



# The Golden View

The Community Newspaper For Adults 55 Plus

May, 2016

Dedicated To The Young At Heart

Dubuque, Iowa

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

## Stonehill Franciscan Services: Inspiring Lives Through Compassion & Faith

by Amy Kemp



Stonehill Franciscan Services is dedicated to delivering the gift of wellness to everyone. The Stonehill community was founded in the giving spirit of St. Francis of Assisi more than a century ago. And today—through togetherness, compassion, and faith—the organization’s dedication continues to grow.

Gretchen Brown became Stonehill’s President and CEO in 2015. And ever since her arrival, she’s worked hard to remind area residents that Dubuque’s most innovative continuum of health and wellness services resides in the city’s scenic and historic North End.

“We’re not located on Main Street, so sometimes

we need to remind people we are here,” says Brown. “I want the name Stonehill to resonate as an innovative, faith-based, heritage-rich retirement community that is an incredible place to live, work, and get healthy.”

According to Brown, what Stonehill may lack in roadside visibility, it more than makes up for with highly trained staff, state-of-the-art facilities, and a diverse range of services including independent living, fitness, short-term rehabilitation, and long-term care.

“We are Dubuque’s most comprehensive continuing care retirement community,” says Brown. “And we take great pride in that fact.”

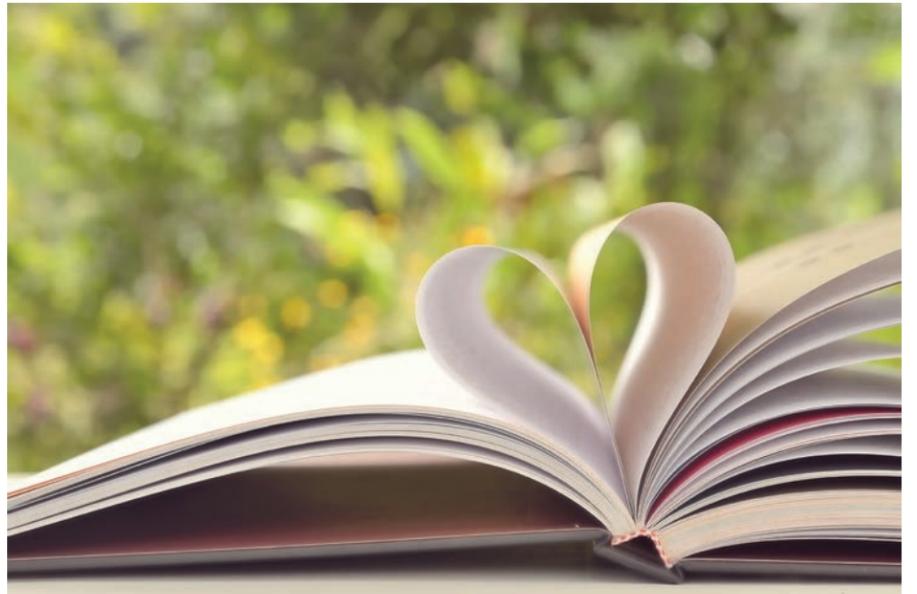
Founded in the Catholic tradition, Stonehill proudly serves people of all religious, ethnic, and financial backgrounds. Furthermore, Stonehill operates according to the core belief that all people deserve to be cared for, regardless of their ability to pay.

“Nearly 50 percent of our 220 residents require some form of financial assistance for our services,” said



## Hospice of Dubuque Tree of Life

by Tiffany Stietz, Community Relations Facilitator



At some point in life, each of us will experience the loss of a loved one. Although each story is unique, many times there is a common bond. Sharing the details of what we have experienced allows us to remember and celebrate the life of our loved ones and to encourage one another on our journeys. For the past 20 years Hospice of Dubuque has hosted the Tree of Life Memorial Service to provide a time for family and friends to gather and share stories, support each other and find comfort.

This year, the Hospice of Dubuque Board of Directors, Staff and Volunteers again extend an invitation to the entire community to gather in Washington Park for the annual Tree of Life service on Tuesday, May 24, at 7:30 pm. The ceremony itself includes a personal story, music, prayer and reflection. At the conclusion of the service, the Tree of Life display will be lit with each light on

the display representing a person remembered or honored. These lights remain illuminated through the Memorial Day weekend.

Your donation will help light the Tree of Life and support the Hospice of Dubuque mission of compassionate care. If you would like to remember someone with a light on the Tree of Life display, please send a tax-deductible gift of any amount, along with the name of the person who has touched your life, to Hospice of Dubuque. All names received by Friday, May 20, will be included in the Tree of Life program.

In case of rain, the ceremony will be held in the Roshek Building, 700 Locust Street. Regardless of the weather, please bring a lawn chair to the event as seating is limited. Thank you on behalf of those members of the community who benefit from your generosity and to Behr’s Funeral Home, the advertising sponsor for the Tree of Life Memorial Service.

Brown. “And upcoming changes to Iowa’s Medicaid system could push this level of need even higher.”

In order to ensure the continuation of its Benevolent Care program, Stonehill relies on funds raised through its Annual Appeal. This year’s appeal goal \$150,000.

“We have never refused services to anyone due to

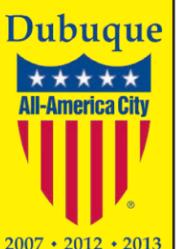
financial hardship,” says Brown. “The money raised through our Annual Appeal ensures that all residents who rely on Stonehill for monetary aid continue to receive exceptional services and care.”

Learn more about Stonehill’s amenities and services. Or make a secure online contribution to the organization’s 2016 Annual Appeal. Visit [StonehillDBQ.com](http://StonehillDBQ.com).

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Platteville, WI  
May 3, 17  
11:00 a.m.

Ramada Inn-Galena  
11383 Hwy 20  
Galena, IL  
May 4, 18  
11:00 a.m.

Guttenberg Library  
603 S. Second St.  
Guttenberg, IA  
May 11, 25  
11:00 a.m.

Maquoketa Inn & Suites  
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**Iowa Business Owners Awarded Express Franchisees of the Year Honor**



OKLAHOMA CITY, March 4, 2016—When Iowa business owners Mike Schaul and Matt Timmerman were seeking a franchise opportunity, they were looking for one that would allow them to give back to the community and provide hope to individuals. They found that combination with Express Employment Professionals.

In May 2007, Schaul and Timmerman opened their Dubuque, Iowa Express office to assist local job seekers in finding employment and helping area businesses find the qualified employees they need.

They were recently named Express Employment Professionals Franchisees of the Year for 2016 At the company's International Leadership Conference in Dallas. Express recognizes and honors franchisees who excel in building brand equity and a distinguished company reputation. A panel of executives at Express International Headquarters in Oklahoma City selected Schaul and Timmerman to represent Express as its Franchisees of the Year because of their dedication to the company's values of people, teamwork,



*Mike Schaul (left), and Matt Timmerman*

build to last and integrity. "Mike and Matt have the unique ability to clearly articulate a vision of helping others by being the number one employment experts in the towns they support," said Bob Funk, CEO and chairman of the board for Express. "They inspire their teams to dream bigger than they ever imagined possible. They have created a positive, sales-focused winning culture by recruiting talented people with great attitudes who are hungry to help people find employment and companies find great people."

Express Employment cont. P. 12

**ELECT DAVID KOSS for Supervisor**

My name is David Koss. I am running for Dubuque County Supervisor. I was raised and still live on a farm south of Epworth. My dairy farm background has instilled a hard-working ethic in me.



I have been a business owner for nearly 30 years. I know the importance of making good and tough decisions that affect my business, employees, clients and family.

Our family has developed a strong bond with our wonderful community and neighborhood. This has helped me recognize the importance of communication and cooperation to get things accomplished.

Our county has a strong rural and ag presence as well as a vibrant urban center. I am not beholden to any one group of citizens, and believe the supervisor position should represent the whole of Dubuque County. My allegiance will be to all of the citizens and tax payers of our county.

I believe my well-rounded and real experiences have molded me into a qualified candidate for Dubuque County Supervisor. I would very much like your support in the June 7th Democratic Primary.

*"I am not a politician, but can serve on the supervisors board as a NEIGHBOR, FARMER, AND BUSINESS OWNER. Every vote I cast will be for good government where every dollar going out brings in at least a dollar of value to the citizens and tax payers of Dubuque County."*



**David Koss**

*Paid for by David Koss for Supervisor Committee Randy Wedewer, Treasurer*

*Inspiring Lives Through Compassion & Faith*



**JOIN OUR SPECIAL MINISTRY**

Nearly 50 percent of all Stonehill residents require financial assistance. But funds raised through our 2016 Annual Appeal will give these residents peace of mind, knowing they will always be cared for—regardless of financial limitations.

**Donate online:**

Visit [stonehilldbq.com](http://stonehilldbq.com) and make your secure, tax-deductible contribution today.

**Or donate by mail:**

2016 Stonehill Annual Appeal Development Office  
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**Greg Egan**  
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- 2000-2003: Sergeant-Project Director, Dubuque Drug Task Force
- 1998-2000: Sergeant-Assistant Jail Administrator
- 1992-1998: Deputy-Investigator Criminal Investigation Division
- 1990-1992: Deputy-Patrol Division
- 1988-1990: Deputy-Jail Division
- Education
- 2014 Graduate FBI National Academy
- 1989 Graduate Iowa Law Enforcement Acad.
- Continuing Education – Nearly 3,000 hours of specialized law enforcement training
- 1985 Graduate Dubuque Senior High School
- Federal Bureau of Investigation National Academy Associates
- Federal Bureau of Investigation Law Enforcement Executive Development Assoc.
- Dubuque County 911 Public Safety Communications Center Committee (Alternate)
- Substance Abuse Services Center Board of Directors
- Dubuque Area Substance Abuse Coalition
- Alcohol Risk Reduction Committee
- 1st Judicial District Department of Correctional Services Advisory Board Member
- Dubuque County Jail Diversion Committee
- Iowa Law Enforcement Intelligence Network
- Mid-States Organized Crime Information Cntr.
- Iowa State Sheriff's and Deputies Association
- Teamsters Local 120
- Dubuque Eagles Aerie #568
- Dubuque County Safe Youth Coalition Board Alternate (past)
- Dubuque County Deputy Sheriff's Association (past)

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**GregEganforDubuqueCountySheriff**

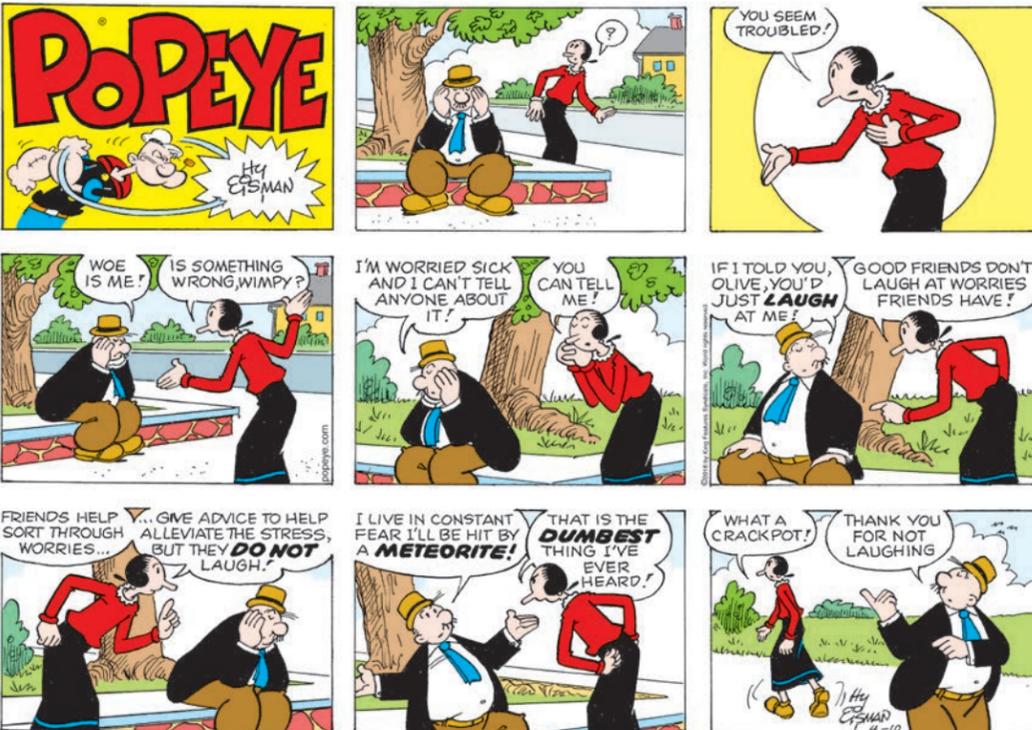
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**The Golden View**

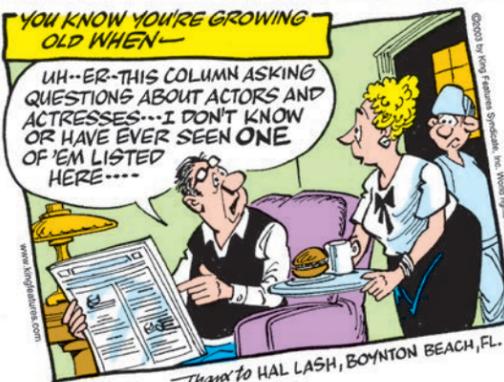
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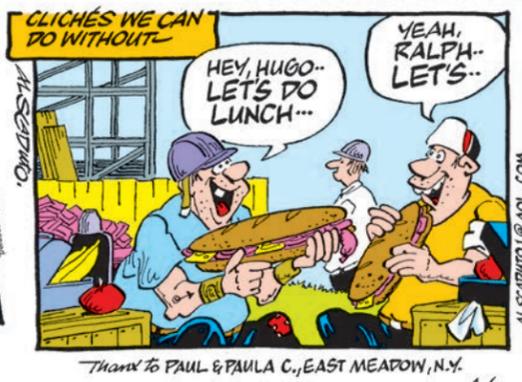
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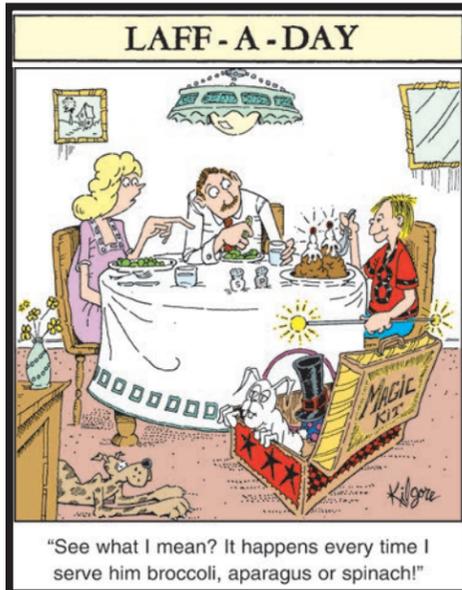
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**ACROSS**

