

the 365 inkwell



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Trixie Kitsch: Bad Advice For The Stupid

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{ dubuque365 / 365ink }

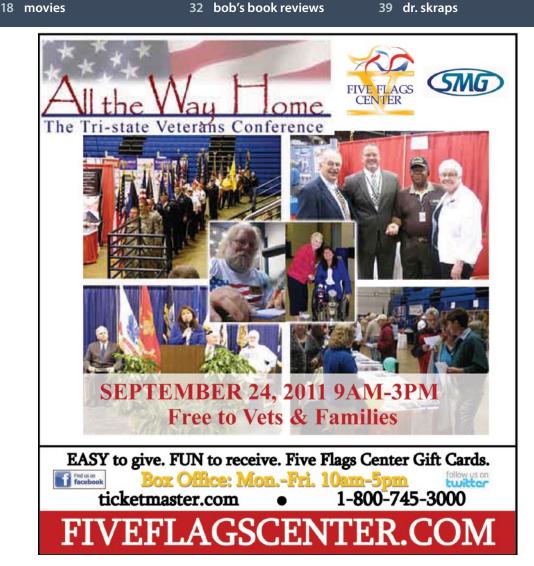
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Where's Wando?

We've hidden Wando somewhere in this issue of 365ink. Can you find the master of movies buried within these pages?







The kitchen is done! Well, pretty much. It's the last major renovation to our home that we planned to get done before the warm weather leaves us. And it has been fodder for plenty of inkubator-worthy stories. So, I'll probably use the next couple of issues to share the trials and tribulations of rebuilding a 100-year-old kitchen.

Of the many things we did to our decidedly worn out 1980's lookin' kitchen trapped in a 100-year-old foursquare, there was probably one improvement that shines above the rest. It is practically a rite of passage for a man as he ages, much like having your first child, mowing the lawn in shorts while wearing black socks, or turning Republican. (I have not aged that far yet.) I got granite counter tops. And they are splendid.

I should start off by letting you know that we did all of the work on the kitchen ourselves with a ridiculous ton of help from my in-laws, most notably, my mother-in-law, who both knows how to do most anything and also, conveniently, does not have an off switch. This saved us thousands of dollars in labor, as the work took literally hundreds of hours, I think. So we got a \$10,000 kitchen for more like \$5000. The one thing we didn't do ourselves was also the most expensive part of the process. However, I was very pleased to find out, it was not nearly as expensive as I thought it would be. Who knew, you don't have to be rich to get granite counter tops?

It was because I was doing some web design for the guys at Mountaintop Stoneworks in downtown Dubuque (behind Hy-Vee on Locust) that I discovered such a luxury was not actually out of my grasp. My wife, as an architect, designs granite into buildings all the time. She was sure that it was going to cost \$10,000 for us to have stone in the kitchen. She usually works with such large orders of granite that she's used to seeing big numbers. But in meeting with Eric Christensen at Mountaintop, I discovered that the average kitchen granite install is actually closer to \$2000

than \$10,000. Eric, by the way, is a very interesting and nice guy who subsequently played a lunchtime jam for me, as it turns out he's quite the musician on top of being a stone savant. And if you've even been serious about doing work in the kitchen, you know that \$2000 is not really a bad number to work into the budget considering what you get out of it in the end. And when you can find a screaming deal on flooring and tile for like a buck a square foot, there are even more dollars to divert to the counter tops.

There are more colors and fancy names for colors of granite than shades of lipstick on the market. While there are hundreds of styles, there are also scores of styles waiting in stock at Mountaintop, so we were able to go back into the shop and actually look at every slab as we chose our color. I don't remember the name of our stone, but it had the word Bordeaux in it, which is just silly. But it's also gorgeous. And here's a tip to save money. If you can find a remnant or a onezie (the last slab of a large order of a color) you can usually get a discount for taking it off their hands. That's just what we did.

My friend Ryan Winkelman happens to work there as well and he showed up at my house with an Imperial Probe Droid. If you've ever seen Empire Strikes Back, you'll know what I'm talking about. It's the black orb that discovered life on Hoth. He sets up the Probe Droid / fancy laser measuring system and proceeds to take exacting measurements

of my 100-year-old base cabinets, which I had rebuilt somewhat in expectation of the granite. So when he went back to Mountaintop, they were able to cut a precise piece of stone that conformed to even the subtle but present bows in the wall and not-so squareness of the old cabinets.

Two days later, a couple other nice guys with the same name came to the house with newly cut and polished granite and installed it (and they even set and sealed my awesome new farm front ceramic sink) in like a half hour, Done!

It, of course, took three more weeks of back-breaking work to make the rest of the kitchen look like it was in the same league as our sweet new counter tops. But it got there. And now that it's done, I am so glad we went with the granite. A little more money, but not crazy money. It adds so much more character, which I think my century house deserved after the decades it spent languishing in the 1960s remodel that removed all warmth from it. It's back now baby! I'll show you some photos now, but I'll write less next time and put in bigger photos! If you've been wavering on your counters, you really should at least do yourself the favor of going and getting a quote. Now back to mowing my lawn

in my black socks, if you'll excuse me.

P.S. I am happily eating my words from my last inkubator. The Dubuque Police Department recovered every single thing that was stolen from me five days later and I was able to use the equipment for my very next gig. I hope they skewer the bastards who sullied the sanctity of my home and property and I commend them for a job very well-done. Here's to the men and women in blue!





§ 13-16

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Fighting Saints Pre-Season September 16

Mystique Community Ice Center 16 With the October 1 start to the regular season fast approaching, the Dubuque Fighting Saints get in gear for the defense of the Clark Cup with one more preseason game at home in September at the beautiful new Mystique Community Ice Center on September 16 vs. the Chicago Steel at 7:05 p.m. before the two teams play in Darien, IL the next evening. For the fifth consecutive year, the entire USHL will convene in Sioux City for the Fall Classic from Wednesday, September 21, to Saturday, September 24. The Fighting Saints preseason and regular season schedules are available at dubuquefightingsaints.com. The regular season begins in Dubuque on October 1 with a rematch of the Clark Cup Final against Green Bay. Ticket packages are on sale now - fans should call (563) 583-6880 for information.

Music in the Vineyard Sunday, September 18 Craig Erickson / 15th Anniversary Saturday, October 1 – Bob Dorr/Blue Band **Tabor Winery**

Tabor Home Vineyards and Winery in Baldwin, lowa presents "Music in the Vineyard" a series of live music events scheduled for various Sunday afternoons through the summer and into the fall. The next event will feature blues guitarist Craig Erickson performing on Sunday, September 18. Visitors to Music in the Vineyard can



enjoy Tabor Home wines, a selection of lowa cheeses, and barbequed pork sandwiches, or you can bring your own picnic lunch (no alcohol carry-ins please). Best of all, there is no cover! Tabor Home will also celebrate the winery's 15th anniversary with a festival party that will no doubt feature food, plenty of Tabor wine and live music by the lowa Rock-n-Roll Hall of Fame inductees Bob Dorr & the Blue Band. For more information, visit www.taborwines.com



Arboretum Autumn Festival Sunday, September 18 **Dubuque Arboretum**

18 The Dubuque Arboretum & Botanical Gardens will hold its annual Arboretum Autumn Festival and fundraiser on Sunday, September 18, from 11 a.m. to 3 p.m. at the Dubuque Arboretum and Botanical Gardens, 3800 Arboretum Drive. The main attraction will be a silent auction of scarecrows created by community crafters. Food and fun will be available for this family event. Come see the gardens all decked out in fall splendor. Mums, garden art and fall décor will be on sale that day. Enjoy the live strolling folk musicians as you view the silent auction of original scarecrows. Vote for your favorite scarecrow. Children and adults will enjoy face painting, children's games, and crafts. Lunch and desserts will be available for purchase on the arboretum grounds. Make plans to spend some time at this free family-friendly fun event! There is no admission charge. For further information, please call 563-556-2100 or check the website at dubuquearboretum.com

Holy Ghost Fall Festival Sunday, September 18 **Holy Ghost Church**

Holy Ghost parish hosts a Fall Festival Sunday, September 18 from 11 a.m. to 6 p.m. with fun, food and games for the whole family. The event will feature a dunk tank, silent auction, bingo and other games of chance, a "country store," and kids' games including face painting and a bounce house and slide by LT Amusements. The Festival will also offer a chicken and roast pork dinner prepared by Kalmes' with all the sides and desserts. As part of the festival, Holy Ghost will sponsor a "Grand Raffle" with a variety of prizes including the grand prize of \$2,000 cash. Holy Ghost Church is located at 2921 Central Avenue in Dubuque.

Dubuque Area Writers Guild Fall Meet-n-Greet

Friday, September 23 River Lights Bookstore, 2nd Edition

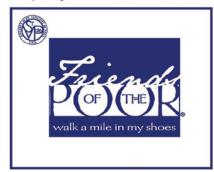
23 Calling all writers: Whether you are a novice or published writer, young or old, famous or obscure, or maybe just curious about writing, the Dubuque Area Writers Guild wants to meet you. Writers Guild will host a casual Fall Meet-n-Greet, Friday, September 23 from 6 to 8 p.m. at River Lights Bookstore, 2nd Edition on the corner of 11th and Main Streets. An affiliate of the Dubuque County Fine Arts Society, the Dubuque Area Writers Guild is an informal group of writers who share in the joy of writing. Come share your passion for the written word! For more information about the event or Writers Guild, Lauren at dubuqueareawritersguild@gmail.com.



Friends of the Galena Public Library **Pre-owned Book Sale** September 23-24

The Friends of the Galena Public SEPT Library host a Pre-owned Book

Sale, Friday, September 23 from 9 a.m. to 7 p.m. and Saturday, September 24 from 9 a.m. to 3 p.m. at the Galena Convention Center. Guests who bring their own bag will receive a FREE book. All profits benefit the Galena Public Library District. For more information emailyodergram@mchsi.com.



Friends of the Poor Walk Saturday, September 24 **Louis Murphy Park**

The 2011 Friends of the Poor Walk will be held Saturday, September 24, at Louis Murphy Park on South Grandview. The Dubuque St. Vincent De Paul Society will be in partnership with Catholic Financial Life in sponsoring this walk. The National Friends of





community briefs



the Poor Walk began in 2008 to celebrate the 175th anniversary of the Society of St. Vincent De Paul, which believes that spiritual growth comes about through acts of charity. Walkers are a visible sign to the community that they are taking steps to relieve the pain of poverty. Registration will be from 8:30 to 9:30 a.m. followed by a 2-mile walk down South Grandview through the Sisters of Mt. Carmel property and back to Murphy Park. There will be prizes awarded for Youth, Team and Adult categories that bring in the most money. T-shirts, hotdogs, chips and drink will be provided to all walkers and volunteers. 100% of the money raised from this event will stay in Dubuque and will benefit the people in need right here in our own community, especially this year due to the floods and the economy. Participants can register in advance by calling Joanne Tobin at (563) 582-8506).



Potosi Brewery Bicycle Tour Saturday, September 24 Holliday Gardens Event Center Potosi Brewery

their passion for motion (and stay hydrated!) one beer at a time. This event is perfect for them. Potosi Brewing Company hosts the Potosi Brewery Bicycle Tour, Saturday, September 24. The tour, which consists of either 25, 45, 65, or 100-mile rides (depending on how thirsty you are, of course) begins at 8 a.m. at Potosi Brewery's Holliday Gardens Event Center and follows Wisconsin's scenic Great River Road. The \$55 entry fee includes admission to the tour, a T-shirt, pint glass, lunch and beer or soda after the ride, and live music all afternoon by the Broken Rubber Band. Riders can pick up registration packets Friday night before the ride from 6 to 8

p.m. or Saturday at 6 a.m. at Holiday Gardens. Some riders might want to take advantage of a special Friday night fish buffet dinner served at Holiday Gardens for \$12. For more information, visitwww.potosibrewery.com. To register online for the ride, visit www. active.com.

Stars of Tomorrow Sunday, September 25

St. Luke's United Methodist Church

25 Dubuque area's "cream of the crop" music students will be showcased in a "Stars of Tomorrow" concert on Sunday, September 25 at 2:00 p.m. in the beautiful sanctuary of St. Luke's United Methodist Church, 1199 Main Street in Dubuque. These college and high school musicians from Clarke University, Loras College, Senior, Hempstead, Wahlert & Platteville High Schools were chosen by their music teachers. Students will perform classical and musical theater compositions; some will perform their own compositions. The concert is part of St. Luke's Where Art and Music Meet concert series, and is a fundraiser for Global Goods, a fair trade gift store located next to the church, at 1141 Main Street, Global Goods strives to sell only fair trade merchandise from countries all over the world, with area interns and students from the University of Dubuque, Clarke University, Loras College, Wartburg College, Hillcrest Family Services and Area Residential Care.

You Remember Fly-By-Night Productions Solicits 9/11 Memories Friday, September 30 at 7:30 p.m.

Fly-By-Night Productions invites people to share their personal memories of September 11, 2001 for possible inclusion in a staged theatrical reading commemorating the unforgettable date. From local contributors, Fly-By-Night Productions will compile and arrange submissions into an original script for "You Remember," a staged reading to be performed at the Voices From The Warehouse art exhibit on Friday, September 30 at 7:30 p.m. While submission does not guarantee inclusion, Fly-By-Night is interested in gathering a range of memories, from a single sentence to a written remembrance (two pages, maximum). The deadline for submission is Saturday, September 17. Memories can be submitted via email to info@flybynightdubuque.com. Please type "You Remember" in the email subject line and be sure to include your name, phone, and address in your email.





www.Dubuque365.com 365ink Magazine | **issue** #143 {september 15-28, 2011}

the great draw

no sidesarms, please.











The Great Draw A Sidewalk Art Competition Saturday, September 17

4th & Bluff Streets (Cable Car Square)

Outside the Lines Art Gallery presents
The Great Draw, a sidewalk art competition the morning and afternoon of Saturday, September 17 on 4th & Bluff Streets. The competition is open to all ages and will serve as a fundraiser for creating a visual arts scholarship for a Dubuque Senior High School art student. The event will also feature international street artist, Julie Kirk-Purcell of Ontario, California who will create an original street mural in chalk.

The sidewalk art competition is open to everyone, regardless of age, amateur or professional artists included. Over \$900 in cash and prizes will be awarded in four categories, plus a People's Choice

Award. John Mominee, UW-Platteville artist will be judging the competition. There will be three amateur categories - Youth (to age 12), Teens (13-18) and Adult (19 and up), plus a fourth category for working artists.

The Great Draw is free for spectators who are encouraged to watch the competing artists work. The event will feature live music by the Dubuque Senior High Jazz Combo and there will be a kids play zone for children who might be too young to enter the formal competition. Note that no food vendors will be present and dogs are discouraged.

Spectators, family and friends can vote for their favorite artist by buying votes (a common practice in Illinois) toward the People's Choice Award with a single vote for \$1 and six votes for \$5. All money collected through voting sales will go toward funding the art scholarship. In addition, Outside the Lines Art Gallery will donate 10 percent of all of the day's sales to the scholarship fund.

The scholarship will be given to a deserving visual art student from Dubuque Senior High School who plans to pursue the visual arts following high school graduation. Applicants will be required to submit a short application and to present a portfolio of artwork.



A world-renowned street artist, Julie Kirk-Purcell has been street painting for 19 years. She has traveled extensively to create on location, throughout the United States and Europe, the Middle East and Asia. Some of her clients include Disney Imagineering, Disney Entertainment and Disney Studios, as well as Universal Studios and the Chrysler Corporation.

> Kirk-Purcell will be creating a large, original street mural during The Great Draw to demonstrate some of the techniques used in the street art tradition that stretches back to the Renaissance I Madonnari

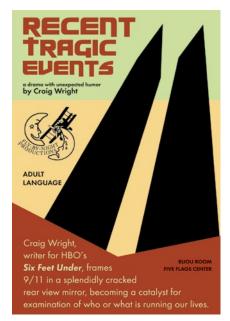
artists. Outside the Lines will host an artist's reception for Kirk-Purcell and competing artists (as well as parents of young artists) following the competition, which ends at 5 p.m.



In addition to The Great Draw, Julie Kirk-Purcell will be working as an artist-inresidence at Dubuque Senior High School and will host a workshop that is open to the public. She will be working with Senior High art students during two full days of $classes \, on \, September \, 15\text{-}16, demonstrating}$ the medium of pastel chalk and providing insight into the life of a working artist.

More information, including the schedule, competition rules, and a variety of suggestions for materials and supplies are available at www.thegreatdraw.com.





Fly-By-Night Productions: Recent Tragic Events September 16-25 Five Flags Bijou Room

Fly-By-Night Productions presents Recent Tragic Events, a drama "with unexpected humor" by Craig Wright, a writer for HBO's Six Feet Under. Directed by Kay Kluseman, the play will be staged in Five Flags Theaters Bijou Room from September 16-25.

The setting for Recent Tragic Events is the Minneapolis apartment of Waverly, a young advertising executive, on a very significant date: September 12, 2001. Soon to venture out on a blind date amidst the television news coverage of the September 11 attacks, Waverly becomes preoccupied when she discovers that no one has heard from her twin sister, Wendy, a student in New York. Waverly reassures herself that Wendy would have had no

reason to be at the World Trade Center.

As the evening unfolds, Waverly and her blind date, Andrew, an airport bookstore manager, realize that they are connected by a succession of bizarre coincidences. As Waverly awaits word on Wendy, the date is complicated by visits from her crazed-musician neighbor, Ron, and his girlfriend, Nancy, and a startling visit from Waverly's great aunt, Joyce Carol Oates – played by a sock puppet.

Recent Tragic Events frames 9/11 in a splendidly cracked rearview mirror, becoming a catalyst for examination of who or what is running our lives. Variety said of

Recent Tragic Events, "...a poignant, thoughtprovoking, and yes, essentially amusing piece on the subject [of 9/11]. Indeed, the play offers a lesson in how the theater can deal with such a momentous event without being trite, maudlin, trivial, or disrespectful." Opening night of the show will feature an interactive "Playback" discussion immediately following the performance.

