## Yesterday / Today / Tomorrow



July, 2023

T<u>he G</u>olden View

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### 70th Annual Dubuque County Fair July 25 – July 30, 2023

by Brianne Budzinski, Office and Marketing Specialist, Dubuque County Fairgrounds and Event Center



The excited chatter is starting to build for the 70th Annual Dubuque County Fair, taking place July 25th-30th this year! This year's Fair theme is "6 Cheers for 70 Years" to commemorate our six days of Fair for our 70th birthday!

Hello, I am Brianne Budzinski, and I am the Office and Marketing Specialist at the Fairgrounds! Our General Manager, Kevin Kotz, asked me to write our article this year about the Fair from my point of view. Last year was the first time that I got to participate in the Dubuque County Fair, and it was such a cool and eyeopening experience for me. I have experienced county fairs for a good part of my life, but I have never really gotten to see what goes on behind the scenes or the work that truly goes into making them happen. I always assumed that there was quite a bit of work and thought that went into planning something like this, but never reflected on how much detail went into each and every event that goes on.

One of my favorite parts of Fair last year was getting to experience all the creation behind-the-scenes and helping set up for the day's events. I loved walking through Old MacDonald's Farm, seeing all the sleeping animals in the morning before the day started, and the smiles on all the workers' faces getting their booths and stands set up before the rush of people started to pile in.

The last thing that really stayed with me from last year's Fair were the smiles that we were able to put on the faces of all our different Fairgoers, no matter the age of the person. It could be something as little as giving someone a ride to their car or making sure that they got to see the free concert from the front row. Call me sentimental. but what I look forward to most at the Fair this year is knowing that we can put a smile on those people's faces and that we help make it the best Fair experience for them as possible.



**Remembering Rudy!** The Golden View's Rudy Bellmann passes at age 88

by Bill Beutin, Editor, The Golden View



Rudy and Joan Bellmann, Founders of The Golden View

*The Golden View* lost one of its founders last month. Rudy Bellmann died May 30. Rudy and his wife, Joan, started The Golden View back in July 1994.

We purchased The Golden View from the Bellmanns almost 9 years ago in August of 2014. I always tell people Joan sold us the paper because Rudy never wanted to sell. Part of the sale agreement was that Rudy was to stay on for the first 3 months and help show me the ropes. Well, Rudy was part of The Golden View pretty much up until he died. I visited with him and Joan a couple of weeks before he died. He went over some of the things he needed me to do this month that he usually took care of because he didn't think he was going to be able to do them. Joan called me the following week to let me know that Rudy was dieing and he only had a couple weeks to live. Rudy died that next Tuesday, May 30.

Rudy would stop in about every other week to check in and let me know what he was up to. That stop would often take between two and three hours. Rudy was an aquantaince before we bought the paper. I knew him before we bought *The Golden View*, through business, when I was Sales Manager at *The Dubuque Advertiser*.

Rudy also knew my Dad from "back in the day." They grew up down the street from each other and played baseball together. Rudy told some stories about my Dad and their friends growing up in Dubuque's North End. Some of those stories I heard more than once. Rudy was a talker and a walker. He had to get his steps in! He spent many hours a week walking and talking out at The Kennedy Mall. You might know him from there. The Tri-States lost a great community member and I lost a friend.

Rest in Peace, Rudy!

Rudy Bellmann cont. Pg. 3

Al Batt.....Page 17 Bridge.....Page 13 Bill Zwack....Page 20 Kovels<sup>®</sup> 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 8 Trivia Test.....Page 18 Uplifting Moment ...Page 7 Veterans Post.....Page 12



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### THE GOLDEN VIEW

### Rudy Bellmann from Pg. 1

Rudy's obituary from Hoffmann Schneider & Kitchen website www.hskfhcares.com



Rudolph "Rudy" A. Bellmann, 88, of Dubuque, died Tuesday, May 30, 2023.

Visitation will be from 11:00 am until 1:45 pm Thursday, June 1, 2023 at St. Joseph the Worker Catholic Church.

