

#### the 365 inkwell



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Trixie Kitsch: Bad Advice For The Stupid

#### special thanks to:

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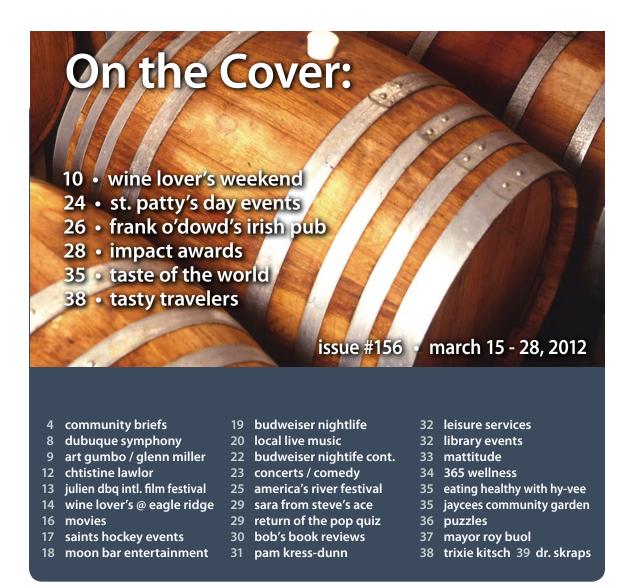
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#### Where's Wando

We've hidden Wando somewhere in this issue of 365ink. Can you find him?







# Bryce's Color of the Publisher... Fostering ideas, conversations and arguments.

Among the many things I suddenly don't want to do on a beautiful Wednesday paper deadline day that feels like 80 degrees outside would be write an inkubator. But alas, that's what I do. Maybe it's an overall lethargy. Perhaps it's the 20-hour day I worked yesterday. Either way, it's nice out there and I'm in here.

Did you ever notice that some nights you just can't sleep. You can't get comfortable and you keep tossing and turning and before you know it, it's morning. Then your alarm clock goes off and you hit snooze and suddenly you find that you've never been more comfortable in your whole life than you are right at that moment laying in bed in that position. You vow to spend the rest of the day in bed, but the snooze alarm that's set to go off again in eight minutes didn't get the memo because you'd swear it's been 45 seconds since it last tore into the fabric of your soul and here it is screaming again.

It was my choice to go all night on the paper. I hate being in a gut crunch on Wednesday, trying to get it all done before the print deadline. I could be golfing now. I hardly golf anymore. No time. But I heard Meadows is open and compared to the magic world of newspaper layout, I'm pretty sure my round of 92 would feel just fine today.

I do own a snow cone maker. It has got to be safely entering snow cone weather. What? There's nothing wrong with a grown man with no children owning a snow cone maker. Some people have their pizza stones and juicers and make-your-own soda machines. I have a snow cone maker. Maybe I should bring that to the office. It would pair well with the mini theater-style popcorn machine we also have down here.

The weather has me dreaming things that I thought only old guys who wear black socks and running shorts think about ... yard work. When do I cross the threshold to look forward to working outside the house. I think I look at that dilapidated railroad tie retaining wall every day that it's not covered with snow and think, "this is the year." All I need is a truckload of cash and about two weeks of vacation. Maybe next year.

Sadly enough, I'm looking forward to mowing the yard this year because my cool wife got me some ridiculously expensive bluetooth earbuds so I can listed to music while I mow without accidentally ripping the earphones off my head a dozen times in the process. Perhaps I need to make some plans for the summer so I don't waste it all.

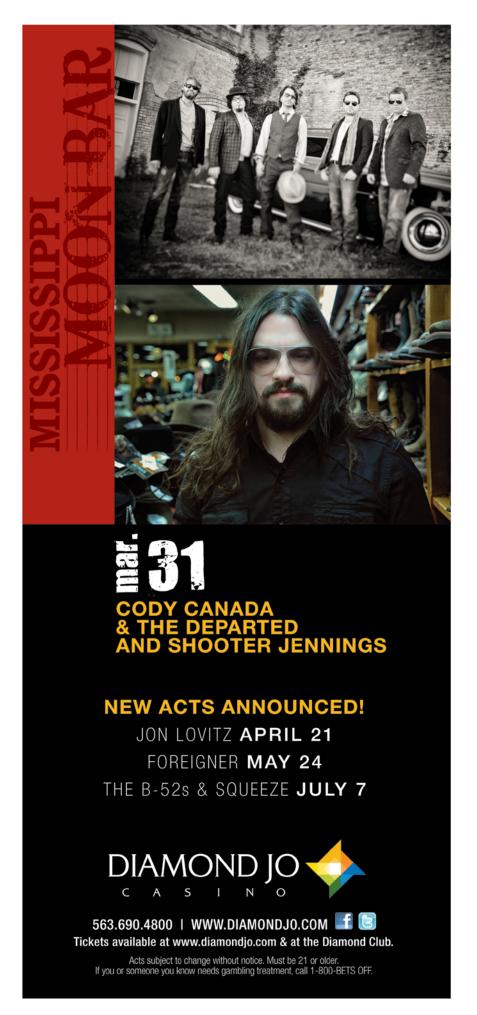


A very dirty me, half a truck full of much and a bowl of fresh picked berries for my yard.

At least I don't have to worry about remodeling the kitchen again. That would just be depressing. But there's still a huge untouched attic calling my name. Nay, calling Christy's name. And she'd love to take some power tools to the upstairs bathroom, so I soon expect to hear the familiar cracking sound and a thud come from upstairs followed by her calling down "don't come up here." That's how most remodel projects in my house start. Luckily she's good at it and works twice as hard any anyone else on the project. Unless her mother is in town. No one in the world works harder on remodel projects than Arlene. I think I read that on Wikipedia.

My mom is also remodeling the bathroom in her basement. You know, the one nobody sees but already looks better than most upstairs bathrooms I know of. Perhaps she's got the free time to come work on mine too. Of course, she's hiring hers done. Maybe her contractor can come with her.

So those are my meandering warm weather dreams from inside my office. But this is lowa. It could also still snow next week.



community events lookin' good, dad!



#### **Dubuque Jaycees Community Garden Sign-up**

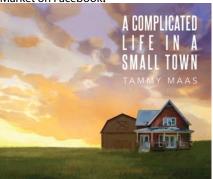
Would you like to garden this summer, but don't have the green space? The Dubuque Jaycees Community Garden offers the public an opportunity to grow their own gardens to great success. Located at Veterans Memorial Park, the Community Garden provides a water supply and is surrounded by a deer fence. It includes eight in-ground and six raised garden beds, along with two waist-high beds for gardeners with limited mobility. For those interested in participating, rental plots are now available. Annual rates are \$30 for both inground and raised beds, and \$40 for waist-high beds. A \$25 refundable deposit is also required. The deadline to reserve a plot is May 1st. Additional information and photographs are featured at facebook.com/DubuqueJayceesCommunityGarden. Contact Jeff Lenhart at (563)-583-5555 or e-mail dubuquejaycees@gmail.com.



#### Winter Farmers' Markets

Buy local, eat green, and support area producers at Dubuque's two winter farmers' markets. The Downtown Winter Farmers' Market is held on Saturdays from 9 a.m. to noon at the Colts Center, 1101 Central Ave. For weekly specials, find the Dubuque Winter Farmers' Market on Facebook or get the updates on Twitter

at twitter.com/DbgWinterFarmMk. The Fairgrounds Winter Farmers' Market is held on Wednesdays, from 2 to 5 p.m. in the 4-H building at the Dubuque County Fairgrounds. Learn more at www. dbgfairwintermarket.com or find the Dubuque Fairgrounds Winter Farmers' Market on Facebook.



#### A Complicated Life in a Small Town March 16 & 17 **Kennedy Mall**

Local author Tammy Maas will sign copies of her novel, A Complicated Life in a Small Town, at Kennedy Mall outside Books-A-Million on March 16 and 17 from 10 a.m. to 9 p.m. and March 18 from 11 a.m. to 6 p.m. Her debut novella is a fictional mystery and takes place in Dubuque and Monticello. Read the author's blog at animaasity.weebly.com.



#### **Second City Comedy** Friday, March 16th, 7:30 p.m. **The Grand Opera House**

America's famed comedy troupe, The Second City, is coming to town in its one of a kind "Laugh Out Loud Tour". Join the comedy world's best and brightest in an evening of hilarious sketch comedy and Second City's trademark improvisation. Tickets at www.thegrandoperahouse.com and 563-588-1305.



#### **Every Heroes of the Tri-States Breakfast** Tuesday, March 20, 7:30-9:00 a.m. Best Western Plus, 3100 Dodge

The American Red Cross of the Tri-States, along with corporate sponsors Dupaco Community Credit Union, KWWL, and Radio Dubuque stations (KAT-FM, KDTH, 97.3 The Rock, and The River) are proud to announce the winners of the 9th Annual Everyday Heroes of the Tri-States awards. Winners were selected by an independent selection committee, after reviewing nominations submitted by Heroes will be honored at a breakfast on Tuesday, March 20, from 7:30 to 9:00 a.m. at the Best Western Plus in Dubuque, 3100 Dodge Street. The public is invited to the breakfast. Reservations are required. Please mail or deliver registration fee and details to the American Red Cross of the Tri-States, 2400 Asbury Road, Dubuque, IA 52001 or call Mona Lindholm at (563) 583-6451, ext. 303. You can also register online at www.arcdbq.org. Cost is \$15.



#### FrogWatch Training March 21 & 22, 5:30-7 p.m.

If you are interested in learning about our local amphibious friends and the perils they face, or simply getting involved with

Mississippi River Museum & Aquarium

a group of like-minded conservationists looking to have fun in the outdoors, then this program is for you! On March 21 & 22, from 5:30-7:00 p.m., a Frog Watch USA Training Session will be held at the Mississippi River Museum. You must attend both nights to complete the required training to participate. Registration is required. Call(563) 557-9545, ext. 215 or send an email to jmcgovern@rivermuseum.com to sign up.



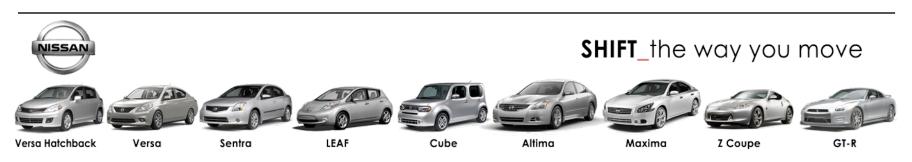
#### Carnaval! March 22, 6-9 p.m.

Mississippi River Museum & Aquarium Get ready to shake your tail feather at the

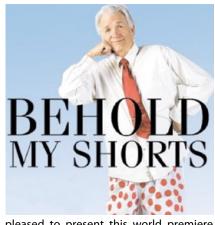
Amazon Carnaval on Thursday, March 22, from 6-9 p.m. at the National Mississippi River Museum & Aquarium. Inspired by the exhibit "Amazon Voyage: Vicious Fishes And Other Riches" featuring creatures found in the Amazon River and celebrating the culture and lifestyle of South America, the River Museum will host a celebration of the Brazilian festival of Carnaval. In the spirit of Carnaval, enjoy food and beverage samples from the area's most popular bars and restaurants. Eat, drink, dance and celebrate the Amazon! Tickets are \$30 in advance from the Museum & Aquarium box office and gift shop, or \$40 at the door. For ages 21 and older.

#### **Behold My Shorts** March 23-25 **Bell Tower Theater**

Don't miss the world premiere of a brand new play at the Bell Tower Theater. This is a new comedy written by Telegraph Herald columnist Robert Byrne. He has adapted his hilarious book, "Behold My Shorts," into a play based on his columns over the years. The Bell Tower Theater is incredibly







pleased to present this world premiere to the city of Dubuque. This show will be performed on March 23, 24, and 25, so get your tickets soon! Bell Tower Theater is located at 2728 Asbury Road in Dubuque. For tickets call(563) 588-3377 or visit www.belltowertheater.net.



#### **Sleeping Beauty** March 24 - Aril 1 The Grand Opera House

Welcome Spring with a magical kiss! The HEartland Ballet presents Tchaikovsky's classic, The Sleeping BEauty, with elaborate costumes and lavish sets for a magical run at the Grand Opera House in Dubuque. Showtimes are March 24, 30 and 31 at 7:30 p.m. and March 25 and April 1 at 2 p.m. Tickets at www.thegrandoperahouse.com and 563-588-1305.

#### **Dubuque Kennel Club** Dog Show March 24-25, 8 a.m.-5 p.m.

**Five Flags Center** 

Whether the English springer spaniel is your dog breed of choice, or you lean toward the Basenji, Bloodhound, or



Chihuahua, you can watch a variety of dogs compete for prizes in an AKC show hosted by the Dubuque Kennel Club on March 24-25 at Five Flags Center. Competitive events will range from obedience to showmanship, and there is even a puppy show. For \$30 sign up your ordinary mutt for a doggie eye exam. Tickets on sale day of show. \$6 adults, kids 12 and under free. For more info, visit www.onofrio.com

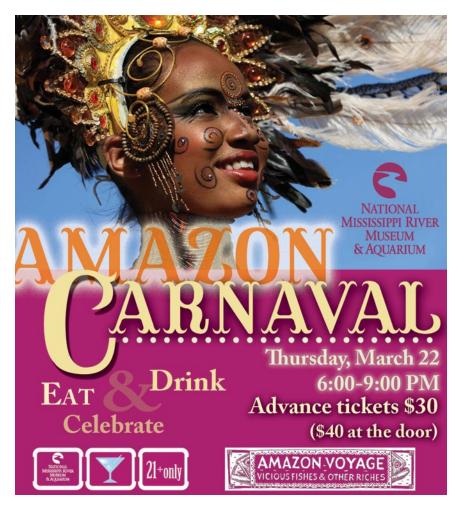


#### **Famous Dead Artist Lecture Series** Sunday, March 25 **Dubuque Museum of Art**

Local drama educator and storyteller Amy Ressler will play Julia Child in a special performance for season five of the museum's Famous Dead Artists series.

#### **UW-Platteville Film Festival** March 26, April 2 & 3

Eight free films will be offered at the University of Wisconsin-Platteville during the College of Liberal Arts and Education International Film Festival: Tournees







Sponsored by Dupaco Community Credit Union and Marilynne Field

Tickets (\$12 - \$46) at the Five Flags Box Office or www.DubuqueSymphony.org

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www.Dubuque365.com **365ink Magazine** | **issue #156** { march 15-28, 2012 } community events









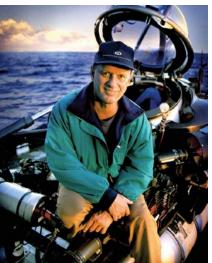
Series IV. Everyone is welcome to attend all showings, which will be held from 6-9 p.m. on various dates from March to May in the Lundeen Lecture Hall, Room 103, in Doudna Hall. Featured films to be shown will include "White Material" on Monday, March 26; "Hadewijch" on Monday, April 2; "A Secret" on Tuesday, April 3; "A Screaming Man" on Monday, April 16; "Of Gods and Men" on Tuesday, April 17; "The Illusionist" on Monday, April 23; "Curse of the Golden Flower" on Tuesday, May 1; and "Silent Waters" on Monday, May 7. Each film includes an introduction and discussion session by UW-Platteville faculty and staff members.



#### Visiting the Beyond Tuesday March 27, 7 p.m. **Carnegie-Stout Public Library**

Paranormal Generation case manager Curt Strutz will present his seminar "Visiting the Beyond" in the 3rd Floor Aigler Auditorium of Carnegie-Stout Public Library on Tuesday, March 27, 2012 at 7:00 p.m. Curt has had an interest in ghosts and the paranormal since the 6th grade. As an adult he has travelled the country visiting and exploring popular haunted landmarks including the Grand Opera House in Dubuque. In his "Visiting the Beyond" seminar, Curt will take you into some of the nation's most haunted locations. He has visited haunted battlefields, deserted asylums, historic locations, and known haunted residences around the United States. Photos, video, and testimonies will be reviewed, as well as the history behind each location. If you are interested in ghosts and ghost hunting, or just a big time history buff, "Visiting the Beyond" is the perfect presentation for you. Time will also be spent discussing different tools used by a "ghost hunter,"

and possible theories about ghosts and haunted activity. The public is cordially invited to attend. This program is suitable for adults and older teenagers.



#### **Titanic Discovered Robert Ballard UWP Distinguished Lecturer** Wednesday, March 28, 10 - 11:30 a.m. Williams Fieldhouse at the

University of Wisconsin-Plateville

Titanic discoverer Robert Ballard will be speaking on Wednesday, March 28 starting at 10 a.m. in Williams Fieldhouse at the University of Wisconsin-Plateville, free and open to the public. The 60 minute speech will be followed by a 30 minute Question and Answer session. Robert Ballard is an oceanographer who enjoyed scuba diving and desired to go deeper. He developed sea robots, Remotely Operated Vehicles (Rov's) which help him discover the Titanic and explore the Bismarck, Lusitania, and Britannic deep underwater. Ballard told the stories of history's great transatlantic liners through wrecks he visited in his 1997 bestselling book entitled Lost Liners (He will also be in the Markee Pioneer Student Center at 11:45am to sign books.) In this visually gripping presentation, explorer speaker Robert Ballard shares his passion for the last great uncharted territory. Working closely with the National Oceanic and Atmospheric Administration (NOAA), Ballard uses cutting-edge science and technology to explore the ocean's depths in order to better understand and preserve our waters for the generations that follow.

#### **Museum Family Matinee** Saturday, March 31, 1 p.m. **Dubuque Museum of Art**

Hansel and Gretel Opera will be performed by Main Street Players Theatre Company in a free, family-friendly programs on Saturday, March 31 at 1 p.m.





#### **Earth Hour**

#### Wednesday, March 28, 8:30-9:30 p.m.

Join the hundreds of millions of people, businesses and governments around the world that unite each year to support the largest environmental event in history, sending a powerful message for action on climate change. You can participate in Earth Hour by simply turning off all your non-essential lights for 1 hour on March 28, beginning at 8:30 p.m. Earth Hour is organized by the World Wildlife Fund and sponsored locally by Keep Dubuque County Clean and Green. Learn more at www.earthhour.org.

