



# The Golden View

The Community Newspaper For Active Adults

October, 2015

Dedicated To The Young At Heart

Dubuque, Iowa

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## The Music Men of Dubuque present their 66th Annual Show **ANYTIME!**

by Joel Gorun, Public Relations Director



Dubuque Music Men Barbershop Chorus

Dubuque, Iowa – The Music Men of Dubuque present their 66th annual show **ANYTIME!**. The location is The Grand Opera House on October 17, 2015 at 7:30 PM. Two award winning quartets are featured.

The Music Men are proud to celebrate their 66th annual show at The Grand Opera House the site of its most successful Annual Shows and largest audiences. This year's show, **ANYTIME!**, showcases the Music Men who are excited to share an upbeat and new repertoire. Songs include Ride the Chariot, Anytime, I Don't Know Why, America, and a few surprises.

The featured quartet in the show has its roots in the Midwest. As the 2014 Central States District Quartet Champions, **BoomTown** from Kansas, blends their young energy and exciting style into the world of Barbershop Harmony. The other guest quartet hails from the Des Moines area and sings with the Pride of Iowa Barbershop



BoomTown

Chorus. The four gentlemen making up **Vintage Sound** enjoy combining the old songs with a new sound. And yes the Music Men's own quartet, **Youse Guys**, will perform as usual. They are celebrating their 20th anniversary this year.

The Grand Opera House is on 8th street between Main and Iowa streets. Tickets are \$15 for Adults and \$10 for Students with an ID. Parking is available on the street or in the city parking garage for free across 8th Street from the theater. Tickets are available at the Grand Opera House box office, online at [www.thegrandoperahouse.com](http://www.thegrandoperahouse.com) or call (563) 588-1305. Afterglow at the Knights of Columbus Hall at 781 Locust St., call (563) 552-7064 for tickets and/or ticket info.

The Music Men are grateful to the DRA for the purchase of the riser back rails, to the City of Dubuque Arts and Culture Commission for Operation Support, and to Mediacom for a grant to support the guest quartets for the show.

The Music Men Chorus, in the aftermath of the October, 2014 Annual Show and prepping for the October 17, 2015 Show has been very busy enhancing lives through Barbershop Harmony at a number of different venues.

A sense of what we did  
Music Men Cont. P. 19

## New Season at Bell Tower Theater

by Miki Robinson, Operations & Marketing Manager



Photo from 2014 Season at Bell Tower Theater

Fall is upon us and that means the announcement of a new season at the Bell Tower Theater. 2016 is the 14<sup>th</sup> Anniversary Season of the popular west end theater, and they will continue their tradition of offering plays and musicals (all comedies) that are new to the area.

The season will kick off in February with *Sex Please, We're Sixty*, a hilarious comedy about four women and two men of a certain age who accidentally swap "helpful" pills. More than just questions arise as they all suddenly find their lives moving in surprising directions. In April

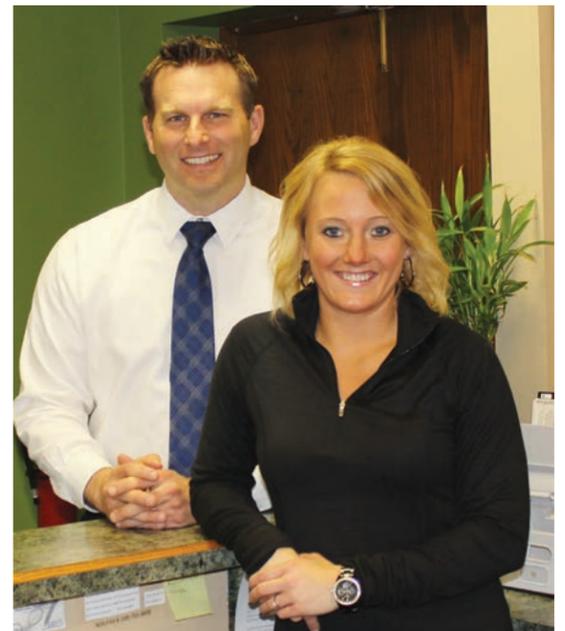
Bell Tower Theater Cont. P. 8

## Tri-States Chiropractic Health and Injury Care

by Dr. Peter Lynch

My name is Dr. Peter Lynch – I am the chiropractor at Tri-States Chiropractic Health and Injury Care in Dubuque. Although I am not originally from Dubuque, I am very proud to call Dubuque my home. I reside in town with my wife Kristi, our son Gabriel, and daughter Gwen.

Growing up in Michigan's beautiful Upper Peninsula, I knew at a young age that I had an affinity for wellness. I purchased my first Joe Weider exercise program at age ten, and many years later graduated from Central Michigan University and North Michigan University with a bachelor's degree in health, fitness, and



Dr. Peter Lynch and Alix Beau, chiropractic assistant.

rehabilitation and a master's in exercise science, respectively.

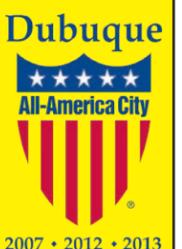
You might ask why I chose chiropractic care as a profession

Tri State Chiropractic Cont. P. 16

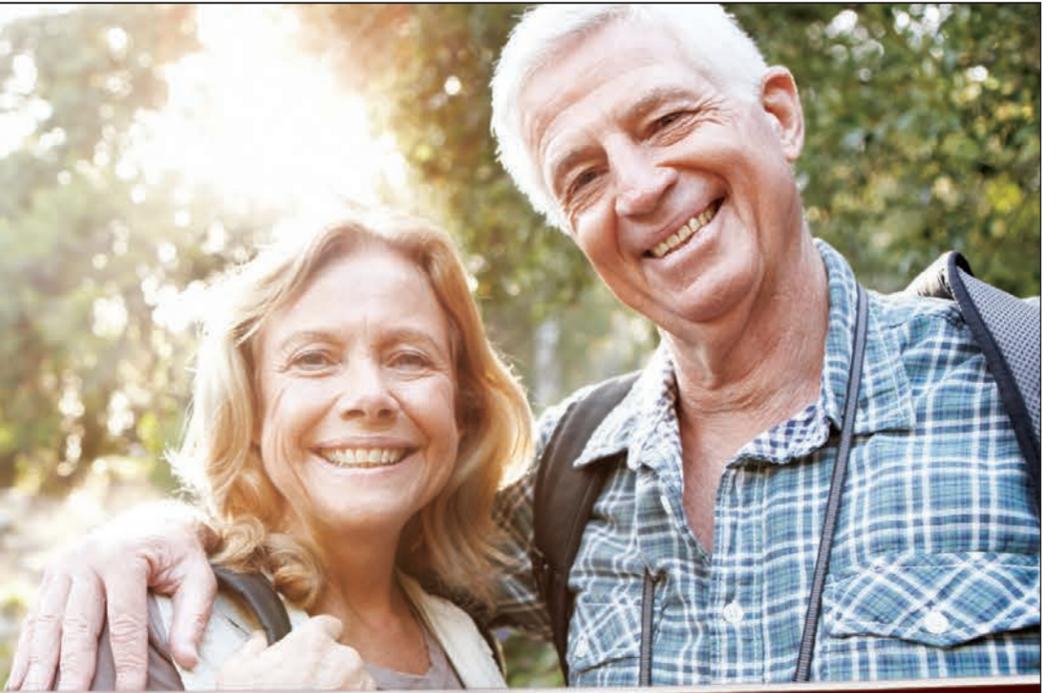
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Influenza or the 'flu' is a contagious disease that can be spread by coughing, sneezing, or nasal secretions. Symptoms may include fever, cough, sore throat, headache, muscle aches, fatigue, or a runny or stuffy nose. The flu can cause high fever and pneumonia and make existing medical conditions worse. "Each year, the flu kills thousands of people and hospitalizes even more," says Delma Hardin, BSN, RN, Delaware County Public Health Manager. "It's especially important to be vaccinated if you have regular contact with people more vulnerable to the complications of flu, including babies, children with asthma, and the elderly." Influenza viruses are always changing, so annual vaccination is recommended.



**Delma Hardin, BSN, RN,**  
**Delaware County Public Health Manager**

For more information,

visit [www.regmedctr.org](http://www.regmedctr.org) or call Delaware County Public Health at **563-927-7551** or Regional Family Health at **563-927-7777**.

**UI Health Care to base medical helicopter in Dubuque**



Leaders of Mercy Medical Center – Dubuque and University of Iowa Health Care jointly announced today that AirCare, the state's first hospital-based helicopter ambulance service, will station AirCare 3 at Mercy in Dubuque beginning in early 2016.

"We are proud to make this important health care service available to the people of the Tri-State area," said Russell Knight, President/CEO of Mercy Medical Center – Dubuque. "We know that patients with severe injuries or illnesses recover more often with fewer complications when they receive care sooner, and AirCare 3 will play a key role in helping us provide the care patients need more quickly."

AirCare became the 11th helicopter ambulance service in the nation on April 1, 1979, with one aircraft based in Iowa City. AirCare 2 began service from Schoitz Hospital in Waterloo in 1988, and is now based at Covenant Hospital in Waterloo. Placing AirCare 2 in Black Hawk County extended the service's flying range to 180 miles from Iowa City.

"It's an honor to join with Mercy Medical Center-Dubuque

to make our high quality health care available to more people in Iowa, and also in Wisconsin and Illinois. There is no doubt that more lives will be saved because of AirCare 3," said Andrew Nugent, MD, chair of Emergency Medicine, UI Health Care.

Since 1979, more than 30,000 patients have flown with AirCare. University of Iowa Hospitals and Clinics operates Iowa's busiest helipad, with an average of 2,500 landings and takeoffs each year.

Newborn infants, just minutes after being born, make up AirCare's smallest patients. AirCare has brought more than 3,000 infants to University of Iowa Children's Hospital Neonatal Intensive Care Unit and Pediatric Intensive Care Unit.

AirCare is designated by the Commission on Accreditation of Medical Transport Systems (CAMTS) for quality and safety practices. It is the first and only Iowa-based air ambulance service to receive CAMTS accreditation. All flights are operated by Air Methods Corporation. Their Air Medical Services Division is the largest provider of air medical transport services in the United States.

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Sat., Oct. 10	Manchester	8 AM-3 PM
Thurs., Oct. 15	Strawberry Point	7-11 AM
Thurs., Oct. 22	Strawberry Point	7-11 AM
Sat., Oct. 24	Manchester	8 AM-3 PM

\*High dose injection \$70 and Flumist (nasal) \$58

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Thurs., Oct. 1	Delaware Co. Fairgrounds Community Ctr.	1-4 PM
Mon., Oct. 5	Regional Family Health-Strawberry Point By appointment only	Call 563-933-6277 or 563-927-7551
Tue., Oct. 6	Delhi United Methodist Church	10 AM-12 PM
Tue., Oct. 6	Greeley Commercial Club	10 AM-12 PM
Wed., Oct. 7	Hopkinton Community Center	10 AM-12 PM
Thur., Oct. 8	Colesburg Community Center	10 AM-12 PM
Mon., Oct. 12	Earville United Parish	10 AM-12 PM
Wed., Oct. 14	Dundee Fire Station/Community Center	10 AM-12 PM
Thur., Oct. 15	Manchester Golden Age Activity Center	9 AM-12 PM



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*It is cruel, you know, that music should be so beautiful. It has the beauty of loneliness and of pain: of strength and freedom. The beauty of disappointment and never-satisfied love. The cruel beauty of nature, and everlasting beauty of monotony.*

—Benjamin Britten

**CHILI COOK-OFF**

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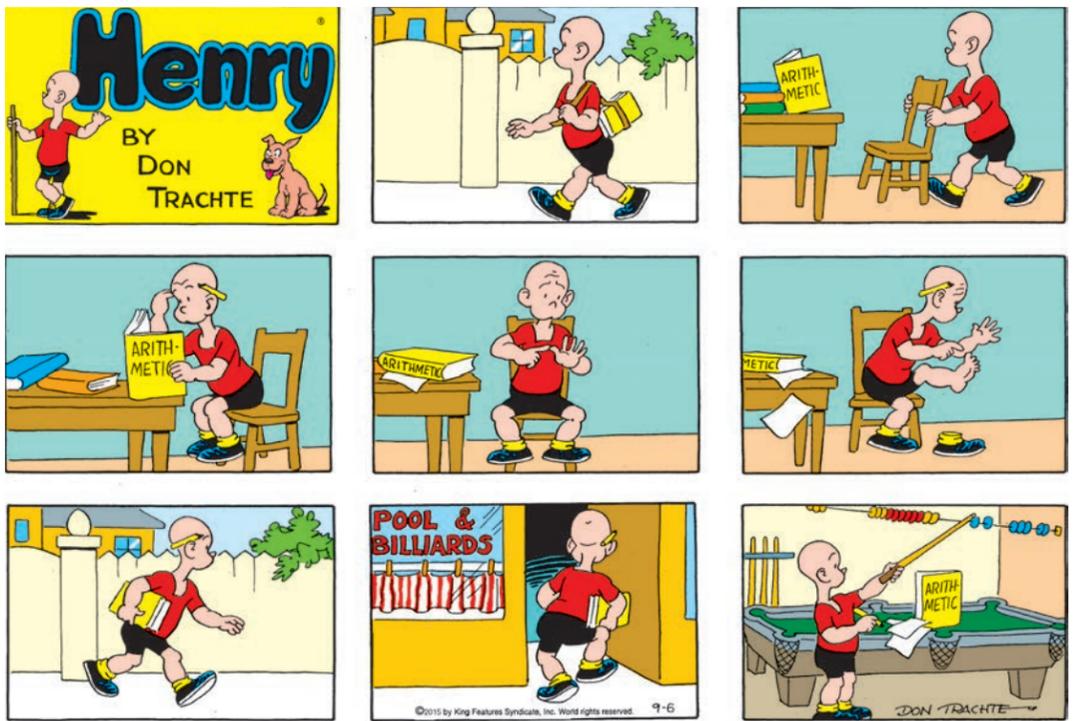
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**The Golden View**

