FEB 17 - MARCH 2 2

Goldilocks and the 3 ServiceOne Bears (Lily McKinlay, Robb Beltran, Mike Reed and Bret Milbert) won the 365ink cover contest at the community's most recent business expo, the annual Main Street Chamber Business P.M, just hours before we printed the paper.

Photo by Jeff McMullen

HOME & BUILDERS SHOW • BOAT & RV SHOW GUN SHOW • OUTDOOR SPORT SHOW

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fun for foodies
a new home for rondinelli music
dinner at champagne

DUBUQUE365.com

the 365 inkwell



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{ dubuque365 / 365ink }

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

{ bryce's inkubator }





We posted a note on Facebook about a week ago after the Diamond Jo announced two big shows coming to the Moon Bar: Brett Michaels and Pat Benatar. Shortly thereafter, a guy posted a comment wondering why they keep bring back the same people. He then went on to disparage Mr. Michaels, but the point was made. With so many performers out there, why does one who was here last year come back again?

I replied with a long winded diatribe about why it made sense and I'll get to that here too eventually, but his comment did make me think. While I basically disagreed with his comment, his general concept is not off base. Why DO the same shows keep coming back? And when I say that, the Diamond Jo is about the last place I'm thinking of. How long is it between stagings of Joseph and the Amazing Technicolor Dreamcoat in town? And Buckcherry is returning to the Dubuque County Fair for the third time in how many years? Five maybe?

It is true that a number of shows do return annually to the Mississippi Moon Bar and while I'm not the target demographic for all of them, I do fully understand why they do it, and why it's not the same as a local theater staging Nunsense 2: Electric Boogaloo AGAIN! And it also is...

First and foremost, it is a matter of supply and demand. This is Brett Michaels' third visit to Dubuque in as many years. Each time he comes, he completely packs the house and puts on a simply stellar show. You might not like the guy or his music, but if you saw the show, you would not deny the man knows how to work a crowd and his backup band (named Evick when not touring with Bret) is simply incredible. The Diamond Jo is a business, in the business of making money by making people happy and this concert makes people happy. Does it ever. 80's pop metal heads come out of the woodwork. That's why there's a King-Sized Elvis Weekend every year with a terrific Elvis tribute performer, Garry Wesley, doing his thing and why the Winter Dance Party tribute to Buddy Holly and his fateful cohorts is back again. I saw the show the first time and was blown away by how spot-on the tribute was. I wasn't born until 1972, but I know my rock and roll history and those guys have it nailed. It was so good, I'm taking my mom and my mother-in-law when it returns this weekend

Second, it's one concert, one night, and if it sells out, people are shut out from seeing the show. It's not running for 10 nights over three weeks. So if there are people left looking for seats, you know you've got a popular act on your hands.

Third. The Diamond Jo stages about 250 nights of live entertainment a year, as 40 or 50 of those shows or more are big name acts from music to

comedy to famous personalities. To bring a handful of those acts back annually leaves another 40 dates open for new experiences to happen. When you stage a half-dozen shows a year and bring back shows every two years, you have far fewer chances to introduce new experiences. In the case of the fair, you have one rock act a year. So there's no wiggle room for flexibility.

Fourth. People constantly whine and say stuff like, "who books that place?" I also serve as chairman of the Five Flags Center Commission. I assure you, booking entertainment is NOT even 5% as easy as you think it is. You have to play the routing game, venue size game, how much do they want to get paid, how close is the next venue in a bigger city that has a contractual guarantee that they won't also play Dubuque because we're too close. Did you just book a band just like them last week? Will they sell tickets and at what price point will people buy? Can you make money on the show if you price the tickets to sell? Can you fill the venue if you price the tickets to make any money at all? And will that band even come here? Are they on tour? It's a delicate job of creativity and shrewdness in a market that grows more competitive every day.

So while I beat up on the theaters, they have to make a buck too. And while they could bring in more diverse shows, it may be way more expensive to license, have a much riskier guarantee on mass appeal for ticket sales, be outside of the scope that the venue or theater troupe is capable of staging, etc. So they're in the same boat. If you can have a new group or kids perform the same show to a new group or parents in a regular cycle, and sell seats every time, why change a formula that works?

I don't have the answer to that. I too want to see more variety. I see shows come to the area all the time that make me roll my eyes and wonder who's smoking what. But I also see the other side of the coin. So for those who don't even have to see the back side of the coin, to those who don't have to watch how the sausage is made, please have a little understanding. These venues need to make money to remain in business and to make money they have to appeal to the greater population in general, not the niche audience.

If you want shows outside of the mainstream keep an eye on Fly By Night theater and the colleges like the UWP Center for the Arts. You'll find more challenging and diverse fare there. And I know the Mississippi Moon Bar is listening to input from citizens and is looking for R&B, gospel, or soul shows at the request of a large contingent of new IBM employees. The unique stuff is out there. Just look for it, but don't get down on the surefire hits. They're what makes it possible to book the other stuff.





Pearcy, the voice of RATT and Slaughter - two rockin' bands, one huge show!



.38 SPECIAL SOUTHERN ROCK BAND Hits include "Hold On Loosely,"

Hits include "Hold On Loosely," "Caught Up In You" and "Rockin' Into The Night."



WINNING IS JUST THE BEGINNING.



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TICKETS AVAILABLE AT WWW.DIAMONDJO.COM AND AT THE DIAMOND CLUB. Acts subject to change without notice. Must be 21 or older. If you or someone you know needs gambling treatment, call 1-800-BETS OFF.



THE CLARKE UNIVERSITY ARTS AT CLARKE SERIES PRESENTS: MUSICAL MENUS ON BROADWAY

Friday, March 25, and Saturday, March 26

Seating at 6 p.m., Service at 6:30 p.m. R.C. and Celeste Wahlert Atrium Clarke University Campus \$40/person, \$50/premier seating



Reservations begin on Monday, February 28, by calling (563)584-8642.

This Clarke tradition features performances by students and faculty throughout a gourmet five-course meal. It's been called the area's best Broadway revue! Reservations are required.









Fighting Saints Hockey Des Moines Bucs & C. R. Rough Riders **Mystique Ice Center**

Catch the Dubuque Fight-18-20 ing Saints as they defend their home turf at the Mys-

FEB tique Ice Center. The Fighting Saints host the Des Moines Buccaneers, Friday, February 18; and the Cedar Rapids Rough Riders, Sunday, February 20. Friday night games are at 7 p.m. with the Sunday game at 3 p.m. For tickets to upcoming home games or more information, visit www.dubuquefightingsaints.com.



Night Storm Dance Club Five Flags Ballroom

dddddd: Young people need something to do in winter too! Night Storm Dance Club provides high school students

FEB and college age people the experience of the kind of 21+ big city dance clubs we've seen in movies in a fun and safe social environment in the Five Flags Ballroom Saturday, February 19 from 8 to 11 p.m.

Admission is just \$14 with proof of age or school ID. For more info and to check Night Storm's dress code and rules visit www.fiveflagscenter.com.

AMP Thunderslam Monster Truck Friday, February 25, 7:30 p.m. Saturday, February 26, 2:00 & 7:30 p.m. **Five Flags Arena**





dddddd You're not going to see trucks 25-26 like this anywhere but Five Flags, Friday, Febriary 25th at 7:30 p.m. and Saturday, Feb-

ruary 26th at 2:00 p.m. and again at 7:30 p.m. Classic Monster Trucks like "Eliminator," "Project X," and "Viper 400," will be challenged by newcomer "Defender" in intense, car-crushing competition. The event will also feature Extreme Free Style Motor Cross Jumpers and the "Globe of Death" motorcycle stunt show. Monster Truck rides will also be available during the pre-show "Pit Party," during intermission, and after the show. For ticket info and prices, visit www.fiveflagscenter.com.



Free Movie "The Big Lebowski" **Carnegie-Stout Public Library**

will if you abide by our advice and go see

Come see "The Dude" in the

this Coen brothers classic.

1998 comedy The Big Lebowski at 6:00 p.m. on Thursday, February 24 at the Carnegie-Stout Public Library. Admission and snacks are free! You see what happens Larry! You

community briefs }





Clams and Unique Fish of the Mississippi Mines of Spain E.B. Lyons Center



Wildlife Biologist with the lowa Department of Natural Resources Dennis Weiss hosts a class about the vari-

ety of mussels or clams that call the Mississippi River home, Sunday, February 27 at 1 p.m. at the Mines of Spain E.B. Lyons Center. Learn about some of the unique fish that live where the mussels do. He will explain the life cycle of mussel and why they depend on fish and certain circumstances to survive. Specimens will be on hand to see. For more info visit www.minesofspain.org.



BestFest 2011 **Celebrating the Tri-States Finest**



BestFest 2011 will be held Thursday, March 3, from 5:00 - 7:30 p.m. at the Grand River MAR Center. This popular event will

showcase exemplary wares from over 50 area businesses. In addition, the winner of the Best Band category will be invited to perform towards the end of the evening. Winners for each category were deemed "best" from votes taken during the month of January by tri-state patrons. Many local businesses and individuals have donated raffle items or other provided support for the event.

Advance tickets are available at the Hospice of Dubuque office on JFK and all DuPaco Community Credit Union locations on February 1st. The price is \$25.00 per individual. Tickets are limited. To experience your favorite business or service in great food and live entertainment, purchase tickets soon.

All proceeds will be donated to Hospice of Dubuque to provide care for the terminally ill and their families throughout the tri-state area. For additional information, please call Hospice of Dubuque at 563.582.1220.



Barney Live - Birthday Bash! **Five Flags Center**

dddddd The little kids would love to go see Barney and his 5 friends at Barney Live in MAR Concert – Birthday Bash! at Five Flags. A musical stage production based on the Emmy-award winning TV series Barney & Friends™, the show features more than two-dozen of Barney's upbeat sing-along favorites. Barney will perform two shows Saturday, March 5 at 11 a.m. and 3 p.m. Tickets are on sale now at the Five Flags box office and online at www.fiveflagscenter.com.



The Three Magicians Grand Opera House

Need a little magic in your 5

life? Catch The Three Magicians at the Grand Saturday, MAR March 5 from 7:30 p.m. Magicians David Casas, Craig Steven, and Rick

Eugene bring their combined love and passion for the art of prestidigitation to a special performance that includes sleight of hand, comedy, and classic illusions of the stage. Be mystified, again, again and again! This show is a benefit for Area Residential Care's new buinding project. So you have a great time and support a great cause at the same time.



101 things to do in the cold }



In the cover story of our last issue of 365ink, 101 Things To Do In The Cold, we touched on a few area tradeshows which happen to pop up at local convention halls this time of year. As it turns out, tradeshows are not only a good way to get out of the house for an afternoon or evening, but a great way to shop for goods and services in a fun and festive atmosphere. Vendors get a chance to meet a variety of potential new customers and guests can casually browse booths or get into some serious compare and contrast of whatever it is they are shopping for.

Hundreds of area people in the market for a new car, and probably more than a few automobile enthusiasts, flocked to the New Car Show at the Grand River Center the weekend just before Valentine's Day and as it so happens, the calendar conspired to drop our 365ink print deadline on the night of the Downtown Business PM. Always one of the most fun area tradeshows, the February Downtown Business PM, co-hosted by Dubuque Main Street and the Dubuque Area Chamber of Commerce, features a different theme each year inspiring both guests and businesses to dress in costume and decorate their booth spaces.

With the storybook theme "Once Upon A Time In Downtown," this year's event provided us with a challenge and an opportunity – a challenge because of the timing of the event and an opportunity in that there would be dozens of guests and booth workers in fun storybook-inspired costumes. The photo on our cover was chosen from a variety taken the night of the Business PM, just hours before we finished the layout of this issue before going to print. A big "thanks" to friend and photographer Jeff McMullen for being our designated shooter at the Hotel Julien! You can see some of the other photos in our photo archive on Dubuque365.com.

But in case you are worried that you've missed out on all the fun, never fear! More tradeshow opportunities are just around the corner. Here are a few to check out.



The Dubuque Boat & RV Show February 25-27, Grand River Center

For those who have embraced the recent warming trend in the weather as one of the first signs of an approaching spring and by extension are already dreaming about getting out on the river or out camping, the Dubuque Boat & RV Show offers some very tangible toys to further the fantasy. Sponsored by American Marine (located at the Dubuque Yacht Basin by Catfish Charlie's) the Dubuque Boat & RV Show is scheduled over the weekend of February 25-27.

The exhibition floor of the Grand River Center will be filled with a wide variety of vendors and exhibitors of all kinds of aquatic pleasure craft, recreational vehicles, and other accessories and items to go along with the boating and camping lifestyle. Featured boats include fishing boats, bass boats, sport boats, deck boats, pontoon boats, jet skis and jet boats. The show will also feature recreational vehicles from pop-up campers to larger trailers and motorhomes, plus boat docks and accessories, canvas products, and fishing gear.

Participating exhibitors include American

FEBRUARY 25, 26 & 27
FRI 5-9 SAT 9-5 SUN 9-3DUBUQUE CO. FAIRGROUNDS
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Marine, American Lady, American Trust, Bob's Marine, Couler Valley RV, Frentress Lake Marine Center, Jim Runde Upholstery, Lake Delhi Marine & RV, Lasso E RV Sales & Service, M&M Marine, Midwest Sports, Runde Custom Upholstery, The Bait Shack and Xtreme Marine.

The Dubuque Boat & RV Show opens Friday, February 25 from 4 to 9 p.m. and continues Saturday, February 26 from 10 a.m. to 8 p.m. and Sunday, February 27 from 11 a.m. to 5 p.m. For more information, contact American Marine at (563) 588-9564, or the Grand River Center at (563) 690-1334.



