



The Golden View

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May, 2015

Dedicated To The Young At Heart

Dubuque, Iowa

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Tree for the Treasured

by Lavonne Noel, Hospice of Dubuque Executive Director

Twenty years ago, Hospice of Dubuque initiated the annual Tree of Life memorial service and tree-lighting ceremony, thus establishing a cherished springtime tradition. The first event was held at Clarke College in May 1995 with lights

in a living Tree of Life to stand as the community's permanent symbol for remembrance of treasured loved ones.

The Katsura tree was recommended by retired physician, Dr. Eugene Coffman, who operated Ridge Road Nursery. With its heart-shaped leaves, this was the perfect tree to commemorate those we love. The City of Dubuque approved the placement of the tree in Dubuque's Washington Park. Thus, in the spring of 1996, Hospice of Dubuque's Tree of Life was planted with a stone marker that proclaims, "Celebrating life . . . in all its stages."

Hospice Cont. P. 10



on an artificial evergreen tree representing honored family members and friends. That first service sparked interest

When the Situation is Paramount

by Deanna Ploessl



Group picture from Loras trainers day

Now in their twelfth year, Paramount Ambulance has grown to ten ambulances and over sixty employees. Since last summer, the familiar locations on Locust Street and the little blue building on Grandview were closed as they expanded into larger buildings at 5070 Wolff Road (off Radford Road by Roosevelt Middle School) and 1425 Cedar Street (next to Dupaco at 14th and Sycamore).

These new Downtown and West End locations allow Paramount to provide excellent response times.

Working in twelve hour shifts, crews are staffed 24 hours a day, 7 days a week and the familiar blue trucks respond when a call is placed to 690-9111. Paramount Ambulance specializes in medical emergencies and non-emergencies, versus

Paramount Cont. P. 3

Why consider a Retirement Center when I am still in good health?

by Glinda Manternach, Administrator

Bethany Home Retirement Center and Nursing Facility

As with any new venture we take in life, a move to a Retirement Center should not be taken lightly – however it also should not be “put off” until the time comes when: 1) you cannot make the decision of where **you** want to go; or 2) you cannot enjoy being a part of the retirement center community because of your declining health or mental status.

A Retirement Center can offer many things to keep you active if you want to participate. It does not keep you from doing things you have always done, but it does give you peace of mind – knowing someone is going to make sure you are alright – serving you three balanced meals – doing your cleaning and sometimes your shopping (if you want them to) or taking you to do your shopping. You can still drive (garages are usually available), attend your church or social meetings, be with friends either at your new home (the retirement center) or at their home or at the mall!

Your life as it is does not stop, only the location changes.

Retirement Centers are usually for a certain age group ie., those 60 and older, therefore no young children running around nor young adults coming home at all hours of the night. You decide who visits you and when and for how long – just like at home. You will experience companionship, mentally stimulating activities, opportunities to participate in outings, go on shopping trips, attend musical entertainment, parties, etc., all to help you keep you mind sharp and stay physically fit. Research has found that you must stay active to keep your mind and body healthy.

How about volunteering at the retirement center you might be interested in...there are always great opportunities for a little involvement to a lot depending on the amount of time you can spare. Check them out!

2014-2015 Live at Heritage to End on High Note

by Thomas J. Robbins, Special Assistant to the President & Executive Director, Heritage Center

University of Dubuque's Heritage Center closes its 2014-15 season with two high profile events.

The Tony® award-winning *Forbidden Broadway* plays Wednesday, May 6, 7:30 p.m.,

followed by *The McCartney Years*, Saturday, May 9, also at 7:30 p.m. Both performances occur in John and Alice Butler Hall.

Forbidden Broadway, a 30-year off-Broadway veteran, is a hip and fresh view of classic and current Broadway musicals complete with silly spoofs of songs you know by heart. The comedic music roast features outrageous costumes, hilarious rewrites of popular Broadway songs, along with dead-on impressions by a stellar cast. This version targets *Pippin*, *Kinky Boots*, and *Les Miserables* while joining favorites from last season, *Wicked* and *The Book of Mormon*. *Forbidden Broadway's* cast has been known to put a smile on even the toughest critics. Jazz performer Bill Encke and friends performs a free one-hour pre-show concert

Heritage Center Cont. P. 18



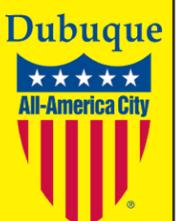
Forbidden Broadway
Wednesday, May 6, 7:30 PM

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 11:00 a.m.

Guttenberg Library
 603 S. Second St.
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 11:00 a.m.

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WHAT DOES MEMORIAL DAY MEAN AT THE VETERANS FREEDOM CENTER

by Bob Bucko, Veterans Freedom Center



What does Memorial Day mean to you? Cook outs, a day off from work, a long weekend, sales?

Today, the commercialization of our Patriotic holidays overpasses the real reasons these holidays were designated in the first place. For those who truly understand the meaning and purpose of Memorial Day, it is a day of solemn remembrance to honor the members of our Armed Forces who had lost their lives in defense of our country and its freedoms.

For most veterans and those at our Veterans Freedom Center, Memorial Day is revered as the most foremost day of veterans recognition. It is the ceremonial honoring of those who gave

the ultimate sacrifice while serving our country, but, is also very personal. A veteran never forgets the horrors of war, the visual trauma of mangled wounds and loss of life as this was experienced first handedly. Veterans, usually during the playing of "Taps" and silently within their hearts, solemnly pay tribute to their friends lost in war. They remember Jim, Mike, "Stinky", Mikayla, and their other brothers and sisters that did not return from war and never had the chance to raise a family and live a full life. A veteran never forgets.

To quote President Calvin Coolidge, "The nation that forgets its defenders will itself be forgotten."

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Paramount from P. 1

traumatic care and rescue. EMTs are trained in the basic level of emergency care. Paramedics are able to provide more advanced care including establishing IVs and administering medication. Critical Care Paramedics are the highest EMS level and they have advanced specialty training for transferring complex medical

patients from one facility to another for treatment. This is often required for long distance transfers to facilities in places like Madison, Rochester, or Iowa City.

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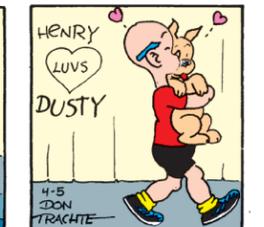
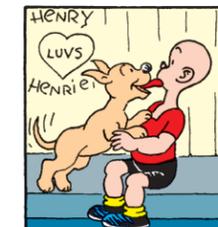
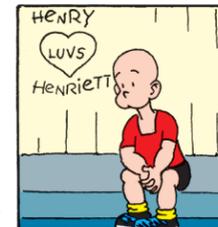
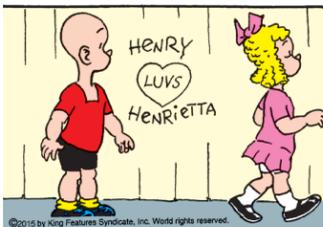
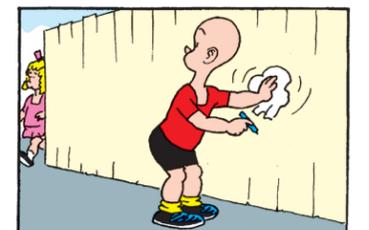
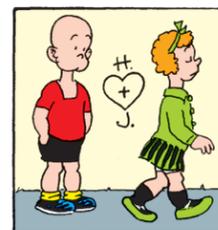
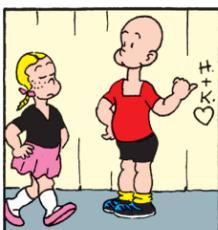
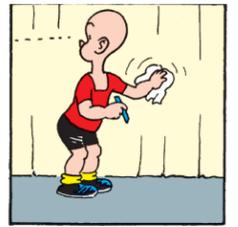
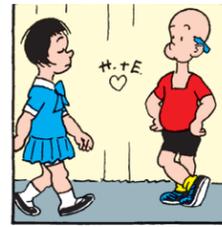
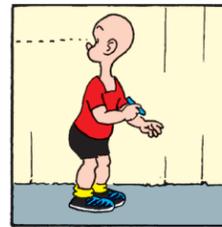
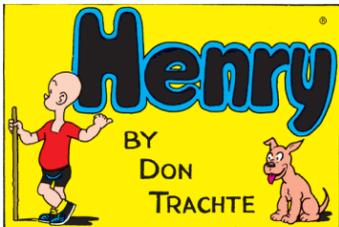
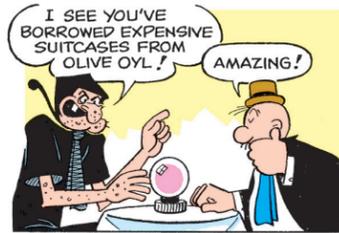
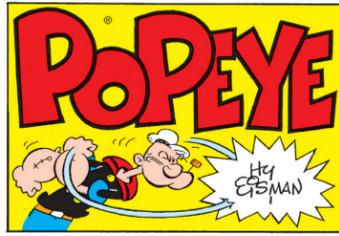
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The Golden View

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ACROSS

- 1 Matterhorn, for one
- 4 Bankrolls
- 8 "Unh-unh"
- 12 Vast expanse
- 13 Others (Lat.)
- 14 Mountain goat
- 15 Bald
- 17 Zilch
- 18 Zilch
- 19 Lurches
- 21 File container
- 24 Restroom, for short
- 25 Before
- 26 Bathroom fixture
- 28 Malodorous
- 32 Criterion
- 34 Space
- 36 Stash
- 37 Black tea of India
- 39 That man's
- 41 Chaps
- 42 Varnish ingredient
- 44 Cheap and shabby
- 46 Cutting tool
- 50 Under the weather
- 51 Wrinkly fruit
- 52 Lax
- 56 Compared to
- 57 Caspian

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- 28 Malodorous feeder
- 32 Criterion 58 Try the sherry
- 34 Space 59 Engaged in karaoke
- 36 Stash 60 Newspaper page
- 37 Black tea of India 61 Pigpen
- 39 That man's
- 41 Chaps
- 42 Varnish ingredient
- 44 Cheap and shabby
- 46 Cutting tool
- 50 Under the weather
- 51 Wrinkly fruit
- 52 Lax
- 56 Compared to
- 57 Caspian
- 9 Reed
- 10 Teller's partner
- 11 Old partners
- 16 Disencumber
- 20 Luftwaffe foe (Abbr.)
- 21 Greek salad ingredient
- 22 Raw minerals
- 23 Carpet
- 27 "Humbug!"
- 29 Eternal
- 30 Mid-month date
- 31 Say it
- 33 Spilling the beans
- 35 Snapshot
- 38 More, to Manuel
- 40 Protect
- 43 Chocolate source
- 45 Right angle
- 46 Shacks
- 47 Turkish title
- 48 Family
- 49 Distort
- 53 "Norma —"
- 54 Perch
- 55 Agent

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Laugh A Lot

My wife, a real estate agent, wrote an ad for a house she was listing. The house had a second floor suite that could be accessed using a lift chair that slid along the staircase. Quickly describing this feature, she inadvertently made it sound even more attractive:

"Mother-in-law suite comes with an electric chair."

When a patient was wheeled into our emergency room, I was the nurse on duty. "On a scale of zero to ten," I asked her, "with zero representing no pain and ten representing excruciating pain, what would you say your pain level is now?"

She shook her head. "Oh, I don't know. I'm not good with math."

A coworker stormed into my friend's office, yelling, "Did you tell Joan I was a witch?!"

Stunned, my friend sputtered, "No! I don't know how she found out."

My husband and I attended a bridal fair trying to drum up work for his fledgling wedding photography business. One vendor assumed we were engaged and asked when the big day was.

"Oh, we've been married ten years," I said.

"Really?" she asked. "But you look so happy."

I served in a parachute regiment. During a nighttime exercise, I was seated next to a young officer. He was looking a bit pale, so I asked, "Scared, lieutenant?"

"No," he replied. "Apprehensive."

"What's the difference?" "That means I'm scared, but with a university education."

As he flew to Atlanta on a commercial airline, the admiral I worked for struck up a conversation with his elderly seatmate. She asked how he liked the Navy.

"I love it," he answered. "It's the best thing I've ever done."

"How nice," she said. "So do you think you'll make it a career?"

Travel is the frivolous part of serious lives and the serious part of frivolous ones.

—Anne Sophie Swetchine

Once you have traveled, the voyage never ends, but is played out over and over again in the quietest chambers. The mind can never break off from the journey.

—Pat Conroy

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Easier to Prevent Than Treat Diabetes

DEAR DR. ROACH: I’m prediabetic. I have known you and others to say not to eat any grain that is not whole wheat. Based on that, I leave off white rice, pasta and white rolls. I eat two whole-wheat rolls most days. Does that sound right? I am underweight. — S.R.

ANSWER: It is much better and easier to prevent diabetes than it is to treat it. Diet and exercise are proven to help prevent diabetes in everyone, even your less-common situation of being normal or underweight and at risk for diabetes.

The most important part of diet is to avoid simple sugars. Processed grains are converted extremely rapidly to sugar in the body. The added fiber and protein of whole grains slows this process down somewhat; however, I still would recommend having your grains with some healthy fat and protein. Nuts, olive oil and healthy vegetable spreads go great with whole-grain rolls and slow down absorption. By having foods in combination, you can reduce diabetes risk.

Don’t forget about exercise, the other key to preventing diabetes. Any exercise is better than none. Walking is a great form of exercise that takes no special equipment and can be done anywhere. At 10,000 steps a day, which is not very hard to build up to, the risk of diabetes is significantly decreased. An inexpensive pedometer can keep track of your steps and may motivate you to reach your goal.

Diabetes has become epidemic in North America. The booklet on it provides insight on its diagnosis and treatment. Readers can order a copy by writing: Dr. Roach — No. 402W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I have been taking Zoloft for almost 10 years now. My psychiatrist believes I should stay on the medication for the rest of my life due to three serious episodes of depression. Now that I go regularly for counseling, I am starting to see the root of the depression and am aware of the triggers. As I get older, I worry about the long-term effects of this drug. Are there any studies about long-term effects of Zoloft and similar medications? I’m also interested in your view on the necessity of anti-depressants as a permanent solution for people with my condition. I’ve read that antidepressants are not proven to be better than placebos. — N.M.

