



The Golden View

The Community Newspaper For Adults 50 Plus

May, 2018

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

“I’m Not Ready to Go Live with All Those Old People”

by Joan Hoerner, LBSW, the Social Worker and Admissions Director at Bethany Home

A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month,” the prelude to “Older Americans Month.”

Americans in all stages of life. The goal in doing what I have come to enjoy so much is to convince those that are a bit more mature in years than I, while their fears and uneasiness about giving up their home and routine to live with “all these old



Entryway at Bethany Home, 1005 Lincoln Avenue, Dubuque, IA

When I began my career 25 years ago I would have never dreamed of the choices that “Older Americans” have today for their golden years. Retirement communities of today offer services, entertainment and companionship for Older

people” are valid and common, the benefits of living close to like-minded people and the peace of mind that comes with living in a retirement community far outweighs those fears.

I try to delicately let
Bethany Home cont. Pg. 14

Dancing with the Stars: Dubuque Style

by Jason Henkel, Dubuque Chamber



Kurt Strand of the Mississippi River Museum and Aquarium celebrates his 2017 win.

Once a year, the Dubuque Area Chamber of Commerce brings the community to its feet for the sake of our local nonprofit organizations. Each dancer chooses a cause to support on the dance floor and throughout their fund-raising journey. Since its inception in 2010, Dancing with the Stars: Dubuque Style has raised more than 1 million dollars for more than 80 local

nonprofits. Dancing with the Stars: Dubuque Style targets a community-wide audience to highlight, educate and create awareness of the role nonprofits play in our community.

The Dubuque Area Chamber of Commerce will host the 9th annual Dancing with the Stars: Dubuque Style on Saturday, May 12. A reception will be
Dancing with the Stars cont. Pg. 3

Lessons Learned

by Lavonne Noel, Hospice of Dubuque Executive Director



Hospice of Dubuque's annual Tree of Life Memorial Service will be held Tuesday, May 22, at 7:30 p.m. in Washington Park

As children, we learn that spring surely follows winter. Although we anxiously await spring year after year, we

remain confident in this early life lesson, hopeful that the cold, barren winter will evolve into

Hospice cont. Pg. 6

Celebrating 10 Years of ChamberFest Dubuque

by Becky Perkins, Assistant Director, Northeast Iowa School of Music



One of the Tri-State's most unique concerts, ChamberFest Dubuque, celebrates its tenth year this June. Presented by the Northeast Iowa School of

Music (NISOM), ChamberFest Dubuque is led by NISOM and Juilliard alumnus Michael Gilbertson, a composer and
NISOM cont. Pg. 12

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Ramada Inn-Galena

11383 Hwy 20 in Galena, IL
May 2, 16 at 11:00 a.m.

Guttenberg Library

603 S. Second St. in Guttenberg, IA
May 9, 23 at 11:00 a.m.

Best Western Plus

3100 Dodge St. in Dubuque, IA
May 10, 24 at 11:00 a.m.
May 29 at 6:30 p.m.

Econo Lodge (formally Maq. Inn & Suites)

1019 W. Platt Street in Maquoketa, IA
May 11 at 11:00 a.m.

Medical Associates Health Plans

1605 Associates Dr. in Dubuque, IA
May 22 at 11:00 a.m.

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Dancing with the Stars from Pg. 1
held at 6:00 p.m. with showtime at 7:00 p.m. in the Five Flags Theater. The 2018 cast has been hard at work to dance their best and raise money for their respective charities. This year's cast includes:

- Callie Anglese, Hammer Law Firm, dancing for Catholic Charities
- Kim Budde, Kunkle & Associates, dancing for Opening Doors
- Jodi Faustlin, Grand River Medical Group, dancing for Dubuque Heart Walk
- Taylor Schroeder, POG Medical, dancing for Avery Foundation
- Allison Wong, KCRG-TV9, dancing for Resources Unite

- Chance Oster, Kunkel & Associates, dancing for Research for the Kids
- Carla Hughes, American Trust & Savings Bank, dancing for Iowa Legal Aid
- John Draginis, Cartegraph, dancing for Dubuque Dream Center
- Tyson Leyendecker, Dubuque Bank & Trust, dancing for YMCA/YWCA Victim Services Shelter
- Dustin Baker, Baker Law Firm, dancing for St. Mark Youth Enrichment

For more information, visit www.dubuquechamber.com. To reserve your tickets, contact the Five Flags box office at **563.589.4258** or go online to www.fiveflagscenter.com.



Officer Nate Schmidt of the Dubuque Police Department dances with his coach, Katie McFarland, at the 2017 event.

DANCING WITH THE STARS

Dubuque Style

<p><i>Callie Anglese</i></p>  <p>HAMMER LAW FIRM CAUSE: CATHOLIC CHARITIES</p>	<p><i>Dustin Baker</i></p>  <p>BAKER LAW FIRM CAUSE: ST. MARK'S YOUTH ENRICHMENT</p>	<p><i>Kim Budde</i></p>  <p>KUNKLE & ASSOCIATES CAUSE: OPENING DOORS</p>	<p><i>John Draginis</i></p>  <p>CARTEGRAPH CAUSE: DUBUQUE DREAM CENTER</p>
<p><i>Jodi Faustlin</i></p>  <p>GRAND RIVER MEDICAL GROUP CAUSE: DUBUQUE HEART WALK</p>	<p><i>Carla Hughes</i></p>  <p>AMERICAN TRUST & SAVINGS BANK CAUSE: IOWA LEGAL AID 7</p>	<p><i>Tyson Leyendecker</i></p>  <p>DUBUQUE BANK & TRUST CAUSE: YMCA/YWCA VICTIM SERVICES SHELTER</p>	<p><i>Chance Oster</i></p>  <p>KUNKEL & ASSOCIATES CAUSE: RESEARCH FOR THE KIDS</p>
<p><i>Taylor Schroeder</i></p>  <p>POG MEDICAL CAUSE: AVERY FOUNDATION</p>		<p><i>Allison Wong</i></p>  <p>KCRG-TV9</p>	

SATURDAY, MAY 12, 2018

Five Flags Center | 405 Main Street | Dubuque, IA
Reception 6:00pm | Showtime 7:00pm

\$50.00 per person | Five Flags Box Office | 563.589.4254

Join the Dubuque Area Chamber of Commerce for Dancing with the Stars Dubuque Style 2018!



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★ELECTABILITY

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- Appointed Dubuque County Magistrate Judge
- Serves Dubuque County Compensation Commission
- Elected President of the Dubuque County Bar Association

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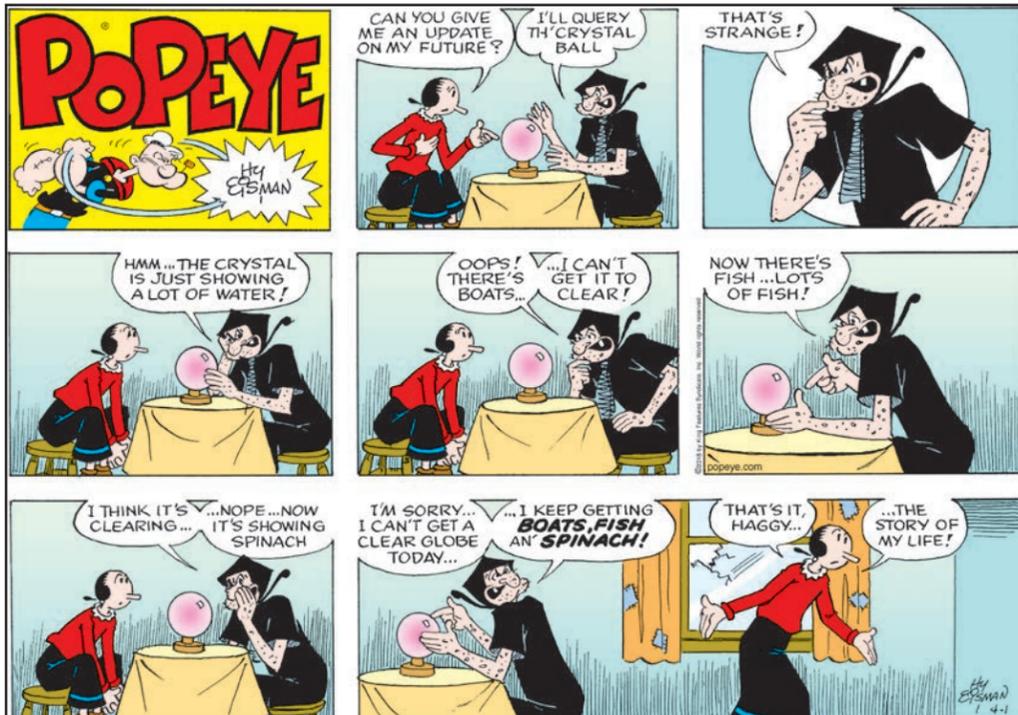
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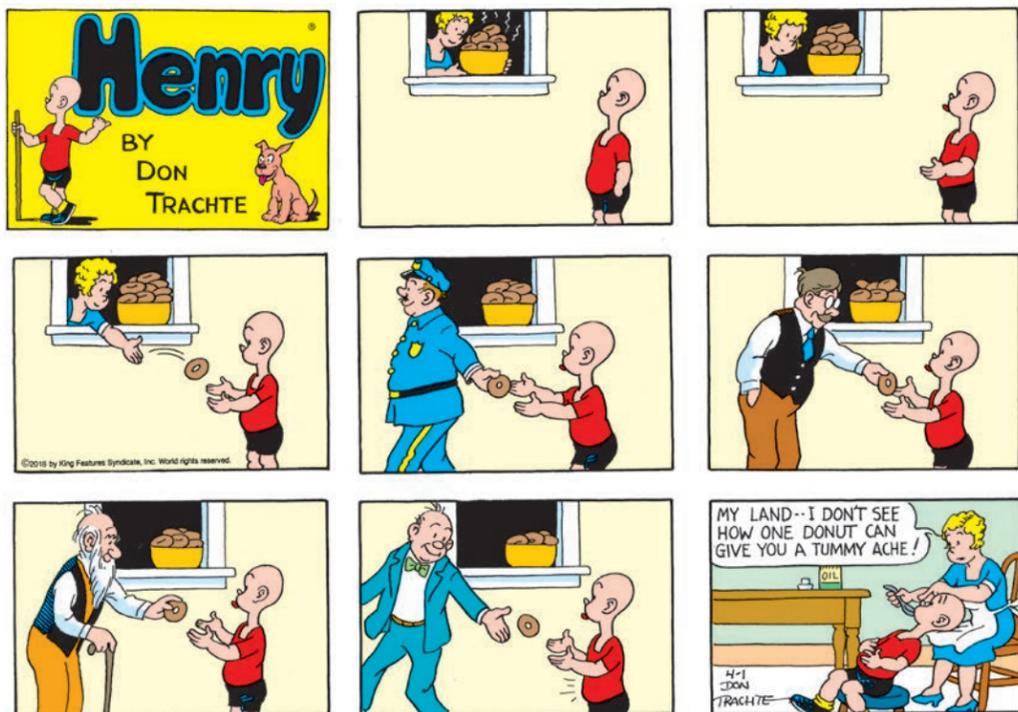
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STICKELERS [sic].
 by Terry Stickels

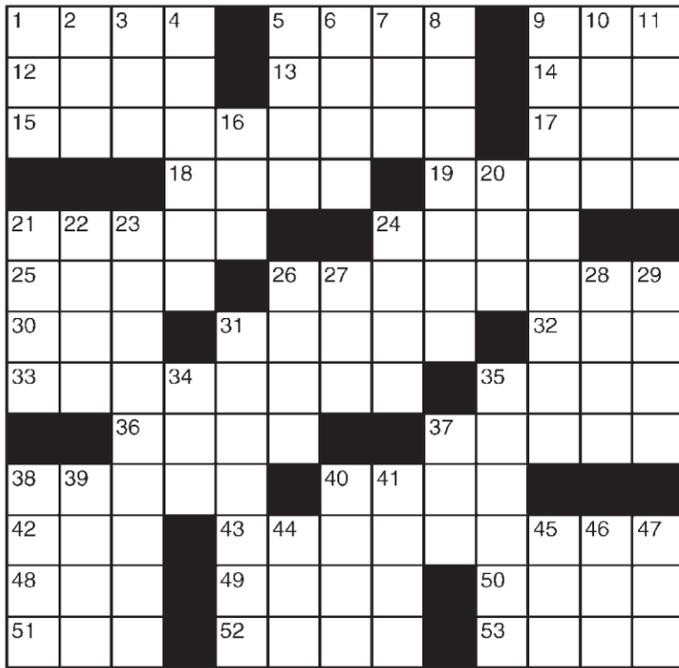
How many triangles of any size are in the figure below?

