



The Golden View

The Community Newspaper For Adults 55 Plus

July, 2024

Dedicated To The Young At Heart

Dubuque, Iowa

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

Grand Opera House's Summer Season Continues with *The Addams Family* and *Annie*

by Nick Halder, Executive and Artistic Director



After a successful run of School of Rock, The Grand Opera House's summer season continues with two family friendly musicals, *The Addams Family* and the youth production of *Annie*.

Based on the characters created by Charles Addams, *The Addams Family* is a bright production of song, dance,

and doom that will satisfy theatergoers July 12-21. This comical feast embraces the wackiness in every family, featuring an original story that is every father's nightmare. Wednesday Addams, the ultimate princess of darkness, has grown up and fallen in love with a sweet, smart young man

Grand cont. Pg. 9

71st Annual Dubuque County Fair July 23-July 28, 2024

by Kevin Kotz, General Manager, Dubuque County Fairgrounds and Event Center



Fun on the ferris wheel!

Family, Friends, Fun, 4-H, FFA and Great Memories are all great words to describe the upcoming 71st Annual Dubuque County Fair. But just like the info commercials "Wait there's More", there is great food, there are two free main stage concerts, stock car racing, rock concerts, tractor pulls, demolition derby, animals, carnival rides and games. Don't change the station, there is still more, we have a Sea Lion Splash Show, the world record Balloon Stunt show, a stilt walker, axe throwing, and don't forget to meet Rocky the T-Rex.

The Best Six Days of Summer starts on Tuesday, July 23rd and runs through Sunday the 28th. Tuesday is free admission day at the fair plus a free concert with a tribute to Johnny and June Carter Cash plus a tribute to

Patsy Cline. Wednesday is Kids Day plus stock car racing in the evening. Thursday is the Free Country Concert with Alexandra Kay and special guest Haley Mae Cambell sponsored by DB&T. The stage will rock on Friday with the return of co-headliners Skillet & Theory of a Deadman. On Saturday evening is the Tractor Pull. Sunday afternoon is the Demolition Derby with Stock car racing in the evening.

Bring your kids and grandkids and friends and join the fun at the 71st Annual Dubuque County Fair. For more information go to www.dbqfair.com or follow us on Facebook or give the office at 563-588-1406.

From all of us at the Dubuque County Fair Association have a great summer and we see you at the Dubuque County Fair.

Backbone Bluegrass Festival Celebrates its 43rd Year, July 26-28

by Linzy Martin, Festival Coordinator



After the free concerts there are pick-up jam sessions at various locations in Strawberry Point and at the bluegrass grounds south of Strawberry Point.

It is one of the longest running bluegrass, folk, gospel and acoustic music festivals in the Midwest. Like we say it is more than a concert, it is a six-day festival starting Tuesday evening July 23 with a free concert held at Inger Park in Strawberry Point. The concert is sponsored

by the Wilder Museum and features the Anderegg Family Band. After the concert there are informal jam sessions at the Franklin Hotel with their annual "Wings and Strings" where you can enjoy their award-winning wings and free music on the

Backbone Bluegrass cont. Pg. 17

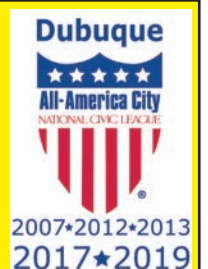


Excitement at the race track!

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DUBUQUE, IA
July 29 at 6:30 PM
Best Western Plus
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July 12 at 11 AM
AmericInn
1910 Nairn Drive

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July 19 at 11 AM
Sleep Inn & Suites
1600 S. Madison Street

DARLINGTON, WI
July 26 at 11 AM
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131 E. Catherine Street