ANSWER: Depression can be a terrible disease, but for most people there are effective treatments. Zoloft is in the class of medications called SSRIs, and these work in the brain where nerve cells communicate with each other.

There are some studies and a lot of experience with using these medications long term. They are mostly safe, better than placebo and certainly better than the risk of recurrent depression, which after three episodes is very high. Counseling (psychotherapy) is another effective treatment. Effective counseling may reduce the risk for recurrent depression, but I would not stop the medication without being carefully followed by your counselor and psychiatrist.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475.

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STRANGE BUT TRUE by Samantha Weaver

• It was 19th-century French historian Edgar Quinet who made the following sage observation: “Time is the fairest and toughest judge.”

• The Guinness brewery in Dublin, Ireland, has a 9,000-year lease on the property — and the rent is a mere 45 Irish pounds per year.

• Researchers at Yale University have determined that the most recognizable scent to American adults is coffee, followed by peanut butter in the No. 2 spot.

Strange But True Cont. P. 16

An Uplifting Moment

Rev. David J. Claassen



Visit me on the internet!

www.daveclaassen.com

The Importance of Prayer

My mother, Clara Claassen, is 88 years old, in poor health, and doesn't get out much. She still works, however. She works at prayer! She always has a long list of people and concerns that takes considerable time each day to cover. Then, too, I know that she simply talks to God, about whatever. She doesn't live alone, she knows, because the Lord is her constant companion, and she talks to Him often.

Most of her praying takes place while she sits in her chair and some while she spends sleepless hours at night in her bed. She tells me, however, that if it's a really serious situation of crisis proportions she'll get flat on her face on the carpet to pray. I suspect that her concluding request at such times is that she can get up again!

Mom tells me every Saturday afternoon when I call her that she's praying for my preaching

that weekend. I'm really glad to hear that! I tell her that her main job now is to pray. Whenever I return from a trip or vacation I call her to let her know that I'm home safe. She always exclaims, "Thank God!" She means it, because she has prayed for my safe return.

Prayer is simply communication with God. It seems one-way, because we do all the talking, but really it's two-way communication. Prayer deepens our relationship with the Lord.

Prayer is primarily meant to be relational (communication with God), but some praying is requesting God to act in some way. God has so designed this world that some of what He wants to get done will only happen when His people pray for it to happen. Alfred Tennyson said that "more things are wrought by prayer than this world dreams of."

There's nothing new, deep, or profound in what I've just shared. It's just intended to remind us that in our busy week, when we do a lot of talking and communicating with people, we should remember to communicate with God. He's telling us, "Talk to me!" So whether it's an extended few minutes in prayer or short "arrow prayers," let's keep talking to Him!

"Pray continually." 1 Thessalonians 5:17



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DID YOU KNOW?
by Rose Wickler



Heard only on Easter Sunday, "Easter alleluia" should also resonate for the next 49 days as well.

The holy day itself, the day of the resurrection, celebrates the fullness and life that stretch beyond time with Christ. The rest of the Easter season is for celebrating the core of the Christian mystery of new life. The Easter season is what we know of as Easter Sunday and the following 49 days. Directly following the Lenten season, the Easter season is known as "the feast of feasts" which all of the other Christian seasons originate because it celebrates the core of the Christian mystery of new life in the Holy Spirit brought through the passion, death, and resurrection of Christ remembered on Easter Sunday.

We know of Lent as being about penance, prayer, almsgiving, confession, the Stations of the Cross, and Christ saving us by

dying on the cross. But there is far more to the season than that. The Resurrection, Ascension, and sending of the Holy Spirit is what we call the "paschal mystery". The paschal mystery is the one center of all Christian life, especially during the liturgies of the Lenten and Easter seasons. The Catholic Traditions seen during the Easter season exist to bring us to the mystery of the new life of Christ's reign, we already celebrate this as Passover or His passage from this world to the Father. We celebrate this moment specifically with Pascha, or Easter, for 50 days total following the season of Lent.

The 50 days of the Easter season end with Pentecost, a Greek word that means "the fiftieth day." The fiftieth day came to be seen as a special celebration of the sending of the Holy Spirit and the closing the season of Easter. For the earliest Christians, Pentecost was so closely united with Easter Sunday that, in the Gospel of John, both of these events are shown as having taken place on the same day. But currently, we look at Pentecost, this year on May 24, as the conclusion to the Easter season and the return to normal Christian functions.

BIBLE TRIVIA
by Wilson Casey

1. Is the book of Hebrews in the Old or New Testament or neither?
2. From Genesis 33, where did Jacob build a house and make booths for his cattle? Beersheba, Succoth, Jerusalem, Kidron.
3. On the seventh day of the creation week, what did God do? Created man, Divided the oceans, Named the animals, Rested.
4. From Ecclesiastes 4:9, two are better than "what" because they have a good reward for their labor? None, One, Few, Many.

5. On which "Mount" did Moses receive the Ten Commandments? Sinai, Zion, Carmel, Pisgah.
6. Whose two sons were Hophni and Phinehas? Ichabod, Eli, Jehoiada, Mattan.

ANSWERS

(1) New; (2) Succoth; (3) Rested; (4) One; (5) Sinai; (6) Eli

Wilson Casey's "Bedlam on the W. Virginia Rails," a firsthand true account of America's last moving train robber, is available from HistoryPress.net.

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May is Older American Month

Yes, this is the 50th anniversary of Older American Month. Older adults are a vital part of our society. This year's theme is "Get into the Act" focusing on how older adults are taking charge of their health, getting engaged in their communities and making a positive impact in the lives of others.

One way is to use the following saving tips:

Many of you are living on a fixed income, so you want to make every penny count! "Here's a reminder to help save money when you can." said Susan Taylor, Human Science Specialist, Family Finance for Iowa State University Extension Outreach – Dubuque County.

Look At Your Current Expenses. Make a list of the current monthly expenses –

supplemental health insurance, prescriptions, life insurance, etc. Look and see if there is a cost-effective plan. Consider having a conversation at the local SHIIP program (Senior Health Insurance Information Program) where you can apply and select plans. Here in Dubuque County: **The Finley Hospital - Dubuque (563) 589-2673 and Sunset Park Place - Dubuque (563) 583-3384.**

Review Your Health Insurance. If you are enrolled in Medicare, have limited income and assets, you may be able to put over \$100 back in your monthly Social Security check and minimize your premiums and co-pays by learning more about the Medicare Savings Program. Call 1-800-MEDICARE.

Prescription Drugs. If you qualify, Medicare's Extra

Susan Taylor cont. P. 22

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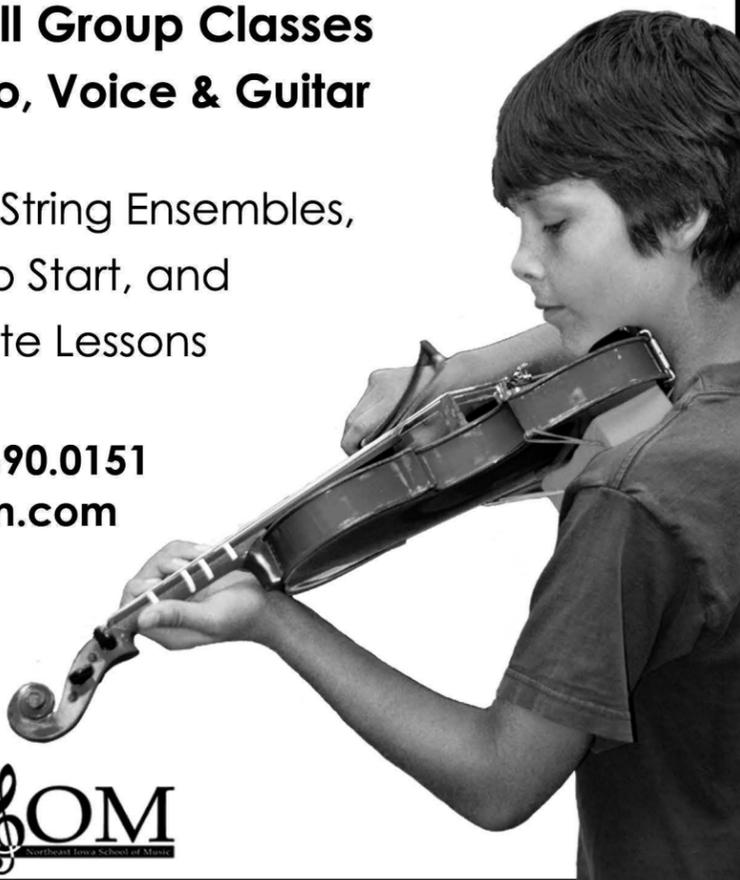
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Upcoming Events at the James Kennedy Public Library in Dyersville: May 2015

Friday, May 1: Alzheimer's Communication @ Your Library @ 3:00 pm. Come and learn ways to communicate with someone suffering from Alzheimer's Disease.

Monday, May 4: Books for Lunch Book Discussion @ 12:00 noon. For this meeting we will read and discuss *The Storied Life of A.J. Fikry* by Gabrielle Charbonnet.

Wednesdays, May 6, 13, 20 & 27: Sit and Stitch @ 1:00 pm. Join other crafters at this weekly gathering to share crafting and conversation.

Wednesday, May 6: Wild Edibles Walk in New Wine Park @ 6:00 pm. Come out to New Wine Park and hike with Jenny Ammon, naturalist at the Swiss Valley Nature Center, to find your food! We will try a few raw items, and have a few prepared wild edible items as well. Registration requested as a minimum of 15 attendees is required to hold this event. Please call or stop in the library by 5:00 pm on Tuesday, May 5 to register.

Wednesday, May 6: Genealogy Club @ Your Library @ 6:30 pm. This group meets the first Wednesday of each month at 6:30 pm. Helpful handouts and laptop computers are available to use.

Monday, May 11: Book Flicks @ Your Library @ 7:00 pm. Join us for this film based on the memoir *Travelling to Infinity: My Life with Stephen* by Jane Hawking. Rated PG-13 (124 min.) Due to licensing issues the library is not able to include the title, movie studio, or actor's names. For more details please call the library, check the library Facebook page, or check the library website www.dyersville.lib.ia.us

Tuesday, May 12: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm. For this meeting we will read and discuss *One Perfect Day* by Laurainne Snelling.

Friday, May 15: "West by Orphan Train" documentary @ 2:00 pm. This PBS documentary tells the story of the nearly a quarter of a million children from orphanages who were loaded onto trains and sent west in the hopes of finding them new homes between 1854 to 1929.

Friday, May 22: Game Night @ Your Library @ 6:00 pm. Bring your favorite game (card game, board game, role playing game, or video game) and meet, teach, and play with others! All ages welcome.

Tuesday, May 26: Twelfth Night @ 6:30 pm. A tale of a shipwreck, mistaken identity, and a love triangle all come together in Shakespeare's classic comedy. Join the Waldorf College theatre troupe from Forest City, Iowa as they perform an abridged version of this magical tale for us at the library. All ages welcome.

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



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

Sometimes I like to rant and rave! Of course, this is usually done in my home office where no one will hear or see me in a rage. Perhaps, some of you have a favorite place to just let go and yell at the world. If you don't, then you should, because it does one good to vent.

Well, it's time for me to share something that drove me crazy for years. I hate to iron. And if you remember, ironing was a necessity in just about every home. My mother taught me and my sister to iron at a very early age. I remember learning to iron handkerchiefs, tea towels, and pillow cases. My sister was older than I so she ironed more difficult items. We actually used a set of irons that were heated on the kitchen stove.

As time went on, we moved away from our rural property into a house with electricity. I guess that was just about the time I learned to hate ironing. But with time I didn't have to iron very much because school took over my spare time. Then when I became older, married and had a family of five to care

for the ironing started up again. Permanent Press had not come on the scene yet.

I hated wrestling with the ironing board because if you didn't make the right connection, the board would fall down and the iron itself would land on the floor with a clunk. And if you happened to be using a steam iron, some of the water would splash out of the hole where you filled the iron.

The image of ironing little girls dresses with fluffy sleeves, the tiny leg of boys pants, and my husband's army fatigues, sprayed with Niagara Starch still ruffles my feathers. Ironically, throughout my ironing days I have taken my ironing board out on the front porch while my husband worked on the car, I ironed. One day I even took my ironing across the street and ironed with my friend while we watched soap operas. I used any diversion I could to get away from the chore of ironing.

Isn't it wonderful that Permanent Press became a way of life? I still have a few irons around the house, but they are simply antiques that I love to hate. Incidentally, I actually know some people who love to iron. Do you still iron?

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**VETERANS
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by Freddy Groves

**Forms Now Required
for Claims, Appeals**

The back-of-the-envelope method of filing a disability-benefits claim with the Department of Veterans Affairs is no more. Any veteran wishing to file claims or appeals now will need to use the correct form. The forms will walk you through describing your symptoms or conditions, which will help get your claim moving in the right direction. The change is to help the VA clear up the backlog by the end of this year.

The following situations need the standardized forms:

Veteran or survivor application for disability compensation or pension: VA Form 21-526EZ, Application for Disability Compensation and Related Compensation Benefits, for veterans filing for disability benefits, or

Wartime veteran filing for

pension: VA Form 21-527EZ, Application for Pension, or

Survivor filing for dependency and indemnity compensation, pension and accrued benefits: VA Form 21-534EZ, Application for DIC, Death Pension, and/or Accrued Benefits.

Veteran wishing to appeal a disability decision: VA Form 21-0958, Notice of Disagreement. (Right now veterans and survivors won't have to use that form to start appeals for pension or survivor benefit decisions.)

There are three ways to start the claims process with an intent to file (giving yourself a year to get it done): Access eBenefits online; complete a VA Form 21-0966, Intent to File a Claim for Compensation and/or Pension, or Survivors Pension and/or DIC; or call the VA at 800-827-1000.

The VA recommends that veterans filing claims or appeals work with a Veterans Service Organization representative, who's skilled with a computer or familiar with the forms. Consider it a way to get your claim right the first time.