Big Bore Enterprise Gun Show February 25-27,

Dubuque County Fairgrounds

"Show me your guns," says Mark Quade of Big Bore Enterprizes, the organization behind this admittedly testosterone heavy event. Gun enthusiasts will definately not want to miss the Big Bore Enterprise Gun Show at the Dubuque County Fairgrounds the weekend of February 25-27. While the gun show will undoubtedly feature a range of firearms of all sizes and varieties, there's always much more than just guns at the event. Unique, antique and collector weaponry, accessories, and even art will be on display and for sale. You often see memorabilia or historical artifacts from past wars and worldwide cultures displayed. You might even want to bring in treasures from your closet that you got from dad or grandpa and you're not sure what they are or what they are worth. These guys will know. Hours for the Big Bore Enterprise Gun Show are Friday, 5-9 p.m.; Saturday, 9 a.m. to 5 p.m.; and Sunday 9 a.m. to 3 p.m. For more information contact Mark Quade at 563-590-4248. Lock and load!



Tri-State Home & Builders Show March 11-13, Grand River Center

For those whose dreams run toward the more domestic, the Tri-State Home and Builders Show provides a full weekend of exhibitor booths offering goods, services, and seminars on how to make your house a home, or at least create



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{ 101 things to do in the cold }



the kitchen (or man cave!) of your dreams.

Scheduled for the weekend of March 11-13, the exhibition floor of the Grand River Center will be filled with exhibitor booths ranging from builders and general contractors to specialty businesses like audio & video, billiards, blinds & drapery, cabinets, countertops, electrical, fencing, flooring, gutters, heating & cooling, insulation, kitchen design, landscaping, masonry, overhead doors, plumbing, spas, stonework, welding, and windows ... whew! Rest assured, if you've got a project, there will be somebody there who can help you out. Plus representatives from area banks to help you figure out how to finance all those amazing improvements.

In addition to the wide range of exhibitor booths, the Tri-State Home and Builders Show will also feature a variety of seminars throughout the weekend including sessions on cooking, landscaping, metal roofing, geothermal radiant floor heating, kitchen trends, energy-saving tips, and building in today's economy.

The Tri-State Home and Builders Show gets started Friday, March 11 from 5 to 9 p.m. and continues Saturday, March 12 from 10 a.m. to 6 p.m. and Sunday, March 13 from noon to 5 p.m. Admission is just \$5 and children under 12 get in free. For more information, visit jacksonexpogroup.com.

Whitetail Classic Sport Show & Antler Auction March 19-20, Grand River Center

Hunting and outdoors enthusiasts of the camouflage variety will not want to miss the Whitetail Classic Sport Show & Antler Auc-

tion at the Grand River Center the weekend of March 18-20. A full three-day sport show of all kinds of hunting gear and accessories is topped off by (what else?) a three-day antler auction.

Sponsored by Circle M Auctions, the Sport Show at the Whitetail Classic will feature everything from hunting gear, bows, and



March 18 @ 10 am March 19-20 @ 8 am Grand River Center

\$5 Admission, 10 & Under Free

CircleMAuctions.com 563-652-9780



guns, to rustic decor, taxidermy, furs, taxidermy supplies, fishing accessories, antique Americana, and Old West and Native American collectibles.

For many the draw of the event is the Antler Auction. Held each day over the three-day event, the auction features antlers shed from whitetail deer, as well as moose, elk, and mule deer. The Whitetail Classic reports some pretty incredible specimens that have gone for record prices.

In addition to the sport show and auction, The Whitetail Classic offers seminars during the weekend event, including how to hunt for shed antlers, how to build buck beds and create travel corridors on your land and even a seminar on how to hunt Canadian Grizzlies. Kids can have fun with the live trout fishing pond.

The Whitetail Classic opens at 10 a.m. on Friday, March 18, with the first auction beginning at 1 p.m. Saturday, March 19, doors open bright and early at 8 a.m. with a gun auction beginning at 10 a.m. Sunday, March 20, which happens to be "ladies day" (with free admission for the ladies) doors open at 8 a.m. with the "big antler auction" getting started at 11:30 a.m. Admission is just \$5 with kids 10-and-under free. For more details and times of seminars, visit

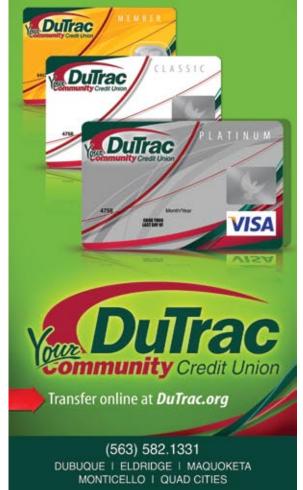
circlemauctions.com.

So there you have it! Whether you're shopping for a pontoon boat or new windows, a handgun or a rack of antlers, or if you just want to learn how to landscape your yard or track and kill a grizzly, there's a tradeshow out there that can hook you up.

- Sports Show All 3 Days
 - Variety of outdoor industry vendors
 - Hunding & Fishing Accessories
 - Guided Hunts
 - Rustic Decor
 - Big Boy Toys
- Sunday is Ladies Day All ladies get in free
- Willy the Whitetail Deer greets the kids
- Live Trout Fishing Pond with prizes
- Live interactive animal display
- Free seminars each day
- Shed antlers, full racks, taxidermy mounts, guns and sporting goods

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casino concerts



Well, if you read Bryce's inkubator about what kinds of shows come to Dubuque, you'll see that the lest below is a great example of mixing recurring favorites with great new experiences. Some of you acted fast enought to get tickets for 2011 Grammy Nominee Gretchen Wilson (pictued above), who's Feb. 19th show at the Diamond Jo has long since sold-out. For those who slackedoff, here are a few more chances to get in on the fun before it's too late and you too will be wishing they'd come back soon so you could see them too!

John Mueller's Winter Dance Party A Tribute to Buddy Holly, The Big Bopper & Ritchie Valens Friday, February 18

Mississippi Moon Bar, Diamond Jo Casino 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. "Every time 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



John Michael Montgomery Saturday, February 26 Cabaret, Mystique Casino

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.



Stephen Pearcy of RATT and Slaughter Saturday, March 5 Mississippi Moon Bar, Diamond Jo Casino

The Mississippi Moon Bar hosts a concert with two metal music legends, Stephen Pearcy, the lead singer and songwriter of RATT, and '90s rockers Slaughter. RATT is of course one of the early '80s bands that created and defined the glam metal phenomenon that came out of Los Angeles and took the MTV airwaves and the world by storm. Capturing the attention of a generation with 1984 album Out of the Cellar and hit single "Round and Round," Percy and RATT became multi-platinum selling artists. Retooling the glam metal sound for the '90s Slaughter burst on the scene with their double platinum-selling first album Stick It To Ya, which included hit singles like "Up All Night," "Spend My Life," "Mad About You," and the power ballad "Fly to the Angels."





.38 Special Friday, March 11 Mississippi Moon Bar

Eighties rockers .38 Special bring their Southern rock sound to the Mississippi Moon Bar Friday, March 11. Formed by neighborhood friends Don Barnes and Donnie Van Zant in 1975, it was their 1981 hit "Hold on Loosely" that catapulted .38 Special to superstardom. The band followed up with more hits like "Caught Up In You," "Second Chance," and "Rockin' into the Night."



Felix Cavaliere & The Rascals 2 Shows, 4 & 8pm, Saturday, March 12th Mississippi Moon Bar

As an inductee in to both the Rock & Roll Hall of Fame and the Songwriters Hall of Fame, Cavaliere continues to create contemporary classics well in to the fifth decade of his career.. Felix and the Rascals bring his hits like "Good Lovin'", "Groovin'", "A Beautiful Morning" and "People Got to Be Free."



arts



Belltower Theater presents a comedy about what men wish for in a woman. In this side-splitting new comedy, The Love List, Leon and Bill concoct a list of attributes of the ideal woman-the top ten best qualities in a mate. When this "Perfect Woman" actually arrives on the scene, the men quickly learn that their list could use a few revisions. But, be careful what you wish for... "The Love List" February 11-26. For info on show times and tickets, visit www.belltowertheater.net.



Buddy – The Buddy Holly Story February 18-20

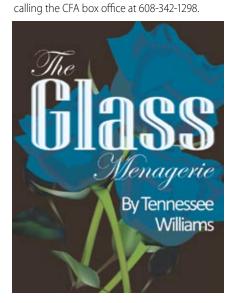
Grand Opera House

Director Amy Ressler stages what promises to be a grand production of Buddy – The Buddy Holly Story at the Grand Opera House February 11-20. Kevin Bradford, who played Holly in last year's University of Dubuque production, also directed by Ressler, returns in the lead role, with an all-star cast including Aaron Pustina and Danny Fairchild as the Crickets, Dick McGrane as producer Norm Petty, Adrian Brambila as Richie Valens, and 365's own Ralph Kluseman as The Big Bopper. Staged on subsequent weekends, Buddy – The Buddy Holly Story is scheduled for Fridays and Saturdays, February 18, 19 at 7:30 p.m. and Sunday, February 20 at 2:00 p.m. Tickets are available at the Grand Box Office, by calling 563-588-1305, 563-588-4356, or by visiting www.thegrandoperahouse.com.



Capetown Philharmonic Wednesday, February 23 Center For the Arts, UW-Platteville

The Capetown Philharmonic Orchestra performs at the University of Wisconsin-Platteville's Center For the Arts Wednesday, February 23 at 7:30 p.m. The Cape Town Philharmonic Orchestra is a financially and culturally sustainable, multi-functional orchestra delivering a worldclass musical experience to all communities of the Western Cape. Two time Grammy award nominee violinist Philippe Quint will be the featured artist with the group. Tickets info is available at http://www.uwplatt.edu/arts/cfa/ or by



The Glass Menagerie Friday, February 25 Five Flags Bijou Room

The Great Midwestern Educational Theatre Company presents a one night only production of The Glass Menagerie, Friday, February 25 at 7:30 p.m. in the Five Flags Theater. The production is a bit of a family affair with the director and two of the actors from the same family.

A classic play by Tennessee Williams, The Glass Menagerie is one of the most famous plays of modern theater. Based on Williams own life, the play is set in St. Louis of the 1930s and tells the struggles of the Wingfield family and the ways they deal with the difficulties of life.

This production of The Glass Menagerie is directed by young theater artist Zoe Muehleip, and features a cast that includes her brother Max Muehleip as Tom Wingfield, Max and Zoe's mother Amy Ressler who plays Amanda Wingfield, and Eva Ressler who plays Laura Wingfield. The role of the "Gentleman Caller" is played by notable Dubuque actor Carson Kreiss.

Tickets are just \$10 and are available at the Five Flags box office, online at www. fiveflagscenter.com, or at the door of the performance. In addition to the evening performance, The Great Midwestern Educational Theatre Company will present a special daytime performance for school groups at noon on February 25. Student tickets for the noon performance are just \$6 and may be reserved by contacting GMETC at (563) 542-5452 or by email at GMETC@hotmail.com.







\$5 BUFFET THURSDAYS

Every Thursday in February The Kitchen Buffet is just ^{\$}5. Over 150 feet of delicious options prepared right before your eyes!





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Limited time offer. Cannot be combined with any other offer or coupon. No carryouts. Does not include \$5 buffet enhancement. Must be 21 or older. If you or someone you know needs gambling treatment, call 1-800-BETS OFF.



Create-a-Painting Workshop Maquoketa Art Experience

Maquoketa Art Experience is hosting a "Create-a-Painting" Workshop led by artist and writer Sandra Principe of Hanover, Illinois on Saturday, March 12 from 12-3 p.m. at the Maquoketa Art Experience studio located at 124 S. Main Street in Maquoketa.

Principe has created a painting event for anyone who is interested in exploring work with acrylic paints. In this class, participants will create a portrait of a creating wave during a three-hour session led step-by-step by Principe. This class is designed for beginners or for anyone who wants to try something new. The registration fee is \$35 for the three hour session. There is an optional materials fee of \$15 that covers the cost of supplies if you choose not to bring your own. The registration form and materials list are available at www.maquoketa-art.org. For further information or to request a registration form contact Paula at Maquoketa Art Experience, maquoketaartexperience@hotmail.com or call 563.652.9925. View Sandra's paintings at www.sandraprincipe.com.

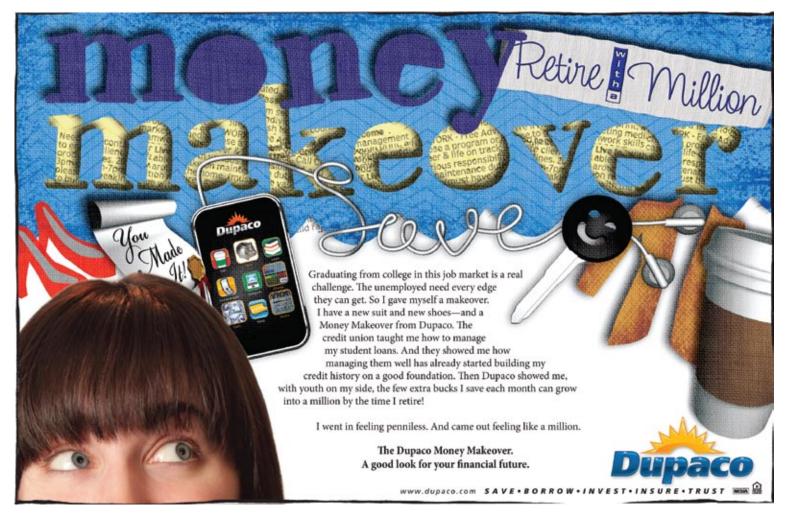
Beloit International Film Festival (BIFF) February 17-20 Beloit, Wisconsin

And you thought you had to travel to Utah or France to experience an international film festival. Not true. Beloit hosts the sixth annual BIFF the weekend of February 17-20 which in addition to the approximately 140 films screened in seven venues around downtown Beloit will include a screening of entries in the new 50-hour Canned Film Competition.



