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Food Safety: Avoid cross-contamination

Cross-contamination is a potential risk when preparing different types of food. It occurs when harmful bacteria from one food, especially raw meat, are transferred to another food. This often happens when cutting boards, knives, countertops, and hands are not washed after handling each item. Preventing cross-contamination is essential for protecting yourself from foodborne illnesses.

To prevent cross-contamination, follow these steps:

- When shopping, use plastic bags to separate raw meat, poultry, seafood, and eggs from other foods in your cart.
- Keep raw meat, poultry, and seafood separate from other foods when you check out by placing them in different grocery bags.
- Use soap and warm water to wash your hands for 20 seconds before and after handling food.
- Always use a clean cutting board. If possible, use different boards for fresh produce and raw animal products. Also, do not use excessively worn cutting

boards; replace them.

- Wash dishes and counter tops with hot soapy water before and after preparing each food item.
- Never place cooked food back on the same plate or cutting board that previously held raw food
- Don't serve cooked food with the same utensils that handled raw food, unless they have been washed first in hot, soapy water.
- Make sure juices from raw meat and other animal products do not drip onto other foods in the refrigerator. Keep them in sealed plastic bags or containers and stored below ready-to-eat food items.

For more information on how to avoid cross-contamination contact AnswerLine call 1-800-262-3804, Monday-Friday from 9 am-noon and 1-4 pm. or visit the website at: www.extension.iastate.edu/families/answerline

Source: Adapted from PM2099R, **Words on Wellness (WOW)** Newsletter, March 2012, Iowa State University Extension and Outreach

SENIOR NEWS LINE

by Matilda Charles

AARP membership: It's worth having

After many years at the same cost, AARP increased their membership fee to \$20 at the beginning of this year. But it's still a bargain when you consider the additional benefits, savings and discounts that are available, as well as the newspaper and magazine.

The website (aarp.org) lists discounted gym memberships, travel and vacation packages, insurance, flowers and so much more. If you need computer help such as hooking up to a wireless network or printer, you can get 15% off the Norton Ultimate Help Desk.

The health benefits especially are worth considering. If you suspect you need hearing aids, AARP Hearing Solutions offers a free hearing exam and then 20% off hearing aids, should you need them.

If you need at-home physical therapy, AARP offers the service through Luna, and it's covered

by Medicare, Aetna, Anthem and Cigna.

Check the Optum Rx page on AARP's website for prescription drug discounts. Enter your drug in the search box and it will find the best price. Print out your discount card or have it sent to you in email.

In my area, I qualify for discount tires, Dr. Scholl's shoes (20% off) and half-price car washes, among other things.

The discounted items aren't the only thing you'll find with AARP. The Tax Aide Locator is set up to help low and moderate income seniors with tax preparation — or, if you prefer to do it yourself with just a little bit of coaching, they can provide that, too.

The advice and how-to columns alone are worth the cost of the membership. Digitizing your old home movies, tips to help prevent falls and seven ways to avoid germs at the gym are just a few of the current columns on AARP's online front page.

To learn more about the benefits of an AARP membership, check the website or give them a call at 888-687-2277.

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An Uplifting Moment from Pg. 7

According to Jesus' teaching, there's only one right answer to the hypothetical

question at the beginning of this writing whether to help out the person who is looking for a parking place.

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Elderly Man Weighs 84 Pounds Decades After His Stomach Removal

DEAR DR. ROACH: Is 18 years a record for living without a stomach? A family member had stomach cancer when he was 70 and had his stomach removed. He consulted with a dietician and has been able to eat small but frequent meals. He can also take enzymes, vitamins and other things, but slowly he has lost weight.

Now at 88, he is down to 84 pounds, and his muscles are also affected. He used to play racquetball regularly, but this

came to an end during COVID and wasn't picked back up after the pandemic. He can no longer walk without assistance. They are putting a feeding tube into his small intestine to supplement what he usually eats.

Are you familiar with this type of thing? What else can be done, or is this the end? Will he starve to death? — *Y.F.*

ANSWER: I have seen many patients with stomach cancer and have never seen this degree of weight loss, but weight loss is very common after removing the stomach. This degree of weight loss is very disturbing and usually results in a worse outcome, so effective treatment is overdue. A feeding tube, which isn't often the appropriate treatment for weight loss, seems to be an important short-term treatment. I assume that he has had extensive evaluations for the recurrence of diseases, including CT scans.

You mention that he has been getting vitamins; B12 and vitamin D levels are often profoundly low after gastrectomy (removal of the stomach), so these should be checked, even if he has been on replacements. If no other cause is found, it might be worth a try to use an appetite stimulant.

