

365ink

M A G A Z I N E

{ Oct 24 - Nov 6, 2013 | **FREE**

GOURMET FOOD.
RESERVE WINES.
SOUP NAZI?



Plus...
MOVIN' ON UP:
Independent
Living in 2013

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- Halloween Events
- HuHot Mongolian Grill
- Dubuque Museum of Art Auction

First Annual

Food & Wine On the River

Festival

NOVEMBER 8 • 9 • 10

Find us online...

DUBUQUE365.com

Tailgating?
Hunting? Hiking?
Chili Cook-Off-ing?

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This Fall, give you feet
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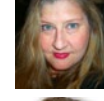
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Where's Wando
We've hidden Wando somewhere in this issue of 365ink. Can you find him?

2013 Dubuque All-America City
2012 Dubuque All-America City
2007 Dubuque All-America City

These awards belong to every citizen in Dubuque! We are out-performing nearly every city in the nation in many measurable ways. I am proud to be part of one of the best teams in government.

✓ Dubuque's Economy Fastest-Growing in Iowa Last Year, 27th Fastest in U.S.
✓ Dubuque Soars in Upward Mobility
✓ #14th "Best Small Places for Business and Careers" - Forbes, August 2013
✓ Ten Great Places to Live - Kiplinger, July 2013
✓ Smarter Sustainable Dubuque Named to Top 25 Innovations in Government - Ash Center for Democratic Governance and Innovation, May 2013
✓ 5th in the U.S. in "Top Metropolitan Areas" - Site Selection Magazine, 2013
✓ 100 Best Communities for Young People
✓ Dubuque Ranks #5 for Resiliency - Building Resilient Regions - 2011
✓ Dubuque Named 15th "Best-Performing" Small Metro - 2011
✓ Top 20 in U.S. for Job Growth - 2011
✓ High quality, low cost government - your property taxes are among the lowest for Iowa's major cities.

Time for a Change?
I don't think so either!

Vote Ric Jones on Nov. 5th!

RIC JONES
CITY COUNCIL

ricjones.com

Paid for by Ric Jones for Council, Barbara Vrotsos, Treasurer, 1270 Dunleith Ct, Dubuque, IA 52003-8508

Bryce's inkUbator

Notes from the Publisher... *Fostering Ideas, conversations and arguments.*

I may have mentioned in the past that I have a bit of an addiction problem. The street name for the drug in Audible.com. You start listening to a book and you find that you consider each part of your day and weigh whether or not it would be appropriate to listen to books during that part of the day. While doing layout design, yes. While writing a cover story, not so much. In the dentist chair, maybe (sorry Kuttlers and crew). At a funeral... depends who died. But basically, any time I don't physically have to generate coherent sentences, I think the answer is maybe yes.

I avoided fantasy novels for a long time but was running out of historical religion based Indiana Jones style fiction options and had to go somewhere. But I can't try to learn anything with a self help book because I need it to be sort of background and I don't want to get depressed reading political or social commentary novels. So fantasy it was.

I've been through Middle-Earth and the Song of Ice and Fire. This year I started reading books by Brandon Sanderson. In a short time, I had read them all and loved them all. I even read his books written for kids. His first book was in 2005, and he's been prolific to say the least since then. His Mistborn Trilogy was simple fantastic. Elantris, Warbreaker and the first novel in what promises to be an amazing epic Stormlight Archive series, The Way of Kings, was great.

I saw that he was tapped to finish the Wheel of Time series by author Robert Jordan. For the uninitiated, Wheel of Time is a famed sprawling 14 book fantasy series, à la Tolkein and George R. R. Martin. I had avoided the series because, well, it was 14 books long and each installment was a War and Peace level tome. But having been hooked on Sanderson, I started to read the series, just so I could get to the final three novels on the series which were written by Sanderson, working from Jordan's notes. (Note to G.R.R. Martin fans, when he dies unexpectedly before finishing the Game of Thrones books, pray they get Sanderson to finish them).

The first book was pretty good. The Wheel

of Time world was established as were the main characters and the general goal to be accomplished. The second book wasn't quite as good but still had its moments. More characters, good plot progress. But by #3 things started to drag. A bazillion characters and a whole lot of doing nothing much. And some characters had multiple names. Ugh. Calgon, take me away. I have to read 11 of these before I get to Sanderson's saving grace at the end?

I'm seven books into the series now, barely hanging on at about 900 pages each. Brandon Sanderson has a new book out called Steelheart. I took a break from Wheel of Time to read it. I'm ten chapters in and already it's like a breath of fresh air. Whereas I could really give a crap about what happened to Rand Al Thor and his crew is magical misfits from Wheel of Time, I can stop listening to Steelheart. I'm wondering now if I can just read the wiki synopses of the next 4 books in Jordan's series and skip to what has got to be a way better ending under Sanderson's pen.

Sorry Robert Jordan fans, the guy is basically a Days of Lives writer trapped in a Tolkein vocabulary. I feel like if I skip four books, I will be able to pick up pretty easily where things have progressed within a couple chapters at the beginning of book eleven. I think I need a whole separate column to discuss our college foray into Day of Our Lives. Needless to say, 20 years later I imagine Stefano DiMera is still causing problems and Marlena Evans is probably back in another hostage pit with John Black to the rescue. At least they only have a handful of characters who take turns getting kidnapped, possessed by the devil or falling to amnesia. Wheel of Time has so many characters that it has websites dedicated to keeping them straight. And what kind of bastard has main characters named Elayne, Egwene and Moraine at the same time. It's worse the Sauron and Sauruman.

When I finish these, I want a badge or a medal or something. I just hope I don't end up wanting 12,220 pages of my life back. At least I'll have spent them doing other things at the same time and not just sitting there holding a book. I still love you Audible.com.

**SUNDAYS IN NOVEMBER
NOON - 8:00PM**

Sunday

FUN

DAY

SLOT TOURNAMENT

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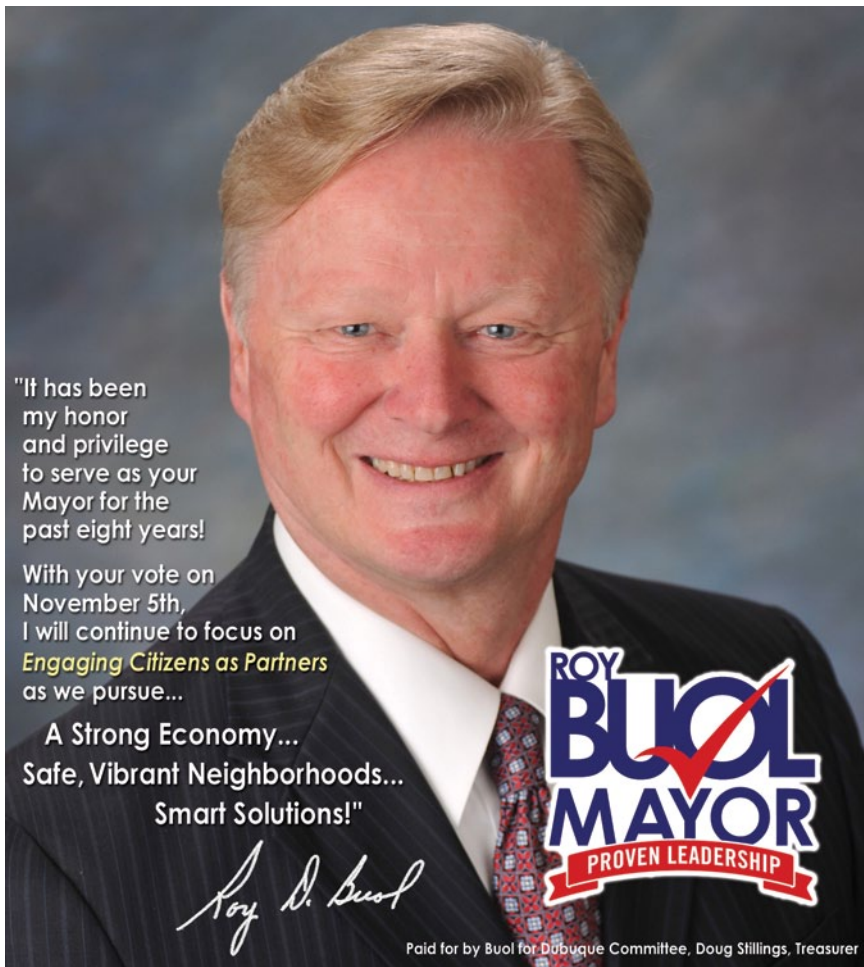
Plus, at the end of the month the 5 players with the highest cumulative scores will receive a Diamond Dollar prize. Play each week to get the highest possible score!

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 If you or someone you know needs gambling treatment, call 1-800-BETS OFF.

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Smart Solutions!"

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PROVEN LEADERSHIP

Roy D. Buol

Paid for by Buol for Dubuque Committee, Doug Stillings, Treasurer

Sunday, November 3, 2013
2:00 p.m.
John and Alice Butler Hall

Live at Heritage Center

A SPECIAL CELTIC JOURNEY!



Ensemble Galilei
"First Person: Seeing America"

"Hailed for their unique blend of Irish, Scottish, and early folk music, Ensemble Galilei's newest program explores the "immigrant experience" through spoken word, music, and projected images from The Metropolitan Museum of Art."

• Free 30-minute pre-show lecture at 1:00 p.m.

For ticket information, call: 563.585.SHOW
or visit: www.dbq.edu/heritagecenter

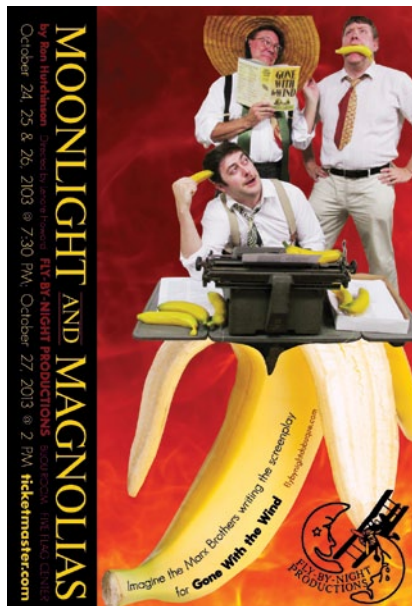
We hope you can join us!

UNIVERSITY of DUBUQUE

This engagement is supported by the Arts Midwest Touring Fund, a program of Arts Midwest, which is generously supported by the National Endowment for the Arts with additional contributions from the Iowa Arts Council.

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MOONLIGHT AND MAGNOLIAS
By Ron Hutchinson
October 24, 25 & 26, 2013 @ 7:30 PM, October 27, 2013 @ 2 PM
ticketmaster.com



Imagine the Marx Brothers writing the screenplay for *Gone With the Wind*

Moonlight and Magnolias October 24-27

Bijou Room, Five Flags Center

Fly By Night Productions presents Moonlight and Magnolias by Ron Hutchinson. Imagine the Marx Brothers writing the screenplay for *Gone With the Wind*, and you get the picture. The play is loosely based on an actual incident when producer David O. Selznick halted filming *Gone With the Wind* to rewrite the screenplay in five days. The local production featuring Kevin Firnstahl, Dan Fairchild, Dan Haggerty Jr. and Whitney Arnold is directed by Lenore Howard. Evening performance will take place on October 24, 25, and 26 at 7:30 p.m. and one matinee performance on October 27 at 2 p.m. Performances will take place in the Bijou Room at Five Flags Civic Center. Tickets are \$15 online at ticketmaster.com, by phone at 1-800-745-3000, at the Five Flags Center box office or one hour prior to each performance at the door. Visit flybynight-dubuque.com.

10th Annual Shalom Shenanigans
... Sharing the Treasure



Friday, October 25
5:30 - 9:00pm

A special fundraising benefit featuring...
Fine Dining • Silent & Super Silent Auctions
Entertainment • Raffle

10th Annual Shalom Shenanigans Fundraiser

October 25, 5:30 - 9 p.m.

Shalom Retreat Center

Shalom Retreat Center will host its 10th annual Shalom Shenanigans benefit dinner from 5:30 to 9:00 p.m. on Friday, October 25, at Shalom Retreat Center,

1001 Davis St., Dubuque. This fun event features a social hour, plated dinner, silent and super silent auctions, chance raffle, and entertainment by a cappella singing group, JustVoices. There will also be a raffle drawings. Event tickets are \$40 per person. Advance registration and prepayment required by Friday, October 18. Call Shalom at (563) 582-3592 or e-mail info@shalomretreats.org. A sampling of auction items this year includes: Walt Disney World park hopper passes; a Green Bay Packer football autographed by the 2013 players and coaches; dinner at Shalom with Archbishop of Dubuque Michael Jackels; and much more.



Deborah Haas Benefit Feat. Artie Mentz "Elvis"

Sunday, October 27, 11:30 a.m. - 3 p.m.

Dbq. County Fairgrounds Ballroom

Deborah Haas, niece of our good friend Rudy Bellmann at the Goldenvue, is currently being treated for a rare bone marrow cancer. As always, treatments and the associated costs are astronomical. On Sunday, October friends and supporters from the community will gather at the fairgrounds ballroom for a benefit featuring Kalmess famous chicken and beef as well as live music by Dubuque's own Elvis, Artie Mentz at 1 p.m. The event will also include cash prizes, a silent auction and a bake sale. Dinner tickets are just \$20 and must be purchased in advance at 563-588-1692. You can also just come watch Artie for free at 1 p.m. Donations can also be made in her name a DB&T.



Monty Python's Spamalot

October 31, 8:00 p.m.

November 1-2, 7:00 p.m.

November 3, 2:00 p.m.

Dubuque Senior High School

www.Dubuque365.com

Lovingly ripped off from the classic film Monty Python and the Holy Grail, Spamalot tells the legendary tale of King Arthur and his Knights of the Round Table. Featuring a bevy of beautiful showgirls, not to mention cows, killer rabbits and French people, Monty Python's Spamalot is "a smash hit." This show contains mild language and crude humor. Adult tickets are \$10, students/seniors are \$8, and children under seven are free.



National Farm Toy Show **Friday-Sunday, November 1-3** **Dyersville Beckman High School** **& The National Farm Toy Museum**

Owned and operated by Toy Farmer since 1978, the show, lovingly labeled as "The granddaddy of 'em all," attracts about 15,000 people each year. Special events include Annual National Farm Toy Show Auction, Toy Farmer's Collectors Dinner, sanctioned

micro-mini pull, sanctioned pedal pull, and free admission to the National Farm Toy Museum. The show is held at both Beckman High School and the National Farm Toy Museum. For tickets or more information, visit www.toyfarmer.com or www.nationalfarmtoymuseum.com.

Galena Lead Rush Half Marathon **Saturday, November 2, 6 a.m.** **Chestnut Mountain Resort**

Run the countryside of Jo Daviess County past pastures and views of the Mississippi River in this third annual marathon. After the race, enjoy the chairlift ride to the post-race party with live entertainment and the awards ceremony. For registration or more information, visit www.galena.org/leadrush.

#1 Archer in the World & "Girls Rule" Event

Saturday, November 2, 2 p.m.
Xavier School Gym
203 2nd St. SW, Dyersville, IA,

The number one female compound archer in the world, Erika Jones, will share her story of rising to the top and will demonstrate her amazing shooting skills with some fun shooting demonstrations. At 4:00 p.m. at Plum Creek Archery,



723 9th St. SE, Dyersville, IA, Erika will assist with the "Girls Rule" event. Admission is free; however, donations for Erika's appearance are greatly appreciated and will go to local JOAD Archery program to help fund equipment needs and tournament fees for youth archers. For more information, call Plum Creek Archery at (563) 875-7525 or visit www.plumcreekarchery.com.

A Deadly Dinner
Saturday, Nov. 2, 6-9 p.m.
Galena Cellars
Vineyard & Winery
515 S. Main St., Galena, IL
Die-Laughing Murder



Mystery presents this mirthful morsel of mystery, the all-new and much awaited sequel to Dinner a la Morte.

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? Was it foul play? And, if it was, will the killer get away with it?

Dinner is catered by Fried Green Tomatoes, so you know that to food is going to be every bit a great at the show itself. Tickets are \$49.95 per person.

For more information, visit www.dieloughing-murdermystery.com or www.galenacellars.com. To RSVP, call 800-397-9463.



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Performing Arts Series 2013-14

UNIVERSITY OF WISCONSIN PLATTEVILLE CENTER FOR THE ARTS



GUYS IN TIES
IMPROV COMEDY

Guys in Ties - Improv Comedy
Saturday, November 2, 8 p.m.
Bell Tower Theater

The Quad Cities' award-winning improv troupe is back creating a brand new show right before your very eyes. Guys In Ties Improv Comedy are an elite National Touring Company who have opened for acts such as Weird Al Yankovic, Howie Mandel, Sinbad, and the Upright Citizens Brigade Tour Co. We'd tell you about the show but we can't because no one knows what'll happen until the show up. Well, except that you'll be laughing all the way through. Tickets are just \$19, but are limited, so get yours in advance at www.belltowertheater.net.

28th Annual Model Railroad Show & Swap Meet
Sunday, November 3, 10 a.m. - 4 p.m.
Dubuque County Fairgrounds

The 28th Annual Dubuque Model

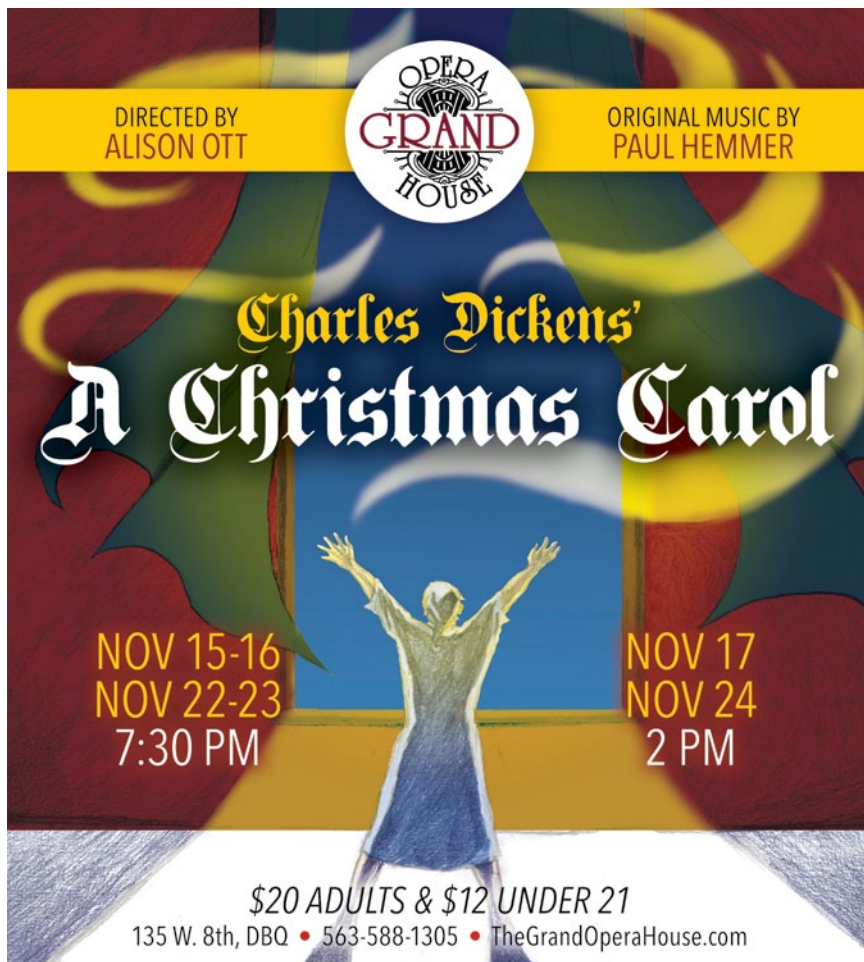


Railroad Show & Swap Meet returns to the Dubuque County Fairgrounds Ballroom (14569 Old Highway Road) on Sunday, November 3rd from 10 a.m. - 4 p.m. Take in 15,000 Square feet of displays including over 125 tables of train displays as well as lots of buying and selling of rare and unique pieces and memorabilia as well as videos. Sponsored by Heartland Rails Model Railroad Club, the family-friendly event is open to the public with adult admission \$3 and children just 50¢ with an adult. Get on the rails and get your locomotive to the Fairgrounds! For more information call 563-663-0425.



Ensemble Galilei presents "First Person: Seeing America"
Sunday, November 3, 2013 - 2:00 p.m.
University of Dubuque Heritage Center

Hailed for its unique blend of Irish, Scottish, early and original music, Ensemble Galilei



DIRECTED BY ALISON OTT

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NOV 15-16
NOV 22-23
7:30 PM

NOV 17
NOV 24
2 PM

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Heaven and Earth

November 9, 7:30pm & November 10, 2:00pm
Five Flags Theater

Heavenly music by Bach and Brahms *plus* Beethoven's "Pastoral" Symphony with the Dubuque Symphony Orchestra and the Dubuque Choral!

Tickets \$14 - \$48

Sponsored by DB&T Heartland

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SYMPHONY ORCHESTRA

creates an inspired sound on stage and CD. Mixing the colors and styles of early instruments with Celtic traditions, the group is equally at home with Irish Reels, Medieval Cantigas, and English country dance tunes. Embodying all of the precision of a first rate classical string quartet, Ensemble Galilei is versatile, virtuosic, energetic, and very entertaining. First Person: Seeing America takes audiences on an innovative journey combining the spoken word, music, and projected iconic images from The Metropolitan Museum of Art. Searing photos of the Civil War and haunting portraits from the Great Depression with the music of Ensemble Galilei and narration by professional actors Lily Knight and Adrian LaTourelle create a powerful performance. Tickets run \$7 - \$29 and are available online at www.dbq.edu or by phone at 563-585-SHOW (7469).

salute to WOMEN

Salute to Women

Thursday, November 7. 11:45 a.m. - 5 p.m.