Teams from around the Midwest, including a few from Dubuque gathered the last weekend of January to write, shoot, edit, and deliver a short film in just 50 hours. The "Canned" films will be screened at the Eclipse Center following the annual Launch and Laurels Party which kicks off the BIFF on Thursday, February 17. Information, including the full schedule of films and locations is available at www.beloitfilmfest.org.





fish heads, fish heads, roly-poly fish heads, fish heads, fish heads, eat them up, yum!





arts

Opening Reception Aaron Butcher and Denise Greenwood Outside The Lines Art Gallery Friday, March 4

Outside the Lines Art Gallery presents a new exhibit of artwork for the months of March and April by Dubuque artist Aaron Butcher and Texas artist, Denise Greenwood. OTLAG owners Stormy Mochal and Connie Twining will host an opening reception for the show, scheduled for Friday, March 4 from 7 to 9 p.m. As always, the casual reception is free and open to the public. The exhibit will be on display through April 2011.



Dubuque artist Aaron Butcher has always

focused on portraiture, from pencil sketches to large airbrush and oil portraits. Tiring of more traditional techniques, Butcher began to experiment by dripping materials like shellac and India ink on mat board. "This dripped surface becomes my starting point; I then start to find imagery inside the drips," Butcher explains in an artist's statement. "This response to spontaneous mark making allows me to explore my inner thoughts and feelings. The end result is most times a sarcastic, humorous image. My characters often times reflect what I am feeling at the time of their creation. They sometimes become a reaction and mixture of people I come across. For the most part my work is a reaction to the world around me, which

www.Dubuque365.com

can feel chaotic, exhausting, and often times of humorous."

Texas-based ceramic artist Denise Greenwood creates figurative sculptures in lowfire white and terra cotta clay. Like Aaron Butcher, Greenwood is fascinated with human faces and figures, calling her style "post modern mannerism" as she strays from a realistic look, preferring to work "just left of it." Living a creative life, Greenwood has worked as a freelance art director in the



film and video industry for the past thirteen years, traveling to cities like Las Vegas, Nevada, and Austin, Texas. She feels the quiet time in her studio to be the perfect balance for her hectic work in film. "I can't imagine my life without art, nor would I want to," she writes in an artist's statement. "A soulful, mysterious meditation is manifested in the faces and figures I sculpt. My passion feeds off the art and the art grows

> up from my passion. It is a brilliant mirror which I hold up to myself and bare all. For me, there is no separation. Life is art."

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



P PITMANPHOTOGRAPHY

Magnificent Bach & Mozart Dubuque Symphony Orchestra With the Dubuque Chorale March 5-6

The Dubuque Chorale joins the Dubuque Symphony Orchestra "Magnificent Bach & Mozart," a concert featuring one of Bach's greatest chorale works and Mozart's last and most famous symphony. The program is scheduled for Saturday, March 5 at 7:30 p.m. and Sunday, March 6 at 2 p.m. at the Dubuque Five Flags Theater. Maestro William Intriligator, along with Dubuque Chorale conductor Bob Demaree will conduct

The concert opens with J.S. Bach's Brandenberg Concerto No. 2. Of all six concertos this is the only one to feature the trumpet, and is unique in the fact that it is a piccolo trumpet. The program continues with Bach's Magnificat, one of his finest short chorale works featuring vocal soloists and a five-part choir.

The final piece will be Mozart's Symphony No. 41, more commonly known as "Jupiter." Composed in just 16 days, "Jupiter" is one of the illustrious trio of symphonies, No. 39, 40, and 41, composed by Mozart in 1788. It's dazzling finale pays homage to Bach, while showing Mozart's own command of the fugue.

Tickets for the Dubuque Symphony Orchestra concert range from \$12 to \$44, with box seats at \$73, and are available at the Five Flags Center Box Office Monday through Friday from 10 a.m. to 5 p.m., and through Ticketmaster at www.ticketmaster.com or any Ticketmaster retail outlet, including HyVee on Dodge Street in Dubuque. To purchase tickets over the phone, call 800-745-3000. For more information, visit www.dubuquesymphony. org or call the DSO office at 563-557-1677.







Centennial Cross Prime Rib Dinner February 19 Knights of Colombus Hall

On Saturday February 19, 2011 the Knights of Columbus Council 510 will host a Prime Rib Dinner catered by Poormans at the K.C. Hall on Locust St. Cocktails are at 5:30 with dinner at 6:30pm. Cost is only \$12.00 and includes dessert. Proceeds are used to support the "Centennial Cross". Reservations are needed by calling 588-2011 before noon on Friday February 18.



St. Donatus Winter Blast Fundraiser February 19

St. Donatus is hosting a Winter Blast fundraiser at Lombardis on Saturday February 19. Happy Hour at 6 and dinner at 7 catered by Kalmes. Packages from local attractions, hotels, and resaurants will be raffled. Artie and the Pink Catillacs wil perform. Dinner tickets must be purchased in advance at Kalmes, Lombardis, or St Joseph Rectory for \$40. So get out of Dubuque and go party with the townies in St. Donatus!



Park Farm Vineyard Snowshoe Hike & Wine Tasting Sunday, February 20 Park Farm Vineyard

Now this sounds like what winter should be all about – snowshoe hiking and wine tasting. Enjoy an afternoon hike through gorgeous woodsy trails followed by warming up hearthside, with a glass of wine and delicious appetizers. Cost is \$35 if you bring own snowshoes or \$45 with snowshoe rental. Reservations required. For more information, visit www.feverriveroutfitters. com/eventslist.htm.

Mother/Daughter Tea February 20

The East Dubuque District Library will host a Mother/Daughter Tea on Sunday, February 20th at 2:00 p.m. Randa Stewart from Grant's Home will wear a 1860s dress and discuss clothing from the 1860s to 1880. Tea, lemonade and cookies will be served. Other activities include paper doll making, handkerchief doll making, and have your picture taken in a period hat. Reservations are required. Call 747-3052. Sorry dudes, looks like you can't come to this one.



Woodfire Grille Presents: Sake Dinner Thursday, February 24

There's no question that sushi has become popular to the point of being commonplace for many Americans. When both Dubuque and Galena can support their own Japanese restaurants, and California rolls are available at the supermarket, sushi has indeed arrived. Still, there are many sushi lovers that have not come to enjoy sushi's traditional beverage pairing – Japanese sake. That's regrettable, because the best sake embodies all the refinement, subtlety, and exquisite detail of the art of Japanese cuisine.

Unfortunately, most diners have not had an opportunity to try really good sake. It's not uncommon to hear, "Sake? Oh I tried it once and didn't really care for it." That all too common a scenario is comparable to someone trying the cheapest mass-market jug wine once and forever swearing off all wine – red, white, or otherwise – having never tasted the best that France, California, or Australia have to offer. Well the Woodfire Grille, house Sommelier Jim Terry, and Chef Jason Culbertson offer the experienced a treat and the uninitiated a second, wonderful chance to do it right.

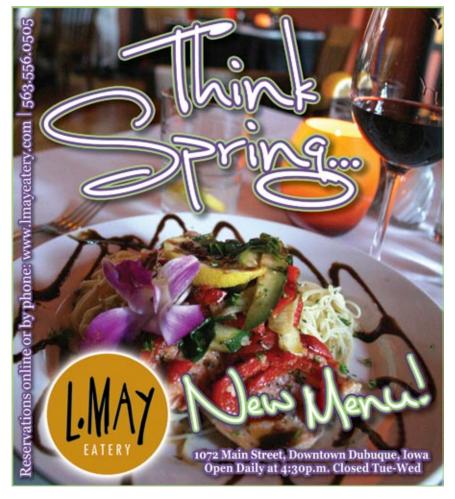
Thursday, February 24, from 6:30 p.m., the Woodfire Grille presents a Sake Dinner, served in courses and paired with some of the best imported Japanese sakes available in this area. Of course, great sake deserves great food and Chef Culbertson obliges using fish shipped overnight directly from Honolulu Fish Company, the same source for some of the best restaurants in Chicago and Manhattan.

The menu begins with an amuse trio of Smoked Salmon Nigiri, Seared Swordfish with Citrus Dressing accompanied with daikon, carrot, and Japanese cucumber salad, and Cubed Marinated Bonito. The entrée will feature an assortment of Nigiri and Maki Sushi Rolls with seasoned vinegar, tamari and wasabi, including Inside out Maki Roll, Snapper Nigiri, Bonito Nigiri, Battleship Maki, and Seared Beef Nigiri. Finally, for dessert Mirin Poached Peaches are served with a Sweet Spring Roll.

All of that (yes, ALL of that!) will be served with three incredible examples of Japanese sake. Tentaka Kuni "Hawk in the Heavens" is

a Junmai sake from Tochigi prefecture. Rihaku "Wandering Poet" is a Junmai Ginjo from Shimane prefecture. And Rihaku "Dreamy Clouds" is a Tokubetsu Junmai in the Nigori style, also from Shimane. We don't have room to explain what all those terms mean here. Look them up online, or better yet, come to the dinner and let Sommelier Jim Terry explain and TASTE them! Sake will be served in appropriately-sized Riedel Austrian crystal tasting glasses to focus on the subtle notes of flavor that each possesses.

> Cost for the Woodfire Grille's Sake Dinner is \$65 per person, inclusive of tax and service. For reservations, call 563-690-4755.





365 Impact Awards 2011: This years theme - "Reality Strikes"



The first two 365 Impact Awards Shows have become legendary. Stars are coming out of the woodwork to get involved in the excitement. Shouldn't think year be the year that you too feel the Impact!

The 365 Impact Award is more about trying than winning. It's for those who choose to make an everyday effort to Impact the world around them 365 days a year. It's meant for those who believe in our community and are willing to do something to make it better for everyone. Sound like anyone, any business or any organization you know? Our mission at 365 is to help connect people to relationships, opportunity and the best possible

living experience in our community. Who do you think is best helping us make that happen? Who made a real Impact on your life in 2011?

Send your nomination to brad@dubuque365.com

Please include the name of Impact Award nominee, what Award you think they best fit, as well as your reasons for nomination in 500 words or less. Also include your name and phone number and the best time or method to contact you. Then mark your calendar for Tuesday evening, March 8, for the 2011 365 Impact Awards Show at the Mississippi Moon Bar. It's a crazy fun

night of celebrating ourselves and our community. There is also a good chance you will occasional cheer, often laugh, and even perhaps cry a bit. Great people, live music, food and probably some last minute chaos just to keep everyone guessing.

Plus a few people get, by far, the coolest award statue on earth - the 365 Impact Award

"I used this medium for the 365 Impact Award because it takes a great amount of power and energy to make an impression on steel just as it takes a great amount of power and energy to make an impression on society." Gene Tully, Artist

IMPACT AWARDS Nomination Categories

- Art
- Econ. Development
- Education
- Community Pride
- Dining
- Family
- Health
- Historic Preservation
- Inclusion
- Media
- Music
 - Nightlife
 - Non-Profit Excellence
 - Shopping
 - Sports/Recreation
 - Sustainability
 - Volunteerism
 - Youth Advocacy

The Final Four

- Overall Business
- Overall Organization
- Overall Individual
- Overall Idea



October 15

RECT FROM BRANSON! Versatile on many instruments, The Lowes offer an amazing blend of show-stopping classical, Broadway, Irish, jazz, bluegrass, spectacular dance, 6-part harmony, gospel & more! Saturday, March 12th 3:00 pm & 7:30 pm 563-588-1305 The Grand Opera House 135 West 8th, Dubuque, IA

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Now Showing @ MINDFRAME Friday, Feb. 4 - Thursday, Feb. 10

Check our website for next weeks showtimes! I Am Number Four (PG-13) No Passes Allowed Fri - Thu: 12:00, (2:20), (4:50), 7:20, 9:40 Unknown (PG-13) No Passes Allowed Fri - Thu: (12:15), (2:30), (5:00), 7:30, 9:50 Justin Bieber Never Say Never 3D (G) No Passes Allowed, Fri - Thu: (11:30 AM), (1:45), (4:15), 6:45, 9:00 Just Go With It (PG-13) No Passes Allowed Fri - Thu: (11:35 AM), (2:05), (4:40), 7:10, 9:45 The King's Speech (R) Fri - Thu: (11:40 AM), (1:55), (4:20), 7:00, 9:20 Oscar Nominated Shorts 2011: Animation (NR) Tri-States Exclusive, Tue - Thu: (11:50 AM) Oscar Nominated Shorts 2011: Documentary (NR) Tri-States Exclusive, Fri - Mon: (11:50 AM) Oscar Nominated Shorts 2011: Live Action (NR) Tri-States Exclusive, Tue - Thu: (1:30 PM) Blue Valentine (R) Tri-Sates Exclusive Fri - Tue: (3:30), 7:35, 9:55, Wed: (3:30), 9:55, Thu: (3:30), 7:35, 9:55

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coming to theaters :



I AM NUMBER FOUR (PG-13) Three are dead. He is Number Four. D.J. Caruso ("Eagle Eye," "Disturbia") helms an action-packed thriller about an extraordinary young man, John Smith (Alex Pettyfer), who is a fugitive on the run from ruthless enemies sent to destroy him. UNKNOWN (PG-13) Dr. Martin Harris (Liam Neeson) awakens after a car accident in Berlin to discover that his wife (January Jones) suddenly doesn't recognize him and another man (Aidan Quinn) has assumed his identity. Ignored by disbelieving authorities and hunted by mysterious assassins, he finds himself alone, tired and on the run. HALL PASS (R) Rick (Owen Wilson) and Fred (Jason Sudeikis) are best



friends who have a lot in common, including the fact that they have each been married for many years. But when the two men begin to show signs of restlessness at home, their wives (Jenna Fischer, Christina Applegate) take a bold approach to revitalizing their marriages: granting them a "hall pass," one week of freedom to do whatever they want...no questions asked. **DRIVE ANGRY** (R) A vengeful father chases after the men who killed his daughter. That's about it. Looks like Nick Cage is still trying to pay bask the IRS. **SHELTER** (R) A female psychiatrist (Julianne Moore) comes to some discoveries in her latest case that puts her and her daughter in grave danger.