#### St. Mark's Seeks Sweet Treats Thursday, March 29, 6 p.m. Grand River Center

Calling all local bakers! St. Mark Community Center is putting out the challenge to all local kitchen talent. They are seeking unique and one of a kind dessert creations for the 2012 Gala for the Children dessert auction, to be held at the Grand River



Center on Thursday March 29. Local chefs may either contribute to a live dessert auction or have St. Mark create a custom gift certificate for their creation, so the bidder can collect the prize at a later date. Contact Troy Rabbett at St. Mark Community Center (563) 582-6211 ext. 102 to get your dessert on the list. Everyone is invited to this year's Gala on March 29. The evening will start with cocktails at 6:00, a welcome from Mayor Roy Buol at 6:30, dinner at 6:45, and a live auction at 7:30 p.m.

#### Spring Arts & Crafts Show Saturday, March 31, 9 a.m. to 4 p.m. Grand River Center

Make plans now to attend the 23rd annual Spring Arts & Crafts Show on Saturday, March 31 from 9 a.m. to 4 p.m. at the Grand River



Center. Over 125 talented exhibitors will present and sell 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 is \$4, with ages 10 and under free.

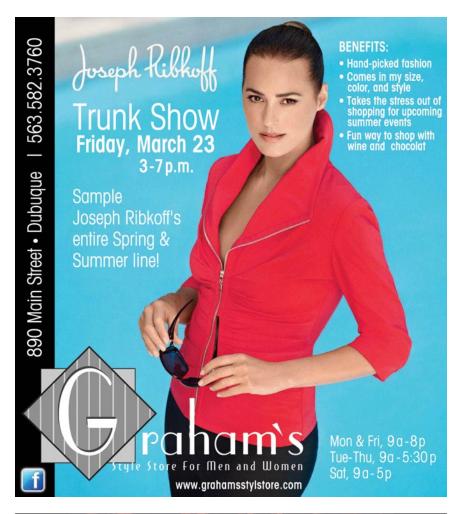


#### Dancing with the Stars Dubuque Style March 31, 7 p.m. Grand Ballroom, Hotel Julien

In this exciting dance contest, ten Dubuque Chamber of Commerce members will perform a dance routine. Each contestant has selected a charity to receive 100% of the proceeds they raise. Dancing in the beautiful Grand Ballroom of the Hotel Julien begins at 7 p.m. Cocktail hour with complimentary wine, beer & hors d'oeuvres is at 6 p.m. A cash bar will be available. With all those goodies, admission is \$40. Find Dancing with the Stars on the event calendar at dubuquechamber.com for March 31 to download a list of "stars" and their charities. To make a contribution to one of the dancers, select "Dancing with the Stars online donation."













**DSO: Sounds of Scotland** March 17 & 18 **Five Flags Theater** 

In a performance featuring a modern percussion concerto, the Dubuque Symphony Orchestra will showcase range and versatility in its "Sounds of Scotland" concert on March 17 and 18 at the historic Five Flags Theater. In addition to Mendelssohn and Beethoven, the program includes works by two of today's composers including a modern percussion concerto. "We can play great Mozart and Bach, and we can play edgier newer music, and it all can excite and move you," says music director and conductor William Intriligator.

the concert suggests, the program has a strong Scottish theme starting with Mendelssohn's Hebrides Overture. Beethoven's Symphony No. 8 follows. The second half begins with "An Orkney Wedding, with Sunrise" by English composer Peter Maxwell Davies. He is England's "Master of the Queen's Music," a title granted to only one living composer by the Queen herself. The final piece is a percussion concerto titled "Veni, veni, Emmanuel" by Scottish composer James MacMillan. The entire front of the Five Flags stage will be covered in an array of percussion instruments with soloist Kyle Brightwell playing all of them.

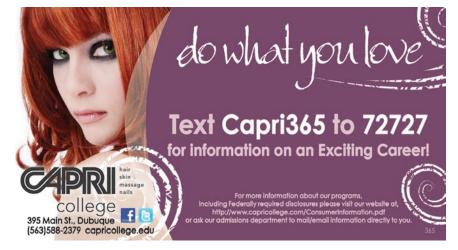


Performances are Saturday at 7:30 p.m. and Sunday at 2:00 p.m. Single tickets range from \$12 to \$46 and can be purchased in person at the Five Flags Center box office, at any Ticketmaster retail outlet (including the Hy-Vee on Dodge Street) or by visiting www. DubuqueSymphony.org. Discounted \$6 student tickets will be available in the Five Flags Theater lobby one hour prior to each performance.

Friday Open Rehearsal Open Rehearsal is scheduled for Friday, March 16. This event is free and open to the public.



In a Sunday Pre-Concert Lecture, Maestro Intriligator will also present a preconcert lecture at 1:15 p.m. on Sunday March 18. A concert ticket is required attend. For more information, visit www. dubuquesymphony.org.







#### **Art Gumbo**

Thursday, March 22, 6 p.m. St. Mark's Community Center

ART GUMBO Soup Dinners Raise Money for **Dubuque Art Projects** 

The spring installment of Art Gumbo, a quarterly soup dinner that supports local art projects with community-supported micro funding, is scheduled for Thursday, March 22, 6-8 p.m., at St. Mark Community Center, 1201 Locust Street in Dubuque.

Art Gumbo is an independent communitybased initiative that funds local arts projects using money collected at quarterly soup dinners. During each Art Gumbo funding cycle, artists and arts organizations are alternately invited to submit a brief project proposal that demonstrates an impact on the Dubuque community. The public is invited to attend and vote for their favorite proposal. A \$10 donation at the door on March 22 entitles the attendee to soup and home-baked bread by The Bank Bar & Grille, the opportunity to review all submitted proposals, and one vote for their favorite. The Dubuque Area Society of Brewers will also be on hand offering samples of their craft brews and Luxe Photography will be on hand for some photographic fun.

to seven proposals submitted by local arts

organizations or creative groups whose project demonstrates an impact on the Dubuque community. The proceeds from the door will fund two proposals, first and second place, splitting the funding in a 70/30 fashion.



Art Gumbo dinners and micro-funding program are an independent effort initiated by local arts activists Paula Neuhaus and Megan Starr. The project's mission is to bring artists together with art patrons to explore and fund projects, create working relationships, and to build an all-arts network. Since the project's launch in September 2010, Art Gumbo has funded 8 proposals raising a total of \$5,100 for Dubuque art projects. Art Gumbo was a recipient of the a 2010 Dubuque365 IMPACT award for achievement in arts, a 2011 Mediacom Arts & Culture Grant, and inclusion in Phonebook 3, a nationwide directory of innovative arts projects. The March 22 soup dinner is open to anyone interested in attending the event. For more details about Art Gumbo visit artgumbodubuque.blogspot.com or contact Paula Neuhaus or Megan Starr at art. gumbo.dbq@gmail.com.

The March 22 soup dinner will feature up Local channels Over 55 included! **Everyday price of** channels! Busch Satellite & TV 3003 Asbury Rd. | Dubuque, IA Office: 563-582-6465 | Cell: 563-564-9467 Offer expires 5/20/12. Restrictions apply. Call for details.



#### **Glenn Miller Orchestra** Sat. March 24, 7 p.m. **Ohnward Fine Arts Center** Maquoketa, Iowa

Dubuquers looking for quality musical entertainment might consider a short drive south to the Ohnward Fine Arts Center located at 1215 East Platt Street in Maquoketa, Iowa. On Saturday, March 24 at 7 p.m. Ohnward welcomes the world-famous Glenn Miller Orchestra in a tantalizing big band concert for music lovers of all ages.

The Glenn Miller Orchestra's 19-member band continues to play many of the original Miller arrangements have excited fans since the 1930s and 40s. They will also play modern selections in the big-band style, newer tunes that lend themselves naturally to the Miller style and sound. A repertoire of over 1,700 tunes will keep your toes tapping in appreciation.



Get your seats early, since most of the orchestra's shows are sell-outs. With proven staying power, the popularity of their smoothly grooving sound has never waned. Indeed, the Glenn Miller Orchestra today is still the most sought after big-band in the world just as it was in Glenn's day. Tickets: \$25 in advance or \$30 at the door. Call the Ohnward box office at (563) 652-9815 or visit www.ohnwardfineartscenter.com.







#### Galena Wine Lovers' Weekend March 23-25 www.wineloversweekend.com

By Mike Ironside

While beer and spirits continue to be popular with those who drink alcohol, it seems wine consumption continues to grow in the United States. Early last year, WineBusiness. com reported that 2010 marked the 17th consecutive year of growth in U.S. wine consumption, fully expecting 2011 to continue the trend. It was also noted that what demographers identify as "core wine drinkers," about 20 percent of the population or 46 million adults, accounted for 91 percent of all wine consumption. Here in the Tri-States, we call those people "wine lovers" and coming up March 23-25, Galena has an entire weekend to celebrate that love.



Galena Wine Lovers' Weekend 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. This is the seventh year for the wine-inspired weekend.

Although there are a variety of winerelated events around town over the three-day weekend, central to the celebration is the Grand Tasting and Wine Auction. Hosted on a Friday evening three years ago, 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 Saturday Grand Tasting to the weekend.



The Grand Tasting now offers wine lovers two opportunities to sample more than 300 varieties of wines, hand-picked by the various winemakers, sellers, and distributors - more than 40 who will be bringing their best to the event. There are usually a few select beers and some top-shelf liquors as well for those who don't quite qualify as a wine lover, as well as complimentary cheese, bread, and fruit for cleansing palates (and pacing yourself ... you've got a lot of wine to taste!). The first Grand Tasting will be held Friday evening, March 23 from 5:30 to 8 p.m. The second opportunity will be on Saturday, March 26 from 3:30 to 6 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).

"This year's Galena Wine Lovers' Weekend promises to be even more fun-filled," said Grand Tasting sponsor and owner of Family Beer & Liquor, Tim Althaus. "We do highly recommend early purchase for Grand Tasting tickets as we have sold out quickly in past years." We also suggest you arrive early and have a game plan for tasting as there is just no way to sample everything that is available. In fact, the Grand Tasting is considered to be the largest indoor wine tasting event in the state of Illinois.



Tickets for the Grand Tasting and Wine Auction are \$30 in advance and can be purchased online at www.wineloversweekend.com or at Family Beer & Liquor and Galena Cellars Vineyard & Winery. 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. In addition to the incredible range of wines and other bevies 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.



While 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. The shuttle will run from every 15 minutes 5:15 to 8:30 p.m. on Friday and 3:15 to 6:15 p.m. on Saturday with stops at the Grand Tasting at the Galena Convention Center and downtown at the Old Market House / Galena Welcome Center, 123 N. Commerce Street.



Though 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 weekend 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 web site (www.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!



Read more on Wine Lover's Weekend in this issue, including the story of Galena Cellars' Christine Lawlor, recipient of the Illinois Grape Growers & Vintners Association's Lifetime Achievement Award on page 12, as well as special Wine Lover's Weekend events at Eagle Ridge on page 14.





# Saturday, April 14 & 8:00 AM-1:00 PM Sinsinawa Mound, WI

- Cost \$40.00
- No registration accepted after April 2nd

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 Dubuque Community Y Domestic Violence Program.

#### **Event Sponsored By:**







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#### **SCHEDULE**

8:00-8:45 a.m. Registration, Shopping, Scones and

**Breakfast Breads** 

8:45-9:30 a.m. 1st Session 10:00-10:45 a.m. 2nd Session 11:15 a.m.-12:00 p.m. 3rd Session 12:00-1:30 p.m. Shopping

12:30-1:30 p.m. Lunch, Chocolate Indulgence Buffet,

and Door Prizes

#### **BREAK OUT SESSIONS**

#### SESSION 1

- Beginning Yoga, Relaxation Breathing
- Wine Tasting
- Super Foods for Super Women
- Mini-Spa
- A Herbal Celebration for You
- Present the Best Side of Yourself, Everyday!
- Making Your Wine Look Fine
- Swing Dance
- Nourishing a Creative You

#### **SESSION 2**

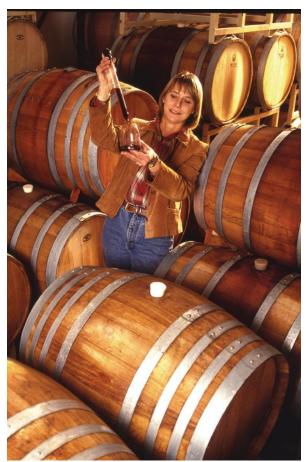
- Celebrate the Healer in You: An Introduction to the Healing Arts
- Wine Tasting
- Sushi Basics
- Mini-Spa
- Square Foot Gardening
- Healing Properties of Stones
- Belly Dancing
- Shop Like a Super Coupon Queen

#### **SESSION 3**

- Celebrate Laughter Yoga and You
- Wine Tasting
- Cooking for One or Two
- Mini-Spa
- Latin Dance
- Create Your Own Sugar and Salt Scrub
- Shop Like a Super Coupon Queen







#### Galena Cellars' Christine Lawlor Lifetime Achievement Award

Being a community-wide celebration of wine, Galena Wine Lovers' Weekend provides a great backdrop to report on a recent award given to Galena Cellars winemaker and co-owner, Christine (Chris) Lawlor-White. Earlier this year, Lawlor-White was honored with a Lifetime Achievement Award by the Illinois Grape Growers & Vintners Association (IGGVA) at their three-day annual conference in Springfield.

Lawlor-White received her formal degree in enology and viticulture from Fresno State University. When she graduated in 1976, she was one of the first women in the United States to earn a degree in enology. She opened her first winery in McGregor, lowa, in 1976 where she produced 500 gallons of Cherry Wine. Two years later, she moved to Lacrosse, Wisconsin, expanding her operations. In 1985, she found her home in Galena, Illinois and opened Galena Cellars with her parents and brother, Scott.

Now, more than 25 years later, Lawlor-White is responsible for crafting more than 40 wine varieties, producing 60,000 gallons of wine annually. An expert in not only the

science of winemaking, she has also mastered the art of blending varietals to make distinctive wines. One of her greatest contributions to Illinois Wine Industry is her role in promoting the quality and acceptance of Illinois Wine throughout the state, the Midwest and nationally. Lawlor-White was honored three times as IGGVA's "Winemaker of the Year," in 2001, 2006 and 2007.

Established in 1992, the Illinois Grape Growers and

Vintners Association is a nonprofit organization dedicated to developing the viticulture and enology interests of Illinois. The efforts of the organization appear to be paying off as Illinois wine industry has exploded in recent years, growing from just 12 wineries in 1997 to more than 90 today. During this time, the acreage devoted to grape production has grown at a tremendous rate, and today Illinois is consistently among the top 12 wine-producing states. Today, the Illinois wine industry creates a direct economic impact of more than \$319 million annually.

For more information about Galena Cellars & Vineyard, visit www.galenacellars.com.





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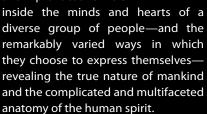
#### **Facts from the Fest**

by Christopher Kulovitz

It's time to explore more, and sometimes the greatest journey starts in your own back yard with the willingness to want to know more, see more and do more.

For 4 days downtown Dubuque will vibrate with an array of incredible local and global filmmakers whose

work must be seen and shared. From the famous to the previously unknown – these films and their makers compel us to rethink not only how we have arrived at our own personal beliefs, but also the extent in which we choose to share them with others. The result is a stirring and provocative trek



If you're reading this on Thursday the 15th you can still attend the Reveal Party Thursday night from 5-8 at the Hotel Julien in the Riverboat Lounge. If you miss it – here's a few facts from the fest:

#### Fun. Fest. Facts.

- April 19- 22
- Downtown Dubuque
- International, regional and Iowa films
- Thursday the 19th Festival Launch Party Kickoff at Diamond Jo / screenings begin
- Friday the 20th Panel Discussions / Films screened all day / CineCause Event at Hotel Julien
- Saturday the 21st Student Film Initiative at The Grand Opera / Silent

Film Showcase / films screened all day • Sunday the 22nd – Films screened through afternoon / Festival Closing Party

This inaugural year is a journey of collaboration, of each and every one of us taking part in the whole. That means supporting the festival and participating

in any way you can or want. Even if it's just buying a ticket, or 10, you can help define a new cultural arts event in Dubuque that will rival others around the world.

We have personally delivered our very best to make this inaugural year important and relevant - that will leave an indelible mark—a collective thumbprint—on the community.

Celebrate Dubuque's pioneering spirit. Let's make Julien Dubuque proud and never stop exploring. THE CLARKE UNIVERSITY ARTS AT CLARKE SERIES AND THE CLARKE STUDENT ASSOCIATION PRESENT

# THOMPSON SQUARE

This chart-topping duo's self-titled debut album introduced fans to their number one platinum radio smash "Are You Gonna Kiss Me Or Not" which also earned two GRAMMY nominations for Best Country Song and Best Country Duo/ Group Performance of the Year. Thompson Square finished 2011 as Billboard's #1 New Country Artist in terms of its single (Hot 100) and album sales (Hot 200) charts.

#### FRIDAY, APRIL 27 | 8 P.M.

Robert and Ruth Kehl Center Clarke University Campus

\$20/general public, \$10/students Reservations begin on Monday, March 12, by calling (563)588-6307.



www.clarke.edu/artsatclarke





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#### **Eagle Ridge Resort & Spa** Wine Lovers' Weekend March 23-25

In addition to the slate of events going on in Galena, Eagle Ridge Resort and Spa hosts its own wine-inspired events for Wine Lovers' Weekend, March 23-25, including wine tastings, seminar, luncheon and exquisite culinary-infused wine dinners.

The highlight of the weekend will be a special "Pali Noir Culinary Battle: The Main Event" on the night of Saturday, March 24. A culinary battle between Brian Lynch, Executive Chef/Owner of Spot-On Cellars from Sonoma, California and several of the Eagle Ridge Resort's finest chefs, The Main Event will challenge both teams to create food that pairs with limited production single vineyard Pinot Noirs.



In addition to The Main Event culinary battle, the weekend promises to be one filled with fine wine and dining, as well as events featuring professional wine enthusiasts including:

- · Winemaker Tyson Wolf from Rutherford Wine Company in St. Helena, California, who will open the weekend late Friday afternoon with a special Rutherford "Check-In" wine tasting as wine lover guests arrive at the resort.
- · Jeff Morgenthal of Boutique Wine Collection of Los Angeles, California, will host the opening dinner reception Friday night "Fire and Ice," which will feature wine from South Africa, along with rare German-Austrian late harvest Rieslings from Dr. Hermann and Huber Winery. Food offerings include action stations, featuring South African specialties designed specifically to enhance the wines. Dessert wines will also be a very important part of the palatepleasing selections.
- Winemaker Tyson Wolf will open Saturday morning with "Napa Niche," an informative seminar on the finer points of Napa wines.



