



The Golden View

The Community Newspaper For Adults 55 Plus

September, 2020

Dedicated To The Young At Heart

Dubuque, Iowa

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Funeral Procession Etiquette and Law

by Scott Glover, Funeral Director, Hoffmann Schneider & Kitchen Funeral Home



Have you ever been driving down the road and suddenly, a funeral procession is approaching you from the opposite direction? Do you pull over and put your flasher on? Do you slow down and continue, or do you carry on and disregard it? Well, the correct answer is pull over and put your flashers on. Some may say "Well duh, that's just common sense and respect to the deceased." Yes, that is right, but it is also Iowa law. In Iowa Code 321.324A, "A funeral procession is a procession of motor vehicles accompanying the body of a deceased person which is being escorted by a vehicle displaying its emergency flashers and identifying flags. Upon the immediate approach of a funeral procession, the driver

of every other vehicle, except an authorized emergency vehicle, shall yield the right-of-way." Simply put, the funeral procession is like an emergency vehicle responding to an emergency. Do NOT pass the vehicles or cut them off as this can cause a dangerous situation for the passing vehicle as well as the procession vehicles.

Hoffmann Schneider & Kitchen Funeral Home and Cremation Service has been serving the Dubuque community since 1846. In 1846, Hoffmann Mortuary began operating on Fifteenth & Clay (Central) by Mathias M. Hoffmann Sr and was later turned over to Mathias II and then Alois M. Hoffmann. In 1939, Alois moved the mortuary

Funeral Etiquette cont. Pg. 3

Is Your Financial Power of Attorney Up to the Task?

by Thad J. Murphy, Attorney with Pearson Bollman Law

It is well understood that everyone should have a financial power of attorney (POA). A financial POA grants someone (called your "agent") the ability to step into your shoes and make financial decisions for you (the "principal") during your lifetime. If you become incapacitated without a financial POA, the court will have to get involved in a process called a conservatorship and appoint a person to fill that role. This can be a lengthy and expensive process. A financial POA helps you avoid this and allows you to control who is in



Thad J. Murphy of Pearson Bollman Law

charge of your finances.

Unfortunately, most people who have a financial POA in Pearson Bollman cont. Pg. 13

National Assisted Living Week September 13-19, 2020

by Tracy Connolly, Manager, Bell Tower Retirement Community



Sallee enjoying a visit with the puppy at Bell Tower Retirement Community pre COVID-19

Each year many assisted living communities in the tri state area acknowledge National Assisted Living Week with activities, educational programming and celebrations. According to American Health Care Association / National Center for Assisted Living, this year we will celebrate the week of September 13-19, 2020. The theme this year... 'Caring is Essential'. In the past the themes focused on family, activities, and holistic care for residents living in assisted living communities.

In 2020 it is appropriate that this year's theme is focusing on the essential workers who provide care for those living in Assisted Living communities. The frontline caregivers deserve the nod this year as they keep their residents safe from COVID-19. National Assisted

Living Week will look different this year as we continue to social distance and gather appropriately in groups of ten or less. There won't be concerts and large community events. There will be time to educate yourself on what an assisted living is and how the type of care they provide can help you or a family member.

Established by the National Center for Assisted Living in 1995, National Assisted Living Week is an opportunity for residents, their families, staff, volunteers and local communities to recognize the role of assisted living in caring for America's seniors and individuals with disabilities.

As we support one another during this pandemic area Assisted Living Communities continue to care for their

Assisted Living Week cont. Pg. 3

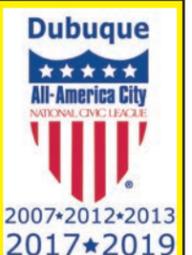


Mary Lou enjoying an activity at Bell Tower Retirement Community pre COVID-19 times.

Al Batt	Page 17
Bridge	Page 22
Bill Zwack	Page 18
Kovels® Collecting... ..	Page 15
Gary Dolphin	Page 21

Jerry Eberhardt	Page 20
Ken Resch	Page 19
Michael D. Gibson... ..	Page 8
Paw's Corner	Page 5
Sports Quiz	Page 20

S. E. Persinger	Page 6
Social Security	Page 6
Trivia Test	Page 17
Uplifting Moment	Page 7
Veterans Post	Page 9



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Picture left to right: funeral directors Adam Thielen, Theresa Thielen, Jim Schneider, Samantha Glover and Scott Glover of Hoffmann Schneider & Kitchen Funeral Home

Funeral Etiquette from Pg. 1
to 1640 Main (Lacey Mansion). Jim and Sharon Schneider purchased the mortuary in 1985, changing the name to Hoffmann-Schneider Funeral Home. Following the untimely death of Dennis Kitchen, the Schneider's purchased Dennis Kitchen Funeral Home at 3860 Asbury Road and is now known as Hoffmann Schneider & Kitchen Funeral Home and Cremation Service. The funeral home boasts a warm welcoming feel, manicured landscaping and a peaceful fountain gracing the front entryway. Our team at Hoffmann Schneider &

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Caring is Essential
NATIONAL ASSISTED LIVING WEEK
September 13-19, 2020

Assisted Living Week from Pg. 1
residents, move people in, educate the community on their services. Please call one of the local assisted living communities to educate yourself,

ask questions, set up a time for a one on one tour if possible. It is also important during this week to thank the essential workers in our assisted living communities in our area.



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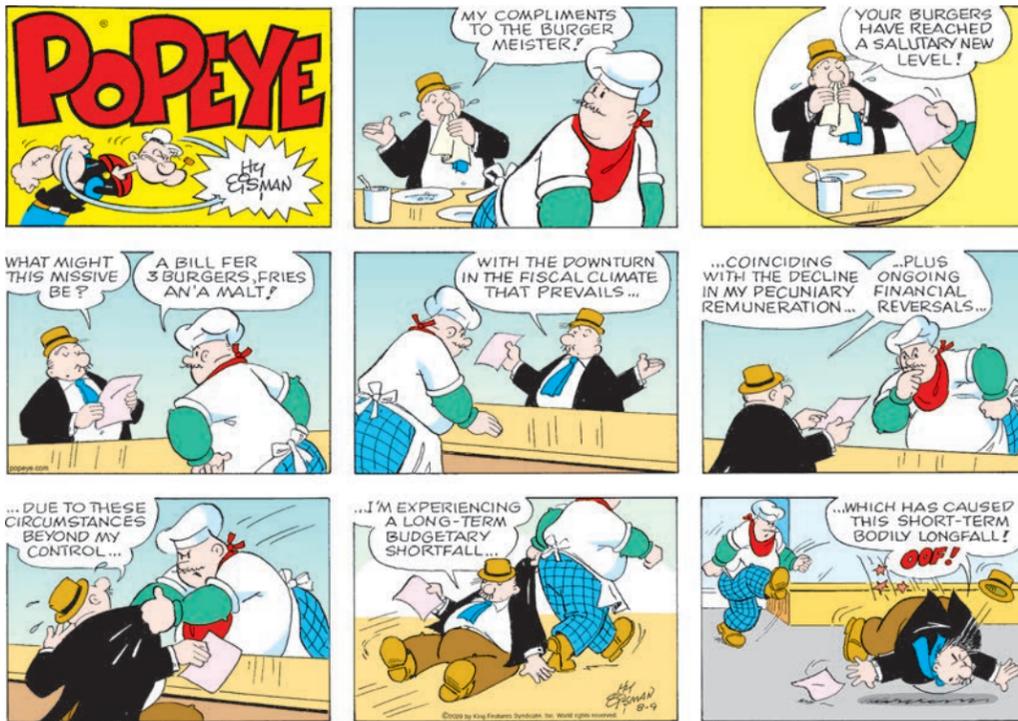
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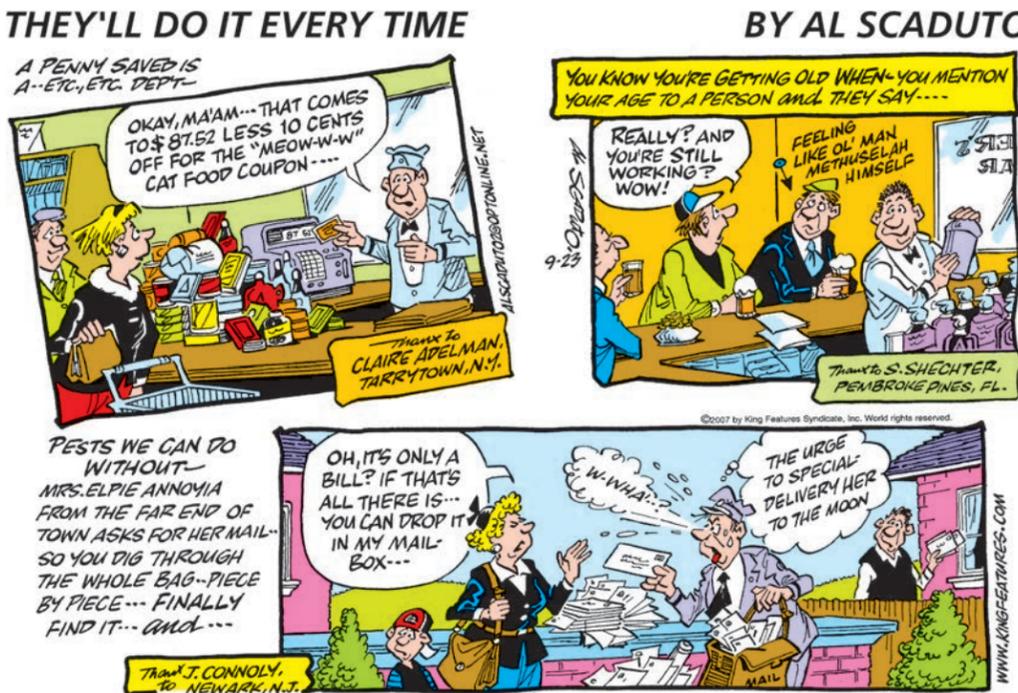
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STICKELERS [sic.]
 by Terry Stickels

Match the geography term on the left with its definition on the right.

