



# The Golden View

The Community Newspaper For Adults 55 Plus

June, 2023

Dedicated To The Young At Heart

Dubuque, Iowa

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

## 37th Fireworks & Air Show

by Perry Mason, General Manager, Radio Dubuque, Inc.



The July 3rd fireworks and air show is coordinated annually by the four radio stations of Radio Dubuque (AM 1370 KDTN, 92.9 KATFM, 97.3 the Rock, and 101.1 the River) and the Dubuque Jaycees. 2023 will be the 37th show and promises to be bigger and better than ever!

Dubuque's Independence

please remember to arrive early (probably before 4pm) and pack and plan to be there through the end of the fireworks. It is often very hot that time of year and you are strongly encouraged to keep your pets at home. Social distancing will be encouraged.

The Air Show will begin at approximately 6pm and the

## The Grand Opera House and Rising Star Theatre Company presents One of the Most Enduring Shows of All Time

by Nick Halder,

Executive and Artistic Director, Grand Opera House



The Grand Opera House and Rising Star Theatre Company presents *Joseph and the Amazing Technicolor Dreamcoat*. Beloved by generations, Tim Rice and Andrew Lloyd Webber's reimagining of the Biblical story of Joseph, his father Jacob, eleven brothers and the coat of many colors has been entertaining

audiences for over fifty-years. Performances begin June 9th, running Thursday, Fridays, and Saturdays at 7:30pm and Sundays at 2:00pm through June 18th.

Told entirely through song with the help of a main character Narrator (Kristina Castañeda), the musical follows preferred

Grand cont. Pg. 9



Day Spectacular is dedicated annually to the men and women of the U.S. Armed Forces who help protect the freedoms we enjoy today. Many military aircraft have been featured in the shows over the years. In their flyovers, U.S. Air Force pilots have reported that they estimate the Tri-State crowd size to be in excess of 250,000 people. It has evolved into the biggest community event in the tri-states.

Although the celebration can be seen from all over the Tri-State area, "Show Central" is located in the AY McDonald Park next to the Hawthorn Boat Ramp just below Lock and Dam 11. If you are planning to celebrate in this area, or anywhere near,

line-up includes: The United States Army Parachute Team - the Golden Knights; Full Throttle Formation Team, A-10 Warthog demo, USAF Heritage Flight with an A-10/F-22 and P-51 Mustang.

And then at dusk...the fireworks extravaganza! For a listing of all events associated with this year's celebration, log on to [radiodubuque.com](http://radiodubuque.com) and go to the fireworks logo.

The only way the radio stations and the Jaycees have the ability to put on this show each year is through the financial support of good corporate citizens. Thank you to EVERYONE for your past and present support, we couldn't do it without you!

## A New Summer Music Festival Will Premiere Its First Annual Season. Four Concert Series June 23 - July 2

by Julian Graef,

Executive Director, Tallgrass Chamber Music Festival



The Tallgrass Chamber Music Festival is proud to announce its first summer season of outstanding performances and engaging music. From June 23 through

July 2, 2023, music enthusiasts can look forward to a two week-long festival featuring world-class musicians and a diverse repertoire of classical music. The

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11383 Hwy 20  
June 21<sup>st</sup> at 11:00 AM

**Dubuque, IA**  
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June 26<sup>th</sup> at 6:30 PM

**Maquoketa, IA**  
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**Lancaster, WI**  
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Renee Snyder,  
Medicare Sales Associate



Medicare has awarded our Iowa/Illinois/Wisconsin plan with 5 out of five (5) Stars for 2023. Every year, Medicare evaluates plans based on a 5-Star system. How does your plan rate? Visit [www.medicare.gov](http://www.medicare.gov) to compare plans. You must continue to pay your Medicare Part B premium. For accommodations of persons with special needs at sales meetings, call the phone numbers above. Open to all Medicare beneficiaries eligible by age or disability. Medical Associates Health Plans (MAHP) is a Cost plan with a Medicare contract. Enrollment in MAHP depends on contract renewal. Y0045\_M AHP 1692\_M CMS Accepted 03112023

National Mississippi River Museum & Aquarium's Summer Exhibit: *POPnology*



This Memorial Day weekend, Stage Nine Exhibitions and The National Mississippi River Museum & Aquarium are excited to open the POPnology traveling exhibit for all general admission guests. The exhibit, which has toured throughout the United States and Canada, will explore how science and technology play a role in our everyday lives. Guests will be able to discover this through the four featured areas: How We Play, How We Connect, How We Move, and How We Live & Work.

Some of the greatest works of popular culture inspired technology will be showcased, with guests seeing the fusion of science fiction and science fact. From experiencing a virtual world with virtual reality to learning about several amazing innovators and authors, guests will be able to see how imagination and dreams have become reality.