The Mass of Christian Burial for Rudy will be 2:00 pm Thursday, June 1, 2023, at St. Joseph the Worker Catholic Church with Father Brian Dellaert as the Celebrant. Burial will be in Mount Olivet Cemetery in Key West. Full military honors will be rendered by the American Legion Post #6 and the Iowa Army National Guard.

Rudolph was born April 15, 1935, in Rickardsville, IA, the son of Herman and Mathilda Farni Bellmann. On June 18, 1966, he married Joan Haxmeier at St. Catherine's Church in St. Catherine, IA.

He attended Sacred Heart grade school and St. Columbkille's High School. He was a U.S. Army Veteran serving from 1957 until 1960. He received his teaching degree from Loras College. Upon his retirement from teaching in 1997, he and his wife founded The Golden View Newspaper.

Rudy was very active at St. Joseph the Worker Parish. He served on the board of Mental Health America, and later on the board of Envision Mental Health.

In 1997, he was inducted into the Loras College NCBT Hall of Fame for his work on the tournament. In 2009, he was named, along with his wife, outstanding volunteer fundraiser for the Tri-State Chapter of the Association of Fundraising Professionals. Rudy donated many gallons of blood over the years giving every three months.

Survivors include his wife, Joan; one son, Robert Bellmann of Dubuque; one grandson, Anthony "Tony" Bellmann of Dubuque; two sisters-in-law, Mary Haas and Lou Bellmann; and one brother-in-law, William "Bill" Haxmeier.

He was preceded in death by his parents, one daughter, Janet, one granddaughter, Andrea Bellmann, four sisters, Ceil Tigges, Mary Becker, Clara Ahmann, and Agnes Melssen, and four brothers, Leonard, Joseph, Carl, Gene, and Loras Bellmann.

Memorials have been established for St. Joseph the Worker Parish and the Community Foundation of Greater Dubuque for Envision Mental Health.

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

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



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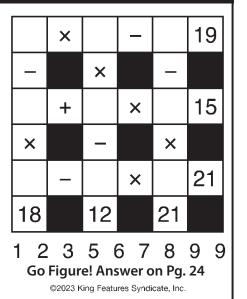


### **GO FIGURE!** by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

### DIFFICULTY: \*\*\*

★ Moderate ★★ Difficult ★★★ GO FIGURE!



# 2023 Fireworks & **Air Show** Monday, July 3



Events will be at River Front below Lock & Dam

Air Show: 6 p.m. – 8:30 p.m.

Full Throttle Formation Team, A-10 Warthog demo, USAF Heritage Flight with an A-10/F-22 and P-51 Mustang, the Iowa Army National Guard Chinook helicopter. We are pleased to welcome back the United States Army Parachute team, The Golden Knights.

### Fireworks will begin at Dusk

For More Information On The Day's Activities **Tune In To Your Radio Dubuque Stations** 







# King Crossword

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# Be sure to check the website TheGoldenViewOnline.com



My Cat Follows Me Everywhere

over the past decade show that cats bond to their humans much more strongly than we thought. Underneath that aloof exterior is a loyal heart of gold.

Cats who've had to spend time in a shelter may become overly clingy once they reach their forever home. They're finally with a forever family, and they don't want to let go! It's also tempting to give in to their demands for treats or to take over your bedroom to make up for their lost time. Keep enforcing boundaries, but try to introduce positive stimuli before and after you shut him out of the bathroom or bedroom. Two important factors to be aware of are: 1. A daily routine and 2. Combatting boredom. Commit to spending time with your cat before leaving for work, after returning and before going to bed. Incorporate play, using toys or laser pointers that he can chase. Don't give up. You and Blue will figure out a routine and comfort level that works for both of you.

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### **DEAR PAW'S CORNER:**

I adopted a cat from a shelter just before Thanksgiving of last vear. Blue is a beautiful boy who settled right into my home. He's very well socialized and doesn't even claw the furniture. However, he follows me everywhere! Even to the bathroom - I have to close the door in his face. At night, he meows and paws at my bedroom door. He runs under the bed when I leave the house, and he sulks for quite a while when I return. How can I stop his clingy ways? - Beth in Syracuse. New York

**DEAR BETH**: There's a fine line between "cuddly" and "clingy," and Blue has hopped right over it. If it helps, know that you're not alone. Studies

Send your tips. comments or questions to ask@pawscorner.com. © 2023 King Features Synd., Inc.

