



# The Golden View

The Community Newspaper For Adults 55 Plus

April, 2026

Dedicated To The Young At Heart

Dubuque, Iowa

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## The Grand Opera House Summer Productions

by Nick Halder,

Executive and Artistic Director, The Grand Opera House



The Grand Opera House and Rising Star Theatre Company are thrilled to produce two vibrant, crowd-pleasing productions coming to the stage this summer: the global smash hit *Mamma Mia!* and the colorful, family-friendly adventure *The SpongeBob Musical*. This dynamic pairing promises something for everyone—whether you're ready to dance in your seat or dive under the sea.

Kicking off the excitement is *Mamma Mia!*, the beloved jukebox musical featuring the iconic songs of ABBA, which takes the stage June 19 - July 5. Set on a sun-drenched Greek island, this heartwarming and hilarious story follows a young bride-to-be's quest to discover her father's identity—bringing three men from her mother's past back into her life. Packed with hits like "Dancing Queen," "Take a Chance on Me," and "Super Trouper," *Mamma Mia!* is a feel-good celebration of love, friendship, and unforgettable music.

Area students will sweep audiences of all ages away with *The SpongeBob Musical*, based on the beloved series created by Stephen Hillenburg, July 30 - August 9. When a volcano threatens to erupt and destroy Bikini Bottom, SpongeBob and

his friends must band together to save their home. Featuring an eclectic, high-energy score with songs by artists including David Bowie, Cyndi Lauper, and John Legend, this musical is a joyful celebration of optimism, friendship, and the power of community.

Auditions for both productions will take place in the coming months and are open to a variety of ages. More detailed information can be found on the get involved page of The Grand's website.

Tickets are currently on sale and can be purchased in person at The Grand's Box Office located at 135 W. 8th Street in Dubuque, or by calling (563) 588-1305. Box Office hours are Monday through Friday from noon until 4:00pm. Subscriptions can also be purchased on our website at [www.thegrandoperahouse.com](http://www.thegrandoperahouse.com).



## A Celebration of Joy and Unity: Dubuque Symphony Orchestra Performs Beethoven's Ninth

by Kathleen Hoepfer, Director of Marketing and Community Relations, Dubuque Symphony Orchestra

The Dubuque Symphony Orchestra will perform one of the most monumental works in the classical repertoire for the first time since its sold-out performances in April 2008. Beethoven's Ninth Symphony, widely regarded as one of the crowning achievements of Western music, is more than a concert. It is a powerful artistic declaration, affirming music's enduring ability to unite, uplift, and speak directly to the human spirit. Performances will take place Saturday, April 18 at 7:30pm and Sunday, April 19 at 2:00pm at the University of Dubuque Heritage Center, John & Alice Butler Hall.

"Beethoven's Ninth Symphony changed the world," shares Music



Megan Gloss

Director and Conductor William Intriligator. "And it continues to change the world with each new performance of this amazing, inspiring music." For Intriligator, the work holds deep meaning. "Beethoven is my personal hero, and with this last symphony he completely changed the idea of what a symphony was - and what a symphony could do."

Its revolutionary final movement forever altered the symphonic tradition by introducing vocal soloists and chorus into what had been a purely instrumental form. From this bold vision emerged the iconic "Ode to Joy," which Intriligator describes as "a testament to faith, joy, and brotherhood. A vision for a world



Iris Allen

united as one which manages to find joy and peace despite chaos and hardships."

For this landmark return, the DSO will be joined by an expansive, community-wide chorus that includes singers from the Dubuque Chorale, Clarke University, University of Dubuque, Loras College, University of Wisconsin-Platteville and Emmaus University. Also joining the orchestra are four acclaimed vocal soloists: soprano Megan Gloss, mezzo-soprano Amanda Hauta, tenor Iris Allen, and bass Alvaro Ramirez, all of whom have appeared with the DSO previously.

