



365ink

MAGAZINE

OCTOBER 3–OCTOBER 16, 2019 ISSUE #353 DUBUQUE365.COM FREE!

OCTOBER 6-12

BLUFF

Strokes

PLEIN AIR
PAINT OUT

IN THIS ISSUE...

SHAUN BOOTHE
At Heritage Center

TWENTY DIRTY HANDS
Pottery Tour

FALL ACTIVITIES &
ATTRACTIONS

PICTURE YOURSELF
IN THE TRI-STATES

THE TRI-STATE'S FREE ENTERTAINMENT GUIDE



| we believe |

It takes guts to schedule your colon screening.

Regular colorectal cancer screening is one of the most powerful weapons against colorectal cancer. Screening can often find colorectal cancer early, when it's small, hasn't spread, and might be easier to treat. Regular screening can even prevent colorectal cancer.

The American Cancer Society recommends that people at average risk of colorectal cancer start regular screening at age 45. If you're at increased or high risk of colorectal cancer (or think you might be), you may need a screening even before 45. The most important thing is to discuss screening options with your healthcare provider.

Now, we know what you're probably thinking: *yuck*. Well, it's time to get over the embarrassment! Get off your behind and call your doctor to discuss your best screening options. It could *save your life*.



563.584.3000 | www.mahealthcare.com

Bryce's
inkubator
Notes from the Publisher... Fostering ideas, conversations and arguments.

So as they put me under for surgery, the Cubs had just won their last four games by about 10 runs each and were two games back in the central division race with seven games ahead against the Cards and six more against two of the worst teams in baseball. They were in full control of their fate. By the time that I felt human enough to look at my phone a week later, they had lost seven games (eventually nine) in a row and were done for the year. Man, and I thought I had a monumentally bad week! Then again, they still got to play baseball in September and date supermodels, so I think I still win the worst week contest.

Long story short, the single worst week of my life is behind me and I'm slowly on the mend. If you missed my column in the last issue (read it online at dbq365ink.com), I had a little case of double cancer surgery at Mayo (colon and prostate) less than a year after losing a kidney to cancer last December. Needless to say, it's been a long year. But here I am again, on the calm side of some serious darkness and looking forward to healing up and living on for a long time.

I have so many thoughts and feelings I'd like to share about this, my second foray into the world of fighting cancer and I can't cover them all here in this column today. So, with your patience and, hopefully, continued interest, I will take the next few issues of *365ink* and use my publisher's column here to talk about it. The hopes and fears, the pains and perseverance, the darkest hours and the light at the end of the tunnel. I want to talk about the people that helped me along the way and most of all, the people I hope to help along the way.

I have one goal with this series of editorials and that is to get every busy, lazy, stubborn, immortal person reading this to understand that no one is immune. But also that knowing the facts is a weapon in your favor. Cancer is not a death sentence anymore, especially if you know early and act on it. And you know early by getting off your butt and doing some preventative healthcare. No one wants to get a colonoscopy, but it's really a very easy thing to do considering that it can literally save your life. Similarly, knowing and understanding what a PSA score is related to your prostate is also a piece of valuable information you can garner from a two minute blood test. You need to know your score and follow it.

It is important to me to drill this into your head and I wanted a local healthcare partner to join me in getting that idea out there. So why not the amazing doctors and staff of Medical Associates in Dubuque, the very team who has not only found and set me on my care path for each of my cancers, but has also stayed with me along the way and will be my guide as I soon discover what chemotherapy is all about.

I'm thrilled to say that they were also pleased to join me on my mission. Do you see that ad next to my column? That is for you, my friend. Read it, listen to it and DO SOMETHING ABOUT IT! If you don't know where to start, ask them or ask me. If you don't know if you can afford preventative care ASK THEM.

I once thought other people got cancer. Three cancers later, I know the reality. I also know that, for the foreseeable future, I no longer have cancer thanks to the amazing caregivers from Medical Associates to Mayo Clinic to my darling wife. This IS about YOU. But this is not about fear. This is about the power of knowledge. Hopefully, for you, it will be about gaining the confident knowledge that you are, indeed, clear and healthy. But either way, knowing is all that you need to make sure we're still both here in five years to tell jokes about colonoscopy bowl prep.

Much more to come next issue. Until then, talk about this with someone you love and get the ball rolling. You're welcome.



On a wonderfully serendipitous side note, knowing that I would be spending my 47th birthday and 11th wedding anniversary a bit out of my mind in a hotel bed, I was feeling bad for not being able to do something nice for my wife for our anniversary. We agreed before all of this mess that we would not do anything this year. We had bigger fish to fry. But knowing just how much she would be sacrificing of herself, sitting next to me in that dark, cold hotel room for hours a day, days in a row, I dearly wanted to find some way to show her how much it mattered to me.

The 11th anniversary is the "steel" anniversary. When I think of steel, my mind immediately goes to my friend and incredible steel artist Gene Tully. I called Gene to see how hard it would be to cut me out a simple ¼ inch thick steel heart that I could give her from my hospital bed. As if it were meant to be, Gene said "look at my Facebook page." Gene had just made the exact thing I was looking for in order to do some photos of a glowing red steel heart. The photo you see here is that very heart, glowing red (no filters) from the heat of the torch. Gene gave me that heart. It was beyond perfect, and I was able to then give it to my love on Sept. 20. Thank you Gene, from the bottom of my heart for helping me to make that wish come true. ■



19

BLUFF STROKES 2019 PAINT OUT

APPROXIMATELY SIXTY ARTISTS WILL PAINT IN AND AROUND DUBUQUE OCT. 6-12 WHILE COMPETING FOR \$10,450 IN AWARDS

FEATURES

- 13 TWENTY DIRTY HANDS POTTERY TOUR
- 15 PICTURE YOURSELF IN THE TRI-STATES
- 16 FALL ACTIVITIES & ATTRACTIONS
- 18 SHAUN BOOTHE AT HERITAGE CENTER

SECTIONS

- 4 **EVENTS**
- 14 **ARTS**
- 20 **NIGHTLIFE**
- 28 **COLUMNISTS**

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DR. MCCracken'S HOROSCOPES

SPECIAL THANKS

CHRISTY MONK, GINA SIEGERT, NEIL STOCKEL, KAY SCHROEDER, RICH BELMONT, MARGIE BLAIR, FRAN PARKS, JULIE STEFFEN, RON & JENNIFER TIGGES, JULIE GRIFFIN, MARK DIERKER, BACON, STEVEN SCHLEUNING, TIM BRECHLIN, ROY & DEB BUOL, KATE LARSON, JEFF LENHART, GEN. BOB FELDERMAN, DAVE HAAS, LISA OLSON, MIKE DAMASO, ALL OF OUR 365 FRIENDS AND ADVERTISERS... AND YOU FOR READING.

WHERE'S WANDO?



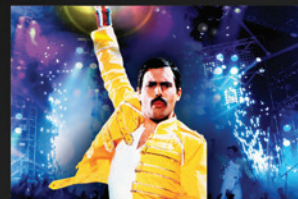
WE'VE HIDDEN WANDO SOMEWHERE IN THIS ISSUE OF 365INK. CAN YOU FIND HIM?

MISSISSIPPI MOON BAR

UPCOMING ENTERTAINMENT TICKETS ON SALE NOW!



OCTOBER 5
THE MAVERICKS



OCTOBER 6
KILLER QUEEN



OCTOBER 12
HAIRBALL



OCTOBER 24
RYAN NIEMILLER



OCTOBER 26
COLT FORD

Visit MoonBarRocks.com for our complete concert lineup. Join our online community and stay in the know!

[f](#) [t](#) [i](#) @MISSMOONBAR

Must be 21 or older. If you or someone you know needs gambling treatment, call 1-800-BETS OFF.

DIAMOND JO
CASINO

WINNING IS JUST THE BEGINNING.
Port of Dubuque | DiamondJoDubuque.com

365INK MAGAZINE

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HERE'S TO YOU TOUR

MONTGOMERY GENTRY

THURSDAY, OCTOBER 24 :: 8PM
STANDING ROOM ONLY | TICKETS START AT \$35

Purchase tickets at QCasinoAndHotel.com
or at Guest Services.

Q CASINO

schmitt island | dubuQue, ia | QCasinoAndHotel.com | [f](#) [t](#)

MANAGEMENT RESERVES ALL RIGHTS. TICKET PRICES INCREASE NIGHT OF THE SHOW.
GAMBLING PROBLEM? CALL 1-800-BETS-OFF. MUST BE 21.

TRI-STATES' LARGEST CHILI COOK-OFF

SATURDAY, OCTOBER 5

10 AM-5 PM @ CABLE CAR SQUARE (4TH AND BLUFF ST)

The Dubuque Jaycees host the Tri-State's Largest Chili Cook-Off in Dubuque's Cable Car Square on Saturday, Oct. 5. The day is full of family-friendly fun and games, live music, and of course chili!

The cook-off starts at 10 a.m. with the kid's corner, food, and beverages. The public tasting starts at 1 p.m. and is only \$5. Live music begins at 10:30 a.m. with local country favorite Elizabeth Mary. Three Quarter Buzz follows at 1 p.m. The



Iowa football game will be broadcast on the big screen. New this year is a Creative Adventure Lab area, Turnt dance performance, and tailgating games.

Proceeds from this CASI sanctioned cook-off benefit Hills and Dales. This event is sponsored by Premier Bank.

For more information, visit DubuqueJaycees.org/chili or find Tri-State's Largest Chili Cook-off on Facebook. ■

DUBUQUE FIGHTING SAINTS HOCKEY

OPENING NIGHT VS THE MADISON LANCERS

SATURDAY, OCTOBER 5

7:05 PM @ MYSTIQUE COMMUNITY ICE CENTER (1800 ADMIRAL SHEEHY DR)

The Dubuque Fighting Saints celebrate their 10th season since they returned to the USHL. During that time, the Saints have won two Clark Cups, one Anderson Cup, and have made the playoffs in all nine seasons.

Join for Opening Night, presented by MidWestOne Bank, on Saturday, Oct. 5 against the Madison Capitols at 7:05 p.m. Everyone will receive a free magnetic schedule, and stick around after the game to skate with the Saints! After nearly a month on

the road, the Saints return to Our House to take on the Omaha Lancers on Friday, Nov. 1 at 7:05 p.m.

Season ticket memberships, mini plans, group tickets, and single tickets are available right now! Members have access to exclusive MY membership experiences, buddy passes, discounted merchandise, invitations to special team events, and much more. Call the Fighting Saints at 563-583-6880 or visit DubuqueFightingSaints.com for more information. ■

MACKIN-MAILANDER ALUMNI LECTURE

RY MEYER

TUESDAY, OCTOBER 8

7 PM @ CLARKE UNIVERSITY JANSEN MUSIC HALL (1550 CLARKE DR)

Ry Meyer will present a Mackin-Mailander Alumni Lecture on Tuesday, Oct. 8, at 7 p.m. at Clarke University Jansen Music Hall. His lecture is titled *Winding Paths & Secrets: How Clarke Equipped Me for War, Peace, & Service*.

A native Dubuquer, Ry graduated from Clarke University in 2003 with a BFA in Graphic Design and a minor in Art History. Ry also holds an MA in Global Leadership and Sustainable Development from Hawaii Pacific University, an AA in Mandarin Chinese from the Defense Language Institute in Monterey, CA, and a JD from Vermont Law School. He is a military veteran

who served six years active duty in the U.S. Navy as a cryptologic linguist.

Ry worked in Clayton and Dubuque Counties as a criminal prosecutor in trials against sex offenders and murderers. Currently he is an immigration attorney who offers legal assistance and serves as an advocate for the immigrant population in the Dubuque Archdiocese.

Additionally, he is an experienced beekeeper having developed his expertise in the tropical mountains of Hawaii and the cold valleys of Vermont.

The lecture is free. For more information, contact Clarke University at 563-588-6377. ■

THU 10/3



Dubuque Area Baconfest

5-8 PM @ GRAND RIVER CENTER

Sample unique bacon appetizers, entrées, and desserts from local restaurants, BBQ pits, caterers, and more. Doors open at 5 p.m. for VIP and 6 p.m. for GA. Proceeds benefit Area Residential Care of Dubuque. \$30 GA; \$45 VIP; kids under five free. 500 Bell St. DBQbacon.org.

YoGala

6-9 PM @ DRIFTLESS SOCIAL CLUB

Support the emotional and physical well-being of children through the implementation of yoga and mindfulness programs in our schools. Silent and live auction, hors d'oeuvres, and cash bar. Hosted by Mindful Minutes for Schools. \$50. 168 E 10th St. yogala.eventbrite.com.



RENT 20th Anniversary Tour

7:30 PM @ UD

HERITAGE CENTER

RENT follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters—love. \$54-\$80 Adults; \$44-\$70 UD affiliates; \$29.50 children and students. 2255 Bennett St. **563-585-SHOW**. DBQ.edu/heritagecenter.

SAT 10/5

Master Gardener Fall Workshop

7:15 AM-NOON @

DUBUQUE ARBORETUM

Hands-on garden activities and demonstrations hosted by the

Dubuque County Master Gardeners. \$20, some workshops are extra. **563-583-6496**. extension.iastate.edu/dubuque.

Tiffany Window Tours

9-11:30 AM @ ST. LUKE'S UMC Oct 5 and 12. Tour St. Luke's collection of over 100 Tiffany windows. Free. 1199 Main St. **563-599-4497**.

Blessing of the Pets

10 AM @ ST. LUKE'S UMC Bring pets on a leash or in a cage. Annual blessing recognizing love, care and concern for our animals. 1199 Main St. **563-582-4543**. stlukesumcdbgq.org.

Shullsburg Cheesefest

9 AM-4 PM @ DOWNTOWN

SHULLSBURG, WI

Fireman's breakfast, food craft vendors, wine and cheese pairings, cheese making, children's activities, and live music. Headliner: The Jimmy's. facebook.com/ShullsburgCDC.

Dubuque County Kids Expo

10 AM-2 PM @ GRAND RIVER CENTER

A free family resource and fun fair offering scores of vendors showcasing programs, services, and products in the Tri-State area for infants and children through middle school. There also will be kids games, crafts, large inflatables, performances, giveaways, and more. Health services will be available through the Visiting Nurse Association (**563-556-6200**). Free. 500 Bell St. **563-588-1620**. DCEarlyChild.org.

Toddler Time

10:30-11:30 AM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

Programs include a variety of hands-on and active activities, including a craft and a game. RSVP suggested. Ages 2-4. \$8 Member; \$10 non-member; parent/caregiver free. 350 E. 3rd St. **563-557-9545 x213**. RiverMuseum.com.

Galena Oktoberfest

NOON-10 PM @ DEPOT PARK (GALENA, IL)

This 13th annual event features a ceremonial tapping of the keg, non-stop live music from three bands, wiener dog races, polka lessons and dancing, bean bag tournament, beer stein endurance contest, bounce house, and lots of food and beer. Leashed, friendly dogs are welcome. Hosted by the Galena Lions Club. \$5; free for children 12 and younger (accompanied by an adult). 99 Bouthillier St, Galena, IL. **815-331-0180**. GalenaOktoberfest.com.



Women of the World

7:30 PM @ UD

HERITAGE CENTER

Women of the World is an internationally acclaimed, award-winning a cappella ensemble with members who represent Japan, Italy, India, and the US (Haiti). The

vocalists, Ayumi Ueda, Giorgia Renosto, Annette Philip, and Debo Ray, celebrate cultural differences through a repertoire of folk and traditional music in over 30 languages. UD Women's Choir join. \$17-\$30 Adults; \$15-\$25 UD affiliates; \$10 children and students. Tickets increase \$5 day of show. 2255 Bennett St. **563-585-SHOW**. DBQ.edu/heritagecenter.

Leather & Lace Burlesque and #DBQ Drag Showcase

9 & 11 PM @ SMOKESTACK Burlesque starts at 9 p.m. and features Mac DeVille, Mary Francis, Mae Golightly and Anna Mae. Illusions Midwest drag show starts at 11 p.m. and features Dementia Jade, Easton Boyd, and Vanilla Diamond. Surprise guests, 50/50 raffles and more. Benefits Smokestack's Rio S. Suave, Mr. Gay Wisconsin USofA 1st Alternate. \$10 per show; \$15 for both. 62 East 7th St. smokestackdbgq.com.



Dupaco Community Credit Union is more than local. It's a not-for-profit cooperative owned by members. It doesn't have outside investors or stockholders calling the shots. That means members control their money and reap the benefits. Your money

stays right here, enriching your friends, neighbors, and community. This ideal is as true today as it was in 1948, when 10 Dubuque Packing Company employees founded the credit union on the philosophy of cooperation and mutual self-help.

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SPOOK-TOBER WITH THE RIVER MUSEUM

THURSDAY, OCTOBER 17
Witches Night Out

6PM-9PM



SATURDAY, OCTOBER 19
A Haunting on Lincoln Ave.

11AM-4PM



SUNDAY, OCTOBER 27
Mad Scientist Party

4PM-6PM



Purchase tickets at
rivermuseum.com/events



NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

FOOD TRUCK FRIDAY

FRIDAY, OCTOBER 11
11:30 AM-1:30 PM @ WASHINGTON PARK (6TH AND LOCUST ST)

Walk, bike, or drive to Washington Park where food trucks will line the streets ready to celebrate the end of the week with you. Brought to you by Travel Dubuque, this event closes the series on Friday, Oct. 11 from 11:30 a.m. to 1:30 p.m.

Enjoy grub from Candle Ready Cakes, Magoo's Pizza, Rockin 5K BBQ & Shack, Charlotte's Coffee House, Buenie Botoms Outdoor Grill, and Happi Hibachi.



Live music is provided by us at 365 and features Theresa Rosetta. Theresa is a 25-year-old Dubuque musician. Besides creating original music, she enjoys adding her own twist to cover songs by her favorite musicians. Theresa is inspired by artists like Amy Winehouse, Alabama Shakes, and Kacey Musgraves.

For more information, visit TravelDubuque.com. ■

CODY JOHNSON

FRIDAY, OCTOBER 11
7:30 PM @ FIVE FLAGS ARENA (405 MAIN ST)

Cody Johnson landed two releases in the Top 10 of Billboard's country albums chart on his own label and becoming the only unsigned artist in history to sell out NRG Stadium at RodeoHouston. And now he's bringing his show to the Five Flags Arena on Friday, Oct. 11 at 7:30 p.m.

Johnson's passionate, rowdy concerts have already drawn comparisons to Garth Brooks, and the music from his previous albums—inspired by '90s country foundations, but built for the 21st century—has made him a familiar presence on Texas and Oklahoma red-dirt radio.

