



The Golden View

The Community Newspaper For Adults 55 Plus

October, 2022

Dedicated To The Young At Heart

Dubuque, Iowa

Visit The Golden View On The Web At: www.thegoldenviewonline.com

Two Classic Artists Grace the Stage in October at UD Heritage Center

by Stacey Ortman,
Director of Public Information, University of Dubuque



Riders in the Sky will perform classic cowboy songs of the 1930s and 1940s at 7:30 p.m. Friday, Oct. 28, in John and Alice Butler Hall.

The 10th annual Live at Heritage Center Performing Arts Series will welcome beloved University of Dubuque alumnus Tony Danza (C'72, HON'04) as well as Riders in the Sky to the stage in October.

Tony Danza will return to his alma mater for a special Homecoming performance of his hit live show, Standards & Stories, at 8 p.m. Saturday, Oct. 22, in John and Alice Butler Hall.

Heritage Center cont. Pg. 13

Stonehill Team and Administrator Honored for Excellence

by Christel Tatro, Stonehill Communities Marketing Coordinator



Jen Takes, Stonehill Nurse Manager, Shannon Strickler, LeadingAge Iowa President/CEO, and Gretchen Brown, Stonehill President/CEO with the Excellence in the Workplace Award

Stonehill Communities recently received two prestigious awards from LeadingAge Iowa, a statewide membership organization of non-profit providers of aging services. Stonehill was

awarded the 2022 Excellence in the Workplace Award and Stonehill Administrator, Peggy Stockel, received the 2022 Award of Honor.

The Excellence in the Stonehill cont. Pg. 3

New 55+ Cooperative Community Under Construction in Dubuque

by Michelle Zeal, Sales Manager, The Estates of Dubuque



The Estates of Dubuque is a maintenance-free community for active 55+ and will be the first of its kind in the Dubuque area.

Construction has begun on the first phase of homes at The Estates of Dubuque, and the first homes will be move-in-ready this Fall.

The Estates of Dubuque is a maintenance-free community for active 55+ and will be the first of its kind in the Dubuque area. The 35 individual patio homes will be situated in the serene NW side of Dubuque and will feature 4 different floor plans. Sales have already started

and 15 homes are reserved! Now is the time to purchase, as there's still time to select a home location and start personalizing! Once inside this community, members can enjoy clubhouse amenities, which include an outdoor swimming pool, a great room with fireplace and kitchen, a fitness center, office space, and an indoor pickleball court.

Cooperatives were designed as a form of homeownership

The Estates cont. Pg. 9

Visit the Dubuque Chorale's Reflections of Home

by Danielle Phillips, Dubuque Chorale



Dubuque Chorale

There are so many ways to express the feeling of "home," each reflecting a different perspective, different values, a different life. In an effort to portray this multifaceted experience of "home," the Dubuque Chorale, their chamber choir Cadenza, and both of the Dubuque Chorale

Children's Choirs present their fall concert, Reflections of Home, a program in collaboration with Opening Doors of Dubuque.

But wait...both of the Dubuque Chorale Children's Choirs? Yes, there are two now! As of fall 2022, the Dubuque

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AmericInn
1910 Nairn Drive, Maquoketa
October 7 at 11 AM

Best Western Plus
3100 Dodge St., Dubuque
October 13 at 11 AM

Medical Associates East Campus
E1 Conference Room by Cardiology
1000 Langworthy, Dubuque
October 18 and 25 at 10 AM

Ramada Inn
11383 Hwy 20, Galena
October 19 at 11 AM

Medical Associates West Campus
Boardroom, 2nd Floor
1500 Associates Dr., Dubuque
October 20 and 27 at 4 PM

Johnson Public Library
131 E. Catherine St., Darlington
October 21 at 11 AM

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3100 Dodge St., Dubuque
October 24 at 6:30 PM



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Renee Snyder,
Medicare Sales Associate



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Stonehill from Pg. 1

Workplace Award recognizes a LeadingAge Iowa member organization that demonstrates effectiveness in fostering and advancing a healthy workplace culture, promotes diversity and an environment that supports the recruitment, retention and development of staff at all levels.

“We are so blessed,” said Gretchen Brown, President and CEO of Stonehill Communities. “Over the past several years, we have cultivated a team-oriented, inclusive environment where staff at all levels have opportunities to grow and advance within their positions and throughout the organization.”

Brown credits this incredible team effort to always staying connected to the mission and committed to serving residents and families. “I look across our campus and I know that every person here, from every level and department, has contributed.”

Stonehill has grown the healthcare workforce by paying for nursing classes, certifications, and other professional development for new and existing employees with grant funds and contributions. In addition, 60% of newly hired employees are referred by current team members and employee retention is high, a testament to employees’ satisfaction and commitment to the organization.



Peggy Stockel, Award of Honor recipient with LeadingAge Iowa President, Shannon Strickler. Photo courtesy of LeadingAge Iowa.

The Award of Honor is given to an individual who has made an outstanding contribution to the field of aging services and is a recognized leader within their community, and at the state and national level.

Peggy Stockel has worked in aging services for 24 years. She works tirelessly to enhance the health and wellness services offered to residents. She continually seeks ways to improve their living environment and quality of life, advocate for legislative and regulatory reform to improve service provision, and has helped to elevate the public perception of the field of aging services.

Both awards can be viewed at Stonehill’s Open House on October 13 from 3-6PM.