Grand River Center

Join Her Magazine and TH Media for their Salute to Women. Shopping, food samples, production demonstrations will be available and prize drawings will take place. Keynote speaker Ann Jillian will present. Tickets are \$40 and include the luncheon, program, and shopping; there is a \$5 discount for TH subscribers. Order tickets by November 1. For more information, visit archive.thonline.com/salutetickets/



Trombone Shorty & Orleans Avenue

Thursday, November 7, 7 p.m.

UWP, Center for the Arts

Trombone Shorty & Orleans Avenue hail from the Tremé neighborhood in New Orleans' 6th Ward, carrying on the New

Orleans tradition. Since the release of their Grammy-nominated 2010 debut album, "Backatown," Trombone Shorty & Orleans Avenue have grown creatively while winning hordes of new fans performing nonstop on five continents. Their latest album, "For True," refines the signature sound Trombone Shorty has dubbed "Supafunkrock." For tickets or more information, visit www3.uwplatt.edu/cfa.



Noises Off

November 7-9, 7 p.m.

Hempstead High School

This slapstick comedy follows a group of actors who find their production, as well as their backstage intimacies, leading toward disaster. In this "play within a play," the cast struggles throughout their run of a play called Nothing On. Innuendos run rampant, old men drop their trousers, sardines go missing, and doors continually bang open and shut throughout this delightful comedy by Michael Frayn. For more information, visit www.hempstead.dubuque.k12.ia.us.

The Forgiving and The Forgetting

Thursday-Sunday, November 7-10

Babka Black Box Theater

Heritage Center, University of Dubuque

The play follows two siblings whose mother has Alzheimer's. The siblings discover the importance of emotional communication and the gift of forgiveness while one grieves the loss of a child and the other is in spiritual crisis. The production explores the nature of collective reality versus the experiential truth of individual reality. The play was written by Amy Ressler, professor and director of theatre arts, and inspired by the work of Dr. Jade Angelica of Healing Moments Alzheimer's Ministry. Tickets are \$6 for adults and \$3 for students. Performances are Thursday-Saturday at 7:30 p.m. and Sunday at 2:00 p.m. at the Babka Black Box Theater, in Heritage Center on the University of Dubuque campus. For tickets or more information, visit the Farber Box Office at the Heritage Center from 12:00-5:30 p.m. Monday-Friday, call (563) 583-SHOW (7469), or visit www.dbq.edu/heritagecenter.

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Outside the Lines Art Gallery

Outside the Lines
PAST & PRESENT

**10 Year Anniversary Show
Opening Reception**

Friday, November 8, 7 p.m.

Outside the Lines Art Gallery

Outside the Lines Art Gallery owners Stormy Mochal and Connie Twining will mark the gallery's 10 Year Anniversary with a reception to celebrate the art, artists and supporters who have contributed and shared in the gallery's story since it opened in November, 2003. Light hors d'oeuvres and beverages will be offered.



Mochal and Twining composed an eclectic exhibit of 2D and 3D works by 26 artists - some are no longer represented by the gallery, some are new, and some are artists who have been with the gallery since its beginning. Their work reflects the gallery's history and evolution; many will be on hand for the reception. The artists represented in this exhibit are: Rich Robertson, Liz Robertson, Gary Carstens, Gail Chavenelle, Beth Bird, Audrey Christie, Tom Christopher, Alda Kaufman, Bekah Ash, Tim Olson, Tracey Frugoli, Jamie Elizabeth Hudrlik, Tatiana Ivaschenko, Thomas Jewell-Vitale, Wendy Rolfe Mulgrew, Chris Vance, Maureen Bardusk, Billy Cho, Delores Fortuna, Ron Hahlen, Tom Kelly, Sharon Stelter, and Kyle Kreigh

The work in this show is available for sale through December, 2013.

Veterans Day Concert

Monday, November 11, 7:30 p.m.

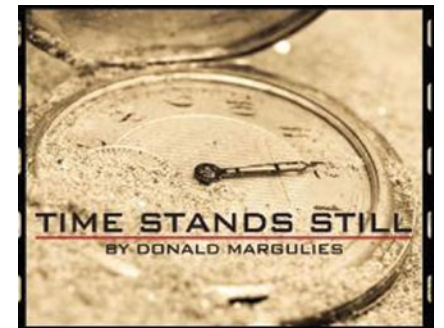
Clarke University, Jansen Music Hall
The Clarke University band, choir, and instrumental ensembles honor our local veterans

CLARKE UNIVERSITY PRESENTS A

**VETERANS DAY
CONCERT**

Honoring our local veterans, the band, choir, and instrumental ensembles lead an inspiring evening of music.

with an inspiring evening of music in Jansen Music Hall. Admission is free. For more information, visit www.clarke.edu/artsatclarke.



Time Stands Still

Tuesday, November 12, 7 p.m.

Five Flags Theater

Dubuque Senior High School presents a heartfelt and humorous story of relationships, mid-life crisis, and the ties of friendship by Pulitzer Prize-winner Donald Margulies. After barely surviving a bomb blast in Iraq, photojournalist Sarah Goodwin finds herself caught in a tug-of-war between her career and the contentment of family life. This captivating drama will also be performed at the Gallagher-Bluedorn Performing Arts Center for the 2013 Iowa Thespian Festival at the University of Northern Iowa. This show contains some strong language and adult content. Tickets are \$8 for adults, \$6 for students/seniors, and free for children under 7. For more information, contact adean@dbqschools.org or visit www.dubuquese-niordrama.com.

A Christmas Carol

Fridays-Sundays, November 15-17, 22-24

The Grand Opera House

At 7:30 p.m. Fridays and Saturdays and at 2:00 p.m. Sundays at the Grand Opera House, 135 W. 8th St., Dubuque, a new production of Charles Dickens' classic opens the holiday season of entertainment. A large cast of tri-state actors will bring the familiar story of Scrooge and his ghostly visitors, but in a contemporary setting, to the stage. Tickets are \$20 for adults and \$12 for under 21. Visit www.thegrandoperahouse.com.

www.Dubuque365.com



The Dubuque Symphony Orchestra Presents Heaven and Earth

Saturday, November 9, 7:30 p.m.
Sunday, November 10, 2 p.m.
Five Flags Theater

The Dubuque Symphony Orchestra presents popular chorale works by Bach and Brahms in the fall Classics Series presentation, Heaven of Earth.

Jesu, Joy is one of Bach's most enduring works.

Today, it is often performed at wedding ceremonies as well as Easter and Christmas celebrations. The origins of O Lord, I Long remain a mystery, but its beauty goes without question. A lovely showcase for the Dubuque Chorale, the piece featured four soloists and prominent chorus. Two of Brahms' greatest and most popular choral works inspire us to look to the heavens.

The "Pastoral" is one of the most beloved of Beethoven's nine symphonies. It captures the

composer's deep love for nature and all of humanity. There is magic wherever you listen, including a thunderstorm that builds from a few drops of rain to violent winds, thunder and lighting!

Helping bring the program to life is the Dubuque Chorale – over 110 voices strong. The Dubuque Chorale is a community choral organization composed of singers from Dubuque and outlying communities. Many members are professional musicians, private music teachers, and music teachers in area colleges and public and private, elementary, middle and high schools.



Songs include "Jesu, Joy of Man's Desiring," "How Lovely is Thy Dwelling Place," and "Song of Destiny." Beethoven's "Pastoral" Symphony is performed on the second half. For more information about the Dubuque Chorale, visit www.dubuquechorale.org.

Single tickets (\$14 - \$48) are available in person at the Five Flags Center box office or through Ticketmaster.com. Visit www.dubuquesymphony.org for more information.



Dubuque Fire Pipes and Drums Bagpipe Seminar and Concert

November 16-17

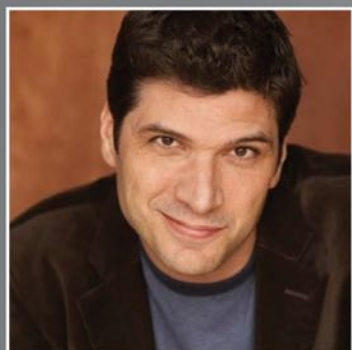
University of Dubuque Campus

The Dubuque Fire Pipes and Drums will be hosting a Bagpipe Seminar for Pipers on Saturday, November 16, from 9 a.m. to 3 p.m. and Sunday November 17, from 9 a.m. to 1 p.m., at the Charles and Ramona Myers Center on the University of Dubuque Campus with Guest Instructor Donald McBride.

Then, on Sunday November 17 at 3 p.m., The Dubuque Fire Pipes and Drums, along with Special Guest Donald McBride (he's basically the Yoda of bagpipes), will be hosting a free concert with Scottish Highland Pipes and Drums at Blades Chapel on the University of Dubuque Campus. This event is supported in part by the Irish Hooley, promoting Celtic Traditions in the Tri State Area. If you are interested in learning more about the Dubuque Fire Pipes and Drums please contact Dennis Bradley at 563-599-4129.

UPCOMING ENTERTAINMENT TICKETS ON SALE NOW!

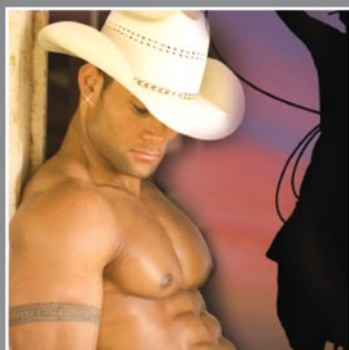
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DEAN NAPOLITANO

OCTOBER 25 & 26 AT 8PM

AS SEEN ON THREE RIVERS, WHAT ABOUT BRIAN (ABC), HEROES (NBC), LAS VEGAS (NBC), THE SHIELD (FX), PASSIONS (NBC), FROM THE EARTH TO THE MOON (HBO) AND MANY MORE. \$10 TICKETS ON SALE NOW.



HUNKS THE SHOW

NOVEMBER 1 & 2 AT 8PM

JOIN US FOR HUNKS THE SHOW HALLOWEEN STYLE! LIVE DJ FOLLOWING THE SHOW, COSTUMES ARE ENCOURAGED. \$15 TICKETS ON SALE NOW.



MORIAH THE MEDIUM

NOVEMBER 15 & 15 AT 8PM

AS SEEN ON PARANORMAL COPS AND HOARDERS: BURIED ALIVE. \$20 TICKETS ON SALE NOW.



TIM WILSON

NOVEMBER 23 AT 7PM & 9PM

AS SEEN ON THE BOB & TOM SHOW AND CMT. \$15 TICKETS ON SALE NOW.



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CLARKE UNIVERSITY PRESENTS A

VETERANS DAY CONCERT

Honoring our local veterans, the band, choir, and instrumental ensembles lead an inspiring evening of music.

MONDAY, NOVEMBER 11 | 7:30 p.m.

JANSEN MUSIC HALL | CLARKE UNIVERSITY CAMPUS | FREE

 **Clarke**
UNIVERSITY
www.clarke.edu/artsatclarke



DockDogs World Championship Friday-Sunday, November 15-17 Five Flags Center

Regionally, nationally, and internationally, DockDogs is one of the largest and fastest growing dog sports. This national event encompasses competitors from over 40 states, 32 different clubs, and Canada. Qualifying rounds take place all three days with main events on Saturday and Sunday. For tickets or more information, visit www.dockdogs.com.



Vesperman Farms Corn Maze and Pumpkin Patch Now Open in Lancaster, WI

Located at 8149 Stage Road, in Lancaster, Wisconsin (Don't worry, there are signs), the farm boasts one of the biggest and most challenging Corn Mazes in the Midwest. Come pick out the perfect jack-o-lantern for your front porch while you visit. The farm is open and running weekends through the fall (Saturdays 10 a.m. - 7 p.m. and Sundays, 10 a.m. - 5 p.m.). General admission to the farm is \$5 for everyone 6 and up.



Andy Grammer in Concert Friday, November 15, 7 p.m. Clarke University, Kehl Center

One of the hottest young artists on the music scene will make an appearance at Clarke University. Andy Grammer will perform at the Robert and Ruth Kehl Center on the Clarke campus on Friday, Nov. 15. Doors open at 7 p.m. and the performance begins at 8. Tickets go on sale Oct. 14 for the general public. Prices are \$20 for adults; \$15 for non-Clarke students and are available at the Clarke Whitlow Campus Store or by visiting clarkebookstore.com. Tickets for Clarke students, faculty and staff are \$10 and go on sale Oct. 7.

He has already performed on "Jimmy Kimmel Live," "The Tonight Show with Jay Leno"

(three times), and "Good Morning America." He shared the stage with Taylor Swift, Train and Colbie Caillat, and he is the first male pop star since John Mayer in 2002 to reach the Top 10 in Adult Pop Radio with his first two singles, "Keep Your Head Up" and "Fine By Me."

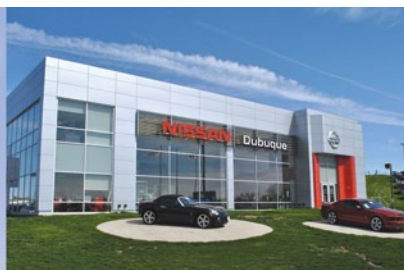
Known for his vibrant pop/rock/soul mix and free-flowing vocal delivery, the acclaimed singer, songwriter, and musician - who began as a street performer in Santa Monica, Calif. - is now making 2013 another big year. In May, Grammer released a new EP, "Crazy Beautiful", which features two original songs, "Crazy Beautiful" and "I Choose You."

Opening will be Clarke University alumni Rebecca Bronson and Max McNett.

www.Dubuque365.com

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**Dubuque Museum of Art:
"On the Threshold of the
Season"**

**Holiday Party and Art Auction
Friday, November 1
Hotel Julien Dubuque**

Each November, supporters of the Dubuque Museum of Art kick off the holiday season with a grand celebration that also serves as a fundraiser for the nonprofit facility. Scheduled this year for Friday, November 1, the Museum's Annual

Holiday Party and Art Auction, "On the Threshold of the Season," provides guests with an opportunity to bid on a wide variety of artwork and other one-of-a-kind auction items. Again, this year's event will be held at the beautifully restored Hotel Julien Dubuque on Main Street.

Doors to the event open at 6 p.m. with an hors d'oeuvres and cocktails reception. Guests will have an opportunity to view a variety of artwork in both a silent and live auction. Led by professional charity

auctioneer, Mr. Jim Miller, the auction will feature artwork from over 25 regional artists, an exclusive selection of trips, private dinners, wines, and more. Featured artists include John Bissell, Gail Chavenelle, Richard Claussen, Louise Halliburton, Hans Eric Olson, Kirsten Ulve, and Ellen Wagener, among others.

An electronic version of the auction catalog will be available on the museum's website www.dbqart.com beginning Monday, October 28. Absentee bids are welcome by calling the museum at (563) 557-1851.

Along with the auction, the Museum will host its annual cash raffle, drawing names during the proceedings for multiple cash prizes totaling \$15,000, including five \$1,000 Prizes and the \$10,000 Grand Prize. Tickets for the raffle are \$100 each and are still available for purchase at the Museum or from any board member, with only 750 tickets in total being sold. Raffle ticket holders need not be present to win.

Admission to the Art Auction and Holiday Party is \$50 per person for members (\$60 for non-members) and includes the hors



d'oeuvres buffet and hosted bar before the auction. Funds raised from the auction go directly to support the Dubuque Museum of Art and its educational programs, events, exhibitions, and care of its permanent collection including its world-class Grant Wood and complete Edward S. Curtis photogravure collections. For reservations, to purchase raffle tickets, or for more information, call the Museum at (563) 557-1851.



FAMILY BEER & LIQUOR

FALL BEER TASTING

Thursday, November 7 @ 5:30-8:00 pm

SAMPLE MORE THAN 70 CRAFT,
IMPORT AND SPECIALTY BEERS!

TICKETS NOW AVAILABLE!

\$15 in advance or \$20 at the door

All proceeds benefit the Rotary Club of Dubuque!

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Dubuque Food & Wine on the River Festival

November 8, 9, 10 - Port of Dubuque

By Mike Ironside with Bryce Parks

No soup for you! Those words and the character who barked them at non-complying customers are instantly recognizable to fans of TV sitcom *Seinfeld*. So why is the "Soup Nazi" on the cover of 365ink? And really, no soup? Relax. Not only is there soup, but also more food, wine, beer, chocolate, cheesecake and even more wine. As for the Soup Nazi, well, we'll get to that in a minute.

The important thing to note at the moment is that all the while Dubuque has been reinventing itself as a great place to live, work and play, it's also been

working on becoming a great place to eat and drink wine. Recognizing that fact but realizing that it might be a best-kept secret, even among those tourists that frequent Galena, Bob Smith (above - back row, right) of Stone Cliff Winery contacted Jeff Jansen (back row, left) of Van's Wine & Liquor to do something about it.

"I approached Jeff probably six or seven months ago and what we've seen over the last few years is Galena has been very successful in building ongoing events that are drawing from the

Clockwise from front row left, Trish McDonald (Julien International Film Festival), Lea Droessler (L. May Eatery). Nan Smith (Stone Cliff Winery), Bob Smith (Stone Cliff Winery), Jeff Jansen (Van's Wine & Liquor).

Chicago market, from the Madison market," explained Smith. "Even though Dubuque, with our revitalization of the waterfront and our tourism, we haven't been able to pick up on the food and wine industry clique that Galena has. It's just a perfect fit for them. And I think that Jeff was kind of feeling the same way so we put our heads together and said, 'We can do this.'"

"Bob called me and said, 'Let's get together and talk,'" Jansen adds. "He said he'd been watching what was happening in Galena as far as their Wine Lovers' (Weekend), their Nouveau Festival and he said, 'We need something like that in Dubuque.' Kind of a light clicked on. Well, yeah, I guess there is nothing like that."

So Smith and Jansen created the

Dubuque Food and Wine on the River Festival. The inaugural event, scheduled for the weekend of November 8, 9, and 10, is going to be jam-packed with a variety of opportunities to taste great food, great wine and have a whole lot of fun. Even better, the event will benefit the Julien Dubuque International Film Festival.

The event starts off with one heck of a decadent night of wine and food tasting at the Mississippi Moon Bar at the Diamond Jo Casino on Friday, November 8 at 6:30 p.m. Guests can enjoy gourmet food prepared on site by L. May Eatery, The Woodfire Grille, Pepper Sprout, and Caroline's from the Hotel Julien Dubuque. Pairing with the mouthwatering line-up of spectacular eats is a reserve wine tasting to die for. Bring tissues because you're taste buds are going



to be crying tears of joy. Live music for the night will come from the sultry-voiced Kristina Castenada and friends. It's a Grand Tasting, Dubuque style.

"Friday night is geared a little more upscale, kind of reserved tier," explained Jansen. "We've got approximately 35 reserve wines – really killer stuff – from probably \$30 to \$80-90 retail. And then the Woodfire (Grille) and L.May (Eatery) and Pepper Sprout and Caroline's restaurant will all have two to three items for sampling. I mean we've got four phenomenal restaurants there – really good wine, really good food, it's the perfect combination."

"We approached the high-end restaurants in town, and sat down and talked to them and they said, 'This is great. This is just what we've been looking for,'"

relates Smith. "So kind of pushing that along we said, 'Let's make it a weekend.'"

And a full weekend it is. Following Friday's indulgence, Saturday is a full afternoon of celebrating food and wine, hosted by Stone Cliff Winery at the Port of Dubuque. The afternoon starts with a parade, Nouveau style, down Main Street in Dubuque, across the 3rd Street Bridge to Stone Cliff Winery (arriving at about 1 p.m.) where the celebration continues.

"It's kind of a combination of Oktoberfest and Nouveau, whatever you wanna throw in there," says Smith. "It's a fall festival. We've never been purists from the standpoint that Nouveau has to happen on the 22nd or on the third Thursday and Friday of November. We look at it kind of like Oktoberfest. It's a time to

celebrate and have fun."

That time arrives about 2 p.m. with the beginning of a second wine tasting hosted by Van's Wine & Liquor in Stone Cliff's party room. "We'd all like to drink a \$100 bottle of wine every night but unfortunately that's just not in the cards," explains Jansen, "so Saturday is kind of a little more focused on everyday type of wines. We're going to have 35-40 wines, more affordable stuff, maybe in the \$15-20 range, even a lot of stuff around the \$10 range. Then we've got Potosi Brewery and Millstream Brewery onsite sampling their wares, some really good quality stuff."

Along with the wine and beer tasting, the event will feature gourmet samplings of top-shelf treats from some of the Tri-State's favorite places. "On the food side of things, we've got Cremer's doing homemade sausages, turkey brats," Jansen continues. "Stam Chocolate is going to be sampling their chocolates and I think are going to be doing a port and chocolate pairing with Stone Cliff. Nan (Smith) was just bottling her port today. (The day we conducted the interview.) Nick and Emily (Puls) from East Mill (Bakeshop) are going to be sampling some stuff and they're going to be doing a mini breakout session on champagne and desserts. The thought is to do not just a sampling but



Van's Annual Fall Wine Tasting

Wed., Nov. 6th • 5:30-8:00pm
at Timmerman's Supper Club
East Dubuque

Sample Over 80 Wines

Sample 25+ Premium Scotches and Whiskeys

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Ticket Proceeds Benefit Hospice of Dubuque & the July 3rd Fireworks and Air Show by the Radio Dubuque


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\$20 Advance

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Reserve Tasting Allows You To Taste 30 Additional Premium Wines!

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bring a little touch of education as well. Like Teresa from Millstream is going to be talking about the brewing process or what you should be tasting in beer, that kind of thing. It's pretty neat stuff."