Recent Tragic Events will be presented at Five Flags Theater's Bijou Room Fridays and Saturdays, September 16, 17, 23, and 24 at 7:30 p.m. and Sundays, September 18 and 25 at 2:00 p.m. Tickets are \$15 and are available at the Five Flags Box Office (10 a.m. to 5 p.m., M-F), at www.ticketmaster.com, or at the door one hour prior to performance (cash only). Founded in 1982, Fly-By-Night Productions is a 501-C3 non-profit, volunteer-based community theatre company, dedicated to fostering diverse theatrical opportunities for artists and audiences alike. For more information, visit flybynightdubuque.com.





Box Office Hours: M-F, 9^{AM}-1^{PM} Tickets: 563.652.9815

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SNOW WHITE AND THE SEVEN DWARFS Saturday, October 1st, 2 p.m.

Based on the classic fairy tale by the Brothers Grimm, The OFAC Children's Theatre Production, told with help from the young audience members, is wicked fun for the whole family.

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Voices from the Warehouse District VII: ReVolt

ReEnergize Art in America Through October 7, 2011 by Mike Ironside Photos by Mike Ironside and Ronald Tigges

"I really want to give you a job right now, but I'm holding off," Voices co-director Gene Tully told me with a smile. It was completely understandable. It was less than 48 hours before the exhibit opening on Saturday and the Voices Warehouse Gallery was a beehive of activity as team members and volunteers were hanging art, installing lighting, and making final preparations for the show.



That's not all that unusual for the Dubuque County Fine Arts Society sponsored Voices exhibit, now in its seventh year in what is now known as the Historic Millwork District. The Wilmac warehouse at 10th and Jackson that has been home to the show is over 100 years old and always requires a great deal of work to clean, light, and generally prepare for the exhibition and reception. Only this year, Tully, building owner Tim McNamara and the Voices team faced an extra challenge.

Because of the overwhelming attendance at past events, the committee in working with City of Dubuque Fire Department officials had concerns about continuing to host the exhibit and massive opening reception in the



traditional second floor warehouse gallery space. On top of that, the second floor was not compliant with ADA accessibility codes.

"After doing our art show up on the second floor for six years, it was just decided that because we had a first floor space available that could be made accessible, that it made sense to move it downstairs," explained McNamara.

"So we did and now we can roll a wheelchair or walk right into the gallery space without the use of an elevator."

The challenge? Once the decision was made to move the entire exhibit to the raw, first-floor warehouse space, the Voices team had just 40 days before the opening to make it happen.

"Since the close of the show last October, we've envisioned the exhibition would be held upstairs," said Voices co-director Geri Shafer. "When we determined that the show would be moving to this space, it was phenomenal the amount of work that we knew would have to happen to be able to prepare this space to get it ready for this opening Saturday night."



"I was in a car driving to Tahoe (when I heard about the move) and my initial reaction was, 'Whoa!'" said Voices marketing coordinator and events chair Ali Levasseur. Pondering the challenge she recalled thinking, "'Okay ... it's a good thing we started organizing last November because we can pull it off.' Because we had so much front time and planning, I knew we could do it."

"Actually, my reaction was that this is probably going to put me into labor," said Voices exhibition coordinator Holly Flood about moving the entire exhibit. "I was nine months pregnant at the time. And it did the next day!" Flood subsequently gave birth to a beautiful baby girl, Maggie. "My first reaction was, 'Oh no. What are we ... how is this going to happen?" said Flood. Continued on "My second reaction, upon seeing the space was, 'This is



{september 15 - 28, 2011 } 365ink Magazine | issue #143 www.Dubuque365.com

going to be even better.' I knew right away that this was going to be a great space for the show and it really has turned out to be

"I can't emphasize enough the number of people who've been involved in this process who've made it possible to do something that seemed almost impossible when we walked through the door," said Shafer, "but I think collectively, we walked through those front doors and without saying anything to one another, in retrospect we all thought, 'We can do this.' There was a silence and I think each one of us could see it happening in this space."





"It's an amazing amount of work in 40 days," said Tully who estimates he's put in about 400 hours in that span of time. "It's just great to see the community pull together and all these people coming down here and throwing down. It gives me chills to think about all the people who have given their time and talent to do this." He added, "It does take a lot of beer to get this done."

And getting it done they were. Just two days before the opening, what was a raw warehouse space less than six weeks prior, was looking an awful lot like an art gallery. "Every year in the past, I've looked around the Voices gallery two days before the show and said, 'we are not ready for an art show," said McNamara. "This year, we are really close, two days out. This is as far along as we've been and to me it looks really good. Most of the art is up. Most of the lights are up. It's just down to the final details now, so we're in good shape."

"I think that this space has actually, in the end, served a great purpose for us," said Flood. "Upstairs is beautiful. It's stunning, it's enormous, but there's just something about having all of the artwork in one room. I think down here it's very cohesive. When we walked into this I know that some people were a little nervous, 'How are we going to do this?' But honestly, the first thing I thought of was, 'This will work great.' It's such a great space and I think now that all the artwork has come together in here it's just really brought a whole new life to the Voices show."

Shafer echoes Flood's sentiment. "In many ways, and I'm not taking anything away from the second floor, but on the first floor it's about the art, because when you walk through those front doors that's what you see immediately," said Shafer. "Upstairs, we had the east wing and the west wing. Here, you're just surrounded by the art and that's what Voices is about."



The warehouse exhibit also benefits from the new Millwork District streetscape, a major renovation and investment project by the City of Dubuque. "It's nice. Our front door opens up right onto a brand new sidewalk and street," McNamara notes. Now, because we're on the first floor we're going to set up tables and chairs outside and have live music and be able to enjoy the outdoor space as well, which you couldn't do when we were on the second floor. It was a gravel alley out there. Now we've got historic paving brick and nice sidewalks." In a sense, the Voices show has come full circle, now benefiting from Millwork District revitalization efforts first inspired by the Voices warehouse exhibit.

With the new exhibit just hours from opening the Voices team was clearly anticipating the reaction from the community.

"Especially in these last two weeks as we've seen artwork getting installed and everything getting painted and cleaned up and put together, all of a sudden this transformation has just blown my mind," admits Flood. "I almost think that the warehouse aspect is in the background and it has become an art gallery, first and foremost, which has been a really neat thing to experience."

"I'm just so excited," said Shafer anticipating the opening. "The quality of the art, the exhibition space I think is going to be really exciting for a lot of people in this community. It really shows what can happen. Don't tell us that we can't do something, because we did it and we're doing it!"

"I think this is going to be a really exciting show," said Flood. "I think we're just going to blow people's minds with this. I really do. Every time I walk in this front entrance, it's a 'wow' factor for me. I'm feeling really good about this. We've had such a great team and volunteers and people helping with construction, and the floors, and painting and doing all this stuff ... this could never have come together



without the help of all of the Voices team and all the other volunteers and workers. I'm really appreciative of all the help that we've had."

McNamara agreed. "It's a lot of volunteers and a lot of generous contributors that help fund it. We couldn't have done it without them," he said.

In the end, all the hard work and investment paid off. With little time to spare, the Voices From the Warehouse District VII team presented Revolt: ReEnergize Art in America!, opening the exhibit to the public Saturday, September 10. Thirteen artists, from local to national and even international showed work in the main



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exhibit, including the Minneapolis-based Rogue Citizen collective who created a collaborative painting during the opening. Ten more artists presented a special "Voices Echo 9/11" tribute to the victims and heroes on the tenth anniversary of that tragic day.



Tully estimates attendance at the September 10 opening to be between 900 and 1000 people over the course of the evening. "I think it was fantastic," said Flood. "This is above and beyond what any of us had anticipated. I think this is one of our best turnouts. I've heard only positive feedback from people tonight. Not just positive, but bevond."

Reaction to both the new space and the art exhibit itself were overwhelmingly positive. Mark Wahlert, executive director of the Dubuque Museum of Art said, "Not having seen this (space), I know how much work they put in to make this happen, but I actually like this location better than upstairs. I think the space and the light and the openness is much better." \

Jan Stoffel, arts and cultural affairs coordinator for the City of Dubuque agreed: "I like this space because it seems like it's more inclusive. I like the fact that you have the outdoors, which you can see, and all of the artists are visible when you walk into the center of the room. It just seems much more inclusive than the other space. The show is very nice. I like the balance between local artists and artists from outside of the city."

Chris Wand, architect, community organizer, and current board president of the Dubuque Museum of Art was also impressed by the space and connection to the new streetscape. "I thought that it was really good that the event actually spilled out into the street," said Wand. "Thankfully, the City has done the streetscape, but it gave you a little bit of an entrance, it gave you an opening to the opening. The entrance became part of the event. I thought that was good."

Sculptor, metalworker and Voices VII exhibiting artist Jim Avery has had a metalwork studio in the warehouse

district for five years. Avery is happy with the progress of the streetscape and the potential for Millwork District revitalization. "I'm excited about it. I'm thinking that it's turning out pretty cool so far," he said of the work on the streetscape. "I think it's going to be pretty awesome. We get some people living and working down here I think it's going to be pretty cool." Avery himself has contributed work toward the new streetscape. "Gene Tully and I did some of the benches, waste receptacles, and bike racks, so we're excited and glad to be a part of it."

Visiting artists seemed impressed by both the warehouse gallery space and the Millwork District, as well as the overall exhibit. Tim Roberts, architect, painter, and exhibiting artist from Miami, Florida came to exhibit this year through his friend, Dubuque native and Miami resident, Kris Belding, an exhibiting artist from last year.



"As an architect, the warehouse space is very alluring to me. I want to live in a warehouse space," said Roberts. "I actually want to live in a warehouse space more now because one small space would be where I live and the rest would be where I paint. I spend my time painting in my condo now. With wood floors and granite counter tops, I spend more time cleaning than painting. So I would love to have a space where I could just go wild and let the paint fall where it may and hopefully some if it hits the canvas. I think the space is phenomenal. ... I think what has been pulled off here is amazing."

New York-based pop artist and Voices exhibitor Camomile Hixon was surprised not only by the raw space of the warehouse district, but also the vibrancy of the Voices art exhibit. "I'm very impressed," said Hixon who created the oversized flowers decorating the entrance to the gallery. "For example, just a few months ago, I was at Art Basel in Basel, Switzerland and this is the place that purports itself as THE most cutting edge contemporary art and it has nothing on what I've seen in this warehouse. I love so much of what I see. I love the Cerberus (Jessica Teckemeyer's sculpture "Planes of Existence") especially. I love this fellow's ball (Avery's hanging sculpture). He's made that of chrome and those are found materials - chrome over metal. It's recycling, it's very urban, it feels like it could be Berlin, but it's Dubuque, Iowa and I love it."

In addition to her flowers, Hixon's installation included a piece utilizing her "Missing Unicorn" posters, some of which where put up around town in advance to promote the Voices show but were ultimately stolen, undoubtedly because they are just fun.

"That's always what happens," she said. "When I first put them up - in Manhattan my friends and I put up about 2,000 posters - and Bloomberg is so uptight, he doesn't like anything. This is performance art for the people by the people, lifting people up, letting them see art, people who would never appreciate art because they just don't think of it. I wanted to make businessmen to think about unicorns, just for a few seconds on the subway. That was my initial goal for this project of putting up posters. Of course, people stole them, took them, but luckily they called the number because I think I'm up to 18,000 phone calls on the "Unicorn Hotline." I hope you call."

Hixon's "Missing Unicorn" has become an international phenomenon. "It's worldwide now," she said. "All the states in the union have responded, called and left messages, sent in photographs, sightings ... crazy stuff. And then the CBC, the Canadian Broadcast Centre (Canada's version of NPR), interviewed me and they replayed this interview nationally so all these people - Manitoba, crazy ones from Nova Scotia, sightings, this woman in Ottawa complaining that the unicorn has been eating her lettuces and she's going to call the authorities unless I go up there and claim this animal - so it gets very interesting. The project is really helping people to think about what they might be missing and to go after it. That's really what I'm doing with that."



Also having fun were Shawn Dalsen, Eric Mattheis, Matt McGorry, and Matt Wells, the painting collective known as Rogue Citizen who spent about four hours collaborating on a canvas during the opening while fascinated quests watched.

"Honestly, this is probably one of the best openings we've ever been to," said Mattheis. "Especially the past few openings we've been to for art events we've done, there hasn't been as much energy as there has been here. A lot of people here have been super friendly, the directors and everyone involved here have constantly been

Continued on page 12



Voices from the Warehouse District VII: ReVolt: ReEnergize Art in America

Calendar of Events

So maybe you missed Voices opening night. No worries! There are plenty of opportunities in the coming weeks to see the exhibit and experience some pretty cool events while you're at it. Here's the rundown:

Friday, September 16 Tom Riley | 8:00 p.m. | \$5

Returning to Voices with his coffeehouse style acoustic performance, Tom Riley of Clarke University is sponsored by Weber Chiropractic.



Saturday, September 17 Blackberry Bushes String Band | 8:00 p.m. | \$5

A high-energy, soulful, Americana quartet, the Bushes are a band of songwriters with a strong bluegrass and old-time bent. They have remained loyal to their Ozark, Appalachian, and Mississippi River roots, adding just a twist of West coast indie-rock.



Sunday, September 18 Emergence of Spirit: Expression from the Self Within | 7:00 p.m. | \$7

A night of self-expression, Emergence of Spirit is a runway show of expression through living, moving art. Doors open at 7:00 p.m. for cocktails and original acoustic music by Maureen Kilgore. The pace picks up at 8:00 p.m. with a runway show conceptualized by Michele Chillook. Self-expression through clothing and hair is encouraged — be yourself, be renegade!

Saturday, September 24 Canned Film Competition: Plan it. Cram it. Can it. 6:00-9:00 p.m. | Suggested Donation \$5

Evolver Productions LLC in association with Julien International Film Festival Dubuque present the results of the Canned Film Competition. Participants in the competition



PLAN IT. CRAM IT. CAN IT.

had just two days and two hours to "plan it, cram it and can it." Teams of filmmakers from throughout the region gathered to get their cans kicked the weekend of Friday, September 9 creating, scripting, directing and producing a short film under 7 minutes. It all starts with "The Can," which contains a mystery object to include in the film and a randomly picked genre. Approved films will be screened and awards



presented at Voices on Saturday, September 24.

Thursday, September 29 Art Gumbo | 6:00 p.m. | \$10

A quarterly dinner that provides Dubuque artists with microfunding, Art Gumbo is an innovative way for local artists to fund their projects and for art patrons to affordably invest in our arts community. The evening will feature a farmers market soup created and donated by members of Green Dubuque, cold beverages by Dubuque County Fine Arts Society and Voices from the Warehouse, with a special musical guest and a birthday cake to celebrate the Art Gumbo project's first year. \$10 at the door includes dinner and a chance to vote for your favorite project proposal. Entry fees go directly to the artist(s) with the most votes at the end of the night. Come, be a part, and place your vote. See more on page 17.

Friday, September 30 You Remember | 7:30 p.m. | Free

Fly-By-Night productions will collect personal memories of 9/11. These memories will be compiled into an engaging piece of reader's theatre performance. Sponsored by Geri and Roger Shafer.

Saturday, October 1 Dubuque Museum of Art Family Matinee at Voices | 1:00 p.m. | Free

Prescott Steel Drum Band performs followed by Children's Walkaround to discuss art on display.



Saturday, October 1 Swing Dance and The Fast Clydes | 7:30 p.m. | \$5 Swing Dance lessons from Ballroom by Jennifer, followed by 50s rockabilly from The Fast Clydes: Fast, fun and furious!

Wednesday, October 5 Dubuque Area Society of Brewers Throwdown | 7:00 p.m | Free

A homebrew beer throwdown competition with tasting and education on homebrewing.



www.Dubuque365.com 365ink Magazine | issue #143 { september 15-28, 2011 }

Continued from page 10

asking us if we're okay, if we need something. Everyone just wants to make sure we feel comfortable and it makes me feel absolutely wonderful."

Former security guards at the Minneapolis Institute of Art, the four united as Rogue Citizen with a "nothing is sacred" approach to collaboration. "We had been admiring some of the other collectives, not only in the area but in the Midwest and thought to ourselves, 'We could do that. It would be really fun to do that.' So we got together, formed the Rogue Citizen and started painting live at different music events. We had our first formal gallery show two years ago and since then I think we've done over two- to three-dozen different live painting events, almost a dozen different formal gallery openings. It's been quite a busy two years but we work well together and we're good friends."



Despite participating in a variety of art events over the past couple years, Mattheis was impressed by both the warehouse gallery and the Voices exhibit. "I love the space. We came in yesterday so we were able to come in and preview the show as it was getting up," he said. "What really surprises me is I've never been to Dubuque, I never really thought this would be a place to have a welcoming and fluent, beautiful art scene but this, honestly, this show almost puts Minneapolis to shame in some ways. And we throw some great shows in Minneapolis, but this space here is beautiful, downtown is beautiful, this warehouse is perfect for a show like this, and people are dedicated here. They're really dedicated to putting the money and time together to throw an event like this and I'm envious. We need energy like that in Minneapolis."

Near the end of the night, the focus of much of that energy, Gene Tully, was basking in the glow of the successful opening. "I feel great," he said. "What a fabulous opportunity to share art. I'm so happy the community turned out and supported this. The City Council, the Mayor, the City Manager all coming in here ... all these people walking in going, 'I love this space.' It was so much collective energy."

Holly Flood reflected on the evening's success in light of the ongoing revitalization of the Millwork District, in which Voices has played an ongoing role. "People have actually mentioned as they came in tonight, with this space in particular, having this kind of a grand entrance on the first floor with the new street, it's just sort of transformed, not only what we've done in here but you really see what's happening with the whole district down here," she said, "and I think this is just sort of the beginning of it. It's been a very, very exciting night in that sense."



Tim McNamara (pictured above), who's provided the incredible warehouse spaces for all seven of the Voices shows sees this year's success as another step toward a more vibrant Millwork District. "The room that we're in here will show people that it doesn't matter if you're on second floor or first floor, or my building or his building. These spaces are all really appealing and inviting," he observed. "Just the scale of the space allows you to do a lot and that's the case in all these buildings and that will be the case when they become office space or residential space."