- · A "Roses of the World" Luncheon is planned for Saturday following the seminar and will be hosted by Troy Clements of Pure Wines of Downers Grove, Illinois. A brief discussion about production methods and grape varieties sets the stage to showcase the versatility of the wines in culinary pairings. Featured wines will be Pinot Noir from Austria, followed by wines from Spain, France and California.
- A special "Taste of Venice" Sunday brunch allows guests to sample Prosecco from Andrea Bocelli and Moscato D' Asti from Tre Donne Vineyards while enjoying great Italian food. The weekend concludes with the brunch which features a wine-infused panel discussion with the weekend's featured wine professionals.

For reservations or additional information, visit www.eagleridge.com.

# **NEW IN 2012!**



# @ Grand River Center

Dubuque, Iowa

#### Gather your girlfriends for a unique getaway...

Enjoy a delicious brunch, divine vendors, delectable drinks & desserts, delightful giveaways and downright hilarious entertainment as comedienne Etta May takes the stage. To put it simply, when Etta May takes the stage, she is the reigning Queen of Southern Sass.



NATIONALLY KNOWN COMEDIENNE as heard on the Bob & Tom show!

# schedule of events

Registration	9 am - 12 pm
Vendors	9 am - 3 pm
Mimosa Fountain & Bloody Mary Bar	9 am - 11 am
Brunch	9:30 am - 11 am
Drab to Diva Makeover Winners Announced [ must be present to win ]	10 am
Pick your Passion: Fashion Makeover 101	11 am - 12 pm
Surprises & Delights Prize Giveaways	12:30 pm - 1 pm
Dessert Bar	12 pm - 3 pm
Comedienne Etta May	1 pm - 2 pm
Drab to Diva - Makeover Reveal	2 pm - 2:30 pm
Event Closes	3 pm



win a/drab to diva [ WITH ADVANCE REGISTRATION ]



Advance Registration: ..... \$40\*

Register at the Door: ..... \$50\*

\*Registration includes all items listed on schedule of events.





**Now Showing @ MINDFRAME** Friday, March. 16 - Thursday, March. 22

21 Jump Street (R) No Passes Allowed Fri - Thu: (12:00), (2:15), (4:30), 7:20, 9:40

John Carter (PG-13) No Passes Allowed Fri - Thu: (11:20 AM), (1:55), (4:40), 7:15, 9:50

Dr. Seuss' The Lorax (PG) In 2D!; No Passes Fri - Sun: (11:00 AM), (12:55), (2:55), (4:55), 6:50, 8:50 Mon - Thu: (12:55), (2:55), (4:55), 6:50, 8:50

555 JFK Road, Behind Kennedy Mall www.mindframetheaters.com Movie Hotline: 563-582-4971

Project X(R)

Fri - Thu: (11:30 AM), (1:30), (3:30), (5:30), 7:30, 9:30

This Means War (PG-13)

Fri - Thu: (4:45), 9:00

The Artist (PG-13) Return Engagement! Fri - Thu: (12:20), (2:25), 6:55

A Separation (PG13) Academy Award winner: **Best Foreign Film** 

Fri - Thu: (11:15 AM), (1:45), (4:20), 7:05, 9:35





#### coming to theaters:











#### 21 Jump Street (R) March 16

In the action-comedy 21 Jump Street, Schmidt (Jonah Hill) and Jenko (Channing Tatum) are more than ready to leave their adolescent problems behind. Joining the police force and the secret Jump Street unit, they use their youthful appearances to go undercover in a local high school.

#### Casa de me padre (R) March 16

Armando Alvarez (Will Ferrell) has lived and worked on his father's ranch in Mexico his entire life. As the ranch encounters financial difficulties, Armando's younger brother Raul (Diego Luna) shows up with his new fiancée, Sonia (Genesis Rodriguez), money, bad guys and all hell breaks loose.

Jeff, Who Lives at Home (R) March 16 On his way to the store to buy wood glue, Jeff looks for signs from the universe to determine his path. A series of unexpected events leads him to cross paths with his family in the strangest of circumstances. Jeff just may find the meaning of his life... and pick up the wood glue as well.

#### The Hunger Games (R) March 23

Every year, the evil Capitol of the nation of Panem forces each of its twelve districts to send a teenage boy and girl to compete in the nationally televised Hunger Games... to the death.

The Raid: Redemption (R) March 23

As a rookie member of an elite specialforces team must use every iota of his fighting strength to wind through a 50-floor building and bring down a crime lord and a crap-load of bad guys.









#### THE BUZZ...

Ron Howard's on-again-off-again adaptation of Stephen King's The Dark Tower series may be back on, this time with the TV series portion at HBO sister studio Warner Bros handling the movie part. Akiva Goldsman is polishing his own script with Javier Bardem still hopeful for the lead. Warner Bros. already has begun to adapt Stephen King's similarly-post-apocalyptic, slightly-less-epic The Stand into a probable trilogy with Ben Affleck in the director's seat.

Though it's been almost twenty years since the heyday of the Garbage Pail Kids, the trading stickers' grotesque legend remains faded but frustratingly affixed to the bannister in Michael Eisner's mind, so he's going to make a movie about those guys.

Clint Eastwood has been wanting to direct Beyoncé' in a remake of A Star Is Born and now that she's not pregnant anymore, plans are moving ahead and it looks like Tom Cruise is being tapped to play an elder

singer/songwriter to mentor Beyoncé character's rising star in follow-up to his role as Rock of Ages singer Stacee Jaxx. The only problem is, Tom Cruise is also just as good as anyone else for several other projects he's already committed to. He's meant to play a 6'5" Army cop, a futuristic soldier of fortune, and a drone repairman, and he's more than likely going on another impossible mission. Viacom has casually announced they will indeed construct another Mission: Impossible playground for Tom and all his friends to run, dangle, and swing upon.

Director Joss Whedon is still finishing up The Avengers for its May 4 release, but already he's bravely presuming that Marvel might have an interest in making more of these things. He's also presuming Marvel would be cool with an Avengers sequel being "smaller and more painful," which does not sound like a tagline Marvel would approve of. BTW, why does the Iron Man suit in the trailer no longer have the triangular arc reactor from Iron Man 2? In short, he thinks "the triangle is ass".





#### ARC night with Dubuque Fighting Saints/ Festival of the Arts Sat. March 31, 7:05 p.m. Mystique Community Ice Arena

Area Residential Care Takes It to the Ice on Saturday, March 31 at 7:05 p.m. when the entire community is invited to join Area Residential Care Group Night with the Dubuque Fighting Saints! This action packed event is fun for the entire family. Tickets are \$13 with a portion of the proceeds benefiting Area Residential Care.

For the first Festival of Arts, fans are asked to submit their art project of

anything that represents the Saints, hockey, or Dubuque to the Fighting Saints Office by 5 p.m. Monday, March 26 to their office in the Mystique Ice Center. The art project can be anything from a drawing to a woodworking project. Prizes will be awarded for each category (K through 2nd grade, 3rd through 5th grade, 6th through 8th grade, & adults from high school on up). There will be one winner in each category as selected by a panel of judges. Each winner will receive a TH Family Four Pack to the game. All art projects will be on display at the Saints Festival of Arts celebration during the game and all entries will receive a coupon for a small popcorn for that night. In addition, booth space is being offered at a discounted rate (\$150) to stores/businesses to showcase their products and art. Each booth would come with 2 tickets to the game as well as including in Public Address announcements throughout the game. Contact aunsen@dubuquefightingsaints.com or call 563-587-2221.

# Girls Night Out with the Fighting Saints Friday April 6, Mystique Ice Center

We've all seen "Ladies Night" done well. Whether it's drink specials, free cover, or something else to entice the female gender, "Ladies Night" has been a staple of the entertainment scene for many years.

But the Dubuque Fighting Saints "Girls Night Out" scheduled for Friday, April 6, is a totally different endeavor.

Ladies are invited to the Mystique Community Ice Center to be pampered and "Party at Our House" with an exclusive Pre-Game Women's Expo before the Fighting Saints take on rival Waterloo that night. The doors will open at 5 p.m. for this exclusive event. Women may visit merchants' booths set up the concourse and take advantage of the gifts and shopping that each vendor brings to the arena. Attendees will be treated to a special Women's Hockey 101 presented by Fighting Saints Head Coach Jim Montgomery. They will learn not only the rules of hockey, but get a glimpse into the life of a Fighting Saints player and the commitment these athletes are making to play in the United States Hockey League and beyond. The seminar will include a question and answer session with the coach.

Following the expo, the party continues with the game against the visiting Water-loo Black Hawks at 7:35 p.m, presented by Manor Care Health Services.



The Girls Night Out package is \$25 and includes a ticket to the April 6 game, a reusable gift bag, a Fighting Saints coozie, 15%-off coupon for Fighting Saints merchandise that night, a \$5 post-game drink voucher in the DB&T club, and an entry in the drawing for VIP tickets to a future game. Season ticket holders may purchase the same package (minus the ticket to the game) for \$15.

Tickets for the Girls Night Out must be purchased in advance either over the phone or in person at the Mystique Community Ice Center. For more information on the event, contact the Fighting Saints at 563.583.6880 or online at Dubuque-FightingSaints.com.





dubuque community
DAYS OF caring





Join in on making a difference in the community at the seventh annual Young Professionals Dubuque Community Days of Caring!





Visit **Dbqdaysofcaring.org**And click on the Volunteer Form to sign-up for a ½ day, full day or 2 full days!







#### Bret Michaels with Kip Winger Thursday, March 15th, 8 p.m.

Bret Michaels makes his 3rd visit to the MMB on his "Get Your Rock On" Tour. Don't miss the POISON front man and star of Rock Of Love as he plays all of POISON'S greatest hits Like "Nothin' But a Good Time," "Talk Dirty To Me," "Every Rose Has It's Thorns" and "Something To Believe In". If that's not enough, Kip Winger, front man for the band of the same name with hits like "Seventeen," "Headed for a Heartbreak" and "Down Incognito" opens.

Afrodesiacs @ Boogie Nights Friday, March 16, 8:30 p.m. Disco's in full bloom tonight!

Spazmatics @ Boogie Nights Saturday, March 17, 8:30 p.m. The last night of Boogie Nights!

#### Introducing Club 84 Friday, March 23, 8:30 p.m.

Meet the cast of Dubuque hottest new themed dance club experience... Big Brother is watching you! See the ad on page 14 and make plans to join the fun!

#### **Simply Diamond**

A Tribute to Neil Diamond Saturday, March 24th, 4 & 8 p.m. The Late Show's Paul Shaffer says,

"Brian is the best Neil Diamond tribute act out there. His voice sounds like

the real deal. I've seen four of the biggest Neil Diamond tribute acts and this guy blows them all away."

18



All show at the Mississippi Moon Bar are 21+ only and tickets for all performances are available at the Diamond Club inside the Diamond Jo Casino or online at DiamondJo.com.

#### **Cody Canada**

& Shooter Jennings Sat., March 31st, 8 p.m. Last year Cross Canadian Ragweed played to a sold out crowd in one of their

last concerts at Mississippi Moon Bar. Now, in the wake of Cross Canadian Ragweed's decision to part ways, Cody Canada resurfaced with great musicians and a mission.



#### Big Bad Voodoo Daddy Friday April 6th, 8 p.m.

Big Bad Voodoo Daddy captures the essence of a rowdy celebration of musicianship, mischief, genius, street smarts, and fun in their irresistible and aggressive live show, proving them over time to be the singular standout among the numerous bands that launched the Nineties swing revival.



# Here Comes The Mummies Saturday April 14th, 8 p.m.

The Mummies are one of the hottest touring show bands in the US, this is a must see show for Bob And Tom fans and music and comedy lovers alike. 365ink highly recommends this show!

#### Jon Lovitz

Saturday, April 21, 7 & 9:30 p.m. Gaining fame on Saturday Night Live, has appeared in over thirty movies, including "Big," "A League of Their Own," "The Wedding Singer" and "Bencharmers" with more distinctive voice roles as "Jay Sherman" in the acclaimed cult cartoon series, "The Critic" as well as "The Simpsons" and



with Jon Lovitz on movies Saturday

afternoon with the film makers. ...More at DiamondJo.com!

#### Comedy 10K May 1 - May 5

Ninety-six comics will compete over five days for their share of \$10,000 in prizes with a grand



8 pm show, performing his original stand-up. The finals will be held at 10 pm. Coulier will take a seat at the judges' table for the finals.



#### the good-time party atmosphere of the decadent decade with unmatched authenticity.

Rock impersonation act, recreating

#### The Midtown Men

2 Shows, Friday, May 18th, 6 & 8 p.m. This special concert tour reunites four stars from the Original Cast of Broadway's Jersey Boys. Tony-Award winner Christian Hoff, Michael Longoria, Daniel Reichard and Tony-Award nominee J. Robert Spencer, star in this one-of-a-kind concert experience celebrating the music that defined the 1960s! Now these four Broadway Stars are taking their own unique sound and chemistry on the road, singing the hits of The Beatles, The Beach Boys, The Jackson Five, The Mamas and The Papas, the Four

# Crystal Gayle 2 Shows, Sat., May 19th, 4 & 8 p.m. "Don't It Make My Brown Eyes Blue" legend comes to the Moon Bar for two big

Seasons and more!





#### **Foreigner**

#### 8pm, Thursday May 24th

One of the biggest ock acts in the world, with hits like "Hot Blooded," "Urgent" to "Jukebox Hero," and "I

Want to Know What Love Is,"



# The B-52s & Squeeze 8pm, Saturday, July 7th

The world's greatest party band, The B-52s bring hits like "Rock Lobster," "Love Shack" and "Roam" while co/headliners Squeeze rock out their unforgettable '80s smash hits "Tempted" and "Black Coffee in Bed."

#### o.m.

#### Hairball 8pm, Thursday May 10th

A Tribute to '80s Rock Legends Hairball is the world's ultimate '80s

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#### tri-state live music

#### Thursday, March 15

Bret Michaels Mississippi Moon Bar, 8 PM

'Round Midnight Trio The Bank Bar & Grille, 9 PM

Campfire Kings The Cornerstone, 9 PM

Matt Kunau, Lot 1, 10 PM

#### Friday, March 16

Ken Wheaton The Cornerstone, 6 PM

Johnny Walker, Offshore, 6 PM

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

R Gang Galena Brewing Co., 7:30 PM

Boogie Nights – Afrodisiacs Live Mississippi Moon Bar, 8 PM

Adam Beck & Daniel Anderson Mystique Casino, 8 PM

Corey Jenny & Mojo Busted Steve's Pizza, 8 PM Mixed Emotions, Spirits, 8 PM

Untamed Dubuque Driving Range, 8 PM

Heartbeat, Airline, 8 PM

In Media Res Monk's Kaffee Pub, 9 PM

Okham's Razor, Grape Escape, 9 PM

The Wundo Band Fried Green Tomatoes, 9 PM

Five & Dimers Keil's Tavern, 9 PM

Mighty Short Bus Sandy Hook Tavern, 10 PM

#### Friday, March 16

Mixed Emotions, Spirits, 8 PM

Untamed Dubuque Driving Range, 8 PM

Corey Jenny & Mojo Busted Steve's Pizza, 8 PM

Ken Wheaton, Cornerstone, 8:30 PM In Media Res Monk's Kaffee Pub, 9 PM

Okham's Razor Grape Escape, 9 PM

The Wundo Band Fried Green Tomatoes, 9 PM

Mighty Short Bus Sandy Hook Tavern, 10 PM

#### Saturday, March 17

St. Patrick's Day Festival
Tony Leonard and Andreas Transo
Frank O'Dowd's Pub, 12 PM — 12 AM

David Zollo & the Body Electric, Kerosene Circuit, Adreas Transo The Lift, Starting at 2 PM

Mama Bird, 3 PM, River Glen, 8 PM, The Cornerstone

Laura & The Longhairs, 4 PM Chug Monkey, 9 PM Northside Bar

Hard Salami, Trackside, 6 PM

Andy Wilberding L.May Eatery, 6:30 PM Bryce Reeg, Keil's Tavern, 6:30 PM

R Gang Galena Brewing Co., 7:30 PM Dubuque Symphony Orchestra Sounds of Scotland Five Flags Theater, 7:30 PM

The Jimmys Mystique Casino, 8 PM

Velkroe Sneker Dubuque Driving Range, 8 PM

Massey Road Georgie's Skyline, 8 PM

The Johnny Rockers New Digging's General Store, 8 PM

Spazmatics Mississippi Moon Bar, 8:30 PM

Bryan Popp & Corey Jenny Spirits, 9 PM

Menace, Knicker's, 9 PM

Awesome Sauce, Courtside, 9 PM

Pash N Brew Shenanigan's Pub, 9 PM

Buzz Berries, Budde's, 9 PM

Half-Fast, Dirty Ernie's, 9 PM

Bryce Reeg, Keil's, 9 PM

.

Johnny Walker, Paradise Bar, 9 PM

Craig Erickson Duo Keil's Tavern, 9 PM

Daniel and the Lion The Bank Bar & Grille, 9:30 PM Jabberbox, Jumpers, 9:30 PM

Crystal Leather Sandy Hook Tavern, 10 PM

#### Sunday, March 18

Fever River String Band Council Hill Station, 1 PM

Dubuque Symphony Orchestra Sounds of Scotland Five Flags Theater, 2 PM

Open Mic The Cornerstone, 2:30 PM

Corey Jenny & Mojo Busted New Diggings General Store, 3:30 PM

98 in the Shade, 3 PM Magnetos, 8 PM Sandy Hook Tavern

#### Tuesday, March 20

Rosalie Morgan Riverboat Lounge, 6 PM

New Voices: Open Mic Rendezvous Coffee & Tea, 6:30 PM

#### Wednesday, March 21

Ken Killian Jazz Trio Riverboat Lounge, 4:30 PM 2-for-1, 430 - 6:30 PM FFEE APPS 4:30 - 5:30 PM

Acoustic Jam, Cornerstone, 6:30 PM

Laughing Moon Comedy Mississippi Moon Bar, 8 PM

"Controlled Chaos" Open Mic Monk's Kaffee Pub, 9 PM Truman Peyote, Yohuna, Glimmer Blinkken, Off Minor, 9 PM

#### **Thursday, March 22**

Dueling Pianos Mississippi Moon Bar, 8 PM

'Round Midnight Trio The Bank Bar & Grille, 9 PM

Dert Bagz, The Cornerstone, 9 PM

#### Friday, March 23

Jordan Danielsen Galena Brewing Co., 7 PM

Brownie & Sam Frank O'Dowd's Pub, 7:30 PM

Club 84 Opens (Replacing Boogie Nights) Mississippi Moon Bar, 8 PM

Bonkerz Comedy: JC Currias, 8 PM Marshall Star, 9:30 PM Mystique Casino

Massey Road, Spirits, 8 PM

Full Code Dubuque Driving Range, 8 PM

Okham's Razor Perfect Pint, 8 PM

Andrew Houy The Cornerstone, 8:30 PM

Fareed Haque's Math Games Off Minor, 9 PM

Boots Hefel Band, Courtside, 9 PM

Lonely Goats, Grape Escape, 9 PM



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#### NOTABLE LIVE SHOWS FEATURING ORIGINAL MATERIAL

Thursday, March 15th @ Mississippi Moon Bar - Poison front man Bret Michaels with speical guest Kip Winger.

