



# The Golden View

Since 1994

May, 2014

Dedicated To The Young At Heart

Dubuque, Iowa

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## Grant Vogt Memorial Baseball Classic Fundraiser

The 6<sup>th</sup> Annual Grant Vogt Memorial Baseball Classic Fundraiser will be held on Saturday, May 3. The event will take place at Dick Core Field at Dubuque Hempstead. The event will include a 16U and 18U exhibition game with volunteer players from Dubuque Wahlert Catholic and Dubuque Hempstead High Schools.

The G.V. Memorial Baseball Classic honors former Wahlert and Hempstead baseball player Grant Vogt, who died following a 2008 airplane crash. Grant is the beloved son of Larry and Julie Vogt of Dubuque. He was an aviation student at the University of Dubuque at the time.

Also, for the second year, there will be an exhibition game for special needs athletes who have



volunteered their time to show case their unbelievable talents.

Brian Gross and Jim Doty, the co-organizers of the event, along with former Hempstead Varsity Baseball Coach Tom Witry, who leads the organization of the special needs event, are very excited to have the special needs athletes again this year. The kids will get together for a couple of practices before the event, and will put on an exhibition that is second to none.

The G.V. Classic is Baseball Cont. P. 3

## Thinking about Moving? Spring is the Perfect Time

Have you thought about the prospect of selling your home and leaving behind the challenges of maintaining a house, shoveling snow, cutting grass and even cooking dinner? If you have, spring is finally here and it's the perfect time to move!

Assisi Village residents often say that making the decision to move is the toughest part. After moving, many of our residents commonly remark, "Why didn't I do this sooner?"

Fifty eight residents call Assisi Village Independent & Assisted Living home, and they routinely express to others why they enjoy living here:

- "I appreciate how nice the staff is. They truly treat me like family."
- "I enjoy being able to go to mass at our own chapel every day."
- "I appreciate the free transpor-



Assisi residents test their luck on Casino Night at Assisi Village.

tation so my daughter doesn't have to take me everywhere."

- "I really enjoy the food. If I don't want the special of the night, there are plenty of other options on the menu to choose from."
- "I like all the activities that are offered: cards, chair yoga, fitness class, music, book club, crafts and more."

Assisi Village Cont. P 3

## A Springtime Tradition

By Lavonne Noel, Hospice of Dubuque Executive Director

In the tri-states, the changing seasons serve as a metaphor for life, a visible reminder that our lives are continually evolving. After a particularly long winter, many are eager for signs of spring. One springtime tradition is the annual Tree of Life Memorial Service and Lighting Ceremony that is hosted by Hospice of Dubuque each

May. This year's event will be held on Tuesday, May 20, at 7:30 p.m. in Washington Park. The night will include music, prayer, reflections and lighting of the display. Each light surrounding the Hospice of Dubuque Tree of Life stands in remembrance or honor of special persons with whom the seasons of life have been

Springtime Hospice Cont. P. 5



## Custom Futons

After 8 years in business, Custom Futons owner, Andy Parker, has decided to convert his shop into an online store. Opened by Parker in June of 2006, Custom Futons sits on the corner of JFK and Asbury and houses some of the highest quality futons Dubuque has to offer. He decided to open his store after working at a futon shop in Iowa City



Andy Parker - at The Futon Shop, Iowa City 2005

while attending The University of Iowa. "I knew I wanted to open a brick and mortar and I'm grateful for the experience" said Parker. "Leaving our storefront will be hard in some ways, but I know it's time for our business to make a change."

Starting in 2011, Parker noticed he was being contacted by out-of-state customers in search of custom-sized mattresses for antique beds, window seats, RV's, etc. "Some of the requests I get are almost

funny," he said. "It really goes to show you that people think of using futon mattresses in all sorts of ways."

While reducing overhead was a large objective in Parker's decision to close his doors, he notes that this transition is about more than saving on costs. He says that by moving to an online model, Custom Futons can cater to Dubuque customers and, at the same time, maintain relevance in a world of commerce that is con-

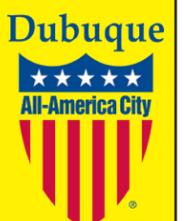
Custom Futons Cont. P. 3

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 Platteville, WI  
 May 6, 13, 20, 27  
 11:00 a.m.

Maquoketa Inn & Suites  
 1019 W. Platt St.  
 Maquoketa, IA  
 May 2  
 11:00 a.m.

Guttenberg Library  
 603 S. Second St.  
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 May 14, 28  
 11:00 a.m.

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BLT sandwich.....	.... \$6.75
Open-face hot meatloaf sandwich.....	.... \$6.75
Grilled ham or bacon-cheese sandwich.....	.... \$6.75
Fish sandwich.....	.... \$6.75
Breaded pork tenderloin.....	.... \$6.75
Bacon cheeseburger.....	.... \$6.75

Also Try Our Daily Dinner Specials.	
Dinner Specials:	
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Breaded pork tenderloin	
Grilled pork tenderloin	
Spaghetti & meatballs (no potatoes)	
Chicken-fried steak with sausage gravy	
All of the above specials include your choice of soup or salad, vegetable, roll, and dessert .....	
	\$6.95

☆☆☆ **Ask About Our Banquet Room** ☆☆☆

**Baseball from Pg. 1**

a festival-like event, but in addition, it raises funds to supply a \$1,000.00 scholarship for a graduating senior baseball player from both Wahlert and Hempstead for future college assistance, as well as providing financial help for both of the baseball programs.

The event will include over 250 raffle prizes, raffle auction items, silent auction items, food and beverages and Grant Vogt apparel will be available.

The Event schedule will

be as follows: 9 a.m. will be the 16U exhibition, 11 a.m. will be the recognition of the 2013 Grant Vogt Memorial Scholarship recipients, Levi Nauman from Wahlert, and Reed Stumpf from Hempstead, 11:30 a.m. will be the special needs athletes exhibition, and 1:30 a.m. will be the 18U exhibition.

For more information on the G.V. Memorial event, or to make a contribution, please contact Brian Gross at 563-564-5718 or Jim Doty at 563-590-6628.

**Assisi from Pg. 1**

• “I like the special events the staff plans for us. I’ve really enjoyed the picnics at Eagle Point Park, casino nights, music at the Arboretum and the monthly socials like the cabin fever party this winter.”

There are so many reasons why people choose Assisi Village as their new home. If you’ve thought about the possibility of moving this spring or summer, please call 583-8234 to schedule a tour or join us for lunch. We would



Assisi Residents, Mary Zimmer and Marie Dupont enjoy a mid-winter Beach Party.

be happy to answer any questions you may have and to show you why people enjoy being part of the Assisi Village family.

**Custom Futons from Pg. 1**

tinually being reshaped by the internet. “We are adapting,” said Parker. “If running a storefront has taught me anything, it’s simply how important it is to adapt to change if you want your business to grow.”

Liquidation of inventory has already begun and Parker says he believes they will depart from their physical storefront sometime this May. He will, of course, still be available online at [www.customfutons.com](http://www.customfutons.com).

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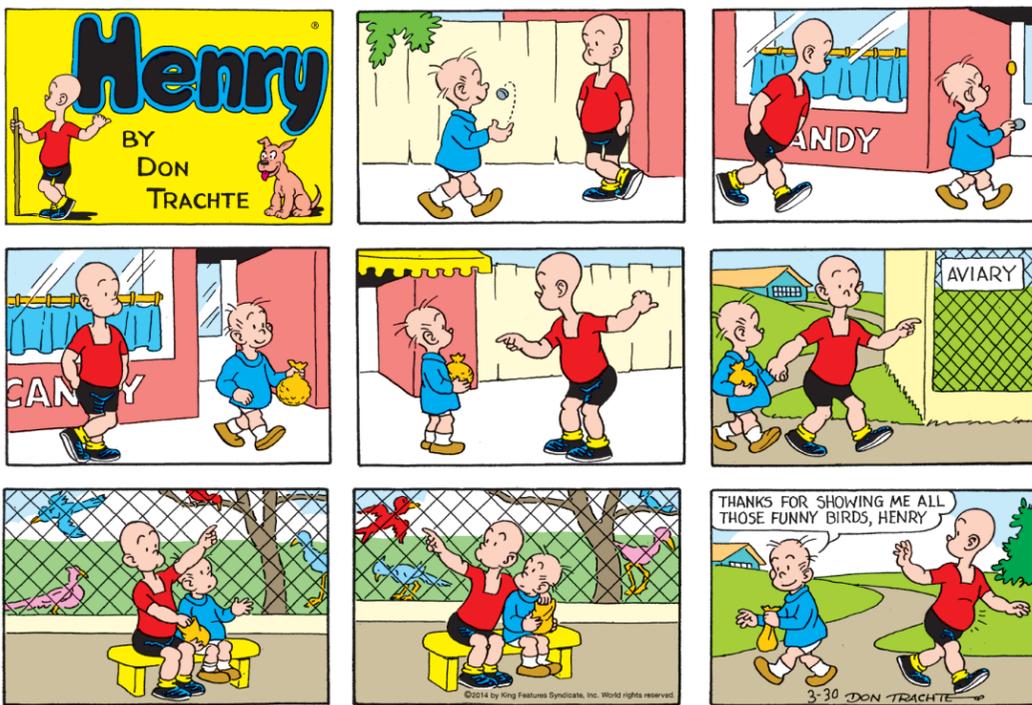
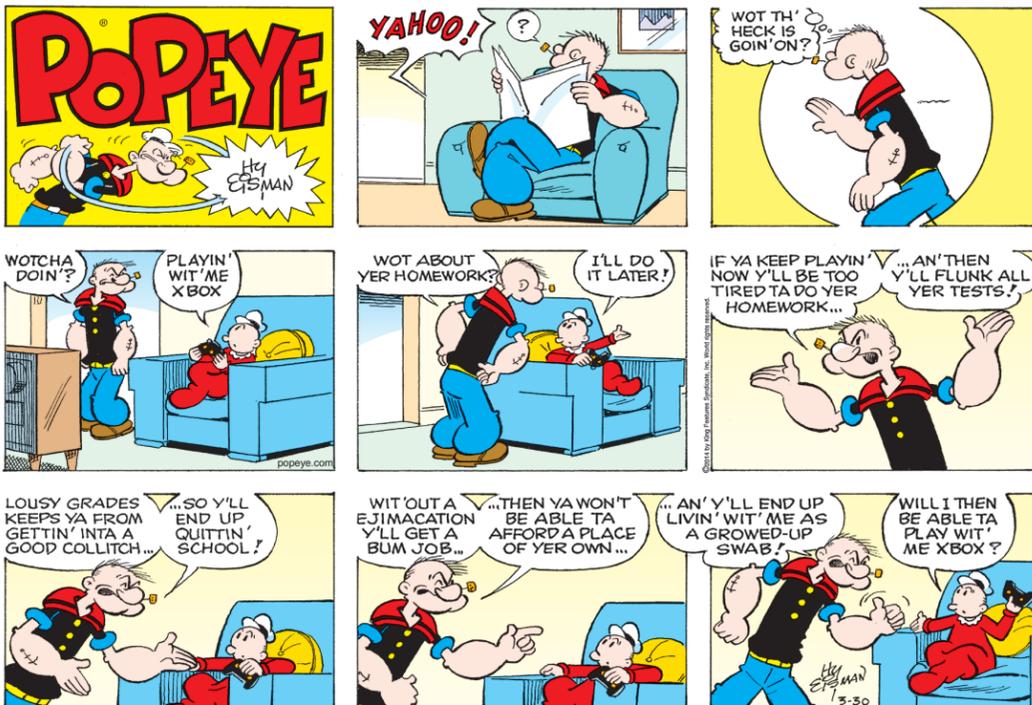
P.O. Box 661, Dubuque, IA 52004-0661  
(563) 588-1692 Fax: 563-588-9833  
E-mail: rjpub@mchsi.com  
http://www.thegoldenviewonline.com  
Publisher: R.J. Publishing Co.

Editor - Rudy Bellmann

Graphic Design - Bill Haxmeier

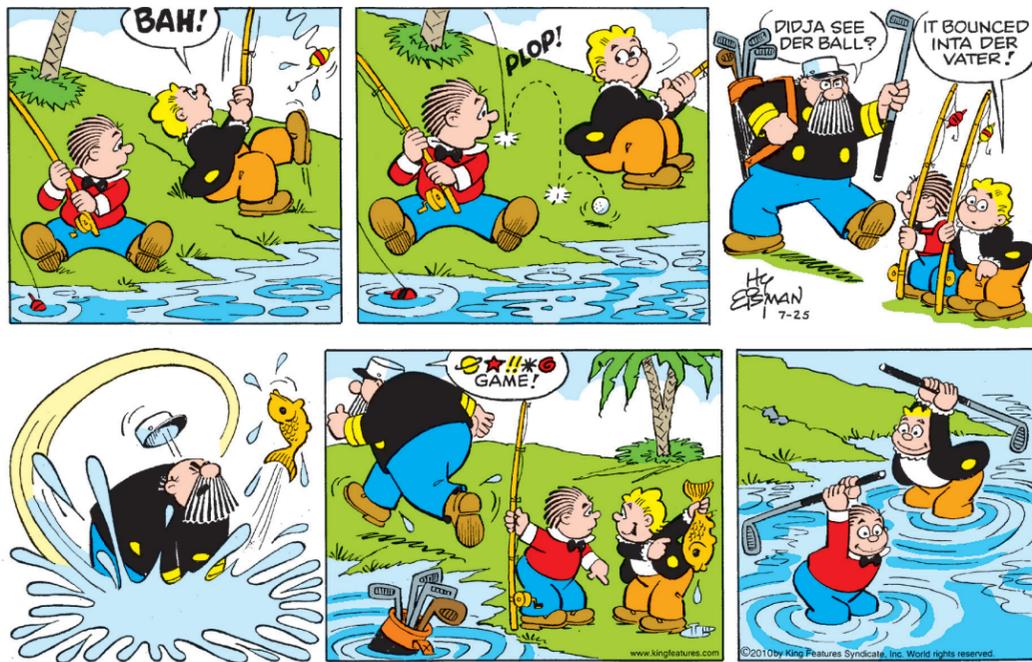
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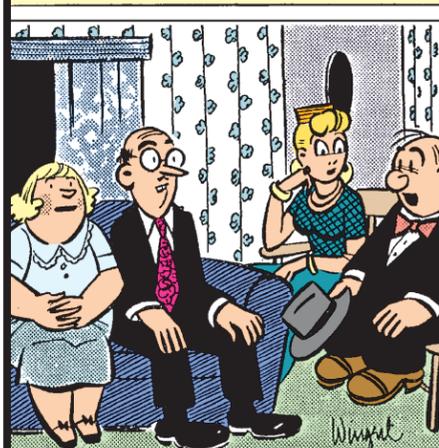
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"So I said, 'Now look here, Edith—this has gone far enough! You've had your way too long—from now on YOU'LL wash, and I'LL dry!'"

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**ACROSS**

- 1 Geological time
- 4 Nibble
- 8 Actress Helgenberger
- 12 Chap
- 13 Inflammation (Suff.)
- 14 Eight (Sp.)
- 15 Mess
- 17 Vincent van Gogh's brother
- 18 Choose
- 19 Winning
- 20 Win by —
- 22 Withered
- 24 Charged bits

1	2	3		4	5	6	7		8	9	10	11
12				13					14			
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41					42	43				44	45	
46					47				48			
49					50				51			

- 25 3/17 symbol
- 29 Young fellow
- 30 Like Santa's laundry?
- 31 Shell-game need
- 32 Hair-salon supply
- 34 Birth month for some Leos
- 35 Tug hard
- 36 Actress Berry
- 37 Flower
- 40 Ranch visitor
- 41 Cavort
- 42 Like magic priests
- 46 Trendy berry
- 47 Game on horseback
- 48 — -Magnon
- 49 Lady of Spain
- 50 Mimic
- 51 — out a living
- 9 Rue the run
- 10 Comical Caroline
- 11 Suitable
- 16 Tousle
- 19 Legion
- 20 Has a bug
- 21 Early boatwright
- 22 Trembled
- 23 Comestibles
- 25 Any minute now
- 26 Wealth
- 27 Honeycomb
- 28 Mitty
- 30 Unwanted email
- 33 Nearsightedness
- 34 — Pinkett Smith
- 36 Wit
- 37 Actor Pitt
- 38 Nutty
- 39 Muscat's nation
- 40 Valley
- 42 Hot tub
- 43 Leap
- 44 Annoy
- 45 Miler Sebastian

**DOWN**

- 1 Type squares
- 2 "Go, team!"
- 3 Big snake
- 4 Sacred text
- 5 "— have to do"
- 6 Dead heat
- 7 Curvy letter
- 8 Whistler

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Springtime Hospice from Pg. 1 shared. The Tree of Life will remain illuminated through the Memorial Day weekend.

