



The Golden View

The Community Newspaper For Adults 55 Plus

March, 2019

Dedicated To The Young At Heart

Dubuque, Iowa

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Emotional Support Animals and Seniors

by Thad Murphy of Pearson Bollman Law



Emotional support animals can provide some real benefits to the health and wellness of the senior population.

Most of us know what a service animal is, but the use of emotional support animals is becoming more and more common. So, what qualifies an emotional support animal? An emotional support animal is a companion animal that provides benefits to a person who has an emotional or mental health disorder. In order to be characterized as an emotional support animal, documentation from a health professional must be obtained for the animal. Most commonly, these animals are dogs, but other animals can serve as emotional support animals. It is becoming more evident that these emotional support animals can provide some real benefits to the health and wellness of the senior population. Whether depressed, dealing with ongoing disabilities, or chronic illnesses, emotional support animals can be one of the best treatment options out there.

Emotional Support Animals and Physical Health

Emotional support animals can provide a reason for seniors to get out and remain active. For example, a dog needs to be walked. Walking the dog, provides the senior with physical exercise. It is abundantly clear exercise is a much-needed part of a healthy lifestyle for seniors and can even improve mobility. The American Heart Association has even stated that people with heart disease who own a dog outlive those who do not. Similar health benefits can be found for other chronic illnesses such as diabetes. In arthritis sufferers, merely petting an animal can help with circulation and loosening the joints in the arms and hands.

Emotional Support Animals and Mental Health

Having an emotional support animal also helps to reduce

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The Dubuque Symphony presents Mozart's *The Magic Flute*

by Kathleen Hoepfer,
Director of Marketing & Community Relations,
Dubuque Symphony Orchestra



The Dubuque Symphony Orchestra closes its 2018-19 elements-themed season with a staged production of Mozart's *The Magic Flute*.

Sung and spoken in its original German, this production will have English translations projected above the stage.

Visionary stage director Sarah Hartmann, returns with a fresh interpretation of this beloved opera. Hartmann created (and acted in) the DSO's groundbreaking *Romeo and Juliet* "Star-Crossed" program in March of 2018.

The cast:

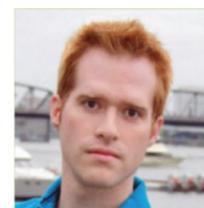
Pamina (*Rose Sawvell*) is our heroine and the daughter of the Queen of the Night. She's locked up in the house of Sarastro, but confidently overcomes and finds her true companion.

Tamino (*Chris Carr*), our hero, is a young man who sets out on an adventure to face his fears and find true love.

The Queen of the Night (*Megan Gloss*) is a mother whose daughter has been kidnapped and seeks Tamino's help. But is there more to her than meets the eye?



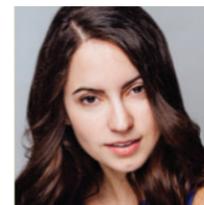
Sarastro (*Rhys Lloyd Talbot*) is the High Priest of the Sun. At the start of the opera, he is cast as the villain, but soon his benevolence is revealed.



Monostatos (*Craig Allen*) is the cruel and greedy servant of Sarastro who goes after anything he wants.



Papageno (*Mario Diaz-Moresco*) is a bird-catcher who sells his birds to the Queen of the Night. He's just a simple guy who dreams of having a girlfriend.



Papagena (*Katie Galliant*), a cheerful, simple girl disguised as an old woman, is looking forward to finding a husband and settling down to have some little baby chicks.

The Queen of the Night has three ladies, (*CJ Greer, Rachel Warrick, Anna Petrie*), who are her attendants and do her bidding.

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March 14 at 11:00 a.m.
March 25 at 6:30 p.m.

Country Inn & Suites

630 S. Water St. in Platteville, WI
March 5, 19 at 11:00 a.m.

Econo Lodge (formally Maq. Inn & Suites)

1019 W. Platt Street in Maquoketa, IA
March 8 at 11 a.m. & March 22 at 2 p.m.

Johnson Public Library

131 E. Catherine St., Darlington
March 15 at 11:00 a.m.

Ramada Inn-Galena

11383 Hwy 20 in Galena, IL
March 6, 20 at 11:00 a.m.

Guttenberg Library

603 S. Second St. in Guttenberg, IA
March 13, 27 at 11:00 a.m.

Baymont Inn & Suites

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March 22 at 10:30 a.m.

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Medical Associates is a Cost Plan with a Medicare contract. Enrollment in Medical Associates Health Plans depends on contract renewal. Y0045_M AHP 1058_M CMS Accepted 11192018



Pearson Bollman Law from Pg. 1
depression and anxiety. Studies have shown it can reduce the stress hormone, cortisol, and increase serotonin, a feel-good hormone. Major triggers for depression in elderly people are loneliness and isolation. With an emotional support animal, many seniors often find companionship and friendship that helps them to cope with loneliness and isolation, and can alleviate depression for the senior. It can also help in coping with a loss of a spouse.

In addition, having an emotional support animal can provide mental stimulation for seniors. This can come in the form of talking about animals or even reading about them. This is of great benefit to those suffering from dementia and Alzheimer's disease. Often those with dementia or Alzheimer's suffer from bouts of agitation, emotional support dogs can help to calm them down. Even when it comes to meals, those who suffer from loss of appetite due to these diseases have had improved appetite having an emotional support animal.

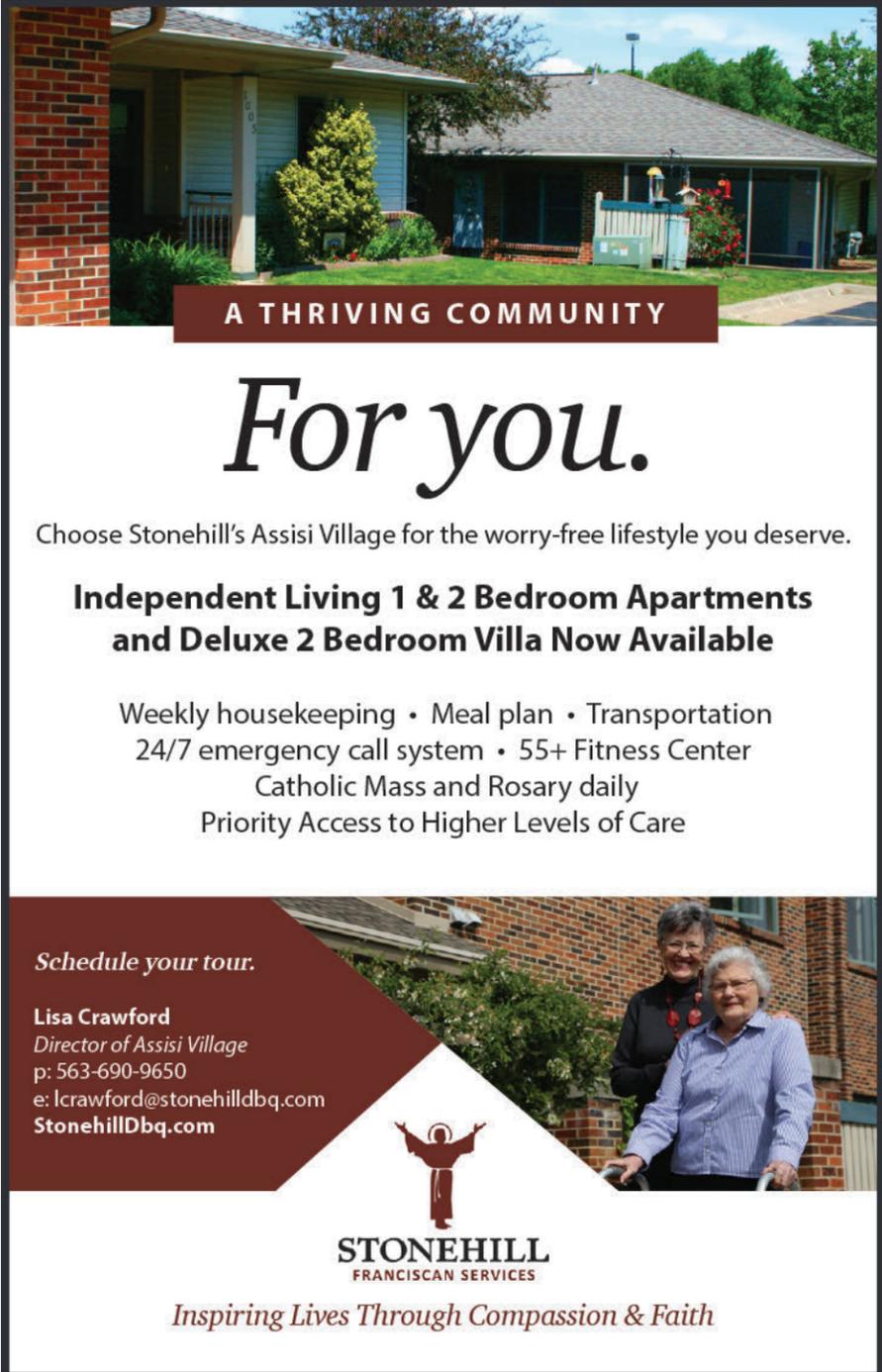
Types of Emotional Support Animals

As previously stated, dogs are the most common of the emotional support animals, but there are other options. Cats, like dogs, are a fairly common choice. Birds can be an option for people who do not have a lot of space. Birds also do not require a lot of maintenance which makes them

ideal for seniors. Birds come in many varieties, so be sure to research to find the right bird. Fish are an option for people who may be allergic to furry pets. The companionship offered by two legged or four legged pets is not there, but watching the fish can be calming and relaxing. There are also smaller furry animals which do not readily come mind such as rabbits, hamsters, mice, and even domestic rats. These animals also don't require a lot of space, but can be handled and many are affectionate animals, good for companionship.

The acceptance for emotional support animals and seniors is fairly recent, but studies on the effectiveness of these animals continue to be surfacing. Service animals have proven to be of great assistance to people with disabilities over the years, but the benefits do not stop with service animals. If you or a senior loved one is experiencing chronic illness or mental disorders, consider talking to the family, doctor, and veterinarian about getting an emotional support animal. This may greatly improve quality of life and may increase the length of life.

Pearson Bollman Law specializes in elder law and helps families plan for long term care. If you have any questions or would like to register for one of our workshops on "Asset Protection for Seniors," please feel free to contact us at (563) 265-6971.



