



The Golden View

The Community Newspaper For Adults 55 Plus

March, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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Dubuque Symphony Orchestra presents *Captivating Concerti* March 28-29 at Five Flags Theater

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

The Dubuque Symphony Orchestra continues its youthful-themed Classics Series with "Captivating Concerti" March 28-29 at Five Flags Theater, downtown Dubuque.

"These concerts begin with the prelude to German composer Humperdinck's Hansel and Gretel," shares Music Director and Conductor William Intriligator. "This Late-Romantic piece brings you into a world of innocence, fairy tales, and magic. We also welcome the debut of two soloists who have never performed with the DSO: Lorraine Min and Terence Tam, a marvelously talented husband and wife, will each perform a concerto with the orchestra. In keeping with our celebration of Beethoven in 2020, Lorraine will perform Beethoven's Piano Concerto No. 1. I've wanted to perform this piece for many years; the last time I conducted it was in the 1990's in Minneapolis. It is a beautiful piece that broke new ground in its exploration of new sounds for piano and orchestra. Lorraine's husband Terence will perform the Saint-Saëns Violin Concerto No. 3, thrilling and virtuosic, which has a definite gypsy flair. Continuing that spirit are the exciting Dances of Galanta by Hungarian composer Kodály (pronounced Ko-DIE). This piece showcases individual soloists from within the orchestra, especially the clarinet. The music alternates between slow, heart-felt expression and incredibly exciting fast dances."

The concerts will be held 7:30 pm Saturday, March 28 and 2:00 pm Sunday, March 29 at Five Flags Theater, downtown Dubuque. Intriligator will also present a free pre-concert lecture in the Five Flags Theater on Sunday, March 29 at 1:00 pm. Tickets (\$18-87) are available through the Five Flags Box Office, or



Lorraine Min

www.dubuquesymphony.org (Ticketmaster fees apply to online purchases). Discounted \$8 student tickets will be on sale at the theater ticket counter one hour prior to each performance (based on availability); please be prepared to show student ID.

This concert is made possible by the generous support of co-sponsors: Dupaco Community Credit Union and A.Y. McDonald Mfg. Co.



Terence Tam

Planning for Your Special Needs Child or Grandchild

by Thad Murphy, Attorney with Pearson Bollman Law

We all worry about our children and grandchildren. When your child or grandchild has special needs, your worries are often even more pervasive: how will she care for herself when I am no longer able? Will an inheritance cause her to lose her public benefits? Proactive planning can make a significant difference.

A great way to protect a loved one with special needs is to set up a Supplemental Needs Trust (also known as a Special Needs Trusts or SNT). SNTs allow persons with disabilities to receive an inheritance or other funds without losing their eligibility for means-tested government benefits,



Thad Murphy of Pearson Bollman Law

such as Supplemental Security Income (SSI) or Medicaid. Such trusts provide for needs "supplemental" to what is being paid for by the government, i.e. education, cell phone bills, counseling, etc.

Pearson Bollman Law cont. Pg. 10

Dubuque Chorale presents *To Heaven and Bach*

by Danielle Phillips



To Heaven and Bach will be performed at 2 pm on Saturday, March 28th, at St. Luke's United Methodist Church, 1199 Main Street, Dubuque, Iowa

Renowned Baroque composer Johann Sebastian Bach assigned two purposes to all music — the glorification of God and the refreshment of the spirit. With these aims as inspiration, the Dubuque Chorale's chamber choir Cadenza and prominent local organist Dr. Charles Barland will join forces for *To Heaven and Bach*, a special one-time presentation of some of Bach's best sacred choral and organ music.

This collaboration and its distinctive theme were originally conceived by Parson John Emery, who serves as

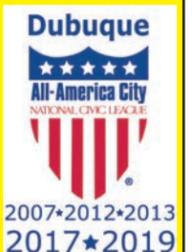
pastor at both Center Grove UMC in Dubuque and Wesley UMC in East Dubuque. "Too often I believe that the great art of a person [like] Bach gets separated from [his] humanity," remarks Emery. However, he hopes this concert's program provides an opportunity for "presenting some of the greatest music written by a man of great devotion, as well as being able to explore how Bach's spiritual relationship and devotional practice shaped the fruit of his music."

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11383 Hwy 20, Galena, IL
March 11 at 11 AM
March 25 at 11 AM

Baymont Inn & Suites

4115 N. Riverview St., Bellevue, IA
March 19 at 11 AM

Guttenberg Library

603 S. Second St. in Guttenberg, IA
March 4 at 11 AM
March 18 at 11 AM

Best Western Plus

3100 Dodge St., Dubuque, IA
March 12 at 11 AM
March 30 at 6:30 PM

Johnson Public Library

131 E. Catherine St., Darlington, WI
March 20 at 11 AM

Lancaster Health Services

(formally Atrium Post Acute Care)
1350 S. Madison St., Lancaster, WI
March 6 at 11 AM

Econo Lodge

1019 W. Platt St., Maquoketa, IA
March 13 at 11 AM
March 24 at 11 AM

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The Ohnward Fine Arts Center Presents
The Clauson Family Show
Saturday, March 14 at 7:00 PM



The Clauson Family Music Show features a spectacular production featuring a variety of music including 1950's & 60's rock n roll, country & western, jazz, blues, swing, bluegrass, ragtime and gospel. With an action packed show filled with great live music, exciting routines, hilarious comedy and fabulous costuming, the show features something for everyone. The Clauson Family Music Show is from Coloma, Wisconsin where they entertain regularly at Clauson's Barn Theatre.

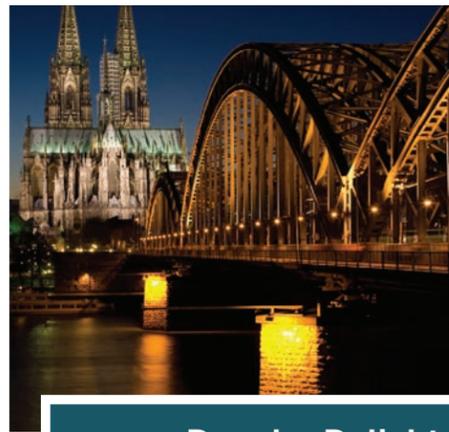
The Clauson Family Music Show features, Cody, Brittney and Brent Clauson in addition to musicians from throughout the state of Wisconsin. The Clauson Family Music Show features an array of music including, 50's & 60's rock 'n' roll, country & western, jazz,

blues, swing, bluegrass, ragtime and gospel.

The show has traveled regionally, performing at a variety of venues including performing arts centers, theatres and festivals. The Clauson Family Music Show performs regularly in Coloma, Wisconsin at Clauson's Barn Theatre, with dinner shows during their April-December season.

Cody Clauson headlines the Clauson Family Music Show and is featured with vocals, guitar and tenor banjo. Cody began playing the tenor banjo when he was three. He grew up learning music from his father Brent. He has studied music at the University of Wisconsin-Stevens Point. In addition to performing for the Clauson Family Music Show, he also headlines The Cody Clauson Trio.

Ohnward cont. Pg. 25



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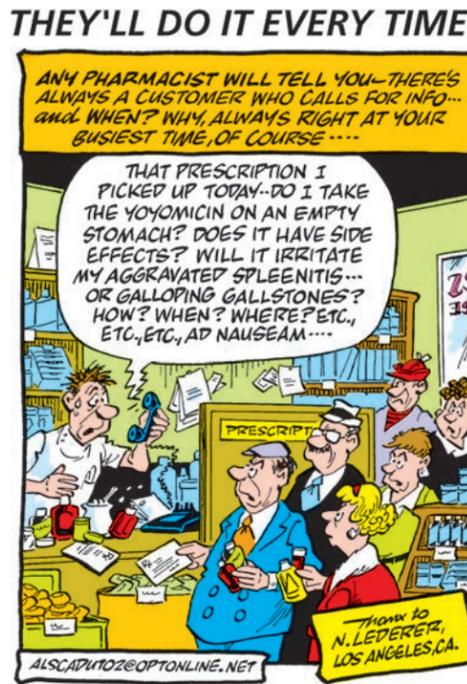
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STICKELERS [sic].
 by Terry Stickels

We found only two common words in the English language that end in the letters "shion."

What are they?

Stickelers Answer on Pg. 28
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King Crossword

ACROSS

- 1 Satchel
- 4 Nowhere to be seen
- 8 Visored military cap
- 12 — out a living
- 13 State
- 14 Object of worship
- 15 Have a bug
- 16 Dilute
- 18 Up to
- 20 Finish
- 21 Second letter
- 24 Sponsorship
- 28 Negative aspect
- 32 Took the bus
- 33 Fire residue
- 34 Oodles
- 36 Wager
- 37 Amorphous lump
- 39 Onion rings, e.g.
- 41 Takes to the skies
- 43 Carry on
- 44 "That feels so good!"
- 46 Black board?
- 50 Exemplar of dullness
- 55 Cattle call
- 56 Leading man
- 57 Volcanic flow
- 58 Request
- 59 Floor cleaners
- 60 Gasoline, e.g.

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
15				16					17			
18			19				20					
			21		22	23		24		25	26	27
28	29	30					31		32			
33				34				35		36		
37			38		39				40			
41				42		43						
			44		45			46		47	48	49
50	51	52				53	54			55		
56					57					58		
59					60					61		

- 61 Born
- 22 Twitches
- 23 Fire-fighting legend Red
- 25 Asian desert
- 26 Mid-month date
- 27 Green or Rogen
- 28 Slight touches
- 29 Norway's capital
- 30 "Halt!"
- 31 Icelandic poetry
- 35 More than just a few
- 38 Lullaby composer
- 40 Society newbie
- 42 Tool with teeth
- 45 50 percent
- 47 Muscat's land
- 48 Small winning margin
- 49 Oxen's harness
- 50 Water barrier
- 51 Berlin's "What'll —?"
- 52 Potential syrup
- 53 Greek cross
- 54 56-Across' partner

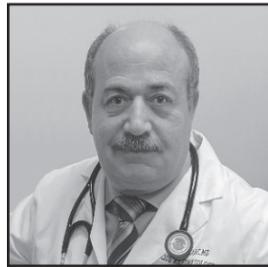
DOWN

- 1 Suitor
- 2 Related
- 3 Moolah
- 4 Anarchic
- 5 Eggs
- 6 Prepared
- 7 Genealogy chart
- 8 Actress Margot
- 9 "Green" prefix
- 10 "Bam!"
- 11 Hostel
- 17 Genetic stuff
- 19 — Saud

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Rambling Dog Raises Neighbor's Hackles

DEAR PAW'S CORNER: My neighbor's dog routinely gets out of their house and runs around in our yard. He is a huge mixed-breed who looks kind of like a pit bull. He hasn't acted aggressively, though. That's one issue, but my other problem is that we are adopting a puppy from the shelter soon. Does the neighbor's dog present a danger to my puppy? — **Claire T. in Columbus, Ohio**

DEAR CLAIRE: Years ago, my neighbors had a black Lab, "Terry," who was great friends with my hound dog mix, Pharaoh. Terry was allowed to roam as he pleased, and his favorite thing was to lift the latch on my backyard gate and

let Pharaoh out so they could ramble the streets together. I loved that they were friends, but I didn't like having to go and find them constantly.