If you would like to remember someone with a light on the Tree of Life, send a tax-deductible gift of any amount, along with the name of the person who has touched your life, to Hospice of Dubuque, 1670 John F. Kennedy Road, Dubuque, IA 52002. All names received by Friday, May 16, will be included in the Tree of Life program. All

donations are used to continue the Hospice of Dubuque mission of *providing compassionate care for the terminally ill and their loved ones* in the tri-state area.

For more information about Hospice of Dubuque or the Tree of Life, call the office at 563.582.1220 or visit us at [www.hospiceofdubuque.org](http://www.hospiceofdubuque.org).

Due to limited seating, please bring a lawn chair for the ceremony. The rain site is the Knights of Columbus Hall, 781 Locust Street.

**L&MOP Free Children's Concert**

**Saturday, May 10, 2014 10:00-10:30 AM**

**Carnegie-Stout Public Library, 3rd Floor Auditorium**

NISOM's popular Lollipops & Music for Our Preschoolers (L&MOP) series brings another entertaining and educational free performance to the Carnegie-Stout Public Library on Saturday, May 10, 2014 from 10:00-10:30 a.m. This month, children will be treated to a performance by Dubuque Senior High School's vocal jazz group SENVOJA. The ensemble will demonstrate their impeccable harmonies and fun tunes for the young audience members.

**NISOM Student Recitals**

**Saturday, May 17, 2014**

**11:00 AM DubuqueFest, TownClock Plaza**

**Second Location TBA**

The Northeast Iowa School of Music will hold two student recitals on Saturday, May 17, 2014. The first performance will be part of DubuqueFest, with students performing at 11:00 a.m. at Town Clock Plaza. That afternoon a second group of NISON students will perform at a separate location, with time and date to be determined. Both recitals are free and open to the public and provide students the opportunity to showcase their talents and skills. A variety of instruments will be featured on the program.

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- Fight for adequate funding and access to care for our citizens with mental illness (and their families)
- Continue working hard to attract, recruit and retain good-paying jobs for the citizens of Dubuque County
- Promote open meetings at the Dubuque County Courthouse, allowing more sunshine on the process as the business of Dubuque County takes place



"As a candidate for Dubuque County Supervisor, Dave Baker will support the middle class and our senior citizens and he'll work hard to make Dubuque County a better place to live, work and raise a family" (Lindsey Schreiber, Sherrill).

"Dave Baker is opposed to handing out no-bid contracts. As tax-payers, we should have the right to see how our hard-earned dollars are being spent". (Tom Ingles, Peosta).

**Dave Baker – A Strong Advocate For The People!**

# Jim J J Keene

## for County Supervisor



I grew up in a small town before moving to Dubuque 40 years ago. I have learned the people of this county know the value of caring for their neighbors.

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**Stroke Detection Plus:** Detect your risk for stroke with three different non-invasive tests. Screenings for carotid arteries blockage, abdominal aortic aneurysm and peripheral vascular disease plus osteoporosis are \$45 each or all four for \$135. Tuesday, May 20, 9 a.m. – 4:30 p.m. Mercy, ground floor, Dubuque. Appointments are required. Call Stroke Detection Plus toll-free at 1-877-732-8258.

**Mercy Weight Loss Program:** If you have been struggling to lose weight and are looking for a new approach to long-term weight loss, register for this innovative and comprehensive 12-week weight loss program. This unique program uses the technology of the MedGem indirect calorimeter (as seen on the NBC program The Biggest Loser) to measure each participant's metabolism and daily calorie needs. Based on your individual calorie needs, a plan is tailored just for you to help you achieve your weight-loss goals. The program includes eight nutrition classes with Mercy clinical dietitian Holly Paulsen RD, LD, discussing topics such as metabolism, meal planning, dining out, emotional eating and maintaining weight loss. Four cooking sessions with Mercy Chef Chad Schissel are also part of the program (meal included with the cooking sessions). Learn the foundation of basic nutrition and how to create simple, flavorful dishes to reach and maintain your new healthy lifestyle. Tuesdays, May 20 – August 5, noon – 1 p.m. or 5:15 – 6:15 p.m. Mercy, Dubuque. Fee \$249. Registration is required online or at 563-589-9600.

**Implant Solution for Hearing Loss:** Can you hear from only one ear, or have you been told you have a conductive hearing loss? Medical Associates otolaryngologist Timothy King, MD, and audiologist Dionne Klauer will present an option called the Cochlear Baha System. Unlike a hearing aid, the Baha System is an implantable hearing solution that uses your body's natural ability to deliver sound that enables you to hear from both ears. Wednesday, May 21, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration required at [www.mercydubuque.com/events](http://www.mercydubuque.com/events) or at 563-589-9600.

**Nutrition and Brain Health:** What you eat can impact your brain, from improving your mood to reducing your risk of stroke and dementia. Mercy dietician Holly Paulsen will share tips on including superfoods in your diet to maximize brain potential, as well as foods to avoid to minimize risk of disease. Wednesday, May 28, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium, Dubuque. No fee. Registration required at [www.mercydubuque.com/events](http://www.mercydubuque.com/events) or at 563-589-9600.

**Home Safety for Adults:** Having the right medical equipment at home can create a safe environment and extend independence for you or a loved one. Home Medical Equipment coordinator Beth Busch will give a home safety demonstration with bath safety equipment, lift chairs, rollator walkers, transfer handles, and more. Thursday, May 29, 6:30 – 7:30 p.m. Mercy, sixth floor auditorium. Dubuque. No fee. Registration required at [www.mercydubuque.com/events](http://www.mercydubuque.com/events) or at 563-589-9600.

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If she deducts 500 calories from her daily diet, she should lose a pound in a week -- 20 pounds

Dr. Donohue Cont. P. 7

**An Uplifting Moment**

Rev. David J. Claassen



Visit me on the internet!

www.daveclaassen.com

**Shoes Left Behind**

When I recently arrived at Refuge Ranch in Mexico, where our daughter and her family live, I was greeted by a row of tennis shoes drying in the sun after having been washed. At first I thought they were the grandkids' shoes (there are seventeen of them, so this was actually a short row of shoes), but I found out that the shoes belonged to the last mission team that had left a couple of days earlier. Many people on the team had decided to leave their tennis shoes behind for the kids (my grandkids) at Refuge Ranch.

What a great idea! Those young people had not only worked hard at the ranch while they were there, they had left something behind when they left. Over the next few days I saw the shoes being parceled out to the grandkids, one pair at a time.

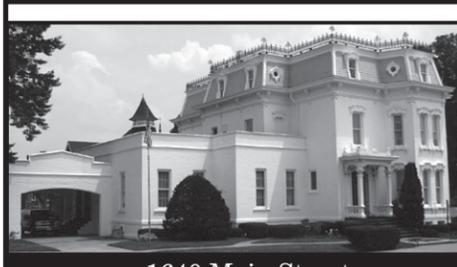
It got me to thinking about what we leave behind when we leave a place, a room, or a conversation. Do we leave something of value or something that people have to clean up afterward, get rid of, overcome, or counteract?

Do we leave a room having changed the atmosphere for the better? Do we leave a conversation with the other person being glad they had the conversation with us? Is our presence, wherever we're present, a blessing?

There are people I see at a distance in the grocery store that I'm glad to bump into. There are other people I see at the store who - if they haven't already seen me - tempt me to change direction and take a different aisle. I want other people to place me in that first group of people!

God has called each of us to influence this world for His good, to carry out a small part of His purposes for the people He's put around us. Wherever we go we always leave something behind. May it be God's blessings that we leave behind!

"Therefore encourage one another and build each other up ..." 1 Thessalonians 3:11



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**Do you need help with your rent?**

Assistance is currently available through the City of Dubuque Housing & CD Dept.

For an application, go to [www.cityofdubuque.org](http://www.cityofdubuque.org) Housing & Community Development/Rental Assistance or pick one up Monday through Friday from 8 a.m. to 5 p.m. at City of Dubuque Housing & CD Dept.



350 W 6<sup>th</sup> Street, Suite 312, Dubuque, IA 52001  
(563) 589-4230



**NOW HERE'S A TIP**

By JoAnn Derson

- A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy Gardening!

- If the string on your trimmer is always breaking or jamming, try this old trick: Give the coiled string a spray with vegetable oil before you thread it. It lubricates the line, making it less likely to pull and less likely to break.

- "If you have a spade with a long handle, you can transfer common measurements to the handle. Just lay a tape measure alongside the handle, and use a black marker to note common spacing, like feet and inches. Then, when you put in plants, you can check quickly whether they are spaced correctly. Very handy!"

- "Garden tool storage doesn't have to be hard. Fill a wide mouth bucket with clean sand. Add a half quart or motor oil and stir. Then use the sand to clean and store your garden tools like shovels, rakes or hoes. The sand/oil mixture helps clean the metal surfaces, and the heaviness of the container lets you stick them in the sand without fear of everything falling down, like it would if you leaned them along a wall." -- E. in North Carolina

- Here's a recipe for a quickie bird feeder or bath: Flip over a nice-size flower pot, and place the pot's tray on the top. Fill with seed or water. The birds will thank you -- maybe even by eating some nuisance bugs along with the seed.

- Boiling potatoes? Plants love starch. Let your cooking water cool, then use it to water the plants in your garden.

**Dr. Donohue from P. 6**

in 20 weeks. If she actively exercises, she needs to lower her daily intake by only 300 calories to get the same results.

**Dear Dr. Donohue:** You printed two letters on headaches. I don't see you mention the medicine that works for me -- Excedrin. It takes only half a pill to end my headaches. My grown son has tried it, but he didn't get good results. Just wanted you to know how well it works for me.  
**Answer:** Thanks. Excedrin is

a combination of aspirin and acetaminophen (Tylenol). Many Excedrin products also contain caffeine, which is said to enhance pain-relief. I'm sure readers will appreciate your testimonial.

**Dr. Donohue:** What is Asthma?  
**Answer:** Asthma is an inflammation of the airways, the bronchi. They become very sensitive, and suddenly narrow and fill with mucus when provoked. Both the constriction and the mucus make it difficult to get air into and out of the lungs.

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**Senior Expo**

Wednesday May 14, 10 a.m. – 2 p.m.  
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Learn about Housing Options and Support Services in Dubuque  
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Susan Taylor | Family Finance Specialist  
Iowa State University Extension and Outreach

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taylorse@iastate.edu • Office: 563.583.6496 • Fax: 563.583.4844  
Cell: 563.543.9924 • [www.extension.iastate.edu](http://www.extension.iastate.edu)

### May is Older Americans Month

May is Older Americans Month – “It is a time recognize older Americans, and here in Iowa we are getting older with each day,” Susan Taylor, Iowa State University Extension and Outreach, Family Life and Family Finance Specialist. The average retirement age nationally is now 62 with a life expectancy of 78 years. Of the 99 counties in Iowa, 88 are projected to have at least 20% of their population aged 65 and over by 2030. The growing number of adults reaching traditional retirement age and beyond presents new challenges and opportunities for communities within Iowa as well as the state as a whole.

During the past two years, Iowa State University Extension and Outreach – Dubuque County offered two series of Mid Life and Beyond – looking at the needs of our aging Iowa. Dubuque County has 41.2% of the population is 65 and older. With that come challenges and needs for these individuals. The four session study series looked at what is it like to be a person in our community; what are people doing in our community; how can the community be a better place; and reaching our vision – moving words into action.

The Mid Life and Beyond program looked at creating aging friendly communities. This was done with a group of people who are 45 years and older thinking about fulfilling, challenging, and productive lives which reflect the seven domains of whole person wellness. Challenges to health and well-being are significant across these seven domains:

- physical
- intellectual
- emotional
- occupational
- spiritual
- social
- financial well-being

We know the baby boomers with each day are entering retirement ranks too and this is a large group of individuals.

From the two groups of Mid Life and Beyond, there were projects that were identified during the Action Forums: Directory of Senior Services

1. The Resource Guide will be available in May – a partnership with Project Concern and Iowa State University Extension and Outreach - Dubuque County. There will be a printed version and the directory will be on the web.

2. More Easily Assessable Senior Activities – Seniors are looking for activities – some included in the Resource Guide.

3. Intergenerational Opportunities Activities – Technology – Three classes are being offered by Loras Students for seniors was filled almost immediately this spring. We have a waiting list for a future class – contact 563 583 6496 if you are interested.

4. Life-Long Learning Connections- allowing for to learn new skills, socialization with others and audit classes at local universities colleges and exercising.

5. Identify the gaps and needs working with volunteers better match the volunteers and needs of agencies and groups.

6. Volunteer Management quarterly meetings to share tips and tricks agencies and groups working with volunteers.

For more information, contact Susan Taylor, [taylorse@iastate.edu](mailto:taylorse@iastate.edu) or 563 583 6496 and to learn more about Mid Life and Beyond <http://www.extension.iastate.edu/humansciences/midlife-and-beyond>

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## Elderly Or Disabled Tax Credit

Dubuque County Treasurer, Eric Stierman, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2014.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$21,698** annually, you are eligible for a reduction in property taxes.

Those eligible may either phone the Treasurer's office for a form or come in for assistance in completing the forms.

Last year we had 380 people qualify for the credit. If you have any questions as to whether you are eligible, please contact the Dubuque County Treasurer's office.

**Dubuque: 563-589-4436 Dyersville: 563-875-6052**

### Car-Selling Suggestions

(NAPSA)-When it's time to sell your car, taking a few simple steps can help you get the best price.

What To Do

- To price it to move, check online pricing guides and newspaper ads to see what others are asking for similar vehicles.

- Clean it up. Take it to a trusted mechanic to determine its condition. Consider fixing any dings and scratches. Throw away all trash, remove all personal items, and give it a nice wash and wax.

- List your car in the classified section and online.

- Get a Carfax Report to see



Clean out your personal stuff.

how the car's reported history affects the retail book value, then provide the report to prospective buyers so they can feel comfortable and confident about buying your car.

Learn More

For further facts and tips to help you sell and buy a car with confidence, go to [www.carfax.com](http://www.carfax.com).



**Come  
Chat  
With Me**  
by S. E. Persinger

Majestic. If I had a young male elk for a pet that is what his name would be. Have you ever gazed upon a bull elk in a forest or while visiting a zoo, or while viewing a painting hung on the wall of a museum? I once saw a seven-point bull while visiting a state park in Utah and the Park Ranger explained that at one point the elks were disappearing and in danger of becoming extinct. Thank goodness the elk population has been restored and we can still catch a glimpse of them when we travel to Utah, Wyoming, Kentucky, Pennsylvania, the Rocky Mountains, or many other states in North America.

Yes, my pet. Majestic, would indeed be a proud and dignified animal. Oops! I guess in reality I couldn't have a pet elk stabled in my back yard. But when you view an American elk standing so proud atop a mountain cliff your heart just skips a beat and you want to hold your breath in fear of causing the elk to dart away from your view.

I guess I could share many facts about this animal beginning with how they defend themselves from their enemies,

how they forge for food, how they pick their mates, and how their antlers grow, and how big they are, but these facts are in most books of knowledge and unless you are extremely interested you would probably be bored with just the facts being presented in written form.

Therefore, I'll get into the nitty-gritty of this written conversation. As mentioned above, the American Elk did indeed almost become extinct because of many man-made causes. One was because of uncontrolled hunting, and another was the habitat destruction of the countryside.

In the opinion of a lay-person, one who has not been schooled in the theory of the natural balance of nature, I must ask, "Have we been asleep at the helm?" Where do we stand on the preservation of both human beings and the animal kingdom? Instead of fighting WARS we should all be fighting world hunger, our mounting health problems, and the environmental hazards we will continue to face it we don't all pull together to solve the problems of the world. And this means the whole world, not just one country.

Well, I'm going to jump off the bandstand now and leave you to ponder the aforementioned food-for-thought. Majestic and I say, "Have a good day."

**The Season For Bad Weather**

Where are you most likely to get caught in a hailstorm? In terms of annual average, Kericho, Kenya, has more hail than anywhere else on earth with hail falling on 132 days each year. By comparison the United Kingdom averages only 15 hail days in a year and the worst affected area in the United States, the eastern Rockies, experiences an average of 45 hail days a year.

What causes the abundance of hail is not fully understood. Kericho is the home of Kenya's tea plantations and a 1978 study showed that organic litter from the tea plants gets stirred into the atmosphere, where it acts as a nucleus which hailstones can grow.

Another theory is that high altitude of the region could be the blame, as the shape of the terrain causes a large uplift of warm air that quickly condenses. This and the reduced distance between freezing level (about three miles up) and the ground reduces the chance of hailstones melting.

The average hailstone is about a quarter of an inch across, but they can grow large enough to dent cars, shatter greenhouses and even injure people.

The largest single hailstone ever recorded in the United States was seven inches in diameter, 18.75 inches in circumference, and weighted in

at just under a pound. It fell into the backyard of a house in Aurora, Nebraska in June 2003. This is off the end of the official U.S. scale for describing hailstones, which starts at "pea" and rises progressively through mothball, walnut, and teacup to softball. The Aurora hailstone was the size of a small melon and would have hit the ground at 100 mph.

