



The Golden View

The Community Newspaper For Adults 55 Plus

May, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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Tree of Life A Light to the Community in Times of Darkness

by Tiffany Stietz,

Community Relations Coordinator, Hospice of Dubuque



Strong and thriving, a katsura tree stands in Washington Park. Hospice of Dubuque volunteers and staff planted the tree in the mid-1990s. Today, it serves as the Tree of Life, representing how one small seedling can grow into a beautiful and strong symbol—unshakable, even in the fiercest of storms. The roots holding up the tree are like friends, family, and community, lifting one another with hope. The heart-shaped leaves symbolize those we love.

Like this tree, we all have one thing in common. We are resilient. In the grief of losing a loved one, we must weather the challenges of daily life and the passage of time. And, just like the tree that was planted, our journey needs nurturing.

Each year since its planting, the community has gathered to share music, prayer, reflection, and lighting of this tree. The Hospice of Dubuque Board of

Directors, staff, and volunteers are honored to invite the entire community to the Annual Tree of Life Memorial Service and Tree Lighting Ceremony on Tuesday, May 19, at 7:30 pm. For up-to-date information on the event location, please visit www.hospiceofdubuque.org. The Tree of Life will remain lit through Memorial Day weekend.

Help us to ensure that quality, compassionate hospice care and bereavement services are available to our tri-state community. Anyone may submit a donation to add a light to the Tree of Life display in honor or memory of a loved one. Gifts are tax-deductible and can be submitted online at www.hospiceofdubuque.org or mailed to Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002. To ensure the name of a loved one is included in the printed program, donations must reach the Hospice of Dubuque office by May 14.

Sunshine Through the Clouds at Bethany Home

by Joan Hoerner LBSW, Admissions Director



Everyone is feeling the effects of the COVID-19 pandemic, whether it be fear, financial stress, or social distancing. But no population is as affected at this time by isolation as those living in care facilities. With visitors being limited, dining partners being separated, and group activities being sharply curtailed, many of the social activities enjoyed by care facility residents are on hold. At Bethany Home, we are being creative and spontaneous to make up for life's new rules and to provide a little sunshine in what may be considered a cloudy day for our residents.

Nothing is better for a person's outlook than to enjoy some vitamin D in the form of sunshine. That is why we have set up outdoor seating for residents to enjoy while still maintaining all social distancing rules. We have also changed our décor to bring the outside world in. Our walls are adorned with local outdoor scenes as well as wildlife photos

that bring a rainbow of colors to the hallways and windows of Bethany Home.

Dubuque area children have sent inspirational quotes and cards to our residents that are on display for all to enjoy. Special meals and treats such as barbecue day and root beer floats give our residents something different to enjoy. Exercise also plays an important role in our resident's frame of mind and Bethany Home offers many types of physical activities that maintain both their physical and mental well-being.

And to make up for personal visits, Bethany Home is using iPads and iPhones with our residents so they may Facetime, Zoom or Skype with friends and relatives or simply make a phone call. We have also hired additional staff so that we can provide one-on-one activities. Whether it be singing songs, doing crafts or praying, we have designed and are offering activities that focus on the

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Community Matters

Expressing Sympathy During This New Normal



When you can, be there to support those in mourning, a thoughtful food basket, plant or flowers can help.

(NAPS)—While experiencing the loss of a loved one is always difficult, these days in the environment of social distancing due to COVID-19, it can be particularly so. If someone you care about is mourning, it's still the time to connect to family, friends and co-workers.

While many people are adapting to new everyday routines, the etiquette of expressing sympathy by and large has not changed.

What You Can Do

Here are a few helpful tips from the experts at 1-800-Flowers.com:

- Even if you don't know the person well, saying "I'm sorry for your loss" is always appropriate and meaningful. It's acknowledging what has happened in an honest and direct way. And it lets the person know they have permission to experience any uncomfortable emotions. You can find more tips on how to comfort someone who is grieving.

- Regarding social media etiquette, follow the lead of the person who is grieving. If they haven't said anything on Facebook, neither should you. But if they have posted about it, it is appropriate to comment. For more about the

dos and don'ts on expressing condolences on social media.

- Due to the regulations on large gatherings in many places due to COVID-19, many funeral services are being postponed or livestreamed over the Internet, making it an extraordinarily stressful time for the immediate family. If you aren't able to express your condolences in person at this time, a delivery of a gourmet food basket, houseplant or sympathy flowers to their home is an appropriate way to let them know you are thinking of them. You can find many sympathy gifts and more for home delivery.

- Remember to also support those who have experienced the loss of a loved one, perhaps not so recently, and may be feeling a bit more aware right now, be it due to social distancing or an upcoming important date or anniversary. To help, Rebecca Soffer, co-founder of Modern Loss, provides some additional thoughts. You can also explore complimentary sentiment ecards for Thinking and Sympathy to let them know you are thinking about them.

Learn More

For additional resources on sympathy and remembrance, **Expressing Sympathy cont. Pg. 7**

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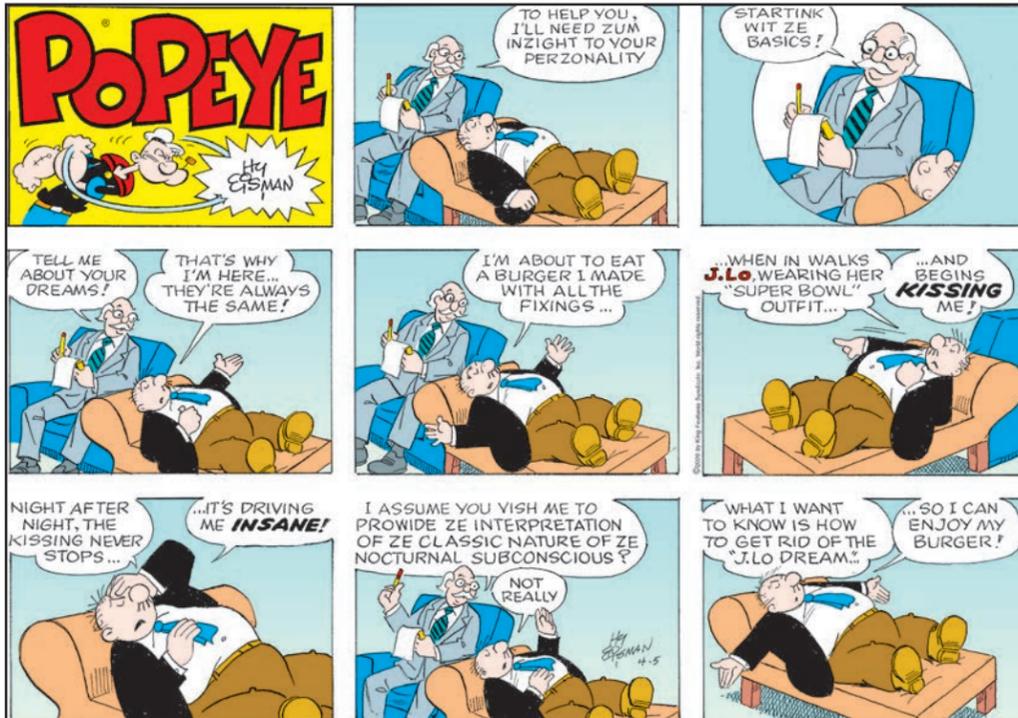
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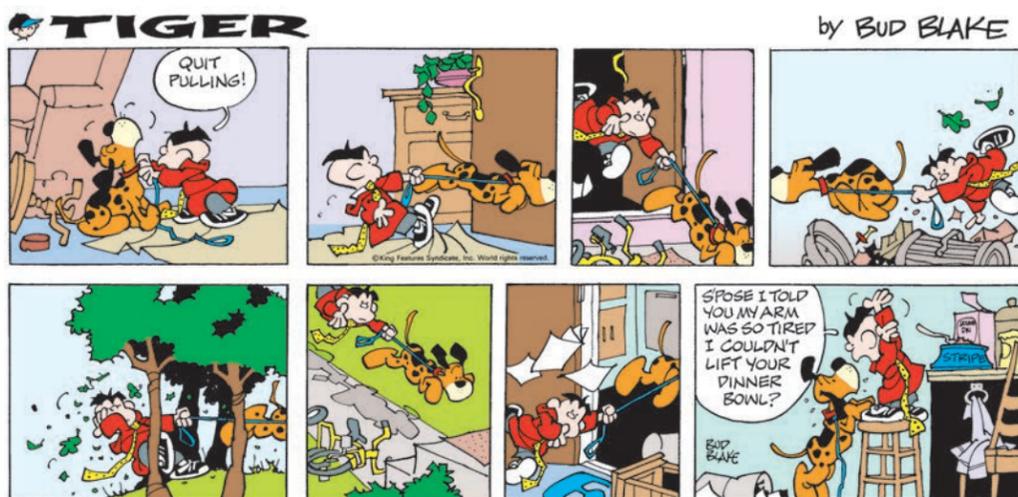


