365 ink MAGAZINE

JAN 20 - FEB 2 2011
FREE

the 365 inkwell

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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... Featuring ideas, conversations and arguments...

Here I sit at the office at midnight on deadline night. Did I decide to tough it out here all night? No, I went home to finish the paper. Then at 11:20 my internet went out completely. You're thinking, "Bryce, did you learn nothing after your last article?"Yes I did. I have a new provider. Guess the jokes on me.

But I'm not going to dwell.

So lets talk about fat people. Why? Because I'm one of them. I've yo-yo'd on diets a few times, but it never lasts. You start to wonder if you're just going to be that way forever. I assume if you don't start eating less and working out more, then yes.

A friend of mine started doing that crazy diet where you take a strong appetite suppressant and then eat like 400 calories a day. Of course, he lost like 150 pounds and looks like a million bucks. But eating 400 calories a day cannot be good for you in any way. You're supposed to get like 2000 calories or more. A guy my size supposedly burns 3300 calories a day at rest. So you get the idea.

But what about a less aggressive diet, but still looking at the appetite suppressant? The guy was taking Phentramine. I looked it up. First thing I saw was a zillion hits for Phen-Fen, the stuff they pulled off the market because it was killing people. Not a good start. But I trudged on. I did find info on Phentramine. Apparently it is the non-lethal half of the wonder weight-loss duo. And apparently, people take it all the time. So I asked my doctor. He told me if I was ready to be serious about dieting he would prescribe it. So I said yes.

I'm sure that taking a strong controlled narcotic is probably not the best idea in the world. But comparing it to dying a couple decades early anyway, I figure it can't be that bad. So I started taking it in October. They say there are lots of things you might feel when on the drug. I didn't feel anything. Not sick, not tired, nothing. Eventually, I found that I had dry mouth a lot but that's about it. I also found that I was able to not eat much at all and not have it bother me. I started losing weight. I wasn't exercising yet, mostly because an average week running Toys for Tots is akin to a couple marathons and building a stone wall by hand. I was getting plenty of exercise the old-fashioned way.

Three months later I was down 50 pounds. I kind of felt like I was cheating. It should not be this easy. The diet does not go without willpower, you still have to choose not to eat, skip the treats and such. You don't need a coach or a calorie counter. You know if you are being good or bad. I was eating 500 calorie meals and a couple 100 calorie snacks a day. Did you know if you just skip the regular mayo and the cheese on the average Jimmy John's sub, a 700 calories sandwich becomes a 500 calories sandwich? How convenient! That goes for just about everything. I was still eating a cheeseburger. I just didn't get anything with it. And green veggies were free calories.
Even when I cheated over Christmas, it was like I wasn't being punished. Pretty sweet.

I finished three months at Christmas and went cold turkey just as I went to Minnesota for a few days to visit the in-laws. I came back four days later about 8 pounds heavier. Yikes. Was it all too good to be true? I went back to eating right and started exercising everyday to compensate for the fact that Toys For Tots was done for the year. In a few days the 8 pounds was gone. That was three weeks ago.

I've been running, well half-running, half walking fast while my near-exploding heart recovers from having just run. I do it nearly every day and I watch what I eat and in three weeks ... I have not lost a pound. I'm up a pound actually. But I'm not up 8 or 15. So that's good. So now that I'm not cheating with the Phentramine anymore this is going to be a hell of a lot harder than it was. But I'm going to keep it up. It's bound to start working one of these days.

I know what I need to do and I can do it myself, I just need to do it. Some people hate the treadmill and the Ellipse, but I don't mind them at all. I just pop in a movie or listen to an audiobook and try to get in the zone, as much as a fat guy on a treadmill can find a zone. It's somewhere above sweaty and panting but below cardiac arrest. And it feels great when you're done. Half because of the way you feel, and half because of the accomplishment. I just wish that what I feel like is a dedicated effort would be paying off a bit better.

Maybe you have the answers for me. What did you do to lose weight that worked long-term? I have another 50 to go. Send me an e-mail and tell me what you think I could be doing better. (***bryce@dubuque365.com***)

Dubuque Fighting Saints

Vs. Des Moines Buccaneers, Fri., Jan. 21
Vs. Lincoln Stars, Sat., Jan. 22
Vs. Waterloo Blackhawks, Fri., Feb. 11
Mystique Ice Center

21/22/11 JAN/FEB

The Dubuque Fighting Saints defend their home turf at the Mystique Ice Center playing back to back games the weekend of January 21-22. The Fighting Saints host the Des Moines Buccaneers, Friday, January 21, and the following night will take on the Lincoln Stars, Saturday, January 22. Both home games are at 7 p.m. The Saints will then go on the road the following two weekends, returning to Dubuque to host the Waterloo Blackhawks, on Friday, February 11. With recent losses to Sioux Falls and Des Moines, the Fighting Saints are battling to hold the USHL Western Conference lead with an 18-8-5 record against up-and-coming Fargo with an 18-11-4 record. For tickets to upcoming home games or more information, visit dubuquefightingsaints.com.

Winter Farmers' Market

Every Saturday through April
Colts Center

22/29 JAN

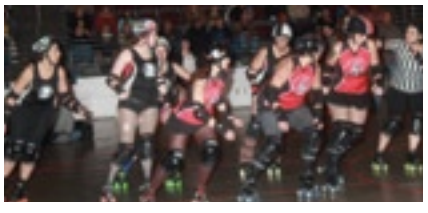
Shop Winter Farmers' Market! Located in the Colts Center on the corner of Central and 11th Streets, the Winter Market runs every Saturday from 9 a.m. to noon through April. The Winter Farmers' Market features local farmers and artisans, offering diverse products such as grass-fed beef, free-range eggs, 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.

Beer Dinner

Catfish Charlie's

21 JAN

Catfish Charlie's, in coordination with 7G Distributing and Millstream Brewing Company, hosts a special beer dinner, Friday, January 21 from 7 p.m. The dinner will feature a variety of Millstream brews paired with a multi-course meal using some of the same beers in the preparation. Highlights include an appetizer of American bison pate served with French bread and a mesclun salad, a pear and butternut squash soup which includes John's White Ale, a sorbet of Schokolade Bock Granita, and an entrée of ale marinated flank steak or stout-glazed Cornish hen half. Tickets to the dinner are just $50 per person and include dinner, beer, and a Millstream variety six-pack to take home. For reservations, call Catfish Charlie's at 563-582-8600, or email Charlie@catfishcharliesonline.com.



Eastern Iowa Outlaws Roller Derby

Five Flags Arena

22 JAN

The Eastern Iowa Outlaws Roller Derby are back in town defending their home turf at Dubuque's Five Flags Arena on Saturday, January 22 for "Brawl Room Blitz." The bout will be a double-header featuring the Eastern Iowa Outlaws' all-star team the Felons taking on the Lacrosse Skating Sirens at 6 p.m. The Outlaws' B squad, the Misdemeanors will battle the Farm Fresh Farmgirls in a second bout to follow. Doors open at 5 p.m. 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. The Eastern Iowa Outlaws will also be hosting tryouts at Dubuque at Skate Country on Sunday, February 13 from 1 to 3 p.m. The Outlaws are looking for more skaters, referees, and volunteers. For more info, find the Eastern Iowa Outlaws on Facebook, or visit easterniowaoutlaws.com.

Creatures of the Night: Bats

Winter Program
EB Lyons Interpretive Center

23 JAN

The EB Lyons Interpretive Center hosts Creatures of the Night: Bats, a winter program with Jeffrey Huebschman Sunday, January 23 from 1-3 p.m. A Professor at the University of Wisconsin, Platteville, Jeff specializes in mammals, especially the flying variety known as bats. He will talk about the variety of bats that live in the area, where they live, and what they eat. He will also discuss the white nosed syndrome, how it has affected bats across North America, and how it might affect bat and insect populations right here in the Midwest. The program is free of charge and for all ages. For more about the Mines of Spain, the EB Lyons Interpretive Center, and winter programs, visit www.minesofspain.org.

Ice Fest 2011

National Mississippi Museum & Aquarium

22-23 JAN

Ice Fest returns to the National Mississippi Museum & Aquarium, concluding 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 third and final 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.

DUBUQUE365.com

2011 Bridal Extravaganza

Dubuque County Fairgrounds
14569 Old Highway Rd

30 JAN

Cumulus Broadcasting will host the 2011 Briadal Extravaganza on Sunday, January 30 at the Dubuque County Fairgrounds. Doors open at 10am with shows at 11am & 1pm. Discover the latest fashions, accessories and services available from great local vendors.

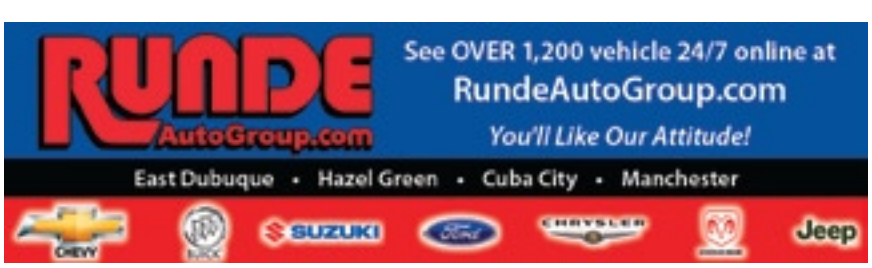
Dubuque Main Street Downtown Business PM

Hotel Julien

Dubuque Main Street's annual trade show, the Downtown Business P.M., is coming

15 FEB

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.



by Mike Ironside
photos by Graeme Pitman

Buddy as played by Kevin Bradford and photographed by Graeme Pitman on our cover is representative of not only the upcoming production of Buddy – The Buddy Holly Story at the Grand Opera House, February 11-20, but also a number of great things going on at the Grand and in our arts and entertainment community. While winter in Iowa might keep us cooped up indoors more than we would like (or outdoors shoveling as we were the day before we went to print) this issue of 365ink is yet more proof that there are plenty of great things to do worthy of getting you out of the house, not only every weekend but for most of the week as well.

We'll get back to Buddy in a moment, but before we do, we'd like to point out the next big thing at the Grand is a performance by the Four Freshman on Saturday, February 5, the signature event for this year's Winter Jazz & Blues Festival. Read more about that concert and the other events that comprise this year's Winter Jazz & Blues in the accompanying article on page 8.

Grand Opera House General Manager Paul Hemmer who started the job last March after "retiring" from more than 50 years in radio is excited about the Freshman performance, the Buddy production, and the Grand's upcoming year, which will include productions of Phantom of the Opera, Singin' in the Rain, One Flew Over the Cuckoo's Nest, and White Christmas, not to mention a variety of concerts, comedy, and other entertainment. (Visit the Grand's website, www.thegrandoperahouse.com for dates and info.)

Not far from celebrating his first year in the job, Hemmer reflects on some of the highlights since he stepped into the role – most notably, last year's productions of RENT and Chicago. While Hemmer has high praise for all those who worked on both productions, he was especially impressed by RENT director Brandon Pape.

"I needed a director for RENT. Brandon, who is an extremely talented young man, who grew up at the Grand more or less because he was in kids' programs, now is a director in Chicago," Hemmer explained. "(He) walked in the office one day when I was in the process of looking and Keith, our tech director said (whispering) 'talk to Brandon.' So he came in and sat down and we hit it off immediately. I have the utmost respect for that young man. He's very talented. And offered him the job."

Similarly, Hemmer was impressed with the choreography Ballet Dubuque instructor Marina O'Rourke contributed to the production of Chicago. Hemmer offered O'Rourke the opportunity. "I think she took it on for a couple of reasons," he relates. "Number one, she wanted people to know that she does more than just ballet choreography, and that it would be a great personal challenge to bring some of her people in, some of her 'ringers' to really make the show sparkle, which it did. It was a fabulous production."

A musician, playwright, and experienced small business owner himself, Hemmer brings a diverse skill set to the job of General Manager, but he also understands the importance of delegating … assuming you have the right people in place.

"I guess that's the biggest part of my job, besides raising money, is hiring good people, giving them their assignment and letting them be creative," he explained. "I think the secret of any good operation is to have somebody who recognizes talent and then lets the talent do their thing."

Talent is apparently going to be in abundance at the Grand's production of Buddy. The show will be directed by Amy Ressler who directed a production of the show last year at the University of Dubuque. "It's my understanding that Paul Hemmer heard that it was a good show," Ressler reports, "so he asked me to direct it at the Grand. I agreed to do it if Kevin Bradford – who played Buddy at U.D. – could play the part again. We went forward with that in mind."

Though Bradford had never really acted before his leading role in Buddy, he was already a talented musician and reportedly a quick learner. "Most of all, though, he SOUNDS like Buddy, can imitate Buddy's vocal style and is a very good guitarist," notes Ressler. "Kevin learned all the songs quickly and even helped teach them to the other guys, and you know what? He even LOOKS quite a bit like Buddy on stage."

It's also interesting to note that Bradford is a flight instructor for the aviation department at U.D., especially in light of how the real Buddy Holly's life came to an untimely end. "I understand that the flight conditions on the night Buddy, Richie, J.P. and pilot Roger Peterson crashed is sometimes used as a historical case study for, obviously, weather conditions NOT to fly in," relates Ressler.

Continued on page 10.

More Buddy Holly Tribute Opportunities!

Annual Buddy Holly Dance

DBQ County Fairgrounds Ballroom

12 FEB

Join the VRW Sr. Drum Corps during their Annual Buddy Holly Dance at the Dubuque County Fairgrounds February 12th from 8 p.m. until midnight. Tickets are only $4 in advance and $5 at the door. Advance tickets are sold at the Fairgrounds office or through any VRW member. Participate in the Peggy Sue lookalike contest, & vie for several other prizes for best dressed couple and the famed dance contest. Many door prizes will be awarded as well! Enjoy music by Classic Hits 107.5. Cash bar and snacks available!

John Meuller's Winter Dance Party

A Tribute to Buddy Holly,
The Big Bopper & Ritchie Valens
2 Shows 6 pm & 8:30 pm

18 FEB

This is the only tribute show in the world backed by the Holly family and with good reason. 365 was there for last year's show and we were simply floored. These guys have it down cold and they should. John Mueller has been performing as Holly for a long time and Jay Richardson after all is the actual son of the real Big Bopper. "He really does Buddy proud...has his mannerisms and sound down pat. The best I've ever seen," says Travis Holley, Buddy's brother. "Watching Jay Richardson is just like watching his Dad (the Big Bopper)." raves the legend, Dick Clark. "Everytime I see Ray Anthony perform as Ritchie it always makes me cry." Irma Valens, Ritchie Valens sister adds. For some awesome images from last years shows, visit Dubuque365.com's photo archive. There are two big shows at 6 and 8:30 pm. Last year sold out, so do not wait until the last minute.

