



# The Golden View

The Community Newspaper For Adults 55 Plus

April, 2023

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: [www.thegoldenviewonline.com](http://www.thegoldenviewonline.com)

## Bask in the Dubuque Chorale's Hues of Harmony

by Danielle Phillips



Dr. Amanda Huntleigh conducting the Dubuque Chorale during the 50th Anniversary Concert

Does sound have a color? What about music? When you listen to your favorite song, does it bring a particular shade to mind? If it does, it probably won't surprise you to learn that the concepts of music and color have been intertwined for centuries. In fact, according to Dubuque Chorale Artistic Director Dr. Amanda Huntleigh, "Color and music are actually very closely connected because they both surpass words, so when [they're] trying to describe emotions, oftentimes people use color metaphors or they use musical metaphors."

In an effort to further explore this correlation between music and color, the Dubuque Chorale, their chamber choir Cadenza, and both of the Dubuque Chorale Children's Choirs present their spring concert, *Hues of Harmony*. Dr. Huntleigh continues: "In this program, we're focusing on color metaphors within music. The whole first section is dealing with

poetry that evokes imagery that uses color to evoke an emotion or an idea."

While the first half of the concert will feature the adult choirs and focus on classical settings of colorful poems, the second section will highlight the children's choirs, the Legati Singers and the Staccati Singers, whose selections include pop favorites that use color metaphors to express ideas of unity and connection. "My favorite piece that I will be directing...is 'Colors of the Wind' [from Disney's Pocahontas]," said Staccati Singers Conductor Victoria Bausman. "I have always loved this song's melody and message. It beautifully brings together the theme of our concert—color in music and life. The melodic contour of the piece takes you on a journey all while empowering people to love our world and its inhabitants for who they are."

Dubuque Chorale cont. Pg. 3



Than Chesher and the Dubuque Chorale perform at Steeple Square

## Volunteer Service Integral to Stonehill Communities

by Christel Tatro, Stonehill Communities Marketing Coordinator



Volunteer Kathy Arthofer brings her dog Roxy to visit residents

The value of an hour of volunteer service may come in at a national average of \$28.54, but Stonehill Communities knows that the true value of volunteer service is immeasurable.

Over the last year, more than 50 unique individuals gave freely of their time and talents to make a difference in the lives of those served by Stonehill and their community. Their service included: escorting residents to internal and external appointments; distributing communion; playing music at daily Mass; conducting art classes; assisting with birthday parties and other celebrations; providing nail care; offering lectures, presentations, and musical performances; serving on governing and advisory boards

and committees; managing the gift shop; holiday decorating; and more.

"Most of our volunteers are here once a week, for a couple hours," said Lori Pottebaum, Volunteer Coordinator, "But those hours add up and really help Stonehill."

Pearl Stecher has been a volunteer at Stonehill for more than 10 years, visiting once a week to provide nail care for the residents. "I like getting out of the house and the people are nice. It makes you feel good," said Stecher.

In a time when nearly all non-profits are faced with workforce challenges, volunteers help ensure residents continue to receive not only high quality healthcare, but also the social,

Stonehill cont. Pg. 3



Wahlert students volunteer in the Caregiver Resource Center over J-Term

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The Dubuque Chorale Children's Choirs, conducted by Karmella Sellers and Victoria Bausman

Dubuque Chorale from Pg. 1

Hues of Harmony will be performed at 7:00 pm on Saturday, May 6, and at 2:00 pm on Sunday, May 7, at Westminster Presbyterian

Church, 2155 University Ave, Dubuque. There is no charge for admission; freewill donations will be accepted. For further details, visit dubuquechorale.org.

Stonehill from Pg. 1

spiritual, and educational opportunities that are an essential part of life. They offer friendly faces, helping hands, and kind words.

Blake Riffel, a Seminarian at Loras College, does just that, visiting with residents, offering companionship and a listening ear, and praying with them as a part of his training.

"I think I've been formed more than forming residents - helping with discipleship, praying with people, and growing in my priestly role. I think I've gotten a lot more out my time with the residents than anything I could

offer them."

Stonehill is looking to grow its volunteer program. Volunteer opportunities range from daily, weekly, or monthly to one-time events.

"If someone is interested in volunteering, we encourage them to reach out. There is an opportunity to fit everyone's needs, skills, and schedule," said Pottebaum.