Friday, March 16 @ Monk's – In Media Res (Vancouver, BC) bring their lush, loud pop to Monk's for a special FREE performance.

Saturday, March 17 @ The Lift – St Pat's will never be the same after David Zollo and the Body Electric, Kerosene Circuit, and Andreas Transo get done with it. Irish folk, Midwest rock-n-roll, and piano boogie-woogie combine to make a night of ass-shaking good times.

Wednesday, March 21 @ Off Minor — East coast psychedelic pop group Truman Peyote join us along with Wisconsin Northwoods folk rockers Yohuna and Dubuque's own Kraut pop wunderkinds Glimmer Blinkken. For fans of Animal Collective, Can, Half Japanese, Joanna Newsom.

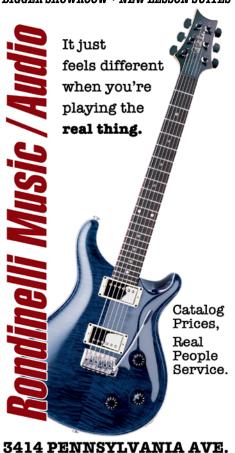
Friday, March 30 @ Off Minor - Bible of the Devil with Legal Fingers. For fans of Iron Maiden, Motley Crue, Thin Lizzy.

Friday, March 30 @ Monk's - Paper Thick Walls come back to Monk's for an encore performance of heartfelt male/female vocal heavy indie pop.

Saturday, March 31 @ The Lift – Madison's merry pranksters The Grasshoppers will bring their lights and smoke us out all night long.

Saturday, March 31 @ Cascade's Ellen Kennedy Fine Arts Center – Justin Townes Earle with David G. Smith. Roots muscian Justin Townes Earle lives up to his heritage as the son of alt/outlaw country artist Steve Earle and namesake Townes Van Zandt.

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www.rondinellimusicaudio.com

#### LOCAL MUSIC RELEASES

Support original local music by buying the music created by Dubuque's own talented musicians an songwriters. Available a most local independent record stores, including Unforgivable Records.

Legal Fingers - No Time for Tenderness (2012)
Kerosene Circuit - Kerosene Circuit (2010)
Old Panther - Old Panther 7" EP (2007)
The Wild Animals - The Wild Animals (2007)
Grainbelt - The Accidental Death (2003)
Blackbloom - Silence and Sound (
Statue of Liberty - Self Titles (2011)
The Tanks - Epic Loads (2012)
Cop Bar - No Justice Just Law (2012)
Aseethe - Reverent Burden (2011)
River Glen - Self Titled EP (2011)
Bucket House Hooligans - Dubuque (2011)
Lines - Lines (2011)

Mantaur - Driftless (2011)

Big Box - Big Box (cassette only) (2011)

Larry "The Wizard" Sievers, (cassette-only) (2011)

Brooks Strause - My Foreign Right Had (2011)
Edward Gray - The Old Bending River (2011)

Dredge - Sediment (2010)

Alma Sub Rosa - Alma Sub Rosa (2010)

Acoustic Guillotine - Acoustic Guillotine (2010)

Case the Joint - Stalking to Myself (2010)

Bob Bucko Jr. - Tearjerker (2010)

Mutilated by Zombies - Better Off a Corpse (2011)

Nate Jenkins - Live at the Grand (2010)

Jen Gloeckner - Mouth of Mars (2009), Miles Away (2004)
Bull Dyke Rodeo - Bull Dyke Rodeo II: Dykefuge (2009)

Nethervoid - Sirens of the Blistering Light (2008)

Joe Jack Talcum & the Powders / Samuel Locke-

Ward & the Boo Hoos - Just Add Tears (Split 12")

#### LNER NOTES

Jack White releases his new single "Sixteen Saltines"m from his upcoming solo venture, Blunderbuss, online. He also performed the new tune on Saturday Night Live. Search for it on You Tube or use this QR code to the right. □



GRASSHOPPERS

A release date is set for the much anticipated full "Clockwork Angels" album by Ganadian Prog Rock gods, Rush. Tuesday, May 29th is that date. The band reports that the new album will feature some very long ambitious cuts and the album has a theme, dare we say, concept... start the countdown. A fall tour is also planned.

Miles Kane, one of the major success stories of 2011, kicks off 2012 with a bang by announcing new EP 'First of My Kind' in support of Record Store Day.

Speaking of that, Record Store Day is coming, April 21st. This is the one day that all of the independently owned record stores come together with artists to celebrate the art of music. Special vinyl and CD releases and various promotional products are made exclusively for the day and hundreds of artists in the United States and in various countries across the globe make special appearances and performances.

The top 10 money makers in the music biz in 2011 were... 1, Lady Gaga, 30.5 Million, Bon Jovi (yes, Bon Jovi) - 30.4 Million, Roger Waters - 24.5 million, Dave Matthews - 24 milion, Justin Beiber - 22.5 million, Taylor Swift - 20.7 million, Michael Bublé - 19.8 million, "the F'n Eagles, man", - 18.5 million, The Black Eyed Peas - 16.8 million, and Sir Paul McCartney, - a paltry 14 million.

Mike Hossack, a longtime drummer for rock band The Doobie Brothers has died of cancer at the age of 65. The Doobies played Dubuque three times in past few years, both at the America's River Festival and two stops at the Diamond Jo Casino's Mississippi Moon Bar which is name after the Doobie's song, Blackwater.

#### Join Livewire and Win Stuff!

Every Friday we send an e-mail update of all the weekends big events right to your inbox, totally free! Someone who joins Livewire during this issue will win over \$100 in cool stuff from the advertisers you see on these pages... and more!

Use the QR code here \(\sigma\) to join or visit Dubuque365.com and click the Livewire image in the right column!



# VE MUSIC

#### Fareed Haque's Math Games

OFF minor, 920 Main St. Friday, March 23, 8 PM \$10 (advance tickets available)

by Bob Bucko

On the heels of performances by renown jazz musicians Charlie Hunter and Fred Lonberg-Holm, Off Minor is proud to host Fareed Haque's Math Games. The Chicagobased guitar virtuoso and Professor of Jazz and Classical Guitar Studies at Northern Illinois University brings his ensemble to Dubuque for a special appearance on Friday, March 23rd.

Haque is best known as co-founder of the acclaimed funk-fusion group Garaj Mahal. He is also a member of Summit, where he plays alongside percussion titans Steve Smith and Zakir Hussein. Always one to highlight his diversity, Haque has performed and recorded with a wide array of musicians, from Sting and Cassandra Wilson to Lester Bowie and Dave Holland, and as a fixture on the jam band circuit has collaborated with artists like Medeski, Martin, and Wood, Defunckt, and Karl Denson's Tiny Universe.

Born to Chilean and Pakistani parents and having traveled extensively in his vouth. Haque cultivated an early relationship with a variety of cultures and their music. He brings this experience to his playing, infusing jazz, Indian, and classical elements into a jam band context. An accomplished classical guitarist, Haque has also composed several world musicinspired concerti. His eclectic ensembles have recorded for the legendary Blue Note label and Sting's Pangaea imprint.

Formed in 2010, Math Games is Haque's present project. The self-described "electronica jazz/ funk groove band" incorporates a panoply of textures into its sound, from space age electronics such as the Moog guitar to the gentle acoustics of upright bass and classical guitar. Bolstered by the wildly imaginative rhythm section of Greg Fundis and Alex Austin, on percussion and bass, respectively, Haque routinely takes instrumental flights of fancy that will delight both shredders and jazzbos. Virtuosos all, the trio utilizes their skills to explore an eclectic range of styles, all the while maintaining an accessible, danceable groove.

Tickets are \$10 and on sale at Unforgivable Records and Monk's Kaffee Pub. Doors are at 8 pm and table seating is available. This event is all ages, with full bar open to patrons 21 and up.

# St. Patrick's Day @ The Lift THE Place to get Pierced in Dubuque in Dubuque

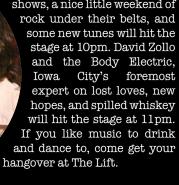
# Sat March 17, 6pm-2am

by Aaron Hefel

St. Patrick's Day is upon us again, that special day and night where the Irish get their comeuppance by celebrating national heritage. Dubuque's Irish are alive and vital, and nowhere better will you see that demonstrated than lower Main Street, our own Little Dublin.

The Lift brings you a night of Irish folk, big guitars, and boogie woogie piano rock n roll. Regional troubadour Andreas Transo and The Tullamore Dudes perform from 6pm

> to 9pm. Kerosene Circuit, after a three month break of local shows, a nice little weekend of



The Lift will have corned beef and cabbage available in the early evening. \$5 gets you into the show and free food. If you're an experienced St. Patrick's Day reveler, you already know that the Lift is one of the area's most popular places to get your Irish on. IF not, well, there's no better place to start your Dubuque Irish experience than here!

#### **Paper Thick Walls** Fri March 30, Monk's

9pm/Free

Hailing from Chicago, Illinois and swinging through Dubuque on their way back from South By Southwest, Paper Thick Walls deliver wistful and nostalgic indie folk that teleports you to

their point of view, time and place.

The stories are told through beautiful male/female harmonies and typical rock band set up intermixed with mandolins, fiddles, and upright bass. If you are fan of Sufjan Stevens or The Decemberists, PTW will immediately endear them to you. Local folk ingénue Logan Ford will open the show, sharing tender stories of young love lost and found. For a woman so young,

Logan has a lot of heart and soul. Don't miss this very special free show at Monk's Kaffee Pub.







### budweiser live music listings • march 15 - april 6 }





#### tri-state live music

**Brown Bottle Bandits** Dirty Ernie's, 9 PM

**Crude but Effective** Sandy Hook Tavern, 10 PM

#### Saturday, March 24

**Simply Diamond: Neil Diamond Tribute** Mississippi Moon Bar, 4 & 8 PM

Jason Brown "The One Man Band" Galena Brewing Co., 7 PM

**Country Tradition** Mooney Hollow Barn, 7 PM

**Brownie & Sam** Frank O'Dowd's Pub, 7:30 PM

Bonkerz Comedy: JC Currias, 8 PM Marshall Star, 9:30 PM **Mystique Casino** 

Pash N Rrew **Dubuque Driving Range, 8 PM** 

Arp of the Covenant The Cornerstone, 8 PM

**Mixed Emotions** Georgie's Skyline, 8 PM

Feast of Mutton

Monk's Kaffee Pub, 9 PM

Broken Rubber Band, The Lift, 9 PM

Fareed Haque's Math Games Off Minor, 9 PM

Josey Wails, Spirits, 9 PM

Reddoor, Jumpers, 9 PM

Velkroe Sneker, Northside Bar, 9 PM

Half-Fast, Budde's 9 PM

Awesome Sauce, Dagwood's, 9 PM

Randy Rogers, Keil's Tavern, 9 PM

Tantrym, Doolittle's, Cuba City, 9 PM

Eric Pettit & Tim Buhmeyer, Sean Costanza The Bank Bar & Grille, 9:30 PM

Taste Like Chicken Denny's Lux Club, 9:30 PM

Apple Dumplin's Sandy Hook Tavern, 10 PM

#### Sunday, March 25

Fever River String Band Council Hill Station, 1 PM

Open Mic The Cornerstone, 2:30 PM

Kelli's Birthday! **Eugene Smiles Project** New Diggings General Store, 3:30

**Lonely Goats** Sandy Hook Tavern, 8 PM

#### Wednesday, March 28

Ken Killian Jazz Trio Riverboat Lounge, 4:30 PM 2-for-1, 430 - 6:30 PM FFEE APPS 4:30 - 5:30 PM

**Acoustic Jam** Cornerstone, 6:30 PM

**Laughing Moon Comedy** Matt Kazam Mississippi Moon Bar, 8 PM

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

Open Mic with Dave, Cricket, & Tim The Lift, 9 PM

#### Thursday, March 29

**Dueling Pianos** Mississippi Moon Bar, 8 PM

'Round Midnight Trio The Bank Bar & Grille, 9 PM

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

Matt Kunau, Lot 1, 10 PM

#### Friday, March 30

Johnnie Walker Riverboat Lounge, 6 PM

Just Cuz. Courtside, 7 PM

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

**Outta Control** Galena Brewing Co., 7:30 PM

Club 84.-Mississippi Moon Bar, 8 PM Tami & The Bachelor Mystique Casino, 8 PM

Steve Cavanaugh & Randy Droessler Spirits, 8 PM

**Mixed Emotions** Dubuque Driving Range, 8 PM

Kevin Beck & Johnnie Walker The Yardarm, 8 PM

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

John Moran The Cornerstone, 8:30 PM

**Paper Thick Walls** Monk's Kaffee Pub, 9 PM

Bible of the Devil, Off Minor, 9 PM

Massey Road, Northside Bar, 9 PM

JJ Schmitz, Keil's Tavern, 9 PM

Taste Like Chicken Sandy Hook Tavern, 10 PM

#### Saturday, March 31

Blue Willow Stone Cliff Wine Bar, 7 PM

**Positively 4th Street** Galena Brewing Co., 7:30 PM

**Tom Hughes** Frank O'Dowd's Pub, 7:30 PM

Cody Canada & The Departed, **Shooter Jennings** Mississippi Moon Bar, 8 PM

Bad Romance: Lady Gaga Tribute, Cabaret, 8 & 10 PM Tami & The Bachelor, Encore, 8 PM Mystique Casino

Missfits **Dubuque Driving Range, 8 PM** 

Just Cuz, Courtside, 8 PM

Johnnie Walker Asbury Eagles Club, 8 PM

Haven, The Cornerstone, 8 PM

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

The Metro Gnomes: Denny, Jimmy & Dean, The Gold Room, 8:30 PM

The Grasshoppers, The Lift, 9 PM

Paper Thick Walls, Logan Off Minor, 9 PM

Tapestry, Spirits, 9 PM

**Awesome Sauce** Denny's Lux Club, 9 PM

**Brown Bottle Bandits** Jumpers, 9 PM

**Taste Like Chicken** Northside Bar, 9 PM

**Mixed Emotions** Leisure Lake, 9 PM

Pash N Brew, Corner Tap, 9 PM

Sucker Punch, Wheel Inn, 9 PM

**Crude but Effective** Embe Eatery & Lounge, 9 PM

Point Five The Bank Bar & Grille, 9:30 PM

Zero 2 Sixty, Dirty Ernie's, 9:30 PM

From Chaos: 311 Tribute Sandy Hook Tavern, 10 PM

#### Sunday, April 1

**Fever River String Band** Council Hill Station, 1 PM

Open Mic, Cornerstone, 2:30 PM

Cosmo Billy Band New Diggings Gen. Store, 3:30 PM **Eugene Smiles Project** Sandy Hook Tavern, 5 PM

Lost Coves, Aseethe Off Minor, 9 PM

#### Tuesday, April 3

Rosalie Morgan Riverboat Lounge, 6 PM

New Voices: Open Mic Rendezvous Coffee & Tea, 6:30 PM

#### Wednesday, April4

Ken Killian Jazz Trio Riverboat Lounge, 4:30 PM 2-for-1, 430 - 6:30 PM FFEE APPS 4:30 - 5:30 PM

Acoustic Jam. The Cornerstone, 6:30 PM

**Laughing Moon Comedy** Mike Armstrong Mississippi Moon Bar, 8 PM

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

#### **Thursday, April 5**

**Dueling Pianos** Mississippi Moon Bar, 8 PM 'Round Midnight Trio The Bank Bar & Grille, 9 PM

**Lonely Goats** The Cornerstone, 9 PM

#### Friday, April 6

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

Ten Gallon Hat Galena Brewing Co., 7:30 PM

**Big Bad Voodoo Daddy** Mississippi Moon Bar, 8 PM

Brian Green, 8 PM Ed Franks - Sinatra Tribute, 9:30 PM, Mystique Casino

**Full Code Dubuque Driving Range, 8 PM** 

Laura McDonald & Jeff Weydert Spirits, 8 PM

Buzz Berries, The Yardarm, 8 PM

Mighty Short Bus, The Lift, 9 PM

**Super Happy Funtime Burlesque** Off Minor, 9 PM

Jason Brown - The One Man Band Sandy Hook Tavern, 10 PM





MARCH 18 • Jim Gaffigan, Des Moines Civic Center

MARCH 18 • Trans-Siberian Orchestra - Beethoven's

Last Night, i wireless Center, Moline, IL

MARCH 19 • The Black Keys, United Center, Chicago

MARCH 22 • The Wailers, The Rave, Milwaukee

MARCH 22 • Eiton John, Alliant Energy Center, Madison March 22-23 • B.B. King, House of Blues, Chicago, IL

MARCH 24 • Jane's Addiction, The Rave, Milwaukee

APRIL 1 • Van Halen w/ Kool & the Gang,

Allstate Arena, Rosemont, IL

APRIL 5 • Lady Antebellum, Darius Rucker,

Thompson Square, i wireless Center

APRIL 10 • Nickelback w/ Bush, Seether, & My Darkest Days, i wireless Center, Moline, IL

APRIL 14 • Blue October, The Rave, Milwaukee

APRIL 17 • Jimmy Buffett, Wells Fargo, Des Moines

April 19 • Kaiser Chiefs, Hiuse of Blues, Chicago, IL APRIL 27 • Dragonforce, Rave Eagles Club, Milwaukee

APRIL 27 • **Steel Panther**, House of Blues Chicago

MAY 5 • An Evening With Yanni, i wireless, Moline

MAY 6 • Theory of a Deadman, Orpheum Theatre, Madison

MAY 8 • Marily Manson, Val Air Ballroom, Des Moines

MAY 15 • K.D. Lang, Overture Hall, Madison, WI

MAY 19 • Marily Manson, The Rave, Milwaukee

MAY 27 • Primus, Rave Eagles Club, Milwaukee

MAY 28 • Red Hot Chili Peppers,

Allstate Arena, Rosemont, IL

MAY 30 • Nickelback w/ Bush, Seether,

My Darkest Days, i wireless Center, Moline, IL

JUNE 2 • David Allan Coe, First Ave. Club, Iowa City JUNE 10 Radiohead, First Midwest Bank

Amphitheater (Tweeter Center), Tinley Park, IL

JUNE 23 • Steve Martin & the Steep Canyon Rangers

Des Moines Civic Center

JUNE 30 Phish, Alpine Valley, Elkhorn, WI

JUNE 30 • Lady Antebellum, Darius Rucker,

Thompson Square, Milwaukee Summerfest

JULY 1 • Phish, Alpine Valley, Elkhorn, WI

JULY 1 • Beach Boys, Milwaukee Summerfest JULY 4 • Iron Maiden, Milwaukee Summerfest

July 5 • Iron Maiden, First Midwest Bank

Amphitheater (Tweeter Center ), Tinley Park, IL

JULY 5 • Zac Brown Band, Milwaukee Summerfest

JULY 6-7 • Dave Matthews Band, Alpine Valley

JULY 6 • Neil Diamond, United Center, Chicago, IL

JULY 6 • Big Time Rush, Cody Simpson, Rachel Crow

Milwaukee Summerfest

JULY 7 • Kenny Chesney, Tim McGraw, Soldier Field, Chi.