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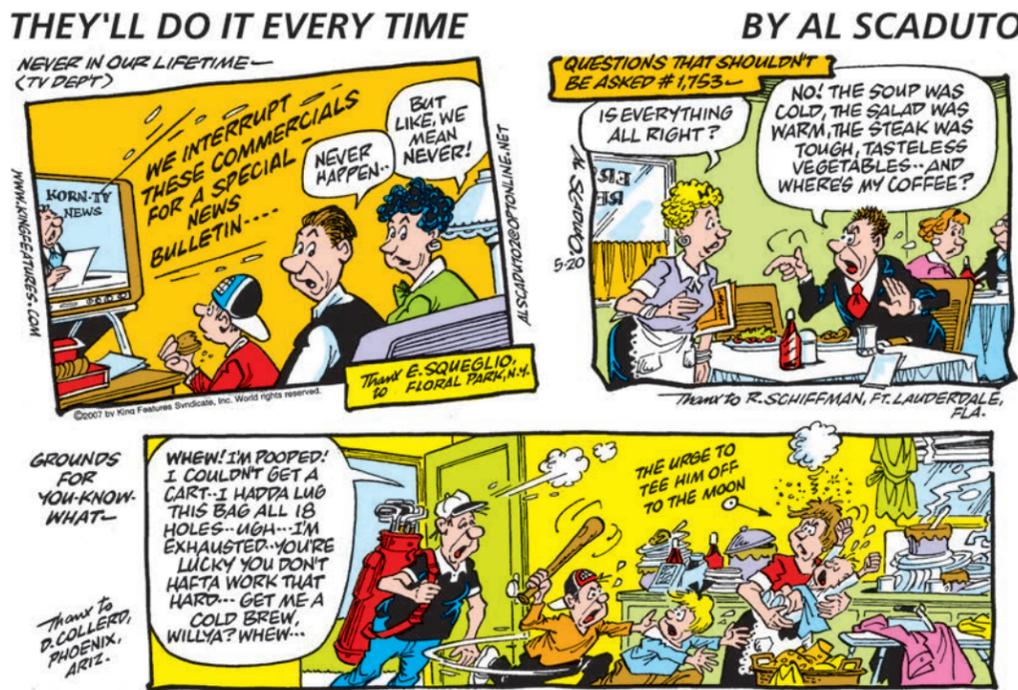
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STICKELERS [sic].
 by Terry Stickels

Below are the names of six states with their vowels removed. How quickly can you come up with the correct names?

- 1) CLRD
- 2) RKNSS
- 3) KLHM
- 4) DH
- 5) LLNS

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 Pythias' pal
- 6 Try the tea
- 9 Cleveland cager
- 12 Memorable mission
- 13 "— Little Teapot"
- 14 Blackbird
- 15 Make obscure
- 16 "Material Girl" singer
- 18 Bold alternative
- 20 Check
- 21 Dogtag wearers
- 23 — good deed
- 24 Founded (on)
- 25 Love god
- 27 Ill-suited
- 29 Praying bug
- 31 Tiny
- 35 Vote for
- 37 Prego rival
- 38 Start a rally
- 41 Moon vehicle acronym
- 43 — Perignon
- 44 Shaving cream additive
- 45 Cut aid
- 47 Insanity
- 49 Free of frost
- 52 Inseparable
- 53 Bullring bravo
- 54 Beetle
- 55 Commotion

1	2	3	4	5	6	7	8	9	10	11	
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44					45			46			
47				48				49		50	51
52				53				54			
55				56				57			

- 55 Commotion
- 56 Trawler need
- 57 Hiker's route
- 11 Food item
- 17 Speaker
- 19 Grown-up nit
- 21 Prized possession
- 22 A Gershwin brother
- 24 Morsel
- 26 Spielberg or Soderbergh
- 28 In the cards
- 30 — -de-France
- 32 Fortified Portuguese wine
- 33 "But — on forever":
- ward
- 34 Summa — laude
- 36 Storage area
- 38 Pago Pago's place
- 39 Savanna grazer
- 40 Wild West show
- 42 Interior
- 45 Capri, e.g.
- 46 Approach
- 48 A billion years
- 50 Movie trickery (Abbr.)
- 51 Wet wriggler
- Tennyson

DOWN

- 1 Slight touch
- 2 Hearty quaff
- 3 Wisconsin's capital
- 4 Leave out
- 5 Wanderer
- 6 Ape
- 7 Apple product
- 8 Cushion
- 9 Christmas candies
- 10 Warbucks'

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Play It Safe, Keep Cats Inside

DEAR PAW'S CORNER: I'm staying inside during this emergency, as the state government has requested, but I still let my tomcat "Dodger" out during the day. He would go crazy being stuck inside. However, my daughter told me to stop letting him out, because she says pets can get coronavirus, too. Is Dodger in danger? Could he get it and spread it to me? — **Darlene B., Springfield, Massachusetts**

DEAR DARLENE: Currently, no pets within the U.S. are known to have contracted the coronavirus. A tiger at the Bronx Zoo reportedly tested positive for COVID-19 (and six more tigers are showing symptoms). But there's very little data to work with right now.

While the Centers for Disease

Control and Prevention does not have definitive evidence that pets can contract COVID-19, they are playing it safe and urging owners to protect their pets from exposure to the virus. So you should, too.

You don't know where Dodger goes when he's out, so you don't know if he is being exposed to this virus or other viruses or bacteria that are much more easily contracted and can cause serious illness. Keep him inside and find ways to keep him from losing his mind. That includes spending more time playing with him, making sure he has plenty of toys, and giving him scratching and climbing spots, plus a hideaway. If his behavior gets worse, contact the veterinarian — Dodger may need to take medication to calm him down for the short term.

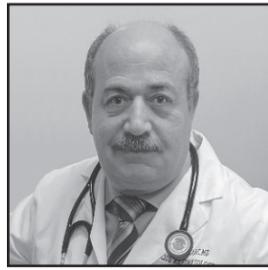
Also, because he's been outside, you need to take precautions for yourself. Wash your hands after petting or picking up Dodger, and after cleaning his litter box. Wash his food and water bowls daily in hot soapy water. Here's to both of you staying healthy and safe!

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

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



Iowans' know that Iowa is a farming community. We love the farmers. They give us wholesome home-grown foods. Therefore, I am sharing a wonderful picnic experience I had with family and friends.

The picnic was held at the family owned and family farmed Cinnamon Ridge Farms, located in Donahue, Iowa. This event was hosted by John and Joan Maxwell. They are fifth generation members of this terrific family run business.

This farm is a robotic dairy farm. They give tours whereby you can watch robots milking prize winning Jersey cows. And since they also make cheese, you can watch this being done by an expert family cheese maker. Actually, you can visit their store located at the end of their driveway and purchase some of their products that are made in their own kitchens. They also have other outlets in

the area that sell their products like, beef, pork and eggs, all of high quality. And their baked goods are out of this world!

The highlight of my day was taking the hayrack ride through the cow barn. There were cows of all ages, from the very young to the adult Jersey. The stalls were clean and odor-free.

As we continued on our hayrack ride, I saw the tall stalks of Iowa corn reaching for the sky. And I saw the soybean plants. I think that's what they were, but then I'm a city girl.

Since this was a family picnic atmosphere, there was an inflatable Bounce House activity for young children to enjoy. But, I noticed that children of all ages were fascinated by the robotic milking of the Jersey cows. Actually, some of the children had already visited the farm via a student tour activity.

Well, it wouldn't be much of a picnic if I didn't describe the food offered to the crowd. The foods were served buffet style. It started out with the paper service items, then a relish tray with several vegetables placed around a bowl of creamy dip. Next was a bin of fresh sweet corn with butter available. Following was a huge container of potato salad. Yes, then the hamburger meat, and a selection of hotdogs were offered with a choice of buns. Naturally, condiments were available. And last, but not least, was a big box of assorted cookies. There were several coolers with beverages floating in ice, ready to be plucked out and consumed.

The best part of the day was seeing so many people enjoying a day on a farm run by the family members of Cinnamon Ridge Farms. Families are the heartbeat of the community. God bless the farmers of America.