*POPnology* will feature several special exhibits:

- A full-scale replica of the DeLorean Time Machine
- Local Motors showcasing the Strati, the world's first 3D printed car
- Virtual Reality projection games
- Jet pack from Disney™'s *The Rocketeer*
- Autopia car from Disney™'s *Tomorrowland*
- Artistic renderings from visual futurists who created the look of *Blade Runner™*, *Star Wars™*, *Alien™*, and much more.

"We're excited to bring in an exhibit that truly has something for all ages. Adults will feel like kids again when seeing

some of their favorite movies represented and kids will love all the interactive pieces like the *Oculus Rift™* VR sets," said Creative Services Manager Johanna Talerico. "We hope that this exhibit inspires adults and children alike to keep pushing the boundaries and dreaming of what could be the next big idea."

Officially opening May 27, *POPnology* will have something for everyone, and really leave guests with a new understanding of how technology is used in our everyday lives, where we've been, and where we're going. *POPnology* will be available to all guests with general admission tickets, and will be running through September 4, 2023. There is a River Museum members celebration event on May 26, and members are encouraged to RSVP at <https://rivermuseum.sitewrench.com/events/event/3085476>.

*POPnology* is distributed by Exhibits Development Group and produced by Stage Nine Exhibit Design. Supported locally by 97.7 Country, WGLR, the Diamond Jo Casino, KWWL, ImOn Communications, and the Grand Harbor Resort.



