



The Golden View

The Community Newspaper For Adults 55 Plus

October, 2023

Dedicated To The Young At Heart

Dubuque, Iowa

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Join the Dubuque Symphony Orchestra in a weekend of powerful music and heartfelt gratitude, as they recognize and honor *Those Who Served*, November 11-12, 2023

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



Skyward at Chaplain Schmitt Island Veterans Memorial.
Photo By Ron Tigges Digital Dubuque

The Dubuque Symphony Orchestra is proud to announce a special Veterans Day concert, paying tribute to the bravery and dedication of those who have served our country. The program will include pieces that reflect the spirit of sacrifice, courage and unity that define our veterans' contributions.

The DSO is joined by the Dubuque Chorale, performing a selection of poignant and patriotic pieces by American composers Aaron Copland, Joan Tower, John Williams and Duke Ellington. Highlights include "Hymn to the Fallen" from the film "Saving Private Ryan" and Copland's "Lincoln Portrait" featuring narration by area veterans.

The concerts will be held 7:30 pm Saturday, November 11 and 2:00 pm Sunday, November 12 at Five Flags Theater. Tickets (\$20-89) are available through the Five Flags Box Office, or www.dubuquesymphony.org.

This concert is made possible

by the generous support of Concert Co-Sponsors: Jim & Jean Gantz and Clare Bank; and Guest Artist Sponsor: Steele Capital Management.

Supplemental Concert Events:

Sound Bites Luncheon, 11:30 am-1 pm Friday, November 10 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. RSVP by calling the symphony office at 563-557-1677.

Encore Reception, Saturday, November 11 from 9:30-10:30pm. Saturday evening concert attendance includes admission to post-concert reception. Enjoy complimentary refreshments & visit with DSO musicians. Sponsored by Poppy Conlon & Jason Benson.

Musical Musings, Intriligator presents a free pre-concert lecture in Five Flags Theater on Sunday, November 12 at 1:00 pm.

Michael Cavanaugh to Perform Music of Billy Joel and Elton John at Heritage Center

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



Michael Cavanaugh, star of Billy Joel's Broadway musical *Movin' Out*, will perform the greatest hits of two rock piano

legends at 8 p.m. Saturday, Oct. 21, in John and Alice Butler Hall, Heritage Center, University of Dubuque. **Heritage Center cont. Pg. 21**

Dubuque Chorale Children's Choirs to Shine in *Threads of Hope & Love*

by Danielle Phillips



Karmella Sellers (right) and Victoria Bausman (left) lead the two Children's Choirs in a performance

The Dubuque Chorale's November concert, *Threads of Hope & Love*, will be presented in lieu of their usual fall concert and will feature both Dubuque Chorale Children's Choirs - the Legati Singers and the Staccati Singers - accompanied onstage

only by Cadenza, the Chorale's chamber choir.

"Pairing [the Children's Choirs] with a chamber choir is nothing short of brilliant," remarked Karmella Sellers, Dubuque Chorale Children's **Dubuque Chorale cont. Pg. 3**

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The Dubuque Chorale chamber group, Cadenza performing at Hues of Harmony in May 2023

Dubuque Chorale from Pg. 1
 Choirs Program Director and conductor of the Legati Singers. Victoria Bausman, conductor of the Staccati Singers, agreed: "This is the first time that we're doing a more intimate kind of concert...I really like how well...[the] music is incorporated into one theme. It has a really beautiful flow to it that I think also highlights...[the] kids.
 And the kids deserve to be highlighted, because this season marks the 10th anniversary of the Children's Choir's founding. When asked how this concert emphasizes its younger participants, Dubuque Chorale Artistic Director Dr. Amanda Huntleigh replied, "The [kids] will be a larger portion of the concert...and we're doing more work together so they can have more time singing. They're also just a little bit more integrated... more woven back and forth between the groups."

The concert's conceptual Threads are woven together by, among other things, recurrent sewing imagery in the program's lyrics. "'needle & thread' is a love song about two broken hearts... mending themselves into one," Huntleigh explained. "We're also doing a four-part partner song [called 'A Silver Thread']."
 Otherwise, the *Hope & Love* of the concert's title are stitched throughout its fabric, as in the children's selection "Give Us Hope." "It has a really great energy and message with it," says Bausman about the song. "I think it's just a really naturally inspiring musical piece."
 Be inspired by *Threads of Hope & Love* at 7:00 pm on Saturday, November 4, at Church of the Nativity, 1225 Alta Vista Street, Dubuque. There is no charge for admission; freewill donations are encouraged. For more information, visit dubuquechorale.org.

