down to buying a much more expensive brand that doesn't contain byproducts. But that can be difficult for many cat owners. Readers, what tips do you have for cat owners trying to deal with finicky eaters?

Send your tips to ask@pawscorner.com.

© 2016 King Features Synd., Inc.

Leonard Funeral Home & Crematory
2595 ROCKDALE ROAD • DUBUQUE, IOWA 52003
563-556-6788 • www.leonardfuneralhome.com

*** PREPLANNING AT YOUR REQUEST**
*** TRADITIONAL FUNERALS** *** CREMATION SERVICES**



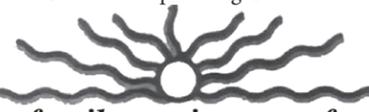
Patrick A. Leonard
Funeral Director
Licensed in IA, WI, & IL



Kristin M. Leonard-Bertsch, CPC
Certified Preplanning Consultant



Edward J. Leonard
Funeral Director
Licensed in IA & WI


Our family serving your family

Less hassles = More smiles.

Start from the Dubuque Regional Airport and get going with convenience. Shorter travel time and smoother check-in. That's something to smile about!



DUBUQUE REGIONAL AIRPORT

www.flydbq.com • 563-589-4127
or call your local Travel Agent.



www.aa.com
800.433.7300

WINTER FARMERS MARKET

Early Riser Meat and Cheese
FARM-RAISED
Beef • Pork • Farm Fresh
Brown Eggs • Cheese

KRISTI'S PERFECT PRODUCE
Potatoes – Garlic – Greens – Root Vegetables

Every Saturday Morning – 9 a.m. to 12 noon
Dubuque Farmers Market, in the Colts Building,
1101 Central Ave., Dbq.

Thank you for supporting a family farm!



A Division of Bellmann Dairy Farm

TRI-STATES LEADER
IN
PROSTHETIC LIMBS AND ORTHOPEDIC DEVICES

Clark and Associates provides top quality care to the tri-state area.
We provide care to all ages - infants through adults.
Treatments include: diabetic shoes, sports specific bracing, bracing to improve balance and function of the lower extremities, cranial remolding helmets and advanced prosthetic solutions.
All major insurances accepted including: Medicare, Medicaid and VA.

Call now to schedule your FREE evaluation



Clark & Associates
Prosthetics and Orthotics

Dubuque
563-556-5415
800-514-3317
1635 Associates Dr.
Travis Carlson, CPO
Pat McTaggart, CO



Accredited by the
American Board of Certification
in Orthotics and Prosthetics

A Fantastic shopping event.

HUGE 27TH ANNUAL

ARTS & Crafts SHOW

Over
125
Exhibitors

SAT., APRIL 2

GRAND RIVER
CENTER

DUBUQUE, IOWA
9:00 a.m. - 4:00 p.m.

ADM.: \$5

FREE PARKING

Over 125 Talented

Exhibitors Present & Sell

1,000's Of Unique

Handmade Creations.

Callahan Promotions, Inc., 563-652-4529

Bring this ad to show for \$1.00 OFF One Admission

WIN

\$100,000

GRAND PRIZE

ADDITIONAL PRIZES TOTALING \$20K

Tickets: \$100 each

Split the ticket with friends & family!



Only 3,000 tickets will be sold!

Raffle Drawing: Saturday, April 9

at Holy Family's Circle of Celebration

Get yours today!

Call Christine at Holy Family

563-582-5456 ext. 255

www.holyfamilydbq.org/raffle

UnityPoint Health Finley Hospital March 2016 Events

For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit www.unitypoint.org/dbqevents.

Diabetes Education/Support Group. Wednesday, March 9, 10:30 – 11:30 a.m., Hy-Vee Asbury. Kehl Diabetes Center and Asbury Hy-Vee partner for diabetes education/support group meetings. Call Hy-Vee Asbury to register (563) 589-2199. March event is a Grocery Store Tour with Hy-Vee Dietitian Megan Hortsman, RD/LD.

Diabetes Express. Friday, March 25, 10:30 a.m. – 12:30 p.m., Kehl Diabetes Center. Learn about type-two diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basics of diabetes treatment: meal planning, physical activity, medication and weight loss. Cost is \$5.

Dubuque & Tri-States Head and Neck Cancer Support Group. Thursday, March 24, 3:00 p.m., Finley's Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

Reiki I. Saturday, March 19, 9:00 a.m. – 4:00 p.m., Babka Wellness Center. Reiki is a gentle but powerful hands-on healing technique. You will be able to give yourself Reiki, as well as your family, friends and pets. Training consists of discussion, attunement and course materials. Cost is \$125.

Wednesday at the Movies. Wednesday, March 9, 1 p.m., Babka Wellness Center. Call (563) 589-4899 to register and find out the movie selection.

Dubuque Community School District Offering Free Senior Citizen Activities Pass

The Dubuque Community School District is now offering a free activities pass for senior citizens to attend district events at no cost. The pass is valid for district athletic events, plays and musicals. It is not valid for intra-city competitions or IGSAU/IHSAA tournaments.

The complimentary Senior Citizen Activities Pass can be picked up at the front desk of the Forum, 2300 Chaney Road, between 8 a.m. and 4:30 p.m. by any resident of the Dubuque Community School District age 65 and over. To receive a pass, an individual must present a valid photo ID with a home address.

"This pass is a great way for us to give back to

the community," said Amy Hawkins, activities and athletics supervisor for the district. "We know there are many seniors who follow our teams, attend our events and, overall, have tremendous support for the district and our students. We are happy to offer this as a new opportunity to get more involved in the district."

The idea for a Senior Citizen Pass was brought to the district's activities committee by School Board Member Tom Barton and was based off similar programs in other districts. The topic was then discussed by the Board's activities committee and the educational programs/policy/strategy committee before being implemented.

Brief Ads \$20 per month Call 563-845-7586

Three Months Paid in Advance

Heavy Duty Industrial Railing Without the Industrial Price

• Feel safe with sturdy metal railings for Steps & Decks • Swimming Pool Fences • Metal Staircases • Driveway Gates • Aluminum & Stainless Steel Welding • Portable Welding Repair

SR Custom Metal Railing 563-252-3349

Stan Rodamaker • srctrailings@alpinecom.net • Web: srctrailings.com

**Men, Do
You Love
To Sing?**

Then the Music Men a cappella Barbershop Chorus Is Looking For You! Join us to learn to be a better singer and become a more confident performer. Tuesday evenings (7 – 9:30 p.m.), Summit Congregational UCC, 2885 JFK Road, DBQ. Call: 563-552-7064

Let us do your Laundry for you!

Delivery
& Pickup
available

GIANTWASH LAUNDROMAT

Commercial and Residential Laundry Specialists

How it works: Bring in or let us pick up your laundry. We wash, dry, fluff, fold, iron, bag and hang your items for you!

563.556.9746

1887 ELM STREET • DUBUQUE (ACROSS FROM EAGLE'S)

7 Days
a Week!



A Dubuque tradition for over 100 Years

"Family owned and operated for 4 generations"

For a gift with true meaning, shop with us!

129 Main St. Dubuque, IA 52001

Tollfree 877-838-4755 • 563-582-5845

Look for Knippel's on Ebay



JC's HOME IMPROVEMENT

563.542.4168

• Home Maintenance • Remodeling • Light Hauling
• No Job Too Small • Garage and Basement Cleaning

For Affordable Ad Rates, Call: 563-845-7586



Moments in time

THE HISTORY CHANNEL

• On March 3, 1887, Anne Sullivan begins teaching 6-year-old Helen Keller, who lost her sight and hearing after a severe illness at the age of 19 months. Under Sullivan's tutelage, the previously uncontrollable Keller flourished, eventually graduating from college and becoming a lecturer and activist.

• On March 6, 1899, the patent office in Berlin registers Aspirin, the brand name for acetylsalicylic acid, on behalf of Friedrich Bayer & Co. Acetylsalicylic acid was originally made from a chemical found in the bark of willow trees.

• On March 2, 1904, Theodor Geisel, better known as Dr. Seuss, the author and illustrator of such beloved children's books as "The Cat in the Hat," is born in Massachusetts. Geisel's first book, "And to Think That I Saw It On Mulberry Street," was rejected by over two dozen publishers before making it into

print in 1937.

• On March 5, 1929, David Dunbar Buick, founder of the Buick Motor Company, dies in relative obscurity after years of working menial jobs. By 1906, Buick had lost control of the business and sold his stock, which would later be worth millions of dollars.

• On March 1, 1932, the 20-month-old son of aviator Charles Lindbergh is kidnapped from the family's mansion in New Jersey. Although a ransom note demanding \$50,000 was left in the nursery, the baby had been killed the night of the kidnapping.

• On Feb. 29, 1940, the film "Gone With the Wind" is honored with eight Oscars. The most momentous award went to Hattie McDaniel for her portrayal of "Mammy," a housemaid and former slave. McDaniel was the first black actor ever to win an Oscar.

• On March 4, 1962, a Trans-African DC-7 crashes on takeoff in Cameroon, its 111 passengers and crew doomed by a mechanical failure. It was the first single-airplane disaster in history in which more than 100 people died.

© 2016 King Features Synd., Inc.



Exploring West Virginia
October 23-31, 2016

Join the Club!

AmeriClub is a rewards program for clients who are 40 or better and maintain qualifying account balances. Receive more value with your banking relationship with worry-free checking, domestic and international travel, social and cultural events, seminars, and merchant discounts. Plus, you'll have more fun and make new friends along the way.

Visit American Trust today and join the club!

Contact Julia to request a brochure on her Fall trip, Exploring West Virginia. This unique trip includes four scenic train rides and much, much more!



Julia Terwilleger
AmeriClub Director
563.589.0804

AmeriClub
By American Trust & Savings Bank

Member
FDIC



Pam Shaw,
Social Security District Manager,
Dubuque, Iowa



MARCH MADNESS AT SOCIAL SECURITY

Basketball fans are gearing up for March Madness, which will culminate when the final four teams in the NCAA fight for the title of national champion. Fans wait in eager anticipation to see whether their favorite team or alma mater will be included in the "final four." While basketball fans are excited about March Madness, Social Security already has its own winning "final four" to help you this season.

Now, let's turn to the action!

The online services you can put into play with a *my Social Security* account are like *free-throws*. They're quick and easier than muscling your way to the basket (or field office). *My Social Security* is an online account that allows you quick and secure access to your personal Social Security information. During your working years, once you create your online account, you can use *my Social Security* to obtain a copy of your *Social Security Statement*; verify your earnings record; and see estimates of the future retirement, disability, and survivor benefits you and your family may receive.

If you already receive Social Security benefits, you can sign into your account to view, save, and print your benefit verification letter; check your benefit payment information; request a replacement Medicare card; get a replacement SSA-1099/1042S for tax season; and

even change your address and phone number in our records. You can also start or change your direct deposit information. In some states and the District of Columbia, you may also be able to request a replacement Social Security card online. Check it out at www.socialsecurity.gov/myaccount.

One of the most important *fouls* you might want to avoid is not signing up for Medicare Part B. Enrollment begins January 1 and ends March 31. Medicare Part B covers two types of services: medically necessary services — services or supplies that are needed to diagnose or treat your medical condition and that meet accepted standards of medical practices. Medicare Part B also covers preventive services — healthcare to prevent illness (like the flu) or detect it at an early stage when treatment is most likely to work best. You can avoid that foul (as well as the penalty you must pay for not signing up during the enrollment period) and sign up for Medicare Part B when you turn 65 at www.socialsecurity.gov/medicare.

From a quick pass aimed at a well-positioned three-point shooter to an alley-oop that ends in a game-winning score, *assists* are one of the main ways a team wins. Two of the primary ways we assist people are with disability benefits and survivors benefits. Disability is

Blue Ribbon

Breakfast and Auction Sunday, March 20th Dubuque County Fairgrounds Grand Ballroom

Serving 8am–Noon • Auction begins at 11am
Adults \$8 • Children 5–11 \$5 • under 5 FREE

Enjoy fresh farm eggs, pancakes, sausage, potatoes, toast, juice, collee & milk.

Join the fun and support the Blue Ribbon Capital Improvement Campaign for continued improvements to buildings and grounds.

Tickets are available at the Fair office or by calling 563-588-1406

something most people don't like to think about, but the chances that you'll become disabled are probably greater than you realize. Studies show that a 20-year-old worker has a 1-in-4 chance of becoming disabled before reaching full retirement age. The loss of a key family wage earner is another event that can be devastating both emotionally and financially. You can learn more about how we assist millions of people each year at www.socialsecurity.gov/disabilityssi and www.socialsecurity.gov/survivors.

A winning retirement plan

is your *slam dunk*! At www.socialsecurity.gov/retire you'll find retirement planners, ways to estimate your potential benefits and your full retirement age, as well as other helpful resources. When you are ready to retire, apply for benefits online in as little as 15 minutes. At www.socialsecurity.gov, you'll be hitting slam dunk after slam dunk and ensure your championship retirement.

As you can see, there's no need for excess *madness* this March if you use our "final four." Social Security is on your team and we're here when you need us.

Finley- Hartig Homecare

now offering

Recline & Lift Chairs from
Golden Technologies!

- * Maxicomfort Series
- * Comfort Series
- * Comforter Wide Series
- * Traditional Series
- * Signiture Series
- * Value Series



* Many styles &
colors to choose from!

*Free Delivery



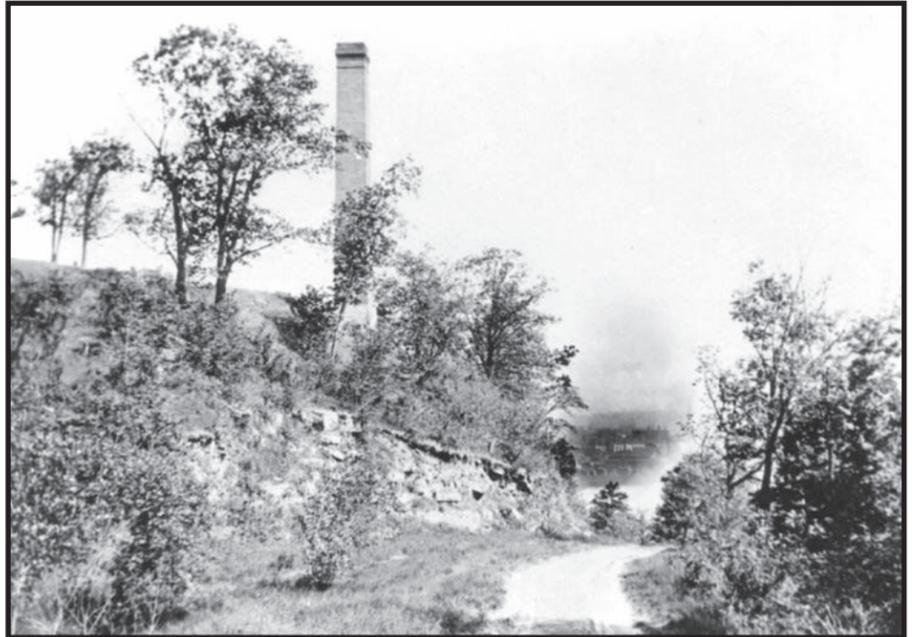
FINLEY - HARTIG
HOMECARE

2282 University Ave. Dubuque, Iowa, 52001. (563)588 8707

"We put the CARE in Homecare"

YESTERDAY AND TODAY

BY MICHAEL GIBSON



In 1867, brothers Martin and Newell Moore built a lumber mill south of Dubuque in the vicinity of what used to be Rafferty slough and later Maus Park. The company was called Dubuque Lumber and the saw mill was one of the largest milling operations between Minneapolis and St. Louis. The mill had two smokestacks one on the bluff and one below attached to the main saw mill. This ca. 1900 photo shows the remains of the one located on the bluff. (Photo courtesy of the Center for Dubuque History, OHE p.159 Neg. roll 1335).

