



365ink

M A G A Z I N E

MARCH 17-31 2011
FREE

Galena *Wine Lovers'* Weekend

Featuring
Two Grand Tastings
hosted by
Family Beer & Liquor

Friday, March 25th, 5:30 - 8 PM
Saturday, March 26th, 3:30 - 6 PM
Galena Convention Center

- ayalas mex-american steakhouse
- community supported agriculture
- celebrate you

DUBUQUE365.com



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special thanks to:

Jon Schmitz, Ralph Kluseman, Kay Kluseman, Chris Wand, Neil Stockel, Marty Raymon, Jay Olson, Ron Kirchhoff, Fran Parks, Christy Monk, Julie Steffen, Ron & Jennifer Tigges, bacon, Mark Dierker, Julie Griffin, Dave Haas, Tim Brechlin, Jeff Stiles, Gen. Bob Felderman and all the 365 friends and advertisers.

{ 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

Notes from the Publisher... Featuring ideas, observations and arguments.

For most people, signs of spring are things like flowers budding, birds chirping, and fat guys wearing shorts in 45 degree weather. One Facebook friend proclaimed spring because she saw Harpo carrying light bulbs through downtown on his bicycle. You need to know Harpo to understand that one. You might say that spring is here because Bunker Hill Golf Course opened for the season Wednesday.

For me, I have recently come to recognize spring by when I can see the grass in my front yard again. My house is located on the north side of a bluff and, with the shade from the house itself, the snow that accumulates from a long winter of snow blowing tends to hang out about a month longer than you want it to. Kind of like that college buddy who's still the last one to take responsibility for his life and get a real job. If you remember correctly, we had about 75 feet of snow this year. There were piles of snow in the Hy-Vee parking lot that young Boy Scouts got merit badges for scaling. Meanwhile, I had a nice even cover of about two feet of snow just off my front porch and it's still there. Not two feet, but enough. Bunker Hill is open for business. Even skinny people are coming out in shorts, and I still have snow in my front yard. So I refuse to acknowledge spring until the last trace of the white stuff is banished from my kingdom.

I should not hope for that too quickly now that I think about it. Once I achieve that goal, it just means work for me. Outdoor work. That actually sounds refreshing and is usually an enjoyable task for the first five, even ten minutes. Then you remember why you didn't try so hard to rake all those leaves last fall. And that garden is not going to till itself.

The garden is probably the thing I look forward to having back the most. Our strawberries and asparagus are now going into their third year, and the asparagus was a three year old root when I planted it. So I'd better have something more than a handful of spindly stalks this time around. We have CSA produce coming this year again, so I have to remember this when I plan my garden. There's really no need to plant the stuff they are going to deliver to me in abundance. Every year, I feel compelled to plant way more tomatoes that we could eat a lifetime. Why do I do that? I've come to the conclusion that you can never have too many potatoes and onions. And

though those things are really cheap at the store, there is something satisfying about making hash browns on January from potatoes harvested from your own garden. I'm also never trying to grow broccoli again. I like broccoli, but invariably what comes up in my garden is not even close to what grows in my grocer's produce department. I concede to them on that front.

One problem I have is overzealousness. As soon as the garden is clear, I want to be out planting. I don't think anyone looks forward to tilling. But I still have the tiller I borrowed last year, so I'll have to get on it early this year so I can give it back before he needs it himself. I want to be planting seeds now, but I know that the weather can still wipe out my crops if I get ahead of the game. So I bide my time. I need to see what can go in early so I can get a little taste of the joy. As for proper early season mulching to control weeds, just let me say I've found one stellar use for old copies of 365ink. I hate to see old copies go unused. That's why we try not to print more than you read. But some always come back in because same jackass chiropractor thought my newspaper rack was his personal marketing distribution center and covered up my papers with his special offer flyer. Not that I'm bitter about that! But I will add, if you are going to publish a free paper and your business plan does not include buying your own racks and just putting your rag in my rack, don't be surprised when your papers seem to "fly off the shelves". I assure you, they do!

So dear spring, I welcome you to move in for a while. A long while. I know that summer seems to move in about two days after spring has just unpacked and the warm weather turns to sweltering heat. But for now we can just be happy that winter is gone. Sure, she can rear up her ugly head yet before this is over, but the writing is on the wall. Warm weather is coming and you should be heading out to the garage and dusting off your golf clubs, making sure no mice found the sack of sunflower seeds you left in the golf bag at the end of last season.

This is the season when my dad and the neighborhood guys would signal spring by opening the garage door, cracking a beer, and either look across the street at each other standing in their garage having a beer or take turns on who's garage they would congregate in today to b.s. Ah, Spring!

MISSISSIPPI MOON BAR



apr. 14 **GOO GOO DOLLS**
ALTERNATIVE ROCK BAND
Hits include "Iris," "Slide,"
and "Here Is Gone."



jun. 4 **DAVID ALLAN COE**
COUNTRY MUSIC
HALL OF FAMER
Hits include "Mona Lisa Lost Her
Smile," "The Ride," and "You Never
Even Called Me By My Name."

UPCOMING SHOWS!

ARCH ALLIES **APR 16**

HERE COME THE MUMMIES **MAY 14**

GREAT WHITE/STEVEN ADLER **AUG 13**

PAT BENATAR **AUG 18**

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MIDWEST CUISINE

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Beginning April 5th!
11:30-2, Tuesday-Friday

Find a great variety of fish and seafood dishes on our menu everyday including tilapia, shrimp, scallops, salmon, and walleye. PLUS unique Lenten fish and seafood specials daily!

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13U Travel Baseball Team
Representing Dubuque Iowa with Pride



DC Diamond Jaxx Roster

#2 Tanner Berns	#12 Graham Vaughan	#24 Isaiah Cox
#3 Eric Torrey	#18 Bella Berthel	#30 Dalton Chapman
#4 Riley Donovan	#22 Lucky Lott	#32 Alex Henry
#7 Zachary Greenwald		#33 Chris Clewell

www.dubuquecountydiamondjaxx.com



Whitetail Classic
Sport Show & Antler Auction
Grand River Center

18-20
MARCH

Hunting and outdoors enthusiasts of the camouflage variety will not want to miss the Whitetail Classic Sport Show & Antler Auction 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 guns, to rustic decor, taxidermy, furs, taxidermy supplies, fishing accessories, antique Americana, and Old West and Native American collectibles. 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.

Children's Party

18
MARCH

National Mississippi River Museum & Aquarium

Kids are invited to join Sippi the River Otter, "everyone's favorite mascot" for the official Kids Club of the National Mississippi River & Aquarium, at the Children's Party on March 18 from 5:30-8:30 p.m. The celebration, which will take place at the Mississippi River Center, will include games, prizes, live animal programs, free snacks, Gift Shop bargains, and more. Happy Joe's pizza by the slice and Cold



Stone Creamery ice cream will be available for purchase as well. Admission is \$5 per person age 3 and up. All children must be accompanied by an adult.



Eastern Iowa Outlaws
Roller Derby Sham-rocked!
Five Flags Arena

19
MARCH

The Impact Award-winning Eastern Iowa Outlaws Roller Derby celebrate St. Patrick's Day weekend with "Sham-rocked!" a bout with "OMG" the Oskaloosa Mayhem Girls on Saturday, March 19. The Outlaws' all-star team, the Felons, defend their home turf at Dubuque's Five Flags Arena in the Irish-themed bout with Oskaloosa, scheduled to start about 7 p.m. Doors open at 6 p.m. The bout will also be the first of two home bout fundraisers for Outlaws teammate "Askin' 4 It" who has recently been diagnosed with stage four lymphoma. Outlaws will have a donation box at this and the April 16 home bout to raise funds for their teammate's mounting medical expenses. The Outlaws return to Five Flags on Saturday, April 16, the last home bout of the season – a double header with the

Sandy Hook Tavern

3836 Sandy Hook Rd
Hazel Green, WI
(608) 748-4728
SandyHookTavern.com

Felons taking on the Old Capitol City Roller Girls and the Misdemeanors challenging the Peoria Push Derby Dames. Tickets for home bouts are now on sale at the Five Flags box office and are \$10 in advance and \$13 the day of the event with kids five and under free. For more info, find the Eastern Iowa Outlaws on Facebook, or visit www.easterniowaoutlaws.com.



Hate Mail

Bell Tower Theater
Great live theater is always in season at the Bell Tower Theater. This month, catch a new comedy for one night only, Saturday, March 19th at 8 p.m. Hate Mail is a comedy by Bill Corbett & Kira Obolensky. When spoiled rich kid, Preston sends a complaint letter that gets artist Dahlia fired from her job, there is no turning back. Follow their increasingly crazy correspondence as they move from love to hate and right back again. Starring Quad City performers Jeff De Leon and Stephanie Burrough. Tickets are just \$18 and available now online at www.belltowertheater.net.



Dubuque Community String Orchestra Free Concert

Emmaus Bible College
The Dubuque Community String Orchestra (DCSO) will present "Isn't It Romantic?" a free concert on Monday, March 21 in the Marble Chapel of Emmaus Bible College at 7 p.m., featuring music from the Romantic Era, including works by Rimsky-Korsakov, Dvorak, Rachmaninoff, Rossini, and Tchaikovsky. Now sponsored by the Northeast Iowa School of Music, DCSO was founded in 1998 by Conductor Tracey Rush to give non-professional adult string players an outlet for ensemble performance. New members are welcome. For more information, call NISOM at (563) 690-0151 or visit www.nisom.com.

Let's Roll: Bowlin' on the River 2011, NMRA Fundraiser

Cherry Lanes
Cherry Lanes at the Diamond Jo Casino hosts "Let's Roll: Bowlin' on the River 2011" a fun



fundraiser for the National Mississippi River & Aquarium and its Everybody's Museum Membership (EMM) program. EMM allows eligible individuals and families in Dubuque County to have free admission to the Museum & Aquarium and to feel safe, welcome and respected when they visit. It also provides low-income youth and families with access to our educational programming, both on site and through outreach efforts in the community. Teams of five are invited to participate in the bowling fundraiser, scheduled for Saturday, March 26 at Cherry Lanes. Team registration is just \$75 per five-person team and the goal is for each team to raise at least \$300 in collected donations with all proceeds benefiting the EMM program. For more information to register your team, contact Vicky Sutter at 563-557-9545, ext. 276 or email vsutter@rivermuseum.com.



St. Patrick's Day Festival Featuring The Kells

St. Mary School, Platteville, WI
St. Mary School in Platteville, WI will host a St. Patrick's Day Celebration on the evening of March 26, from 5 to 10 p.m. at St. Mary's church hall. A fundraiser for St. Mary Catholic School, the event will feature a performance by The Kells. A nationally acclaimed Irish music act, The Kells have three CDs of their passionate music featuring the lively jigs, spirited reels, and haunting airs of traditional Irish music. The event will also feature the high-stepping dance of the award-winning Cashel Dennehy School of Irish Dance. From the World Competitions in Ireland and Scotland to Epcot Center at Disney World, Cashel Dennehy is world renowned, appearing with internationally acclaimed Irish musical groups such as Gaelic Storm and The Chieftains. To round out the celebration, the festival will feature a dart competition, food, and drink. Admission is \$10 for adults and \$8 for students. Entrance into the dart competition is \$5.

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Friday, April 15th & Saturday, April 16th
Shows at 8pm each night
Tickets \$10 (\$15 day of show)
Tickets available NOW!

ENCORE ENTERTAINMENT
Adam Beck
March 18th & 19th
Sunshine
March 26th
Always free, never a cover!

CABARET entertainment
FULL CODE
March 25th - 9pm-1am
Mighty Short Bus
April 2nd - 9pm-1am
na cover live shows

CABARET BONKER Comedy Club
AT MYSTIQUE PRESENTS...
IAN GUTOSKIE
as seen on FOX & CBS - with Carmen Morales
March 18th & 19th - 8pm each night
FREE FOR ALLIANCE MEMBERS! MEMBERSHIP IS FREE!
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GAMING PROBLEM? CALL 1-800-BETS-OFF. Must be 21.



By Mike Ironside
Photos by

Love, like good wine is complex and varied. Not to be confused with infatuation, a heady but fleeting obsession, love can mellow, deepen, and mature with age. Wine lovers know this. And for them, Galena offers an entire weekend to share the love with both old friends and new.

Now in its sixth year, Galena Wine Lovers Weekend (March 25-27) is a community-wide celebration of good wine, good food, and good friends with which to enjoy it all. All over Galena, wine lovers can partake of wine (and spirit) tastings, wine-inspired dinners, cooking demonstrations, history tours, spa experiences, and of course the unique shopping for which the city is known. Wine lovers both local and from around the region will converge in Galena to celebrate a weekend of fine wine and inspired cuisine, with special appearances by celebrity chefs and noted winemakers. For wine lovers, this is the place to be.

While there are a variety of wine-inspired events around town over the three-day weekend, central to the celebration is the Grand Tasting and Wine Auction, once again sponsored by Family Beer and Liquor Store. Last year, hosted on the Friday evening which kicked off the weekend, tickets to the Grand Tasting sold out an incredible three weeks prior to the actual event. In response, the Galena Wine Lovers' Weekend committee wisely added a second Grand Tasting to the weekend.

The Grand Tasting now offers wine lovers two opportunities to sample more than 300 varieties of wines and spirits, hand-picked by the various winemakers, sellers, and distributors collaborating with the event. (Just in as we were preparing to go to press, official count is 322 wines, plus 8 beers, and 8 top-shelf spirits for those married to wine lovers but not necessarily in that category themselves.)

As in the past, the first Grand Tasting will be held Friday evening, March 25 from 6 to 8 p.m. Registration for the event will



begin at 5:30 p.m. The second opportunity will be on Saturday, March 26 from 4 to 6 p.m. with registration beginning at 3:30 p.m. Both Grand Tasting events will be held at the Galena Convention Center, 900 Galena Square Drive (just off Highway 20, not far from the Piggly Wiggly).

In addition to the incredible range of wines and other bebies available for tasting, the Grand Tasting is also an auction. A variety of items will be offered up for auction including vintage wines, artwork, large format wine bottles, and other wine-inspired items and packages. Tickets for the Grand Tasting and Wine Auction are \$30 in advance and can be purchased online at www.wineloversweekend.com. If available, tickets at the door will be \$35. Admission also provides tasters with a keepsake wine glass and entry into a drawing to win a wine-themed trip to San Francisco. Additional chances for the San Francisco trip may be purchased for \$15 each.

Although the Galena Convention Center offers substantial parking, the Wine Lovers' Weekend committee will be offering a shuttle service to and from downtown Galena for those making Main Street their base of operations. Details were yet to be confirmed as of press time, but the shuttle is believed to be picking up and dropping off at the Market House / Galena Welcome Center on Main Street. Check the Wine Lovers Weekend website for details.

While the Grand Tasting and Wine Auction might be the kick-off and biggest event of Wine Lovers' Weekend, Galena offers a wide range of wine-themed activities, dinners, and specials over the three-day celebration. Peruse our list in this issue to see some of the highlights, but visit the Wine Lovers Weekend website (wineloversweekend.com) for even more information, the full list of events, and links for lodging. Additional area offerings may be found at www.galena.org and www.visitgalena.org. Cheers!





Friday, March 25

Grand Tasting and Wine Auction

Galena Convention Center, 900 Galena Square Drive

Registration begins at 5:30 p.m., 6-8 p.m.

Advanced Tickets \$30, at the Door \$35

(subject to availability)

The core event of the weekend! Sample from more than 300 varieties of wine and spirits. Admission includes tasting, keepsake wine glass and entry into a drawing for a themed San Francisco getaway. Silent auction includes vintage wine. Sponsored by Family Beer and Liquor.

Wine before you dine!

Fried Green Tomatoes, 213 N. Main St.

4-11:30 p.m.

After the Grand Tasting, meet Todd Truck, regional sales manager for California winery DFV and taste the wines of their portfolio while you enjoy Chef Joe's appetizers.

9:30 p.m. - 12:30 a.m.

Later Friday evening Fried Green Tomatoes hosts live music by Jason Brown covering classic songs from Johnny Cash to Jimmy Buffet.

Beer, Cheese and Brothers:

Ale and Cheese Tasting

Eagle Ridge Resort & Spa, 444 Eagle Ridge Dr.