THE BUZZ...

Tim Burton's gather his friends again for the Dark Shadows vampire soap opera adaptation, adding Michelle Pfeiffer and, as expected, longtime partner Helena Bonham Carter to the film's already-Johnny Depp-centered cast.

Unknown actress Robin McLeavy has been cast as Mary Todd in Abraham Lincoln: Vampire Hunter. Latino Review broke the news, adding, "McLeavy is way prettier than her real life counterpart," so forget about Abraham Lincoln: Vampire Hunter's historical accuracy.

Director Christopher Nolan has already added Tom Hardy and Joseph Gordon-Levitt to The Dark Knight Rises, and now Inception's token wife, Marion Cotillard, is reportedly "in discussions" to join the cast of the latest Batman film. Odds are on her playing Liam Neeson's daughter, Talia al Ghul, to give Bruce Wayne a little love triangle between her and Anne Hathaway's Selina Kyle, but I'm willing to listen to your arguments for Ladyriddler. The creation of another Die Hard film is not a joke! Fox is so serious about doing this that they've officially hired Noam Murro - a commercial director whose only film credit is the dramedy Smart People - to direct the fifth film in the series. He'll be working off a script from Skip Woods, the crappy writer of X-Men Origins: Wolverine, Hitman, and The A-Team.

Nicholas Hoult, the kid from About a Boy who's now our new Beast X-Man, will play the title role in Bryan Singer's Jack the Giant Killer.

Warner Bros. has been talking about remaking Logan's Run since the mid-'90s and now the studio is finishing up a deal to put Ryan Gosling in Michael York's old role, having already given the director's chair to Gosling's recent Drive director, Nicolas Winding Refn. A fall shooting date has already been set. I thought 2005's The Island was a Logan's Run remake?

With Favreau out, Shane Black, script writer for Lethal Weapon, Monster Squad, and The Long Kiss Goodnight, who made his directorial debut with the Robert Downey Jr.-starring Kiss Kiss Bang Bang, is now reportedly in the running to direct Iron Man 3.



{ budweiser nightlife / live music }



Derty Rice Mardi Gras Party Fat Tuesday, 5:30 p.m. Jumpers

4444444 8 MAR

Most holidays are easy. They come around at the same time every year. Fat Tuesday is always a little different as it al-

ways falls on the day before Ash Wednesday which is tied to something about the moon and ... okay we don't really know why it falls on a different date every year, but we do know one thing: It's always a party.

If you are one to celebrate in good ol' fashioned New Orleans style on Fat Tuesday, you might want to get your butt out to Jumpers in Plaza 20. Co-owner Hobie and the Jumpers crew has established a Mardi Gras tradition of epic proportions in years past with jambalaya and beads and adult beverages

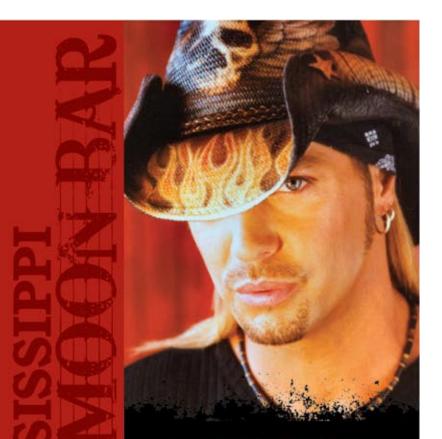
worthy of the celebration. This year Jumpers cranks it up a notch further with live music by Derty Rice.

IMPACT AWARDS • MARCH 8

NOMINATE A WORTHY DUBUQUE • RESERVE YOUR SEATS FOR THE EVENT • PAGE

For the uninitiated, Derty Rice is a piguant concoction which includes ingredients from the popular zydeco band We're Late & Smell Like Beer including drummer Jimmy Berg, trumpet (and washboard!) player Rob Martin, and Jeff Weydert (from whence the "Derty" spelling comes), along with the addition of the Lonely Goats featuring Leo Roldan, Bob Ressler, and Mike Ironside. Derty Rice will be playing a mix of Mardi Gras themed music appropriate to the celebration, but you've got to get there early as the party starts right after work at 5:30 p.m. After all it is a school night and theoretically, you're supposed to repent the next day. But until then, laissez les bon temps rouler!







BRET MICHAELS LIFE ROCKS TOUR

Known as the lead singer from the band Poison. Hits include "Every Rose Has Its Thorn," "Talk Dirty To Me," and "Nothing But A Good Time."



PAT BENATAR Featuring Neil Giraldo

80'S ROCK STAR Hits include "Love Is A Battlefield," "Hit Me With Your Best Shot," "Heartbreaker," and "We Belong."



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budweiser live music listings • february 17 - march 12

complete listings online @ dubuque365.com



TRI-STATE LIVE MUSIC



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

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

Chuck Bregman Mystique Champagne, 6 PM Zero 2 Sixty Bulldogs Sports Bar, 9 PM

Budde's, 9 PM Laura & the Longhairs Elizabeth Firemen's Dance, 9 PM

Half-Fast

Taste Like Chicken The Hub, 9:30 PM

Kevin Beck & Johnnie Walker Mystique Encore, 9 PM

Artie & the Pink Catillacs Lombardi's Ballroom, 6 PM

Broken Rubber Band Cornerstone, 8 PM

Andrew Houy Cornerstone, 12:30 PM

Denny Troy & Rick Hoffman Sundown Mountain, 2 PM

Bryan Popp Mystique Casino, 8 PM

Andrew Houy Cornerstone, 8 PM

Helen Reisen Keil's Tavern, 8 PM

Bad Fished Jumpers, 9 PM

Kevin Beck & Johnnie Walker Spirits, 9 PM

Pash N Brew

Half-Fast

Budde's, 9 PM

Impulse The Pit Stop, 9 PM

Rukus Dirty Ernie's, 9 PM

Bronco Inn, 9 PM

Johnnie Walker Eagles Club, 8 PM

FRIDAY, FEBRUARY 25

Mississippi Moon Bar, 8 PM

Bank Bar & Grille, 8 PM

Sandy Hook Tavern, 10 PM

Mystique Champagne, 6 PM

Fried Green Tomatoes, 7 PM

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

Frank Busch

JJ Schmitz

Andy Frasco

The Lift, 9 PM

Bad Fished

Chuck Bregman

The Wundo Band

Tom Hughes

Laura & Jeff

Spirits, 8 PM

Bryan Popp Mystique Casino, 8 PM

Okham's Razor Cornerstone, 8:30 PM

12 Car Pile Up Jumpers, 9 PM

Outta Control Northside Bar, 9 PM

Randy Rogers Keil's Tavern, 9 PM

SATURDAY, FEBRUARY 26 John Michael Montgomery Mystique Cabaret, 7 & 9 PM

Love Monkeys Mississippi Moon Bar, 8 PM

Crystal Leather Sandy Hook Tavern, 9 PM

Sunshine Galena Elks Lodge, 8:30 PM

Ethan Keller Band The Bank Bar & Grille, 9 PM

Northside Bar, 9 PM

Denny's Lux Club, 9 PM

Buzz Berries

The Midnight Ramble

Zero 2 Sixty Wheel Inn, 9 PM

SUNDAY, FEBRUARY 27 Laura & Jeff New Diggings Gen. Store, 3:30 PM

Massey Road Sandy Hook Tavern, 8 PM

TUESDAY, MARCH 1

Rosalie Morgan Riverboat Lounge, 7 PM

WEDNESDAY, MARCH 2 Jammin' at the Julien Open Mic Riverboat Lounge, 5 PM

Acoustic Jam Cornerstone, 6 PM

"Controlled Chaos" Open Mic Monk's, 9 PM

Open Mic The Lift, 9 PM

Johnnie Walker Bank Bar & Grille, 9 PM

THURSSDAY, MARCH 3

Bank Bar & Grille, 8 PM

FRIDAY, MARCH 4

Jazz Jam with 'Round Midnight

Upper Main Street Jazz Band

St. Luke's Fabulous Fridays, 12 PM

Chuck Bregman Mystique Champagne, 6 PM

Laura & Jeff Mississippi Moon Bar, 7 PM

Jill Duggan Stone Cliff Wine Bar, 7 PM

Jeff Ward

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

Tony Walker & Shock Johnson Spirits, 8 PM

Pearls Dubuque Driving Range, 8 PM

Denny Garcia

Cornerstone, 8 PM

Okham's Razor

Woodlands Lounge,

Monk's Kaffee Pub, 9 PM

The Bank Bar & Grille, 9 PM

Eagle Ridge, 8 PM

Miles Neilsen

Tribe of Three

Mississippi Band

Mystique Encore, 9 PM

SATURDAY, MARCH 5

Mystique Champagne, 6 PM

Stone Cliff Wine Bar, 7 PM

Crude But Effective

Keil's Tavern, 9 PM

Liberty Valance

Chuck Bregman

Rosalie Morgan

Taiko, 7 PM

Blue Willow

Nothin But Dylan Galena Brewing Company, 8 PM

SUNDAY, MARCH 6 **Upper Main Street Jazz Band** St. Luke's, 10:30 AM

Fever River String Band Council Hill Station, 1 PM

Dubuque Symphony Orchestra Five Flags Center, 2 PM

Frank Busch New Diggings Gen. Store, 3:30 PM

Johnny Rockers Sandy Hook Tavern, 10 PM Sandy Hook Tavern, 8 PM

> **TUESDAY, MARCH 8 Derty Rice Mardi Gras Party** Jumpers, 5:30 PM

> > WEDNESDAY, MARCH 9 Jammin' at the Julien Open Mic Riverboat Lounge, 5 PM

Acoustic Jam Cornerstone, 6 PM

The Lift, 9 PM

Just Cuz

Country Tradition Mooney Hollow Barn, 7 PM "Controlled Chaos" Open Mic Monk's, 9 PM

Dubuque Symphony Orchestra Open Mic with Jeff & Jimmy Five Flags Center, 7:30 PM Bank Bar & Grille, 9 PM

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

Stephen Pearcy of RATT, Slaughter Mississippi Moon Bar, 8 PM

Okham's Razor Woodlands Lounge, Eagle **Lonely Goats** Bulldogs, 9 PM **Andreas Transo**

The Wundo Band

The Mayflies

Rukus

38 Special

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

Mississippi Moon Bar, 8 PM

The Bank Bar & Grille, 9 PM

Tami & the Bachelor

Northside Bar, 9 PM

Sandy Hook Tavern, 10 PM

SATURDAY, MARCH 12

Mystique Champagne, 6 PM

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

Felix Cavaliere and The Rascals

Mississippi Moon Bar, 8 PM

Bryan Popp & Corey Jenny

Laura & The Longhairs Northside Bar, 3 PM

Black Water Gin

Chuck Bregman

Rosalie Morgan

Andreas Transo

Spirits, 8 PM

The Resistors

Budde's, 8:30 PM

Anna Vogelsang

Jon Drake

The Lift, 9 PM

Massey Road

The Hub, 9 PM

12 Car Pile Up

Northside Bar, 9 PM

Tami & the Bachelor

The Boys Night Out

Krazy Kooters, 9 PM

PerXactly's, 9 PM

The Midnight Ramble

The Pit Stop, 9 PM

Pash N Brew

Budde's, 9 PM

Bad Fished

Mystique Encore, 9 PM

Monk's Kaffee Pub, 9 PM

Enemies of Confusion

The Bank Bar & Grille, 9 PM

Taiko, 7 PM

Mystique Encore, 9 PM

Red N Deb's Bar & Grill, 8:30 PM

Rukus Knickers, 9 PM

Mississippi Band Mystique Encore, 9 PM

Stranded in Iowa

Shenanigan's Pub, 9 PM

Bamboo Steamers Northside Bar, 9 PM

Massey Road The Pit Stop, 9 PM

> **Taste Like Chicken** Eichman's, 9:30 PM

Crude But Effective Jug's Main Street Tap, 9 PM

Six Nights Alone Sandy Hook Tavern, 10 PM

Gareth Woods Frank O'Dowd's Pub, 7:30 PM

Okham's Razor Steve's Pizza, 8 PM

Midwest Dilemma Monk's Kaffee Pub, 9 PM

The Dertones The Cornerstone, 9 PM

Bad Fished The Bronco Inn, 9 PM

Massey Road Grand Tap, 8 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

Answer Team, Mondo Drag, Aseethe The Lift, 9 PM

Denny Troy & Rick Hoffman Sundown Mountain, 2 PM

Chuck Bregman Mystique Champagne, 6 PM

Gareth Woods Frank O'Dowd's Pub, 7:30 PM

Mama Bird The Bank Bar & Grille, 9 PM **SUNDAY, FEBRUARY 20 Lonely Goats**

Broken Rubber Band

Sandy Hook Tavern, 8 PM Taiko, 7 PM

New Diggings Gen. Store, 3:30 PM **Tom Hughes** Frank O'Dowd's Pub, 7:30 PM

Corn Fed Girls Keil's Tavern, 5 PM

WEDNESDAY, FEBRUARY 23

Jammin' at the Julien Open Mic Riverboat Lounge, 5 PM

Acoustic Jam Cornerstone, 6 PM

Open Mic w/ Jeff & Jimmy Bank Bar & Grille, 9 PM

Open Mic The Lift, 9 PM

"Controlled Chaos" Open Mic-Monk's, 9 PM

Capetown Philharmonic Orch. U.W. Platteville CFA, 7:30 p.m.