Yesterday & Today cont. P. 13

Holy Spirit Parish Omelet Breakfast



**Sunday, March 13 • Serving 8–noon
at Holy Trinity – 1701 Rhomberg Avenue**

Omelets or eggs made to order, hash browns,
donuts, rolls, coffee, milk and orange juice.

Cost is \$8 adults; \$6 child; 4 and under free.

Mill Valley Care Center



Keeping Families Close

- Rehabilitation and Therapy
- Respite and Short Term Care
- Long Term Care
- Adjacent to Sunrise Villa Assisted Living

1201 Park Street • Bellevue, Iowa

For more information see our website at

MillValleyCareCenter.com

or call **563-872-5521** to arrange a visit

Bethany Home from P. 1

unnecessary medications which have many adverse effects.

We provide a diverse range of activities due to Alzheimer's being a diverse disease. While some residents enjoy bingo and card games, others may prefer more physically active programs such as balloon ball or yoga. Our Wellness Director works with the memory unit residents 1:1 and group exercise programs. We have also incorporated some of our auxiliary workers such as housekeeping staff to provide 1:1 care to those residents that are anxious to allow our nursing staff to tend to the other residents. While the auxiliary staff are not trained or qualified to provide direct care to the anxious residents they can certainly engage them in diversional conversation or activity. Thinking outside of the box has also been necessary in creating ways to reduce unnecessary medications. We have implemented infusing essential oils into warm washcloths for residents before or after meals to help with cleanliness and also the benefits of the oils. In the morning we use peppermint which is meant to wake the residents up and keep them engaged in activities throughout the day then after supper we use lavender washcloths which is used for its calming effect. We are using overhead speakers for the power of music, garden areas in the spring and summer. While there is no single solution to meet every resident's needs, we believe that by having a diverse collection of options our staff can best tailor individual care plans for our residents.

There are a variety of different types of Alzheimer's with each causing different

losses for the individual. We at Bethany try to make the best out of every day for our residents.

"Of all the losses associated with Alzheimer's disease, I believe the greatest is the loss of relationship. And this does not have to be so. We can maintain relationships with people who have Alzheimer's, if we, ourselves, are willing to enter their world and lovingly embrace, affirm, and empower them where they are." — Daniel C. Potts.

Cindy Sykora, regarding her parents (Anthony) Roy and Val Gawrych:

"It's such a feeling of home at Bethany. We're just so blessed that Mom and Dad are here because it's not what's on the outside but what's on the inside at Bethany, and Bethany's inside is full of caring, compassionate people."

"When Mom was in the Memory Care Unit, it was such a relief to know she was safe. Safety, safety, safety was my first concern, and the compassion! The staff! They make time for people. They're friendly towards family members."

"There's never a bad time for us to come visit. There's never a question they won't answer. They're more on top of my parents' care than I am because they see them so much. And the homey feel! It was like a cocoon. My mother was protected and loved."

"We can go on vacation for a week and know that everything will be okay with Mom and Dad. I'm updated constantly on any kind of issues or problems with my parents' health, and I know they're in a good place."

Yesterday & Today from P. 12

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.



Despite Today the smokestack is gone, but a paved Mt. Carmel Road winds down the side of the bluff near the location of the old smoke stack. (Photo by Terry Grant).

Dubuque Symphony Orchestra Presents Beautiful Brahms



production *La clemenza di Tito*. Equally at home on the concert stage, Ms. Birsan has also performed with the Madison Symphony Orchestra, the Grant Park Symphony, and the Madison Bach Musicians.

Baritone guest soloist Ashraf Sewailam earned a Doctor of Musical Arts degree in Vocal

(DUBUQUE)—The Dubuque Symphony Orchestra (DSO) presents Beautiful Brahms featuring the Dubuque Chorale, and two outstanding vocal soloists Emily Birsan and Ashraf Sewailam. The concert begins with Beethoven’s lively and exciting Symphony No.1 and is followed by Brahms’ German Requiem; both tender and powerful, it is one of the most beautiful pieces of music ever written. It will be held on Saturday, March 5, 2016 at 7:30pm and Sunday, March 6, 2016 at 2:00pm at Five Flags Theater, downtown Dubuque.

Soprano guest soloist Emily Birsan earned her Bachelor of Music degree from Lawrence Conservatory in Appleton, WI and her Master of Music degree from the University of Wisconsin-Madison’s School of Music in 2010. On the brink of an international career, Emily Birsan just finished her third year as a member of the Patrick G. and Shirley W. Ryan Opera Center at the Lyric Opera of Chicago and was most recently heard on the main stage as Servilia in the critically acclaimed Sir David McVicar

Performance and Pedagogy from the University of Colorado at Boulder. Mr. Sewailam began his career as a Cairo Opera Company house soloist, where he performed many roles including Dulcamara in *L’elisir d’amore*, Gaudenzio in *Il signor Bruschino*, Ramfis in *Aida*, Palémon in *Thaïs*, and Sparafucile in *Rigoletto*. Mr. Sewailam was named a prize winner at the New Voices international competition in Gütersloh, Germany and was featured in the opening concert of the New Alexandria Library in 2002 singing Beethoven’s Ninth Symphony in Arabic. In addition to his singing engagements, Mr. Sewailam taught at the American University in Cairo, and served as music director for Disney Character Voice International dubbing Disney productions into Arabic, and performed several of the characters.

To purchase individual tickets to this concert (\$15 - \$78), call the Five Flags Box Office (563) 589-4258 or visit www.dubuquesymphony.org. Discounted \$6 student tickets will be available in the theater lobby one hour prior to each

ALL NEW!

FOREVER YOUNG
50+
Club

EVERY WEDNESDAY!

10AM-8PM

\$5-\$50 FREE PLAY
Win up to \$50 Reward Dollars by playing our Gangsta Granny kiosk game!

50% OFF BUFFET
Visit the kiosk to print your half price buffet coupon!

MYSTIQUE CASINO & RESORT

MYSTIQUE SPORTS BAR | Champagne STEAKHOUSE | DON APPÉTIT CABARET | HOULIHAN'S RESTAURANT & BAR | Hilton Garden Inn

1855 Greyhound Park Road · Dubuque, IA · MystiqueDBQ.com · 800-373-3647
MANAGEMENT RESERVES ALL RIGHTS. GAMBLING PROBLEM? CALL 1-800-BETS-OFF. MUST BE 21.

The Fever River Puppeteers present
a marionette production of
“Sleeping Beauty”

Fri., Mar. 18 at 7 p.m.
Sat., Mar. 19 at 11 a.m. & 2 p.m.
Sun., Mar. 20 at 2 p.m.
Sat., Mar. 26 at 11 a.m. & 2 p.m.

Tickets at the door only, a half hour before each show
\$5 adults, \$4 children
Info at 608-732-7129 or 608-732-6404
HAZEL GREEN OPERA HOUSE
2130 Main Street, Hazel Green, WI

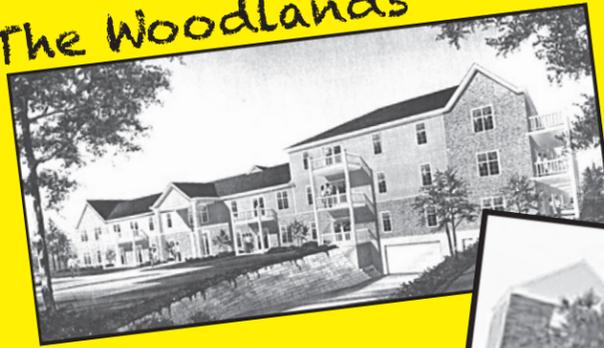
performance. This concert is made possible by the generous support Dubuque Bank and Trust.

Under the direction of Maestro William Intriligator, the Dubuque Symphony Orchestra creates exceptional live musical

experiences that challenge and inspire audiences. Performances include classical, popular, opera and educational concerts. It is the only professional orchestra in a 70 mile radius. For more information, visit www.dubuquesymphony.org.

Senior Living Never Looked So Good!

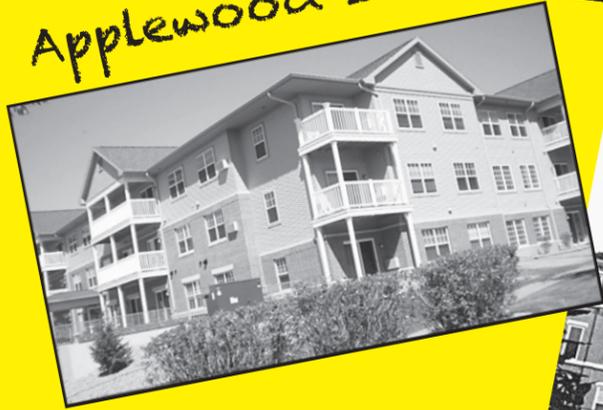
The Woodlands



Applewood I & II



Applewood III



Academy Senior Apartments



LOCATIONS NEAR YOU:

Dubuque, IA
The Woodlands
3460 Starlite Drive
563-582-9818

Applewood I & II
3125 & 3175 Pennsylvania
563-588-3693

Applewood III Senior Apartments
3225 Pennsylvania
563-582-5334

Sinsinawa, WI
Academy Senior Apartments
511 County Road Z
608-748-5403

Independent Living for Friends 55+



(563) 556-1188

www.HorizonSeniorHousing.com



Passion and Purpose

by Laura Nissen, Luther Manor Communities

All of us have abilities and talents that can make a lasting impact. Do you have activities in your life that you pursue with passion? On the surface these activities seem like they might be defined as leisure time. But on further analysis, these activities are sacred. They are our indulgences that make life worth living. These are moments that we find our joy. Finding these activities and giving them the appropriate value in your life can be the secret to living a life of happiness and well-being. Over the course of this new series, I would like to share examples of engaged, creative, passionate people who are frequently using their abilities and talents to reach their full potential.

Shirley White's passion and purpose is her very generous volunteerism in our community. Shirley is a shining example of how someone who focuses on volunteerism can incorporate service into day to day life while making a significant difference in other people's lives. When Shirley retired from the YWCA Preschool as an early childhood educator she wanted to incorporate more volunteerism in her life.

And that is precisely what she did! Shirley's volunteerism spans across half a century and the hundreds of comments and awards offered describe



Shirley White

her as... invaluable, dedicated, compassionate, passionate, gifted, highly dependable and loyal. Shirley has dedicated her service to organizations such as The American Red Cross, Finley Hospital (to the tune of 40+ years so far!), Westminster Presbyterian Church, Dubuque County Empowerment, Dubuque Community Y Childcare Programs and our local Sjogrens Syndrome Support Group, The Dubuque Symphony Orchestra, Mt. Pleasant Home, The University of Dubuque Foreign Exchange

Passion and Purpose cont. Pg. 15

Beautiful BRAHMS

featuring the Dubuque Chorale,
Emily Birsan & Ashraf Sewailam

BEETHOVEN Symphony No. 1
BRAHMS A German Requiem
the Dubuque Chorale; Emily Birsan, soprano;
Ashraf Sewailam, baritone

MARCH 5 & 6, 2016
Five Flags Theater
Downtown Dubuque

TICKETS \$15 - \$78
DubuqueSymphony.org or
Five Flags Center Box Office

SPONSORED BY:
DB&T | Heartland



Answers

1. Which one-name singer released "So Macho" and "Toy Boy"?
2. What do Ian McLagan, Ronnie Lane and Jesse Ed Davis all have in common?
3. Who had a hit with "Winchester Cathedral"?
4. What was the Hucklebuck, and why should we appreciate it?
5. Name the song that contains this lyric: "I hear hurricanes a blowing, I know the end is coming soon. I fear rivers over flowing. I hear the voice of rage and ruin."

1. Smitta, in 1985 and 1987. She was the first artist ever signed by Simon Cowell ("American Idol"). 2. They were all members of the band Faces and have all passed away. 3. The New Vaudeville Band, in 1966. They were session musicians, and when the song became a hit, a group had to be quickly assembled to actually go on tour. 4. "The Hucklebuck" was a 1949 song (and then a dance) that was the precursor to rock n' roll. The song itself was later covered by Chubby Checker, Otis Redding and others. 5. "Bad Moon Rising," by Creedence Clearwater Revival in 1969. The song has been used in a number of films, including "An American Werewolf in London," "Blade" and "The Big Chill."

© 2016 King Features Synd., Inc.

The Healthy You in 2016

by Karla Burgstahler, LMT, Amirage Salon

Do you want to start living up to those New Year's resolutions that you gave yourself? Are you finding that you are struggling with your goals?

First, just to give you some information about the largest organ of our body, the skin. Our skin is the first to show signs of malnutrition, wear and tear, spots, scars, and etc. just from life. Many people don't realize how important our skin is for our health and well-being. Did you know that some of the functions of skin are as follows: protection from dehydration, infection, sunburn, excretes wastes through perspiration, has sensory organs within it for us to feel what is on our skin and beyond, vitamin D synthesis takes place here, and it helps to regulate our temperature as well. With the cold weather, the longer hot showers, and the decrease in water intake, (it is just as important to drink plenty of water during winter as it is in summer), our skin really takes a toll from the weather.

Unfortunately, this is the



Karla Burgstahler, LMT

last organ to receive any of the nutrition that we take in via food or supplements. Therefore, a body treatment is a great way to bypass the digestive tract and get the nourishment straight to the source!

All of our treatments include using nourishing products on your skin to increase suppleness, and hydration to the skin. We also have body treatments, such as the Healthy You treatment

The Healthy You cont. Pg. 16

Passion and Purpose from Pg. 14 Program and many others. Shirley is a highly decorated and respected volunteer for all the above organizations.

When asked about the benefits of her volunteerism, Shirley indicated that the joy of doing it is the best benefit. She explains that the satisfaction of assisting others is very fulfilling. Shirley enjoys being a positive role model and she also feels that giving positive reinforcement for genuinely positive actions is very important.

Shirley's Advice for a life of volunteerism:

The intangible benefits alone—such as pride, satisfaction, and accomplishment—are

worthwhile reasons to serve. In addition, when we share our time and talents we:

- Connect with others in a meaningful way
- Improve lives of others
- Strengthen our community
- Transform our own lives in the process

Today you can find Shirley watching for her next opportunity to serve. Her compassion continues to enhance our community. Shirley has always wanted to be an example for others and what a fine example she is for all of us! It is perhaps best said by some of her 2 year old Sunday School participants...."A wee bit of heaven drifted down from above, a handful of happiness...a heart full of love!"