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OVER THE RIVER and through the WOODS
Get ready to laugh out loud as Nick, a young, single Italian-American from New Jersey announces his great promotion to both sets of his grandparents, whom he visits for dinner every Sunday. As the grandparents cook, conspire and cajole to get him to stay, Nick gets to know and love them even more.
Presented by The Ohnward FAC & the Peace Pipe Players of Maquoketa.
Tickets: $12 (Advance) / $15 (Door)
Students (18 & Under) $8 / $10

Three times Ireland's Entertainer of the Year Tony Kenny leads the cast of Ireland's National Entertainment Awards Show of the Year in an extravaganza featuring Ireland's King of Comedy Joe Cuddy, world class dancing by The Dublin City Dancers, dancing singer Victoria Kenny and a generous measure of music and song that inspires both laughter and tears.
Tickets: $22 (Advance) / $25 (Door)
Students (18 & Under) $13 / $15

2011 Season Highlights!
Over the River and Through the Woods
February 11-13
Cinderella Goes Disco
March 19
Jury's Irish Cabaret featuring Tony Kenny
March 13
Route 66
April 2
Harry James Orchestra
April 30
All Shook Up
July 15-17
DIVAPALOOZA
featuring the music of Aretha Franklin, Janis Joplin and Bette Midler all together on one stage!
June 17
The Doug Gabriel Show from Branson, Missouri
September 10
American English
Simply the best Beatle tribute story of our time!
October 15

GIFT CERTIFICATES
Give the gift of the arts.
Good for any of the 2011 shows.

Winter Jazz & Blues Festival 2011

2-5 FEB

Winter Jazz & Blues Festival returns for 2011 with jazz and blues-themed events heating up that first week in February. The annual event, now in it's sixth year, is sponsored by the Dubuque Arts Council.

Things get started with the new "Jammin' at the Julien" smooth jazz to R&B Open Mic, Wednesday, February 2, from 5 to 8 p.m. Appropriately debuting the week of Winter Jazz & Blues Fest, Jammin' at the Julien will become a weekly addition to the live music calendar in the historic hotel's Riverboat Lounge. Read more about it an accompanying article detailing the event and the other open mic and jam opportunities in the area. (Page 19)

One of those weekly occurrences takes on the added import of Winter Jazz & Blues for that particular week – The Bank Bar & Grille's Jazz Night with 'Round Midnight, Thursday, February 3. 'Round Midnight – Bill Encke on guitar, Pab Adams on drums, and Aaron Pustina on bass – will undoubtedly be inviting all of the usual suspects to bring their instruments to the celebration. Speaking of celebrations, jazz fans will want to mark their calendars for Thursday, March 3 as well when 'Round Midnight will be celebrating their Jazz Night five-year anniversary.

Winter Jazz & Blues Fest continues Friday, February 4 with College Jazz Night at The Bank Bar & Grille from 6:30 to 9 p.m. Sponsored by Kephart's Music and the Colt's Youth Organization, College Jazz Night will feature small jazz groups and instrumental and vocal soloists from Clarke University, Loras College, and the University of Dubuque.

The signature event for Winter Jazz & Blues Festival will be a performance by The Four Freshmen at the Grand Opera House Saturday, February 5, at 7:30 p.m. The current touring group – the 22nd incarnation of the Four Freshman – continues the over 50-year history of the original, performing the same unmistakable sound and vocal harmonies that have influenced groups from the Beach Boys to Manhattan Transfer.

In concert, the group performs essential Freshmen classics like "Day by Day" and "Blue World" as well as with new arrangements that "Something's Gotta Give," "Skylark," "Early Autumn," "September Song," and "My One and Only Love." Each member is an accomplished vocalist and musician bringing new influences and perspective to a time-honored musical heritage.

Over their more than 50-year history, The Four Freshmen have released over 45 albums, an overwhelming 70 top selling singles and 6 Grammy Nominations. "In Session," the group's most recent release, contains material never previously recorded by The Four Freshmen. Despite the long and decorated history, the group continues to wow. The Freshmen earned a number one ranking in the category of "Best Vocal Group" in a 2007 Jazz Times Readers poll and enjoy a unique fan club offering the support of over 3,000 paid members across the United States, Europe, and Japan.

The concert by the four Freshman is sponsored by the Dubuque Arts Council. Tickets are still available and can be reserved by calling 563-588-1305, 563-588-4356 or by visiting www.thegrandoperahouse.com.

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Shot Tower Book Pre-Orders

by John Adelman

Dubuque's famous Shot Tower - no, not the restaurant for pizza and beer, the other one, you know, down by the Mississippi River - the brick and limestone building that's got to be the oldest structure in Dubuque where they made shot in the 1850s and 1860s. Sort of looks like an Egyptian obelisk with lots of windows. Yeah, that one. What about it.

There's a new book coming out soon about the George W. Rogers and Co. Shot Tower, courtesy of students from Central Alternative High School. They conducted research in 2005 and 2006, and planned to publish a book back then, but got sidetracked when a student in the class convinced his peers that making a calendar to celebrate the Shot Tower's 150 anniversary in 2006 would be a cool idea. The calendar went on to win two prestigious state history awards in 2007, but the bulk of the research didn't fit into the calendar format and remained in limbo until it was rediscovered this past summer.

In keeping with other community-based history projects over the years where Central students researched specific decades and invited famous people from those times to join them in public seminars, including members of the Tuskegee Airmen, Brig. Gen. Paul Tibbets -pilot of the B-29 "Enola Gay," the daughter of Olympic gold medalist Jesse Owens, and Mercury astronaut Cmdr. M. Scott Carpenter, this latest venture is destined to fill a huge void in our city's local history, and includes contributions by local historians and other community professionals. While information is available on the Shot Tower, it's spread far and wide, and until now, you'd have to work up a sweat to track it all down. No longer. This nearly 60,000-wd. volume will go a long way toward dispelling the myths and legends that have sprung up around the Shot Tower over the years, will reveal how shot was actually produced, and will settle the argument as to whether shot was made for the Civil War.

To generate community interest, the History Press, in Charleston, SC, is setting the pre-publication price at $10 - if six hundred, non-refundable advanced orders can be generated. The book will eventually retail for $25. Such a deal! To lock in advanced orders, just e-mail your name, phone number, and how many books you agree to purchase to ***shottowerstorytellers@yahoo.com***

Once the magic number of 600 advanced orders is reached, customers will then be contacted and told where to send their checks. Delivery is expected in late spring or early summer.

For all the attention the Tower has gotten recently, including an impressive makeover that has really improved its appearance, it's amazing to learn that it was in operation for less than six years - from late December, 1856, to July of 1862, when it was sold to another shot-making company in St. Louis. Think you already know a lot about Dubuque's Shot Tower? Order up a copy of The George W. Rogers & Co. Shot Tower: Dubuque's Enduring Landmark and prepare for a surprise.

Riverdance

Wednesday February 2
Five Flags Center

Riverdance, known as "The Original International Phenomenon" is scheduled for a performance at Dubuque's Five Flags Center Wednesday February 2 from 7:30 p.m. Tickets for the one and only performance are on sale now.

Now in its 16th year, Riverdance, composed by Bill Whelan, produced by Moya Doherty and directed by John McColgan has played over 10,000 performances and has been seen live by over 22 million people throughout 40 countries spread across 4 continents. The Grammy Award-winning, platinum-selling CD has sold over 3 million copies worldwide. Over 10 million Riverdance videos have been sold, making it one of the world's best-selling entertainment videos.

Described as "an innovative and exciting blend of dance, music and song" Riverdance draws on the traditions of Irish dancing and music, reinterpreting them for a contemporary audience. The original Riverdance premiered at the Point Theatre in Dublin in February 1995.

Tickets for Riverdance, ranging from $45 to $65 are now on sale and are available at the Five Flags Box Office, all Ticketmaster Outlets, 1-800-745-3000, or ticketmaster.com.

Continued from page 6.

Another strange happenstance is that the actors playing Buddy and the woman he meets and marries, Maria Elena Santiago – Bradford and Anna Soderman – are actually engaged to be married. "As you can imagine, they had a special kind of chemistry on stage during the auditions," jokes Ressler.

Joining Bradford in Buddy Holly and the Crickets are Aaron Pustina, who plays Joe Mauldin on bass, and Danny Fairchild who plays Jerry Allison on drums. They are joined later by Brian Koerperich as Tommy Allsup on rhythm guitar.

The role of Norm Petty, the producer who first recorded Buddy in the manner that made him famous will be played by veteran rock-n-roll musician and radio personality Dick McGrane. Another music scene veteran and part of the 365 crew Ralph Kluseman will play J.P. Richardson, better known as The Big Bopper.

Richie Valens will be played by Adrian Brambila, who in addition to singing is also an award-winning, professional hip-hop dancer. Brambila toured with the rap artist T-Pain and performed on some of his videos. As most people know Holly's last performance with Valens and the Big Bopper was at the Surf Ballroom in Clear Lake, Iowa. Paul Hemmer's son Steve will play the role of the Surf Ballroom Emcee.

It's pretty clear Ressler is excited about the entire cast and production and understandably so. From the lead roles to the cameos by other musicians, the production is filled with talent. "This Buddy cast is awesome," states Paul Hemmer.

Both Hemmer and Ressler are excited about the last act which recreates the Winter Dance Party in Clear Lake. With the band onstage, audience members will be encouraged to get up and dance in the aisles and orchestra pit.

"Ultimately, I think what makes this a great show is that it's really about the music, and it's a celebration of the life and work of a young, brilliant, musical genius, Buddy Holly," observes Ressler. "We all know what happened to Buddy in the end – but the opportunity to remember his life through performance and to appreciate his contributions to American music – that's a privilege. It's also a heck of a lot of fun!"

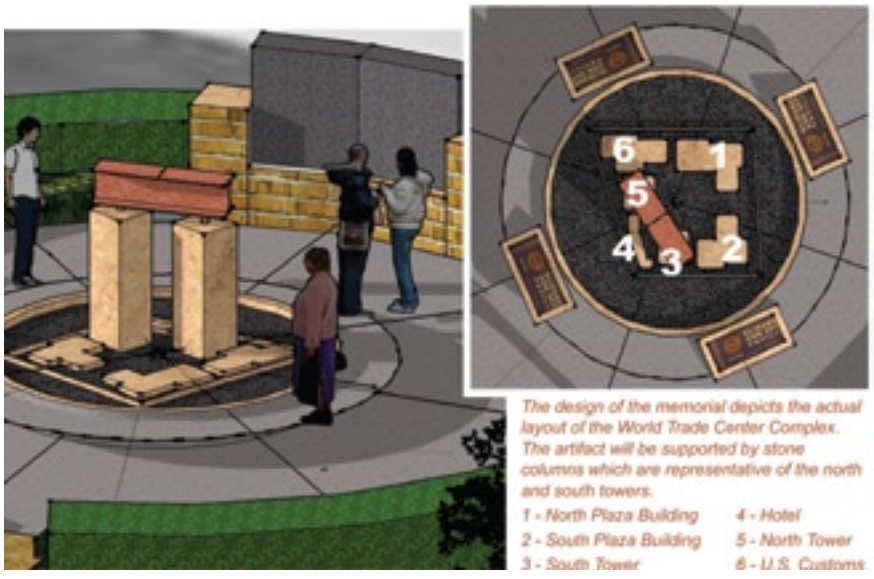
Buddy – The Buddy Holly Story will be staged at the Grand Opera House subsequent weekend, Fridays and Saturdays, February 11, 12, 18, 19 at 7:30 p.m. and Sundays, February 13, 20 at 2:00 p.m. Advanced ticket buyers can take advantage of the 2 for 1 Opening Night Special ($18 for two opening night ticket, Friday, February 11), by purchasing tickets at the Grand Box Office, by calling 563-588-1305, 563-588-4356, or by visiting www.thegrandoperahouse.com.

Eagle Scout marks the 10 year anniversary of 9/11 with a local memorial

Luke Arensdorf is working on creating a 9/11 Memorial for his Eagle Scout candidate project that will be built at the Dubuque County Emergency Responder Training Facility. This will be the first 9/11 Memorial created in Iowa. The memorial will feature a piece of steel recovered from the World Trade Center, and will also feature a granite wall with the names of the NY Firefighters, law enforcement and EMS that lost their lives on that day.

Luke's ambitious project is estimated to cost $45,000. Generous donations have already been made by the Dubuque County Firefighter Association, Dubuque Professional Firefighter Association, Dubuque Sheriff Association, Dubuque Police Protective Association. In addition he raised about $1,000 from a fill the boot drive at the HyVees in November and January. He just recently started to contact local businesses to include them in this project as well. On September 11, the memorial will be dedicated and will also host a memorial service as the 10 year anniversary occurs this coming year.

Your donations are needed to complete Luke's goal. All donations will be tax deductible and if necessary can be made over a two-year period. Donations can be made at any Dupaco location or checks can be mailed payable to Dubuque County Firefighters Association, 14298 Public Safety Way.



The Dolph Report

Thursdays , 6 - 7 p.m.

Mojo's Sports Bar, Diamond Jo Casino

20/27 FEB

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 Hawkeye's" 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 for 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.

The Canned Film Competition
January 28-30
Beloit, Wisconsin

Area filmmakers take note. The producers of The Get Reel Student Film Competition, Christopher Kulovitz and Michael Coty, offer a unique and challenging opportunity – The Canned Film Competition. Presented in cooperation with the Beloit International Film Festival (BIFF) The Canned Film Competition will gather teams of area independent filmmakers for a 50-hour flurry of filmmaking, the results of which will be screened on the opening night of BIFF, Thursday, February 17 at the Eclipse Center in Beloit, Wisconsin.

The competition itself will occur over two days and two hours the weekend of January 28-30. Teams will gather the evening of Friday, January 28 at the Beloit Inn for the Canned Kickoff. Each team will receive a film genre and a "mystery object" to be included in the film. After that they have 50 hours to "plan it, cram it, and can it."

Teams will return to the Beloit Inn Sunday, January 30 to submit their completed films for review by The Canned Film Competition judges. The films will later be screened at the Eclipse Center following the annual Launch and Laurels Party which kicks off the BIFF on Thursday, February 17. Competition winners will be announced at the screening with some films selected for re-screening during the Film Festival in Beloit and Janesville.

Entrance fee for The Canned Film Competition is $50 per team. Registration is scheduled for 5:00 p.m. at the Beloit Inn on Friday, January 28, with the kickoff getting underway at 7:00 p.m. $50 – 50 hours – 1 cool film competition! For more information on the competition, visit www.cannedfilmcompetition.com.

