



# The Golden View

The Community Newspaper For Adults 55 Plus

March, 2021

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: [www.thegoldenviewonline.com](http://www.thegoldenviewonline.com)

## The Ohnward Fine Arts Center Receives \$20,000 Pledge

by Richard Hall, Executive Director, Ohnward Fine Arts Center



Gary and Marilyn Drew

The Ohnward Fine Arts Center is pleased to announce a charitable contribution in the amount of \$20,000 from Gary and Marilyn Drew. The only thing they are asking the Ohnward Fine Arts Center to do is to come up with a matching \$20,000 of its own donations between now and April 30, 2021. Once Ohnward raises \$20,000 the Drews will follow through with their contribution.

Due to the Covid-19 pandemic, the lights were starting to dim at the Ohnward Fine Arts Center in Maquoketa Iowa. Picture this: an auditorium filled with row after row of empty seats with no patrons there to fill the room with laughter and excitement before watching the night's show. There is no set on stage, no actors, no musicians, no costumes-nothing. The only thing there is a dark, empty stage, devoid of any artistic expression. All because of a pandemic that is afflicting the nation.

We are asking for your help! Let's keep the stage lights burning bright at the Ohnward Fine Arts Center We are a non-profit organization. We

receive no funding from the city, tax dollars or any specific financial institutions. We rely on the generous donations of our business partners and patrons to meet many of our expenses. As a 501(c)(3) organization, all donations to Ohnward are tax-deductible. We are deeply grateful to all those who have given so generously in the past, strengthening Ohnward and ensuring its vitality in this wonderful

community. Thank you for your past support. We hope you have had enjoyable times with your family, friends and neighbors while attending an event at Ohnward. We sure hope to see everyone soon after this pandemic is over!

The facility seats 841. The stage is larger than the stage at Davenport's Adler Theater (a primary facility in Eastern Iowa for hosting traveling productions), the sound and lighting facilities are state-of-the-art, and much to everyone's relief, the acoustics are outstanding. All this with a "blueprint" that only existed in Gary Drew's mind! The Ohnward Fine Arts Center will be a tremendously persuasive lesson in the power of positive thinking for many years to come.

Donations can be sent to:  
The Ohnward Fine Arts Center  
PO Box 995  
Maquoketa, IA 52060

Much thanks to Gary and Marilyn Drew. As our mission statement says: As a non-profit fine arts organization,  
Ohnward cont. Pg. 9

## Retirement Communities and Covid Vaccines

by Tracy Connolly, Manager, Bell Tower Retirement Community

Bell Tower Retirement Community in East Dubuque Illinois and it's sister communities in Iowa, Grand Haven in Scott County and RiverBend in Dubuque County all received both of their Pfizer Covid Vaccines by February 8, 2021. In the midst of the pandemic retirement communities in the tri state area are grateful for the opportunity to receive the vaccine. Since March of 2020 retirement communities required to follow CDC guidelines were on alert every day ready to make adjustments to keep our residents and staff safe as we learned more about the virus. Between March of 2020 and March of 2021 there have been several adjustments to our



Bob R. Bell Tower Retirement Community resident receives his second Pfizer vaccine on Monday February 8th from Walgreens

protocol and our local retirement communities have risen to the  
Bell Tower Retirement cont. Pg. 3

## Heritage Center Announces Virtual Spring Live at Heritage Center Performing Arts Series

by Stacey Ortman, Director of Public Information, University of Dubuque

DUBUQUE, Iowa – University of Dubuque Heritage Center's compact Spring 2021 Live at Heritage Center Performing Arts Series, "More Than a Pipe Dream: A Socially Distanced Season," will restrict public performances to a virtual event delivery with paid livestream access via ticketed admission. In-person performances will only be available for UD faculty, staff, and students this season.

A Livestream Subscription bundle of \$49.00 is available for all five paid livestreams this season – a 25 percent discount. Where admission applies, tickets increase by \$5.00 day of show. Livestream tickets are available 10 a.m. to 5 p.m. Monday through Friday at the Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennet Street; by phone at 563.585.SHOW; or online



Comedian Tommy Ryman

at [www.dbq.edu/heritagecenter](http://www.dbq.edu/heritagecenter). Paid livestream events include 48 hours of "on demand" access following the performances.

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Bell Tower Retirement from Pg. 1



Rosie of River Bend received her first Covid 19 vaccine on January 5, 2021. Community Pharmacy hosted River Bend's Covid Vaccine clinics.

challenge, doing our best to stay healthy. This past year has been one of many unknowns, tri state area long term care centers, assisted living and independent living communities have relied on one another for advice, ideas and support.

Creativity was brought to a new level by the direct care staff and activities staff. Residents themselves brought ideas to the table to help keep their bodies and minds busy so they could remain as healthy as possible physically and mentally during the pandemic.

Being at the top of the list of those eligible to receive the Covid-19 vaccine has brought hope to our retirement communities. As we are able to take small steps in the direction of pre pandemic normalcy, we need to remain cautious and follow guidelines to keep our residents and staff safe. We are excited to see community members get the opportunity to be vaccinated as well, this gives us even more hope that we will be able to have open doors and welcome visitors into our homes again soon. In the meantime continue to be patient with our guidelines and please do your part to keep our community safe.



Jim G., employee at Bell Tower Retirement Community took part in the Covid Vaccine clinic. Many staff members took advantage of the opportunity to get the vaccine.



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*Many things grow in the garden that were never sown there.*  
—Thomas Fuller



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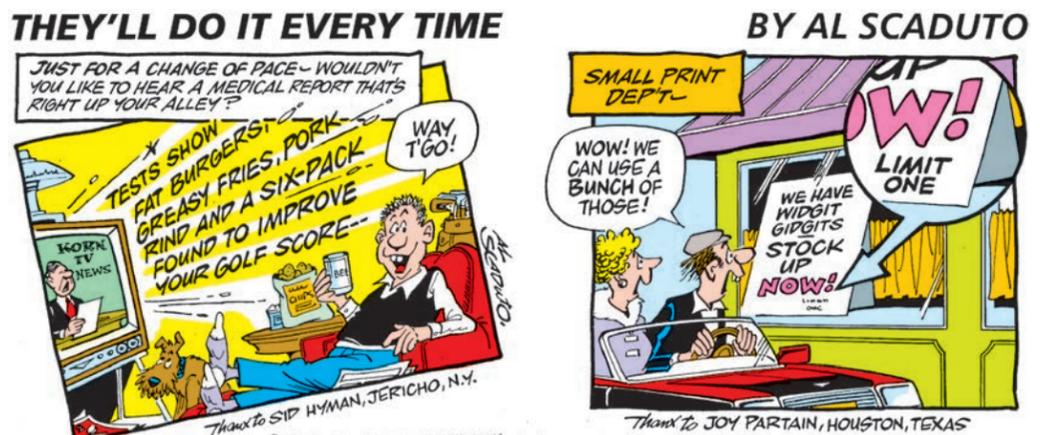
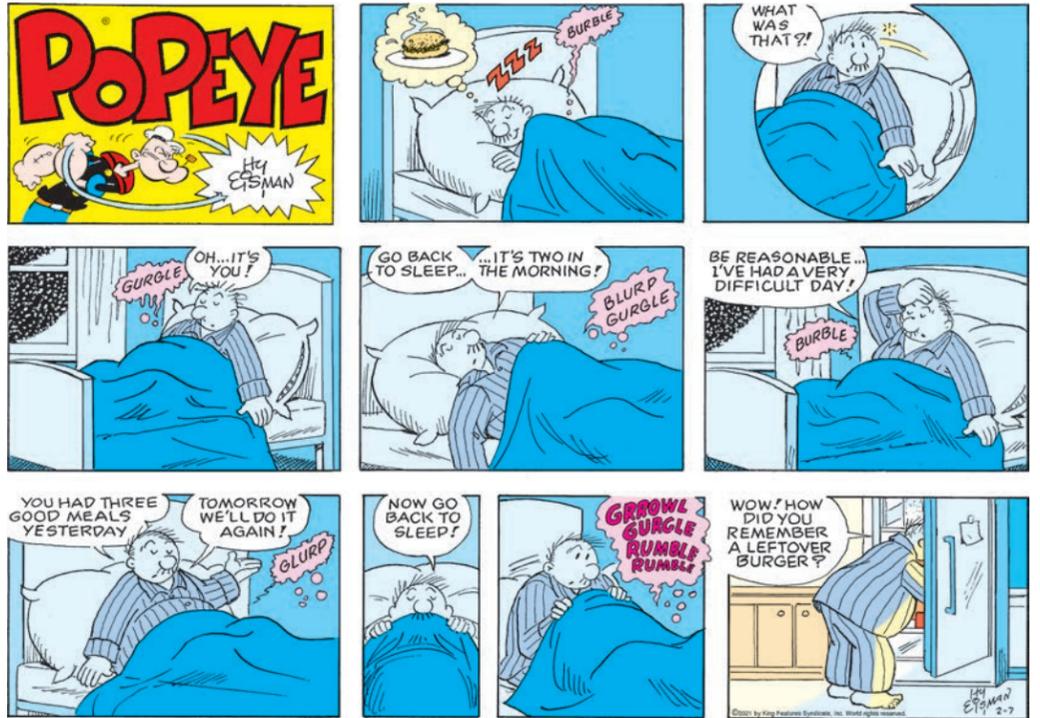
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 E-mail: goldenviewpub@gmail.com  
 Website: www.thegoldenviewonline.com  
 Publisher: Golden View Publishing, Inc.  
 Editor - Bill Beutin  
 Graphic Design - Tom McGovern  
 Founders: Joan and Rudolph Bellmann  
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**STICKELERS** [sic]  
 by Terry Stickels

How many anagrams can you find for the following?

