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7 Tips to Help You Create Stronger Passwords

by Emily Kittle, Communication Specialist at Dupaco Community Credit Union

Large data breaches are becoming more commonplace. Using strong passwords can help minimize their impact on you.

How secure are your online passwords?

Large data breaches are becoming more commonplace. But using strong passwords can help protect you and your accounts from identity theft and fraud.

Here are seven guidelines to help you create stronger passwords:

|1| Use passphrases

Rather than using a single word, combine words to create a passphrase. This makes it more difficult for fraudsters to break into your accounts.

Dupaco cont. Pg. 3

Dubuque Symphony Orchestra's 2021-22 Season: Resonate Together

by Kathleen Hoeper, Director of Marketing and Community Relations

The Dubuque Symphony Orchestra's (DSO's) 63rd season celebrates orchestra and audience coming back together, after 2 seasons disrupted by COVID, to explore beautiful music that resonates with all.

"I am so excited about our upcoming concert season!" states Music Director and Conductor William Intriligator. "We're not quite back to our old "normal" schedule yet, but we're getting there! We've added back, by popular demand, our Rock Hits and Country Hits concerts; and the Dubuque Chorale and Heartland Ballet return to our festive and spirited Holiday Concerts. Vocal soloist Jennie Wengrovius joins us as well for the Holidays. Jennie has a heartfelt and powerful voice, and her performances are very moving."

"The world of classical music is so rich with diverse talent! Our Classics Series will begin in February 2022 with Lorraine Min and Terence Tam performing beloved Romantic concertos by Saint-Saëns and Bruch. This husband-and-wife team of soloists were originally scheduled to perform with the

DSO cont. Pg. 3

Holy Spirit Parish Fall Festival Sunday, September 12th

by Marlene Woller, Holy Spirit Festival Committee Member

The Annual Holy Spirit Parish Fall Festival is back - a full "in person" event on the campus of Holy Ghost Church located at 2921 Central Avenue, on September 12th, 10:30 a.m. to 4:00 p.m.

A fried chicken & ham dinner includes potatoes, salads, rolls, dessert, and beverage. Adults (12 & up) $12.00, children 5-11 $6.00 and under 5 are free. Carryouts are available. A Refreshment Stand will be available with a lighter menu.

The Country Store features the best pies, cakes, bars, breads, cookies, and more deliciousness from our parishioners' kitchens. Check out the fresh produce, fruits and vegetables and unique handmade items.

The Silent Auction will begin with online bidding on select items starting on August 30 using this link ***https://www.32auctions.com/holyspiritdbq2021***. Online bidding will close at 9:00 p.m. CDT on Saturday, September 11. All items will be on display in the school gym on September 12 for continued bidding until 3:00 p.m. A few popular items—Iowa Hawkeye football tickets, local entertainment tickets,

Holy Spirit cont. Pg. 12

Assisted Living Week: Compassion, Community & Caring September 12-18, 2021

by Tracy Connolly, Manager, Bell Tower Retirement Community

The National Center for Assisted Living (NCAL) founded the first National Assisted Living Week in 1995. Since then, this special week has been observed annually. Assisted living communities all over the country celebrate the residents they serve, and they participate in this special event with activities and celebrations of their choice.

In 2020 and again in 2021 local Assisted Living Communities have not been able to provide the extent of activities that have become the norm prior to the pandemic. However, most Assisted Living Communities are welcoming people for tours and visits utilizing precautions that will keep our residents, families, and staff members safe. Assisted Living Week would be a great time to stop in and ask questions and see for yourself the benefits of living in an Assisted Living Community.

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Dupaco from Pg. 1

|2| Use numbers and special characters

Within each passphrase, incorporate at least one number, one special character and upper- and lower-case letters to make your password even stronger.

|3| Use different passwords

Use a different password for every important account that you use. Otherwise, if one account gets hacked, all of your accounts could be in jeopardy. Yes, it's more work for you. But it's also more work for fraudsters.

|4| Use a trusted password management tool

A password management tool can help you keep your passwords in one secure location. And many of these are free. Just do your research to make sure you're using a reputable one.

|5| Regularly change your passwords

If you haven't updated your passwords in the past six months, it's time to swap them for new, more secure ones.

It's also a good idea to update your passwords any time there's a major data breach or you're notified about a compromised account or password.

|6| Enable two-step verification

For your more important accounts, especially your financial ones, take advantage of two-step verification.

This added layer of security requires an additional step when logging into your accounts. In addition to your username and password, you'll provide additional proof that it's you who's trying to log in.

|7| Activate login notifications

Take advantage of Short Message Service (SMS) or email notifications to alert you when your accounts are accessed, your passwords are changed or other security measures are taken within your accounts.

DSO from Pg. 1

DSO in spring of 2020 when the pandemic first hit. It will be great to finally welcome them to the DSO stage. Our March Classics will feature Mendelssohn's spirited "Italian" Symphony and fantastic young cellist Tony Rymer playing the gorgeous Schumann Cello Concerto. Classics 3 will feature guest conductor Tarana Sara Jobin, who I've known for 30 years. She has built a tremendous career conducting opera and orchestras, and has selected beautiful works by Beethoven, Louise Farrenc (a French Romantic-era composer), and living American composer Mary Watkins for this program. The tremendously talented pianist Sara Davis Buechner also makes her Dubuque debut in Beethoven's beloved "Emperor" Concerto. We end the Classics Series in May with dance-like music by Asian American Michi Wiancko, a beautiful piece by local composer Tracey Rush, a stunning flute concerto featuring our Principal Flute Timothy Hagen, and the ever-popular "New World" Symphony by Dvorak."

The ensemble will perform four Classics concerts, and signature Holiday concerts at historic Five Flags Theater. The orchestra also returns to the Mississippi Moon Bar at the Diamond Jo for DSO's Ultimate Rock Hits and Ultimate Country Hits.

Season ticket sales open to the public Tuesday, September 7, 2021. Subscribe early for the best seats. Packages of 3 or 4 Classics concerts are available. Season ticket holders receive exclusive benefits including early access to tickets for Ultimate Rock, Country Hits, Holiday and Family Concerts. Subscribers also receive personal attention, avoiding box office lines and added online Ticketmaster fees. All subscription needs are handled through the DSO office. New subscribers (or those who haven't subscribed for the past 3 years) save 30% off single ticket pricing with the Full 4 package. To order, please call **563-557-1677** or stop in the DSO office, 2728 Asbury Road (lower level of the Atrium building in Fountain Park), open Mon-Thurs 10am-4pm.

For concert schedule and more information, please visit ***DubuqueSymphony.org***

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P.O. Box 661, Dubuque, IA 52004–0661
Ph.: 563–845–7586
E-mail: goldenviewpub@gmail.com
Website: www.thegoldenviewonline.com
Publisher: Golden View Publishing, Inc.
Editor – Bill Beutin
Graphic Design – Tom McGovern
Founders: Joan and Rudolph Bellmann
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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.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	×		−		17
+		−		+	
	÷		+		11
×		×		−	
	+		+		12
11		20		10	

1 3 4 5 6 7 8 8 9

Go Figure! Answer on Pg. 24

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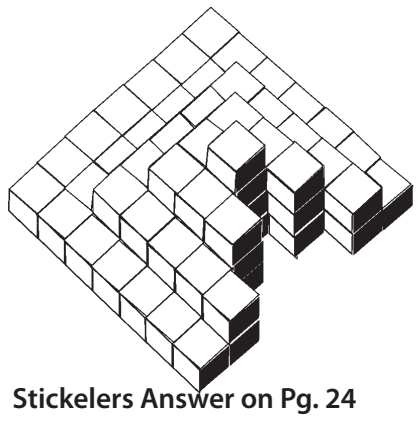
STICKELERS [sic].

by Terry Stickels

How many cubes are in the stack below? Assume that all rows and columns continue unless you actually can see them end.