Much like one of his heroes, the late Chris LeDoux, Johnson hit the rodeo circuit and made his first album during that time, selling self-financed CDs from his pickup as he chased the elusive eight-second dream. But broken bones and the

cost of competition took their toll, and he eventually became a prison guard in Huntsville who played clubs on the weekends. The crowds began to grow, and he pieced together a string of hits on the Texas music charts. Plus, he snagged the Texas Regional Radio Music Award as Male Vocalist of the Year.

VIP tickets include early entry, exclusive VIP koozie and lanyard/laminate/wristband, dedicated full service bar, and a chance to participate in a meet and greet.

Tickets are \$30-\$100 and can be purchased at Ticketmaster.com and the Five Flags Center box office. For more information, call 563-589-4254 or visit FiveFlagsCenter.com. ■



KEITH ALLYNN

A NEIL DIAMOND TRIBUTE

SATURDAY, OCTOBER 12
7 PM @ OHNWARD FINE ARTS CENTER (1215 E PLATT ST, MAQUOKETA, IA)

Experience the feel of Neil as Keith Allyn unveils the story of Diamond's life through Neil's own songs from the '60s through today on Saturday Oct. 12 at 7 p.m. at the Ohnward Fine Arts Center.

After having performed over a decade in Branson MO., Keith Allyn now travels throughout the United States paying tribute to Neil Diamond. In August of 2014, Allyn's Tribute to Neil was a focus in the movie *Diamond Mountain*.

Enjoy hits like "Sweet Caroline," "Song Sung Blue," "Hello Again,"



"Brother Love," "America" and many more. If you love romance, magical surprises, comedy and Neil Diamond music, you will love this Neil Diamond Tribute show.

Tickets are \$22 in advance or \$25 at the door for adults and \$13 in advance for \$15 at the door for students. Tickets can also be purchased at The Ohnward Fine Arts Center box office, by calling 563-652-9815, or at OnwardFineArtsCenter.com. ■

SUN 10/6



Dubuque Flea Market & Antique Show

8 AM-3 PM @ DBQ

CO FAIRGROUNDS

From antiques, arts and crafts, hobbyist and collectors, as well as new and used merchandise, this market is sure to offer a unique shopping experience. \$1 Adults; free for children 11 and under. 14569 Old Highway Rd. **815-747-7745**. [facebook.com/dubuquefleamarket](#).

Cookbook Challenge & Potluck

1-2 PM @ PLATTEVILLE

PUBLIC LIBRARY

(PLATTEVILLE, WI)

Check out a cookbook and try a new recipe. Bring the result in for a potluck and an opportunity to swap cookbook and recipe recommendations with other participants. Free. 225 W Main St, Platteville, WI. **608-348-7441 x4**. [plattevillepubliclibrary.org](#).

Prisoners Of War In Iowa

1:30-3 PM @ SHALOM

SPIRITUALITY CENTER

There were about 25,000 German, Italian, and Japanese prisoners of war in Iowa during WWII. Iowa author and historian Linda McCann discusses her newest book, *Prisoners of War in Iowa* and the Iowans that shared their stories with her. RSVP requested. Freewill offering. 1001 Davis St. **563-582-3592**. [shalomretreats.org](#).

TUE 10/8

Film Screening: We Are Still Here

6 PM @ UD CHARLES AND

ROMONA MYERS CENTER

We Are Still Here shares the story of the historic memorial horseback ride from Fort Butford Historical Site

near Williston, ND, to Fort Berthold Indian Reservation in New Town, ND. The ride acknowledges the Xo'shga, a band of Hidatsa who, under the leadership of Chief Crow Flies High and Bobtail Bull, fled Fort Berthold in 1869 to live free and maintain their traditional lifestyle. Valerian Three Irons is the great great grandson of Chief Crow Flies High. He is one of the producers and will discuss the film afterwards. Free.

WED 10/9

Stonehill Annual Benefit Dinner

5:30-9 PM @ GRAND

RIVER CENTER

Event will include speakers, food, silent auction, and raffle drawing. Proceeds support the expansion of Stonehill's Assisi Village Independent and Assisted Living and the addition of Assisted Living with Memory Care. RSVP. \$100. **563-557-7180**. [stonehilldbq.com/dinnertickets](#).

Restorative Justice Panel Discussion

6-7:30 PM @ CARNEGIE-

STOUT PUBLIC LIBRARY

Restorative justice is meant to repair harm caused by a crime by emphasizing accountability and making amends. The approach allows the victim(s) and affected members of the community to work through the process of healing. Led by Dubuque Police Chief Mark Dalsing. Panel members include Judge Michael Shubatt, a local parole officer, and individuals who have gone through a restorative justice program. Free. [dubuque.lib.ia.us](#).

Fall Soups

6-8:30 PM @ CONVIVUM

URBAN FARMSTEAD

Learn to make and sample a classic chicken noodle soup, a roasted squash soup, and a Thai coconut chicken soup. \$30. 2811 Jackson St. **563-557-2900**. [convivum-dbq.com](#).

THU 10/10



Glimmer of Hope Fashion Show: Voices of Glimmer

5:30-8:30 PM @ HOTEL

JULIEN DUBUQUE

The 14th annual fundraiser includes cocktails, a plated dinner, fashion show, and auction. View *Aturdir*, a short film written and directed by Ruth Mataya Garcia, a survivor of domestic violence. Empower and advocate for all survivors of domestic violence, sexual assault, and sex trafficking. Funds benefit the Dubuque Y's - Victim Services Shelter. \$60 Advance; \$75 door. 200 Main St. **563-556-3371**. [dubuquey.org/glimmer-of-hope](#).



Chow Bella Book Group: Little Culinary Triumphs

6 PM @ RIVER LIGHTS

BOOK STORE

Chow Bella is a book group for foodies. Discuss *Little Culinary Triumphs* by Pascale Pujol. 1098 Main St. **563-556-4391**. [RiverLights.org](#).

FRI 10/11



Fall Movie in the Park: The Goonies

6:45 PM @ ASBURY

PARK (ASBURY, IA)

Bring a blanket and a buddy and enjoy the crisp fall weather while watching this action-packed, adventure film. Free hot chocolate. Free. 5499 Asbury Rd. Asbury, IA. **563-556-7106**. [cityofasbury.com](#).



A NIGHT IN Latin America

EDWARD J. AND CATHY GALLAGHER ARTS AT CLARKE EVENT

Tuesday, October 22 | 7 p.m.

Jansen Music Hall

EVENT WILL FEATURE CLARKE ENSEMBLES, GUEST ARTISTS: **SALSA MAGIC, AND LATIN AMERICAN CUISINE**

\$15/GENERAL ADMISSION ■ FOR TICKETS, CALL 563-588-6377

A TASTE OF LATIN AMERICA BEGINS AT 6 P.M.
TICKET IS REQUIRED FOR ENTRY. FOOD SERVED 6-7 P.M.

MICHAEL LESTER WENDT CHARACTER LECTURE: BEARING WITNESS: STORYTELLING AND HUMAN RIGHTS

ALEX KOTLOWITZ

Award-winning author, journalist, professor



Photo credit: Kathy Richland

OCTOBER 21, 2019
7:00 P.M.

JOHN AND ALICE BUTLER HALL,
HERITAGE CENTER

This event is free and open to the public.
For more information, call 563.585.SHOW.



WENDT CHARACTER INITIATIVE | WENDT@DBQ.EDU | WWW.DBQ.EDU/WENDT

UNIVERSITY of DUBUQUE



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Pumpkin Cannon & Trebuchet!
- Caramel Apples
Apple Cider Donuts & More
- Petting Zoo, Mini Maze
Zipline, Tire Mountain,
Kiddie Train & More!

Check Out Our Snack Barn:

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- Loaded Baked Potatoes
- Kettle Corn
- Fresh Lemonade

Group Events Available!

8149 Stage Road, Lancaster WI
www.vespermanfarms.com | 608-723-2542

PARADE OF HOMES TOUR

OCTOBER 12-13 AND 19-20
 NOON-5 PM @ VARIOUS LOCATIONS

Whether you are planning to buy a new home, remodel your existing home, or if just want decorating tips for that special room, the annual Dubuque Homebuilders and Associates annual Parade of Homes Tour is for you! Scheduled for Oct. 12-13 and 19-20 from 12 to 5 p.m., the tour showcases 11 homes through the Dubuque, Key West, Asbury and Peosta area with a variety of single family homes, condos, and townhouses.

The Dubuque Homebuilders & Associates is a non-profit trade organization

formed to promote and enhance the professionalism of home building and associated businesses in the Tri-State area. Their goal is to achieve continuity and communication among builders, subcontractors, suppliers, financial institutions and local government to network for community growth and development.

Tickets are \$7 each and children under three are free. For a list of participating homes and more information, visit DubuqueHomeBuilders.com/parade-of-homes-tour. ■

CITY EXPO

THURSDAY, OCTOBER 17
 4-7 PM @ FIVE FLAGS CENTER (405 MAIN ST)

The City of Dubuque's City Expo 2019 event will be held on Thursday, Oct. 17, from 4 to 7 p.m. at the Five Flags Center.

City Expo is an opportunity for residents to visit with city staff and learn about programs, services, and community resources. Information and equipment from City departments and partner organizations will be on display.

Earlier this year, Dubuque was named an All-America City. This year's theme was "Creating Healthy Communities." In celebration of the award, there will be a special All-America City exhibit showcasing the many City departments and community partners whose work

was featured in the winning application

Expo attendees can win door prizes by participating in an "Expo Passport" activity. Passport forms will be provided at the event and must be completed and submitted before leaving the event. Participants need not be present to win. Complimentary food will be available.

The expo is completely free. For additional information, visit cityofdubuque.org/expo or call 563-589-4151. ■



THE GRAND OPERA HOUSE PRESENTS

TERROR AT THE GRAND OPERA HOUSE

OCTOBER 25-28
 LIGHT FRIGHT @ 6-7:30 PM
 FULL FRIGHT @ 8-11 PM

TICKETS
 FULL FRIGHT: \$12 / LIGHT FRIGHT: \$7



BOX OFFICE HOURS
 MON-FRI, NOON-4 PM
 563-588-1305

135 W 8TH ST, DUBUQUE, IOWA

THEGRANDOPERAHOUSE.COM

CHARLEY PRIDE

FRIDAY, OCTOBER 18
 7 PM @ FIVE FLAGS ARENA (405 MAIN ST)

Country music legend Charley Pride will bring his more than two dozen chart-topping hits to the Five Flags Center on Friday, Oct. 18 at 7 p.m. Presented by Music N More.

Pride was country music's first African-American superstar with the launch of his career in the mid-1960s. His first 13 singles all reached the Top 10 of the Billboard Country chart, including a string of six consecutive No. 1s. He achieved crossover success in 1971 with his signature hit "Kiss an Angel Good Morning," which reached the Top 40 of the Billboard Hot 100.

The industry quickly moved to acknowledge Pride's success, with the Country Music Association awarding him both its Entertainer of the Year and Male Vocalist of the Year awards in 1971. Pride was the first black artist to win

either honor. His success continued through the rest of the 1970s, when he recorded another 15 No. 1 singles.

Pride became one of just three African-Americans to be inducted into the Grand Ole Opry in 1993. The following year, the Academy of Country Music honored him with its prestigious Pioneer Award. He was inducted into the Country Music Hall of Fame in 2000 and was among the country legends involved in the recording of "Forever Country," released to mark the 50th Country Music Association Awards.

Tickets are \$49-\$99 and can be purchased at Ticketmaster.com and Five Flags Center box office. For more information, call 563-589-4254 or visit FiveFlagsCenter.com. ■



SAT 10/12

L&MOP Concert Series: David Landau

10-10:30 AM @ CARNEGIE-STOUT PUBLIC LIBRARY

This monthly concert series introduces children and their families to a variety of musical styles and instruments. David Landau is an award-winning musician and recording artist who has made a name for himself as a fun and silly children's entertainer. Hosted by NISOM. Free.

40th Annual Galena Country Fair

10 AM-5 PM @ GRANT PARK (GALENA, IL)

Oct. 12 at 10 a.m. to 5 p.m. and Oct. 13 at 10 a.m. to 4 p.m. More than 150 vendors offering original, handmade arts, crafts and fine arts. Find delicious food, children's games, live music, and more.

GalenaCountryFair.com.**Lightsaber Training**

4-7 PM @ GALENA ARC GYM (GALENA, IL)

Learn proper form and technique, offensive and defensive tactics, basic stage performance, saber sparring strategies, and more. Bring your own heavy grade dueling combat lightsaber. Hosted by Elite Saber Training Alliance. Teens and adults. \$50. 11084 W US HWY 20, Galena, IL. **563-583-8256.**

SUN 10/13

Gallery Talk: Arthur Geisert Panel Discussion

1-3 PM @ DUBUQUE MUSEUM OF ART

Renowned illustrator Arthur Geisert will be joined by Claudia Zoe Bedrick, Louise Kames, and Lisa Pope to discuss his DuMA exhibition: *Tall and Not-So-Tall Tales*. Free. 701 Locust St. **563-557-1851. DBQart.com.**

MON 10/14

Children's Life Skills Workshop

6-7:30 PM @ UNIFIED THERAPY SERVICES

Oct. 14, 21, and 28. Raise awareness of emotions in your child, increase empathy for others, and develop self-management skills. Ages 6-10 plus one adult. Hosted by Harmony Factor. RSVP. \$79.95. 4121 Pennsylvania Ave. **815-541-3576. HarmonyFactor. EventBrite.com.**

THU 10/17

The Ultimate Holiday Shopping Experience

NOON-8 PM @ MEADOWS GOLF CLUB (ASBURY, IA)

Shop a variety of unique businesses for awesome holiday sales. Free goodie bags for the first 50 guests at noon and the first 50 guests after 4 p.m. The event will include a Giving Tree for struggling local moms to have something special for themselves, in association with Resources Unite. Free.

ArchiTREK Ale & Architecture: Loras College Upper Campus

6 PM @ LORAS COLLEGE DuMA and Heritage

Works partner to present a series of walking tours of Dubuque architecture. This walking bar tour starts at the pub located in the Alumni Campus Center. \$15 non-members; \$10 DuMA members. **DBQart.com.**

Songwriters' Showcase: Don Greenwood and Friends

7-9 PM @ GALENA CFA (GALENA, IL)

Live music showcase for regional singer/songwriters. Hosted by Lenny Wayne and LA Suess. Free. 219 Summit St, Galena, IL. **779-214-0261. galenacenterforthearts.com.**

FRI 10/18

**Film Screening: Suicide: The Ripple Effect**

6-8 PM @ BRIDGE CHRISTIAN CHURCH

Suicide: The Ripple Effect chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then Kevin has been on a mission to use his story to help others find recovery and stay alive, and has become the world's most prominent suicide prevention speaker and advocate. Presented by NAMI Dubuque. RSVP recommended. 395 W 9th St. **facebook.com/NAMIDubuque.**

SAT 10/19

GLITZ Reveal

9:30 AM-4 PM @ DISCOVERY SHOP

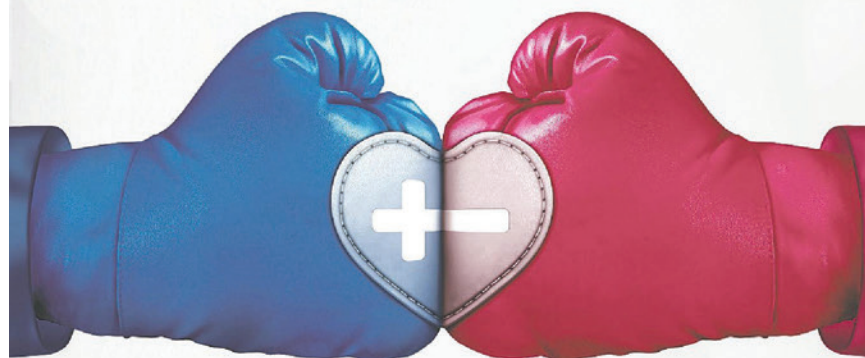
The Discovery Shop will be featuring furs and holiday and party wear, including clothing, jewelry, accessories, shoes and accessories for the home. Discovery Shop proceeds benefit the American Cancer Society. 2197 University Ave. **563-582-9800. facebook.com/DubuqueDiscoveryShop.**

**Clarke Pride Football**

1 PM @ SENIOR HS DALZELL FIELD

Oct. 19, and Nov. 2 and 9. Clarke University competes in the NAIA's Heart of America Athletic Conference. Remaining home games: Sept. 28 vs MidAmerica Nazarene University, Oct. 19 vs Peru State College, Nov. 2 vs Culver-Stockton College, and Nov. 9 vs William Penn University. 1800 Clarke Dr. **ClarkePride.com.**

LIVING WITH HIV OR NOT...



WE'RE FIGHTING THIS TOGETHER

STOPPING HIV IS POSSIBLE

Get tested.
Know your status.
Get in care.



StopHIVIowa.org

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TELEGRAPH HERALD

October 12 & 13, 2019 • October 19 & 20, 2019 • 12:00-5:00 daily

LIVE AT HERITAGE CENTER
PERFORMING ARTS SERIES

THE DOO WOP PROJECT

FRIDAY, OCTOBER 18
8 PM @ UNIVERSITY OF DUBUQUE
HERITAGE CENTER JOHN AND
ALICE BUTLER HALL
(2255 BENNETT ST)

The Doo Wop Project traces the evolution of Doo Wop from the classic sound of five guys singing tight harmonies on a street corner to the biggest hits on the radio today. Complete with a five-piece band, the Doo Wop Project brings unparalleled authenticity of sound and vocal excellence to recreate some of the greatest music in American pop and rock history. The quintet head to University of Dubuque Heritage Center on Friday, Oct. 18 at 8 p.m. as part of UD's Homecoming festivities.

Take a musical journey from foundational tunes of The Crests, The Belmonts, and The Flamingos through their influence on artists such as Smokey Robinson, the Temptations, and The Four Seasons all the way to "DooWopified" versions of modern hits by Michael Jackson, Jason Mraz, Maroon 5, Sam Smith, and more.



The Doo Wop Project features the stars of Broadway's smash hits *Jersey Boys*, *Motown: The Musical*, and *A Bronx Tale*, including one performer who was Tony-nominated for his role as Smokey Robinson in *Motown: The Musical* and two performers who have portrayed Frankie Valli in *Jersey Boys*.

A free pre-show reception will be held from 6:30 to 7:45 p.m. in the Bisignano Art Gallery in conjunction with the *Wood: The Story of Dubuque's Warehouse District* exhibit.

