In this issue...

- Mi Ranchito Restaurant
- BioLife Plasma Services
- Pinnacle Combat MMA

Blaum Bros.
Distilling Co.
Galena, Illinois
DEAR FRIENDS AND CUSTOMERS,
After being in the same location existing as you see it since 1971 it is time to make some changes. It is time to make some changes and we need your help to clean house. Virtually our entire stock of famous name men’s and women’s clothing will be on sale during the

MOTHER OF ALL WINTER CLEARANCE
GET READY TO REMODEL
BIG CHANGE IS COMING
CLEAN HOUSE
COME AND SEE
WHAT’S HAPPENING

This sale will start in earnest Friday, January 17 at 9:00 a.m. sharp. See you soon. —BEN GRAHAM

www.sundownmtn.com
I've come to realize we're all masochists. I'll explain.

We generally look at those who actually purposefully put themselves through physical pain and cringe. It's just their thing. I'm fine with it. I'm just not a bed of nails kind of guy, so I'll pass. But what about people who knowingly hurt themselves to feel pleasure by drinking alcohol or doing drugs? Do they count as masochists?

What about the rest of us who do painful things and never learn our lesson, continuing to do those things to ourselves? We must derive some pleasure from it or we wouldn't keep doing it, right?

Does eating donuts make you a masochist? How about smoking cigarettes? They make you feel good but both will kill you if you keep it up too much for too long.

I'm going to take it a step further. As I was inflicting pain upon myself the other day I started thinking about it. Why did I do this? I do this all the time and it always makes me mad and frustrated. I can't say I get pleasure from it, so why then do I persist in inflicting this on myself?

I, of course, am talking about making a quick trip to the west side of Dubuque on HWY 20 at about 5:15 p.m. on a weekday. You pass the last offramp for Grandview avenue about three seconds before you spot the tail lights ahead. Traffic is backed up from the intersection by K-Mart (Devon Dr. for you knowledgeable drivers) all the way to Grandview and beyond. You have no where to go. You can't do a damn thing about it until Gandolfo St. Seriously, it's call Gandolfo. It's not magic though. All it can really do is dump you into the neighborhood between Washington Jr. High and the University of Dubuque. You might as well stay on 20 and suck it up. Why do I do this to myself, especially for a trip that either don't really need to happen now, or could have been achieved by taking five other routes?

That's the everyday kind of masochism I'm talking about. There's more.

Being a Raiders Fan must qualify for masochistic behavior as much as being a Cubs fan does. What does it say if I'm both? Just flog me and get on with the next sports season already.

Often, when leaving the house in the morning, I set something down on the radiator while I put on my shoes and coat, and then leave it sit there as I walk out the door to work. I realize halfway there, or when I sit at my desk, but it's rarely important enough to go back home for. The worst part is, I do it enough that when I do it the next time, I tell myself as I set it down, "Don't forget that this time," or "You shouldn't even set it down, idiot." And then, naturally, I proceed to leave it on the radiator. I did this to myself.

How about eating Long John Silver's? I've not done so in a long while, but I can recall each time thinking the first piece of fish is sooo good and greasy and crunchy. The second piece is still satisfying. Soon, it starts to just get greasy. Then maybe cold. And then you find that you hate yourself for having done this to yourself. And you still have not endured the digestion process yet. Why do I just do that?

Speaking of food, how about asking for a dipping sauce in the drive thru at McDonald's? Why do they even ask if they have no intention of giving it to you? More importantly, why do I ever pull away from the window without checking to see that the sauce is in the bag? It's like McNugget Roulette.

Ever tried to install a ceiling fan? If so, were you married when you did? Are you still married after? Someone somewhere is having a ball thinking about the pain they are inflicting with each do-it-yourself ceiling fan they sell.

What are your favorite masochistic daily activities? What do you consistently do to yourself to make yourself mad, waste your time or money, or even hurt yourself inadvertently, yet repeatedly? Maybe if you make a list, if we all do, it will be the first step in reversing the cycle and finally stopping ourselves before we start instead of realizing halfway through that it's too late.
Winter Farmers’ Market
Every Saturday, 9 a.m.–Noon
November–April
The Colts Center, 1101 Central Ave.

Now in its seventh year, the Winter Market is open every Saturday morning from 9am to noon, November through April. 30 vendors provide a wide variety of produce, meats, eggs, cheese and baked goods throughout the winter. The variety and quality of food keeps the shoppers coming back. The great prepared breakfast times you came to love at Summer market from East Mill Bakery and Adobo’s Mexican Grill are also featured at Winter Market. Winter Farmers’ Market is a volunteer-run project sponsored by The Four Mounds Foundation, Colts Drum & Bugle Corps, and Premier Bank. Visit www.facebook.com/DubuqueWinterFarmersMarket.

Mid-Week Farmers’ Market
Wednesdays in January, 2–5 p.m.
Tri-State Independent Blind Society
Purchase seasonal fruits and vegetables, jams and jellies, honey, pickles, eggs, baked goods, candy, jewelry, craft items, and more. 3333 Asbury Rd., Dubuque.

Ultimate Rock Hits of the 70’s & 80’s
Dubuque Symphony Orchestra w/Local Rock Musicians
Friday, January 17, 8 p.m.
Mississippi Moon Bar, Diamond Jo Casino
The Dubuque Symphony Orchestra and nine tri-state area rock musicians are fusing their musical styles to present one ultimate concert experience at the Mississippi Moon Bar at 8pm on Friday, January 17, sponsored by Runde Auto Group.

The two groups will cover rock hits from the 70s & 80s including songs by Aerosmith, Van Halen, Rolling Stones, Led Zeppelin, Eagles, Bon Jovi, Heart, and other top classic rock bands. Tickets ($15 - $35) are available at www.diamondjo.com; the Diamond Jo Casino’s Diamond Club or by calling 563-690-4800. The Mississippi Moon Bar is age restricted. Must be 21 years or older. For more information, visit www.dubuquesymphony.org.

No Exit
Friday–Saturday, January 17–18, 7 p.m.
Dubuque Bike Coop, 2206 Central Ave., Dubuque
Trainwreck Productions presents the play No Exit by Jean-Paul Sartre, translated by Paul Bowles, and directed by Alex McCarthy. Three strangers are locked up together for eternity in one hideous room in hell. The windows are bricked up, there are no mirrors, the electric lights never turn off, and there is no exit. Hell is not the rack and fire, but the burning humiliation of souls stripped by the cruel curiosity of the damned. Hell is other people. Admission is $5; seating is extremely limited. For more information, visit www.trainwreckproductions.org.

Bald Eagle Watch
Saturday, January 18, 9 a.m.
Grand River Center
See presentations with live birds of prey including a Bald Eagle. Other programs offered throughout the day. Bird of Prey program shown three times. Activities for children throughout the day. Vendors selling nature items. Great Family Event. Visit the Lock and Dam 11 to see Bald Eagles in the wild. Experts with scopes will be available to answer questions.

www.Dubuque365.com
NEW EXPANDED MENU

Try our appetizers, salads, sandwiches and flatbreads. More than 20 new menu choices available!

TAKE ‘EM OUT TUESDAY

Kids eat free on Tuesday nights with purchase of one adult entrée.
For dine-in only. Limit one free kids meal per adult entrée purchased.

WINE DOWN WEDNESDAYS

Half-price bottles of wine with entrée purchase, every Wednesday.
For dine-in only.
Wapsipinicon Almanac Release Party
Friday, January 24, 5:30 - 7:30 p.m.
River Lights Bookstore
River Lights Bookstore, 1098 Main St. in downtown Dubuque, welcomes you to join them in celebrating the release of the 20th Edition of the Wapsipinicon Almanac on Friday, January 24, from 5:30 - 7:30 p.m. The event will include readings from the almanac as well as live music and, of course, lots of fun and interesting company.

Mentor Dubuque Trivia Night
Friday, January 24, 6:30 p.m.
Knights of Columbus Hall
Mentor Dubuque (formerly Big Brothers Big Sisters of Eastern Iowa) hosts a Trivia Night Fund Raiser on Friday, January 24 at Knights of Columbus - 781 Locust St, Dubuque. Sign-in starts at 6:30 p.m. with competition starting at 7 p.m. Entry is just $15 per person. Bring a team of up to 8 people if you like. The theme for the event is Winter Olympics. The team with the most creative themed outfits will win free drink tickets! Sign-up by emailing Kalyn Decker at Mentor Dubuque: kalyn.decker@hillcrest-fs.org.

Hypnotist Jim Wand
Saturday, January 25
Cocktails, 6 p.m., Show 7 p.m.
Ohnward Fine Arts Center
1215 E. Platt St., Maquoketa, IA
Enjoy this “adult’s only” performance of hypnotist Jim Wand. Wand, who has a doctorate in psychology, has been involved in the field of hypnosis for more than 25 years and is regarded as one of the most professional hypnotic entertainers in the world today. A well-known entertainer, Wand has also worked with such personalities as Jay Leno, Chris Rock, Carrot Top, Larry the Cable Guy, Jeff Probst (the host of “Survivor”), Sylvester Stallone, George Strait, and The Judds, just to mention a few. Tickets are $22 in advance or $25 at the door. For tickets or more information, call the box office at (563) 652-9815 or visit www.ohnwardfineartscenter.com.

2014 Winter Iowa Games
Saturday-Sunday, January 25-26
Saturday, February 1
The Iowa Games provide sports and recreation opportunities for all Iowans through Olympic-style festivals, events and programs. Weekend athletes, school children, and senior citizens can experience the thrill of great performances and satisfaction of doing their best in a statewide Olympic-style competition. The January 25 and 26 games take place throughout Dubuque and include youth basketball, cross-country skiing, fitness walk, youth ice hockey, indoor soccer, martial arts, pickleball, road race (5K), swimming, table tennis, youth volleyball, wrestling, and Zumba®. The February 1 games, alpine ski racing, are held at Sundown Mountain, 16991 Asbury Rd., Dubuque. For more sport information and online registration, visit www.iowagames.org.

Continued on page 9...

DUBUQUE
“U” make Dubuque.

Connected and informed residents are critical to local government.
City Life is a free program that provides you with an opportunity to create a personal connection with your local government, share experiences as a Dubuque resident, visit city facilities, learn about the different services departments provide, and contribute to your community in a way that matters to you.

www.cityofdubuque.org/citylife
Contact Nikola at 563-589-4182 or npavelic@cityofdubuque.org

www.Dubuque365.com
There's no crying in baseball!

Ice Fest 2014
January 11-20, 10 a.m. - 5 p.m.
Mississippi River Museum
The National Mississippi River Museum & Aquarium in the Port of Dubuque continues through January 20. The Museum & Aquarium will present special winter-related programs daily throughout Ice Fest including historic ice harvesting on the river, winter crafts, and eagle watching. Feature activities take place each weekend during Ice Fest and will include professional snow and ice sculpting, traditional Native American outdoor winter games, live animal programs, winter safety demonstrations, and more! Special guests include Dan Wardell; host of Kids Club on Iowa Public Television with his friend Clifford the Big Red Dog.

DAILY EVENTS:
- Ice Harvesting Demonstrations
- Eagle Watching
- Ice/winter Safety Programs
- Children’s Winter Crafts
- Indoor/Outdoor Activities
- Sledding Hill
- Native American Snow Snake Game
- Ice Tongs Carrying Experience

Saturday, January 18
- Open-Water Rescue Demonstrations
- Ice Sculptures

Sunday, January 19
- Family Story Time with Dan Wardell and “Clifford the Big Red Dog” at 11 a.m., 1 p.m., & 3 p.m.
- Ice Sculptures

Monday, January 20
- Ice Harvesting Demonstrations
- Eagle Watching
- Ice/Winter Safety Programs

The Dubuque Sports & Recreation Festival
Saturday January 18th, 9 a.m. - 3 p.m.
Grand River Center
The Dubuque Sports & Recreation Festival offers free admission and will be held from 9:00 to 3:00 on Saturday January 18th on the main floor of the Grand River Center. The festival offers many activities for attendees of all ages including registration opportunities for multiple sports leagues and other organizations. Over 50 exhibitors are expected. There are fun stage activities to observe and many additional activities including a bounce house, obstacle course, jousting pit, a gulf hitting cage, the Dubuque Community Schools Speed Stack competition plus many more. The festival is held in conjunction with the Dubuque Bald Eagle Watch and gives attendees a full day of fun activities to enjoy. For more information call 563.557.7571 or visit www.TeamDubuque.com.

Borrow.

Mom always said “Don’t borrow trouble.” So I made it a habit to only borrow books from the library. But when my old car died, I needed a loan. I hadn’t established any credit history, but at Dupaco, character is worth more than collateral. They gave me a used car loan at a new car rate—and a Free Credit History Lesson on how a good credit score could save me money. Dupaco is more than local. It’s a cooperative that puts money to work locally by providing friends and neighbors low-cost loans for cars, homes, education, funding for small businesses and more. Since Dupaco taught me to help myself, I’m finding ways to help my hometown. Instead of just borrowing books at the library, I lend my time as a volunteer, reading to kids. To borrow a phrase; life-changing.

Enriching lives. Some call that smart money. I call it...

Bright Green

www.Dubuque365.com
Guys in Ties Improv Comedy
Saturday, January 25, 8 p.m.
Bell Tower Theater, 2728 Asbury Rd.
The Bell Tower Theater is pleased to announce the return of the actors from ComedySportz, the Quad cities award-winning improv comedy troupe, performing Guys in Ties. After multiple sold-out performances in the last eight years, this audience favorite is back for one of only two 2014 appearances. On Saturday, January 25, at 8 p.m., professional improvisational comedians bring their own unique twist on improv to Dubuque as a brand new show comes to life right before your eyes. Like the TV show, “Who’s Line Is It Anyway,” Guys in Ties uses suggestions from you and your fellow audience members to set-up their hilarious bits. The show is great for all ages. Tickets are just $19. For tickets and information call 563-588-3377 or visit www.belltowertheater.net.

Big Boy Toy Show
Saturday, January 25, 10 a.m. - 6 p.m.
Sunday, January 26, 11 a.m. - 5 p.m.
Grand River Center, Port of Dubuque
TH Media hosts the tri-state’s big boy toy show and sportsman extravaganza at the Grand River Center in the Port of Dubuque. Key events at this year’s event include a wing eating contest, consignment auction, coconut tree climb, the Iowa Hawkeyes, gladiator joust, Lasershod, and A&E’s The American Hoggers. One-day passes are $7, weekend passes are $10; children under 12 are free with a paid adult admission. Visit www.bigboystoyshow.com.

Broadway’s Next Hit Musical
Thursday, January 30, 7 p.m.
Center for the Arts
U.W. Platteville, WI
Witness the only unscripted theatrical awards show. Master improvisers gather hit song suggestions from the audience and create a spontaneous evening of music, humor, and laughter. For tickets call (877) 727-1CFA or visit tickets.uwplatt.edu. For more information, visit www3.uwplatt.edu/cfa/psas.