Stickelers Answer on Pg. 24

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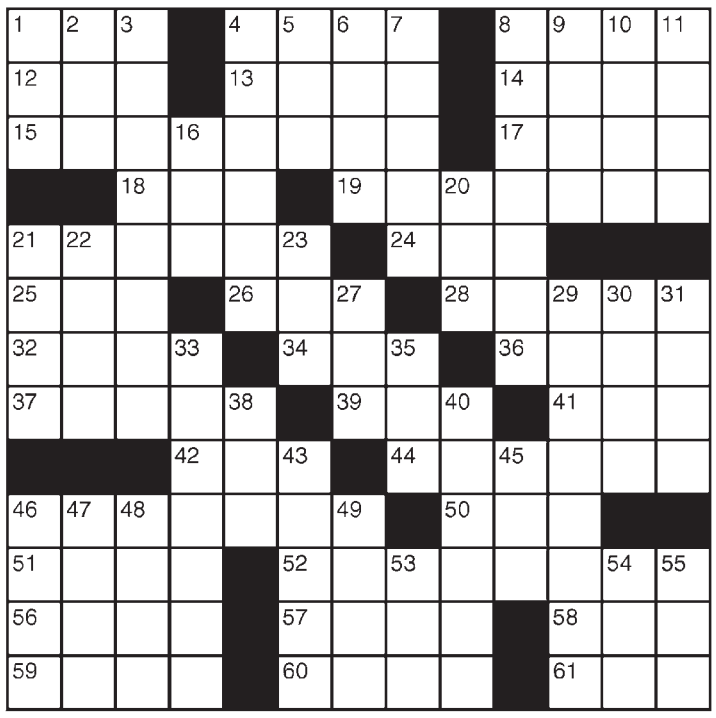
King Crossword



ACROSS
1 Soviet space station
4 Dance move
8 Actress Fisher
12 — out a living
13 Abode
14 Punch
15 Shares with followers on social media
17 Fury
18 MSN rival
19 Fuming
21 Cop's badge
24 Flamenco cheer
25 Triumphed
26 Half a dozen
28 Travels by jet
32 Throat clearer
34 Jewel
36 Early Peruvian
37 Cleaning agent
39 Fawn's mom
41 Junior
42 Carried out
44 French cathedral city
46 Tea urn
50 Business mag
51 Pressing thing?
52 "The Handmaid's Tale" author Atwood
56 King of the jungle
57 Always
58 Notable time
59 "I did it!"
60 Faction
61 Cowboy moniker

DOWN
1 Sea, to Henri
2 Mamie's man
3 Lawyer's fee
4 Beach souvenirs
5 Water tester
6 911 responders
7 Green sauce
8 Haifa native
9 Bridge coup
10 Olympic sled
11 On in years
16 Misery
20 Sprite
21 Clear the decks?
22 Jolly laugh
23 Use a shovel
27 Deleted
29 Behind closed doors
30 Nobel Prize subj.
31 Without
33 "Material Girl" singer
35 Extinct bird
38 VII doubled
40 Asylum seeker, perhaps
43 Titled women
45 — jiffy
46 Sediment
47 "Carmen" solo
48 Disposition
49 Sitarist Shankar
53 Roulette bet
54 Before
55 Levy

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Crossword Answers on Pg. 24

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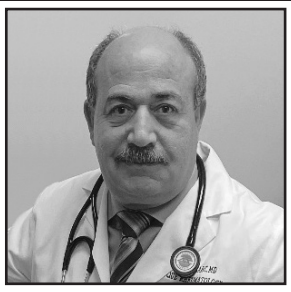

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Dog's Begging Spirals Out of Control

DEAR PAW'S CORNER: Our dog "Boadicea" is a sweetheart, but when she wants a treat she turns into a little monster. She drools on my arm, chews on my roommate's shoe (with his foot in it), barks loudly, yips ... whatever it takes. We eventually break down and give her a treat. This happens several times a day. How can we stop this behavior? — ***Darren in Manchester, New Hampshire***

DEAR DARREN: There are two steps I'd recommend to curb this behavior, because you know the downside of Boadicea's begging: spiraling behavioral problems, future digestive issues and potential obesity.

First, reinforce her basic obedience training. Work with her at least once a day on the "sit," "stay," "lie down," "leave it" and "come here" commands. I recommend not working with her during the time that you're normally relaxing in the living room with your roommate, because you want to try to reinforce that certain places and times are for training, play or treats.

Obedience training alone won't resolve the problem, though, because she's developed a habit of begging whenever you're trying to relax or socialize. So, you'll need to employ the "ignore and divert" strategy as well.

Ignore her attention-seeking behavior for a specific amount of time ... say, five minutes. Next, command her to either sit or lie down, and give her a chew toy. When she inevitably gets up to beg again, repeat the process. Don't give her a treat at all. This will take time, but eventually she will get it.

Many dog owners add a structured treat time to the day. For example, after your dinner and dishes are done, she can have her treat. This will help reinforce when and where she gets treats, and how she is supposed to behave.

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

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Come Chat with Me

by S. E. Persinger

One day during a causal table talk conversation with my friend Elizabeth, I asked her if she ever had a dream about what she wanted to do in her lifetime. "Yes," she said, "I wanted to be a doctor." I then asked her if she thought that was a predestination of a secular fate? I don't remember her answer but I do know that she did not become a doctor. Actually, she did work in the dental field for a time. So part of her dream came true, she was helping people who were in need of expert health care.

Fate has a way of changing a person's destiny, and outcome of life, by paving a road filled with uncertainties. Do I go to college? Do I marry? Do I have children? Elizabeth did all of these things. She went to college, she is a wife, a mother of two, and a grandmother of three.

In her early years of employment, she spent a summer working in a nursing home, and had new experiences in other interesting occupations, but none of these things stimulated her secular destiny. So, at the age of 40, she went back to school and became a preschool teacher.

Elizabeth was in her element. She loves children and taught ages 3-5. Thus, the children had a caring, happy person to be their teacher. Elizabeth is one of those people who smiles regularly and has a friendly attitude at all times. A couple of her peers told me that her cheerfulness and winning ways could bring a smile to a scowling face. I have often seen an impishness in her that must be a carry over from her youthful days. We've all known someone who has that "twinkle" in the eye that means, be on guard, there's more to come! Yet, this is not a threat, but sometimes can be an amusing game of play.

Elizabeth's husband, Randall, is a pastor. His fate was more of a spiritual nature and paved the way for Elizabeth to have a secular and spiritual fate all together. Elizabeth always cared for people and wanted to help them in any way she could. I asked Elizabeth for a summary of her fate in life. She gave me this Bible verse, Jeremiah 1:5 *Before I formed you in the womb I knew you, before you were born I concentrated you*. Then she added, "That was my destiny for now."

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An Uplifting Moment

with Rev. David J. Claassen

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The Four Blessings of Life

Someone sneezes and we say, "Bless you." We don't use the word "bless" a lot in our contemporary, secular culture, mainly just when people sneeze. In religious circles it gets more use. I got to thinking about this word "bless" and how it can be applied in four ways. God can bless us, we can bless God, we can bless others, and others can bless us. I'd like to suggest that making these four forms of "bless" operative in our lives can make them full lives.

God blesses us.

The dictionary defines "bless" as bestowing good on someone. God does that with us. I know, there's a lot that's not good in life; this is a fallen and broken world, after all. Still, God's ultimately in control and He can even have good come out of bad. It's good to affirm that God blesses us. If we find it difficult to affirm God's blessings, then it's a warning we need an attitude adjustment.

We bless God.

The most intriguing to me of the four uses of "bless" is when we "bless the Lord." The phrase is found quite a few times in the Bible (21 times in the English Standard Version). How can we bless God? After all, He is self-sufficient and needs nothing from anybody. The dictionary says to bless means to make or pronounce holy. We can't make God holy, He's as holy as holy gets. But we can pronounce Him holy, that is, agree with the idea. So, yes, we can "bless the Lord" by just affirming He's the best!

We bless others.

One of the key ways to find meaning and purpose in life is to "bestow good on others" as the dictionary defines blessing. It's far better for people to feel we're a blessing rather than a curse in their lives, right? For sure! Another way to look at it is that we can be a channel for God blessing those around us!

Others bless us.

Oftentimes it's easier to offer help than it is to ask for help. But one way people connect with us is by realizing that they can contribute to our well being. We also come across as more humble when we're willing to accept help, or even ask for help, and this endears us to people. People feel valued when we value their help.

Our life is being lived well when we embrace the four ways of blessing. God blesses us, we bless God, we bless others, and others bless us; it's the way to live a blessed life!

"Bless the Lord, O my soul, and all that is within me, bless his holy name!" Psalm 103:1

THE ILLUSTRATED BIBLE

Then David lifted his eyes and saw the angel of the Lord standing between earth and heaven, having in his hand a drawn sword stretched out over Jerusalem. So David and the elders, clothed in sackcloth, fell on their faces.

1 CHRONICLES 21:16

Detail of "Joshua Before the Angel with a Sword" by Marc Chagall, 1956

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BIBLE TRIVIA

by Wilson Casey

1. Is the book of Micah in the Old Testament, New Testament or neither?
2. After his servants covered him with clothes, what did King David's servants bring to keep him warm? *Hot bricks, Young virgin, Canopy skins, Wool from finest sheep*
3. Whose last words were, "Turn thine hand, and carry me out of the host; for I am wounded"? *Paul, John the Baptist, Ahab, Job*
4. From Proverbs 31, which king was taught sayings by his mother? *Lemuel, Neco, Ben-Hadad, Jehu*
5. In Genesis 27, who said, "Come near now, and kiss me, my son"? *Adam, Isaac, Seth, Moses*
6. Who was the father of Gideon? *Job, Jeremiah, Josiah, Joash*

ANSWERS

1) Old; 2) Young virgin; 3) Ahab; 4) Lemuel; 5) Isaac; 6) Joash

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

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YESTERDAY AND TODAY
BY MICHAEL GIBSON

The 600 block on Iowa street looking north in the1960s. Bird Chevrolet once was located on the corner and the Interstate Finance Corporation in the middle of the block. Note that Iowa Street was one-way at this time. (Courtesy of the Loras College Center for Dubuque History, OHE p.83 Frank Hickey Neg. No. 23).

