



The Golden View

The Community Newspaper For Adults 55 Plus

March, 2026

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Dubuque, Iowa

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DSO Ignites *Spirit of Innovation* with World Premiere and Grammy Award-Winning Cellist Zuill Bailey

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



Zuill Bailey

The Dubuque Symphony Orchestra will celebrate bold creativity and beloved classics in its upcoming concert, *The Spirit of Innovation*, presented Saturday, March 28 at 7:30 p.m. and Sunday, March 29 at 2:00 p.m. at Five Flags Theater.

Building on the extraordinary success of last season's world premiere of Michael Gilbertson's *Symphony*, the DSO has once again commissioned the acclaimed composer to create a brand-new work - this time, a cello concerto written especially for the orchestra and internationally renowned cellist Zuill Bailey. Gilbertson, a Dubuque native whose career has taken him to major stages across the country, returns home for this special premiere. An audience favorite, Bailey returns to Dubuque after his unforgettable performance of the Dvořák Cello Concerto, bringing his signature passion and virtuosity to this exciting new work.

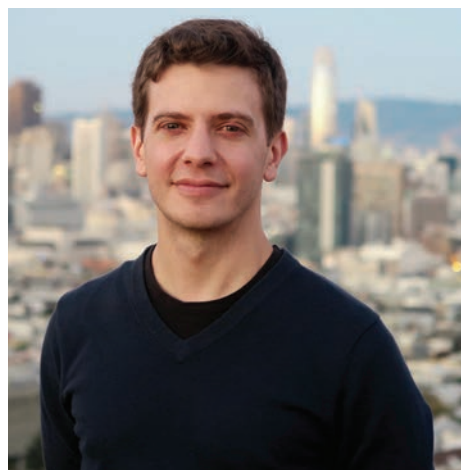
"This is exactly what a modern orchestra is called to do: honoring the great masterpieces while investing in the music of our time," shares Music Director and Conductor William Intriligator. "Premiering a concerto written specifically for Zuill and the

DSO is not only thrilling artistically, it affirms our commitment to innovation, excellence and creating experiences our audience can't hear anywhere else. There's something especially meaningful about premiering a major new work by a Dubuque native. It speaks to the extraordinary talent that can grow

from this community and to the pride we feel in bringing Michael's music home."

The program also features two beloved masterworks from the orchestral repertoire: Mozart's *Symphony No. 40* and Brahms' *Variations on a Theme by Haydn*. Together, the program blends fresh creativity with timeless beauty, offering audiences both the excitement of something entirely new and the comfort of beloved classics.

Tickets start at \$20 and are available online at dubuquesymphony.org or through the Five Flags Box Office, open Thursdays and Fridays from 10 a.m. to 5 p.m. (entrance at 4th and Locust Streets), and one hour prior to each performance in the theater lobby. Purchasing at the box office avoids online Ticketmaster fees.



Michael Gilbertson

Louise Harrison Presents Liverpool Legends "The Complete Beatles Experience" Live at Five Flags Friday, April 17, 7:30 PM

by Thomas Robbins, Five Flags Assistant General Manager



Grammy-nominated and internationally acclaimed Liverpool Legends are bringing their unforgettable Beatles tribute show to Dubuque for one night only! Handpicked by the late Louise Harrison, sister of the legendary George Harrison, these four world-class musicians and actors honor the band that forever changed music.

From the early mop-top days of *She Loves You* and *I Want to Hold Your Hand*, to the colorful era of Sgt. Pepper, all the way through to *Come Together*, *Here Comes the Sun*, and *Hey Jude*—this immersive show takes you on a Magical Mystery Tour through The Beatles' iconic career.

Narrated by Louise Harrison, who was instrumental in The Beatles' early success, the performance features spot-on vocals, vintage instruments, period costumes, dazzling visuals, and uncanny mannerisms, making you feel like you're watching the real thing.

Notable Achievements:

- Grammy-nominated for *Fab Fan Memories - The Beatles Bond*
- Sold-out shows in 20+ countries
- Headlined Rose Bowl (68,000 fans) and Carnegie Hall
- Performed at The Cavern Club, recorded at Abbey Road Studios
- Honored with TripAdvisor's *Travelers' Choice*

Award, placing Liverpool Legends in the top 10% of attractions worldwide.