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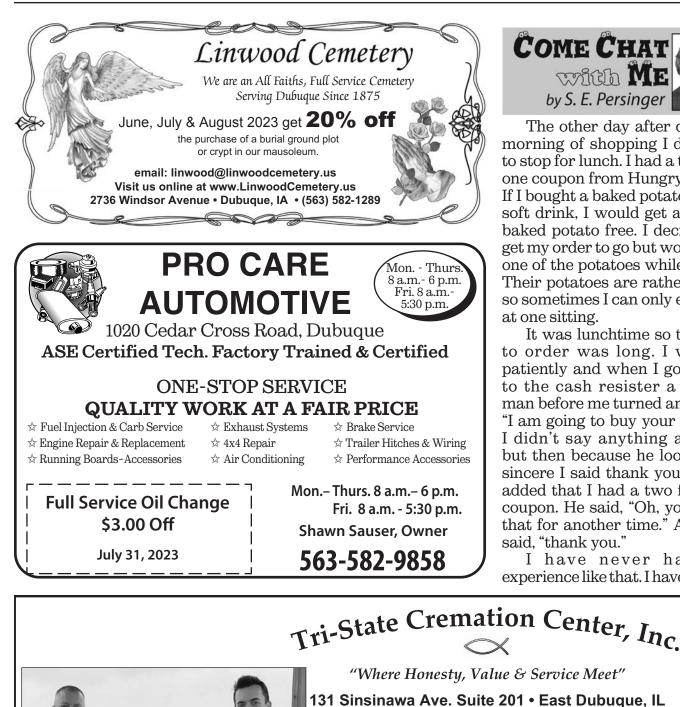
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The other day after doing a morning of shopping I decided to stop for lunch. I had a two for one coupon from Hungry Hobo. If I bought a baked potato and a soft drink, I would get another baked potato free. I decided to get my order to go but would eat one of the potatoes while there. Their potatoes are rather large so sometimes I can only eat half at one sitting.

It was lunchtime so the line to order was long. I waited patiently and when I got close to the cash resister a young man before me turned and said, "I am going to buy your lunch." I didn't say anything at first but then because he looked so sincere I said thank you. I also added that I had a two for one coupon. He said, "Oh, you keep that for another time." Again, I said, "thank you."

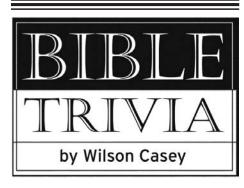
I have never had an experience like that. I have heard

of this happening to others but it had never happened to me. I have had other blessings but this one impressed me a lot. I did not know this young man. He was probably between the ages of 27 to 30. He was dressed casually and probably on his lunch hour. He ordered his lunch to go then sat down on a bench to await his order. I had gotten a tray to put my order on and then picked up my utensils and my drink. I sat in a booth and awaited my order. As the young man left Hobo's he stopped by my booth and said, "Your order is on its way." I could only reply, "You are going to have a great day." And I believed that because he had made my day one to be remembered.

Some may think that this is not such a big deal, but for me it was and I am sure others who have received such a treat would think so too. A total stranger opened his heart and bought a "seasoned" senior citizen a meal of a baked potato with trimmings and a cool Cherry Pepsi.

He had asked nothing in return. I think he knew how much I appreciated his gesture. He had a genuine smile on his face when he left the fast food shop.

Just think what a wonderful world it would be if more people had a heart of gold. Not the gold you put into your pocket, but a polished gem shaped like a heart that beats within each individual.