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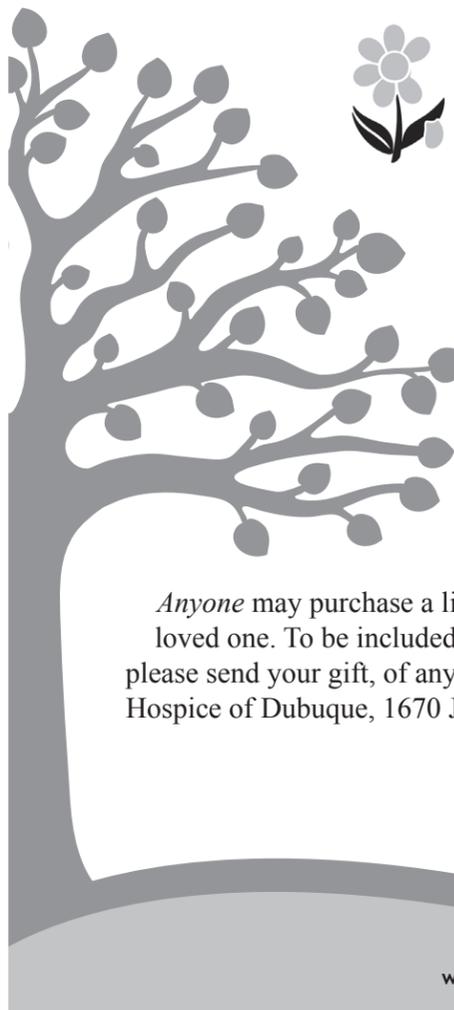


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Anyone may purchase a light in memory or honor of a loved one. To be included in the Tree of Life program, please send your gift, of any amount, by Friday, May 15, to Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002.

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TAIZE PRAYER - Easter: Christ Is Risen. Thursday, May 7, 7:00 p.m. Registration not required. Free will offering.

FLY WHILE YOU STILL HAVE WINGS - A Mini-Retreat with Joyce Rupp. Tuesday, May 5, 7:00 – 8:30 p.m. Director: Joyce Rupp, OSM. This retreat is based on Joyce's latest book, Fly While You Still Have Wings. Joyce will speak about some of the topics in this memoir of her resilient mother's aging and dying process: ancestral grief, living with regrets, letting go, the aging process, and the gift of faith as a source of strength in times of significant transition. Includes: communal prayer, presentation by Joyce, and group response. Book-signing following the retreat. Offering: \$5 for mini-retreat only. \$20 for mini-retreat and Fly While You Still Have Wings book. Registration not required. Pay upon arrival.

ANNUAL MOTHER/DAUGHTER EVENING - Nurturing Across Generations, Within Your Family and Without. Thursday, May 7, 6:00 – 8:00 p.m. Presenter: Julie Schulte. Nurturing takes on a different look from being a young mother to loving adult children when the nest empties; from nurturing our aging parents to seeking others to nurture outside of our families, filling our need to love. Bring your mother or daughter or grandmother or in-law or all of these to this annual dinner and program that affirms the nurturing relationships among you. Offering: \$24/adults, \$12/girls age 12 & under Register by May 4.

PUTTING AN END TO WAR. Monday, May 11, 7:00 – 8:30 p.m. Presenter: Dave Cochran, Loras College. Drawing on his book, Catholic Realism and the Abolition of War, Cochran will show why war is always immoral and why humanity can abolish it, just as we have with other forms of institutionalized violence, such as slavery or dueling, once thought both moral and inevitable. Offering: \$10. Register & prepay by Friday, May 8.

CENTERING PRAYER. Monday, May 18, 7:00 p.m.

ANNUAL PICNIC ON THE HILL. Thursday, May 21, Serving: 11:30 a.m. – 12:30 p.m. Enjoy lunch in our dining room or outside on the patio. MENU: Hamburgers, brats, baked beans, potato salad, cookies & ice cream, lemonade, ice water and coffee. Offering: \$10/adults, \$5 children accompanied by an adult. Register by May 18.

Hospice from P. 1

Each year since, the community has gathered during the week preceding Memorial Day to share music, prayer and reflection, and witness the illumination of the Tree of Life. Once again, the entire tri-state community is invited to this service on Tuesday, May 19 at 7:30 p.m. in Washington Park. Rain site is the Roshek Building lobby. The Tree of Life will remain lit through Memorial Day weekend.

Anyone may submit a donation of any amount to add a light to the Tree of Life display in honor or memory of a loved one. These gifts also support the Hospice of Dubuque mission of *providing compassionate care for the terminally ill and their loved ones*. Gifts are tax-deductible and should be sent to Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002. For gifts received by Friday, May 15, the printed Tree of Life program will include the names of loved ones submitted by donors.

The Hospice of Dubuque Tree of Life—a tri-state treasure, honoring your treasured loved ones.

For more information, visit www.hospiceofdubuque.org or call 563.582.1220.

Many of life's failures are men who did not realize how close they were to success when they gave up.

—Thomas Edison

To solve the human equation, we need to add love, subtract hate, multiply good, and divide between truth and error.

—Janet Coleman

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Moments in time

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- On May 5, 1877, nearly a year after the Battle of the Little Big Horn, Sitting Bull and a band of followers cross into Canada hoping to find safe haven from the U.S. Army. By early 1881, Sitting Bull was the chief of only a small band of mostly older and sick people, and he finally agreed to move 187 Indians to the United States, where they were assigned to the Standing Rock reservation in South Dakota.
- On May 10, 1909, "Mother" Maybelle Carter is born near Nickelsville, Virginia. From the late 1920s all the way through the 1950s, she was a familiar presence on radio and a powerful influence on the course of country music. She helped make the Carters the "First Family of Country Music" and introduced songs like "Wildwood Flower" and "Can the Circle Be Unbroken."
- On May 6, 1937, the airship Hindenburg, the largest dirigible ever built, bursts into flames upon touching its mooring mast in New Jersey, killing 36

passengers and crewmembers aboard the hydrogen-filled blimp. The "zeppelin" flew at a speed of 6 mph, propelled by a three-horsepower steam engine.

- On May 9, 1950, L. Ron Hubbard publishes "Dianetics: The Modern Science of Mental Health." With this book, Hubbard introduced a branch of self-help psychology called Dianetics, which morphed into a belief system now known as Scientology.
- On May 8, 1972, President Richard Nixon announces that he has ordered the mining of major North Vietnamese ports to prevent the flow of arms and material to the communist forces that had invaded South Vietnam in March.
- On May 4, 1984, New Jersey rocker Bruce Springsteen releases "Pink Cadillac" as a B-side to "Dancing in the Dark," which will become the first and biggest hit single off "Born in the U.S.A."
- On May 7, 1994, Norway's most famous painting, "The Scream" by Edvard Munch, is recovered at a seaside hotel, three months after it was stolen during the 1994 Winter Olympics in Lillehammer. The thieves had left a note reading "Thousand thanks for the bad security!"

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Putting in your spring garden? To keep your fingernails from developing a dirt problem, use this classic tip: Rake your nails over a bar of soap. It "seals" the gap underneath, and later when you wash your hands, the soap slips right out ... no need to spend time scrubbing out the dirt! — JoAnn

Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.

Love beans but trying to save a little money? Don't be intimidated by dry beans, just rinse them and chuck them in the slow cooker. Add water according to package directions and cook on low for up to eight hours. After they cool, you can bag them in freezer-safe zipper-top bags and freeze them for easy use later.

If you keep a couple of crackers in your sugar jar, they'll keep the sugar from caking.

If you or your kids have trouble drifting off to sleep, try this aromatherapy trick: Spray sheets with a diluted lavender essential oil. Lavender is classic for sleep time.

"To make the handiest long-handled garden tool, do this right now: Lay the tool on

the ground (it can be a hoe, rake — whatever you use most) and, using a tape measure, mark out feet and inches with a permanent marker right on the handle. Now, when you go to put plants in the ground, you can space them out perfectly by laying down your tool along the planting line." — C.O. in Arkansas

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475.

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1. "Rock 'n' Roll Fantasy" was on which Bad Company album?
2. Who wrote and released "Poetry Man"?
3. Who released "A Question of Temperature"?
4. Name the group that released "Li'l Red Riding Hood" in 1966.
5. What song contains this lyric: "I've heard that pride Always comes before a fall, There's a rumor goin' round the town That you don't want me around, I can't shake off my city blues, Every way I turn I lose."

Answers

1. "Desolation Angels," in 1979.
2. Phoebe Snow, in 1974. Radio DJ great Casey Kasem once floated the rumor that the song was written about Jackson Browne.
3. The Balloon Farm, in 1967. The first release of the single had a typo in the title: Question of Temperature.
4. Sam the Sham and the Pharaohs.
5. "Love Is Like Oxygen," by Sweet, in 1978. It was their final Top 10 song because lead singer Brian Connolly left to pursue a solo career; the remaining three members disbanded in 1981. The band missed a big opportunity when it fronted for Bob Seger, and a drunken Connolly collapsed on the stage — right in front of Capitol Records execs.

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Bret Kuhns,
Social Security District Manager,
Dubuque, Iowa



**HONORING OUR SERVICE
MEMBERS ON MEMORIAL DAY**

On Memorial Day, we honor men and women who died while courageously serving in the U.S. military. We also recognize active duty service members, especially those who have been wounded. Cities and towns across the United States host Memorial Day parades to thank our service members and their families for their sacrifices.

Policymakers put into place laws and benefits to protect our heroes and their families. For example, Social Security provides survivors, disability, retirement, and Medicare benefits. Not only does Social Security have benefits to protect veterans, we also provide family benefits to protect service members' dependents.

Widows, widowers, and their dependent children may be eligible for Social Security survivors benefits. You can learn more about Social Security survivors benefits at www.socialsecurity.gov/survivors.

Wounded military service members can also receive expedited processing of their disability claims. For example, Social Security will provide expedited processing of disability claims filed by veterans who have a U.S. Department of Veterans Affairs (VA) Compensation rating of 100 percent Permanent & Total (P&T). Depending on the situation, some family

members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security, as well as military retirement benefits. The good news is that your military retirement benefit doesn't reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/retire2/veterans.htm.

Service members are also eligible for Medicare at age 65. If you have health insurance from the Department of Veterans Affairs, or under the TRICARE or CHAMPVA programs, your health benefits may change, or end, when you become eligible for Medicare. Learn more about Medicare benefits at www.socialsecurity.gov/medicare.

In acknowledgement of those who died for our country, those who served, and those who serve today, we at Social Security honor and thank you.

**APPEALING A SOCIAL SECURITY DECISION?
CHECK OUT OUR IMPROVED ONLINE
APPEAL PROCESS**

Social Security listened to customer feedback and made the online appeals process even better. Now, people who disagree with our disability decision can complete their appeal using our improved online appeals process.

More than 90,000 people use our online appeals application each month. We've certainly come a long way since introducing the online appeal option in September 2007. Throughout the nation, applicants, their representatives, third parties, groups, and organizations use the online appeal process to request review of disability decisions.

Responding to feedback from our employees and the public, the new online appeals process is easier to use and improves the speed and quality of our disability and non-disability decisions. Users told us that the program needed to be streamlined for easier navigation and that it needed to ask for less duplicate information. They also told us that they wanted to be able to complete both the appeal

form and the medical report together, and be able to submit supporting documents as part of the electronic appeal request.

Our enhanced online appeals application incorporates those suggestions and more. People can now submit both the appeal form and the medical report in just one online session and electronically submit supporting documents with the appeal request. The screen messages are clear and concise, the navigation has been improved, and we've beefed up our on-screen help. Additionally, users who live outside of the United States are now able to file appeals online.

As a reminder, representatives who request, and are eligible for, direct fee payments must electronically file reconsiderations or request for hearings on medically denied Social Security and Supplemental Security Income (SSI) disability or blindness claims.

The next time you need to file an appeal, be sure to complete it online at www.socialsecurity.gov/disabilityssi/appeal.html.

Contract Bridge

by Steve Becker



RATIONALE OF DEFENSIVE PLAY

South dealer.

Both sides vulnerable.

NORTH

♠ 9 3
♥ Q J
♦ Q 10 9 4
♣ A 10 9 6 3

WEST

♠ A K J 7 6 5 4
♥ 8 4 2
♦ J 3
♣ K

EAST

♠ 8
♥ A 10 3
♦ 8 7 6 2
♣ J 8 7 4 2

SOUTH

♠ Q 10 2
♥ K 9 7 6 5
♦ A K 5
♣ Q 5

The bidding:

South	West	North	East
1♥	1♠	2♣	Pass
2NT			

Opening lead — jack of diamonds.

Good partnership defense rests largely on standard leads, plays and discards. But one should not rely exclusively on general rules, for the fact is that a player who has information at his disposal that tells him that doing the “normal” thing will not work should be prepared to

deviate from the norm.

Examine this deal where West had to choose a lead against two notrump. Had he led a top spade, which seems the natural thing to do, South would have scored at least 10 tricks — four hearts, four diamonds and two clubs.

But West donned his thinking cap and concluded that his best chance to stop two notrump was to avoid an opening spade lead, despite its magnetic attraction. He reasoned from the bidding that South was likely to have three spades to the queen and that North probably had a doubleton spade. It followed, therefore, that leading the king or any other spade was counterproductive.

So West led the jack of diamonds, hoping to connect quickly with East in that suit and thus draw the killing spade return.

In a sense, West guessed wrong, since it turned out that East had no diamond values at all. But West was clearly right in reasoning that a spade lead would have been fatal to the defense.

Once the diamond was led, declarer was a dead duck. He hopefully played a heart to the jack at trick two, but East won with the ace and returned the eight of spades, and West ran off seven tricks to put the contract down three -- 300 points.

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Dollars And Sense By David Uffington

Choose Sunglasses for More Than Style

Here comes summer ... and the sun’s damaging glare. Do your sunglasses protect your eyes from the harmful effects of ultraviolet rays? An American Optometric Association survey found that nearly half of us don’t look for the level of UV protection when we buy sunglasses.



The short-term effects of UV rays can result in actual sunburn of the eye, called photokeratitis. While the condition is temporary, the symptoms can be painful: light sensitivity, tearing and a feeling of grit or a foreign body in the eye. Longer-term effects of exposure to UV rays can be much more serious: macular degeneration, cataracts and even cancer of the areas around the eye.

