

DUBUQUE SYMPHONY HOLIDAY POPS

WITH THE DUBUQUE CHORALE
AND HEARTLAND BALLET
DECEMBER 1-2

...PLUS A HOST
OF HOLIDAY
ENTERTAINMENT

TOYS FOR TOTS

Also in this issue...

- Winter Farmers' Market
- Connie Jo's Place
- Grow Learn Discover

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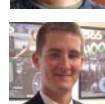
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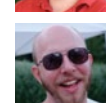
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Where's Wando

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

Bryce's inkUbator

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

I'd say Thanksgiving is upon us, but let's be honest, getting together with family and loved ones to give thanks for the bounty that we enjoy is really just a speed bump on the way to Christmas, which this year, starts apparently 15 minutes after Thanksgiving dinner when you head out to Wal-Mart to begin your Black Friday shopping at 8 p.m.

Obviously Wal-Mart has taken a PR beating this year from their own staff who have collectively put their feet down and called B.S. to that idea, but it's happening anyway.

So who's to blame for the Black Friday creep that gets worse and worse every year? If it works for them financially, who's to say they're wrong to do it, other than the fact that it is massively insensitive to their own employees? People will line up or huddle around plastic wrapped pallets like salivating wolves any time you tell them to be there, it's just our barely-human nature.

If I had my druthers, whatever a druther is, I would hide in bed until Black Friday is just a rumor of a bad memory, but alas, I am responsible not for finding a great deal that day, but for finding a few great deals that day and then buying every single one of those things on the shelf. Hey, I don't make the rules, and usually, even if there are rules, stores are pretty cool and bend the rules for the Marine Corps Toys For Tots program.



A truck bed full of Midnight Wal-Mart scooters and footballs last year!

Yes, I'll be out there at 8 p.m., not because I want to be, but if I don't, there is no other way I'll every be able to justify purchasing Razor style scooters for \$25 that are \$12 on Black Friday. If I do go out and buty100 of them, no one's getting one and that's just sad. So I feel compelled to do the right thing and buy bikes and things that are only within my budget one day a year.

I have to say, for my own personal benefit, I'm loving the idea of shopping for toys at Wal-Mart at 8 p.m. instead of midnight. Have you been to Wal-Mart at midnight on Black Friday? I have. Just shoot me in the face instead. If I wasn't driven by a purpose

greater than myself, there would be no flatscreen price ever that would be worth braving that chaos. Even when everyone is being completely nice and amiable, it's still chaos. It's a bit funny that amid the spectacle that is Black Friday at Wal-Mart, our train of carts filled with scores of the same things still draws funny looks, and that's a feat at Wal-Mart. I find wearing some clothing the identifies me as Toys For Tots helps a lot. You think it's hard getting a single cart (and good luck getting a cart) through that mob, try working a half dozen carts through the mob and keeping them all together. What kind of idiot am I?



We cleaned out Walgreens last Sunday!

When the actual Black Friday arrives, my first stop in the morning is Menards who always has some of the best big toys and the lowest prices anywhere. Trust me on this, I'm a pro. They are also swamped with people in the morning, but the order and stability of the store feels like, well, the Marine Corps, compared to midnight at Wal-Mart. They run a pretty tight ship.



1/3 of the toys we got at Theisen's last year.

In the end, we'll hit a few stores this weekend. We've actually already started. Walgreens has buy one get one \$6.99 toys this week and on Thanksgiving Day, buy one get one \$10 toys. NICE!!! I'd like to thank the managers of Walgreens, Theisen's, Wal-Mart, Steve's Ace, Kohl's, Menards and others for their kind assistance in helping me survive the Black Friday shopping experience, tripling the value of our shopping dollar and you'd better believe that makes a big difference. And hey, you know what else makes a difference? YOU DO. Pick out a toy you like and drop it in a Toys For Tots box out there in the community. Or come see us at Theisen's the weekend of Dec. 8th (See page 15). Happy Holidays and good luck out there, shopping soldiers!

MISSISSIPPI MOON BAR



dec. 14

ROCKAPELLA

HOLIDAY CONCERT

dec. 15

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John Badger Retrospective Exhibit

November 23-December 15

CARADCO Building, 960 Jackson St.

A retrospective of local artist, John Badger. Exhibit will run from Nov. 23 - Dec. 15, 2012 in the CARADCO Building at 960 Jackson St., Dubuque, IA. A true impressionist at heart, this retrospective presentation shows you the many directions Badger sent his ideas and interpretations. Join the reception for a chance to meet this beautiful man that has blessed us with his time, character, love and fanciful creations.



Reflections in the Park

Opens November 24 - Jan 1

Louis Murphy Park

The hills of Louis Murphy Park will be alive with glitter and glitz as the glow of thousands of Christmas bulbs and animated

displays light up the Annual Reflections in the Park: A Hillcrest Lights Festival. The annual, drive-through light festival is open from November 24 until January 1, from 5 to 10 p.m. Cost: \$8.00 per car, to benefit Hillcrest Family Services.



Albrecht Acres Waffle Breakfast

Saturday, November 25, 7:30 a.m. - Noon

Camp Albrecht Acres

All you can eat Belgian waffle breakfast supporting Camp Albrecht Acres. Includes choice of meat and beverages. Adult \$8 ages 5-10 \$5 under 5 free Serving 7:30 till noon. Held at Camp Albrecht Acres, Kehl Center, 14837 Sherrill Road Sherrill, IA.

U.W. Platteville Jazz Bands

Wednesday, November 28, 7 p.m.

The Grand Opera House

The award winning University of Wisconsin Platteville jazz bands will perform a free concert at 7 p.m. Wednesday November 28 at the Grand Opera House. JAZZ I is directed by Allen Cordingley and The Pioneer Jazz Orchestra by Keith Lienert. Both groups have a distinguished performance record at regional college jazz festivals. Also featured on the program will be The Dubuque Senior High Jazz Band directed by William Rowley. Admission is free but a \$5 donation is suggested.



Roshek Christmas Tree Lighting Ceremony

Friday, November 30, 6-7:30 p.m.

Roshek Building, downtown Dubuque

From 6:00-7:30 p.m. at the Roshek Building in Dubuque, join Dubuque Initiatives and Roshek Building tenants for a special tree-lighting ceremony in the Main Lobby. The event also features the Dubuque Chorale, St. Anthony's Children's Choir, and a local celebrity reading of Yes, Virginia, There is a Santa Claus.



Pinnacle Combat XI

Friday, November 30

Five Flags Center Arena

The best in local mixed martial arts return to the ring in Five Flags Arena on Friday

November 30 with welterweight title on the line. No word yet on ticket prices. Stay tuned for details at fivflagscenter.com or pinnaclecombat.com.

The Last Five Years

November 30, December 1, 7:30 PM

University of Dubuque, Allumni Hall



Kris Doss Senior Recital: The Last Five Years. A love story told half from the begging and half from the end backwards, meeting in the middle. This story will make you

laugh, cry, and be in awe, as this couple tells you the story of their lives together.

Playathon

Saturday, December 1, 10 a.m.

Sam's Club

The Northeast Iowa School of Music (NISOM) again holds its annual Playathon, a grand public recital for which students raise sponsorships. Join them at Sam's Club, Dubuque, beginning at 10:00 a.m. and sponsor students of all ages as they compete for prizes. The recital is free, but donations will be accepted. If you have a business that would be willing

Dubuque Symphony Orchestra

HOLIDAY CELEBRATION

Dec 1, 7:30pm & Dec 2, 2:00pm
Five Flags Theater

With special guests the Dubuque Chorale, Heartland Ballet and vocalist Mary Kate Bristow!

SYMPHONY ORCHESTRA

Holiday Family Concert

Christmas songs at the symphony with singers, dancers and Santa!

December 1, 1:00pm
Five Flags Theater

Tickets (\$10 - \$46): Five Flags Box Office or www.DubuqueSymphony.org

Sponsored By Medical Associates Clinic & Health Plans

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to be a Playathon sponsor or donate prizes, please contact NISOM at (563) 690-0151. For more information, visit www.nisom.com.

Outside the Lines Gallery Open House

Saturday & Sunday, December 1 & 2
Join Outside the Lines Gallery, 409 Bluff St., Dubuque, for their holiday open house with



tea and cookies. They will also be giving away a \$100 gift certificate to a customer over the weekend (need not be present to win). For more information, visit www.otlag.com.

Mistletoe Ball Grand Finale

Saturday, December 1
Turner Hall, Galena, IL

This year's Annual Mistletoe Ball from 7:30-10:30 p.m. at the historic Turner Hall in Galena, IL, will be bittersweet, as it will be the last of a grand tradition begun 31 years ago. The ball will feature desserts from Fried Green Tomatoes, dancing with contemporary and period music by Fever River String Band, cash bar, and live auction. This year's event does not include dinner; ball-goers are encouraged dine at one of several fine

Galena restaurants offering a free shuttle to the event. Tickets are \$35 per person and may be purchased by calling (815) 777-9129, or by sending a check payable to the Galena Historical Society at 211 S. Bench St., Galena, IL 61036. Period dress and holiday attire are both appropriate. Reservations are encouraged. For more information, call (815) 777-9129 or visit www.galenahistorymuseum.org.



Die-Laughing Murder Mystery

December 1, 6 p.m.

Park Farm Winery

Park Farm Winery, 15159 Thielen Rd., Bankston, IA, Die-Laughing Murder Mystery presents this mirthful morsel of mystery, the all-new and much awaited sequel to Dinner a la Morte on December 1, from 6-9 p.m. It's 1933, and Tiffany "Gold" Digman's guests want to know: Was her murdered husband Sterling's career as an archeologist on the level? What will his friends dig up when they gather at "The Cellar" speakeasy

to drink a toast to his days on earth? For more information, visit www.dieloughingmurder-mystery.com or www.parkfarmwinery.com.



Wendt Regional Cancer Center



Wendt Regional Cancer Center 25th Anniversary Open House & Grand Opening of the Iowa Mind Body Institute

Sunday, December 2, Noon - 2p.m.
Finley Hospital is offering a public open house for the 25th Anniversary of the Wendt Regional Cancer Center and the grand opening of the Iowa Mind Body Institute (IMBI) on Sunday, December 2 from 12:00 noon until 2:00 p.m. The Open House will be in the Wendt Regional Cancer Center which is located in the Finley Hospital and adjacent to the Delhi Medical Center. Tours of the Wendt Cancer center will be offered to provide a valuable overview of the vast

improvements in treatment and technology in the radiation oncology field for optimal patient outcomes in Dubuque and nationwide. The newly opened IMBI holistic wellness center, also housed within the Wendt Regional Cancer Center, will showcase nutrition counseling, yoga, meditation, light exercise, art and music therapy, social support, and massage as the initial hallmarks of IMBI. All of these services will be available to patients and their family members at no cost during their treatment period. The public may take advantage of the IMBI therapy options for a nominal fee. The IMBI is an independent non-profit organization.



One Stop Christmas Shop

Sunday, December 2, 11 a.m. - 5 p.m.
Best Western Midway Hotel

Convenient holiday shopping all in one place featuring a ton of great vendors including Discovery Toys, Fresh Take, Norwex, Wildtree, Scentsy, Tastefully Simple, Stamin' Up, Beauty Control, Origami Owl, Grace Adele, Thirty-One, Clever Container, A Girl's Bling Boutique, Velata and

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more. Plus refreshments and a raffle with great prizes. All Proceeds benefit Toys For Tots, which is completely awesome!

DSO Youth Ensemble Performance

Five Flags Theater

Monday, December 3, 7 p.m.

The Dubuque Youth Ensembles are a dynamic portion of the Dubuque Symphony Orchestra's educational programs. This includes performing with other talented musicians from Dubuque and the surrounding areas, performing a wide variety of classical and light classical repertoire and receiving coaching from professional musicians. The Dubuque Youth Symphony received 3rd Place in the American Prize in Orchestra Performance, 2012, Youth Orchestra Division, an incredible accomplishment along side the Orange County, CA and Houston, TX Youth Symphonies. Ticket Prices: Adults \$5*, Children \$3*, Tickets for sale on the night of the performance only.

Multicultural Holiday Party

Friday, December 7

Multicultural Family Center

The Multicultural Family Center, 1157

Central Ave., Dubuque, empowers all families and community members to reach their potential and build unity out of diversity. Join them for their holiday party from 5:00-6:30 p.m. For more information, visit www.mfcdqbq.org.



8th Annual Diggs Christmas Charity Auction

At 4:00 p.m. at the New Diggings General Store & Inn, 2944 County Rd. W., Benton, do some Christmas shopping while helping raise money for local food pantries, Toys for Tots, college scholarships, and more. For more information, visit www.newdiggs.com.



2nd Annual Dubuque Santa Rampage

Saturday, December 8, 6PM
The Hub, lower Main Street

You've head of a pub crawl. You've even heard of a Zombie Pub Crawl. Well, this is the same thing, but instead of being undead, you are just jolly and fat... or perhaps naughty and dressed up and a cute little elf outfit. The adults only event is open to all Santa's and other holiday inspired characters (so pull out your abominable snowman suit). The holiday cheer will meet up at the Hub on Main Street to start at 6 p.m. and sleigh down Main Street from there, spreading holiday cheer. There is no charge to participate, but a donation of a new toy to for Toys For Tots would be nice. You are also responsible for your own drinks.



Tribute to the Legends featuring Denny & the DC Drifters.

December 31, 7 p.m.

Ohnward Fine Arts Center

Featuring the acts of Buddy Holly, Richie Valenz, The Big Bopper, Marilyn Monroe, Dolly Parton, Sonny & Cher, Freddy Fender and more, Denny & The DC Drifters are recognized as one of the top show groups in the musical entertainment business. The band had a hit number one record with "I Know" and "Louisiana Blues". Denny and the DC Drifters have entertained large audiences throughout the country, and continue to play the music you want to hear, all on the biggest party night of the year! Tickets are \$22 in advance and \$25 at the door (Students \$13/\$15). Visit www.ohnwardfineartscenter.com for ticket information and more. The Ohnward Fine Arts Center is located at Ohnward Fine Arts Center, 1215 E. Platt St. in Maquoketa, IA.

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Staged in the beauty of Clarke's Sacred Heart Chapel, "For a Blessed Christmas" is a moving portrayal of the Christmas story through an exhilarating mix of narration and musical performances. This holiday tradition is a favorite in the Dubuque area and features performances by each of Clarke's vocal and instrumental ensembles.

Saturday, December 8 | 7:30 p.m.

Sunday, December 9 | 2 p.m.

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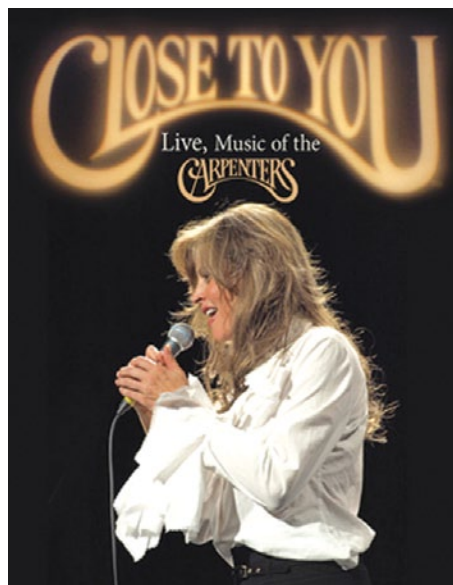
**Nash Gallery Hosts
Artist Edward Obermueller
Friday, December 7, 7-9 p.m.**

Nash Gallery will host an opening reception for artist Edward Obermueller's new collection entitled HORIZONS on Friday, December 7 from 7-9 p.m., 489 West Fourth Street in Cable Car Square. The exhibit features impressionist landscapes and cityscapes with many local scenes, as well as a brand new series of "horizons" or abstracted landscapes. "I am drawn to the deep horizon," Obermueller says, "The looking outward toward possibilities, the

play of light, depth, and color, and the spiritual meaning these can bring. I love placing architectural and figural forms into a landscape and exploring how the geometric lines and organic lines and shapes interact with each other."