In addition, I would formally measure his total calorie input in a day to see whether the problem really is that he isn't getting enough calories. I would be worried that he isn't absorbing all of them.

There is no reason for him to starve to death. In the very worst case, nutrition can be given intravenously while they figure out why he is losing so much weight.

...
DEAR DR. ROACH: I am an 84-year-old male in amazingly good health and have great physical abilities, but after running about 3 miles, I noticed some minor chest discomfort. After a calcium score test and stress test, my doctor wanted to place stents in my coronary arteries.

I read a National Institute of Health study from 2020 regarding stent outcomes versus medication and lifestyle changes, and it showed no difference in the outcomes. So, I decided not to do the stents.

I no longer do any distance running, but I do weight training and a stationary bike exercise for 10 minutes without any chest issues. I now take statin drugs, blood pressure medicines, and baby aspirin.

Are you familiar with this study, and am I doing a reasonable thing by not having the stents inserted? — *T.E.*

ANSWER: Whether stents are beneficial in people with stable coronary artery disease remains somewhat controversial. Although stents in

To Your Good Health cont. Pg. 18

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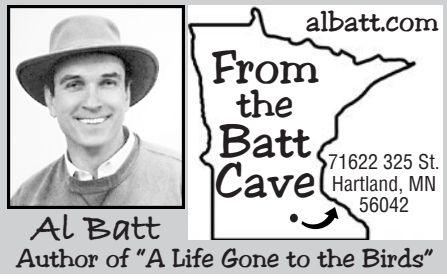
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The hospital said my wallet had to come out

Finders, keepers. Losers, weepers.

I don't believe that idiom. I've found lost wallets, purses, a laptop computer, a tablet, cellphones, a camera, a spotting scope, car keys, dogs, used bubble gum and a class ring. I turned them all over to the proper authorities and trust they were reunited with their owners. I was telling stories in Illinois when I found a thick wallet hiding behind the door of my room. It was so hefty that if the owner had flown there, his wallet would have gone as checked luggage. It was surprising the wallet didn't have wheels and a handle. If a bulky wallet in a back pocket can cause a spinal imbalance leading to back pain, the guy was likely in traction. When I contacted the owner in North Carolina, he was flabbergasted. He wanted his wallet and cards back but asked if I'd donate the money to charity. I did just that. I sent his wallet back with a tax-deductible receipt for his \$601 donation to a fine charity.

That was a nice wallet. I didn't covet the wallet, but it was a dandy. Earlier, I'd been in an airport, working on my yawning, when I spotted someone looking at a phone. It took some intestinal fortitude to resist the urge to look at my cellphone. When another looks at his wallet, I have no desire to look at mine, but I might if it were as handsome as that previously lost wallet.

Last year, two fishermen were on Lake Superior when one dropped his wallet into the

water. They watched a carp grab the wallet. Another carp stole it away but hadn't gone far before a third carp seized it. The other angler remarked, "That's the first time I've ever seen carp-to-carp walleting."

I got a new wallet recently. I get one every 20 years. The old one had become battered and tattered. This might have been due to climate change, loss of habitat, normal wear and tear, or damage done by the moths that had taken up residence in it. I cleaned the old one out and transferred the things worth keeping. It was as I'd figured; there wasn't much money. There were more faded receipts than cash, but the new wallet became home for credit cards, driver's license, photos and moths.

My new wallet is brown in color. It's not just brown; it's a kind of brown with a name you'd find on paint in a Sherwin-Williams store. My wallet isn't made from Naugahyde. That's good. I don't see many naugas around here anymore. Vole fur would have been lovely, but it was unavailable.

Kings and billionaires employ bodybuilders as wallet bearers or pushers of wheelbarrows overflowing with moola. The family legend is that my great-grandfather tied his wallet lengthwise and crosswise with shoelaces. That kept the contents secure and gave him a chance to have second thoughts. While he untied the shoelaces to get to his spending money, he had time to determine whether he needed what he was about to buy. He claimed those shoelaces had saved him oodles of money. Rubber bands could do that job, but they might snap for no reason.

My wife has several purses. She doesn't carry them all at once. Purses need to be switched out. Purses tire easily and need

Al Batt cont. Pg. 16

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Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What is the highest mountain in Canada?
2. TELEVISION: Who is the host of the long-running reality series "Survivor"?
3. LITERATURE: Which animals represent the Communist Party in "Animal Farm"?
4. U.S. STATES: Which state is the birthplace of the singer Elvis?
5. ASTRONOMY: How long does it take the moon to orbit the Earth?
6. MOVIES: What is the score Elle receives on her law school admission test in "Legally Blonde"?