Hail costs the U.S. \$1 billion each year in property and crop damage.

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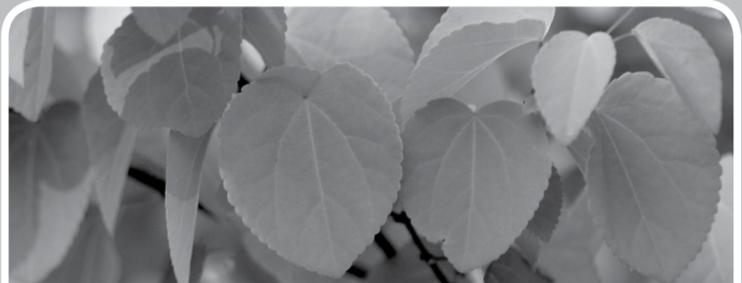
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**Tree of Life Memorial Service**

Tuesday, May 20

Washington Park-7:30 pm

Anyone may purchase a light in memory or honor of a loved one.

To be included in the Tree of Life program, please send your gift, of any amount, by Friday, May 16 to Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002.

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## MAKING A DIFFERENCE

### Justin's Story: Finding A Partner For The Journey Of Recovery

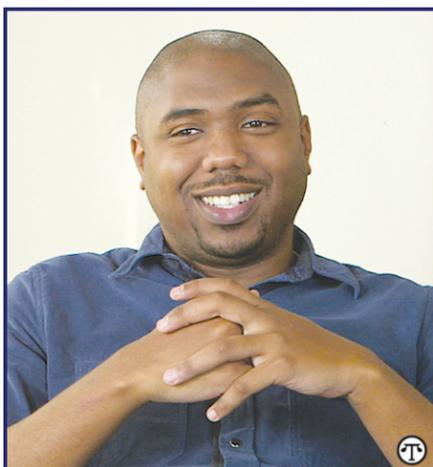
(NAPSA)-Justin McKinley thought he was holding it together, even as he battled delusional thoughts and paranoia. In 2009, he was diagnosed with schizophrenia, but Justin had a difficult time accepting his condition—he was depressed, angry and didn't want to listen to his family, friends and doctor, or take his medication.

"There was just a lot of turmoil going on in my life," recalls Justin, 28, who had left college and had become homeless. His life had hit rock bottom.

Justin, who is known to family and friends as a jokester with a contagious laugh, loves to express his imagination and creativity through art and music.

He especially values his friendships and is grateful that his friends stayed by his side even when his illness interfered with doing the things they all enjoyed, such as playing video games, shopping, and making music.

After his diagnosis, his friends noticed that Justin was not himself when he didn't take his medication and had a heart-to-heart talk with him. They were afraid that if he did not seek help, their relationship would deteriorate. This frank conversation helped Justin come



Justin McKinley, 28, was diagnosed with schizophrenia in 2009.

to terms with his diagnosis and recognize the importance of following his doctor's orders.

Today, Justin lives independently. And while his friends have made a huge difference in his journey of recovery, so, too, has his nurse.

Fredrico James, RN, is certified in crisis intervention and prevention and as a medication assistant supervisor. He currently works as the clinical assistant to the medical director at Birmingham's Jefferson-Blount-St. Clair Mental Health Authority in Alabama, where he educates patients and caregivers on symptom management, medication, recovery and com-

munity resources.

Fredrico, who goes by Rico, met Justin four years ago through a homeless services program. Over time and as a result of Rico's warm and open demeanor, Rico became a key member of Justin's treatment team.

Justin says of his nurse, "He's very down-to-earth and caring. I feel lucky to have been introduced to Rico. People with schizophrenia don't always have a health care provider who sees them as more than a patient or who talks about more than medication or symptoms."

Rico sees himself "as a cheerleader."

"I believe Justin and all patients should know that there are people who care about how they are doing—both in recovery and in their personal lives," he says.

Justin and Rico have worked together to make decisions about Justin's recovery, such as choosing a long-acting injectable (LAT) medication to treat Justin's symptoms. This conversation was then brought to Justin's psychiatrist, who agreed to review the risks and potential benefits with Justin.

"Patients and their health care providers should have a dialogue to choose-together-

the best treatment plan. I've heard from some patients that they hadn't been offered certain treatment options or weren't given a choice in the decision—that was the case for Justin," Rico says. "It is so important for patients to talk to their health care providers to learn about all available treatment options and find the one that is right for them."

Their relationship has enabled Justin to become an active participant in his journey of recovery and to accept his diagnosis. Since meeting Rico, Justin says he is happier and takes comfort in knowing someone is rooting for his progress, understands his struggles and won't judge him on those days when he feels he has come up short.

For more information on Justin's story, visit [www.TreatOnceMonthly.com](http://www.TreatOnceMonthly.com). The site also provides resources for individuals living with schizophrenia to help them understand treatment options and choose a medication that is right for them with the help of a health care professional.

Janssen Pharmaceuticals, Inc., provided the content for this article.

**James Kennedy Public Library in Dyersville Activities**  
 Programs are free unless otherwise noted. For information and registration, call 563-875-8912 or go to [www.dyersville.lib.ia.us](http://www.dyersville.lib.ia.us). or contact Lisa Gaylor, Senior Services Librarian.

Upcoming Events at the James Kennedy Public Library in Dyersville: May 2014

**Sunday, May 4: Sunday movies @ Your Library presents** "Saving Mr. Banks" @ 2 p.m. Rated PG-13. (125 min.)

**Monday, May 5: Books for Lunch Book Discussion @ 12:00 noon.** This month the group will discuss the book *Snow Flower and the Secret Fan* by Lisa See.

**Wednesdays, May 7, 14, 21 & 28: Sit and Stitch @ 1 p.m.** Join other crafters at this weekly gathering to share crafting and conversation.

**Wednesdays, May 7: Genealogy Club @ 6:30 p.m.** Join other genealogy enthusiasts to share tips and work on projects.

**Saturday, May 10: Author Visit with Mary Potter Kenyon @ 11:00 a.m.** Join Mary as she talks about her new book, *Chemo-Therapist: How Cancer Cured a Marriage*. Books will be available for purchase and signing from the author.

**Sunday, May 11: Library closed for Mother's Day.**

**Monday, May 12: Book Flicks @ Your Library presents** "Philomena" @ 7 p.m. Rated PG-13. (108 min.)

**Tuesday, May 13: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7 p.m.** For this meeting the group will read and discuss the *Sweet Mercy* by Ann Tatlock.

**Thursday, May 15: Zentangle Club @ 6 p.m.** Join other zentangle enthusiasts at this monthly gathering on the third Thursday of the month from 6 – 8 p.m.

**Thursday, May 15: The Dulcimer Guy @ 7 p.m.** Join us for an evening with Mike Anderson, one of the best mountain dulcimer players in the Midwest. Mike also plays guitar, banjo, jaw harp, noseflute, bones, and more. His humorous stories and songs will entertain your entire family. All ages welcome!

**Thursday, May 22: The Waldorf Theatre Company presents "A Midsummer Night's Dream" @ 7 p.m.** Join the Waldorf College theatre troupe from Forest City, Iowa, as they perform Shakespeare's magical tale for us at the library. All ages welcome.

**Friday, May 23: Game Night @ Your Library @ 6 p.m.** Bring your favorite game and meet, teach, and play with others! All ages welcome.

**Sunday, May 25: Monday, May 26: Library closed for Memorial Day.**

### Get In The Zone

(NAPSA)- Even if you have a spacious walk-in closet, you can still use the basic principles. Keep frequently used items front and center, with accessories organized within hand's reach and rarely used items tucked neatly in back.

You may be better able to win the race for (storage) space with your closet, if you heed a few hints.

Although everyone's closet storage dilemmas vary, a systematic method of organizing your stuff can lead to the highest level of efficiency. Besides, when your closet is clutter free, your mornings can run more smoothly, giving you the right mind-set to tackle the day.

- As you begin to sort through the contents of your closet, remember the 80/20 rule: You wear 20 percent of your clothes 80 percent of the time. The rest just takes up valuable, reachable space.

- Arrange your collection by category, grouping shirts, pants, suits, dresses and so on. Depending on the nature of your wardrobe, you can also separate casual clothes from those you wear to work or on special occasions.

- Add a center tower of shelving on each wall for frequently

used items. It creates a place for folded things such as T-shirts, sweaters and denim.

- Pants, shirts and dresses can be kept on hang rods, making them easier to access.

- Upper storage shelving (above the highest hanging rod) can be for seasonal clothes you use less often as well as pieces you rarely use at all.

- Personal and activity items such as your everyday watch, wedding ring, wallet, keys and phone can stay within arm's reach on a waist-level shelf or drawer.

- Shoes worn most often should be the easiest to reach. Keep special party shoes or rarely used running shoes on the floor or way up high.

- When space in other areas of the home is tight, keep luggage and other items tucked away in your walk-in. These occasional items can be hidden away and pulled out when you need them.

- Don't underestimate the power of closet accessories. Closet systems, like those from Closet-Maid, can be outfitted with drawers, doors, cubbies, jewelry trays and pullout rods, putting every last inch of space to work. To learn more, go to [www.closetmaid.com](http://www.closetmaid.com).

MAY 6-12  
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Tim and Lynn Berning

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**HEROES**

a short comedy by Gerald Sibleyras  
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By Pamela Shaw

Social Security District Manager in Dubuque IA

For years, Social Security has been at the forefront of offering convenient, easy-to-use, and secure online services. We, along with those we serve, have saved a lot of paper, shipping costs, and fuel—and cut back on a lot of carbon exhaust and pollution—by going online instead of doing things the old-fashioned, less efficient way. We are committed to conserving energy, reducing waste, and protecting our environment.

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- Use our Retirement Estimator to get a quick and accurate estimate of your future Social Security retirement benefits. [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

## Shalom Spirituality Center

E-mail: [info@shalomretreats.org](mailto:info@shalomretreats.org) • Web: [www.shalomretreats.org](http://www.shalomretreats.org) To register, call Shalom at 563/582-3592 or send check with your contact information to Shalom Retreat Center, 1001 Davis St., Dubuque, IA 52001.

**TAIZE PRAYER:** "Sing Praises All You People" Thursday, May 1, 7 – 8 p.m. All are welcome! Registration not required.

**Centering Prayer:** Monday, May 19, 7 – 8 p.m. Registration not required.

**Shalom's Annual Mother/Daughter Evening:** From Generation to Generation. Thursday, May 8, 6:30 – 8:30 p.m. Presenter: Jayne Schuster. Invite your mother, daughter(s), or anyone who fills those roles in your life to our annual pre-Mother's Day celebration of the generations! As always, we will begin with a lovely dinner. Following the meal, Jayne will reflect on how, through their experiences and values, women from generation to generation shape one another's lives. Offering: \$23/adults, \$12/girls age 12 & under. Register by May 5.

**Retreat Day for 7th & 8th Grade Boys:** Saturday, May 10, 10 a.m. – 4 p.m. Director: Jim Swenson. Spend a day sharing games, food, stories, fun and spirituality. There will be trivia contests, social competitions and open-ended discussions about what life means to this age group. Though structured to a point, the students will have a say in how the day progresses. Offering: \$40. Register by May 7.

**Faith Sharing – Bridges to Contemplative Living:** Mondays, May 12, 19, 26, June 2, 16, July 14, 28, Aug. 11, (7 – 8:30 p.m.) Facilitator: Marci Blum OSF. We will engage in faith-sharing, using the book *Bridges to Contemplative Living* with Thomas Merton. Through reflection on our ordinary experiences, prayer and quiet, we will focus on living contemplatively in the midst of our busy and active lives. We will use the booklet "Living Your Deepest Desire." Offering: \$40/8-session series, includes booklet, & refreshments. Register by May 6.

**Dubuque Old House Enthusiasts Tour:** Saturday, May 17 & Sunday, May 18 (10 a.m. – 5 p.m. each day. Shalom has been selected to be one of the historic sites in Dubuque. The 1881 Shalom building has interesting "nooks and crannies" to explore and the tour guides will lead throughout the building, giving an historic memory walk of groups occupying the building. All are welcome. Tickets: \$12. Call 563-599-9486 or e-mail: [katherine.kluseman@gmail.com](mailto:katherine.kluseman@gmail.com).

**Abide: Keeping Vigil with the Word of God:** Monday, June 9, (5:30 p.m.) – Friday, June 13, (9:30 a.m.). Director: Macrina Wiederkehr OSB. Our quest for God is daily in our ordinary lives. Macrina opens fresh ways of perceiving tradition. She moves beyond our yearning for God to ways to deepen our relationship with the Divine. This involves a respect for the mysteries of God, the practice of deep listening, and opening your heart to guidance. Daily Eucharistic liturgy. Overnight & commuter options available. \$25 early bird discount if registered by May 9.

**Workshop: The Changing Nature of Contemporary Spirituality:** Monday, June 30, (9 a.m.) – Wednesday, July 2, (3 p.m.). Presenter: Fr. Diarmuid O'Murchu. In this workshop, Diarmuid O'Murchu will explore the changing nature of today's spiritual landscape, the new challenges that ensue, and the relationship between spirituality and religion in our time. Overnight & commuter options available. \$25 early bird discount if registered by May 30.

- Prepare for retirement by visiting our Benefits Planner page. You can also use the disability and survivors planners to find out how much you or your family might qualify for if the need arises. [www.socialsecurity.gov/planners](http://www.socialsecurity.gov/planners)
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- Apply for Medicare benefits. [www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly)

Whether you're interested in planning your retirement or applying for retirement or disability benefits, our online "office" is the most convenient and "green" one to visit. Our online services also top customer satisfaction lists. For a complete list of our online services, visit [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices).

Although the ostrich is the largest single cell in nature, an ostrich egg is less than 1.5 percent of the weight of the mother. A wren's egg by comparison is 13 percent of its weight.

The largest egg in comparison with the size of the bird is that of the little spotted kiwi. Its egg accounts for 26 percent of its own weight: the equivalent of a woman giving birth to a six-year old child.

**Contract Bridge**

by Steve Becker



**Famous Hand**

West dealer.

Both sides vulnerable.

**NORTH**

- ♠ —
- ♥ A K 2
- ♦ A K J 8 6 2
- ♣ 9 8 5 4

**WEST**

- ♠ Q 8 6 5
- ♥ Q 9 6
- ♦ Q 7 3
- ♣ A J 2

**EAST**

- ♠ J 10 7 4
- ♥ J 10 8 5 3
- ♦ 5
- ♣ Q 10 3

**SOUTH**

- ♠ A K 9 3 2
- ♥ 7 4
- ♦ 10 9 4
- ♣ K 7 6

The bidding:

West	North	East	South
Pass	1♦	Pass	1♠
Pass	2♦	Pass	3♦
Pass	3♥	Pass	3NT

Opening lead — six of hearts.

France won the 1992 World Team Olympiad, defeating the United States in a 96-deal final. Today's deal provided the French with a substantial pickup in the match.

When France's Alain Levy and Herve Mouiel held the North-South cards, the bidding went as shown, and West led a heart. No doubt many declarers would have taken the first heart and played the A-K of diamonds without giving the matter much thought. But when the diamond queen failed to fall and the club ace later proved to be offside,

they would have gone down, unable to reach the A-K of spades in the closed hand.

However, this was the final of the world championship, and Mouiel, as would be expected, spotted the virtually sure way to make nine tricks. After taking the first heart in dummy, he led the diamond deuce to his ten. This lost to West's queen, but the diamond nine was established as an entry to the closed hand, and there was no way the defenders could stop South from scoring five diamonds, two hearts and two spades for a total of nine tricks.

At the other table, the U.S. North-South pair of Michael Rosenberg and Seymon Deutsch reached five diamonds. Rosenberg, North, won the opening heart lead and played the A-K of trumps. He then cashed his other high heart and ruffed a heart in dummy. Next came the A-K of spades, declarer discarding two clubs, followed by a spade ruff. Rosenberg then exited with a diamond to West's queen.

Had West started with precisely a 3-3-3-4 pattern, he would have been forced to return a club at this point, allowing dummy's king to score the game-going trick. As it was, though, West was able to exit with his last spade. Rosenberg had no choice but to ruff and lead a club to the king, and when West produced the ace, the contract was down one, giving the French a 12-IMP gain on the deal.

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**Who was the first King of England?**

Alfred the Great's grandson. King Aethelstan (924-39) was the first true king of all England. His grandfather, Alfred the Great, was only King of Wessex, even though he did refer to himself rather optimistically as "King of the English"

When Alfred came to the throne, England was still made up of five separate kingdoms. During Alfred's life, Cornwall came under his control, but Mercia, Northumbria, and East Anglia fell to Viking invaders.

After a period hiding in the Somerset levels (where he didn't bur any cakes). Alfred fought back against the Danes, eventually restoring his old kingdom. But in the treaty he made following his defeat of the Viking warlord Guthrum at Edington in 878, he chose to give half the country (everything east of a line from London to Chester) to the enemy. This was known as the Danelaw. In return, Guthrum agreed to convert to Christianity.