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TUESDAY JULY 23



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WEDNESDAY - KIDS DAY

THURSDAY - COUNTRY DAY



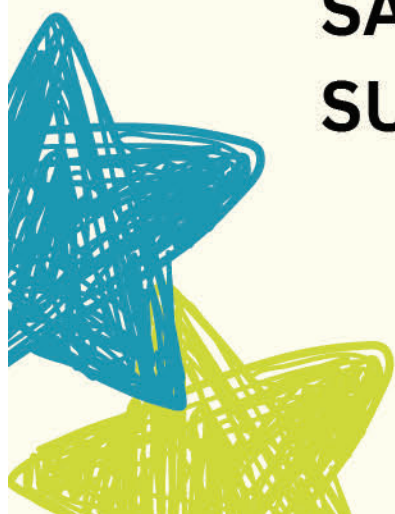
Alexandra Kay w/ special guest Haley Mae Campbell

FRIDAY - ROCK DAY

Skillet & Theory of a Deadman

SATURDAY - TRUCK & TRACTOR PULL

SUNDAY - DEMO DERBY AND RACES



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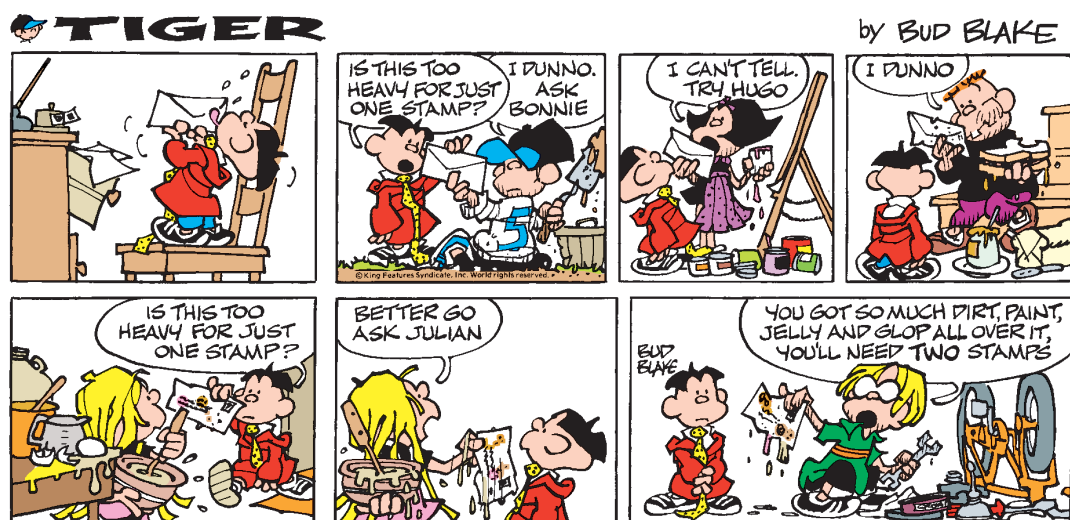
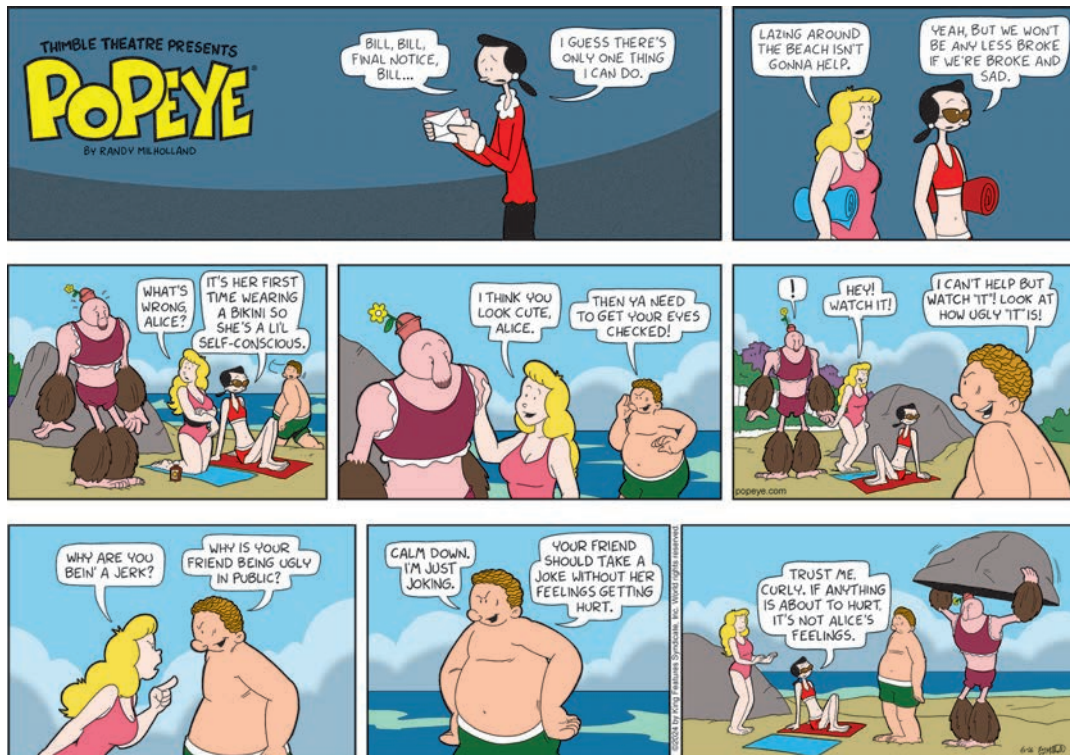