To learn more about volunteering at Stonehill Communities, call Lori Pottebaum, Volunteer Coordinator at 563.557.7180 or visit www.stonehilldbq.com/volunteer/



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Directed by Dr. Amanda Huntleigh, Karmella Sellers, Victoria Bausman, and Than Chesher

the dubuque chorale presents

HUES OF HARMONY



Saturday, May 6, 7:00 PM // Sunday, May 7, 2:00 PM

Westminster Presbyterian Church, 2155 University Ave, Dubuque, IA

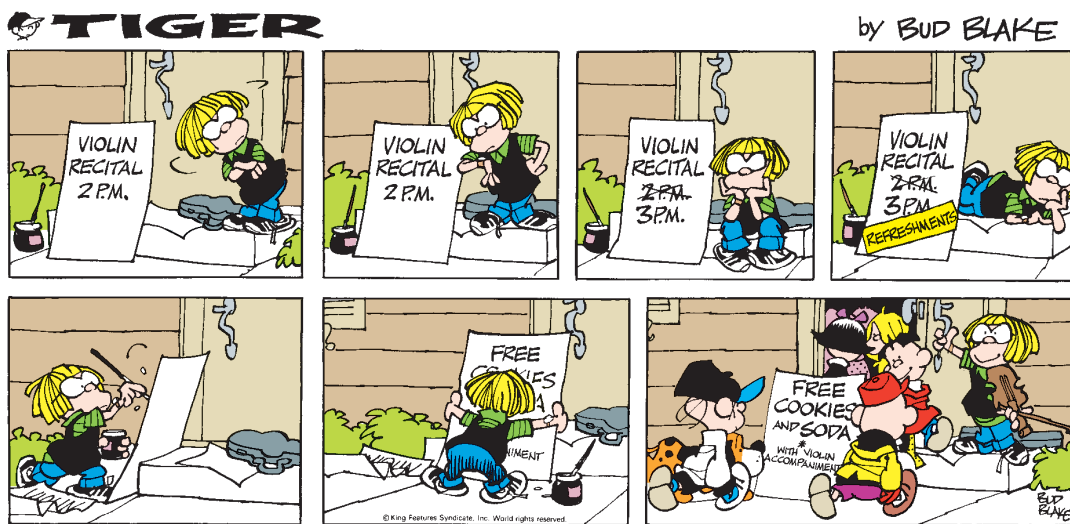
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**The Golden View**  
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S.E. Persinger	Phyllis Zalenski	Jerry Eberhardt
Ken Resch	Danielle Day	Rev. David J. Claassen
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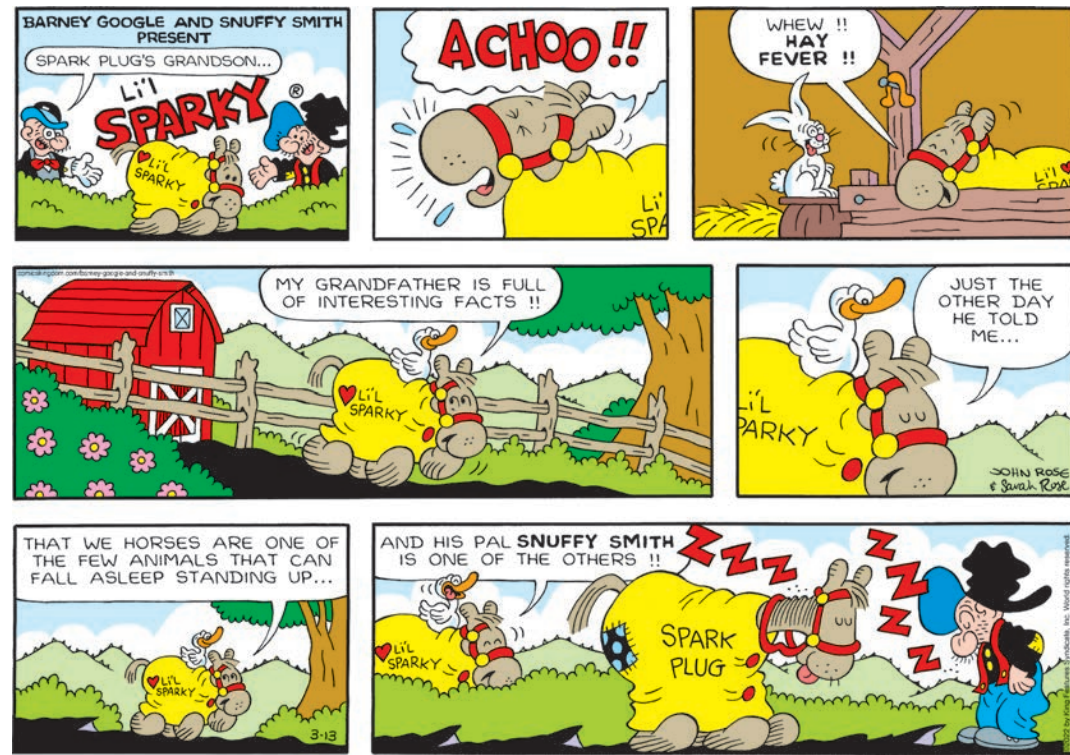
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**GO FIGURE!** by Linda Thistle

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.

	÷		+		4
×		+		×	
	-		×		10
-		+		-	
	-		×		2
9		13		3	

1 1 2 3 4 5 6 8 9  
 Go Figure! Answer on Pg. 24  
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**DIFFICULTY: ★★**  
 ★ Moderate ★★ Difficult  
 ★★★ GO FIGURE!

**STICKELERS** [sic].  
 by Terry Stickels

Match the words on the left with their respective meanings on the right.