Here are some of the AOA guidelines to look for when buying sunglasses:

- Choose sunglasses that block 75 percent to 90 percent of visible light and at least 99 percent of UV-A and UV-B rays.

If you wear contacts that don’t offer that protection, you need sunglasses. Consider ordering a specific pair of prescription sunglasses with the correct range of UV protection.

- Pick sunglasses that closely fit your face to keep UV rays from reaching your eyes from the side. Add a wide-brimmed hat. Remember that the UV protection level isn’t determined by the darkness of the lenses.

- Check the lens color carefully. Avoid sunglasses where the lenses don’t exactly match in color or that have distortions. Look at something in the distance to be sure it doesn’t look wavy. (If you’re driving, choose a gray tint for better color recognition of things around you.)

And don’t forget the kids. Their eyes are much more vulnerable to harmful effects of UV rays. Get them in the habit of wearing sunglasses when outdoors.

Here are some terms to help you understand the different types of lenses.

- Blue blocking: good for seeing distant objects in snow or haze.

- Photochromic lenses: lighten and darken according to the light around you.

- Polarized lenses: reduce the glare from water or snow, great for driving.

- Gradient tint: darker at the top and lighter at the bottom.

Your best bet is to make a visit to your optometrist. To locate one in your area, go online to aoa.org.

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Help Us Fight For Your Tomorrow

by Cindy Kohlman, Marketing Coordinator Sunset Park Place

Your help is needed in the fight against Alzheimer's disease – today! Did you know that Alzheimer's is the most expensive disease in America? According to statistics from the Alzheimer's Association, the disease will cost the nation \$226 billion this year alone.

In 2015, Alzheimer's is the 6th leading cause of death in America, ahead of Diabetes and Influenza/Pneumonia – but the only cause of death in the top 10 causes that cannot be prevented, slowed or cured. Yet, when it comes to funding for treatment and research, other diseases come out far ahead of Alzheimer's. Washington has committed \$5.4 billion this fiscal year to cancer research, about \$1.2 billion to heart disease and \$3 billion to research on HIV/AIDS. While they are all very important diseases, research funding for Alzheimer's will reach only about \$566 million this year. The devastation is not only measured in dollars, but in the stealing of our memories, robbing our independence, and finally, taking our dignity by eroding the ability to manage the basic tasks of daily life.

Hope for a better tomorrow for those with the disease starts with you! I'm involved with the Dubuque Alzheimer's



Some of the members of "Team Sunset" from last year's annual Alzheimer's Walk

Association Walk because I see its devastating impact every day on residents in assisted living and memory care at Sunset Park Place in Dubuque, where I am the marketing coordinator. Won't you join me and others concerned about Alzheimer's at an informational meeting on our annual walk? The meeting is scheduled for Tuesday, June 16, from 5–7 p.m. at Champps Americana. We'll have a program at 5:30 p.m. that evening to get you information on the walk and get you ready to be a part of turning those numbers around!

Book Review

“Underwater Babies”

by Seth Casteel

(Little, Brown & Company, \$21)

Reviewed by Larry Cox

Photographer Seth Casteel says his life changed forever when a little dog jumped into a swimming pool.

Casteel was born in Decatur, Illinois, and eventually developed skills to become a self-taught professional photographer. In 2007 — mainly because of his love of animals — he began taking pictures of rescue dogs in shelters to help in the adoptive process.

His business as a photographer was only moderately successful until he made a major investment, spending thousands of dollars for a sophisticated camera that could capture images underwater. After photographing dogs swimming underwater, he posted several of his images on the Internet, and

they immediately went viral. When his daily hits surpassed 100,000, he compiled his better pictures in a book, “Underwater Dogs.” It became a bestseller and triggered a second book, “Underwater Puppies.”

In his third book, Casteel uses his camera to capture “Underwater Babies.” His new book is fascinating and filled with more than 60 images. The connection that dogs have with water and the incredible range of emotions they reveal during their adventures underwater are shared by their human counterparts.

Casteel points out that the main mission of his latest project is to create a joyful, whimsical series of images of babies swimming to generate awareness about water safety for children. Each of his photos was shot during an actual swim lesson, with each baby learning water safety and survival skills.

The resulting book is nothing short of astonishing.

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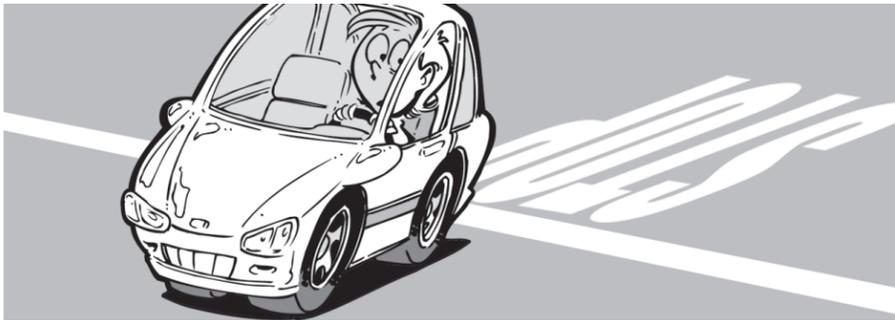
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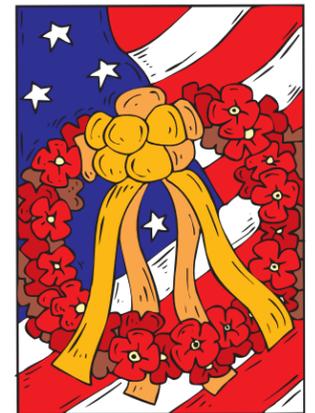


May 25



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>American Legion 1306 Delhi St. Dubuque, Iowa 52001 Ph: 563-583-0306</p>	<p>VFW Post 7896 Meeting 2nd Mon. 7 p.m. Memorial Donations Accepted Benton, WI 53803</p>	<p>LaSociete 40&8 Voiture 632 Dubuque, County Ph: 563-582-9825</p>	<p>Navy League of Dubq. Last Wed. of month, (noon) Mt. Pleasant Home Dubuque, Iowa 52001</p>
<p>Amvets Post 3 2nd Thur. 6:30 p.m. American Legion Hall Dubuque, Iowa</p>	<p>Tri-State Vietnam Vets 1st & 3rd Wed, 1 pm. Sunshine Rest. Downtown Dbq. Call Ken @563-556-0955</p>	<p>VFW Post 2665 100 South Main St. Galena, IL 61036 Public Welcome!</p>	<p>Epworth American Legion John White Post #650 Meeting: 2nd Mon., 8 p.m. Hall For Rent: 563-876-3040</p>
<p>VFW Post 5300 4th Mon. 7 p.m. VFW Hall (815)-591-3711 Hanover, IL 61041</p>	<p>Marine Corp League Meeting 2nd Wed. 7 p.m. at the Asbury Eagles Club 5900 Saratoga Plaza, Asbury, IA</p>	<p>V F W Post 9663 3rd Tuesday 7 p.m. American Legion Hall Dubuque, Iowa</p>	<p>Disabled American Veterans 1st Thurs, 6 p.m., Veterans Freedom Center, 2245 Kerper Blvd Dbq, IA 563-845-0034</p>



<p>East Dubuque VFW Drum & Bugle Corps Upstairs Old Fire Hall Ph: 582-7752</p>	<p>Veterans' Freedom Center 2245 Kerper Blvd, Suite 1 DBQ, IA 52001 • 563-845-0034 VFC@Mediacombb.net</p>
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YESTERDAY AND TODAY

BY MICHAEL GIBSON



From 1941-1970 the Union Bus depot operated from its headquarters on the NW corner of 3rd and Main. It was across the street from Merchants Hotel which is now the new Chamber of Commerce building. Also in that same block next to the Merchants was the Union Cigar Store, Gentleman's Book Store, and Dolan's Barber Shop. The Union Bus Depot was home to several transportation companies including Greyhound, Jefferson, Waterloo, Hiawatha, Cardinal, and River Trails lines. When it left this location it moved to Central Avenue and in the late 1980s to Kerper Blvd. Today the current Trailways bus depot is at 5 Five Points on Rhomberg. (Photo courtesy of the Center for Dubuque History, OHE p77).

Strange But True from Pg. 6

- In 1941, the British entered World War II, much to the relief of the USSR. One Soviet admiral was so grateful for the help that when a British naval captain on the submarine HMS Trident commented that his wife had a hard time pushing the baby carriage through the snow in Britain, the admiral declared, "You need a reindeer!" — and presented the sub's crew with one. Dubbed Pollyanna, the reindeer spent six weeks aboard the sub, where it reportedly liked to sleep under the captain's bed. Pollyanna eventually ended up at the Regents Park Zoo.
- The state of Mississippi takes its name (unsurprisingly) from the river. But how did the river get its name? Etymologists say that the

Yesterday & Today cont. P. 17

modern pronunciation is from a French variant of "meshi-ziibi," which in Algonquian Ojibwa means "big river."

- Those who study such things say that 20 percent of modern relationships that end in marriage begin online.
- The red panda is a vulnerable mammal species found in parts of Asia. It's about the size of a house cat, but its tail can grow up to 19 inches long.
- When the Crayola company was approaching a production milestone, executives asked Mister Rogers to come to the factory to pour the wax for the one billionth crayon.

Thought for the Day:
 "Imitation is the sincerest form of television." -- Fred Allen
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Life in the Moment

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Yesterday & Today from P. 16

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.



From 1971-1993 the old depot building was home to the Great Tri-State Surplus Store. This store which began in 1946 had previously been located in the 600 block of Main Street. In the early 1990s, the building was demolished and the location became a municipal parking lot. (Photo by Terry Grant).

Eileen Merfeld generously offers peace, comfort and joy through “Fidgets”

by Laura Nissen



Eileen Kueter (left) and Eileen Merfeld (right) holding a “Fidget” Quilt.

For Eileen Merfeld of Oak Park Place, the moment she learned of a “fidget” from her daughter Luann, she was hooked! This was a perfect project to honor her beloved late husband, Leonard who passed away in 2014. Eileen has been an accomplished quilter, so the match was made in heaven. Eileen immediately started selecting her fabrics and started cutting, piecing, sewing, and embellishing her works of art!

Fidget Quilts are made from a variety of fabrics, textures, colors and objects that dementia or Alzheimer’s patients find appealing as their once busy hands search for something to occupy them. As the disease progresses, the hands get more nervous and fidgety.

The “Fidget” comes in a variety of themes and offers activities like zippers, velcro, fur,

laces, buckles, buttons, objects to place inside pockets. “Fidgets” can be individualized to match a person’s interests or personality. These personalized lap quilts can also provide warmth and security for a loved one during a time of uncertainty in their lives.

In addition, the caregiver gains a sense of empowerment in an often overwhelming situation. It is something special that a caregiver, family member or friend can do to bring engagement and contentment to their loved one. Another benefit is that it can provide moments of needed respite for the caregiver as well.

Eileen’s generous donation is much appreciated and Oak Park Place will be enthusiastically accepting the two Fidgets in honor of Leonard. Everyone at Oak Park Place would like to thank Eileen for offering peace, comfort and joy to our memory care residents.



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PAULY SHORE
 Pauly Shore Comedy Night
Pauly Shore
 Thursday, May 7, 2015 • 7PM
 Stand-up comic, actor, writer, director Pauly Shore tasted super-stardom in 1990 when his precedent-setting MTV show “Totally Pauly” hit the airwaves to major fan approval. Currently, Pauly is working on Pauly Shore Stands Alone, a true-life road documentary that follows him as he performs in obscure towns throughout Wisconsin while dealing with his personal life back home. Pauly is also debuting a podcast series later this year: Pauly Shore’s Interested. In it, he interviews Arsenio Hall, Chris Rock, Whitney Cummings, Former RNC Chair Michael Steele, Dodger’s pitcher Brian Wilson, and many many more.
 Tickets: \$25 (in advance) \$30 (at the door)

Shining Star
 Saturday, May 16, 2015 • 7PM
 This Earth Wind & Fire tribute brings that special, magical era of the 70’s and 80’s to the stage as only EW&F could do. Each member of Shining Star has studied their roll extensively. A huge part of the equation, the soulful lead vocals and the sultry tenor tones are highlighted thru-out every song with unbelievable reproductions. Beautiful, full & lush harmonies are remarkably duplicated by Shining Star Earth Wind & Fire Tribute, if you close your eyes you will swear the original Earth Wind & Fire singers are on stage.
 Tickets: \$22 (in advance) \$25 (at the door) Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

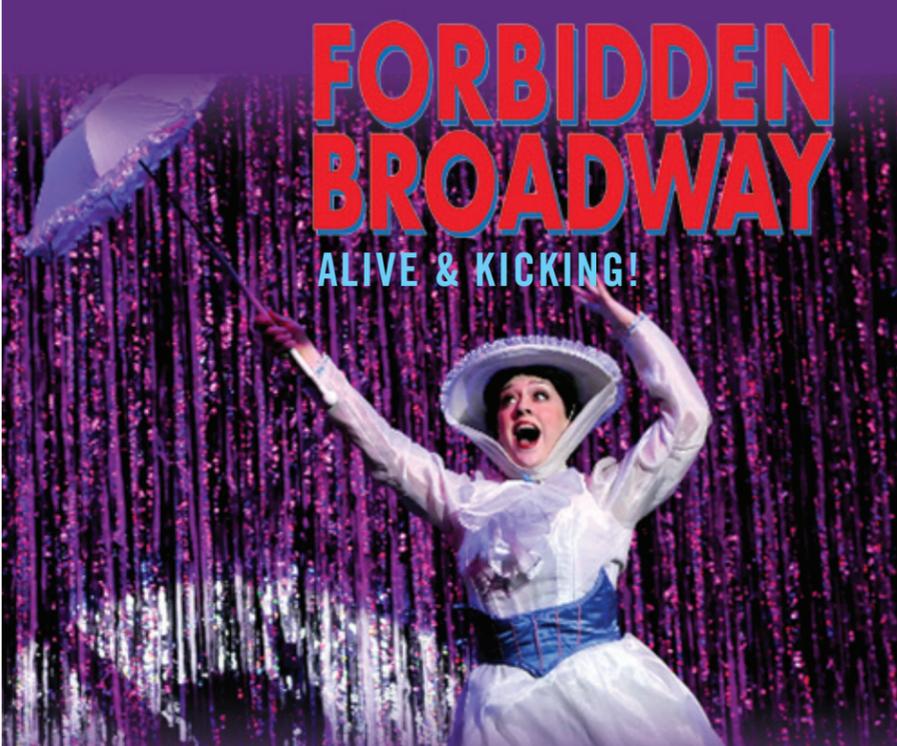
JOHN CONLEE
 Country Music Legend, John Conlee
John Conlee
 Sunday, June 14, 2015 • 2PM
 John Conlee has been a member of the Grand Ole Opry since 1981. His success began in the late 1970’s. In March of 1978, he released “Rose Colored Glasses,” a song Conlee wrote, which became a huge hit as well as his signature song. In January of 1979, he released “Back Side Of Thirty” which went on to become a No. 1 record, and the hits continued to roll. The John Conlee hit list includes songs such as “Lady Lay Down,” “Before My Time,” “Friday Night Blues,” “Miss Emily’s Picture,” “Busted,” “I Don’t Remember Loving You,” “Common Man,” “I’m Only In It For The Love,” “In My Eyes,” “As Long As I’m Rocking With You,” “Years After You,” “Domestic Life,” “Mama’s Rockin’ Chair,” “Hit The Ground Runnin’” and “Fellow Travelers.” Overall, there have been 29 single releases throughout the years with 26 of them charting in the top 20 or better. Eight of those 26 have reached the coveted No. 1 spot on the national country charts. All of Conlee’s hits have that unmistakable common thread — that unique voice. Tickets: \$25 (in advance) \$30 (at the door)

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A few tickets still remain for the May 9, 2015 performance of *The McCartney Years*. Please contact the box office for more information!