7. ADSLOGANS: Which product's slogan is "Is It In You"?
8. LANGUAGE: What is an eraser called in the United Kingdom?
9. SCIENCE: What are the four primary precious metals?
10. GENERAL KNOWLEDGE: Valentine's Day arose from which Roman ritual?

- Answers**
1. Mount Logan.
 2. Jeff Probst.
 3. Pigs.
 4. Mississippi.
 5. 27.3 days.
 6. 179.
 7. Gatorade.
 8. A rubber.
 9. Gold, silver, platinum and palladium.
 10. Lupericala.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
March 2016

There Was No One Like The “Duke!”

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

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

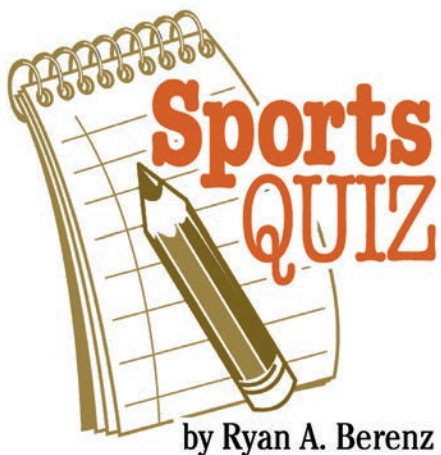
Maury, Grandpa could fill this space multiple times describing how special Duke was, plus relate the many good and great times I



Jerry Eberhardt with grandson, Maury Cohn

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

Much love, Grandpa.



by Ryan A. Berenz

1. This relief pitcher won World Series titles with the 1969 New York Mets and the 1980 Philadelphia Phillies. His son is a country music star. Who is he?
2. Who did Muhammad Ali defeat in a hard-fought unanimous decision to retain the undisputed heavyweight championship at New York City’s Madison Square Garden on Sept. 29, 1977?
3. Name the motorsports driver, engineer, designer and businessman from New Zealand who was killed in 1970 while testing a new racecar in England.
4. Center Will Perdue won three NBA championships with the Chicago Bulls from 1991-93 and won his fourth title with what team in 1999?
5. Pro Football Hall of Fame wide receiver Calvin Johnson, who played for the Detroit Lions from 2007-15, was nicknamed after what “Transformers” character?
6. Atlanta Drive GC, Boston Common Golf, Jupiter Links GC and The Bay Golf Club are among the teams in what indoor/virtual golf league?
7. Name the Hall of Fame jockey who won the Kentucky Derby riding Sea Hero in 1993 and Grindstone in 1996.

Answers

1. Tug McGraw (his son is Tim McGraw).
2. Earnie Shavers.
3. Bruce McLaren.
4. The San Antonio Spurs.
5. Megatron.
6. TGI Golf.
7. Jerry D. Bailey.

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Kovels from Pg. 10

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1. Name the town mentioned in “Last Chance to Turn Around.”
2. Who wrote and released “Love Is All Around”?
3. Which group wrote and released “The Tracks of My Tears”?
4. Who wrote “Anticipation”?
5. Name the song that contains this lyric: “I know you don’t know what I’m going through, Standing here looking at you.”

Answers

1. Brooklyn, in the 1965 song by Gene Pitney. Besides creating his

own hits, Pitney penned chart toppers for others, including the Crystals, Ricky Nelson, Vikki Carr and Roy Orbison.
2. The Troggs, in 1967. The song charted around the globe, but it really took off when Scottish band Wet Wet Wet covered the song for the film and soundtrack “Four Weddings and a Funeral.” Their version topped the charts nearly everywhere.
3. Smoke Robinson and the Miracles, in 1965. In 2021 it was ranked as “The Greatest Motown Song of All Time.”
4. Carly Simon, in 1971.
5. “Hurt So Bad,” by Little Anthony & The Imperials, in 1964. The song was a hit for the group, especially after they sang it on “The Ed Sullivan Show.” The song has been covered by numerous others, including The Lettermen and Linda Ronstadt.

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Plant Talk

by Ken Resch



Go Native this Spring! (Part II)

In February, I introduced readers to native eastern Iowa forbs (wildflowers/perennials) and grasses that have been part of our landscape for more than a century of cultivation. In fact, these plants, and the shrubs and trees I'll discuss this month, were here before Julian Dubuque settled the area.

