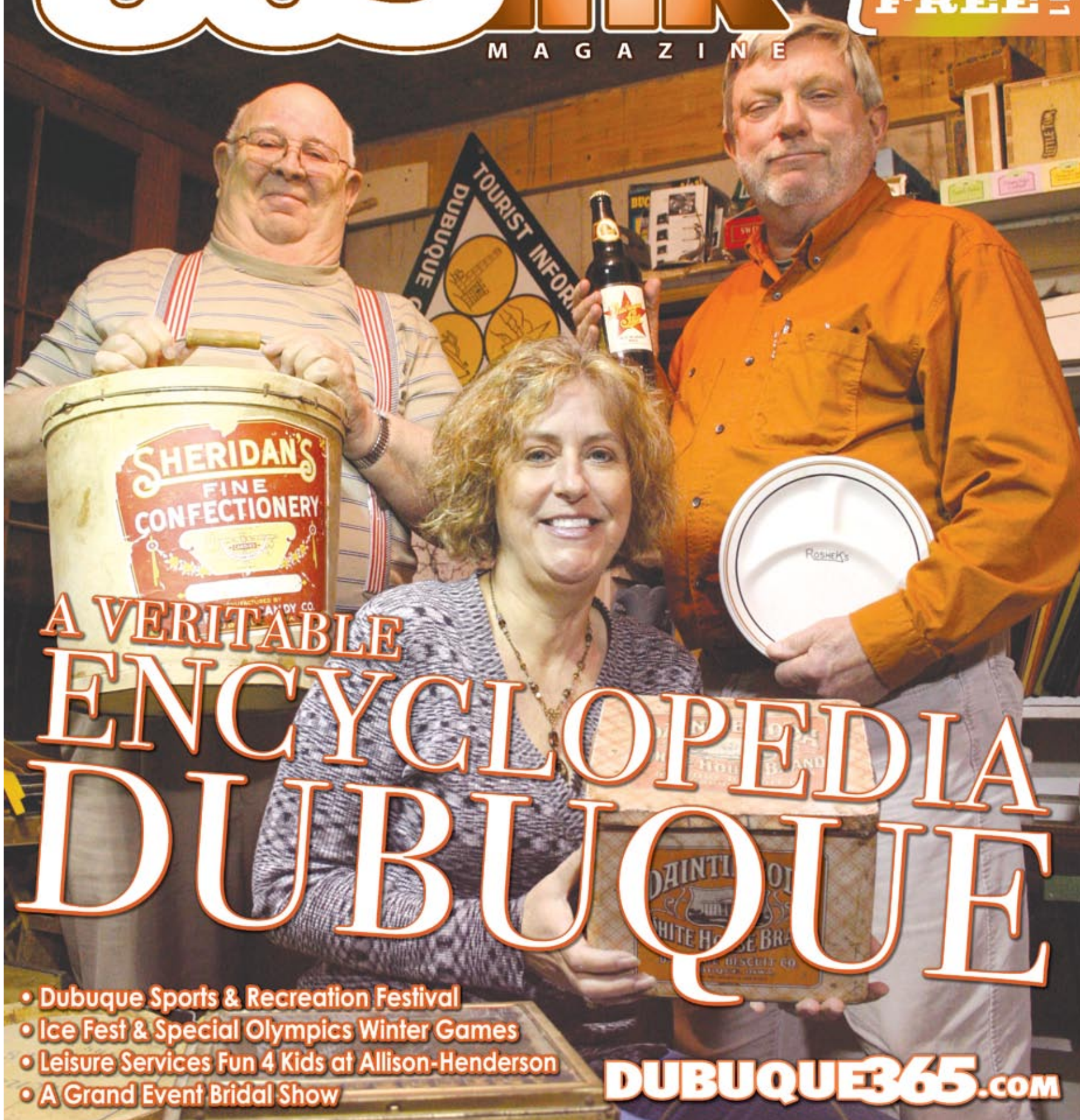


365ink

MAGAZINE



JANUARY 6-19 2011
FREE



A VERITABLE ENCYCLOPEDIA DUBUQUE

- Dubuque Sports & Recreation Festival
- Ice Fest & Special Olympics Winter Games
- Leisure Services Fun 4 Kids at Allison-Henderson
- A Grand Event Bridal Show

DUBUQUE365.com



{ bryce parks }
Publisher, Writer, Designer, Layout
bryce@dubuque365.com



{ mike ironside }
Writer, Designer, Photography
mike@dubuque365.com



{ kristina nesteby }
Ad Designer
kristina@dubuque365.com



{ kate lydon }
Advertising Director
kate@dubuque365.com | 515-441-6754



{ kelli kerrigan }
Advertising
kelli@dubuque365.com | 563-451-9365



{ charlie daoud }
Director of Operations
accounting@dubuque365.com



{ brad parks }
Community, Incorporated, C.E.O
brad@dubuque365.com



{ matt booth }
Mattitude
matt@mattbooth.com



{ pam kress-dunn }
pam2617@yahoo.com



{ bob gelms }
Bob's Book Reviews



{ mayor roy buol }
Buol on Dubuque



{ rich belmont }
Argosy's Food For Thought
argomark@mchsi.com



{ i.a. hammer }
Trixie Kitsch: Bad Advice For The Stupid

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401 Locust Street, Dubuque, IA, 52001
dubuque365.com | 563-588-4365
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Where's Wando?

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

Bryce's inkubator

Notes from the Publisher... Fostering Ideas, conversations and arguments.

One of the core principals of 365 has always been the pursuit of solutions and the exchange of ideas over just letting people vent and complain. However, on the eve of printing this issue I now find myself at a point where not only have all my attempts at dialogue and resolution been denied by my cable internet provider, so has my internet connection to send this to our printer. To add salt to my frustrations our legal adviser's alarms bells are warning me that all those first amendment rights I kind of always assumed I enjoyed aren't really worth squat when it comes to what I want to vent about.

I am betting on the first amendment and I want to tell my story in the hopes it somehow causes some discussion and maybe leads to some resolution to this community wide issue.

I've tried to be a nice patient guy. I really have. A few times I've blown up a bit on Facebook, but I didn't do anything rash. I feel like I've been wronged again and again and all I do is just keep going back for more. I feel like the United Nations.

For some reason, for the past few months, my cable internet's high speed service has been causing me angina. Not just at my home, but at my office too. I know it's not just me because of the lambasting people are giving them on Facebook. So I feel confident that whatever I report about my experience here can be easily confirmed by scores of Facebook friends.

Since this Summer, almost like clockwork, I've been regularly losing service just after midnight. When you run a web company like I do, and keep odd hours (what web company doesn't) this is not good. Occasionally this has caused me not to be able to update the Dubuque365.com photo of the day until well into the next morning, or worse yet, not get a paper to press on deadline. That is somewhat frustrating. Can you feel my restraint?

Then this fall we began losing cable business internet service in the middle of the day, AT WORK! So all of our 365 office staff were without internet for hours. Did I mention we're primarily a web company? After some extended lunch hours waiting for the service to come back and a couple of "clean the office days" we eventually had to just let people go home. They still get paid, of course. Perhaps I should work up an invoice and take it off my next bill (but it would have to be bills, plural, to match the money lost due to the service outages).

Most recently, the dropouts have been happening at home, not at Midnight, but earlier in the evening. First the internet connectivity slows to a crawl, then it dies all together. I did the whole unplug this and that routine a dozen times. No dice. So I called to talk to a service technician. I was told there were outages in my area today however, it appears that the network in my area is having trouble keeping

up with the demand for bandwidth and that is causing my loss of service. They plan to have it fixed by January 14th. WHAT! They did, however, offer me two weeks of credit for the loss of service. Note here, that seeing TV ads, while on hold making this call, advertising their high-speed service to people who are sick of those "other" providers' outages and lack of bandwidth did not help my mood.


When I still could not get any internet for over 24 hours, I called back. The new tech told they can't see my modem from their end and I need a service call. So which is it? It worked every morning, but not at night. This is my modem's fault? It's been gone for three days now. So my weekend was spent investigating Dish Network, DirectTV, and new internet providers like You Squared and Qwest. (Update: YouSquared signal can reach my house!) So I am making the switch this week but not everyone can receive the signal or lives in an area with coverage but isn't that why our community invests in our cable network? Why don't we have a voice in this? We contracted that voice away that's why.


My brother fought this very battle a few years ago to keep WGN on our local system with huge public local support, and he won. Of course sometime between then and now WGN was taken anyway when no one was paying attention or willing to risk their reputation by holding major community protests. What is a really disturbing is all the fear affecting local elected leaders, both then and now, that we know want to vent too but are held at bay by threats of legal reprisal, kind of like I am right now. What does it say about democracy and freedom of speech when the media itself and freely elected officials are allowed to have opinions and speak the truth as they see it, as long as some lawyer can't demonstrate that such truths somehow infringes upon any corporation's ability to make a profit. Ah, cooperate profits. The big trump card of free speech.

If your cable internet service is good then that is super. I am jealous. I have no doubt that they provide great service in many areas and in the past, I had good service for many years. So changing now is a great disappointment for me. Note that I also just downloaded (at my mom's house) software from Tether.com for my laptop and my wife's Android phone to use her phone's internet service to power my laptop. It was fast and easy and started itself right up, was free for seven days and only a \$20 flat fee after that. What a great backup and super idea for traveling. Internet on my laptop anywhere I get phone service. Nice.

So I don't know what effect this column will have. I'm telling my story in hopes that it gets someones attention and that whoever that someone is, they can do something to fix all this. As for me, here's hoping that in 2011, You Squared and DirectTV do right by me too. And saving \$60 a month won't hurt either.

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Winter Farmers' Market **Every Saturday through April** **Colts Center**

8/15 JAN Shop Winter Farmers' Market! Located in the Colts Center on the corner of Central and 11th Streets, the Winter Market runs every Saturday from 9 a.m. to noon through April. The Winter Farmers' Market features local farmers and artisans, offering diverse products such as grass-fed beef, free-range eggs, fall produce, home made candies, baked goods, honey, wines, soaps, gourmet pickles, maple syrup, and more. The Market features approximately 35 vendors which vary each Saturday with new vendors added as the



Market continues to grow. Select weeks feature guest vendors offering a variety of local products. Maple and David from The Food Store on Iowa Street have also been bringing fresh egg rolls to the Winter Market. A recent addition to the market is award-winning cheese maker Mark Armstrong of Acoustic Farms in Springville, Iowa. Armstrong will be in attendance at Winter Farmers' Market through the rest of the season.



Fighting Saints Hockey **Vs. Sioux Falls, Friday, Jan. 14** **Vs. Des Moines Buccaneers, Sun., January 16** **Mystique Ice Center**

14/16 JAN After a weekend in Sioux Falls and Fargo taking on the Stampede and Force (respectively) Dubuque's Fighting Saints return to defend their home turf at the Mystique Ice Center the following weekend, with a quick away game to Des Moines mid-weekend. The Fighting Saints host the Sioux Falls Stampede Friday, January 14 at Mystique Ice Center; travel to Des Moines to take on the Buccaneers on Saturday, and return to Dubuque Sunday, January 16 to challenge the Des Moines Buccaneers yet again. Both local games start at 7 p.m. While the Saints recently lost games to the Buccaneers and the Green Bay Gamblers, the Dubuque team still leads the USHL Western

Conference with a 17-6-3 record. For tickets to upcoming home games or more information, visit dubuquefightingsaints.com.



Bell Tower Theater Presents **Honk!, Jr.**

15-16 JAN Bell Tower Theater will present Honk!, Jr. as part of its 2011 Family Series, offering high quality family entertainment at an affordable price. Scheduled for Saturday, January 15 and Sunday, January 16, Eisenhower Elementary School will present the musical at 2 p.m. A musical retelling of the story of The Ugly Duckling, Honk!, Jr. follows "Ugly" in an exciting adventure of transformation. The performers are fourth and fifth grade students from Eisenhower Elementary School. Tickets for Honk!, Jr. are just \$6 and can be purchased by phone at 563-588-3377, online at www.belltowertheater.net or in person at the Bell Tower Theater box office, Monday through Friday 11 am to 6 pm or Saturday 12 noon to 5 pm.



Martin Luther King Jr. **National Day of Service**

17 JAN Dubuque AmeriCorps volunteers will celebrate the 25th anniversary of the creation of a federal holiday honoring Martin Luther King Jr. by leading a National Day of Service Monday, January 17. Seen by organizers as an opportunity to remember and honor Dr. King's life and legacy, AmeriCorps volunteers will gather to work on service projects in the community. Groups will work on service projects at four locations: Albrecht Acres, Four Oaks, Jefferson Middle School, and Marshall Elementary School. Projects include painting a diversity mural, dorm and classroom painting, maintenance, and organizing. All volunteers will be provided lunch, a T-shirt, and a certificate of participation. Volunteers are encouraged to pre-register by contacting DubuqueAmeriCorps@yahoo.com.

www.Dubuque365.com

DUBUQUE SPORTS & RECREATION FESTIVAL

Dubuque Sports & Recreation Festival Grand River Center

On Saturday, January 15th, from 9 a.m. to 3 p.m. at the Grand River Center, TEAM Dubuque, in partnership with several area businesses and organizations, is sponsoring the Dubuque Sports & Recreation Festival (DSRF). Admission to this event is free to the public.

This festival provides the Dubuque community with a single comprehensive event to learn about and register for the variety of great sports and recreational activities that develop, sustain, strengthen, and promote the community as an attractive place to live, work, and engage in lifelong recreational activities. In addition, area organizations will have an opportunity for their current participants to perform and showcase their skills on stage. The festival combines area sports and recreation organizations, as well as the general public, with educational, informative, and interactive features, resulting in a wholesome family-friendly event that attracts youth and adults in far greater numbers than any organization can on its own.

As the community has grown, more opportunity exists for kids and adults to be involved in recreational activities. However, the problem is that these organizations seem to have come into existence under the radar. Simply put, families do not truly know what is available or the proper people to contact. The DSRF will provide area families with the opportunity to see what is available in the community and actually sign up for little league baseball, soccer and more.