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At this event, you will discover:

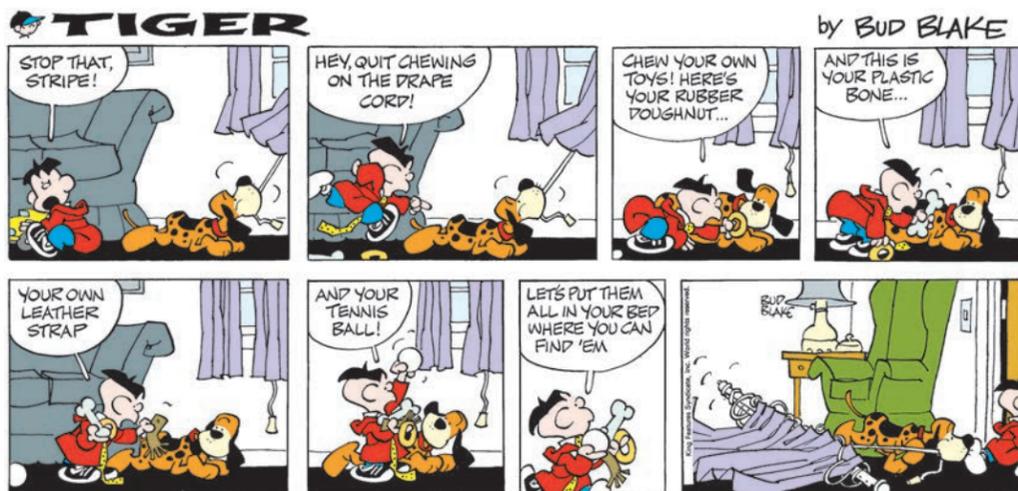
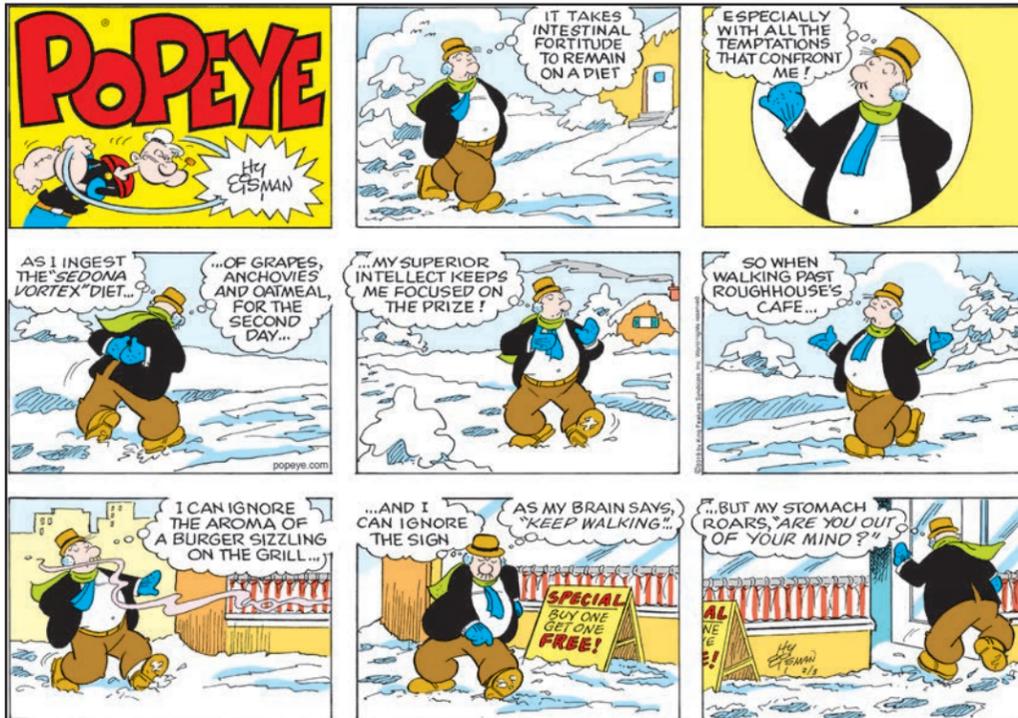
- ✓ What is the difference between a will and a trust?
- ✓ The different types of powers of attorney and how to use them.
- ✓ How to protect yourself and your assets from long-term care (nursing home) costs.
- ✓ How you can use trusts and avoid probate.
- ✓ The different types of trusts available and how to use them to your advantage.
- ✓ What is Elder Law?
- ✓ How does all of this affect seniors?
- ✓ And so much more...

The Golden View

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STICKELERS

by Terry Stickels

See if you can translate the following into a common saying:

"Those of certain avian species whose diurnal habits take place at the beginning of the earth's rotation cycle are more apt to procure the lumbricus terrestris."

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Stickelers Answer on Pg. 28

King Crossword

ACROSS

- 1 Departed
- 5 Id counterpart
- 8 Unclear view
- 12 Hebrew month
- 13 High-arc shot
- 14 Leak slowly
- 15 Wrinkly fruit
- 16 Biden, Cheney, etc.
- 17 Earth
- 18 Flood
- 20 Diner employee
- 22 Brains of the operation
- 26 Missteps
- 29 Individual
- 30 Neither mate
- 31 Apiece
- 32 Tin Man's prop
- 33 Old portico
- 34 Rd.
- 35 Nintendo console
- 36 Lost in reverie
- 37 Visa rival
- 40 Retain
- 41 Handy
- 45 Rivers or Collins
- 47 Make a choice
- 49 Oxen's onus
- 50 Doing
- 51 Pi follower
- 52 English river

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

- 53 Antelope's playmate
- 54 "— the sea-son ..."
- 55 Equal
- 10 Submachine gun
- 11 Kin (Abbr.)
- 19 Petrol
- 21 Raw rock
- 23 Poisonous
- 24 Middy
- 25 Small wagon
- 26 Line of fashion?
- 27 Volcanic outflow
- 28 Emulate Johnny Weir
- 32 Logan or LAX
- 33 Fizzy drink
- 35 Teensy
- 36 "— Doubtfire"
- 38 Barbershop quartet member
- 39 Cars
- 42 Sad
- 43 Misplace
- 44 Basin accessory
- 45 "Oklahoma!" baddie
- 46 Unclose, in verse
- 48 — Beta Kappa

DOWN

- 1 Praise highly
- 2 Lip
- 3 Autumn
- 4 Win
- 5 Pole staff?
- 6 Republicans
- 7 X-rated
- 8 — buddy (close pal)
- 9 Investigate

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Don't Sweat the Mess

DEAR PAW'S CORNER: I just adopted a beautiful little mutt named "Beatrice." She's my first dog, and she's wonderful. The problem is, she's not very clean! She rolls in mud and tracks it all through the house. She scatters her food everywhere when she eats. Her fur is all over my furniture. I had no idea pets were such a mess. How can I get her to be neater? — *Neat Is Nicer, St. Louis*

DEAR NEAT: I've got really bad news for you: Pets can be messy! They just don't share our aesthetic sensibilities. They don't need a perfectly clean rug. They don't need air fresheners. They don't worry that Marie Kondo is secretly judging their book collection.

To a dog, the world is a wonderland of interesting scents. To preserve the most interesting smells, they often roll in them. That's part of why Beatrice is walking in from the yard covered with mud.

Pets, especially rescued pets, need love more than anything else in the world. You'll need to compromise with Beatrice — and mostly in her favor.

Keep an old towel near the door so you can quickly rub down her fur when she comes inside. That'll keep the worst mud in check. Note where she hangs out the most around the house, and put a pet bed or just an old towel in those spots to reduce fur buildup on the carpet. Train her not to sit or lie on the furniture. Steel yourself for occasional messes — pee, poop, vomit or spilled food. Vacuum twice a week.

You won't have a perfectly clean, orderly house. That's fine. It means you're spending your time doing something far more important: taking care of Beatrice.

Send your questions or pet care tips to ask@pawscorner.com.

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March 2019 Programming

Ash Wednesday Lenten Day of Renewal

Wednesday, March 6, 9:00AM-3:00PM

Join us for a day of prayer, fasting, and service guided by watching a discussion on the topic of transformation by Fr. Richard Rohr and an award-winning environmental-themed short film. Offering: \$7 (For Lunch)

Five Years In Heaven: An Unlikely Friendship

Monday, March 11, 6:00PM-8:00PM

Internationally award-winning author John Schlimm joins us to celebrate the 30th anniversary of Shalom, with a delicious home-cooked dinner followed by facilitated discussion related to John's connection to Saint Francis, and matters of heart and soul. Offering: \$25

Participatory Art Piece

Tuesday, March 12, 6:30PM-8:30PM

Come make flower paintings on canvas that will be taken to a Dubuque area nursing home or retirement center, and Compassion Letters that will later be planted on the grounds of Shalom. No artistic skills necessary to participate! Offering: \$15

Book Discussion: "Book Five Years In Heaven"

Thursday, March 14, 6:30PM-8:00PM

In this memoir, author John Schlimm meets 87-year-old Sister Augustine, a self-taught artist-in-residence at a ceramic shop on the grounds of her convent. John shares the wisdom, humor, grace, and inspiration he experienced during his hundreds of visits with her over five years. Offering: \$6 (Books available for purchase at Riverlights)

Vegan Cooking Demonstration

Friday, March 15, 6:00PM-8:00PM

John Schlimm, author of "The Cheesy Vegan", "Grilling Vegan Style", and "The Tippy Vegan" will host a discussion on plant-based cooking at Convivium Urban Farmstead with a cooking demonstration facilitated by Convivium's chefs. Offering: \$15 For Demo & Discussion. Add \$15 For Dinner (\$30 Total).

Spring Breakfast: "Magical Memories: 30 Years Of Shalom"

Tuesday, March 19, 7:30AM-8:30AM

Help us celebrate the beginning of Spring by meeting friends for a scrumptious array of your favorite breakfast treats and enjoying a discussion about magical memories of Shalom from over the years. Offering: \$10

Book Discussion: "Educated"

Tuesday, March 19, 6:30PM-8:00PM

In this coming-of-age story, Tara Westover is the youngest child of a fundamentalist Mormon family living in the foothills of Idaho, who goes from an isolated & homeschooled existence to earning her PhD from Cambridge. Offering: \$6 (Books available for purchase at Riverlights)

The Heart Of Compassion Weekend Retreat

Friday, March 22, 7:00PM—Sunday, March 24, 11:00AM

This retreat will include meditation, short talks, experiential exercise, and group discussion. We will explore compassion in a journey from the head to the heart, directed by social worker Ellie Hyatt. Offering: \$200 Guests / \$140 Commuters

Do No Harm: Living Life As Your Best Self Mini Yoga Retreat

Saturday, March 23, 8:30AM-12:00PM

Facilitated by two local certified yoga instructors. Includes exercise, personal time, and reflection. Open to students of all levels. Offering: \$20

Mini Writing Workshop: Expressive Writing Science

Tuesday, March 26, 6:30PM-8:00PM

Science has proven that expressive writing can contribute to emotional and physical health. It can also lead to publication. Writing exercises are included during the workshop. Offering: \$10

Film Screening: "The Sultan And The Saint"

Thursday, March 28, 6:30PM-8:00PM

Two men of faith — the itinerant Christian preacher St. Francis, and the King of a Muslim Empire — bucked war, distrust, and propaganda to find friendship and common ground. Offering: Free

Bible Art Journaling

Saturday, March 30, 1:00PM-4:00PM

You don't have to be a trained artist to learn the techniques of Bible Journaling as a form of expressing God's word and faith. Offering: \$20

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Visit: 1001 Davis Street, Dubuque • Browse: shalomretreats.org

Upcoming Events at the James Kennedy Public Library in Dyersville: March 2019

Sundays, March 3 & 10: Beginning Wood Carving Class @ 1:00 p.m. Members of the local Bear Creek Carving Club are offering a two-part beginning wood carving class at the library. The fee is \$35.00 per person and includes all equipment and materials. Participants may keep equipment for their personal use! Registration is required as space is limited.

Friday, March 15: Coffee and Creating @ Your Library from 9:30-11:30 a.m. Come enjoy coloring, crafting, creating, chatting and enjoying coffee or other morning beverages in the library's Creation Station. The library provides miscellaneous coloring and craft supplies along with coffee and the makings for other hot beverages. This program is open to adults 18 and older.