Yesterday & Today cont. Pg. 9

Michelle Bell,
Social Security District Manager,
Dubuque, Iowa

Social Security Benefits You

We take pride in having provided vital benefits and services to this great nation for 86 years. America has a diverse population with a variety of needs. To meet those diverse needs, we've created web pages that speak directly to groups of people who may need information about our programs and services. These pages are easy to share with friends and family on social media. Here are just a few resources that might help you or someone you love:

• We proudly serve wounded warriors and veterans, who made sacrifices to preserve the freedoms Americans treasure. Many veterans do not know they might be eligible for disability benefits from Social Security. Please share this page with them to make sure they get the benefits they deserve: ***www.ssa.gov/people/veterans***.

• Social Security plays an important role in providing economic security for women. Nearly 55 percent of the people receiving Social Security benefits are women. A woman who is 65 years old today can expect to live, on average, until about 87. A 65-year-old man can expect to live, on average, until about 84. With longer life expectancies than men, women tend to live more years in retirement and have a greater risk of exhausting their sources of income.

Women often have lower lifetime earnings than men, which usually means lower benefits. Women need to plan early and wisely for retirement. We're here to help with valuable information. Please share this page with someone who needs this information and may need help planning for their golden years: ***www.ssa.gov/people/women***.

• Do you know someone who is just starting their career? Now is the best time for them to start preparing for retirement. Social Security benefit payments provide only a portion of retirement income. Those starting their careers should begin saving early to have adequate income in retirement. Please share this page with a young worker you know: ***www.ssa.gov/people/earlycareer***.

These are just a few of the web pages tailored to specific groups' needs. You can check out our People Like Me home page at ***www.ssa.gov/people*** to see all of them.

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.

By 1969 urban renewal leveled the entire block. New buildings and businesses appeared as did a center median in the street and two-way traffic was restored. By 1972 Goodyear Service Center occupied the new building on the corner and the following year McDonald's built a fast food eating place. A number of businesses occupied the corner building after Goodyear left including Budde's Bar & Grill, Bio-Life Plasma, and most recently Anytime Fitness. (Photo by Terry Grant).

Hills & Dales Lifetime Center Reopens for In-Person Meals and Activities

Hills & Dales

Hills & Dales is excited to welcome back all LifeTime Center participants and new attendees for in-person dining and activities! The LifeTime Center Senior Program at the Hills & Dales Community Center opened for in-person meals and limited activities in July for the first time since March 2020.

The LifeTime Center meal program has operated through Hills & Dales since 2005, and provides daily, healthy meals at a minimal cost. In-person dining was halted at the start of the pandemic in March 2020 to protect the health and safety of all the senior citizens who attend. After three months of closure, take-out meals were offered with a high demand. The carry-out option will continue along with in-person dining.

A full menu can be found at ***https://www.hillsdales.org/site/programs-services/seniorlifetime-center/***. Reservations are required, so to reserve your meal call Patti by 8 a.m. the morning of the meal you wish to join at **563-556-3305**. Meals are $5 for anyone over age 60, $6 for anyone younger than 60, and are open to all ages.

Prior to the pandemic, a variety of activities were available for senior citizens

Lifetime Center cont. Pg. 15

Not happy with your current retirement health care plan?

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Assisted Living Week from Pg. 1

This year's theme is particularly significant because of everything assisted living communities have faced over the past year. The theme, 'Compassion, Community, Caring,' reflects the hard work and dedication of all the essential caregivers in assisted living communities during the pandemic. It's a good time to reflect on all the unknown residents, family members and staff faced each day with compassion in the forefront of their words and actions.

Assisted Living Communities in the area are a wonderful resource for our seniors. The week of September 12-18 is a great time to focus on doing your research or simply to say thank you to those who care for our residents and celebrate those who live there.

On Thursday, September 16, 2021 there will be a Senior Expo held at The Dubuque County Fairground Ballroom. This would be a perfect opportunity to see many of our local Assisted Living Communities and other senior resources highlighted all in one place. A perfect way to celebrate Assisted Living Week.

Barbara, Mary and John enjoying each other's company and an activity at Bell Tower Retirement Community.

DUBUQUE FIRE

Derek Paulson, Assistant Fire Marshal

According to AARP, about 38% of grandparents play the role of babysitter or daycare provider. Over the years, there have been times when my wife and I have had to rely on grandparents to help watch our children. Are you helping watch your grandchildren? Have you childproofed your home? Here are some safety tips you can do to help ensure safety while watching your grandchildren.

Develop an escape plan and practice it. Practice having two ways out of every room. Work with the older kids on how to unlock doors and windows in case they would have to exit through one or the other. Designate a meeting place so everyone knows where to meet in case of a fire. Make it fun and let the kids help find the best place to meet.

Make sure all medications are up high and secured so kids can't get them. Also, make sure any cleaners, chemicals or other toxic products are secured and out of reach of children. Have the Poison Control Center's number (**800-222-1222**) in your phone in case needed.

Make sure small items in your home are out of reach of infants and toddlers. Choking hazards are everywhere and infants and toddlers will put anything and everything in their mouth if they can. Learn CPR and the Heimlich maneuver. If you have blinds in your home, make sure that the cords are put up and out of children's reach. According to Pediatrics, from 1990 – 2015 approximately 16,000 children in the US were treated in emergency rooms for injuries caused by window blinds.

Make sure you have working smoke alarms and carbon monoxide alarms in your home. Have a working fire extinguisher as well. Know where the fire extinguisher is and how to properly use it. Keep all things that have a flame or create a flame out of reach and out of sight.

When cooking, never leave the area while cooking. Create a safe space of at least 3 feet from stove where children can't enter. Never leave a child unattended when they are eating.

These are just a few things you can do to help ensure the safety of your grandchildren while you watch them. 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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Food for A Healthy Brain

One way to maintain a healthy brain is to focus on what we eat. A diet rich in vegetables, fruit and omega-3 fatty acids may help to improve cognitive function (ability to process thoughts), memory and alertness.

To give your memory a boost, try these suggestions from the Academy of Nutrition and Dietetics:

- Consume vegetables, especially broccoli, cabbage, and dark leafy greens. Try a broccoli salad or using fresh spinach on your next sandwich.
- Select dark-colored berries which are a rich source of anthocyanins and other nutrients that may boost memory function. Mix blackberries, blueberries, or cherries into cereal, in a smoothie, or with yogurt as a parfait. Buy berries fresh, frozen, or dried.
- Increase intake of omega-3 fatty acids by selecting seafood and fatty fish like salmon, tuna, and sardines. Choose fresh, frozen, or canned. Grill, bake, or broil fish to eliminate added fat.

Adapted from the WOW (Words on Wellness) January 2016 Newsletter. To receive the WOW newsletter, contact Kelsey Salow, ***ksalow@iastate.edu*** *or Vera Stokes.* ***vstokes@iastate.edu***

Sign Up for Stay Independent: A Healthy Aging Fall Series!

Stay Independent: A Healthy Aging Series" is a nutrition and wellness series offered through Iowa State University Extension and Outreach for adults age 60 and older. Please join us online on Wednesdays, October 6, 13, 20, 27 and November 2, 9 from 6:30 pm to 7:30 pm. To register for the **free series**, visit ***https://bit.ly/independent18055***

"Stay Independent" provides research-based nutrition and wellness information intended to help adults age 60 and older reduce their nutritional risk through lifestyle changes. The program includes six lessons: Three Meals A Day, Feast on Fruits and Vegetables, Power Up with Protein, Brain Health, Cooking for One or Two and Exercise Your Independence (Physical Activity).

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Holy Spirit from Pg. 1

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The Kids Zone will feature a Bounce House, Plinko, Bean Bag Toss and for the adults we have several wheels of chance.

Raffle tickets with cash prizes of $1,000, $500, and $250 of the winner's choice of scrip will be sold. Drawing to be held October 10 at our Soup'R Chili Cookoff at Holy Trinity. Need not be present to win. They can also be purchased in the parish office located at Sacred Heart Church at 2215 Windsor Avenue.

Bring your family, neighbor, co-worker, kids and grandkids. Come for the fun & excitement and support your local Catholic parish.

If you have any questions, please contact Holy Spirit Parish at **563-583-1709**.

Man is what he eats.
—German Proverb

KOVELS®
Antiques & Collecting
By Terry and Kim Kovel

Figural Bottle

"Figural bottles" are just what you would imagine — bottles shaped like living creatures or familiar objects. The earliest American clear glass figurals were made in the 1860s. In 1866, Dr. Fisch packaged his bitters medicine in, what else, a fish-shaped bottle. Brown's Celebrated Indian Herb Bitters was sold in a bottle shaped like a standing Indian woman, from about 1868 to 1875. Dr. Bell's Tonic was sold in a dark amber figural bell-shaped bottle in about 1875.