Ohnward
FINE ARTS CENTER
Drew Art Gallery & Gift Shoppe • Kopel Theatre
1215 East Platt St., Maquoketa, Iowa 52060

TEADA
Irish Traditional Group
Saturday, March 19, 2016 • 7PM

Founded by Sligo fiddler Oisín Mac Diarmada in 2001, Téada has quickly become one of Ireland's leading musical exports, attracting enthusiastic audiences in all corners of the globe. Driven by a deep respect for the rich traditional music of Ireland, the band continues to win new supporters for Irish music worldwide with a homely mix of humor, charm and exuberant tunes. March is the perfect month to come join this Irish party with Téada as they are joined on stage by extraordinary dancer Brian Cunningham. Bringing the fun and intimacy of an Irish gathering to the theater stage, Téada will have you smiling and dancing in your seat!

Supported by Culture Ireland as part of the Ireland 2016 Centenary Programme.

Tickets: \$22 (in advance) \$25 (at the door).
Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

LADIES Must SWING

Ladies Must Swing
Saturday, April 23, 2016 • 7PM

Ladies Must Swing is an all girl big band based out of Wisconsin, and they have made quite a journey the past 18 years. One of the many highlights of Ladies Must Swing occurred in October of 2008 when we went to Tuskegee, Alabama to participate in the grand reopening of the Airfield at Moton Field to celebrate the heroes that were the Tuskegee airmen. They serenaded them with their big band swing favorites of the forties and meet their families and thank them for their service to our country. Join us and hear such great songs as, Boogie Woogie Bugke Boy, When Your Good to Mama, Don't Sit Under the Apple Tree, Harlem Nocturne, Tennessee Waltz and many, many more!

Tickets: \$22 (in advance) \$25 (at the door).
Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

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

Bell Tower
RETIREMENT COMMUNITY
Independent Apartments Respite Care
Assisted Living Memory Care

"We were so fortunate to be able to have our mother at Bell Tower for almost 2 years, both the staff and the facility are wonderful. The activities and parties provided are terrific... thank you for providing this service in our area - we can't express enough gratitude to all of you."

Al & Peggy Fleege

430 Sidney Street, East Dubuque, IL 61025
(815) 747-6701
www.belltowerseniorliving.com
Your home... your way



A THRIVING COMMUNITY.

For you.

Independent and Assisted Living · 55+ Fitness Center
Short-term Rehab · Memory Care

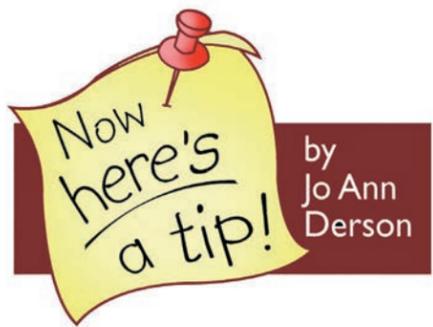


Schedule your tour:
Lisa Crawford
Director of Assisi Village
p: 563-583-8234, ext.1196
e: lcrawford@stonehilldbq.com
StoneHillDbq.com



STONEHILL
FRANCISCAN SERVICES

Inspiring Lives Through Compassion & Faith



- “Save old greeting cards for children or grandchildren to use for arts and crafts material. They can cut out the pictures on the fronts, and reuse them to make drawings or other projects. They can even make a whole new card!” — *T.I. in Mississippi*
- “I do love my hot tea, but I like it light. I find that I can get two uses out of my tea bags. It helps me stretch my dollars at the grocery store too.” — *M.W. in Arizona*
- Are you already thinking about spring? Put this on your wish list: glow-in-the-dark paint. Use it to paint stones or other garden borders, and come evening you’ll have a lovely, artistic yard!
- “If you have small toys that you no longer need, consider

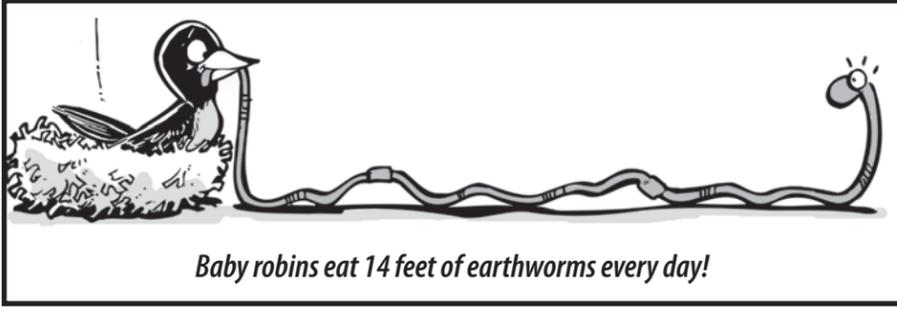
donating those in good shape to local day-care facilities. Call first to see if the center takes donations and what specifically it might need. The kids at my daughter’s day care really love the play kitchen, and can’t seem to keep those teacups and saucers in the play area. When we got rid of our daughter’s play kitchen, we donated all the food and accessories to the kids at the school, and they LOVED it!” — *A.A. in Florida*

• When you need to hang something like, say, a frame, use this trick to get your nails in just the right place. Use a dab of toothpaste on the back of the frame where the nails should be. Press against the wall. The toothpaste will leave behind a superb guide, which can be wiped right off the wall after the nail is in. Hang and admire!

• Like to play games on your smartphone? Put it on airplane mode for less annoying ads! Just make sure it’s a game you can play “offline.”

Send your tips to *Now Here’s a Tip*, 628 Virginia Drive, Orlando, FL 32803.

© 2016 King Features Synd., Inc.



The Healthy You from Pg. 15 that has electrolytes, minerals, and vitamins that your body craves to maintain proper function. Not only does your skin get the benefits, but, your whole body, both inside and out gets a

boost of much needed nutrition. Body treatments are a nice way to get back on track with your New Year’s resolutions to be healthier this year!
Stay well!
Karla Burgstahler, LMT

PRESENTED BY NINE ENTERTAINMENT

1964 THE TRIBUTE

“BEST BEATLES TRIBUTE ON EARTH” - ROLLING STONE



FIVE FLAGS ARENA
SATURDAY MARCH 19 - 7:30PM

TICKETS: TICKETMASTER.COM, 800-745-3000 TICKETMASTER OUTLETS AND FIVE FLAGS CENTER BOX OFFICE MON-FRI 10:00AM - 5:00PM





“1964” IS NOT AFFILIATED WITH OR ENDORSED BY APPLE CORPS LTD.



Iowa Department of Transportation

Tammy Adrian



Why Seniors are Safer Drivers

So much is written and said about ‘old people’ and driving. It seems there is no good news when both are mentioned in the same sentence.

But there are some things older drivers do that help them every time they get behind the wheel and help keep them safer when compared to other age groups. Here’s a few of the things keeping you safer when driving:

- Older drivers tend to limit their driving during bad weather and at night.
- Older drivers tend to drive fewer miles.
- Older drivers are less likely to drive impaired or under the influence of alcohol.
- Older drivers are more likely to wear safety belts.
- Older drivers tend to obey speed limits and traffic laws.
- Older drivers tend to avoid peak traffic hours, such as rush hour and before or after school.
- Older drivers tend to avoid difficult roads such as highways and difficult intersections.

We must face the fact we have an aging population. According to the U.S. Census Bureau, the population 70 and older is projected to increase from 30.1 million in 2013 to 53.7 million in 2030. With the increased aging population you would expect an increase in crashes, yet the rate of

fatalities per capita among older people has decreased 47 percent since 1975 and is now at its lowest level.

Even though there is a decrease in the number of crashes among older drivers, there is increased risk of injury and medical complications when crashes do occur. Keep in mind older drivers tend to be a danger mostly to themselves and their passengers and are more vulnerable to injuries.

Here are a few ideas to keep you driving safely:

- Exercise regularly to increase strength and flexibility.
- Talk to your doctor or pharmacist about any medications you take and how they affect driving.
- Maintain good eye health by regular screenings and wear corrective lenses as required.
- Plan ahead and know your route and weather conditions.
- Avoid distractions.
- Keep plenty of distance between you and the car you are following.

You may have driven millions of miles during your driving career. Being older doesn’t mean you need to stop driving. With some thought, planning and being totally honest with yourself regarding your skills and ability, you can continue to drive.

Strange But True from P. 6

• The declarations that the physical book is dead have been overstated (as I’ve always maintained). In a recent survey of college students, 72 percent of respondents made known their preference for print textbooks over ebooks; only 27 percent of this youthful, tech-savvy demographic said they preferred the electronic version.

• Those who study such things report that beloved British author Charles Dickens was adamant that he always sleep with his head pointing north. He even carried a compass with him everywhere to ensure proper positioning.

• If you’re a fan of James Bond, you may be surprised to learn that Ian Fleming, the creator of that notorious character, also wrote the beloved children’s book “Chitty-Chitty

Bang-Bang,” based on bedtime stories the author made up for his young son.

• If you’re traveling in China and propose a toast in someone’s honor, be sure you’re holding the glass with both hands; only rude people — and unenlightened foreigners — use just one hand.

• Clyde Barrow was already a notorious criminal when he wrote a letter to Henry Ford in 1934 complimenting him on the “dandy” automobile he’d made. The Ford V-8 was Barrow’s preferred getaway car. Just a month later, Bonnie and Clyde were killed in a stolen Ford Deluxe V-8 in a shootout with police.

Thought for the Day: “The most potent weapon in the hands of the oppressor is the mind of the oppressed.” — *Steve Biko*

© 2016 King Features Synd., Inc.

Hospice of Dubuque Trivingo Night

(Dubuque, IA) – Hospice of Dubuque will host Trivingo – a game with a mix of trivia and bingo. The games will be held Thursday, February 25, at Happy’s Place, 2323 Rockdale Road. Doors open at 6:00 pm and Trivingo starts at 6:30 pm. A live auction

with pies donated by Happy’s Place and a 50/50 will also occur. Ticket price is \$15 per person or two tickets for \$20. Advance admission tickets are available for purchase at the Hospice of Dubuque Office, 1670 JFK Road, and will also be available the

SENIORS REAL ESTATE SPECIALIST

Carole knows Condos!!!!



Give me a call and let’s talk about your next move.



Carole Snodgrass
563.599.7911
Capsnod41@gmail.com

Giving you the peace of mind you deserve.



- 41 licensed long-term care beds
- Restorative Services Daily
- Dedicated staff providing round the clock care
- Clinic located on site for optional health care needs
- Spacious 1 and 2 bedroom Assisted Living apartments

All set in the beautiful rolling hills of Jo Daviess County. Schedule a tour today!
540 Pleasant St., Elizabeth, IL 61028
815-858-2275
Visit us at www.elizabethnursingcare.com



Senior Homecare



For Peace of Mind...

Errands • Shopping • Light Housekeeping • Meal Preparation
Friendly Companionship • Flexible Hourly Care • Medication Reminders
Physical Therapy • Respite Care for Families

Dubuque County
(563) 542-6631
NoPlaceLikeHomeInc.com

NO PLACE LIKE
HOME
senior care

night of the event at the door. For more information, please contact Community Relations at community_relations@hospiceofdubuque.org or by calling 563.582.1220.

*Affordable support
of independence.*



Mt. Pleasant
— HOME —

1695 MT. PLEASANT ST., DUBUQUE 563.542.1590
MtPleasantHome.org



**Advertising Pays
Call 563-845-7586
For ad Rates**



TRI-STATES
CHIROPRACTIC
Health and Injury Care

**NEW
LOCATION!**

5025 Wolff Road, Suite 101
Dubuque, IA 52001

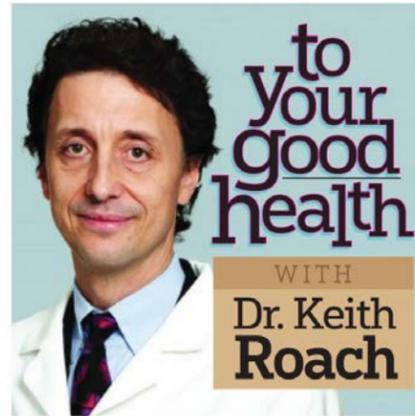
www.dubuquechiropractic.com



Peter Lynch, D.C.
Phone: 563-585-0800

Dr. Peter Lynch treats all ages and all walks of life in the treatment and prevention of pain & discomfort. Dr. Lynch's goal is to provide cost effective chiropractic care for the purpose of increasing spinal mobility and integrity, as well as to relieve pain and suffering from acute injuries or chronic conditions. Once out of pain, the focus is on strengthening and stabilizing the treatment areas, allowing for the pain free life we all deserve. He uses an extremely gentle adjusting approach that is individualized in the treatment of a wide variety of issues, including, but not limited to:

**Arthritis • Peripheral Neuropathies • Sleep Problems
Restless Leg Syndrome • Vertigo & Balance Issues**



Healthy Bodies Don't Need Supplements

DEAR DR. ROACH: After viewing an infomercial that praised the benefits of probiotics, I would like to know what you think. Probiotics have been prescribed when one is taking antibiotics to replenish the good bacteria that is lost.

When taking no medication, I found that when I took one capsule (30 billion live cultures per capsule/10 probiotic strains) on a daily basis, I would get gas and diarrhea; therefore, I stopped taking them. I thought that this was the exact opposite reaction that should have occurred. Please write about the pros and cons and the reasons/necessity for taking probiotics on a daily basis. — D.A.M.

ANSWER: Probiotics are microorganisms, usually bacteria or yeast, that have beneficial properties. There is at least some evidence to support the use of probiotics for inflammatory bowel disease (Crohn's and ulcerative colitis), colon inflammation from radiation, irritable bowel syndrome and other diseases of the GI tract.

However, with a few exceptions, there is very little evidence that taking anything (prescription or supplement) is of benefit to people who are healthy with no symptoms. Probiotics haven't been shown to benefit healthy people. Any

treatment can have side effects.

While there may be some benefits, such as preventing antibiotics-associated diarrhea, I hesitate before recommending any treatment to a healthy, asymptomatic person.

DEAR DR. ROACH: Does high blood pressure cause irregular or abnormal heart rhythms? — P.K.S.

ANSWER: Not usually. In some people with very longstanding high blood pressure, the heart can become dilated — blown up like a balloon to much more than its normal size. When the heart, particularly the atria (the top chambers), becomes dilated like that, it makes atrial fibrillation more likely.

High blood pressure is very common. Irregular heartbeats are universal — we all have some every day. It is human nature to associate one problem with another, since they are both related to the heart. However, it's more likely that the everyday irregularities you may have had without noticing take on new significance with a diagnosis of high blood pressure.

That being said, since it is possible they are related, it's certainly worth an EKG next time you see your internist or cardiologist to make sure you don't have a dangerous heart rhythm. Sometimes doctors order 24-hour (or longer) EKGs for use at home, which can be correlated with any symptoms of heart irregularities.