Junior Achievement Bowl-A-Thon
Saturday, February 1
Cherry Lanes, Diamond Jo Casino
The Junior Achievement Bowl-A-Thon at Cherry Lanes in the Diamond Jo Casino. To participate, a $50 registration fee for each team of 5 bowlers is required. Each team’s fundraising goal for JA is $300. Please contact Kyle if interested in bowling or for more information. Kyle.Wehr@ja.org.

“RE: PURPOSE”
Putting reclaimed and recycled materials to good use through creativity.
Opening Reception, February 1, 6 - 9 p.m.
902 Main St, Dubuque
RE: PURPOSE is a workshop and exhibition for high school and college-aged artists with the purpose of raising environmental awareness by utilizing the potential of recycled and found materials to create art. Mentors and students will experiment with repurposing various types of media including plastics, paper, wood, found objects, and mixed media into creative works. Mentors and apprentices’ finished works will be displayed to the public in a group exhibition. The exhibit’s opening reception is scheduled for February 1st, from 6 - 9 p.m.. High school and college-aged artists who don’t attend the workshop may submit work to the exhibition. Any 2D, 3D or digital works that are created or contain recycled and found materials can be submitted by January 17. Entries will be juried by the DAAC’s mentors. Area high schools and colleges can bring art classes to visit the DAAC studio to speak with mentors and to see their work in progress for the exhibition. Entries may happen during school hours. Schedule appointments by email. For more information, visit www.daucollective.com or email us at salondbq@gmail.com.

Championship Bull Riding
February 7-8, 7:30 P.M.
Five Flags Arena
The wild action of Championship Bull Riding returns to the Five Flags Arena for it’s 12th big year on Friday and Saturday nights, February 7-8 at 7:30 p.m. About thirty bull riders will be in town to test their skills against bulls who weigh anywhere from 1,000 to 1,500 pounds, and for the cowboys who make the eight second buzzer with high scores, there’s a whole lot of glory and a wallet full of cash for the winners. For the second year, the public is asked to bring non-perishable food items for the St. Stephens Food Bank, to fill up the back of a Toyota truck which will be in the Five Flags building. $30.50, $22.50, and $19 tickets (plus fees) are on sale at Ticketmaster.com, or at the Five Flags box office. Child discount (12 and under) is half price. $5 discount coupons can be found at participating sponsor businesses.

Ice Golf Classic
Saturday, February 8, 10 a.m.
Mid-Town Marina, East Dubuque, IL
This February, St. Mark Youth Enrichment will again be hosting the Annual Ice Golf Classic. The event is scheduled for a 10 AM start on Saturday, February 8, 2014 at Mid-Town Marina in East Dubuque, Illinois. Each team will consist of four golfers, and this year registration is limited to the first 60 teams. The teams will golf an 18 hole
course constructed from snow, ice and old Christmas trees. In addition to the event, St. Mark will be holding a silent auction. Even those who are not interested in golfing are welcome to join in the event as there will be food, music, items to bid on, and fun throughout the day. Interested individuals can obtain a registration form and waiver directly from St. Mark Youth Enrichment’s website: www.stmarkyouthenrichment.org, or by contacting St. Mark’s Special Events Coordinator, Heather Moore at (563) 582-6211 Ext. 110 or hmoore@stmarkyouthenrichment.org.

An Evening of Chopin
Saturday, February 8, 7:30 p.m.
Grand Opera House
The historic Grand Opera House in Dubuque presents an evening of Chopin performed by acclaimed pianist Thomas Pandolfi, on Saturday, February 8 at 7:30 p.m. The young American pianist is an exciting virtuoso who is becoming more and more sought after by audiences worldwide and showered with superlatives by critics for his passionate artistry and amazing technique. In addition to a huge library of classical favorites, in the “Pops” genre, Thomas is considered a leading interpreter of the works of George Gershwin. All seats for the show are $20 ($12 under 21).

The Band Perry
“We Are Pioneers” World Tour
w/ Easton Corbin, Lindsay Ell
February 13, 2014
(TIX ON SALE 11/8/13, 10 AM!)
Five Flags Civic Center
Award-winning family trio The Band Perry today announced the WE ARE PIONEERS WORLD TOUR, their first worldwide headline arena tour in support of their heralded album, Pioneer. Fronted by Kimberly Perry and rounded out by her younger brothers Reid and Neil, the band has notched a string of hit singles, including the quadruple-platinum “If I Die Young”, “You Lie,” and “All Your Life” as well as the consecutive #1 hits, “Better Dig Two” and “DONE”, from their sophomore release PIONEER. They’ve also enjoyed sold-out headlining which debuted at #1 on the country charts and #2 on Billboard’s top 200. To date, their honors include multiple ACM, CMA, and CMT Music awards, as well as Teen Choice, AMA, ACA, Billboard Music Award and Grammy award nominations — all of which has cemented the sibling trio as one of the hottest acts in recent history.

An Evening of Chopin

Main Street Downtown Business Expo
Tuesday, February 11, 5-7 p.m.
Hotel Julien Dubuque
Dubuque Main Street’s trade show and networking event returns. This is the big super fun one with all the food and people in costumes. Don’t miss it!
Clarinetist Robert Spring
Friday, January 31, 7:30 p.m.
Clarke University, JansenMusicHall

Clarinetist Robert Spring, who has performed all over the world, will visit Clarke University for an Arts at Clarke event on Friday, Jan. 31.

The performance will be held at 7:30 p.m. in the Jansen Music Hall. Admission is $10 for general admission; free for the Clarke community.

Spring has performed as a recitalist or soloist with symphony orchestras and wind bands in the United States, Canada, Europe, and South America, and has been heard in the United States on National Public Radio’s “Performance Today.” He frequently serves as clinician and adjudicator, and teaches on the faculties of several summer music festivals. He has published numerous articles on multiple articulation and other contemporary clarinet techniques.

Spring attended the University of Michigan where he was awarded three degrees, including the Doctor of Musical Arts degree. He was recently awarded the “Citation of Merit Award” from the School of Music Alumni Society.

Beautiful Complexities
The Work of Priscilla Steele
Opening Reception
Friday, January 24, 6-9 p.m.
Gallery C, Schmid Innovation Center

Artist Priscilla Steele explores the most basic aspects of being human—the beauty, grace & power within. While much has already been drawn, painted, and sculpted by great, historic masters, Priscilla’s pursuit to find meaning in life presents us with a visual narrative of the intricacies of human existence. There is an elusive sense of “wholeness” that comes when in the work we see the complexity found in life.

Beautiful Complexities hosted by Gallery C, features mixed media drawings by Priscilla Steele. A collection of figurative pieces as well as botanical images will be on display. Meet the artist during the Opening Reception, Friday, January 24, 6-9pm at Gallery C. The show will run through March 2, 2014.

Priscilla Steele was raised in New Jersey, just outside of New York City. She attended University of Iowa where she received an MFA in printmaking. In 1991 she purchased, with her husband Craig, a century old building on the main street of Marion, Iowa and established a studio and gallery. Campbell Steele Gallery is now 23 years old- exhibiting art in all media. Priscilla has enjoyed teaching with the excellent faculty at Coe College in Cedar Rapids since 1995 and continues pursue studio work that focuses on figurative and botanical subjects.

All are invited and welcome to attend this exhibition, and to participate in the expanding art scene in the Millwork District. There is no charge and refreshments will be served.

Gallery C, Carolyn M, is located in the Schmid Innovation Center at 900 Jackson Street in Dubuque, IA. Main entrance doors are on Jackson St near 10th Ave. Be a part of the gallery’s monthly exhibitions that create dialog, engage the community, and enrich the experience of the arts in Dubuque.

two fisting it!

365

Bell Tower Theater
February 7 to 22, 2014

A Comedy by Michael Wilmot
Tickets $19
Early Bird Special 50% off
February 7th and 8th

Love Shack
February 7 - 22
Bell Tower Theater

The Bell Tower Theater, your hometown theater, is pleased to announce the first show of its 2014 Season, the Iowa premiere of the new comedy, Love Shack by Michael G. Wilmot and directed by Scott Mattison.

Sarah and Brandon are hoping a rendezvous at the Bird of Paradise Motel may put a little spice in their life. However,…. a little guilt, several misunderstandings and a meddling motel manager with “issues” make things a bit complicated. Perfect for Valentine’s Day, this charming new comedy will reaffirm your belief in love.

The production stars Chris Becker and Christine Sikula along with Scott Schneider and John Woodin.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city’s vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are Thursday evenings at 7:30 pm, Friday and Saturday evenings at 8 pm, and Sunday afternoons at 3 pm from February 7 to 22, 2014. February 7 & 8 are the Early Bird Special performances, tickets are just $9.50. Tickets for all other performances are $19. Thursday’s are Girls’ Night Out; all audience members get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit us online at www.belltowertheater.net.

50th Anniversary Celebration of The Beatles
Saturday, February 1, 7 p.m.
Grand Opera House

On February 9th, 1964, a mop-topped group of musicians from Liverpool appeared on American television and the face of popular music changed forever. Like many millions of music lovers, our freind Ralph Kluseman was one who’s life was forever touched by the Beatles. With this milestone anniversary approaching, Ralph, who also happens to be one of three states finest performers in his own right, has gather a group of like-minded Beatles fans to pay tribute to the fab four.

The 50th Anniversary of the Beatles appearing on the Ed Sullivan Show will be held at the Grand Opera House on Saturday, February 1, 2014 at 7:30 PM. Tickets are $15 for adults and $10 for anyone under 21. Proceeds from this show will be used to purchase a new digital sound board for the Grand Opera House.

You may purchase tickets at the Grand Opera House box office by calling (563)588-1305 or go online at: www.thegrandoperahouse.com. A splendid time is guaranteed for all!

www.Dubuque365.com
2014 Community Block Party
Friday, February 7, 4-7 p.m.
Roshek Building, 700 Locust Street, Dubuque

Last year, staff at the Community Foundation of Greater Dubuque wanted to celebrate the organization’s 10th anniversary by hosting a great event in honor of community, nonprofits and philanthropy.

The result was the Community Block Party. On Friday, February 1, more than 80 nonprofits presented fun, interactive booths in the historic Roshek Building lobby while the Bell Tower Theater, Dubuque Chorale and other performers entertained on a central stage. Nearly 2,000 community members streamed through the doors to learn about nonprofits and vote for their favorites to win grants.

Community members and nonprofits alike were thrilled with the Block Party, which filled a unique space in the local event landscape and earned Dubuque Main Street’s Best Special Event of 2013 Award. While Dubuque summers overflow with festivals, winter gatherings are few and far between. The Block Party was an opportunity for community members to escape from winter hibernation by joining friends, families and colleagues for a celebration of local nonprofits in a beautiful setting.

Based on last year’s success, the Community Foundation decided to make the Block Party an annual affair, with the 2014 event slated for Friday, February 7 from 4-7 p.m. This year the celebration will fill the first three floors of the Roshek Building with new offerings including an interactive space for kids and refreshments in the Community Foundation’s new McCarthy Center for Nonprofit Learning. Community members will again have the opportunity to vote for their favorite nonprofits to win $1,000 grants or iPad minis for their organizations.

“The Community Block Party is an event for everyone—nonprofits, community members, donors, volunteers,” said Kari McCann, Community Foundation of Greater Dubuque Director of Philanthropic and Nonprofit Partnerships. “The event builds energy and excitement to highlight the good work these organizations are doing each day.”

The Community Foundation will also be announcing recipients of the annual Community Impact Grants and offering a sneak peek of Great Give Day, a 24-hour, online giving day taking place on May 6. (Visit www.GreatGiveDay.org for more information.)

For Block Party details and updates, “like” the Community Foundation on Facebook (www.facebook.com/dbqfoundation) and follow on Twitter at www.twitter.com/dbqfoundation (#DBQBlockParty). You can also visit the Foundation’s website at www.dbqfoundation.org/BlockParty.
**The King’s Singers:**

The Great American Songbook

Monday, February 3, 7:30 p.m.

John and Alice Butler Hall
Heritage Center, Univ. of Dubuque

One of the world’s most celebrated a cappella vocal ensembles will present a special program including the music of Harold Arlen, George Gershwin, Cole Porter, and Irving Berlin, as well as some of America’s best known spirituals. The King’s Singers are instantly recognizable for their spot-on intonation, impeccable vocal blend, flawless articulation of text, and incisive timing and attentiveness to their art. A free 6:30 p.m. pre-show lecture will take place in the Babka Theater for those interested.

In conjunction with this performance, the University of Dubuque will be hosting the first annual Adrian Choral Festival. The festival will include choral rehearsals, sectional rehearsals, optional voice lessons, and a master class with the King’s Singers. Festival participants will be drawn from among the best high school singers in Dubuque and surrounding area high schools. Participants will also be afforded the opportunity, along with the UD Concert Choir, to share the stage with the King’s Singers for a portion of the concert.

Tickets are $40-44 for adults and $22 for children and students. For more information or tickets, visit the Farber Box Office Mondays-Fridays, 12:00-5:30 p.m. at the Heritage Center, call (563) 585-SHOW, or visit www.dbq.edu/heritagecenter.

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**George & Gracie, Now & Then**

Saturday, January 18, 7:30 p.m.
Sunday, January 19, 2 p.m.

Grand Opera House, 135 W. 8th st.

George & Gracie Now & Then is an original comedy written by Vince Williams, one of Dubuque’s best known actors, playwrights and a Hall of Fame teacher from Hempstead High School. The show is a nostalgic blend of music, vintage George Burns & Gracie Allen vaudeville routines, radio scripts and delightful new material written in their style by Williams.

Act one takes the audience back to the days of vaudeville and radio with funny banter, sight gags and comedy routines surrounded by a variety of musical numbers including Abba Dabba Honeymoon, I’m Just Wild About Harry, Anytime, Give My Regards to Broadway, Ain’t We Got Fun, and funny parodies of Memories and In The Shade of the Old Apple Tree plus the old favorite Let Me Call You Sweetheart. It closes with a stirring patriotic medley of Yankee Doodle Dandy, You’re a Grand Old Flag and God Bless America.

Act two brings the Burns & Allen wit into the 21st century with contemporary comedy in the Burns & Allen style and clever musical numbers like The Farmer Buys a Dell and Give My Regards to Blu-Ray. The show closes with Williams performing Burns’ hit record I Wish I Was Eighteen Again.

Vince Williams portrays George Burns and Britni Farber plays his daffy wife, Gracie Allen. Other stars from the Burns & Allen radio/TV days include Thomas Eckermann as Gale Gordon, Brian Ensign as Bill Goodwin, Colleen Walker is Bea Benaderet and Jeremy Heesen as Toby Reed. The featured vocal group is Laura Bayless, Sophie Manternach and Lizzie Schroeder. Ryan Decker is Assistant Director and music for the show was orchestrated and digitally recorded by Paul Hemmer.

