



The Golden View

The Community Newspaper For Adults 55 Plus

January, 2024

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Dubuque Celebrates Dr. King's Message

by Mary Ann Konzett



On Monday, January 15, 2024, the 32nd celebration of Dr. King's life is at the Grand River Center, 500 Bell Street, Dubuque, at 7:00 am. The annual breakfast is hosted by faces&voices, local people who believe that seeing the faces and hearing the voices of each citizen will unite us. It

is also supported by the City of Dubuque, Dubuque Schools, and the Community Foundation. Tickets cost \$25 adults, \$10 youth (12 and under).

The message "Martin Luther King, Jr.'s Strength of Soul" will be presented by Ruth Haley
MLK cont. Pg. 6

Ohnward Fine Arts Center Announces 2024 Season

by Rich Hall, Executive Director, Ohnward Fine Arts Center

The Ohnward Fine Arts Center is very excited about our 2024 season! A few of the great acts appearing at the center in 2024 include, on January 27, it's Amy Friedl Stoner — Go Your Own Way, the Music of Fleetwood Mac.

A couple of years ago, I made a trip to Branson MO to check out their entertainment scene. I am happy to announce that I brought to Ohnward a great country and gospel show called Absolutely Country, Definitely Gospel. This show is Saturday, February 17, 2024 at 2:00 PM.

March 23 at 7 PM, get ready for some classic rock as we present Bad Medicine (Bon Jovi Tribute Band) A Full Dose of Bon Jovi with a Supplement of Non Jovi. Bad Medicine has added several "non-Jovi" hits from the same genre, for those longer sets and situations that require a more diverse performance.



Amy Friedl Stoner

Country Music Icon to Bring Intimate, One-Night-Only Experience to Heritage Center

by Stacey Ortman,

Director of Public Information, University of Dubuque



An Evening with Marty Stuart & His Fabulous Superlatives

An Evening with Marty Stuart & His Fabulous Superlatives will bring a country music icon to Dubuque for a one-night-only experience at 8 p.m. Saturday, Jan. 27, 2024, in John and Alice Butler Hall, Heritage Center, University of Dubuque. The

performance is part of the 11th annual Live at Heritage Center Performing Arts Series.

A country music hall of famer, five-time Grammy Award winner, and American Music Awards Lifetime Achievement honoree,
Heritage Center cont. Pg. 9



Carl Acuff Jr.

Other highlighted shows in 2024 include The Neverly Brothers Rock 'n Roll Tribute -From Elvis to the Beatles on Saturday, April 20 at 7:00 PM. The Neverly Brothers are back because YOU wanted them back!

Heartache Tonight the Music of the Eagles is another Ohnward favorite and is returning for their third time on Saturday, May 18, 2024 at 7:00 PM.

The Carl Acuff Jr. Show is Saturday, June 15, 2024 at 2:00 PM. Since 1992 the Carl Acuff Jr. Variety Show band has become an American institution. The 2024 tour proves to be no exception to the rule with a dynamite show, great costuming, music and comedy.

Johnny Rogers — The History of Rock & Roll, Buddy and Beyond on Saturday, July 20 at 7:00 PM. 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 everyone.

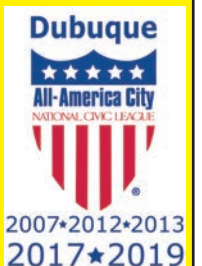
Ohnward cont. Pg. 21



Al Batt.....	Page 17
Bridge.....	Page 13
Bill Zwack.....	Page 20
Kovels® Collecting ...	Page 14
Gary Dolphin.....	Page 19

Jerry Eberhardt	Page 18
Ken Resch.....	Page 15
Michael D. Gibson ..	Page 8
Paw's Corner	Page 5
Sports Quiz	Page 19

S. E. Persinger	Page 6
Social Security	Page 6
Trivia Test	Page 18
Uplifting Moment ...	Page 7
Veterans Post	Page 12



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Wyndham Galena
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January 24 at 11:00 AM

Dubuque, IA

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Renee Snyder,
Medicare Sales Associate



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**The Dubuque Symphony Orchestra presents
Star-Crossed Lovers**



The Dubuque Symphony Orchestra will present an encore performance of *Star-Crossed Lovers*, by popular demand, in its Classics lineup this February. This dramatic retelling of the Romeo and Juliet story debuted in the spring of 2018, to great acclaim.