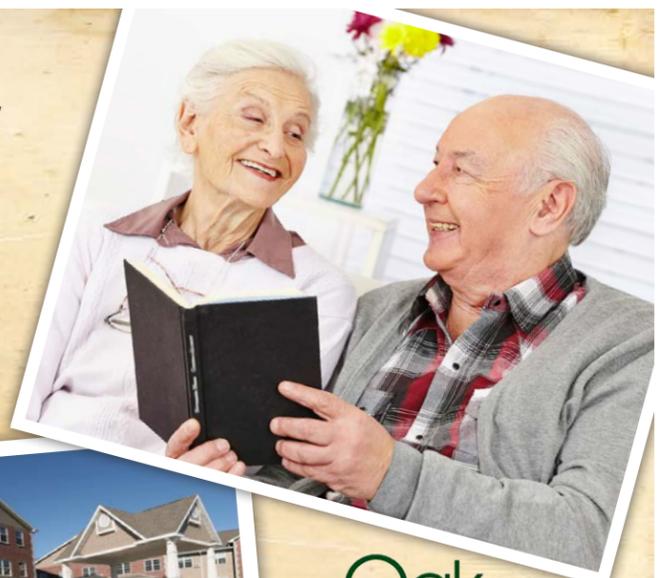
The booklet on abnormal heart rhythms explains atrial fibrillation and the more common heart-rhythm disturbances in detail. Readers can obtain a copy by writing: Dr. Roach — No. 107W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6. Canada with the recipient's printed name
To Your Good Health Cont. P. 19

How Does a Story Bring People Together?

**At Oak Park® Place, a community of friends
brings opportunities to share life experiences,
meet new friends and rediscover joys.**

Our assisted living and specialized memory care communities offer Independence When You Want It, Assistance When You Need It®. We help ease the strain that activities of daily living can bring—freeing you up to remember past experiences and create new memories.

Call (563) 585-4900 or visit oakparkplace.com
to learn more about assisted living and specialized memory
care services at Oak Park® Place.



**Oak
Park**
place
DUBUQUE

1381 Oak Park Place
Dubuque, IA 52002
(563) 585-4900

www.oakparkplace.com



SENIOR NEWS LINE

by Matilda Charles

Strong Legs Boost Brainpower

A 10-year British study out of Kings College found an interesting correlation between leg strength and brainpower. In the first-of-its-kind study, strong legs equated to cognitive strength down the road.

Female twins between the ages of 43 and 73 (average age 55) were recruited for baseline testing, with adjustments made for various parameters such as socioeconomic status, alcohol drinking, blood pressure, level of exercise and more. Memory and learning were measured at the start of the study, as were the strength of leg muscles of both twins. Brain scans also were taken.

Ten years later the tests were repeated. Those who'd started and ended with more muscular legs showed the best results in memory and cognitive tests and more brain volume.

The researchers still don't know for certain why they saw these results. More studies need to be done, they said, to understand how aerobics, brain function and leg muscle power all come together, and whether muscle-building chemicals somehow make their way to the brain.

While scientists didn't predict the outcome, it was not surprising because they've long known that general exercise can help with cognitive function.

Until they figure out the specifics, one thing is clear: adding more walking or doing exercises designed to increase leg strength can help with memory and thinking. We can run, take dance classes, lengthen our daily walk and spend time on a treadmill or rowing machine at the gym. Even yoga can help strengthen leg muscles.

For those who aren't mobile, seated rowing exercises with a resistance band can help, as can a recumbent bicycle.

Consider asking your doctor for an exercise plan that concentrates on the leg muscles.

© 2016 King Features Synd., Inc.

To Your Good Health from P. 18 and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I have lower-back ache and have been seeing a chiropractor, which helps a little. Would yoga help? — A.

ANSWER: Yoga does help many people with back pain, but it's important to find an instructor with experience with beginners and in using

yoga specifically for back pain. Similarly, tai chi and Pilates exercises have been shown to be useful treatments for back pain.

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 Good Health, 628 Virginia Drive, Orlando, FL 32803.

© 2016 North America Synd., Inc. All Rights Reserved

3rd Annual St. Patrick's Day Party Saturday, March 12th



The Ancient Order of Hibernians (AOH) Dubuque County Division #2 is celebrating their 3rd Annual St. Patrick's Day Party on Saturday March 12th. The celebration is hosted by the Knights of Columbus 510 and the Dubuque AOH.

The event will take place inside the KC Hall at 8th and Locust in downtown Dubuque.

There will be Irish and American beverages, food, and entertainment provided. Admission to the party will be \$5.00 per person.

The celebration will kick off in the Washington Park Gazebo at 4:00 p.m. with a short presentation and a toast to commemorate the 100th anniversary of the 1916 Easter

Uprising in Dublin, Ireland.

Continuing at the KC Hall at 4:30 p.m. the Dubuque Fire Pipes and Drum will perform, at 5:00 p.m. McNulty School of Irish Dance, and at 6:00 p.m. by Dubuque's own Irish band — The Lads.

There is parking on KC Hall parking lots, with overflow metered parking available in the City of Dubuque parking ramp across the street from the venue and along downtown streets.

We hope to see you all there for another family friendly celebration of St. Patrick's Day and Irish Culture in Dubuque.

The Ancient Order of Hibernians (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."

PARAMOUNT AMBULANCE (563) 690-9111

Lift Assists



CARING COACH

PARAMOUNT Long Distance Medical Transport

Shuttle Services

available 24/7 by appointment



www.ParamountEMS.com



COZY CORNER

Adult Day Services

Cozy Corner Adult Day Services may be a solution to have your loved one enjoying a day in a fun and safe environment while you work, do your errands, or have a day to yourself!



Serving the community since 2001!

Call **563-690-6900** today, to schedule a private tour or arrange for a free trial!

Ask us about Veteran's fundings.

2785 Pennsylvania Avenue (next to Flora Park)



The first long distance roads in Europe—including England—were built by Imperial Rome for its legions. Some of these still serve as the basis for modern roads.

COME TRAVEL WITH



SPECTACUTULAR SCANDINAVIA

Trip Dates: September 16 – 29, 2016

Join us on an incredible 14-day journey to this land of unparalleled beauty!

Norway – Denmark – Sweden

Included in this awesome trip:

- Motor coach to and from Dubuque to Chicago O'Hare
- Round Trip Air from O'Hare
- Air Taxes & Fees/Surcharges
- Hotel Transfers
- Flight from Bergen to Copenhagen
- Many Meals

ALL OF THIS AND SO MUCH MORE!



Call if you have any questions or for a free brochure.

Linda 563-584-0853 / 563-590-4067

Reservations for Scandinavia must be made by March 10, 2016
Don't delay call today!

I also offer many day trips if only one day trips interest you, give me a call for information on all of my day trips.

Linda Blom-Eiben owner of Linda BE's Travels LLC



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.

The many experiences of picking wild flowers for the tables and serving special foods were very delightful. One day a family from Dubuque was seated at my table.

Natures beauty with its peace will never be forgotten.

While at Glacier Park an unexpected venture engulfed Jean and me this cool morning as we were taken to Canada by an overnight visitor at the park. We had a friend, Pat, who lived there and took us to all the high spots he thought worth while.

About five o'clock in the afternoon Pat informed us that we could not cross back into the United States after dusk. We were successful in getting a ride with an Indian going our way. He had a large car but as we got in we discovered that the hind seat was accommodating about twelve sick kittens. We had to stand in two pans of liver and hold tight to the front seats as we sped along.

After about an hour of travel he turned into a lane and said, "This is as far as I go." We started to walk realizing there was little traffic. It became dark but the moon gave us enough light to keep us on the road.

It was hot, we were so thirsty, and finally we came to a small cabin with a pump beside it. We started to pump for water

when a window upstairs was raised by an old man that said, "What in hell are you two doing out there? Just yesterday a bear killed an Indian just over the hill. I will throw a mattress out of the window and you two get under it, not on top of it. Stay there until morning." That is just what we did. Neither one of us slept a wink. At daylight, he came out with toast and coffee for us. He directed us on our way with all the good wishes and warnings of the dangers in these parts.

Lucky for us a one-seated coupe with a father, mother and two children stopped to inquire if they could be of help. They were going to Glacier Park and would be willing to have us ride on the running board if we would sign a paper if we were injured they would not be responsible.

Every half hour they would stop so we could walk a little and rest our aching arms. By noon the sun was so hot and we were so sun and wind burned, we welcomed the sight of our hotel at Glacier Park.

We got a prodigal son welcome, as the authorities were ready to report us missing. The whites of my eyes were sunburned but we were happy to know they would heal with treatment. We termed this as a foolish venture.

**Advertising Pays
Call 563-845-7586
For ad Rates**

ROEDER
OUTDOOR POWER

SAVE THE DATE!
Sunday, April 3
2580 Rockdale Rd. Dubuque

ROEDER
OUTDOOR POWER

Hwy. 151-61, 3 miles south of Dubuque just past Hwy. 52 Intersection, next to American Trust Bank

LAWN & GARDEN EQUIPMENT AUCTION
Auction starts at 10:30 am • Registration at 9 am



Hundreds of units to choose from!
JOHN DEERE • CUB CADET • KUBOTA • ARIENS
• SEARS CRAFTSMAN • TORO • DIXON ... & more!

AUCTION HELD INDOORS!

A large quantity of very clean equipment to choose from.
Additional units arriving daily...

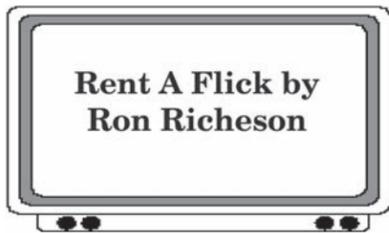
FOOD AVAILABLE!

Please visit our website: www.lawnpower.com

Powers AUCTION SERVICE

AUCTIONS MANAGED BY Powers Auction Service
W8693 Hale Rd., Browntown WI 53522
608-439-5764 or 608-214-3765 • www.powersauction.com

Powers AUCTION SERVICE



The Walk

The Walk (2015) is based on the true story of Philippe Petit, a high-wire artist who, with the aid of a handful of volunteers to assist with the rigging, walked on a single cable between the NYC World Trade Center towers in August 1974 without a net or safety line. It was illegal, of course, and Petit was arrested, but it was also truly amazing.

Joseph Gordon-Levitt plays Petit, a Parisian who makes a living as a unicycle riding and juggling street artisan. But for Petit his eyes are focused on the high wire ever since he saw a circus as a small boy and was captivated by the tightrope walkers.

There are many articles on the Internet regarding viewers who saw The Walk in 3D and

experienced a queasy stomach associated with vertigo. It's easy to understand because the computer generated images of the height involved are so real looking.

For me, the first hour of the film, which was the setup, seemed to drag a little. However, the last 55 minutes and 40 seconds of runtime were absolutely breathtaking. My eyes were glued to the TV screen and my mouth was hanging open.

It is difficult at times to see scenes of the twin towers without thinking about the September 11th, 2001 attack and the tremendous loss of innocent life. May the victims rest in peace.

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



Windsor Park

RETIREMENT APARTMENTS
801 DAVIS • DUBUQUE

For 55 plus and disabled

- Laundry Included
- Noon Meals Available
- Daily Mass
- \$500 and Up, Including Utilities
- 1 & 2 BR Apartments Available

(Website: www.windsorparkdbq.com) (e-mail: windsorpark801@gmail.com)

Call 563-582-0646



The Fuerste Eye Clinic

specializing in state-of-the-art cataract surgery

Gretchen Fuerste,M.D.
F. Hunter Fuerste,M.D.
C. Rommel Fuerste,M.D.
Juan C. Nieto,M.D.
Justin M. Risma,M.D.

2140 JFK Road, Dubuque, IA — (563) 582-0769
fuersteclinic.com

Contract Bridge

by Steve Becker



LUCK IS THE NAME OF THE GAME

South dealer.

Both sides vulnerable.

NORTH

♠ A J 5
♥ A 6 2
♦ 7
♣ Q 9 8 7 4 3

WEST

♠ K 9 6 3
♥ J 9 4 3
♦ K J 8 6 2
♣ —

EAST

♠ 10 8 7 2
♥ 10 7 5
♦ A 10 9 5 3
♣ 6

SOUTH

♠ Q 4
♥ K Q 8
♦ Q 4
♣ A K J 10 5 2

The bidding:

South	West	North	East
1 NT	Pass	6 ♣	Pass
6 ♦	Pass	6 NT	

Opening lead — three of spades.

Hands that have been misbid can sometimes produce sensational results. For example, consider this deal from a team-of-four match.

South's opening notrump bid at the first table was certainly off the beaten track, since he had two doubletons, a six-card suit and no true stoppers in spades or diamonds.

North's six-club response

was optimistic in the extreme, but in the actual case the club slam would have succeeded with the aid of a spade finesse — had South seen fit to pass that response.

But South misinterpreted the six-club bid — given his club holding, it seemed unlikely to him that his partner could have a genuine club suit. Since he and his partner had agreed to play transfer bids, he mistakenly decided that North was asking him to bid the next higher-ranking suit, so he bid six diamonds.

Realizing that South had misunderstood the six-club bid, North retreated to six notrump. West led a spade, and declarer had no option but to play low from dummy. After winning with the queen and cashing his clubs and hearts, declarer took a second spade finesse to bring the slam home for a score of 1,440 points.

At the second table, South became declarer at three notrump, rather than six, and West had no trouble finding the normal lead of his fourth-best diamond. East-West quickly collected five diamond tricks, so South went down one for a loss of 100 points.

We're not sure if there's a moral here, so we'll just say that sometimes the scales of justice seem to be tipped the wrong way.

© 2016 King Features Synd., Inc.

One of the beautiful things about baseball is that every once in a while you come into a situation where you want to, and where you have to, reach down and prove something.

—Nolan Ryan

I think about baseball when I wake up in the morning. I think about it all day and I dream about it at night. The only time I don't think about it is when I'm playing it.

—Carl Yastrzemski

COME SEE FOR YOURSELF!

A New Chapter In
Compassionate Care



NEWLY RENOVATED

For more than a generation, Dubuque Nursing and Rehab Center has been providing area families with quality care. And now, with our \$3.5-million renovation, we're reaffirming that legacy with new facilities and new reasons to choose us.

Visit or call us today to arrange a tour and meet our dedicated staff.



Helping you live life to its fullest. Dubuque Nursing and Rehab Center

2935 Kaufmann | 563.556.0673 | careinitiatives.org

CLIP & SAVE – 10% OFF \$20 Purchase with this coupon*

Stop in or call to talk about your agricultural CROP INPUT NEEDS

Spring Fertilizers, Seed & Chemicals, Net Wrap

WHITE FRONT FEED & SEED
4290 Dodge Street, Dubuque (563) 556-7575 • M-F 8am-5:30pm • Sat. 8am-1pm

Ask about our **CUSTOM LAWN CARE PROGRAM!**



BIRD SEED & FEEDERS IN STOCK including **HUMMINGBIRD FEEDERS**
We Have Peanuts in the Shell for Squirrels

*Must present coupon at time of purchase. Must have original coupon from paper (no copies). Exp. 3/31/16

CLIP & SAVE — 10% OFF YOUR TOTAL WITH \$20 PURCHASE*

Plant Talk
by Ken Resch

Mentor New Gardeners

I do not remember how or when it happened; I'm sure I was around nine or so because my family had moved into the only house our parents ever owned. We had our very own backyard—not one shared by three families in our previous apartment house—and that first spring my father started planting rose bushes. I planted radishes and carrots in the soil between our house and the one next door, watered them faithfully and waited for the appearance of both with the expectation they'd look like the pictures on the seed packets. They grew, but sparsely, and I learned first-hand the difficulties of gardening in hard, nutrient-deficient soil.