- Personally selected by legendary producer Jerry Bruckheimer (*CSI*, *Pirates of the Caribbean*, *National Treasure*) to portray the band that changed music forever.
- Earned a place on Pollstar's Live75 chart, a prestigious ranking of the top 75 active touring acts in the world based on ticket sales and attendance.

For more information, visit www.liverpoollegends.com.

Tickets are on sale now at fiveflagscenter.com or you can buy them in person at the Five Flags Center Box Office on Thursdays and Fridays from 10:00am-5:00pm.

Other upcoming events at Five Flags include:

Dubuque Symphony Orchestra Classics 3 (theater)

Saturday, February 28, 2026 – 7:30 p.m. / Sunday, March 1, 2026 – 2:00 p.m.

The Dark Knight Movie Screening (theater - free admission)

Saturday, March 7, 2026 4:00 p.m. & 7:30 p.m.

Peppa Pig: My First Concert (arena)

Friday, March 13, 2026 – 6:00 p.m.

Justin Willman, comic magician (theater)

Friday, March 13, 2026 - 7:00 p.m.

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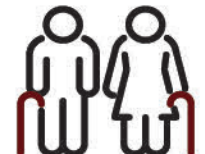
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Johnson Public Library
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GUTTENBERG, IA
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Guttenberg Library
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DUBUQUE, IA
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The Cost of Medicine for IBS Is \$811 Even With Insurance

DEAR DR. ROACH: After a month of testing from my gastrointestinal doctor, I have been diagnosed with irritable bowel syndrome (IBS). I have been sick for several months and have lost 12 pounds. (I'm now down to 100 pounds.)

I have been prescribed Xifaxan. The cost from my pharmacy is \$811. Normally, I never have a co-pay. I checked around, and there are no discounts with any other pharmacies. I read many chats about the medicine, and 50% of people in these chats believe that it does not work well and is very hard to digest for the two weeks that you have to take it.

I am meeting with a nutritionist to increase my weight, but every couple of days, I get so sick due to the IBS and can't gain weight. What are your thoughts on taking this medication? — *V.H.*

ANSWER: IBS is a functional disease of the intestine. The cause is not certain, and there are several factors involved in IBS, including abnormal movement of the intestine; changes in pain sensitivity; unhealthy bacteria in the gut; and often sensitivities to certain foods. The hallmarks of IBS are changes in bowel habits (diarrhea, constipation or both) and abdominal pain, which is often but not always improved

after a bowel movement.

Xifaxan (rifaximin) is an antibiotic that is not well-absorbed in the body, so it only kills the bacteria in the gut. It is intended to preferentially kill harmful bacteria in the gut, improving the microbiome and decreasing bacterial products that cause symptoms of bloating and diarrhea. I have several patients who take it occasionally when other therapies aren't working, and their experience has been favorable.

When used wisely, it can help people with their symptoms. Of course, patients in whom it doesn't work aren't going to use it again, but it does work well for some people. The \$811 cost with insurance is much better than the \$2,500 to \$3,200 cost for a course of treatment without insurance.

People do not take it for a long time; my patients typically take a course one to four times per year. If it helps you, I hope you find it worth the expense, but I don't know whether you are fortunate to have this much money to spend on prescriptions that are over and above your insurance costs.

Severe weight loss with IBS is not common and should be considered an alarming symptom. I have seen many patients who were diagnosed with IBS, sometimes for years, before another comprehensive evaluation is performed. This sometimes lead to the diagnosis of inflammatory bowel disease (Crohn's disease or ulcerative colitis). If you have not had a recent evaluation, including an endoscopy and/or a colonoscopy as well as stool studies, it may be time to repeat these.