Roaming dogs are always a reason for concern, even if they seem friendly. If you and your neighbors are on good terms, talk to them and ask if there is a solution to their dog wandering into your yard. You'll probably need to put up stronger fencing, unless the fence is on their side — and that enters the whole realm of property lines and who fixes what.

It's up to you whether you want to let them know you're getting a puppy. If you're on good terms, and they're willing to work with you to fix the issue with their dog, you can suggest introducing the dogs to each other after your new puppy has had his shots. This should be done with both you and your neighbor present, and with both dogs on a leash, just in case one of the dogs becomes aggressive.

Send your tips, comments and questions to ask@pawscorner.com.

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Upcoming Events at the James Kennedy Public Library in Dyersville: March 2020

Sundays, March 1 & 8: Beginning Wood Carving Class @ 1:00 pm. 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 and participants will keep their equipment. No experience is needed; however students must be at least 12 years old. One parent or adult must be present in the class for anyone under the age of 16. A signed liability waiver is required of all participants. Registration is required as space is limited.

Mondays and Thursdays, March 2, 5, 9, 12, 16, 19, 23, 26, 30: Strength Training for Older Adults @ 9:30 am. Older adults of any age and fitness level are invited to join this special exercise program made possible through a partnership with the Geri-Fit® Company. Participants will exercise to a Geri-Fit® DVD and most of the exercises will be performed seated in a chair. Some supplies required. Space is limited so registration is required.

Fridays, March 6, 13, 20, & 27: Euchre Card Party from 1:00-3:30 pm. Join us Friday afternoons for cards and snacks! Come meet, teach, and play with other players. Refreshments provided.

Monday, March 9: Census 2020-What You Need to Know @ 6:30 pm. Join us as Gary Krob, Coordinator of the State Data Center for the State Library of Iowa talks about the 2020 Census. He will provide a general history of the Census and well as explain what the data is used for, why it is important that everyone participate, and more.

Monday, March 16: Cricut with Christopher: Cutting Fabric @ 6:00 pm. Come learn about the Cricut Maker from local expert Lisa Christopher and discover how you can cut fabric with the Cricut! Participants should be 14 or older. Children 8 and up welcome if accompanied by an adult. Registration is requested as attendance is limited to 20. Walk-ins welcome if space and materials allow.

Friday, March 20: Coffee and Creating @ Your Library from 9:30-11:30 am. Come join us for a time of coloring, crafting, creating, chatting as well as coffee or other morning beverages. The library provides miscellaneous coloring and craft supplies along with the beverages. This group meets the third Friday of each month. This program is open to adults 18 and older.

Saturday, March 21: Seed Swap @ Your Library from 1:00-5:00 pm. Join us at the JKPL as we partner with the Dyersville Garden Club to facilitate our first annual Seed Swap.

Friday, March 27: Game Night @ Your Library @ 6:00 pm. Bring your favorite game (card game, board game, role playing game, or video game) and meet, teach, and play with others! Game night is held on the 4th Friday of every month. All ages welcome.

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

Dubuque Chorale from Pg. 1

Bach's music was undoubtedly shaped by his religious life, and this is clearly shown in his mastery of the instrument most associated with the church — the organ.

In fact, Dr. Charles Barland, whose playing will be featured in the concert, points out that "most scholars and organists agree that [Bach] is the greatest composer for the organ. Bach's ... choral and organ works certainly are a great way to celebrate his artistic contributions to humanity."

• The Dubuque Chorale's chamber choir, Cadenza, will also join in the celebration, lending their voices to a selection of Bach's choral works, such as Cantata 150, *Nach dir, Herr, verlangst mich*. According to Dr. Amanda Huntleigh, the Chorale's Artistic Director, this piece is "an early multi-movement work ... that includes some text from Psalm 25. Bach wrote all his music, both sacred and secular pieces, in honor of God's glory."

To Heaven and Bach will be performed at 2 pm on Saturday, March 28th, at St. Luke's United Methodist Church, 1199 Main Street, Dubuque, Iowa. There is no cost for admission but freewill donations are welcome.

An Uplifting Moment
with **Rev. David J. Claassen**
Visit me on the internet!
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Anyone Can Be An Encourager!

The people that have impacted my life most in a positive way are not those who've criticized me, though honest criticism can and should be helpful and constructive. The people most helpful in my life have been those who have encouraged me. I've needed lots of encouragers over the years, about ten encouragers to every one critic. That's because criticism seems to stick a lot easier than does praise!

The bad news is that we can't ultimately control the ratio of criticism and encouragement we receive. True, if we try to do our best and seek to do what's good and right, we can hope to receive more praise than criticism; but it doesn't always work out that way.

The good news is that we can control the ratio of criticism and encouragement we dish out to those around us! Other people are no different than you and me; they love encouragement far more than criticism. And they, like us, are more likely

to respond in a favorable way to praise and continue on that course of action than they are to criticism and change their course of action.

There's an old proverb that first appeared in printed form in Benjamin Franklin's "Poor Richard's Almanac" in 1744. It goes like this, "You attract more flies with honey than vinegar."

This is a tough world; everyone we encounter needs encouragement! People need to hear from us: "You're doing a great job!" "I really appreciated what you said." "You did the right thing in that situation." "_____." (fill in the blank) My personal experience has been that when I consciously try to be an encourager to those I meet in my daily activities it boomerangs on me and I feel encouraged!

I recommend an experiment of intentionally, for one day, by face-to-face contact, phone call, texting, or letter, communicating something encouraging to everyone with whom you come in contact! I know, with some folks it'll take some effort, but try to do so anyway. I believe you'll be pleased with what a difference it will make in your day!

People should give us the nickname Barnabas! Why? That's what the people in the early church did to a guy named Joseph, from Cyprus. "Joseph, a Levite from Cyprus, whom the apostles called Barnabas (which means Son of Encouragement)..." Acts 4:36

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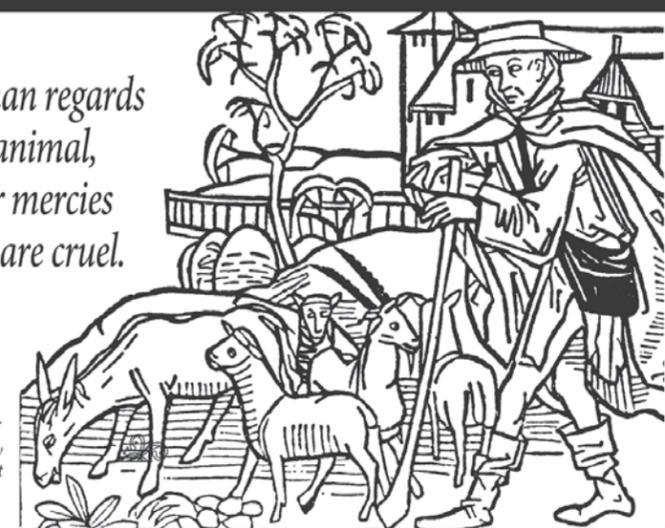
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THE ILLUSTRATED BIBLE

A righteous man regards the life of his animal, but the tender mercies of the wicked are cruel.

PROVERBS 12:10



Detail of 15th-century woodcut

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Lamentations in the Old or New Testament or neither?
2. Which book could be summarized, "By human standards you're looking OK, but by God's, you're failing"? *Joel, Amos, Obadiah, Jonah*
3. From Genesis 41, who had the vision of seven fat cows coming out of a river? *Adam, Moses, Pharaoh, Abraham*

4. Who was suspended by a lock of hair between heaven and earth in a vision? *Samson, Esau, Elijah, Ezekiel*
5. What church did John describe as one with an "open door"? *Sardis, Philadelphia, Antioch, Smyrna*
6. From Acts 10, where did Cornelius encounter an angel? *Temple, Well, House, Field*

ANSWERS

(1) Old; (2) Amos; (3) Pharaoh; (4) Ezekiel; (5) Philadelphia; (6) House

Comments? More Trivia? Gift ideas? Visit www.TriviaGuy.com

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VETERANS ★ POST ★

by Freddy Groves

Agent Orange Exposure Outside of Vietnam

The Government Accounting Office stepped into the fray to document exactly where all the Agent Orange was used and stored when it released a report entitled "Actions Needed to Improve Accuracy and Communication of Information on Testing and Storage Locations" in November 2018.

The GAO report compared the records it had unearthed against the information provided by the Department of Veterans Affairs and the Department of Defense. It found that half of Agent Orange was used in Southeast

Asia but that records were incomplete. Of the 13.9 million gallons of AO shipped, documentation was only found for 12.1 million gallons.

The GAO took the VA and the DOD to task for omitting testing and storage locations and for failing to update the locations for more than a decade — even though both had been getting reports about it since 2006.

In 2006 the GAO found 40 locations not in Vietnam, some in the U.S., that never made it to the DOD list provided to the VA. Now, at the GAO's prodding, the DOD has provided a list (posted on the VA website) of U.S. locations where Agent Orange was tested, disposed of or stored: Arkansas, California, New Jersey, New York, Maryland, Ohio, Oregon, Kansas, Mississippi, Washington, Puerto Rico, Texas, Georgia, Montana, Indiana, Florida and Utah.

How's that for close to home?

Foreign countries include Cambodia, Canada, India, Johnston Atoll, Korea, Laos and Thailand.

Veterans trying to verify or determine their exposure to AO have been stymied, of course. As of June 30, 2018, the VA denied service-connected decisions to more than 58,250 veterans for service outside Vietnam.

To read the whole GAO report, go to www.gao.gov/assets/700/695490.pdf. Be sure to read the Objectives, Scope and Methodology sections starting on page 62. The GAO left no stone unturned.

For the (now supposedly correct) list on the VA site, go to www.publichealth.va.gov and put Herbicide Tests and Storage Outside Vietnam in the search box.

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



Children never cease to amaze me. They are all such unique individuals. The other day while at the beauty salon I witnessed a young boy of about five years old begin to struggle to keep from being put into the salon chair. His father lifted him up but before the boy was seated, he grabbed for his mother and clung to her neck, while he wrapped his legs around her waist. He was wailing loudly and shedding a mass of tears. His father attempted to speak to him, but I doubt if the child could hear him. His crying continued with increased volume.

The grandmother was standing by, holding a sleeping infant. Obviously, the baby was unaware of any commotion going on in the salon. The hair dresser stood back waiting patiently for the parent's instructions. The child did not want to sit in the salon chair. But, I must say, the child had a beautiful head of coal-black hair that appeared to be of average length, but needed to be trimmed.

The parents continued to attempt to have their son sit in the chair for his haircut. But, this wasn't going to happen. The boy acted as if he was terrified to be put into the salon chair. After a while the family gathered the child and left the

salon. The boy willingly walked out with his parents. The tears were gone as well as the rage that caused the disruption.

I believe the parents handled the situation well because any other method would have probably caused more crying, and a more upsetting dilemma for the boy. Actually, the parents had shown no anger or hostile behavior in handling this situation. I'm sure the parents would find out later what caused their son to become so hysterical about sitting in the salon chair?

Actually, I remember when our youngest son had his first haircut at the barbers' college. He cried silent tears because he didn't want his older brother to see him cry. I could see his eyes beading up, so I had my husband take our older son out for a walk.