1. Palouse	a. A line of bold cliffs.
2. Pampas	b. Scenic, hilly region in Washington and Idaho
3. Piedmont	c. Fertile lowlands in South America.
4. Palisades	d. Land lying or formed at the base of mountains
5. Polder	e. An area of low-lying land reclaimed from a sea, lake, or river, as by the building of dikes

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 Homer's cry
- 4 Commotion
- 7 Couturier Bill
- 12 — out a living
- 13 America's uncle
- 14 They're usually covered in white
- 15 Auto
- 16 Cartoon canary
- 18 Suitable
- 19 Point of view
- 20 Effervescence
- 22 Squirrel's home
- 23 Mediocre
- 27 Samovar
- 29 Sister of Venus

1	2	3		4	5	6		7	8	9	10	11
12				13				14				
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			27	28			29	30				
31	32	33						34				
35					36		37					
38					39	40			41	42	43	44
				45					46		47	
48	49	50	51							52		
53						54				55		
56						57				58		

- 31 Kin of "Abra-cadabra!"
- 34 Crucifixes
- 35 Sufficient
- 37 "Brady Bunch" girl
- 38 Cash-drawer compartment
- 39 Swelled head
- 41 Marvel Comics group
- 45 Clutch
- 47 Anger
- 48 16-Across' pursuer
- 52 Legislation
- 53 Praiseful rendition
- 54 Clean Air Act org.
- 55 Consumed
- 56 "Excavating for —"
- 57 Bashful
- 58 Neither partner
- 8 Myrna of Hollywood
- 9 Matterhorn, e.g.
- 10 Tackle moguls
- 11 Away from NNW
- 17 Reindeer kin
- 21 Boer fighters
- 23 Cheer-ful part of NYC?
- 24 Zodiac feline
- 25 Moreover
- 26 Owns
- 28 Tatter
- 30 Detergent brand
- 31 Dog's doc
- 32 Individual
- 33 Tiny particle
- 36 Towel word
- 37 Andrew Lloyd Webber title role
- 40 Microsoft big-wig
- 42 Where to see "The Last Supper"
- 43 Poets' Muse
- 44 More recent
- 45 Hackman or Wilder
- 46 Beseech
- 48 Masseur's workplace
- 49 Sweet potato
- 50 Mainlander's memento
- 51 U-Haul rental

DOWN

- 1 Starbucks selection
- 2 Giraffe's cousin
- 3 Avis competitor
- 4 "The Thin Man" pooch
- 5 Suddenly occur to
- 6 Last letter
- 7 Information unit

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Be sure to check the website TheGoldenViewOnline.com



Dog Is Freaking Out Over Face Masks

DEAR PAW'S CORNER: Every time I put on a medical face mask, my dog "Artie" starts barking like mad. When I speak to him, he will stop barking, but he looks restless and whines. He doesn't bark at strangers that we pass on our walks — just me and my husband. What is going on? — **Sarah S., Burlington, Vermont**

DEAR SARAH: Artie is freaking out because he is familiar with you and your husband's faces, and suddenly, without warning, those faces are gone! He may rely on your faces for visual cues, like a smile or frown. The sudden change is unnerving him.

Taking off the mask isn't an option right now, especially in areas that mandate face mask

use whenever you're outside due to the pandemic.

Instead, the American Kennel Club recommends both desensitizing dogs to the face mask and helping them associate positive things with it. Before putting on the mask, show it to Artie and let him sniff it. Carry a mask around the house, but don't wear it; let it hang off of one ear, or wear it under your chin, so that Artie sees you with it regularly. The AKC even suggests taping a mask on the wall next to Artie's food bowl, although if he shows signs of stress having it there, take it down and try something else.

Try using hand signals that correspond to the command or praise you want to give. This can help redirect his attention from your face and help him make the connection that you are still there and providing guidance.

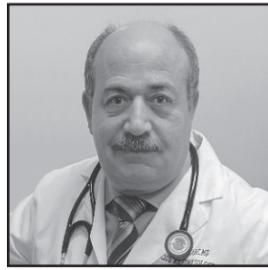
Make sure that Artie is in a comfortable state before training sessions. Ease off if he begins to act concerned or stressed.

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

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Notable accomplishments during Baker's 1st term:

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

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

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COME CHAT
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by S. E. Persinger



One day in early spring I was sweeping out debris from my one-car garage. There were crinkled, fall leaves, still stuck to the floor by the ice and snow that had blown into the garage in late fall. There were also shrew droppings in one of the corners in the back of the garage. I don't care for those tiny, scary rodents, but I can't do away with them either. I stay away from them and they stay away from me. Actually, when we had outside cats they took care of this problem. But over the years leash laws came into being and we adhered to the legality of indoor cats. Yet, we never had any of our cats declawed, so if I had them out on a leash they would try and catch themselves a "playmate" but, I kept their tether leashes far away from the shrews.

My garage is a detached unit that we had built a few years after we moved into the only house we ever owned. The building is 50 years old and holds 50 years of memories. I have emptied the overhang and had all the lumber and building material taken down from the ceiling beam area. But there are still a lot of yard items and other necessary things stored in the garage. And whenever a family member comes to visit in the summer they will use the

blower and do a good cleaning for me but I still often use my broom for general sweeping.

Incidentally, the garage has secrets! One late summer evening after a block party the men shut the garage door and played poker late into the night. We women folk kept the beverages and foods coming and then claimed the "ante" payoff for our own. And sometimes the garage was used by a sobbing family member simply trying to get a bit of privacy outside of our small house.

Actually, the garage was more than just a place to park the car or store things. The garage was always a clever place to hide when the children played hide and seek. The only problem was that when the little children hid in the garage, they always giggled and were discovered quickly by the older children. These are memory debris that can't be swept out of the garage.

I guess I could add a sidebar here and say perhaps I should sweep out some of the debris I have collected in my mind during my lifetime. There is a lot of rubbish that has no meaning anymore. And yet it still sits in piles of litter. Perhaps a friendship could be renewed. Maybe a guilty feeling about gossiping as an innocent youth could be eased a little with a good sweeping. Gosh! Who knows what you might find in a rubbish pile just taking up space in your mind? Now, why not take a sweep at that and see what happens?

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Michelle Bell,
Social Security District Manager,
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are not providing service to walk-in visitors due to COVID-19, we remain ready and able to help you by phone with most Social Security business. You can speak with a representative by calling your local Social Security office or our National 800 Number. You can find local office phone numbers online by using our Social Security Office Locator at www.ssa.gov/locator.

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Although you can do most of your business with **Social Security cont. Pg. 8**

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The Superpower of Will Power

When I was growing up my favorite super hero was Superman. I also enjoyed watching the original Batman TV series. The comic books offered some other super heroes, such as the Green Hornet. Now our grandchildren, both those in Florida and those in Mexico, are watching the entire series of Marvel's super hero movies in chronological order. We love our super heroes!

I've come up with what I think could be the next great super hero. His name would be Will... Will Power. I can see it now, Will Power wearing a brightly colored spandex suit and cape of a complimenting color, both the suit and cape imprinted with WP. Okay, maybe the super hero Will Power will remain only a legend in my own mind, but what needs to be spread far and wide is the fact that there is super power in the will!

Will power is a tremendous quality to possess, and it's God who has given it to us

as a gift to possess! This gift from God of the will means we can make choices, determine, embrace, pursue, and persist at pursuing.

The real secret to having super will power is to align our will to God's will for us. If it's simply something we want it's just our own desire that's motivating us, a strong force, but a far greater motivation is knowing it's God's will for us. Seeking to make God's will for us our own also means we have His support and help!

Jesus was the greatest person who ever lived, and He sought not to do His own will but the Heavenly Father's will for Him. He calls upon us to do the same!

I know from personal experience that I won't start something, work hard at a task, persist at doing the difficult, or accomplish a goal unless I have the will to do so. There's an old saying, "Where there's a will there's a way." I believe it!

And when I believe in doing God's will that He has for me to do, then I have a power that's greater than my own will power. Where there's His will, there's His way!

"Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. He will bring forth your righteousness as the light, and your justice as the noonday." (Psalm 37:4-6 ESV)

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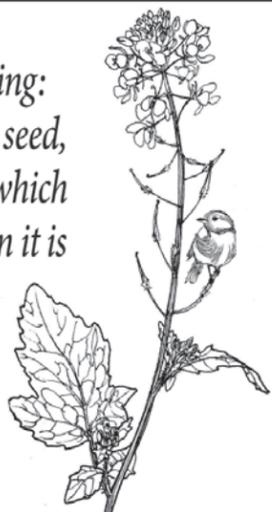
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THE ILLUSTRATED BIBLE

Another parable He put forth to them, saying:
"The kingdom of heaven is like a mustard seed, which a man took and sowed in his field, which indeed is the least of all the seeds; but when it is grown it is greater than the herbs and becomes a tree, so that the birds of the air come and nest in its branches."



Matthew 13:31,32

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Isaiah in the Old or New Testament or neither?
2. A number of herbs and spices are mentioned in the Bible (KJV). Which one is mentioned the most? *Salt, Pepper, Sage, Thyme*
3. Whose first chapter begins, "The former treatise have I made, O Theophilus"? *Matthew, Luke, John, Acts*

4. In 2 Kings 1, what Philistine city worshiped Baal-zebub? *Ekron, Succoth, Gomorrah, Antipatris*
5. From Acts 9, where did Peter cure Aeneas? *Tyre, Neapolis, Lydda, Gibeon*
6. In Numbers 20, where did Aaron die? *Mount of Olives, Pisgah, Mount Hor, Gilboa*

ANSWERS

(1) Old; (2) Salt; (3) Acts; (4) Ekron; (5) Lydda; (6) Mount Hor

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy.

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YESTERDAY AND TODAY

BY MICHAEL GIBSON



In 1854 a one-room frame building was erected as a school for the Fifth Ward. In 1857 a brick building was constructed and in 1889 the Board of Education changed the name from Fifth Ward to Audubon School after John James Audubon, noted naturalist, painter, and ornithologist. In 1905 petitions were received requesting that the school be closed because it was unsafe. In 1907 a new school (shown in this photo) was built near the site of the old school at 535 Lincoln near Johnson St. An attempt to rename it in honor of Charles G. Kretschmer, who served as principal from 1859 to 1897, failed and it remained Audubon. (Courtesy of the Loras College Center for Dubuque History, OHE p.120 Neg. Hoff. 1433).

Be sure to check the website
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Yesterday & Today cont. Pg. 9



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Social Security from Pg. 6

us online, we know that service channel isn't right for everyone. You can still count on us by phone. If you have a critical situation and we cannot help you with by phone or online, we may be able to schedule an appointment for you.

If you need help, please don't wait until we can see you in person. Call us now and get the help you need. We also understand that getting medical and other documentation can be difficult due to the pandemic, so we are continuing to extend certain deadlines wherever possible.

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Yesterday & Today from Pg. 8

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



In 1973 a new modern Audubon school was constructed at a cost of \$700,000 by Willy Construction Co. The unique design was produced by Durrant, Deininger, Dommer, Kramer & Gordon Architects. It was one of the first public buildings constructed in the state of Iowa under the "design-bid" concept which required architects and contractors to form a team and submit a single bid. Built without windows to block out noise and to discourage window breaking. The interior design reflects an "open classroom" concept with spacious areas and very few interior walls. The Galena Elementary School, near the Galena High School, was designed in a similar manner. The new Audubon School officially opened September 4, 1973 to some 600 elementary students. (Photo by Terry Grant).

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VETERANS POST

by Freddy Groves

Caught in the Act

The Department of Veterans Affairs Office of the Inspector General has been extremely busy. What's astonishing is the criminals who actually think they're going to get away with their crimes.

A gun store thief claimed, in court in front of a judge, that he had been awarded two Purple Hearts. He was trying to get a lower sentence on a couple

of other firearms offenses, including stealing 87 guns from a store and then being a felon in possession of guns. Among other things, he claimed Iraq service and said he got the medals for saving another soldier. He showed photos of his (fake) Purple Heart certificates. Nobody was fooled.

Then there was the idiot who defrauded cemetery services customers out of a half million dollars by taking the payments and using them for personal gain and gambling.

Let's not forget the fool who shot up the inside of a VA hospital with a gun he had tucked in his wheelchair. He won't see daylight for a long time.

Veterans Post cont. Pg. 18

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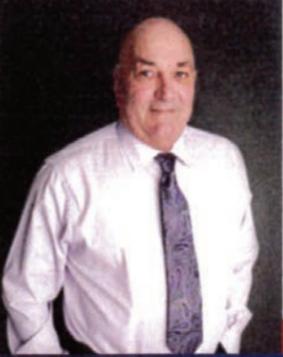
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1. Name the group that originally called itself Daddy.
2. Who first released "Don't Leave Me This Way"?
3. Name the first artist to release "Respect."
4. Which '60s song was investigated by the Feds for alleged filthy lyrics?
5. Name the song that contains this lyric: "Too real is this feeling of make-believe, Too real when I feel what my heart can't conceal."

The British rockers netted their first Top 10 hit in 1979 with "The Logical Song," off the "Breakfast in America" album.

2. Harold Melvin & the Blue Notes, in 1975. Thelma Houston's disco version followed two years later and won a Grammy for Best R&B Vocal Performance, Female.

3. No, it wasn't Aretha Franklin. It was Otis Redding, in 1965. But it was Aretha's version that went into the National Recording Registry of the Library of Congress.

4. "Louie, Louie," by the Kingsmen, in 1963. It's actually the story of a Jamaican sailor, written in 1955. Look up Richard Berry's original version.

5. "The Great Pretender," first released by The Platters in 1955, followed by Freddie Mercury in 1987. The song made the Rolling Stone list of greatest songs of all time.

Answers

1. Supertramp. They made a change because there was a group called Daddy Longlegs.

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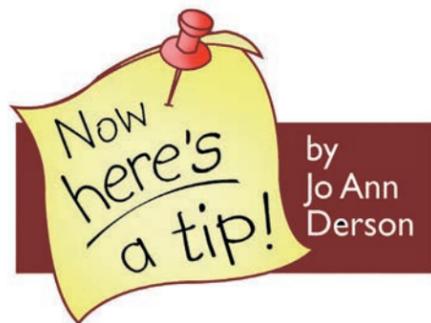


Our stations need volunteers.
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"Nobody can do everything but everybody can do something."
Author Unknown

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- Check bagged frozen vegetables with the squeeze test: If it is hard and solid, it has thawed and refrozen, so you should choose another bag.

- "My family drink sodas from the plastic bottles. At the beginning of storm season, I fill a dozen or so about three-quarters full and put them in the freezer. They are good in coolers and such, but mostly they fill space, making the freezer not have to work so hard. And if we lose power, they help to keep frozen foods frozen longer." — **T.R. in Georgia**

- "My family has always used mayonnaise as a salve on minor burns. I heard you can use toothpaste, too." — **Sam P. via e-mail**

- "I love to put photos of family on the fridge. I found that the photos were getting ruined from grease and moisture in the air. To get around that I cleaned and laminated them. Afterward, I hot-glued little magnets to the backs, and now I can move them around to accommodate new photos. There are so many, and it gives me pleasure to look at them." — **C.R. in Oklahoma.**

- Use a paper plate as a splatter guard in the microwave. It will not sag down into your food, and will not get dragged off to the side by any rotation.

- Do you find yourself throwing away unused and spoiled fruits and veggies at the end of the week? Try setting aside time after you come home from the grocery store for prepping fruits and vegetables. Pre-bag snack sizes of carrots, celery, strawberries, grapes, cantaloupe and apples. Pre-cut veggies for meals to make later in the week. Slice tomatoes and onions for sandwiches, and tear and separate lettuce for salads. They all make great, healthy treats, and having them ready to go makes it easier to get that five a day!

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

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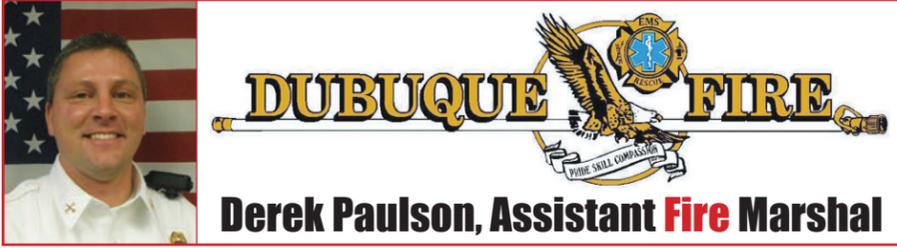
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Derek Paulson, Assistant Fire Marshal



According to the National Fire Protection Association, smoking and smoking materials are the leading cause of fires, injuries and deaths related to medical oxygen use. As firefighters and paramedics, we come in contact with people on a daily basis who have medical oxygen in their homes. Whether you use medical oxygen in your home or visit someone who uses it, follow these fire safety tips to ensure safety from the potential of fire, burns and falls.

Always post **NO SMOKING, NO OPEN FLAMES** and **OXYGEN IN USE** signs on both the inside and outside of the home. This will help to remind people who are entering the home to not use any open flames while inside the home.