Probably the best-known antique figural was used by E.G. Booz from about 1858 to 1870. It is an amber log cabin with the name Booz embossed on the top. Since 1931 several reproductions have been made. Booz sold whiskey in the bottles; many taverns had them on their shelves, and customers asked for "Booz," the word still used in bars for whiskey.

Generic figurals were popular bottles in the late 1800s and early 1900s. Probably the best known are violin, pig or fish bottles, all still being made. Some vintage glass bottles that copy a trademark, such as a Butterworth syrup bottle shaped like Mrs. Butterworth or the man representing Poland Springs water made it easy to find the product on the grocery shelf.

Figurals helped make Avon — originally called the California Perfume Company in 1886, changing its name in 1929 — to become a successful cosmetics company with fancy packaging and home sales.

Kovels

The bottle was described in the catalog as one of the most unusual figural bottles they had ever auctioned. It was made about 1890. "Seidel & C./Hoflieferanten/Breslau" is on the base. Auction price with premium, $780.

There was a collecting frenzy from the 1960s to 1980s for the empty, no-longer-made figural bottles. Unfortunately, empty bottles were stolen from the bottle factory and sold to collectors as rare, increasing the supply and lowering both prices and collector interest.

But many other companies had unusual old figurals that still sell for high prices. This very rare 7-inch bottle shaped like a Prussian military helmet was made about 1890 of dark amber glass with a wooden spike and a partial German label. It sold in an online auction by Glass Works Auctions of East Greenville, Pennsylvania, for $780.

• • •

Q: I just bought a solid wood gun display case with working locks and skeleton key. Inside the bottom drawer is a metal tag that says "JB Van Sciver Co." The craftmanship is beautiful. What is the value of this piece?

A: Joseph Bishop Van Sciver founded J.B. Van Sciver Furniture Co. in Camden, New Jersey, in 1881. The company made furniture, clocks, lamps, rugs and draperies. At its peak, it had stores in several cities.

Kovels cont. Pg. 14

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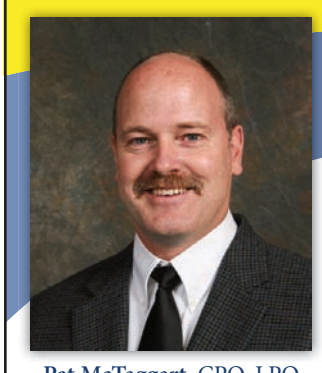

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Non-Stop Acid Reflux? Look at Surgical Options

DEAR DR. ROACH: I am a 78-year-old female who has suffered from acid reflux for many years and has been taking Prilosec (omeprazole) for at least 15 years. I have heard that it is not meant for longtime use. If I don't take it, I have such heartburn I can't sleep and am in misery all day and night. I recently attended a seminar on the new LINX surgery and hope to have it done. Do you have any information on the success of or problems after this surgery? — ***J.B.***

ANSWER: The LINX device is a magnetic ring, placed by laparoscopic surgery, that helps increase the strength of the lower esophageal sphincter, the valve-like muscular structure at the junction of the esophagus and the stomach. This reduces reflux (backward movement) of stomach acid up into the esophagus. The procedure was very effective at reducing both heartburn symptoms (89% before procedure to 12% after) and the need for daily medicines like omeprazole (100% before to 15% after).

The device has not been in use for a very long time, so long-term safety data is unavailable. Some people had to have the devices removed because they eroded into the esophagus, but only 0.3% of devices were removed at four years.

There are other types of surgeries used to treat reflux, most of which are effective at reducing both symptoms and the need for medication. There are now options for treatment being done endoscopically (with an instrument placed through the mouth), without the need even for laparoscopic surgery (with the instrument being placed by small incisions through the skin).

My personal practice is to discuss medication treatments as well as surgical treatments for people with moderate to severe acid reflux. Surgery in younger people may have more benefit by preventing a lifetime of daily medication. People who do not get relief with medication are those who most clearly benefit from these kinds of procedures.

• • •

DEAR DR. ROACH: I am a 90-year-old man. My wife's life was saved in 1952 with Red Cross blood. Since then, I have donated more than 31 gallons of blood. My blood is CMV-negative. They want me to donate more.

I had a CT scan after a fall, and a 1-cm ground-glass nodule was found in my lung. They are going to do another scan in six months to see if it is growing. The Red Cross said if I had cancer I should refrain from donating. What should I do? — ***J.J.B.***

ANSWER: Based on the information you are giving me, it's about 90% likely that this will not be cancer. A repeat scan to see if it is growing is a good idea.

Even in the unlikely event this is cancer, the likelihood of passing cancer cells along in a blood transfusion is very, very small. However, blood banks like the Red Cross are exceedingly careful to maintain a safe blood supply, and waiting six months to donate is safest.

Let me add my thanks to your selfless giving of a precious, life-saving resource — your blood — which is especially valuable to people with immune system disease given the lack of the common pathogen cytomegalovirus, which can cause serious disease in people after cancer chemotherapy.

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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Kovels from Pg. 13

The company went bankrupt in 1983, and production stopped. The remaining stock was sold at a warehouse outlet in 1984. If you just bought your display case, it's worth what you paid for it.

• • •

CURRENT PRICES

Smith Brothers biscuit jar, green & brown ivy, cream ground, square shape, silver lid with finial, bail handle, 7 1/4 inches, $55.

Rudolstadt group, 5 girls holding hands, around well, playing Ring Around the Rosy, pink print dresses, flower band, porcelain, Ernst Bohne Sohne, 6 5/8 inches, $175.

Doll, Vogue, Ginny, Miss 1910, plastic, mohair wig, brown sleep eyes, 5-piece body, blue dotted Swiss dress, snap shoes, 1950, 8 inches, $290.

• • •

TIP: Check the prongs on your diamond and precious stone rings. They do wear down and the stones loosen.

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

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Society of St. Vincent de Paul to host 13th Annual Friends of the Poor® Walk/Run

The Society of St. Vincent de Paul (SVdP), a nonprofit organization that helps our neighbors in need, will sponsor the 13th Annual Friends of the Poor® Walk/Run on Saturday, September 25 to benefit those who are in most need in Dubuque. The event will begin with registration and check in at 8:30 AM at St. Columbkille Catholic Church with the walk scheduled to begin at 9:00 AM.

Our goal this year is to raise $40,000. All proceeds and donations from the event will directly benefit the people in the Dubuque community served by SVdP, and there are no administrative fees associated with the event. Anyone interested in learning more, participating, or making a pledge can visit ***https://www.fopwalk.org/event/2645***. Participants also can make an online pledge.

The event is held each year near the feast day of the Society's patron, St. Vincent de Paul, who ministered the poor in Paris in the 17th century. The walk in each community is designed and run by the St. Vincent de Paul Council in that area. This year's local Walk/Run is being sponsored by the Dubuque SVdP Council.

One of the largest charitable organizations in the world, the Society of St. Vincent de Paul (***www.svdpusa.org***) is an international, nonprofit, Catholic lay organization of more than 800,000 men and women who voluntarily join together to grow spiritually by offering person-to-person service to the needy and suffering in 150 countries on five continents. With the U.S. headquarters in St. Louis, Mo., membership in the United States totals more than 150,000 in 4,400 communities.

SVdP offers a variety of programs and services, including: home visits, housing assistance, disaster relief, job training and placement, food pantries, clothing, and assistance with transportation and utility costs. The Society works to provide care for the sick, the incarcerated and the elderly, as well as prescription medicine. SVdP provides more than $795 million in tangible and in-kind services to those in need, made more than 1.7 million personal visits (homes, hospitals and prisons), and helped approximately 11 million people regardless of race, religion, gender, sexual identity, national origin or any other personal identification.

Lifetime enter from Pg. 9

to participate in – including exercise groups, sewing groups, card clubs, and more. Some activities have resumed on a limited basis. A full activities calendar will be published weekly in the Telegraph Herald once a consistent schedule has been established.

The Community Center and LifeTime Center maintains Hills & Dales' mission of community inclusion by supporting activities for people of all ages and abilities.

Hills & Dales is a Dubuque based non-profit dedicated to building meaningful lives for individuals with disabilities by offering services that support the whole person and enhance community inclusion. To learn more about Hills & Dales programs and employment opportunities, call **563-556-7878** or visit ***www.hillsdales.org***.

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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.

Home Weddings

Suitors keeping steady company on Sunday evenings for two years was a sign that the two might have serious intentions of marriage. The final announcement was kept a perfect secret. Not one of the family would dare divulge the secret that they were having a wedding in the family.

Patch-work comforts were quilted in the heat of an upstairs room lest unexpected visitors would suspect the approaching wedding. Pillows were stuffed with goose and duck down saved from previous butcherings. Dresser scarves were edged with crocheted or tatted edges.

