



# The Golden View

The Community Newspaper For Adults 55 Plus

November, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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## November is National Hospice Month

by Lavonne Noel, Executive Director, Hospice of Dubuque



Hospice Nurse, Melissa, and Social Worker, Angelia, wish their patient a socially-distanced Happy 50th Anniversary!

2020 has certainly been an unusual year. Since March, COVID-19 has changed many aspects of everyday life in the tri-states. Yet, Hospice of Dubuque has been one constant through it all. In spite of COVID-19, Hospice of Dubuque has continued providing care to individuals with serious illness and offering

express thankfulness for those with whom we share, or have shared, life. We, at Hospice of Dubuque, thank members of our tri-state communities for welcoming our care team to journey with them and their loved ones at a most vulnerable time. We are honored to be a part of your lives in such a tender season of life.



much-needed support to them, their loved ones, and their caregivers. Although Hospice of Dubuque's care team has had to adapt to changing environments and unusual circumstances, the delivery of compassionate care has continued uninterrupted. Hospice of Dubuque has been your hometown hospice for over 37 years, and we are here to serve in all seasons, even during a pandemic.

It is so appropriate that, during the month of November, we observe Thanksgiving and National Hospice Month. In this season of gratitude, it is common to reflect on relationships with family and friends, and to

During National Hospice Month, or anytime, please visit our website at [www.hospiceofdubuque.org](http://www.hospiceofdubuque.org) to learn more about the comprehensive care Hospice of Dubuque provides. Our services focus on the whole person—his or her goals, comfort, and quality of life—and the persons who surround him or her. We bring the best of our minds and hearts, our expertise and humanity, and a commitment to help patients and their loved ones experience the best day possible each and every day. With compassion and steadfastness, we offer hope and care in all seasons.

## Ohnward Fine Arts Center presents The 16th Annual Festival of Trees

by Richard Hall, Executive Director

The 16th Annual Festival of Trees Beginning Saturday, November 14, through Sunday, November 29, 2020

The Ohnward Fine Arts Center is planning our 16th Annual Festival of Trees. Last year, we had such a wonderful response to our festival — with bidding on creative trees and beautiful wreaths, theatre entertainment. Our goal again this year is to create a holiday atmosphere to be enjoyed by all those attending the many functions that will be held at the Center. The proceeds will go to the Ohnward Fine Arts Center. With the Covid-19 this year's fundraiser is more important than ever!

Trees and wreaths will be featured at the Fine Arts Center starting Saturday November 14th through Sunday November 29th. The Center will be open Monday thru Friday 10 am to 6 pm and Saturday and Sunday Noon to 6 PM.

Available again this year you can purchase a Holiday Family Gift Pass. This pass offers you four passes (tickets) to any of our 2021 Ohnward Fine Arts Center productions. Easy to use and you save money! Each Holiday Family Gift Pass is just \$80. Simply call 563-652-9815 between 9 AM and 1 PM or just stop into the Ohnward Fine Arts Center at 1215 E. Platt Street in Maquoketa to order yours today! All 2020 Holiday



Gift Passes will still be good to use for our 2021 shows.

Two shows are also featured during the Festival of Trees.

**The Masked Carol Singers**  
Saturday November 21, 2020  
at 3:00 PM

The Masked Carol Singers is comprised of singers from Platteville, Wis., to Muscatine, Iowa, and various locations in between. This is not your FOX-TV show masked singers. These are singers wearing masks during this Covid-19 pandemic.

The vocalists that make up the group include highly skilled

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**The Masked Carol Singers**  
Saturday November 21, 2020 at 3:00 PM

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**Derek Paulson, Assistant Fire Marshal**

### Prepare for Winter Driving

Winter will soon be upon us. The white stuff will be falling from the sky and the temperatures will make it hard to get out of bed in the mornings. With the winter months comes an increase in dangerous traveling. Are you prepared to be driving in the snow, ice, slush and cold? Do you have the needed supplies in your vehicle in case something would happen? Now is the time to do an inventory of your emergency travel kit so you won't be left out in the cold.

First, make sure that you have a properly inflated spare tire and the tools needed to replace a flat tire. Being stuck along the road without any one of these makes for a bad day. Have a set of jumper cables and know how to use them. Write down the directions on how to use jumper cables and stick them in your emergency kit. Also, tell someone your plan of travel. This gives them

a general idea of what route you took.

Carry a small shovel, a snow brush, extra windshield washer fluid and cat litter or sand. If you get stuck you have a shovel for digging out of the snow and the cat litter or sand can be used for extra traction. You can also carry extra salt that can be applied to the area around the tires. This can be used for traction but also will help melt the snow and ice.

Carry extra blankets, some extra water and non-perishable food items. In a blizzard, it may take a few days before crews can make it to you for rescue. Staying warm and having food and water is essential for survival. Make sure to have enough of each packed for the number of people traveling with you. For a complete list of items to have in an emergency travel kit go to [www.Ready.gov](http://www.Ready.gov).

If you have any questions or would like further information I can be reached at **563-589-4195** or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org).



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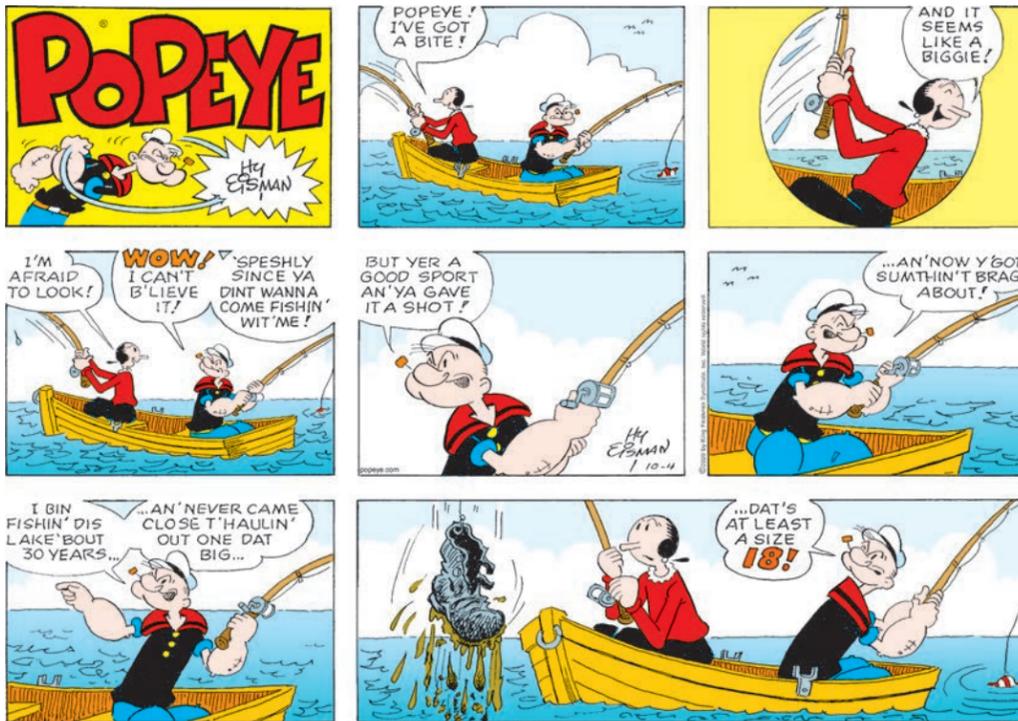


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 Ph.: 563-845-7586  
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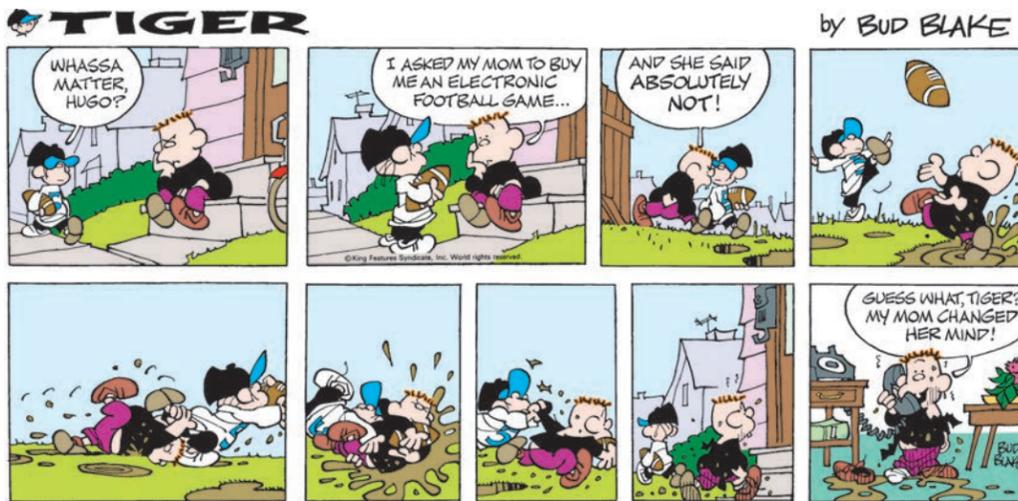