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Move Dubuque County forward in November
Nov. 8th

<p style="font-size: 24px; font-weight: bold; background-color: black; color: white; padding: 5px;">WAYNE KENNIKER</p> <p style="background-color: black; color: white; padding: 5px;">Dubuque County Supervisor</p> <p style="background-color: black; color: white; padding: 5px;">Why should you vote for me:</p> <p style="background-color: black; color: white; padding: 5px;">Tax Dollars: I aim to ensure the fair and balanced collection and allocation of your hard-earned tax dollars. I want the money to work for you.</p> <p style="background-color: black; color: white; padding: 5px;">Accountable Representation: I will represent the people of Dubuque County to the best of my ability. I encourage anyone who wants to be involved to do so and I will actively seek out feedback.</p> <p style="background-color: black; color: white; padding: 5px;">Infrastructure: I will work to ensure the current infrastructure is maintained cost-effectively and new projects need to be fiscally justified and benefit the County.</p> <p style="background-color: black; color: white; padding: 5px;">Collaboration: I will work together to achieve shared goals as part of a 3 member board. It takes all hands working together to get things done.</p> <p style="font-size: 10px; background-color: black; color: white; padding: 2px;">✉ wayne@dbqsuper.com Paid for by Wayne Kenniker for Supervisor</p>	<p style="font-size: 24px; font-weight: bold; background-color: black; color: white; padding: 5px;">MICHAEL CLASEN</p> <p style="background-color: black; color: white; padding: 5px;">Dubuque County Treasurer</p> <p style="background-color: black; color: white; padding: 5px;">I will be a V.O.I.C.E. for Dubuque County</p> <p style="background-color: black; color: white; padding: 5px;">VETERAN - 8 year Marine Corps vet</p> <p style="background-color: black; color: white; padding: 5px;">OVERSIGHT - proper background to understand the office</p> <p style="background-color: black; color: white; padding: 5px;">INTEGRITY - Reliable and respected</p> <p style="background-color: black; color: white; padding: 5px;">COMMITMENT - Provide exceptional service to every person</p> <p style="background-color: black; color: white; padding: 5px;">EXPERIENCE - banking & financial background, managing personnel and leadership</p> <p style="background-color: black; color: white; padding: 5px;">I am the most qualified candidate to lead the Treasurer’s office and will bring Accountability, Transparency and Oversight back to the office.</p> <p style="font-size: 10px; background-color: black; color: white; padding: 2px;">✉ clasen4treasurer@gmail.com Paid for by Clasen for Treasurer</p>	<p style="font-size: 24px; font-weight: bold; background-color: black; color: white; padding: 5px;">SCOTT NELSON</p> <p style="background-color: black; color: white; padding: 5px;">Dubuque County Attorney</p> <p style="background-color: black; color: white; padding: 5px;">Common Sense for a Change</p> <p style="background-color: black; color: white; padding: 5px;">Veteran - Military Leadership Experience - 30+ years trial practice Organizational/Management</p> <ul style="list-style-type: none"> • Aggressively prosecute violent crimes • Focus on eliminating human and drug trafficking in our communities • Restore credibility and accountability to the County Attorney’s office • Staunchly defend the Constitution, including the 2nd Amendment <p style="font-size: 10px; background-color: black; color: white; padding: 2px;">✉ scott@nelsonforcountyattorney.com Paid for by Nelson for County Attorney</p>
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The Golden View
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 Ph.: 563-845-7586
 E-mail: goldenviewpub@gmail.com
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Gary Dolphin	Vera Stokes	Michael D. Gibson
Al Batt	Kelsey Salow	Bill Zwack
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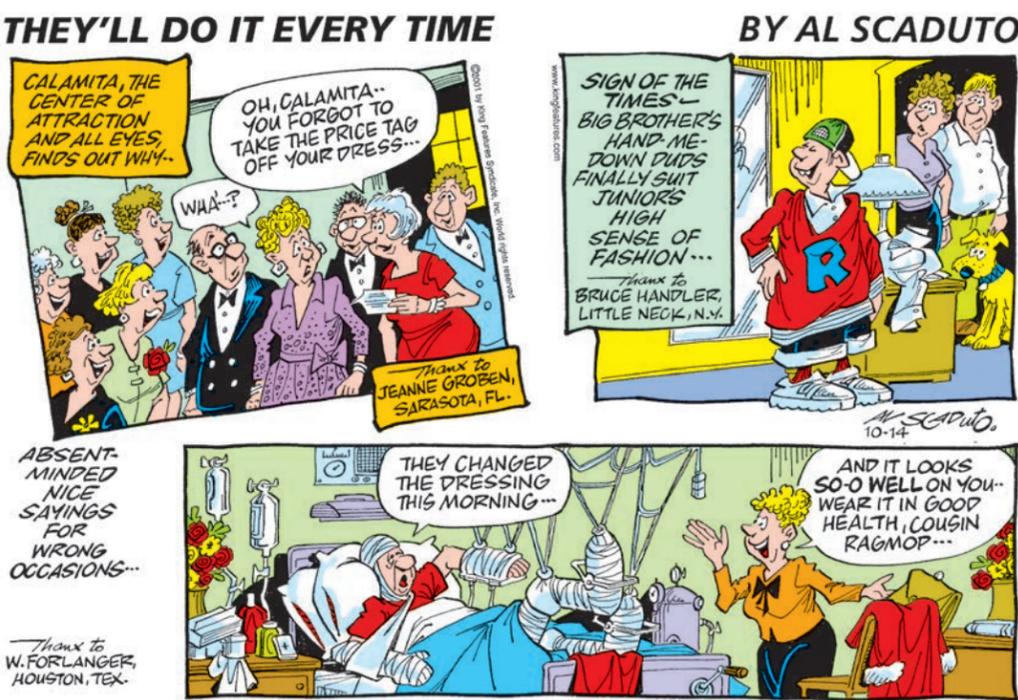
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GO FIGURE! by Linda Thistle