Still, McNamara sees the important role Voices, and the arts in general, have played and will continue to play in a vibrant Millwork District. "We don't want it to end here. We want it to keep going," he said. "We want to try and find venues for arts of all kinds in the neighborhood, not just in this building, but in all the buildings. We're talking to a number of artists to develop venues and spaces for all different kinds of art, from performance, teaching, to gallery space. We want to do all these things."

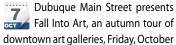
Come see what all the buzz is about. The Dubuque

County Fine Arts Society's Voices From The Warehouse District VII: ReVolt, ReEnergize Art In America! is on display through October 7, 2011 in the new 15,000 square foot first floor gallery in the warehouse at 1000 Jackson Street. See the accompanying calendar of events in this issue of 365ink for more opportunities to experience the art exhibit. For more information, including artists' bios and statements, visit www.voicesgallery.org.





Fall Into Art Downtown Gallery Tour Friday, October 7



7, 5 to 10 p.m. The free, self-guided tour will offer trolley service between seven downtown art exhibits. Sponsored by Dubuque Main Street, this year's Fall Into Art tour will feature seven downtown art exhibits welcoming you into their spaces to share their collections.

The Fall Into Art Gallery Tour is open to the public and free of charge to attend. Participants may tour the seven art locations in any order by walking, biking driving, or riding for free on the trolley. The free trolley will make a loop, stopping at each participating gallery roughly every 20 minutes.

Participating Exhibitors:



Loras College Integrated Visual Arts Department Off-Site Exhibit at at 219 West 9th Street - This off-site exhibit features student work ranging from drawing and 2D design to multimedia installations, www.loras.edu



Dubuque Museum of Art at 701 Locust Street Fall exhibits at the Museum include: "Celestial Writing" digital photographs by Jiawei Gong, "A New Generation: Images of Children from The North American Indian" by Edward S. Curtis, and "9/11

Quilts" by Susan Hoppenworth. www.dbqart.com



Outside The Lines Art Gallery at 409 Bluff Street - Outside the Lines Art Gallery sells original art and crafts from more than 85 artists, hosts bimonthly exhibits, and designs/installs home and corporate collections. Meet ceramicist Doug Reyn-

olds and pastel painter Tom Christopher.www.otlag.com



Dubuque Art Center at 210 West 1st Street - The Dubuque Art Center is a not-for-profit arts organization that builds community through creativity. Find unique art items at our design store, where every purchase supports free, community art

projects. www.dbqartcenter.org



Clarke University Off-Site Exhibit at 700 White Street (Enter at 7th Street side entrance) - The Clarke University Art Department will showcase student, faculty, and alumni work in an off-site exhibition with studio demonstrations in the Kirby

Building. www.clarke.edu



Voices Warehouse Gallery at 1000 Jackson Street - Voices From the Warehouse District VII presents ReVolt: ReEnergize Art in America featuring 13 national and regional artists. See the cover story! www.voicesgallery.org



Dubuque Carnegie-Stout Public Library at 360 W. 11th Street - The Library's exhibit will be open from 5 to 8 p.m. only. "Art @ Your Library" matches two-dimensional and three-dimensional artists (or groups) to display in the newly

renovated historic rotunda area. The featured artists beginning October 7 include upcycled and reclaimed fiber and beadworks by Cindy Caraway and Elizabeth Roberts paintings entertain themes from Cinderalla to Rumplestilskin. http://www.dubuque.lib.ia.us/





Dubuque Symphony Opens 2011-2012 Season with Dubuque-Native and Cellist Bridget Pasker

September 30, Open Rehearsal, 6:50 p.m. (free) Saturday, October 1, 7:30 p.m. Sunday, October 2, 2 p..m. Five Flags Theater

The Dubuque Symphony Orchestra opens its 2011-2012 season on October 1 and 2 at the historic Five Flags Theater. These concerts highlight Russian music featuring composers Glinka, Tchaikovsky and Rachmaninoff. Dubuque-native and cellist Bridget Pasker is the featured soloist.

After Glinka's quick and exuberant Overture to Russlan and Ludmilla, soloist Bridget Pasker performs Tchaikovsky's Variations on a Rococo Theme. Bridget began studying cello at age 4. She was part of the Dubuque Youth Symphony for many years, serving as principal from 2003-2005. She also participated in the Quad City

Youth Symphony and Cedar Rapids Opera Orchestra. While still in high school at Hempstead, Bridget played cello in the Dubuque Symphony Orchestra, serving as assistant principal during the 2008-2009 season. She is now studying music at the world-famous Juilliard School of Music in New York City.

The second half will feature the popular, yet not often performed, Symphony No. 2 by Rachmaninoff. The Dubuque Symphony musicians chose this piece as the symphony they would most like to perform, with Maestro William Intrilligator calling it "Romanticism to its extremes. It has mystery, tragedy, beautiful melodies, fierce power, and wild exaltation."

Performances are Saturday at 7:30 p.m. and Sunday at 2:00 p.m. Single tickets range from \$12 to \$46 and can be purchased in person at the Five Flags Center box office or online at Dubuque-Symphony.org. Discounted \$6 student tickets will be available in the Five Flags Theater lobby one hour prior to each performance.



The Symphony performs for Dubuque 5th Grade students earlier this month as part of the school's Arts Trek Program.

Open Rehearsal is scheduled for Friday, September 30. This event is free and open to the public. The symphony asks that everyone be in Five Flags Theater by 6:50 p.m. so that rehearsal can start promptly at 7:00 p.m. Maestro Intriligator will be wearing a microphone so you can hear his comments to the orchestra, and program notes will be provided. Maestro Intriligator will also present a free pre-concert lecture at 1:15 p.m. on Sunday.







Vince Carone

SEPT 23-24 · 8pm





Adam Beck & Dan Anderson Duo

SEPT 16-17 . 8pm - 12am



Rosetti & Wigley

SEPT 23-24 . 9pm - 1am

NOVEMBER 4-5









Tri-States' Largest Chili Cook-Off Saturday, October 1 **Cable Car Square**

Well, we kind of have mixed feelings about telling you this because after a full summer of festivals from DubuqueFest through All That Jazz, and most recently, the Irish Hooley, Riverfest, and Oktoberfest, the coming of this event pretty much signals the end of the glorious festival season for the year. Yes, the time is nearly upon us. The Tri-State's Largest Chili Cook-Off returns the first Saturday of October, which happens to be October 1 this year.



On the other hand, we love Chili Cook-Off so hey, chins up party people! Chili Cook-Off returns with all kinds of great food, beer, live music, kids games and family fun right in the heart of Cable Car Square at the intersection of 4th and Bluff Streets. This year Chili turns 18 - old enough to vote. They grow up so fast.

Of course the centerpiece of Chili Cook-Off is in the name of the event itself. For those new to the event, the Chili Cook-Off is not just for those diehards you've seen on those Food Network competitions the ones who are deadly serious about their chili (though they will be there too), but for anyone who thinks they make a pretty good batch of the spicy stuff or those who just like to eat it.

Chili cooks who do compete do so in a variety of divisions. The Chili Association Society International (CASI) competition follows a strict set of rules which delineate what ingredients are necessary and which are prohibited, along with guidelines for tasting and judging. The CASI competition can be nearly as heated as the chili. "They do this like a cult," said event coordinator and Bluff Street business owner Teri Connely, "a crazy cult." While a win would be the ultimate goal, CASI competitors vie for a place in the top ten, earning points toward moving on to a regional competition.



For those who think they make a pretty good chili but are not yet ordained in the religion there are other categories. For teams made up of coworkers who want to represent the company with a special recipe there is a Business Division, and an Open Division for anyone who has been practicing their chili making skills at home. There is also a Junior Division for chili cooks under 18 years of age.



Not only do cooks compete in the various chili divisions, but also for Showmanship prizes as well. Recent years have witnessed an "arms race" of sorts in showmanship as teams adopt a variety of themes and have a lot of fun with it. In recent years we've seen teams of pirates,



basketball players, cowboys, weightlifters, and German's in lederhosen. "It's entertaining," notes Connely of the competitors. "They just outdo themselves and we love to just stick them together because then it just gets everybody riled up."

For those who just can't get enough hot stuff, there is also a Salsa competition the jalapeno and tomato variety, not the Latin dancing, though there will be live music, so by all means, get your dance on. Cooks can sign up in advance (stop in at Connely's Calico Bean at 352 Bluff Street for registration forms) or even at the event the morning of the Cook-Off.



If you happen to be more of what we call the "eating" type than the "cooking" type, our advice is to get there early. The public tasting begins at 1 p.m. and there is usually a fairly substantial line forming by then. It's probably best to get a beer from the Dubuque Jaycees first, then get in line for the all-important "sampling spoon."

The spoon is just \$5 and entitles the person who wields it to taste as many varieties of chili as he or she can bear, or until the chili runs out, which is usually around 3 p.m. If (when) that happens, or if you're just not into chili (what is wrong with you?), there will be other food vendors serving a variety of other foods. Just remember, the competition is between the chili makers there are no prizes for eating.

But Chili Cook-Off is not only an excuse to gobble chili and drink beer outdoors in October (though it is a pretty good one) the event is, after all, a festival with entertainment and all sorts of family-friendly activities. The program typically features a performance by the Dubuque Rhythm Cloggers (time TBA, but probably from about 11 to noon) and live music provided this year by classic rock band 98 in the Shade (again, time TBA, but probably from noon until about 5 p.m.).



As we noted earlier, Chili Cook-Off is a family-friendly event and kids will have plenty to do to keep occupied with a variety of activities in the Kids Corner, including face painting, the "Dino Jump" bounce house, a fishpond, and pumpkin painting, organized by volunteers from Prudential Financial. The bigger boys can stay occupied watching football on a big-screen TV.

Football, chili and cold beer, all set in the picturesque Bluff Street neighborhood. "It's great down here, because (Chili Cook-Off) brings people who might not normally shop the downtown area," said Connely. "They realize the cool shops that are down here and the fun of the event itself. It's just a fun event! I've always loved Chili Cook-Off."



Team 365's chili spokesmodels!

Chili Cook-Off is sponsored by the Cable Car Square Association, Mystique Casino, Prudential Financial, KAT-FM, and the Dubuque Jaycees. Proceeds from this year's Cook-Off benefit Hills and Dales. For more information or cooks applications call Teri Connely at the Calico Bean on Bluff Street, at 563-557-8159.





Fall Harvest & Art Festival September 24-25 Galena Cellars Vineyard

Galena Cellars Vineyard & Winery
and the Galena Cultural Arts Alli-

ance again join forces to celebrate the season with the second annual Fall Harvest & Art Festival, the weekend of September 24-25 from 12 to 6 p.m. both days. The event will take place at Galena Cellars Vineyard, just east of Galena via Stage Coach Trail at 4746 North Ford Road.

Once again, the lush and rustic vineyard setting will be transformed into an arts festival with a number of tents hosting demonstrations by area artists "from watercolors to pottery, textile arts to gourd art and baskets." "We think this partnership will create a great weekend for everyone," said Toni Klingler, manager of Hello Galena!

Artist Co-op. "Our artists participate in our shop 'Hello Galena!' as well as in galleries, museums and art fairs throughout the year, but to be able to exhibit and sell in such a beautiful setting is a real treat."

"In addition to showcasing the amazing work of our local artists, we have a full weekend of fun for the entire family: pumpkin painting (with volunteers from the Galena Art & Recreation Center), horse-drawn wagon rides and

> grape stomping," said Rob Steger, events and tours coordinator for Galena Cellars.

> Food and live music will also be part of the festivities. Three-headed Monster Catering will offer their delicious barbequed sandwiches. Of course, there is always the opportunity to sample wine, and tour the vineyard. Galena's own Fever River String Band will be playing their fun mix of bluegrass and old-timey country on Saturday afternoon. John Conover, who just released his second CD, will perform his contemporary hits on Sunday noon until 5 p.m.

Admission is free. Vineyard tours are \$5 each and include a wine appreciation

overview, tour and wine tasting. An art auction will be held at 5 p.m. on Saturday, with proceeds benefiting the Galena Cultural Arts Alliance. For more info, visit galenacellars.com/harvest.htm.

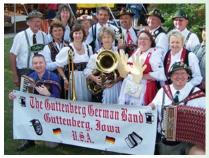


21st Annual Guttenberg Germanfest September 23-24 Guttenberg, IA

Guttenberg is celebrating it's 21st Annual Germanfest on Friday evening September 23rd and Saturday September 24th, concluding with a German church service on Sunday September 25th.

The celebration begins on Friday afternoon at 3:00pm with the Craft Fair and Open-Air Market featuring a record number of artisans. The 120 foot festival tent opens Friday night at 5:00pm. People asked for more German so they're delivering! "Barefoot Becky & The Ivanhoe Dutchmen", a national touring polka band that just happens to be from from Mt. Vernon, Iowa performs from 6-10 p.m.! Roasted pork will be served starting at 5:30pm in the festival tent.

Opening ceremonies kick off at 10:00am on Saturday, September 24th with a welcome from Mayor Russ Loven. The day includes crafts/arts vendors, contests, games, music, food, 5K run/walk, river rides and tours of Lock & Dam #10. The Germanfest 5K walk/run starts at 8:30am with registration from 7:30-8:15am. Registration is \$15 and includes a T-shirt with prizes awarded. The race will begin and end in the hospital parking lot, 200 Main Street.

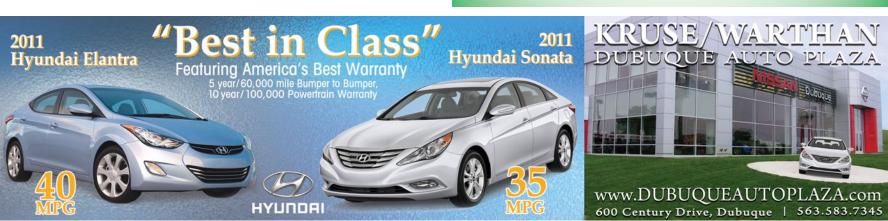


Featured entertainment includes the "world-renowned" Guttenberg German Band, Lyle Beaver, The Silbertaler Trio, Dubuque Cloggers, The Pink Glove Ladies, Clayton Ridge State Champion Drill Team and much more. The Lovehandles warm up the evening crowd at 5 p.m. and, back by popular demand, "The Back Home Boys" will take the stage at 7 p.m.

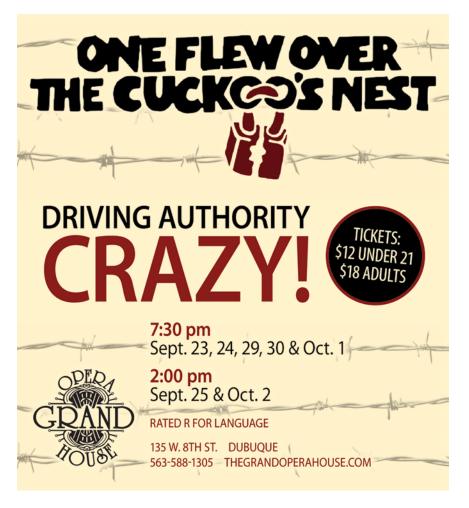
Your taste buds will be satisfied with delicious food and authentic German beer. Thisyear we'll feature beers served at Oktober Fest in Munich. Vendors and local restaurants will be serving German specialties and other favorites. They will again be having the popular beer, wine and German potato salad making contests and new this year will be "wiener dog races".

There's so much more. To get it all, visit www.germanfestinguttenberg.com.









One Flew Over The Cuckoo's Nest September 23 – October 2 **Grand Opera House**

"One flew east allu one next." The one flew over the cuckoo's nest." The "One flew east and one flew west and Grand Opera House presents "One Flew Over the Cuckoo's Nest" a play based on Ken Kesey's 1962 novel adapted for stage by Dale Wasserman. Most people are familiar with the 1975 film version starring Jack Nicholson but the stage version is considerably different. In this classic story of rebellion and deliverance,

a psychiatric ward becomes a metaphor for what the author believes is the oppressive nature of American society.

Based on Ken Kesey's 1962 novel of the same name, "One Flew Over The Cuckoo's Nest" first premiered on Broadway in 1963 starring Kirk Douglas in the lead

role of antiauthoritarian Randle P. McMurphy. The role was most famously played by Jack Nicholson in the 1975 film version for which Nicholson won the Academy Award for Best Actor, one of five the film won that year. Interestingly, Douglas originally bought the film

rights to the story but could get no studio to finance the project. By the time Hollywood came around to the idea, Douglas was considered too old to play McMurphy.

In the Grand production, the iconic role will be played by Dan Fairchild with Andrea Bednar playing his nemesis, Nurse Ratched. An impressive cast of Tri-State actors will perform this classic, which will be directed by John & Janet Burrow. "The Grand hasn't presented a serious drama for several years," noted Grand Executive Director, Paul Hemmer. "We have

> several more planned in the next two years and hope Tri-State audiences will welcome them with the same enthusiasm they've shown for our musicals."

> "One Flew Over The Cuckoo's Nest" will be performed over consecutive weekends, September 23 through October 2, 2011

with Thursday through Saturday evening performances at 7:30 p.m. and Sunday matinees at 2 p.m. Tickets are \$18 for adults and \$12 for students and are available at the Grand box office or by calling 563-588-1305. For more info, visit the grandoperahouse.com.



Sustainable Dubuque Presents: Moving Planet Saturday, September 24

Bikers and walkers in Dubuque will join communities across the globe on Saturday, September 24. The goal of the grassroots global event is to get moving beyond fossil fuels - both symbolically by pouring into the streets on foot, bicycle and other means of sustainable movement, and politically by bringing powerful demands to national and local leaders.