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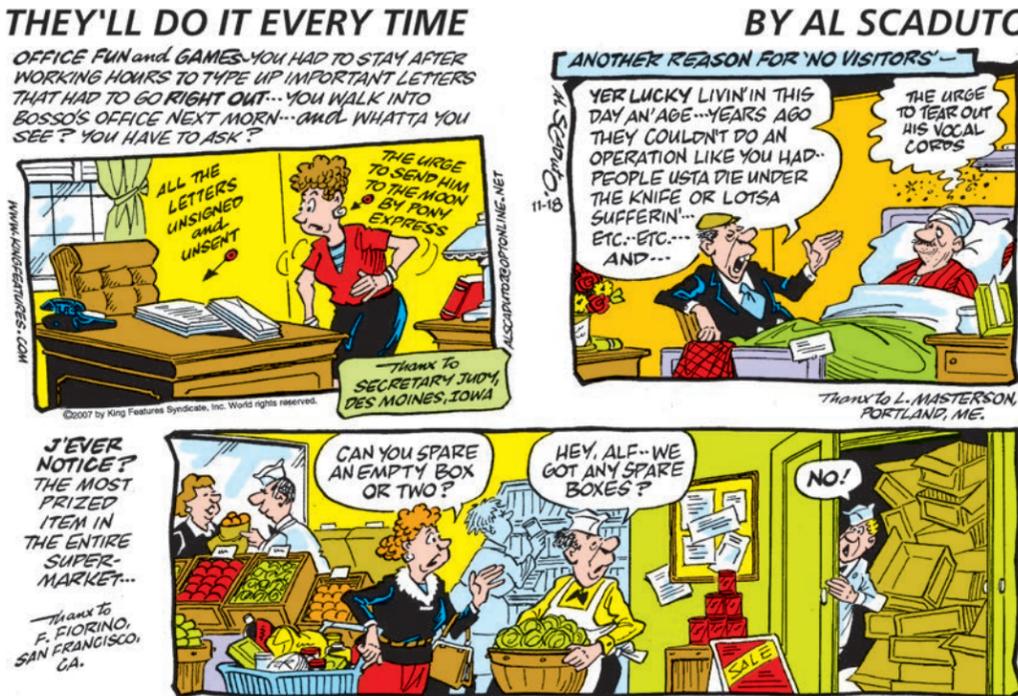
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**STICKELERS** [sic]  
 by Terry Stickels

Match the word on the left with its meaning on the right.

1. aegis	a. senior clergy, dignitary
2. perspicuity	b. clarity, plainness
3. cinnamene	c. defeat someone through trickery or deceit
4. prelate	d. shelter, protection
5. chouse	e. a colorless oily liquid

Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Recede
- 4 Petrol
- 7 Potato
- 11 Settled down
- 13 Mischief-maker
- 14 Cautious
- 15 "Bye"
- 16 Neither partner
- 17 Rice or Tyler
- 18 Ledge
- 20 Dispatch
- 22 Mary — cosmetics
- 24 Half a wet-weather pair
- 28 Game like pinochle
- 32 Hoosgow

1	2	3		4	5	6		7	8	9	10	
11			12		13			14				
15					16			17				
18				19		20		21				
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28	29	30				31		32				
33					34		35		36			
37				38		39		40				
41					42		43					
			44			45		46		47	48	49
50	51	52			53		54		55			
56					57				58			
59					60					61		

- 33 Valhalla VIP
- 34 Dog's foot
- 36 Burrito cousin
- 37 Fifth-day Christmas gift
- 39 Paraphrase
- 41 Impressionist?
- 43 Feathery neckpiece
- 44 List-ending abbr.
- 46 It brings out the kid in you
- 50 Coffee
- 53 Run-down horse
- 55 Stead
- 56 Need for
- 41-Across
- 57 Wildebeest
- 58 Bridge
- 59 Jewels
- 60 Longing
- 61 Illustrations
- 9 Samovar
- 10 Coloring agent
- 12 TV news pun-dits, often
- 19 Online info page
- 21 Once around the track
- 23 "Uh-huh"
- 25 Gumbo need
- 26 Membership
- 27 Advertise strongly
- 28 Drill
- 29 Fix a manuscript
- 30 Galvanizing stuff
- 31 Listener
- 35 "Charlotte's —"
- 38 Collection
- 40 Weep
- 42 Tall and slender
- 45 Kegler's pathway
- 47 Morning co-host Kelly
- 48 Rip
- 49 Quest
- 50 TV drama that spawned "NCIS"
- 51 Expert
- 52 Energy
- 54 Pistol

**DOWN**

- 1 Comestibles
- 2 Mediocre
- 3 Small snack
- 4 Martini ingredient
- 5 Out of control
- 6 Parsley serving
- 7 Brightly marked butterflies
- 8 Skillet

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**Who's the Boss?**

**DEAR PAW'S CORNER:** I know it's a running joke that cats rule people and not the other way around. But if cats can't stand people, why did they become domesticated in the first place? How did that happen? — *Trisha G., San Bernadino, California*

**DEAR TRISHA:** While cats seem aloof and rarely fawn over people in the same way that dogs do, they do love their humans. They express their devotion in ways that are weird to us — like quietly placing a dead mouse in front of us and sitting expectantly until their triumph is acknowledged. Or, like bumping their forehead against our hand, or even our nose. Or meowing incessantly when we're in the bathroom, worried that we will never come out.

When cats were domesticated — scientists think that happened about 12,000 years ago — they approached humans for much

the same reasons that dogs did. There was food available. Cats, like dogs, earned their keep: dogs by keeping watch over their humans, and cats by protecting their food. When humans developed agriculture and began storing grain, rodents became the bane of their existence. Cats, on the other hand, saw a smorgasbord of tasty rats on the menu. Over time, they became domesticated, and our symbiotic existence was cemented.

Cats were revered by ancient societies, and yes, jokes about cats ruling the household are probably as old as the early Egyptian pharaohs. Their behavior — as territorial hunters who move quietly and strike quickly — probably did not need to change as dramatically as wild dogs' behavior had to evolve. Yet, they did become tame and companionable as well — although much more aloof.

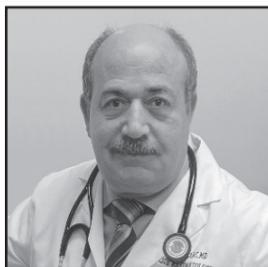
Archaeologists and sociologists have studied the domestication of cats quite a bit, because it helps to answer many questions about ancient peoples. In a way, it helps to outline why cats today behave the way they do.

Send your questions, comments or tips to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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Notable accomplishments during Baker's 1st term:

- Reduced the overall County Tax Levy for 3 consecutive years, giving several million dollars back to Dubuque County taxpayers (this had not happened for decades)
- Instrumental in modernizing Dubuque County Emergency Radio Communications System. Coverage increased from 84 % to 98 %
- Protected Sunnycrest Manor residents (including disabled Veterans) from ill-advised privatization scheme. Quality of care has increased while cost of providing care has decreased
- Worked closely with Dubuque County Engineer to improve our infrastructure
- Proudly supported our Firefighters and EMS providers by establishing the Tom Hancock Memorial Grant Program

Dave & Kathy Baker have been married for 43 years and they have 3 daughters, 6 grandchildren and 4 great-grandchildren.

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## COME CHAT with ME

by S. E. Persinger



Recently, while paying a visit to my hair stylist, I witnessed acts of kindness rendered by a simple pat on the arm (a calming effect), a half cup of warm coffee, and a handful of cough drops. Michele, one of the hair salon stylists, went over to the client and placed her hand on the arm of the woman sitting in a hair dryer chair. This was a comfort that brought a smile to the woman in stress. Then she offered a half cup of warm coffee to the woman who was experiencing a coughing jag brought on by a sinus attack. This soon became a "tissue" issue.

The victim had brought a big box of tissues into the salon because the winter climate often brought on serious asthmatic problems too. She needed to be well equipped for anything in regard to self-help. She was a senior citizen looking after herself in the best way possible.

Soon, Jeanne, another hair stylist, went over to the woman and held out her hand which contained several wrapped cough drops. By now the woman had recovered somewhat and

was able to drink a portion of the coffee. She then unwrapped a cough drop, popped it into her mouth, and asked her hair stylist to please continue with her hair treatment.

Fortunately, the salon was not too busy at that time, so this was not a big disruption. If the shop had been as busy as usual, the scene may have drawn some negative criticisms. Some people just don't understand the dilemmas of health problems that many people face every day of their lives. This woman was not contagious to anyone. Her ailment was confined within her body. And she carried a plastic bag for waste material. She was sitting far away from any other clients in the salon. Also, this was a once in a lifetime episode. The woman said she had never before experienced such an attack in her long, long, lifetime!