Nash Gallery gives the Dubuque County Fine Arts Society a meaningful presence in downtown Dubuque's cultural district and serves as a creative hub for the organization and its affiliates. The gallery's programming supports the mission of DCFAS to encourage, promote, and present local and regional arts by providing an exhibition space and network for emerging and pioneering artists.

The artist will offer a gallery talk at 8 p.m. during the opening reception. HORIZONS will be on exhibition through February 8, 2013 with weekend gallery hours on Saturdays 10 a.m.-3 p.m. and Sundays from 11-3 p.m. and by appointment. For more details visit www.dcfas.org. This exhibit is made possible in part by funding from Art Gumbo Dubuque.



**Close To You
The Music of the Carpenters
Saturday, November 24th, 7 p.m.**

Ohnward Fine Arts Ctr., Maquoketa, IA Singer Lisa Rock and her 6-piece band are bringing the music of The Carpenters back to the stage with their spot-on renditions of Carpenters classics with Close to You: The Music of The Carpenters. Lisa Rock, a singer as well as a

playwright, has been performing to sold-out crowds for years. A 6-piece band, complete with back-up singers, compliment's Rock's amazing four octave range which allows her to sing the hits like "We've Only Just Begun" and "Rainy Days and Mondays" in their original key, keeping the songs genuine and more recognizable for the audience. "When she hits the lower range of her marvelous voice," notes critic Alan Bresloff, "if you close your eyes, you can see Karen Carpenter's face." She draws the crowd in with anecdotes about Karen Carpenter, her life and how some of the songs originated. This amazing holiday concert is a nod to the two Christmas albums The Carpenters made.

Tickets are \$22 in advance for adults (\$25 at the door), with student tickets at \$13/\$15 respectively. The show runs approximately 2 hours. Beer and wine will be available. Tickets can also be purchased at The Ohnward Fine Arts Center (9 am - 1 pm) and online at tickets.uwplatt.edu.

My husband and I shopped locally for a loan on a used truck, but the rates quoted seemed high. We were frustrated. Then we heard Dupaco's Money Makeover takes a good look at your total financial picture—and can often uncover hidden money. We were fascinated! Sarah at Dupaco took a look at our credit history and explained that our high credit card balances were driving our credit score down—and our loan interest rates up. We were humiliated. So she consolidated \$25,000 worth of credit card debt, saving us \$550 a month. Then she took \$200 of that amount and opened a Roth IRA. By the time our oldest goes off to college, we'll have almost \$30,000. If we leave it there, we'll have \$300,000 at retirement. We were exhilarated! You can bank on a bank for some things. But give credit to a credit union like Dupaco for putting people before profits. We went in frustrated. And came out infatuated.

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Holiday Family Concert Saturday, December 1, 1 p.m. Five Flags Center

D.S.O. Holiday Pops Concert December 1, 7:30 p.m., Dec 2, 2 p.m. Five Flags Theater

'Twas weeks before Christmas and all through the theater, musicians were stirring, even singers and dancers too! Bring your family and friends to this fun and engaging Holiday Celebration including an audience sing-a-long, members of the Heartland Ballet and a special visit from Santa. You and your children will love the sound of your favorite Christmas songs performed by a full symphony orchestra!

The Dubuque Symphony Orchestra presents stunning musical arrangements of cherished Christmas carols and songs of the season at its annual Holiday Celebration Concerts on December 1 and 2 at the Five Flags Theater. Performances are Saturday at 7:30pm and Sunday at 2:00pm.

"Christmas at the Dubuque Symphony has become a tradition," commented William Intriligator, music director and conductor. "With a professional symphony orchestra, the Dubuque Chorale and wonderful guests like Mary Kate Bristow and dancers from the

Heartland Ballet we create a Holiday concert experience that can't be beat. We are honored to have people come back year after year to celebrate with us."

This year's concert includes annual favorites "Ave Maria", selections from Tchaikovsky's The Nutcracker with members of the ballet, and Handel's Hallelujah Chorus as well as non-traditional selections such as "Merry Christmas, Merry Christmas" from Home Alone and the suite from the popular Christmas film The Polar Express.

Mary Kate Bristow, mezzo-soprano, will perform "Grown Up Christmas List" and arrangements of "Have Yourself a Merry Little Christmas" and "Silent Night". Mary Kate has sung professionally throughout the Midwest for over 20 years, and studied voice and theatre at Indiana University. She is a former resident of Dubuque and has performed at Eagle Ridge Inn and Resort, Fried Green Tomatoes, the Grape Escape and many other venues.



Also on Saturday, December 1 at 1:00pm the symphony will present a Holiday Family Concert. It is a shorter and slightly different version of the Holiday Celebration Concerts perfect for families with young children. Mary Kate Bristow and the Heartland Ballet will make appearances, but it is only one-hour



long and includes a Christmas sing-a-long and a surprise visit from Santa. Accompanying the orchestra will also be an honor choir of fourth, fifth and sixth grade students from Dubuque. Following the Family Concert everyone is invited to take pictures with Santa. The pictures are free, and parents are asked to bring their own cameras.

Tickets to the Family Concert are \$10 for children 12 and under, \$20 for adults and \$30 for box seats. Tickets to the Holiday Celebration Concerts range from \$11 - \$42. Box seats are \$73. Tickets can be purchased in advance at the Five Flags Center box office, your local Ticketmaster retail outlet or online at www.DubuqueSymphony.org. Tickets are also available one hour before each concert at the ticket counter in the Five Flags Theater lobby. Student rush tickets will be available for the Celebration Concerts only. Cost is \$6 and a student I.D. is required.

The Holiday concerts are sponsored by

Medical Associates Clinic and Health Plans. For more information, www.DubuqueSymphony.org or call the symphony office at (563) 557-1677.





36th Annual Cable Car Square Christmas CandleWalk Friday, November 23, 5 p.m.

The 36th Annual Cable Car Square Christmas Candlewalk returns, as always, on the night after Thanksgiving, Friday, November 23rd with annual special guests, Santa and Mrs. Claus visiting at 6 p.m.

Come early and experience over 1000 luminaries lining and lighting beautiful downtown Dubuque's historic Cable Car Square as you shop or holiday gifts in over 30 unique shops which be open late just for you.

Kids will enjoy cookie and ornament decoration provided by All Things Sweet Shoppe, who obviously knows their way around a delectable dessert.

Don't miss Santa and Mrs. Claus as they make their way with peaked anticipation down the fabled Fenlon Place Elevator to greet everyone and then make their way

to the porch at Shamrock Imports where they will greet children.

Holiday music will provided once again as well as a special holiday story time by Kat-FM. Bring a new toy for Toys For Tots to round out a very special night as you can see in these photos by Ron Tigges of DigitalDubuque.com.



We at 365 have been to this event annually for many years. If you've not come down before, you simply must bring the kids. The crowd is just huge and there is a special Christmas magic in there air that you have to be there to understand. You'll be glad you came.



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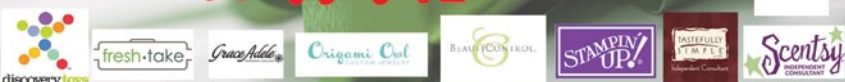
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One Stop Christmas Shop

Sunday, December 2, 2012
11:00 a.m. - 5:00 p.m.
Best Western/Midway Hotel

Convenient holiday shopping, all in one place, combined with refreshments, fun, discounts and deals. Buy raffle tickets to win one of the many prizes donated by our vendors, all proceeds go to Toys For Tots.

Bring any new toy to donate to Toys For Tots and get a FREE raffle ticket!



Dubuque Winter Farmers' Market Returns Every Saturday - 9 a.m. - noon November - April The Colts Center, 1101 Central Ave.

It's a sunny and unseasonably warm November Saturday morning, and the Colts Building is hopping. Three City Council members sit by the front door, greeting people as they enter. Shoppers browse among the food-laden tables, buying groceries for the week. Others are enjoying homemade breakfast sandwiches and coffee as they catch up with friends. The Dubuque Winter Farmers' Market is open for the season.



Now in its sixth year, the Winter Market is open every Saturday morning from 9am to noon, November through April. When a small group of volunteers started the Winter Market in 2007, Dubuque had the first year-round farmers' market in Iowa. That year, the market was held in a small warehouse donated by Fischer Companies. A handful of farmers and bakers participated. However, by the second year they'd outgrown the space and moved across the street to the Colts Building - at 11th and Central. Today 30 vendors provide a wide variety of produce, meats, eggs, cheese and baked goods throughout the winter.



Winter FARMERS' MARKET

EVERY SATURDAY * 9AM-NOON
NOVEMBER-APRIL
1101 CENTRAL (THE COLTS CENTER) • DUBUQUE

Find locally grown produce, meats, baked goods, and more • Meet your neighbors and build a stronger community • Promote sustainability by keeping our dollars local
Thank you for supporting your local farmers!



"We've been holding steady at about 30 vendors for the last several years," says market volunteer Terry Mozena, "but we continually offer new products as some vendors leave and others join us." He explained that some previous sellers left the market due to moving or retirement, but others left after getting their products into local stores like Calico Bean Market, Cooking Something Up, and Hy-Vee.

New vendors aren't the only reason for the variety and new offerings. Marc Millitzer of Tree of Life Gardens explains that existing growers have expanded their offerings due to the opportunity to sell year-round. "We have seen a great increase in quantity and quality of winter produce grown for the market. We ourselves have made many changes, planting many more carrots for late fall and winter harvest. This season we acquired a NRCS grant for a high tunnel (greenhouse) which we are growing late crops of spinach and lettuce for the market. Also Winter Market has given us a grant helping fund the burial of a shipping container for winter-long production of mushrooms. This has drastically increased our winter production capabilities for years to come."

The variety and quality of food keeps the shoppers coming back. About 400 customers visit Winter Market each weekend. Vendor Kristina Doll (Ambleside Farm) notes, "The winter market keeps growing, and it is amazing the amount of produce that is available all winter. I do as much grocery shopping at the market as possible because it is fresh, local, great quality and I can have conversations with the grower!"

Other customers stress the importance of buying from local growers and producers. Garlic grower, Cathy Elwell, says she hears it all the time. "Our customers want to buy fresh food from local growers. They want the opportunity to buy directly from the grower and ask questions about how the meat or produce was raised. They also like that we offer organic food at lower prices than the grocery stores."



In addition, some market visitors come to see their friends and socialize. Frequent farmers' market shoppers Tom and Cinda Welu say, "Every person - vendor or visitor - helps strengthen the community feeling found in Dubuque by attending Farmers' Market." Another customer, Jason Henkel agrees. "The Winter Market has great energy. We were greeted at the door. Everyone seemed happy."



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Cash or check only.
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Effective 1/3/13. \$500 maximum limit.
All work done by instructor supervised students.

Winter Farmers' Market Vendors

Ambleside Farm – organic seasonal produce, pastas, scones, baked goods

Bellmann Dairy Farm/ Kristi's Perfect Produce – sustainably grown root crops, eggs, meat, cheese

NEW! - Better Belgian Waffle – Liege Belgian Waffles
Bluebell Orchard – apples, potatoes, walnuts

NEW! - Brush Creek Winery – locally produced wines and jellies

NEW! - Carr Valley Cheese – artisan cheeses

NEW! - Cathy's Made From Scratch Cupcakes – cupcakes, brownies & muffins

Jerry & Linda Dressler – nuts, jams & jellies, pickles, corn relish, pickled eggs & fish, vegetables

NEW! - East Mill Bakeshop – breakfast sandwiches, English muffins, rolls, breads

The Food Store – regional organic produce

Hammerand Farm – certified organic eggs and vegetables, organic canned and baked goods

Heritage Beef – 100% grass-fed heritage beef

Hertig Family Produce – non-certified organic squash, herbs, fall produce, eggs, house plants

Johnson Honey Farm – raw honey, creamed honey, 17 flavors of processed honey

Josa's Country Store – pies, breads, pastries, cookies, candies, jams, soup mixes

NEW! - Kathy's Kookin – whole wheat pizza crusts and French bread

Kruse Farms – fall produce, herbs, baked goods, eggs

Life is Good Beef – certified organic, grass-fed beef summer sausage, beef sticks, wieners

O'Connell Organic Acres – certified organic grass-fed beef (steaks, roasts, ground beef, sausage)

Mr. A Hydro – hydroponic lettuce

Paul Opperman – knife & scissors sharpening

Paris sur Platte – organically-grown garlic

Porkhouse LLC / Black Angus Acres – non-certified organic beef, pork and chicken, eggs

Rotten Ronnie's Bad News Peppers – homemade pepper & paprika spices

Carol Steckel – eggs, dried herbs, food mixes, produce

NEW! - Sunny Hollow Bakery – baked goods, breads, pies, pumpkin roll, cinnamon rolls, cookies, eggs

NEW! - Sweet Nuthins Candies – cupcakes, cakes, bars, assorted candies

Tree of Life Farm – organic produce, oyster mushrooms, sprouts, crackers, sprouted bread

Walk Wisniewski – bay tree seedlings, herb plants

Donna Weidert – wide variety of quick breads

The vendors appreciate the Winter Market, too. Carol Ann Kruse (Kruse Farms) is grateful for the opportunity to sell their eggs and vegetables after the summer market ends. She also mentions the social aspect of Winter Market. "For the people shopping as well as the vendors it is a time to relax and meet and greet old friends. In the summer they might, say 'Hi' and move on as everyone is always in a hurry. At the winter market they have more time and can talk with those old friends, and I as a vendor have more time I can talk with my customers and get to know one another."



Coordinator, points out: "The winter market is a great way to continue to access healthy local foods year round in Dubuque."

If you would you like to help at market there are a number of easy ways to do just that. Donate your clean egg cartons, shopping bags and canning jars when you come down to shop the market, our vendors can re-use them. Of course, shop the Winter



shoppers. And naturally, spread the word! Tell others about Winter Farmers' Market.

The Dubuque Winter Farmers' Market is a volunteer-run project sponsored by The Four Mounds Foundation, Colts Drum & Bugle Corps, and Premier Bank.

Stay up to date of market activities at facebook.com/DubuqueWinterFarmersMarket, "LIKE" em too!

So if you're a fan of the summertime Dubuque Farmers' Market, but haven't discovered the Winter Market yet, stop by the Colts Building next Saturday morning. As Cori Burbach, the city's Sustainable Community

Farmers' Market every week. Keep your dollars local for a healthy Dubuque economy. Help farmers diversify their skills. They gain marketing and business experience from your inputs. Bring a friend who has never shopped at Farmers' Market before. Volunteer to help by contacting Paula at neuhaus.paula@gmail.com. We need people to help vendors unload, table set up and tear-down, and greet



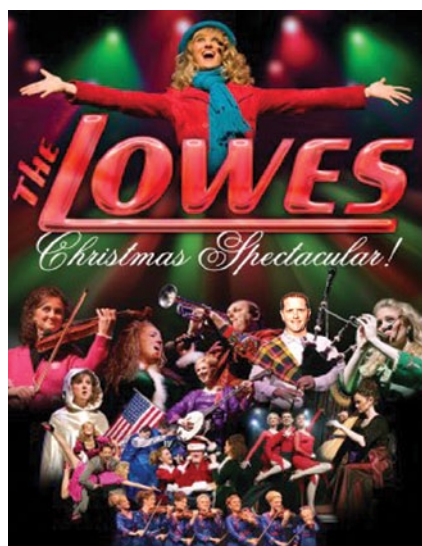
Nobody Beats a Dubuque Auto Plaza Experience.



The Christmas Schooner November 16-25 The Grand Opera House

The beloved holiday musical The Christmas Schooner docks at the Grand Friday November 16th to open a holiday season of wonderful family entertainment. The Christmas Schooner is based on the true story of the Rouse Simmons, a Great Lake schooner whose captain risks life and limb to transport fir trees from Michigan's upper Peninsula to Chicago's German immigrants during the late 19th century.

Remaining Grand performances will be November 23-24 at 7:30 pm and November 25 at 2:00 pm. The Grand has just completed installation of a great new ticketing system that gives you a much better view of seating availability and offers incentives to print your tickets at home. Plus, parking is free in the Iowa Street ramp courtesy of A.Y. McDonald Mfg.