The show runs Saturday, January 18 at 7:30 and Sunday, January 19 at 2:00 pm. Tickets are $20 in advance ($22 at the door) for adults and $12 under 21. They’re available at the Grand box office Mon-Fri 12 noon to 4 p.m.; by phone at 563-588-1305 or 588-4356 and on-line at www.thegrandoperahouse.com.
someone’s getting an on-stage spanking.

50 Shades! The Musical
Five Flags Theater
Fri Feb 7, 2014
7:30 p.m.

Have a Mom’s Night Out!
Groups of 10 or more get 10% discount
Call Box Office 563-589-4258

Tickets On Sale Now!

50 SHADES! THE MUSICAL is not associated with, endorsed or authorized by E.L. James or Vintage Books

It opens with a ladies book club deciding to read Fifty Shades of Grey. Through their interpretation of the novel, the audience is led on a hilarious roller coaster ride of this unlikely bestseller. The show is full of dance numbers, 11 original songs and a live band backing the performance. Original songs include “They Get Nasty”, “I Don’t Make Love”, and “There’s a Hole Inside of Me”.

Reserved seats tickets are $49, $39, and $29 (plus service fees). Groups of 10 or more receive a 10% discount. Get tickets online at fiveflagscenter.com or ticketmaster.com.

Fly By Night presents:
Waiting for the Parade
January 24-February 1
Five Flags Center

Set in Calgary during World War II, “Waiting for the Parade” reminds us that the wounded are not always at the front. Five women gather to work for the war effort while the men they love are away.

This award-winning play has been produced to great acclaim in London, New York, and at Chicago’s Steppenwolf Theatre. Music of the era rounds out this heartwarming play, enthusiastically described as a “small masterpiece.”

Directed by Mary Auman, the performers include Holly Richey Heitzman, Lynda Eigenberger, Stephanie Bussan and Whitney Arnold.

Performances will be staged in the Five Flags Center’s Bijou Room Theater on January 24, 25, 31, & February 1 at 7:30 p.m., as well as January 26 at 2 p.m. Tickets are $15, available online @ ticketmaster.com, call 1-800-745-3000, or visit Five Flags box office. Tickets also available at the door 1 hour prior to performance (cash only). For more info, check out our website: flybynightdubuque.com.

Waiting for the Parade
Presented by Fly By Night Productions

written by John Murrell
Directed by Mary Auman
Bijou Room, Five Flag Center
January 24, 25, 31, and February 1, 2014 @ 7:30 p.m.
www.Dubuque365.com

With sold-out audiences in Chicago and New York screaming for more, and a hit run at the Edinburgh Fringe Festival with a 4-star review, 50 Shades! The Musical - The Original Parody is premiering in Dubuque, IA at Five Flags Theater on February 7, 7:30 p.m.

The Fifty Shades of Grey trilogy has sold more than 32 million copies in the United States alone and a 2015 Universal Pictures feature film release is sure to be a cinematic blockbuster. A sexy, hilarious romp, 50 Shades! The Musical, is a laugh out loud night of fun that audiences won’t want to miss!

Like the book series, the performance is surely not for those under the age of 18, but does not cross boundaries that would make general audiences squirm. 50 Shades! The Musical is not associated with, endorsed or authorized by E.L. James or Vintage Books. For more information, please visit: www.50ShadesMusical.com.

Reserved seats tickets are $49, $39, and $29 (plus service fees). Groups of 10 or more receive a 10% discount. Get tickets online at fiveflagscenter.com or ticketmaster.com.
It's not uncommon to dream about taking the reins of your own life. Most people entertain the fantasy but to take the leap and make the dream a reality can be a rare thing indeed. But that is exactly what Matt and Mike Blaum did about two years ago when they each left successful careers to start a business together.

Last month, the first fruits of their efforts were shared with the world with the grand opening of the Blaum Bros. Distilling Co. along Highway 20 on the east edge of Galena. A craft distillery, Blaum Brothers is making small batch vodka, gin, moonshine and whiskeys, including bourbon, rye, and malt whiskey. Except for the malted barley, which comes from Wisconsin, all the other grains the Blaum brothers use — rye, wheat and corn — come from Jo Daviess County. Galena’s only distillery, Blaum Bros. rekindles a tradition that disappeared nearly 75 years ago with the closing of Jo Daviess County Distillery in 1940.

365 shared a cocktail with the Blaum Brothers (hard work, but somebody’s gotta do it) to learn more about the operation and how they got their start in the business.

“Well, we each have ten years of distilling experience,” deadpans Mike Blaum, “Nah, I’m just kidding. A lot of people ask us, ‘You guys have distilled before?’ No. We both had completely different careers and we were doing fine and were happy, we just always had in the back of our minds, ‘What if we moved our families back together in the Midwest and opened up a family business?’ We just never knew what we wanted to do. Our backgrounds are quite different.”

Different indeed. Matt had been working in the nuclear medicine field for about a decade, most recently in the Chicago area, while Mike had been doing IT work for the US Department of Defense in the UK for the last four years. But while in Britain, Mike developed a deep appreciation of Scotch whiskey, learning about its production and even leading a local whiskey society.

“The brothers had long talked about opening a family business together but with diverse careers, not to mention the geographic distance between them, the idea seemed more like a dream. Gradually, they began to entertain the idea to become distillers and both began doing research toward that end. Though armed with more knowledge, at least theoretically, neither had actual experience so starting a distilling business seemed like a pretty big leap.

“We eventually just drew a line in the sand and said, ‘Let’s either do it for the next 30 years or talk about it for the next 30 years,’ said Mike Blaum.

Once they began, Matt says they’ve found mentors in the craft distilling community who have helped them along but the hands-on training has taught them the most. “You learn the most from just jumping in and figuring it out,” states Mike.

“Like he said, we didn’t come from a long line of distillers,” adds Matt. “We didn’t do it in our garage at home. If you want to learn to ride a bike, if you want to learn how to play guitar, you go and you learn how to play a guitar, so that’s kind of what we did. We wanted to learn how to distill.”

It’s not actually all that common for new craft distillers to have experience before they go into business, unless they’ve been making illegal moonshine. “It’s a lot of people who don’t have experience because it’s highly illegal to do it at home and it’s fairly unsafe, if you don’t know what you’re doing,” explains Mike. “So from when we drew that line in the sand and said, ‘Okay, let’s jump in head first,’ it was just dig in, do research, get hands-on experience and we’ve had two years of that.”

“If everything here has gone smoothly or according to plan,” admits Mike, “but we’ve come a long way in just the last two months. We’re pretty happy.”

While the Blaum Brothers are originally from the Midwest — they were born in Illinois and grew up near Chicago and in the Quad Cities — they’ve lived all over in pursuing their former careers, Mike in Texas, Maryland, and England; Matt in Arizona, Colorado, Germany, and Chicago. So why open a distillery in Galena?

“Mike and I had always wanted to have a business together,” explains Matt, “so really, when we looked at Midwest...
locations, Galena was a clear winner for three main reasons: One, is the history. It’s not a boring town by any means. There’s just boatloads of history here. Two, the tourism is an obvious thing. 1.5 million tourists annually in this town is something you can’t ignore.”

“It was actually so obvious why to do it that we actually started wondering, ‘What are we missing?’” interjects Mike. “There’s nobody else (other distilleries) there yet. There’s got to be some reason and that’s when he went and presented to the City Council and we figured we’d find that reason then and they welcomed us with open arms. Once he (Matt) planted that flag back in August of 2012, we had all these other potential distillers come to us and say, ‘Oh, WE were going to open in Galena. That’s the perfect place to open a distillery.’ We haven’t found any negative reasons yet.”

“It’s funny, I went and presented to the City Council and they said, ‘Wow, that sounds like a great idea. We’d love to have you in town here,” recalls Matt. “So I just immediately made up a Facebook page. That was all we had, the City Council going, ‘Hey, good idea guys.’ We didn’t have a building.” “We weren’t even an LLC or a business at that point,” adds Mike.

“As it turns out, we planted the flag at just the right time as there were a bunch of other people who were looking at doing this here,” continues Matt. “Oh, and the third reason is family. It’s a great place to raise a family. We wanted our kids to all go to school together. We’ve lived in a bunch of cities and whatnot, and Galena’s just a great place to raise a family.”

With an idea set in motion and a welcoming community, the brothers needed a building. A priority for any business, it was especially urgent, as they had already ordered a custom-made still from Germany. As Matt was the first to arrive in the Galena area (about a year ago, with Mike arriving last June) he began the search for a location but finding nothing suitable. After an article in the Galena Gazette, the owners of a building along Highway 20 called, asking if the brothers might want to look at it. The 10,000 square foot location proved to be just what they were looking for.

Using local contractors and materials whenever possible, the brothers remodeled the building into a distillery that includes a production area and barrel room in back with a retail store and a comfortable 3,000 square foot tasting room in front.

The largest space is the bright and open production room, which contains everything needed to make spirits. “Pretty much everything’s made right here,” said Matt while giving us a tour. The space contains a mill to grind grain, five stainless steel fermenters, and the focal point of the operation, the striking stainless steel and copper still.

“It’s a hybrid still from Germany,” explains Matt. “We had it custom made to our specifications so we could make multiple products on one still. Instead of having two separate stills...
we kind of put two stills into one. For vodka, we run through these two columns but for whiskey we don't need the columns so that's where, typically, there are two different stills. We actually just ran pipes so that we could just bypass the columns and go straight into the condenser. We can make pretty much all the products we want to on this. We waited about a year for this to finally get here from Germany.”

Once distilled, whiskeys are placed in charred oak barrels for aging while vodkas and other un-aged spirits are filtered and bottled. Everything is bottled on site.

"We bring in local volunteers who come in and do bottling parties," says Matt. “We order in some pizzas, pour some vodka and slap some labels on bottles. It’s pretty fun. It’s better than buying a $30,000 bottling machine, for two reasons: One, I don’t want to spend $30,000 and two, it’s a lot of fun when everybody comes in and we just crank up the tunes and have a good time. Everyone has fun with it and they all become brand ambassadors for us, too. They go home and they start telling people about it. The first time we did it, the next day I just saw Facebook explode with pics of all the ladies that were here helping. It’s a win-win.”

Next to the main production room and behind the tasting room is the barrel room for aging various whiskeys. “We can eventually fit 500 barrels,” notes Matt. “Side note: This room we’re aging whiskey in used to be the Mormon Church of Galena. It’s an interesting fun fact.” The brothers currently have three whiskeys aging in the barrel room, rye whiskey, bourbon, and malt whiskey, which will be in the style of a single-malt Scotch whiskey.

“We’re making, basically, those three whiskeys,” explains Matt. “We’re also making vodka (pictured above), gin, and moonshine. And we’re doing some different fun things like some flavored moonshines. We’re going to do a barrel-aged gin, which I’m pretty excited about. We’ll take our empty bourbon barrels and age gin in them for a while. That’s the best thing about being craft (distillers) is we can screw around and do some fun things. We’re not limited to big distribution deals. We can just come in one day and if I say, ‘Hey Mike, you want to make strawberry vodka?’ “Sure,” (Mike replies, hypothetically.) We’ll just throw a bunch of strawberries in the still and see what happens. That’s the best part of it.”

While the brothers have vodka available for sale now and are aiming for a mid-February release for their gin, the previously distilled whiskeys need more time, aging in oak barrels to develop their distinctive character. How long does that take?

“The easy answer is: We’ll stop aging when it’s ready,” chuckles Matt. He explains that some of their smaller, 30-gallon barrels might be ready in 12 or 16 months with the larger 53-gallon barrels taking a bit longer. “So we should have something brown here in a year or year and a half,” he continues. “But most of these, like the malt whiskey there, we haven’t decided it. That might be a five-year barrel,” he estimates, pointing to the oak cask. “That one right there might be a ten-year barrel.”

Though having a single still that can be used for a variety of spirits offers flexibility, it also means the equipment and staff are kept busy in production. At the time of our interview, the brothers were finishing a run of vodka, their third, and planning on making more whiskey to fill more barrels, followed by gin. “Our gin is really, really exceptional,” grins Matt. “We’ve made some, we’ve had some feedback already and we’re super excited about it.”

Blaum Brothers’ Gin promises to be a new favorite among area gin drinkers. “We’re probably one of the only places actually making gin this way,” observes Matt. “We started off trying to make a blockbuster gin. We both love gin and we wanted to make something really exceptional so we decided to reverse-engineer gin. We picked a bunch of botanicals we thought we might want to use and we made separate runs of gin with each botanical so we had a selection of one-botanical gins – gin with only juniper, only fennel, only coriander. Then we started mixing them together and we finally identified the five we wanted to use.”

Once they narrowed the field to five, they began to experiment with various ratios, mixing and
tasting various blends. “Finally, after a month and a half of experimenting, we found the perfect mix and we decided that was it,” Matt continues. “We got the botanicals, multiplied the ratios, put them in the still to replicate it. We tried nine different methods and couldn’t replicate it. We tried putting some of them right in the pot. We tried putting some of them up in botanical basket. We tried a bunch of different things and we couldn’t replicate it. So then we decided to take the highly inefficient and more expensive way of making gin. We’re going to compound gin, which is the old apothecary style. Basically, we’re making five separate runs of gin with one botanical each and then we’re going to mix them on a larger scale. It’s not the most efficient way to make gin but we were thrilled with the first gin we made … we made something that was close in the still but it wasn’t it. We want to turn heads.”

In addition to the highly refined gin, the brothers will also be making a clear spirit more associated with hillbillies – 100 proof moonshine, which they will bottle in mason jars. “That’s a big thing nowadays,” notes Matt. “We’re kind of having fun with it.”

Unlike whiskey and vodka that have specific definitions in terms of their ingredients and/or process, “moonshine” is a less defined term, Matt explains, “When you hear ‘moonshine’ it’s really the stuff that’s made illegally out in the sticks but it’s become a very loose term. Basically, what we’re making is un-aged whiskey but you can’t really call it whiskey until it hits the inside of an oak barrel. You can call it ‘white lightning,’ ‘moonshine,’ there are a bunch of different terms.”

We’re making, basically, those three whiskeys,” explains
He admits that some of the current popularity of moonshine is probably due to the reality TV shows following modern day moonshine makers. “It’s fun,” he admits. “It’s a fun product. We’re not just making it because it’s selling. We’re making it because it is kind of fun to make. Any party lights up when somebody pulls out a jar of moonshine.”