Kudos to Michele and Jeannie for the kindness they offered someone needing TLC. What a wonderful world it would be if more people could be as generous with their hearts as these two women were. Both of these women have had careers working with the public and are also wives and mothers so they know how to deal with many situations requiring more than just doing their jobs. Each of them put their whole heart into the situations of life. They go the extra mile. Thanks ladies.

## HONOR OUR VETS Wednesday, Nov. 11



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#### Ohnward from Pg. 1

music educators to professional performers that bring a wealth of experience to the group. Enjoy some great holiday songs while you visit the 16th annual Festival of Trees. All Covid-19 safety procedures and social distancing will be in place. And who knows...maybe even Santa will make an appearance.

Singers include Tristan Tolle-Iowa City, Shannon and Aaron Soenksen-DeWitt, John Ehlers-Preston, Neil Weston-Iowa City, Jake Tebbe-Dubuque, Tyler Stamp-Goose Lake, Lori Gravel-Otter Creek, Mandy Dierks- Dubuque, Megan Gloss-Dubuque, Terry Dillon-Platteville.

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**Cornfields Six Decades Apart**

I walk alongside cornfields now that I'm retired. I did so as a child 60 years ago. The difference is that 60 years ago I walked alongside Iowa cornfields on the farm where I grew up. Now I walk along cornfields in rural Mexico where we live part of the year to be near our daughter and her family. Who would have guessed? Not me!

The future is so unpredictable. The great theologian Woody Allen (okay, I'm kidding about the great theologian part) said, "If you want to make God laugh, tell Him about your plans."

I remember when our church was talking to bankers about financing a possible building program. They wanted us to estimate our church attendance and financial income for two years, five years, and ten years into the future. We did our best, though I thought it a foolish

endeavor at the time; we had no crystal ball. As it turned out, 9/11 happened soon thereafter, and a great many people's expectation of how the future should unfold went out the window, including ours.

Everyone of us can come up with a very long list of how things have turned out differently than we had hoped or figured. Sometimes events have turned out for the worse, sometimes for the better, and sometimes just differently.

I recall my mother often concluding any conversation about future plans with the phrase, "The Lord willing." I find myself doing the same.

It's not that we shouldn't plan for the future, not to do so would be shortsighted. It's just that we need to do so realistically, realizing that plans can help make things happen the way we want but don't guarantee that things will happen the way we want.

The good news is that when we have a deep faith and trust in God, the unknown future need not be feared. To paraphrase an old adage, "I don't know what the future holds, but I know the One who holds the future."

One of the characteristics of God that I find both amazing and comforting is that He knows the future, that He controls the

**An Uplifting Moment cont. Pg. 18**

**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Rehoboam in the Old or New Testament or neither?
2. How many times is the word "Bible" mentioned in the scripture of the Bible (KJV)? Zero, 3, 49, Over 1,000
3. From Genesis 4, what righteous man started the practice of herding sheep? Adam, Cain, Abel, Job

4. According to Jesus, what was Satan from the beginning? Deceiver, Evil, Thief, Murderer
5. In biblical times, which was a large unit of money or weight? Levy, Talent, Shekel, Sepulcher
6. Of these, which wasn't a son of Noah? Shem, Ham, Levi, Japheth

**ANSWERS**

(1) Neither; (2) Zero; (3) Abel; (4) Murderer; (5) Talent; (6) Levi

"Test Your Bible Knowledge," a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.

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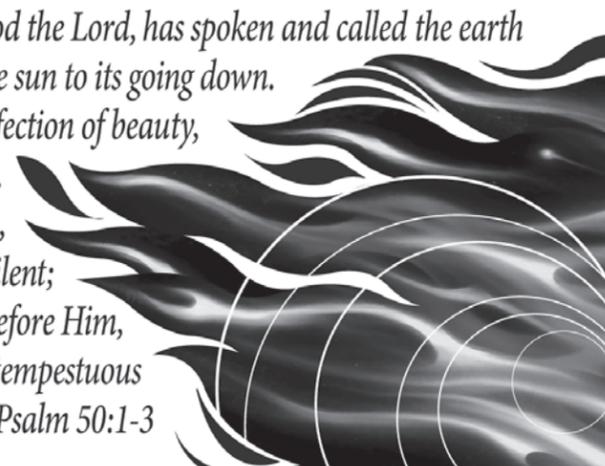
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*The Mighty One, God the Lord, has spoken and called the earth from the rising of the sun to its going down. Out of Zion, the perfection of beauty, God will shine forth. Our God shall come, and shall not keep silent; a fire shall devour before Him, and it shall be very tempestuous all around Him. — Psalm 50:1-3*



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**YESTERDAY AND TODAY**  
BY MICHAEL GIBSON



In 1945 the Dominican Sisters purchased land east of Mercy hospital on Kelly's Bluff. They originally constructed a 90,000 sq. ft. building in 1949 as a Novitiate for their Province. The villa closed in 1964 when a new convent was completed at Sinsinawa, Wisconsin. (Courtesy of the Loras College Center for Dubuque History, OHE p.106 Neg. 4515).

Yesterday & Today cont. Pg. 9



**Priorities**

- » Fully fund our public schools and ensure Iowa once again has the best schools in the nation.
- » Ensure affordable and accessible healthcare for all Iowans.
- » Make the minimum wage a living wage
- » Supporting family farms and keeping our agriculture industry locally owned.
- » Protect our state's natural resources for future generations.
- » Fulfill the promise to our veterans who faithfully served our nation.



Michelle Bell,  
Social Security District Manager,  
Dubuque, Iowa



**Veterans And Active Duty Military Members Can Count On Social Security**

Every year on Veterans Day, we honor the people who risk their lives to protect our country. Our disability program is an important part of our obligation to wounded warriors and their families.

Social Security is an important resource for military members who return home with injuries. If you know a wounded veteran, please let them know about our Wounded Warriors webpage. You can find it at [www.ssa.gov/woundedwarriors](http://www.ssa.gov/woundedwarriors).

The Wounded Warriors webpage answers many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of their Social Security disability claims. Benefits available through Social Security are different from those from the Department of Veterans Affairs and require a separate application.

We apply our expedited process for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits.

Social Security cont. Pg. 10



Ryan is running for Iowa House in District 57 because he believes that government should work for working people. A software engineer by trade, Ryan lives in Dyersville with his wife Laurie and three children.

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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.



The building became a private nursing home for a several years and was purchased by a developer. The massive complex was demolished in 2005. Development of the property for condominiums was halted in 2007 when archaeological excavations discovered hundreds of graves in the area which had once been the site of the old Third Street Cemetery. (Photo by Terry Grant). Those interested in reading more about this fascinating story should check out *Dubuque's Forgotten Cemetery* by Robin Lillie and Jennifer Mack (University of Iowa Press, 2015)

**VETERANS  
★ POST ★**

by Freddy Groves

**Coffee Shop Vets Are One Man Short**

I didn't know if they'd be there, what with the weather snapping cold like it has, but there they were, the elderly veteran crew, arrayed in a wide half circle on the sidewalk outside the coffee shop.

Or at least most of them were. I did a head count after I placed my coffee order at the pickup window. One appeared to be missing, and it seemed that I'd arrived in the middle of a conversation.

"They kept him overnight, worried about his chest. Coughing, but no fever."

"Can't be the virus if there's no fever."

"It could be the virus with no symptoms whatsoever." The retired sergeant, in charge of physical spacing, tapped his 6-foot measuring stick on the pavement. "You need to keep up."

They batted it back and forth, taking bets about which of them might have had it without knowing, citing questionable statistics and claims. A cellphone rang, and the sergeant's hand went up, calling for silence.

He listened and hung up, sliding the phone back in his fatigue jacket pocket. "It's not the virus," he said. "Common

Veterans Post cont. Pg. 19

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1. What group released "Sugar Pie, Honey Bunch"?
2. Name the album that included "With a Little Help from My Friends."
3. The Dovells created two dance crazes. One was the Bristol Stomp. What was the other one?
4. Who wrote and released "Rock and Roll Is Here to Stay"?
5. Name the song that contains this lyric: "Some things stay the same and some are due for change, I thought I had them all nailed down."

**Answers**

1. The Four Tops. The song hit No. 1, was bounced from the top slot by the Byrds, climbed back up, and was demoted again, this time by the Rolling Stones, all in the summer of 1965.

2. The Beatles' "Sgt. Pepper's Lonely Hearts Club Band," 1967. Other songs include "Getting Better" and "Lovely Rita."

3. The New Continental (1962). The song was used in the film "Hairspray" for a brief scene.

4. Danny and the Juniors, in 1958. It was written after some radio stations started smashing rock and roll records.

5. "Everything Your Heart Desires," by Hall & Oates in 1988. The single, from their "Ooh Yeah!" album, went to No. 3 on the charts, but was the duo's last Top 10 entry.