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Bethany Home from Pg. 1

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Americanisms



*"To plant a garden is to believe in tomorrow."
 — Audrey Hepburn*

An Uplifting Moment
with
Rev. David J. Claassen
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The Unknown Future

My wife Diann gave me the idea for the following reflection concerning the pandemic of the coronavirus and how it's changed how we view the future. I want to give her credit because I'm "staying home" with her, "sheltering-in-place" with her or however you want to put it, and so I DO NOT WANT her to be angry with me!

She was sharing with me how we've always known we can't predict the future and that our plans are always subject to change, but that we've never known that to be as true as we do now! So many of our plans, most of our plans, have been dramatically changed because of the pandemic in a way that's never happened before.

Before the pandemic we gave mental assent and lip service to the fact that the future is unpredictable, but we hadn't grasped that truth in a heartfelt way as we have in this pandemic of the coronavirus. We planned graduations, weddings, vacations, sports events, and other major life events not giving much thought that we might not be carrying through on those plans.

My mother would often conclude a reference to what she was planning with the phrase "the Lord willing." Being my mother's son I have often done the same. From here on out, when I use the phrase, I'm going to be putting more meaning into it!

This new respect for the

future's unpredictable nature puts us in a better position to relate to God in a more appropriate way! God is the one who is ultimately in charge of the future, not us. God is the one who knows the future before it happens, not us. "The heart of man plans his way, but the Lord establishes his steps." Proverbs 16:9

When we insist that we can manage our future from the present, that we're in control, we deny God's sovereign rule. One of the keys to having a healthy, maturing, and deepening relationship with God is to recognize His right to have ultimate control over our life. That not only means yielding to His will and leadership in the present but yielding the future to Him as well! We shouldn't look for God to bless our plans for the future but look to being blessed by God's plans for us in the future!

Does this means we give up making plans? Of course not. God's designed us to be able to think ahead, to plan. It's just that it's all subject to His approval!

As we reflect on all the plans that have not turned out the way we planned, we can turn it into a positive. It can deepen our resolve to be ever ready to yield to God's ways when they are not the same as our ways, to be open to His will always. I don't know about you, but that wasn't something I planned on learning at this particular time!

"Now listen, you who say, 'Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.' Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'" James 4:13-15

Expressing Sympathy from Pg. 3 visit www.1800flowers.com/sympathy-articles. If you are in need of expressing your

condolences and not sure what to send, 1800Flowers.com sympathy specialists can help. To reach them, call **1-866-538-2259**.

Man does not live by bread alone.

—Moses

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of 2 Corinthians in the Old or New Testament or neither?
2. Who saw a vision of a woman named Wickedness flown away in a basket by two angels? *Jonathan, Dodo, Zechariah, Belshazzar*
3. From Judges 17, who confessed to his mother about stolen pieces of silver?

- David, Micah, Jonah, Esau*
4. What animals did Samson use to set the Philistines' field on fire? *Lions, Camels, Foxes, Rats*
 5. Mahershalalhashbaz is the longest word in the Bible on being whose son? *Adam, Moses, Noah, Isaiah*
 6. From Genesis 27, to whom did Isaac give a blessing? *Jacob, Abraham, Moses, Noah*

ANSWERS

- (1) New; (2) Zechariah; (3) Micah; (4) Foxes; (5) Isaiah; (6) Jacob

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 —French Proverb

YESTERDAY AND TODAY

BY MICHAEL GIBSON



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

Yesterday & Today cont. Pg. 9



Hospice of Dubuque Tree of Life Memorial Service

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Michelle Bell,
Social Security District Manager,
Dubuque, Iowa



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Social Security cont. Pg. 9

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Yesterday & Today from Pg. 8

Michael Gibson has decided to take a hiatus from the Yesterday and Today feature. He has given permission to recycle previously published photos and captions for your enjoyment.



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



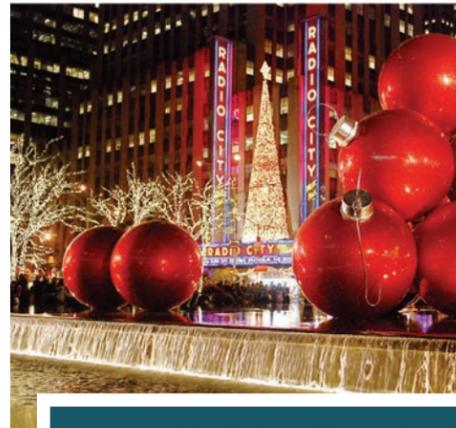
Social Security from Pg. 8

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VETERANS NEWS AND NOTES

Future Army Museum To Salute Service Groups



The National Army Museum will be the first museum dedicated
to telling the entire storied history of the U.S. Army.

(NAPS)—A foundation that honors the U.S. Army has found a new way to salute the efforts of organizations that serve veterans.

The Army Historical Foundation, the nonprofit designated to lead the campaign to build the National Museum of the United States Army, has created an exclusive opportunity for veterans service organizations.

The National Army Museum will be the first museum to tell the entire storied history of the nation's oldest and largest military service. Interactive galleries will educate visitors on the Army's role in times of war and peace, the relationship between the Army and the nation it serves, and the Army's contributions to geography, science, technology, engineering and math.

By supporting the museum, Army units, alumni groups, and military and veteran associations of all kinds can

have their efforts permanently honored in the Veterans' Hall, a space within the museum that will host official functions and showcase pieces of the Army's collection of combat artwork and artifacts.

Sponsoring organizations will have their names permanently displayed in the Veterans' Hall. Groups offering higher levels of support will have enhanced access to the Hall, receive invitations to campaign events, and get personalized tours of the museum.

In addition, the Foundation collects stories of soldiers and veterans through the Registry of the American Soldier. This electronic database is open to anyone who served in the U.S. Army. It will be accessible via computer kiosks in the museum and online. The Registry is free and ensures a soldier's story is forever told in the future home of Army history.

To learn more, visit the website at www.armyhistory.org.

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Plant Talk

by Ken Resch



Come Next Spring

Though the big box stores are receiving shipments of spring flowers, it does not feel like a time to plant. No, it does. Invoking my grandfather's oft spoken phrase "Well, come next spring. . .," seems appropriate today. A movie by the same name exists, but it came out years after my grandfather passed. In that film is the title song "Come Next Spring" with lyrics paralleling the meaning my grandfather conveyed. The song begins:

"Come next spring
When all the world is new
And fresh
And green
And fair"

The message my grandfather wanted us to know was the sense of hope experienced with every new spring. For him it was the opportunity to complete a task, to make whole what was broken, to embrace the awaiting hope. For us, it is no different. It is May and a time when the dreariness of the dark and cold winter has been shed. Only now our spring remains clouded.

The cloud is not one of cold weather; rather, this cloud of virus has shaken us to our core. None of us have ever experienced a pandemic. We have never felt the collective fear swirling about us. A fear paralyzing our every move and causing us to doubt and question.

"Come next spring. . ." has arrived and we must cautiously embrace it. Luther Burbank (1849-1926), renowned horticulturist, sets us right with his belief: "Flowers always make people better, happier, and more

helpful; they are sunshine, food and medicine for the soul." What more might we need? True, we must move about with care, but I urge you to venture out, to treat your wearied soul to the bright flowers of spring. Perhaps alter your plans and look to the annuals and fillers for immediate and lasting refreshment for spirits too long locked up.

If you lack the energy, ability or desire to plant your own baskets, boxes and containers, consider visiting local growers. In past seasons we have found beautiful hanging baskets and packs of annuals at area Amish and Mennonite communities. Plants are beyond beautiful, and baskets are a feast for the eyes. Simply do a google search for Amish and Mennonite greenhouse locations.

Annuals are the riotous flowers of the garden. Given appropriate care—sunlight, water and food—annuals will be bursting with color from planting to frost. This year, I'm going to hang more baskets. If you have resources like mine, create your own. Use baskets from previous years, fill them with new planting mix (hint: put the old mix back into the earth), then plant five to seven annuals. I hang baskets all around the front of our house so every day I'm rewarded with vast explosions of color.