As the Blaum Brothers introduce new products to their line, they will all be available for purchase in the retail store and can be sampled at the copper-topped tasting room bar. A recent change to Illinois law has relaxed regulations around distillery tasting rooms, allowing the brothers to offer a range of cocktails mixed with their own spirits, provided they include no spirits from other makers. Prior to March 2013, the state of Illinois only allowed three separate quarter-ounce spirit tastings per visitor.

Matt explains that they are trying to find cocktails that are a little bit out of the ordinary to offer in the tasting room. “Just yesterday, we had about 20 different gin cocktails lined up here. We were experimenting, choosing some new gin recipes for cocktails. It’s a tough job,” he jokes. One favorite that came out of the experiment was a Foghorn, which is similar to a Moscow Mule, but made with gin instead of vodka.

Both Matt and Mike report that the response to their opening and their first products has been overwhelming positive. Being primarily whiskey and gin drinkers, they weren’t sure that vodka drinkers would like their creation, anxiously watching from the wings as their wives would pour samples for customers.

“The worst was when this guy came in from Chicago,” recalls Mike, “really nice guy but everyone else had been ordering cocktails and he said, ‘I’m a vodka guy. I drink vodka and I drink it straight. Pour me a glass.’ That was the ‘oh sh*t’ moment. Oh crap, here we go! He tasted it, there was that pause and he looked up and he said, ‘This is phenomenal.’ He was the first real vodka person who loves it but that just kept happening. We thought, ‘Maybe it is good.’ We weren’t really into vodka. We’ve had people say, ‘What would you compare this to?’ We just make it. We don’t really know what it compares to.’

“A lot of distilleries will import neutral spirit, they’ll filter it and bottle it and call it their vodka,” notes Matt. “We’re just so happy with the way this turned out with the grains we’re using, we’re just going to keep doing it the way we’re doing it.”

Apparentely, their dedication to the craft is working. “We even had a Russian gentleman come in and rave about our vodka,” shares Matt. “He came back the next day and bought more. He actually said it was the best vodka he’s ever had.” “He said he’d split a bottle with his friend last night, ‘No headache today!’” adds Mike.

The brothers attribute their vodka’s “low impact” to their filtration method, running it through multiple activated carbon filters for 14 hours. The brothers are also experimenting with some different liqueurs to expand the range of products offered but also to have more possibilities for mixing cocktails in the tasting room. They expect their portfolio will expand significantly by this fall with the staggered release of different styles through the year. They will start distributing in Illinois in March and are investigating distribution in Iowa, hopefully by this summer.

“So basically, we’re just having fun,” says Matt. “This is our job now.”

Visit Blaum Bros. Distilling Co. at their facility at 2380 Highway 20 (on the east edge of Galena) open daily for tours and tasting, Monday through Friday from 10 a.m. to 5 p.m., and Sunday from noon to 4 p.m. Blaum Bros. will also have a table at the Dubuque on Ice Brewfest at Mystic Ice Arena on February 15.

www.Dubuque365.com
Now Showing @ MINDFRAME

Friday, Jan 17 - Thursday, Jan. 23

Devil's Due (R)
Fri - Thu: (12:30), (2:30), (5:10), 7:35, 9:40

Jack Ryan: Shadow Recruit (PG-13)
Fri - Thu: (11:45 AM), (2:00), (4:25), 7:10, 9:20

The Nut Job (PG)
Fri - Mon: (11 AM), (1:00), (3:00), (5:00), 7:00, 9:00
Tue - Thu: (1:00), (3:00), (5:00), 7:00, 9:00

August: Osage County (R)
Fri - Thu: (12:45), (4:00), 6:30, 9:30

Lone Survivor (R)
Fri - Thu: (11:30 AM), (2:25), (5:00), 7:30, 9:55

Inside Llewyn Davis (R)
Fri - Mon, Wed - Thur: 6:55, 9:10, Tue: 9:10 PM
Frozen (PG)
Fri - Thu: (12:00), (2:10), (4:30)

Coming to Theaters:

Jack Ryan: Shadow Recruit (PG-13) (Jan 16)
The original story, written by David Koepp, follows a young Jack (Chris Pine) as he uncovers a financial terrorist plot. Directed by Kenneth Branagh

Ride Along (PG-13) (Jan 16)
Kevin Hart and Ice Cube star. When a fast-talking guy joins his girlfriend’s brother—a hot-tempered cop—to patrol the streets of Atlanta, he must survive the most insane 24 hours of his life.

Labor Day (PG-13) (Jan 31)
13-year-old Henry Wheeler, who struggles to be the man of his house and care for his reclusive mother while confronting adolescence. Kate Winslet and Josh Brolin star.

Movie Buzz

Coming off a Golden Globe win for Behind the Candelabra, Michael Douglas has officially joined Marvel’s Ant-Man, signing on to play scientist and original Ant-Man Hank Pym.

Paul Walker’s future roles will be filled by James Marsden in Nivholas Sparks’ The Best of Me opposite Michelle Monaghan while Rupert Friend gets Agent 47, based on the Hitman video game.

Quentin Tarantino’s next film is a Western called The Hateful Eight, an apparent nod to The Magnificent Seven, and star Q.T. favorite, Christoph Waltz and Bruce Dern.

Michael Fassbender, Hugo Weaving, Girls’ Adam Driver, and Breaking Bad’s Jesse Plemons are the latest group of actors to join Star Wars: Episode VII’s painfully-long opening crawl of casting rumors.

20th Century Fox bought the Rights to David Suarez’s upcoming novel, Influx, a sci-fi thriller that imagines there’s a secret agency going around stealing away any and all possibly-disruptive new technologies as they arrive.

Though Dawn of the Planet of the Apes doesn’t hit theaters until May, 20th Century Fox has reportedly already hired director Matt Reeves back on to return for yet another sequel.

In Cobbler, Adam Sandler will play a man who can magically step into the figurative shoes of the people whose literal shoes he’s repairing. The indie drama comes from Station Agent writer-director Tom McCarthy.

With his robot apocalypse postponed indefinitely, Steven Spielberg is eying Montezuma, an unused script from the late Roman Holiday and Spartacus screenwriter Dalton Trumbo. Schindler’s List writer Steve Zaillian is re-writing the 50-year-old script. Javier Bardem replaces Kirk Douglas. Seriously.
Thursday, January 16
Simply Marty, Grape Escape, 7 PM
Dueling Pianos
Mississippi Moon Bar, 8 PM
Jazz Night with 'Round Midnight Trio
Monk's Kaffee Pub, 8 PM
Campfire Kings
The Cornerstone, 8:30 PM
Whistle Pigs, Eronel, 9 PM

Friday, January 17
John Moran
Stone Cliff Wine & Beer Bar, 7 PM
Broken Strings
Dubuque Driving Range, 7 PM
Broken Rubber Band
Galena Brewing Co., 7:30 PM
Meghan Davis
Frank O'Dowd's Pub, 7:30 PM

Saturday, January 18
D.S.O. Ultimate Rock Hits
Mississippi Moon Bar, 8 PM
Steve Cavanaugh & Randy Droessler
Spirits, 8 PM
Bill Melton, Keil's Tavern, 8 PM
Luke Dobson, Grape Escape, 8 PM
Ethan Keller, The Cornerstone, 8 PM
Roy Schroedl
Woodlands, Eagle Ridge, 8 PM
The Matriarchs, The Lift, 9 PM
Dirt Simple, Nate Gordon, Tim Goral
etonel, 9 PM
Aaron Williams & The Hoodoo
Murph's South End Tap, 9 PM
Brown Bottle Bandits, Jumpers, 9 PM
Danny Whitson, Northside Bar, 9 PM
Mighty WheelHouse
Sandy Hook Tavern, 9 PM

Sunday, January 19
Casey Klein, Sundown, 2 PM
Gregory James
Stone Cliff Wine & Beer Bar, 7 PM
Missbehavin'
Galena Brewing Co., 7:30 PM
Meghan Davis
Frank O'Dowd's Pub, 7:30 PM
Remembering Red: Tribute to Red
Skelton, 7 PM
Club 84, 9 PM
Mississippi Moon Bar
The Lately, 8 PM, Renegade, 9 PM
Northside Bar
Buzz Berries
Dubuque Driving Range, 8 PM
Andrew Houy, The Cornerstone, 8 PM
The Lonely Goats, Grape Escape, 8 PM
Roy Schroedl
Woodlands Lounge, Eagle Ridge, 8 PM
Fire Retarded, Lines, etonel, 9 PM
Fly Paper, The Lift, 9 PM
Swamp Cats, Dirty Ernie's, 9 PM
Ignighter, Persactly, 9 PM
Laura McDonald & Jeff Weydert
Skinny Maginny's, 9 PM
Push N Brew, Corner Tap, 9 PM
Taste Like Chicken
Hammerheads, 9:15 PM
twang Dragons
Sandy Hook Tavern, 10 PM

Tuesday, January 21
New Voices: Open Mic
Mystique Casino, 8 PM
Rendezvous Coffee & Tea, 6:30 PM
L.A. Sue, Riverboat Lounge, 7 PM
L.A. Sue, Riverboat Lounge, 7 PM
Steve Grismore Jazz Trio
The Cornerstone, 8 PM
L.A. Sue, Riverboat Lounge, 7 PM
My God, The Heat, Civil Soldier, American Dust
etonel, 9 PM
Borrowed Bicycle, The Lift, 9 PM
The Fast Clydes, Jumpers, 9 PM
Matt McPherson, Keil's Tavern, 9 PM
Crude But Effective, Persactly, 9 PM

Saturday, January 25
Roy Schroedl
Stone Cliff Wine & Beer Bar, 7 PM
Salute to the Stars: An Evening with Shania & Cher
Mystique Casino, 8 PM
Frankie Lee & Richard Wiegel
Galena Brewing Co., 7:30 PM
Sam Wyatt
Frank O'Dowd's Pub, 7:30 PM
Starship Featuring Mickey Thomas
Mississippi Moon Bar, 8 PM
Chase N Grace
Dubuque Driving Range, 8 PM

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Mr. God The Heat, Tired Hands, American Dust
Brenau, Friday, January 24, 10 PM
Upon the breaking of his arms, half the band went one way and half the band went the other way. One of those ways resulted in the formation of Tired Hands. What wasaccuracy of "the finest" Pinnas sound-punk rock shifting into country earning praise for a soundtrack and harmonies, humor has carried on through to Mr. God the Heat, creating the same raw, rustic party atmosphere that earned the band a following. Along with them will be local punk rock duo Tired Hands (formerly associated with people with a different drummer under the same Reid Blehers) and long-running Michigan rock band American Dust. See Cover.

Borrowed Bicycle
The Lift, Friday, January 24, 9 PM
Borrowed Bicycle is a five-piece garage ensemble that has been based around hook, Funk, Punk, Indie, Garage, and Garage. Eye candy is the name game here. Posts and shows are the norm. The band displays a new age approach to a sibling sound. The expression of the drums are absolutely安排化, but the back and front is arranged. Imagery, music, and songwriting is where we push this way through the noise and create the sound. See Cover.

Case The Joint & J-Remy Birthday Bash/imperfekt, Farroh, D-bros, D-Jevity
Brenau, Saturday, January 25, 10 PM
Combining forces for the sake of sound, hip hop hoppers everywhere is Case The Joint and J-Remy's birthday celebration with live performances from the birthday boyz, Imperfect, Farroh, D-bros. It's J-Remy's big day to be seen, so
TRI-STATE LIVE MUSIC
...continued from page 19

Saturday, January 25
Cranes/Vultures, The Cornerstone, 8 PM
Jason Ray Brown, Grape Escape, 8 PM
CaseTheJoint, J-Remy, Imperfekt, Farroh, D-Broz, DJ Jevity
Erone, 9 PM
Adam Beck, Spirits, 9 PM
Half-Fast, Denny’s Lux Club, 9 PM
Awesome Sauce, Northside Bar, 9 PM
Johnny Rocker Band, Gibby’s Birthday Bash, Shenanigans, 9 PM
Hot Mess, Eichman’s, 9 PM
Brown Bottle Bandits
Dagwood’s, 9 PM
Better Than Good Enough
R Place, 9 PM
Crude But Effective
Embe Eatery, 9 PM
Six Shots 'til Midnight
Sandy Hook Tavern, 10 PM

Sunday, January 26
Open Mic with Scott Rische
Grape Escape, 12 PM
Open Mic with Matt Meyer
The Cornerstone, 2 PM
True Colors, Stone Cliff, 3 PM
The Lonely Goats
Sandy Hook Tavern, 6 PM

Monday, January 27
Miss Kitty Quiz Show
Grape Escape, 8 PM
The Lonely Goats
True Colors, Stone Cliff, 3 PM
Open Mic with Matt Meyer
Grape Escape, 12 PM
Sunday, January 26

Tuesday, January 28
New Voices: Open Mic
Rendezvous Coffee & Tea, 6:30 PM
Castaneda & Healy
Riverboat Lounge, 7 PM
Open Mic with Jeff & Jimmy
The Cornerstone, 8:30 PM

Wednesday, January 29
Acoustic Jam with Garrett Hillary
The Cornerstone, 6:30 PM
Ben & Andrew
Riverboat Lounge, 7 PM
Laughing Moon Comedy
featuring Erin Foley
Mississippi Moon Bar, 8 PM
Open Mic with Dave, Cricket, & Tim
The Lift, 9 PM

Saturday, January 30
Fever River String Band
Grape Escape, 7 PM
Dueling Pianos
Mississippi Moon Bar, 8 PM
Jazz Night with
‘Round Midnight Trio
Monk’s Koffee Pub, 8 PM
Open Mic with Jeff & Jimmy
The Cornerstone, 8:30 PM

Friday, January 31
Garrett Hillary
Galena Elks Lodge, 6 PM
Brown Bottle Bandits
Mystique Casino, 7 PM
Broken Strings
Stone Cliff Wine & Beer Bar, 7 PM
Wundos
Dubuque Driving Range, 7 PM
Corey Jenny, Perfect Pint, 7 PM
Jon Conover
Frank O’Dowd’s Pub, 7:30 PM
Fizgig
Mississippi Moon Bar, 8 PM
Boys Night Out, Spirits, 8 PM
Joe & Vicki Price, Keil’s Tavern, 8 PM
Johnny Rocker Duo
Grape Escape, 8 PM
Andy Willdering
The Cornerstone, 8 PM
Kent Burnside, The Lift, 9 PM
A Bizarre Gardening Accident
Northside Bar, 9 PM
Renegade, Sandy Hook Tavern, 9 PM

Saturday, February 1
Gregory James, Sundown, 2 PM
Danika Holmes
Stone Cliff Wine & Beer Bar, 7 PM
Country Tradition
Mooney Hollow Barn, 7 PM
Andrew Housy
Galena Brewing Co., 7:30 PM
Jon Conover
Frank O’Dowd’s Pub, 7:30 PM
Club 84
Mississippi Moon Bar, 8 PM
Open Mic
Dubuque Driving Range, 8 PM

Sunday, February 2
Open Mic with Scott Rische
Grape Escape, 12 PM
Open Mic, The Cornerstone, 1:30 PM
Denee & Rory
Stone Cliff Wine and Beer Bar, 3 PM
Jason Ray Brown, Sandy Hook, 6 PM
Miss Kitty Quiz Show, Grape Escape, 8 PM

Wednesday, February 5
Acoustic Jam, The Cornerstone, 6:30 PM
Laughing Moon Comedy
featuring Erin Foley
Mississippi Moon Bar, 8 PM
Open Mic, Acoustic Jam, The Cornerstone, 6:30 PM

Saturday, February 1
Gregory James, Sundown, 2 PM
Danika Holmes
Stone Cliff Wine & Beer Bar, 7 PM
Country Tradition
Mooney Hollow Barn, 7 PM
Andrew Housy
Galena Brewing Co., 7:30 PM
Jon Conover
Frank O’Dowd’s Pub, 7:30 PM
Club 84
Mississippi Moon Bar, 8 PM
Open Mic
Dubuque Driving Range, 8 PM

Zero 2 Sixty, Six Shots 'til Midnight, Half-Fast
The Surf Golf & Sports Club, 8 PM
Johnny Rocker Trio
Grape Escape, 8 PM
The Diplomats of Solid Sound
featuring The Diplomettes
erone, 9 PM
Taste Like Chicken
Spirits, 9 PM
Joe & Vicki Price
Murf’s South End Tap, 9 PM
Jabberbox
Denny’s Lux Club, 9 PM
Playground of Sound Jumpers, 9 PM
Ignighter, Northside Bar, 9 PM
Hot Mess, Jimi B’s, Leisure Lake, 9 PM
Buzz Berries, Budde’s, 9:15 PM
Aaron Williams The Hoodoo
Sandy Hook Tavern, 10 PM

The festivities kick off on Saturday, February 1 at 8 p.m.
with a Bud Light welcome reception followed by Bud Light
prize giveaways. At 9 PM the Bud Light Platinum Club
will open. The Platinum Club will be open for all
VIP’s and the general public featuring DJ music and Dancing
in a night club atmosphere.