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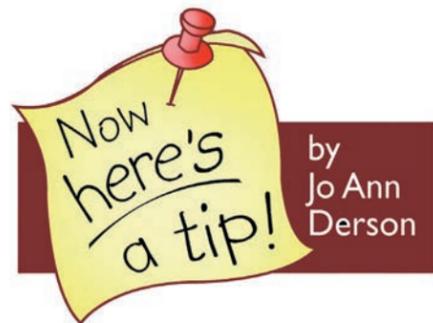
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- "I find it helpful to set calendar reminders on my phone for working out and meal prepping. I have to treat it like a job so that I'll do it. Thought that might help other

people who struggle." — **S.O. in Wyoming**

- "Those hide-a-key rocks can be a little obvious — at least they are to me. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known only to our family members. Also, it's not right by the door." — **I.E. in Mississippi**

- "When closing up our cabin for the season, we brought a box of mothballs and scattered them around the porch perimeter. This keeps the small animals like mice and skunks from setting up shop there while no one is around." — **S.F. in Pennsylvania**

- Now's a great time to start weatherstripping! Check and recaulk windows. Caulk along baseboards to deter drafts. Add insulation to electrical outlets and under sinks around plumbing. Seal it up to stay toasty this winter.

- "When temperatures fall where I live, outside exercise becomes preferred. We all know to drink lots of fluids in the blazing heat of summer, but it's important to plan your hydration when extreme sweating isn't the norm. You still need to replace fluids for optimal performance." — **T.D. in Florida**

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**Social Security from Pg. 8**

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# KOVELS® Antiques & Collecting

By Terry and Kim Kovel

## Faience Figurines

Emile Galle is a famous artist, a leader of the Art Nouveau movement in France in the mid-1800s. He started his art while working at his father's furniture and pottery factory. By 1877, he managed the factory and started making clear glass. He soon developed a style of his own making vases of heavy, opaque colored glass in layers that he carved into plants and flowers. He called it cameo glass. In 1878, his exhibit at the Paris Exhibition made him famous, and he promoted Art Nouveau designs in his glass and in the marquetry on his furniture. By 1885, he founded a workshop for furniture and made pottery.

Many modern collectors only know about Galle's cameo glass, yet his pottery and furniture are often sold at shows and auctions. Furniture can be identified by the script name "Galle" as part of the marquetry design. The heavy faience (pottery) vases have thick walls, curved patterns and rounded edges and rims. Each is colorful and decorated with natural shapes of plant life.

But little is written about his seated faience. Each cat is about 12 inches high and 7 inches wide. Most are glazed yellow, although some are blue, black or green with small scattered hearts and circles as decorations. A few have elaborate drawings of flowers covering the body. Every cat had glass eyes and a grin.

Morphy Auctions sold a signed pair of yellow Galle figurines with scattered hearts and circles on a yellow



*Emile Galle was a famous French artist who is best known for cameo glass vases. These faience figurines, a bulldog and a cat, sold at auction as a pair for \$1,470. Every cat has a silly grin and glass eyes, so they are easy to recognize.*

background for \$1,476 despite minor damage. At first glance they look like two cats, but one is a frowning bulldog. We wonder why cats are almost the only animal figure he made.

...  
**Q:** We found an old baby cup when we moved into my parents' 1898 house. It's marked "Pairpoint Mfg. Co., Quadruple Plate, New Bedford, Mass." Can you give me any information about it?

**A:** The Pairpoint Manufacturing Co. started in New Bedford, Massachusetts, in 1880. It was founded to make silver-plated items to go with Mt. Washington's glassware, which became part of Pairpoint in 1894. Silver production stopped about 1930. The value of your silver-plated baby cup is about \$15 to \$20.

...  
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yellow, green, c. 1820, 16 1/2 x 16 1/2 inches, \$580.

Galle cameo vase, pink and white background, green leafy overlay, signed, 7 3/4 inches, \$830.

...  
**TIP:** Spray glass cleaner on a cloth, then wipe the glass on a

framed print. Do not spray the glass because the liquid may drip and stain the mat or print.

"Kovels' Antiques & Collectibles Price Guide" – the all new 2021 edition – is now available in bookstores nationwide and online.

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### Plan Ahead for Future Care

While no one can know for certain if they will get COVID-19 or how sick they may become, there is a way to limit some uncertainty. As Iowans face the continuing impacts of the pandemic, advance health care planning and preparation for health and natural disaster is increasingly vital. Developing a proactive health care and emergency plan is particularly important for older adults, adults with disabilities and/or mental health challenges, and those with underlying health conditions.

Individuals can take control of the situation by proactively weighing options and having important conversations about wishes, should a medical/health crisis occur. By sharing personal preferences in health and end of life care ahead of time, loved ones, health care agent and doctors will know what matters most: treatments that match goals, values, and priorities, and where care might be receive. Often, people do not make the decision or share their decision with others, this may have negative impacts on their health care decisions in times of need. Doing so before a medical

crisis allows time for reflection about how a serious illness may impact health and quality of life in general.

Studies have shown that proactive planning for health care can reduce emergency room visits and hospitalizations, reduce health care costs, improve quality of life, and increase the likelihood that care will be delivered in accordance with patients' wishes. In addition, having a future care plan is known to reduce anxiety and depressive symptoms among older adults with health concerns.

"Future Care Planning" is a two-part workshop of 1.5 hours from Iowa State University Extension and Outreach offered in person or online. The interactive workshops include short videos and group discussion, along with the information shared by human sciences specialists with Iowa State University Extension and Outreach. Participants will leave with valuable resource materials, helpful health visit tips, and information to help them be prepared for unexpected events, including

IA State Extension cont. Pg. 14

*Thunder is good, thunder is impressive; but it is the lightning that does the work.*  
—Mark Twain

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## 7 Tips for Discussing Estate Planning with Your Parents

by Thad J. Murphy,  
Attorney with Pearson Bollman Law

Talking about estate planning is a difficult, emotional topic but it's essential.

A survey shows less than half of Americans have a will. Dying without a will could lead to added emotional strain and stress.

The following tips can help you discuss the hard topics thoroughly and respectfully.

### 1. Plan What You Can

Discussing estate planning is not something that should happen without any planning. Make a list of topics you want to chat about.

### 2. Identify Key People

There are several key people you may need to contact for estate planning purposes. Have the details for those important contacts.

### 3. Address the Topic of a Will

Determine whether there is an existing will in place. If a will was created many years ago, have them consider reviewing it to ensure it's a true reflection of their wishes.

### 4. Talk About Power of Attorney

Find out whether your parents have appointed someone to manage their affairs if they become incapacitated. If they haven't, suggest they consider



Thad J. Murphy of Pearson Bollman Law

doing so.

### 5. Discuss End-of-Life Wishes

Even though the subject may be uncomfortable to talk about, you should discuss your parents' end-of-life wishes with them.

### 6. Ask About Insurance Policies

Talk about the insurance policies in place. If you haven't already done so, take note of the details of the brokers.

### 7. Discuss All Other Practicalities

There are several other practicalities you should include in your conversations.

- Make a list of accounts
- Discuss organ donation
- Memorial service plans.

### Conclusion




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Estate planning conversations are tough no matter how you tackle them. Try your best to be patient with your parents and transparent with other family members about what you're doing.

Accept that these talks can take time. The smaller details are critical and should not be rushed. Lastly, always consult an attorney if you're unsure about the legal aspects or implications of any of the points mentioned above.

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](http://pearsonbollmanlaw.com) and select "Events."



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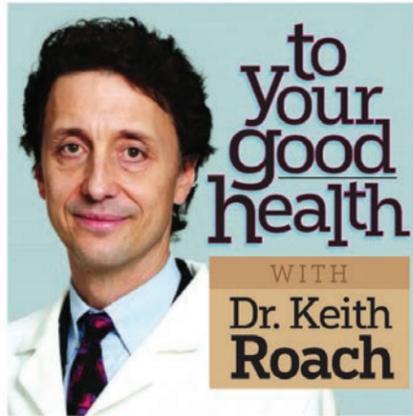
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### Chest CT Can't Replace Screening Mammogram

**DEAR DR. DONOHUE:** I am due to have a mammogram in July, but around the same time I am supposed to have a chest CT as a follow-up to my chondrosarcoma cancer. I have a CT every other year, and an X-ray on the opposite years of both my affected arm and my lungs. Does a chest CT have the potential of showing a similar finding as a mammogram? I would just as soon not have to expose myself to so much radiation all in one month. I'm 66. There is a history of postmenopausal breast cancer in my family, in my mother's mother. — *T.M.H.*

**ANSWER:** A mammogram is an X-ray that is designed specifically to look for abnormalities in breast tissue. Mammograms have been extensively studied and proven to reduce mortality in women between the ages of 50-74 (outside these ages, there remains extreme controversy).

CT scans are X-rays taken from many angles and then reconstructed in a computer to provide a look at many slices of the part of the body being looked at. A CT scanner can be set to emphasize bones or soft tissue, and work is ongoing now with CT scans designed specifically for breast abnormalities. The CT scan you get as follow-up

to your chondrosarcoma (a rare cancer of cartilage) is designed to look in lung tissue for abnormalities, and has not been evaluated as a means of screening for breast cancer, although I do know that some may be found anecdotally.