1. Is the book of James (KJV) in the Old or New Testament or neither?

2. From 2 Samuel 18:18, who erected a memorial to himself because he did not have a son? Onesimus, Absalom, Spartacus, Isaiah

3. Where is Satan called "the spirit that now worketh in the children of disobedience"? Galatians 1, Ephesians 2. Colossians 3. Titus 4 4. What widowed prophetess was 84 years old on seeing the young Jesus in the temple? Anna, Jezebel, Hagar, Abigail 5. Which book foretold of the Messiah being born in Bethlehem? Ezra, 1 Kings, Amos, Micah 6. From Genesis 35:22, how many sons did Jacob have? 1, 3, 6, 12



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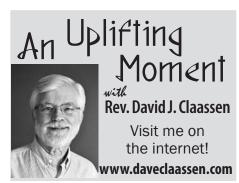
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### ANSWERS

2:2, 4) Anna, 5) Micah 5:2, 6) 12 I) New, 2) Absalom, 3) Ephesians

Hardcore trivia fan? Visit Wilson Casey's subscriber site at www.patreon.com/triviaguy. © 2023 King Features Synd., Inc.



### The Goodness of God

We live in an astonishing and amazing universe! When we look up at the sky at night we see it filled with stars. But many of those sparkly objects aren't stars but entire galaxies! In fact, there are at least a hundred billion galaxies with something like a hundred billion stars each! There are black holes that can consume stars. Then there are stars that go super nova, exploding in an unimaginably huge amount of energy. Close to home, we look at the mountains, the oceans, all the diverse life around us. the life we have.

It's amazing! Even a person who thinks it all came about on its own without God doing it is amazed. But those of us who live with the conviction that this all needed God to bring it into existence see it in an even more wonderful way! After it was all created the Biblical record states that "God saw all that he had made, and it was very good." (Genesis 1:31) God Himself declared everything that was made as good. One of the psalmists reflected the idea right back to God, declaring of God, "You are good, and what you do is good." (Psalm 119:68a)

What does it mean for God to be good? Arthur W. Pink, in his classic book, The Attributes of God, writes, "The goodness of God is his inclination to deal well and bountifully with his creatures." What this means is that God always has our ultimate best interest at heart! God is always good, never bad!

It seems to me that this attribute of God being good is one we often question

more than many of His other attributes. There was the time Jesus' disciples were in a boat crossing the lake with Jesus. Jesus was asleep in the boat when a terrible storm came up. The disciples, several who were seasoned fishermen and had experienced many a storm, were scared to death. They woke Jesus up, presumably because they knew He had the power to do something about the situation. They asked Him, after awakening Him, "Teacher, don't you care if we drown?" (Mark 4:38) It doesn't seem they doubted He could do something about the storm. What they doubted was whether He cared.

I know the goodness of God is something I've questioned. When our grandson Danny died, I realized I didn't question that God had the power to heal Danny. I knew He could if He wanted to do so. I didn't even question God's wisdom in choosing to not heal him. as we all wanted Him to do. What I questioned most was God's goodness! In my heart I didn't feel as though God was being good to us! This feeling surprised me at the time, and still does. I know in my mind that God is good, but not always in my heart.

This is why it's important to regularly affirm the fact that God is good. Occasionally in a gathering of Christ-followers the speaker or leader will start a back and forth dialogue. The person up front will say, "God is good," and the people in the audience will reply, "All the time." Then the person up front will respond, "All the time," and the audience will reply, "God is good." Yes, God is good, all the time, God is good!

Life isn't always good. It's a broken and sinful world, that's for sure. Yet in the midst of all of that which is not good we can and should affirm, but God is good!

The psalmist in Psalm 34:8 gives us this invitation, *"Taste and see that the Lord is good."* 

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GALATIANS 3:27,28



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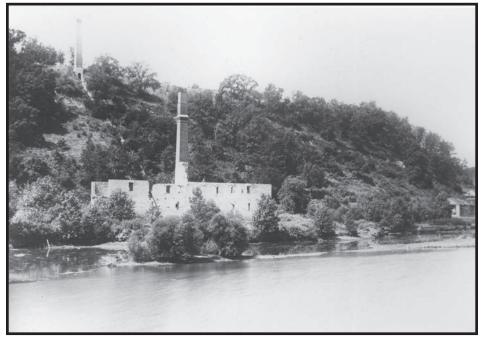
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YESTERDAY AND TODAY **BY MICHAEL GIBSON** 



In 1867, brothers Martin and Newell Moore built a lumber mill south of Dubuque in the vicinity of what used to be Rafferty slough and later Maus Park. The company was called Dubuque Lumber and the saw mill was one of the largest milling operations between Minneapolis and St. Louis. The mill had two smokestacks one on the bluff and one below attached to the main saw mill. This ca. 1900 photo shows the remains of the one located on the bluff. (Photo courtesy of the Center for Dubuque History, OHE p.159 Neg. roll 1335).