The 50-hour Canned Film Competition is part of a "Sister Cities in Film" partnership engaging Dubuque and Beloit in movie making and viewing activities, a relationship that will undoubtedly deepen in coming years. BIFF 2011 is the sixth year for the independent film festival. Approximately 140 films will be shown over the course of the four-day event, February 17-20. Information is available at www.beloitfilmfest.org.

so much more effective that the ill fated "art in the river."

Art on the River 2011

Call for Artists

Applications due February 28

Art on the River, the public sculpture program at the Port of Dubuque is seeking sculptors for the 2011 installment. The City of Dubuque is soliciting proposals from qualified artists to participate in the Art on the River 2011, the sixth year for the public art program. Up to ten sculptures are chosen each year for public exhibition at locations along the Riverwalk and across the Port of Dubuque.

Applications for Art on the River are now available online at www.cityofdubuque.org/artontheriver, and are due by 5:00 p.m. CST on Tuesday, February 28, 2011. Works selected for the program will be installed for a display at the Port of Dubuque which will begin July 14 and extend through June 30, 2012.

A cultural initiative of the Dubuque City Council, Art on the River is co-sponsored and managed by the City of Dubuque Arts and Cultural Affairs Advisory Commission, the Dubuque Museum of Art and a volunteer committee made up of artists, educators and city staff.

This year's artist applications will be reviewed by a jury of three arts leaders: John Anderson-Bricker of Dubuque is a former art educator and now full-time sculptor, painter and community art leader. Anderson-Bricker won the Best of Show award for his work Ring Toss in the 2010-2011 Art on the River exhibit. Lynette Pohlman of Ames, IA is Director and Chief Curator of the University Museums at Iowa State University. Karin Wolf of Madison, WI is the Arts Program Administrator for the City of Madison. She manages Madison's arts grants, runs the gallery spaces, stewards the City's permanent collection of art, and handles the administration of new public art projects.

The current Art on the River Exhibit, consisting of ten works of sculpture, will be on exhibit through June 30, 2011. The exhibit is free and can be viewed sunrise to sunset year-round. Information on the 2010-2011 exhibit is available at www.cityofdubuque.org/artontheriver. For additional information, please contact Jan Stoffel at 563-690-6064 or janstoff@cityofdubuque.org.

Fly-By-Night presents:

Dead Man's Cell Phone

Five Flags Bijou Room

28-5 JAN-FEB

Fly-By-Night Productions presents Dead Man's Cell Phone 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 flybynightdubuque.com.

Now Showing @ MINDFRAME

Friday, Jan 7 - Thursday, Jan. 13

Check our website for next weeks showtimes!

No Strings Attached (R) No Passes Allowed
Fri - Thu: (12:00), (2:20), (4:50), 7:20, 9:40

The Green Hornet (PG-13) No Passes
Fri - Thu: (11:35 AM), (2:05), (4:40), 7:10, 9:45

Little Fockers (PG-13)
Fri & Sat: (12:30), (2:40), (5:00), 7:35, 9:55
Sun: (12:30), (2:40), (5:00), 9:55
Mon - Thu: (12:30), (2:40), (5:00), 7:35, 9:55

True Grit (PG-13)
Fri - Thu: (12:15), (2:35), (4:55), 7:30, 9:50

The Fighter (R)
Fri & Sat: 6:55, 9:25
Sun: No Showtimes
Mon - Thu: 6:55, 9:25

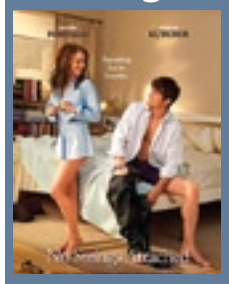
Yogi Bear 3D (PG)
Fri - Thu: (11:45 AM), (1:40), (4:10), 6:45, 8:45

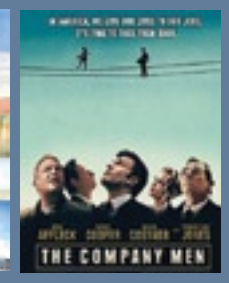
Feed the Fish (NR)
Fri & Sat: (11:50 AM), (1:50), (3:50)
Sun: (11:50 AM)
Mon - Thu: (11:50 AM), (1:50), (3:50)

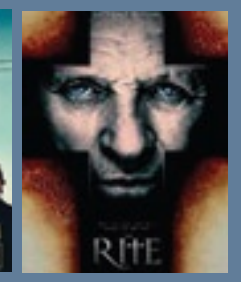
MindframeTheaters.com
Hotline: 563-582-4971
555 JFK Road, Behind Kennedy Mall

Mindframe Theaters
555 JFK Rd • 563-582-4971 • MindframeTheaters.com
AMC Star Dubuque 14
2835 NW Arterial • 563-582-7801 • Fandango.com
Millennium Cinema
151 Millennium Dr • Platteville, WI • 608-348-4296 • PlattevilleMovies.com
Avalon Cinema
95 E Main St • Platteville, WI • 608-348-5006 • PlattevilleMovies.com

coming to theaters :







NO STRINGS ATTACHED: Natalie Portman) and Ashton Kutcher are life-long friends who almost ruin everything by having sex one morning. In order to protect their friendship, they make a pact to keep their relationship strictly "no strings attached."

THE WAY BACK: An epic story of survival, solidarity and indomitable human will directed by six-time Academy Award (R) nominee Peter Weir. Shot in Bulgaria, Morocco and India, the film stars Jim Sturgess ,Ed Harris and Colin Farrell as prisoners of a Soviet Union labor camp, who, along with four others, flee their Siberian Gulag and begin a treacherous journey across thousands of miles of hostile terrain.

THE COMPANY MEN: When corporate downsizing leaves Ben Affleck and co-workers Chris Cooper and Tommy Lee Jones, jobless, the three men are forced to re-define their lives as men, husbands, and fathers. Also starring Kevin Costner.

THE MECHANIC: Arthur Bishop (Jason Statham) is a 'mechanic' - an elite assassin with a strict code and unique talent for cleanly eliminating targets. When his mentor, Donald Sutherland, is murdered, Bishop is anything but detached.

THE RITE: A supernatural thriller that uncovers the Devil's reach to even one of the holiest places on Earth. Inspired by true events. Stars Colin O'Donoghue and Anthony Hopkins.

THE BUZZ...

Schwarzenegger is reading scripts again. A favorite has him playing an older German soldier, who gets the order at the ending of the war to kill a bunch of kids. But he doesn't do it and get them to safety at the risk of his life and it has all kind of adventure. This script is based on a true story an web geeks think it is "With Wings As Eagles," by Braveheart writer Randall Wallace.

Hollywood hacks have banged out another script based on classic cartoon characters--this time, it's Mr. Peabody and Sherman from the Rocky and Bullwinkle Show's "Peabody's Improbable History" shorts--and DreamWorks is so eager to develop it in to a film. In each episode, they traveled back in time to meet famous historical figures and make terrible puns. Shockingly, Robert Downey Jr. is signed to voice the animated movie, surely in 3-D.

That Alien prequel we've been hearing Ridley Scott talk about for so long? No longer an Alien prequel. According to Deadline, the film - previously called "Paradise" - is now going by the title Prometheus, and scarcely resembles a prequel, containing only "strands of Alien's DNA, so to speak," according to Scott. Whatever.

A symbolic passing of the SNL-standout-turned-terrible-comedy-star torch, Adam Sandler and Andy Samberg are in talks to play father and son in Columbia Pictures' I Hate You, Dad. The younger A.S. would play a groom-to-be whose father, Sandler, moves in with him on the eve of the wedding. In the script, the close proximity of the would-be bride and dad quickly starts a feud, much to the chagrin of the frustrated son. Ugh!

Fox 2000 is down to three actresses to start opposite Twilight's Taylor Lautner, in Incarceron. Emma Watson, Blake Lively, and Jennifer Lawrence are reportedly the frontrunners for the female lead in the adaptation of the sci-fi/fantasy jail-world film. Honestly, Watson seems the obvious choice, yeah? The legions of Twihards, the Harry Potter die-hards unite.

2011 Dubuque Little League Baseball Season
Registration open until February 5 • Register online at www.DLLB.org • New nights for 2011

{ budweiser nightlife / live music }

Double the casinos, double the entertainment!

The Pack is Back
A tribute to the Rat Pack
Cabaret @ Mystique Casino

22 JAN

The Pack is Back has perfected the characters of Frank Sinatra, Sammy Davis, Jr., and Dean Martin during their nights performing at the Sands Hotel. The Pack is Back delivers a realistic representation of an original Rat Pack show complete with the humor, class, and style. They have performed shows across the country. The Rat Pack was comprised of Frank Sinatra, Sammy Davis, Jr., and Dean Martin. They were top entertainers both as actors and musicians best known for their roles in Ocean's Eleven and their legendary performances at the Sands Hotel. The Pack is Back will perform two shows on Saturday, January 22, 2011 at 7 pm and 9 pm. Tickets are $10 in advance and $15 the day of the show. Must be 21 or older to attend the show.

John Michael Montgomery
Cabaret @ Mystique Casino

26 FEB

John Michael Montgomery has released thirteen albums and had many hits in his career including "Life's A Dance", "I Love The Way You Love Me", "I Can Love You Like That", "Letters From Home", "I Swear", "Sold (The Grundy County Auction Incident)" and many more. He has won Billboard's Top Country Artist and Top Country Single, and CMA Song of the Year and was nominated for two Grammys. Get tickets now at the Allure Club; $20 in advance / $25 day of the show. Must be 21 years of age or older to attend.

Eddie Money
Presented by American Trust

29 JAN

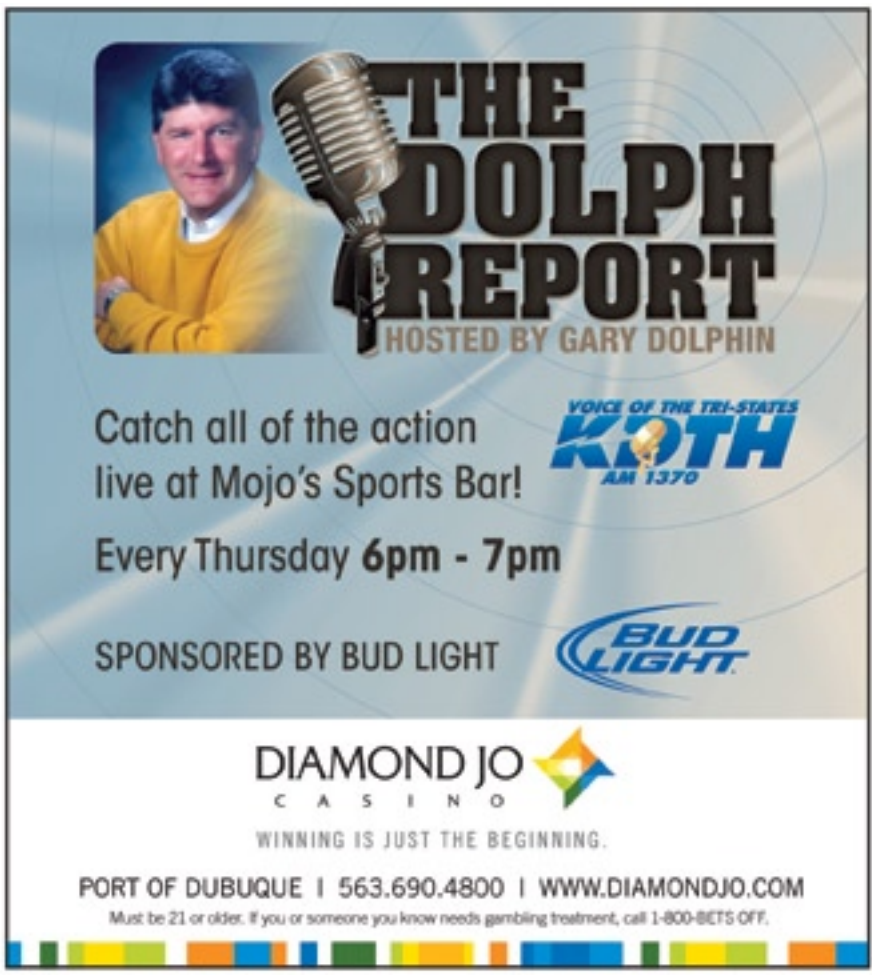
Eddie Money continues to delight new and old fans alike at venues throughout the country. Along with having sold more than 28 million records, Money's songs, such as "Take Me Home Tonight", "Two Tickets to Paradise", "Baby Hold On", "I think I'm In Love", "I Wanna Go Back", "Walk on Water" and "Shakin'", have appeared in dozens of movies and television shows. Catch him live, Saturday, January, 29th, 8 p.m. Tickets range from $25 - $60.

Comedian Tom Green

29 JAN

It's the return to the road for Tom Green doing his stand up comedy act. He is best-known for his MTV television show The Tom Green Show, his short-lived marriage to actress Drew Barrymore and for his roles in such films as Freddy Got Fingered, Road Trip, Stealing Harvard and Charlie's Angels. He also hosted his own late-night talk show on MTV entitled The New Tom Green Show. As of January 2010 he has started performing stand-up comedy on his world tour. Opening for Tom is Steve Gillespie from Comedy Central. Tickets are $27-$37.

You must be 21 or older to attend all of the performances. Get tickets for the show online at www.diamondjo.com or visit the Diamond Club counter at the Diamond Jo Casino.



Winter Roxks
Benefit Concert for Riverview Center Courtside

28-29 JAN

Winter Roxks, a benefit concert fundraiser for Riverview Center and the Iowa National Guard 1st 133rd Infantry, returns with a 2011 installment. Sponsored by Music for a Cause and Eagle 102.3 over the weekend of January 28-29 at Courtside Sports Bar, Winter Roxks will feature ten bands in two days.

Fizgig kicks things off on Friday, January 28 at 6:30 p.m., followed by Hard Salami at 8 p.m. and Half-Fast closing the show beginning at 10 p.m.

The Saturday, January 29 concert will be an all-day affair with Civil Soldier at 3 p.m., Dredge at 4 p.m., Bucket House Hooligans at 5 p.m. Casethejoint at 6 p.m., 2-West at 7 p.m., and Johnny Trash and Menace rounding out the night with two big sets at 8:30 and 10:30 p.m. respectively.

Admission can be purchased at the door for just $6 each day. That's a lot of music for just 6 bucks, with all the proceeds going to a good cause. Riverview Center provides free services for people that have been affected by sexual assault, including counseling, legal and medical advocacy, a 24-hour hotline, and preventative education.