Finally the couple were publicly called - that is - it was announced from the pulpit by the priest or minister. "There is a promise of marriage between (girl's full name) and (boy's full name). If anyone knows of any reason why this marriage should not take place they are bound to make the reason known. This public announcement was made on three Sundays in succession. Never was the intended couple supposed to hear themselves "called" as the term was. Nor were they supposed to be seen at a public gathering, like a dance, until after the marriage was over.

The dowry was set up by both sets of parents of the couple, often a cow and a calf or $100 dollar bill, and the amount was the same in value for each family if possible.

Preparations were in full swing. The whole house took a thorough house cleaning from attic to cellar. New carpets were laid, new curtains hung; woodwork painted, in all it was a complete renovation of the whole household.

All members of the house were arrayed in new clothing. Personal invitations were sent to relatives, neighbors and friends.

The best cook in the country, be it relative or friend, was selected to be chief cook. This did not mean that the cook named had any idea of the quantity of food needed, Her orders were, "Have enough food: better to have twice too much than not enough." Chickens were killed, hams taken from the meat barrels in the cellar and boiled, cakes were made with special attention given to a three tiered white cake for the bride, and a three tiered dark cake (often fruit cake) for the groom. These two cakes were placed on large round cake stands, heirlooms of the families. In all, the preparation of the food, would surpass the Inaugural preparations.

Ice cream was brought in deep gallons of round containers packed with ice. A large cake of ice was put in a tub in the cellar to keep everything cool and appetizing.

Candy and nut baskets were made to match the choice of colors selected by the bride. They held the place tags for seating the guests.

The groom came to the bride's home to take her to church. There were two attendants to witness the marriage. A special choir was given the honor of singing sacred hymns during the ceremony.

• Rubbing alcohol can be used to remove ballpoint-pen ink from most upholstery.

• "Polish wall tiles in the bathroom using car wax. They will repel water really well. Just be sure that you cover the floor before you apply any wax. You do not want to polish your tub, as that is a safety hazard for sure!" — ***M.W. in Missouri***

• If you have wood floors, you might already know about felt furniture pads — the little self-stick felt circles you put on furniture legs to reduce scratches on your floors. You might not know that these same pads can reduce scuff marks that appliances make on countertops. It also makes it easier to scoot around a heavy mixer or other appliances.

• "Check your mower to see if you're cutting your lawn to the optimum height. Generally, cutting grass to 2 1/2 inches will allow it to retain more moisture, requiring less watering, and help shade out weeds, too." — ***O.F. in Alabama***

• Here's a workout tip: Rotate among a few pairs of running shoes to get the best life out of them. Rotating gives them a chance to dry out between wearings, and runners who practice this routine have a 39% lower chance of injury, according to a Luxembourg research firm.

• "If you're looking to save money, don't ignore the dollar store. You can find a lot of personal-care and home-care items there for, well, a dollar. I save quite a bit of money this

Now Here's A Tip cont Pg. 17

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1. Name the first single Lesley Gore ever released.
2. What was the name of the little boy in "Puff, the Magic Dragon"?
3. Which one-hit-wonder girl group released "Sally Go 'Round the Roses"?
4. Who released "The Angels Listened In"?
5. Name the song that contains this lyric: "Love can touch us one time and last for a lifetime, And never let go till we're one."
6. TELEVISION: How many sons did Ben Cartwright have in "Bonanza"?
7. FOOD & DRINK: What is the most popular topping on a pizza?
8. ANIMAL KINGDOM: How many quills does the average porcupine have?
9. HISTORY: Which principal countries made up the Axis powers in World War II?
10. LITERATURE: What is the name of the wizard bank in the "Harry Potter" series?

Answers

1. "It's My Party," in 1963. The song went to No. 1, the only chart topper Gore ever had. She released five singles that year.
2. Little Jackie Paper. The lyrics were originally a poem written by a 19-year-old student. Years later his roommate, Peter Yarrow, of Peter, Paul & Mary, put the words to music.
3. The Jaynetts, 1963. The single's B-side track was the instrumental version of the song.
4. The Crests, in 1959.
5. "My Heart Will Go On," by Celine Dion in 1997. It was on the soundtrack of the movie "Titanic." The film-score composer wanted it as an instrumental, but lyrics were written anyway. Then Celine Dion didn't want to sing it. The song ended up as one of the best-selling singles of all time.

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1. U.S. STATES: What is the state capital of Kansas?
2. ANATOMY: Where is the pinna located in the human body?
3. GEOGRAPHY: What is the English name for the country called Sverige by its people?
4. PSYCHOLOGY: What fear is represented in the condition called heliophobia?
5. MOVIES: Which two films had the most Academy Award nominations without winning any of them?
6. TELEVISION: How many sons did Ben Cartwright have in "Bonanza"?
7. FOOD & DRINK: What is the most popular topping on a pizza?
8. ANIMAL KINGDOM: How many quills does the average porcupine have?
9. HISTORY: Which principal countries made up the Axis powers in World War II?
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Answers

1. Topeka
2. It's the outer ear
3. Sweden
4. Fear of the sun
5. "The Turning Point" and "The Color Purple," both with 11 nominations
6. Three: Adam, Hoss and Little Joe
7. Pepperoni
8. 30,000
9. Japan, Germany and Italy
10. Gringotts

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Now Here's A Tip from Pg. 16

way." — ***R.L. in Texas***

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

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causes everyone's cholesterol to rise. What do you call ice cream on a hot day at the fair? Cream. Adventurous folks embark on hedonistic attempts to eat an entire food stand. Hot foods leave some feeling as if their insides were sunburned. No two snow cones are identical. Kids flossed with cotton candy. The oatmeal stand was quiet. The grease from food was axle deep on the Ferris wheel. What do you do after you have properly overeaten? You get on the Tilt-A-Hurl.

Noisy rides muffled the sounds of parents being frightened to death. There was no roller coaster, just one big drink coaster. Merry-go-rounds were something going around. A sign warned: Your IQ must be this low to go on this ride. Adults consider them horrible rides designed by sadistic people, claiming that in the good old days, the rides were made from matchsticks and rubber bands they'd hoped held together until the end of the ride. The merry-go-round horses with creepy expressions went berserk one year and threw riders all over the fairgrounds. For those who had driven on roads filled with roadwork, the rides weren't that scary.

People asked where the restrooms were. That's a good thing, as the restrooms wouldn't be looking for them. Restrooms had no express lines. Impatient folks mustered enough courage to use porta-potties.

There was a selfie competition at the photo show and amplified music highlighted Deafen Your Neighbors Week. I went into the house of mirrors and ran nose-first into a mirror. I was struck by the resemblance. Classic tractors gathered far afield from their fields. At the grow it and show it, flowers and people bloomed. A butter judge said, "That appeals to my butter judgment."

Bucket of junk art projects amazed me. Participants designed art pieces using scraps of metal, welding ability and creativity. It was magic how they took odds and ends, and created an end without it looking odd.

There were squeals of hellos when young women met. People were as happy to see the fair as the teenyboppers were to see The Beatles on "The Ed Sullivan Show." They enjoyed listening to the racket of other people.

Slick folks running games of chance thought I came in on the noon balloon from Saskatoon or rode in on a load of melons. Both childish and child-like behavior was displayed. Cellphones were deemed as necessary as breathing for fairgoers. A phone is a leash of sorts. Lots of appy people there.

People visit a county fair for different reasons—corn dogs, funnel cakes, chocolate-covered bacon, rides, stage acts, pig racing, livestock or demolition derby. I come to listen to people tell their stories. It's like sitting on a front porch and visiting with everybody and their yellow dogs. It hurt that I didn't remember everyone's name, but the heat of the day roasted me to sweetness.

I won a brown medal after setting a record for stepping on livestock manure.

I won a blue ribbon, too.

It was in the fly attraction competition.

©Al Batt 2021

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

I felt as lucky as Kentucky on a fair day

It was time for me to get my fairs in order.

Don't follow the masses. Sometimes the "m" is silent.

That was the advice I was given years back without asking for it. I ignored it and followed the masses to a county fair. Fairgrounds aren't mediocre coffee. There is something for everyone unless you are someone for whom nothing is good enough. You can find complete gutter systems, potato peelers and a deep-fried picnic on a stick at a county fair.

A county fair is a tie that binds and it smells like memories. It's a source of slack-jawed wonderment that made me feel as lucky as all the lucky people in Kentucky combined.

It was an imperfectly perfect day. People wearing T-shirts reading, "Don't forget my senior citizen discount" walked the fairgrounds with fists full of money. A friend, aided by a cane, tried out his new knees. He was a happy fairgoer on a stick.