- 1 Medicos
- 5 Performance
- 8 "Oh, woe!"
- 12 Acknowledge
- 13 Greek consonant
- 14 Domesticate
- 15 Nonsense
- 17 Pack away
- 18 Gray, in a way
- 19 Motes
- 21 Aid
- 24 "Go, team!"
- 25 Rickey flavor
- 28 "The Music Man" locale

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57				58				59		

- 30 See 9-Down
- 33 Emulate Lindsey Vonn
- 34 With 23-Down, what "it's all about"?
- 35 Historic time
- 36 Lair
- 37 Humdinger
- 38 Blue hue
- 39 Have bills
- 41 Holler
- 43 Capacitance measures
- 46 — Ste. Marie
- 50 BPOE members
- 51 Vegan's Thanksgiving

- entree
  - 54 Regimen
  - 55 Fuss
  - 56 Retain
  - 57 Eyelid woe
  - 58 Tyrannosaurus —
  - 59 Old gas station name
- DOWN**
- 1 Beavers' constructs
  - 2 Elliptical
  - 3 Pop selection
  - 4 Envelop
  - 5 Clumsy boat
  - 6 Guevara nickname
  - 7 Santa's sackful

- 8 Bewildered
- 9 With 30-Across, one with two working parents, maybe
- 10 Out of control
- 11 Stitches
- 16 Catcher's place
- 20 Beseech
- 22 Oz character
- 23 See 34-Across
- 25 "Acid"
- 26 Eisenhower
- 27 A restrained manner
- 29 Existed
- 31 Glass of
- 32 Newsman
- 34 Did some weeding
- 38 "2001" author
- 40 Squander
- 42 Baton Rouge sch.
- 43 G-men
- 44 Settled down
- 45 Celeb
- 47 Guitars' kin
- 48 Dregs
- 49 Proof-reader's find
- 52 Praise in verse
- 53 "Family Guy" network

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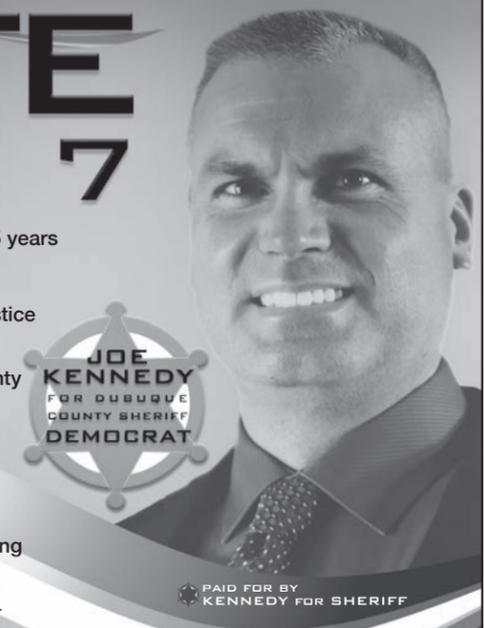
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  - Reduce Violent Crime
  - Combat Drug and Human Trafficking

**LEADER**

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**Laugh A Lot**

Two women came to my photo studio to have their portrait taken. My very young and very naive assistant asked, "Are you two sisters?"

"No," said one of the women. "We're partners."

"Ohhhh...", said my assistant.

"So how long have you ladies been cops?"

My mother was standing on the bus when she noticed that a man holding on to the same pole was staring at her. Finally, he said, "Excuse me. This is my stop."

"Well," she said, "Go ahead."

"This is my pole," he said.

My mother was confused until he added, "I just bought it at a store to hold up my shower curtain."

A hot-air balloonist had drifted off course. He saw a man on the ground and yelled, "Excuse me, can you tell me where I am?"

"Yes," the guy said.

"You're in a balloon."

"You must work in I.T.," the balloonist said.

"How did you know?"

"What you told me is technically correct, but of no use to anyone."

As she left the Department of Motor vehicles after renewing her driver's license, my Grandmother noticed a mistake – "male" was checked instead of "female." Shy and easily embarrassed she got back on line and waited patiently to show the clerk the mistake.

"I'm so sorry," he said. "We'll fix this right away."

With that he lifted the microphone for the P.A. system, which carried the following words across the hall: "Frank! This lady needs a sex change!"

A nearby restaurant has notoriously slow service.

But one night, before a late movie, it was our only choice. Hopes of a quick dinner were again dashed – even before we put in our order. After seating my parents and me, our host left us with these words: "I hope you enjoy your stay."

*To resist the frigidity of old age, one must combine the body, the mind and the heart. And to keep these in parallel vigor one must exercise, study and love.*

—Alan Bleasdale

**DAVE BAKER FOR DUBUQUE COUNTY SUPERVISOR (Four-Year term)**

*If elected, Dave Baker will....*

- Provide reasonable Supervisory oversight on Dubuque County improvement projects (roads, bridges, etc...)
- Provide sufficient resources for Dubuque County Firefighters, EMS providers, Sheriff's Department and our Veterans
- Protect our Paved Roads (opposes turning hard-surface roads back into gravel roads)
- Protect and support Sunnycrest Manor. The quality of care for Dubuque County residents (including disabled veterans) must NOT be compromised



*"With his decades of strong leadership and experience, Dave Baker will provide needed oversight on Dubuque County projects and he will be an effective advocate for all the citizens of our County."*

(Lindsey Schreiber, Sherrill)

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

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1/2 Chicken \$12.50  
Friday: All You Can Eat Pike \$12.50  
Saturday: New York Strip (10oz) \$17.50

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**Upcoming Events at the James Kennedy  
Public Library in Dyersville: May 2016**

**Sunday, May 1 thru Tuesday, May 31: Get Puzzled @ Your Library 3D Puzzle challenge!** Stop in the library this month to help us put together a 3-D puzzle. The puzzle will be located on the table under the skylight and everyone is welcome to add a piece or two or more! To add to the fun, everyone who works on the puzzle is encouraged to put their name into a drawing to win the puzzle!

**Monday, May 2: Books for Lunch Book Discussion @ 12:00 noon.** This month the group will discuss the book *The Begotten* by Lisa T. Bergren. Copies of the book are available to borrow from the library.

**Monday, May 2: Genealogy Club @ Your Library @ 6:30 pm.** Join other genealogy researchers to help each other with research, share tips and questions. This group meets the first Monday of each month at 6:30 pm. Helpful handouts and laptop computers are available to use.

**Tuesday, May 3: Author Visit with Susan Hellert @ 6:30 pm.** Local author Susan Hellert will be at the library to discuss her book, *Hidden History of Dubuque*, which includes information on some of Dyersville's hidden treasures. Hellert will come in her 1890s walking suit, talk about local history and share excerpts from the book. Copies of the book are available to purchase from the library.

**Thursday, May 5: JKPL Memoir Project @ 6:00 pm.** Join us for this monthly writers group that focuses on writing about personal stories and family history. This group meets the first Thursday of each month.

**Friday, May 6: Open Mic Night @ 6:00 pm.** The James Kennedy Public Library is hosting a monthly open mic night at local restaurant Brew & Brew on the first Friday of each month. Performers are encouraged to sign up for ten minute time slots and show off their talents. All ages are welcome to come and watch, but performers are limited to age 13 and up. Performers can register in advance at either the Library or Brew & Brew with walk-in performances allowed if there is time. Tables for spectators can be reserved by calling Brew & Brew.

**Tuesday, May 10: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm.** For this month the group will read and discuss *The Auschwitz Escape* by Joel Rosenberg. Copies of each book are available to borrow from the library.

**Thursday, May 12: Like a Haystack: Life from My Perspective with Author Margaret Smolik @ 6:30 pm.** Smolik's family was uprooted from their ancestral community in north-central Croatia during World War II. In her book, *Like a Haystack: Life from My Perspective*, Smolik recounts her life in Croatia, her time as a refugee in Austria, and ultimately her family's adjustment to life in America and her new life in Iowa. This is a story you will not soon forget!

*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](http://www.dyersville.lib.ia.us) or contact Dawn Schrandt via email at [dschrandt@dyersville.lib.ia.us](mailto:dschrandt@dyersville.lib.ia.us)*

*There is magic in long-distance friendships. They let you relate to other human beings in a way that goes beyond being physically together and is often more profound.*

—Diana Cortes

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**Strange  
BUT TRUE**

By Samantha Weaver

• It was early 20th-century financier, philanthropist and political consultant Bernard Baruch who made the following sage observation: “Millions of people saw the apple fall, but Newton was the one to ask why.”

• You might be surprised to learn that beloved American musician Johnny Cash wrote more than just songs; in 1953, before he started his music career, Cash wrote a science-fiction tale called “The Holografik Danser.”

Strange But True Cont. P. 19

**An Uplifting Moment**

Rev. David J. Claassen



Visit me on the internet!

www.daveclaassen.com

**Message from the Monarch**

I spotted the monarch butterfly while on my daily walk on a horse path above Refuge Ranch in Mexico (where Diann and I live part of the year to be near our missionary daughter and her family). This butterfly had likely traveled over 2,000 miles from somewhere in the U.S. or Canada. Every year millions of butterflies make this miraculous migration to the state of Michoacan in Mexico where they winter. The problem for this butterfly is that he was about 200 miles off course!

What's amazing, however, is that millions make this pilgrimage, though they are four or five generations removed from the butterflies who made the trip the year before. Many others of God's creatures also migrate, but it was this monarch who put me in awe, all over again, of the instincts God has put into His creatures.

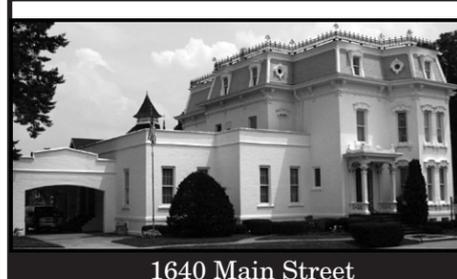
God has also put an instinct

for migration into our hearts and souls. The story of humanity is a story, in part, of people traveling to new places: think of the early pioneers moving to the western United States. It's amazing how many novels and movies have a significant journey as the plot.

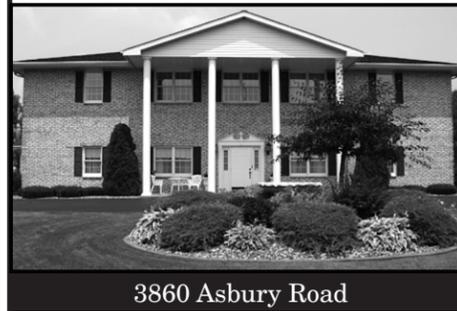
Part of this human instinct for traveling is a strong urge for taking a spiritual pilgrimage. We have been created with a God-shaped vacuum which only God can fill. As Augustine wrote centuries ago, "Our hearts are restless until they rest in You." We find ourselves searching for God, spiritual seekers are how people often describe themselves. Much like the monarch we have a yearning to journey from the winter and cold of this fallen world to the warmth and sunshine of God's presence.

Like the monarch I saw, we can lose our way, or even choose a different way. We migrate to food, alcohol, vacations, drugs, work, pornography, entertainment, sleep and all other kinds of destinations (some good, some bad, but none being the Ultimate Good). God's put within us the need for Him most of all. We just need to follow our instinct!

*"Blessed are those whose strength is in you, whose hearts are set on pilgrimage."* (Psalm 84:5)



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**DID YOU KNOW?**  
by Casey Reekie



May is considered the month of Mary in the Eastern and Western Catholic Church. The first records of the tradition was recorded back in 13th century as honoring her a few days in the month. Then eventually the entire month was devoted to Mary. One Marian custom is a May Crowning. This ceremony dates back to 1739. In the

eastern churches it is done by as little as putting a piece of gold lace on an icon. In the western church it usually includes the singing of Marian anthems, readings from scriptures, and a sermon. The ceremony consist usually of a procession of young girls carrying flowers and the oldest a crown of flowers or a golden crown in which she places on the statue of Mary. This is to signify she is the "Queen of Heaven" and the Blessed Mother of Jesus. This custom can be done at church or a home by making a Mary Altar for the month of May.

**BIBLE TRIVIA**  
by Wilson Casey

4. From Matthew 17, what did Peter find with a coin in its mouth? *Ram, Fish, Viper, Raven*
5. To see Jesus, Zacchaeus climbed what type tree? *Fig, Carob, Sycamore, Box*
6. What was the first bird released from the Ark? *Raven, Pigeon, Sparrow, Dove*

**ANSWERS**

- (6) Raven  
(3) Dogs; (4) Fish; (5) Sycamore; (1) Neither; (2) Sea of Galilee;

Comments? More Trivia? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com)

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**Ways to Save Energy When Using Air Conditioning**

Do you ever get confused when it's time to move from heating to cooling at your home? "You are not alone," said Susan Taylor, Human Sciences Specialist, Family Finance, Dubuque County ISU Extension and Outreach. Since we are moving into air conditioning season, here are few points to follow:

**Try 78 Degrees:** is a good point for your air conditioner to run at its optimal performance level. It's like the cruise control on your car. Taking your temperature even 5 degrees lower can make your air conditioning use up to 40% more energy!