Gray Dogwood (*Cornus racemosa*)

and **Redosier Dogwood**,
(*Cornus stolonifera*)

are two of our standard bearers for mass plantings. Redosier is beautiful with its red stems against winter snow, and both provide habitat and food for wildlife.

Common Ninebark (*Physocarpus opulifolius*)

Though I've grown a dwarf, hybridized form of Ninebark, my hunch is the common variety is similar. I like the peeling bark of this 6-8 foot shrub as well the dainty lobed leaves and white flowers.

Nice winter contrast.

American Black Currant (*Ribes americanum*)

A definite hit with the native wildlife as well as any of you who make jelly from the very edible berries of this plant.

Common Snowberry (*Symphoricarpos albus*)

A medium sized plant that is also great for habitat coverage and food for wildlife.

Highbush Cranberry (*Viburnum trilobum*)

Highbush Cranberry is a variety that has been in propagation for more than a century and pioneers were known to make jelly from the berries. Birds love the fruit of these three season plants with flowers in the spring, deeply colored clusters of berries in summer and rich foliage colors through late fall.

Rafinesque Viburnum (*Viburnum rafinesquianum*)

Rafinesque Viburnum is actually an Arrowwood viburnum variety and it, along with a host of other related cultivars, was used by Native Americans to make arrow shafts (hence the name) because of their straight and sturdy stems. This is a very hardy viburnum that will offer all the delights of any of our hybridized viburnums.

I've mentioned several times in various columns that we must be wise consumers of plant goods. Just because a nursery carries a given tree or

shrub, does not automatically make it worth growing. A simple case in point might be Silver Maples, Lombardy Poplars and the once common Green Ash. I would not recommend any of these three simply because they are weak, not long-lived, not particularly becoming and all have been overplanted. This became clear when the Green Ash trees were decimated by the Ash Borer. Following are many readily available trees that are not appreciably more expensive. For those in the know, I've left some native trees off including all those in the *Prunus* species as well as the white birch because it lacks hardiness. The remaining list is still quite ample for anyone.

Common Hackberry (*Celtis occidentalis*)

Tough, sturdy tree.

Eastern Wahoo (*Euonymus atropurpureus*)

Interesting bark and texture; more of a shrubby tree and related to the Dwarf Burning Bush commonly seen in its bright red color in the fall.

Sugar Maple (*Acer saccharum*)

A great leaf color of orange-red in the fall.

Shadblow Serviceberry (*Amelanchier canadensis*)

A shrubby tree is the preferred wildlife form and it's readily available that way.

Kentucky Coffeetree (*Gymnocladus dioica*)

Not often seen; deeply furrowed bark.

Common Witchhazel (*Hamamelis virginiana*)

Adds great color to the winter landscape as a shrubby tree with yellow petals and red cups to the flowers held on bare branches.

Eastern White Pine (*Pinus strobus*)

A standard conifer for the Midwest; a great windbreak for large open areas. Plant in groups as opposed to rows.

Sycamore (*Platanus occidentalis*)

One of the hardiest trees for urban areas.

White Oak (*Quercus alba*),

Swamp White Oak (*Quercus bicolor*)

and Northern Red Oak (*Quercus borealis*)

All these Oaks are worthy giants of the landscape. They may grow more slowly than others, but their majesty is unsurpassed.

American Linden (*Tilia americana*)

A densely branched tree of uniform pyramidal shape.

Yes, there are dozens if not hundreds of other native plants not mentioned. My intentions are to introduce readers to an array of often overlooked plants. Do a little reading or internet searching about some of these

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Mix one part borax with 3 parts powdered sugar. Fill tiny containers (such as bottle caps) with the bait, and place them where you suspect ants are entering your house.

If you see trails of ants, place small containers of the mixture directly in their path. They will carry the bait back to the nest, unable to differentiate between the borax and sugar, and the borax particles will eventually kill the entire colony.

Making your own ant bait

Keep leaving out bait until no more ants are seen wandering.
- Brenda Weaver



Source: diynatural.com

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wonderful plants of Iowa. April is closing in and it won't be long before that fresh smell of newly turned soil will reach our noses with its fragrant bouquet. My grandfather's words "Come next spring" were always words of hope and renewal and they've never failed to encourage me to plant and be at one with Nature.

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Radio
from the
20th Century

by Bill Zwack

Rocky Jordan was the resurrected 30 minute weekly version of *A Man Named Jordan* which had run on a CBS 15 minute daily serial in 1945. The new show, also on CBS, (but on the west coast only) was first heard in 1949-50 and was virtually a duplicate of the serial. It too starred Jack Moyles, owner of the Cafe Tambourine, "where modern adventure and intrigue unfold against the backdrop of antiquity."