In addition to a sea of constant colors, annuals are also our most portable plants. One can plant window boxes, place baskets on stands near entry doors, hang baskets from gutters, or wherever your creative spark leads you to plant. There are no flowers so literally able to be close to us. If we keep our gardens close, we may find them to be the most powerful tonic for what overwhelms us all. Though we feel burdened by all that has happened to us

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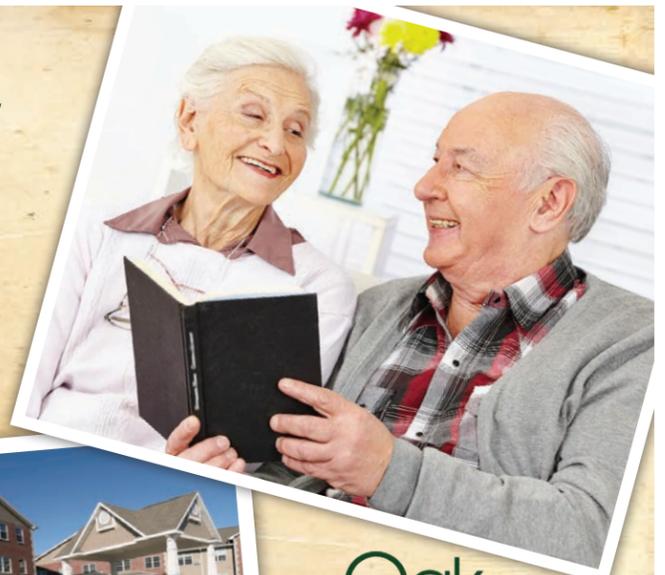
these past months, know that society fails to satisfy, there "when the world wearies and is always the garden."

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Derek Paulson, Assistant Fire Marshal

According to the National Fire Protection Association, between 2013 – 2017 U.S. fire departments responded to approximately 173,200 structure fires per year due to cooking. That's around 470 fires per day due to cooking. More and more people are cooking from home these days due to recent world events. This increases the chances of a fire occurring in the home. Here are some safety tips to help decrease the chances of a cooking fire from occurring.

ALWAYS stay in the kitchen when you are cooking. This includes frying, grilling or even broiling foods. A fire can happen in the blink of an eye and if you walk away for just a second, things can happen. If you must leave for any reason remember to shut the oven and/or stove off. Also, remove the pan from the burner or oven as they remain hot for some time and the residual heat could still start a fire.

Never store anything combustible or flammable near heating sources such as

the stove. Oven mitts, food packaging, towels, curtains, etc., could make contact with a burner accidentally and catch on fire. In some instances, a burner could be left on accidentally or get bumped in the "ON" position. If there are combustibles near the burner, after some time, these combustibles can and will start on fire.

If you do have a pan that starts on fire, use a fire extinguisher to extinguish the fire or you can place a lid on top of the pan and turn the burner off. This will smother the fire causing the flames to go out. Leave the lid on until the pan has had time to cool. If you have a fire in the oven, shut the oven off and keep the door closed. And always 911. Even if you extinguish the fire, it's always best to have the fire department come and make sure the fire did not extend into the walls or other areas.

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Planning in the Midst of a Pandemic

by Thad Murphy, Attorney with Pearson Bollman Law

America is becoming the global epicenter of COVID-19.

We never envisioned a world in which we're confined to our homes, distanced from our friends, dependent on disinfectant, and terrified of potential outcomes for our loved ones.

Focusing on productive estate planning can provide a sense of control in these uncertain times:

Review your Last Will and Testament.

If you have a will, ensure it disposes of your property at death as you wish. If you have minor children, ensure you've named guardian(s) you trust to care for them.

Review your Revocable Living Trust. If you have a trust, ensure it's in accordance with your wishes. Also, consider whether there are assets in your name(s) that need to be re-titled in your trust's name.

Review your Financial Power of Attorney. If you have one, review your Financial Power of Attorney to ensure the agent(s) named are those you trust to manage your assets for you if you become incapacitated.

Review (or execute)

documents governing how medical decisions are made if you are unable to communicate your wishes. If you lose the capacity to make healthcare decisions for yourself, three documents work to ensure (a) your wishes are known; (b) loved ones can act on your behalf; and (c) these decisionmakers can obtain your medical information.

A Living Will states whether you want life-prolonging treatment if you have a terminal condition. A Healthcare Power of Attorney names the individual(s) authorized to make medical decisions. A HIPAA Authorization permits medical personnel to share

your medical information with those individuals.

Having these documents means better access to medical care in accordance with your wishes.

Other questions. Where are my estate planning documents? Do the appropriate people have access to essential information?

Pearson Bollman Law is fully committed and ready to serve our clients and community in the most responsible manner. In-person meetings are not required. All attorneys can meet with clients remotely.

Thad J. Murphy is an

attorney in the Dubuque office of Pearson Bollman Law, located at 1635 Associates Drive, Suite 103, Dubuque. The attorneys at Pearson Bollman Law practice in the areas of estate planning, probate/trust administration, special needs trusts, and elder law, which includes Medicaid and VA Pension Planning. If you have any questions or would like to register for one of our free workshops on estate planning, asset protection and elder law, please feel free to contact Thad Murphy at (563) 265-6971 or visit pearsonbollmanlaw.com and select "Events."



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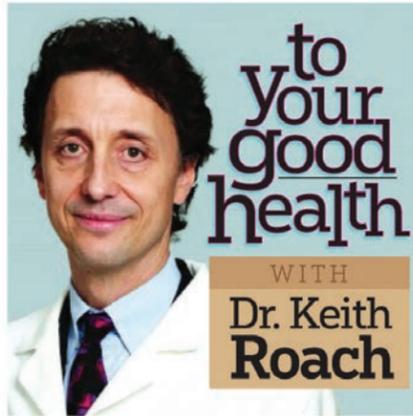
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Husband Starting Radiation Treatment

DEAR DR. ROACH: My husband is about to start radiation treatment for stage one cancer on his vocal chord. Does radiation negatively affect the immune system the same way chemotherapy does? Should I be looking out for people who don't vaccinate? — *H.T.*

ANSWER: Radiation can affect the immune system when it is given to large areas of the body, since the immune system cells are largely sensitive to radiation. Whole-body radiation rarely is used now, except in people planning for bone-marrow transplant. By contrast, localized radiation does not adversely affect the immune system to anywhere near the degree that chemotherapy can, since the bone marrow, where the immune system cells live, is diffuse throughout the large bones of the body.

As far as avoiding unvaccinated individuals, people who are unvaccinated and who are healthy do not pose a risk. It is in an outbreak of vaccine-preventable disease (there have been localized outbreaks of measles and mumps in the past year, and there are seasonal outbreaks of influenza) that unvaccinated people are much more likely to be infectious. So anyone with immune system disease (such as chemotherapy or whole-body

radiation) should avoid people with potentially infectious illness. Caregivers of people with severe immune disease certainly should be immunized according to current guidelines. Even elderly people whose caregivers are immunized for flu get flu less than those whose caregivers are not.

DEAR DR. ROACH: I know women who have had double mastectomies in order to reduce the risk of cancer. It seems extreme, but I guess it depends on the evaluation of risk. Are prophylactic hysterectomies done for similar reasons? It used to be routinely done when a woman had passed her reproductive years. I'm interested in your take on this. Will health insurance cover these types of surgeries, and if not, how expensive are they? — *S.B.*

ANSWER: Prophylactic mastectomies — that is, surgery to remove the breasts in order to avert a breast cancer diagnosis — are a reasonable choice for some women at very high risk of breast cancer, especially those with a family history of breast cancer who have an identifiable genetic predisposition, such as one of the BRCA gene mutations. This decision should be made carefully and in consultation with her doctors, usually an oncologist and a genetic counselor. I have very little experience with this in my own patients, fortunately, but I understand that in the case of women with very high genetic risk, it usually is covered by insurance, if it is the consensus of the treating physicians and the patient that she should proceed.

Hysterectomy — the removal of a uterus — is not done routinely today, the way it was decades ago. They are removed for disease, either benign or malignant. However, the removal of both ovaries and Fallopian tubes, called a bilateral oophorectomy and salpingectomy, is performed in some women at high risk for ovarian cancer. In fact, women with the BRCA mutations may consider both a prophylactic double mastectomy and a prophylactic bilateral oophorectomy and salpingectomy, since BRCA mutations increase risk of breast cancer and ovarian cancer (as well as other cancers).

The cost of surgery in the United States varies dramatically depending on where it is done, but in general it is very expensive.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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

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Antiques & Collecting

By Terry and Kim Kovel

Antique Bed

Can an antique bed be used in a modern home without difficulties? Yes and no. The beds used before about 1900 are shorter and narrower than the standard sizes used today. That means that to use the beds, the fitted sheets, blankets, box springs and mattresses may have to be custom made. It might be possible to use toppers or foam rubber instead of springs. But then the top of the bed will be lower than normal.