Despite the educational opportunities, Saturday's event is supposed to be a celebration, so in that spirit The Lonely Goats will provide live music for sipping, eating, and especially, dancing from 2:30 to 5 p.m. (Wine, beer and music sometimes inspire that sort of thing.) It's all adding up to be a pretty fun time, right? Well hold on there kid, we're just getting started.

Just to prove that this is no gathering of wine snobs, the fun really kicks in as Larry Thomas, the one and only "Soup Nazi" from Seinfeld, will be there, in-person, to host and judge a soup battle royale between L.May, Woodfire Grille, The Pepper Sprout, Caroline's Restaurant and Cremer's. With all the food and wine business, you almost forgot about the Soup Nazi, right? The "Soup-Off" starts simmering at 4 p.m. with the winner being awarded the coveted "Golden Ladle."

But how did Seinfeld's Soup Nazi find his way to Dubuque? In planning the event, Smith came up with the idea of

having a celebrity guest. Other cities hosting similar events often feature a celebrity chef so... "I said, 'Jeff we have to have someone famous,'" recalls Smith. "A light bulb went off in his head and he said, 'I know what it is. It's the Soup

Nazi.' The Soup Nazi? And he said yes. That's a perfect fit."

Smith explained that they wanted the four high-end restaurants to participate in Saturday's event as well but it would be too much to pull off on their busiest night of the week, especially with visitors to Dubuque looking for good food and wine. "So we said, 'How about soup?'" relates Smith. "With fall atmosphere and what we're doing over here being less formal, it's more fun."

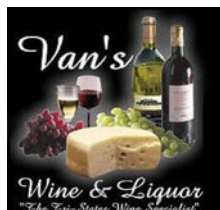
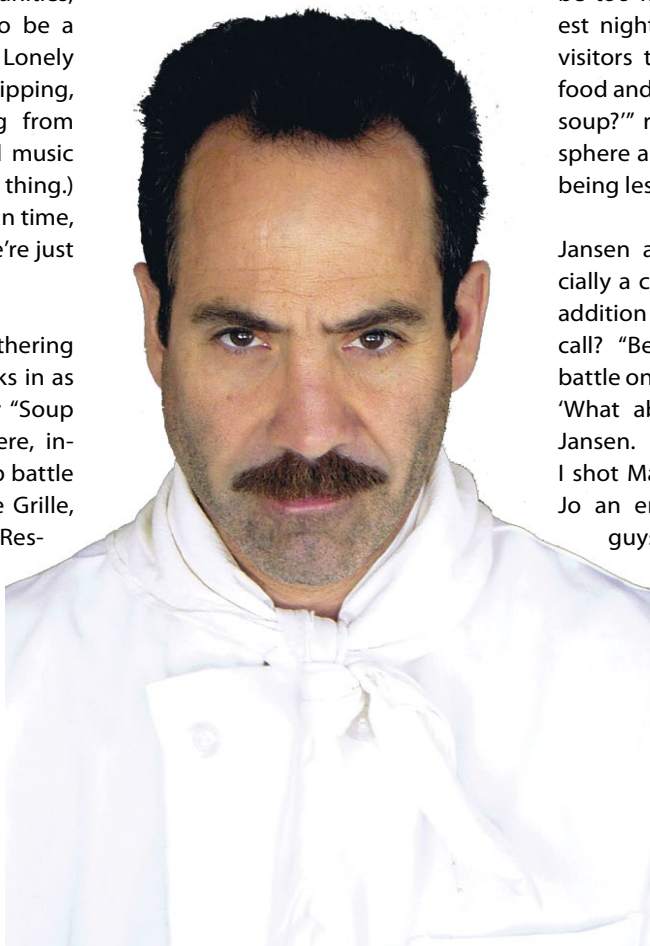
Jansen agreed that a celebrity, especially a celebrity chef would be a good addition to the event, but who do you call? "Because we're going to do a soup battle on Saturday, at the meeting I said, 'What about the Soup Nazi?'" recalls Jansen. "'Well yeah, sounds good.'" So I shot Marty Maiers from the Diamond Jo an email and just said, 'Hey, you guys know how to get in touch with people like this, I have know idea,' so I said, 'Why don't you see what you can do to get it figured out.'" A couple days later he shot back that he's available and he'll come and you've got the Soup Nazi! Yeah, I think it's going to be pretty cool. Most people I've told – obviously, Seinfeld was a pretty popular show – say, 'Oh, I love the Soup Nazi! That's

my favorite episode.' So I'm excited."

In addition to food, wine, beer, music, soup and celebrities at Saturday's celebration, keep your eyes open for special coupons and offers at the event from sponsoring businesses, especially those restaurants from Friday night's tasting. You might want to partake of an amazing dinner at one of the sponsoring restaurants that night.

In case you wake up on Sunday and don't want the dream to be over, it doesn't have to be. Van's Wine & Liquor, literally seconds off the bridge in East Dubuque, Illinois will be featuring great wine and beer deals from the weekend's samplings along with pastries and complimentary mimosas to cap off your weekend. Visitors can pick up their favorites before they leave, while local guests can place orders during the events on Friday and Saturday and Van's will call them when their order is ready to be picked up.

If you're like us (and we know we are) you might be thinking that all this sounds pretty good. You would be right. You also might be thinking, "Well, how much are tickets and where can I get them?" There are a couple ways to do this. You can get tickets for just Friday night's Reserve Wine and Food Tasting for \$65 or Saturday's day of tastings at Stone Cliff for \$45 (soup included!). Or you can



get a Weekend Pass that will get you into everything for just \$99. But here's the thing: Tickets are limited to just 250 per day, so you will want to secure yours in advance to guarantee your spot. Get them online now at www.dbqfoodandwine.com. Don't say we didn't warn you to get them now!

"This first year we looked at it, we said, 'Let's hold it to 250 maximum tickets we can sell' and that's so we can manage it," explained Smith. "If we're overly successful and oversold and had 700 people the first year it could be a train wreck. We want to avoid those pitfalls."

Despite the limited number of tickets available for this year's event, both Smith and Jansen hope to grow the event in the future. "Yeah, it's kind of taken on a life of its own and I think we've got the foundation for something going forward that is going to be a really, really big thing for Dubuque," said Jansen. "I think we look ahead a few years and I envision maybe a thousand people attending this thing and next year we can open it up to more restaurants and more people that can

chime in and add to the experience. We've met with the Chamber and the CVB and I think we all see a pretty powerful draw going forward and hopefully some pretty good potential to make a big, longstanding event in Dubuque. Fill up all the hotels and get them out in the restaurants and it's a win-win for everybody."

Speaking of hotels, special room packages are available for the weekend from the Hotel Julien Dubuque for out of town wine lovers or even locals looking for a great stay-cation opportunity. Also, at registration for either Friday or Saturday's tastings, ticket holders can enter a drawing for a Gourmet Dubuque Getaway to include two nights lodging at the Hotel Julien, two reserve bottles of wine, and dinner for two on two consecutive nights at their choice of Caroline's, L.May, The Pepper Sprout, or The Woodfire Grille. The drawing will take place at Van's on Sunday afternoon.

So there you have it – a full weekend of great food, wine, and yes, there will be soup. Next!

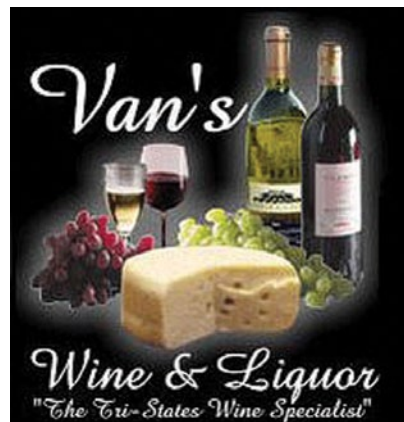
NEW FALL MENU

Tuesday - Thursday, 5 - 9 p.m.
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More Area Tasting Events



Van's Annual Fall Wine (& Liquor) Tasting

Wed., November 6, 5:30 - 8 p.m.

Timmerman's Supper Club, East Dbq.

The most anticipated annual event will feature a specialty reserve tasting featuring some of the best wines available. The evening will also include a free commemorative wine glass, hors'd oeuvres, and an opportunity to sample over 80 wines, and 25+ single malt scotches and bourbons. Many vendors will be available to describe the history and style of their vintages. Tickets are \$20 in advance and \$25 at the door, with all ticket sale proceeds benefiting Hospice of Dubuque and the Dubuque Jaycees / Radio Dubuque July 3 Fireworks and Air Show on the River. For an extra \$10 you can sample the 30+ premium wines in the Reserve Tasting. Tickets are available at Van's Liquor Store, Hospice of Dubuque and Timmerman's. For more information, call Van's Liquor Store at (815)747-3631.

FAMILY BEER & LIQUOR

FALL BEER TASTING
Thursday, November 7 @ 5:30-8:00 pm

SAMPLE MORE THAN 70 CRAFT, IMPORT AND SPECIALTY BEERS!

TICKETS NOW AVAILABLE!
\$15 in advance or \$20 at the door

All proceeds benefit the Rotary Club of Dubuque!

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Family Beer & Liquor's Fall Beer Tasting

November 7, 5:30-8 p.m.

Family Beer & Liquor

Join Tim and the crew for their annual Fall Beer Tasting. Sample more than 70 craft, import and specialty beers. Tickets are available now at Family Beer & Liquor for \$15 or they are \$20 at the door. All proceeds benefit the Rotary Club of Dubuque. Enter to win tickets on Dubuque365's Facebook

Page. Oh man, beer and food as far as the eye can see. How can you not love this one?



Hy-Vee's 5th Annual A Night To Remember

Thursday, November 14 @ 5-7 p.m.
The Grand River Center

Join us for the 2013 Dubuque Hy-Vee holiday wine, beer and food tasting event. Featuring over 150 beer and wines to sample, Hy-Vee chef stations and mouth-watering Hors d'oeuvres from Hy-Vee Catering. Must be 21 years of age to attend. Proceeds will benefit the "Make a Wish" Foundation. Tickets are \$30 in advance or \$40 at the door. Ticket sales are limited to 600 people. Each ticket holder will receive a Riedel wine glass.



Nouveau Wine Weekend Galena, IL

November 22-23

Join the fun in Galena, IL as the once again celebrate the French-inspired tradition of Nouveau, previewing a sampling of the vintage from the fall harvest. Indulge in wine tastings—including not only Nouveau, but also everything from elegant Oregon Pinot Noirs to stunning Napa Valley Cabernet Sauvignons, crisp Marlborough Sauvignon Blancs to toasty Carneros Chardonnays. Also enjoy wine dinners, wine-inspired spa packages, lodging packages, shopping and all that brings wine lovers bliss. And, on Friday, November 22, help then make history as they set out to create a first-time record in Galena: the longest toast on Main Street. We'll line up and "Toast the Town" in domino-style fashion, raising our glasses high to celebrate Galena's extraordinary history and celebrate honors and accolades the town has received this year. Details in the next issue of 365ink or visit www.nouveau-weekend.com now for all the details!



Movin' on Up

Leaving yardwork and home maintenance behind for modern

Independent 55+ Living

If we've learned anything in 198 issues of 365ink, it's to never make assumptions about who reads 365ink. You're only as old as you believe you are. Some of Dubuque's most active lovers of the arts, entertainment and cultural opportunities have long since blown past the requirement age for AARP, but have no intention of missing a thing their community has to offer.

At the same time, they have, maybe you have, grown old enough to realize that life is a lot easier when someone else is mowing the yard, shoveling the snow and keeping the workings of the house in order. Being part of a huge population of retirement-aged Americans, it's only natural to realize that privately managed housing has responded to the growing needs of the generation. The 85-and-older population is expected to more than triple between 2008 and 2050 in the United States. With each passing year, more options are available in the Dubuque area to choose from. They fulfill every level of need, from the simplicity of independent living where just the basics like home maintenance are covered, to fully provided medical needs attention 24 hours a day.

While many of the facilities we will cover do offer the intensive care options, memory care needs and other medical issues so many seniors face, we will be focusing on the more active and socially engaged seniors of the community, probably Dubuquers like you, who just want a cool place to live where the inconveniences of daily life are taken care of and you can focus on enjoying the active years of your life. The years when you

likely have the free time and hopefully, the expendable income to take full advantage of all of the fun things you read about in every issue of 365ink.

We think after a look at what's out there, you'll agree that giving up the big family house is neither giving up nor giving-in and going to a "home." These days, it means moving up and cutting the ties that keep you from enjoying the freedom of your golden years. Welcome to truly independent living...

In researching this story, we found numerous amenities that seem to be common among nearly all venues. So rather than restating it many time over, we'll list those here:

Emergency response systems, meal service (delivered or restaurant style), housekeeping services, 24-hour on site staff, common areas featuring comfortable seating, games, libraries, televisions and more. Apartment maintenance, exterior maintenance, laundry services, cable, phone and internet connectivity.

Sunset Park Place
3730 Pennsylvania Ave., Dubuque, IA
563-583-7939

Sunset Park Place Retirement Community is conveniently located in the heart of Dubuque, Iowa, nestled on 5.7-acres and offers assisted and independent living options, dementia care and town homes. Sunset is a state-certified community providing comfortable, affordable housing in a safe, healthy setting that ensures personal dignity and respect while encouraging



independence and privacy. In addition, a respite program is offered for those who need temporary assistance in a private, home-like apartment. As a resident, you can enjoy exercise classes, and any one or all of the five to six activities offered every day including cards, bingo, crafts, special music, social events and outings in the community. There's even a library in the main building, spa tub and fitness room access. Catholic and protestant religious services are held on a weekly basis.

Specific assisted living benefits include three home cooked meals a day, weekly housekeeping and laundry, emergency pendants that are answered 24 hours a day, assistance with daily living and many more personalized services. An Individualized Service Plan addresses personal care, centered upon each resident's needs.

Independent Living benefits include one home cooked meal a day, bi-monthly laundry and housekeeping, emergency pendants that are answered 24 hours a day, wellness programs and even valet parking!

Another great independent living option at Sunset Park Place are the Town Homes. They provide all of the comforts of home with none of the work. Residences feature 1200 sq. feet of living space include two spacious bedrooms and laundry all on the same level - no steps! Golden oak woodwork is featured throughout. Town Homes also include a one car attached garage, a full kitchen with a



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skylight, refrigerator, dishwasher, oven, and a great room with bay window.

Weland Gardens at Sunset Park Place provides a family-style setting for residents with Alzheimer's disease and other dementias. Residents are provided with a private room, just a few steps away from a dining area as well as living room and patio. No matter where you're at with your living needs, Sunset Park Place has many options to choose from.



The Woodlands Senior Apartments

3460 Starlite Drive, Dubuque, IA

www.horizondbm.com/hms/hms_woodlands.html

At The Woodlands, you'll find 42 - 1 and 2 bedroom apartment homes, in a variety of floor plans, for those 55+, all carrying the Horizon Management Services brand of affordability, quality and value. Amenities include heated underground parking, elevator service, indoor mailboxes, laundry rooms on each floor, decks or patios on all units

and heat, water and municipal services included in rent. Located in a quiet residential neighborhood on the west side of Dubuque, the Woodlands has convenient proximity to tri-state attractions and amenities. Residents enjoy monthly catered meals as well as birthday parties, potlucks, cookouts and entertainment. Whether it is social connection, prime location or quality living; The Woodlands has something for everyone.



Applewood Senior Apartments I, II & III

3125 & 3175, 3225 Pennsylvania Avenue

Dubuque, IA 52001

563-582-5334

www.horizondbm.com/hms/hms_applewood.html

www.horizondbm.com/hms/hms_applewood3.html

At Applewood Senior Apartments I & II you'll find 91 - 1 and 2 bedroom apartment homes for those 55+, operated by Horizon Management Services. And Applewood II is on the way! The majority of apartments are for those with an

annual income to not exceed the current qualifying limits, with several of the 1 and 2 bedroom apartments offered without qualifying income limits.

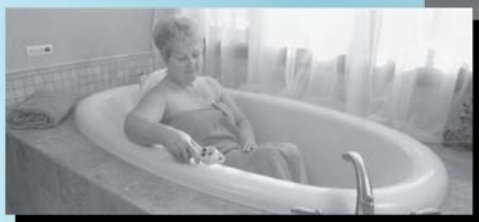
Located in a residential neighborhood on the west side of Dubuque, Applewood has convenient proximity to tri-state attractions and amenities as well as on-site activities including birthday parties, potlucks, pizza parties, cookouts and entertainment. Most mornings residents gather for a coffee and social hour; afternoon and evenings consists of euchre, bingo, movies and more.



The new 3-story, 43-unit Applewood III complex will feature affordable one and two bedroom apartments ranging in size from approximately 675 square feet to 1,070 square feet and common amenities that include a heated underground parking garage, club room, beauty salon, exercise room, and a business center. Rents will range from \$410 per month to \$710 per month, respectively. Unit amenities include carpeting, kitchen appliances, blinds, patio or balcony, urgency pull cords and washer/dryer hookups.



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www.stonehilldbq.com/assisi.cfm

Located on the Stonehill campus and serving active and community-engaged seniors, Assisi Village provides independent living through apartment-style or standalone villa options.

From the very beginning, the goal was to provide a small neighborhood environment where neighbors can develop close friendships and build a sense of shared belonging. With only 54 units, including 27 Independent Living Apartments, 22 Assisted Living Apartments and 5 Villas, Assisi Village gives every resident the closeness to others that adds greatly to overall quality of life, without giving up personal space and a feeling of independence in a safe a secure

setting. Residents can choose apartment-style living, with all amenities at hand under one roof, or opt for one of the standalone villas that surround our lovely campus.

The in-house dining center, St. Clare's, is comparable to a fine restaurant, serving a wide variety of delicious and healthy meals from chicken cordon bleu and seasoned cod to shrimp and barbecue pork steak.

Access to the chapel, sunrooms, raised gardens, resident storage and wellness benefits like monthly health monitoring are just a few of the features you will enjoy.

A broad array of scheduled group activity options include birthday parties, off-site luncheons at sites like the Arboretum, music and entertainment, a book club, crafts, wellness programs, daily mass, and regular trips to local shops, malls, museums and more.

The Stonehill Wellness Center

3485 Windsor Avenue, Dubuque, IA

Cole Lueders, Wellness Director

563-690-9640, clueders@stonehilldbq.com

A huge advantage to living on campus is the convince of the new world-class Wellness Center. But the center is actually open to everyone, so you don't have to live there to benefit from the facility. Think of it as the ultimate gym membership for older adults. And get this. If you are 65 or over it is totally FREE!



You really have to see this place to believe it. It's so remarkable that the major supplier for their computerized strength and cardio equipment, Techno-gym, did a big feature on the venue in their worldwide publication. In addition to the strength equipment, there are plenty of treadmills, bikes and the very popular new-step machines. In-house trainers can asses Members' fitness levels and program an exercise regimen that is saved digitally you your key fob. So as you use the Techno-gym equipment, each piece knows who you are and what kind of workout you want to do. And a slew of great senior-friendly fitness classes from yoga, Zumba and pilates to circuit training and boot camp are always free for Seniors 65+.

Finally, and certainly not least, you have to discover the Hydro Works therapy pool. This amazing aquatic workout features a six foot pool that raises the floor to allow for zero degree entry into the pool so anyone can easily get in. Then you can enjoy great aquatic therapy as you move and walk in the water. How do you walk in the



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water? The entire floor of the pool is a big treadmill.

So if you were thinking of getting in shape, wherever you live, but the idea of going to a traditional gym with a bunch of kids scares the willpower out of you, here's your answer. Just stop in and check it out for yourself at the Stonehill Care Center campus at 3485 Windsor. Just watch for the signage to the center.



Oak Park Place

1381 Oak Park Place, Dubuque, IA
www.oakparkplace.com

Oak Park Place offers assisted living, independent living, and memory care as well. Striving to keep residents active, they offer countless opportunities to enhance and enrich their lives, employing lifestyle enrichment directors and activity coordinators to ensure that residents never run out of fun and engaging activities. The also provide assistance with anything our residents may



need to help them out during their daily life as well as health and wellness programs. Seniors can enjoy various activities such as yoga, live music, or discussion groups. This community was built for the purpose of providing a home town feel to our residents, and even remind them of the good old days. Oak Park Place is great for those who want to live an active lifestyle!

Dubuque Retirement Community

2700 Matthew John Drive, Dubuque, IA
563-690-1900

Dubuque Retirement Community (pictured below) combines senior living with comfort and luxury in a beautiful, independent setting, offering a variety of social programs to keep residents' active in a pet friendly facility. For active seniors who prefer a full social calendar to those who want to relax and takes things more slowly — and everyone in between — Dubuque Retirement Community accommodates each resident's lifestyle in Studio, One Bedroom, and Two Bedroom apartments. A wide array of activities is available. The residence offers seniors the opportunity to enjoy a comfortable atmosphere free from the daily worries associated with living alone. They also offer short stays for those who are not ready to make a permanent move including those individuals recovering from surgery, an illness or other health issues or assistance with caring for a loved one. Personal care and medication assistance are available through our home health partners. Utilities are included.



...continued on page 34



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Gravity (PG-13)

Fri - Thu: (11:50 AM), (2:00), (4:15), 7:10, 9:10

Cloudy With a Chance of Meatballs 2 (PG)

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The Counselor (R) (Oct. 25)

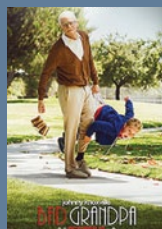
Ridley Scott and Pulitzer Prize winning author Cormac McCarthy ("No Country for Old Men") have joined forces in a thriller starring Michael Fassbender, Javier Bardem, Brad Pitt, Penélope Cruz, and Cameron Diaz, where a respected lawyer's dalliance with an illegal business deal spirals out of control.