The Lowe Family Christmas Spectacular Friday, November 30, 7:30 p.m. The Grand Opera House

The Lowe family returns to the Grand Opera

House direct from Branson & Nashville with an outstanding family musical attraction, The Lowes Christmas Spectacular, on Friday, November 30th at 7:30 p.m. Tickets are \$25 for adults and \$15 for anyone under 21. Tix at www.thegrandoperahouse.com.



Home for the Holidays Bell Tower Theater November 30 - Dec 16

The Bell Tower Theater, your hometown theater, is pleased to announce the final play of its 2012, 10th Anniversary Season, the Iowa premiere of the new comedy, Home for the Holidays by Landon Scott Heimbach & Elizabeth McClain, directed by Bell Tower Theater Artistic Director Sue Riedel.

A nice young couple settle in for a cozy Christmas together in their New York apartment. No pressure, no parents. Especially her parents, who don't know they're living together... or that she even has a boyfriend, or that he's Jewish while she's not. It would be a beautiful Christmas if her parents don't show up; it'll be a funnier Christmas when they do!

The production stars Bell Tower Theater veterans Britni Farber, Tom Resnick, Scott Schneider, Christine Sikula, Patti Giegerich and Vince Williams along with newcomer to the BellTower stage Tom Eckerman.

The Bell Tower Theater is conveniently located in Fountain Park at 2728 Asbury Road in the city's vibrant West End just minutes from both Highway 20 and the Northwest Arterial. Performances are Thursday evenings at 7:30 pm, Friday and Saturday evenings at 8 pm, and Sunday afternoons at 3 pm from November 30 to December 16, 2012. November 30 & December 1 are the Early Bird Special

performances, tickets are just \$9.50. Tickets for all other performances are \$19. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For information and to purchase tickets call 563-588-3377 or visit us online at www.belltowertheater.net.



'Tis the Season December 1 at 7:30 p.m.

Loras College, St. Joseph's Library
Join the members of The Guild of Saint Genesius when we celebrate Christmas with outstanding tales of the season as we recreate a "live" radio broadcast from the 1940s. Capture the spirit of the season and the joy of the holidays as you enjoy many classic Christmas stories such as "A Christmas Carol," "The Night before Christmas," and "The Twelve Days of Christmas." A fund raiser for the Guild of St. Genesius, Loras' honorary theatre society. Student Admission, \$2, General Admission, \$6.



The Holly Ball Sunday, December 2, 5-9 p.m.

Dubuque County Fairgrounds Ballroom
From 5:00-9:00 p.m. at the Dubuque County Fairground's Grand Ballroom, 14583 Old Hwy Rd., enjoy this big band ballroom dance featuring music by Hunter Fuerste and his American Vintage Orchestra. Tickets are \$22 in advance or \$27 after

November 28 and at the door. Includes a delicious appetizer buffet and a night of dancing. Call (563) 588-1406 to order by phone or stop in the Fair Office.



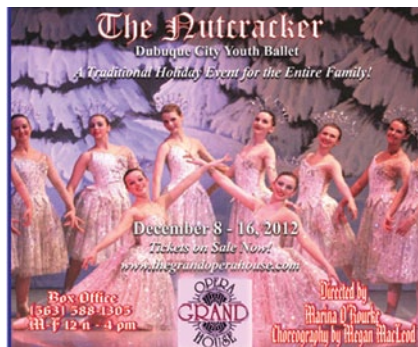
Mannheim Steamroller Christmas Thursday, December 6, 7:30 p.m. Five Flags Center Arena

Start planning your Christmas Holiday! Mannheim Steamroller's annual holiday tour will begin November 15 and continue with 90 performances through December 30. This is our 27th year for the Christmas tour and we are still being met throughout the country by sold-out audiences. Last year the Mannheim Steamroller tour was among the top 20 concert tours in the nation! We are so grateful for your lasting support -- and look forward to spending holiday time with you this year! Ticket Prices: \$75* \$55* \$45* Group rates available for groups of 15 or more.

Holiday Grande 2012 Five Flags Theater December 8, 2:30 PM, 7:30 PM

Jim's annual "Holiday Grande" concert tour has become a must-attend tradition for thousands of families each Christmas. The spectacular holiday stage production includes Jim at the grand piano, his 15-piece orchestra, a cast of singers and dancers, elaborate sets and costumes and the true spirit of the season. In 2010, Jim was honored by the legendary piano maker, Steinway & Sons, naming him to its worldwide artist roster. Box Seats \$37, Main Floor & Front Balcony \$32, Balcony \$29 (Facility fees may apply). Group Rates available, call Five Flags Box Office 563-589-4258.





The Nutcracker December 8-16

The Grand Opera House

The Dubuque City Youth Ballet presents an annual holiday tradition for the entire family directed by Marina O'Rourke and choreographed by Megan MacLeod. Tickets are on sale at www.thegrandoperahouse.com.



Senior High Madrigal Dinner December 8-9, 6 p.m.

Masonic Temple

The Dubuque Senior High School Madrigal Dinner will take place at the Masonic Temple Saturday, December 8 and Sunday, December 9 (with a Monday, December 10 inclement weather alternative date.) Hors d'oeuvres will start at 6:00 p.m. with dinner seating starting at 6:30 p.m. Tickets are \$28.00 and available by calling the Dubuque Senior High School office at (563) 552-5500 or online at www.seatyourself.biz/dubuque. For more information about the dinner, contact Chris Marple at

(563) 552-5605. For more information on the DSHS Music Department, visit www.senior.dubuque.k12.ia.us under "activities" and "performing arts."



For a Blessed Christmas December 8, 7:30 p.m.

December 9, 2 p.m.

Sacred Heart Chapel, \$10

Clarke University, Sacred Heart Chapel

Staged in the beauty of Clarke's Sacred Heart Chapel, "For a Blessed Christmas" is a moving portrayal of the Christmas story through an exciting mix of narration and musical performances. This holiday tradition is a favorite in the Dubuque area and features performances by each of Clarke's vocal and instrumental ensembles. Reservations will be available closer to the event by calling 563-584-8642.



A Leahy Family Christmas December 9, 7:30 p.m.

With a CD that went Platinum reaching number four on the Billboard World Music Charts, the Leahy family is a Canadian triple-threat of fiddle-driven music, dance, and vocals augmented by keyboards and percussion. Their music combines the influence of their Irish and Scottish roots with new sounds from a variety of musical genres.



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Artie Shaw Orchestra - Sunday, March 10

The Red Head Express Saturday, April 20

Rave On! - Saturday May 18th

Four Bitchin Babes - Saturday, Sept. 7

Maggie May - Saturday, October 12

... and more to come!

CLOSE TO YOU
the music of the Carpenters

Saturday, November 24th @ 7 PM
Tickets: \$22/\$25, Students: \$13/\$15

Singer and playwright Lisa Rock has compiled a moving tribute to the music and life of Karen Carpenter, and brings it to the stage with her 6-piece backing band performing hits like "We've Only Just Begun" and, of course "Close to You".

NEW YEARS EVE
December 31/2012 7:00 pm
Proudly Presents

TRIBUTE TO THE LEGENDS

Featuring the acts of Buddy Holly, Richie Valenz, the Big Bopper, Marilyn Monroe, Dolly Parton, Sonny & Cher, Freddy Fender & The Drifters own #1 hits "I Know" and "Louisiana Blues"!

Hypnotist Jim Wand
(Adult Show) Must be 18 to attend!
Saturday, January 26, 2013
Cocktails, 6 P.M. / Show, 7 P.M.
Tickets \$22 (Adv.) / \$25 (Door)

Dr. Jim Wand is considered to be one of the top hypnotic entertainers in the world today. The volunteers, as well as the audience, will long remember the fun and laughter of this unique entertainment experience.

THE NUTCRACKER

Dubuque City Youth Ballet
Heartland Ballet

Directed by Marina O'Rourke; Choreography by Megan MacLeod

7:30 pm Dec 8, 14, 15

2:00 pm Dec 9, 16

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

TICKETS:

\$12 UNDER 21

\$18 ADULTS



Christmas In Ireland The Grand Opera House Monday, December 10, 7 p.m.

Tony Kenny, star of Jury's Irish Cabaret bring Ireland longest running show to the Grand Opera House stage for the holiday season on Monday, December 10, at 7 p.m. The show also features George Casey, Ireland's kind of blarney, Kathy Durkin, Ireland's three time female recording artist of the year, plus the Dublin Trinity Band and, of course, Jury's Irish Dancers. Details and tickets are available online at www.thrgrandoperahouse.com.

We Remember Christmas Saturday, December 22, 7:30 p.m. Sunday, December 23, 2 p.m. The Grand Opera House

The Grand Pops Orchestra directed by Paul Hemmer perform 20 Christmas favorites with acclaimed pop standards sensation, Peter Osprisko (pictured at right), Tickets \$20/\$12 at www.thegrandoperahouse.com.



Silver Bells & Diamonds Saturday, December 29, 7:30 p.m. The Grand Opera House

A yuletide rock & roll revue starring Santa's favorite helpers, The Diamonds doin' rockin' X-mas tunes like Jingle Bell Rock and Rockin' Around the Christmas Tree, and of course, their seminal hit, Little Darlin'. Tickets are \$45 and includes champagne and desserts at intermission. Visit www.thegrandoperahouse.com.



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St. Mark's Community Center Jingle Bell Hop Sunday, December 9, 1-4 p.m.

For many years now, Dubuque365 has been involved with St. Mark's Community Center's Jingle Bell Hop, a children's dance held at the Dubuque County Fairgrounds. Designed to be a fun, interactive, festive afternoon of joy for area youngsters, many of whom are underprivileged, I assure you it is exactly that. The ballroom is simply teeming with wired up kids having a blast, dancing, bouncing in the giant inflatables, getting balloon animals made for them, painting their face, picking up goodie bags, doing arts and crafts, enjoying cookies and punch and so much more. It's some kind of controlled chaos that really isn't as chaotic as it sounds. It's really quite fun to watch. These kids are having a blast and it's all for a great cause. SMCC is grateful to Prudential for their support of this year's Jingle Bell Hop, as well as other great business partners who play a key role.

This year 365 and Walgreens are teaming up to take the photos with Santa opportunity to a new level. Every year 365ink has been there to take every child or family's photo

with the jolly fat man and then post the photos online for everyone to download for free. This year, not only can you still download your photos for free from the Dubuque365 Facebook page (www.facebook.com/dubuque365), but you can also visit Walgreens at JFK and Dodge (the one on Highway 20) starting the Tuesday after the event and pick up your free 4x6 photo of the kids with Santa. Plus, you then have the option to also order additional and larger prints of the keepsake photos to share with Grandma.

The cool crew from Queen B Radio will also be spinning the tunes for the kids to dance together and take part in awesome participation events on the dance floor. There's basically something different and fun happening in every corner of the Dubuque County Fairgrounds Ballroom.

This year's event will take place at the Dubuque County Fairgrounds Ballroom, Sunday, December 9 from 1 p.m. to 4 p.m. There will also be raffles of cool toys and more! Cost is \$2 per person with advance ticket (please note, families only need one ticket, no need to have one for each individual). Otherwise, without the ticket the cost is \$4 at the door. All of the kids get great goodie bags. Tickets are available after Thanksgiving at Molo Big 10 Mart's, St. Mark's Community Center, and your child's school. All funds received from this event will be used in support of St. Mark's Community Center programs. For more information call 563-582-6211 ext. 100.

Harlem Globetrotters Five Flags Center Arena December 30, 2 p.m.

Your family's smiles will begin before you even get to the show as the Harlem Globetrotters 2013 "You Write the Rules" World Tour takes kid participation to a whole new level. For the first time ever, fans will decide the rules for the game that could affect the final outcome. Vote for your favorite, craziest rule now at www.harlemglobetrotters.com, then see the winning rules implemented live into Globetrotter basketball. After the game, Globetrotter stars remain on court for autographs and photographs with fans (subject to availability).

Before the game, take part in a once-in-a-lifetime experience with your family where you get to actually spend time on the court with the Globetrotters – shooting, trying out ball tricks, autographs and photos! The unique 30-minute pre-show, "Magic Pass," will create

memories of a lifetime.

All customers must have a game ticket AND Magic Pass for entry. Magic Pass sold separately. Soft/rubber soled shoes must be worn on court. All Seats are reserved and ticket prices are \$69, \$40, \$30, and \$21. Ticketmaster and facility fees apply. Learn more online at www.harlemglobetrotters.com.



www.Dubuque365.com



The 3rd Annual Theisen's Stuff the Truck event to benefit Marine Corps Toys For Tots returns Saturday and Sunday, December 8th and 9th. Radio Dubuque will supercast live from all of their stations at the Dubuque Theisen's while shoppers take advantage of their annual toy sale (or bring in a toy). Santa will greet kids at noon until 2 p.m. and word has it, the Dubuque area's newest Marine Corps recruits will be on hand to assist in the days events as will the Boy Scouts of Dubuque. Theisen's is a WONDERFUL supporter of Toys For Tots. You should be a WONDERFUL supporter of this Dubuque based, locally owned business and stop by that weekend to buy something on sale for a local child and a few nice things for yourself and your family while you are at it.



Every year since 1946, the Marine Corps Reserver Toys For Tots Programs has brought the hope and joy of the holiday season to millions of children and families across America, and Dubuque is once again proud to be a strong part of that effort.

After being recognized as one the best run among over 700 Toys For Tots efforts nationwide in 2011, the Tri-State Toys For Tots program is already full steam ahead for 2012, but it is up to you to make the effort a success once again. The goal is to fully support the needs of over 5,000 children in Dubuque County, IA, Grand County, WI, and

Jo Daviess County, IL.

Keep an eye out in your favorite local retailers for official Toys For Tots donation bins. Plus, look and listen for more information on local special event supporting Toys For Tots including the awesome Teddy Bear Toss with Santa Claus at the Dubuque Fighting Saints game on Friday, December 14th.



You may also choose to coordinate a toy drive inside your workplace. Check Dubuque365.com or 365ink for updates on Toys For Tots events as they come together. You can also keep up with local toys drive events and more on Facebook.com/DBQToysForTots. Information about the Marine Corps Reserve Toys For Tots Charity as well as online donations can be made at www.toysfortots.org. All donations stay local and cash donations are tax deductible.

Locally, Toys For Tots serves children and families through the many agencies that serve those families year round and does not serve families directly. For more information of running a toy drive in your business, school or neighborhood, or about the program in general e-mail bryce@dubuque365.com. Inquiries for receiving toys must go through local social services groups such as the Salvation Army, the Grant County Holiday Project or the Dept. of Human Services. GIVE HOPE this holiday season, and Semper Fi!

www.Dubuque365.com



Now Showing @ MINDFRAME
Friday, Nov. 23 - Thursday, Nov. 29

Red Dawn (PG-13) No Passes Allowed
Fri - Thu: (11:05 AM), (1:00), (3:00), (5:00), 7:30, 9:40

Rise of the Guardians (PG) No Passes Allowed
Fri - Thu: (11:00 AM), (1:05), (3:10), (5:15), 7:20, 9:30

Skyfall (PG-13) No Passes Allowed
Fri - Thu: (11:10 AM), (1:50), (4:30), 7:15, 9:55

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

The Twilight Saga: Breaking Dawn - Part 2 (PG-13) No Passes Allowed
Fri - Thu: (11:30 AM), (2:00), (4:35), 7:00, 9:45

Flight (R) No Passes Allowed
Fri - Thu: (12:00), (3:30), 6:50, 9:30

Wreck-It Ralph (PG)
Fri - Thu: (11:20 AM), (1:35), (4:10), 6:45, 9:00



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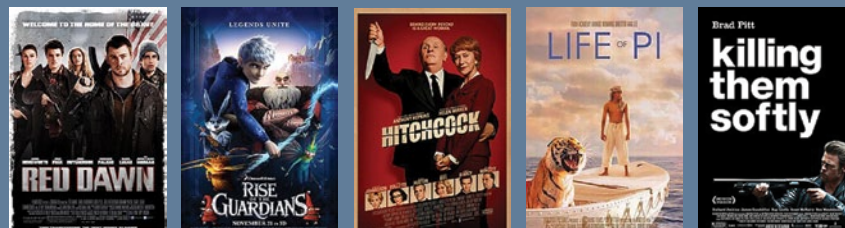
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In **Red Dawn (PG-13) NOV 21**, a city awakens to the surreal sight of foreign paratroopers dropping from the sky as the U.S. has been invaded and their hometown is the initial target. No way this can be as good as the original which I've seen 147 times. **Rise of the Guardians (PG) NOV 21** is an epic adventure that tells the story of a group of heroes - each with extraordinary abilities. When an evil spirit known as Pitch lays down the gauntlet to take over the world, the immortal Guardians must join forces for the first time to protect the hopes, beliefs and imagination of children all over the world. **Life of Pi (PG) NOV 21** Director Ang Lee creates a groundbreaking movie event about a young man who survives a disaster at sea and is hurtled into an epic journey of adventure and discovery. **Hitchcock (PG-13) NOV 23** is

a love story about one of the most influential filmmakers of the last century, Alfred Hitchcock and his wife and partner Alma Reville. The film takes place during the making of Hitchcock's seminal movie **Psycho**. **Ex-Girlfriends (Unrated) NOV 28** is a comedy about three New Yorkers struggling to uncover the truth behind their romantic entanglements. **Killing Them Softly (R) NOV 30** Three dumb guys who think they're smart rob a Mob protected card game, causing the local criminal economy to collapse. Brad Pitt plays the enforcer hired to track them down and restore order. **The Collection (R) NOV 30** When Elena's (Emma Fitzpatrick) friends take her to a secret party at an undisclosed location, she never imagined she would become the latest victim of The Collector, a psychopathic killer.