Until the late 1800s, the mattress was held in the bed frame with wooden slats or rope. An old rope bed will have holes in the side rails to "rope the bed." Some old beds have pegs in the side rails. These hold a mattress with "sacking," a piece of sailcloth with eyelets that match the positions of the pegs. It is strung into place in the center of the frame to hold the mattress. Ask a local antique dealer, historical house curator or search online for "roping a bed" for instructions.

An antique bed is shorter than a new one. Sometimes it is best to use just the head- and footboards and buy a modern metal frame. A colorfully painted antique Empire bed made in New England was auctioned by Nye & Co. recently for \$12,500.

...

Q: I'd like to know a reasonable value of an old portable record player, a Califone Model 1430K. I'd like to buy one and this model reminds me of the one I used in school when I was younger. Can you help?

A: The Califone Model 1430K phonograph



This unusual bed with decorative bright paint sold recently for \$12,500. It was made about 1830. There are pegs to use for "sacking" to hold the mattress, not side holes for roping the bed. It can be converted to hold a modern mattress.

was made in the 1970s and '80s and popular with schools, libraries and churches. It was a solid-state phonograph with a built-in speaker and a 4-speed turntable that played 45, 33, 16 and 78 RPM records. It had some useful features, including a built-in 45 adaptor and an on/off knob with a Pause position. Older models were blue or gray and had a metal turntable platter. Newer ones were made in gray with a plastic platter. But while considered "portable" in a case with a removable lid, it weighs almost 20 pounds. A working Califone Model 1430K sells for \$50 to \$75.

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Oil lamp, glass, emerald green font, beaded heart pattern, clear tapered base, 11 inches, \$70.

Advertising poster, Drink Orange Crush, woman floating on lake in inner tube, paper, frame, 19 1/2 x 15 1/2 inches, \$150.

Folk art cane, Eagle's head handle, black paint remnants, shaft with carved feathers, metal ferrule, American, 1800s, 35 1/2 inches, \$210.

Fraktur picture, house blessing inside heart, flowers & vines, watercolor details, grain painted frame, 1800s, 7 x 11 inches, \$150.

Kovels cont. Pg. 16



1. Which Cliff Richard song has a crystal ball, a cat and a potion?
2. Name the group that was originally called Sigma 6.
3. Which group had a hit in 1965 with "Do You Believe in Magic"?
4. What group wrote and released "December, 1963 (Oh, What a Night)," and when?
5. Name the song that contains this lyric: "Gonna break from these chains around me, Gonna learn to fly again, May be hard, may be hard, But I'll do it."

Answers

1. "Devil Woman," in 1976. The

song went gold in the U.S. 2. Pink Floyd. They rebranded themselves as the Meggadeaths, the Abdabs and the Screaming Abdabs, Leonard's Lodgers, the Spectrum Five and the Tea Set. They took the Pink Floyd name in 1966, a combination of other bands, Pink Anderson and Floyd Council. 3. The Lovin' Spoonful, on their debut album of the same name. The song has been widely used, including in the 1998 film "The Parent Trap." 4. The Four Seasons, in 1975. Legend says the song was originally to be about Prohibition ending Dec. 5, 1933. 5. "When I'm Back on My Feet Again," by Michael Bolton in 1990. It was written by Diane Warren shortly after the death of her father.

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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.



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Kovels from Pg. 15
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TIP: Felt-tip markers in shades of brown and black can be used to camouflage a small nick

in furniture. You can use several markers and blend the color.

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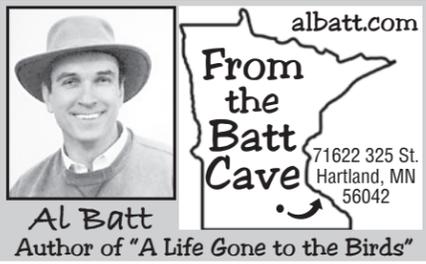
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Americanisms



"Never in our nation's history have we asked so much of our homes."
— Marni Jameson

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Make it a point to pencil in a good day

I wasn't singing in the rain. Gene Kelly did that. I walked in a light rain. Walking on a cloudy day was a way I could keep a proper social distance from my shadow.

Was I wearing a raincoat or carrying an umbrella? No and no. I carried a wooden pencil. Not a mechanical pencil. A wooden pencil. That great American institution. The pencil is more powerful than the umbrella. Walking in the rain is in my wheelhouse. I wrote things down as they occurred to me. My small notebook wasn't rainproof, so I limited its time exposed to the precipitation. I wrote with a pencil as ink might run. When it came to getting wet, I was crushing it.

"Knock, knock," I wrote. "Who's there?" "The rain." "The rain who?" My paper became soggy before I could think of a clever conclusion.

The pencil rode in a pocket. I used to put it behind my ear, but pencils don't stay there. A carpenter told me the secret was to park your gum behind your ear first.

Pencils are important. We tell dear hearts and gentle people that we will pencil something in. That's not typically true. We generally write it in ink or type it into some sort of digital device.

I've taught writing classes. We used wooden pencils at my request. The problem was there could be 40 students with pencils in a classroom without a pencil sharpener. I brought a tiny pocket one, but it was overwhelmed.

As is the case with most people, pencils and I go way back. My grammar school, The School of Wizardry, was where school lunches were craved. The lunchroom could have been an award-winning cafe.

Mrs. Demmer taught first and second grade. She took attendance each day. She did a roll call so she could vouch for our whereabouts in case the FBI inquired. As she rattled off our names, we responded, "Present."

What a bunch of knuckleheads we were. One of us ate paste. We used pencils. We hadn't moved to the point where taking a pen apart and putting it back together was a

big part of our school day. When I was in first grade, the school provided things to keep us occupied in good activities. One of those was a pencil sharpener. I think it had been made in Pennsylvania. I'd raise my hand and ask, "Mrs. Demmer, may I sharpen my pencil?" I'd tried, "Mrs. Demmer, can I sharpen my pencil?" with less than desirous results.

Mrs. Demmer, being a fine teacher, would reply, "Yes, you may, Allen." And then she'd remind me not to use the pencil to clean my ears.

The classroom had one pencil sharpener. That was barely enough to go around. It was bolted to a wall in the perfect spot. Location, location, location. Some students had chintzy plastic pencil boxes that included tiny sharpeners. Those things excelled at breaking pencil lead.

I'd stick one end of the pencil in (hoping I'd picked the correct end), start cranking, and out came a finely sharpened writing instrument. A lean, mean scribbling machine. The sharpener had an adjustable dial, making it possible to sharpen pencils of different sizes. It was magic, but maybe not in its highest form. The aroma of freshly sharpened pencils was divine.

My father used a knife to sharpen his pencils. He kept an odd-shaped carpenter's pencil in his overalls pocket because he was always marking wood in need of sawing. Having a pencil sharpener in school kept everyone from having to bring a knife to school. That was a good idea, but most boys brought one anyway.

I stood at that emotional support sharpener and sharpened my pencil from one end to the other while daydreaming that I was some sort of a cape-wearing, superhero adult who wasn't sharpening a pencil in grammar school. Sharpening pencils gave me something to do while contemplating the world and licking my wounds. "Are you eating them?" my mother asked when I told her I needed more pencils. I assured her we did a lot of writing in first grade. Nearly everyone in the class had a writer's bump on a finger.

Now I own an electric sharpener. It isn't the same. Not enough exercise at a time when we don't even need to crank open car windows. But it's still good.

I'm staying at home for an indefinite period. I can't dance. Never could sing. It's too wet to plow. I might as well sharpen a pencil.

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As a child, my family's menu consisted of two choices: take it or leave it.
—Buddy Hackett

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Trivia test by Fifi Rodriguez

1. ACRONYMS: What does the ZIP postal code stand for?
2. GEOGRAPHY: What is the longest river in the United States?
3. GENERAL KNOWLEDGE: What was Walt Disney's middle name?
4. BUSINESS: Which company owns the Lamborghini line of sports cars and SUVs?
5. FOOD & DRINK: What is the primary ingredient in the snack hummus?
6. MYTHOLOGY: Where was Achilles' vulnerable spot?
7. MOVIES: In the thriller "Die Hard," what was the name of

- the high-rise building where the action took place?
8. SCIENCE: Which part of the atom has no electrical charge?
 9. ENTERTAINERS: Which actress/singer's nickname was The Divine Miss M?
 10. TELEVISION: Which 1970s comedy series spawned the spinoff series "Maude"?