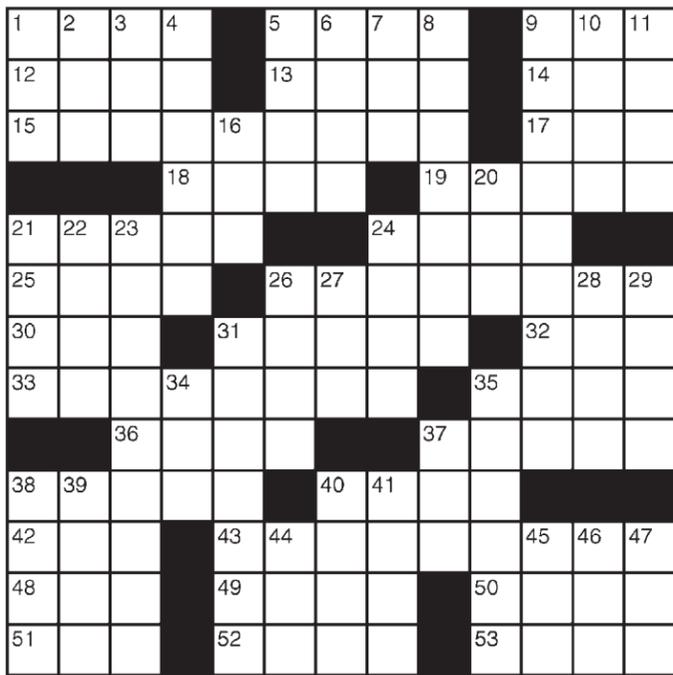
- 1) stale
- 2) stance
- 3) stripes
- 4) sublet
- 5) stained

Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Seize
- 5 Butte's kin
- 9 Cardinal cap letters
- 12 "Othello" villain
- 13 In — (lined up)
- 14 Weeding tool
- 15 Reality show for aspiring entrepreneurs
- 17 PC key
- 18 Minor quibbles
- 19 Hospital sections
- 21 Type of beam
- 24 Pack (down)
- 25 Reverberate
- 26 Rubber wedge, say
- 30 Small battery
- 31 All better
- 32 Actress Thurman
- 33 Hoedown musicians
- 35 Author Harte
- 36 Seeing things
- 37 Tubular pasta
- 38 Tribal emblem
- 40 Coffee, slangily
- 42 Mess up
- 43 Temporary
- 48 GPS suggestion
- 49 Last write-up
- 50 Despot
- 51 British verb



- 2 ending
- 3 Zilch
- 4 Bigfoot's cousin
- 10 Snitched
- 11 Reply to "Shall we?"
- 16 White wine cocktail
- 20 Mornings (Abbr.)
- 21 Piece of lettuce
- 22 Exotic berry
- 23 Elm, for one
- 24 Low digits
- 26 Union payment
- 27 Bruins legend
- 28 Portent
- 29 Canape spread
- 31 South Carolina uni-
- 34 Decorate
- 35 Actor Warren
- 37 Beetle
- 38 Bailey's rank (Abbr.)
- 39 Garr of "Tootsie"
- 40 Scraps
- 41 Unite
- 44 Museo display
- 45 Showtime rival
- 46 Jargon suffix
- 47 Squealer
- 48 Hosp. scan

**DOWN**

- 1 USO audience
- 2 Fan's cry
- 3 Khan title
- 4 Third-largest island
- 5 "The Martian" actor Damon
- 6 Historic periods
- 7 Junior
- 8 Clumsy
- 9 Mountain road feature

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**Be sure to check the website  
TheGoldenViewOnline.com**



**Neighbor's Dog Is Giving Him the Eye**

**DEAR PAW'S CORNER:** My neighbor's dog, every day since I moved into this house in rural New York, has a habit of coming up to the property line when I go out to check on my garden. She will stand right at the edge, lift a paw, bark at me, then turn around and leave. What's up with that behavior?

— **Jim G., via email**

**DEAR JIM:** That sounds like a well-behaved, well-trained dog. Or, your next-door neighbor has, or had, a low-power wire along the property edge that delivers a shock to a dog when it crosses the line. Whatever it is, she was trained not to cross into the neighbor's yard.

I like that you noted her body mannerisms. Raising a paw is a signal that she is alerted and checking you out. A nonaggressive bark is an attention signal. It's something like, "I see you, and I want you to know that I've got my eye on you." And her turning back after that bark is a good sign. She doesn't see you as a threat. She's said her piece, and now she's off on her way.

Being aware of a dog's body language and barking is important even if you don't own a dog. A bark followed by a growl (or vice versa) is a warning signal meaning "back off." A raised paw and an intent stare at a specific object is typical of an alert and energetic but calm dog. A dog that charges and stops is being aggressive and there's a good chance that behavior can escalate into an attack.

If you get the opportunity to meet your neighbors, compliment them on their dog's good behavior.

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

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## Susan Farber for Dubuque Ward 1



### Accessible, Accountable

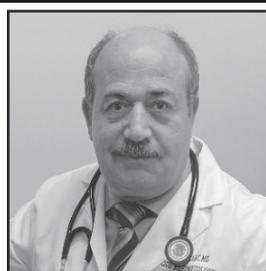
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—May Sarton

## COME CHAT with ME

by S. E. Persinger



“I think I will have just one more cup of coffee.” This statement is coming from a 24/7 Stay Home percipient during the COVID-19 period. I had become a member of the procrastination group. And my attitude allowed me to justify having just one

more cup of coffee, all day long. After all, my doctors suggested I stay out of crowds. There should be no more attending church, no more committee meetings, no luncheons with the girls, no celebrations of the holidays with family and friends. Of course, I knew this was for the betterment of all people. Yet, it became a challenge to do so without pouting and grumbling. But I did fairly well in that department.

This brings me to share a one word description of my experience at home. My word is procrastination. I decided to call some male and female friends, and family members to see if they had one word to describe their stay at home experience. The only thing I told them was that my word was procrastination. I also said I was not going to use names in the column, only their word.

The people I called were from ages 30-85 and all wanted to be on board. Each wanted to share their one word that covered their stay at home lifestyle. These are the words I wrote down for each percipient: Procrastination, Humble, History, Lazy, Refreshing, Isolation, Relaxing, Discouraged, Safety, Repeat, Reflection, Slow, Home. Every person shared their one word with me in detail. Each one word belonged to the individual sharing it and seemed to belong to them alone. Perhaps anyone reading these words can see themselves feeling somewhat the same way?

And last but not least, what does a procrastinator do in these times? “I think I will have just one more cup of coffee.” I have no visitors unless I need a repair man to come fix something, as I did one day, but he did not come for coffee. And my family and friends can't visit me so I really don't have to make the bed or dust the TV. And the dishes can wait until later. Oh, yes, the floor really doesn't need mopping. Also, I know the dust bunnies will probably continue to make their nests under the bed and the carpets will continue to gobble up the dirt flying about. What does a procrastinator do? “I know. I will just have one more cup of coffee!”

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**“A Theology from Cut Hair”**

My hair turned gray quite a few years ago. Genetics has blessed me with a full head of it. I’ve heard it said that God only created so many perfect heads among men, and the rest He covered with hair. This idea is nowhere to be found in the Bible; some hair-impaired guy probably made this up!

I get about half of my hair cuts in Mexico, where we live part of the time to be near our daughter and her family. My cut hair, gray as it is, stands in stark contrast to the majority of black hair on the Mexican barber’s floor.

Over the past months I’ve washed, combed, and sprayed that hair numerous times, the hair that ended up on the barber’s floor. Previously, the cut hair was a growing part of my appearance for months, but I unceremoniously walk out of the barber shop, leaving that hairy part of me behind for good and move on with my day.

Eventually our entire bodies go the way of the hair on our heads. Nothing of our bodies lasts forever. As a pastor I’ve led hundreds of graveside services where tearful goodbyes are said to a loved one as we commit the person’s body to the earth.

I don’t want to get morbid here, just the opposite. I believe God wants us to keep a hopeful perspective on these fleshly bodies we temporarily inhabit while here on earth.