DEAR DR. ROACH: What are the benefits of washing your hands? — *W.L.A.*

ANSWER: Not getting
To Your Good Health cont. Pg. 10

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COME CHAT with ME

by S. E. Persinger



When a person thinks about the economy of the country, it is a serious thought to be considered as important. Recently, that subject has been playing games with my mind, and I am in a dilemma. I know that every country has to be aware of what happens if the economy falls off a course. I remember when our economy was innovating with antique businesses. It seems that just about everyone was a collector of something. The country was making a lot of money for many people. So I guess you could say that it was a good time for our economy. But for some time now many people stopped collecting what I call tangibles.

I looked up the word in my family dictionary and the number one definition was; to be touched or felt by touch, so I will use "tangible assets" when referring to the economy and how it has affected our country. I remember my mother collected Milk Glass and Blue Willow dishes for a while. Soon many people began to collect tangibles for their market value. Then antique shops were springing

up in America and all over the world. People began traveling all over the world to find an object they thought would become a tangible asset.

This is where I get our economy involved in a thinking pattern. We should all pay attention to what is going on in our country. That is why we elect people to be our spokespersons on our behalf regarding our lifestyle and the future of our country. May I inteject here and say, when some trend wears out, create a new pattern and get on top of tomorrow?

Now I am going to inteject another tangible. And that is a tangible of the heart. This tangible can be felt. It is in a hug. Hugs are tangibles because they can be felt and are usually greeted warmly with a return hug. You hug me. I hug you. We both feel a love touch. It's a good feeling. I like to think of physical tangibles. When you are helping someone move a heavy object, you may feel a little discomfort if the item is very heavy. There are so many ways to apply tangible feelings. Whenever you are out and about pay attention to other people and their reactions to politeness from strangers that help someone open a store door or put groceries into their car. We all need help sometimes. Bye. Enjoy the rest of your day.

Trivia test

by Fifi Rodriguez

1. FOOD & DRINK: What is a bunch of bananas called?
2. MOVIES: Who is Neo's nemesis in "The Matrix"?
3. MUSIC: The Broadway show "Jersey Boys" is about which music group?
4. TELEVISION: In which U.S. city is the sitcom "New Girl" set?
5. U.S. PRESIDENTS: What is the name of the helicopter that transports U.S. presidents?
6. GEOGRAPHY: The Lake of the Ozarks is in which U.S. state?
7. HISTORY: When did construction begin on the

- Berlin Wall?
8. PSYCHOLOGY: What fear is represented in the condition called mageirocophobia?
 9. ASTRONOMY: Which planet in our solar system has the Great Red Spot?
 10. LITERATURE: Which country is the setting for the novel "The French Lieutenant's Woman"?

Answers

1. A hand, and each banana is a finger.
2. Agent Smith.
3. The Four Seasons.
4. Los Angeles.
5. Marine One.
6. Missouri.
7. 1961.
8. A fear of cooking.
9. Jupiter.
10. England.

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FLASH BACK TRIVIA
 POP, ROCK & SOUL
 BY MICK HARPER


1. Name the artist who wrote and released "Jump into the Fire."
2. Who wrote and released "Games People Play"?
3. Name Aerosmith's first song to reach the charts.
4. Which singer wrote and released "I Go Crazy"?
5. Name the song that contains this lyric: "All the leaves have gone green and the clouds are so low, You can touch them and so, Come out to the meadow."

Answers

1. Harry Nilsson, in 1972. The song

The film was nominated for Best Original Song. The film was nominated for teacher at a school in Scotland, starring Maggie Smith as a Prime of Miss Jean Brodie" songs was used in the film "The 5. "Jean," by Oliver in 1969. The Greenwood and Barry Manilow several others, including Lee chart and has been covered by went to No. 7 on the Hot 100 4. Paul Davis, in 1977. The song 3. "Dream On," in 1973. Song (1970). Award for Best Contemporary Year (1970) and the Grammy Grammy Award for Song of the South Africa, it won both the song topped the charts was in though the only place the 2. Joe South, in 1968. Even "A Bigger Splash" (2015). including "Goodfellas" (1990) and has been used in several films.

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Health and Human Sciences Educator

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- **Fruits and Vegetables:** If you're looking for energy-boosting foods, you can't go wrong with plant-based options.