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Heritage Center from P. 1



The McCartney Years

Saturday, May 9, 7:30 PM at University of Dubuque's Heritage Center

on Knapp Stage in Heritage's Cyber Café from 6:00 – 7:00 p.m. preceding the *Forbidden Broadway* performance.

The premiere Paul McCartney tribute experience, *The McCartney Years* is led by perfectionist Yuri Pool as Sir Paul. This concert faithfully recreates a mid-1970s "Wings over America" concert with a note-for-note reproduction of McCartney at the pinnacle of his career. Joined by Karen Bell as Linda McCartney, David Usselman as Denny Laine, Braden DeCooman as Jimmy McCullough, and rounded out by Darryl Lahteenmaa (vocals/keyboard) and Aaron Guevarra (drums), Yuri Pool leads a stunningly explosive show. Pool's work has been praised by Beatles promoter

Sid Bernstein as "the best on the scene today..." Whether he's playing a real McCartney-era Höfner or emulating wardrobe from "Wings over America," Yuri is true to Sir Paul in his vocal stylings in renditions of 'Live and Let Die', 'Let it Be', and 'The Long and Winding Road.'

Tickets for both performances can be purchased now, weekdays 10:00 a.m. to 5:00 p.m. at Heritage Center Farber Box Office, University of Dubuque, 2255 Bennett Street; by phone at 563.585.SHOW; or online at www.dbq.edu/heritagecenter.

TH Media serves as the Heritage Center 2014-2015 season presenting media partner.

For further information, please contact Kristi Lynch, director of public information, at 563.589.3267.

Central College A Cappella Choir to perform at Sinsinawa Mound



(PELLA, Iowa) — The Central College A Cappella Choir will perform in Queen of the Rosary Chapel at Sinsinawa Mound, 585 County Road Z, Sinsinawa, WI, on Monday, May 25, at 2 p.m. as part of their annual tour. The A Cappella Choir, a 60-voice auditioned ensemble from Pella, IA, performs regularly in Iowa throughout the academic year but also all over the country to locations like St. John the Divine in New York City and National Cathedral in Washington D.C. The choir tours internationally every four years. Past tours

have been to Brazil in 2013 and Italy in 2009.

As a collegiate choir with a rich choral tradition, their eclectic repertoire ranges from classical 15th century to contemporary and gospel selections.

The A Cappella Choir mission is to "combine the attributes of each member to form a community that strives to create beauty and inspire others through the universal language of music." Come be a part of that community at Sinsinawa Mound. The concert is free and open to the public.

For more information, visit www.central.edu/fine-arts.



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Pursuit of the Podium Candidates Raise More Than \$30,000 for Dubuque Symphony

(DUBUQUE)–The Dubuque Symphony Orchestra is excited to announce that the 2015 Pursuit of the Podium winner is Robert Byrne!

From February 1 to April 13, Byrne raised the most funds on behalf of the symphony. As a result he will take Maestro Intriligator's place on the podium to conduct one selection at the free Summer Melodies concert which will be held at the Dubuque Arboretum on June 28, 2015.

This year's Pursuit of the Podium contestants also included: Tim Althaus, President at Family Beer & Liquor; Jim Jelinske, Owner of Creative Education Services; Otto Krueger, Procurement Manager at the Diamond Jo Casino and Retired Air Force Officer; and Jan Powers, Director of Workforce Solutions at Greater Dubuque Development Corporation. Together the group raised \$30,097.01 for the symphony!

"I was extremely impressed with this year's group of volunteers. They took Pursuit of the Podium to an entirely new level." said Director of Development Jean Tucker. "Many of them relied heavily on the use of humor and social media to get the word out about their campaign and donors responded accordingly, which allowed us to set a new all-time



Pursuit of the Podium winner Robert Byrne

record for number of donors and dollars received."

Funds generated from Pursuit of the Podium will support our overall mission, which is to engage the tri-state community and enrich its quality of life through live musical performances and educational programs. Now in our 56th season, we serve approximately 20,000 tri-state area residents each year and are proud to present world-class musical experiences for the entire community to enjoy.

For more information, call the Dubuque Symphony Orchestra at 563.557.1677 or visit www.dubuquesymphony.org.

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2) Locate the red pin and 8 digit code on packaging.

3) Enter the 8 - digit code on www.ChildHungerEndsHere.com for simple and easy meal donation; remember 1

code=1 meal.

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Liz Lynch is back by popular demand.

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

On Those Clay Roads

There was uncertainty in declaring a trip to town, to the neighbors, etc. because the weather, affecting the mud roads played a leading role in transportation.

All the side and main roads were dirt roads, which meant a heavy set of chains must be put on the hind wheels before you backed out of the garage. Often a link in the cross bar of the chains disengaged and kept a forceful clicking against the fender makin such a noise it was impossible to hear anyone talking in the car.

The roads were very narrow and a frightful stretch of road called the Rock Cut was the tough road when we traveled south from our home. Why? It was a one way road and you could not meet another vehicle as there was not enough room to pass - so before you entered the rock cut, that is if it was a good day and someone may be coming north, you would shut off the switch to listen if another car was approaching. Then you started up the motor and hurried through to be the one car on that stretch.

One night the lights plunked out just as we entered the rock-cut going north. It was very dark so my brother stood on the running board of the car and swung his leg out so his

foot could touch the bank this assuring we were close enough for safety If he called, "Pull left," we knew we were too far to the right and might slide down a steep bank - and into a creek, but somehow we managed and got home safely.

Social life was greatly affected by this road condition. The good old Melleray dances might be postponed, or expected company would cancel, and second best clothes were always worn, as we might have to walk miles in the sticky mud to get home. But this was sometimes averted by a check on the clouds and listening for thunder at intervals all evening.

But the old side-curtains must not be forgotten. These were made of canvas with small insinglass peek holes, which were very easily broken. As soon as the shower was over the curtains were folded carefully and put under the seat. The shoemaker would replace these isinglass pieces at a reasonable price.

We knew when winter was near, as the man from Peosta never failed to drive the cattle home from the pasture after a rain, and the next a.m. it froze, and we jerked over the rough cow tracks all winter.

Of course if the car couldn't go, the horses could be hitched to the buggy and taken, as nothing would stop this social undertaking.



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Vocalist: Logan Manders (student at Wahlert HS)

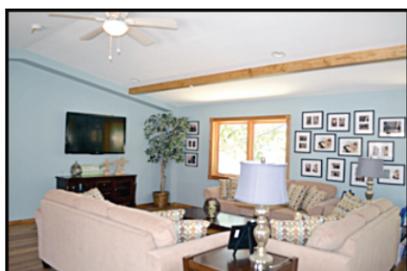
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SENIOR NEWS LINE

by Matilda Charles

Living With a Purpose

Seniors who have a purpose in life are less likely to develop damage in the areas in the brain that can cause stroke, according to a recent study from the Rush Alzheimer's Disease Center in Chicago. Damage in the same areas also can cause disability, death and dementia.

In this study, more than 450 seniors with an average age of 84 were tested until death. Those with purpose were 44 percent less likely to have larger areas of damage in the brain.

In another study of some 1,000 seniors at the Rush Center, those who scored high on having purpose to their lives were 2.4 times more likely to avoid Alzheimer's and cognitive impairment. It even cut the mortality rate in half.

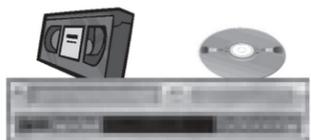
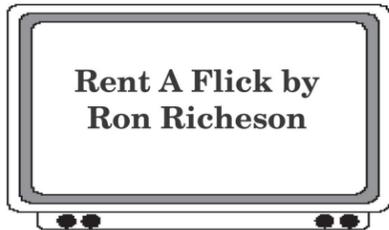
Here are some ideas to get you thinking about ways you can add purpose to your days.

- Check up on others to make sure they're OK. Maybe they will be residents in your building who come to count on your twice daily checks. Maybe it will be friends you reach by phone.

- Volunteer, and then follow through. Read to small children at daycare or kindergarten. Shelve books at the library once a week. If you're still driving well, sign up to help other seniors get to doctor appointments, shopping, personal errands and more.

- Discover what is rewarding and fulfilling to you. Join a book club, take a class, assist with socializing animals at a shelter, become the adopted grandparent in a school classroom, attend free art shows or films, train to be a museum docent ... the list is nearly endless.

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Rent A Flick by
Ron Richeson

Foxcatcher

Based on true events and aided by powerful performances by Steve Carell, Channing Tatum, and Mark Ruffalo, **Foxcatcher** was, in my opinion, one of the ten best films of 2014. Carell is John du Pont, heir to the chemical company dynasty. Tatum and Ruffalo are brothers Mark and Dave Schultz, two of the best Olympic wrestlers in America. In the 1980s the lives of these three men intersected.

It was du Pont's dream to build a world class wrestling team in preparation for the 1988 Summer Olympics to be held in Seoul, South Korea, using his family's sprawling Foxcatcher estate in Pennsylvania as the training facility. Mark and Dave Schultz will play an integral part in that endeavor.

Carell, who was nominated for an Oscar, is totally mesmerizing. A prosthetic nose helps him take on the look of du Pont, but it is Carell's ability to capture the essence of du Pont the person that keeps us glued to the screen. Right from the beginning we get an uncomfortable vibe about du Pont. It isn't until much later that we realize he is deeply mentally disturbed.

Looking back, everything was set in motion to showcase America's talent, determination, and greatness. Instead, it went terribly wrong and became an American tragedy.

Although I don't agree with the decision, **Foxcatcher** is rated R for scenes of drug use and a scene of violence. This film is still available at most Redbox locations.

**An Iowa Legend
Austin N. Palmer
(1859-1927)**

The Cedar Rapids Business College was just a few years old when textbook author Samuel Goodyear bought it in 1879. Businesses in the late 19th and early 20th centuries heavily relied on people with handwriting skills. One of those talented calligraphers was Austin Palmer, who had arrived from New Hampshire in 1877. He was employed as a contract writer for the Iowa Railroad Land Co.

Palmer shared a back room at the Grand Hotel in those early years with a young entrepreneur named Samuel G. Armstrong.

Palmer found the business college interesting and often sat in on penmanship classes.

Before too long, he was teaching penmanship as well as bookkeeping and commercial law. By 1885, he had purchased a half interest in the college along with publication of Goodyear's textbooks. The partnership didn't pan out, so by 1890, Palmer took full control of the school, while Goodyear kept his copyrights and the publishing business.

In 1884, Palmer began the Western Penman publication, which circulated around the globe, promoting his method of practical business handwriting. Palmer thought the current system of chirography was too slow and laborious to be an efficient tool in business.

By 1900, he launched his Palmer Method of Handwriting and began an earnest campaign to schools by starting summer school classes for penmanship teachers from all over the country. His view was that the traditional method of teaching penmanship using copy books never taught anyone how to write. Starting with an exposition in Cedar Rapids, his

dogged promotion of his own method virtually eliminated copy books in 15 years.

He set up a display at the 1904 St. Louis World's Fair and attracted the attention of a New York school superintendent. Soon his push-pull method, which involved a free-flowing movement of the entire arm while writing, was accepted in the East and progressed from there into public, parochial, high and commercial schools in the U.S. and Canada.

The City Council granted a tax exemption to Palmer Building Co. in February 1905 to erect a three-story building on the corner of Second Avenue and Fifth Street. The A.N. Palmer Co. building housed the Palmer School of Penmanship and Bookkeeping and Palmer's publishing company offices. Rose Kos, a graduate of the Cedar Rapids Business College, was one of its first employees. She started out by typing and sending 5,000 letters that promoted the Palmer Method. She remained with the company until its main office in Cedar Rapids moved to Chicago in 1954.

With the success of his company, Palmer and his wife, Sadie, moved to Manhattan in 1907, but always considered Cedar Rapids their home. Palmer acquired the nickname "Pushin' Palmer" during the height of his popularity in the 1920s.

The Palmer Method was used in schools well into the 1960s and at one point was taught in 80 percent of the nation's schools.

The Business College closed its doors in 1975, while the A.N. Palmer Co. dissolved in 1988.

Austin Palmer died in 1927. Sadie moved back to Cedar Rapids and lived in the Ausadie apartment building they had built on First Avenue East until her death in 1945. They are buried together in the Chapel of Memories at Cedar Memorial.