The only real change was that the Cafe Tambourine was uprooted from Istanbul and plopped down in Cairo — "Gateway to the Ancient East." Moyles played the same hard-driving Rocky, a man always on the lookout for a loose buck and loose women; his series was a solid feather in the CBS adventure cap. Jay Novello played Captain Sam Sabaaya of the Cairo Police. For a time

the show was sponsored by Del Monte Foods; it was directed by Cliff Howard, written by Larry Roman and Gomer Cool, and well-scored with original oriental-sounding music by Richard Aurandt. Larry Thor (of *Broadway is My Beat*) announced.

On July 18, 1951, still another *Rocky Jordan* came to CBS coast-to-coast. This time though the production crew remained essentially the same, however, Moyles was replaced by George Raft. The change did nothing for Rocky's character, and in fact may have diminished it. Moyles had played the part since 1945; to listeners with long memories, he was *Rocky Jordan*. All Raft brought to the show was a glamor name. By 1952, even that was gone.

Rocky Jordan, at times, can be heard on AM 1370 KDTH's *Big Broadcast* which is heard every Sunday night from 6 to Midnight.

Al Batt from Pg. 13

to be rested. A purse is a place to keep the necessities that migrate to its bottom—cellphone, car keys and reward cards.

Because I was too often guilty of saying, "Honey, could I put the car keys in your purse? There's no room for them in my wallet," I have a man's purse. It's a ragged messenger bag I sling over my shoulder. My wife put something of hers in it. It's an anvil.

I was given a wallet as a high

school graduation gift. I wanted something nice to keep my lack of money in. My mother had placed a clipping in that wallet when I went off to college. It was probably snipped from Capper's Weekly. It was a quote from Washington Irving, "A mother's love endures through all."

That bit of paper was a constant reminder that something in my wallet was worth far more than money.

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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."



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.

March 1954

March 1954

DSO and DMoA from Pg. 3
 interest from youth and adults. It's exciting to see how the artists each year interpret the theme. We're always amazed by the imagination we see in the work submitted."

Winners receive tickets to the Dubuque Symphony Orchestra's performance of "Beethoven's 5th" on February 15-16, 2025 and a Family Membership to the Dubuque Museum of Art. Winners' art will also serve as cover art for the DSO's concert program book that weekend.

About the Dubuque Symphony Orchestra

Under the direction of Maestro William Intriligator, the Dubuque Symphony Orchestra creates exceptional live musical experiences that challenge and inspire audiences. Our mission is to engage the tri-state community and enrich its

quality of life through musical performances and educational programs. We strive for artistic achievement, innovation and commitment to our community. For more information, visit www.DubuqueSymphony.org.

About the Dubuque Museum of Art

The mission of the Dubuque Museum of Art is to create engaging art experiences that excite, inspire, and connect our community. Accredited by the American Alliance of Museums in 2005, the Museum strives to be responsive to artists within the region as well as to the general community through a variety of temporary exhibitions, gallery tours, outreach programs, and educational classes and parent/child initiatives. For more information, visit <https://dbqart.org/>

DSO from Pg. 1

to hearing his latest composition for orchestra."

Celebrated as a leading interpreter of classical works and for her extraordinary ability to connect with audiences, violinist Rachel Barton Pine makes her DSO debut performing the Sibelius Violin Concerto. "We are bringing in huge star-power with Pine," continues Intriligator. "Having her perform with the DSO has been on my bucket list for years. Through her incredible

concerto playing, wonderful recitals, many recordings, and advocacy for under-represented composers, Rachel is a unique star in the classical music world!"

Concerts will take place Saturday, March 8th at 7:30pm and Sunday, March 9th at 2pm, Five Flags Theater. Tickets start at \$20 and are available through the Five Flags Box Office, or dubuquesymphony.org/concerts-and-events (buy direct at box office to avoid Ticketmaster online fees).



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Classical Blast in Kilts
Rockin' Celtic Music
 Saturday, March 15, 2025
 7PM



Classical Blast, based out of the Chicago area, is wildly popular for their innovative new arrangements of classic rock tunes performed on a mix of classical and rock instruments. Classical Blast has opened concerts for major rock headliners, including The Electric Light Orchestra; Stryper, Michael McDonald; famed Eagles guitarist, Don Felder; rock legend, Joan Jett and many others. From Bach to classic rock to contemporary pop, you'll find their performance exhilarating and their musical approach refreshing. Their unique mix of classical and contemporary is captivating, powerful and beautiful.