I had little guidance in my gardening pursuits, even though my father tended his roses, my mother her annuals and my grandfather the weeds in the grass. The reasons seem distant now, but the memories of that time seem a mixed bag. Surely I'd have learned more with some hands-on nurturing rather than learning only through observation or trial and error by myself.

Yes, I was often directed to pull weeds, cultivate around the roses, cut the grass and the like, but I seldom recall my father instructing me in the finer art of gardening—the why we do it the way we do it kind of sharing. I vowed not to be that kind of father. Though my children grew up surrounded by gardens, like flowers and appreciate and respect nature, I often wonder if I really taught them. Rather than beat myself wondering and imagining I failed, I've been offered an opportunity to get it right—and I believe many of you now reading have

that same opportunity.

On a recent drive home from Hempstead, Jacob, our oldest grandchild, began asking about starting our garden. Jacob has always had an affinity for plants, animals and the world of nature at large so his inquiry was not unexpected. By the time we arrived at his house we were heavy into talking about what to plant so I put the car in park and we continued to talk. The same conversations can take place between any number of you and your grandchildren (or children) the moment they show the slightest interest in watching you root about in the soil.

For Jacob and me, our visit that afternoon led to several others and we've decided to grow milkweed from seed to transplant later in the spring to our untamed slopes behind each of our houses. Yes, milkweed seed is obnoxiously common every fall, but we want to be more proactive and introduce other strains of milkweed to our yards. Jacob is concerned about diminishing numbers of Monarch butterflies and knows milkweed is the primary host plant for the newly hatched caterpillars. I take my role seriously with my grandchildren and whatever guidance I might offer Jacob to help maintain his interest is critical to ensuring another generation of our family stays connected to the earth.

So, soon I'll send in an order for milkweed seeds and we may order plants of some varieties too difficult to start at home such as Whorled Milkweed or Sullivant's Milkweed. Both of these are among the best nectar plants for attracting butterflies. While we tend the butterfly getaway this next season, we'll also tend to the numerous vegetables planted in our newly created raised retaining wall planting area. Josh, Jacob's younger brother is eager to plant green beans which are among his favorite foods and his twin sister Leah will be all about tending the raspberries which bore a bumper crop this last year. Yes, I am blessed with interested grandchildren and I owe it to them to be their mentor.

Shalom Spirituality Center

March 2016 Event Calendar

Reading That Matters Book Discussions
Tuesday, March 8, 7 to 8:30pm.
Facilitator: Eileen Miller, OSF. Discussions of books that can impact how we look at our world and the people in it. All are welcome to join us in discussing the books we read.
March Book Selection: *The Invisible Wall* by Harry Bernstein
Nonagenarian Harry Bernstein's memoir of his childhood in Lancaster, England, where he lived on a street comprised of a Jewish neighborhood on one side and a Christian neighborhood on the other, with an "invisible wall" between them. Both sides were poor and both dealt with alcoholism, and in a WWI era, socially they were never to cross the line — or street. A moving tale of love and indomitable spirit. Offering: \$6 per session. Register by the Monday before each discussion.

Shalom Spring Breakfast: Connecting with God, Self, and Nature
Wednesday, March 30, 7 to 8am. Mass at 8:15am.
Presenter: Kathy Knipper, OSF. Welcome spring by joining us for a delicious breakfast, socializing with old friends and new, and reflecting with Sister Kathy on the connections between God, Self, and Nature. Mass is available following the breakfast for those who wish to attend. Offering: \$9.50. Register & prepay by Monday, March 28.
*Shalom Spirituality Center is located at 1001 Davis St.
Call (563) 582-3592 or visit www.shalomretreats.org to register for programs.*

Do You Like What We Do? Advertise With Us!
Call: 563-845-7586

PRO CARE AUTOMOTIVE
1020 Cedar Cross Road, Dubuque
ASE Certified Tech. Factory Trained & Certified

ONE-STOP SERVICE
QUALITY WORK AT A FAIR PRICE

- ☆ Fuel Injection & Carb Service
- ☆ Exhaust Systems
- ☆ Brake Service
- ☆ Engine Repair & Replacement
- ☆ 4x4 Repair
- ☆ Trailer Hitches & Wiring
- ☆ Running Boards—Accessories
- ☆ Air Conditioning
- ☆ Performance Accessories

Full Service Oil Change \$3.00 Off
Expires March 31, 2016

Mon.—Thurs. 8 a.m.—6 p.m.
Fri. 8 a.m.—5:30 p.m.
Shawn Sauser, Owner
563-582-9858

THE EASTER BUNNY IS COMING TO RIVER BEND
Sunday, March 20, 1–3 PM
Open to the public
Coloring Contest and Refreshments

River Bend
RETIREMENT COMMUNITY
Affordable Assisted Living
(563) 852-5001
813 Tyler St. NE • Cascade, IA 52033
www.riverbendal.com

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the largest desert in the world?
2. MOVIES: Which one of the Seven Dwarfs wears glasses in Disney's "Snow White" animated film?
3. HISTORY: When did Sonia Sotomayor become the first Hispanic member of the U.S. Supreme Court?
4. LANGUAGE: What is a xenophobic person afraid of?
5. TECHNOLOGY: What search engine did Microsoft

launch in 2009?

6. BUSINESS: What does the "B.F." stand for in "B.F. Goodrich"?
7. FAMOUS QUOTATIONS: What spiritual leader said, "Love and compassion are necessities, not luxuries. Without them humanity cannot survive"?
8. ENTERTAINERS: Who was the retired pro baseball player who married actress Marilyn Monroe in 1954?
9. ANIMAL KINGDOM: The adjective "leonine" describes what type of animal?
10. GENERAL KNOWLEDGE: What was the first diet drink that The Coca-Cola Co. introduced?

Trivia Test cont. Pg. 23



From The Batt Cave
Al Batt
<http://albatt.com/>
 Author of "A Life Gone to the Birds"

71622 325 St., Hartland, MN 56042

Weasels Ripped My Flesh

Weasels didn't really rip my flesh.

"Weasels Ripped my Flesh" was the name of a Mothers of Invention record album taken from the cover headline of a 1956 issue of Man's Life magazine.

I'm writing about only one weasel.

Every family has its own economy. My father was a dairy farmer. He believed that if we eliminated margarine, the world would be a butter place. It was hard to argue with that. We did without margarine at my boyhood home. The rest of us do what we can or what we need to do to save a few bucks. We get by. We get by without buying. Some people don't have cable or satellite TV. Others do without such delicacies as Spam. I think that's sad, but that's just me. I had a neighbor who hated buying shoes and wore his so long they were no longer recognizable as footwear. The soles of his shoes got so thin that he could stand on the lawn and feel the grass growing. There are folks who refuse to own a car that was manufactured in this century. There are smokers who hand roll their cigarettes to save money over factory-made heaters. Yet others deprive themselves of the joy of owning a snow shovel by wintering in Arizona. Some people don't even have their own weasel. That's hard to believe, but it's true.

Do you know where your family's weasel is? A weasel is a small, carnivorous mammal of the family Mustelidae that is mostly brown with white or yellowish underparts that turn white in winter. When white, they're called ermine. An interesting aside, in the Rorschach test, all the inkblots are of weasels that hadn't showered recently.

Back to my own personal weasel.

It was late at night or early in the morning, depending on how you judge such things. I was in bed while my wife was in the kitchen tending to Facebook duties.

I dreamed about buying a lottery ticket and not winning. It was a reality dream.

We work for two house cats. They know that they're in

charge because we save their poop in a box.

A cat doesn't eat because it's hungry. It eats to keep from getting hungry. A cat has nine lives. It spends five lives napping, one life giving itself a spit bath, one life eating and two lives turning up its nose at food.

My wife let a cat into the breezeway, the part of our abode connecting house and garage. The cat revealed its desire by attempting to touch the doorknob with a paw.

The breezeway is where there be dragons. Dragons come in all shapes and forms.

My wife opened the door to let the cat in. The cat didn't come alone. It carried an ermine in her mouth. That's more than doing light mouse work. The weasel had somehow found its way into both the breezeway and the cat's mouth.

My wife took it poorly. I was awakened by my wife's cry. It might have been, "Yikes!" but it might not have been.

Confused by my wife's reaction, the cat spit out its prey. Everyone froze as if they were staring at a red light, except the weasel. It was good at weaseling out of things. Another definition of weasel is to escape from or evade a situation or obligation.

As the famed basketball sportscaster Dick Vitale would have said, "Are you kidding me? It was a frenetic frenzy!"

The weasel ran into my office, where it assumed a cloak of invisibility. We've all done that unintentionally, usually while seated in some sort of waiting room.

Most experiences have a rose, a thorn and a bud. The rose is the positive, the thorn is the problem and the bud is the potential. The rose was that the weasel was lovely. The thorn was that it was in our house. The bud was the hope that the weasel would leave.

I set a live trap in my office, but had no luck. I called the manufacturer to complain. They checked the trap's serial number and told me that it was a toaster. Apparently, that was the problem.

My wife said there were two weasels in my office. Another definition of a weasel is a cunning, sneaky person. In other words, a husband.

The next morning, the county assessor, who'd measured the deck that had replaced our failing one, came into my office. He didn't see the weasel.

At least I won't be paying weasel taxes.

© Al Batt 2016



LVERNO APARTMENTS
 3525 WINDSOR AVE., DUBUQUE, IA 52001-1355

**COME FOR THE CONVENIENCE
 STAY FOR THE VIEW**

Alverno one bedroom apartments offer a patio or deck for you to enjoy the beautiful view of our spacious grounds.

Rent is 30% of adjusted income. Utilities Included

Other amenities include: weekday noon senior lunch; on-site day manager, activities, community sitting areas, elevators, off street parking, bus service, beauty shop, some pets allowed with prior approval.

MUST SEE TO APPRECIATE

Call Lori at 563-582-2364

Equal Housing Opportunity

"the only cure for grief is to grieve" Earl Grollman

**OPEN - PUBLIC - MONTHLY
 GRIEF SUPPORT GROUP**

TOPICS & DATES *NO FEE
 *EDUCATION & DISCUSSION
 *MUST REGISTER FIRST ATTENDANCE

- 2/22/16 Loss of Spouse
- 3/28/16 Finding Meaning After Loss
- 4/25/16 Mother Loss
- 5/23/16 Grief and Children
- 6/27/16 Why Loss Hurts
- 7/25/16 Loss of a Child
- 8/29/16 Normal Grief
- 9/26/16 Anger & Loss
- 10/24/16 Grief & Holidays
- 11/28/16 Myths About Grief
- 12/19/16 Keeping Memories of Loved Ones Alive
- 1/30/17 Anniversaries, Birthdays & Special Days

IF YOU ARE INTERESTED IN PARTICIPATING PLEASE CONTACT:

CAROL DEJONG,
 BEREAVEMENT COORDINATOR
 ABOVE & BEYOND HOSPICE
 EMAIL: CDEJONG@ABOVEBEYONDHC.COM
 PHONE: (319)465-4637



Baseball is a slow, sluggish game, with frequent and trivial interruptions, offering the spectator many opportunities to reflect at leisure upon the situation on the field: This is what a fan loves most about the game.

—Edward Abbey



Ophthalmology,^{P.C.}

**OUR focus
 IS ON YOUR EYES**



Welcoming new patients for routine eye care and for consultations for minor as well as major eye problems.

DR. BRYAN P. PECHOUS, M.D.

- Board Certified Ophthalmologist
- No stitch, no patch cataract surgery
- Glaucoma and Diabetic Eye Care



Ophthalmology,^{P.C.}
 300 N. Grandview,
 Dubuque, IA
 563-588-4675

Trivia Test from Pg. 22

Answers

- 1. Antarctica
- 2. Doc
- 3. 2009
- 4. Strangers or foreigners
- 5. Bing.com

- 6. Benjamin Franklin Goodrich, company founder
 - 7. Dalai Lama, XIV
 - 8. Joe DiMaggio
 - 9. Lion
 - 10. TAB in 1963
- © 2016 King Features Synd., Inc.

Ecumenical Emmaus

invites you to celebrate their
20th Anniversary

We're excited to share the news that Ecumenical Emmaus will be celebrating the 20th year. These weekends are open to all Christians of any denomination who want to deepen their faith and become Christ's disciple in the atmosphere of a loving community. Ecumenical Emmaus is an opportunity to develop your own personal relationship with Christ and learn from other participants how they celebrate their faith.

The weekends are held at the Parish House of St. John's Episcopal Church at 14th & Locust.

Women's Weekend Mar. 11-13, 2016

Men's Weekend Mar. 18-20, 2016

For more information contact:

Jackie Mulgrew (563-556-2453) women or Chris O'Rourke (563-495-3978) men



Over The Years
by Grandma

Having Fun with Little Money

It doesn't take a lot of money to have fun. Each person's imagination is the greatest toy store of all. It's open 24 hours a day, and the price is always right. Those of us who lived through the 1940s and the sparse wartime years are experts on having fun for little or no money. Now that we are in our retirement years, we know that fun isn't measured in money, but in friendships and simple pleasures. Fun isn't measured by how much money you spend. The only measure is how much fun you have.

During the hot summer months before air-conditioning, we often sought relief from the scalding heat by taking a ride in the car. We often didn't have a destination but it just felt good to bask in the breeze that blew in the open windows. As I'm sure you recall those were the days when the front windows had little wing windows that could be cranked forward to move more air into the car. Detroit stopped making those windows when air conditioning was installed in the cars.

On many a hot Sunday afternoon, Mom made everyone root beer floats. We would sit under a shade tree to drink our floats. Maybe I should say slurp our floats as Mom gave us a straw to drink our floats.

Growing up, there weren't the snack foods that are on the grocery shelves today. One of our favorite treats was popcorn. We grew our own corn. When we had popcorn, we had homemade chilled grape juice. We didn't think it got any better than that.

In the winter months we laboriously extracted the meats from walnuts and hickory nuts that grew on the farm. Mom made fudge with the nuts. Fudge was a extra special treat because of the amount of sugar it took. Fudge wasn't an everyday treat, it was usually a Sunday evening treat. We sat around

the kitchen table with a good night's entertainment on the radio. It kicked off with Jack Benny and Mary Livingstone, with a cast including Irish tenor Kenny Baker, raspy-voiced Andy Devine, Don Wilson, and comical Phil Harris and his orchestra.

Reading was an inexpensive past time of our parents. Mom read *Woman's Home Companion*. She enjoyed it because she was able to get lots of new recipes. It was fun to look at different decorating ideas, not that we could afford many of them. I do remember when Mom painted one room in the living room a different color. That definitely made a bold statement.