Choose apples, bananas, oranges, blueberries, strawberries, pears, asparagus, broccoli, sweet potatoes, spinach, and beans.

• **Whole Grains and Complex Carbs:** Steer clear of sugary stuff like cookies, sweets, and white bread that lack nutrients and can make you tired. Choose whole grain foods and complex carbs for added fiber and steady energy.

• **Lean Proteins:** Proteins are slow to digest, which helps fight off fatigue; the key is to choose lean proteins. Chicken, turkey, and fish provide quality protein without excess saturated

IA State Extension cont. Pg. 8


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King Crossword

ACROSS

- 1 Lawyers' gp.
- 4 Radiator sound
- 7 Explosion
- 12 Bottom line
- 13 Ref
- 14 — Ababa
- 15 Hindu honorific
- 16 Obstruction
- 18 Work unit
- 19 Incursion
- 20 Frog's relative
- 22 — Aviv
- 23 Chumps
- 27 Fan's shout
- 29 Owing money
- 31 Choir member
- 34 Like anchovies
- 35 Hour follower
- 37 Dog's foot
- 38 Yuletide tune
- 39 GPS suggestion
- 41 Lounge about
- 45 Toe woes
- 47 Nev. neighbor
- 48 "Psycho" director Alfred
- 52 Chemical suffix
- 53 Petrify
- 54 "QB —" (Uris novel)
- 55 Cacophony
- 56 "One L" author Scott
- 57 Right angle

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56						57				58		

DOWN

- 1 Plus
- 2 Small pack animal
- 3 Spanish girlfriend
- 4 Ride the waves
- 5 Suave
- 6 Memoir by Prince Harry
- 7 Infant
- 8 "Bad" cholesterol
- 9 Commotion
- 10 Bracketed word
- 11 Chiding sound
- 17 Painter Salvador
- 21 Slobber
- 23 Shoulder wrap
- 24 "You've got mail" co.
- 25 Agt.'s cut
- 26 Cloud setting
- 28 Rainbow
- 30 Code-breaking gp.
- 31 Great weight
- 32 Green prefix
- 33 Mets' div.
- 36 Ray of McDonald's
- 37 Writing instrument
- 40 Treasure stash
- 42 Lab liquids
- 43 "The Fraud" author — Smith
- 44 Justice Kagan
- 45 Enjoy gum
- 46 Power tool brand
- 48 FDR follower
- 49 Post-op area
- 50 Sailor
- 51 — -Magnon

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Why spay/neuter programs work

DEAR PAW'S CORNER: You often write about feral cat control programs like TNR (trap, neuter, return) and advocate for spaying and neutering. But, do these programs actually work? Because I still see feral cats near my neighborhood every day. — *Janine in Spring Hill, Florida*

DEAR JANINE: Thank you for spotlighting feral cat programs! Yes, TNR and TNVR (trap, neuter, vaccinate, return) programs have been going on long enough that the organizations running them have collected plenty of data showing that "community cat" populations have declined and stabilized. In fact, there's an organization in your area, Paw Warriors Inc. (pawwarriorsinc.com), that supports these efforts and maintains a no-kill shelter for abandoned cats and feral cats who can no longer fend for themselves outside.

For decades, the University of Florida and the University of Central Florida have had TNR/TNVR programs. Both reported a significant reduction in feral cat populations after the first one to two years — over 66%. Kittens were put up for adoption, and the remaining adult cats were returned to their colonies. The feral cat population remained small but stable afterward. In Washington, D.C., Alley Cat Allies, an advocacy organization formed in 1990, started a TNR program with a feral cat colony. Within seven years, the colony dropped from 54 to just six adult cats; these remaining cats lived longer, healthier lives with the last cat passing away at age 17!

The studies found that TNR/TNVR programs were highly effective even if just over half of a colony was treated. Fewer kittens were born, fewer diseases were transmitted between cats, and fewer fights took place.