JULY 8 • Neil Diamond, Milwaukee Summerfest

JULY 19 • Def Leppard, Poison, Allstate, Rosemont, IL AUGUST 7-8 • Goldplay, United Center, Chicago, IL

AUGUST 8 • Journey, Pat Benatar, Loverboy,

AUGUST 8 • Journey, Pat Benatar, Loverboy

Iowa State Fair, Des Moines

SEPTEMBER 2, Sugarland, Rascall Faltts, Jason Aldean, Toby Keith, FMB Amphitheater, Tinley Park, IL

SEPTEMBER 19-20, **Madonna**, United Center, Chicago



## My Darkest Days with The Veer Union Saturday, April 7, Courtside Sports Bar

Y105 presents a special concert by Canadian hard rock quintet My Darkest Days with special guests The Veer Union Saturday, April 7 at Courtside Bar, 2095 Holliday Drive. Doors for the show open at 5 p.m.

Inspired by his older brother Brad, bassist and cofounder of platinum rock band Three Days Grace, singer Matt Walst founded My Darkest Days in 2005. The band's first break occurred when My Darkest Days won a new band search conducted by a radio station in their native Ontario. The win afforded them a chance to record their music which caught the ear of Nickleback frontman Chad Kroeger who signed the band immediately to his 604 Records production company. Kroeger proceeded to co-write and co-produce My Darkest Days 2010 self-titled debut which captured the attention of modern rock radio with the single "Porn Star Dancing."

Tickets for the Courtside show are available at Ticketnoble.com or at Courtside.



#### Bad Romance - Lady Gaga Tribute Saturday, March 31, 8 & 10 p.m., Mystique Casino

Bad Romance A tribute to Lady Gaga will be performing two shows in Cabaret on Saturday, March 31, 2012 at 8 pm and 10 pm. Bad Romance honors Lady Gaga by performing a high energy show of her top hits. They will perform a range of hits from The Fame, The Fame Monster, and Born This Way. Bad Romance incorporates costumes similar to those worn by Lady Gaga during her performances.

Tickets will be on sale Wednesday, February 29, 2012 at the Allure Club. Must be 21 or older to attend the show.

# LIVE STAND-UP COMEDY

Friday, March 16, 7:30 p.m

Second City Comedy Troupe

Grand Opera House

Wednesday, March 21, 8 p.m.

James Johann

Laughing Moon Comedy Club, Diamond Jo Casino

Friday & Saturday, March 23-24, 8 p.m.

J.C. Currias

Bonkerz Comedy Club, Mystique Casino

Saturday, March 24, 9 p.m.

Lee "L.A." Lycan

Arthur House, 9315 Hwy 80 N, Platteville WI

Wednesday, March 28, 8 p.m.

Matt Kazam

Laughing Moon Comedy Club, Diamond Jo Casino

Saturday, March 31, 9 p.m.

Tim Sullivan

Arthur House, 9315 Hwy 80 N, Platteville WI

Wednesday, April 4, 8 p.m.

Chris Johnson

Laughing Moon Comedy Club, Diamond Jo Casino

Wednesday, April 11, 8 p.m.

Josh Blue

Laughing Moon Comedy Club, Diamond Jo Casino

Wednesday, April 18, 8 p.m.

Greg Warren

Laughing Moon Comedy Club, Diamond Jo Casino

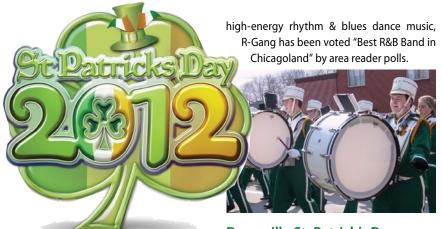
Saturday, April 21, 7 p.m. & 9:30 p.m.

Jon Lovitz

Laughing Moon Comedy Club, Diamond Jo Casino







This year St. Patrick's Day conveniently falls right on a Saturday, which will undoubtedly give Tri-State Irish (and every Irish-wannabe) even more reason to celebrate. Here are some of the options:

#### **Paddy's Day Pre-Game Events**

#### "An Irish Cinderella" March 17-18 **Hazel Green Opera House**

Fever River Puppeteers will present "An Irish Cinderella," Saturday, March 10 and 17 at 11 a.m. and 2 p.m.; Sunday, March 11 and 18 at 2 p.m at the Hazel Green Opera House, 2130 Main St. The marionette show is an Emerald Isle twist to the familiar fairy tale. Tickets are \$5/\$4 for children, and available at the door. Visit hazelgreenoperahouse.blogspot.com.

#### St. Patrick's Auction Friday, March 16, 6 p.m.

#### Alumni Campus Center, Loras College

Loras College Campus Ministry hosts their annual St. Patrick's Day Auction to benefit Loras Campus Ministry service trips will be held on Friday, March 16 starting at 6 p.m. at the Marie Graber Ballroom in the Alumni Campus Center, Loras College. The auction has been in existence for over 64 years and raised over \$15,000 for 8 service trips in 2011. Registration for the March 16 auction begins at 5:30 p.m. with the auction to start at 6 p.m. An Irish band made of Loras faculty will welcome people in the door. Food will be for sale with the Graber Ballroom decorated for the occasion. In addition to the items offered at the auction, there will be a 50/50 raffle, a special raffle for an iPad, and a gift card grab box.

#### **Galena Brewing Company** R-Gang, March 16-17

The Galena Brewing Company hosts the return of popular R&B band R-Gang both Friday and Saturday of St. Pat's weekend, March 16-17, from 7:30 to 11 p.m. Known for their

Dyersville St. Patrick's Day Saturday, March 17 Dyersville St. Patrick's Day Parade **Gaelic Gallop** Ride the Shamrock Bike Ride

Dyersville is well known for their annual St. Patrick's Day Parade but that's not all the city hosts on the holiday. The day gets started at 10:30 on Saturday morning, March 17 with the Gaelic Gallop. The 31st annual event in honor of St. Patrick's Day includes an 8K run or a 2-mile fun run/walk starting from the Total Fitness Rec Center. For more information or to register, visit www.totalfitnessdyersville.com, or call (563) 875-2727.

If running is not your thing, but pedal power is, Dyersville bicycle enthusiasts invite you to "Ride the Shamrock." The 17-mile round trip bike ride starts and ends at the beginning of the Heritage Trail. For more information, call (563) 875-9405.

Of course the main event in Dyersville is the The Ancient Order of Hibernians' traditional St. Patrick's Parade complete with themed floats, fire trucks, and loads of crazy people in costumes. The parade is set to begin at 1:30 p.m. from the St. Francis Xavier parking lot. Anyone can enter and there is no entry fee.

#### **Dubuqueland Irish** St. Patrick's Party

#### Dubuque County Fairgrounds, 11 a.m.

The clan known as the Dubuqueland Irish will be hosting the group's annual big St. Patrick's Party in the Grand Ballroom of the Dubuque County Fairgrounds from 5 p.m. to 11 p.m. The family-friendly celebration will feature music and a performance by the Claddagh Irish Dancers. Concessions will be available for purchase and we're guessing that includes some sort of adult libations appropriate to the gathering. Advanced tickets are \$5 and are available at Shamrock Imports or you may purchase tickets at the door for \$6. Children 12 and under are free with the purchase of an adult ticket.

#### St. Patrick's Day Festival Frank O'Dowd's Pub Irish Cottage, 12 p.m.

It's always Paddy's Day at the Irish Cottage in Galena, especially so the weekend around the holiday, but nothing tops the celebration on March 17. The Irish Cottage's Frank O'Dowd's Pub will be party central for a day

long St. Patrick's Day Festival on that Saturday with entertainment, music, contests, prizes, specialty drinks and traditional Irish food.



The Saturday festivities feature an incredible 12 hours of live entertainment including live music with Tony Leonard and Andreas Transo performing all your sing-along pub favorites plus Irish dancers and bag pipers. Frank O'Dowd's will also host a variety of contests throughout the day including Irish Trivia, Keg Toss, Best Danny Boy, Sexy Leprechaun, and The Lucky Charm Shot. The pub will also be serving a special St. Patrick's Day menu with choices like corned beef and cabbage, fishn-chips, and Peggy's Shepherd's Pie, along with plenty o' Guinness. For more info visit www.theirishcottage.com. (See page 26!)

#### **Easy Street**

Easy Street will open at 10 a.m. with Paddy's Day specials all day including \$3 25 ounce green PBRs, \$1.50 Guinness, \$3 Irish Car Bombs, \$3 Nutty Irishman, and \$1 Green Tube Shots. Easy Street has special St. Patrick's Day T-shirts (available now through the holiday) with free beads and Irish Car Bomb Cupcakes at the party. The evening version of the party will include a costume contest with a \$100 prize to the "Best Leprechaun" and \$100 to the "Sexiest Leprechaun."

#### The Cornerstone, Galena Mama Bird, 3 p.m., River Glen, 8 p.m.

The Cornerstone kicks off the Paddy's Day celebration early with a performance by blues, rock, and jam band Mama Bird from 3 to 7 p.m. - a great warm-up for the Galena St. Patrick's Day Parade. River Glen of the Breitbach family plays the evening party with his unique brand of folk pop and organic hip-hop.

#### Galena St. Patrick's **Day Parade**

Main Steeet, 5:30 p.m.

Galena celebrates the holiday with a parade on St. Patrick's Day, Tuesday, March 17 from 5:30 p.m. The 25th year for the annual event, the parade will feature floats, bands, a bagpipe



player and plenty of costumed participants. For more information, or to register for the parade, call Benjamin's at 815-777-0467.

#### **Northside Bar** Laura & The Longhairs, 4 p.m. Chug Monkey, 9 p.m.

Northside kicks off the celebration Saturday afternoon at 4 p.m. with Laura (McDonald) & The Longhairs and continues it into the evening with members of Tantrym's new classic and hard rock project Chug Monkey.

#### .DSO: Sounds of Scotland March 17-18 **Five Flags Theater**

The Dubuque Symphony Orchestra will present the Sounds of Scotland on Saturday, March 17 at 7:30 p.m. and Sunday, March 18 at 2 p.m. at Five Flags . See the feature story on page 8.

#### The Lift David Zollo and the Body Electric **Kerosene Circuit, Andreas Transo**

The Lift has long been known for great St. Patrick's Day parties, going back to when the basement bar was an Irish pub was known as "The Busted Lift." This year's celebration offers Irish folk, Midwest rock-n-roll, and piano boogie-woogie courtesy of Andreas Transo, Kerosene Circuit, and David Zollo and the Body Electric (respectively) to serve as the soundtrack to what undoubtedly will be a great Paddy's Day party.

#### Murph's South End Tap

365 has found that no parties are as crazy as Murph's South End Tap. It was red

hair and freckles as far as the eye could see... The point is, Murph's IS the South End. It's in the name of the bar for Pete's (Pat's?) sake! Friends, relatives, and those long lost from the old "Little Dublin" neighborhood just know to show up and join in the party.

See the full list ofSt. Patty's Day live music in the Budwesier Nightlife section on page 19!









## 2012 America's River Festival Lineup Announced

The America's River Corporation is excited to announce this year's entertainment for America's River Festival, held in the Port of Dubuque June 8-10, 2012.

Party in the Port Saturday, June 9th as American Trust & Savings Bank presents legendary rock band REO Speedwagon. With iconic hit singles like "Can't Fight This Feeling Anymore," "Take It On The Run," & "Riding The Storm Out", REO Speedwagon will have you movin' and groovin' to the music. Saturday night's opening act received such rave reviews in 2011, that they are back for more! Starship featuring Mickey Thomas will once again perform hits like "We Built This City" & "Nothing's Gonna Stop Us Now."

Up and coming country artist, Justin Moore, will take the stage Friday, June 8th. With two number one hits, "Small Town USA" & "If Heaven Wasn't So Far Away" and other hits like "Backwoods", this is a performance you will not want to miss. Opening for Justin Moore is southern rock group, Marshall Tucker Band, with classic hit singles like "Heard it in a Love Song," "Fire on the Mountain," & "Can't You See."

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

The festival will kick-off Friday, June 8th at 5pm as the event site opens. On Saturday and Sunday, the festival site opens at noon.

Tickets go on sale Monday, April 9, 2012 and will be available at www.americasriverfestival. com, Ticketmasterwww.ticketmaster.com and by phone at 800.745.3000.

Sponsors of the 2012 America's River Festival include: Saturday Night Presenting Sponsor: American Trust & Savings Bank; Event Title Sponsors: American Trust & Savings Bank, KWWL, Mystique Casino/Dubuque Racing Association and the Telegraph Herald.

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

# Healthy Healthy Holistic BLUE BL





#### Frank O'Dowd's Irish Pub & Grill

by Rich Belmont

Céad Míle Fáilte!



One Hundred Thousand Welcomes! This is the greeting you can expect when you visit Frank O'Dowd's Irish Pub & Grill in Galena, IL.

If you are planning to celebrate Saint Patrick's Day this weekend, perhaps with a little Irish whiskey or beer or some corned beef and cabbage, a real Irish Pub is the place to be. It's in the Irish Cottage Boutique Hotel and it's right on Highway 20 just 16 miles East and 22 minutes away from the Julien Dubuque Bridge.



Everyone is Irish this week-end. So join the party and celebrate Erin Go Bragh (Ireland Forever)! When you step into Frank O'Dowd's you will soon realize you went though the time travel portal and landed in the old country.

Because, you see, Jack Coulter and his cousin, Basil Conroy, owners of Frank O'Dowd's Irish Pub went through a great deal of trouble and expense to create a piece of Ireland right in Galena. They developed architectural drawings and then took them to Ireland. After meeting with several architects they contracted a Master Pub Builder in Gorey, County Wexford.

The contractor designed and handcrafted an entire pub by hand-turning wooden spindles and crafting the wood bar and furniture. Every detail was attended to including



the magnificently etched mirrored glass behind the bar, the delicate stained glass windows, the cobalt and amber lighting and the slate tile. When the authentic Irish Pub was completed it was transported to Dublin, then placed on a small boat to England and shipped on a freighter to Canada. From there it was sent by train to Chicago and finally trucked to Galena where the Irish

#### Frank O'Dowd's Irish Pub & Grill

9853 US Highway 20, Galena, IL 61036 815-776-0707 | 866-284-7474 www.TheIrishCottageBoutiqueHotel.com Facebook.com/Frank ODowds

HOURS: Mon-Thu: 4p.m.-1a.m., Fri-Sun: 11:30a.m.-1a.m. Breakfast: 7 a.m.-10:30 a.m.

**DINING STYLE:** Casual, **NOISE LEVEL:** Energetic **RECOMMENDATIONS:** Stuffed Mushrooms, Spuds O'Brien, Gaelic New York Strip, County Mayo Reuben, Peggy's Shepherd's Pie, Fish N Chips

**LIQUOR SERVICE:** Full Bar; Irish Whiskeys, Donegal Draft Beers, Keltic Kocktails

**PRICE RANGE:** Apps: \$8.95 - \$13.95; Entrees: \$11.95 - \$23.95 PAYMENT OPTIONS: Cash, Debit, All Credit Cards, No Checks, ATM in lobby

**RESERVATIONS:** No; large parties call ahead **ACCESSIBILITY:** Front Door and Restrooms KIDS POLICY: No Menu: High Chairs & Boosters available CATERING: No, DELIVERY: No, TAKE OUT: Yes

**PARKING:** Large Hotel Parking Lot

crew refitted it inside the Irish Cottage. When you visit you should take the time to notice the design. The front of the pub is representative of Victorian Dublin architecture. The center is decorated in shop style depicting the less wealthy people's type of pub and then the rear is warm and cozy with less adornment just like the gathering places of the poorer farmers. When you take a quick walk from front to back it's as if you went from the East Coast



of Ireland, through the middle of the country, to the West Coast. You cannot help but notice you took a tour from the chandeliers, lace and Irish whiskey through the shops and onto the land where fish and chips, Shepherd's pie and corned beef and cabbage originated.

On either side of the bar you will notice the Snugs (left). These are traditional secluded areas for private meetings or clandestine assignations. Of course, the Snug's occupants, being Irish, have direct access to the bar.

The pub is named in honor of Frank O'Dowd. He was a man who loved to have a good time and he was the father of Jack and Basil's mothers. He lived to be 98 years old (1902 – 2000) and his picture is hanging on the wall in the entranceway to the bar. By the way, this is another area you might want to look at. Displayed in beautiful cabinets are family photos and many antique artifacts from Ireland.





