



**Understanding What Hyperbaric Oxygen Can Do for Hearing Loss**

**DEAR DR. ROACH:** I was just diagnosed with sudden sensorineural hearing loss. They gave me a steroid injection into the ear and more steroids by mouth, but they say it's up to me whether I want to try hyperbaric oxygen.

Do you have any opinion on it? How does breathing pure oxygen at 2 atmospheres help anything? Is there some underlying theory to explain why people do this? It seems to me all this accomplishes is that it raises my blood oxygen level from 97% to 100%. How can this help anything? — *D.J.L.*

**ANSWER:** Sudden sensorineural hearing loss is an uncommon condition. It can often be misdiagnosed, and since some people get better on their own, it is sometimes never diagnosed at all.

I suspect there isn't one single cause in all cases as several causes have been proposed, including infections (especially viral), medications and recreational drugs, brain tumors, autoimmune diseases, head trauma, and associations with other diseases. But most cases have no clear underlying cause.

In addition to a careful exam, hearing tests and an MRI of the brain are generally recommended. Early treatment with steroids (either by injection, orally, or both) has been shown to enhance recovery.

In people with more severe hearing loss, hyperbaric oxygen has been shown to improve outcomes compared to steroids alone. It is thought that the high amount of oxygen delivered via the hyperbaric chamber may be able to deliver oxygen to areas of the cochlea that were damaged, but the mechanism of action isn't completely clear.

The benefit of hyperbaric oxygen isn't that it gets your red blood cells more oxygenated. You can't do better than 100%, and 97% is very close to 100%. With hyperbaric oxygen, the fluid of the blood itself carries much more oxygen, which is then dissolved in the plasma — not in the red blood cells. The oxygen in the fluid is 60 times higher with 3 atmospheres of oxygen compared to room air, which is enough to deliver oxygen to your tissues without red blood cells.

Carefully done, the risks of hyperbaric oxygen are small. The high pressure can cause pain and pressure in the ear and sinuses, which can be relieved by equalizing pressure through maneuvers that open the Eustachian tube (such as yawning or swallowing).

While I understand why physicians want to get your opinion on your treatment, it doesn't sound like they gave you enough information to make an informed choice. In my opinion, they should have gone over the risks and benefits, then given you a clear recommendation.

...

**DEAR DR. ROACH:** In a recent column, you stated that the body works to keep blood pH levels steady. My urologist has recommended that I drink baking soda in water to alkalize my urine. Is it true that urine pH levels can be changed even though blood pH levels cannot? — *C.T.*

**ANSWER:** This is true. Your urologist is taking advantage of the fact that your kidneys will excrete the bicarbonate ion into your urine very quickly after you take it in by mouth. (Baking soda is sodium bicarbonate. We sometimes use potassium bicarbonate for this purpose, too.) Your blood pH will stay normal, but the urine pH will go up into the alkaline range.

Kidney stone specialists use this to reduce formation of uric acid stones. Potassium citrate also has the same effect on urine pH levels. With a higher urine pH (even just to 6.5 or 7), uric acid cannot form stones. Long-term treatment with urinary alkalization dramatically decreases stone formation.

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

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**Assisted Living Week from Pg. 1** Friends, family, and anyone in the community is welcome to join us here at River for the meal, followed by live music from 1-3 PM! We hope you can plan to join in the family fun.

Also, mark your calendar for another event, the 2025 Senior Expo will be held on Thursday, September 18, 2024,

from 9:00 AM to Noon at the Dubuque County Fairgrounds Ballroom. This is a wonderful opportunity for you to learn more about senior care in your local communities. There will be over 30 vendors for you to visit and gather information for seniors including legal and health aspects of aging. Admission is Free!



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## VETERANS POST

by Freddy Groves  
**When the punishment isn't enough**

It's most disturbing when one in a position of authority, someone tasked with the specific job of helping veterans, turns out to be a thief. This is what came to light recently when a Veterans Service Representative (VSR) pleaded guilty to stealing money from the very veterans he was supposed to help.

The scammer broke a federal law when he solicited and accepted gratuities for

helping veterans prepare their claims for retroactive disability benefits. He had his hand out for between 10 and 20% of each veteran's benefits after their claims were approved — while he was employed by the VA.

He's scheduled to be sentenced later this year and could get five years in prison, as well as a hefty fine.