When we got home from the barbers' college, I asked my son why he had become so upset during his haircut. He had often watched his brother get his hair cut. My son then told me that the barber had scolded him and said, "sit still, or else!" I hadn't heard that threat. I had a broken heart because my child had been chastised by a beginning student barber. Yes! I went back and made a complaint to the Department Head of the Barber College. He assured me the student in question would be taken-to-task. After that we made sure our boys had senior students, not those just coming on board!



Michelle Bell,
Social Security District Manager,
Dubuque, Iowa



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There's a widespread telephone scam involving callers claiming they're from Social Security. The caller ID may even show a government number. These callers may tell you there's a problem with your Social Security number. They may also threaten to arrest you unless you pay a fine or fee using gift cards, pre-paid debit cards, a wire transfer, or cash. That call is not from us.

If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
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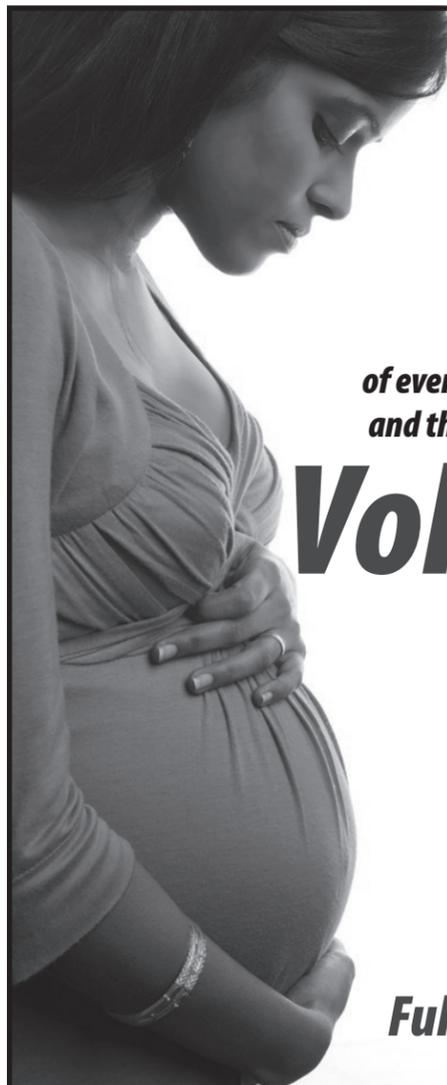
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YESTERDAY AND TODAY

BY MICHAEL GIBSON



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

Yesterday & Today cont. Pg. 11

Pearson Bollman Law from Pg. 1

A first-party SNT holds the beneficiary's own assets. A beneficiary who is receiving government benefits and obtains a large sum of money may be allowed to keep both their money and their benefits. At death, the state is reimbursed up to the amount it paid for the beneficiary's care.

A third-party SNT is funded with the grantors' (i.e. the

individuals who establish the trust) assets and can hold various types of assets, e.g., houses, investment accounts, life insurance policies, etc. When the SNT beneficiary dies, the remaining assets can pass to other family members and are not subject to pay back to the state.

An SNT must be properly drafted so the assets are not countable for Medicaid and SSI purposes and do not jeopardize benefit eligibility. If you're considering this type of planning speak with an attorney experienced in drafting SNTs.

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

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Yesterday & Today from Pg. 10

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



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

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Safety on the Road cont. Pg. 13

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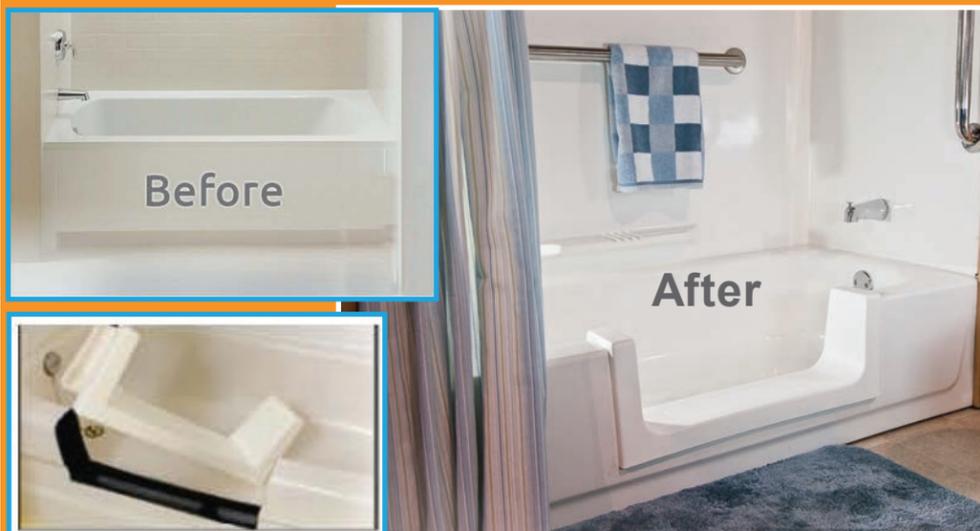
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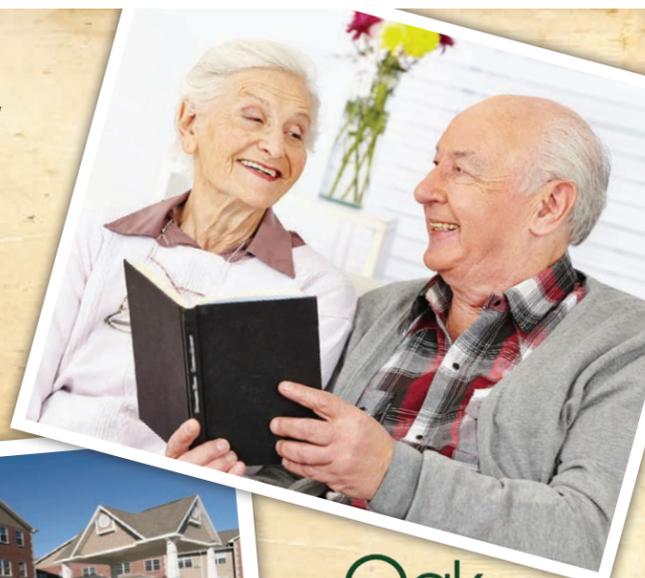
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Safety on the Road from Pg. 13
once you turn 60. Test yourself to monitor your vision:

- Do you have problems reading street signs?
- Are you having difficulty seeing road or pavement markings, curbs, or other vehicles or pedestrians, especially at dawn, dusk, and nighttime?

• Is glare from oncoming headlights making it hard to see when driving at night?

Assess your physical fitness to drive by asking yourself:

- Can I comfortably turn my neck to see over my shoulder when I change lanes?
- Can I easily move my foot from the gas pedal to the brake? Can I easily turn the steering wheel?
- During the past year, have I fallen one or more times?
- Do I regularly walk more than a block a day?
- Can I raise my arms above my shoulders?

Perform a reality check on your attention span and reaction time:

- Are you overwhelmed by signs, traffic signals, and car and pedestrian traffic, especially at busy intersections?
- Does it seem harder to merge into traffic on the highway?
- Do you take any medications that make you sleepy, dizzy, or confused?
- Do you feel less confident about driving at highway speeds?
- Do you react slowly to cars entering your roadway, or to cars that have slowed or stopped in front of you?

Pay attention to changes and warnings:

- Have friends or family members expressed worries about your driving?
- Have you ever gotten lost on familiar routes or forgotten how to get to familiar destinations?

• Has a police officer pulled you over to warn you about your driving?

• Have you been ticketed for your driving, had a near miss, or a crash in the last three years?

• Has your healthcare provider warned you to restrict or stop driving?

Consider Getting a Professional Driving Assessment

If you've experienced driving problems like these or are worried about your ability to be a safe driver, consider getting a professional assessment of your skills.

Occupational therapists trained as driving rehabilitation specialists can evaluate your driving skills and strengths, as well as any physical, visual, and cognitive challenges you may face. They can also evaluate your ability to operate a vehicle safely and, if needed, recommend ways to reduce your risks.

Driving rehabilitation specialists are trained to evaluate older drivers for:

- Muscle strength, flexibility, and range of motion
- Coordination and reaction time
- Judgment and decision-making skills
- Ability to drive with special devices that adapt your vehicle to your needs

The specialist may recommend ways for you to drive more safely after the evaluation. Suggestions may include getting special equipment for your car or helping you sharpen your skills.

Not sure how to find a driving rehabilitation specialist? Talk to your healthcare provider or contact the American Occupational Therapy Association for a directory. You can also visit the AGS's public education website, <https://www.healthinaging.org/driving-safety>, for more safe driving resources for older adults and caregivers.

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Several years ago, I had surgery on my shoulder and herniated several discs in my back all in the same time frame. I suddenly found myself on several medications all at the same time. It got to where I couldn't remember what I took, when I took them or when I was supposed to take the next pills. Fortunately, I never had an issue but it could have easily happened where I took too many pills unintentionally. March is Poison Prevention Awareness Month and in this article, we are going to discuss ways in which you can help prevent an accidental overdose of prescription medications.

Keep an updated list of your current medical history along with an updated list of medications you are taking including supplements. Give a copy of these to a family member. Take these lists with you when you visit the doctor

to assure you are not being prescribed more medications or dosages than you should be.

Use a pill dispenser/organizer. These organizers allow you to distribute the medications you need into each day of the week as well as times throughout the day when you need to take them. Also, keep a notebook handy with the date, times and which pills you need to take. Place a check mark next to date and time after taking your medications to help alleviate any confusion.

Finally, place all medications up high where children can't get to them. Many pills look like candies to children. According to the Centers for Disease Control (CDC), approximately 60,000 children under the age of 5 are treated for unintentional medication overdoses each year. 90% of these overdoses were from children getting into the medications when the adult was not looking. Keep the **Poison Help** hotline number written down or in your phone where it can be easily found – **1-800-222-1222**.

If you have any questions or would like further information I can be reached at 563-589-4195 or at Dpaulson@cityofdubuque.org.

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Strange BUT TRUE

• It was American political scientist, economist, psychologist and professor Herbert Simon who made the following sage observation: "What information consumes is rather obvious: It consumes the attention of its recipients. Hence a wealth of information creates a poverty of attention, and a need to allocate that attention efficiently among the overabundance of information sources that might consume it."

• Those who study such things claim that the act of licking a stamp burns one-tenth of a calorie.

• The shortest song in the world is "You Suffer," recorded in 1986 by the British band Napalm Death. It lasts precisely 1.316 seconds.

• Stanley Mason was an inventor who really got around, in a manner of speaking. In addition to coming with the idea for the granola bar, he also created the squeezable ketchup bottle, the disposable diaper, heated pizza boxes and the

dental floss dispenser.

• There are more Polish people living in Chicago than in any city on Earth except for Warsaw, Poland's capital.

• You might be surprised to learn that the most dangerous profession in the country — in terms of the percentage of people holding that profession who have been killed — isn't firefighter or police officer, it's president of the United States. A total of 9% of our presidents have been assassinated.