Always store extra bottles by laying them on their side unless the bottles can be chained to a wall or heavy object or set in something that will keep them from tipping over. If a bottle falls over and the valve breaks

off, the bottle could become a missile causing damage to anything or anyone in its way.

Smoking and medical oxygen do not mix. **DO NOT** smoke if you are on medical oxygen. Some people take the tubing from their nose off while they smoke and hold it. There should be 10 feet of space between oxygen/tubing and any open flames or heat sources.

Products that are made from wool, nylon or synthetic materials can produce static electricity. Try to avoid these materials when possible. Using products made from cotton will help eliminate the static electricity.

Do not run oxygen tubing under bedding, carpet/rugs or furniture. The tubing could become statically charged from the bedding causing a fire. Furniture can pinch the tubing causing the oxygen to not flow through the tubing. This could result in the user getting less oxygen or no oxygen at all. Also, make sure that the oxygen tubing is not in the walkway areas of the home. This could result in the user or someone else tripping over the tubing and falling. Always make sure the tubing is off to the side of the walkways and the excess is neatly stored.

If you have any questions or would like further information, I can be reached at **563-589-4195** or at Dpaulson@cityofdubuque.org.

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MKT-P0108

I come from a family where gravy is considered a beverage.
—Erma Bombeck



Upcoming National Museum To Honor All Soldiers

(NAPS)—If you or someone you know is a soldier, Army veteran, Army family member or other proud military supporter, you can become a permanent part of history at the National Museum of the United States Army.

An historic project led by the Army Historical Foundation and the U.S. Army, the Museum is going up at Fort Belvoir, Va., just south of Washington, D.C.

“We are proud to build a national museum that will tell the history of the Army—and our nation—through the eyes of American soldiers,” said Foundation President U.S. Army Retired Lt. Gen. Roger Schultz. “The timeline for opening the Museum was delayed because of the COVID-19 pandemic, but we promise it will be worth the wait.”

To be included in the Museum's story, soldiers and Army veterans can submit their stories of service in the Registry of the American Soldier, which will be one of the largest collections of American



You can be part of the National Museum of the United States Army.

Soldier profiles ever assembled. Stories can also be submitted on a veteran's behalf, at no cost. The Foundation currently features the Registry on its website and the collection will be made available on kiosks in the Museum. Stories can be submitted at www.armyhistory.org/the-registries/.

Members of the Army community can also be a permanent part of the Museum by ordering a customized commemorative brick to be laid on the grounds of the Museum. More than 8,000 bricks have already been installed, honoring soldiers

National Museum cont. Pg. 13

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Pearson Bollman from Pg. 1



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place don't really look at the document to see if it meets their needs. On July 1, 2014, Iowa adopted the Uniform Power of Attorney Act. Since then a person creating a financial POA must now decide whether they wish to specifically grant their agent the authority to make gifts. If the financial POA does not explicitly provide that authority the agent will not be authorized to make gifts on behalf of the principal.

Why is gifting important? Even with the gifting authority, an agent must always act in the best interest of the principal. Believe it or not, sometimes it is in your best interest to allow someone to gift your money away. For example, in applying for Medicaid, some gifts to a spouse, disabled child, or caregiver child are allowed under certain circumstances. If the Medicaid applicant lacks capacity to make a gift, this can only be accomplished with an expensive court-supervised

conservatorship or a well-drafted financial POA.

If you don't have a financial POA, get one. If you have one, make sure it is robust enough to accomplish your goals and give your family options when you need them.

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

In these uncertain times, it is now more important than ever to have an estate plan that gives you and your family peace of mind. We are continuing to serve our clients by video conferencing or telephone meetings. In person meetings are not required.

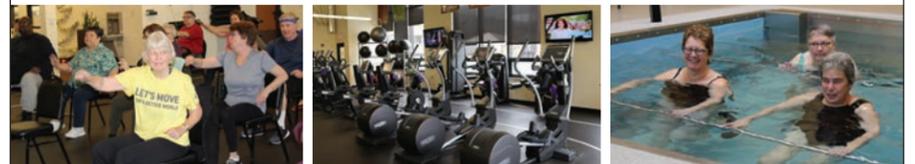
National Museum from Pg. 12 from all 50 states. Among the bricks are those for such well-known Army veterans as Senator Bob Dole and General Eric Shinseki. Individuals and

organizations can order bricks at www.armyhistory.org/bricks.

To stay up to date on the project, including announcements about opening day, visit www.armyhistory.org.



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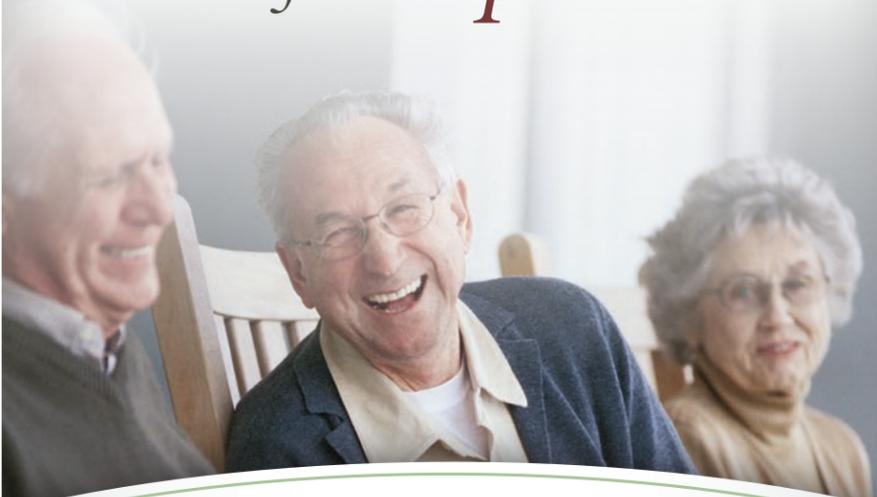
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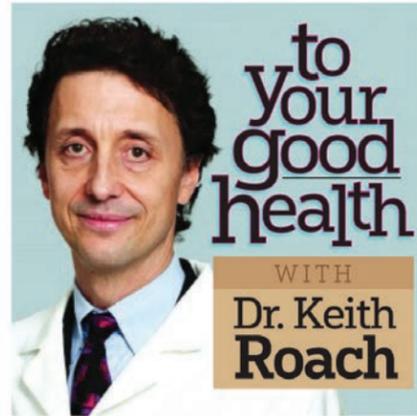
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Husband Makes Frequent Nighttime Bathroom Visits

DEAR DR. ROACH: My husband, 79 years old, is getting up five or six times at night to urinate. The urgent care doctor said he doesn't have an infection but doesn't know what's going on. He is taking Flomax, but that doesn't seem to be helping. Who should he see? — *E.L.O.*

ANSWER: Urinating at nighttime ("nocturia") is a common problem for men, but if this is a new or suddenly worsened problem, it requires evaluation.

The first question is whether he is urinating a lot or a little. A male bladder typically holds about 500 cc (almost a quart), so if his bladder were full every time, he might be making as much as 2.5 liters a night. Nighttime urination is considered high-volume when it constitutes a third or more of total urine output for 24 hours.

High-volume nocturia can happen when there is too much of something to get rid of: sugar, in people with mellitus ("sugar diabetes"); salt, in people who eat too much salt at dinner; water, in people who drink a whole lot of water, especially at night; and occasionally in people with congestive heart failure. In heart failure, there is not enough blood flow to the kidneys during the day, so when the person is at rest, the kidneys have enough blood flow

to get rid of the fluid that has accumulated during the day (often in the legs and feet).

Another cause of high-volume nocturia is diabetes insipidus, a problem with either the kidney or the control center in the brain, causing the kidney to excrete too much water. That control center uses a hormone called anti-diuretic hormone to regulate water excretion. Normally, it is high at night, so there is less urine output at night. Sometimes this normal variation is reversed, leading to excess urine output at night, even without diabetes insipidus.

High-volume nocturia is most commonly evaluated by doctors in internal medicine, including kidney and heart specialists.

Low-volume nocturia is caused by a problem with the bladder or, in men, the prostate. Urologists are the experts in figuring out where the problem is and the best course of treatment. Many men get treated for prostate problems when the real issue is an overactive bladder.

• • •

DEAR DR. ROACH: My blood pressure drug, losartan, was recalled because of contamination issues with NDEA and NDMA; one is used to make liquid rocket fuel and the other is a byproduct in the manufacture of pesticides. How does this happen? Does the drug company share manufacturing facilities with companies that make these other products? — *EG*

ANSWER: I read some speculation by chemists on how the contamination could have happened, and it seems to me that one company made a new process for making losartan (and the related drugs irbesartan and valsartan) that, although cheaper and more efficient, allowed contaminants to form unrecognized. Although not recognized until 2018, it could have been happening since 2012. Other companies changed their manufacturing as well, unaware of these toxic impurities.

This is a real problem, not so much because of this current recall (where the contamination levels are very low), but because it shows the industry lacks enough oversight to quickly identify contamination in generic pharmaceuticals coming from multiple countries.