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

		-		×		21
+			+		+	
		+		×		27
×			×		+	
		×		-		26
28		24		22		

1 2 2 4 5 6 7 8 9
 Go Figure! Answer on Pg. 28
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DIFFICULTY: ★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

STICKELERS [sic].
 by Terry Stickels

Jennifer purchased a few baseball cards. All but two of the cards have a picture of a St. Louis Cardinal, all but two of the cards picture a New York Yankee and all but two of the cards picture a Boston Red Sox player.

How many cards did Jennifer purchase?

Stickelers Answer on Pg. 28
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King Crossword

ACROSS

- 1 Listening device
- 4 Iota
- 7 Bright star
- 11 Shapeless mass
- 13 Get older
- 14 Eden evictee
- 15 U2 lead singer
- 16 Sailor
- 17 Air outlet
- 18 Attempts
- 20 Judicial garb
- 22 Gaiety
- 24 "Weeping" tree
- 28 Macaroon ingredient
- 32 Wilderness Road pioneer
- 33 Unoriginal one
- 34 Actress Arthur
- 36 Hindu royal
- 37 Gold-loving king
- 39 Country named for an imaginary line
- 41 Eye, slangily
- 43 Tax form ID
- 44 One of the Fab Four
- 46 Cairo's nation
- 50 Hoosegow
- 53 Perched
- 55 Slithery
- 56 Shrek, for one

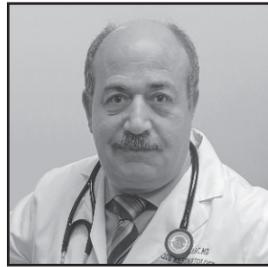
1	2	3		4	5	6		7	8	9	10	
11			12		13			14				
15				16				17				
18				19		20		21				
			22		23		24			25	26	27
28	29	30			31		32					
33				34		35		36				
37				38		39		40				
41				42		43						
			44		45		46		47	48	49	
50	51	52			53		54		55			
56					57			58				
59					60					61		

- 57 Part of TNT
- 58 Dance move
- 59 Pitch
- 60 Chatter
- 61 Wedding words
- DOWN**
- 1 Recedes
- 2 Oodles
- 3 Novelist Jaffe
- 4 Purse
- 5 Composer Stravinsky
- 6 Former quarterback Tim
- 7 Easy-to-peel citrus fruits
- 8 Poetic tribute
- 9 Moving day rental
- 10 Invoice fig.
- 12 Partake in a Halloween game
- 19 Day light?
- 21 Clothing protector
- 23 Gist
- 25 Burden
- 26 — account (never)
- 27 Dam
- 28 Bivouac
- 29 Mayberry moppet
- 30 Give up
- 31 Golf prop
- 35 Rm. coolers
- 38 Salty expanse
- 40 Exploit
- 42 Out of practice
- 45 Zhivago's love
- 47 Bigfoot's cousin
- 48 Begged
- 49 Printing error
- 50 Scribble (down)
- 51 Past
- 52 Apr. check
- 54 Gratuity

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Be sure to check the website
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Guinea Pigs Hide Signs of Illness

DEAR PAW'S CORNER: My male guinea pig, Dale, was always healthy. He was fat and not losing weight. One day, we cleaned his cage and noticed that he was sticking his head out repeatedly and opening his mouth — like yawning. The vet said to come in right away, and within five minutes of hanging up, Dale was dead. The vet looked at him and said he looked healthy and that maybe he had a heart attack or stroke, but I didn't see any symptoms. Any help would be great, because we have two others. — *Julie G., via e-mail*

DEAR JULIE: Sadly, it often can be difficult to tell when a guinea pig is getting ill. They're very good at hiding signs of

illness, and often they are acutely ill before their owners can tell what's wrong. It's clear that you pay close attention to your guinea pigs, as you were aware of Dale's weight and normal behavior.

However, guinea pigs can become ill very quickly. You were right to contact the veterinarian immediately after noticing Dale's strange behavior, which I agree, could have been a sign of a stroke or heart attack.

I'll refer to the late Peter Gurney's brilliant Guinea Pig Health Guide. One suggestion, which you may be able to apply to your surviving guinea pigs, is to have the vet listen to their heartbeat. A heart murmur can indicate valve problems. Another possibility is an undetected fungal or bacterial infection that got into Dale's system, eventually causing a heart attack. But as you pointed out, he showed no external signs of illness.

For this mystery, I'll turn to my readers. Any suggestions for Julie on monitoring her two surviving covies?