Then we have the scammer nailed for identity theft and stalking. By stealing personal information, he was able to stalk victims online and in person, do transactions at their banks, change the routing information for their direct deposits, impersonate them at banks and other places, change their account information — and have their benefits terminated. This criminal could have been given a sentence of 164 years. But no, five years it is. Why is that?

Then we have a former CEO of a Veteran Service Organization (VSO) who scammed money in federal grant funding that had been given to a nonprofit shelter for homeless veterans. He'd submitted multiple applications for the grant funding, claiming it was for counseling services that nobody ever got, and put over a million dollars in his pocket from the VA and a cool half million from the Department of Labor. His punishment could be only 10 years in prison.

Interestingly enough, there is a man with the exact same name in the same location who once claimed to be an investment counselor and had a radio talk show and who went to prison for scamming banks ...

Is he back? Is this what happens when the prison sentences are too short?

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—Abraham Lincoln

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

by Jerry Eberhardt (1924-2017)

*The Best Of Jerry*  
 originally published  
 September 2016



**Jerry Eberhardt with grandson, Maury Cohn**

### “Have You Done This Before?!”

Maury, about twenty years ago, Grandpa’s right shoulder was causing severe pain. As a result, surgery was recommended and it solved the problem. At Mercy Hospital, Dubuque, an excellent and very fine orthopedic surgeon, David Field, M.D., removed a partial disc from my spinal cord and the results were successful. What happened just seconds before the surgery, and the events leading up to it, is the cause of this humorous memory.

In preparing me for surgery I had a pleasant surprise in that I knew the anesthetist, Ken Kernen, assigned to my case. We had a “quick reunion” (it was about ten years since I saw Ken) and while having a light hearted conversation I jokingly said to him: “Has this doctor done this before?!” knowing Dr. Field had a stellar reputation with great experience, etc. Ken immediately, half jokingly, replied, “Why don’t you ask him!” I answered there was no way I’d do that! About that time one of the nurses assigned to my surgical team joined with Ken and urged me to

do it, also. About that time they wheeled me into surgery.

Maury, it was just like a scene out of a movie. Two nurses stood at the left of the operating table and one on the right, while Ken stood directly behind me when Dr. Field walked in, put on his surgical gloves and said, “Jerry, do you have any questions?” Maury, I think it was the “hot dog” in me because I remember quickly thinking should I or shouldn’t I and then thought, here goes, when I answered, “Yes doctor, have you done this before?!” I’ll never forget Dr. Field’s reply which was, “Ken, put this clown to sleep!”

When I was awake after surgery, my friend, Ken, and one of the nurses were at my bedside when they, laughingly, said to me: “You made our day!” Maury, I hope you enjoyed this.

Much love, Grandpa.

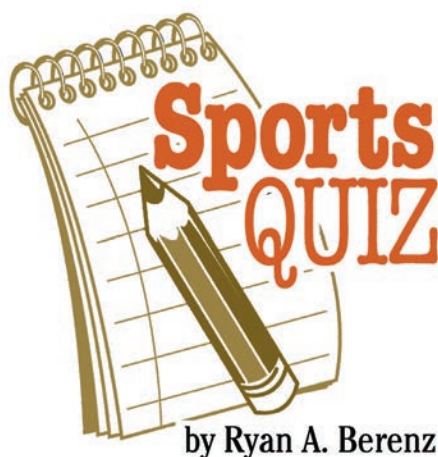
**Al Batt from Pg. 13**  
 turned off after five miles. It was a good deal.

But I didn’t buy it.

There was something about the Mitsubishi Prius that made me uneasy.

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by Ryan A. Berenz

was the title sponsor of NASCAR’s second-tier series from 2008-2014?

5. In road cycling, what French word is used to describe a rider whose primary goal is not to win the race, but to aid the team and its leader?

6. What Federal Prospects Hockey League team based in Athens, Georgia, is named in honor of a song by the new wave band The B-52s?

7. In 1970, what Los Angeles Dodgers player hit a foul ball that struck 14-year-old fan Alan Fish in the head, resulting in Fish’s death four days later?

### Answers

1. Shot put.
2. Canada and the Soviet Union.
3. The San Diego State Aztecs.
4. Nationwide.
5. Domestique (“servant”).
6. The Athens Rock Lobsters.
7. Manny Mota.