THE BUZZ

New Lucasfilm head Kathleen Kennedy tells the crew she plans to produce 3-4 films per year, a big change considering they average 4 per decade now. One of the first will, of course, be Star Wars Episode VII, picking up with the characters from the first trilogy. Mark Hamill and Carrie Fisher are reportedly confirmed to be attached (like they were busy doing anything else) and Harrison Ford has basically said he's in. So now we wait to see if they can redeem the series. No word on whether they will play significant roles or just show up to pass the torch to the next generation.

British screenwriter/director/playwright Jez Butterworth—who last wrote the biographic Naomi Watts thriller *Fair Game*, has now earned the honor of adapting the timeless man-against-nature tale of crude ship shooting crude rocks, *Asteroids*. Yes, as in the very old Atari video game.

The Steve Jobs film Aaron Sorkin (Not the Ashton Kutcher movie) is doing still doesn't have a director or star attached, but it does have a structure, taking place over just three scenes, all of which will occur backstage prior to one of Jobs's big product launches; the Mac, the launch of NeXT after he had left Apple, and the the iPod. Sounds interesting.

With Universal's plans for a *Twins* sequel—*Triplets*!—still somehow real, the studio has hired on writers to carry their vision beyond the "now Eddie Murphy is also a sibling" phase with *The Book of Mormon*'s Josh Gad and Ryan Dixon signed on to hopefully make it not be terrible

Continuing a relationship with Tom Cruise that began with 2008's *Valkyrie* and continues with *Jack Reacher*, Christopher McQuarrie is reportedly in line to take over directing duties on the next *Mission: Impossible*.

Budweiser

TRI-STATE LIVE MUSIC

Thanksgiving Eve Wednesday, November 21

Laura & The Longhairs
Northside Bar, 3 PM

Ken Killian Jazz Quartet
Riverboat Lounge, 5 PM

Acoustic Jam with Lenny Wayne
Cornerstone, 6 PM

Johnnie Walker
Galena Brewing Co., 7:30 PM

Laughing Moon Comedy
Jack Wilhite
Mississippi Moon Bar, 8 PM

Tami & The Bachelor
Mystique Casino, 8 PM

Randy Rogers
Keil's Tavern, 8 PM

Mr. Obvious, Platteville VFW, 8 PM

Mississippi
Murph's South End Tap, 9 PM

Mama Bird, Spirits, 9 PM

Open Mic with Dave & Cricket
The Lift, 9 PM

Bad Habits
Six Shots 'til Midnight
My Brother's Place, 9 PM

Pash N Brew, Northside Bar, 9 PM

The Midnight Ramble
Bronco Inn, 9 PM

Brown Bottle Bandits
Dirty Ernie's, 9 PM

Buzz Berries
County Line, Zwingle, 9 PM

Crystal Leather
Sandy Hook Tavern, 9 PM

Hot Mess, Coe's, Bernard, 9 PM

Thanksgiving Thursday, November 22

Dueling Pianos
Mississippi Moon Bar, 8 PM

Dert Bagz
The Cornerstone, 8:30 PM

Armstrong Clawhammer
Sandy Hook Tavern, 9 PM

Friday, November 23

Johnnie Walker
Stone Cliff Wine Bar, 7 PM

Rosalie Morgan
Timmerman's, 7 PM

Frankie Lee, Richard Wiegel
& Tom McCarty
Galena Brewing Co., 7:30 PM

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

Johnny Trash
Mississippi Moon Bar, 8 PM

Keith Lenart
Mystique Casino, 8 PM

Tapestry
Spirits, 8 PM

JJ Schmitz
Asbury Eagles Club, 8 PM

The Lonely Goats
Grape Escape, 8 PM

Denny Garcia
The Cornerstone, 8 PM

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

David Zollo & The Body Electric
The Lift, 9 PM

BlackWater Gin
Sandy Hook Tavern, 10 PM

Saturday, November 24

Johnnie Waker, Grape Escape, 2 PM

Marques Morel
The Cornerstone, 12:30 PM

Blue Willow
Stone Cliff Wine Bar, 7 PM

Country Tradition
Mooney Hollow Barn, 7 PM

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

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

Club 84: Rock of Ages Night
Mississippi Moon Bar, 8 PM

Keith Lenart, 8 PM
Full Code, 9:30 PM
Mystique Casino

For Those About To Rock
Northside Bar, 8 PM

Missbehavin'
Dubuque Driving Range, 8 PM

Steve Grismore Jazz Trio
The Cornerstone, 8 PM

Justin Morissey & Friends
Grape Escape, 8 PM

Kampfire Kings
New Diggings
General Store, 8 PM

Melanie Sue Mausser
Monk's Kaffee Pub, 9 PM

Daymoths, Fire Sale,
Nate Jenkins Band
The Lift, 9 PM

Kevin Beck &
Johnnie Waker
Spirits, 9 PM

Zero 2 Sixty
Jumpers, 9 PM

Hot Mess
Denny's Lux Club, 9 PM

Pash N Brew
Shenanigan's Pub, 9 PM

Jabberbox
Dirty Ernie's, 9 PM

Taste Like Chicken
Sandy Hook Tavern, 10 PM

Sunday, November 25

Open Mic with Lenny Wayne
Galena Brewing Co., 1 PM

Fever River String Band
Council Hill Station, 1 PM

Snek Peek
Whispering Bluffs Winery, 2 PM

Open Mic
The Cornerstone, 1:30 PM

Frank Busch
New Diggings
General Store, 3:30 PM

The Lonely Goats
Sandy Hook Tavern, 6 PM

Tuesday, November 27

The Odd Couple
Riverboat Lounge, 6 PM

Wednesday, November 28

Ken Killian Jazz Quartet
Riverboat Lounge, 5 PM

Acoustic Jam with Ryan Getz
Cornerstone, 6 PM

Laughing Moon Comedy
Pete George
Mississippi Moon Bar, 8 PM

Asley Buckhart Band
With Maureen Kilgore
Sandy Hook Tavern, 8 PM

Continued on page 20...



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Wednesday, 11/21 - Crystal Leather
Thursday, 11/22 - Armstrong Clawhammer
Friday, 11/23 - BlackWater Gin
Saturday, 11/24 - Taste Like Chicken
Sunday, 11/25 - The Lonely Goats
Wednesday, 11/28 - Ashley Buchart Band
With Maureen Kilgore, 8 pm
Friday, 11/30 - Enemies of Confusion CD Release



MODERN SUPERSTAR
With MC "Goat" from Full Throttle Saloon
Wednesday, December 5

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Every Wednesday: Burger, fries, & a beer - \$5.00! Plus \$1 Rum Drinks & FREE POOL!



LIVE MUSIC: SANDY HOOK

The Enemies of Confusion CD Release Party Friday, November 30 Sandy Hook Tavern

The Enemies of Confusion host a CD release party for their self-titled debut disc, Friday, November 30 at the Sandy Hook Tavern. Recorded with John Svec at Earthtone Recording Studio in Iowa City, the CD captures the rootsy, rock-n-roll sound of the band.

"It's a representation of what kind of band we are, I guess, and what kind of message we put forth and that's why it's self-titled," explained guitarist, vocalist and primary songwriter Brandon Duccini. In addition to Duccini, the Enemies of Confusion are Bill Carr on guitar, Tony Moline on bass, and Matt Vander Broek on drums.

Duccini describes EoC's music as somewhere between folk and punk rock. While that might seem a bit broad, both genres come from a tradition of no frills, do-it-yourself music making. "We're all fans of music but I don't think we try to copy any kind of thing," explains Duccini. "It's more of an approach where we're a bunch of people that get together

and play the way that we're capable of doing it and hopefully there's some sort of signature to that, there's some sort of a sound that comes out of that."

With roots that stretch back through the folk tradition and tap decades of American rock-n-roll with a patina of well-worn DIY punk aesthetic, The Enemies of Confusion has established that sound on their debut CD. "That's just how we sound," Moline offers. "We just plug in and that's what we sound like."



The Enemies of Confusion CD is available at Moondog Music, River Lights Bookstore 2nd Edition, and Outside the Line Art Gallery, online through the usual channels and at the band's live shows. Follow The Enemies of Confusion on Facebook and check out sample songs on Reverb Nation.



Black Friday Record Store Day Friday, November 23

Sure, you could shake off your turkey and gravy hangover and get up at the crack of dawn to wait outside some big box store hoping to get one of the limited quantities of sale items. Or you could start your holiday shopping at a locally-owned record store, celebrating independent music and buying local at the same time. Record Store Day is back with a "Black Friday" edition, November 23, so named for the first big shopping day of the holiday season, the day after Thanksgiving or "Black Friday."



Locally, Moondog Music in Wacker Plaza will be celebrating with a huge list of limited Black Friday special vinyl releases. While the list is just too big to print here, it features unique vinyl releases from Band of Horses to the Velvet Underground (alphabetically) with loads of gems in between (Beefheart, Biz Markie, Bowie, Dylan,

Dead, Dr. Dog, Merle Haggard, Wanda Jackson, both George and Norah Jones, Primus ... we could go on) some of which are limited reissues of classic records.

Now that's worth getting out of bed for. Just be cool driving, 'cause traffic is going to be crazy. For more info, call Moondog Music at (563) 583-7041. For more info

on Black Friday Record Store Day, visit www.recordstoreday.com.

LIVE MUSIC: *MONK'S, THE LIFT & OFF MINOR*

Hear In Now
Monk's Kaffee Pub,
Friday Nov 30 , 9pm/Free

HEAR in NOW is a collaborative trio performing primarily original jazz-tinged avant-classical compositions. The trio, originally brought together in the winter of 2009 by an Italian concert promoter for the WomaJazz festival in Salsomaggiore Terme, Italy, feeling a great sense of musical chemistry, have since kept the momentum going. Residing in three separate locales, the women

of Hear in Now bring together elements from their individual regions for a unique sound experience by exploring free improvisation along with through-composed pieces.

HiN is comprised of Mazz Swift (NYC) on violin/vocals, Silvia Bolognesi (SI, ITALY) on doublebass and Tomeka Reid (CHI) on cello. As individuals all three are active performers in the international music scene, having performed and/or recorded with William Parker, Anthony Braxton, George Lewis, Nicole Mitchell, Butch Morris, Vernon Reid, Burnt Sugar and Members of the Black Rock Coalition, Enrico Rava, Keiko Bondjeson and the Association for the Advancement of Creative Musicians. Hear in Now is released their first studio recording this past February with great reviews. Hear in Now perform on November 30 at Monk's Kaffee Pub FOR FREE. They are international musicians making international art in YOUR FAIR CITY, Dubuque, Iowa.

American Dust (cd release), Lee Bains and the Glory Fires, Kerosene Circuit **The Lift, Friday Nov 30 , 9pm/\$5**

Alabama rock n soul outfit Lee Bains and the Glory Fires make their Dubuque debut Friday Nov 30. The band has a few sounds, from moody well-crafted country rock to loose southern garage rock rave ups. The mix of those sounds allowed for the band to be signed to Dan Auerbach's Alive Records, where they sit pretty comfortably alongside James Leg, Black Diamond Heavies, etc. Bain's voice moves between soulful country gentleman to early 1970's drink swilling and chain smoking masters like Rod Stewart or Joe Cocker. American Dust, a local band who just finished up recording their debut cd, will release the disc on November 30 as well. The band is a tribute to Midwestern Americana and early 90's grunge, owing as much to Uncle Tupelo as they do Stone Temple Pilots. Songs about life in a river town and the hardships of growing older propel the songs into thoughtful rock n roll exercises. Kerosene Circuit, hard at work on their second record, will open the show. This show will start a little later so that folks can check out the Hear in Now show at Monk's and get over to The Lift for the rock n roll if they want to. I will be at both.

Bible of the Devil, Den of Vipers, Legal Fingers **Off Minor, Sat Dec 15 , 9pm/\$5**

A Bible of the Devil show is like a history lesson in heavy metal: the strains of a Black Sabbath riff to the twin leads of a Thin Lizzy song to the final eschewing of the blues by Judas Priest and Iron Maiden. Other bands fail at sucking off the 70s because they either attempt to emulate it too perfectly or because they try to modernize the sound. Bible of the Devil do neither. Instead, they come from the same places, the same lives as the aforementioned bands: booze, drugs, girls. Big cities, big parties, big problems. Of the rock and roll spirit and the heavy metal life, they are true originals. Not because they are something new, but because they are something gloriously real. Also playing will be the buzzsaw metal Chicago band Den of Vipers and the local party rock heroes Legal Fingers.