Friday, March 22: Game Night @ Your Library @ 6:00 p.m. Bring your favorite game (card game, board game, role playing game, or video game) and meet, teach, and play with others! Game night is held on the 4th Friday of every month. All ages welcome.

Monday, March 25: Strings Club @ 6:00 p.m. Do you have string instrument that you would like to play more often? Join this new monthly club facilitated by Sue Engelbrecht and Gary Bramel. Teen and adult musicians of all skill levels welcome. NOTE: This is not a class but a jam session so participants should know basic chords. Registration requested. Walk-ins welcome as space allows.

Friday, March 29: Final Friday Tech featuring Microsoft office from 3:00-5:00 p.m. This month's topic is how to do an internet search.

Saturday, March 30: Let's Plant a Garden from 10:00 a.m.-12:00 p.m. Interested in gardening? Come learn what to expect your first year of home gardening, create a garden plan for your space, and find out how much you can expect the garden to cost your first year. You will also have a chance to start seeds to transplant and take home. Registration is requested to ensure enough supplies are on hand and a minimum of 8 participants is required. This program is made possible by a partnership with the ISU Extension and Outreach, Dubuque County.

Saturday, March 30: Creation Station S.T.E.A.M Festival from 10:00 a.m.-4:00 p.m. Join us at this special event for all ages and discover some of the exciting activities you can try out at the library! There will be several different activities available throughout the day including making washu dominos, doodle bots, crafting with the Cricut, button making, sticker art, robotics, and more. Watch for more details for this fun event for all ages!

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

Strong reasons make strong actions.

—William Shakespeare



DSO from Pg. 1

Three Spirits are sent to guide Papageno and Tamino on their dangerous path.

"The Magic Flute is such a special opera," notes Music Director and Conductor, William Intriligator. "It is an incredible combination of fairytale and romance with some of the most sublime music and exulted themes one can imagine. This is a story that can be enjoyed by all ages! I remember loving it when I was a young child. Mozart includes some of the most familiar and basic of themes such as finding your soulmate, falling in love, bravery, discovering right from wrong and truth from lies. Mozart's music captures it all.

Don't miss a rare opportunity to see this beautiful story performed live in Dubuque!"

7:30 pm Saturday, April 13

2:00 pm Sunday, April 14

Five Flags Theater,
downtown Dubuque

Tickets (\$18-87) are available at dubuquesymphony.org or save online fees and purchase direct at Five Flags box office (corner of 4th & Locust, M-F 10am-5pm or in theater lobby one hour before show, based on availability).

Information about discounted Group Sales tickets for 10 or more may be obtained by contacting the DSO office at 563-557-1677 or info@dubuquesymphony.org.

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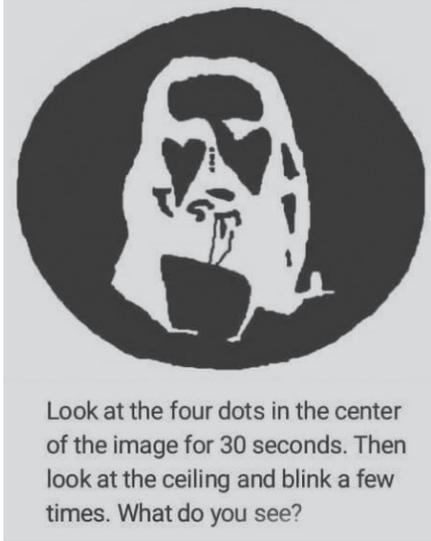
The Focus of Faith

Someone posted a black and white image on facebook that looks like an ink blot. Stare at it, though, for 30 seconds, then look up at the ceiling or at a plain wall and you see the face of Jesus! Okay, I know we don't know what Jesus looked like, but the image represents a traditional portrayal of Him.

The ink blot, turned to image of Jesus, reminded me that what we fixate on often leaves a lasting impression. Such impressions can influence our thinking, speech, and behavior. Even when we're not focusing on what habitually has our attention we can still be influenced by it.

We sometimes tell ourselves that what we look at or listen to, especially if it isn't of a positive nature, doesn't really have a significant negative impact on us. We lie to ourselves!

Every day we face numerous choices of input from television, radio, the internet, books, the movies, magazines, billboards, and other manifestations of

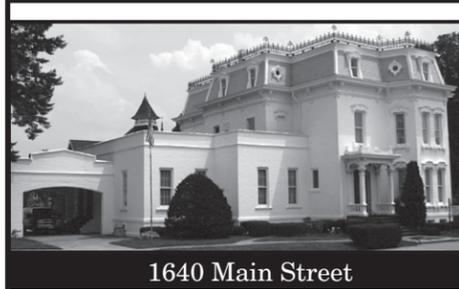


Look at the four dots in the center of the image for 30 seconds. Then look at the ceiling and blink a few times. What do you see?

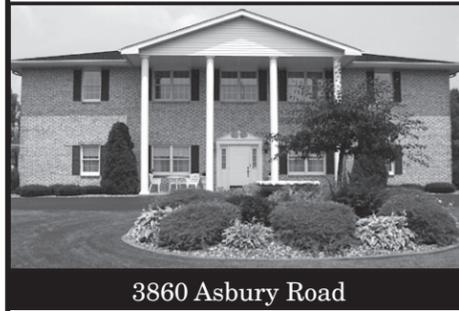
mass media all around us. We can choose to continue receiving that input or turn it off or turn away from it. Obviously, this includes that which is immoral, but it can also include that which isn't bad but isn't the best for us to be focusing on. For instance, if I have no good reason to buy a new car, then I shouldn't be looking at car ads or stopping by car showrooms; I'm wasting time and I'm tempting myself.

There are a lot of good things to focus on, but the ink blot turned to the image of Jesus is a good reminder of what I should seek to focus on most of all. I don't need a specially designed ink blot to always keep God in the forefront of my thinking! Better than looking at a Jesus-like ink blot is to look at God's beautiful creation, look at the inspiring good actions of others,

An Uplifting Moment cont. Pg. 8



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BIBLE TRIVIA
by Wilson Casey

1. Is the book of 2 Thessalonians in the Old or New Testament or neither?
2. From Song of Solomon 8, what is so powerful that many waters cannot quench it?
Hope, Love, Salvation, Peace
3. Thorns and what else grew from the ground that God cursed after Adam and Eve's sins? *Vines, Ivy, Thistles, Weeds*

4. According to Paul, in hardships Christians are "more than" what? *Friends, Conquerors, Warriors, Innkeepers*
5. From Luke 19, what town was home to Zacchaeus? *Jericho, Tarsus, Thessalonica, Corinth*
6. How many sons did Isaac have? *2, 4, 6, 8*

ANSWERS

1) New; 2) Love; 3) Thistles; 4) Conquerors; 5) Jericho; 6) 2 (Esau and Jacob)

Sharpen your understanding of scripture with Wilson's Casey's latest book, *Test Your Bible Knowledge*, available in bookstores and online.
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Relationship Education Available for Farm Couples

ISU Extension and Outreach offers relationship education opportunities

The stress of farming can strain a couple's relationship, but the relationship doesn't have to break. Farmers often are dealing with stressful work environments and job-related isolation, as well as multiple conditions and situations beyond their control, ranging from the weather to tariffs and trade disputes. Work-home challenges often occur because the farming profession is so closely tied to the lives of all family members involved. Husbands and wives often work closely together and farm decisions are likely to impact the entire family.

The increasing financial cost

of farming adds to the tension. More and more farm spouses hold two or more jobs. Some spouses work off the farm, some do the farm bookkeeping, all while maintaining the roles of primary caregiver and home manager. Because of this, there could be additional tension, as spouses are more involved in the farm business and farm decision making.

Strain within a farm couple's relationship is not unusual, considering how closely connected the farm family is to the farm business. However, there are steps couples can take to relieve the tension.

The most important step is to communicate. That could mean talking about or negotiating schedules, plans and goals, or simply checking in on your spouse to see how they are feeling.

Another important step is to show appreciation for each other. Saying thank you or telling your spouse how much you appreciate them helps to promote connection and supports the relationship bond. Also, scheduling a date night at least once a month helps to strengthen this most important relationship.

But maintaining a stable couple relationship takes a lot of effort. Sometimes people can benefit from additional support.

ISU Extension and Outreach offers a variety of relationship education opportunities and educational programs for professionals who work with couples and families.

For more information on relationship education offered by ISU Extension and Outreach in your county contact your local county Extension office. Information on these relationship education programs also can be found at <https://www.extension.iastate.edu/humansciences/relationships>.

An Uplifting Moment from Pg. 7

look at God's Word, and look at Him by consciously trying to think about Him very often, even several times an hour.

Looking at the ink blot that helps me see an image of Jesus is interesting. What's really helpful, however, is to keep a faith fixated on Him at all times in all places and in every way!

"Turn my eyes from looking at worthless things; and give me life in your ways." Psalm 119:37



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COME CHAT with ME

by S. E. Persinger



Many years ago, around the 19th century, Iowa was covered with big and little bluestem prairie grasses. And in the summer months numerous regions were covered with a variety of wildflowers. But soon woodlands took over Iowa's natural plant life. Yet, there are still many wildflowers growing along Iowa's rural roadsides. And there are still selected areas where wild prairie flowers cover the hillsides. Incidentally, Iowa's state flower is the wild rose.

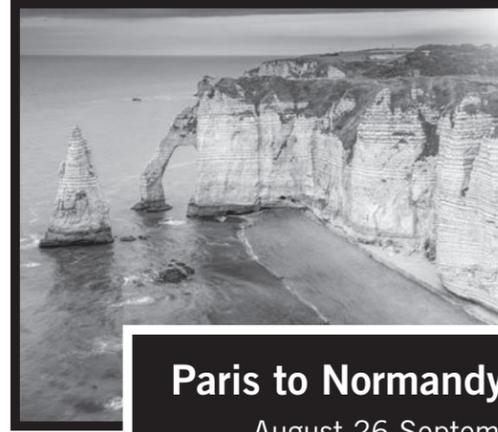
There are many wild flowers, but I like the wild daisy. And I believe that when the white daisy grows in a pattern it creates a unique design. Each flower displays its white disk, with its yellow ray (center), individually. I especially like the black-eyed Susan, a United States wild flower, with a dark brown disk and a yellow ray. This flower comes from the coneflower family. The coneflower is an interesting, North American prairie flower and is popular in landscaping because it doesn't need a lot of water. They also bloom for a long time and attract bees and butterflies.

I remember when my younger bother and I would roam about the rural pastures by the farmhouse where we

lived and pick wild flowers for our mother. There was always a multitude of daisies' standing tall in the prairie grasslands and just waiting to be picked.

Ironically, while writing this article, I stopped for a coffee and cookie break. I turned on the TV and channel surfed for something of interest. The program airing at that time was an episode of "Little House on the Prairie." It was a rerun from the 1970s and 1980s. The scene was of the three Ingalls girls running down a grassland prairie hillside filled with daisies and other flowers. Of course, they were being televised, so they were "acting" but each child seemed to be enjoying the downhill run. The youngest child fell but got right back up and continued running. She was smiling all the way down to the bottom of the hill.