Local organizations have joined together to host a bike ride and walk that will take participants on a journey from the "old" way of traveling and using energy in Dubuque to the present, exploring new efforts to prevent pollution, reduce energy consumption and use renewable energy sources. The bike ride, which will begin at 10:00 a.m. at Prescott School, will tour through the Historic Millwork District, noting the planned Intermodal Transportation Facility, past the Alliant coalfired power plant which will be decommissioned next year, past the Bee Branch Creek project, flood wall, and Municipal Service Center, where the second largest solar array in Iowa will be installed later this fall. Walkers are invited to join bikers for the entire trip, or meet them at Heron Pond around 11:00 a.m.

and finish the journey, which will end at the northeast corner of Miller-Riverview Park. Participants will hear from local stakeholders shaping current efforts to achieve a more Sustainable Dubuque.



One of the main goals for Moving Planet is to push for government action, especially in places where governments are stalling on responsible action despite the overwhelming consensus of the science for timely progress. More information on Dubuque's Moving Planet event can be found at www. moving-planet.org. Participants should gather at Prescott School by 10 a.m. on Saturday, September 24. The group will arrive at Miller-Riverview Park by 11:30, where participants are encouraged to bring picnic lunches and speakers will address the gathering.

For more information contact Raki Giannakouros at 563-542-6680 or by email at raki@greendubuque.org.

2600 Dodge, 563.582.3836 | 198 Main, 556.582.0737 | www.Plaza20Market.com





Art Gumbo Grant Application Due: Thursday, September 22 Soup Dinner: Thursday, September 29 Voices Warehouse Gallery

Art Gumbo, the quarterly soup din-Art Gumbo, the quarterry soup our ner that supports local art projects with community-supported micro-funding, is now accepting applications from arts groups or organizations for the fall funding cycle. Applications for Art Gumbo mini grants for the fall funding cycle are available now through Thursday, September 22. Hosted by local arts activists Paula Neuhaus and Megan Starr, the next soup dinner and grant funding event will be held Thursday, September 29 at the new Voices Warehouse Gallery in warehouse at the corner of 10th and Jackson Streets. The dinner serves as both the fundraiser and grant review session for this quarter's Art Gumbo mini grant.



Celebrating the first full year of operation this September, Art Gumbo has implemented a few small changes to the grant

program. First and foremost, the program has split the application process for individual artists and organizations or groups into separate grant funding cycles. As this month's event is for arts groups or organizations, individual artists are not eligible to apply. The first seven eligible applications received by 11:59 p.m. on September

22 will qualify to compete for funding.

Other "tweaks" in the program include the policy that applicants must be present to win, and that voters must attend the dinner to vote and will only be allowed to vote after all presentations have been made (no more sneaking in, voting, and sneaking out

early). The good news for both applicants and readers is that he application narrative has been reduced to 500 words. Applicants will also offer a short verbal pitch for their proposal after dinner. If the proceeds from the door at a particular funding dinner exceed \$750, a Runner Up will be awarded the remaining funds.

Art Gumbo will also implement a small fee to submit an application on a sliding scale of \$5-\$20. The application fees will go toward the costs of sustaining the Art Gumbo project (printing copies, posters, handbills, etc.). Eventually, Art Gumbo would like to commission local potters to create Art Gumbo soup that will be sold at the Soup Dinners. Patrons will be encouraged to purchase a bowl and bring it to Art Gumbo events, reducing waste and volunteer time, and at the same time employing local potters and creating a revenue source for the program.

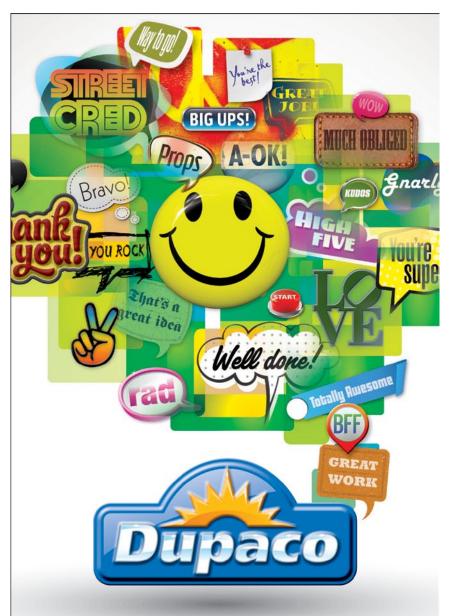
Art Gumbo is an independent community-based initiative that funds local arts projects using money collected at quarterly soup dinners. During each Art Gumbo funding cycle, artists or arts organizations are invited to submit a brief project proposal that demonstrates an impact on the Dubuque community. The public is invited to attend and vote for their favorite proposal. A \$10 donation at the door entitles the attendee to a locally prepared soup dinner and the opportunity to review all submitted proposals and to vote for their favorite. The Art Gumbo fund's nightly proceeds will be awarded to the proposal that gets the most votes.

Art Gumbo sessions will be hosted at new locations each quarter featuring soup by

a regional food source. The next Art Gumbo Soup Dinner is scheduled for Thursday, September 29, 6-8 p.m. at Voices Warehouse Gallery, 1000 Jackson Street in Dubuque. The evening will feature a farmers' market soup created and donated by members of Green Dubuque, cold beverages by Dubuque County Fine Arts Society &

Voices From The Warehouse, with a special musical guest and a birthday cake to celebrate the Art Gumbo project's first year.

For more information visit artgum-bodubuque.blogspot.com or contact Paula Neuhaus or Megan Starr at art.gumbo.dbq@gmail.com.



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Tell your BFFs—though you may not own much at 24—at Dupaco, you can own your financial future!









Now Showing @ MINDFRAME Friday, Sept. 16 - Thursday, Sept. 22

Drive (R) No Passes Allowed

Fri - Thu: (11:50 AM), (2:05), (4:25), 7:15, 9:35

Contagion (PG-13) No Passes Allowed Fri - Thu: (12:10), (2:25), (4:45), 7:05, 9:25

555 JFK Road, Behind Kennedy Mall www.mindframetheaters.com Movie Hotline: 563-582-4971

Spy Kids: All the Time in the World (PG) In AromaScope! Fri - Thu: (11:40 AM), (1:40)

The Help (PG-13)

Fri - Thu: (12:00), (3:00), 6:45, 9:30

Rise of the Planet of the Apes (PG-13) Fri - Thu: (4:00), 7:25, 9:45

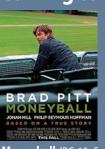
Attack the Block (R) Tri-States Exclusive! Fri - Thu: (12:20), (2:40), (4:50), 7:30, 9:40

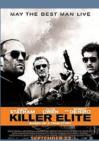
The Tree of Life (PG-13) Tri- States Exclusive; No Passes Fri - Thu: (12:30), (3:30), 6:40, 9:25





coming to theaters:





Moneyball (PG-13, Sept. 23) Based on a true story, Moneyball is a movie for anybody who has ever dreamed of taking on the system. Brad Pitt stars as Billy Beane, the general manager of the Oakland A's who with Ivy League grad Peter Brand (Jonah Hill) assembles the team by recruiting bargain players. **Killer Elite** (R, Sept. 23) Based on a shocking true story, Killer Elite pits two of the world's most elite operatives -Danny, an ex-special ops agent (Jason Statham) and Hunter, his longtime mentor (Robert De Niro) - against the cunning leader of a secret military society (Clive Owen). Dolphin Tale (G, Sept. 23) Dolphin Tale is inspired by the





amazing true story of a brave dolphin and the compassionate strangers who banded together to save her life. Red State (R, Sept. 23) Kevin Smith steps his foot into horror territory with this politically tinged fright flick starring Michael Parks (From Dusk Till Dawn, Grindhouse) as a controversial Fred Phelps-ish reverend who brings his own brand of zealotry to a wayward group of teens. 50/50 (R, Sept. 30) Inspired by personal experiences, 50/50 is an original story about friendship, love, survival and finding humor in unlikely places. Joseph Gordon-Levitt and Seth Rogen star as best friends whose lives are changed by a cancer diagnosis.











THE BUZZ...

Pre-production is reportedly underway on the next Star Trek film helmed by Captian JJ. Abrams. The script will be done by month's end and that Abrams will start shooting this winter. So, Trekkers, rest easy. I think we Janeway to go back in time and join the cast!

If Dan Aykroyd gets his way, in a few years we'll all come to see the Ghostbusters as fat old men. But before that disgrace happens, looks like we're going to get the team, Bill Murray and all, back on the big screen one more time with a theatrical re-release of the original film. Hooray! No dates or cities have been announced, only a promise of October, 2011.

Based on the true story of someone buying a zoo, Cameron Crowe's We Bought a Zoo stars Matt Damon as a guy who buys a zoo. You follow?

With Gerald McRaney's (TV's Major Dad, or as I prefer to remember him, Rick Simon) has been added to the cast of Quentin Tarantino's Jaime Foxx-starring slave vengeance film Django Unchained. The details of McRaney's part, including his exact military man-tofather ratio, are still unknown, but with

Leonardo DiCaprio already cast as the evil plantation slavemaster, one would think the following video would give us a pretty strong idea of what we'll be seeing on screen.

Hugh Grant is the latest actor to join Tom Wachowski-produced Tvkwer's enic. adaptation of Cloud Atlas which is already set to star Tom Hanks, Halle Berry, Jim Broadbent, Jim Sturgess, Ben Whishaw, Susan Sarandon, and Hugo Weaving. Late last month, Whishaw revealed the cast would play various roles and genders at various parts of the story.

As the hockey film Goon sells at TIFF for \$2 million, co-writer Jay Baruchel is already preparing his next sports comedy: Baseballissimo, an adaptation of Dave Bidini's time in Nettuno, Italy's baseball capital.

We've already got a post-apocalyptic Zorro and a futuristic Count of Monte Cristo; might as well make an "ultra-modern" take on Oliver Twist in which the orphan boy Oliver is now "Olivia Twisted," a 19-year-old that is part of "a group of highly-trained, orphaned street urchins" who are really sort of adults more than actual orphans. Twilight's Ashley Greene is going to star.

365

MISSISSIPPI MOON BAR ENTERTAINMENT

Diamond Jo only get hotter as the outdoors cool off. Check out the great slate of touring artists and then visit www.diamondjo.com or the Diamond Club Counter at the Diamond Jo Casino for show details and tickets. The Mississippi Moon Bar is a 21+ only venue. Enjoy the shows...



Uncle Kracker 8pm, Saturday September 17th, 2011

As Kid Rock's DJ, Uncle Kracker pushed Kid's funky, post-grunge rock / hip-hop aesthetic. He stepped out from behind the turntables to release his debut solo album, Double Wide, in 2001 with a pop single entitled "Follow Me," taking the album double platinum. Uncle Kracker followed up with more hits like "Drift Away." and recently got back with Kid Rock for "All Summer Long." Midwest favorites, Black Water Gin, open!

Bob & Tom Comedy All-Stars 7:30pm, Thursday September 22nd

The Bob And Tom Comedy All Stars Bus Tour stars Dan Cummins, April Macie, Shane Mauss and Larry Reeb with special guests Donnie Baker, Kenny Tarmac and Floyd the Trucker.

Lynn Anderson 7pm, Friday September 23rd, 2011

Billboard currently ranks Lynn Anderson among the Top-10 most successful female country artists for all-time record sales with 11 #1, 18 Top-10, over 50 Top-40 recordings



and 17 Gold albums, winning virtually every award available to a female recording artist: CMA Female Vocalist, ACM Female Vocalist, American Music Award, and the prestigious Grammy Award. Her signature tune, "(I Never Promised You a) Rose Garden," remained the biggest selling recording by female country artist for over 27 years.

Cooking with Fabio Vivian

2 Shows,4 & 8pm, Saturday Sept. 24th Celebrity Chef Fabio Viviani is Executive Chef and Owner of Café Firenze, Italian Restaurant and Martini Bar in Moorpark, CA and Firenze Osteria, Italian Restaurant and Martini Bar, in Toluca Lake, CA. Breaking out in Top Chef Season 5, he was voted fan favorite. Fabio will be hosting audience participation cooking demonstration and will be preparing some of his



signature dishes. Ticket prices range from \$25-\$75. V.I.P. Seating includes dinner on the stage that Fabio will make right before your eyes.

The Amazing Kreskin 7pm, October 6th, 2011

With a showman's flair, a comedian's wit, and the capacities of a bona fide Mentalist or thought reader, The Amazing Kreskin has, for six decades, dramatized the unique facets



of the human mind, his own. Kreskin's signature piece is requesting that his check be hidden somewhere within the venue he is appearing. If he fails to find it, he will forfeit his fee. Kreskin continues to offer \$50,000 to anybody that can prove that he employs paid secret assistants or confederates in any phase of his program. The 2 hour halloween show will ends with a live seance on stage! 16 people sit at 4 card tables as those tables are moving all over the stage like they're possessed. The audience can't believe their eyes!

Beatlemania Now

A very rare 4 day, six show engagement Thursday - Sunday, October 13-16

Recapture the excitement, the mood and the frantic intensity as Beatlemania Now performs live-on-stage,



against a backdrop of stunning images which evoke memories of one the most turbulent decades of modern times... the 1960's! Beatlemania Now meticulously performs incredible note for note renditions of Beatles' classics from throughout their entire career, a "must see and hear" experience for all ages!

In addition, check out great live comedy every Wednesday as the Moon Bar transforms into the Laughing Moon theater. and the joint REALLY transforms on Friday night as the much-talked-about Boogie Nights sweeps guests away and drops them in the middle of the 70's and 80's Check out the ad to the right for individual date details.







ai-state live music

Thursday, September 15

Jake & Eric Tony Roma's, 6 PM

Andreas Transo, 7 PM Searson, 7:30 PM Frank O'Dowd's Pub

The Hooten Hallers, **American Dust** Off Minor, 9 PM

Jazz Jam with 'Round Midnight Bank Bar & Grille, 9 PM

The Good Stuff The Cornerstone, 9 PM

Friday, September 16

Lonely Goats Los Aztecas (Asbury), 5:30 PM

Meghan Davis Galena Brewing Co., 7:30 PM

Tom Rilev Voices Warehouse Gallery, 8 PM

Dubuque Driving Range, 8 PM

Tony Leonard Frank O'Dowd's Pub, 8 PM

Okham's Razor Steve's Pizza, 8 PM

Marty Raymon The Cornerstone, 8:30 PM

Northless, Aseethe, The Perish Off Minor, 9 PM

Bad Habits Northside Bar, 9 PM

John Moran Embe Eatery & Lounge, 9 PM

Bad Fished Farley Speedway, 9 PM Superfly Samurai Sandy Hook Tavern, 10 PM

Saturday, September 17

Okham's Razor Stone Cliff Wine Bar, 7 PM

Johnny Rocker Galena Brewing Co., 7:30 PM

Uncle Kracker Mississippi Moon Bar, 8 PM

Blackberry Bushes String Band Voices Warehouse Gallery, 8 PM

Lenny Wayne The Cornerstone, 8 PM

Tony Leonard Frank O'Dowd's Pub, 8 PM

Bryan Popp & Corey Jenny New Diggings General Store, 8 PM

Arborea Monk's Kaffee Pub, 9 PM

Kent Burnside The Lift, 9 PM

Jabberbox Jumpers, 9 PM

Taste Like Chicken Northside Bar, 9 PM

Jason Brown Grape Escape, 9 PM

Bryan Popp & Corey Jenny New Diggings General Store, 3:30 PM

Apple Dumplin's Sandy Hook Tavern, 10 PM

Sunday, September 18

Fever River String Band Council Hill Station, 1 PM

Craig Erickson Music in the Vineyard, Tabor Winery, 3 PM

Open Mic Galena Brewing Co., 3 PM

Aaron Williams & The Hoodoo New Diggings General Store, 3:30 PM

Mighty Short Bus Sandy Hook Tavern, 8 PM

Tuesday, September 20

Ralph Kluseman Tony Roma's, 5 PM

New Voices: Open Mic Rendezvous Coffee & Tea, 6:30 PM

Cal's Open Mic Sandy Hook Tavern, 8 PM

Wednesday, September 21

Ralph Kluseman Woodfire Grille, 5 PM

Acoustic Jam Cornerstone, 6:30 PM

Controlled Chaos Open Mic Monk's Kaffee Pub, 9 PM

Open Mic with Jeff & Jimmy Bank Bar & Grille, 9 PM

Thursday, September 22

Johnnie Walker Asbury Eagles Club, 5:30 PM

Jake & Eric Tony Roma's, 6 PM

Andreas Transo Frank O'Dowd's Pub, 7 PM

Blackberry Bushes String Band The Cornerstone, 9 PM

Jazz Jam with 'Round Midnight Bank Bar & Grille, 9 PM

Shaun Cavanaugh Sandy Hook Tavern, 10 PM

Friday, September 23

Timmerman's Supper Club, 7 PM

Ruby Blonde, 7:30 PM Reddoor, 9:30 PM Rocktoberfest, Courtside

Broken Rubber Band Galena Brewing Co., 7:30 PM

Lvnn Anderson Mississippi Moon Bar, 8 PM

Misbehavin **Dubuque Driving Range, 8 PM**

Brownie & Sam Frank O'Dowd's Pub, 8 PM

Dert Bags The Cornerstone, 8:30 PM

Joe & Vicki Price Keil's Tavern, 8:30 PM

Super Happy Funtime Burlesque Off Minor, 9 PM

Wicked Liz & The Bellyswirls The Lift, 9 PM

New Trick Northside Bar, 9 PM

Marty Raymon Embe Eatery & Lounge, 9 PM

Nothin but Dylan Grape Escape, 9 PM

Pash n Brew Shenanigan's, 9 PM

Massey Road Budde's, 9 PM **Stumbel Brothers** Sandy Hook Tavern, 10 PM

Saturday, September 24

Ralph Kluseman **Clarke University** Homecoming, 1 PM

Fever River String Band Galena Cellars Vineyard, 1 PM

Alma Sub Rosa, 2 PM Joe Anderson Conflict, 4 PM Six Shots 'til Midnight, Tantrym, Stumble Brothers, Johnny Trash, Menace Rocktoberfest, Courtside