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Plant Talk

by
Ken Resch



Worm World

The evening was warm as I turned on the garden hose to trickle among the rose bushes. I had been moving it from area to area for the past two hours anticipating the hunt once the sun went down. Later I turned off the hose and sat outside with Mom, Dad, Grandma and Grandpa just talking and waiting. By nine o' clock the set was well set and Dad said "I think they're up, why don'tcha go get the flashlight and bucket. I darted into the garage and quickly retrieved the needed gear.

The rich black soil of the rose garden glistened with huge night crawlers as my light shone over them. Several darted back into the earth as the light touched them and I quickly learned to avoid too direct a contact with the beam. I eagerly reached out with my hand and gingerly, but firmly, grasped a worm as close to the hole as I could. With but a bit of a tug I held it dangling in the air before I dropped it into the bucket. Within half an hour I had more than two dozen jumbo night crawlers to take with us on our fishing journey in the morning.

Such was a typical Friday evening during the summer of my youth in Chicago. Our soil was so rich in organic nutrients that our worm supply was never exhausted in all the years I collected fishing bait. What they did for my father's rose bed they can do for any of our flower and vegetable gardens today. Worms are nature's earth movers and shakers and they will more than repay gardeners willing to offer them a nice habitat. In fact, I read that in soil well populated by worms that they can recycle four tons of soil in a year. Now that is

some real serious soil building!

What the worms need from us is organic matter on which to feed. In return, their castings (worm poop!) contain a whole array of micronutrients including nitrate, phosphorous and potassium—the three essential ingredients found in our lawn fertilizers. In addition, we need to provide moist soil conditions because worms excrete sixty percent of their body weight in urine each day—this is where the nitrogen comes from (about fifty pounds per acre) for the soil. Put lots of worms in the garden soil and you'll help prevent any serious nitrogen depletion. Most Dubuque soils are wonderful homes for worms that prefer clay to loamy soils which retains organic matter and moisture better.

It's obvious to most gardeners that the earthworm population is largest in the spring. In fact, just ask any Robin—the earthworm's major predator—and you'll receive a cock of its head in affirmation. The dry summer months decrease the population only to see the numbers increase with cooler, wetter weather in the fall.

If you want to have a bumper crop of earthworms each spring, it's imperative you protect the young worms and eggs over the winter. They can freeze solid and live, but we must help avoid the freezing-thawing routines typical of late winter because that will kill most of the young crop. To avoid these problems, make certain you maintain organic matter in the soil. Retain spent green manure products like garden residue on the soil. Use clean grass clipping as a soil cover, and add manure or compost to the surface and avoid excessive tillage which will aerate the soil too much.

Oh, and do one more thing. As a kid, I returned all the "unused" nightcrawlers to the garden when I came home from fishing. If you care about this seemingly lowly animal, you'll have plenty of worms every spring.

Susan Taylor from P 8

Help and the local prescription drug assistance programs can help you cut your medicine costs. Social Security Office – **1-877 405 3650.**

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Property Taxes. Try looking legally to cut down your annual tax bill with help from local abatement, circuit rider, or work-off programs. This could save you \$500-\$2000 annually

with assistance.

Phones. Individuals over a certain age qualify for a Lifeline Assistance free government cell phone plan. Consider switching from a land line to a free mobile phone. http://www.budgetmobile.com/iowa_Lifeline_Free_Phone.cfm

Volunteering/Community Service. Give back via Senior Corp, RSVP, Foster Grandparent Program – some are paid stipends for service.

Senior Discounts. When my mother turned 65, she started using her Hardee's card. It may be a special day to pump gas for seniors; or airlines discounts, senior menu, and retailers may welcome seniors on certain day. Ages may vary from 50 and up and some places you have to ask for the discount.

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From The Batt Cave

Al Batt
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Rasslin' with Russ

I'd just finished a Charley Horse Yoga class.

I limped my way to visit a 94-year-old friend in the Care Center.

As I walked, I recalled days of a single kind of bread. It was white bread, usually Wonder Bread, and it was used for sandwiches, toast, hotdogs, beef commercials, grilled cheese and everything else.

I visited a charming lady plus two of her daughters and a daughter-in-law. One of the daughters, from Colorado, had stayed with her mother for months while the older woman dealt with health issues. I told the daughter that was nice of her. She replied in the best way by saying that her mother was easy to be nice to.

I treasure such people. Nice, kind and thoughtful. She'd never make a pro wrestler.

I was never a wrestler, other than a bit of grappling which was required in gym class during my formative years before I moved up to dodge ball. In gym class, all things led to dodge ball.

I played basketball and football. There was some wrestling in the paint and at the line of scrimmage. The most common holds were sharp elbows and face-mask grabbing.

I've wrestled an occasional pig or steer in order to get them into a livestock truck. I've lost wrestling matches to a flock of chickens when I opened the door to the henhouse after they'd been cooped up all winter. The chickens came out the door like men fleeing a Pottery Barn. I either stepped aside quickly like a skilled matador or I was run over by chickens.

I remember names of pro wrestlers from the past. The sports pages of newspapers and TV brought them to my attention. Verne Gagne was brought to us by Gera-Speed. Verne's son was a pro wrestler. His daughters married pro wrestlers. Gagne was usually in a huff about the antics of the bad guys by the time he chatted with TV announcer Marty O'Neill, a portly fellow wearing dark glasses. O'Neill was fond of reminding viewers about an upcoming main event with a "Don't you dare miss it!" O'Neill and Gagne pitched Gera-Speed, which was supposed to provide "Vim, vigor and vitality."

Mean Gene Okerlund, announcer and interviewer, talked to and about The Crusher, Mad Dog Vachon, Nick Bockwinkel, Killer Kowalski, Baron Von Raschke and Dick the Bruiser. Texas Bob Geigel, a villain from Algona, Iowa, was nasty. My mother, never a villain or nasty, shared that hometown. The Very Capable Kenny Jay, also nicknamed The Sodbuster, could be depended upon to give a valiant effort in a losing cause. He was a good Minnesotan.

There were masked marvels, grudge matches and little conviviality. There were odd holds. Flying dropkicks, the claw, the pile driver and the sleeper.

Things never looked promising for a good guy. Oh, woe is us. He's being tied to the railroad tracks. All is lost. Cue the violins. We hoped it wasn't as bad as it appeared.

With the villains, whether they were masked or not, the best we got was the worst they had. They believed in branding. The Good Book, in Matthew 5, says, "Love your enemies and pray for those who persecute you." Pro wrestlers hated their enemies and undoubtedly prayed for bad things to befall them. They sought vengeance. The Bible (Hosea 8) had more to say about pro wrestling. "For they have sown the wind and they shall reap the whirlwind." That's a fair warning to expect serious consequences as a result of bad actions.

Misbehaving was rampant in pro wrestling. Promoter Wally Karbo threatened that there would be fines and suspensions all around.

Pro wrestlers were the kind of guys who ate in cafes without chairs because no one would want to sit next to them.

My father sometimes watched a TV show named, "Rasslin' with Russ." If I'm not vigilant, I say "rassle" instead of "wrestle."

"What do you see in pro wrestling?" I asked my father, cracking wise as teenagers must.

"Wait, let me get my glasses," said Dad.

"Why do you watch this junk? Sure, they're good athletes, but it's all scripted," I added as reason for my disdain of pro wrestling as combatants toppled from turnbuckles on TV.

Dad said, "You go to the movies every week. Why watch movies? You know that they're all fake, don't you?"

Point taken.

Dad continued to watch wrestling until his dying day.

Wrestling was welcome on the farm, as was anything that didn't scare the cows.

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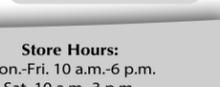
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Over The Years
by Grandma

Getting Around During The Depression

The Depression made everyday activities just a little more complicated. Take, for example, the simple act of “getting around”. You had your legs, of course, and that’s what most folks depended on. It was the cheapest way to go, and what could be more reliable? When a trip got too long for a person’s legs, town folks were drawn to the click-clack of streetcars and trolleys (when they had the nickel fare). And trains carried people between towns.

But just as today, for all-around getting around, you couldn’t beat the good old automobile.

These days, cars are regarded as necessities. Most families own three cars—one for each member of the family! How could a 16-year-old boy live if he didn’t have his very own fire-engine red car?

Perhaps you’ve noticed, too, that there are only two kinds of autos today: those made in the U.S., and those produced in faraway places across the Pacific or Atlantic.

Things used to be a lot different. Every make of car had its own unique look and personality. Doctors and bankers drove Packards. A Packard was indisputable evidence that you had become a success in life.

Farmers preferred Dodges. They had the power and high clearance you needed to plow through winter snowdrifts and navigate the muddy, rutted roads of spring. Lawyers owned LaSalles. Factory owners drove Buicks. Fords were both affordable and easy to work on—two traits that made them favorites with working-class folks.

Every car had its individual idiosyncrasies. The Willys had many idiosyncrasies. The horn button served a variety of functions. Push down and the horn blew. Pull up and the automatic starter kicked in.

Turn the button clockwise and the lights came on.

The big event of every year came in September, when the new models were introduced. Showroom windows were blocked with brown paper. The new models arrived off the car transports draped in tarps. The anticipation was almost more than you could stand.

When the big day finally arrived, throngs crowded the showrooms. The dreaded “new car fever” hit every man in town. Those were the days when “demonstrators” were actually demonstrators, not just perks for car salesmen. A salesman would come to your home and urge you to take the car for a day or two. “Drive it in to Chicago,” the salesman would beg. “Go wherever you want to.”

No matter how much owners might cuss their cars in private, they were fiercely loyal in public. Every man lied about his gas mileage, of course. It was the first thing you heard when visitors arrived from a long trip.

Before the owner got out of the car, he had gas receipts in hand and was doing calculations in his notebook. “Got 24 miles to the gallon!” he would boast. And while no one necessarily believed him, everyone would nod-and act impressed.

The auto owners had special relationships with their cars, whether they were purchased or laboriously put together with parts from the junkyard. The car was part of the family. And like a family member, it had a personality all its own.

Those cars of the depression era didn’t have heaters, radios, cruise control, turn signals or six-way power seats. You couldn’t hook them up to a computer to find out where they were ailing. Tires blew out so often that you had to carry a patch kit and pump. Belts often broke. And cold air leaked in through every crack and cranny.

Going from place to place during the depression was often a chore.

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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, 2015.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$22,011** 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



1. GENERAL KNOWLEDGE: How many sides does a snowflake have?
2. COMICS: What superhero’s alter ego was Natasha Romanova?
3. ANIMAL KINGDOM: How long is the dolphin’s gestation period?
4. LANGUAGE: What is fratricide?
5. MOVIES: What was the name of actress Lauren Bacall’s debut movie?
6. GEOGRAPHY: Which U.S. state has the most coastline?

7. TELEVISION: Where did the Flintstones live?
8. MEASUREMENTS: How many ounces are in 2 pounds?
9. PRESIDENTS: Ramsey Clark served as attorney general under which president?
10. HISTORY: When was the first trans-Atlantic telegraph cable completed?

Answers

1. Six
2. Black Widow
3. About 12 months
4. Killing a brother or sister
5. “To Have and Have Not”
6. Alaska
7. Bedrock
8. 32
9. Lyndon Johnson
10. 1858



ANTIQUES & COLLECTING

by Larry Cox



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P.O. Box 536475, Orlando, FL 32853

Board Games

Q: Although I don't consider myself a collector, I buy occasional board games and puzzles when I find good ones at flea markets or garage sales. I currently have almost 50, including "Pollyanna," "Bomb the Navy," "Car 54," "Get Smart" and a 1930s edition of "Monopoly." How can I find out if any of my games are worth keeping? — Steve, Dayton, Ohio

A: Games create a feeling of nostalgia with many collectors, which has, of course, led to an increase in values. For example, your "Car 54" game, issued in 1951, currently is worth about \$300, up at least tenfold from just a decade ago. There are several factors to consider when purchasing older board games. Make certain the game is complete and in good condition. Games that were issued to promote hit TV series are always popular with collectors. Consider "The Beverly Hillbillies," "The Man from UNCLE," "Lost in Space" and "The Waltons," all retailing in the \$25-\$50 range.

Bruce Whitehill is one of the foremost authorities in this field of collecting. His book, "Games: American Board Games and Their Makers 1822-1992" is considered one of the better references. Published

by Wallace-Homestead, it also has current values. Whitehill buys, sells and appraises games. There is a charge for appraisals. Contact is Big Game Hunter, 11 South Angell Street, No. 116, Providence, RI 02906; games@thebiggamehunter.com; and www.thebiggamehunter.com.

Q: In 1971, my wife and I purchased some items from the RMS Queen Mary. They include a ship's clock plaque, telescope and survival kit whistle. All have certificates of authenticity. I must sell these items and would like to know current values. — George, Sun City West, Arizona

A: You might get a sinking feeling when I tell you what I discovered when I contacted several collectors who specialize in ocean liner collectibles. The items you purchased at the gift shop of the Queen Mary might not be worth much more than what you originally paid. To determine present values, you could monitor eBay to see if similar items are being offered for sale, or contact an expert.

Sara Conklin is a member of the International Society of Appraisers, and she is knowledgeable about ocean liner collectibles. Her address is P.O. Box 20203, Cromberg, CA 96103.

Write to Larry Cox in care of KFWS, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor do appraisals. Do not send any materials requiring return mail.

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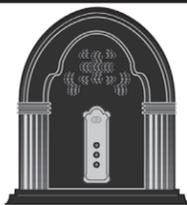
Check references before you sign a contract or make a down payment. The best kind of reference comes from someone you know and trust. Ask who they have hired for their projects and whether they were satisfied. Ask the contractor you're thinking of hiring for local references and contact them. Check for complaints filed with the Consumer Protection Division (515-281-5926 or 888-777-4590) and check the Better Business Bureau's complaint database at www.bbb.org. It's a red flag if a contractor is not listed in the local telephone directory or provides only a post office box and not a street address.