Bad Grandpa (R) (Oct. 25)

86 year-old Irving Zisman (Johnny Knoxville) is on a journey across America with the most unlikely companion, his 8 year-old Grandson Billy in this Jackass spin-off.

Last Vegas (PG-13) (Nov. 1)

Michael Douglas, Robert De Niro, Morgan Freeman and Kevin Kline, best



friends since childhood, head to Las Vegas with a plan to relive their glory days on bachelor party vacation... or can they?

Ender's Game (PG-13) (Nov. 1)

Ender Wiggin is recruited to join the battle school in a effort to find the next military hero to defend Earth against a hostile alien race, based on the sci-fi classic. Stars Asa Butterfield, Ben Kingsley, Harrison Ford and Abigail Breslin and Hailee Steinfeld.

Free Birds (NOV 1) (PG)

An animated buddy comedy about two turkeys from opposite sides of the tracks who must travel back in time to get turkey off the Thanksgiving menu for good.



MOVIE BUZZ

Michael Bay is looking to WWII again for creative inspiration as he has signed on to at least produce and possibly direct an adaptation of the book proposal, SABOTAGE, about a scientist who flees the Gestapo to inform the Allies about the Nazis nuclear program who then send in 9 Norwegian commandos on a suicide mission to take it out. It's also an attempt to apologize for Pearl Harbor.

It looks like Charlie Hunnam won't play the male lead in the "Fifty Shades of Grey" film after all. Universal Pictures says the company is looking for a new male because Hunnam's TV schedule is not allowing him time to adequately prepare for the role of Christian Grey.

Oliver Stone and Jamie Foxx might be re-teaming for Warner Bros. and DreamWorks' long-developing Martin Luther King, Jr. biopic. While Paul Greengrass and Lee Daniels had other

version cooking, this version brings Steven Spielberg and has the backing of the King family. They also have the only rights to King's "I Have a Dream" speech.

A Horrible Bosses sequel is looking to Christoph Waltz and Chris Pine to play father and son evil superiors in the comedy.

Game of Throne's Jon Snow (Kit Harington) is testing to play a young Reed Richards, the pliable, elasticated hero, Mister Fantastic in a Fantastic Four reboot. Saoirse Ronan and Kate Mara are said to be testing for Invisible Girl, while Chronicle's Michael B. Jordan still is the only name being thrown around for Human Torch. No actor has yet been linked to the role of The Thing.

Darren Aronofsky reports that his Russell Crowe-starring Biblical project, Noah will feature "the most complicated rendering in [ILM's] history."



TRI-STATE LIVE MUSIC

Thursday, October 24

Andeas Tranzo
Frank O'Dowd's Pub, 6 PM

Fever River String Band
Grape Escape, 7 PM

Cheap Thrill
Mississippi Moon Bar, 8 PM

Jazz Night with
'Round Midnight Trio
Monk's Kaffee Pub, 8 PM

Proud Feet
The Cornerstone, 8:30 PM

Friday, October 25

Larry Michael
Shark's Roadhouse, 7 PM

Johnnie Walker
Galena Brewing Co., 7:30 PM

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

Project Pink: Pink Floyd Tribute
Mississippi Moon Bar, 8 PM

Dean Napolitano
Mystique Casino, 8 PM

Patchy Fog
Spirits, 8 PM

Jordan Danielsen
Grape Escape, 8 PM

Roy Schroedl
The Cornerstone, 8 PM

Gypsy Lumberjacks
eronel, 9 PM

Taste Like Chicken
Sandy Hook Tavern, 10 PM

Saturday, October 26

Campfire Kings
The Cornerstone, 1 PM

Two Ugly People
Stone Cliff Wine &
Beer Bar, 7 PM

Set in Stone
"Cheers" Halloween Party
Dubuque Driving Range, 7 PM

Michael Breitbach
Bomb Fire Pizza, 7 PM

Country Tradition
Mooney Hollow Barn, 7 PM

The Old 57s
Galena Brewing Co., 7:30 PM

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

Vic Ferrari Band
Mississippi Moon Bar, 8 PM

Dean Napolitano
Mystique Casino, 8 PM

Johnnie Walker
Asbury Eagles Club 8 PM

Ignighter
Surf Golf & Sports Club, 8 PM

Firewood Revival
The Cornerstone, 8 PM

Overman
Grape Escape, 8 PM

Boys Night Out
Galena Elks Club, 8 PM

Mr. Obvious
Elks Lodge,
Platteville, 8 PM

Legal Fingers, Lines,
Young Indian
eronel, 9 PM

Dead Larry
The Lift, 9 PM

Brown Bottle Bandits
Spirits, 9 PM

Jabberbox
Denny's Lux Club, 9 PM

Half-Fast
Mad Monster Party
Jumpers, 9 PM

Awesome Sauce
Northside Bar, 9 PM

Pash N Brew
Shenanigan's Pub, 9 PM

Six Shots 'til Midnight
Hammerheads, 9 PM

Full Code
Dickeyville Fire Dept.
Halloween Dance
Sunset Lanes, 9 PM

Taste Like Chicken
Dirty Ernie's, 9 PM

Matt McPherson Band
Bronco Inn, 9 PM

Classical Blast
Corner Tap, Stockton, 9 PM

Buzz Berries
Budde's, 9:15 PM

Mississippi Band
Murph's South End Tap, 9:30 PM

Renegade
Eichman's, 9:30 PM

Nitrix
Sandy Hook Tavern, 10 PM

Sunday, October 27

Open Mic with Scott Rische
Grape Escape, 12 PM

Open Mic with Broom Street
Drifters
The Cornerstone, 1:30 PM

Classical Blast
New Diggings General Store,
3:30 PM

Johnnie Walker
Stone Cliff Wine and
Beer Bar, 4 PM

The Lonely Goats
Sandy Hook Tavern, 6 PM

Tuesday, October 29

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

Garrett Hillary
Riverboat Lounge, 7 PM

day, October 30

Acoustic Jam
The Cornerstone, 6:30 PM

Rosalie Morgan
Riverboat Lounge, 7 PM

Laurie Rubin
UW-Platteville CFA, 7 PM

Drive-By Truckers
Mississippi Moon Bar, 8 PM

Halloween Thursday, October 31

Ten Gallon Hat
Grape Escape, 7 PM

Club 84: Monsters Ball
Halloween Party
Mississippi Moon Bar, 8 PM

Jazz Night with
'Round Midnight Trio
Monk's Kaffee Pub, 8 PM

Open Mic with Jeff & Jimmy
The Cornerstone, 8 PM

Super Happy Funtime
Burlesque
eronel, 9 PM

Friday, November 1

Johnnie Walker
Riverboat Lounge, 4 PM

Boys Night Out
Aragon Tap, 7 PM

Wundos
Dubuque Driving Range, 7 PM

Corey Jenny
Steve's Pizza, 7 PM

Garrett Hillary
Galena Brewing Co., 7:30 PM

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

Pat Benatar & Neil Giraldo
Mississippi Moon Bar, 8 PM

Halloween with
the Hunks
Mystique Casino, 8 PM

Laura McDonald
& Jeff Weydert
Spirits, 8 PM

Crippen n' Clayton
featuring Anna
Grape Escape, 8 PM

Steve Grismore Blues Band
The Cornerstone, 8 PM

DJ Mister Whiskerz
eronel, 9 PM

Renegade
Northside Bar, 9 PM

Twang Dragons
Murph's South
End Tap, 9:30 PM

Lipstick Slick
Sandy Hook Tavern, 9 PM

Saturday, November 2

Johnny Rocker Duo
Grape Escape, 2 PM

Michael Breitbach
Stone Cliff Wine
& Beer Bar, 7 PM

Odd Couple
Dubuque Driving Range, 7 PM

Beaker Brothers
Galena Brewing Co., 7:30 PM

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

Spazmatics
Mississippi Moon Bar, 8 PM

Halloween with the Hunks
Mystique Casino, 8 PM

The Resistors
Surf Golf & Sports Club, 8 PM

River Glen
Lehn's 30 Birthday Party
The Cornerstone, 8 PM

The Lonely Goats
Grape Escape, 8 PM

Full Code
Veterans Honor Flight Benefit
Knights of Columbus Hall,
Cascade, 8 PM

Freedy Johnston
eronel, 9 PM

The Revival
The Lift, 9 PM

Jason Ray Brown
Spirits, 9 PM

Johnnie Walker
Dog House Lounge, 9 PM

Surf Zombies
Jumpers, 9 PM

8 Balls
Northside Bar, 9 PM

Brown Bottle Bandits
Dagwood's, 9 PM

Enemies of Confusion
Embe, 9 PM

Sunday, November 3

Open Mic
with Scott Rische
Grape Escape, 12 PM

Open Mic
The Cornerstone, 1:30 PM

Becky McMahon
& Charles Harris
Stone Cliff Wine and
Beer Bar, 4 PM

Katie & Brownie
Frank O'Dowd's Pub, 6 PM

Miss Kitty's Quiz Show
Grape Escape, 8 PM

Tuesday, November 5

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


Wednesday, November 6

Acoustic Jam with Jay Von
The Cornerstone, 6:30 PM

Laughing Moon Comedy
featuring Joe Kilgallon
Mississippi Moon Bar, 8 PM

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

...continued on page 24



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Friday, 10/25 • Taste Like Chicken, 9 p.m.
Saturday, 10/26 • Nitrix, 10 p.m.
Sunday, 10/27 • Lonely Goats **Halloween Bingo!**
Friday, 11/1 • Lipstick Slick, 9 p.m.
Saturday, 11/9 Black Water Gin, 10 p.m.
Sunday, 11/10 • Johnny Rockers, 6 p.m.

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FRI 10/25/13 8PM
JORDAN DANIELSEN
SAT 10/26/13
2PM JORDAN ENCORE SHOW
8PM OVERMAN
HALLOWEEN COSTUME PARTY & PRIZES
PART 2 HALLOWEEN COSTUME PARTY & PRIZES

THU HALLOWEEN NIGHT!
6PM ZOMBIE PUB CRAWL
8PM TEN GALLON HAT
FRI 11/01/13 8PM
CRIPPEN N'CLAYTON FEAT ANNA
SAT 11/02/13
2PM JOHNNY ROCKER DUO
8PM THE LONELY GOATS

every sunday at noon scott riche's open mic
with lunch by donation
and then at 8pm, the miss kitty quiz show



Gypsy Lumberjacks

eronel, Friday October 25, 10PM

With a sound consisting of a mix of World Beat, Flamenco, Caribbean, Gypsy Jazz, and Bluegrass, Gypsy Lumberjacks cover a wide range of styles. Mining similar territory as the Dave Matthews Band or Cross Canadian Ragweed, the six-piece band layer pleasant sounding vocal harmonies over top sparse instrumentals that add up to one big jam set in firmly in motion. They'll be at Eronel on Friday October 25 for a free show starting at 10:00 with music all night.



Halloween Bash w/ Legal Fingers, Lines, Young Indian

eronel, Saturday October 26, 10PM, Hometown heroes will dress up Eronel as Wembley Stadium as they pretend to play to thousands and thousands of people. Legal Fingers are the only band on the bill to actually do so, having done extensive tours of La Crosse and Parts Unknown with their high-energy sleaze rock riot act. Lines have also played to dozens of people (cumulative) in their brief, arbitrary time as a band, with a diverse sound somewhere between Ke\$ha and Faith No More. Young Indian is a band made up of a fat kid, an Asian dude, a redhead, and a guy with a questionable mustache, so they don't need to dress up when they play their loud instrumental tunes. Come down dressed up and try not to puke in your mask. Party starts at 10:00 at Eronel, and is free!

Dead Larry Halloween Party

The Lift, Saturday Oct 26, 9 PM
The Lift encourages you to dress up,



get weird, and potentially get paid doing it! The annual Lift costume contest is always sure to create laughs and wonder. The Lift is offering \$300 for first place, a \$100 bar tab for second, and \$50 for third place.

The musical guest for our Halloween party is DEAD LARRY! “A delightful blend of high energy rock, dance and funk offers a look into the new generation of musicians and fans. Originally from Iowa City, IA the entire band relocated to Minneapolis, MN in Oct 2011. Dead Larry spreads a positive message to bring out a renewed feeling of passion and hope for anyone who listens. A group of 4 guys in their twenties, Dead Larry loves to party and encourages the crowd to get up and moving. With a vast range of influences it's hard to pin down the sound, but comparisons have been made to Modest Mouse, The Talking Heads, Led Zeppelin and Pink Floyd. Dead Larry encourages a community of friends and family (known as “The Family of Funky Friends”) that continues to support and grow with Dead Larry throughout their adventures. Touring relentlessly across the country, Dead Larry is a force to be reckoned with.”



Super Happy Funtime Burlesque

eronel, Thursday October 31

Super Happy Funtime Burlesque is coming back once again with their unique blend of comedy, live music, and almost-nude dancing. On their previous trips to town they’ve tackled the birthing process and Christmas, and with a special Halloween show lined up for this trip through town, they stand poised to ring your doorbell, yell “Trick or Treat,” and leave you with a candy coating. Their act is

sexy and over-the-top, but the artfulness, showmanship and musicianship remains throughout and provides just as much of the entertainment value. Tickets are \$10 and available now at eronel for the 10 o'clock show on Halloween night!



Mister Whiskerz EDM Night / Halloween Dance Party

eronel, Friday November 1, 10PM

The Ambassador of Bass returns to Eronel to make you dance all night! With a blend of house, glitch, and dubstep, Mister Whiskerz comes from Galena to make drops and drop them, making the dance floor go crazy with sound. The party get wild early and goes late, so show up to this free show at 10:00 on the dot. If this is your weekend to celebrate Halloween, then show up in costume and the \$3 cover becomes only a buck.



The Revival

The Lift, Saturday, November 2, 9 PM

The Revival is a 6 piece band based out of Cedar Rapids/Iowa City area, playing unique blend of music that spans multiple genres. An edgy fusion of rock, funk, blues, & hip hop, they weave together evocative lyrics with strong grooves and powerful vocals to create a sound all their own.

Dubuque Area Arts Collective Kickstarter Party

eronel, Saturday, November 2, 6-9 PM

Music by Kristina Castaneda and readings by area writers. Free admission! Come meet the Dubuque Area Arts Collective team and artists, and check out



the kickstarter rewards. In exchange for donations, many rewards are available, including art, music, tattoos, and literature by area artists. **THE FIRST 15 PEOPLE TO ATTEND WILL GET A 19" X 13" ART PRINT.** The Dubuque Area Arts Collective has established a Kickstarter campaign to fund its first semester of programming. A new community group devoted to preparing emerging artists as they transition into the arts industry, the DAAC will be offering a wide range of free programs and services for local and regional youth. Along with classes and workshops, individual mentoring and internships will also be available. Visual arts, music, creative writing, and other disciplines will be represented. All programs will be taught by local artists and offered free of charge to the community.



Freedy Johnston, Dick Prall

eronel, Saturday November 2, 9:30PM,

Freedy Johnston says he’s just a guy from Kansas who got a song on the radio in the 90’s (the catchy “Bad Reputation”), and his music is equally as simple and heartfelt. His arrangements and phrasing walk around the dreaded singer/songwriter line without giving in to the unfortunate tropes, making Freedy stand-out from other “guy with acoustic guitar” types. Also playing will be Dick Prall, a man whose music appears to, on the surface, stop at that very surface but through the

depth of instrumentation and hook-laden pop vocals, there comes purity to the work. There’s actual work. The music nods to Bob Dylan and Grant Lee Buffalo and all other sorts of Americana, right down to the beautiful dissatisfaction of simply sticking around and looking, listening. Music starts at 9:30 and the show is free.



Digital Leather w/ TheHussy, SplitPricks, The Glimmer Blinken

eronel, Friday November 8, 10PM

Four bands and a hundred sounds. The night will be full of music that is full of reverb, music that sounds like the tide coming in, the lights going out. There will be music that sounds like the Beach Boys doing Motorhead’s drugs and Motorhead doing the Beach Boys’s drugs. There will be music that sounds like the 60s and the 70s and the 80s and the 90s and the 00s and the 10s. Experiments in psychedelic volume and every once in awhile, a melody you can’t get away from. Come down and fuzz around 10:00 and do it all night, for free.



DJ MIkey Peek

The Lift, Saturday, November 9, 9 PM

DJ Mikey Peel is one of the Midwest’s hottest up-and-coming DJ’s. His style has mass appeal, incorporating dramatic scratching techniques with continuous mixes to keep the crowd mesmerized. eight years of experience back this Chicago native, who patiently took time in his home city observing skilled DJ’s and diligently learning the craft before branching out on his

own in Dubuque. Jevity’s resumé is lengthy and includes coveted gigs such as opening for DJ Pauly D. One thing is for certain - DJ Jevity has staying power, both behind the turntables at a show and in the ever-expanding house music scene.



The Sharrows, Sam Knutson

eronel, Saturday November 9, 9:30PM

The Sharrows are a roots-rock band from Madison, Wisconsin whose music has been described as a combination of folk, blues, and country. They’re a five-piece with twang and groove, a pluck-and-strum of hearts and guts. Also playing will be Sam Knutson, an Iowa-bred musician rising from the ashes of Shame Train and bringing his blend of Americana folk to the stage. Show starts at 9:30 and is free.



David Dondero

Monk’s Kaffee Pub

Monday November 11, 9 PM

David Dondero (born June 24, 1969 in Duluth, Minnesota, United States) is an American songwriter, guitarist, former lead singer of the band Sunbrain. In 2006, NPR’s All Songs Considered named David one of the “best living songwriters” alongside Bob Dylan, Paul McCartney and Tom Waits. Dondero has toured with such acts as Crooked Fingers, Jolie Holland, Against Me!, The Mountain Goats, David Bazan, Preston School of Industry, Bright Eyes, Tilly and the Wall, Erik Petersen of Mischief Brew, Spoon, and Willy Mason. Dondero currently resides in Austin, TX.



TRI-STATE LIVE MUSIC

...continued from page 21

Thursday, November 7

Chamber Business
After Hours

Jordan Danielsen
Grape Escape, 7 PM

Trombone Shorty &
Orleans Avenue
UW-Platteville CFA, 7 PM

Dueling Pianos
Mississippi Moon Bar, 8 PM

Jazz Night with
'Round Midnight Trio
Monk's Kaffee Pub, 8 PM

29 Cents a Pound
The Cornerstone, 8:30 PM

Friday, November 8

Castaneda & Healy
Dubuque Food & Wine
on the River Festival
Mississippi Moon Bar, 6 PM

Blue Willow
Dubuque Driving Range, 7 PM

Roy Schroedl
Perfect Pint, 7 PM

Larry Michael
Shark's Roadhouse, 7 PM

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

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

Steve Cavanaugh
& Randy Droessler
Spirits, 8 PM

Andrew Houy
Grape Escape, 8 PM

Steve Grismore Jazz Band
The Cornerstone, 8 PM

Digital Leather, The Hussy, Split
Pricks, The Glimmer Blinkken
erone!, 9 PM

Cody Jinks
Sandy Hook Tavern, 11 PM

Saturday, November 9

Johnny Rocker Duo
Grape Escape, 2 PM

The Lonely Goats
Dubuque Food & Wine on the
River Festival
Stone Cliff Winery,
Port of Dubuque, 2:30 PM

Broken Strings
Courtside, 3 PM

Garrett Hillary
Melisa Hammer Fundraiser
Taste Country Marketplace
(formerly D's Place), 4 PM

Two Ugly People
Stone Cliff Wine &
Beer Bar, 7 PM

Full Code
Dubuque Driving Range, 7 PM

Dubuque Symphony Orchestra
Heaven and Earth
Five Flags Theater, 7:30 PM

Dave Weld & Imperial Flames
Galena Brewing Co., 7:30 PM

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

Fall Flashback:
Hair We Go Again!
Vaduz, Grand Slam,
Snidely Whiplash
Mississippi Moon Bar, 8 PM