Jordan Danielsen Grape Escape, 2 PM

Larry Michael Shark's Roadhouse, 3 PM

Country Tradition Mooney Hollow Barn, 7 PM

The Blue Olives

Galena Brewing Co., 7:30 PM

Impulse **Dubuque Driving Range, 8 PM**

The Cornerstone, 8 PM

Medicine Band

Brownie & Sam Frank O'Dowd's Pub. 8 PM

Andrew Houy Embe Eatery & Lounge, 8 PM 98 in the Shade Whitetail Bluff Camp & Resort, 8 PM

29 Needles, Above All Grounds Off Minor, 9 PM

Rabbit Children, Old Panther The Lift, 9 PM

Kevin Beck & Johnnie Walker Spirits, 9 PM

Bad Fished Jumpers, 9 PM

Rukus Northside Bar, 9 PM

Half-Fast

Denny's Lux Club, 9 PM

Massey Road The Pit Stop, 9 PM

Bad Habits Dagwood's, 9 PM

Eugene Smiles Project Sandy Hook Tavern, 10 PM

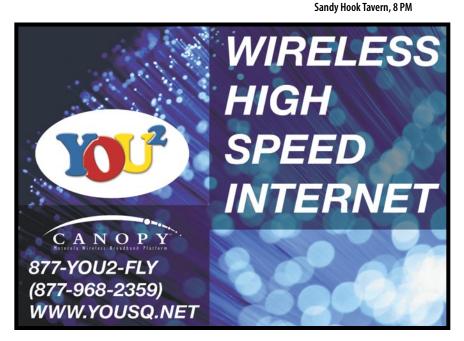
Sunday, September 25

Fever River String Band Council Hill Station, 1 PM

Marty Raymon Shark's Roadhouse, 2 PM

Open Mic Galena Brewing Co., 3 PM

Blackberry Bushes New Diggings Gen. Store, 3:30 PM The Lonely Goats



Monday, September 26

The Wandas, Regdar and the Fighters Monk's Kaffee Pub, 9 PM

Tuesday, September 27

New Voices: Open Mic Rendezvous Coffee & Tea, 6:30 PM

Rosalie Morgan Riverboat Lounge, 7 PM

Cal's Open Mic Sandy Hook Tavern, 8 PM

Chris Bell Monk's Kaffee Pub, 9 PM

Wedsday, September 28

Acoustic Jam Cornerstone, 6:30 PM

Controlled Chaos Monk's Kaffee Pub, 9 PM

Open Mic with Dave, Cricket, & Tim The Lift, 9 PM

Thursday, September 29

Jake & Eric Tony Roma's, 6 PM

Andreas Transo Frank O'Dowd's Pub, 7 PM

Open Mic with Jeff & Jimmy The Cornerstone, 8:30 PM

The Horde, Wisconsin Death Squad, Dredae Off Minor, 9 PM

Ida Jo & the Show Monk's Kaffee Pub, 9 PM

Jazz Jam with 'Round Midnight Bank Bar & Grille, 9 PM

Friday, September 30

Laura McDonald & Jeff Wevdert Riverboat Lounge, 6 PM

Pearls Stone Cliff Wine Bar, 7 PM

Corey Jenny & Mojo Busted Steve's Pizza, 7 PM

Rosalie Morgan Galena Brewing Co., 7:30 PM

Tony Walker & Jon Sendt

Spirits, 8 PM

Renegade **Dubuque Driving Range, 8 PM**

Ian Gould Frank O'Dowd's Pub, 8 PM

John Moran The Cornerstone, 8:30 PM

Dead Larry The Lift, 9 PM

The Lo Pact / Flatline Production Reunion Show, Casethejoint, Trife Mack, Flip, Emerg McVay Off Minor, 9 PM

Mighty Short Bus Mystique Casino, 9 PM

Stumble Brothers Northside Bar, 9 PM

Blackwater Gin Sandy Hook Tavern, 10 PM

Saturday, October 1

98 in the Shade Chili Cook-Off, Cable Car Square 12 PM

Gene Watson, Country Tradition Mooney Hollow Barn, 7 PM

Dubuque Symphony Orchestra Five Flags Theater, 7:30 PM

The Fast Clydes Voices Warehouse Gallery, 7:30 PM

Lakeside City Galena Brewing Co., 7:30 PM

Brews Brothers Hazel Green Street Dance, 7:30 PM

Bryan Popp & Corey Jenny Spirits, 8 PM

Bryan Popp Mystique Casino, 8 PM

Ian Gould Frank O'Dowd's Pub, 8 PM

Dick Prall, Aaron Hefel Monk's Kaffee Pub. 9 PM

Reddoor Jumpers, 9 PM

Free 4 the Hauling Dubuque Driving Range, 8 PM

Bad Fished or Taste Like Chicken? Budde's, 9 PM

Boys Night Out Ace's Place, 9 PM

Full Code Jimmy B's, Leisure Lake, 9 PM

Robbie Bever Embe Eatery & Lounge, 9 PM

Rukus Dagwood's, 9:30 PM

Liberty Valance Sandy Hook Tavern, 10 PM

Sunday, October 2

Fever River String Band Council Hill Station, 1 PM

Dubuque Symphony Orchestra Five Flags Theater, 2 PM

Open Mic Galena Brewing Co., 3 PM

Boomtangle New Diggings Gen. Store, 3:30 PM

The Midnight Ramble Offshore, 3:30 PM

Witch Hat, Inside the Rose Off Minor, 9 PM

Liberty Valance Sandy Hook Tavern, 8 PM

Tuesday, October 4

New Voices: Open Mic Rendezvous Coffee & Tea, 6:30 PM

Cal's Open Mic Sandy Hook Tavern, 8 PM

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The Lo Pact / Flatline Production **Reunion Show**

Casethejoint, Trife Mack, Flip, and Ringmaster Emerg McVay Friday, September 30, Off Minor

Local rhyme-slinger Casethejoint will celebrate a family reunion of sorts with The Lo Pact / Flatline Production Reunion Show scheduled for Friday, September 30 at Off Minor. The show will reunite four MCs - Casethejoint, Trife Mack, Flip, and Ringmaster Emerg McVay - who will not only celebrate their early days as The Lo Pact, but also the life of label-mate David Tate (aka Snake) who passed away in Dubuque in the summer of '09.

"A lot of my old school buddies have demanded I bring us together for a show," says Case. "But with Emerg in Phoenix, Trife in Sioux Falls, Flip in Milwaukee, and Snake gone, I really didn't think I could pull it off."

As legend has it, it all began 18 years ago when some kids who could freestyle found a studio outlet with two aspiring producers who attended the University of Dubuque the birth of Flatline Productions. They began generating new songs and projects every month, their song "Locksmith" becoming an infamous anthem to the crew and its followers.

Emerg, a UD student originally from Chicago, was the first to take his musical efforts to extreme heights. He would end up in Phoenix, Arizona as the front man for the hard rock/ rap band Bionic Jive. Similar to Rage Against the Machine, they have a very heavy, lyrically driven sound with a political backbone. The band put out two albums on Interscope records. Emerg has since focused on his solo efforts and toured with the likes of Eminem, Ludacris, Nas, Public Enemy, and many more.

The finesse of the crew comes from Chicago native Trife Mack. Trife embodies the "handsome boy in modeling school" persona with a lyrical core of catchy metaphors and unparalleled braggadocios swagger. Most recently he's opened for Bone Thugs n Harmony and Young Buck in Sioux Falls. Trife's new LP. Rest on the Sabbath, is scheduled for an October release.

Dubuque's resident professor of the rhyme, Casethejoint has taught Dubuquers just about everything they know about hip-hop music and has no plans to retire anytime soon. Case will perform at the reunion show with DJ Biz-e One of Rockford, Illinois, with plans for some never before heard antics and new sounds that reach beyond the realm of just underground hip-hop. Add to this a special guest collaboration between Casethejoint and the "Evil KanEagle" of drums, Jon Eagle. Showtime is 9:00 p.m. and all ages! Come early, as DJ Biz-e One will be spinning the best old school rap records in his collection.

Ace's Place 107 Main St W • Epworth, IA • 563-876-9068 **Asbury Eagles Club**

5900 Saratoga • Asbury, IA • 563-588-4458 The Bank Bar & Grille 342 Main • 563-584-1729 • bankdbq.com

Rudde's 10638 Key West Dr • Key West, IA • 563-582-0069

Champps Americana 3100 Dodge St. 563-690-2040

Club Rondezvous

Cornerstone 125 N. Main • Galena • 815-776-0700

Catfish Charlie's River Club 1630 East 16th Street 563-582-8600

Courtside 2095 Holliday Dr • 563-583-0574

Dagwood's 231 First Ave. W • Cascade, IA • 563-852-3378 **Denny's Lux Club** 3050 Asbury Rd • 563-557-0880

Diamond Jo Casino 400 E. 3rd St. 563-690-2100

Dino's Backside (The Other Side) 68 Sinsinawa • East Dubuque • 815-747-9049

Dirty Ernie's 201 1st St NE • Farley, IA • 563-744-4653

Doolittle's Cuba City
112 S Main • Cuba City, WI • 608-744-2404 Doolittle's Lancaster

135 S Jefferson St • Lancaster, WI • 608-723-7676

Dubuque County Fairgrounds 14569 Old Highway Road, 563-588-1406

Dubuque Driving Range (Highway 52) John Deere Road • 563-556-5420

Eagles Club 1175 Century Drive • 563-582-6498

Eichman's Grenada Tap 11941 Route 52 N • 563-552-2494 Embe Eatery & Lounge 233 S. Main St. • Galena, IL • embegalena.com

Five Flags Civic Center 405 Main • 563-589-4254 • Tix: 563-557-8497

Galena Brewing Co. 227 N. Main Street, Galena 815-776-9917

Gobbie's 219 N Main St • Galena, IL • 815-777-0243

Grape Escape
233 S Main • Galena, IL • 815-776-WINE • grapeescapegalena.com

Handle Ran 736 Burtons Furnace Rd., Durango, IA • 563- 552-2291

The Hub 253 Main • 563-556-5782

Irish Cottage (Frank O'Dowd's Pub) 9853 Hwy 20 • Galena, IL • 815-776-0707 • theirishcottageboutiguehotel.com

Jumpers Bar & Grill 2600 Dodge • 563-556-6100

Knicker's Saloon 2186 Central Ave • 563-583-5044

180 Main • 563-584-1702 Mississippi Moon Bar (Diamond Jo Casino)

Port of Dubuque • 563-690-2100 • diamondjo.com Monk's Kaffee Pub

Mooney Hollow Barn 12471 Hwy 52 • Green Island, IA • 563-580-9494

373 Bluff St • 563-585-0919

Murph's South End

Mystique Casino 1855 Greyhound Park Rd • 563-582-3647 mystiquedbq.com

New Diggings General Store 2944 County Rd W • New Diggings, WI 608-965-3231 • newdiggs.com

Noonan's North 917 Main St • Holy Cross, IA • 563-870-2235

Northside Bar 2776 Jackson • 563-583-3039 Perfect Pint /Steve's Pizza

15 E Main St • Platteville, WI • 608-348-3136

Pit Stop 17522 S John Deere Rd • 563-582-0221 Sandy Hook Tavern 3868 Badger Rd • Hazel Green, WI • 608-748-4728

Spirits Bar & Grill (inside Days Inn) 1111 Dodge • 563-583-3297

Stone Cliff Winery Port of Dubuque • 563-583-6100

stonecliffwinery.com Thums Up Pub & Grill 3670 County Road HHH • Kieler, WI • 608-568-3118

Tony Roma's (inside Grand Harbor Resort) Port of Dubuque • 563-690-4000 • grandharborresort.com

The YardarmDubuque Marina • Near Hawthorne • 563-582-3653

If you have live entertainment and would like to be included in our listing, contact us: info@dubugue365.com or 563-588-4365. all the way home III





The Tri-state Veterans Conference and Standdown

Saturday, September 24, 2011

9 a.m. - 3 p.m. Five Flags Center, Dubuque, IA



Purpose: To thank our community's veterans and military families for their service and to showcase federal, state, and local programs and services specially geared toward veterans' issues.

Featured Speakers:

9:00 A.M. Opening Ceremonies: Keynote by Col. Greg Hapgood (Iowa National Guard Public Affairs Officer)

10:00 A.M. All The Way Home Forum featuring the personal and moving stories of four individuals and how their lives have been affected by war and their journey trying to come home again. Panelists include:

- Jake Krapfl Local Operation Iraqi Freedom Vet, Loras College graduate, author and PTSD survivor.
- Dawn Grierson A local military spouse who's husband has 34 years service in the military, DePaul University graduate and mother of 2 sons.
- Miranda Kruse A Pleasant Hill, lowa mother, wife and survivor of a military suicide.
- Gay Ellen Vick Member of the Family Readiness Group for A Company of the 133rd, military wife whose husband has 23 years service and military mother with two sons currently serving in the military
- Veterans Administration Iowa City VA Healthcare System staff

1:10 P.M. Miranda Kruse: Holding Hands in the Dark:

A Journey through PTSD and suicide through the eyes of a widow.

Activities: Booths with over 100 state & local organizations: Featuring programs for veterans & their families.





All the Way Home III

Tri-State Veterans Conference and Standdown Saturday, September 24 **Five Flags Center**

Did you know there are an estimated 23.5 million living American veterans? Here in the Tri-States alone, as many as 12,000, about 13 percent of Tri-State residents are military service veterans.

While we admire the service that veterans have given their country, sometimes making the transition from the military back to civilian life is not so easy. Many veterans face a range of challenges, some physical, some financial, and some emotional. While there are a variety of programs to address these issues, many veterans are not aware of the full scope of services available or how to access services to which they are entitled. To address those needs, All the Way Home: the Tri-State Veterans Conference was created.



Building on the success of the first two conferences, organizers and sponsors are proud to present All the Way Home III - The Tri-State Veterans Conference and Standdown, Saturday, September 24 from 9 a.m. to 3 p.m. in Dubuque's Five Flags Center. The conference will provide a forum for veterans and their families to access the range of services available in Dubuque and the surrounding



areas. The event also provides an appropriate forum for the Dubuque community to thank veterans for their service, including returning National Guard Troops.

The conference is a showcase of federal, state, and local programs and services specifically geared toward veterans' issues in returning to civilian life ... coming home. It is a grateful community's way of thanking its veterans and military families for their service and sacrifice. It is an opportunity for all citizens to learn about the issues of coming home, solutions for the problems encountered during initial and long-term transition to post combat military and civilian life, and the important role of the general public in understanding and supporting veterans and their families. Please join the festivities between 9:00 a.m. and 3:00 p.m. at Five Flags in Dubuque, September 24, 2011 for All The Way Home III. For more information, including a list of participating organizations, featured speakers, and contact info for area veterans resources, visit www.allthewayhomeconference.com.



365 is proud to be a sponsor of All the Way Home III, and is happy to host the conference's official web site and provide marketing materials as we have done from the beginning. We offer a collective "thank you" to Tri-State veterans and salute their service.









Are Vaccinations the Best Shot at Pet Health

by Mary Erschen

Pet over-vaccination has produced considerable debate in the veterinary world. Recent reports from the American Animal Hospital Association (AAHA) advise against some common vaccines due to lack of evidence that they work well enough against rare and nonfatal disease.

Vaccination for Lyme Disease, Bordetella and Leptospirosis is optional depending on geographical location, lifestyle and the individual pet. Many veterinarians and kennels require Bordetella (Kennel Cough) vaccine before boarding. The most recent vaccine frequency guidelines released from the AAHA Canine Vaccine Task Force now recommend some common annual boosters for adult animals be given every three years. The three-years Rabies booster has been the norm for some time.

Many veterinarians, both traditional and holistic, believe that vaccinating pets that retain protection from previous vaccines may lead to adverse effects including autoimmune disease, chronic allergies, allergic reactions, asthma, local pain and swelling, skin disease, ear infections, Hemolytic Anemia and thyroid ailments. The virus in the vaccine given may overwhelm sick or chronically ill pets and some symptoms take weeks or months to present.

Christina Chambreau, DVM, education chairperson for the Academy of Veterinary Homeopathy, believes that repeated vaccinations for nonthreatening disease is not good for the health of the animal. Veterinarians specializing in natural healing are concerned that even though vaccinations provide some specific protection, they may be causing problems. Holistic veterinarians recommend proactively supplementing a pet's immune system to prevent sickness in the first place. Donald Klingborg, DVM, Ph.D., associate dean of public programs, University of California Davis School of Veterinary Medicine and former chairperson of the American Veterinary Medical Associations Council on Biologic and Therapeutic Agents, recommends veterinarians and clients work together to meet individual pet needs.



Evidence has mounted showing vaccine immunity may last longer than previously believed and therefore, negates the need for annual boosters. Pet owners may request a titer test to determine antibody levels and immunity. Tests cost more than vaccines and are not always 100 percent accurate. They do offer a valuable tool without undo risk and are a safe, healthy choice. Dr. Klingborg believes it is the veterinarian's job to explain benefits and risks of vaccinating or not.

Puppies, kittens and adult pets need protection from disease. Vaccinations prevent numerous, and sometimes fatal disease, but do come with inherent risks. Most pets receive boosters without problems. With changing guidelines it is important to discuss appropriate vaccination schedules with your veterinarian.

Pet owners are advised to continue annual visits to the veterinarian even when their pets appear healthy. Get to know veterinarian clinic staff to help you feel comfortable asking questions, voicing concerns and requesting titer tests. State laws vary but lowa pets may be exempted from vaccinations by direct, written recommendation of the owner's veterinarian, or exempted by lowa Code, Section 351.33 or 351.42.

Mary Erschen, lowa-licensed pet care provider, Red Cross Pet CPR/First Aid Instructor and owner of FidoFit in Dubuque, 563-582-5160.



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Multicultural Family Center Upcoming Events

Family Reading Night Thursdays, September 15, 5:30-7 p.m.

This fun reading program is open to families with children in K through 5th grades.



The program begins with dinner, then story time, followed by parent/children activities. After the program, children get to select a book to take home to add to their own libraries. Dinner is provided. The program is FREE, though registration is required. Call the MFC to register.