Budweiser TRI-STATE LIVE MUSIC

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

Ralph Kluseman
Mississippi Moon Bar, 8 PM

Helen Reisen
Keil's Tavern, 8 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

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

Denny Garcia
The Cornerstone, 8 PM

Boots Hefel Band
Palace, Dyersville, 8 PM

Feast of Mutton
Monk's Kaffee Pub, 9 PM

Hard Salami
Denny's Lux Club, 9 PM

Nothin' but Dylan
Grape Escape, 9 PM

Rukus
Dagwood's, 9 PM

Magnetos
Keil's Tavern, 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

Marty Raymon
Riverboat Lounge, 7 PM

WEDNESDAY, JANUARY 26
Alex & Andrew
Cornerstone, 6 PM

Tiffany Christopher
Monk's Kaffee Pub, 9 PM

Open Mic
Bank Bar & Grille, 9 PM

Open Mic
The Lift, 9 PM

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

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

Dubuque Irish Trad Music w/ Peter & Andreas
The Lift, 7 PM

FRIDAY, JANUARY 28
Laura McDonald & Jeff Weydert
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

Tony Leonard
Frank O'Dowd's Pub, 7:30 PM

Winter Roxks, Courtside
Fizgig, 6:30 PM
Hard Salami, 8 PM
Half-Fast, 10 PM

Ken Wheaton
The Cornerstone, 8:30 PM

Boys Night Out
Bronco Inn, 8:30 PM

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

Rukus
Northside Bar, 9 PM

Massey Road
Buddies, 9 PM

Randy Rogers
Keil's Tavern, 9 PM

SATURDAY, JANUARY 29
Winter Roxks, Courtside
Civil Soldier, 3 PM
Dredge, 4 PM
Bucket House Hooligans, 5 PM
Casethejoint, 6 PM
2-West, 7 PM
Johnny Trash, 8:30 PM
Menace, 10:30 PM

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

Tony Leonard
Frank O'Dowd's Pub, 7:30 PM

Massey Road
Dog House Lounge, 9 PM

Adam Beck
Mystique Encore, 9 PM

Enemies of Confusion
Denny's Lux Club, 9 PM

Six Shots to Midnight
Jumpers, 9 PM

Apple Dumplin's
Wheel Inn, 9 PM

Tantrym
Doolittle's, Cuba City, 9 PM

Sunshine
Wigwam, 9 PM

Bad Fished
Bronco Inn, 9 PM

Impulse
Eichman's, 9:30 PM

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

98 In The Shade
Sandy Hook Tavern, 8 PM

Stranded in Iowa
Noonan's North, 9 PM

WEDNESDAY, FEBRUARY 2
Alex & Andrew
Cornerstone, 6 PM

Jammin' at the Julien
Riverboat Lounge, 5 PM - 8 PM

Open Mic
The Lift, 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

Jill Duggan
Stone Cliff Wine Bar, 7 PM

Jeff Ward
Frank O'Dowd's Pub, 7:30 PM

Adam Beck
Mississippi Moon Bar, 8 PM

Just Cuz
Dubuque Driving Range, 8 PM

Kevin Beck & Johnnie Walker
Shot Tower Inn, 8:30 PM

Nutsy Turtle
Bronco Inn, 8:30 PM

Joe & Vicki Price
Monk's Kaffee Pub, 9 PM

Curtis Evans & Our Friends Electric
The Lift, 9 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

Blue Willow
Stone Cliff Wine Bar, 7 PM

Country Tradition
Mooney Hollow Barn, 7 PM

Jeff Ward
Frank O'Dowd's Pub, 7:30 PM

Bryan Popp & Corey Jenny
Spirits, 8 PM

Nutsy Turtle
Dubuque Driving Range, 8 PM

Boys Night Out
Bronco Inn, 8:30 PM

Buzz Berries
Jumpers, 9 PM

Rukus
Knicker's Saloon, 9 PM

Just Cuz
Mystique Encore, 9 PM

Hard Salami
Budde's, 9 PM

Sunshine
Wheel Inn, 9 PM

Zero 2 Sixty
Eichman's, 9 PM

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

TUESSDAY, FEBRUARY 8
Boo Bradley
Monk's Kaffee Pub, 9 PM

WEDNESDAY, FEBRUARY 9
Jammin' at the Julien
Riverboat Lounge, 5 PM - 8 PM

Alex & Andrew
Cornerstone, 6 PM

Open Mic
Bank Bar & Grille, 9 PM

Open Mic
The Lift, 9 PM

THURSDAY, FEBRUARY 10
Maureen Kilgore
Monk's Kaffee Pub, 7 PM

Dubuque Irish Trad Music w/Peter & Andreas
The Lift, 7 PM

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

FRIDAY, FEBRUARY 11
Sun Green
Sandy Hook Tavern, 10 PM

David Zollo
The Lift, 9 PM

SUNDAY, FEBRUARY 13
JJ Schmitz
New Diggings General Store, 3:30 PM

Taste Like Chicken
Sandy Hook Tavern, 8 PM

WEDNESDAY, FEBRUARY 16
Alex & Andrew
Cornerstone, 6 PM

Jammin' at the Julien
Riverboat Lounge, 5 PM - 8 PM

Open Mic
Bank Bar & Grille, 9 PM

Open Mic
The Lift, 9 PM

THURSDAY, FEBRUARY 17
Maureen Kilgore
Monk's Kaffee Pub, 7 PM

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

FRIDAY, FEBRUARY 18
John Mueller's Winter Dance Party
Buddy Holly, Valens, Bopper Tribute
Mississippi Moon Bar, 8 PM

Mississippi Band
Northside Bar, 9 PM

500 Miles to Memphis
Sandy Hook Tavern, 10 PM

Kevin Beck & Johnnie Walker
Mystique Encore, 9 PM

The Eugene Smiles Project
Bank Bar & Grille, 9 PM

SATURDAY, FEBRUARY 19
Gretchen Wilson
Mississippi Moon Bar, 8 PM

Renegade
Northside Bar, 9 PM

Flatfoot 56, Buckethouse Hooligans, Civil Soldier
Sandy Hook Tavern, 9 PM

The Answer Team
The Lift, 9 PM

Kevin Beck & Johnnie Walker
Mystique Encore, 9 PM

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

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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)
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The Lift
180 Main • 563-584-1702

Mississippi Moon Bar (inside Diamond Jo Casino)
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Monk's Kaffee Pub
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Mooney Hollow Barn
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Murph's South End
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Mystique Casino
1855 Greyhound Park Rd • 563-582-3647 • mystiquedbq.com

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Open Mic's Galore!

Jammin' at the Julien

A New Open Mic
Wednesdays, 5-8 p.m.
Riverboat Lounge

The Riverboat Lounge at the Hotel Julien will host a new Open Mic every Wednesday from 5 to 8 p.m. starting Wednesday, February 2. While Jammin' at the Julien joins a diverse line-up of existing open mic or structured jam opportunities, especially on Wednesdays, the Riverboat Lounge event is designed to bring even greater diversity and opportunity to local live music and entertainment scene.

Organized by Chicago transplant Charles Harris of New Leaf Entertainment, Jammin' at the Julien will have a more contemporary urban focus. Harris, an IBM employee who serves on Dubuque Main Street's All That Jazz committee envisions music at the open mic to range from smooth jazz to classic R&B, in a sense extending some of the popular summer festival series' flavor through the rest of the year.

Starting relatively early at 5 p.m., in contrast to some of the other open mic offerings, Harris hopes that Jammin' at the Julien will draw downtown workers after work with an opportunity to socialize in a friendly, relaxed atmosphere. "Come meet, greet, and enjoy great music, drink specials and showcase your talents," he says.

While Harris is putting together a group of regular players on a variety of instruments, he emphasizes that Jammin' at the Julien will truly be an "open mic," allowing spoken word artists, poets, or comedians to step up. Because this is a new event, musicians should bring their instruments and any other gear they might need. Interested musicians can contact Harris directly by calling 773-946-9808, or via email at newleafmusic@gmail.com.

Other Opportunities

The new Jammin' at the Julien Open Mic joins an existing calendar of open mic nights and structured jam opportunities around the area that are supported by the musicians and live music fans that frequent them but might be a bit under the radar for some of our other readers. That's unfortunate, as we've seen some truly unexpected and incredible collaborations onstage that stumbled into a bit of magic in a moment that in all likelihood will not happen again – at least not in the same way. So if you're a songwriter looking for an audience, a musician looking to jam, or a music lover who happens to be bored on Wednesday or Thursday nights, you really have no excuse for not getting out and being part of the culture.

Monk's Kaffee Pub "Controlled Chaos"

Every Wednesday, 9-ish

Hosted by Glimmer Blinkken, "the house band without a home," Monk's is home to "Controlled Chaos" – an underground kind of open mic in well, the basement, every Wednesday from around 9 p.m. Monk's and Glimmer Blinkken supply a simple backline of drums, amplifiers, bass, and keyboard, which potential participants might use, though they do encourage guitarists and horn players to bring their own means of expression. "The theme of our open mic is 'Controlled Chaos,'" notes GB member Bob Bucko. "We encourage diverse and unique forms of performance and collaboration. On a typical evening you may hear a gentleman singing songs of yore with ukulele accompaniment, an avant garde classical guitar composition, a djembe and didgeridoo workout, various takes on jazz, from the free to the funky, a man programming beats and notes into a Dance Dance Revolution pad, some sturdy '50s Chicago blues, and of course the occasional acoustic troubadour. Often the evening ends with all participants improvising together, friends and strangers alike, a sweaty jumble of Controlled Chaos."

The Lift Open Mic With Dave, Cricket, & Tim

Every Wednesday, 9 p.m.

A long-standing tradition hosted by the Dertones, The (Busted) Lift Wednesday Open Mic was retired a few years back and then revived last year on an every other Wednesday basis. Now expanded to every Wednesday, The Lift Open Mic is hosted by Dave Hummel and Bill "Cricket" Davis of the Mississippi Band (on guitar and bass, respectively) with drummer Tim Connelly of Mama Bird, Ragged Glory, and Alma Sub Rosa (among others). All three musicians are veterans of the Open Mic, with the Mississippi Band having hosted a regular jam at Jimmy B's (on Rhomberg, now Easy Street) back in the day and Connelly drumming with the A.J. Steil band when they hosted a Wednesday blues jam at Murph's South End Tap in the late '90s. A recent installment featured Kevin of the band Massey Road leading the band through some rock and pop classics, which Cricket seemingly already knew. How does he do it?

The Bank Bar & Grille Open Mic with Jeff & Jimmy

Every other Wednesday, 9 p.m.

Hardest working drummer in the business Jimmy Berg (Apple Dumplins, Lonely Goats, Sun Green, The Johnny Rockers, Laura & the Longhairs, Derty Rice … you get the idea) likes playing with guys named Jeff apparently, at least for open mic nights. Jimmy played with bass/guitar player Jeff Weydert in the Dertones, once long-time hosts of the Busted Lift Wednesday Open Mic and now he plays with bass/guitar player Jeff McMullen every other Wednesday at The Bank Bar & Grille. It's handy to have extra bass/guitar playing Jeffs around. Also a songwriter, Jeff McMullen has been performing a few of his originals at recent open mics, setting the stage for other aspiring singer-songwriters to step up and perform their stuff for a real live audience. Through in some select covers that guest players can join in on and the occasional blues jam and you've got something for everyone.

The Cornerstone

Alex & Andrew Acoustic Jam
Every Wednesday, 6:30 p.m.
Open Mic with Jeff & Jimmy
Last Thursday of the month, 8:30 p.m.

Over in Galena, The Cornerstone hosts the Alex & Andrew Acoustic Jam every Wednesday evening from 6:30 to about 10 p.m. The duo of Alex Richey on banjo and vocals, and Andrew Houy on vocals and guitar entertains with a range of bluegrass-tinged acoustic folk tunes and serve as the masters-of-ceremony for whatever other shenanigans might occur onstage. As if that weren't enough, The Cornerstone also hosts an Open Mic with Jeff & Jimmy the last Thursday of every month from about 8:30 p.m. In case you were wondering, yes, that is the same Jeff and Jimmy hosting the open mic at The Bank.

The Bank Bar & Grille Jazz Night with 'Round Midnight

Every Thursday, 9 p.m.

Keeping both the jazz jam and open mic traditions going on Thursdays, The Bank Bar & Grille hosts the weekly Jazz Night with 'Round Midnight every Thursday from about 8:30 p.m. A tradition that started on Tuesday nights back in the heyday that was Isabella's, Jazz Night may have switched weeknights and venues, but is still hosted by 'Round Midnight and still draws a variety of guest players of all varieties. The rhythm section of Pab Adams on drums, Bill Encke on guitar, and Aaron Pustina on acoustic bass provides the backbone for the weekly excursion which ranges from early jazz classics to more contemporary arrangements – a fine structure on which to add trumpets, trombones, saxophones, or other guest instrumentalists or singers. From established jazz masters to college kids, if you can follow the chart and take a solo you're welcome to join the jam.

The Lift Dubuque Irish Trad Music With Peter & Andreas

2nd and 4th Thursdays, 7 p.m.

In addition to the aforementioned open mic, The Lift hosts Dubuque Irish Trad Music on the second and fourth Thursdays of the month. Co-host Peter Fraterdeus notes that the Irish Trad Music session is not "technically" an open mic as there are no microphones or electricity of any kind involved (that's the "Trad" part). Instead, Fraterdeus and co-host Andreas Transø gather with a few other lovers of acoustic Irish and Celtic music gather around a table and play as Irish musicians have no doubt done for generations. Transø sings ballads, sea shanties, bawdy pub songs, and gentle Gaelic aires on guitar, while Fraterdeus plays jigs, reels, hornpipes and Irish Polkas on the fiddle, whistle, mandolin and banjo. Other regulars join in on acoustic guitar, bass, or bodhran, but anyone with an interest is welcome to join in or just sip a pint of Guinness and listen. We suggest you get there early before it gets too noisy and sit nearby.

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Dog lovers believe that dogs are aware of our feelings at the very deepest level. Bill Shull, author of Animal Immortality, considers the possibility that dogs, like some humans, have other special abilities that go beyond our understanding.

Many animal intelligence tests are flawed and don't necessarily show true intelligence, because they are designed to see if animals think "like" a person. Newer science reveals intelligence in dogs and other animal species beyond what we have realized. Animals are capable of complex thought.

Here are some examples:

• The Great Ape Trust, a nonprofit research center in Des Moines, houses seven close cousins of chimpanzees (Bonobos) to study intelligence. These seven Iowa Bonobos are fluent in 384 icons and can build new ideas from old ones.

• Did you know that birds could use tools and solve problems? This suggests brain wiring and social structure. "Polly" also has the ability to understand some of the words she repeats!