3 - 5 p.m.

Two Brothers Brewery, the makers of Domaine DuPage,

start the weekend off by pairing a fine selection of Illinois brewed beer with delectable Wisconsin cheese. \$15 for non-package guests. Call 815-776-5050 or visit www.eagleridge.com for more information.

"The Italian Table; Small Vineyards, Big Foods" Dinner

Eagle Ridge Resort & Spa, 444 Eagle Ridge Dr.

8:15 p.m.

Antonio Sanguineti, a producer of fine Italian wines, joins us from Tuscany and will host our first venture into Italy. Chef Todd Switzer will produce a culinary tour of Italy as Antonio shares his favorite small production wines and Italian wine secrets. \$75 for non-package guests. Call 815-776-5050 or visit www.eagleridge.com to make your reservation.

Lovers Progressive Dinner

Goldmoor Dining / Jamie's Wine Studio /

Golden Gift Boutique

6 p.m.

Experience a fabulous evening by traveling to three unique properties in Galena. Join us at Jamie's wine studio for appetizers, Goldmoor Dining for the main entree and Golden Gift Boutique for dessert. Cost is \$69 per person and includes tax, gratuity and transportation. Visit www.golddmoor.com for more info.

Continued on the next page...

Galena, Illinois

WINE LOVERS' WEEKEND

March 25th, 26th & 27th, 2011

Grand Tasting tickets available at WineLoversWeekend.com

Family Beer & Liquor
Fried Green Tomatoes
Galena Cellars

GRAND TASTINGS
Sponsored by Family Beer & Liquor
Friday, March 25 @ 5:30 to 8:00 pm
Saturday, March 26 @ 3:30 to 6:00 pm
Galena Convention Center
\$30 in advance \$35 at the door

Family
BEER & LIQUOR

"Please join us for the Tri-State's premiere wine tastings, featuring over 300 wines hand selected by our Family Beer & Liquor staff and vendors."
Tim Althaus, President and Wine Buyer

FAMILY BEER & LIQUOR – SERVICE, PRICE & SELECTION – THANKS FOR YOUR SUPPORT! TIM ALTHAUS

Join us at the Vineyard!
Wine Lovers' Weekend Lunch at the Vineyard

Join us for a delectable four-course luncheon prepared by Chef Ivo and paired with five award-winning Galena Cellars wines.

Saturday, March 26, noon
\$45 per person; limited seating
Reservations required 800-397-WINE (9463)

Vineyard tours & tastings also offered
Vineyard open Saturdays & Sundays in April

Use your smart phone to find out what's due to happen at the vineyard!



GALENA CELLARS
Vineyard & Winery
galenacellars.com

515 S. Main St., GALENA VINEYARD 4746 N. Ford Rd., GALENA
477 S. Third St., GENEVA

Black Hawk Wine Tour

Wine Tours, Inc.

Available Friday, Saturday or Sunday of the weekend from 11 a.m. - 3 p.m.

Discover the breathtaking beauty of Jo Daviess County on this tour of local vineyards with rolling hills, scenic valleys, and steep limestone bluffs. We'll take you to three excellent wineries for facility tours, tastings, on-site shopping, lunch at Boone's Place, and a relaxing carefree day. Learn the history behind the Black Hawk War as your professional driver takes you into the past. Price per person of \$65 includes transportation from your B&B, Hotel, or remote location, tasting fees, facility tours, lunch, and bottled water on board the Iowa Wine Tours bus. Wineries on this tour are Galena Cellars Vineyard and Winery, Rocky Waters Winery, and Massbach Ridge Winery. This tour runs from 11 a.m. to 3 p.m. seven days a week. To enjoy this fun-filled tour call 563-582-4076. Learn more at www.iowawinetoursinc.com.

Opening Weekend at Galena Cellars Vineyard

Galena Cellars, 4746 North Ford Road

Come join us for 2011 Opening Weekend at Galena Cellars Vineyard. Friday, March 25, Hours: 12-5 Tours: 12:30 & 2:00; Saturday,

March 26, Hours: 12-6, Tours: 12:30, 2:00 & 4:00; Sunday, March 27, Hours: 12-5 Tours: 12:30 & 2:00. Visit www.galenacellars.com for more info.

Live Entertainment at Vines Bar

Vines Bar, 216 S. Commerce St.

8:00 p.m.

Join us at Vines Bar, Galena's favorite hang-out after the Grand Tasting to eat, drink, and be merry. Live entertainment featuring Dan Heim on acoustic guitar begins at 8 p.m. Visit www.vinesgalena.com for more info.

Ken Killian Jazz Quartet

The Galena Brewery, 227 N. Main St.

7:30 p.m.

Ken Killian's Jazz Quartet will be entertaining at the Galena Brewery. Come enjoy a night of jazz, delicious tapas and handcrafted beer. Also featuring Galena Cellars Wine - always an item on our menu! Visit www.galenabrewery.com for more info.

Horse Drawn Carriage Rides through Downtown Galena

Galena Carriage Co., Historic Galena Post Office

4-8 p.m.

An elegant French Vis-à-vis, pulled by nostalgic draft Horse will carry you down Park

Avenue past civil war era homes and buildings and then across the Galena River Bridge to the quaint and charming shops on Main Street of Galena. Reservations please call 815-275-9470. Visit www.galenacarriage.com for more info.

bus. Wineries on this tour are Galena Cellars Vineyard and Winery, Rocky Waters Winery, and Massbach Ridge Winery. This tour runs from 11 a.m. to 3 p.m. seven days a week. To enjoy this fun-filled tour call 563-582-4076. Learn more at www.iowawinetoursinc.com.



Katie Sullivan Live Music

Frank O'Dowd's Pub @ The Irish Cottage

7:30 PM

Waterhouse & Golden Live Music

Cornerstone Pub

8:30 PM

Saturday, March 26

Grand Tasting and Wine Auction

Galena Convention Center,

900 Galena Square Drive,

Registration begins at 3:30 p.m., 4-6 p.m.

Advanced Tickets \$30, at the Door \$35

(subject to availability)

The core event of the weekend! Sample from more than 300 varieties of wine and spirits. Admission includes tasting, keepsake wine glass and entry into a drawing for a themed San Francisco getaway. Silent auction includes vintage wine. Sponsored by Family Beer and Liquor.

Black Hawk Wine Tour

Wine Tours, Inc.

Available Friday, Saturday or Sunday of the weekend from 11 a.m. - 3 p.m.

Discover the breathtaking beauty of Jo Daviess County on this tour of local vineyards with rolling hills, scenic valleys, and steep limestone bluffs. We'll take you to three excellent wineries for facility tours, tastings, on-site shopping, lunch at Boone's Place, and a relaxing carefree day. Learn the history behind the Black Hawk War as your professional driver takes you into the past. Price per person of \$65 includes transportation from your B&B, Hotel, or remote location, tasting fees, facility tours, lunch, and bottled water on board the Iowa Wine Tours

Winery Tour and Lunch (SOLD OUT)

Fried Green Tomatoes, 213 N. Main St.

Enjoy lunch and a winery tour of the three local wineries. Start off with a fabulous lunch at Fried Green Tomatoes paired with a glass of wine. Next, depart on the Fried Green Tomatoes Executive shuttle and tour Rocky Waters, Massbach Ridge, and Galena Cellars Vineyards. Tour & taste at each vineyard. Cost is \$44.95/person, plus tax and gratuity. For more info visit www.friedgreen.com. I know we're just taunting you writing about a sold out event, but maybe it'll make you book a little sooner next year!

Galena Cellars Lunch

at the Vineyard & Spring Tour

Galena Cellars Vineyard & Winery,

4746 N. Ford Road

Join us at the vineyard at noon as Galena's Chef Ivo of Galena Canning Company works side by side with Galena Cellars' winemaker Christine Lawlor to prepare you a meal full of flavor and spice. Includes tour and lunch with paired wine. \$45 per person; reservations required. Call 800-397-WINE. For more info, visit www.galenacellars.com.

"Noehcnul Sdrawkcab Eth"

(The Backwards Luncheon)

Eagle Ridge Resort & Spa,

444 Eagle Ridge Dr.

Red wine with fish and white wine with beef ... is that okay? During this enlightening noon luncheon, Don Pleau will explore these myths and break down the reality that you really need to eat and drink what you like. This will be a fun event as Don mixes up the food and wines with a great surprise on the menu. \$45 for non-package guests.

www.Dubuque365.com

Call 815-776-5050 to make your reservation. Visit www.eagleridge.com for more info.

**The South American Experience:
Modern Wine, Traditional Foods" Dinner**
Eagle Ridge Resort & Spa,
444 Eagle Ridge Dr.
7 p.m.

If you have never had the chance to travel to South America, you are in luck! For this event, South America will be traveling to Galena. Bill Whiting will present wines from Chili and Argentina as Executive Chef Randy Hoppman prepares traditional regional foods. At this event, you will experience the true taste of the American lifestyle south of the equator. \$85 for non-package guests. Call 815-776-5050 to make your reservation. Visit www.eagleridge.com for more info.



Legendary Heitz Wine Dinner
Fried Green Tomatoes,
213 N. Main St.
8:30 p.m.

Saturday evening Fried Green Tomatoes offers a special Four Course Dinner featuring one of Napa Valley's finest, Heitz Cellars. Fried Green Tomatoes chef de cuisine Joe Kuhse prepares a four-course meal, highlighted with a Kobe beef filet and wine pairings from Heitz Wine Cellars. A winery representative from Heitz Cellars will answer questions regarding the wines. Dinner will begin at 8:30 p.m. Reservations required. \$89.00 plus tax and tip. Visit www.friedgreen.com.

Winery Tour and Lunch
Goldmoor Dining, 9001 Sand Hill
6:30 p.m.

Goldmoor Dining has partnered with Brassfield Estate Winery to present a night of carefully crafted food and wine pairings. A Brassfield representative will be highlighting many

of the exceptional family owned, estate based wines. Don't miss this opportunity to taste highly rated wines and enjoy an outstanding seven-course meal. Cost is \$89 per person. For more info, visit www.golfdmoor.com.

Complimentary Wine & Olive Oil Tasting
Galena River Wine & Cheese, 420 S. Main St.
11 a.m. – 4 p.m.

Stop in on Wine Lovers' Weekend and sample some of our finest wines from around the world. In addition, you can taste our artisanal balsamic vinegars and extra-virgin olive oils, including many flavored oils. We bottle these oils and vinegars to order from Italian stainless steel tanks. Tastings are FREE. Visit www.galenawinecheese.com for more info.

Andrew Houy
Cornerstone Pub
2:30 PM

Bourbon Dinner
Benjamin's Restaurant, 103 N. Main St.
5-9 p.m.

Benjamin's hosts a special Bourbon Dinner. The evening will feature great food and history of American whiskeys. Special whiskey flights will be available. Reservations accepted for both Friday and Saturday evenings. Saturday Lunch will also have an American theme. For more info, visit www.benjaminsgalena.com.

Mojito Party
Benjamin's Restaurant, 103 N. Main St.
9 p.m. to close

Come down and enjoy a refreshing mojito. Benjamin's was rated the Number 1 Mojito Bar in the State of Illinois by Tommy Bahama Rum. Sing into the night with E&R Karaoke. Door Prizes to be announced. For more info, visit www.benjaminsgalena.com.

Bethel Heights Wine Dinner
The Flying Horse, 216 S Commerce St.
7 p.m.

The Flying Horse restaurant is excited to present a wine dinner featuring the wines of Bethel Heights, undisputedly one of Oregon's finest wineries. Experience a wide selection of Bethel Height's collection including their most sought after limited production single vineyard Pinot Noirs. The menu is focused on light, fresh, delicious ingredients celebrating the beginning of spring-time in Galena. As always, a winery representative will be on hand to provide firsthand accounts of the vineyards and wines you will taste. Cost is \$69 per person. Call 815.777.4800 for reservations. For more information, visit www.theflyinghorse.com.

Katie Sullivan Live Music
Frank O'Dowd's Pub @ The Irish Cottage
7:30 PM

Live Entertainment at Vines Bar
Vines Bar, 216 S. Commerce St.
8:00 p.m.

Continued on the next page...

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Join us at Vines Bar, Galena's favorite hangout after the Grand Tasting to eat, drink, and be merry. Live entertainment featuring Dan Heim on acoustic guitar begins at 8 p.m. Visit www.vinesgalena.com for more info.

Nothin' But Dylan

The Galena Brewery, 227 N. Main St.

7:30 p.m.

Come enjoy the sounds of this three-piece band playing your favorite Bob Dylan songs. Galena Brewery features a tapas menu, soups, salads & sandwiches and of course, hand crafted beer, brewed right on site. Come sample the most recent brew, Red Irish Lager. Also featuring Galena Cellars Wine – always an item on our menu! Visit www.galena-brewery.com for more info.

Steve Grismore Live Jazz

Cornerstone Pub,

8 PM

The Boys Night Out Live Music

Elks Club, Galena,

8 PM

Sunday, March 27

"Wine Makers Panel"

Sparkling Brunch

Eagle Ridge Resort & Spa, 444 Eagle Ridge Dr.

9 a.m.

Returning by popular demand, the Wine Makers Panel is one of the most popular events of the entire weekend. After Bryan Gentile walks us through Moet's California and French wines, each of the wine personalities from the weekend will take center stage for a question and answer session with the audience. This is your golden opportunity to ask questions about the wine industry directly to the people making the industry move. \$45 for non-package guests. Call 815-776-5050 to make your reservation. Visit www.eagleridge.com for more info.

Black Hawk Wine Tour

Wine Tours, Inc.

Available Friday, Saturday or Sunday

of the weekend from 11 a.m. - 3 p.m.

Discover the breathtaking beauty of Jo Daviess County on

this tour of local vineyards with rolling hills, scenic valleys, and steep limestone bluffs. We'll take you to three excellent wineries for facility tours, tastings, on-site shopping, lunch at Boone's Place, and a relaxing carefree day. Learn the history behind the Black Hawk War as your professional driver takes you into the past. Price per person of \$65 includes transportation from your B&B, Hotel, or remote location, tasting fees, facility tours, lunch, and bottled water on board the Iowa Wine Tours bus. Wineries on this tour are Galena Cellars Vineyard and Winery, Rocky Waters Winery, and Massbach Ridge Winery. This tour runs from 11 a.m. to 3 p.m. seven days a week. To enjoy this fun-filled tour call 563-582-4076. Learn more at www.iowawinetoursinc.com.

Complimentary Wine

& Olive Oil Tasting

Galena River Wine & Cheese,

420 S. Main St.

12 - 3 p.m.

Stop in on Wine Lovers' Weekend and sample some of our finest wines from around the world. In addition, you can taste our artisanal balsamic vinegars and extra-virgin olive oils, including many flavored oils. We bottle these oils and vinegars to order from Italian stainless steel tanks. Tastings are FREE. Visit www.galenawinecheese.com for more info.

Open Mic Live Music

Galena Brewing Co.

7 PM

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Art Gumbo: Fresh Art. Fresh Soup.

Art Gumbo Soup Dinner
Dubuque Museum of Art

24
MAR

Just a few days past the official first day of spring, Art Gumbo returns for the spring installment of the quarterly soup dinner and community-supported micro-funding art grant program. Hosted by local arts activists Paula Neuhaus and Megan Starr, the soup dinner is scheduled for Thursday, March 24 from 6-8 p.m. at the Dubuque Museum of Art, 701 S. Locust Street. The dinner will serve as both the fundraiser and grant review session for this quarter's Art Gumbo mini grant.

For those not yet familiar with Art Gumbo's mini-grant program, the community-based initiative funds local arts projects using money collected at a quarterly soup dinner. In each Art Gumbo funding cycle, artists submit a brief proposal of their project. The public is invited to the subsequent Art Gumbo Soup Dinner, which has an admission fee of just \$10. Diners enjoy a delicious soup dinner by an area food source and the opportunity to review all grant proposals for the evening. They vote for their favorite with the collected admission fees going directly toward funding of that night's winning proposal. Grant awardees will be invited back to a following Art Gumbo event to present a report on the progress of their project.