Stickelers Answer on Pg. 32
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King Crossword

ACROSS

- 1 Old
- 5 Always
- 9 "See ya"
- 12 Took the bus
- 13 Anger
- 14 Legislation
- 15 Pyrite
- 17 Anger
- 18 Implement
- 19 Makes one's way
- 21 English composition
- 24 Behave
- 25 Cookware
- 26 Both ways
- 30 Equal (Pref.)
- 31 Bichon — (dog breed)
- 32 "— the fields we go"
- 33 Reins
- 35 Metal refuse
- 36 Actor McGregor
- 37 How one says "alas"
- 38 Georgia city
- 40 Leaves
- 42 Past
- 43 Absolute dominance
- 48 Web address
- 49 Teeny bit
- 50 Soon, in verse
- 51 Pop
- 52 Vacillate



- 53 Relaxing discipline
- 10 Play area
- 11 Rams fans?
- 16 Sauce source
- 20 Conclusion
- 21 Grand tale
- 22 Mediocre
- 23 Absolutely
- 24 Church service
- 26 1982 movie with a 2010 sequel
- 27 Lubricant
- 28 Authentic
- 29 Wild party
- 31 Hollywood's "Talking Mule"
- 34 Pair
- 35 Strut about
- 37 Witness
- 38 Tennyson poem
- 39 City of India
- 40 "— match?"
- 41 Fine
- 44 Explanation
- 45 Yoko of music
- 46 Journal
- 47 "CSI" evidence

DOWN

- 1 "Bow-wow!"
- 2 Sticky stuff
- 3 Tokyo's old name
- 4 River-mouth regions
- 5 Therefore
- 6 String instrument
- 7 Right angle
- 8 Claret, for one
- 9 "Pin the tail

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Is Microchipping Worth the Cost?

DEAR PAW'S CORNER: To save money, I take my two cats, "Betty" and "Wilma," to a local shot clinic that is held every spring. This year, the tech asked if I wanted my cats microchipped. I said no, because they're indoor cats and it seems like an unnecessary expense. He looked at me like I was almost a criminal for not saying yes! What do you think? — *Dottie in Knoxville, Tennessee*

DEAR DOTTIE: It's entirely your decision whether to microchip your pets, so there was no need for the tech to get all judgmental about it.

Since I have your attention, though, allow me to throw some statistics your way. A 2009 study cited by the American Veterinary Medical Association

found that dogs without microchips were returned to their owners 22 percent of the time, whereas microchipped dogs were returned 52 percent of the time. Cats without microchips were reunited with their owners less than 2 percent of the time, whereas microchipped cats went back home 38 percent of the time.

Now, I know Betty and Wilma are purely indoor cats, which vastly improves their chances for healthy, long lives. However, accidents happen. Doors get left ajar. Thunderstorms roll in. And indoor cats ... get outside.

Your cats probably have collars and tags — and that's great. But cats are notorious for slipping their collars. While a microchip doesn't guarantee your cats will be found and reunited with you, it does greatly improve the odds. Microchips have been standardized and data networks greatly improved over the past decade. So, while it is always your choice to microchip your cats, I do think it's worth the extra cost to do so.

Send your questions, tips, or comments to ask@pawscorner.com.

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

Donations received by Friday, May 18,
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Please send your gift to:
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**Upcoming Events at the James Kennedy
Public Library in Dyersville: May 2018**

Sunday, May 6: Legacy Letters @ 1:30 pm. Legacy letters are a way to communicate to family, loved ones, and future generations what matters most in a person's life. There will be guided exercises to help participants draw from their life experiences to pen wisdom, insight, life stories, and special messages. Each participant will complete at least one legacy letter during the workshop. Led by Sue Schermann, Certified Legacy Letters instructor. Sponsored by the Friends of the Library.

Monday, May 7: Books for Lunch Book Discussion @ 12:00 noon. This month the group will discuss *The Lilac Girls* by Martha Kelly. Copies of the book are available to borrow from the library.

Monday, May 7: Book Flicks @ Your Library @ 6:30 pm. Join us for this movie based on the book, *Victoria and Abdul* by Shrabani Basu. Rated PG-13. (132 min.)

Tuesday, May 8: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm. For this meeting we will read and discuss *The Silent Governess* by Julie Klassen. Copies of each book are available to borrow from the library.

Saturday, May 19: Plant Sale Fundraiser @ Your Library from 8:00-10:00 am. Join us in the city parking lot next to the library to select and purchase plants and flowers donated by committee and community members. If you have plants you would like to donate, please contact the library by May 18 to make arrangements to bring them in. Plants of all kinds, including indoor plants, are welcome. All proceeds will be used to support library collections and services.

Sunday, May 20: Upcycling @ Your Library from 1:30-4:00 pm. Drop in the library's active learning smart space to see ideas on how you might upcycle a wine glass. Glasses and materials provided. All ages welcome but those under age 10 require an adult companion.

Friday, May 25: Game Night @ Your Library @ 6:00 pm. Come meet and make friends with some of your fellow game lovers at our monthly game night at 6:00 pm on the 4th Friday of every month. Bring your favorite game (card game, board game, role playing game, or video game) and meet, teach, and play with others! All ages welcome.

Thursday May 31, June 7, and June 14: Chair Yoga with Karen Kramer @ 9:30 am. Yoga is a great way to promote health of the body and the mind and chair yoga involves the use of a chair to provide support, so it is great for seniors, those with limited mobility, or beginners. Karen Kramer, a registered yoga instructor, will teach this three class course on chair yoga. Each class will last 45 minutes. Everyone is welcome. Comfortable clothing is suggested. Registration is encouraged, but walk-ins available if space allows.

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

Hospice of Dubuque from Pg. 1

the glorious season of spring. In the winter of one's grief, there is hope that new learning may come from the experience of loss, that life can and will go on, and that memories can provide comfort to the mourner, while honoring the deceased.

This year, Hospice of Dubuque's annual Tree of Life Memorial Service will be held Tuesday, May 22, at 7:30 p.m. in Washington Park. With a theme of A Time of Loss can be a Time of Learning, the evening will include a personal story, reflection, prayer and music. 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. The lights will remain illuminated through Memorial Day weekend.

If you would like to remember someone with a light on the Tree of Life display, send a tax-deductible gift of any amount,

along with the name of the person who has touched your life, to Hospice of Dubuque, 1670 John F. Kennedy Road, Dubuque, IA 52002. All names received by Friday, May 18, will be included in the Tree of Life program. All donations enable Hospice of Dubuque to deliver care throughout the tri-states according to the organization's mission of providing compassionate care for the terminally ill and their loved ones.

In case of rain, the event will move to the Roshek Building, 700 Locust Street. Regardless of the weather, please bring a lawn chair as seating will be limited. On behalf of the members of the community who benefit from your generosity, thank you. Appreciation is also extended to this year's Tree of Life advertising sponsor, Behr's Funeral Home.

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

An Uplifting Moment
with Rev. David J. Claassen
Visit me on the internet!
www.daveclaassen.com



The Busy Bees' Honey Do List

I walked past a blooming bush and could hear hundreds of bees buzzing about from blossom to blossom. I walked under a blooming tree and heard thousands of bees busily gathering nectar from the blossoms.

I enjoy honey and sometimes reflect, as I savor the sweetness on my toast or cereal, of the thousands of bees working over many days and flying who knows how many miles from blossom to blossom and blossoms to hive so that I can have a small jar of honey from which I sweeten my breakfast. No individual bee gets all the credit; it takes a whole hive of bees to make it happen.

Bees are social insects. They need each other to survive and must work together to produce honey and to survive. If a bee flies into a moving car and manages to exit the car several

miles down the road, far from its hive, it will soon die. There are no independently living bees!

We humans are more like bees than we sometimes realize; God has also designed us to need each other. We can mess up this plan of God's by either rejecting help from others or by resisting giving help to others.

An old African proverb says, "It takes a village to raise a child." We all need each other, not just to raise children but to do virtually anything and everything. We are always standing on the shoulders of others to grasp beyond our reach, and they on our shoulders. We're called by God to exhibit humility by accepting help from others and to express love by giving help to others. It's a give and take proposition that makes life work.

"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." Ecclesiastes 4:9-12



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"Nobody can do everything but everybody can do something." Author Unknown

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Judges in the Old or New Testament or neither?
2. By Roman reckoning, what time of day did Jesus meet the Samaritan woman at the well? *Daybreak, Noon, Mid-afternoon, Dusk*
3. On the island of Patmos, to whom was the book of Revelation given? *John, Paul, Matthew, Luke*

4. Who hid 100 prophets in two caves and supplied them food and water? *Solomon, Philemon, Obadiah, Hosea*
5. On what day did God create the evening and the morning? *3rd, 4th, 5th, 6th*
6. The Semites were descended from Shem, the son of whom? *Moses, Noah, Paul, Jacob*

ANSWERS

- (1) Old; (2) Noon; (3) John; (4) Obadiah; (5) 4th; (6) Noah

Visit Wilson Casey's new Trivia Fan Site at www.patreon.com/triviaguy.
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DID YOU KNOW?
by Casey Reekie

Did you know where the idea of Mothers Day came from? Well it came from a tradition in the Catholic Church. In the old days small country chapels were used for weekly liturgy. However in the spring during lent it became a tradition to visit your Mother Church or Cathedral where you were baptized. It was also the

same day of Laetare Sunday. On that particular Sunday the priest wore the color of pink. So then roses and pink flowers became a custom. Sweet cakes were made on this day. The Mother Church would often be close by to ones Mother or parents home. So the custom of visiting the Mother Church and Mother on the same journey became a tradition. Thus the tradition of bringing flowers and sweets to your mother became a tradition. In 1914, Woodrow Wilson proclaimed the 2nd Sunday in May Mothers Day.

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Elderly Or Disabled Tax Credit

Dubuque County Treasurer, Eric Stierman, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2018.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$22,855** annually, you are eligible for a reduction in property taxes.

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

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

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



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May is Older American's Month

Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. "This year's 2018 theme is, **Engage at Every Age**," said Susan Taylor, Human Sciences Specialist, Family Finance, Iowa State University Extension and Outreach. Engage at Every Age, emphasizes that you are never too old (or too young) to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

Participating in activities that promote mental and physical wellness, offering your wisdom and experience to the next generation, seeking the mentorship of someone with more life experience than you—those are just a few examples of what being engaged can mean. There are four sections: Your Health; Age Your Way, Your Security; and Giving Back.

From **Your Health** contains information focusing on physical and mental wellness. It highlights about preventing falls; healthy eating as we age; Go4Life; Mouth Healthy Initiative; Long-Term Care Planning; Sleep and Aging; and What is Brain Health? Access all information from Older

Americans Month Resources. <https://eldercare.acl.gov/>

From **Age Your Way** redefines aging by trying new careers, classes, and hobbies. This contains information on the Arts and Aging Toolkit for Organizations; Directory of Creative Aging Programs; Participating in Activities You Enjoy; Ready for Your Second Career?; and Senior Community Service Employment Program.