Tickets are \$25-\$42 for adults, \$19-\$37 for UD affiliates, and \$19 for children and students. All tickets increase by \$5 for purchases on the day of the performance. Tickets can be purchased at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**. ■

DUBUQUE CITY EXPO 2019

THE CITY OF DUBUQUE
Masterpiece on the Mississippi
2019
CITY dbq EXPO

THURSDAY, OCTOBER 17 • 4-7 PM
FIVE FLAGS CENTER
405 MAIN STREET

We are proud to serve our residents and would love the opportunity to showcase the great things that are happening! We are an All-America City and we invite you to join us to celebrate.

More information available:
www.cityofdubuque.org/cityexpo

FUN EXTRAS!
Complete your "Passport to Expo" for a chance to win prizes!
Complimentary Food
Touch-a-Truck Displays

MICHAEL LESTER WENDT CHARACTER LECTURE

ALEX KOTLOWITZ

MONDAY, OCTOBER 21
7 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER
JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

Alex Kotlowitz will deliver the Michael Lester Wendt Character Lecture on Monday, October 21, at 7 p.m. at the University of Dubuque Heritage Center.

Alex Kotlowitz is a bestselling author who has been recognized for more than three decades of unflinching portrayals of race and poverty in America in many forms of media—print and radio

journalism, documentary film, and books. Mr.

Kotlowitz is the author of *There are No Children Here* and *An American Summer*.

The lecture is free and open to the public. For more information, call **563-585-SHOW** or visit **www.DBQ.edu/wendt**. ■



DOCKDOGS WORLD CHAMPIONSHIPS

OCTOBER 22-27
FIVE FLAGS CENTER (405 MAIN ST)

The DockDogs World Championships celebrates 20 years of DockDogs in high-flying style as it returns to the Five Flags Arena this Oct. 10 to 13. DockDogs is a dock jumping and dock diving sport for dogs. It is a fast-growing and very popular sport in the United States and Canada which has been featured on ESPN and The Outdoor Channel.



The competitions run during the week with the finals taking place on Sunday. The Feature Finals begin at 3 p.m. on Sunday, Oct. 27, and tickets are \$8 for adults, \$5 for children 3-15, and free for children 2 and younger. A family bundle of four tickets is available for \$20.

For more information, visit **DockDogs.com**. ■

SUN 10/20

**A Homecoming Cabaret**

3 PM @ UD STEFFENS HALL
Featuring students from the UD Department of Fine and Performing Arts, including singers from the UD Choir. Benefits UD's choir program. Students will present modern pop and musical theater favorites while patrons enjoy an array of desserts. Freewill donations.

MON 10/21

**Dubuque Area Humanists Meeting**

7 PM @ UNITARIAN UNIVERSALIST FELLOWSHIP
Discuss a specific topic or invite a speaker to come and share their knowledge about some subject. October's speaker is Justin Scott, Iowa State Director at American Atheists and a promoter of secular government. 1699 Iowa St.

TUE 10/22

**Fall Book Discussion: The Overstory**

6:30-8 PM @ SINSINAWA MOUND (SINSINAWA, WI)
Oct. 22. Richard Powers recently won the Pulitzer Prize for this sweeping, impassioned novel on trees, animals, and activism. *The Overstory* explores the essential conflict on this planet: the one taking place between humans and nonhumans. 585 County Rd Z, Sinsinawa, WI. **608-748-4411**. sinsinawa.org/moundcenter.

ONGOING

Galena Territory Farmers Market

SUNDAY, OCT. 13
8 AM-NOON @ 2000 TERRITORY DR (GALENA, IL)
Baked goods, regional meat, flowers, crafts, and more. Plus made to order breakfast sandwiches, coffee and live music. **815-777-2000**. TheGalenaTerritory.com.

Dubuque Area Writers Guild

2ND AND 4TH TUESDAYS
6:30-8 PM @ MONK'S
Come with 5-10 copies of one poem or a prose piece for critique. Observers welcome. 373 Bluff St.

Salsa Dance Night

LAST WEDNESDAYS
6 PM @ SMOKESTACK
Salsa dance lesson with Adam's Dance Connection. Bring a partner or come solo. Free. 62 E 7th St. SmokestackDBQ.com.

Breitbach's Mid-Week Market

WEDNESDAYS: NOW THROUGH OCT. 30
5-9 PM @ THE FOOD STORE
Local vendors and live music hosted by Michael Breitbach and The Food Store.

Millwork Night Market

THURSDAY, OCT. 10.
5-9 PM @ 7TH-9TH ST ON JACKSON ST
Featuring high quality local food producers, artists, musicians, and brewers. MillworkNightMarket.com.

Dubuque Farmers' Market

SATURDAYS: NOW THROUGH OCT. 26
8 AM-NOON @ NEAR IOWA AND 12TH ST
Produce, meats, handmade goods, and on-site prepared foods. **563-588-4400**. DubuqueFarmersMarket.org.

Boomerang Bags

2ND SATURDAYS
9-11 AM @ UPCYCLE DBQ
Make reusable shopping bags and prevent the use

of single use plastic bags. [Facebook.com/UpcycleDBQ](https://www.facebook.com/UpcycleDBQ).

Illusions Midwest Drag Show

3RD SATURDAYS
10 PM @ SMOKESTACK
Featuring the Illusions cast and special guest drag queens and kings. \$10. 62 E 7th St. SmokestackDBQ.com.

All Community Reads: Picking Cotton

NOW THROUGH NOV. 5
VARIOUS LOCATIONS IN THE TRI-STATE AREA
Picking Cotton: Our Memoir of Injustice and Redemption by Jennifer Thompson-Cannino and Ronald Cotton with Erin Torneo is a NYT bestseller. The goal of the program is to have as many people as possible read the book and connect through their shared experience. Discuss racial and social inequities, restorative justice, and the aftermath of trauma. Supporting events will be held throughout the area. dubuque.lib.ia.us/ACR.

FOOD TRUCK FRIDAY

SECOND FRIDAYS
MAY - OCTOBER
11:30 AM - 1:30 PM

**Washington Park**

Walk, bike, or drive to Washington Park where food trucks will line the streets ready to celebrate the end of the week with you.

FOOD TRUCKS.

Enjoy grub from Candle Ready Cakes, Magoo's Pizza, Rockin 5K BBQ & Shack, Charlotte's Coffee House, Buenie Bottoms Outdoor Grill, & Happi Hibachi.

LIVE MUSIC.

Thanks to 365ink for lining up a full schedule of live entertainment in the heart of Washington Park.

OCTOBER 11: Theresa Rosetta

foodtruckfridaydbq.com

TRAVEL
Dubuque

WICKED RIVER
EVENT PROMOTION

365ink

SUBMIT YOUR EVENTS!

DO YOU HAVE A TRI-STATE EVENT THAT YOU'D LIKE TO SHARE WITH OUR READERS? LET US KNOW WHAT'S GOING ON BY SENDING US YOUR INFORMATION!

EMAIL: EVENTS@DUBUQUE365.COM

ONLINE SUBMISSION: DUBUQUE365.COM/SUBMIT-EVENT

20TH ANNUAL  **Hills & Dales**
HALLOWEEN HARVEST @ KENNEDY MALL
SATURDAY, OCTOBER 19, 2019 4:00-6:00 PM

Costume Contest with Prizes • Door Prizes • Tricks & Treats
 Ghoulish Games Area • Dancing • Safe Family Fun

PREMIER SPONSOR  **MEDICAL ASSOCIATES**

Tickets on sale for \$5 per child at the door, Planet Fitness Entrance
 Call Wendy at Hills & Dales at 556-7878 for more information.
 All proceeds benefit Hills & Dales' mission of building meaningful lives for individuals with disabilities!
www.hillsdales.org Like us on Facebook @hillsdales

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365INK IS NOW AVAILABLE ON IOS AND ANDROID

PHOENIX THEATRES KENNEDY MALL

FATHOM EVENTS

Alien 40th Anniversary October 15 & 16	Faustina: Love and Mercy October 28
Jay & Silent Bob Reboot October 15 & 17	LUZIA - Cirque de Soleil October 29
QT8: The First Eight October 21	DanTDM Present The Contest November 02
The Reliant October 24	Christmas Jars November 04
Spirited Away October 27 (dub) & 28 (sub)	The Divine Plan November 06

FOR MORE INFORMATION ON UPCOMING FATHOM EVENTS
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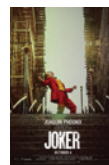
MOVIE NEWS

COMING TO THEATERS

JOKER (R)

FRIDAY, OCTOBER 4

Centered around the iconic arch nemesis based on an original, standalone fictional story not seen before on the big screen. Phillips' exploration of Arthur Fleck, who is indelibly portrayed by Joaquin Phoenix, is of a man struggling to find his way in Gotham's fractured society. A clown-for-hire by day, he aspires to be a stand-up comic at night... but finds the joke always seems to be on him. Caught in a cyclical existence between apathy and cruelty, Arthur makes one bad decision that brings about a chain reaction of escalating events in this gritty character study.



LUCY IN THE SKY (R)

FRIDAY, OCTOBER 4

Natalie Portman plays Lucy Cola, a strong woman whose determination and drive as an astronaut take her to space, where she's deeply moved by the transcendent experience of seeing her life from afar. Back home as Lucy's world suddenly feels too small, her connection with reality slowly unravels.



THE ADDAMS FAMILY (PG)

FRIDAY, OCTOBER 11

Get ready to snap your fingers! The first family of Halloween, the Addams Family, is back on the big screen in the first animated comedy about the kookiest family on the block. Funny, outlandish, and completely iconic, the Addams Family redefines what it means to be a good neighbor.



GEMINI MAN (PG-13)

FRIDAY, OCTOBER 11

Gemini Man is an innovative action-thriller starring Will Smith as Henry Brogan, an elite assassin, who is suddenly targeted and pursued by a mysterious young operative that seemingly can predict his every move.



ZOMBIELAND DOUBLE TAP (R)

FRIDAY, OCTOBER 18

After a fight between Columbus and Wichita creates a deep rift in the make-shift family that causes Little Rock to leave with a strange man, the group must band together to find Little Rock and mend the family ties. Facing new kinds of zombies along the way, the group is forced to adjust their strategies until they find an incredible new zombie hunter known only as Nevada.



MOVIE BUZZ

Jason Bateman has entered talks to direct, co-write, and possibly also costar in Ryan Reynolds' *Clue* movie. A murder-mystery board game in which players much deduce which of six suspects killed their host, Mr. Boddy, in his elaborate manor (not to mention, in which room and with what item), *Clue* has been a must-have among board game aficionados since it was introduced in 1949. It eventually made the jump to the big screen in 1985, with Jonathan Lynn directing a cast led by Tim Curry, Madeline Kahn, and Christopher Lloyd. This version is looking to carry an R rating.



Marvel Studios president is making a move to *Star Wars*, as he'll produce a new movie in the galaxy far, far away. Rian Johnson is still developing a new trilogy, as are *Game of Thrones* showrunners David Benioff and D.B. Weiss. That is all we've known for sure about their big-screen plans, while several shows are in development for Disney+. Now it has been revealed that Kevin Feige will work with Lucasfilm president Kathleen Kennedy to develop a new *Star Wars* movie for Disney.



Spider-Man returns to the Marvel Cinematic Universe as Sony and Disney announce a third movie in the *Spider-Man: Homecoming* franchise produced by Marvel Studios head Kevin Feige. In 2015, Sony and Marvel reached a deal to share Spider-Man and bring him into the MCU, with Tom Holland later cast as Peter Parker. He's since become an integral player in the MCU. The new *Spider-Man* deal sees Disney receive 25 percent of the profits from *Spider-Man 3*—but they also have to pay roughly a quarter of the production costs.



Early reactions are in for Martin Scorsese's *The Irishman*, and they're pretty much universally enthusiastic so far. The film is an ambitious one, even by Scorsese's standards, and chronicles the life of real-world hitman Frank "The Irishman" Sheeran (Robert De Niro) as he goes from fighting during WWII to serving the Bufalino crime family and the famous labor leader Jimmy Hoffa (Al Pacino), prior to his mysterious disappearance. Some reviews call it a masterwork; funny, epic, and most of all, melancholy. It's Scorsese confronting aging, legacies, and mortality. Following the festival circuit, it will hit theaters in November.



TWENTY DIRTY HANDS POTTERY TOUR

OCTOBER 18 AND 19 @ 10 AM-6 PM
OCTOBER 20 @ 10 AM-5 PM
VARIOUS STUDIOS IN GALENA
AND ELIZABETH, IL

Born of fire when a clay-coated basket found its way into a campfire and magically changed, pottery has described cultures from the beginning of time. This very basic material continues to produce “clay children” (pots) throughout thousand of years to the present day.

A group of potters called The Twenty Dirty Hands have been sharing their “clay family” with the Twenty Dirty Hands Pottery Tour for 19 years. Join the tour Oct. 18 and 19 from 10 a.m. to 6 p.m. and Oct. 20 from 10 a.m. to 5 p.m. in studios throughout the picturesque Galena and Elizabeth, IL.

Once upon a time 10 potters must have gotten together, and the name of Twenty Dirty Hands was conceived and never washed off. Today there are more potters involved, and they are affectionately called the “Dirts.” They host guest potters for a total of 22 potters that will exhibit their work, with some offering demonstrations, at seven studios during the self-guided tour. All the potters will be available to describe techniques and processes.

The Dirts were introduced to pottery in various ways at various stages in life. Liz Robertson lived by a brickyard and began firing various clay pieces inside the door to the coal furnace at the age of 6. “We live in a world of overly processed items. There is a



THE DIRTS: (TOP LEFT TO RIGHT) RON HAHLEN, GARY CARSTENS, RICHARD HESS, JOE PENDER, LARRY PRISKE, KENT HENDERSON, PAUL ESHELMAN; (BOTTOM LEFT TO RIGHT) STEPHANIE O'SHAUGHNESSY, TABITHA LINK, DOUG REYNOLDS, DELORES FORTUNA, LIZ ROBERTSON, RICH ROBERTSON

disconnection with our understanding of how and of what many things in our world are made. The hand maker has the unique position of producing an item from beginning to end. It is this human connection that is a major selling point for handmade work.”

A bored 12-year-old Rich Robertson found a photo of a potter in India in his parents encyclopedia. “Something triggered in my brain. I built a dreadful wheel that, now I know, ran backward. I managed one tiny pot that was just as wide as it was tall. I always say boredom is one of or nations most underrated assets.” After spending his life working with clay, he says “it never grows old and there is always more to discover.”

Paul Eshelman began in high school and found he enjoyed making things, “especially functional things that people could use.” Completely finishing a piece requires careful craftsmanship and gives Eshelman a sense of accomplishment and achievement.

While writing an article about potteries of the 1850s in the upper Mississippi for the Galena Gazette, Stephanie O'Shaughnessy discovered her attraction to clay. “With clay there are endless possibilities and endless mysteries to unravel which beckon us on.”

Kent Henderson began his life in clay to “stay out of trouble” and continues the pursuit to enrich his sense of improvisation.

All of these artists have clay at the center of their daily lives, and many make their entire income with clay. You can interact with the potters and see what they have to offer while enjoying the hills of Galena. This completely clay-oriented tour showcases a wide range of solutions to clay spread over a small radius of travel.

If you are looking for a wonderful road trip in the fall colors, head to Galena and Elizabeth for the Twenty Dirty Hands Pottery Tour. For more information, visit TwentyDirtyHands.com. ■



TOUR MAP

- 1. Eshelman Pottery**
238 N Main St, Elizabeth

 - Paul Eshelman
 - Mia Ishiguro
 - Lee Ann Breitbach
 - Courtney Diedrich
- 2. Richard T. Hess Pottery Studio**
519 4th St, Galena

 - Richard T. Hess
- 3. Pinder Pottery**
236 N Main St, Galena

 - Joe Pinder
 - Lisa York
- 4. O'Shaughnessy Studio**
202 S West St, Galena

 - Stephanie O'Shaughnessy
 - Doug Reynolds
 - Jennifer Mally
- 5. Galena Clay Works**
704 Dewey Ave, Galena

 - Kent Henderson
 - Monte Young
- 6. Pine Hollow Pottery**
4700 N Council Hill Rd, Galena

 - Larry Priske
 - Gary Carstens
 - Liz Robertson
 - Rich Robertson
 - Ron Hahlen
 - Tabitha Link
- 7. Fortuna Pottery**
7213 W Buckhill Rd, Galena

 - Delores Fortuna
 - Yuki Nyhan
 - Roberta Polfus
 - Amy Higgason

"MURALS" EXHIBIT

CHANGING THE LANDSCAPE OF
DOWNTOWN DUBUQUE

SHOW: NOW THROUGH NOVEMBER 6

RECEPTION: FRIDAY, OCTOBER 11 @ 5-7 PM

CLARKE UNIVERSITY QUIGLEY ART GALLERY
(1550 CLARKE DR)

The Clarke University Quigley Gallery features *Murals: Changing the Landscape of Downtown Dubuque*.

The exhibition is on display through Wednesday, Nov. 6 with reception on Friday, Oct. 11 from 5 to 7 p.m.

The exhibition features large format prints with supportive video content for 10 to 12 Voices Production Murals in Dubuque. The goal of the exhibit is to broaden knowledge and community support of this form of public art, as well as showcase mural painting as a viable

career option for young artists. The exhibit incorporates the behind-the-scenes work of location and artist selection, concept generation, building preparation, painting process, and community engagement. The Clarke mural is titled *Ascending* and is located at Welu Printing Company at 1685 Central Ave.

For more information, contact the Clarke University Art + Design Department at **563-588-6463** or visit **Clarke.edu**. ■



DUBUQUE SYMPHONY ORCHESTRA

CLASSICS 1: RHAPSODY

SATURDAY, OCTOBER 5 @ 7:30 PM

SUNDAY, OCTOBER 6 @ 2 PM

FIVE FLAGS THEATER (405 MAIN ST)

The Dubuque Symphony Orchestra's 61st season celebrates the 50th anniversary of its Dubuque Symphony Youth Ensembles program with an entire season devoted to the theme of youth. *Classics 1: Rhapsody* will be performed on Oct. 5 and 6 at the Five Flags Theater.

Enjoy a lively overture, a premiere by local composer Adam O'Dell, and two of the most loved pieces for piano and orchestra, featuring DSO Principal Pianist Joshua Russell. Britten's Young Person's Guide



to the Orchestra is a wonderful sonic tour of each section of the orchestra culminating in a rousing finale!

Maestro Intriligator will also present a free pre-concert lecture in the theater on Sunday, Oct. 6 at 1 p.m.