The March 24 Art Gumbo event will feature organic soup and bread created by The Food Store on Iowa Street. An independent effort

initiated by local arts activists Paula Neuhaus and Megan Starr, Art Gumbo serves the mission of bringing artists together with art patrons to explore and fund projects, create working relationships, and build a network. Art Gumbo was given a Dubuque365 IMPACT Award this month for the best art project of 2010.



Rightly so, as the project is already having an impact on local arts. Artist Tim Olson was awarded Art Gumbo's Winter mini-grant during the December soup dinner for phase one of his project that involves a set of historical photographs taken during a two-week shoot by an unknown photographer in 1912.

"The photos capture workers in factories, offices, shops and other businesses," Olson said, "I intend to recreate this project using the same technology and processes as the originals and create a second set of photographs of Dubuque factories, offices, and shops in 2012. Exhibited together, these two sets of photographs will make up a remarkable portrait of Dubuque during two weeks in 1912, seen literally through the same lens."

Olson will provide volunteer support and present a progress report of his project as part of the March 24 Art Gumbo Soup Dinner. For more information about Art Gumbo, visit artgumbodubuque.blogspot.com or contact Paula Neuhaus or Megan Starr at art.gumbo.dbq@gmail.com.



The Second City FAIR & UNBALANCED

Friday, April 1 @ 7:30 pm

Chicago's legendary comedy theatre just celebrated its 50th anniversary, and their alumni list reads like a who's who of American comedy. In FAIR AND UNBALANCED, The Second City takes unbridled, comic pleasure in the foibles of our politicians, celebrities, and even our significant others. No institution escapes the satiric eye of The Second City, from the blowhards of the Beltway to the Hollywood elite.

135 W. 8th St. Dubuque 563-588-1305 TheGrandOperaHouse.com

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www.ohnwardfineartscenter.com

ROUTE 66

Saturday, April 2 - 7:00 PM

Take a dollop of GREASE, mix in PUMP BOYS & DINETTES and FOREVER PLAID, and you get the idea. This sure-fire crowd-pleaser features hits from the late 50's and early 60's including Dead Man's Curve, King of the Road, Little Old Lady From Pasadena, Fun, Fun, Fun, and many more.

Tix \$17 adv./\$20 door Students \$10/\$13

HARRY JAMES ORCHESTRA

Saturday, April 30 - 7:00 PM

Since the death of Harry James in 1983, the band has continued the tradition of mellow arrangements and fine rhythmic playing that first made it famous, and is now under the direction of Harry James' lead trumpet virtuoso, Fred Radke. The Harry James Orchestra plays in the major venues of the United States, including many re-engagements in Las Vegas and Disneyland and tours extensively throughout the world. Hear such great songs as "You Made Me Love You", "You'll Never Know", "2:00 O'clock Jump" and many, many more.

Tickets: \$22 (adv.)/\$25 (door), Students \$13/\$15

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Heartland Ballet: Dance Gala Grand Opera House

19-20 26-27 MARCH

The Grand stage hosts the Heartland Ballet for "Dance Gala 2011" on back-to-back weekends in March. Heartland will present four one-act ballet performances including the popular Polvetsian Dances, plus "Chopin" featuring the music of Chopin, "The Living Garden" with music by Delibes, and composer David Resnick will perform on stage with his original music for "A Novel Idea," a contemporary ballet set in New York City. Dance Gala performances are scheduled for Saturdays, March 19 & 26 from 7:30 p.m., and Sundays, March 20 & 27 from 2:00 p.m. Tickets are available at the Grand box office or by calling (563)-588-1305. For more information, visit www.thegrandoperahouse.com.

stories like gang rape in the Congo, bride burning in India and the Lord's Resistance Army in Uganda. This year, Ling has begun her own series "Our America with Lisa Ling" on OWN (the Oprah Winfrey Network). In her presentation at Clarke, "Open Heart, Open Mind," Ling will discuss her career path, the important role that journalism plays and how "it can be a force for propelling the world forward in new and positive ways." Tickets for the lecture are \$15 and are available by calling (563) 584-8642, or online at www.clarke.edu/artsatclarke.

Auditions for Enchanted April Fly-By-Night Productions

29-30 MARCH

Fly-By-Night hosts auditions for the group's next theatrical production, Enchanted April, a romantic comedy directed by Lenore Howard scheduled to be performed June 3-12. Auditions will be held for five female roles and three male roles on Tuesday, March 29 and Wednesday, March 30, at 7:00 p.m. at the Keystone Area Education Agency, 2310 Chaney Rd., in Dubuque. Set in 1922, four English women spend a month on holiday in an Italian castle. Joined by husbands and an Italian maid who speaks no English, the party is moved by the tranquil beauty of the surroundings and rediscovers hope and love. Obviously, a British accent or the ability to learn one is a plus. For more info on the production, visit www.flybynightdubuque.com.



Route 66 Ohnward Fine Arts Ctr., Maquoketa

16 APRIL

Take a dollop of GREASE, mix in some PUMP BOYS & DINETTES and add a generous dose of FOREVER PLAID, and you've got the pedal-to-the-metal, high-octane fun of Roger Bean's ROUTE 66. This sure-fire crowd-pleaser features hits from the late 50's and early 60's including Dead Man's Curve, King of the Road, Little Old Lady From Pasadena, Fun, Fun, Fun, and many more. The show begins with the sounds of 1950s Chicago and travels along the famed Main Street of America to the California coast and the iconic surf music of the 1960s. Showtime is 7 p.m. on Saturday, April 2nd. Tickets: \$17(adv.) \$20(door), Students (\$10/\$13)

www.Dubuque365.com

CLARKE UNIVERSITY MACKIN-MAILANDER LECTURE SERIES PRESENTS

ACCLAIMED JOURNALIST: LISA LING



Lisa Ling will present "Open Heart, Open Mind," discussing her own career path, how journalism plays an important role in the world around us and how, as times continue to change, it can be a force for propelling the world forward in new and positive ways.

Sunday, March 27, 2011
Robert and Ruth Kehl Center,
Clarke University Campus
7 p.m.

\$15/adults, \$10/students
 Purchase tickets beginning Tuesday, March 1, by calling (563)584-8642 or on-line at www.clarke.edu/mackin-mailander.



www.clarke.edu



Mackin-Mailander Lecture Series: Lisa Ling Clarke University

27 MARCH

Acclaimed journalist Lisa Ling will present "Open Heart, Open Mind" at Clarke University on Sunday, March 27, 7 p.m. in the Robert and Ruth Kehl Center as the featured speaker in this year's Mackin-Mailander Lecture Series focused on impacting positive social change. A journalist and author, Lisa Ling began her career as a correspondent for Channel One News covering the civil war in Afghanistan at just 21 years of age. She later became a co-host of ABC Daytime's hit show "The View," which won its first daytime Emmy during her time at the show. As the field correspondent for the "Oprah Winfrey Show" and former contributor to ABC News' "Nightline" and National Geographic's "Explorer," Ling has reported from dozens of countries, covering often ignored



Celebrate You Sinsinawa Mound Center

16
APRIL

Hey ladies, when is the last time you took some time for only you? It's finally time to devote a morning for you! Grab a friend, sister, mother, aunt or grandmother and come learn, laugh and lounge.

Celebrate You is a morning experience designed to focus on the gifts of mind, body and spirit among the women of the tri-states, scheduled for Saturday, April 16, 2011 at Sinsinawa Mound Center from 8:30 a.m. - 1:00 p.m.

Take time to learn with over 20 different breakout sessions. There will be sessions in fashion, gardening, fitness, making a personalized wine glass and many more!

Saturday, April 16, 2011
8:30 AM-1:00 PM

Break Out Sessions:

- Beginning Yoga
- Exploring the Glass Crown
- Celebrate a Healthy Life with Herbs
- Acupuncture/Acupressure 1,2,3..
- Making Your Wine Look Fine
- Create Your Own Sugar/Salt Scrub
- Pantry Raid
- I Have Nothing to Wear
- Mini Spa
- Attracting Birds in All Seasons
- Art Tour of the Mound
- What is the Value of Your Attitude
- Super Foods for a Healthier You
- Paint Your Own Pottery Tile
- Wants Some Cheese with that Wine?
- Zumba Fitness Workout
- Celebrate Laughter Yoga and You
- Decorative Glass: The Only Limitation is Your Imagination
- If Grandma is on Facebook, Skype and Mobile, Maybe I should be too?
- Wine Tasting
- Spring Time Treats
- Square Foot Gardening

www.Dubuque365.com

Take time to lounge in our Mini-Spa. Every woman deserves to relax and be pampered. This is your chance to rejuvenate and treat yourself. Many area spas will be giving service samplings of massages, mini-facials, hair styling tips, makeup touch up, paraffin wax and more! Stroll through and try the services you want to experience.



After a wonderful lunch, explore chocolate decadence at the Mound! Experience all kinds, shapes and forms of chocolate - from fondue to cheesecakes to brownies to many more delectables! It's time for some chocolate, chocolate and more chocolate!

Laugh as we gather with friends and family for a wonderful day! Take time to stroll through the shopping area or the beautiful grounds of Sinsinawa Mound. Most of all come and Celebrate You!



The early bird special is \$35 due by April 1st. The regular registration after that is \$50 and sessions must be selected by April 9th. This includes over 20 fabulous sessions to choose from, a delicious spring lunch, shopping, door prizes, the Chocolate Indulgence Party and much more! Celebrate You will donate a portion of all proceeds to a local women's organization each year. Crescent Community Center will be the recipient in 2011. For a copy of the brochure or to register, go to www.nicc.edu/celebrateyou or call NICC's Continuing Education Office at 888-642-2338 or (563) 557-8271, Ext. 380.

We have a full line of flash-frozen seafood in-stock!

Upcoming Events

Wine Down Wednesday - March 23 - 5p - 7p - No Charge
Cookin' Something Up along with Okoboji Wines will be presenting a new line of Fair Trade and Organic Wines for your tasting pleasure. Our favorite Organic Farmers, Jillian from Small Family Farm and Chris from Two Onion Farm, will be on hand with information on this year's crop and CSA programs. Sample appetizers will be provided.

Not-Your-Ordinary Fish Fry - April 8 - 6p - 9p - \$35
Crab Cakes w/ Capers Mustard Sauce, Cajun Shrimp Caesar Salad, Gingered Monkfish w/ Veggies over Quinoa, and Mocha Crème Brûlée

1640 JFK Rd 563.583.3761 CookinSomethingUp.com Mon-Fri: 10a-6p Sat: 10a-5p

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LIGHT REFRESHMENTS WILL BE AVAILABLE WITH A
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The Northeast Iowa School of Music Presents:

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Tuesday, April 5
7:00 PM
Grand Opera House

**A High-Octane Fiddle Fest
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Tickets: (563) 588-1305

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22nd Annual Spring Arts & Crafts Show Grand River Center

Make plans now to attend the
2
22nd Annual Spring Arts &
Crafts Show on Saturday, April
2 at the Grand River Center in
Dubuque, Iowa. This is the area's largest show,
with over 100 talented exhibitors presenting
and selling the Midwest's finest handcrafts.

The show is a production of Callahan Promotions, Inc. and offers patrons the opportunity to enjoy original affordable arts and crafts. Among the various products presented at the show are oak furniture, paintings, ceramics, jewelry, metal art sculptures, pet products, yard and garden art, pottery, candles, clothing, floral wreaths, dolls & doll clothes, baskets, rugs, placemats and table runners, purses, and many more original products. Exhibitors will also be selling homemade salsa, barbeque sauce, jams, homemade ice cream, dried soup and food mixes, and gourmet spice blends.

The Grand River Center is located at 500 Bell Street, just across from the Diamond Jo Casino in Dubuque. Admission to the show is \$3, with anyone 10 and under free. Parking is always free. Show hours are 9 AM to 4 PM. For additional information, call 563-652-4529.



Jen Gloeckner Clarke University

5
APRIL
Dubuque-based internationally recognized singer, songwriter, and recording artist Jen Gloeckner will make a rare appearance locally with a concert at Clarke University on Tuesday, April 5. The concert is scheduled for 7:30 p.m. in Jansen Music Hall on the Clarke campus.

more comfortably exploring the fringes of her sound, again earning all of those stock adjectives used to describe her debut – moody, mysterious, sensual – without ever stopping to repeat herself.” Bust.com calls Mouth of Mars “Dark Ambient Awesomeness!” and advises listeners to “Float and meander as the world spins and stirs in a delightfully bizarre haze. Meditate. Breathe. Ride the trance.”



Though somewhat of a rarity locally, Gloeckner has been touring regionally and internationally over the past year, promoting her latest CD, Mouth of Mars, released in 2009. A follow-up to her critically acclaimed debut Miles Away (release on UK label One Little Indian in 2005), Mouth of Mars is earning further acclaim for Gloeckner's songwriting and dark, ethereal arrangements.

Describing Gloeckner as “a storyteller in lyric, music, and in the undertones,” L.A. Buzz Blog says, “Mouth of Mars reads more like a soundtrack to a movie I'd be the first in line to see.” Critic Adam McKibbin of The Red Alert says the new album finds her even

Recorded in her bright orange home studio and mixed by acclaimed record producer, Brian McTear at his Miner Street Recordings Studio in Philadelphia, Mouth of Mars features a variety of guest artists including Joseph Arthur, Espers cellist Helena Espvall, and Canadian electric violinist Joel Zifkin. Recreating her arrangements live, Gloeckner has recruited an all-star band of local musicians including Rick Eagle, Shawn Healy, and Bob Bucko, Jr.

Tickets to Jen Gloeckner's concert at Clarke University are \$10 and are available by either calling (563) 584-8642 or ordering online at www.clarke.edu/artsatclarke.

Dubuque Museum of Art New Exhibits for Spring

Opening Reception Friday, April 8

While the outward signs of spring might be slow in arriving, fresh exhibits are popping up inside the Dubuque Museum of Art. The new exhibits include a major retrospective for sculptor John Cavanaugh, as well as an exhibit of figure drawings by Edwin Casuga and Randy Simmons. The Museum will celebrate the season and the new artwork on display with an opening reception, scheduled for Friday, April 8, from 5:30 to 7:30 p.m.

In Search of Motion :

**John Cavanaugh, Sculptor (1921-1985)\
March 29 – July 3, 2011**

The Dubuque Museum of Art hosts "In Search of Motion," a full-scale retrospective of the sculpture of Midwest artist John Cavanaugh from March 29 through the beginning of July. The DMA show marks the first time for the exhibition's display in Iowa.

Recognized as a master of the hammered lead technique of sculpture, Ohio native John Cavanaugh studied at the University of Iowa after completing his BA at Ohio State University. A prolific sculptor, Cavanaugh worked in lead, clay, bronze, and wax, creating over five hundred sculptures in lead before he died in 1985 at the age of 63.

In Search of Motion offers viewers some insight into the range of Cavanaugh's body of work. The exhibition was created by the John Cavanaugh Foundation, established in 1986, to "bring greater attention to the work of this nationally respected artist." A catalogue of Cavanaugh's work, which shares the same name as the exhibition, will be available for purchase during the show at the museum.

Figure Drawings by Edwin Casuga and Randy Simmons

March 29 – July 3, 2011

The Museum also hosts and exhibit of figure drawings by Oregon artist Edwin Casuga and Kentucky artist Randy Simmons in the Kris Mozena McNamer Gallery beginning March 29. Though for many a drawing is considered a preliminary step toward a finished work, for artists Edwin Casuga and Randy Simmons, drawings themselves are the end result.

While both use similar media and the human form as subject matter, each artist arrives at an individual expression. A native of the Philippines, Edwin Casuga depicts "a tangle of faceless bodies in his drawings to capture the interconnected struggles of life

and success." Kentucky native Randy Simmons populates his drawings with "highly realistic, solitary figures that dominate their space and tell compelling stories."



(Edwin Casuga, Fall, 2005, charcoal, 40x32 inches, Collection of the artist)

An opening reception for both spring exhibits is scheduled for Friday, April 8 from 5:30-7:30 p.m. There is no charge for the reception.