Alfred was keen to ensure that any future Scandinavian raiders wouldn't find it quite so easy and set about creating a network of defended towns to

protect his territory.

It worked. By his grandson's reign Wessex's control of England was complete. The last king to rule England and nothing else was Harold Godwinson.



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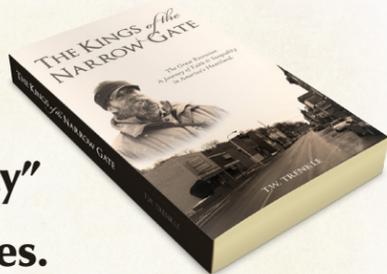
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pawn shops. They ask for a little of  
God’s mercy.

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### Plant Talk

by  
Ken Resch



#### Save the Monarchs

A few years back I spent the middle of August roaming through the uncut weeds and vegetation along the edges of the Northwest Arterial searching for an elusive green with yellow markings caterpillar. This yearly event was a token of love for my wife who then taught at Prescott and would start each year with the hatching of a Monarch butterfly right in class. My job was to find a caterpillar, secure some extra Milkweed, place it all in the butterfly tower I made and have it ready for the first day of school. I was successful more years than not and by early September the caterpillar, that had made its chrysalis on the underside of a Milkweed leaf, hatched into a beautiful Monarch butterfly and the entire class followed Mrs. Resch to the playground to release it into the warm fall air.

Then the area changed. Slopes were sheared of the vegetation—weeds only to us, not the butterflies—rich in Milkweed, Canadian Thistle and Goldenrod. Today, nationally, over 6,000 acres a day or 2.2 million acres annually (the size of Delaware) are being swallowed up in development or roadside “safety” mowing. We are destroying the habitat

of our pollinators—butterflies, moths, spiders and bees—and the cost will be high if we fail to alter our habits.

Each of us, no matter if we live in an apartment or on an acre, can help create habitat for the Monarchs. For starters, sow seeds of plants that Monarchs and other pollinators enjoy. Obviously, Milkweed is one important choice and this can be done for free by simply spreading seeds every fall from an existing patch. Still, there are even better species of Milkweed such as Red Milkweed or Swamp Milkweed that are even more attractive to the caterpillars you want to get from the eggs of the Monarchs that have visited your other plants. Among the plants loved by Monarchs and other butterflies are Butterfly Weed, Joe Pyeweed and Purple Coneflower. These are available as plants as well as seeds you can buy from a number of nurseries that specialize in prairie development or naturalization.

For the more ambitious gardener, go to the Monarch Watch site at [http://monarchwatch.org/waystations/seed\\_kit.html](http://monarchwatch.org/waystations/seed_kit.html) where you can purchase a kit for \$16 that contains an abundance of seed from at least nine varieties of plants Monarchs enjoy. You can also register your location as a Monarch Waystation. Even if you choose not to order a kit, the site offers a lot of solid information for ways to help our Monarchs and all pollinators. This spring and summer let’s all do our part to help the Monarchs enjoy their time in our area.

### Technology Is Key For SMBs

(NAPSA)-Regardless of where you work-whether it’s a Fortune 500 company or a five-person office-it’s generally understood that with larger budgets comes a more robust selection of office technology. Large enterprises have long been able to purchase high-end devices with features that small-to-medium-sized businesses (SMBs) simply can’t afford.

When choosing technology for your SMB, however, you can think big. Here are three major considerations:

- Enhance your mobile capabilities-In today’s world, business moves fast-whether it’s in the office or on the go. What if you need to print away from your desk? Although mobile printing is growing rapidly on a year-over-year basis, both tablet and smartphone users need help to print from their devices. According to the technology media, events and research company IDC, more than 50 percent of smartphone users and 35 percent of tablet users say they don’t know how to print from their mobile devices. Now, industry leaders are answering

the call of the mobile customer. That is why they launched the Mopria Alliance with the goal of promoting, simplifying and increasing wireless printing from mobile devices. Small-business owners can consider the HP Color LaserJet Pro MFP M476, the first Mopria-certified printer for SMBs, which brings enterprise-grade mobile print capabilities to let users print or access content, anytime, anywhere, from any device.

- Invest in security solutions-According to Good Technology, 75.5 percent of companies support BYOD (Bring Your Own Device), the practice of using personal mobile devices for work. As this trend is expected to continue, it’s essential that businesses have a comprehensive security and management strategy in place. Make sure to invest in the necessary security solutions to help protect sensitive information sent from mobile devices across your network of printers; for example, secure pull printing, access controls and other authentication measures.

**Technology cont. P 15**

## Book Review

### "Jack the Ripper: The Forgotten Victims"

by Paul Begg & John Bennett  
(Yale University Press, \$35)  
Reviewed by Larry Cox

More than 100 non-fiction books have been written about Jack the Ripper and a series of murders that occurred during the late summer and fall of 1888 in London. Most Ripperologists, a term coined to describe the study of the case by both professionals and amateurs, agree that Jack the Ripper murdered at least five women: Mary Ann Nichols, Anne Chapman, Elizabeth Stride, Catherine Eddowes and Mary Jane Kelly.

Shortly after these five murders occurred, police surgeon Thomas Bond was asked if he thought the murders were the work of one man. He did, and based his opinion on the fact that the first four victims had had their throats cut from left to right and in the same basic circumstances. The exception was Mary Jane Kelly, who was killed not on the street but in

her home, and in such a frenzy that it was impossible to determine in what direction the fatal cut was made.

Although most books have focused on these five women, a fascinating new work by Paul Begg and John Bennett suggests there might have been others ... the Ripper's "forgotten victims."

Begg is a world authority on Jack the Ripper and has written extensively about the case, including "Jack the Ripper: The Definitive History" and a major contributor to "Jack the Ripper: A to Z." Bennett, in addition to his writing about the case, also is known for his widely acclaimed walking tours of Whitechapel that include many of the Ripper murder sites.

The authors focus on about a dozen female victims who were attacked during this same bloody period. They consider various suspects and theories, revealing the lengths to which some have gone to unmask Jack the Ripper. This is an important book and explores the intriguing question of why these Victorian-era murders continue to generate interest and titillation after more than 125 years.

## SENIOR NEWS LINE

by Matilda Charles  
All About Us

### New Home Monitor Learns Your Habits

If you were to get to the point where you're forgetting to eat or take your medications, how long would it be before someone noticed a change in your routine?

For an initial \$150 and then \$20 a month, seniors and those who care about them can have peace of mind with a gadget called the Lively Sensor.

The Lively Sensor is ... amazing.

Here's how it works: Small monitors (six of them, the size of a quarter) are attached to various items in the home -- the pill container, refrigerator door, TV remote, keychain, front door -- that you touch or move on a daily basis. The idea is to attach the monitors to things that are sure to be a clue that all is not well if the monitors aren't

moved. The sensors get to know your habits.

The Lively Sensor gets the signals in a central hub in your house (you don't need Internet). Your loved ones can use a cellphone or computer to check the "log" of your activities.

Yes, the Lively Sensor is a monitor, and no, none of us want to be watched. But the alternative -- being forced to move into a retirement building -- isn't our first choice. And you do have control over where the monitors are attached.

If you're not on the Internet and don't always get the latest photos of your grandkids, there's the LivelyGram, mailed to your house twice a month with pictures and messages from your family, as part of the Lively setup.

If you'd like to learn more, go online to [www.mylively.com](http://www.mylively.com) (check at the library if you don't have a computer), or call 1-888-757-0711 to ask for a brochure to be mailed to you.

### Technology from Pg. 14

• Increase productivity with workflow solutions-Document workflow solutions are key to improving productivity. Cloud solutions such as HP Flow CM Professional-accessible directly from the HP Color LaserJet Pro MFP M476-bring enterprise-grade content management capabilities to growing businesses, furthering collaboration and productivity for SMBs without forfeiting security. The cloud presents a unique opportunity for SMBs, as 50 percent agree that cloud

computing will become more important for businesses like their own. Investing in cloud-based solutions can help streamline processes, improve accessibility, increase flexibility and globalize any workforce.

Business can happen anytime, anywhere, and it's important to set your employees up for success with devices that support your mobile printing strategy.

For more information on HP's print offerings for SMBs, visit [www.hp.com/go/mfp](http://www.hp.com/go/mfp).

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## How Technology Can Help Businesses Do More With Less

(NAPSA)-From tax changes to utility bills and minimum wage requirements, small- to medium-sized businesses (SMBs) have a variety of expenditures and regulatory obligations. Meanwhile, governmental changes and other factors continue to alter the landscape of expenses that SMBs can expect from year to year.

This can change the way business owners invest their money and the types of expectations they have for the products they purchase to support their companies. With other growing expenses, small- and medium-sized businesses are more interested than ever in the "value of a dollar" and they expect their money to go further when it comes to technology.

Here are three tips for doing more with less and a look at the technology that can help make a difference for your business with fewer costs:

• Make your office mobile friendly-Increase employee productivity by providing the option to print on the go from smartphones and tablets. Offices that aren't ready to buy a new printer but are interested in implementing mobile print should look at

the HP 1200w Mobile Print Accessory-a simple, secure USB device that adds wireless-direct and touch-to-print capabilities to existing HP LaserJet and Officejet HP LaserJet and Officejet Mobile printers.

• Invest in cloud-enabled document management-By investing in the cloud, businesses can manage content and improve employee efficiency with access to documents from the office or on the go, without purchasing additional hardware or IT infrastructure. Look for a cloud solution that uses a subscription model, letting you scale your cloud usage as your business grows.

• Create interactive documents through the cloud-Cloud-based customer communications management solutions let users spend less time composing documents and more time engaging with customers. With these technologies, users can create sophisticated, interactive documents, including sales quotes, proposals, direct marketing and correspondence, while maintaining company brand standards.

One way business can save money and still stay efficient is to invest in technology that lets them do more with fewer costs.

You can have more control of your business expenses by investing in the right technology. For further facts and tips, visit [www.hp.com](http://www.hp.com).

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**Rethinking Household Hazardous Materials**

You may not realize it, but household hazardous materials (HHM) can be found in every home. Unfortunately, many homeowners improperly dispose of their hazardous materials, such as oilbased paint, motor oil, and other chemicals, in their garbage cans, floor drains, and nearby storm sewer catch basins. The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) Regional Collection

Center helps residents dispose of these materials safely.

There are several things you can do first to reduce the hazardous materials in your home. First of all, purchase only the quantity of product you need for a specific task. Secondly, use the product according to the manufacturer's directions. And finally, if you do have leftover materials, store them in their original containers. However, even the most careful consumers sometimes find themselves with leftover fertilizers, paint thinners, antifreeze, and other hazardous materials that they know they will never need again. That's

**Food Preparation Before and After World War II by Grandma**



Food companies began producing products that cut down on food preparation. A revolutionary invention called Bisquick let housewives make dandy baking powder biscuits with minimum time and effort. I have a cookbook from Bisquick, where every recipe calls for Bisquick. Most of the recipes are quite good and they take less time.

After Bisquick, it was a short jump to cake mixes. They were not an instant success, however, older women in particular shied away from them, preferring their own "from scratch" recipes. Others viewed "box cakes" as a form of cheating the family. In reality the first box cakes weren't as good as the made from scratch cakes. At socials, women often compared the two types of cakes. Many times saying so and so didn't make that cake from scratch.

Cakes have come a long way since I was growing up. I remember Mom telling us kids not to slam doors or jump on the floor or the cake will fall. Lots of times the cakes did fall. There

would be an indentation in the middle of the cake.

Before frozen vegetables, we were all pressed into service picking pails of string beans, shelling peas, and husking sweet corn, picking plump tomatoes, and picking fruit from the fruit trees.

There were mason jars to be scalded, big kettles of water to heat and paraffin to melt for sealing jars filled with jelly. All this was accomplished in a kitchen with no air conditioning.

When canning season was over, shelf after shelf in the basement was filled with vegetables, fruits, apple butter, pickles and canned beef.

We've come a long way with our modern technology. Most of us tend to take things for granted. Nowadays, you just open the freezer at the supermarket and stock up. I don't think anyone misses the hubbub and toil of canning.

One time saver, the dishwasher is a mixed blessing. There was something to be said for the togetherness of kids washing and drying dishes after meals. It wasn't a lot of fun but it made kids realize a home isn't a luxury hotel for small people, it's a place where everyone pitches in.

**BIBLE TRIVIA**

by **Wilson Casey**

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1. Is the book of III Corinthians in the Old or New Testament or neither?
2. What visual aid did Jesus use on answering, "Who is the greatest in the kingdom of heaven"? Sea, Ant, Leper, Child?
3. On which isle was the Apostle John when he experienced his revelation? Chittim, Elishah, Patmos, Dedan
4. Also called Azariah, what king of Judah was stricken with leprosy? Rezin, Uzziah, Horam,

Jehu?

5. Who took a wife named Keturah after his first wife died? Abraham, Noah, Moses, Aaron?

6. From Acts 22, where was the birthplace of the Apostle Paul? Antioch, Philadelphia, Tarsus, Sinai

**ANSWERS**

- 1) Neither;
- 2) Child
- 3) Patmos
- 4) Uzziah
- 5) Abraham
- 6) Tarsus

where the DMASWA Regional Collection Center for Household Hazardous Materials comes in. If you have materials you cannot use, give away, or safely manage at home, take them to the Regional Collection Center (RCC) located at the Dubuque Metro Landfill along U.S. Highway 20 on Dubuque's west side. This service is FREE to Dubuque and Delaware county households and farms. The RCC is open April through October and materials can be dropped off anytime between 7:30 a.m. and 3:30 p.m. on Tuesdays, Thursdays, and Saturdays. For more information call (563) 557-8220. Businesses should call ahead to make an appointment.

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Iowa law requires all vehicles transporting non-agricultural materials on public streets and roads to secure their loads by construction, container, or with a tarp, net or other cover. (Iowa Code Title VIII, Subtitle 2, Chapter 321.460 and 321.466)

**Wast Agency cont. P 17**

**DUST OFF YOUR FINANCIAL PLAN**

By Pamela Shaw

**Social Security District Manager in Dubuque IA**

Spring is officially here. Before you get started with your spring cleaning, perhaps another matter deserves some dusting off—that long-term financial plan.

April is National Financial Literacy Month—the perfect time to spring into action when it comes to planning your financial future. If you already have a plan, this is a great opportunity to take another look at it and make sure you're still “on track” to reach your financial goals.

According to a 2013 survey by the Employee Benefit Research Institute, the past few years have seen a sharp decline in Americans' confidence about their retirement savings. Only 13 percent of workers feel very confident about having enough for a comfortable retirement and 28 percent are not at all confident. More than half of workers have less than \$25,000 in total savings and investments. Twenty-eight percent of workers have saved less than \$1,000.

If you haven't begun saving for retirement, now is a good time to start—no matter what your age. If retirement is near, you'll want to jump into the fast lane right away. If you're younger and retirement seems a lifetime away, it's still in your best interest to begin saving now. Here's how much the magic of compound interest will work to your advantage. For example, a 25-year old who begins saving \$100 a month and earns a modest 5 percent interest will have more than \$150,000 at age 65. Save \$200 a month and you're looking at more than \$300,000. Experts agree that saving when you're young will make a world of difference when the time comes to draw on your retirement savings.

Don't just take our word for it. You can check out the numbers yourself. A great way to start figuring out how much you will need for retirement is to use Social Security's online Retirement Estimator, which offers an instant and personalized estimate of your future Social Security retirement benefits based on your earnings record. Try it today at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

We encourage saving for retirement, but there are reasons to save for every stage of life. A great place to go for help is [www.mymoney.gov](http://www.mymoney.gov) (the official U.S. government's website dedicated to teaching Americans the basics of finances.) Whether you are looking for information about buying a home, balancing your checkbook, or investing in your 401(k) plan, the resources on [www.mymoney.gov](http://www.mymoney.gov) can help you.

The Ballpark Estimator at [www.choosetosave.org/ballpark](http://www.choosetosave.org/ballpark) is another excellent online tool. It makes complicated issues, like projected Social Security benefits and earnings assumptions on savings, easy to understand.

If you have to choose between scrubbing down the house or scrubbing your budget to get your financial house in order, we recommend putting off the cleaning one more day. Get started on planning your future right now at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Waste Agency from P. 16**

For more information regarding Dubuque Metropolitan Area Solid Waste Agency policies, contact the Agency Admin-

istrator at 563-589-4250.

Newsletter prepared by the DMASWA Education Office. For more information, go to [www.dmaswa.org](http://www.dmaswa.org) or call 563-588-7933.

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5. You eat all of your meals in less than fifteen minutes.
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8. Your lesson plans are older than your students.
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10. You realize that the lesson plans you write for your substitute teachers are better than the ones you use yourself.