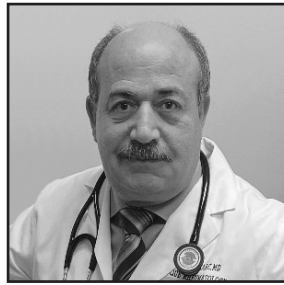
When you next see a feral cat near your neighborhood, look closely to see if they have a "tipped" ear (a chunk cut out of the top). This shows that the cat was trapped and neutered or spayed, and that the colony is being monitored.

Send your tips, comments or questions to ask@pawscorner.com.

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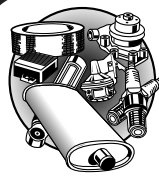
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Examine what is said, not him who speaks.

—Arab Proverb

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by Ryan A. Berenz

1. What controversial baseball diary, first published in 1970, is pitcher Jim Bouton's account of his 1969 season with the Seattle Pilots and the Houston Astros?
2. In 2017, UCLA basketball players LiAngelo Ball, Jalen Hill and Cody Riley were arrested and detained after they were accused of shoplifting sunglasses from a Louis Vuitton store in what country?
3. What former NFL wide receiver served as host of the CBS revival of the game show "Hollywood Squares" beginning in 2025?
4. For which team did U.S. Olympic speed skater Brittany

Bowe play college basketball from 2006 to 2010?

5. Before earning Super Bowl XXII MVP honors with Washington, Doug Williams played quarterback for what NFL team from 1978 to 1982?
6. What term rose from British folklore to describe a sports tournament format in which every participant plays against every other participant?
7. What style of skiing, named after the region of Norway where it originated, uses toe-only bindings on downhill skis to perform turns with one ski forward and the other ski trailing?

Answers

1. "Ball Four: My Life and Hard Times Throwing the Knuckleball in the Big Leagues."
2. China.
3. Nate Burleson.
4. The Florida Atlantic Owls.
5. The Tampa Bay Buccaneers.
6. Round robin.
7. Telemark skiing.

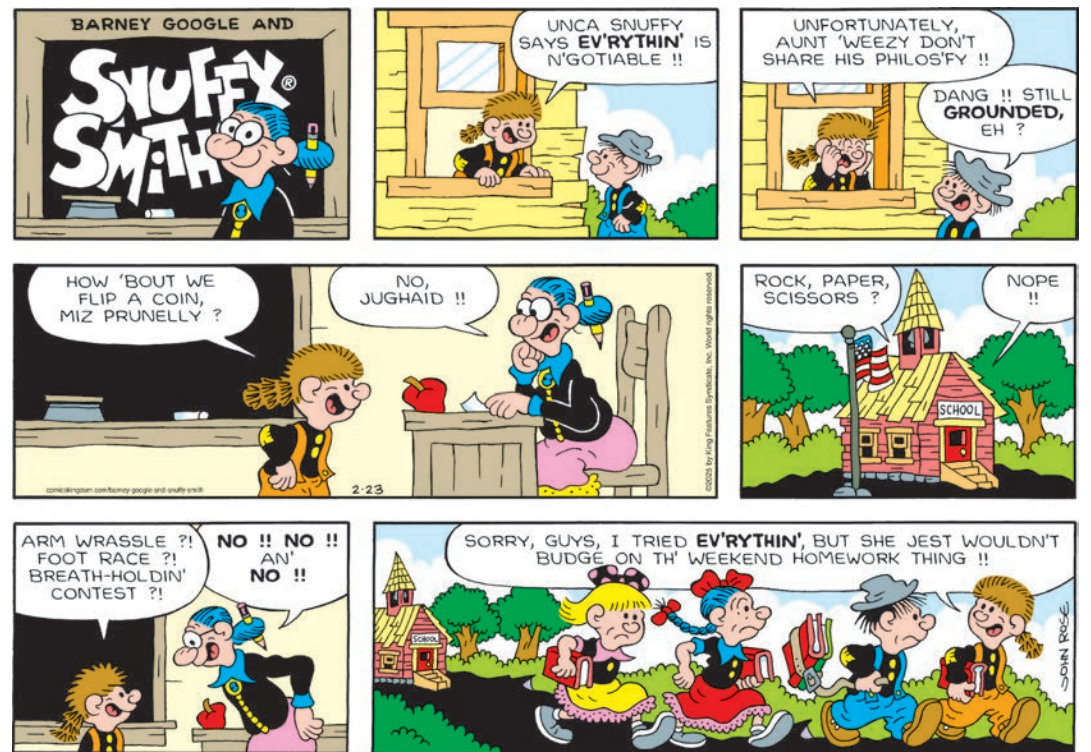
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GO FIGURE!