Cynthia Mueller for School Board



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- Teacher in the Dubuque Community Schools for 38 years

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NOV 4, 2023 AT 7:00PM

THREADS

OF HOPE & LOVE

CHURCH OF THE NATIVITY, DUBUQUE

DR. AMANDA HUNTLEIGH,
DUBUQUE CHORALE ARTISTIC DIRECTOR

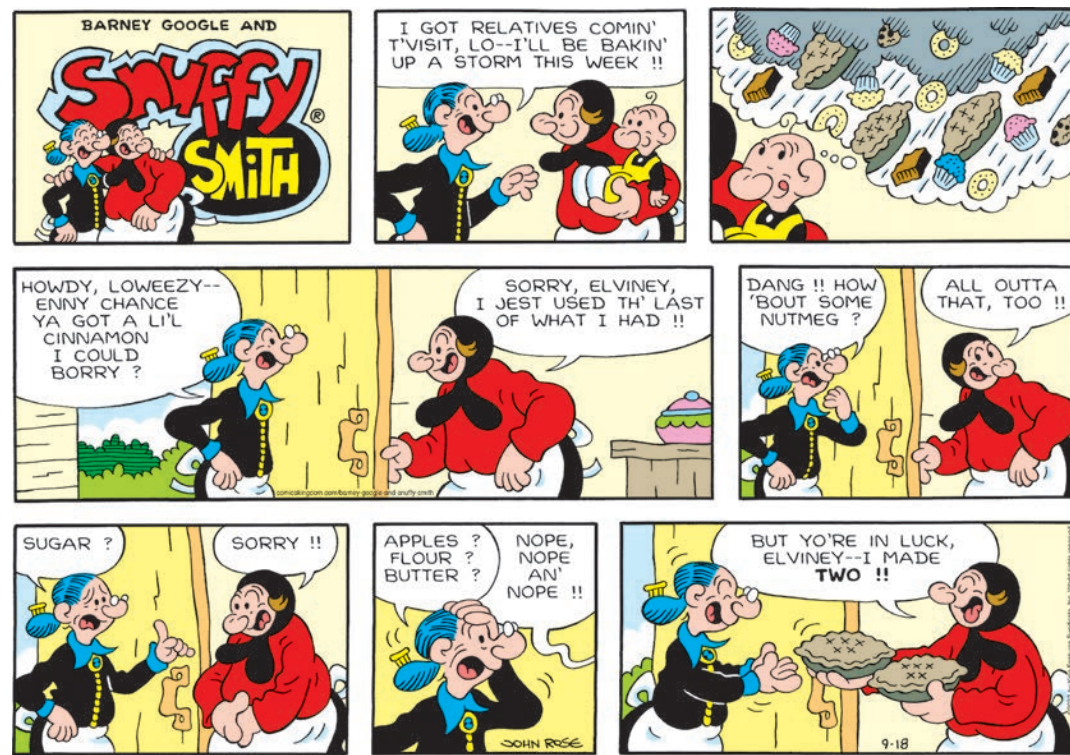
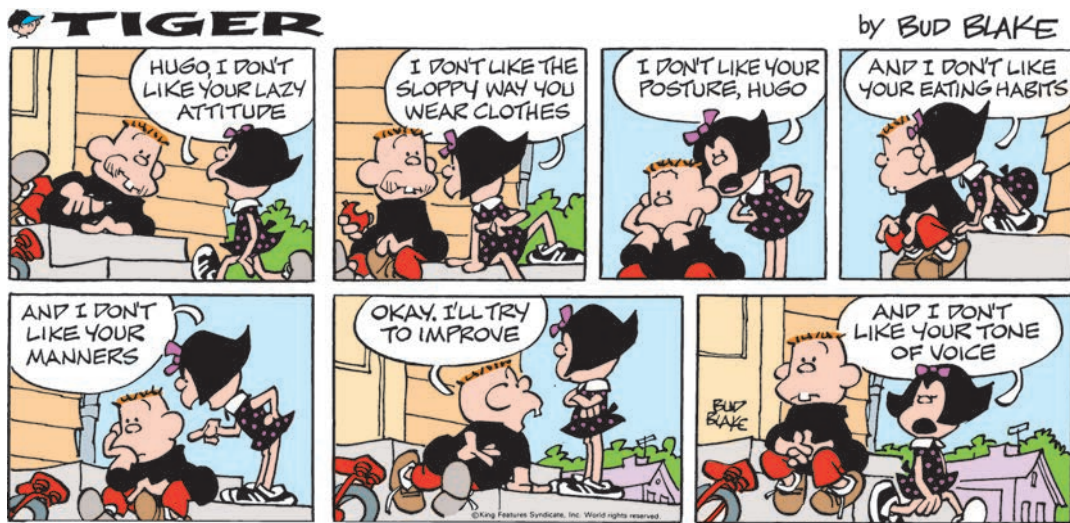
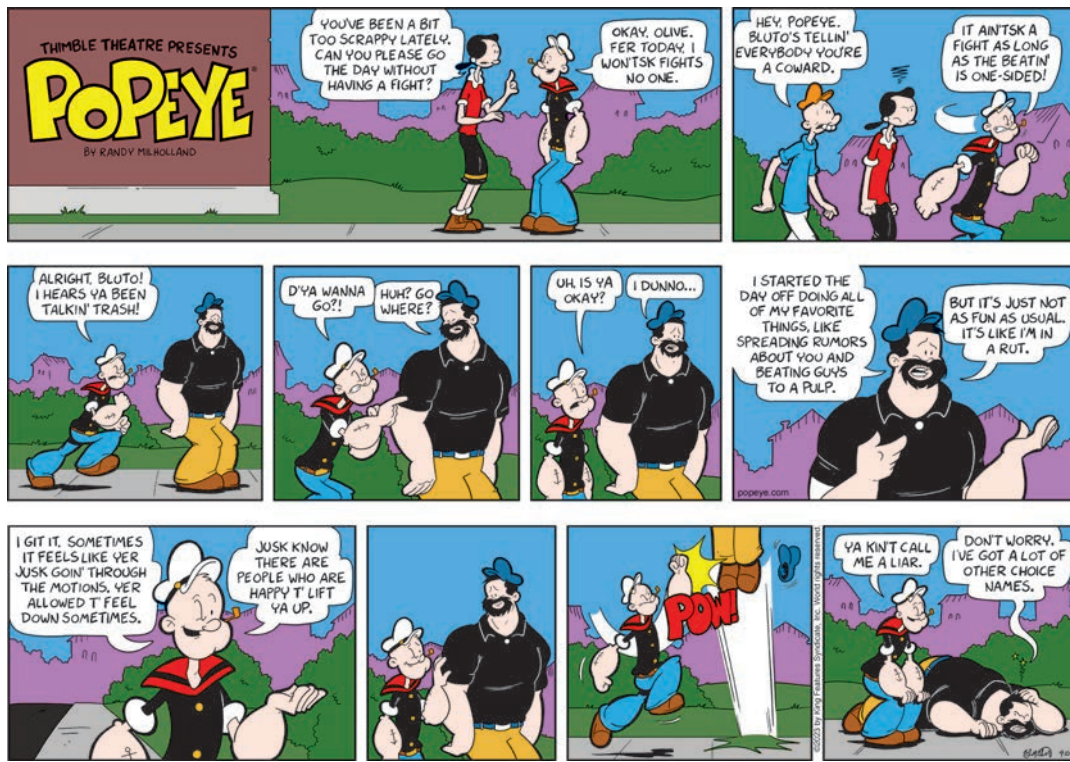
KARMELLA SELLERS,
CHILDREN'S CHOIRS PROGRAM DIRECTOR
& LEGATI SINGERS CONDUCTOR