Basil grew up on an Irish farm and worked in many pubs. He gained a great deal of experience while living in England, France, North Carolina and New York City before settling down in Galena. He now runs Frank O'Dowd's with the assistance of Jack and Debbie Coulter who also own One Eleven Main in Galena and Vinny Vanucchi's in both Galena and Dubuque.



Basil is quick to point out he doesn't run an authentic Irish Hotel and Pub by himself. He says he is very fortunate to have an experienced and talented staff. These include John Mazor, General Manager, Chef Roosevelt Martinez and Bar Manager Joy Ensign whom he calls his "Joy to the

So first and foremost Frank O'Dowd's is a pub. There are 11 American and Canadian Whiskeys or Bourbons, 15 Scotch Whiskeys and 16 Irish Whiskeys. You can choose from Bushmills Original, Contarf Classic, Jameson, Paddy, Tullamore Dew, and Knappoque Castle just to name a few. Although there are many ways to enjoy whiskey, it is best enjoyed in a snifter so you can swirl it releasing aromas and highlighting flavors. Once in the glass almost all whiskeys benefit from the addition of water which opens up the spirits and unloads the complex flavors. Since there are so many possibilities it is a good idea to check out the website and download the taste profiles of the current collection.





There is also a tremendous draught beer program no beer lover should pass up. The draught beer system is state of the art to ensure every beer is of optimum taste, color and temperature. Right now there are 16 County Donegal brews on tap. A few are Guinness Celtic Stout, Harp Celtic Lager, Bass Celtic Ale, Smithwicks Celtic Ale and Woodchuck Celtic Style Cider. If you find it hard to choose there is a 4 sample program so you can try a few different ones.

For those who prefer to skip the whiskey and beer there are all kinds of specialty drinks called Keltic Kocktails. Some of the most intriguing include the Dark Dubliner: Boru Irish Vodka, coffee liquor and Coke with a head of Guinness. Also the Irish Wolfhound: Boru Irish Vodka, coffee liquor, Coke and cream and the Orange Man: a subtle blend of O'Dowd's Irish Cream and orange liquor on the rocks.

The Saint Patrick's Day Festival goes on the entire week-end of March 16, 17 and 18, 2012. There will be a traditional Hot Irish breakfast complete with bangers, rashers and black pudding. For us non-Irish: bangers are sausages, rashers are Irish bacon and black pudding is actually pig blood sausages that are delicious and way tastier than they sound. The menu includes traditional Corned Beef and Cabbage with hand trimmed specially spiced brisket, steamed cabbage and baby red potatoes. Also on the menu is Peggy's Shepherd's Pie (below) which is a nicely seasoned ground beef,



onions, carrots and peas baked in a casserole and topped with mashed potatoes.



I am happy to see the Gaelic Steak: a charbroiled New York Strip (regular New York Strip pictured) finished in Jameson Irish Whiskey and mushroom cream sauce on the menu. For lighter appetites there are the Fish N Chips (try them with malt vinegar!), the





county Mayo Reuben (above) with the right combination of corned beef, sauerkraut, Swiss cheese and 1000 Island Dressing and the Galway Burger, a half pound of freshly ground charbroiled beef served with lettuce, tomato and onion on a pretzel bun.



Throughout the day on Saturday there will be contests like Irish Trivia, Keg Toss, Best Danny Boy, and Sexy Leprechaun. Beginning at Noon there will be 12 hours of live entertainment. The Irish Dancers from Mayer-McHugh School of Irish Dance



will be showcasing traditional Irish dances at various times and Tony Leonard will be singing classic Irish Ballads in the evening. If you can, plan on arriving early afternoon because Andreas Transo (pictured right) will be on stage. If you have never heard of Andreas you have been missing out. He is an accomplished storyteller, writer and musician from the Ocooch Mountains of Southwest Wisconsin. He is an amazing performer of traditional and contemporary Irish, English, Scottish and American folk music. He plays several instruments and is great with musical spoons. Andreas studied Irish music, history and culture at University of Limerick's Irish World Music Centre in Limerick, Ireland and worked for BingBangBong instrument designers in Northern Ireland.



Saint Patrick's Day this year promises to be an especially good time. Saint Patrick gave us his special day on a Saturday. The weatherman promises warm weather and Frank O'Dowd's Irish Pub & Grill guarantees:

#### Ol' Céol Agus Craic!

(A good pint, great music and wonderful entertainment!)

#### Read More...

If you have a great dining experience or comments to share with Rich, e-mail argomark@mchsi.com.



Use the QR code here to see all of Argosy's Food For Thought Reviews online at www.restaurantmarketingdbq.com!









#### **2012 Impact Award Winners**

In case you missed the show, here's a recap of those who made an impact on our community in 2011, as recognized at 365's Impact Awards, held March 6th at the Mississippi Moon BAr in the Diamond Jo Casino.

#### ART

#### Art on the River

Each year, Art on the River provides visitors and residents alike a free, year-long annual exhibit of public sculpture at the Port of Dubuque from some of the Midwest's most talented artists.

#### **EDUCATION**

#### **Clarke University**

Founded in 1843 as St. Mary's Female Academy, Clarke has had many names in the intervening years but none as distinguished as Clarke University.

#### **COMMUNITY PRIDE**

#### Tom "Squad" Rauen

When entrepreneur and T-shirt screen-printing champion Tom "Squad" Rauen set the Guinness world record for wearing the most (247) T-shirts at one time, he created a news story that was picked up world-wide. He also raised 5,000 dollars for the Juvenile Diabetes Research Foundation in the process.

#### DINING

#### Tri-State's Largest Chili Cook-Off

Every October, on the first Saturday of the month, the Tri-State's Largest Chili Cook-Off provides residents and visitors with a great community event in the form of a cooking contest with live music, kids games, cold beer, and of course, gallons and gallons of chili.

#### **FAMILY**

#### Music in Jackson Park

Music in Jackson Park, a family-friendly

collaborative effort by the City of Dubuque, the Multicultural Family Center, and a variety of neighborhood group partners, celebrates the diversity of downtown Dubuque's Northend neighborhoods.

#### HEALTH

#### **Live Healthy Dubuque**

Part of the Live Healthy Iowa program, the Live Healthy Dubuque 100-Day Wellness Challenge is a simple and affordable way for Dubuque to become one of the healthiest cities in Iowa.

#### HISTORIC PRESERVATION

#### Miller Development Group "Riverworks"

Located across from Flat Iron Park and the Port of Dubuque's Ice Harbor on South Main Street, historic Old Main's lower partner, Chris Miller of Miller Development Group took one of Dubuque's hidden treasures and transformed it into a jewel.

#### **INCLUSION**

#### Catholic Sisters of the

#### **Upper Mississippi River Valley**

Quoting bible verse (Matthew 25-35), "I was a stranger and you welcomed me," the billboard campaign substituted the word "stranger" with "immigrant" giving Christians cause to reflect on the broader issues of the immigration debate.

#### **MEDIA**

#### **Happee Smith Productions**

From corporate nedia campaigns for business to many hours of donated time to create campaigns and videos for great local charities and events, Happe Smith proves that Dubuque is on par with the best in the business, period.



#### MUSIC

#### Sandy Hook Tavern/Ashley Lawrence

Sandy Hook Tavern owner Ashley Lawrence has a commitment to live music. It's a commitment he has invested in, hosting live music at the Sandy Hook every week for a decade. From open mic nights to weekend shows on Friday, Saturday and Sunday, in the last year the Sandy Hook features some sort of live music four or five nights a week:



#### **IDEA AHEAD OF ITS TIME** Michael Breitbach

Over 30 years ago, Michael became a vendor in Dubuque's Farmers' Market, not only selling, but teaching people about the benefits of natural and organic food. Breitbach's Farmers' Market Food Store has been a resource for great, healthy food and ideas, ideas that have turned out to be way ahead of their time.

#### NIGHTLIFE

#### **Boogie Nights**

For creating a nightlife scene where it's not only okay to dance but highly encouraged; for making it okay to like the Bee Gees and Donna Summer again, and for truly creating not just a buzz, but a jolt to the system in the Dubuque nightlife scene.

#### NON-PROFIT EXCELLENCE **Grand Opera House**

They're not just staging a wide variety of world class entertanment all year long, they're making money doing it, and that's a feat unto itself!

#### **SHOPPING**

#### River Lights Bookstore, 2nd Edition

Since 2007, River Lights Bookstore, 2nd Edition has provided downtown Dubuque with a REAL BOOKSTORE, serving book lovers retail needs and hosting a range of releases, readings, book signings and other literary events.

#### SOCIAL SPACE

#### **Voices Warehouse Gallery**

Having just 40 days to come up with an alternative space to host the Voices VII show, not only did they pull it off, but in transforming a first floor warehouse space into an incredible exhibition gallery, they created a, functional, accessible, and amazing social space for about 1000 art lovers. And that was just opening night.

#### SPORTS/RECREATION

#### **Dubuque Fighting Saints**

For bringing great hockey back to Dubuque and making our city look good by bringing home the Clake Cup in style,

#### **SUSTAINABILITY**

#### **Green Dubuque**

Not just doing the "green" thing, but living the "green" life. Green Dubuque doesn't have the city or grant funding, but they do have the passion and they put it to good use.

#### **VOLUNTEERISM**

#### Steve "Ding" Bell

With no fanfare whatsoever, Steve assists a number of area charities with finding a home to do their work. The fact that Steve doesn't understand why what he does deserves an award is the very reason it does.

#### **OVERALL BUSINESS**

#### Theisen's

Continued corporate growth across Iowa, announced warehouse expansion in Dubugue and a heart for their community as big as that warehouse. Dubuque is lucky to call Theisen's our own.



#### **OVERALL ORGANIZATION**

#### **Area Residential Care**

Empowering people with intellectual disabilities to achieve their highest quality of life is not just a mission statement, it's a mission accomplished day in and day out.

#### **OVERALL INDIVIDUAL**

#### Randy Gehl

He puts the needs of the city first, evidenced no better than by his actions the night of last year's terrible flooding when he went back into the office and started writing e-mails and planning ahead for the problems to come, saving the city and its residents potentially millions of dollars in damage through timely information.

#### **OVERALL IDEA**

#### **Millwork District Partners**

What can we say? You've got to see it. When the Millwork District is done it WILL change the way we live in downtown Dubuque, WOW!







## **Spring? Sprung?**

Either Mother Nature is playing a cruel joke on us for having a mild winter or Spring has sprung!

If you are like me, you are taking advantage of this incredible weather and getting a jump start on gardening. Use this opportunity to share your love of gardening with your family. Here are some great ways to involve children in your garden...



#### Begin planning your veggie garden.

Children who plant their own vegetables take great pride in what they grow and are much more likely to experiment with nutritious foods. I recommend a raised bed or even a container garden to get started. Although it's too early to plant outdoors, use this time to draw a grid representing your garden. Have your children plot how they want to plant the space considering how much room each type of veggie occupies in the garden. Use this website as a reference, squarefootgardening.org

#### Plant pansies.

Pansies (pictured right) are a great way to welcome spring and they are also forgiving if we get snow between now and May. Steve's Ace Home & Garden has these and other fun spring container ideas including the very cool fantail pussy willow!













#### Plant herbs.

Not only are they relatively easy to grow, but they can be started successfully indoors. Many herbs tend to spread when planted directly into the ground, therefore I suggest growing them in pots to control them. Also, this allows them to be placed closest to door near the kitchen for cooking.

#### Prune your garden.

Now is a great time to prune flowering plants that don't bloom until mid June or later. Be careful though! Pruning early bloomers like lilacs and weigelas will prevent blooms this spring. You can also clean up any remaining perennial foliage left from last year's growth.

#### Do you lack space to grow a garden?

Consider renting a garden! Community gardens have been popping up all over town. Contact the Dubuque Jaycees for more info at www.dubuquejaycees.org for info on their garden located near Wahlert High School or contact the city for information on other area community gardens.

Steve's Ace Home & Garden and HyVee are proud to sponsor the children's gardening program Garden Organic (http://www.dubuque.k12.ia.us/GardenOrganic/), or use the QR code below to watch episodes now! Contact myself at sara.selchert@stevesace.com or Megan Horstman at 1160Dietitian1@hy-vee.com to learn more about how you can sign your children up for this fun, educational and free summer long gardening program.



The 365 Pop Quiz returns with Fun-Games Company trivia. No more multiple choice. Good luck!

- 1. Name the city/company in Ireland known for it's world famous crystal?
- 2. Name the only U of Iowa football player who has won the Heisman Trophy?
- 3. What was the most downloaded App of 2011?
- 4. What is the Emblem of Guinness Beer?
- 5. U of Iowa mens basketball has played in 3 Final Fours, who coached thier last Final Four Team?
- 6. What does the Irish phrase" Erin Go Braugh" mean?
- 7. Which City of dubuque park is named for a MLB Hall of Famer?
- 8. Name Jaques Cousteau's research ship?
- 9. Boston Beer Company is the largest American owned beer company, what is thier flagship beer?
- 10. In the world of Star Trek James T. Kirk was born in what lowa city?

Answers on Page 39

Get a team and play Trivia Night... FREE...

- Every Wednesday 8 10 P.M.(Thru April)
   @ Courtside Sports Bar, Dubuque
- •Steve's Pizza in Platteville: March 1, March 15, April 5 & April 19





#### **Discover This**

by Bob Gelms

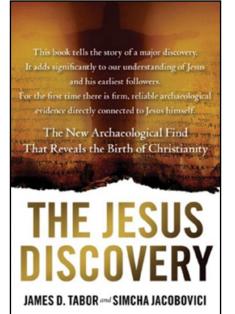
In The Jesus Discovery subtitled The New Archaeological Find that Reveals the Birth of Christianity, James Tabor and Simcha Jacobovici attempt something that has never been done; something that approaches the impossible. In their words, "Archaeologists who work on the history of ancient Judaism and early Christianity disagree over whether there is any reliable archaeological evidence directly related to Jesus or his early followers. Most are convinced that nothing of this sort has survived - not a single site, inscription, artifact, drawing or text mentioning Jesus or his followers, or witnessing to the beliefs of the earliest Jewish Christians either in Jerusalem or in Galilee."

"Jesus was born, lived, and died in the land of Israel. Most scholars agree he was born around 5 BCE and died around 30 CE. We have abundant archaeological evidence from this period related to Galilee, where he began his preaching and healing campaigns, and Jerusalem, where he was crucified. There is evidence of Herod Antipas, the high priest Cajaphas, and even Pontius Pilate, who had him crucified, but nothing that would connect to Jesus himself, or even to his earliest followers - until now."

This book made my hair stand on end. I couldn't read it fast enough.

In 2010, using a unique camera, authors Tabor and Jacobovici, along with a host of other scientists, explored a previously unexcavated tomb in Jerusalem from around the time of Jesus. They made a shattering discovery. The tomb contained several ossuaries, or bone boxes, two of which were carved with the sign of Jonah, a fish, and the other one a Greek inscription that read, DIVINE/JEHOVAH/LIFT UP/ LIFT UP. The image and the inscription represent the earliest archaeological evidence of faith in the resurrection of Jesus. Actual hard core evidence, not some story handed down to us from some mystical 4th century source.

It is quite likely, if true, these people knew



Jesus or at least of him. They may have talked to him and knew his family. They could have heard him preach in person. They might have witnessed his death. It is beyond a doubt they were part of a group of people who were the earliest Christians, followers of Christ while he was still alive. It says something about what they believed and who they thought that this man Jesus was and what he represented to them as religious Jews of the time.

The book traces Tabor and Jacobovici's ten year journey to that tomb under, believe it or not, a patio in a condominium complex in a section of Jerusalem called Talpiot. What that tomb represents to the believers in any one of the three monotheistic religions is nothing short of breathtaking.

There is another aspect to this book and its discoveries that I have saved for last. It has to do with who might be buried there. I'm not letting that one out of the bag. You will have to discover that for yourself, in your own way, acting in a prudent judgmental way toward the evidence presented for your consideration. I can tell you that when I think about it I lose all my ability for structured thought. I am simply bowled over, slack-jawed and wide-eyed.

I leave you with the words of James Tabor and Simcha Jacobovici, "The Jesus Discovery documents a long journey that we hope will be a beginning, not an end. We want to promote the kind of fruitful historical inquiry and discussion that advance our understanding of Jesus of Nazareth. Whether Christian, Jewish, Muslim, or any other faith, or no faith, we have all been affected deeply and significantly by the life and death of this man. Whatever one's view of Jesus, we should always remember the lessons of the Enlightenment - good history is never the enemy of informed faith. It is dogma, ignorance, and bias that should ever remain our common enemy. Our hope is that our decade-long investigation of the Talpiot tombs will serve to dispel those ancient stumbling blocks so that responsible history and informed faith can dwell together in peace."

# So asthma is reduced by early exposure to dirt and infections.

**REALLY?** 



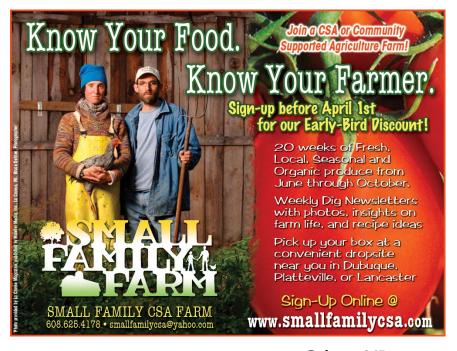
#### THOMAS MURPHY, MD

Tuesday, March 27, 2012 Jansen Music Hall, Clarke University 7:30 p.m.

Admission is free and the public is invited to attend.



MARY MURPHY, BVM ENDOWED LECTURE IN BIOLOGY



www.Dubuque365.com

# 365

#### A TV in Every Room?

by pam kress-dunn

I don't hate television. I'm not one of those people who boasts that I have a TV, but no cable or antenna, and only use it to watch foreign films or Ken Burns specials.

I'm old enough to remember our first set, a hulking console that included a record player to the left of the TV screen, so when we weren't watching "The Howdy Doody Show," my parents could put on a vinyl recording of Benny Goodman or whoever it was they listened to.

The TV, of course, was black-and-white. I didn't have friends with color sets until junior high, and her family was what I considered "rich." (They also had air conditioning and a garage connected to their house.) It's a good thing I liked Kathy so much, or I might have been envious.

"The Wizard of Oz" aired once a year back then, right around this time. It was the one time my family ate in the living room, our dinner of tomato soup and grilled cheese sandwiches neatly arranged on metal TV trays. To this day, when I watch the movie on DVD, I can't stop myself from saying, "This is where the next commercial was." We had it memorized. We felt very sorry for ourselves, my sister and I, when Dorothy landed in Oz and opened the door of her battered house. "This is where it changes to color," we would say despondently.