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

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It's such a pleasure to write down splendid words—almost as though one were inventing them.

—Rupert Hart-Davis

KOVELS[®]

Antiques & Collecting

By Terry and Kim Kovel

Popcorn Wagon

Popcorn wasn't a popular snack food until the 1890s, when Charles Cretors created a steam-powered machine to roast peanuts, coffee and popcorn to sell from a wagon on the street near his Chicago candy store. He kept improving the machinery and the product, and in 1885, he started C. Cretors and Co. In 1893, he took his popcorn wagon to the Chicago Columbian Exposition to sell his new product — popped corn. He made individual horse-drawn popcorn wagons for customers, and by 1900, he made the first electric popcorn wagon. He made more changes as the popcorn-eating public went to the movies. Cretors changed his business to make things for the war effort in the 1940s. His machines were modernized by the 1950s, but the company still made old-fashioned popcorn wagons for use and display.

Today, you may find a popcorn wagon, horse-drawn or motorized, at an antiques auction. A 15-foot-long horse-drawn Cretors 1910 wagon recently sold at a Kamelot auction in Philadelphia for \$34,000. It even has a custom-made travel trailer for long trips. Back in style again are modern food trucks that can go where the crowd is, and the popcorn wagon is still one of the most popular.

Q: One of the drawer pulls to my wife's Clark's O.N.T. spool cabinet is missing. I'm trying to locate one like it. The backplates are embossed "O.N.T." Can you help?



The smell of the popcorn draws customers to a traveling popcorn machine. This modernized wagon, which looks on the outside like it did in 1910, sold at an antiques auction for \$34,000. Did you know it needs a special type of popping corn to get the best results?

A: Some online sites offer similar replacement drawer pulls. Although they aren't marked "O.N.T.," the style is very similar, and they might be an acceptable substitute. Some sites that sell similar drawer pulls are hardwareofthepast.com and robinsonsantiques.com, and there are other sites that sell all sorts of used hardware for antiques.

Q: I have a set of 10 pull-down maps that were in school classrooms in the 1960s and '70s and was wondering what they would be worth today.

A: Colorful maps sell quickly as decorative items. Some people look for maps of the city or area where they live or for places they've traveled to, while others choose maps just for their decorative appeal. Schoolroom maps might sell to someone decorating a child's room. They sell online for \$300.

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Kovels cont. Pg. 16

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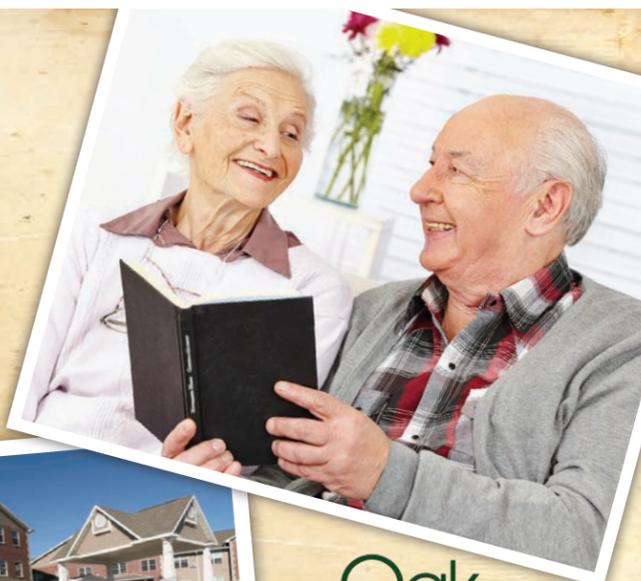
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Liz Lynch is back by popular demand.

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

“Fill the woodbox.” I heard that so often I thought it was on a recorder. This hateful direction applied only to my brother John and me.

A big old paintless woodbox stood in the corner of the kitchen close to the old black Windsor Range purchased from Montgomery Ward’s catalogue.

The wood was chopped and split in three sizes of sticks — small, medium, and large — and was thrown into a large wood shed close to the house. John and I stacked about twelve assorted sizes of sticks on our left arm, then held it secure with our right arm as we eased our way along the two-board walk and somehow opened the kitchen door. Then we plopped the armful into the woodbox. It took many such armfuls to fill the box.

We never passed that woodbox that we didn’t assess how many trips to the woodshed would be needed to fill the old woodbox.

All our work had its reward, however, in mental pictures of loaves of browned biscuits and bread, corn bread, cookies, birthday cakes, roasts of meat, and the steaming tea kettle making hot chocolate. The thought of the rewards prompted us to endure the endless job of filling the woodbox!

We went to catechism class. John was the teamster who drove Dell, our tame pony, hitched to the single buggy as we attended catechism class on Saturday at the country parish church.

The catechism lessons were recited every evening

before we could play cards. On Friday evening we had a final hearing by my mother; we had to recite the answers word for word. We rattled off every answer with no real thought of the meaning, like that twelfth lesson that covered the indefectability of the Church.

Once John cautioned me, “Don’t mention on Saturday morning that there is catechism. The folks might forget. Then we won’t have to go.” I did that, just the once, to bring upon us the job of cleaning the chicken house. The same amount of time had to be used as we spent in going to catechism! John took on a buggy race with a rival on a narrow stretch of the road that wasn’t wide enough in places for both buggies to travel at the same time. We often ran one wheel up on a big bank and even upset the buggy.

“You don’t tell Pa or Ma about our races,” cautioned John. I didn’t, but the neighbors did. We were both questioned privately, so we had to own up to the truth. The buggy had a damaged wheel, which Pa had to take to the village blacksmith to be fixed. The cash was taken from our trapping money.

Pa’s warning was spoken loud and clear. “If you ever race again, you will both walk to catechism, rain or shine!”

We didn’t skip classes. John refused to race. The buggy was fixed. We shaped up! Our journey to catechism continued without interruptions. “We kept the Faith!”

Kovels from Pg. 15

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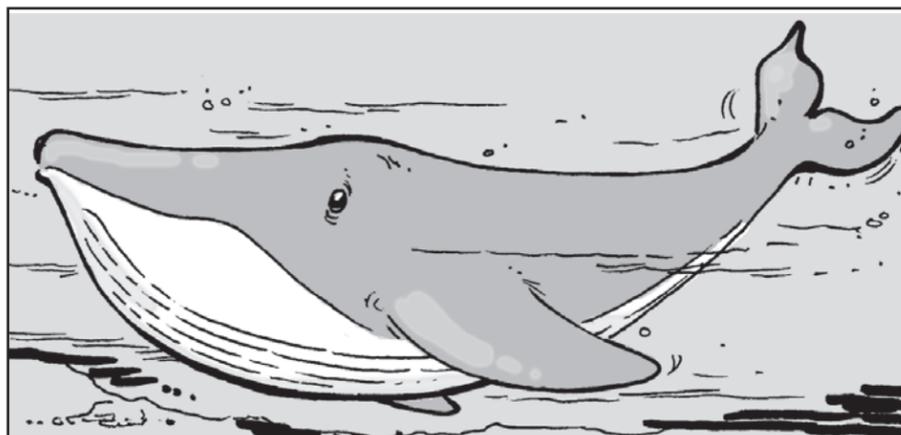


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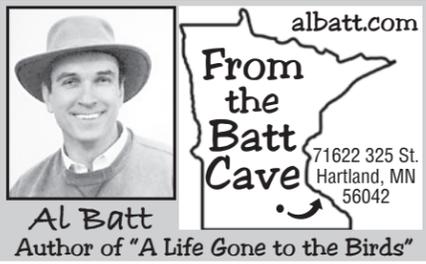
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A baby blue whale is 25 feet long at birth.



A swagger isn't far from a limp

His ancient pickup had undergone more oil changes than any vehicle in Iowa.

That's what legends are made of.

I knew him because his son and I had gone to different schools in adjacent states together. He was a leaning man due to a limp and wore bib overalls as his garb of contentment. "How's your good self?" I asked. He took it from there. He was typically a man of few words, but this day his mouth had no lid. I hadn't asked, but he told me he'd been the fastest boy in three counties. He was so fast, no one could beat him. No one was even willing to race him. One day, he carried firewood home from a treed hill. On the peak of that hill perched a large rock. He decided if no one would challenge him, he'd challenge that rock. He'd never heard of anyone racing a stone or trying. He teased the rock as he often did his slower opponents. He made fun of its slowness. He decided it needed a push. He rocked the boulder back-and-forth until it began to roll down the hill. It still moved slowly. He figured the rock was stiff from not having stirred for many years. He ran past it, turning slightly as he ran downhill to mock the rock. He tripped over a small stone on the sidehill. The large rock ran over his leg. That did him no good. His days of winning races were over. So were his days of making fun of others. I figured he was making a point, but only he knew for sure what it was.

It probably wasn't a true story. It was likely one he'd heard. Stories are like shoes, they travel.

I blew out a knee in high school football. Unfortunately, it was my knee. It was a great unpleasantness. I still made all-conference in the poor-poor-pitiful-me position on the defensive team. It ruined a promising career as someone who raced large rocks.

I wanted to play, so I got cortisone shots from needles only slightly shorter than yardsticks. Did you know

they're not making yardsticks any longer? I digress.