The Golden View

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|----------------|------------------|------------------------|
| Derek Paulson | Vera Stokes | Michael D. Gibson |
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STICKELERS [sic]

by Terry Stickels

What shape is represented by the following words?

NUBIFORM
LUNIFORM
CUNEIFORM
PENNIFORM

Stickelers Answer on Pg. 20

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**Be sure to check the website
TheGoldenViewOnline.com**

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.

	-		+		= 8			
+		+		+				
	+		+		= 21			
÷		×		+				
	+		+		= 14			
=		=		=				
5		24		23				
1	2	3	4	5	6	7	8	9

1 2 3 4 5 6 7 8 9

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!
 Go Figure! Answer on Pg. 20

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2024 Fireworks & Air Show

Wednesday, July 3

Events will be at River Front below Lock & Dam

Air Show: 6 p.m. – 8:30 p.m.

Full Throttle Formation Team,
 USAF Heritage Flight with an A-10 and P-51 Mustang,
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 United States Army Parachute team, The Golden Knights.

Fireworks will begin at Dusk

For More Information On The Day's Activities
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King Crossword

ACROSS

- 1 — of Sandwich
- 5 Saigon soup
- 8 URL opener
- 12 Coagulate
- 13 Charged bit
- 14 Pitcher Hershiser
- 15 Romantic appointments
- 17 Skater Lipinski
- 18 Like aspirin, briefly
- 19 Ozone, for one
- 20 Governing gp.
- 21 That chap's
- 22 — -Magnon
- 23 "Evita" sur-name

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		

- 26 Gym gear
- 30 "— Rhythm"
- 31 Chum
- 32 Cowgirl's footwear
- 33 Spider's traps
- 35 Baby collie
- 36 Owns
- 37 Prohibit
- 38 Sound of Washington
- 41 Flushed
- 42 Aunt, in Acapulco
- 45 Skin soother
- 46 Donna Summer hit song
- 48 Sagan or Sandburg
- 49 Ambulance VIP
- 50 Luminary
- 51 Singles
- 52 Horse chow
- 53 Prefix with pilot
- 8 Frank holder
- 9 Streetcar
- 10 Actress Hatcher
- 11 Scheme
- 16 Opposite of "fer"
- 20 Onassis nick-name
- 21 Toy car brand
- 22 Cartoon frame
- 23 Photo, for short
- 24 Conceit
- 25 Steal from
- 26 Existed
- 27 Jump
- 28 Pinnacle
- 29 Hog haven
- 31 "Nova" ailer
- 34 Nosh
- 35 Cushions
- 37 White of "The Golden Girls"
- 38 Designer Rabanne
- 39 — Bator
- 40 Slasher film fare
- 41 Capital of Italia
- 42 Ballet attire
- 43 "— first you ..."
- 44 Roundish do
- 46 Devilish laugh
- 47 Airport screening org.