“This is a truly unique concert experience that is part opera, part play, part concert, and very dramatic,” shares Music Director and Conductor William Intriligator. “It will be so moving to audiences! This is also a really great way to treat your special someone for Valentine’s weekend!”

Shakespeare’s ill-fated romance is retold using a pair of actors and a pair of opera singers—each portraying Romeo and Juliet—handing off the roles to each other, while the orchestra fills out the story with incredible music from Tchaikovsky, Prokofiev, Gounod, Bernstein, and Florence Price.

Sarah Hartmann returns as actor (Juliet) and director in the performances. Dubuque native soprano Megan Gloss returns as Juliet, and tenor Eric Ferring will make his DSO Debut. Ferring made his Metropolitan Opera

debut in the 2021-2022 season. Performances will be held 7:30pm Saturday, February 10 and 2:00 pm Sunday, February 11 at Five Flags Theater, downtown Dubuque. A special Encore Reception, with complementary DSO cont. Pg. 16

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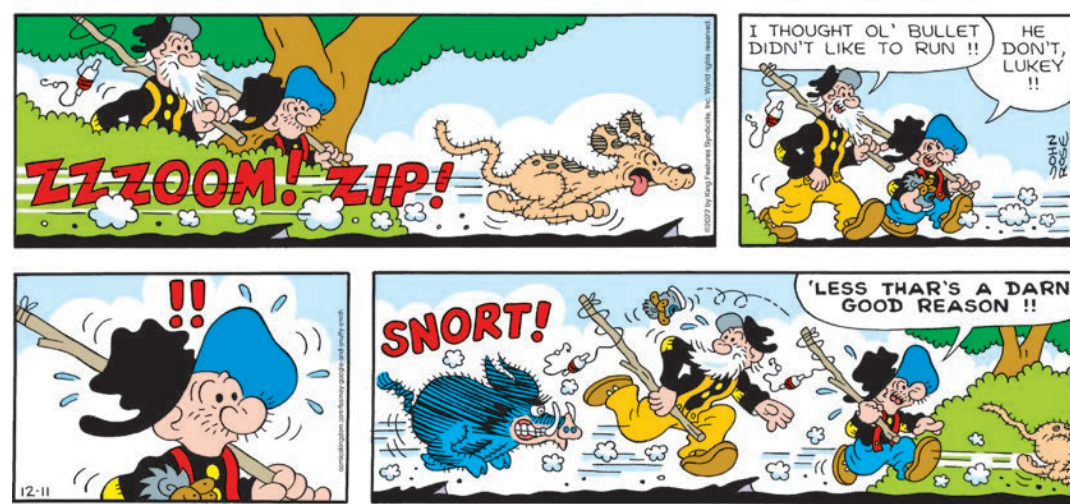
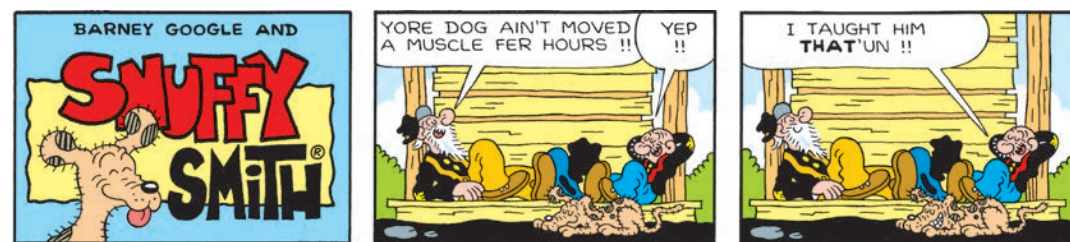
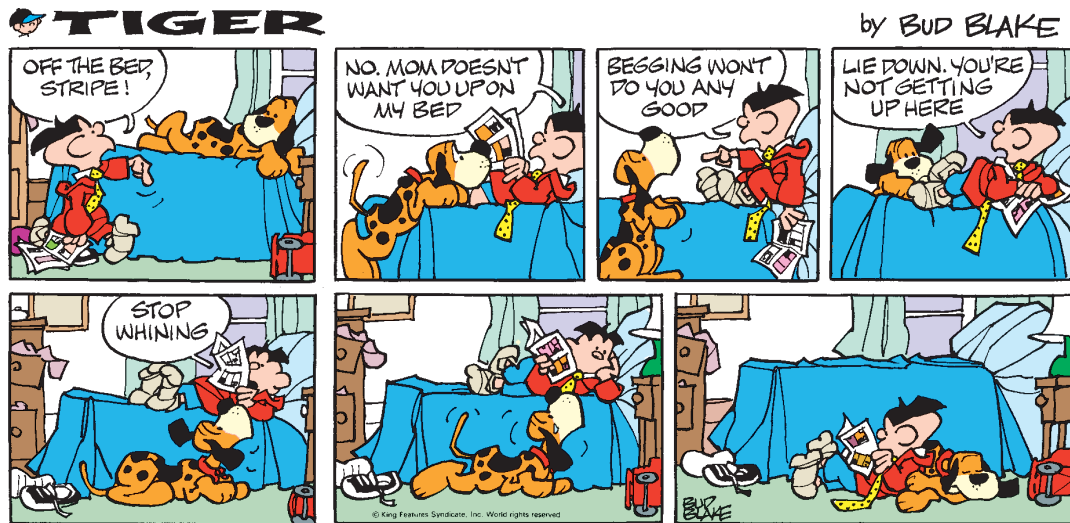
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The Golden View
 P.O. Box 661, Dubuque, IA 52004-0661
 Ph.: 563-845-7586
 E-mail: goldenviewpub@gmail.com
 Website: www.thegoldenviewonline.com
 Publisher: Golden View Publishing, Inc.
 Editor – Bill Beutin
 Graphic Design – Tom McGovern
 Founders: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