The CT scans you get as a part of your cancer follow-up are not an adequate substitute for ongoing mammography, which is particularly important in your case due to a family history. I do understand the concern about radiation, but a mammogram has very little radiation — approximately the same you would get from naturally occurring radiation sources in seven weeks of walking around.

• • •  
**DEAR DR. ROACH:** I read a news report that vasectomy increases risk of prostate cancer. Should men avoid this procedure due to concern for prostate cancer? — *T.S.V.*

**ANSWER:** Several studies have looked at this possibility, and the results are conflicting. A 2014 study of about 50,000 U.S. men showed an increase of about 15% in the risk of fatal prostate cancer, but a 2016 study of 360,000 U.S. men showed no increase in risk. In June 2019, a study of over 2 million Danish men showed a 15% increase in overall prostate cancer risk. To put the risk in perspective, about 500 men would need to have a vasectomy for one additional man to get prostate cancer, in the Danish study. It is not clear that the vasectomy caused the prostate cancer.

It is possible that there is something about men who choose vasectomy that puts them at higher risk to begin with; however, the authors were unable to find a known risk factor to support that possibility.

Even if vasectomy does lead to an increased risk of prostate cancer, it still has similar or lower overall risk than other forms of birth control, and is a good choice for a man who is absolutely sure he does not want to father any more children, as a vasectomy should be considered permanent. Attempting reversal is possible, but there is no guarantee of success.

*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](mailto:ToYourGoodHealth@med.cornell.edu).*

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**IA State Extension from Pg. 12** emergency room visits and disaster situations and for family discussions about health care preferences and wishes.

For more information or to schedule a workshop, contact Phyllis Zalenski at **319-465-3224, 319-480-1106** (cell), or [zalenski@iastate.edu](mailto:zalenski@iastate.edu).

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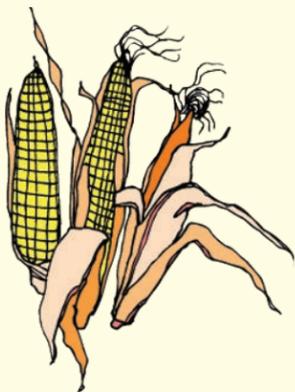
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5. U.S. STATES: A resident of which state might be called a Buckeye?
6. MOVIES: Who were the three stars of the film “Three Amigos”?
7. GAMES: Which “ailment” was added to the Operation board game in 2004?

8. ASTRONOMY: Which two planets in our solar system lack natural moons?
9. MYTHOLOGY: What is a Valkyrie in Norse mythology?
10. TELEVISION: What was the name of the android on “Star Trek: The Next Generation”?

- Answers**
1. Rome
  2. Buzz
  3. Toward better things
  4. Four
  5. Ohio
  6. Steve Martin, Martin Short and Chevy Chase
  7. Brain Freeze
  8. Mercury and Venus
  9. A maiden who chooses who may die in battle, and which of the slain are worthy of a place in Valhalla
  10. Data
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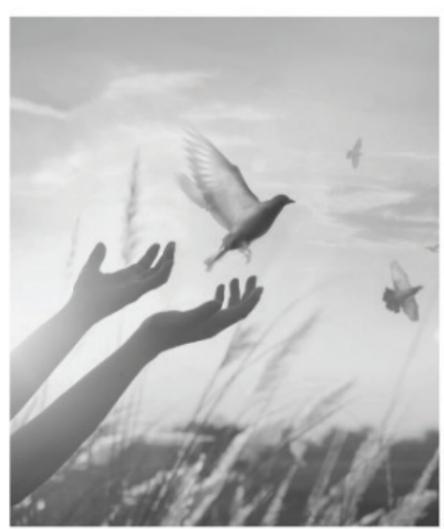


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**Via Zoom**

**Saturday, November 14 from 10:00 AM - 3:30 PM**



Due to the COVID virus, this day long retreat event has moved online. Workshops on No Rules writing, photography as a healing practice, a heart connection craft, ideas for getting through the holidays and discussion and reflection time.

\$35 includes materials and the Zoom link.

Register & Prepay by Thursday, November 12.  
 Visit [shalomretreats.org](http://shalomretreats.org) or call 563-582-3592.

**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.



Getting into our attic was in itself an adventure. We had to climb up a six-foot ladder that had its base on the floor of the girl's ten-foot square clothes closet. We squeezed into the closet brushing clothes aside, then climbed the six-runged ladder to a platform that had footing to angle into this large open attic.

Wonderful things were stored in our attic. Only one half of the attic was floored. The open rafters were showing through the rest.

In the open rafter half of the attic there was the upper top of an old stove with the sliding warming spaces. John

and I managed to walk on the rafters when we used this old stove as our library. We stored magazines and pictures that we admired. We were mighty careful not to miss our step and find our feet dangling down through the bedroom ceiling below.

A real treasure in the attic were two khaki woolen uniforms, leggings, helmets and guns left by our cousin Edmond McCann when he returned from France after World War I. We played war in the attic since we were never allowed to take those uniforms out of the attic. We always played until the enemy was destroyed.

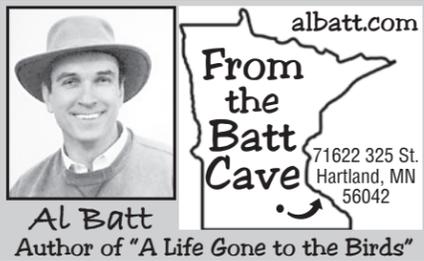
All our empty gallon, two-quart, quart and pint jars were stored in the attic. My mother thought the jars would get moldy if they were stored in the cellar. Many large framed relatives' pictures stood in rows on one side. Trunks and wooden boxes stored off season clothing. The two and a half foot window was our only light, so we only used the attic in the daytime.

The years supply of Lewis Lye Soap was carried in dishpans to dry in the attic. An old bed sheet held the large pieces of soap to dry for months before it got hard enough to handle.

One day my sister Anne and I explored the attic while we were home alone. We found an old rope trundle bed that Pa had bought at an auction and never used. We worked a long time trying to put it together.

Anne decided the pieces weren't all there. So we pried the attic windows open and threw the pieces onto to the roof of the porch below. We hauled them across the road into a

**Liz Lynch cont Pg. 17**



### Making good time going home from a good time

We took no vacations.

We had to make good time going home from a family gathering because we didn't have a good time taking vacations.

My father drove. My mother rode shotgun. I sat in the backseat, as a free-range child not constrained by a seatbelt because there was no seatbelt there. I counted things I saw out the window — cows, dogs, tractors and pheasants. I tried to see out-of-state license plates. I hoped all that counting would keep my mind off other concerns, but it didn't.

"I'm hungry," I whined. I wasn't only the baby of the family, I was once the world's youngest boy. I didn't wear that crown long.

"Your mother made emergency sandwiches," said Dad.

I'd already eaten them. I said I was hungry in the hopes we'd stop someplace where I might use the bathroom. You can't get anywhere if you don't start somewhere, and life's rules are vague.

"I need to go to the bathroom." I didn't want to get his nose out of joint. I tried to be shut-mouthed, but I couldn't. I'd been on an all-expenses-paid package tour to Algona, Iowa, to an aunt's house where I'd expressed awe of her automatic card shuffler. She gave it to me as a lovely parting gift, saying I'd be the first kid in my class to have one. I had drunk as much red Kool-Aid as possible at my aunt's house. A recipe for disaster. Nature calls are distracting, yet concentrate the mind. There might be a cleanup required in the backseat aisle if we didn't stop soon.

"Just hold it. There's an outhouse at home," he replied sweetly.

That wasn't comforting, waiting to use the dreaded back house, little house or biffy. My "holding it" skills were rickety.

"You should've gone before we left," he added. He could be narrow-minded about things.

That would have put me in a humiliating light. "I'd have had to ask to use the bathroom. Everyone would have known what I was doing."

"OK, at the next stop sign, get out and go." Rest areas were cornfields in those days.

That wasn't the answer I'd hoped to hear. The conversation began to loop. I still find it difficult to whittle the world down to the things I need.

"Don't worry, we'll all look the other way. You can take the flashlight." Our flashlight was afraid of the dark.

It was raining. I watched raindrops roll down the rear window as the wipers screamed in agony on the windshield at the other end. My mother took my side and pleaded my case.

Dad was a good father. He always got my name right. Even a wonderful father is still a father, and fathers have their ways. Dad was a skillful driver, too. He could parallel park our land yacht of a Pontiac on the first try. I'm still attempting to complete my first try. My father refused to speed no matter how many cows required milking at home. He obeyed all traffic laws. He stopped, he yielded and he signaled his turns, even when his was a familiar, local car and everyone knew where and when he was turning. He obeyed traffic laws for the general welfare of everyone. The car had only enough power to run one of the two rear turn signal lights, held in place by vise grips.

The car could ride a little rough. It didn't take potholes well. Neither did I. Dad successfully missed only one, the one so deep they held a fishing tournament there each year. It's not a true pothole unless you can dive into it.