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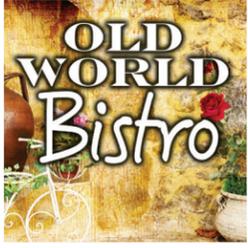
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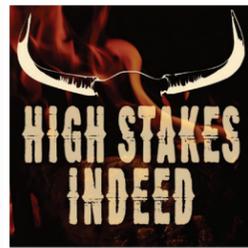
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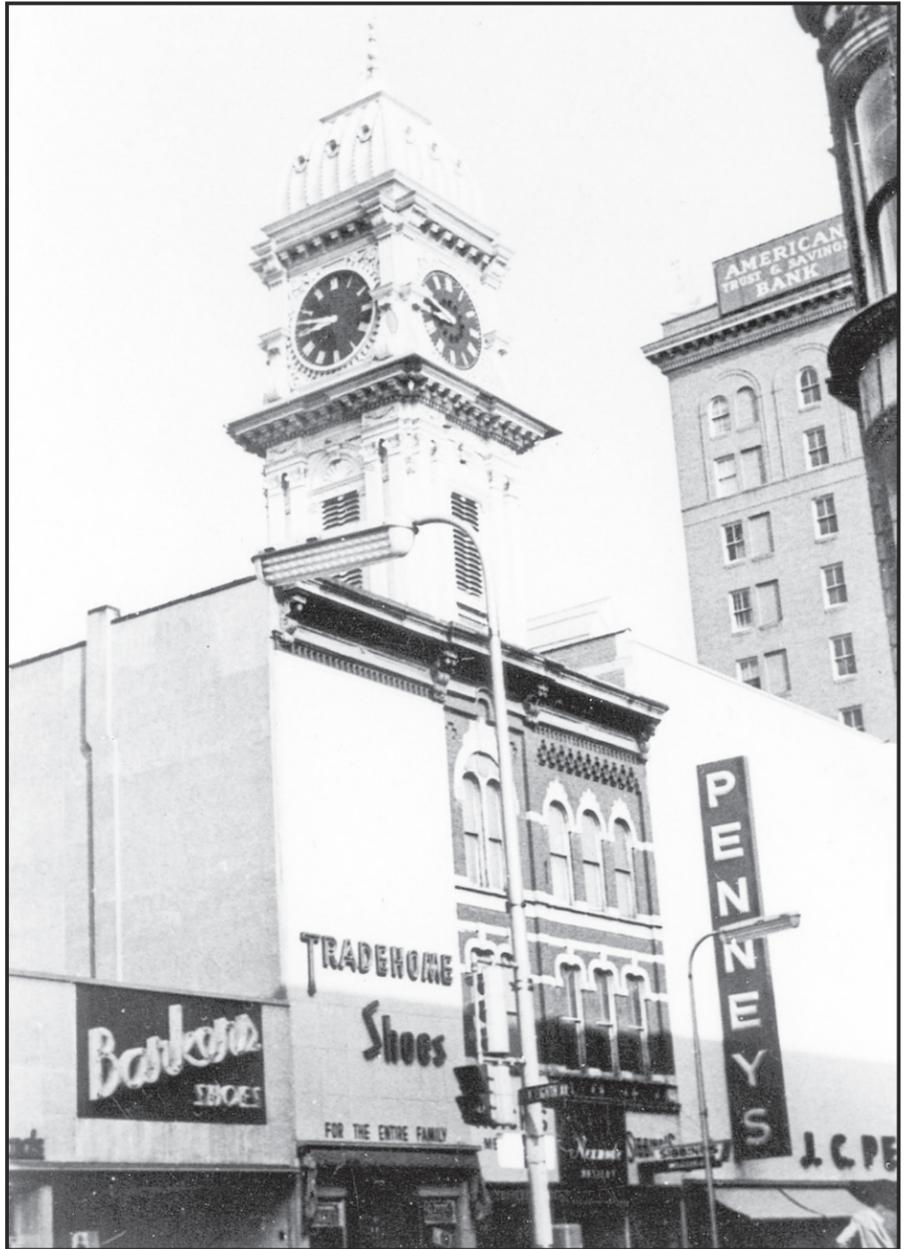


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## YESTERDAY AND TODAY

BY MICHAEL GIBSON



The 800 block on Main Street in the late 1960's with Barker's Shoes, Tradehome Shoes, and J.C. Penney Co. The 1873 vintage town clock still sits on top of the building which replaced John Bell Dry Goods when the original clock fell in 1872. The J.C. Penney store would remain at its Main Street location until late 1983 or early 1984 when it relocated to Kenney Mall. (Photo courtesy of the Loras College Center for Dubuque History, ML No. 124 p.50)

Yesterday & Today cont. P. 19

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### May Friendship Day

Friday, May 2, 2014

Sisters of St. Francis at 3390 Windsor Avenue

Brunch: 9 a.m. (\$5) • Program: 10 a.m.

Call Gretta Kling 563-556-6629 by April 29, 2014

**Parking:**

Lot behind Francis Building  
Handicap Parking:  
Front entrance, use elevator

**Program:**

"Through God Our Hands  
Can Serve"  
Speaker: Rick Mihm,  
Executive Director,  
Dubuque Rescue Mission

2014 Human Rights Award Recipients:

Mary Nevans-Pederson – Telegraph Herald, Rick Mihm, Dubuque Rescue Mission  
Sponsored by Dubuque Church Women United

All Are Welcome!

\*We will remember during the program how our personal acts of service benefit family, friends, neighbors, and "the least of these."

### What Is A Mother?

Here, for the first time, the question is put to the people who have the answers. We are pleased to present a view of Mother by those who keep her under closest surveillance and probably know her best - her children.

#### Who is a mother?

She knows what is important. That is why God asked them to be a mother.

A Mother is the only one if she sings your favorite song/ it stops thundering.

A Mommy is a wife. A Mommy looks after children and she yells.

A Mother doesn't do anything except what she wants to. Nobody makes her take baths and naps or takes away her frog.

A Mother is one who will never forget you, even if you get married and move to another town or place.

Mothers get mad if you use your brother's toothbrush, but he doesn't care.

If I forget to tell my Mother I need my shepherd costume tomorrow morning/ she finds one in the night. That is a Mother.

Mothers are wonderful! She spends all her time on you. A Mother is just like God, except God is better.

We are lucky we have a Mother, because if we did not have a mother everything would be in a big, big mess.

Yesterday & Today from P. 18

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



In this more recent view we note the town clock has been removed and the building completely and beautifully restored and is the home of Cottingham & Butler. The J.C. Penny store is gone and replaced with the new addition to the American Trust & Savings Bank. The Barker Shoe Store building on the far left which also once housed the House of China restaurant is vacant.  
(Photo courtesy of Terry Grant).

**Old Folks Are Worth A Fortune**

Old folks are worth a fortune; With silver in their hair, gold in their teeth, stones in their kidneys, lead in the feet and gas in their stomachs. I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day.

As soon as I wake. Will Power helps me get out of bed. Then I go to see John. Then Charley Horse comes along, and when he is here he takes a lot of my time and attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed - with Ben Gay. What a life!

PS. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. I told him I do - all the time. No matter where I am - in the parlor, upstairs, in the kitchen or down in the basement - I ask myself, "Now, what am I here after?"

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The board of Veterans Memorial Plaza are hosting a **Memorial Day Ceremony at 9 a.m., May 26 at Veterans Memorial Plaza**



- All colors are present so we will not have a Color Guard
  - George Gobel will open the ceremony with comments about Memorial Day.
  - Dick Bridges will read the Roll Call of the Walk Of Honor. (These are the most decorated Veterans of the Tri-State area).
  - A firing squad and bugler will render the salute.
- We will conclude with an offer to help people locate pavers.



**Memorial Day Parade** **MEMORIAL Day**  
May 26, 2014 1:30 p.m.

Starts at Jackson Park and disbands at Washington Park.  
Parade Route: Down Main St. to 9<sup>th</sup> St. up 9<sup>th</sup> to Locust.

**Theme: Remember The Fallen**



Guest Speaker: Jim Wagner, Director of Freedom Center (Dubuque)  
Vocalist: Logan Manders (student at Wahlert HS)  
Clergy: Rev. Jack Redmond (Tri-State Comm Church)  
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Laugh A Lot

A husband and wife are getting ready for bed. The wife is standing in front of a full length mirror taking a hard look at herself.

"You know dear," she says, "I look in the mirror and I see an old woman. My face is all wrinkled, my hair is gray, my shoulders are hunched over, I've got fat legs and my arms are flabby." She turns to her husband and says, "Tell me something positive to make me feel better about myself."

He studies her for a moment thinking about it and then says in a soft voice. "Well there's nothing wrong with your eyesight."

Services for her husband will be held Saturday morning at 10:30 at the Memorial Chapel.

A father came home one day from work with excitement written all over his face. He had finally received a company car from his boss and was so excited to show it off. He took his four-year-old son outside to the driveway to see his reaction.

"Wow daddy! What a shiny new car! Whose is it?"

Beaming, the father replied, "Do you like it? My boss bought it for me."

With a straight innocent face, the boy said, "Mommy bought you a car?"

Marv smiles and says, so what was the name of this fine new eatery you discovered?"

Bernie says, "You'll have to help me out here a little. What's the name of that pretty flower, that smells sweet, often red, and grows on a thorny bush?"

Marv grins again, "Well now Bernie, sounds like a rose to me."

"Yes, yes, that's it cries Bernie, then he calls ahead to his wife.

"Rose! Rose, honey, what was the name of that little restaurant we ate at last night?"

My boyfriend and I were lunching at a sidewalk cafe in California. Our waitress looked like a real surfer girl, athletic with a great tan and blond hair. Mulling over the menu, my guy asked her if the roast beef was rare.

The waitress gave us a stare and replied, "Well, no, we have it, like about every other day.

STRANGE BUT TRUE

by Samantha Weaver

• It was beloved and sometimes maligned British Prime Minister Sir Winston Churchill who made the following sage observation: "Sometimes it is not enough that we do our best; we must do what is required."

• If you're of a certain age, you might be surprised to learn that the Bruce Willis film "Die Hard" is older than the World Wide Web.

• Those who study such things say that a new mom accumulates anywhere from 450 to 700 hours of lost sleep during the first year after her baby is born.

• You may be surprised to learn that the average American man spends 10,585 hours hanging out in a bar. Or you may not.

• Those who are looking for love might want to consider the following statistics: In a 2013 survey, a quarter of adults said that their spouse/partner is not

the type of person they thought they'd settle down with. More than half of respondents said that their significant other is their complete opposite.

• If you just can't seem to resist shouting sometimes, you may suffer from klazomania.

• Nobel and Pulitzer prize-winning author John Steinbeck did not start out his career as a great success. In fact, his first novel, "Cup of Gold," was a complete flop, not even earning enough money to cover the advance the publishing house paid him. He was not discouraged, however; after the book's publication Steinbeck wrote to a friend, "The book was an immature experiment. ... The next one won't be good, nor the next one, but about the fifth, I think I will be above the average."

• Even a chameleon that is born blind can take on the colors of its environment.

Thought for the Day: "If a window of opportunity appears, don't pull down the shades.



ELECT

JIM SPECHT

Dubuque County Supervisor



Focused on improving county infrastructure, keeping our healthcare local, and managing projects with a common sense attitude.

After growing up in Sherrill and raising a family in Sageville, Dubuque County is my home, and it's time we begin taking better care of our home.

- We have to do a better job of managing our roads and infrastructure maintenance with an eye for long-term returns on how we invest in our roads.
- I served on the Sageville City Council for 18 years.
- I've been a union-member for over 30 years.

If elected, I will work as hard for you as I've worked for my family, employers, and unions. I'll collaborate with employers and employees to keep costs low, and I'll fight to stop outsourcing our local jobs.

Elect Jim Specht on June 3<sup>rd</sup>, 2014!

Paid for by the committee to elect Jim Specht





**Liz Lynch is back by popular demand.**

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

Liz traces her love of reading, writing and learning, which are all wound up together in her constant curiosity to her mother.

“My mother educated herself,” Lynch said. “We had a library at our church. Holy Family, back then and every Sunday, she’d come home from Mass with two or three books. She reserved her Sunday afternoons for reading, and God bless any of us who interrupted her!”

Lynch liked writing immediately when she started doing assignments in the country school she attended. And, she fell in love with it when she was 10 years old in 1918 when one of her stories was published in *The Witness*, the newspaper of the Archdiocese of Dubuque.

She also was inspired by life on the farm. “I loved the farm - every inch of it,” she said. “We had the most ideal childhood you can imagine. We roamed the woods and went trapping, hunting and fishing all the time. I was pretty good with the animals on the farm. It was a great way to grow up.”

She started teaching in the same country school she’d attended immediately after she graduated from high school at the old Immaculate Conception boarding school in Dubuque. She continued teaching for 38 years, 25 of them in country schools, then going to Sageville and finishing her career teaching special education students in the Western Dubuque Schools.

The country school experi-

ence was especially challenging and fun. “You were the only teacher for all the grades,” she said. “And you had to do everything else. You had to bring your own water, be the janitor, the psychiatrist and the psychologist. You even pulled teeth now and then.”

After Iowa mandated that teachers who’d started with only high school diplomas had to have college degrees, she took classes at the University of Dubuque and graduated in English.

Liz Lynch moved to Dubuque 21 years ago, and she began devoting much more time to her writing and oil paintings, too.

She has taken creative writing classes for senior citizens from Sister Rosemary Sage at Mount Carmel for the last four years.

“The nun says I write ‘with ease’, but I don’t know about that,” said Lynch. “Another thing she’s told us that has helped is, ‘Easy writing is darn poor reading!’ In other words, you really have to work hard on it to make it good.

Liz said she works on her stories constantly, writing in longhand while she sits in a comfy chair in the living room.

If I don’t write every day, I’m thinking about it, making some notes or looking things up. It gives me the biggest satisfaction. I think things out, write them down, work them over and over. Most of the time I write about the things I know about in my past. When I write those stories, I can get a lot of feeling into them.



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**Step Three: Pick a State.** Do you want to view resources from your community or another state?

**Step Four: Review Your Summary.** Review your choices from the three previous steps and decide if you want to see your search results or start a new search.

Please share this information and visit [www.Disability.gov](http://www.Disability.gov) to get started! You can also subscribe to email alerts and the Disability Connection newsletter or follow the site on Facebook, Twitter and Disability.Blog.

**Trivia test** by Fifi Rodriguez

**1. Ad Slogans:** What company advertised its services with the slogan, “When there is no tomorrow”?

**2. History:** What did the 26th Amendment to the U.S. Constitution accomplish once it was signed into law in 1971?

**3. Movies:** What was the name of the college that was the setting for “Animal House”?

**4. Medicine:** What does the Ishihara test determine?

**5. Music:** Who was the last

musician to perform at the 1969 Woodstock music festival?

**6. Television:** What was Phoebe’s twin sister’s name on the sitcom “Friends”?

**7. General Knowledge:** How long does it take for a toenail or fingernail to grow from base to tip?

**Answers**

1. FedEx
2. It lowered the legal voting age to 18
3. Faber College
4. Color blindness
5. Jimi Hendrix
6. Ursula
7. Six months

R.F.D.

by Mike Marland



**Renaissance Returns for Seventh Season!**

Royalty, romance and the code of chivalry come to life! On Saturday & Sunday, May 17 & 18, the Dubuque Renaissance Faire will open for its seventh season at Camp Albrecht Acres in Sherrill, IA. A fundraiser for the Camp, the festival is open from 10 a.m. til 5:00 p.m. rain or shine and is packed with shows featuring pirates, minstrels, magic and swordplay.

New this year is the Fantasy Forest for the young and young at heart. Step under a banner archway to meet Prince Charming, Firemoon the Faerie, the Forking Queen and Katia the Blue Mermaid.



Explore our tented marketplace full of merchants offering jewelry, pottery, leather goods, woodcarving and more. Savor the flavors of the renaissance from our food vendors.

See Joust Evolution and cheer the knights and warhorses. Try your hand at archery, knife throwing and take on all comers in the fencing ring. Meet Queen Catherine and King Edward of Have Court, Will Travel and attend the daily knighting ceremony. This Tri-State event is like no other. Come for a few hours or come for a full day. Info at: [www.dbqrenfaire.org](http://www.dbqrenfaire.org)



**Mt. Pleasant**  
— HOME —

**Third in a series celebrating Mt. Pleasant Home's 140 years providing an affordable, home-like residence for men and women.**

**Mt. Pleasant's Charity Ball**

A major fundraiser for the operation of the Home in its early years was the annual Charity Ball. U.S. Grant, having completed his second term as President several years earlier, was returning to his home in Galena and made a tour of Dubuque on December 1, 1879, the date of the first Ball. After parades, speeches, and receptions, his attendance at the Ball was the climax and concluding event of the day's celebration, held at the Julien. Receipts from the Ball that first year totaled \$443.20, almost a quarter of the annual expenses.