Tickets start at \$18 and are available at the Five Flags Center Box Office, through the DSO app, or online at **Ticketmaster.com**. Student tickets are \$8 and are available 1 hour before the performance. For more information, call **563-557-1677** or visit **DubuqueSymphony.org**. ■

FIRST FRIDAYS

FRIDAY, OCTOBER 4

4-9 PM @ DUBUQUE AREA ARTS COLLECTIVE (345 BLUFF ST)

5-8 PM @ DUBUQUE MUSEUM OF ART (701 LOCUST ST)

5-8 PM @ KEY CITY CREATIVE CENTER (1781 WHITE ST)

5-8 PM @ OUTSIDE THE LINES ART GALLERY (1101 MAIN ST)

5-8 PM @ UPCYCLE DUBUQUE (1838 CENTRAL AVE)

First Fridays is Downtown Dubuque's monthly visual art series, hosted by galleries, museums, and venues, celebrating Dubuque's great visual arts scene. Visit all of the locations and celebrate our creative community. All stops are free unless otherwise noted.

DAAC returns with *New Flesh* by local artist and art educator Brad Fautsch. His exhibition represents several years of exploration of the media of ceramic and mixed media sculpture, drawing, painting, and collage. Live music is by Pure Service.

DuMA features the new Arthur Geisert *Tall and Not-So-Tall Tales* exhibition. Enjoy light refreshments and a hands on etching activity. \$10 Guests; members are free.

Key City Creative Center will feature a maker/artist.

Outside the Lines featuring Kelli May Krenz, a Galena artist who will be working on something new at the gallery that evening. Krenz's delightful mixed media paintings and drawings are youthful and colorful and are sure to inspire!

Upcycle Dubuque celebrates local maker Rich Carroll. He started as a high school math and chemistry teacher, switched to an electronic engineer for the US Air Force, and now creates various objects out of wood: spinning wheels, bunnies, and most recently, love spoons.

For more information, visit **Facebook.com/DubuqueFirstFridays**. ■

AGATHA CHRISTIE'S MURDER ON THE ORIENT EXPRESS

OCTOBER 4, 5, 11, AND 12 @ 7:30 PM

OCTOBER 6 AND 13 @ 2 PM

GRAND OPERA HOUSE (135 W 8TH ST)

All aboard as Agatha Christie's most famous detective takes to the Grand stage to solve one of her most incredible mysteries, Oct. 4, 5, 11, and 12 at 7:30 p.m. and Oct. 6 and 13 at 2 p.m.

Just after midnight a snowdrift stops the Orient Express in its tracks. By morning everyone is a suspect when an American tycoon is found dead in

his compartment, his door locked from the inside. Detective Hercule Poirot must identify the murderer—before he or she decides to strike again.

Tickets are \$23 for adults and \$15 for children under 18. Tickets can be purchased in person at the box office, by calling **563-588-1305**, or at **TheGrandOperaHouse.com**. ■

SANDY TOES & SALTY KISSES

OCTOBER 11-12, 16-19, AND 23-26 @ 7:30 PM

OCTOBER 13, 20, AND 27 @ 2 PM

BELL TOWER THEATER (2728 ASBURY RD)

Join Bell Tower Theater for their fall comedy, *Sandy Toes & Salty Kisses*, Oct. 11-27. Take a trip to the Lovers' Landing Beach Hotel, a cozy little place that is "The Home of Sandy Toes and Salty Kisses."

Legend has it that no one can resist its romantic mystique. That legend is put to the test when the blue-blooded Beatrice Rutherford-Smythe and her daughter visit to plan the daughter's wedding. Beatrice immediately begins a campaign to talk her daughter, not only out of the

Lovers' Landing, but also the marriage itself. A bit of illegal gambling, a little rum running and some mistaken identities provide a comical beach adventure.

Oct. 11 and 12 are the Early Bird Special performances when tickets are just \$10.50. Tickets for all other performances are \$21. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For more information and to purchase tickets, call **563-588-3377** or visit **BellTowerTheater.net**. ■

CALL FOR AUDITIONS

THE FORGIVING & THE FORGETTING

OCTOBER 29 AND 30

6:30-9 PM @ ROSHEK BUILDING (700 LOCUST ST)

Healing Moments for Alzheimer's is producing a dramatic reading/radio play of *The Forgiving & The Forgetting* for the purpose of audio/video recording to be given to radio programs for older adults and uploaded onto podcast and YouTube formats for free public access. Since this production is a dramatic reading, script/lyric memorization is not necessary.

Auditions will be held at the Roshek Building on Oct. 29 and 30 from 6:30 p.m. to 9 p.m. Audition scenes are upon request. Contact: **jadeangelica@gmail.com**. The

performance will be recorded on Nov. 20 and 24 from 6-9:30 p.m.

The cast includes 4 major speaking/singing parts, 2 medium speaking parts (1 sings a duet), 4 minor speaking parts, and 1 narrator. There is one all-cast song. The play runs for 45-50 minutes.

For full audition information, contact Director Suzie Wright (**563-451-7914; suzie42366@aol.com**) or Jade Angelica, writer and Director of Healing Moments (**563-582-4727; jadeangelica@gmail.com**). For more information about Healing Moments, visit **HealingMoments.org**. ■

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in the Tri-States
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STOP**



FAZOLI'S



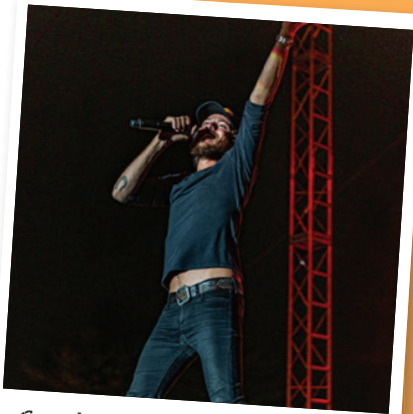
Rain could not dampen the spirits at Bloktoberfest 2019 in Dubuque's Millwork District.



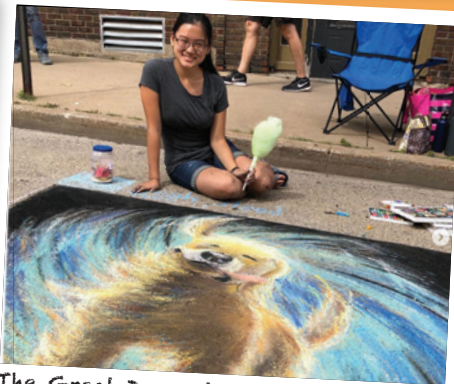
365ink favorite, Ralph Kluseman, performs with a new sidekick at the Sept. edition of Food Truck Friday in Washington Park.



Democratic Presidential Candidate, Vermont Senator Bernie Sanders, speaks to supporters in Town Clock Plaza.



Country Music star Chris Janson performs outdoors at Q Casino's Back Waters Stage.
Photo by Gen. Bob Felderman



The Great Draw street art competition outdoors next to Outside the Lines Art Gallery in Dubuque raises money for student visual art scholarships.



It's all good times as the summer concerts wrap-up for 2019 at Q Casino's Back Waters Stage.
Photo by Gen. Bob Felderman



The amazing British rock band The Struts brought an immensely high-energy show to the Mississippi Moon Bar.
Photo by Gen. Bob Felderman



One more beautiful weekend on the river before rain and fall temps put an end to the season.
Photo by Ron Tigges, DigitalDubuque.com



Cosplayers Nicole Welsh, Nicole Meyers and Bill Ramsell came out for the Quad-Con Comic Book Festival at Five Flags Arena.



Dubuque Chamber Ambassadors help Hot Diggity Dogz cut the ribbon on their new hot dog stand in downtown Dubuque!



Fog and a little rain didn't stop families from enjoying Czipar's Apple Festival last weekend.

Submit your photo by using

#my365ink

on Social Media!



New **2 FOR \$4**
SUPER SNACK
MIX & MATCH ANY TWO



2-pc. Chicken Strips

Small Sundae

Cheeseburger



Regular Fries

Any Size Soft Drink

Pretzel Sticks with Zesty Queso

16th Street | Pennsylvania Ave | Key West | Peosta

FALL ACTIVITIES & ATTRACTIONS



PHOTO: BETHANY GANSEN

THEISEN'S DOG-O-WEEN: SUNDAY, OCTOBER 27 AT THEISEN'S IN DUBQUUE

CORN MAZES & PUMPKIN PATCHES

Vesperman Farms

NOW THROUGH OCTOBER 27
MONDAY-FRIDAY @ NOON-6 PM
SATURDAY @ 10 AM-7 PM
SUNDAY @ 10 AM-5 PM

8149 STAGE RD, LANCASTER, WI

Celebrating the fall in the corn maze, a 5-acre plot of twists and turns designed to commemorate 16 years of the fall season in Lancaster. A mini maze is available for children. Enjoy wagon rides out to the pumpkin patch or purchase pre-picked pumpkins and gourds, kiddie train rides, tire mountain, duck races, zip line, swing set, climbing wall, trebuchet and air cannon pumpkin launch, and an animal farm. A wide variety of concessions are available from brisket sandwiches and loaded baked potatoes to hamburgers and lemonade. You can also purchase fall staples like caramel apples, kettle corn, and apple cider donuts as well as a variety of other items like t-shirts, mini pumpkins, and artwork by the Vesperman family. \$8.50 Adults; free for ages 4 and under; \$16 season pass. VespermanFarms.com.

Schuster's Pumpkin Patch & Corn Maze

SATURDAYS AND SUNDAYS NOW THROUGH OCTOBER 31
11 AM-5 PM @ 7541 SCHUELLER HEIGHTS RD

In addition to the corn maze and pumpkin patch, Schuster's features a smaller free kids maze, bounce house, and pumpkin cannon. Admission is free. Adult corn maze, wagon rides, pumpkins, and concessions available for purchase. 563-556-2879. schusterspumpkinpatch.com.

Papa's Pumpkin Patch

NOW THROUGH OCTOBER 31

10 AM-5 PM @ 16679 360TH AVE, BELLEVUE, IA

Enjoy hay and barrel rides, petting zoo, and bounce houses for the kids. Pick your own pumpkins, gourds, squash and pie pumpkins, plus other goodies for purchase. Free. 563-872-4728.

HAUNTED ATTRACTIONS

Great River Reapers Home Haunt

NOW THROUGH OCTOBER 31
SUNDAY-THURSDAY @ 5-9 PM
FRIDAY-SATURDAY @ 5-10 PM
2750 BURDEN ST

Stroll through a graveyard, see spiders on the roof, animated figures, a horse drawn hearse and new scenes for 2019. In conjunction with the haunt, they do a food drive for the Dubuque Food Pantry and accept cash donations for The Wounded Warrior Projects. Last year they drew 50 to 100 people a night and nearly 2,000 trick-or-treaters on Halloween. Bring the little ones during daylight hours. Free.

Dark Chambers

OCTOBER 11-12, 17-19, 24-27, 31 AND NOVEMBER 1-2
LIGHT FRIGHT @ 6-7 PM
FULL SCARE @ 7-11 PM

FORMER RED TOP SUPPER CLUB (KIELER, WI)

Dark Chambers heads to Wisconsin for the whole scare game to get reinvented again for 2019. Taking over the former Red Top Supper Club, Dark Chambers will run Oct. 11-12, 17-19, 24-27, and 31 and Nov. 1-2. \$5 Light Fright; \$15 Full Scare; \$25 Fast Pass. 1341 Frontage Rd, Kieler, WI. DarkChambers.com.

Terror at the Grand

OCTOBER 25-28
LIGHT FRIGHT @ 6-7:30 PM
FULL FRIGHT @ 8-11 PM

GRAND OPERA HOUSE

The Grand's 4th annual haunted theater experience features all scares and a few fan favorites. Explore the back hallways of the 129 year old opera house, but beware... they say that the building is haunted! \$7 Light Fright; \$12 Full Fright. 135 W 8th St. TheGrandOperaHouse.com.

SPOOKY EVENTS

MON 10/7

Haunted History Walk

6:30 PM @ LINWOOD CEMETERY

Mondays, Wednesdays, and Fridays: Oct. 7-30. Walk with Great River Investigative Paranormal Society as they investigate the history and people of Dubuque's past. Ghost equipment will be used to experience the fun and thrill of ghost hunting. Tours last approximately two hours. Ages 10+. \$10. 2736 Windsor Ave. 563-213-9043.

THU 10/17

Witches Night Out

6-9 PM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM
Featuring live music, wine tasting, appetizers, door prizes, witches brews, and a cackling contest. The Museum Store will feature 20 percent discounts on all regularly priced store merchandise and 15 percent discounts on wine. Ages 21+. \$8 Members; \$10

non-members. 350 E 3rd St. RiverMuseum.com/witches.

SAT 10/19

Frankie's Story

11 AM AND 2 PM @ HAZEL GREEN OPERA HOUSE (HAZEL GREEN, WI)
Oct. 19 and 26 at 11 a.m. and 2 p.m. and Oct. 20 and 27 at 2 p.m. Where did Witch Hazel Green's adopted big green son come from? Hazel is reluctant to tell him, so he sets off on a quest that takes him to visit his aunts, the Six Dancing Witches, as well as the characters in a local cemetery and the nasty goblin who lives down in a lead mine. Presented by Fever River Puppeteers. \$5 Adults; \$4 ages 12 and under. 2130 Main St, Hazel Green, WI. 608-732-6404.

A Haunting on Lincoln Ave

11 AM-4 PM @ MATHIAS HAM HISTORIC SITE
Halloween themed house tours will detail the rise of Halloween and Halloween



PHOTO: CINDY SIEGERT

WITCHES NIGHT OUT: THURSDAY, OCTOBER 17 AT THE NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

traditions, as well as today's fascination with ghost stories. Enjoy crafts, historic games, and hot apple cider. \$7.50 Adults; \$4 ages 3-17; free for River Museum & Aquarium members. "The History of Modern American Spiritualism" presentation with Reverend Stacy Kopchinski, National Spiritualist Teacher from the Morris Pratt Institute at 1 p.m. Victorian Halloween Ball with a séance, parlor games, and more from 6 to 7 p.m. \$11.50 Adults; \$6 ages 17 and under. 2241 Lincoln Ave. **563-557-9545**. rivermuseum.com/events.

Hills & Dales Halloween Harvest
4-6 PM @ KENNEDY MALL
The 20th Annual Hills & Dales Halloween Harvest invites kids to trick or treat, dance, come dressed to win costume contest prizes, and sign up to win door prizes! This is a fun, family friendly event that also features a Ghoulies Games Area. All proceeds support Hills & Dales' mission of building meaningful lives for persons with disabilities. \$5. 555 JFK Rd. HillsDales.org.

TUE 10/22

Night of Grief & Mystery

7-9:30 PM @ STEEPLE SQUARE
We have an idea where the monsters are. That's where we're headed. These are nights in which love letters to life are written and read aloud. There's some boldness in them. They have that tone. These nights have the mark of our time upon them, and they're timely, urgent, alert, steeped in mortal mystery. Adults only. \$40. 101 E 15th St. OrphanWisdom.com.

THU 10/24

Halloween Treat Decorating & Pumpkin Carving

5-7 PM @ CONVIVIAM URBAN FARMSTEAD
Decorate and take home graveyard bars, spook-tacular rice krispie treats, and sugar cookie cutouts. Carve locally-grown pumpkins and sample roasted pumpkin seeds. 2811 Jackson St. **563-557-2900**. convivium-dbq.com.

SAT 10/26

Halloween Masquerade Ball

8 PM @ SHAKE RAG ALLEY LIND PAVILION (MINERAL POINT, WI)
Celebrate Shake Rag Alley's 15th anniversary! In addition to the tunes DJ Fuzzy will be spinning from the 1960-2000s, enjoy a costume contest with prizes, fortune teller, photo booth and more. Masks are encouraged and will be for sale. VIP tickets have early access at 7 p.m. for a cocktail hour with hors d'oeuvres and will receive goodies including an illuminated cocktail glass and free photo booth and fortune teller sessions. \$50 GA, \$65 VIP. 411 Commerce St, Mineral Point, WI. **608-987-3292**. ShakeRagAlley.com.

SUN 10/27

Theisen's Dog-O-Ween

3-4 PM @ THEISEN'S (2900 DODGE ST)
Registration for the 21st Annual Dog-O-Ween Costume Contest begins at 1:30 p.m. with the costume

contest beginning at 3 p.m. Prizes will be awarded in various categories. All dogs must be up to date on rabies and the canine Distemper/Parvo/Bordetella vaccine to enter. If your dog does not play well with others, please leave them at home. Spectators are welcome! \$10 per pet goes to the Dubuque Regional Humane Society. **563-557-8222**.

Mad Scientist Party & Trick-or-Treat

4-6 PM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM
The National Mississippi River Museum & Aquarium's 31st Annual Mad Scientist Party & Trick-or-Treat event features a trick-or-treating route through the Wetland and onto the William M. Black. Inside the Mississippi River Discovery Center enjoy live animal programs, science experiments, and face painting. Costumes are encouraged and snacks and beverages will be available for purchase. Ages 12 and under. \$5 Adults; \$4 kids; free ages 2 and under. 350 E 3rd St. RiverMuseum.com/events.

2019-2020 PERFORMING ARTS SERIES A JEWEL of a Season

The Doo Wop Project

FRIDAY, OCTOBER 18, 2019 - 8:00 P.M.
JOHN AND ALICE BUTLER HALL

Featuring stars of Broadway's *Jersey Boys* and *Motown: The Musical* plus a hot five-piece band.

Public tickets \$25 and up.



Public tickets \$15 and up.

Free CyberCafé Knapp Stage concert 6:00 to 7:00 p.m. with Theresa Rosetta.

FRIDAY, OCTOBER 25, 2019 - 7:30 P.M.
JOHN AND ALICE BUTLER HALL

Brazil's favorite twins return for a night of high energy fun! Complete with electric fiddle, ukulele, bass, and drums.



UNIVERSITY of DUBUQUE



#liveattheheritage | Search: HeritageCTR

563.585.SHOW | WWW.DBQ.EDU/HERITAGECENTER

LIVE AT HERITAGE CENTER B.I.T.E. SIZE SERIES
**SHAUN BOOTHE:
 THE UNAUTHORIZED
 BIOGRAPHY SERIES**

MONDAY, OCTOBER 14 @ 3:30 AND 7:30 PM
 UNIVERSITY OF DUBUQUE
 HERITAGE CENTER BABKA THEATRE
 (2255 BENNETT ST)

University of Dubuque Heritage Center continues season three of its B.I.T.E. Size Series with *Shaun Boothe: The Unauthorized Biography Series* at 3:30 and 7:30 p.m. Monday, Oct. 14, in Babka Theatre.