THURSDAY, FEBRUARY 24 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

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

Bryan Popp & Corey Jenny Boondocks Saloon, 9:30 PM

Chuck Breaman Mystique Champagne, 6 PM

Rosalie Morgan

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

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

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

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

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

Bulldog Billiards 1850 Central • 563-588-0116

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

Courtside 2095 Holliday Dr • 563-583-0574

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

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

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

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

Dog House Lounge 1646 Asbury • 563-556-7611

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

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

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

Ridge, 8 PM

Icarus Himself, Secondary Movement The Lift, 9 PM

Bad News, Benefit for Haiti The Bank Bar & Grille, 9 PM

Eagles Club 1175 Century Drive • 563-582-6498

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

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

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

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

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

The Hub 253 Main • 563-556-5782 • myspace.com/thehubdbq

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

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

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

The Lift 180 Main • 563-584-1702

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

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

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

Murph's South End 55 Locust • 563-556-9896 Lonely Goats Cornerstone, 9 PM

Ground Round, 7 PM

Bank Bar & Grille, 8 PM

THURSDAY, MARCH 10

FRIDAY, MARCH 11 **Chuck Bregman**

Open Mic with Dave, Cricket, & Tim

Jazz Jam with 'Round Midnight

Mystique Champagne, 6 PM

Eugene Smiles Project Sandy Hook Tavern, 10 PM

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

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

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

Northside Bar 2776 Jackson • 563-583-3039

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

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

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

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

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

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

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

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

If you have live entertainment and would like to be included in our listing, contact us:

info@dubuque365.com or 563-588-4365.

ш 2







TICKETS AVAILABLE AT WWW.DIAMONDJO.COM AND AT THE DIAMOND CLUE BRET MICHAELS PAT BENETAR STEVEN PEARCY OF RATT WITH SLAUGHTER GRETCHEN WILSON RICK SPRINGFIELD 38 SPECIAL NELSON: A TRIBUTE TO RICKY NELSON PORT OF DUBUQUE • 563.690.4800

{ rondinelli music / audio }



An entire generation of young guitarists, bass players, and drummers have made their way along Highway 20 to Rondinelli Music Audio – a great little store hidden underneath the gas station at the corner of Cedar Cross Road. And that was part of the problem. Once they found it, young players would become loyal Rondinelli customers, but with catalog and online retailers competing, young players either didn't know about Rondinelli's store ... or they just couldn't find it.

"We ran into problems being seen in the other store," explains store owner George Rondinelli. "In 2009 we ran into (new customers saying) nearly every week, 'I didn't know this place was here.' One lady asked if we were just moving in. Actually we were there a little over 20 years, and where the Shoe Shack was, we were there 4 years before that." Rondinelli's previous store shares a parking lot with the Shoe Shack and the Bike Shack.

Well all that has changed. After nearly a quarter century, Rondinelli Music Audio has moved to a bigger and better location at 3414 Pennsylvania Avenue, just off the intersection of Pennsylvania and JFK Road (next to Dominoes' Pizza).

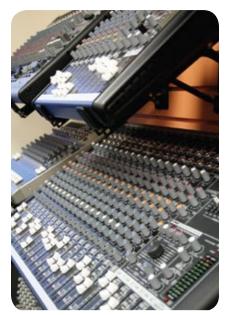
Originally scheduled for last fall, the move was postponed because of a series of construction delays in the build-out for the retail space. In true rock-n-roll fashion, Buck Mess – lead singer for local rock band Menace – stepped in to complete the finish work for the new Rondinelli Music Audio. George and his crew of employees made the move in mid-January, hauling multiple truckloads of PA speakers, amps, and guitars to set up the new store. "We moved over a seven-day period and we had it looking like a store by the time we were into probably day six or seven," notes Rondinelli. In addition to a better location, Rondinelli was looking for a space that served as a better showroom for guitars, amps, drums, PA and other audio gear. With big windows, bright colors, and better lighting the Pennsylvania location is not only more inviting, but customers can see the range of merchandise as soon as they step in the door. "We wanted it to be as positive an experience as we could make it when people came in," said George.

Already in the first few weeks, Rondinelli is seeing an improvement in traffic at the new location. "What I've noticed is there are some people that came in that I have not seen before," he observed, "and some people that I have not seen for a long time that were curious."

What the curious will find is a wide range of music-related merchandise by some of the best brands in the business. Rondinelli is a factory-authorized dealer of guitars by Paul Reed Smith, Fender, Alvarez acoustic and Bedell, an acoustic guitar maker who offers an inexpensive Great Divide line



along with their high-end and custom shop acoustic guitars. Rondinelli carries amplifiers by Fender, VHT, Ampeg, TC Electronics, Vox, and Marshall and drums and percussion gear from Mapex, Remo, Zildjian, Sabian, DW Hardware, Rhythm Tech, Vic Firth, Toca, Latin Percussion, Istanbul Agop and Pro Mark.



Being an audio company that provides sound reinforcement (PA services) for many festivals and national touring acts, PA gear is a big part of Rondinelli's business. Bands just starting out can even rent PA gear for a show until they can earn enough to buy their own. We won't wear you out with an exhaustive list but a few of the highlights would include Allen & Heath, Bose, Mackie, Soundcraft, EAW, Electro-Voice, Crown, QSC, and Yorkville. Rest assured that from microphones to PA speakers and everything in between, George has you covered.

Rondinelli understands that contemporary players like options and with catalogs and online retailers in the mix there are so many options to choose from. Price, of course, is always a factor in a buying decision. That's why Rondinelli's motto is "Catalog Prices ... Real People Service." For George and his crew, selling an item is just the beginning.

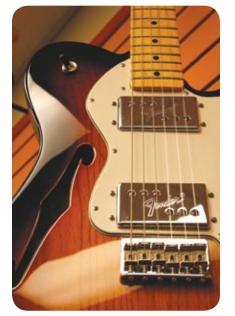
"It's more than just selling a piece," Rondinelli explains. "Our prices start out where the catalogs are. Probably the biggest difference would be that you have to pay sales tax in the state. By the same token, if you have a problem you can call us. A lot of times within the warranty period we give free loaners out to make sure

rondinelli music / audio]



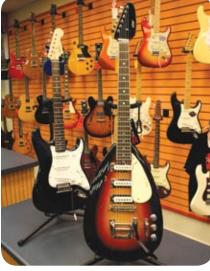
people get through their show." Anyone who has had a piece of gear break down at sound check understands the value of having that kind of backup.

Rondinelli notes that even with the bigger store he doesn't have room to stock every available item, but if a customer is looking for something in particular, he can usually track it down at a comparable price and in pretty short order. "If somebody sees something they want in a catalog or magazine, by all means call us," he says. "Very often, it's not unusual to get it within 24 hours if it's (ordered on) a weekday, but usually within a few days."



In addition to new gear, Rondinelli also carries used gear, some of which is sold on consignment from previous owners – a great way to get a deal. "I won't put a used piece in here and then mark it \$10 under a new price," explains George. "If there's a used piece in here, it has to be a legitimate fair deal."

Used gear can be a resource for beginners as well though Rondinelli reports that he can set up a beginning guitar player with new gear for less than \$200. And with modern manufacturing methods that's a much better guitar than the first guitar many us started with. Most importantly, Rondinelli will take the time to help a beginner through the process and set it up to make sure that new guitar is easy and fun to play.



"You can go wherever you want and buy a guitar. There are a lot of people that sell them," states Rondinelli. "In fact, every once in a while I'll see a supermarket selling them around Christmas. The one thing you want to do though is make sure that the thing is playable. And that's where you're going to want to buy from somebody who can adjust it properly for you. A lot of guitars end up under the bed or in the closet or in the basement by the winter clothes because people are uncomfortable playing them and it hurts to play. It shouldn't hurt to play the instrument."

Beginning guitarists can follow up with

lessons at the store. The new location has three rooms for private lessons, each with a stereo system which features an iPod dock to facilitate learning. Rondinelli offer lessons in guitar, bass, and drums, with qualified and experienced instructors for just \$15 for a half-hour. We suggest dropping the kid off for a lesson, order a pizza next door, browse the store for a bit, pick up the kid and the pizza and head home. "Another trendy thing you're going to be seeing – and this trend has been kind of evolving – you're going to see more powered speakers," predicts Rondinelli. "Electro Voice just came out with some that are fairly affordable and they sound good. We have some on the way." George reports another trend to look for is more digital mixers which can set and store a "scene," instantly recalling the mix of mul-



We know that even the experienced musicians who knew where the old store was will want to check out the new location As if a musician needs an excuse to visit a music store, Rondinelli has a few new things in stock or on the way to pique your interest. First off, Fender has come out with a line of Mustang amplifiers that are similar to the Line 6 brand which offer a variety of preset tones and amplifier emulations. "What's different about the Mustang is that you can plug your laptop, via USB port, into the amp and modify the sounds beyond what you can do on the amplifier, which is really slick," explains George.

tiple bands set during each sound check.

Well at this point, the musicians we know are probably thinking, "We get it. We're going. You had us at Rondinelli Music Audio."

Rondinelli Music Audio's new location is at 3414 Pennsylvania Avenue in Dubuque. The store is open Monday through Friday, 10 a.m. to 7:30 p.m. and Saturday 10 a.m. to 5 p.m. or by appointment. Until you can get there yourself, you can learn more at www.rondinellimusicaudio.com, or you can call (563) 583-8271 or email George at george@rondinellimusicaudio.com. But really, you should just go check it out.



365 dining: champagne }





Champagne

1855 Greyhound Park Road, Dubuque, IA 52001 563-585-3015 - www.MystiqueDBQ.com HOURS: Wed - Thur: 5-9 pm, Fri - Sat: 5-10 pm, Sun-Tue: Closed ATMOSPHERE: Sophisticated NOISE LEVEL: Quiet **RECOMMENDATIONS:** Appetizers: Crab Cakes, Portabella Mushrooms, Pancetta Wrapped Crab Stuffed Shrimp. Entrees: Filet of Beef Oscar, Scallops and Shrimp Braisé, Braised Halibut Brushcetta, New York Strip, Poulet a La Greque, Rack of Lamb Dijonaisse. LIQUOR SERVICE: Full Bar; Flavored Martinis, Dessert Specialties. PRICES: Appetizers: \$8.00 to \$14.00, Entrees: \$20.00 to \$42.00 **RESERVATIONS:** Any Number. Recommended PAYMENT: Cash (ATM On-site), Major Credit, No Checks **ACCESSIBILITY:** Ramp in Casino KIDS POLICY: No one under 21 admitted CATERING: Yes, private parties on premises only TAKE OUT: Yes DELIVERY: No PARKING: Free Valet Parking or large private lot





CHAMPAGNE by Rich Belmont

Another Valentine's Day has gone by and you have proclaimed your love for another year, right? Or perhaps you now realize your plans should have included dinner and somehow dining out just didn't happen. Well, there is still time to redeem yourself! What could be more romantic than following up Valentine's Day with dinner at Dubuque's only classic French restaurant?



Champagne is located inside Mystique Casino. Drive up and take advantage of the free valet parking. Then perhaps try your luck at the gaming tables or the slots for a while before dinner. When you walk into the restaurant look to your left and you will see the cellar stocked with more than 60 reasonably priced wines. You and your lady will be greeted and offered a free glass of champagne. Notice the dark and quiet atmosphere and the cozy stone fireplace. As you are seated you are serenaded by Chuck Bregman playing the piano if you are there on Friday or Saturday night. By now your expectations should be very high. After all, you are about to indulge in French cuisine as sophisticated as your surroundings. And you will soon know you are in the hands of true professionals.

John Torres, the Food and Beverage Director, received his training at the Washburne Culinary Institute. He has had a long career as a chef and has learned from French masters at Maxim's de Paris and La Tour, both in Chicago. John has carefully developed a dedicated, talented and experienced staff.

Scott Mullin is the Executive Chef. He studied at the Iowa Culinary Institute and was a Chef at Christopher's in Des Moines and Executive Sous-Chef at the Des Moines Club. John also brought Will Jester (pictured near right with Scott) into the kitchen. Will is the Chef de Cuisine. He gained experi-

ence in many restaurants including stints as Banquet Chef Holiday Inn, Des Moines, Executive Chef Holiday Inn, Chicago and 10 years as Sous- Chef at the Dubuque Country Club. Donavon Nelson, Restaurant Manager, was also recruited by John. He has 25 years experience in the hospitality business starting as a busser and accumulating 12 years in restaurant management. He was formerly Food and Beverage Manager at Eagle Ridge Resort.

No expense is spared to insure you will be pleased. For example, fresh fish is flown in from the coast. The shrimp and scallops are U10 size. This means they are huge. The shrimp are rated Extra Colossal and they aver-

> age around 5 per pound. Divers harvest the scallops by hand. They are the biggest ones available and number less than 10 per pound. The beef is all Prime Grade and aged at least 45 days. Only pasteurized eggs are used to insure quality and safety.

The menu is a collection of French delights that would even impress Julia Child. For start-

ers there is Portabella Mushrooms Anglaise. These delicacies are stuffed with a Risotto Chasseur. This is a tasty rice lightly sautéed in three reductions of chicken stock, browned



butter and cream. Then the mushrooms are finished with a sauce Perigueux. This sauce starts as a Bordelaise and is bolstered with white wine, parmesan, shallots, cream and a hint of truffle oil. The Crab Cakes (pictured) are prepared from jumbo lump crabmeat New Orleans style with a roasted red pepper coulis.



My favorite appetizer is the Pancetta Wrapped Crab Stuffed Shrimp. These jumbo shrimps are stuffed with lump crabmeat and wrapped in thick slices of pancetta bacon.



It would be a mistake to skip the soups. The French Onion is so good! Slow cooked caramelized onions are added to a rich beef broth. Then the soup is baked with croutons and Gruyère cheese. The most popular soup is the Lobster Bisque. The Chefs prepare this according to the traditional recipe. Vegetables, lobster and lobster shells are puréed with cream, tomato paste and sherry.