From **Your Security** provides knowing how to protect yourself plays a major role in aging well and maintaining independence. Information from National Center on Elder Abuse; Financial Protection for Older Americans; Home Modification and Supportive Housing; Nursing Home Resident's Rights; Pension and Retirement Fact Sheets; and Tips for Success in Assisted Living Facilities.

From **Giving Back** highlights the more than ever, older adults are making a difference – for themselves and in communities through civic engagement. Information on Create the Good; Experience Corps; Doing Good is Good for You: Volunteer; SeniorCorps; and Volunteer Opportunity Search Tool.

No matter where you are in your life, there is no better time than now to start. We hope you will join in and **Engage at Every Age!**

Dubuque County Fine Arts Society is proud to announce: Timothy McNamara to receive 2018 Elisha Darlin Art Award

Saturday, May 12, 2018,
Doors open at 6:00 pm,
Award Presentation at 7:00 pm

Convivium Urban Farmstead
2811 Jackson, Dubuque, Iowa
Free at door – Food and beverage available for purchase. Live music!

Timothy McNamara has been an integral component of the development of Dubuque's Historic Milwork District. Recognizing the power of art as a catalyst for gentrification, Tim and Wilmac Property Company have fostered the arts with studio and event space for more than 30 years.

As co-founder for Voices from the Warehouse District, Tim brought great attention to Dubuque's blighted warehouse district. His dedication and investment in the arts and the district have led to today's thriving neighborhood of warehouse lofts, eclectic restaurants as well as retail and office space. "My focus has been to foster a sense of community,"

Elisha Darlin Art Award cont. Pg. 21



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COME CHAT
with **ME**
by S. E. Persinger



For many years my husband and I along with our three children, our two pets, a dog and cat, camped in our pop-up Volkswagen Camper. We also often used a tent for long stays in a camping facility with multi summer sports such as swimming, fishing, and trail blazing.

I remember once camping in the state of Texas. At that site, we set up our tent and all slept outside in our tent, not the camper. We were near a babbling brook and we could hear the splashing of the water as it hit the banks. It was such a soothing sound that it put me to sleep in a moment of bliss.

In the 13 years that we camped I remember vividly the many wading birds we saw during our hiking trips near lagoons, lakes, swamps, and ponds. I wish I had kept better travel logs. But after a few days traveling and then setting up camp I lost interest in my little note pad. Although, I did keep track of our expenses for food, gas, and camping fees.

I think I could write a book about all the wading birds we watched during our trips. These long-legged, long-billed birds live by the area of land and shallow water. They wade in shallow water to find food.

Some of the large wading birds travel in big groups to feed, sleep or nest. I remember seeing a lot of the Great Blue Heron. I often saw them strike with their long, sharp bills and catch their prey off guard.

While traveling during the summers we would often view the ibises, limpkins, rails, and other wading birds in action. We never made it to the Florida Everglades to view the roseate spoonbills. This Ibis, with its large spoon-shaped bill and colorful plumage is nearing extinction.

It was hunted for its beauty and brilliant color. It is now a protected species in our country.

Another almost extinct wading bird is the great white egret. Its feathers were used in making fashionable women's hats. If you ever see one of these egrets, with its wings spread to capacity, you will gasp in delight.

I think the flamingo is a beautiful wading bird. They are more popular in the shallow lagoons and lakes of Europe, and other parts of the world. I've only seen them in the zoos. They are truly majestic wading birds. They are of the Phoenicopteridae family.

I almost hate to end this column because it has been so much fun recalling our camping trips. And not only did we enjoy all the wading birds we saw but all the other animals in the wilderness areas we visited has left an imprint upon my senses.

Hints For The Home

What To Do About Ducts

(NAPS)—If your home is like most, it's got a dirty little secret: your air ducts.

Through normal occupation, houses pick up an awful lot of contaminants and air pollutants, such as dander, dust and chemicals. These get pulled into the HVAC system and recirculated five to seven times a day, on average. Over time, this causes a buildup of contaminants in the ductwork.

While dirty ducts don't necessarily mean unhealthy air, they can contribute to health issues, especially for people with respiratory health conditions, autoimmune disorders or allergies.

The National Air Duct Cleaners Association (NADCA) has a rule of thumb: "If your air ducts look dirty, they probably are," and that dirty HVAC systems should be inspected by a reputable, certified HVAC professional.

That can not only help you breathe easier, it could save you money. When an



Add air ducts to your spring-cleaning need-to-do list.

HVAC system is clean, it doesn't have to work as hard to maintain the temperature you desire. As a result, less energy is used, leading to improved cost effectiveness.

Learn More

You can get further information from NADCA's free "Homeowner's Guide to Air Duct Cleaning" at www.BreathingClean.com.



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**UnityPoint Health Finley Hospital
May 2018 Events**

For more information or to register for classes and events at UnityPoint Health Finley Hospital, visit www.unitypoint.org/dbqevents.

Cancer Journey Support Group. Tuesday, May 1, 12:00 p.m. – 1:00 p.m., Finley’s Wendt Regional Cancer Center. The Cancer Journey Support Group is a mutual support organization that brings together those persons affected by cancer so they may help each other learn to live life in a positive and meaningful manner. Feel free to bring your lunch or purchase lunch in our cafeteria. For more information call Wendt Regional Cancer Center (563) 589-2468.

Amputee Support Group. Monday, May 7, 4:30 p.m. – 5:30 p.m., Kehl Diabetes Center (lower level) – 1560 University Ave., Dubuque, IA 52001. No one can fully understand the feelings and struggles involved in dealing with the loss of a limb quite like someone who has been through it. That is why UnityPoint Health - Finley Hospital is now offering a new support group to help you regain control through education, compassion and encouragement. The support group will offer:

- Open and honest discussions led by a licensed physical therapist
- Opportunities to share the trials and successes of your limb loss journey
- An empowering environment to help you adjust to your new normal, independent and fruitful life
- Guest speakers to enhance your knowledge and broaden your access to resources

Stroke and Brain Injury Support Group. Tuesday, May 29, 1:30 p.m. - 2:30 p.m., Acute Rehab Dining Room-4th Floor Finley. 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 your experiences, express concerns, or ask questions.

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1. Who first recorded “A World of Our Own”?
2. When did Shirley and Lee write and release “Let the Good Times Roll”?
3. Name the one hit by The Murmaids.
4. Who released “Don’t Stop,” and when?
5. Name the song that contains this lyric: “I loved you all the summer through, I thought I’d found my dream in you. For me you were the one.”

Answers

1. The Seekers, in 1965. Sony James came out with

a country version three years later. Both versions did well, coming in at No. 2 and No. 1, respectively, on the Easy Listen and Country charts. 2. 1956. The song went to No. 1 on the R&B chart, the only one they did as a duo. Shirley’s 1975 disco hit single of “Shame, Shame, Shame” also topped the chart. 3. “Popsicles and Icicles,” in 1964. The Murmaids claimed their royalties were taken to pay expenses, even though the song cost only \$108 to record. 4. Fleetwood Mac, 1977. 5. “Yesterday’s Gone,” by Chad & Jeremy, in 1963. This was the first song Chad Stuart had ever written, followed the next year with “Summer Song.” He credited Wendy Kidd as co-writer because she allowed him to use her piano.

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Moments in time

THE HISTORY CHANNEL

• On **May 7, 1789**, President George Washington attends a ball in his honor. The event provided a model for the first official inaugural ball, which later became an annual tradition. The record number of inaugural balls attended in one night by a president is 15, set by President Bill Clinton in 1997.

• On **May 11, 1947**, the B.F. Goodrich Company announces it has developed a tubeless tire, a technological innovation that would make automobiles safer and more efficient. In 1952, Goodrich won patents, and the tubeless tire quickly became standard on most new automobiles.

• On **May 2, 1957**, Sen. Joseph McCarthy (R-Wisconsin) succumbs to illness exacerbated by alcoholism and dies at age 48. McCarthy had been a key figure in the anticommunist hysteria known as the "Red Scare" that engulfed the U.S. after World War II.

• On **May 13, 1958**, anti-American demonstrators pelt then-Vice President Richard Nixon's limousine with rocks in Caracas, Venezuela. Despite warnings not to send Nixon to Venezuela, where anti-American

sentiment ran particularly high, he went anyway.

• On **May 1, 1963**, despite running out of oxygen, James Whittaker of Redmond, Washington, becomes the first American to reach the summit of Mt. Everest, the tallest mountain in the world.

• On **May 12, 1963**, Bob Dylan walks out on "The Ed Sullivan Show" after network censors rejected the song he planned to perform, "Talkin' John Birch Paranoid Blues." Sullivan had heard the song days before and had no concerns.

• On **May 9, 1971**, the last original episode of the sitcom "The Honeymooners," starring Jackie Gleason, airs. Although a perennial rerun favorite in syndication, only 39 episodes actually aired.

• On **May 4, 1977**, British journalist David Frost interviews former President Richard Nixon. In the televised interview, Nixon admitted that he had not thought the White House tape recordings regarding the Watergate scandal would come out.

• On **May 8, 1984**, the Soviet Union announces that it will boycott the 1984 Olympics in Los Angeles. It was a response to the United States' decision to boycott the 1980 Moscow games. Thirteen other communist nations also refused to compete.

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7. Inspect All Belts
8. Check Safety System
9. Check Carburetor Settings
10. Test Overall Operation of Mower

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

GOLD TRACTOR PACKAGE

1. Clean Mower Deck top & bottom
2. Replace Air Filter
3. Test Battery & Clean Terminals
4. Replace Spark Plug(s)
5. Change Engine Oil & Filter
6. Sharpen & Balance Blades
7. Inspect All Belts, Bearings, Spindles & Pulleys
8. Balance Tire Pressure & Level Mower Deck
9. Check Carburetor Settings
10. Check All Fluid Levels
11. Test Overall Operation & Safety System

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Pamela Shaw,
Social Security District Manager,
Dubuque, Iowa

Social Security Honors



The Nation's Heroes On Memorial Day

On Memorial Day, we honor service members who have given their lives for our nation. Social Security acknowledges the heroism and courage of our military service members, and we remember those who have given their lives to protect our country. Part of how we honor these heroes is the way we provide Social Security benefits.

The loss of a family member is difficult for anyone. 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.

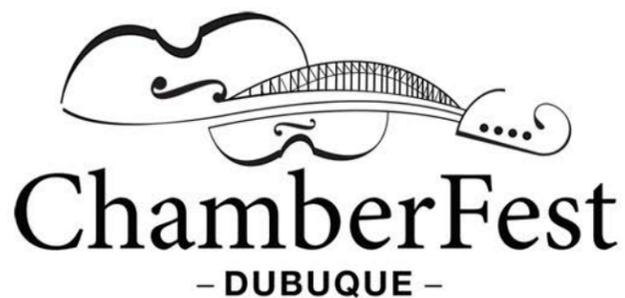
It's also important to recognize those service members who are still with us, especially those who have been wounded. Just as they served us, we have the obligation to serve them. Social Security has benefits to protect veterans when an injury prevents them from returning to active duty or performing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

Wounded military service

members can also receive expedited processing of their Social Security 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). The VA and Social Security each have disability programs. You may find that you qualify for disability benefits through one program but not the other, or that you qualify for both. Depending on the situation, some family members of military personnel, including dependent children and, in some cases, spouses, may be eligible to receive Social Security benefits. You can get answers to commonly asked questions and find useful information about the application process at www.socialsecurity.gov/woundedwarriors.

Service members can also receive Social Security in addition to military retirement benefits. The good news is that your military retirement benefit generally does not reduce your Social Security retirement

benefit. Learn more about Social Security retirement benefits at www.socialsecurity.gov/retirement. You may also want to visit the Military Service page of our Retirement Planner, available at www.socialsecurity.gov/planners/retire/veterans.html. 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. 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.