• Renee Zellweger was born the same year that Judy Garland died: 1969. Zellweger played Garland in the movie "Judy," which debuted 50 years after her death, in 2019, the same year that Zellweger turned 50.

• In the Commonwealth of Virginia, a statute contained within what's known as the Code of 1930 prohibits bribery or corruption by anyone other than a political candidate.

• • •

Thought for the Day: "I think the biggest mistake most people make when they pick their first job is they don't worry enough about whether they'll love the work, and they worry more about whether it's good experience." — *Steve Ballmer*

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There are many who talk on from ignorance rather than from knowledge, and who find the former an inexhaustible fund of conversation.

—*William Hazlitt*

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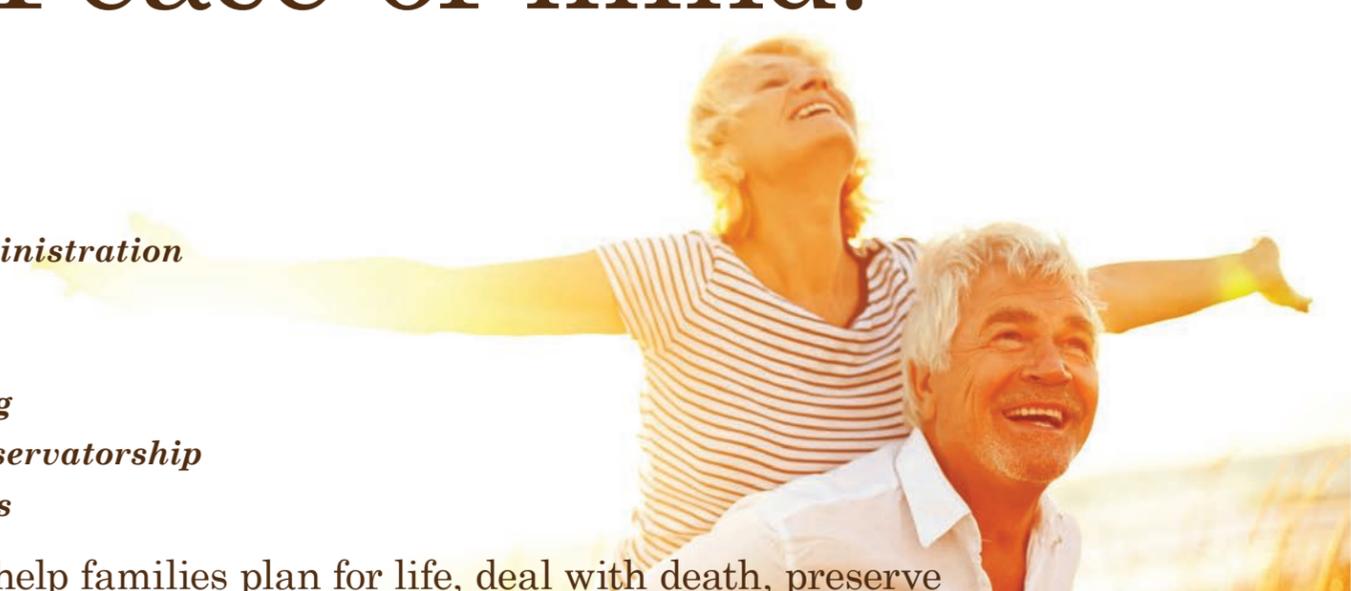
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Cancer Treatments Kill Not Cure, Friends Say

DEAR DR. ROACH: I have a relative with cancer who is about to begin multiple therapeutic interventions. My friends tell me that all cancer treatments are toxic and kill people instead of curing them, and that I should tell my relative to look into other forms of treatment. What do you suggest I do? — **K.C.**

ANSWER: There are hundreds of different types of cancer, and they vary widely in their capacity to grow and damage the individual, and in their response to treatment. For decades, this has meant mostly surgery, chemotherapy and radiation, but now includes newer treatments, including immune therapy. While not all cancers are curable in everybody, every year brings sometimes incremental, sometimes dramatic improvements in life expectancy for individual cancers. Some cancers that were rapidly fatal even a few years ago are now curable in most cases. Getting the right diagnosis quickly and getting to an expert in treating that cancer are critical to having the best chance of a good outcome.

Treating some cancers remains difficult, and in many cases the treatments have significant side effects. Surgery scars may impair function, and chemotherapy can cause severe symptoms and may permanently

affect body systems, as can radiation. It can be very hard on a family member observing these treatments, and if his or her loved one nevertheless succumbs eventually to the cancer, it is understandable to think the suffering the person went through was in vain.

So, while I understand where your friends may be coming from, their well-meaning advice, based on bad experiences possibly a long time ago, might cause your relative with cancer to delay the potentially lifesaving treatments that are available now. A study published in July 2018 showed that people who use alternative medical treatments for cancer are less likely to be cured and have a shorter life expectancy.

My advice is that you encourage your relative to find the most expert cancer treatment available. It's up to your relative to accept the recommendations of the expert, but delaying the best available treatment in order to consider unproven therapies is likely to result in harm.

DEAR DR. ROACH: I have had the same problem forever: I don't understand why buttermilk coffee creamer seems to get outdated faster than regular creamer. Does the butter in it have anything to do with this? — **C.H.**

ANSWER: Buttermilk doesn't have butter in it. It was so named because it was originally made with what was left after separating butter from the unhomogenized cream that had been allowed to ferment with airborne bacteria, making it slightly acidic. Modern cultured buttermilk is made from pasteurized, homogenized milk, usually 1% to 2% fat, and inoculated with healthy bacteria, which makes lactic acid from the sugars in the milk. This acid makes buttermilk resistant to the unhealthy bacteria that causes spoilage. It also causes a slight sour taste, which some people like and others don't.

Commercial heavy cream, and coffee creamers made from heavy cream, have a very long shelf life largely because they are pasteurized at ultra-high temperatures, so they last even longer than buttermilk. The high fat content also retards bacteria growth.

Both buttermilk-based and cream-based creamers will stay good longer than their expiration date. Your nose is very good for telling when it has gone bad.

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

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Antiques & Collecting

By Terry and Kim Kovel

What's in a Name?

It sometimes is difficult to know the proper name for a piece of antique furniture. Names can change. A commode can be a chest of drawers; a cabinet like a sideboard; or a small bedroom dressing table, usually with a drawer for soap, combs, brushes and cosmetics, and a small shelf behind a door that holds a potty until it is emptied by the servants. There were no flush toilets in homes until the late 1800s. A davenport in England in the 19th century was a small desk that opened to the side with a slanted top that was easy to write on. In 20th century America, a davenport is a type of sofa.

But strangest of all is a dining-room serving table with a center pole around which three graduated round shelves usually turn, like a lazy Susan. But, of course, while the name "dumb waiter" is still used for this type of table, it has nothing to do with a stupid person. A Victorian table like this, made with a three-part leg, sold at New Orleans Auction Galleries for \$406.

•••

Q: I have my grandma's set of 1950s Nancy Prentiss stainless-steel flatware, and I use it daily. I hand wash it most of the time, and only when I'm feeling super lazy do I put it in the dishwasher. It doesn't seem to get damaged, but I'm curious about using the dishwasher for it all the time. We run the dishwasher about once every four or five days and use well water with a water softener. Should I continue to hand wash this, or is once a week in the dishwasher OK?



The auction catalog called this a Victorian mahogany three-tiered waiter in the Queen Anne taste made in the late 19th century, which is a long way to say the table was made in a style that was in fashion 150 years earlier.

A: It's safe to wash stainless-steel flatware in the dishwasher, but don't use a citrus-based detergent. Stainless-steel flatware should be washed soon after it is used in order to avoid stains. If you are running the dishwasher only every few days, wash the flatware by hand on the days you aren't running it. Don't soak the flatware for a long time. To avoid spots, dry thoroughly with a soft dish towel instead of letting it air dry. Stainless steel can be cleaned with silver polish.

•••

CURRENT PRICES

Fishing, lure, jitterbug, Fred Arbogast, white, hooks, 2 1/2 inches, \$65.

Fan, electric, General Motors, black, Delco Appliance Co., 18 x 21 inches, \$180.

Advertising, thermometer, Orange Crush, from natural orange juice, 16 x 6 1/4 inches, \$260.

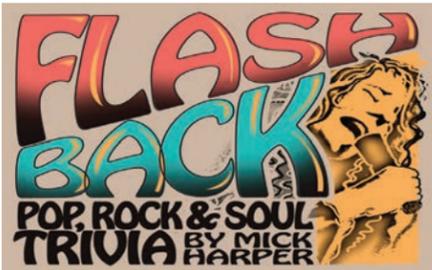
Sports, wakeboard, orange, white, Peterborough Canoe Co., Canada, 1920, 28 x 58 inches, \$335.

Kovels cont. Pg. 24

Answers

1. "The Ballad of the Green Berets," in 1966. The song has been widely used in movies and television, including "12 Strong," the 2018 film about the Special Forces in Afghanistan. 2. Taylor would be paid \$20,000 as soon as he finished recording the "Sweet Baby James" album. He quickly melded together parts of three different songs to create this one. 3. ABBA, in 1974. The song, written for the Eurovision song contest that year, netted ABBA a win. 4. "Midnight Cowboy," in 1969. 5. "Hurt So Bad," by Little Anthony & The Imperials, in 1964. The song was covered by The Lettermen in 1969 and later by Linda Ronstadt.

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1. During the Vietnam War, Staff Sgt. Barry Sadler, an Army Special Forces medic, wrote a No. 1 hit song. What was it?
2. How did James Taylor get the title to his "Suite for 20 G"?
3. Name the group that had a hit with "Waterloo."
4. "Everybody's Talkin'" by Harry Nilsson was used in which film?
5. Name the song that contains this lyric: "I know you don't know what I'm going through, standing here looking at you."

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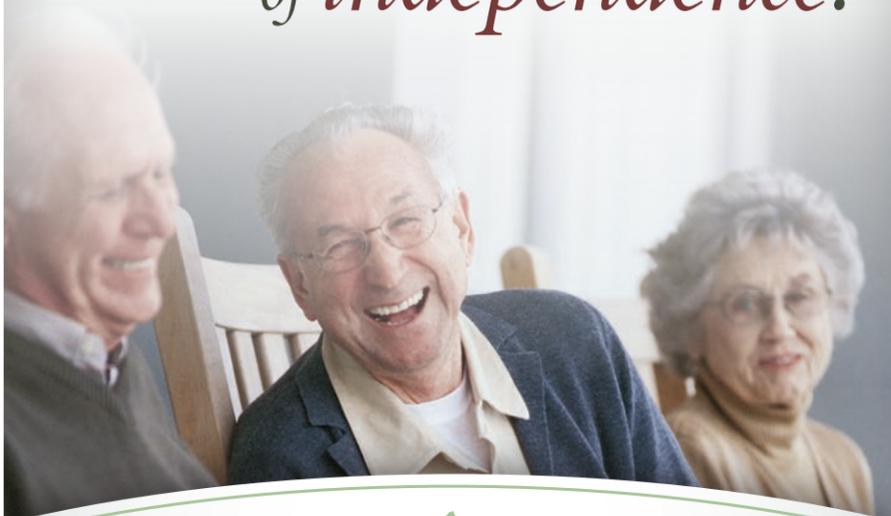
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Liz Lynch is back by popular demand.