**No one home?** While you are away, turn your AC up to 85 degrees and make sure the windows and drapes are closed. Although it will be hot for a few minutes when you come home the blinds will help keep out the sun and allow the existing cool to stay that way Programmable Thermostat will help.

**Night hours** do not require the same level of conscious cool. Try turning your AC down (so it is running less.) during your sleep hours or an hour or two before bed.

**Rearrange Your Furniture:** Furniture that obstructs air conditioning vents means you could be cooling the back of a chair or the bottom side of your sofa. Plastic pieces for your vents to help force air in the right direction, the easiest way is to just rearrange things for a while.

**Fans** will help circulate the cool air means you don't need quite as much pumped into the room. Fans use less energy than the AC.

**Close off Vents** – the basement is traditionally the coolest room in the home, so try

closing all the vents in the lower portion of your home. The cool air sink down there naturally and by closing those vents, you're forcing all the air up top first, cooling as it comes down.

**Check your ducts:** Making sure the areas where your ducts run through parts of your home without air-conditioning (like the attic) properly insulated will keep the air coming is as cool as it can be. Paying for half cool air isn't anyone's idea of money well spent!

**Maintain** your equipment to prevent future problems and unwanted costs. Keep your cooling system at peak performance by having a contractor do annual pre-season check-ups. Contractors get busy once summer and winter come, so it's best to check the cooling system in the spring. To remember, you might plan the check-ups around the time changes in the spring and fall.

A typical maintenance check-up should include the following. Check thermostat settings.

Tighten all electrical connections and measure voltage and current on motors.

Lubricate all moving parts. Parts that lack lubrication cause friction in motors and increases the amount of electricity you use.

Check and inspect the condensate drain in your central air conditioner, furnace and/or heat pump (when in cooling mode). A plugged drain can cause water damage in the house and affect indoor humidity levels.

Check controls of the system to ensure proper and safe operation. Check the starting cycle of the equipment to assure the system starts, operates, and shuts off properly.

Stay cool this summer.

*The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd rather not.*

—Mark Twain

*When one has tasted watermelon he knows what the angels eat.*

—Mark Twain

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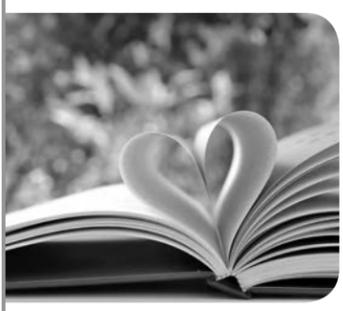
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**Come Chat With Me**  
by S. E. Persinger

Nowadays, the bookmark has become antiquated by the electronic age. People read books by other means, then holding them in their hands. And you no longer have to turn the pages by fingertip. I guess you might say that many readers have become captives of progress. But I still like reading books and while I don't collect as many as I use to, I still have a home library and often reread a favorite book, or use one for research.

Therefore, I often use bookmarks. As a child you may remember being taught not to a dog-ear a page. And if you did so in school you were severely chastised. School books used to be passed on to the next year students. So they had to be kept in good shape for several years.

My family members have all been readers. It seems that as children just seeing a book being read, stimulated us to want to read too. This is where I got the desire to use bookmarks. Thus, somewhere along the line I started collecting them and over the years I have accumulated many. Some have been purchased by me but also family and friends have often given me a bookmark as a gift.

Since bookmarks are not very large, they don't take up much space, so my see-thru collection box is only 12x6 inches. The container will hold

56 bookmarks made of wood, metal, plastic, clothe, cork, and two are of leather. The hand sewn ones are soft but still work well as bookmarks. Also, as well as the bookmarks in my collection box, I have many left in the books I intend to read again, or maybe have marked a few for reference material.

I might add here that it is such a pleasure to take a book off a shelve and go to the marked place and read the bookmark left there. It is often signed on the back with a message of some sort. One such message read, "To my friend of many years, Virginia." She is now deceased. But her bookmark brought back memories of happy luncheons and shared family outings. So many of my bookmarks came from out of the country. I have one from Germany that shows beautiful views of the countryside. And the one from St. Kitts, in the West Indies, is metal. The one from the Holy Land, in Nazareth, has pictures of their flowers on the front side.

I have so many special bookmarks. My friend, Marilyn brought me one from the Crystal Cathedral in Garden Grove, California. It's in my favorite color, blue. Another friend, Cathy brought me one from Boston, Mass., and it has a lavender tassel, with a cross at the other end of the ribbon. So, my family and friends, Pam, Amber, Rachel, Lavona, Sigrid, Diane, Helen, Dusty, and any others that gave me part of my bookmark collection, thank you all very much.

few accept that chance and just roll with unexpected behavior or temperament issues.

However, you're looking for a dog that has a good temperament around children. Retrievers — particularly Labrador and golden — tend to be great family dogs that socialize well with kids and other pets. It's a big reason why Labradors were the most popular breed in the U.S. in 2015, and goldens were No. 3 — a rank both have held for at least three years, according to the American Kennel Club.

But every dog has its own personality and temperament as well. A number of factors can affect a dog's behavior, and shelter dogs in particular can have traumas, such as being abandoned or abused, that change how they react to people and situations.

In this case, follow your gut instinct. If the shelter allows you to take the dog home for a few days as a trial, consider doing that. Otherwise, if you are unsure about this particular dog, you may want to keep looking.

Send your questions or pet care tips to ask@pawscorner.com.

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**Which Dog to Pick?**

**DEAR PAW'S CORNER:** I'd like to adopt a dog that is family-friendly, one that my two kids can grow up with. A beautiful golden retriever is up for adoption at our local shelter, but even though friends have told me she will probably be a perfect dog for us, I have my doubts after meeting her. Should I adopt this dog anyway? — **Doug H., Houston**

**DEAR DOUG:** When bringing any dog home, there's always a risk that despite all of your homework, despite knowing as much as you can about a particular breed and even about a particular dog, things will not go as expected.

Many experienced dog owners know this, and quite a

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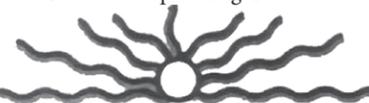
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9. Check Carburetor Settings
10. Test Overall Operation of Mower

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**GOLD TRACTOR PACKAGE**

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

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**UnityPoint Health Finley Hospital  
May 2016 Events**

For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit [www.unitypoint.org/dbqevents](http://www.unitypoint.org/dbqevents).

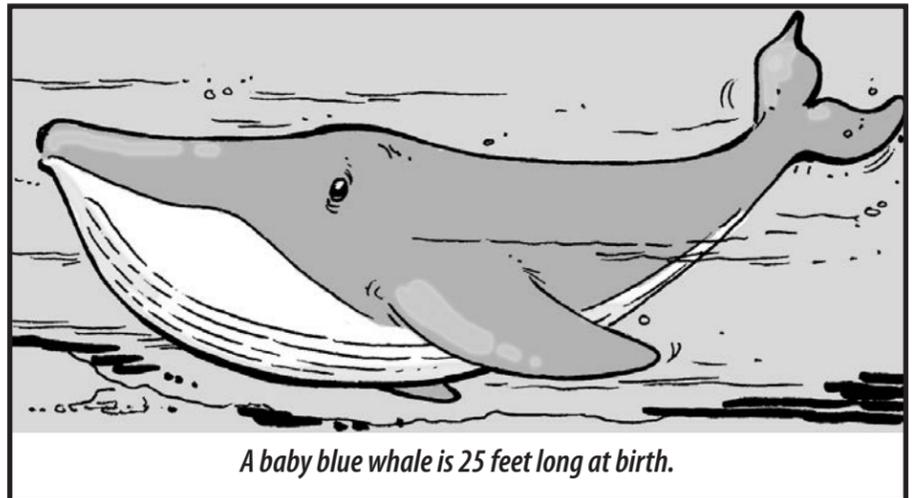
**Alzheimer's Community Education.** Tuesday, May 24. 5:30-6:30 p.m. Kehl Diabetes Center. May class will include information on Dementia conversations. The event is free to attend. All classes are suitable for family and professional caregivers. To register call: 1 (800) 272-3900.

**Diabetes Education/Support Group.** Wednesday, May 11. 10:30-11:30 a.m. Hy-Vee Asbury. Kehl Diabetes Center and Asbury Hy-Vee partner for diabetes education/support group meetings. Call Hy-Vee Asbury to register (563) 589-2199. May event topic is Heart Healthy Cooking Class with Hy-Vee Dietician, Megan Horstman.

**Diabetes Express.** Friday, May 20. 10:30 a.m. Kehl Diabetes Center. Learn about type-two diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basics of diabetes treatment: meal planning, physical activity, medication and weight loss. Cost is \$5.

**Dubuque & Tri-States Head and Neck Cancer Support Group.** Thursday, May 26. 3:00 p.m. Finley's Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

**Finley Stroke and Brain Injury Support Group.** Tuesday, May 31. 1:30-2:30 p.m. Finley Auditorium, 1st Floor of the hospital. Finley is taking steps to help stroke patients and their families. Finley offers this Stroke and Brain Injury Support Group for anyone who has had a stroke or has been affected by a stroke. Each session provides a forum for you to share experiences, express concerns and ask questions. Call Sarah at (563) 589-2594 or Denise at (563) 589-2795 for more information.



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## Moments in time

THE HISTORY CHANNEL

- On **May 4, 1776**, Rhode Island, the colony founded by the most-radical religious dissenters from the Puritans of Massachusetts Bay Colony, becomes the first North American colony to renounce its allegiance to King George III. Ironically, Rhode Island would be the last state to ratify the new American Constitution.

- On **May 8, 1792**, Congress passes the second portion of the Militia Act, requiring that every free able-bodied white male citizen between the ages of 18 and 45 be enrolled in the militia.

- On **May 7, 1915**, the British ocean liner Lusitania is torpedoed without warning by a German submarine off Ireland, sinking within 20 minutes. More than 1,100 people perished, including more than 120 Americans, hastening the U.S. entry into World War I.

- On **May 2, 1939**, New York Yankees first baseman

Lou Gehrig benches himself for poor play and ends his record streak of consecutive games played at 2,130. Gehrig was the first major-league player to have his uniform number retired.

- On **May 5, 1961**, from Cape Canaveral, Florida, Navy Commander Alan Shepard Jr. is launched into space aboard the Freedom 7 space capsule, becoming the first American astronaut to travel into space. The suborbital flight lasted 15 minutes and reached a height of 116 miles.

- On **May 6, 1970**, hundreds of colleges and universities across the nation shut down as thousands of students join a nationwide campus protest. The protests were a reaction to the shooting of four students at Kent State University by National Guardsmen during an anti-Vietnam War demonstration.

- On **May 3, 1986**, 54-year-old Willie Shoemaker, aboard Ferdinand, becomes the oldest jockey ever to win the Kentucky Derby. Even as a full-grown man, "Shoe" was just 4 feet 11 inches tall and 98 pounds.

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*Exploring West Virginia*  
October 23-31, 2016

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*The common idea that success spoils people by making them vain, egotistic, and self-complacent is erroneous; on the contrary it makes them, for the most part, humble, tolerant and kind. Failure makes people bitter and cruel.*

—W. Somerset Maugham



Pam Shaw,  
Social Security District Manager,  
Dubuque, Iowa



### HONORING OUR SERVICE MEMBERS ON MEMORIAL DAY

Traditionally, on Memorial Day we honor those who have made the ultimate sacrifice for our nation. Social Security respects the heroism and courage of our military service members, and we remember those who have given their lives in defense of freedom.

The unexpected loss of a service member is a difficult experience for the family. Social Security helps by providing 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](http://www.socialsecurity.gov/survivors).

It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty.

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](http://www.socialsecurity.gov/woundedwarriors).

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit does not reduce your Social Security retirement benefit. Learn more about Social Security retirement benefits at [www.socialsecurity.gov/retirement](http://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](http://www.socialsecurity.gov/retire2/veterans.htm).

Service members are also eligible for Medicare at age 65. If you have health insurance from the VA 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](http://www.socialsecurity.gov/medicare).

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



Pam Shaw,  
Social Security District Manager,  
Dubuque, Iowa



### GIVE AN INVALUABLE GIFT THIS MOTHER'S DAY

Are you struggling to find that perfect gift for Mom this Mother's Day? Like most Americans, her schedule is busy and she might not get to spend as much time with loved ones as she would like. So, in addition to giving her flowers or a gift certificate, give her a gift she'll really appreciate — the chance to spend more time with the ones she loves!

Mom can never start planning for retirement too early. If she isn't already retired, she can view her *Social Security Statement*, verify her earnings records, and find out what benefits she can expect to receive at age 62, her full retirement age, or at age 70.

Next time you spend time with your mom, help her quickly and easily sign up for a free, online *my Social Security* account. You can do it from home, which means less time waiting in line and more time doing the things you want to do together.

Signing up for a *my Social Security* account will give

Mom (and Dad) the tools she needs to stay on top of her future Social Security benefits. When she signs up at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount), she can do a number of things. First and foremost, she can plan for her retirement.

In some states, she can even request a replacement Social Security card online using *my Social Security*. Currently available in the District of Columbia, Iowa, Kentucky, Michigan, Nebraska, New Mexico, Washington, and Wisconsin, it's an easy, convenient, and secure way to request a replacement card online. We plan to add more states, so we encourage you to check back regularly at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

The time saved by using our convenient and secure online services is priceless. Helping Mom sign up for a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) is a great, personalized gift that shows you really care!

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**YESTERDAY AND TODAY**

BY MICHAEL GIBSON



View looking north at 3<sup>rd</sup> & Main ca. 1940s with the Union Bus depot on the left. It operated at this location from 1941 to 1970. It was relocated to 485 Central between 1971 and 1985. From 1972 until 1983 the building became home of the Great Tri-State Surplus Store. The Merchants Hotel on the right was built in the late 1890s. It had sixty-two rooms and a large dining room. In 1902 rooms were rented for \$2.00 a night. (Courtesy of the Loras College Center for Dubuque History, OHE p78 Hickey Neg. 13).

Yesterday & Today cont. P. 13

**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, 2016.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$22,360** 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.