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YESTERDAY AND TODAY

BY MICHAEL GIBSON



This exquisite Italian Villa style home (1183 Locust) with its octagonal tower was built in 1873 by Dubuque businessman, James A. Beach. Beach came to Dubuque in 1857 from New Hampshire and soon established a lard, soap and candle factory at the corner of Dodge & Bluff. With his two sons, Edward & Charles, they later formed the James A. Beach & Sons soap manufacturing company. By 1880 annual revenue was reported to be \$50,000 with production of over 10,000 boxes of soap including such brand name as "North West" and "White Castile." In 1906 with new equipment they became the first soap powder mill in Iowa. Beach served as city alderman and was instrumental in securing Washington Park. He also served as president of Finley Hospital and the German Bank, and at the time of his death in 1918, he was president of the Dubuque Packing Company. (Courtesy of the Loras College Center for Dubuque History, OHE p71 Neg. 1077).

Yesterday & Today cont. Pg. 13

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NISOM from Pg. 1

teacher at the San Francisco Conservatory of Music, who is the festival's Artistic Director. Each year since 2009, Gilbertson invites a select group of musicians from across the country to join him for a benefit concert for NISOM.

Experience ChamberFest Dubuque on Thursday, June 7 at 7PM in Clarke University's Jansen Hall, sponsored by US Bank. Enjoy solos and chamber ensembles in an intimate setting with a variety of musical styles that highlight the talents of each artist. Following the concert, mingle during a champagne and dessert reception.

The tenth year features returning favorites and new faces. Violinist Hanah Stuart of the San Diego Symphony was among the first performers in 2009 as a Juilliard student. Dubuque native and cellist Bridget Pasker joined ChamberFest in 2010 during her first year at Juilliard. In a testament to the quality of musicians Dubuque produces, 2018 will feature a third Dubuque native, percussionist Evan Saddler, who earned a master's degree from Juilliard. This year also welcomes back pianist David Fung, who recently made his solo recital debut at The Kennedy Center, and introduces clarinetist Zach



ChamberFest Dubuque is led by NISOM and Juilliard alumnus Michael Gilbertson

Manzi of Miami's New World Symphony Orchestra, who was featured in his own TED Talk.

Each year brings a unique set of performers, so whether this is your first year or your tenth, you will experience a concert like none other. The audience calls it "fantastic," "fabulous," and "awesome!" One 2017 concert goer said, "Even if I went to New York and spent a fortune I wouldn't see anything better (maybe not even as good)!"

Adult tickets are \$40-\$50; purchase by May 25 for early-bird pricing. Visit nisom.com or call (563) 690-0151 for tickets and more information.

Yesterday & Today from Pg. 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 late 1920's the home was demolished and eventually the property was sold to the Freemasons who constructed an elaborate structure to serve as a temple. The Masons first established Dubuque Lodge No. 3 in 1842 and they moved several times to different locations. Just prior to locating at 12th & Locust they occupied a building at 11th & Locust, where the new addition to the Carnegie Stout Public Library is currently located. The cornerstone for the current Masonic Temple was laid in 1931 and formal dedication of the temple occurred on March 15, 1932. (Photo by Terry Grant).

Dupaco and First Community Trust to Present Free Retirement Planning Seminars

DUBUQUE, Iowa — Dupaco Community Credit Union will join forces with First Community Trust to present free seminars on Wednesday, May 2, on the topic of retirement planning with two sessions being held, from 3:00–4:00 p.m. and 5:45–6:45 p.m. The seminars will be held at Dupaco's Pennsylvania office,

located at 3999 Pennsylvania Avenue, in Dubuque.

Titled "Understanding Retirement Options, Before & After You Retire," these informative seminars will discuss strategies regarding how to make your retirement dollars last, current distribution rules,

Retirement Planning cont. Pg. 26

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Bethany Home from Pg. 1

those considering relocating, sometimes by choice, other times by force, know that they may actually be one of those “old people” who really need to at least consider moving to a retirement home of their choosing before it becomes someone else’s decision. There are lots of great options in our fine community and I encourage those that are even slightly considering this idea to do it sooner rather than later.

I can’t help but think if I had a dollar for every time I gave a tour and I heard the whisper of an “older American” saying to their daughter or son, “It’s nice for someone who needs that kind of care but I’m not ready to go live with all those old people”, I may be able to put a nice down payment on my own future place of retirement.

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Health & Well-Being

Keep The Spring In Your Step: Good Reasons To Exercise After Age 50

(NAPS)—For many older adults, growing older seems to involve an inevitable loss of strength, energy and vigor—but that need not be, says the Centers for Disease Control and Prevention (CDC). The frailty and decreased energy associated with aging are largely due to muscle loss due to inactivity. And when it comes to muscle, the old saying is true: “Use it or lose it.”



You can enjoy your strength training workout more when you heed a few hints to reduce your risk of injury and relieve muscle pain.

What To Do

One of the best ways to keep muscles healthy and strong, the CDC advises, is through exercises called strength training.

Why To Do It

Done regularly, strength training builds bone and muscle and helps to preserve strength, independence and energy. These exercises are safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—such as arthritis or heart disease—often benefit the most from lifting weights a few times each week.

Strength training, the CDC adds, can also reduce the signs and symptoms of:

- Arthritis—It reduces pain and stiffness and increases

strength and flexibility.

- Diabetes—It improves glycemic control.

- Osteoporosis—It builds bone density and reduces risk for falls.

- Heart disease—It reduces cardiovascular risk by improving lipid profile and overall fitness.

- Obesity—It increases metabolism, which helps burn more calories and helps with long-term weight control.

- Back pain—It strengthens back and abdominal muscles to reduce stress on the spine.

What’s more, studies have shown that people who exercise regularly sleep better and have less depression, more self-confidence and self-esteem, and a greater sense of well-being.

Exercise After Age 50 cont. Pg. 25

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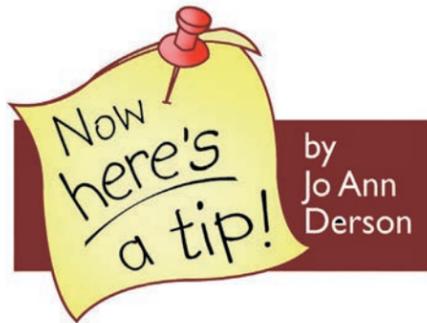
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• "How to never have cloudy ice tea: Brew tea bags in hot water; steep for 4-5 minutes and remove bags to cool. Mix to taste with room temperature water and let the whole business cool down before you put it in the fridge." — **J.G. in Alabama**

• To clean your car's cup holders, use this sneaky trick: "Find a large cup that just fits inside the holder. Slip it down inside a sock, and then spray the bottom of the sock with all-purpose cleaner. When you put the sock-covered cup in the cup holder, it can get down in

there and scrub off the gunk." — **R.E. in Texas**

• "To get rid of mineral deposits or hard-water stains in your toilet, try dropping two Alka-Seltzer tablets in a flushed toilet and letting them bubble and sit overnight. In the morning, scrub with a toilet brush and flush until clear." — **G.K. in Pennsylvania**

• Peeling a boiled potato? Drop it quickly in an ice bath, and the skin may just slip right off! If you prep peeled potatoes, be sure to keep them submerged in water and add a tablespoon of white vinegar to keep them from browning.

• It's hard to measure out sticky substances like honey or molasses when you're using a measuring cup. They cling to the inside, and you're never sure that you added the right amount. The next time you're cooking with something sticky, spray the inside of the measuring cup with cooking oil. It will slide right out.

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

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**Passion and Purpose
Benefits of Downsizing**

by Lori Stoltz, *The Residences, Luther Manor Communities*



As someone who has worked in Senior Housing for many years, I often hear the phrase "I'm not ready to downsize yet" or, "I still might need my stuff someday." Not surprising though, when a person does commit to downsizing I hear, "I wish I had done it sooner." Here are the many benefits I have heard from residents when they did downsize:

- It shifted my focus away from "things" and more on experiences and relationships.
- It made my home look bigger and brighter.
- I have more space for company.
- It makes housecleaning easier and I can do it in less time.
- I have more space for company.
- It is easier to find things.
- It made my home safer as I had less things to bump into or trip over.
- I was able to get rid a

lot of older furniture I did not use or was not comfortable and replace with a fewer new pieces which were better suited for my lifestyle.

For those who not only downsize their stuff, but downsize into a smaller home in a Senior Community, the benefits seem to multiply. Some communities like ours at The Residences, provide complete inside and outside maintenance, so there is more time for well-deserved interests, travel and relaxation. Also our 24/7 fitness centers and personal Wellness Coordinator can help improve one's health. Though downsizing can seem emotionally draining and physically impossible, there are many easy tips experts suggest to help with the process. You can enlist friends, family and even professionals, but always know it is a process and you do not have to do it all at once.

TRAVEL HEALTH UPDATE

Five Spring Vacation Tips

(NAPS)—Presented by Carmex—If you'll be spending time in sun-kissed climates on your next vacation, these tips can help you keep your skin, eyes and lips protected.

1. **Travel like a pro:** Stay moisturized while in flight. To combat notoriously dry airplane cabins, reach for a lip balm that contains cocoa butter. For example, Carmex's Classic Original Jar can help soothe and moisturize even the most chapped lips.

2. **Find some shade:** Find a spot at the pool with an umbrella. You can also wear a hat with a brim all the way around that shades your face, ears and the back of your neck from the sun. Retreating from the sun's strong rays and finding rest in the shade can help you stay protected and cool in the heat.

3. **Drink plenty of water:** Just like the rest of your body, your lips need nourishment. Be sure to pack a large refillable water bottle for your trip and keep it near your beach bag so you're more likely to drink water throughout the day.

4. **Pack a lip balm with SPF:** For much-needed sun protection on your lips, there's Carmex Daily Care lip balm in a variety of delicious flavors including Fresh Cherry, Wintergreen and Strawberry. They're all formulated with SPF 15 for sun protection and are specially designed to smooth, soothe and soften lips and restore their healthy look.

If your lips need more help, there's the time-tested formula of Carmex Classic lip balm. Moisturizing and medicated, it's



Protect your lips from the harsh rays of the sun when on vacation.

made with camphor to provide pain relief, menthol for a cooling effect, and pure, refined white petrolatum to help protect and provide a healing environment.

5. **Remember your sunglasses:** Just as lips are sensitive to the sun, so are your eyes and the tender skin

Spring Vacation Tips cont. Pg. 23



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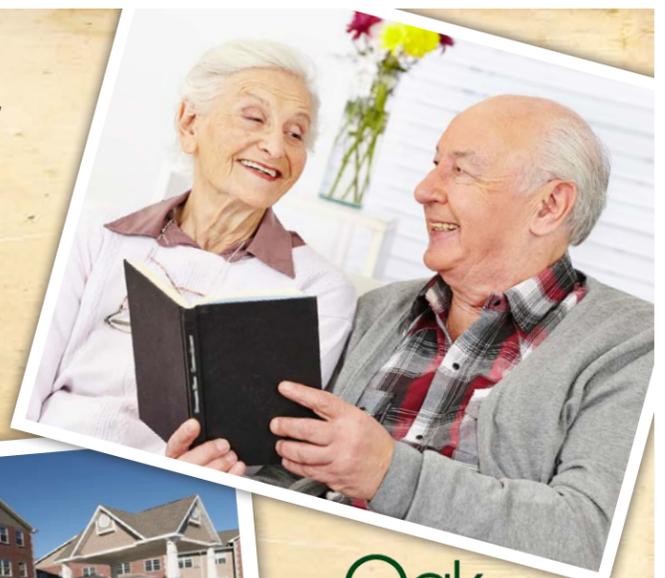
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How Low Is Too-Low Blood Pressure?

DEAR DR. ROACH: You have written many articles about high blood pressure, but I want to know about low blood pressure. What is normal? What is low, and what is dangerously low? I have a heart issue for which I take medication. I want to know if my blood pressure is too low. — *Anon.*

ANSWER: Among young adults, only 5 percent of men will have a blood pressure below 110/60 or so, and for young women, it's 90/46. Blood pressure tends to go up with age, so low blood pressure numbers are higher for older adults.