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

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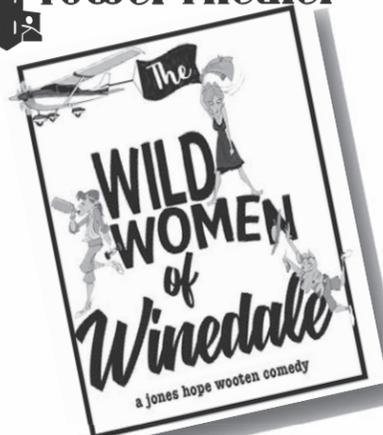
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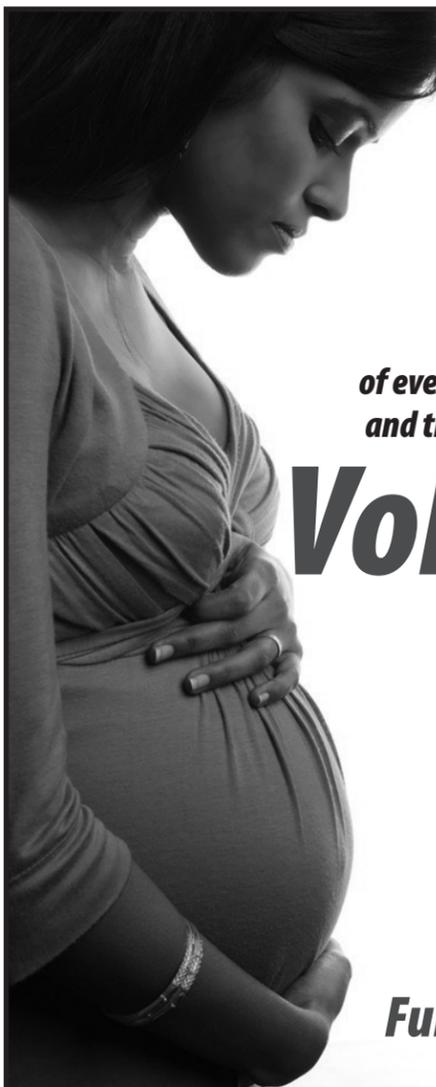
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—Toni Morrison



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COME CHAT with ME
 by S. E. Persinger



The other day while channel surfing I caught a glimpse of a TV special about sharing healthy thinking and what it can do for you. I wasn't exactly interested in such a deep subject at that time but because of the person doing the interviewing I was captivated.

A pretty woman, with long blond hair, seated herself on a high stool with arms. She greeted the guest speaker, also sitting on a high stool, with an outstretched hand, and a friendly smile. What actually got my attention was the beautiful, light pink blazer with a shine to it that spiked my interest. I love blazers. The interviewer had on a white blouse and was wearing a one-strand necklace of a darker shade of pink around her neck. She had on black slacks and the shoes she had chosen to wear that day were the 4" stilettos. She was indeed well groomed but did not have a look-at-me attitude. She was poised, but not showy.

The guest she was to interview wore a vivid blue suit, and a tie with matching stripes.

He had white hair combed neatly, and his smile complimented his whole

appearance. I listened to the whole message and learned valuable facts about how to mingle with other people and make life better for you and also others.

But, now let me share more views on the blazer. I have always had several of them in my closet. I have had a red, unlined one for years but only wore it during Christmastime and Valentine's day so it is very old. And even if styles have changed no one has ever insulted me about wearing it. I have thrown out some of the out dated ones but only because they wore out.

As usual, I did some research on the blazer. The blazer started out as a double-breasted jacket, usually black or navy color. It was part of naval uniforms and has a college history. But I was more interested to learn the blazer made its first appearance in Vogue in June of 1893. At that time women become very fond of the blazer and how to wear it for many occasions. Then the blazer fad died out for a few years. But, when Giorgio Armani showed his first collection of the blazer in 1975, many men went crazy for it. It had sex appeal! And then around the late 2000s women's fashion brought color into their blazer wardrobe. Thus the light, pink blazer with the shine dazzled me. I saw it. Wow! But, I don't have one. Gosh! Maybe someday?



Michelle Bell,
 Social Security District Manager,
 Dubuque, Iowa



National Savings Day Reminds Us to Plan for the Future

This year, October 12th is **National Savings Day**. This day serves as an important reminder to plan for your financial future.

Social Security is a vital part of any financial plan. We have online tools to help you understand your potential Social Security benefits and how they fit into your financial future.

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

retirement, disability, and survivors benefits.

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

Please let friends and family know they can take steps to improve their financial knowledge by signing in to their secure *my* Social Security account. If they don't have an account, they can easily create one at www.ssa.gov/myaccount.

SENIOR NEWS LINE

by Matilda Charles

Multiple Drug Prescriptions

While using a different pharmacy to get a much lower drug cost has one definite benefit, there is also a potential problem: A new pharmacist

won't know you. If you only take one drug prescription to that new pharmacy, they won't know what other drugs you're taking. And therein can lie a serious outcome.

It's called polypharmacy, and it means that we're taking multiple prescription drugs. Technically, the definition means we're taking at least five medications, but it doesn't take five to potentially create a risk.

Senior News Line cont. Pg. 10

An Uplifting Moment
with
Rev. David J. Claassen
Visit me on the internet!
www.daveclaassen.com



On Being Available

I like watching a television network news broadcast most evenings, which airs live at 6:30 in the eastern time zone. However, I either record it or watch it later on YouTube because I want to watch it when it's convenient for me, which is usually not at 6:30. Our modern culture has spoiled me, offering so much on-demand, including a lot of TV shows and movies. The Cambridge on-line dictionary defines on-demand as "providing services when a customer wants or asks for them."

Providing on-demand products or services is not only a successful business practice, it's also an important concept in personal relationships, both with others and with God. It's called being available.