Shaun Boothe, an award-winning hip-hop artist and TEDx speaker, created *The Unauthorized Biography Series* to celebrate the world's greatest cultural icons through biographical hip-hop songs. The critically acclaimed project captures the legacy of positive and influential figures such as Muhammad Ali, Martin Luther King Jr., Bob Marley, Barack

Obama, Serena Williams, Oprah Winfrey, and Malala Yousafzai. Half TED Talk, half live concert, Boothe fuses music, spoken word, multimedia, and motivation to deliver powerful stories of personal greatness.

Boothe is renowned for conceptual and interactive performances, many of which have graced opening stages of concerts for multi-platinum artists such as Nas, Lauryn Hill, Talib Kweli, and Snoop Dogg.

A Q&A discussion with Boothe follows the performance.

B.I.T.E. stands for Babka Intimate Theatre Experiences. This series of events

showcase one-person or small cast performances in the intimate setting of Heritage Center's black box venue. With maximum capacity of about 200, Babka Theatre offers general admission and stadium-style seating.

Tickets are \$20 for adults, \$16 for UD affiliates, and \$9 for children and students. All tickets increase by \$5 for purchases on the day of the performance. Tickets can be purchased at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**. ■



BLUFF STROKES 2019 PAINT OUT

OCTOBER 6-12

VARIOUS LOCATIONS

FIELD OF DREAMS PAINT EVENT: WEDNESDAY, OCTOBER 9 @ 6-9 PM

FIELD OF DREAMS MOVIE SITE (28995 LANSING RD, DYERSVILLE, IA)

PATRON SALE EVENT: FRIDAY, OCTOBER 11 @ 6-9 PM

PUBLIC SALE EVENT: SATURDAY, OCTOBER 12 @ 9 AM-4 PM

STEEPLE SQUARE (101 E 15TH ST)

Approximately sixty artists from nine states will paint landscapes in and around Dubuque Oct. 6, through Oct. 12 during Bluff Strokes 2019 Paint Out. Artists will compete for \$10,450 in award money. The Grand Prize will be a \$2,000 Purchase Award.

Plein air painting—painting landscapes in open air rather than in the studio—is a rapidly growing art movement in the United States and worldwide. Its emphasis is to capture the mood of a scene in changing light and to create an eternal moment in time. Plein air artists travel to scenic locations for workshops and paint outs, and such events are propagating and growing throughout the country. A goal of Bluff Strokes is to share the scenic resources of Dubuque and establish Dubuque as a significant stop on the plein air circuit.

Bluff Strokes was founded in 2014 and is an affiliate of the Dubuque County Fine Arts Society. It creates events and workshops for artists which explore and capitalize on Dubuque's natural and man-created beauty.

"My wife Barbara is an artist and tried to get into a pastel workshop in Fairfield, IA with John Preston," explains one of the event's creators and co-chair Wes Heitzman. "She was 19th on the waiting list. We had been to a number of workshops and were well-acquainted with the idea of artists traveling to workshops. We had just moved here and invited John to come to Dubuque. He stayed with us, and we took him all over Dubuque to see the sights. He thought Dubuque would be a good setting for a workshop but also noted that we should think about doing a paint out here. It took more than a year after that to put the non-profit and committee together."

Participants are allowed to paint in Dubuque County. For the first time, artists may also paint across the Mississippi in East Dubuque and the Frenress Lake area up to O'Leary's Lake and the Wisconsin side of the dam.

"The artists show up on Sunday at 8 a.m.," explains Wes. "We stamp the back of their canvases and everything they paint during the week must be painted on that canvas to ensure it was done while they were here. There's also a nocturne event where we stop the canvas on Tuesday evening and they can paint all night and turn them in the next day."

Starting 5 p.m., nocturne competitors will likely be found around downtown Dubuque, in the Millwork and Harbor areas, and in other areas with interesting lighting.

A Quick Paint competition takes place on Wednesday, Oct. 9 from 8:30 to 11:30 a.m. Artists must finish, frame, and submit their paintings within a 3-hour time frame. Find artists within close driving distance of Steeple Square, the paint out headquarters.

"I had originally envisioned that we'd do a very small paint out the first year. I had recruited Jillayne Pinchuk onto the committee and she agreed to co-chair the

first paint out. Instead of 12 artists, we immediately went to 45 artists our first year. She did some amazing fundraising and got it going much more quickly than I thought we could."

Wes credits Pinchuk with much of the ongoing success of the Plein Air Paint Out year to year. Together they have an event that now boasts about 60 talented artists, having had to turn away more than 30 artists this year.

"Our mission is first of all to simply create this event for the community and have the painters here and get Dubuque on the map, but also to support local artists. This year we're doing a subsidized workshop for sketchers. We also offer workshops for local painters and the group The Plein Air Painters of Dubuque started out of one of our workshops."

The four hour workshop "Being Present through Urban Sketching" will be conducted Saturday, Oct. 12. The workshop, partially subsidized by Bluff Strokes, will support the fledgling Dubuque Urban Sketchers and help in launching an Opening Doors sketch program. It will be led by Kathleen Newman of Chicago. Newman was the first Bluff Strokes Paint Out judge and is active in Urban Sketchers of Chicago. The workshop is now full.

Each year hundreds of paintings are sold. Bluff Strokes takes a commission on sales to underwrite the costs of the event. Some of the commission money will be used to develop future Bluff Strokes programs.

This year, in celebration of the 30th anniversary of the movie *Field of Dreams*, a special evening paint will be held Wednesday, Oct. 9. It is expected that 30 to 40 artists will converge on the Field to paint their versions of this iconic landmark. Field of Dreams is hosting this event, which will include live acoustic music from Steve Kalmes and food and beverage sales. Lights will be turned on at dusk and a few Ghost Players are expected! Travel Dubuque will fund \$500 for special awards for Field of Dreams paintings. Visit between 6 to 9 p.m. to view the artists painting.

Art painted during Bluff Strokes Paint Out will first be available for viewing and sale at Steeple Square on Friday, Oct. 11 from 6 to 9 p.m. during a special Patron event. Patron Passes are \$125 and provide entry for two and a \$100 voucher toward purchase of a painting. Enjoy wine, Jubecks' brew, and food by Pete's Thai Kitchen. Passes are available at River Lights Bookstore and at all Premier Bank branches. If there are unsold Patron Passes the evening of the event, they will be sold at the door.

The public sale opens on Saturday, Oct. 12 from 9 a.m. to 4 p.m. and is free. All remaining art will be available for purchase. "We hope it expands the market for original art in Dubuque, educates people on why



2018 PURCHASE PRIZE WINNER NYLE GORDON OF ETHEL, MO

it's nice to have a piece of original art in their homes, and in turn supports the arts in our community."

Gregory Sessions of Kansas City will be guest judge. Greg is a signature member of the American Impressionists Society and the Outdoor Painter Society. His work has been published in numerous magazines including *Plein Air*, *Southwest Art*, *Outdoor Painter*, *American Art Collector*, and *Fine Arts Connoisseur*. He has both participated in and judged many plein air competitions across the country.

To encourage artists to explore the many faces of Dubuque, awards will be offered for paintings in a number of themed categories: River Overlook, Riverfront, Historic Dubuque, Working Dubuque, Rural, Arboretum/Garden, Double Take, and Poetic. The new "Double Take" awards will be offered for paintings which offer a unique and creative viewpoint, making the viewer see something differently or finding artistic interest in the mundane.

"Each year the collection of artists improves a little bit, and we're getting a very good reputation in the artists community. We're probably not going to be a fully juried event like Door County, but we're getting a reputation for one of the premier non-juried events in the Midwest. It's a great opportunity for some newer artists to get some awards and get on the map with some publicity. We're also getting some quite experienced artists who are in many of the high-powered juried events. They are drawn by the combination of the sales and the awards and also that they just love the community. They think we run a pretty good event, and they're having a lot of fun while they're here."

Steeple Square is a beautiful backdrop for displaying the art for the sales. It's also a very powerful experience to see these scenes you've known all your life and now an artist is showing them to you a little bit differently. One of Wes' favorite takeaways from four years of Paint Outs came in the first years, when one sale attendee told an artist that she'd never been to an art opening before and she didn't know it would make her cry. That's some powerful stuff, one of the reasons that the Plein Air Paint Out won a 365ink Impact Award after its first year. The impact on Dubuque's cultural landscape was immediately evident.

Bluff Strokes sponsors include Hirschbach Trucking, Premier Bank, Andy and Debi Butler/Cottingham and Butler, Gronen Properties, Conlon Construction, the McCoy Group, and Steeple Square.

A list of participating artists and full event information can be found at Bluffstrokes.org. ■



Think local. Drink local. Listen local.

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TRI-STATE LIVE MUSIC

THU 10/3

Joe McShane
5 PM @ Frank O'Dowd's Pub

Elizabeth Mary
5:30 PM @ The Dungeon

Blu Flame
6 PM @ Stone Cliff

Jef Spradley
7:30 PM @ Grape Escape

Bryce & Dayton
8 PM @ Main Street Social

Dany Laj & The Looks
10 PM @ The Lift

FRI 10/4

"New Flesh" Exhibit: Pure Service
6 PM @ Dubuque Area Arts Collective

Ron Lubbers
6 PM @ Timmerman's

Jacquie Miller
Kickoff to Galena Oktoberfest
6 PM @ Galena Depot Park

Caitlyn Wolfe
7 PM @ Dimensional Brew Co.

Drew Hurn
7 PM @ Stone Cliff

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

Ben Dunegan
8 PM @ Riverboat Lounge

Drew Baldrige
8 PM @ Mississippi Moon Bar

Hot Mess
8 PM @ Q Casino

The Marty Ray Band
8 PM @ The Blu Room

Bluegrass & Folk Jam
w/ The Alumatics
8 PM @ Smokestack

Open Mic w/ Scott
Waterhouse + Karaoke
8 PM @ 7 Hills Brewing Co.

Missbehavin'
8 PM @ Spirits, Days Inn

DeVotchKa,
The Joy Formidable
8 PM @ Codfish Hollow Barn

Hangin' Around
8 PM @ Galena Brewing Co.

Kara Gordon
After Oktoberfest Pub Crawl
8:30 PM @ Grape Escape

Left Lane Cruiser, 20 Watt
Tombstone, Riff Worm
10 PM @ The Lift

SAT 10/5

Shullsburg Cheesefest:
Shullsburg Music Dept @ 9:30 AM
Tom Black and Diane Olson @ Noon
Anna Stuckenburg @ Noon
The Jimmy's @ 1 PM
Downtown Shullsburg, WI

Tri-States Largest Chili Cook-Off:
Elizabeth Mary @ 10:30 AM
Three Quarter Buzz @ 1 PM
Cable Car Square

Galena Oktoberfest:
Jim Busta Band @ 11 AM
The Goodtime Dutchmen @ 3 PM
Back Seat Betty @ 7 PM
Galena Depot Park

Acoustic Jam
1 PM @ Council Hill Station

JJ Schmitz Duo
2 PM @ Midtown Marina

LA Suess
2 PM @ Galena Cellars

Kampfire Kings
2 PM @ Grape Escape

Medicinal Purposes
2 PM @ Fergedaboutit
Winery, Hanover

Elizabeth Mary
3 PM @ Happy's Place

Yellow Brick Road
7 PM @ Wicked Dame

Barbaro
7 PM @ The Lift

Jef Spradley
7 PM @ Stone Cliff

DSO: Rhapsody
7:30 PM @ Five Flags Theater

Women of the World
w/ UD Women's Choir
7:30 PM @ UD Heritage Center

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

Statue of Liberty
8 PM @ Riverboat Lounge

The Mavericks
8 PM @ Mississippi Moon Bar

Kings of Radio
8 PM @ Q Casino

Taste Like Chicken
8 PM @ Spirits, Days Inn

The 4onthefloor w/ General B
& The Wiz, Kiss The Tiger, The
Ruralists
8 PM @ Codfish Hollow Barn

Bobby Messano
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Doug Brundies
8 PM @ Galena Brewing Co.

Aaron Williams & The Hoodoo
8:30 PM @ Grape Escape

Leather & Lace Burlesque
w/ DBQ Drag Showcase
9 PM @ Smokestack

Kingpin
10 PM @ The Venue

SUN 10/6

Hot Mess
Hot Rods & Harleys Show
11 AM @ Main Street Square,
Hopkinton

Open Mic w/ Scott Rische
Noon @ Grape Escape

Fever River String Band
1 PM @ Vesperman Farms,
Lancaster

Acoustic Jam
1 PM @ Council Hill Station

DSO: Rhapsody
2 PM @ Five Flags Theater

Blue Flame
2 PM @ Wicked Dame

Elizabeth Mary
2 PM @ Park Farm Winery

Johnnie Walker
2 PM @ PromiseLand Winery

Jordan Daniels
3 PM @ Stone Cliff

Open Mic
3 PM @ The Cornerstone

Renegade & GHS
Season End Party
3 PM @ Sandy Hook Tavern

Ron Lubbers
6 PM @ Timmerman's

Tony Walker
5 PM @ Anker Inn, Cassville

Joe McShane
6 PM @ Frank O'Dowd's Pub

Killer Queen
7 PM @ Mississippi Moon Bar

MON 10/7

Joe McShane
5 PM @ Frank O'Dowd's Pub

Comedy Open Mic
8 PM @ Monk's Kaffee Pub

Rado
10 PM @ The Lift

TUE 10/8

Joe McShane
5 PM @ Frank O'Dowd's Pub

Trivia Night
7 PM @ Riverboat Lounge

Trivingo
7 PM @ DBQ Driving Range

WED 10/9

Joe McShane
5 PM @ Frank O'Dowd's Pub

Bluff Strokes: Steve Kalmes
6 PM @ Field of Dreams,
Dyersville

Acoustic Jam
6:30 PM @ The Cornerstone

Gladly & Bob's Open Mic
6:30 PM @ The Blu Room

Comedian Dale Jones
8 PM @ Mississippi Moon Bar

THU 10/10

Joe McShane
5 PM @ Frank O'Dowd's Pub

Blu Flame
6 PM @ Stone Cliff

Elizabeth Mary
7 PM @ 1st & Main

Corey Jenny
7:30 PM @ Grape Escape

Brooke Blanche, Adam Lee
10 PM @ The Lift

FRI 10/11

Theresa Rosetta
Food Truck Friday
11:30 AM @ Washington Park

John Moran
7 PM @ Wicked Dame

Jacquie Miller
7 PM @ Dimensional Brew Co.

Elizabeth Mary
7 PM @ Stone Cliff

Cody Johnson
7:30 PM @ Five Flags Arena

Hearthfire Duo
7:30 PM @ Frank O'Dowd's Pub

JJ Schmitz & Ben Dunegan
8 PM @ Riverboat Lounge

Brews Brothers
8 PM @ Mississippi Moon Bar

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UPCOMING BUS TRIPS

PENN STATE vs IOWA 10/12/19
KINNICK STADIUM, IOWA CITY

CARRIE UNDERWOOD 10/26/19
WELLS FARGO, DES MOINES

COWBOYS vs BEARS 12/6/19
SOLDIER FIELD, CHICAGO

HAMILTON 12/11/19
CIBC THEATRE, CHICAGO

MALL OF AMERICA 12/14/19-12/15/19
OVERNIGHT SHOPPING TRIP BLOOMINGTON, MN

BEARS vs PACKERS 12/16/19
LAMBDA FIELD, GREEN BAY

BEARS vs VIKINGS 12/20/19
US BANK STADIUM, MINNEAPOLIS

LUKE COMBS 2/8/20
PEORIA CIVIC CENTER, PEORIA

KENNY CHESNEY: CHILLAXIFICATION TOUR
4/26/20 MILLER PARK, MILWAUKEE
6/13/20 BUSCH STADIUM, ST. LOUIS
7/26/20 SOLDIER FIELD, CHICAGO

NASCAR: MONSTER ENERGY SERIES
CAMPING WORLD 400 8/21/20
CHICAGO LAND SPEEDWAY, JOLIET

WICKED 8/27/20
CIVIC CENTER, DES MOINES

OSZY OSBOURNE 8/28/20
WELLS FARGO, DES MOINES

GREEN DAY, FALLOUT BOY & WEEZER 8/13/20
WRIGLEY FIELD, CHICAGO

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Party After Dark: Sushi Roll
8 PM @ Q Casino

The Ben Schmidt Band
8 PM @ The Blu Room

Open Mic w/ Scott
Waterhouse + Karaoke
8 PM @ 7 Hills Brewing Co.

Steve Cavanaugh &
Randy Droessler
8 PM @ Spirits, Days Inn

Melanie Devaney
8 PM @ Galena Brewing Co.

Justin Morrissey & Friends
8:30 PM @ Grape Escape

Becky McMahan Karaoke
7 PM @ DBQ Driving Range

Latin Club Night
9 PM @ Smokestack

The Struggs, Todd McDonough
10 PM @ The Lift

SAT 10/12
Maqtoberfest:
Pandelirium Steel Drum Band @ 11 AM
The Lonely Goats @ 12:15 PM
Maquoketa Downtown Greenspace

Acoustic Jam
1 PM @ Council Hill Station

Massey Road
2 PM @ Burkey's Bar, Key West

Kampfire Kings
2 PM @ Grape Escape

Todd McDonough
Soup Cook-Off
3 PM @ Millennium Marina

Hoffman, Troy,
Marceau, & Flowers
6 PM @ The Yardarm

Nate Jenkins
7 PM @ Wicked Dame

Theresa Rosetta
7 PM @ Stone Cliff

Elizabeth Mary
7 PM @ Mac's Wine Cellar,
Maquoketa

Country Tradition
7 PM @ Mooney Hollow Barn

Hearthfire Duo
7:30 PM @ Frank O'Dowd's Pub

Searchlight Soul
8 PM @ Riverboat Lounge

Hairball w/ Joie Wails Band
8 PM @ Mississippi Moon Bar

New Boots: Garrett Speer
8 PM @ Q Casino

The Dylan Doyle Band
8 PM @ The Blu Room

Johnnie Walker
8 PM @ Spirits, Days Inn

Ivy Ford
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Aaron Williams & The Hoodoo
8 PM @ Sandy Hook Tavern

Tony Walker
8 PM @ Galena Brewing Co.

Melanie Devaney
8 PM @ Geneseo Brewing Co.