No one shows up at a fair well-fed. Someone is making lunch for you at a fair. A fair for the ages and the sausages. Thanks to rides and deep-fried things perched on sticks, a fair is a place where you can both lose and gain a stomach. It's Disneyland for appetites. They do amazing things with sticks. Imagine what they could do with deep-fried items and Tinkertoys. The sticks provide needed fiber. I tried not to get off on the wrong footlong, but walking past all the food stands

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Limit 2
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Radio from the 20th Century

by Bill Zwack

Have Gun – Will Travel was an audio oddity—one of the few radio shows that originated on television. Beginning in the mid-1950's as a Richard Boone TV series, *Have Gun – Will Travel* reversed the trend a few years later and migrated to radio. Like the TV version, it ran on CBS and attracted a fine star for the lead.

The lead was simply Paladin, a western soldier of fortune with an even temper and fast gun. Paladin did the dirty work others wouldn't do for a hefty price. He operated by the same code of the west that made Marshal Dillon tick; often stepped up to the line, but rarely crossed it.

The role went to John Dehner. Noboby could duplicate Boone, and Dehner didn't even try. His interpretation of Paladin was an interesting contrast. Dehner comes across as a new Paladin, slighter of build perhaps, but still dressed in black, still a deadly foe.

The show premiered on CBS November 23, 1958 and ran until November 27, 1960, thus becoming one of the last radio dramas. The script is closely followed by the TV format using the same staccato music and the technique of opening with a small snatch of Paladin dialogue. The dialogue was usually a threat, and Paladin didn't mince words.

When last heard, Paladin was heading back to Boston to claim a $100,000 inheritence. It was an unusual finish to an unusual series — the cowboy riding east into the sunrise. It turned one of the last remaining pages of old time radio.

On AM 1370 KDTH's *Big Broadcast*, which is heard from 6 to midnight on Sundays, you will hear both *Have Gun – Will Travel* and *Gunsmoke*.

Be sure to check the website
TheGoldenViewOnline.com

Down Memory Lane

June 1953 Exerpts From The Pages Of "Dupaco Meating Post" A Newsletter Of The Dubuque Packing Company June 1953

Cutting Floor Veterans

More than forty years continuous service is accounted for by the four young ladies pictured above who are engaged in the highly specialized assignment as loin trimmers on the Cutting Floor. Marie Ney (extreme left) joined the Company December, 1941 and has the longest service record of any woman in the department. Others pictured and their starting dates with the Company are (left to right) Theresa Roussel (1942), Mary Haxmeier (1942) and Donna Amling (1942).

Plant Talk

by Ken Resch

In the Midst of Change

I wonder at the vigor of the 90 somethings still riding bikes, or the equally old spryly working in their gardens. I admire their ability and then become saddened that at 74 I've lost so much of that strength. My head and heart want to prance about the nooks and crannies of the heavenly gardens I once created, but my body lacks the needed stamina. So, we will be moving. For twenty years I have walked the paths I created, nourished the trees and plantings, created a small paradise

I will leave behind the eleven trees planted for our eleven grandchildren. I will leave behind more than fifty hosta varieties inhabiting the shadows of the yard. I will leave behind the tiny bit of paradise I built out upon the City of Asbury flood plain. Over the years, I purchased native plants and posted signs with the plant names for anyone walking through the trail I created. All this and more will be left behind, but the sadness of leaving is not what I wish to share.

We are living in perilous times when physically and verbally attacking ourselves is the daily norm. Many live in fear of what the COVID pandemic is doing beyond the physical aspects. Many more have seen their lives burned to ashes in a matter of hours. None of us are immune to these and other tragic events. So? What to do? Nature, even when destructive and out of control, can be our guide and teacher.

Two years after fires swept through the mountains around Cimarron, New Mexico, I was backpacking with our Boy Scout troop. As we crested the slope and topped the Mesa, we saw the burned remains of the pines that once occupied it. Hiking on we began to see vast carpets of flowers blooming in the rubble and ash, effectively covering the scars of the fire. Nature heals herself.

We plant flowers and trees because we believe in a future. Earth is our home; we owe it our respect. No greater respect can be given than to beautify and care for all that lives upon the earth. Now, I do not know the circumstances of my readers, but I do know that regardless of what they may be, beauty can be a part of each life. A small basket of annuals, a few perennials, some trees, and shrubs, are all within reach if we believe it's important to care for the earth and its future. Nature looks to the future.

Enlist grandchildren to plant, spend a few minutes taking in your flowers, and do whatever is necessary to surround yourself with some natural beauty. We visited several Amish markets this spring and filled our car with baskets of beautiful verbena, petunias, lantana, begonias, and other wonderful mixes of color. All summer we are greeted by so much beauty when we step outside that we always smile and breathe in the heavenly scents of the flowers. Nature gives us beauty.

With Fall coming, it might be good to shop for some mums. They're everywhere and have been since early August—a bit early (like many Halloween candy displays!) since we want to enjoy the blooms well into October. Shop for plants that are just opening their buds, keep the plants evenly watered, don't bake the mums in too much afternoon sun, and you should have color well into freeze. The heady fragrance of the mum is one of my favorite scents and I'm immediately back in Chicago in our tiny backyard smelling the russet red mums my father loved. Nature remembers and shares goodness.

I do not know what lies ahead for Christine and me, but I see it as an adventure. I'm hoping whoever may buy our house will enjoy much of what we will leave behind. More than that, I'm hoping they may allow me to dig up a few plants, maybe a few hostas. Just a little of what we had to take with us as we move forward. It will not be easy to accept I cannot do what I once did out in the yard. It will not be easy to downsize the number of containers filled with flowers. It will not be easy to reduce my time amongst all that I have loved since I first planted a garden as a nine year old. But we will have flowers, and trees, and shrubs; yes, with certainty we will still invite Nature into our new place. Nature brings comfort. Stop and smell the flowers.

The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocations of innocence and delight.

—M.F.K. Fisher

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♠ 10 6 3
♥ A K 8
♦ A K J 6
♣ A 7 3

WEST
♠ J 4
♥ Q 10 9 3
♦ 9 7 5 4
♣ 10 9 2

EAST
♠ A Q 9 8 7 2
♥ J 6
♦ 10 2
♣ K J 8

SOUTH
♠ K 5
♥ 7 5 4 2
♦ Q 8 3
♣ Q 6 5 4

The bidding:

North	East	South	West
1 ♦	1 ♠	Pass	Pass
Dble	Pass	1 NT	Pass
3 NT			

Opening lead — jack of spades.

Assume you've arrived at three notrump on the bidding shown, and West leads the jack of spades. East contributes the nine on the first trick, and you take the king. How would you continue?

At first glance, it seems you are faced with an impossible assignment. You have only eight tricks in view, and the queen of clubs is your sole hope for a ninth. However, there doesn't appear to be any way to score a trick with the queen without conceding a trick to the king first, and if you do, East will run enough spades to set the contract.

But when the deal occurred, South made three notrump, and, what's more, there was nothing the opponents could do about it.

Declarer began by cashing four diamonds, East discarding a club and a heart. Next came the A-K of hearts. East followed to the first heart, but had to discard a spade on the second one in order to protect his king of clubs.

By this time, South had taken seven tricks and the defense none. It was clear from East's discard of a spade that he had relinquished a spade winner in order to guard the club king. East's remaining six cards therefore had to be the A-Q-x-x of spades and doubleton king of clubs.

Accordingly, declarer next led the ten of spades from dummy. East collected four spade tricks, but had to lead a club at the end, allowing South to score the queen and ace and so make his contract.

Note that East could not have escaped the impending endplay by taking the ace of spades at trick one and returning a spade to declarer's king. In that case, South would have proceeded as before, eventually throwing East into the lead with dummy's last spade to achieve the same result.

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by Steve Becker

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Dementia Friendly Community Corner

We are Dementia Friendly

I have gathered information from many resources and shared personal experiences over the years, hoping to shed some light or provide some support. This month, I want to share a simple book list with you. I have read some and skimmed through others. According to Bridgewater, the books listed below are very insightful. If you are searching for resources this would be a great place to start.

Books to Read about Alzheimer's and Dementia for Caregivers

36-Hour Day - Nancy L. Mace and Peter V. Rabins
The 36-Hour Day is continually updated to provide the most up-to-date resources and information for caregivers and families.

Before I Forget: Love, Hope, Help, and Acceptance in Our Fight Against Alzheimer's – B. Smith and Dan Gasby
This story is about how a professional publisher, restaurateur, and wife B. Smith unexpectedly got diagnosed with Alzheimer's at the age of 66.

Creating Moments of Joy Along the Alzheimer's Journey: A Guide for Families and Caregivers – Jolene Brackey
This is a book written to help families remember that there are joyous moments that can still be created after an Alzheimer's diagnosis.

Still Alice – Lisa Genova
Still Alice is a captivating novel about a celebrated Harvard professor who, at the height of her career, got the devastating diagnosis of early onset Alzheimer's disease.

Slow Dancing with a Stranger – Meryl Comer
In this personal journey, Meryl tells the story of her life caring for her husband during his battle with Alzheimer's disease.

Finding Life in the Land of Alzheimer's: One Daughter's Hopeful Story – Lauren Kessler
This book is a compelling narrative of a daughter's journey, caring for her mom as she lives with Alzheimer's disease.