1. canard	a. leadership,
2. draconian	predominance
3. moil	b. work hard
4. hegemony	c. changeable in
5. protean	shape or form
	d. a falsehood
	e. rigid, severe

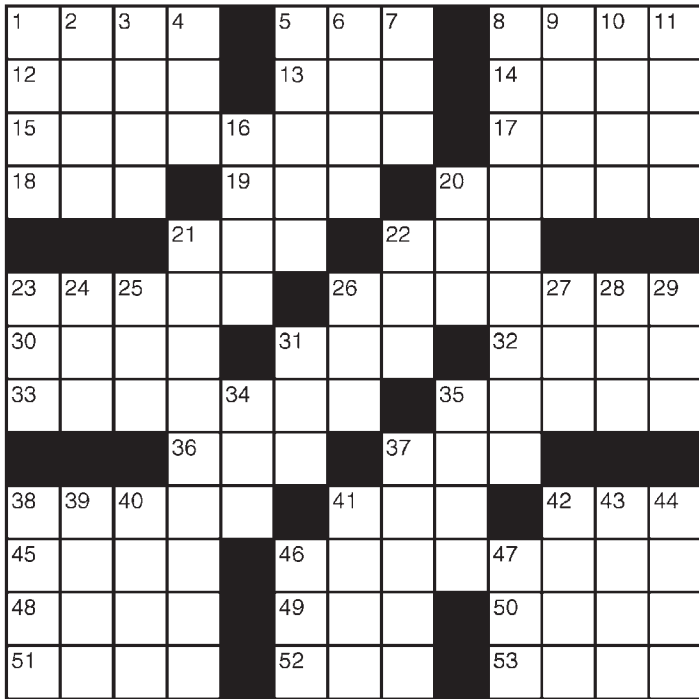
Stickelers Answer on Pg. 24  
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# King Crossword

**ACROSS**

- 1 Two-wheeler
- 5 Bumped into
- 8 Pack (down)
- 12 Ireland
- 13 Peyton's brother
- 14 "The Time Machine" people
- 15 Octopus arm
- 17 Lunch hour
- 18 Request
- 19 IV measures
- 20 Must-haves
- 21 Chai, e.g.
- 22 Vagrant
- 23 More recent
- 26 Goddess of wisdom
- 30 Tehran's country
- 31 Sly one
- 32 Tidy
- 33 Workshop cutter
- 35 Rock
- 36 Very long time
- 37 Possesses
- 38 Brainy
- 41 Small barrel
- 42 "The Wedding Planner" actress, to fans
- 45 New York's — Field
- 46 Bicycle type
- 48 N. Mex. neighbor
- 49 — Lingus



- 50 Pitt of "Moneyball"
  - 51 Carry
  - 52 Layer
  - 53 Round Table titles
- DOWN**
- 1 Test version
  - 2 Enrages
  - 3 Neck problem
  - 4 Tolkien creature
  - 5 Pilgrimage site
  - 6 Building wings
  - 7 Dead heat
  - 8 Some urban homes
  - 9 Medicinal
  - 10 Disposition
  - 11 Bowling targets
  - 16 Computer brand
  - 20 Convent manager
  - 21 Prepare meat for cooking
  - 22 Beiderbecke of jazz
  - 23 Pen tip
  - 24 Mound stat
  - 25 Pallid
  - 26 Trim the grass
  - 27 Old Oldsmobile
  - 28 Moving day rental
  - 29 Packed away
  - 31 Summer cooler
  - 34 Drunkard
  - 35 Droops
  - 37 Ford or Hudson
  - 38 Ella's style
  - 39 Surrealist Joan
  - 40 Bickering
  - 41 Fall (over)
  - 42 Ryan of "Boston Public"
  - 43 Tragic king
  - 44 Probability
  - 46 Light touch
  - 47 "Frontline" ailer

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Be sure to check the website [TheGoldenViewOnline.com](http://TheGoldenViewOnline.com)



## Pet Sitting Can Be More Than a Side Job

**DEAR PAW'S CORNER:** I was recently laid off from my job as a programmer, and have been thinking about taking a new career direction. I'm tired of being stuck in an office all day. And I love being around pets. But is it really possible to make a good living working as a dog walker or a pet sitter? — **Barry J., Cambridge, Massachusetts**

**DEAR BARRY:** I know more than a few people who are full-time pet sitters and dog walkers. Most have their own business, while a few are employees of pet care companies. As you can imagine, the pay rates vary widely from person to person. ZipRecruiter reports that the

average hourly wage, nationally, for pet sitters is about \$19.23.

I think it's great that you're considering a career change. But I recommend testing out the world of pet sitting first. Consider working part time for a pet-sitting company. Even better, if you know someone who does dog walking, ask to accompany them for one day to see what their job entails. Find out what the pitfalls of this business may be, and what makes it fun to do. Finally, offer to pet sit for a friend who's going out of town for a day or two to get direct experience and really see if it's something that you'd like to do full time.