**Detriment to Religious Revival**

By 1887, the Charity Ball contributed \$963.40 toward the Home's operating budget of \$3237.15. That same year, the Board received a written request from the "Pastors and representatives of the Evangelical Churches of Dubuque" (all men) to indefinitely postpone the Ball, in light of the fact the churches were attempting "a great revival of religion" in the community, and it was felt the Ball would be a detriment to their work.

In a special meeting called to consider the request, the Board (all ladies) "Resolved that it is now too late to abandon the



This colorful, impressed program for the 1886 Charity Ball records music provided by the Great Western Orchestra, H. Wunderlich, Leader. The Grand March was followed by a variety of waltzes and quadrilles and ended with Home, Sweet Home.

proposed Ball preparation having already proceeded too far, and in justice to those who have labored hard and given much valuable time in order to make it a financial success, we cannot further consider the proposition of the Committee."

The Charity Ball continued into the next century.

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**MISTER BREGER** By Dave Breger

Dave Breger

"Dear, we'd better stay indoors until Mrs. Griswold has finished her driving lesson..."



### From The Batt Cave

Al Batt  
snoeowl@aol.com  
<http://albatt.net/>

71622 325 St., Hartland, MN 56042

#### He almost made it

We all hope to make it, whatever that might mean.

It was back in the days when farmers sat on the ground in the spring. If their rear ends were cold, they knew it wasn't time to plant anything.

Soil samples were taken from the dried mud clinging to a tractor tire.

I listened to transistor radios. I wrote things in notebooks. Important things like, "Don't eat any more beets." I collected just enough box tops in order to get nothing in return.

"Why does the city have so much pavement?" I asked.

My father replied, "Because that stuff is too hard to plow."

Boys bragged about their fathers. A neighbor lad boasted, "My father is an Eagle, an Elk, a Moose, and a Lion."

I said in return, "Wow! What does it cost to see him?"

Hartland had a population of 300. Once a week, somebody stopped by the farm and said the population was only 298, using this explanation, "One guy died and I'm out of town visiting you."

Hartland once had a series of Burma-Shave signs. Burma-Shave was a brand of brushless shaving cream, famous for an advertising gimmick of posting humorous rhyming poems on small, sequential highway roadside signs. "Don't lose your head. To gain a minute. You need your head. You're brains are in it. Burma Shave." "Why is it. When you try to pass. The guy in front. Goes twice as fast? Burma Shave."

Hartland was small enough that you had to leave town in order to read all the signs.

A neighbor was tough and gruff. He was an ex-Marine who didn't even cry during the movie, "Old Yeller." His cigarettes smoked themselves while hanging from his lip. He was fond of asking, "What's this world coming to?"

That was a reasonable question. He had many answers. That was OK. He'd earned his opinions. His ideas were a little far-fetched. He was no judge of distance. One day, he walked into my father's shop where Dad was doing some welding and

picked up a bolt from the floor, not realizing that my father had just freed it with a cutting torch. He immediately dropped it and jammed his hand into his pocket, trying to act as if nothing had happened.

Dad noticed and asked with a guilty grin, "Kind of hot, wasn't it?"

"Nope," answered the visitor, "it just doesn't take me long to look at a bolt."

He'd been unhappy when he got there. He was unhappier when he left.

Living on a farm where the highest point on the farm was where a Holstein had left a cow pie made for an interesting existence. It was difficult to plant potatoes in hills when the closest hills were 20 miles away. I claimed that our farm was the home of the world's lowest mountain. I told all who would listen that we could see almost 1/4 of section 13 from its peak.

I remembered when things almost changed. It was when I discovered oil on the farm. I told my father that we should use the proceeds from our discovery to get a new car. He considered it until he found out that the oil was coming from the old car.

One day, a salesman pulled in the yard. He had a nice car. He drove in at a high speed, but that speed couldn't match the haste of his exit from the vehicle. He was out of the car before it had stopped rolling. He ran up to me and asked if he could use our bathroom. He had the look of a bulldog chewing wasps. I said that we didn't have anything indoors that would help him, but we had an outhouse behind the house that had an old catalog available for recycling, and that he should knock himself out. He mumbled a much obliged and took off both lickety and split. He moved swiftly. He was purpose-driven. I tried to tell him something else, but he'd left too soon. The day was ending, darkness was at the edges. Especially in the backyard, where the shadows of the woods had encroached. He moved at a rapid pace until he hit the clothesline with his Adam's apple.

He hit the ground with a gagging thud.

I ran to him and told him that I'd tried to warn him about the clothesline, but he'd moved away too quickly.

He looked up at me from the ground and said, "That's okay. I don't think I'd have made it anyway."

© Al Batt 2014

#### Going Gluten-Free, Even With Diabetes

(NAPSA)-Celiac disease, an inherited autoimmune disorder, makes people incapable of digesting gluten, so the common treatment for this condition is a totally gluten-free diet. The strong link between celiac disease and diabetes can mean a double challenge of finding foods to fit the dietary restrictions of both conditions. It doesn't need to mean giving up dishes you love, however.

To help, chef Nancy Hughes and registered dietitian and diabetes educator Lara Rondi-

nelli-Hamilton created "Gluten-Free Recipes for People with Diabetes" for the American Diabetes Association, a collection of 75 gluten-free recipes for people with diabetes. It has a meal-planning guide, advice on shopping, cooking tips, grocery lists, menus, and lists of safe and not-so-safe ingredients. Recipes provide exchanges and nutritional information to help manage glucose levels. There's also an extensive list of resources, including organizations, books, websites and magazines.

It's at [www.ShopDiabetes.org/gf](http://www.ShopDiabetes.org/gf), bookstores and (800) 232-6733.

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We called the living room the parlor?

The school house had only one room?

We called the refrigerator the icebox?

Called a couch either a sofa or a davenport?

Most stores were closed on Sunday?

We skimmed the cream off the top of milk.

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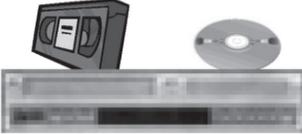
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**Rent A Flick by Ron Richeson**




**Match Point**  
 When a tennis ball hits the top of the net there is a brief moment when it hangs suspended in time until the gods of chance determine which side it will drop, either for you or against you. That powerful force we call luck is the premise of Woody Allen's *Match Point* (2005), a morality drama of deception and murder.

marriage with the gentle and nurturing Chole, but the passion for Nola persists, especially when he discovers that she is no longer engaged.

Allen's methodical buildup takes a biting turn when Nola informs Chris that she is expecting, and either he tells his wife or she will. We are reminded of the scene in *Unfaithful* when three girlfriends are discussing affairs during a luncheon date. "They always end badly," laments one of the women. This one will too.

Once again Allen lets the ball hit the top of the net, and once again we have to wait to see on which side it will descend. The landing may surprise you.

This film is rated a mild R and is available via Netflix mail order.

Tennis instructor and social climber Chris Wilton (Jonathan Rhys Meyers) falls into the lap of luxury when he meets the well-to-do Hewett family and begins dating their daughter Chole. It's a whirlwind courtship, but Chris crosses the line when he becomes obsessed with Nola Rice (Scarlett Johansson), the fiancée of Chole's brother. Chris eventually settles into

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**Radio From The 20th Century**  
 by Bill Zwack




*The Penny Singleton* show was heard on NBC in the summer of 1950. Miss Singleton, best known as "Blondie" of the radio and movies, now played Penny Williamson, a widow who lived in Middleton and sold real estate to support her two daughters.

and Harriet, and a maid on Fibber McGee and Molly) Penny's nasal maid. Her daughters in the show, Sue and Dorothy (DG for short) were named for Penny's real life daughters, and were played by Sheila James and Marylee Robb. Max Hutto directed.

The situation comedy was basically a soft and early blow for women's lib, portraying Penny and her daughters as highly competent, self sufficient females in a sea of male ineptitude. Chief bunglers and fierce competitors for her hand were Horace Wiggins, her partner in the realty firm, and crusty judge, Beshomer Grundell. A top cast of radio professionals appeared in support: Jim Backus played Wiggins; Gale Gordon was Grundell, and Bea Benaderet was Margaret (who also played the maid on *Ozzie*

One situation had Penny concerned about recent robberies in the neighborhood. Of course the judge and Wiggins were there to protect her if anything should happen. Being a rival for Penny's hand, both men wanted to show Penny their manlyness by protecting her.

In the past, only two episodes of the "Penny Singleton Program" have been known to be available. Recently, however, more episodes have been found and will eventually be heard on AM 1370 KDTH's Big Broadcast which is heard every Sunday night from 6 to midnight.

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**Passover Leek and Olive Bites**

3 leeks, each preferably 1 to 1 1/2 inches in diameter, white and pale green parts only, trimmed  
 1 tablespoon margarine or butter, cut up  
 1/2 cup water  
 Salt and Pepper  
 1/4 teaspoon fresh thyme leaves  
 15 pitted Kalamta olives, cut in half  
 30 kosher-for-Passover crackers, such as Tam Tams

Cut each leek crosswise into 1/2-inch-thick rounds; keep rounds intact. Place in large bowl and cover with water. Gently swish to remove any grit. Lift out leeks into colander. Repeat with fresh water at least once or until leeks are clean. Drain in colander. Pat dry. In 12-inch skillet, melt margarine on medium. Add leeks in single layer. Cook 5 minutes or until browned. Turn carefully and add water, thyme, 1/8 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Heat to boiling. Cover and cook 5 minutes or until leeks are tender. Cook until water evaporates. Center rings of leeks will rise; gently press back into place with back of teaspoon. Remove from heat and cool 10 minutes. Top each cracker with 1 leek slice and 1 olive half. Serve immediately. Makes 30 bites; 2 bites per serving.

### An Iowa Legend Burt Gray (1871- 1962)

Have you noticed how somebody always wants to sandwich in on another person's fame? Especially if you invented the world's most popular anything. Iowan Burt Gray claimed he invented the hamburger. He just might have, at that. The facts seem fairly clear, if not the date of first invention. Here is the story as later reported in newspaper accounts.

Burt was an experienced restaurateur in Clarinda, Iowa. One day he walked next door to his restaurant to visit his friend Al Wall, who ran a butcher shop. Al was stuffing wieners with ground pork. As they chatted, Al suggested that a sandwich might be made out of ground beef. Burt agreed to give it a try.

The big question was how to make ground beef hold together during cooking. Ground pork was held together with sausage skin, but there was no beef skin to hold ground beef the same way.

Burt took some ground beef back to his restaurant. Reasoning that he needed a matrix, or glue, to hold the beef together during cooking, he mixed egg batter in with it. Not only did that prove to be messy, but the taste was less than wonderful.

Burt then decided to form the beef into a patty shape, after mixing it with flour. He dropped the patty into hot fat and fried it well, then placed the cooked patty between two slices of bread. He and Al ate and nodded approval. Hmmm. Not bad. Maybe a pickle and some catsup and onion would make it even better.

They knew that Burt had invented something pretty spe-

cial, but it was a sandwich that needed a name. They talked about that for a while, until Al suggested "Hamburger." Burt objected that the sandwich had no ham in it, but, unable to come up with a better name, he let that one ride.

Some people later said that Al named the sandwich as a tribute to his mother, who still lived in Hamburg, Germany. That seems unlikely, even though Hamburg was Al's birthplace, too.

It is possible that Al thought of this new sandwich as the leading sandwich of all time. A leader (or mayor) of a German town is called a burgher. Putting together a clever contraction of two German words—the city, Hamburg, and the leader, burgher—produces "hamburger."

Recall that the immigrant Al Wall still thought in German. However, any guesses about the origin of the name are just that, guesses.

Once word got out about Burt's great new hamburger sandwich, Clarindans rushed to Burt's cigarette and sandwich shop on the north side of the city square. Business boomed. People loved Burt's 'burgers.

Later, when he introduced the hamburger into his restaurant in Rockwell City, the townspeople at first refused to buy it. They said they didn't like cheese! The cheeseburger hadn't been invented, so that response seems strange, until we recall that the townspeople knew about limburger cheese, with its world-class stench.

Burt's first hamburgers contained a half-pound of hamburger, an onion slice, pickles and catsup. They sold for a nickel. Times and prices have changed, but Burt Gray and Al Wall's hamburger lives on by the billions.

### NEW TOOLS FOR RESEARCHERS & GENEALOGISTS

Now available on the Historical Society's Website  
[www.galenahistorymuseum.org/researching](http://www.galenahistorymuseum.org/researching)

GALENA, Ill. - The interest in researching family trees, family ties and area history continues to grow. With so many research tools now more readily available and more easily accessible, more and more people have become intrigued with filling in the details of their own family's story.

Many of the inquiries that we receive at the Galena-Jo Daviess County Historical Society are requesting information about people and places from Jo Daviess County's past. There are a number of resources that we routinely use in-house to help people with their search. Two of these resources are now available to you from any computer: The History of Jo Daviess County Illinois published in 1878 and the Portrait and Biographical Album of Jo Daviess County, Illinois published in 1889. Both of these volumes are now on our website in a searchable format.

Just go to [www.galenahistorymuseum.org/researching](http://www.galenahistorymuseum.org/researching) and choose from the drop down menu. You can search either volume using almost any written criteria; keyword, name, location etc. Other tools allow you to zoom in for easy reading. Take a minute and visit the website - it's also a great way to stay up to date on our events, new exhibits and our planning process for Moving It Forward.

The Society is a 501(c)3 whose purpose is to tell the unique story of Galena, Jo Daviess County, and the Northwest Illinois Driftless Area to local, regional, and national audiences.



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### Home Repairs & Home Improvements

The foundation to a good home repair or home improvement project is a good contractor. While it's important to plan for the project, it's just as important to find a reputable contractor.

Before you search for a contractor, write down the work you want done. Be as thorough as possible, so a contractor is clear about the project and needed materials. Check with your city or county on required inspections and building permits.

#### Check references

Before you sign a contract or pay any money, ask around and also take time to talk with the contractor. Ask people you know and trust who they have hired for their projects and whether they were satisfied. Request local references from the contractor and contact them! Check on complaints with the Attorney General's Office (515-281-5926, or 888-777-4590) and check the Better Business Bureau's complaint database at [www.bbb.org](http://www.bbb.org). Be wary of a person or company not listed in the local telephone directory, and be wary of contractor who provides only a post office box address and not a street address.

To see if a contractor has been sued or filed a lawsuit, go to: [www.iowacourts.state.ia.us](http://www.iowacourts.state.ia.us). To verify a contractor's registration and bonding (which doesn't guarantee quality of work or payment of damages if a dispute arises with the contractor), go to: [www.iowaworkforce.org/labor](http://www.iowaworkforce.org/labor). Ask the contractor for a copy of their liability insurance certificate.

#### Get several written estimates, or bids

Be sure the written estimates include everything you want done, and not more than you want. While low bids are often what people look for, sometimes they can raise red flags. Is the low bidder really qualified for the job? Is the contractor cutting corners through materials or workmanship? Is there a risk the contractor will come back to you later with a story about "unforeseen circumstances" and demand more money?

#### When you've selected a contractor, get the contract in writing, and read it before you sign it

Before work begins, agree on a written contract detailing terms including the work to be done, the

brand and/or the specifications of the materials to be used, the price, who is responsible for obtaining permits and scheduling inspections, that all change orders must be in writing, and establish who is responsible for cleanup. Put start and completion dates in writing, and the remedies if the contractor fails to meet them. (Example: the contract could be nullified if the contractor doesn't start on time.) If you're filing an insurance claim to cover the costs of damages, negotiate the details with your insurance company directly and not through a contractor. If you sign a contract somewhere other than the contractor's regular place of business, such as at your home, you have three business days to cancel the contract without penalty.

#### Avoid paying large sums or the entire job up-front

If you need to make a partial advance payment for materials, make your check out to the supplier and the contractor. Insist on a "mechanic's lien waiver" in case the contractor fails to pay others for materials or labor. You can search to see who may have claimed the right to place a lien on your house through the Iowa Secretary of State website at: [sos.iowa.gov/mnlr](http://sos.iowa.gov/mnlr) or by calling (515) 281-5204. Do not pay the contractor in full until you verify that all the parties listed on the website have been paid in full. Try to limit the amount you pay up-front.

#### Compare your financing options

It's usually safer and a better deal to obtain financing through your local bank or credit union, rather than a contractor. Do some loan shopping and compare loan terms, and don't let anyone pressure you into signing a loan document. Don't deed your property to anyone.

#### Watch for contracting scams

Don't fall for the contractor who shows up in an unmarked vehicle and claims your driveway needs repaving, or your house needs new shingles – and they "just happen to have materials left over" at a big discount! Just say no to a deal that is based on "extra materials," someone demanding an immediate decision, a contractor who only accepts cash, or a contractor who insists on full payment in advance.