I finally got to see it that way at Kathy's house, and learned that the Horse of a Different Color actually turned different colors, and that the tongue of the Wicked Witch of the East was a florid green.

TV is a fond memory of my childhood, though we were not a family who just left it on all the time. We chose our programs, one or two a night, and if it was something the kids were interested in, we would watch, but if not, we'd go play somewhere else. It was an appliance that sometimes provided entertainment, kind of like the stove, which sometimes produced cookies.

In college, neither my roommate nor I had a TV. I don't recall missing it much. I had so much to read, anyway, all the

Great Books of America, with a good smattering of Europe as well. I did manage to watch the original "Upstairs, Downstairs," and after the devastating news that ended the first episode (the wife of the family had gone down with the Titanic), I told my favorite professor how astonished I was at my strong reaction. "It's a soap opera," he explained, not unkindly.

These days, I'm just as hooked on "Downton Abbey." I can't believe I have to wait another year to see the third season. But it's almost time for "Mad Men" to finally begin again, thank goodness. I'm dying to know how that marriage proposal to his secretary will pan out for Don. He's a mess – or was, when we last saw him.

But regular TV? Daytime talk shows? So-called Reality Shows that are actually scripted? News programs weighted so heavily to the left or right it's a joke to call them balanced? Forget it. I could happily live on just a few hours of programming a week, as long as - well, as long as I got to choose. What's that? "If you don't like it, don't turn it on!" Thank you for that suggestion. I take it as often as I can. Our TV is in the (furnished) basement, so if I'm reading a book and my husband is watching a Western, I stay upstairs in the living room. What is it about Westerns? I can't stand them, although "Deadwood" had its dark charms.

There are other times, far too many, when I have no control over what I watch, or what I hear, or what I try in vain to ignore. Have you noticed how everywhere you go, it seems, there's a TV? Now that they all have flat screens, they've mushroomed like, well, mushrooms, and They. Are. Everywhere. In gas stations. In sports bars. In medical waiting rooms. Medical waiting rooms already feel like one of the circles of Hell; why not add multiple TVs chattering loudly about redecorating your home and dressing for the Oscars and not being able to throw anything away and the latest celebrity to die of an overdose? That's just what I



want to hear when I'm waiting to find out the results of my lab test.

Two things about to happen in Dubuque brought this subject to mind. First I learned that one of my favorite doctors is leaving town. His practice was just for women, and the waiting room was beautifully appointed with comfortable sofas and chairs, appealing artwork, and books to browse – but no TV. I brought my own reading material, and sometimes became annoyed if my name was called

too quickly. I wasn't ready to leave the cocoon.

Then I read that a national hamburger chain will soon undergo remodeling. I don't eat much fast food these days, but I'm all for progress. My heart stopped, though, when I read that the new and remodeled restaurants would feature "light wood, more natural lighting, and flat-screen TVs."

This was done at one of my favorite Dubuque restaurants last year. I love all its changes, except the TVs. Have you ever noticed that if you are facing away from the TV and your dining partner is facing toward it, he or she looks more at the TV than at you?

As for DVD players in minivans? Don't get me started.

- pam2617@yahoo.com









#### **Adult Summer Softball League**

registration deadline is Monday March 19th. Leagues are offered Sunday thru Friday evenings with the majority of games played at the McAleece Recreation Area. Leagues are offered for mens, womens and coed play over a fourteen week period beginning Sunday April 29th. Special interest leagues also include a fast pitch league and a Mens Over 40 slowpitch league. Obtain registration materials online at www. cityofdubuque.org/adultathletics and select registration materials.

Upcoming special population activities below are offered but not limited to mentally and physically disabled individuals.

#### **COOKING CLASS SERIES**

At Hy-Vee Foods on Locust Street. Come join us for some new recipes, tasty treats and table etiquette. Wednesdays, 6:00 to 8:00 p.m, March 28th, Fee: \$10

#### **SPRING DANCE.**

Roosevelt Middle School cafeteria, 2001 Radford Road. One dance just isn't enough!! Put on your dancing shoes and join your friends for a spring fling! Friday, March 23rd, 6:30 to 8:30 p.m., Fee: \$5, payable at the door.

#### **Upcoming Adult Recreation class ZUMBA**

The latest craze, ZUMBA, fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba is a workout that doesn't feel like working

out. You move it, shake it, dance it, and have a blast while doing it! Instructor: Jennifer Oney-Hooven.

Mondays, March 19th – April 23rd, 5:30 to 6:30 p.m. Allison Henderson Park building, Fee: \$35

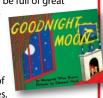
#### **Upcoming Youth Recreation classes BABYSITTING AND CHILD CARE**

Babysitting is a big responsibility, but with the proper training it can also be a lot of fun. Join us to learn about the responsibilities involved in being a good babysitter, including safety and basic first-aid. Youth will learn to plan fun and appropriate activities for their time spent with younger children. 10 and older Saturday, 9:00 a.m. to 3:00 p.m., March 24th, Allison-Henderson Park building Fee: \$18

#### **SENSATIONAL STORIES** WITH MRS. STOPPLEMOOR

This sensational hour will be full of great

stories, activities, and the opportunity to play and share with your friends. Stories could include: Good Night Moon, Cloudy with the Chance of Meatballs, and Bear Snores,



#### FREE HARDCOVER BOOKS FOR EVERY CHILD!

It will be a sensational time so sign up today to ensure your spot! 2 – 5 year olds Mondays, Mar. 19, 26 and Apr. 2, 9:30 to 10:30 a.m., Allison-Henderson Park bldg., Fee: \$15

#### LITTLE EXPLORERS. Join us for a fun-filled adventure! Hands-on science projects (creating slim, homemade paint, etc.) crafts, games and more!! Instructors: Susan Stoppelmoor and/or Teresa

Fitzjerrells. 3 – 5 year olds, Tuesdays March 20 thru April 24, 11:00 to 12:30 p.m., Allison-Henderson Park building Fee: \$36

#### **WILD WEDNESDAYS**

Ooey, gooey all things messy, wild and fun! Explore different mediums such as paint, pastels, paper mache, chalk and clay. Each week take home a new art project. Please wear old clothes. Children must be toilet trained and able to take care of themselves to attend. Instructors: Susan Stoppelmoor and/or Teresa Fitzjerrells.

3 – 5 year olds Wednesdays, March 2st thru April 25th, 12:30 to 2:00 p.m., Allison-Henderson Park building Fee: \$36

#### **REGISTER ONLINE**

http://activenet.active.com/dbqparkrec 24 hours per day, or call the Leisure Services Department office at 563-589-4263 for details.



#### Buy 1- Get 1-FREE **Small Sundae!**

4039 Pennsylvania Ave. 2380 Gateway Drive

Limit one coupon per person, per day. This coupon is not redeemable with any other offer. Offer is subject to change. Expires: 04/01/12

# Carnegie-Stout

# Check out the possibilities!

#### Learn to Shop Like A Super Coupon Queen

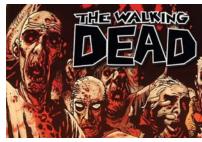
from Mary Potter Kenyon

3rd Floor Aigler Auditorium on Monday, March 26, 6 p.m.

Mary has been an avid couponer for over 30 years. She writes a regular column for the Dubuque Telegraph Herald on coupon use and is working on a book detailing the history of couponing. Having never paid more than twenty-five

cents for basics like shampoo, deodorant, and toothpaste for her family of ten, Mary will teach you how to maximize your shopping dollars by using coupons. You will learn which stores will match, where you can use double coupons, how to use register rewards and other helpful tricks and tips. The public is cordially invited to attend. Please contact the library at 563-589-4225 and ask for the Reference Desk for more information.





#### Read Alike: Walking Dead

Robert Kirkman has shown himself to be one the big names in comics for the 21st century. He's written for long standing franchises like the X-Men, as well as original series like The Walking Dead which captured the popular imagination with its menacing zombies and the complicated interactions of its cast of characters. It was recently adapted as a television program which is available at Carnegie-Stout. If you're a fan of The Walking Dead, we have more that you might enjoy:

#### World War Z by Max Brooks



An engaging dystopian "zombie apocalypse" world inspired by zombie filled horror movies as written by the humorous nonfiction guide, The Zombie Survival Guide. Soon to be a Brad Pitt movie.

Y the Last Man by Brian K Vaughan Y the Last Man follows Yorick Brown, the only man to survive an apocalypse and his adventures in a world populated entirely by women. (Graphic violence and sexuality.)

#### The Passage by Justin Cronin

The Passage is the story of a band of survivors, the last humans uninfected by terrible plaque developed by the government that turns the infected into vampire-like creatures.



#### **Preacher** by Garth Ennis

If you're looking for a gritty, action-packed, dialog-rich story of a rag tag group of friends and their fight for justice and against evil, this is the series for you.

#### Planetary by Warren Ellis

Planetary, follows the Archaeologists of the Impossible, who are anything but ordinary themselves, and their quest for the truth behind urban legends.

#### From Hell by Alan Moore

Known for his intricate plots, thought-provoking themes and wit, Mr. Moore's comics are meant for mature readers and contain graphic sex and violence. Start with From Hell, a bleak and disturbing story of Jack the Ripper.

#### The Stand by Stephen King

In The Stand humanity is decimated by a menacing plague, and the story follows and increasingly small group of survivors.

Please stop by the Recommendations Desk on the first floor, check out NoveList Plus on the library's website, or visit W. 11th & Bluff next week for more reading suggestions. Or submit a Personal Recommendations request, and we'll create a reading list just for you!

mattitude } i think the bus trip to st. louis needs a little mattitude.



#### **Password Affirmations**

#### by matt booth

Developing a positive attitude is one of the most powerful life strategies there is for personal satisfaction and professional success. Affirmations are strong, positive statements that describe a desired situation. Affirmations are then repeated many times in order to impress the subconscious mind and trigger it into positive action.

Without knowing, many people do the opposite and repeat negative words and statements in their minds about the events of life. Do you keep thinking and telling yourself that you cannot do something or that you are going to fail? Your self-talk can build or destroy. Your subconscious mind accepts as true what you keep saying, irrespective whether the statements are positive or negative.

What do you type over and over on a daily basis? Your logins and passwords. Instead of using your mother's maiden name or your pet's birthday – try using positive affirmations. This is such a small thing you may be thinking? I disagree. Take advantage of a simple opportunity that presents itself to maintain or build upon your positive attitude. This is an easy way to incorporate positive self-talk into your everyday life without having to stand in front of a mirror repeating, "I'm good enough, I'm smart enough, and doggone it, people like me"!

## Try some of these Positive Password Affirmations:

- Debtfreeby50
- igrowmoreconfidenteveryday
- · iamlosingweight
- iworkouteveryday
- iamassertive
- iamhappyandsuccessful
- icanfindjoyinanysituation
- myreationsarepositive
- iamahealthyperson



- leathealthy
- ihavealotofenergy
- imgettingbettereveryday
- ilearneasily

The repeated words help you focus your mind on your aim, and build corresponding mental images. You can affect your subconscious mind and thereby transform your habits, behavior,

and attitude. Sometimes results appear quickly, but often more time is required. The stronger your concentration and the more feelings you put into your affirmations, the faster the results. Tell your mind what you want to believe and eventually, it will be perceived as the truth.

# Mattitude Improvement Tip Put It Back

If disorganization is messing up your life and you're feeling frustrated as a result, it's time to do something about it. Try to keep stuff where it belongs. If you take it out, put it back. This very simple tip will not necessarily be easy, but when you get into the habit of it life becomes so much easier. If you take it out, put it back. If you open it, close it. If you throw it down, pick it up. If you take it off, hang it up. If you use it, clean it up. You are probably laughing because you've heard your mom or dad say these things a million times. I used to borrow my dad's phone book from his desk all of the time and I would not put it back. One day I went to use it and he had actually tied it to his desk. If you take it, put it back and you'll save an enormous amount of time and frustration in the long run.



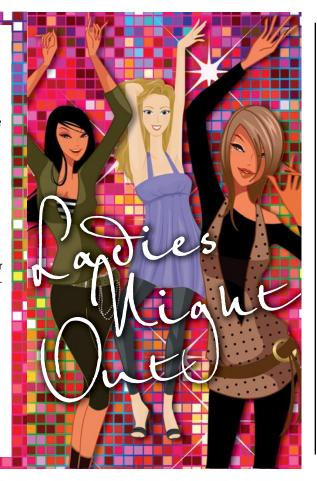


## Thursday, March 29, from 5-8 p.m. Floorshow Furniture and Flooring Gallery

On Thursday, March 29, from 5-8 p.m., Floorshow Furniture and Flooring hosts their second annual Ladies' Night Out. This year, all proceeds benefit the Dubuque Regional Humane Society.

For only \$5 admission, you'll have access to over 50 local vendors' displays including wine tasting, delicious hors d'oeuvres, boutique clothing, beauty products, mini manicures and massages, Silpada Designs, fashion sunglasses, fabulous jewelry, a chocolate bar, floral displays, color consultations, Younkers shoes, designer coats and more. Plus, enter to win one of over 50 fabulous prizes valued at \$50 or more from our vendors! Bring your girlfriends and shop to your heart's content at Floorshow Furniture and Flooring's second annual Ladies' Night Out, all while benefitting the lost, unwanted and abandoned animals of the Dubuque Regional Humane Society.

For further information and to purchase tickets prior to the event, please email: anicks@floorshow-companies.com or call 557-9952. Tickets will also be available at the door, the night of the event.





#### 11th Annual Bud Bus to Busch Cardinals vs. Cubs

Saturday & Sunday, April 14-15

be yourself

improve

yourself

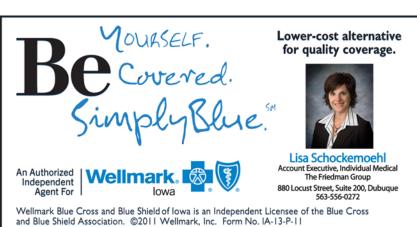
matt booth

Only five seats remaning!!! The trip includes motor coach transportation, overnight hotel accommodations in downtown St. Louis (price based on duel occupancy), all the Budweiser products you care to drink to and from St. Louis aboard the bus and all you care to eat and drink ticket to Cardinal/Cub game on April 15 (Homer's Landing).

Tickets are \$250 per person or \$225 per person if you have 4 people to share a room. The fun departs from Dubuque on Saturday April 14th around 8 a.m. and arrives in St. Louis around 3 p.m. You then have the remainder of Saturday to do as you please. On Sunday, attend the game and the bus departs immediately after game. For tickets and information call 563-556-8911.











#### Women's Wellness

#### When was MY last appointment?

Has it been since the birth of your last baby since you had a complete physical exam? Do you find yourself preaching to your children about wellness and health issues, without necessarily following the same advice yourself? If this sounds familiar, you are not alone, but are part of the female population who are risking valuable time while not seeking treatment

When women are in their childbearing years, 18-40, they are accustomed to having annual physical exams, often in order to receive refills on prescription medication such as contraception. During these thorough physical exams, health care providers listen to your heart and lungs, and check your skin, ears, throat, lymph nodes, breasts, abdomen, neurological, psychological, and musculoskeletal systems. They also ask a list of questions regarding your lifestyle, emotional state, sleep patterns, eating habits, bowel habits, aches/ pains etc. Labs are often drawn to assess for other risk factors or abnormalities as well. Women experiencing changes or symptoms often either self-medicate or ignore their symptoms, assuming it is related to their menstrual cycle, hormone changes, aging, or their weight.

In reality, even if symptoms women may be experiencing are due to their hormone changes, menstrual cycle changes or being at a less than desirable weight, there are often suggestions health care providers can make or alternative treatment options available. To sit and assume there is nothing that can be done can be harmful to your health and quality of life, as well as lead to an unnecessarily limited lifespan.

#### Have a heart?

Cardiac disease is currently the number one cause of death for women. If women are avoiding their annual health care appointments, they may not even be aware that their blood pressure is high, their cholesterol levels are in a high-risk range, or their blood sugar levels elevated, indicating diabetes or pre-diabetes. All of these symptoms are easily treatable, but first need to be diagnosed. If blood pressure is not managed, blood sugar elevated, or high levels of cholesterol or triglycerides are present, this can lead to permanent vascular disease as well as heart attacks or strokes.

#### Sleep, Me?

Often times, women are not sleeping

Kelly McMahon,

Women's Wellness Center



well at night, or perhaps they believe they are, but their partners are not. Sleep deprivation can lead to poor metabolism, which can also cause a woman to be overweight or have difficulty losing weight. There are numerous options available for helping improve sleep for both men and women.

#### "Are you talking to ME?"

It is not uncommon for women to experience changes in her moods throughout midlife as well. Often things that never seemed to bother women before aggravate them to no end now. Women may notice they feel more anxious, agitated and less tolerant of everyone around them. This is not intentional, and may cause women to be perceived as someone they are not. Again, there are many different treatment methods for this, so you can begin to enjoy your life and those around you once again.

#### "No, I will not be wearing my white capri's today..."

Menstrual changes are common in midlife. Often, women experience "periods from hell" as they enter their midlife years. Even though this can be caused by normal changes in hormones, this does not mean it always needs to be tolerated. There are currently many treatment options available to improve these symptoms. Some options include medication or simple outpatient procedures, which decrease or eliminate menstrual periods, and also improve menstrual migraines, fatique and other cyclical symptoms as well. Women, who take the time to put themselves first and get this taken care of, often wish they had sought treatment sooner.

#### "Not now, I have a headache..."

Women may also notice changes in their libido or desire for intimacy. This may cause strain and conflict in a relationship. There are many different causes for these symptoms as well as treatment options available.

#### "When moma aint happy..."

When you take care of yourself, you are taking care of your loved ones as well. When you are not taking care of yourself, these are the people who suffer.

So, what are you waiting for? Call and schedule your appointment with a health care provider today. Get your health back on track, improve your longevity, and start enjoying your life to the fullest, today.

# 365

# HyVee.

#### Pump Up the Produce with nutritionists Pat Fisher Megan Horstman & Amber Jaeger

Adding produce items to your meal can sometimes feel like a chore, but as with all healthy habits, the benefits are worth the effort. Summer may seem like the easiest time to get your fruits and veggies in, but don't despair as the mercury still hovers in the jacket temperature range. You can pump up the produce half of your plate any time of year.