While in college, I enlisted in the Army. I had three physical exams before being declared unworthy (classified 4-F) because of that knee, denying me a career in KP. That process lasted longer than medical school.

Everyone suffers injuries. Our pain thresholds vary. A nasty paper cut might hurt one more than a broken leg does another.

In football practice, we had a drill where 47 (maybe more) players were on one team that kicked off to the two players who made up the opposing team. The 47 (maybe more) tried to tackle the ball carrier while the rival player without the ball tried to block all 47 (maybe more). For the runner, avoiding all those tacklers was like hitting a ground ball through the infield when I played in a baseball game at The Field of Dreams in Dyersville, Iowa. There were 47 (maybe more) players on the infield. I hit two fly balls into the corn. OK, I hit two pop flies into the corn, but they counted as home runs. I told my wife that they were massive blasts that everyone who'd witnessed them would be talking about for the rest of their lives. I said it modestly. I didn't tell my wife that the cornfield was close enough I could see it had pierced ears. The woman has enough on her mind, without bothering her with minute details. Back to football practice. The 47 (maybe more) tried to tackle the ball carrier and they were always successful. I didn't need a canary in a coal mine to know that getting tackled by that many was dangerous. It was like getting run over by a truckload of pugnacious, rolling rocks. They piled on prodigiously. I saw a teammate break a leg. It was one of those serious injuries that never healed properly. He has a limp.

A doctor told me that every injury I'd sustained would revisit me one day. Sort of in-body haunting.

Why did we do it? It made us tough. It would have made us stupid, but we were already stupid. Our coach was good. He had the manipulative techniques of a cult leader.

Many people have hitches in their gitalongs. We are the walking wounded for as long as we can walk.

If a day limps along, the best thing we can do is limp along with it.

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Cheese—milk's leap towards immortality. —Clifton Fadiman

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Trivia test by Fifi Rodriguez

1. LITERATURE: What was the name of Hermione's pet cat in the "Harry Potter" series?
2. GENERAL KNOWLEDGE: What is the name of the metal band that attaches a pencil and an eraser?
3. ANIMAL KINGDOM: What is a group of giraffes called?
4. GEOGRAPHY: Which state claims Mackinac Island in Lake Huron?
5. TELEVISION: What was the name of the coffeehouse in the "Friends" sitcom?
6. U.S. PRESIDENTS: How many presidents have died

in office?

7. MEDICAL: What is the common name for lachrymation?
8. LANGUAGE: What is the American English version of a British flannel?
9. HISTORY: Who was the last czar of Russia?
10. MUSIC: What was the original name of the pop rock group Maroon 5?

Answers

1. Crookshanks
2. A ferrule
3. A tower
4. Michigan
5. Central Perk
6. Eight
7. Flow of tears
8. A washcloth
9. Nicholas II
10. Kara's Flowers

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Radio

from the 20th Century

by Bill Zwack 

During the golden days of radio, there were just a few women actresses who could say they were the star of the own radio series. Penny Singleton, Kate Smith, Fanny Brice to name a few. During the early days of radio, music and comedy was the high point of radio coming from men just off the Vaudeville stage.

As radio came of age, radio executives realized that women had much to contribute to the industry. Female singers played an important part in paving the way for others to try their talents on radio.

Our focus for this article is on Ann Sothern. Ann was the star of *Maisie* both in the movie series and on radio. As the amusingly scatter-brained heroine, she captivated the public in ten pictures and on 78 broadcasts. For MGM she first appeared as *Maisie* in 1939, having been in musical comedy on Broadway and in films. Although Sothern had done guest appearances with Rudy Vallée, Eddie Cantor and

Bing Crosby, *Maisie* at CBS was her first and only radio series. It was a syndicated program of MGM radio when it returned to the air in 1949 after a 2-1/2 year hiatus. During that break she made *A Letter to Three Wives*, an award winning film. In 1953, she came to television in the role of *Private Secretary*, a popular sitcom, and followed with the *Ann Sothern Show* in the 1960's. As Harriet Lake, she began in Hollywood's *Christie Comedies* and first sang in the chorus of Ziegfeld's *Smiles*. Ann was married to actor-bandleader Roger Pryor from 1936-42. She met second husband, actor Robert Sterling, in 1941 when he had a part in *Ringside Maisie*.

Ann was born January 22, 1909 in Valley City, ND and died of heart disease March 15, 2001 at the age of 92, in Ketchum, Idaho. The radio series *Maisie* can be heard occasionally on *The Big Broadcast* which is heard every Sunday night from 6 to midnight on AM 1370 KDTH.

Give me books, French wine, fruit, fine weather and a little music played out of doors by somebody I do not know.

—John Keats

Down Memory Lane

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

Softball 1952

Softball 1952



INDUSTRIAL LEAGUE CHAMPS

Champions of the first half league competition in the Dubuque Industrial Softball loop are our own Dubuque Packing Company Packers who finished the schedule with a record of seven wins and but one loss.

Ace twirler "Richie" Miller has a perfect record of four triumphs and no defeats on the mound and hurler Louie Hansen sports an impressive 3 and 1 record in league competition.

Another item of importance in the success of the Packers is the heavy and timely hitting of such stars as Bob Defendi (.600), James Delaney (.563), James Welu (.391), Bill Meyer (.474). Plant recreational director "Maurie" Conwell directs the club's athletic activity, while Defendi is playing manager.

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Plant Talk

by Ken Resch



Nature Will Always Win, But...

Hurricanes in Iowa? Until mid-August, I would have laughed at the idea but then a “derecho” packing 100 mph winds ripped through our state. The destruction it left behind, particularly in Cedar Rapids, was mind boggling and many of us in the Dubuque area wondered how we were spared. Such are the quirks and idiosyncrasies of Mother Nature and through all the millennia of humanity she has never been tamed. So, what do we do? What we *don't* do is shudder in fear, worry needlessly, or no longer care about our outside world and give up.

Though Mother Nature will not be tamed, it does not mean we cannot coexist. Obviously, we must have been coexisting or we wouldn't still be here! What is needed from us is acceptance. What is needed from us is to understand. What is needed is a concerted effort to work within nature, to help Mother Nature remain aligned with the flora and fauna she oversees. As the specie highest on the fauna ladder, it falls to us to bring about the realignment.

Let's begin with Nature's standard bearers: trees. Hundreds upon hundreds of trees were lost in the hurricane-like event that swept through our state alone. I challenge each of you reading this to make it a priority to plant a tree, send the gift of a tree to a storm-struck area, or contribute to an organization that will offer

trees to ravaged areas. I will never live long enough to see the trees I plant as replacements for some that were destroyed, but others will reap the rewards of mature trees in the next century. Remember: it has been said, we plant trees not for ourselves, but for our descendants. We must not only plant trees for a future we will not see, but we must also clean up the toxic abominations we have cast as plagues across the face of nature.

Such a cleansing of Mother Nature begins with all individuals who cares for the soil under their feet. This fall, plant bulbs to be the harbingers of another spring. Allow the riot of colors and scents reaffirm that Mother Nature's wounds do heal, and that spring *will and does* arrive. Allow that affirmation to also heal your stresses of a time unlike any of us have faced. When I see tulips in bloom, when I sense the heady scent of hyacinths, when I later see flowering trees burst forth in colors from across the palette, I am at peace and know goodness does find its way into the harshness of our lives.

Yes, come next spring (or yet this fall), I want all of you to do something more to help Mother Nature. No, we will not stop storms or end nature's damage from wind or fire—in many ways nature's own way of resetting the earth—but we will do more help than harm. My plan includes planting some button bushes in my “garden of Eden area of the flood plain behind my house. Also, if I don't get it done by October, next spring I'm putting on hip waders and pulling out the junk others have indiscriminately tossed into Cloie Creek running behind my house. You know,

Plant Talk cont. Pg. 20

Veteran's Post from Pg. 9

Sometimes, though, the OIG handles emotionally tough cases, like the VA hospital nursing assistant that murdered seven hospitalized veterans and was planning to kill an eighth by injecting them all with lethal doses of insulin. In one case medical staff discovered the patient's blood sugar level and were able to revive him ... until the nursing assistant came back and injected him again, killing him. Nursing assistants are not allowed (or trained to) administer medication.

Multiple law enforcement agencies cooperated, leaving no stone unturned to rein in the killer, conducting 350 interviews, serving 60 subpoenas and so much more. Still, there are many unanswered questions, such as why wasn't the insulin locked up to keep unauthorized people out of it? Why didn't anyone notice a pattern that went on for over a year? But the

biggest question might never be answered: Why? Why on earth did she do this?