	÷		+		6
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DIFFICULTY: ★★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 3 4 4 5 6 7 8 9
 Go Figure! Answer on Pg. 24
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STICKELERS [sic]
 by Terry Stickels

Which of the words below does not belong with the others?

- 1) SPAGHETTI
- 2) PASTTIME
- 3) DUMBELL
- 4) COMMITED
- 5) HARRANGUE

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 "Kapow!"
- 4 British ref. work
- 7 Holler
- 12 Director Spike
- 13 Chemical suffix
- 14 Fall sign
- 15 Nest egg acronym
- 16 Large, luxurious car
- 18 Brooch
- 19 Range
- 20 Collections
- 22 — tear (ragging)
- 23 First lady of scat
- 27 Earth Day mo.
- 29 Transparent
- 31 Dolphins' home
- 34 Traces of smoke
- 35 Agile
- 37 Obtained
- 38 Bygone Peruvian
- 39 Flamenco cheer
- 41 Vacillate
- 45 Quick trip
- 47 Shoe width
- 48 Pungent cheese
- 52 Aachen article

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56								57			58	

- 53 Sports figures?
- 54 Zsa Zsa's sister
- 55 Speck
- 56 Dunkable treat
- 57 River blocker
- 58 Actor Brynner
- 7 Pivot
- 8 That guy's
- 9 Kimono sash
- 10 Samovar
- 11 — kwon do
- 17 Ellipse
- 21 Ballroom dance
- 23 Radiates
- 24 Vinyl records
- 25 Back talk
- 26 Billboards
- 28 Picnic dessert
- 30 — Jima
- 31 Roman 1051
- 32 "There's no — team!"
- 33 "Better Call Saul" network
- 36 Bellow
- 37 Swiss metropolis
- 40 Sledded in the Winter Olympics
- 42 Like a neglected garden
- 43 Vowel group
- 44 Streisand title role
- 45 Equitable
- 46 Streetcar
- 48 Leary's drug
- 49 Jurist Lance
- 50 Fortify
- 51 A/C meas.

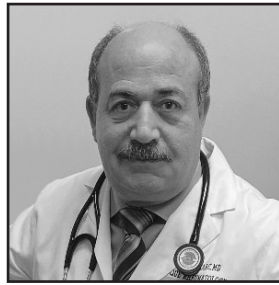
DOWN

- 1 Radar dots
- 2 High nest
- 3 Signified
- 4 Fixes a squeak
- 5 Newspaper chief
- 6 Fiend

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Paw's corner

by Sam Mazzotta

Should Owner Punish a Puppy After Accident?

DEAR PAW'S CORNER: I bought a puppy a few weeks ago who was between 2 to 3 months old. Star is wonderful, and housetraining has been OK. But yesterday, he pooped in the hallway while we were out. My boyfriend says I need to push his nose into the mess and punish him. I don't think that's the right way to train a puppy. What do you think? — *Daria in St. Louis, Missouri*

DEAR DARIA: Your instinct is spot on, and you should trust it more. That's the wrong way to train a puppy. It's aggressive, negative and doesn't teach the puppy anything — except to be afraid.