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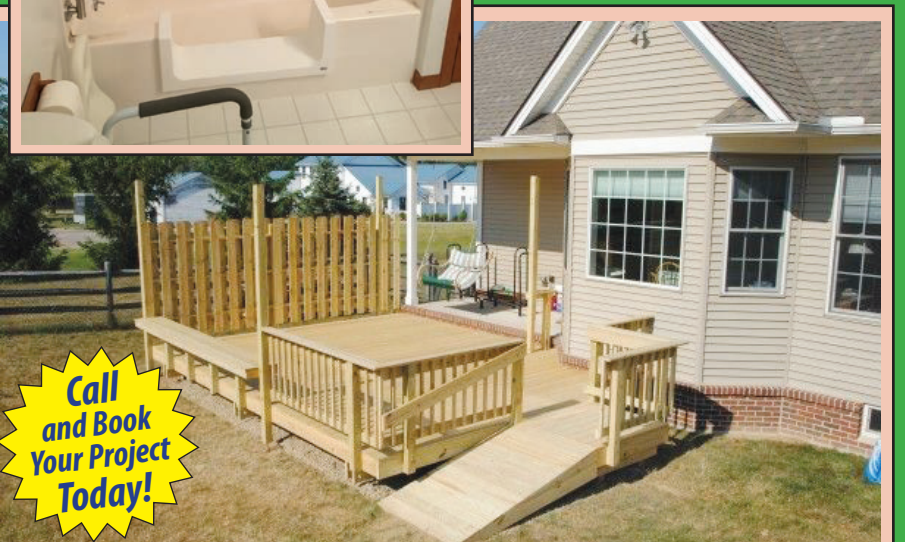
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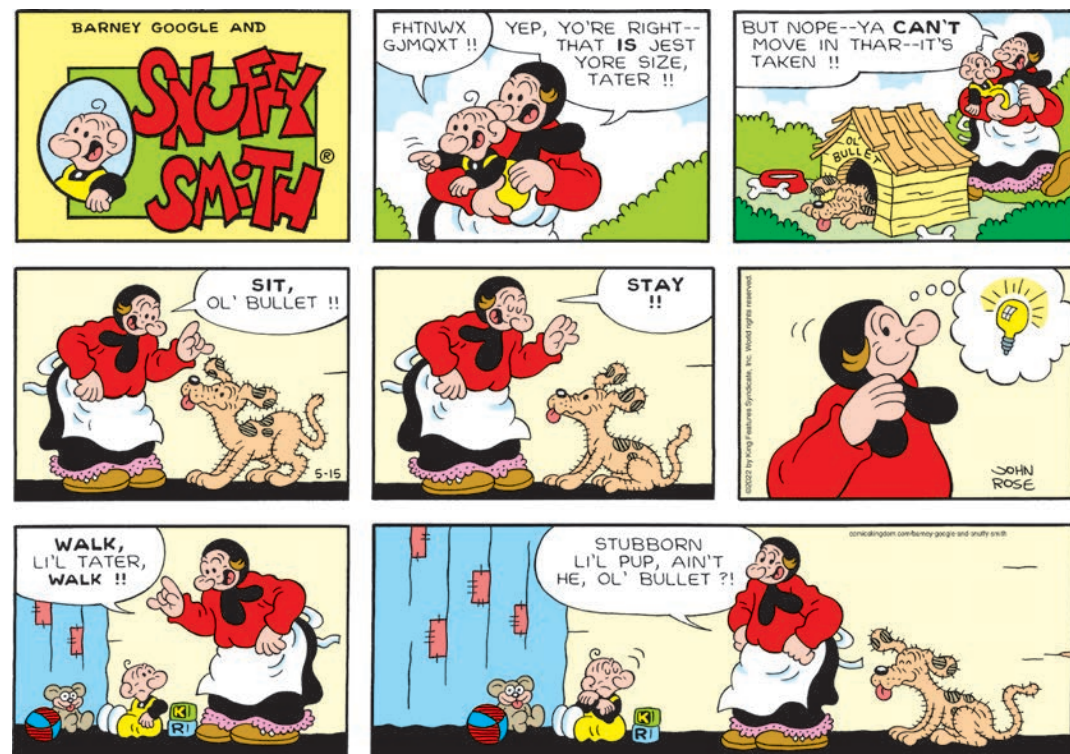
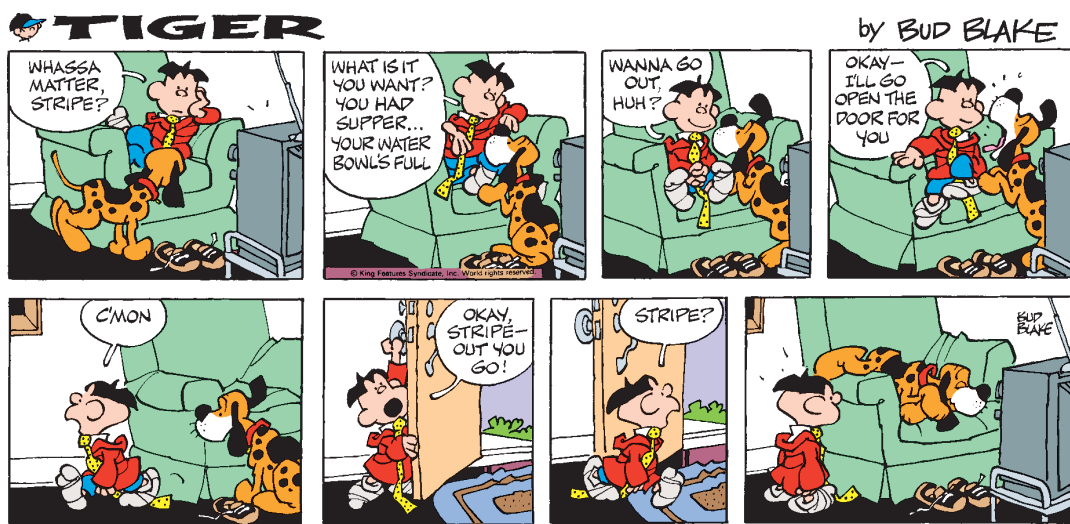
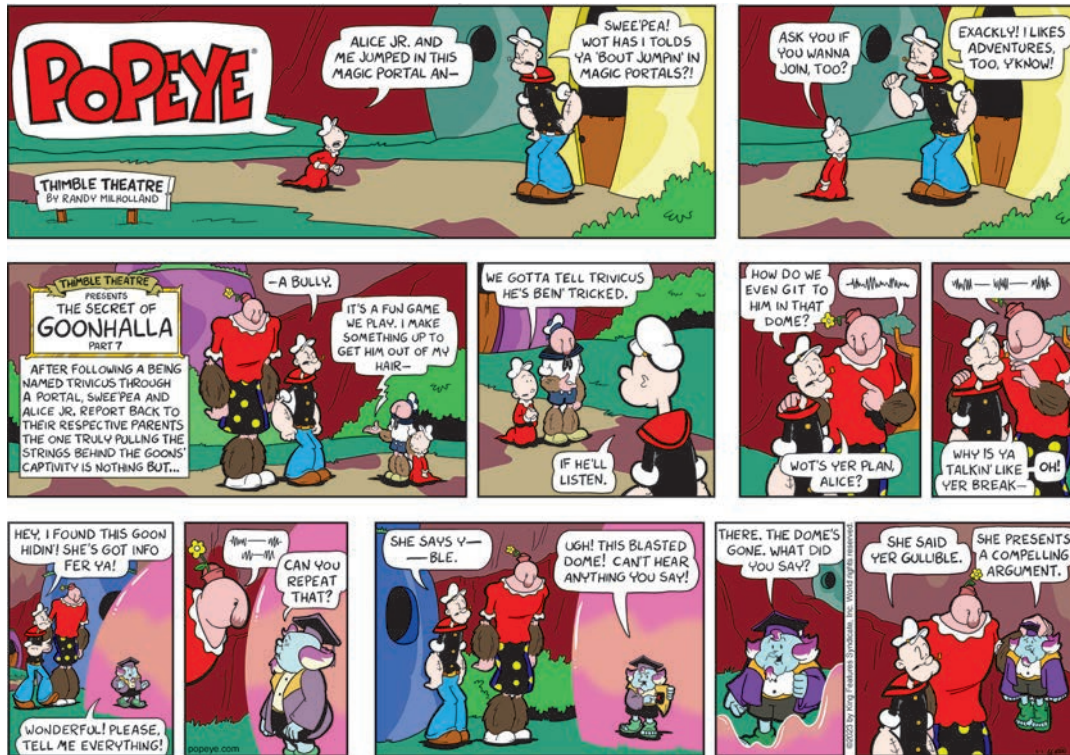
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**The Golden View**

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- |                |                  |                        |
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STICKELERS [sic]

by Terry Stickels

What number added to 8 will have the same result as when that number is multiplied by 5?