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

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

Natures beauty with its peace will never be forgotten.

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

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

panels of liver and hold tight to the front seats as we sped along.

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

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

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

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

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

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Contract Bridge

by Steve Becker



South Finds the Winning Recipe

East dealer.
East-West vulnerable.

NORTH

♠ A J 6
♥ Q J 5 2
♦ 9 6 2
♣ K 8 4

WEST

♠ 10 5 4
♥ A 9 3
♦ J 8
♣ Q 10 7 6 3

EAST

♠ 9 7 3 2
♥ K 10
♦ Q 10 7 5 4
♣ J 5

SOUTH

♠ K Q 8
♥ 8 7 6 4
♦ A K 3
♣ A 9 2

The bidding:

East	South	West	North
Pass	1 NT	Pass	3 NT

Opening lead — six of clubs.

Adequate transportation from one hand to the other plays a critical role in declarer's management of his assets. In the same way, it is just as important for the defenders to maintain communication with each other's hands. It follows that anything that can be done to interfere with the other side's means of communication is all to the good.

Consider the present deal where West leads a club against South's three-notrump contract. Declarer has seven ready-made tricks, and his only chance for two more lies in hearts.

South must therefore try to arrange his plays so as to lead hearts twice toward dummy in order to establish his eighth and ninth tricks. At the same time, however, he must keep a sharp eye peeled for what the defenders are doing.

Thus, if South wins East's jack of clubs with the ace, he will finish behind the well-known eight ball after East wins the jack of hearts with the king and returns a club. West's clubs become established before dummy's hearts, and East-West wind up scoring three clubs and two hearts to defeat the contract.

Declarer can avoid this outcome by allowing East's jack to win the first club trick. If East continues the suit, West's clubs drop out of the picture. Even though he may later establish them, he will have no entry to cash them.

East cannot overcome this difficulty by shifting to a diamond at trick two. In that case, declarer simply ducks as before, after which East cannot both establish and run his diamond suit.

In effect, it takes two good ducks to cook East's goose!

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- Lightly spoon flour into your measuring cup. Never pack it down or tap the cup to level. Simply fill and then use the flat edge of a knife to remove the excess back to the original container. It's best to weigh dry goods if possible, for the most consistent results.

- "Here's a delicious recipe that's also beautiful: Homemade sugar scrub! Mix a cup of sugar with a tablespoon of salt and a quarter cup of olive oil. Use in the bath to scrub away rough patches and leave your skin smooth and hydrated. You can add a drop of perfume or essential oil for scent." — **R.K. in Indiana**

- "It feels like we have less and less time with our doctors, and mine feels that way, too. Before I head to my appointment, I make a list of my top three discussion items and copy it out again for the doctor. When he walks in, I hand him the list so we stay on topic." — **C.E. in Massachusetts**

- Use clean tin cans to make and decorate tiny cakes. They can be used just like a regular

cake pan, just grease and dust with flour. Be sure to use only cans that are not lined with anything, because some cans are lined with BPA plastic!

- "I have heard the tip to spray a thread end with hairspray to keep it stiff for threading, but I didn't have any hairspray. I used a touch of hair gel, and it worked too." — **T. in Kentucky**

- "You can reuse the envelopes that come in junk mail and solicitations. I use them to keep coupons together for when I go to the store, and magazine clippings that I save for my daughter." — **M.W. in Alabama**

- If you are reattaching a button to shorts or pants, try using dental floss, the unwaxed kind. It's much stronger and can hold the button better than regular thread. Use a marker to darken it if the color is an issue.

- "Use a hair dryer on the warm setting to dry out boots that have gotten wet inside. Check often to make sure it's not getting too hot inside. Remove insoles if possible." — **D.E. in Nebraska**

- Dampen a paper towel with vinegar and put it into your kid's lunchbox after you wipe it out. Zip up and leave overnight. It absorbs smells.

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

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My students and I are working on a research project regarding the locations below. We are looking for individuals that have stories or memories relating to these locations. These individuals will be interviewed by my students and myself. This can include childhood memories, employment stories, or anything that relates to the location. This is part of a local social history project on behalf of the Architecture Days committee (see link below for more info). "Dubuque Stories" has a double meaning - stories told by individuals & stories relating to a part of a building. Please contact me at 563.599.2915 if you have any information you or someone you know would like to share.

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—Shirley Chisholm

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Plant Talk
by Ken Resch




Prune or not?

No, we're not going to talk about those shriveled up fruits some people eat to "keep regular" as my grandfather always said. What we need to visit about is what to cut off out trees and shrubs to help them maintain their health and vigor. February and early March while trees are still dormant are good times to assess and prune our woody plants. With leaves off it's easy to see irregularly growing or damaged branches to remove.

Even without knowing much about pruning, some removal is obvious. For safety, remove branches that could fall and cause injury to persons or property. After winter storms look for broken branches, branches rubbing against each other and branches that are growing into the tree instead of out from center. Similarly, by removing sucker branches and crowded branches we open the crown of the tree and provide better air movement when the leaves appear. Make sure the branches have more of a U-shape than a V-shape where they attach to the trunk or limbs.

Thinking about flowering shrubs, a good rule of thumb is to prune those that bloom early in the spring immediately after they bloom. These include Forsythia, red bud, dogwood, viburnums and others. Summer and fall blooming shrubs are best pruned in the winter. Seldom do conifers need pruning, but if any do, prune whenever you notice the problem. Winter still may be a better choice to help reduce sap flow.

I have several tips of when not to prune. In our area Oaks often have oak wilt so never prune them in the growing season. Open wounds invite

trouble. Similarly, don't prune newly planted trees to avoid transplant shock. Often nursery or box-store trees need pruning, but it can wait one season. Never prune trees as they begin to bud out because much of their sap will be lost and the tree or shrub will lose vigor. The reverse is also true so never prune during fall leaf color time as the sap is going back into the roots and pruning reduces the amount in storage.

When you begin to prune, avoid removing any branches thicker than your thumb (about 1" in diameter. Keeping to this size nearly guarantees the tree will be able to completely seal the cut. Avoid using pruning paints as they've not proven to be of much value on small cuts. Before you cut, check to be sure you are ahead of the thicker bark ridge and collar. This is easily seen as an encircling thicker ring of bark. Please, be certain your tools are sharp and that the blades closely align. You do not want frayed edges to your cuts. Never use a hedge trimmer to prune shrubs unless you are going to remove at least a third to the shrub. Removing less—like giving the shrub a haircut—only causes a spurt of wild growth that is very weak. This topping of woody plants may cause you to think you're bringing the plant into greater symmetry, but you'd be better off just allowing it to grow and be more judicious in the pruning department.

My column cannot begin to cover all one needs to know about pruning—especially shrubs—so I recommend simply doing an internet search and put the tree or shrub in the search bar and add the words "when to prune." Also, calling your county extension office may provide you with the answer you seek. In the end, you're always safe in removing damaged and diseased branches as well as those that are a safety issue. So, if it's cold outside, bundle up, grab your pruning shears and loppers and go out to inspect your trees.

The Garden Bug

The rose has been used throughout history as a powerful symbol for concepts and causes. It is found in writings of the ancient Greeks and Romans. In Christianity the rose became associated with the Virgin Mary; it also is found in poetry and designs of the Middle East and its religions. It figures in cultural traditions, social and political movements, and has symbolised armies in battle and resistance movements against tyranny. — B. Weaver

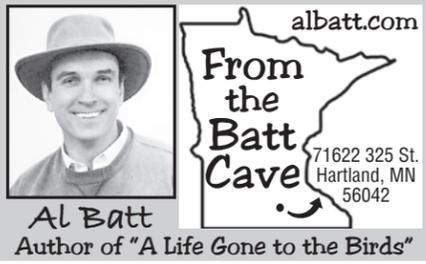


Medieval woodblock print
Source: britannica.com, wikipedia.org

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Wit is the salt of conversation, not the food.

—William Hazlitt



Follow your dreams and dream of sleeping

Just five minutes more. If you are the average, above-average American, that's how much more sleep you need.

For some, the hardest part of each day is waking up and getting out of bed. For others, it's hearing a favorite song used in a commercial for a stool softener.

There is sleeping and there is successful sleeping. I'm trying to stay up later and sleep later. That leaves me feeling more rested. Some people are better at sleeping than others. Maybe sleep is meant only for people without digital devices? My brother Donald could sleep standing up. He was a good sleeper. Good sleeper or not, I reckon most of us have been on the verge of being institutionalized in the Idaho Home for the Chronically Underslept. Why aren't we better sleepers? Many possible reasons.

I've had the pleasure of sharing cabins, dorm rooms and tents with snorers. We all snore, as any fly on the wall could attest, but I'm talking world-class snoring. Accomplished one-man, discordant bands. One whinnied like a weasel. That is, if weasels whinny. Another sounded like a McCulloch chainsaw. I tried shoving pillows into my ears. When I can't sleep, my priorities shift. I wanted smaller pillows. I stumbled out of bed the next morning feeling as wilted lettuce looks. I felt a week past my bedtime.

Climate change could be the problem. This can be caused by improper thermostat control, too many blankets or not enough blankets. A bad pillow leads to wakefulness. Being too tired or not tired enough can make sleep difficult.

Thoughts can persist in haunting us. A clear conscience is a soft pillow. Sleeplessness might be brought on by plea bargaining with a conscience. We worry about worrying. Worry is a rocking chair. Sitting in one gives us something to do, but it doesn't get us anywhere. We work when we should be sleeping because we don't get time-and-a-half for sleeping overtime.

Perhaps we'd offended the Sandman somehow and he

became a goalie blocking every shot at sleep. Sleeping becomes grappling. We toss and turn, and then we turn and toss. Our heads become doorknobs, turning this way and that way. A good night's sleep becomes an urban myth — too good to be true. Even our tired is tired. A guy told me not to lose any sleep over insomnia and that the secret to good sleeping was to dream about dreaming. How do you do that? He added that he slumbered on a sleep number bed that allowed him to adjust the firmness of the mattress. I stayed in a snazzy hotel once when I was wheel tired from excessive driving and spent a mostly sleepless night adjusting the mattress firmness of one of those beds. I was unable to find one to suit me and fell asleep from sheer exhaustion on a mattress set on concrete.

I was on a farm tour once of a diversified farm with everything from garlic to goats. It began to sprinkle. A woman opened her umbrella. One of the goats stiffened and fell over. It was a fainting goat. They do that when startled due to a genetic condition called myotonia congenita. It didn't look restful.

I've never tried counting sheep. In "The Wizard of Oz," The Cowardly Lion said, "Look at the circles under my eyes, I haven't slept in weeks!" The Tin Man advised, "Why don't you try counting sheep?" The Lion replied, "That doesn't do any good, I'm afraid of them!"

If you can't snooze, assure yourself that in some cultures, getting no sleep is considered good luck even though it's probably not. Folklore says when you can't sleep, it's because you are awake in someone else's dream. Find that person!