VICTORIA BAUSMAN,
STACCATI SINGERS CONDUCTOR

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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.

	-		x		25
x		x		+	
	x		-		23
+		+		+	
	+		+		15
29		22		22	

1 2 4 5 6 7 8 8 9
 Go Figure! Answer on Pg. 24
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DIFFICULTY: ★★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

STICKELERS [sic].
 by Terry Stickels

Match the words on the left with their meanings on the right.

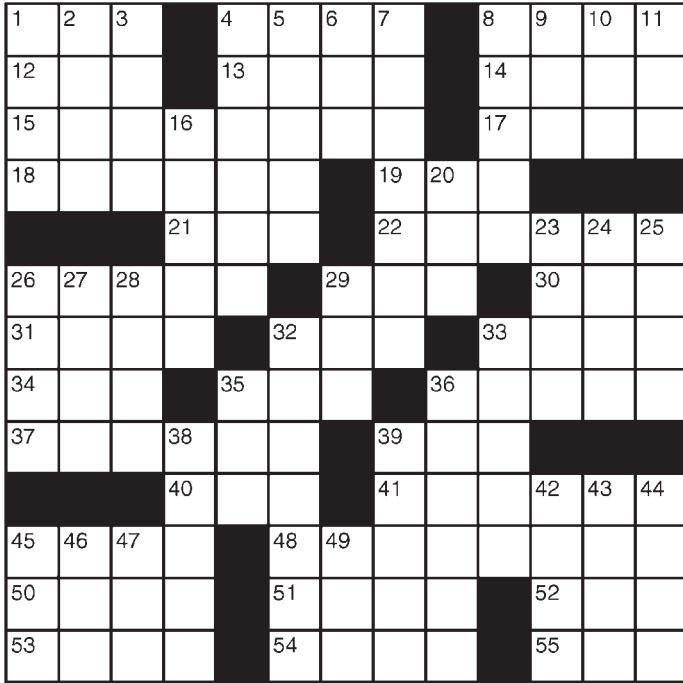
1. coruscate	a. obstinate
2. redolence	b. wild
3. pertinacious	c. suffering
4. dolor	d. sparkle
5. farouche	e. fragrant

Stickelers Answer on Pg. 24
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King Crossword

ACROSS

- 1 Stetson, e.g.
- 4 Big gulp
- 8 Miles away
- 12 Boxing leg-end
- 13 Galileo's birthplace
- 14 Tubular pasta
- 15 Comedy club razzers
- 17 Streetcar
- 18 Attack
- 19 Poem of praise
- 21 Old Ford model
- 22 Frenzied
- 26 Stupefies
- 29 AAA job
- 30 Archipelago unit (Abbr.)
- 31 Sacred bird of Egypt
- 32 Sushi fish
- 33 Nile queen, familiarly
- 34 Capitol Hill VIP
- 35 Passing craze
- 36 Sacred song
- 37 Browbeat
- 39 Indent key
- 40 Gallery display
- 41 High-flying battle
- 45 Rotate
- 48 Large land measures
- 50 Out of control