Stickelers Answer on Pg. 24

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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.

	+		×		26
×		×		×	
	×		-		24
-		-		×	
	÷		×		27
26		31		24	

1 2 3 4 4 5 7 8 9

Go Figure! Answer on Pg. 24

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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  
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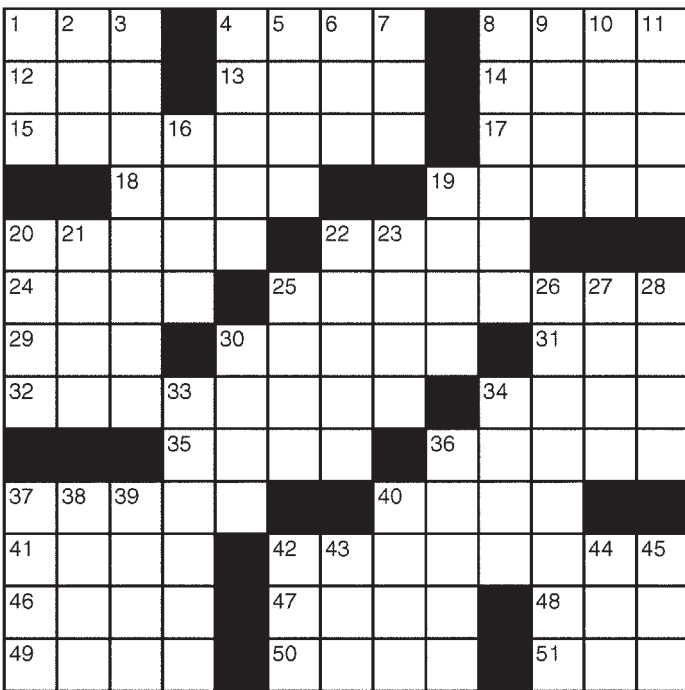





# King Crossword

**ACROSS**

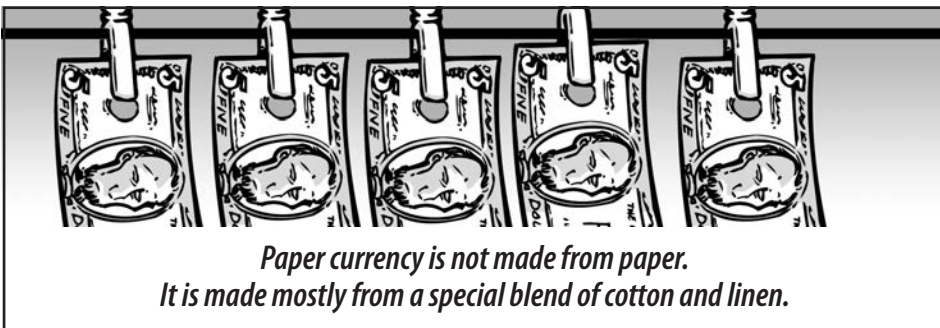
- 1 Standard
- 4 Like custard
- 8 Jubilation
- 12 Candle count
- 13 Crib cry
- 14 Verdi opera
- 15 "Yellow" band
- 17 Zorro's marks
- 18 Teeny bit
- 19 Lincoln's coin
- 20 Long-limbed
- 22 Wild guess
- 24 "How sweet —!"
- 25 "Light My Fire" band
- 29 Rock's Brian
- 30 Berth places
- 31 Quick swim
- 32 "Jump" band
- 34 Greek cheese



**DOWN**

- 11 Relaxed
- 12 Lobbying org.
- 13 Previously
- 14 Seminary
- 15 Void
- 16 "Today" rival, briefly
- 17 "Rah!"
- 18 Garden pavilion
- 19 Property claim
- 20 Genesis garden
- 16 Feet, slangily
- 19 Cushions
- 20 Schreiber of "Ray Donovan"
- 21 Sicilian volcano
- 22 Transparent woodwind
- 23 Seabird
- 25 Scrabble piece
- 26 Schiller poem used by Beethoven
- 27 Ceremony
- 28 Mast
- 30 Macadamize
- 33 Marsh birds
- 34 Flunk
- 36 Goofed
- 37 First bed
- 38 Sharpen
- 39 Slender
- 40 Hay bundle
- 42 Third degree?
- 43 Corn serving
- 44 Exist
- 45 Kitten's cry

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## Readers Sound Off on Dogs' Front Yard "Gifts"

**DEAR PAW'S CORNER:** I have so many thoughts after reading the letter from the woman with the shared driveway whose neighbor leaves her dog's poop on her side.