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

Consumer Advisory cont. P. 28

Radio From The 20th Century

by Bill Zwack



Roger Kilgore, Public Defender operated on the opposite side of the justice scales from "Mr. District Attorney" but came on with almost exactly the same pitch, "justice, equal justice, is the sacred right of all people in a democracy," and that everyone has a God-given right to "life, liberty and the pursuit of happiness." Kilgore was an obscure 1948 Tuesday-night flash in the pan. Kilgore was played by Santos Ortega as a hard-fighting servant of the people, butting heads more

than occasionally with D. A. Sam Howe, who was given a good stubborn-er-than-thou portrayal by Staats Cotsworth. Stedman Coles wrote the scripts; Jock MacGregor directed. The show never really had the appeal of the crime-busting Mr. D. A. and was soon forgotten.

Listen in to AM 1370 KDTH's Big Broadcast Sunday nights from 6 to midnight. You just might catch Roger Kilgore defending to his best, some perpetrator of the law.

Consumer Advisory by Attorney General Tom Miller
www.IowaAttorneyGeneral.org — 515-281-5926

Avoid the Home Wrecker: Home Improvement & Repair

Finding a good contractor is crucial to making sure you get the job done right.

Make your plan clear. Before looking for a contractor, think about your project. Consider writing down a proposed project description, including

the quality of materials that you expect the contractor to use, so a contractor is clear about the scope of project and type of materials. Check with your city or county on required inspections and building permits.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt

The Best Of Jerry

"I Just Wanted Somebody to Talk to!"

A couple weeks ago, Maury, when Grandpa was having his weekly (and always very enjoyable) Friday lunch at Mario's with Duke, etc. someone brought up a name immediately causing me to recall this memory. The person involved has passed away years ago but this caused me to remember an incident that was both humorous and also "tugged at the heart strings."

When Grandpa had an office in downtown Dubuque, Maury, I parked my car in a commercial lot just a block away. Across the street was a barbershop. Because of its convenient location for me I became one of its patrons. This led to becoming acquainted with a shoe shine man who operated out of this shop. His name was Lester Gruie. Not only did I get a shine when I was there for a hair cut but I also popped in regularly to get a shine from Les once or twice a week. Les didn't have a "set charge." He relied on his customers to "pay" whatever they choose.

Here, I must explain, Maury, why Grandpa would get his shoes shined a little more frequently than necessary. It was because Les was a "simple man" in the



Jerry Eberhardt with grandson, Maury Cohn

same way Tom Hanks played "Forrest Gump." (Your mom and dad will explain). As I recall, Les was on the job for about five years, over which time we had many short 'interesting and at times humorous' conversations. Then, one day when going for a hair cut, Les wasn't there. The barber told me Les had some health problems. A short time later I heard he was in a retirement home somewhere. What happened next, Maury, is why Grandpa has this memory.

Two months later I received a telephone call from Marshalltown, Iowa. When the operator asked me if I'd accept a collect call from a Lester Gruie, I did. Wondering why he called me, we talked for quite awhile. Finally I said: "Why did you call?" Maury, I'll never forget his reply. He said,

"I just wanted someone to talk to!"

Much love, Grandpa.



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Volunteer News And Notes

An Inspiring Look At One Blind Veteran Who Helps So Many Others

(NAPSA)-Years of helping other blinded veterans paid off recently for one dedicated volunteer, in the form of the Department of Veterans Affairs's (VA) National Male Volunteer of the Year award.

James Hogan has logged more than 2,800 hours of voluntary service as one of 260 volunteers nationwide performing 34,177 hours of service a year through the Blinded Veterans Association (BVA).

Since 1945, BVA has assisted blinded veterans and their families in adjusting to life without sight and in regaining confidence and independence. The organization of blinded veterans helping blinded veterans was originally founded by combat-blinded veterans of World War II.

Through service programs, regional groups, resources, and advocacy before the legislative and executive branches of government, it makes life better for blinded veterans. There's no charge for any BVA service and you don't have to be a member to get help. All legally blinded veterans are eligible for assistance whether they become blind during or after active-duty military service.

BVA volunteers work out of



Jim Hogan with Atticus, his guide dog, has been named Department of Veterans Affairs's Male Volunteer of the Year.

VA medical centers, outpatient clinics and regional offices but are also active in their communities. The volunteers are often blinded veterans themselves but they can also be spouses, family members, and friends of BVA. For example, Hogan's dedicated service has also involved his wife, Pam, who volunteers with him. In addition, his guide dog of nine years, Atticus, has also served as a therapy dog at times for VA hospital patients.

The volunteers help blinded veterans get the assistance they need when they need

it. Sometimes, volunteers speak one on one with blinded veterans; at other times, they listen and share ideas in groups. BVA volunteers provide information on programs and services, encouraging blinded veterans to use the opportunities that will help them become more independent and self-sufficient. They also demonstrate equipment and aids used by the blind.

Hogan performs a multitude of volunteer tasks as a VA volunteer, serving blind and visually impaired veterans in the Visual Impairment Service Team (VIST) program. He helps veterans attend fishing trips by arranging transportation for them and with VIST Support Group activities. One of his specialties is also outreach to younger Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) veterans and their families regarding benefits, adjustment to disability and educational opportunities.

Hogan visits regularly with veterans and mobilizes his Disabled American Veterans chapter to bring treats and cheer to hospitalized patients.

He also works with Vietnam Veterans of America on their annual Homeless Stand Downs, and helps the Elks raise funds

for an annual veterans' luncheon and the Boy Scouts place more than 6,000 flags on veterans' graves on Memorial Day.

A veteran of the U.S. Navy, Hogan was diagnosed with hearing loss as a young boy and quickly began using hearing devices. Determined to fulfill his dream of serving his country, he enlisted in the Navy at the height of the Vietnam War. After serving in Vietnam combat areas, he re-entered civilian life in 1973. Ten years later, he was diagnosed with Ushers II, a degenerative disease that causes both vision and hearing loss.

Learn More

For further facts on BVA, what it can do and how you can help, go to www.bva.org or call (800) 669-7079.



Genghis Khan is credited with introducing the color called cobalt blue to Chinese porcelain makers. It's believed he brought it back from Persia.



Sports Comment

by Gary Dolphin

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

From Where I Sit

Quite a week to wrap up the Iowa basketball season. Hawkeye forward Aaron White was voted winner of the Chris Street Memorial award, symbolic of Iowa's top player. White wrapped up a brilliant career as the number two all-time scorer and number three rebounder for the Hawkeyes. The first team all Big Ten forward should carve out a nice NBA career for himself.

Then there's all american guard Samantha Logic. The senior from Racine Wi. was a first round pick in the WNBA draft last week and did it with a flare. Logic was the 11th pick overall going to the Atlanta Dream. She becomes the highest draft pick in Iowa basketball history.

This week finds the Hawkeye baseball team alone in first place in the Big Ten baseball standings. Second year coach Rick Heller has Iowa red hot at 10-2 in conference play, 26-11 over-all. The Hawks have won all four series played to date. 3500 fans came out to see Iowa take 2-3 from Northwestern. The Hawkeyes are getting it done with pitching and defense.

This Saturday brings the wrap-up to spring football. Iowa will have a scrimmage at Kinnick Stadium that is open to the public free of charge beginning at 1pm. I'm anxious to see new starters at offensive and defensive tackle, tight end, strong safety and of course quarterback, although we are familiar with that signal caller. It's CJ Beathard's team now and Iowa fans will be holding their collective breath, hoping Beathard stays healthy after former starter Jake Rudock, demoted to a backup role, decided to transfer to Michigan.

Outland trophy winner Brandon Scherff's left tackle position is now occupied by Boone Myers, and Ike Bottger has taken over for Andrew Donnell on the right side. Both are hopefully on a fast learning curve. On the other side of the ball Jaleel Johnson and Nathan Bazata take over for the graduated Carl Davis and Louis Trinca Pasat. Much of Iowa's success this fall depends on the quick study of those four young guys, who are very capable but need work and alot of snaps.

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SPORTS QUIZ

By Chris Richcreek

1. Who is the only pitcher to strike out more batters in tossing a no-hitter than the Dodgers' Clayton Kershaw, who struck out 15 during a game in 2014?
2. How many times did Hall of Famer Willie Mays hit 40 or more homes runs in a season?
3. Name the only player from the University of Illinois to be chosen No. 1 overall in the NFL Draft?
4. Which was the last NBA team before the Miami Heat (2011-14) to appear in four consecutive NBA Finals?
5. Of the seven hockey Canada Cups/World Cups, the Canadian men's team has won five. Which countries have won one each?
6. In how many consecutive Olympics did Germany win

a gold medal in the two-man bobsled before its eighth-place finish in 2014?

7. In 2014, golfer Bernhard Langer set a record by winning the Senior British Open by 13 shots. Who had held the event mark?

Answers

1. Nolan Ryan struck out 17 in a no-hitter in 1973 and 16 in '91 no-hitter.
2. Six times, including a high of 52 in 1965.
3. Quarterback Jeff George, in 1990 by Indianapolis.
4. The Boston Celtics, 1984-87.
5. The Soviet Union won in 1981, and the U.S. won in 1996.
6. Three consecutive Olympics (2002, '06, '10).
7. Bob Charles won by seven shots in 1989.

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Mullin Anticipation

Basketball legend Chris Mullin has been named the head coach of the St. Johns Red Storm. He's a rookie coach, so this column is for all the young recruits out there who don't know about Chris Mullin, and all of the naysayers who may have forgotten.

See, a long, long time ago, probably in the same room you're sitting in now, only different because the rugs were a bit shaggier and probably the color of burnt sienna, there was TV. And it was good.

The 2-inch-thick glass screen was set in an attractive wood cabinet that smelled vaguely of lemon-scented furniture polish, and there were two dials set off to the right. The top dial was the one for the human race. When you turned it, you could tune in to these selections: 2 (there was no 1), 4, 5, 7, 9, 11 and 13. The bottom dial was apparently for the Druids, because nobody knew what that dial was for.

Then one day, the rabbit ears on top of the TV disappeared, replaced by a little brown box with three rows of buttons and a long brown cable. With great anticipation, we all settled in to see what was on the other side of channel 13. For my group of friends, the afternoons were filled with wrestling. Jimmy "Superfly" Snuka, Andre the Giant, Sgt. Slaughter and the pesky Iron Sheik became staples of our enjoyment. At night the WWF gave way to another league: The Big East.

That little brown box and that fledgling sports network (third button from the left on the

second row) changed everything. All of those phony wrestling story lines were replaced by an even more colorful cast of the most implausible group you can imagine -- a bunch of kids and the coaches that loved them shooting hoops for the Tri-State area's local Catholic colleges, colleges that most of the nation west of I-95 had never heard of. What's a Hoya? Which exit for Seton Hall? You play games at Rhode Island? What's with that guy's sweater?

Let's stop there for a moment. The guy wearing the sweater was Lou Carnesecca. He was the coach of St. Johns. His shooting guard was Chris Mullin, and the kid was lights out. He's the guy that's going to be recruiting you, the guy who's going to be coaching you, and dealing with the boosters and the press. Real quick, here's his resume:

Education: McDonald's High School All-American, three-time Big East player of the year, three-time All-American and winner of both the Oscar Robertson and John Wooden Awards, which is basically the basketball Heisman.

Professional experience: Five-time NBA All-Star, averaged 20 points per game, GM of the Golden State Warriors, VP of the Sacramento Kings.

Volunteer work: Two-time Olympic Gold Medal winner, original member of the 1996 "Dream Team."

Awards: Yeah. He's in the Hall of Fame. All of them.

To the detractors, let's reason this out. The kids may not know who he is, but the parents sure do, and he knows the academic part of the equation because he's already done that ... he went there. Boosters? You're welcome. All that's left for Mullin is our anticipation of what's on next.

Mark Vasto is a veteran sportswriter who lives in Kansas City.

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 1 (16-ounce) can cut green beans, drained and rinsed
 3 cups (10-ounces) shredded loose-packed frozen potatoes
 3/4 cup (3-ounce) shredded reduced-fat Cheddar cheese

1. Preheat oven to 375 F.
2. Press meat into an 8-by-8-inch baking dish sprayed with butter-flavored cooking spray. Spread chicken soup evenly over meat. Layer green beans and potatoes evenly over soup. Evenly sprinkle Cheddar cheese over top. Cover and bake for 50 minutes.
3. Uncover and continue baking for 10 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

- Each serving equals: 198 calories, 6g fat, 21g protein, 15g carb., 505mg sodium, 2g fiber; Diabetic Exchanges: 1/2 Starch/Carb., 2 1/2 Meat, 1 Vegetable.

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Consumer Advisory from P. 22

Get the contract in writing. Before work begins, agree on a written contract. Include 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. Include start and completion dates, 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 of the repairs 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. Most importantly, read the contract before you sign it.

Consumer Advisory cont. P. 30

Down Memory Lane

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

Baseball 1952

Baseball 1952



SHIPPERS (above) Back Row: (left to right) F. J. Hanson, "Red" Kelleher, John Tschudi, Wally Gau, Rich Jahn, George Jurisic. Center Row: Jim Schiesl, Norm Jotham, Bill Jotham, Dick Gilligan, Dick Zillig. Front Row: Walt Chapman, George Gantenbein, Tug Robinson.

BASEBALL

While our Packers baseball team capped its third straight Industrial League softball title earlier this month, the Dubuque Packing Company also boasts two other classy diamond aggregations — the Shippers and our Girls team — both presented in this issue. Congratulations to the Champion Packers and to our other teams. Our Dupaco girls team tied for second place in the Dubuque loop.



GIRLS TEAM (right) Back Row: (left to right) Manager Russ Gantenbein, Pat Hein, Pat Moore, Rachel Myrschalk, Betty Hoefler, Jean Ann Hoefler, Coach Louis Hanson. Center Row: Pat Mills, Sally Pfab, Joan Franzen, Joan Folsof, Beverly Foulks. Front Row: Grace Biehl, Dolores Sowie, Joan McDonald, Alice Schiltz.

Your Garden

Simple Tips To Get Growing At Home

(NAPSA)-There may be few things more satisfying than growing colorful flowers or eating vegetables picked fresh from the garden. That might seem ambitious if you haven't gardened before, but getting started this year need not be difficult. Just follow these simple gardening tips to enjoy the benefits of fresh air, gentle exercise and healthy produce:



Burpee offers a wide range of flowers, vegetables and herbs to grow at home.