Yesterday & Today cont. Pg. 9



Michelle Bell, Social Security District Manager, Dubuque, Iowa



### **Celebrate Your Independence** with Social Security

Every July, we take pride in celebrating our nation's independence. For nearly 90 years, our programs have helped providefinancialindependenceto millions of hardworking people. We have useful online tools like the *Social Security Statement* (Statement) and our benefits estimator tool that help people not yet receiving benefits. The *Statement* shows the benefits that you and your family may be entitled to includes personalized fact sheets tailored to your age and earnings situation. The benefits estimator tool allows you to get estimates based on different ages you want to begin receiving benefits. These tools can help you plan for financial independence in retirement. Don't receive benefits? You can get the most out of your online experience if you have a personal *my Social Security* account. You can: · Get your Statement instantly. · Request a replacement Social Security card (in nearly every state and the District helpful information available of Columbia). · Find out if you qualify for benefits.  $\cdot$  Appeal a decision we made on your claim.

Already receiving benefits? If so, you can use your personal *my Social Security* account to:

 $\cdot$  Request a replacement Social Security card (in nearly every state and the District of Columbia).

· Get an instant benefit verification letter for Social Security, Medicare, and Supplemental Security Income (SSI).

· Start or change your direct deposit (Social Security beneficiaries only).

 $\cdot$  Check your information and benefit amount.

·Change your address (Social Security beneficiaries only).

 $\cdot$  Request a replacement Medicare card.

\*\*Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A. an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective - 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details.2The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeaFilter as the "#1 rated professionally installed gutter guard system in America." \*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. See Representative for full warranty details. Manufactured in Plainwell, Michigan and processed at LMTMercer Group in Ohio. AR #0366920922, CA #1035795, CT #HLC064905, FL #CBC056678, IA #C127230, D1 #C2C-51664, LA #559E44, MA #176447, MD #MHLC148329, MI #210212986, #26200022, #262000023, #2106212946, MM #176474, MD # 34MLC148329, MI #20212986, #26200024, #26200024, #2459E4212946, PA #5954592990, NM #408693, NV #0086990, NY #H-19114, H-52229, OR #218294, PA #PA069383, RI #GC-41354, TN #7656, UT #10783658-5501, VA #2705169445, WA #LEAFFNW822JZ, WV #WV056912.

· Get a replacement SSA-1099 or SSA-1042S instantly for tax season.

· Report your wages if you work and receive disability benefits or SSI.

You can create your personal my Social Security account at www.ssa.gov/myaccount.

With so many services and online, we are here for you when it's convenient for you. Be sure to tell friends and family about all they can do with us from any device at *www.ssa.gov*.

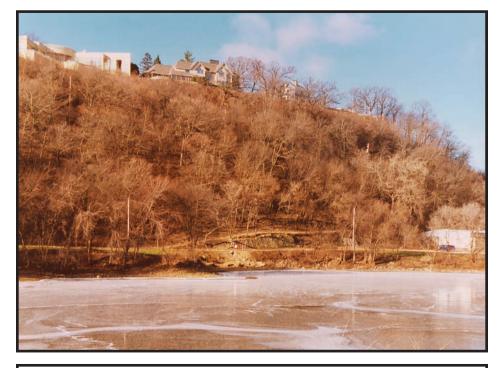
Joy is importantly different from mere pleasure.

Joy has in it the real recognition of the contrasts and depths and problems of life. Joy is an act of courage because it can carry you through anxieties and sorrow. -Lady Bird Johnson

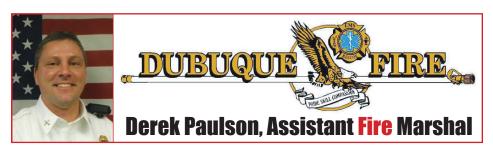
### THE GOLDEN VIEW

### 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.



Today the smokestack is gone, but a paved Mt. Carmel Road winds down the side of the bluff near the location of the old smoke stack. (Photo by Terry Grant).