Family Cooking Class

Tuesdays, September 27, 6:00-7:30 p.m. Learn how to cook cuisine from all over the world in our family cooking classes! Appropriate for families with children age 8 and up. The class is FREE, though registration is required. Call the MFC to register.

Welcome Dinner

Thursday, September 29, 5:30-7:30 p.m. Open to families that have moved to the community within the last year. Program includes dinner and short presentations from community organizations that provide environmental, recreational, educational programming and events for families, youth, & adults. Children's activities provided for youth 4+. The event is FREE, though registration is required. Call the MFC to register.



Iran: A Misunderstood Land Tuesday, September 20, 7-8 p.m.

Please join Iowa United Nations Association executive director, Yashar Vasef, for a pictorial journey into the wonders and mysteries of modern day Iran! Vasef, a native of Iran, visited his homeland in the summer of 2008 and has brought back a slew of pictures with a Western audience in mind. This educational program intends to provide insights into the culture, people, geography and scientific advances of Iran beyond the tired political reports streaming on our television sets. Refreshments at 6:30 p.m, program from 7-8 p.m. The program is FREE, though registration is required. Call the MFC to register.

African Drums at Comiskey Center Saturday, September 24, 1-2p.m. Join us for an energetic program featuring authentic African hand drums, tribal beats and interactive activities for ages 7 and up at the Comiskey Center. Sponsored by the Carnegie-Stout Public Library, Multicultural Family Center, City of Dubuque Leisure Services Department and the Iowa Arts Council. The event is

FREE, but please register by calling the

Dia de las Americas Saturday, October 8, 4:30-11 p.m. Colt's Building, 1101 Central Ave.

Library at 563-589-4225 ext 2228.

Traditionally celebrated in Central & South America, Dia de las Americas or "The Day of the Americas" celebrates the rich culture of indigenous people and today's multicultural society. The event will include Hispanic and Latin American musical performances, dance performance and lessons, food, and displays. Best of all, it's FREE!











7th annual Fever River Adventure Triathlon

Saturday, September 17, Noon

Music on Main Post Party featuring the Spazmatics

On Main Street, begins at 5 p.m.

On September 17th, hundreds of athletes and spectators will converge on Galena, for a full day of adventures - both muscular and musical. The fun begins at noon with the start of the 7th annual Fever River Adventure Triathlon and continues through the day with paddling, biking, and running, events, raffles and drawings, and culminates with an awesome after-race party featuring the Spazmatics!

awarded for the first three finishers in each group and class.



The fun continues after the race with raffles and silent auctions, the awards ceremony and a Galena Music on Main post party hosted by Fever River Outfitters, Galena Brewery and JoCarrol I Energy. The grill







The Fever River Adventure Triathlon began seven years ago, when the members of Fever River Racing –a group of Midwest adventure racing enthusiasts began looking for ways to give back to their community. Since their passion was involved in demonstrating that preparation and the synergy of teamwork can overcome individual limitations, the team was naturally drawn to Special Olympics and their efforts to provide growth opportunities to mentally challenged individuals through athletic competition.

The race features three challenging events, a six-mile paddle on the Galena River followed by a 17 mile bicycle race through the hills surrounding historic Galena and finishing up with a 3.1 mile run along the Galena river Trail. All three events start and end at the Galena River boat dock area below the highway 20 bridge, making the event transitions easy for athletes and allowing spectators to view the culmination of each leg of the race from the same vantage point. Prizes will be

will be hot, the beer cold and the streets of Galena filled with the sounds of the 80s provided by the energetic and everentertaining Spazmatics from 6 p.m. to 10 p.m., with opening music by Just One More at 5 p.m.. A rain site is set-up at Turner Hall, but we're not going to beed that, right! Meals and admission to the party are free for registered competitors, Admission to the party will be \$10 for the general public, sandwiches, chips beer and other beverages will be available at a nominal charge. Like proceeds from the Triathlon, all party proceeds will go to support the athletes of Special Olympics.

Registration for the Fever River Adventure triathlon continues until the day of the race. The fee for individuals is \$60, for teams - \$110. Interested racers can register online at feverrivertriathlon.com . Tickets for Music on Main may be purchased at Fever River Outfitters, 525 S. main Street, Galena, IL or at the race or gate on the day of the event. For more information, contact Fever River Outfitters in Galena, or at 815-776-9425.





West Dubuque Tap

1701 Asbury Road, Dubuque, IA 52001, 563-556-9647

HOURS: Bar: Mon-Sat, 6 am-2 am, Sun 8 am-Noon, Breakfast: Mon-Sat, 6 am-11 am, Sun, 8 am-Noon, **Lunch/Dinner:** Mon-Sat, 11 am-9 pm **DINING STYLE:** Come as you are **NOISE LEVEL:** Loud during ball games RECOMMENDATIONS: Magic Muffin, West Dubuque Special Breakfast, All Hamburgers, Pork Tenderloin, French Fries, All Lunch Specials, Reuben, Sirloin

Steak, Friday Hot Beef & Mashed Potatoes Daily Special LIQUOR SERVICE: Full Bar, RESERVATIONS: No.

PRICE RANGE: Breakfast: \$2.75-\$8.50; Lunch: \$3.85-\$9.25; Dinner: \$3.85-\$12.95

PAYMENT OPTIONS: Cash, Check, MasterCard and Visa, ACCESSIBILITY: No, KIDS POLICY: No Menu; high chairs and boosters available

CATERING: No, TAKE OUT: Yes, DELIVERY: No

PARKING: On Street – Asbury Road and Cherry Street







West Dubuque Tap

by Rich Belmont



West Dubuque Tap is located at the corner of Asbury Road and Cherry Street in Dubuque. I confess I have driven by it thousands of times before I ever went inside. Then one day my friend Jim Robinson asked me why I never tried it. He said they had great breakfasts including their famous Magic Muffin (pictured below) and wonderful hamburgers and the most amazing homemade French fries. Jim took me there the first time and now I am a regular customer.



I always believed this place was just a neighborhood bar but now I know better. It's actually about 70% restaurant and only 30% bar. And it has a long history, a very long history. In fact, its origins go back to 1949. That year, Donna Ginter, who is originally from Humboldt, South Dakota, and her late husband, Joe, started a business called The Navy Club at 4th and Main Street in Dubuque, IA.

It was a chartered veteran's bar for US Navy, Marines, Seabees, and Coast Guard veterans. At the time Donna didn't know anything about the hospitality business and was guided by Danny Diamond the owner of Diamond's Cafeteria and Soda Grill.

In the 1960's the business was moved to the German Bank Building on Main Street. Over time it became more about food and less about drinks. The name was changed to the Broken Spur and later to the Silver Dollar.



If you don't know Donna Ginter you have probably heard of her. In the 1950's she was already well known for her generosity. Oftentimes she would feed her customers and wait for payment until they received their Social Security checks. She came to prominence in 1978 when then lowa Governor Robert D. Ray presented her with a certificate recognizing her efforts in having the German Bank Building placed on the National Register of Historic Places.

Donna is renowned for her hospitality. Many years ago she began serving a free Thanksgiving Dinner to those in need. It started when she brought six homeless people to her home on Thanksgiving. Today, with the help of an army of generous volunteers and donors she feeds over 2500 people on that holiday. The project would be overwhelming to most of us but not to Donna. To raise money she began hosting the Catfish Festival in 1991 and now also runs the Dubuque Riverfest which was held last weekend.

Donna was honored by the Telegraph Herald with its First Citizen Award in 1994. Fifteen years later Mayor Roy D. Buol, on behalf of the Dubuque City Council, staff and citizens proclaimed April 18, 2009 as Donna Ginter Day in honor of her 47 years (to date) of organizing free Thanksgiving Dinners.

Through it all Donna managed to raise seven children. In order to make life a little easier she sold the Silver Dollar and purchased West Dubuque Tap because it was closer to her home on Cherry Street.



Donna still contributes her expertise and 62 years worth of experience to this eatery. However, several years ago two of her daughters, Genny and Kathy Ginter, became co-owners. They both remember the day the family took over West Dubuque Tap. It was May



8, 1980. So this restaurant has been operating for 31 years now, and obviously Genny and Kathy have grown up in the business. In fact, hospitality must be in their genes because Genny's daughter, Bobbie Coats, is now a cook alongside her mom and aunt.

So my friend Jim was right on. My first sandwich was an Olive Burger. A third of a pound of fresh ground chuck was hand formed and cooked on a griddle. It came to me with melted Swiss cheese draped over a generous supply of green olives. The cheese is made locally by Zimmerman's Cheese in South Wayne, WI. Next to the burger was a huge mountain of those fresh homemade French fries. They have a young man come in every day to hand cut those Idaho Russets.

There were so many fries I told myself I would never eat them all. But they were so good I not only emptied the basket I even stole a few more from Jim's pile! Our server, Sue Nichols, was not surprised. She said a lot of her customers do the same thing.

So after this first visit of course I had to go back again. The next time I ordered the Pork Tenderloin. A fresh pork loin is tenderized and hand breaded with rice flour and secret seasonings and cooked to order. You can order this grilled or deep fried. When my server Doreen Jecklin brought it from the kitchen she laughed when I marveled at its enormity. It was easily three times bigger than the bun it was in.



Since the baskets include those magnificent French fries I always order a basket. A good



choice is the West Dubuque Super Burger with mushrooms, bacon, lettuce, tomato, onions and American cheese. Or perhaps the Grilled Tuna Fish or Grilled Cheese sandwich would be more to your liking.



I noticed a lot of people go to West Dubuque Tap for lunch. That's because there is a Daily Lunch Special that is a different dinner each day Monday through Thursday. These specials are a full meal including meat, vegetable, roll and dessert for only \$6.25. There is no way you can eat these and still be hungry. And if you are in a hurry the staff will have you in and out in 20 minutes or less. In a recent week the specials were Meatball Sandwich, White Chicken with White Gravy, Lasagna and Pork and Noodles. On Fridays the special is always Hot Beef and Mashed Potatoes except during Lent.



There is also a Nightly Special Monday through Saturday. These are the same dinners every week. On Monday there is Hamburger Steak with Grilled Onions. The next night is Taco Tuesday in either hard or soft shell. By the way, the Fish Tacos are awesome! On Wednesday choose the Sirloin or Ribeye Open Face Steak Sandwich or Reuben. The Thursday Special is Spaghetti and Friday you can choose Fried or Baked Icelandic Cod, Fried Catfish or Shrimp Tenders (Yeah, I didn't know what these were either. They are shrimp without the tails).



OK. So now I have to tell you about breakfast. Recently Bryce Parks, publisher of 365ink and I went early in the morning. Well, OK, so it wasn't so early. We told our wives we each had a boiled egg and cottage cheese. Well that wasn't entirely true. Naturally I asked our waitress Marybeth Stelpflug to bring me the West Dubuque Tap Special consisting of two eggs cooked to order with bacon or sausage and hash browns. And Bryce had the famous Magic Muffin. This staggering jaw breaker was served as advertised. An egg, hash browns, two sausage patties and American cheese stuffed between the halves of an English muffin. Bryce munched away as if he was in heaven and for once I didn't have to listen to him talking!

So if you have been driving right by this establishment perhaps it's time to check it out. The food tastes like it was prepared in your mom's kitchen, it's reasonably priced and you will not go away hungry. You will leave happy and wondering how they manage to put out so many great meals in a kitchen that has only 7 feet by 15 feet of space.!

Oh, and as you know, I always say a good dinner deserves dessert. Well here it comes out of a vending machine – snack size candy bars for only 25 cents!





Hotel Julien Presents: West Coast Wine Dinner Wednesday, September 21 Caroline's, Hotel Julien

Wine lovers, "foodies," and the "wine curious" take note. The Hotel Julien will host a monthly series of wine dinners this autumn at Caroline's, each featuring wines of a specific geographic region paired with what promises to be some amazing food. The next event is a West Coast Wine Dinner featuring wines of the American West Coast, Wednesday, September 21 from 6 p.m. at Caroline's in the Hotel Julien.

For the West Coast Wine Dinner, Caroline's chef has created a special five-course meal paired with a flight of complementary wines. The first course will feature pan-seared scallops drizzled with a spiced avocado and red bell pepper sauce, paired with an Acrobat Pinot Grigio. The second course will feature grilled pineapple and mango tossed greens topped with shaved onions and Roth Kase buttermilk blue cheese, together with a Columbia Winery Gewurztraminer. A mango shooter will serve as a third course "amuse bouche."

Okay, now we're getting serious. The fourth course will feature a roasted pork tenderloin, served with a granny smith apple and golden raisin chutney, along with fried potato sticks tossed in a fresh herbs and parmesan. This one is served with an Irony Pinot Noir. Finally, the fifth course dessert will be peanut butter pie topped off with a scoop of creamy vanilla specked ice cream, along with a

Washington Hills Late Harvest Riesling. Sounds pretty good, right?



This particular item is not on September's Wine Dinner Menu, but we took this photo during a recent dinner we enjoyed at Caroline's. We thought it got the idea across in a most delicious way.

You might also want to mark your calendars for Wednesday, October 5 for Caroline's Latin Wine Dinner (roasted sirloin with chimichuri!) and Wednesday, November 9 for the European Wine Dinner (duck confit with orange sauce!). Cost for Caroline's West Coast Wine Dinner is just \$45.00 per person (plus tax and gratuity). You can make reservations by calling (563) 588-5595.









Planning Your Wedding Events

...without going crazy

If you are a bride or groom to be, join 365 as we explore the hottest trend ideas around the bachelor/bachelorette party excitement of the "Days Before," some advice curbing the anxiety of the "Day Of," and some new thoughts on avoiding the reality-check of the "Days After" your walk down the aisle of your perfect wedding day.

The Days Before: Some things change and some men stay the same.

"In the beginning it was just your bridal shower and bachelorette party together at a family home or with close friends," says Shannon Vogt, the General manger of Cheryl Anne Bridals and a 10-year veteran wedding planner. Also as the owner of SRV Events, a wedding consulting and design firm, Shannon knows wedding trends as her job is helping brides and grooms come up with fresh, exiting new ideas.

"Now," she continues in an elevated voice and a laugh almost as if she can't believe how things have changed "it's like everyone wants a mini-wedding for a party before the real wedding even begins. Before, it was the bride in casual every day clothes or maybe a bit dressed up but now 'dressing up"' often means 'over-the-top' and themes are all the rage. One of the most talked about bachelorette parties of recent note had the bride and friends dressed in a Lady Gaga theme and it was a hit. All good fun, but sometimes all the themes and racy outfits overshadow

the importance of spending quality girltime as a bride's friends help her take that transitional step from a single life for a married life. That time with friends and sisters is very important for a bride."

Shannon may be referencing both the positive and negative results of several decades of cultural change in attitudes about the roles men and women play in marriage and the symbols that define it. It only takes a quick Google or Wikipedia check to find that men's stag or bachelor parties were wreaking havoc on pubs and the patience of mothers-in-law for hundreds of years. However, the first actual published book on the modern bachelorette party wasn't even on the shelves in bookstores until 1998.



For centuries women from villages and cities alike held their own tradition of "honoring" a bride-to-be with gifts and advice over tea or during an afternoon social. It was a sacred time to build community. However, while the boys became the proud "stags" emboldened in their pursuit of that one last taste of freedom, the women's gatherings became known as the "hen's nights" or the "kitchen tea." By the '60s, perhaps in one last attempt to preserve their superior pre-matrimonial independence some Stags bowed to the

wedding trends }





concept of equality, slightly, and by the early '70s the stag-ette party was born.

But today is a much different story according to Shannon. "One example is the contest we are hosting in partnership with Radio Dubuque and the Diamond Jo this fall called the 'Ultimate Wedding Experience' and it is definitely not your mother's bachelorette party." One lucky bride gets their own VIP costume bachelorette party with the full cast and '70s and '80s laser-induced dance frenzy of Boogie Nights at the Mississippi Moon Bar. I wonder what roller-derby slugger and Boogie Night's disco dance skater 'GoGo Bangs' would say if you called her guests a hen or a stag-ette? We are guessing a "polite" hand gesture or body check.

With modern Girl Power possibly making men's role as the "king-stags" of pre-marital partying a thing of the past some things have changed but the important stuff has not. In conclusion Shannon admitted, "It's not actually about a wedding," she said, "it's a marriage they are planning. I tell them 'You are going on a journey with this person and you have to work to make the marriage happen AND to make it last. It is a lot of work and ups and downs but if you always remember why you fell in love with each other in the first place that memory can carry you for a lifetime."

The Day Of: Is the "Reign of the Stags" Over? Jonathan McCoy from McCoy Goldsmiths &

Jewelers knows a lot about the "Day Of" part of weddings and has a singular and important point of view on weddings because he is the artist and craftsman behind that band of gold or silver that serves as the very symbol of an eternal union. We asked Jonathan about the Day Before and he, like those of us fellow stags at 365 working on this article, laughed and agreed that for better or worse boys are unfortunately likely always going to be boys. So, as someone who talks grooms and brides on a daily basis, we asked what he thought the secret was of planning great and memorable wedding events and, like Shannon, his answer had nothing to do with memorable weddings or wedding events at all.

"Communication," Jonathan began to answer, paused, and resigned with a sigh and simply said, "Look. Yes. 'Communication' looks great on a business card and it's the 'right' answer. But what does it mean? Really mean? My personal philosophy is simple. It means living every day as though it may be the last time you get to see your wife. So be nice, be happy, be good to each other and don't carry over anything from the past. Time is too valuable to waste but that also means that we need to be patient. I think the majority of the weddings I have been involved with have been very young kids and they need to be patient with each other as they both develop into the person they are going to be the rest for their lives. Just be patient and hope that the person growing next to them also ends up the person they feel in love with."