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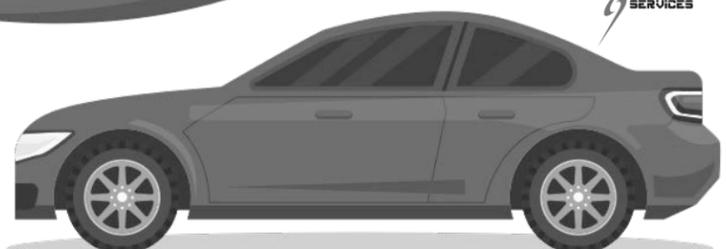
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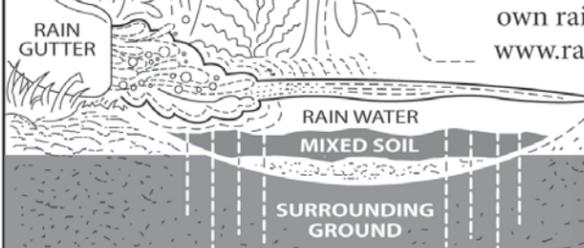
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- Brenda Weaver

Sources:
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DEMENTIA FRIENDLY COMMUNITY CORNER

As we continue to educate ourselves with terminology related to Dementia we are going to look at Residential Care this month.

If there is preference for community living by the person with dementia or if the caregiver needs help, a residential care community would be a great choice. It is preferred that you call and or tour a few places so you can find the right fit for you. Each residential care community should have friendly people willing to help and answer all your questions.

There are different types of residential care, no matter what type of care you are looking for the community should be welcoming, warm and homelike.

- Retirement Housing (Independent Living) would be suited for those in early stage dementia who can still live independently but may thrive with the access to socialization with neighbors. Transportation, meals, and activities may be included.

- Assisted Living (Adult Living or Supported Care) this is the community that will bridge the gap between independent living and nursing home. Assisted Living can provide meals, housekeeping, laundry, transportation and an individualized care plan that will fit the individual right in their own apartment. This could include medication management and assistance with activities of Daily Living (ADLs). Not all Assisted Living Communities can care for people with dementia but many have a specific secured Memory Care Unit within the community that provides specialized dementia care. These questions are important to ask so you are finding the right fit for you.

- Nursing Home (Long Term Care Community) Nursing homes provide around the clock nursing care and can provide long term medical treatment that assisted living cannot provide. Some nursing homes also have specialized memory care units, again this would be a secured unit with trained staff.

It is always good to explore these options prior to needing the care so if a need arises, you are prepared to make an educated decision.

Read our Dementia Friendly Corner next month for more terminology that may help you in your education on dementia.

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

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Memories Passed On (As told to my grandson Maury)

by Jerry Eberhardt (1924-2017)

The Best Of Jerry
originally published
November 2011

Why I Was Called "Snow Shoes!"

Do you know what snow shoes are Maury? They look something like tennis rackets and Eskimos wear them as shoes to walk on top of the snow. You can't move very fast on them. You'll see why Grandpa is explaining this to you later!

An ex-Cardinal pitcher, Max Lanier, had formed a traveling team of ex-major leaguers who had jumped to the Mexican league, which had folded, and were currently barred from the majors.

The night we played them it had rained all day. Playing conditions were bad but the ground crew did their best anticipating a large crowd. The outfield grass was wet and the infield treacherous!

Well, Maury, they were leading 3-2, with two outs when Grandpa got on first base with a walk. Our next batter hit a line drive to left field. The left fielder tried to force me out at 2nd but overthrew the bag. Their right fielder was backing up the throw and threw to 3rd as I was trying for it. (Each time - going for 2nd and then for 3rd - it took me an "hour to get started" and then slide into the bag to stop because it was so slippery!). The throw to



Jerry Eberhardt with
grandson, Maury Cohn

3rd was high, caromed off the left field stands with our 3rd base coach yelling for me to go home! I got up the 2nd time, started for home and fell down three times! Grandpa's knees buckled and the ground came up to meet me! Falling the 3rd time, six feet from home plate, I crawled on my stomach. I could hear the crowd yelling louder as they sensed a close play at home as the left fielder was throwing to the catcher. Well, Maury, while on my stomach, I reached for home plate, about 6 inches away, with my outstretched hand when I felt the catcher hit my head with the ball. I WAS OUT!!

After the game we went to a favorite bar & grill and the bartender, Roger Bertsch Jr., who had been to the game greeted me saying: "You could have made it home faster on "SNOW SHOES!!" And after all these years a few people still call me "Snow Shoes!"

Much love, Grandpa.



by Ryan A. Berenz

1. Name the Major League Baseball team that played one season in 1969 before moving to Milwaukee and becoming the Brewers in 1970.
2. How many offensive snaps did lineman D'Brickshaw Ferguson miss during his 10-year career with the New York Jets?
3. Two-time Indianapolis 500 champion Emerson Fittipaldi hailed from what country?
4. What golfer became the first

woman since 1945 to play in a PGA Tour event when she teed off at the 2003 Bank of America Colonial tournament?

5. What short-statured Atlanta Hawks star spectacularly won the 1986 NBA Slam Dunk Contest?

6. What Hockey Hall of Fame goaltender had his No. 33 jersey retired by both the Montreal Canadiens and the Colorado Avalanche?

7. The South American Football Confederation is commonly known by what abbreviation?

Answers

1. The Seattle Pilots.
2. One.
3. Brazil.
4. Annika Sorenstam.
5. Spud Webb.
6. Patrick Roy.
7. CONMEBOL.

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Plant Talk from Pg. 19

there's even a bicycle in the creek! My point is not to elevate myself here; rather, I'm pointing out that each one of us can and must have influence now and

for the generations yet born. Don't be ugly in your thinking and say: "What's the point? Nature always wins." It's not about winning; rather, it's about not losing.



SPORTS COMMENT

by Gary Dolphin

From Where I Sit

Voice of the Iowa Hawkeyes

With this lingering pandemic I knew a college football season, regular or shortened, would be a roll of the dice. Now it's been rolled right out the door by those that run the Big Ten conference. The Pac-12 followed suit and there's no guarantee the SEC, ACC or Big 12 will open in early September, but good for them that the effort is being made to have some football on Saturdays this fall regardless of where your allegiance falls. Several major concerns led to the postponement for the Big Ten:

1. Thousands of students returning to campus for class.
2. Contact tracing of those that test positive.
3. Recently surfaced heart ailments in players related to Covid.

I understand the hand wringing and sleepless nights by the medical profession. I just wish they'd all get on the same page. The many different messages and signals sent, only confuse and upset the masses more than they have.

Where does college football go from here? Brain trusts will focus on a spring and fall schedule for 2021. I like Purdue Coach Jeff Brohm's hypothetical. Brohm proposes an eight game season, February 27th through April 17th with no byes. There would be six weeks of training camp beginning January 16th with limited full practices. Focus would be strength and conditioning, walk thru sessions and plenty of film study and meetings. Playoffs would be held in May followed by up to three months off with no mandatory workouts. Preparation for the fall season of 10 games would start in mid July with kickoff the first Saturday in October and ending in mid December. Six teams, the Power 5 conference champions and one wild card would have a playoff starting the first week in January. Sounds plausible and worth a look. Here's hoping there's a vaccine discovered long before then.

SENIOR NEWS LINE

by Matilda Charles

Coronavirus Scammers

Scammers have come up with even more ways to defraud us, this time using the coronavirus.

Contact tracers are people who make calls when someone you know has tested positive for the coronavirus. Their job is to trace the possible path the virus has taken from person to person. They only need health information and the places you've been, not financial or personal information. If someone calls you who insists on knowing additional information as part of the contact tracing, hang up.

If you get emails or calls from someone saying they have a cure for the virus, or a sure-fire method of being certain you don't get it, hang up. Their next questions will likely be to ask for your personal or financial information, or a credit card number so you can pay for shipping. Don't fall for it. There

are no approved test kits or cures that can be handed out to the general public.

If you get email that's supposedly from the government asking about where to send your stimulus relief check, ignore it. The government is not going to contact you about that. They'll send your check (if you're eligible for one) in the mail or they'll deposit it directly into your account, the same one where they deposit your Social Security benefit. Scammers also will pretend to be people from your bank.

If you get a robocall saying you qualify for low-cost coronavirus insurance, hang up.

If you get suspicious email that looks like it might be from the government with information about coronavirus, don't open it, and especially don't click on any links. Those can put a virus or tracer on your computer.

To stay up on the news about the virus, use a legitimate source: www.ftc.gov/coronavirus. On that site you'll find more information about avoiding coronavirus scams.

Beware ... and stay safe.

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*I value the friend who for me finds time on his calendar,
but I cherish the friend who for me does not consult his calendar.*

—Robert Brault



My Priorities

A GREAT PLACE FOR FAMILIES

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

A STRONGER EDUCATION SYSTEM

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

A GROWING ECONOMY

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

Pauline

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Root Beer Float?

With summer here and temperatures pushing the double digits, this recently sold item brings to mind the summertime treat of a Root Beer float. Dad's Root Beer was created by a company in Chicago in the late 1930's and was famous throughout the Midwest and is still available today.

Needing to build name brand recognition distributors of various products would provide items to the retailers like this tin painted sign. An added feature that gave this sign extra value was the thermometer that is built into the sign, giving an added reason for the retailer to hang it in their stores. This vintage sign recently found 2 bidders that drove the value to \$426.00.



Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



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North dealer.

North-South vulnerable.