Dad always had some kind of farm magazine to read. One in particular I remember was called *Wallace' Farmer*. There might be an article about cross-breeding chickens or an article about a trip to the Mediterranean to show that the readers had a wide variety of interests. Another article was written for little girls, called "*Little Recipes for little Cooks*." It was expected that only girls would cook-never boys. The newspaper featured a regular religion column titled, "*Sabeth School Lessons*." There were always articles about hog profits, brooder chickens houses, and machine milked cows.

Boys and girls had lots of fun playing pretend. My brother had a BB gun, he pretended he was a big game hunter, he spent hours playing in the dirt with his toy trucks, he had a wagon that had racks, he pretended he was hauling livestock to market.

My sister and I spent lots of time playing with our dolls, we made necklaces and bracelets from looped-together dandelion stems and whipped up tasty salads for our dolls, we extracted the floss from milkweed pods and used it to stuff a mattress for our dolls. We played the card game *Authors* with our brother. We rode our bikes up and down the lane pretending we were going on a long trip.

Families spent more time doing at home socializing either with their own family or with the neighbors.

1964...THE TRIBUTE Celebrating the 50th Anniversary of The Beatles Last World Tour

DUBUQUE, IA — Nine Entertainment presents "1964"...THE TRIBUTE at the Five Flags Arena on Saturday, March 19th at 7:30 pm. "1964" will dazzle generations of fans old and new while staying true to the memories many have held dear for 50 years. Join in on celebrating the 50 year anniversary of The Beatles' LAST WORLD TOUR!

"1964"...THE TRIBUTE, dubbed "Best Beatles Tribute on earth" by *Rolling Stone Magazine*, has perfected the

energy and excitement of a live Beatles performance. They recently had over five sold out shows at Carnegie Hall in New York. Like actors, these musicians cast a spell as they step into character before your very eyes. Critics and fans internationally have hailed "1964"...THE TRIBUTE as the most authentic Beatles tribute in the world. For over 29 years, this group of performers has successfully recreated every sensation of being at

1964...THE TRIBUTE cont. P. 26

Help at Home

No task too small,
we help you get things done!

- Caregiver Services
 - ▷ Assist with chores & meal prep
 - ▷ Accompany to Dr. appts & shopping
 - ▷ Companionship
- Cleaning Services
 - ▷ Home cleaning
 - ▷ Kitchen cleaning
 - ▷ Bathroom cleaning
 - ▷ Floor cleaning
 - ▷ Laundry
- Shopping & Delivery Services
 - ▷ Personal shopping
 - ▷ Delivery service
 - ▷ Grocery shopping
 - ▷ Run errands
 - ▷ Drop off donations
 - ▷ Return items
- Pet Services
 - ▷ Dog walking
 - ▷ Pet sitting

For rates and detailed information call, text or email
(815) 281-2685 • jopiquett@gmail.com

24 Hour CARE

Home Health Agency
Home Nursing & Home Services Agency



Going beyond what others provide.

We take pride in and hold very high standards for our professional care team. Standards that exceed those required by the industry and that go above and beyond what others provide. As you welcome us into your home to care for those you love, we want to earn your trust and give you only our best.

- Medicare-eligible services*
- VA approved services
- Private pay | insurance-eligible options
- Short- or long-term care
- Rehabilitative services such as physical or occupational therapy
- 24 / 7 care available
- 24 / 7 live phone support
- Light housekeeping / companionship services

We'd like to help. Contact us today.

Call us to discuss your individual needs, and we'll recommend a personal plan for you.

Dubuque 563.588.2424 801 Davis Street, Lower Level
Galena 815.777.2424 11420 Dandar St, Suite 200

*Offering Medicare-eligible services in Dubuque, Jo Daviess, Carroll, and Stephenson Counties.

24HourCarehha.com

Serving NW Illinois, NE Iowa, and SW Wisconsin

Proud to have earned ACHC accreditation for our Home Health Agency.

Collecting
by Larry Cox

Tilt-Out TV

Q: My mom and dad were among the first in Chicago to own a television set. It was an Emerson Model 608 console with pop-up screen. I have inherited it, and its unusual design must mean that it is worth more than just a few dollars. — *Carl, Naperville, Illinois*

A: Your television was introduced in 1949 and was, as you claim, quite unusual. I would, in fact, consider it a classic. It had a 16-inch tilt-out screen that could be hidden when not in use. I have checked with two serious collectors, and they seem to agree that your set is worth somewhere in the \$400 to \$600 range depending, of course, on its condition.

Q: I have three issues of "Marge's Little Lulu" comics, Nos. 39, 81 and 123. Are they worth keeping? — *Betty, Springfield, Ill.*

A: According to most of the guides I consulted, they are worth a minimum of \$100 each in good shape. As with most collectibles, condition is paramount. The value of a comic boils down to several factors, including condition, scarcity and demand. A good place to monitor the

value of comics is eBay.

Incidentally, your issue No. 39 also features another popular cartoon character, Witch Hazel.

Q: I have an old paper recording by Rudy Vallee with his picture on the blank side. Is it worth much? — *Donna, Wiers Beach, N.H.*

A: Your record was issued by Hit of the Week and was sold at news stands beside the latest copies of Liberty, Saturday Evening Post and Punch. The recordings, which featured such popular entertainers as Eddie Cantor and Duke Ellington, sold for about 10 cents, making them extremely affordable.

Your Rudy Vallee recording is worth about \$5 in good playable condition. Incidentally, the main drawback of these products is that they had a tendency to curl.

Q: I have a political poster of Richard Nixon that was used in 1948 to promote his congressional campaign in California. It is in fairly good condition, and I have been offered \$200 for it. Keep or sell is my question. — *Carol, Orange County, California*

A: Take the money and run. Your poster generally sells in the \$50 range.

Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, 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 does he do appraisals. Do not send any materials requiring return mail.

(c) 2016 King Features Synd., Inc.

**VETERANS
★ POST ★**

by Freddy Groves

**Want a VA Job?
Bring a Broom**

The online Daily Caller headline was a bit of a shock: "Only VA Job Reserved Specifically For Vets: Janitor."

But that was only the tip of the iceberg. Additional investigative articles from the Daily Caller News Foundation [dailycaller.com] had even more disturbing facts.

The site has a comprehensive interactive chart that shows the number of veterans versus non-veterans in 300 managerial positions. The number of veterans out of that 300: 50.

Here are a few examples of executive positions:

Albany, N.Y.: 19 non-veterans, 2 veterans

Bedford, Mass.: 21 non-veterans, 8 veterans

Glendale, Colo.: 5 non-veterans, 0 veterans

Bronx, N.Y. 13 non-veterans, 1 veteran

Of the officials who run Department of Veterans Affairs

medical centers (with titles like associate director, nurse executive and chief of staff), only 13 percent are veterans.

And why is this allowed to happen? Because VA employees have a union. The union agreement that says that any job will go first to any qualified candidate within the facility. And then there are the hiring categories. One hefty position for coordinator is open only to in-house employees. Lower-paying jobs, involving peer support, are open to veterans, but only if they've already been certified by the government for the position.

Never mind, apparently, the preference points that veterans get when applying for any government job.

Wandering through the job listings at usajobs.gov is an eye-opener when it comes to being a veteran trying to get a job at the VA. Some say that foreign citizens can be hired if no qualified American can be found. Many are open only to current employees of the VA.

So where does the janitor come in? The Daily Caller was right. Use only "veterans preference" as your one search parameter, and you get a long list of janitors. They call it "housekeeping aide."

© 2016 King Features Synd., Inc.



Clover Ridge Place

RETIREMENT COMMUNITY

A PLACE TO CALL HOME.....



Clover Ridge Place is a beautiful home. The staff is so wonderful and takes good care of me.

— Ruth Hainstock resident at Clover Ridge Place.

- 3 home cooked meals
- Weekly laundry and housekeeping
- Secure memory care
- 24 hour nursing staff

Enjoy Assisted living at its best and join the Clover Ridge Place family today.

Clover Ridge Place
205 Ehlers Lane
Maquoketa, Iowa 52060
563-652-2125
www.cloverridgeplace.net

**\$5.00 OFF
2 LUNCH ENTREES**

with this coupon Mon – Fri only
Cannot be used for pizza, appetizers or drinks. Not valid with any other specials, coupons or discounts.

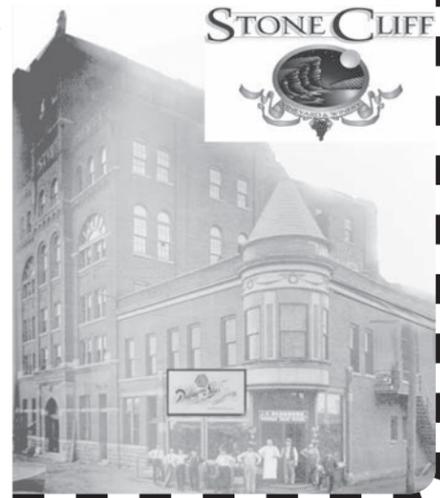
Not redeemable for cash.

Expires 04/30/16.

STONE CLIFF



600 Star Brewery Drive
Dubuque, IA
563.583.6100



There are three types of baseball players: those who make it happen, those who watch it happen and those who wonder what happens.

—Tommy Lasorda

HOLY SPIRIT PARISH

**FISH
FRY**

Friday, March 4

4:30 - 7 PM

Holy Ghost Paraclete Hall

2921 Central Avenue • Dubuque, Iowa

Adults: \$10 | Kids 5-12: \$5

Preschoolers: Free

BINGO with the *Colts* 1101 Central Dubuque, Iowa

Join The Colts
Exclusive Player's Club!

**TUESDAY, FRIDAY, &
SUNDAY EVENING**

Doors Open at 4:30 p.m.

Warm-Ups at 6:30 p.m.

Regular Games at 7:00 p.m.

Two jackpots – up to \$1,000 and up to \$2,500



Peace of mind is easy to find.

Experience the difference. Spacious apartments, chef prepared meals 7 days a week, heated therapy pool, an exercise room and a place to call home.

Eagle Pointe Place

Senior Living



2700 Matthew John Drive
Dubuque, IA 52002
563-690-1900
enlivant.com



Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

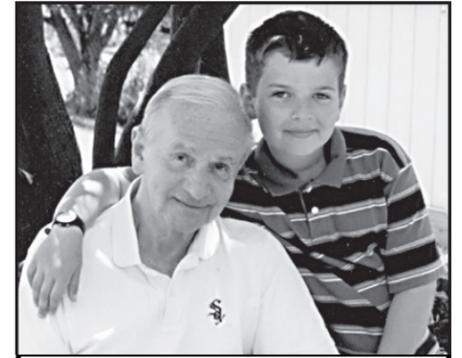
The Best Of Jerry

There Was No One Like The "Duke!"

Maury, when you were about seven, Grandpa introduced you to my good friend, Duke Spautz, at Mario's and you liked him right away. In a way, you were typical of the effect Duke had on everybody who knew him. This memory is special because Duke passed away February 7, and Grandpa is remembering one of the greatest friends he ever had.

In one way he was magical. Yet in another, no one was more down to earth. As a banker he was wise but also compassionate. The more I knew him the more I saw someone who was always for the underdog. I believe one way to measure a person's intelligence is by their sense of humor. His many friends will verify he excelled in that category! Ken "Dog" Majerus, at DB&T attested to this when, with great affection, he stated recently: "Duke was a great mentor to me, but when away from the bank, he was a social terrorist!"

Maury, Grandpa could fill this space multiple times describing how special Duke was, plus relate the many good and great times I enjoyed because of his great friendship.



**Jerry Eberhardt with
grandson, Maury Cohn**

Also, on a personal note, I'll never forget him taking me to the Tollbridge and Mario's every Friday for the last eleven years plus arranging for me to go to Dixieland every Tuesday night until the "Dixieland All Stars" finally – after thirty years – ended their terrific run. Next to his great family and wonderful grandchildren Duke loved Dixieland jazz more than anything else. He also loved the Cubs and the Bears! His band was one of the greatest Dubuqueland ever had. The band's sign off selection for many years was "When the Saints Go Marchin' In"... for some reason, right now, I can visualize Duke asking the "Supreme Band Director" if He has a spot in His band for one of the greatest drummers Dubuque ever had!!

Much love, Grandpa.

1964...THE TRIBUTE from P. 24

a Beatles concert circa 1964 through 1966 from wardrobe to hairstyle, with Liverpool accents, singing nuances, and vintage instruments.

"1964...THE TRIBUTE" is:

Mark Benson as John Lennon, Mac Ruffing as Paul McCartney, Tom Work as George Harrison, and Bobby Potter as Ringo Starr.

Tickets are \$30.00*, \$40.00* and \$50.00* (plus applicable fees) and go on sale Friday, January 29th at 10:00 am. Tickets can be purchased at Ticketmaster.com and Five Flags Center box office, at Ticketmaster Outlets or charge by phone 1-800-745-3000. Five Flags Center Box office hours are Monday through Friday from 10:00am – 5:00pm. For additional venue information visit www.fiveflagscenter.com.

BUFFET **Pizza Ranch** CHICKEN

BUFFET HOURS

LUNCH
MONDAY-FRIDAY 11:00AM-2:00PM
SATURDAY-SUNDAY 11:00AM-3:00PM

DINNER
MONDAY-FRIDAY 5:00PM-8:00PM
SATURDAY-SUNDAY 3:00PM-8:00PM

DUBUQUE

2020 RADFORD ROAD
563-556-4488

EXPIRES 4/30/16 **Pizza Ranch** CODE LSM1968

ANY LARGE PIZZA ONLY \$9
LIMIT 4 PER TRANSACTION

Valid at Dubuque location only. Some restrictions apply. Extra charge is an additional charge. Prices subject to change without notice. Not valid with any other offers or with Gluten Free Crust. Delivery where available and charges may apply.

EXPIRES 4/30/16 **Pizza Ranch** CODE LSM1969

8 PC CHICKEN FOR \$11

Valid at Dubuque location only. Some restrictions apply. All visits must an additional charge. Prices subject to change without notice. Not valid with any other offers. Delivery where available and charges may apply.

EXPIRES 4/30/16 **Pizza Ranch** CODE LSM1970

ANY MEDIUM PIZZA & SMALL CHEESY RANCH STIX ONLY \$9

Valid at Dubuque location only. Some restrictions apply. Extra charge is an additional charge. Prices subject to change without notice. Not valid with any other offers. Delivery where available and charges may apply.

EXPIRES 4/30/16 **Pizza Ranch** CODE LSM1971

2 PC CHICKEN DINNER FOR \$5

Valid at Dubuque location only. Some restrictions apply. All visits must an additional charge. Prices subject to change without notice. Not valid with any other offers. Delivery where available and charges may apply.



It's said that snacking on potassium-rich bananas can help beat high blood pressure. The reason for this is that it speeds up the rate at which salt is excreted from your body.