When Laura Ingalls Wilder wrote of her childhood memories of growing up, she shared more than just words. She inspired others to fill in the gaps between her wildflowers bending and waving to the musical tunes of the blowing winds, compared to today's "wildflowers," which are often grown by the horticulturists, in commercial nurseries, and only fanned by a ceiling fan, no blowing summer winds. And of course, no natural prairie grasslands to nurture their growth and wild essence. Alas, such is plant life!



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Pamela Shaw,
Social Security District Manager,
Dubuque, Iowa



Get A Replacement SSA-1099 Tax Form

Now that it's tax season, you might be gathering all of your forms and documentation from the previous year. Sometimes getting all that material together — receipts for donations, business expenses, and travel — can be overwhelming. And losing one vital piece can take up time that you might not be able to spare.

The Social Security 1099 (SSA-1099) or Benefit Statement is a tax form Social Security mails each year in January. It shows the total amount of benefits you received from Social Security in the previous year, so you know how much Social Security income to report to the IRS on your tax return. Luckily, Social Security has you covered. If you live in the United States and you need a copy of your SSA-1099 or 1042S tax form, simply go online and get an instant, printable copy of your form with a my Social Security account.

A Social Security 1042S (SSA-1042S) is for a noncitizen who lives outside the United States

and received or repaid Social Security benefits last year.

If you have a question, want help finding the information you need, or just can't figure out how to do something online, another way to get in touch with us is by calling our toll-free number at **1-800-772-1213**. We provide an automated service option to handle some business, but you can also speak to a Social Security representative between 7 a.m. and 7 p.m. local time, Monday through Friday. If you are deaf or hard of hearing, call our toll-free TTY number, **1-800-325-0778**, between 7 a.m. and 7 p.m. local time, Monday through Friday.

Tax season can be a stressful time for some, but we've tried to make it easier for you. Remember to share this information with friends and family. If you need a copy of your SSA-1099 or 1042S, go online and get a replacement form with a my Social Security account at www.socialsecurity.gov/myaccount.



Pamela Shaw,
Social Security District Manager,
Dubuque, Iowa



Social Security's Resources for Women

March is Women's History Month. It's a time when we reflect on the achievements and contributions of our nation's remarkable women. Many of these heroes might be people close to you: mothers and daughters, aunts, and grandmothers. Each of them plays a special role in our lives as they provide love and support.

Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

Women face greater economic challenges in retirement. First, women tend to live longer than men. A woman who is 65 years old today can expect to live, on average, until about 87, while a 65-year-old man can expect to live, on average, until about 84. Second, women often have lower lifetime earnings than men. And, third, women may reach retirement with smaller pensions and other assets than men.

Today, women have

challenging choices to make. Some may spend their entire adulthood in a career or job outside the home. Some may work for a few years, leave the labor force to raise children, and eventually return to work. Others may choose not to work outside the home. Whether they work, have worked, or have never worked outside the home, women should understand how Social Security can help them and their families.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If you're eligible and apply for benefits on more than one work record you generally receive the higher benefit amount.

We have specific information for women at www.socialsecurity.gov/people/women that you can easily share with friends and family. Giving this gift of knowledge can change the life of a woman you care about.

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YESTERDAY AND TODAY
 BY MICHAEL GIBSON



The Peter Cooper School (SW corner 17th & Cedar) was built in 1890 and named after the inventor of the locomotive steam engine. Faced by location and sanitation issues the school was moved in 1924 to the SW corner of 15th & Maple. Here it was remodeled and remained open until 1930 when the pupils were sent to Prescott school. They could cross the railroad tracks at 13th which had crossing guards and a watchman. This photo is looking toward the northwest. St. Paul's Evangelical Lutheran Church steeple at 20th & Jackson can faintly be seen in the background. (Courtesy of Dupaco Community Credit Union).

This is the only photo of the old Peter Cooper School which we have seen. If our readers have other images of the school or recreation center please contact us at (563) 588-7163.

Yesterday & Today cont. Pg. 11

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Yesterday & Today from Pg. 10

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



At its new location the old school was again remodeled and became a recreation center for the neighborhood. The facility was furnished by donors, including the fuel to heat the building and incidental expenses were provided with proceeds from the penny bingo games. By 1933 over 250 families were utilizing the building for recreational, social, and educational activities. The building was eventually sold to Catholic Charities and later to the Dubuque Packing Co. which demolished it. This is the view today standing at the approximate location of the original old school (17th & Cedar) with St. Paul's steeple again in the background. (Photo by Terry Grant).

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Drew Lahey
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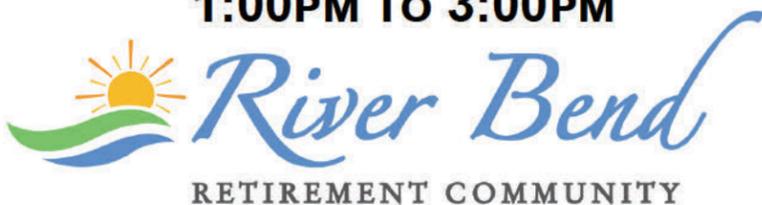
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Author Unknown

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Health Awareness

Protecting Your Vision From Diabetes

(NAPS)—Diabetes kills more Americans each year than AIDS and breast cancer combined—and can cause serious problems throughout the body. According to the National Eye Institute, eye health, for example, can become critically compromised.

Around 30.3 million Americans, or 9.4 percent of the population, are living with diabetes, with about 1.5 million more being diagnosed every year. The longer someone has diabetes, the greater his or her chances are of developing diabetic retinopathy, or damage to the blood vessels in the retina. According to the National Eye Institute, between 40 and 45 percent of people diagnosed with diabetes have some degree



People with diabetes would be wise to see their way clear to getting regular eye exams.

of diabetic retinopathy.

While being overweight and leading a sedentary lifestyle are certainly linked to diabetes, social and environmental factors such as poverty, stress, and lack of safe housing and access to a healthy diet can also compromise your health and ultimately contribute to the development of type 2 diabetes. According to America’s Health Insurance Plans, addressing these social determinants of health has become a top priority for Medicaid programs.

“We encourage our members with diabetes to have regular eye exams to rule out complications,” said Dr. Andrea Gelzer, senior vice president of medical affairs at AmeriHealth Caritas, a national leader in Medicaid managed care and other health care solutions for those most in need. “We educate our members so they understand that living a healthy lifestyle, controlling their blood sugar and having regular eye exams can help save their vision.”

Simple steps can help mitigate the effects of diabetes and may potentially delay complications from diabetic eye disease, including controlling your blood sugar and blood pressure, monitoring your cholesterol, seeing your doctor regularly, and having a dilated

Your Vision cont. Pg. 16

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Health Bulletin

New Brain Health Initiative Could Unlock Mysteries Of Alzheimer's, Dementia

(NAPS)—Scientists are contemplating important questions about health, mind and age: Could your blood hold the molecular secrets to a fountain of youth, preventing age-related brain disorders? Are brain aging and Alzheimer's disease caused by a failure of interconnected systems, triggering a dominolike cascade of disease? Can targeting the red blood cells and blood vessels jointly keep your brain healthy and prevent dementia?



Scientists are seeking answers to important questions about how to preserve your mind over time.

The Problem

As people live longer, Alzheimer's and other age-related dementias are on the rise, projected to reach more than 75 million people worldwide by 2030. To date, no effective therapy has been developed for these disorders, which are not only deadly but exact a high financial and emotional toll on society.

The Research

To find solutions, three large-scale research teams are exploring those questions as part of an initiative to merge research of the brain and the blood vessels to develop new understanding of—and,

ultimately, better preventions and treatments for—age-related brain disorders such as Alzheimer's disease.

The Scientists

To help, American Heart Association, the world's leading voluntary organization focused on heart and brain health, and The Paul G. Allen Frontiers Group, a division of the Allen Institute, launched the \$43 million research project to bridge the science of vascular and brain health through revolutionary, out-of-the-box thinking. Additional supporters include the Oskar Fischer Project and the Henrietta B. and Frederick H. Bugher Foundation.

Brain Health cont. Pg. 14



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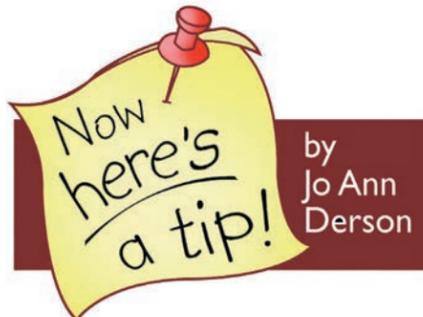
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• “I store my extra sheets under the bed they go with in a storage box. On the lid of the box, I write the date when the mattress needs to be flipped. This way I never forget how long it has been.” — **W.F in Arkansas**

• One way to de-pill a sweater is using a new scrubbie from kitchen. Just hold the sweater taut, and use the rough side of a kitchen sponge to lightly brush the fabric, letting it catch the pills and sweep them away.

• “To get rid of brassy undertones in your hair, mix 10 drops of blue food coloring and 5 drops of red food coloring in 2.5 cups of vinegar, and apply as a rinse to hair. The purple cools the red tones, and banishes the

brass. The vinegar smell does dissipate, and it leaves hair with a softened shine, too.” — **I.W. in Louisiana**

• Did you squeeze out too much eye cream? Use it on your cuticles.” — **A.S. in Florida**

• Here’s the secret to dealing with muddy shoe prints: Let them dry. Loosen dirt clumps and vacuum up as much as possible. Then come in with an appropriate carpet cleaner. Never add water to mud.

• Set a standing appointment to check in with your budget and checkbook. If you don’t already have a budget set, now’s the time. Remember to factor in quarterly or yearly payments. You can divide them by the number of months they cover (say, six for car insurance) and pay that amount into your savings account each month. When the time comes to pay the bill, you’ll have the money ready.

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

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Brain Health from Pg. 13

The three teams, headquartered at the Salk Institute for Biological Studies in La Jolla, Calif.; Stanford University School of Medicine in Stanford, Calif.; and University Hospitals Cleveland Medical Center in Cleveland, OH,

respectively, work to develop new solutions to the urgent problem of age-related cognitive decline. The researchers are:

• “Rusty” Gage, Ph.D., a neuroscience researcher and president of Salk, who will lead an eight-year project looking into new targets for therapeutic

research and biomarkers of early-stage cognitive decline.

• Tony Wyss-Coray, Ph.D., a professor of neurology at Stanford, who will lead a four-year project studying how changes in the immune system affect cognitive health.

• Mukesh K. Jain, M.D., a cardiologist at University Hospitals Cleveland Medical Center and Professor of

Medicine at Case Western Reserve University, who will lead a team of investigators on a four-year project investigating whether targeting red blood cells and blood vessels can prevent dementia.

The Hope

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Health Awareness

What You Need To Know About Cholesterol

(NAPS)—New cholesterol guidelines from the American Heart Association emphasize a personalized approach to preventing and treating high cholesterol and cardiovascular disease.

What Cholesterol Is

Cholesterol is a waxy substance that your body makes to build cells. Too much can pose a problem. Extra cholesterol comes from foods including meat, poultry, dairy and tropical oils.

Why Cholesterol Matters

Cholesterol can slowly build up in your arteries and form a thick, hard deposit that narrows them and makes them less flexible. If a blood clot blocks a narrowed artery, a heart attack or stroke can result.