(Randy Simmons, Opus, 2007, charcoal and conte, 96x52 inches, Collection of the artist)

The Dubuque Museum of Art is open Tuesday through Friday from 10 a.m. to 5 p.m., Saturday and Sunday from 1 p.m. to 4 p.m. Regular admission is free through the year of 2011, thanks to a generous sponsorship by the local office of Prudential Financial. The Museum is located at 701 Locust Street in Dubuque. For more information, visit www.dbqart.com, or call the Museum of Art at (563) 557-1851.

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Now Showing @ MINDFRAME
Friday, March 18 - Thursday, March 24
 Check our website for next weeks showtimes!

Limitless (PG-13) No Passes
 Fri - Thu: (12:00), (2:15), (4:35), 7:20, 9:40

Battle: Los Angeles (PG-13) No Passes
 Fri - Thu: (11:50 AM), (2:25), (4:55), 7:25, 9:50

Mars Needs Moms (PG) No Passes
 Fri - Thu: (12:05), (2:05), (4:20), 6:40, 8:45

Red Riding Hood (PG-13) No Passes
 Fri - Thu: (12:20), (2:35), (4:50), 7:10, 9:30

Rango (PG)
 Fri - Thu: (11:30 AM), (1:45), (4:10), 6:45, 9:00

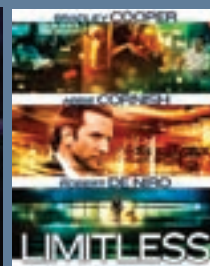
The King's Speech (R)
 Fri - Thu: (12:45), (3:30), 7:00, 9:20

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

coming to theaters :



PAUL (March 18, R) Simon Pegg and Nick Frost (Hot Fuzz, Shaun of the Dead) reunite for the comedy adventure Paul as two sci-fi geeks whose pilgrimage takes them to America's UFO heartland. While there, they accidentally meet an alien who brings them on an insane road trip that alters their universe forever. Joining the comedy's cast are Jason Bateman, Kristen Wiig, Bill Hader, Sigourney Weaver and more.



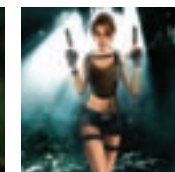
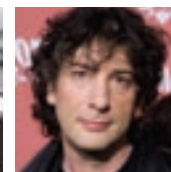
LIMITLESS (March 18, PG-13) Aspiring author Eddie Morra (Bradley Cooper) is suffering from chronic writer's block, but his life changes instantly when an old friend introduces him to NZT, a revolutionary new pharmaceutical that allows him to tap his full potential. Also starring Robert DeNiro.



THE LINCOLN LAWYER (March 18, PG-13) Mickey Haller (Matthew McConaughey) is a Los Angeles criminal defense attorney who operates out of the back of his Lincoln sedan. Haller has spent most of his career defending garden-variety criminals, until he lands the case of his career: defending Louis Roulet (Ryan Phillippe), a Beverly Hills playboy accused of rape and attempted murder.



SUCKER PUNCH (March 25, R) is an epic action fantasy that takes us into the vivid imagination of a young girl whose dream world provides the ultimate escape from her darker reality. Unrestrained by the boundaries of time and place, she is free to go where her mind takes her, and her incredible adventures blur the lines between what's real and what is imaginary.



THE BUZZ...

MGM has hired Josh Zetumer to write that RoboCop reboot we're all clamoring for. Zetumer has written industry-popular though unproduced scripts for a Dune remake and a fourth Bourne film but has no actual feature credits in his Internet Movie Database, but he gets RoboCop? No fair!

Johnny Knoxville is in talks to play Moe in the Farrelly Brothers' Three Stooges film. This bodes poorly for Larry David playing Larry.

Chinese producer Zhang Jizhong has hired Neil Gaiman to write and James Cameron to consult on a \$300 million 3-D adaptation of the oft-told folk tale Journey to the West. Already this is miles ahead of the SciFi channel version with Greg from Dharma & Greg.

Aubrey Plaza, Bill Hader, Alia Shawkat, Mae Whitman, Donald Glover, Andy Samberg, Christopher Mintz-Plasse, and even more comedians will be in Maggie Carey's "Hand Job", which will star Plaza as a straight-laced high school student trying to catch

up on nearly all possible sexual acts before starting college. Expect the name to get changed before release.

While J.J. Abrams has been busy making a film so Spielbergian it will probably birth a World War II drama, Spielberg himself has been working on an adaptation of War Horse, the children's book-turned-stageplay about a special boy-horse relationship that will not make you vomit.

CBS Films has acquired rights to the Coen Brothers-scripted, Colin Firth/Cameron Diaz-starring remake of Gambit.

Diary of a Wimpy Kid director Thor Freudenthal has signed on to direct Scavengers, a story of three estranged brothers going on an international treasure hunt to collect their recently-deceased father's inheritance. At last, a Darjeeling Limited for the National Treasure attention span.

Tomb Raider is getting rebooted, at last filling the cheesecake treasure-hunting hole left in our entertainment schedule since the cancellation of Tia Carrere's Relic Hunter.

NATIONAL RIVERS CENTER 4D THEATER
 Two 4-D features play every 30 minutes, 10 a.m. - 5 p.m. The World of Sharks starts on the hour (10:00) and Turtle Vision begins on the half-hour (10:30). The features are in amazingly deep 3D but also feature effects such as wind, mist, fog, rumbling seats, lightning, and even smells.

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Blues at The Bank

Johnny Kilowatt, Friday, April 1

The Tornadoes, Saturday, April 2

The Bank Bar & Grille



Blues lovers, this weekend is for you. When musician and all-around entertainment guy Dean Wellman joined the staff

at the Bank Bar & Grille, he heard a number of requests from blues fans to bring blues music to The Bank. Wellman and The Bank responded by bringing fans a whole weekend of blues. The Bank will host two Iowa City blues bands: Johnny Kilowatt, with special guest Steve Grismore on Friday, April 1 and The Tornadoes, on Saturday, April 2.



Fronted by guitarist and vocalist Jon Klinkowitz, Johnny Kilowatt is Klinkowitz's blues band which draws on some of Iowa City's best musical talent. For the April 1 Bank gig, Johnny Kilowatt will also feature "The Grizz," jazz/blues/rock guitar master Steve Grismore, probably best known in these parts for being the guitarist for Orquesta Alto Maiz, as well as the Beaker Brothers. Fans of blues guitar will not want to miss this.

have been tearing it up with classic electric blues, swing, jump and contemporary rock-in' blues ever since. Fans of classic blues will enjoy hearing The Tornadoes cover blues legends like Muddy Waters, Willie Dixon, Little Walter, Otis Rush, Freddie King, Louis Jordan, B.B. King, as well as more contemporary artists like Little Charlie & the Nightcats, the Fabulous Thunderbirds, Bonnie Raitt, Kelley Hunt, and Susan Tedeschi.

Formed in 1997 from members with years of music business experience, The Tornadoes

So mark your calendar's blues fans, and get out and support some live blues on Main Street.

Mississippi Moon Bar Concerts!

Two great tribute acts round out March at the Mississippi Moon bar as Chase & Ovation, a tribute to Prince performs on the 18th at 8 p.m. with tickets from just \$5 - \$15, then Hairball brings the 80's back to life on March 24th at 8 p.m. Tix \$10 - \$20. But there's more...

Bret Michaels

Wednesday April 6

Based on selling out every time, it's clear that the tri-states can't get enough of Poison frontman Bret Michaels and he's made it no secret that he loves the Moon bar stage. So it's a win-win when he brings a huge catalog of hits like Every Rose Has It's Thorns, Nothin' But a Good Time, Talk Dirty To Me and more to town. Tix \$30 - \$70.



Rick Springfield

Saturday April 9

Another 80's heartthrob returning after a massively successful previous stop to the Moon Bar is Rick Springfield and he's bringing Jessie's Girl, I've Done Everything for You, and the Human Touch with him. Tix \$30-\$75.



Just announced, 70's hit-makers Sweet led by founder Steve Priest, boogie their way into the Moon bar on June 17th with hits like "Ballroom Blitz," "Fox On the Run" and "Love Is Like Oxygen." Details to come.



Tickets for all are available online at www.diamondjo.com or at the Diamond Jo Casino's Diamond Club. Mississippi Moon Bar is age restricted. Concert goers must be at least 21 years old.



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THURSDAY, MARCH 17

St. Patrick's Celebration
Frank O'Dowd's
Andreas Transo, 1:30 PM
Bagpipers, 3 PM, 5 PM, 7 PM, 9 PM
Andreas Transo, 3:30 PM
Tony Leonard, 5:30 PM
Irish Dancers, 6:30 PM
Tony Leonard, 7:30 PM

Mama Bear
Cornerstore, Galena, 4:30 PM

Irish Roots Band
Galena Brewing Co., 7 PM

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

The Stumble Brothers
Sandy Hook Tavern, 9 PM

Dert Bags
Cornerstore, Galena, 9 PM

**Hemlock, Mutilated by
Zombies, the Tapeworm Trend**
The Lift, 10 PM

**Dueling Pianos:
Baragona & Mancuso**
Mississippi Moon Bar, 8 PM

FRIDAY, MARCH 18

Chuck Bregman
Mystique Champagne, 6 PM

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

Rosalie Morgan
Galena Brewing Co., 7 PM

Nutsy Turtle
Keil's Tavern, 8:30 PM

Chase & Ovation Tribute to Prince
Mississippi Moon Bar, 8 PM

Ken Wheaton
Cornerstone, 8:30 PM

**Miracles of God, Buck House
Hooligans, Legal Fingers**
The Lift, 10 PM

Ragged Strings
The Bank Bar & Grille, 9 PM

Marmaduke
Northside Bar, 9 PM

Adam Beck
Mystique Encore, 9 PM

Sun Green
Sandy Hook, 10 PM

Ian Gutoskie
Bonkerz Comedy
Mystique Casino, 8 PM

SATURDAY, MARCH 19

Chuck Bregman
Mystique Champagne, 6 PM

Rosalie Morgan
Taiko, 7 PM

Andrew Houy
The Cornerstone
from 8:00 PM - 12:00 AM

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

Duke Tumatoe
Mississippi Moon Bar, 8 PM

Frankie Lee & Richard Wiegel
Galena Brewing Co., 7 PM

Swamp Cats
Trackside Bar & Grill, 8 PM

Massey Road
Junction 21, 8 PM

Buzz Berries
Dairy Products Dance
DBQ County Fairgrounds, 8 PM

Statue of Liberty
Monk's Kaffee Pub, 9 PM

Zero 2 Sixty
The Bank Bar & Grille, 9 PM

Kevin Beck & Johnnie Walker
Spirits, 9 PM

Stumble Brothers
Northside Bar, 9 PM

Half-Fast
Bulldog's, 9 PM

Adam Beck
Mystique Encore, 9 PM

Daryll and the Durocks
The Lift, 10 PM

Bad Fished
Budde's, 9 PM

Apple Dumplin's
New Diggings Gen. Store, 9 PM

Tantrym
Doolittle's, Cuba City, 9 PM

12 Car Pile Up
Denny's Lux Club, 9:30 PM

Six Shots 'Til Midnight
Sandy Hook Tavern, 10 PM

Ronnie & the Rockets
Benjamin's in Galena, 9 PM

Helen Reisen
Keil's Tavern, 8 PM

Backlash
Jumpers Sports Bar & Grill
from 9:00 PM - 1:00 AM

Nutsy Turtle Band
Coe's Bar and Grill, 9 PM

The Boots Hefel Band
Handle Bar, Durango, 8 PM

Ian Gutoskie
Bonkerz Comedy
Mystique Casino, 8 PM

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

Ken Killian Jazz Quartet
Galena Brewing Co., 7:30 PM

Laura & Jeff
Spirits, 8 PM

Full Code
Mystique Encore, 8 PM

Sunshine
Dubuque Driving Range, 8 PM

Johnnie Walker
Asbury Eagles Club, 8:30 PM

Waterhouse & Golden
Cornerstone, 8:30 PM

The Fast Clydes
The Bank Bar & Grille, 9 PM

Mississippi Band
Murph's South End Tap, 9 PM

Liza Day
Monk's Kaffee Pub, 9 PM

The Horde, Dredge, Wretches
The Lift, 9 PM

Massey Road
Northside Bar, 9 PM

Big Eagle Band
Jumpers Sports Bar, 9 PM

Mighty Short Bus
Sandy Hook Tavern, 10 PM

SATURDAY, MARCH 26

Andrew Houy
Cornerstone, 12:30 PM

Bad Fished
Farley Speedway, 2 PM

Chuck Bregman
Mystique Champagne, 6 PM

Nothin but Dylan
Galena Brewing Co., 7 PM

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

Free Fallin': Tom Petty Tribute
Mississippi Moon Bar, 8 PM

Sunshine
Mystique Encore, 8 PM

Steve Grismore Jazz
Cornerstone, 8 PM

The Boys Night Out
Elks Club, Galena, 8 PM

The Melismatics
The Bank Bar & Grille, 9 PM

Josh Harty
Monk's Kaffee Pub, 9 PM

Vug
The Lift, 9 PM

Tantrym
Knicker's Saloon, 9 PM

Betty & the Headlights
Northside Bar, 9 PM

Crude But Effective
The Pit Stop, 9 PM

Six Shots to Midnight
Jumpers Sports Bar & Grill, 9 PM

Buzz Berries
Jumpers Sports Bar & Grill, 9 PM

Hard Salami
Denny's Lux Club, 9 PM

Johnny Trash
Hammerhead's, 9 PM

Randy Rogers
Keil's Tavern, 9 PM

Laura & The Longhairs
Corner Tap, 9 PM

Impulse
Budde's, 9 PM

Zero 2 Sixty
Dirty Ernie's, 9 PM

Renegade
Sandy Hook Tavern, 10 PM

SUNDAY, MARCH 27

Open Mic
Galena Brewing Co., 7 PM

Crude But Effective
New Diggings Gen. Store, 3:30 PM

Lonely Goats
Sandy Hook Tavern, 8 PM

TUESDAY, MARCH 29
Rosalie Morgan
Riverboat Lounge, 7 PM

Cal's Open Mic
Sandy Hook Tavern, 8 PM

WEDNESDAY, MARCH 30
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 w/ Dave, Cricket,& Tim
The Lift, 9 PM

Johnnie Walker
Bank Bar & Grille, 9 PM

THURSDAY, MARCH 31
Jazz Jam with 'Round Midnight
Bank Bar & Grille, 8 PM

Open Mic with Jeff & Jimmy
The Cornerstone, 9 PM

Poison Ctrl Ctr, Brass Bed, Glimmer Blinken
The Lift, 9 PM

FRIDAY, APRIL 1
Chuck Bregman
Mystique Champagne, 6 PM

Jill Duggan
Stone Cliff Wine Bar, 7 PM

Corey Jenny & Mojo Busted
Steve's Pizza, 7 PM

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

Donnie Baker & The Pork Pistols
Mississippi Moon Bar, 8 PM

Tony Walker & Shock Johnson
Spirits, 8 PM

Massey Road
Dubuque Driving Range, 8 PM

Half-Fast
The Yardarm, 8 PM

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

Zane Merritt
Monk's Kaffee Pub, 9 PM

Dead Larry
The Lift, 9 PM

Pash N Brew
Northside Bar, 9 PM

John Moran
Embe, Galena, 9 PM

Apple Dumplin's
Sandy Hook Tavern, 10 PM

SATURDAY, APRIL 2
Country Tradition
Mooney Hollow Barn, 7 PM

John Moran
Stone Cliff Wine Bar, 7 PM

Jordan Danielson
Galena Brewing Co., 7 PM

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

Brian Popp & Corey Jenny
Spirits, 8 PM

End of Winter Jam
Mississippi Moon Bar
Tantrym, 8 PM, Half-Fast, 9 PM
Johnny Trash, 10 PM

The Shams, Mt. Carmel
The Lift, 9 PM

The Midnight Ramble
Bronco Inn, 9 PM

Taste Like Chicken
Budde's Bar & Grill, 9:30 PM

Superfly Samurai
Sandy Hook Tavern, 10 PM

The Boys Night Out
Wheel Inn, 9 PM

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Tony Roma's (inside Grand Harbor Resort)
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The Yardarm
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If you have live entertainment and would like to be included in our listing, contact us: info@dubuque365.com or 563-588-4365.