Can it be that the very people whose professions it is to make memorable weddings judge the success of their work on something more important than how great the wedding day is? As both of my first two experts didn't seem to think that those trends that change year after year, the Lifesavers-taped-to-your-dress now gone Lady Gaga themed parties, were even relevant enough to spend time talking about we started to wonder if WE were asking the wrong questions. So



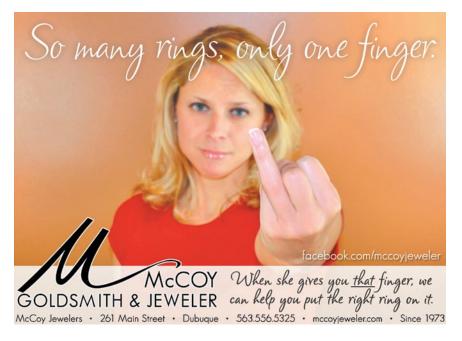




wedding trends







we thought it was time to call in the one guy who knows more about weddings than anyone 365 knows.

The Days After: In Search of **Bigger Three Ring Binders**

Matt Booth is an expert on people's attitudes. He is a professional motivational speaker and coach traveling all over the globe it seems lately, but since we have known him, he and his business Elite Entertainment has always been the most sought after, requested and highest paid wedding DJ and event MC in the region. After 1000 wedding events over nearly 25 years Matt knows weddings.

"What trends have really changed?" Matt asked us in return. "Nothing that is important when it comes to what makes weddings memorable and important and I don't do the pre-wedding celebration part much anymore because I am a dad myself now. I get the bride and groom AFTER the wedding and by then everyone is happy. At least that is until the day after."

That is when it hit us. Do the days after matter even more than the wedding day itself? Of course they do.

Here is what 1000 weddings-worth of experience boil down to for Matt Booth. "Is there a magic piece of advice I would give every bride and groom about weddings? Yes. If you were a bride, are about to be a bride or even know a bride you will know that to have a really great wedding day, the perfect wedding day, it means sometimes over a year to eighteen months of planning, preparation, organization and effort. A bride will

carry a huge three ring binder of ideas, clippings and calendars almost everywhere she goes for that whole year."

He paused then said, "Ok, one trend is that some brides put that whole binder in a huge iPhone app. If you just ask, that bride will be able to tell you exactly what time they want every song played and in what order. Exactly when every candle ceremony starts. Exactly how many chocolates with their names on it they have to order. Exactly what time the limo gets to every stop. She will have every little detail all planned out over year in advance, will have researched and read every article book and magazine, and together the couple will have sought and paid for the advice of every professional they can find? And guess what? As a result they most likely WILL have the perfect wedding day. However, what I have found is that after the party is over, the ceremony was a success and the real life is about to being, when I ask them some very basic friendly questions like. 'Where are they going to live?' 'What are your career plans?' or 'How many kids do you want to have someday?' more often than not they will just smile and say, 'We haven't really talked about that yet."

Matt paused and, with the sounds across the phone of his own family's laughter in the background, he concluded, "My magic piece of advice about having the perfect wedding event is simple. If you just plan your LIFE with even a tenth as much effort as you do your wedding day you will always be in great shape and your wedding day won't be the best day of your life by a long shot. It will just be the first day of your best days as

Three experts, with thousands of weddings and decades of experience and all seem to be saying the same thing. Just have FUN with your "wedding" and PLAN your "marriage." The parties and events are to enjoy time with your friends, do the things you LIKE doing. It's ok to be a bit crazy and it's ok to be a bit boring. Just be yourself and love those around you for being their selves. "Great" doesn't need "Perfect," "Memorable" doesn't need "Gaga," and the best marriages don't need perfect weddings.

So what is the single hottest trend in planning the perfect wedding event? It's the idea that that the person you love needs YOU.

Heck, you don't need a three-ring binder or an iPhone to remember that.







By Ellen Gallogly Brown

Weddings in today's world run the gamut, expressing the personality and interests of the couple being married. They run from the royal wedding this spring, watched breathlessly by the world as Prince William married his commoner bride and turned her into a Duchess to the wedding of a 'reality world' star, full of pomp and commercialism. The royal wedding presented with elegance and grace made a nice contrast to the 'overthe-top' Kardashian spectacle, featured in PEOPLE magazine. Publicity on every aspect of the wedding covered the Internet and every possible venue of advertising as the blushing bride, on her second trip down the aisle, managed to have described the extravagant price tag of everything worn or used in the wedding. It was commercialism at its most crass.

Couples today now want to put their personal stamp on every element of the wedding, and as a result, many weddings are, shall we say, unusual. How about the happy couple whose first date was to see one of the "Shrek" movies. Reported by www.today.msnbc.msn.com Tracey and Vivian Williams of Devon, England,



felt such affection for the Shrek movies that they knew they had to emulate their favorite movie characters. So they both spent three hours before their wedding having green paint applied all over and fake Shrek-like ears attached to the tops of their heads. The Bride's parents got into the act by dressing as the Fairy Godmother and Lord Farquuad.



Movie themes are popular and none more so than the popular vampire series, "Twilight." Unfortunately the main characters in the story are vampires, which requires an aspiring couple to wear fake fangs while repeating their vows, and for the couple drawn to the whole vampire / ghoul / zombie theme, plan to add a torn and bloodied wedding dress and tuxedo.

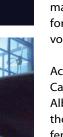


What if you are fascinated by planes? Then you follow the style of the English couple and their pastor, who had themselves strapped to the wings of a trio of biplanes and repeated their vows 1000 feet in the air! That is a minister who really tends to his flock!



Or maybe Shark Week on TV wasn't enough for you. You want more! That's how April

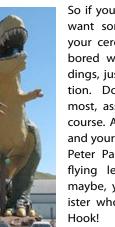
Pignataro and Michael Curry felt when they arranged to have themselves lowered in a shark cage into a 120,000 gallon tank at Atlantis Marine World in Riverhead, NY, where they repeated their vows while surrounded by a variety of sharks and eels and a massive Queensland grouper as witnesses. Their minister opted to stay out of the water as the diving wedding couple repeated their vows into radio headgear. 75 human guests watched from



behind the glass, but were no more appreciative than the sharks and the grouper that had really close up views!

Are you enthralled with hunting? So were Kim Silver and Marvin Hunter, lowans who liked to hunt together. She had a silk gown made by camouflage specialist, Mossy Oak, and her groom wore camo shirt and pants. They were married up in a tree stand hunting platform and added emphasis during their vows by shooting arrows at targets.

According to www.oddee.com, one Canadian couple eloped to Drumheller, Alberta so that they could be married in the mouth of an 86-foot tall replica of a female T-Rex. They were quite pleased to report that the staff of the tourist attraction was generous enough to waive the entrance fee!



So if you've set the date, but want something special for your ceremony and you are bored with traditional weddings, just use your imagination. Do what you love the most, assuming it's legal, of course. And just think, if you and your beloved really loved Peter Pan and have started flying lessons, maybe, just maybe, you can find a minister who looks like Captain Hook!



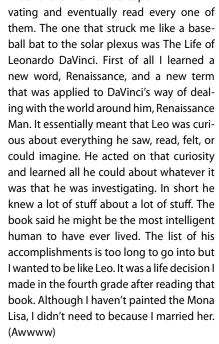


Abracadabra

By Bob Gelms

There are a number of books that changed me into something of a different person after I read them. Sometimes the change was small and sometimes the change was startling. I was looking at them on my bookshelf last weekend. I have them all grouped together. They are all important to me for different reasons and I thought I'd share some of them with you.

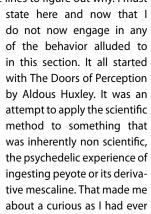
The first book I ever read that changed me and it was a staggering change, happened when I was in fourth grade at St Thomas Moore Grammar School on the South Side of Chicago. The school library had a set of biographical books that covered every famous person I had ever hear of up till that point in my life. I found them all to be capti-



The next book shook me to the core. A few months after it came out in paperback I picked up a copy of Cat's Cradle by Kurt Vonnegut. I was aware of the game you played with a string and I was curious how you could write a novel about it. I was rewarded beyond my dreams. The novel was hysterically funny, in a dark sort of way, about the notion of God, who or what he is and what he makes us do. Up to that point in my life I had never thought about God in any other way except the accepted way all Catholics did. Cat's Cradle spun the wheels

in my head and it unleashed a torrent of questions that I'm sure made the Jesuit who taught me theology report me to the bishop as a candidate for excommunication. The whole experience of reading Cat's Cradle left me breathless.

We now enter the "finding myself" phase of my life. I found this part to be fun and exhilarating and you won't have to read between the lines to figure out why. I must



been. The rest is a not very well guarded secret especially when I became curious about a certain mushroom called psilocybin. That, as they say, is that. These experiences led me to another book called The Center of the Cyclone by the well respected John Lilly who was much more famous for his research with dolphins. Center of the Cyclone was not about dolphins. Let's just say the Cyclone he was talking about was in your head and was artificially induced. It had nothing whatsoever to do with lowa State. This wasn't recreation anymore; this was science...WHA WHOOO.

There are many more books with lesser impact on my life than the four mentioned above and I only have room for one more and, in many ways, this was the Big Daddy of them all. It was Abraham Maslow's Toward a Psychology of Being. This was like peeling off the top of my skull, using an egg beater to scramble my brains, and then putting it all back in a different order. I can't come close here to describing what this book is about but some of the buzz words are Being-Cognition, self-actualization, higherarchy of needs, humanistic psychology which he founded, and also his seminal book Motivation and Personality.

Do you have a list like this? I would like to hear from you. You can contact me here at 365ink or email me at robertpgelms@ yahoo.com

Rocktoberfe

Rocktoberfest IV "Music for a Cause" September 23-24 Courtside

23-24 Keeping the festival spirit going into autumn, Rocktoberfest brings the party indoors at Courtside Sports Bar & Grill for a full weekend of live rock music. Hosted by Road Crew Entertainment and Eagle 102 in Courtside's spacious court area Friday and Saturday, September 23-24, Rocktoberfest IV will feature nine bands over two days. An all-ages event, this year's concerts will benefit Hills & Dales and the Mercy Service Club Autism Center.



The weekend gets started with a special "Women Who Rock" show on Friday, September 23 with performances by femalefronted groups Ruby Blonde (7:30 p.m.) and Reddoor (9:30 p.m.). Ruby Blonde



vocalist Lexi is just 16-years old and has been performing since she was 10. A winner of numerous talent shows, Lexi has been invited to appear on VH1's Next

Child Star and is a current semi-finalist for hit show The Voice on NBC.

On Saturday, September 24 at 2 p.m., Roctoberfest will host a special free performance by indie pop band Alma Sub Rosa. The concert, in support of autism awareness



is open to everyone, especially family and friends touched by autism and all autismaffiliated workers and volunteers.

Doors for Saturday's evening show open at 4 p.m. for a concert featuring performances by six hard rock bands including Joe Anderson Conflict, Six shots 'til







Midnight, Tantrym, Stumble Brothers, Johnny Trash, and Menace.

Admission for each day's concert (other than the free Alma Sub Rosa performance) is just \$6 and is available at the door. That's just a buck a band for Saturday's show - a great bargain for a great cause. Rocktoberfest truly is "Music for a Cause" with all proceeds benefiting Hills & Dales and the Mercy Service Club Autism Center. Courtside Sports Bar & Grill is located at 2095 Holliday Drive in Dubuque. For more information, call 563-599-9083.







{ pam kress-dunn }

To Walk or Not to Walk

by pam kress-dunn

My sister doesn't want to walk. I don't mean she wants a rest. I mean she really does not want to walk anymore. She wants to live out her days in a wheelchair. Preferably a power chair, since she can't maneuver the manual one she's been using.

As I've mentioned before, my sister, Bonnie, is mentally handicapped and mentally ill. My only sibling, she's older than me, and now that our parents are gone, I am her guardian and she is my ward. I also have power of attorney for her healthcare decisions, but lately I've been feeling pretty powerless.

For most of her life, Bonnie got around just fine. She either walked or took the city bus wherever she wanted to go. She worked for years, on her feet for hours at a time at the sheltered workshop. Her main diagnosis is bipolar disorder, but I've only seen her manic, never depressed. I learned to tell when she was manic by the way she looked. Mania was the No-Fail Weight-Loss Cure everybody's looking for. Do everything at double speed, and you, too, can slim down fast.

When she's manic, she gets into trouble. She's been arrested for calling 911 too often. She was the prime suspect in the mysterious shearing of the resident cat's whiskers at her last apartment complex. When they evicted her, she was committed to the psych ward and we hauled her stuff into storage. That was the end of her independent living. She landed in a nice eldercare home, where, to my relief, her days became much more routine, and she got her meds on time.

Unfortunately, it didn't last. Despite the best attentions of her case manager and the aides at the home, she went crazy again. No one knows if it was the string of unexplained infections that began to plague her, or jealousy over the addition of someone new to the house, someone who was her friend. Peggy was cheerful and sweet, the way Bonnie can be, when she feels like it. But what she felt like now was mean and loud and belligerent.

In the meantime, she began to change physically. She gained weight, mainly because she stopped moving. It didn't bother her. She became bent over, no matter how many times we urged her to "stand up straight!" She claimed to have arthritis in her hips. She saw a string of doctors, and all of them declared there was no reason she couldn't walk. Still, she preferred to spend her days in a chair, in her room, watching TV. When she saw commercials for scooters ("Medicare will pay for it!") she told me that was what she wanted for Christmas.

It became increasingly difficult to get her into and out of a car. When we came to visit, I liked to take her for a ride – down to the river, out past our old house, over to Whitey's for a sundae. But it became so difficult, we



restricted rides to once a year, when my husband and kids would visit to take her out for a birthday/Christmas lunch. (She was born on 12/24). Even with both my son and my husband helping her, it was hell getting her into the car, and if there was even one step between her and the entrance to the restaurant, there was hell to pay.

I don't know. Maybe she was in pain. All I know for sure is that suddenly I was buying her size 3X clothing, and having to constantly change the subject when she demanded a new walker with a seat, or a fancier wheelchair. The CNAs who took care of her began threatening transfer to a nursing home, and she ended up in one after a knee infection that wasn't healing in the hospital.

That, I guess, is where she decided that life in a wheelchair wouldn't be so bad. No amount of reasoning – about never walking again, about getting bed sores – would persuade her otherwise. My husband had said he didn't think she would age well, but I never expected this.

Finally, the group home's administrator had her committed to the psych ward again. Once again, the hospital didn't want her for long. Thank heaven for social workers, because one of them found a new place that took her in and seems, so far, to be a good place. The only problem is, it's three hours away, in Keokuk. But if she's happy (or at least not screaming bloody murder) and if they keep pushing her to walk, then that's the best we can hope for.

I look at old photos of Bonnie, of us together – the normal-looking girl and the new baby – and I wonder, What happened? She was so slim, so pretty, so full of pep and personality, at least when she wasn't embarrassing me with her rages. And now she wants a wheelchair. And a catheter. What she envies is what she saw at the nursing home, and nothing I say can change that. I keep trying, though. Stubbornness runs in our family.

In mid-July, I had major surgery. I've been back at work for several weeks, and finally resumed yoga classes. What a joy. What a wonder, to feel what my body is again capable of. I nearly fainted during Upward Salute, but next time will be better. For weeks, I was in a lot of pain, but I kept walking up and down the stairs, and got back on the treadmill as soon as my doctor said I could. A body that works is worth fighting for. If only I could get my sister to fight for hers.

pam2617@yahoo.com



Galena Oktoberfest Saturday, October 1 Galena Depot Park

Hey there Tri-State area Germans! Don't put your lederhosen and dirndl dresses away yet. Galena celebrates Oktoberfest Saturday, October 1, noon to 10 p.m. This will be the fifth year for the annual event.



The grassy area by the eastside of the Galena River, recently named Depot Park, will be transformed into a German-themed festival with big white tents and plenty of seating for all. People of all ages enjoy Galena Oktoberfest, as it features non-stop live music, a bounce house and games, German-style food and beer, wiener dog races, parade, and events, bean bag toss, polka dancing and lessons, pumpkin decorating, a raffle for cash and prizes, and much more.

The day begins at noon with a cannon blast and the ceremonial tapping of the keg, followed by check-in for all wiener dog events. Online pre-registration is encouraged for both the beanbag tournament and the wiener dog activities. Bring your dancing shoes, as this event has a dance floor and back-to-back music by the Jim Busta Band from Spring Grove, Minnesota, The Goodtime Dutchmen from Kewaskum, Wisconsin, and local rock favorite Mighty Short Bus from Madison, Wisconsin. Plus, two sessions of polka dancing will be led by Jennifer Mulcahey, of Ballroom by Jennifer, open to everyone who wants to learn.

Depot Park is located near the intersection of US Highway 20 and Park Avenue, by Galena's Old Train Depot. Plenty of parking will be available and trolley rides will be provided to go back and forth to Main Street for your shopping enjoyment. Admission to Galena Oktoberfest is just \$5 for adults and teens, free for children 12 and under.

Galena Oktoberfest is hosted by the Galena Lions Club and all proceeds will go to people's sight and sound needs and various community projects. For more information about Galena Oktoberfest and the Galena Lions Club, please call 815-331-0180 and leave a message, find the Galena Lions' Facebook page, or visit www.galenaoktoberfest.com.





Carnegie-Stout PUBLIC LIBRARY

Check out the possibilities!

VENDING LIBRARY?

The Carnegie-Stout Public Library has partnered with the Hy-Vee grocery store located on the Northwest Arterial in Dubuque to launch a new service point for selection of library materials at the store. The service will be available through a vending machine called a Lending Library. Bestsellers, paperbacks, children's books and DVDs for all ages will be available for check out from the Lending Library with a valid library card. A 24-hour drive-up book and A/V drop will be installed in the parking lot of the Hy-Vee store.

"This is another step in providing service to the western part of our community which

began with materials return boxes at Eleanor Roosevelt Middle School and drop-off, pick-up service at Kennedy Mall," said Susan Henricks, the Director of the Library. "We believe this will be a welcome convenience for residents in this area of town, library patrons, and Hy-Vee customers. We plan to load the



machine with current best sellers and popular children's material – from board books for the youngest, through materials for teens and will be able to stock these new materials thanks to a grant from the Library Foundation and the Friends of the Library."