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**BY AL SCADUTO**



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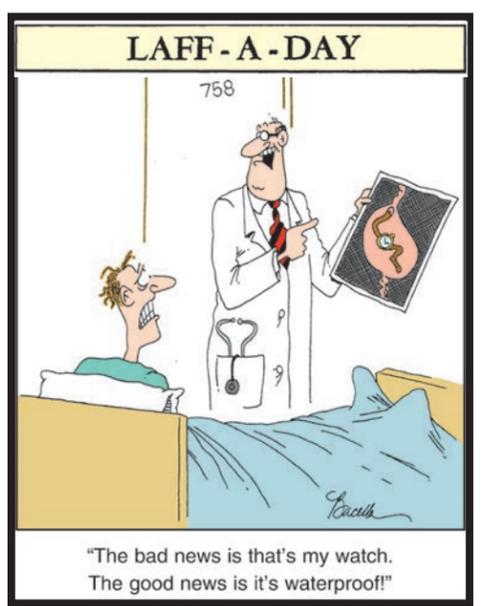
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- 1 Eastern potentate (Var.)
- 5 Musical symbol
- 9 Do some lawnwork
- 12 Scoop holder
- 13 Verdi opera
- 14 Indivisible
- 15 Newlyweds' rip
- 17 "— Town"
- 18 Acute
- 19 Feel
- 21 Madison Avenue types
- 24 Marshy tracts

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- 25 Suitable
- 26 Horse-drawn carriage
- 30 Yoko of music
- 31 Top of a wave
- 32 "— Got a Secret"
- 33 Army bigwigs
- 35 Soon, in verse
- 36 Crazy bird
- 37 Mix
- 38 Khaki fabric
- 40 Calf meat (Fr.)
- 42 Tatter
- 43 The Who drummer
- 48 Ordinal suffix
- 49 "Born Free" heroine
- 50 Pleasant
- 51 Drenched
- 52 Use a rotary phone
- 53 Saxophone range
- DOWN**
- 1 German interjection
- 2 Cattle call?
- 3 Hostel
- 4 Stunk
- 5 Arrived
- 6 49-Across, e.g.
- 7 Tokyo's old name
- 8 Splays
- 9 Backwoods' beverage
- 10 Burden
- 11 "The Way We —"
- 16 Longing
- 20 Early bird?
- 21 Eager
- 22 Finished
- 23 Hold two jobs
- 24 Employer
- 26 Cereal choice
- 27 Prot. or Cath.
- 28 Shakes-peare's river
- 29 Repair
- 31 Bent
- 34 A billion years
- 35 Bryn Mawr graduate, e.g.
- 37 Scrooge's cry
- 38 Staff
- 39 Loathe
- 40 Passport endorsement
- 41 And others (Lat.)
- 44 Inventor Whitney
- 45 Lubricate
- 46 Autumn mo.
- 47 Ultra-modern

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Crossword Answers on p. 32

**Laugh A Lot**

• On the day I received my learner's permit, my father agreed to take me out for a driving lesson. With a big grin, he hopped in behind the driver's seat. "Why aren't you sitting up front on the passenger's side?" I asked.

"Kirsten, I've been waiting for this ever since you were a little girl," Dad replied. "Now it's my turn to sit back here and kick the seat."

• While flying from Denver to Kansas City, Kansas, my mother was sitting across the aisle from a woman and her eight-year-old son. Mom couldn't help laughing as they neared their destination and she heard the mother say to the boy, "Now remember — run to Dad first, then the dog."

• My husband's cousin married a former Marine who now works for United Parcel Service. They bought their four-year-old son two stuffed bears — one in a UPS uniform and the other in Marine garb. When the boy seemed confused, his father brought out a picture of himself in full Marine dress. "See, Connor?" he explained, pointing to the photo and then to the bear. "That's Daddy."

Connor's eyes went from one to the other, and then he asked in a puzzled voice, "You used to be a bear?"

• Father's Day was near

when I brought my three-year-old son, Tyler, to the card store. Inside, I showed him the cards for dads and told him to pick one.

When I looked back, Tyler was picking up one card after another, opening them up and quickly shoving them back into slots, every which way. "Tyler, what are you doing?" I asked.

"Haven't you found a nice card for Daddy yet?"

"No," he replied. "I'm looking for one with money in it."

• I was alone in an elevator when a girl stepped in with a phone pressed to her ear. "I have to go," she told the person on the other end. "There's a cute guy standing here." Before I could react, she turned to me and said, "Sorry for lying. I just wanted to end that conversation."

• Two doctors and an HMO manager die and line up together at the Pearly Gates. One doctor steps forward and tells St. Peter, "As a pediatric surgeon, I saved hundreds of children." St. Peter lets him enter.

The next doctor says, "As a psychiatrist, I helped thousands of people live better lives." St. Peter tells him to go ahead.

The last man says, "I was an HMO manager. I got countless families cost-effective health care."

St. Peter replies, "You may enter. But," he adds, "you can only stay for three days. After that, you can go to hell."

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### For High Cholesterol, Statins Are Way to Go

**DEAR DR. ROACH:** Last year, I told my doctor that I no longer wanted to take a statin drug. I had read so much about statins and am on meds for cholesterol and high blood pressure. I am 73, and other than having arthritis in my knees, I am not having problems.

My doctor put me on fenofibrate. I am due for my yearly checkup in a few months and don't really know yet how this is working on my cholesterol. I was wondering what your feelings are about this drug. — RS

**ANSWER:** I've written a lot about statins, which have been proven to save lives and reduce heart attacks in people with heart disease and also in some people at higher-than-average risk for heart disease. In contrast, although non-statin medications reduce cholesterol, they have not been proven to do what they are really intended to do, which is to prevent heart disease and death.

I suspect that medications like fenofibrate do have a small benefit in protecting the heart; however, I would not use them unless the side effects of statins made it impossible to take one. Often, people intolerant of one statin do well on another. For people at high risk, such as those with previous heart attack or known blockages, I would try a different class of medication. For people at lower risk, I would work on a diet proven to reduce heart disease risk, such as the Mediterranean diet, and encourage regular

exercise and use medications such as fenofibrate sparingly or not at all.

Another medication, ezetimibe (Zetia or Ezetrol), also lowers cholesterol but without convincing proof that it lowers heart disease risk. It may be that the mechanism by which statins reduce heart risk is not just through lowering cholesterol.

Learn more about high cholesterol and how to control it in the cholesterol booklet. Readers can order a copy by writing: Dr. Roach — No. 201W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

**DEAR DR. ROACH:** I am 81 years old and in good health. I am 5 feet, 11 inches tall and weigh 168 pounds, the same as in 1950. My blood pressure and cholesterol are good on treatment, and my pulse is 62. I drink an energy drink three or four times a week after the noon meal, when I don't take a nap and need to keep going. I am a farmer, and am active every day. Are these energy drinks harmful to me? — L.M.W.

**ANSWER:** The caffeine in one energy drink is about 160 mg per 16-ounce can, which is the equivalent of somewhere around a cup or two of regular coffee, depending on how strong you make it. That much caffeine doesn't cause problems for most people, especially for those who are used to it. However, it also has 52 grams of sugar — about 14 teaspoons. My advice is to stick with coffee. You will save money and reduce your sugar intake a lot.

*Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive Orlando, FL 32803.*

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## Strange BUT TRUE

By Samantha Weaver

• It was noted author and Nobel laureate Ernest Hemingway who made the following sage observation: “Never think that war, no matter how justified, is not a crime. Ask the infantry and ask the dead.” He would know; he volunteered as an ambulance driver on the Italian front during World War I.

• Poets, take note: The words “orange,” “month,” “purple” and “silver” have no rhyming words in English.

Strange But True Cont. P. 25

**An Uplifting Moment**

Rev. David J. Claassen



Visit me on the internet!

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**Joy in Any Kitchen**

On a recent mission trip in Mexico our group enjoyed the hospitality of a Christian couple as they invited our team of over forty people into their home for three meals a day for the week we ministered in their town, Chacatongo, Oaxaca, Mexico. I walked into the kitchen to greet the hostess. The air was filled with the aromatic smoke from the open fire upon which kettles of food were being cooked and large tortillas were being toasted. Open shelves held the cooking supplies, no kitchen cabinets here. The kitchen floor was the way God had made it, dirt.

Our host's kitchen was quite different from what most of us have. Diann and I are in the process of building a small house here in Mexico and just ordered our kitchen cabinets from Home Depot in Cuatla, Mexico. We'll be picking out floor tile and ordering a small kitchen range in the next couple of weeks.

I still can picture our hostess's smile, and actually have a picture of her smiling in her kitchen, in case I forget. Her smile is a reminder to me that joy, and even happiness, are not dependent on having a modern kitchen range, nice cabinets or a tiled floor.

I know it's a familiar message – things can't make us happy – but humor me as I practice the

ministry of reminding us, OK? As I waxed my new car (new to me, but "pre-owned") on a recent Saturday here at Refuge Ranch my granddaughter Angie watched. The amount of attention I was giving to my car had me concerned she might think I was idolizing it (and maybe I was). Perhaps partly out of feeling defensive about my attention to the car, I explained how I've often driven by junkyards where thousands of old rusty cars have been hauled. I told her that I imagine how every one of those cars, some ten, twenty, or thirty years ago, was proudly and excitedly driven off the parking lot of a car dealership by the new owner. Things have a short shelf life for providing happiness.

And yet we need "things" to live (though not as many as we think). Where's the balance? This is how I've come to terms (at least to some degree) with how to look at the possessions of life...

- See them as a gift from God and enjoy them with gratitude, appreciating the Gift-giver more than the gift...
- Use them to help you serve others when possible...
- Hold on to them loosely...
- Resist the temptation for wanting more, bigger, better, or newer...
- Remember that real pleasure does not come from possessions.

Jesus warned, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." (Luke 12:15) What's helping me keep a proper perspective on possessions is the smile of our mission trip hostess while working in her kitchen!

in 1958, brought about Vatican II, was seen as humble and likeable, and saved many Jewish lives in WWII. His feast day is the 11th. Then in 1978 Pope John Paul II, born Karol Józef Wojtyla in May, 1920 in Poland, became the first non-Italian pope in 400 years. He spoke about human rights, visited many countries, but in Vatican City in 1981, an attempted assassin shot him twice, he physically recovered and forgave his attacker. His feast day is the 22nd.

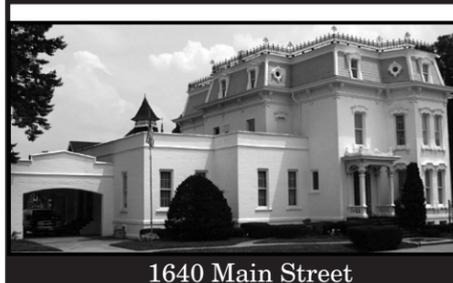
Balaam build seven altars? *Olives, Sinai, Pisgah, Carmel*  
 5. What does God want us to keep as the apple of our eye? *His law, Brotherly love, Faithfulness, Righteousness*  
 6. What did David do to Goliath once he slew him? *Stole his armor, Robbed him, Cut off his head, Buried him*

**ANSWERS**

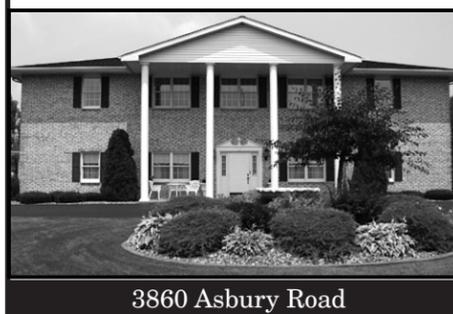
1. Old; 2) Safe; 3) 1 Samuel; 4) Pisgah; 5) His law; 6) Cut off his head

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

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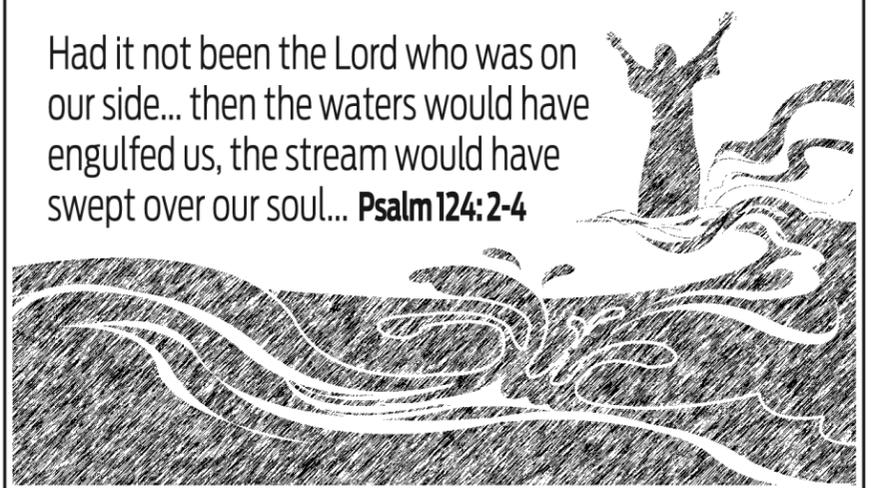
**SPRING CLEAN-UP FOR MT. CALVARY AND MT. OLIVET CEMETERIES**

The annual Fall Clean-up will begin on Monday, October 5, 2015 and run through Friday, October 9, 2015. Please remove all items and decorations you wish to save no later than Sunday, October 4. All items not removed will be discarded. Cemetery Management requests that no decorations or plantings be placed on grave sites until Saturday, October 10. Check Cemetery Regulations before placing decorations to avoid losing items that do not conform.