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**Express Employment from P. 3**

Since opening the Dubuque Express office, this dynamic business duo has since opened Express franchise locations in Davenport and Dyersville, Iowa, and Platteville, Wisconsin. They will soon open their fifth Express office in Moline, Illinois.

Express offers a full range of employment solutions, including evaluation hire, flexible staffing, professional search and human resources. Express focuses on a wide range of positions, including professional, commercial and administrative.

The Dubuque office has consistently achieved the company's Gold Circle of Excellence designation for outstanding achievement in sales and hit Platinum Circle of Excellence in 2016.

"Our franchisees of the year have been outstanding contributors to our company and their communities," said Bob Funk, Express CEO and chairman of the board. "Mike and Matt are dedicated to their staff members and have created a culture of caring for people

first. They are always willing to help their fellow franchisees, clients and jobseekers."

If you are looking for a franchise opportunity like Schaul and Timmerman that will allow you to give back to the community and make an impact on job seekers, Express Employment Professionals has franchise territories available in Wisconsin. For more information visit [ExpressFranchising.com](http://ExpressFranchising.com).

Express is committed to the vision of helping as many people as possible find good jobs by helping as many clients as possible find good people. With its international headquarters based in Oklahoma City, Express has more than 760 franchises in the U.S., Canada and South Africa.

**About Express Employment Professionals**

Express Employment Professionals puts people to work. It generated \$3.02 billion in sales and employed a record 500,002 people in 2015. Its long-term goal is to put a million people to work annually. For more information, visit [ExpressPros.com](http://ExpressPros.com).



*It is said that Picasso could draw before he could walk and that his first word was "lapiz," the Spanish word for pencil.*

Yesterday & Today from P. 12

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



In the early 1990s the Great Tri-State Surplus Store was torn down and the site became a municipal parking lot. In 1999, the Merchants Hotel was demolished despite the fact that it was on the National Register of Historic Places. In 2001, a new building was constructed which houses the Dubuque Area Chamber of Commerce. A parking ramp was also built behind this block to relieve parking congestion for many of the new businesses along Main Street. (Photo by Terry Grant).

**Hints For Homeowners**

**How To Improve Your Home And Its 'Joy Score'**

(NAPSA)—The next time you're thinking about sprucing up your digs, consider these projects, which the National Association of Realtors' (NAR) recent "Remodeling Impact Report" says can bring the greatest cost recovery or deliver the most happiness based on a "joy score."

**Think Like A Buyer**

Even if you don't plan to sell your home in the near future, envision yourself as a potential buyer walking into your house for the first time. Which imperfections would catch someone's eye immediately yet are reasonable to fix? A few projects that made owners happiest were adding a bathroom, new fiber-cement siding and a complete kitchen renovation.

There are several affordable renovations that recover most of the costs when it's time to sell your home. Of the projects that had the greatest cost recovery, many, based on average costs, were \$2,500 or less. These included insulation upgrades (95 percent cost recovery on \$2,100), a new garage door (87 percent on \$2,300) and refinishing hardwood flooring (100 percent cost recovery on \$2,500).

**Look Above**

Depending on your home's age, your roof has likely felt the brunt of Mother Nature. Over time, torrential downpours, fierce winds and even the cold can cause shingles to peel back, buckle and even fall off. This leaves your home susceptible to leaks and possibly mildew or mold.

Although costly (\$7,600 on



*The right home improvements can have a meaningful effect on your home's value, whether you are looking to stay or sell.*

average), a new roof rated the highest in both cost recovery (105 percent) and happiness. When selling, a recently fixed or replaced roof also puts potential buyers at ease.

**Give Your Kitchen a Fresh Look**

While full kitchen renovations can cost north of \$50,000, smaller projects such as updating worn-out cabinet surfaces, installing touch-activated faucets and even a new backsplash are budget friendly and likely gratifying to you or a potential buyer.

Need proof? Fifty-seven percent of surveyed Realtors reported they've suggested sellers complete a kitchen upgrade before attempting to sell. As for owners, 82 percent said they have a greater desire to be home since completing an upgrade.

**Get Help**

Realtors know which remodeling projects bring the biggest bang for the buck. If you're looking to upgrade before selling and need advice, find a Realtor nearby at [www.realtor.com/realestateagents](http://www.realtor.com/realestateagents).

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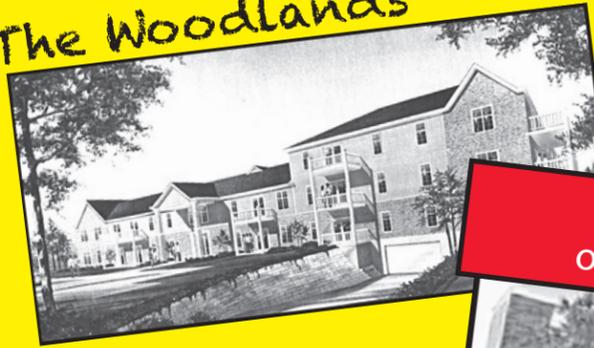
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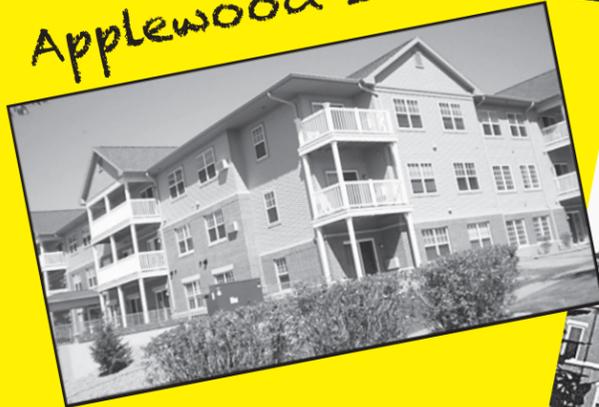


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## Passion and Purpose

by Laura Nissen, Luther Manor Communities

All of us have abilities and talents that can make a lasting impact. Do you have activities in your life that you pursue with passion? On the surface these activities seem like they might be defined as leisure time. But on further analysis, these activities are sacred. They are our indulgences that make life worth living. These are moments that we find our joy. Finding these activities and giving them the appropriate value in your life can be the secret to living a life of happiness and well-being. Over the course of this new series, we have shared many examples of engaged, creative, passionate people who are frequently using their abilities and talents to reach their full potential. This month we are going to take a mini break from that to look at a broader picture. Next month we will resume highlighting inspirational people that live daily with Passion and Purpose.



Did you know that Passion and Purpose have positive effects on our health? The list is expansive. Passion and Purpose in life is affiliated with:

- Higher happiness scores
- Higher satisfaction scores
- Less depression
- Better mental health
- Better sleep
- More self-acceptance

- Increased personal growth
  - Higher longevity scores
- How do you identify your Passion and Purpose?

1. Think about the people that you most admire. There may be a clue or two there.

2. Think about your unique talents and what you can lose yourself in. Think about when time stands still? What do you simply love and how can you help others and do it more often?

3. Think about your childhood. What did you spend hours doing? What were your favorite activities and/or obsessions? This view of yourself is most likely closer to your authentic self.

4. Finish this sentence... "If I had no possibility of failing and were guaranteed success I would"...

These reflections can set you on the path to your Passion and Purpose and to better health. Your "Passion and Purpose" is fun, purposeful and good for you too! Now what are you waiting for?



**Talking About It When A Parent Needs Help**

(NAPSA)—If your family is like many, talking about what can happen when someone is old and frail is not something you like to do. With a little thought and preparation, however, any family can start an open and honest dialogue that can lead to a plan for the future that everybody agrees to and understands. Start by asking questions about what your loved ones enjoy doing and how they can keep their treasured independence for as long as possible.



*Talking to your aging loved one about his or her self-care and planning for the future should be an open dialogue about the needs and capacities of all concerned.*

This approach can involve the entire family in a constructive discussion about what the older person needs and wants and set priorities for making specific choices in the future. It's best to have this conversation well before there's an immediate need for assistance or any intervention.

Here are a few conversation starters to consider that can let the discussion unfold naturally and comfortably.

**1. Talk about the home.** This line of discussion can help identify any immediate needs. Are certain tasks becoming more difficult? Is your loved one finding it difficult to operate or maintain anything in the home? Are senses, balance and stamina where they should be?

**2. Talk about appliances and household fixtures.** How often do they use them? What are they cooking? This can be a starting point to talk about whether your senior is properly taking care of him- or herself nutritionally. Understanding the challenges our seniors are facing now can help them anticipate their future needs. Even for a younger person, doing the laundry can be an exerting chore. For an older adult living alone, it may become easier to let physically challenging tasks slide when they become more difficult or inconvenient.

**3. Talk about the people they know.** What is Ted up to? How is Marian coming back from her surgery? Socialization is important at every age. Often, a loss of mobility, a lack of energy, or the health of friends and acquaintances can limit a senior's ability to maintain relationships, with a negative effect on his or her physical and emotional well-being. This conversation might also reveal insights into any seasonal or ongoing difficulty an older person is experiencing getting around in the neighborhood.

**Expert Advice**

Talking to your aging loved one about self-care and planning for the future shouldn't be a one-time major event. It's a process of keeping an open dialogue and honestly discussing the needs and capacities of all concerned, suggests Emma Dickison, president of Home Helpers, one of the nation's leading home care franchises. It specializes in comprehensive services for seniors, new and expectant mothers, those recovering from illness or injury, and individuals facing lifelong challenges, with its sole mission being to make life easier for its clients.

**Learn More**

For a copy of the free Home Helpers guide "Eight Ways to Start the Conversation," visit <http://homehelpershomecare.com/resources/tough-talks>.



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Tickets: \$22 (in advance) \$25 (at the door).  
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Enjoy a delicious country style dinner before the show by adding just \$10 to your ticket price.

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• For smoothie prep, we buy a large tub of plain yogurt. Then we portion it out in ice-cube trays to freeze. Once frozen, pop the yogurt cubes out and bag them with smoothie ingredients — fruits, veggies, etc. You have only to dump the bag in the blender and add a little bit of water, and you're drinking breakfast! — D. in New Hampshire

• To get great slices of avocado, cut in half around the pit. Then slice or dice your avocado in the skin. Push gently on the middle of the avocado half to turn the skin inside out and free the slices.

• Remove burned-on food from your pans with baking soda. Soak in hot water, and add

a healthy scoop of baking soda to the soak water. Then scrub to remove. Add more baking soda for tougher stains.

• Use small stick-on hooks inside cabinet doors for oven mitts and rarely used accessories. You can even hang a zipper-top baggie from the underside of an out-of-the-way cabinet shelf. I do this for my specialty cake-making supplies. They are hanging from the top of a high cabinet — out of the way, but at the ready. — R.W. in North Carolina

• Tucking away winter coats and sweatshirts? For more closet storage, double-hang. On a sturdy hanger, tuck a thinner jacket or long-sleeved shirt into a bulky coat!

• Whenever I am working with olive oil in the kitchen, I rub any excess into my clean hands and wipe off the extra, leaving my nails healthy and my hands soft! — C.U. in Oregon

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

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## Famous Films

### Celebrating Walt Disney's Very First Classic Animated Film And The Woman Who Helped Bring The Heroine To Life



(NAPSA)—Little girls and their families around the world have loved Walt Disney's "Snow White" for nearly 80 years—ever since Walt brought his groundbreaking version of the Grimms' Fairy Tale to the screen in 1937. The epic story of love and friendship, which the American Film Institute calls "The Greatest Animated Film Of All Time," tells of living life "happily ever after" and teaches such lessons as real beauty comes from within and never give up hope. Disney's first-ever High Definition version will be available beginning January 19 to launch the new Walt Disney Signature Collection.

One girl who learned the film's lessons firsthand was a young dancer whom Walt Disney auditioned as one of 300 and then ultimately chose to be the "live-action" model for Snow White. Her name was Marjorie Celeste Belcher, daughter of a Hollywood ballet coach, who later became known as legendary dancer and choreographer Marge Champion.

"Scouts from the studio came to watch my father's class and they narrowed it down to three of us," Champion

told CBS News years later. "I was thrilled to finally get the opportunity, but more important for this 14-year-old girl, it was the chance to get out of Hollywood High four days a month," she admitted.

Walt and his animators wanted to make Snow White look as human as possible. So they filmed Marge performing dances and improvising special movements that were then studied and copied in the final animation. The relatively new process was a precursor of digital techniques used today in movies like "Avatar" and "Pirates of the Caribbean."

"The animators set up a clothesline, from which hung a bunch of ropes representing trees and branches that I had to push aside. My acting came out of instinct because I was not a trained actress. All of that gave them much more of a guide for Snow White's movements." Champion often added ideas on what she thought the character might do to elaborate or extend the action of a particular scene.

At 96, actress/dancer/choreographer Marge Champion remains a living legend from Hollywood's Golden Age of stage, screen, television and Disney Animation. She is probably best known as one-half of the renowned "Marge and Gower Champion" husband-wife dance team that lit up the screen in seven classic musical films, as well as on TV and Broadway. They went on to become the

Famous Films Cont. P. 17



1. Which group released "The Guitar Man"?
2. Joe Bauer, Jesse Colin Young, Jerry Corbitt and Lowell Levinger were together in what band, and when?
3. Who wrote and released "Living in the Material World"?
4. Which group released "Come On Little Angel"?
5. Name the song that contains this lyric: "Deep in my soul, I've been so lonely, All of my hopes, fading away, I've longed for love, like everyone else does."

**Answers**

1. Bread, in 1972. The song was written by band member David Gates.  
 2. The Youngbloods, beginning in 1965. At one point the group reportedly was banned from "The Tonight Show Starring Johnny Carson" due to a dispute over which song they would play. George Harrison, on his 1973 album by the same name, Harrison created a charity, the Material World Charitable Foundation, where he donated the song's royalties.  
 3. The Belmonets, in 1962.  
 4. The Belmonets, in 1962.  
 5. "We've Got Tonight," by Bob Seger and the Silver Bullet Band in 1978. The song was popular worldwide but reached only No. 13 on the U.S. charts. The 1983 Kenny Rogers and Sheena Easton version, however, went to No. 1 on the country charts.