A parent needs to be available for the child, a mate for their mate, a friend for a friend. Relationships, if they are truly loving and giving, mean that not everything happens on our schedule or when it's most convenient for us. We have to bend, yield, make allowances, adapt, or often change our

plans, adjusting our schedule to better meet the needs of the other person. We have to make ourselves available.

I recall seeing a statement on a yardstick that was a gift to a customer. The statement read something like this, "You are not an interruption to our business, you are the reason for our business." Our business, both with others and God, is to be interruptible, to be available. Almost all of Jesus' miracles resulted because He was interrupted by people who needed a miracle.

Much of the good we can do in life can't be scheduled, the opportunities just show up. We can have the words of encouragement someone needs, the help someone could use, or just be the one to come alongside in a time of need, but if we don't make ourselves available it won't happen.

Being available isn't only important in our human relationships, it's also important in our relationship with God that we make ourselves available to Him. God doesn't need us to be the smartest, most talented, or the most gifted person around. He doesn't need the most qualified person; He will qualify the one He calls. We just have to be available!

"As Jesus went on from there, he saw a man named Matthew sitting at the tax collector's booth. 'Follow me,' he told him, and Matthew got up and followed him." (Matthew 9:9)



THE ILLUSTRATED BIBLE



"Head of a Man" by Pablo Picasso (1908)

...The wicked boasts of his soul's desire; he blesses the greedy and despises the Lord. The wicked, through the pride of his countenance, will not seek God; God is not in all his thoughts.

PSALM 10: 3,4

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Labor in the Old or New Testament or neither?
2. From Ecclesiastes 4, how many are better than one, because they have a good reward for their labor? *Two, Three, Five, Seven*
3. In 1 Kings 5, how many thousand men comprised the labor force that King Solomon raised? *1, 5, 10, 30*

4. What son of Abda was in charge of the forced labor in David's kingdom? *Baal, Adoniram, Cyrenius, Phaneul*
5. From Exodus 20, how many days shalt thou labor and do all thy work? *Two, Four, Six, Seven*
6. Proverbs 14:23 states, "In all labor there is ..." *Love, Hope, Light, Profit*

ANSWERS

- (1) Neither, (2) Two, (3) 30, (4) Adoniram, (5) Six, (6) Profit

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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Kelsey Salow, RD
Human Sciences Specialist, Food and Health

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Craving Comfort Foods

In the fall, we crave warm, hearty foods like cheesy casseroles and hearty soups. Often, though, these "comfort foods" are high in fat, sodium, and calories.

The next time you make your favorite "comfort foods," try these tips to make them healthier and even more enjoyable:

- Add extra vegetables of all types—dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables—without added sauces, fats, or salt. Double the vegetables in a soup or casserole recipe to add extra vitamins, minerals, and fiber.

- Switch up your grains, making at least half of your grains whole grain. Try replacing white rice with brown rice in your recipe.

- Choose reduced-fat dairy foods, including fat-free or low-fat milk, yogurt, and cheese, in casseroles and cream soups.

- Use lean protein foods, including lean meats, poultry, and eggs; fish and seafood; beans, split peas, and lentils; and nuts, seeds, and soy products.

Source: *Dietary Guidelines for Americans 2020-2025*, bit.ly/3kf72S4

Adapted from WOW (Words on Wellness) Newsletter, Iowa State University Extension and Outreach, August 2020. To receive the monthly newsletter, contact Kelsey Salow, ksalow@iastate.edu

Pizza on a Potato
Serving Size: 1 potato
Serves: 1

Ingredients:

1 potato (scrubbed clean)
2-3 tablespoons pizza sauce or tomato sauce
½ cup frozen vegetable mix or chopped raw vegetables (like peppers, onions, mushrooms)
¼ cup cheese, shredded (mozzarella or monterey jack)

Directions:

- Puncture with a fork. Bake potato at 425° for about 60 minutes or microwave for 5 minutes, flip over and microwave 2 to 5 minutes more or until potato is tender.

- Cut in half lengthwise.

- Spread 2-3 tablespoons pizza sauce or tomato sauce on each half.

- Run warm water over frozen vegetables until thawed. Strain them in a colander. Spread frozen or fresh vegetables on each half of potato.

- Sprinkle cheese over vegetables.

- Microwave until cheese bubbles or bake at 375° for 5-10 minutes (until cheese is melted).

Tips: Add a protein such as cooked ground beef or turkey and other pizza toppings.

Nutrition information per serving: 300 calories, 6g total fat, 3g saturated fat, 0g trans fat, 20mg cholesterol, 220mg sodium, 48g total carbohydrates, 5g fiber, 7g sugar, 12g protein, 20% DV Calcium, 20% DV Potassium

This recipe is courtesy of ISU Extension and Outreach's **Spend Smart. Eat Smart.** website. For more information, recipes, and videos, visit spendsmart.extension.iastate.edu



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Fall Clean-Up for Mt. Calvary and Mt. Olivet Cemeteries

The annual Fall Clean-up will begin on Monday October 17th and run through Friday October 21st, 2022. Please remove all items and decorations you wish to save no later than Sunday October 16, 2022. All items not removed will be discarded. Cemetery Management requests that no decorations or plantings be placed on grave sites until Saturday, October 22, 2022. Check Cemetery Regulations before placing decorations to avoid losing items that do not conform.