The Johnny Rocker Band
8:30 PM @ Grape Escape

Loras Homecoming After Party
9 PM @ Smokestack

Tommy Gunz
10 PM @ The Venue

SUN 10/13
Open Mic w/ Scott Rische
Noon @ Grape Escape

Acoustic Jam
1 PM @ Council Hill Station

Johnnie Walker
3 PM @ Stone Cliff

Open Mic
3 PM @ The Cornerstone

Christopher's Very Happy. Band.
Flatted Fifth Blues & BBQ
5 PM @ Potter's Mill, Bellevue

Hearthfire Duo
6 PM @ Frank O'Dowd's Pub

MON 10/14
Shaun Booth: The
Unauthorized Biography Series
3:30 & 7:30 PM @ UD
Heritage Center

Joe McShane
5 PM @ Frank O'Dowd's Pub

Comedy Open Mic
8 PM @ Monk's Kaffee Pub

TUE 10/15
Joe McShane
5 PM @ Frank O'Dowd's Pub

Trivia Night
7 PM @ Riverboat Lounge

WED 10/16
Joe McShane
5 PM @ Frank O'Dowd's Pub

Acoustic Jam
6:30 PM @ The Cornerstone

Gladdy & Bob's Open Mic
6:30 PM @ The Blu Room

St. Jude's fundraiser: Lou Oswald
7 PM @ Stone Cliff

Comedian April Macie
8 PM @ Mississippi Moon Bar

THU 10/17
Joe McShane
5 PM @ Frank O'Dowd's Pub

Zach Pietrini Band w/ Mark
Zalaznik
6 PM @ Dimensional Brew Co.

Witches Night Out: Elizabeth Mary
6 PM @ River Museum & Aquarium

Blu Flame
6 PM @ Stone Cliff

Ballyheigue
7 PM @ The Lift

Teague Alexy
7 PM @ The Blu Room

Andreas Transo
7:30 PM @ Grape Escape

Jazz & Blues Jam w/ Round Midnight
8 PM @ Smokestack

FRI 10/18
Charlie Pride w/ Elizabeth
Mary (Bud Light Lounge @
5:30 PM), Country Tradition
7 PM @ Five Flags Arena

Chuck Bregman
7 PM @ Wicked Dame

Dueling Pianos
7 PM @ Mississippi Moon Bar

Al Ronek
7 PM @ Stone Cliff

Boys Night Out
7 PM @ DBQ Driving Range

Katie Sullivan
7:30 PM @ Frank O'Dowd's Pub

Todd McDonough
8 PM @ Riverboat Lounge

Adam Keith
8 PM @ Q Casino

Open Mic w/ Scott
Waterhouse + Karaoke
8 PM @ 7 Hills Brewing Co.

Laura McDonald &
Jeff Weydert
8 PM @ Spirits, Days Inn

The Doo Wop Project
8 PM @ UD Heritage Center

Reverend Raven & The chain
Smokin' Altar Boys
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Cross Cut
8 PM @ Galena Brewing Co.

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Jordan Danielson &
Jef Spradley
8:30 PM @ Grape Escape

Dan & Ocean, Melanie Devaney
9 PM @ Smokestack

Animosity (CD Release),
Casethejoint
10 PM @ The Lift

SAT 10/19
Swany Connection
Jeep-Toberfest
1 PM @ Cajun Jack's

Acoustic Jam
1 PM @ Council Hill Station

The Heavies
2 PM @ Midtown Marina

Kampfire Kings
2 PM @ Grape Escape

Johnnie Walker
4 PM @ Son Chasers, Cassville

John Moran
7 PM @ Dimensional Brew Co.

Roy Schroedl
7 PM @ Stone Cliff

Ron Lubbers
7:30 PM @ Joliet Event Center

Katie Sullivan
7:30 PM @ Frank O'Dowd's Pub

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TRI-STATE LIVE MUSIC

SAT 10/19

Statue of Liberty
8 PM @ Riverboat Lounge

Joie Wails Band
8 PM @ 1st & Main

Club 84
8 PM @ Mississippi Moon Bar

The Pork Tornadoes w/
Elizabeth Mary
8 PM @ Q Casino

Enemies of Confusion
8 PM @ The Blu Room

Rock Steady
8 PM @ Spirits, Days Inn

Shovels & Rope (Sold Out) w/
Cedric Burnside
8 PM @ Codfish Hollow Barn

Hector Anchondo
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Ratchet Jaw
8 PM @ Sandy Hook Tavern

A Few Blind Mice
8 PM @ Galena Brewing Co.

The Unincorporated
8:30 PM @ Grape Escape

Gentlemen's
Anti-Temperance League
10 PM @ The Lift

Mah-Z
10 PM @ The Venue

SUN 10/20
Open Mic w/ Scott Rische
Noon @ Grape Escape

Old Time Open Jam w/ Fever
River String Band
1 PM @ New Diggings
General Store

Acoustic Jam
1 PM @ Council Hill Station

Jimmy Welty Band
2 PM @ Massey
Fisherman's Wharf

Tony Walker
3 PM @ Stone Cliff

Open Mic
3 PM @ The Cornerstone

Thrio Jazz
Flatted Fifth Blues & BBQ
5 PM @ Potter's Mill, Bellevue

Joe McShane
6 PM @ Frank O'Dowd's Pub

Explosions In The Sky 20th
Anniversary Tour (Sold Out)
w/ FACS
8 PM @ Codfish Hollow Barn

MON 10/21
Joe McShane
5 PM @ Frank O'Dowd's Pub

Comedy Open Mic
8 PM @ Monk's Kaffee Pub

Swimmer
10 PM @ The Lift

TUE 10/22
Live & Local Concert Series
Hosted by Will Wilkerson
5 PM @ Smokestack

Joe McShane
5 PM @ Frank O'Dowd's Pub

Trivia Night
7 PM @ Riverboat Lounge

Trivingo
7 PM @ DBQ Driving Range

WED 10/23
Joe McShane
5 PM @ Frank O'Dowd's Pub

Acoustic Jam
6:30 PM @ The Cornerstone

Gladdy & Bob's Open Mic
6:30 PM @ The Blu Room

Comedian Jimmy Pardo
8 PM @ Mississippi Moon Bar

THU 10/24
Joe McShane
5 PM @ Frank O'Dowd's Pub

Blu Flame
6 PM @ Stone Cliff

Andy Wilberding
7 PM @ The Blu Room

Comedian Ryan Niemiller (AGT)
w/ Dubuque Comedy Club
7 PM @ Mississippi Moon Bar

Aaron Kelly
7:30 PM @ Grape Escape

Montgomery Gentry
8 PM @ Q Casino

FRI 10/25
Johnnie Walker
6 PM @ The Palace, Dyersville

'80s Party w/ Yellow Brick Road
7 PM @ Wicked Dame

Just The Tips
7 PM @ Dimensional Brew Co.

Hoffman, Troy, & Marceau
7 PM @ Stone Cliff

Becky McMahan Karaoke
7 PM @ DBQ Driving Range

B2wins from Brazil
7:30 PM @ UD Heritage Center

Ian Gould
7:30 PM @ Frank O'Dowd's Pub

JJ Schmitz
8 PM @ Riverboat Lounge

Menace & Jabberbox
8 PM @ Mississippi Moon Bar

Strutter: KISS Tribute
8 PM @ Q Casino

Earth Eraser, Acid Pig, Burn
the Ailment
8 PM @ The Blu Room

Open Mic w/ Scott
Waterhouse + Karaoke
8 PM @ 7 Hills Brewing Co.

Elizabeth Mary
8 PM @ Spirits, Days Inn

Vintage 18
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Joie Wails Band
8:30 PM @ Grape Escape

Undercover Organism
10 PM @ The Lift



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COLT FORD

SATURDAY, OCTOBER 26 @ 8 PM

Colt Ford is known for his groundbreaking hybrid of country, blues, rock and rap rhythms. With his sixth studio album, the aptly named *Love Hope Faith*, Ford has built a following that started with mud trucker events and graduated to arena status sharing the stage with the likes of Toby Keith, Florida Georgia Line, Eric Church, and Brantley Gilbert. In 2012, Ford co-wrote two No. 1 hits—Jason Aldean's "Dirt Road Anthem" and Brantley Gilbert's "Country Must Be Country Wide." To date, Ford has sold more than 2 million albums and amassed more than 1 billion streams, millions more song downloads, and has 1.6 million Facebook "likes" and more than 100 million YouTube views.



MISSISSIPPI MOON BAR ENTERTAINMENT

All shows at the Mississippi Moon Bar are 21+ only, and tickets are available at the Diamond Club or the Mississippi Moon Bar Box Office inside the Diamond Jo Casino or online at MoonBarRocks.com.



DREW BALDRIDGE

FRIDAY, OCTOBER 4 @ 8 PM

Country artist Drew Baldrige bring soul and dance with the uptempo tracks on, *Dirt On Us*. His lyrics evoke simpler times while steaming up the windows.



THE MAVERICKS

SATURDAY, OCTOBER 5 @ 8 PM

Latino and Tejano intertwined with country and rock 'n' roll. Hits include "What A Crying Shame," "All You Ever Do Is Bring Me Down," and "Dance The Night Away."



TONY ORLANDO: CASINO ENTERTAINER OF THE YEAR

SATURDAY, NOVEMBER 9 @ 3 AND 7 PM

Tony Orlando is best known for his No. 1 hit song "Knock Three Times," which became the top song of 1971 and sold more than six million copies.

Killer Queen

SUNDAY, OCTOBER 6 @ 7 PM

Laughing Moon Comedy: Dale Jones

WEDNESDAY, OCTOBER 9 @ 8 PM

Brews Brothers

FRIDAY, OCTOBER 11 @ 8 PM

Hairball w/ Joie Wails Band

SATURDAY, OCTOBER 12 @ 8 PM

Laughing Moon Comedy: April Macie

WEDNESDAY, OCTOBER 16 @ 8 PM

Dueling Pianos

FRIDAY, OCTOBER 18 @ 7 PM

Club 84

SATURDAY, OCTOBER 19 @ 8 PM

Laughing Moon Comedy: Jimmy Pardo

WEDNESDAY, OCTOBER 23 @ 8 PM

Ryan Niemiller

THURSDAY, OCTOBER 24 @ 7 PM

Menace and Jabber Box

FRIDAY, OCTOBER 25 @ 8 PM

Laughing Moon Comedy: James Johann

WEDNESDAY, OCTOBER 30 @ 8 PM

Molly Hatchet

SATURDAY, NOVEMBER 2 @ 8 PM

Psychic Medium Mindie Adamos

SUNDAY, NOVEMBER 3 @ 3 PM

Logan Mize

SATURDAY, NOVEMBER 16 @ 8 PM

Steve Moris

THURSDAY, NOVEMBER 21 @ 7 PM

The Kentucky Headhunters

FRIDAY, NOVEMBER 22 @ 8 PM

The Lift
180 MAIN ST, DBQ / THELIFTDUBUQUE

THU 10/3 • 10 PM • FREE
DANY LAJ AND THE LOOKS

FRI 10/4 • 10 PM • FREE
**LEFT LANE CRUISER, 20 WATT
TOMBSTONE, RIFF WORM**

SAT 10/5 • 7 PM • FREE
BARBARO

MON 10/7 • 10 PM • FREE
RADO

THU 10/10 • 8 PM • FREE
BROOKE BLANCHE, ADAM LEE

FRI 10/11 • 10 PM • FREE
**THE STRUGGS,
TODD MCDONOUGH**

THU 10/17 • 7 PM • FREE
BALLYHEIGUE

FRI 10/18 • 10 PM • FREE
ANIMOSITY, CASETHEJOINT

SAT 10/19 • 10 PM • FREE
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ANTI-TEMPERANCE LEAGUE**

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THE ZACH PIETRINI BAND
MIDWEST MAYHEM TOUR

THURSDAY, OCTOBER 17
7:30 PM: Zach Pietrini Band
Voted best live band in Milwaukee
6 PM: Mark Zalaznik
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Budweiser LIVE MUSIC FEATURES

THU 10/3



Danny Laj and the Looks

10 PM @ THE LIFT (180 MAIN ST)

COVER: FREE

From dive bars, church basements, and festival stages, there's been a secret brewing in North America's rock 'n roll underground. With years of touring under his belt, power pop troubadour Dany Laj and his band The Looks are turning heads just about everywhere. The band's spirited live sets showcase their power pop/punk ethos, adhering to a simple philosophy: write good songs, play them well, and have a good time. This is pure pop.

FRI 10/4



DeVotchKa, The Joy Formidable

8 PM @ CODFISH HOLLOW

(5013 288TH AVE, MAQUOKETA, IA)

TICKETS: \$29.50 GA/\$59.50 VIP

DeVotchKa is a four piece multi-instrumental and vocal ensemble from Denver, CO that fuses Romani, Greek, Slavic, Bolero, and Mariachi music with American punk and folk roots. Welsh alt rockers The Joy Formidable recently opened for the Foo Fighters.



Left Lane Cruiser, 20 Watt Tombstone, Riff Worm

10 PM @ THE LIFT (180 MAIN ST)

COVER: FREE

Brothers in big dirty blues, 20 Watt Tombstone and Left Lane Cruiser come together for a big night of rock. Local fam Riff Worm opens with some solo doom blues of his own.

SAT 10/5



Barbaro

7 PM @ THE LIFT (180 MAIN ST)

COVER: FREE

Barbaro's music is at once lively and intimate, perfect for twirling around the dance floor or cooking with someone you love. The Minneapolis-Winona quartet have built momentum around their dynamic sound, each set flowing naturally between energetic jams and contemplative interludes. Their upcoming album, due this fall, showcases their captivating songwriting, layered over textures pulled from bluegrass, jazz, pop, and country-western.



Bobby Messano

8 PM @ FLATTED FIFTH BLUES & BBQ

(300 POTTER DR, BELLEVUE, IA)

Legendary guitarist Bobby Messano's storied career includes seven solo CDs, songs in many TV and cable shows and contributions to over 50 albums. Experience a special evening with this prolific contemporary blues songwriter.



4onthefloor, General B & The Wiz, Kiss The Tiger, The Ruralists

8 PM @ CODFISH HOLLOW

(5013 288TH AVE, MAQUOKETA, IA)

TICKETS: \$20 ADV/\$25 DOOR

Joining together in the name of fun and joy, the 4onthefloor bring their well-oiled, high-octane, rock'n'roll to the world with an immediacy rarely seen on stage in the 21st century. The furious delivery ebbs and flows with sing-a-long anthems and breakdowns to soaring guitar solos and unbridled full-bore rock. Camaraderie is a common theme, and stompers are finding like-minded rock'n'rollers at every show. Hailing from Minnesota, Douglas writes about experiences, failures, successes, and not-so-much the what-could-have-beens. Life is for the living and this is the soundtrack to a life well-lived. Keep the fire in your eyes.



UPCOMING ENTERTAINMENT



HOT MESS
FRIDAY, OCTOBER 4 :: 8PM
Top 40, country and rock covers.

FREE SHOW



KINGS OF RADIO
SATURDAY, OCTOBER 5 :: 8PM
Fist-pumping, head-bobbing, sing-at-the-top-of-your-lungs 80s ROCK... and a little roll, baby!

FREE SHOW



SUSHI ROLL
FRIDAY, OCTOBER 11 :: 8PM
High-energy dance, pop and rock covers.

FREE SHOW



GARRETT SPEER
SATURDAY, OCTOBER 12 :: 8PM
Up-and-coming country artist from Nashville.

FREE SHOW



ADAM KEITH
FRIDAY, OCTOBER 18 :: 8PM
One of Iowa's up-and-coming country artists.

FREE SHOW



THE PORK TORNADOES
SATURDAY, OCTOBER 19 :: 8PM
STANDING ROOM ONLY | TICKETS START AT \$10
Iowa's hottest party band playing all your favorite pop & rock hits.



MONTGOMERY GENTRY
HERE'S TO YOU TOUR
THURSDAY, OCTOBER 24 :: 8PM
STANDING ROOM ONLY | TICKETS START AT \$35
"If You Ever Stop Loving Me," "Something To Be Proud Of," "Lucky Man," "Back When I Knew It All," "Roll With Me"



STRUTTER
FRIDAY, OCTOBER 25 :: 8PM
STANDING ROOM ONLY | TICKETS START AT \$10
The longest running KISS tribute band in the world!

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Must be 21.


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Tuesday, October 8
7 p.m.
Jansen Music Hall
FREE



The Mackin-Mailander lecture theme for the year is *Do Something!*
RY MEYER '03 will share stories of developing skills and discipline to meet and join in battle some of the major challenges of our times.

SPOILER: HIS JOURNEY STARTS AT CLARKE UNIVERSITY.



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Tickets also available online...

Keith Allyn
Saturday, October 12, 7 PM
TICKETS: \$22 (Adv) \$25 (Door) Students: \$13/\$15
Experience the Feel of Neil.
A NEIL DIAMOND TRIBUTE
Experience the feel of Neil as Keith Allyn unveils the story of Diamond's life through Neil's own songs from the '60s through today. Enjoy hits like "Sweet Caroline," "Song Sung Blue," "Hello Again," "Brother Love," "America" and many more! If you love romance, magical surprises, comedy and Neil Diamond music, you will love this Neil Diamond Tribute show!

Metro Mix Chorus
Saturday, November 23, 4 PM
Metro Mix Chorus, a proud chapter of Sweet Adelines International, is a women's four-part harmony a cappella chorus, comprised of members throughout Eastern Iowa. Entertainment and performing with a touch of humor, stunning costumes and sassy choreography is what they do best! Kick off this Holiday season with the Metro Mix Chorus.
TICKETS: \$22(Adv)/\$25(Door)/Students: \$13/\$15

Ozark Jubilee A Branson Christmas
Ozark Jubilee Presents: A Branson Country Xmas feat. the Ozark Jubilee with a Special Tribute to Our Veterans
Saturday, November 30, 7 PM
An all new Christmas show, with new music, new jokes, but the same world-class talent that you have come to expect!
TICKETS: \$22(Adv)/\$25(Door)/Students: \$13/\$15

Budweiser

LIVE MUSIC FEATURES

MON 10/7



RADO

10 PM @ THE LIFT (180 MAIN ST)

COVER: FREE

In 2019, RADO formed and took up cause based on a mutual respect and musical admiration amongst friends in Denver's prolific music scene. The band melds together ferocious psychedelic rock music with syncopated dance grooves and stylistic melodies, while mixing in thoughtfully crafted lyrical and vocal hooks. The music of RADO is heavily centered around building improvisational jams that reach soaring and everlasting peaks. Influences draw from dance, funk-rock, psychedelic, prog, jazz and a multitude of additional genres.

THU 10/10



Adam Lee, Brooke Balance

8 PM @ THE LIFT (180 MAIN ST)

COVER: FREE

Initially writing folk and alt-country, Adam Lee fronted Kansas City-based Adam Lee & the Dead Horse Sound Company. Their first album, *Ghostly Fires*, was released in 2008. The band committed to a more traditional country and western sound for their second album, *When the Spirits Move Me*, and logged many miles supporting the 2010 release. Lee's time in the honky tonks paid off; he was nominated for one of Dale Watson's Ameripolitan Awards.