We're told not to eat (especially those deep-fried, pickled gizzards), drink, think or watch the news right before bedtime. I read a book before nodding off. I like to close the book after reading a comforting, thoughtful, insightful, cheering or funny passage. I'm not good at recalling my dreams, but I hope the reading makes for pleasant ones. In a vaguely related note, before a surgery, the anesthesiologist instructed me to count down from 100. I'm pretty sure I made it all the way to 98. I had told myself that I was going to remember any thoughts or dreams I'd entertained while I was under. I didn't remember a thing after counting down to 98.

I used to be tired the next morning if I didn't get enough sleep. Now I'm tired from then on.

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Trivia

test

by Fifi Rodriguez

1. SCIENCE: What is dendrochronology?
2. FOOD & DRINK: What are the ingredients in a Tom Collins drink?
3. GENERAL KNOWLEDGE: Who is considered to be the father of nuclear Navy submarines?
4. LITERATURE: Who wrote the novel "Anne of Green Gables"?
5. AD SLOGANS: Which product is advertised as "the quicker picker-upper"?
6. U.S. PRESIDENTS: Who was the shortest president in U.S. history?
7. HISTORY: Who was the oldest signer of the U.S.

Declaration of Independence?
8. GEOGRAPHY: Which country lies on the eastern border of Ukraine?
9. MOVIES: Which 1980s movie featured the Top Ten hit song "Danger Zone" (Kenny Loggins)?
10. MEDICAL: Who is the drug morphine named for?

Answers

1. The scientific method of dating tree rings
2. Gin, lemon juice, simple syrup and club soda
3. Admiral Hyman Rickover
4. Lucy Maud Montgomery
5. Bounty paper towels
6. James Madison, 5-foot-4
7. Benjamin Franklin (70)
8. Russia
9. "Top Gun"
10. Morphine (Greek god of sleep and dreams)

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 Saturday, March 28: 8:00 – Noon
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Dementia Friendly

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More than 5 million Americans and 15 million caregivers are living with Alzheimer's. Many communities in the United States are striving to become Dementia Friendly Communities. The short training and discussion sessions are helping businesses and community members become more aware of dementia and providing tips on how to support people living with dementia and their caregivers. One of the goals of the Dementia Friendly Communities is to foster the ability of people living with dementia to remain engaged and thrive in day to day living.

Your business or organization can receive this **FREE** one hour training by calling Bell Tower Retirement at **815-747-6701** or River Bend Retirement at **563-852-5001** for more information.

If you are a caregiver of a person with dementia please encourage the businesses you frequent to become Dementia Friendly.

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 815.747.6701 563.582.5001

SENIOR NEWS LINE

by Matilda Charles

Less Money Despite Social Security Increase

I'll be worse off financially this year, despite the Social Security increase we just received. I won't be the only one.

For the average recipient who receives \$1,460 per month, that 1.6% equates to a gain of \$23.36 per month. Medicare went up \$9.10 to \$144.60, so that drops the extra cash to \$14.26.

Except my Medicare supplement went up \$42 and the drug plan went up as well. Rent went up \$20 per month, justified by management with the "big increase" in Social Security we all got.

With so many of us in the same situation, we need to think of ways to save money:

If you take a daily newspaper and pay for it by the month, calculate whether you'll save money if you pay for it by the year. If you have a tablet, ask if they offer a

digital subscription at a lower rate. Making yearly payments might also work for your car or homeowner insurance.

Call the local food bank about getting free food. Don't worry about running into someone you know. Just make the call. Whatever you get from them you won't have to buy at the store.

Check into "senior helper" groups in your area. These are people who volunteer to take care of home repairs for free, instead of paying a plumber \$150 per hour.

If you have a credit card, make payments on time. Check AARP's member discounts. Buy at Goodwill. Ask for lower prices. Buy generic groceries. Get serious about clipping coupons. Ask about senior discount day.

If you love movies, consider that the price of Netflix for one month is the same as seeing one movie at a theater.

Check online for a FreeCycle in your area (freecycle.org) and get things you need or want for free.

And always, always ask for your senior discount.

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Memories Passed On

(As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry

Good Bye Metrodome and Good Riddance!

Maury, the Minnesota Twins have now played one season (2010) on a "standard" baseball diamond! In other words they are finished having the visiting teams playing on a monstrosity for a baseball field. Don't anybody say the Twins played on it too – of course they did – except they did eighty one times a year as opposed to only nine (or less) for visiting teams!

What I'm pointing out, Maury, the Twins were used to and learned how to play on their extremely "harder and faster" surface with crazy bounces. Then there were the galleries of lights that "blinded" visiting players on pop ups or high balls to the outfield. If God had intended baseball to be played on a "glorified pool table" He would not have invented "dirt, grass and sunshine!"

Further proof is the World Series history of the Twins: They were World Champions only two times. In 1987 their



Jerry Eberhardt with grandson, Maury Cohn

opponent was the Cardinals and 1991 the Braves. Both World Series went seven games with the Twins having the home field advantage. Guess what, Maury? Each time the Twins won four games at home and lost three on the road! This might not be absolute proof, but I'd give it about a 98% rating!

The above in no way is critical of the way the Twins play the game. In fact, I love their style of baseball. They use the bunt, steal and hit-and-run more than anyone else in the Major Leagues. I'm just glad that "glorified pool table" doesn't exist anymore!

Much love, Grandpa



Moments in time

THE HISTORY CHANNEL

• On **March 7, 1876**, 29-year-old Alexander Graham Bell receives a patent for his revolutionary new invention — the telephone. Bell's patent filing beat a similar claim by Elisha Gray by only two hours.

• On **March 6, 1899**, the Imperial Patent Office in Berlin registers Aspirin, the brand name for acetylsalicylic acid, on behalf of the German pharmaceutical company Friedrich Bayer & Co. In its primitive form, the active ingredient, salicin, was used for centuries in folk medicine.

• On **March 2, 1925**, the first nationwide highway numbering system is instituted to minimize confusion. Later, interstate highway numbering would be improved by colored signs and the odd-even demarcation that distinguishes between north-south and east-west travel.

• On **March 3, 1931**, President Herbert Hoover signs a congressional act making "The Star-Spangled Banner" the official national anthem of the United States. Francis Scott Key had composed the lyrics as he witnessed the overnight British bombardment of Fort

McHenry during the War of 1812.

• On **March 1, 1961**, President John Kennedy issues Executive Order No. 10924 to establish the Peace Corps, which would send trained American men and women to foreign nations to assist in development efforts.

• On **March 4, 1966**, Beatle John Lennon's controversial quote is printed in the London Evening Standard: "We're more popular than Jesus." After a reprint in the U.S., Bible belt radio DJs organized Beatles record burnings and protests, declaring Lennon's remarks blasphemous. Even the Vatican chimed in. Lennon eventually apologized.

• On **March 5, 1977**, the Dial-a-President radio program, featuring President Jimmy Carter, airs for the first time. Carter answered calls from all over the country from his desk in the Oval Office. Approximately 9 million calls flooded the CBS radio studio during the two-hour broadcast.

• On **March 8, 1986**, "Mask," starring Eric Stoltz and Cher, opens. Cher, who had launched a serious acting career with her appearance in Robert Altman's "Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean" in 1982, received the Best Actress prize at the Cannes Film Festival for her role in "Mask."

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SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

Iowa basketball had an early tip Sunday morning in Minneapolis. I was up at the crack of dawn and it was 15 degrees outside. Not terrible for February. Then the news anchor announced “it’s 27 below in International Falls!!!!” Winter hasn’t left yet. Sunday afternoon during the Hawks and Minnesota game it felt nearly as chilly for the offenses. In the end, Iowa defense saved the day, shutting out the Gophers the final five minutes, outscoring the home team 11-0 to post an improbable 58-55 victory. It was Iowa’s lowest point total of the season. Don’t forget, this is the Big Ten’s highest scoring offense at nearly 80 a game. An offense that began the year minus two starters in all-conference guard Jordan Bohannon and 6’10” shooting forward Jack Nunge. At Indiana, a third starter, CJ Fredrick, went down with a sprained ankle and couldn’t go at Williams Arena. STILL, Iowa found a way to win. Due in large part to forward Luka Garza, who posted his 11th straight Big Ten game of 20 or more points.

This is a very head strong group, mentally tough unit. In the words of Coach Fran McCaffery, “they never panic, ahead or behind.” They execute the game plan. Oh, there are nights,

especially on the road, where things don’t flow according to plan. Sunday’s victory was Iowa’s sixth away from Carver Hawkeye Arena. Truly remarkable given the roster makeup. Here they sit with an 18-8 mark, and even more impressive, 9-6 and tied for 3rd place in the toughest league top to bottom in America. If the season ended today, the Hawkeyes would have a double bye through to Friday at the Big Ten tournament! Don’t wake me up.

The Iowa women have been equally impressive. Kathleen Doyle scored 22 points, McKenna Warnock, 21, and Monika Czinano, 19, as the Hawkeyes roared past Wisconsin 97-71. That’s 34 consecutive wins at home. The Hawks have posted a remarkable 21-5 record, 12-3 in the Big Ten and a third place slot with a few games remaining.

Iowa wrestling clinched the Big Ten title last weekend, pinning Minnesota and keeping its unbeaten season roaring along. Only a dual meet with 10th ranked Oklahoma State at Carver this weekend separates the Hawks from postseason, where they’ll be heavily favored. The Big Ten’s are in New Jersey and the National Championship meet will take place in St Louis, an easy drive, mat fans.



by Chris Richcreek

1. The New York Yankees set a record in 2019 for most players with double-digit home runs for the season (14)? Who of the 14 had the lowest double-digit total?
2. With how many different teams did Reggie Jackson lead the American League in home runs for a season?
3. In 2018, Eric Dungey became Syracuse’s all-time passing leader (9,340 yards). Who had been the school’s leader?
4. Golden State’s Stephen Curry set a record in 2018 for most consecutive games with at least five 3-pointers (seven). Who had held the mark?
5. In 2019, Mika Zibanejad

became the second player in New York Rangers history to record eight points through his first two games of the season. Who was the first to do it?

6. When was the last time before 2019 that the U.S. men’s national soccer team lost to Canada?
7. Name either of the two heavyweight boxers who fought for the WBA title in 1965 after Muhammad Ali was stripped of the belt for having a rematch with Sonny Liston?

Answers

1. Cameron Maybin, with 11.
 2. Three — the Oakland A’s (twice), the New York Yankees and the California Angels.
 3. Ryan Nassib, who threw for 9,190 yards (2009-12).
 4. Dallas’ George McCloud in 1995-96, with six consecutive games. (Curry set a new record of nine straight games in 2019).
 5. Rod Gilbert, in the 1976-77 season.
 6. It was 1985.
 7. Ernie Terrell and Eddie Machen, with Terrell winning the title.
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A lie told often enough becomes the truth.

—Vladimir Lenin



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March 2020 Programming

Taizé Prayer: My Heart Is In Your Hands

Thursday, March 5, 7:00PM-8:00PM.