Cranes/Vultures
The Cornerstone, 8 PM

Cobalt & The Hired Guns
Grape Escape, 8 PM

The Sharrows, Sam Knutson
erone!, 9 PM

DJ Mikey Peek
The Lift, 9 PM

Kevin Beck & Kerry Erickson
Spirits, 9 PM

Crude But Effective
Denny's Lux Club, 9 PM

Six Shots 'til Midnight
Jumpers, 9 PM

Kruser
Northside Bar, 9 PM

Down 24
Shenanigans, 9 PM

Zero 2 Sixty
Eichman's, 9 PM

Brown Bottle Bandits
Budde's, 9 PM

Jabberbox
Dirty Ernie's, 9 PM

Stoneheart
Bronco Inn, 9 PM

Buzz Berries
Surf Golf &
Sports Club, 9 PM

The Resistors
The Depot, Cuba City, 9 PM

Garrett Hillary
Old School Saloon, 9 PM

Black Water Gin
Sandy Hook Tavern, 10 PM

Sunday, November 10

Open Mic with
Scott Rische
Grape Escape, 12 PM

Brown Bottle Bandits
Sundown Mountain, 1 PM

Open Mic with Cal Cooney
The Cornerstone, 1:30 PM

Dubuque Symphony Orchestra
Heaven and Earth
Five Flags Theater, 2 PM

Johnnie Walker
Stone Cliff Wine and
Beer Bar, 4 PM

Johnny Rockers
Sandy Hook Tavern, 6 PM

Miss Kitty Quiz Show
Grape Escape, 8 PM

Monday, November 11

David Dondero
Monk's Kaffee Pub, 9 PM

Tuesday, November 12

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

Jess Klein, Castaneda/Healy
erone!, 9 PM

Wednesday, November 13

Acoustic Jam with Roy Schroedl
The Cornerstone, 6:30 PM

Laughing Moon Comedy
featuring DC Malone
Mississippi Moon Bar, 8 PM

Thursday, November 14

Johnnie Walker
Champagne & Chocolates
River Museum, 5:30 PM

Garrett Hillary
Grape Escape, 7 PM

Dueling Pianos
Mississippi Moon Bar, 8 PM

Jazz Night with 'Round Mid-
night Trio
Monk's Kaffee Pub, 8 PM

Dave Pingel &
the Campfire Kings
The Cornerstone, 8:30 PM

Thursday, November 15

Garrett Hillary
Woodbine Bend, 6 PM

Johnnie Walker
Stone Cliff Wine
& Beer Bar, 7 PM

Andy Wilberding
Timmerman's, 7 PM

Calvin Cooney
Galena Brewing Co., 7:30 PM

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

Michael Angelo Batio:
Tribute to Guitar Rock
Mississippi Moon Bar, 8 PM

Moriah the Medium
Mystique Casino, 8 PM

Broom Street Drifters
Murph's South End Tap, 8 PM

Boys Night Out
Spirits, 8 PM

Nick Stika
Grape Escape, 8 PM

CC Rider
The Cornerstone, 8 PM

Jim The Mule, Cranes/Vultures
erone!, 9 PM

Enemies of Confusion,
American Dust, Soul Phlegm
The Lift, 9 PM

Mississippi Band
Northside Bar, 9 PM

Crude But Effective
The Depot, Cuba City, 9 PM

Stone Kings
Sandy Hook Tavern, 9 PM

Saturday, November 16

Garrett Hillary
The Cornerstone, 1 PM

Johnny Rocker Duo
Grape Escape, 2 PM

Gregory James
Stone Cliff Wine
& Beer Bar, 7 PM

Pash N Brew
Dubuque Driving Range, 7 PM

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

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

Club 84
Mississippi Moon Bar, 8 PM

Moriah the Medium
Mystique Casino, 8 PM

Ethan Keller
The Cornerstone, 8 PM

Stop the Clock
Grape Escape, 8 PM

Civil Soldier, Knubby
erone!, 9 PM

Steddy P, DJ Mahf
The Lift, 9 PM

Taste Like Chicken
Jumpers, 9 PM

Hot Mess or Southland
Entertainment
Northside Bar, 9 PM

Crude But Effective
Perxactly, 9 PM

Ignighter
Timber Lanes, Maquoketa, 9 PM

Massey Road
Jimmy B's, 9 PM

Jason Ray Brown
Corner Tap, 9 PM

Buzz Berries
Budde's, 9:30 PM

Mighty Wheelhouse
Sandy Hook Tavern, 10 PM

Sunday, November 17

Open Mic with Scott Rische
Grape Escape, 12 PM

Open Mic with Matt Meyer
The Cornerstone, 1:30 PM

Becky McMahon
& Charles Harris
Stone Cliff Wine
and Beer Bar, 3 PM

Miss Kitty Quiz Show
Grape Escape, 8 PM

Whitey Morgan & The 78s
Sandy Hook Tavern, 9 PM

Tuesday, November 19

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

Wednesday, November 20

Acoustic Jam
The Cornerstone, 6:30 PM

Laughing Moon Comedy
featuring Erik Griffin
Mississippi Moon Bar, 8 PM

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

Thursday, November 21

Dueling Pianos
Mississippi Moon Bar, 8 PM

Jazz Night with
'Round Midnight Trio
Monk's Kaffee Pub, 8 PM

Ida Jo
erone!, 9 PM



Project Pink: Pink Floyd Tribute

October 25, 8 p.m.

America's premier Pink Floyd tribute band. Project Pink faithfully

recreates the complete Floyd experience with sights, sounds and intangible vibe. \$7-\$25.



Vic Ferrari Band

Saturday, October 26, 8 p.m.

The Vic Ferrari Band has been rocking it for 23 years, playing a mix of classic rock from the 60s to today, and known for sounding as good as the original artist and sometimes even better. Tickets: \$10-\$15



Drive-By Truckers with the Fast Clydes

Wednesday, October 30, 8 p.m.

Drive-By Truckers are an alternative country/Southern rock band. In 2008, album *Brighter Than Creation's Dark*, a far more "swampy" and country record, went to number 37 on the Billboard 200 album chart and was billed a gothic masterpiece. Album *The Big To-Do* further brought media attention to the band, resulting in their highest chart success. Drive-By Truckers are best known for their songs "Where the Devil Don't Stay," "Lookout Mountain," and "Bulldozers and Dirt." Tickets: \$15-\$40.



Club 84 Monster's Ball

Thursday, October 31, 8 p.m.

Get dressed up and come out for a special Thursday Club 84 for Halloween! Dress up to win prizes for the best 70's & 80's costume, sexi-

LAUGHING MOON COMEDY - WEDNESDAYS! DUELING PIANOS - THURSDAYS! CLUB 84 - SATURDAYS!

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 www.DiamondJo.com.

est costume, best group costume, best theme costumes, and more. VIP party from 8-9pm in the suites for those who purchase a booth or table in the VIP section the night of the Halloween Party. The VIP party will include \$2 drinks and free appetizers, along with prize drawings and VIP drink specials throughout the night. No passes tonight. No masks.



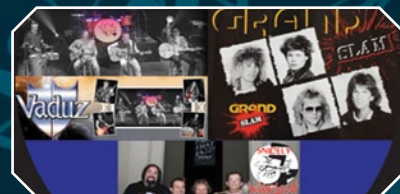
Spazmatics

Saturday, November 2, 8 p.m.

If you want to be sent back to the 80's the only band to do it with is the Spazmatics. The band lends its geeky charm to the tune of theme songs and hits that shaped the decade of decadence. Their spastic show, complete with the style and dance moves of the 80's, allows you to bring your guard down. They add a unique dimension to their performance, demonstrating the common ties between 80's new wave and today. Tickets from \$5.

Comedian Joe Kilgallon

Wednesday, November 6, 8 p.m.



Annual Fall Flashback... Hair We Go Again!

Saturday, November 9, 8 p.m.

The annual concert featuring Dubuque's top rock acts of the 80's is a benefit concert for the Storybook Children's Zoo. This year features Vaduz, Grand Slam, and Snideley Whiplash. Tickets are \$10 at the door.

Comedian D.C. Malone

Wednesday, November 13, 8 p.m.



Michael Angelo Batio Tribute to Guitar Rock

November 15, 8 p.m. - No Cover

Be prepared to be captivated as you embark on a nostalgic journey that will span five decades of Rock & Roll history. Guitar legend and virtuoso Michael Angelo Batio (Nitro)



Pat Benetar and Neil Gerardo

Friday, November 1, 8 p.m.

Pat Benetar remains a bold and distinctive artist both on stage and on record, and now after more than three decades in rock 'n' roll, she's a bonafide living legend. Songs like "Love is a Battlefield," "Hit Me with Your Best Shot," "Heartbreaker," "Promises in the Dark," and "We Belong" are as unforgettable now as they were at the dawn of MTV, when Pat emerged, fearless, fighting and forging a path for other female rock stars around the world. Benetar is acknowledged as the leading female rock vocalist of the 80s, a feat marked by her unprecedented winning of four consecutive Grammy Awards as well as three American Music Awards. Her husband, Neil Giraldo, has been a professional musician, producer, arranger and songwriter for over four decades, changing the face of the pop charts throughout the 1980's for Benetar, John Waite, Rick Springfield, Kenny Loggins and countless others. Tickets: \$40 - \$95

and his band are about to take you on a homage to multiple rock legends including Eric Clapton, Jimi Hendrix, Led Zeppelin, Metallica, Megadeth and more.

Comedian Erik Griffin

Wednesday, November 20, 8 p.m.

Live Band Karaoke

Friday, November 22, 8 p.m.



Rodney Carrington: Laughter's Good Tour

Saturday, November 23, 7 & 9:30 p.m.

Rodney Carrington is a multitasking comedian, actor, and country music artist. Rodney has recorded eight major record label comedy albums selling over three million copies. Rodney has also starred in his own TV sitcom Rodney, which ran for two seasons on ABC and he co-wrote and co-starred with Toby Keith in the feature film *Beer for My Horses*. @ big shows, Tickets: \$40-\$50.

Close to You:

The Music of The Carpenters Saturday, November 30

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. Shows are at 4 & 7 p.m. Tickets: \$15-\$20.



Hairball

Friday, December 13, 8 p.m.

Hairball is the world's ultimate "80's Rock" impersonation act and always pack the house at the Moon Bar. Tickets: \$15-\$30.



John Tesh - Big Band Christmas Sunday, December 15, 7 p.m.

Much more than a TV host, John Tesh has penned some of the most recognizable jingles and theme songs on Television is now a bandleader with a devoted following. Tickets: \$25-\$35



HuHOT MONGOLIAN GRILL

by Rich Belmont



In the 13th Century Genghis Kahn was known as the Great Khan. He was the Supreme Ruler of Mongolia, one of the greatest empires the World has ever known. According to legend, after a long day of hunting Genghis Khan and his warriors would make camp and prepare their evening meal. They would prepare thin slices of meats, mix them up with whatever vegetables and spices were available, and proceed to grill them on their upturned shields over a flaming hot fire. This style of cooking became known as Mongolian BBQ.

HuHOT Mongolian Grill has developed this cooking method into an art form. Their restaurants provide us with all-you-can-eat stir-fry prepared from fresh vegetables and a variety of meats and seafood.

HuHOT Mongolian Grills, LLC is located in Missoula, MT. Their first restaurant opened in Missoula in 1999. Their first franchise opened in Omaha, NE in 2002. The company's CEO/ Founder, Mr. Andy Vap, named his restaurant in honor of HOHHOT (pronounced who-Hot) the capital of Inner Mongolia Autonomous Region of the People's Republic of China. He chose the name as a way of commemorating the tradition of Mongolian BBQ. Also because it is similar to a Hunan style of either mild or spicy cuisine cooked on a very hot grill.

That hot grill, by the way, is a 650,000 BTU



multi-burner gas griddle weighing 2,200 pounds. The Grill Warriors (cooks) carefully monitor the cooking temperatures to ensure they are maintained between 550° to 750° F.

HuHOT Mongolian Grill

555 JFK Road, Kennedy Mall, Dubuque, IA 52002
563-513-3121 | www.HuHot.com

HOURS: Lunch: 7 days, 11 am – 4 pm

Dinner: Sun – Thu, 4 pm – 9 p.m., Fri – Sat, 4–10 p.m.

DINING STYLE: Come as you are

NOISE LEVEL: Conversational

RECOMMENDATIONS: Crispy Eggrolls, Grill Meals, Cheesecake Rangoons, Sweet Victory S'mores

LIQUOR SERVICE: Beer, wine and sake only

PRICE RANGE: Lunch: \$4.49 - \$8.99, Dinner: \$8.79 - \$12.99

PAYMENT OPTIONS: Cash, MasterCard, Visa, Amex, Discover, NO checks

ACCESSIBILITY: Front Door, Mall entrance & Restrooms

KIDS POLICY: Very Welcome, Menu, Booster, Highchairs

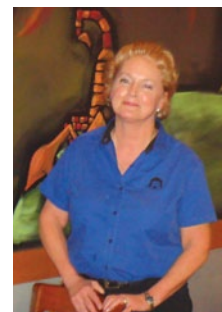
CATERING: No **TAKE OUT:** Yes **DELIVERY:** No

RESERVATIONS: No **PARKING:** Mall Parking Lot

The Dubuque HuHOT is owned by Restaurant's Inc. headquartered in Omaha, NE. This is a Professional Management Company whose family of restaurants includes Old Country Buffets, Stokes Grill and Bars, Twisted Fork Grill & Saloons, Smashburgers and Ryan's Bistros. They also own all of the HuHOT Mongolian Grills in Nebraska, Kansas, South Dakota and Iowa.

Running a restaurant is never easy. However, you can't help but notice the Dubuque HuHOT operates very smoothly. This is largely due to the talent and experience of this restaurant's General Manager, Rita Lyster. She is eminently qualified having begun her career in food

service 27 years ago at the Garden Gate Restaurant which was part of Dick's Supermarket. She went on to manage the Platteville Golf and Country Club and then the Platteville Pizza Hut. She next went to Naples, FL where she was General Manager of a Tijuana Flats, one of the stores of a fresh Tex Mex chain. Lucky for us Rita returned to Dubuque to be closer to her family. She was then appointed Assistant General Manager of the new HuHOT at Kennedy Mall in Dubuque which officially opened exactly 4 years ago in October, 2009. Rita was promoted to General Manager a couple of years later.



You can order beer, wine and sake from the bar. When you are seated you are given a card listing the fountain beverages available. These are all of the flavors dispensed by the new Coca Cola Free Style System. You may have used this at a few fast food restaurants where you serve yourself by pushing buttons on a touch screen. HuHOT is the first chain to offer full-service on this system. The card lists 130 flavors you can choose from. However, you can ask for a combination of flavors such as requesting half ginger ale and half raspberry. So actually your total number of soda choices is 180!



HuHOT is all-you-can-eat so you can go back to the food bar as many times as you like. So I recommend you take your time and start out by ordering appetizers.

Choose Krab Rangoon, pork and vegetable Eggrolls, chicken and vegetable Potstickers or a combination of these.



You can also order Egg Drop or HuHOT & Sour soup and Asian, Garden or Chicken Teriyaki Salads. At lunch time the soup and salad are á la carte. Either a soup or salad is included with your dinner.





The Grill Meals are fun to play with. You proceed to the Food Bar, take a bowl and fill it with a variety of raw, thinly sliced meats, seafood and vegetables. You will find pork, chicken, beef and mild or hot sausage. Don't worry if some of the meats appear to be a little frozen. It's perfectly ok to cook frozen food as long as it is cooked thoroughly. The meats are so thin and the grill temperatures are so hot all the meats are well cooked. In fact the flavors are intense and sealed in since the entire cooking process is accomplished so quickly.

The seafood choices change according to season and availability. Right now you can add Crab, Alaska Pollock and Swai (pronounced sw-eye). You may not be familiar with this last one. It's actually a catfish that is native to the rivers of Southeast Asia. It looks like a shark and grows to 4 feet in length and just under 100 pounds in weight. Swai has a milder flavor and more delicate texture than US native channel catfish. You will also find shrimp on the food bar on Wednesday and Friday nights.



Now you can add some noodles to your bowl. There are Chinese noodles, Yakisoba and Pad Thai. Yakisoba are Japanese ramen-style noodles, and Pad Thai are made from soaked and dried rice noodles commonly sold with street food in Thailand.

Next you pile on the veggies. There are currently about 21 items to pick from. These include common ones like cabbage, broccoli, tomatoes, carrots, spinach, onions and green peppers. Also included are some more unusual ones such as water chestnuts, baby corn, bamboo shoots, bean sprouts and mandarin oranges.

Once your bowl is full of stuff it's time to move to the sauce



bar. HuHot has 12 Signature Sauces plus a special sauce of the season. These sauces are the reason HuHot stir-fry is so good! Each sauce has been carefully formulated to add a slightly different taste to your bowl of goodies. The best part is you get to not only choose your own sauce but you get to make it too. For example if you want Hot Sauce you add to your bowl 2 ladles of Kung Pau, 2 Szechuan, 1 Garlic and 1 Sweet chili oil. If you want to experience more Asian Flavor mix into your bowl 2 ladles of Hoisin sauce, 1 Thai peanut oil, 1 Ginger and 1 Sweet chili. There is even a special sauce for kids made from 2 ladles of Sweet and Sour, 1 Teriyaki and 1 Lemon juice. By the way, I was informed it's always better to throw in a couple extra ladles of oils. When you have a bowl with 6 or 7 ladles of sauce there is no chance your meats and veggies will dry out on the super hot griddle.

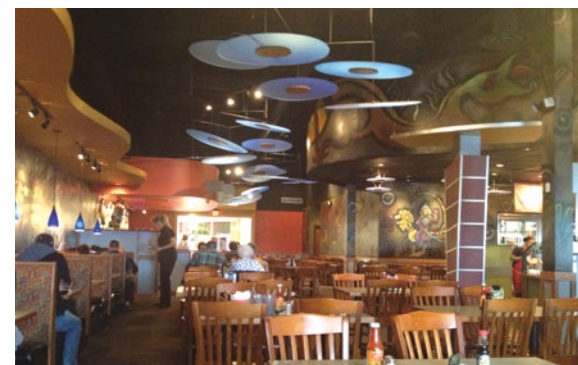


Now that your bowl is overflowing hand it to the Grill Warrior. He will carefully pour the contents into a space on the griddle. Watch him expertly mixing all of your selections and sauces together. It only takes a few minutes to stir-grill your meal. Then he will plate it and hand you back the same contents of the bowl you gave him!

While you are eating take a look at the Mongolian themed murals adorning the walls. These were hand painted by talented Folklore Artist Laura Blaker. Laura was born in Chicago, graduated from the Colorado Institute of Art in Denver and now resides in Missoula, Montana. She is the contract muralist for HuHot. Laura attended a summer workshop at the Florence Academy of Art. For months she worried how she was going to come up with the money to go to Italy. Three months before her scheduled departure her husband, Don Kukla, won \$200,000 in the Montana lottery! Laura's beautiful artwork is available for purchase at www.LauraBlakerFineArt.com.



Eating at HuHot is all about eating healthy: no preservatives, food additives or MSG are used. If you have problems with allergies tell your server and special precautions are taken. The griddle spaces are always cleaned after each use. If you have an allergy the grill warrior will cook your meal in an extra wide space so there is no chance of your choices touching another diner's order. In cases of severe allergies sauces are provided from the kitchen so there is no danger of cross contamination at the sauce bar.



You can also review the Allergy & Nutrition information on the HuHot website or ask to see the Allergy Book. This information will guide you in picking safe ingredients and mixing the sauces that are right for you.

Saving room for dessert can be difficult when your meals are all-you- can- eat. However, keep in mind the NY Cheesecake is wonderful; Khan's chocolate cake is decadent and my favorite: the cheesecake filled Rangoons are awesome. The kids will have fun making their own S'mores at your table with their own campfire!

HuHot Mongolian Grill is the kind of place you can't help going back to again and again. So be sure to sign up for their Loyalty Card so you can earn a point for every dollar spent on food. Every 100 points gets you a \$10 discount.





Vesperman Farms Corn Maze and Pumpkin Patch Weekends through the fall

Vesperman Farms boasts one of the biggest and most challenging corn mazes in the Midwest. While at the farm, you can also check out the trebuchet, rubber duck races, farm animals, air cannon and caramel apples and apple cider doughnuts. Vesperman Farms is open on weekends through the fall, Saturdays 10 a.m. - 7 p.m. and Sundays 10 a.m.- 5 p.m. For more information, call 608-723-2542.



Dark Chambers Haunted Attraction October 11-12, 18-19, 24-27, 31 November 1-2 Port of Dubuque

Dark Chambers Haunted Attraction is the tri-states' most exciting haunted house experience. Over 5,000 sq ft of dark turns and terrifying sights will get your heart pounding. Get your friends and anyone else you think will help you make it out

and come test your mortality inside the Chambers. Tickets are \$5 for Light Fright and \$10 for the Full Scare. For more information visit DarkChambers.com.

Fever River Puppeteers presents: "A Halloween Adventure"

October 26-27
Hazel Green Opera House

In this spoof of a well-known fairy tale, Witch Hazel Green finds herself in a strange land where witches come in bunches. She makes some friends who look oddly familiar: a scarecrow girl, a disjointed skeleton and a cowardly cow. Together they take a journey to find The Big Cheese. The Fever River Puppeteers will present the marionette show, "A Halloween Adventure," Saturday, Oct. 26; and 2 p.m. Sunday, Oct. 27. Tickets for all performances are \$5 for adults and \$4 for children 12 and younger. Doors open a half hour before each weekend performance. Performances are approximately 45 minutes. After each show, the puppeteers answer questions and bring out some of the marionettes so that the audience can learn more about the art of puppetry. For information, call 608-732-6404



Halloween Family Movie Night Friday, October 25

Dickeyville Community Center
The Dickeyville Community Center hosts Halloween Family Movie Night on Friday,

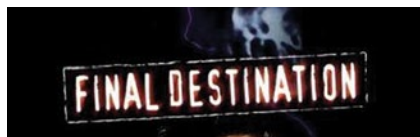
October 25 in the Community Center gym. Kids are welcome to wear costumes and join the costume parade at 6:00 p.m., with the movie at 6:30 p.m. Juice and popcorn will be provided. For more information, call 608-568-3333.

Asbury Halloween Parade Friday, October 25

The Asbury Halloween Parade will be held



on Friday, October 25 with line-up beginning at Lord of Life Church (corner of Hales Mill Rd and Springgreen Dr) at 6:30 pm. The parade will begin at 7 p.m. and follows Springgreen Dr to the Dubuque County Library on Saratoga Rd. Anyone interested in participating in the parade can contact Peggy at the Asbury City Hall at 556-7106.



Final Destination Halloween Party Friday, October 25

Dubuque County Library, Asbury Branch
The Dubuque County Library invites all to come to the Asbury branch (5900 Saratoga Plaza) for an enchanted evening on Friday, October 25 from 7-8:30 p.m. The "Final Destination" of the Asbury Halloween Parade is the Dubuque County Library where prizes and fun will be had by all! Kids are encouraged to come in costume and check out a scary Halloween book.



Night of the Zombies Friday, October 25, 6 - 8 p.m. Carnegie-Stout Public Library

Dig up a date or come with your undead self to this creepy event. Shake off those maggots and gimp (dance) the night away. Don't like to gimp (dance)? Then join in on the un-deadly fun at the makeup bar or nibble at the table

of yummy zombie treats. Who knows you may be crowned the King or Queen Zombie! Ages 12 - High School. Please register at the Children's Help Desk or by calling 563-589-4225, ext. 2228.