Tickets: \$25 (in advance) \$28 (at the door).
 Students (18 & Under) Tickets: \$15 (in advance) \$18 (at the door)

SHINDIG!
A Tribute to the '60s

Shindig
A Tribute to the 60's
 Saturday, April 26, 2025 • 7PM

Immerse yourself in the '60s music scene! SHINDIG! A Tribute to the '60s always delivers an entertaining trip back to the greatest and most diverse decade of rock and roll music. Covering over 90 different bands from that period in time where music told the story of an entire generation - Early '60s, British Invasion, Psychedelic, Pop, Girl Groups, Woodstock... are all part of the show!

Featuring songs by The Beatles, The Beach Boys, The Monkees, The Rolling Stones, The Supremes, Herman's Hermits, Cryan' Shames, The Mamas and the Papas, Sonny and Cher and the best 'girl groups', SHINDIG! recreates "true to the originals" renditions of the 45's played on AM radio during this decade of great music. And the unique, period look of the band mirrors each set of music that they deliver adding to that feeling of being immersed in the '60s music scene!

Tickets: \$25 (in advance) \$28 (at the door).
 Students (18 & Under) Tickets: \$15 (in advance) \$18 (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.

11th Annual

St. Patrick's Day Irish Party

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Saturday, March 15, 2025 • 4 pm - 9 pm

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• Ballyheigue (5:00-8:00)

Irish beverages and food will be available for purchase
\$10.00 Donation (under 12 - free)



Join us for the August 23, 2025 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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<p>Stone Cliff Winery Port of Dubuque Now serving Dubuque Star Beer Tue-Sun, 11am-7pm</p>	<p>The Golden View The Community Paper For Active Adults 563-543-0640</p>	<p>Monk's Kaffee Pub 373 Bluff Street Ph 563-585-0919 Organic coffee & full bar</p>	<p>Happy's Place 2323 Rockdale Road 563-556-9734 happysplacedubuque.com</p>
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To Your Good Health from Pg. 12
 combination with a healthy diet, exercise and medication may improve symptoms better than lifestyle changes and medication alone, there are no data to show an improvement in lifespan or in preventing heart attacks.

Your cardiologist wanted to reduce your symptoms, but if you aren't having any now, then stenting isn't indicated. If

you had to reduce your running because of chest discomfort, then stenting might possibly allow you to do more exercise without having these symptoms.

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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DUBUQUE FIRE

Derek Paulson, Assistant Fire Marshal

According to the U.S. Consumer Product Safety Commission, at least 25,000 fire or overheating incidents in lithium-ion batteries occurred in a five-year period. Lithium-ion batteries are in many products we use every day such as power tools, electronics, children's toys, appliances, smoke alarms and many other products. However, lithium-ion batteries do have some safety issues as well. Here are some safety tips on how to properly use, store and handle lithium-ion batteries.

When looking at purchasing items using lithium-ion batteries, only purchase devices that have been listed by a qualified testing laboratory such as the UL (Underwriters Laboratories) or other qualified testing laboratories. When a product has been UL listed or another qualified tested laboratory listed, it means that the product has met and passed national safety and testing standards. This doesn't mean that the product can't still fail or have issues, but it does mean that it has been thoroughly tested and has met all the vigorous standards to be as safe as possible.

Always follow the manufacturer's instructions for the device and battery. Do not use a different battery for

a device it wasn't intended to be used with. Do not use a different charging cord than the one the device came with. If the cord or other part needs to be replaced, most companies have a site where you can order replacement parts for that same brand, make and/or model.

When charging a battery or batteries, only charge them until they indicate they are fully charged and then remove them from the charger. Letting lithium-ion batteries stay in the charger indefinitely or until needed can overheat the battery or batteries, which can lead to a fire. Batteries should also only be charged in temperatures above freezing and no hotter than 105 degrees Fahrenheit.

Never charge a battery such as a cell phone or computer while it is sitting on your bed, clothes or other combustible materials. Batteries and the charger itself can become very hot to the touch while charging, which then can lead to the material they are laying on or against to heat up leading to a potential fire.

And as always, make sure your smoke alarms are in working order. 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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If you have an item and you would like to know what it is worth, send digital pictures with a brief description to paulhconnor@gmail.com, or make an appointment to visit me at 201 North Commerce Street, Galena, IL. Be sure to check out our website at www.ezsellusa.com.