Most of us know that water boils at 212 degrees Fahrenheit. Wood burns at 575 degrees and glass melts around 900 degrees Fahrenheit. According to the National Safety Council. sparklers can burn up to 2000 degrees Fahrenheit. We don't let our children and grandchildren put their hand inside a boiling pan of water yet every year around the 4th of July we hand them sparklers and let them run around the yard. Thousands of people are taken to local emergency rooms due to fireworks-related injuries each year. In 2017, 8 people were killed due to fireworksrelated mishaps according to the National Safety Council. Although the Dubuque Fire Department does not condone the use of fireworks for personal use, we understand that people will continue to use them. Here are some safety tips to help ensure you and your loved

ones are as safe as possible when around fireworks.

Never allow young children to use fireworks of any kind, including sparklers. Sparklers have been known to cause third degree burns. When older children are using fireworks, make sure they are under close supervision from a responsible adult. Never let an adult handle fireworks' if they are impaired by

alcohol and/or drugs.

Only buy and use legal fireworks from a reputable seller. When using fireworks, the people handling them should be wearing protective eyewear, long-sleeved shirts and tighter fitting clothes to help prevent clothes from catching on fire. Always use fireworks away from other people, flammable or combustible materials and houses or other structures. According to the National Fire Protection Association, there is an average of 18,500 reported fires each year due to fireworksrelated incidences. Lastly, leave the fireworks to the professionals. Grab a chair, find a good spot to watch and just enjoy the show. This will guarantee that you and your loved ones will have a safe and enjovable holidav. 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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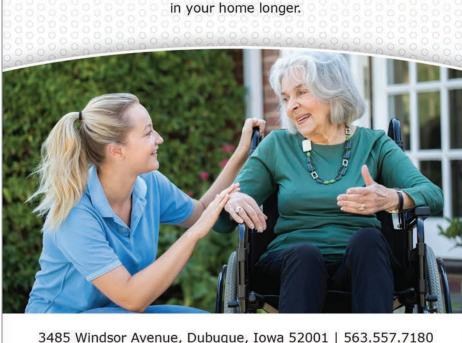
<sup>1</sup>Domestic ATM fees are refunded to the account once the Power Checking qualifications are met; if you have a linked Power Savings your ATM fee refunds will post directly to the Power Savings account. <sup>2</sup>The qualification cycle (monthly statement cycle) ends on the fourth Wednesday of each month. On this day,

transaction courts 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.



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### **Produce Basics**

is easy if you have the right information! Spend Smart. Eat Smart Produce Basics. describes how to store. clean. and prepare fresh produce.

Corn on the Cob: A summer staple that is a good source of fiber and high in B vitamins.

have a bright green husk.

- If husk is removed, refrigerate in tightly wrapped plastic for 1 to 2 days. If husk is still on, store uncovered in a refrigerator for 1 to 2 days.

- When ready to use, remove the outer husk and the silky strings. Break off the stalk at the base of the ear of corn. Rinse under cool running water.

**Onions:** This vegetable has Vitamin C and is a great source of prebiotic fibers.

Choose onions that are dry, shiny, and firm, and do not have dents or bruises.

- Store whole onions in a cool, dark, well-ventilated place and use within 4 weeks.

running water before use.

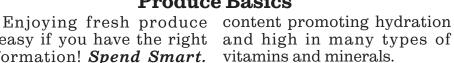
- Refrigerate cut onions in a tightly sealed container and use within 7 days.

Zucchini: A rich sources of vitamins and minerals. In A content supports vision and immunity.

shiny skins and firm flesh.

- Store in a plastic bag in the vegetable (crisper) drawer of the refrigerator and use within 4 -5 days.

Cucumbers: Low in calories but high in water



- Choose cucumbers that are firm, smaller in size, and have a dark green color.

- Store in the refrigerator and use within 1 week.