At a March 10 news conference, the America's River Corporation announced the details of the America's River Festival to be held June 10-12, 2011, in the Port of Dubuque. This year's national musical entertainment is presented by American Trust & Savings Bank in celebration of their 100 years.

Nick Schrup, President and CEO of American Trust, shared "The America's River Festival was created to promote the Port of Dubuque, showcase our wonderful riverfront, and promote the Greater Dubuque area. Over these eight years, America's River Festivals have been successful and we are pleased to once again to be part of this exciting event. American Trust has an even greater reason to be part of this year's festival, because in 2011 American Trust will celebrate our 100th year of service to Dubuque and the Greater Dubuque communities. We have many plans for events and activities throughout the year to commemorate this significant milestone for our organization. America's River Festival will certainly be a cornerstone of our celebration. To celebrate our 100 years we invite the Greater Dubuque community to this year's America's River Festival and to what we believe will be the greatest line-up of music talent in Dubuque over a 24-hour period, ever. This event, without question, will make history.

Schrup announced the national musical entertainment for this signature festival:



"The celebration begins Friday evening, June 10, with a band that emerged from the British Blues Boom of the 1960s. It formed from the classic English group Savoy Brown in 1971 to create a unique boogie-rock sound with its recordings and especially its live concerts. This act produced many top-selling albums and singles, charting hits such as "Fool for the City", "Drivin' Wheel", "Eight Days on the Road", and "Slow Ride" to name just a few. We are pleased to welcome Foghat.



"Friday's headliner is one of the greatest and most popular rock bands of all times. This group has amassed 21 top-10 singles, five consecutive number-one albums, 11 number-one singles, and five gold singles. Twenty-five of their 32 albums have been certified platinum, and the band has a total of 47 gold and platinum awards. This band weaved a new sound when it formed in the late '60s combining rock-and-roll with incredible horns. It has produced some of the most memorable songs in its phenomenal history, including "25 or 6 to 4", "Make me Smile", "Colour my World", "Beginnings", and "Saturday in the Park", all of which barely tap the scroll of some of the greatest songs ever by one of the greatest bands ever. We are excited and delighted to welcome to Friday's headliner stage, Chicago.

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"The fun continues the very next night, Saturday, June 11, and the roots for this act are from the early San Francisco rock scene of the 1960s and the mega group Jefferson Airplane. Over the years it evolved into Jefferson Starship when in the mid 70s a new lead vocalist joined the group from the Elvin Bishop Band, where he sang the huge hit "Fooled Around and Fell in Love". Following his addition to the Jefferson Starship, he led that band through a series of major hits in the 1980s and '90s including "We Built this City", "Find Your Back", "Jane", and "Nothing Gonna Stop Us Now" to name a few. We are pleased to present Starship starring Mickey Thomas.

"We are especially fortunate to welcome Saturday's headliner from South Florida. Simply an amazing live show, its leader has been known as the founder of the dance revolution. This band burst onto the music scene in 1973 to become the first band since the Beatles in 1964 to score four number-one pop singles in one 12-month period. Three of these hits crossed over to become number-one R & B hits as well. This band has received Grammy Awards, People's Choice Awards, and American Music Awards. The band's founder and leader received a Grammy in 1978 for Producer of the Year for his work on the sound track for the monster-hit film "Saturday Night



taining audiences around the world for over 37 years, and has sold over 100 million records _ and that's the way they like it. We are excited to welcome KC and the Sunshine Band."

The event also will feature a great line up of local and regional entertainers as well, including Buzz Berries, Horsin' Around Band and the Upper Main Street Jazz Band.

"The America's River Festival will be filled with activities for all ages," said Molly Grover, President of the America's River Corporation. Dock Dogs, Big Dawg NASCAR Racing Simulator, Kids Action Inflatables and the Dubuque Idol Kids Vocal Talent Show will be highlights of this year's event. The Dock Dogs will be making their long awaited return after being a splash hit at last year's festival. Amateurs may also enter their dog by visiting www.dock-dogs.com for a downloadable entry form.

The festival will kick-off Friday, June 10th at 5pm as the event site opens. On Saturday and Sunday, the festival site opens at noon. Admission is \$15 on Friday and \$10 on Saturday to the festival site and includes the standing concert area. Children 12 & under are free.

Reserved ticket prices:
(includes admission to the festival site).

Friday, June 10
Chicago & Foghat, \$45
Saturday, June 11
Starship Starring Mickey Thomas & KC & the Sunshine Band, \$35

Reserved concert tickets go on sale Monday, April 11, 2011 and will be available at Five Flags Center Box Office, through Ticketmaster at 800.745.3000 or online at www.ticketmaster.com. Tickets can also be purchased at the festival site only if tickets are still available.

The presenting sponsor is American Trust and title sponsor are KWWL, Mystique Casino and the Telegraph Herald.

For a complete schedule of events, watch www.americasriverfestival.com.

www.Dubuque365.com



Winter Farmers Market Every Saturday through April Colts Center

19/26 MARCH Though the snow is finally melting, Winter Farmers' Market continues every Saturday morning through the end of April. Located in the Colts Center on the corner of Central and 11th Streets, the Winter Market runs Saturdays from 9 a.m. to noon. The Winter Farmers' Market features local farmers and artisans, offering diverse products such as grass-fed beef, free-range eggs, fall produce, home made candies, baked goods, honey, wines, soaps, gourmet pickles, maple syrup, and more. The Market features approximately 35 vendors which vary each Saturday with new vendors added as the Market continues to grow. Select weeks feature guest vendors offering a variety of local products.

Vendor registration for the summer Farmers' Market, managed by Dubuque Main Street, is now being accepted by the downtown revitalization organization. Summer Farmer's Market opens the first Saturday of May (May 7) and is located around City Hall and on Iowa Street between 11th & 13th Streets. Vendor applications and information on the summer market season is available at the Dubuque Main Street Office, located at 1069 Main Street. It may also be accessed at www.dubuquemainstreet.org/fm.html.



Taste of the World Five Flags Center

19 MARCH The 2nd annual Taste of the World Fundraiser will be held on Saturday, March 19, 2011 from 11am-2pm at the Five Flags Center in Dubuque. Hosts for the event, the Dubuque Multicultural Family Center anticipates hosting food booths, activity booths and performances by individuals representing over 25 countries living right here in the Dubuque community. This event is free to the public, with a suggested family donation of \$10.



Burgers for Babies Fundraiser for Team Elliott Supporting the March of Dimes Asbury Eagles Club

24 MARCH Join Team Elliott for a fun night of food and good deeds at the Asbury Eagles Club on Thursday, March, 24th from 5-8 p.m.. Burger Night includes Burgers, Brats and Hot Dogs, plus french fries, salads and dessert. Cost for the event is just \$6 for adults and \$4 and \$4 for children 10 & under. Gold Canyon Candles will also be for sale during burger night! The more burgers they sell, the more babies they save!



Beer Dinner Catfish Charlie's

26 MARCH Catfish Charlie's, in coordination with the Bluff Street Brew Haus, hosts a special beer dinner, Saturday, March 26 from 7 p.m. The dinner will feature a variety of craft brews paired with a seven-course meal using some of the same beers in the preparation. Highlights include an appetizer brie served with baked beer bread crostini, Catfish Charlie's Captain's Salad served with pale ale infused Western style dressing, stout-brined smoked beef brisket, Scotch ale potatoes, white ale sweet and sour red cabbage, and cherry beer cake. Home brewers are invited to bring their latest home brew to share. All in attendance will be entered to

win a door prize of a \$100 gift card from the Bluff Street Brew Haus. Tickets to the dinner are just \$23 per person. For reservations, call Catfish Charlie's at 563-582-8600, or email Charlie@catfishcharliesonline.com.



The Kernall & Big Al's 21st Annual Wild Game Feed The Barn, Sherrill

26 MARCH The Barn in Sherrill hosts the Kernall and Big Al's 21st Annual Wild Game Feed. Scheduled for Saturday, March 26, the day includes a variety of food, door prizes, raffles, silent auction items and great music. The proceeds from the day will benefit area nonprofits, including Hospice of Dubuque. For details or more information, call The Barn at (563) 552-2353.

SALSA'S
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FRI. MARCH 4
Tribe of 3
Featuring original music from Dean Wellman w/Jimmy Berg and Ron Frank

SAT. MARCH 6
Bad News
Local Media Personalities take the Stage to Benefit Haiti

ALL SHOW TIMES ARE 9:00 PM 563-584-1729

FRI. MARCH 11
The Mayflies
Bluegrass and Folk from Iowa City

SAT. MARCH 12
Enemies of Confusion
Local Original Rock

WED. March 9 and 23 - Open Mic Night Hosted By Jeff and Jimmy
WED. March 2, 16, and 30 - Johnnie Walker Acoustic Solo
EVERY THURS. - Jazz Night - with: Round Midnight Jazz Trio

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\$1.50 Bud Light Bottles and \$5.00 Pitchers - www.bankdbq.com



Ayalas Mex-American Steakhouse

301 N. Main Street, Galena, IL 61036

815-776-9925 • www.AyalasGalena.com

HOURS: Lunch: Wed – Fri, 11 am – 2:30 pm, Mon-Tue: Closed

Dinner: Sun, Mon, Wed, Thurs, 5-10 pm, Fri - Sat, 4:30 pm-10 pm

Brunch: Sun 8 am – 2:30pm (starting Apr 15th)

ATMOSPHERE: Business Casual, **NOISE LEVEL:** Moderate

RECOMMENDATIONS: Italian Ribeye Sandwich, Caprese Salad, Porterhouse, Prime Ribeye, Pork Osso Buco, Chicken Cordon Blue, Ulysses S. Seaford, Carnitas, Carne Asada, Chilean Salmon, Red Snapper with Tomatillo Sauce

LIQUOR SERVICE: Full Bar; Many Mexican Beers, Margaritas

PRICE RANGE: \$1.75 - \$23.00

RESERVATIONS: Any Number; Highly Recommended

PAYMENT: Cash, Debit, MC, Visa, Discover, Local Checks Only

ACCESSIBILITY: Front Door; Ramp to Restrooms

KIDS POLICY: Children's Menu; High Chair; Booster

CATERING: Yes, **TAKE OUT:** Yes **DELIVERY:** Downtown Galena Only

PARKING: On Street



AYALAS

MEX-AMERICAN STEAKHOUSE

by Rich Belmont

There are already six Mexican Restaurants in Dubuque and two in Galena. So do we really need another one? Well, the answer is yes, absolutely!

Ayalas is not a typical Mexican restaurant. It is actually three eateries in one: Steakhouse, American Fine Dining and Authentic Mexican Cuisine – the way it's done in Veracruz, Mexico.

Juan Dorantes, the Executive Chef and Owner, was born in Veracruz and grew up on his Grandma Ayala's delicious style of cooking. He learned how she blended fresh ingredients from the market to create her many wonderful dishes. Juan has paid homage to his grandma by naming his restaurant after her.



Ayalas is on Main Street in Galena, IL. It occupies the space that was once the Logan House, then Café Italia and most recently Char Obrien's. Juan had his eye on this location for a long time. He and his Head Chef Louis Jackson were both chefs at Fried Green Tomatoes for

many years. When Juan became Head Chef at L.May Eatery he invited Louis to join him as his Sous Chef. When the Galena location became available they decided it was time to seize the opportunity and fulfill their dream of having their own place. Chef Juan had already perfected numerous recipes and Chef Louis, who is from Chicago, had years of experience as a private chef. He had also been sharing kitchens with Juan for over 12 years. Together they are an awesome team.

At this time Ayalas is open for lunch Wednesday through Sunday. There are so many items to choose from. The Caprese Salad consists of fresh mozzarella, basil, beefsteak tomatoes drizzled with Juan's own Balsamic Glaze and extra virgin olive oil. The Tortas are Mexican style sandwiches. You have your choice of beef, chicken, ham or pork with pepper jack and mozzarella, avocados, tomato and lettuce on grilled telera bread. The telera is a soft and savory style of the bolillo which is itself a variation of a baguette. The Tacos make for a delicious, inexpensive lunch. They are only \$1.75 and you can make a meal out of a couple of these, perhaps with a side of rice or beans. Sample beef (secina), grilled pork (Pastor), chicken (Pollo), pulled pork (Carnitas), shrimp (Camaron) or beef tongue

(Lengua). They are served on corn tortillas with fresh cilantro and onion.

The Chicken Chimichanga is very good. The chicken is seared with butter and can be ordered baked instead of fried. The tortilla is stuffed with rice, beans, onions, sour cream, black olives, tomatoes and cheese.

My favorite lunch is the Italian Ribeye Sandwich served on the telera roll with a fresh spinach and roasted red pepper artichoke cream sauce.

When you visit for dinner be sure to try one of the Mexican beers. The bar stocks Sol, Dos Equis, Corona, Bohemia, Victoria, Negra Modelo and Tecate. Perhaps you are adventurous and wish to try the house special margaritas. You can experiment by starting with basic tequila and gradually working up to the finest one. The usual order of better tasting margaritas goes like this: The first one is made with Jose Cuervo Especial, then Cazadores, Patron, Tres Generaciones Reposado and finally the finest tequila they stock, Don Julio Anejo. And by the way, Reposado

means the tequila is aged and Anejo means aged even longer. All these margaritas are made with Agave nectar which is sweeter than sugar and a healthier alternative.



For appetizers have some fresh oysters or the shrimp cocktail. The shrimp are served with a special sauce made with fresh avocado, tomatoes, horseradish, white wine, extra virgin olive oil and cilantro. And just look at that bruschetta below!



The Steakhouse entrées are three excellent beef choices. They are Choice Grade, hand cut and bathed in a special marinade for more than a week. The marinade itself is a work of art. It consists of Worcestershire, balsamic vinegar, lemon pepper, garlic, extra virgin olive oil and red wine. It's difficult to select just one. The Porterhouse is broiled just the way you like it. So are the Prime Ribeye and the Filet. You can order any of these plain or with either a feta or blue cheese sauce.



One of the outstanding American entrées is the Osso Buco, a slow roasted, bone in pork shank braised with a red wine demi glaze. You might want to experience this dish the way Mexicans do. So ask your server to skip the demi glaze and order the Mole sauce instead. This is another one of Juan's specialties. It has 35 ingredients including chocolate, Ancho Chiles, basil, pumpkin seed and Chipotle peppers cooked for an hour and a half in a chicken base.

Other American entrées include the Pecan Crusted pan seared Chilean Salmon served with a white wine and lemon butter cream sauce. Also the Lobster Lasagna Rolls made from lobster tail meat, ricotta and parmesan cheese covered with a smoked Serrano pepper sauce. And the Chicken



Cordon Blue. For this one the Chef flattens out two chicken breasts, rolls them in bread crumbs, stuffs them with Swiss cheese and center cut ham and covers them with a Chipotle cream sauce.

The Mexican selections taste just the way they do in Veracruz. First you start off with fresh baked corn tortilla chips and salsa. Here again Juan has developed his own special dip. He takes pickles, onion, fresh jalapeños, pico de gallo tomatoes, salt, cayenne pepper, white wine and olive oil and blends it all together. Serving at room temperature enhances the individual flavors of this enticing sauce.



Juan (far right) poses with his lady, Dulce and their two young sons Dan and Juan, Jr. Also pictured is Louis (2nd from left) and more of the great staff of Ayalas.



My favorite Mexican dish is the Carnitas. Slow roasted pork butt is braised for 4 hours with green peppers and onions in olive oil. The meat just pulls apart and is bursting with flavor. Then there is Huachinango. This is Red Snapper over rice with olives and peppers covered with sauce made from fresh tomatillos (similar to green tomatoes) sautéed with onions, cilantro, garlic and special seasonings. Carne Asada is a very popular dish. Flank steak is marinated for over a week. It is sliced thin and grilled with red and green peppers. Many diners request this entree to be served Carne Asada Tampiqueña. This is the only combination plate found throughout Mexico today. The steak is accompanied with enchiladas and grilled jalapeños and is covered with your choice of cheese and salsa.

You can even have pizza if you are so inclined. There are four Flatbreads prepared from homemade thin crusts. Try something a little different and order the Mexican Flatbread. It has beef, red sauce, jalapeños, onions, tomatoes, fresh mozzarella and is garnished with Mexican cheese and cilantro.