The weekend will conclude with a Super Bowl Party
held at the Mystique Casino. The VIP’s will receive access
to a complementary buffet and Bud Light deals, while
watching the Super Bowl on 30 available TVs. All are wel-
come to join the Super Bowl pre-game party at the Mys-
tique Casino, starting at 1 PM, including music, games, and
giveaways. Throughout all events, guests will have the
opportunity to win prizes, take photos with the Bud
Girls, and receive Bud Light specials.

Please Note: VIP passes are only allotted to the sleepover
package winners, but 7G Distributing and their sponsors
would like to invite the public to attend both the live
music on Saturday night starting at 9 PM, as well as the
Super Bowl Pre-Game party at TPC on Sunday from 1-4.

Haven’t won a Bud Light VIP package? Just check out Bud
Dubuque or Dubuque365 on Facebook for your chance to win!
Dubuque Symphony Orchestra: Ultimate Rock Hits

Friday, January 17, 2014

The Dubuque Symphony Orchestra joins forces with local musicians to present a one-of-a-kind rock experience! Dubuque Symphony Orchestra will present ultimate rock hits from the 70s and 80s by AC/DC, Eagles, Guns N’ Roses, Heart, Police, Bon Jovi, Led Zeppelin and more! These are songs you know and love. They spent weeks at the top of the Billboard charts and blasting through your radio speakers. Now experience them like never before—live in concert with a symphony orchestra. Show starts at 8 p.m. with ticket prices ranging from $25-$35.

Remembering Red: Tribute to Red Skelton

Saturday, January 18, 7 p.m.

Brian Hoffman’s tribute to Red Skelton is a light-hearted trip down memory lane. His expert portrayal of Red Skelton will start at 8 p.m. with ticket prices ranging from $25-$35.

Jo Dee Messina

Saturday, February 8, 8 p.m.

Jo Dee Messina is an award-winning, multi-platinum selling artist whose music is as defiant and energetic as the artist herself. She has had years of chart-topping success with three #1 albums and nine #1 singles including “Heads Carolina, Tail California” and “You’re Not in Kansas Anymore.” Jo Dee has won the ACM’s Top New Female Vocalist award, the CMA Horizon award and the nod for Most Played Country Female from Billboard. Ticket prices range from $25-$45.

Starship Featuring Mickey Thomas

January 25, 8:30 p.m.

Starship is one of the most iconic rock bands from the eighties, recording several of the decade’s biggest anthems, including “We Built This City,” “Nothing’s Gonna Stop Us Now” and “Sara.” While the band’s history goes back to the sixties, the band still performing today was started in 1981 when Mickey Thomas joined Paul Kantner and Grace Slick to form Jefferson Starship. Mickey’s voice had become legendary after recording “Fooled Around and Fell in Love” with the Elvin Bishop Band. In 1992, Mickey took the reins of Starship and they have been turning relentlessly since. Presented by American Trust Tickets from $25.

Atlanta Rhythm Section & Head East

Saturday, February 15, 8 p.m.

Atlanta Rhythm Section’s hit songs include “Doraville,” “I’m Not Gonna Let It Bother Me Tonight,” “Champagne Jam,” “So Into You,” “Imaginary Lover,” “Angel,” “Do It Or Die,” and “Neon Nites.” Their album Champagne Jam proved very popular, hitting the Top 10 and going gold and then platinum and their song “Imaginary Lover” proved to be the band’s biggest hit. Head East is a legendary classic rock band that has long set the standard for authentic, full-vocal, good-time rock harmonies that few bands can equal. Their signature song, “Never Been Any Reason (Save My Life)” is considered by many radio stations to be the rock and roll national anthem. Their music has been featured in the cult movie classic Dazed and Confused, as well as Sahara, and Emmy award winning TV shows Friday Night Lights and That 70s Show. Ticket prices range from $15-$35.

Herman’s Hermits Starring Peter Noone

Saturday, April 5, 4 & 7 p.m.

Noone is a multi-talented entertainer who at the age of fifteen achieved international fame as “Herman,” lead singer of the legendary sixties pop band Herman’s Hermits. Noone’s classic hits include “I’m Into Something Good,” “Mrs. Brown, You’ve Got a Lovely Daughter,” “I’m Henry VIII, I Am,” “Silhouettes,” “Can’t You Hear My Heartbeat,” and “Just a Little Bit Better.” Tickets range from $25-$45.

Here Come the Mummies - NEW!

Thursday, April 17

An amazing undead Funk/R&B band! $35

Dickey Betts & Great Southern

Friday, April 18 - NEW!

Dickey Betts, a founding member of the Allman Brothers Band, is known as one of the most influential guitar players of all time.
Mi Ranchito Steak & Seafood

by Rich Belmont

Food for Thought reader Jenny Parker contacted me to recommend Mi Ranchito in Dubuque. She writes the “food was excellent and the customer service even better”. Thank you Jenny! You obviously know good food when you taste it. Members of my tasting team and I have now been to Mi Ranchito several times and can confirm Jenny’s experience.

This restaurant is no ordinary cheese and cilantro Mexican eatery claiming to offer “authentic” Mexican cuisine. Rather it is a Mexican Steak and Seafood Restaurant. In fact the menu cover states “We are not authentic, we are homemade”. By this the owners mean their kitchen goes beyond the definition of authentic meaning conforming to the original Mexican cuisine in style and methods. They cook everything on their order as if you were visiting their home in the old country.

Alberto is very lucky he met Gloria on one of his hometown visits. She is also from Arperos and many of Mi Ranchito’s recipes come from her grandmother and mother. Alberto and Gloria are seen here with their son, Jesus and goddaughter and waitress, Angelica Flores.

They always dreamed of owning their own ranch. So after years of saving they finally got to open Mi Ranchito which means “My Little Ranch”. Admittedly it’s not a ranch but it is a great place to experience real Mexican food and not the Americanized version.

These condiments are not just to be enjoyed with the chips. They can be put on anything you order. They are fairly mild so if you are like me and like to spice up your food with hot sauce (salsa picosa) just ask your server for a hotter version. The kitchen with gladly prepare either salsa roja or salsa verde with extra jalapenos added in.

Even though you are served complimentary chips I highly recommend you try the Guacamole (pictued next to the salsa below left). When you order it avocados are hand mashed with extra virgin olive oil, sea salt, black pepper and pico de gallo. It is so fresh and thick you need to use a chip as a shovel to put it onto the chip you are eating.

The Queso Fundido Oaxaca (wuh-HAH-kuh) is also excellent. This is not Oaxaca cheese but is the Oaxaca style of melted Pepperjack cheese with jalapeno slices and crumbled chorizo sprinkled on top.

Incidentally you will find several of the entrées contain chorizo. Alberto makes this Mexican sausage himself. He takes a mixture of 2/3 beef and 1/3 pork and marinades it with tequila, ketchup, orange juice and lime juice. The kitchen with gladly prepare either salsa roja or salsa verde with extra jalapenos added in. The homemade green sauce is a purée of tomatillos, onions, jalapenos, garlic, sea salt, black pepper and olive oil. The red sauce is a mixture of boiled tomatillos, tomatoes, onion, black pepper, sea salt, garlic, guajillo and pula peppers.

Since this is a seafood restaurant it’s a good idea to indulge in some delicious seafood appetizers. There are several choices including oysters in the shell, shrimp cocktail and the impressive Vuelve a La Vida Coctel. This literally translates to “Cocktail Returns to Life” and means a fresh mix of oysters, octopus, shrimp and fresh crab meat are spiced up with a cocktail sauce of horseradish, tequila, ketchup, orange juice and lime juice.

Lunch at Mi Ranchito is a tempting assortment of Tacos, Burritos, Gorditas and Tortas. The Burritos are 15 inch flour tortillas stuffed with your choice of meats plus lettuce, tomato, onion, cilantro, cheddar and mozzarella cheese, beans, rice and covered with Queso Bravo cheese. Queso Bravo is a mix of mozzarella and cheddar and a little sour cream, chopped jalapenos and cilantro.

Gorditas are handmade corn pockets stuffed with your choice of meat and vegetables and Tortas are the Mexican version of sub sandwiches. Tortas are made with a Telera...
roll which is similar to a Bollilo only a little softer and fresher (pictured left). You order these with pork, steak, chicken, chorizo, cabeza, vegetables or chicharron. This last one is really good particularly if you like bacon rinds. Chicharron (Chi-Cha-Rone) are pork skins that are fried and pressed to squeeze out the fat.

The Torta Ahogadas is a good one for those of us looking for spicy food. You pick your meat, seafood or vegetables then have it all put into the roll and covered with a hot sauce of chopped green and red jalapeños.

Sometimes I prefer a late breakfast at lunch time. The Huevos a La Mexicana is not on the menu but you can order it any time. Three eggs cooked any style are served over either salsa roja or salsa verde mixed with pico de gallo and a side of tortillas. I like to order scrambled eggs, mix them with the sauce, and make my own breakfast burritos.

Having dinner at this restaurant is the same as going to Alberto and Gloria’s home for a Mexican home cooked meal. The Carne Asada de Mi Ranchito is a Black Angus Choice cut Ribeye steak cooked in a fry pan in Creole herbs and topped with grilled onions, jalapeños and chile de arbol. It is served with a side of Nopalito Salad. Nopalitos, by the way, are the naturally flat stems, called pads, of the Prickly Pear. They have a light slightly tart flavor and are a favorite of Southwestern Tex-Mex foodies.

The Milanesa de Pollo is very popular. A thin sliced chicken cutlet is dipped in egg yolk, dredged in homemade bread crumbs with onion and garlic powder and fried in oil.

Fajitas are also in great demand. Slices of chicken breast or steak are cooked with Creole seasonings and lemon pepper, cilantro, thyme and garlic and then mixed with simmered green and red bell peppers, onion and mushrooms. Those who like spicier fajitas ask for jalapeños.

One of my favorite meals is Carnitas Michoacán Style. Carnitas are chunks of pork and are a staple in the Mexican State of Michoacán. Alberto’s recipe calls for pieces of pork browned on the grill and sprinkled with salt, orange and peach juice, garlic, extra virgin olive oil and garlic. Then they are roasted for 3 hours.

Seafood lovers are in for a real treat at Mi Ranchito. The Paella Valenciana is a mix of jumbo shrimp, clams, mussels, baby scallops, king shrimp langostino and chorizo grilled with Creole herbs and Spanish white wine and mixed with garlic rice.

By the way, the langostino served in this country is usually the squat lobster which is neither a true lobster nor a prawn. It is cooked and served whole with head and feelers attached. If you are like me and don’t like to have your food staring back at you ask for the langostino to be exchanged for something else like more shrimp or scallops.

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The Camarones Al Mojo de Ajo are jumbo shrimp sautéed in garlic sauce and they are excellent. So is the Huachinango a la Veracruzana which is a double filet of red snapper grilled with the skin on the bottom with green tomatillo salsa and olives and topped with a Veracruz style spicy red sauce.

And like I always say: a fine dinner requires a delicious dessert. There is a caramel flan and two fried ice cream treats. One is coated with Captain Crunch and one with roasted coconut. The standout dessert, though, is the Pastel de Tres Leches. This is a white cake made with evaporated and condensed milk and heavy cream. It is a fitting end to a delightful dinner.

Thank you, Jenny, for recommending this great place for Mexican cuisine. As so often happens wonderful food is served in a restaurant that doesn’t look like much from the outside!
Donating Plasma:
A Resolution You Can KEEP!
by Bryce Parks

Among the many new year’s resolutions you could have made, becoming a plasma donor in 2014 may be the smartest choice you could have made. In case you didn’t actually make that choice this year, it’s okay. You can start a bit late and nobody will tell on you.

When thinking of the notion of donating plasma, a number of preconceived notions tend to pop in your head, most of them tend to be negative. But if you’ll just settle into the story for a few minutes, you’ll find that they’re all pretty much bologna. There are a few things in this world that combine relaxing time to decompress with making money and saving lives.

To get to the bottom of exactly what donating plasma entails, we went to the local expert on the matter. Jennie Brown is the Center manager for BioLife Plasma Services in Dubuque, at 1200 Associates Drive on Dubuque’s west side.

Let’s start by understanding exactly what plasma is, what it’s used for and why it’s so important.

Plasma is the pale yellow liquid portion of the blood that can be easily replaced by the body. Plasma makes up approximately 57 percent of whole blood and consists primarily of water and proteins that help the body control bleeding and infection. Plasma functions as an aid in the circulation of red and white blood cells and platelets. It also makes possible natural chemical communication among different parts of the body by carrying minerals, hormones, vitamins and antibodies. Important plasma proteins include coagulation factors and globulins, as well as albumin, whatever that is.