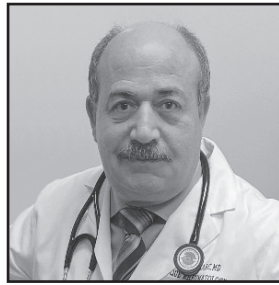
Next, visit the Small Business Administration's website ([www.sba.gov](http://www.sba.gov)) and check out its Learning Center section, which has several micro-courses that teach how to start up and run a small business. Being able to combine core business skills with a love for and dedication to pets is a great platform to start on. Best of luck.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com).

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## Elderly Or Disabled Tax Credit

Dubuque County Treasurer, Michael Clasen, is reminding senior citizens and persons who are disabled, to file for **property tax credit by June 1, 2023.**

If you are a Homeowner or a Mobile homeowner and have a combined household income of **less than \$25,328** annually, you may be eligible for a reduction in property taxes.

Those eligible may either phone the Treasurer's office for a form or come in for assistance in completing the forms.

Last year we had 380 people qualify for the credit. If you have any questions as to whether you are eligible, please contact the Dubuque County Treasurer's office.

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- Jason Maiers





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**COME CHAT**  
 with **ME**  
 by S. E. Persinger



The pandemic launched a lot of people into orbit. I took the ride too, but landed with only bruises, no scares. Although, I did have to work my way back to a lifestyle that I was used to living in. I had lost contact with some friends, and many of the restaurants I visited were no longer in operation. I had to build new relationships and find new places to have coffee with friends.

But an amazing fact has surfaced. A lot of people I meet are now more at ease than I remember them before the pandemic. At the bank branch where I do my banking, I have new friends. For so long I had to use the drive by window because the lobby was closed. Now it is open again and I can see people face to face and talk to them without a window pane in between us.

It's so nice to see some churches opening up after being shut down for a long period. Some churches did not make it back so they had to close their doors to former members. And the salon where I go weekly is understaffed but I appreciate the stylists that do make it in week after week. My favorite grocery store was able to stay open but there too, employees' are kept busy because there are fewer people on the job.

Every day I see more and more positive attitudes being exchanged between people. There have been many times when a stranger has asked me if they could help me put my groceries into the trunk of my car. It may be because I have a handicap sticker on my car, but for whatever reason they helped me, it was a very kind act on their part. I often buy a box of cat litter and that is a very heavy box, so I truly appreciate any help given to me. My daughter often stops by so she carries in any heavy groceries I may have in my car trunk. A lot of times my son from out of town takes me to the store and then I buy anything heavy I need and he totes it in for me. Laundry soap is another heavy item and I keep this in the basement so he takes it down for me.

People helping people is what it's all about when you think of kindness. I do what I can for others but I can only do so much at my wonderful age. After all I am still 16 years old at heart, it's just my body that talks back to me. And if I don't listen, then I pay the price.

Readers of The Golden View I am looking forward to a happy and wonderful New Year of caring and sharing with others. I hope you have a chance to be generous with your kindness to others. As you know, kindness brings out the best in people. This is witnessed by the smiles and laughter of the recipients of kindness. Pass it around. You won't be sorry.

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Dubuque, IA-The Bell Tower Theater, your hometown theater, is pleased to announce the next comedy of their 21st Season, Ken Ludwig's *A Fox on the Fairway*. The performance will be directed by guest director Michelle Blanchard.

When two rival country clubs get involved in the golf tournament of the decade, things go from bad to worse! Enjoy the fun as these zany characters do whatever it takes to save face, win their bets and get their love lives in order.

The cast features Bell Tower veterans Josh Iben and Asher Soppe alongside Kristin Look, in her first Bell Tower show since 2017, and newcomers to the Bell Tower stage Stephen Green, Deidre Hiatt and Sydney McLane.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are every Thursday and Friday evening at 7:30 pm; Saturday, April 22 and 29 at 7:30 pm; Saturday, May 6 at 2 pm and every Sunday afternoon at 2 pm from April 21 to May 7. The performances on April 21 & 22 are the *Early Bird Special* performances, when tickets are just \$11.50. Tickets for all other performances are \$23. Thursdays are *Girls' Night Out*; all audience members, 21 and over, get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit [tickets.belltowertheater.net](http://tickets.belltowertheater.net).

### Spring Clean-Up for Mt. Calvary and Mt. Olivet Cemeteries

The annual Spring Clean-up will begin on Monday April 24, 2023 and run through Friday April 28, 2023. Please remove all items and decorations you wish to save no later than Sunday April 23, 2023. All items not removed will be discarded.

Cemetery Management requests that no decorations or plantings be placed on grave sites until Saturday, April 29, 2023.

Please check Cemetery Regulations before placing decorations to avoid losing items that do not conform.

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**The Ultimate Easter Egg in Easter**

We all know about Easter eggs, those specially colored and decorated eggs at Easter time that are hidden for children to find. There's another meaning, however, to Easter eggs. It can refer to hidden clues or inside jokes that are placed in movies, TV shows, and video games. It's believed that Steve Wright, director of software development at Atari, came up with the term in 1979.