What To Do

Ask your doctor such questions as:

Q. What do cholesterol numbers mean?

A. Studies suggest optimal cholesterol levels are about 150 mg/dL and about 100 mg/dL for low-density lipoprotein cholesterol (LDL-C). Levels in this range are linked to lower rates of heart disease and stroke.

There's no ideal target for LDL-C but "lower is better." Assessment with a risk calculator helps your doctor determine your personal risk and treatment options. A coronary artery calcium test may also help with your assessment.

Q. How can I lower my risk for heart disease?

A. A healthy lifestyle is critical. Also, while statins are still the first choice of medication for lowering cholesterol, new drugs are available for people who have had a heart attack or stroke and are at risk for



It's a healthy idea to be your own advocate when it comes to managing your cholesterol levels.

another. Your doctor will monitor your progress.

Q. How do I know if my medicine is working?

A. It may take a few tries to find the right medicine and dose.

"Finding the sweet spot for treatment is highly individualized," said Donald Lloyd-Jones, M.D., a member of the cholesterol guideline writing committee and chair of the Department of Preventive Medicine at Northwestern University in Chicago. "The latest guidelines strongly encourage patient and doctor to have detailed and personalized discussions about medication."

Ask your doctor about medicines, foods—such as grapefruit or pomegranate—or supplements that may interact with your cholesterol-lowering medication.

Q. When and how often should I follow up?

A. Have a follow-up visit one to three months after starting cholesterol-lowering medication to check that it's working, that you're taking it properly, and to monitor for side effects.

Learn More

The American Heart Association's Check.Change.Control.Cholesterol initiative, supported by Sanofi and

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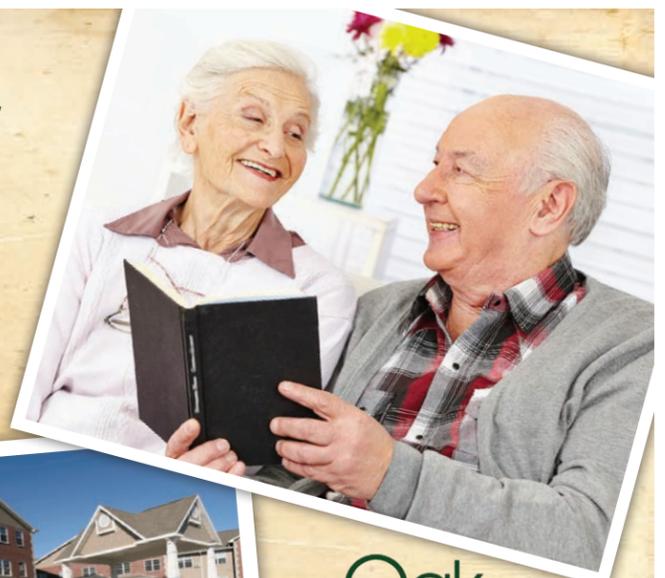
Regeneron, has information and resources for managing cholesterol and other cardiovascular risk factors. Visit www.heart.org/cholesterol for further facts, and www.heart.org/MyCholesterolGuide to download the free guide.

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Man Loses Body Hair in the Wrong Places

DEAR DR. ROACH: I am a 63-year-old man. A visit to my urologist did not answer some questions I have. I was told by my regular doctor that aging is a factor in men losing leg hair. Is that true?

I am losing pubic hair, and even hair up to the navel. Why is that? Years ago, I found that I had lost the hair between my legs. A medication I was prescribed (Lexapro/Celexa) had bad side effects for me. It caused sexual problems and the loss of perineum hair. Could there be a connection?

It is funny that I have only slight chest hair reduction and little back hair loss. Maybe the urologist brushed me off, but it is important to me. I had been under a lot of stress during the summer. — **T.K.**

ANSWER: When I see leg hair being lost, the first thing I worry about is the circulation in the legs. This can be an early sign of peripheral vascular disease, which is important to recognize because it is treatable and also predicts greater risk of heart attack and stroke. If you have any risk factors for vascular disease, I would talk to your doctor about getting this tested, which is easy and noninvasive.

However, the loss of pubic hair makes me concerned about a drop in testosterone. This can cause sexual troubles as

well, but it sounds like your sexual issues were related to the medication, which is not uncommon with both Lexapro and Celexa. That's a simple blood test.

Severe stress can rarely cause loss of all body hair, alopecia universalis, but that is really ALL hair, including eyebrows and eyelashes, which is not what you have.

DEAR DR. ROACH: I am an 80-year-old female, and I bruise from the slightest tap on my skin. My skin is very thin. When you press too hard on my arm or leg, it hurts. I have seen vascular specialists, but I have been told it is because of my thin skin. I feel like I should live in a bubble. My doctor says the same thing as the specialists. Do you have any suggestions to make my veins stronger? I am taking vitamin C, as I read that this might help. — **J.C.**

ANSWER: Easy bruising is a common problem in the elderly, and although it sometimes is an indication of serious disease, most of the time it is benign. I begin to worry when I see bleeding from the gums or nose, with multiple large bruises with no trauma, or in people with a family history of bleeding. Some simple laboratory tests can help decide whether this is likely a sign of internal disease.

In the majority of cases, with none of the worry signs above, people can be reassured. Vitamin C and vitamin K deficiency can cause easy bruising, so foods high in these nutrients or a supplement can be tried. I recommend getting these through food rather than supplements, if possible. A few years ago, a study showed that a bioflavonoid supplement helped with easy bruising, and most pharmacies and health-food stores carry bioflavonoid supplements if diet is inadequate. Many fruits and vegetables are high in these compounds, especially citrus fruits, legumes, hot peppers and onions. These certainly can't hurt, and may help.

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.

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Your Vision from Pg. 12

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Antiques & Collecting

By Terry and Kim Kovel

Figural Bottles

Figural bottles were being made by the ancient Egyptians by 1546 B.C. That's more than 5,000 years ago. But collectors couldn't find many to collect until the early 1800s, when manufacturers started using them to sell whiskey or bitters medicine to an individual customer. Before that, most whiskey was ladled out of a barrel into your pottery container during a visit to the distillery. When bitters medicine was created from herbs, roots, bark, alcohol, drugs and other ingredients, it was sold in bottles to encourage sales to individuals. (There were few stores.) It made people feel better, but it was mainly because of the alcohol and drugs. Traveling medicine shows sold the bitters, which often was the only "medicine" available in a town with no doctor.

Many likenesses of George Washington, the "Father of our Country," were made to sell in 1876 because of bicentennial celebrations of the founding of the U.S. Simon's Centennial Bitters was sold in a bottle shaped like a bust of General George Washington on a pedestal. His name was molded on the bottle around the bottom of the bust. It was made by Bernard Simon of Scranton, Pennsylvania, and created using clear, aqua or amber glass. Later reproductions were made in amethyst and other colors. Many were made in the 1930s, probably because of renewed interest caused by the bicentennial celebration of Washington's birthday. A recent auction of a clear example



This bottle, shaped like a bust of George Washington in his uniform, held Simon's Centennial Bitters. It sold recently at a Glass Works auction for \$748.

standing 9 7/8 inches tall brought \$748.

Q: I bought two Mexican feather craft pictures of birds in Mexico City in 1952 and am wondering if you can give me an idea of their worth. The bodies and tails of the birds are made from brightly colored feathers and their beaks and legs are painted. The trees in the background are also painted.

A: Feather work pictures, jewelry and items of clothing were made in Mexico as early as the 1500s. Spanish conquerors took Mexican featherwork back to Europe, where it was popular until the 17th century. Early indigenous artists used the brightly colored feathers of tropical birds. Some more recent featherwork pictures are made from feathers that have been dyed to achieve the bright colors. Twentieth-century featherwork pictures, which are about 13 by 28 inches,

Kovels cont. Pg. 24



1. "Suicide Is Painless" was the theme song for which TV series and movie?
2. Who released "Right Back Where We Started From"?
3. Which artist wrote and recorded "Affair of the Heart"?
4. Name the LA rock band that released "Patience."
5. Name the song that contains this lyric: "Sweeten my coffee with a morning kiss, Soften my dreams with your sighs, Tell me you'll love me for a million years."

Answers

1. "M*A*S*H." Film director Robert Altman had to turn the

lyrics over to his 14-year-old son to complete, insisting that it be the stupidest song ever written. The film, however, picked up five Academy Award nominations, and the TV series ran for 11 seasons. 2. Maxine Nightingale, in 1976. Legend says that the version released was only the original demo using an old bass, but it made millions as a disco hit. 3. Rick Springfield, in 1983. He received a Grammy nom for "Right Back Where We Started From". 4. Rick Springfield, in 1983. He received a Grammy nom for "Right Back Where We Started From". 5. "Then You Can Tell Me Goodbye," by the doo-wop group the Casinos in 1967. Written by JD Loudermilk, the song was a No. 1 hit and is considered a classic, more memorable than versions done by Andy Williams, James Brown and Freddy Fender.

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Liz Lynch is back by popular demand.

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

Our Adopted Uncle

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

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

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

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

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

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

One morning he walked from a neighbor's to our home to ride with my folks to a funeral. My mother said, "Fry Johnny a

few pancakes." I heated the big round griddle and fried eight big pancakes. He ate them all and called "More pancakes." I had taken the griddle off thinking any more might be his death. Before he finished calling "More pancakes," he had eaten forty-two pancakes.

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

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

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

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

John opened the fatal letter to find the mine was shallow — he had lost everything. He

Liz Lynch cont Pg. 19

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**VETERANS
★ POST ★**

by Freddy Groves

We're Not Victims

Veterans make up about one-third of the federal workforce. That means a lot of us were affected by the shutdown.

Some in the mainstream press (as well as the government employees union) took that political opportunity to wring their hands about us poor veterans and how some of us might be driven to suicide because of a couple of missing paychecks. Department of Veterans Affairs Secretary Robert Wilkie was forced to address this in a terse letter to the president of the American Federation of Government Employees, telling him to stop promoting the "veteran as victim" mentality.

There are no guarantees of employment. If we're in a civilian job, they can let us go with no notice. If we're in

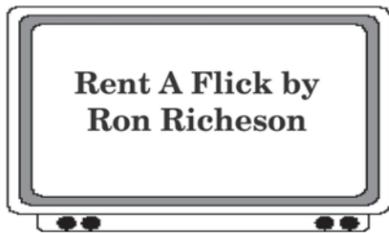
a government job, we can be caught up in shutdowns. While most last only a few days, the one in 2013 went on for 16 days (blame the Affordable Care Act). In 1995, it was 21 days (the problem: balancing the budget). As politicians posture and snarl, we get caught in the crossfire.

However, there are ways we can take care of ourselves. Consider this a clip and save column for how to survive a government shutdown ... or even a civilian layoff.

The best-advice financial rule is to have savings stuck away to cover six to nine months of living expenses, especially if you have a family. Do not buy that new car until you have that money. Do not buy a new anything until you have that money. Do a budget and pare it down to essentials, multiply that by six or nine, and that's how much you need to put away.

Consider taking on a part-time job, if only for a little while, and put that money in your stash.

No matter who we work for, anything can happen. Be ready.