FRI 10/11



The Struggs, Todd McDonough

10 PM @ THE LIFT (180 MAIN ST)

COVER: FREE

The Struggs will be doing an early set of tunes (weather permitting) during the Doggone Good Happy Hour (4-7 p.m.), where folks

can get a meet and greet with adoptable dogs and cats from the Dubuque Humane Society and kick back a cold Lagunitas Beer.

Friends since going to Loras College, The Struggs have bounced from a quirky Wisconsin joke-filled party act to a serious pop act, bringing in a few more talented musicians and making music that's danceable, thoughtful, and rocking. Local artist Todd McDonough hits stage for the first time sharing songs off his recently released solo album.

SAT 10/12



Ivy Ford

8 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA)

Ivy Ford: versatile, talented and an old soul. From singing blues to being sultry, she is an indigo artist whose gift connects those who are around her and those who listen. Whether leading a full band or serenading a small audience, Ivy Ford commands an energy that is almost magical.

Du Jam Loras Homecoming After Party: Bill Hogan and Special Guests

9 PM @ SMOKESTACK (62 EAST 7TH ST)

COVER: FREE

Bill Hogan (Loras '83) and special guests entertain all, regardless of school affiliation.

SUN 10/13



Christopher's Very Happy. Band.

5 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA)

Now more than ever, we all need a little more Happy.ness in our lives. You have stumbled across a possible antidote to the general malaise currently afflicting our culture. The jubilant sound of Christopher's Very Happy. Band. results from a combination of bright sounding compositions played with joyous abandon by its four members.

THU 10/17



Zach Pietrini, Mark Zalaznik

6 PM @ DIMENSIONAL BREWING COMPANY
(67 MAIN ST)

Voted best live band in Milwaukee, Zach Pietrini crafts brutally honest, instantly familiar songs that uphold old country standards but incorporate new rock sensibilities. With the diverse approach of Gram Parsons, the writing style of Ryan Adams, and the live show of Jason Isbell, they are the total Americana package. Pietrini has won the Wisconsin Singer Songwriter Contest, the Cool Notes Music Competition, and has been featured on Wisconsin Public Radio, the Troubadour Show (EU), 91.7 WMSE, and 414 Music (88Nine Radio Milwaukee). Local musician Mark Zalaznik opens.

FRI 10/18



Reverend Raven & The Chain Smokin' Altar Boys

8 PM @ FLATTED FIFTH BLUES & BBQ
(300 POTTER DR, BELLEVUE, IA)

Rev will tell you he hasn't done much and that you're only as good as your last show. That said, 20 years in the Milwaukee and Chicago blues scene has given Reverend Raven & The Chain Smokin' Altar Boys some serious street cred.



Dan & Ocean. + Melanie Devaney

9 PM @ SMOKESTACK (62 EAST 7TH ST)

Dan & Ocean. (Dan DiMonte and Ocean Lorraine) combined threads from their individual solo careers to craft a powerhouse blend of American folk, soul, gospel blues, and jazz styles. Spreading their own intrepid brand of "Come Up Music," their mission centers on painting real-life portraits of companionship, isolation, healing, and strength in a troubled world. Melanie Devaney opens for Dan & Ocean. Melanie is a folk-Americana singer-songwriter from Epworth, IA. Classically trained in piano and holding a degree in Creative Writing, her songs are stories from her own

life's adventures and the cast of characters she has met and created along the way. She has been described by the San Diego Kensington News as "a real gem," and her music is "At times country, at times pop, she's like a mix of Carole King and Emmylou Harris with confessional lyrics and heartfelt music to spare."

SAT 10/19



Hector Anchondo

8 PM @ FLATTED FIFTH BLUES & BBQ
(300 POTTER DR, BELLEVUE, IA)

2016 Finalist in the International Blues Challenge, Hector Anchondo started playing guitar at 16 years old and developed a particular affinity for Fender guitars. Aspiring to play like the blues greats, Jimi Hendrix, and Stevie Ray Vaughan, Hector's guitar skills have been described as "impeccable." Kevin Krauskopf of Saint Joseph News Press states, "Omaha's Hector Anchondo plays the guitar like a boss."



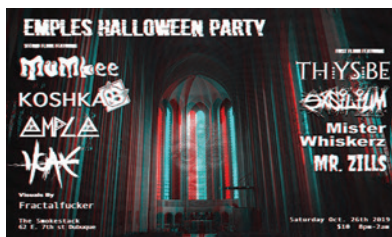
A Few Blind Mice

8 PM @ GALENA BREWING COMPANY
(227 N MAIN ST, GALENA, IL)

COVER: FREE

A Few Blind Mice is an Indie Rock band from Dubuque, IA that takes a new approach to all your favorites from the '60s to today's top hits! The band's infectious energy will send you on a nonstop journey through the decades. They also have original content and are presently working on their second album.

SAT 10/26



Emple's Halloween Party

8 PM @ SMOKESTACK (62 EAST 7TH ST)

COVER: \$10

This Halloween warehouse party features two stages, eight DJs, various forms of EDM (house, techno, dubstep, funk, DNB), costume contest, and a serious light show to boot. DJs include Mumbee, Koshka, Emple, Hoax., Thysbe, Exsilium, Mister Whiskerz, and Mr. Zills.

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WHICH SANDWICH?

BY DANNY FAIRCHILD

We take sandwiches for granted. And while Americans eat hundreds of millions of sandwiches a day, we even kind of look down on them. We say things like, “I’ll just have a sandwich.” Sure, you might find some sandwich offerings on a fancier restaurant menu, but they’re usually separated under their own heading from the more hoity-toity options. Sometimes they’re even separated on the menu from burgers, even though guess what a burger is? Want proof of how little we actually value sandwiches? Go up to someone who likes tacos (i.e. almost any human being on Tinder) and tell them that a taco is a sandwich. Bring friends in case it comes to blows. I’m not saying a taco is a sandwich, but the mere suggestion that a taco (a quintessential street food, by the way) could be lumped in with the lowly sandwich is nearly enough to unmake friendships. We treat sandwiches the way people are treated in abusive relationships and in most religions, and yet they’re always there for us. Sack lunches, blood drives, vending machines, comfort food, the very definition of a quick bite, a great way to get rid of leftovers, and our go-to when we can’t make up our mind what to eat. And I’m willing to bet, if you were honest with yourself, if you made a list of the best dishes you’ve ever had...including any fine dining experience...at least one sandwich would crack the top five.

There’s a lot of love there, too. There’s love in the ritual of making a sandwich. There’s love in packing them for road trips and picnics. There’s love in cutting off the crusts for your kid. There’s love in pairing it with soup. There’s love in your decision to cut it straight across or corner-to-corner. There’s love in saving half of it for later.

It’s time we gave sandwiches the respect they deserve.

Enter Which Sandwich?. I hope I punctuated that sentence correctly.

Which Sandwich? has pastrami. I’m just going to mention that right off the bat because I don’t think many, if any, sandwich shops around here offer pastrami. For those who don’t know, pastrami is (usually) beef that has run the gauntlet. It’s been brined, dried, seasoned, smoked, and steamed to deliciousness. Though a deli staple, you don’t see it around here much. If anything,

we’re corned beef people. But if you feel like you’re in a rut making your pickle rollups with ham or corned beef, pastrami is a wonderful way to deli things up.

Which Sandwich? is located in the Millwork District, and if cool things keep popping up there, I’m going to be in great danger of spending virtually all my free time there. The main entrance is on 10th Street, with a more accessible entrance through the salon next door. Yeah, I know it’s a bit weird, but that’s the Millwork District for you. Which Sandwich? and the salon are separate enough that it’s a bit weird, but it ain’t gross. Which Sandwich? is only open for lunch, so you don’t have to worry about accessibility to this sandwich shop during salon after hours. There’s accessibility whenever Which Sandwich? is open.

Which Sandwich? is very much a grab-your-food-and-go situation, with no sit down seating. As such, there’s no devoted bathroom for me to give you the lowdown, as is my wont. I imagine there’s one in the salon if you really have to go, but you’re going to be in and out in a matter of minutes.

The food. Here in Dubuque, we have more than enough options for hoagie or hero or sub or po’ boy or whatever you call a sandwich on a kind of roll. We don’t have a ton of options for a really good sliced bread sammich and I’m happy this has changed. I love a good sub, but there’s something so homey and satisfying about a sliced bread sandwich. It makes me feel like I’m eating a sammich from a real New York deli. I wouldn’t say it’s exactly like eating at a New York deli. First of all, I’ve never done that. Second of all, I’ve seen how obscenely and inconveniently high they stack the meat at those places, and we don’t do that crap around here. There’s a good portion of meat, rest assured, but I ask you: What good is it if you can’t even get your mouth around it? Yes, I’m still talking about sandwiches. Perv.

Your options. Again, we have tons of sandwich places that has a menu of pre-designed sandwich options. My theory is that such sandwich shops don’t trust you to order something good, so they present you with a menu of sandwiches, and not a menu of things you can get on your sandwich. Which Sandwich? does have

some pre-ordained sandwiches on their panini menu. You got your “Veggie” with spinach, tomato, avocado spread, and mayo. You got your “Pesto Cheese” with cheddar, jack, and pesto. You got your “Italian” with pepperoni, salami, ham, provolone, banana peppers, and Italian dressing. But really, Which Sandwich? trusts you enough to make your own sandwich decisions. Which makes the sandwich options unlimited. You get to choose your bread, your meat, and your toppings.

Bread: You’re looking at white, wheat, sourdough (you read that right) or for an additional fee you can get a croissant or gluten free.

Meat: You’re looking at turkey, chicken, ham, roast beef, salami, pepperoni, the aforementioned pastrami, and bacon.

Cheese: You’re looking at Swiss, American, cheddar, provolone, pepper jack, or feta.

Toppings: Lettuce, tomatoes, pickles, onions, banana peppers, green peppers, black olives, cukes, jalapeños, spinach, and avocado spread. Then you got your mustards and dressings, and mayo. Oh! They have different flavors of mayo (I ain’t calling it aioli). We’re talking ranch, French, BBQ, chipotle, and pesto.

With all these options, you might be afraid you will fail. I’m not saying it’s not a possibility. I don’t know your life. But MY first time at Which Sandwich? I was a little careless and still came out just fine. For starters, I just had to get in on that pastrami. And they have sourdough, so I had to try the sourdough. Then I got a little thoughtless. I just ordered stuff I liked all willy-nilly. I didn’t do too bad with the pastrami and turkey with provolone, avocado spread, and pesto mayo. It wasn’t one of my top sandwiches, but it was a good sandwich, for all its faults.

Then something weird happened. I started to get a little more scientific with it. I started doing some chemistry experiments in the form of sandwiches from Which Sandwich?. I even consulted one of my favorite books of all time, *The Flavor Bible* by Karen Page (ISBN-13: 978-0316118408), trying to come up with some good sandwiches. I succeeded.

So! If you’re the kind of person who doesn’t trust yourself to build a better sandwich, I submit to you these



sandwiches designed for you by me, Danny Fairchild. I wouldn't presume to tell you what kind of bread to order, but this is what you should get on it:

1. Ham, pepper jack, mustard, spinach, your choice of mayo.
2. Chicken, feta, lettuce, pesto mayo.
3. Chicken, bacon, provolone, avocado spread, jalapeño, plain mayo.
4. Pastrami, pepperoni, pepper jack, tomatoes, Dijon mustard, vinegar, oil

My favorite of these? No. 3. The chicken isn't the kind of cold cut chicken that you can barely distinguish from turkey. We're talking a thick chunk of chicken breast here. The bacon adds some saltiness and the jalapeños add kind of a pickled spiciness to it, but not too much. Just a little heat. Not even enough to clean sinuses. I got this on a croissant and I must say that this...THIS...was one of the best sandwiches I've had in a long, long, time.

What's that? Oh! You've got even BETTER ideas for sandwiches? What do you want, a cookie? Seriously, do you want a cookie? Because each sandwich comes with a cookie. So you're going to get a cookie. Options include chocolate chip, peanut butter squares, and oatmeal raisin. Oh, grow up! Oatmeal

raisin cookies are delightful! I haven't tried them at Which Sandwich? yet, though, because I knew you would be more interested in the other two. And you should be interested in them. I LOVE the peanut butter squares.

Soup! They always have chili and an additional soup of the day to warm your bones on the coming cold days. I had the roasted red pepper bisque because if you put the word "bisque" in anything I'll probably order it. And it was wonderful. Creamy and savory and yum.

Ice cream! They've got about eight hand-dip style ice cream choices for your sweet tooth.

And, of course being somewhat reminiscent of a deli, you've got bags of chips, candy bars, and bottled drinks.

They pack a whooooooole lot into a little space, Imma tell you that right now.

And discounts! If you work down in the Millwork district, you get 5 percent off. If you're a first responder (police, fire, EMT and the like) you get a 10 percent discount as a thank-you for all you do!

So! I'm a big fan of Which Sandwich?. Since it's only open for lunch, it isn't going to be your quick bite while you're hitting the other cool places in the Millwork, but you definitely won't regret using your lunch break on it. ■



WHICH SANDWICH?

163 E 10TH ST, DUBUQUE, IA
563-451-7708

FACEBOOK.COM/WHICHSANDWICH163

Hours: Mon-Sat: 10:30 AM-2:30 PM
(Open Saturdays seasonally)

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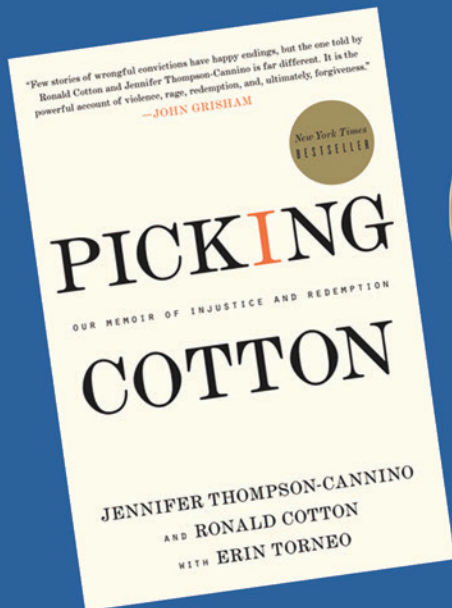
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ENERGY MANAGEMENT

mattitude
A common sense approach to a positive attitude

BY MATT BOOTH

I bet you get up early and work a lot of hours. You probably feel perpetually exhausted and find it difficult to fully engage with your family and friends. This makes you feel guilty and dissatisfied. You sleep poorly, don't exercise, and find it hard to eat healthy as well. Most of us are putting in longer hours which takes on toll on us physically, mentally, and emotionally. This leads to reduced levels of energy.

Life is difficult, and it takes a ton of energy. You might think that's obvious. But no one ever taught me to manage my energy. Not in school, not at work, and not in business. But managing my energy has made a big impact on the quality of my life. I'm talking about your physical energy. It is scarcely news that rest, activity, and nutrition determine your energy, as well as your ability to manage your attitude. Nonetheless, most people don't think about their energy and how to manage it.

The quality of your sleep directly affects your energy. Whether you're scrambling to meet the demands of a busy schedule, binge watching Netflix, or just finding it hard to sleep at night, getting by on less sleep may seem like the only answer. I even know people who brag about not getting enough sleep as though it is a badge of honor. Unfortunately, even minimal sleep loss takes its toll on your energy. Over the long-term, chronic sleep loss wreaks havoc. Adults typically need seven to eight hours of sleep per night. Sleep is the Swiss Army Knife of health. Do you know how much sleep you average per night?

You know that a poor diet is associated with major health risks, illness, and even death, but did you know it is also directly related to your energy? By making smart food choices, you can help protect yourself from these health problems and improve your energy. The link between good nutrition and overall health is too important to ignore. By taking steps to eat healthy, you'll also be on your way to improving your energy.

Just like eating right, the health benefits of regular exercise and physical activity are hard to ignore. Your personal energy benefits from exercise, regardless of age, sex, or physical ability. Exercise increases endorphins and has proven effects on putting us in a better mood! Just 30 minutes of exercise a day can make you a

happier person. Exercise doesn't just physically give us a boost, it mentally helps us as well.

Your body is composed of roughly 60 percent water. CBS reported that up to 75 percent of the American population falls short of daily recommend amount of water. That means that many people spend their days dehydrated to some degree. Nearly all your systems, including your energy, do not function well without proper water intake. Is it any wonder so many people lack energy and are trying to function in a chronic state of dehydration.

When your energy is low and you are confronted with relentless demands and unexpected challenges, you slip into the fight-or-flight mode easily. You become irritable and impatient, or anxious and insecure. Such states of mind drain your energy and cause friction. Most people are living at such a furious pace that they rarely consider their own personal energy.

Stop living at such a furious pace that you don't even consider your own personal energy. If you get enough sleep, you'll start to have more energy and the motivation to be more active. Try eating a bit healthier and make sure you drink enough water. "I don't have time for this" you're probably thinking. I understand, but if you had a pet that wasn't sleeping, eating right, being active or drinking water, it would be a freaking emergency wouldn't it? ■

CHECK YOUR ATTITUDE

To keep your attitude in check, stop being a Professional Pretzel. A professional pretzel is someone who continuously tries to be someone or something they are not. Doesn't this fit about 90% of all social media posts? Trying to twist yourself into someone or something you're not is hard work, it drains your energy, plus you'll never be good at it. The alternative – be your authentic self! When you stop fighting against your strengths and start using them, you'll unleash energy like you've never known. You feel more at ease and perform better. To have more positivity in your life, stop twisting yourself into knots and be your authentic self. If you Check Your Attitude on a regular basis, you won't have to worry about Covering Your Butt!

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4 THINGS YOUR BREAKFAST NEEDS IF YOU WANT TO FEEL FULL UNTIL LUNCH

BY HY-VEE NUTRITIONISTS MEGAN HORSTMAN (ASBURY), AMY CORDINGLEY (LOCUST)

Have you ever felt hungry within an hour of eating breakfast? We've all been there, glancing at the watch only to find out you still have two hours until lunch. While there's nothing wrong with a healthy mid-morning snack, you might be able to prevent this hunger with the right combination of nutrients for breakfast. Just remember this formula: Protein + complex carbs + fiber + fat.

PROTEIN

Protein plays a big role in satiety, but how much protein do you need? A dietitian can help you determine what's right for you, but if you're not sure, aim for a breakfast with about 10 to 15 grams of protein. Foods that are high in protein include eggs, Greek yogurt, oats, and certain cereals such as Kashi GO.