When it comes to the celebration of Easter there are a lot of elements that make up the holiday. Of course, there's the Easter egg, which became part of Easter celebrations around the 13th century. The Easter bunny came hopping into Easter celebrations sometime around the 16th century (the fertility aspect of rabbits playing a part in this). Candy eggs, including chocolate eggs, and chocolate bunnies too, came along later. Peeps, those marshmallowy chick treats, that people either love or hate, became part of Easter in 1953.

All of us undoubtedly have our own Easter memories from childhood. For me, it was the gift of an Easter basket from my grandparents on Easter Sunday afternoon that included lots of candy and usually a paddle with a ball attached with a rubber band.

Also part of the Easter celebration for many is an extended family gathering over an Easter dinner. Then, too, there's the display of new Easter clothes, though I suspect this aspect of Easter is decreasing with casual attire being the new norm at most church services.

In all of the various aspects of celebrating Easter I'd like to suggest that there's an Easter egg, a hidden clue, a message. That hidden clue or message is the empty tomb! It's easily overlooked. When I did a search on YouTube using the word "Easter" about two-thirds of the videos had to do with a subject other than the Easter story (most were videos of Easter egg preparation or stories of the Easter bunny).

The empty tomb shouldn't be an Easter egg, a hidden message, of the holiday, but instead should be the obvious focal point. After all, it's the reason we have Easter! This often hidden message of the empty tomb shouts through the centuries that Jesus rose from the dead, that He's alive!


The meaning and message of the empty tomb, of Jesus' resurrection, is that He proved

**An Uplifting Moment cont. Pg. 20**

**THE ILLUSTRATED BIBLE**

*Therefore, since we are the offspring of God, we ought not to think that the Divine Nature is like gold or silver or stone, something shaped by art and man's devising.*

ACTS 17: 29 *16c*



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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Athens (KJV) in the Old or New Testament or neither?
2. In 2 Kings, which prophet's word caused Syrian soldiers to be struck blind? *Gad, Jubal, Solomon, Elisha*
3. Where were Saul and Jonathan's bodies nailed to a wall? *Troas, Nob, Beth-shan, Sychar*

4. On fleeing from Jezebel, which prophet hid in a cave? *Elijah, Nathan, Daniel, Amos*
5. Which converts burned their books of magic? *Philistines, Ephesians, Hittites, Canaanites*
6. In which book is the phrase, "Holier than thou"? *1 Kings, Ezra, Amos, Isaiah*

**ANSWERS**

(5) Ephesians, (6) Isaiah 65:5  
(3) Beth-shan, (4) Elijah, (1) Neither, (2) Elisha, (5) Ephesians, (6) Isaiah 65:5

**Test Your Bible Knowledge,**  
a book with 1,206 multiple-choice questions by columnist Wilson Casey, is available in stores and online.  
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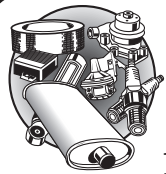
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## YESTERDAY AND TODAY

BY MICHAEL GIBSON



This exquisite Italian Villa style home (1183 Locust) with its octagonal tower was built in 1873 by Dubuque businessman, James A. Beach. Beach came to Dubuque in 1857 from New Hampshire and soon established a lard, soap and candle factory at the corner of Dodge & Bluff. With his two sons, Edward & Charles, they later formed the James A. Beach & Sons soap manufacturing company. By 1880 annual revenue was reported to be \$50,000 with production of over 10,000 boxes of soap including such band name as "North West" and "White Castile." In 1906 with new equipment they became the first soap powder mill in Iowa. Beach served as city alderman and was instrumental in securing Washington Park. He also served as president of Finley Hospital and the German Bank, and at the time of his death in 1918, he was president of the Dubuque Packing Company. (Courtesy of the Loras College Center for Dubuque History, OHE p71 Neg. 1077).

Yesterday & Today cont. Pg. 9

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Michelle Bell,  
Social Security District Manager,  
Dubuque, Iowa



### Plan for Your Future During Financial Literacy Month

April is Financial Literacy Month. Social Security is a vital part of any financial plan. Our online tools can help you understand your potential Social Security benefits and how they fit into your financial future.

You should periodically review your *Social Security Statement (Statement)* using your personal *my Social Security* account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount). Your *Statement* is an easy-to-read summary of the estimated benefits you and your family could receive, including potential retirement, disability, and survivors' benefits.

Our Plan for Retirement tool in your personal *my Social Security* account allows you to check various benefit estimate scenarios. You can compare how different future earnings and retirement benefit start-dates might affect your future benefit amount.