NORTH

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

WEST

- ♠ 10 9 5 3
- ♥ J
- ♦ K Q J 10 9 4
- ♣ J 4

EAST

- ♠ J 8
- ♥ Q 10 9 4 3 2
- ♦ 8
- ♣ 10 9 8 2

SOUTH

- ♠ K Q 7 4
- ♥ 8 6 5
- ♦ A 5 2
- ♣ K 6 5

The bidding:

North	East	South	West
1 ♣	Pass	1 ♠	2 ♦
3 ♠	Pass	4 ♠	

Opening lead — king of diamonds.

This hand was played many years ago by British star Adam Meredith. The bidding was far from perfect, but that's how it went. Meredith then proceeded to make four spades by an ingenious method of play.

West led the diamond king and, when Meredith ducked, continued with the queen. East discarded a heart, and Meredith won the queen with the ace. He then cashed the A-K-Q of spades, learning that West, who had already shown up with six diamonds, also had four spades.

Meredith seemingly had four sure losers at this point — a spade, a heart and two diamonds — and had to find a way to eliminate one of them. This would have been easy

to accomplish had the clubs been divided 3-3, but Meredith realized that this was unlikely to be the case.

After long thought, he concluded that his best chance was to try to convert his remaining spade into his 10th trick by ruffing a diamond!

Accordingly, he led a heart to the king at trick six. Had West shown out, it would have meant that he had three clubs, assuring the contract. But West followed suit, and Meredith then played the A-K of clubs.

When West followed to both clubs, Meredith knew he had the contract in the bag. He led another club toward dummy's Q-7. It would not have helped West to ruff, so he discarded a diamond. Dummy won with the queen and continued with the seven of clubs. When East played the ten, Meredith discarded his last diamond.

East was now forced to return a heart. Again West could not gain by ruffing, so he discarded another diamond. Meredith won the heart with dummy's ace and ruffed a diamond as West helplessly followed suit, and the game was home.

It might appear that if East ruffs the second diamond lead, the contract cannot be made. In that case, however, South can still come to 10 tricks by eventually squeezing East in hearts and clubs.

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by Steve Becker

Good Housekeeping

Grilled Corn With Barbecue Butter

A spicy barbecue twist on classic grilled corn from chef Bobby Flay!

- 1 teaspoon cumin seeds
- 2 tablespoons canola oil
- 1/2 small red onion
- 2 cloves garlic
- 1 tablespoon ancho chile powder
- 2 teaspoons Spanish smoked paprika
- 1/2 teaspoon cayenne pepper
- 2 teaspoons molasses
- 1/2 cup water
- 12 tablespoons unsalted butter
- 1 teaspoon Worcestershire sauce
- Kosher salt
- Pepper
- 8 ears corn

1. Prepare outdoor grill for covered direct grilling on medium.

2. In 10-inch skillet, toast cumin seeds on medium-low 3 to 5 minutes or until fragrant. Transfer seeds to small bowl. Wipe out skillet.

3. In same skillet, heat oil on medium-high until hot, but not smoking. Add onion; cook 2 to 3 minutes or until softened, stirring occasionally. Add garlic; cook 30 seconds, stirring. Add ancho chile powder, paprika,

cayenne and toasted cumin seeds; cook 1 minute, stirring frequently. Stir in molasses and water. Cook 3 to 5 minutes or until mixture thickens and water has evaporated, stirring occasionally. Remove from heat and let cool slightly.

4. In food processor, pulse butter, Worcestershire sauce and spice mixture until smooth. Add 1 teaspoon salt and 1/8 teaspoon freshly ground black pepper; pulse until combined. Transfer mixture to small bowl. Cover and refrigerate for at least 30 minutes or up to 2 days. To serve, allow to come to room temperature.

5. Meanwhile, pull husks of corn to stalk end without removing them. Strip away silk from each ear. Fold husks back into place and tie with kitchen twine. Place ears of corn in large bowl or pot and cover with cold water; add 1 tablespoon salt. Let stand 10 minutes.

6. Drain corn. Shake off excess water. Grill, covered, 15 to 20 minutes or until kernels are tender when pierced with paring knife, turning occasionally. To serve, remove husks and spread with spiced butter. Serves 8.

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

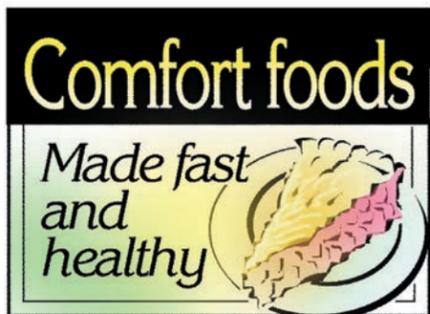
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- 3 (16-ounce) cans great northern beans, rinsed and drained
- 1 cup chopped onion
- 1 (15-ounce) can tomato sauce
- 3 tablespoons real bacon bits
- 1/4 cup sugar-free maple syrup

In a slow cooker, combine great northern beans, onion and tomato sauce. Stir in bacon bits and maple syrup. Cover and cook on HIGH for 3 to 4 hours. Mix well before serving. Makes 6 (3/4 cup) servings.

• Each serving equals: 218 calories, 2g fat, 14g protein, 36g carb., 1,691mg sodium, 9g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 1/2 Vegetable.

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by Healthy Exchanges

Special Baked Beans

It's funny how appliances come and go out of fashion. Take slow cookers — in the '70s we all used them, then in the '80s we denied we owned one! Come the 21st century and slow cookers are back in style. Try this bean recipe and you'll see why!



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

Cremer's Cooking Tips

Bratwurst Reuben

- 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



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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 ● **THINGS WITH ELECTRIC MOTORS**

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

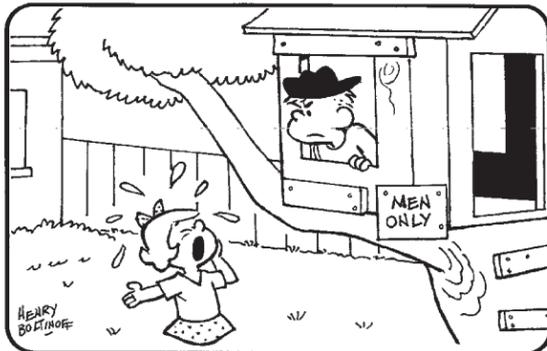
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally
 Unlisted clue hint: WASHER AND —

- | | | | |
|-----------------|-------------|-------------|----------|
| Air conditioner | Compressor | Heater | Pumps |
| Band saw | Computer | Lawn mower | Shredder |
| Blender | Drills | Locomotives | Trimmer |
| Cars | Garage door | Mixer | |

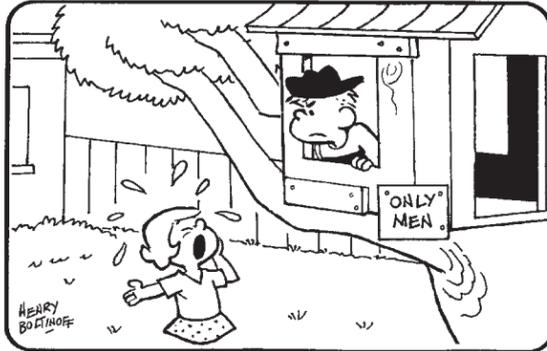
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Girl's bow is missing. 2. Tree limb has been added. 3. Boy's shirt has stripe. 4. Sign is different. 5. Treehouse roof is different. 6. Tree steps are gone.

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.

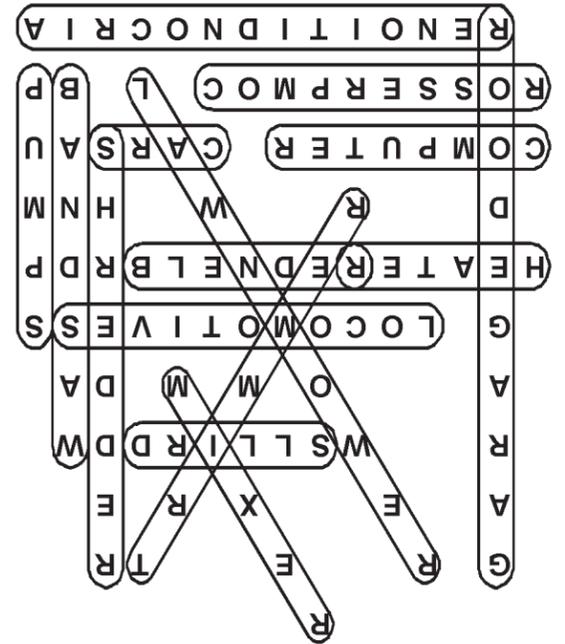
	+		x		20
-		x		x	
	+		+		19
x		-		+	
	x		-		19
10		20		13	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 4 5 6 7 8

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THINGS WITH ELECTRIC MOTORS

Stickelers Answer

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

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SUDOKU Answer

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

King Crossword
 Answers

Solution time: 27 mins.

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

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SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging
 ◆◆◆ HOO BOY!

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Go Figure! answers

	13		02		01
19	1	-	4	x	5
	+		-		x
19	9	+	8	+	5
	x		x		-
20	2	x	3	+	7

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