Find these and more produce - Choose ears of corn that basics, including lots of ways to prepare them, and featured recipes on our webpage at go.iastate.edu/EXKVVD

> Cool Cucumber Salad Serving Size: 1 cup Serves: 2

Ingredients: 1 cup grape tomatoes, halved 1 cup cucumber, quartered and sliced 1/4 cup onion, diced <sup>1</sup>/<sub>4</sub> cup crumbled feta cheese 1 teaspoons oil (canola, olive, vegetable) 1 tablespoon lemon juice <sup>1</sup>/<sub>4</sub> teaspoon ground black pepper

**Tips**: This recipe can be doubled or tripled to make a - Rinse onions under cool larger batch. Add sliced black olives. Substitute apple cider vinegar or balsamic vinegar for lemon juice.

### Directions:

1. Wash and cut tomatoes, particular, its ample Vitamin cucumber, on onion. Stir together in a bowl.

2. Add cheese, oil, lemon juice, - Choose zucchini that have and ground black pepper. Stir until combined.

3. Store, tightly covered, in the refrigerator for 3-4 hours before serving. Stir well before serving.

Nutrition information per serving: 120 calories, 9g total fat, 3.5g saturated fat, 0g trans-fat, 15mg cholesterol, 180mg sodium, 9g total carbohydrate, 2g fiber, 5g sugar, 4g protein

> **Recipe Source**: Spend Smart Eat Smart



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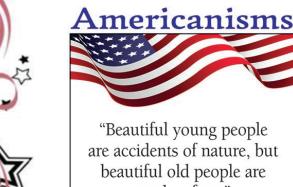
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"Beautiful young people are accidents of nature, but beautiful old people are works of art." *— Eleanor Roosevelt* 

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Emotional maturity is the ability to stick to a job and to struggle through until it is finished, to endure unpleasantness, discomfort and frustration. —Edward Strecker



### **Bout of Pneumonia** Leads to Shocking **Breast Cancer** Diagnosis

DEAR DR. ROACH: My 73-year-old wife has been diligent in getting her mammograms done, plus blood tests and doctor's visits every three months. In November 2021, she came down with what seemed like a very bad cold that was actually confirmed by X-ray to be pneumonia. After two rounds of different antibiotics, she had lost 35 pounds, and it left her with weakness and a lingering cough. A CT scan later indicated that she "either has cancer or had cancer in the past."

Multiple tests later, it was determined that there was a tumor at the 12:00 position in her breast and a tumor in her stomach that had spread to her pelvis and bones in her legs. She started taking letrozole and Ibrance, and although extreme fatigue is the most common side effect, they appear to be working.

My question is, how could this initial breast cancer have gone undetected for some time with all of the regular testing and not set off alarms? As bad as the pneumonia was, it allowed her to receive a diagnosis of a not recommended for men with disease that eluded detection by current screening methods and very good physicians. – *Anon*.

**ANSWER**: I am so very sorry to hear about your wife. Breast cancer is not just one disease. We think of breast cancer as something that can be easily cured if it is found early, but if you wait too late, it becomes difficult or impossible to cure. Some breast cancers do act that way, but others are much more indolent - they grow slowly and may never get to the point where they threaten a person's life.

Unfortunately, there are some breast cancers that can become metastatic (spreading to different sites such as the lymph nodes, bones, liver or lungs) before they are detectable at all by even the most sensitive tests, such as a mammogram or MRI. By the time they are found, because of symptoms, they are incurable by surgery and require systemic treatments like chemotherapy and hormonal therapy.

Most metastatic breast cancer is incurable, but newer treatments have improved life expectancy, with the average being three years. Screening for breast cancer is unable to save all lives. More effective treatment, in combination with regular screening, will be necessary to continue to progress against this horrible disease.

DEARDR. ROACH: If a male inherits the BRCA1 gene, what should his medical concerns be? – **B**.**D**.

**ANSWER:** Men with the BRCA1 gene (mutations in this gene predispose patients to several types of cancer) are at high risk for male breast cancer and prostate cancer. They should perform a monthly breast self-examination and receive a clinical breast exam every year, starting at age 35.

Screening mammography is a BRCA1 mutation. Prostate cancer screening should certainly be done, possibly starting at age 40, rather than age 55, for average-risk men. There are some medicines that reduce To Your Good Health cont. Pg. 18

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Thursday, July 27

Friday, July 28

Saturday, July 29

Sunday, July 30

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**ROCK DAY** 

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