*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 2012

Jerry Eberhardt with grandson, Maury Cohn

Memory # 27 (part I) What A Neighbor Lady Said After Our Longest Game!

This memory is about the longest game we ever played, and, a humorous incident that happened because of that game.

Each season in early September the local newspaper, the Telegraph Herald, sponsored the Dubuque Invitational Baseball Tournament. All games were played at the Dubuque ball park and the best semi-pro clubs from the area participated. Two games were scheduled each tournament night. The first game was at 6 p.m. The second began when the first game ended.

Do you remember, Maury, in memory # 5 when grandpa wrote about "the little town we couldn't find? "It was, (and a sportswriter called it), "mighty little Festina!" The tournament had us scheduled to play Festina in the second game that night. As grandpa remembers, it started a little after 9 p.m. At the end of nine innings the game was tied 1–1. (I think you know, Maury, that a baseball game ends after nine innings unless the score is tied). Well, Maury, this turned out to be the longest game we ever played. As the game continued during the early morning hours people began leaving after every inning. (It was a week night and they had to work the next day!). This game, Maury, lasted 21 innings!! We finally "manufactured" a run in the bottom of the 21st to win it 2–1. There was only a handful of fans remaining when the game ended. I don't recall exactly, but it was after 4 a.m.!

A couple days later, a neighbor lady, whose husband loved baseball, attended all our home games and was one of the few die-hard fans remaining until the game ended, said to me: "You're the cause of my husband staying out very late that night! He came home just in time to meet the milk man at our back door!"

Maury, hope you enjoyed this. Much love, Grandpa

*P.S. In Part II, Maury, Grandpa will explain this in detail!

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Senior News Line
by Matilda Charles

We've Gotten Careless

If you read the news, you know there are serious questions about how well the vaccines we're been taking actually protect against COVID. Especially worrisome is the protection they offer against the Delta variant that's sweeping the world. Those in authority seem to be flipping a coin each day, depending on who you listen to. Some days we can throw caution to the wind and go about our business, and other days we need to continue to beware.

There's talk of going back to the indoor mask mandates, and that's likely one step away from again limiting the number of people allowed in stores at one time, or so I imagine. If those things happen, it won't be like it was in March 2020. Back then we were all scared to death. We'd spread out in the grocery aisles, staying far away from other people. We wore that mask at all times when out and about, and we respected all those 6-foot markers on the floor. We certainly didn't sit down at a restaurant table for four and take off our masks, or head to the gym.

Now, having lived through that whole horrible year, people are tired of it all, and we're eager for a normal life. We think that because so many people have had the vaccination, that surely we'll be safe. I fear that this time, however, if the mask mandates come again, it will be even more dangerous than it was last year, because we've gotten too casual, careless and passive about our safety.

My short to-do list involves buying new masks and more hand sanitizer, renewing my grocery curbside pickup account ... and saying no to an invitation to join a dance group.

How about you? Are you ready for what's likely coming?

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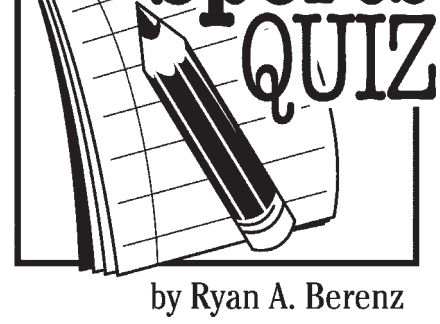

by Ryan A. Berenz

1. Boca Juniors, Independiente, Racing, River Plate and San Lorenzo are soccer clubs competing in what South American country?
2. Name the Chicago Cubs centerfielder who stopped two protesters from burning an American flag in the outfield at Dodger Stadium in April 1976.
3. What team selected Florida State running back Sammie Smith in the first round of the 1989 NFL Draft?
4. Karsten Solheim, who began making putters in his garage in 1959, founded what golf equipment company?
5. What boxer, nicknamed "The Mongoose," held the world light heavyweight title from 1952-62?
6. Before his NFL career, Flozell Adams won the Big Ten Offensive Lineman of the Year in 1997 as a member of what team?
7. What Pittsburgh Pirates first baseman struck a Milwaukee Brewers Famous Racing Sausage mascot with a bat during a game in July 2003?

Answers

1. Argentina.
2. Rick Monday.
3. The Miami Dolphins.
4. PING.
5. Archie Moore.
6. The Michigan State Spartans.
7. Randall Simon.

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From Where I Sit

SPORTS COMMENT

by Gary Dolphin

Voice of the Iowa Hawkeyes

The most watched major league baseball game in the last sixteen years showcased everything that is good about rural Iowa and Dubuque County last Thursday.

A spectacular production thanks to the Fox Network, exhibited the passion for the game and the hospitality of mid-westerners with a rich, lush, green backdrop of Iowa's famous cash crop and the Field Of Dreams movie set just outside Dyersville. All of America got to witness what we natives have known for generations. This is baseball country.

The Dubuque County American Legion team is competing in the World Series as we speak and Charles Comiskey who played, captained and managed a professional club in Dubuque in the late 1800's, has a park named after him on north Jackson street. Comiskey, whose family owned the Chicago White Sox for most of the 20th century, found Hall-of-Fame pitcher and Cascade native Red Faber and had to suspend "Shoeless Joe" Jackson who was at the center of the Black Sox scandal and the aforementioned movie in 1989.

A big thank you to the city of Dyersville and its citizens, Dubuque County, several hundred volunteers, Keith Rahe with the Dubuque Convention and Visitors Bureau, Roman Weinberg and his staff at the Field of Dreams, Law Enforcement and to the fans that were able to secure tickets and fill that beautiful ballpark. The positive economic aftermath will be felt for years to come. Get ready for the rush.

Another smashing baseball success took place August 10th at Veterans Park near Wahlert High School. The Miracle League Park opened. Young and old with special needs now have a diamond of their own along with a field of playground equipment. A four million dollar fundraising effort is ongoing. What I saw that Tuesday was a hundred million dollars worth of laughter, shouts of excitement and well wishes among participants, city and community leaders. Sincere congratulations to MLOD President Merle Santjer, his board of directors and the many others who made this happen. The inaugural all star game between the Sox and Yankees ended in a tie....but everyone was a winner.

Americanisms

"If the path before you is clear, you're probably on someone else's."
— *Joseph Campbell*

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It is easier to fight for one's principles than to live up to them.
—Alfred Adler

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—Homer

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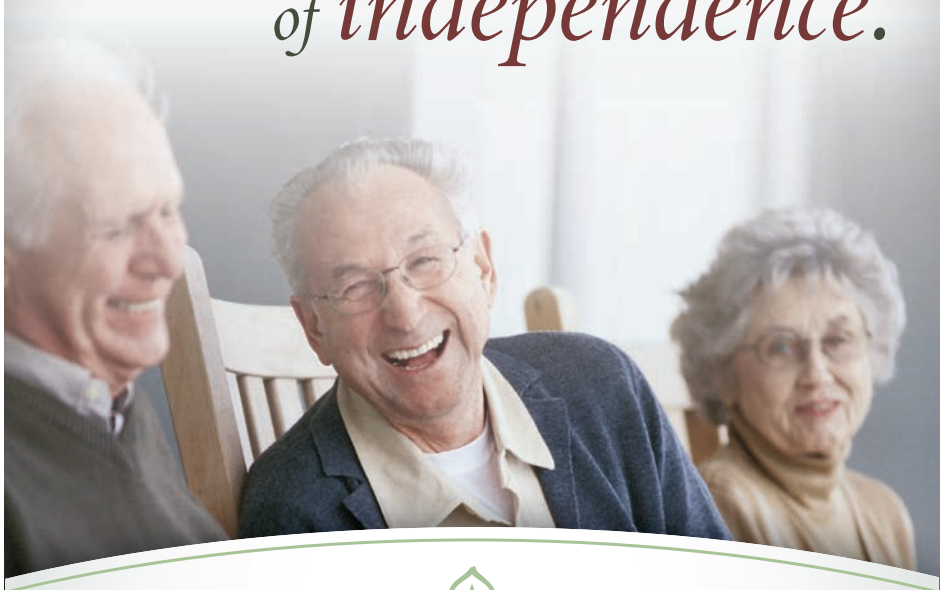
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An Essential!

A compact sometimes called a powder box, or powder case is a cosmetic product. It is usually a small round metal case and contains two or more of the following: a mirror, pressed or loose face powder with a gauze sifter and a powder puff. Compacts date from the early 1900's and gained widespread use by woman as the use of make-up became more mainstream in the 1930's. Compacts became a fashion statement matching trends and gimmicks of the period. Later compacts become a popular souvenir item. The popularity of compacts diminished in the later part of the 1960's as the cosmetics industry created plastic containers that were designed to be disposed of when the product inside was depleted.