The Dubuque Community School District wellness educators return with the ever-popular Speed Stacks competition from 9-11:30 a.m. The main stage also welcomes back popular performances by the Jazzy Jumpers, That's My Dog, the Dubuque Karate Club, the Dubuque Soccer Club, and dance performances by Studio 5678 the Dubuque Dance Studio & Gymnastics Club.

Children's Activities, sports memorabilia and more the 50 exhibitors round out the experience.



At the same time, the Dubuque Bald Eagle Watch is happening upstairs at the Grand River Center. Many exhibits, local experts and live animals will be on display as families learn about the creatures that inhabit our part of the country and discover opportunities for further education and participation in the natural environment.

Finally, the 3rd Annual Midwest Amateur Boxing Invitational will wrap up the day at 6 p.m. Tickets for this event are just \$10 and \$5 for seniors and students with an ID. Under 12 is free.



The event is sponsored by Dubuque Bank & Trust, Tri-States Sports Look, Clarke University, the Dubuque Racing Association, Mystique Casino, Kat-FM, 101.1 The River, 97.3 The Rock, McGraw Hill Higher Education, All-Sports Camps, Midwest Motor Sports, Mediacom, Dubuque Physical Therapy, Tri-State Baseball Cards & Shows, the University of Wisconsin Platteville, Alpine Tennis and Fitness, Capri College and Dubuque365.

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ENCYCLOPEDIA DUBUQUE!



Pictured, from left: Randy Lyon, Kathy Moler, 365's Brad Parks, Jim Massey and Bob Reding is seated.



An ever-expanding resource for Dubuque history

by Mike Ironside

This time of year finds many of us nesting at home. The holidays are over and it's actually pretty darn cold outside. Well, what do you do when there is nothing you want to watch on TV and you've already scanned Facebook to see what everyone else is watching on TV? Our first suggestion is of course to visit Dubuque365.com, find something going on out in your community and then get out of the house, but what if you really feel like staying in? It's okay. We've all been there.

Here's a suggestion: visit the Encyclopedia Dubuque online at www.encyclopedia-dubuque.org and learn a bit more about local history. Sure, anyone that grew up in Dubuque and even many recent transplants know that Dubuque is the oldest city in Iowa, that it is named after French Canadian lead miner Julien Dubuque, and maybe even that it was first settled by other miners in 1833. But did you know that Julien Dubuque played the fiddle? Or that nine breweries existed in Dubuque in



Once legal currency printed in Dubuque.

1869? Or that a Dubuque resident known as "The Human Fly" (pictured at right) once climbed the Dubuque County Courthouse with only his bare hands? Or that Dubuque is home to one of world's top rated Tang Soo Do karate masters? (David Schmitt pictured at left).



An incredible historical resource, Encyclopedia Dubuque began about 20 years ago as a single hard-bound printed volume listing the most notable people places and things of Dubuque's history. At the time, Randolph "Randy" Lyon (pictured at left), a teacher for the Dubuque Community School and self-confessed history junkie was working with artist Norman Zepeski on a series of historical calendars



for First National Bank of Dubuque (now U.S. Bank). Some readers might recognize Norman Zepeski's name as the artist and photographer who operated Link Studio for more than 50 years. Sadly, Zepeski died in October of 2010.

But in the 1990s Zepeski collaborated with Lyon creating artwork for First National Bank's calendars (See Aepeski sketch on facing page). Mike Riley of First National urged the two to create the book that would become the first Encyclopedia Dubuque as a table-top reference to Dubuque's rich history. With Zepeski contributing original illustrations, Lyon wrote Dubuque: The Encyclopedia, which was published in 1991. The book became an

invaluable resource for local preservationists, journalists, and history buffs, to the point that copies at the Carnegie-Stout Public Library had to be rebound due to heavy use.

A few years ago, in the lead up to the celebration of Dubuque's 175th anniversary, the Dubuque City Council announced

ENCYCLOPEDIA DUBUQUE



that it would fund projects by local organizations celebrating Dubuque history. Michael May from the Carnegie-Stout Public Library approached Lyon suggesting that the Library Foundation might apply for a grant to digitize the Encyclopedia to be available online.

As Lyon had always hoped the release of the Encyclopedia would remind people about some of the great history of the town and perhaps elicit more stories from those who still remembered, an online version which could be more widely available seemed like a great idea. Plus, a digital version could be constantly revised, expanded, and updated. "If it's put in a book, it's forever," explained Lyon. "Online, in theory at least, you have thousands of eyes looking

at this and pointing out errors, omissions, and so on. So I jumped at it."

The grant for the online version of Encyclopedia Dubuque was awarded in 2008, and the once static book was transformed into a living, growing database of Dubuque history and culture. With the backing of Michael May at Carnegie-Stout Public Library, the technical support of Angela and Ransom Briggs of Iowa City and Jason Burds of Carnegie-Stout, and the help of a number of collaborators, including those pictured on our cover – Bob Reding, former owner of Bob's Antiques and Collectibles of Dubuque; Kathy Moler of Kathy's Treasures on Main Street; and area breweriana collector Jim Massey – Lyon created an even greater community resource.

The online version of Encyclopedia Dubuque contains hundreds of photographs and images from Reding's personal collection, a variety of artifacts "borrowed" from Kathy's Treasures and many sketches from the late Norman Zepeski. "When the encyclopedia first went on, it had 1,500 entries and 500 illustrations," stated Lyon. "And I know that because I counted them! That was about two and a half years ago. That has gone up ... now we have 4,500 entries and 4,100 images."

Equally excited about the work that has already been done and the history that has been documented, Lyon is eager to dig deeper and find more stories from those who still remember the quickly fading history of the area. He knows there are people out there who might remember some of the forgotten names of people and places important to the development of the city we know today.

There are also untapped resources to be mined. For example, Lyon explains that the Carnegie Stout Public Library has a

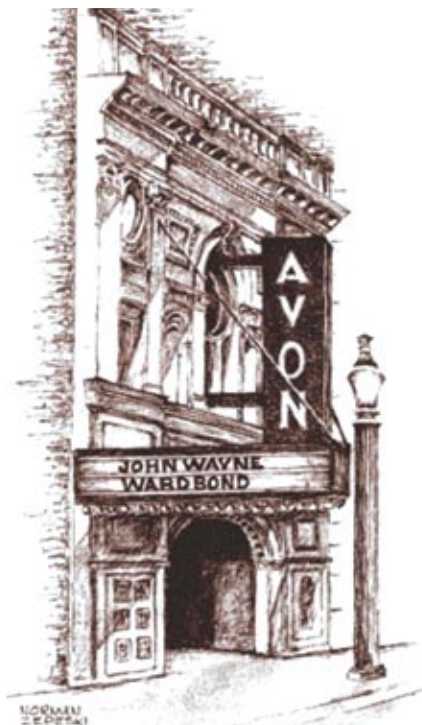
treasure trove of historic newspapers on microfilm but that finding information is limited by not only by the available time for research but also by what early library workers recorded on the once hand-written card catalog cards used to reference the original newspaper stories.

"Well, if it was interesting to them, it got a card," he explained. "If it wasn't interesting to them or if they turned two pages at one time, it never was recorded. Then they were put on microfilm. Well, so much is lost. So much is there, in that microfilm, buried."

But not all of the untapped history is lying undiscovered like fossils in layers of rock. Much of it is in the still active memories of Dubuque's older generations or in boxes tucked away in closets, attics, basements, and dresser drawers. Lyon hopes Encyclopedia Dubuque might stir those memories or prompt a curious younger person to ask questions or start digging. "There are all sorts of detectives out there," he notes. "But when I see something, I'm going to grab it because it makes it permanent. It can be seen free of charge, all over the world, all the time. It can be easily accessible."

The online accessibility of Encyclopedia Dubuque is one of its greatest strengths. Searchable, and hyperlinked, a visitor can browse by categories or jump from one article to another through linked references. There's even a random article button if you're not sure where to start. Lyon hopes that more users will interact with and contribute information to the site. "We encourage people to be critical," he says.

Unlike Wikipedia or other online wikis, Lyon acts as a curator or moderator for the information, rather than allowing it to be open for people to add information on their own. People with additional or conflicting information, photographs, or documents can submit them to Lyon through the web site for inclusion. Recently retired from teaching, Lyon is eager to learn more and continue to expand and improve Encyclopedia Dubuque. If you have stories, photographs, documents, or other artifacts, contact Randy Lyon through the Encyclopedia Dubuque web site (once again, that's www.encyclopediadubuque.org) "Frankly, I'll go to anybody's house or they can scan it and send it to me."



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EncyclopediaDubuque.org
& Dubuque365 Present:

History Makers: The Greatest Gamble in Dubuque Business History

by Brad Parks

The history of Dubuque is filled with stories of people who took great risks to create the community we all enjoy today. Many of those early risk takers, entrepreneurs, and dedicated community advocates enjoyed great success. Some however endured heartbreaking tragedy. Sadly most of those stories are forgotten or have been clouded by the passing of time. We think those who helped make Dubuque the great place it is today deserve better than to be forgotten. We think their stories also hold great lessons for our future. We also believe there are amazing people here today that are creating our future history right in front of us. They also deserve our attention and our gratitude for their sacrifices.

In supplement to our 365 Impact Awards project we will be sharing some of these untold present-day stories in each issue of 365ink and collaborating with our friends at EncyclopediaDubuque.org to show with whom in the past these modern day history makers may share passions-in-common.

It's an age-old problem of perception in Dubuque; "If your grandparents weren't born here then you might not even be a native." Ironically, history shows that most of our great national level business success stories came from the "new kid on the block" who made Dubuque the center of their efforts and in the

end put Dubuque on the map nationwide.

The Great Gamble

In this issue we are pleased to tell you the story of an "out-of-towner" who with some good historical company chose Dubuque as the place to stake his claim and whose decision to bet on the strength of the people of Dubuque has made Peninsula Gaming one of most efficient and respected gaming companies in America.

Encyclopedia Dubuque Inductee:

Brent Stevens, CEO of Peninsula Gaming

Brent Stevens was born in 1960 Los Angeles and raised as one of four children by a single working mother. Swimming was his only route to college and a scholarship allowed him his chance at a degree. That degree lead to yet more study and his achievements lead to an MBA from the prestigious Wharton School.

As young graduates Stevens and his associates found themselves working grueling hours as financial analysts in one of Los Angeles' top financial firms, often trading turns running for coffee and sleeping under desks while pushing the groundwork behind the marathon deal-making of the time. Now as a senior executive at Jefferies, lauded during the recent financial crisis as one of the most respected global investment banks, and CEO of Jefferies and Company Inc, Brent Stevens credits his success to an easy formula.

We asked him how he now faces the challenges in his industry and difficult media coverage yet continues believing in and investing in new ideas even when critics, the media, or a doubting public stands in the way? "It doesn't matter

what people say or think about you," said Stevens. "What matters is that you understand and always live by your values, focus on the quality of what you offer, and have faith in your team to live up to even your highest expectations of quality."

Here is what we think people should know and why we feel this recognition is about a decade over-due. While doing trend analysis well over a decade ago Stevens noticed a set of trends in the gaming and entertainment market that caught his attention. He then had the idea that if these trends were true and the right kind of community could be found to support this



wholly new and unprecedented kind of gaming project he had in mind, there may be a great opportunity. In fact long before the big casino industry names turned to the stock market to fund growth, Brent Stevens was driving across the Highway 20 Bridge into Dubuque, Iowa, to meet a woman named Natalie Shramm who would be the first of many to convince him that he had found the very kind of people he needed to change the casino industry forever.

"It was the strength of the local leaders that really sold me," Stevens told us. "They knew how to get things done." He then paused and added, "The community had a reputation of

a quality workforce and we found a pool of real talent here in Dubuque starting with the day I met Natalie," with a sudden huge smile and shaking his head as if he still can't believe his own luck he laughed and finished saying, "and then from there it just kept growing and growing."

With last month's vote by the Kansas Gaming Board, awarding a 5th gaming license to Peninsula's existing four successful properties, the company will soon have nearly 3000 employees with 50 here at their corporate headquarters in Dubuque. However, it is Brent Stevens' decision in 2005, along with his Dubuque leadership team, to take what might have been the greatest gamble in local business history that we felt earned him our nomination for a place in Encyclopedia Dubuque.

By 2004 the Diamond Jo was the clear market leader in Dubuque, outpacing the Greyhound Park & Casino by nearly 10% annually. However, by 2005 the regional market began to flatten and Stevens and his team realized that the only way to grow was to invest. What is worth noting is that had they not made that decision the Diamond Jo, even with a declining market, would have easily retained their market lead and made a generous profit. But the easy route wasn't anywhere in Peninsulas' playbook. While Stevens assured community leaders that the analysis showed clearly that in the end both casinos would come out the winner, many local leaders doubted his projections and momentum in either casinos ability to invest faltered.

Despite his willingness to begin immediately and his faith in the analysis behind his assertion that his competitor would also greatly benefit over time, it became clear that the only political path for investment would mean his

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willingness to bear the burden of his conviction by agreeing to give up his current significant market advantage with the Diamond Jo. He would have to take a big step backward to let the community make the first move forward. As the chart below demonstrates, his projections turned out not only to be completely accurate, his patience and willingness to prove his case has put his company on top of the market while also helping his competitor, our community, exceed even their biggest aspirations of 2005.

Amazingly, Stevens believed enough in the vision of the Diamond Jo team and the ability of the community to adapt and grow that he made possible nearly 100 million dollars of additional revenue to flow to the Greyhound



Park & Casino while he waited for his vision to unfold. His waiting wasn't idle however as he leveraged the knowledge and experience of his Dubuque team to launch initiatives in North Iowa and Louisiana. By the time the Diamond Jo's turn came again in Dubuque, Peninsula Gaming had the resources and further experience to create one of the premier gaming destinations, live music venues, and entertainment centers in the Midwest. And in 2010 the Diamond Jo again returned to the top of its market, this time in cooperative competition with the now named Mystique Casino, using tools like the PlayDubuque.com campaign to help both casinos continue to grow.