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**Famous Films from P. 16**

screen's most appealing dance team since Astaire and Rogers. Marge made her film debut in 1939's "The Story of Vernon and Irene Castle," although it was Ginger Rogers who actually danced with Fred Astaire. Among the many projects she choreographed was "Queen of the Stardust Ballroom," which won her an Emmy(r) in 1975. In addition to "Snow White," she modeled for the Blue Fairy in "Pinocchio," Hyacinth Hippo in the 'Dance of the Hours' segment of "Fantasia" and Mr. Stork in "Dumbo." She remembers her Disney days with fondness. "The atmosphere was like a giant high school or college, as far as I was concerned. Mr. Disney, for me, was like a very friendly head principal. Of course, that's a 14-year-old's point of view. I later learned that he

was probably one of the most important men in Hollywood, certainly in animation, and probably in the movie industry." Marge is a Trustee Emeritus of the Williamstown (Mass.) Theatre Festival (near her home in Stockbridge), has taught master classes at the Jacob's Pillow Dance Festival, and was a member of the Advisory Board of the Berkshire Theatre Festival. In 1997, Massachusetts honored Marge with its Commonwealth Award, citing her "leadership as a true patron of the arts." Finally, Ms. Champion has the unique distinction of sharing a star on Hollywood Boulevard Walk of Fame with this favorite character she played. Both she and Snow White each have their own! To learn more about the title and watch the trailer, visit <http://movies.disney.com/snow-white-and-the-seven-dwarfs>.

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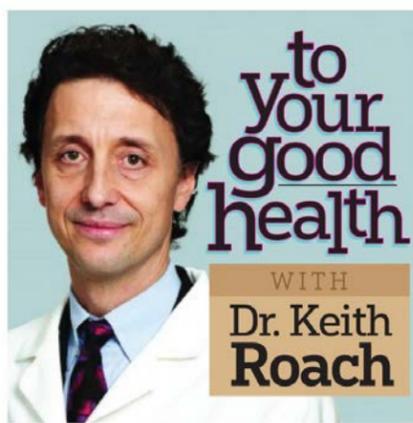
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**Exercising With A-Fib**

**DEAR DR. ROACH:** I am a 76-year-old man who has atrial fibrillation. To control this problem, I am presently taking Tikosyn, metoprolol, warfarin and aspirin. For exercise, I walk or run at least 5 miles, five days weekly. In that 5 miles, I jog rapidly at least 3-4 miles. I push myself pretty hard. What I want to know is, in your opinion, am I putting myself in jeopardy by exercising in this manner? — J.M.G.

**ANSWER:** There are three parts to your question. Is vigorous exercise dangerous for: someone with atrial fibrillation on a rhythm-control medication; someone on anticoagulation; and a 76-year-old man in general.

Tikosyn (dofetilide) is an antiarrhythmic drug used to stop A-fib (a chaotic heartbeat) and keep people in normal heart rhythm. Exercise generally is considered safe with this medication, but I think a pulse monitor might be a good idea to make sure you aren't going into a dangerously high range. The metoprolol tends to keep heart rate low, but exercise can overwhelm that effect. The American Heart Association would recommend a heart rate no higher than 125-130; however, some healthy 76-year-olds can exceed that safely.

Exercise while on anticoagulation medicine also is safe, with reasonable

precautions. You shouldn't be in a sport that is likely to cause significant trauma. Fortunately, running is safe, unless you have had falls.

I am a big believer in the value of exercise across all ages. Regular exercise makes us feel better and have fewer falls, and it helps reduce heart risk and cancer risk. Overdoing it, however, is never a good idea. Stay with a moderate, not extreme effort, and build yourself up gradually. It sounds to me like you are exercising safely, but I would want to double-check your pulse rate at maximum effort.

**Readers:** Atrial fibrillation is the most common type of irregular heartbeat, and becomes more probable with age. To learn more, order the booklet on Heartbeat Irregularities by writing: Dr. Roach — No. 107W, 628 Virginia Drive, Orlando, FL 32803. 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 was wondering if it means anything that I have not bruised in at least 10 years. I am a 59-year-old male of German and Italian descent, but favor the Mediterranean skin tone. I occasionally get whacked, but never see a bruise. I have mentioned it to doctors, who never have much to say. — D.G.

**ANSWER:** Bruises result from broken blood vessels in and under the skin. I frequently get asked about causes for easy bruising, which include fragile blood vessels (which just happen as we get older), low or poorly functioning platelets (especially from medications like aspirin) and a myriad of other causes. Nobody has asked

To Your Good Health Cont. P. 19

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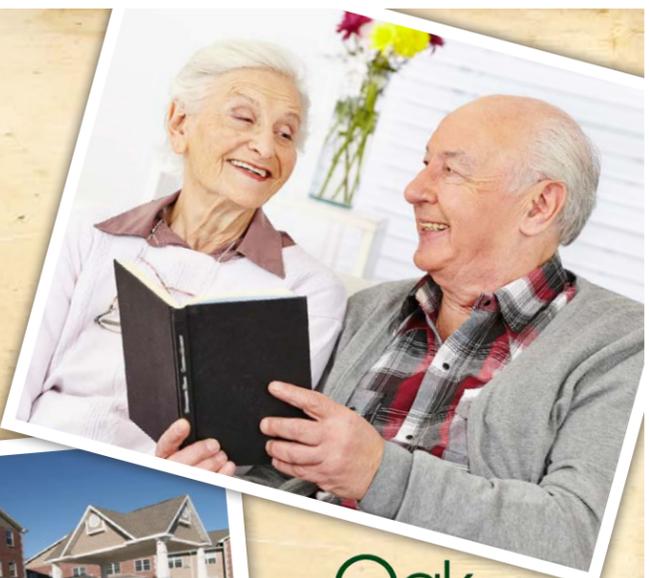


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# SENIOR NEWS LINE

by Matilda Charles

## Social Security Strategies Change

Starting in May 2016, there are some changes to Social Security that will eliminate strategies seniors have used to maximize benefits. Unlike what some doom-mongers have said, Social Security isn't going away, our benefits aren't being cut ... there's nothing radical going on here.

Tucked into the Bipartisan Budget Act of 2015 was language that covers three strategies many of us have used in collecting Social Security:

1) File and suspend — In this strategy, the full retirement-age spouse (age 66 for those born between 1943 and 1954) filed for benefits and then immediately suspended them. The other spouse then claimed spousal benefits while the initial benefits accrued for years at an 8 percent annual increase.

No more. Now if one spouse files, he or she must take those

benefits or the other spouse can't claim spousal benefits.

2) Restricted application — In this strategy, the retirement-age spouse filed for spousal benefits, but didn't collect his or her own benefits, letting the personal benefits sit for years and accrue.

Per the new rules, you can claim one or the other, spousal or personal benefits, but not both. You get the larger of the two, with no changing back and forth, and no deferring benefits until age 70.

3) Suspended benefits — In this strategy, the recipient filed and then immediately suspended payments. If these benefits were suddenly needed down the road, he or she could collect them in a lump sum, but not at the higher monthly rate that the extra time would have afforded.

Per the new rules, there will be no lump-sum payment. Monthly payment will be made at a higher rate.

If your future retirement plans included any of the above strategies, consult with your financial adviser about alternative options.

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## To Your Good Health from P. 18

me what it means to not bruise.

Fortunately, I think it just means that you have good blood vessels and a good clotting system. I am sure you would bruise with a bad-enough "whack," but I don't recommend testing that hypothesis.

*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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.*

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## Strange But True from P. 6

- According to the U.S. Census Bureau, there are at least 350 languages spoken in American homes.

- In the mid 17th century, the French colony of New France in present-day Canada was running desperately short of currency. Without cash on hand, the government representatives were unable to pay soldiers or purchase provisions to sustain them. After spending eight months using his personal fortune to provide for the soldiers, Jacques De Meulles, New France's intendant of justice, police and finance, took matters into his own hands. He used playing cards to create notes of currency and issued an ordinance requiring everyone to accept the cards as cash. Though this was meant to be a short-term financial device, the

cards continued to be used for nearly 75 years.

- Those who study such things say that lightning flashes 100 to 125 times every second worldwide.

- Historians say that the romance between Cleopatra, Ptolemaic Egypt's last active pharaoh, and Roman statesman Julius Caesar was something of a May-December romance: She was 21 and he was 54.

- Mexico has the world's highest per-capita rate of carbonated beverage consumption.

\*\*\*

**Thought for the Day:** "I want to stay as close to the edge as I can without going over. Out on the edge you see all kinds of things you can't see from the center." — Kurt Vonnegut, Jr.

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Starts at Jackson Park and disbands at Washington Park.  
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**Theme: Our Veterans — Heroes, One and All**

Guest Speaker: Colonel Werner Hellmer, U.S. Marines, Retired

Vocalist: Logan & Taylor Manders (students at University of Iowa)

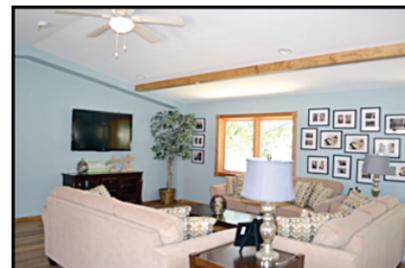
Clergy: Rev. Jack Redmond (Tri-State Comm Church)

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*We learn from history that we learn nothing from history.*  
 —George Bernard Shaw



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

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

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

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

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

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

She started teaching in the same country school she’d

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

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

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

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

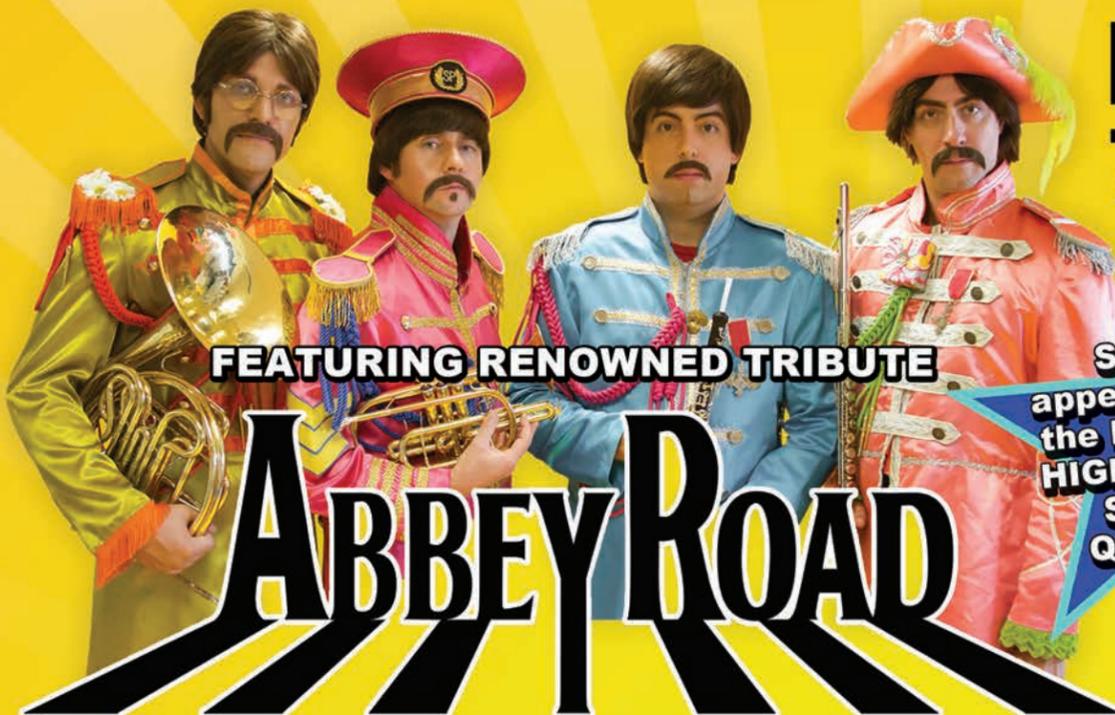
She has taken creative writing classes for senior citizens from Sister Rosemary Sage at Mount Carmel for the last four years.

“The nun says I write ‘with  
 Liz Lynch cont P. 26

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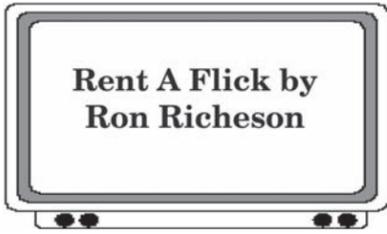
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**Steve Jobs**

Michael Fassbender and Kate Winslet were nominated for Oscars for their performances in 2015's Steve Jobs. The film was not a box office hit but I thoroughly enjoyed it.

The movie is presented in three acts centered on product launches: the Macintosh in 1984, the NeXT computer in 1988, and the iMac in 1998.

Steve Jobs (Fassbender) and Steve Wozniak created Apple in a household garage in Los Altos, California. "Woz" was the techie. He could build a circuit board and write code. Jobs was the visionary. He could intuitively see the potential of what they built; he could intuitively see that they were about to put a dent in the universe.

The movie is not a fluff

piece. Jobs was extremely complicated. He had many admirable traits but he also had his share of shortcomings. He was a demanding perfectionist and difficult to work with. Most glaring was the lack of a relationship with his out-of-wedlock daughter, a relationship he eventually worked to make right.

Although not in the film, the following quote by Steve Jobs illustrates why Apple products are held in such high esteem around the world: "It is in Apple's DNA that technology alone is not enough—it's technology married with liberal arts, married with the humanities, that yields us the results that make our heart sing."

This film is rated a mild R and is available at most Redbox and Blue Box locations.

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**Contract Bridge**  
by Steve Becker

**FAMOUS HAND**

South dealer.  
East-West vulnerable.