Please tell your friends and family about the steps they can take to improve their financial knowledge by exploring their personal *my Social Security* account. If they don't have an account, they can easily create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

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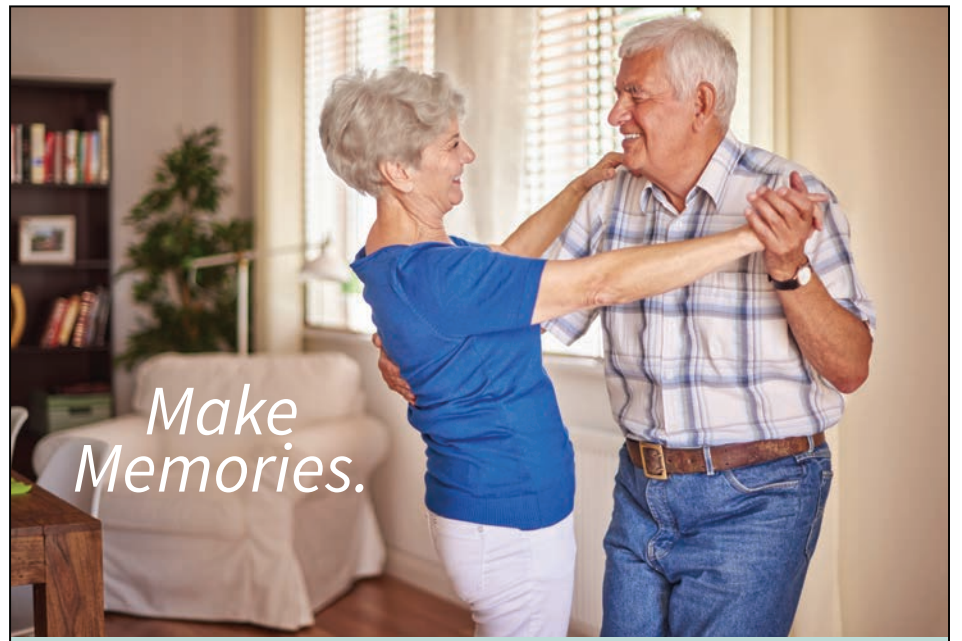


Yesterday & Today from Pg. 8

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



In the late 1920's the home was demolished and eventually the property was sold to the Freemasons who constructed an elaborate structure to serve as a temple. The Masons first established Dubuque Lodge No. 3 in 1842 and they moved several times to different locations. Just prior to locating at 12th & Locust they occupied a building at 11th & Locust, where the new addition to the Carnegie Stout Public Library is currently located. The cornerstone for the current Masonic Temple was laid in 1931 and formal dedication of the temple occurred on March 15, 1932. (Photo by Terry Grant).



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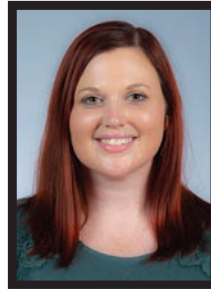
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### Creating a Personalized Self-care Plan

We hear a lot about practicing self-care these days, but have you taken the time to think about what self-care looks like for you? The emphasis being on "self" meaning that self-care is personal and individual. What works for you may not work for those around you. It is engaging in healthy activities that you can do that fill your cup.

According to SAMSHA's Eight Dimensions of Wellness there are eight areas that we can take action to preserve or improve our health. Each of these eight areas are listed below with some examples. As you read through the examples consider what it is that you do for your own self-care under that dimension of wellness.

**Community/Social Health** self-care examples might be connecting with friends, your partner, attending community gatherings.

**Intellectual Health** self-care examples consist of reading and relaxation techniques.

**Physical Health** self-care examples are those that we commonly think of such as exercising, eating a balanced diet, and getting enough sleep.

**Emotional Health** self-care examples would be engaging in activities that engage each

of our senses. When was the last time you took a walk that reconnected you with your natural surroundings?

**Environmental Health** self-care examples include examples that focus on reduce, reuse, recycle. Consider planting a personal or community garden.

**Occupational Health** self-care examples focuses on your work and hobbies. This includes volunteering.

**Spiritual Health** self-care examples include examples that focus expanding your sense of purpose and meaning of life.

**Financial Health** self-care examples include those steps that you take for your current and future financial goals.

Having a better understanding of the things that we can do to recharge us better prepares us to handle life's stressful situations. Consider creating your own self-care action plan with your favorite self-care strategies in each of these eight dimensions of wellness.

For more stress management resources:

- <https://store.extension.iastate.edu/product/5168>
- <https://store.extension.iastate.edu/product/5165>
- <https://store.extension.iastate.edu/product/5169>

Be sure to check the web site  
[TheGoldenViewOnline.com](http://TheGoldenViewOnline.com)

## 2023 TOURS

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### The Ark Encounter & Creation Museum

OCTOBER 2 - 6  
5 Days / 4 Nights

**TOUR INCLUDES:** Deluxe Motorcoach Transportation; D & D Custom Travel Guide; 4 Nights Lodging; Managers Reception; The Ark Encounter; Cincinnati Touring; Sightseeing Cruise; Dinner at Hofbrauhaus; Creation Museum; Beef & Boards Dinner Theater featuring Joseph and the Amazing Technicolored Dreamcoat; Big Things Small Town, Casey, IL; 4 Breakfasts; 1 Lunch; 2 Dinners; taxes and gratuities on all included meals & attractions.

**Price Per Person: Quad \$979 • Triple \$1019 • Double \$1109 • Single \$1378**

Deposit: \$200 deposit per person due with reservation. Final payment due September 1st.