DOWN

- 1 Canyon sound
- 2 Oodles
- 3 Campus mil. group
- 4 Old Ford model
- 5 Pocket breads
- 6 Works the soil
- 7 Carry- (travel bags)

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Senior cat's arthritis is impacting his quality of life

DEAR PAW'S CORNER: My cat "Sticky" is 14 years old and still in great shape. He loves chasing after a laser beam and rolling around with his toys. However, I've noticed that when he comes over to leap up on my lap, he hesitates and just puts his paws on my leg and meows. I have to encourage him to leap, and he doesn't seem happy about it. Could something be wrong with him? — *Janine in Gulfport, Mississippi*

DEAR JANINE: At age 14, Sticky is definitely a senior cat, and it sounds like he's beginning to develop a common senior cat problem: arthritis. Just like us, cats can suffer from stiff, achy joints as they get older.

You're doing a great job of observing his behavior and

spotting changes in the way he interacts. Arthritis (typically osteoarthritis, sometimes abbreviated as OA) is progressive, and sometimes not noticeable right away. There are four key things to watch for:

Running — Does your cat run with a fast, fluid motion, or in stops and starts?

Jumping — Does your cat hesitate to take jumps that were effortless in the past?

Climbing — Does your cat walk or run confidently on the stairs, or hesitate on each step?

Playing — Does your cat keep up with the laser pointer, or start to lag behind?

Other noticeable behaviors, like excessive meowing, hiding away or even occasionally missing the litter box also signal that your cat is uncomfortable or in pain.

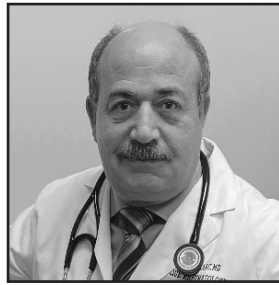
It's important to consult with Sticky's veterinarian at this point. Together, you can evaluate his pain level and function, and discuss options for improving his comfort. There are treatments for cats with OA that will greatly improve his quality of life and get him back to his old self.

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

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I don't believe one grows older. I think that what happens early on in life is that at a certain age one stands still and stagnates.

—T.S. Eliot

COME CHAT with ME

by S. E. Persinger



At one point in my lifetime I decided to stop having a birthday every year. I decided to go from decade to decade. That way when my birthday came up I knew I would have another ten years to look forward to my next birthday. And just think what can be done in ten years. Well, it made sense to me! And I am still counting by decades. Following are a few memories of past decades that occur in every persons' lifetime.

Our first decade starts when we are born. Decade One takes in learning to hold up your head, to eat, sit, crawl, walk, talk, laugh, and how to get what we want by crying or holding our breath or just by being sweet. Soon we learn that everything isn't "mine" and we have to share. We rush by that decade quite quickly. Actually, in the first five years we have learned at a rate we will never match again.

Decade Two becomes more challenging because we are on our own somewhat but need help from others to learn responsible behavior. And yet that decade provides us a lot of time for fun and laughter, and time to think about our future education plans.

In my third decade I was a witness to the 1961 Space blastoff whereby a human first went into space. In an office

where I was employed our boss let us stop work so we could listen to the radio broadcast of the spaceship that carried the first human being into space. Yes, there are a number of good and bad highlights within the span of a decade.

When the fourth decade comes around it is like being on a journey. You probably planned your occupation or career to suit your lifestyle and are now well into a lifetime of experiences. In my fifth decade I became a grandmother and looked forward to watching my grandchildren grow into copies of their parents. "Ha! Ha!" In my sixth decade a friend told me that her mother told her that at 60 you get your second "wind." I got very excited to think about my next decade. Oops! I kinda missed that boat because of a mishap, but still looked forward to the next decade.

My seventh decade gave me great-grandchildren. Wonderful! They are such a great blessing. But as can be expected with aging, decades can bring some surprises. I got rickety bones, and sagging muscles. I hadn't invited them to my seventh decade birthday bash but they came anyway.

My eighth decade has so far been a welcome gift. I hope you readers of *The Golden View* can see how much fun it can be to look forward to the next ten-year birthday party instead of one birthday a year. Of course, it's okay to accept a birthday present each year, if it is offered to you. Double Ha! Ha!