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home to Botany Bay, an early British colony?

8. MATH: Who is known as the father of geometry?

9. GENERAL KNOWLEDGE: When did the Great Smoky Mountains National Park open?

10. MYTHOLOGY: What animal did Zeus turn into to kidnap Europa?

### Answers

1. U.S. STATES: Which state is home to the Rock & Roll Hall of Fame?
2. GEOGRAPHY: What is the capital of Saudi Arabia?
3. TELEVISION: Ron Swanson is a character on which sitcom?
4. MOVIES: Who is the villain in the animated film “The Little Mermaid”?
5. SCIENCE: What part of the cell contains genetic material?
6. U.S. PRESIDENTS: Which president established the Peace Corps?
7. HISTORY: Which country is

1. Ohio.
2. Riyadh.
3. “Parks and Recreation.”
4. Ursula.
5. Nucleus.
6. John F. Kennedy.
7. Australia.
8. Euclid.
9. 1940.
10. Bull.

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# Plant Talk

by Ken Resch



## We are the Enemy

I'd like to address a growing concern in the world of plants: human ignorance. Now, I'm not meaning the simple ignorance of not knowing one plant from another; rather, I'm speaking more about a global ignorance of what we are doing to our entire ecosystem. The debate over global warming is beyond ignorance and it's simply stupid to assume human beings have not screwed up the system. Similarly, albeit less obviously, humans have caused a number of shifts in what's occurring globally with nature.

Two simple examples will show what I mean. Emerald Ash Borers have wiped out nearly every Ash tree in Iowa. Few remain standing and we must realize we brought this on ourselves through importation of the insect from Asia. Additionally, we overplanted Green Ash trees because they grew fast. Had we mixed up the varieties of trees, we would not have faced the barren landscape after the Ash trees died.

In another case, Iowa is the world leader—yes world leader—in the production of Eastern Black Walnut. No other state or country can match the board feet of walnut produced in Iowa. Yet, because of the potential for human ignorance, we stand to lose our trees in future generations if we fail to keep the walnut trees growing in a small spot in Arizona out of Iowa. Why? Because a fungus called "thousand cankers disease" attached to those particular trees that, if brought into our state in walnut wood from Arizona, will destroy all our trees. Yet human ignorance will cause people to bring in walnut in trunks or trailers and spread the fungus among our trees. The revenue loss will be in the billions of dollars.

Go online and remove a bit of personal ignorance from your life. Start by doing a search of "Native Iowa Plants" and learn about trees, shrubs, grasses and forbs (flowers) native to our state. Make conscious selections of these natives for your gardens next spring. Natives are simply hands-down hardier and better for our gardens. Next, learn about invasive plants and pests in Iowa. From Garlic Mustard to Purple Loosestrife to Reed Canary Grass, there are many invasive plants and other species like Asian Carp all on the verge of wiping out many of our native species.

Next, if you've not visited the arboretum for more than a year, or ever—GO! It is one of our true gems and the volunteers who put in hours of their time create one of the most inviting places to walk through anywhere in the Midwest. You can learn about various kinds of gardens while also seeing what many of our native species look like. Also, visit the Farmer's Market on a Saturday morning. Again, we have within our city one of the best places to buy fresh produce. Buying locally helps insure we not only support the local economy but it aids in helping us reduce introducing invasive "bugs" into our ecosystem.

Finally, I'd like to suggest you find time, maybe this winter, to look into natural methods for controlling garden pests. From using lady bugs and Praying Mantis to incorporating natural strains of bacillus to kill pesky insects, we can work together to help restore some balance to nature. I fear if we do not take notice soon, we won't have much of an ecosystem. Perhaps this won't occur in my lifetime, but I'm hoping generations of my family will know my name in the family genealogy records I leave behind. I want them to smile as warmly at my "ancient" photograph as I still do at my 19th century ancestors who came here as farmers from Germany during the potato famines. They cared for the land they worked; I am obliged to do the same.