For people with healthy hearts, the only time we worry about low blood pressure is if there are symptoms, and the most common symptoms are lightheadedness and fainting.

In people with congestive heart failure, low blood pressure usually is not concerning in itself, but because it might indicate that the heart is getting weaker. However, many of the medications used for CHF reduce blood pressure, which can even limit the amount of medication that can be used. In people with blockages in their arteries, too low a blood pressure can cause inadequate blood flow to parts of the heart and cause angina symptoms.

The blood pressure is dangerously low when a disease process is causing the low blood pressure. In extreme cases, low blood pressure is one of the most dangerous signs of shock. But in general, for healthy people, low blood pressures are not worrisome.

* * *

DEAR DR. ROACH: I would like to know about warts. I know they are common in both children and adults. I have one on my thumb. I am 50 years old. Where can the warts spread to? I heard you can find them only on your hands and feet. Is that true? — *J.S.*

ANSWER: Warts are raised round or oval growths, caused by the human papilloma virus. Although they most commonly occur on the hands and feet, some strains of HPV are more likely to cause warts in the genital region. Warts can appear on any part of your body, and you can spread them from one part of your body to another, as well as from person to person. Warts are more likely to occur in areas of skin that are irritated, such as cuts, scrapes and even areas that are shaved. For this reason, it's a good idea to treat the wart quickly, preferably before it gets bigger and harder to treat.

Over-the-counter wart treatments are most commonly salicylic acid. A nail file or pumice stone to get rid of dead skin first increases effectiveness. Liquid medicine is used for thinner warts, and a plaster is more effective for thicker warts.

One home remedy is as follows: Apply silver duct tape to the wart and leave it on for six days. Follow up by soaking the wart and removing any dead skin, then leave the tape off overnight. Repeat the **To Your Good Health cont. Pg. 19**



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SENIOR NEWS LINE

by Matilda Charles

Don't Pay Twice

AARP, known as the American Association of Retired Persons, the organization set up to protect the interests of seniors, is coming under fire for sending us too many renewal notices.

And it's true. My own AARP membership expires every August. Yet, beginning in February, I start getting renewal notices every few weeks.

The big problem is that too many seniors see a bill in the mail and immediately write a check. In the face of continual renewal notices, it's possible that we can send AARP (and others) multiple checks every year. Even worse, we can end up with multiple AARP accounts, and pay on all of them.

Here's an idea: In a small notebook that you keep handy (maybe in a kitchen drawer or

where you sit down to write monthly checks), keep a list of expiration dates. Consult that list every month. If your credit card is due to expire in October, you'll know when to start watching the mail for its replacement. If your car inspection sticker expires in July (especially if you live in a state that doesn't mail notices), make a note to get it taken care of ahead of time. Check magazine mailing labels. The expiration date will be right on them.

Because important things do get lost in the mail, here are a few more things to note on your list: property taxes (if you don't pay them with your mortgage), any quarterly payments, bank box fee, ending period for any discount you're getting on your Internet service or zero-interest credit card, furnace or HVAC inspection, last date to sign up for something important ... and so much more. Once you start using a list like this, you'll wonder how you managed without it.

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To Your Good Health from Pg. 18

process by applying duct tape for another six days. This is effective in some people. You should see your doctor if these home remedies don't work.

Dr. Roach regrets that he is unable to answer

individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803.

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Charlie Rich, Jr.
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Liz Lynch is back by popular demand.

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

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 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."

Strange BUT TRUE

- It was Edna St. Vincent Millay, a playwright and the first woman to win the Pulitzer Prize for poetry, who made the following observation: "A person who publishes a book appears willfully in public with his pants down."

- I don't know who studies such things, but those who do say that over the course of a lifetime, you'll probably spend about three years in the restroom.

- Despite numerous arrests and trials, famed 19th-century outlaw Frank James was never convicted of anything and never went to prison. He died in 1915, at the age of 72, of natural causes.

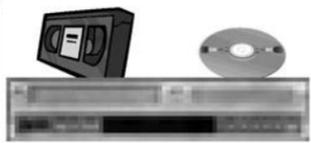
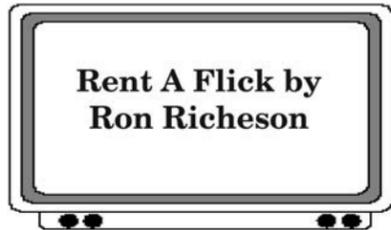
- In Germany in the 1500s, a court physician by the name of Oswaldt Gabelthouer wrote a medical book full of remedies

that he guaranteed would be effective. For insanity, the patient must cut his or her hair close to the head, then tie two halves of a ram's liver to the head. A severe case of epilepsy, he claimed, could be cured if the patient wore the right eye of a wolf and the left eye of a she-wolf on a thong about the neck for three months; also, the patient had to forgo bathing during that time. There's no mention in the record at hand of how a patient would go about redeeming the guarantee.

- When groups of shrimp end up with too few males to sustain the population, some of the females turn into males.

- If someone called you a "mumpsimus," would you be flattered or insulted? It seems that the appropriate reaction would be to take offense. According to the Merriam-Webster dictionary, a mumpsimus is "a stubborn person who insists on making an error in spite of being shown that it is wrong."

Strange But True cont Pg. 21



Mona Lisa Smile

I had planned to review the recently released DVD rental *The Shape of Water* because it won the Oscar for Best Picture at the Academy Awards in March but I changed my mind after viewing. Instead, I decided to reach back in time into what I affectionately call the moldy oldies and revisit *Mona Lisa Smile* (2003). I'm so drawn to this film that I have seen it many times and never tire of it.

Julia Roberts plays Katherine Watson, a college graduate from the West Coast who accepts a position at a prestigious college on the East Coast to teach art history during the early 50s. Although she isn't aware of it yet, she is about to walk into a culture shock. Her

eagerness is put to the test when she meets her students. They all have been born with a silver spoon in their mouth and their only interest in life is marrying well.

One of the film's highlights is the uncrating of a Jackson Pollock, the famous drip and splatter artist. If you are not familiar with Pollock's work, his paintings are very unique.

It is fascinating to watch Katherine slowly and methodically begin to open her student's eyes, transform their thought process, and to see life from a broader perspective. This is what makes Katherine Watson a great teacher and *Mona Lisa Smile* such a memorable movie.

This film is rated PG-13 and is available via Netflix rental.

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Goal: "Keep the Best of the Past Alive"

Elisha Darlin Art Award from Pg. 8
Tim says. " I like to create opportunities for arts, design and architecture to sustain a good living." Tim's fostering of community is exemplified by his vision as a founding member of the long running *Dubuque and All That Jazz* music events at the Town Clock Plaza.

The DCFAS Elisha Darlin Art Award has a 35-year history of honoring outstanding people for their contribution to the arts and cultural landscape of Dubuque. Past recipients include Ruth and Russ Nash, Sue Riedel, Lenore Howard and Doug Donald, Gail Chavenelle, Sandye Voight, Gene Tully, Fran and Ellen Henkels, former Dubuque City Councilwoman Ann Michalski, William Intriligator, Connie Twining and Stormy Mochal, and the Dubuque Cultural Preservation Committee, among many others. Last award recipient was Greg Orwell, retired Director of Colts Youth Organizaion.

This year, the Fine Arts Society nominations included Art on the River Committee,

Creative Adventure Labs, Tim McNamara, Northeast Iowa School of Music, Tim Runde, and Voices Productions. Fine Arts Society presents the 2018 Elisha Darlin award to Tim McNamara.

For more information, please contact:

Ali Levasseur, President,
Dubuque County
Fine Arts Society,
info@dcfas.org, 307-630-9447

Francis Henkels, Event Chair,
fhenbkels@henkelslawdbq.com,
563-543-0881

Gene Tully, President,
Voices Productions,
genetully@aol.com, 563-543-3434

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Contract Bridge

by Steve Becker



South Has A Problem To Solve

West dealer.

Both sides vulnerable.

NORTH

♠ A K 7 6
♥ A 3
♦ J 8 3 2
♣ 10 9 5

WEST

♠ 10 4 3
♥ Q J 10 9 7 6 4
♦ A 10
♣ 7

EAST

♠ Q J 9 8
♥ 8
♦ Q 9 7 6 5
♣ K 8 2

SOUTH

♠ 5 2
♥ K 5 2
♦ K 4
♣ A Q J 6 4 3

The bidding:

West	North	East	South
3♥	Pass	Pass	4♣
Pass	5♣		

Opening lead — queen of hearts.

One of the chief purposes of a pre-emptive bid is to deprive the opponents of the ability to exchange information at a low level. It is therefore not surprising that a partnership often will fail to arrive at its best contract after a pre-emptive bid by the opposition.

Take this case where North-South would have been much better off at three notrump

than the inferior contract of five clubs they reached after West's opening three-heart bid.

Declarer had a lot of work to do to make five clubs. He took the opening heart lead in dummy and returned the club ten, winning the finesse. Another trump finesse disclosed that East had started with three to the king, which in turn meant that South's third heart could not be safely ruffed in dummy. Two diamond losers also appeared certain, since West was very likely to have the ace for his vulnerable three-bid.

The outlook was bleak, but declarer found the answer. After drawing East's last trump, he cashed the A-K of spades and ruffed a spade. He then played his last two trumps, reducing himself to the K-x of both red suits. On the last trump, West had to choose a discard from the J-10-9 of hearts and A-10 of diamonds.

If West discarded a heart, South would then play the king and another heart, compelling West to lead a diamond. And if West discarded the ten of diamonds instead, a low diamond play would convert declarer's king into a trick. Either way, the jig was up.

South certainly gets full credit for his excellent play, but West has to get an assist for having made it possible to test declarer's mettle.

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good fortune to others." — Ambrose Bierce

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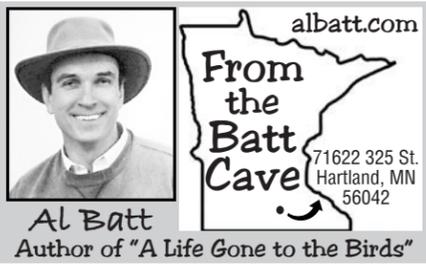
Strange But True from Pg. 20

Thought for the Day:
"Calamities are of two kinds: misfortunes to ourselves, and

Good ideas are not adopted automatically.

They must be driven into practice with courageous impatience.

—Admiral Hyman Rickover



Al Batt
Author of "A Life Gone to the Birds"

Everything was hush-hush

"Lord please keep one hand on Allen's shoulder and the other hand over his mouth."

That was my father's occasional prayer on my behalf.

Because I hadn't said a single word the first year of my life, Mom said I was too quiet. Dad thought otherwise.

When my parents needed to transact business in the county seat, they took me to the public library. It was a beautiful old building opened in 1903, thanks to a grant from Andrew Carnegie, a capitalist who was exceptionally good at being a capitalist.

The library building was a vocal structure. Floors, doors, chairs and tables groaned, moaned, creaked and squeaked. It was a place for humans to keep quiet. You couldn't wear a loud tie there.

My parents dropped me off at the library and left the scene quickly. I booked it up the steps into the library clutching a Big Chief tablet and a couple of freshly sharpened #2 yellow, wooden lead pencils. The Big Chief was a notebook with a faded red cover featuring a Native American in full headdress and paper made from newsprint with widely spaced lines. I ran to the encyclopedias, early versions of Wikipedia, to look up things I needed/wanted to know. I read bits of books, newspapers and magazines. I used a dictionary that seemed better at its job than our aged wordbook at home. Words to live by were found in it even though it had no Wi-Fi capabilities. Free information and fascination. I'm a reader. Dinosaurs hadn't been readers and I knew what happened to them.

I jotted things down. I was a chronic note taker then as I am now. I take notes because I'm human. Humans are good at forgetting things. I'd put pencil to paper about such things as: Why is a creek called a "crick"? Why didn't "spreading like wildflowers" catch on as a leisurely variant of "spreading like wildfire"? Was I like Pavlov's dog because I became peckish each time Paul Harvey came on the radio or was it because Paul was on at noon? Why is water wet?