Shalom Spirituality Center will be having Taizé Prayer on the first Thursday of each month, from February through June. On Thursday, March 5th from 7:00 p.m. – 8:00 p.m. “Turn Our Hearts” Taizé Prayer will be taking place in Shalom Spirituality Center’s chapel. Held in our beautiful and historic chapel, this contemplative prayer hour includes sung repetition of short refrains led by area musicians, a Scripture reading, intercessions, and shared silence. People of all faith traditions are invited!
 No cost to attend, freewill donations welcome. Registration not required. Upcoming Taizé Prayer Gatherings: Thursday’s: April 2: Brokenness To Healing, May 7: New Life, June 4: God’s Love Into Praise

Discussion With John Schlimm

Thursday, March 12, 6:30PM-8:00PM. Loras College Ballroom.

Shalom Spirituality Center will be co-sponsoring with Loras College a discussion with international award-winning author John Schlimm. This event will be taking place Thursday, March 12th from 6:30 p.m. – 8:00 p.m. at the Loras College Ballroom. International award-winning author John Schlimm has traveled the country speaking on inspirational and motivational topics, including a keynote address on Capitol Hill. He is the author of 18 books, including the newly-released “Extraordinary Dogs”. Enjoy discussion on therapy animals with this Harvard-trained educator, artist, activist, and author. Book-signing following the event. Held at the Loras College Ballroom. Free, and open to the public. Contact Mary Potter Kenyon, mkenyon@shalomretreats.org for more information.

Healing Through Animals

Friday, March 13, 9:30AM-11:00AM. Canticle of Creation Center at Mount Saint Francis.

Shalom Spirituality Center will be co-sponsoring with Canticle of Creation Center an event with presenter and author John Schlimm, geared toward a professional audience, or those interested in treating trauma with therapy animals. This event will be taking place Friday, March 13th from 9:30 a.m. – 11:00 a.m. at Canticle of Creation Center at Mount Saint Francis (3390 Windsor Ave., Dubuque). Geared for a professional audience, or those interested in treating trauma with therapy animals. CEU’s will be available through NICC, please contact Mary Potter Kenyon for information and additional costs. Held at Canticle of Creation Center at Mount St. Francis. \$15 and an additional \$10 with CEU. Register & prepay by Tuesday, March 10. To register call 563-582-3592.

Dog (God) Moments That Heal

Saturday, March 14th, from 10:00AM-11:30AM. Canticle of Creation Center at Mount Saint Francis.

Shalom Spirituality Center will be co-sponsoring with Canticle of Creation Center an event with presenter and author John Schlimm. This event will be taking place Saturday, March 14th from 10:00 a.m. – 11:30 a.m. at Canticle of Creation Center at Mount Saint Francis (3390 Windsor Ave., Dubuque). John will tell us about some of his favorite dogs featured in his new book, “Extraordinary Dogs”. Presentation ends with a Planting COMPASSION and Planting PEACE participatory art project with seeded paper attendees can take home for planting compassion and peace in their own backyards. Held at Canticle of Creation Center at Mount St. Francis. \$10. Register & prepay by Thursday, March 12. To register call 563-582-3592.

Shalom Spring Breakfast

Tuesday, March 17, 7:30AM-8:30AM.

Shalom Spirituality Center will be having a Spring Breakfast on Tuesday, March 17th from 7:30 a.m. – 8:30 a.m. Connie Palm, Director of Shalom, will be presenting. It is part of our human nature to find fresh causes for optimism. During this spring breakfast, Connie Palm, Shalom Director, will share her experience seeking and finding hope during various seasons of her life. Plan to celebrate the beginning of the spring season by meeting friends for a great breakfast and reflecting on what it is to be more mindful. \$10. Register & prepay by Friday, March 13. To register call 563-582-3592.

FAITH WRITERS: Monthly Writer’s Group

Tuesday, March 17, 6:30PM-8:30PM.

Shalom Spirituality Center will be having FAITH WRITERS: Monthly Writer’s Group on the third Tuesday of each month, from January through September. On Tuesday, March 17th from 6:30 p.m. – 8:30 p.m. and will be taking place at Shalom Spirituality Center. Monthly writer’s group allows time to share up to two pages of writing with an opportunity for feedback and critique from other members. Facilitated by Mary Potter Kenyon. Freewill offering appreciated, snacks provided, no registration needed.

Reading That Matters Book Club

Tuesday, March 24, 6:30PM-8:00PM.

Shalom Spirituality Center will be hosting a Reading That Matters Book Club event on Tuesday, March 24th from 6:30 p.m. – 8:00 p.m. This month’s book for discussion is Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth by Sarah Smarsh. Everyone is welcome to join in these discussions of books that can impact how we view the world around us. Cost is \$6 per discussion, does not include book. Books are available for purchase at River Lights Bookstore. The registration deadline is set for Monday, March 23rd. Registration can be done via phone by calling 563-582-3592. By telling the story of her life and the lives of the people she loves, Smarsh challenges us to look more closely at the class divide in our country and examine the myths about people thought to be less because they earn less. Her personal history affirms the corrosive impact intergenerational poverty can have on individuals, families, and communities, and she explores this idea as lived experience, metaphor, and level of consciousness. Facilitator – Eileen Miller, OSF

Wishing you Shalom... peace, wholeness, integrity, & well-being!

To Register Or To Get More Information About Our Programs:
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<p>EXPIRES 4/30/20 Pizza Ranch CODE 54978</p> <p>ANY 2 MEDIUM PIZZAS FOR \$22</p> <p><small>Valid at Dubuque location only. Some restrictions may apply. Additional \$2.00 charge for stuffed crust. Extra charge is an additional charge. Price subject to change without notice. Not valid with any other offer, online ordering or with Gluten Free Crust. Delivery where available and charges may apply.</small></p>	<p>EXPIRES 4/30/20 Pizza Ranch CODE 54979</p> <p>20 Pc. Chicken Box for \$27.99 Add a Family Mashed Potatoes and Gravy for \$3.99 (CODE 53684)</p> <p>UNLIMITED - CALL AHEAD FOR LARGE ORDERS</p> <p><small>Valid at Dubuque location only. Some restrictions apply. All white must an extra charge. Prices subject to change without notice. Not valid with any other offer or online ordering. Delivery where available and charges may apply.</small></p>

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It would be an inconvenient rule if nothing could be done until everything can be done.

—Winston Churchill



Radio
from the
20th Century
by Bill Zwack

Beginning in the 1920's, Lux Toilet Soap used celebrities to endorse the product in magazine advertisements. By the latter part of the decade, the focus of the advertising was already on glamorous motion picture players (and it was in fact during this period that the slogan "9 out of 10 Screen Stars use Lux Toilet Soap" was invented). Sometime in 1934, the J. Walter Thompson advertising agency was successful in persuading its client, Lever Brothers, to put up the money to record an audition of a proposed hour-long dramatic radio program that would use stars from the stage and screen to perform in the leading roles.

In the spring or early summer of that year, an audition recording was made of William Archer's *The Green Goddess* with Claude Rains as The Raja of Rukh. Lever Brothers, manufacturer of Lux

products, was intrigued with the idea and agreed to sponsor the new series, which was to be called *The Lux Radio Theatre*. During its illustrious radio run, approximately 926 adaptations of plays and motion pictures were produced by the *Lux Radio Theatre*. The run on radio started in 1934 with the production of *7th Heaven* and ended with *Edward, My Son* on 6/7/55.

Preparations for *The Lux Radio Theatre* may well have been greater than for any radio dramatic hour that had preceded it to the air. Acquiring the rights to the plays and motion pictures was relatively simple in comparison to securing services of the starring players.

Listening to AM 1370 KDTH's Big Broadcast on Sunday nights from 6 to midnight you will occasionally hear "Lux Presents Hollywood!"

Kovels from Pg. 17

TIP: Collectors of teddy bears and other stuffed animals must beware of allergy to dust mites — microscopic critters that live in pillows, bedding and carpets. Use dust mite-proof covers for all bedding. Get a vacuum with a HEPA filter, and limit the number of stuffed

animals in the bedroom. Put any stuffed toys in baggies in the freezer for 48 hours. Dust mites need air and do not like freezing temperatures.

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.



Ohnward from Pg. 3

His sister, Brittney, is featured in the show with double bass and vocals. Brittney is a 2010 graduate of the University of Wisconsin-Stevens Point with a Bachelor of Arts degree in Business Administration and Music. During her time at UWSP, Brittney studied both classical and jazz bass. Upon college graduation, Brittney took over full time management of the Clauson Family Music Show and also travels with the Cody Clauson Trio.

Their father, Brent, a multi-instrumentalist, is the final family member of the show. Brent grew up learning music from his grandfather and continued to study under a number of different teachers throughout his career. He currently serves as the musical director for the Clauson Family Music Show, in addition to traveling with the Cody Clauson Trio.

The remaining members of the cast are what the Clauson's

call their "musical family" and are comprised of highly-talented musicians from throughout the state of Wisconsin. The show also features youth performers who are the top music students of Brent Clauson. The Clauson Family Music Show features great live music from the past and present and a high-energy show that is sure to please.

Tickets:
In Advance: Adults \$22
Students \$13
At door: Adults \$25
Students \$15
The show runs
approximately 2 hours

Tickets can also be purchased at The Ohnward Fine Arts Center 563-652-9815 (from 9:00 am – 1:00 pm, Monday – Friday), Osterhaus Pharmacy and the Maquoketa State Bank Main Office, Hartig Drug in Preston and the Bellevue Pharmacy in Bellevue.



Ohnward
FINE ARTS CENTER

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The Clauson Family Music Show
Saturday, March 14, 2020
7PM

The Clauson Family Music Show features a spectacular production featuring a variety of music including 1950's & 60's rock n roll, country & western, jazz, blues, swing, bluegrass, ragtime and gospel. With an action packed show filled with great live music, exciting routines, hilarious comedy and fabulous costuming, the show features something for everyone. The Clauson Family Music Show is from Coloma, Wisconsin where they entertain regularly at Clauson's Barn Theatre.

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

Helen Russell & Company
Saturday, April 25, 2020
2PM



Helen Russell & Company
A LITTLE BIT COUNTRY
A LITTLE BIT ROCK & ROLL
AWARD WINNING SHOW!

Elvis and Helen Russell provide high energy toe-tappin' LIVE AWARD WINNING music shows and entertainment for a variety of venues across the United States. They are located in the Lake of the Ozarks area at Osage Beach, MO. Many folks remember Helen as an entertainer with Lee Mace's Ozark Opry, where her abilities as a vocalist and instrumentalist were enjoyed 6 nights a week for 19 seasons. Well folks, she is now better than ever! Enjoy family style comedy and impersonations along with audience participation! With Elvis on bass, they also feature keyboard, banjo and drums. It will be an entertainment experience that you are sure to enjoy. They look forward to seeing you "on the front row" at the Ohnward Fine Arts Center. You will be 100% entertained!! Featuring Classic Country, Bluegrass, Classic Rock, Gospel, Comedy and Impersonations!

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

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

Tickets are also available online at www.ohnwardfineartscenter.com.

Concessions will be available. Beer and Wine will also be sold!

...



2020 TOURS

GUARANTEED PICK-UP IN DUBUQUE, CUBA CITY AND PLATTEVILLE

CALIFORNIA THE GOLDEN STATE

Featuring San Francisco, Yosemite National Park, Los Angeles & Las Vegas
 August 5-15, 2020 • 11 Days/10 Nights

TOUR INCLUDES: Round trip airfare, deluxe motorcoach, 8 breakfasts, 1 lunch, 2 managers receptions, Muir Woods Nat'l Monument, wine country tour, San Francisco City Tour, Alcatraz, Yosemite National Park, Tram Ride, Monterey 17 mile drive, Big Sur, Hearst Mansion, San Joaquin Valley, Agricultural Tour, Santa Barbara Mission, Reagan Presidential Library, Sony Studios, Los Angeles Tour, Chinese Theater, Hoover Dam, taxes and gratuities on all included meals & attractions.