The item we sold recently on eBay was made in Italy of very fine silver, and dates to the 1920's or early 30's. The etching is all hand done on a box that has a built-in mirror and space for face powder and hidden inside one corner was a tube that was used for the lady's favorite lip color. This silver box sold for $61.97 on eBay.

VETERANS POST

by Freddy Groves

Exposure Presumptives for Particulate Matter

The Department of Veterans Affairs has created a list of three presumptive conditions related to particulate matter exposure. Specifically, it will now cover asthma, rhinitis and sinusitis, but only if you served in a covered area and had one of those conditions within 10 years of leaving the military.

Locations and dates of service are specific: Afghanistan, Djibouti, Syria and Uzbekistan during the Persian Gulf War, from Sept. 19, 2001 to the present; or the Southwest Asia theater of operations, from Aug. 2, 1990 to the present. It covers Iraq, Kuwait, Saudi Arabia, the neutral zone between Iraq and Saudi Arabia, Bahrain, Qatar, the United Arab Emirates, Oman, the Gulf of Aden, the Gulf of Oman, the Persian Gulf, the Arabian Sea, Red Sea and the airspace above these locations.

With particulate matter exposure, they're talking about the open burn pits, in which there might have been petroleum, munitions, plastics, metal, chemicals, medical and human waste and more. In some cases, however, the exposure was sand, sand and more sand, or smoke from oil-well fires, aircraft exhaust, dust, fuel ... the list goes on. Your exposure, of course, depends on the amount of time you spent there, wind direction and the types of waste.

Check the Burn Pits page (*www.publichealth.va.gov/exposures/burnpits*) and the Exposures page: (*www.publichealth.va.gov/exposures*).

It's said that if you already have a claim in for one of those illnesses, you don't have to do a thing. You'll hear back about a decision. I vote for not waiting. Don't take a chance that somebody will misplace your claim, especially if you have a claim for other conditions as well. Make a call. Or use VA Form 21-526EZ for first claims.

If you ever signed up on the Airborne Hazards and Open Burn Pit Registry (AHOBPR), check to see that you're still on the list. Print out a copy and use that to submit with your claim.

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Good Housekeeping

Smoky Grilled Vegetables

For an irresistible side dish, cut up summer vegetables (onions, peppers, squash, corn, eggplant, plum tomatoes) and toss with olive oil and a clove of crushed garlic. Grill until tender and browned, turning occasionally. Sprinkle with salt and pepper, and serve with lemon wedges.

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

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Comfort foods
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Cute Zucchini Meatloaf Muffins

Even if the men in your family aren't wild about zucchini, they'll go wild over these cute muffin meatloaves.

16 ounces extra-lean ground turkey or beef
1/2 cup plus 1 tablespoon dried fine breadcrumbs
1/4 cup finely chopped onion
3/4 cup shredded unpeeled zucchini
2 teaspoons Italian seasoning
1 cup (one 8-ounce can) tomato sauce
Sugar substitute suitable for baking to equal 1 tablespoon sugar
1/3 cup shredded reduced-fat mozzarella cheese

1. Preheat oven to 375 F. Spray a six-well muffin pan with olive oil-flavored cooking spray.

2. In a large bowl, combine meat, breadcrumbs, onion, zucchini, 1 teaspoon Italian seasoning and 1/2 cup tomato sauce. Mix well to combine. Evenly divide meat mixture between prepared muffin cups and make indentation in the center of each.

3. In a small bowl, combine remaining 1/2 cup tomato sauce, sugar substitute and remaining 1 teaspoon Italian seasoning. Stir in mozzarella cheese. Evenly spoon about 1 tablespoon sauce mixture over top of each "muffin."

4. Bake for 30 to 35 minutes. Place muffin pan on wire rack and let set for 5 minutes. Remove "muffins" from pan and serve at once. Freezes well. Serves 6.

• Each serving equals: 188 calories, 8g fat, 17g protein, 12g carb., 457mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1 Vegetable, 1/2 Starch.

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Onward FINE ARTS CENTER
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Johnny Rodgers
Saturday, Sept. 11, 2021
7PM
The History of Rock & Roll Buddy and Beyond

From Branson to Las Vegas, Rock 'n' Roll showman Johnny Rogers is in the business of bringing yesteryear's music and history of Rock 'n' Roll to life. This show is a crowd-favorite and appeals to just about everyone. Johnny is an outstanding musician, and can pull off guitar licks that would make Jimi Hendrix proud! That's why we say with Johnny Rogers, you get "Buddy and Beyond!" This show covers the 50's, 60's and 70's. A proven crowd favorite that will have you begging for more.

Tickets: $22 (in advance) $25 (at the door).
Students (18 & Under) Tickets: $13 (in advance) $15 (at the door)

Disco Night
Saturday, Oct. 9, 2021
7PM

Fronted by three female vocalists, our show features an amazing horn section, an incredible massive video wall, and handpicked disco hits from artists like Abba, The Bee Gees, Kool And The Gang, Donna Summer, Village People and many more! This show is as much audio & visually stimulating as it is audience involving. It is guaranteed to keep your group engaged and dancing all night. Don't feel like dancing? No worries! The band will do that for you with their fully choreographed show and recognizable dances from the era all while sporting authentic disco era costumes and musical instruments to match!

Tickets: $22 (in advance) $25 (at the door).
Students (18 & Under) Tickets: $13 (in advance) $15 (at the door)

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815
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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.

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

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

Charlie Brown, Eudora, Franklin, Frieda, Linus, Lucy, Marcie, Peggy Jean, Pig-Pen, Rerun, Sally, Schroeder, Shermy, Snoopy, Woodstock

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SUDOKU

by Linda Thistle

	1				9			4
		6		5			3	
9			3			7		
		8			3		4	
	3		6					8
2				4		1		
	7		5					2
		4		6			1	
5					8	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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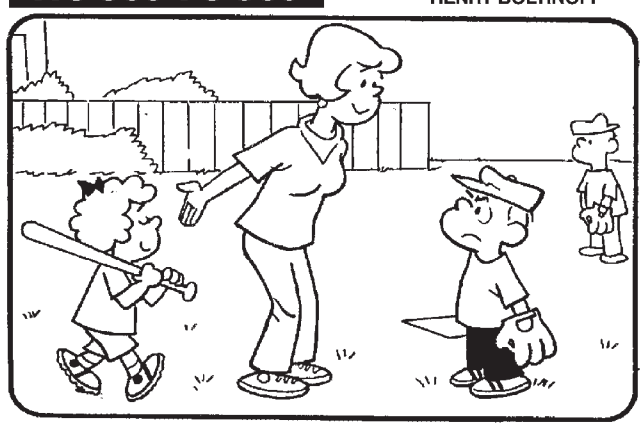
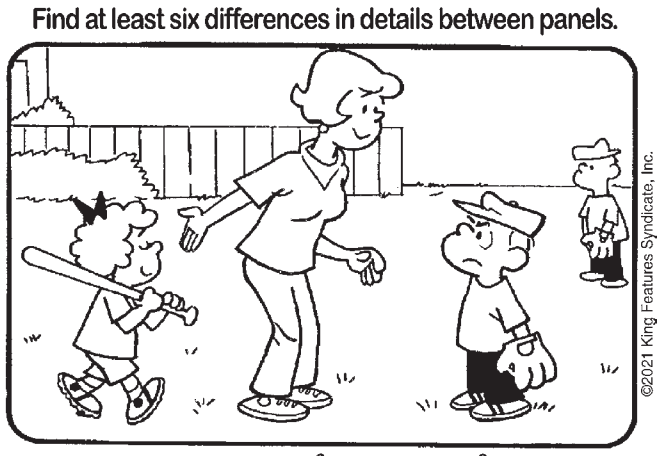
HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



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Differences: 1. Bow is larger. 2. Hedge is missing. 3. Pants are different. 4. Base is missing. 5. Arm is showing. 6. Fence is shorter.

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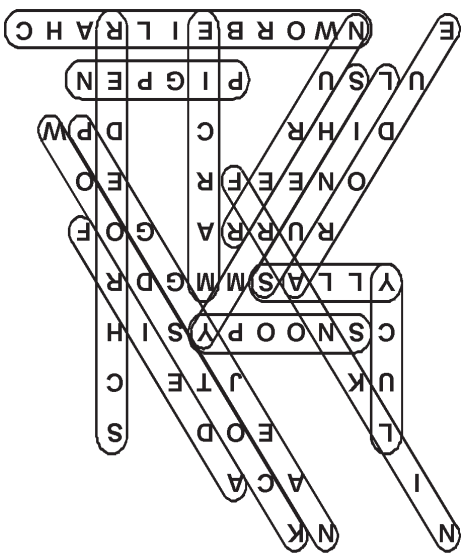
Stickelers Answer

There are 75 blocks in the figure.



"PEANUTS" CHARACTERS

Go Figure! *answers*

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— King Crossword —

Answers

Solution time: 25 mins.

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T	A	D	A		S	I	D	E		T	E	X

SUDOKU *Answer*

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

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