Young puppies are learning machines, picking up habits quickly — both good and bad. They need to be constantly supervised to keep them safe and to correct them (not punish them) on the spot so they learn what they can and can't do in the household. When they're not supervised, I recommend placing them in a properly sized kennel crate. Think of it as a den for your puppy, a safe spot. Again, not a place to punish him.

Furthermore, puppies need to pee and poo more frequently than adult dogs — about four times daily at Star's age, but sometimes more. It's up to you to make sure their elimination schedule is adequate and that you are there to supervise them. Star couldn't wait for you to get home, so he went in the hallway. That's on you, not on Star.

Clean up the mess (spray with an odor eliminator) and continue your training schedule with Star. And keep following your instincts about the best way to train and correct him.

Readers, how would you respond to the boyfriend's advice?

Tell us at

ask@pawscorner.com.

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COME CHAT

with **ME**

by S. E. Persinger



“Hello. I’m back from my morning coffee and cookie break.” We’ve had our first winter snow and I’m watching the sparrows picking seeds up from the snow-covered feeder. The snow is melting just as fast as it falls from the sky. Actually, the yard is all covered with snow but my driveway is clear. Watching my sparrows scramble for their food reminds me of the times my mother would be hanging out the wash and then come in and tell us children how the sparrows had made their nest in the empty holes in the ends of the metal poles holding the clothes line off the ground.

I’m glad I am living in the modern age and have a clothes’ dryer. I do remember a time when I got tired just watching my mother do her daily house chores. But, you know what? Times haven’t changed much for the birds. They still visit the many bird feeders people put out in their yards and on their patios. I enjoy all year round visitors to my one feeder. I love

the winter months when several pairs of cardinals come and eat at my feeder. The snow is so white and the birds are so red and colorful. The males are a brighter red than the females but they all look beautiful against the freshly fallen white snow.

I must say that when the snow gets really deep and I can’t get to my feeder I just toss the seeds over the fence and they just land atop the mound of snow. And this gets to be comical because my squirrels continue to come in the winter time because I put out nut and fruit seed for them. They are heavier than the birds so they create a hole in the snow that is just right for the birds to get left over seeds. Sometimes when I look out my window I can just see the top of a sparrow’s head as it enjoys a seed or two.

Sometimes there are other birds coming to feed and I love looking out my window to watch them feasting on their winter menu of free food. Years ago we had at least six feeders in our front and back yards, I guess I miss those times but I am happy that I have at least one feeder I can manage to keep filled. “Eat away my little friends. It’s my treat.”

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By Sam Bobrick

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Michelle Bell,
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 Dubuque, Iowa



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MLK from Pg. 1

Barton, author of Strengthening the Soul of Your Leadership from Wheaton, IL. “The fight for justice takes courage, perseverance, and strength of soul. In our time together we will celebrate the life and legacy of Dr. King...and the powerful rhythms that shaped his vision and sustained him in the fight,” says Haley Barton.

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Getting Directions

Using a map app to get directions is not always easy for me. I lived most of my life using a large paper map to get me where I wanted to go. The only complicated part of a paper map was folding it up again after using it, something I never did master. But what I really liked about paper maps was that north was always “up” when you held the map properly. Map apps, most of them anyway, default to “up” (the top of your screen) being the direction you are going. That, for me, is very confusing. I want to know which way is north and south and east and west.

The younger generations who have grown up with map apps, would probably be confused if north was always at the top of their screen; I’ve observed that north, south, east, and west are terms that have very little meaning for many of them. How we read maps is one of the biggest generation gaps!

I have become just tech savvy enough to go into my map app settings and designate north as always being displayed at the top of the screen. This has allowed me to make peace with using a map app.

On a side note, I switched the voice that gives the verbal

directions from female to male, but then the app was always telling me, “I think it’s around here somewhere,” so I switched it back to the female voice. Just kidding. Being retired my wife and I are often together when we travel, so we usually turn off the female voice on the map app; I don’t need two women telling me where to go.

Maps and map apps are great at getting us to take the best route to a geographical destination. But when it comes to navigating all of the non-geographical areas of life we need to look elsewhere for direction.