• Elephants have strong family ties and mourn their dead. And they are not the only species that exhibits this behavior. Pack as well as herd animals require coordination and communication among members.

• Cats are intelligent and express emotions such as jealousy, embarrassment, fear, boredom, stress and loneliness. Like people, they are left and right-handed. Forty percent of cats are ambidextrous. Cats also sense things we do not. Recall the national news reports of a therapy cat at a nursing home predicting and knowing when a patient needed the aids to stay, or when a patient required hospice care.

Research by Carolyn M. Willis, senior research scientist and others published in the British Medical Journal, ***(www.ncbi.nlm.nih.gov/pmc/articles/PMC518893/)*** provided the first piece of experimental evidence to show that dogs can detect cancer by olfactory (smell) means more successfully than would be expected by chance alone.

Animals that are sensitive can benefit man. Miniature horses, miniature pigs, monkeys and dogs have worked as service animals. These animals have assisted the blind, hearing- impaired and the physically, emotionally and mentally challenged population. Therapeutic riding programs for people with disabilities are another way horses are utilized. Dogs and horses perform military, police and search-and-rescue work. Dogs are being used to help veterans cope with brain injuries and service dogs also are used to predict seizures.

It is a reality that both humans and animals benefit from medical and veterinary research involving animals (there is no benefit from cosmetic testing). All animals live rich and worthy lives.

Humans (as smart or smarter than a 5th grader) can use our intelligence by considering how we value the way animals experience their lives on the planet we share.

Mary Erschen is an 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.

Timmerman's Supper Club
7777 Timmerman Drive, East Dubuque, IL 61025
815-747-3316 • www.TimmermansSupperClub.com
HOURS: Bar: 4:30 pm - Close, Dinner: Mon – Thurs: 5 pm – 9 pm Fri – Sat: 5 pm – 10 pm, Sun: 4:30 pm – 9 pm (Brunch: 10 am – 2 pm)
ATMOSPHERE: Fine Dining, Country Club Casual Dress
NOISE LEVEL: Conversational
RECOMMENDATIONS: Sunday Brunch: Omelets, Carved Ham & Beef; **Appetizers:** Stuffed Mushrooms, Baked Kasseri, Water Chestnuts; **Entrees:** Chicken Oscar, Chicken with Artichokes, Ribeye Steak, Filet Mignon, Seafood Platter, Alaskan King Crab legs, Shrimp & Lobster Sauté.
LIQUOR SERVICE: Full Bar; Martini's
PRICES: $12.95 to $59.95
RESERVATIONS: 2 persons up; Brunch: 5 or more only
PAYMENT: Cash, Debit, Local Checks Only; MC, Visa, Discover, Amex
ACCESSIBILITY: Power Lift from Lobby
KIDS POLICY: Menu, High Chair and Booster Seat
CATERING: No • **TAKE OUT:** Yes • **DELIVERY:** No
PARKING: Large Private Lot

ARGOSY'S Food For Thought

TIMMERMAN'S SUPPER CLUB

by Rich Belmont

Many old time Dubuquers are aware Timmerman's Supper Club was built on a bluff by Helen Timmerman. But I wonder how many know Helen Ihm was one of 13 children and joined the Black Franciscan Order at age 16? She taught school and left the Order six years later. Three years after that, in1936, she married Robert Timmerman.

Helen began her career in the restaurant business when she went to work at The Chateau Supper Club. At the time The Chateau was a swinging place. It was located on Highway 52 North of Dubuque and it was owned by Lefty Dalsing. He was known for featuring big name bands like Harry James, Count Basie and Dubuque's own Paul Hemmer Orchestra.

Helen learned the restaurant business and after a few years she and her husband opened a bar in Happy Corners, WI and soon after took over The Chateau. She had Timmerman's built in 1961 and quickly acquired a reputation as a colorful character. She always wore long, flowing gowns and if you tried to get into the Club dressed inappropriately she would throw you out. In true supper club fashion Helen insisted you first visit the bar and have a few drinks before being seated for dinner. She ruled the club until she retired in 1985 at the age of 74.

Now back in the day supper clubs were high class establishments. They were prevalent mostly in the upper Midwestern states of Wisconsin, Minnesota and Michigan. Usually located on the edge of town most clubs operated all night providing cocktail hours, good food and nightclub style entertainment.

Of course, today they aren't open all night and they function like regular restaurants. There aren't too many left either. There are just a few in the Tri-State area.

Today Timmerman's is co-owned by Mark and Jodi Hayes (pictured abouve) and Gary Neuses. Mark and Gary were both hired at the club by second owner Dave Thiltgen. Mark started as a dishwasher 26 years ago. Gary began as a bartender when he was only 18 and has now been there for 24 years.

The dishwasher and the bartender became good friends. And it didn't take the third owner, Juan Rodriquez, too long to discover Mark and Gary knew everything they needed to know to run a first class showcase restaurant. In 2003 Juan gave the two men the opportunity to take over the business. So between them Mark and Gary have 50 years experience at the same location. This is quite ironic since this year Timmerman's is celebrating its 50th year in East Dubuque!

Mark and Gary are experts in providing superior cuisine at reasonable prices. They also understand the need to keep the menu fresh and up to date. This is why they recently brought Executive Chef Larry Ikonomopoulos into their kitchen. Larry is the son of a chef and he is the former co-owner of Gobbies in Galena. More recently he was the Executive Sous-Chef of the Empress (now called Hollywood) Casino in Joliet, IL. He has resided in commercial kitchens for over 30 years. He is ably assisted by his Sous-Chef, Forrest Clark who has been at Timmerman's for over 7 years.

The new kitchen team continues the tradition of Supper Club Continental cuisine. The menu is an exciting collection of grills, sautés, sauces, pastas, steaks and seafood.

Starting with the appetizers, for example, choose from Mushrooms stuffed with crab and cream cheese; or Oyster Rockefeller. The broiled oysters are topped with spinach, hollandaise and parmesan. The Baked

Kasseri is a sheep's milk cheese imported from Greece. My favorite is the Water Chestnuts Wrapped in Bacon served in a tangy BBQ sauce.

There is an unusually large selection of entrees. Timmerman's offers Prime Rib every night. It is Choice Grade beef coated with a specially prepared seasoning and slow roasted for 4 hours. The Fried Chicken is coated with Mies, a blend of 13 herbs and spices, flour, dry milk and eggs. Mies provides a light, delicate coating that enhances flavor by sealing in juices and reducing oil absorption. The Ribs are baby back and are braised in a specially blended honey sauce for over 5 hours.

The most popular beef entrees include the Ribeye served with Béarnaise sauce made from egg yolks and clarified butter. Also, in high demand are the Hand Cut Filet Mignon and my favorite, the Steak Diane, a Supper Club's signature dish. It's not found on too many menus these days but here it is the number one sautéed meal. It is expertly prepared with brandy and Dijon mustard.

There are many chicken dishes too. The Chicken with Artichokes is a delicious breast browned with mushrooms, shallots and Dijon mustard and deglazed with white wine. The artichokes are then added with a touch of cream, lemon juice and pine nuts.

The current menu also has eleven seafood entrees. The Seafood Platter is extraordinary. It contains a huge pile of fried shrimp, scallops, lobster, King Crab legs and cod. The crab legs platter is also impressive. It is piled high with Alaskan King Crab legs weighing close to a half pound each!

If you haven't been to Timmerman's in a while you should go and try some of the new menu items. Now there is an Asian Salmon salad and a Grilled Chicken salad. The Chicken Chardonnay is sautéed with butter, mushrooms, asparagus, fresh basil and white wine. Then the chicken is placed on top of tortellini hand tossed with white wine, red peppers, Dijon mustard, butter and spinach. The chicken Oscar is topped with Béarnaise sauce and then heaped with lump crab and asparagus. Another new item is the Shrimp & Lobster Sautee Platter. This appetizing plate of 5 large shrimp and medallions cut from lobster tails are sautéed with sun –dried tomatoes, shallots, fresh spinach and basil. They are then finished with brandy, Dijon mustard and cream and served over cappellini pasta.

Should you still think the menu does not offer you enough choices the Chef always provides at least one and sometimes two nightly specials. These are dishes that are off the menu such as roasted duck, pork chop Florentine, osso buco or stuffed roughy.

As one of the area's remaining supper clubs Mark and Gary are proud to serve you an authentic Sunday Brunch. There are many Sunday buffets around but only

a couple of Brunches. By this I mean there is a full offering of both breakfast and lunch items on the table. Help yourself to ribs, fried chicken, salads and Eggs Benedict. In true brunch tradition there is a chef cooking omelets to order and a carving station with Fleur De Lis buffet ham and Inside Round of Beef. I must say the Brunch is bargain! The all you can eat price is only $12.95 for adults, $5.50 for children 3 to 10 and children under 3 are free.

This restaurant has the uncanny ability to accommodate any size group on short notice. The main dining room seats 200 people. The adjoining Palisades Room holds another 100 and the upstairs private Pilot Room seats up to 30 more. It is not unusual to see tables with eight, twelve or twenty people enjoying themselves.

In case you are wondering, the bunny house is still there. It has been moved to the left of the main dining room to afford the rabbits more protection. Your kids will be happy to know the bunnies will return just before Easter.

Timmerman's Supper Club continues the nightclub tradition. It is one of only a couple places that still have a dance floor. There is a disk jockey on Saturday nights from 7:30 to 11:30 pm and he loves to play your requests. He will also be there on Valentine's Day, February 14th playing your favorite omantic tunes.

The Club is open every night so be sure to visit soon. Enjoy the panoramic view of the Tri-States Mississippi Valley. Perhaps you can imagine what it must have looked like to the person sitting in your chair 50 years ago!

Do you have a favorite restaurant you would like to see reviewed? Please send your requests, suggestions and comments to Argosy at argomark@mchsi.com.

Jumble Coffee Company

"Something Simple in a Jumbled World"

by Bryce Parks

So it's 2002, I've just pulled out of the Eagle's parking lot on Locust and above me in the sky is a giant blimp. Apparently, the first ever over Dubuque. Quickly I jump on my giant cell phone and called 365's first ever intern and said, "GT, get your camera, there's a huge blimp flying over Dubuque!" There's a pause and a laugh. GT replies "I'm in it!" Now that's an intern!

Fast forward nine years. GT is now all grown up, married with three beautiful kids, Owen, Mena and Clara. And now, for the first time, George Nauman, as I suppose I should call him, now that he's a dad and professional, is entering the entrepreneurial world on his own. On December 7th, George opened the brand new Jumble Coffee Company at 820 Wacker Drive in Dubuque (between US Bank and Wendy's) in partnership with his wife, Abby. One month in things are going great and while we couldn't be more excited for him, he had a few more descriptive words for the feeling of starting a new business.

"Terrifying". "Trying". "Exciting". "Rewarding", says George.

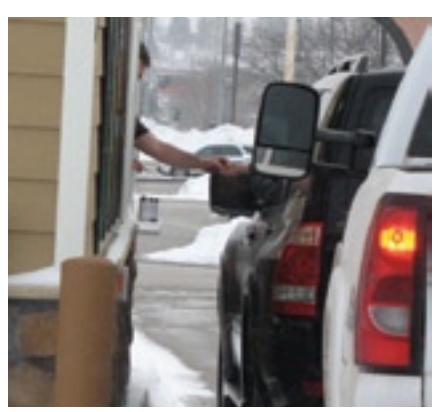
For much of the last decade George has cut his teeth in the world of food and beverages in management in the quick serve food industry. Looking to his future with a wife and family, he decided the time was right to take his knowledge and go his own way by his own rules, and do something he could be truly proud of. "My time in that industry taught me a lot about how to give fast, efficient service, but also about understanding margins and the business end of the food world." George shared. "But it also taught me how I would do things differently if I had my own business, most notably customer service, quality of product, living healthy and my impact on the environment." "I also noticed as a father of three, that it's not easy to find a great cup of coffee without getting out of the car with all the kids."

With the birth of Jumble Coffee Company, George and Abby pay attention to every detail and created a business that truly fits their own values, but also allows George to live the life he wanted for himself and his family. "I knew I didn't want to work at night." "I have three kids and I want to be with them." "I also knew a lot about gourmet coffee from my previous career and got a lot of positive feedback when I looked at opening a coffee company." While he had a lot of experience, he still went to the very best for more input and guidance to develop a brand and quality product that he could get excited about. "It's amazing how many Iowan's I came across building this business, from Belissimo, my consultants in Oregon who have more than one Iowan on the staff, including a Dubuquer, to Grounds for Change, my coffee supplier, out of Washington State, but originally from Iowa City. I looked everywhere for the best Organic, Fair Trade coffee and I've found it."

The organic, Fair Trade thing is very important to the Naumans. In fact, being environmentally wise as well and health conscious is extremely important and woven into every

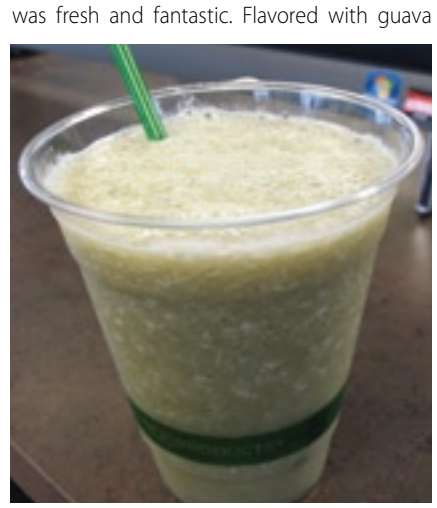
aspect of Jumble Coffee Company. All the coffee products are recycled and or recyclable. The plastic cups for iced coffee and smoothies are the same brand I had at my wedding, made from corn and therefore compostable. Even the straws are made from sugar and will also breakdown over time. And the food is simply top quality across the board. "There are no partially hydrogenated corn syrups, no additives or preservatives in the 100% fruit smoothies or any of the syrups we use. The pastries are baked right here in house daily. The burritos come from Boulder and are just awesome." Even my wife, who doesn't drink coffee would be proud as you can choose agave nectar as your sweetener instead of sugar. Luckily, she's a cocoa lover. George says that a career of seeing poor customers service prevail and watching the amount of waste that went to the dumpster daily was a strong motivator to go in this direction with any business he started. "I just could not continue to contribute to that."

"I spent my money on the quality of my product and the finishes of my building. I want the experience of getting the coffee to be a pleasant as the coffee itself."