The Estates from Pg. 1

in which the members collectively own and control the developments in which they live. Residents buy membership stock in the cooperatives, which owns the land, buildings, and any common areas, such as the clubhouse. What sets Vintage Cooperatives apart is the emphasis on building a strong spirit of community, and the ability to personalize

the home finishes.

The general contractor for this project is Conlon Construction out of Dubuque, IA. The projected timeline for completion of the entire community is late 2023.

Learn more about this maintenance-free community at www.vintagecooperatives.com/dubuque or contact Michelle for a consultation or site tour at 563-590-6786.



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Located in the NW side of Dubuque, The Estates is close to Asbury Plaza and within city limits. Construction has started on the first phase of sold homes. Make your next home at The Estates and start living maintenance-free!



Learn More:

Check out our list of upcoming events at www.vintagecooperatives.com/eventcalendar

CONTACT MICHELLE AT:

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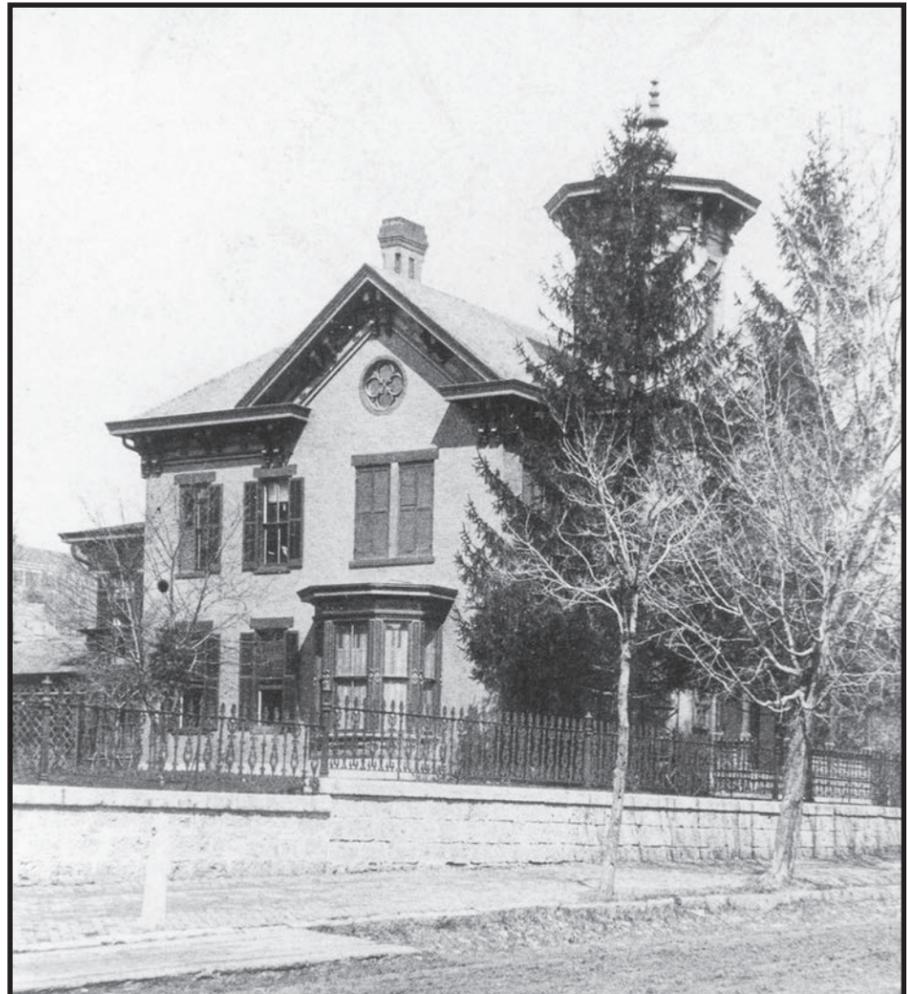
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YESTERDAY AND TODAY

BY MICHAEL GIBSON



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

Yesterday & Today cont. Pg. 11

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Senior News Line from Pg. 6

Even taking four drugs comes with an increased risk of falls, for example.

There are several ways this situation can occur. We might be seeing more than one doctor for a condition and be given a

prescription by one doctor and another by a different doctor with instruction to keep taking it until the next visit. We might be on a pharmacy auto-refill program that sends us drugs, which we dutifully take. We might see a doctor with a sub-par medical assistant who blithely renews all our prescriptions without asking. The software at the pharmacy's computer might not be updated or might not even be new enough to pick up drug contraindications and flash an alert on the screen.

We need to take charge!

When you go for a doctor visit, take all your drugs with you in a bag, including any vitamins and over-the-counter drugs you picked up along the way. Line them up on the desk and ask the doctor (not a nurse) to verify that you should be taking all of them.

Remember that when a health care provider treats you, it's part of their job. At the end of the day, they go home. And at the end of the day, you live with the results of what they either do or don't do.

Yesterday & Today from Pg. 10

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



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

**Dubuque Symphony Orchestra presents
Crouching Tiger November 5 and 6**

The Dubuque Symphony Orchestra presents the second classics in its 2022-23 season on November 5 and 6 at Five Flags Theater, downtown Dubuque. "This season explores music's connection to the natural world," shares Music Director and Conductor William Intriligator. "DSO Principal Cello Philip Bergman is featured as soloist in the beautiful Crouching Tiger Cello Concerto from the film Crouching Tiger, Hidden Dragon. Composed by celebrated Chinese-American composer Tan Dun, this piece will transport you to another place and time. And those pesky wasps are given a musical tribute in the delightful overture by English composer Vaughan Williams. American composer Perkinson's lively and lush string sinfonietta and Mozart's particularly spirited and exuberant Haffner Symphony round out the program. We hope you can join us!"