The most common source for direction that people go to is themselves. Maybe others can give input, but you have to be the master of your own life, so says the prevailing view of how to run your life. But there’s another way, a way that many of us have adopted, and that is to seek to let God guide our lives.

We’re faced with a choice. We can either agree with Frank Sinatra when he sang, “I did it my way” (1969) or with Adelaide Pollard’s phrase from her classic hymn, “Have thine own way, Lord” (1906).

I know that if I don’t want to get lost or go a wrong way in my travels I need to use a map of some kind, whether paper or digital, though nowadays more likely digital. I’ve also come to the conclusion that I want to navigate through life embracing the words of Adelaide Pollard’s song and not that of Frank Sinatra’s.

The Psalmist’s words to God, “Direct me in the path of your commands, for there I find delight.” Psalm 119:35

BIBLE TRIVIA
by Wilson Casey

1. Is the book of 1 Corinthians (KJV) in the Old or New Testament or neither?
2. For not believing his wife would conceive, who was struck mute, not being able to speak? *Gabriel, Zachariah, Joash, Mesha*
3. The Lord’s Prayer, the Beatitudes and the Golden Rule are found in what sermon? *Lamb blood, Agnus, On the mount, Dry bones*

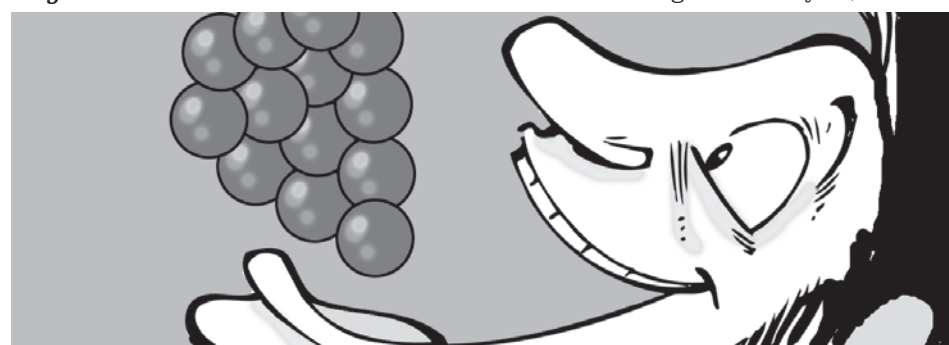
4. According to David, what does God’s spiritual cleansing make us whiter than? *Light, Clouds, Wool, Snow*
5. How many times is the name “Lucifer” mentioned in the Bible (KJV)? *1, 7, 9, 13*
6. From Psalm 19, what do the heavens declare? *Holiness, Glory of God, Creation, Mighty wind*

ANSWERS

(1) New, (2) Zachariah, (3) On the mount, (4) Snow, (5) 1 (Isaiah 14:12), (6) Glory of God

Find expanded trivia online with Wilson Casey at www.patreon.com/triviaguy. **FREE TRIAL!**

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The people of Portugal and Spain will often eat 12 grapes from a bunch just as the clock strikes 12 midnight on New Year’s Eve. This tradition is said to ensure 12 happy months in the coming year.

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THE ILLUSTRATED BIBLE



But you, Bethlehem Ephrathah, though you are little among the thousands of Judah, yet out of you shall come forth to Me The One to be Ruler in Israel, whose goings forth are from of old, from everlasting.

MICAH 5:2

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YESTERDAY AND TODAY
 BY MICHAEL GIBSON



On April 22, 1951 the Mississippi River crested in Dubuque at 22.7 ft. This is a view of the corner of 4th & Central looking east. The Page Hotel (75 E. 4th St) was built in 1884 and designed by local architect Fridolin Heer. It originally had fifty-two rooms (later 75), several apartments, a dining room, and two tap rooms. Miller's Tavern (later Corner Tavern) is also seen in the photo. Karigan's Restaurant (1942-72, later Sfikas 1972-2004, and now Sunshine) stands on the corner across the street. (Photo courtesy of the Loras College, Center for Dubuque History OHE p110 Neg. 5633).

Yesterday & Today cont. Pg. 9

Eagle Point Park Season Passes Now Available


2024 season passes to Eagle Point Park are now available for purchase. Season passes provide unlimited vehicle access into the park from the first Saturday in May through the fourth Sunday in October.