So what do they use plasma for?
Jennie Brown perks up when getting the chance to talk about the medical benefits. “Plasma is used to make life saving medicines. Plasma is something that you can’t replicate; you have to have donations from other human beings. It’s used to treat hemophilia, where blood doesn’t clot properly. It’s also critical for severe burn victims for example in tissue healing and surgical hemostasis (stopping bleeding), blood volume support and people with immune deficiency also benefit.”

Most of us think of HIV/AIDS when we hear immune deficiency, but some cancers and chronic infections can also cause immune deficiency or even malnutrition or simply aging.

“We actually do see people come to donate who have benefited from plasma based treatments in the past and want to pay it forward. Some donors donate because they know someone who relies on plasma life-saving medicines to live a normal, healthy life.” The most common one I see is women who needed RhoGAM shots to help ensure a successful pregnancy.”

BioLife also brings in speakers on occasion who, for example, may have had their life saved because of the availability of blood plasma. It never hurts to be reminded of the impact you are having on other people, especially when you don’t get to see the end results on a regular basis.

How does it work?
Source Plasma is collected through a process called plasmapheresis. When donating plasma, whole blood is withdrawn from the body. The whole blood is then separated into plasma and the other whole blood elements using a sterile system. The plasma is retained and other whole blood elements – red blood cells, white blood cells and platelets – are returned to the donor during the plasmapheresis process. The whole process usually takes about 45 minutes and generally has no lasting effects for the donor.

“First time donors need to bring their social security card and a drivers license,” Jennie explains. “Eat a full lean meal and drink plenty of water. The first visit is, of course, the longest, and can take from 2 to 2.5 hours. You’ll be asked medical and lifestyle questions and given a basic physical. It’s like a doctor’s office physical. We’re just making sure it’s safe for them to donate. Follow up visits have a much quicker check-in procedure with few questions, usually averaging just over an hour.

“The next step is to screen a sample of blood from a finger prick. We take your blood pressure, temperature and weight. These vitalts are taken up front simply to make sure it’s safe to donate that day. Donor safety is always the most important thing. If iron or protein measures too high or too low, you may be deferred for the day.

“Next you’ll make your way to the donor floor where a phlebotomist will hook you up, so to speak. This is where people get squeamish. But those are people who have not done it. The “stick,” if you will, happens in the antecubital area of each arm (inside of the elbow where the arm bends).

“Most people, after donating, say that the finger prick during the blood test when they came in was actually the part that hurt most.”

Susan, a college student who has been donation for about ten months doesn’t think you should have any fear. “I’m not scared of needles anyway, but it doesn’t matter. It’s like a pinch, and then as soon as you relax your arm, you don’t feel it at all.”

“For the first visit, you’ll be asked to fill out a medical and lifestyle questionnaire. You’ll also do a physical exam. On your second visit, we’ll confirm all of the medical information we received on your first visit.”
Conversely, donor Amanda has a real fear of needles, but her experience is much the same. "It's not hard at all. It's easy. I have a fear of needles, and I'm able to do it. You'll be fine. It's easy and quick."

Donor Jack assures us, "It hurts far less having these needles than a regular shot at the doctor."

"One thing that's neat for me is that I can speak from having been on both sides of the needle," says Jennie Brown. "There can definitely be a fear of being stuck with a needle or the general fear of the unknown, really. What you can expect is a friendly staff greeting you and walking you through the entire process. There's always only ever six donors in a section of the floor at a time, so you always have six to one or smaller ration of donors to the monitor caring for them. You're well taken care of."

Time on the floor is generally about 45 minutes. Eating right, being well-hydrated and getting a good "stick" can speed up the process while being dehydrated can slow down the process to a little more than an hour on the floor.

"People worry about the negative things that can happen," Brown understands. "While it is possible, it's by far the exception and not the rule. And those things are generally no worse than an occasional bruise or just simply being deferred due to high or low iron or protein levels at check-in. People who come in prepared, hydrated and who have eaten usually don't have any odd feeling when they leave, but if they ever do, it's usually a bit of feeling of being drained of energy or possibly lightheaded, but again, that's not the norm."

So therefore, you get compensated for your time and, of course, your donation.

"We fluctuate, but our average is about 2000 [donations] per week. Our record in 2009 was 2959 [donations], and we'd love to get back to something close to that number. Biolife collects nearly three million liters of plasma per year in the U.S. donor disbursements total 1.5—2 million dollars annually. We're always looking for new people to donate. Plasma need can increase and decrease, but for some time now, the need has been constantly increasing. So the push is on, and each month we offer new incentives."

You can tell how great the need is by how great the incentive is. Right now, it's pretty incredible. Here's how it works: Donors are expected encouraged to come in twice per week. Plasma replaces itself so fast that you can come in with as little as one day in between visits. You are paid for each visit, but the second visit of the week is always a higher rate, as incentive to make sure you get in that second time in a week.

Right now, base rates for existing donors for the month is $20 for the first visit and $35 for the second visit. But if you start in January, you can earn as much as $250 in your first two weeks with $50 for your first visit, $75 for your second and then $50 and $75 again for the next two. That's a pretty nice paycheck for laying still.

Who Donates Plasma?

"We have all walks of life that donate here," says Jennie, "from people who rely on the money from donating as part of their income to others who do it for play money. Some do it because their life or someone they know and love's life was affected by the availability of plasma."

"For many people, their time here is a decompress time. They just relax, but many read or surf the internet on their phones, tablets or laptop computers, listen to music or audiobooks or watch movies. One arm is always free, but some people seem very adept at still utilizing their donor arm to use their technology," joked Jenni.

Although they don't encourage actual cell phone usage, as in talking on the phone, people are often very social amongst themselves. "Especially those who have the same donation schedules. They get to know each other over time."

"What's key is you have to build it into your routine," Jennie explains. "Times that work for you. We also have a play room so working moms and dads, or those that stay at home can bring their kids, and they can play in the monitored play room."

One donor named Amanda tells us that she donates mostly because she has's got two kids at home and the jobs available to her don't make ends meet. So it's a supplement to her living income. And aside from giving mom a break from the kids for an hour out of the day (this just started sounding like a great idea to a lot of moms of young kids reading this), the kids also get to interact with other kids in the playroom and socialize. Amanda prefers to go the old school route with her relax time, enjoying a paperback novel while she donates.

Donor Jack says, "I donate for two reasons, a double benefit. I get to save a life and the money I make I use for fun money. Right now I'm using it to pay off a boat I just bought. I like to build up a stash to use for fun things for the family."

Jack is one of a number of guys who work at nearby Rite-Hite Corporation and chooses to donate over his lunch hour. We found Don from Rite-Hite, pictured above making a very wise reading selection, also donating at the same time. Jack has been donating for 4 years and usually takes about an hour and
ten minutes to donate. His boss knows he donates and is supportive of the practice. As a salaried worker, he can choose to go into the office early on the days he donates to make up the extra time he takes over the lunch hour. As a veteran, he knows what works best for him with donating. He needs to watch his protein, so he opts for a protein drink back at work after each donation.

People have some misconceptions that it’s homeless people or the poor who give plasma because they have to. That’s actually a huge fallacy. You have to have a permanent address to donate, again for safety reasons. There are also certain things that would be looked at as a high risk behavior and those people are not accepted based on answers given during check-in. So donors are basically responsible, regular people. They also do not want short term donors. Even students who donate at college can’t donate when they come home for a break, unless the term is closer to three months. Again, they have to have a permanent local address. And based on guys like Jack and Don from Rite-Hite, you see that a lot of fully employed, responsible professionals do it because they want to, not at all because they have to.

In a given month, Jennie reports that not even 8% of their donor base is unemployed. And if you know unemployment rates, that’s just about the national average for unemployment. In other words, a cross-section of their donors is the same as a cross-section of the general population in that respect. Students donors make up about 20-22% of all donors, and there are also stay at home moms and dads and one income families who donate and are employed.

Student donor Susan, who I mentioned before, thinks it’s nice to have a little extra income coming in but also appreciates the life-saving side of donation. “It’s a win-win for everybody. I just got done with my first semester of college and will soon be joining the military. It’s fun money, food money, gas money. It fills in wherever I can use a little more.” She was referred to BioLife by friends and has subsequently referred her own friends, and even her mother now donates. “It’s great extra money, especially for a broke college kid.”

From my visit, it seemed to me like it’s a great excuse to just check out for an hour and relax. We’re all pretty busy people, but within our varied schedules, we’ve all got an hour a couple days a week, maybe before or after work, on the lunch hour, or over the weekend to decompress. Usually we just don’t get paid for it.

You can do it!

If you’d like to see if donating plasma might work in your schedule, BioLife’s hours are Mondays from 10 a.m.—7:30 p.m., Tuesday—Thursday from 5:30 a.m.—7:30 p.m., Friday from 5:30 a.m.—6:30 p.m. and Saturdays from 6 a.m.—4:30 p.m. They’re located at 1200 Associates Drive on Dubuque’s west side, just off the N.W. Arterial. Find more information online at www.biolifeplasma.com or call 563-583-3637.

Tell em’ Bryce sent ya!

Bestfest Voting
Live online now!
Bestfest Event
Thursday, March 20
Grand River Center
Each January, tri-state residents cast their votes for the best businesses—ranging from who serves the best burger to where you can get the best tanning experience. Why? Businesses who receive the most votes are declared the “Best of the Tri-Stated.” It’s fun money, food money, gas money. It fills in wherever I can use a little more.” She was referred to BioLife by friends and has subsequently referred her own friends, and even her mother now donates. “It’s great extra money, especially for a broke college kid.”

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Cast your vote by 5 p.m. January 31! Use the official online ballot below. One entry per person, please. To be valid, each online ballot must have at least 40 category fields completed, include a name and valid e-mail address, and must be validated by clicking the link in the confirmation e-mail sent after ballot submission. The BestFest Committee reserves the right to disqualify entries not meeting eligibility guidelines.

Tickets to BestFest will go on sale to the public in February, and are typically sold out within a matter of weeks. Ticket sale proceeds benefit Hospice of Dubuque, which has been providing compassionate care to terminally ill and their loved ones for over 30 years in the tri-state area. Questions about BestFest voting or the event may be directed to Hospice of Dubuque at (563) 582-1220.

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Tell em’ Bryce sent ya!
Be yourself, improve yourself

3 Communication Mistakes That Prevent Your Happiness and Success

by Matt Booth

When it comes to communication, there are three big mistakes you are making that not only hurting the communication process, but are preventing your happiness and success. Being aware of these three mistakes and working to improve your skills will increase happiness and success.

• Smile

Next to breathing, smiling is the most important thing you can do. Smiling is the currency that can buy you anything. A smile will buy you a job at the interview, a sale while on the job, excellent service, and even love. Smiling is the universal language. A smile, regardless of your age, culture, ethnicity, financial status, faith, or nationality, shows you are genuine and builds a connection. It's simple, effective, and the quickest way to be perceived as more likable, friendly, warm, and approachable. A smile puts people at ease and generates positive feelings about you professionally and personally. If you don't like to smile or if it doesn't just come naturally to you, get used to your life how it is because it probably won't change anytime soon. If you have one of the resting bit*# or as@ole faces, learn to smile and fix it or you will never achieve the level of happiness and success you are wishing for.

• Eye Contact

Eye contact is the quickest, easiest, and least-expensive way to get what you want. It enables you to build trust and connect with people unlike any other communication tool. Eye contact is the foundation of communication and a terrific step toward first impressions, friendships, and business relationships. It has been said that the eyes are the mirrors of the soul. Your eyes speak your true feelings and when you are excited about what you are saying the confidence shines through. Eye contact determines the difference between a successful encounter and one that leads to embarrassment and even rejection. Eye contact equals trust. If maintaining eye contact is difficult for you, you'll need to get over it. Start small with a brief glance and practice. With practice, you will become more comfortable with eye contact and connect with others more effectively.

• Body Language

Almost every facet of your personality is revealed without saying a word. Your true feelings show through your body language. As our world continues to shrink, it is essential to be more aware of your body language. More than a half of your total message is communicated through body language. The body tells the truth. If your words do not match your body language, people will always believe your body language. To leave a good impression behind at a job interview, a meeting or even a date, it is important that your body language matches the message.

Good communication is one of the most integral aspects of your success. It requires work, patience, and selflessness. If you’d like to achieve happiness and success, I sincerely believe you can be improving on these 3 Communication Mistakes that you have been making.

Mattitude Quote

“A very fast way to improve your attitude is to stop being self-centered.”

• Matt Booth

Engaging keynote speaker, Matt Booth, is the attitude expert. He is an Award-winning speaker and author. Through his keynote speeches and training programs, he educates and entertains audiences with his unique abilities and talents. To find out how Matt can help you improve your attitude, call 563-590-9693 or email info@mattbooth.com.
Pinnacle Combat XV MMA
Friday January 24, 7 p.m.
Five Flags Center
Pinnacle Combat has a made reputation for setting the bar higher with each and every show, and their latest show at the Five Flags Center on January 24 is no exception with a pro card that features some of the biggest names in MMA and an amateur card that boast some of the most talented young fighters in the Midwest. Pinnacle XV: Brawl Bowl brings together a stellar cast of athletes including a champion eager to defend his belt and prove himself, two undefeated amateurs looking to change their first amatuer and bury their rival in a featherweight clash, and two of the country’s best pro welterweight prospects.

In the Main Event, Taureen Bogguess will attempt to defend his title for the first time against the skilled and physical Matt Wikoff. Both of these men are wily veterans of the sport who bring a combined record of over 40 professional fights to the cage. Bogguess is renowned for his heart and his grit in the face of a challenge, and he’ll need it as Wikoff—an imposing grappler who is dropping down a weight class for this bout—will do everything in his power to leave the cage with Bogguess’ title around his waist.

While this card is notable for two incredible title fights, it’s receiving just as much attention for the two elite fighters who will make their way to the cage and put on the kind of show Dubuque has never seen before. Coming off a brutal rampage through the Bellator Fight Master Reality Show, Cole Williams will make his triumphant return to his original stomping grounds in the Dubuque area. And he’s bringing company. Both Williams and reality TV co-star Mike Bronzoulis will fight on the evening’s pro card. Savvy ground and pound artist David Severe will step up to face Williams while Illinois based knockout artist David Gaston will look to ploy his trade against Bronzoulis. These two fights promise either major upsets or highlight reel finishes as both Bronzoulis and Williams have the makings of future world champion in the welterweight division.

On the amateur card, two undefeated featherweights will take the center of the cage and look to leave with both their undefeated streaks and Pinnacle’s first amateur featherweight title. Nick Pierce has yet to see a third round in his career with a 3-0 record that includes one first round submission win and two devastating knockout victories. However, Teo Duarte is just the opponent to take him the distance and put his perfect record in jeopardy. Duarte is 9-0 and the fights he hasn’t finished have still been brutal affairs for his opponents as he pulled them to the ground and unleashed hundreds of vicious and powerful strikes over three rounds. There is already bad blood between these two as Duarte humiliated Pierce’s Team No Limit training partner T.J. Burghy in his last outing. This fight promises to be a classic over 25 minutes of all-out war.