One of the points I’ve made at all the funeral and memorial services I’ve conducted is that God’s plan for our existence isn’t to be limited to the years we spend on earth in these physical bodies. His Good News, the Gospel, is that we can live forever with Him. For the person who wishes to spend forever with God and accepts God’s free offer to do so, the death of the physical body isn’t the end.

Here’s how I look at it. When I finish my haircut I walk out of the barber shop, leave the clippings behind and go on to what’s next for me. When I die I’ll leave behind this body and go on to what’s next for me!

*“For we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands.” 2 Corinthians 5:1*

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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Darius in the Old or New Testament or neither?
2. From Philippians 4, what does the apostle Paul instruct us to do rather than worry? *Cry, Pray, Love, Talk*
3. Who, perhaps, did Jesus give a standing ovation to in Acts 7:55-59? *Herod, James, John the Baptist, Stephen*

4. How long did the journey of Ezra take from Babylon to Jerusalem? *3 days, 2 weeks, 4 months, 4 years*
5. Who’s the runaway slave in the book of Philemon? *Lemuel, Marcus, Doulos, Onesimus*
6. All of Job’s children were killed in a ...? *Flood, Fire, Wind, Stampede*

**ANSWERS**

(1) Neither; (2) Pray; (3) Stephen; (4) 4 months; (5) Onesimus; (6) Wind

*Hardcore trivia fan? Visit Wilson Casey’s subscriber site at [www.patreon.com/triviaguy](http://www.patreon.com/triviaguy).*

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*I have never had so many good ideas day after day as when I worked in the garden.*  
—John Erskine

**THE ILLUSTRATED BIBLE**



*Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

MATTHEW 6:34

*“Self-Portrait With Hand On Brow” by Kathe Kollwitz (1910)*

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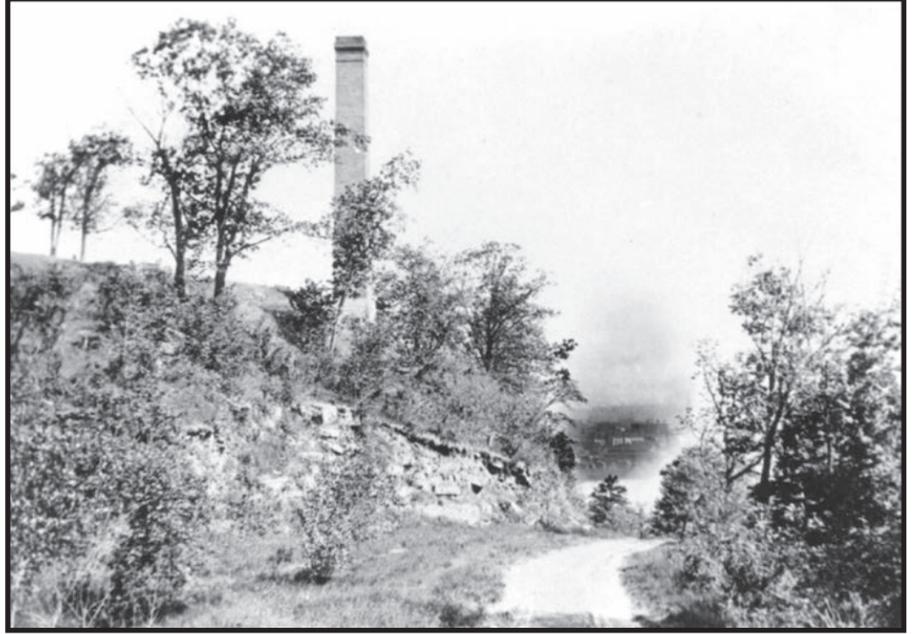
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## YESTERDAY AND TODAY

BY MICHAEL GIBSON



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

Yesterday & Today cont. Pg. 9

## Mill Valley Care Center



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Michelle Bell,  
 Social Security District Manager,  
 Dubuque, Iowa



### Social Security and Women's History Month

In March, we celebrate Women's History Month. Social Security has served a vital role in the lives of women for more than 80 years.

Women have longer life expectancies than men, which means they live more years in retirement and have a greater chance of exhausting other sources of income. It's important for women to plan early and wisely for retirement.

Our benefits portal at [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) provides detailed information about how life events can affect your Social Security retirement benefits. These events may include marriage, widowhood, divorce, self-employment, government service, and other

life or career changes.

Your earnings history will determine your benefits, so we encourage you to verify that this information is correct. You can create your personal *my* Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and view your earnings history. If you find an error with your earnings, it is important to get it corrected so you receive the benefits you earned. Our publication, *How to Correct Your Social Security Earnings Record* at [www.ssa.gov/pubs/EN-05-10081.pdf](http://www.ssa.gov/pubs/EN-05-10081.pdf), provides you with details on making a correction.

If you would like to learn more about how we can help women plan for retirement,

Social Security cont. Pg. 12

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Yesterday & Today from Pg. 8

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



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

Ohnward from Pg. 1

our mission is to ignite the imagination, stimulate thought, offer an avenue of creative expression and provide entertainment. We seek to enrich our patron's lives by providing a center for education, social interaction and community development. We hope to communicate and develop an appreciation for the arts and a greater understanding of our heritage and culture through a diversity of programs designed to benefit our community.



Denny and the DC Drifters

Our hope is to get back up and running on Saturday, April 24 at 7:00 PM with Denny and the DC Drifters. Denny & The DC Drifters are recognized as one of the top show groups in the musical entertainment business. The band had a hit number one record with "I Know" and "Louisiana Blues". This show will feature the music of the great girl groups of the 50's and 60's, Frankie Valli Buddy Holly, Ritchie

Valenz, J.P. Richardson, Jr., otherwise known as the Big Bopper, and many, many more!. Denny and the DC Drifters have entertained large audiences throughout the country, and continue to play the music you want to hear! Tickets are \$22 in advance and \$25 the day of the show. You can call 563-652-9815 to order your tickets today.

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# KOVELS

Antiques & Collecting

By Terry and Kim Kovel

## Penny Toys

Children's toys are valuable records of what life was like in the past. From about 1880 to 1914, inexpensive, mechanical lithographed tin toys known as "penny toys" were popular and affordable in America. A toy rickshaw with a driver and a lady in a small cart was made by George Fischer of Nuremberg, Germany in the early 1900s. The company made many different penny toys, all based on the life of the times. His trademark on most toys was "G.F." in capital letters. But was there really a rickshaw powered by a man riding a bicycle?

Yes. It is thought that the first rickshaw was invented about 1869 by an American missionary to Japan who used it to transport his invalid wife. The idea became popular, and by 1872 there were about 40,000 rickshaws in use in Japan. There are many styles and names like bike taxi, pedicab, tricycle taxi and even modern electric models. Men pushed or pedaled the rickshaw because they were less expensive to hire than a horse. The driver and passenger of the Fischer rickshaw pictured here are wearing 1910 clothes, so the toy may have been made then. The price for this toy is no longer a penny; it sold for \$5,400 at a Bertoia auction.



*Penny toys are becoming harder to find, but at an appropriate auction of an old collection, they rarely sell for less than \$50.*

color down one side with shades of blue-green and orange, maybe from something that was stored in it. I found it near the Boston seaport. Any information would be greatly appreciated.

**A:** The color of a bottle affects the price. Bottles in rare or desirable colors sell for more than those in other colors. "Amber" can include honey amber, olive amber, orange amber, deep tobacco amber and other shades. Sun turns glass lavender or dirty brownish beige. Iridescence on the outside can come from being in water; on the inside it might be from contact with food. It takes an expert to tell the difference and determine the value of the bottle.

### CURRENT PRICES

Birdcage, green base, shell door, hoop shaped stand, 66 inches, \$25.

Popeye game, dexterity puzzle, Popeye the Juggler, painted metal frame, metal balls, Wimpy and Olive Oyl, Bar Zim Toys, 1920s, \$195.

Folk art wood carving, eagle, wings tucked in, remnants of gilding, American, early 19th century, 14 x 8 inches, \$340.

Butter print, maple, round, carved, 6 leaves, 2 hearts, lollipop handle, signed & dated, WR 1846, Pennsylvania, 8 x 4 inches, \$470.