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TRI-STATE LIVE MUSIC

...continued from page 17

Thursday, November 29

Dueling Pianos
Mississippi Moon Bar, 8 PM

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

Friday, November 30

Okham's Razor
Grape Escape, 2 PM

Johnnie Walker
Timmerman's, 7 PM

Takin' The Fifth
Galena Brewing Co., 7:30 PM

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

ZZ-3: Tribute to ZZ Top
Mississippi Moon Bar, 8 PM

Jabberbox
Mystique Casino, 9 PM

Laura McDonald & Jeff Weydert
Spirits, 8 PM

The Legends
Dubuque Driving Range, 8 PM

Roy Schroedl
Grape Escape, 8 PM

Ken Wheaton
The Cornerstone, 8 PM

Here in Now
Monk's Kaffee Pub, 9 PM

Lee Baines & the Glory Fires, Kerosene Circuit, American Dust CD release, The Lift, 9 PM

Jabberbox
Mystique Casino, 9 PM

Chug Monkey
Northside Bar, 9 PM

Brown Bottle Bandits
Budde's, 9 PM

Buzz Berries
Dirty Ernie's, 9 PM

Bad Habits
The County Line, 9 PM

Two Guys, One Cup
Sandy Hook Tavern, 10 PM

Open Mic
Galena Brewing Co., 12 PM

Fever River String Band
Council Hill Station, 1 PM

Open Mic
The Cornerstone, 1:30 PM

Dubuque Symphony Orchestra
Five Flags Theater, 2 PM

Larry Michael
Wheel Inn, 2:30 PM

98 in the Shade
Sandy Hook Tavern, 6 PM

Monday, December 3

John Bellows
Monk's Kaffee Pub, 9 PM

Tuesday, December 4

Live Music
Riverboat Lounge, 6 PM

The Awful Truth
Monk's Kaffee Pub, 9 PM

Wednesday, December 5

Ken Killian Jazz Quartet
Riverboat Lounge, 5 PM

Acoustic Jam
Cornerstone, 6 PM

Laughing Moon Comedy
Gabriel Rutledge
Mississippi Moon Bar, 8 PM

Modern Superstars
With "Goat" from Full Throttle Saloon
Sandy Hook Tavern, 8 PM

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

Thursday, December 6

Dueling Pianos
Mississippi Moon Bar, 8 PM

Friday, December 7

Boots, Bill & Karen
Timmerman's, 7 PM

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

R&R Boogie Band
Galena Brewing Co., 7:30 PM

Boys Night Out
Spirits, 8 PM

Missbehavin'
Dubuque Driving Range, 8 PM

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

Joe & Vicki Price
The Lift, 9 PM

Northless, Aseethe, Poney
Off Minor, 9 PM

Pash N Brew, Northside Bar, 9 PM

Eugene Smiles Project
Sandy Hook Tavern, 10 PM

Saturday, December 8

The Wundo Band
Living Windows
Honest Johns, Galena, 4 PM

Blue Willow
Stone Cliff Wine Bar, 7 PM

Empty Pockets
Galena Brewing Co., 7:30 PM

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

Beatlemania Night
Mississippi Moon Bar

Nate Jenkins Band
The Cornerstone, 8 PM

The Safes
Grape Escape, 8 PM

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

Mighty Short Bus
The Lift, 9 PM

Mixed Emotions, Spirits, 9 PM

Six Shots 'til Midnight
Jumpers, 9 PM

Massey Road
Dog House Lounge, 9 PM

Jabberbox
Denny's Lux Club, 9 PM

Buzz Berries, Budde's, 9 PM

Boys Night Out
The County Line, 9 PM

Crude But Effective
Perxactly's, 9 PM

Renegade
Sandy Hook Tavern, 10 PM

Sunday, December 9

Open Mic
Galena Brewing Co., 12 PM

Fever River String Band
Council Hill Station, 1 PM

Open Mic
The Cornerstone, 1:30 PM

Johnny Rockers
Sandy Hook Tavern, 6 PM

Wednesday, December 12

Ken Killian Jazz Quartet
Riverboat Lounge, 5 PM

Acoustic Jam, Cornerstone, 6 PM

Laughing Moon Comedy
Michael Thorne
Mississippi Moon Bar, 8 PM

Thursday, December 13

Dueling Pianos
Mississippi Moon Bar, 8 PM

Friday, December 14

Wretches, Look I'm Burning,
Young Fantom
Off Minor, 5 PM

Rockapella
Mississippi Moon Bar, 6 & 8:30 PM

Johnnie Walker, Timmerman's, 7 PM

Crude But Effective
Galena Brewing Co., 7:30 PM

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

Bryan Popp & Corey Jenny
Spirits, 8 PM

Jordan Danielsen, Grape Escape, 8 PM

Paper Thick Walls, The Lift, 9 PM

The Horde, Chance in Hell, Dredge
Off Minor, 9 PM

Magnetos, Sandy Hook Tavern, 10 PM

Saturday, December 15

Aaron Alexander
Galena Brewing Co., 7:30 PM

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

Hairball, Mississippi Moon Bar, 8 PM

Artie & The Pink Catillacs
Dubuque Driving Range, 8 PM

Ronnie Vegas, Grape Escape, 8 PM

Bible of the Devil, Den of Vipers,
Legal Fingers
Off Minor, 9 PM

Half-Fast, Jumpers, 9 PM

Dertones, Sandy Hook Tavern, 10 PM

Sunday, December 16

Open Mic, Galena Brewing Co., 12 PM

Fever River String Band
Council Hill Station, 1 PM

Open Mic, The Cornerstone, 1:30 PM

Blue & Evil, Sandy Hook Tavern, 6 PM

Frank Rosaly, Off Minor, 9 PM

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MISSISSIPPI MOON BAR



Johnny Trash

Friday, November 30, 8 p.m.

A big free rockin' show on the biggest bar night of the year!



ZZ-3: ZZ Top Tribute

Friday, November 30, 8 p.m.

ZZ-3 is the baddest ZZ Top tribute band in the land. Their faithful recreations of ZZ classics from every era of the band's existence, convincing costumes, real beards, and spot-on stage show set them apart from other tribute acts. State of the art digital lights and sound, custom built drums and guitars along with lighted smokestack mic stands and a host of other props round out this outrageous stage show. From the swaggering Texas shuffle of 'La Grange' and 'Tush' to the bombastic electro-rock din of 'Legs' and 'TV Dinners', the ZZ-3 concert experience is sure to amaze, and also to satisfy your need for blues and boogie woogie! Ticket prices range from \$5-\$10.



Hairball

Saturday, December 15

A Tribute to 80's Rock Legends

Hairball is the world's ultimate "80's

All shows 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.

Rock" impersonation act, recreating the good-time party atmosphere of the decadent decade with unmatched authenticity. Hairball's unique dual front man assault, featuring veteran vocalist Bobby Jensen and Kris Voxx, sets the apart from all other "80's" tributes. Hairball also consists of guitarist "Happy," bassist Shawn "Sports" Pop and drummer Colt Python. Don't miss the most exciting re-creation of the greatest era in rock history.



Jim Wand

Friday, December 28, 7 p.m. & 9:30 p.m.

It's Master Hypnotist Jim Wand in a hometown show! Dr. Wand has worked with such greats as Larry The Cable Guy, Carrot Top, Jay Leno, the Chicago Bears and many more. Show times are 7pm and 9:30pm with \$10-\$15 tickets.

Pre New Year's Eve Party

Saturday, December 29, 9 p.m.

A practice count down at midnight with hats, horns, and a free toast at midnight!

Elvis Tribute: Bobby Simkins

Saturday, January 5

Bobby Simkins won our Ultimate Elvis Contest and now he's back to perform his show! Bobby is not so much an impersonator as he is an entertainer that happens to sound a lot like Elvis. He does not try to imitate Elvis Presley, but more pay tribute to his great voice and generous personality.

Taylor Mason

Saturday, January 12, 8 p.m.

Taylor Mason combines his ventriloquism, stand-up comedy and music into a sort of one-man variety show. He's a former Star Search grand-prize winner. Mason has won two "Family Entertainer of the Year" awards and has made television appearances on shows such as Evening at the Improv, Comic Strip Live, Caroline's Comedy Hour, and MTV Half-Hour Comedy Hour. Tickets run \$15-\$20.

Mick Foley (WWE Champ)

Stand-Up Comedy

Wednesday, January 16, 8 p.m.

Put your funny bone in the Mandible Claw!



Rockapella

December 14, 6 & 8:30 p.m.

With the wild success of the TV smash Glee there is clearly a hunger for exciting live vocal performances. Rockapella, a moniker that describes the group's artful meld of rock and a cappella, is one of the world's most sophisticated and lasting pop vocal groups. Rockapella's astonishing full-band sound includes no instrument or track, just five guys with microphones. The current Rockapella line-up features Scott Leonard, Jeff Thacher, George Baldi III, John K. Brown, and Steven Dorian. This line-up marks a regeneration of Rockapella whose talents cover a broad entertainment spectrum and are keenly focused on musical excellence.

The group is best known in the US as the innovative entertainers whose clever wit, shtick and tunes were the jet-thrusters for the 295 episodic voyages of the PBS kid-TV smash "Where In the World is Carmen Sandiego?" The show's theme song is still the group's most downloaded song. Over the decades Rockapella has evolved into a high energy concert performance troupe that travels the globe giving at least 80 concerts a year.

Dubuque Symphony Orchestra's 80's Movie Night @ Club 84

February 1, 2013
Put on your legwarmers and get out the hairspray because the Dubuque Symphony Orchestra is taking over Club 84. They'll take you back to the decade of MTV, Pac-Man and Rubik's Cubes, as well as unforgettable movies you can't help but love. Music director and conductor William Intriligator leads the symphony, joined by guest vocalists and a rock band, for a night of movie hits from the '80s including "Eye of the Tiger" from Rocky III, "Old Time Rock and Roll" from Risky Business, "Take My Breath Away" from Top Gun, and various songs from the movies Footloose and The Blues Brothers. Ticket prices range from \$15-\$35.

Winter Dance Party

February 2, 2013

The official live and authentic re-creation of Buddy Holly, Ritchie Valens and the Big Bopper's final tour and the only show endorsed by their estates.

CLUB 84 SPECIAL EVENTS!

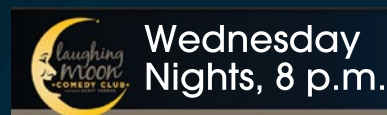
Nov 24: Rock of Ages Night

Dec 1: Cop Car Night

Dec 8: Beatlemania Night

Dec 22: Club 84 X-Mas Party

Dec 29: Pre New Year's Eve Party



Jack Wilhite

Wednesday, Nov. 21, 8 p.m.

Pete George

Wednesday, Nov. 28, 8 p.m.

Gabriel Rutledge

Wednesday, Dec. 5, 8 p.m.

Michael Thorne

Wednesday, Dec. 12, 8 p.m.

Mark Poolos

Wednesday, Dec. 19, 8 p.m.

Tom Arnold

Friday, Feb. 15, 8p.m.



Connie Jo's Place

by Rich Belmont

I suppose it was inevitable: Soul Food is now available in Dubuque! It's authentic and every bit as good as the Soul Food you get in the Deep South. OK, so right now you might be asking: what is Soul Food anyway?

You can say it is the cuisine of both African Americans and Native Americans residing in the Southeastern United States. These people do not have much money so it is necessary for them to use every bit of every pig or chicken and every part of every vegetable they can get their hands on. Cooks add onions, garlic, thyme and bay leaf as flavor enhancers and do a lot of frying and BBQ. Soul Food is often used to bring families together for celebrations. It is often said the cooks put their hearts and souls into it.

This is certainly true at Connie Jo's Place at the corner of Ninth and Iowa Streets in Dubuque. This modest and unpretentious restaurant was formerly called Chuck N Jo's and has been owned and operated by Connie Jo Miller for 6 years already. She is a native of Dubuque and hails from a well known family. Her aunt and uncle were the sponsors of Miller Riverview Park.

Connie Jo started her cooking career at a very early age. She learned the basics at Ms Pat's Wheelhouse in Dubuque. After 4 years she moved on to become the Head Breakfast Cook at Buttermilk Ski Resort and Lodge in Aspen, CO. She returned to the kitchen of Ms Pat's for 4 more years and then went to learn German cuisine at the Arthur House in Platteville, WI. Connie Jo wanted to develop skills in different regional cooking styles so she also studied Southern style cooking and Tex Mex at the Driskill Grill in the Driskill Hotel, the oldest hotel in Austin, TX. She was also a chef in Alexandria, LA where she learned to cook Cajun, Creole and Southern style. During her prestigious career she has cooked for numerous luminaries including Bo Derek, John Denver, Walter Payton, Lionel Richie and President Bill Clinton.

So it should come as no surprise Connie Jo's Place is now serving Soul Food. It's available all day Friday, Saturday and Sunday. To insure its authenticity Connie Jo persuaded JJ "Chef Soul" to come into her kitchen as Soul Food Chef. JJ (pictured at right with Connie Jo) is from the Carolinas but grew up in Manhattan. He was a chef at the Colletin River Plantation Golf Club in South Carolina where he cooked for Jack Nicklaus. He was also a chef for Sylvia Woods, the Queen of Soul Food, at her



restaurant in Harlem, New York. Sylvia's was established in 1962 and is famous for outstanding Soul Food.

To give you an idea of some of the treats in store for you on week-ends at Connie Jo's I have compiled a small list:

- BBQ Beef Ribs – These are tasty fall-off-the-bone beef spare ribs prepared with a homemade dry rub, baked 4 to 5 hours and covered with a root beer BBQ sauce. Pictured top of facing page with BBQ pork ribs and Mac N Cheese.)
- Catfish – Iowa farm raised filets are served just the way you like them: fried, baked or blackened.
- Hushpuppies – Balls of cornmeal batter are simply deep fried but they are so good!



Connie Jo's Place

890 Iowa Street, Dubuque, IA 52001

563-582-2705 •E-Mail: conniejospice@gmail.com

HOURS: Breakfast: Mon-Fri, 7 a.m.–2 p.m.,

Sat: 6 am –12:30 p.m., Sun: 6 am – 1 pm

Lunch: Mon – Fri: 11 am – 2 pm

Soul Food: Fri: 7a.m.–9 p.m., Sat: 4-9 pm, Sun: 1-7 p.m.

DINING STYLE: Come as you are **NOISE:** Conversational
RECOMMENDATIONS: Cinnamon Roll, Monster Omelet, Big D's, Biscuits Under Deluxe, Hot Beef, Blue Plate Specials, Carmichael Slammer, BBQ Beef Ribs, BBQ Chicken, BBQ Pork Ribs, Jamaican Jerk Chicken, Collard Greens, Okra, Mac N Cheese, Fried Chicken, Peach Cobbler

LIQUOR SERVICE: None

PRICES: Breakfast: \$2.19 - \$8.99, Lunch: \$2.29 - \$7.29

Soul Food: \$12.99 - \$20.99 (for 2)

PAY OPTIONS: Cash, Debit, Visa, MC, Discover, NO checks

ACCESSIBILITY: Front door, Restrooms. Proudly Accessible DBQ.

KIDS POLICY: Welcome! Menu, High Chair, Booster, Kids Room with TV

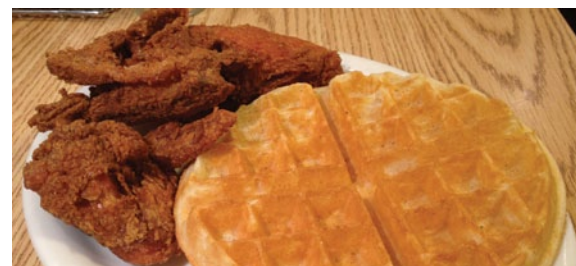
RESERVATIONS: Yes **CATERING:** Yes

TAKE OUT: Yes **DELIVERY:** No

PARKING: On Street & City Parking Garage



- Gumbo – A stew or soup consisting of a strong flavored stock with the "holy trinity" of celery, bell peppers and onions. Lima beans are added and the thickener used in this version is Okra. Chef JJ's gumbo is made with chicken and sausage.
- Jamaican Jerk Chicken – Jerk is a style of cooking where meat is dry rubbed or wet marinated with a hot spicy mixture.



In this restaurant your choice of either white or dark chicken is marinated for 24 hours in a homemade jerk sauce made from allspice, red onions, lemon, rum and habanera peppers. The flavor is unusual and pleasant and just a little on the hot side.

• BBQ Pork Loins – Baby Back Pork Loins are covered with a homemade hand rub and char-grilled.

• Jamaican Beef Patties – If you have never had these you need to try them. Pastry crusts made from coco bread (meaning it is derived from coconut milk) are stuffed with lean ground beef, onions, habanera peppers, and thyme and baked into turnovers.

• Mac N Cheese – The Connie Jo's style is shell macaroni baked with a blend of mild and sharp cheddar, mozzarella and provolone cheeses and covered with sharp cheddar sauce.

• Collard Greens – I am surprised by how good these greens are! The plant is in the same species as cabbage and broccoli and grows like kale. The dark green edible leaves have been a food source for over 2000 years. Chef JJ cooks them with smoked bacon and ham hocks or smoked turkey.

The word "collard" is actually the mispronunciation of the word "colewort" the ancient name for cabbage plant.

• Incidentally, all soul food dinners are accompanied by homemade cornbread. This is a good thing particularly when you are having collard greens. Cornbread is often used to soak up the collard broth containing meat juices. It's rich in nutrients and is delicious!



• Golden Plantains – These are a type of banana. They tend to be firmer and lower in sugar content than dessert bananas so they are usually cooked. Chef JJ simply slices and fries them.

• Okra – A common dish in the southern United States. Okra is a strange plant because it is cultivated for its edible green seed pods which are actually fruits. However, the fruits are harvested when immature and are eaten as a vegetable. When the pods are cooked they exude a goo or slime. Some people like them this way but most of us do not. So Connie Jo eliminates every bit of the goo by coating them with a dry breading and frying them only when they are ordered.

Soul Food lovers know after a wonderful meal of comfort foods dessert is in order. It's always a good idea to finish your Soul Food dinner with a dessert of the Deep South. The current menu has four of them and they are all very, very good!