For those of you on a budget you should know all the lunch items can be ordered for dinner. Or you can make a dinner out of a couple of side dishes or a salad. The Tacos also make great appetizers or side dishes as well.

With dinners this good you should finish with dessert! Recently the dessert tray included brownies with vanilla ice cream, Tiramisu, seven layer chocolate cake, Raspberry layer cake and an ice cream sundae. The servers making the presentation here are April, Mitch and Alfonso.



Once you have dined at Ayalas you will want to return often. You will certainly have enough to eat and enjoy yourself immensely. The dedicated staff makes sure you leave with what the Mexicans say is a "Panza llena, corazón contento." That is to say Full Belly, Happy Heart!

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.

Galena, Illinois
WINE LOVERS' WEEKEND
March 25th, 26th & 27th, 2011



GRAND TASTINGS
Friday, March 25 @ 5:30 to 8:00 pm
Saturday, March 26 @ 3:30 to 6:00 pm
Galena Convention Center
\$30 in advance \$35 at the door



Grand Tasting tickets available at
WineLoversWeekend.com
Family Beer & Liquor
Fried Green Tomatoes
Galena Cellars Vineyard & Winery

WineLoversWeekend.com



Weekly Figure Drawing Sessions Sundays, 1-4 p.m.

Maquoketa Art Experience

Aspiring artists who would like to improve their figure drawing skills might like to take advantage of Maquoketa Art Experience's weekly Sunday afternoon drawing sessions. Held each Sunday from 1-4 p.m. at the group's facility, 124 S. Main Street in Maquoketa, the next scheduled sessions are Sunday, March 20 and Sunday, March 27.

Drawing sessions are open to artists of all skill levels and are held every Sunday now through June 1. There is no instruction for these classes, rather, a growing community of artists working alongside each other. Each Sunday session, hosted by artist Evanny Henningsen, features a live clothed model that holds poses of varying length. Sessions will start with several quick sketches of poses that last for just a few minutes and gradually increase in duration leading to a final, full-hour pose.

Artists of all levels are invited to drop in for the sessions. Sessions cost \$8 at the door or you can purchase a 10-session punch card for \$60. Easels & drawing horses are provided. Participants should bring their own pencils, sketchpads, and other materials. Participants may register by calling Maquoketa Art Experience at (563) 652-9925 or just drop in.

Create-a-Painting Workshop Maquoketa Art Experience



Maquoketa Art Experience will host a "Create-a-Painting" Workshop led by artist and writer Sandra Principe Saturday,

April 2 from 12-3 p.m. at the Maquoketa Art Experience studio located at 124 S. Main Street in Maquoketa.

Designed for beginners or "anyone who wants to try something new," Principe's one-day class will explore techniques in acrylic paint. During a three-hour session, participants will create a portrait of a Red Parrot Tulip led step-by-step by Principe.



Hanover, Illinois artist Sandra Principe is known for her oil paintings, reminiscent of the American painter, Martin Johnson Heade and included in numerous private and corporate collections. Her work has been shown in solo shows across the country, from West Palm Beach and Vero Beach, Florida to Laguna Beach, California. She is represented by Meghan Candler Gallery in Vero Beach, Florida; and Brio Gallery in Galena, Illinois. View Sandra's paintings at www.sandraprincipe.com.

Registration fee for the three-hour painting session is \$35. 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.

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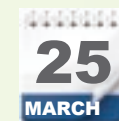
Sindi Mueller: "Unveiling" Opening Reception Friday, April 1 Maquoketa Art Experience

Maquoketa Art Experience welcomes fine art photographer Sindi Mueller with an public opening reception for Mueller's art exhibit "Unveiling" Friday, April 1 from 7 to 9 p.m. at 124 S. Main Street in Maquoketa. The exhibit provides an introduction to Mueller who will be joining Maquoketa Art Experience as part of the not-for-

profit arts organization's Artist-in-Residence Program. The fourth permanent resident artist to enter the program since the launch of MAE in 2008, Mueller joins artists Rose Frantzen, Thomas Metcalf, and Charles Morris.

"Unveiling" features Mueller's exploration of kinetic photography and a study in both rural and urban landscape photography. In Mueller's kinetic photography, the camera is moved while the shutter is open capturing "light, color, motion, and abstraction." Mueller's landscape photography documents both the rural nature of her home state of Iowa and the urban landscape of Chicago. Her first solo exhibit was held at Darkroom in Chicago entitled "Seduced by the Darkness" in December of 2010.

Green Dubuque Launches "50% by 2030" with a Presentation from Senator Rob Hogg



Green Dubuque is launching its "50% by 2030" greenhouse gas reduction campaign. "50% by 2030" is a grassroots effort for a community wide greenhouse gas reduction target of 50% by the year 2030 below 2003 levels based on the recommendation of the Dubuque Community Greenhouse Gas Reduction Task Force.

Green Dubuque is launching this campaign with the presentation, "Preventing Climate Disasters: It's Time for Action," by State Senator Rob Hogg. The Lecture will be held Friday, March 25 at 6:30 pm at the Hoffman Auditorium at Loras College in the Science Hall Building on Alta Vista St. An onsite reception with refreshments will immediately follow the presentation.

Rob Hogg, state senator from Cedar Rapids, is a leader on energy and climate policy in the Iowa Legislature. He serves on the state's Climate Change Advisory Council. He has managed legislation for tax incentives for wind energy and solar power, and expansion of utility energy efficiency programs.

Senator Hogg is serving his second term

in the Senate after two terms in the Iowa House. In the Senate, he serves on the Natural Resources and Environment Committee among other committee assignments. He led the Senate's committee on recovery following the flood disasters of 2008.



In addition to serving in the Legislature, Senator Hogg is an active member of the newly formed Cedar Rapids Climate Advocates as well as the Sierra Club, Iowa Interfaith Power & Light, and the Iowa Environmental Council.

Green Dubuque will also be announcing the Virgil J. and Norma M. Denlinger Family Foundation GHG Scholarship opportunity to be presented to the college student who does the most to promote climate action in Dubuque.



For more information visit:
www.dubuqueghgplan.org



Let the Challenge Begin...

Beginning March 17, the Dubuque Community is going to have their chance to really show how sustainable they can be!

Are You Ready to Jump On Board?

The Sustainability Challenge is a community wide effort to further engage community members in sustainability practices.

Each week players will be given the Sustainable 7. These seven simple activities are designed to help introduce players to a more sustainable lifestyle. Each week there will be a different Sustainable 7, offering further opportunities to learn and act.

Examples of weekly Sustainable 7

- Properly inflate the tires on your vehicles.
- Wash your clothes in cold water.
- Replace a purchase with an organic product.

In addition to the Sustainable 7, there will be weekly events. Attendance and participation at these weekly events earn you a square for the Dubuque 2.0 Sustainability Challenge Game Board. For those playing online, there will be a code at each event. Simply enter the code in your online dashboard to achieve game piece.

All you need to do is attend an event each week and complete the weekly Sustainable 7 to earn your weekly game piece. Be sure to check out the first event of the Challenge, the Dubuque Fighting Saints Green Hockey Game, March 19.

An earned game piece gives you a chance at the weekly prize package, valued at \$500. Here's the complete list of prize packages:

- **Bicycle Package**
- **Lawn Care Package**
- **Green Cleaning Package**
- **Compost & Rain Collection Package**
- **Solar Energy Package**
- **Outdoor Activities Package**
- **National Mississippi River Museum**

- **Aquarium Package**
- **Energy Efficiency Package**
- **Local Food Package**
- **Arts & Culture Package**
- **Kayak**



The Solar Backpack, a prize from the Week 5 Prize Package!

Each week you can earn 1 game piece. In addition to the weekly prize package drawing, you'll also be placed in the final prize drawing of \$5,000 CASH! Attend an event each week; you'll have 11 chances to win some cash.

For another opportunity to win prizes, each week Dubuque 2.0 will be posting weekly contests related to our social networks. Contests will include interacting with our Facebook wall, tweeting or retweeting about us on Twitter (follow us, @dubuque2point0), and small scavenger hunts each week throughout our website www.dubuque2.org. There will be a variety of weekly challenges with prizes including 100% organic cotton Dubuque 2.0 t-shirts, Heritage Trail season passes, energy efficiency toolkits, and more!

Again, if you join a team, each chance you earn for the grand prize drawing, also is credited to your team for the grand prize team drawing of \$5,000. Wait, there's more! The team with the most players at the end of the 11 weeks wins \$1,000.

So with \$11,000 in cash being given away, and \$5,000 in prize packages up for grabs, Dubuque 2.0 challenges you to Jump On Board and take the Sustainability Challenge.

Jump on board.
Win weekly prizes or a \$5,000 grand prize!
Visit dubuque2.org for details.

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Sustainable Development



Tender, Loving End-of-Life Care

By Mary Erschen

A three-month-old puppy survived two lethal doses of euthanizing drugs at an animal shelter in Oklahoma last month, as reported by Maggy Patrick from ABC News. The stray puppy (one of five) is now named Wall-E and is in foster care awaiting adoption. A vet technician reported the story on a pet adoption web site and a donation to cover the boarding of the dog quickly followed along with many inquiries about adopting Wall-E (pictured).



As this dog demonstrates, canines have a tremendous will to live. They live in the moment, appreciate their lives and add so much to ours. However, eventually we are likely to have to make some very tough decisions regarding our dog's care and life. As our animal's guardians, we must make choices for them. We choose food, training methods and equipment. We are guided by our pets' veterinarian for medical solutions. Veterinarians are also involved with end-of-life care. Veterinary Hospice (end of life care for pets) has existed for more than a decade. The broad definition is a philosophy of caring for a dying animal in a loving, appropriate manner, while also supporting the pet's family. Animal hospice takes many forms. Veterinarians make home visits, pet owners provide special care administered at home, and locations exist where pets are taken to live out their final days. Recognizing that animals are loved as family members, the American Veterinarians Association released its guidelines for Veterinary Hospice Care in 2001.

Dr. Liz Palmer of Charlottesville, VA, opened a mobile end of life care practice in 2007. After a local news report, she received more responses than she could handle. Other pet hospice practitioners share the same experience when people hear or read about their services. Many potential animal hospice users aren't familiar with the choices available.

Dr. Amir Shanan has offered hospice in his Chicago general practice for more than ten years. Gail Pope and her husband founded Bright Haven, a residential hospice on 10 acres in Santa Rosa, CA in 1996. Together they care for elderly and infirm animals. Colorado State University's veterinary teaching hospital has on-site counselors available around the clock to assist pet owners facing difficult decisions. Dr. Jane Shaw, director and veterinary communications instructor at the University, says students commonly ask what to do when pet owners don't want to euthanize. In non-emergency cases, a 1 to 10 quality of life evaluation scale, created by Dr. Alice Villalobos, is used. Veterinarians consider the animal's welfare as well as the pet owners. Kathryn Marochino, PhD and founder of the Nikki Hospice Foundation for Pets in Vallejo, CA helped organize a pet hospice symposium in 2008. Dr. Robin Downing is the owner of Downing Center for Animal Pain Management in Windsor, Colorado. As hospice practices grows, it is important to remain open to divergent opinions and values.

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



HEALING CHILDREN

Through Play Therapy

A seven year old survivor always chose villain costumes because he blamed himself for being sexually abused. After a play therapy exercise where he untied a doll from the experiences that bound him, he realized he was actually a superhero.

Play Therapy is a safe and healthy way for children to share their feelings about a traumatic experience. Because children often lack the verbal skills to discuss what they are going through, they naturally try to resolve those issues through their everyday play. This method of therapy pairs the child with a specially trained therapist who provides toys, art projects, games, and books that allow for fun and constructive play scenarios that provide a method for expressing these memories and feelings. The therapist discusses the play with the child, not direct memories, allowing for a safe psychological distance to evaluate those experiences and heal.

Play therapy empowers the young survivors of violence that we see every day. Half of our therapy clients are children; it's estimated that over 25% of all children experience some form of abuse.

If your child has experienced abuse, or if you have concerns that something may have occurred, please call our office for free, confidential, safe, and empowering services: (888) 657-0310.

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mattitude

be yourself, improve yourself



Daily Routine by matt booth

Everyone has daily routines. If you'd like to change how your day goes, change your daily routine. Specifically, how you wake up and how you fall asleep is a reflection of your entire day. Regardless of whether you enjoy the idea of a routine, there is no dispute that starting your day right and wrapping it up peacefully is bound to make a difference on the way you feel and function.

Are things hectic in the mornings? Do you feel like you're running the race of your life once the alarm goes off? Jumping out of bed, rushing around to get ready and skipping breakfast is not a good way to begin your day. The way you start your day affects your mood and productivity. Mornings should not be a constant struggle. You should actually relax and enjoy this part of the day. Your mornings set the tone for the entire day – if your morning is great, there is a good chance

your whole day will be great!

There are a few tips I would suggest to help you develop a routine to kick off your day. Wake up a little earlier than usual. Getting up even 15 to 20 minutes earlier can make a huge difference. If you're up a little earlier, you don't have to rush. To get in the right frame of mind, read something positive and be aware of what you listen to. I've noticed



that what I listen to in the morning, often stays with me throughout the day.

Establishing a routine before you fall asleep is just as important. It is a simple and practical way of unwinding from the day's stress and making a fresh start the next day. Focus on something fun to clear your head and do something you love. Maybe it is snuggling with your kids as you read bedtime stories, having a heart-to-heart with your partner, watching a favorite show or reading a good book, do it. It'll leave you relaxed, calm and happy.

How to Have a Positive Good Morning and Wake up in a Good Mood

It is important to realize that what you do in the morning and just before you fall asleep, sets the tone for your day. If your morning and night routines are calm and relaxing, it can do wonders for your life. To do this, you might just have to wake up earlier or maybe even replace some of your existing routines, but it'll be worth it. Good morning and night routines set your base for successful days. Try to establish positive morning and evening routines each day for the next week. If you don't notice any results, feel free to stop and go back to how it was.

Mattitude Improvement Tip

Check Your Own Voice Mail

Are you tired calling someone and getting a dreadful, long-winded, and difficult to understand voicemail? Recently, I've heard a bunch of really awful voice mails. Your outgoing message should be short yet polite. There's nothing worse than getting a voicemail and recognizing immediately that the person you've reached would rather be somewhere else and could care less about your call. If you haven't done so lately, please call your own voice mail and listen to it. Checking your own voice mail is the easiest way to make sure it doesn't stink.

"I was very pleased with the results after having Matt Booth address our leadership group. Matt's charming and engaging style connected well with our staff and was inspiring. Any leader of an organization realizes that tough economic times can take a toll on our front line leadership. Matt's targeted presentation provided a humorous but practical "time out" for our staff that will be able to use "Mattitude" at both work and in their personal lives."

- Paul Spivey CEO, United Clinical Laboratories





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Dubuque Area CSA Community Supported Agriculture

With spring just around the corner, many would be gardeners are already planning those vegetable gardens for the back yard. But if you are the type that enjoys fresh, homegrown vegetables but doesn't necessarily have the time or skill set required to coax seeds into seedlings and seedlings into full-fledged, vegetable-bearing plants, a share in a CSA might be the answer you're looking for.

"CSA" is an acronym for "Community Supported Agriculture." A partnership between a CSA farm or grower and local consumers, Community Supported Agriculture is a model that works for all parties involved – farmer, consumer, and community. For a membership fee, paid either in advance or in installments, members or shareholders receive a box (usually weekly) of seasonal vegetables picked at the peak of ripeness through the summer months. Most CSA farmers grow food using organic methods, avoiding the use of chemicals potentially dangerous to our health or the environment.

People that belong to CSA groups take comfort in knowing the person who grew their food and that it was grown in a safe, healthy, and sustainable way. Because the food is grown in the area, it's transported a much shorter distance than produce shipped from

California or even other countries, greatly reducing the carbon footprint created in production in distribution.