**Q:** I have a J.H. Cutter bottle similar to a bottle pictured on your website that sold for over \$300 a few years ago. Mine isn't a clear amber color like the one pictured on your site, unless it's held up to the light. It has an iridescent

Kovels cont. Pg. 19



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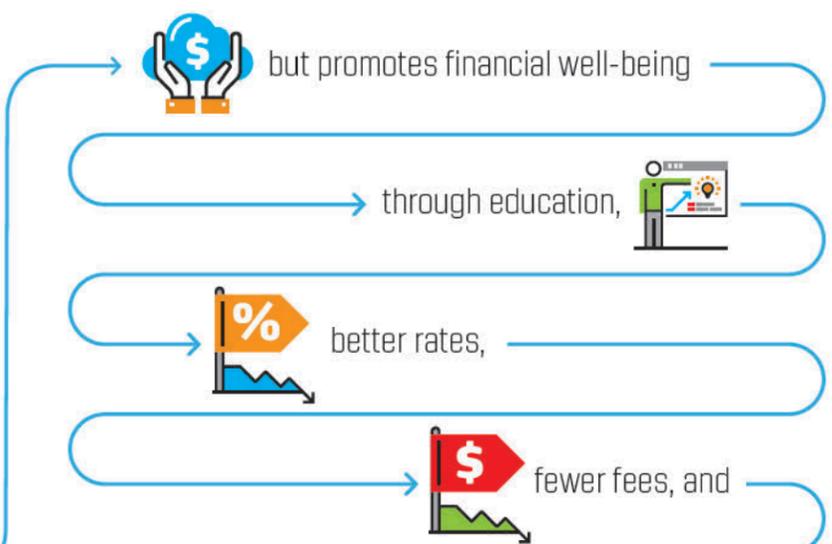
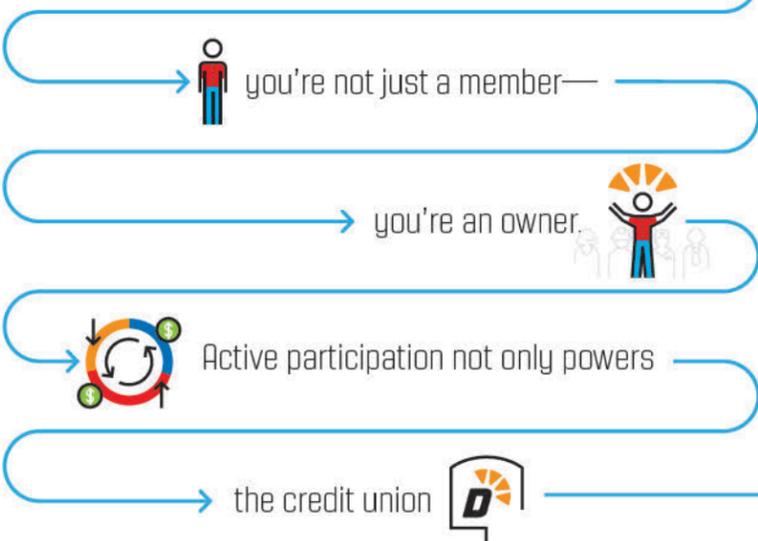
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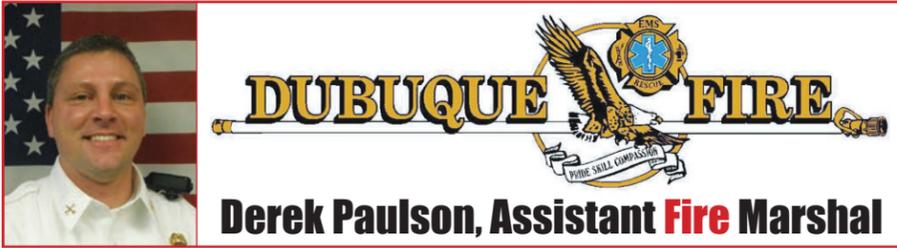


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According to the National Fire Protection Association, "On average, 21 home candle fires are reported each day." And over a 5-year period, 37% of home candle fires started in bedrooms which resulted in 40% of associated deaths and 49% of associated injuries (NFPA). Candles may look innocent enough but if used incorrectly they can pose a big threat. Here are some tips on using candles safely.

The first way to use candles safely is to use flameless candles. Many flameless candles look and smell like the real thing but without the danger. However, if this is not an option then make sure that candles are always 12 inches away from anything that can burn. Having combustibles nearby increases the potential for a fire starting. According to the NFPA, more than half of all candle fires start when things that can burn are too close to the candle. Always place candle holders on

a sturdy surface. Make sure to never have a candle burning anywhere near where a child or a pet could reach it.

Never burn candles in bedrooms or other areas of the home where people may fall asleep. Make sure to blow candles out whenever you are going to be leaving a room. When burning candles, don't allow a candle to burn all the way down to the holder. Put it out before it reaches the bottom of the holder.

If there is medical oxygen in use in the home do not use candles or other lighting materials. Always make sure you have working smoke alarms in the home as well. Smoke alarms should be placed in each bedroom or sleeping area, in the hallway outside the sleeping areas and at least one on every floor of the home. They should be less than 10 years old and should be tested regularly with batteries changed at least once a year. In the event of loss of power in the home, never use candles to see, use flashlights or another light source.

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

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## Soup's On!

Soup is usually a go-to during the colder months. There're so many different combinations and nearly all of them are one-pot meals! It's also convenient that they can be made in a slow cooker. There are even health benefits to eating soup. Regularly eating soup might help you shed some unwanted pounds and help you get over a cold faster.

### Weight Loss Benefits

The fluid content in the soup binds with the other ingredients to slow down gastric emptying, keeping our stomach fuller for longer. One study at Pennsylvania State University showed that participants who had a low calorie (150 calorie average), broth-based soup before a meal consumed 20% fewer calories. The research showed similar results for pureed soups and those with whole foods in them, which contain easy to digest fiber that keeps us full.

### Cold Fighting Powers

Soup really does play a role in fighting off a cold! 'Our Favorite Chicken Noodle Soup', Spend Smart Eat Smart recipe,

will help get you on the road to recovery. The hot broth can clear congestion and ease a sore throat. Plus, it provides fluids and electrolytes our body needs, especially during illness. The chicken provides protein while the vegetables and whole grain noodles provide vitamins and minerals that boost our immune system.

### A Healthy Diet

People who eat more soup usually have a healthier diet. An Iowa State University study found that soup-eaters consume less fat and more fiber and vitamins than nonsoup-eaters. This is probably because most soups contain a variety of vegetables.

### Get Cooking!

Find nearly 20 easy soup recipes on the website or app! Try the Vegetable Soup with Kale and Lentils, Loaded Potato Soup, and more! These are budget friendly and less than 90 cents per serving. Our Spend Smart Eat Smart recipes help consumers eat healthy while sticking to a budget.

For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu)

### Resources:

Spend Smart Eat Smart Blog - Our Favorite Chicken Noodle Soup, Jan 2016

<https://blogs.extension.iastate.edu/spendsmart/2016/01/04/our-favorite-chicken-noodle-soup/>

WebMD - Soup First Cuts Calories

<https://www.webmd.com/diet/news/20070501/soup-first-cuts-calories-later>

WebMD - Does Chicken Soup Help Fight Colds?

<https://www.webmd.com/cold-and-flu/qa/does-chicken-soup-help-fight-colds>

### Social Security from Pg. 8

check out our online booklet, Social Security: What Every Woman Should Know. You can find it at [www.ssa.gov/pubs/EN-05-10127.pdf](http://www.ssa.gov/pubs/EN-05-10127.pdf). Please consider sharing it with family and friends. It could change their lives for the better.

## Americanisms



"Life gets very precious when there's less of it to waste."  
— Bonnie Raitt

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## What If I Can't Find My Loved One's Documents?

by Thad J. Murphy, Attorney with Pearson Bollman Law

If a loved one dies or becomes incapacitated, finding their estate planning documents is essential. These documents are critical to making decisions, accessing accounts, and discovering one's wishes regarding their money and property. However, despite their importance, people often fail to communicate where these documents are.

Here are a few suggestions for where to search.

**1. In a safe or lockbox at home.** A common location is a personal safe or lockbox. These are typically fireproof and waterproof. It is not unusual for attorneys to advise clients to keep their documents in one of these containers. Search the home to find out if one exists.

**2. With the drafting attorney.** The documents may be with the original drafting attorney. Search your loved one's belongings for the lawyer's business card or any correspondence. The attorney may not be able to release information to you if you are not named as a fiduciary (i.e. trustee or executor). You may need to ask immediate family members to contact the attorney. If the attorney does not have the original, a signed copy may be available. This is helpful for



Thad J. Murphy of Pearson Bollman Law

financial and medical powers of attorney that are not typically required to be originals.

**3. In a safe-deposit box.** Many lawyers advise clients to keep documents in a safe-deposit box at a bank. A safe-deposit box provides heightened security and care. The heightened security may pose a challenge if your loved one did not provide proper instructions regarding accessing the box. In that case, you may be required to seek a court order granting access.

**What happens if you still cannot find the estate planning documents?**

You will probably have to proceed as though there were none. For incapacitated individuals, you may have to start the guardianship process. If your loved one has died, you




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will have to begin an intestacy probate process. This process can be long and arduous but not impossible. You do not need to handle it alone. Call our office to schedule a virtual meeting to discuss how we can help.

Thad J. Murphy is an attorney in the Dubuque office of Pearson Bollman Law, located at 1635 Associates Drive, Suite 103, Dubuque. The attorneys at Pearson Bollman Law practice in the areas of estate planning, probate/trust administration, special needs trusts, and elder law, which includes Medicaid

and VA Pension Planning. If you have any questions or would like to register for one of our free workshops on estate planning, asset protection and elder law, please feel free to contact Thad Murphy at (563) 265-6971 or visit [pearsonbollmanlaw.com](http://pearsonbollmanlaw.com) and select "Events".