- 51 "Star Wars" royal
 - 52 Sportscaster Cross
 - 53 New Mexico resort
 - 54 Bigfoot's cousin
 - 55 Surpass
- DOWN**
- 1 "Funny!"
 - 2 Hearty quaffs
 - 3 Twitches
 - 4 Divides
 - 5 Brandish
 - 6 Medit. nation
 - 7 Hybrid fuel
 - 8 Ancient
 - 9 Tall tree
 - 10 — loss
 - 11 Brink
 - 16 Curly-leaf cabbages
 - 20 Morning moisture
 - 23 Lean to one side
 - 24 "Got it"
 - 25 Coagulate
 - 26 Plate
 - 27 "... sting like —"
 - 28 Galvanizing matter
 - 29 Media mogul
 - Turner
 - 32 Terrestrial
 - 33 Hooded snake
 - 35 Supporting
 - 36 Rum cocktail
 - 38 Armored vehicles
 - 39 Unspoken
 - 42 Legal document
 - 43 Aviation prefix
 - 44 Answer an invite
 - 45 Make lace
 - 46 Hollywood's Thurman
 - 47 Aussie hopper
 - 49 Shoe width

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Be sure to check the website
TheGoldenViewOnline.com



Can This Dog be Trained?

DEAR PAW'S CORNER: Recently, a new member joined our family: a toy poodle mix named Petey who was rehomed by an acquaintance who said they just couldn't handle him and that he was untrainable. Petey is 4 years old, bounces everywhere, and loves to play soccer by catching a ball and then bouncing it off of his front paws back toward me. He's incredibly smart, but training him has indeed been a challenge. I know the previous owners never made an effort to train him in basic obedience, and they left him alone for days at a time. His house-training is spotty. How can I make the training process faster and easier for both of us? — **Doug L., Burlington, Vermont**

DEAR DOUG: You've taken on a real challenge: a smart, independent and energetic dog. Petey sounds like a wonderful little guy, though, and I'm so glad you've added him to your family and committed to his well-being.

Building trust with Petey is important so that he knows what to expect from you and the rest of the family. Do that by adhering to a schedule: walks, feeding and training at the same time each day, with as little deviation as possible.

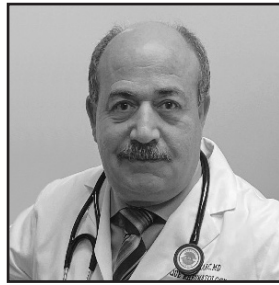
Obedience-training a smart and independent dog requires you to be smart about training, too. Petey needs to know the house rules, and he must want to do the things you're asking him to do (or not do). Look into positive reinforcement methods like clicker training (<https://www.akc.org/expert-advice/training/clicker-training-your-dog-mark-and-reward/>). Commit to a consistent training regimen so that desirable behaviors are reinforced and negative ones are discouraged. Work with a trainer if you are still struggling with Petey after a few weeks.

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

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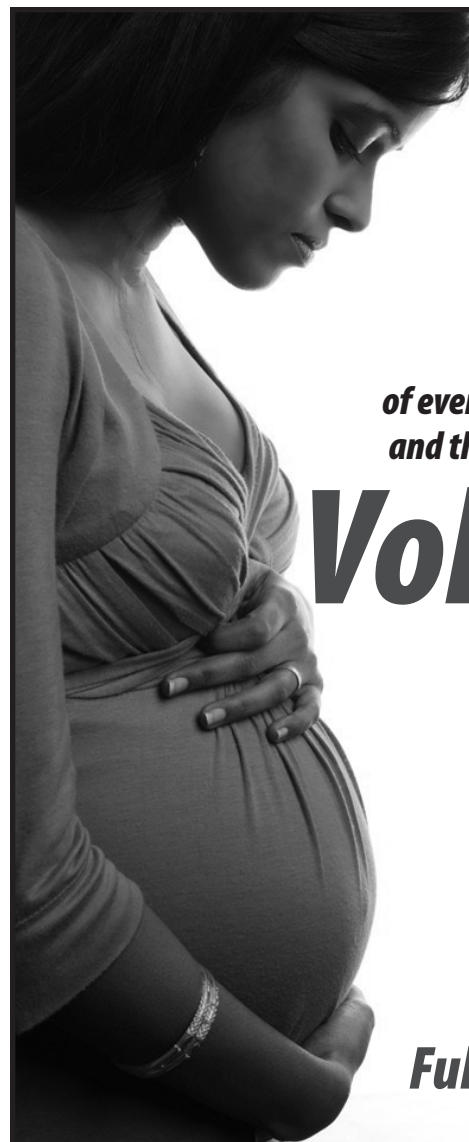
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COME CHAT
with **ME**
by S. E. Persinger



An amber fossil resin intrigues me. And the dictionary states that, Amber is a fossil resin formed from the sap of extinct coniferous trees. I guess that at this point I will mention that recently, some friends and I were discussing this topic. This spiked my interest so I retrieved some information from my hard copy file. I learned that amber is used for a variety of products, especially jewelry, and that both extinct and extant species of insects are found sealed in pieces of amber.