1) Pick your spot with care. Plants need sun and water to survive. Vegetables and most flowers need full sun-at least six hours of sunlight every day during the growing season. Plant close to an outdoor water source to make hot weather watering easier.

2) Start with the soil. Because plants live by their roots, the most important part of any garden is below ground. Most soil around houses isn't ideal for plants but can be improved by adding nutrient-rich organic matter, usually in the form of compost, shredded leaves or composted manure. Bagged soil mixes marked specifically for growing vegetables are ideal for containers.

3) Keep your first garden manageable. For beginners, try a plot 4 feet by 8 feet, or half a dozen good-sized (24-36") containers. That's enough to provide a satisfying harvest of herbs, greens or a few tomato plants while you get a feel for

the amount of time and effort it takes to water and weed. Pots are the easiest to control soil, water and light. Creating a container garden of vegetables, herbs and patio flowers is a good place for novices to start.

4) Get a head start. Some vegetables and flowers may need to be started from seed 6-8 weeks before it's safe to plant them outside. You'll need to do this for tomatoes, peppers, eggplants and petunias. But other favorites like zucchini, cucumbers, beans and sunflowers are easily sown in the ground with seed. You can learn more about starting and sowing seeds at www.burpee.com. Planting time will vary

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in each growing zone, but is generally best in the late spring.

5) Watch your garden grow. It's fun for the whole family to observe seeds taking root and growing into plants. Be sure to water and weed regularly as you wait for the bounty of your first harvest.

Burpee's free Garden Time Planner app makes planting in specific garden regions easy. To download the app, buy non-GMO seeds and plants, or to access helpful "how-to" articles and videos, visit www.burpee.com or call (800) 888-1447.



In the late 1800s, some physicians used the tomato as a remedy for indigestion and diarrhea, and as a cholera preventive.

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Paul H. Connor

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What's It Worth On eBay?
 EZSELLUSA specializes in selling items for clients on eBay. If you have an item and you would like to know what it is worth send digital pictures with a brief description to paulhconnor@gmail.com or stop by the office at EZ SELL USA, 2560 Dodge, Dubuque, IA in the Plaza 20 complex near K-Mart. Call 563-543-5201 for an appointment.

Saving old advertisements?
 Saving old paper items can reward with dollars on eBay. This ad poster was recently sold by EZ Sell USA for a client that had found it along with some other old paper advertisements in an attic. Dr. Russell's Pepsin Bitters was sold first in the 1880's. With the promise "For all Disorders of the Stomach" this lithograph with great color measured 22" by 16." At auction on eBay this poster sold for \$204.49 after 15 active bids had been entered on eBay.



Consumer Advisory from P. 28
 Financing? Look into financing through local banks or credit unions rather than a contractor. Compare loan terms, and don't let anyone pressure you into signing a loan document. Do not deed your property to anyone. Limit up-front payments. If a contractor requires 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 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. Avoid contracting scams. A contractor who shows up at your door in an unmarked vehicle

and claims he "happens to have materials left over" at a big discount is probably someone to avoid. Stay away from those who offer "extra materials," someone demanding an immediate decision, a contractor who only accepts cash, or a contractor who insists on full payment in advance.

The Honda Spring Savings Event

Great deals on Honda Lawn Mowers at your Honda Power Equipment Dealer! Plus, Limited Time Extended Warranty Offer!

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<p>Honda HRX Lawn Mowers Features the 4-in-1 Versamow System™ with Clip Director.® Mulch, bag, leaf shred or discharge — no tools, no attachments!</p>			 <p>FG110 MSRP \$389 \$349*</p> <p>HONDA 2 YEAR WARRANTY †See Warranty Book for Details</p> <p>Honda Tillers</p>
 <p>HRR216VKA MSRP \$479 \$399*</p> <p>3 YEAR + 1 YEAR EXTENDED 4 YEAR Manufacturer's Warranty† Through May 31</p>	 <p>HRR216VYA MSRP \$579 \$499*</p> <p>3 YEAR + 1 YEAR EXTENDED 4 YEAR Manufacturer's Warranty† Through May 31</p>	 <p>HRR216VLA MSRP \$579 \$499*</p> <p>3 YEAR + 1 YEAR EXTENDED 4 YEAR Manufacturer's Warranty† Through May 31</p>	 <p>EU2000i MSRP \$1149.95 \$999*</p> <p>HONDA 3 YEAR WARRANTY †See Warranty Book for Details</p> <p>Honda Generators</p>

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*Minimum Advertised Price. †The Honda One Year Extended Warranty Event offer is good on all Honda HRS, HRR and HRX Series purchased March 1st through May 31st, 2015. See your Authorized Honda Power Equipment Dealer for full details. Please read the owner's manual before operating your Honda Power Equipment and never use in a closed or partly enclosed area where you could be exposed to odorless, poisonous carbon monoxide. Connection of a generator to house power requires a transfer device to avoid possible injury to power company personnel. Consult a qualified electrician. ©2015 American Honda Motor Co., Inc.



By Samantha Mazzotta

Home Management in the Digital Age

Home automation is becoming all the rage, but many homeowners balk at rigging up remotely controlled thermostats



or security systems because they're concerned about the cost or about locking into contracts.

And some DIY'ers don't want automation, but they do want to bring a little order into the chaos of home maintenance and improvement. Fortunately, the explosion of mobile apps is making life a bit easier ... and at an affordable price.

Here are some of the latest connected devices that aim to make home management, automation and security easier:

- **BrightNest:** This home maintenance app for iOS (think iPhones and iPads) and Android platforms helps you set up a maintenance schedule and offers helpful tips on cleaning and maintenance. Free. (brightnest.com, App Store or Google Play)

- **Cozi Family:** Need to assign chores to the kids or split up home-maintenance tasks? This app can do that. It also syncs with everyone's device from a single account and has a simple interface. Free. (www.cozi.com, App Store or Google Play)

- **HomeZada:** This desktop software allows you to make an inventory of all your home's systems for free. For \$59 a year, it gives you maintenance reminders and instructions, a calendar, a remodeling budget tool and more. (www.homezada.com)

- **Nest:** While this startup company's physical products include a "learning thermostat" and a smoke/CO detector, both of which can be controlled remotely, it's also partnering with other tech firms to connect systems in and outside your home — from your car to your fitness wristband and more. Products can be found online or at home-improvement stores, and start at \$99 for the smoke/CO detector. (nest.com)

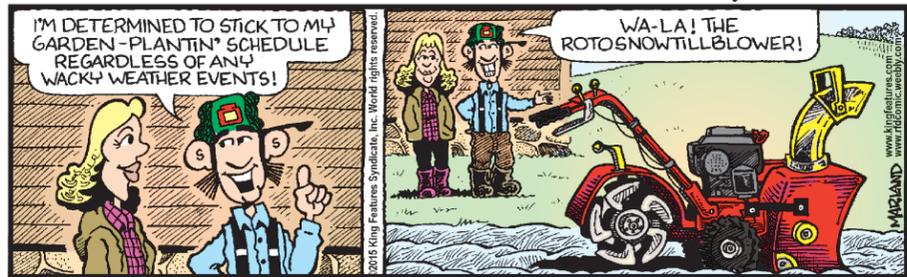
- **Notion:** This home-sensor system goes beyond the standard security system: It senses pretty much anything you want it to, whether it's an open garage door, an almost-empty propane tank or a window being lifted. The system sends a message to your smartphone. Sensors along with a necessary Wi-Fi bridge are available on line and start at \$129. (getnotion.com)

TIP: Home security starts with good maintenance, so make sure windows are in good shape and lock tightly, and install sturdy deadbolts at entrance doors.

Send your home tips and questions to ask@thisisahammer.com.

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R.F.D. by Mike Marland



HAWAIIAN ADVENTURE
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Trip Preview
May 14, 2015
6:30 P.M.

The Village Cooperative Common Room
5297 Grand Meadow Drive – Asbury, IA

Attend our informative preview meeting and find out all the details! Coffee & dessert will be served.

UpComing Events

June 17, 2015-----Celebration Belle Cruise
Kickin' it Country \$60.00

July 30, 2015-----Fireside Theater
Pump Boys & Dinette \$105.00

October 16, 2015-----Onhward Theater
Dinner & Show Bubba's Revenge - sequel to "Honky Tonk Angels" \$60.00

Looking Ahead

April 16 – 24, 2016-----New Orleans
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Linda Blom-Eiben: 563-584-0853 or 563-590-4067 Pat: 563-583-3243
Linda's Email: jl.eiben@mchsi.com Pat's Email: ptorgler@gmail.com



Cremer's Cooking Tips

Cremer's Brats

Ingredients
12 Cremer's Homemade Brats
2 or 3 Large Onions

Directions
Pre-heat oven to 350°F. Slice onions into 1/2" thick slices, layer a baking dish with onions and place Cremer's Homemade Lean Brats on bed of onions.

Pour enough water to cover onions. Cover and bake for one hour. Remove brats from oven and place on medium-hot grill until you have grill marks (5–10 minutes).

You can also chill brats and use them at a later time, throwing them on grill to heat through to an internal temp of 165° (10– 15 minutes).

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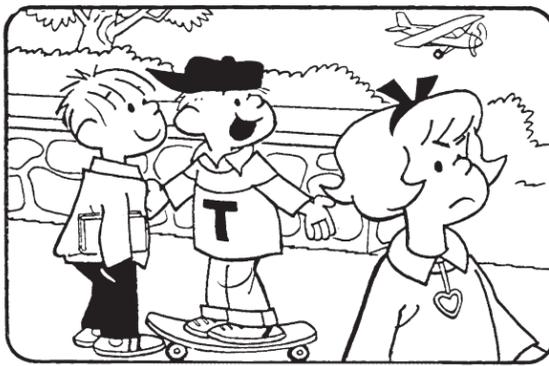
B M J H E C Z B X U S S P Q N
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 A H L E J C K A H Y R O W W V
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 K I N Y G E N C I B O T N Z X
 W G D A K I E U N S B S A L S
 R P O O L O H M U I L L C U J
 I G N R E T T D M R E E M O R
 B A E Y X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

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

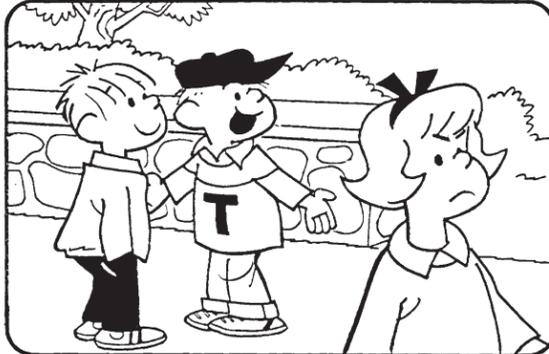
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|---------|-----------|----------------|-----------|
| Antwerp | Berlin | Munich | Seoul |
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Book is missing. 2. Cap is reversed. 3. Skateboard is missing. 4. Airplane is missing. 5. Hair is shorter. 6. Pendant is missing.

GO FIGURE! by Linda Thistle

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

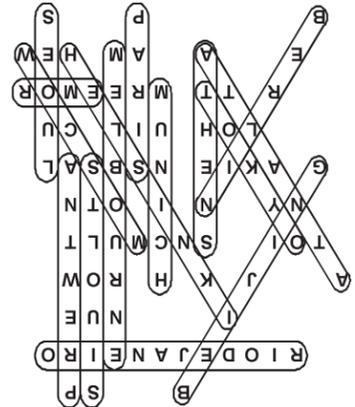
	x		-		16
-		÷		x	
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x		+		+	
	+		x		14
15		10		17	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 4 4 5 6 8 9

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SUMMER OLYMPICS HOST CITIES

SUDOKU Answer

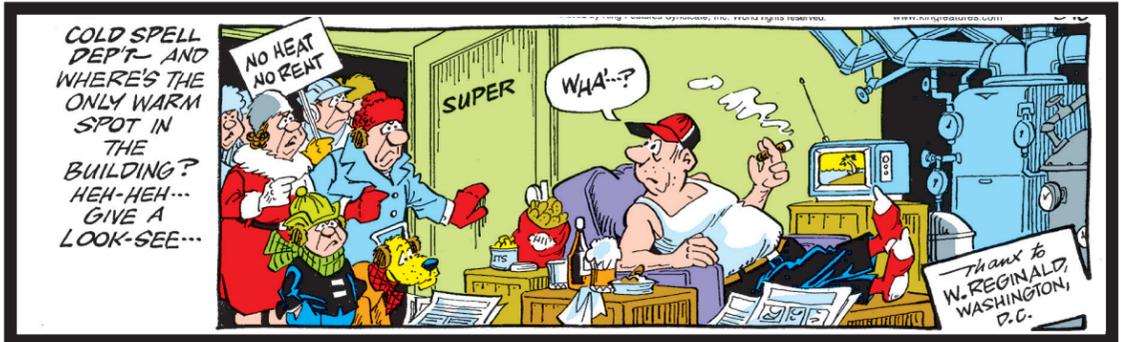
6	4	2	8	5	3	7	9	1
5	1	8	9	2	7	4	6	3
9	7	3	1	4	6	5	8	2
3	8	5	6	1	4	2	7	9
4	2	9	3	7	8	1	5	6
7	6	1	5	9	2	8	3	4
1	9	4	7	3	5	6	2	8
8	3	7	2	6	1	9	4	5
2	5	6	4	8	9	1	3	7

— **King Crossword** —

Answers
 Solution time: 25 mins.

ALP	WADS	NOPE
SEA	ALIT	IBEX
HAIRLESS	NONE	
NIL	CAREENS	
FOLDER	LAV	
ERE	TUB	FETID
TEST	GAP	HIDE
ASSAM	HIS	MEN
LAC	CHEESY	
HACKSAW	ILL	
UGLI	CARELESS	
THAN	ARAL	SIP
SANG	OPED	STY

THEY'LL DO IT EVERY TIME BY AL SCADUTO



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SUDOKU
 by Linda Thistle

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

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

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

	17		10		15
14	1	x	6	+	9
	+		+		x
14	2	+	4	x	3
	x		÷		-
16	8	-	4	x	9