The card also features local stars Adam Schumacher, Erik Vo, and Aron Hingtgen. This isn’t the show to miss, and with the Super Bowl a week away and no football in sight, there’s no reason to stay home. Forget the Broncos and the Seahawks, head to the Brawl Bowl and find out for yourself who the real top dogs are.

Globals Wines Tasting
Thursday, January 30, 6-7:30 p.m.
Asbury Plaza Hy-Vee Club Room
Join an evening learning about and tasting the many flavors of Global Wines. Wines will be paired with delicious appetizers and cheeses by Asbury Plaza Hy-Vee Catering featuring the recipes of Chef Jason Neuhaus. This event will be hosted by certified wine specialists Deb Clemens and Ernie Houston of Global Wines.

The Dra have scheduled 2014 Grant Training Sessions for the upcoming Grant Cycle. Two one hour sessions are slated from Thursday, January 23, one from 11 a.m. - Noon and the second from 5:30 p.m. - 6:30 p.m.

The training sessions will explain the process of how to apply for a DRA Grant as well as how to complete the follow up required to receive grant funds. If the person responsible for the application is new to the DRA Grant process it is highly recommended that they attend one of the sessions. Representatives attending must be 21 years of age or older. Please do not call to register as registration is not required to attend one of the training sessions.
The Clarke University Drama Department presents
Oleanna
Friday, Jan. 17, at 7:30 p.m.
Clarke University
Terence Donagho Hall

The Clarke University Drama Department will put on a special benefit performance of David Mamet’s “Oleanna” on Friday, Jan. 17, at 7:30 p.m. in Terence Donagho Hall on Clarke’s campus.

There will be no charge for admission, but donations will be accepted at the door to help fund the trip for the cast and crew to the 46th annual American College Theater Festival Region V event at the University of Nebraska, Jan. 19-25.

More than 100 productions from the six-state region (Iowa, Kansas, Minnesota, Nebraska, North Dakota, and South Dakota) were entered for consideration. Clarke’s production was one of five selected to be performed at the Region V Festival.

“This marks the third year in a row that Clarke has taken an invited show. We are quite honored and very proud of the work that we are doing at Clarke,” said Joe Klinebriel, associate professor of drama.

Clarke’s production of “Oleanna” features Joe Klinebriel and Clarke junior Mary Zanger in the lead roles. Sister Carol Blitgen, BVM, professor emerita, is the director.

Award recipients from the regional festivals will be invited to the Kennedy Center in Washington, D.C., in April. Sponsored by the Dramatists Guild of America.

Homefree Concert
January 30, 8 p.m.
University of Dubuque Heritage Center
John and Alice Butler Hall

On Thursday, January 30, UD’s University Program Council will present the a cappella band Homefree – recent winners of Season 4 of NBC’s The Sing Off. The band will perform at 8:00 p.m. in Heritage Center’s John and Alice Butler Hall.

The Minnesota-based group of five guys present what they call “an eclectic mix of everything” using five microphones and no instruments. Homefree has performed thousands of shows across the country.

They have also brought their love of a cappella music into public schools, raising music awareness and thousands of dollars for local high school music programs. Their first country album is due out early this year on Columbia Records.

Reserved seating tickets are just $15 for public, $8 for students and UD alumni, and FREE for UD students, faculty, and staff. Tickets for Homefree are available now at Heritage Center’s Farber Box Office Monday through Friday from 12:00 p.m. to 5:30 p.m.; by phone at 563-585-SHOW; or online at www.dbq.edu/heritagecenter.

Donald McBride was taught originally by his father Willie McBride. From 1972 until he emigrated to the United States in 1984, Donald went to Donald MacPherson for piobaireachd instruction. In the 1970s, he also played in the Muirhead & Sons pipe band under P/M Robert G. Hardie. When he returned to Scotland in 1996 until he moved to County Donegal in 2004, Donald studied piobaireachd, an art music genre associated primarily with the Scottish Highlands, from the acclaimed Andrew Wright. He has since been oft honored for his own performances in international competitions.

This event is supported in part by the Irish Hooley, promoting Celtic Traditions in the Tri State Area. If you are interested in learning more about the Dubuque Fire Pipes and Drums please contact Dennis Bradley at 563-599-4129.
SMART ENERGY USE AT HOME
Green Iowa AmeriCorps, Black Hills Energy, and Alliant Energy all provide free home energy audits. Black Hills and Alliant also offer a variety of energy efficiency rebates to make the payback on your purchase even faster. Find out more at any of these websites:

- GreenIowaAmericorps.org
- BlackHillsEnergy.com/save-money-energy
- AlliantEnergy.com/SaveEnergyAndMoney

UPCOMING SUSTAINABLE DUBUQUE EVENTS
22ND ANNUAL DR. MARTIN LUTHER KING JR BIRTHDAY BREAKFAST
Mon, January 20 @ 7 a.m. @ Grand River Center

ENVIRONMENTAL STEWARDSHIP ADVISORY COMMISSION PUBLIC INPUT SESSIONS REGARDING FRACKING
Thu, January 23 @ 6:30 p.m.-8 p.m.
Fri, January 24 @ Noon-2p.m.
@ Carnegie-Stout Public Library

GASLAND 2
Tue, January 28 @ 6:30 p.m.
@ Mindframe Theaters, hosted by Sierra Club

Those -20 degrees we experienced to start the new year? They’re still in my mind! While many people have at one point in their life pulled out a hair dryer to place plastic on old windows, there are many more opportunities out there to save energy in your home year-round, creating a more comfortable living environment and saving money on your monthly utility bills.

As a program that could still be said to be in its infancy, Green Iowa AmeriCorps is a statewide program with a local presence that can help you with your weatherization woes. Sites can be found in the cities of Dubuque, Decorah, Cedar Rapids, Des Moines, and Cedar Falls. We are a program that provides free energy audits for anyone and free or low-cost home weatherizations, depending on your circumstances. From 2011 to 2012, our program performed over 723 energy audits, weatherized 404 homes, and helped Iowans save $1,269,500 in utility costs. Since our initial year we have not slowed down in our goal to make Iowa not only a more sustainable state, but to improve the lives of each citizen we engage. We’re also always looking for volunteers; find out more at www.greeniowaamericorps.org.

The home audit, which takes roughly an hour, allows AmeriCorps members to take the homeowner around their home to see where their leakage areas are. The trained members set up what’s called a “blower door” in an exterior door and run a report on your entire home. Based on the audit, we’ll produce a report that identifies areas to tighten up your home, if there are any.

From there, either you can chose to complete the improvements yourself, or we can complete the weatherization. Individuals on income assistance, such as LIHEAP, food stamps, or WIC, Veterans, those with disabilities, or any person 65 years or older is eligible to receive free weatherization services. For those who don’t meet those qualifications, we ask you to cover only our materials, not our labor. In most instances the out of pocket cost would be $20 to $30. After completing the weatherization work, we’ll come back and complete a posttest to assess how much of a reduction we gained through the weatherization process.

A local homeowner, Nancy Speltz, had our team come into her home before the holiday season. She experienced problems typical of many of our clients: leaky windows, exposed bypasses (holes leading from an interior space to an exterior part of the home), and a few other minor fixes. Nancy had this to say about our work: “they came in very professionally, and ready to work. They were also very confident in all the work they were doing around my home answering any, and all questions we had. Along with being knowledgeable, they were a very friendly group of young men and women.”

For many of our members, who are fresh out of college and exploring green jobs opportunities, this vote of confidence is helping us determine what’s next after Americorps.

If you want to save some money on your monthly utility bills, or you’re just tired of that cold house give us a call! To set up a free energy audit, weatherization, or speak with us about volunteer opportunities with Green Iowa AmeriCorps give us a call at 563-690-6032, or email us at greeniowaDB@gmail.com.

Making energy efficiency improvements to your home helps to implement the Sustainable Dubuque principle of Smart Energy Use.
A New Year – A New Look

At this magical time of the year, we all seem somewhat more open to “starting over.” I know a lot of people who start out on a new diet, a new exercise program, or various other “new” ideas to improve themselves and their lives. New intentions for better, healthier lives are good no matter when they occur, so I think all this attention to new beginnings is great.

My experience leads me to believe that most of us need coaches or a supportive group around us to help us stay on track. Two years ago when I was getting ready to ride RAGBRAI, I had a personal fitness coach tailor a program for me, and IT WORKED! What made it work was more than just the program she designed for me—I was accountable to Nicole Hutchison every week or so. Every time she saw me, she monitored my progress and tweaked my program to help me keep improving and on track. When July came, I was confident and ready, and I thoroughly enjoyed my RAGBRAI experience. I don’t think I would have had the same result without her!

So who is on your health coaching team? And what are your goals for the new year? If you’d like to prevent problems before they occur or become major, starting sooner rather than later is always a good idea. I’d suggest that one of your best coaches may be someone you wouldn’t suspect. Your dentist and dental hygienist may be valuable resources, and I’m not just talking about your dental health!

These dental health professionals can be valuable resources for your general health as well. They can help you prevent problems that can affect your total health and give you some early warnings about other health issues.

Here is a list of health concerns that are related to your dental health:

- Research has shown that people with gum disease are almost twice as likely to have coronary artery disease as those without periodontal disease. There is also research that points to a possible relationship between oral infections and strokes.

- While no one would claim that a healthy mouth will grant you immunity to either heart attacks or strokes, it seems likely that you can lessen your risks simply by having a healthy mouth.

- There are also studies that have shown a relationship between Chronic Obstructive Pulmonary Disease (COPD) and gum disease.

- There are also proven connections between gum disease and premature delivery of babies and low birth weight in those babies. If you are thinking about becoming pregnant, here is another reason to have a healthy mouth. And it is far easier to get your mouth healthy before you become pregnant and then keep it that way, than it is to try to accomplish it after you are pregnant! (The hormonal changes that occur during pregnancy make it more likely that gums will swell and bleed when they aren’t in very good health).

- Diabetes is a chronic disease that is often missed in its early stages. Yet the earlier it is detected, the sooner it can be treated and its effects on your body minimized. When we see someone with chronically bleeding gum tissue who says they are doing everything we suggest, we recommend that they be seen by their medical doctor and tested to see if there is a diabetic condition. More than once the results have come back positive, and once that disease was controlled, the person’s mouth became healthy and free of bleeding. What a great a win-win! I don’t believe that the gum disease they had was caused by the diabetes nor do I believe that their diabetes was caused by their gum disease, but I’ve certainly seen a link. Some research has clearly shown that diabetes is difficult if not impossible to control in the presence of gum disease, but once the gum tissue is healthy, the diabetes is easily controlled.

- If you want to get or stay as healthy as possible, select a good team of coaches to help you succeed. And I encourage you to include your dentist and dental hygienist as part of that team! When your coaches can blend their knowledge with years of experience and wisdom combined with a deep understanding of you and your goals, they can help you achieve those goals and more. They can help you accomplish more than you ever thought possible and improve your dental health as well!
Registration is now occurring for our Winter/Spring Brochure! You can visit www.cityofdubuque.org/recreation to view the brochure online or to register!

**WINTER CAMP** School’s out, Let’s PLAY!
Class #0300.100 - $24
Monday, Jan. 20, 9 a.m.-2 p.m. A-H Bldg.
Grades 1-4, Make a rainbow loom bracelet; take a nature hike, creating your own lunch, build snowmen. Dress for the outside and being in the snow! Before and after camp care available, $5/hr.

**OPEN SWIMMING** Hempstead Pool
Sundays, Jan. 5 - Apr. 27 1 - 4 p.m.
No open swim on Jan. 26, Feb. 23, Mar. 16, Mar. 23, and Apr. 20
Admission $0.50 under 3, $1.25, 4-17, $3 adults 18+, $1.25, Seniors.

**ADULT LAP SWIM/WATERWALKING** $3 or swim pass Hempstead Pool
Sundays, Jan. 5 - Apr. 27 4 - 5 p.m.
No Adult Lap Swim/Waterwalking on Jan. 26, Feb. 23, Mar. 16, Mar. 23, and Apr. 20

**PARENT/GUARDIAN & CHILD CLASSES**

**MESSY SCHOOL** Class #0300.102, $16, Age: 18 mo. - 5 yrs., Mondays, Jan. 27 - Feb. 10, 9-10 a.m. A-H Bldg.
Songs and free play under supervision during 60-minute classes. Painting, sand and water play, blocks and balls, playdough, crafts and even edible treats. Bring a smock and a smile and come play at “messy school.”

**IT’S A SMALL WORLD**
Class #0300.103, $16, Mondays, Jan. 27 - Feb. 10, 10:30 - 11:30 a.m. A-H Upper Level
Age: 18 mo. - 4 yrs. Creative play and crafts.

**YOUTH CLASSES**

**BUSY BEES** Class #0100.107, $15
Tuesdays, Jan. 21 - Feb. 11, 9 - 10 a.m., Ages 2-5 yrs., A-H Upper Level
Fun games and activities, using balls, hoops, bean bags, parachutes, etc.

**DISCOVERY PLAYSCCHOOL** Class #0300.108, $22, Ages 3-5 years, Thursdays, Jan. 23 - Feb. 13, 9-11 a.m. A-H Upper Level
Kindergarten prep class that will explore the ABC’s, counting, shapes, colors, directions, social interaction and more.

**WINTER ANIMAL FRIENDS**
Class #0100.150, $18, Age: 3 - 5 yrs., Tuesdays, Jan. 21 - 28, 10:30 a.m. - noon A-H Upper Level
We will discover winter animals through books, songs, crafts and games!

**CIRCUS, CIRCUS**
Class #0100.151, $18, Ages 3 - 5 yrs., Tuesdays, Feb. 4 and 11 10:30 a.m. - noon A-H Upper Level
Become a part of our circus… the popcorn will be flowing and you will be able to be a part of the act!

**KIDS IN MOTION**
Class #0300.206, $12, Age: 2 - 5 yrs., Wednesdays, Feb. 5-12, 9-10:30 a.m. A-H Upper Level
Up and over, under and through, balls and streamers, tunnels and YOU!

**BE A LIFEGUARD!**
Looking for a great summer job? Become a Lifeguard! Register online at www.cityofdubuque.org/recreation or call 563-589-4263 for more information.

**Majong**
Tuesday, January 21, 2-5 p.m.
Augler Auditorium, 3rd Floor
Prepare for the Chinese New Year by learning the traditional game of mahjong! Many Americans are more familiar with the solitaire tile-matching game, but traditional mahjong is a fast-paced and competitive game somewhat like rummy. We’ll provide tiles and instruction, just show up ready to learn and play. No registration is needed.