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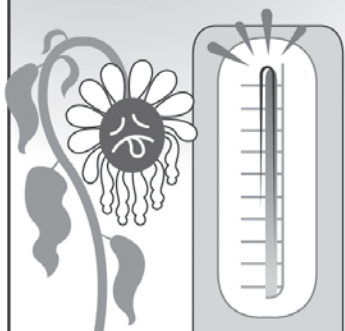
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## The Garden Bug

### Heat exhaustion



Plants have different ways to deal with high temperatures. Some plants reduce the leaf area exposed to the sun by curling their leaves. Other plants let their leaves wilt, but as soon as the sun goes behind a cloud or sets in the evening, the leaves quickly recover. Many plants, especially trees, cannot do this, so they move water to as much of the leaf as possible, and let the outer edge fend for itself. These edges dry into brown sections known as "summer scorch." Flowering annuals may react to the heat by producing fewer flowers. - Brenda Weaver

Sources: [extension.usu.edu](http://extension.usu.edu), [eos.com](http://eos.com)

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# Radio

from the  
20th Century



by Bill Zwack

Eddie "Rochester" Anderson was a favorite character on *The Jack Benny Program* for many years. In fact it is hard to believe that there was a time when Benny did not have Rochester in the cast.

Eddie didn't appear on the show until March 28, 1937, even though Benny had been on the air since 1932. He was originally hired to play the one-time role of a redcap on the Benny program for a storyline of the show traveling from Chicago to California by train, which coincided with the radio show's actual return to NBC's city west in Hollywood after a brief stint in New York. Five weeks after Anderson's first appearance on the Benny show, he was called for another radio role on the show, this time as a waiter in a restaurant serving the cast. The Benny show received a large amount of mail about Anderson's appearances on the radio program. Benny decided to make him part of the cast as his butler and valet, "Rochester Van Jones." Neither Benny nor Anderson could recall how they came up with the name of Rochester for Anderson's character. Anderson always credited Benny for the invention of the Rochester Van Jones name, saying that the name was copyrighted and that Benny later sold the rights to him for a dollar.

Benny's chief problem with Anderson was his frequently being late for the show. Benny attempted to instill punctuality in Anderson by fining him \$50 each time he arrived late at the studio. Anderson was an integral part of the cast even into the television series. He actually had two of his own short lived radio programs. Heart disease claimed the life of Rochester on February 28, 1977 at the Motion Picture Country House and Hospital in Los Angeles.

If you listen to KDTH's Big Broadcast on Sunday nights from 6 to midnight you will hear Rochester at 6:00 pm on *The Jack Benny Program*.

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## Down Memory Lane

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

June 1953

June 1953



DUPACO MEATING POST



JUNE, 1953

Published By  
**Dubuque Packing Company**  
DUBUQUE, IOWA

### 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).

# SENIOR NEWS LINE

by Matilda Charles

## Doing the right thing

How many of us are continuing to do things we feel we should, even if we don't want to?

A neighbor bemoaned the fact that her husband had signed them up for yet another line dancing class at the senior center. "And I don't want to go," she said. "I'm tired of learning new dances. I'd like to just enjoy the ones I already know."

Like many of the people at the senior center, my neighbor and her husband were generally signed up for one or more classes being offered. And to the staff's credit, there is a wide variety of classes to choose from on a rotating basis. We have tech classes, language classes, seated yoga, drawing and painting, Cooking for One, writing your memoir ... and another line dance class. We've been through several and now there's apparently one called Cowboy Hustle.

And my neighbor didn't want to learn it.

Curiosity got the better of me, and one recent day at the

### Holy Spirit from Pg. 1

packages, local entertainment tickets, home décor, family experiences, plus a variety of gift certificates. Check out items on our parish website at [www.holyspiritdbq.org](http://www.holyspiritdbq.org) and Facebook.

The Kids Zone will feature a Bounce House, face painting, temporary tattoos and fun games with prizes. Wheels of chance including a Snack & Candy Wheel, Big Money Wheel and Red White & Green are popular games.

Raffle tickets with cash prizes of \$1,000, \$500, and \$250 are available at the parish office located at 2215 Windsor Ave and will also be sold at the festival. Drawing to be held after the close of the festival on September 7th. Need not be present to win.

The 2nd fall event, the Soup 'R Chili Cookoff will be held at Holy Trinity Church at 1700 Rhomberg Ave. on Saturday, October 4 — 11 a.m. to 3:00 p.m. For the cost of \$10, you can enjoy an unlimited amount of soups & chili prepared by 15-20 local cooks. Additional activities include a bake sale, paddle wheels, fall sale of home décor, garden fruits & vegetables and lunch menu in Terrence Hall. Come for the chili and stay for fun & community conversation.