Therefore, I am going to share some interesting things about this subject. And even though it may not be your cup of tea, stay with me for a few lines and you might find out something of value that you have never thought about. Actually, a friend had shown me the picture of a feline pendant made from genuine Baltic Amber. And since she loves cats I think the thought must have crossed her mind that her husband might consider buying such a gift for her birthday, Christmas, or Valentine's Day.

In my research I discovered that amber fossil resin is usually of a yellow or yellow-brown color. It is so difficult for me to even think of prehistoric times but the facts are there. The coniferous tree is now extinct

as are some of the species of insects that are encased in a fossil resin. But Amber is forever and we living in this time of historical discoveries can experience the endless mysteries of the past 30 or more millions years. Awesome!

When you stop to think about it, we can view termites encased in amber from 30 million years ago and compare them to the "busy" termite of today that likes to feed upon our houses made of wood products. I understand that our present paleontologists working in laboratories have discovered DNA patterns from wasps, bees and any number of insects encased in an amber fossil resin.

Well, if your head isn't spinning around by now with just the little knowledge I gained from reading a few pages of collected information gathered by the wonderful educated individuals in the scientific field, it should be. Mine is.

I guess I might mention that Amber is and has been used in many ways. A hand-carved amber item is priceless. And when amber is used in artwork of buildings, it will take your breath away. Maybe on a rainy day and you are stuck in the house you might like to turn on your computer or use your smart phone to check out all the interesting facts recorded on these modem units. Personally, I like to seek knowledge for no particular reason but to please myself. How about you?

Bell Tower Theater Continues Their 2023 Season with the Area Premiere of *Drinking Habits 2!*



The cast features Bell Tower veterans Debbie Meyer, Don Brauhn, Sue Flogel and Kristin Look alongside newcomers to the Bell Tower stage Michael Storm, Jess Demaria, Austin McElroy and Sara Cluff.

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 are every Thursday and Friday evening at 7:30 pm; Saturday, October 14 and 21 at 7:30 pm; Saturday, October 28 at 2 pm and every Sunday afternoon at 2 pm from October 13 to 29. The performances on October 13 & 14 are the Early Bird Special performances when tickets are just \$11.50. Tickets for all other performances are \$23. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit tickets.belltowertheater.net.

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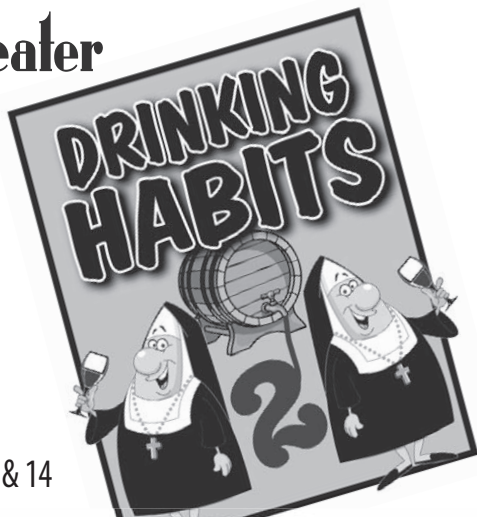
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Gotta Serve Somebody

Bob Dylan has a song titled Gotta Serve Somebody. The song includes a long list of people of all walks of life, but throughout the list there's the reminder, "But you're gonna have to serve somebody." If we were asked to respond to Dylan's assertion that we all gotta serve somebody, what would be our answer?

A noble answer would be to serve others. Certainly many of the most admired and respected people are people that have found ways to serve others, many times sacrificially. I've noticed that more and more news programs are ending with a feel good story of someone helping someone else. So, yes, we hold in high regard those who seek to serve others, even before self.

But sometimes we end up serving someone who is manipulative, selfish, even abusive. We can feel trapped and defeated. There are times, then, when serving someone means breaking away or doing what they don't want us to do, but that which is the right thing to do. It's complicated.

Another common response to Dylan's assertion is that you gotta serve yourself. You have to take care of yourself. There's certainly some degree of truth in the idea of taking care of yourself. Most of us can and should feed, bathe, and clothe ourselves. In a crisis on an airplane you're told to put on your own oxygen mask first and then help a child with theirs, the logic being you have to be conscious yourself in order to help someone else. But often the advice of self-care goes well beyond this, the logic being that the world's a hurtful place and you better take care of yourself because nobody else will. You

can be your own best friend, maybe even hug yourself. So, yes, some have determined to serve themselves most of all.

The reality is, it doesn't do much for us to affirm our self as our own best friend or to hug our self; it's sort of like a ventriloquist having his vent figure (dummy) say, "I love you." It doesn't hold much meaning. Putting self first ultimately puts us into the isolation of a lonely place. It's complicated.

But there's another possible option of who to serve. Millions upon millions have sought to live out this third option, which has helped them, they have felt, put in balance the two above mentioned options of serving others and serving self. I'm sure you already know where this is leading: the option to serve God first!

This option assumes, of course, a person believes in a personal, perfect God. If not, then you're stuck with the two other options. The option of serving God makes sense and is logical. God's the reason for our existence and everyone and everything around us. His perfection means He knows perfectly well how every part of His creation should work, including us. He's also a personal God who takes personal interest in each of us and has our best interest, along with the best interest of everyone else, at heart.