Answers

1. Zone Improvement Plan
2. Missouri River
3. Elias
4. Volkswagen
5. Chickpeas
6. His heel
7. Nakatomi Plaza
8. The neutron
9. Bette Midler
10. "All in the Family"

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DEMENTIA FRIENDLY COMMUNITY CORNER

When you are entering the world of dementia as a caregiver or newly diagnosed you will hear vocabulary that you may not be familiar with. A term you may have come across is Functional Impairment. This means being unable to dress, use the toilet, eat, bathe or walk without help. When preparing for the progression of dementia as best you can, you will observe the functional impairment will become greater. Please educate yourself and try to prepare for the decline of independence.

Functional Impairment includes incontinence, bathing, dressing and grooming and dental care. You will notice the ability to complete these tasks will lessen. Caregivers be patient and allow the person living with dementia to do what they can to maintain dignity and independence to the best of their ability.

Incontinent episodes will increase, find ways to avoid these situations. Try a toileting schedule, have reminders in place of toileting after meals and before bedtime. Bathing will become more difficult, be sure you have grab bars in place and start to use a shower chair if you aren't already. Dressing and grooming will become more difficult as people with dementia can lose their fine motor skills. Try hand over hand with buttoning a shirt or zipping up a jacket. Dental care can be confusing and physically challenging, again, hand over hand and verbal reminders of how to brush and floss.

The important thing to remember is stay patient, allow the individual to complete the tasks they can while being encouraged. Prepare yourself as functional impairment progresses, learn what's best for the individual living with dementia and know their needs will change.

For information on additional resources, support groups or to become a Dementia Friendly Business, working toward a Dementia Friendly Community please contact Tracy at Bell Tower Retirement Community at **815.747.6701** or Jill at River Bend Retirement at **563.582.5001**.

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

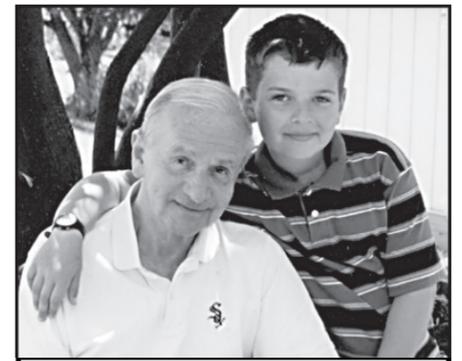
The Best Of Jerry

We Never Played this Team "At Home"!

Maury, this baseball memory occurred when we were a very young team and just starting to "get good." At that time we scheduled a team from the Anamosa Reformatory and found them to be an excellent ball club. (In fact, their pitcher was signed by a team in the prestigious Pacific Coast League after serving his time we learned later). We had them on our schedule two years (both games, of course, at their ball park – they had no road schedule!!) Maury, at that time, this reformatory had no violent criminals.

The typical inmate was guilty of "purse snatching," petty burglary, etc. and were young men paying their debt to society, serving a couple years, because they had "made a mistake." Their team name was "The Snappers" and the logo on their shirts was a turtle! Both times, playing them was a unique experience.

We entered the prison with three gates, separately opening and closing behind us, after being searched for weapons. We played on a Sunday afternoon and all of the prisoners were seated down the right field line (under guard!) Also, the prison band provided entertainment!



Jerry Eberhardt with grandson, Maury Cohn

Their catcher was not an inmate but the prison Athletic Director and manager.

Two machine guns, with a guard behind each, were mounted on a high rock wall that ran from left field to right and were pointed directly towards home plate! This made for a nice background view from the batter's box!

Maury, Grandpa remembers two funny incidents at one game. The first was when our catcher, John Deckert, hit a home run over the left field wall. About that time we heard a prisoner yell, "Man, oh man, I'd like to be riding right out of here on top of that one!" The second was that every time Grandpa came up to bat our ball club could hear a voice from the prisoners' section yelling "C'mon Abe!" Maury, one of the prisoners must have known me and to this day I never knew who he was! Hope you enjoyed this.

Much love, Grandpa



by Ryan A. Berenz

1. What 1987 inductee into the Pro Football Hall of Fame served as executive director of the National Football League Players' Association from 1983-2008?
2. A bronze statue of what Kentucky Derby-winning racehorse was unveiled in front of a Churchill Downs entrance in April 2009?
3. What 1990 book by author/journalist Buzz Bissinger documented a high-school football team in Odessa, Texas, and was the inspiration for two TV series and a feature film?
4. Kyle Orton, who played quarterback for five NFL teams from 2005-14, played football at

- what Big Ten university?
5. Born in Vienna in 1913, what pioneering athletic coach and trainer helped Roger Bannister run the first recorded sub-4-minute mile in May 1954?
6. What former Major League Baseball pitcher inspired the nickname for ulnar collateral ligament reconstruction surgery?
7. The city of Beaumont, Texas, is home to a museum and visitor center dedicated to what legendary female multisport athlete?

Answers

1. Gene Upshaw.
2. Barbaro. After winning the 2006 Derby, he suffered a fractured leg at the Preakness Stakes and was euthanized in January 2007.
3. "Friday Night Lights: A Town, a Team, and a Dream."
4. Purdue.
5. Franz Stampf.
6. Tommy John, who played with seven MLB teams from 1963-89.
7. Babe Didrikson Zaharias.

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Life is a long lesson in humility.

—James M. Barrie



SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

From Where I Sit

The stunning societal disruption caused by the Coronavirus has rocked us like nothing the past few generations have witnessed. That said there are two ways we can go. Trust that the gifted health care industry and our government leaders will find a cure and lead us through this contagion, or head for the furthest corner of the basement with the lights out and shiver with fear. Call me an overly confident optimist but I'll take the former. As a fanatic of world and U.S. history, I look at what America has survived and grown stronger from, all the while praying daily for COVID-19 victims who have died, are ill and recovering, the magnificent health care workers watching over them and individuals and their families disrupted and depressed with the loss of jobs.

The Spanish flu pandemic of 1918 killed an estimated fifty million people world wide and infected five hundred million, at the time a third of the population. We've survived several world wars and a number of stock market crashes. JFK's assassination and 9/11 sent us reeling. The nuclear weapon threat remains. Through all setbacks, America and the world have grown stronger and smarter.

I'm used to being around thousands of people every Iowa football and basketball season.

Hundreds of Hawk fans jam banquet halls and auditoriums each spring to back slap and bear hug coaches and athletes. How about those bus trips for the Cubs and Cardinals? Certainly adjustments will be made going forward where hand shakes and high fives are concerned but you can't quit living and curl into the fetal position either. My dad owned a bar when I was growing up and told me once "Son I don't care what you do professionally. Just be a bartender for one hour of your life. You'll hear every problem known to mankind!" I haven't taken him up on that sage advice nor can I find a bartender at the moment.

Until that changes, I'll draw a Bud Light at home and recall Bob Dylan's haunting lyrics from his 1964, #1 smash hit:

*Come gather 'round people,
wherever you roam*

*And admit that the waters
around you have grown*

*And accept it that soon
you'll be drenched to the bone*

*If your time to you is
worth saving*

*Then you better start swimmin'
or you'll sink like a stone*

*For the times they are
a changin'*

SENIOR NEWS LINE

by Matilda Charles

Summer Dreams

Surely our world will be back to normal this summer ... right? Surely we'll be able to get out of the house without fearing every person who comes near us. We'll be able to leisurely wander through the grocery store, which will be stocked as it used to be. We'll stop to talk to friends on the street and sit in coffee shops and chat. We'll attend church, go to our meetings, stroll through the neighborhood admiring the flowers and take part in our exercise classes.

Surely we'll be able to do those things again, right?

Yes. We will. But first we have to get there. To get back to where we used to be, we have to stay healthy now.

We need exercise to stay healthy. Even if you can't go to a class, you can find plenty of them for seniors on YouTube. Look through the offerings and bookmark a few. Rotate through them on a daily basis so you don't get bored. Go to youtube.com and put "exercises for seniors" in the search box. Some of them are even broken down by age.

We need to stay mentally healthy as well, despite the television news. Check the Good News Network online [www.goodnewsnetwork.org] for positive, uplifting stories. You also can put "good news" in your browser search box.

It's been difficult to get grocery store deliveries in a lot of areas because they have little stock. However, if you get delivery of your prescriptions (many pharmacies are providing this service now), call to ask whether they can add a few things to your order. Many drugstores carry soups,



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Our goal is to provide accurate information to help Iowans make decisions. We are emphasizing research-based information, non-commercial

information in an unbiased approach to help meet some of the real needs in Iowa.