The steaks are all wonderful. They are hand cut and well marbled. The Filet Mignon is very popular and my favorite is the New York

365 dining: champagne }





Strip. You should try these with one of the steak accompaniments: the Forestière sauce is made with shallots, garlic, mushrooms in a Cabernet wine reduction demi-glace with a splash of cream. The Béarnaise sauce is a reduction of wine, vinegar, tarragon, peppercorns and shallots finished with pasteurized egg yolks and butter.

Le Fruits de Mer are all so fresh and skillfully prepared you will think you are eating next to the ocean and not the Mississippi! The most popular dish is the Scallops and Shrimp Braisé. Jumbo shrimp and scallops are braised with asparagus, Roma tomatoes and fresh herb risotto. This dish won the Best Entrée Award at the 6th annual 100 Men Who Cook event last October.

Only true Dover Sole is used in the Dover Sole Farci recipe. This fish comes from the English Channel or North Sea and is considered superior in taste and texture when compared to Pacific Ocean Sole. It is stuffed with crab meat and is cooked meunière style meaning it is pan fried in browned butter, chopped parsley and lemon. The Braised Halibut Bruschetta is a very fresh Atlantic halibut finished with tomatoes, garlic, capers and basil on a crisp crouton. The Diver Scallops Beurre Blanc are large scallops pan seared in a sauce made from a reduction of shallots, balsamic vinegar, Chablis wine and blended with cold butter.



House specialties include Filet of Beef Oscar. These are Prime tenderloin medallions topped with jumbo lump crab accompanied by asparagus and covered with a creamy Béarnaise sauce. The Poulet a La Greque is a double





chicken breast cooked Greek style. It is prepared with olive oil, lemon, fresh herbs, kalamata olives and feta cheese and is served on a bed of spinach.

And then there is my favorite entrée the Rack of Lamb Dijonaisse. A half rack is roasted with Dijon mustard and parmesan bread crumbs, herbs and garlic. It is served with grilled asparagus and a trio of three Yukon Gold stuffed potatoes. Each one is stuffed with a different filling: spinach, roasted garlic, and Asiago cheese.

A delicious dinner does not end until you have had dessert! Choose from a vast assortment including Chocolate Mousse, Fresh Berry Napoleon, Profiteroles, Crème Brûlé and Raspberry and White Chocolate Cheesecake. There



are also fantastic after dinner dessert drinks including the Café Grande, Brandy Alexander and the Chocolate Covered Cherry.



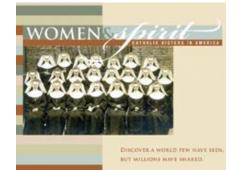
Of course, if this is your Valentine's make-up dinner you should go all out. Ask Chuck Bregman to play your lady's favorite song. Then ask your server for Bananas Foster flamed at your table!

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.



{ girl stuff }





Women & Spirit : Catholic Sisters in America Opens Friday, February 18 National Mississippi River Museum & Aquarium

The National Mississippi River Museum & Aquarium welcomes a new exhibit Friday, February 18. Women & Spirit: Catholic Sisters in America, a national traveling exhibit co-sponsored by Clarke University, is set to open in the Norman Changing Gallery and Otter Overlook area on the second floor of the Mississippi River Center.

The Women & Spirit: Catholic Sisters in America exhibit will feature artifacts and materials collected and on loan from more than 400 sister communities including traveling trunks, journals of immigration experiences, pioneering health-care devices, diaries, personal correspondence, student work, and several items associated with saints.

A special feature of Women & Spirit is an exhibition area created by our local Sisters communities, which highlights their respective roots – each of which has a significant connection between its mission and the Mississippi River. The local Sister exhibition will be displayed in Kids Club area, also on the second floor, which is to the immediate right when reaching the top of the stairs/ to the left when exiting from the elevator. In the interim, the Kids Club has been moved to the main floor of the Mississippi River Center in front of the windows near the building exit.

Women & Spirit: Catholic Sisters in America will remain on display through May 22. For more information, visit www.womenandspirit.org or contact the National Mississippi River Museum & Aquarium at (563)557-9545.





Nurturing the Feminine Spirit Enhancing Beauty in the Heart of Every Woman: Social and Style Show Tuesday, March. 1, 6:30 – 9:00pm

Presenter Katie Behnke, founder of Elegantees and a native of Sherrill, IA, will lead this evening of inspiration and style. Strongly believing in the God-given beauty of each person, she has fulfilled her dream of starting a fashion company and through it, she is making a real difference in the lives of women, especially victims of sex trafficking.

This enthusiastic young woman will inspire you with her story and that of her company,



and will present a style show of the collection she designed during a recent threeweek adventure in Italy. In addition, Katie will offer an opportunity to purchase her beautiful and affordable clothing. Profits from the sales will go to History Starts Now, a non-profit ministry devoted to helping those who are most broken in this world.

Offering: \$15. Includes beverages and light hors d'oeuvres to begin the evening. Call the Shalom Center at 563-582-3592 to register by Feb. 25. And this is just a ladies thing, hence the title 'Nurturing the Feminine Spirit.' Cameras welcome! Many Elegantees will be available for purchase after the show.



Expand your business to a new audience by advertising in 365ink Magazine! Reach thousands of Tri-Staters every two weeks. Your ad will also be available for years to come in the 365ink Archive on Dubuque365.com. All ads include FREE design by our talented staff, so contact us today and get noticed!

For more info, contact: 563-588-4365 or info@dubuque365.com







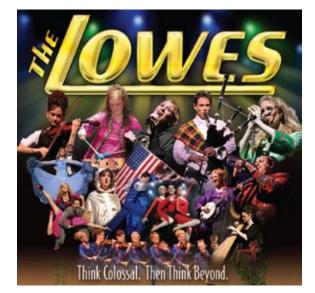
170 JFK Road, Dubuque Carry-Out & Delivery: 563.557.8275 www.houseofchina.com

Hours: Lunch 11 am-2:30 pm Dinner 4:30-9:30 pm Friday & Saturday 4:30-10:30 pm

HOUSE OF CHINA

the lowe family }

how lowe can you go?



The Lowe Family Saturday, March 12, 3:00 p.m. & 7:30 p.m. Grand Opera House in Dubuque

Think colossal. Then think beyond that," says entertainment reporter Julie Kilmer. "Only then do you have an idea of the titanic amount of talent within the Lowe Family. They're a miraculous combination of every kind of musical, theatrical and dance talent you can dare to imagine, and then some!"

The Lowe Family has been entertaining hundreds of thousands around the world for over 25 years. All seven of the Lowe Family siblings began studying and performing the music of the masters from very young ages. Soon additional instruments, dance classes, and vocal lessons were added... along with more teachers and more practice time. The rest is history.

Versatile on many instruments, the nine Lowes offer an amazing blend of show-stopping classical, Broadway, Irish, jazz, bluegrass, old-time favorites, spectacular dance, 6-part harmony, gospel, a stirring patriotic tribute, and more! This high-energy, fast-paced variety show will leave you breathless!

Most recently, the Lowe Family appeared with the worldfamous Mormon Tabernacle Choir and orchestra on their national TV and radio broadcast. They also have been featured as special guests during the Olympics and on China's New Year's celebration televised internationally.

As seen on ABC, CBS, PBS, Time-Warner, and other stations worldwide, the Lowe Family has distinguished themselves as consummate performers across the globe, giving select concerts in Europe, Canada, Latin America, and China, while continuing to captivate audiences throughout America.

"The musical capabilities of the entire family are amazing. They have honed their skills so that they can perform any type of music-and do it with exceptional skill," said Cincinnati Post writer Johnnie Wolfe. "The finale was the best! Simply outstanding!"

Classically trained and multi-talented, the Lowe Family will please the most discriminating buyer! After every performance the same words seem to resonate in the theatre, "How can one family have so much energy and so much talent!?"

The Lowe Family is scheduled to perform on Saturday, March 12, 2011 at the Grand Opera House in Dubuque at 3:00 p.m. and 7:30 p.m. Tickets may be purchased for \$25 by calling the box office at 563-588-1305. Be sure not to miss this experience of a lifetime!







Open Daily: 11:00am - 2:00am * Kitchen Open Daily: 11:00am - 8:30pm



STAY FOR THE DRINKS

Most of the time, we have little control

over what goes on around us, but we do

have control over our reaction to what

goes on around us. Bad things happen

and plans can come undone in a heart-

beat. Sure, if you don't act, you might not

fail but you will not succeed either. Suc-

cess and failure are not mutually exclusive.

As a matter of fact, if you're not failing,

you're probably not doing something. A

suggestion for you...stop kicking yourself

for doing nothing and start kicking some

ass on doing something!



Do Something by matt booth

Where do you keep your goals? Are they taped to your mirror or monitor? Do you carry them around with you or are they buried under a pile somewhere? Maybe you keep them in the same place many other people do - that special, timehonored place: the back burner. You kick yourself once a year (around January 1st) about your lack of progress and then to do something, right or wrong, progress all but forget about them by the end of follows. He was giving me permission to February. For some reason, these back take action and permission to fail. Failure is burner goals never make it to the front of the stove

I know...I know...you're too busy and you can't possibly do it all. You don't have



the energy and you sure wouldn't want to risk failure. You will begin when the "time is right"- after all, timing is everything. You're overwhelmed so you're just not sure where to start and if you ever did start, you can't see how you would ever finish, so what's really the point in even starting? These excuses and others like them keep you from doing something.

As my Dad has told me many times, "Do something - I don't care if it is right or wrong, but do something!" In a subtle, electric cattle prod like way, this was loud and clear - he was not only granting me permission to do something, he was requiring it! You see, once you have the go ahead a byproduct of action. If you are afraid of failing, you're giving yourself permission to avoid action. Action equals progress.

Mattitude Improvement Tip **Smiles to Avoid**

Smiling does not come natural for everyone and a good smile really takes practice. Grab your smile and a mirror for some practice. Oh yeah, here are three types of smiles to avoid:

The Viagra Smile – Just like the commercial - a huge smile showing all of your teeth and wide eyes. This is overbearing and makes others uncomfortable.

The Freeze Smile – A constant, practiced smile that lacks sincerity. Smiling all the time is perceived as over-pleasing.

The Robot Smile – A tiny, polite smile doesn't display warmth.

What is the Value of Your Attitude? There is an old saying that says "attitude is everything". Have you ever wondered why? In short, your attitude determines your thoughts and your thoughts ultimately determine your actions. In Matt's keynote presentation, you will learn having a positive attitude is required to be happy and successful. You'll leave with new leadership and communication ideas along with practical take-a-ways that can be implemented immediately. Contact Matt today to book this speech for your organization. What is the value of your attitude?



24

at! **364**

Crouching Tiger, Single Mother

by pam kress-dunn

You've no doubt heard about the Tiger Mother controversy. Either you've read excerpts or seen its attractive author interviewed – more like grilled – on some talk show or another. You've heard about the death threats, and the voices of support, including those of her own daughters, who seem to have survived just fine.

Amy Chua is the self-proclaimed Tiger Mother, her term for the kind of parents she had and the kind she has tried to emulate for her own children. That she is not "just" a mom but also a Yale law school professor certainly seems to give her a leg or two to stand on. That she loves and respects her parents doesn't hurt, either. All this, despite the fact that her father told her to "never, ever disgrace" him again by winning only second place in a school contest, and despite the fact that he called her "garbage" when he felt she wasn't trying hard enough.

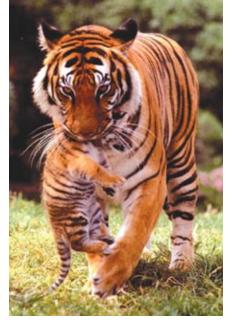
I doubt my kids would label me any kind of tiger mother, but this controversy certainly has made me think back on those long, arduous days of single motherhood when I sometimes thought I deserved a medal for getting them through the school door each day. Though I answered to "Mrs. Zordell" just to make things easier, I was divorced from the time my daughter was seven and my son was four, and just showing up on time often felt heroic, if not tigerish.

I did not join the PTA. Nor did I volunteer to drive, bake, chaperone, or coach. (Coach? Are you kidding? It's a miracle I taught my kids to tie their shoes!) Sorry, but I was working full-time, and worried enough about what my latchkey kids were doing while they were home alone. (Not being from Dubuque, I had no handy extended family upon which to draw for babysitting.) But I attended every parent-teacher conference, my head full of questions, my heart full of angst, and it was there, I hope, that the teachers realized that this little-seen mother was more than a name on a permission slip.

My son's teachers, many of whom were men, became like surrogate fathers, at least in my mind. Not that I expected them to come over and put Dan's new bike together, but it meant more than they can know to have another adult, a good male person, sharing my concern for his well-being. I could do a lot, but I could not be his only role model.

The Tiger Mother dishes out her discipline with rote learning, hours of practice, severely limited social engagements (no sleepovers! no school plays!), harsh criticism, and only hard-earned recognition. "No Whining" might as well be tattooed on her forehead. That wasn't me, though I did expect my children to do well in school. They were smart, they were clever, why wouldn't they excel? The fact that public education mostly rewards only one kind of learning – listen, read, ace the test – didn't occur to me, because I was that kind of learner.

So I was a mostly-A student, not counting gym. (For me, the major perk of being a grown-up is the absence of enforced "lifelong sports.") Was my mom a Tiger Mother? Hardly. I think I absorbed the necessity of mastering school from watching my older sister flail about



with her homework, all of it on the "retarded track," all of which I could do myself despite our eight-year age difference. She had the low IQ; therefore I had to be the brilliant one, the one who not only got As but went to college, achieved Phi Beta Kappa, and subsequently collected three – count 'em – master's degrees, just to put enough distance between me and scholastic failure. Nobody told me to do that, but I absorbed the message.