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

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**Childhood Vaccinations Still Mostly Effective**

**DEAR DR. ROACH:** I am in my mid-50s and in good health (I don't take any medications). I rarely get sick with colds or flu. I have been vaccinated with all the common vaccinations for our childhood. With all the immigrants coming into our country, I am wondering if any have been given childhood vaccinations in their countries. I fear that chickenpox, measles, etc., could re-enter this country. If so, do our childhood vaccinations still protect us from these diseases? Should seniors be re-vaccinated or is that harmful at our age? — C.S.

**ANSWER:** Legal immigrants into the U.S. are required to have all vaccinations as recommended by the Advisory Committee for Immunization Practices.

Undocumented immigrants are more difficult to study, but what data there is suggests that vaccination rates are roughly the same in the countries of origin of many undocumented immigrants as in the United States. In fact, several Central American countries have higher vaccination rates than the U.S. currently.

Analysis of outbreaks of vaccine-preventable diseases have suggested that most of these outbreaks have come from visitors (Americans or

foreign visitors) from countries with high levels of ongoing transmission who spread the disease to others during their infectious period. Because there are some communities where there are enough unvaccinated people due to medical reasons, personal choice or ineffective vaccination to allow spread of the disease, there continues to be ongoing infection in the U.S. This is especially true of measles.

People born before 1957 are generally considered to be immune to measles, and the vast majority have had chickenpox. People born between 1963 and 1967 (that might be you) are at risk for having had ineffective measles vaccination, and those at risk should check their immunization status and may need revaccination, especially those in an area near an outbreak.

**DEAR DR. ROACH:** I read your recent column on vaginal estrogen. Based on plants such as soy, bioidentical hormones are a safe solution for older people that provide sexual rejuvenation. You should spread the word! — P.F.

**ANSWER:** I appreciate your passion, but there are several problems with your statement.

First, the bioidentical female hormone in humans is estradiol, which is available only by a prescription. It remains my choice for women who need hormone replacement, such as women with severe symptoms of menopause (replacement is given by mouth or patch), or for women with atrophic vaginitis (given vaginally, by cream, tablets or ring). It is certainly the most natural option.

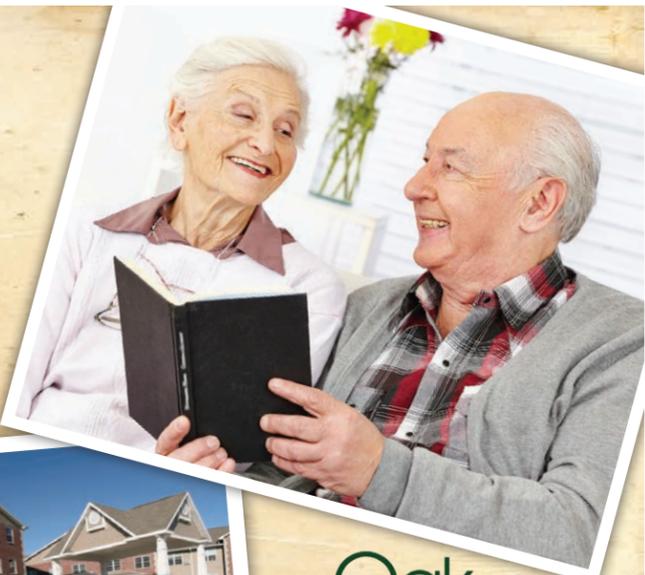
Second, phytoestrogens (the soy-based hormones, such as isoflavones and lignans) have chemical structures similar to estradiol, but

To Your Good Health cont. Pg. 22

# How Does a Story Bring People Together?

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# Plant Talk

by Ken Resch



## Garden for the Health of It!

Recently I read that gardening helps our overall health as we get older. It didn't take a scientific study to confirm that notion for my mother. Mom lived to be 93 and dug about in the soil all her life. In the house I grew up in Chicago, we had a small yard, but she and dad managed to fill it with roses and annuals every year. I was hired on as chief weed puller at one cent a dandelion—if its root was attached!

Though mom had health issues, including adult on-set diabetes, and failing vision, she controlled those problems with medication and regular check-ups with her physician. I read that people who garden had 19 percent lower health-care expenses than non-gardeners. The groups studied were composed of 3,000 people over 65 and they were compared on lifestyles and total Medicare claims. Obviously, it pays to stay active, but the study made a comparison with other forms of activity including swimming and walking, but no other single activity came even close to the 19 percent of gardening. As I reflected on this I also realized my grandfather—mom's dad—lived to be 90 and in his later years was in the yard every summer pulling dandelions or watering the grass.

Until mom was 91, my older brother prepared his planter boxes with new soil and amendments to be filled with flowers by mom as she sat on his deck in the early morning hours easily planting the annuals. Mom also enjoyed picking out the plants that went into the boxes and she often reported to me over the phone about the various plants she found at the grocery store or garden center.

Gardening, for Mom and many others, can also be the journey to find the plants. When she died peacefully in late November 2007, the flowers quietly and uniquely acknowledged her passing. When I returned from her memorial service in Chicago, I immediately noted a flash of purple and yellow as I got out of the car. There, huddled close to the ground was a cluster of Violas in full bloom! Violas and their cousins the Pansies were mom's favorite flowers.

What I found refreshing in my mother's efforts—and the efforts of so many older adults I encounter—is the hope that comes from the promise of new life every spring and summer. Mom relished the opportunity to sit on my brother's deck and plant the six packs of annuals. If I am given the opportunity to live long—I will be 74 this month—I hope one of my last acts is to put out some spring annuals, walk through a rose garden in bloom, or plant a tree for the future. We have eleven grandchildren and on our residential lot we have planted eleven trees to commemorate their births. Each grandchild was introduced to his or her tree and when they visit us, they visit their tree.

A final affirmation for gardening is from me. For the past decade my feet became heavily arthritic and severely damaged. I found my feet in far less pain as I worked and walked among my friends in the garden. No, my arthritis did not disappear, and I have since had several surgeries to try and repair the damage; none the less, the soft earth and my overall lifted spirits reduced inflammation and pain. So, no matter the size of your garden plot, even if it's only a planter or two, plunge your hands into the fertile soil and plant, plant, plant! Your body will thank you (even if your joints ache a bit!), your nerves will be soothed, and any frowns you may have had will become smiles. Smiles that will spread across your face each time you see your plants in bloom.



## Saint John's Wort

Traditionally, sprigs of this plant were harvested in June to honor St. John the Baptist, then hung near a painting or statue of him in the home to protect it from evil spirits. As a garden plant, it performs best in fertile soils with ample moisture, but can tolerate drier conditions once established. Saint John's Wort has long been used in healing treatments for kidney ailments, insomnia, depression, lung ailments and in wound care. —Brenda Weaver

MEDIEVAL WOOD CUT  
Source: www.thespruce.com

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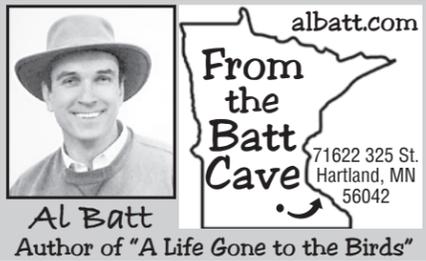
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**Smelling the dairy air**

I'll admit it, I've never milked almonds.

I've never milked soybeans, rice, oats, hemp, flax, coconuts or cashews either. Apparently, milk comes from everything but milkweed.

"Were you born in a barn?" I'm often asked when failing to close a door. I hadn't been, but I took field trips to the dairy barn each day. It was a nice place to visit but I didn't want to live there. The time spent in the barn put a dent in my day as we milked the cows twice a day every day. I was Sisyphus pushing a heavy rock up a hill. The cows needed to be milked and there was no app for that.

I wasn't a world-class dairy farmer, but I've been disqualified at a charity cow milking contest at a county fair for being too accomplished.

I realize most of you haven't milked a cow, but you have had a glass of milk, a milkshake or a bowl of your favorite breakfast cereal drenched in milk. So that makes us kin.

I remember this happening in the year of the great snail stampede. I had needed to move slowly out of its way. The following episode occurred on a cold winter's day. The barn was warm — each cow was a space heater. Our barn had two rows of stanchions holding milk cows in place. Dad milked one row and I milked the other. He milked one more cow than I did because he didn't fall asleep. I leaned against a Holstein and caught 40 winks as I did. Some mornings I caught 41 winks.

Having livestock requires doing chores, not a chore. You fed them at one end and cleaned up at the other end. The cows had indoor bathrooms. It was called a gutter. There were no bowling balls involved. A gutter ran perpendicular to the south end of a cow. One of the first things a dairy farmer taught his kids was to never stand behind a sneezing cow.