Sports Comment

by Gary Dolphin

V.P. **USbank** – Business Development

and Voice of the Iowa Hawkeyes

From Where I Sit

Like the just completed Daytona 500, it's a race to the finish line for Big 10 basketball teams. At this moment Iowa, Indiana, Maryland and Michigan State have the inside track to the four byes, through to the quarter final round at the Big Ten tourney in Indianapolis in early March. Michigan State appears to have the most favorable schedule remaining but it should be a hair raising finish. Iowa owns the tiebreaker with the Spartans. The Hawkeyes and Hoosiers have three losses with Indiana yet to play in Iowa City on March 1st. Iowa hosts Wisconsin on February 24th and must play road games at Ohio State and Michigan. If the Hawks win their home games and gain a split on the road, they would be in terrific shape. That said Iowa found out at Penn State you can't have an off night in any category on the road and expect to win.

Iowa's one-two scoring punch of Jarrod Utoff and Peter Jok has been the catalyst for a fourth consecutive twenty win season and what appears to be a third straight trip to the NCAA tournament. It would be nice to find a consistent third scorer and the young bench needs to re discover that spark that was so valuable through the first twenty games. The bench was averaging 21 points and 15 rebounds until recently when it's shooting tailed off. The rebounding and hustle

are still there.

Coach Fran McCaffery has done an outstanding job of pushing the right buttons to this point with a critical three weeks just ahead before March madness begins, hopefully in Des Moines.

Iowa football will start spring practice in a little more than a month, looking to continue the momentum of last season's 12-2 run to the Rose Bowl. Coach Kirk Ferentz and staff recently signed twenty four future Hawkeyes to letters of intent. This recruiting class ranks around 30th which is the highest in a few years. That's what divisional championships will do for a program. Leading the way are quarterback Nathan Stanley of Menomonie, WI., running backs Toks Akinribade from Brownsburg, IN and Toren Young of Madison. Iowa signed fourteen defensive players with an emphasis on the line and feels it hit the jackpot with Cedrick Lattimore and Chauncey Golston of Detroit and Noah Fant out of Omaha.

With star defensive back Desmond King announcing his return for a senior season and a hopeful red shirt year coming for end Drew Ott, the Hawkeye defense has a leg up for the 2016 season that features a marquee home schedule at Kinnick Stadium. Iowa State, Wisconsin, Nebraska and Michigan all will pay visits.

New Jersey Devils made the NHL playoffs.

6. Who was the last driver before Jimmie Johnson (2013) to win both Daytona NASCAR Cup races in the same season?
7. Name three of the most recent five male tennis players to win three of four grand-slam events in the same year.

Answers

1. False. He leads the Twins with a .334 average, but Vladimir Guerrero tops the Angels' list with a .319 average (Carew is second at .314).
2. Alex Rodriguez, at 23 years, 309 days.
3. The Dallas Cowboys, with 20 consecutive winning seasons (1966-85).
4. It was 1964 and 1965.
5. It was 2012, when New Jersey lost in the Stanley Cup Finals.
6. Bobby Allison, in 1982.
7. Novak Djokovic (2011, 15), Rafael Nadal (10), Roger Federer (04, 06, 07), Mats Wilander (1988) and Jimmy Connors ('74).

© 2016 King Features Synd., Inc.

NOTTINGHAM APARTMENTS

305 Maple Street, Earlville, IA

SENIORS AND/OR PERSONS WITH A DISABILITY

1 Bedroom Apartments AVAILABLE NOW!

Rent 30% of adjusted income to qualified applicant.

Call toll free 888-393-3282

for more information and application.

Equal Housing Opportunity



RESTAURANT & LOUNGE

Dubuque's Best Steaks, BBQ Ribs, Broasted Chicken & Seafood!

Easter Sunday Breakfast Buffet

featuring our Every Sunday Breakfast Buffet

Serving 8:00 a.m. – 1:00 p.m.

Eggs, Potatoes, French Toast, Bacon, Sausage, Biscuits & Gravy, Fruit, Danish, Muffins and more

\$7.99

FABULOUS SELECTIONS FOR LENT

Shrimp:		Cod	Catfish Filets	Pike
Deep-Fried	Broiled	Lemon-Pepper Cod	Clam Strips	Flounder
Stuffed	Coconut	Whole Catfish	Seafood Platter	Salmon
Scampi	Shrimp Platter	Tortilla Whitefish	Frog Legs	Tilapia
				Swordfish



Dude, Retire!

I'll never forget the first time I met Peyton Manning. He was on the phone, and I had just snapped a photo of him in the most annoying way possible: I had my trusty Minolta set on the anti-redeye flash setting, the kind where the flash pops over and over again until your subject gets annoyed and stops smiling. And I'll never forget what he said to me: "Dude ... what are you *doing*?"

That's the same day I learned that photographers can't just walk up to the Colts' sideline and stick a camera in their quarterback's face, even with the anti-redeye setting. What can I say? We were both rookies that season. I would later graduate to Kodak, Nikon and Cannon cameras, and Manning would go on to have a pretty decent career, too.

The first time I really started paying attention to Manning's career was during his tenure at Tennessee. It's funny to hear people knock his arm-strength now, because while he was in college, he was a straight-up gunslinger of a quarterback. I remember Steve Spurrier taunting him before big games. Nowadays, we all know not to overly criticize college players, ostensibly for the reason that they are kids and amateurs.

Over the years, at Indianapolis and Denver, we've had the distinct pleasure of watching Manning all but

dominate the league. He wasn't invincible, as his two Super Bowl losses proclaim, but he was the best in the game. He holds every record that matters: wins (200), yards from scrimmage, touchdowns and MVPs. He was the funniest athlete ever to host "Saturday Night Live"; he's made "Omaha" the replacement term for "hike" in backyards across the country; and he gave the chicken parm sandwich its own, long-overdue jingle. That, right there, is worthy of considerable praise (and consideration for dinner tonight).

After winning the Super Bowl, his gratuitous beer name-dropping aside (no, he wasn't paid to say that, but he does own a share of the brand's beer distributorship in Louisiana, and one surmises he made his money back), his not stating the obvious ... that he was retiring ... was a class move. In doing so (or by not doing so) he kept the focus, rightly, on his team's victory.

Should Manning retire? Of course he should. He is playing the most violent game in the world (next to fighting and hurling). He has nothing left to prove, and he leaves as the world recognized as the best ever at his position. Granted, I would still pick Joe Montana to lead my team if my life depended on it, but I think Manning catches my drift.

You don't get chances like this in life — to leave on top — you earn them. If he were to come back next year, rest assured, I'd break out the old Minolta. But this time I'd be the one asking what he was doing, dude.

Mark Vasto is a veteran sportswriter who lives in New Jersey.

© 2016 King Features Synd., Inc.



by Chris Richcreek

1. True or false: Rod Carew is the career batting average leader for two teams — Angels and Twins.
2. In 2015, the Angels' Mike Trout (23 years, 253 days) became the youngest major-league player to have 100 home runs and 100 stolen bases. Who has been the youngest?
3. Which NFL team holds the record for most consecutive winning seasons?
4. When was the last time before 2014-2015 that Wichita State's men's basketball team won back-to-back regular-season conference championships?
5. Name the last time the



Senior Combo
Small Popcorn,
Jr. Soda
\$4
 (valid Mon – Thur only)
 Exp. 3/31/16

Open @9:30 M-F, 9:30 Sat.
 Diabetic friendly
 30 sugar-free flavors

\$1 off
Any Latte
 Exp. 3/31/16

Located behind Kennedy Mall
 Movie line – 582-4971 mindframetheaters.com

Radio From
The 20th
Century
 by Bill Zwack



Hawk Larabee, an unusual western, came to CBS in 1946 and was heard in two disjointed seasons. It told the story of the Black Mesa ranch and its owner, Hawk Larabee. Barton Yarborough was Hawk, and Barney Phillips played his sidekick, Sombre Jones. The stories, all told from Hawk's viewpoint, were accompanied by singing bridges between the acts. The lyrics suggested story developments to come and were done to the tune of "The Old Chisholm Trail." A combo comprised of Rod May, Fran Mahoney, Bob Crawford, and Tookie Cronenbold did the singing a job that later fell to Andy Parker & The

Plainsmen. The musical bridges clashed somewhat with the show's adventure themes, but were used through two distinct versions of the show. In the other versions, Yarborough was relegated to the role of sidekick Brazos John, while the title role went to Ellion Lewis. William M. Robson (director of gunsmoke and other great radio westerns) was producer-director. The show opened to "the Hawk's whistle," and the announcer's cry "the Hawk is on the wing!"

Listening to *The Big Broadcast* on 1370 KDTH on Sunday nights from 6 to midnight, you might just ride the dusty trail along with Hawk to bring down the outlaws.



The first ice cream parlor in this country opened in New York City in 1776.
 In 1845, the hand-cranked freezer was invented.
 This allowed Americans to make ice cream more easily at home.

MEMBERSHIP has its PERKS!

Join our Spa Membership

For only \$49.00 per month you will receive:
 Your choice of a 60-Minute Swedish Relaxation Massage,
 a Signature Facial or a Signature Manicure & Pedicure.

Enjoy even more perks with your membership

* Call us at 563-582-8832 to enroll

890 Main St., Dubuque, IA
 amiragesalon.com



Down Memory Lane

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

"Irish" Observe March 17

Colorful Green hats, ties and accessories marked the observance of St. Patrick's Day by the Cutting Floor "Irish."

March
1954

March
1954



Shown on the photo are (top row, left to right) Frances McDonald, Mary Lou Wagner, Harvey Beaver, Vincent Wernimont, John Arling, Vic Shappell, Leonard Beauchamp, Clarence Hagge. Bottom row — Earl Foht, John Bessler, Bob Hedley, Bob Wizeorek.

For Affordable Ad Rates, Call: 563-845-7586

FAITH, FAMILY AND CHARITY ...

HOW A BAND OF BROTHERS BECAME A FORCE IN OUR COMMUNITY



What have 80 Faith filled men (and families) accomplished in two short years? And how much more can we accomplish with a little more financial and prayerful support?

On November 1, 2013 the St. Columbkille – David J. Ochs Knights of Columbus Council was officially chartered and thus began our collaborative public service as a united group of Catholic men desiring to make our community, our nation and our world a better place in which to live, worship and raise our families.

There are five distinct councils in Dubuque with each council having its own members and bylaws. Council 510, which is located downtown, is the oldest chartered council in Iowa. Parish based councils include St. Anthony, St. Joe the Worker, St. Joe Key West-La Mott, with St. Columbkille being the latest chartered council in Dubuque.

In order to accomplish even more we are asking for **your tax deductible donation of any amount** to assist us in furthering the work of our organization and its great commission.

As a **parish based Council** we are able to keep our expenses to a bare minimum, and \$.95 out of every \$1 taken in is returned to others in need through many of the programs listed below. Supporting the Knights at St. Columbkille gives us the ability to meet the urgent request of those in need.

It also allows us to plan our budget, fueled by donations, so the organizations we continue to help can count on us to provide the **manpower and resources** as needed.

Distinguished members of our Council include – Archbishop Michael Jackels, Reverend Fathers Gabriel Anderson, Hilary Aidoo and Brian Dellaert, Reverend Mr. Frank Dunn and Reverend Mr. Bill Biver.

Over the past 27 months our council has given 23,000 service hours back to these community organizations and causes through financial help, fund raising efforts, and service hours.

According to a national based firm, service hours are documented to cost on average \$23.00 per hour, meaning **our council has contributed over \$500,000 in man hours** back to the community thus far.

Local Charitable programs and activities we support or run:

- Seminarian support
- Birthright of Dubuque
- Mary's Inn
- Aquinas Communications (Catholic Radio in Dubuque)
- Gabriel Project of Dubuque
- Serra Club
- Power of Prayer Adoration Chapel
- St Vincent de Paul
- Toys & Coats for local schools
- Boy Scout Breakfast & Religious Awards Ceremony
- Camp Albrecht Acres
- Lighthouse Catholic Media Program
- Keep Christ in Christmas magnet and Christmas card program
- Food for the Needy. 1,200 lbs. of turkey and ham were handed out in 2014, and 3,500 lbs. of turkey, ham and potatoes were given out in 2015.
- Dubuque County Fair – K of C food booth
- Dinners and breakfasts for Parish events – all free will offerings
- Assisting with all functions at the annual Parish picnic
- Carnations to honor all mothers on Mother's Day masses at St. Columbkille
- Veterans' Breakfast at St. Columbkille
- CPID (Campaign for Persons with Intellectual Disabilities)
- Support for our sister parish – Our Lady of the Sioux in Oglala, S.D.
- Altar Server appreciation functions
- Catholic college/university funding for Catholics in need of financial assistance
- Vocations fund to assist those discerning the religious life, including priests, seminarians and sisters
- Christmas caroling at retirement & assisted living homes
- Pilgrim Virgin Statue program on Saturday afternoons
- Honor guards at 1st Eucharist, Confirmation, Corpus Christi procession, funerals, and area civic events
- Prepare dishes and serve meals at St. Patrick's for the needy and homeless
- Prayer vigil at Planned Parenthood, 40 days for Life, and the Life Chain, as well as local and national right to life demonstrations
- Annual Labor Day Parade
- Weekly Mass greeters program
- Get out the Vote campaign

National Charitable activities:

- **Ultrasound initiative.** Raising funds to purchase new portable ultrasound machines for the state of Iowa. The objective is to reduce abortions by 50 percent by 2020.
- **Our continuing efforts to support Our Lady of the Sioux in Oglala S.D.** with coats, boots, school supplies and household needs to meet their basic requirements.
- **Raising money for the CPID program** assist in funding state wide organizations
- **Participate in the National Day of Prayer and March for Life in Washington DC** by supporting local students and groups on bus trips.

International Charitable activities:

- **Our largest campaign has been in raising money to assist the Persecuted Christians in the Middle East and around the world.** The past two years we have sent several thousand dollars from our council members to the Supreme Council and to date the Knights of Columbus have raised over 4 Million dollars to assist with food, housing, clothing and the basic needs for survival to help Christians fleeing from the ongoing wars and persecution.
- **We continue to send funding for the International religious education and support for seminarians and other religious groups and schools around the world through our Supreme Council.**

As you can see, the needs are many and our goal is simple. In conjunction with other state and local councils, we do our best to bring light to the world by living out our faith, bringing our faith to others, assisting when and where we are able to, one tiny step at a time. This past year at the Knights of Columbus state convention held in Coralville, Dubuque was selected to host the 2017 State Convention for the first time in 17 years.

David J. Ochs was the chairman for the state convention and his son Tom was the Grand Knight at Council 510 in 2000.

Tom was our inaugural Grand Knight for The St. Columbkille – David J. Ochs Council 15813.

The entire Ochs family has been associated with St. Columbkille for many years, and thus the namesake for our newly formed council.

Here are a few ways to assist us.

Take time right now to drop your check in the mail or online at www.kc15813.org to send us your donation through the secured access. Let other practicing Catholic men ages 18 and up, from any parish, know we are always looking for faith filled men to join our council and help in our mission.

Let us know if there is something we can do for you. We are actively involved in many programs in our community, and if we are unable to assist, we have other resources that may be able to help.

Continue to pray for all the Knights of Columbus which then strengthens us to continue our work.

Al Schroeder, Grand Knight
Tom Ochs, Past Grand Knight
Steve Hesprich, Financial Secretary
Mark Hoeger, Chancellor, Church Director, Fund Raising Chairman.