In speaking with local historians, the sheer size and scope of Steven's original gamble on Dubuque and his bigger 2005 gamble is unprecedented in our community's history. After facing the doubts of the community, Stevens' further actions are also quite remarkable. In 2008 he not only invested heavily in the new Dubuque casino, his team took all that they had learned and made the Diamond

Jo the flagship of his operations. He then went one step further and offered to assist the same community that had doubted his vision, by funding the additional \$25 million dollars in bonds to make possible the new City owned parking facility that was key in matching the second Vision Iowa Grant for America's River 2.

His choice to invest multiple times in Dubuque, his work to make Dubuque his corporate headquarters, and his unwavering belief in the values and the strength of his team have lead to not just millions, but hundreds of millions of dollars in revenue for our community.

Brent Stevens has certainly earned his place in the Encyclopedia of Dubuque as an exceptional entrepreneur and unwavering community advocate.

Thank you. And Brent, you might be interested to know that when it comes to people that have faced the same challenges you have, as that out-of-towner working to make change against the tide, you are in some very good company...

Our History's Other Out-of-Towners:

Harry Wahlert came to Dubuque from St. Louis and in 1931 founded the Dubuque Packing Company. Folklore stories tell us that quite



a few people weren't sure what to make of Mr. Wahlert and all of his new big city ideas. But Harry had a vision and a plan and in time made his fortune, along the way improving the lives of thousands of Dubuque families.

In 1856 Andrew Young McDonald of Glasgow, Scotland, made Dubuque his family's home and founded AY McDonald Manufacturing. That very same year of 1856, another new-comer, William Carr of New York, placed his focus on Dubuque and with some new friends founded what came to be known as Carr Ryder Adams, later as CARADCO.



With our community's new focus on millwork young Christian Loetscher of San Antonio, Switzerland, came to town and founded a small woodworker shop in 1875. By 1879, with the investment assistance and leadership skills of Jesse Farley (of rural Tennessee by the way), they built the Farley Loetscher Manufacturing Building which in its time was the world's largest manufacturing building and at the company's peak it's campus covered 23 acres of downtown Dubuque. In time Farley Loetscher became part of the CARADCO holdings.



As the 19th Century closed, CARADO had yet another community new-comer arriving in the city, destined to change Dubuque history. A boy named Wayne arrived in Iowa on the West bound Orphan Train and at age 7 was taken in by the family of Reverend G.M. Orvice. Young Wayne picked up woodcarvings for change as a boy and after college returned to

Dubuque to be met by legendary Dubuque businessman John Tyler Adams at the train station. Wayne Albert Norman became General Manger of CARADCO and in the height of the Great Depression was a founder of the Dubuque Thrift Plan, a program that helped dozens of small businesses and the community at large survive the depression to later prosper.

Programs like the Dubuque Thrift Plan, along with efforts of the Chamber and the Manufacturers & Wholesaler Guild, succeeded in drawing yet another Newcomer to Dubuque in 1936, when Herbert Bertch of Minneapolis

acquired the Brunswick Victrola Company and moved Flexsteel Industries to Dubuque to create the nation's first conveyor belt manufacturing system forever revolutionizing the furniture industry.

So what is history's lesson?

Be grateful for 'new comers' and the 'out-of-towners,' those whose futures are yet unwritten, who are looking for a magical place like Dubuque, Iowa, to take the best of their passions and energy and turn them into our history's treasures.

Do you know any secrets of Dubuque History that we can share? Send them to history@dubuque365.com and make sure you visit EncyclopediaDubuque.org for more great stories, photos, and legends of Dubuque's History.



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Wagner said, "We are thrilled to return to the area. Dubuque has always been the location for the Winter Games since they are the only place in the state large enough to accommodate our big group." The athletes will participate in competition and other activities the Grand Harbor Hotel, Sundown Ski Area, Grand River Center, Albrecht Acres and Mystique Community Ice Center.

Athletes of all ages and ability will participate in various sports



and activities including: Alpine and Nordic skiing, figure skating, snowshoeing, speed skating and more. More than 170 coaches and chaperones, as well as 300 volunteers will donate their time to serve the athletes and make this event a success.

events, there will be a sports banquet at the Grand River Center, a dance, pool party, and Celebrity Race with 48 University of Northern Iowa students participating.

Wagner said the city of Dubuque is very accommodating and welcoming to Special Olympics Iowa. "Many businesses and organizations in Dubuque contribute to Special Olympics Iowa year-round," Wagner said. "One of our biggest supporters is the Mystique Casino."

"These events offer persons with intellectual disabilities opportunities to develop their strength, coordination and social skills," said Wagner. "We thank all of our sponsors for their gracious support and service to our athletes by sponsoring this event."

Iowa Special Olympics Winter Games

Dubuque will host 435 Special Olympics Iowa (SOIA) athletes when they compete in the annual State Winter Games January 10-12. SOIA Vice President of Games and Competition Pam Wagner said this is a record-breaking number of athletes to participate in the 26th year of the State Winter Games. Make this the year you catch a little of the magic in person.



A highlight of the Winter Games is the opening ceremonies on Monday at 6 p.m. at the Grand Harbor Resort. It includes a parade along the River Walk to the River Center Patio, and an athlete lighting the flame to officially kick-off the Games. "The opening ceremonies and the competitions are excellent times for the public to attend and show their support for the athletes," said Wagner. In addition to the sporting

Special Olympics Iowa is a nonprofit organization serving Iowans with intellectual disabilities since 1968. SOIA provides year-round training and competitions in 22 Olympic-type sports for 11,000 athletes and Unified Sports Partners representing each of Iowa's 99 counties. For more information, please call 515-986-5520 or visit www.soiowa.org.

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Photos by Dzine Wise

92.9 KAT FM and Cheryl Ann Bridals welcome you to the, get this, 26th Annual edition of "A Grand Event Bridal Show", Saturday, January 8, 2011 at The Grand River Center in the Port of Dubuque. Doors open at 11:00 a.m. and the event runs until 3 p.m. Admission is absolutely free.

More than 65 vendors will feature every kind of wedding good and service you can imagine. The fashion show will take place at 1:00 p.m. It is organized annually by Cheryl Ann Bridals in downtown Dubuque.



You'll want to browse what has become far more than simple flower vendors to see what kind of creative and amazing ideas are out there for your special day.

What's next on your checklist? How about a cake, a caterer and, oh yeah, a venue. No problem. The most talented cake makers in the area will be on hand, sampling some of their creations which promise to be as delicious as they are beautiful and unique. It's not

just traditional cake these days. And, oh the food. Taste test until your heart's desire all the dessert and dinner samples from local catering professionals and reception venues. Perhaps we're getting ahead of ourselves here. See the latest jewelry styles, chat with the professional who not only sell and maintain these heirlooms-to-be.



Meet local DJ's who can take your party to the next level. See what kinds of services they provide. The same goes with photographers. If anything stands the test of time from a wedding, it is the images captured forever by the talented folks behind the lenses at your event.



What's most surprising is how diverse the services are at the show. Things you may surely want as part of your wedding but wouldn't think of until the week before... they've thought of them. Dentists, Chiropractors, Health Centers and more. You can't just read about it, you really have to experience it in person. Prize Basket will be awarded at each booth, so you might drive home with part of your event taken care of for free. How great is that?



It's the granddaddy of all Bridal Shows and you know if Radio Dubuque puts their mark on it, it's going to be an event not to miss. Over 1000 people expected to visit the show this year. Make plans now to come and see what all the fuss is about. It's the big day dedicated to your big day.

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**Fly-By-Night presents:
Dead Man's Cell Phone
January 28 – February 5
Five Flags Bijou Room**

28-5
JAN-FEB

Fly-By-Night Productions presents Dead Man's Cell Phone the weekends of January 28-30 and February 4-6

at the Bijou Room in the lower level of Five Flags Theater.

A satiric comedy by Sara Ruhl, the play will be directed by Michele McKinlay.

The play begins in a quiet café in which a woman is forced to endure the incessantly ringing cell phone of a stranger at the next table who, it turns out, is dead and has more than a few loose ends. An odd situation in which to be thrust, the woman must confront "her own assumptions about mortality, redemption, and the need to connect in a technologically obsessed world."

New York theatre critic John Lahr called the play "a meditation on death, love, and disconnection in the digital age."

Fly-By-Night Productions presents six performances of Dead Man's Cell Phone, Fridays and Saturdays, January 28-29 and February 4-5 at 7:30 p.m. and Sundays, January 30 and February 6 at 2:00 p.m.

For more information visit www.flybynightdubuque.com.

**Audrey Christie
and Bridget Donahue
Outside The Lines Art Gallery
Opening Reception**

7
JAN

Outside the Lines Art Gallery celebrates the New Year with a new exhibit by woodcut printmaker Audrey Christie and ceramicist Bridget Donahue. Outside the Lines Art Gallery owners Stormy Mochal and Connie Twining will host an opening reception for the show, scheduled for Friday, January 7 from 7 to 9 p.m. As always, the casual reception is free and open to the public. The exhibit will be on display through February 2011.

Working from her Short Horse Studio in the upper level of her restored 1850s Cornish stone home in Southwest Wisconsin, Dodgeville printmaker Audrey Christie creates hand-painted woodcut prints. Carving cherry wood panels in her own distinctive style, Christie prints each woodcut and hand paints each with gouache. Christie will be presenting a number of new images at the January/February exhibit.

A new artist to the gallery, Excelsior, Minnesota ceramicist Bridget Donahue creates functional stoneware pottery. A Renaissance Fair booth owner and artist, Donahue was recently asked to create a participatory ceramics program to introduce visitors to the raku method of firing pottery. She fell in love with a series of bright glazes she developed for the project and will present a series of raku fired decorative pieces using the glazes.



Outside the Lines Art Gallery is located at 409 Bluff Street (the corner of 4th and Bluff Streets) in historic Cable Car Square. The gallery offers a wish list program for gift giving, and a bridal registry. Featuring the art of local and regional artists, the gallery offers fine art, stained and blown glass, jewelry, ceramics, baskets, sculpture and more. Winter hours for the gallery (January through April) are Monday through Saturday, from 10 a.m. to 5 p.m., closed on Sunday. For more information, call (563) 583-9343, or visit www.otlag.com.





Ice Fest 2011

January 8-9, 15-17, 22-23

National Mississippi Museum & Aquarium Ice Fest returns to the National Mississippi Museum & Aquarium over three consecutive weekends in January: January 8-9, January 15-17, and January 22-23. In addition to special weekend activities, Ice Fest will host daily activities (10 a.m. to 5 p.m.) throughout the month including ice harvesting demonstrations, screening of a film about ice harvesting, eagle watching, programs about ice and winter safety, children's games and indoor/outdoor activities like "Arctic Glacier bowling," a snow slide, and a traditional Native American snow snake game.



The whole festival gets started the weekend of January 8-9 with professional snow sculptors carving tons of snow into huge sculptures. There will be both indoor and outdoor family winter games, including winter "jolly volleyball" hosted by Courtside Bar & Grill. On Sunday, January 9, Public Television's Kids Clubhouse host Dan Wardell will host a family reading time presentation with an appearance from popular children's book and cartoon character Curious George at 11 a.m., 1 p.m., and 3 p.m.



During the second weekend (January 15-16) Dubuque Fire & Rescue Department will demonstrate open water rescues at 1 p.m. That Saturday, January 15, the Museum & Aquarium will host a CASI-sanctioned (Chili



Appreciation Society International) Chili Cook-Off Contest. Cooks will begin their preparations at noon with a public tasting for Museum & Aquarium guests at 2 p.m. The museum will also host a beer, wine, and cheese tasting from 2 to 5 p.m. During the day (until 3:30 p.m.) free trolley rides will shuttle guests to bald eagle viewing areas along the river and back.



The third weekend will host a featured guest presenter, yet to be announced (apparently an appearance by adventure photographer David Thoreson has been canceled). Sunday, January 23, from 11 a.m. to 1 p.m. the Museum & Aquarium will host a meet & greet with USHL Western Conference leaders, the Dubuque Fighting Saints. For more information, visit www.rivermuseum.com. For more information about the Jolly Volleyball Games and team sign up, please email jfeltes@rivermuseum.com or call 563-557-9545.



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True Grit (PG-13)

Fri - Thu: (12:15), (2:35), (4:55), 7:20, 9:50

Fair Game (PG-13)

Fri - Thu: (12:05), (2:25), (4:45), 7:10, 9:35

Yogi Bear 3D (PG)

Fri - Thu: (11:15 AM), (1:05), (3:00), (4:50), 6:50, 8:45

The Chronicles of Narnia:

The Voyage of the Dawn Treader (PG)

Fri - Thu: (11:40 AM), (2:00), (4:20), 6:45, 9:10

Feed the Fish (NR) (SEE ARTICLE ON THIS PAGE)

Fri - Thu: (11:50 AM), (1:45), (4:00), 7:00, 9:00

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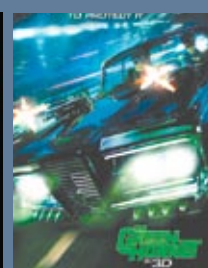
coming to theaters :



BLUE VALENTINE (January 7) Ryan Gossling and Michelle Williams in the story of love found and love lost told in past and present moments in time. Flooded with romantic memories of their courtship, Dean and Cindy use one night to try and save their failing marriage.

SEASON OF THE WITCH (January 7) Nicholas Cage stars in a supernatural action adventure about a heroic Crusader returns home find the Plague. The and a girl accused of being a witch who is blamed.

GREEN HORNET (January 7) Driven by the murder of a close friend and the realization that his media empire is infested with ruthless heroin smugglers,



Britt Reid, aka the Green Hornet and his human weapon Kato jump into action on a heart-pounding quest to rid the city of this mob once and for all. Seth Rogen, Jay Chou and Cameron Diaz star.

THE DILEMMA (January 7) A man discovers that his best friend's wife is having an affair. This one looks like a stiker. Winona Ryder, Vince Vaughn, Kevin James and Jennifer Connelly star.

BURNING PALMS (January 14) Dylan McDermott and Zoe Saldana star in a subversive tale that interlaces five stories set in Los Angeles, where no taboo is left unexplored as each character careens toward a dark and often comic fate.