IBM's Day of Scare Saturday, October 26 Roshek Building

Day of Scare is a family-friendly halloween event with trick-or-treating at booths from over 30 community partners from 2-4 p.m. and a costume contest beginning at 2 p.m. Live music is provided by NISOM and the Chorale Cadenza. Admission is free for all ages, but please bring canned food for donation to the Dubuque food banks.



Halloween Movie Party Sat., October 26, 9 a.m. & 11 a.m. AMC/Star Cinema

Join KAT FM and Dupaco Community Credit Union for their annual Halloween Movie Party at AMC/Star Cinema on Saturday, October 26th. Take the kids to see Hotel Transylvania (rated PG) for just 92 cents. Shows will run at 9:00 and 11:00 am. Proceeds will benefit the Rising Star Theater Company. Kids in costume will be eligible for contest prizes. Halloween treat bags with goodies will be handed out at the completion of the movie. Tickets must be purchased in advance and are on sale at Dupaco Community Credit Union locations.

Galena's 35th Annual Halloween Parade & Festival Saturday, October 26

Ghosts and goblins of all ages will converge at Galena, Illinois for the 35th Annual Halloween Parade & Festival. The Galena Area Chamber of Commerce serves as the host of this one-day event in downtown Galena on Saturday, October 26. The Halloween Festival takes place at 2 p.m. at Washington and

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Perry Streets and features food and entertainment from up to eight different vendors. The nearly two-hour long Halloween parade literally lights up Galena's historic Main Street. The popular event features spectacular floats, local marching bands, costumed participants and plenty of sweet treats. Making a return to this year's parade will be several hot air balloons that will light up the night sky, as well as provide a fleeting moment of warmth, as they make their way through the parade. The parade begins promptly at 6:30 p.m. near the intersection of Green and Main Streets and continues north until reaching the intersection of Franklin and Main Streets. To accommodate the high volume of parade goers, there will be two shuttles operating between 4:00 - 9:00 p.m., excluding parade times, 6:30 - 8:30 p.m. Shuttle parking and pickup, all in Galena, will take place at Walmart (10000 Bartell Blvd.) and Recreation Park (corner of Stagecoach Trail and Field Street).



DOG-O-WEEN Contest Sunday, October 27, 1 p.m. Theisen's

The DOG-O-WEEN Contest is hosted by Theisen's of Dubuque to raise funds for the Dubuque Humane Society and is done in conjunction with the Humane Society. There will be a \$7 entry fee per dog and all money collected will be donated to the Dubuque Humane Society. Plus, to offset that entry fee, Theisen's is giving each participant a \$7 Theisen's Gift Card! This year's contest takes place at 1 pm (registration starting at 10 am) on Sunday, October 27, 2013 at Theisen's of Dubuque. A photo background will be set up for anyone who wishes to photograph his/her dog with their own camera. A panel of judges will evaluate each dog's costume. Prizes and trophies will be awarded for "overall best" and for first, second and third runners up. For

official contest rules, please visit the Dubuque Theisen's Store or go to dbqhumane.org.



Trick-or-Treat on the William M. Black Sunday, October 27, 4:07 p.m. National Mississippi River Museum & Aquarium

The Dubuque County Historical Society will be celebrating its 25th annual Trick-or-Treat event at the National Mississippi River Museum & Aquarium Sunday, Oct. 27, from 4 to 7 p.m. Guests are invited to walk the decks of the William M. Black steamboat and explore the boatyard and wetland areas, while meeting various characters giving out treats along the way.

The Trick-or-Treat event provides a safe, non-scary and family-fun experience for children 12-years-old and younger. All children must be accompanied by an adult. The event costs \$4.00 per person ages 2 and older; a family of four will get in for \$10; regular Museum & Aquarium admission charges do not apply at this event since it takes place outdoors in the boatyard plaza. The Historical Society permits costumes, but for safety reasons, no masks. Remember, no strollers are allowed on the William M. Black boat. Trick-or-Treat is sponsored by American Trust and Radio Dubuque. Please visit www.rivermuseum.com or call 563-557-9545 for more information.



Dubuque Museum of Art Pumpkins On Parade Monday, October 28, 4 - 8 :30 p.m. Outside the DBQ Museum of Art

The Dubuque Museum of Art once again hosts the family-fun-filled event, Pumpkins On Parade. This one night celebration will allow children and adults to showcase their creative talents through a public jack o' lantern display and contest. Running concurrently with the Dubuque YMCA/YWCA's Halloween Parade, the Dubuque Museum

of Art is sponsoring this unique jack O' lantern festival on Monday, October 28th at 4 p.m. - 8:30 p.m. in front of the Dubuque Museum of Art, 701 Locust Street. The public is invited to bring their pre-carved pumpkins to the Museum of Art between 4 p.m. - 6:00 p.m. on October 28th to register for the festival. There is no fee to participate and the event is free to all. The Museum will provide lights and will display the pumpkins until 8:00pm. Pumpkins will be judged by local artists and cash prizes will be awarded at approximately 7:00pm - but you do not need to be present to win. For those participants who would like to keep their pumpkin, they must pick it up at the park between 8:00pm and 8:30pm on October 28th.



YMCA Halloween Parade Monday, October 28, 6:30 p.m. Main Street, Downtown Dubuque Ghosts and goblins of all ages will

converge once again for perhaps the most popular parade of the year in Dubuque. Line up begins promptly at 5:30p.m. at Jackson Park and the parade begins at 6:30 p.m., following the usual parade route, ending at Washington Park. Scores of groups come out in full costumed madness for a super-fun hour in the streets of Dubuque. Candy will be distributed to all children who have participated in the parade and prizes will be awarded to organizational floats, business floats and walking groups.



Dubuque Trick or Treating October 31, 5:30 PM - 7:30 PM

Platteville Trick or Treating October 31, 4 PM - 7 PM

Galena Trick or Treating October 31, 5:30 PM - 7:30 PM

**I geek
vampires**

The library can help everyone explore the things they geek. Get your geek on. Show your support. geekthelibrary.org

Brought to you by OCLC, a nonprofit library cooperative, with funding by a grant from the Bill & Melinda Gates Foundation.



Because October 31 happens to be a Thursday this year, some venues are celebrating the holiday on the weekend before, while others are celebrating the weekend immediately following, not to mention events elsewhere in the month. And why not? The fun of dressing up in costume – funny, scary, or of course, sexy – should not be limited to the last day of the month. Let's take a look at what's going on this month so you can plan where and when to get your All-Hallows-Eve on.

Grape Escape

Jordan Danielsen
Staff Costume Party
Friday, October 25, 8 p.m.

Miss Kitty kicks off a full week of Halloween celebrations on a Friday night with the Grape Escape's staff costume party. Customers are, of course, encouraged to participate as well! Acoustic performer Jordan Danielsen provides the soundtrack and the costumed staff will be mixing special \$5 pumpkin martinis and CK Moscato cocktails.

Easy Street

Saturday, October 26, 8 P.M.

Well known for bringing the party to South Main, Easy Street will once again throw a Halloween party of epic proportions. With the bar all decked out for the holiday, Easy Street is set to celebrate. The costume contest will award the Best Costume and the Sexiest Costume with each taking home \$200! Well, the winner doesn't have to take it home. They could get a great

deal of their friends in the party spirit. Especially when the drink specials begin at 8 p.m. with \$2 Blue Moons, \$2 25 ounce PBRs, and \$1 Shot List shots!



Mad Monster Party with Half-Fast

Jumpers Sports Bar & Grill
Saturday, October 26, 9 P.M.

With two weekends from which to choose, Jumpers says "YES!" and hosts TWO Halloween parties this year. The first is Jumpers' annual Mad Monster Party on Saturday, October 26 with Half-Fast from 9 p.m. No cover. In addition to the rockin' music by Half-Fast, Jumpers Halloween Mad Monster Party will feature a costume contest with \$200, \$100, and \$75 prizes, not to mention some sweet Jumpers drink specials (3 aluminum pints of Coors Light and Bud Light, \$2 caramel apple shots and \$1 apple pie shots!). It's mad I tell you! Mad! (You'll have to read on for the second!)

Mississippi Band

@ Murph's South End Tap
Saturday, October 26, 9:30 P.M.

Wanna know what's scary? The Mississippi Band has been together for more than 40 years! Still frighteningly good, Mississippi will be rocking the Halloween party at Murph's South End @ 9:30 p.m.



Dead Larry @ The Lift

Saturday, October 26 9 p.m.

For many Halloween revelers, Main Street is the destination and one of the tried and true destinations is always The Lift. This year the Saturday night Halloween party will be brought, or at least dialed up a notch by the appropriately named Minneapolis-based high energy rock, dance and funk band Dead Larry. Get your costume because The Lift is hosting a killer contest with \$300 for first place, a \$100 bar tab for second, and \$50 for third place.



Jabberbox @ Denny's Lux Club

Saturday, October 26, 9 P.M.

The Lux Club on Asbury Road will be rockin' hard with Jabberbox leading the Halloween festivities from 9 p.m. to 1 a.m.



Legal Fingers, Lines, Young Indian

@ eronel
Saturday, October 26, 9 p.m.

A no-cover rock show on Saturday, October 26 featuring local sleaze rockers Legal Fingers with Lines and Young Indian. The costume party is hosted by 365ink/Legal Finger's own Dr. McCracken/Ryan Werner. First prize takes in \$200 cash and two VIP tickets to the Burlesque show. Second takes \$100 and two regular tickets. Third get's a \$75 bar tab.

Brown Bottle Bandits Spirits, Days Inn

Saturday, October 26, 9 p.m.

What? A place named "Spirits" on Halloween weekend? While it might seem spooky that is the name of the fun lounge at the Days Inn just off Dodge Street at the Hill Street exit. The Brown Bottle Bandits (formerly known as Badfish) will be leading the kind of party for which Spirits is known.

Trackside Bar & Grill

Saturday, October 26, 9:30 P.M.

Trackside Bar & Grill in Peosta, home to some seriously good home-style cooking hosts a Halloween party Peosta-style all starting at 8 p.m. We suggest you go earlier so you can eat, just be sure to pick a costume where that is possible. Costume judging will be at 9:30 p.m.

JUMPERS

2600 Dodge
556-6100

Sports Bar & Grill Halloween Parties

2 Halloween Weekends!

10/26 "Mad Monster Party" with Half-Fast
Drink Specials ♦ Costume Contest ♦ No Cover

11/2 "Beach Party of the Damned" with Surf Zombies
Drink Specials ♦ Costume Contest ♦ No Cover

Six Shots 'til Midnight Hammerhead's Bar and Billiards

Saturday, October 26, 9 P.M.

Hard rock and metal masters Six Shots 'til Midnight will be leading what will no doubt be a headbanging Halloween party at Hammerheads. Not only is there no cover charge, but if you wear a costume you could enter the contest to win \$250 first place, \$150 second place and \$100 third place!



Menace Knicker's Bar & Grill

Saturday, October 26, 9 P.M.

In what is becoming a Halloween tradition on Central Avenue, hard rock ring-leaders Menace host the fourth annual Menace Halloween Bash at Knicker's Bar & Grill from 9 p.m. to 1 a.m. While we have no "official" word of a costume party or contest, photos from past Menace Halloween parties would indicate that wearing of costumes is encouraged. However, if you're thinking about a "biker" costume, chances are you are not going to win.

Awesome Sauce Northside Bar

Saturday, October 26, 9 P.M.

Dubuque's North End neighborhood bar, Northside, hosts a great annual Halloween Party but what could make it even better? Awesome Sauce! Rockin' the party band vibe, Awesome Sauce leads the dance party from 9 p.m. to 1 a.m. Northside will conduct

a costume contest with prizes awarded in the categories of "Scariest," "Sexiest," and "Most Unique." Guests indulging in Northside drink specials might have trouble distinguishing between the categories.

Pash N Brew Shenanigan's Pub

Saturday, October 26, 9 P.M.

Shenanigan's, the friendly neighborhood bar with the Irish theme at the corner of 32nd and Jackson hosts the 3rd Annual "Howloween" party with Pash N Brew rockin' from 9 p.m. to 1 a.m. Food, a costume contest and drink specials just add to the fun.

Set In Stone Dubuque Driving Range

Saturday, October 26, 9 P.M.

The Dubuque Driving Range invites everyone to "Dress up for Halloween or simply come as you are (scary!)" for a Halloween party featuring the music of Set in Stone. A costume contest will feature prizes for best costume.

Renegade @ Eichman's

Saturday, October 26, 9 P.M.

Classic rock trio Renegade rocks the Saturday night Halloween party at Eichman's on Highway 52 North from 9:30 p.m. to 1:30 a.m. Eichman's party includes a costume contest with cash prizes in the awesomely specific categories of Best D.I.Y. Costume, Frickin' Ugliest, and Best Overall. Costume judging is at 11:30 p.m. so don't be late!

Taste Like Chicken @ Dirty Ernie's

Saturday, October 26, 9 P.M.

Dirty Ernie's in downtown Farley sounds like fun and will no doubt look like a Halloween party when Taste Like Chicken gets the ghoulish groove on Saturday night from 9 p.m. to 1 a.m.

Mississippi Moon Bar & 365ink Magazine host Halloween Monster's Ball @ Club 84

Thursday, October 31, 8 p.m.
**Mississippi Moon Bar @
Diamond Jo Casino**

With a slew of halloween parties vying for your spookily-attired attention on the weekend of Oct. 26-27, The Mississippi Moon and 365ink are saving it up for the actual night itself, October 31st. Join the cast of Club 84 and the 365ink crew for the biggest costume party of the season. Let's face it, Club 84 is basically the best Halloween party of the year week-in and week-out anyway! And because it's in the Moon Bar, sorry kids, this one's for adults only. Very, very childish adults.

Boogie your brains out all night long with free admission and come decked-out to take home some spoils for all of your efforts.

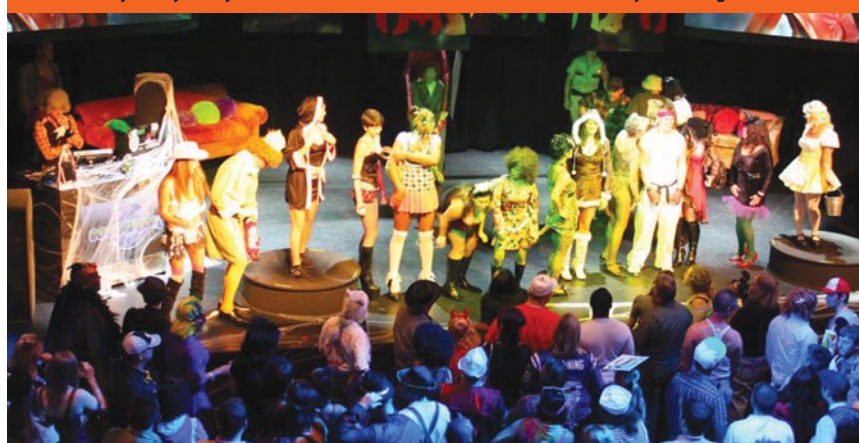
The centerpiece of the evening is, of course, the costume contest where we'll be awarding \$500 in cash and other prizes worth another \$500 in a variety of categories. Sexiest Costume (naturally), Best 70's & 80's, Best Group theme and Best Theme overall.

Get your creepy crew the VIP treatment, literally, by reserving a VIP Booth or Table for the night. VIP's are invited to a VIP party in the suites upstairs to start the night from 8-9 p.m. plus \$2 drinks and free appetizers. They also get social prize drawings and VIP only drink specials. To pre-register a table or booth and attend the VIP party, visit diamondjo.com or call Shannon at 563-663-6037.



Judges will pick an overall winner, separate from (but but possibly including) the category winners, to receive the awesome **GRAND PRIZE... \$200.00 IN CASH, plus great swag like concert tix and more! EVERYONE in costume wins a prize!**

Now, because this is inside a casino, there are some limitations. You have to be able to get in the door, which means you have to be able to show a photo I.D. at the door and be easily recognizable from the I.D. So you won't be able to apply complex make-up or wear a mask before arriving. Keep that in mind when preparing for the night. Doors open at 8 p.m. and costume categories prizes will be awarded through the night from 9 p.m. to Midnight. Admission is free. You must be 21 years of age.





DARK CHAMBERS

Dark Chambers Haunted Attraction is the tri-states most exciting haunted house experience. Over 5,000 sq ft of dark turns and terrifying sights will get your heart pounding. Get your friends and anyone else you think will help you make it out and come test your mortality inside the Chambers...

An All-New Haunted Experience for 2013!

October 4, 5, 11, 12, 17, 18, 19, 24, 25, 26, 27 & November 1, 2

\$5 Light Fright 6-7 p.m.
\$10 Full Scare 7-11 p.m.

121 E. 4th St. - Port of Dubuque (Behind Diamond Jo)

www.darkchambers.com

Grape Escape

Saturday, October 26, 2 p.m.

With the Galena Halloween Parade at 5:30 p.m., the famous Grape Escape Bloody Mary & Mimosa Bar opens at 11 a.m. with Jordan Danielsen really getting things started with a 2 to 5 p.m. encore performance. Costumes are encouraged and face painting for both adults and kids (free goodie bags) will be available during the afternoon in preparation for the Halloween Parade. After the parade with the Grape's Halloween party, hosted by hillbilly party band Overman, rocking the costumed masses from 8 p.m. Winners for Best Solo, Best Duo, and Best Group Theme (3+). Voting goes all evening so show up early and get more votes.

Buzz Berries @ Budde's

Saturday, October 26, 9 P.M.

Budde's Bar & Grill in Key West hosts a Halloween dance party the likes of which only party band the Buzz Berries can inspire. The band starts precisely at 9:15 p.m., or so it has been reported. The dancing starts at immediately!

"Cheers" Halloween Party

Dubuque Driving Range

Saturday, October 26

The Dubuque Driving Range hosts a Halloween costume party with a unique theme. Guests for the "Cheers" Halloween Party are encouraged to dress as their favorite character from TV show Cheers or if you prefer, a character from another TV show! The party starts at 7 p.m. A costume contest will feature prizes for best costume as well as other prize give-a-ways and \$2 domestic beers and rail drinks from 8 p.m. to midnight!

Firewood Revival

The Cornerstone, Galena

Saturday, October 26, 9 P.M.

The Cornerstone on Main Street in Galena celebrates the Halloween weekend with the Firewood Revival, that loose collective of alt-country songwriters and roots rock musicians so talented, it's scary! While the Firewood Revival will provide the tunes (from about 8 p.m.), Cornerstone owner and resident mixologist Lehn will provide the tasty libations for the party. Costumes are of course, encouraged as the Galena Halloween Parade will pass right by The Cornerstone's front window. We suggest getting to Galena early to get a parking space and then parking your butt on a bar stool at The Cornerstone.

Mr. Obvious @ Elk's Lodge, Platteville

Saturday, October 26, 9 P.M.

Put on your scariest costume and your best dancing shoes and get ready for a frightfully good time at the Elk's Lodge Halloween Costume Party! There will be ghosts and goblins and goodies galore along with the grave-stompin' groove laid down by Mr. Obvious from 8 p.m. to midnight. Prizes will be awarded for the best costumes, so now's the time to get started on your wicked wardrobe. Don't miss a ghoulishly good time - mark your calendars (in blood, of course) for a night of demonic dancing with Mr. Obvious!

Full Code @ Dickeyville Fire Dept. Halloween Dance, Sunset Lanes

Saturday, October 26, 9 P.M.

The Dickeyville Fire Department hosts a Halloween Dance at Sunset Lanes featuring the classic rock of Full Code from 9 p.m. to 1 a.m.



Holiday Bingo w/ Lonely Goats

Sandy Hook Tavern

Sunday, October 27, 9 P.M.

The Sandy Hook Tavern stakes a claim on "Sunday Funday," hosting a Halloween Party with dance provocateurs The Lonely Goats playing from 6 to 10 p.m. The Goats will likely pull out their annual Halloween song list to get the party started and the Hook will have prizes for both the "best" and "worst" costumes, with contest judging at 9 p.m. Guests arriving in costume can also win prizes playing the Hook's Halloween Bingo game where players cross off squares listing things you might typically see at a Halloween party.

Grape Escape Zombie Pub Crawl

Thursday, October 31, 6 p.m.

The third annual Zombie Pub Crawl plus the first Anniversary Party for Johnny Rocker and his bride, "Mrs. Rocker"

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(Michelle). Galena's undead will meet at the Grape Escape before 6 p.m. for a group photo before heading down Main Street to the VFW, the first stop on the Pub Crawl. Zombies will be making stops along Main Street on the way back to the Grape Escape for "horror d'oeuvres" and desserts and live music by Ten Gallon Hat at 8 p.m.

Easy Street

Thursday, October 31, 9 P.M.

Easy Street reanimates the monster party from Saturday night on the "real" Halloween with howling mad drink specials like \$1 draws and \$2 microbrew mugs to get things started and a costume contest that awards the winner a free keg party from Easy Street!



Super Happy Funtime Burlesque @ eronel

Thursday, October 31, 9 P.M.

eronel steps up for Halloween with the return of Super Happy Funtime Burlesque. Utterly unique and unclassifiable, the 12-member production is all at once a live band, an original work of musical theater, a comedy show, a bawdy and sexy burlesque production, a giant ball of chaos rolled up into one neat little production that has been leaving jaws on the floor for nearly a decade. Designed to find your line and cross it, SHFB fancifully and musically deconstructs taboos and convention; making light of politics, the sexes, and religion using original music that backs up a cast of playful and beautiful burlesque dancers. Trick or treat!

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Halloween Warm-Up

Riverboat Lounge

Thursday, October 31, @ 7 p.m.