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.

	+		÷		= 2			
+		-		+				
	+		×		= 45			
×		÷		-				
	+		×		= 36			
=		=		=				
56		4		11				
1	2	3	4	5	6	7	8	9

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

Below are four different views of the same cube. Fill in the three missing sides with the correct symbol and orientation.

Stickelers Answer on Pg. 16
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Faith That Works

Charles Blondin often walked across Niagara Falls during the mid-1800s on a tightrope, sometimes blindfolded, walking on stilts, or cooking an omelet on a portable stove. After walking the tightrope pushing a wheelbarrow while blindfolded, Blondin asked the onlookers, "Do you believe I can carry a person across in the wheelbarrow?" The crowd cheered in affirmation, believing he could do it. When he asked for a volunteer, the crowd fell silent.

Faith can be simply intellectual in nature. We can believe something is true, but faith should be more than head knowledge but also heartfelt, to the point that we act on our faith. After Blondin's challenge to the gathered crowd, his manager, Harry Colcord, did ride the wheelbarrow across the falls. He had faith in Blondin, enough faith that he acted on his faith.

We can have faith that God exists and even faith that God acts in our world. But does that faith make a difference in how we live our daily lives? Do we trust Him with our lives

like Harry Colcord trusted Charles Blondin?

I frequently chatted with a man at the counter of a Bob Evans restaurant who was very interested in Biblical archaeology. He knew a lot about the Holy Land where the great characters of the Bible lived, including where Jesus walked and taught. Yet, in our conversations, I had the impression that the man lacked a personal connection, a personal relationship, with the God of the Bible. Of course, I could have been wrong, only God knows for sure. But what I do know for sure is that making a faith in God personal and operative in our lives is important, otherwise our faith in God is of little value.

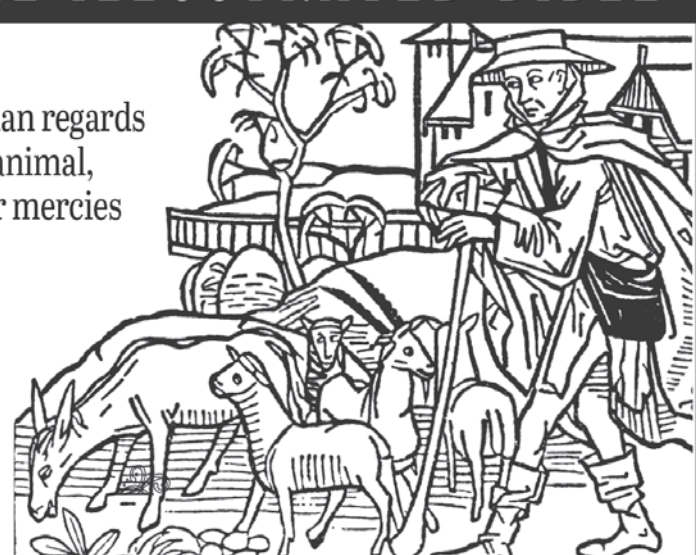
What difference does our belief in God make in our daily lives? How does the reality of God affect how we treat our mate, our children, our other family members, our neighbors, and the person we meet casually in our daily activities? How does the reality of God affect how we handle hurt from others, setbacks, problems, tragedy, illness, and death?

Harry Colcord being pushed in a wheelbarrow on a wire over Niagara Falls by Charles Blondin is a reminder that our faith should result in action. Our faith in God should make a difference in our daily living; that makes it a faith that works!

"Faith by itself, if it is not accompanied by action, is dead" (James 2:17 NIV).