For more info on the KCs call **563-213-0477**

Donations are payable to **Council 15813**

Please mail to:

Council 15813, 1240 Rush St., Dubuque IA 52001



KNIGHTS OF COLUMBUS®

EZSELLUSA
 We've moved across the street to 2560 Dodge Street located in the K-Mart Plaza 20 complex, on the south side of US Route 20. Call for an appointment 563-543-5201 paul@ezsellusa.com

Paul H. Connor
 Drop off your stuff and we'll sell it for you on eBay. Weekly classes on how to buy and sell on eBay.
I am not an employee or agent of eBay Inc.

www.ezsellusa.com

REGISTERED drop off location

education specialist trained by eBay



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. Our offices are at 2560 Dodge Street in Dubuque, Iowa, phone 563-556-1249. Come visit, we would love to give you a tour and show you our new retail location with 100's of items for sale. Let us help you find out "What's it WORTH on eBay."

Tin Toys!

Toys from our youth continue to be a strong category on eBay. A recent search of Vintage & Antique



Toys found over 131,984 active listings in just this category. With prices ranging from a few dollars to several thousands of dollars eBay continues strong in the toy category. This tin

toy milk truck from Bowman's Dairy in Chicago was sold recently for \$129.99 on eBay. Call us, so we can help find your best value for "What's it worth on eBay."

Baseball is the only field of endeavor where a man can succeed three times out of ten and be considered a good performer.

—Ted Williams

3rd Annual St. Patrick's Day Party
 hosted by Knights of Columbus and The Ancient Order of Hibernians

Saturday, March 12, 2016 • 4-10 pm
 Corner of 8th and Locust in the Knights of Columbus Hall

The celebration will kick off in the Washington Park Gazebo at 4:00 p.m. with a short presentation and a toast to commemorate the 100th anniversary of the 1916 Easter Uprising in Dublin, Ireland.

4:30 p.m. Dubuque Fire Pipes & Drum
 5:00 p.m. McNulty School of Irish Dance
 6:00 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

There is PARKING on KC Hall Parking Lots, with overflow metered parking available in the City of Dubuque Parking Ramp across the street from the venue and along downtown streets.





THE ANCIENT ORDER OF HIBERNIANS

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."

<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 Rock Kitchen and Tap Holiday Inn • 450 Main St. DBQ, IA • 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>
<p>HAPPY ST. PATTY'S DAY</p>	<p>Mulgrew Oil Company Dubuque, Iowa 563-583-7386 Since 1893</p>	<p>Monk's Kaffee Pub 373 Bluff Street Ph 563-585-0919 Organic coffee & full bar</p>	

Out on a Limb by Gary Kopervas

A RUBBER BALL?! ARE YOU INSANE?! IF HE STARTS WAGGING HIS TAIL, IT WILL RIP US TO SHREDS!

PIRATE PUPPIES

Amber Waves by Dave T. Phipps

MOM SAYS I'M JUST LIKE A SNOWFLAKE.

I'M UNIQUE, SPECIAL AND ONE OF A KIND.

I GET THE FEELING MOMS CAN BE BIASED.

Good Housekeeping

Oat and Almond Breakfast Bars

These delicious breakfast bars are full of old-fashioned, good-for-you oats.

- 1/2 cups vegetable oil
- 1/2 cups honey
- 2 teaspoons vanilla extract
- 1 large egg
- 2 cups old-fashioned oats, uncooked
- 3/4 cups all-purpose flour
- 1/2 cups (packed) light brown sugar
- 1/2 cups sliced almonds
- 1/2 cups toasted wheat germ
- 1/2 cups raisins
- 3/4 teaspoons salt

1. Heat oven to 350 F. Line 13-by-9-inch metal baking pan with nonstick foil (if not using nonstick, lightly grease foil).

2. In 2-cup liquid measuring cup, stir oil, honey, vanilla

and egg until mixed. In large bowl, with fork, mix oats, flour, sugar, almonds, wheat germ, raisins and salt until combined. With rubber spatula, stir honey mixture into oat mixture until blended; scrape into prepared pan. With wet hand, pat oat mixture evenly into pan.

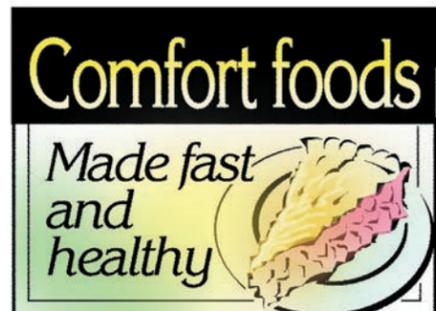
3. Bake 30 to 35 minutes or until pale golden around edges. Cool completely in pan on wire rack, about 1 hour.

4. When cool, transfer using foil to cutting board. Cut lengthwise into 4 strips, then cut each strip crosswise into 6 pieces. Store in tightly sealed container at room temperature up to 2 weeks. Makes 24 bars.

• Each serving: About 155 calories, 7g total fat (1g saturated), 3g protein, 22g carbohydrate, 9mg cholesterol, 80mg sodium, 2g dietary fiber.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/recipefinder/.

© 2016 Hearst Communications, Inc. All rights reserved



Comfort foods
Made fast and healthy

by Healthy Exchanges Pizza Fondue

Maybe it's time we all get out our fondue pots again!

- 8 ounces extra-lean ground sirloin beef or turkey breast
- 1/2 cup chopped onion
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon ground sage
- 1/4 teaspoon garlic powder
- 1 teaspoon Italian seasoning
- 1 (14.5-ounce) can Hunt's Tomatoes Diced in Sauce
- 1 (8-ounce) can Hunt's Tomato Sauce

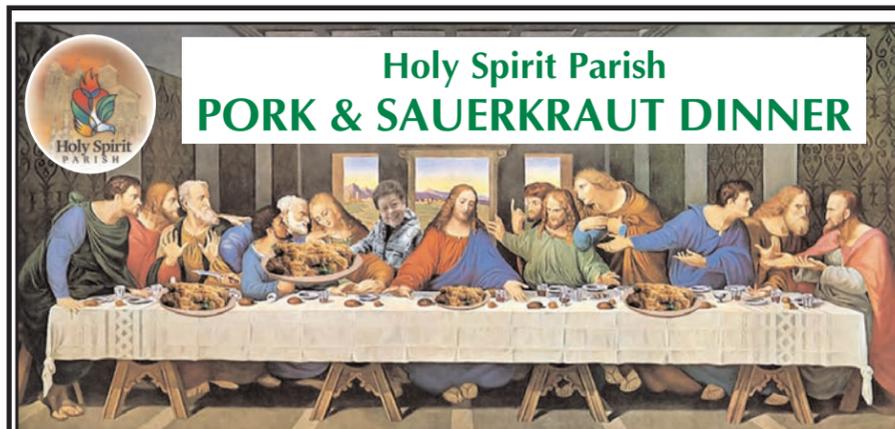
- 2 teaspoons Splenda Granular
- 1 tablespoon cornstarch
- 1/4 teaspoon dried minced garlic
- 1/4 cup Kraft Reduced Fat Parmesan Style Grated Topping
- 8 slices reduced-calorie Italian bread, cubed

1. In a large skillet, brown meat and onion. Stir in poultry seasoning, ground sage, garlic powder, Italian seasoning, tomatoes diced in sauce, tomato sauce, Splenda, cornstarch and garlic. Simmer for 10 minutes.

2. Pour mixture into fondue pan. Stir in Parmesan cheese. Dip cubed bread into fondue. Serves 4 (3/4 cup sauce and 1/4 of bread cubes).

• Each serving equals: 233 calories, 5g fat, 18g protein, 29g carb., 825mg sodium, 3g fiber. Diabetic Exchanges: 2 Vegetables, 2 Meat, 1 Starch.

© 2016 King Features Synd., Inc.



Holy Spirit Parish PORK & SAUERKRAUT DINNER

Saturday, March 19, 2016

5:00 - 7:00 pm

Holy Ghost Church Hall
2921 Central Ave, Dubuque

Adults: \$10.00 in advance (\$12.00 at the door)
Age 12 & under: \$8.00

Serving: Roast Pork, Sauerkraut, Mashed Potatoes & Gravy and Dessert

In Celebration of St. Joseph's Day

Purchase tickets at the Parish Office, 2215 Windsor Ave
Questions? Call 563-583-1709

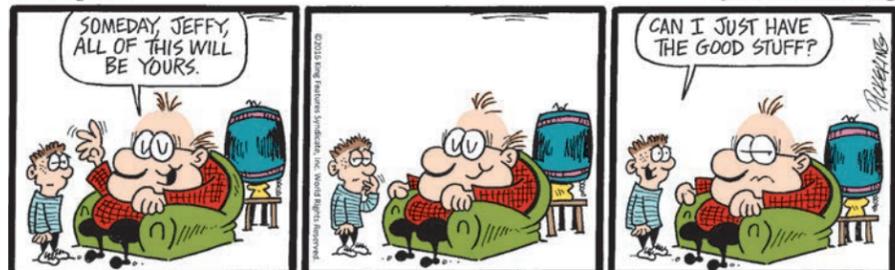


**Advertising Pays
Call 563-845-7586
For ad Rates**

R.F.D. by Mike Marland



The Spats by Jeff Pickering



Cremer's Cooking Tips

Cremer's Baked Ham with Maple Glaze

- Ingredients**
- 5-6# Roses Spiral Cut Ham
 - 1/4 cup Big Timber pure maple syrup
 - 1 tablespoon red wine vinegar
 - 2 tablespoons Dijon mustard
 - 1 tablespoon dry mustard

Directions

1. Remove ham from refrigerator 45 minutes to 1 hour before roasting. Preheat the oven to

325 degrees F. Place ham in a roasting pan.

2. Roast for 30 minutes in the preheated oven. In a small bowl, mix together the maple syrup, red wine vinegar, Dijon mustard and mustard powder.

3. When the 30 minutes are up, brush 1/3 of the glaze over the ham. Bake 20 minutes, remove ham, brush with remaining glaze. Let ham stand for 10 to 15 minutes before carving.



731 RHOMBERG • (563) 583-6589
M-F 9-6 • SAT. 7-5 • SUN. 8-1

HOPPY EASTER GOODIES
Delivery Now Available!

Dubuque Tradition Fleur De Lis FULLY COOKED SMOKED HAM

Holiday Hams from Webster City, IA
Old-Fashioned Bone-In Boneless Pit Ham
Hardwood Smoked Slabbed Bacon

CREMER'S EST. 1948

SINSINAWA MOUND BAKERY ITEMS

- PIES
- CARAMEL ROLLS
- ORANGE ROLLS
- DINNER ROLLS
- CINNAMON BREAD

ORDER EARLY!

CREMER'S HOMEMADE PORK SAUSAGE
COUNTRY SKINLESS BULK SAUSAGE W/ \$4.09 LB.
STYLE ROPE LINKS \$4.99 LB.
SAUSAGE APPLE BACON \$3.49 LB.
\$3.49 LB.

GIFT CERTIFICATES AVAILABLE

CHEESE & SAUSAGE TRAYS AVAILABLE

Ask Jeff about their convenient heat and eat meal plans. Delivery available.

MAGIC MAZE ● TWIN — : U.S. PLACES

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

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

- Bridges
- Buttes
- Cedars
- Chapel
- Creeks
- Harbors
- Lakes
- Maples
- Mountains
- Oaks
- Peaks
- Pines
- Rivers
- Springs
- Valley

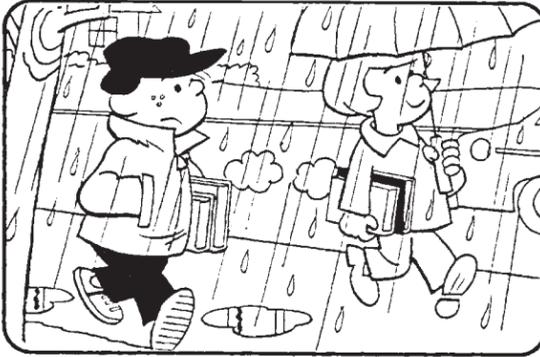
©2016 King Features Syndicate, Inc. All rights reserved.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Poster is missing. 2. Earlap is smaller. 3. Puddle is smaller. 4. Hair is different. 5. Heart is missing. 6. Handle is different. ©2016 King Features Synd., Inc.

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.

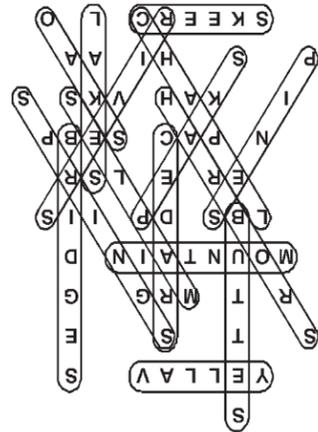
	x		+		23
+		-		÷	
	x		+		16
+		x		+	
	x		+		10
6		12		13	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 1 2 3 4 5 6 7 8

© 2016 King Features Syndicate, Inc.



TWIN — : U.S. PLACES

SUDOKU Answer

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

— King Crossword —
 Answers

Solution time: 27 mins.

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

THE CASHIER

BY RICARDO GALVÃO



BULLETIN BOARD

Here's My Card

PRECISION AUTO GLASS
 Full Service Auto Glass Repair & Replacement
 Locally Owned & Operated
 Over 100 Years Combined Experience
 Serving SW Wisconsin

Shane Marti
 Kevin O'Brien
 Glenn Ramaker

770 Cedar Cross Road
 Dubuque, IA 52003
 (563) 845-0762
 (563) 845-0010 Fax
 www.precisionautoglass.co

SENIOR REAL ESTATE SPECIALIST
 Joan Frommelt
 REALTOR

Cell (563) 542-2881
 EXIT REALTY DUBUQUE

HOW MUCH IS YOUR HOUSE WORTH?
 I can tell you what your house should sell for in today's market!!

For Ad Rate Info Phone (563) 845-7586

"Skip" Breitbach Feeds Balltown, Iowa
 Think Spring
 Spruce up your lawn
 Skip will deliver all your lawn seed and fertilizer needs.
 Phone: (563) 552-2393

VON MULERT VIOLINS
 DUBUQUE'S OWN EXPERT VIOLIN SHOP
 REPAIRS-RESTORATIONS-SALES-CONSIGNMENTS
 VIOLINS-VIOLAS-CELLOS
 GIVE THE GIFT OF MUSIC TO THE NEXT GENERATION
 563-259-6112
 JORDAN@VONMULERTVIOLINS.COM

SUDOKU
 by Linda Thistle

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

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!
 © 2016 King Features Synd., Inc.

Have **THE GOLDEN VIEW** mailed directly to your home.
 Twelve issues for just \$24.00
 Send check or money order to:
THE GOLDEN VIEW • PO Box 661 • Dubuque, IA 52004
 Name _____
 Address _____
 City _____
 State _____ Zip _____

Go Figure! answers

	13		12		9
10	6	+	4	x	1
	+		x		+
16	1	+	5	x	3
	÷		-		+
23	7	+	8	x	2