The cows liked me. I fed them alfalfa and told them jokes. They enjoyed the alfalfa more than the jokes. One morning,

I placed the milker on my favorite cow, leaned against her and fell sound asleep. I woke up to discover the milker had fallen from the cow. It was a grumpy awakening. I jammed the milker back onto the cow's udder. I must have surprised her. Maybe I pinched her. She aimed a swift kick to where I wasn't. I chuckled until she stomped on my foot with her large hoof. I don't know when the last time you tried to get a 1,500-pound bovine off your foot, but it's not easy. I pushed and whimpered. She applied more weight. That angered me. Our cows were income providers and coworkers. We treated them with compassion. I didn't hit cows. Dad forbade it, but what he didn't know wouldn't hurt him. I swung my fist in anger and hit the cow's huge hip bone. The hip bone won. I grabbed my injured paw and yowled as I tried to free my foot. That caused the cow to raise her foot, freeing mine and allowing me to fall backwards into the gutter, which wasn't empty. I jumped up from that predicament just in time to have the cow's tail hit me like a blackjack in my temple area. It stung like the dickens. I did a pirouette before falling back face-first from whence I'd come.

Incidents like that cause lactose intolerance.

By the time I crawled from the gutter, I was covered in enough brown-green cow exhaust that all my mother's spit wouldn't be able to get off me. I had a slight headache, my hand was turning black and blue and my foot was throbbing. There are times when I think, "I've lived my life for this moment." This wasn't one of those. It's not a smooth world.

My father said he was put on earth to milk cows. He rejoiced each day he could do that. That morning, as my father milked a few cows while I hadn't finished one, he'd been pontificating about the goodness of dairying and the need for someone named Batt to be doing that work in this barn.

"Look around you, son," Dad said. "One day, all of this will be yours."

I tried to find a clean spot on my clothing to wipe my face with my good hand as I said with great earnestness, "Buy me out now, Dad."

© Al Batt 2021

**Now Here's A Tip from Pg. 16**

find a use for it. I did — in my dishwasher! I had several small plastic containers that kept flipping up and collecting water, so I lined them up and placed the netting over them. I laid a spatula on top to keep it in place. It totally worked." — **A.A. in Florida**

- Keep a bottle of club soda

handy for spot stains on carpets or upholstery. It's good for more than just drinks.

- **Fruit math:** A tomato or an apple plus green bananas in a paper bag equals ripe bananas.

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

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Trivia test

by Fifi Rodriguez

- THEATER:** Which city was the setting for the musical "Cabaret"?
- LANGUAGE:** What does the Latin phrase "veritas vos liberabit" mean?
- TELEVISION:** What was the name of the pet "dog" on "The Flintstones"?
- ASTRONOMY:** What is a zenith in terms of our solar system's sun?
- HISTORY:** How many days were in an ancient Roman week?
- ANIMAL KINGDOM:** What is a group of zebras called?
- LITERATURE:** Which 19th-century novelist's last work was titled "The Mystery of

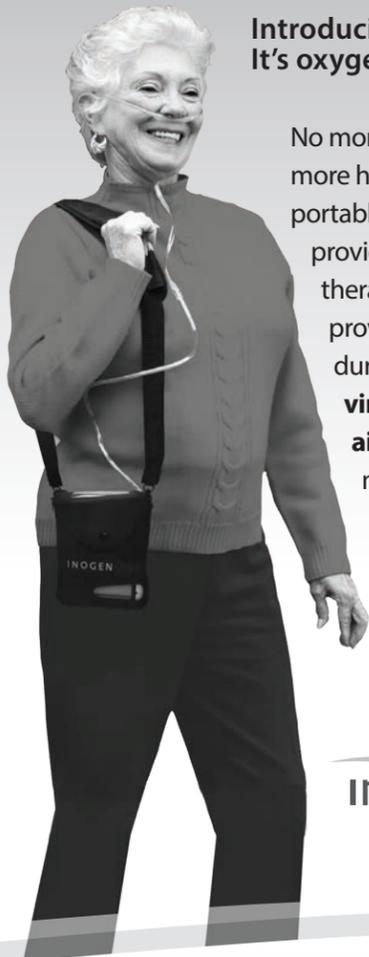
- Berlin, Germany
- The truth shall set you free
- Dino
- When the sun is directly overhead and objects cast no shadow
- Eight
- A dazzle or zeal
- Charles Dickens
- Meow Mix
- Connecticut
- England, Wales, Scotland and Northern Ireland

**Answers**

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MKT-P0108

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

by Jerry Eberhardt (1924-2017)

*The Best Of Jerry*  
originally published  
May 2012

### "A Half Billion Chinese Don't Even Know We Played the Game!"

With this memory, especially, Maury, Grandpa figures it will mean more to you when you grow older and read this for yourself some time in the future. This is because at that time you will better understand and appreciate what Grandpa learned from this baseball experience. (In the meantime, right about now, Maury, call "time out" and ask your mom or dad what the word "perspective" means because that's what this is all about).

It happened one night after we lost a very close game to the Cascade Reds. They had a great ball club and over the years had become one of our greatest rivals. We weren't, however, used to losing many games. It had been one of those games when your opponent didn't beat you as much as you beat yourself. (That's what made us a good ball club, Maury. We seldom did that but it was one of those nights!) I had made an error at 3rd allowing an unearned run to score, and my team mates were guilty of a few other key miscues, costing us the ball game.

In the locker room right after the game I remember kicking



**Jerry Eberhardt with grandson, Maury Cohn**

a chair over, slamming the locker door, and throwing my glove! Grandpa lost his temper, Maury, but after all these years still remembers (and I don't know why) what a team mate said to me about that time. Our 2nd baseman, Bob Schlueter, (remember, Maury, I called him "Boom-Boom" in Memory # 1) said: "A half billion Chinese don't even know we played the game!" It's funny how a flippant, sarcastically humorous, off the cuff statement (yet so true) like that, at the time, can jar you into reality. It can suddenly put things into proper perspective. Also, another lesson to be learned here is that until you learn how to handle a loss, you won't really know how to act when you win!

Incidentally, Maury, we lost that game a half century ago and the population of China today has increased to a billion two hundred million! Hope you enjoyed this.

Love, Grandpa

## SENIOR NEWS LINE

by Matilda Charles

### Another COVID Scam

You know it's getting bad when local police chiefs go on the nightly news to warn against scams. That's what is happening in my area, and possibly in yours. Scammers are going all out to steal your information, money and identity, and they're using the COVID vaccine as their tool.

A few weeks ago, the scammers' tactic was to claim we were eligible for a special COVID Medicare card. The card doesn't exist. So many of us might have said that in response to the frequent phone calls that the scammers changed tactics. Now they claim to have an appointment for you to get the COVID vaccine.

Here's how it works: A scammer will claim to be calling from your doctor's office, without actually naming the doctor. All they need from you, they say, is your Medicare card number

and possibly your bank account or Social Security number "for identification." Your best bet is to just hang up. But if you ask for the name of the doctor, they won't know it. It's the same with hospitals and clinics.

If you're not sure whether the call is fake, hang up and call your doctor, the hospital or clinic, and ask if they've tried to contact you.

Scammers also are using different tactics: telling you they can fit you into a quick appointment, saying they're from Medicare or your insurance provider, sending you an email that indicates you can get a fast appointment reservation by calling their special phone number, or offering you the vaccine at a "reduced cost" (the vaccines are free). Some of them actually offer to mail the vaccine to you.

Don't fall for any of these scams. If you need help signing up online for an appointment, call your doctor's office or the senior center. Don't give scammers any information, not even your name.

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## We are DEMENTIA FRIENDLY COMMUNITY CORNER

Dementia Friendly

March 2021, we are in the third and final month looking at the stages of Alzheimers and how to identify the signs.

### Late-stage Alzheimer's (severe)

In the final stage of the disease, dementia symptoms are severe.

Individuals lose the ability to respond to their environment, caregivers need to be sure they are dressed appropriately for the weather, they need to create a safe space. Individuals will have much difficulty carrying on a conversation and will eventually be unable to control movement. They may still say words or phrases but their language may be out of context or incoherent.

They will have difficulty communicating pain. As memory and cognitive skills continue to worsen, significant personality changes may take place and individuals more care.

At this stage, individuals may:

- Require around-the-clock assistance with daily personal care.
  - Lose awareness of recent experiences as well as of their surroundings.
  - Experience changes in physical abilities, including walking, sitting and, eventually, swallowing.
  - Have difficulty communicating.
- Become vulnerable to infections, especially pneumonia.

The person living with Alzheimer's may not be able to initiate engagement as much during the late stage, but he or she will benefit from interaction with loved ones through touch and family being present. During this stage, caregivers may want to use support services, such as hospice care, which focus on providing comfort and dignity at the end of life. Hospice can be of great benefit to people in the final stages of life and their families.