Bring your family, friends, neighbors, co-workers, kids and grandkids and support your local Catholic parish.

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

senior center I asked the group waiting for a class what they keep doing just because it's the right thing to do. There was a variety of replies:

- Attempting to walk thousands of steps per day.
- Walking the neighbor's dog so she doesn't have to give it up.
- Counting calories.
- Sewing clothes for the grandchildren.
- Eating vegetables every day.
- Taking the mother-in-law out to lunch every Friday.

I saw my "no more line dancing" neighbor again. Maybe he just wants to keep both of you active and healthy, I suggested. And maybe he enjoys doing things with you, I added. She smiled and nodded, acknowledging that her husband was actually a good guy. And I knew that she'd be there learning the Cowboy Hustle alongside her good guy husband.

How about you? What do you keep doing just because it's the right thing to do?

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# Country Tradition Band

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### Scale Model 1/16 White 4-270 Field Boss Farm Toy Tractor



A Tribute to Agricultural Heritage in Miniature Form

The world of scale model tractors is more than just a hobby—it is a living tribute to the enduring legacy of agricultural innovation. Among the most coveted pieces in any collector's trove is the 1/16 scale model of the White 4-270 Field Boss Farm Toy Tractor. Meticulously crafted to mirror the robust lines and formidable presence of its real-life counterpart, this miniature not only sparks the imagination but also serves as a tangible connection to the heartland's farming heritage.

The White 4-270 Field Boss tractor represents a pivotal moment in farming technology. As farms grew larger and more mechanized in the latter half of the 20th century, there arose a need for powerful, reliable equipment that could handle increased workloads. White Farm Equipment responded with the Field Boss series—a

line of tractors that combined muscle, innovation, and operator comfort.

The 4-270 model, with its four-wheel-drive system and nearly 270 horsepower, was especially popular in the Midwest and Great Plains, where vast fields demanded robust machinery. Its impact on farming efficiency and productivity is still remembered fondly by those who worked the land.

For collectors, owning a scale model of the 4-270 Field Boss is a way to honor this legacy. It symbolizes the spirit of invention and the resilience of the farming community. We recently offered this 1/16th scale model for sale on eBay. We allowed 10 days for 5 individual bidders to enter 19 bids with the winning bidder being from Shade Gap, Pennsylvania with their winning bid was \$262.00 with sales tax, and shipping the total was over \$300.00.



1. Where did Depeche Mode get its name?
2. Name the group that released "Candy Girl" in 1963.
3. Which female artist released "Saving All My Love for You"?
4. Who wrote and released "Just Like a Woman"?
5. Name the song that contains this lyric: "I'm the friendly stranger in the black sedan, Oh won't you hop inside my car? I got pictures, got candy, I am a lovable man."

### Answers

1. From a French fashion magazine. The translation

television commercials. itself, however, found success in reached that level again. The song of the song, the group never in 1970. Despite the big success 5. "Vehicle," by Ides of March, 53 seconds. For collectors, owning a scale model of the 4-270 Field Boss is a way to honor this legacy. It symbolizes the spirit of invention and the resilience of the farming community. We recently offered this 1/16th scale model for sale on eBay. We allowed 10 days for 5 individual bidders to enter 19 bids with the winning bidder being from Shade Gap, Pennsylvania with their winning bid was \$262.00 with sales tax, and shipping the total was over \$300.00.

album version was twice as long as the single, at 4 minutes 4. Bob Dylan, in 1966. The Vocal for her performance. a Grammy for Best Female Pop the Hot 100 chart, and she won song was Houston's first to top 3. Whitney Houston, in 1985. The many more. the Prima Donna," as well as in Wonderland" and "Donna, "Denise," "Ruby Baby," "Alice titles were released in 1963: songs with girl names as 2. The Four Seasons. Several in Germany in 1984. I single was "People Are People" "hurried fashion." Their first No. meant "fashion update" or magazine. The translation



**Make Adorable Fall Haystack Cookies with Kids**

We were sitting around the dinner table recently commenting about fall and how much our family loves this time of year. When it came to specifics, we blurted out favorites like football, jumping in raked leaves, crispy apples at the farmer's market, and cooler evenings sleeping under comforters with the window still open. Then a friend who grew up in Indiana chimed in, "Don't forget haystacks!"