Iowans can connect with a family finance specialist by phone or email. The conversations are free and confidential. It is possible to be vulnerable during times of crisis and fall victim to scams or feel overwhelmed by the financial decisions faced.

We want to empower Iowans to make informed decisions. Many are facing unfamiliar financial circumstances and talking with one of our educators may make a big difference in sorting out where to start.

If you have questions, call ISU Extension and Outreach's toll-free Iowa Concern Hotline at **800-447-1985** for a referral or contact Phyllis Zalenski at **319-480-1106** or zalenski@iastate.edu

The information provided is educational in nature to help you make your own informed decisions and is not intended to substitute for professional advice or serve as an endorsement of any financial product or service. Consult with licensed professionals prior to implementing any of the information provided to determine the course of action best for you.

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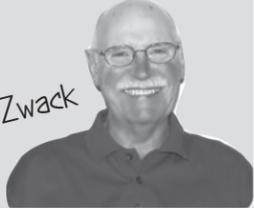
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Radio

from the 20th Century

by Bill Zwack



The *Damon Runyon Theater* was a good series, syndicated by Alan Ladd's Mayfair Productions, premiering on the west coast in January 1949, and later in the east. It brought to life the people of Damon Runyon's New York.

The stories were told through the eyes of a hood with a heart of gold. His name; Broadway his accent: Brooklyn, and you could cut it with a knife. Unlike some dialect humor, Broadway's stories had warmth and appeal. John Brown did a fine job as lead, using a present-tense narration that moved the action well.

Brown, a solid radio actor with a diverse background in comedy, had previously done Thorny Thornberry on *Ozzie and Harriet*, Al in *My Friend Irma*, and Digger O'Dell on *The*

Life of Riley. Assisting Brown were Alan Reed, Frank Lovejoy, Eddie Marr, Luis van Rooten, Joe Du Val, Gerald Mohr, and William Conrad. Runyon's hoods weren't real, but they were interesting and funny. The shows were directed by Richard Sanville and written by Russell Hughes. The characters of Damon Runyon were eventually brought to Broadway and the screen in an award winning story entitled *Guys and Dolls*.

In 1964, the Dubuque Civic Theater produced *Guys and Dolls* at Dubuque Senior High School for the first time in Dubuque. I was fortunate to play the part of Sky Masterson. If you listen to AM 1370 KDTH's *Big Broadcast* Sunday nights from 6 to midnight, you might just hear Broadway coming to life.



The ancient Greeks chewed a gum made from the resin of the mastic tree. The Mayans chewed chicle, the sap of the sapodilla tree. In 1906, Frank Henry Fleer invented a bubble gum called Blibber-Blubber.

Down Memory Lane

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

Baseball
1952

Baseball
1952



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

BASEBALL

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



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

VETERANS POST

by Freddy Groves

Pharmacist Convicted in Huge Fraud Scam

A federal jury in Texas spent a week finding a pharmacist guilty of all manner of charges.

The 75-year-old Houston pharmacist, dubbed the "Compound King," had owned Piney Point Pharmacy. He was convicted on all charges: conspiracy to pay and receive kickbacks, conspiracy to commit health care fraud, conspiracy to commit money laundering, as well as 11 counts of health care fraud and three counts of wire fraud, beginning in September 2009.

Sounds like this pharmacist had been a busy boy. For his efforts, he'd nabbed \$21.8 million ... although maybe he'd had to split some of that with his partner in crime, Anoop Kumar Chaturvedi, age 48, a legal permanent resident from India.

The pharmacist and his buddy cooked up a scheme to bill the government and health care programs for

compounded gels and creams that they sent to injured state and federal employees through fake prescriptions. They did this through a front, Wellington Advisors, and got the cash from billing the Department of Labor Workers Comp and Federal Employees Compensation Act programs. The pharmacist claimed that the illegal kickbacks were actually "marketing" expenses. Chaturvedi allegedly wrote out hundreds of prescriptions at a time, which the pharmacy filled.

The investigation, started in early 2018, was conducted by a large group of Offices of Inspectors General of various departments, including the Department of Veterans Affairs, the IRS, the Department of Labor and the U.S. Post Office.

Sentencing is scheduled for May 27 for the pharmacist. He could get 20 years, plus 10 years, plus five years for all the charges. His wife, a real estate agent, hasn't been sentenced yet.

Meanwhile, Chaturvedi is still on the run. The government wants to find him. If you know of his whereabouts, call the OIG of the U.S. Post Office at 1-888-877-7644. He's presumed innocent ... for now.

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Contact our office at

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

Author Unknown

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Spring is shoving up the front windows and resting your elbows on the sill, the sun burning your nose a little.

—Ruth Wolff

Break open a cherry tree and there are no flowers, but the spring breeze brings forth myriad blossoms.

—Ikkyu Sojun



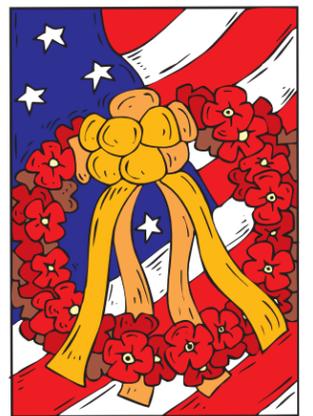
MEMORIAL Day

REMEMBERING THOSE WHO SERVED

May 25

We Will Never Forget

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



American Legion
1306 Delhi St.
Dubuque, Iowa 52001
Commander John Zeimet

Marine Corp League
Meeting 2nd Wed. 7 p.m.
at the Asbury Eagles Club
5900 Saratoga Plaza, Asbury, IA

DBQ Amvets Post 13
Epworth, Iowa
563-744-3600

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

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Voiture 632
Dubuque, County
Ph: 563-582-9825

VFW Post 7896
Meeting 2nd Mon. 7 p.m.
Memorial Donations Accepted
Benton, WI 53803

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
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East Dubuque
Drum & Bugle Corps
Upstairs Old Fire Hall
563-582-7752

Veteran's Freedom Center
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DBQ, IA 52001 • 563-845-0034
VFC@Mediacombb.net

Sons of the American Legion
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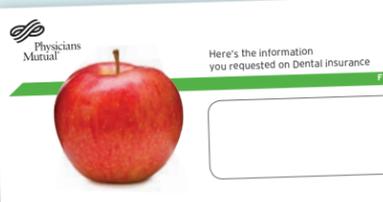
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What's it WORTH on ebay

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 me at 201 North Commerce Street, Galena, IL. Be sure to check out our website at www.ezsellusa.com.

Van Briggles?

Recently, when helping a client separate items that she wanted from things that no longer held meaning in her life, we picked up this little vase. I recognized it as a nice example of early Van Briggles pottery from 1905, just 7" tall and 4" wide. We posted this vase for a 7-day auction cycle on eBay with an opening bid of \$299.99. In the first hours of the sale I had an email offer of \$2,000.00 if I wanted to end the auction early. Knowing that those types of offers indicate more value we let the auction run for 7 days, and 5 bidders, entered 14 bids, the vase sold for \$4,500.00.



Contract Bridge

An Unusual Approach

South dealer.

Neither side vulnerable.

NORTH

♠ J 7
 ♥ 9 6 3
 ♦ A J 10 9 7 4
 ♣ 8 2

WEST

♠ Q 9 6 5 3
 ♥ Q 10 7 2
 ♦ 6 2
 ♣ 5 4

EAST

♠ K 8 2
 ♥ J 8 4
 ♦ Q 8 3
 ♣ K 10 9 7

SOUTH

♠ A 10 4
 ♥ A K 5
 ♦ K 5
 ♣ A Q J 6 3

The bidding:

South West North East
 2 NT Pass 3 NT

Opening lead — five of spades.

Most finesses are taken in the hope that they will win, but once in a while a situation arises where declarer hopes a finesse will lose.

This seeming paradox is illustrated by today's deal where declarer had to find the best line of play at three notrump. After taking East's king of spades with the ace at trick one, he naturally concluded that his best chance for the contract was to try to make use of dummy's long diamond suit.

However, instead of playing the king and another diamond and finessing the jack, which seems the normal thing to do,

South led the five of diamonds to the jack at trick two, hoping to lose to the queen. But East smartly declined to cooperate with declarer's plan and allowed the jack to win the trick.

South thereupon led a club to his queen, and after the finesse succeeded, he next played the king of diamonds and overtook it with dummy's ace. He was hoping that either East or West had started with the Q-x of diamonds, in which case he would score six diamond tricks.