**THE ILLUSTRATED BIBLE**

Had it not been the Lord who was on our side... then the waters would have engulfed us, the stream would have swept over our soul... **Psalm 124:2-4**



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**DID YOU KNOW?**

by Rose Wickler



Popes John XXIII and John Paul II, became saints in April 2014, have their feast days in October. Born in northern Italy in November, 1881, Anglo Giuseppe Roncalli left home for the priesthood at age 11. He became Pope John XXIII

**BIBLE TRIVIA**

by Wilson Casey

1. Is the book of Ezra in the Old or New Testament or neither?
2. From Proverbs 29, "But whoso putteth his trust in the Lord shall be ..."? *Made whole, Blessed, Safe, Wise*
3. What's known as the first book of the kings? *Judges, 1 Kings, 1 Samuel, 1 Chronicles*
4. Upon which mountain did

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 —Albert Einstein



Cindy Baumgartner, MAE  
 Human Sciences Specialist, Nutrition and Wellness

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### Superfoods: More than Kale and Quinoa

Though there is no legal or medical definition for “superfoods,” the term is typically used to describe foods that are high in nutrients and antioxidants and low in fat, sugar, and sodium. Eating these foods may reduce the risk of some chronic diseases. The following “superfoods” are packed with vitamins and minerals and are versatile in recipes.

**Cruciferous Vegetables** - This category includes broccoli, brussel sprouts, and cabbage, which are good sources of fiber and vitamin C and are easily added to a stir fry or a casserole. Substitute shredded cabbage for iceberg lettuce on tacos. Broccoli is also great for snacking raw with a low-fat dip.

**Citrus Fruits** - Oranges, grapefruit, lemons, limes, clementines, tangerines, and the ugly fruit are included in this group. Citrus fruits are high in vitamin C. These fruits can be enjoyed as a snack or tossed in a fruit salad or a leafy green salad. Squeeze the fruit to make fresh juice and to replace the flavor of salt in recipes.

**Green, Leafy Vegetables** - Spinach, kale, collard greens, mustard greens, watercress, arugula, and other dark green lettuces are nutrition powerhouses. They are packed with fiber and are a high source of vitamins A and C. Enjoy these greens shredded in a salad, sautéed with olive oil and garlic, or added to soup or casseroles.

**Berries** - Strawberries, blueberries, blackberries, and raspberries are good sources of fiber and vitamin C. Add them to cereal or oatmeal or enjoy them for a snack. Try adding them to a leafy green salad for a different twist.

**Beans** - Garbanzo beans (chickpeas), kidney beans, black beans, black-eyed peas, lentils, lima beans, pinto beans, and navy beans are a few of the more popular bean varieties. Beans are fat free, high in dietary fiber, and a good source of folate and potassium. Enjoy them in bean burritos, black bean burgers, bean salads, or bean soups.

*Source: Fruits and Veggies More Matters, www.fruitsandveggiesmorematters.org/*

If you have home and family-related questions, contact our ISU Extension and Outreach AnswerLine. Go to [www.extension.iastate.edu/families/answerline](http://www.extension.iastate.edu/families/answerline) or you can talk directly with a Home Economist by calling our toll-free ISU AnswerLine number in Iowa! Did you know they have been answering consumer questions for over 30 years?! AnswerLine is staffed Monday-Friday from 9 am-noon and 1-4 pm:

1-800-262-3804 (in Iowa)

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Bell Tower Theater from P. 1



see what happens when a self-absorbed psychologist leaves a lobby full of patients to fend for themselves in *Self-Help by Dummies* by T. Gregory Argall & Todd McGinnis. In August take a musical journey to Pelican Roost, a retirement village for those embracing their twilight years in *Assisted Living: the Musical*. In October *Doublewide, Texas* introduces us to the inhabitants of one of the smallest trailer parks in Texas—four doublewides and a shed. The season finishes with the Midwestern Premiere of *Guess Who's Coming to Christmas*. All Nancy wants is for her family to be together for Christmas dinner, but that is easier said than done.

Season subscriptions which include these five shows plus \$10 to spend at the concession



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 stand are just \$80 and are on sale now. Individual tickets are \$20. The first two performances of each shows are the *Early Bird Specials* when tickets are just \$10. Thursday nights are *Girls Night Out* when everyone in the audience gets a free glass of wine.

The Bell Tower Theater is located at 2728 Asbury Road. The theater is handicapped accessible and has a hearing loop listening assistance system. For information or to purchase tickets, call 563-588-3377 or visit [www.belltowertheater.net](http://www.belltowertheater.net).



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

Recently, after much stargazing, I decided to do a column on that very subject. But after looking up Astronomy, I almost backed out. I looked up the Milky Way Galaxy to get some information on the Big Dipper, Orion, and Pleiades, relevant to their galactic structure.

Needless to say, what I read was not the way I saw the stars as a child. Do you remember when you were a child watching the twinkling stars with your parents as the stars brightened the sky on a beautiful summer night?

Well, the very subject of Astronomy, distorted my memory of stargazing. Since Astronomy is a scientific challenge to a lot of people, including me, it threatened my image of the pragmatic viewing of stargazing. Oh, yes, the subject of exploring space is fascinating, but not when you are enjoying a starlit night. You may be stargazing from the balcony of a high-rise apartment, the deck of a cruise ship, or perhaps from your own back yard.

I remember when we took our children to a planetarium and sat in the circle of seats of the observatory that tilted back so we were almost laying down. We all watched in awe as

the huge hemispherical dome opened, and the dumbbell-shaped mobile rotated freely on a structural axis. The sky was filled with endless stars. They all seemed to have names. We were told of the Greek mythology that actually put a name and story to stars such as the Big Dipper, Orion, and the Pleiades, just to name a few.

The narrator explained a multitude of facts about the solar system. We learned many interesting things. But, one thing in particular stuck in my mind. The speaker mentioned that up until the age of nine our eyes can see a lot more of the stars with our natural eyesight than we will be able to view again. Our eyes start to age after nine. (His statement.) The children were very impressed with the narrator's explanation of how far away the stars actually are, then what you see on a starlit night.

Furthermore, there is much to be said about the pragmatic and romantic side of stargazing. Many a prom gala has unlocked the moonbeams and twinkling stars to the youth viewing the beautiful starlit summer sky. And if you have ever viewed the stars from the desert floor and seen the sky lit with the brilliance of sparkling gems, you truly experienced a breath taking event. And just think. It doesn't cost even one thin dime to stargaze. It's a freebie.

## VETERANS POST

by Freddy Groves

### Smoke and Mirrors?

Allison Hickey, undersecretary for benefits at the Department of Veterans Affairs, says the number of backlog disability claims has gone down to 98,535, the first time since 2013 that it's been below 100,000. "Backlog" is the term for claims that are 125 days old or older.

That 98,535 number isn't the total number of claims. That number currently stands at 362,799 disability and pension claims, with an average of 105 days pending. During August 2015, processing was taking an average of 149 days, and all of 2015 averages at 172 days.

How to handle all those claims? Kick it back to the veteran for more information, and label the claim closed? Deny a claim and label it closed until the veteran objects and appeals? Leave boxes of claims unopened

so they're not included in the numbers?

Or do a little shredding of veterans' information, as was done in Philadelphia and nine other regional offices. The VA's Office of the Inspector General is still looking into that. Allegations are that documentation sent in by veterans in furtherance of their claims was dumped in bins for shredding in some offices. That means the info was never added to the files, which could affect claims because they would be incomplete. In at least one office, there hadn't been a records management officer for seven months to oversee any shredding.

The number of appeals pending in the Monday Morning report for June 1, 2015, was 303,724. Within approximately 75 days, that number jumped to 313,338 appeals.

Six years ago the VA wanted to clear the over-125 days backlog by the end of 2015. For three years, claims handlers at the VA have been required to put in 20 extra hours per month to clear the backlog. Think they'll make it?

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*Adversity has the effect of eliciting talents which, in prosperous circumstances, would have lain dormant.*

—Horace

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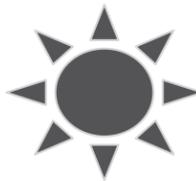


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## UnityPoint Health Finley Hospital October 2015 Events

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

**All Day Childbirth Education.** Saturday, October 10, 9 a.m.-4 p.m. Delhi Medical Center, Third floor Conference Room. This class will help you get ready for the birth of your baby. Class topics include: what happens when you are in labor, what your choices are when you are in labor, baby care practices, how to keep your baby safe. A tour of the Family Birthing Suites is part of this class. Cost is \$30.

**Babysitting Class.** Thursday, October 22, 5:30 p.m. Kehl Diabetes Center. This class is to help adolescents prepare to babysit. Participants, ages 10 years and up, will learn childcare basics, including tips on safety, behavior and steps to take in an emergency. Snacks and break time are provided during the 3 hour and 15 minute class. Cost is \$20.

**Breastfeeding Class.** Tuesday, October 8, 6:30 p.m. Delhi Medical Center, Third floor Conference Room. The reason many mothers choose to breastfeed is for the benefits to both baby and mom. Join us for the most up-to-date information on how to have a great breastfeeding experience. Dad is also welcome to attend. There is no fee for this class.

**Childbirth Education.** Wednesday, October 7, 6:30 p.m. Delhi Medical Center, Third floor Conference Room. This class will help you get ready for the birth of your baby. Class topics include: what happens when you are in labor, what your choices are when you are in labor, baby care practices, how to keep your baby safe. A tour of the Family Birthing Suites is part of this class. This class meets one night a week for 4 weeks. Cost is \$30.

**Diabetes Education/Support Group.** Wednesday, October 14, 5:30-6:30 p.m. Hy-Vee Asbury. Kehl Diabetes Center and Asbury Hy-Vee partner for diabetes education/support group meetings. These are held the second Wednesday of the month from 5:30-6:30pm. Call Hy-Vee Asbury to register (563) 589-2199. October event will be "Living Together with Diabetes."

**Diabetes Express.** Friday, October 23, 2-4 p.m. Kehl Diabetes Center. Learn about type-two diabetes and the importance of healthy blood sugar control and strategies to protect future health. Learn the basics of diabetes treatment: meal planning, physical activity, medication and weight loss. Cost is \$5.

**Dubuque & Tri-States Head and Neck Cancer Support Group.** Thursday, October 22, 3:00 p.m. Finley's Wendt Regional Cancer Center. The Dubuque & Tri-State Head and Neck Cancer Support Group is offered to those who have or are currently dealing with swallowing problems and related issues due to mouth, throat or neck cancer. The focus of this support group, led by a Speech Language Pathologist, is to provide emotional and psychological support through various stages of your diagnosis.

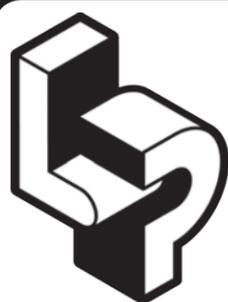
**Grandparents Class.** Monday, October 26, 7:00 p.m. Delhi Medical Center, Third floor Conference Room. Join us for a discussion on current birth topics and baby care practices, tips for grandparenting and a guided tour of the Family Birthing Suites. There is no fee for this class.

**Family Birthing Suites Tour.** Tuesday, October 6, 6:00 p.m. Finley Hospital Family Birthing Suites Lounge. Join us for a guided tour of the Family Birthing Suites. We will talk about how we will care for you and your baby while you are a patient at Finley Hospital. There is no fee for this class.

**Sibling Class.** Monday, October 5, 6-8 p.m. Delhi Medical Center, Third floor Conference Room. Having a baby is a family event. Getting big brothers and sisters ready for the new baby is important. Join us while we show your children what a new baby is like. A tour of the Family Birthing Suites is part of this class. Snacks are served and a birthday card is made for the new baby. There is no fee for this class.

**Finley Stroke and Brain Injury Support Group.** Tuesday, October 27, 1-2 p.m. Finley Hospital Auditorium. Finley is taking steps to help stroke patients and their families. Finley offers this Stroke and Brain Injury Support Group for anyone who has had a stroke or has been affected by a stroke. Each session provides a forum for you to share experiences, express concerns and ask questions.

**Wednesday at the Movies.** Wednesday, October 14, 1:00 p.m. Babka Wellness Center. Call (563) 589-4899 to register and find out the movie selection.



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# Moments in time

THE HISTORY CHANNEL

• On Oct. 5, 1892, the Dalton gang attempts to rob two banks simultaneously in Coffeyville, Kansas, but meets resistance from townspeople, who kill four of the five bandits. The gang had turned to crime when they became bored with their other career possibilities on the Western frontier.

• On Oct. 11, 1925, novelist Elmore Leonard is born in New Orleans. He decided to write either Westerns or detective novels, whichever would generate the most income. By the time of his death in 2013, he'd penned 45 books.

• On Oct. 9, 1934, the St. Louis Cardinals defeat the Detroit Tigers in the World Series. The Cards nickname, the "Gashouse Gang," had to do with the team's close resemblance to the rowdy, dirt-streaked thugs who hung around the Gashouse District on Manhattan's East Side.

• On Oct. 10, 1957, President

Dwight D. Eisenhower offers his apologies to the Ghanaian finance minister, who had been refused service at a restaurant in Delaware. It was one of the first of many such incidents in which African diplomats experienced racial segregation in the United States.

• On Oct. 6, 1961, President John F. Kennedy advises American families to build bomb shelters to protect them from atomic fallout in the event of a nuclear exchange with the Soviet Union.

• On Oct. 8, 1970, Russian writer Aleksandr Solzhenitsyn wins the Nobel Prize for literature. Arrested in 1945 for criticizing the Stalin regime, he served time in Russian prisons, forced labor camps and internal exile. His works had to be secreted out of Russia in order to be published.

• On Oct. 7, 1983, Sean Connery stars in "Never Say Never Again" as the British secret service agent James Bond, a role he last played in 1971. The film's title referenced the fact that Connery had previously said he would never play Agent 007 again.