The Riverboat Lounge hosts a "Halloween Warm Up" party for those trying out their costume for later in the night or later in the week. Wear your costume and get your drink half price! The Riverboat Lounge hosts a DJ dance party on Saturday night as well.



The Lonely Goats @ Grape Escape

Saturday, November 2, 8 P.M.

Miss Kitty's Grape Escape in "Uptown" Galena (at the far end of Main Street) hosts a Halloween costume dance party with The Lonely Goats from 8 p.m. The Goats will be adding some special Halloween songs to their usual eclectic list of dance music and prizes and drink specials just add to the fun.

Becky McMahon

Thursday, October 31, @ 7 p.m.

Stone Cliff Wine and Beer Bar

Singer Becky McMahon leads a special Halloween night karaoke party at Stone Cliff Wine and Beer Bar in the Star Brewery at the Port of Dubuque from 7 to 11 p.m. A costume contest and drink specials add to the fun. We suggest you dress as the musical artist whose songs you will be performing!

Mississippi Moon Bar & 365ink host Halloween Monster's Ball at Club 84

Thursday, October 31, 8 p.m.

Mississippi Moon Bar @ Diamond Jo Casino See full details of this party on page 31!



Dia de los Muertos Party with Soulsa

Los Aztecas (Asbury)

Friday, November 1, 7 p.m.

Dia de los Muertos (Day of the Dead) is, of course, the Mexican holiday that follows Halloween so Los Aztecas (the one just off Asbury Road, across from the HyVee) is celebrating the best of both with a Dia de los Muertos / Halloween Costume Party. In fact, if you come in costume, you get a free drink and will be entered into a drawing for fabulous prizes. But whatever your costume, be sure to wear your dancing shoes as music will be provided by Latin dance band Soulsa from 7-9 p.m. in the heated and enclosed patio area.

eronel

Friday, November 1, 9 p.m.

Rocking the post-Halloween weekend, eronel hosts a dance party with Galena-based DJ Mister Whiskers on Friday night. If you haven't yet destroyed your costume (or if you have another look to inhabit) arrive in costume and get a discounted cover charge!

Grape Escape

Johnny Rockers / Lonely Goats

Saturday, November 2, 2 p.m.

Johnny Rocker's Bluegrass Trio kicks things off at 2 p.m., and another Halloween costume dance party hosted by The Lonely Goats starts at 8 p.m. The Goats will be adding some special Halloween songs to their usual eclectic list of dance music and prizes and drink specials just add to the fun. Pretty much every Goats show feels a little like Halloween.



Riverboat Lounge @ Hotel Julien

Saturday, November 2, 9 P.M.

The Riverboat Lounge at the Hotel Julien is a DJ dance party every Saturday night, this one just happens to be a Halloween costume party as well. \$2.75 rail drinks and bottles of domestic beer should get the party started.



Beach Party of the Damned with Surf Zombies

Jumpers Sports Bar & Grill

Saturday, November 2, 9 P.M.

Jumpers' second Halloween party wraps up the weeklong celebration with the Beach Party of the Damned featuring the Surf Zombies. In addition to the rockin' surf music of the Surf Zombies, the Beach Party of the Damned will feature a second costume contest with \$200, \$100, and \$75 prizes, and even more Jumpers drink specials. Surf's up ... if you dare!

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Platteville, WI • Manchester, IA

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The Residences



"The ability to age in place is very important to me, and my home at The Residences is the perfect spot to achieve this. I feel secure in knowing that the range of assistance available to me through Luther Manor Communities will allow me to have a happy, healthy, and worry-free retirement." —Bev Kolz

... with stylish retirement living.

The Residences, located in the heart of Asbury, is a maintenance-free townhome community for active seniors, 55+. Owner benefits include worry-free living and access to a premier health care provider. Coming soon (summer of 2014) a spacious Club House for social fun and physical fitness!

Contact Betty today to learn more about
the few remaining Pond Terrace homes.

563.557.7662

Betty.Apelian@luthermanor.com | www.luthermanor.com



...continued from page 19



Luther Manor Communities - Hillcrest Campus Apartments

3131 Hillcrest Rd, Dubuque, IA

Phone: 563.588.1413

www.luthermanor.com

1 and 2 bedroom Independent Retirement Apartments in a cozy-sized setting. The facility easily accommodates early physical limitations and as the natural aging process occurs, a move to Luther Manor Communities is a move to a new home that you will never want to leave. Close to grocery stores, drug stores, banks, restaurants and other shopping facilities, the centralized location makes Luther Manor's Hillcrest Campus Apartments ideal for seniors. Complimentary transportation runs to area banks and grocery stores is available as is access to handyman services for those non-covered jobs you want done.



Luther Manor Communities- The Residences

5284 Grand Meadow Dr, Asbury, IA

Phone: 563-557-7662

www.luthermanor.com

The Residences is the newest development of the 64-year-old, faith-based, nonprofit, Luther Manor Communities, of Dubuque, Iowa. Located in Asbury next to a beautiful public park, The Residences offers carefree living for active adults within a beautiful neighborhood of maintenance-free homes, coupled with Luther Manor's outstanding continuum of care. People who live at the Residences receive priority access to Luther Manor's health care as their needs change. An added fringe benefit are the wonderful, new friendships formed via an ongoing program of social activities and gatherings.

As an example, many residences feature vaulted ceilings and open floor plan with two bedrooms, two baths, a four seasons



room, a gas log fireplace and a two car attached garage with 1,300 to 1,700 sq. ft. of space, with many units featuring full lower level with walk-out access.

All yard maintenance and home repairs are included. We're talking roofs, siding, garage doors and gutter cleaning as well as interior maintenance like changing light bulbs, cleaning exterior windows, furnace filter replacement and fireplace care. Even the big interior maintenance like furnace, air conditioning and appliances are covered.

Offered through Luther Manor's Care at Home, those who would rather not cook can dine in inexpensively by having a scrumptious nutritious dinner delivered right to your door. The Residences' management will even watch over your home while you're gone and schedule periodic winterizing checks.

This is a great option for the truly fully-independent senior looking to keep a full home but discard all of the trappings that make home ownership a literal pain in neck... or back.

Mt. Pleasant Home

1695 Mt. Pleasant St., Dubuque, IA

www.mtpleasanthome.org

Set on a wooded, five acre bluff-top and built around an 1850's mansion in a quiet, centrally located residential neighborhood for over 130 years, Mt. Pleasant Home affordably and uniquely supports independent living. Mt. Pleasant provides dignified, home-like support for a community of forty residents with limited financial resources who need just a little support to remain independent.

This safe, worry-free lifestyle begins with affordable rent starting below \$890 and includes all Mt. Pleasant services: three meals every day, utilities, laundry, housekeeping, parking, cable, transportation, internet, and more. There are no leases at the non-profit, non-denominational home. They accommodate your stay month by month.

www.Dubuque365.com



Caring, approachable personnel are available 24 hours a day to make you feel at home. New residents can continue with the same home healthcare personnel they had previously. Meals are served family-style in the dining room.

Mt. Pleasant's flexible, supportive care respects your independence and privacy and accommodates short and long term stays. Furnished or unfurnished rooms are available with a variety of floor plans. Admission is simple and quick. Financial assistance is available.

Belltower Senior Living

430 Sidney St., East Dubuque, IL

Phone: 815-747-6701

www.belltowerseniorliving.com

Originally built as a school in 1893, Bell Tower Retirement once served to educate the young people of East

Dubuque, Illinois. Renovations were completed in 2008 to provide an atmosphere that reflects the heritage of this time honored building, while including the most up-to-date safety features including an emergency call system and state-of-the-art fire protection equipment. Today, this beautiful building fosters individual growth and independence for seniors by offering Assisted Living and Memory Care services with individualized care plans to accommodate any need. Basic services and amenities include all utilities (including basic cable but not telephone), three meals served daily, scheduled transportation, medication management, weekly housekeeping, laundry facilities, beauty salon, community rooms, outdoor patios, and more.



Bell Tower Retirement's Assisted Living Program is designed to increase independence and help individuals remain social and active. Bell Tower Retirement offers

Levels of Care so that if needs increase, accommodations can be made without having to move to another facility. Each apartment is equipped with a stove and refrigerator. Residents have access to assistance provided by our full-time staff of RNs, CNAs, or LPNs. Our staff is available and on-site 24 hours a day to assist our residents with their needs.

Bell Tower Retirement's Memory Care Program offers a higher level of care for those who require additional support including individuals with Alzheimer's and Dementia. The extensive program provides a secure environment and is designed to promote dignity, independence, and choice. Bell Tower Retirement offers a variety of daily one-on-one and group activities to engage each resident in meaningful and fulfilling pastimes including specialized activities designed for those with Alzheimer's and Dementia. The Memory Care Program also provides access to a secured, outdoor patio, and secured entrances and exits.

Bethany Home

Retirement & Nursing Facility

1005 Lincoln Ave., Dubuque, IA

Phone 563-556-5233

Bethany Home is a non-profit retirement community providing apartment living and health care services in a quiet residential neighborhood since 1923. Their mission is to provide a home-like ecumenical atmosphere for those persons who are sixty years of age or older, giving care appropriate to the varying needs of each resident. The

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

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facility provides both apartment living and as well as nursing facility care. One-bedroom & two-bedroom apartments feature three nutritious meals daily, complete laundry and housekeeping service, garages and off street parking, transportation to appointments, personal shopper services, religious services and priority to apartment residents for nursing facility care if needed. Visitors are welcome anytime and tours are available by appointment or walk-in.



Prairie Ridge of Galena www.prairieridgeofgalena.com

With plans well underway, the Prairie Ridge of Galena board of directors announced that they are currently taking reservation requests for their new independent living community. The 60-apartment complex, projected for completion early in 2015, will be located near Midwest Medical Center and across from the Galena Golf Club. The focus of the board and the development team is to provide active seniors with a full spectrum of amenities while enjoying comfortable, secure, maintenance-free living.

"We've had such overwhelming interest in this project. People have been very excited as we've unveiled our plans. They have already been asking to be on a waiting list," said Jean Dregne, vice president of stake holder relations.

Planning for the new Prairie Ridge of Galena development began two years ago. The vision: to create a community in Galena for active seniors that provides individuals and couples a choice of housing and lifestyle options as their needs change.

Preliminary plans present a graceful three-story complex located on a 6.9 acre parcel just west of Galena. The location offers convenient access to recreation, wellness and healthcare. Plans may also include walking trails and independent gardening.



The rental-style, inclusive community design also includes full-service amenities such as restaurant-style dining and a concierge to assist with a variety of needs. A "Main Street Hub" plaza area would include a reception area, lounge and gathering rooms.

Additional information, including an apartment reservation form and updates are available at the Prairie Ridge of Galena website: www.prairieridgeofgalena.com.



Home Instead Senior Care 800-640-3914

Have you thought about an assisted living facility but want to stay in your own home for as long as possible? Are you worried about your increasing need for assistance wearing out your family's hectic schedule. Or maybe you are the child and you're just worried about mom or dad's safety alone at home. Home Instead Senior Care can help with compassionate, senior home care services delivered right in you or your loved one's home. Whether a few hours a day or long-term care 24 hours a day, a caregiver can assist you. All caregivers are thoroughly screened, extensively trained, insured and bonded, matched to your preferences, professional and reliable. ...



Mercy Auxiliary Holiday Festival Wednesday-Saturday, Oct. 30 - Nov. 2 Mercy Medical Center Dyersville 1111 3rd St. SW, Dyersville, IA

Mercy Medical Center Auxiliary is hosting their Holiday Festival, Wednesday, Oct 30, 9 a.m. - 8 p.m., Thursday, 9 a.m. - 6 p.m., Friday, 9 a.m. - 6 p.m., and Saturday, 8 a.m. - 3 p.m. A Cookie Walk will be held Saturday at 8:00 a.m. Lots of holiday items and cookies will be on sale. Proceeds benefit Mercy Dyersville, Oak Crest Manor Nursing Home, and Ellen Kennedy Living Center. For more information, contact Jeanette at (563) 875-7101.

Dubuque's Got Sisters Friday-Saturday, November 1-2 Mount Carmel

DUBUQUE'S got Sisters From 5:00 p.m. Friday to 6:00 p.m. Saturday, at Mount Carmel, the Motherhouse of the Sisters of Charity of the Blessed Virgin Mary, 1100 Carmel Dr., Dubuque, join Catholic Sisters

for an inside look at religious life. Join them in prayer, conversation, and get to know communities of women who continue to serve people on the margins. To register or find more information, contact Sister Lou Anglin, BVM, at (563) 588-2351 or langlin@bvmcong.org. Learn more about the work of Catholic Sisters in our community at www.facebook.com/catholicsisters.

World Community Day Friday, November 1, 9:30 a.m. Grand View United Methodist Church 3342 John Wesley Dr., Dubuque



Church Women United holds their annual World Community Day Celebration. The event begins with registration and coffee at 9:30 a.m. The celebration theme, "Walking Through the Doors of Opportunities" will feature guest speaker Julie Woodyard, CEO/Director of Crescent Community Health Center, on Health System Updates at 10:00 a.m. Beverage tabs collected to support women's education courses sponsored by Friends of Iowa Prisoners. All women and interested persons are invited to this ecumenical event. For further information contact Sue Hattel at (563) 556-1394.

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Tea for - One

by pam kress-dunn

Once I get this written, I'm going to treat myself to a mug of chai. Not chai made from a vile powdered mix, but the real thing. Chai made from tea, and seasonings like cardamom, cinnamon and cloves, and piping hot water. Chai finished off with cream, by which I mean half-and-half, except around the holidays, when there always seems to be some leftover whipping cream that really should be used up. Chai brightened with a heaping spoonful of sugar. Ah.

"Chai" means "tea" in Hindu. If you ask for "chai tea" in an Indian restaurant, your server may stifle a smile as he hears you request "tea tea." There are rare white teas picked off mountain tops in Tibet, and sturdy British Breakfast tea that soldiers in World War I drank even in the trenches, as often as not served with sugar cubes and milk. Those were the days, when even war was civilized, or tried to be.

I never thought I'd be a tea drinker. In our house, Dad was the one who drank it. Every night, just before dinner was served, Mom would run fresh water into the Revere kettle and fire up the Chambers stove. When we heard it whistle, we knew it was time to come to the table. Dad drank it with milk, which I thought was weird. Once I was old enough to consume coffee, I took it plain.

In college, I had a friend named Robin who drank tea. He freaked us all out every time he would take the tea bag, still steaming, put it into his mouth, and suck on it briefly (and, surely, painfully) to get every bit of liquid out. You could say he was thorough, or you could say he was nuts.

Coffee began to disappoint me around that time. It was decades before Starbucks put a coffeehouse on every corner, serving concoctions so dolled up with flavored syrups and mounds of whipped cream it took five



minutes, and a spoon, to get to the actual liquid. My favorite thing from a new-age coffeehouse is a mocha, which is to coffee as chai is to tea. At least I can point to an entire civilization that considers chai its national drink.

It's not that I won't drink tea plain. I love the tea they serve at Chinese restaurants, and finally thought to ask what it was. Green jasmine, I was told, and promptly went out to buy some.

But I think the main reason I love having tea is the ceremony. I don't mean the Japanese tea ceremony, about which I know pretty much nothing, except that it's served by geishas, and they do all the work. When I order tea, it's usually for two reasons: I'm starving, but I don't want to ruin my appetite with the soup du jour or, for that matter, the Buffalo wings du jour. I just want something warm to fool my tummy into thinking it's being fed.

Secondly, I want something to do. Of course, the personal tea ceremony really depends on how the restaurant brings it to the table. Some places plunk down a cup of hot water and a Lipton tea bag and, if you're lucky, a pale wedge of lemon. Okay, that'll do. But other places bring you a mahogany box laden with all sorts of flavors, looking a little like a throwback to a library card catalog – only with cards you can steep and sip.

The water may arrive in an actual

tea pot, in which case I might slide two bags out of the box, reserving the second one for later. The idea of making one bag last through two cups of hot water seems awfully stingy to me. I mean, if you get a second cup of coffee, do they run more water through the same wet grounds they used for the first cup? I don't think so.

I love tea shops. You can shop for tea and you can drink it, all in the same place. (You can't shop for bait and go fishing in a bait shop, can you?) I've been to tea rooms in Wisconsin, Michigan, even San Antonio. The one in Texas was so genteel, they wrapped the lemon wedge in a square of cheesecloth and tied with a ribbon. It took me a moment to realize what it was, and why. You could squeeze out however much lemon juice you wanted, and the seeds would remain inside their wrapping. How clever. How nice.

My favorite tea place is in Milwaukee.

Named Watts Tea Shop, it's on the second floor, on top of a store filled with china sets, aprons, fancy vases, and, no kidding, wedding gowns. I go for the tea, and the adorable strainer that fits right over your cup to catch the loose tea as you pour. Just to make you properly thirsty, they serve Sunshine Cake, a three-layer sponge cake with French custard filling and 7-minute boiled frosting – plus an edible flower. I always eat the flower. It's better than a sprig of parsley, and a lot more fun.

I don't like winter, but I love an excuse to drink something hot. My hands get really cold, even inside the house, and nothing feels better than wrapping them around a warm mug. Maybe coffee, if there's enough cream in the house. Maybe hot cocoa, if I'm feeling a bit sorry for myself. Or maybe chai, which, for me at least, seems to cover all bases. If I find a bit of cake on the kitchen counter, I won't even need lunch.

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PARENT & CHILD CLASSES

@ Allison-Henderson Park Bldg., Upper Level
 Parent/guardian must attend as active participants.

MESSY HANDS, Class# 0100.466 - \$16
 Ages: 3-5, Mon., Nov. 4, 6-7:30 p.m. or
 18 mo.- 4, Mon., Nov. 4, 11, 18, 10:30 - 11:30 a.m.
 Squish, spread, print, push, poke and squeeze to
 see what happens. Explore paints, glue, a variety
 of playdoughs and more. Your child will enjoy
 creating and having fun with messy hands. Every
 class will have different projects. Dress for a mess.

STRETCH, WIGGLE AND ROLL

Class# 0100.407, - \$12
 Ages: 3-5 years, Monday, Nov. 4, 6-7:30 p.m. or
 18 mo.-3 yrs., Mon, Nov. 4 - Nov. 18, 9-10 a.m.
 Develop coordination, motor skills, and bal-
 ance while you and your child play TOGETHER!
 Parachute, beam, mini trampoline, and music
 are just part of the fun. Walkers only!

YOUTH ENRICHMENT CLASSES



THE DOC IS IN!, Class# 0100.492 - \$12
 Ages: 3 - 5 years, Monday, Nov. 4, 6-7:30 p.m.
 It's time for a check-up! Bring your favorite
 stuffed animal and help Doc McStuffins™ Mrs.
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 ticipant will learn about health and healthy living
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 Help the toys feel better with "check-ups."

COOKING, MANNERS, AND ETIQUETTE

Tuesdays - Nov. 5 - Nov. 19
 Class# 0100.468 - \$20, Age: 18 mo. - 36 mo.
 Class# 0100.469 - \$30, Age: 3 - 5 years
 9 - 10 a.m. 10:30 a.m. - noon
 Sign up now for this highly popular and effec-
 tive etiquette class. In the first two classes, kids
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 the rewards of their labor while discussing the
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HELLO KITTY'S® HARVEST FUN

Class# 0100.480 - \$8, Age: 3 - 5 yrs.,
 Wednesday, Nov. 6, 9 - 10 a.m.
 A morning of making new friends, playing
 games, reading stories, and making a harvest-
 themed treat, as well as a take home surprise!

WIGGLES AND GIGGLES

Class# 0100.467 - \$15, Age: 18 mo. - 36 mo.
 Thursdays - Nov. 7 - Nov. 21, 9 - 10 a.m.
 Start your day out with some laughter. Wiggle
 and giggle to songs, dance, and movement ac-
 tivities. This is a wonderful opportunity for your
 little one to socialize with others of his/her own
 age. Sign up today for a fun filled time.

ANIMAL FRIENDS

Class# 0100.478 - \$8, Age: 3 - 5 yrs.
 Wednesday - Nov. 13, 9 - 10 a.m.
 Walk like a penguin, hibernate as a bear,
 explore a den. We will discover animals
 through books, songs, crafts and games!



PIRATES & PRINCESSES

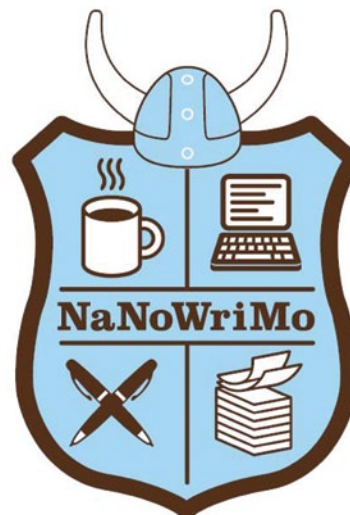
Class# 0100.491 - \$12, Ages: 4 - 6
 Thursday, Nov. 14, 6 - 7:30 p.m.
 Come dressed as your favorite pirate or
 princess and participate in an evening
 full of fun and adventures. We will play
 games, create a craft and make a pirate and
 princess treat.

I SPY SCIENCE

Class# 0100.479 - \$15, Age: 3 - 5 yrs.
 Wednesday, Nov. 20, 9 - 11 a.m.
 I Spy Science introduces children to a wide
 variety of hands-on science projects, experi-
 ments and observations. It's an ideal class
 for the curious child. Dress for a mess.