Season passes to Eagle Point Park begin at just \$5 for senior citizens and low-income residents. Low-income residents will be required to present a Title 19 or WIC card to qualify. Passes for Dubuque residents cost \$10 and require proof of residency via a driver's license or utility bill. Passes for non-Dubuque residents cost \$15.

Season passes are available for purchase at the Leisure Services Department, located at 1157 Central Ave. The office is open Monday - Thursday, 9 a.m. to 6 p.m. and Friday, 9 a.m. to 5 p.m.

Eagle Point Park is one of the most outstanding parks in the Midwest, offering stunning views of the Mississippi River and Lock and Dam Number 11. The 164-acre park has been one of the jewels of Dubuque's parks system since its inception in 1908. Frank Lloyd Wright-inspired landscaping and pavilions were added in the 1930s. The use of native construction materials in the structures makes the park one of the most visually unique in the region.

More information about the Eagle Point Park season passes is available by visiting www.cityofdubuque.org/EaglePointPark or by calling the Leisure Services Department at (563) 589-4263.

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Americanisms



“We sleep peacefully at night, cradled by the big strong hands of America.”
 — Val Saintsbury

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Americanisms



“I firmly believe you should never spend your time being the former anything.”
 — Condoleeza Rice

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Yesterday & Today from Pg. 8

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



After eighty four years in business, the Page Hotel was sold in the late 1960s to the City for and demolished as it stood in the way of the planned north-south expressway. The Corner Tap was later demolished for the same reason. But the popular Sunshine Restaurant remains on the same corner where a restaurant has existed since 1890 when it was known as Jungles and Bade. (Photo by Terry Grant).

Heritage Center from Pg. 1

Marty Stuart knows a thing or two about standing the test of time. He landed his first big gig in Lester Flatts' band at 13-years-old, and, by 21, he was working on the road and in the studio with Johnny Cash. It wasn't long before Nashville recognized Stuart as a star in his own right. Over the course of his 40-plus years as a country and bluegrass solo artist, Stuart has released over 20 major label albums and scored platinum sales, hit singles, and just about every honor the industry could bestow.

Known for his traditional style and eclectic combination of rockabilly, honky-tonk, and traditional country music, Stuart is considered one of the genre's most historically minded "new" traditionalists.

Tickets for An Evening with Marty Stuart & His Fabulous Superlatives may be purchased by visiting the Farber Box Office, Heritage Center, 2255

Bennett Street; by calling 563.585.7469; or by visiting www.dbq.edu/heritagecenter. Patrons are encouraged to purchase tickets online for reduced ticket handling fees.

A \$200 Big Chief VIP Package Special is limited to the first 40 people who purchase the special VIP experience tickets. It includes admission to a private pre-show event featuring a two-song performance by Marty Stuart & His Fabulous Superlatives along with a Q&A storytelling session, a VIP laminate and lanyard, crowd-free merchandise shopping, and an exclusive signed VIP poster. The experience will begin approximately one hour prior to doors opening.

The Farber Box Office is open 11 a.m. to 2 p.m. Monday through Friday and 90 minutes prior to events. Country Music Icon to Bring Intimate, One-Night-Only Experience to Heritage Center.



Marty Stuart



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²The qualification cycle (monthly statement cycle) ends on the fourth Wednesday of each month. On this day, transaction counts are finalized and interest is paid. Transactions that have posted and cleared are no longer in pending status. Any transactions pending when the Power Checking qualification cycle ends will not be included in the current cycle. A \$3.00 charge is assessed for paper statements.



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**Strategies to Help When Cooking
for One or Two**

Prepare Semi-Homemade Meals. Semi-homemade is a combination of packaged foods and unprocessed foods. For example, mix frozen stir fry vegetables with canned chicken and instant rice. For a one-bowl meal, prepare a box of macaroni and cheese, add frozen vegetables and lean protein.

Use Canned and Frozen Food. Choosing canned or frozen food is a quick addition to any meal, they provide smaller portions, have a longer shelf life, and reduce food waste. Use canned chicken in a chicken salad sandwich or prepare frozen veggies by microwaving them.

Choose Simple Recipes. You can make delicious meals with just 5 ingredients. Simple recipes are easier to prepare and take less time.

Cut Recipes in Half. Cutting a large recipe in half is a great way to make cooking and preparation easier.

Enjoy Leftovers. Cook once and enjoy a second meal later by freezing leftovers. Our Spend Smart Eat Smart recipes tab has a whole section on recipes that freeze well!