Midwest filmmaker brings "Feed the Fish" to Dubuque

Local Filmmaker Nicholas Langholf brings the Wisconsin winter comedy, "Feed the Fish," to Mindframe Theatres in Dubuque January 7th. The film was Produced by all WI Natives including Langholf and Co-Star Tony Shalhoub of TV's "Monk." Langholf also Co-Founded the Driftless Film Festival with Darren Burrows (Ed Chigliak on tv's Northern Exposure and Jeremy Patnaude of Platteville), the festival kicked off last October this year in the Wisconsin towns of Platteville, Mineral Point and Baraboo. This year's Driftless Film Festival will be October 6-9, 2011.

The producers of "Feed the Fish" and the Mindframe Theatres are excited to announce the Dubuque premiere of "Feed the Fish", a family comedy about a creatively blocked children's book author who visits the Northwoods to reignite his career and restart his life. Rob Thomas of the Capital Times in Madison calls it a "Classic fish-out-of-water comedy."

"Feed th Fish" was shot primarily in Door County, WI in early 2009. It has screened at numerous film festivals around the country, including two

sold out crowds at the Wisconsin Film Festival, and the Midwest Independent Film Festival in Chicago. It also won Best Feature at the Aca-diana Film Festival in Lafayette, LA and at the Midwest Independent Film Festival.



Writer/director Michael Matzdorff and producers Nicholas Langholf and Alison Abro-hams are all Wisconsin natives, as is executive producer and co-star Tony Shalhoub (all pictured). "Feed the Fish" will be playing a one week engagement at Mindframe Theatres beginning January 7th.

Producer Nicholas Langholf will be doing a group discussion on "Feed The Fish" and the Driftless Film Festival on Jan 8th at 10am at the Mindframe Theatres.

Visit MindframeTheaters.com for show-times and visit feedthefishmovie.com or find them on facebook at facebook.com/feedthefishfilm.

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Well, it's hot at least one place this month and that's on the stage at the Mississippi Moon Bar. Check out the great list of shows coming to town this month. You must be 21 or older to attend all of the performances listed, and you can get tickets for the show online at www.diamondjo.com or visit the Diamond Club counter at the Diamond Jo Casino.



Garry Wesley As Elvis Saturday Jan. 8, 2011

The 3rd annual King Size Weekend welcomes back award winning Elvis tribute performer, Garry Wesley, for two big show at 4pm and 8pm. The photos above are from Garry's last visit. You can see, he's got the role nailed! Tickets range from \$15-\$30.



The Diamonds 8pm, Friday January 14th, 2010

It's been over Fifty-three years since The Diamonds released an instant million selling hit called "Little Darlin'." The song continues to sell worldwide and to date has sold over 21 million copies. With over 15 top ten hits and millions of records sold this is a night of 50's & 60's memories to remember. Tickets range from \$25-\$45.



Tesla 8pm, Saturday January 15th, 2011

Tesla's music is often referred to as heavy metal, but is better described as blues metal. The band's lyrics also strayed from the themes popular in heavy metal, particularly in the 1980s at the beginning of their career. Still a favorite of the straightforward rock-and-roll set, their impressive list of hits from the 80's and 90's such as "Love Song", "Comin' Atcha Live", "Modern Day Cowboy", "Signs", "Little Suzi", "The Way it is", "What You Give" and more will take you back to your glory days. Tickets range from \$25-\$50.



Eddie Money 8pm Saturday, January 29th, 2011

Presented by American Trust

Eddie Money continues to delight new and old fans alike at venues throughout the country. Having opened the summer concert season at the famous DTE Energy Music Theatre in Detroit for nearly 20 years, Money draws fans from all over who are eager to see the legendary musician. Ask any concert attendee and they'll tell you he retains his signature style and performs with the same passion today as he did more than 30 years ago. Along with having sold more than 28 million records, Money's songs, such as "Take Me Home Tonight", "Two Tickets to Paradise", "Baby Hold On", "I think I'm In Love", "I Wanna Go Back", "Walk on Water" and "Shakin'", have appeared in dozens of movies and television shows, and have recently been included in hit video games like "Grand Theft Auto" and "Guitar Hero." Tickets range from \$25 - \$60.

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THURSDAY, JANUARY 6

Maureen Kilgore
Monk's Kaffee Pub, 7 PM

Jazz Jam with 'Round Midnight
Bank Bar & Grille, 8 PM

Sin City Rollers w/ Johnny Rocker
Cornerstone, 9 PM

FRIDAY, JANUARY 7

Jill Duggan
Stone Cliff Wine Bar, 7 PM

Pat Guinee
Frank O'Dowd's Pub, 7:30 PM

Andrew Houy
Mississippi Moon Bar, 8 PM

Pearls
Spirits, 8 PM

Artie & The Pink Catillacs
Dubuque Driving Range, 8 PM

Just Cuz
Ground Round, 7 PM

Frank & Nic from MSB
Mystique Encore, 8 PM

Crude But Effective
Keil's Tavern, 9 PM

Okham's Razor
Steve's Pizza, 8 PM

Denny Garcia & Maureen Kilgore
The Bank Bar & Grille, 9 PM

Renegade
Sandy Hook Tavern, 10 PM

SATURDAY, JANUARY 8

Blue Willow
Stone Cliff Wine Bar, 7 PM

Country Tradition
Mooney Hollow Barn, 7 PM

Pat Guinee
Frank O'Dowd's Pub, 7:30 PM

Garry Wesley: Elvis Tribute
Mississippi Moon Bar, 8 PM

Bryan Popp & Corey Jenny
Spirits, 8 PM

Mississippi Band
The Bank Bar & Grille, 9 PM

Rukus
Knicker's, 9 PM

Black Water Gin
Sandy Hook Tavern, 10 PM

Nothin' but Dylan
Galena Brewing Co., 7 PM

Frank & Nic from MSB
Mystique Encore, 8 PM

Sam Knutson (Shame Train)
Monk's Kaffee Pub, 9 PM

Ragged Glory
Murph's South End, 9 PM

Backlash
Jumpers, 9 PM

Zero 2 Sixty
Denny's Lux Club, 9 PM

Crude But Effective
The Pit Stop, 9 PM

SUNDAY, JANUARY 9
Johnny Rockers
Sandy Hook Tavern, 8 PM

Ragged Strings
New Diggings General Store, 3:30 PM

Shiz / Centerstage
Mystique Cabaret, 9 PM

MONDAY, JANUARY 10
Upper Main Street Jazz Band-
Special Olympics
Winter Games Dance
Grand River Center, 6:30 PM

WEDNESDAY, JANUARY 12
Alex & Andrew
Cornerstone, 6 PM

Open Mic
Bank Bar & Grille, 9 PM

THURSDAY, JANUARY 13
Maureen Kilgore
Monk's Kaffee Pub, 7 PM

Jazz Jam with 'Round Midnight
Bank Bar & Grille, 8 PM

FRIDAY, JANUARY 14
Ian Gould
Frank O'Dowd's Pub, 7:30 PM

The Diamonds
Mississippi Moon Bar, 8 PM

The Legends
Dubuque Driving Range, 8 PM

Okham's Razor
Woodlands Lounge,
Eagle Ridge Inn, 8 PM

Sun Green
The Bank Bar & Grille, 9 PM

Massey Road
Northside Bar, 9 PM

500 Miles to Memphis
Sandy Hook Tavern, 10 PM

Midwest Dueling Pianos
Galena Brewing Co., 7 PM

4onthe floor, Bob Byrnes, Fast Clydes
The Lift, 9 PM

Tami & the Bachelor
Mystique Encore, 9 PM

SATURDAY, JANUARY 15
Ian Gould
Frank O'Dowd's Pub, 7:30 PM

Tesla
Mississippi Moon Bar, 8 PM

Okham's Razor
Woodlands Lounge,
Eagle Ridge Inn, 8 PM

Just Cuz
Eagles Club, 8 PM

Massey Road
Junction 21, Centralia, 8 PM

The Mayflies
The Bank Bar & Grille, 9 PM

Bad Fished (formerly Badfish)
Jumpers, 9 PM

Tantrym
Knicker's Saloon, 9 PM

Laura & The Longhairs
Northside Bar, 9 PM

Boys Night Out
Platteville V.F.W., 9 PM

Lonely Goats
Dubuque Driving Range, 8 PM

Fever River String Band
D's Place, 8 PM

Ken Wheaton
Galena Brewing Co., 8 PM

Black Actress, Bucket House Hooligans, Legal Fingers
The Lift, 9 PM

Tami & the Bachelor
Mystique Encore, 9 PM

The Midnight Ramble
Bellevue American Legion, 9 PM

SUNDAY, JANUARY 16
Country Tradition
Mooney Hollow Barn, 2 PM

Denny Troy & Rick Hoffman
Sundown Mountain, 2 PM

Frank Busch
New Diggings General Store, 3:30 PM

Laura & The Longhairs
Sandy Hook Tavern, 8 PM

TUESDAY, JANUARY 18
Rosalie Morgan
Riverboat Lounge, 7 PM

Starlicker
Monk's, 9 PM

WEDNESDAY, JANUARY 19
Alex & Andrew
Cornerstone, 6 PM

Open Mic with Jeff & Jimmy
The Lift, 9 PM

Johnnie Walker
Bank Bar & Grille, 9 PM

THURSDAY, JANUARY 20
Maureen Kilgore
Monk's Kaffee Pub, 7 PM

Jazz Jam with 'Round Midnight
Bank Bar & Grille, 8 PM

Lonely Goats
The Cornerstone, 9 PM

FRIDAY, JANUARY 21
The Wundo Band
Fried Green Tomatoes, 6:30 PM

Pearls
Stone Cliff Wine Bar, 7 PM

Paul McHugh
Frank O'Dowd's Pub, 7:30 PM

Laura and Jeff
Spirits, 8 PM

Mississippi Band
Mystique Encore, 8 PM

Three Stories High
The Bank Bar & Grille, 9 PM

Okham's Razor
Cornerstone, 8:30 PM

Crude But Effective
Northside Bar, 9 PM

Nothin' but Dylan
Grape Escape, 9 PM

Six Shots 'Til Midnight
Sandy Hook Tavern, 10 PM

SATURDAY, JANUARY 22
Paul McHugh
Frank O'Dowd's Pub, 7:30 PM

Kevin Beck & Johnnie Walker
Spirits, 8 PM

Mississippi Band
Mystique Encore, 8 PM

The Melismatics
The Bank Bar & Grille, 9 PM

Taste Like Chicken
Northside Bar, 9 PM

Bad Fished (formerly Badfish)
Dirty Ernie's, 9 PM

Nothin' but Dylan
Grape Escape, 9 PM

Midwest Heartbreakers: All Male Revue
Sandy Hook Tavern, 9 PM

The Pack is Back: Rat Pack Tribute
Mystique Cabaret, 7 & 9 PM

Maurie & Mantey
Galena Brewing Co., 7 PM

Live Band Karaoke
Mississippi Moon Bar, 8 PM

Joe Roberto and Poverty Hash
The Lift, 9 PM

Kevin Beck & Johnnie Walker
Spirits, 9 PM

Jabberbox
Jumpers, 9 PM

SUNDAY, JANUARY 23

Okham's Razor
New Digging's General Store, 3:30 PM

Lonely Goats (Private Party/ Invite Only)
Sandy Hook Tavern, 8 PM

TUESDAY, JANUARY 25
The Blind Shake, Grainbelt
The Lift, 9 PM

WEDNESDAY, JANUARY 26
Alex & Andrew
Cornerstone, 6 PM

Tiffany Christopher
Monk's Kaffee Pub, 9 PM

Open Mic
Bank Bar & Grille, 9 PM

THURSDAY, JANUARY 27
Maureen Kilgore
Monk's Kaffee Pub, 7 PM

Jazz Jam with 'Round Midnight
Bank Bar & Grille, 8 PM

FRIDAY, JANUARY 28
Laura McDonald
Mississippi Moon Bar, 8 PM

Jamie Roja
Monk's Kaffee Pub, 9 PM

The Labor That Kills, The Statue of Liberty
The Bank Bar & Grille, 9 PM

Crude But Effective
Northside Bar, 9 PM

Liberty Valance
Sandy Hook Tavern, 10 PM

SATURDAY, JANUARY 29
Johnny Rocker
Galena Brewing Co., 7 PM

Eddie Money
Mississippi Moon Bar, 8 PM

BlackBloom
The Bank Bar & Grille, 9 PM

Broken Rubber Band
The Lift, 9 PM

Betty & The Headlights
Northside Bar, 9 PM

Six Nights Alone
Sandy Hook Tavern, 10 PM

SUNDAY, JANUARY 30
Denny Garcia
New Diggings General Store, 3:30 PM

98 In The Shade
Sandy Hook Tavern, 8 PM

WEDNESDAY, FEBRUARY 2
Alex & Andrew
Cornerstone, 6 PM

Open Mic with Jeff & Jimmy
The Lift, 9 PM

Johnnie Walker
Bank Bar & Grille, 9 PM

THURSDAY, FEBRUARY 3
Maureen Kilgore
Monk's Kaffee Pub, 7 PM

Jazz Jam with 'Round Midnight
Bank Bar & Grille, 8 PM

FRIDAY, FEBRUARY 4
Taste Like Chicken
Northside Bar, 9 PM

Corey Jenny & Mojo Busted
Sandy Hook Tavern, 10 PM

SATURDAY, FEBRUARY 5
Laura & the Longhairs
Galena Brewing Co., 7 PM

Tipsy McStagger
Mississippi Moon Bar, 8 PM

The Stumble Brothers
Sandy Hook Tavern, 10 PM

SUNDAY, FEBRUARY 6
Johnny Rockers
Sandy Hook Tavern, 8 PM

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LIVE MUSIC & ENTERTAINMENT VENUE FINDER

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

Anton's Saloon
New Diggings, WI • 608-965-4881

Asbury Eagles Club
5900 Saratoga • Asbury, IA • 563-588-4458

The Bank Bar & Grille
342 Main • 563-584-1729 • bankdbq.com

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

Bulldog Billiards
1850 Central • 563-588-0116

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

Courtside
2095 Holliday Dr • 563-583-0574

Dagwood's
231 First Ave. W • Cascade, IA • 563-852-3378

Denny's Lux Club
3050 Asbury Rd • 563-557-0880

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

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

Dog House Lounge
1646 Asbury • 563-556-7611

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

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

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

Eagles Club
1175 Century Drive • 563-582-6498

Eichman's Grenada Tap
11941 Route 52 N • 563-552-2494

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

Gin Rickeys
1447 Central • 563-583-0063 • mspace.com/ginrickeys

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

Grape Escape
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The Hub
253 Main • 563-556-5782 • mspace.com/thehubdbq

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

Jumpers Bar & Grill
2600 Dodge • 563-556-6100 • mspace.com/jumpersdbq

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

The Lift
180 Main • 563-584-1702

Mississippi Moon Bar (inside Diamond Jo Casino)
Port of Dubuque • 563-690-2100 • diamondjo.com

Monk's Kaffee Pub
373 Bluff St • 563-585-0919

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

Murph's South End
55 Locust • 563-556-9896

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

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

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

Northside Bar
2776 Jackson • 563-583-3039

Perfect Pint /Steve's Pizza
15 E Main St • Platteville, WI • 608-348-3136

Pit Stop
17522 S John Deere Rd • 563-582-0221

Sandy Hook Tavern
3868 Badger Rd • Hazel Green, WI • 608-748-4728

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

Stone Cliff Winery
Port of Dubuque • 563-583-6100 • stonecliffwinery.com

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

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

The Yardarm
Dubuque Marina • Near Hawthorne • 563-582-3653

If you have live entertainment and would like to be included in our listing, contact us: info@dubuque365.com or 563-588-4365.