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• "When moving, use foam plates as separators for your dinner plates. Use kitchen towels to wrap serving platters. If you have a box that separates glasses, drop a spice jar into each glass. Use all the space, and you'll have fewer boxes to move." — P.L. in South Carolina

• To remove stubborn hard-water deposits from a shower head (without removing it), use this trick: Add a cup of plain white vinegar to a zipper-top sandwich bag (or a larger bag with added vinegar to fit larger showerheads). Submerge the shower head in the vinegar and draw the plastic bag up tightly around the stem. Use a rubber band to secure the bag around the shower head. Leave overnight. Remove, scrub and shower to release the deposits.

• Borax can be used to keep sidewalks free of weeds. Simply sprinkle a little Borax on the sidewalk and sweep into the cracks. This is a very effective weed killer, but it also will kill your grass if you use too much, so keep it in the cracks only!

• "Have a stripped screw? Place a wide rubber band over the head and insert your drill. The rubber band fills in the stripped spots and makes the drill catch

the screw. It works most of the time." — D.D. in Nebraska

• "Make audio recordings or short videos of you reading your children's favorite books, then play for them when you are busy doing housework, working or cooking." — K.A. in Oregon

• If you have a sticky zipper, try running a candle along the zipper face, then zipping it up and down a few times.

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

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Pam Shaw,  
 Social Security District Manager,  
 Dubuque, Iowa



### SOCIAL SECURITY DISABILITY HELPS PEOPLE WHO WORK

People with disabilities are challenged with both overcoming barriers and with convincing others that those barriers do not define them.

That's why we wanted to mark this October's National Disability Employment Awareness Month by reminding you that Social Security is an earned benefit for millions of disabled individuals, and we can assist them in going back to work.

The Social Security disability insurance program, or SSDI, is perhaps the most misunderstood program of Social Security. Some people may think that SSDI recipients have never worked and are taking advantage of the system by receiving money for minor impairments.

Nothing could be further from the truth. First, anyone who qualifies for SSDI must have worked enough to pay into the system and be "insured." Second, Social Security has some of the strictest requirements in the world for disability benefits. To qualify, a person must not only have an impairment that will last one year or more, or result in death, but they must be unable to perform any substantial work.

Consequently, Social Security disability beneficiaries are some of the most severely impaired people in the country, and they greatly depend on their benefits. You can learn more by visiting the *Faces and Facts* website at [www.socialsecurity.gov/disabilityfacts](http://www.socialsecurity.gov/disabilityfacts). At the website, you will find many personal stories of those who have benefitted from Social Security when they needed it most.

We also have incentives that give beneficiaries with disabilities — who are able — the opportunity to return to work. These work incentives include continued cash benefits for a period of time while you work, continued Medicare or Medicaid coverage, and help with education, training, and rehabilitation to start a new line of work. In some cases, we may even be able to deduct certain impairment-related work expenses from your countable income, making it possible to earn more and also remain eligible to receive benefits. Examples of these expenses are wheelchairs, transportation costs, and specialized equipment needed for work.

Social Security also offers the *Ticket to Work* program, which gives participants a "ticket" to go back to work while keeping their disability benefits. This program is free and voluntary. *Ticket to Work* gives access to an employment network, which offers assistance with job searches and placement, and vocational rehabilitation and training.

Those who enroll find the *Ticket to Work* program makes it easier to explore whether going back to work is right for them. Some even find that they are able to eventually get back to work and earn far more than the disability payments they once received.

Visit [www.socialsecurity.gov/work](http://www.socialsecurity.gov/work) for more information on the *Ticket to Work* program and work incentives. You may also call **1-866-968-7842** (TDD 866-833-2967).

### THIS INTERNATIONAL SKEPTICS DAY, CHECK YOUR SOCIAL SECURITY STATEMENT

International Skeptics Day falls in October, making it a month of second-guessing and, hopefully, getting to the truth of the matter. At Social Security, we believe that a healthy bit of skepticism encourages you to get the facts.

We have created an easy way to cast aside doubt about Social Security, and you can access this resource any time of the year, day or night. You can clear any amount of skepticism you might have about your Social Security earnings by creating a safe and secure *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

With a *my Social Security* account, you can instantly check your *Social Security Statement*. Financial experts have said that your *Statement* is "... probably the most crucial financial planning document for every American."

By thoroughly checking your *Social Security Statement*, you can make sure each year that your work was correctly documented. This will ensure you get a correct Social Security benefit when you start collecting.

There are many other valuable features of *my Social Security* that will stave off that skepticism. You can:

- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you are still working;
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:
  - Change your address;
  - Start or change your direct deposit;
  - Get a replacement Medicare card; and
  - Get a replacement SSA-

**Social Security cont. P. 15**

**Contract Bridge**

by Steve Becker



**The Price Is Right**

South dealer.

North-South vulnerable.

**NORTH**

- ♠ 7 4 3
- ♥ A J 10 5
- ♦ A Q 8 3
- ♣ 10 4

**WEST**

- ♠ J 9 6 2
- ♥ 9 6
- ♦ K 10 4
- ♣ J 9 6 3

**EAST**

- ♠ K Q 5
- ♥ K Q 8 4 2
- ♦ J 9 7 5 2
- ♣ —

**SOUTH**

- ♠ A 10 8
- ♥ 7 3
- ♦ 6
- ♣ A K Q 8 7 5 2

The bidding:

South	West	North	East
1 ♣	Pass	1 ♥	Pass
2 ♣	Pass	2 ♦	Pass
3 NT			

Opening lead — two of spades.

A fine declarer never relaxes his grip, even though the contract seems easy to make. It's not difficult to do well when key suits break normally; the trick is to do well when they break abnormally.

Here is a typical case. South was in three notrump, and West led a spade. Declarer ducked East's Q-K and won the third round with the ace. He then cashed the ace of clubs, and

when East showed out, the contract collapsed.

What had seemed a moment before to be a sure thing for 10 tricks had now taken on an entirely different hue. South struggled awhile, but eventually finished down two.

Had declarer taken the precaution of guarding against a 4-0 club division, he would have gotten home safely. As soon as dummy came down, he should have realized that the only real threat to his contract was a 4-0 club division and then adapted his play to deal with that possibility.

There was a simple way to do this. After winning the third spade and learning that the suit was divided 4-3, South should have led a low club from his hand! The worst that could happen would be that West would score a club and a spade to hold him to nine tricks. The safety play was thus sure to succeed against any lie of the cards at that point.

It is true that in the great majority of deals the recommended play would cost declarer an overtrick or two, since nine times out of 10 the clubs would be divided 2-2 or 3-1. However, deliberately conceding a trick that might not have to be lost in order to make certain of scoring hundreds of points is well worth the price.

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**A Healthier You for this Cold and Flu Season**

by Karla Burgstahler, LMT, Amirage Salon

It is hard to believe that the cold and flu season is beginning to bear down on us for another season! Some of us are born with a really good immune system that fights off bacteria and viruses efficiently. Others of us aren't so lucky, and seem to catch "everything" with ease. For those of us who can use a little help in fighting off viruses, here is a tip to help you out!

Regular massages helps to keep your immune system "cleaned out" so that it can function more efficiently. The lymphatic system is made up of lymphatic organs such as the spleen, tonsils, thymus, and lymph nodes, as well as the fluid lymph. This system is the network throughout your whole body that functions to pick up old cells, killed viruses and bacteria; it also recycles fluids within your body. Furthermore, it contains white blood cells that are important in killing off foreign bacteria and viruses whenever needed. Whenever this system is stimulated with massage, this system is kicked in to circulate more during the massage. The benefits of the massage movements compress and release the lymphatic vessels mimicking muscular



Karla Burgstahler, LMT

contractions to make the lymph move. This enhances the function of the lymphatic system and helps it to clean itself quicker by filtering more of the dead cells, such as bacteria, and viruses. Massage also stimulates lymphatic organs to produce more white blood cells in the case of an "attack" from a virus or bacteria. A cleaner lymphatic system means that it will be able to perform its tasks much easier, and therefore keep the immune system up to taking in these viruses and bacteria with efficiency. This in essence, helps to keep you healthier during this cold and flu season!

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Iowa Nursing Supervisor

Jenni joined 24-Hour Care in 2015, bringing 24 years of nursing experience. She has experience in long-term care, office nursing, dialysis, managerial, hospital nursing, skilled nursing, and the clinical setting for a local school of nursing. Jenni is the Iowa Nursing Supervisor and Case Manager for our VA clients and private pay clients.

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## Dubuque Symphony Orchestra Presents Symphonic Fantasies

(DUBUQUE) – The Dubuque Symphony Orchestra (DSO) opens its 57th season with the premiere of an exciting new fanfare, *Imagine Dragons*, written by Dubuque composer Amy Dunker. Russian pianist *Natasha Paremski* will then join the orchestra for Rachmaninoff’s romantic and powerful *Piano Concerto No. 2*. Concluding the concert, the DSO will perform Berlioz’s *Symphonie Fantastique*; from the “*March to the Scaffold*” to the “*Witch’s Sabbath*,”



*Russian pianist Natasha Paremski*

the music is truly one of the great classics. It will be held on Saturday, October 10 at 7:30pm and Sunday, October 11 at 2:00pm in John and Alice Butler Hall at the Heritage Center, University of Dubuque. Maestro Intriligator will also present a free pre-concert lecture in the Babka Black Box Theater on Sunday, October 11 at 1:00pm.

To purchase individual tickets to this concert (\$15-\$78), call (563) 585-SHOW, or online at [www.dubuquesymphony.org](http://www.dubuquesymphony.org). Discounted \$6 student tickets will be available in the theater lobby one hour prior to each performance. This concert is made possible by the generous support of Cottingham and Butler.

**Symphonic Fantasies cont. P. 15**

November 14-15, 2015 at Five Flags Theater

# MAGICAL MOZART

*featuring Wes Skidgel*

MOZART Overture to The Marriage of Figaro  
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**Upcoming Events at the James Kennedy Public Library in Dyersville: October 2015**

**Friday, October 2: Classic Movies @ Your Library @ 2:00 pm.** In a decaying Hollywood mansion a former child star and her sister, a movie queen, are forced into retirement after a crippling accident. Not Rated (134 min.). Due to licensing issues the library is not able to include the title, movie studio, or actor's names. For more details please call the library, check the library Facebook page, or check the library website [www.dyersville.lib.ia.us](http://www.dyersville.lib.ia.us).

**Monday, October 5: Books for Lunch Book Discussion @ 12:00 noon.** The book for this meeting is *All the Light We Cannot See* by Anthony Doerr.

**Wednesdays, October 7, 14, 21 & 28: Sit and Stitch @ 1:00 pm.** Join other crafters at this weekly gathering to share crafting and conversation. New members are welcome to join at any time!

**Thursday, October 8: Trains Across Iowa @ 6:30 pm.** Join Dr. Rudy Daniels from Western Iowa Tech Community College as he describes the past, present and future of Iowa's railroads. Presented in conjunction with Humanities Iowa and sponsored by the Friends of the Library.

**Tuesday, October 13: Inspirational Fiction: A Novel Approach to Faith book discussion series @ 7:00 pm.** The book for this meeting is *Vanished* by Irene Hannon.

**Thursday, October 22: De-stressing: Tools To Help You Relax @ 6:30 pm.** Join a local retired nurse as she teaches us about stress, how to identify it, and tools for how to manage it.

**Saturday, October 24: Author Visit with Mary Potter Kenyon @ 11:00 am.** Author Mary Potter Kenyon will talk about her new book, *Mary & Me: A Lasting Link Through Ink* which explores a thirty year friendship between Kenyon and her co-author and friend Mary Judlicka Humson. All ages welcome. Copies of the book will be available for purchase from the author.

**Monday, October 26: Book Flicks @ Your Library @ 6:30 pm.** Based on the book *Watcher In The Woods* by Florence Engell Randall. Rated PG. (95 min.). Due to licensing issues the library is not able to include the title, movie studio, or actor's names. For more details please call the library, check the library Facebook page, or check the library website [www.dyersville.lib.ia.us](http://www.dyersville.lib.ia.us).

**Tuesday, October 27: At Home in the Heartland: How Midwesterners got to be "Us" from 9:00 am to 12:00 noon.** TRACES Center for History and Culture BUS-eum will visit Dyersville and share the mobile exhibit *At Home in the Heartland: How Midwesterners Got to Be 'Us'* in the Dyersville city parking lot next to the library.

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

**Symphonic Fantasies from P. 14**

Born in Moscow, guest artist Natasha Paremski moved to the United-States at the age of 8 and became a US citizen shortly thereafter; she is now based in New York. Natasha began her piano studies at the age of 4 at Moscow's Andreyev School of Music. She then studied at San Francisco Conservatory of Music before moving to New York to study with Pavlina Dokovska at Mannes College of Music, from which she graduated in 2007. Natasha made her professional debut at age nine with the El Camino Youth Symphony in California. At the age of fifteen she debuted with Los Angeles Philharmonic and recorded two discs with Moscow Philharmonic Orchestra under Dmitry Yablonsky, the first featuring Anton Rubinstein's Piano Concerto No. 4 coupled

with Rachmaninoff's Paganini Rhapsody and the second featuring all of Chopin's shorter works for piano and orchestra.

With her consistently striking and dynamic performances, Natasha reveals astounding virtuosity and voracious interpretive abilities. She continues to generate excitement from all corners as she wins over audiences with her musical sensibility and flawless technique.

Under the direction of Maestro William Intriligator, the Dubuque Symphony Orchestra creates exceptional live musical experiences that challenge and inspire audiences. Performances include classical, popular, opera and educational concerts. It is the only professional orchestra in a 70 mile radius. For more information, visit [www.dubuquesymphony.org](http://www.dubuquesymphony.org).

**Social Security from Pg. 12**

1099 or SSA-1042S for tax season.