You'd think a big car would have had a restroom, but it didn't. I didn't kick the back of Dad's seat, but I considered using Dad's beloved Stanley thermos bottle for something other than its designed purpose. I didn't, for there be dragons.

I watched the cornfields we passed. They looked inviting.

We finally, finally, finally stopped. I used a gas station with its door locked and the key attached to a 50-pound anvil that had to be dragged to the door to open it. The restroom had just been cleaned 12 years earlier and was lit only by the ember of burning toilet paper. There was no line to the facility. Dad had to buy some snacks and a fingernail clipper to cover his perceived cost of the bathroom usage.

Did my father stop because he was full of concern for his baby boy?

No, it was because his bladder was full. Dad had to go.

© Al Batt 2020

Liz Lynch from Pg. 16

deep ditch. About a month later Mama decided to put the old bed together. It wasn't easy to angle our way around the fact that we

had thrown the bed out without asking permission.

We seldom used the attic as it was so cold in the winter and so hot in the summer.

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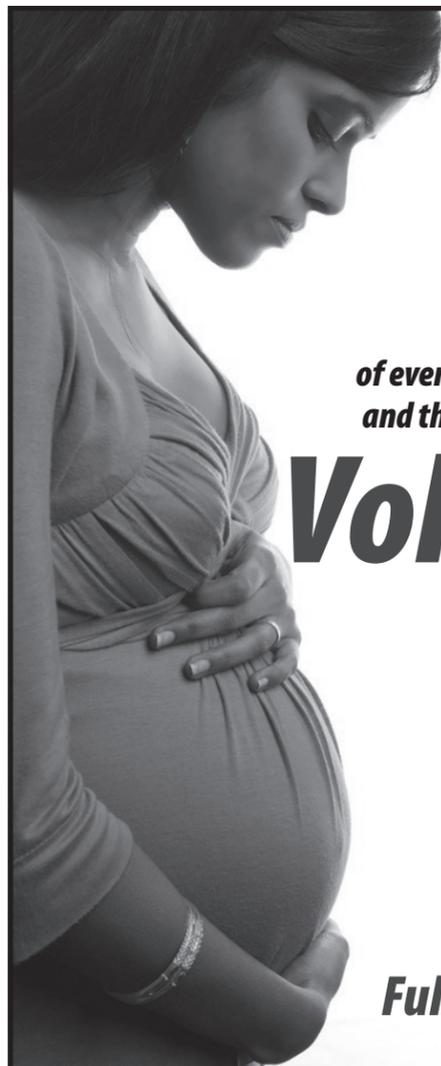
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The month of November prepares those of us who live in the Midwest for what we have to look forward to — barren trees, cooler weather, celebration of those times when we gather together with family and friends and give thanks to God for what we have, we enjoy his plentiful harvest.

The Pilgrims and the Native Americans were to celebrate the first thanksgiving together. During the golden age of radio, Native Americans were popularly portrayed by Tonto, Little Beaver and a late comer, *The Silver Eagle*.

*The Silver Eagle* delighted kids of the early 1950s, bringing the untamed northwest into the living rooms twice a week just after suppertime. It premiered

from Chicago on July 5, 1951, with Jim Ameche as Jim West, the famous Silver Eagle whose eagle feather arrow was his trademark. The Silver Eagle was assisted by a mass of Canadians of French ancestry who helped bring down the law breakers. In the northwest, where gold strikes and claim jumping was a common event, the Silver Eagle and his partner help the innocent and downtrodden from evil doers. Sponsored by General Mills, *Silver Eagle* is generally considered the last of the great juvenile programs.

If you listen to 1370 KDTH's *Big Broadcast* on Sunday nights from 6 to midnight, you might hear the only one or two episodes of *The Silver Eagle* that survived the ages.

**An Uplifting Moment from Pg. 7**

future. He's a good God, so if we're in relationship with Him He walks into our future with us, even is in our future waiting for us. Nothing that happens catches Him by surprise. He has a plan, and it's good!

*"Now listen, you who say, 'Today or tomorrow we will go to this or that city, spend a few years there, carry on business and make money.' ... Instead, you ought to say, 'If it is the Lord's will, we will live and do this or that.'" James 4:13,15*

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March 1953

# Down Memory Lane

March 1953

Exerpts From The Pages Of "Dupaco Meating Post" A Newsletter Of The Dubuque Packing Company



**DUPACO GIRLS SEXTET:** top — Pat Mills, Donna Galliard, Rowetta Johnson, Charlotte Wickham, Jeanette Meyer; bottom — Coach Louis Hanson, Delores Sowle, Audrey Reardon, Jeanette Jaeger, Pat Greisinger.

## GIRLS BASKETBALL

Our Dubuque Pack girls' basketball team now sports a five and two record in the win and loss column and holds second place in the local girls' league.

One of the best performances of the season was turned in by our Packers' sextet last week when they registered an impressive 49 to 19 victory over the Perfection Oilers. Rowetta Johnson led the scoring with a 24-point count which sparked the Packers' offensive.

Russ Gantenbein manages the girls' team which is coached by Louis Hanson.

### League Standings

	Won	Lost
Hilldale	6	0
DUBUQUE PACK	5	2
Y Hi Time	4	2
Meadow Gold	4	3
Girls Center	3	4
Bernies Service	2	4
Perfection Oilers	2	5
Adams Co.	0	6

# Plant Talk

by Ken Resch



## Care for the Earth

Every November I pause to remember my mother who died in November 2007. My mother continued to plant annuals in a variety of decorative planters at my brother's up to the last spring she lived, dying that November at 93. My parents were not wealthy. They saved for twenty years to buy the only house they'd ever own; yet, more important than the house was the yard. It wasn't large, but every year Mom and Dad created a riot of color with roses and annuals. We lived on the corner and passersby often paused to look at our roses and flowers. Our parents taught me and my older brother to love, care and beautify the earth.

We plant flowers and trees because we believe in a future. Earth is our home, and we owe it our respect. No greater respect can be given than to beautify and care for all that lives upon the earth. Now, I do not know the circumstances of my readers, but I do know that regardless of what those cares, worries and concerns may be, beauty can be a part of each life. A small basket of annuals, a few perennials, some trees, a few shrubs, are all within our reach if we believe it's important to care for the earth and its future. Enlist grandchildren to plant; spend a few minutes just looking at your flowers; do whatever is necessary to surround yourself with some natural beauty.

I've written about planting a tree in honor of each

grandchild's birth. When the last one was born ten years ago, I planted my eleventh tree on my property. The trees are planted for a future likely to extend beyond my lifetime because I want to offer hope for that future through both the trees and each grandchild attached to one of the eleven. When I leave this house, a new owner may destroy what I planted, but that's only the visual evidence of what I hope I planted deep within each of their spirits just as my mother and father did to me.

This year, more than any of my seventy-three, has no parallel; no equal. Fires in the west have consumed more than a million acres of trees, a storm in Iowa uprooted hundreds of trees, Emerald Ash borers have destroyed nearly all the Ash trees in the country, and we stagger under a virus we've yet to conquer. Is there any hope for a future? I must believe so; I must. Beyond ourselves we've placed three families who love each other and our eleven grandchildren into a future which at some point we will not share.

We must believe trees, shrubs and flowers are the door opening into a hope-filled future. Lucy Larcom profoundly said this with her simple words: "He who plants a tree plants a hope." Yes! Trees are our hope for a bright future as they teach us so much in the present. Speak kindly to those younger than you; offer wisdom to the children; put your hands in the warm spring soil next to the hands of youth. Plan now, in the November days leading us to winter, to pass on what love you've received from the trees, the flowers, the gardens, and the fresh spring air that will come again. Plan now, to plant at least one tree in 2021.

**For Affordable Ad Rates,  
Call: 563-845-7586**

**Veteran's Post from Pg. 9**  
cold. But the grandkid tested positive, so now the whole house is in lockdown. Our good buddy has to go elsewhere."

"Bet he's not happy about that."

"His other daughter is coming from upstate. Plans to take him with her tomorrow."

"He'll be even less happy about that. Poor guy. He's a news junkie. She lives in a cabin on a lake, no cable. Just basic channels."

By the time I finished my coffee, hovering at the edge of the group, the general consensus was that their pal, to be trapped for a few weeks in a lakeside cabin in the woods with no cable television, was actually the lucky one. As long as he remembered his fishing pole.

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**DEMENTIA FRIENDLY COMMUNITY CORNER**

Dementia Friendly

As we continue to educate ourselves with terminology related to Dementia we are going to continue on the theme of Residential Care again this month. Once a decision has been made to make the move to a residential care facility there will be many questions. Below is a guide of what you may want to ask about.

**Family Involvement:** Are families encouraged to participate in care planning?  
How are families informed of changes in a resident's condition?  
Are families encouraged to communicate with staff?

**Staffing:** What type of medical care is provided? Do you have physicians and nurses or nurse practitioners on premises? Is there a registered nurse on site at all times?  
Is personal care and assistance provided? Are staff trained in dementia care?  
Is it required by the state? How long is the training and what topics are covered?  
What is the ratio of residents to staff?