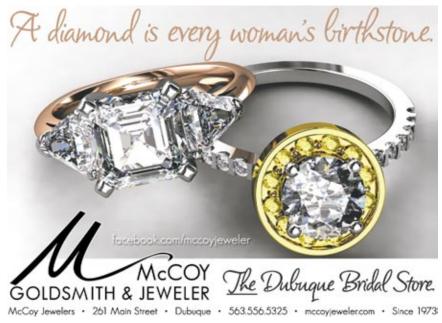
With my kids, I tried. I asked about homework, struggled with numbers. (I should have one of those t-shirts that reads "I was an English major – you do the math.") I recited spelling lists, read countless books and listened as they read to me. At our house, they certainly didn't suffer from a lack of reading material. But was the TV on too much? Oh yes. Did I check that homework was completed before they went out to play? Not always. Did I have serious career talks with them as the end of high school loomed? Not so much.

Because I worked at a college, they could attend a number of schools tuition-free. So they did, right after high school, ready or not. One was ready, the other less so. Embarrassingly, faculty kids were famous for dropping out and coming back to their parents' school. Dashed hopes – but whose hopes were they? The kids', or the parents'? I was just happy my daughter figured out her major, and graduated.

As for my son, my darling boy, he figured a lot of things out on his own. Such as: He wasn't ready for college. What he needed to do was live on his own, save his money from a series of low-level jobs, and travel the world (Peru, Ecuador, Dublin, Paris, Rome). Then, once his mother stopped asking when/if he planned to finish college, he began taking gen ed courses at NICC, and when that was done, transferred to Iowa State. That he figured out exactly what he wanted to do with his life and, therefore, precisely what he needed to study, floored me. But I shouldn't have been surprised. He's always been like that. Tiger Mom tactics don't work on him. He just tunes them out and calmly goes his own way.

Same with his sister, really, who is about to finish graduate school with a high GPA. So call me Distracted Yet Proud Mom. It works for us.

Pam Kress-Dunn pam2617@yahoo.com





The Tiger Of Siberia!

by bob gelms

Tiger Tiger. burning bright, In the forests of the night; What immortal hand or eye. Could frame thy fearful symmetry?

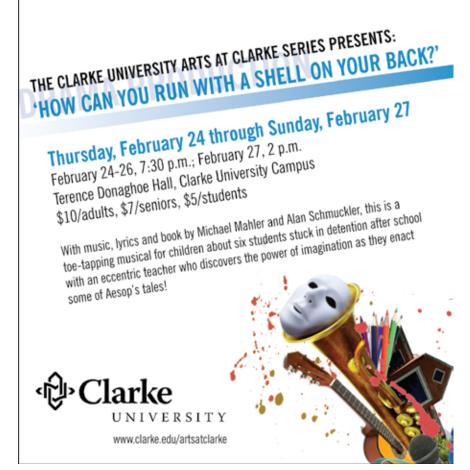
A very talented writer by the name of John Vaillant published his first book a few years back. It's called The Golden Spruce. It is a spellbinding story about a gigantic spruce tree with golden leaves that lived in an old growth forest in British Columbia. It was a very rare tree as it was the only one of its kind still standing. Mr. Vaillant tells this story of the tree and the eco-terrorist who cut it down. Now, this tree had been growing there since before Christ was born and this eco-terrorist decided to protest the cutting of old growth forest by cutting down one of the most magnificent and rarest trees on Earth. It is one of the best nonfiction books I've read in a very long time. That is until Mr. Vaillant published his second book, The Tiger, A True Story of Vengeance and Survival.

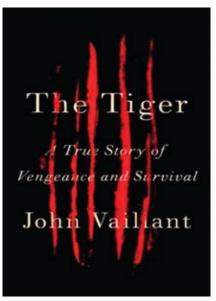
John Vaillant is a writer of considerable power

and elegance. He can show the mythic in the mundane and tell you about the human race in the story of one man and a Tiger. One of the reasons I'm so enthusiastic about this book is that I learned a lot about the Siberian Tiger that was completely unexpected, endlessly fascinating, and deeply insightful into the relationship that Humans have had with wild beasts who only think of us as a plaything or at worst a meal. Beasts that can do to us whatever pleases them.

It turns out that the Siberian Tiger is one of the most enthralling animals on Earth and the most unusual of all the big cats. They are the largest of the seven species of Tigers stalking prey on the planet. They weigh in at over 500 pounds. Their head is as wide as a full grown man's chest. When attacking they sometimes rise up on their hind legs to the height of 9 or 10 feet with their front paws raised in the air. Standing; their silhouette looks like some otherworldly body builder with a slim waist and a huge chest with muscle bound "arms."

The claws at the end of those paws are the most dangerous of any cat. They are four





inches long; a curved hook-like contraption with the inside of the claw honed to razor sharpness. Those claws share a striking similarity to those of a velociraptor. It can eviscerate a Russian Brow Bear with one swipe. Normal behavior for the Siberian Tiger would include something like this scenario; a Tiger jumps a sixteen foot fence into a corral of horses, dispatches one of the horses in less than ten seconds and then proceeds to haul the dead horse back over the sixteen foot fence that was suppose to keep him out and the horses safe.

It's the only Tiger on Earth that lives a cold climate with below zero temps in the winter. After a fresh snow it is said that their walk is so light that they could be four feet behind you and you would never hear them until it was too late. They hunt with tactics and are said to learn new ways to stalk prey. Yes, I did say they learn. In a frightening display that has been documented they impersonate the Siberian Brown Bear's mating call to attract an unsuspecting victim. They can leap fourteen horizontal feet from a standing start and they can leap fifteen to twenty feet vertically with a running start.

What you have here is a freight train, with the grace of Rudolf Nureyev, the wiles of General Patton, and the presence of a ghost. An animal at the very top of the food chain with humans a little further down the list. The Siberian Tiger is as powerful and feared on land as the Great White Shark is in water.

Now, imagine one who starts to eat your friends.

That's what Yuri Trush has to deal with in The Tiger. Since he is the communities lead tracker appointed by the government, it's up to him to do something about the cannibal, as the pheasant population calls a Tiger who has a taste for human flesh. The confrontation between man and beast is everything you would expect it to be.

The Siberian Tiger is endangered and its natural habitat – the only place you can find them in the wild – is a very small section of forest in eastern Siberia near the Chinese border. That's where this elemental drama plays out and it is a witnessing that you absolutely will not want to pass up.

Here is something fun you can try. Before you read the book read the poem Tiger Tiger by William Blake that I quoted at the beginning of this piece. It's very short and you can look it up online just Google "Tiger Tiger burning bright." Then read John Vaillant's book. After finishing the book The Tiger go back and read the poem again and see how much has changed. Sweet dreams!



eating healthy }

365

How Sweet It Is for Your Health to Eat Sweet Potatoes!

with nutritionists pat fisher & megan horstman

Traditionally, sweet potatoes are served at the holidays, but why not enjoy them all winter long? Not only do they taste like dessert, but they provide some surprising health benefits. Sweet potatoes are bursting with more beta-carotene than carrots. They are filled with greater amounts of vitamins and minerals than a typical white potato, and provide a unique combination of being low-fat and rich in heart-healthy vitamin E.

Choose sweet potatoes that are firm and do not have any cracks, bruises or soft spots. They should be stored in a cool, dark and well-ventilated space – like a pantry – where they will keep fresh for up to 10 days.

Try these five simple methods for cooking sweet potatoes.

Boil

Simply peel the sweet potato and cut into chunks. Boil until tender – about 25 to 30 minutes.

Roast

Cut unpeeled sweet potatoes into wedges, toss with olive oil and herbs and roast at 375 degrees F for 25 to 30 minutes, until tender.

Bake

Pierce the skin of each sweet potato in several places with a fork, and then bake for 15 minutes at 400 degrees F, followed by 45 to 60 minutes more at 375 degrees F. They should be placed on a baking tray since sticky syrup is often produced while baking.

Microwave

To cook, pierce the skin in several places and bake the whole potato on HIGH for 5 to 9 minutes.

Grill

Peel the sweet potatoes and slice them lengthwise into _-inch-thick slices. Grill until browned, about 4 minutes on each side.

Quick Serving Ideas



Sweet potatoes can be substituted for regular potatoes in many delicious side dishes, such as potato salad, or served as French fries or roasted, boiled, mashed and baked potatoes. Good flavors for seasoning sweet potatoes include orange, pineapple, apples, pecans, cinnamon, nutmeg, brown sugar and maple syrup.

• Mash boiled sweet potatoes with a small amount of butter or orange juice for extra flavor and top with brown sugar, cinnamon or nutmeg.

• Layer sweet potato slices with slices of apple. Top with brown sugar and butter and bake in a covered casserole dish at 375 degrees F for about 30 minutes.

• Instead of using pumpkin in pumpkin pie or pumpkin bread, substitute pureed, boiled sweet potatoes.

• Finely dice sweet potatoes and brown them in a pan on the stove. Serve as hash browns for a morning meal.

• Puree cooked sweet potatoes with bananas, maple syrup and cinnamon and top with chopped walnuts.

• Steam cubed sweet potatoes, tofu and broccoli. Mix in raisins and serve hot or cold with a curried vinaigrette dressing.

Chile-Garlic Roasted Sweet Potatoes

MAKES: 4 servings, about 3/4 cup each. ACTIVE TIME: 10 minutes TOTAL TIME: 30 minutes

Give ordinary roasted sweet potatoes a big flavor boost with this quick, Asian-inspired seasoning mix.



easier. healthier. happier.

2395 NW Arterial 563-583-2199 400 S. Locust 563-583-6148



4 teaspoons Grand Selections extra-virgin olive oil or canola oil

tablespoon chile-garlic sauce (see Note)
 tablespoon reduced-sodium soy sauce
 tablespoon ground white pepper

11/2 pounds sweet potatoes, scrubbed (and peeled, if desired), cut into 1-inch wedges or pieces

1. Position rack in lower third of oven; preheat to $450^\circ \text{F}.$

2. Combine oil, chile-garlic sauce, soy sauce and white pepper in a large bowl. Add sweet potatoes; toss to coat with the seasoning mixture.

3. Spread the sweet potatoes evenly on a rimmed baking sheet.

4. Roast, stirring once or twice, until the sweet potatoes are tender and browned, 20 to 25 minutes.

PER SERVING: 177 calories; 5 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 31 g carbohydrate; 3 g protein; 5 g fiber; 348 mg sodium; 586 mg potassium.

NUTRITION BONUS: Vitamin A (160% daily value), Vitamin C (40% dv), Potassium (17% dv).

NOTE: Chile-garlic sauce (also labeled chiligarlic sauce, or paste) is a blend of ground chiles, garlic and vinegar. It can be found in the Asian section of large supermarkets and will keep for up to 1 year in the refrigerator.

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

{ puzzles }



Difficulty Level ★★★★

8 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.



"At Prudential, we recognize our employees as our greatest asset and we believe they are a great community asset as well. We enjoy supporting and celebrating their volunteer activities."

Amy Manternach, Site Lead - Dubuque Vice President of Client Services

At Prudential, we're dedicated to investing in programs that increase human potential and individual self-sufficiency. From our annual Global Volunteer Days to the philanthropic work of The Prudential Foundation, our employees and company make "Prudential Cares" a slogan with real substance.

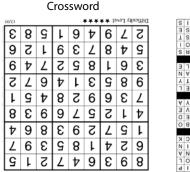
To learn more, visit prudential.com



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PUZZLE ANSWERS

We know the puzzles are on this page, so no cheatin'.





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"City of Dubuque State Legislative Issues for 2011 Session"

by mayor roy d. buol

It is no secret that there are many issues impacting the effectiveness of city government to improve community life, our fiscal future, service delivery to citizens, and the local economy. Our governmental system needs to allow flexibility and authority for cities to meet the challenges of governing and at the same time, protect our cities from unfunded or underfunded mandates, liabilities or other financial risks, and restrictions on local control. Following are just some of the City of Dubuque's State Legislative Issues for the 2011 Session approved by the City Council:

State Mandates

Cities are often faced with implementing mandates from the state and federal governments without receiving the necessary funds for implementation. Requested Action: Enact legislation that exempts local government from providing any new service or engaging in any new activities mandated by the State if the State does not provide full funding.

Property Tax

The current tax structure for state and local governments is a mix of laws, rates and policies that do NOT provide for a fair and consistent tax system. The lowa League of Cities and the Iowa State Association of Counties (ISAC) have identified key areas needing revision for a comprehensive tax reform in Iowa. They include: (1) changes to assessment and valuation procedure; (2) changes to city and county budgeting processes; (3) developing an alternative to current property tax limitations; and (4) elimination of the rollback formula and homestead exemption. Requested Action: Work with the Iowa League of Cities, the Metropolitan Coalition and ISAC to design a tax structure that provides tax equity and policies that are consistent with an overall direction for the state and local government taxation.

Homestead Tax Credit

Each year, the City of Dubuque has tried to minimize the task asking for the average homeowner by not increasing, and in some years, DECREASING the City's property taxes. The State of Iowa has created a partially unfunded mandate through the establishment of the Homestead Tax Credit. The cost for the State's lack of full funding of this credit is passed on to taxpayers and diminishes the City of Dubuque's efforts to keep property tax rates Iow. The credit was funded by the State at 85% in 03/04; 81% in 04/05; 78% in 05/06 and 07/08; and 73% in 08/09. Requested Action: Reinstate full funding for the Homestead Tax Credit.

Tax Increment Financing.

The lowa Code provides that cities can use TIF for certain public and private economic development purposes once an urban renewal plan is approved and an urban renewal district established. The ability to use TIF to assist private economic development projects in urban renewal districts has become a very use-

ful financing and incentive plan for private investment. Requested Action: Support efforts to maintain Tax Increment Financing as an economic development financing tool/

Funding of Major Transportation Projects.