I'm of the opinion that life would be more enjoyable if people learned to meet others where they are. The dog owner clearly doesn't want to pick up her dog's poop, and I don't think checking with an HOA or municipal ordinance will change that. Maybe she has mobility issues. The writer says she and her neighbor "get along fine," and there's a LOT to be said for that. If I were her, I would simply buy poop bags and clean up after

the dog. If the neighbor sees her and says something, I would say: "I've asked that you pick up after your dog, but I don't want that to become a big issue between us because we get along so well. Your friendship means more to me than my taking a few minutes to clean up the driveway." — **Susan W., via email**

### Another Reader Shares Their Advice:

I have had this issue several times in the past. I have successfully resolved this issue every time it has come up.

I used a new tool to solve it — the power of social media. My solution was simple: When I observed an individual allowing their canine to defecate on my property, I announced loudly from my front door that if they did not clean it up, I would locate their property and defecate on theirs as well. I made the same announcement on the neighborhood's Facebook page.

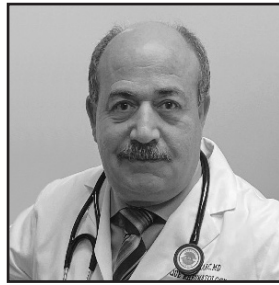
Aside from the occasional beer can thrown out of a vehicle full of teenagers, we have been at peace. — **Zack in Murieta North**

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

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## COME CHAT with ME

by S. E. Persinger



It's unbelievable how many commercials are run during regular aired programs. Even during an alert news broadcast telling about a tragedy, a commercial may pop up. This bothers me because serious is serious and there is no comparison between a tragedy and a commercial that may show a happy event along with a sad announcement of death and injury!

Well, now that I have gotten that bit of negativism out of my system I can write about my original thoughts that I have to share with the readers of The Golden View. Have you ever thought about all the dogs and cats' commercials aired during every program you watch? I checked on animal commercials and found out that more cats and dogs are filmed than all the other animals. Of course, I believe most Americans have at least one dog or cat in their homes, perhaps both. Sometimes a dog or cat is used in a program and I think this causes the shows program rating to go higher just because the pet is a cast member.

Actually, many other pets and wild animals have been used in commercials. Recently, one particular commercial

airing an emu in action causes me to laugh a lot. As you know, the emu is a flightless bird, native to Australia. And to see this animal doing people-like activity is a blast! Another commercial showing a baby elephant walking between its mothers' huge legs for protection from outer dangers is heart-warming.

Personally, of all the animals shown on TV I have never seen a commercial using a manatee. A manatee is a large water animal. Also, referred to as a sea cow because it grazes on marine grasses and other water plants. Manatees live in small family groups but often travel in herds of 15 or 20. And because of their huge size they have few enemies.

Actually, I have never seen a manatee but I have seen pictures of their round bodies. Another picture I saw showed a mother and her calf nuzzle together face to face. It was a touching scene. In reading about the manatee I learned that in manatee sanctuaries some younger ones will swim up to a diver and give him or her a little kiss. But I understand the manatee will not warm up to a diver unless the manatee touched the diver first. I also heard that once rapport is established, a manatee might roll over on its back and let the diver scratch its tummy.

Persinger cont. Pg. 8

Bell Tower Theater

## GODSPELL

—2012 Revised Version  
By Stephen Schwartz

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Supported by grants from:



### Bell Tower Theater Announces Tenth-Annual High School Musical, *Godspell—2012 Revised Edition*

The Bell Tower Theater, your hometown theater, is excited to announce its tenth-annual Free Summer Musical Program: High School Edition show. This summer some of the area's most talented high school performers will perform *Godspell—2012 Revised Version*, directed by Bell Tower Theater Artistic

Associate Sue Flogel.

Based on the Gospel according to St Matthew, *Godspell* follows with the last days of Jesus, and includes musical versions of several well-known parables. This immensely successful rock opera is a demonstration of joy and a celebration of the family of man. This new version is a masterful retelling of the original sensation, injected with contemporary references and dazzling new arrangements. The performance features high school students from throughout the area.

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 of *Godspell* are June 15, 16, 17, 21, 23, 24 at 7:30 pm and June 18, 25 at 2 pm. Tickets for all performances are \$12. For information and to purchase tickets call 563-588-3377 or visit [www.belltowertheater.net](http://www.belltowertheater.net).

The Bell Tower Theater's production of *Godspell—2012 Revised Version* is supported in part by grants and sponsorships from Dubuque County, Theisen's, Dupaco Community Credit Union and Mosaic Lodge No 125.



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**The Cosmic Creator's Love**

Diann and I were married over 50 years ago. It was June 2, 1972, in Leota, Minnesota, at the church in which Diann grew up. Just minutes before the ceremony, when Diann was ready, all the women cleared out of the bridal dressing room, and according to plan I was invited to go in and see my bride for the first time in her wedding dress, alone with her. Wow! This was my bride! How I delighted in her at that moment, and still do over 50 years later!