### HOLLAND MICHIGAN TULIP FESTIVAL

May 10 - 12

**Tour includes:** Deluxe motorcoach transportation, Full time D&D Custom Travel Tour Director, 2 nights lodging, luggage handling (1 pc. per person), 2 breakfasts, 2 dinners, Nellis' Dutch Village, Tulip Time Quilt Show, Guided tour of Holland, Windmill Island, DeZwaan Windmill, Tulip Immersion Garden, Veldheer Tulip Farm, Girl Named Tom, taxes & gratuities on all attractions & included meals.

**Price Per Person:**  
\$665 Quad, \$699 Triple, \$775 Double, \$998 Single  
Deposit: \$100 per person deposit due with reservation. \$25 per person discount if reservation is made before March 10th. Final payment due April 1, 2023.

### 3rd Annual CHEESE, CHURCHES & CHEERS

September 14 - 17

**Tour includes:** Deluxe motorcoach transportation, Full time D&D Custom Travel Tour Director, 3 nights lodging, luggage handling (1 pc. per person), 3 breakfasts, 1 lunch, 2 dinners, Grand Meadow Wind Farm, Hormel Historic Home, the Spam Museum, St. Augustine Church, Gravity Storm Brewery & Piggy Blues BBQ, Paramount Theater, Hormel Institute, August Schell Brewing Co., Hermann Monument, Glockenspiel, The Way of the Cross, Chanhassen Dinner Theater, Mayowood Mansion taxes & gratuities on all attractions & included meals.

**Price Per Person:**  
\$789 Quad, \$829 Triple, \$899 Double, \$1155 Single  
Deposit: \$100 per person deposit due with reservation. Final sign-up and final payment due July 20, 2023.

### THE SIGHTS & SOUNDS OF CHRISTMAS in BRANSON!

October 31 - November 4

**Tour includes:** Deluxe motorcoach transportation, Full time D&D Custom Travel Tour Director, 4 nights lodging, luggage handling (1 pc. per person), 4 breakfasts, 2 dinners, Branson Landing/Downtown Branson, Branson Touring, 7 shows, taxes and gratuities on all attractions and included meals.

**7 SHOWS INCLUDED:** Doug Gabriel, Baldknobbers, Dixie Stampede, Daniel O'Donnell, Legends in Concert, The Duttons, Presley's Country Jubilee

**Price Per Person:**  
\$869 Quad, \$909 Triple, \$969 Double, \$1124 Single  
Deposit: \$100 per person deposit due with reservation. \$25 per person discount if reservation is made before August 18th. Final payment due Sept. 18, 2023.

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November 11 & 12

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**INCLUDES:** Deluxe motorcoach transportation, hotel close to Mall with FREE continental breakfast.

**Price Per Person:**  
\$139 Quad, \$149 Triple, \$159 Double, \$210 Single  
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Thursday, July 6

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**NAC Supplement Helps Curb Cravings to Smoke**

**DEAR DR. ROACH:** I'd like to have your thoughts on what value the NAC supplement may have in reducing cravings for marijuana or nicotine?

I'm 73 and have been smoking marijuana daily since I was 21. Now I'm quitting for health reasons. I've been taking 1,000 mg of NAC every morning, as I've read it helps with smoking cravings. It also seems to be used for anxiety and other mental health issues, lung and heart problems ... the list goes on.

I'm not going to smoke anymore, but I'm just wondering what your take is on this, as I'm thinking of sending it to my 38-year-old son who's been addicted to vaping/cigarettes since he was a young man. He has ADD, anxiety and problems with breath capacity, and he may have heart problems as well. He's smoking to relieve his ADD and anxiety. And, of course, he'd like to quit, but it's so hard to do so.

Can the NAC supplement help me with the urge to smoke? I think it has reduced the cravings, but how would I even know? — *M.M.*

**ANSWER:** N-acetyl cysteine, a precursor to the amino acid cysteine, has several roles in medicine, as you say. When inhaled, it breaks up mucous, which helps people cough out thick sputum. When used intravenously, it's a specific antidote to acetaminophen (Tylenol) overdose. It has been used in these capacities for years and is safe and well-tolerated.

But, in addition, there is data that shows oral NAC (sold as a dietary supplement) may have a role in helping people overcome addictions to tobacco, with small trials showing a reduction in smoking as well as the relapse rate in people using NAC compared with a placebo.

In people who want to reduce their cannabis use, most of the data on NAC has been on younger people (adolescents and young adults), but also shows some benefit. More stringent trials are ongoing.

It is very difficult for a single person (patient or physician) to tell whether it's a "real" effect or a "placebo" effect that is causing the reduction in cravings. Only large-scale, placebo-controlled trials can show with confidence whether

the treatment is more effective than a placebo. But, since the supplement is inexpensive and highly safe, and since a third-party lab found that the brands of NAC sold at reputable stores are what they say they are, I say it might be helpful.

However, there are many other products that are proven to be safe and effective to help with quitting smoking, ranging from group tobacco cessation classes, to nicotine replacement therapy, to prescription medications like varenicline and bupropion — all of which have many years of proven clinical efficacy.