Dad's Root Beer is a classic American brand of root beer, known for its rich, creamy flavor and nostalgic branding. It was created in 1937 by Ely Klapman and Barney Berns in Chicago, Illinois. The drink became a staple in households and soda fountains during the mid-20th century, standing out with its distinctive blue, red, and yellow label.

Dad's Root Beer was one of the first brands to sell its product in six-packs, helping to popularize the packaging format. The company also introduced half-gallon bottles, often marketed as "Family Size," appealing to its brand image of being a family-friendly beverage.

If you're a fan of root beer, it's considered a classic choice for floats or just enjoying on its own. This 1950's Dad's Root



Beer menu board was found recently when cleaning out an old home here in Galena. This sign measures 22" by 28" and is printed on tin, it sold on eBay for \$300.00.

*It's when you're safe at home that you wish you were having an adventure.
 When you're having an adventure you wish you were safe at home.*

—Thornton Wilder

Contract Bridge

Silence is Golden

West dealer.

North-South vulnerable.

NORTH

♠ K Q
 ♥ J 8 6
 ♦ K 8 5
 ♣ A K J 10 2

WEST

♠ A 10 9 7 5
 ♥ K 10 5 2
 ♦ A Q 4
 ♣ 3

EAST

♠ 8 3
 ♥ —
 ♦ J 10 9 6 3 2
 ♣ 9 8 7 6 5

SOUTH

♠ J 6 4 2
 ♥ A Q 9 7 4 3
 ♦ 7
 ♣ Q 4

The bidding:

West	North	East	South
1 ♠	1 NT	Pass	4 ♥

Dble

Opening lead — three of clubs.

When a defender is reasonably sure he can set an opposing contract, he naturally considers doubling. Before he actually utters that word, however, the defender should consider whether he might be giving away information that will help declarer make a contract that might otherwise fail.

Take this case where West doubled four hearts and led the three of clubs. South had no trouble diagnosing the three as a singleton, since the deuce was in dummy and the bidding marked West with length in spades and hearts.

Declarer won the club with

the queen and, utilizing his knowledge of West's hand to the fullest, cashed the ace of hearts, disdaining a finesse. When East showed out, as expected, South led another heart toward the J-8.

West put up the king since declarer would finesse the eight if the heart was ducked. Furthermore, West wanted to lock declarer in dummy and force him to lead a diamond or a club.

So, after taking the heart king, West played the ace and another spade to dummy's king. Declarer cashed the jack of hearts and then made the key play, leading the diamond king from dummy. This rendered the defense helpless. (If declarer had led a low diamond instead, East could have won the trick and given West a club ruff to defeat the contract.)

West took the king of diamonds with the ace, but when he tried to cash the queen, declarer ruffed and drew West's ten of trump with the queen. South then claimed, discarding his fourth spade on one of dummy's good clubs.

It's true that South might have made four hearts without the double by West, but the double left declarer with no doubt about how to proceed.

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by Steve Becker



This No-Knead Bread Recipe is Great for Busy Families on a Budget

Get rolling in the dough with this amazing no-knead recipe that bakes up to four 1-pound loaves of tasty artisan bread for around \$2. I'm not kidding — less than \$1 a loaf! It's not only easy on your budget but also quick and effortless to prepare, as authors Jeff Hertzberg and Zoe Francois describe in their best-selling book that created a buzz far and wide: "Artisan Bread in Five Minutes a Day."

When I stopped by Zoe's kitchen, her active sons were home from school, shaping dough for their own pizzas. "Inventing nutritious recipes and eating together are important to our family," said Zoe. "When kids get involved in cooking and baking healthy foods, they'll eat what they make."

For the master bread recipe, let kids loose to measure flour, salt, water and yeast in a bucket. They'll love stirring up the concoction with a wooden spoon and their hands. Let it rise, and you're ready to bake bread for up to two weeks. You can even adapt the recipe for sweet breads, flatbreads and pizza.

Give it a try and discover the fun of rolling in the dough! Here's what you'll need:

- 3 cups lukewarm water
- 1 1/2 tablespoons granulated yeast
- 1 1/2 tablespoons kosher salt
- 6 1/2 cups unbleached all-purpose flour



PHOTO CREDIT: Donna Erickson

Mix together ingredients in a 5-quart food-grade lidded bucket or container. Cover loosely, let rise at room temperature for about 2 hours, then refrigerate for up to two weeks. Bake some of the dough now, if you wish.