First there is the Peach Cobbler. Connie Jo's version of this desert contains a batter placed in the bottom of a large baking pan. Then sliced peaches are placed on top of the batter. During baking the peaches sink through the batter and end up on the bottom of the pan. A cobbler never has a bottom crust! The Sweet Potato Pie is surprisingly sweet just like its name. Sweet potatoes are boiled, peeled and then mashed while warm. Then cinnamon, condensed milk, eggs and brown and white sugar are added. The mixture is baked in a pastry pie crust. The third dessert is Bread Pudding consisting of at least 4 different kinds of bread mixed with raisins, eggs, nutmeg and allspice then baked and drizzled



with caramel rum sauce. The fourth dessert is Banana Wafer Pudding. Layers of Nilla wafers and sliced bananas are topped with a cooked vanilla pudding.

With all this Soul Food to enjoy on week-ends it is easy to forget Connie Jo's is open every day for breakfast and lunch.

The prices are so low the copious amounts of food you are served is astonishing. With menu categories such as Piles, Buried Stuff, Steaks and Stuff and Plates it's wise to ask one of the knowledgeable and friendly servers, perhaps Stacey Rohner, Jenny Hough, or Ray Berry to help guide you.



Popular breakfasts are Big D's Pile (above) consisting of a huge mound of hash browns, scrambled eggs, cheese, bacon, sausage and ham, onions, green peppers and mushrooms. Also the BUD (Biscuits Under Deluxe): Baking powder biscuits topped with ham slices, bacon, choice of 2 eggs, cheese blend and sausage gravy served with grits, hash browns or American fries.



There is also a different breakfast special every day so you need to check the specials board. Recent specials were 2 eggs and ham steak, jerk omelet, chili cheese omelet and Southwestern benedict. This last one is like eggs benedict except the eggs are on biscuits instead of an English muffin and they are covered with sausage gravy instead of hollandaise.

The lunch menu contains many of your favorite items. There are sandwiches including French Dip, Fish, Pork T, Grilled Chicken, Bacon Cheese Burger and Ribeye Steak just to name a few. My favorite sandwich is the Carmichael Slammer. This is a specially seasoned tenderized beef patty served on a ciabatta bun with 2 slices of bacon, 2 slices of ham and Swiss and American cheese. I like to add lettuce, tomato and onion.

One of the more popular lunches is the Hot Beef Plate: old fashioned bottom round beef is slow roasted in-house and served with real mashed potatoes and gravy. Another popular one is the Meatloaf (below): a mighty loaf of straight ground beef mixed with croutons, seasonings, ketchup, French onion soup, eggs and au jus. It is also served with mashed potatoes and beef gravy.



Check the specials board at lunch time too. There is always a Blue Plate Special and they change daily. Sometimes the specials are regular menu items and sometimes they are not. Recent specials posted over several days were Tenderloin Beef Tips and Noodles, Spaghetti Pie, Scalloped Potatoes and Ham, Country Fried Chicken and Smothered Pork Chops.



It's always a good decision when you choose to end your delicious lunch with dessert. Connie Jo makes all her own pies and cookies. I asked her how she got to be such a tremendous pastry chef. She said she learned from a 72 year old master baker. I also asked her how she became so generous. She certainly is generous with her portion sizes and then there is her Baskets of Love Drive at Easter. She distributes over 2000 Easter baskets to children and more than 500 Easter pails to area nursing homes. Why does she do it? She simply responds it is her way of saying thank you to the community for supporting Connie Jo's Place.

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



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HOLIDAY SEASON
WITH BIG SAVINGS
AND A NEW LOOK!**

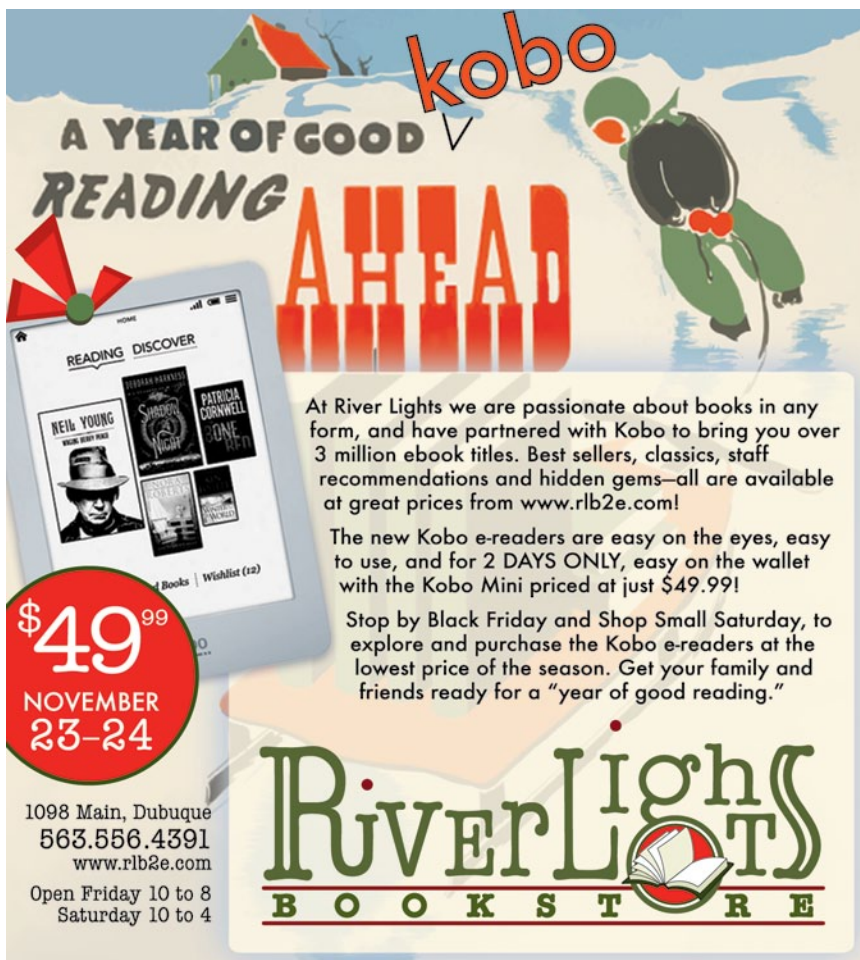
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Karl Garlow
Alda Kaufman
Sharon Krapfl
Ioana Mamali
Jessica McCarty
Rosemarie McCauley
Stormy Mochal
Dawn Pregler
Ann Reisdorf
Mike Reiss
Janai Robinson
Tracey Rush

The public is invited to attend the Art @ Your Library Special Holiday Show Opening Reception on Friday, December 7th from 5:30 - 8 p.m. The show features twenty local artists works plus the annual Christmas

Tree lighting ceremony at 6:30 p.m. Refreshments will be provided in the 2nd Floor Rotunda. Come celebrate the season and check out, and of course, purchase some incredible examples of the best in local art.



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"Carnegie-Stout Public Library is the first city-owned building to achieve this distinction, and the only public library in the nation to achieve this status while also being on the National Register of Historic Places. We are very proud," said Library Director Susan Henricks.

**Carnegie-Stout Public Library
Awarded Prestigious LEED®
Green Building Certification**

The Carnegie-Stout Public Library announced today that it has been awarded LEED® Silver certification in the Existing Building category, established by the U.S. Green Building Council and verified by the Green Building Certification Institute (GBCI). LEED

Carnegie-Stout Public Library achieved LEED certification for energy use, lighting, water, and material use as well as incorporating a variety of other sustainable strategies. By using less energy and water LEED certified buildings save money, reduce greenhouse gas emissions, and contribute to a healthier environment for residents, workers, and the community at large.

Dubuque Museum of Art Winter Exhibits

Opening Reception, December 7

Though the weather might be pleasantly warmer than normal, the calendar does not lie and the holiday season has arrived. To celebrate, the Dubuque Museum of Art presents three new exhibits, all by Dubuque artists: Inspired by Poets, a collection of paintings by Cynthia Nelms-Byrne, A City at Work: 1912 and 2012, by Tim Olson, and an exhibit of prints from Hohn Bissell's Animal Series Lithographs. A free opening reception for the exhibits is scheduled for Friday, December 7 from 5:30 to 7:30 p.m.

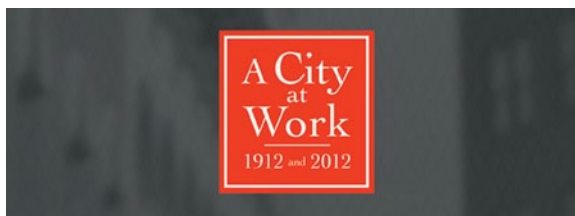


Cynthia Nelms-Byrne: Inspired by Poets

November 9, 2012 – March 17, 2013

Dubuque artist, Cynthia Nelms-Byrne presents her newest collection of paintings in the Dubuque Museum of Art's Kris Mozena McNamer Gallery through March 17, 2013. Nelms-Byrne drew inspiration from five of her favorite poets. Her main inspiration was singer-songwriter Leonard Cohen but also Billy Collins, Sara Teasdale, Kay Ryan, and Rebecca Christian. Using their lyrics and poems she created eight pairs of paintings, sixteen altogether – one realistic and one abstract, harmoniously coordinated through color and composition.

Nelms-Byrne was born in Denver, Colorado, and has also lived in Oregon, California, and Spain. For most of her life, she worked in the mortgage banking industry, but in 1989 she returned to school in California to further her education in graphic design and fine art. She has lived in Dubuque since 1995 with her husband Robert.

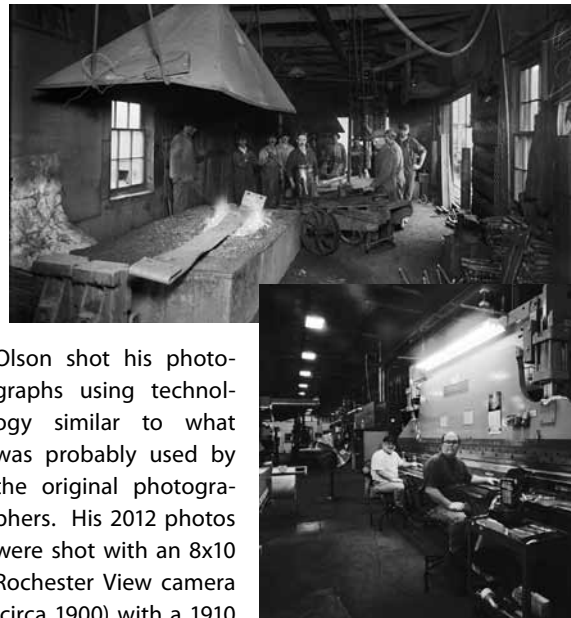


Tim Olson: A City at Work: 1912 and 2012 December 7, 2012 – March 17, 2013

Also a Dubuque artist, Tim Olson presents a collection of photographs that document the workers of Dubuque a century apart. Maybe better known for his paintings and prints, Olson tapped into his experience as a photographer to create A City at Work: 1912 and 2012. The exhibit collects new prints made by Olson



from the Klauer Collection – a series of glass negatives capturing Dubuque workers shot by two anonymous photographers in the spring of 1912 – and Olson's own photographs documenting Dubuque at work a hundred years later in 2012.



Olson shot his photographs using technology similar to what was probably used by the original photographers. His 2012 photos were shot with an 8x10 Rochester View camera (circa 1900) with a 1910 Wollensak Velostigmat wide-angle lens, matching the focal length of the lens used to shoot the 1912 photos. Not a direct shot-for-shot recreation, Olson selected 2012 scenes of Dubuque workers to update those from 1912, with subjects posing motionless for the long exposure required to create the negative. Originally planning to make new silver prints directly from the 1912 glass negatives in the Klauer Collection (now part of the collection

at the Center for Dubuque History at Loras College) Olson was forced by the fragility of the negatives to scan them and make digital prints. A City at Work: 1912 and 2012 presents both collections in one exhibit.



John Bissell: Animal Series Lithographs Currently on display

These bold lithographs are part of an animal series by local artist, John Bissell that were recently donated to the Dubuque Museum of Art by Dr. and Mrs. Robert Cairns. Done in pairs, one in black & white and one in color, Bissell represented eight different animals including an American Merino, a Mikumi warthog, Pacific walrus, moose, African hippopotamus, bull elk, sea elephant, and a Stone sheep. Four of the pairs are presented for the first time in this mini exhibition.

The Dubuque Museum of Art is open Tuesday through Friday from 10 a.m. to 5 p.m., Saturday and Sunday from 1 p.m. to 4 p.m. Regular admission is free through 2012, thanks to sponsorship by the local office of Prudential Financial. The Museum is located at 701 Locust Street in Dubuque. For more information, visit www.dbqart.com, or call the Museum of Art at (563) 557-1851.

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Class # 0200.405, Ages 3-5 years, Tuesday and Thursday, November 29 - December 6, 11 a.m. - 1 p.m. at the Allison Henderson Park Community Building, upper level. Fee: \$24

CRAZY COOKIN'

This program is designed to accommodate our chefs ages 3 through 5 years. It incorporates recipes, age-appropriate culinary skills, basic nutrition, literature, and movement into the class, paced for the preschool attention span. The curriculum is prepared by our staff and will be crazy and fun. Participants will love the opportunity to eat their own creations! We will introduce shapes, numbers, colors and other fun learning tools into our cooking...bring on the fun!

Class # 0200.418, Ages 3-5 years, Tuesday and Thursday, December 4 & 6, 9 - 10:30 a.m. at the Allison Henderson Park Community Building, upper level. Fee: \$20

FAMILY HOLIDAY WORKSHOP

Come join us for an afternoon of family fun and excitement. We will make scented holiday ornaments, crafts, and holiday snacks that will be sure to please even the biggest Grinch. This workshop will be fun of endless ideas

and opportunities for you and your family. Bring everyone and have a jolly old time! Adult must attend with child... no fee for adult participation!

Class # 0500.452, For families, Sunday, December 9, 1-3 p.m. at the Allison Henderson Park Community Building, upper level. Fee: \$7 per person.



Adult Open Volleyball

Tuesdays, 8:15 - 9:30 p.m.

Roosevelt Middle School

The Leisure Services Department is sponsoring an Adult Volleyball Open Gym Program on Tuesday evenings from 8:15 to 9:30 p.m. at Roosevelt Middle School (center court following women's leagues), 2001 Radford Road, beginning November 6th, 2012 through March 26th, 2013. Admission is \$1.00 per person. Please bring your own volleyball.

Family Open Basketball

Fridays, 7:15 - 9:30 p.m.

Roosevelt Middle School

The Leisure Services Department is sponsoring a Family Basketball Open Gym Program on Friday, November 30th from 7:15 to 9:30 p.m. at Roosevelt Middle School (south court), 2001 Radford Road through March 15th, 2013. Admission is \$1.00 per person. Please bring your own basketball. For further information, please contact the Leisure Services Department at 563-589-4263 or email us at parkrec@cityofdubuque.org.



Move over, Steve!
Do it yourself advice from
a new mom who knows how...

by Sara Carpenter
from Steve's Ace Home & Garden



With Black Friday upon us I am sure many of you are strategizing how to get the most 'bang for your buck' this holiday season. Or maybe you are like me and are trying to figure out how to avoid the lines this upcoming weekend. Either way, here are some helpful tips on how Steve's Ace Home & Garden can simplify your life during the busy holidays....

Bargains, Discounts and Deals.

Steve's Ace is offering CLUCK BUCKS this weekend, Friday, Saturday and Sunday. Purchases store wide qualify for Cluck Bucks, which are like 'free money' redeemable the following week. You earn \$5 for every \$25 you spend to then be redeemable November 28- December 4. In other words, you can buy your gifts this weekend and then treat yourself to something nice the following week!

Gift Giving for those buy for people.

Growing up with a Dad who owns a hardware store, I feel like I am an expert in shopping for those tricky people on your Christmas list. Here are some clever options to make your shopping easy breezy!

Gardener/ Outdoorsy person: How about the gift of life... in the form of a tree, that is! We can deliver a live tree or shrub or even make you a custom gift certificate for your loved one to spend in the spring. Also check out our extensive collection of wooden birdhouses. Maybe add it along with some seed in a beautifully presented gift basket from The Basket Shoppe at Steve's Ace?!

New Homeowner: Steve's Ace offers a one of a kind service called Garden

Coaching. We come to your new or existing home and offer you quality tips and suggestions on how to care for your existing plants or we can offer ideas on what to plant to make your new home even more beautiful!