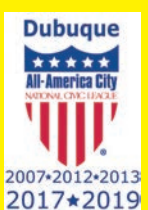
While the chorus and soloists often draw special attention for their role in the "Ode to Joy," Intriligator emphasizes the orchestra's central role in

DSO cont. Pg. 3



Amanda Hauta

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April 16 at 11 AM  
Sleep Inn & Suites  
1600 S. Madison Street

**GALENA, IL**  
April 22 at 11 AM  
Wyndham Galena  
11383 Hwy 20

**GUTTENBERG, IA**  
April 8 at 11 AM  
Guttenberg Library  
603 S. Second Street

**PLATTEVILLE, WI**  
April 14 at 11 AM  
Country Inn  
630 S. Water Street

**DUBUQUE, IA**  
April 20 at 6:30 PM  
Holiday Inn Express  
2080 Holliday Drive

**DARLINGTON, WI**  
April 23 at 11 AM  
Johnson Public Library  
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**Taking Vitamin K2, Although Safe, Doesn't Prevent Osteoporosis**

**DEAR DR. ROACH:** I'm a 68-year-old female who is in good health. I currently take vitamin D3, and the only prescription that I'm on is rosuvastatin. It has been brought to my attention by my cousin, who is a devout vegan, that taking vitamin D3 with K2 is much better than just taking D3 alone. If this is true, I'm wondering why my doctor hasn't recommended it.

When I mentioned this to my friends, they had never heard of D3 and K2 either. Do you see an advantage to switching over to this supplement? I had a bone density test done this past year, and the doctor said that there were no problems. — **W.R.**

**ANSWER:** In my opinion, supplements can be a way of treating symptoms and some medical conditions. But there are very few situations in which a supplement is proven to be effective at preventing problems for a person who feels well.

Vitamin D3 may be one exception as it is important to prevent and treat osteoporosis for those who are at risk. While I often hear that vitamin K2 is effective for osteoporosis (probably based on a Japanese study), several studies in the United States failed to show any significant benefit of it over a placebo. So, I do not recommend vitamin K2 for people with osteoporosis, nor do I recommend K2 to prevent it. Since you don't have osteoporosis based on your bone density test, you would be taking it for prevention.

Vitamin K2 is being evaluated for helping to reduce heart disease risk, but the evidence isn't strong enough to

recommend it yet. Vitamin K2 is very safe, and I don't object to people using it, although they are likely wasting money.

...  
**DEAR DR. ROACH:** Outside of limiting your salt intake, avoiding potassium and phosphates, and hydrating properly, is there anything that one can undertake to stop or reverse declining kidney function? — **H.M.**

**ANSWER:** The answer depends on the underlying reason for the chronic kidney disease (CKD) and how far the disease has progressed. Limiting sodium, potassium and phosphates is good general advice for most people with CKD. It's also important to avoid drugs that stress the kidney. The most important classes of drugs to avoid are anti-inflammatory drugs (like ibuprofen and naproxen) and the many prescription drugs in the NSAID class.

Medical procedures with dye should be avoided if possible, and some antibiotics are problematic. So, it's important for all your doctors to know about your kidney disease.

Blood pressure control is important for everyone with CKD. Some medicines for high blood pressure (such as ACE inhibitors and angiotensin receptor blockers) are more protective of the kidney than others, so it's worth asking your regular doctor or kidney specialist if your medicines are optimal. People with diabetes should also keep their blood sugar in the optimal range as much as possible.

For people with CKD and high levels of protein in their urine, the use of SGLT2 inhibitors (such as dapagliflozin or empagliflozin) has been proven to slow the progression of kidney disease by almost 30%. People with CKD who smoke should stop. Modest protein restriction remains controversial, but I advise it for my patients with CKD.

*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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**DSO from Pg. 1**



Alvaro Ramirez

the symphony's vast journey. From the mysterious opening that "seems to emulate creation itself," into the transcendent slow movement that "captures so many aspects of love and memory," the orchestra carries the listener across all four movements of this monumental work. "This symphony will take us on a journey," Intriligator says. "We will be changed by the end. We will join the millions who have heard this music and been inspired to live and love more fully afterward."