Price Per Person: Quad \$2979 • Triple \$3139 • Double \$3459 • Single \$4599

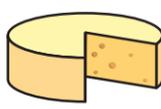
Deposit: \$200 deposit per person due with reservation. 2nd deposit due by March 18 - \$1000 per person. Final payment due May 7th. \$100 per person discount if reservation is made by April 1st



RACE CARS, REINDEER & AN ARK
July 20-23, 2020
4 Days/3 Nights

Tour includes: Deluxe motorcoach transportation, Full time D&D Custom Travel Tour Director, 3 nights lodging, 3 breakfasts, 3 lunches, 1 dinner, 2 managers receptions, Indianapolis Motor Speedway Museum & Track Tour, The Ark Encounter, Creation Museum, Hardys Reindeer Ranch w/dinner, Celebration Belle luncheon cruise on the Mississippi, taxes & gratuities on all attractions & included meals.

Price Per Person:
 \$655 Quad, \$689 Triple, \$765 Double, \$969 Single
 Deposit: \$100 per person deposit due with reservation. Make your reservation with a deposit before May 1st and receive \$30 off final payment. Final payment due June 5, 2020.



2nd Annual CHEESE, CHURCHES & CHEERS
September 3-5, 2020
3 Days/2 Nights

Tour includes: Deluxe motorcoach transportation, Full time D&D Custom Travel Tour Director, 2 nights lodging, 2 breakfasts, 1 lunch, 1 dinner, Holy Hill, Cedar Creek Winery, Pabst Mansion, Villa Terrace, North Point Lighthouse, Milwaukee Public Market, Chudnow Museum of Yesteryear, Pabst Brewery Tour, German Methodist Church, Clock Shadow Creamery, Polka fish fry, Lakefront Brewery, Koz's Mini Bowling, Leon's Drive Inn, Italian Restaurant, taxes & gratuities on all attractions & included meals.

Price Per Person:
 \$579 Quad, \$609 Triple, \$659 Double, \$819 Single
 Deposit: \$100 per person deposit due with reservation. Final sign-up on final payment due July 20, 2020.



OHIO AMISH & MAYBERRY
Sept. 27-Oct. 5, 2020
9 Days/8 Nights

Tour includes: Deluxe motorcoach transportation, Full time D&D Custom Travel Tour Director, 8 nights lodging, 8 breakfasts, 1 lunch, 3 dinners, 2 kick back receptions, Ohio Amish touring, Tamarack Artisan Colony, Mountain Lake Lodge, Mt. Airy Guided Tour, Blue Ridge Music Center, Andy Griffith Museum Mayberry, Snappy Diner, Rex Theater, Tennessee Ernie Ford Home, Bristol Guided Tour, Birthplace of Country Music Museum, The Carter Family Fold Museum, Studebaker Museum, South Bend Chocolate Factory and more, plus taxes & gratuities on all attractions & included meals.

Price Per Person:
 \$1329 Quad, \$1459 Triple, \$1799 Double, \$2399 Single
 Deposit: \$200 per person deposit due with reservation. \$50 per person discount if reservation is made by July 11, 2020. Final sign-up and final payment due 8/11/2020.



BREWERS VS. CUBS

Miller Park Sunday, May 24

Game Time 1:10pm

\$99 per person

Miller Park Sunday, August 9

Game Time 1:10pm

\$99 per person

THE BEST OF BRANSON

October 26-30, 2020 • 5 Day Trip

7 SHOWS: Doug Gabriel Show, SIX, Hughes Music Show, #1 Hits of the 60's, Pierce Arrow, Mike Walker and Jim Stafford.

Price Per Person: \$669 Quad, \$699 Triple, \$729 Double, \$879 Single
 Deposit: \$100 per person deposit due with reservation. \$30 per person discount if reservation is made by August 1, 2020. Balance due September 11, 2020.

THE SIGHTS & SOUNDS OF CHRISTMAS!

November 2-6, 2020 • 5 Day Trip

7 SHOWS: The Duttons, Hot Rods & High Heels, Haygoods, All Hands On Deck, Jerry Presley, Dixie Stampede, The Presley Country Jubilee

Price Per Person: \$709 Quad, \$739 Triple, \$799 Double, \$995 Single
 Deposit: \$100 per person deposit due with reservation. Make your reservation with a deposit before August 15th and receive \$30 off final payment. Final payment due Sept. 18, 2020.

MALL OF AMERICA!

November 7 & 8, 2020

Start your Christmas shopping early!!
INCLUDES: Deluxe motorcoach transportation, continental breakfast, lodging close to the Mall.

Price Per Person:
 \$95 Quad, \$99 Triple, \$109 Double, \$159 Single
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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. Be sure to check out our new website at www.ezsellusa.com

What did you collect?

Many people have developed collections in their lifetime. Some collect for the FUN of collecting, but many of us hope that one day our collection might be worth something. One of our current clients was a professional photographer and collected cameras. Some cameras he used, others he wanted to just save a piece of history from being lost. This Contaflex Zeiss Ikon 35mm Film Camera Kit was recently offered on eBay. It sold at auction for \$1,775.55. Vintage cameras especially those made in Germany prior to WWII have great value to collectors today.



7th Annual St. Patrick's Day Irish Party

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

Saturday, March 14, 2020 • 3 pm – 10 pm

HAPPY'S PLACE, 2323 ROCKDALE ROAD

Irish entertainment includes:

- Dubuque Fire Pipes & Drums
- McNulty's School of Irish Dance
- The Lads • Ballyheigue

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

Join us for the August 22, 2020 Dubuque Irish Hooley Music Festival
 at the Dubuque Star Brewery and Alliant Amphitheater









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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	Dog House 1646 Asbury Road Home of the Carmichael Dubuque, IA • 563-556-7611	The Golden View The Community Paper For Active Adults 563-845-7586	

Good Housekeeping

Slow Cooker Chicken Pot Pie

This recipe from Woman's Day gets to the heart of what makes pot pie so good: the creamy chicken filling. It's so tasty, you can skip the puff pastry altogether and just serve it with some crusty bread on the side, if you prefer.

- 1/2 cup dry white wine
- 2 tablespoon all-purpose flour
- Kosher salt and pepper
- 4 medium carrots
- 2 stalk celery
- 1 onion
- 1 1/2 pound boneless, skinless chicken thighs
- 1 sheet frozen puff pastry
- 1 egg
- 1 cup frozen peas
- 3 tablespoon fresh dill sprigs

1. In a 5- to 6-qt slow cooker,

whisk together the wine, flour, 1/2 cup water and 1/2 teaspoon each salt and pepper.

2. Add the carrots, celery, onion and chicken, and toss to combine. Cook, covered, until the chicken is cooked through and easily pulls apart, 6 to 7 hours on low or 4 to 5 hours on high.

3. When the chicken has 30 minutes left to cook, heat oven to 400 F. Cut the puff pastry into 8 rectangles and place on a parchment-lined baking sheet. Brush with the egg and bake until puffed and golden brown, 20 to 25 minutes.

4. Gently fold the peas and dill into the chicken and vegetables and cook, covered, until heated through, about 3 minutes. Spoon into bowls, sprinkle with additional dill if desired, and top with the puff pastry. Serves 4.

For thousands of triple-tested recipes, visit www.goodhousekeeping.com/food-recipes/.

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by Healthy Exchanges

Chicken a la King Casserole

Chicken is an almost universal favorite — and especially when served in tasty, easy dishes like this.

- 1 1/2 cups diced cooked chicken breast
- 1 (2.5 ounce) jar sliced mushrooms, drained
- 1/2 cup frozen peas
- 1 1/2 cups cooked noodles, rinsed and drained
- 1 (10 3/4-ounce) can reduced-fat

- cream of mushroom soup
- 1/4 cup fat-free milk
- 1 (2-ounce) jar diced pimiento, undrained
- 1 teaspoon dried parsley flakes

1. Heat oven to 350 F. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray.

2. In a large bowl, combine chicken, mushrooms, peas and noodles. Add mushroom soup, milk, undrained pimiento and parsley flakes. Mix well to combine.

3. Spread mixture into prepared baking dish. Bake for 25 to 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 4 servings.

• Each serving equals: 241 calories, 5g fat, 23g protein, 26g carb., 440mg sodium, 3g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch.

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Cremer's Cooking Tips

Cremer's Baked Cod

Directions

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

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

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

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

Bake cod in the preheated oven for 10 minutes. Remove from oven; top with lemon juice, wine, and cracker mixture. Place

- ### 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

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 —Marian Wright Edelman

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back in oven and bake until fish is opaque and flakes easily with a fork, about 10 more minutes. Serve with lemon wedges.

CHEESE & SAUSAGE TRAYS AVAILABLE

MAGIC MAZE ● THINGS WE CHARGE

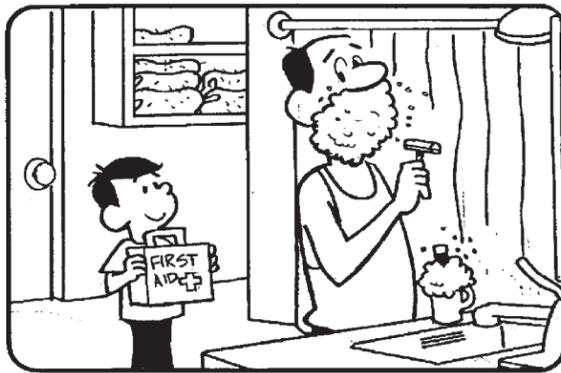
X P M J H E S C Z X U S S T Q
 P N L J Y G C P A E C Z E X Y
 V O T R P R H R E N L L S J M
 H E T C A Y E C W A B V A T E
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 I R G E A E Y C T A B E C Z E
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 J E N O H P L L E C I R P G T
 E I A L S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

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

- Camera
- Car battery
- Cellphone
- Chevy Volt
- Drone
- Earbuds
- Flashlight
- Kindle
- Laptop
- Purchases
- Speakers
- Tesla
- The enemy
- Toothbrush
- Watch

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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Towel is missing. 2. Toilet is added. 3. Shirt is different. 4. Hair is added. 5. Parts are different. 6. Soap is added.

GO FIGURE! by Linda Thistle

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

	+		x		15
-		x		+	
	+		÷		6
x		÷		+	
	x		+		10
4		10		7	

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

1 2 2 3 4 5 6 7 9

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THINGS WE CHARGE

Answers: CUSHION, FASHION

SUDOKU Answer

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

King Crossword
Answers

Solution time: 25 mins.

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

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Stickelers Answer
The answers are "cushion" and "fashion."

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SUDOKU
by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆◆
 ◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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Go Figure! answers

	7		10		4
10	4	+	3	x	2
	+		÷		x
9	2	÷	5	+	7
	+		x		-
15	1	x	9	+	6

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