I have spent most of a lifetime reflecting on God, relating to Him, studying about Him, and teaching and preaching about Him. Although I have yet so much to learn and apply, what amazes me is how often God (in the Bible) uses the analogy of a groom and bride, a husband and wife, to portray the kind of relationship He wants with us. Human love stories have captivated people ever since we've been telling stories. But the greatest love story of all is of God's love for the people He's created!

As a groom I promised to be a husband who would love, honor, and cherish my bride. This is the kind of love, but raised to an infinite level, that God has for us. Wayne Grudem, a theologian, writes, "God's love means that God eternally gives of Himself to others."

When we think of a relationship with God we often think about what we have to do for Him, how we have to work at connecting with Him, thinking we have to take the initiative. It's the other way around! He's taken the initiative at reaching out to us. The great Christian thinker C.S. Lewis wrote of God, "He loved us not because we are lovable but because He is love." Love is one of God's wonderful attributes, it's just who He is.

Many believe that God created and sustains our universe. But what if God is more than creator, sustainer? What if He is also personal, with the intention of wanting the best for what He has created, including the best for us, who, the Biblical accounts say, He's created in His own image? This means that this world and the vast cosmos is awash in His love!

It was the English theologian John Owen, in the 1600s, who wrote, "The greatest sorrow and burden you can lay upon the Father, the greatest unkindness you can do to Him, is not to believe that He loves you."

There is no more important paradigm shift to make in life than **An Uplifting Moment cont. Pg. 18**

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**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of 2 Revelation (KJV) in the Old or New Testament or neither?
2. From John 20, which person's last recorded words in scripture were, "My Lord and my God"?
3. Paul was shipwrecked on what island while on his way to Rome to face charges?

- Arvard, Cos, Melita, Samos*
4. Which Psalm begins, "The Lord is my shepherd, I shall not want"?
  5. Who wrote the first five books of the Old Testament?
  6. What's the longest book of the New Testament?

**ANSWERS**

- (1) Neither, (2) Thomas, (3) Melita (Malta), (4) 23, (5) Moses, (6) Luke
- Comments? More Trivia? Gift ideas? Visit [www.TriviaGuy.com](http://www.TriviaGuy.com)  
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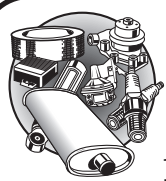
# YESTERDAY AND TODAY

BY MICHAEL GIBSON



The northwest corner of Fourth & Main has been the site of a theater ever since 1840 when the Athenaeum was built. In the 1860s and 70s it was refurbished several times under different ownership and names ranging from the Duncan-Waller Opera House to Bartell's Vaudeville Theater. In 1904, Jacob Rosenthal, assumed ownership and changed the name to the Bijou. A few years later Charles H. Eighmey, President of First National Bank & Harker B. Spensley, a real estate and insurance agent, purchased the theater and completely remodeled it. The stage was lowered from the second floor to the main floor and box seats were installed. Tragedy struck on April 7, 1910 when the theater was destroyed by a fire which resulted in over \$60,000 in damages. Fortunately, nobody was seriously injured in the blaze. The building to the right housed the Crystal Pool Hall and the National Hotel Register Co. with apartments on the upper floors. (Photo courtesy of the Center for Dubuque History, MSL p.172 Neg. Hoff. 860).

Yesterday & Today cont. Pg. 9



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Want to apply for either your or your spouse's benefits? Are you at least 61 years and nine months old? If you answered yes to both, visit [www.ssa.gov/benefits/retirement](http://www.ssa.gov/benefits/retirement) to get started today.

Are you divorced from a marriage that lasted at least 10 years? You may be able to get benefits on your former spouse's record. For more information, please visit our website at [www.ssa.gov/planners/retire/divspouse.html](http://www.ssa.gov/planners/retire/divspouse.html).

### Persinger from Pg. 6

I think if a commercial were to be done using a manatee, it should be a mattress commercial. I can just see the round body of a manatee rolling around on a bed with

a comfortable atmosphere welcoming a perspective buyer of a new mattress. I hope you enjoyed our casual written conversation in this column. I certainly enjoyed sharing with you.



Yesterday & Today from Pg. 8

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



After the fire the theater hired the Chicago firm of Rapp & Rapp to design a new building at a cost of \$90,000. Built in the Renaissance-Flemish architectural style designed as a replica of a theater in Paris. The Majestic opened later in 1910 and it began showing motion pictures in 1920. It was renamed The Spensley in 1929 and in 1934 became the RKO Orpheum. In the late 1960s the Orpheum was scheduled for demolition as part of urban renewal. In 1972 several community activists led by Wayne A. Norman, Sr., raised the funds to build an arts exhibition facility known as Five Flags. As part of this complex the old Orpheum theater was completely restored to its former grandeur and reopened in 1976 with a seating capacity of over 700. Today the Five Flags Theater stands as one of the historic landmarks of the Dubuque community. (Photo by Terry Grant).