New or expecting parents: SPROUT by Steve's Ace is now open and offers the areas most exciting and innovative baby products. From clever wooden toys to soft luxurious organic kimono style infant outfits, SPROUT has gifts that will stand out amongst the rest!

Sports Fan: Check out our cool selection of Collegiate Door Mats and MLB Grill Covers.



When all else fails Steve's Ace offers unique gourmet food and wine gift baskets that can be customized to fit any person on your list. With dips from Robert Rothschild, soups by Maggie and Mary, chai teas from David Rio and coffees from Fireside Coffee Co. you can't go wrong! We also offer local favorites like Monastery Caramels and Gramps Pickles.

WE DELIVER! Have friends, family or clients you would love to send a gift to but don't have the time to hand deliver it? Steve's Ace delivers throughout the Tri-States daily!

Need additional gift ideas? Stop by and see me at Steve's Ace Home & Garden and I would be happy to help you check off your gift giving list!

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Powerful Potatoes

with nutritionists
Megan Horstman & Amber Jaeger

Potatoes are one of the greatest nutritional values in the produce department. Potatoes are low-cost and packed with essential nutrients. Potatoes have more Vitamin C and potassium than bananas and apples. Known as a "starchy vegetable," potatoes can be considered a healthy carbohydrate and a nutrient-packed vegetable. A versatile vegetable, potatoes can be served for breakfast, lunch, dinner and snacks!



Potatoes are packed with vitamins and minerals, antioxidants and fiber. At about 30 cents a serving, potatoes eaten with the skin provide Vitamin C, potassium, vitamin B6, magnesium and fiber. In addition, they are free from fat, cholesterol and sodium. Sweet potatoes also provide beta-carotene, another powerful antioxidant. All that and no fat, cholesterol or sodium!

It is not the potato, but what you put on top that makes a potato a healthy or not-so-healthy choice. Alter your toppings to keep the potato low in fat, cholesterol and sodium. Try any one or a combination of the following toppings:

- Steamed broccoli, other veggies in olive oil
- Sliced green onions
- Parmesan cheese
- Plain Greek yogurt
- Low-sodium seasonings
- Light salad dressings – creamy Italian, Caesar
- Reduced-fat sour cream
- Salsa
- Guacamole
- Pesto sauce
- Marinara sauce
- Vegetarian chili

There is not just one way to cook a potato! Potatoes can be microwaved, baked,

broiled, boiled, roasted, mashed, layered, sautéed, stewed or added to scrambled eggs, soups and stews. Even leftovers can be used in wraps, salads or sandwiches.

3 Ways to Cook a Potato

Source: United States Potato Board
Baked - Conventional Oven Method:

Preheat oven to 450°F. Wash & dry potatoes. With a fork or sharp knife, pierce each potato two or three times. Place on cookie sheet or baking pan. Bake 50 to 60 minutes or until tender when pierced with a fork.

Microwave Method:

Wash and dry potatoes. With a fork or sharp knife, pierce each potato two or three times.

Place potatoes in a circle on a paper towel, leaving a 1-inch space between each potato. Cook on HIGH for 15 to 20 minutes or until tender when pierced with a fork. Turn once during cooking. Let potatoes stand for five to 10 minutes before serving.

Roasted

Scrub potatoes gently. Leave the skin on for more fiber. Cut into bite-sized pieces. Toss with olive oil. Put potato pieces in a shallow roasting pan or on a baking sheet. Sprinkle with salt, ground black pepper, chopped herbs or spices to taste. Roast in hot oven (375 to 425 degrees) until vegetables are tender and browned, about 30 minutes.



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Holistic Healing & Psychic Fair Saturday, December 1, 10a.m. - 5p.m. Grand River Center

Dubuque area holistic healer, 365 friend and all around nicest guy ever, Patrick Sterenchuk has gathered some of the best holistic and psychic experts from far and wide for a very special weekend by bringing Body Lab's Holistic Healing & Psychic Fair to Dubuque on Saturday, December

1, from 10 a.m. - 5 p.m. at the Grand River Center in the Port of Dubuque. Give guest speakers as well as over 30 vendors and practitioners will also be on hand including healing therapists, intuitive consultants, aura photos, crystals, stones and more. Enjoy free lectures, door prizes as well as gift bags for the first 25 guests. All that and admission is just \$5. Learn more in the ad above or visit www.bodylabusa.com.

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Black Friday Books

by bob gelms

We are publishing a day early this week because of the holiday so you will be reading this online on Wednesday instead of Thursday...but you don't know that yet so it is very likely you will be reading the hard copy on Black Friday. In a previous life I was a stock broker where Black Friday takes on a whole different and incredibly bad meaning. In any case I have some suggestions from past reviewed books you might like to consider for the book person or persons in your life.

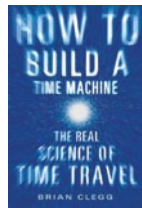
For those of you that like to be scared when reading fiction here cometh something to scare the wits out of you in real life especially if you live on the west coast of the USA. Jerry Thompson's new book, *Cascadia's Fault*; The Coming Earthquake and Tsunami That Could Devastate North America. Mr. Thompson has totally convinced me that he is correct. So much so that I called a friend of mine who lives in Seattle. I asked him if he read the book, he said no; I asked him if he is worried about earthquakes, he said no; I asked him if he has plans to read the book, he said no; I asked



him if he was going to move to a more secure part of the country, he said no. Now, I don't know about you but I think you just have to admire such heroic, blatant disregard for one's own safety because my friend and millions of people along with him are going to take it in the neck when the Cascadia Subduction Zone starts to rock & roll.

On to something a little more lighthearted and how to construct a time machine for fun and profit. Here is the easy answer. Have at your command an endless supply of money and an endless supply of power and I mean power in the area of a Quintillionquadragigajillion-mega-bazillion watts. Don't think Iowa Illinois Power... think worm holes...all you need then is some place to sit and a destination.

Brian Clegg can get you over the (PUNALERT) speed bumps in his new book *How to Build a Time Machine the Real Science of Time Travel*. It turns out that time travel is possible. We travel through time into the future at the rate of one second per second. Anyone traveling on the Concorde knows the feeling of arriving in New York two hours before you left London. You can travel into the past in your



memory which is a valid way to go but you can't change anything and if you are really in the past then it is in only a philosophic way.



Nathan Lowell's *Solar Clipper* Trader Tales his sci-fi 6 book series about the ordinary folks on an interstellar freighter is coming to a book store near you and what a long strange trip it has been. They started out as a podcast that your could access on the internet for free or, at least, a voluntary donation. They, then, were available in "E" form. I had the first four downloaded to my Kindle as a birthday present. Then a publisher picked them up and is offering them in hard copy form. The downloads, by the way, were only \$5 a piece, so, when they are all available electronically you should be able to get the whole series on your reader for about \$30.

Quoting Mr. Lowell's bio, "Unlike most works which focus on a larger-than-life hero (prophesized savior, charismatic captain, or exiled prince), Nathan centers on the people behind the scenes - ordinary men and women trying to make a living in the depths of space. In his novels there are no bug-eyed monsters, or galactic space battles, instead, he paints

a richly vivid and realistic world where the "hero" uses hard work and his own innate talents to improve his station and the lives of those of his community."

Having just finished with the national election, this book should be on everybody's list. I hate that this book had to be written. I am referring to *Throw Them All Out* by Peter Schweizer. The subtitle gives you a heads up; *How Politicians*



And Their Friends Get Rich Off Insider Stock Tips, Land Deals, And Cronyism That Would Send The rest Of Us To Prison.

I have never read a book on the government or its elected employees that infuriated me more than Mr. Schweitzer's book. He has done a great service to the American public in writing *Throw Them All Out*. We all now have a blueprint in concrete as to how we are being played for fools by the people we elect to Congress. He should get some kind of medal but he won't. Maybe his reward will be if everyone in the country reads this book and tries to do something about it. Buy this book. Read this book. It is an important book.

Well, that's it and from my house to yours Happy Holidays.

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The Great Outdoorsgirl?

by pam kress-dunn

As I write this, it's raining to beat the band. The temperature is falling, and all that's left on the maple tree outside my second-story window are bunches of brown and brittle seeds. It's my favorite kind of weather. I like my skies grey, although I don't tolerate the cold very well. Viewed from the warm indoors, I'll take a cold rain or raging blizzard any day, as long as I don't have to go out.

I wasn't always like this. Like many Iowans of a certain age, I grew up in a time when children were sent outside to play, and only tolerated indoors when it was time to eat or the temperature had plunged to minus-20. Outside, we made up stories using the tools at hand, which were mostly natural – trees, grass, acorns, fences, wildflowers.

One day at the "old" house, where I spent my preschool years, my friend and I discovered an amazing place, just a few blocks away. It was an abandoned lot, or maybe a house for sale. The yard had gone unmowed for so long, the grass was close to our height, and had literally gone to seed. Oh, what a wonder. We spent a whole day packing the grass down here and there, creating our own outdoor house, with all sorts of paths and walls, entrances and exits.

We couldn't wait to go back the next day. But to our dismay, some efficient grownup had run a lawnmower all over our handiwork, turning it back into just a plain green lawn again. Phooey.

When we moved to the northwest part of town, I made a new best friend, and spent days with Marti wandering all over creation, as my mom liked to say. This part of town was so new, I get nostalgic when I hear the sound of hammers and saws creating new houses. There was still a farm down the street, where we could feed grass to horses that came to the fence. There was even a creek running along the bottom of my street. Soon enough, the farm and the creek would disappear, with more new houses popping up where they had been, each of them festooned with a baby tree in the front and back yard, not ready to climb for years.

We still had our special place, beyond the developed world. It was just that, the outdoors beyond the houses, a place of dirt and wild daisies and a great big fallen tree we loved to play on. We named the tree The Dragon, and we called the whole place Up On the Hill. "Do you want to go play up on the hill?" one of us would ask nearly every summer morning, and the other would answer, "Of course!"

I don't recall what, if anything, we took with us. Probably nothing, which seems funny, now that I'm a woman who won't leave the house without a purse and, most often, an auxiliary bag weighed down with a beverage, a hat, and a snack. Maybe a notebook, too.

Back then, we were free as birds. We would enact stories, get tan without meaning to, collect rocks and weathered glass, wade in whatever water we found, and not go home until we

were hungry or ready to play with our Barbies.

Even at home, though, we mostly played outside. My dad had built a split-rail fence around our back yard, and sometimes Marti and I would put blankets on them, tie ropes around the uprights, and pretend they were horses. I loved to create tents, draping the quilts my mom and grandma made over the clothesline and lying down inside, reading or listening to my transistor radio as the breeze blew through the open ends.



Winter didn't keep us inside for long. There were forts to build and snowmen to stack and snowballs to stockpile for the next neighborhood battle. I have pictures of the igloo my dad helped us build, a structure that was oddly warm inside. We would take our sleds out to the alley or the street, where drivers knew to look out for us. (Sledding would have been easier if the city hadn't strewn the streets with cinders to give the cars some traction. These were the days before salt melted the snow like magic.)

My family spent weekends picnicking in the country, and summer vacation up at a lake in Minnesota. Digging in the sand, skipping rocks on the water – these little things are what we remember. My parents were rock hounds, mostly hunting for agates, and I felt like I'd won a prize the day I found my first one. Dad found a three-pounder once, and to this day, I wonder how he knew what it was. From the outside, it looks like any rock, but when he sliced a piece off one end, it revealed a dazzling secret inside. Just like a geode, those rocks contained wonders.

In the fall, everyone would rake and then Dad would set the pile on fire, back when that was legal. It's a smell that takes me so far back, I wasn't surprised when I heard of a chef who serves an autumn meal with a burning oak leaf for ambience. I'll bet the whole restaurant turned and sighed when that dish went by.

These days, I sometimes listen to recordings designed to help relieve headaches. My favorite one asks you to imagine a favorite place, and to pretend that's where you are. For me, the place may vary, but two things are always the same: I am a child, and I am outdoors. Relaxation follows like magic, every time.

8th Annual Diggs Christmas Auction

The New Diggs General Store and Inn
Saturday, December 8, 2012
 Silent Auction begins Friday, December 7th
 Live Auction at 4pm on Saturday the 8th

The 2011 auction raised a total of **\$8,400** and benefited the following:

- Hazel Green Food Pantry \$1700
- Shullsburg Food Pantry \$1000
- Benton Food Pantry \$600
- Benton School District Empty Stocking Fund \$500
- Tri-States Toys of Toys \$600
- \$800 College Scholarships
- Hazel Green Jennifer Ploggs
- Benton Jordan Weber
- Shullsburg Mitchell Cook
- Scales Mount Austin Lyne
- Cuba City Chelsea Steffen

Over **\$29,000** Since 2005!

There are many ways to help support the New Diggs General Store and Inn's 8th Annual Christmas Charity Auction. You can donate an unwrapped gift for the Auction by Thursday, December 6th, a perishable gift by Friday, December 7th, or you can simply show up for the Auction on December 8th and join in all the fun!

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mattitude

be yourself, improve yourself



A Warrior's Attitude

by matt booth

Do you have a warrior's attitude? A warrior possesses an attitude that guides his daily action. The warrior desires peace and stability so that his family may grow and prosper and his community may thrive. A warrior understands and accepts that life involves conflict and requires effort (lots of it). The warrior realizes that peace is not simply the absence of conflict but the presence of victory over those who would harm his family and destroy his community. He understands that his strength and arms are gifts from God and with these gifts come a responsibility. The warrior does not take this responsibility lightly.

A warrior prepares his mind and body for conflict. Life is full of conflict and hiding or denying this truth does not make conflict go away. This preparation requires sacrifice and difficult choices. While others are relaxing, the warrior is sweating and working. When conflict arrives at your door, the warrior is prepared. The edge of the finest sword will eventually dull if not honed properly. A warrior lives life a little more seriously than most, but at the same time lives life to its fullest. Are you prepared?

A warrior fiercely protects the quality of his own life, for if his life is in shambles, who will protect his family and community? The warrior values family and community and swears allegiance to their protection. They have the ability and will to fight to protect

the people around them. The warrior's reward comes from a deep sense of accomplishment and purpose, the smiling faces of his family and prosperity of his community.



Having a warrior's attitude means that you will stand for what you believe in. You know the difference between right and wrong and have the courage to choose right. This is why wars are fought. There is an injustice and the warrior wants a better way. Your mindset guides what you do and how you do it. Therefore, having a warrior mindset means having a positive focus about your mission and demonstrating the appropriate behavior to back it up. Being a warrior is not about war or the act of fighting. It's about an attitude and believing so strongly that you refuse to quit.

365 Wellness

Dr. Jack Hinderman,
Chiropractor
Family First Chiropractic

Preparing for the Holidays

As we approach the holidays we want to focus on presence. That isn't a typo. I'm referring to presence as in a state of being, rather than the typical presents that we think of this time of year which come wrapped up in fancy paper. If you are like most people you probably can't remember the long list of gifts you've received over the years. While we appreciate the gifts and the people who gave them to us, most of those gifts get lost in the shuffle with all the other stuff we accumulate over time.

However, can you remember a gift that did have a long lasting impact on you, either because it was something that you truly wanted or needed or it had deep personal significance? When you think of that gift does it remind you of the person who gave it to you? The true gift is the presence of the people that we love and that love us. Think about times in your life that you shared with someone special and what that time together means to you. Then take a look at your life now and the people in it. Are you doing what it takes to create those special moments with the people you care about in your life?

In our fast-paced society it is easy to lose track of the things that are most important, the things that are going to mean something when our eulogy is being read. People often throw out

the phrase, 'It's the quality of the time that matters, not the quantity'. Wrong, it's both.



You can spend all kinds of time with someone and never have a meaningful exchange. On the other hand, you can have some great moments that stand out as the exceptions to the rules of the relationships in your life. I suggest that we should try to combine quality and quantity and create truly meaningful relationships in our lives.

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers" ~ Thich Nhat Hanh

Take this opportunity to evaluate your relationships. If you find that you are not doing all you can to nourish those relationships, recommit to improving the quality and quantity of the time you invest in them. This year and going forward, make your presence your present.