Jumble's products are to a great degree what you might expect from a good gourmet coffee shop. The ordering menu on the most heavily used side of his convenient two-sided drive-up is not just easy to read, it's quickly educational to the novice coffee drinker with image showing what makes up most coffee drinks. In addition to the Cappuccinos, Lattes, and Mochas, Jumble's dark roast coffee is actually called an Americano. Rather than brewing a pot of coffee, it is a blend of espresso and hot water. "It just tastes better than brewed coffee. Instead of the water sitting the coffee grounds for a long time where it can get bitter, there is less contact with the coffee, but under pressure which not only makes it smoother tasting, but also avoids the carbons that can be picked up with the slower brew." "try it, you've be converted."

Jumble serves up three roasts all the time. In addition they have some specialty drinks that are quickly gaining fame like the Black and White Mocha, the White Chocolate Raspberry Mocha and the Turtle Mocha, which I had while visiting. It was nothing short of blissful. (Check out the StreetJaw daily tip embeds on Dubuque365.com or any Radio Dubuque station website for a great deal on trying the Turtle for yourself.) Cocoa, Tea, Juices, Frappes and Smoothies are also on the menu. "Our signature smoothie is called Jumble Juice. It's purposefully green in color, but it is delicious and good for you." I had one of those while I was there too, and yes, it was fresh and fantastic. Flavored with guava



and passion fruit, is also contains wheat grass, spirulina, alfalfa and pro-biotic yogurt. Want to go green? Here's a way to do it. He'll even put it in a bio-degradable corn cup.

If you've got some hunger on top of your thirst, bite into one of those Evol Burritos I mentioned earlier, or perhaps a fresh baked scone, muffin or Nature Valley bar. You can also get pipin' hot oatmeal and fruit & yogurt parfaits.

He's very keen on providing what his customers want. Aside from providing options like the agave nectar and soy milk, George started stocking lactose-free milk because one regular asked if he had it. "He comes by a lot and apparently no one else has it. He never gets to order what he really wants because of the lactose issue. Now he can." It's one of those touches that Jumble is feeling out as it matures to become just what everyone wants it to be for themselves.

What about the recent surge in competition from the McDonalds of the world? "McCafe is probably the best thing that could happen to my business. When they started serving espresso based drinks, Starbucks had one of their best quarters in years. The McCafe line opened up the world of gourmet coffee to a clientele that we would normally never be able to attract. Once they've had a taste of this world, they soon want to know what the really good stuff tastes like. So I'm all for it."

So how's it going since opening December 7th? "It's amazing how much support you get from other small business owners. They all offer help, advice and, of course, their patronage." "If this is supposed to be my downtime, I'm thrilled."

The hours are evolving as George gets a feel for the need in the area, but right now you can get "something simple in a jumbled world" Mon-Fri, 6:30 a.m. - 4:00 p.m., Saturday 8 a.m. - 4 p.m. and Sunday 9 a.m. - 4 p.m. ". And large order delivery is available. They also have just about the most generous "frequent flyer" card I've ever seen.

Find Jumble Coffee Company on Facebook or if you have questions about Jumble's products, you can call 563-564-3870 or e-mail jumblecoffeecompany@gmail.com.

"So if you're in here all day long, seven days a week , how much coffee do you down yourself," I asked. "I'm careful." I have not had one at all today," George replied. "When I first opened and was getting the process down pat, I was pretty jacked up every day. I don't sleep

anyway. There's just too much to think about... ideas I have for tomorrow."

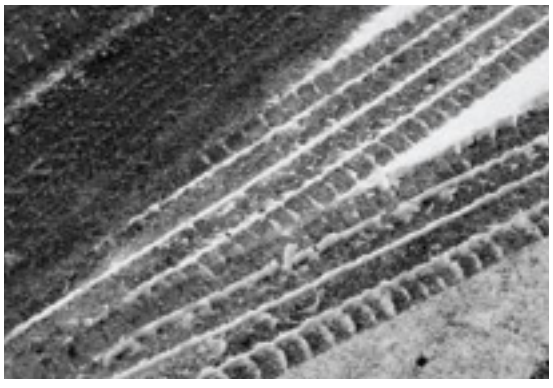
Try if for yourself and tell him where you read it. (and remember that discount you can find on SteetJaw.com)

No word on when the Jumble blimp will be arriving.

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.

Timing Can Be Everything

We're all familiar with winter in Iowa: the many varieties of snow that all lead to slick roads, narrow lanes that require taking turns to maneuver around parked cars, and hills that require you to make it all the way to the top to that stop sign if you want to keep moving forward.



But even with this experience, we all have bad luck. After a heavy December snowfall, Sarah Stangl was driving up the hill on Finley Street towards University Avenue when she had to stop because someone was already at the stop sign. It was slick that evening and little by little she kept skidding back down the hill. A man pulled over to help and tried to push her car but to no avail. He suggested that they switch places but as she got out and he came around the front, the car began sliding down the hill. The man dove into her car to begin to slowly maneuver it back up the hill. A woman also stopped to help push and to direct traffic around the triage effort.

After he crested the hill with her car, she offered to help them in any way she could, but they didn't drive "an old car like mine," and could proceed on their way. She probably would have ended up careening off of parked cards along the side of the road or having an accident with oncoming traffic if these two strangers in the neighborhood had not come to her aid. "It was one of those moments that reaffirms your faith in the people of your community. I only hope that I can do the same for someone else."

These everyday acts of kindness can make a big difference in the life of others. If she had been in an accident, multiple people could have been injured and there would be insurance claims and police reports to file. Instead, with little delay, she was able to get back to her little boy and husband, waiting for her at home.

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..

mattitude
be yourself, improve yourself

How to Change Your Attutide
by matt booth

It is your attitude, not your aptitude, which is the key to your success. Unfortunately, no one is born with a positive attitude. It is a skill that is learned over time that becomes a way of life. Sure, everyone has bad moments and that is way it is vital to CYA (Check Your Attitude) daily. Your attitude is the very soul of who you are. No matter what you've been through, no matter how many times you've stumbled, you choose your attitude. Here are some techniques that will help you choose a positive attitude and refuse to be affected by negativity.

Be Yourself To make having a positive attitude a way of life, you first must be yourself. If you are always trying to be someone else, you're not very good at it and it gets very tiring. To have a positive attitude, be yourself.

Improve Yourself Read books, articles, magazines that help you understand and adopt the attitude you desire. Watch films or listen to music or CDs that inspire you and encourage you.

Choice Recognize your choices. Regardless of what has happened to you in the past or what will happen to you in the future, you choose your attitude.

Thoughts Change your thoughts and you change your attitude. Use positive thoughts to create a new perspective for yourself. Just by changing your thoughts, you can change your attitude and thereby change your behavior.

Words Listen to yourself. Are your words positive or negative? As goofy as it may sound, try starting each day with positive and upbeat words. Your words become actions.

People Find some role models and imitate them. After you do that, be a role model for someone else. Avoid negative people as much as possible. They suck the life out of you.

Goals If someone else is rowing your boat, it goes where they want it to. Start rowing your own boat. If you don't have your own goals, you'll spend your entire life helping others accomplish theirs.

Change Embrace change. Do things differently and you start thinking differently. Change your actions and your environment. Make your environment reflect the attitude you desire.

Body Language Picture the body language of a person with a positive attitude. They exude optimism. What does your body language exude?

Solutions Focus on solutions – not on problems. If you focus on solutions, you cannot wallow in problems, complaining, blaming, or moaning.

Be Assertive If you don't like what someone else is doing or saying, tell them. Assert your feelings and beliefs instead of becoming angry, combative or passive.

It is what it is Figure out which problems you can solve (I need to lose 10 pounds) and which problems are beyond your control (the price of gas). Work on accepting the things you can't change. Learn to say "It is what it is."

Mattitude Improvement Tip

Testamonials

Testimonials provide social proof that can turn wavering prospects into paying clients. Testimonials nurture trust and third party endorsements carry more weight than anything you could ever say. People love to hear stories and a testimonial is satisfied customer telling a story about you. When one of your customers tells you how much they value your service, ask them for a testimonial.

Dear Matt Booth,
"On behalf of all delegates of the 2010 JCI World Congress in Osaka, Japan, please accept my gratitude for your participation in our event. Motivation is incredibly important for an organization like JCI that relies on the enthusiasm of people to progress and create change. Your presentation was effective in fueling this motivation! " **- Edson A. Kodama JCI Secretary General**

Call Home
by pam kress-dunn

There is a gigantic billboard on Highway 151 between Dubuque and Madison that kills me every time I see it. Its message is simple: "Call Your Parents." My response, though unspoken, is always the same: Oh, how I wish I could.

I still remember the phone number. I've used it as my password on my phone at work, and oh, what a thrill it was to dial those numbers again. (I remember my childhood phone number, too, and it's really cool to dial 324-5869, though it really should be dialed on a real dial phone, where the 9 takes much longer than the 3.) But no one would answer, or, if it's been recycled after all these years, only a stranger would pick up.

If you've got parents, you should call them more often. You shouldn't put it off. Even if they're not that old, you never know how long you're going to have them. I know a married couple who lost both of their fathers in 2010, and these people are kids compared to me.

I also have friends closer to my age whose parents are still around – some going strong, others hanging on by a thread in nursing homes. My hairdresser, who seems to be about my age, astonished me by saying she was going to a potluck, "and I asked my mom to make a cherry pie." Your MOM? I wanted to yelp. Your mom is still alive? Alive and baking pies? I was floored, and more than a little envious.

It took me back to one of the last days I spent with my mom, whom I had brought to Dubuque by ambulance when she was felled by a broken shoulder and Alzheimer's disease. She was comfortable enough at Stonehill, and very well cared for, although she asked repeatedly, "What am I doing in Dubuque?" The stock answer was "Because Pam is here," an answer that neatly sidestepped her diminishing mental capacity.

When the weather allowed, I took her for walks outside. One day, we noticed that a small tree that had been covered in blooms in the spring was now hung with red fruits. She and I agreed they must be cherries, but when I asked if she thought they were sweet or sour, she wasn't sure. So I walked over, plucked one off, and startled her (and me) by popping it into my mouth. "Sour!" I declared, spitting it out. Just right for a cherry pie, we agreed, the kind she used to make so expertly.

I'd made her laugh, so that was a good day. She wouldn't remember, so it was bittersweet.

Despite the message of the billboard, we weren't big on phone calls. It was letters that kept our family ties close. If I ever see a sign instructing "Write Your Mom," well, I'm liable to lose it. For months after her death, I kept thinking of things I wanted to put in a letter to her. Any time I saw a new bird at the feeder, or one of my kids achieved something special at school, or my husband and I traveled somewhere new, I would think, I need to write about this to Mom. But I couldn't.

She's been gone over ten years, and I still feel that impulse. If you're more used to calling, I'm sure you will find yourself picking up the phone and beginning to dial before you remember that the person you want to talk with is no longer there.

I'm not trying to make you feel bad. And I know it's pointless to say to anyone whose parents are still alive, "Appreciate them!" although that's what I hope you'll do. I realize that if I could magically have mine back, or roll back the hands of time a decade or two, I'd still be annoyed with them over the same old things that always used to irk me, and there would still be times when we hardly spoke because we thought we had so little in common.

Sometimes I think it's just as well that they're gone now. They haven't had to witness my descent into headache hell; they would have worried sick over my hospitalization in the Head Pain unit last year, eight hours away in Michigan. I'd have done my best to explain why I chose to go there, and it certainly would have given me someone else to write to about it. Someone who really cared, too. Because really, for unconditional love, you can't top a mom and dad.

I do realize how easy it is to idealize one's relationship with one's parents, especially after they're gone. But I'm not imagining things when I remember how my mom would cradle my forehead with her hand when the stomach flu had me doubled over the toilet. And I remember how my dad bought me a used car to drive the summer I ran away from my violent husband. Though it was hard for him to talk about my situation, he knew how to show his love.

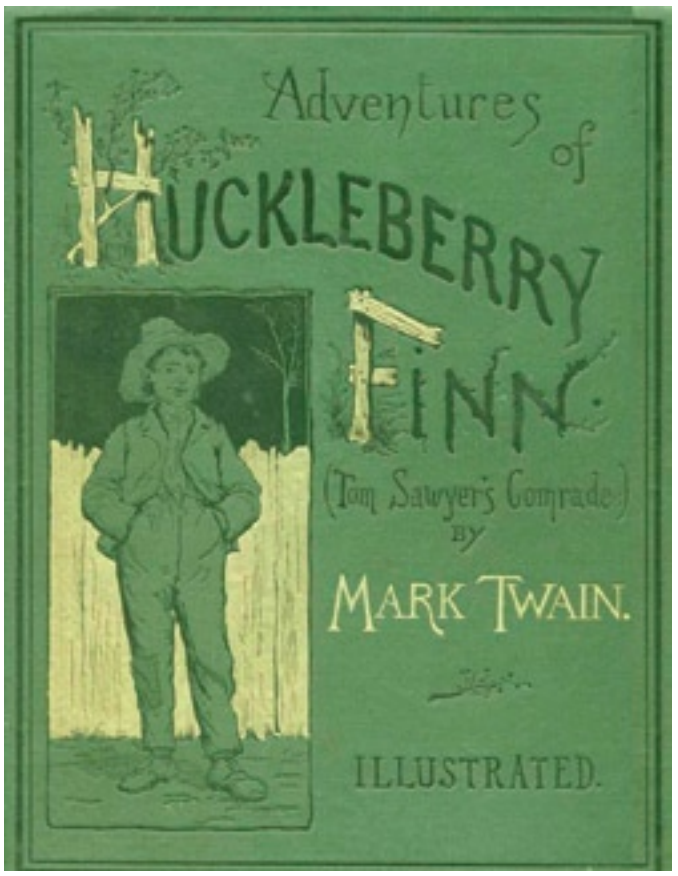
The other night, I lay on the sofa with a ripping headache. Realizing I wasn't up to it, I called out, "Would you please do the dishes?" But here's the amazing thing: I was absolutely convinced that the person I was calling out to was not my husband, but my mother. It did not strike me as odd that she was in my kitchen. It was more a feeling of Well, of course she's there. And how convenient! It left me feeling not sad, but comforted.

So, yeah. Call your parents. Write, visit, email, Skype. Raise your own kids so they know it's important – nonnegotiable, really – to keep in touch, whether the news is big or nonexistent. And if you visit, do the dishes.

pam2617@yahoo.com.

Huck Finn: In Trouble Again

by bob gelms



This has been in the news of late so I'm sure some of you are aware of this controversy surrounding Mark Twain's Adventures of Huckleberry Finn. Southbooks recently announced that it would publish an updated version of Twain's classic. What, you might ask, does that exactly mean? Huck and Jim adrift on the Mississippi River; finding their way with a GPS device; the widow Douglas vacuuming her rugs with a Dyson; or maybe we might find that Pap has joined a twelve step program? God knows he needs one.