To prepare a loaf, cut off a grapefruit-sized piece of dough, sprinkle flour on it, and briefly shape it into a ball with flour-covered hands. Allow it to rest for 40 minutes on a pizza peel or a wooden board covered with parchment paper (or sprinkled with cornmeal).

Twenty minutes before baking, preheat oven to 450 F. Then set a baking stone on a rack in the center of the oven and an empty broiler tray on the lower rack. When ready to bake, dust the top of the loaf with flour. An adult should make a 1/4-inch-deep crisscross slash on top with a sharp knife and slide the dough onto the baking stone. Pour a cup of hot water into the broiler pan before closing the oven door.

Bake for 30 minutes, or until crust is browned. Let cool. Slice and serve.

Extra Resource: Watch Jeff and Zoe prepare the complete recipe online at www.ArtisanBreadinFive.com.

...
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Out on a Limb by Gary Kopervas

"J, TRY J" WHEN THE WOLF'S AWAY THE SHEEP PLAY WORDLE

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Cremer's Cooking Tips

Corned Beef and Cabbage

Ingredients

- 4 medium potatoes, peeled and quartered
- 1 pound carrots, cut into large chunks
- 1 onion, cut into wedges
- 3 cups water
- 2 tablespoons sugar
- 2 tablespoons cider vinegar
- 3 cloves garlic, minced
- 1/2 teaspoon ground black pepper
- 1 (3 pound) corned beef brisket with spice packet, cut in half
- 1 small head cabbage, cut into wedges

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Directions
 Gather all ingredients. Place potatoes, carrots, and onion into a 5 or 6-quart slow cooker. Combine water, sugar, vinegar, garlic, black pepper, bay leaf, and contents of spice packet in a small bowl; pour over vegetables. Top with beef brisket and cabbage. Cover and cook on Low until beef and vegetables are tender, 8 to 9 hours. Serves 6.

MAGIC MAZE ● — NUTS

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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: PASTRY WITH A MIDDLE HOLE

- Beech
- Bitter
- Brazil
- Butter
- Cashew
- Climbing
- Coco
- Hazel
- Hickory
- Macadamia
- Pistachio
- Quandong
- Safety
- Square
- Wing

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SUDOKU

by Linda Thistle

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

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

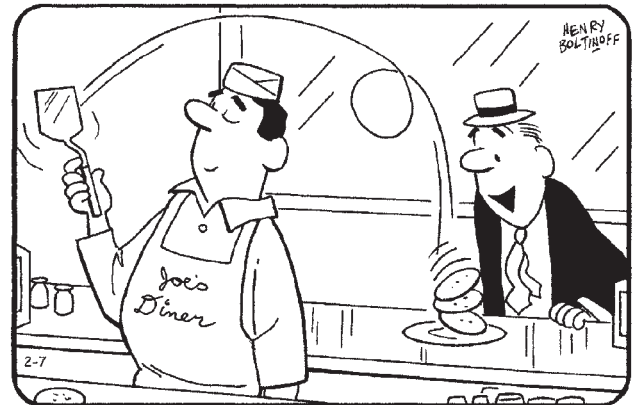
DIFFICULTY THIS WEEK: ♦♦

- ♦ Moderate
- ♦♦ Challenging
- ♦♦♦ HOO BOY!

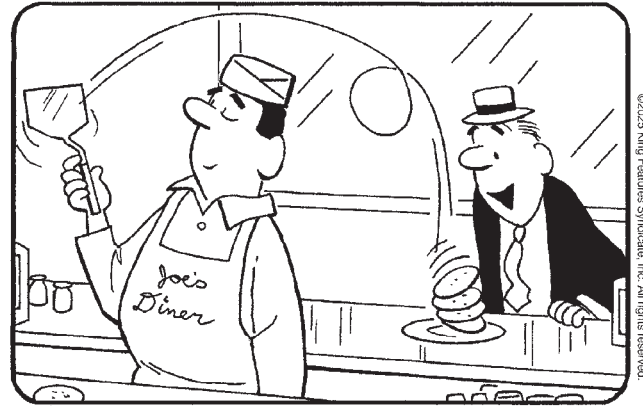
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Spatula is wider. 2. Tie is different. 3. Sleeve is longer. 4. Ear is larger. 5. Pancake is added. 6. Cap is larger.

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SLUN —
A crossword puzzle grid with letters filled in.

Go Figure! answers

2	=	4	=	10
8	-	2	÷	1
7	-	5	+	6
9	-	3	-	4

King Crossword — Answers

Solution time: 22 mins.

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

SUDOKU Answer

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

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Stickelers Answer
The scrambled word is TRIGONOMETRY.