Serving God lends itself to finding an ideal balance between meeting the needs of others and having our own needs met. He's looking out for all of us! We'll be able to serve others wholeheartedly and persistently, even without receiving their gratitude or affirmation, because we're doing our loving of others primarily to serve and please God, not the ones we're loving on.

Serving God means we can take comfort in the fact that He will take care of us. I've often imagined God saying to me, "You look out for my best interests and I'll look out for yours." We need to keep in mind, of course, God doesn't always do that in the way we'd expect or prefer, but He will

An Uplifting Moment cont. Pg. 17

Better service makes a better funeral home.

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of John (KJV) in the Old or New Testament or neither?
2. On watching Jesus' arrest and trial, which disciple claimed three times he didn't know the Lord? *Judas, James, John, Peter*
3. From Proverbs, "A word fitly spoken is like apples of gold in pictures of _____?" *Song,*

- Silver, Meadows, Eden*
4. Who was quoted, "Is there any taste in the white of an egg"? *Solomon, David, Daniel, Job*
 5. What did Job behold as the fear of the Lord? *Distrust, Wisdom, Unrighteous, Sympathy*
 6. Who was the father of Samson? *Manoah, Isaiah, Abdon, Felix*

ANSWERS

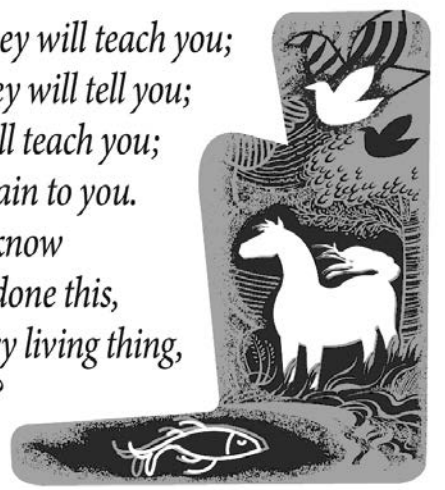
(1) New, (2) Peter, (3) Silver, (4) Job, (5) Wisdom, (6) Manoah

Comments? More Trivia? Gift ideas?
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THE ILLUSTRATED BIBLE

"But now ask the beasts, and they will teach you; And the birds of the air, and they will tell you; Or speak to the earth, and it will teach you; And the fish of the sea will explain to you. Who among all these does not know That the hand of the Lord has done this, In whose hand is the life of every living thing, And the breath of all mankind?"

JOB 12: 7-10



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*A pessimist is one who makes difficulties of his opportunities
and an optimist is one who makes opportunities of his difficulties.*
—Harry Truman

YESTERDAY AND TODAY
BY MICHAEL GIBSON



This is the 300 block of 8th Street as seen in the late 1940s. In the far background is the Telegraph Herald office building at 8th & Bluff which was constructed in the 1930s. The building on the corner has a sign which reads "Economy Cleaners" which was at 351 8th St. and owned by Delbert Graves and Collings Sommerfield. Several apartments were located on the upper floor. The Tasty Sandwich Shop was located in the same building for a short period of time. Further down the street was the Radio Shop, owned by Herbert Jennes who had just relocated from Main Street to the 8th St. location around 1948. Here you could purchase a new Crosley or RCA Victor radio, but if you wanted a Philco or Zenith you would have to go to Renier's Music. (Photo courtesy of the Center for Dubuque History, MSL p77 Neg. 1760).

Yesterday & Today cont. Pg. 9

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Michelle Bell,
Social Security District Manager,
Dubuque, Iowa



Celebrating 88 Years of Social Security

For 88 years, Social Security has provided income protection to millions of retirees, people with disabilities, dependents, and families that lose a wage earner. This year, we will administer more than \$1.3 trillion in benefits and payments to more than 70 million beneficiaries. In addition, we issue millions of Social Security numbers each year, maintain wage records,

and more. We are proud to serve the American people every day. To better serve you, we have prioritized our online customer experience. Our website **SSA.gov** makes it easier for you to find what you need. More than 180 million people visit our website every year. Whether providing service in person or online, our goal is help you understand what you may qualify for and transition you to an application process.

We have also worked to make sure our programs, particularly Supplemental Security Income (SSI), remains accessible to the people who need it most. Last year, we launched an online tool that allows you or your representative to request an appointment to file for SSI and protect your filing date. A Social Security employee will then schedule a full interview. Find more information about SSI at www.ssa.gov/ssi/.

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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.



All of these buildings were demolished by the early 1960s as part of the early phases of the massive urban renewal movement. In 1964 the entire block became the home of the first public parking ramp in the city. (Photo by Terry Grant).

**Who Needs a Flu Shot?
Brought to you by
Delaware County Public Health**



Krystle DeShaw, Delaware County Public Health Manager, administering flu shot

Everyone 6 months and older should get a flu shot every year. Getting the influenza or flu vaccine is especially important for people who are at higher risk of developing serious complications from the flu.