I have taught a writing class

to college kids. I told them to journal. If they found that too much of a hassle, they should at least write ideas down.

One of this amazingly perceptive bunch of young people said with a smile, "We don't need to write things down, Mr. Batt. We're not ancient like you. Our brains work and we're able to remember things."

I asked the class if any of them had managed to get 100 percent correct on every test they'd ever taken.

They were as honest as they were smart. None of them had accomplished that feat.

I said, "See, you can't remember everything. Write things down."

Rushing through the door of that great den of information, I was greeted by a zealous "Sssssshhhhhhhhh!", from a librarian. She was diligent in her duty to protect the library's tranquil environment.

I hadn't had a chance to make a sound other than with my squeaky shoes that I was perpetually breaking in. I'd been found guilty without a trial.

LOL was done without a cellphone in those days. When I read the funny pages in the newspapers, I'd try to stifle any laughter. I wasn't always successful, which labeled me as a troublemaker.

Friends deserted a laughter in a library as a way of saying, "Remember, if anything goes wrong, we'll be right behind you, going the other way."

I needed to remain steadfast in my resolve not to whistle. Some folks whistled while they worked. I was more likely to whistle while I wasn't working. A classmate, who believed there was no point in singing if you could whistle, absentmindedly whistled in class and was scolded by our teacher. He'd have gotten away with the whistling if he hadn't applauded after he'd finished.

The librarian, I think her name was Paige Turner, told me to use my library voice. That meant being silent. I watched a man eat a candy bar and its wrapper. It'd have made too much noise to unwrap it.

After I'd busily expanded my mind for an hour, the librarian shushed me once more because she knew I was capable of making sounds. Then she gave me the look that said, "Don't make me shush you again."

If a crime had ever been committed in that library, no witnesses would have talked.

I was quiet in the library. I didn't want to be classified and catalogued.

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Spring Vacation Tips from Pg. 17 around your eyes. Wearing sunglasses can help keep these areas protected from the sun whether on the beach,

near the pool or just spending time outdoors.

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DEMENTIA FRIENDLY COMMUNITY CORNER

As we covered last month, Caregivers are truly heroes. But the guilt caregivers may feel can be overwhelming. Guilt comes from the frustration of not being able to solve problems, deciding on the type of care their loved one needs, and trying to understand how the dementia is progressing. The emotional toll on the caregivers is undeniable.

I attended a session in which Martin Schreiber, the Author of My Two Elaines, shared this. He was feeling guilty about having to place his wife into an assisted living. He felt they were doing okay on their own, he continued to do the things Elaine loved to do. However, his own health was starting to fail. Having a conversation with a member of his local Alzheimer's Association chapter, things finally fell into place for him. The guilt lessened once he realized that Elaine isn't the same person she used to be. The dementia is creating new needs, new likes and dislikes for his wife. He was assured that he was giving Elaine the opportunity to be who she is now by finding the proper care for her and taking care of himself.

Each caregiver has their own story, education and conversation is the key to supporting each other though our similar yet very different journeys. Caregivers are truly heroes.

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KOVELS®

Antiques & Collecting

By Terry and Kim Kovel

Revere Silver

Paul Revere's name is known to every American school child because of his part in the Revolutionary War and Henry Wadsworth Longfellow's poem with the memorable words, "Listen, my children, and you shall hear of the midnight ride of Paul Revere." But few young students know that Revere was a military man, silversmith, engraver and an entrepreneur who made and sold iron castings of bells and canons, forged copper bolts, and the first rolled copper sheets. He was married twice and had 16 children.

Eighteenth-century silversmiths were important, trusted citizens who turned silver coins into teapots and other objects for customers. Since there were no banks, these identifiable objects were safer forms than coins. It would have been easy to steal some of the silver, and a few silversmiths were caught and jailed for the crime.

A porringer made by Paul Revere Jr. sold at a Skinner auction in 2016, for \$39,975. It was marked with the name Revere and engraved "P/DB over BP." It matched another porringer, now in a Massachusetts museum, that originally belonged to David and Betiah Pearce. That one was engraved "MP" for Mary Pearce, probably a sister of "BP." The family history plus the fame of Revere led to the high price.



Paul Revere, Jr. made this silver porringer with a cut-out handle about 1770. It sold at a Skinner auction in Massachusetts for \$39,975.

A: LeCoultre & Cie was founded in 1833 by Antoine LeCoultre, a watchmaker in Le Sentier, Switzerland. The company became Jaeger-LeCoultre in 1937 and is still in business. Your clock is an eight-day clock and only needs to be wound once every eight days. It was made about 1950 in both musical and non-musical versions. The musical version plays "The Blue Danube." The clock case could look black or red. Red is rarer. The value of your clock is reduced because the musical feature isn't working. In perfect condition the red clock is worth about \$300, but your clock needs to have the musical parts repaired and is worth less.

CURRENT PRICES

Board game, Batman, Milton Bradley, 1966, 10 x 19 inches, \$40.

Hummel figurine, No. 217, Boy with Toothache, scarf tied around head, below chin, 1950s, 5 1/2 inches, \$110.

Mailbox, cast iron, embossed, Pull Down, Letters, red, white and blue, side door opening, lock and key, 1908, 20 x 13 inches, \$725.

Golf ball marker, stamping machine, cast iron and brass, dial with numbers and letters, press handle, Omnes, c. 1910, 8 x 11 inches, \$1,000.

TIP: Always keep firearms locked up, even antique ones. Old guns should have the barrels filled so it is impossible to accidentally discharge them.

For more collecting news, tips and resources, visit www.Kovels.com

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Q: I inherited a small alarm clock stamped "LeCoultre 59" on the base. "LeCoultre 8" and "Swiss" are printed on the face. It has a gold dial with black Roman numerals and is set in a brass and rose-colored mirrored case. The clock has a music feature, but it's overwound. The clock is 3 inches high and 2 inches wide. What is it worth?

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VETERANS ★ POST ★

by Freddy Groves

New VA Chief Must Hit Ground Running

David Shulkin is gone. No matter how he came to exit the building, whether he quit or was fired, he's gone.

Now the president has nominated his own personal physician to head the Department of Veterans Affairs.

No matter who ends up being the new VA Secretary, he will need to clean house. He should call a powwow with leadership in the VA Office of the Inspector General and ask for summaries on all of the VA regional medical facilities. If there are facilities that keep getting bad inspection reports, maybe that's where the first heads need to roll.

Non-management employees need to be given a voice. Whether it's a clerk who is instructed to fiddle with appointment times, or

an accounting assistant who sees funny business with the numbers, they all need the means to point out what is wrong. Even if it's nothing more than a suggestion box read daily by high-ups, the people down in the trenches need a way to make fixes without fearing for their jobs.

It was whistleblowers who first brought to light the serious problems at the Washington, D.C., VA Medical Center. I suspect they were nursing staff who couldn't properly care for the patients when supplies kept running out. Whistleblowers are our first line of defense when it comes to suffering shoddy care. They need to be encouraged to come forward more often.

The new secretary needs to send out a strong message from Day One that sneaky and entitled employees should head for the doors. That will include the secretary's personal staff.

Most of all, the new secretary needs to be personally sharp enough not to do things like accept freebie Wimbledon tickets and assume that no one will ever find out.

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Exercise After Age 50 from Pg. 15

Fortunately, strength training exercises are easy to learn, and have been proven safe and effective through years of thorough research. What's more, you may be relieved to learn, there are ways to train without undo strain, aches and pains.

Doctor's Advice

To help, Bob Arnot, M.D., an award-winning journalist, author of 12 books on nutrition and health, host of the "Dr. Danger" reality TV series, previously Chief Medical Correspondent for NBC and CBS News, and Chief Foreign Correspondent for MSNBC and NBC, offers this advice:

- Find a few minutes at least two to three times a week to maintain general fitness. Try three or four five-minute bursts of activity such as walking or climbing the stairs at the office.

- Take two or three more minutes a day for yoga breathing and movements to help your body maintain balance, usable strength, flexibility and muscular restoration.

- Spend another few minutes every day and before any vigorous exercise doing calf stretches and forward bends.

- Stay hydrated before, during and after your workout.

- To reduce your risk of muscle soreness after exercise, consider a massage, an Epsom salts bath or intermittent hot and cold showers, as well as proper stretching and cooldown.

- Muscle strains and muscle pulls are major health concerns for weekend athletes. Signs you should look for alerting you to rest your

muscles and avoid overtraining are a higher than normal resting heart rate, disrupted sleep due to an elevated heart rate, muscle cramping and muscle twitching.

- Eat right. In addition to lots of fruits and vegetables and a few lean meats, consume foods with magnesium, which helps fight inflammation, and with vitamin B12—especially if you're over 50—such as fortified cereals. Drink three cups of fat-free or low-fat milk throughout the day or consume the equivalent in yogurt, cheese or other dairy products. Consider an anti-inflammatory diet—cut out sugar, potatoes, tomatoes and eggplant.

- Go topical. Topical pain relievers such as creams, gels and patches work locally. For example, the Salonpas Lidocaine 4% Pain Relieving Gel-Patch provides the maximum strength of lidocaine available without a prescription.

According to the Center for Medicare Advocacy, "[Lidocaine] is a highly effective pain reliever and its unique non-narcotic and nonaddictive properties make it a benign alternative to opioids, without the risks and devastating side effects of opioids."

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Learn More

For further health hints from Dr. Arnot and others and information on relieving aches and pains, go to <http://salonpas.us>.

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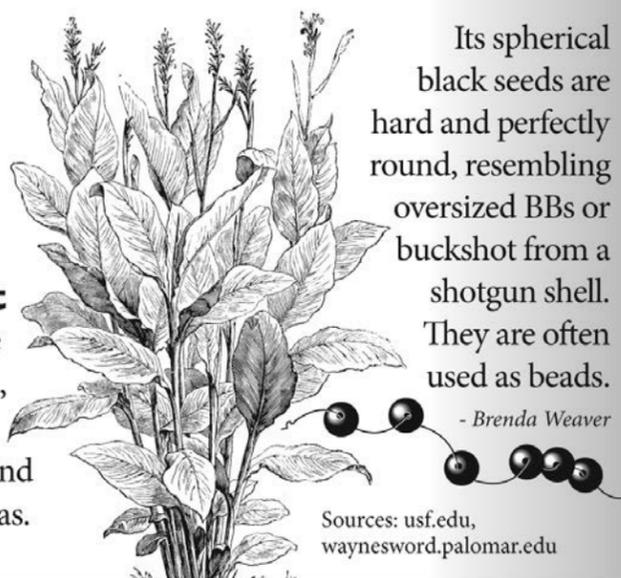
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Indian shot

is another name for *canna indica*, a wildflower of the Caribbean and tropical Americas.



Its spherical black seeds are hard and perfectly round, resembling oversized BBs or buckshot from a shotgun shell. They are often used as beads.

- Brenda Weaver

Sources: usf.edu, waynesword.palomar.edu

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6. THEATER: Who wrote the 20th-century play

- "Private Lives"?
7. GAMES: What color is the No. 1 ball in billiards?
 8. MOVIES: What kind of creature is Thumper in the Disney movie "Bambi"?
 9. TELEVISION: What was the name of the club where husband Ricky worked on the show "I Love Lucy"?
 10. GEOGRAPHY: What is the world's largest active volcano?

Answers

1. Vitamin C
2. Arlington County, Virginia
3. Six, although one died in infancy
4. 4 p.m.
5. Uranus
6. Noel Coward
7. Yellow
8. A rabbit
9. Tropicana
10. Hawaii's Mauna Loa

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to enrich your
mind, body, and spirit
this May and June

Annual Picnic On The Hill

Thursday, May 24, Serving From 11:30AM To 12:30PM

Enjoy one of your first picnic lunches of the season in our dining room or outside on our beautiful deck. Join us for this annual tradition! The "very summery" menu includes: hamburgers, brats, potato salad, baked beans, cookies, ice cream, lemonade, and coffee. Come with friends, come with family, or come alone! Our peaceful atmosphere and tasty down-home cooking is a great way to welcome in the Summer season!