**NORTH**  
♠ K 9 5 4 3 2  
♥ 6 3  
♦ 4 2  
♣ A 8 4

**WEST**                      **EAST**  
♠ 6                              ♠ Q J 10 8 7  
♥ 8                              ♥ 10 4  
♦ A Q 10 7 3                  ♦ J 6 5  
♣ K Q J 10 7 3                ♣ 9 6 5

**SOUTH**  
♠ A  
♥ A K Q J 9 7 5 2  
♦ K 9 8  
♣ 2

The bidding:  
South    West    North    East  
1 ♣      4 NT    Dble     Pass  
5 ♥

Opening lead — king of clubs.

two-suiter in the minors. The double by North indicated at least moderate values, and South's five-heart bid closed the auction.

Without a club lead, Hamman would have had no trouble collecting 11 tricks. But West's king-of-clubs lead cut South off from dummy's king of spades. As a result, declarer was faced with the possibility of losing three diamond tricks. However, Hamman utilized his knowledge of West's hand to bring the contract home.

After taking the club ace, he led a diamond to his nine, losing to the ten. As expected, West shifted to a trump. After winning the eight with the nine, Hamman now made his second key play in the diamond suit by returning the king!

West took the king with the ace, but, just as Hamman hoped, he did not have another trump to lead. Declarer ruffed the queen-of-clubs return, trumped his last diamond in dummy and so made the contract.

By playing the diamonds as he did, Hamman prevented East — the player far more likely to hold two or three trumps — from ever gaining the lead. Had Hamman put up the king of diamonds at trick two, or led the eight of diamonds instead of the king at trick four, East would have won the second diamond with the jack and returned a trump to sink the contract.

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The opponents' bidding sometimes draws a road map for declarer to follow that he would be unlikely to find had the opponents remained silent. For example, take this deal played by multitime world champion Bob Hamman in a U.S. national championship.

Hamman's opening one-club bid was artificial and forcing, promising at least 17 high-card points with almost any distribution. West's four notrump announced a strong

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—Gail Sheehy

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**Plant Talk**  
by Ken Resch

**Mason Bees: Nature's Unsung Pollinators**

Last fall I ran across an article about building Mason bee houses. They reminded me of a Swiss cheese birdhouse because the face of it was composed of over 30 holes drilled through the wood. The picture intrigued me so I read the accompanying story and learned a great deal about Mason bees. Unlike our more widely known honeybees, Mason bees are solitary which is why this house is composed of so many holes. Each hole is lined with a piece of parchment paper and each one becomes a high-rise condo for one bee. So I called upon Jacob, the grandson interested in saving all the endangered animals of the world—well at least the Monarch butterflies and the bees—for help in finishing the houses. We built ground stakes put them out in mid-April hoping we attract the bees as they wake up to a new season.

As I've said in this column before, our bees face some serious colony collapse issues as well as being impacted by heavy pesticide use; especially those that contain neonicotinoids—neonics for short. In a recent *Telegraph Herald* story, I read Ortho is going to be phasing out all its pesticides containing neonics. They choose to believe these particular chemicals harm bees though there are groups who believe otherwise and are fighting the removal of such pesticides because they believe the replacements will be weaker products.

Regardless of where the fight takes us, I applaud Ortho for caring enough about the environment to remove a product they believe is harming an important part of our eco-cycle. Without the bees and other insects to pollinate our plants and crops, humanity is doomed because we'll have nothing to

eat unless we convert our diet to cockroaches which I only slightly tongue-in-cheek believe will inherit the earth. Even though Mason bees produce no honey, they are as active, if not more active, than our better-known honeybees in terms of pollination and that's what matters to all of us. These bees are no more or less dangerous than any other bees and for the most part remain off the radar for people out in the garden because of their smaller size and solitary lifestyle. If we did not offer them Mason bee condos, they'd take up their singles-only lifestyle in cracks of masonry (thus their name), holes in trees, or just about any place that would afford them a small location where they could be safe and alone.

Though Ortho is removing neonics from its pesticides, it will take them until 2021 to complete their efforts. Until such time, carefully read the labels of any pesticides you choose to purchase because other manufacturers are not necessarily going along with Ortho. Given these realities, I recommend a better approach to fighting insects in the garden: insecticidal soaps.

Insecticidal soaps kill aphids, earwigs, grasshoppers, harlequin bugs, leafhoppers, mealy bugs, mites, plant bugs, psyllids, sawfly larvae, soft scales, spider mites, squash bugs, blossom thrips, whiteflies and other soft-bodied insects. This means in most cases soaps have no impact on hard-shelled insects like Japanese beetles. Still, soaps do not kill beneficial insects, can be used up until the day of harvest and have no residual impact on the environment because they break down into naturally occurring compounds that do not accrue in the soil. These products are readily available in all garden centers and the line of products I have used are sold under the Safer Brand.

This season, do all you can to make the environment safer for our insect friends and us. Also, if you're feeling adventurous, go online and look up plans for building Mason bee houses. We enjoyed making ours and they are neither difficult nor expensive to make. Have a joyous spring!

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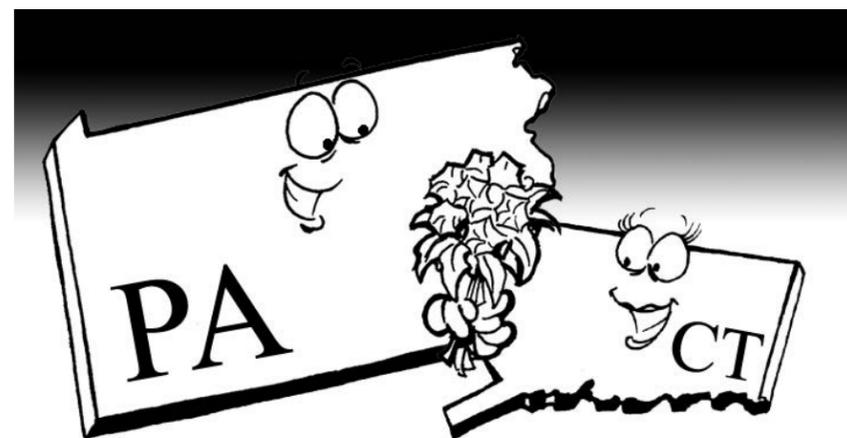
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The state flower of both Connecticut and Pennsylvania is the mountain laurel. It's actually a type of evergreen shrub.

**Trivia test** by Fifi Rodriguez

1. MOVIES: What 1989 movie stars a character called "Wild Thing"?
2. GEOGRAPHY: Which two countries occupy the Scandinavian Peninsula?
3. MATH: How do you write the year 2016 in Roman numerals?
4. ANATOMY: What are the small bones of the middle ear called collectively?
5. GENERAL KNOWLEDGE: Which company makes the

- Testarossa sports car?
6. HISTORY: Who was president of the Confederacy during the American Civil War?
7. MEASUREMENTS: What is the U.S. equivalent of .45 kilograms?
8. LANGUAGE: In the NATO phonetic alphabet, what is the word for the letter "E"?
9. MUSIC: What is the smallest member of the flute family?
10. FAMOUS QUOTATIONS: What 19th-century humorist once said, "A dog is the only thing on earth that loves you more than you love yourself"?

Trivia Test cont. Pg. 23



**From The Batt Cave**  
**Al Batt**  
<http://albatt.com/>  
 Author of "A Life Gone to the Birds"

71622 325 St., Hartland, MN 56042

**My Favorite Subject was Recess**

It sticks in my mind like discount dental floss between teeth.

We were tragic figures. Weak pop flies to a third basemen. We were grade school students.

One of us, I won't say who it was, had run his little finger into the pencil sharpener as proof that we were starved for entertainment.

We'd been going to school week after week, year after year, all morning. That's hard duty for those whose brains still had training wheels.

Then it was time for recess. Each day, it came as a glorious surprise. It was the best arrow in our quiver.

Nobody ever complained, "You woke me up just for recess?"

No one said, "When it comes to recess, I can take it or leave it."

We were too busy frolicking to comment. Plus, recess was priced attractively.

We headed outside to freedom. Games were played. We had no adults to guide us in our endeavors. Teachers seldom joined us during recess. They were happy to be rid of us. They preferred staying inside and doing happy dances until the bell rang that called us back to class.

There were no organized sports. There were disorganized sports. Yet, we seemed to know what we were doing. We played ball, tag and spent time on treacherous playground equipment that meant to do us harm, such as monkey bars and teeter-totter. Sidewalk-chalked hopscotch, swings and jump ropes entertained. Sometimes, we just ran around. One year a tractor tire appeared. No one got around to putting sand in it. There was no public outrage. The tire was fun because our imaginations had no reins.

We weren't always on our best behavior or our worst behavior. We were on recess behavior. Things happened. Drama was in our blood. We didn't always get along. Playing with other kids is how we determined what first names our future offspring would never have.

Winter recesses had a common theme—snow. We built snowmen and snow forts. We made snow angels and had

snowball fights. It took half of our allotted recess time to put on our winter clothing. Boots, itchy stocking caps, mittens, scarves and coats. I insisted on putting on my mittens first, which slowed the process of getting dressed considerably. We came in after recess with runny noses, rosey cheeks and soaked clothing. We tossed our wet clothes on or near the heating radiator located along the windows. The radiator was meant to heat the room, but heated only itself and those seated in the row of desks nearest the radiator. It liked to keep the heat to itself. One year, my mother attended a big sale at Montgomery Ward. Monkey Ward had no small sales. She bought me a winter ensemble. It was a coat, hat and mittens covered in rubberized plastic. The hat was so ugly it broke numerous laws, but it wasn't the problem. When I went outside for recess on a colder-than-it-needed-to-be day, the coat froze. It stiffened so that I moved about as if I were an arthritic Michelin Man. When recess ended, I struggled to remove my frozen coat. I needed the help of others to shed the garment. By habit, I tossed the coat onto the radiator. Then I got to work at my desk. I was in the group that remained awake after recess. The kids in the row adjoining the radiator were put to sleep by the heat. The rest of us were kept awake by the cold.

As I slaved away, cutting construction paper of varied colors into odd shapes with a blunt scissors, an odd smell hit my olfactory senses. It smelled like electrical wiring was burning. I assumed it was the smell of lunch coming from the cafeteria. Our cooks were excellent, but due for an off day.

Then one of the dozing kids woke up with an, "Eeeewwww!"

My coat was melting.

It was rescued. I wore it that winter and fortunately, outgrew it. With the burn marks, the hat was no longer the homeliest part of the outfit.

Kids brought things from home to share with others at recess—yo-yos and such. One boy brought his new shovel. We dug a hole with it.

Recess was splendid.

Everyone needs a recess. It's good for the spirit and other things. That's why the approval rating of Congress goes up each time it goes into recess.

We reveled in recess and we did it without taking a single selfie.

Gee-whiz!

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**Trivia Test from Pg. 22**

**Answers**

1. "Major League"
2. Norway and Sweden
3. MMXVI
4. Ossicles

5. Ferrari
6. Jefferson Davis
7. 1 pound
8. Echo
9. Piccolo
10. Josh Billings

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Over The Years  
by Grandma

**Uniformity**

They say you can't judge a book by it's cover, but it helps. How else can you make that initial decision as to whether you are ever interested in looking inside?

People are the same way. Like it or not, first impressions are lasting. First impressions always include what we have chosen to put on our bodies.

For lots of folks, there isn't any choice. They are the lucky ones.

I always like the "scrubs" that nurses and other health care workers wear. They are practical, non-binding and come in enough varieties so you don't have to get bored wearing them. Still, when you see the uniform, it is like declaring your profession.

There are lots of people in authority who wear uniforms, such as the military, police, security guards, and airline pilots. You just know by looking at them that they are official and in authority – the take

charge sort of people you want to be around when you have a problem and who you don't want to see when your engaged in questionable activity, like shoplifting or speeding.

The same goes for uniforms associated with specific corporations like The UPS man in brown, the McDonald's fast-food worker in a jaunty little cap or the folks wearing the blue Wal-Mart vest. Some places of employment even give their employees a uniform allowance.

Some offices have what they call "dress down Friday." The workers can dress more causally. It is probably the way they would dress everyday if it were permitted.

What about the rest of us? What kind of uniform do we purchase? For women, dressing is as complicated as we want to make it. At a recent awards banquet, a friend of mine noted that the best and brightest had chosen to wear their best and tightest.

My choice usually runs to the hopelessly practical. If I can't work in it, I probably won't wear it. It is nice to know I have the prerogative to choose what I'm going to wear each day.

So much for uniformity.

*A picture that is beautiful, or that comes off, or that works, looks as if it was all made at one stroke.*

—Helen Frankenthaler

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*Collecting*  
by Larry Cox

**Match Safe**

**Q:** I have a match safe with cigar cutter that originally belonged to my great-grandfather. It is probably from the 1880s or '90s. It is brass with the figure of a horse as part of its design. What can you tell me about match safes, and are they collectible? — Steve, Irvine, California

**A:** Match safes were used to carry matches during the last half of the 10th century and until about 1920, when cigarette lighters became commonplace. The fact that your safe includes a cigar cutter makes it especially interesting. After checking eBay and several references, I think your match safe could be valued in the \$150-\$250 range.

\*\*\*

**Q:** I have an old paper recording by Rudy Vallee with his picture on the blank side. Is it worth much? — Donna, Wiers Beach, New Hampshire

**A:** Your record was issued by Hit of the Week and was sold at news stands beside the latest copies of Liberty, Saturday Evening Post and Punch. The recordings, which featured such popular entertainers as Eddie Cantor and Duke Ellington, sold for about 10 cents, making them extremely affordable.

Your Rudy Vallee recording is worth about \$5 in good playable condition. Incidentally, the main drawback of these products is that they had a tendency to curl.

\*\*\*

**Q:** We have several Lee Reynolds oils that we acquired when we purchased our home. Any idea of values? — M.M., via e-mail

**A:** Since I was not familiar with Lee Reynolds or his work, I looked for him in one of my favorite reference books about art, Hislop's Official International Price Guide to Fine Art, edited by Duncan Hislop and published by House of Collectibles. He isn't listed. I next contacted two dealers, and they knew nothing about him either. You might contact your nearest art museum. I suspect Reynolds was either an amateur or regional artist.

\*\*\*

**Q:** I have a collection of Possible Dreams that I would like to sell. — Bill, via e-mail

**A:** Possible Dreams is a line of colorful clothique Santas and other holiday figurines. Unfortunately, the secondary market is stagnant and they are almost impossible to sell. I suggest you try and sell your collection on eBay.

*Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, 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 does he do appraisals. Do not send any materials requiring return mail.*

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**VETERANS  
★ POST ★**

by Freddy Groves

**Guitars for Vets with PTSD**

Sometimes it takes more than a prescription and behavioral therapy to control the symptoms of PTSD. The answer to the struggles with stress and depression faced by too many veterans may be as simple as a guitar lesson.

Guitars For Veterans was started in 2006 by a guitar teacher and one of his students. Co-founder Dan Van Buskirk was a Vietnam Marine with PTSD, and Patrick Nettesheim had taught guitar for 30 years. It was a perfect match, and for Van Buskirk, a way to find peace. After taking some instruments to a Department of Veterans Affairs rehab unit to hand around, and seeing the positive reaction, the pair started going back to give lessons. Guitars for Vets was born and has grown

to include 60 chapters in 30 states. G4V has given more than 20,000 lessons to veterans and over 2,000 new guitars.

Veterans who want to take part in the guitar-lessons program need to be referred by their local VA. They'll be loaned a guitar and given free weekly lessons. Once the 10-lesson program is over, the veteran will receive his or her own new acoustic guitar and accessories. Monthly group meetings follow.

G4V's growth has been phenomenal, but they haven't done it alone. If you can teach guitar (and can pass a VA background check), consider volunteering or even starting a new chapter in your area. Or you can donate to this very worthy cause. Consider this: \$200 will send a veteran through the whole program. To learn more, check the website at [www.guitars4vets.org](http://www.guitars4vets.org).

If you (or a veteran you know) are in need of the kind of healing that pills don't provide, look into joining. For more information, scroll down the website for a list of local chapters.

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

by Jerry Eberhardt

**The Best Of Jerry**

**I Made a Chocolate Malt for Dennis Morgan!**

Recently, Maury, Grandpa watched a movie on TV made in the 70s called "That's Entertainment!" It's a "musical documentary" showing bits of the great musicals produced by Metro Goldwyn Mayer from the 30s through the 60s. When I saw an actor/singer named Dennis Morgan appear in one of these early musicals it immediately brought this memory to mind.

In the summer between Grandpa's sophomore and junior year in high school (1940), I secured a job with the Sanitary Dairy Co. of Dubuque. The company needed a "manager" for their summertime ice cream store located at the corner of 3rd and Main and Grandpa obtained the job. We sold only ice cream cones and malted milks. Double dip cones went for 5 cents and malted milks 10 cents. (Remember, this was 1940!) The Julien hotel is still located in the same block as our ice cream store was at that time. (This is important, Maury, you'll soon discover, as Grandpa tells what happened).

I was working alone on a Saturday afternoon when I happened to notice a gentleman wearing dark glasses looking through the big front windows of our store while I was waiting on several customers. I forgot about this until this same person entered the store after there were no other customers. Suddenly a couple things clicked in Grandpa's mind. I



**Jerry Eberhardt with grandson, Maury Cohn**

remembered reading in the newspaper that Dennis Morgan was scheduled to be in Dubuque as a celebrity artist to participate in Loras College's dedication of their new Rock Bowl football field that evening. Plus the fact that the Julien hotel entrance was only footsteps away from our store and the dark glasses, etc. told me this "customer" had to be Dennis Morgan.

I recognized him but realized he desired anonymity. He ordered a chocolate malt so I addressed him as "sir" because about that time another person entered the store and Dennis Morgan sort of turned his back. It was obvious he didn't want to be recognized! When the two of us were alone in the store I finished making his chocolate malt and placed it on the counter where he had left a dime and a half dollar for me! He tipped me 50 cents which was like getting a \$5.00 tip today!

As he took his malt and walked toward the door, I just had to let him know I knew who he was. When he opened the screen door to leave I said, "Thanks, Mr. Morgan"! Hearing this, he raised his one hand to his forehead, while his back was turned, in a sort of salute in acknowledgment to me, while he kept going, Grandpa was certain, right back to the Julien!! Hope you enjoyed this, Maury.

Much love, Grandpa.

**Liz Lynch from P. 20**

ease,' but I don't know about that," said Lynch. "Another thing she's told us that has helped is, 'Easy writing is darn poor reading!' In other words, you really have to work hard on it to make it good."

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

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

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## Sports Comment

by Gary Dolphin

V.P. **usbank** – Business Development

and Voice of the Iowa Hawkeyes

### From Where I Sit

Spring practice is winding down for Iowa football. The wrap up to fifteen practices is Saturday, when the annual scrimmage takes place at Kinnick Stadium. Clearly the momentum of a 12-0 regular season and nail biting Big Ten Championship game with Michigan State in December has carried over to energetic work outs and a big jump start to Iowa's 2017 recruiting. As of this writing the Hawkeyes class is rated 12th nationally.

In the here and now I've been watching position area's hurt by graduation. Tailback Jordan Canzeri's departure has opened the door for the fast and direction changing Akrum Wadley to assume the starting role. Wadley has shown flashes of fame in a back up role, most notably his four touchdown performance against Northwestern last season.

Run blocking took a hit with the graduation of all Big Ten center Austin Blythe and guard Jordan Walsh. Boone Myers has jumped inside from tackle to guard while Sean Welsh has taken a step to his left from guard to center, while the young and gifted James Daniels recovers from off season corrective surgery. Ike Boettger and Cole Croston are entrenched at tackle with Dubuque Senior product Lucas Legrand getting a look at guard and center.

The biggest concern in my view is that field stretching

wide receiver who can run under quarterback CJ Beathard's long range aerals. Sophomore to be Jerminick Smith is the fastest of the lot with Wahlert Catholic's Riley McCarron looking to have a big senior season.

Defensively, the Hawkeyes had been preparing to move ahead with or without end Drew Ott and now knowing his career is over at Iowa, the job belongs to Matt Nelson with a push provided by Anthony Nelson (no relation). Parker Hesse, Jaleel Johnson and Nathan Budgeta help give the Hawkeyes a pretty stout front. With consensus all american corner back Desmond King and all conference linebacker Josey Jewell protecting the middle and back end of the field, Iowa's defense could be one of the best in the league.

The search continues for a kicking replacement to Marshall Koehn and finding consistency out of a punter who will also be new.

Following the Saturday scrimmage the Hawks will take a few days off before reporting back for off season work out and lifting sessions.

The season debuts in early September with Miami, OH and nine conference games including a first ever trip to Rutgers. Iowa's home schedule is as attractive as it's been in sometime with Wisconsin, Nebraska, Michigan and Iowa State paying visits to Kinnick.



by Chris Richcreek

1. Who held the Chicago White Sox rookie record for most home runs in a season before Jose Abreu broke it with 36 in 2014?
2. In 2015, Joey Votto tied a Cincinnati Reds record for hitting three home runs in a game three times during his career. Who else did it?
3. DeMarco Murray set a Dallas Cowboys single-season rushing record in 2014 with 1,845 yards. Who had held the mark?
4. Since 1985, six men's basketball teams have failed to reach the NCAA Tournament a year after winning the title.

5. Name four of them.
5. In the 2015-16 NHL season, the Chicago Blackhawks set a team mark for most consecutive victories (12). In what season did they win 11 in a row?
6. When was the last time before 2015 that the U.S. men's soccer team failed to reach the final of the CONCACAF Gold Cup?
7. WBC middleweight champion Canelo Alvarez has lost only one of his 48 pro fights. Who beat him?

### Answers

1. Ron Kittle, who hit 35 home runs in 1983.
2. Johnny Bench.
3. Emmitt Smith ran for 1,773 yards in 1995.
4. Louisville (won in 1986; missed in '87), Kansas ('88; '89), Florida (2007; '08), North Carolina ('09; '10), Kentucky ('12; '13), UConn ('14; '15).
5. It was the 2012-13 season.
6. It was 2003.
7. Floyd Mayweather Jr.

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### Spieth No Evil

This is a story about "The Good Ones," the greatest team you've never heard of. And you can't be blamed for that, since The Good Ones flew under the radar and only played intramural softball at the University of Maryland.

The team played great ball, and if the magnificent-looking captain, a former freshman ballplayer with an alleged .314 career average, hadn't been injured in a freak fall down the basement stairs orchestrated by his cat, they probably would have taken home the trophy.

The rest of the team was rounded out by other luminaries, including a few superstar Terp football players, ACC champion wrestlers and club hockey players. And as hard as it is to believe, this shabbily dressed group of athletic ragamuffins also featured Kevin Plank at first base. Plank, some of you stockholders, sports junkies and financial-publication readers may know, is the founder and CEO of sportswear giant Under Armour. One now surmises that The Good Ones would be a very well-attired team should they ever reform for an old-timers' game.

So this team used to actually draw a bit of a crowd, even if most of the fans were their girlfriends. Maybe that's why the aforementioned captain of the team tried to argue a call in his last game. Maybe he felt he had to show some tenacity.

OK, so the captain was me.

This has been bugging me for a long time. Hang with me, here. I was thrown out at second but was safe by a Maryland mile. I tried to argue the call, but my body didn't play ball. My headfirst slide looked more like a sputter into a gutter that knocked the wind out of me, and when I yelled at the ump, it sounded like I was having a seizure. I got kicked out of the game and came off like a bad sport, which I was.

Fast-forward to 2016. Golfer Jordan Spieth is the same age as I was when I got booted from that softball game. And wouldn't you just know it? He is sponsored by Under Armour, so I feel a certain kinship. Not just because of the apparel angle, but the loss of cool.

A friend once told me that "He who loses their cool first, loses." As we now know, young Master Spieth quadruple bogied at The Masters, and the naysayers are gunning for him like a mosquito at sunset.

"He didn't shake his hand"; "He never congratulated him"; "He told the cameras to step off"; and blah, blah, blah. Some have even said this loss will somehow hurt Under Armour, as some Wall Street pundits downgraded the stock.

While I never returned to the field, you can bet that Jordan Spieth will be back. He's 22, and he had a bad hole. If he merely bogied on No. 12, he'd have won his second Masters. No matter what anyone tweets or memes about the kid, no matter what they've heard, trust me ... Spieth is no evil villain here. Put it in context, like my slide into second, to understand I guess you just had to be there.

Mark Vasto is a veteran sportswriter who lives in New Jersey.

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



Of all the westerns currently broadcast on radio these days, the one series which has not been available is a series entitled *The Sheriff*.

*The Sheriff* came to ABC in 1945, when the sponsor of the long running *Death Valley Days* gave up that show for a more modern view of the west. Originally called *Death Valley Sheriff*, it was sponsored by Pacific Borax, and brought to the air Sheriff Mark Chase, who had all the tools of modern criminology at his fingertips. Gone were chases on horseback; this sheriff patrolled his territory in a new car. And his flawless use of the language followed *The Lone Ranger* model.

The one old-fashioned fly in the sheriff's ointment was his housekeeper, Cassandra Drinkwater, known everywhere as "Cousin Cassie." Cassie's first love was spreading gossip; her sworn duty (she thought) was protecting Sheriff Chase

against the advances of anxious females. Chase, a former marine who had come to California's Canyon County and became its sheriff, was played by Robert Haag and later by Don Briggs. In rather an odd bit of casting, Cousin Cassie was played by Olyn Landrick, a man who specialized in female impersonations. Landrick had been entertaining as a woman impersonator since his Navy days in World War I. *The Sheriff* was heard on Friday nights (with a fling on Saturdays) for Borax throughout its six year run. It left the air in 1951. For the entire run, it continued the morning bugle call of the old wagon trains that had opened *Death Valley Days* throughout the 1930's.

Even though you won't hear an episode of *The Sheriff* on 1370 KDTH's *Big Broadcast*, you may hear a bugle call for *Death Valley Days*, so tune in every Sunday night and use your imagination from 6 to midnight.

*The feeling of "aha, that's it," which accompanies the clothing of a situation with meaning, is emotionally very satisfying and is the major charm of scientific research, of artistic creation, and of the solution of crossword puzzles.*  
*It is why the intellectual life is fun.*

—Hudson Hoagland

**Down Memory Lane**

1953

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

1953

Our Dubuque Packers — defending champions in the Industrial League — have made an impressive start in the local softball loop with three wins to their credit in as many contests this season. Manager "Duke" Defendi has most of his veterans back in the lineup and ace pitcher "Rich" Miller is again heading the pitching staff. The Packers are again competing in the Indy loop and play most of their games at the new Rafferty Stadium. They are one of the favorites for the 1953 crown in the fast Industrial league.



**PACKERS** — Front row (left to right) Jim Welu, Bill Meyer, Buzzy Rupp, Richie Miller, Manager "Duke" Defendi, Maurie Conwell, Jerry Meyer. Back row — Chuck Zillig, Clete Meyer, Maurie Reed, Emil Hoffman, Danny Keyes. Midge Delaney was not present for the picture.