Grand from Pg. 1



son Joseph (Mike Grant). After being sold into slavery by his brothers, he ingratiates himself with Egyptian noble Potiphar (Jeremiah Winkler), but ends up in jail after refusing the amorous advances of Potiphar's wife (Carrie Lohrmann). While imprisoned, Joseph discovers his ability to interpret dreams, and he soon finds himself in front of the mighty but troubled, Elvis-inspired, Pharaoh (Brandon Golden). Joseph's solution to Egypt's famine elevates him to Pharaoh's right-hand man and reunites him with his family.

The magical musical is full of catchy songs in a variety of styles, from a parody of French ballads ("Those Canaan Days"), to country-western ("One More Angel in Heaven") and calypso ("Benjamin Calypso"), along with the unforgettable classics "Any Dream Will Do" and "Close Every Door." Filled with great music, laughter, joy, and heart this sparkling show is sure to leave audiences wanting more!

*Joseph and the Amazing Technicolor Dreamcoat* is directed by Nick Halder and choreographed by Megan Schumacher. The cast features 60 local performers of all ages playing the various roles throughout the musical.

This production marks the second collaboration between the Grand Opera House and Rising Star Theatre Company.

They previously produced Disney's *The Little Mermaid* in August of 2022 as their youth production, which they will once again be collaborating on this August with *Peter Pan*.

Tickets for *Joseph and the Amazing Technicolor Dreamcoat* are \$25 for adults and \$15 for children under 18 and can be purchased in person at the 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. Tickets can also be purchased on our website at [www.thegrandoperahouse.com](http://www.thegrandoperahouse.com).

**Joseph and the Amazing Technicolor Dreamcoat**

Lyrics by Tim Rice  
Music by Andrew Lloyd Webber  
Directed by Nick Halder  
Choreographed by Megan Schumacher

**Dates and Times:**

Friday, June 9th 7:30pm  
Saturday, June 10th 7:30pm  
Sunday, June 11th 2:00pm  
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**Eat Fruits and Vegetables for Good Health**

Research shows that eating fruits and vegetables every day helps support good health. They are high in nutrients and low in fat, sugar, and sodium. Eating them may reduce the risk of chronic disease. Use the following guide to select and prepare a variety of fruits and vegetables from your local farmers' market or grocery store.

Cruciferous Vegetables include broccoli, Brussels sprouts, cauliflower, and cabbage. These vegetables are good fiber and Vitamin C sources. Substitute shredded cabbage for iceberg lettuce on tacos.

Citrus Fruits are good sources of dietary fiber and are high in Vitamin C. Oranges, grapefruit, lemons, and tangerines are included in this group. Infuse

fresh fruit slices in water to create a refreshing drink.

Green, Leafy Vegetables are packed with fiber and supply a good source of Vitamins A and C and calcium. This category includes spinach, kale, collard greens, and dark green lettuce. Sauté these greens with olive oil to make a healthy dish.

Berries add pizzazz to cereal or oatmeal. They are good sources of fiber, Vitamin C, and antioxidants. Antioxidants help protect brain cells from damage and improve brain function. This category includes strawberries, blueberries, blackberries, and raspberries.

Beans are fat-free, high in dietary fiber, and a good source of folate and potassium. Varieties include garbanzo beans (chickpeas), black beans, lentils, lima beans, and pinto beans. Enjoy the plant-based alternative in burritos or soups.

For tips on buying, preparing, and storing fruits and vegetables, visit **Spend Smart. Eat Smart.** <https://spendsmart.extension.iastate.edu/>

Source: Adapted from "Words on Wellness Newsletter (WOW)," September 2015, Iowa State University Extension and Outreach.

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by implementing ideas.*

—Shirley Chisholm



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**Medication Used for Perimenstrual Asthma Poses Health Risk**

**DEAR DR. ROACH:** I'm a 55-year-old perimenopausal woman who developed asthma a few years ago. My symptoms always start right before my menstrual cycle. My doctor ruled out allergies as the cause. I used to get colds and sinus infections premenstrually in my younger years. Most medical practitioners don't see the correlation between hormones and respiratory symptoms.

I sometimes take 10 mg of prednisone when I'm wheezing more than usual, and it seems to help. Is this dose putting me at risk for diabetes if taken regularly? — **B.S.**

**ANSWER:** Perimenstrual asthma is a well-recognized condition that is nevertheless not well-known by most nonexperts. It is less likely to be caused by allergies and more likely to be aspirin-sensitive — meaning that aspirin, or other anti-inflammatory drugs (like ibuprofen) commonly taken by women during menstruation, can trigger an asthma attack. Maybe a quarter of women with asthma have perimenstrual asthma. As you say, it is thought to be the hormone changes around menstruation that trigger the asthma.