Mattitude Improvement Tip

Stuff That Matters

I just moved my office from a bedroom in our basement to a nice downtown location. I want to work in a clean, organized environment where I can be efficient and find things easily. Having a place for my stuff and knowing where everything is helps me concentrate and be more productive. In an attempt to get more organized, I've tried to bring only the stuff that matters with me to my new office. If I can organize and keep organized the stuff that matters, I'll be much more proficient. It would almost be impossible and very time consuming to try to organize everything that I had in my old office. Do I really need the debate trophy from my freshmen year sitting on my desk taking up space? I have too much crap; I'm getting rid of it. Then it should be easier to organize and find room for the stuff that matters. I waste too much time, effort and money trying to organize everything. I'm going to get rid of the crap and then organize the stuff that matters.

Do you know someone who needs an attitude adjustment? Is it you? Matt Booth is the ATTITUDE EXPERT. Matt is an award winning speaker and author who engages, entertains and inspires others. He is direct and thought-provoking. Matt has spoken in Japan, Ecuador, Brazil & Suriname. His new book Be Yourself - Improve Yourself is getting rave reviews. To book Matt today to speak at your conference, call 563-590-9693 or visit www.mattbooth.com.



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365 Wellness

Do I Avoid Fat?

For years, nutritionists and doctors have preached that a low-fat diet is the key to losing weight, managing cholesterol, and preventing health problems. But more than just the amount of fat, it's the types of fat you eat that really matter. Bad fats increase cholesterol and your risk of certain diseases, while good fats protect your heart and support overall health. In fact, good fats—such as omega-3 fats—are essential to physical and emotional health.

Making sense of dietary fat

A walk down the grocery aisle will confirm our obsession with low-fat foods. We're bombarded with supposedly guilt-free options: baked potato chips, fat-free ice cream, low-fat candies, cookies, and cakes. But while our low-fat options have exploded, so have obesity rates. Clearly, low-fat foods and diets haven't delivered on their trim, healthy promises.

Despite what you may have been told, fat isn't always the bad guy in the waistline wars. Bad fats, such as saturated fats and trans fats, are guilty of the unhealthy things all fats have been blamed for—weight gain, clogged arteries, and so forth. But good fats such as the monounsaturated fats, polyunsaturated fats, and omega-3s have the opposite effect.

As a matter of fact, healthy fats play a huge role in helping you manage your moods, stay on top of your mental game, fight fatigue, and even control your weight.

The answer isn't cutting out the fat—it's learning to make healthy choices and to replace bad fats with good ones that promote health and well-being.

Types of dietary fat:

Good fats vs. bad fats

To understand good and bad fats, you need to know the names of the players and some information about them. There are four major types of fats: monounsaturated fats, polyunsaturated fats, saturated fats and trans fats. Monounsaturated fats and polyunsaturated fats

are known as the "good fats" because they are good for your heart, your cholesterol, and your overall health.

GOOD FATS

Monounsaturated fat: Olive oil, Canola oil, Sunflower oil, Peanut oil, Sesame oil, Avocados, Olives, Nuts and Peanut butter

Polyunsaturated fat: Soybean oil, Corn oil, Safflower oil, Walnuts, Sunflower, sesame, and pumpkin seeds, Flaxseed, Fatty fish (salmon, tuna, mackerel, her- ring, trout, sardines), Soymilk and Tofu.

Saturated fats and trans fats are known as the "bad fats" because they increase



GOOD FATS

VS.

BAD FATS



your risk of disease and elevate cholesterol. Appearance-wise, saturated fats and trans fats tend to be solid at room temperature (think of butter or traditional stick margarine), while monounsaturated and polyunsaturated fats tend to be liquid (think of olive or corn oil).

BAD FATS

Saturated fat: High-fat cuts of meat (beef, lamb, pork), Chicken with the skin, Whole-fat dairy products (milk and cream), Butter, Cheese, Ice cream, Palm and coconut oil and lard.

Trans fat: Commercially-baked pastries, cookies, doughnuts, muffins, cakes, pizza dough, Packaged snack foods (crackers, microwave popcorn, chips), Stick margarine, Vegetable shortening, Fried foods (French fries, fried chicken, chicken nuggets, breaded fish) and candy bars.

With so many different sources of dietary fat—some good and some bad—the choices can get confusing. But the bottom line is simple: don't go no-fat, go good fat.

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IMPACT

The Petal Project

"The environmental impact Finley Hospital has realized, due to our sustainability initiatives, has far exceeded our expectations. In the past 5 years, Finley has converted over 75% of our vehicle fleet to fuel efficient models. These vehicles are saving Finley Hospital approximately \$600 per year."
— Jonathan Myers, Director of Materials Management

The Petal Project is a program of ECIA, partially funded by DRA.

www.PETAL-PROJECT.COM

Conceptis Sudoku

By Dave Green

	1			8				
4						8		
		5	9	6			1	
		3	7					
1	6		5		4		9	
				4	3			
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Difficulty Level ★★★★★

11/25

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 35.



Spot the Difference

Can you spot 10 differences between the two versions of this photo of the Dock Dogs competition by Steven Schleuning. Answers on page 35.



PREMIER CROSSWORD/ By Frank A. Longo

ACROSS

- 1 Subtly persuasive marketing technique
- 9 Chemistry class charge
- 15 On the — of (close to)
- 20 Mystery writer Agatha
- 21 Bedside buzzers
- 22 Filing board
- 23 MasterCard alternative
- 25 Calcutta coin
- 26 Memory unit
- 27 — Tin Tin (TV pooch)
- 28 Top serve
- 29 Home for B-52s and F-14s: Abbr.
- 31 — "Misérables"
- 32 Inferior
- 35 2001 Chris Kattan film
- 38 Wedding seaters
- 41 Battery type, for short
- 43 Big name in gloves
- 44 Omega or Ebel product
- 46 Prefix for "outer"
- 48 French for "between"
- 49 Topping sorts
- 50 Plants used in first aid
- 52 Actor Haley Joel —
- 55 Giant bird of legend
- 56 Looking a whiter shade of pale?
- 58 — Harum ("A Whiter Shade of Pale" band)
- 60 China's — Zedong
- 63 Pitch raisers, musically
- 65 What many a modern is connected to
- 69 "My — Amour" (1969 hit)
- 70 "Hogwash!"
- 71 Igloo dwellers
- 72 Fred Gwynne sitcom role
- 74 Small hills
- 75 Carders check them
- 76 Johnny Carson character who was "magnificent"
- 77 New Mexico skiing locale
- 78 Schlep
- 80 Shepherd on "The View"
- 82 Screenwriter Ben
- 85 Water main, for one
- 86 Suffix with land or sea
- 89 Mag for growing cos.
- 91 "United States of Tara" actress
- 94 20-Across was one
- 97 Burnt — (pigment)
- 99 — Green (old elopers' destination)
- 100 "Dynasty" schemer
- 102 Telly commercial
- 104 "— favor, Señorita"
- 105 Major-leaguer
- 106 Suffix with planet
- 107 Degree for a corp. exec
- 108 Bard's black
- 112 Museum in Madrid
- 114 Entered seven answers in this puzzle?
- 119 "The — Sanction"
- 120 Unlike a dead ball

DOWN

- 1 Wound cover
- 2 "Good golly!"
- 3 Be in a stew
- 4 Indefatigable
- 5 Fed. stipend
- 6 Series ender: Abbr.
- 7 Fibbing folks
- 8 In a merciful manner
- 9 Not stringent
- 10 Mammal like a camel
- 11 Market scanner input
- 12 Less fettered
- 13 Long dashes
- 14 Elia works
- 15 Forbidden
- 16 Kiwi's relative
- 17 Sow again
- 18 More grassy
- 19 Junk pile, say
- 24 Physicist Fermi
- 30 To's opposite
- 33 Lifesaving sites, briefly
- 34 Denver-to-Santa Fe dir.
- 36 Lowbrow, as art trinkets
- 37 — Blanc
- 38 Pre-'91 superpower
- 39 Rushed by audibly
- 40 Folks thumbing rides
- 42 Rebel Guevara
- 45 Hot tub sighs
- 47 Journalist Anderson
- 51 Liquid smear
- 53 Bovine noise
- 54 Odd weather cause
- 56 Oratorio solo
- 57 High-profile lawyer Gerry
- 59 Russo of film
- 60 Spammer's resource
- 61 Affects
- 62 Permits
- 64 Certain limb
- 65 Substance in red wine
- 66 Actress Lanchester
- 67 1980 TV spinoff
- 68 Summer mo.
- 69 Sorority letter
- 70 Enchilada kin
- 73 Dent up, e.g.
- 74 Wife of Wills
- 77 Like a bronze medal winner
- 79 Hollywood's Rowlands
- 80 X-ray — (sci-fi glasses)
- 81 Copter's landing area
- 83 Tide reflux
- 84 Pie fillers
- 85 12-year-olds, e.g.
- 86 Stir-fry tidbit
- 87 Use crayons to fill, say
- 88 Mediocre
- 90 Semiprivate workspace
- 92 Size bigger than med.
- 93 Pt. of ETA
- 95 Galilee loc.
- 96 Suffix with micro- or macro-
- 98 Sweetheart
- 101 Nooses, e.g.
- 103 Dearth —
- 109 "How may I — service?"
- 110 Main port of Norway
- 111 — -do-well (idle sort)
- 113 — Plaines material
- 115 Retrovirus
- 116 — admin
- 117 901, to Livy
- 118 Zip, old-style

1	2	3	4	5	6	7	8		9	10	11	12	13	14		15	16	17	18	19
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119							120						121							
122							123						124							

#1,596

Average time of solution: 64 minutes

Answer on page 35



Grow, Learn, Discover

A new store for babies and kids

For any parents of young children who might have wondered where they might find some of their favorite unique brands of toys and baby gear without traveling out of town, you're not alone. Dennis McDonagh contemplated the same question, inspiring him to open the new specialty store Grow, Learn Discover in October.



McDonagh, who with his wife Emily has two daughters, got the idea for the store on one of their shopping trips to Madison. "Why don't we have some place in Dubuque where we can buy some of this stuff?" he recalls.

On a subsequent trip, McDonagh's wife asked, "Have you ever thought about opening something like that in Dubuque?" His reply, "Funny you should ask, actually I have!" gave him the confidence to move forward with the idea.

"We're basically a full-service children's store," he explains, "a lot of different products ranging from toys to car seats, strollers, a huge selection of cloth diapers, probably the biggest in the area ... a lot of unique brands."

McDonagh is aiming for a unique niche in the market, avoiding the duplication of products offered by area big box retailers. "We have very unique brands but sometimes people associate unique brands with higher prices and that's really not the case. We're very competitively priced. Anything we do overlap the big box stores on, you'll find we're at their price or below it."



Train, Minnie Mouse, Jake & the Never Land Pirates, Sesame Street, Fisher-Price, and Tonka, as well as brands of baby supplies like First Years, Chicco, and Fuzzibuns. "I could go on and on," says McDonagh, "(They're) name brands that parents recognize." For a more complete list of brands, visit the Grow, Learn, Discover page on Facebook.

Interested parents might want to take advantage of Grow, Learn, Discover's Black Friday Sale, which starts at 8 a.m. on the Friday after Thanksgiving and last through the weekend. Sale items will include cloth diapers, car seats, strollers, toys and more.

Grow, Learn, Discover will also host an informal "Cloth

While some customers expect used, consignment items, the store only carries new, name-brand merchandise. Grow, Learn, Discover carries popular toy lines like Melissa & Doug, Alex, Chuggington trains, Dinosaur

Diapering 101" class on Thursday, December 6 at 6:30 p.m. for young parents who are curious about trying cloth diapers but might not know where to begin.

Grow, Learn, Discover is located at 4482 Dodge Street between Walmart and Menards, just west of the intersection of Dodge and the Northwest Arterial (or to narrow it down a bit more, between Sindt Motors and Kephart's). Hours are Monday through Friday from 10 a.m. to 7 p.m., Saturday, from 9 a.m. to 7 p.m. and Sunday from 11 a.m. to 4 p.m. Follow the store on their Facebook page for information and specials or call 563-583-6282.



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TRIXIE KITSCH

BAD ADVICE FOR THE STUPID

Dear Trixie:

This holiday I am going all out and inviting my entire family and my husband's family. I will be using my grandmother's china and silver and we will be eating at our new super-long dining room table. I have a question about who sits at the head of the table. Is it determined by home ownership or age?

- Carrie On Kester Street

Dear Carrie:

At a formal dinner party, the person nearest death should always be seated closest to the bathroom.

Dear Trixie:

My new boyfriend is coming to my apartment for a romantic private Thanksgiving meal. I still have to make the food and have my hair cut and then clean the house. I am starting to freak out about my carpet. It has stains

and cat hair and I don't think I can get a steam cleaner here before Thanksgiving. What should I do?

- Lorna on Loras

Dear Lorna:

Do nothing. Set the bar low by inviting him to a filthy apartment and then serve Chinese Take-Out food. It is a huge mistake to let a man think that homes remain spotless all on their own and you are a good cook. He will always expect the house to be perfect and you will be stuck cooking everything from now on. Don't bathe or do any dishes either--ever.

Dear Trixie:

Today at the grocery store I saw a very bad mother. Her child, who was about 3, was screaming to be let out of the cart and handle all the merchandise and run rampant, knocking over elderly people. Her mother just kept saying, "No." And then ignoring her screams. My children on the other hand were obediently silent and not touching a single thing. They were quietly tied to the cart and not making a peep. Could you please tell people like this that their parenting styles are irritating the

rest of the world.?

- Mother Teresa

Dear Mother Teresa:

All parents irritate me as do most children. However the mother you have describes is actually doing a better job than you are. Your children will grow up to have no self control and will become those adults who drive recklessly and become deadbeat dads. Hers -- probably not.

Dear Trixie:

I have a thing for this guy and I think I am ready to finally sleep with him. What do you think?

- Beckky on Baily Street

Dear Beckky:

Don't have sex, man. It leads to kissing and then you'll have to talk to him.

Dear Trixie:

Are you one of those people who always has to have the last word?

--Margaret on Montrose

Dear Margaret:

No.

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DR. SKRAP'S COMPLETELY WORTHLESS HOROSCOPES



Aries 3/21-4/19

Drastic times call for drastic measures. These, however, are not drastic times, so you can continue to sleep in and watch Magnum P.I. on Netflix on demand.



Taurus 4/20-5/20

Marked improvements in your life lie ahead if you can only seize the opportunities that float in front of you. Unfortunately it will turn out that those are not opportunities floating by, but instead you have developed glaucoma. But that's got its upsides too!



Gemini 5/21-6/21

A few too many hard eggnogs will find you waking up in jail the next day. When you wake and tell them you want out, they will say "not until you blow double zeros." Your reply should not be, "Well, bring him in here then."



Cancer 6/22-7/22

When you secede from America following the election, do the right thing and send back that flag you got when you were a patriot the previous week.



Leo 7/23-8/22

Cold weather is on the way and that means it's time to weatherize your car. In your case, that means digging under the passenger seat and rigging the two broken halves of the ice scraper and duct taping them back together again for the season.



Virgo 8/23-9/22

The weekend is upon us and it's time for you to once again

test one of the all-time conundrums of mankind: how much bacon can you take from the buffet in one trip before it starts to become "weird?"



Libra 9/23-10/22

That Toys for Tots box is not like one of these "take a penny / leave a penny" deals you keep telling your weird uncle Vern when the extended family is in town for Thanksgiving.



Scorpio 10/23-11/21

When faced with the challenge of defining the difference between a zombie apocalypse and Black Friday at Wal-Mart, point out that zombies are willing to share.



Sagittarius 11/22-12/21

When the Hawkeyes' football season devolves into a drinking game, you know you've had a very special season.



Capricorn 12/22-1/19

If you really want to get in shape for the new year, you wouldn't be putting all of those elastic based clothing items on the Christmas wish list. You are either kidding yourself or you've just become a made man in the mob.



Aquarius 1/20-2/18

Just in the nick of time, you've been praying for a great excuse to load up on Hostess Friut Pies, but it's over all too soon.



Pisces 2/19-3/20

Those curses are not intended to be a personal challenge.

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PUZZLE ANSWERS (From page 32)

Spot the Difference



Sudoku

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

Crossword

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

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