**Programs and services:** Do planned activities take place? (Ask to see an activity schedule) Are activities designed to meet specific needs, interests and abilities?  
Is transportation available for medical appointments and shopping?  
Which therapies (e.g., physical, occupational, speech, recreational) are offered?  
Is there a dementia-specific (special care) unit?  
Are religious services and celebrations available to residents?

**Residents:** Is personal care (e.g., bathing, grooming, toileting) done with respect and dignity? Is there flexibility in personal care times based on an individual's schedule? Are residents well-groomed, clean and dressed appropriately?

**Environment:** Is the facility free of unpleasant odors?  
Do indoor spaces allow freedom of movement and promote independence?  
Are indoor and outdoor areas safe and secure? Is there a designated family visiting area or a private place to have visitors? Are resident rooms clean and spacious?  
Are residents allowed to bring familiar items (e.g., photos, bedding, a chair)?

**Meals:** Are there regular meals and snack times? Is food appetizing? (Ask to see the weekly menu and come for a meal.) Are family and friends able to join at mealtime?  
Is staff able to accommodate special dietary needs (e.g., low sodium, diabetic)?

**Policies and procedures:** Are family and friends allowed to participate in care? Do the visiting hours work for the family? Has the discharge policy been discussed? (Learn about any situation or condition that would lead to a discharge from the facility, such as change in behavior or financial circumstances.) Does the community provide end-of-life care? Is hospice care available if needed?

**Costs:** The cost for care varies widely depending on the type of facility. The national average cost for basic services in an assisted living facility is \$48,612 per year. In a nursing home, the average cost for a private room in a nursing home is \$102,200 per year and the average cost of a semi-private room in a nursing home is \$90,155 per year. Most families pay for residential care costs out of their own pockets. Types of benefits that may cover nursing care include long-term care insurance (check the policy as certain requirements may need to be met before receiving benefits), Veterans benefits and Medicaid. Medicare does not cover the cost of long-term care in a care facility. Medicare only covers short-term skilled care after a hospital stay.

*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)

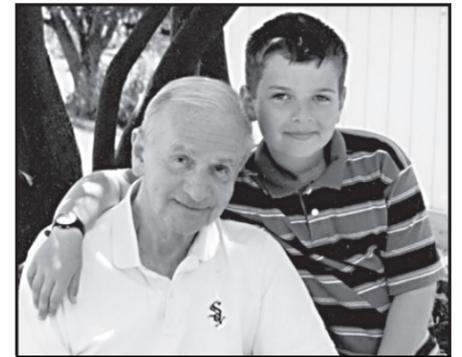
*The Best Of Jerry*  
originally published  
January 2012

### The Little Town We Couldn't Find!

Maury, this is another one of those "crazy" things that happened to your Grandpa because of baseball. It's about how we couldn't find the town where the game was to take place!

We played approximately sixty games that summer and the only two day games were the 4th of July, (you remember when we almost missed the train!) and this one – scheduled for a Sunday afternoon – in a little town called Festina. Semi-pro baseball was "wide open" in those days and the size of a town meant nothing as to how good their ball club might be. "Imported" players were very common and this little town had a real fine team.

As usual, Grandpa was driving the last of three cars to leave Dubuque. Festina, IA was a two-hour drive directly north. After driving for approximately two hours, Tom Schlueter (we called him "slush pump" because he played the trombone), our right fielder and "map reader," informed us, as we entered a town, that we were too far north because this town was north of Festina on the map – by about fifteen miles! We immediately



**Jerry Eberhardt with grandson, Maury Cohn**

turned around, headed south and after a short time, expected to see a sign saying "Festina." But, guess what, Maury, – we drove past the town for the second time! We did an abrupt U-turn and headed north again! It turned out this little town was about five miles east of the highway and, the county black top road leading there was marked by a "very small" sign!

Tom, our left fielder Midge Delaney, our first baseman Merle Mathis and Grandpa arrived just minutes before game time, but we finally found that "little town!"

Interestingly, Grandpa visited recently with someone familiar with that area today, and I told him this story. And guess what, Maury. He said, after all these years the sign reading Festina, is still rather small and could easily be missed!

Hope you enjoyed this. Love, Grandpa.

## SENIOR NEWS LINE

by Matilda Charles

### Who's Hoarding the Mini Blinds?

It's a bit unnerving to walk through a store and see so many empty shelves. I haven't been to the local big box store very often lately, but I wanted to see if what I suspected was true.

I'd been unable to order a number of items for curbside delivery and had been told that lots of things were actually in the store but couldn't be purchased except inside in person. That made no sense. I suspected that, instead, those items just weren't there.

So, in I went, mask on face, miniature hand sanitizer bottle in purse.

I was stunned to see so many empty shelves. It wasn't like the first month of the pandemic when people were hoarding and taking as much bread, sanitizers and canned goods as they could carry out, until limits

were put on purchases. Instead, there were shelves empty of items you wouldn't normally associate with hoarding, like mini blinds.

Who hoards mini blinds?

I could (maybe) understand the lack of packs of lined school paper and pencils, for the kids doing remote learning, or toys because the kids are home all the time. I could see where we'd still be missing a variety of paper towels. And I could almost understand the few choices for shampoo and bath soap.

But what about dishes and light bulbs? Unless one was in the market for square red dinner dishes or 40-watt bulbs, there were none to be had.

Certain shortages we can understand. But what has happened to the supply line when we can't get a simple 100-watt bulb?

With winter coming, we might do well to reconsider our supplies and add a few light bulbs to our stash. Otherwise we might be in the dark even more than we already are.

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*A lie told often enough becomes the truth.*

—Vladimir Lenin



# SPORTS COMMENT

by Gary Dolphin

From Where I Sit

Voice of the Iowa Hawkeyes

It feels wonderful to say Iowa football is back. We hope it's back for the planned nine game season. The medical community and lingering COVID-19 will decide, in the long run, how much football and basketball will transpire. For now let's think positive and hope for the best.

Here are some general thoughts as the Hawkeyes prepare for Purdue at West Lafayette on Saturday, October 24.

There's a brand new quarterback in town. California kid Spencer Petras has a big body and a big arm connected to it. He broke most of Jared Goff's passing records at Marin Catholic High School in the San Francisco Bay Area. Goff is doing quite well with the Rams these days and Petras has thrown ten career passes as a backup to Nate Stanley in two seasons. Petras has a lot of confidence packed in that 6'5", 230 pound frame. Stanley threw for over 8,000 yards and 68 touchdowns primarily from the pocket. Petras can throw and run, move the pocket, get on the edge and take off if necessary. He can make all the throws and selected Iowa after decommitting from Oregon State due to a coaching change.

He loved the Hawkeye's facilities, QB coach Ken O'Keefe

and everything else about his visit. Growing up on the west coast allowed him to watch plenty of Big Ten football Saturday mornings. He has an affection for the legendary players and sold out stadiums of the conference and is excited to start his Iowa career after bunkering in all spring and summer as a "social hermit."

Petras will have a gifted set of receivers to throw to, led by preseason All Big Ten and All America pick Ihmir Smith-Marsette. The Hawkeye's defense will be solid again despite losing four starters to the NFL, most notably A.J. Epenesa. Tackle Jack Heflin, a grad transfer from Northern Illinois and the Mid America Conference defensive player of the year will help fill the void left by Epenesa.

Kicker Keith Duncan returns for his senior year as the country's top field goal kicker and should be instrumental again in tight, end-of-game situations!

Go Hawks and game on!

Speaking of game on, catch the Hawks at my new bar in the Millwork District. Gary Dolphin's Iron Bar is just off the main lobby in the Novelty Iron Works building, 333 East 10th street. We're scheduled to open Saturday October 24th. More on the historic building and the game plan in next months issue.



## My Priorities

### A GREAT PLACE FOR FAMILIES

Dubuque is a great place to live and raise a family, and I want to make sure it remains that way. I'll work to protect essential services, enhance quality of life, and ensure our neighborhoods are safe and inviting for families.

### A STRONGER EDUCATION SYSTEM

To better prepare our children for a bright future in the career of their choice, I will work to promote college readiness programs for our students and increase vocational training opportunities.

### A GROWING ECONOMY

As State Representative, I will stand with local job creators, champion workforce training programs, and encourage innovation and entrepreneurship to grow our economy.

Pauline

# CHILTON

State Representative

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## CONTACT



(563) 542-9287

Pauline@ChiltonForIowa.com

ChiltonForIowa.com

Pauline Chilton  
Chilton for Iowa  
135 Cherokee Drive  
Dubuque, IA 52003



by Ryan A. Berenz

1. What pro football hall of famer amassed 14,101 rushing yards in his career with the New England Patriots and New York Jets from 1995-06?
2. Robert De Niro and Michael Moriarty starred in what 1973 film adaptation of a 1956 Mark Harris sports novel?
3. How many consecutive passes did Iowa Hawkeyes quarterback Chuck Long complete in a 1984 game vs. the Indiana Hoosiers

4. What sport did Uruguayan teacher Juan Carlos Ceriani create in 1930 as an indoor, five-on-five version of soccer?
5. At what university did the NFL's Watt brothers (J.J., T.J. and Derek) play college football?
6. What U.S. archer won two gold medals at the 1996 Summer Olympic Games in Atlanta?
7. Former NBA player Cliff Robinson appeared on the 28th season of what reality TV competition series?