Meatloaf in a Mug

Serving Size: 1 meatloaf Serves: 1

Ingredients:

- 1/4 pound lean ground beef (85% lean or leaner)**
- 2 tablespoons oatmeal**
- 1 tablespoon ketchup**
- 2 teaspoons nonfat milk**
- 1 teaspoon dry onion mix**

Directions:

- Spray microwave-safe mug with cooking spray.

- Combine all ingredients and stir to mix.

- Pat beef mixture into mug. Make a small hole in center, all the way to the bottom. Wash hands again.

- Microwave on high (100%) for 3 minutes or until reaches 160°F.

Tips: Cooking time will increase if more than one meatloaf is placed in the microwave at a time. Leftover dry onion mix can be used to season baked or microwaved vegetables.

Nutrition information per serving: 270 calories, 12g total fat, 4.5g saturated fat, 0.5g trans-fat, 75mg cholesterol, 360mg sodium, 14g total carbohydrate, 1g fiber, 5g sugar, 25g protein

Recipe Source: Spend Smart Eat Smart,
<https://spendsmart.extension.iastate.edu/recipes/>



According to the National Fire Protection Association, "On average, 21 home candle fires are reported each day." And over a 5-year period, 37% of home candle fires started in bedrooms which resulted in 40% of associated deaths and 49% of associated injuries (NFPA). Candles may look innocent enough but if used incorrectly they can pose a big threat. Here are some tips on using candles safely.

The first way to use candles safely is to use flameless candles. Many flameless candles look and smell like the real thing but without the danger. However, if this is not an option then make sure that candles are always 12 inches away from anything that can burn. Having combustibles nearby increases the potential for a fire starting. According to the NFPA, more than half of all candle fires start when things that can burn are too close to the candle. Always place candle holders on a sturdy surface. Make sure to never have a candle burning anywhere near where a child or a pet could reach it.

Never burn candles in bedrooms or other areas of the home where people may fall asleep. Make sure to blow candles out whenever you are going to be leaving a room. When burning candles, don't allow a candle to burn all the way down to the holder. Put it out before it reaches the bottom of the holder.

If there is medical oxygen in use in the home do not use candles or other lighting materials. Always make sure you have working smoke alarms in the home as well. Smoke alarms should be placed in each bedroom or sleeping area, in the hallway outside the sleeping areas and at least one on every floor of the home. They should be less than 10 years old and should be tested regularly with batteries changed at least once a year. In the event of loss of power in the home, never use candles to see, use flashlights or another light source.

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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Fatal Episodes of VFib Require an AICD Implant

DEAR DR. ROACH: I'm an 88-year-old female who has been diagnosed with ventricular fibrillation (VFib). My cardiac electrophysiologist, who implanted a conventional pacemaker four years ago, has noticed several episodes of VFib (up to 30 seconds, read via a bedside monitor). They recommend replacing the current pacemaker with a combo pacemaker and defibrillator. I wonder about the history/success of this device. — **C.R.**

ANSWER: Most people have heard about atrial fibrillation (AFib), which is a common, chaotic electrical condition of the top chambers of the heart. Without regular electrical input from the atria to the ventricles, the ventricles beat irregularly, but blood flow from the heart still remains adequate. By contrast, VFib is a chaotic movement of the lower chambers, and the heart does not pump blood during VFib.

Within a short time, 10 to 30 seconds at most, the brain will not have enough oxygen to keep you conscious. Unless VFib is rapidly treated or stops by itself (which is rare, but happened to you), VFib is fatal.

A survivor of VFib definitely benefits from an automatic implantable cardioverter-defibrillator (AICD). Nowadays,

they also have the ability to act as a pacemaker; they recognize and immediately provide a shock during episodes of VFib.

AICDs first became available when I was in medical school during the 1980s, but current models are a huge improvement since they are smaller and last longer. The evidence is strong that people at a high risk for a "malignant" arrhythmia like VFib live longer with an AICD than those who are only treated with anti-arrhythmic drugs. The rate of sudden cardiac death is reduced by about 50%. You are very lucky and should get this recommended device as soon as possible. They are common and effective.