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Kitchen Diva cont. P. 30

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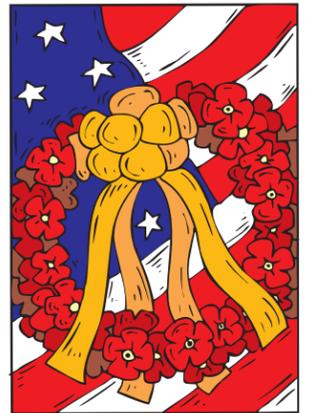


**May 30**



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



<p><b>American Legion</b> 1306 Delhi St. Dubuque, Iowa 52001 Ph: 563-583-0306</p>	<p><b>VFW Post 7896</b> Meeting 2nd Mon. 7 p.m. Memorial Donations Accepted Benton, WI 53803</p>	<p><b>LaSociete 40&amp;8</b> Voiture 632 Dubuque, County Ph: 563-582-9825</p>	<p><b>Navy League of Dubuque</b> Last Wed. of month, (noon) Mt. Pleasant Home Dubuque, Iowa 52001</p>
<p><b>Amvets Post 3</b> 2nd Thur. 6:30 p.m. American Legion Hall Dubuque, Iowa</p>	<p><b>Tri-State Vietnam Vets</b> 1st &amp; 3rd Wed, 1 pm. Sunshine Rest. Downtown Dbq. Call Ken @563-556-0955</p>	<p><b>VFW Post 2665</b> 100 South Main St. Galena, IL 61036 Public Welcome!</p>	<p><b>Epworth American Legion</b> John White Post #650 Meeting: 2nd Mon., 8 p.m. Hall For Rent: 563-876-3040</p>
<p><b>VFW Post 5300</b> 4th Mon. 7 p.m. VFW Hall 815-591-3711 Hanover, IL 61041</p>	<p><b>Marine Corp League</b> Meeting 2nd Wed. 7 p.m. at the Asbury Eagles Club 5900 Saratoga Plaza, Asbury, IA</p>	<p><b>V F W Post 9663</b> 3rd Tuesday 7 p.m. American Legion Hall Dubuque, Iowa</p>	<p><b>Disabled American Veterans</b> 1st Thurs, 6 p.m., Veterans Freedom Center, 2245 Kerper Blvd Dbq, IA 563-845-0034</p>
<p><b>Riemenapp-Averkamp-Stelpflug</b> VFW Post 6455 Dickeyville-Kieler, WI New Members Welcome</p>	<p><b>East Dubuque</b> Drum &amp; Bugle Corps Upstairs Old Fire Hall 563-582-7752</p>	<p><b>Veteran's Freedom Center</b> 2245 Kerper Blvd, Suite 1 DBQ, IA 52001 • 563-845-0034 VFC@Mediacombb.net</p>	<p><b>Sons of the American Legion</b> 1306 Delhi St, DBQ, IA 2nd Monday, 6:30 PM 563-583-0306</p>

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### Amber Waves



### Out on a Limb



### 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. Our offices are at 2560 Dodge Street in Dubuque, Iowa, phone 563-556-1249. Come visit, we would love to give you a tour and show you our new retail location with 100's of items for sale. Let us help you find out "What's it WORTH on eBay."

### Collectors find Value in Vintage Aviation

Owning a part of history is one of the things that creates value on eBay. Recently we listed a pair of American Optical Aviator Goggles with aluminum



collectors, since many who served our country during that time returned home with some sort of war souvenir or their own gear issued to them by Uncle Sam.

case. The goggles dated to the 1940's and most likely belonged to a pilot that flew during World War II. Items from WWII have always found value with

Opening bid was set for \$49.99 to protect value, 122 people viewed the auction with six bidders placing 9 bids to close at \$175.48.

### Kitchen Diva from P. 29

the nation." It could be mustard, hot sauce, jam, salad dressing, nut butters, chocolate sauce, spice rub — almost anything. You also can order individual products and create your own gift box.

If you prefer a "do-it-yourself" gift box, why not give Mom a casserole that you make yourself? Try my recipe for Chicken Tetrazzini with Spring Peas Casserole, and give your Mom a night off from the kitchen.

### Chicken Tetrazzini with Spring Peas Casserole

1 (7-ounce) package vermicelli  
 1 tablespoon olive or vegetable oil  
 1/2 cup fresh, sliced shiitake, Portobello, cremini (or porcini) mushrooms  
 3 ounces finely chopped prosciutto  
 3 cups chopped cooked chicken  
 1/2 cup (4-ounces) shredded Parmesan cheese  
 2 cups Alfredo and Parsley sauce (recipe follows)  
 3/4 cup chicken broth  
 1 teaspoon salt  
 1 teaspoon freshly ground pepper  
 1 cup fresh or frozen baby English peas, thawed  
 1/2 cup slivered almonds

### Alfredo and Parsley Sauce

1/2 cup butter (1 stick)  
 2 cloves garlic, minced  
 1/8 teaspoon grated nutmeg  
 18 teaspoon cayenne pepper  
 2 cups heavy cream  
 2 cups grated Parmesan cheese  
 1/2 cup chopped fresh parsley

1. To make sauce: Melt butter in a medium saucepan over medium low heat. Add garlic, nutmeg and cayenne pepper. Add cream and simmer for 5 minutes, then add cheese and whisk quickly, heating through.



Depositphotos.com

Stir in parsley, and set aside. Makes 2 cups.

2. Heat oven to 350 F. Prepare pasta according to package directions.

3. Heat oil in a large pan over high heat. Saute mushrooms in oil 3 minutes. Add prosciutto and cook until crisp, about 3 to 4 minutes.

4. Stir in chicken, 1/2 cup Parmesan cheese, the Alfredo and Parsley sauce, chicken broth, salt and pepper until well-combined. Stir in the peas and pasta.

5. Spoon mixture into a lightly greased 11-by-7-inch baking dish. Sprinkle with almonds and remaining 1/2 cup Parmesan cheese. Bake for 35 minutes or until bubbly. Serves 6.

\*\*\*

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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# Good Housekeeping

## Chocolate-Macaroon Tart

Three ingredients make this chocolate macaroon tart a simple, decadent desert.

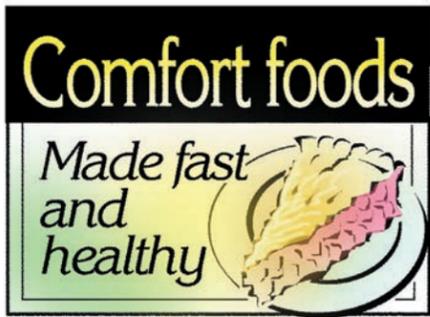
- 10 ounces coconut macaroon cookies
- 1 cup boiling heavy cream
- 1 pound finely chopped semisweet or bittersweet chocolate
- Raspberries
- Slivered orange peel

1. Press coconut macaroon cookies into a greased 9-inch pie plate, then pour boiling heavy cream over semisweet or bittersweet chocolate in heatproof bowl and stir until smooth.

2. Pour into crust, chill 6 hours, and top with raspberries and slivered orange peel. Serves 12.

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

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## by Healthy Exchanges Cocktail Cake

An ultra-simple “from scratch” cake made with minimum amount of ingredients.

- 1 egg or equivalent in egg substitute
- 1 1/4 cups Splenda Granular, divided
- 1 cup plus 2 tablespoons all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon table salt
- 1 (8-ounce) can fruit cocktail, packed in fruit juice, undrained
- 1/4 cup chopped walnuts

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

2. In a large bowl, combine egg and 1 cup Splenda. Add flour, baking soda, salt and undrained fruit cocktail. Mix well to combine.

3. Spread batter evenly in prepared baking dish. Evenly sprinkle remaining 1/4 cup Splenda and walnuts over top. Bake for 22-26 minutes or until a toothpick inserted in center comes out clean.

4. Place baking dish on a wire rack and allow to cool completely. Cut into 8 servings.

**TIP:** Also good topped with 1 tablespoon Cool Whip Lite, but don't forget to count the few additional calories.

- Each serving equals: 115 calories, 3g fat, 3g protein, 19g carb., 312mg sodium, 11mg calcium, 1g fiber; Diabetic Exchanges: 1 Starch/ Carb., 1/2 Fat.

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# Cremer's Cooking Tips

## Garlic Pork Loin Roast with White Wine pan sauce

This pork roast and pan sauce is sure to be a hit at your next gathering. And if there's any pork leftover, it makes a fantastic sandwich.

Makes 8 servings (2 cups sauce)  
Total time: 1-1/2 hours

### For the pork, cut:

- 1 boneless pork loin roast (2-1/2-3 lb.)
- 3-4 cloves garlic, thinly sliced.
- Salt and black pepper
- 1 Tbsp. each olive oil and unsalted butter

### For the sauce, heat:

- 3 Tbsp. all-purpose flour
- 1-1/2 cups low-sodium chicken broth
- 1/2 cup dry white wine

Preheat oven to 425 degrees. For the pork, cut slits, 1/2-inch deep, at 1-inch intervals all

around the pork and insert garlic into the slits. Season pork and with salt and pepper. Tie pork snugly with kitchen string at 2-3 inch intervals.

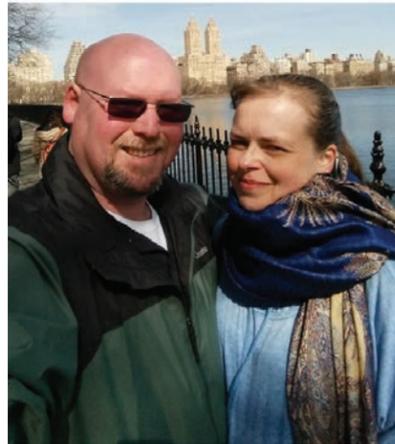
Heat oil and butter in a sauté pan over medium-high. Add pork and sear on all sides, 5 minutes; transfer pan to oven. Roast pork until thermometer inserted into the center registers 145 degrees, 45-50 minutes.

Transfer pork to a platter, tent with foil, and rest 10-15 minutes.

For the sauce, heat drippings in pan over medium. Whisk in flour and cook 2 minutes. Deglaze pan with broth and wine, scraping up any brown pits, and bring to a boil. Cook until it thickens, 1-2 minutes. Whisk any residual juices from roasted pork into sauce, season with salt and pepper to taste. Remove string from pork, slice into 1/4-inch thick pieces, and serve with sauce.

# Fundraiser for Lorri Jackson

Sunday, May 15 • 1-6pm  
Holy Ghost, 2921 Central Avenue



Lorri was diagnosed with Chiari (kee-R-ee) malformation and basilar invagination in 2014. Chiari malformation is a congenital malformation where the skull forms before the cerebellum which creates a restriction of the cerebral spinal fluid (CSF). The only way to correct Chiari is a surgery to remove a 2 to 3 inch section of skull to decompress the cerebellum. Although there is no “fix” for Chiari, this would stop the progression. Basilar Invagination, also known as a retroflexed odontoid (the top most bone of the spine), is when the odontoid presses into the brain stem. The symptoms of these two ailments cause numbness in the arms, legs and face, dizziness, fainting, partial paralysis and can lead to death if left untreated.

Lorri and John returned from New York City on March 30th where two surgeries were performed to correct this. She is now on the road to recovery and is making miraculous strides. Lorri was born and raised in Dubuque and has worked at Target for 10 years. Lorri and John are active members of Holy Spirit Parish and attend Holy Trinity regularly.

Please join us on Sunday, May 15th to help raise money for John and Lorri to help with their medical bills and stay in New York.

**Where:** Holy Ghost Church Basement and Gymnasium, 2921 Central Avenue, Dubuque, IA

**What:** Spaghetti meal with meat sauce, salad, garlic bread, milk, desserts, pop, silent auction, bake sale and 50/50 drawings

Cost of meal \$7.00 • Cans of pop for 50 cents each.

Please join us for some great food and social time.

Your support and prayers are greatly appreciated!

Conquer Chiari bracelets available for \$5.00

For cash donations, please send to:

DuTrac Community Credit Union,  
3465 Asbury Road #100,  
Dubuque, IA 52002

in care of Benefit for Lorri Jackson.

Tax deduction receipt can be provided upon request.

You can learn more about Chiari Malformation at [www.conquerchiari.org](http://www.conquerchiari.org)

R.F.D.

by Mike Marland



The Spats

by Jeff Pickering



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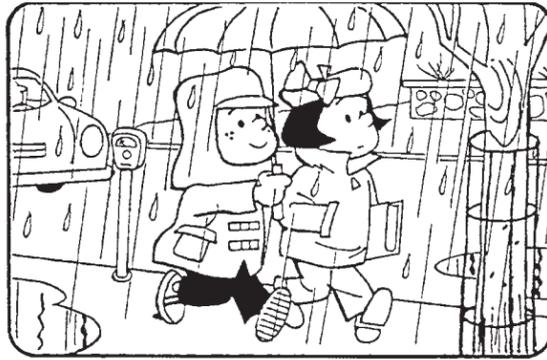
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- |           |        |          |         |
|-----------|--------|----------|---------|
| Armstrong | Faber  | Indurain | Schleck |
| Contador  | Frantz | Maes     | Thys    |
| Cornet    | Garin  | Pereiro  | Wiggins |
| Evans     | Gaul   | Sastre   |         |

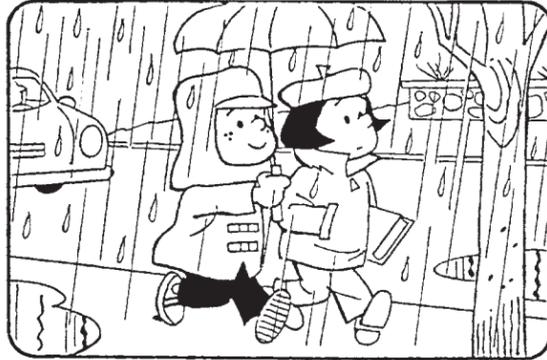
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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Parking meter is missing. 2. Pocket is missing. 3. Umbrella is smaller. 4. Bow is missing. 5. Book is missing. 6. Tree guard is missing.  
 New! 24 HOCUS FOCUS puzzles \$3.50 • 24 Volumes • Order at: rbmamall.com

**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.

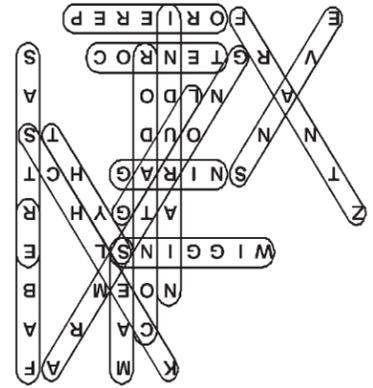
	-		x		7
x		+		-	
	-		÷		1
-		÷		x	
	-		x		10
10		1		15	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

1 2 4 5 5 6 7 8 9

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**TOUR DE FRANCE WINNERS**

BY RICARDO GALVÃO

**THE CASHIER**



**SUDOKU Answer**

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

**King Crossword** — Answers

Solution time: 25 mins.

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

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**SUDOKU**  
 by Linda Thistle

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

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**

	15		1		10
10	5	x	9	-	8
	x		÷		-
1	4	÷	5	-	6
	-		+		x
7	7	x	1	-	2