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Amanda Hauta mezzo

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

The other day I heard a TV news anchor ask someone if he or she was a bystander or a participator in daily happenings. This caused me to open up my mind to answer his question while I was at the sink washing a few supper dishes. But, first I had to look up the word bystander. The dictionary stated: A person who stands near but does not participate; A mere onlooker. Then of course, I had to look up the word participate: To take part or share. And last, but not least; The system or condition of living together as a community.

Actually, I have recently been bothered by the word society. I even started a column to share a plan to retrieve the demise of society. I began the column with the following thought. Many people become bystanders by choice, while others do so because they can no longer participate in many activities because of health or the aging process. After I digested these thoughts, I penned the following.

In every generation people have a multitude of societies to deal with. Each family living together as a unit sets its own home boundaries for their lifestyle. And then they join the many other families who jointly set the boundaries for getting along with everyone else. Sometimes I think many of us are confused about life in

general and become bystanders instead of participants in what is going on around us. If each home society has formed a working lifestyle why can't we get together with other families and form a workable society. It all seems so simple doesn't it? Yes, when we leave our homes each morning or night we know we will be entering a world of people coming and going about their business. This is good but each person we meet will have ventured out of their own family environment.

I think this is where the going gets rough. Each individual has a choice to participate in community functions or just be a bystander. We can participate in helping to retrieve a wholesome society or we can just be a bystanders. But people need people to create a working society. We need each other. And we need more people to participate in community activities. At the time I was growing up, the home, school, and church worked together to solve everyday problems. I think I can safely say that I do see more people leaning toward participating in ways to retrieve a lost working society. Perhaps, even a better working society!

At this time I have to tattle on myself and say that I cannot participate physically in setting up programs to aid in joining people together because of that ole nasty age monster that keeps chasing me! But I can be a bystander and add my input by writing to encourage others to join the retrieval team of a working society.

**Trivia test** by Fifi Rodriguez

1. MOVIES: Who is the director of the Oscar-winning movie "Parasite"?
2. FOOD & DRINK: What is miso?
3. LITERATURE: What are the names of the romantic couple in "Wuthering Heights"?
4. GENERAL KNOWLEDGE: Which city's nickname is "Pearl of the Orient"?
5. HISTORY: In what year were the first modern Olympic Games held?
6. U.S. PRESIDENTS: Before becoming president, Barack Obama served as a senator from

- which state?
7. GEOGRAPHY: Which peninsula is the largest in the world?
  8. MYTHOLOGY: Who is the Greek god of war?
  9. MUSIC: Who composed the opera "The Ring of Nibelung"?
  10. ACRONYMS: In computer emails, what does the acronym "CC" stand for?

**Answers**

1. Bong Joon Ho.
2. Fermented soybean paste.
3. Heathcliff and Catherine.
4. Manila, Philippines.
5. 1896 in Greece.
6. Illinois.
7. Arabian Peninsula.
8. Ares.
9. Richard Wagner.
10. Carbon Copy (once used in typewriters).

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The Bell Tower Theater, your hometown theater, is pleased to announce their spring comedy, Roommates by Joe Simonelli. The performance will be directed by Jenna Jensen.

When divorced accountant and aspiring novelist Frank gets a call from the police, it can only mean trouble. His divorced friend Tom has just been tossed out of his girlfriend's house. Frank agrees to let Tom stay

in his tiny apartment for a few days. A few days quickly turns into a few months, and Frank has to find a way to get Tom out.

The cast features Bell Tower veterans Michael Storm, Gerarda Lahey-Keppler, Jeff Jochum and Lindsay Quam along with newcomer to the Bell Tower stage Nick Neyens.