Rent A Flick by
Ron Richeson

Here and Now

While checking the trailers of new releases at Redbox, I almost always find one whose potential jumps off the screen at me. Unfortunately not this time. That being said, I settled for *Here and Now*, starring Sarah Jessica Parker. I like to think that it might appeal to some of our readers who enjoy movies.

Parker plays Vivienne, a very successful jazz singer who is getting ready for a major tour. The opening scene of the movie, however, is anything but pleasant. She is in a doctor's office being told that her headaches are caused by a brain tumor. Surgery is, of course, recommended, but even that will only extend her life for another 14 months. Without the

surgery she has even less time. The movie takes us along with Vivienne and the film's Manhattan setting for the next 24 hours as she struggles to cope with the tragic news she has been given.

The downside of the movie is the pacing. To say that it drags is an understatement. We keep waiting for something significant to happen but it never does. On the other hand, this is Vivienne's story not ours, and Parker delivers a noteworthy performance of someone who has experienced a medical prognoses that has left her feeling crushed.

The movie serves as a reminder that life is very precious and also very fragile.

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



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by Steve Becker



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- ♠ A K 2
- ♥ K 4
- ♦ 10 8 7 5 4
- ♣ A K 7

WEST

- ♠ Q 9 8 6 5 3
- ♥ 2
- ♦ 9 3
- ♣ 8 6 5 2

EAST

- ♠ J 10 4
- ♥ Q 9 8 6
- ♦ A K 2
- ♣ J 9 3

SOUTH

- ♠ 7
- ♥ A J 10 7 5 3
- ♦ Q J 6
- ♣ Q 10 4

The bidding:

East Pass South 2♥ West Pass North 4♥

Opening lead — nine of diamonds.

The trump coup is a seemingly magical device by which declarer can take a finesse in the trump suit without leading the suit! To those unfamiliar with the trump coup, this might seem impossible, but it can be accomplished nevertheless.

Take this case where West leads a diamond and East cashes the K-A before returning

the suit for West to ruff. West exits with a club, won by declarer with the queen. South then leads a low trump to the king, and when West shows out, it appears declarer must eventually lose a trump trick to East's queen and go down one.

But if South is familiar with the trump coup, he realizes he may still be able to make the contract. He starts by leading a heart to the ten and then begins to shorten his trump length in order to reduce his holding to the same length as East, who now holds the Q-9.

Accordingly, South leads a spade to the king, ruffs the deuce of spades, then leads a club to the king and ruffs the ace of spades! At this point, declarer's hand consists of the ten of clubs and A-J of hearts, dummy has the ace of clubs and 10-8 of diamonds, and East the nine of clubs and Q-9 of hearts.

South now leads the club ten to the ace and returns a diamond, and poor East's Q-9 of trumps succumb to South's A-J — even though declarer was unable to lead a trump from dummy to trap the Q-9.

Observe that the success of the operation depended on two key factors: the equalization of South's trump length with that of East's, and making sure the lead came from dummy at trick 12.

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Liz Lynch from Pg. 18

worked at small jobs returning often to live a week or more with us until his health failed.

He was cared for in St.

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

We loved him as an uncle.

I have stepped out upon this platform that I may see you and that you may see me, and in the arrangement I have the best of the bargain.

—Abraham Lincoln



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Strange BUT TRUE

- It was British Prime Minister Winston Churchill who made the following sage observation: "All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope."
- In Washington state it once was illegal to carry a concealed weapon that was more than 6 feet in length.
- Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it's been reported that the final words he uttered on his deathbed were, "I am about to — or I am going to — die; either expression is used."
- You might be surprised to learn that Italians spend more time on social media than people of any other nationality.
- England's virgin queen, Elizabeth I, went bald at

the age of 29. Smallpox was the culprit.

• According to a survey by the National Association of Convenience Stores, 11 percent of adult Americans have at some point in their lives worked at a convenience store or gas station. For 3 percent of adults, that was their first job.

• Those who study such things claim that to get a truly random mix in a deck of playing cards, the deck must be shuffled seven times.

• Chocolate lovers like myself may not believe it, but the most popular flavor of ice cream in the United States is actually vanilla. Chocolate comes in second place.

• In 1875, a locust plague of epic proportions descended upon the Great Plains. Observers say it was 110 miles wide, and at 1,800 miles long, stretched from Canada all the way down to Texas.

• • •

Thought for the Day: "We may not imagine how our lives could be more frustrating and complex — but Congress can."
— Cullen Hightower

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Plant Talk

by Ken Resch



What Legacy Will We Leave?

I know my reading audience. My grandchildren do not read the *Golden View*; neither do most of the teachers I left behind at retirement. The people who encounter me in public and say: “Hey, aren’t you the guy. . .” are my age or older. Yes, I know you because we are much the same. We are of an age, many have grandchildren (some have greats), and since you read my column, we all like nature, flowers and gardening. As Spring 2019 unfolds, I’m asking this one question: “What legacy will you leave for the children of the future?” A future we will not see but one for which we have responsibility.

I care not for anyone’s political bent, but I do care that we have the most anti-environment administration in our nation’s history. We may bring change at the ballot box, but there is much we can and must do *now*. The earth is deeply wounded and it’s our place to help with any healing possible. Folk-singer, activist and environmentalist Pete Seeger said: “If it can’t be reduced, reused, repaired, rebuilt, refurbished, refinished, resold, recycled or composted, then it should be restricted, redesigned or removed from production.” We must make a promise in 2019 to bring his words to fruition and become activists for the earth.

If you do not have a compost area—be it a pile, a container or burying organic material in the yard—this is the year to start. There are hundreds of articles on the internet, but this link

<https://www.finegardening.com/article/6-ways-to-make-great-compost> will take you to one in *Fine Gardening* titled “6 ways to make great compost.” You’ll discover many food scraps are compostable including baked goods, coffee grounds, pet fur, paper bags and even greasy pizza boxes! Never compost animal waste, meat, fish, dairy, bones or wood ashes among several more.

In addition to establishing a compost area, consider other ways to help the environment. This Lenten season give up plastic bags! Churchgoers or not, giving up plastic is fundamental to healing the earth. Next, keep a box in the garage and put every piece of aluminum—from used foil to pie pans—into it; in fact, put any metal you think you’ll toss into the landfill into the box. When it’s full, drive out to Alter Scrap on Old Highway Rd (1/2-mile W of Seippel Rd). They are the epitome of reducing, reusing, recycling and I visit there about every six weeks. Do I make a lot of money? Well, my high has been \$11.00; my personal satisfaction? Priceless!

Now we need to consider a few more of Seeger’s ideas: repair, rebuild, refurbish, refinish, and resell. Look around at all you may have gathered and decide 2019 is the year you find new homes for much of your accumulation. I recycled about 100+ board feet of outdoor lumber and will give it to a construction group. I also took 30 bags of fertilizer headed for the landfill and I’ll sell it cheap. My point is: let’s start with the easy ideas and help reduce what we send to the landfill. The future earth must not become a garbage dump while humanity flies off to other planets. This must be our legacy for generations we’ll never know: “We made a difference; we cared for and loved the earth.”

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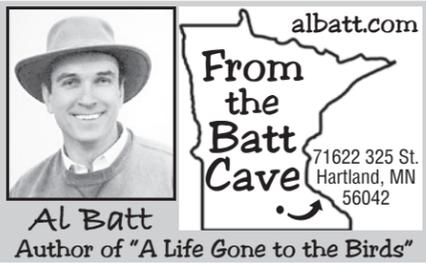
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- Daniel Stowe Botanical Garden, Charlotte, NC
- Minnesota Landscape Arboretum, Chaska, MN
- Chicago Botanic Garden, Chicago, IL

— Brenda Weaver Source: www.theactivetimes.com

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*Good ideas are not adopted automatically.
They must be driven into practice with courageous impatience.*

—Admiral Hyman Rickover



Why get a tattoo if I'll never be hung in an art museum?

I was at a family gathering where there was an abundance of buns.

Another in attendance had a lot of tattoos. More than last year. She appeared to be in danger of becoming one big tattoo. Tattoos are a way she tells her story. She married into the family, so we probably drove her to it.

Not much later, I tried to keep the cargo from shifting further and feed my addiction to steps by walking in the mall on a day showcasing nasty weather. I encountered some people bearing tattoos. I figured they were a group of Popeye impersonators. Popeye was a trendsetter.

"Well, blow me down!" I muttered. That's what Popeye said. Popeye was the one tattooed individual I was most familiar with when I was a lad. Popeye had an anchor tattoo on each of his bulging forearms. Popeye ate spinach for strength. He ate the spinach through his smoking pipe, sometimes eating the spinach can, too. That was troubling to an impressionable mind, but thanks to countless counseling sessions, I'm nearly over it.

I'm sure some of the tattooed folks I chanced upon while mall walking were spinach eaters who didn't eat it through a pipe like a cartoon character.

One group of walkers stopped to visit with me. One mentioned a new tattoo she'd obtained. They decided to ask me grueling questions that fell just short of waterboarding.

"Have you ever thought of getting a tattoo?" asked one.

"Or do you have a tattoo?" asked another, that person in a couple who refuses to stay in his own lane and asks follow-up questions.

I made an announcement. It was difficult without a drumroll, but I did it.

"I don't have a tattoo and I've no immediate plans of acquiring one," I answered my interrogators. "But more power to those who are tattooed."

I've thought of many things over the years. I can't remember the majority of them, but getting a tattoo never crossed my mind. A fellow can't have everything. Maybe I'd find

growth in the experience of getting a tattoo. But I'd have to form an exploratory committee to investigate the possibility of getting a tattoo, apply for a grant and hire consultants to determine the tattoo best suited for a doofus like me. That's not going to happen.

Just the other day — it might have been Wednesday, as I try to think at least once each Wednesday — I was thinking of not getting a tattoo. I was considering not getting any body piercings, too. Intentional ones, anyway. There was that unfortunate incident with the nail gun.

If I did get a tattoo, I'd worry that one day, I wouldn't be able to recall where I'd put it.

What would I get? "This side up." "If found, please call." "Born to flip a pillow to its cool side." "I regret this." The mirrored image of my name so I'd be able to read it when looking in a mirror. A blurred tattoo of a Chinese symbol that I could adjust its meaning on a whim when someone inquired about it.

What I know about getting a tattoo could be written on the head of pin, leaving enough room for the entire U.S. Constitution. I do know it's not a good idea to use the words "separate," "dilemma" or "supercalifragilistic-expialidocious" in a tattoo because it'd likely be misspelled.

I'll get a tattoo when I win the lottery. First, I'll need to buy a lottery ticket. I'll wait until tattoos offer audio and video capabilities.

Had I planned on getting a tattoo as a young man, I'd have asked for opinions from my wife, mother and father. A unanimous 3-0 vote would have been required.

My wife would have rolled her eyes all the way around in that amazing way only wives have.

I could hear my mother's advice, "If you must get one, don't put the tattoo where anyone could see it."

My father would offer his dependable and stellar advice, "Ask your mother."

My father ate Grape-Nuts most mornings. Oatmeal gave the Grape-Nuts an occasional morning off. Grape-Nuts seemed to make him happy and provided as much fiber as eating two sofa cushions or the entire backseat of a Buick. I called it gravel and told him I'd used it to patch holes in the driveway.

If I ever do get a tattoo, I think it will be of a box of Grape-Nuts breakfast cereal.