DEAR DR. ROACH: Last year, my thyroxine (T4) level was abnormally high (12.2 mcg/dL). I ignored it, as it was slightly over the normal range of 4.5-12 mcg/dL. Six months later, it increased to 12.4 mcg/dL. Should I be concerned? My thyroid-stimulating hormone (TSH) level was normal both times. — **J.M.**

ANSWER: Although many people with abnormal blood results are perfectly healthy, the more abnormal a test result is, the more likely it represents something wrong. In your case, you are correct that the readings are just outside of the normal range. But because it is persistent, it's worthwhile to get additional information.

Most importantly, were you having symptoms that made your doctor concerned about whether you might have a thyroid issue? Many people with high levels of thyroxine have excess energy, sweating, weight loss, tremors, anxiety and heat intolerance.

Next, do you have any other tests that might help support or reject the possibility of thyroid disease? In your case, it's the TSH level. A high TSH level

To Your Good Health cont. Pg. 17

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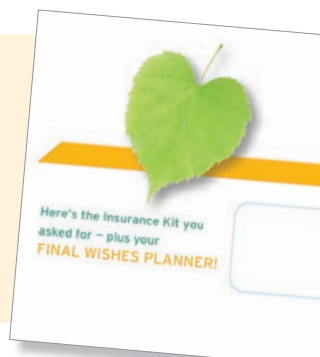
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SENIOR NEWS LINE

by Matilda Charles

Expired Items in the House

Remember that bottle of antibacterial hand soap you tucked into the back of the cabinet when the Covid pandemic first started? People were in a panic and shelves were running low on so many things ... including that hand soap.

Perhaps you grabbed two — one to use and one to keep for a spare, just in case. Meanwhile, as you needed another one, you bought it and kept that spare in the cabinet.

If that bottle is still there, it's likely expired.

Antibacterial hand soap is one of those things with an expiration, or at least a lot code that will indicate when it was manufactured.

Quite a few things seems to have a shelf life of 2-3 years before expiration, which means that if you bought them at the beginning of the pandemic, they're likely expired. The reason

they go bad is that one or more of the ingredients doesn't hold up over time.

We're used to looking for expiration dates on food, but hand soap ... who knew?

The list of household products that can expire is long. Hand sanitizers, shampoo, hand lotion, toothpaste, mouthwash, hydrogen peroxide, bleach, bug spray, deodorant, bar soap, dish detergent, and so many more.

There are a few places online where you can put in the brands of the items you want to check as well as the lot codes. The codes are tricky (you'll likely need a magnifying glass). One example I have on hand is NL03333L60; another is 05252JU36. Don't use the bar code. You'll need to hunt on the container for the actual manufacturer, not just the product name. The lot number might be etched on the bottom or sides of the container. Holding it up to a lamp helps you spot the number.

Confusing? Yes, it is.

Two places to check for expiration of hundreds of items are checkexp.com and checkcosmetic.net. If in doubt, call the manufacturer.

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VETERANS POST

by Freddy Groves

How's It Going? No, I Mean Really. How Are You?

Here we are in the middle of winter with the shorter days, the lower temps and depending where we are, snow and ice on the sidewalk and roads, holiday stresses ...

Some of us aren't doing well. We've been faking it through the holidays, smiling and greeting people, but deep down inside we know: We're not OK. Whether we're in a funk, sad, dispirited, depressed, hopeless, anxious ... call it what you will, but some of us just are not OK.

With the new year we have the opportunity to resolve to change that and have a better 2024. The Department of Veterans Affairs stands ready to help us. All it takes to start is a phone call.

A first step might be calling the **Veterans Crisis Line** anytime day or night: Just dial 988 and press 1. Or you can text 838255. The voice on the other end is likely to be a veteran's, specially trained. It's free and confidential. These responders can hook you up with the resources you need to get help.

To get a little more info, go online to VeteransCrisisLine.net. Under the "Resources and Support" dropdown menu, select "Local Resources." There you can search for local veteran's help near you. You can also find local VA resources at www.va.gov/directory/guide/allstate.asp.

To get info over the phone, call 800-273-8255 and press 1. If you have hearing loss, the TTY number is 800-799-4889.

If you happen to be active duty and you're overseas, there's still help for you. Go to VeteransCrisisLine.net and click on "How We Help," then select "Military Crisis Line." You'll see a list of direct free phone numbers depending where you are: Europe, Korea, Philippines or Afghanistan. Or you can call the original **Crisis Line** if outside of the U.S.: 800-273-8255 and press 1.

Remember: You can always walk directly into a VA medical center day or night.

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