If you do find a discrepancy on your *Statement*, you will need to collect the proper documentation from your employer to correct any misinformation and submit it to Social Security. For detailed

instructions, you can access the publication *How to Correct Your Social Security Earnings Record* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

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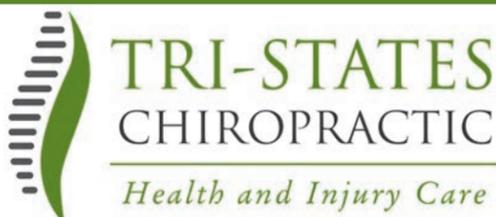
## YESTERDAY AND TODAY

BY MICHAEL GIBSON



The Fraternal Order of the Eagles, Dubuque Aerie, No. 568 was organized in 1904 and leased space in a building at 10th & Main. The charter set forth the purposes of the organization "which are to promote social intercourse, fraternal feeling among the members, and to take care of the sick." With membership at 475, in 1908, the group purchased the old Herald Building at the corner of 6th & Locust for \$7,500. This building was constructed in the late 1870s and housed the offices of the Dubuque Herald newspaper, printing & binding company owned by Moses M. Ham and D.D.W. Carver. The three-story building was completely remodeled at a cost of \$30,000. The main floor housed a reception room and library; second floor was the lodge room; third floor was the enormous ballroom-31' x 80'—the largest in the city at one time; in the basement was the recreation room complete with pool and billiard tables, a card room, and lockers. For over sixty years this building was home to the Dubuque Aerie, No. 568. (Photo courtesy of the Center for Dubuque History, FBL 3676, MOSL p39).

Yesterday & Today cont. P. 17



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**Peter Lynch, D.C.**  
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- Arthritis • Peripheral Neuropathies • Sleep Problems
- Restless Leg Syndrome • Vertigo & Balance Issues

### Tri State Chiropractic from P 1

I never looked back. At age 33, I dropped everything to become a doctor of chiropractic. Why? It's simple — chiropractic treatments help me function and feel my best, so I want to help others in the community feel their best as well!

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– I have two stories to share. First, while working at hospitals most of my career, I became frustrated with the heavy reliance on pharmaceuticals to relieve symptoms. I felt there must be a better way. Second, during my years as an athlete, I managed to rack up three knee surgeries and as a result, I experienced much low back pain. I can tell you – there is a better way! Little did I know I would soon be introduced to the healing power of chiropractic for my low back pain – and

I never looked back. At age 33, I dropped everything to become a doctor of chiropractic. Why? It's simple — chiropractic treatments help me function and feel my best, so I want to help others in the community feel their best as well!

What makes Tri-States Chiropractic unique? We are known for getting results! I understand the source of your problem and will help you feel your best. Why not call today? Contact Alix at **563-585-0800** to schedule an appointment. You deserve to feel your best!

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Yesterday & Today from P. 16

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



In March 1970 the Fraternal Order of Eagles built a new building behind Kennedy Mall along Century Drive. The old building was demolished as part of Dubuque's "urban renewal" program. After much controversy a new elderly housing unit was built in 1975--Ecumenical Tower. This was the first use of urban renewal property for a project which was not commercial. The Federal Housing Administration supplied much of the funding, but over \$400,000 was raised by local churches, businesses, and individuals and the dream of Ecumenical Housing Inc., led by Rev. Tom Rhomberg, became a reality. (Photo by Terry Grant).

**Stonehill Franciscan Services hires Dubuque native as Director of Development**

September 11, 2015, Dubuque, IA – Stonehill Franciscan Services has hired Dubuque native Kelly Palmer-Hauer to serve as Director of Development, rounding out the organization's Senior Leadership Team. Palmer-Hauer has more than 24 years of development experience in the national voluntary health sector working for organizations such as the Arthritis Foundation, March of Dimes and the Alzheimer's Association. More recent and for 17 years, Palmer-Hauer served as Executive Director of the Alzheimer's Association East Central Iowa Chapter based in Cedar Rapids, IA.



Kelly Palmer-Hauer

"I could not be more proud to serve in a capacity where my duties will ultimately support and enrich the lives of current and future residents of Stonehill Retirement Community." Palmer-Hauer stated. "Stonehill's mission is very close and personal to me

and being able to do this work in my home town makes this opportunity even more special." Palmer-Hauer's duties include an Annual Benefit Dinner on October 1st to support the Stonehill Benevolent Foundation that in part, offers financial assistance to residents in need.

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**The Four Preps**  
Saturday, October 10, 2015 • 7PM

The clean-cut West Coast-based Four Preps are best remembered for a string of Top 100 hits during the late '50s and early '60s. Featuring the original singer Bruce Belland with Bob Duncan former leader of The Diamonds and Mike Redman and Skip Taylor formerly of The Crew Cuts. Four dynamic vocalist harmonizing on America's favorite pop hits including, Sh Boom "Unchained Melody" The Lion Sleeps Tonight "Little Darlin" "Silhouettes" "Earth Angel" Runaround Sue "Why Do Fools Fall In Love and many, many more. "Their energy and enthusiasm guarantee a great time, every time" Dick Clark. Tickets: \$25(in advance) \$30(at the door).

**Festival of Trees**  
Nov. 14th through Nov. 24th  
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Mon. thru Fri. - 9AM to 7PM

11th Annual Festival of Trees

Santa will arrive Saturday, November 21 from 1 to 3pm. Tickets: Admission is FREE  
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**Maggie Mae Holiday Show**  
Saturday, November 28, 2015 • 7PM

A show that will definitely put you in the spirit of Christmas!

Maggie Mae, a home-grown talented country singer/Nashville recording artist from Oxford, Wisconsin has been entertaining crowds with her country music and yodeling. She is becoming one of the biggest Midwestern names in pure country music. After buying her first guitar in 2002, she has taught herself to play and sing and has been entertaining crowds ever since. Maggie and her husband Roger Hilliard own and operate Maggie Mae's Café in Oxford, WI which won "RESTAURANT PICK OF THE MONTH" award through the Discover Wisconsin Radio/TV show. Folks travel from across the country to stop at her café where she might just be there singing your favorite country song over breakfast. Maggie says: "Everyday there are so many folks that travel from states and cities away to my café in Oxford, WI or attend some of my other shows across the state. I love seeing the smiles on fans faces." Tickets: \$22(in advance) \$25(at the door). Students (18 & Under) Tickets: \$13 (in advance) \$15 (at the door)

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The Kitchen Diva!

by Angela Shelf Medearis



**A Conscious Eater**

Judy Wicks has been a leader in the “slow food” movement on the East Coast for more than 30 years. She describes herself as “a conscious eater.” When she opened The White Dog in Philadelphia in 1983, it was a tiny muffin shop on the first floor of her historic Victorian brownstone. As her business grew, Wicks turned the muffin shop into a restaurant. She hired a chef who specialized in showcasing fresh, local meats and produce. Wicks convinced her to expand her menu to include even more local farmers and food artisans.

Wicks and her new chef also sought inspiration and guidance from famed West Coast restaurateur and locally grown-food pioneer Alice Waters. The White Dog’s locally sourced menu was considered revolutionary during a time when restaurants focused on French recipes and imported ingredients. The small muffin shop grew into a 200-seat restaurant, and Wicks became one of the forerunners of the fresh, local, farm-to-table movement on the East Coast. Wicks began using The White Dog as a meeting place and training center for other local business owners who shared her vision of a global economy comprised of a network of self-reliant and

sustainable local economies connected by small-to-small fair-trade relationships.

Her advocacy on behalf of local businesses and creating self-reliant communities began to consume most of Wicks’ time, and she decided to sell The White Dog restaurant to Marty Grimms in 2009. She also created a unique social contract, as she describes it, for the new owner that ensured he maintained the restaurant’s long-standing practice of buying fair-trade products, locally sourced produce from its list of farmers and vendors, and only serving meat from ethically treated animals from local producers.

Today, Wicks spends most of her time mentoring entrepreneurs via the



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Sustainable Business Network of Greater Philadelphia, [www.sbnPhiladelphia.org](http://www.sbnPhiladelphia.org), and the international Business Alliance for Local Living Economies, [www.bealocalist.org](http://www.bealocalist.org).

Wicks also is a popular speaker and author. Her award-winning book “Good Morning Beautiful Business: The Unexpected Journey of an Activist Entrepreneur and Local Economy Pioneer” was published by Chelsea Green in 2013. Her book won the 2014 Gold Metal in the Business Leadership category from Nautilus Book Awards.

The White Dog remains a popular restaurant in Philadelphia and has opened three other locations in the area. The menu is a tribute to a visionary woman’s desire to support the community she loves and share her knowledge with others.

**STRAWBERRY PARFAIT**

This delicious recipe for Strawberry Parfait with Homemade Drop Biscuits and Lemon-Scented Chantilly is a featured item at The White Dog restaurant.

**Homemade Drop Biscuits:**

- 2 cups all-purpose flour
- 2 tablespoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1/2 cup cold unsalted butter
- 1 cup whole milk

The Kitchen Diva cont. P. 22

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Whether you vote by absentee ballot or vote in person on November 3rd, let me join you to make our community safe, fair, and stronger. Your vote is the most important thing you can do to shape the future of Dubuque.

Thank You, Take Care and God Bless.

**Jake**

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 Paid for by Jake Rios

Music Men from P. 1



Youse Guys

from November, 2014 – October, 2015 follows: raised funds for the Dubuque Rescue Mission through Christmas caroling at Walmart and Main St. Galena; exhibited a booth and a singing quartet at the Dubuque Sports and Recreation festival; participated in annual community block party of The Community Foundation at the Roshek Building; enjoyed singing Valentine Day greetings for couples and small groups at close to 50 different locations; worked with the Dubuque Chamber of Commerce to provide music for one of their programs with a potential for several more; performed a show at Woodland Apts, Manor Care, Oak Park Place, Dubuque Retirement Center and urged the residents to join in singing; enjoyed the Singout at the Heritage Center Oct. 2014 and Sept. 2015 sponsored by the Dubuque Chorale; entertained at Taste of the World 2015, and Juneteenth 2015 sponsored by the Multicultural Family Center; added several songs for the 2015 Tree of Life organized by Hospice of Dubuque; added to the worship services at First Congregational & Summit Churches; supported the teaching of barbershop singing and music to young people by offering a reduced price student ticket for school groups at Oct. 2014 and Oct. 2015 annual shows.

The activity does not stop with performances and rehearsals. The Music Men are

members of the Barbershop Harmony Society which has a membership of around 22,000 men with headquarters in Nashville, TN. They are also connected with many like groups in the Central States District of the Barbershop Harmony Society that includes Iowa, Missouri, Kansas, South Dakota, Arkansas and Nebraska. As a result of these memberships and connections a number of the Music Men get a chance to participate in many events for enjoyment, singing enhancement and coaching. As you can see from our above list of activities we love to sing for any sized group. So, also consider giving us an opportunity to visit and entertain your organization with barbershop harmony.

Visit our website at [www.musicmen.org](http://www.musicmen.org) and like our Facebook Page: **Dubuque Music Men** for a virtual experience of our group and the effort we put forth. Come to our show at the Grand Opera House on October 17, 2015. And/or come to one or more of our weekly meetings at Summit Congregational Church across from Eisenhower school on JFK Road to greet and see us as we rehearse the music we love to bring to others. Think seriously about joining us in bringing the joy of harmony and the experience of fraternity. We provide a doable and enjoyable opportunity to not just listen to music but to participate in and bring it to others!



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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.

The naughtiest thing I ever did was being an accomplice (one of 15 pupils) to setting an ant mound on fire at our One Room School. This mound was about two feet high made of straw on the northwest corner of our school yard. The teacher, a strict disciplinarian, forbids anyone to touch this ant mound. My brother, Francis decided he would set it on fire, early one day, before school started, he lit the mound on fire and returned home. We were all sworn to secrecy the night before. The truce was that no one would tell. It was hard to get to sleep with that on our minds.

The teacher approached the school to see the black smoke belching high over the bright fire. Could it be the ant mound?

We followed the teacher with our two gallons of drinking water. We threw it on the blaze. Then with boards and clubs we beat the blaze to keep it from spreading into a ten-acre cornfield nearby. Silently we continued until the fire was out. Our faces were black from smoke, we were panting as if we had finished running the ten mile race in the Olympics.

Court opened with "Who started the fire?"

No one confessed. Everyone

was in denial. The story eased off with just that short court hearing. My guilty conscience plagued me for years.

My mother dealt punishments at home out silently with a gesture. The index finger on her right hand pointed to our bedroom above.

We went there-stayed there with two pieces of bread with molasses on it for supper. We didn't come down only to use the outdoor privy. We had a long time to think it over.

My mother was both the questioning attorney and the judge. We received our sentence and performed it without questioning.

Punishment at school was to stay in at recess. Then a lower mark in deportment on our report card. That was the first and only mark my mother bothered to discuss with us.

We kids got along well with each other, partly because there were so many jobs for us to do—there was always weeds to cut, weeds in the yard and cornfield. We had an acre of garden to weed, chickens to water and feed, eggs to be gathered, cows to chase, water must be carried in to drink and wash vegetables, in other words. Be Busy!

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~ Pat Kelly ~

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## Iowa Department of Transportation

Tammy Adrian



It seems as if the harvest season just happened overnight. One day the fields were green, the next ready for harvest. With the changing seasons comes a change in traffic on rural roads.

Each year Iowa farmers transport billions of bushels of grain from fields to market. Much is transported by large slow moving farm vehicles. Because we all share the roadway it's important to be alert and ready to share the road.

The most common collisions are left-turn and rear-end collisions.

The left-turn collision happens when the large slow moving vehicle is about to make a left turn. Meanwhile the motorist behind it decides to pass.

To avoid left-turn collisions consider a few things:

- Is it really turning? The large slow moving vehicle may need to swing right to make a left turn for extra room through a farm gate or driveway. Don't assume the slow moving vehicle is moving over the allow you to pass.

- Is there a signal? A flashing light on a tractor that suddenly stops flashing is a turn signal.

Slow down. And remember as with motorists, not everyone uses their turn signal.