The concerts will be held 7:30 pm Saturday, November 5 and 2:00 pm Sunday, November 6 at Five Flags Theater. Tickets (\$20-89) are available through the Five Flags Box Office, or www.dubuquesymphony.org (Ticketmaster fees apply to online purchases). Discounted \$10 student tickets will be on sale

at the theater ticket counter one hour prior to each performance (based on availability); please be prepared to show student ID.

Pre concert events:

Sound Bites Luncheon, 11:30am-1pm Friday, November 4 at Dubuque Golf & Country Club, 1800 Randall Place. Lunch buffet is followed by commentary by William Intriligator and guest artists. \$20 payable at the door. Reservations due by noon, Wednesday, November 2 and can be made by calling 563-557-1677.

Open Rehearsal, Friday, November 4 at 7pm. Enter through theater doors on Main Street. Open rehearsal is a great opportunity to watch how the DSO shapes and fine-tunes a piece of music before presenting it in concert.

Musical Musings, Intriligator presents a free pre-concert lecture in Five Flags Theater on Sunday, November 6 at 1:00pm.

Season tickets are still available at the DSO office, with packages of 3 and 4 Classics Concerts available. Call 563-557-1677 or visit dubuquesymphony.org.

This concert is made possible by the generous support of Concert Co-Sponsor Jim & Jean Gantz and Guest Artist Sponsor Clare Bank.

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November 5-6

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Those pesky wasps are given a musical tribute in the delightful overture by English composer Vaughan Williams. American composer Perkinson's lively and lush string sinfonietta and Mozart's particularly spirited and exuberant "Haffner" Symphony round out the program.

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Luau celebrated during Assisted Living Week last month



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Derek Paulson, Assistant Fire Marshal

October is Fire Prevention Month. Fire Prevention Month has been observed since 1922. It is observed every second week in October to commemorate the Great Chicago Fire that occurred in 1871. This will mark the 100th anniversary for Fire Prevention Month. This year's theme is "Fire won't wait, Plan your escape." Here are some things you can do to be better prepared in the event of a fire.

The National Fire Protection Association suggests making the first Saturday of each month "Smoke Alarm Saturday." Test all the smoke alarms in your home once a month. Fires can move very fast and having working smoke alarms helps to give early detection of the potential danger. Check smoke alarms to make sure they are less than 10 years old. If they aren't, then they need to be replaced. Make sure that you have a smoke alarm in each sleeping area, outside each sleeping area and on every level of your home.

Develop a fire escape plan for your home and practice it at least several times a year. During a fire is not the time to practice

your escape plan. Knowing two ways out of each room is very important. Make sure to include children when developing an escape plan so they can become familiar with the plan. Develop a meeting place where everyone meets after leaving the home. This may be a mailbox, a tree, a neighbor's house or a fire hydrant. Pick a place that is a safe distance from the home. This allows for accountability to ensure that everyone has safely made it out of the home.

Teach children what number to dial in case of an emergency. Teach them to know their home address. Precious minutes could be wasted in an emergency if emergency response is trying to figure out where to go. Teaching children that their address has a first and last name is an easy way to teach them. The numbers in their address are the first name and the street name is the last name.

Go to NFPA.org for more fire safety information. If you have any questions or would like further information, I can be reached at 563-589-4195 or at Dpaulson@cityofdubuque.org.

**Be sure to check the web site
TheGoldenViewOnline.com**



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**Heartache Tonight
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Tickets: \$30 (in advance) \$35 (at the door).

**Box Office Open 9 a.m. to 1 p.m. Phone: 563-652-9815
Purchase Tickets online at www.ohnwardfineartscenter.com**

Tickets can also be purchased at Osterhaus Pharmacy and the Maquoketa State Bank Main Office.



by Freddy Groves

**The VA OIG
Strikes Again**

I have the utmost respect for the VA Office of Inspector General and even more respect now. It appears they'll go after anyone breaking the law, bending the rules, doing wrong ... even one of their own.

In this case it came to their attention that a senior OIG employee was still carrying an OIG-issued firearm and credentials after no longer being eligible to do so. Having been transferred out of one position into another one where carrying the firearm was not authorized, the individual should have turned the firearm in when he switched jobs. Didn't happen. Further, others knew of this and didn't speak up ... for six months.

Enter the OIG investigators. They unearthed a tangle of job classification language that revealed that nobody was reading the fine print nor filling out the correct forms, even the

ones who should have done so. And nobody stepped forward to take the firearm away from the employee, even the ones who knew he wasn't authorized to have it.

Eventually word reached two people in the organization who knew instantly that the employee was not authorized to carry an OIG-issued firearm and credentials, and acted pronto to retrieve both the firearm and the credentials.

The end result is a thing of beauty. The employee in question retired. Two senior executives are no longer employed by the OIG, having resigned during the investigation. Another employee received a letter of reprimand. And the two employees who were in charge of the firearms program are no longer in charge of the firearms program.

If you suspect something is wrong in either the VA programs or operation, contact the VA OIG hotline at 800-488-8244. You also can go online to www.va.gov/oig/hotline. If you need to submit a complaint about violations, abuse, fraud, mismanagement or other problems, that's where you do it. They don't take regular email submissions. To see the OIG's reports, go to www.va.gov/oig.