Offering: \$10 For Adults / \$5 For Kids (Ages 10 & Under)

Register & Prepay By Tuesday, May 22

Summer Breakfast To Welcome Summer!

Tuesday, June 5, 7:30AM-8:30AM

Presenter: Sr. Marge Staudt OSF. Begin celebrating summer by joining friends old and new for our seasonal breakfast. The food will be wonderful, the spirit refreshing! Marge's welcoming of summer will be light and inspiring! Don't miss this celebration of the season.

Offering: \$10. Register & Prepay By Friday, June 1

Healing: Myth, Magic, Or Miracle?

Friday, June 15, 5:30PM — Wednesday, June 20, 9:00AM

Director: Fr. Jim Starbuck. We live in a world that needs healing, both in society and as individuals. We will explore what healing is, what the Church teaches and how we can look for ways of healing. Fr. Jim is originally from Waterloo IA and is currently a priest in Oakland, CA. He ministers with the Archdiocese of Dubuque presenting retreats and assisting parishes. He has a BA in Communications from St. Louis University and attended seminary at Catholic University.

Offering: Overnight: \$455. Includes 5 Breakfasts, 4 Dinners, 5 Suppers.

Commuter: \$400. Includes 4 Dinners, 5 Suppers. \$75 Nonrefundable Deposit Required.

\$25 Early Bird Discount If Registered By: May 15

Registration Deadline: Monday, June 11

The Art And Heart Of The Spiritual Life

Monday, June 25, 5:30PM — Saturday, June 30, 9:00AM

Director: Fr. Albert Haase, OFM. The spiritual life is the process of being transformed into the image of Christ for the sake of others. In this retreat, Fr. Albert will discuss this process of transformation and the challenge it presents to break free from the agenda of the false self. Important aspects such as one's image of God, resisting temptations, living in the present moment, and the challenge of forgiveness will also be discussed. This retreat is loosely based upon Fr. Albert's best-selling books and DVDs. Ordained a Franciscan priest in 1983, Albert Haase OFM is a popular preacher, teacher, and spiritual director. A former missionary to mainland China for over eleven years, he is the author of nine books on popular spirituality and the presenter on four bestselling DVDs. He resides in Texas.

Offering: Overnight: \$455. Includes 5 Breakfasts, 4 Dinners, 5 Suppers.

Commuter: \$400. Includes 4 Dinners, 5 Suppers. \$75 Nonrefundable Deposit Required.

\$25 Early Bird Discount If Registered By: May 25

Registration Deadline: Tuesday, June 19

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for more information or to register for these programs.

Shalom is located at 1001 Davis Street in Dubuque.

*If you take no risks, you will suffer no defeats.
But if you take no risks, you win no victories.*

—Richard Nixon

Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry

Grandpa Officiated Girls Basketball Only Once!

Sr. Margaret caused me to think of this memory, Maury, when she recently mentioned watching a PBS documentary on "six on six" girls high school basketball which ended in 1993. It portrayed the history of that sport mentioning Iowa was number one in the nation for making it extremely popular. Basic rules were three guards on defense and three forwards on offense. The defense and the offense were limited to their half of the court. A player was limited to two dribbles each possession. Grandpa's telling you all this, Maury, because once—and once only—I officiated a high school girls basketball game. This is how it came about:

As you know, Maury, Grandpa, played basketball for Loras College. (I was "last" on the bench, a 3rd string guard!). At that time the Dubuque Archdiocesan Girls High School Basketball Tournament took place annually at the Loras College field house. In the early rounds of this tournament, games were scheduled at 10 a.m. Our basketball coach was Vince Dowd and he asked Jack Barnes, a starting guard on our team (now Fr. Barnes) and



Jerry Eberhardt with
grandson, Maury Cohn

me to officiate a morning game between Cascade and Peosta as the regular officiating crew couldn't be there.

At 10 a.m., Maury, the only fans were Cascade or Peosta natives. One of the guards for Peosta was 6 feet tall, and at least 200 lbs. She also, Grandpa recalls, had red hair! As the game progressed she was guilty of three fouls and each time she "showed" us up, talking back, slamming the ball, etc. At this point I calmly gave her a warning, "once more and you'll be out of this game!" It was about five minutes into the second half that I called another foul on her. She kicked the ball again and I immediately ejected her from the game which caused the Peosta natives to become restless! I experienced their boos but gained the cheers of Cascade!

Maury, this was my first and last game as a referee!

Much love, Grandpa

Retirement Planning from Pg. 13 and options for your 401(k).

There is no cost or obligation to attend the seminars, and all are welcome. For reservations, contact Jim Liddle, First Community Trust at (563) 690-0029.

According to Dupaco President and CEO Joe Hearn, educational efforts and corresponding seminars support the credit union's ongoing philosophy of people helping people. "At Dupaco, we strive to teach our members financial management skills to help them relieve stress and instill a better quality of life," said Hearn. "These seminars do exactly that."

About First Community Trust:

First Community Trust, N.A., is a national association authorized by the Comptroller of Currency of the U.S. Department of the Treasury. First Community Trust offers a full line of investment-management and fiduciary services to the following credit unions and their members: Collins Community Credit Union and Dupaco Community Credit Union in Cedar Rapids; Dupaco

Community Credit Union and DuTrac Community Credit Union in Dubuque; Dupaco Community Credit Union in Waterloo; and Ascentra Credit Union in the Quad Cities. Personal services include estate planning, professional financial management and estate administration. Other services range from employee benefit plans to IRA rollovers, cash management and qualified business retirement plan services.

About Dupaco Community Credit Union:

Dupaco Community Credit Union is a not-for-profit, member-owned financial cooperative. It is dedicated to the financial sustainability of its members, and specializes in customized financial counseling, money advice and education. It offers savings, loans, investments, insurance and wealth management products for individuals and businesses. Dupaco serves residents in 108 counties throughout Iowa, northwest Illinois and southwest Wisconsin. Chartered in 1948, membership totals more than 105,000 with assets exceeding \$1.6 billion. Visit Dupaco at www.dupaco.com.

Make your bargain before beginning to plow.

—Arab Proverb

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SPORTS COMMENT

by Gary Dolphin

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

From Where I Sit

Thankfully spring has finally arrived in the Tri States. It's just ended for Iowa football. Friday night saw the annual spring scrimmage, where the passing game was on display and the running game.....not so much. Coach Kirk Ferentz feels the offense will look more fluid and comfortable in 2018 despite the loss of star running back Akrum Wadley, leading receiver Matt Vandenberg and several solid, veteran offensive linemen. Why the optimism?

Second year quarterback Nathan Stanley looks more confident under center, coordinator Brian Ferentz has a better feel for what play to call when, and the receivers know which direction to run, understanding what second year position coach Kelton Copeland wants in route running. Sophomore Max Cooper from Waukesha, caught a half dozen passes to lead the way, and the tight ends looked good, other than T. J. Hockensen having the ball stripped after a nice gain on a crossing route. In fact, the defense forced three turnovers with two interceptions and a fumble recovery. More on that in a minute.

Second year running back Toren Young, another Badger state native, rumbled off tackle for 18 yards and looks almost ready to assume the reins at tailback. Young is big and powerful and will compliment the quick footed,

elusive Ivory Kelly Martin with a couple freshmen, Henry Geil and Keyshaun Bryan looking for attention. Ohhhh did I mention Geil is from Green Bay? Don't lose sight of another talented, gifted athlete from just across the river too. Kordell Stillmunkes is a walk-on freshman athlete from Cuba City, who quietly, the coaches are excited about. Kordell might crack special teams in seeing his first action.

Defensively, the secondary grabbed the spotlight with safety Amani Hooker intercepting a pass and recovering a fumble. Safety Jake Gervase was his ball-hawking self with a pick.

The mystery at linebacker cleared up a bit. With four full months between now and opening day, the race to replace Josey Jewell, Ben Niemann and Bo Bower is taking shape. Amani Jones looks like a middle backer with Niemann's younger brother Nick ready to assume one outside spot and Kristian Welch the other. Did I mention Welch is from Wisconsin? Iola-Scandinavia to be exact.

The Hawkeyes will take a few days off, kick those final exams through the uprights and then plunge headlong into the weight room to get stronger in anticipation of the September 1st opener at Kinnick Stadium with Northern Illinois. That day Kirk Ferentz looks to break Hayden Fry's all time victory record of 143.



by Chris Richcreek

1. Who holds the Texas Rangers record for career batting average?
2. Name the only catchers elected on the first ballot to the Baseball Hall of Fame.
3. Who was the last Washington Redskins quarterback before Kirk Cousins in 2016 to throw for at least 350 yards in consecutive games?
4. Entering 2018, who were the last two men's basketball coaches to lead their team to an

NCAA championship without having ever coached in a Final Four before that year?

5. Name the first NHL player to record a hat trick for the Vegas Golden Knights?

6. Who was the first driver to win in races in Formula One, IndyCar and NASCAR?

7. When was the last time before 2017 that two American female tennis players were in the final of the U.S. Open?

Answers

1. Al Oliver, with a .319 average (1978-81).
2. Johnny Bench (1989) and Ivan Rodriguez (2017).
3. Jay Schroeder, in 1986.
4. Tubby Smith (1998) and Kevin Ollie (2014).
5. William Karlsson, in 2017.
6. Dan Gurney.
7. It was 2002, when Serena Williams defeated Venus Williams.

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Use clean, sharp tools. Make your cuts at a 45-degree angle, about 1/4 inch above a bud that is facing toward the outside of the plant. Make sure it is a clean cut, not ragged.

- Brenda Weaver

Pruning roses

Too high

Too close

Correct

Source: www.thespruce.com/roses-how-and-when-to-prune

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Radio from the 20th Century

by Bill Zwack




Glamor Manor premiered July 3, 1944, with Cliff Arquette. It was heard on ABC five times a week at Noon, EST, running from 1944 through 1947 as part of the trend started on NBC to bring nighttime sounds to daytime radio. *Glamor Manor*, was a situation comedy-variety show, later starring Kenny Baker with Arquette in support.

Baker got his start by winning a 1933 radio contest, did some movies, and was discovered by Jack Benny, as the dumb singer later perfected by Dennis Day. *Glamor Manor* presented Baker as the greatly addled proprietor of the Glamor

Manor Hotel. He was forever a day late and a dollar short in business and in his romance with girlfriend Barbara Dilley, played by Barbara Eiler (also Marge on *The Great Gildersleeve*). There was a village idiot named Schlepman played by Sam Hearn, also from *The Jack Benny Show*, and such well known guests as Jack Benny, who helped pep up the noonday hour. Elvia Allman played man crazy Mrs. Biddle and Don Wilson was the hotel's star boarder. Harry Lubin provided the music, and the show was sponsored by Crisco and Ivory Snow.

A Day in the Life of Dennis Day was another spin-off from *The Jack Benny Show* like Kenny Baker's. Dennis' program came to NBC October 3, 1946, when Colgate Palmolive backed a series built around Jack Benny's singer-stooge. Day was a man of great vocal and comic talent; in the new format he was to play a character named Dennis Day, not quite the same Dennis who played on the air with Benny, but with the same screwball characteristics. This Dennis was a poor man, a lowly soda jerk at Willoughby's Drug Store who occasionally referred sarcastically to "that singer on *The Jack Benny Show*." His problems revolved around his low salary and his relationship with his girlfriend Mildred Anderson (Sharon Douglas and later Barbara Eiler) and her feisty parents. Dennis usually sang a couple of numbers, proving that he could sing at as well as Jack Benny's Dennis Day. The talented John Brown played Willoughby, Bea Benaderet was Mildred's mom, and Francis "Dink" Trout played her father, a henpecked cream puff who called his wife "Poozie." The show ran for five years, finally bowing out in 1951.