### Answers

1. Curtis Martin.
2. "Bang the Drum Slowly."
3. 22.
4. Futsal.
5. The University of Wisconsin-Madison.
6. Justin Hush.
7. "Survivor."

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—Chinese Proverb

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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.

### A Spot of Tea!

Would you like a spot of Tea? This is an invitation that is as English as our early 1800's English silverplated Tea Pot. To have a spot of Tea would be like having a cup of coffee to us colonials. The English relish their afternoon Tea's, that most often would include an array of fine pastries. To take afternoon Tea sounds like a great idea a chance to pause, rest, relax, converse over a cup of hot Tea would be a welcome opportunity in our crazy nonstop world of today. Recently we listed for



sale this fine English Tea pot. Adorned with elaborate engraved design and a carved wood silver wrapped handle. The pot was footed with a matching silverplated tray. The hallmarks dated this to around 1827 eBay bidders set the final value at \$626.99.

## Contract Bridge

### Famous Hand

South dealer.  
 Neither side vulnerable.

**NORTH**  
 ♠ K J 8 6 4  
 ♥ Q 7 4 2  
 ♦ A K 8 3  
 ♣ —

**WEST**  
 ♠ A  
 ♥ A K J 10  
 ♦ Q 4  
 ♣ K Q 9 8 6 2

**EAST**  
 ♠ 7 2  
 ♥ 9 6 5 3  
 ♦ J 10 9 6  
 ♣ 7 5 3

**SOUTH**  
 ♠ Q 10 9 5 3  
 ♥ 8  
 ♦ 7 5 2  
 ♣ A J 10 4

The bidding:

South	West	North	East
Pass	1 ♣	Dble	Pass
2 ♠	3 ♥	4 ♠	4 NT
Dble	5 ♣	5 ♠	Pass
Pass	Dble		

Opening lead — ace of hearts.

This deal occurred in the semifinal of the 1996 United States Open Team trials. The match brought together two powerhouse squads captained by Howard Weinstein of Chicago and Zia Mahmood of New York.

The final contract was five spades doubled at both tables, but only one of the declarers got home safely.

At the first table, Michael Rosenberg of the Zia team wound up as declarer after the auction shown. The bidding was relatively straightforward up to East's four-notrump bid, which asked West to choose a suit

for the purpose of sacrificing against four spades.

West, Bruce Ferguson, led the heart ace and cashed the spade ace. He then exited with the king of clubs, a play that would have been harmless on most occasions, but not this one.

Rosenberg won the club king with the ace, discarding a diamond from dummy, drew a second round of trump and led the jack of clubs. West covered with the queen, ruffed in dummy, and declarer subsequently discarded another diamond from dummy on the ten of clubs. Rosenberg then made the rest of the tricks on a crossruff for plus 650.

At the other table, North rather than South wound up as declarer at the same contract, and East led the jack of diamonds. Declarer, Steve Weinstein, won the ace and conceded a spade to the ace. Lew Stansby, West, then cashed the heart king and exited with the diamond queen. Weinstein won with the king, but, without any assistance from West in the club suit, he could not avoid a diamond loser at the end and finished down one, minus 100.

The combined pickup of 750 points for Zia's team gave it a 13-IMP gain on the deal and helped put the team into the final.

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by Steve Becker

# Good Housekeeping

## Classic Baked Apples With Oatmeal Streusel

Cooking apples in the microwave, rather than the regular oven, yields plumper, juicier, less shriveled fruit — and saves a big chunk of time! Baked apples have always been a favorite dessert in America. We've adapted Eliza Leslie's recipe from the 1848 edition of Directions for Cookery, and it's still good today.

- 4 large (about 10 ounces each) Rome or Cortland apples
- 1/4 cup (packed) brown sugar
- 1/4 cup quick-cooking oats, uncooked
- 2 tablespoons (chopped) dates
- 1/2 teaspoon ground cinnamon
- 2 teaspoons margarine or butter

1. Core apples, cutting out a 1 1/4-inch diameter cylinder from center of each, almost but not

all the way through to bottom. Remove peel about one-third of the way down from top. Place apples in shallow 1 1/2-quart ceramic casserole or 8-inch by 8-inch glass baking dish.

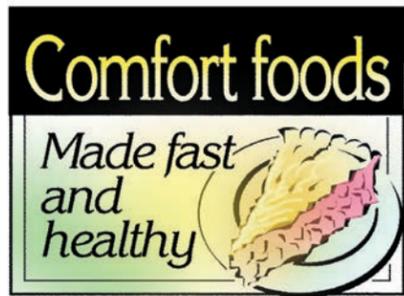
2. In small bowl, combine brown sugar, oats, dates and cinnamon. Fill each cored apple with equal amounts of oat mixture. (Mixture will spill over top of apples.) Place 1/2 teaspoon margarine or butter on top of filling in each apple.

3. Cook apples, covered, on Medium-High (70%) until tender, 12 to 14 minutes, turning each apple halfway through. Spoon cooking liquid from baking dish over apples to serve. Serves 4.

- Each serving: About 240 calories, 3g total fat (1g saturated), 0g cholesterol, 30mg sodium, 54g total carbohydrate, 0g dietary fiber, 2g protein.

Recipe excerpted from the "Great American Classics Cookbook" (Hearst Books).

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by Healthy Exchanges

## Awesome Apple Crisp

Try this easy dessert and see if you don't agree it's "just awesome."

- 2 cups (4 small) cored, peeled and sliced cooking apples
- 1 teaspoon apple-pie spice
- 1/4 cup quick oats
- 6 tablespoons reduced-fat baking mix
- Granular sugar substitute to equal 1/4 cup sugar, suitable for baking

## 4 teaspoons reduced-calorie margarine

1. In a medium bowl, combine apples and apple-pie spice. Evenly spoon mixture into 4 (10-ounce) microwavable custard cups. In same bowl, combine oats, baking mix, sugar substitute and margarine. Mix well until crumbly. Evenly sprinkle crumb mixture over apples.

2. Microwave on HIGH (100% power) for 8 to 10 minutes or until apples are tender. Let set for at least 5 minutes. Good warm or cold. Makes 4 servings.

- Each servings equals: 102 calories, 2g fat, 2g protein, 19g carb., 149mg sodium, 2g fiber; Diabetic Exchanges: 1 Fruit, 1/2 Starch, 1/2 Fat.

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# Cremer's Cooking Tips

## Simple Perfect Roasted Turkey

- 14-16 pound Fresh Amish Turkey
- 1/2 cup softened butter
- Package of Cremer's Rub Me Tender Seasoning
- 2 stalks of celery and 2 carrots
- 1 1/2 quarts turkey or chicken stock

Preheat oven to 325 degrees F. Rinse turkey with cold water, pat dry with paper towel. Place celery and carrots in cavity of turkey. Rub skin with butter and season with Rub Me Tender. Pour stock into roasting pan. Cover turkey with lid or foil tent. Roast until the popper

thermometer pops or meat thermometer inserted into the deep thigh reaches 180 degrees F or about 3 1/2 - 4 hrs. General rule for Fresh Turkeys 15 mins per pound.

This simple recipe will give you a tasty turkey.

### \*\*\* Simple Turkey Tips \*\*\*

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- 1 PUMPKIN PIE

strongly feel that by cooking your stuffing in the cavity of the bird, you are going to increase the cooking time and further the chance of drying out the turkey. Pick up some of Cremer's Homemade

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### MAGIC MAZE ● ROAD SIGNS

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

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

Bump	Give way	No parking	Slow
Detour	Keep left	No right turn	Stop
Do not enter	Keep right	One way	Wrong way
Exit	No left turn	Rough road	

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### 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.

	+		×		10
×		-		×	
	÷		+		10
+		×		-	
	+		+		17
15		8		11	

1 2 3 3 4 6 7 8 9

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**DIFFICULTY: ★★**  
 ★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

### SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ◆◆◆**

◆ Moderate ◆◆ Challenging  
 ◆◆◆ HOO BOY!

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### HOCUS-FOCUS

BY HENRY BOLTIHOFF

Find at least six differences in details between panels.

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### King Crossword

Answers

Solution time: 21 mins.

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

Differences: 1. Window is cracked. 2. Boy's hair is different. 3. Bushes are missing. 4. Pile of leaves is larger. 5. House is narrower. 6. Shirt has long sleeves.

### Stickelers Answer

1-d, 2-b, 3-e, 4-a, 5-c

ROAD SIGNS

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### Go Figure! answers

	11		8		15
17	3	+	8	+	9
		-		×	+
10	7	+	3	÷	6
		×		-	×
10	2	×	4	+	1

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