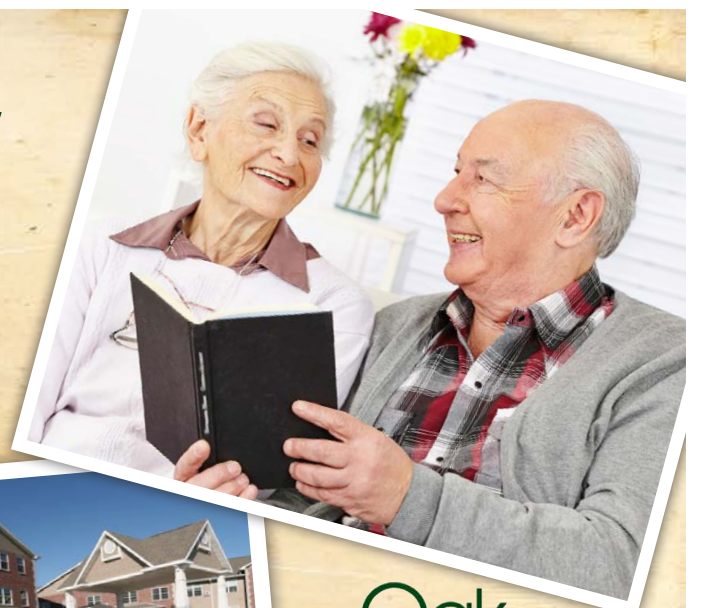
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An Uplifting Moment
with **Rev. David J. Claassen**
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Ten Words

Joni Eareckson Tada was 17 years old when she became a quadriplegic after breaking her neck in a diving accident. Few of us can imagine the struggles and adjustments she faced. Now in her 70s, over 50 years later, Joni has impacted millions of lives because of her disability through her organization, Joni and Friends, and her books, speeches, music, and art. She shared in an article appearing on the Desiring God website ten words that changed everything about her view of suffering.

The ten words were part of a conversation that took place with a friend, Steve Estes, when she was newly released from the hospital and barely out of her teens. The ten words?

“God permits what He hates to accomplish what He loves.”

One of the age-old questions is why a good God allows pain, disappointments, suffering, and death in His creation. We all have our reasons for asking the question, just like Joni did.

It’s helpful to ask our questions in the right way. Joni writes, “I wasn’t asking with a

clenched fist, but a searching heart.” So should we.

It’s also helpful to resist the temptation to blame God. Yes, God is sovereign and in ultimate control of everything, but it’s obvious he permits things to happen of which he does not approve. Again, we ask why.

It shouldn’t surprise us that we can’t always figure out what God is up to. After all, he has infinite knowledge and wisdom and we don’t. Somehow, in his perfect ways, he can use the hurt in the world, and what’s hurting us, for good.

The most grievous example of human suffering was Jesus’ execution, God in the flesh dying on the cross. Yet, this horrible injustice resulted in the greatest expression of love and provided the way for God to save people for eternity. It’s the ultimate example of gain from pain.


In Joni’s case, God has used her pain for much gain. Steve told Joni, “He [God] wants your affliction to be a platform to win others to Christ.” Now, over 50 years after her accident, Joni rejoices in “being used of God at Joni and Friends to save lives by telling people with disabilities the good news.”

Yes, God has his plan and purpose for everything we face and whatever we’re going through. He also is willing to be with us as we grow through it if we let him. Tim Keller, who died from pancreatic cancer, wrote in his book, *Walking with God*

An Uplifting Moment cont. Pg. 12

THE ILLUSTRATED BIBLE

Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, and to keep oneself unspotted from the world.