The State of Iowa has used a strategy of allocating funds for completing the major transportation projects in the state as opposed to using a piecemeal approach. This strategy has been successful, with extensive work being completed on major corridors. The same strategy should be used for major projects in larger cities that require significant funding commitments for completing the projects in a reasonable amount of time. An example is the SW Arterial/Hwy 32. Requested Action: Support efforts to continue the strategy for funding major transportation projects through the state, including projects that have federal earmarks.

Economic Development

The role of City government in economic development is critical. Economic activity requires roads, streets, airports, water and sanitation. New jobs necessitate more and better housing. Growing businesses seek quality of life amenities for employees and families, such as parks, recreation and libraries. Protection and safety of property and life must be assured. This can only be accomplished with the strong support of an effective local government. Successful quality of life programs need continued funding such as Vision Iowa, REAP, CAT funds, RECAT Iowa Great Places, the Iowa Main Street program and tax credits for historic preservation. Requested Action: Protect and enhance economic development tools enabling cities in lowa to promote economic improvement throughout the State

Energy Efficiency & Alternative Energy



Recently the American Council for an Energy Efficient Economy ranked lowa 12th in the nation for its efforts to promote energy efficiency. lowa scored highly in the category of building energy codes as only one of 17 states with

a statewide code that meets or exceeds the latest International Energy Conversation Code standards for both residential and commercial buildings. Businesses, residents and local governments have taken advantage of existing incentive programs, but still have much work to do in order to make their new and existing buildings more energy efficient. As the efficiency is achieved, private and public organizations as well as individuals have begun to explore a variety of alternative energy options to increase their energy independence, reduce dependence on coal and oil, reduce greenhouse gas emissions, and improve public health. The City of Dubuque and local nonprofits and businesses have established a strong working relationship with lowa's Office of Energy Independence (OEI) and have relied on its staff and programs for both technical support and grant funding to achieve the sustainability goals of our community. Requested Action: Continue to support the OEI and its programs. Continue successful energy efficiency incentive programs and explore opportunities to remain competitive with other states that are offering incentives for the installation and utilization of alternative energy.

State Historic Tax Credits

Dubuque has benefitted from 20 state historic tax credit projects, more than any other city in the State of Iowa, which has added far more to our financial system than a simple single storefront project. A sample of the impact in Dubuque from tax credits for the Security Building, Town Clock Building, Heartland Building, Platinum Building, Star Brewery, Cooper Wagon Works/Crust Building, German Bank, and the Roshek Building has been 1,865 permanent new jobs, which equates to a \$79.4 million annual payroll in our community, not including the construction jobs to complete the large projects. The cap for the state program is \$50 million per year. Critical workforce housing needs in the City of Dubuque make state historic tax credits and other financial incentives a top priority as the City continues to promote redevelopment and reinvestment in our urban core. Requested Action: Maintain the state historic tax credit program at the current level with a goal of removing the cap on the incentives. Work to ensure that the administrative rules support private sector development and best practices.

With the limited space available, this is a highlighted view of some of the issues that represent the City's legislative focus for the coming year. Maintaining frequent communication with our State legislators about the importance of fiscal support for local government and the key role Dubuque is playing as an economic engine for the State is of primary importance. Citizens are invited to communicate the importance of the City's requested actions to members of our 2011 Legislature. The City's continued progress is at stake.



trixie kitsch's bad advice

no one put's fluffy in the corner.

Do the right thing

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

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

This week's positive role model:

Lisa of the Visiting Nurses Assoc. Nurturing Parenting Program

Study after study about the changes to the culture in the United States focuses on how we are becoming increasingly isolated with our use of Facebook and other social media and texting to connect with others while not communicating with those who live under the same roof. This absence of positive reinforcement and affection can affect us right from the start, hindering our ability to form meaningful connections throughout our lives. Part and parcel of this is how these changes could influence our ability to parent our children, and pass along the critical principles of the VNA's parenting program, which are feelings of attachment, empathy, nurturing oneself, gentle touch, discipline, expressing feelings, and expectations and self-worth.

The VNA and Lisa of their Nurturing Parenting Program recognize that these essential components of self esteem and connectedness are necessary parts of the child-parent relationship. According to Lisa, "the Nurturing Program curriculum was appealing to me as a philosophy because a child who is cared for can learn to care for him or herself and can transfer their caring to others and to the environment." And the VNA's approach is designed to be as convenient and effective for the families as possible. The skills are taught in the home with both the parents and children present, thereby allowing them to practice these skills with their children where they will be interacting on a daily basis.

Creating a Solid Foundation for Families

One family that Lisa was particularly inspired by was a couple suffering from mental health illnesses who were struggling to discipline and care for their twelve month old son. They were unaware of the appropriate expectations for a child his age, and did not have the skills to discipline him in a positive way.

After completing the Visiting Nurses Association Parenting Program, this family was notably strengthened: the child is much happier and well-adjusted because he trusts his parents will meet his needs in a positive and loving way.

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.



Take A Flying Leap: Canine Water Sports by Mary Erschen

Does your dog enjoy the water? Dock diving is a sport that your dog may flip over. Since 2005 the DockDogs, event has been at America's River Festival each May and in 2007 was named DockDogs, Event of the Year. The DockDogs, 2010 National Championships were held in October at the Port of Dubuque. Canine Big Air Competitions have been popularized by ESPN's Great Outdoor Games. The governing organization for this sport is DockDogs, formed in 2000 to establish specific rules and standards.



In 2005 a height category called "Launch" was added. To perform Launch, a dog snatches a bumper that hangs six feet above the water. To perform Big Air, handlers throw a chase object (toy, decoy, or retrieving bumper) to encourage their dog to jump into a pool constructed specifically for the sport. Dogs earn titles based on distance measured digitally from the end of the dock to where the dog's rear breaks water. Competition docks are 40 feet long by eight feet wide and two feet above water. Some events have a practice pool.

Competition staff and volunteers welcome newcomers. Beware...this sport is addictive! The biggest challenge is finding a place to practice if you live in an urban area and do not have a pool or practice facility. When training your dog for DockDogs, go slow. Allow your dog to get used to the water, and be sure to use praise, toys and treats.

Dogs should know sit, stay, and practice toy motivation/drive. While some dogs retrieve naturally, others dogs must be taught to chase, grab, and return toys. Some take to swimming immediately and others take weeks to build confidence. Never drop an inexperienced dog into the water; it could cause panic and lifetime fear. Keep your dog comfortable and happy in or near water.

Believing all dogs are natural swimmers is a myth. Make safety your priority and fit your dog with a canine life jacket, enroll in canine water acclimation classes, and learn pet first aid and CPR. Rinse your pet in fresh water after swimming in chlorinated, salty, or dirty water. When specifically training for a water sport, respect your dog's feelings and if they clearly do not enjoy the water, research a different sport or activity. For non-sporting dogs, acclimating your pet to water can be a real safety asset and may one day prevent drowning.

Swimming is also used to rehabilitate injuries and joint disease that make weight-bearing exercise too painful. Twenty minutes of wellness swimming equals three miles of walking.

For further sport information:

www.dockdogs.com 330-241-4975 www.splashdogs.com 925-783-6149 www.ultimateairdogs.net 248-217-0614 www.ukcdogs.com 269-343-9020 Club 3 D desmoinesdockdogs.org 515-279-2327 FidoFit Wellness/Practice Pool 563-582-5160

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



Free services for sexual and domestic assault survivors



{ february 17 - march 2 }

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101 things to do / dr. skrap's horoscopes



Dear Trixie:

I have been married to a royal bitch for 23 years. We occupy the same house but don't interact. She stays on the first floor and I mostly spend time in the basement. She makes more money than I do and she holds this over my head as if I am some kind of loser that she has "settled" for. Yesterday I sat out in a tree with my rifle and had her face in my cross hairs. Do you think there is something wrong with me? - Mad Man With a Plan

Dear Mad Men

Yes, there is something terribly wrong with you. Why would you shoot your wife in the head when you know they can dig out that bullet and trace it directly to your gun?

Dear Trixie:

Since I have found the Lord I have become the whole person I always should have been. I feel it is my duty to share this miracle with others in my community. My problem is that people are not as open as I'd hoped. I knocked on 37 doors today and every single one was slammed in my face. I find this highly impolite. What do you think?

- True Believer

Dear True Believer:

I think it is terribly rude to trespass on another's property while simultaneously selling your personal brand of religion. I believe there is a commandment for that: Thou Shalt Not Annoy Strangers With Opposing Faith-Based Ideas. You might want to limit your pitch to family members and co-workers only.

Dear Trixie:

Do you think it's right for parents to fight

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in front of their children? There is one theory that it is very damaging to their little psyches and another that says it can be educational. As a new mother, I am concerned about this. What are your thoughts? - Mrs. Mom

Dear Mrs. Mom

Parents should never fight in front of their children. If it is unavoidable they should use a foreign language or argue in metered verse.

Dear Trixie:

I am an amateur gourmet cook and would like to have a sexy romantic dinner for my boyfriend. I was thinking of a savory Chateaubriand and using my fine linens and good china. He says he wants lobster with butter sauce this Valentine's Day. Trixie, past experience has taught me that dripping butter sauce can ruin a tablecloth and that would definitely put me out of a romantic mood. Do you have any ideas? - Young Lover of Lobster

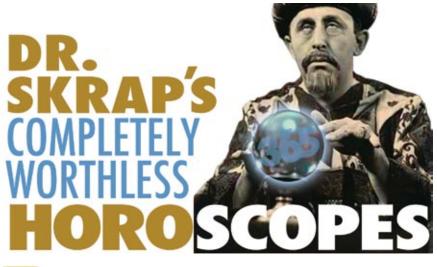
Dear Young Lover:

Yes. Light some candles and serve it in the bathtub.

Dear Trixie:

My girlfriend thinks she has fancy cooking skills and is always trying to feed me. She over-spices or over cooks everything. It is hard to swallow and smile when you feel like vomiting. She won't let me take her out to a restaurant because she says I should save the money. Is there any way to get her to stop cooking? - Fed Up

Dear Fed Up: No.



these not room for the two of us on this one page!

Aries 3/21-4/19

Your decision to take karate lessons is really starting to pay off, but your insistence on putting your own cheesy sound effects into your punches, such as "whipisshhh" and "whakaahh" is not going over so well with Master Schmidt. So, naturally, you need to work on developing better sound effects.

Taurus 4/20-5/20

To your surprise, a secret desire you have only dreamed of will become real very soon. And no, it is not a damn Red Lobster, so stop asking already!

Gemini 5/21-6/21

While you might be inspired to pick up music after taking in the performances during Winter Jazz & Blues, make sure to start off slowly, dude. Start wailing on a saxophone out of the blue with no clue what you're doing, and you'll become an assassination target of music teachers within a 30-mile radius. And there's no Secret Service to protect bad musicians.

Cancer 6/22-7/22

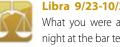
There is such a thing as it being too cold outside to use your outdoor hot tub. The Doctor is not going into details. Trust the Doctor and do not argue.



You are going to be pushed around by Geminis, Cancers, Virgos, Aries and Scorpios this month. What kind of a lion are you?

Virgo 8/23-9/22

The path to success in Live Healthy Iowa does not lie in keeping an open bag of caramel corn to your right and a box of cookies to your left at all times. Caramel corn makes your hands sticky, and then you'd junk your computer. **b** Keep the corn to the left.



Libra 9/23-10/22

What you were able to wear for a night at the bar ten years ago might not be what you can credibly wear for a night at the bar now. You may want to double check your wasteline before making wardrobe decisions.



Scorpio 10/23-11/21

You will be blessed with a treasure trove of cash in the coming weeks. Millions of dollars. But no one will care what you want or even understand you when you speak, and even your fast-food orders will come out wrong. And then you will starve. And money will not have bought happiness.



Credibility and authority will be your next challenge. You need to find a way for people to respect your opinions and listen to you. In a meeting, after someone makes a point, lean back in your chair, snort, and say, loudly, "Yeah, like that makes sense." Just try it.

Capricorn 12/22-1/19

You are facing a new path in life. Perhaps you will go back to school, go into teaching, or writing a book, or trying acting, or painting, or reading a good book, or reconnecting with an old love ... Bueller?



Aquarius 1/20-2/18

Things will be going your way this week -- a better love life, a raise at work, and free refills at McDonald's. You might be a super hero. Jump in front of a speeding bullet and find out if you are or not!

Pisces 2/19-3/20

Why are you actually looking to your horoscope for guidance in life? The position of balls of fire or mass that are floating millions of light years away in remote galaxies affect your life ... how? Think about it.

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OCK REDUCTION

FEBRUARY 17-26 ONLY! **LOOK AT THESE SAVINGS!** SPORT COATS from \$49.98 SUITS from \$99.98

Dear friends and customers.

2011 is a special year for Graham's Store. You see we will celebrate our 75th anniversary late this summer. To prepare for our anniversary celebration we are offering some amazing values and we need your help to lighten our racks so we can begin transforming our store to give you a fresh, updated look (by the end of summer 2011) as we turn the page to begin our next 75 years. This ad is a special announcement to tell you about a huge ten-day, storewide sale that will begin Thursday February 17 at 9:00 a.m. sharp. In fact, Graham's will be closed Monday, Tuesday, and Wednesday to prepare for this event. All of Graham's famous men's and women's brands will be on sale. Join us!

See you soon,

Ben Graham



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- WOMEN'S TOPS \$10-\$20 (Missy Sizing)
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- **OUTERWEAR from \$19.98**
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- 20% OFF NAVY BLAZERS: Austin Reed, S. Cohen
- LONG SLEEVE SHIRTS 50% OFF (Cutter & Buck, Enro, Tailorbyrd)
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BIG & TALL - Great Selection... ALL REDUCED! Alterations will be extra during this sale.



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