Want to know what's hot this weekend? Get wired!

Sign up for 365's Livewire at Dubuque365.com, and find out what's happening in the Tri-States! The weekend's top events will be emailed to you every Friday morning.

Livewire



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 Galena Brewing Company hosts a special “Festival of Kings” Beer Pairing Dinner, Saturday, January 15. The event begins at 6 p.m. with a cocktail hour – a great opportunity to taste some of the Galena Brewing Company’s various craft beers and ales – followed by the beer pairing dinner at 7 p.m. Hosted by brew master Sean Carter, the dinner will be a five-course affair including starters, entrée, and dessert, with each course paired with one of Galena Brewing Company’s special brews. Music will be provided by master fingerstyle guitarist Ken Wheaton. The

dinner celebrates the Three Kings Festival – signifying the end of the Yuletide season – in the German tradition of “Dreikonigsfest.” Traditionally, the Christmas tree is lighted for the last time and boys and men wearing gold paper crowns and dressed as the Three Kings wander the village singing old folk songs and begging for alms. Being a German thing, we’re guessing there is beer involved. Tickets for the dinner are \$40 in advance or \$45 at the door and do not include drinks during the cocktail hour, tax, or gratuity. Galena Brewing Company is located at 227 North Main Street in Galena. For more information, call 815-776-9917, or visit www.galenabrewery.com.



14
JAN

Cincinnati country punks
500 Miles to Memphis burn
some highway to return to
the Tri-States for a special per-

formance at the Sandy Hook Tavern on Friday, January 14. Fronted by fervent vocalist Ryan Malott, 500 Miles to Memphis perform a kind of crossover that shoots old school country through with punk attitude and energy. The band is currently on tour promoting their second album, *We've Built Up to NOTHING*,"



chick full of geetar hooks and Beatles-inspired harmonies. Bands at the Sandy Hook often start a bit later than other venues, but we advise you to get there early as there is no doubt that the Hook will be packed and rockin' on the 14th.

Hey there live music fans! We know it's cold outside but Counterproductions main man Aaron Hefel has some great entertainment coming to both The Lift and Monk's Kaffee Pub. Friday, January 14 Minneapolis blues boogie rockers 4onthefloor make their first appearance at The Lift with special guests Bob Byrnes of Stevens Point, and



new rockabilly revivalists The Fast Clydes. Saturday, January 15, Chicago punks Black Actress play The Lift fast and loud with local rock heroes Bucket House Hooligans and Legal Fingers. Switching things up, Starlicker, a jazz trio featuring a member of Tortoise plays a special Tuesday night show at Monk's. January, mark your calendars for the eclectic blues of Connecticut-based Joe Roberto & Poverty Hash on Saturday, January 22, and the detuned, garage-stomp noisy punk of Minneapolis trio The Blind Shake with a reunion show by Grainbelt on Tuesday, January 25, both at The Lift.



18 { december 9 - 22 } 365ink



Your Pet the Mentalist

By Mary Erschen

Our pets are masters at reading our body language and use their own bodies to send incredibly expressive messages. Knowing how to accurately interpret our pets' body language could dramatically enhance communication between us and them.

Various parts of a dog's body work together to communicate and you must read them all to avoid missing something important. It helps to study photographs, watch videos and observe live dogs to hone your translating skills and avoid misinterpretation. A wagging tail doesn't always mean a happy dog. Breed characteristics can complicate messages. Dogs present appeasement and deference signals in calm interactions promoting group tranquility and their own safety. When shown along with other behaviors they can also indicate stress.

Dogs show more general signs of stress by excessive self grooming, hyperactivity, lack of attention and focus, leaning and clinging, lowered body posture, mouthing, panting, stretching, stiff movement, sweaty paws, trembling and whining.

Howling is the "wilderness telegraph," a sign of loneliness and separation, used to bring a loved one or playmate back. Marking does not necessarily mean dominance. Nervous dogs mark on top of another dog's scent to get rid of it and reduce anxiety. Dogs want order and stability and they want to know where they fit into the world. They are pack animals wanting to belong to a family of dogs or people.

Just like raising your children, set reasonable rules and expectations. Problem solve by correcting bad behavior and praising good behavior. Meet the needs of everyone in the "family pack" so that balance and order – what dogs want most – are maintained. Dogs have tremendous variability and different personalities,

so take your dog's breed into account when enforcing rules and expectations.

Cats are very similar to dogs in the ways they interact with people, but if treated like dogs you'll frighten them. Cats want predictability and freedom. Everything must happen on a predictable schedule and in the same way. People enjoy moving furniture, but cats hate it. Disrupted routines make cats nervous and they often hide. Cats may or may not eat, but they want the food served at the same time and place everyday.

Relationships between people and pets are similar to parents and children. Dogs and cats, like kids, can misbehave one minute and are pleasing the rest of the day. It is up to us to correct small negative behavior without losing sight that things are pretty good the rest of the time. It's reasonable to expect pets to conform to our wishes and ultimately pets want that as well.

Dogs and cats learn differently so customize your approach. Dogs aim to please, so once they understand they will do what makes you happy. Cats are tricky because they don't depend on human approval as much. If the cat jumps on the counter, don't correct them and make them nervous around you. Put something on the counter to make it less desirable, so the cat avoids going there and does not associate you doing it.

Be confident and consistent. Cats and dogs crave predictability and reassurance; they have sharp intuition and sense if people are unsure of themselves. Our uncertainty makes pets feel insecure, affecting their behavior. Pets will follow our lead and be grateful that we keep an eye on them. In return, our pets love, trust, sense and feel for us, and we should interact accordingly.

Mary Erschen, Iowa-licensed pet care provider, Red Cross Pet CPR/First Aid Instructor and owner of FidoFit in Dubuque. She can be reached at 563-582-5160.



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Distinctively DUBUQUE

Classes for Newcomers at NICC

Program 1: Wed., Jan. 12 – Feb. 16

NICC (Northeast Iowa Community College) asks: New to Dubuque? Do you have employees who've relocated to Dubuque in the last three years? If so, the community college offers a new, three-part program Distinctively Dubuque – a fun way for newcomers to learn more about the Dubuque community and what it offers. Classes will be hosted by a variety of high-energy locals providing newcomers with the inside scoop on things like Dubuque destinations, networking, social activities, Dubuque traditions, new projects, as well as insight into Dubuque's arts, culture, and recreation spots, night-life, non-profit organizations, businesses, educational system, and more.

Each of the three Distinctively Dubuque programs will consist of six weekly three-hour sessions. Participants will have an opportunity to meet a variety of Dubuque leaders, business owners and residents and dinner will be provided. While



open to all, Distinctively Dubuque is recommended for those new to the community in the past three years.

Program One:

Session dates: January 12 – February 16

Classes meet weekly on Wednesday for six weeks from 3:00 to 6:00 p.m. Registration Deadline: Mon., Jan. 10 5 p.m.

Program Two:

Session dates: March 2 – April 6

Classes meet weekly on Wednesday for six weeks from 5:30 to 8:30 p.m. Registration Deadline: Fri., Feb. 25, 5 p.m.

Program Three:

Session dates: April 20 – May 25

Classes meet weekly on Wednesday for six weeks from 5:30 to 8:30 p.m. Registration Deadline: Fri., May 20th, 5 p.m.

To register for upcoming Distinctively Dubuque programs call Northeast Iowa Community College's Town Clock Center for Professional Development at 563.557.8271, ext. 380, or email hannifordp@nicc.edu.



Dubuque's First Green Ribbon Cutting to be held at Finley Hospital

Finley is first organization in Dubuque to complete all 5 areas of certification

Dubuque businesses are leading the sustainability movement in Eastern Iowa through their participation in the Petal Project, a green business certification program. The Finley Hospital is proud to announce that it has completed certification, positioning Finley as the first business in Dubuque to achieve all requirements and become fully "Petal Certified."

"A Green Ribbon Cutting will be held January 11th at 4:30pm at Finley Hospital to celebrate this achievement," announced Candace Eudaley, Assistant Executive Director of

East Central Intergovernmental Association, (ECIA). "We congratulate Finley for leadership in this initiative and plan to celebrate successes of all certified businesses with a community announcement and green ribbon cutting in partnership with the Dubuque Area Chamber of Commerce."

A Green Ribbon Cutting showcases an organization's dedication to environmental sustainability through completion of the Petal Project, a regionally recognized certification program.

As with a traditional ribbon cutting, a team of local business, non-profit, and public sector leaders has come forward to make up the "Green Team", serving as ambassadors to the green businesses in the Dubuque community. Members of the "Green Team" include: Mayor Roy Buol, Cori Burbach (City of Dubuque), Eric Dregne (Dubuque 2.0), Tom Woodward (Sustainable City Network), Beverly Wagner (DMASWA), and Stephanie Ludovissey (Dubuque Chamber of Commerce) with Jack Ditmar of Finley Hospital being inducted in honor of Finley's accomplishments.

Additional information on the certification program and Finley Hospital's accomplishments can be found at www.Petal-Project.com

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Eastern Iowa Outlaws Roller Derby
Saturday, January 22
Five Flags Arena

Roller Derby fans, mark your calendars for January 22. While a few veteran skaters from the Eastern Iowa Outlaws Roller Derby team will be participating in the Quad Cities Ace of Skates mixer tournament on Saturday, January 8 in Davenport, the Outlaws will be back in town defending their home turf at Dubuque's Five

Flags Arena on Saturday, January 22. The bout will be a double-header featuring the Eastern Iowa Outlaws' all-star team, the Felons, taking on the Lacrosse Skating Sirens. The Outlaws' B squad, the Misde-meanors will battle the Farm Fresh Farm-girls. Tickets for the bout are now on sale at the Five Flags box office and are \$10 in advance and \$13 the day of the event with kids five and under free. For more info and to see photos of the team, visit www.easterniowaoutlaws.com.



The Dolph Report
Thursdays, 6 - 7 p.m.

Mojo's Sports Bar, Diamond Jo Casino

6/13
JAN

If you are a sports fan there is a very special event every Thursday after work that you really need to look into. The Dolph Report is a live broadcast by "Voice of the Hawkeyes" Gary Dolphin transmitted to KDTH live on stage at Mojo's Sports Bar

at the Diamond Jo. What amazed us most while attending several of these events is how many national level sports leaders that Dolph knows and gets on the air. Players, Coaches, Agents, Writers and even other fans cover the world of sports. Plus the bar is full of other sports fanatics adding a lively discussion, friendly rivalries and a night of great sports conversation.



Plus if you haven't had one of the signature hand made angus burgers at Mojo's you are really missing it. So sports fans, take a detour home on Thursday's after work and check out a great night of sports talk and fun. The event is held every Thursday from 6 to 7 p.m. at Mojo's right next to Cherry Lanes on the second floor of the Diamond Jo. There is no better way to meet the Dolph, make a host of new friends, and have the best insider scoop on sports around the water cooler every Friday morning.



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Chamber Events:

Get to Know a CEO

L.May

January 7 - , 12 - 1 pm

\$15 members / \$25 not yet members
Join us for a lunch and learn about one of Dubuque's top ranking CEO's. January's Get to Know a CEO is Tom Yunt with the Telegraph Herald. Call the Chamber at 563.557.9200 to register.

Business AM

Naughty Dog

January 12 - , 8 - 9 am

\$5 members / \$10 not yet members
Join us this month for a chance to network with your fellow Chamber members. No RSVP required.



Forecast Luncheon

Grand River Center | Ballroom

January 13, 11:30 - 1 pm

\$25 members / \$35 not yet members
Table of 8 with signage: \$300
A membership luncheon where representatives from different business categories speak and forecast predictions of what 2011 may hold. Speakers include: Jesus Aviles, President, Mystique Casino, Tom Flynn, Managing Director, Flynn Ready Mix Concrete, Lea Droessler, Owner, L.May Eatery, Tom Barton, Market President, Barton Wealth Management, LLC. and Michael Van Milligen, Dubuque City Manager. Call the Chamber at 563.557.9200 to RSVP.

Annual Tri-State Business After Hours

Mystique Community Ice Center

January 18, 5 - 7 pm

\$5 members / \$15 not yet members
Join us for the annual Tri-State Business After Hours, sponsored by the Dubuque, Bellevue, Dyersville, Galena & Platteville Area Chambers of Commerce. We anticipate over 100 participants and over 500 attendees at this event. Booths are available on a first come, first serve basis. Call Barry at 563.557.9200 for booth placement.