Do not discount fresh produce this time of year. Though your garden may not be in bloom – or even planted - yet, grocers carry a wide variety of fresh fruits and vegetables in every color of the rainbow year-round. Late winter and early spring vegetable include asparagus, avocados, cabbage, cauliflower, lettuce, mushrooms, parsnips and spinach. Aim for seasonal fruits like most citrus, guava, pears and strawberries.

Spend some time familiarizing yourself with frozen fruits and frozen or canned vegetables; they are a convenient and economical way to pump up your plate when seasonal selections are limited. Aim for frozen fruit with no added sugar. Look for frozen and canned vegetables with minimal added sodium or sauces.

Consider this common dinner: spaghetti, pasta sauce and garlic bread. Most of the calories are provided by the grain group (pasta and bread), with only one serving of vegetable provided by ½ cup of pasta sauce. Pump it up with a few simple changes. Stir some broccoli, mushrooms or other vegetables into the sauce as it heats, or blenderize them with the sauce before cooking it to create a smoother texture. Also, add a vegetable as a side dish. Serve a salad. Steam some asparagus. Grill or roast bell peppers. Finally, don't forget the fruit. Top a thin slice of angel food cake with frozen berries, thawed, and a dab of Greek yogurt for dessert.

Easy ways to "pump up the produce":

- •Try single-serve frozen vegetables from Green Giant and Birds Eye.
- Add frozen chopped spinach to soup.
- Toss frozen Asian blend vegetables into rbown rice as it cooks.
- Stir no-salt-added canned veggies into pasta salad.
- Blend your fruit smoothie with a few leaves of frozen spinach.
- Blenderize fresh or frozen fruit, then refreeze in ice cube trays for a colorful addition to beverages.

• Cool hot oatmeal – and thaw frozen berries by adding the fruit to your bowl as it comes out of the microwave or off the stove top.

For a new produce-packed entrée, try...



**Inside-Out Lasagna:** (serves 4) Source: Eating Well, Inc.

#### Ingredients

8 ounces Hy-Vee whole-wheat rotini or fusilli

- 1 tablespoon extra-virgin olive oil
- 1 small onion, chopped
- 3 cloves garlic, sliced
- 8 ounces sliced white mushrooms
- 1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

- 1 (14 ounce) can Muir Glen™ diced tomatoes with Italian herbs
- 8 cups baby spinach

1/2 teaspoon crushed red pepper, optional 3/4 cup part-skim ricotta cheese

#### Preparation

Add pasta to boing water; cook until just tender according to package directions. Drain and transfer to a large bowl. Meanwhile, heat oil in a large nonstick skillet over medium heat. Add onion and garlic; cook, stirring, until soft and beginning to brown, about 3 minutes. Add mushrooms, salt and pepper; cook, stirring, until the mushrooms release their liquid, 4 to 6 minutes. Add tomatoes, spinach and crushed red pepper (if using). Increase heat to medium-high; cook, stirring once halfway through, until the spinach is wilted, about 4 minutes. Toss the sauce with pasta and divide among 4 bowls. Dollop each serving with 3 tablespoons of ricotta.





#### Taste of the World Saturday, March 31, 11:30 a.m.-2 p.m. Five Flags Arena

The Multicultural Family Center is will be hosting its third annual Taste of the World Fundraiser on Saturday, March 31, 2012 from 11:30-2:00pm at the Five Flags Arena, 405 Main Street.



Taste of the World celebrates Dubuque's multicultural community through cultural displays, performances, and food samples from around the world. This is an authentic cultural experience for the entire family. Last year's event brought over 1,000 community members together to value the richness of diversity in Dubuque.

The cost to attend is \$5 per person or \$15 per family. Admission includes a beverage, food samples, entertainment, and children's activities. All funds go toward programming provided by the Multicultural Family Center.

Attendees can expect to visit displays from over twenty countries including Marshall Islands, Scotland, Bosnia & Herzegovina, Italy, Lebanon, Nepal, Brazil, Bahamas and more.

"It has been incredible to see how Taste of the World has developed over the past three years – watching more community members appreciate the vast and growing diversity in Dubuque," stated MFC intern and Loras student Megan Smith, "it's such a great, fun way to learn about your neighbors."

For more information on this event or the Multicultural Family Center please visit them on facebook or their website at www.mfcdbg.org.



- Early Bird Discounts for joining before March 15!
- A fresh box of vegetables every week, all summer long
- Enjoy 10% OFF at our Dubuque Farmers Market stand

Eat Fresh, Eat Local, Eat Organic... Call Today! www.treeoflifecsa.com | tolfarm@gmail.com | 608-744-2734





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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.

Answer on page 39.

#### **Spot the Difference**

Difficulty Level ★

Can you spot 10 differences between the two versions of this photo from the Galena Wine Lover's Weekend Grand Tasting. Photo by VanOsdol Photography - Answers on page 39.





#### PREMIER CROSSWORD/ By Frank A. Longo

#### AN OPENING AND **AN ENDING**

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Answer on page 35



# The Global Smart City Summit Kicks Off by mayor roy d. buol

It was an honor to accept the invitation to

represent Dubuque at the Global Smart City Summit in Tainan, Taiwan mid-December. It was particularly special to learn that because Dubuque was on the leading edge of sustainable programs and practices, we were the only "benchmark" city in the Americas to be represented at the summit.

Taste of Tainan. The evening prior to the summit featured a "Welcome" reception where we were seated with the Mayor of Tainan, Mr. Ching-te Lai, and Deputy Mayor Charles Lin and were treated to colorful and expressive entertainment through "glove puppetry" and the face-changing of Sichuanese opera! (below) Mayor Lai then







toasted to a successful summit prior to a gourmet introduction of the local flavor of Tainan...including shrimp rolls, mullet roe, mackerel thick soup, pan-fried milkfish, and danzi noodles! A truly magnificent cultural and entertainment experience!

As we arrived in the conference center the next morning, we were once again warmly greeted by hosts from Tainan City government and Eco-City of the National Chiao Tung University. We were escorted to our table where we proceeded to get familiar with the headsets we each would wear as presentations were interpreted into our native languages. Welcome remarks by Tainan Mayor Lai opened the conference followed by the Keynote Speeches.

(While I was privileged to follow the host city to open the Summit, presenting on "Smart Technology & Community Engagement," I will instead focus this and the next article on highlights from Tainan City; Kortrijk, Belgium; Eindhoven, Netherlands; Helsingborg, Sweden; and Lavasa, India and more):



Charles Lin, Deputy Mayor of Tainan City, Taiwan discussed the challenges being faced amidst the country's emerging political restructuring landscape resulting in five newly consolidated metro areas. Challenges being addressed include revitalization of the traditional industries of the city; improved public transport services; the need to reconcile the gap between urban and rural development; and inadequate municipal financial resources. He shared Tainan's plans to develop smart city networks to update regional public service systems, public safety and security, disaster monitoring/prevention system, energy savings, traffic control systems/bus system; an urban and rural community health center; tourism services; a model waterfront ecocommunity; sustainable energy involving electric transportation, and more.



Filip Santy, Deputy Mayor of Kortrijk, Belgium shared that the smartest cities in Europe are discovering how to use technology; to redesign internal procedures; and how to deliver more efficient and effective services to their customers. "E-government is not a niche; it is the main game in public service delivery." As a consequence, there is a European Service List which identifies all the services provided by Smart City municipalities, helping them to share data,

compare their activities and benchmark performance. The "triple helix" is designed to bring government, academic and commercial partners from across the North Sea Region together for the best results. For example, his city, in partnership with the university and high schools, linked their hotspot networks in an "eduroam network" so wherever there is coverage of these hotspots, students can easily and freely access the internet. Kortrijk believes in a good internet presence for the city government to reach out to its customers and they use an e-service process to map all the tasks, operations, and systems associated with a service to ensure it is optimally and appropriately designed. In the end, good models and best practices are used to influence European policy, based on tangible results.



Mary-Ann Schreurs, Deputy Mayor of Eindhoven, Netherlands titled her presentation, "How Did the Brainport Eindhoven Region become the Smartest Region in the World?" In June 2011, in New York, they received the title of "Intelligent Community 2011, so are making the most of the title! The first overseas radio transmission, the video phone, the compact disc, the LED, the world's leading manufacturing systems for computer chips, and innovative transport systems are examples of inventions and



applications from the Brainport Eindhoven region! They are one of Europe's formidable top technology regions, as well as a top design region. Their prevailing culture is one of open innovation and close collaboration, e.g. the triple helix model, between government, knowledge institutes, and commerce. When in trouble in the early nineties, the model was formed, and a new economy rose. Existing business came up with new products and concepts, which attracted young tech companies and business incubators from home and abroad. Today, the Brainport Eindhoven region is the industrial high tech heart of the Netherlands, with a technology and design base, and is one of the three economic pillars of the country. From knowledge workers to skilled craftsmen, half of all Dutch inventions originate in the region. The government has chosen to become one of the top five countries for technological innovation in the world. They are working to form a strong technological development with added values focusing on health, mobility, food and energy. They are focused on creating solutions for global problems, including smart remote care, solar energy, electric cars, and sustainable solutions for mobility issues!

Sweden, India and more next time!







## **Tasty Travelers!**

Ladies, do you love travel almost as much as you love food and wine? We'll, we've got some other ladies you've got to meet!

Tasty Travelers is the moniker for a group of Dubuque area women who have perfected the combination of those elements. Started by Lea Droessler, from L. May Eatery with Tiffany Vance and Abby McIntosh, the group now includes a variety of ladies who simply love to love life. If that sounds like your kind of thing, you're in luck. There are some exciting trips coming up and you can be a part of it all. Here's more information on some of those opportunities.



#### Italy | Tuscany May 23 - June 2, 2012 & October 23 - November 3, 2012

Begin in Rome and enjoy two days of the ancient city, complete with a walking tour of major landmarks and the Coliseum. The second day will include time for you to explore the amazing city that all roads lead to. Then slow down... slow food... slow sipping... time to enjoy the "sweetness of doing nothing" under the Tuscan sun. Stay in a beautiful Tuscan Agriturism Villa and experience the awe-inspiring view of Tuscan landscape, delicious Chianti and other regional wines, and learn the art and heart of Italian cooking from a real life Italian mama. In a completely relaxing atmosphere, learn how to make tiramusu, eggplant parmesan, homemade pastas, and other delicious home-cooked Italian cuisine. After a beautiful array of homemade jams, fruits, fresh baked bread and coffee

for breakfast enjoy day trips to Tuscan cities such as Siena, San Gimignano, and Greve. Experience group wine tasting and an olive oil tour and pressing. See how the Italians really do it and rejuvenate yourself with a girls trip!



#### California | Napa Valley September 5 - 9, 2012

The land of sunshine and grapevines! Visit the landmark slow food Chez Panisse restaurant (the originator of the slow food movement), and then join us as we make our way up and down the Silverado Trail enjoying some of the finest wines in the world! We'll visit beautiful winery estates and dine on amazing seasonal California cuisine. At harvest time we can visit an heirloom tomato festival, the Culinary Institute of America's Greystone Wine Spectator restaurant, taste Ghiradelli chocolate and get some great shopping in with your girlfriends during this fabulous winelover's weekend.



Learn more and join in the fun at www. tasty-travelers.com, e-mail tastytravelers @gmail.com or call 608.778.1646.





#### Dear Trixie,

My wife and I have been invited to a "Semi-formal" charity ball. What exactly does that mean? - Clueless In Epworth

#### Dear Clueless,

It means you have to wear shoes.

#### Dear Trixie,

I am being watched by a Peeping Tom. I discovered this after my roses had been repeatedly trampled. I found fingermarks on the windowsill and a wiped spot on the window itself. He is becoming more brazen and will now linger after alerting me of his presence. Last night he waited until I made eye contact before dashing off into the night. What should I do?

- Distraught and Disgusted

#### Dear Distraught,

Smile coquettishly and invite him in. Any man who shows that much determination is a definite keeper.

#### Dear Trixie,

I am a newly single woman who lives alone in a large home in the north end of town. My friends think it is a bad idea but I have decided it is in my best interest to have a handgun. I saw a nice chrome pistol at the pawn shop for \$280.00. It fit nicely in my hand and made me feel powerful. Should I get it?

- Earleen K. On 27th Street

#### Dear Esrleen,

It is not a good idea to buy a chrome pistol. Chrome clashes with both gold and silver jewelry. Get something in basic black.

#### Dear Trixie,

I have my 20th high school reunion coming next week. I am an unemployed, recovering alcoholic who lives in his mother's basement. When I attended the 10 year reunion I was a commodities broker with a Jaguar and a hot wife. Can you give me any reason why I should attend?

- Doug Downstairs On Devon Drive

#### Dear Doug,

You owe it to all your old friends to let them

sneer and smirk smugly at the downturn your life has taken. Arrange your face in an appropriately humbled expression and remember there is no growth without pain. And pain builds character. Or some kind of crap like that.

#### Dear Trixie,

I have a neighbor who gives the most dreadful gifts. She likes to pop in uninvited and present me with some useless trinket and then sit down for a chat. She is a nice lady but I have little room in my home for her cast-offs. So far I have received a greasy Teflon waffle iron, a neon green polyester cardigan with used tissues in the pockets, and 49 dried up ink pens from businesses all over the Tri State area. Today she dropped by with the most hideous ceramic tea pot in the shape of a cartoon pig. She stood in my kitchen waiting breathlessly for my reaction. All I could say was, "oh, my". Trixie what should I do? She will no doubt be back tomorrow with a chipped pair of Precious Moments figurines—or worse. What can I do? - Mrs. Crim on Clearview Drive

#### Dear Mrs. Crim,

Lie. Practice saying, "How ADORABLE!" and "what a DARLING thing!" or "I WISH there were matching tea cups!" Then once she leaves you can smash it to bits in the garage with a hammer. I think you will find that this solution is very gratifying indeed.

#### Dear Trixie,

I was at a house warming party recently which was raided by the police. The hostess was a co-worker whom I did not know well. Some of the younger guests leaped out of the windows and ran off. Others hid behind furniture and were caught and searched. My co-worker was arrested on charges of which I have no specifics. As the only guest over the age of 21 I was asked to post her bail, which I did. Am I also required to send her a thank you note and a hostess gift?

- Harold J. Vermin

#### Dear Mr. Vermin,

The posting of bail will suffice as both a thank you note and a fine hostess gift.





#### Aries 3/21-4/19

The hangover you wake up with on the day after St. Patrick's Day will make you pledge that you are never going to drink alcohol again. Wait, you're making Bloody Marys? Yeah, screw it ... I'll have one too.



#### Taurus 4/20-5/20

According to the doctor that said every strip of bacon you eat takes nine minutes off your life, that BLT just shaved off nearly an hour of your earthly existence. Look at the bright side: That means there is that much less you have to save for retirement ... plus, BACON!



#### Gemini 5/21-6/21

March is National Caffeine Awareness Month. The fact that your heart is beating like a rabbit's and you can see through your eyelids could indicate you might want to cut down on the coffee just a bit. Try half-decaf. Just sayin'.



#### Cancer 6/22-7/22

Watching American Pickers you start to think all that rusty junk you have in the garage might be worth something. Then you watch Pawn Stars and realize it's not.



#### Leo 7/23-8/22

Now that the snow has melted you can finally see your garden patch and all the flowerbeds and ... dang there's gonna be a lot of yard work to be done.



#### Virgo 8/23-9/22

It's been reported that 20 percent of the U.S. population is drinking over 90 percent of the wine consumed in the country. Don't look so surprised. You know who you are!



#### Libra 9/23-10/22

Grilling season has arrived. Just remember to be safe when you're using lighter fluid to start your charcoal. We're talking to you with the missing eyebrows.



#### Scorpio 10/23-11/21

You're starting to wonder if you're just being paranoid or if President Obama really IS hosting secret meetings to further his agenda of turning America into an Islamic socialist state run by terrorists before he ultimately destroys the country. I mean ... that does seem like something he might do, right?



#### Sagittarius 11/22-12/21

You're outraged that none of the Republican candidates for president have denounced Rush Limbaugh for his comments about Sandra Fluke and her support of insurance coverage for contraception. It's like those guys will say anything to appeal to the conservative wing of the party in an attempt to get the nomination.



#### Capricorn 12/22-1/19

Your excitement at being asked to model for a photo shoot somewhat dissipates when you learn it's for pamphlet on STDs.



#### **Aquarius 1/20-2/18**

Warm weather is upon us. Get ready for beautiful people in tight little shorts. Also get read for fat ugly people in tight little shorts.



#### Pisces 2/19-3/20

The extreme melodrama with which that guy is narrating your audiobook will make you wish you could reach through your mp3 player and kick him in the crotch. Might be time for a Nook!



#### PUZZLE ANSWERS (From page 36)

#### Spot the Difference



#### **Pop Quiz**

from Page 29 1. WATERFORD 2. NILE KINNICK 3. ANGRY BIRDS 4. HARP 5. LUTE OLSON 6. IRELAND FOREVER 7 COMISKEY PARK 8. CALYPSO 9. SAM ADAMS

10. RIVERSIDE

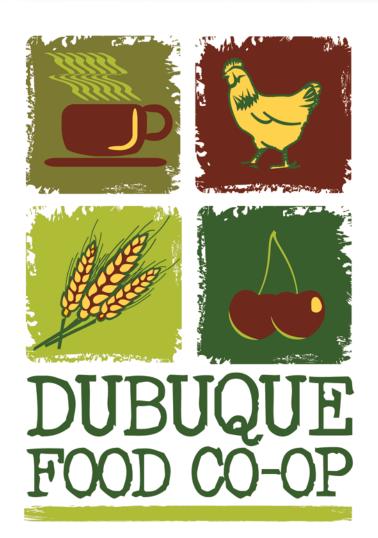
#### Sudoku

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

#### Crossword



# Become a Member!



The Dubuque Food Co-op is generating a great deal of buzz throughout the community and the response to the announcement that we hope to open in downtown Dubuque this October has been fantastic. We know there is a great deal of enthusiasm in the community and now is the time to turn that excitement into membership. If you haven't joined yet please do so at our website TODAY! Already a member-owner? Share your enthusiasm and introduce a friend (or two!) to the Co-op!

#### Become a member-owner today!

To learn more and join, visit dubuquefoodcoop.com



# Membership drive going on now!

Application online at www.dubuquefoodcoop.com.

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