FIBER

Fiber is the nutrient most Americans don't get enough of. The Institute of Medicine suggests a total dietary fiber intake of 25 grams for women and 38 grams for men a day from food; however, Americans are currently getting about 15 grams a day. To help you get the recommended amount, and help you stay full for longer, start with a breakfast that contains 7 grams of fiber or more. Some foods high in fiber include oats, berries, ground flaxseed and certain cereals. Kashi Autumn Wheat cereal, for example, provides 25 percent of your daily fiber and a day's worth of whole grains.



FAT

According to the 2015-2020 Dietary Guidelines for Americans, health experts recommend that 20 to 35 percent of your total calories for the day come from fat, with less than 10 percent coming from saturated fat. Including small amounts of healthy fat with each meal helps you feel full and helps your body absorb more nutrients from food. Examples of healthy fat include avocado, peanut butter, olives, ground flaxseed, chia seed and walnuts.

COMPLEX CARBS

You may have heard of good carbs and bad carbs. Well, complex carbs are the good ones. They break down more slowly and provide energy to your body more steadily than simple carbs, which can cause your blood sugar to spike. Examples of foods with complex carbs include whole-grain cereals and fiber-rich fruits, such as apples (with skin), berries and bananas.

Combining these four nutrients every morning can help you worry less about a growling tummy during a meeting, and focus more on being awesome. ■



The information is not intended as medical advice. Please consult a medical professional for individual advice.

MURDER FOR FUN AND PROFIT

BY BOB GELMS

The Glass Tower by Greg Dunnett has reached the lower ranks of the top echelon of murder mysteries. Sherlock Holmes it is not but it is darn close. Mr. Dunnett has come to be known as a writer of the most engaging murder mysteries with enough viscous, wicked twists and turns to make any fan of the genre sleep deprived and famished from forgetting to eat.

As an author, Mr. Dunnett has reached top form very early in his publishing career. That means he is brimming with new character types and unexpected twists on old plots. I mean, how many ways can you commit murder and scare the reader all the while doing it in an elegant way? Mr. Dunnett has learned to do that. It harbors well for his work going forward. He is a writer to watch.

Julia Ottley is a mousy kind of woman in her 40s. She has been writing for a long time and she finally hit the Comstock Load. Her novel, *The Glass Tower*, has caused a stampede of interest in the publishing world. So much so, her agent has decided to offer the novel's publishing rights to the highest bidder. The auction entered something like a feeding frenzy. At the end, little, mousey Julia Ottley was to be paid £2.4 million for her debut novel which was a record.

The observant reader will notice that we almost always view everything through the main

characters. We see every crime through the eyes of the perpetrators. The cops are in the background. The amazing twists and turns are all there and you are led to them by the perps themselves.

From the very beginning we are put in direct touch with Julia's psyche. She takes every tiny problem and every decision that she has to make, even the most insignificant, and obsesses about a solution, making this a running narrative in her head. It is utterly fascinating.

Our story is a mystery that isn't a typical mystery. The cops have nothing to do with this and there are no clues. You learn all important information directly from the people who commit the crimes. The mystery here is will they be caught and how will that happen. By the time this novel ends you are occupying the 9th level of hell in Dante's Inferno. So, too, are the characters.

It all begins with one really bad decision. There is a party held for the publication of Julia's book. A couple in the parking lot have car trouble so Julia offers to drive them home. On a very dark stretch of road Julia hits an old lady on a bicycle who was riding in the middle of the road. She is dead. It was an accident. They could have waited for the cops, but nooooo!

This is the point where the bad decision is made and from that will grow all the evil that exists in the

book. Every choice the characters make digs the hole deeper until it becomes a grave. I was completely horrified at myself rooting for the one character who commits unspeakable atrocities.

The ending, well, the ending my friends caught me full on the back of my head with a shovel with absolutely no warning. It was unlike anything I had ever read in this genre, a total surprise to me and I liked that. I never saw it coming.

I hope that there is no sequel planned because *The Glass Tower* is about as good as it gets. Trying to carrying on the story from where it ends has almost a 100 percent chance of being a massive disappointment. Please leave well enough alone.

I feel like I need to say something here so you don't thing I'm a doofus. I left all the names of the most important characters out except for the protagonist because I concluded that if you knew the names and the little bit of the plot I uncovered in this review that you would be able to figure it out. There is no way I wanted to let that happen. Mr. Dunnett has written one hell of a book and you should read *The Glass Tower* with no preconceptions. ■



WHERE'S GENERAL BOB?

General Bob is out and about. Do you know where he's at?



Conceptis Sudoku

By Dave Green

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Difficulty Level ★★★★★

9/29

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PREMIER Crossword

By Frank A. Longo

PAIRS OFF

ACROSS

- 1 Gallery display
- 8 Bits of fabric, e.g.
- 14 "Quit that!"
- 20 Low-cost and inferior, informally
- 21 Apple ad catchphrase
- 22 For a short period
- 23 Actress Freeman who lived in a European gambling mecca?
- 25 Cello relative
- 26 Classic Ford
- 27 Animated one, in brief
- 28 Like some radio shows
- 30 Cereal grass
- 31 Palmist, e.g.
- 32 General —'s chicken
- 33 Two-masted sailboat painted bright red?
- 35 Oahu beach
- 38 IV flow
- 39 Land of ska
- 43 King or czar
- 47 Fluctuate
- 51 Really hurt the feelings of?
- 54 Aquatint, e.g.
- 55 Quaint newspaper sections
- 56 Very little
- 57 Enter gently
- 60 Actor Ron
- 61 Golf club
- 62 Saints' org.
- 64 Like someone who has moved to America again?

- 66 Coup group
- 68 Like a black chimney
- 70 Nothing, in Latin
- 71 Parasite on a passenger flight?
- 74 Mil. rank
- 75 Sonar sound
- 78 Groom's vow
- 79 Hound breed
- 80 Laugh loudly
- 82 Cut off with scissors
- 83 T-man Eliot
- 85 Be too busy for a health-resort visit?
- 89 Stun guns
- 92 Go to bed
- 93 Acclimated
- 94 Essence
- 96 Making a snug home
- 98 "Alice" waitress who specialized in serving Dad's soft drinks?
- 104 Styled after
- 105 Peat source
- 109 Indisposed
- 110 Sporty Chevy
- 111 Clay lump
- 113 Vixen's boss
- 114 Sight-related
- 116 Apt getaway spelled by this puzzle's missing pairs of last two letters

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- 119 Get even for
- 120 Follows
- 121 Discharge an egg
- 122 Usurer, e.g.
- 123 Typists in trials
- 124 Rode a bike

DOWN

- 1 Zeniths
- 2 — Island (part of New England)
- 3 Edgy
- 4 Ocean filler
- 5 German car
- 6 Ocusek of the Cars
- 7 Of the "Ode on a Grecian Urn" poet
- 8 Fodder storer
- 9 "Move it!"
- 10 Bighorn male
- 11 BP gas brand
- 12 Carrier founded in 1927
- 13 La — (opera house)
- 14 Rescuers
- 15 Hostess classic
- 16 "So that's your game!"
- 17 Stove light
- 18 Of a pelvic bone
- 19 Extra inning
- 24 Chess piece
- 29 Classic Ford
- 32 Burrito's kin

- 33 Very little
- 34 Sword sort
- 35 Nintendo game consoles
- 36 Not engaged
- 37 Petty of NASCAR
- 39 Actress Ryan of "Boston Public"
- 40 God of love
- 41 Bikers' competition on a dirt trail
- 42 In no key, musically
- 44 Take — (plop down)
- 45 Actor Keach of "Man With a Plan"
- 46 Errand, e.g.
- 48 Most hard and cold
- 49 Rights gp.
- 50 Reasons
- 52 Poking tool
- 53 Essence
- 58 Monogram letter: Abbr.
- 59 Final degree
- 62 Papa's ma
- 63 Edible fruit part
- 64 — choy
- 65 Rap genre
- 67 Chest protector, of sorts
- 68 Holey utensil
- 69 Musical piece for eight
- 71 "— life grand?"
- 72 Brain flash
- 73 Old autocrat

- 74 Slalom, say
- 76 Neck area
- 77 Alum
- 80 Bygone days
- 81 Former foes of Navajos
- 82 Forest buck
- 84 Labor Day mo.
- 86 Madre's boy
- 87 Postal slot
- 88 Actress Best of "The Man Who Knew Too Much"
- 90 Chest protector, of sorts
- 91 Thieving type
- 95 Dress border
- 97 Southwest art mecca
- 98 Foe
- 99 Antipasto bit
- 100 Cindy Brady player Susan
- 101 Goes very quickly
- 102 Facade
- 103 Mature nit
- 105 "The Practice" actress Sokoloff
- 106 "Barry Lyndon" star Ryan
- 107 Situation
- 108 Filled fully
- 111 Singer Laine
- 112 A smaller amount of
- 113 Valuable sire
- 115 Conjunction in Cologne
- 117 Wordplay bit
- 118 Actress Best of "Nurse Jackie"

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PUZZLE ANSWERS ON PAGE 34

RUNDE

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- ✓ No Pressure



GMC



DODGE

Jeep



Move over, Steve!

Do it yourself advice from
a new mom who knows how...

by Sara Carpenter
from Steve's Ace Home & Garden



FALL IS PRIME FOR PLANTING!



WARM SOIL TEMPERATURES

Roots continue growing until the ground freezes, so plants get settled in well before winter cold shuts them down. This head start on root development translates to strong, robust growth come spring. Ideal planting time is about six weeks before we get our first hard frost. However, many plants can go in successfully until the ground is frozen.

COOL AIR TEMPERATURES

Colder nighttime temperatures tell plants to focus their energy underground, and above-ground growth begins to slow. Protected roots keep growing, but plants limit tender, new top growth that would be damaged by cold. Plus, it's much more comfortable for you too!



PREDICTABLE PRECIPITATION

Consistent rainfall arrives along with fall's cooler temps. This means less stress on newly planted plants and less watering for you. If natural rainfall comes up short, supplement by watering so that plants stay well hydrated until the ground freezes.

LESS WEED COMPETITION

Many weeds slow down or disappear come fall. In spring, actively growing weeds compete aggressively for water, light and nutrients, fighting your new plantings for every ray of sunshine and every raindrop. Fall planting lets new plants get started without weed competition. By spring, your newly established plants have a strong advantage.



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OCTOBER 25
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NOVEMBER 8
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THE ALLNIGHTERS



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Gwen Danzig's
Good Advice



DEAR GWEN,
The semester is finally rolling and my professor is making us start doing group projects. I hate group projects. I end up delegating the entire thing and essentially doing most of the work because the heaviest tasks AND organization land on me. It's college. I shouldn't have to work with people, I should be solely responsible for my grades, right? How do I get through this without ending up running the show?
—Sincerely, Type A Undergraduate

DEAR TYPE A UNDERGRADUATE,
Homie, this is an opportunity. I'm at peak bachelor these days, a walking red flag for any and all potential dating prospects, unmedicated, and completely intolerable to be around, so I've been watching hella documentaries on Amazon. Amazon is where all the good good is in terms of iMovie quality conspiracy theory documentaries (and badly acted softcore).

You have a group, my dude! It's the perfect breeding ground for a secret society or cult or (maybe even better) coup. You don't wanna do group projects anymore? Overthrow this PhD professor man and make that classroom yours.

As far as I can tell, you just need secret handshakes and rituals, preferably rituals that are embarrassing or taboo (so no one wants to hop out of the secret society) and then your entire Shakespearean Sonnet workshop or whatever the hell class will bend to your will. In Sunday school as a child, I tried to recite the alphabet backward in front of everybody, and I couldn't do it and everyone laughed and I was so embarrassed and I can only assume that's why I was a Christian for so long. Shame, baby.

The through-line I've seen across every secret society is they draw triangles and eyeballs on everything. These symbols are spooky or something. So start practicing your eyeballs.

As far as controlling the masses, start small. Break someone's pen. They'll know you're the alpha. Then eventually, pen-by-pen, they'll learn. Once you take over the class itself, teach whatever you want! I'll guest spot and learn them some attitude era pro wrestling, demanding 100 percent on all exams or they get pushed off a cliff or something. I dunno, I'm spitballing, just know I'm available.
—xoxo Gwen

DEAR GWEN,
It's supposed to be fall, right? Why am I still having to mow my lawn? I'm so mad that climate change has eliminated seasons altogether because I can't stand the yard upkeep. Do I keep doing it? Or, out of protest, do I just leave it alone, since I shouldn't be mowing in October at all?
—Kindly, Grass Grump

DEAR GRASS GRUMP,
I'm not the woman to ask on this one because, if I'm honest, I've conned big strong men from the internet into mowing my lawn for the entire season. My only advice is to remove any/all personal boundaries, lose your pride, and understand that mowing is hard and sucks and maybe someone will do it for you if you make them goulash.

If you have a little something called self-sufficiency, maybe do it? But also, that sounds exhausting when you could spend the day watching *Dark Souls* gameplay on YouTube.
—xoxo Gwen

.....

DEAR GWEN,
Gwen Beatty is a sorority dropout AND CRYBABY, READY AND WILLING TO BOSS YOU AROUND. IF YOU WANT TO TELL HER SHE'S PRETTY, EMAIL GWENSARAHBEATTY@GMAIL.COM.

PUZZLE ANSWERS

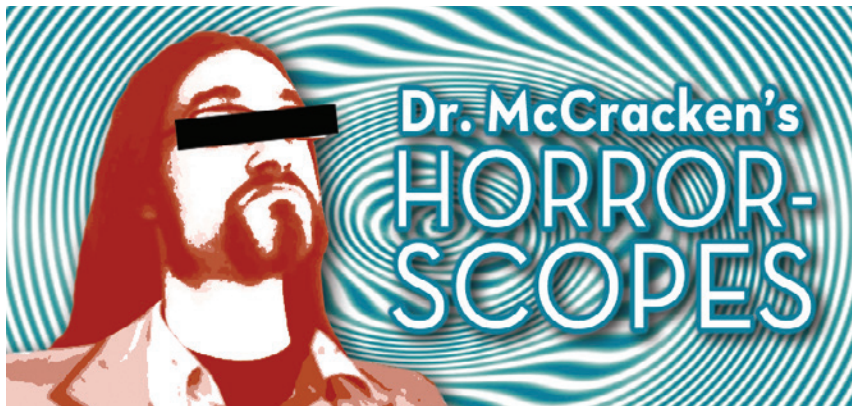
ARTWORK	SCRAPS	STOPIT
CHEAPIE	IMAMAC	AWHILE
MONTECARLO	MONA	VIOLIN
EDSEL	TOON	CALLIN
SEER	TSO	TOMATOKETCH
	WAIKIKI	DRIPI
JAMAICA	DYNAST	SEESAW
EMOTIONALLY	STAB	ETCH
ROTOR	WEE	EASEIN
IRON	NFL	BACKIN
CABAL	SOOTY	NHIL
AIRLINETICK	SGT	PING
IDO	BASSET	YUK
NESS	HAVENOT	IMETOSPA
TASERS	RETIRE	ADAPTED
	PITH	NESTING
ROOTBEER	FLO	ALA
ILL	CAMARO	CLOD
VISUAL	COUPLES	RETREAT
AVENGE	ENSUES	OVULATE
LENDER	STENOS	PEDALED

3	2	7	4	1	8	5	9	6
8	4	1	6	9	5	3	2	7
9	6	5	7	3	2	4	1	8
1	7	3	5	2	9	6	8	4
6	9	2	3	8	4	7	5	1
5	8	4	1	7	6	9	3	2
7	5	8	2	4	3	1	6	9
4	3	9	8	6	1	2	7	5
2	1	6	9	5	7	8	4	3

Difficulty Level ★★★★★ 9/29

GENERAL BOB IS AT THE LOG CABIN

34 COLUMNISTS 365INK MAGAZINE OCTOBER 3-OCTOBER 16, 2019 ISSUE #353 DUBUQUE365.COM



- ARIES**
(MAR 21–APR 19)
Some unexpected communications could come your way, most likely from an old family friend or your doppelganger who's been stalking you for your entire life and has finally decided that it's time to seize the reigns on your shared life and become the one true version of you. Maybe screen your calls for awhile.
- TAURUS**
(APR 20–MAY 20)
Plan for a pleasant, exciting journey—mentally, at least—as you fall deeper and deeper down the rabbit hole of your own existence and realize that money and time are things that humanity invented to keep you so consumed that you can only unwind from them by existing less.
- GEMINI**
(MAY 21–JUNE 20)
If you feel your friendships growing closer and closer, make sure to take stock of the present and be able to separate stockings and pillowcases you've stuffed with ground beef to resemble a human and actual humans.
- CANCER**
(JUNE 21–JULY 22)
If you notice someone in your neighborhood who you haven't formed an acquaintanceship with yet, think about inviting them over for one of the nightly satanic rituals you host while sleepwalking.
- LEO**
(JULY 23–AUG 22)
Experiment with creativity and technology to increase your personal growth and also to increase the malignant growth of the world's supply of VHS copies of *Porky's II* that you've accidentally figured out how to clone in your garage when you were supposed to just be busy huffing paint and model airplane glue like the rest of us.
- VIRGO**
(AUG 23–SEP 22)
As long as you're receptive to new ideas and how to make them work for you, there's no reason why you can't just scream at the sky in the middle of traffic

until someone agrees to brush your hair for several hours at the bottom of a ball pit.

- LIBRA**
(SEP 23–OCT 22)
You're unlikely to discover new talents you didn't know you had, which makes sense, considering you haven't made any use of the talents you already discovered that you have and instead have just decided to go onto YouTube and call people "butthole" for not liking the same Loverboy songs as you.

- SCORPIO**
(OCT 23–NOV 21)
Your lucky number is divisible by both 465 and 68294, but you can only get there by counting in decimals.

- SAGITTARIUS**
(NOV 22–DEC 21)
There might be something new you're seeing and enjoying in different art forms, like underwater hentai reenactment and that thing where people blow glass but instead of making things that they're pretending aren't bongos they're just blowing infinitely until they've blown a ball of glass so big that we can inhabit it as a new planet and eventually destroy it with pollution and letting a sexual predator game show host run the country that thinks it should police the entire world.

- CAPRICORN**
(DEC 22–JAN 19)
It's your car alarm going off, that smell is definitely you, and we're all talking about you when you're not in the room.

- AQUARIUS**
(JAN 20–FEB 18)
Did I miss the memo that it's cool now to look like a Claire's pagoda that opened up inside a Spencer's Gifts that opened up inside a Halloween store outlet that opened up inside Gary, IN?

- PISCES**
(FEB 19–MAR 20)
If you're so inclined, today is a good day to just not.

RYAN WERNER

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