From Start Up to Success: How to Build and Grow Your Own Business Monthly Breakfast Roundtable Hosted by the DBQ Area SCORE® Chapter Champps Americana, (3100 Dodge) Last Tuesday of every month, 8-9 AM

Existing and aspiring small business owners are invited to join Dubuque Area SCORE® Chapter counselors on the last Tuesday of every month for a breakfast roundtable discussion on the basics of starting and maintaining a successful small business and current issues surrounding small business ownership. No cost to attend. No RSVP required. Full breakfast buffet available for purchase. SCORE "Counselors to America's Small Business" is a non-profit association dedicated to entrepreneur education and the formation, growth and success of small businesses nationwide. SCORE is comprised of knowledgeable and experienced business leaders, both active and retired, who volunteer their time and resources to counsel existing and aspiring business owners. For more information, please visit the Dubuque Area SCORE® Chapter website at www.scoredbq.org or the national SCORE® website at www.score.org



Dubuque Main Street Downtown Business PM Booth Registration

Register to promote your business! Booth registration is now available for Dubuque Main Street's annual trade show, the Downtown Business P.M. Scheduled for Tuesday, February 15, from 5 to 7 p.m. at the Hotel Julien Dubuque, this year's event, "Once Upon A Time In Downtown" will have a storybook theme. The event, co-sponsored by Dubuque Main Street and the Dubuque Area Chamber of Commerce, typically hosts dozens of booths from downtown and area businesses and non-profit organizations. Many will no doubt feature a variety of costumed characters and booth decorations in the storybook theme, "Little Red Riding Hood" to "The Three Little Pigs." In addition to being a heck of a lot of fun, the Downtown Business P.M. provides guests with an opportunity to learn more about a variety of businesses and businesses to meet new potential customers. For more information or to reserve a booth space, call 563-588-4400 or visit www.dubuquemainstreet.org.

Okay, to the photo is a little misleading. It's a little whiter in the park right now and perhaps a bit colder too. But neither is slowing down the fun this winter. Check out the new and exciting winter programs for all ages at the newly refreshed Allison Henderson Center.

Beginning with young children, programs like **Cabin Fever** provide an opportunity for adults and children to get out of the house and interact. **Mucky Mondays** allows kids to make a mess while exploring paint, pastels, paper mache and more! Is there drama in your family? Try **Thee-ator Tots** for kids with a flare for the dramatic. It's never too early to expose children to a second language with the **Spanish for Kids: The Hola Hour**. And for your wannabe athletes, **Smart Start Basketball** and **Saturday Morning Olympics** work on motor skills and offer a chance to burn off steam!

Activities for youth include: Role playing and pizza with, **Hey, Pizza Man, Writer's Workshop** may inspire a future novelist. Is there a chef in the family? **Good Food, Good Fun, Good Health** teaches tasty and healthy cooking. **Babysitting and Child Care** encourages responsibility through fun and interactive activities. For the budding artist there's **Printmaking, Printmaking and more Printmaking!** Experience creative exploration through, **Clay for Kids**, take home a Pollock with **Pollock Painters**, create awesome **2D and 3D Art**, and **Make a 3D Shadow Box** inspired by artist Joseph Cornell! Try a new spin on fitness with **Fitness 4Kidz**, or **Train Like an Astronaut** (developed in cooperation with NASA) and finally..... don't miss **Street Hip Hop** with celebrity Adrian Brambila!

Want to try something new but aren't sure if you want to make a commitment? Try one (or more) of the many new and creative classes

for Young Adults and Adults: **Yoga** (morning and evening classes available), **Tai Chi, Chi Gung** (taught by an acupuncturist and oriental medicine master), **Pilates, Zumba** and **Flip Fitness** (not your average fitness class) bust a move with **Adult Hip Hop**, learn **Self Defense** with a martial arts master, or join the **Live Healthy Dubuque** participants for a variety of Saturday morning fitness classes.

Didn't get that scarf you wanted...learn to knit your own in **Beginning Knitting** or finish that UFO (unfinished object) in **Intermediate Knitting**. Assimilate the latest trends with scarves at **Accessorize**. Have you been wanting to play bridge? Now's your chance with Beginning Bridge.

For the family....and the family dog... **Sweat with Your Pet** (Seriously!) working out with your dog (this one is at Fido Fit - 99 Main St), get outside and enjoy winter with **Snowshoe Geocaching** at Swiss Valley - super fun! Looking forward to spring, discover **Organic Gardening**, and join skaters of all ages for a **Skateboard Workshop**.

There is also open gym at your neighborhood schools, open swim and aquatics programs at Hempstead, new skating programs at Mystique, and sledding, snowshoeing and cross country skiing at Bunker Hill. So, get off the sofa, grab a friend and get active - there's something for everyone and LOTS to do!!

SIGN UP NOW

All programs can be viewed online at www.cityofdubuque.org click on recreation. Register for Leisure Services programs online at <http://dbqparkrec.recware.com> or call Leisure Services at (563) 589-4263 for more information. Unless noted classes are held at The Allison-Henderson Center, 1500 Loras Boulevard

10 New Year's Wellness Practices for the Mind, Body & Spirit

by Julia Theisen



1. LOVE: Invest in Nourishing Relationships – The quality of your relationships is one of the most powerful indicators of your future health.

2. DRINK WATER: When you are fully hydrated your metabolism functions better, your digestion is improved, your exercise is much more effective, and you eat less! How much water should you aim to consume each day? Half your body weight in ounces every day.



3. BREATHE: Breathing well is one of the most effective, cheapest and safest 'workouts'. The benefits are both physical and cerebral. A deep breath brings about relaxation - increasing your resistance to stress. Try a 'big letting go' breath by breathing in deeply through your nose and exhaling, making the sound "aaaaah" as you breathe out.

4. WALK: Move your body. Movement moves stress out of your body, and it enhances creativity and problem-solving. Try at least 20 cumulative minutes a day.



5. SLEEP: Sleep heals both the mind and the body. Adults need approximately 8-8.5 hours per night. You need 1.5 - 2 hours to wind down mentally and physically before going to bed. Create a night time ritual such as a relaxing warm bath or a cup of chamomile tea to cue the brain that it is time to go to sleep.

6. PRACTICE GRATITUDE: Research shows that being in a state of gratitude is the quickest, most effective way to be relaxed. And when you are relaxed, major healing takes place for the mind, body, and spirit. TRY THIS: Write down a minimum of 3 blessings each day, and do this for 3 weeks. Research shows that doing so will boost your positive mood for up to 6 months!!



7. STRETCH: Stretch your body every day – especially the lower back, neck & shoulders to move stress, tightness and congestion out of your body and your mind.

8. INCREASE ENERGY BOOSTERS: It's said that we become the average of the 5 people we associate with the most!! So, find positive people to be around and just hang out. Also, regularly do the things that expand your energy, that make you feel good, enthusiastic, inspired and peaceful.



9. DECREASE ENERGY LEAKS: This includes People. Places and Things. TRY THIS: Become aware of how your mood changes when you visit certain places, have too much clutter around you, etc., then take action to eliminate or reduce these energy drains.

10. JUST SAY 'NO': This is about setting good boundaries, breaking old patterns and learning to say your best 'no'. Use the following response with a pleasant tone the next time you really don't want to do something: 'Thanks for asking, but that's not going to work out'.



Julia Theisen is Co-Owner of Body & Soul Wellness Center & Spa and the new Body & Soul Downtown Spa Salon in the Roshek Building. Visit her online at www.relaxlivewell.com.

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be yourself, improve yourself



Maybe Yes, Maybe No by matt booth

There is an old story of a farmer whose only horse ran away. Soon all the neighbors gathered to commiserate with him since this was such bad news. They said, "It is terrible that you lost your only horse! Your farm will suffer. Isn't it awful that your horse ran away?" The farmer replied, "Maybe yes, maybe no."

The next day, the horse returned and brought with it six wild horses. All the neighbors said, "You are richer than you were before! Aren't you lucky that you have been blessed with an entire herd of horses?" The farmer's only reply was "Maybe yes, maybe no."

A few days later, while trying to tame the wild horses, the farmer's only son was thrown to the ground and his leg was broken. Again the neighbors came to offer their sympathy for the incident. "What poor luck you are having, we are terribly sorry. There is more work than only you can handle, and you may be driven poor. Isn't it awful that your son broke his leg?" Calmly going about

his usual business, the farmer answered, "Maybe yes, maybe no."

The next day, the emperor enlists all the young men to fight in his latest war. But because of his broken leg, the farmer's son was rejected. As fate would have it, all the men perished in the war. When the neighbors came again, they said, "How fortunate for you. Things have worked out after all. Aren't you lucky that your son was spared from the war?" And the old farmer said, "Maybe yes, maybe no."

Just like the neighbors, we are quick to attach judgment to events before we can possibly know the full outcome. We assume we know enough and jump to conclusions. Every event is part of a larger picture and the meaning, positive or negative, is only relative to the circumstances surrounding it. Wouldn't it be great if we would take into consideration the "whole picture", not just the event before attaching judgment? "Maybe yes, maybe no."

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Mattitude Improvement Tip Blinking

The eyes communicate more than any other part of the human anatomy. Blinking is a natural process whereby the eyelids wipe the eyes clean, similar to a windshield wiper on your car. The normal blink rate is six to eight times a minute. Blink rate tends to increase when people are thinking more or under stress. The common myth goes that people tend to blink at much higher and faster rates when they are lying. People who are connected will often blink at the same rate – indicating rapport. With the eyes communicating so much information, pay attention to the blinking.

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Anti-Resolutions by pam kress-dunn

One of my work vendors gave me a planner for 2011. It was a nice gift, as freebies go, but I can't say I'm going to use it. Instead, I'm thinking of making some anti-plans, if I have to make any at all. Here's a few, in no particular order. Since I'm writing this two weeks before Christmas, it feels especially good to be blatantly throwing organizational schemes to the wind.

IN 2011, I HEREBY RESOLVE NOT TO:

- Call it "twenty eleven," no matter what Charles Osgood says on "Sunday Morning."

- Start smoking. I tried, and failed miserably, in college. Too late now.

- Lose five pounds. If I do, I vow to gain them back. This is called Making Peace With Your Body. Or, okay, Giving Up.

- Try to read the entire Sunday New York Times on Sunday. Finishing it sometime before the next one arrives will do.

- Stand over my daughter with a stick so she finishes graduate school, as planned, in May. I had something more enticing in mind, like, say, a laptop? An iPad? A Ferrari?

- Wear red, white, and blue on September 11. There are better ways to commemorate tragedy than walking around looking like a flag.

- Forget to water the houseplants. Unlike the cat, they do not yowl and butt me with their heads when it's dinner time.

- Put really important things in a "special" place so I can lose them.

- Show anyone my new driver's license. No smiling? Are you kidding? We all look like Bonnie and Clyde!

- Eat so much chocolate. Well, okay. Let's just say I will eat less cheap chocolate. Only the best.

- Play Farmville. I've seen what it's done to some of my favorite people, and it's not pretty.

- Take it personally when a poem I send to a journal is sent back (i.e. rejected). I'm certainly getting enough practice. But bitter? Me?

- Run yellow lights. Even though it's really hard, and once I got stopped for running two in a row and the only reason the cop didn't ticket me was that he was on his way to the mall to apprehend a shoplifter. After all, I don't want to have to show that new license.

- Lie on the sofa suffering when I have a number 5 migraine (the worst it can be). Oddly enough, I've learned, both from classes I took while hospitalized in the Head Pain Unit and my own experiments, that I actually feel better – marginally, but still – if I get up and make myself do something, even it's just washing the dishes.

- Let my important papers pile up. I've learned the hard way that if I put a basket in the room where I file things, I just toss them in the basket until they start to topple over, and then it becomes a Major Project to sort and file them. Getting rid of the basket forces me to file the stupid thing right away, and that is so much better.



- Drink anything stronger than tea (sigh). Unfortunately, alcoholic beverages either give me a headache or make me pass out as a side effect of my headache pills. So goodbye, Cabernet; farewell, Pinot Grigio; arrivederci, Chianti. Maybe someday we'll commune again.

- Wait until two weeks before Christmas to order the shirt from L.L. Bean I really want to get for my son, which is, by that time, available only in size XXL. In purple.

- Check out so many library books at once. Oh, who am I kidding? They're free! They're books! Did I mention they're free?

- Accidentally substitute baking soda for cornstarch in the cherry pie. Yes, I'm sure I'll never do THAT again, but there's a reason they call them accidents.

- Answer the front door half-dressed because it might be my daughter, because it also might be my husband's friend. Carrying my pants in my hand does not mitigate the resulting humiliation.

- Go into passive mode in the doctor's office. Nothing ventured, nothing gained. They can't read our minds.



- Not do any yoga just because yoga class is canceled. There is nothing good about missing a good thing.

- Think back nostalgically about what it was like to be tan in the summer. Tanning is bad! Tanning is dangerous! It causes age spots and wrinkles!

- Go on and on about how unhealthy tanning is.

- Point out typos and grammatical errors in other people's writing – unless they beg me to.

- Say "I wish there wasn't so much ice on the steps" after my husband has singlehandedly cleared two tons of snow off our patio, driveway, sidewalk, and, yes, steps.

- Subscribe to one more magazine. Enough is enough. And books are better.

- Search in vain for things like tahini and red lentils at chain supermarkets when I can find them at the Indian grocer at White and 12th Street.

- Look at this list at the end of the year and cringe. Because, I swear, I am going to try very, very hard not to be such a high-strung perfectionist. Besides, I'll probably put this thing someplace "special," and never see it again.

Happy New Year, everyone!

pam2617@yahoo.com

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Vampires Who Count (pun)

by bob gelms

By my reckoning there are only three books featuring vampires that are worth reading; Dracula by Bram Stoker; Interview with the Vampire by Anne Rice; and The Passage by Justin Cronin.

Dracula is the grand daddy of all vampire fiction. It's not the first but up until Anne Rice's book it is without question the best. Bram Stoker had his Irishness to thank for his immersion in folklore and things that

before anyone made an improvement on the nature of Vampires and their story.

In 1976 Anne Rice published Interview with the Vampire. It flopped. It was destined, indeed some would say, already had achieved obscurity. She had written a few novels, mostly erotic in nature, under various pseudonyms. Interview was the first book written under her real name. Eighteen years pass by; that's right eighteen years, and then the movie based on the book is released starring Tom Cruise, Brad Pitt, Antonio Banderas,

engender sympathy for her characters in the same way we find ourselves rooting for and liking Dexter. Once again the copycats proliferated resulting in the current vampire mania which one can only wish has reached the twilight of its popularity. It took 79 years for Dracula to breed Interview and another 34 years for Interview to breed Justin Cronin's The Passage.