On AM 1370 KDTH's *Big Broadcast* heard every Sunday night from 6 to midnight you will hear Dennis Day on the Jack Benny program and maybe hear Kenny Baker as well. Both were very talented singers/comedians.

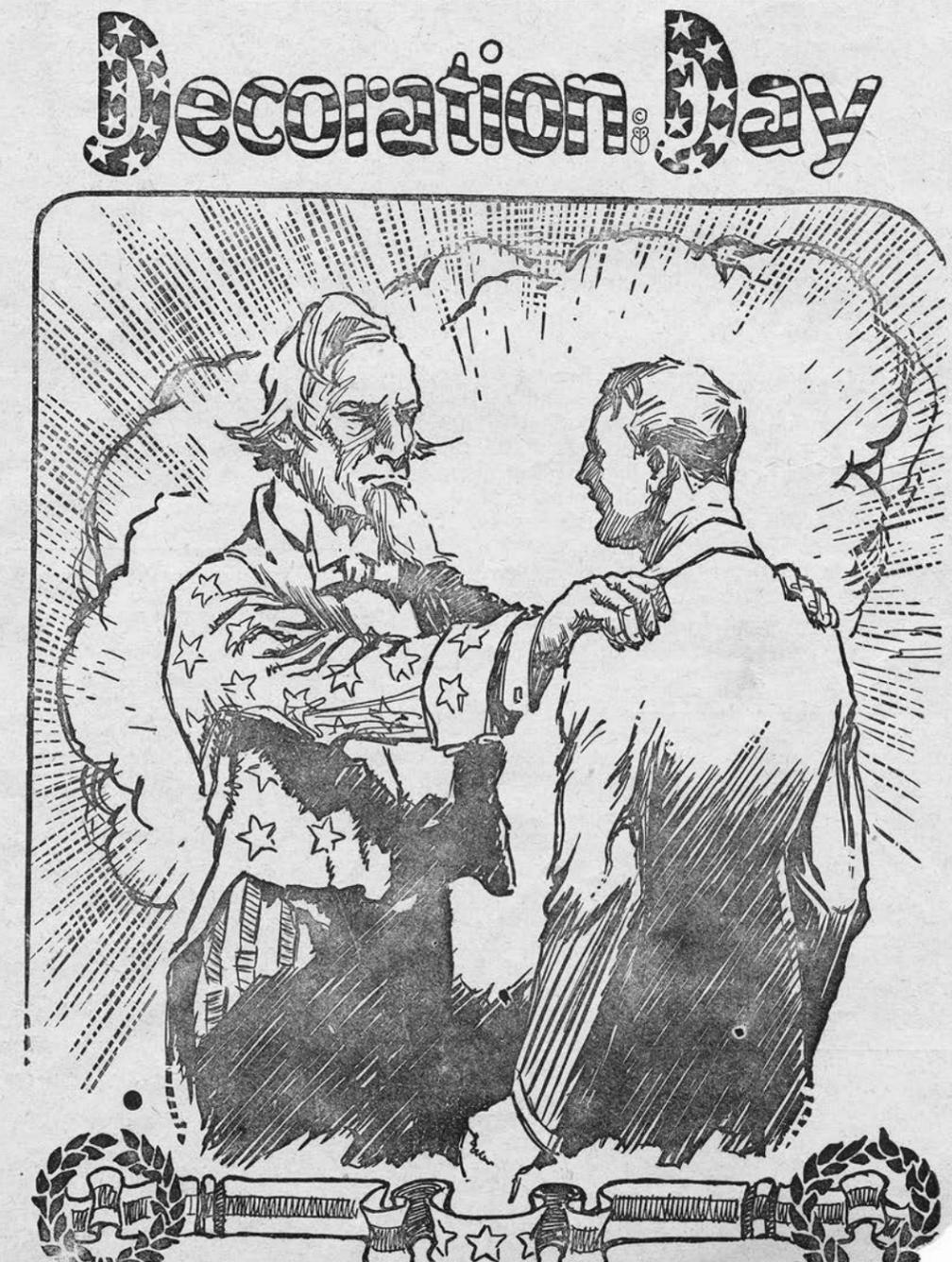
Americanisms



"There's zero correlation between being the best talker and having the best ideas."
—Susan Cain

May 15, 1920 **Down Memory Lane** **May 15, 1920**

Exerpts From The Pages Of "Brunswick Record"
A Newsletter Of The Brunswick-Balke-Collender Company



Decoration Day

MAY 30th, 1920

IN MEMORY OF THOSE BRAVE AMERICANS WHO MADE THE SUPREME SACRIFICE

Brunswick-Balke-Collender Company

We received a collection of the *Brunswick Record* from a classmate of ours, John Rogan, whose grandmother, Mary "Maizie" Rogan, worked for Brunswick, which was located at the present site of Flexsteel Industries in the 3400 block of Jackson Street in Dubuque. The plant was built in 1911 and closed in December 1931.



WHAT DOES MEMORIAL DAY MEAN AT THE VETERANS FREEDOM CENTER

by Bob Bucko, Veterans Freedom Center



Veterans Freedom Center, 2245 Kerper Blvd., Dubuque, IA

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

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

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

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

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

Armed Forces Day Event Planned



Daniel Chatfield gave his life in service to his country in Vietnam, 50 years ago. Daniel served in the US Army as a gunner on a tank.

Daniel's family has planned activities to remember his sacrifice and the sacrifice of other area Vietnam Veterans. All local Veterans groups are invited. The family has invited the entire community to attend. They especially want to welcome anyone who has been touched by the Killed In Action or Missing In Action experience.

Activities are planned for Saturday May 19 which happens to be Armed Forces Day. There will be a Mass at Sacred Heart Church at 11AM, followed by a Military Honors Memorial Service at Mt. Calvary Cemetery graveside at Noon. If weather is bad the Service will be in Mt. Calvary

Chapel. There will be a lunch served afterwards at Dubuque Driving Range.

Bill Kubler and Dick Bridges, American Legion Post #6, are helping the Chatfield family create this event. All Veterans organizations are requested to participate by providing a unit Color Guard. Please respond to Bill (588-3522) or Dick (588-2366) with your intentions.



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You've got to do your own growing, no matter how tall your grandfather was.
—Irish Proverb

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★ REMEMBERING ★

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 EZSellUSA specializes in selling one item or entire estates for clients on eBay. If you have an item and you would like to know what it is worth, send digital pictures with a brief description to paulhconnor@gmail.com or make an appointment to visit us at 201 North Commerce Street, Galena, IL 61036. Our phone is 815-402-3300. Let us help you discover "What's it WORTH on eBay!"

Velocipede?

Wikipedia states that a velocipede is a human-powered land vehicle. This item has a seat and it is human-powered but it does not move. It is a scroll saw from 1876, the pedals drove a belt that powered a reciprocal saw. Values for these antique saws can be over \$1,000.00 ours sold on eBay for \$495.00 with missing parts.



\$495.00



Memorial Day Parade **MEMORIAL Day**
 May 28, 2018 1:30 p.m.

Starts at Jackson Park and disbands at Washington Park.
 Parade Route: Down Main St. to 9th St. up 9th to Locust.
Theme: They Gave Their Tomorrows for Our Today's
 Speaker: Elaine Palen, Iowa state coordinator for the National League of POW/MIA families. Deputy, Dubuque County Sheriff's Department
 Vocalists: Logan & Taylor Manders
 Clergy: Duke Langanis (Chaplin for American Legion)
 Call Mary Reuter, Parade Coordinator for information 563-556-6746



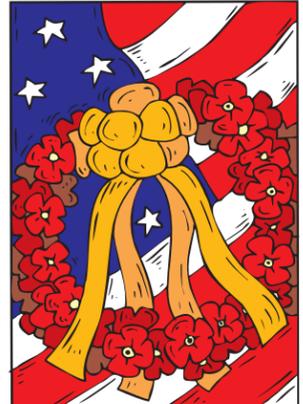
MEMORIAL Day

★ REMEMBERING ★

THOSE WHO SERVED

We Will Never Forget

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



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

Good Housekeeping

Sweet and Tangy Glazed Salmon

The sweet tang of citrus and the bite of hot pepper jelly are what make this salmon dish so uniquely flavorful. Serve with Orange-Almond Rice.

- 1 cup long-grain white rice
- 1/2 cup sliced almonds
- 2 navel oranges
- 1/2 cup hot pepper jelly
- 4 salmon steaks or skinless pieces salmon fillet
- Kosher salt and pepper
- 1/4 cup chopped fresh flat-leaf parsley

1. Heat oven to 400 F. Cook the rice according to package directions.

2. Meanwhile, spread the almonds on a rimmed baking sheet and roast until light golden brown, 4 to 6 minutes; transfer to a bowl. Heat broiler. Line a broiler-proof rimmed baking sheet with nonstick foil.

3. Squeeze the juice from half an orange into a small bowl (you should have 2 tablespoons juice). Add the jelly and whisk to combine. Place the salmon on the baking sheet, season with 1/2 teaspoon each salt and pepper, and broil for 5 minutes. Spoon half the jelly mixture over the salmon and broil until the salmon is opaque throughout, 2 to 5 minutes more.

4. Cut away the peel and pith of the remaining 1 1/2 oranges. Cut the oranges into 1/2-inch pieces. Fold the oranges, almonds and parsley into the rice. Serve with the salmon and the remaining jelly mixture. Makes 4 servings.

TIP: Try this tangy jelly glaze on flank steak, chicken breasts or pork chops. Or use it as the sauce in your next stir-fry.

For thousands of triple-tested recipes, visit our Web site at www.goodhousekeeping.com/recipes/.

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Blueberry Dumplings

You will not believe that your microwave can make a great dish like this. But it can. Give it a try.

- 3 cups frozen unsweetened blueberries, thawed and undrained
- 1/2 cup plus 2 tablespoons Splenda Granular
- 3 tablespoons all-purpose flour
- 1 1/3 cups Bisquick Heart Smart Baking Mix
- 1/2 cup fat-free milk
- 1 teaspoon lemon juice
- 1 teaspoon ground cinnamon

1. In an 8-by-8-inch microwave-safe dish, combine blueberries, 1/2 cup Splenda and flour. Microwave on HIGH (100 percent power) for 5 to 6 minutes or until mixture is thickened, stirring after 3 minutes.

2. Meanwhile, in a medium bowl, combine baking mix, milk and lemon juice. Drop by spoonful over hot blueberry mixture to form 6 dumplings. In a small bowl, combine remaining 2 tablespoons Splenda and cinnamon. Evenly sprinkle mixture over dumplings.

3. Cover and microwave on HIGH for 4 to 5 minutes or until dumplings are no longer doughy. Let set for 2 to 3 minutes. Divide into 6 servings.

• Each serving equals: 174 calories, 2g fat, 3g protein, 36g carbs, 319mg sodium, 52mg calcium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 Fruit; Carb Choices: 2 1/2.

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The Spats by Jeff Pickering

R.F.D. by Mike Marland

Amber Waves by Dave T. Phipps



Cremer's Cooking Tips

Cremer's Secret Recipe Meatballs and Hamballs

Start with a 2 lb. Cremer's homemade meatloaf. Thaw in refrigerator overnight. Add 1/4 cup of dehydrated onions and a tablespoon of garlic powder, mix well, then ball into golf ball size balls. Place on a greased baking pan, add a few tablespoons of water to the bottom of the pan.

Cover and bake at 350 degrees for 25 to 30 minutes. Uncover the last 10 minutes if you desire browned. Serve

with your favorite sauce. I recommend chili sauce and grape jelly.

Hamballs start with a 2 lb. Cremer's Homemade Hamloaf. Follow same directions as the meatballs. With the hamballs, I use peach jelly and chili sauce. Come to Cremer's for all your party planning!

The goal of entertaining is not only to ensure the enjoyment of your guests, but to plan your own good cheer!

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