The Bell Tower Theater is conveniently located in Fountain  
**Bell Tower Theater cont. Pg. 9**

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# King Crossword

**ACROSS**

- 1 Banner
- 5 Invoice fig.
- 8 Experts
- 12 Earring site
- 13 Brit's restroom
- 14 Carry on
- 15 Capital of Paraguay
- 17 Slender weapon
- 18 Rationed (out)
- 19 Urges forward
- 21 "La Dolce —"
- 24 Granola morsel
- 25 Luke's teacher
- 28 Folklore monster

1	2	3	4	5	6	7	8	9	10	11	
12				13				14			
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50				51	52	53					
54				55				56			
57				58				59			

- 30 Mel of Cooperstown
- 54 Close
- Morrison
- 31 Sigma follower
- 33 "Caught ya!"
- 55 Crime lab evidence
- 8 Venezuelan corn patty
- 32 QBs' goals
- 34 Welcome
- 56 Motown genre
- 9 Capital of South Africa
- 34 Glitzy rock genre
- 35 Bankroll
- 57 Bouquet
- 10 Daring Knieval
- 38 Fixate
- 36 "Tasty!"
- 58 Tofu source
- 11 Beholds
- 40 Peculiar
- 37 Give temporarily
- 59 Norms (Abbr.)
- 16 Roman 401
- 42 Irate
- 38 Burden
- 20 Champagne brand
- 43 Grate
- 39 Navarro on "The View"
- 22 Ripped comeback
- 44 Canyon
- 41 Mausoleum
- 23 Rep
- 45 Concludes
- 43 Continue
- 25 Candied veggie
- 47 Conspiracy
- 46 Skiers' mecca
- 26 Resistance unit
- 48 Barak of Israel
- 50 Bank statement no.
- 27 Capital of Syria
- 49 Guitarist Lofgren
- 51 Capital of India
- 6 Cattle call
- 52 Rock producer Brian
- 7 Author
- 29 Make over
- 53 Method

**DOWN**

- 1 Two-stroke drumbeat
- 2 Misplace
- 3 Border on
- 4 Swiss metropolis
- 5 Foreman foe

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## Paw's corner

by Sam Mazzotta

### Keeping pets safe from poisons

**DEAR PAW'S CORNER:** We had a scary incident a few weeks ago. Our puppy "Terah" got into the cabinet under the kitchen sink and chewed on a plastic spray bottle with cleaning solution in it. When the plastic cracked liquid went everywhere, and she licked up quite a bit of it. I caught her just after it happened and rushed her to the emergency vet. By the time we got there, she was shaking, drooling and vomiting. Terah stayed there for two days, getting IV fluids, and she was still weak and not very hungry when we brought her home. She's doing very well now, and I am putting child-safe locks on all the cabinets! Please warn your readers to keep pets away from cleaning products and other poisons. I never thought my puppy would chew through a spray bottle.

— *Billy in Asheville, North Carolina*

**DEAR BILLY:** Thank you for this important reminder. Puppies are curious and love to chew on just about everything. The best way to keep them safe is to use "exclusion" measures like cabinet locks, high shelves and baby gates to prevent them from accessing cleaning products.

Cleaning products aren't the only danger to dogs, cats and other mammals in the house. Foods like avocados, onions, garlic, chocolate and grapes (including raisins) can be deadly. Xylitol, a sweetener used in sugar-free candies but also in unexpected places like peanut butter, is especially dangerous.

Some plants are deadly to cats and dogs and should be kept out of the house or well out of reach. And medications are another huge danger if left out where a pet can reach.

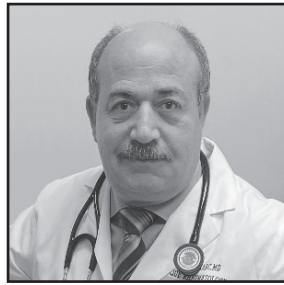
Next week, I'll go over the common symptoms of poisoning and what to do if you suspect your pet has ingested something poisonous. Meantime, you can find a list of substances to keep away from your pets at [fairfaxvet.com/pet-poison-control-foods-and-substances-to-keep-away-from-your-dog-or-cat](http://fairfaxvet.com/pet-poison-control-foods-and-substances-to-keep-away-from-your-dog-or-cat)

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1. Who wrote and released "Piano Man"?
2. Which artist wrote and released "Dirty Blvd"?
3. What was "Smoke on the Water" about?
4. Which artist released "Talk to Me"?
5. Name the song that contains this lyric: "I've been in love so many times, Thought I knew the score, But now you've treated me so wrong, I can't take anymore."