But when the queen did not fall, declarer countered by leading a club to the jack, then continued with the ace and another club. As a result, he finished with 10 tricks consisting of two spades, two hearts, two diamonds and four clubs.

On balance, declarer's method of play, though unusual, was the most flexible choice in a difficult situation. If he instead starts by playing the K-x of diamonds, planning to finesse, he has very little chance of making the contract if the finesse loses. But if he begins as he did by leading the five of diamonds to the jack, he not only retains a reasonable chance of scoring five or six diamond tricks, but also gives himself the alternative possibility of utilizing his club suit to get home safely.

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by Steve Becker

People ask me what I do in winter when there's no baseball.
 I'll tell you what I do. I stare out the window and wait for spring.

—Rogers Hornsby

Good Housekeeping

Prosciutto-Wrapped Asparagus

Delicate, succulent asparagus is the perfect foil for salty prosciutto. You can assemble these early in the day and bake them at the very last minute.

- 24 spears thick asparagus, trimmed and peeled
- 12 slices (5 ounces) thin prosciutto
- 1/2 cup freshly grated Parmesan cheese
- 1/4 teaspoon coarsely ground black pepper

1. In 5-quart Dutch oven, heat 3 quarts water to boiling over high heat. Add asparagus; cook 3 minutes to blanch. Drain; rinse with cold running water. Pat dry with paper towels.

2. Preheat oven to 450 F. Working in batches, spread prosciutto on cutting board; cut

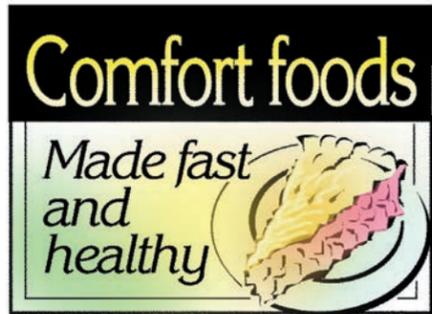
each slice lengthwise in half and separate slightly. Evenly sprinkle 1 teaspoon Parmesan on each prosciutto strip. Place 1 asparagus spear at end of 1 strip; wrap prosciutto in spiral along length of asparagus (don't cover asparagus tip). Transfer to jelly-roll pan. Repeat with remaining prosciutto, Parmesan and asparagus. Sprinkle with pepper. If not serving right away, cover and refrigerate up to 6 hours.

3. Bake prosciutto-wrapped asparagus 10 minutes. Transfer to paper towels to drain. Arrange on platter and serve warm. Makes 24 appetizers.

- Each appetizer: About 28 calories, 2g total fat (1g saturated), 6mg sodium, 148mg sodium, 1g total carbohydrate, 3g protein.

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

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by Healthy Exchanges

Oriental Chicken Express

Today, Chinese dishes are almost as American as apple pie! This filling main dish is no exception.

- 1 1/4 cups diagonally sliced celery
- 1/2 cup chopped green bell pepper
- 1/4 cup diced green onion
- 1 (16-ounce) can fat-free chicken broth
- 3 tablespoons all-purpose flour
- 1 tablespoon reduced-sodium soy sauce
- 1 1/2 cups diced cooked chicken breast
- 1 (8-ounce) can sliced water chestnuts, drained

- 1 (8-ounce) can pineapple chunks, packed in fruit juice, drained
- 3 cups hot cooked rice

1. In a large skillet sprayed with butter-flavored cooking spray, saute celery, green pepper and onion just until tender. In a covered jar, combine chicken broth and flour. Shake well to blend. Pour broth mixture into skillet with vegetables. Stir in soy sauce.

2. Continue cooking over medium heat, until mixture starts to thicken, stirring often. Add chicken, water chestnuts and pineapple. Mix well to combine. Lower heat and simmer for 5 minutes or until mixture is heated through, stirring often.

3. For each serving, spoon 1/2 cup hot rice on a plate and spoon about 1 cup chicken mixture over top. Serves 6.

- Each serving equals: 214 calories, 2g fat, 16g protein, 33g carb., 298mg sodium, 2g fiber; Diabetic Exchanges: 1 1/2 Starch, 1 1/2 Meat, 1 Vegetable.

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Ingredients

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

Directions

Pre-heat oven to 350°F.

Cremer's Cooking Tips

Cremer's Brats

Slice onions into 1/2" thick slices, layer a baking dish with onions and place Cremer's Homemade Lean Brats on bed of onions.

Pour enough water to cover onions.

Cover and bake for one hour.

Remove brats from oven and place on medium-hot grill until you have grill marks

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ITALIAN BEEF • BBQ BEEF

BBQ PULLED PORK

SLOPPY JOES

(5–10 minutes).

You can also chill brats and use them at a later time,

throwing them on grill to heat through to an internal temp of 165° (10– 15 minutes).

MAGIC MAZE • THOMAS JEFFERSON

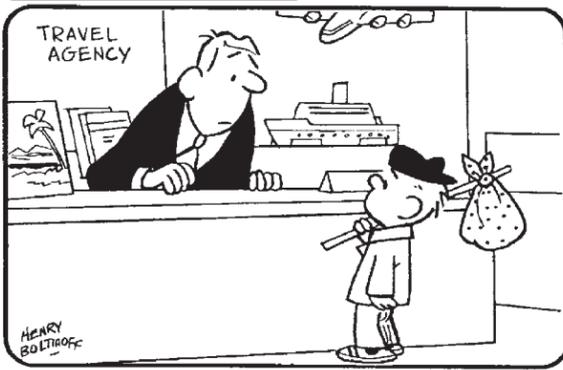
O J R Y H E C Z X U S Q N L J
 N G R O E C Z X V Y T R P N L
 R A J E T S H R T E T C A R Y
 M O M W K A E I R V N D T O R
 P N H S H N L V L E E K I N E
 G E C T E A I S A S D B Z R C
 X W R D U T U H I L I N S E N
 R A R Q P A A G T G S O U V A
 M A E M M O N T I C E L L O R
 G L J I G E E D S B R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

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: College of William and —

- | | | | |
|----------|----------|------------|-----------|
| Author | France | Legislator | Slaves |
| Designer | Gardener | Martha | Statesman |
| Equality | Governor | Monticello | Thinker |
| Founder | Lawyer | President | |

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HOCUS-FOCUS BY HENRY BOLTIHOFF



Find at least six differences in details between panels.

1. Window is added. 2. Hobo stick is different. 3. Word changed to "agent". 4. Missing. 5. Hobo stick is different. 6. Word changed to "agent".

GO FIGURE! by Linda Thistle

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

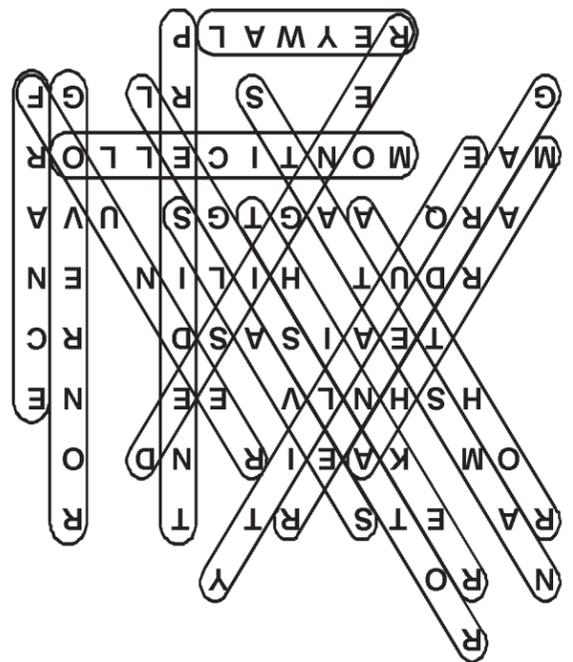
	x		+		10
+		+		x	
	-		x		30
x		x		÷	
	x		x		30
20		30		16	

DIFFICULTY: **

* Moderate ** Difficult *** GO FIGURE!

1 2 2 3 4 5 6 8 9

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THOMAS JEFFERSON

SUDOKU Answer

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

King Crossword Answers

Solution time: 27 mins.

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

Stickelers Answer

- 1) Colorado
- 2) Arkansas
- 3) Oklahoma
- 4) Idaho
- 5) Illinois

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SUDOKU
 by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging ♦♦♦ HOO BOY!

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Go Figure! answers

	9	1		0	3			0	2
0	3		x	5		x			2
		÷			x			x	
0	3	9	x	4		-			6
		x			+				+
1	0	8	+	2		x			1

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