That tattoo would remind me of my father and that's a good thing.

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Trivia test by Fifi Rodriguez

1. MEDICAL: What is the medical name for joints that pop and crack?
2. LITERATURE: What is the name of the annual award for the best science fiction or fantasy writing?
3. U.S. PRESIDENTS: What was the Secret Service's code name for President John F. Kennedy?
4. MOVIES: What was the name of the girl gang in the movie "Grease"?
5. GENERAL KNOWLEDGE: Which top college's motto is "duty, honor, country"?
6. PERSONALITIES: In which state was author Tennessee Williams born?

7. FOOD & DRINK: Which popular liquor is made from fermented and distilled sugar cane juice or molasses?
8. ANIMAL KINGDOM: What is a group of parrots called?
9. TELEVISION: What was the name of the detective agency in the 1980s comedy "Moonlighting"?
10. HISTORY: How wide is the Korean Demilitarized Zone?

Answers

1. Crepitus
2. The Hugo Award
3. Lancer
4. The Pink Ladies
5. U.S. Military Academy at West Point
6. Mississippi!
7. Rum
8. A pandemonium
9. Blue Moon Detective Agency
10. 2.5 miles wide

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*Public sentiment is everything.
With public sentiment, nothing can fail; without it nothing can succeed.
—Abraham Lincoln*



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I paint forms as I think them, not as I see them.

—Pablo Picasso

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SENIOR NEWS LINE

by Matilda Charles

Senior Scamming 101

One in 18 seniors will become the victim of scammers this year, and those thieves will steal \$3 billion from us. Others say these figures are too low because many scams aren't reported, and the thieves could well be getting as much as \$36 billion a year.

How do the scammers con us? Maybe we did well in life and not only have money in the bank but we also receive a Social Security check every month, so we're more relaxed about money. Maybe we didn't do well financially and could use some extra cash if it's offered, not recognizing a scam. We might have a medical problem, and it's just easier to give in when we're pushed. Often we're lonely and are too willing to talk to people who call us, or we're scared when they threaten us. There are many ways thieves

can break down our barriers.

What do they want? Money, any way they can get it. They want our banking information, passwords and logins, Medicare number, Social Security number — anything that will get them access to our money and identification.

Why don't we turn them in when we get scammed? We're embarrassed ... shocked that someone did this to us and that we fell for it.

How do they get to us? The Internet is the most likely way, or they might call on the phone. Mortgage, pretend grandchildren, Social Security, home repairs, sweepstakes prizes, Medicare, phony IRS calls, investments, counterfeit drugs — all of these and more are associated with scams against seniors.

If you haven't taken a scam class at the senior center, do so. Or if none is offered, ask for one to be created. Out of approximately 20 people in a class, at least one has already been victimized.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry

Dr. Johnson Gave Free Medical Treatment!

Maury, on a recent visit to Grandpa's, your Mom inquired what non-school activities I pursued at about your age now. During the winter months (after football season was over) in eighth and ninth grades, one of these activities, after school and on Saturdays, was playing a lot of basketball. At the time I was a member of the Dubuque Boys Club, which was located at Ninth & Iowa Sts.

Like you now, I was a ninth grader at the time this incident occurred at the Boys Club. One Saturday afternoon during a rather intense basketball game there was a collision between a kid named Ed Streeter (who starred for Dubuque Senior High a few years later) and myself. (To be more specific we knocked heads diving for a loose ball!) Ed and I were both dizzy for a short time but I also had a cut over my right eye.

At that time, the director of the Boys Club was Hank Waltz, a future Dubuque Mayor, known for teaching kids tumbling acts, and a very popular personality locally. I remember him telling me that



Jerry Eberhardt with grandson, Maury Cohn

I needed medical attention, wrapping a towel around my head and immediately walking four blocks with him to Medical Associates Clinic which at that time was located at 12th & Main. On the way, Hank informed me that Dr. Johnson (he was one of only eight doctors at Medical Associates then!) had informed him that he would give free medical treatment to any kids injured at the Boys Club! The cut above my eye required about three or four stitches by Dr. Johnson.

I remember being rather "cavalier" when I came home with a bandage just above my right eye telling my parents that I was hurt playing basketball, but not to worry as Dr. Johnson takes care of injuries at the Boys Club free of charge!

Much love, Grandpa



• On **March 6, 1475**, Michelangelo Buonarroti, the greatest of the Italian Renaissance artists, is born in Caprese. His most important early work was the Pieta (1498), a traditional type of devotional sculpture that showed the body of Christ in the lap of the Virgin Mary.

• On **March 5, 1815**, Franz Anton Mesmer, a German physician who pioneered the medical field of hypnotic therapy, dies in obscurity in Meersburg, Swabia (now Germany). His process of mesmerism, as it came to be known, produced hypnotic states that had an extraordinary influence on his patients' physical illnesses.

• On **March 3, 1875**, the first indoor game of ice hockey is played in Quebec. Prior to the move indoors, ice hockey was a casual outdoor game, with no rules regarding the number of players per side. For the 1875 Montreal game, the ball was replaced with a wooden disc, now known as a puck.

• On **March 4, 1888**, Knute Rockne is born in Voss, Norway.

He would go on to become one of the most successful coaches in the history of college football, coaching Notre Dame during their golden era in the 1920s. Rockne won three national championships with the Fighting Irish.

• On **March 2, 1929**, The Jones Act, the last gasp of the Prohibition, is passed by Congress. The act strengthened the federal penalties for bootlegging.

• On **March 10, 1945**, 300 American bombers continue to drop almost 2,000 tons of incendiaries on Tokyo for a second day. The attack destroyed large portions of the Japanese capital and killed 100,000 civilians.

• On **March 8, 1950**, Volkswagen, maker of the Beetle automobile, expands its product offerings to include a microbus. The bus was a favorite mode of transportation for hippies in the U.S. during the 1960s and became an icon of the American counterculture movement.

• On **March 7, 1972**, in the biggest air battle in Southeast Asia in three years, U.S. jets battle five North Vietnamese MiGs and shoot one down 170 miles north of the Demilitarized Zone.

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SPORTS COMMENT

by Gary Dolphin

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

From Where I Sit

As a play-by-play sports broadcaster whose career now and seen parts of five decades and thousands of games, you hope that in the end, you have a treasure trove of wonderful memories to remember and visit about while on your deck enjoying a cold one in retirement. Indeed I have many, courtesy of the three Dubuque High Schools, Loras, University of Dubuque and Clarke University, surrounding towns, and of course, the Iowa Hawkeyes. That said, no one could have prepared for what happened this past week. Jordan Bohannon's three point goal with less than a second remaining pulled victory out of the fire for Iowa over Northwestern after the Hawkeyes trailed by as many as fifteen points in the 2nd half. Less than a week later, and this time on the road, freshman sensation Joe Weiskamp nailed a corner three point goal, off the bank board no less, and Iowa escaped Rutgers with a two point win. What could have easily been an 18-7 mark is now 20-5, and believe me, the NCAA selection committee has to love that black and gold eye test. The same could be said of Iowa State, as the Cyclones put together a run to maybe a Big 12 conference title.

The basketball season by both the Iowa men and women, the wrestling team grabbing at least a tie for another Big Ten

conference dual meet title and the Hawkeye football team's heart stopping win in the Outback Bowl over Mississippi State, reminds us of the fine line between winning and losing. We'll always love our teams but that affection is much more lasting when the "W" is registered.

I'm often asked about my favorite Iowa victories over twenty two years. There are many. Everybody wants to talk about Drew Tate to Warren Holloway in the Capital One Bowl. Personally, I'll take Ricky Stanzi to Marvin McNutt on 4th and goal at the Michigan State seven in 2009 when the Hawks scored on the last play of the game to win 15-13.

In basketball, it would be hard to top the Big Ten Tournament titles Steve Alford's teams scored but I'll go with the Hawkeyes stopping Kansas's long home winning streak of better than 60 games in Tom Davis's last year as coach in 1998.

As I grow into my senior years I prefer to remember all the great players, their personalities and the coaches because like any vocation, it's all about the people you work with. Appreciate Tyler Cook, Jordan Bohannon, Meghan Gustafson, Spencer Lee and so forth. They are putting it on the line for you. On to March Madness®.

of North Carolina's men's basketball team lost an NCAA Tournament game in the state of North Carolina?

5. In how many seasons did Chicago's Bobby Hull lead the NHL in goals scored?

6. When was the last time before 2018 that a U.S. athlete won an Olympic medal in cross-country skiing?

7. Name the last time before 2018 that Tiger Woods won a PGA event.

Answers

1. The Los Angeles Angels of Anaheim.
2. The 2008-09 Seattle Mariners.
3. Carolina's Greg Olsen.
4. It was against Pennsylvania (2014-16).
5. Seven times, with a high of 58 goals in 1968-69.
6. Bill Koch won a silver in the 30 km in 1976.
7. He won the WGC-Bridgestone Invitational in 2013.

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by Chris Richcreek

1. For which major-league team did Francisco Rodriguez save a record 62 games in 2008?
2. Name the last team before the Minnesota Twins in 2016-17 to go from 100-plus losses in one season to a winning record the next.
3. In 2018, Kansas City's Travis Kelce became the second tight end in NFL history to have three consecutive seasons of 1,000 or more receiving yards. Who was the first to do it?
4. When was the last time before 2018 that the University



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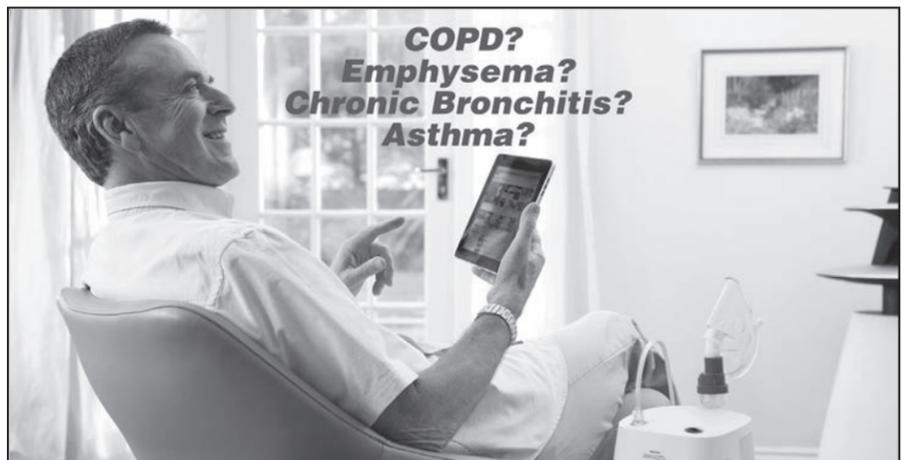
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WINTER FARMERS MARKET

WINTER FARMERS MARKET



Radio from the 20th Century

by Bill Zwack



This Is Your Life, first heard on NBC November 9, 1948, for Phillip Morris, was the second major human interest show created by Ralph Edwards (the other was the long running *Truth or Consequences*). Edwards had long thought that a viable radio show could be built around reconstructions of the lives of celebrities and common folk alike. Edwards told the person's life chronologically, in the words of the people who knew him best. Half-forgotten teachers, ministers, lost relatives, and old army buddies were located, flown in for the show, and kept on ice backstage until the big moment. The subject was unaware that his life was being eulogized until he was on the air.