Oral contraceptives used continuously prevent large changes in progesterone and estradiol, and may be helpful in managing perimenstrual asthma. Although I didn't find a lot about it in literature, I suspect that when your periods stop, your asthma symptoms will get better.

Increased medication at the time of menses is frequently needed. However, because prednisone, even at the fairly

small dose of 10 mg, does increase risk of diabetes, osteoporosis, high blood pressure, glaucoma, cataracts and many other conditions, oral prednisone is not my first choice for medication in this situation.

Inhaled steroids would be one choice, but they take a while to begin working. One recommended treatment is the oral medicine montelukast (Singulair), which has been proven effective in a small study and starts working right away.

**DR. ROACH WRITES:** A recent column regarding a "tip jar" in a living situation for a reader's brother who had suffered a stroke generated very powerful responses. (Respondents included nurses and administrators who worked in care facilities.) Many readers noted that they thought this was illegal in the states they lived in. While many readers responded that they were happy to give gifts to the caregivers, nearly every person wrote that the public nature of the "tip jar" was inappropriate.

The institutions I have been affiliated with have very careful rules about accepting any kind of gift. In my opinion, the "tip jar" grossly violated ethical standards, and nearly all readers agreed with me.

Several readers wished me to mention the state ombudsman program for long-term care. Every state is required to have such a program to address complaints and advocate for improvements. Residents in the U.S. can learn more about the long-term care ombudsman program at [Itcombudsman.org/about/about-ombudsman](http://Itcombudsman.org/about/about-ombudsman).

*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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—Yogi Berra

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*I just want to thank everyone who made this day necessary.*  
—Yogi Berra

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## VETERANS POST

by Freddy Groves

### Veterans Needed for Gulf War Illness Study

The Department of Veterans Affairs has just hooked up with the National Institutes of Health (NIH) to do a five-year study of Gulf War Illness (GWI). The war (Operation Desert Storm/Operation Desert Shield) was from August 1990 to June 1991, and there are nearly 200,000 veterans still suffering the effects. Perhaps you can help.

The symptoms of GWI include headaches, rashes, gastro problems, muscle and joint pain and more. The IN-DEPTH project will be split, with the VA recruiting veterans to participate in the study (veterans who do and don't have GWI) and the NIH doing the research. To be noted, in bold type on the NIH's description page for the study reads: "Participants in the study will not receive treatment." It's all testing that will hopefully lead to treatments.

If you're interested in participating, you must be

between the ages of 48 and 70. You'll be admitted to the NIH Clinical Center in Bethesda, Maryland, for 14 days, during which time you'll be tested from one end to the other. Some tests might be performed as outpatient.

To join the program, you'll first do a phone interview and your existing medical records will be checked. They'll do an at-home visit to check your vitals and review your medical questionnaires. If selected, you'll check into the clinic, where you'll undergo tests that include physical exam and strength testing, questions about food preferences, memory tests, wearing a heart monitor, stress tests on a stationary bike and much more. Once back at home, you might be asked to wear a monitor for a little while and to keep a health diary.

It doesn't cost anything to be in the study, but you'll be compensated and your travel may be paid for.

And, since the question will come up, if you've had Covid, you can't be in the study. They'll test you for antibodies during the screening.

If you have questions about the study, send an email to the NIH at [gwiindepth@ninds.nih.gov](mailto:gwiindepth@ninds.nih.gov). For the VA, send email to [vhawas.indepth@va.gov](mailto:vhawas.indepth@va.gov).

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Derek Paulson, Assistant Fire Marshal

According to *NoHeatStroke.org*, in 2022, 33 children died of heatstroke in vehicles. In 2018 and 2019, a record number of child deaths occurred with 53 children's deaths each of those years from hot car deaths. Children being left unattended in a car or children getting into an unlocked car is a very preventable act. Here are some tips to prevent this tragedy from happening.

Avoid distractions when driving such as cell phone use. Being in a conversation when you get to your destination could distract you long enough to forget about who could be in the backseat. Place an item such as a purse, briefcase or other item that you will need to take with you in the backseat. This will force you to look in the back before exiting the car to retrieve the item. Write yourself a note to remind you to check the backseat before getting out of the car. Don't be afraid to do a safety check each time you get out of your car that includes

checking the front seats, back seats, trunk or truck bed to make sure no one is left behind.

If your routine changes and someone else must take your child to daycare or school, have that person call you once they arrive to verify that they dropped them off or call them to make sure the child got to where they were supposed to be. Have a plan set up with your daycare provider to call you if the child is more than 10 minutes late.

Keep your vehicle locked when it is parked. Kids can be curious and may try and enter an unlocked car to play in. This could lead to them accidentally locking themselves inside and not being able to get out. Teach kids that playing inside cars is not safe. Also, keep rear-folding seats in the closed position as this will help keep kids from crawling into the back or trunk area.

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

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