With the contract being directly between the grower and consumer, farmers can earn a fair, living wage while CSA members receive quality food at a reasonable price. The arrangement directly supports a local, often family-run farm, helping to preserve a disappearing way of life. No money in is lost to outside distributors or processors in the exchange, so it circulates through the community, supporting the local economy. It's an arrangement that benefits everyone. Following are a few area CSA growers readers might consider:

Small Family CSA Farm

**S 2958 W. Salem Ridge Rd.
La Farge WI 54639**

Small Family Farm, located on 21 acres in southwest Wisconsin offers a 20-week CSA "Summer Share" of organically grown produce, as well as a Fall Share, and shares for coffee, chicken, pork, and flowers. "We focus in fertility and mineral balancing of soil, healthy soil that produces nutrient-dense foods." Dubuque pickup: Wednesday afternoons at the Food Store on Iowa Street and Cookin' Something Up. Small Family has additional pickup points in Platteville, Madison, LaCrosse, and several other spots in Wisconsin. Check the web site for details. **(608) 625-4178**

<http://www.smallfamilycsa.com/>

Tree of Life CSA Farm

**232 Kirkwood Road
Cuba City, WI 53807**

A certified organic farm, Tree of Life offers a full or half-box CSA share over a 20-week program from the beginning of June through the second week of October. With produce varying seasonally, Tree of Life offers each week a box of "the freshest



fruits, vegetables, and fungus available." The Tree of Life CSA can also be found at area farmers markets. Besides pickup spots in Madison and Platteville, Tree of Life delivers to River Lights Bookstore and Cookin' Something Up on Thursday afternoons. **(608) 744-2734**

www.treeoflifecsa.com/

Two Onion Farm

**Chris and Juli McGuire
Belmont, Wisconsin**

Two Onion Farm provides members with organic vegetables raised under the best conditions, picked at the peak of ripeness, and carefully washed, cooled, and packed. Each delivery includes a mix of 8 to 10 seasonal vegetables along with a newsletter of helpful recipes and farm news. Members can choose between a small or large box size and weekly or bi-weekly delivery. Dubuque pickup: Friday afternoons at River Lights Bookstore and Cookin' Something Up. Additional

pickup locations are available in Galena, Platteville and Belmont.

(608) 762-5335

www.twoonionfarm.com
farmer@twoonionfarm.com

Paradise Valley CSA

**Little Bear Gardens, Tree of Life Farm, and New Hope Farm
4801 Colonel Drive
Dubuque, IA 52002**

Paradise Valley CSA is a cooperative of three small family farms located in Wisconsin and Iowa. While one farm is certified organic, all three farms follow organic practices using no chemical fertilizers or harmful pesticides or herbicides. Paradise Valley offers 20-week CSA memberships throughout the summer at two pickup sites. Dubuque: Fountain Park Farmer's Market, Thursdays, 3-6 p.m. Galena: Vintalogie, Saturdays, noon-3 p.m. **563-543-3644**

tolgardens@hotmail.com
<http://paradisvalleycsa.bigcartel.com>



Can You Hear Me Now? by pam kress-dunn

As I write this, the Oscars have just been handed out, and "The King's Speech" has won Best Picture, a prize it richly deserves. Geoffrey Rush, Colin Firth, and Helena Bonham Carter were superb, as well as the director and screenwriter. I love the scene where Bertie gives his first radio speech, buoyed up and egged on in every possible way by his voice coach. I also got a kick out of the moment when Myrtle Logue, the coach's wife, first encounters the new king of England and his wife right there in her own house, managing to convey both fluster and composure beautifully.

And now I have reason to relate to this story in an altogether unexpected way. Because I, too, have been sent to speech therapy. Not so I can help the Free World endure a world war (God forbid), but so I can speak without going, well, speechless.

The term for my dilemma is dysphonia. It means "disturbance in the normal functioning in the production of sound," which sounds like my computer when the mute button is accidentally ticked. It's not the same thing as laryngitis, which I've had several times in my life, and is a real pain to deal with. People tend to shout at you when you can't get a word out; it's very odd. Being mute is not the same as being deaf. Doctors have told me that whispering is very bad if you have laryngitis, only making matters worse, but try telling that to someone who wants to communicate

with you. It's better to just stay home, where people (one hopes) will stop pestering you.

My dysphonia seems to be a consequence of a very sore throat that took hold for two long weeks late last October. October! I thought I was developing a cold, but that was it -- just two weeks of a very sore throat. A strep test came back negative, so I figured I would get better and go my merry way. And I did, for a while.



Then I began to develop symptoms whose details I will spare you. Let's just say I had to -- still do -- cough and clear my throat a lot, and those guys with the suitcases in the Mucinex commercials have not been persuaded to leave, either by Mucinex or Prilosec or anything else I or the doctor can come up with. I'm doing everything he tells me to, and trying to be patient. He had the same thing, he told me, and it took months to recover. So I'm trying to be philosophical, taking the long view, hoping for recovery by, oh, July.

In the meantime, he referred me to speech therapy, because, as he put it, my "false" vocal chords are trying to protect my real vocal chords, and it's giving me a very feeble voice. I mean, if I were trying to read this column to you, the audio would have petered out three paragraphs ago.

My speech therapy isn't nearly as dramatic as the king's; my therapist doesn't have me jumping up and down or swearing a blue streak or reading aloud while listening to crashing music on headphones. Of course, my problem isn't that I stutter. It's more that I tighten up muscles I didn't even know I had, until it's a wonder any sound escapes at all.

I also don't know how to breathe, it seems. This is something I've known for some time. It first came to my attention when I took Swim Lessons for the Timid Adult. I wasn't exactly scared of water; I'd grown up, after all, going with my family to "our" lake, Minnesota's exquisite Lake Ada, every summer, and felt comfortable splashing about and doing an acceptable side stroke around the edges of the lake. In high school gym class, I could sort of tread water, though I never did learn to dive. But I would jump off the low board on a dare.

The thing I had trouble with was the ordinary crawl. It wasn't until this adult swim class that I understood my problem. I turned my head just fine as I moved through the water, but instead of taking a breath when my head was raised, and blowing it out when it was underwater, I waited until I raised my head

again to blow it out. Inefficient? Yes. A recipe for hyperventilation? You bet.

My college flute teacher also pointed out my lousy breathing. I'd been playing under very handicapped conditions since fourth grade; no wonder my sound was feeble.

How did I develop such bad inhalation habits? I have my suspicions. Like many American girls, I grew up painfully conscious of my body -- how it looked, how it measured up, not only against my friends and classmates, but also against the impossible role models I saw in magazines like Seventeen and Glamour, as well as in the movies. This was the era of Twiggy, the anorexic's dream, not to mention Mia Farrow and Ali McGraw. Flat stomachs? They were concave! That, of course, was what I wanted.

My own mother weighed over 100 pounds only twice in her life -- while pregnant with my sister and me. When menopause shifted what little fat she had to her abdomen, she bemoaned her tiny belly loudly and often. It's no wonder I couldn't breathe right.

So that's the first thing my speech therapist had to teach me -- how to take a good, lung-filling, diaphragm-expanding breath. It feels good. Try it. And for heaven's sake, don't talk about flat stomachs around your daughters. Let them inhale. Let them exhale. So their voices can be heard, loud and clear.

Pam2617@yahoo.com

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No Writers, No Books, No Readers!

By Bob Gelms

Every once in a while I get asked how I got the job as the 365ink book reviewer. I usually mumble something about work release but here is how it happened, more or less. There I was, a bon vivant, man about town, a guy with a mysterious jena se qua, a sublime but mischievous joie de vivre, a high functioning critical thinker and a man who loves his mommy. There was all of that and the fact that I was the only one they could find and I agreed to work at the level of an indentured servant. I also agreed to cut Bryce's lawn (that's the jena se qua part) but I felt and still feel I'm lucky to get to do this and I no longer have to cut Bryce's lawn.

At the time I was the guy reading everything I could get my hands on but I wanted to be the guy that writes what everybody else reads. You could say I had a firm grasp of the obvious...without writers there would be no readers. I like that thought and I've been trying to be that guy since I was in grammar school when I got published for the first time. I published three poems in Ave Maria Magazine; Catholic school; Dominican nuns; that sort of thing...group hug! Alan Ginsburg I was not but, hey, it was a Magazine. Mark Twain first published in a newspaper.

Here is a bit of a secret, one of America's great writers has never published a word of fiction even though he has written

three of the preeminent novels in the English language...um... uh...moving right along.

I would offer a few suggestions if you want to be a writer; don't write for money as you will likely never make a whole lot of it,

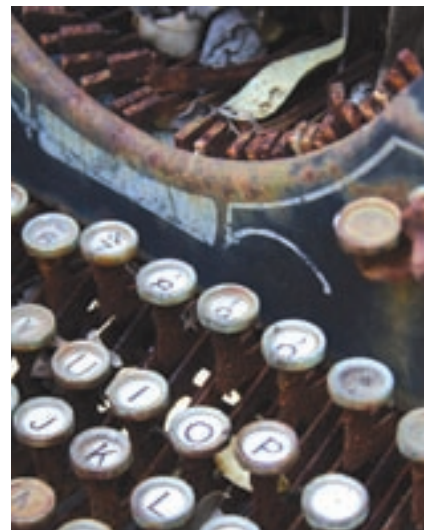
at least not enough to support yourself; don't write to be famous because, as we have already seen, the preeminent novelist in the English language hasn't yet published any fiction and he can be found doing book reviews for a regional magazine in the upper Midwest; you should, however, write as if someone, some-

day will read what you write because writing just for yourself is called keeping a diary and isn't the type of writing we are talking about; and in some way you need to entertain the reader. Here endeth the suggestions.

Sometime during college I decided to get serious about writing, especially fiction, as I had never published a word of fiction. Did I just let the civet out of the bag? I didn't know how to get my work published. Who do I send it to? Will they accept manuscripts written in crayon? If I type it can I use Old English Text typeface? I had no idea so I asked around and almost to a person I got one answer that has stood me in good stead all these years. I was told to go out and buy a copy of the book Writers Market and to bite the bullet because it's on the expensive side. I did. It is the "Library of Congress" for writers.



Writers Market is published every year in a new edition. I buy one every three or four years because the information it contains doesn't change much from one year to next but does change enough over the course of four years to warrant another purchase. They have been doing this for



90 years. It contains everything you need to know to get your writing into the right hands. The book is subtitled Where & How to Sell What You Write. The first section contains articles on important things you should know like why do manuscripts get rejected; HINT: Using crayons, or sending your short story to the news editor instead of the fiction editor, or being cute enough to use some kind of odd type face. Then comes the gold mine. There are comprehensive sections on Literary Agents; Book Publishers; Canadian Book Publishers; Small Presses; Consumer Magazines; Trade Journals; Newspapers; Screenwriting; Playwriting; Greeting Cards; Contests and Awards; Resources and a complete Index. Each entry in each section contains contact info and a description of the kinds of things they are looking for, word limits, payment, and information about their writing guidelines. The guidelines are especially helpful since what you write for Playboy, I guarantee, will not get published in the Moody Bible Institute Monthly Newsletter. It is one stop shopping for the budding writer and will pay for itself with your first writing check. I believe there is a copy in every library in town.

One final note concerning editors and agents; not all of them are working in your best interest and some of them are incompetent. There is a web site you must use if you are trying to get a book published. It's called Editors and Predators. <http://pred-ed.com/>

Well, good luck. I have to get back to writing my sea saga. I have a very catchy first line. "Call me Schlemiel."

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Add a Splash of Color! with nutritionists pat fisher & megan horstman

March kicks off National Nutrition Month®, a nutrition education campaign sponsored annually by the American Dietetic Association. Initiated in 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. During the 2011 National Nutrition Month®, the American Dietetic Association encourages everyone to add color and nutrients to your meals through this year's theme: "Eat Right with Color."

Let Color Be Your Guide to Nutritious Meals

Green! Yellow! Orange! Purple! Blue! Red! White! These are the colors of a healthy diet. Aim to fill half of your plate with a variety of colorful fruits and vegetables each day.

Green: abundant in powerful antioxidants, which may help promote healthy vision and reduce cancer risks.

Best choices: kiwi, broccoli, spinach and kale.

Orange and Yellow: Rich in the well-known beta-carotene, vitamin C and lutein. Beta-carotene is healthy for the skin, vitamin C strengthens the immune system and lutein helps to maintain healthy vision.

Best choices: oranges, apricot, cantaloupe, carrots, corn and winter squash.

Purple and Blue: Beat the effects of aging with royal-colored produce. Purple and blue foods have antioxidant benefits and may help with memory, urinary tract health and reduced cancer risks.

Best choices: blueberries, blackberries, prunes, plums, eggplant and purple cabbage

Red: Loaded with the antioxidant lycopene, which may help lower the risk of prostate and ovarian cancers as well as help maintain a healthy heart, vision and immunity.

Best choices: tomatoes, watermelon, ruby red grapefruit, cranberries, pomegranate and beets



White: White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

Best choices: potatoes, cauliflower, mushrooms and onions

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

What Can a Dietitian Do For You?

March kicks off National Nutrition Month®, a nutrition education campaign sponsored annually by the American Dietetic Association. Initiated in 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. Additionally, to commemorate the dedication of registered dietitians as nutrition advocates around the world, the second Wednesday of March has been designated "Registered Dietitian Day." This year marks the fourth annual Registered Dietitian Day.

Who are dietitians? Registered dietitians are experts in food and nutrition. They carry the credential "RD" meaning that they have had rigorous training in the area of food and nutrition, have passed a national exam and have stayed current on nutrition research through continuing education. If you need to lose weight, lower your cholesterol, control your diabetes or want to eat a healthier diet, a registered dietitian can help you with developing an eating plan that is right for you.

Where can I find a dietitian? While the majority of registered dietitians work in a clinical setting, many also provide their expertise in a wide variety of areas including private

practice, education, research, food-service management, community health agencies and retail grocery stores – like Hy-Vee!

What can a Hy-Vee dietitian do for me?

Currently, there are over 150 registered dietitians employed with Hy-Vee, a supermarket chain with 232 stores operating in eight states throughout the Midwest. Hy-Vee dietitians offer a variety of services, both in the store as well as the community:

- , Personal Shopping Assistance
- , Individual Nutrition Counseling
- , Cooking Classes
- , Corporate Wellness Programming
- , Budget-Friendly Meal Ideas
- , Weekly Menu Suggestions

To find a registered dietitian in your area, visit the American Dietetic Association website: www.eatright.org. For the assistance of a Hy-Vee registered dietitian at a location nearest you, call the dietitian hotline number: 1-866-865-4878 or visit www.hy-vee.com.

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Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

8/15

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

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PREMIER CROSSWORD/ By Frank A. Longo

OSCAR OCTET

ACROSS

1 Ponzi scheme, e.g.

5 Bonehead

9 Simian

16 Org. in spy novels

19 Bullfighter's red cloak

20 Abba of Israel

21 Having claws, as an eagle

22 Young — (tykes)

23 Bug-themed animated film

24 Totes, e.g.

25 Iran-Contra Affair figure

27 FBI action

28 Love, to Henri

30 Curly poker

31 Annie with a gun

32 Old Jackie Gleason variety show

36 Walter Scott's title

37 Tooth part

38 Italian wine district

39 Grade near failure

41 1040 expert

43 "Got it now"

45 Fail spectacularly

50 Take on the role of

53 Dreamy sleep

56 Minuscule

57 Brennan of "Clue"

58 Lieutenant's assistant

63 Eat a bite of

64 Outback carmaker

65 Domain

66 "Zip your lip!"

68 Delivery room docs

69 1990s TV series

74 Zodiac lion

77 Arena cries

79 Iron sources

80 "Someone told me ..."

83 Battling it out

86 Huge battle

91 Haloed ones

93 With 47-Down, waters parted by

95-Across

94 Big inits. in RV hookups

95 Biblical law deliverer

96 #1 country hit for Ferlin Husky

100 "Carpe —!"

102 Flock female

103 Entertainer Brynner

104 Hostelrys

107 Country singer

111 Randy

113 Swiss peak

113 State animal of Utah

118 1951 computer

120 Drivers' gp.

121 Seat in a bar

122 Mallorca or Menorca

123 Academy Award that's the theme of this puzzle

126 Loughlin of "Rad"

127 Tolling hard

128 NC hours

129 Incursions

130 Book after II Chronicles

131 Supporting staff

132 Domicile: Abbr.

133 Suffer, in Suffolk

134 11th grader, e.g.