The Passage is Justin Cronin's tour de force. It stands on the shoulders of the giants, Dracula and Interview with the Vampire, and creates the next step in Vampirology. Cronin, however, uses this as a big part of a novel that is really about the end of the world. It centers on a virus that is discovered in bats in South America. The bats' bite contains a virus originally thought to be able to extend life indefinitely but, as with all "science gone badly" plots, science goes horribly wrong. The virus has appalling side effects but never let it be said that the military would pass up a chance to weaponize this terror into an invincible soldier. That's when the wheels come off. The virus escapes the laboratory where the

experiments are being conducted and the world is subjected to the Virals as they are called. The novel then jumps ahead about 100 years and we are treated to the story of the humans that have managed to survive the constant attacks of the Virals who constantly need to feed on human blood to survive. Society has completely broken down. So has the idea of what it means to be human. In fact there are precious few humans left.

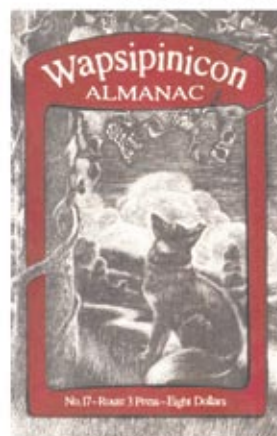
The Passage is the kind of book that compelled me to find out what happens next. I had a hard time putting it down. It's not, on the face of it, the kind of book that appeals to me but I had read so many great reviews and Cronin is an award winning author with considerable talent that I decided to give it a try. What I didn't know until about ¾ of the way through the novel is that this is the first in a planned trilogy. The Twelve is due to be released in 2012 and The City of Mirrors in 2014. Had I known that before starting The Passage I might not have read it but I'm hooked now and happily so. I think you might be as well.



go bloody bump in the night. His story is a composite of various tales from Eastern Europe about supernatural creatures and folklore tales that were used to explain away the things that the peasant population couldn't explain away by any ordinary means. Stoker also possessed a fertile imagination and a firm grasp of an evilness that still manages to induce the kind of nightmares that make one sleep with all the lights on...not that that would do any good. Every vampire characteristics used in all the movies, Television shows, and "B" list novels can be traced directly back to Dracula which was published in 1897. It would be 79 years

Stephen Rea, Kirsten Dunst and Christian Slater. I bet you forgot all those folks were in the movie, I did. In any case the popularity of the movie catapulted the book back onto the best sellers list. Interview's second wind then generated the Vampire Chronicles. Ms. Rice used Dracula as the starting point for building the, if you will, modern vampire. A creature that has abilities and characteristics rooted in Stoker's Dracula but with added dimensions that vastly improved the genre. They, now, were almost people with concerns, loves and the hunger, always the hunger, which drove them to unimaginable atrocities. Somehow Ms. Rice was able to

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New Foods for 2011 with nutritionists pat fisher & megan horstman

What new foods can we expect to see in the supermarket in 2011? Americans want foods that combine health and good taste, along with being convenient and budget-friendly. Foods with fiber and protein, omega-3 fats, portion-control snacking and convenience, along with foods lower in sodium, are the latest health trends that have influenced a number of the new products on the list this year. These foods on the list are proof that healthy foods can and do taste good. Add new tastes, textures and health benefits to your healthy lifestyle with the Top 10 New Foods for 2011 from the Hy-Vee dietitians.

1. Kind Bars. All-natural bar made with wholesome ingredients, nuts and fruit. Great-tasting snack in a variety of flavors including almond apricot, almond cashew with flax, walnut and date, and cherry almond, and many other varieties.

2. Chia Milled Flour: Looking for ways to control blood sugar or hunger? Chia seed is now available in milled flour. Great source of fiber, omega-3 fat and protein. Easy to use; simply add to yogurt, oatmeal, smoothies, pancakes or muffins.

3. Wild Garden Hummus Dip – in single-serve packs: Ready-to-eat single serving of hummus. Gluten-free. Traditional or sun-dried tomato flavor.

4. Lite Laughing Cow Cheese: Only 35 calories per wedge, making it a smart snack when trying to lose weight. New flavors include Queso Fresco and Chipotle, Blue Cheese, and Mozzarella Sun-Dried Tomato Basil.

5. Melissa's Fresh Peeled Garlic: Individually packaged cloves of fresh garlic. Ready to eat. Great time-saver when using fresh garlic in recipes.

6. Sara Lee Lower-Sodium Premium Deli Meats. Deli meat with an average of 40% less sodium; has the American Heart Association heart checkmark. Roast beef, honey ham, turkey breast and chicken breast available in lower sodium.

7. Feng Shui Dry-Roasted Edamame: Smart snack high in protein and fiber! Dry-roasted green soybeans, lightly salted. Gluten-free. One-fourth-cup serving gives



you 130 calories, 7 grams fiber, 13 grams protein and 9 g carbs.

8. Healthy Choice Café Steamers: Steam-fresh taste in a convenient healthy meal. Uses unique steam technique in microwave for crisp vegetables, tender meat and pasta or rice. Good source of fiber and protein.

9. 100-Calorie Blue Diamond Almond Snacks: Perfect healthy snack for those watching calories or on-the-go.

10. Sara Lee Delightful 100% Multi-Grain Bread: Whole-grain bread with 2 grams fiber and only 45 calories per slice. Has one of the higher NuVal scores (41) for bread.

Talk to a Hy-Vee dietitian or go to www.hy-vee.com and click health for more information. The information is not intended as medical advice. Please consult a medical professional for individual advice.

Baking Stone Bread

Discover the natural goodness of Baking Stone Bread, a new line of made-from-scratch bread found in Hy-Vee's Bakery, and made fresh from the oven each day. Baking Stone Breads bake in an authentic Old World-style, incorporating wholesome ingredients such as flour, water, yeast and salt. Some recipes call for adding eggs, sugar or spices – ingredients that naturally enhance taste and texture rather than extend shelf life.

Select from a variety of mouthwatering loaves of bread:

Honey Whole Grain & Seed Bread

Filled with a variety of grains and seeds, this bread comes with a stamp of approval

from the Whole Grains Council. Serve Honey Whole Grain or any seeded bread with Peach-Honey Butter. To make the spread, drain a can of unsweetened peach halves and place the peaches in a large bowl along with $\frac{3}{4}$ cup butter which has been softened. Add 1 teaspoon cinnamon and 2 tablespoons honey. Mash the mixture to the consistency of applesauce.

Pretzel Bread

Pretzel bread is a bread pastry of medieval European origin that has the shape of a twisted braid. Dip Pretzel Bread into hot nacho cheese or honey-mustard sauce. Or sweeten this salty bread by brushing a small layer of melted butter onto the bread and rolling it in cinnamon and sugar.



Asiago Cheese Focaccia Bread

Focaccia is quite popular in Italy and is typically seasoned with olive oil and sometimes herbs or cheese. Serve this bread as an appetizer alongside any soup, salad or pasta dish. Or top your dinner salad with fresh croutons by cutting the bread into cubes. Toss the cubes with olive oil and your choice of herbs. Toast at 400°F for about 15 minutes.

Honey Raisin Pecan Flute

Artisan bread is an age-old bread-making tradition. This bread is handcrafted, rather than mass produced, and is often baked in small batches. Spread toasted Honey Raisin

Pecan bread with cinnamon honey or apple butter - or make French toast with this bread.

Sourdough French Boulé

Sourdough bread likely originated in ancient Egypt around 1500 B.C., and was likely the first form of leavening available to bakers. Brush olive oil on slices of this savory bread and crisp briefly in the oven. Serve with spreads, such as chicken salad, bruschetta or hummus.

Marble Rye Batard

Rye breads are made with various percentages of flour from rye grain. Rye bread can be light, marbled or dark in color depending on the type of flour. Pair toasted rye bread with strawberry jam, or create a grilled cheese sandwich with a little zip by placing a slice of American cheese and sliced red onion between two slices of Marble Rye bread. Grill as you typically would a grilled cheese sandwich.

Vienna Bread

Crusty bread is an oblong loaf of bread with a crisp crust. It pairs well with pasta, deli meats and cheese and complements all types of wines.

Pumpnickel Flute

Pumpnickel bread is a type of German bread traditionally made with coarsely ground rye and now often prepared with a combination of rye flour and whole rye berries. Specific ingredients known to complement this bread include cream cheese, smoked salmon and cashew butter. Pumpnickel bread pairs well with stew and soups, and would make a great sandwich with smoked turkey and cranberry horseradish sauce.

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

Conceptis Sudoku By Dave Green

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

Difficulty Level ★★★★★ 1/09

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

Where Are We?

The photo to the right was taken in a Dubuque area business by Ron Tigges. Do you know where we are? (Answers on page 35).

What's the Difference?

Since we had a misplaced image for last issue's puzzle making it impossible to play, here it is again, only it's right this time, we swear! Find 10 differences in these two photo from a recent Grand Event Bridal Show (Answers on page 35).



IMAGE 1



IMAGE 2



PREMIER CROSSWORD/ By Frank A. Longo

RELIEF FOR THE TAKING

- ACROSS
- 1 Capital of Kazakhstan

7 Suffix with cyto-

12 South American capital

20 Bull's-eye

21 Mello — (soft drink)

22 Small wind instruments

23 Start of a riddle

25 Smart alecks

26 Bailed-out insurance co.

27 Cousin of -ette

28 Garment with a watch pocket

30 German city on the Rhein

31 Swinger's stat

32 Little fellow

33 "Cry — River"

35 Shielded

37 Milk, in Cádiz

40 Riddle, part 2

45 Dual radio designation

47 Manfred of rock

48 Final Greek letter

49 Pal, in Cannes

50 Sub meat

53 Northern French city

55 Spurred on

58 Riddle, part 3

62 Hem and —

63 Brewing tank

64 Reverse or neutral

65 No, in Scotland

66 Borden's cow

68 Line of Swanson meals

73 Signs of fatigue

77 Letters before Q

79 Figure skater

80 Even if, informally

82 — polloi

83 Riddle, part 4

90 Philanthropic giver

91 Free-for-all

92 Attend to

93 Hoppy quaff

94 Persian-founded religion

97 Fella

99 Fed Eliot

100 End of the riddle

106 Shorthand whiz

107 — Lanka

108 — Paul's (frozen fish brand)

109 "— pro nobis" ("pray for us")

110 Cash cache

113 Castro's land

115 Island of Hawaii

117 2007 A.L. MVP

118 British lav

119 Former Big Apple mayor

122 Riddle's answer

126 Spiritual being

127 Soft pillow fill

128 Waiting for a phone agent

129 Part of a U.S. political map

130 Very thick, as fog

131 Very little

DOWN

1 Really battling it out

2 Sir, in colonial India

3 Character defects that cause protagonists' downfalls

4 Show biz rep: Abbr.

5 "Harry Potter and the Goblet of Fire" director

6 Lacking a key center, in music

7 Gomer of TV

8 Directed

9 Prince — Khan

10 Hungarian's neighbor

11 Little grimace

12 It's a shore thing

13 Here, in Haiti

14 Robin's face wear

15 Ocular ring

16 Young oinker

17 Speak articulately

18 Bit of sunlight

19 Naval vessel abbr.

24 Stop blocking, as a river

29 Noah's eldest son

33 See 96-Down

34 Bored feeling

36 "Eat up!"

38 "Iliad" author

39 Sooner city

41 Amo, amas, —

42 Ranch pal

43 Baboon, e.g.

44 Religious law

45 — crow flies

46 India's Taj —

51 Pack up and leave

52 — wink

54 Imprint on a hard surface

56 Colored marker brand

57 Brainchild

59 Biblical suffix

60 Goller

61 "Mad About You" cousin

67 Cuzco inhabitant

69 Hagen with three Tonys

70 Bread of India

71 Wallace's canine sidekick

72 To the — power

74 Game fish of California

75 Taboo deeds

76 Autographs

78 Delve into

81 Use an ax on

83 "Rooms —" (vacancy notice)

84 "Just a moment"

85 Devilkins

86 Composer Edward

87 Is very dizzy

88 Didn't stay

89 Chinese dynasty

90 Poppas

95 Insulin, e.g.

96 With 33-Down, most of Turkey is in it

98 Complete, briefly

101 Accustoms

102 Poet Burns

103 "Tex" actor

104 Isaac Asimov classic

105 Novelist

106 Gordimer

111 Hardware store buys

112 Fungus-infested

114 — mater

116 Wahines' guitars

117 "Give it —"

119 Spruce kin

120 Ending for opal

121 Ovid's lang.

123 End of a school URL

124 Lively energy

125 The woman
- | | | | | | | | | | | | | | | | | | | | | | |
|-----|-----|----|----|---|-----|-----|----|-----|----|-----|-----|----|-----|----|-----|-----|-----|----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | | 7 | 8 | 9 | 10 | 11 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| 20 | | | | | | | 21 | | | | | | 22 | | | | | | | | |
| 23 | | | | | | | 24 | | | | | | 25 | | | | | | | | |
| 26 | | | | | 27 | | | | | 28 | | 29 | | | 30 | | | | | | |
| 31 | | | | | 32 | | | | 33 | 34 | | | 35 | | 36 | | 37 | | 38 | 39 | |
| | | 40 | 41 | | | | 42 | | | | 43 | | | | 44 | | | | | | |
| 45 | 46 | | | | | | 47 | | | | 48 | | | | | | | 49 | | | |
| 50 | | | | | 51 | 52 | | 53 | | | 54 | | | 55 | | 56 | 57 | | | | |
| 58 | | | | | | | 59 | | | | | | 60 | 61 | | | | | | | |
| 62 | | | | | 63 | | | | | | 64 | | | | | 65 | | | | | |
| 66 | | | | | 67 | | | 68 | 69 | 70 | 71 | | | | 72 | | 73 | | 74 | 75 | 76 |
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| | | 83 | 84 | | | | | 85 | | | | | 86 | 87 | 88 | | | | 89 | | |
| 90 | | | | | | | | | | | 91 | | | | | 92 | | | | | |
| 93 | | | | | | 94 | | 95 | 96 | | | | 97 | | 98 | | | 99 | | | |
| 100 | | | | | 101 | 102 | | | | | 103 | | | | | 104 | 105 | | | | |
| 106 | | | | | | | | 107 | | | | | | | 109 | | | | 110 | 111 | 112 |
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| 126 | | | | | | | | | | | | | | | | | | | | | |
| 129 | | | | | | | | | | | | | | | | | | | | | |
- Puzzle answers are located on page 34
- www.Dubuque365.com
- 28 { january 6 - 19 } 365ink



Sustaining the Vision

by mayor roy d. buol

I have spent time these past several years in conversations with community leaders and decision-makers locally and from around the country. There was a single drumbeat that emerged – a vision for the next/new “Industrial Revolution.” The foundation for this drumbeat involves the education and leadership surrounding sustainability initiatives at the grass roots level!