Usually he or she was brought to the studio through some ruse, and became aware when they found out what was happening. The stories were done in a style that was designed to bring out the color of the person's background. The program was highly popular, but came at the very end of network radio. It ran one year on Tuesday nights and another year on Wednesday nights, then moved to TV, where it became a great success for more than nine years.

The reason that so few of this radio series were not preserved by the networks was because they knew the program was headed for television. That is why I haven't played many of these episodes on the *Big Broadcast*.

Kovels from Pg. 17
have sold for \$100-\$150.

• • •

CURRENT PRICES

Carnival gambling wheel, wooden framed bicycle tire, pinned-on playing cards, mounted to plank, hanging, 1930s, 31-inch diameter, \$1,300.

Weathervane, dog, long haired setter, walking, 32 x 15 inches, \$3,510.

Brass, gong, quarter circle, hole near arc, Harry Bertoia, c. 1950, 6 1/2 x 9 inches, \$5,310.

Cut glass, punch bowl, stand, Arabian, Eggington, 12 1/8 x 14 1/2 inches, \$10,200.

TIP: An auction staff member examined a blanket chest that might be in a coming sale. He found a hidden compartment filled with valuable historical documents. That's another reminder to search for secret compartments in antiques.

For more collecting news, tips and resources, visit www.Kovels.com

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Down Memory Lane

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

Basketball
1952-53



Basketball
1952-53

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

BASKETBALL: Duke Gets Dunked! • Packers win third title

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

ROEDER
OUTDOOR POWER

SAVE THE DATE!
Sunday, April 7
2580 Rockdale Rd. Dubuque

ROEDER
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What's it WORTH on

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, make an appointment to visit 201 North Commerce Street, Galena, IL 61036, or call 563-543-5201.

Ducks Unlimited!

Ducks Unlimited was organized in 1937, they are dedicated to the preservation of waterfowl habitat. Fund raising events sell items created for the organization. This porcelain duck made by Jett Brunet in 2004 is a decorative decoy of a Hooded Drake. A recent purchase at a local auction house for \$40.00

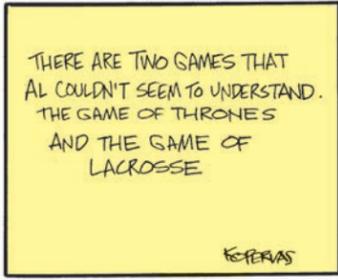


sold on eBay for \$200.00.

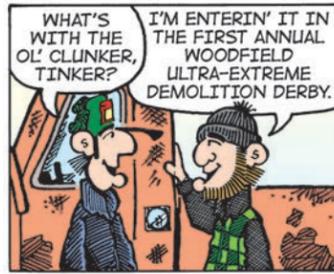
Out on a Limb



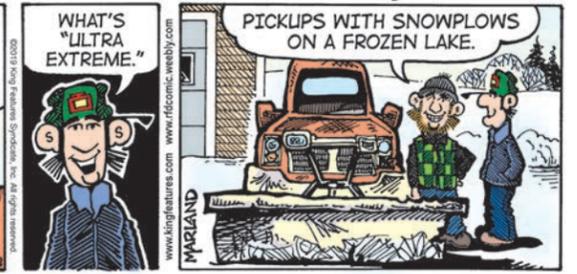
by Gary Kopervas



R.F.D.



by Mike Marland



6th Annual St. Patrick's Day Irish Party

Sponsored by Ancient Order of Hibernians (AOH) Dubuque County Division #2 and the newly formed Lady AOH Dubuque County Division #1

Saturday, March 16, 2019 • 3 pm – 10 pm
HAPPY'S PLACE, 2323 ROCKDALE ROAD

Irish bands include:
Dubuque Fire Pipes & Drums
The Lads
Ballyheigue

Irish beverages and food will be available for purchase
Admission is \$5.00 (under 12 - free)

The band line-up for the August 24, 2019 Dubuque Irish Hooley Music Festival at the Dubuque Star Brewery and Alliant Amphitheater will be announced at the St. Patrick's Day Party








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."

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Good Housekeeping

Tuna Melt with Carrot-Raisin Salad

Tuna Melt

- 1 large can (12 ounces) solid white tuna in water, drained
- 1 celery stalk, thinly sliced
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon margarine or butter
- 8 slices rye bread (about 8 ounces)
- 4 ounces sliced Cheddar or Swiss cheese

Carrot-Raisin Salad

- 1 container (8 ounces) plain low-fat yogurt
- 1 bag (10 ounces) shredded carrots
- 1/2 cup raisins
- 1/8 teaspoon ground cumin
- 1/8 teaspoon salt

1. Prepare Tuna Melt: In small bowl, with fork, combine tuna, celery and mayonnaise.
 2. In nonstick 12-inch skillet, melt margarine over medium-high heat. Meanwhile, spread

tuna mixture evenly on 4 bread slices. Top each with one-fourth of the Cheddar and a remaining slice of bread. Arrange sandwiches in skillet. Cover skillet; cook 5 minutes or until Cheddar melts and bread is toasted, turning sandwiches over once.

3. While sandwiches are cooking, prepare Carrot-Raisin Salad: In small bowl, stir all salad ingredients until combined. Makes about 4 cups.

• Each serving: About 440 calories, 20g total fat (7g saturated), 61mg cholesterol, 1,055mg sodium, 33g total carbohydrates, 4g fiber, 31g protein.

TIPS: For a more traditional carrot salad, replace the cumin with cinnamon. You also can substitute dried cranberries or other dried fruits for the raisins.

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

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HOLY SPIRIT PARISH

FISH FRY

SERVING
 Deep fried or baked fish, hash browns or baked potato, salad bar, macaroni & cheese, rolls, dessert and beverage

March 29, 2019
 4:30 PM to 7 PM
 Adults: \$10
 Kids 5-12: \$5

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 Paraclete Hall
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Hosted by the Catholic Foresters of Holy Ghost

Comfort foods

Made fast and healthy

by Healthy Exchanges

Swiss Steak Skillet

I don't think there's a "meat and potatoes" man around who won't give this comforting dish two thumbs up.

- 16 ounces lean tenderized minute or cube steaks, cut into 16 pieces
- 1 1/2 cups finely sliced celery
- 1 cup chopped onion
- 1 (8-ounce) can tomato sauce
- 1 (8-ounce) can stewed tomatoes, undrained
- 1 teaspoon dried parsley flakes

Sugar substitute to equal 1 tablespoon sugar, suitable for cooking

- 1/8 teaspoon black pepper
- 3 cups hot cooked noodles, rinsed and drained

1. In a large skillet sprayed with butter-flavored cooking spray, saute meat, celery and onion for 10 minutes. Stir in tomato sauce, undrained stewed tomatoes, parsley flakes, sugar substitute and black pepper. Lower heat, cover and simmer for 30 minutes, stirring occasionally.

2. For each serving, place 1/2 cup noodles on a plate and spoon about 1 cup meat mixture over top. Serves 6. Freezes well.

• Each serving equals: 233 calories, 5g fat, 22g protein, 25g carb., 307mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Vegetable, 1 Starch.

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Cremer's Cooking Tips

Cremer's Baked Cod

Place 2 tablespoons butter in a microwave-safe bowl; melt in microwave on high, about 30 seconds. Stir buttery round crackers into melted butter.

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

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

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

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

Directions

Preheat oven to 400 degrees F (200 degrees C).

The Spats by Jeff Pickering

Amber Waves by Dave T. Phipps

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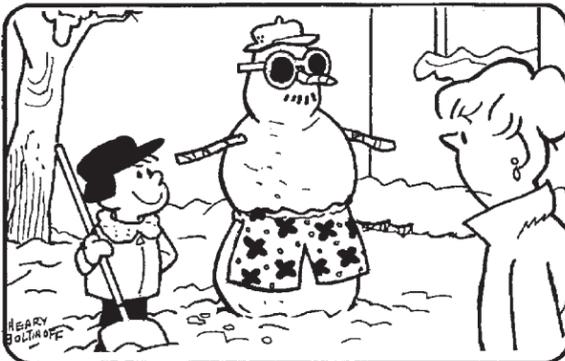
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- | | | | |
|---------|----------|----------|------------|
| Bedroom | Home | Memorial | Town Car |
| Center | Illinois | Nebraska | Tunnel |
| County | Library | Park Zoo | University |
| Green | Logs | Tomb | |

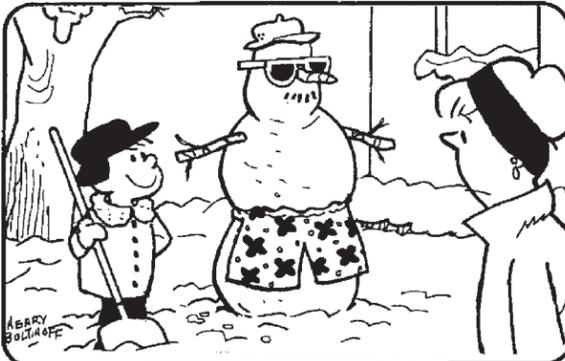
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Woman has headband. 2. Sunglasses are different. 3. Boy's shirt has buttons. 4. Tree is wider. 5. Snowman's "arms" are different. 6. Boy is taller.

GO FIGURE! by Linda Thistle

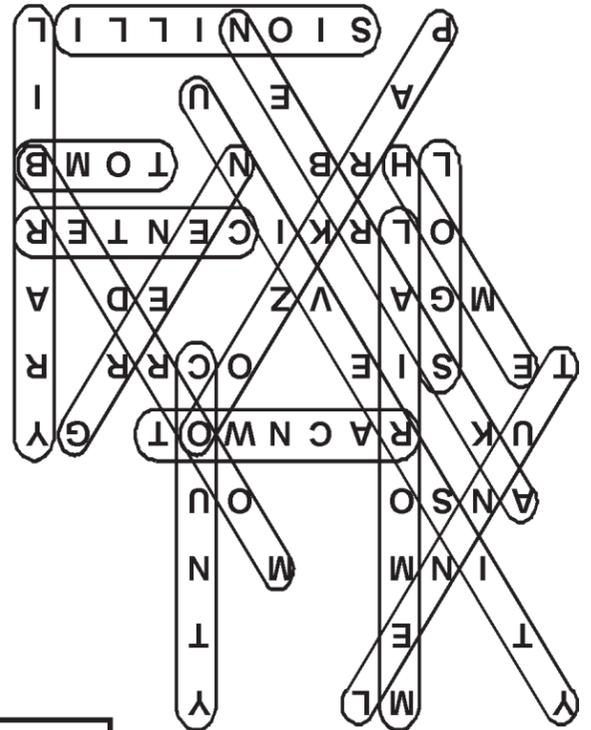
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

	+		+		6
+		x		x	
	-		x		5
÷		-		-	
	x		-		16
2		6		7	

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

1 2 3 4 5 6 6 7 8

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— N T O C N I T

SUDOKU Answer

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

King Crossword
Answers

Solution time: 25 mins.

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

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SUDOKU
by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦
 ♦ Moderate ♦♦ Challenging
 ♦♦♦ HOO BOY!
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Go Figure! answers

	7		9		2
16	8	-	6	x	4
	-		-		÷
5	5	x	9	-	7
	x		x		+
6	3	+	2	+	1

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