**Fargo**
Wednesday, January 22, 6 p.m.
Augler Auditorium, 3rd Floor
Carnegie-Stout Public Library will show the movie Fargo on Wednesday, January 22, 2014 at 6:00 p.m. in the Augler Auditorium on the Library’s 3rd Floor. Admission is free, but seating will be available on a first-come, first-served basis.

Written and directed by Joel and Ethan Coen, Fargo (1996) is a black comedy about a struggling car salesman who pays two losers to kidnap his wife so he can swindle the ransom money from his father-in-law. The movie is 97 minutes long and is rated R for “strong violence, language and sexuality.” Wednesday, January 22, 6:00 p.m., Augler Auditorium, 3rd Floor.

**Zinio**
Build your magazine subscription library for free from Carnegie-Stout!
Use your library card to get monthly delivery to over 100 magazines. Visit www.dubuque.lib.ia.us and look Zinio Magazines under the E-Branch Library tab.
i like to supplement with bacon bits

Be a Supplement Savvy Shopper
with nutritionists Megan Horstman & Amber Jaeger

Supplements can help provide nutrients not consumed in ample amounts from food. One way to know if a supplement is safe is to check Consumer Reports for the product you are buying, or look for USP Verified on the label. The USP Dietary Supplement Verification Program is a voluntary testing and auditing program that helps dietary supplement manufacturers ensure they are making quality products for consumers. Always make sure to tell your healthcare provider about any supplements you are taking. There are several types of popular dietary supplements:

Multiple Vitamin/Mineral Supplements – A multi-vitamin/mineral supplement can help fill nutrient gaps in our diets. These should not provide more than 100% RDA (recommended daily amount) for most of the nutrients they contain.

Omega-3s/Fish Oil – It is recommended to consume fatty fish such as salmon, tuna, mackerel, etc. two to three times each week. If you don’t like fish or do not consume it regularly, an omega-3 or fish oil supplement can be very helpful. It is recommended to consume at least 500 mg of EPA + DHA from an Omega-3 or fish oil supplement.

Individual Vitamins, Minerals and Herbs – There are many situations in which an individual vitamin, mineral or herbal supplement is needed. Below are the most popular individual supplements:

Vitamin C – People who smoke, have inflammatory conditions or have wounds likely need more vitamin C than a healthy individual. Talk with your healthcare provider about your needs.

Vitamin B-12 – There are many conditions that can reduce your ability to absorb B-12. If you are told your level is low, look for a sublingual B-12 to enhance absorption. A Hy-Vee pharmacist or dietitian can help you choose the right one.

Vitamin D – If you are told to take vitamin D supplements because your level is low, make sure to take them with food that contains a little fat to enhance absorption.

Folate – Deficiency of folate or folic acid can cause birth defects. Women who may become pregnant should consume 400 mcg of folic acid from a supplement or fortified food in addition to consuming a healthy diet.

Probiotics – Keep probiotics refrigerated for freshness. Patients with inflammatory gastrointestinal diseases may benefit from a product containing saccharomyces boulardi. For general health, a product containing lactobacillus and bifidus are recommended in the dosage of 1 – 10 billion CFU. A probiotic can help with the side effects of taking an antibiotic.

There is a wide variety of supplements on the market, and not all of them are necessary. It is important to remember that foods provide us with vitamins and minerals. Consuming a variety of foods and following the MyPlate model can help ensure an adequate diet. For a list of food sources of each vitamin and mineral and for additional supplement questions, please contact your Hy-Vee Registered Dietitian/Nutritionist.

This information is not intended as medical advice.

Landscape Planning? Start Now!
Part 2! (Read Part 1 in the last issue of 365ink online at www.dbq365ink.com)

Plant a diverse group of shade trees to set yourself up for success. Dutch Elm disease, Spruce fungus and Emerald Ash borer have taught us a good lesson. If you select multiple cultivars and species of trees you are less likely to be frustrated someday that tree you have been babying for 20 years dies an unfortunate death. One tree lost is sad, an entire yard or even neighborhood of trees gone is heart breaking.

On that note, also consider different growth rates when selecting kinds of trees. If you plant all fast growing trees, in 30 years someone else is going to have to start over planting because fast trees often have wimpy branch structure and are susceptible to storm damage.

How much time you want to spend in your yard maintaining it? It’s common for my clients to say that they want a low maintenance landscape. However, what that means to different people can vary drastically. My goal for a low maintenance landscape is one in which you only need to touch a plant less than two times per year, often spring and summer or summer and fall. Others consider one time per month to be low enough maintenance. If you are willing to put that kind of time into your landscape you are definitely able to have a more involved garden design.

These are just a few of the factors I consider when planning my client’s landscapes. As a landscape designer my job is to come to your home, access your family’s needs, the direction your home faces, the architectural style of your home/neighborhood, the soil condition among other things. Once I have met with you I take necessary pictures and measurements of the property and get working on creating a scaled drawing on my computer program.

After your plan in completed, I present you my design and explain my thought process. If it seems to work for you I can refer you to a local contractor or you can install the project yourself. If you are thinking about a project in your yard I would highly recommend getting your name on my list as soon as possible, as I do go to homes and businesses in the order I receive the requests. Yes there may be snow on the ground but I can assure you that one nice day and my phone starts ringing off the hook! Don’t put off that project you have been considering and submit your request for a design today! Either stop by our store at 3350 John F Kennedy Road, call us at 563.690.1500 or fill out our convenient online form at www.stevesace.com to get your name on my list or for additional information. I look forward to helping you create the yard of your dreams!
Polly Want a Cracker
By Bob Gelms

As a rule I hate 800 page books. I’ve only read a few that warranted that kind of length. Mostly I find them about 200 to 300 pages too long. However, I have also read 400 page books that were 400 pages too long! Luckily, this time the 800 page book is The Goldfinch by Donna Tartt. Although some of her descriptive passages run a little long, the book is so well written I didn’t mind too much. The Goldfinch is simply a terrific book.

This is Ms. Tartt’s third novel and it’s been 11 years since that last one. With her first two books being critical and financial successes, The Goldfinch was anticipated quite as if it was a literary even, which, of course, it is.

It follows the adventures of Theo Decker who is in High School when he and his mother are caught in an explosion in the Museum of Art. They went there to kill some time but also to see a painting by the Dutch Master Fabritius called The Goldfinch. Something extraordinary happens during this catastrophe and Theo finds himself in possession of a mysterious ring and the painting which he smuggles out of the museum amidst all the chaos and that’s just in the first 75 pages. The ring and the painting brings Theo into contact with all sorts of people including but not limited to a fellow student, a Russian named Boris. Boris could easily have a novel of his own. He is Theo’s best friend but he’s the kind of friend you want to punch in the mouth most of the time. Boris is so charming he gets away with murder, almost literally.

The Goldfinch reads a lot faster than the 800 page length would indicate. It’s so good that I planned my days around reading it in two or three sessions a day. I liked this book so much that I blew off watching a Blackhawks Hockey game to read the final 100 pages. That’s a very big deal for me.

This book reminded me a lot of Charles Dickens. If it had been written in Victorian English it would have given ole’ Charlie a run for his money. Just like in any good Dickens novel you have characters that turn out to be something other than they seem, lots of cliff hangers, and a young protagonist who grows to adulthood learning all kinds of lessons both good and bad. Even Theo doesn’t turn out like I expected. This is one great book and I had a great time reading it even though it took me week to do so.

I have read two books in a row now that I can say are the best of 2013, The Yellow Birds, and The Goldfinch. I’m giving The Goldfinch my highest recommendation.

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JAMES PATTERSON ALERT
Well, James Patterson is at it again, trying his best to squeeze as much money out of his readers as possible. This time he is using his most famous character, Alex Cross, to suck some of your disposable income right out of your pocket and he is doing it in a most outrageously way.

The new Alex Cross book is called Cross My Heart. Cross, apparently meets his match, a criminal mastermind, like that’s never happened before. Cross’ family is in danger as well. After 450 pages you are told that you have to buy another book to see how the first one ends. There is no conclusion to Cross My Heart. It is a “To Be Continued” situation. It has no ending. You are left hanging having to shell out another $15 or $20 to see how everything turns out. I was done with James Patterson a while ago now I think I’m done with Alex Cross as well. I noticed on Amazon that the Kindle edition is $1.99 but even that won’t get me to buy it. Caveat Emptor! Let the buyer beware!
Save the Date!
by pam kress-dunn

There are very few announcements a mother expects when her son comes to visit, along with his long-time girlfriend, and declares – as they sit beaming together, side by side on the sofa – “We have some news.”

There are some possibilities, among them:

• “We just won the lottery!”
• “We walked the last mile here! Can you help us get our car out of the ditch?”
• “We could really use a loan!”

But no. What he said was the usual thing, the thing that is so traditional yet miraculous that when he says it, everybody starts crying. What Dan said was (if I remember this correctly), “We’ve decided to get married.”

After gasping audibly, I could have responded in a number of ways, including: “It’s about time!”
“Your’e kidding!”
“What? I didn’t catch that . . .”

But no. What I said was more along the lines of “OMG!” because, really, Oh. My. God. Parents of Boys are nodding your heads here. I can also hope that your boys, like mine, have put me through the wringer more than once. I can only hope that some of you can say for hanging in there with him, in those weeks before graduation.

I have been saying for years, decades even, that my son is a really good boyfriend. Not that I know many details, but it has always seemed that he is really smart and kind and monogamous and, you know, one of those guys who think nothing of changing your flat tire no matter how far out of town you’ve driven on a minus-20 day.

He once came home to get something for a girlfriend who was at work, and while I would love to give you more details, I don’t want to embarrass him any more than this piece is already going to. Let’s just say that he had to ask Allison and me where to find the thing his girlfriend needed, which he then he brought it to her, like it was no big deal.

Dear Trixie:

I am a college junior who relocated to Dubuque this year. I am a pretty decent looking dude but I am extremely nervous around females and as you might have guessed I am still a virgin. I really want to meet a hot chick and take care of this problem but I am not really looking for a girlfriend. I am taking a full load of courses and have work-study course jobs and really don’t have the time or the inclination to waste a bunch of time I don’t have on dinners and movies. I just want a week of wild sex with no strings attached. So far the few women I have approached that I found attractive are really stuck up and think they are some prize. They wouldn’t give me the time of day. I am actually kind of a catch and I am surprised the chicks aren’t just flocking to me. I just want a week of no strings bliss. What can you recommend?

- Ethan S. at U of D

Dear Ethan of U of D:

So basically you don’t care if someone has a personality disorder or someone with moderate intellectual capabilities. You don’t care what her needs are or if they are met other than sexual. This would be fine with you as long as it is all on your terms. You get to have all your physical and ego needs met without having to put anything into the relationship except your penis. Do I have that right? Here is what I recommend: a drug addicted prostitute or an unemployed single young mother who needs gas and groceries and a little excitement. If that isn’t feasible then look on campus for a lonely, attractive freshmen with bulimia and self esteem issues. Preferably a mute. These college years will be the best of your life so take all the advantages you can to build up the memories for when you are old and unhappy at 40.

Dear Concerned Father:

You can blame the neighborhood—certainly. You can even blame her lack of foresight on her choice of friends. You could blame an emotional problem she may have suffered as a result of being uprooted from all her old friends and familiar surroundings. You could even blame Urban Culture and Hip Hop music. But I am pretty sure the fault lies in a combination of forcing her to strip and paint woodwork, do drywall and bad parenting.

Dear Trixie:

About ten years ago when my daughter was in first grade, my wife and I bought a grand old historic home in the downtown urban section of town. We got an incredible price on it due to the area slowly being revamped for owner-occupier town homes. It took quite a while to turn the 7 bedroom house back to a one family home from where it had been as a rooming house. Our whole family pitched in and we were able to restore a crumbling 1850 mansion into a vibrantly restored house. It took a while for our daughter to adjust to school with kids from other races and cultures—she was a suburban mall kid until we moved—and although she didn’t talk about her days to me or her mother much she seemed to be doing pretty well. I was wrong. She let some tough kids pick her as their friend and now she has been arrested for the 4th time for stealing and using drugs. We have done everything by the book. We got her to rehab on the first incident and did counselling and gave her tough but available love and boundaries. But it still kept happening. She is always contrite when caught and will admit to everything and go to drug court and she will finish each program. She is getting decent grades but the school days are sorely interrupted by psychologist visits and court mandated punishment. Now she has been arrested for heroin possession and I am very worried that not only will she never go to college nor finish high school but I am feeling tremendous guilt that somehow I am the blame for all of her troubles. I wish we would have stayed in the split-level foyer by the mall all those years ago. Please advise.

- Concerned Father
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Dr. McCracken’s Horrorscopes

Aries 3/21-4/19
Visitors to your home in the near future may include salesmen who won’t stay for dinner, neighbors who want you to turn down the Motown-laden soundtrack that’s been appropriated for lame white people, and family who are concerned that you may die with no money to leave them.

Taurus 4/20-5/20
Members of a group with which you’re affiliated will soon call you out on contributing nothing aside from genitalia-themed movie title puns. Stop telling yourself that creative people with great ideas all died in whatever decade you were fifteen.

Gemini 5/21-6/21
You’re likely to enjoy some intense discussions soon, mostly as a matter of overhearing two or more people loudly ignoring you.

Cancer 6/22-7/22
In a dystopian future, Dredd, the most famous judge (a cop with instant field judiciary powers) is convicted for a crime he did not commit while his murderous counterpart escapes. Your lucky number is 33.

Leo 7/23-8/22
A lot of intriguing exchanges of information are headed your way via the interesting ways people think of telling you to leave them alone. Love and romance are ideas you should probably reconsider.

Virgo 8/23-9/22
Since you’re feeling so enthusiastic about life, knock it off.

Libra 9/23-10/22
Take the time to share your dreams with customer service representatives at IKEA who pretend not to remember your name even though you handed them all the fake business cards you had printed out where your title is “Party Animal.”

Scorpio 10/23-11/21
If you want to make your dreams a reality, maybe you should start by cleaning out your fridge and seeing what happens from there.

Sagittarius 11/22-12/21
Get-togethers in your neighborhood should prove to be enjoyable and inclusive to everyone except you. Communication with others does not include your ill-fated rap career.

Capricorn 12/22-1/19
Possible new business interests include, but are not limited to, selling your cheese collection online, shaving your tongue for profit, and making imaginary knuckle jewelry out of the disappointment your parents harbor for you.

Aquarius 1/20-2/18
There’s no number of selfies you can take to love yourself into forever.

Pisces 2/19-3/20
The level of respect that you get from those around you is in direct correlation with how many times a week you sing “I Believe (When I Fall In Love It Will Be Forever)” to TV dinners.

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