JAMES 1:27

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BIBLE TRIVIA
by **Wilson Casey**

1. Is the book of Bethel (KJV) in the Old or New Testament or neither?
2. Moses and Aaron were instructed to sacrifice what color of heifer without blemish? *Red, White, Gold, Green*
3. Which book begins, “Paul, an apostle of Jesus Christ by the will of God”? *Mark, Romans, Galatians, Ephesians*
4. What Old Testament woman

was buried in a cave in the field of Machpelah? *Eve, Ruth, Sarah, Esther*

5. How many righteous people did Sodom need to keep God from destroying the city? *1, 2, 10, 20*

6. From 2 Kings 17, who was the god of the men of Cuth? *Succothbenoth, Nergal, Hamath, Ashima*

ANSWERS

(1) Neither, (2) Red, (3) Ephesians, (4) Sarah, (5) 10, (6) Nergal

Hardcore trivia fan? Visit Wilson Casey’s subscriber site at www.patreon.com/triviaguy.

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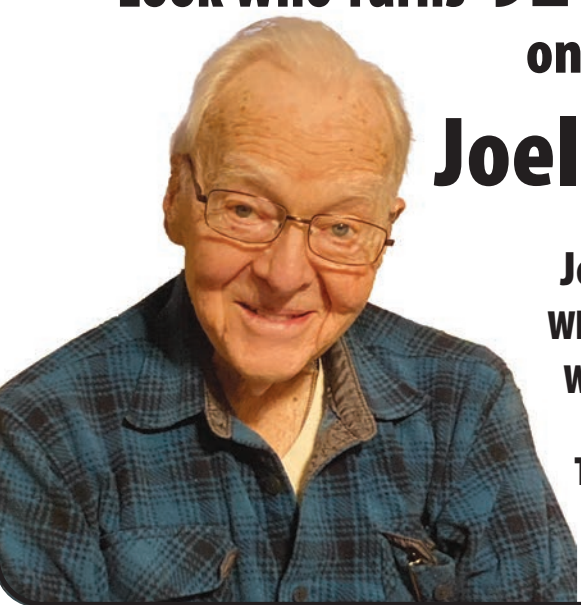
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Look Who Turns 92 Years Young on July 12th!



Joel Glennon

Join Us To Celebrate
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YESTERDAY AND TODAY

BY MICHAEL GIBSON



The 500 block of Main (5th & Main) looking north in the early 1950s. Main Street was one-way going south. On the right were the Hollywood Cafe & Grille and Sears Roebuck Co. This was the location of Sears from 1941 to 1964. It moved to 300 S. Locust in 1966 and in 1989 to Kennedy Mall where it closed in February of this year. On the opposite of the street was the First National Bank with the newly relocated WDBQ Radio station on the second floor. From the early 1930s WKBB Radio had existed in Dubuque, but in 1952 in changed its call letters to WDBQ. Also visible is Renier's Music which moved to this location at 531 Main in the late 1920s when they first began sales of radios. In 1964 they would move across the street to 520 Main after Sears moved to S. Locust. (Photo courtesy of the Loras College Center for Dubuque History, OHE p.92)

Yesterday & Today cont. Pg. 9



Michelle Bell,
Social Security District Manager,
Dubuque, Iowa



Celebrate Your Independence with Social Security

Every July 4, we celebrate our nation's independence. For nearly 90 years, our programs have helped create financial independence for millions of hardworking people. We have useful online resources like the *Social Security Statement (Statement)* and our benefits estimator tool that helps people not yet receiving benefits. The *Statement* shows the benefits that you and your family may be eligible for and provides personalized fact sheets tailored to your age and earnings situation. The benefits estimator tool allows you to get estimates based on different ages. These online tools can help you better prepare for your retirement.

If you're receiving benefits
You can use your personal *my* Social Security account to:

- Request a replacement Social Security card.
- Get an instant benefit verification letter.
- Start or change your direct deposit. (Social Security beneficiaries only)
- Change your address. (Social Security beneficiaries only)
- Get a replacement SSA-1099 or SSA-1042S instantly for tax season.
- Opt out of mailed notices for those available online.

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

If you're not receiving benefits

You can get the most out of your online experience if you have a personal *my* Social Security account. You can:

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- Get estimates for spouse's benefits.
- Get your *Statement* instantly.
- Get proof that you do not receive benefits.
- Check your application status.

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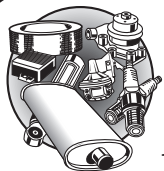
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White trailer, middle of 13th street.
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Summer Market Now Open. Come See Us!