Well, we aren't that lucky. The updating involves replacing the 219 times "nigger" appears in the text with the word "slave." For the added enjoyment of the modern reader the editors are also replacing the word "injun" in the text with the word "pineapple." I jest; the word injun will become Indian. Don't ask me. The only reason I can think of is that the modern reader would consider the word 'Injun" to be an epithet when actually, in the novel, it's really simply just the way people in Huck's socioeconomic class pronounced the word Indian. If they wanted to insult an injun they would have used words like, red devil or heathen savage.

Adventures of Huckleberry Finn is one of the most banned book in the world. After it was published in 1885 it only took a few weeks for the banning to start and it doesn't look to be slowing down anytime soon. At the bottom of all this you'll probably find that the loudest critics haven't read it.

Fundamentally, there are three reason people want the book banned, Twain's use of the word nigger, the way Jim is portrayed in the book, and it fails to depict the way the south really was at that time in history.

First it needs to be said that Adventures of Huckleberry Finn is the first truly American novel to have appeared on the literary scene up to that point. It's the first book dealing with American themes; using American characters who were not portrayed as warmed over Brits; and talking in the way Americans talked. I know this might come as a shock to some of you modern readers but Americans use all the word that Twain puts in the mouths of his characters…all of them…including the word nigger. At the time it was a demeaning, derogatory word aimed at slaves in particular but black people in general. It hadn't yet taken on the unrivaled power that the word has today. Of course it matters who is using it and for what reason. Isn't that the way with all words? That word is one of the most important words in the text; remove it and you eviscerated the power of the novel and you make Huck's epiphany at the end of the book mean almost nothing. The word is used in a variety of ways depending on who uses it. That word in particular gives you an insight into the character who uses it. There is a big difference between Pap's use of the word and Huck's. Pap spits it out with hatred and Huck almost just uses it as an identifier. In Huck's world that seems to be what you call black people. Huck hasn't been as yet indoctrinated into the evils of that word, but he will learn to hate all that it represents by the end of the book and choose not to be part it and, instead, affirm Jim as his friend.

Second, some people feel that Jim is portrayed as a simpleton, as an Uncle Tom type of character. This is absurd on the face of it. You don't even have to read the text closely to see that Jim is the only, let me repeat, the only character who is pure of heart. He treats everyone he meets with kindness and respect. He is gentle and loving. His innocence is the counterpoint to everyone else in the book. Jim is the only good man through and through in the book. His is dignified in his dealings with everyone. He is the example of how a human being ought to act.

Thirdly, people criticize the book because it doesn't illustrate the South accurately. This, of course, really depends on who is doing the illustrating. Twain was a Southerner and for a short time found himself a member of a Confederate Militia at the beginning of the war. He left after a few days and hightailed it out west to avoid all contact with the war. As a Southerner his voice seems to have taken over and overshadowed Hucks. I have some startling news for you. Twain wasn't trying to depict the South. He was trying to depict a world that has Huck at its epicenter using the South as the background.

There can be no modern version of Huck Finn. That, my friends, is something of an oxymoron. The version Twain wrote stands alone as a colossus of American Literature. The only one who has the right to change anything in the text is the writer. You have a choice. You can read the book as it was meant to be read and have yourself an experience that goes to the heart of who we are as a people. If you think you might be offended at the use of the words "nigger" or "injun" or even "pineapple" then you can choose to not read it and that's the way it should be.

Oatstanding Breakfast Cereal

with nutritionists pat fisher & megan horstman

There's a super grain that most households already have stocked in their cupboards. And because people eat more of this grain during January than any other month, we celebrate Oatmeal Month. But what should be celebrated about oatmeal is the health benefits for your heart.

There's 25 years of evidence supporting the health benefits from oatmeal, mostly from its fiber. Oats contain soluble fiber, which has been shown to help lower LDL (bad) cholesterol, help control blood sugar levels and control appetite.

Because oats are a plant food, they naturally provide phytochemicals, similar to fruits and vegetables. New research has found that oats have unique antioxidants that may play a role in maintaining artery health. Flavonoids found in oats may protect LDL from oxidation. LDL that is oxidized is thought to possibly lead to hardening of the arteries. In addition, other studies have found flavonoids in oats have anti-inflammatory properties and may help reduce plaque build-up in the walls of arteries.

Steel-cut oats have gained popularity recently. The difference between steel-cut and old-fashioned oats is mostly texture. Steel-cut oats are cut into two to three pieces, and when cooked have a chewy texture. Old-fashioned oats are steamed and rolled, which reduce the cook time. Nutrition for both is similar.

An oatmeal bar is a great way to provide a breakfast to suit everyone's taste. Offer a variety of toppings to customize a bowl of oatmeal to personal preferences and tastes. Because cook time for steel-cut oats is longer, cooking in a slow cooker is ideal with the Overnight Oatmeal recipe below.

Overnight Oatmeal

Serves 16 (1/2 cup each).

All you need

Hy-Vee non-stick cooking spray
2 cups uncooked Full Circle steel-cut oats
8 cups water or Hy-Vee skim milk
1/2 tsp Hy-Vee salt, optional
Assorted toppings such as brown sugar, maple syrup, cinnamon, raisins, fresh fruit or berries, optional*

All you do:

1. Coat 6-quart slow cooker with non-stick cooking spray.
2. Stir together oats, water and salt, if desired, in slow cooker. Cover and cook on LOW for 8 hours or overnight or until nearly all water or milk is absorbed.
3. Stir well before serving. Serve with assorted toppings, if desired. Refrigerate leftovers.

Nutrition facts per serving: 40 calories, 0.5g fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 0mg sodium, 7g carbohydrate, 1g fiber, 0g sugar, 1g protein.

Recipe from Linda Ashley, Hy-Vee Dietitian

Toppings for oatmeal bar: Chia seed, Milled flax seed, Chopped walnuts or almonds, Dried cranberries or blueberries, Raisins, Fresh or frozen berries, Chopped apple or banana, Mini chocolate chips, Peanut butter, Marshmallows, Ground cinnamon.

Almond Milk

A Nutritiously "Nutty" Beverage

Did you know? Almond milk is a non-dairy beverage made from real almonds. This smooth and creamy beverage offers a hint of almond flavor and contains a starting lineup of powerful nutrients and nutritional benefits.

Trim the Waist Line. At only 40 calories per eight-ounce serving and low in fat, unsweetened almond milk offers a low-calorie beverage option to enhance any meal or snack.

Bone-Building Beverage. Almond milk is rich in calcium and vitamin D, which work together to build and maintain strong bones in men, women and children.

Healthy Glow. One serving of almond milk contains 50% of the daily recommendation of Vitamin E, an antioxidant that plays a role in healthy skin and hair.

Heart Health Benefits. Almond milk is free of cholesterol, saturated fat and trans fat, and filled with heart-healthy unsaturated fats, such as omega-3 fatty acids.

Allergen-Friendly. You don't have to have a food allergy or intolerance, such as lactose intolerance, to enjoy this beverage; but if you do, you're in for a treat. Blue Diamond Almond Breeze® does not contain lactose or casein and is free of eggs, wheat, gluten and peanuts.

Commercial almond milk products come in plain, vanilla, chocolate or unsweetened flavors. Look for almond milk in cartons, either on the shelves or in the refrigerated section of your local Hy-Vee HealthMarket department. Refrigerated almond milk should be stored at a temperature of 35 to 45 degrees F up until the "sell by" date printed on the carton, and should be used within 7 days after opening. Unopened shelf-stable almond milk can be stored in your pantry unrefrigerated up until the "best before" date printed on the carton and should be used within 7 to 10 days of opening. For optimal taste, it is recommended to refrigerate shelf-stable almond milk overnight before opening.

Enjoy almond milk chilled by the glass and on your cereals. You can also puree almond milk with frozen berries or bananas for a refreshing smoothie, or add as a non-dairy creamer to coffee. With the exception of instant pudding, almond milk may also be substituted cup-for-cup in your favorite recipe. For additional ideas on incorporating almond milk into your diet, contact a Hy-Vee registered dietitian or visit www.hy-vee.com.

Strawberry-Banana Frosty

Serves 3.

All you need

2 cups Hy-Vee original or vanilla almond milk
1 ripe banana, broken into chunks
1 cup (about 6) frozen Hy-Vee whole strawberries
1 tbsp agave nectar

All you do

• Place all ingredients in blender and puree until smooth.
• Serve immediately.

Nutrition Facts per serving: 160 calories, 2 g fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 100 mg sodium, 37 g carbohydrates, 3 g fiber, 30 g sugar, 2 g protein. Daily Values: 8% vitamin A, 60% vitamin C, 2% calcium, 2% iron.

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

Conceptis SudoKu

By Dave Green

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9		4			5			8
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Difficulty Level ★★★★★ 1/23

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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 31).

What's the Difference?

Find 10 differences in these two photos from our visit to Jumble Coffee Company near Kennedy Mall. (Answers on page 31).

IMAGE 1

IMAGE 2

PREMIER CROSSWORD/ By Frank A. Longo

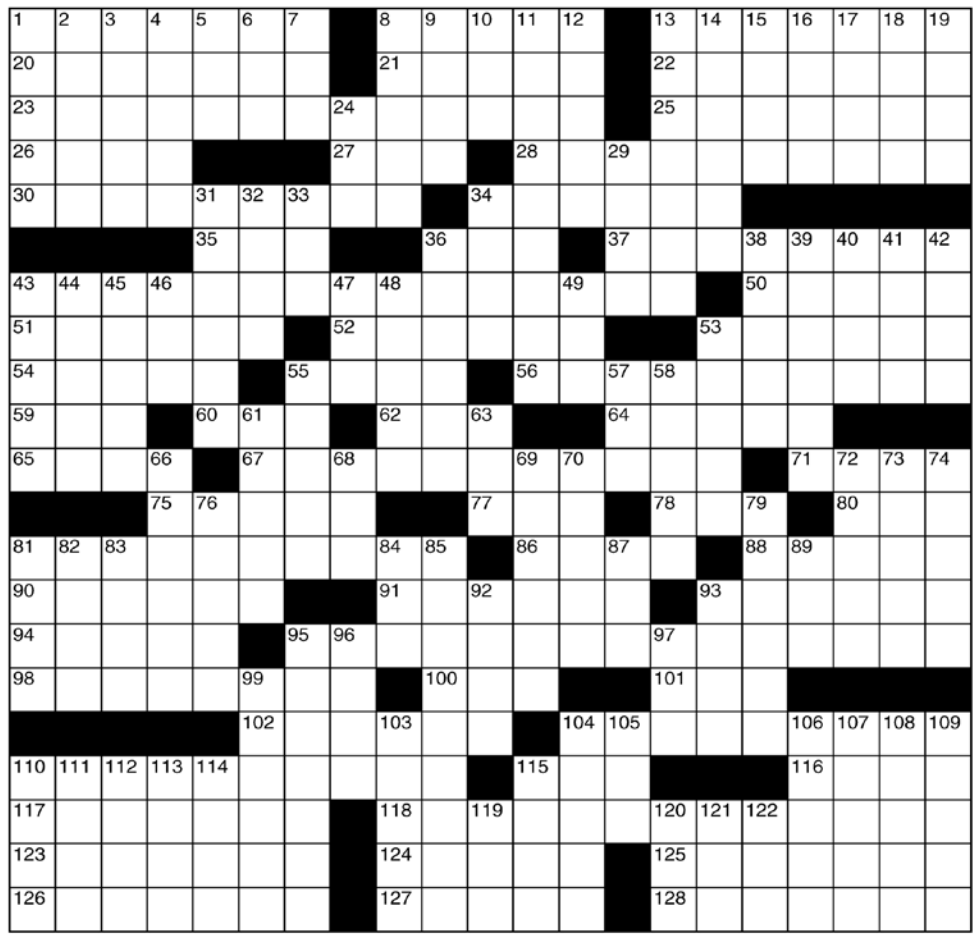
NOTHING IN BETWEEN

ACROSS

1 Examine by touching, as for medical diagnosis
8 Florida resort port
13 Assemble again
20 New York Indians
21 Like a vine-covered wall
22 Top celeb
23 What an ivory tickler's hands are on
25 Kind of onion
26 — Reader (bimonthly digest)
27 Blokes
28 Jolly Roger
30 Bamboo-eating cutie
34 Domination, in slang
35 Hi- —
36 Gene-splicing need
37 Army meal buddy
43 Siren-sounding vehicle
50 Politico Ross
51 Shows at the Met
52 Actor Mickey
53 "Dallas" wife
54 Flax fabric
55 FedEx or fax
56 World Cup bouncer
59 Cookout pest
60 Query
62 In the past
64 Actor Ethan
65 With 40-Down, highway snooze site
67 Orca
71 Talks to a beat
75 Port near Nazareth
77 Connection
78 "For" vote
80 Prohibition
81 Chaplin movie, e.g.
86 Cato's 559
88 — Magli (shoe brand)
90 Inflammation of the ear
91 Stella — (lager brand)
93 Liquor lover
94 —'s razor ("keep it simple" maxim)
95 Cryptogram alternative
98 Synonym books
100 Scale notes
101 Charged bit
102 Rouse
104 Pet that looks like it's wearing a mask
110 Often-twisted treat
115 Author Rand
116 City in Colombia
117 Breakwater embankment
118 Descriptive of 10 answers in this puzzle
123 Vienna-born photog-rapher Model
124 "— you!" (cry of challenge)
125 Longing person
126 Marital state
127 Campfire residue
128 Professions

DOWN

1 High fly ball
2 Baker of soul
3 "Blue" singer Rimes
4 Longed
5 Kerfuffle
6 "And we'll — a cup o' kindness yet ...": Burns
7 WNW opposite
8 Italian river
9 Bard of —
10 Hamm with a 56-Across
11 Suspects' humiliating escorts
12 Include as a bonus
13 Devastating damage doer
14 High classes
15 — one's time
16 Flyboys' org.
17 "— never fly"
18 Twin of Luke Skywalker
19 Lag behind
24 Sumac from Peru
29 "— Lama Ding Dong"
31 Secret things
32 They sting
33 Psychic "gift"
34 — about (close to)
36 Hard laborer
38 Kindle
39 Person in the club
40 See 65-Across
41 Parkway fee
42 And the like: Abbr.
43 Arctic
44 Offer views
45 Pre-Easter times
46 State of rage
47 "Right you —!"
48 Concerning musical pitch
49 Corp. kingpin
53 Fly-catching bird
55 Light boat
57 Third of a dance move
58 Flower part made up of sepals
61 Comedy bits
63 Meal crumb
66 Letters before iotas
68 Chou En- —
69 Surviving wives
70 Sun: Prefix
72 Activity-filled
73 Comic strip segment
74 Sleep loudly
76 Life principle
79 Teem (with)
81 Flue buildup
82 Have a yen
83 Pet pests
84 China's — -tzu
85 Famous Amos rival
87 Loc. of 75-Across
89 Peri's role on "Frasier"
92 Bygone ruler
93 Fraternal lodge org.
95 Some Louisianans
96 Jeopardy
97 Ten, in Dijon
99 Letter-shaped fasteners
103 Leg bone
104 Small kids
105 A, in Spain
106 Earthy hue, to a Brit
107 "Alfie" star Michael
108 Adjust
109 Theater rows
110 Norwegian capital
111 Bridle part
112 Soothe
113 Actor Wilson
114 Oscar winner Blanchett
115 Four roods
119 Jacuzzi sigh
120 TriBeCa site
121 Narcs' agcy.
122 Do battle



Puzzle answers are located on page 34

Dubuque Crime & Poverty Study Completed

by mayor roy d. buol

(Edited for length by 365.)