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**It's Movie Time**



by  
**Paula J. Giese**

**Divergent:** This movie is based off the best selling book series by Veronica Roth. The only actors I recognized were Kate Winslet, Ashley Judd, and Tony Goldwyn (from TV show "Scandal"). This book series is similar to the "Hunger Games" films. The basic story is the teenagers of what is left of the world must take a test and decide what distinct factions (different groups of people) to leave their family and join. It is a thrilling action-adventure film that continues throughout the film. \*\*\*1/2

**Non-Stop:** Liam Neeson stars in this thriller which takes place on an airplane 40,000 feet in the air. Julianne Moore and newcomer Lupita Nyong'o (won best supporting actress for "12 Years a Slave") are also in the film. Neeson is a U.S. Air Marshall who receives a series of cryptic text message demanding \$150 million from the government. The money is to be transferred to an off-shore account. If the demand is not met, someone on the flight will be killed every 20 minutes. It does keep you guessing as to who is responsible for the killings. \*\*\*

**Son of God:** This is, of course, a movie about Jesus. The film is over 2 1/2 hours long, but it doesn't seem that long. It begins with the birth of Jesus and then fast-forwards to when he is an adult. Christ seeks out his apostles one-by-one. Then they travel from village to village with Jesus preaching and performing miracles. All of the actors deliver powerful performances and the special effects were amazing. By the time the film gets to the part where Jesus is found guilty of blasphemy, it really turns intense. This part is similar to Mel Gibson's "The Passion of the Christ," where Jesus is tortured and at times very difficult to watch. This is a very powerful movie for anyone who is interested in Jesus' life. \*\*\*\*

**300: Rise of an Empire;** This is the sequel to the movie "300" which starred Gerard Butler. I saw this one in 3-D but it really isn't necessary. A Greek general (Sullivan Stapleton) leads his army in an attempt to unite all of Greece. He leads his army as the battlefield changes from land to sea. A woman (Eva Green) is the commander of the Persian navy. The film is very bloody throughout, leaving nothing to the imagination. The best part about this movie was it's not very long. Don't feel too bad if you miss this one. Definitely one you can wait for the DVD. \*\*

**God's Not Dead:** There are a number of well known actors in this movies about the philosophy of "God". Kevin Sorbo, Dean Cain, newcomer Shane Harper, along with Willie and Korie Robertson ("Duck Dynasty") all star in this movie. Harper is a freshman in college who is enrolled in a philosophy class. Sorbo is the professor and wants the entire class to sign a paper which says "God is Dead." Harper can't bring himself to sign such a paper so the professor challenges him to get in front of the class and argue that there is a God. David A.R. White (Pastor Dave) gets a visit from Harper and convinces him to go ahead and take the professors challenge. There are many subtle miracles in which Pastor Dave is directly or in-directly involved with. \*\*\*1/2

**Sabotage:** This is definitely a Schwarzenegger film. I couldn't begin to count the number of times the F bomb was used in this movie. The film is about an elite DEA task force that is accused of stealing \$10 million dollars from a cartel safe house. In addition to Arnold the cast includes: Sam Worthington, Terrence Howard, Josh Holloway, and Joe Maganiello. After being eliminated as suspects of stealing the money, they are put back together to continue their work. Besides the swearing, there are a number of gory scenes. \*\*

**The Grand Budapest Hotel:** This movie recounts the adventures of Gustave H, a legendary concierge at the famous Grand Budapest Hotel. It takes place between wars and the lobby boy, Zero Moustafa, becomes Gustave's best friend. The story involves the theft of a famous painting that was left to Gustave which he had to steal away from this woman's angry family. It was really fun to see the many actors who had small roles in this film. If you get to this movie know that it's a little on the odd side. It was entertaining though and something different. \*\*\*\*

**Noah:** The story of Noah and his ark are brought to the big screen. Russell Crowe plays Noah in this epic film and Jennifer Connelly plays his wife. The movie also stars Emma Watson, Anthony Hopkins, and Nick Nolte. The special effects really give you a look at what Noah went through way back when. Crowe did a very good job portraying Noah. He is called upon by God to start a new world over again as evil is everywhere in the current world. The film is over two hours long but it doesn't seem that long. \*\*\*1/2



My Ratings are:

Excellent : \*\*\*\*\* Good: \*\*\*\*  
OK: \*\*\* Poor: \*\* Terrible: \*

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## Keeping High Blood Pressure Under Control

(NAPSA)-There's helpful news for those with high blood pressure. By taking a few simple, practical steps, they can have a better chance of keeping their blood pressure under control. This can be significant. Data have shown that many Americans with high blood pressure do not have their blood pressure controlled to a healthy level.

An estimated 78 million adults in the U.S. have high blood pressure. The National Center for Health Statistics reported that from 2007-2010, more than 80 percent of people with high blood pressure were aware they had it, but only about half had their blood pressure under control.

### Collaboration Is Key

According to the American Heart Association, people being treated but still not reaching their target blood pressure-typ-



Experts say many Americans with high blood pressure do not have their blood pressure controlled to a healthy level.

ically, a level less than 140/90 millimeters of mercury-should be a health care priority.

A key to better control, they say, is a good doctor-patient partnership. If you're one of the millions of Americans battling high blood pressure, here are some solutions to help you col-

laborate with your health care provider and get your blood pressure under control:

- Ask about your blood pressure at each annual check-up. If it's high, check your blood pressure regularly between appointments-at home, a pharmacy or another facility. Follow up with your doctor according to his or her recommendations.
- Become a tracker. Keep a log of your medication, your blood pressure levels, and even questions for your doctor as they come to mind. Online tools, such as [www.Heart360.org](http://www.Heart360.org), can help.
- Be flexible. It may take a while to get to your blood pressure goal, and it may take more than one medicine in addition to lifestyle changes to get you there. Keep in close touch with

your health care provider along the way to create the best plan for yourself.

- Know yourself. What keeps you from keeping up with your medicines? Eating healthy? Losing weight? Be aware of your barriers to better health and talk with your doctor about them. Your provider or clinic may have suggestions or know programs that can help.

Once your treatment program becomes routine, maintaining a lower blood pressure is easier. Remind yourself that by managing your blood pressure, you are lowering your risk of heart attack and stroke.

Learn more online at [www.heart.org](http://www.heart.org). Walgreens is a proud supporter of the American Heart Association and offers free blood pressure testing in all of their pharmacies.

## To Work Better, Take A Vacation

(NAPSA)-Perhaps one of the best-kept secrets for staying happy and efficient at your job may be what you do outside office walls.

### Why To Vacation

According to new research by the Society for Human Resource Management, employees who take regular vacations enjoy greater productivity, increased job satisfaction and higher organizational morale than those who don't.

Despite such studies, not all working Americans have a positive attitude about taking a vacation. In fact, 61 percent of organizations report that their employees leave behind three or more unused vacation days a year. Taking full advantage of earned time off-as well as completely "unplugging" while away-may seem an odd way to get ahead but it can be a great gift to your employer and yourself.

### What You Should Know

One thing that may help you get yourself that gift is a vacation ownership. Here are three reasons:

1. Your vacation is paid for in advance. Because of the prepaid nature of a timeshare, you never have to think about finding or funding accommodations throughout the length of your trip. You can cost effectively enjoy vacation lodging every year for the rest of your life without the burden of paying increasingly more for your stay, as you would for hotel rates, which continue to rise.
2. You're guaranteed consistent time away. Owning a timeshare can instill in you the discipline of taking time away, at least once a



Owning a timeshare in a vacation home can encourage workers to get away enough to revive their effectiveness on the job.

year, from hectic work schedules to relax and recharge in high-quality accommodations. Plus, if you partner with a timeshare exchange company, you can swap out your stay at your "home" resort for one in a new destination.

3. Time away and together is healthy for the entire family. Beyond the individual benefits of coming back to the office more motivated, creative and innovative, family and friends can share in the excitement, closeness and health benefits of regular rest and re\_prieve. Many timeshare companies let you pass timeshare investments through generations, so your children can inherit and enjoy your timeshare for many more years.

Travelers who value variety often choose vacation exchange companies such as RCI, which has been delivering dream vacations for 40 years, because of its expansive portfolio of more than 4,000 affiliated resorts.

### Where To Sample A Stay

Those considering vacation ownership can try the timeshare experience firsthand before they purchase by booking a stay through Endless Vacation Rentals at [www.evrentals.com](http://www.evrentals.com).



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Over the years, numerous surveys have shown apple pie to be the favorite dessert in the United States.

**ANTIQUES & COLLECTING**  
by Larry Cox

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P.O. Box 536475, Orlando, Fl. 32853

**Q:** In 1955, I received a Pelikan fountain pen as a graduation gift. It is the 400 NN model in a light tortoise case. I understand that some fountain pens have become quite valuable, and I hope the one I have is among them.

**A:** I spoke to several pen collectors and they seem to agree that your Pelikan 400 NN is worth about \$150.

**Q:** When I was a young girl, I loved reading the Judy Bolton mystery series. I have a first edition of "The Ghost Parade" by Margaret Sutton, with its original dust jacket. Does it have more value than sentimental?

**A:** The first edition of this book was published in 1933 and is valued in the \$50 to \$75 range, depending, of course, on condition. Incidentally, the first 10 titles in the Bolton series, which were published from 1932 to 1937, had four black-and-white illustrations printed on glossy paper. They were the work of Pelagie Doane from originals

no doubt done in full color. Doane also was responsible for your book's cover art.

**Q:** During the 1970s, I began collecting bobbing heads, mostly NFL team members. I now have several dozen but have no idea of current values.

**A:** One of the better references is "Bobbing Head Dolls: 1960-2000" by Tim Hunter. This illustrated reference features more than 700 dolls from baseball, football, basketball, hockey, TV, advertising, political and cartoon characters. This guide should help you determine how much the dolls in your collection are worth. It is available at Amazon.com.

**Q:** My mother's china pattern was "Virginia Rose," and I would like to find out more about it. I'm thinking of adding to the pieces already in the set. Do you have any suggestions? -- Laura, Rio Rancho, N.M.

**A:** "Virginia Rose" was introduced by the Homer Laughlin china company in 1929 and continued to be produced well into the 1970s. It was mainly sold in department stores, two of the main sources being Sears and Woolworth's. I suggest you monitor eBay to track down additional pieces of this pattern.



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**Dollars And Sense**  
By David Uffington

**Amazon Prime Savings Will Now Cost More**

If you've been saving money as an Amazon Prime member, you likely received an email that started like this: "We are writing to provide you advance notice that the price of your Prime membership will be increasing. The annual rate will be \$99 when your membership renews on ..." (Renewals before April 17, 2014, will be at the old \$79 rate.) If your annual membership doesn't expire immediately, you have time to consider what you want to do next.

**Reasons to drop Amazon Prime:**

- If you hunt around, you'll find other online sites that will ship for free. (If you combine your orders to reach a \$35 minimum, your Amazon shipment can be free.) Look for free shipping deals at FreeShipping.org and ShopRunner.com. Some companies will let you ship to their physical store for free if you pick up your items yourself. At this point, many retailers are out to entice former Prime members with good deals.
- If you're a movie and television fan, look at other options for free streaming of movies and television shows. Check

livingonthecheap.com for its comparison of Netflix vs. Hulu vs. Amazon Prime.

**Reasons to keep Amazon Prime:**

- This is the first price increase since 2005.
- Free two-day shipping on most purchases can be worth the membership cost if you order enough during the year. Whether you order a lightweight four-pack of Cheerios or a hefty treadmill, the postage is still the same: zero. (For the treadmill above, the non-Prime shipping cost would be \$49.95.)
- Amazon can be handy. If you have physical limitations or live in a place with few stores to shop at, or you're in a perpetual time crunch, it can be a lifeline to know that merchandise (including food) can be delivered to your door in two days.
- If you're not a big fan of movies or television shows, and don't really care if they're the very latest, Amazon has a fairly decent selection of 40,000 shows you can watch for free.
- If you like the idea of reading a book for free -- maybe to try out a new author or topic without risk -- you can borrow one every month.

Deciding whether to keep (or sign up for) Amazon Prime is going to be a balancing act weighing the cost versus the benefit of what you individually use.

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

by Jerry Eberhardt

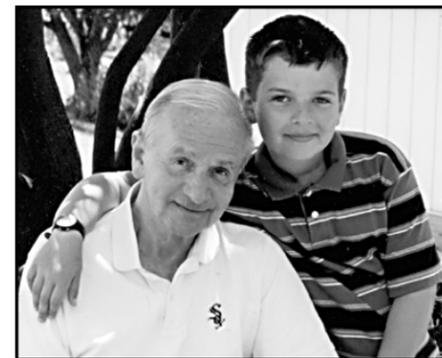
### The Best Of Jerry

#### Why Left-handers are called Southpaws

A common expression, Maury, used to denote a left-hander is "a southpaw." Before Grandpa explains the origin of this term, it's amazing how much of our every day English language is derived from baseball. Some examples, Maury, are: "he struck out," "we're sliding into home," "it's time to step up to the plate," "the ball game's almost over," etc. These "baseball expressions" are called metaphors. (That's a new "grown up" word your mom or dad will explain.

The term "southpaw" also comes from baseball. It was first used to describe left-handed pitchers. Today, it is a common label for all lefthanders. Your mom, Maury, is a "southpaw" when she writes because she uses her left hand! Your uncles Dan and Dave are great tennis players, but because Dave swings the racket with his left hand he is called a "southpaw"! Grandpa thought you'd enjoy knowing how baseball caused all left-handers to be called "southpaws." This is why:

Most baseball parks are designed with home plate facing east. In other words, Maury, every pitch the batter sees comes at him from an easterly direction. This causes a right-handed pitcher (turning sideways on the mound while driving off his right leg) to face NORTH before



Jerry Eberhardt with grandson, Maury Cohn

his delivery. It also causes a left-handed pitcher (who drives off his left leg) to face the opposite direction which is SOUTH. Hence the name "southpaw"! A Chicago sportswriter in the early 1900s is credited with referring to a left handed pitcher this way for the first time.

The main reason, Maury, baseball parks are designed this way, is to avoid the afternoon sun shining in a batter's eyes. It's also why right field (early in the game) and left field (late in the game) are called "sun fields." A "baseball sky" – or high sky – is an all blue sky with no clouds. Grandpa mentions this, Maury, because this is the most difficult background to catch high pop ups or balls hit high to the outfield. On these days, players have sunglasses available on their caps, underline their eyes with a black marker plus use their gloves to counteract the sun.

Hope you enjoyed this, Maury. Much love, Grandpa.

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## Sports Comment

by Gary Dolphin

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

### From Where I Sit

FINALLY, nicer weather has arrived and with it the Iowa Hawkeye football spring game. It's this Saturday April 26, with gates swinging open at 1 p.m. and the game to kickoff at 2 p.m. The game will feature the offense against the defense using a unique scoring system.

Scoring Offense gets six points for a touchdown, one point for an "explosive play," a run of 12 yards or more or a pass play of 16+. Three consecutive first downs are rewarded with a point while PAT's and Field Goals are the normal one and three.

Scoring Defense gets seven points for a touchdown, three for a forced turnover unless it's a touchdown, one point for "three and out," and two points for a QB sack.

There is no admission charge but fans are asked to bring non perishable food items to benefit the Johnson County Crisis Center in the annual Food Bank Drive. I've seen a half dozen of the 15 Iowa practices and am much more comfortable after watching the line backer replacements for All Big Ten picks, James Morris, Christian Kirksey, and Anthony Hitchens who have now graduated.

Veterans, Quinton Alston and Travis Perry have looked solid and youngster, Reggie Spearman is very athletic. There's solid depth behind those three, although experience can only come with game

time snaps. With a veteran front four and fast secondary led by Cornerback, Desmond King, the Iowa defense should be just fine.

Offensively, the concern continues to be the Wide Receivers gaining separation from Big Ten Defensive Backs. They should be better this fall as the red shirts come off long and lanky Derreck Willes, AJ Jones and Derrick Walton. They'll join veterans, Kevonte Martin Manley, Tevaun Smith, Jacob Hillyer, Matt Vandenberg, and Wahlert Catholic product, Riley McCarron. Riley will be in the mix for punt and kick returns as well, given all that speed he is blessed with.

Quarterback is a close race, but Jake Rudock remains a solid number one with C.J. Beathard next in line. A strong stable of Running Backs is led by Mark Weisman, Jordan Canzeri, Damon Bullock, and LaShun Daniels.

Enthusiasm is high coming off an 8-4 season and a close loss to LSU in the Outback Bowl.

The 2014 season kicks off almost four months to the day, August 30 when the Hawkeyes host the Northern Iowa Panthers at Kinnick Stadium. BUT.....lets enjoy the spring and summer first.

We'll broadcast the spring game Saturday from 2-3 p.m. on many Hawkeye Radio Network stations. Happy Easter.

for most consecutive seasons with at least one NASCAR Cup victory (18). Who's the runner-up for the mark?

7. In 2014, Serena Williams became the winningest woman at the Australian Open when she notched her 61st singles victory. Who had held the record?

### Answers

1. Steve Sax had 43 hits in August 1982.
2. Colorado's Ubaldo Jimenez, in 2010.
3. Minnesota's Blair Walsh hit 10 field goals of 50-plus yards in 2012.
4. Three times (2006, '07, '08).
5. Eight victories.
6. David Pearson, with 17 consecutive seasons of at least one Cup victory.
7. Margaret Court.