How can I benefit from a flu shot? A flu vaccination can help you reduce flu illnesses, visits to your doctor and missed time at school or work. It can also make symptoms of influenza less severe if you do get sick. Getting the flu vaccine can help you protect those around you who are more vulnerable to serious flu illness like babies, young children, older people and those with chronic health conditions.

I'm pregnant. Should I get the flu shot? Yes, flu shots are recommended for pregnant women. Talk to your healthcare provider for more information.

When should I get the flu vaccine? Since vaccine protection decreases over time, influenza vaccines are generally recommended in the fall as influenza illnesses tend to ramp up over the holiday season and early into the new year. Talk to your healthcare provider for more guidance.

Where can I get the flu vaccine? Flu vaccine is readily available in our communities. Reach out to your healthcare provider to schedule an appointment or you can find local clinics being held in Delaware County at regmedctr.org/flushots.

If you have questions about the annual flu vaccine, reach out to your trusted primary healthcare provider or call Delaware County Public Health at 563-927-7551. You can find helpful resources at cdc.gov/flu.

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Meal Planning to Save Money

Want to take the guesswork out of meals for the week? Here are some tips for creating a meal plan.

Use a meal planning worksheet: Print a 5-day meal planning worksheet, spendsmart.extension.iastate.edu/plan/menu-planning.

Look at your calendar. Think about school, work, and other events you have scheduled and include those in your plans.

What do you already have at home? Check your pantry, refrigerator, and freezer for food you already have on hand and write those on your meal plan worksheet.

Use grocery store ads. Check grocery store ads and write in sale items that pair with foods you already have on hand to make a meal.

Include all food groups. Review your meal plan to make sure you have a good variety of each food group throughout your meals and snacks. Explore *MyPlate*, www.myplate.gov, to learn more about what to include.

It's okay to be flexible with this plan and make adjustments

on the fly. Stock simple foods, like fruits and veggies you prepped over the weekend, to grab on those busier days. Include leftovers in your meal plan by making a double batch of a recipe and serve it again the next day or freeze to use later. Using freezer meals are great for busy days when you don't have time to cook.

White Bean Dip

Serving Size: 2 Tablespoons
Serves: 8

Ingredients:

- 1 can (15 ounces) white beans (drained and rinsed) (cannellini, great northern, or navy)
- 2 tablespoons lemon juice
- 2 tablespoons oil (canola or olive)
- 2 small cloves garlic, minced
- 1 teaspoon dried herb (basil, parsley, oregano, rosemary)

Directions:

1. Place all ingredients in a blender or food processor. Blend until smooth.
2. Serve right away or refrigerate in a covered container for up to 4 days.

IA State Extension cont. Pg. 19



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Derek Paulson, Assistant Fire Marshal

Each October we observe Fire Prevention Week. This year we observe it the week of October 8th - 14th, 2023. This year's theme is "Cooking safety starts with YOU." Cooking fires have been and continue to be the leading cause of fires and injuries in the home. According to the National Fire Protection Association, unattended cooking is the leading cause of cooking fires and deaths.

Stay in the kitchen when cooking. If you must step out of the kitchen, even for a brief minute, turn the stove off. When cooking, check on the food regularly. Set a timer as a reminder to you that you are cooking. If you are sleepy or consumed alcohol, do not use the oven or stovetop. Do not use the oven or stovetop to store items in or on. Many people will set combustible materials such as oven mitts, paper towels, cutting boards, etc. on top of the stove or store inside of the oven. These items can start a fire quickly once heated up or they are placed to close to the flame of a gas stove.

Keep children safe by

creating a safe zone around cooking appliances. This should be at least a three-foot radius around items such as the stove. An even safer way to protect children is to have them stay out of the kitchen when someone is cooking. Remember to keep all handles of pots and pans on the stove from hanging out into the open. This will protect someone from bumping the handle and the contents from spilling or splashing onto them.

Keep a fire extinguisher nearby in case a small fire starts. It is recommended to not keep the fire extinguisher in the kitchen as it may be hard to get to in the event of a fire. Find a place, such as a closet, that is near the kitchen where a fire extinguisher could be retrieved safely and used from a safe distance. Make sure the fire extinguisher is hung on the wall, as this helps prevent the extinguisher from being moved or covered up by items, making it harder to find in an emergency.

If you have any questions or concerns, I can be reached at 563-589-4195 or at Dpaulson@cityofdubuque.org.

Dupaco Credit Union named a 2023 Iowa Top Workplace

Dupaco Community Credit Union has been named a “Top Workplace” in 2023 by the Des Moines Register. The member-owned financial cooperative ranked No. 3 in the large employer category.

The Register recognized 148 Iowa companies as a “Top Workplace” based solely on feedback provided by those who work there. Dupaco has garnered a “Top Workplace” recognition each year that it has participated in the Des Moines Register survey: 2023, 2021, 2019, 2016, 2011.

In addition to the organizational recognition, Dupaco President/CEO Joe Hearn was recognized with the 2023 Leadership Award. This award is given to a leader based on responses from their company employees during the annual survey. Hearn also received this award in 2021.