If you are a city dweller, you probably don't think of haystacks when images of fall come to mind. But take a leisurely autumn drive into the countryside, and you'll no doubt see haystacks of all shapes and sizes lined up in the farm fields, mile after mile.

Haystacks have been in fields and part of our culture for ages. Young children recite the charming rhyme about "Little Boy Blue" who fell fast asleep under a haystack. French impressionist Claude Monet painted a memorable series of haystacks, and there's also the old expression "it's like finding a needle in a haystack" that comes up in moments of frustration. Now you and your kids can make your own Haystack Cookies in your kitchen in three easy steps to celebrate the harvest season when it comes.

Here are the ingredients for Haystack Cookies:

- 1/4 cup light corn syrup
- 1/4 cup honey
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract



PHOTO CREDIT: Donna Erickson

- 1 cup cornflakes cereal
- 1 cup chow mein noodles
- 1/2 cup chocolate chips

Here's the fun: Let the kids measure and stir together the corn syrup, honey, and peanut butter in a medium saucepan. An adult should then take over and bring the mixture to a boil. Remove from heat and stir in vanilla.

Meanwhile, kids can measure and mix the cornflakes, chow mein noodles, and chocolate chips in a large mixing bowl. An adult should pour the melted peanut butter mixture over the dry ingredients. Stir lightly until completely coated.

When it's cool to the touch, let kids drop the mixture by heaping tablespoons onto a foil-covered baking sheet. Form each one into a haystack shape. Cool in refrigerator until firm.

(Makes approximately 24 haystacks, depending on the size you create.)

**Note:** These cookies freeze well.

"The Grandkids Are Coming!" **Tip:** Take a walk with your grandchild and look upward for nests tucked in bare tree branches. When you return, prepare this recipe, replacing the cornflakes with more chow mein noodles for a total of 2 cups. Shape the cookies into bird's nests instead of haystacks.

...

*Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at [www.donnaerickson.com](http://www.donnaerickson.com).*

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**Rick Lindy and the Jukebox Legends**  
Saturday, Sept. 13, 2025 • 7PM  
*Rick Lindy*  
Jukebox Legends  
Telling historical back stories of the songs and artists and performing all the hits!  
Rick Lindy & the Jukebox Legends are an international touring show band that has toured all over USA, Europe and Canada for over 20 years. Rick Lindy & The Jukebox Legends show performs hits of the legends of the 50's and 60's such as Johnny Cash, Elvis, Roy Orbison, Chuck Berry, Jerry Lee Lewis, Dion and The Belmonts, Buddy Holly, The Beatles and many many more. Rick Lindy is a dynamic, versatile vocalist; he and his dynamic band have performed this most recently all over Texas, Minnesota, South Carolina, Indiana, Wisconsin, Illinois and Iowa. The Band has a great theater act that tells historical back stories of the songs and artists and performs all the hits.  
Tickets: \$25 (in advance) \$28 (at the door). Students (18 & Under) Tickets: \$15 (in advance) \$18 (at the door)

**Comedian Andy Beningo**  
Saturday, Sept. 27, 2025 • 7PM  
With opening act Des Mulrooney  
With over 3,500 career performances, Andy Beningo has established himself as one of the most in demand comedians working today.  
Tickets: \$25 (in advance) \$28 (at the door). Students (18 & Under) Tickets: \$15 (in advance) \$18 (at the door)

**The Ultimate Garth Brooks Tribute**  
Saturday, Oct. 18, 2025 • 7PM  
Guaranteed excitement for all ages!  
Shawn Gerhard's live performance is an unrivaled celebration of Garth Brooks and has ignited crowds across the country. THE ULTIMATE GARTH BROOKS TRIBUTE featuring Shawn Gerhard is a high energy show based out of Nashville and features unparalleled showmanship, top level musicianship, and promises guaranteed excitement for all ages.  
When not touring, Shawn Gerhard is in residence with LEGENDS IN CONCERT in Las Vegas as their 'go-to' Garth Brooks. THE ULTIMATE GARTH BROOKS TRIBUTE featuring Shawn Gerhard is one of the longest continually performing Garth Brooks tribute acts in the world.  
All Tickets: \$35 (in advance) \$40 (at the door).

Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815  
Purchase Tickets online at [www.ohnwardfineartscenter.com](http://www.ohnwardfineartscenter.com)  
Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.