## SPORTS QUIZ

By Chris Richcreek

1. In 2013, Yasiel Puig set a Los Angeles Dodgers record for most hits by a rookie in a month (44). Who had held the mark?
2. Who was the last pitcher before Arizona's Patrick Corbin in 2013 to begin a year with nine starts of six innings pitched and two or fewer runs allowed?
3. Name the kicker who holds the record for most 50-yard field goals in an NFL season.
4. How many Final Fours did Ben Howland guide the UCLA men's basketball team to in 10 seasons as head coach?
5. In 2013, Los Angeles Kings goaltender Martin Jones set a record for most consecutive victories to start an NHL career. How many?
6. Richard Petty holds the record

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**HEALTHY EXCHANGES®**  
 by JoAnna M. Lund  
**Chicken Creole**



1/2 cup chopped onion  
 1/2 cup chopped green bell pepper  
 1/2 cup thinly sliced celery  
 1 (8-ounce) can stewed tomatoes, undrained and finely chopped  
 1/4 cup reduced-sodium ketchup  
 1/2 teaspoon chili seasoning  
 1 cup diced cooked chicken breast  
 1 cup hot cooked rice

In a medium skillet sprayed with butter-flavored cooking spray, saute onion, green pepper and celery for 6 to 8 minutes. Stir in undrained tomatoes, ketchup and chili seasoning. Add chicken. Mix well to combine.

Lower heat, cover and simmer for 6 to 8 minutes, stirring occasionally. For each serving, place 1/2 cup rice on a plate and spoon about 1 cup chicken mixture over top. Serves 2. Freezes well.

• Each serving equals: 282 calories, 2g fat, 30g protein, 36g carb., 352mg sodium, 5g fiber; Diabetic Exchanges: 3 Meat, 2 Vegetable, 1 1/2 Starch.



Pamela Shaw,  
 Social Security District Manager,  
 Dubuque, Iowa




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The World Health Organization held the first World Health Assembly in 1948, and, beginning in 1950, every year on April 7 the world comes together to observe World Health Day. Each year, World Health Day focuses on a particular subject of interest to global health.

At Social Security, we focus on people's health every day. Specifically, we provide benefits for people with disabilities. To help expedite the disability process, we recently announced the addition of 25 new Compassionate Allowances conditions. These new conditions include twelve cancers, such as prostate cancer, as well as disorders that affect the digestive, neurological, immune, and multiple body systems.

The Compassionate Allowances program expedites disability decisions for Americans with the most serious disabilities to ensure that they receive their benefit decisions within days instead of months. By incorporating cutting-edge technology, the agency can identify potential Compassionate Allowances and quickly make decisions. To date, we have approved almost 200,000 people with severe disabilities through this fast-track disability process.

"We are dedicated to providing vulnerable Americans with faster access to disability benefits through our Compassionate Allowances program," Acting Commissioner Carolyn W. Colvin said recently. "Social Security disability benefits are a vital lifeline for individuals who are facing severe diseases and we must ensure that they receive the benefits they rightly deserve."

While Social Security joins individuals, groups and organizations around the globe to observe World Health Day on April 7, we work all year round to help Americans with health issues live a healthier life. In addition to cash benefits, beneficiaries obtain Medicare coverage after 24 months, a vital element in preserving an individual's health and, in the long run, world health.

Learn more about disability benefits at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

For more information on the Compassionate Allowances program, including a list of all qualifying conditions, please visit [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

**Prior to Showbiz**

See how many of these noted comedians and actors you can match with their accomplishments before showbiz careers.

- |                   |   |
|-------------------|---|
| 1. Ed McMahon     | A. Worked as a milkman                                |
| 2. Jackie Gleason | B. Was bat boy for New York Giants                    |
| 3. William Bendix | C. Basketball star at Arkansas College                |
| 4. James Garner   | D. Was daredevil race-car driver                      |
| 5. Robert Conrad  | E. Champion tumbler at Ohio High School               |
| 6. Karl Malden    | F. Worked as a dentist for ten years                  |
| 7. Edgar Buchanan | G. Was a clown on TV show in Chicago                  |
| 8. Tim Conway     | H. First man drafted from Okalahoma during Korean War |

Answers: 1-G; 2-D; 3-B; 4-H; 5-A; 6-C; 7-F; 8-E

**Moments in Time  
The History Channel**

- On April 14, 1912, the RMS Titanic fails to divert its course from an iceberg, ruptures its hull and begins to sink. The Titanic was divided into 16 compartments that were presumed to be watertight. Because four of these compartments could be flooded without loss of buoyancy, the Titanic was considered unsinkable.
- On April 20, 1923, Tito Puente, the bandleader and percussionist who helped popularize Latin dance music in America, is born in New York City. During a career that spanned six decades, "El Rey" (The King), recorded more than 100 albums and won five Grammy Awards.
- On April 16, 1947, multimillionaire and financier Bernard Baruch first coins the term "Cold War" to describe relations between the United States and the Soviet Union, a war without fighting or bloodshed, but a battle nonetheless.
- On April 15, 1959, Fidel Castro visits the United States. The trip got off to an inauspicious

- start when it became clear that President Dwight Eisenhower had no intention of meeting with Castro. Instead, Eisenhower went to the golf course to avoid any chance meeting.
- On April 17, 1960, Eddie Cochran, the musician behind "Summertime Blues" and other rockabilly hits, is killed when the taxi carrying him from a show in Bristol, England, crashes en route to the airport in London, where he was to catch a flight home to the U.S. He was 21.
- On April 19, 1971, as a prelude to a massive antiwar protest that would include 200,000 demonstrators, Vietnam Veterans Against the War begin a five-day demonstration in Washington, D.C. The generally peaceful protest ended on April 23 with about 1,000 veterans throwing their combat ribbons, helmets and uniforms on the Capitol steps, along with toy weapons.
- On April 18, 1989, thousands of Chinese students continue to take to the streets in Beijing to protest government policies. The protests grew until the Chinese government ruthlessly suppressed them in June, killing thousands, during what came to be known as the Tiananmen Square Massacre.

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

**Georgette Jones** Saturday, June 7, 2014 at 7 p.m.

Tamala Georgette Jones was born to the only Hall of Fame husband and wife country artists, George Jones and Tammy Wynette. She's been singing with one or both parents since the age of three. She recorded her first single with her Dad, "Daddy Come Home" when she was ten years old. Georgette also worked as a backup singer for her Mom. A duet entitled "You and me and Time", which Georgette co-wrote for her Dad, was released as the first single from her Dad's latest CD, "Burn Your Playhouse Down". More recently Georgette has recorded 2 cd's with Heart of Texas Records. "A Slightly Used Woman" and "Strong Enough to Cry". Come and hear Georgette perform many songs from both George Jones and Tammy Wynette. **Tickets: \$22(in advance) \$25(at the door)**  
**Students (18 & Under) Tickets: \$13(in advance) \$15(at the door)**



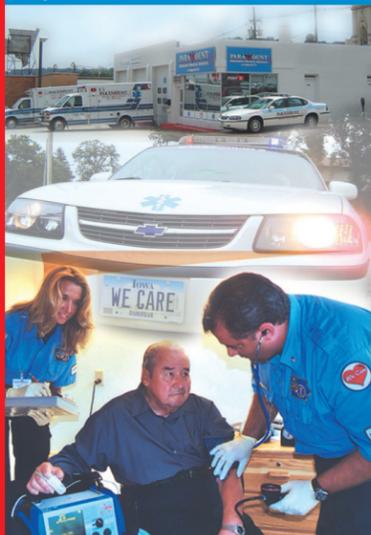
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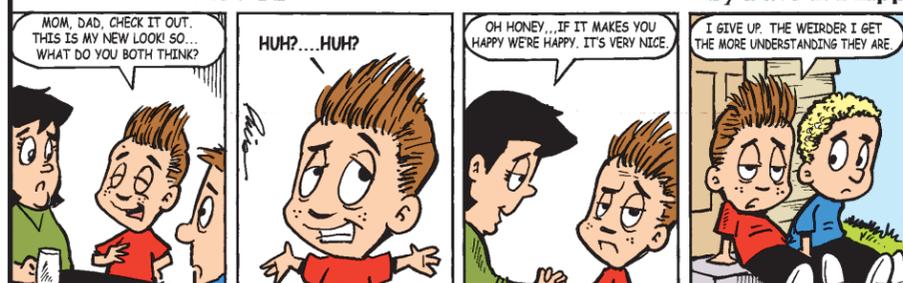


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Horse blanket and Porthole we have today. Porthole refers Lincoln seem like words that to the round image of Lincoln should not go together. Well that was only produced one this week's story is about a Horse Blanket United State's \$5.00 bill from 1923. Horse Blanket is a slang term that people have ascribed to the older and larger size paper currency the was larger in size compared to our modern bills "What's it Worth on eBay".





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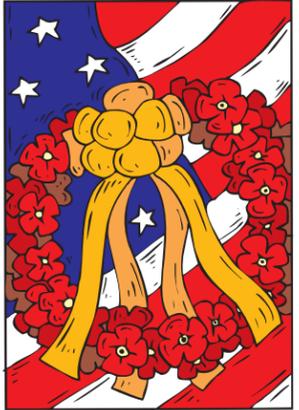
# MEMORIAL Day

May 26

REMEMBERING THOSE WHO SERVED

## We Will Never Forget

We enjoy countless freedoms in America today. And we will never forget those who helped win that freedom for us.



<p><b>American Legion</b> 1306 Delhi St. Dubuque, Iowa 52001 Ph: 563-583-0306</p>	<p><b>VFW Post 7896</b> Meeting 2nd Mon. 7 p.m. Memorial Donations Accepted Benton, WI 53803</p>	<p><b>LaSociete 40&amp;8</b> Voiture 632 Dubuque, County Ph: 563-582-9825</p>	<p><b>Navy League of Dubq.</b> Last Wed. of month, (noon) Mt. Pleasant Home Dubuque, Iowa 52001</p>
<p><b>Amvets Post 3</b> 2nd Thur. 6:30 p.m. American Legion Hall Dubuque, Iowa</p>	<p><b>Tri-State Vietnam Vets</b> 1st &amp; 3rd Wed, 7 pm. Dbq, Iowa – Call Ken @ 563-556-0955</p>	<p><b>VFW Post 2665</b> 100 South Main St. Galena, IL 61036 Public Welcome!</p>	<p><b>Epworth American Legion</b> John White Post #650 Meeting: 2nd Mon., 8 p.m. Hall For Rent: 563-876-3040</p>
<p><b>VFW Post 5300</b> 4th Mon. 7 p.m. VFW Hall (815)-591-3711 Hanover, IL 61041</p>	<p><b>Marine Corp League</b> Meeting first Wed. 7 p.m. at the Pizza Ranch on Radford Rd., Dbq., IA</p>	<p><b>V F W Post 9663</b> 3rd Tuesday 7 p.m. American Legion Hall Dubuque, Iowa</p>	<p><b>Disabled American Veterans</b> 1st Thurs, 6 p.m., Veterans Freedom Center, 2245 Kerper Blvd Dbq, IA 563-845-0034</p>
	<p><b>East Dubuque VFW</b> Drum &amp; Bugle Corps Upstairs Old Fire Hall Ph: 582-7752</p>	<p><b>Veterans' Freedom Center</b> 2245 Kerper Blvd, Suite 1 DBQ, IA 52001 • 563-845-0034 VFC@Mediacombb.net</p>	

**A SPORTING VIEW**  
By Mark Vasto

**“Pigs get fat; hogs get slaughtered.”**

Such homespun “rules of thumb” have been hard to come by ever since Ross Perot pulled out of the 1992 presidential election race with a “giant sucking sound” before re-entering the race while reminding us of his business prowess. Sold his company for \$2.4 billion after an initial investment of \$1,000. Failed to close his first 77 sales but it didn’t matter because “failure was like a skinned knee; painful but superficial.”

Mark Cuban was born in Pennsylvania to Jewish parents who had their name changed on Ellis Island. Like Perot, Cuban worked relentlessly toward his goals and built his wealth mainly by following extreme methods of thriftiness and the philosophy that cash was king. Like Perot, he built a business from scratch centered around IBM products and sold his company for several million. Not as impressive as Perot, you might say, but it helps to know that the person he sold his company to was none other than Mr. Perot.

And the Perots owned a basketball team. A miserable floundering team called the Dallas Mavericks. And that’s how Mark Cuban parlayed his computer company success to franchise ownership. That’s how Cuban ended up in Dallas, and why his mug ends up on your TV screen more than some would like to see.

As owner of the Mavericks, he’s on TV more than 82 times a year. There he is on “Dancing With the Stars.” There he is, stealing headlines from his own team as he gets fined hundreds of thousands of dollars for court-side outbursts. There he is getting sued by the government for anti-trust issues. There he is battling patent trolls with Adam Corolla. There he is on the hit show “Shark Tank.”

A lot of people have negative views of Cuban, one of the 500 richest men in America. Personal-

ly, I love the guy. He is a champion of journalism and the freedom of speech, having funded several investigative efforts through the years and tirelessly fighting off patent trolls.

Cuban knows a few things, business, broadcasting and relationships being chief among them. He turned the Mavericks into two-time champions by building the best team on a budget. He rarely appears wrong. At least when it comes to dealing with the Perots.

Except when it comes to football. Cubes has made a run on buying an MLB franchise and an NHL team, but when it comes to football, Cuban thinks they have too much of a good thing as they begin to eye more and more of your weekly TV schedule. That pig versus hog quote?

“When you try to take it too far, people turn the other way,” Cuban warns. “I’m just telling you, when you’ve got a good thing and you get greedy, it always, always, always, always, always turns against you.”

Cuban sounds “drunker than a boiled owl” in this one, but hey, “eagles don’t fly in flocks.”

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★ ★ ★ ★ ★ ★ ★

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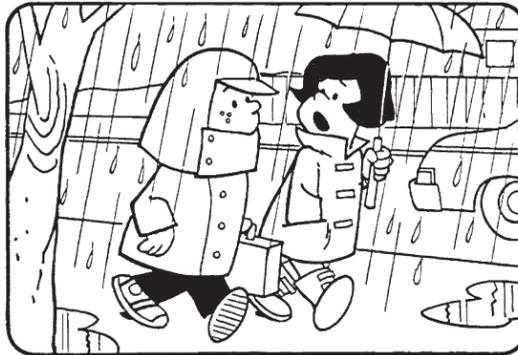
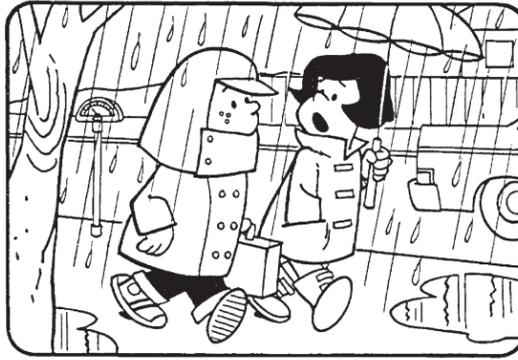
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 U K I Y I D I H F E M C I T B  
 Z K Y F O R E F A T H E R O W  
 V U S G R B P N O S D N A R G  
 Q P N M L R O L E H C A B B J

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

- |          |            |          |       |
|----------|------------|----------|-------|
| Bachelor | Brother    | Grandson | Son   |
| Baritone | Emperor    | King     | Tenor |
| Baron    | Forefather | Monk     | Uncle |
| Boy      | Godfather  | Prince   |       |

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**HOCUS-FOCUS** BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.  
 Differences: 1. Man's missing, 2. Buttons are missing, 3. Curtains are missing, 4. Umbrella is different, 5. Car body is different, 6. Puddle is smaller.

**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.

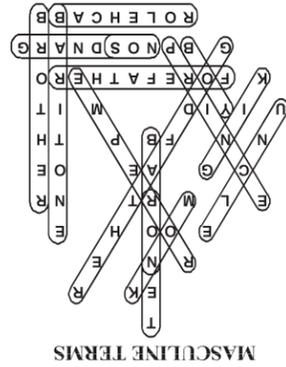
	-		x		6
+		x		÷	
	+		-		14
÷		÷		+	
	+		x		15
2		4		3	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

1 3 4 5 6 7 8 8 9

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**SUDOKU Answer**

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

**King Crossword**

Answers  
 Solution time: 27 mins.

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

**THEY'LL DO IT EVERY TIME** BY AL SCADUTO



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**SUDOKU**

by Linda Thistle

1			6			9		
		8	2			6		
5				7				8
9				1		3		
	5		2					1
7			3			4		
	6	4				2		
8			7					3
2				9			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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**Go Figure answers**

	3		4		2
5	1	x	8	+	7
	+		÷		÷
14	3	-	8	+	6
	÷		x		+
9	9	x	4	-	5

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