As reported on the City of Dubuque website, the Northern Illinois University Center for Governmental Studies (NIU/CGS) has completed its 2010 Quantitative Research Study on Crime and Poverty in Dubuque.

The study was designed to compare community perceptions of crime in Dubuque to actual crime data.

While the following information represents the attempts of City staff to summarize the findings they think the majority of the public will be most interested in, residents are encouraged to read the study in its entirety and consider it as a whole before drawing conclusions.

Literature Review

As part of the study, NIU/CGS reviewed research that has been done regarding general causes and characteristics of crime in mid-sized communities, the relationship between Section 8 housing and crime, effective crime prevention strategies, and the factors that contribute to perception of increased crime and ways to alleviate those perceptions. They did not review research on the causes of poverty or the reasons poverty and crime tend to be interrelated. In general, the research they reviewed shows:

• Section 8 housing projects that are smaller, more dispersed garden-style, have defensible space, and are located in less resource poor neighborhoods tend not to be linked to crime and crime dispersion, while large high-rise towers that are concentrated in resource poor neighborhoods do tend to affect crime rates.

• Community policing, problem-oriented policing, and hot spots policing are effective crime prevention strategies and community policing tends to reduce fear through improving police relations with citizens and reducing social and physical incivilities.

• There is little evidence to suggest that curfews effectively reduce juvenile crime.

• The use of closed-circuit television is moderately effective in reducing crime in parking lots, but not in other places such as city/town centers, public transportation systems, or public housing areas.

• Areas with high levels of concentrated disadvantages (high levels of poverty, unemployment, female-headed households, and minority concentrations) tend to also have high violent crime rates.

• Researchers caution against blanket strategies such as installing closed-circuit cameras and enacting juvenile curfews as these approaches may not be sufficiently tailored to the particular needs of a distressed neighborhood.

Community Survey and Perception Analysis

(based on interviewing 502 residents)

• 84 percent of those surveyed have lived in Dubuque for 11 years or more; 42 percent have lived in Dubuque for 35 years or more.

• 88 percent of respondents said their neighborhood was an excellent or good place to live.

• 19 percent of respondents said they felt very or somewhat unsafe downtown during the daytime and 70 percent said they felt very or somewhat unsafe downtown at night. ("Downtown" was not geographically defined by the survey.)

• 2 percent of respondents said they felt very or somewhat unsafe in their own neighborhood during the daytime. Eleven percent said they felt very or somewhat unsafe in their own neighborhood at night.

• 76 percent indicated crime was a major or moderate problem in Dubuque.

• Of those who have lived in Dubuque at least five years, 89 percent said that crime has increased significantly or somewhat within the past five years.

• 57 percent indicated the City of Dubuque was doing an excellent or good job in addressing crime, while 68 percent indicated the Police Department was doing an excellent or good job in addressing crime.

Comparative and Trend Analysis

In conducting the comparative analysis, NIU addressed the perception that crime is increasing and that it is worse in Dubuque than in other comparable Iowa cities. The statistical analysis indicated that:

• Overall, Dubuque's crime profile is not uniquely different from other cities.

• Across the 10 cities, as the percent of families with incomes below poverty level increases, so does the average violent crime rate.

• Dubuque does not have uniquely high rates of violent crime, with the only exception being aggravated assault, the most common violent crime. When analyzing UCR violent crime, Dubuque reported the third-highest average UCR violent crime rate and this difference from the average was statistically significant. This can be attributed to the misclassification previously mentioned.

When simple assault and aggravated assault rates are added together for all of the communities, Dubuque's average violent crime rate is in the middle instead of in the top three.

Dubuque's rank among 10 largest Iowa cities:•

• Third lowest in property crime

• Fifth in violent crime (includes simple assault; third highest without simple assault)

• Fourth lowest in family poverty, third lowest in household poverty, near income inequality average.

• Fifth in median household income o Is staffed with 1.7 sworn officers per 1,000 residents, compared to 1.6 average

Local Crime and Arrest Data

NIU/CGS analyzed over 350,000 individual arrest records and Section 8 housing program files for the 2006-2009 timeframe. There were approximately 15,900 adult arrests during this timeframe.

• Except for UCR property crimes, crime hotspots are more likely to occur downtown.

• UCR violent and UCR non-violent crimes appeared to diffuse, especially downtown – some blocks with low or average rates of violent crime in 2006 that neighbored blocks with high rates became blocks with high rates in 2008.

• Property crimes in the downtown area exhibited the opposite tendency, to become more average when neighboring blocks with high rates in 2006.

• These generalizations, and the hotspot analysis in particular, are tentative, not conclusive. How hotspots are defined can alter results significantly.

• There is a general association between poverty and crime in the comparative analysis of Iowa cities.

• In looking at "hotspots" (areas where there is either a concentration of Section 8 participants or a concentration of certain types of crime occurring):

• The hotspot analysis helps visualize where crime and Section 8 properties are located but does not support a conclusion that there is a causal relationship.

• The preponderance of crime in Dubuque is concentrated around the city center, as are the preponderance of Section 8 participants.

• Many Section 8 concentrated areas do not match concentrated crime hotspots; crime hotspots emerge in locations where there is not a concentration of Section 8 housing.

• On average 26 percent of Section 8 hotspots coincide with eight different types of crime hotspots, mostly due to property crime.

• A total of 7 out of 10 UCR violent crime hotspots overlapped with Section 8 hotspots in 2006 and 11 out of 13 overlapped in 2008. But this implicates only 17.5 percent of the total number of Section 8 hotspots; 82.5 percent of Section 8 hotspots are not implicated in UCR violent crime.

• Two-thirds of Section 8 hotspots overlap or are contingent with UCR Property crime hotspots.

NIU/CGS offered the following recommendations based on the analysis:

• use the data analysis in the study as a springboard for objective dialogue to make informed decisions;

• invest in, partner with, and empower at-risk neighborhoods;

• address downtown crime hotspots after using community policing strategies to build relationships;

• disperse Section 8 housing unit locations into neighborhoods with greater social resources; and

• address poverty wherever it occurs and provide assistance to the impoverished so they can regain their financial footing.

Next Steps

The Safe Community Task Force will consider additional recommendations to the Dubuque City Council. The complete report is now ava safe

SUSTAINABLE DUBUQUE
viable • livable • equitable

Dear Trixie:
What do you do when you have a cheap friend who scams free meals from you? I have an old college buddy who will do almost anything to get out of paying for dinner. Two or three times a month a group of us get together and go out for cocktails and dinner. We are all professional people and we go to pretty nice restaurants. This friend, (I'll call him Shane) is very charming and funny. He has found at least 4 ways to get out of paying his share of the tab. Once he said he left his wallet in the car and it took him 23 minutes to retrieve it. Of course by then we had settled up the bill and were ready to leave. Another time he had an important call to take and he and his cell phone disappeared. Then there was the time he claimed he had gotten a new wallet and accidentally grabbed the old empty one from his dresser by mistake. Tonight he used his old standby: order the most expensive item, eat it and then hide in the bathroom until someone else pays the check. I will admit that we are not a very confrontational group because no one wants to call him on his behavior. It's embarrassing enough that we just pay and say nothing. What can we do? **- Beta Brother**

Dear Beta Brother:
Since passivity is the core trait in your group dynamic you should do what you do best: nothing. Try to look upon Shane as a type of hired actor whose job is to infuse your dinners with a unique brand of performance art. Bring a stopwatch and you could lay bets on how many minutes Shane will spend in the bathroom. The cost for the entertainment is one meal.

Dear Trixie:
I have to watch every single calorie that goes into my body and run at least 2 miles a day to maintain my figure. To me food is an enemy. Unfortunately I am required by my job to attend many cocktail parties where delicious tidbits are being proffered. I am constantly being tempted to "just try a taste" of cheesecake or other fatty treat by my co-workers. "One little bite won't hurt," they say. But it will hurt. If I let down my guard I am afraid I will start ravenously gobbling everything in sight and lose the ability to control myself. Is there a polite way to say 'No' without damaging my job and jeopardizing the tenuous hold on my will power **- Fit Not Fat**

Dear Fit:
No.

Dear Trixie:
I am 40 years old and my biological clock is ticking. I have always thought I wanted to be a mother---someday. Now I need to make a decision. My boyfriend doesn't care one way or another because he already has 3 kids. How can I know if this is the right thing to do ? **- Maryjo Habberkorn**

Dear Maryjo:
Ask yourself the following questions:

- Do you like to wear clothes that are not covered in vomit or saliva?
- Do you like to sleep deeply at night and not be awakened periodically by high-decibel screaming?
- Do you find human feces disgusting?

If you answered 'yes' to any of these questions then you should not have a baby. Just because you are physically capable of bearing a child does not mean you are going to be a good mother. Some people are just not meant to be parents and I will further state that a man who is so ambivalent about increasing the population should have an immediate vasectomy. Stay single, stay happy.

Dear Trixie:
I am having my first fancy dinner party next Sunday. There will be four courses and dessert. I know the bread plate is placed at the upper left corner opposite the wine glass. Where does the salad bowl go? **- Misty Glacker**

Dear Misty:
Directly under the salad.

DUBUQUE365.com

PUZZLE ANSWERS From page 28.

Where Are We?: Dubuque Arboretum & Botanical Gardens

What's the Difference?

Sudoku

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

Difficulty Level ★★★★★ 1/23

Crossword

P	A	L	P	A	T	E		T	A	M	P	A		R	E	B	U	I	L	D
O	N	E	I	D	A	S		I	V	I	E	D		A	L	I	S	T	E	R
P	I	A	N	O	K	E	Y	B	O	A	R	D		V	I	D	A	L	I	A
U	T	N	E				M	E	N		P	I	R	A	T	E	F	L	A	G
P	A	N	D	A	B	E	A	R		O	W	N	A	G	E					
				R	E	S			D	N	A		M	E	S	S	M	A	T	E
P	O	L	I	C	E	P	A	T	R	O	L	C	A	R		P	E	R	O	T
O	P	E	R	A	S		R	O	U	R	K	E				P	A	M	E	L	A
L	I	N	E	N		S	E	N	D		S	O	C	C	E	R	B	A	L	L
A	N	T		A	S	K		A	G	O			H	A	W	K	E			
R	E	S	T		K	I	L	L	E	R	W	H	A	L	E		R	A	P	S
			H	A	I	F	A			T	I	E		Y	E	A		B	A	N
S	I	L	E	N	T	F	I	L	M		D	L	I	X		B	R	U	N	O
O	T	I	T	I	S			A	R	T	O	I	S		B	O	O	Z	E	R
O	C	C	A	M		C	R	O	S	S	W	O	R	D	P	U	Z	Z	L	E
T	H	E	S	A	U	R	I		F	A	S			I	O	N				
				B	E	S	T	I	R		T	U	X	E	D	O	C	A	T	
O	R	E	O	C	O	O	K	I	E		A	Y	N				C	A	L	I
S	E	A	W	A	L	L		B	L	A	C	K	A	N	D	W	H	I	T	E
L	I	S	E	T	T	E		I	D	A	R	E		Y	E	A	R	N	E	R
O	N	E	N	E	S	S		A	S	H	E	S		C	A	R	E	E	R	S

DR. SKRAP'S COMPLETELY WORTHLESS HOROSCOPES

Aries 3/21-4/19

Soon you will eat asparagus. Later, when you have forgotten, you will be reminded … oh yeah, I ate asparagus.

Taurus 4/20-5/20

Surveys reveal that the majority of people who make New Year's resolutions fail before the end of January. Good for you! You've avoided failure by realizing just how awesome you already are! Yeah, tell yourself that a few more times.

Gemini 5/21-6/21

Somebody asked you what you got for Christmas and already you can't remember, yet you're still paying the credit card bills for the traditional holiday gift-buying. Consider knitting or finding friends and a family that give better stuff. Perhaps a mistress or sugar daddy?

Cancer 6/22-7/22

You have a right to be frustrated that you've come down with your second massive head cold of the season. That does not mean you own the TV remote though.

Leo 7/23-8/22

Your Facebook friends begin to ignore you since the birth of your child and your subsequent new position as publicist for your child. We get it. She's cute. Why don't you start playing Farmville and make this split easier our our part.

Virgo 8/23-9/22

With the kerfuffle in the astrological community about the change in signs and what your sign might really be you are reconsidering the science behind astrology. Oh ye of little faith. Start using the word kerfuffle.

Libra 9/23-10/22

You're somewhat shocked and slightly horrified to learn that your boyfriend looks at internet porn. You are somewhat relieved when you remember … oh yeah, he's a guy. Besides, show me a Google search term that does not bring up porn!

Scorpio 10/23-11/21

You are probably wondering if you are now supposed to be a Scorpio or a Ophiuchus. There will be a 13th horoscope here when I write it with my cold dead hand. Rest easy Scorpio. Rest easy, my friend.

Sagittarius 11/22-12/21

Cabin Fever is setting in. You feel like you have to escape. Go shovel the driveway for a while. Cabin Fever will disappear in no time.

Capricorn 12/22-1/19

Insomnia is preventing you from getting a good night's sleep. You're tired and cranky during the day. But you always have been, so no big deal there.

Aquarius 1/20-2/18

You've changed internet providers to outwit the bastards only to have your new provider not work either. Fool me twice, shame on... the guy you're going to beat to death with your laptop.

Pisces 2/19-3/20

Your old habit our curling up with a good book while enjoying a lice long soak in the tub needs to be re-evaluated now that you are on your third Kindle. Try putting it in a ziplock bag or just get out of the damn tub already pruneface!

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9-11AM: Organizations, Government, Education

11AM-1PM: Restaurants

1-3 PM: Shopping & Services, Lodging

3-4 PM: Entertainment & Recreation

4-10 PM: Restaurants & Bars

10PM-2AM: Bars

2-6 AM: All Tip

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