It was just one year ago that USA Today reported, “colleges are rapidly adding new majors and minors in “green studies” and students are filling them fast! At Arizona State University, the executive dean of the Global Institute of Sustainability reported, “There’s a great perception that there’s a sweet spot with energy to do good and do well, and it seems to be the place of job growth.” Other schools are also seeing a big demand, including in our own backyard at Illinois State University. The school has 65 majors in renewable energy, and the program “has more students wanting in than we can handle,” says the chair of the Department of Technology.

At the national level, it has been estimated that jobs in energy and environmental-related occupations will grow a remarkable 52% through 2016 versus 14% for other occupations. As we have also learned, among the green-collar jobs that are gaining in number and popularity, are machinists, technicians, service workers, equipment and installation specialists, construction workers, and managers of all kinds. The business sectors seeking such employees span alternative transportation and fuels, green building and energy efficient retrofitting, renewable energy production and installation, and hundreds of related industries and occupations.

Locally, our businesses and colleges are partners with the City in providing education and programs that seek to restore our neighborhoods, and to prepare our youth for careers where economic development strategies focus on more efficient use of energy, enhancement of natural resources, more thoughtful planning for housing and transportation, and much more focus on developing businesses and jobs that meet the environmental

conditions and market needs of the 21st century.

To the 21st Century...in fall 2009, IBM has selected Dubuque to host its pilot program for the North American “Smarter Cities” project. The company is equipping the city and its residents with individual online portfolios that will allow them to identify and correct wasteful practices. The hope is that by providing the city with an integrated view of the energy consumed by the electric grid, water system and general city services, the project will lead to an improved behavior change on a city-wide level.

Energy is just one of Sustainable Dubuque’s eleven “sustainability factors” that the Smarter Cities project team plans to analyze in the hopes of identifying those leader cities that are putting in place best practices, testing innovative new programs and passing model legislation.

As recently reported in “Connected World” Magazine’s December 2010 issue, Dubuque is cited as being among the “seven most connected locales in the United States!” As Peg Smedley, Editorial Director reported, “when the Dubuque City Council declared they wanted to be the quintessential city of the future, they did more than turn a few heads nationally. Noting the formation of an impressive citizen’s task force, Dubuque outlined and drew up a blueprint for sustainability. Since that time, the leadership and Dubuque has earned high praises for being the first smart city through IBM’s Smarter City program. Significant to the city’s efforts, Smedley reported, “Dubuque has now created the perfect template or model for other cities to follow.”

As I reflect upon the past five years, I am proud of the fortitude of the city council, staff, and community leaders who are working to create a viable, livable, and equitable community...one that today is recognized nationally and which continues on a definable path toward becoming a Sustainable “Smarter” 21st century City!



Do the right thing

Having integrity means doing what it is right when no one else is around.

Every day we witness the positive and negative behaviors of others. As bystanders, we each have a choice: be a passive bystander who allows negative acts to occur and is unaffected by positive ones, or be an active bystander who questions those behaviors that aren’t constructive, aren’t respectful, and who reinforces positive behavior that shows respect for yourself and others. We are all role models and mentors for our children, siblings, friends and coworkers; let’s make sure we’re positive ones.

This week’s positive role models:

Crossroads Counseling Center Employees

Every year, holiday celebrations manifest throughout our daily lives, extending beyond families and friends to our workplaces as well. While planning their annual gift exchange, John Filitti, the Co-Owner of Crossroads Counseling Center, realized that “we spend this money on each other every year, but we don’t really need anything.” He tapped into their Yammers networking system to suggest to his coworkers that they instead make a joint donation to a worthy charity. The whole team was immediately on board.

Taking into account the needs of the multitude of local charities, the Crossroads team researched a list and took a vote: Riverview Center was chosen to receive their combined gift pool of \$1,000. We decided that this donation, which represents the generosity of a group of people also dedicated

to the health and well being of others, should be used to support our free child sexual assault survivor therapy services, including play therapy and sand tray therapy sessions. This support is crucial, considering that half of the survivors we serve are children.

Riverview Center is honored that the Crossroads Counseling Center team chose to “pull together to do something meaningful” rather than initiating a white elephant gifting party or buying lavish party appetizers. While some people may feel that it doesn’t matter whether or not they contribute to charities because of how much they have to give, this joint gift shows the tremendous impact you can have towards funding worthy causes just by giving what you can.

Crossroads Counseling Center has long been a friend and a referral partner with Riverview Center. Crossroads provides a broad range of counseling services for individuals of all ages, including ADHD Coaching, RAD Parent Support Groups, Remedial Services, a Family Support Program, Play Therapy and more. If you are interested in their services, you will find additional information on their website: www.crossroadsdbq.com.

Our sincere thanks to all of our generous donors who chose to support our free services in Iowa and Illinois. We can’t do it without you.

In our next article, we would like to showcase you and other community members you’ve seen doing the right thing. Send your story to Josh M. Jasper, Riverview Center’s President/CEO, at Josh@riverviewcenter.org. Thank you for being a positive role model; your efforts are redefining what it means to be a member of our community.

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TRIXIE KITSCH

BAD ADVICE FOR THE STUPID

Dear Trixie:

Last week I got sick at work. I had a quick-onset headache, stomach cramps and explosive diarrhea. I have had minor bouts in the last two weeks of each of these symptoms but never all of them at the same time. I called my husband at home to pick me up but he didn't answer my call. My boss drove me home and when I came inside I found my husband in bed with an unknown woman. What should I do? - Totally Sick Over This

Dear Totally Sick

This sounds serious. Immediately call your family physician and have him recommend a good internist. Then wash all soiled garments in hot water with Woolite. Get well soon, dear.

Dear Trixie:

We've been married for 26 years and although I love my wife I have to admit that our sex life has become mechanical and boring. What can I do to spice it up? - Richard Staid on Placid Street

Dear Richard:

Combine one part KY Jelly with three parts habanero sauce and apply liberally to all mucus membranes.

Dear Trixie:

I just bought a home in a nice residential section of town that has a large sloping hill. My backyard is at the base of the hill. There are many grade school age children who were allowed in the past by the former owner of my house to sled down the hill. I do not wish to continue the tradition. I do not want someone getting hurt and suing me. I have posted a no trespassing sign which the children all

ignore. I have talked to the parents of three different children and asked them to keep their children off of my property. They said they would but haven't. I came home from work and found a dozen kids whipping down the hill and screaming. How can I keep these kids out of my yard? - New Home Owner

Dear New Home Owner:

Registering as a sex offender will keep all the neighbors and their children away. By posting the police notice in your yard you will have the added benefit of never being invited to any stupid neighborhood block parties, never having Christmas freaks singing at your door, or wasting money on Halloween candy.

Dear Trixie:

I met this cute girl at a keg party and she was flirting up a storm. I offered to drive her home and she invited me in for coffee. I kissed her and she kissed me back. Then we had sex. She was pretending she didn't want it but I know she liked it because she kept saying, "Don't!" and "stop!". Now she's telling her friends I am a date rapist. She said "don't stop"--so I didn't. How can a guy really tell when a girl isn't playing games? - Kenny on Kniest Street

Dear Kenny:

When a woman is kicking, slapping and screaming, "Get off me" she is not playing hard to get. She is defending herself. Perhaps in the future, when you are out of prison, you could have your date sign a written release agreeing in advance exactly what acts you wish her to perform and which acts she will accept from you. Binding arbitration between both parties is the key to a mutually enjoyable interlude.

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and Ginger with Carrots in Thyme
Butter, Red Wine Risotto, Steamed
Bananas in Rum Chocolate Caramel

Additional Upcoming Classes
Soups and Stews • January 15 • Noon-3p • \$35
Caramelized Parsnip Bisque, Broccoli, Anchovy and Pasta Stew,
Ham and Split Pea Soup, Beet and Cranberry Dessert Soup
New Years Resolution • January 20 • 6p-9p • \$35
Quinoa Stuffed Peppers, Ginger Garlic Shrimp with Green Beans
and Noodles, Asian Mini Burgers, Fruit Smoothie, Oatmeal Nut Bar

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Site Lead - Dubuque
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PUZZLE ANSWERS From pages 5 and 32

Where Are We?: Mississippi Moon Bar in the Diamond Jo Casino

What's the Difference?



Sudoku

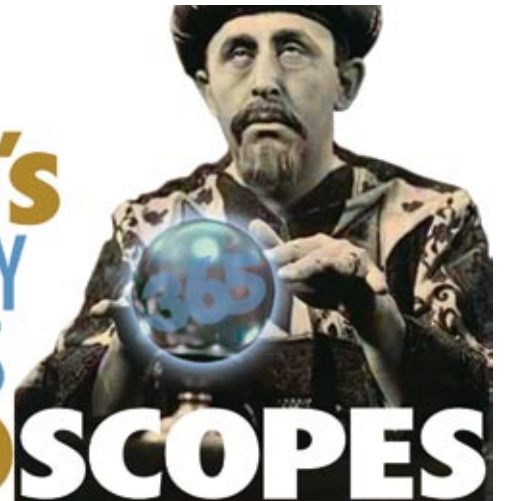
1	3	5	4	8	2	9	7	6
8	2	9	6	5	7	1	3	4
6	7	4	9	1	3	8	5	2
2	9	8	7	4	1	5	6	3
5	1	7	3	9	6	4	2	8
3	4	6	8	2	5	7	1	9
9	6	1	5	3	4	2	8	7
4	5	3	2	7	8	6	9	1
7	8	2	1	6	9	3	4	5

Difficulty Level ★★★★★

Crossword

ASTANA	PLASM	LIMAPERU
TARGET	YELLOW	OCARINAS
WHATWOULDYOU	WISEGUYS	
AIG	ENNE	VEST KOLN
RBT	LAD	MEA HIDE
		LECHE
		CALLAPINK
		MEDICATION
AMFR	MAN	OMEGA
SALAM	ROUEN	INCITED
THATONED	DRINKS	NORDER
HAW	VAT	GEAR NAE
ELSIE	HUNGRY	MAN YAWNS
		THO HOI
TOCURBAN	OVERWHELMING	
DONATOR	MELEE	WAITON
ALE	BAHAI	GENT NESS
DESIRE	TOSTEAL	THINGS
STENO	SRI	MRS ORA
		ATM
CUBA	MAUT	AROD
FIORRELL	OKLEPT	TOBISMOL
INNERMAN	EIDER	ONHOLD
REDSTATE	SOUPY	TEENSY

DR. SKRAP'S COMPLETELY WORTHLESS HOROSCOPES



Aries 3/21-4/19

The ads say Mediacom high-speed internet access, so it might be fast, but they never specified that it would be on all the time, so it's your own damn fault. Try You Squared, I am.



Taurus 4/20-5/20

Once upon a time it was probably a cool visual to say that your astrological sign is Taurus, but now it's just really lame. Thanks a lot, Ford. Next up, Pfizer announces it's new product to fight impotence. They're calling it... Lexus!



Gemini 5/21-6/21

Sure, rice it a good healthy diet food, but you didn't mention that you were going to drown it in sesame oil, throw in a half pound of bacon bits and fatty pork fried in butter and sugar until their just candy. How about a giant fried pork tenderloin for that chef salad while you're at it.



Cancer 6/22-7/22

Your six hour version of the eight hour workday is not going unnoticed and complaining about the six you do work isn't helping. What do you think this is, America?



Leo 7/23-8/22

Somehow you convinced yourself that cheating on the diet between Christmas and New Year's wouldn't have a noticeable effect. Good thing you held on to those fat pants you were going to toss as part of your resolutions.



Virgo 8/23-9/22

This is Dubuque. You bought a rear wheel drive European sports car. It's got all the bells and whistles. It's practically impossible to get in an accident in one of those babies... especially since you can get out of your driveway in the winter to find out.

Bur seriously, nice car, pal.



Libra 9/23-10/22

The Nook you got for Christmas can read books you download for free from the Carnegie-Stout Public Library without ever having to leave home, furthering you on your quest to become a miser and a complete recluse. Don't act so surprised when your friends start calling you Obi-Wan. Note: It's not because you're a Jedi.



Scorpio 10/23-11/21

Now that you've already failed to maintain your New Year's resolutions, that's one less thing to have to worry about, making you a generally happier and less stressed person.



Sagittarius 11/22-12/21

It's great that you got a new pressure cooker for Christmas, but seriously, the other pots and pans you own still work. You don't have to try to make every dish in that damn pressure cooker.



Capricorn 12/22-1/19

You could never understand why anyone ever thought that the so-called pop singer Kesha had value as a human being, then when she decided to use the word "douchebag" on Dick Clarke's Rockin' New Year's Eve seconds before midnight on live network tv, you realized the answer. These are the kids that grew up watching Full House and Family Matters; Their brains never fully developed.

Aquarius 1/20-2/18



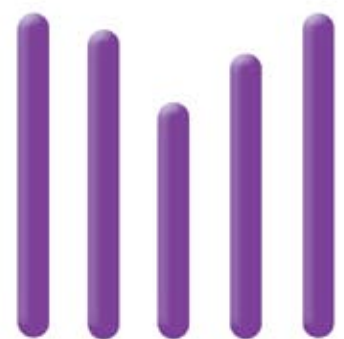
Strip to your undies, get under and blanket and park it in front of your new HDTV and don't come out till March. You're not going to miss a thing.



Pisces 2/19-3/20

Just keep driving. You didn't need that piece.

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