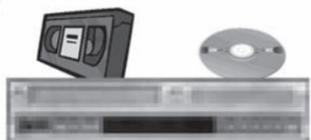
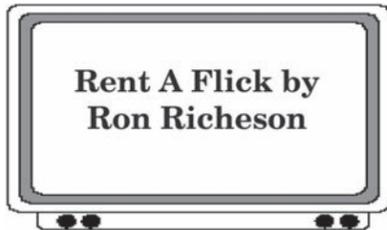
- Where could it turn? Check the left side of the roadway for drives, gates, field entrances, any place a farm vehicle may turn.

To avoid rear-end collisions consider these things:

- It's easy to misjudge speed. If you are traveling at 55mph and come upon a tractor traveling at 15mph, it only takes 5 seconds to close the gap the length of a football field between you and the tractor. Slow down immediately.

- **BE ALERT!** Be mindful of driving during planting

I.D.O.T. cont. Pg. 21



**The Second Best Exotic Marigold Hotel**

In the summer of 2012 I did a review of *The Best Exotic Marigold Hotel* because I thought it was an absolutely delightful movie. Apparently others thought so too because in 2015 a sequel was released called *The Second Best Exotic Marigold Hotel*. The original cast has returned to reprise their roles, plus Richard Gere has joined the star-studded ensemble in the sequel.

A little recap of the original is in order for those who have not seen it. After viewing the brochures or website, a group of seven British senior citizens embark on a dream of a lifetime: to live out their remaining time in a beautiful palace hotel in India run by the enthusiastic

Sonny Kapoor (played by Dev Patel of *Slum Dog Millionaire*). The problem: the palace has seen better days - much, much better days.

The sequel finds Sonny eager to expand. After making improvements to the Marigold Hotel and having hotel resident Muriel Donnelly (Maggie Smith) in charge of the daily purse strings, things are finally looking up. If Sonny can get the necessary financial backing, a second hotel may just become a reality.

The original contained much more hilarity than the sequel, which has a more serious tone to it. But that seriousness is offset by a heavy dose of sweetness and charm. Me, I'm hoping for a third installment.

This film is rated PG and is available at most Redbox locations.

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**SENIOR NEWS LINE**  
 by Matilda Charles

**Divorce Rate Soars**

The rate of divorce among older adults (over age 50) has doubled in the past 20 years. Among those who are in remarriages the divorce rate is even higher — 2 1/2 times that of those in a first marriage.

The implications for seniors aren't the same as they are for younger generations — we have a different set of issues that come with divorce. If you're considering ending a marriage, here are some things to think about:

- Adult children — What role will they need to take? Caregiver or financial supporter as one of you ages? And that's if you have adult children nearby.
- Your home — Who gets to keep it? The one who ends up with the house will likely end up with less of something else in the settlement.

- Caring for parents — If you're a caregiver (financially, physically or both) for your own parents, you'll likely end up doing this on your own. What will that do to your own health? Can you afford it?

- Alimony — If you're still working, you'll likely pay alimony to an unemployed spouse, and not for just a short period of time. It will likely be until the end of his or her life.

- Retirement — Your assets will likely be halved, and as a senior, your ability to increase income will be limited. Your tax bracket will change to single, which is a higher tax rate.

Get financial and legal counseling before dropping the D-word on your spouse. Get all your information first so that assets don't disappear. Know whether there are any 401(k) plans and if there have been any loans taken out on them. Be sure to understand your rights. And if you remarry, get a prenup without fail.

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**I.D.O.T. from Pg. 20**

and harvest when there are more slow moving vehicles on the road.

- Keep your distance. Stay a safe distance. Most farm equipment is not designed to

travel faster than 25mph.

Every harvest season someone neglects to follow the above safety rules and tragedy occurs.

Remember, **BE PATIENT** and **BE ALERT!**

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## Plant Talk

by  
Ken Resch



### 3 ½ Trillion Trees!

Yale University along with Google Maps recently did a survey of planet earth and determined we have more than three and one half trillion—twelve zeros—trees growing among us which works out to over 400 trees for every person on the planet. Sheeze—I thought I was doing well tending to my eleven trees on Whitetail and now I've got another 400 to think about? Still, the study gave us some good news because it was thought we only had about 400 billion trees populating our land areas.

Now for the bad news: way back when the dinos and other creatures were getting their footing we had north of seven trillion trees covering the earth. So what happened? We came along. Yep, humanity is largely to blame for the decline in tree numbers and the causes are many. From deforestation to pollution to land acquisition to human carelessness, we've been doing a pretty good job of reducing our tree numbers by about fifteen billion trees a year. The day may come when trees will only exist in pictures.

So the question remains: what do we choose to do about it? This past summer and even into the present fall of the year we've heard the trumpet sound to stop and take notice. The fires that raged and continue to burn took millions of acres of forests. When we saw our Giant Sequoias being hosed down for

protection against the onslaught of flames we should have shaken off any remaining complacency and stood ready to restore the ravages of nature and humanity. The short answer is a simple one: plant a tree yet this fall. Water it until the ground freezes and the tree should weather an Iowa winter unscathed.

Better yet, plant lots and lots of trees! Have grandchildren? Plant one in honor of each—the eleven we have on our residential lot were so planted. Plant trees as living memorials to both honor one who has passed through this life and to attest to a future when that tree may well remain but you will not. We do not plant trees for our delight alone; rather, we plant trees for the future yet to be born.

Sadly, we are on the verge of a major loss of trees with the arrival of the Emerald Ash Borer. In a decade or less the Dubuqueland area will lose thousands of trees to this invasive insect. We didn't learn the lesson from the earlier loss of our native Elm trees in the 1960s and we've failed to learn it again with the Ash. When we plant trees we must diversify—plant several different species of trees so we do not have one single specie dominate.

We will never see a planet with seven trillion trees any more than we'll see dinosaurs roaming about. Still, we can become better stewards of the earth we have and add to the canopy of trees protecting us from the sun, from a decaying ozone layer, and from pollutants while churning out millions upon millions of cubic feet of healthy oxygen. So, take care of the trees you may have and add to that number where possible.

### The Kitchen Diva from P. 18

1. Combine the flour, baking powder, baking soda, salt and sugar in a bowl. Cut the cold butter into small pieces; add to flour mixture. Using your hands, work the butter into the flour until pea-sized chunks of butter remain.

2. Add the milk all at once, and carefully fold in using a spatula. Scoop even spoonfuls of batter onto a lined sheet pan, and bake at 350 F for 10 minutes, or until golden. Set aside to cool completely. Makes 6 biscuits.

### Lemon Chantilly Cream:

2 cups heavy cream  
2 tablespoons granulated sugar  
Lemon zest from 1 lemon

In a stand mixer or by hand, whip cream and sugar to firm peaks. Zest lemon over whipped cream and fold in. Set aside. Makes 1 cup.

### To assemble:

2 pints of local sliced berries

Cut each biscuit in half lengthwise. Using a mason jar or bowl, layer the Lemon Chantilly Cream first, then half of a biscuit, followed by berries. Repeat until jars are full. Enjoy immediately or prepare ahead and refrigerate. Serves 4-6.

\*\*\*

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

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Angela Shelf Medearis

*It would be an inconvenient rule if nothing could be done until everything can be done.*

—Winston Churchill



**From The Batt Cave**  
**Al Batt**  
 snoeowl@aol.com  
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71622 325 St., Hartland, MN 56042

**Astraphobia**

I rolled out of bed early in the morning.

I planned on getting an early start, but it was noon by the time I got up from the floor.

With the late start, I found comfort in the words of Walt Kelly, the creator of "Pogo," who said, "We are confronted with insurmountable opportunities."

I wrapped up the writing of a magazine article, booked some speaking jobs, autographed some books, put the finishing touches on a couple of newspaper columns and did a radio show. I polished off a podcast and headed out to pick up some business cards and anniversary gifts at nearby locations. I listened to music on the radio. It's the same music I always listen to. I've read that our musical tastes have solidified by age 14. I saw sheep shaped like clouds and parked by a car covered with bumper stickers. I admire a willingness to express beliefs, but I wonder if a bumper sticker has ever changed a mind. Bumper stickers aren't for those who were advised by parents to not make a scene. One of those assertive bumper stickers could be construed as making a scene. I think they invite tailgating by readers. The car was a Honda Civic, the most-stolen vehicle in Minnesota. Maybe a plethora of bumper stickers discourages theft.

I waved at other drivers even though the forefinger on my right hand ached. The nail was black. I'd shut it in a car door. My left hand slammed the door. I'm right-handed. All my life, my right hand has gotten the best gigs, while my left hand was stuck holding things. Maybe it's jealousy. A rivalry. I can't say that my left hand did it on purpose, but I have my suspicions.

Years ago, I was working at my desk and I heard a noise. It was as if a ball was being dropped. I decided to investigate the sounds coming from my garage. I found many walnuts in the box of the truck. I sat down and waited. A squirrel climbed onto the roof of the garage and dropped a walnut through a roof vent into the box of my pickup. The squirrel was filling my pickup with stored walnuts. I called the squirrel

an octothorpe. I couldn't think of anything appropriate. It's a cool word that means the pound key on a keyboard.

A friend called to say that someone near him had seen a cougar in Minnesota. People were concerned for their safety, not the cougar's. I don't consider a cougar much of a threat. I'd just read the Minnesota Conservation Volunteer magazine. An article in it said that since 1890 there were roughly 20 human deaths attributed to cougar attacks. I worry more about deer. About 200 people a year die in collisions with deer.

I work at a number of fairs. I received an email letting me know that one of the local county fairs, Steele, had an attendance of 307,043 this year. That was impressive, but down from 339,671 the year before and 350,899 in 2013. This fairly good attendance was impacted by weather and threats of weather. Fairs are like funerals, the attendance depends upon the weather. We shouldn't worry about the weather. It's not worrying about us. About \$35,000 was withdrawn from fairground ATMs in one day. A free fair, its attendance is estimated by a formula that includes ATM transactions, beer sales, carnival proceeds, parking totals and vendor revenues. There were over 100 food vendors at the Steele County Free Fair (SCFF). I've eaten poutine once in Canada and once in Minnesota. Poutine is french fries and cheese curds covered in brown gravy. Poutine sales at the SCFF were up 26 percent from the previous year.

There are many wonderful things about this time of year in Minnesota for those not having astraphobia, the abnormal fear of thunder and lightning. Gatherings of monarch butterflies. Honeycrisp apples. There is sweetcorn. There is more sweetcorn. And there is even more sweetcorn. Anyone who says onions are the only vegetables that can make you cry, has never been hit in the face with an ear of sweetcorn. The Minnesota State Fair's Corn Roast stand sells 200,000 ears of sweetcorn, requiring 400 pounds of butter, each year. That may be why you don't see any T-shirts reading, "Body by the State Fair." Speaking of the State Fair, the livestock there produces 250 tons of manure over 12 days.

People clean that up.

And all I had to do for this column was to produce 762 words.

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encourage alumni to participate actively in the Senior High community, to attend events, to volunteer, to create new ways for alumni to stay connected to Senior High, and to contribute to the greatness of our High School.

The Association is starting out with a monthly Enewsletter that will share



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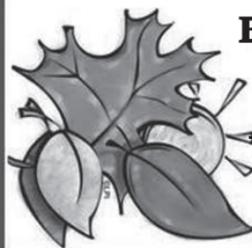
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1. GEOGRAPHY: In what country is the city of Sao Paulo located?
2. MUSIC: What singer made the song "Mack the Knife" famous?
3. HISTORY: When were the anarchists Sacco and Vanzetti executed for crimes that they may not have committed?
4. LITERATURE: Who wrote the children's book "Charlotte's Web"?
5. EDUCATION: Which field of study has been described as "the dismal science"?
6. U.S. PRESIDENTS: Which president's nickname was "Old Hickory"?
7. MATH: What is the decimal

- equivalent of the fraction 3/4?
8. MOVIES: What film features the theme park "Walley World"?
9. ASTRONOMY: In which constellation is the Big Dipper located?
10. GENERAL KNOWLEDGE: What does a sphygmomanometer measure?

**Answers**

1. Brazil
2. Bobby Darin
3. 1927
4. E.B. White
5. Economics
6. Andrew Jackson
7. 0.75
8. "National Lampoon's Vacation"
9. Ursula Major
10. Blood pressure

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**Attention: Alumni**

For the first time in the history of Dubuque Senior High School, since 1858, an Alumni Association is being formed. The mission statement of the Alumni Association is: To

information on what is happening at Senior and the successes of the current students, share reunion information and important Alumni news.

The Alumni of Senior High School have a lot to share with the school and are an important part of the future successes of Senior and the Student Body, stated Terry

Mozena, Association Member. Many of us have fond memories of our time at Senior and now it there is an opportunity to get reconnected. Please send your email address to [DubuqueSeniorAlumni@gmail.com](mailto:DubuqueSeniorAlumni@gmail.com) to be included in the monthly newsletter. Contact Terry Mozena at 563-584-0282 with any questions.

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Over The Years  
 by Grandma

### How to Get Through Life

Think of all the hardships you've been through. How do you think you got through the tough times? It certainly wasn't because you got scared and buried your head in the sand.

And yes, it certainly wasn't fun to, say, go through unemployment or even a family loss, but think of how others looked up to you when you braved the stormy seas. Whether you realize it or not, you probably encouraged many others to become more courageous, just like you. Being Courageous means taking risks.

You had to put forth some energy. You worked harder and gave time to those you love a lot. Don't even try to dispute that because you know it's true! You had an enthusiasm that people felt more energetic just by being around you. The way you talked, the way you walked, it's was just so electrifying!

You had an ability to love. Your friends and family were around for a reason. You obviously brought a smile to their faces and valued their time. The care and attention that you brought to each and

every one of your relationships is one of the many reasons why people love you. Don't believe it? Go through the e-mail your friends and family have written you. How many thank-yous do you notice? Better yet, do you have any handwritten cards or thank-you notes people have sent to you that you've kept? Obviously, the way you show love to others has made a bigger impact than you thought.