“As a member-owned cooperative, Dupaco’s mission is to help members build a life worth loving,” says Dupaco President and CEO Joe Hearn. “A top workplace recognition is successfully achieved by a team of passionate and engaged employees. We value their feedback and acknowledge that we have more work to do.”

The Register’s research partner, Energage, LLC, surveys employees at participating workplaces and then ranks the employers based on the results. Companies are ranked in small, medium and large categories. Employees evaluate everything from their work environment to their organization’s leadership.

“Earning a Top Workplace award is a badge of honor for companies, especially because it comes authentically from their employees,” said Eric Rubino, Energage CEO. “That’s something to be proud



Dupaco President/CEO Joe Hearn

of. In today’s market, leaders must ensure they’re allowing employees to have a voice and be heard. That’s paramount. Top Workplaces do this, and it pays dividends.”

Any Iowa organization with 35 or more employees is eligible to participate in the Register’s annual employer recognition program.

ABOUT DUPACO COMMUNITY CREDIT UNION:

Dupaco Community Credit Union is a not-for-profit, member-owned financial cooperative headquartered in Dubuque, Iowa. It is dedicated to the financial well-being of its members, and specializes in personalized financial counseling, money advice and education. It offers savings, loans, investments, insurance and wealth management products for individuals and businesses. Dupaco serves residents in 118 counties throughout Iowa, northwest Illinois and southwest Wisconsin. Founded in 1948 by ten Dubuque Packing Company employees, membership has grown to more than 161,000 with

Dupaco cont. Pg. 16



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Why has government been instituted at all? Because the passions of man will not conform to the dictates of reason and justice without constraint.

—Alexander Hamilton

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Nothing endures but personal qualities.

—Walt Whitman

SENIOR NEWS LINE

by Matilda Charles

Wrapping up the End of the Year

The end of the year is a perfect time to review where we've been in 2023 and gather some ideas about how we might do things differently next year. Saving money is at the top of many to-do lists now, especially for entertainment and groceries.

Look at all your streaming services to see which ones you might be willing to stop using. Make calls to the cellphone services around you and see who has good deals, likely with bundling. Phone plans for seniors generally have a lower cost. A surprise for me: I recently changed cellphone companies. Since I was bringing my own phone number and did not want a deal to buy a phone, I was given a \$200 promo gift card to spend anywhere.

Consider the money you could save with a store affinity account. At my local grocery store, I typically accrue \$5-10 per quarter just for buying the store brand and using the coupons offered.

On Walmart Plus, I often earn \$3-\$4 each time I place online orders for free delivery to my home because of the deals and discounts that pop up on the screen. Additional Plus benefits include travel, video streaming, 10 cents per gallon saved at several gas stations and more. The first 30 days are free to try the service, with a whole year costing \$98. If you're on SNAP, Medicaid or other programs, your cost would be half that.

Take a look at "500 Great Ways to Save for Dummies" by AARP. The book is on Amazon, both in paperback and for a Kindle e-reader, as well as thousands of other places online. This book might be one you want to keep for a long time. You can also ask your library or senior center if they will purchase the book to keep on the shelves.

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Copland's inspiring *Fanfare for the Common Man*, written during WWII, begins our musical Veterans Day tribute, followed by Joan Tower's exciting *Fanfare for the Uncommon Woman*.

The Dubuque Choral is featured in two stirring selections about freedom and the costs of protecting it. The haunting "Hymn to the Fallen" with wordless chorus will give you goosebumps.

Copland's portrait of Abraham Lincoln includes stirring narration and some of his most powerful and heartfelt music. Duke Ellington's jazzy suite from "The River" rounds out this all-American program.

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VETERANS POST

by Freddy Groves

VA Computer Glitches, Still

The problem was worse than we thought. It wasn't only 32,000 veteran uploads to VA.gov that were caught in a "dead zone" glitch since 2018 with claims left unprocessed. It was an additional 57,000 since 2011.

This newly revealed problem concerned 56,000 veterans who needed to update the number of their dependents — revealed, because it was actually unearthed in 2021.

Consider that problem:

Whether a veteran is adding or subtracting a dependent, it changes the monthly disability benefit amount. Yes, those veterans who tried to add one or more dependents will get that backdated money eventually. But what of a veteran who tried to do the right thing and subtract a dependent? Will the Department of Veterans Affairs want that money back?

An additional nearly 1,000 glitches concerned veterans who tried to appeal a decision about their disability benefits. Apparently, when they tried to get the notice of disagreement online, nothing happened.

And now the VA is taking a close look at the whole system. They're doing what they call a "full review" to make sure everything is working correctly. Part of this will be to watch the system carefully.

Which begs the obvious question: Why are they just now realizing that a computer system needs to be watched? The VA holds the lives of thousands of veterans (and their families) in their hands. It's infuriating to think that so many errors were allowed to happen over so many years and that no one stopped to consider that maybe they needed to investigate, or add software to monitor things, or pay attention to the phone calls from veterans when expected additional benefit money did not appear, or notice when there were changes in how veterans seemed to be using (or not using) the online functions.

Meanwhile, on the VA.gov website, the information for changing the number of dependents has this: "Question ... Can I file by mail? Answer ... Yes, but we encourage you to

Veterans Post cont. Pg. 14

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