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

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# SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

Whenever I hop onto the Iowa-Wisconsin bridge headed to Madison and the Kohl Center to call a Hawkeye-Badger basketball game and roll up on the Cuba City exit I think of the Hall of Famer and Wisconsin's all time winningest high school coach Jerry Petitgoue. Coach was recently named NATIONAL Coach of The Year by the National Federation of State High School Association. Why not? He's zeroing in on his 1,000th career victory and that's on top of a 25-0 record a year ago and 16-2 at this writing as he prepares his team for another helping of March Madness. Already a member of the Wisconsin Coaches and University of Dubuque Halls of Fame, Petitgoue has guided the Cubans to three state titles and thirty plus conference championships. He has many Hall of Famers as close friends including coaches Jon Davison of U-Dbq, Tom Davis at Iowa and Wisconsin's Bo Ryan.

Through a fifty plus year career of barking plays from the sidelines, Jerry Petitgoue has always been "about the

kids." He taught at Cuba for 38 years before retiring solely to X's and O's. I covered Jerry's teams from the mid 1970's to the late 90's watching him yell "IOWA" or "WISCONSIN" to his team. Play's derived from his close relationships with Davis and Lute Olson, John Powless to Steve Yoder, Dick Bennett to Ryan and many more who've worked his wildly popular summer camps.

Jerry Petitgoue is a living legend, right in our midst. He'll surpass a thousand career wins in all likelihood next year. That won't be his lasting legacy. Teaching hundreds of kids not only the game of basketball but lifes other skills and lessons will be Coach Petitgoue's endowment. His gift to a wonderful Grant County community that hasn't forgotten what God and Country are all about. After all Cuba City is the home of the "Parade of Presidents." When Coach Petitgoue decides to hang up the sneakers and whistle, let me suggest his likeness be mounted on the next available light pole off main street.



by Ryan A. Berenz

1. Who was the trainer of Triple Crown-winning racehorses Gallant Fox (1930) and Omaha (1935)?
2. It's tradition for Notre Dame Fighting Irish football players to touch a sign posted in Notre Dame Stadium before taking the field. What does the sign read?
3. What former NFL defensive lineman played the role of Sloth in the 1985 adventure comedy film "The Goonies"?
4. What American female distance runner won the Boston Marathon in 1979 and '83, and won the gold medal in

- the marathon at the 1984 Los Angeles Summer Olympics?
5. What cross-country skiing distance race, first held in 1973, is traditionally run every February in northern Wisconsin?
  6. What Boston Celtics player suffered a season-ending knee injury attempting a dunk after the whistle in the final minutes of a 97-84 loss to the Indiana Pacers in 2007?
  7. What NHL defenseman, who played with the Montreal Canadiens and Colorado Avalanche from 1990-2009, raced in the NASCAR Canadian Tire Series from 2009-15?

### Answers

1. James "Sunny Jim" Fitzsimmons.
2. "Play like a champion today."
3. John Matuszak.
4. Joan Benoit.
5. The American Birkebeiner.
6. Tony Allen.
7. Patrice Brisibebois.

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### Kovels from Pg. 10

**TIP:** If you are remodeling or redecorating, think about any antiques and collectibles displayed in the work area. Someone could hammer on a wall without worrying about the

shelves on the other side. For more collecting news, tips and resources, and to subscribe to the Kovels' free weekly email, Kovels Komments, visit [www.Kovels.com](http://www.Kovels.com).

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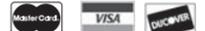
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9. Check Carburetor Settings
10. Test Overall Operation of Mower

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

#### GOLD TRACTOR PACKAGE

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3. Test Battery & Clean Terminals
4. Replace Spark Plug(s)
5. Change Engine Oil & Filter
6. Sharpen & Balance Blades
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9. Check Carburetor Settings
10. Check All Fluid Levels
11. Test Overall Operation & Safety System

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# Radio from the 20th Century

by Bill Zwack

William Conrad, actor, producer and director was born John William Cann Jr. on September 27, 1920 in Louisville, Kentucky. He was the deep throated, authoritative voice of Marshal Matt Dillon on the adult western *Gunsmoke* on CBS for the entire run of the series. Considered too stout for the TV series, however, some of the radio actors from *Gunsmoke* were considered but were voted out. For several years the network had wanted to develop such an authentic, honest sounding series. *Gunsmoke* seemed to fit the bill. Conrad, who was averaging 10 to 15 shows a week, specialized in drama with roles on *The Whistler*, *Romance*, *Lux Radio Theater*, and *Suspense* to name just a few. He was also the opening signature voice on *Escape* in the distinctive mode of Orson Welles.

friend who was an announcer," he said in a 1969 interview. "He'd let me do a commercial every now and then." During WWII he worked for the Armed Forces Radio Service. After *Gunsmoke*, he filled the TV screen in titled roles in *Jake and the Fatman*, *Cannon* and *Nero Wolfe*. His films included *The Killers* and *Sorry, Wrong Number*. In voice-over work, he was heard on the *Rocky and Bullwinkle* TV series. Conrad claimed once that he was on approximately 7,500 radio programs, not to mention the many TV series that he was part of. Because of his CBS contract, he sometimes appeared on shows on other networks under the pseudonym "Julius Krelboyne." William Conrad died Feb. 11, 1994 in North Hollywood, CA.

The heavysset Conrad got his first paying job at age 17 at KMOC Beverly Hills. "I was fascinated with radio and used to hang around with a dear

On the first Sunday night in March, from 6 to midnight, we will be spending an evening with William Conrad in a variety of his radio performances on *The Big Broadcast* which can be heard on AM 1370 KDTH.

*Children are the living messages we send to a time we will not see.*  
—John W. Whitehead

March 1954

## Down Memory Lane

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

### "Irish" Observe March 17

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

March 1954

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

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# VETERANS ★ POST ★

by Freddy Groves

## Internet Access for Veterans

Fifteen percent of veterans do not have an internet connection, limiting their access to Department of Veterans Affairs video telehealth services. But no longer. The VA's new Digital Divide Consult has geared up to help over 12,000 eligible veterans so far.

If you're a veteran living in a rural area, have limited broadband service, don't have a device with video, have a serious medical condition or are in temporary housing, you can get help with internet access and devices.

But there's more:

If you're part of a HUD-VA program, you can receive a smartphone to reach telehealth.

If you use TracFone SafeLink, T-Mobile (was Sprint) or Verizon, you can hook up with VA Video Connect health care without incurring data charges on your bill. Go to [mobile.va.gov/app/va-video-connect](http://mobile.va.gov/app/va-video-connect) for details. The VA will even do a test call before your visit to check your connection.

If you're in a rural area or don't have broadband at home, the VA has coordinated with various groups and businesses to create locations for you to use for talking privately to your health care providers. The American Legion, VFW and certain Walmarts are part of the Accessing Telehealth through Local Area Stations (ATLAS) program. Go to [connectedcare.va.gov/partners/atlas](http://connectedcare.va.gov/partners/atlas) for locations near you.

The Microsoft Airband Initiative is charged with creating broadband (high speed) in rural areas. Look at [microsoft.com/corporate-responsibility/airband](http://microsoft.com/corporate-responsibility/airband). (While you're there, check into the Microsoft Software & Systems Academy, 18 weeks of training for high-paying jobs.)

Additionally, you could be eligible for the FCC's Lifeline program, which subsidizes broadband and phone service for low-income veterans and veterans who get the following: Medicaid, SNAP, SSI, pension and survivors benefits, and more. Check [lifelinesupport.org](http://lifelinesupport.org) or call 800-234-9473.

Get started by contacting a VA social worker, who will have all the details and can determine your eligibility.

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Chris Ross - Solo  
Criss Cross Computers  
Criss Cross Productions  
References available

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### Heritage Center from Pg. 1

The series features the following virtual opportunities:

**Darryl Van Leer presents The Norm of Greatness: A Tribute to Dr. Martin Luther King Jr.**  
**Monday, March 8 – 7:30 p.m.**

Darryl Van Leer delivers stunning dramatic recitations of Dr. King's essential writings and speeches.

**Comedian Tommy Ryman**  
**Friday, March 12 – 8 p.m.**

This Minnesota-based comedian was a semifinalist on NBC's Last Comic Standing!

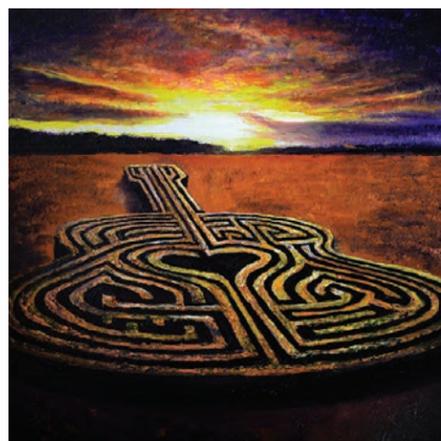
**President Harry Truman: A Grandson's Portrait**  
**Thursday, March 25 – 7:30 p.m.**

This one-hour play features President Truman's oldest grandson portraying his grandfather and himself to

create a fascinating portrait of the nation's 33rd president.

**Dr. Charles Barland, Organ Recital Tuesday, April 6 – 7:30 p.m.**  
**(FREE; link will be posted at www.dbq.edu/heritagecenter)**

The debut of John and Alice Butler Hall's Dobson pipe organ, Opus 97, features University Organist and Professor of Music Charles Barland, DMA.