Your sense of Humor worked well for you. Everybody loves a good laugh. People love people who don't take themselves too seriously. You were able to laugh at yourself.

You try to put a positive spin on things, rather than concentrating on the problems at hand. You look toward coming up with solutions. While some people complain when they got a cold meal, you are thankful that you are able to eat at such a lovely restaurant.

People love to be heard. Surely there have been times where people have turned to you for advice or even a shoulder to cry on. Why do you think they keep coming back again and again?

Only a special person like you is able to master the skill of listening. You really take the time to look at them, be in the present moment, and pause before you answer.

Radio From  
 The 20th  
 Century  
 by Bill Zwack



The fall season brings to the Midwest color changes, cooler weather, harvest and Halloween. During the Golden Days of Radio the various networks offered series that were ment to thrill and chill you all year long.

*The Witches Tale* was the earliest significant horror show of the air, first heard on WOR on May 28, 1931. The stories centered on ancient curses come true, native superstition and spirits that could not find rest, and of murder and the supernatural. The stories were told by Old Nancy a crackling witch whose dialect was straight from the Middle Ages. Her tales were real chillers by 1934 standards even when the stilted sound effects and melodramtic music were audio novelties. It was written and produced by Alonzo Deen Cole. After being heard on WOR *The Witches Tale* also enjoyed a brief CBS run before settling into it's long running Mutual format on Tuesdays from 1935 to 1938.

*The Hermits Cave* is another series that sent chills up spines during the war years. Skilled use of sound effects by Dwight Hauser set up the show nicely. There was wind and howling. There was a feeling of doom and gloom too. Finally there was the Old Hermit, standing at the

mouth of his cave, warning the weak of heart not to listen. *The Hermits Cave* mangled its victims in the grand old radio tradition. Sound man Hauser used as many cabbages and lettuces for skull splitting on this show as most ate in a month of Sundays. The series was produced at station KMPC, Los Angeles and was syndicated in 1940-43. Who was the Hermit? That voice of the rusty nails came from the parched throat of Mel Johnson. Very busy radio actors Bill Forman and William Conrad were its producers.

*The Hermits Cave* and *The Witches Tale* will no doubt be heard during the Halloween season on the Big Broadcast heard every Sunday night on AM 1370 KDTH from 6 to midnight.

Thanks for all the calls and letters on my stupid error in the September issue of *The Golden View*. Frank Morgan played five roles in *The Wizard of Oz* (not one being the Cowardly Lion, actually played by Bert Lahr). Morgan played the carnival huckster "Professor Marvel," the Gatekeeper at the Emerald City, the coachman of the carriage drawn by "The Horse of a Different Color," the Guard who initially refuses to let Dorothy and her friends in to see the Wizard, and the Wizard himself.

*Collecting*  
by Larry Cox

**Costume Jewelry**

**Q:** At a recent garage sale, I purchased a shoebox filled with rhinestone costume jewelry from the 1940s and '50s. Most of them look like designer pieces. Can you recommend a good price guide to help me determine current values. I only paid \$5 for the collection. — *Susan, Omaha, Nebraska*

**A:** It sounds like you got a good deal. In recent years, rhinestone jewelry has become extremely popular with collectors, and that has caused prices to soar. Although there are several excellent price guides, I highly recommend "Rhinestone Jewelry: A Price and Identification Guide" by Leigh Leshner and published by Krause Books. It features more than 500 illustrations in full color, and details the beauty, history and current market value of all types of rhinestone jewelry. There also is information on how to care for costume pieces.

**Q:** I have a Japanese tea set that has more than 50 pieces. It is pre-occupation. What is it worth? — *Joyce, Victoria, Texas*

**A:** Your question is much like someone asking me what a car is worth. If the car is a 1935 Packard, it is probably worth major bucks. On the other hand, if it is a Yugo, it's likely not worth much. Identification marks on porcelain identify both the maker and sometimes the period it was crafted. This is its pedigree, and without this basic information it is impossible to determine much about your set.

**Q:** I own an unopened copy of Michael Jackson's 1982 "Thriller" album. I would think this would be a collectible. — *Tamera, Crossville, Tennessee*

**A:** A quick check of eBay shows an album in mint condition selling for \$50, with one still sealed in its original packaging offered at \$185. As with most collectables, condition is everything.

**Q:** I have a 1909 Sears & Roebuck Catalog published by Venture Book Company in New York. How much is it worth? — *Charlotte, Marion, Illinois*

**A:** Your catalog is not an original from 1909, but rather a re-issue published in 1979. According to several book dealers I contacted, it is worth less than \$10.

*Write to Larry Cox in care of KFWS, 628 Virginia Drive, Orlando, FL 32803, or send e-mail to questionsforcox@aol.com. Due to the large volume of mail he receives, Mr. Cox cannot personally answer all reader questions, nor does he do appraisals. Do not send any materials requiring return mail.*

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**Strange But True from Pg. 6**

- Historians say that Queen Victoria didn't like knocking at doors; she preferred scratching.

- If you're interested in space, you are probably aware that the second person to walk on the moon was Buzz Aldrin. Most likely, though, you didn't know that his mother's maiden name was Moon. Aldrin kept this fact a secret from NASA — he was evidently concerned that his bosses would think he was somehow trying to gain favor.

- It's been reported that in the early days of the Christian church, forks were considered to be inappropriate.

- Those who study such things say that deep-sea anglerfish mate for life — the male's life, anyway. The female is much larger than the male, and when they mate the male

attaches himself to her abdomen — where he remains, living as a parasite, until he dies.

- If you have detected the presence of the paranormal by olfactory means, you've experienced "clairalience."

- The ancient Inca believed that an eclipse was caused when the mood goddess was under attack by a giant snake. Whenever this event occurred, the Inca made lots of noise, believing that the cacophony would scare the snake away.

\*\*\*

**Thought for the Day:** "We now know that memories are not fixed or frozen, like Proust's jars of preserves in a larder, but are transformed, disassembled, reassembled and recategorized with every act of recollection." — *Oliver Sacks*

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

by Jerry Eberhardt

**The Best Of Jerry**

**When Grandpa Almost Bought a Bull**

Maury, because you are a very bright fourth grader, Grandpa figures you'll really appreciate a funny incident that happened to me about thirty years ago. I was in Maquoketa, Iowa trying to set up an appointment with Lee Bowman, who operated an auction and livestock sale business there. During a previous meeting he had advised me to check with his secretary the next time I was in town to learn where he'd be. I did so and she informed me he was at his sale barn.

Well, Maury, here's where my bizarre adventure began but I didn't know it yet!! (Before telling you what happened next, have Mom and Dad explain what takes place at an auction - how the auctioneer talks real fast asking for bids, telling what the bid is and how a bidder raises his hand to make a bid, etc.

To this day, Maury, I don't know if I went through the wrong door, but as I entered the sale barn I immediately found myself in a balcony occupied by local farmers bidding on the cows, bulls, etc. up for auction in an arena below, but I didn't know this! At the same moment



**Jerry Eberhardt with grandson, Maury Cohn**

(dressed as usual, wearing a coat and tie in the middle of all these farmers!) I immediately started looking for Lee Bowman. Suddenly, I spotted him, next to the auctioneer who at that moment was getting bids on a Bull. At that same instant Lee saw me, nodding his head, slightly, in recognition. I, reflexively, waved back to him when the auctioneer said "Sold" (with a perplexed look on his face!)

Every farmer in the building was staring at me when Lee Bowman, laughingly and judiciously, "explained" to everyone present that I was the cause of an "innocent mistake" and saved me from inadvertently buying a Bull I was told later sold for \$700.

Maury, this was the first and last livestock auction that Grandpa ever attended!!

Much love, Grandpa



**The Wayback Machine**

For the past few weekends, I've had the chance to watch some old sports movies with my nephews — whom I refer to as the minions — or, I should say, I watch them watch movies. One week it was "The Babe" with John Goodman, and the other day "Space Jam."

I didn't like "The Babe." The guy's life already read like fiction — there was really no need to make up more stuff about him. I'm not going to get into the specifics, but they took some liberties with the timeline and they foisted a few of the urban legends on him that weren't true (like the Yankees wore pinstripes because he was fat). So after the movie, using the wonders of the web, I showed my nephew what the real Babe looked like.

"He's not fat, he's just really big!" Exactly. Now watch the guy hit. He may not have hit .390 today or 61 homers every year, but trust me, Babe Ruth would very much be an All-Star in today's game as well.

"Space Jam" is another relic of the '90s. I didn't watch the whole thing, but the parts I did catch made me happy that they will

get to know Bill Murray more than anything. Bugs Bunny and the rest of the Looney Toons crew definitely had lost their touch by this time, but they still were getting laughs. The one thing I wanted to emphasize to the kids was that no matter what anybody said about Oscar Robertson or Wilt Chamberlain or Kobe or LeBron James, the person they were watching struggle through each of his lines was the greatest basketball player of all-time.

To say that Michael Jordan dominated his era is indisputable. But what sets him apart from all the other all-time greats is the fact that he played with a style that nobody could really duplicate — or at least has not since. There have been great players to be sure, but not like Mike.

Trying to explain this to my nephew sounded a little like this: "You know how when guys dunk, they jump up in the air and fly to the basket? Well, when Jordan jumped up in the air, he flew around for a while like those trick planes you saw at the air show, then he would veer left and alternate his trajectory and vectors and stuff, and then he would dunk. No question, he was the best."

"I have a question," said one.

"What's that?"

"What's a trajectory?"

That's a good question. It's always good to take a look back.

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

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## Sports Comment

by Gary Dolphin

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

### From Where I Sit

Iowa football is 3-0 for the first time since 2009, and has a great chance to go undefeated in September prior to Big 10 Conference play.

Back to back wins over Power 5 conference schools Iowa State and Pittsburgh have give the Hawkeyes a needed boost of confidence. Up next is Conference USA representative North Texas, coached by Iowa City native, former Iowa player and coach, Dan McCarney.

Highlights through three games are on both sides of the line of scrimmage. The Cy Hawk trophy found its way back to Iowa City from Ames after Iowa scored two touchdowns in the final two minutes and won 31-17. Quarterback CJ Beathard guided the Hawkeye offense to 200 plus yards running and passing for a second straight week. Beathard has been the leader and play maker Iowa has been looking for at the position. Jordan Canzeri and LaShun Daniels have re-energized the running game, and the offensive line has performed better than expected while breaking in a pair of new tackles.

The Pittsburgh game ended well into the night when kicker Marshall Koehn booted a 57 yard field goal as time expired, nudging the Hawks to a 27-24 victory. It was the second longest field goal in school

history and tied for the longest in Kinnick Stadium. The Iowa offense survived a blitz-happy Pitt defense that laid a physical pounding on Beathard, but he never flinched in engineering another balanced attack with 105 yards rushing and 258 through the air. Iowa's defense was just as salty, allowing 282 total yards and only 55 on the ground. Iowa is one of just five FBS schools to not allow a hundred yard rusher to date. Two of the three Panther touchdowns came off turnovers. One, after Beathard threw his first interception of the year, the other, off a blocked punt.

Through the first month of the season it's been Beathard leading the offense, while cornerback Desmond King is the cornerstone of the defense. The young linebackers get better with each passing week, while ends Drew Ott and Nate Meier have been spectacular. The unit has registered eleven sacks. Special teams, led by Koehn, have been good.

There's always room for improvement, but this Iowa team is showing a togetherness and attitude that we haven't witnessed in awhile. The chip on the shoulder remains after the flame out at the end of last season. A lot of that has to do with the guy under center. This is indeed CJ Beathard's team.

*Beware the fury of the patient man.*

—John Dryden



by Chris Richcreek

1. When was the last time before 2014 that the Baltimore Orioles swept a playoff series?
2. Name the last major-league team to hit .300 or better for a season.
3. In 2014, South Carolina football coach Steve Spurrier recorded his 200th SEC victory as an SEC coach. Who else has hit that mark in the SEC?
4. Who was the only Norwegian to play in the NBA?
5. In 2015, Boston University's Jack Eichel became the second

6. When was the last time before 2015 that Juan Pablo Montoya won an IndyCar race on a road or street course?
7. How many years passed between Serena Williams' first and second singles titles at the French Open?

### Answers

1. The Orioles swept Oakland in 1971.
2. The Boston Red Sox hit .302 as a team in 1950.
3. Paul "Bear" Bryant (292 wins) and Vince Dooley (201).
4. Torger Bryn, with the Los Angeles Clippers in the 1989-90 season.
5. Maine's Paul Kariya, in 1993.
6. It was 1999, in Vancouver.
7. Eleven years (2002 to 2013).

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### The Skins Game

If you ever need to look up the phrase in a dictionary, there are many available on the Internet. There is Dictionary.com, Merriamwebster.com, the Urban dictionary, even Wikipedia operates as a dictionary in some respects. Either way, I can save you, dear reader, a lot of time by just telling you here: The textbook definition of "wasting your time" is debating the Washington Redskins' nickname with a Redskins fan at a chain pizzeria in Alexandria, Virginia.

For one thing, the argument is over before it even starts. Here's a quick multi-question diagnostic test for anyone wanting to play along at home:

1. Are you a Native American?
2. If yes, are you offended by the term "Redskin?"
3. If no, are you the owner of the team who has vowed to never change its name?
4. If yes, are you of Jewish heritage and do you sue people for libel, claiming to be outraged over anti-Semitic attacks?
5. If yes, you are Dan Snyder?

And really, the excuse that you will have to change a few T-shirts and that it will cost too much is wearing just about as thin as the burgundy and gold, non-official, much-too-snug for 2015 "Redskins Hog Heaven 1995" T-shirt the guy defending the Redskins nickname is wearing at the chain pizzeria.

Louis C.K. makes the correct observation that late in the 15th century, a bunch of dudes took a boat ride from Europe and thought they landed in India.