**Holy Spirit Soup 'R Chili Cookoff**  
Holy Trinity Church  
1700 Rhomberg Ave.  
Saturday, October 4 - 11 a.m. to 3:00 p.m.  
For the cost of \$10,  
unlimited amount of soups & chili prepared by 15-20 local cooks.  
Additional activities include a bake sale, paddle wheels, fall sale of home décor, garden fruits & vegetables and lunch menu in Terrence Hall.  
Come for the chili and stay for fun & community conversation.



**Cremer's Cooking Tips**

**Bratwurst Reuben**

**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.

- 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

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

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

- |          |              |                |          |
|----------|--------------|----------------|----------|
| Acadia   | Crater Lake  | Katmai         | Saguaro  |
| Arches   | Denali       | Olympic        | Yosemite |
| Badlands | Glacier      | Redwood        | Zion     |
| Biscayne | Grand Canyon | Rocky Mountain |          |

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**SUDOKU**

by Linda Thistle

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

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.

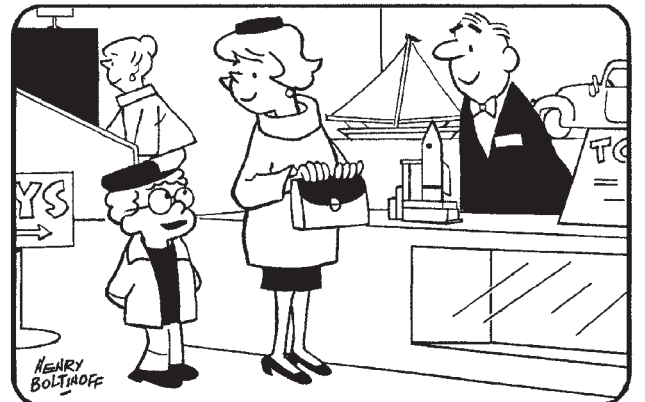
**DIFFICULTY THIS WEEK:** ◆

- ◆ Moderate ◆◆ Challenging  
 ◆◆◆ HOO BOY!

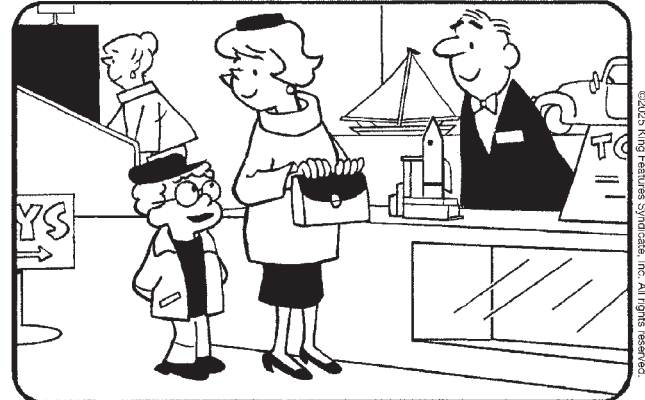
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**HOCUS-FOCUS**

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Leg is longer. 2. Sign is moved. 3. Sailboat is smaller. 4. Skirt is longer. 5. Pocket is added. 6. Boy is moved.

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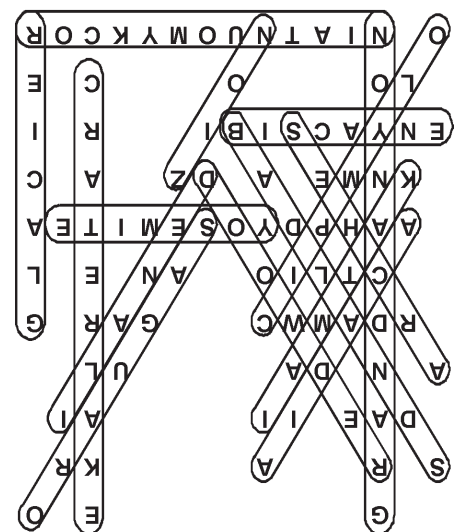
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Go Figure! answers

1	13	89
=	=	=
1 = 1	5 ÷ 1	4 + 1
	÷	÷
5 = 5	2 + 9	6 - 6
	+	+
5 = 5	3 ÷ 7	8 + 8

— King Crossword —

Answers

Solution time: 24 mins.

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

SUDOKU Answer

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

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**Stickelers Answer**

The answer is 41.