**Landscape of Guitar: The Animated Painting Concert Experience Featuring Patchouli and Terra Guitarra**  
**Thursday, April 22 – 7:30 p.m.**

This No. 1 charting international guitar duo creates a breathtaking fusion of world-class music and art. Visit the corresponding art exhibit April 19-22.

**Mutts Gone Nuts: A Canine Cabaret**  
**Saturday, April 24 – 3 p.m.**

This comedy dog thrill show features high flying Frisbee and tight wire tricks, dancing, magic, and more.



**To Your Good Health from Pg. 14** absolutely are not bioidentical. They have both estrogen and anti-estrogen properties. They may slightly reduce breast cancer risk, probably have no effect on endometrial cancer risk and probably do not increase clotting risk. However, for women with a history of breast cancer, many oncologists recommend against soy protein due to its estrogen activity. Some hematologists warn against these in people with history of

abnormal blood clots.

The effect of phytoestrogens on sexual function has been studied, and a 2018 review showed that soy "had no promising effect" on sexual function. Of course, some women will have better effects than others.

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

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## What's it WORTH on ebay

If you have an item and you would like to know what it is worth, send digital pictures with a brief description to [paulhconnor@gmail.com](mailto:paulhconnor@gmail.com), or make an appointment to visit me at 201 North Commerce Street, Galena, IL. Be sure to check out our website at [www.ezsellusa.com](http://www.ezsellusa.com).

### Good things come in small packages.

This little statue stands less than 3 inches tall and was made by the Hudson pewter company. The company was in business for only a short period of time and manufactured several different items in pewter, most of their items were also made in a limited production run. The Hudson pewter company was founded in 1978 and registered in Massachusetts.

A recent search on eBay finds over 1500 listings for Hudson pewter figurines. We recently started work on selling a collection for a client, the collection fit comfortably in two shoeboxes. With over 50 pieces in the collection, we have sold just 6 items so far with a combined value on eBay of almost \$1,000.00. Charlene



the choir girl pictured here sold for \$120.00, she was posted on eBay at 4:40 p.m. and sold 29 minutes later at 5:09 p.m.

*The commonest fallacy among women is that simply having children makes them a mother—which is as absurd as believing that having a piano makes one a musician.*

—Sydney J. Harris

## Contract Bridge

### Detective Work Works Well

North dealer.

North-South vulnerable.

NORTH		EAST	
♠	A 10 8 2	♠	—
♥	Q 8 5	♥	10 9 6 2
♦	9 4 2	♦	Q J 8 7 3
♣	J 6 3	♣	K 10 8 4
WEST		SOUTH	
♠	Q 6 5	♠	K J 9 7 4 3
♥	J 7 4	♥	A K 3
♦	A K 10 5	♦	6
♣	Q 7 2	♣	A 9 5

The bidding:

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

Opening lead — king of diamonds.

Bridge is not what you'd call a guessing game. When you have a problem, there is usually a way to figure out the right answer. There are very few guessing situations in bridge where there isn't at least a smidgen of a clue to steer you in the right direction.

Take this case where South is in four spades and West leads the K-A of diamonds. Declarer ruffs and notes that he will almost certainly lose two clubs, so that to make the contract he must avoid losing a trump trick.

This doesn't look like much of a chore, since the trumps are likely to be divided 2-1, but if South is by nature a cautious soul, he makes allowance for the possibility of a 3-0 trump division. This matter cannot be ignored, since if the spades are actually divided 3-0, the trump loser can still be avoided by initiating the suit correctly.

Thus, if West has the Q-6-5, the lead of the king exposes the situation and wipes out West's potential trump trick, while if East has the Q-6-5, starting the trumps by cashing the ace first similarly overcomes the potential trump loser.

How does declarer resolve the question of whether to play the king or ace first? Obviously, he doesn't just mentally toss a coin; he starts by looking for clues instead.

There is a strong indication that West is unlikely to have a spade void. With the A-K of diamonds and one or two of the other missing honor cards, plus a void in spades as well, he might have overcalled or doubled for takeout at his first turn to bid.

Declarer therefore plays the king of spades at trick three and is rewarded for his caution when East shows out, rendering West's queen worthless.

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by Steve Becker

# Good Housekeeping

## Roasted Vegetables

Cooked until they are tender and golden, these roasted vegetables can accompany almost any winter meal —especially roasted meat and poultry.

- 1 1/2 pounds medium-size red potatoes
- 2 (about 1 3/4 pounds) fennel bulbs
- 2 (about 1 pound) red onions
- 2 (each about 1 pound) acorn squash
- 5 medium carrots
- 4 medium parsnips
- Olive or salad oil
- 2 teaspoons chicken-flavor instant bouillon
- 1 teaspoon coarsely ground black pepper
- 3/4 teaspoon salt
- 3/4 teaspoon dried thyme leaves
- Fresh thyme sprigs, for garnish

1. Cut potatoes into 2-inch chunks. Cut root ends and stalks from fennel bulbs; cut each bulb lengthwise through the root end into 4 wedges. Cut each onion into 4 wedges. Cut each squash lengthwise into quarters; discard seeds. Cut each quarter crosswise into 2

pieces. Cut carrots and parsnips crosswise in half. (If thick, cut thick portion lengthwise in half.)

2. Preheat oven to 400 F. Evenly divide vegetables between 2 large roasting pans, each about 17 by 11 1/2 inches (or between 1 large roasting pan and one 15 1/2 by 10 1/2 inch jelly-roll pan). Toss vegetables in each pan with 2 tablespoons olive or salad oil. In small bowl, mix bouillon, pepper, salt and thyme. Toss half the seasoning mixture with vegetables in each pan.

3. Arrange pans on 2 oven racks. Roast vegetables 30 minutes, stirring once. Switch pans on oven racks; roast 20 to 30 minutes longer, stirring once, until vegetables are tender and nicely browned.

4. Remove vegetables to warm large platter. Pour 2 tablespoons hot water into each pan, stirring to loosen brown bits. Pour liquid from each pan over vegetables. Garnish with thyme sprigs. Serves 8.

• Each serving: About 270 calories, 8g total fat, 540mg sodium.

For thousands of triple-tested recipes, visit our Web site at [www.goodhousekeeping.com/food-recipes/](http://www.goodhousekeeping.com/food-recipes/).

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## Comfort foods

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### Cozy Vegetable Soup

We now have more winter behind us than before us, but it sure seems like a long, long time before we see spring. We need some comforting soup NOW to see us through.

- 2 cups water
- 4 cups chopped cabbage
- 1 cup shredded loose-packed frozen potatoes
- 1/2 cup chopped onion
- 1 (12 fluid-ounce) can evaporated fat-free milk
- 3 tablespoons all-purpose flour
- 1 teaspoon dried parsley flakes

- 1/8 teaspoon black pepper
- 2 tablespoons chopped real bacon bits
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large saucepan, combine water, cabbage, potatoes and onion. Bring mixture to a boil. Lower heat and simmer for 10 minutes.

2. In a covered jar, combine evaporated milk and flour. Shake well to blend. Pour milk mixture into cabbage mixture. Mix well to combine.

3. Stir in parsley flakes, black pepper, bacon bits and Parmesan cheese. Lower heat and continue cooking until mixture thickens and is heated through, stirring occasionally. Makes 4 (1 1/4-cup) servings.

• Each serving equals: 169 calories, 1g fat, 11g protein, 29g carb., 328mg sodium, 3g fiber; Diabetic Exchanges: 1 Fat-Free Milk, 1 Starch, 1 Vegetable.

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### Ingredients

- 2 tablespoons butter
- 1/2 sleeve Townhouse crackers, crushed

# Cremer's Cooking Tips

## Cremer's Baked Cod

- 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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### Directions

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

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

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

Remove dish from oven.

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

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

Serve with lemon wedges.

**MAGIC MAZE • LITERARY GENRES**

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally  
 Unlisted clue hint: *Saying One Thing Implying Another*

- |           |            |           |          |
|-----------|------------|-----------|----------|
| Action    | Drama      | Mystery   | Thriller |
| Adventure | Fantasy    | Political | Urban    |
| Comedy    | Historical | Romance   | Western  |
| Crime     | Horror     | Saga      |          |

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**GO FIGURE!** by Linda Thistle

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

	x		+		16
x		÷		-	
	-		x		20
+		x		x	
	-		x		24
17		15			18

1 3 4 5 6 7 8 9 9

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

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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sale sign is added. 2. Button missing from woman's jacket. 3. Ceiling light is added. 4. Bowtie is missing. 5. Man's tie is white. 6. Row of rings is missing.

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**SUDOKU**

by Linda Thistle

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

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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**SUDOKU Answer**

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

**King Crossword**  
 Answers

Solution time: 23 mins.

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

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**LITERARY GENRES**

Go Figure! answers

	18		15		17
24	6	x	5	-	9
		x			+
20	4	x	3	-	8
			÷		x
16	7	+	9	x	1

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