Heritage Center from Pg. 1

Danza and his four-piece band have entertained audiences around the country. Combining timeless music with wit, charm, storytelling, and a dash of soft shoe and ukulele performances, Danza performs a selection of his favorite standards from the Great American Songbook while interweaving stories about his life and personal connection to music.

Danza has been one of the world's most beloved and iconic entertainers for over 40 years. Perhaps best known for his starring roles on *Taxi* and *Who's the Boss*, Danza has also appeared in hit films such as *Angels in the Outfield*. He has starred on Broadway and received an Emmy nomination for his guest spot on the TV show *The Practice*. A *Who's the Boss* sequel is in the works and Danza recently wrapped a co-starring role in the upcoming film *Darby Harper Wants You to Know*.

Riders in the Sky will perform classic cowboy songs of the 1930s and 1940s at 7:30 p.m. Friday, Oct. 28, in John and Alice Butler Hall. The quartet stands hats and shoulders above the rest of the purveyors of comedy and western. For over 40 years, Riders in the Sky have been the keepers of the flame passed on by Gene Autry and Roy Rogers, becoming modern-day icons with their wacky humor, western wit, and cowboy way of life.

The quartet sang "Woody's Roundup" in *Toy Story 2*, which was the start of a number of Disney projects including two albums, both of which won Grammy awards. They continue to produce episodes of the award-winning "Ranger Doug's Classic Cowboy Corral" on Sirius/XM. Riders in the Sky has amassed over 7,200 appearances and recorded 40 albums. To the best of their recollection, Riders in the



Tony Danza will return to his alma mater for a special Homecoming performance of his hit live show, *Standards & Stories*, at 8 p.m. Saturday, Oct. 22, in John and Alice Butler Hall

Sky last played Dubuque in the late 1980s.

Tickets can be purchased from 11 a.m. to 2 p.m. Monday through Friday and 90 minutes prior to events at the Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennett Street; by calling 563.585.SHOW; or by visiting www.dbq.edu/heritagecenter.

Conlon Construction is the presenting sponsor of the 2022-2023 Live at Heritage Center Performing Arts Series.

Other Upcoming Events

Matt Vee's Music of Neil Diamond:
I Am ... He Said
7:30 p.m. Tuesday, Oct. 4, 2022,
John and Alice Butler Hall

Organist Dexter Kennedy,
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Recital Series
3 p.m. Sunday, Oct. 16, 2022,
John and Alice Butler Hall

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Size of Aneurysm Determines Whether Surgery Is Necessary

DEAR DR. ROACH: My husband will be 83 in September and was recently diagnosed with an ascending thoracic aortic aneurysm measuring 4.8 cm. Five centimeters is when the doctors decide to do something. After hearing about the survival rate based on your recent column, along with your comment that “most people do not survive a rupture of the aorta,” I’m scared. Why do they wait until 5.0 or rupture? His doctor says to test again in six months and to just keep his blood pressure down. Shouldn’t he be careful about strenuous activities until repair? We can only wait at this point, it seems. — *C.G.*

ANSWER: The aorta, the largest blood vessel in the body, comes directly off the heart, ascends to form an arch, and then descends through the chest into the abdomen. The aorta is then

considered in three divisions: the ascending thoracic aorta; the descending thoracic aorta; and the abdominal aorta. Aneurysms can occur in each of these areas, and each has slightly different criteria for when to intervene.

In my most recent column, that was an abdominal aortic aneurysm. Most adults with an ascending TAA are recommended for surgical repair at a diameter of 5.5 cm. However, if the aneurysm is rapidly expanding, surgery may be considered earlier. If a person has a medical illness, making surgery very risky, surgeons may wait until the size exceeds 6 cm. The decision on when to operate requires judgement from an experienced surgeon and cardiologist. This is a major surgery with potential for harm, including death, and it’s not to be undertaken unless the benefits clearly outweigh the risks. Rupture is unlikely at less than 6 cm.

Keeping the blood pressure down (below 120 systolic) is a good idea. Beta blockers are most commonly used for that, based on studies in people with genetic risk for TAA, such as Marfan syndrome. Statin drugs are often used, as there is evidence to suggest that they slow down expansion of the aneurysm.

...
DEAR DR. ROACH: You recently wrote on the concerns of bisphosphonate drugs like alendronate (Fosamax) in people with osteoporosis. These drugs, especially intravenous zoledronic acid, have been game-changers in patients with breast and other cancers that spread to bone. They have dramatically reduced the incidence of dangerously high calcium in people with cancer and have substantially reduced bone fractures due to cancer. There is a considerable body of literature supporting their use as therapy to reduce recurrence, and even mortality, in selected patients with early stages of breast cancer.

When we first started using them [at the University of Michigan Rogel Cancer Center], we observed osteonecrosis of the jaw in about 10% of treated patients. We quickly realized we could reduce the risk by using them less frequently and by having our patients see dentists to ensure hygiene before we start. With these considerations, the incidence of osteonecrosis of the jaw with bisphosphonates (or denosumab) has dropped to less than 1%.

These medicines are very important for patients with cancers that have spread to bone, and we don’t want people afraid of these very effective agents that are safe when used correctly. — *D.H.*

ANSWER: I appreciate the information from Dr. Daniel F.

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