### Answers

1. Billy Joel, in 1973. Joel has said that the song was written about

his time as a lounge piano player in Los Angeles.  
2. Lou Reed, in 1989. The song topped Billboard's Modern Rock Tracks for four weeks.  
3. Deep Purple was in Switzerland at the Montreux Casino to do some recording when the casino caught fire. Detractors say the song's famous opening riff was taken from Beethoven's 5th played backward. Others note, however, that it seems to be taken directly from a Bossa Nova song called "Maria Quiet."  
4. Stevie Nicks, in 1985. You decide.  
5. "I'll Never Fall in Love Again," by Lonnie Donegan, in 1962. Tom Jones released a cover of the song in 1967. Donegan's son auditioned for "The Voice UK" and performed a duet of the song with Tom Jones in 2019.

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**GO FIGURE!**

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.

	-		×		= 10			
+		+		-				
	+		+		= 11			
+		-		×				
	-		+		= 15			
=		=		=				
22		3		16				
1	2	3	4	5	6	7	8	9

Go Figure! Answer on Pg. 16  
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**STICKELERS** [sic].  
 by Terry Stickels

The letters below are randomly placed to make a scrambled word. Can you determine what the word is?

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Stickelers Answer on Pg. 16  
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An Uplifting Moment  
with Rev. David J. Claassen  
Visit me on the internet!  
[www.daveclaassen.com](http://www.daveclaassen.com)



**The Good Feeling of a Job Well Done**

Mildew had grown on the north side of our vinyl privacy fence. Having taken the advice of a YouTube video, I brushed on a mixture of vinegar and water, let it set for 15 minutes and then scrubbed it with the brush. The mildew stubbornly resisted my brush strokes that included a significant amount of elbow grease, but I slowly won the battle.

I'll admit that I walked over to the fence at least a couple of times after finishing the project to admire my work. One of life's more positive experiences is the good feeling that comes with a job well done.

Jobs that can be well done, prompting a good feeling, are countless. I've also experienced that good feeling after having washed the car, done a stack of dishes, mowed the lawn, and preached a sermon. You would have no trouble adding to the list of jobs well done that can prompt a good feeling.

My reflecting on the good feeling prompted by my newly

cleaned vinyl fence got me thinking about the ultimate good feeling from the ultimate job well done. That ultimate job is doing God's work.

The specifics of doing God's work are many and varied. God's put us all in different places with different people and different circumstances. But there's always God's work to carry out. Almost always it involves other people, almost always the people whose path we cross during our daily activities.

It usually takes hard work, some time, and often requires an element of sacrifice. But, because it's God's work for us, His calling for us, it's work that's rewarding to the umpteenth degree. That reward that we can look forward to is the affirmation of God Himself at our willingness to carry out His purposes for us.

That's why the best way to live is not to ask, "What do I want to do?" or "What do others want me to do?" but to ask, "What does God want me to do?"

We get a significant taste of that ultimate good feeling of seeking to please God by doing His work in this lifetime, but the full-blown good feeling is out of this world and will be experienced when we get to heaven. It's then we'll hear, "Well done, good and faithful servant. You have been faithful over a little; I will set you over much. Enter into the joy of your master." (Matthew 25:21).