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.



In this more recent view we note the results of urban renewal and the total disappearance of the former buildings which housed so many well-known Main Street businesses. The entire west side of the street at 5th & Main is now a parking lot. The east side has all new buildings housing the NICC Downtown campus and the former Cigna Retirement Center building, now home to Prudential Retirement Services. (Photo courtesy of Terry Grant).



Rehearsal for The Addams Family

Grand from Pg. 1

from a respectable family- a man her parents have never met. And if that wasn't upsetting enough, Wednesday confides in her father and begs him not to tell her mother. Now, Gomez must do something he's never done before- keep a secret from his beloved wife, Morticia. Everything will change for the whole family on the fateful night they host a dinner for Wednesday's "normal" boyfriend and his parents.

Co-produced with Rising Star Theatre Company, over two-hundred area students will bring the Broadway classic Annie to The Grand stage August 7-11. With equal measures of pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. She is determined to find the parents who abandoned her years ago. With the help of the other girls in the Orphanage, Annie escapes to the wondrous world of NYC. In adventure

after fun-filled adventure, Annie foils Miss Hannigan's evil machinations... and even befriends President Franklin Delano Roosevelt! She finds a new home and family in billionaire, Oliver Warbucks, his personal secretary, Grace Farrell, and a lovable mutt named Sandy.

Tickets for *The Addams Family* and *Annie* can be purchased in person at the Box Office, or by calling (563) 588-1305. Box Office hours are Monday through Friday from Noon until 4:00pm. Tickets can also be purchased on our website at www.thegrandoperahouse.com.



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—Bob Feller



Does Intermittent Fasting Raise the Risk Of Heart Disease?

DEAR DR. ROACH: I read a recent headline that said people who fast intermittently have an increased risk of heart disease. Is there merit to this story? — *K.O.S.*

ANSWER: Intermittent fasting is an increasingly common weight-loss strategy. The two most common approaches of intermittent fasting are alternate-day fasting (eating nothing one day, then whatever you want the next) and time-restricted feeding (eating at certain times throughout the day, usually during an eight-hour time frame).

The published data on the benefits of these diets show short-term weight loss (i.e., 12 weeks), but no long-term weight loss (1 year), compared to the standard dietary advice.

There is evidence of potential harm from intermittent fasting. Studies have shown an increased

risk of eating disorders (particularly binge eating). One study showed that disordered eating worsened in those assigned to an intermittent-fasting schedule. However, other studies do not show this.

The concern for disordered eating is highest among younger and female populations, who are at the most risk for eating disorders, and I advise against intermittent fasting for a person with a history of an eating disorder.

The study you read about was presented as an abstract in the March meeting of the American Heart Association; it is not yet published or peer-reviewed. But it did show that people who report an intermittent-fasting diet (specifically those who ate over an 8-hour time frame) were at a higher risk for death from heart disease than those who ate over a 12-16 hour time frame.

However, this wasn't a controlled study, and it is likely that people who chose a time-restricted eating pattern already had issues that put them at a higher risk for heart disease. Still, given the absence of long-term benefits, I don't generally recommend a time-restricted diet or intermittent fasting to my patients.

My colleagues in weight medicine consider intermittent fasting to be an option that helps a subset of people. There are some people who do benefit from this type of diet, and as long as they are eating well and are being monitored by their physician, they should continue to follow their diet if it is working for them.

...

DEAR DR. ROACH: As a person who has had vocal cord paralysis after a viral infection, I was fortunate not to need many of the outlined modes of care. However, there was one additional therapy that was utilized within my plan of care — speech therapy. It took a while, but it worked well.

I suppose I may have some lingering weakness. When I experience a new viral upper respiratory infection, I often experience prolonged hoarseness. So, I pull out my exercise sheet once again, practice the techniques, and experience the same great results. — *B.A.*

ANSWER: I thank B.A. for writing, as I should have recommended voice therapy for people with vocal cord paralysis or other voice issues.

Some ear, nose and throat physicians, speech-language pathologists, respiratory therapists, and voice coaches specialize in voice therapy.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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