Finally, there are a lot of people with attention deficit/hyperactivity disorder who are not getting appropriate treatment as adults. Getting treatment by an expert in ADD might make quitting smoking easier and may also improve many other areas of functioning for your son.

*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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Lives were forever changed on July 1st, 2022. Forever Seventeen was established in memory of Kennedy Elskamp and Chloe Lucas, two young ladies who were looking forward to a future in the Emergency Responder and Health Care fields, respectively.

The mission of Forever Seventeen is to raise funds to award scholarships to deserving individuals in the community seeking to serve in the Health Care and Emergency Responder fields and to provide other opportunities for positive community impacts in their memory.



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## VETERANS POST

by Freddy Groves

### Reports from the VA Office of Inspector General

Who would have thought it ... stealing diabetic test strips for profit? Apparently there's money to be made from those medical supplies. And one Michigan woman, in charge of procurement at a Department of Veterans Affairs pharmacy, made a lot of it, stealing in excess of 7,500 boxes of the strips over the years.

She wasn't alone in the scheme. She'd sell them to a co-thief who'd make her own sales down the line to a third party in Pennsylvania.

The first in line in the theft chain has already confessed and faces 20 years in the slammer, not to mention a very hefty fine. The second in line also confessed. The two of them, however, are pointing fingers at Number Three, who they say is the actual mastermind of the thefts.

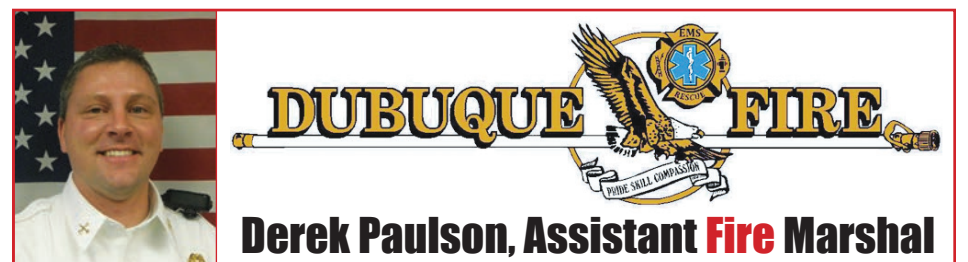
Diabetic test strips? Who knew?

Then there is the New Jersey former Marine who claimed PTSD from having to handle human remains after natural disasters in two foreign countries. Before his scheme fell apart, he'd netted in excess of \$118,000 in disability benefits. His big mistake, besides telling lies, was that he sent threatening messages to a member of the Office of Inspector General staff, plus anyone else who would be working on the case. He'll be sentenced this summer, but he's looking at 10 years in prison and heavy fines just for the lying part, and five years for the threats as well as big fines.

In Oklahoma, a man phoned a VA facility threatening to kill people ... and then he showed up. His beef, apparently, was not getting a quicker appointment date to be seen at the clinic. He wanted his meds, and he gave them 30 minutes to prescribe them or he'd be there to murder people. Not only did he have a loaded .357 firearm (and a handful of zip ties), but he took the items into a federal facility. He later claimed not to remember making the call.

To read more reports from the OIG, go to [www.va.gov/oig](http://www.va.gov/oig) and scroll down.

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Every Spring, I look forward to getting my yard cleaned up, making everything look good for the summer and then having a nice fire in the evening. However, did you know that the City of Dubuque has a recreational fire policy on what you can and can't burn within the city limits. Here are the guidelines on what is and is not allowed to be burned within the city limits. If you live outside the city limits check with your local jurisdiction to see what is and is not allowed.

Recreational fires must use only natural growing form wood, dried, split or sawn lengths no greater than 4 feet. No processed wood such as 2 x 4's, plywood, building materials etc. may be burned. Burning of papers, garden waste, rubbish, refuse, grass, leaves or brush is prohibited. Recreational fires shall not be conducted within 25 feet of a structure or any combustible materials. All fires must be constantly attended until the fire is extinguished. No fewer than one portable fire extinguisher with a minimum 4-A rating or other approved

on-site fire-extinguishing equipment, such as dirt, sand, water barrel, garden hose or other extinguishing agent shall be available for immediate use.

A portable outdoor fireplace is a portable, outdoor, solid fuel burning fireplace that may be constructed of steel, concrete, clay or other noncombustible material. A portable outdoor fireplace may be open in design or may be equipped with a small hearth opening and a short chimney or chimney opening in the top. Portable outdoor fireplaces shall not be operated within 15 feet of a structure or combustible material. The same burning guidelines listed above apply to portable outdoor fireplaces.

If smoke from fire is deemed a nuisance or the fire is deemed unsafe and not in compliance, you will be asked to extinguish the fire. Failure to comply with the above regulations may result in a municipal infraction.

If you have any questions or would like more information, I can be reached at 563-589-4195 or at [Dpaulson@cityofdubuque.org](mailto:Dpaulson@cityofdubuque.org).

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everyone should have a dog that will worship him and a cat that will ignore him.*  
—Dereke Bruce