"You guys are Indians, right?" they asked.

"No," the natives replied. "We're like, totally different

people."

Armed with that knowledge, six centuries later, not only do we continue to persist in calling the indigenous people of this continent names more suited for the peoples who live on a sub-continent bordering THE INDIAN OCEAN, but in our nation's capital, we use the slur variation of their name as a mascot.

And this isn't about the guy who lives in his parent's basement, who comes up for air long enough to flirt with the bartendress and defend his beloved team's honor over a personal deep dish. Nor is this an opportunity for somebody to spout some ridiculous nonsense about political correctness run amok, and that's why we need to vote for a guy who used to own the New Jersey Generals. For one thing, I agree. Political correctness is kind of anti-productive at times. Why should we be tiptoeing around the tulips of somebody's idiocy just because we are afraid of a fight?

Change the name. I don't care if you grew up with a bunch of John Riggins posters on your walls. The Native Americans don't like the name. They're offended. That should supersede your love of Mark Rypien and Joe Theisman jerseys. Change the name. Times are different now. O.J. Simpson is a killer; Bill Cosby is a serial rapist; the guy who used to be on the Wheaties box is now a girl, and he's against gay marriage; and the guy who lost weight eating subs is a pedophile.

We're talking about a football team, not genocide or bulletin boards in high school or your favorite flavor of pudding pops. We're talking about a national embarrassment in our nation's capital (if we were to relocate our capital to Landover, Maryland) that extends well past the team's pitiful performances on the field year in and year out.

Change the name. It's time.  
Mark Vasto is a veteran sportswriter who lives in New Jersey.

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## Good Housekeeping

### Buffalo-Style Chicken Wings

Here's a broiled version of one of America's favorite appetizers. Serve with plenty of napkins!

- 4 ounces blue cheese, crumbled (1 cup)
- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1/4 cup milk
- 1/4 cup chopped fresh parsley
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon salt
- 3 pounds chicken wings (18 wings), tips discarded, if desired
- 3 tablespoons butter or margarine
- 1/4 cup hot pepper sauce
- 1 medium bunch celery, cut into sticks

1. Heat broiler. In medium bowl, combine blue cheese, sour cream, mayonnaise, milk, parsley, lemon juice and 1/4 teaspoon salt. Cover and refrigerate.

2. Arrange chicken wings on rack in broiling pan; sprinkle with remaining 1/4 teaspoon salt. Broil 5 inches from heat source 10 minutes. Turn wings and broil until golden, 10 to 15 minutes longer.

3. Meanwhile, in small saucepan, melt butter with hot pepper sauce over low heat, stirring occasionally; keep hot.

4. In large bowl, toss wings with seasoned butter to coat all sides. Arrange chicken wings and celery on platter along with blue-cheese sauce and serve. Makes 18 appetizers.

• Each appetizer (without wingtip): About 169 calories, 13g total fat (5g saturated), 10g protein, 3g carbohydrate, 39mg cholesterol, 349mg sodium.

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## Down Memory Lane

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

1952

1952



Top Row: Royal Blackman (Sausage Kitchen), George Pfab (Casing), Charles Pfeifer (Foreman, Cure), Elmer Fink (Maintenance), Ben Meyer, Sr. (Guard)  
 Bottom Row: Larry Reuter (Maintenance), Josephine Streauslin (Sausage Kitchen Floor Lady), Henry Bauck (Calf Cooler), Pete Keoff (Foreman, Casing).

### CHARTER EMPLOYEES

Charter employees pictured above are but nine of twenty-one Dubuque Packing Company personnel who joined the organization in 1931 when Mr. H. W. Wahlert began the development of our plant which now enjoys a leading position in the industry. Other charter employees to be pictured photographically in future issues are Marion Brennan, Art Jungblut, John Wiezarek, Joseph Boyer, Sr., Floyd Harris, Jay Harris, Bill Kingsley, Chris Aliesch, Pete Grutz, John Morton, Richard Tilles and Nick Neises. Dubuque Packing Company is proud of these employees and this charter group can be proud of the remarkable growth of their Company.



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**Paul H. Connor**

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*What's it WORTH on eBay?*  
 EZSELLUSA specializes in selling items for clients on eBay. If you have an item and you would like to know what it is worth send digital pictures with a brief description to paulhconnor@gmail.com. We moved to 2560 Dodge Street in Dubuque, Iowa. Our new offices are over twice the size we had in our old location. Come visit, we would love to give you a tour and let us help you find out "What's it WORTH on eBay."

**Quality Plus Precious Metal!**

I wanted to share this item with those that are enjoying my weekly column. Recently a client dropped by for an evaluation on this Gruen Verithin pocket watch. Upon close examination I found not only a quality timepiece, with a 21 jewel movement, but a case that was made of 14k gold. When you bring a quality timepiece together with a precious metal

you have a winning combination for many collectors. Most pocket watches are gold filled and have



very little actual gold content. A case that is clearly marked 14k excited the 6 bidders on eBay to enter 11 bids over 7 days taking this watch from an opening bid of \$9.99 to finish at \$461.00.

**The Tri-States Largest Chili Cook-Off**  
 Saturday October 3, 2015  
 Cable Car Square—Dubuque, IA





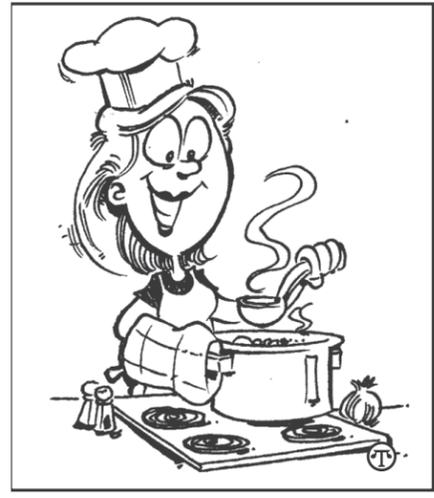
**EVENT LINEUP**

- 10 a.m. to 5 p.m. Bluff Street Specialty Food Vendors
- 10 a.m. to 5 p.m. Jaycees Beverage Tent
- 10 a.m. to 5 p.m. Kids Corner
- 10 a.m. to Noon KAT FM Live Remote
- 1 p.m. to? PUBLIC TASTING – \$5 /sampling spoon (Benefits Hills and Dales)
- College Football All Day
- Sponsored By Best Buy
- 1 to 5 p.m. Live music by *The Lonely Goats*



**COOKING IDEAS**

(NAPSA)—Canola oil is light in color and taste, a good source of omega-3 fats, has no trans fat and can be used in any recipe from



appetizers to desserts. For sensational recipes from the Northern Canola Growers Association, visit www.northerncanola.com.

**Cable Car Square Christmas Candlewalk**  
 Friday November 27, 2015

Join us for an Old Fashioned Christmas with Santa and Mrs. Claus arriving via the Fenelon Place Elevator. A Thousand Luminaries light the Square and Carolers ring in the holiday season. Shops remain open for your convenience that evening.

4 p.m. till Santa heads home – Cookie and Ornament-decorating for the kids

6 p.m.: Santa and Mrs. Claus arrive to greet the children



A recent study found that people who ate nuts at least five times a week had half the risk of heart disease as those who didn't eat them as often. Nuts are high in beneficial monounsaturated fat and fiber.



**Cooking for Pets**

**DEAR PAW'S CORNER:** You've written often about cooking fresh, healthy (and safe) meals for pets, referencing cookbooks as guides for your readers to use. Those are great but now that so many of us are online, don't forget that a lot of good videos are available for free that show how to cook for pets! — *Jerry C. in Lafayette, La.*

**DEAR JERRY:** You're absolutely right — there are numerous online resources for pet owners looking for great recipes for their dogs and cats.

Cooking fresh food for pets does take extra time, and owners must be careful with the ingredients they use, from spices to additions like onions

(which are poisonous to dogs). But giving your pet a fresh meal once or twice a week is a great addition to its diet. Some might even consider feeding their pet an exclusively home-cooked diet, but doing so does require a transition period to get used to cooking for one's pet regularly and adjusting recipes for sensitive stomachs if needed.

There are a lot of videos online showing ways for pet owners to cook for their pets, but finding them can be a bit of a chore. YouTube is home to a lot of these videos: For example, Google the Doggy Cooking Network, Salmon Pup Cakes for a demo of the YouTube-based series that features recipes for dogs. Or try Linda's Pantry, another YouTube series, which outlines how to make a week's worth of homemade dog food.

As always when cooking fresh for your pets, review guidelines on what ingredients aren't safe for them. And monitor your pet whenever you introduce any new food or treat.

*Send your questions about pet care to ask@pawscorner.com.*

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by Healthy Exchanges

**End of Summer Chili**

A filling soup is a welcome change from the same old sandwiches, wouldn't you agree? Well then, spice up your day by savoring a bowl of this at lunchtime!

- 8 ounces extra-lean ground turkey or beef
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped onion
- 10 ounces (one 16-ounce can)

- red kidney beans, rinsed and drained
- 1 cup (one 8-ounce can) tomato sauce
- 2 cups peeled and chopped fresh tomatoes
- 2 cups water
- 2 tablespoons chili seasoning

1. In a large saucepan sprayed with olive-oil-flavored cooking spray, brown meat, green pepper and onion. Stir in kidney beans, tomato sauce, tomatoes and water. Add chili seasoning. Mix well to combine.

2. Bring mixture to a boil. Lower heat and simmer for 15 to 20 minutes, stirring occasionally. Freezes well. Serves 4 (1-1/2 cups each).

• Each serving equals: 189 calories, 5g fat, 15g protein, 21g carb., 464mg sodium, 7g fiber; Diabetic Exchanges: 2 Vegetables, 1/2 Meat, 1 Starch.

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**Sunday, November 8**  
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**Cremer's Cooking Tips**

**Bratwurst Reuben**

- Ingredients**
- 3 tablespoons unsalted butter, softened
  - 8 slices hearty rye bread
  - 4 cooked Cremer's Brat Patties
  - 1/4 cup mayonnaise
  - 2 tablespoons whole-grain mustard
  - 2 tablespoons ketchup
  - 1 tablespoon dill pickle relish
  - 1/4 teaspoon salt

- 8 thin slices deli Swiss cheese (8 ounces)
- 1 cup sauerkraut, drained

**Directions**

1. Adjust oven rack to upper-middle position and heat oven to 400 degrees. Spread 1 teaspoon butter on 1 side of each bread slice. Place bread slices, buttered side down, on baking sheet; set aside.

2. Melt remaining 1 teaspoon butter in 12-inch nonstick skillet over medium heat. Add bratwurst in single layer, weigh down with Dutch oven, and cook until well browned, about 2 minutes per side.

3. Whisk mayonnaise, mustard, ketchup, relish, and salt together in bowl and spread evenly on facing sides of each bread slice.

Place 1 slice cheese on each of 4 bread slices, then layer each with one-quarter of sauerkraut and browned bratwurst, finishing with 1 slice cheese. Top with remaining 4 bread slices, buttered side up; press down to flatten. Bake until golden brown on both sides and cheese is melted, about 12 minutes, flipping sandwiched halfway through baking. Serve.

**MAGIC MAZE ● WORDS OF SMELL**

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

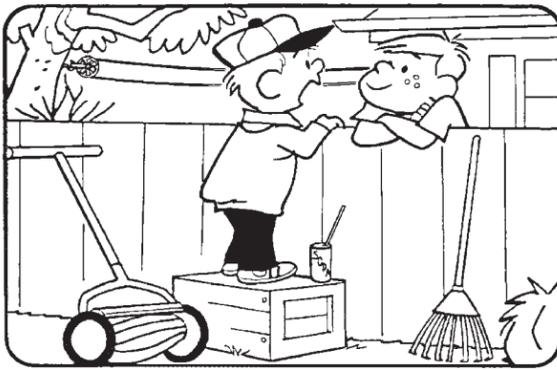
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

- |          |         |        |        |
|----------|---------|--------|--------|
| Aromatic | Musty   | Putrid | Stench |
| Damp     | Noxious | Rancid | Stinky |
| Foul     | Perfumy | Reek   | Sweet  |
| Fresh    | Pungent | Rotten |        |

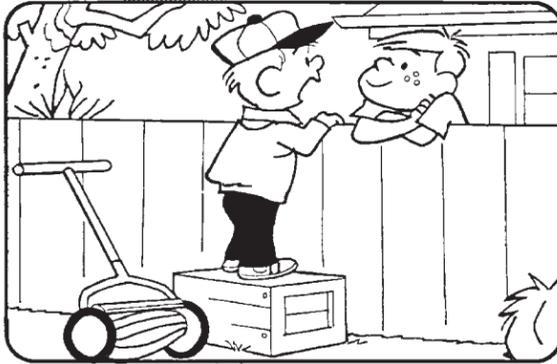
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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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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.

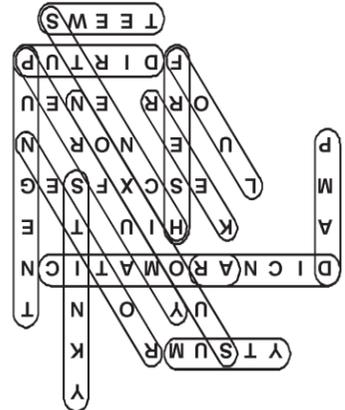
	+		x		11
x		÷		x	
	x		-		16
÷		+		+	
	x		-		13
21		10		13	

**DIFFICULTY: ★**

★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

1 2 4 4 5 6 7 8 9

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WORDS OF SMELL

**SUDOKU Answer**

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

**King Crossword**  
Answers

Solution time: 21 mins.

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

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**SUDOKU**

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate ★★ Challenging  
 ★★★ HOO BOY!

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**Go Figure! answers**

	13		10		21
13	5	-	6	x	2
	+		+		÷
16	8	-	4	x	9
	x		÷		x
11	1	x	4	+	7

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