135 Glided

3 1994 IBM PC debut

4 World's best-selling sports car

5 Fiasco

6 44th U.S. president

7 Chinese temple

8 Occurs next

9 — -Z (total)

10 Coconut trees

11 Writer T.S.

12 "I — man in uniform"

13 Ending for Carol

14 Lamp oil

15 Aussie "Dame"

16 Signature ornaments

17 Give the meaning of

18 Wan

26 Green-lights

29 College mil. program

33 Landlord

34 Pine kin

35 Nutrition fig.

40 Wharton or Pinal

42 Comedienne Meara

44 Suffix with southwest

46 Overwhelm

47 See 93-Across

48 Farm clucker

49 Uninspiring

50 Lhasa —

51 Putter, e.g.

52 Bar checks

54 Morales of "The Line"

55 Lynx carmaker, briefly

59 "Yow!"

60 "Still Crazy" star Stephen

61 Have trouble swallowing, perhaps

62 Baking amt.

67 Next in line

70 Prez before DDE

71 "Either he goes — go"

72 "Phooey!"

73 — buco

74 Delays

75 — Stanley Gardner

76 Lofly poems

77 Tilled

78 — -craftsy

81 Arm bones

82 Narcissists

83 Even — speak

84 Keelung resident, e.g.

85 Menus with reds and whites

87 NPR host Flatow

88 Koppel or Kottcheff

89 Commotion

90 Teeny bit

92 Identifying the origin of

97 Waitress at Mel's Diner

98 Gusto

99 Baseball's Slaughter

101 Milan tongue

105 Pit of a plum or cherry

106 Take a nap

108 Chaste

109 "Fighting" football team

110 Did lutzes

112 Lowest-ranking GI

114 "— a Hot Tin Roof"

115 Hawaii's "Garden Isle"

116 36-inch units

117 Dodgers manager Joe

118 Above, in Austria

119 Capital of Western Samoa

124 — -Magnon man

125 Toledo-to-Akron dir.

DOWN

1 Seldom seen

2 Biblical name of Palestine

PUZZLE ANSWERS

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

Crossword

Sudoku

32 { march 17-30 } 365ink

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State of the Community Highlights by mayor roy d. buol

On March 14, 2011, I was honored to join colleagues Wayne Demmer, Chair of the Dubuque County Board of Supervisors, and Mike Brannon, Chair of the Dubuque Community School District Board in a new event titled "State of the Community." The event was held at the historic Hotel Julien Dubuque and was sponsored by the Dubuque Area Chamber of Commerce. Following is an excerpt from my State of the City Address about a major reason for our community's progress over the past five years...

"The City's Arts and Cultural Advisory Commission reported that Dubuque is one of 200 study partners from all 50 states participating in an economic impact study conducted with the non-profit sector in Dubuque entitled "The Arts and Economic Prosperity" and is one of only 100 communities across the country to be involved in the first ever study for Americans for the Arts to gauge the Local Arts Index with both the non-profit and for profit sectors throughout Dubuque County.

Both of these studies will measure and give credence to what we have heard, and experienced, about the ways all of us living here are transformed by arts and culture - each and every day.

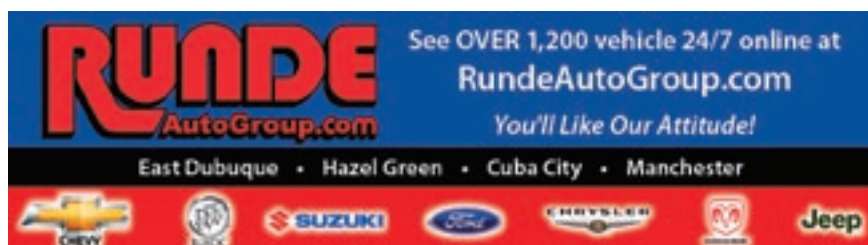
To quote Art Commission Chair Geri Shafer, "arts and culture are part of that 'social/cultural vibrancy' piece of Sustainability that we weave into every presentation about what makes Dubuque a "first" or a "best" place to live, work, and play. The reality is that the arts represent tangible assets for us. What if, for example, we didn't have the Grand; the Dubuque Symphony Orchestra; the National Mississippi River Museum and Aquarium; the Dubuque Museum of Art; the Bell Tower Theatre; Voices from the Warehouse District (in its seventh year); the Colts; the Ballet; the Dubuque Art Center; Art on the River; arts education programs before, during,

and after school; universities and colleges with fine arts curriculum; film festivals; more outdoor festivals than you can count; the important Dubuque 365 Impact Awards which recognize citizens and organizations making a social-cultural difference throughout our community; and now the promise of redevelopment of the Historic Millwork District into a thriving place for creative souls? If we didn't have these, who could we recruit and attract to our community? All of these organizations and programs feed and nourish our souls and teach us about new ways of thinking and experiencing our lives. And, they stimulate our economy!"

The Knight Foundation just completed a three year study of 26 communities designed to find out what emotionally attaches people to a community. First, the study found a positive correlation between community attachment and local Gross Domestic Product Growth. In other words, the community must first have economic success. And, the people interviewed in the study consistently gave higher ratings for elements that related directly to their daily quality of life including an area's physical beauty, opportunities for socializing, and a community's openness to all people.

Our community has focused on projects to inform and engage citizens which are leading to transformational change. Transformation takes time and commitment, and perhaps even an element of risk. Continued progress is not inevitable. It remains up to all of us to create it.

The City's focus is not just on 2011 but rather to 2030 and beyond. We will continue to strengthen our partnerships; we will continue to engage our citizens and volunteers; and we will continue to drive progress...every single day!"



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QUESTIONS?
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SCHEDULE:
8 am: Registration (Runners/Walkers)
9:00 am: 1/4 Mile Kids Fun Run
9 am: 5K Race/Outdoor & Indoor Walk
10 am: Award Medals (Runners)
Team & Individual Contest Awards

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programs offer hospitality and opportunity to women, alone or with children, who need emergency or transitional housing.

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Top three runners receive medals for the fastest times in each division. Race officiated by MVRA. The course map is available online at www.openingdoorsdbq.org.

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Dubuque's First Green Hockey Game Mystique Community Ice Center

19 MARCH
Dubuque 2.0 have teamed up with the Dubuque Fighting Saints to bring the city its first green hockey night. On March 19, the Fighting Saints, thousands of fans, and area businesses & non-profits will be helping to raise the community's awareness of sustainability. At the game, going green starts before fans even arrive. The first 25 car pooling vehicles with 5 or more passengers will receive special VIP parking. In addition, the first 2000 adult ticket holders will be given a free special event t-shirt at the door. The team will be sporting their sustainability with special green jerseys for the game, which will be auctioned off at

the end of the game. Any proceeds will benefit Dubuque 2.0 programming and initiatives.

During intermission of each period, 100% organic cotton Dubuque 2.0 t-shirts will be shot into the crowd by the Fighting Saint's Ice Angels. You've got to be there to get one!

Along with these activities, the game will also feature exhibit booths of sustainability related organizations and businesses. There will be plenty of information for fans to learn about Dubuque's sustainability efforts as well as goodies for the children. The Saints will be playing the U.S. National Under-18 hockey team. This team of players is part of the National Team Development Program, based out of Ann Arbor, Michigan. This team is comprised of the country's "elite hockey players" with potential to represent the U.S. National Teams.

The Green Hockey Game starts at 7 p.m. at the Mystique Community Ice Center. Order your tickets at the Fighting Saints website, www.dubuquefightingsaints.com.



TRIXIE KITSCH

BAD ADVICE FOR THE STUPID

Dear Trixie:

I think I've developed a bad habit in over-scrutinizing guys. Every time I meet a guy who I'm attracted to I immediately look for reasons to quit seeing him. In the last six months I have broken off relationships for the following reasons: bad cologne choices, not voting, lip smacking while eating, watches 'Jackass', not flossing, and being a Steel-er's fan. Do you think there is something wrong with me? Am I too picky?

--Still Single and Hating It

Dear Still Single:

I once divorced a guy because I discovered he had Billy Joel records. How picky is picky? I think it's much better to be chronically alone than chronically annoyed. Hang in there, you'll eventually find one who disgusts you less than any other man and then you'll be moderately happy.

Dear Trixie:

All my friends are keeping journals. No one calls it a "diary" anymore. The teachers think they are taking masses of notes but all they are doing is writing down sappy daydreams about boys. Whenever I call my friend Anna she's all, "Can I call you back? I'm journaling." She thinks I should get a journal and put down all my hopes and dreams too. What's fun about that?

--Lara On Lincoln

Dear Lara:

I like to jot down my thoughts and leave it around to frighten family members. I've been doing it for years!

Dear Trixie:

My Dad has a new girlfriend and doesn't have time for me anymore. Every night

after work he's off having beers with "Judy". We used to do all kinds of fun father and son things like camping out or playing ball. How are we supposed to "bond" when we're never together?

--Sad, Sad Son

Dear Sad:

You know, a good place to bond is the Principal's office or Juvenile Court. Find someone with low self esteem and impregnate her. Shoplift something. Get drunk and wreck the car. Set off a fertilizer bomb. Threaten to kill yourself. I'm sure if you sit down and think seriously you'll come up with something.

Dear Trixie:

My fiancée will be released from prison and we are getting married the following weekend. The problem is that I don't know who my real father is and neither does my mother. She says it could be one of 6 guys. Who should walk me down the aisle?

--Brandee Jo

Dear Brandee Jo:

In cases like these it is perfectly acceptable to be escorted by the husband's parole officer. Good luck, dear.

Dear Trixie:

Sometimes when I'm alone, I talk to myself. I'll ask myself questions like, "Where on earth did I put that sewing needle?" And then I'll answer by saying, "I think it's in the sewing kit on the top shelf of my bureau." Is this normal? Do you think there is something wrong with me?

--Elaine P.

Dear Elaine P.

Yes.

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Five Flags Arena

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Live Healthy Iowa Day Saturday, April 2

The Loras College Division of Physical Education and Sport Studies is partnering up with the Iowa Sports Foundation to host Live Healthy Iowa Day. This event is designed to provide eastern Iowa families with current health information, short educational seminars on healthy living, and the opportunity to engage in some fun physical activities, as offered by Loras College students and local non for profit sports entities. The event will be held at the Loras College Graber Center on Saturday, April 2 from 11:00 a.m. to 1:00 p.m. Mr. Jim Hallihan, Executive Director of the Iowa Sports Foundation, will be the featured speaker. Admission is free. Questions can be directed to Lori Behnke at 563-588-7448.

Opening Doors 6th Annual Run and Walk Saturday, April 9

Opening Doors hosts its 6th Annual fundraising Run and Walk Saturday, April 9. Registration begins at 8 a.m. and the 5K starts at 9 a.m. This is a fun-filled event where everyone from casual to serious runners and walkers can enjoy the 5K



5K Run+Walk & Kid's Fun Run

Saturday, April 9, 2011

Clarke University East Campus

www.openingdoorsdbq.org

route in the neighborhoods near Clarke University. There is also an indoor walking option. Kids can participate in the 1/2 Mile Kids Fun Run and in other children's activities. Medals will be given for the top three runners in each division. Contests include youngest/oldest participant, best costume, team and individual with the most pledges, and team with the most participants. A free "moisture wicking" T-shirt is included when you register by March 31. Enjoy free snacks and refreshments. Pick up a registration form at Big Apple Bagel, download the form at www.openingdoorsdbq.org, or you can choose to register online at www.GetMeRegistered.com. See the ad on page 33.

DR. SKRAP'S COMPLETELY WORTHLESS HOROSCOPES



Aries 3/21-4/19

With the anemic and depressing state of the Iowa basketball program, your general reaction to the NCAA tournament bracket is a dull farting noise. Maybe this is finally the year you decide to find out what all of the rednecks love so much about NASCAR. Or you could try reading a book for the first time in 20 years.



Taurus 4/20-5/20

Once St. Patty's Day and your second weekend of Irish-themed partying has passed, you're going to have to go back to your regular reasons for getting drunk. At least until Spring Break.



Gemini 5/21-6/21

Now that the snow is finally melting, you can see all the potential for your yard and garden this summer. Dang, that's gonna be a lot of work.



Cancer 6/22-7/22

Spring is here! Time to put away those sweaters and pull out your shorts and other warm weather clothes. Good thing that box with the shorts never actually made it into deep storage.



Leo 7/23-8/22

At the insistence of your spouse you will take up jogging in an effort at a lifestyle change following years of falling victim to all of those vices and legal intoxicants from college. You will find that the jogging isn't too bad, but will be constantly annoyed that you keep spilling your coffee and dropping your cigarette every time your heart rate gets above 95 beats per minute.



Virgo 8/23-9/22

While the fact that you lost weight during the time you were sick might be more true than surprising, nobody wants to hear it. Shut up and have a sandwich.



Libra 9/23-10/22

With all the human suffering and tragedy in the world, you're starting to wonder if your obsession with your own wants and needs might be just a bit selfish. Kidding! Self-absorbed people never think about those things!



Scorpio 10/23-11/21

You are so done with winter and ready for some warm weather. We get that. The shorts and flip-flops might be rushing it a bit, especially since you packed on that winter 15 pounds.



Sagittarius 11/22-12/21

Bunker Hill Golf Course is open for the season. It's not only a sign of Spring, it's also a chance for your golf game to start depressing you a few weeks early this year.



Capricorn 12/22-1/19

As soon as the temperature hits the 70's you are not going to be able to hide that winter gut under bulky clothes anymore. If you don't plan on working out like mad, you'd better hope that either the Rubenesque looks comes back in vogue quick, or you get really sick for a few weeks.



Aquarius 1/20-2/18

Warmer weather has you dreaming of getting outside, being active, smelling the flowers and enjoying nature in all its forms. Unfortunately for you, there's only a few days of that until you hit allergy season and can't take a dozen straight breaths without turning into a zombie.



Pisces 2/19-3/20

If you spend an hour cleaning the fish tank and then the fish dies, it just proves that you should have just taken a nap instead.

Celebrate You

A Morning for Women to Learn, Laugh and Lounge

Saturday, ~~11~~
April 16 2011

8:30 AM-1:00 PM
Sinsinawa Mound, WI

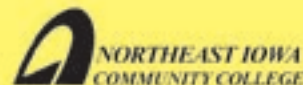
- Early Bird Fee \$35
- After Friday, April 1 \$50
- No registration accepted after April 9th

To register call 563-557-8271 ext 380 or
go online to www.nicc.edu/celebrateyou



*Celebrate You is a non-profit organization.
This year, a portion of our proceeds benefit the
Crescent Community Health Center.*

Event Sponsored By:



The McGraw-Hill Companies



SCHEDULE

8:30-9:00 a.m.	Registration, Shopping, Scones and Breakfast Breads
9:00-9:45 a.m.	1st Session
10:00-10:45 a.m.	2nd Session
11:00-11:45 a.m.	3rd Session
11:45 a.m.-1:30 p.m.	Shopping
12:15-1:30 p.m.	Lunch, Door Prizes and Chocolate Indulgence Party

BREAK OUT SESSIONS

SESSION 1

- Beginning Yoga, Relaxation Breathing
- Exploring the Crown Glass
- Celebrate a Healthy Life with Herbs
- Acupuncture/Acupressure 1,2,3...
- Making Your Wine Look Fine
- Create Your Own Sugar & Salt Scrub
- Pantry Raid
- I Have Nothing To Wear
- Mini Spa

SESSION 2

- Attracting Birds in all Seasons
- Show Your Moves with Belly Dancing
- Art Tour
- Celebrate the Healer in You: An Introduction to the Healing Arts
- What is the Value of Your Attitude?

SESSION 2 (continued)

- Super Foods for a Healthier You
- Paint Your Own Pottery Tile
- Making Your Wine Look Fine
- Want Some Cheese With That Wine?
- Mini Spa

SESSION 3

- Ditch the Workout – Join the Party!
- Celebrate Laughter Yoga and You!
- Decorative Glass: The Only Limitation is Your Imagination!
- "If Grandma is on Facebook, Skype and Mobile, maybe I should be too?"
- Wine Tasting
- Spring Time Treats
- Square Foot Gardening: Gardening Made Fun and Easy!
- Mini Spa



Follow Celebrate You on Facebook