THE ILLUSTRATED BIBLE

A righteous man regards the life of his animal, but the tender mercies of the wicked are cruel.
Proverbs 12:10



Detail of 15th-century woodcut

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Simeon (KJV) in the Old or New Testament or neither?
2. Whose first chapter begins, "Then Moab rebelled against Israel after the death of Ahab"? *Exodus, II Kings, Job, Proverbs*
3. From Luke 1, what was the name of Elisabeth and Zacharias' child? *Elisabeth, Zacharias, Thomas, John*

4. In Genesis 4, who's considered the father of all musicians? *Jeremiah, Joash, Jubal, Job*
5. From Luke 7, where did Jesus raise a widow's son from the dead? *Amos, Nain, Lystra, Philippi*
6. In Genesis 12, where did Abram go after leaving Ur? *Iconium, Nineveh, Haran, Salem*

ANSWERS

- (1) Neither, (2) II Kings, (3) John (the Baptist), (4) Jubal, (5) Nain, (6) Haran

More than 1,200 brand-new trivia questions in Wilson Casey's latest book "Quest for Bible Knowledge" available in bookstores and online.


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YESTERDAY AND TODAY
BY MICHAEL GIBSON



This photograph dated 1887 was taken by noted Dubuque photographer W.H. Morisher. The German Congregational Church which was built in 1867 at the head of Clay Street now known as Eighteenth & Central. The congregation itself dates back to 1849 when a pastor named Peter Fleury formed the Evangelical Church of Dubuque. Many of the members of this congregation later followed another minister to form the First Presbyterian Church. However, in 1865, the remaining members under Rev. Henry Frankfurth formed the German Evangelical Church. Two years later, a Rev. Jesse Guernsey, superintendent of Iowa Congregationalism, directed the construction of this frame church on the hill above Eighteenth St. and it became known as the German Congregational Church. Under the leadership of Rev. Herman Ficke the \$1,200 building debt was paid and membership grew from seven to some 70 members over the next several years. In 1890, the 800 membership outgrew the little frame church and a new edifice was built on the corner of 18th & Jackson to house the Immanuel Congregational United Church of Christ.

(Photo courtesy of the Loras College Center for Dubuque History, MOSL p.41 Neg. HAM 880).

Yesterday & Today cont. Pg. 9

Age in Place
GRANT PROGRAM

Age in place comfortably, safely, and close to friends and family.

The City of Dubuque offers grants for low-income Dubuque residents, age 62 and older, to modify their homes so they can age at home safely!

Examples of home improvements include:

- ▶ Installing grab bars, lever style handles, and hand rails
- ▶ Repair flooring and transitions to reduce trip hazards
- ▶ Moving switches and outlets
- ▶ Converting bathtubs to step-in showers

To apply or for more information, contact the City of Dubuque Housing & Community Development Department

Call 563-589-1724 or visit cityofdubuque.org/ageinplace

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Grammy-nominated and internationally acclaimed **Liverpool Legends** are bringing their unforgettable Beatles tribute show to Dubuque for one night only! Handpicked by the late *Louise Harrison*, sister of the legendary George Harrison, these four world-class musicians and actors honor the band that forever changed music.

FRI., APR. 17
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Tickets available at the box office or at Ticketmaster.com

GRAMMY NOMINATED

SCAN FOR TICKETS

IA State Extension from Pg. 4

fat. Eggs, beans, and yogurt are great protein choices, too.

- **Healthy Fats:** Avocado, olive oil, almonds, walnuts, and pistachios offer lasting energy and support brain function.
- **Noncaffeinated Beverages:** Caffeine is okay in moderation and provides a short-term boost, but it doesn't truly energize the body. Skip the soda and energy drinks that can make you crash later. Choose unsweetened tea, coconut water, or a fruit smoothie. Water is also a smart choice. Even mild dehydration can cause fatigue!

Remember, balance is key. Aim for a variety of nutrient-dense foods, drink enough water, and listen to what your body tells you. By making mindful choices, you'll have more energy and be ready to take on the day!

Sources:
Cleveland Clinic, go.iastate.edu/WWK50G;
Words on Wellness, October 2024, Iowa State University Extension and Outreach