The Lending Library became available for checkouts on September 10. It is located at the entrance to the Asbury Hy-Vee near the pharmacy. The Lending Library has been made possible with funding from the DRA, Carnegie-Stout Public Library Foundation, and a bequest from the estate of Robert Maher.

On a related note, the Carnegie-Stout Public Library will be now be open Sundays from

> 1:00 p.m. to 5:00 p.m. Sunday hours continue through May 20, 2012. Regular Library hours are Monday through Wednesday, 9:00 a.m. to 9:00 p.m., Thursday, 1:00 p.m. to 9:00 p.m., Friday and Saturday, 9:00 a.m. to 5:00 p.m. and Sunday, 1:00 p.m. to 5:00 p.m. For more information, contact the Library at 563-589-4225.

Story Times

Story Times Run September 12 - December 16

toddler time

9:15 - 9:35 am 10:30-10:50 am

6:30-6:50 pm

These programs feature short stories

songs, and movement activities for children ages 18-35 months with a favorite adult.

No registration required! Parental participation a must!



Mother Goose time

Tuesdays 10:30 - 11:00 am

Children ages birth to 18 months and a favorite adult will listen to a story, sing songs, and do action rhymes during this highly interactive program. This program gives your child the opportunity to interact with other children while you learn rhymes to share at home. A 15-minute social time with toys, and friends will follow the session.

Read-Aloud Crowd

Fridays 10:30 - 11:00 am

Stories, sing-alongs, movement activities, circle games, and lots of fun – recommended for children ages 3-6 with a favorite adult.

Storytimes at Comiskey Park

2nd Monday of the Month 10:30 am

In partnership with the City of Dubuque Leisure Service Department the Library will be offering story times at the Comiskey Park Pavilion. This 20-30 minute story time is for ages 3-5.

Kennedy Mall Story Time

1st Thursday of the Month 10:30 am

Take a break from your shopping or plan a trip to join library staff in this very unique setting. In partnership with Kennedy Mall and Finley Hospital, we offer wellness-themed stories and songs, as well as a wide range of other themes. Story times run approximately 25 minutes in the Healthy Kids Zone Play Area Free and open to the public

be yourself, improve yourself

Get On the Train

by matt booth

Have you ever found yourself standing on the station platform watching trains come and go, trying to decide which one was the right one for you? There you stand, frozen in indecision, as the world passes you by. How many times have you let the train pass you by? What train you ask? Any train. We've all let trains go by because we were uncertain if it was the right train. I've learned that sometimes it doesn't matter if it is the right train, what's important is deciding to get on. It is a reminder of how important it is to believe and follow your dreams.

In order to keep improving, you need to keep moving. You must be willing to jump on a train that you never been on before and be open to new experiences. Opportunity doesn't knock once; it is constantly passing in front of you. Realize now that taking any train will serve you better than just standing on the platform.

There is no wrong train. Sure, you could always look back and say this train or that train didn't take you where you wanted to go. Yet, had you not gotten on that train, you would have always have questions about whether or not you let the right train pass you by. If you're passionate about something, jump on and take it for a ride. If you don't like it or it takes you where you don't want to go, get off. There is a train out there waiting for you and the only way to find out if it is the right one is to have a willingness to take a risk and step off the platform.

You might have to take a longer and more difficult route to reach your destination. Your journey may require many trains. If you hold yourselves back from boarding even one of the trains on your route, you may never reach your goal. So, the next time a train comes your way, jump on board and take advantage of all the things you would have missed had you let it go by.

The Train Of Life Some folks ride the train of life Looking out the rear, Watching miles of life roll by, And marking every year.

They sit in sad remembrance, Of wasted days gone by, And curse their life for what it was, And hang their heads and cry. But, I don't concern myself with that, I took a different vent, I look forward to what life holds, And not what has been spent.

So strap me to the engine. As securely as I can be, I want to be out on the front, To see what I can see. I want to feel the winds of change, Blowing in my face, I want to see what life unfolds, As I move from place to place.

I want to see what's coming up, Not looking at the past, Life's too short for yesterdays, It moves along too fast. It's all right to remember, 'That's part of history, But up front's where it's happening, There's so much mystery. The enjoyment of living, Is not where we have been, It's looking ever forward, To another year and ten.

It's searching all the byways, Never should you refrain, For if you want to live your life, You've gotta drive the train!

Author Unknown

Mattitude Improvement Tip

Sunshine and Rainbows

Let me tell you something you already know. The world ain't all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward. That's how winning is done. Now, if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain't where you are because of him, or her, or anybody. Cowards do that and that ain't you. You're better than that!....Rocky Balboa

Matt Booth works with organizations who want to improve people's attitudes, communication skills and ability to focus so they can do what they do better! To create a lasting impact at your next event, contact Matt today! 563-590-9693 or matt@mattbooth.com.





Preparing for Fall

Houseplants: As temperatures at night begin to fall, begin to bring houseplants indoor by thoroughly checking them for any sign of insects and repot them if necessary. I recommend treating houseplants with a systemic regardless of whether bugs have been a problem, that way you can prevent any problems from developing. It's important to make sure they are in good health before introducing them back indoors. I recommend Bonide's Houseplant Systemic granules.

Outdoor Planters: Freshen up your neglected planters with a fun fresh look that can take the cooler temperatures. Focus not only on color, but also on texture. Flowering Kale, Ornamental Chard, Pansies, Asters and Mums are great plants to consider.

In ground plants: If you are like me and are taking advantage of this wonderful weather, be sure to adequately water newly planted shrubs, trees and perennials both the night before and the morning following a frost. This is the best method of protecting against the cold and your plants will bounce right back. You can also use sheets to cover any plants that are blooming in your yard if an early frost is predicted.

Veggie Garden: Clean up any old debris still remaining from past veggies to ensure that any potential disease or insects are prevented. Then replant late season/cool weather crops like kohlrabi, spinach and lettuces to enjoy on these crisp fall days.

Lawns: Fall is for fertilizing. Help boost your lawns nutrition and apply a granular fertilizer like Scott's Step 4 or Scott's Lawn Pro Super Turf Builder Winterguard Fall Fertilizer. Fertilizing in the fall helps to build a deeper root system and ultimately a more lush lawn come spring.

Around the house: Many pests don't like the cool nights and are actively trying to find a new home for the winter. Protect your house from such pests by spraying Ortho's Home Defense around the perimeter of the house, paying close attention to windows and doors. It can be used indoors and out, but keep kids and pets away from these areas until the product is completely dry.

In the garage: Prevent mice by setting traps if necessary to prevent them from getting too settled in. Stock up on basic winter necessities like ice melt and salt so you are not scrambling at the last minute when the snow flies. Make sure snow shovels are in good repair and that snow blowers are serviced and ready to go.

And don't forget about the birds! Stock up on bird seed and make sure your feeders are filled regularly so your yard becomes a routine hotspot for our feathered friends this winter. Squirrels a problem? Use Cole's Flaming Squirrel Seed Sauce, a hot sauce you add to your seed to prevent them from eating your birdseed.



Who Lives the Longest

with nutritionists pat fisher & megan horstman



If you guessed the Eskimos, Norwegians or Okinawans, you'd be right. Of the healthiest populations in the world, many share a common factor – a diet rich in DHA and EPA from fish, like salmon, mackerel and tuna.

Few Americans get the omega-3 they need from diet alone. Millions take fish oil supplements daily, but few people know how much to take or why. The American Heart Association recommends at least 500 mg DHA and EPA from fish or supplements for most Americans and even more for those with heart disease or high triglycerides.



Here are a few important facts about omega-3 fats:

- DHA and EPA are omega-3 fats found only in fish or marine sources.
- The healthiest fish, like salmon and tuna, contain at least two times as much DHA as EPA.
- Flaxseed oil and plant-based omega-3s do not provide the essential DHA or EPA found in fish. Plant sources provide ALA omega-3 fats.
- Choose a supplement with an enteric coating to prevent fishy aftertaste or burping.



A relatively new omega-3 supplement from CardioTabs was developed by cardiologists from the Midwest. What makes the Cardio Tab omega-3 supplement unique is that the DHA and EPA levels match the ratio found naturally in healthy fish like salmon and tuna. If you would like more information on omega-3 supplements, talk to your physician or a Hy-Vee dietitian.

The information is not intended as medical advice.

Please consult a medical professional for individual advice.







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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine. Answer on page 39.

Spot the Difference

Difficulty Level ★★★★

Can you spot 10 differences between the two versions of this behind-thescenes photo from our cover shoot for this issue?- Answers on page 39.





HOMOPHONE PREMIER CROSSWORD/ By Frank A. Longo DOUBLE FEATURE

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The Nation's Mayors Proposed a Common-Sense Jobs Plan

by mayor roy d. buol

Prior to Labor Day, the bi-partisan membership of the U.S. Conference of Mayors proposed a bold, practical agenda to address historic unemployment, asking Congress to put partisanship aside. During a time of historic unemployment and stagnant job growth, U.S. Conference of Mayors released the USCM Common Sense Jobs Plan. The plan outlines a practical set of proposals designed to create millions of new jobs by immediately investing in infrastructure, small businesses, manufacturing, trade and tourism.

The report found at www.usmayors.org focuses on four critical steps that Congress can take to get our economy moving again immediately:

- 1. Invest in infrastructure jobs now. That begins with passing a comprehensive, fully-funded transportation bill.
- Congress should immediately pass a comprehensive, fully-funded Transportation Bill, which will create 2.8 million jobs and encourage billions in additional local infrastructure investment;
- Create 114,000 clean energy jobs through expansion of the Better Building Initiative; and
- Create 50,000 construction jobs by transforming foreclosed housing into energy efficient, rental properties.
- 2. Provide immediate relief to employers and workers including veterans.
- Congress can save one million jobs by simply extending unemployment for 7.3 million jobless Americans;
- Extending the payroll tax cut and adding a tax cut for employers on new hires could pump an additional \$112 billion into the economy this year; and,

- Helping the estimated one million unemployed veterans by offering tax incentives to companies willing to hire military personnel returning from service.
- 3. Stimulate Manufacturing, Trade and Tourism.
- Congress should pass a new Manufacturing Loan Program, which would invest \$20 billion to help generate new manufacturing jobs;
- Offer additional incentives to the small businesses that account for over half of all private sector employees and 44 percent of total private payroll; and
- Bring in a million more tourists and create over 1.3 million jobs by simply passing visa reform.
- 4. Maintain smart investments in key domestic priorities that support infrastructure programs, provide vital services and help generate jobs. For example:
- The Community Development Block Grant (CDBG), a program that targets low-to-moderate income neighborhoods, has already been reduced to 1980s funding levels. A recent study projected that the \$3.9 billion in Fiscal year 2010 CDBG funding, generated 120,000 jobs and contributed \$10.7 billion in Gross Domestic Product.
- The HOME Investment Partnerships, which has made possible more than one million units of affordable housing since its inception.
- The COPS program, which this year received \$2 billion in requests for just over 9,000 officers.

In the report, mayors also call for initiatives to create jobs that must move forward hand-in-hand with efforts to reduce federal budget deficits in the long term, with the



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goal of increasing confidence in the federal government and the U.S. economy. Those initiatives include:

- Closing corporate loopholes to result in a simpler and fair tax code.
- Repatriating offshore corporate profits, estimated at \$1.5 trillion that would result in U.S. dollars returning to U.S. soil where they can be used for job creation.
- As our missions in Iraq and Afghanistan are brought to an end, reallocate spending to domestic priorities to strengthen our economy. This amounts to an additional \$126 billion annually to rebuild American infrastructure.
- Establish more equitable tax rates that will ensure that we can adequately invest in our national priorities.

And, on September 8th, the following statement was issued by the bi-partisan leadership of the US Conference of Mayors:

"Tonight President Obama offered to Congress a set of proven, actionable solutions through The American Jobs Act, to finally end our country's economic paralysis, help the unemployed find jobs again, and put our citizens back to work. These proposals represent a true Main Street plan – they address the needs of cities which are where more than 80% of the U.S. population lives, and they will get our economy back on track. Last week, the nation's mayors offered a set of bi-partisan actions, A Common Sense Jobs Agenda that can move the needle today. We were pleased to see many of these ideas reflected in the President's proposal. Mayors strongly support the plan which would put people back to work through smart infrastructure investment, tax cuts for the working and middle class families, and help the long term unemployed support their families while they find work. We also applaud President Obama for calling for a TIFIA increase, a critical component of America Fast Forward. Since Committee leaders in both the Senate and the House agree on TIFIA expansion, there should be no more excuses and Congress should act now."









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BAD ADVICE FOR THE STUPID

Dear Trixie:

I am getting married in 2 months. My fiancé and I are on a very strict budget so I have decided to make the many needed items we will require. I am very creative and have always loved using my glue gun and making crafts for my friends and family. I will be using silk flowers for the displays and the table centerpieces and will be making headbands for the bridesmaids to wear. The headbands will have ribbons rolled into rosebud shapes and faux flowers trailing down the back. I am making all the bridesmaid dresses myself (I am a wiz on my Singer!) and the style is boxy enough to flatter all the different figures of the girls who will be wearing them. I have tried to tell my friends about all these exciting things I am doing and the immense savings but no one seems to care about the work I am putting into this. My mother has offered to pay for real flowers or anything else for the wedding because it embarrasses her to have her friends think she can't afford a wedding for her daughter and they have to economize with stuff from Hobby Lobby. My friends have been saying to each other that this whole thing is going to be "tacky as hell". They don't want to hear about the tiny top hats that will be filled with candy that I got at the dollar store. My fiancé thinks what I'm doing is wonderful. He says I am going to be a great wife because I can stay on a budget. What do you think? - Jennifer on Jamison Street

Dear Jennifer:

All men are liars. They say they love only you and want to spend the rest of their lives with you and then one day on your seven year anniversary they'll leave you for a fishing boat in Mexico. All marriages end. All relationships end. It is always the women who grieve permanently. The men feel bad for a few hours and skip off happily to meet new women and ruin their lives. Don't get married. Stay single, stay stable.

I am 17 and my parents are always fighting with each other. My dad will tell my mom that he hates

her and then she starts hitting him and then he slaps her back. They fought last night off and on for 3 hours. It was about whose idea it was to get the dog. My mom said she never wanted the dog and my dad said she did too and then they started punching each other in the face. I have one more year to go and then I am off to college. It is hard to study with them boxing every night. What can I do to get a break here? - Son of the Battling Barkers

Dear Son:

Go outside and ring the doorbell. Maybe then they will retreat to their neutral corners.

My long term boyfriend broke up with me last week and said it wasn't anything to do with me. He said he has changed and wants to date as many other girls as possible. He says he's a young man who has a full life ahead of him and he wants to travel the country having sex with as many women as he can get. Trixie, he used to be so kind and monogamous. It's like I don't even know who this selfish guy is. I am devastated. I cannot find anything in life to live for. I have done all the things I should do to make me feel good—like joining a gym and getting in shape, attending college classes to finish a degree and seeing a therapist regularly. It has been 6 months and I am actually more depressed than I was when he first left me. If I thought killing myself and having him find my body would permanently hurt him I might do it. What do think? - Desperate and Despairing

Dear Desperate:

Killing yourself is not the answer. Say you shot yourself in the head and he walked in and found you with your brains all over the walls. Studies have shown selfish men who lose a spouse to suicide feel bad for only 3.4 days. Within a week he'd be portraying himself as a tragically romantic figure and using this story to pick up women. Cheer up. Maybe he'll hook up with the wrong woman and be murdered by a jealous ex husband. Life has a way of evening things out eventually.





Aries 3/21-4/19

You think things can't get worse but it's probably only because you lack sufficient imagination.



Taurus 4/20-5/20

Your plan to stave off autumn weight gain by focusing your diet on whole-grain foods and lots of vegetables won't be helped by your reliance on Domino's pizza deal. Time to re-evaluate priorities.



Gemini 5/21-6/21

You are bound and determined to be the one to prove that the little hot rolls with the cinnamon butter that come before the meal at the new Texas Roadhouse CAN be a meal unto themselves. Regret follows.



Cancer 6/22-7/22 You can't decide what's worse,

when the news reporter on the story is too naive to realize that there's something much bigger under the surface but they can't see it or don't care, or when there is no story under the surface but the reporter is so full of themselves that they will dig until they've created a sub plot that isn't really there because they're more interested in making news than reporting it. Try NPR.



Leo 7/23-8/22

Covering yourself in black and gold body paint and running down Main Street buck-naked while bellowing the Hawkeyes' fight song is not a good way to boost your reputation in the community. It is, however, a good way to wind up as the 365 Photo of the Day.



Virgo 8/23-9/22 Punt.



Libra 9/23-10/22

You may be fat, depressed and unemployed, but you still have a roof over your head and you can steal your neighbor's Internet access. Not all is lost. (Not until you get evicted, anyway.)



Scorpio 10/23-11/21

The older you get, the less capable people are of upsetting you. Either you're finally maturing, or you're growing dead inside. Take your pick.



Sagittarius 11/22-12/21

People on all sides continue to barrage you for help and assistance on a non-stop basis. You feel like you can't get a break, because all your time is spent in the aid of others. The lesson is to never help others.



Capricorn 12/22-1/19

Putting a pork butt in the microwave and setting it to "defrost" for six hours is by no means the same as putting it in a crock pot on low for six hours. Low and slow, my friend. Low and slow.



Aquarius 1/20-2/18

Don't become despondent when you don't get the promotion you've been hoping for, even though the other guy is a recidivist cocaine addict who's been through rehab three times. It's just another example of your incredible ability to snatch defeat from the jaws of victory. Much like the Democrats.





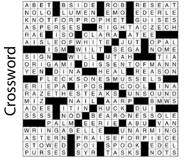
Just because you line the bowl with Romaine lettuce, that doesn't mean a bowl of heavily buttered and salted popcorn is anything resembling healthy. (Although that lettuce probably tastes delicious.)



PUZZLE ANSWERS (From page 36)

Spot the Difference





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We want to offer a special thanks to everyone who attended and supported this year's Irish Hooley!

Mark your calendars for next year's Irish Hooley... Saturday, August 25, 2012!

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