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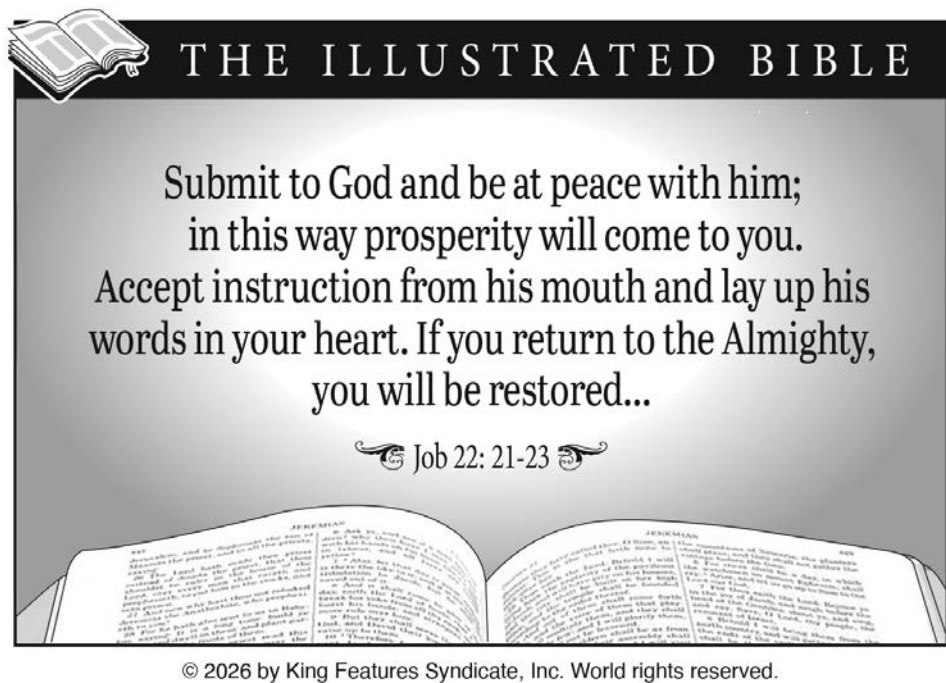
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**THE ILLUSTRATED BIBLE**

Submit to God and be at peace with him; in this way prosperity will come to you. Accept instruction from his mouth and lay up his words in your heart. If you return to the Almighty, you will be restored...

Job 22: 21-23



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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Tamar (KJV) in the Old or New Testament or neither?
2. 2 Kings 19 and which other book's chapter are almost alike word for word? *Deuteronomy 7, Isaiah 37, Jeremiah 50, Job 16*
3. From Genesis 29, which of Jacob's wives was first to bear children? *Leah, Naomi,*

- Bilhah, Zilpah*
4. Of these, who stole idols from her father? *Elisabeth, Martha, Rachel, Deborah*
  5. In Acts 22, what famous rabbi was Paul's teacher? *Hillel, Turkel, Zakkai, Gamaliel*
  6. From Genesis 4, who invented farming? *Adam, Cain, Abel, Jubal*

**ANSWERS**

(1) Neither, (2) Isaiah 37, (3) Leah, (4) Rachel, (5) Gamaliel, (6) Cain

Find expanded trivia online with Wilson Casey at [www.patreon.com/triviaguy](http://www.patreon.com/triviaguy).  
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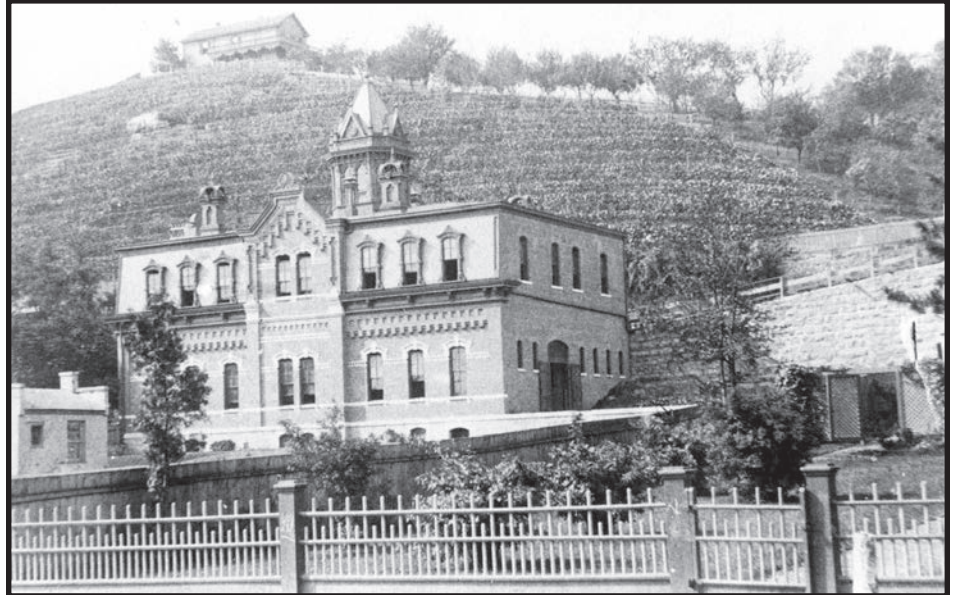
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## YESTERDAY AND TODAY

BY MICHAEL GIBSON



Built in 1888, by famed wagon maker A.A. Cooper, the 34-room Queen Anne style Greystone mansion (outside the view of this photo) also included an extremely ornate carriage house located behind and southwest of the residence adjacent to the rock retaining wall which supports 5th Street. Mr. Cooper had an office on the upper floor of the carriage house and the hired help also lived there. An intercom system connected the mansion and the carriage house. Note the terraced bluff behind where grapes were harvested from the numerous vineyards. (Photo courtesy of the Center for Dubuque History, OHE p32).

Yesterday & Today cont. Pg. 9



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### The Mind Diet: A Smarter Way to Eat as You Age

Can what you eat help protect your brain as you age? Research says yes. The MIND diet—short for **Mediterranean-DASH Intervention for Neurodegenerative Delay**—was developed to support brain health and reduce the risk of age-related cognitive decline.

The MIND diet emphasizes foods high in fiber and rich in nutrients that support brain health, including vitamin E, folate, omega-3 fatty acids, carotenoids, and flavonoids. These nutrients help reduce inflammation, protect brain cells, and support memory and learning.

Studies show that following the MIND diet—especially consistently—can slow cognitive decline and lower the risk of Alzheimer's disease, the most common type of dementia. Even moderate adherence has been linked to better brain function and slower aging of the brain, with some research suggesting a delay of up to 7.5 years.

#### 10 Brain-Friendly Foods to Eat More Often

**Leafy Greens** Aim for 6+ servings per week (spinach, kale, romaine)

**Other Vegetables** At least 1 serving per day (broccoli, bell pepper, carrots, tomato)

**Berries** 2+ servings per week

**Nuts** 5+ servings per week

(almonds, walnuts, pistachios)  
**Olive Oil** Use as your primary cooking oil

**Whole Grains** 3+ servings per day (oats, brown rice, quinoa)

**Fish** 1+ serving per week (salmon, trout, mackerel)

**Beans** 4+ servings per week (lentils, chickpeas, kidney beans)

**Poultry** 2+ servings per week (skinless chicken or turkey)

**Wine** Up to one glass per day (optional)

Limit foods high in saturated and trans fats, sodium, and sugar. This includes pastries, sweets, red meat, cheese, fried or fast food, and butter or stick margarine. Reducing these items in your diet may help lower inflammation and protect brain function over time.

You don't need to follow the MIND diet perfectly to benefit. Small changes can support long-term brain health. Choosing nutrient-rich foods today may help keep your mind sharp as you age!

Discover the Keys to Prevent Dementia- <https://www.brainhelpandhope.org/10-keys/>

Take the **Save Your Brain Quiz** - [go.iastate.edu/BHTNRF](http://go.iastate.edu/BHTNRF)

#### Sources:

Academy of Nutrition and Dietetics, <https://www.eatright.org/health/wellness/healthful-habits/the-mind-diet>

Iowa State University Extension and Outreach, <https://blogs.extension.iastate.edu/wellness/2019/05/07/mind-your-diet/>