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"Mapping the Story You Want to Tell"

**A Creative-Writing Workshop
 Wednesday, October 30**

This two-part workshop (the second
 is in December) is for writers with a
 story to tell, and who wonder how
 best to tell it, where to begin, and how
 to discipline themselves while writing.
 The idea of mapping a story is to give
 structure to the process of writing. The
 goal of the workshop is to encourage
 and focus writers and to create a map
 from which to write a first draft. This
 event is held as part of the National
 Novel Writing Month (NaNoWriMo)
 in November. Dr. Marianne Choquet
 holds a BA from U Iowa, an MA and a
 PhD from U Barcelona (Spain), and a
 Certificate in French Language from
 U Paris-Sorbonne. Born and raised in
 Dubuque, she has lived and worked
 in Italy, France, Spain, Japan, Hong
 Kong, Austria, and Switzerland. She is
 currently a lecturer in the humanities
 at U Wisconsin-Platteville.



Nerf Capture the Flag Saturday, November 2

Join us at 4:45 p.m. on Saturday, November
 2, for an evening of ducking and dodging
 between the books as we play capture the
 flag with Nerf blasters!

This program is open to anyone over
 18. Participants must supply their own
 blaster, up to two per person. Since the
 library closes at 5 p.m., latecomers will
 not be admitted. To register or get more
 information, call the library at 589-4225
 and ask for the Reference Desk.



Cupcake Wars

Wednesday, November 6 3-4 p.m.

You've all seen the show, and now we will
 find out if the teens of Dubuque are ready to
 throw down... some frosting! The theme -
 THANKSGIVING of course! Prize to the most
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Trick or Treat? Your Choice!

The "magic" night is almost here, and if you are not an actual ghost or goblin, you know that Halloween is THE night for children to be on the prowl for treats — mostly high sugar ones! And that means that parents and grandparents need to be ready to deal with the onslaught of candy and hyper kids.

Are there dental consequences? Absolutely! Are they gigantic? Probably not IF there are some steps taken to minimize the issues. First (and this isn't a news flash) sugar isn't good for us — not for our dental health and not for our total health. Keeping sugar usage minimal and raising kids to like fresh fruits and vegetables is key.

But Halloween will arrive, and the kids will come home with bags of goodies. I know some parents who take it and parcel it out over the next several days or weeks. I know others that let their children eat all they want for a day or two and then get rid of the rest. (I even know some parents who've been known to "save" their kids from all that candy by eating it themselves!)

While I understand the logic of both approaches, the latter one is actually better from a dental perspective. Exposure time to sugar (even one bite!) is the main issue to the potential of cavities developing. Every time someone consumes sugar or other carbohydrates, the sugars provide

enough nutrition to the bacteria to keep them generating acid for at least a half hour. If the substance is retentive (sticky), it stays in the mouth longer, and the acid exposure time is also lengthened.

If people eat all the candy they want for a day or two, the exposure time totals a couple of days. They are also hopefully sick of it by then. If the candy is parceled out over days or weeks, the exposure time is very likely to be greater. It's also more likely to create a habit where the person wants and expects candy each day. (Please note that I'm not addressing the impact that amount of sugar has on the child's systemic health which is also NOT positive!)

The accompanying graphic says much of this better than I can. Candy, baked goods, and pop produce problems. But if anyone is going to consume it, there are things that can be done to mitigate the damages. Eating candy with meals at least restricts the exposure times. Have it for dessert! Brushing and flossing after consuming sugar also reduces the exposure times since it eliminates things sticking around. Using fluoride toothpastes will help remineralize the tooth structure that has been demineralized by the acids produced by the bacteria.

So, what's the bottom line? I believe "moderation in all things" and "timing is everything" are good mottos to live by. As a dentist I'm just glad that Halloween only comes once a year! We'll be giving out tooth brushes at our house....

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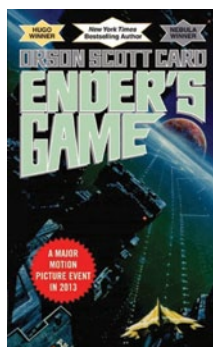
What Did You Do At School Today Ender Wiggins?

By Bob Gelms

When you try to make a movie of a classic book, I don't care what genre it's in, you run the risk of getting into all kinds of trouble. This is happening right now with the film version of Orson Scott Card's monumental novel Ender's Game.

There are two distinct and unrelated areas where the film and Mr. Card seem to be boiling in some primordial soup; 1, Mr. Card flapped his lips a little too hard and loud when speaking about his opinion of gay-marriage; and 2, the very high level of violence in the book and what the movie people decided to put up on the screen.

The novel was written I 1985 to a great deal of critical and financial success. It won both the Nebula and the Hugo awards for science fiction, which is the equivalent of the Pulitzer Prize and the National Book Award in the science fiction and fantasy genre.



Orson Scott Card's criticism of gay marriage prompted the organization GLAAD (Gay & Lesbian Alliance Against Defamation) to issue a critical statement suggesting that the buying public may not "support his creative endeavors".

In July 2013, the group Geeks Out launched a website campaign to boycott the film. Mark Umbach, a public relations expert not associated with the film, commented "there is a huge LGBT audience for science fiction, and it's going to be hard for those fans to separate Card's comments from his work." Andy Lewis and Borys Kit of The Hollywood Reporter wrote: "The new scrutiny of Card's views could be a problem for the \$110 million 'Ender's Game' movie".

How could his opinion on gay marriage relate to the book and/or the movie? Well, I personally think his opinion of gay marriage is garbage but who am I to say and furthermore Mr. Card should be given a chance to respond. He did just that in an interview he gave to Entertainment Weekly just last July, "Ender's Game is set more than a century in the future and has nothing to do with political issues that did not exist when the book was written in 1984.

With the recent Supreme Court ruling, the gay marriage issue becomes moot. The Full Faith and Credit clause of the Constitution will, sooner or later, give legal force in every state to any marriage contract recognized by any other state. Now it will be interesting to see whether the victorious proponents of gay marriage will show tolerance toward those who disagreed with them when the issue was still in dispute." So there!

Nobody knows how this will affect the acceptance and attendance of the movie which comes out November 1st. We will have to wait and see.

The other area of concern is the level of violence in the book portrayed in the movie. This is a little more important and a little more dangerous to deal with. Ender's Game revolves around the journey an extraordinarily talented boy named Ender Wiggins takes to maturity and how and why that happened. Earth is under attack from an alien race called the Buggers

AKA The Formics and the military powers on Earth are looking for recruits to train for the coming battle. Ender is identified as being especially gifted when it comes to war games and he is sent to a special school to hone his talent to a razors edge. You can say what you will about child labor laws but this is what happens; a child is sent to war school. The war games are violent and soldiers die in the simulations and Ender takes to the games like a Samurai to his sword. The last third of the book is nothing short of breathtaking and where most of the violence occurs.

I had a hard time with the ending because Ender finally gets himself involved with events that are totally beyond his control but caused by his astonishing talent. Ender's Game is thought provoking and might start more than its fair share of arguments... but...isn't that what great books do?

This review is about Ender's Game but I can't pass up mentioning its sequel Speaker for the Dead. It, in many ways, is a far better book than Ender's Game. We follow Ender as he tries to live his life after the events in Ender's Game have played themselves out and I guarantee there isn't anything in Speaker for the Dead that has to do with gay marriage. Go! Read the books!

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35 Singer Brown got dressed?	79 Old science magazine	116 What to do to socks that tear every 24 hours?	14 Toyota rival	55 Kind of tea	106 Nest builder		
42 Gridiron gains: Abbr.	80 Balance pan	120 Appear	15 Iroquois foe	59 — Field (Mariners' stadium)	107 "Picnic" dramatist William		
43 Pen giant	81 Pittsburgh's Carnegie — University	121 Asinine	16 Falafel bread	60 Long lock of hair	108 Organic compound		
45 Make reparations	84 Instructors' org.	122 Late actress Brennan	17 Amendment	61 Tip, as a hat	109 Head, to Gigi		
46 Cosa — (Mafia's kin)	85 Sub-shop blaze?	123 Hot — (drag racer)	18 Samuel of justice	62 In — of (rather than)	111 Falco with four Emmys		
		124 Turn from a straight line	19 PC whizzes	63 Most chancy	112 In — of (rather than)		
			24 Intel mission	64 "— will be done"	113 Jai-alai cries		
			29 Hi — (stereos)	65 Very irate	114 "Auld Lang —"		
			31 Positive pole	66 Arab bigwig	117 Amp plug-in		
			32 Atlas feature	67 Arabian Sea country	118 Masquerade		
			35 Son of Isaac	68 Actor's part	119 Furry TV alien		
			36 Video game name	69 Long lock of hair			
				70 Stomped			
				71 Tip, as a hat			
				72 Arab bigwig			
				73 Frank and open			
				76 Pear variety			
				77 Corp. shuffling			
				78 Mother of Isaac			
				80 — -cone			
				81 List of dishes			



Flip for Fiber!

with nutritionists
Megan Horstman & Amber Jaeger

Most Americans are trying to consume more fiber these days. Unfortunately nine out of 10 Americans fall short of the daily recommended fiber intake. The average American eats only half the daily recommended amount of fiber which is 30–40 grams of fiber/day depending on your age and most Americans average only 14 grams of fiber/day. There are numerous health benefits to getting your daily dose of fiber including lowering your cholesterol, providing a feeling of fullness, and adding healthy bacteria to your gut.

Fiber is the non-digestible part of plant foods found in grains, fruits, vegetables and legumes. Undigested fiber provides friendly immune-boosting bacteria through a process called fermentation. There are two main types of fiber – soluble and insoluble. Think of soluble fiber as a sponge; it collects and removes toxins including bad (LDL) cholesterol from our bodies. Foods containing soluble fiber include oatmeal, apples, pear, legumes and barley. Soluble fiber adds bulk to stools while insoluble fiber increases movement of the bowels. Insoluble fiber, or roughage, works like a broom in a sweeping or cleaning motion of the intestines. Examples include wheat bran, some whole wheat products, fruits and vegetables.



WHOLE GRAIN vs. FIBER

Don't be fooled by whole grain and be sure to FLIP for FIBER. This means turning over the label to make sure the claim is true. If a product claims to be 100% whole wheat, then the first ingredient most likely is whole wheat providing at least 2-3 grams of fiber or more per serving. If a package reads wheat, natural, multi-grain or whole grain, you must check the first ingredient on the ingredient list to verify

that whole wheat is the first ingredient listed and then that the fiber grams/serving are at least 3 grams or more. If the first ingredient reads "enriched" or "refined," then chances are the fiber grams per serving are equal to or less than 1 gram and the beneficial fiber has been removed in processing. Make the time to check your bread label and see how much fiber you are eating.

• A "good" source of fiber = 10% Daily Value or 3 grams per serving

• An "excellent" source of fiber = 20% Daily Value or 5 grams of fiber

HOW TO ADD MORE FIBER TO YOUR DIET

• Try to have at least one fruit and or vegetable with each meal

• Leave the skin on fruits and vegetables

• Serve hummus instead of high-fat dips

• Include a whole grain at each meal and snack

• Add beans to soup and casseroles

• Prepare a whole grain for breakfast such as quinoa, steel-cut oats or barley

Our new line of Hy-Vee Bakery Fresh 100% Whole Grain Bakery buns and bread is a good source of fiber that will have you flipping for fiber! Schedule a grocery store tour today with your Hy-Vee dietitian and learn ways to increase your fiber intake by learning how to read labels and choosing new foods.

This information is not intended as medical advice.



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mattitude

be yourself, improve yourself



Attitude Inventory by matt booth

Take an attitude inventory of the people you surround yourself with and determine whether they are supportive or destructive. Take out a pen and paper and follow these instructions.

• Write down the first names of the 5 people you spend the most time with over the course of a day, week, month, and year. You can use email, text, phone, Facebook, etc as factors to pick them. No, pets are not people – please take Fido off of the list.

• Go down the list and grade their attitudes. Give them a 100% if they are positive all of the time. Give them a 0% if they are negative all of the time.

• Write your name down and give yourself an attitude grade using the same scale as above.

• Now, find the average grade of the 5 people you spend the most time with and compare that to the grade you gave yourself. How did you do?

It's important to acknowledge that attitudes, positive or negative, are contagious. Your attitude is the average of the attitudes of the people you spend the most time with. If you are around cynical, whinny, and negative people most of the time, you will become cynical, whinny and negative. Start spending time with positive people who are smart, driven and like minded. Your relationships should help you, not hurt you. Surround yourself with people who generally see the positive side of life.

Work at a place full of people you are proud to know and people you admire. Choose friends who love and respect you and make your day a little brighter simply by being in it.

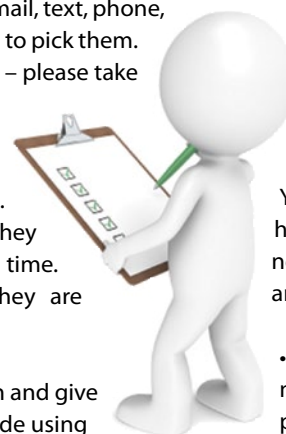
Here are three things you can do if the people you spend the most time with are not very positive.

• Disassociate. This is not an easy decision, nor something you should take lightly, but in some cases it may be essential. You may just have to make the hard choice not to let certain negative influences affect you anymore.

• Limit Association. Spend as much time as you can with positive influences and as little time as possible with negative influences. It is easy to do just the opposite, but don't fall into that trap. You have so little time at your disposal, invest it wisely.

• Expand Your Associations. Find other positive people who you can spend more time with and invite them to coffee.

Spending time with mostly positive people will improve your attitude. Are the people on your list, lifting you up or holding you back? If you've identified some people on your list who are not supportive, or that sap your energy and make you feel badly about yourself, make a plan to change. You will end up looking and acting like the people you spend the most time with.



Mattitude Quote

"It is OK to have 'One of Those Days'. Bad stuff happens to good people. It is not OK to let 'One of Those Days' turn into 5 years worth of 'One of Those Days'." - Matt Booth

Engaging keynote speaker, Matt Booth, is the attitude expert. He is an Award-winning speaker and author. Through his keynote speeches and training programs, he educates and entertains audiences with his unique abilities and talents. To find out how Matt can help you improve your attitude, call 563-590-9693 or email info@mattbooth.com.



TRIXIE KITSCH

BAD ADVICE FOR THE STUPID

Dear Trixie:

I have a 1991 Honda Accord and it has about 190000 miles on it. Every time I open the hood some part of my engine will come flying out from it's base. Today it was a spark plug. Yesterday it was some odd piece of metal which I could not identify. This vehicle is always stalling on freeways and it spends more time in the repair shop than it does actually accruing miles on the road. Today I went to the store and parked the car on the south side of the parking lot. When I came out with my groceries the car was gone. At first I thought it had been stolen but then I realized the lot was full of nice BMW's and Cadillacs so who would steal a rusted out hull of a Honda that barely runs? Eventually the police located it on it's side down in a ravine adjacent to the parking lot. I thought I had engaged the emergency brake which I always do but I must have forgotten. It never costs much to get it running and I don't care if the body is damaged. I have had this sweet little Honda since I graduated from college in 1991 and I suppose it is simply nostalgia on my part to cling to my youth. Have you ever heard of a car physically rejecting it's own parts? What does it mean?

- Heartbroken

Dear Heartbroken:

Your car is trying to commit suicide. The rejection of it's own organs is the proof. Since you have ignored your car and it's needs it is now doing what the Tchlik-i-taki natives do when they become old and useless. They say a prayer and fling themselves off a cliff. Give your Honda a proper burial and move on, dear.

Dear Trixie:

Perhaps you can settle an argument for me. My friend Michael, who is Gay, is always claiming that famous people are secretly homosexual. This extends not only to actual living humans but fictional characters as well. In the past his list has included: Sherlock Holmes and Dr.

Watson, The Entire Kardashians Family, Laurel and Hardy, John Boehner, Fred Flintstone and Barney Rubble, Matt Damon, Ben Affleck, and Steven Spielberg and E.T. The Extraterrestrial. Today he is insisting that Dr. Frankenstein and The Monster are homosexuals. Although I really don't care who is on his list I think he is wrong

this time. I have seen the movie a few times and read the Frankenstein book by Mary Shelley and I am not seeing any reason for them to be included in Michael's list. What do you think?

- Curious on Carter Road

Dear Curious:

Let's look at this closer: A lonely, single, male scientist physically creates the ultimate man by using the best parts of other men's bodies including extremely large hands and feet and a flat head which could hold a cocktail securely while said monster is kneeling. The monster is kept hidden in a laboratory—usually in bondage and does not speak other than to make masculine growling noises. Yes, I am going to conclude that Dr. Frankenstein is Gay. I do not, however subscribe to the theory that the monster is Gay. Have you seen that sport coat? No Gay man would be caught dead in that silly little jacket with the short sleeves. The monster is definitely heterosexual.

Dear Trixie:

I have been doing some research into the food sold in the United States and have discovered some alarming facts. Did you know that papayas are genetically altered so they look good on store shelves? The chemicals in corn and soy can cause a wide range of maladies such as tumors and massive organ damage! Mountain Dew is made with a synthetic chemical called BVO which was originally used as a retardant for flammable clothing. Even Kraft Macaroni and Cheese contains dyes that studies have shown cause behavior problems and cancer in children. Our chicken is given arsenic-laced feed to make it's flesh look pinker and more appetizing and that is a known toxin. Trixie, if we can't eat fruit, corn, bread, soda, pasta or chicken what IS safe to eat?

- Mary on Mayfair

Dear Mary on Mayfair:

Vodka.



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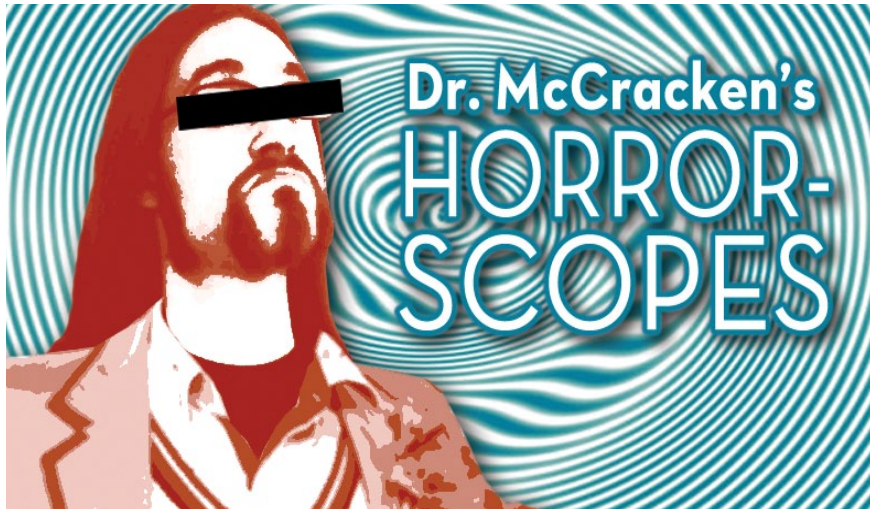
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Aries 3/21-4/19

This is a good day to let go of the hope that one day you won't look so forward to clipping coupons. If someone has hurt or disappointed you, rearrange your MySpace Top 8 until you either feel better or die.



Taurus 4/20-5/20

Holding a grudge isn't going to get you anywhere unless you figure out how to eat your heart form both ends at once. Stop quoting movies, because you sound like a jerk.



Gemini 5/21-6/21

If you feel like you aren't moving ahead in certain areas of your life, try taking up veganism as an experiment in social anxiety. Block every page in your web browser except WebMD.



Cancer 6/22-7/22

In the year 2017, the world economy has collapsed. The USA has sealed off its borders and become a militarized police state. With full control over the media, the government attempts to quell the nation's yearning for freedom by broadcasting a number of game shows on which convicted criminals fight for their lives. When a peaceful protest of starving citizens gathers in Bakersfield, California, a police officer named Ben Richards is ordered to fire on the crowd, which he refuses to do, subsequently being framed for the murder of almost a hundred unarmed civilians. Following a daring jail break months later, Richards is captured once again and forced to appear on "The Running Man" with three other convicts. Your lucky number is 33.



Leo 7/23-8/22

Resist the urge to go on a shopping spree, clean your fridge, fill your car with gas, cook anything, get dressed, drink water, go on your computer, rearrange your desk, dial in settings for your car stereo, watch a movie, check out the new album by someone marginally talented you find passable, glue something back together, brush your hair, or go on eBay. Don't be impulsive ever.



Virgo 8/23-9/22

You may be trying to fill a void or compensate for another area of your life that isn't going as well as you'd like by making mistakes on purpose in the interest of what you think is character building, because you're an idiot.



Libra 9/23-10/22

To bring the real problems in your life into clearer focus, stop talking about your iPhone case like it matters. See if you can surprise yourself by how easy it is to work at Subway forever.



Scorpio 10/23-11/21

The only thing people hate more than your last tattoo is hearing about your next one. If you're thinking about hair gel more than once a day, stop it.



Sagittarius 11/22-12/21

Try meditation until you feel like you're dumb enough to try meditation.



Capricorn 12/22-1/19

If you're feeling especially sensitive, tweak your intuition

by tuning out the constant reminders that things have probably not turned out quite as good as you thought they would and you've settled for far less than you assumed you were worth. With people wearing their hearts on their sleeves now, it's very easy to fall asleep in the shower while you wait for the sun to burn out.



Aquarius 1/20-2/18

Your rap game is not at an irresponsible level, but your

crying-into-mac-and-cheese game is.



Pisces 2/19-3/20

There's a metric system for a reason, but no such thing as "time math." Think about that while you wonder why you don't have better things to think about. Take advantage of someone else's wonderful evening by imagining what it's like to have people who want to talk to you

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Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

Sudoku Answers

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

Crossword Answers

HEBREW	ALABAMA	HEPCAT
OTOOLE	NOSEBAG	ORIOLE
DAZZLER	RATHBONE	NITRIC
SLO	ALE	YEAR OF DEARTH
	ACAI	TALIA
JAMES	DONNED	YDS
ATONE	NOSTRA	FORTES
CATERS	DECIDE	THE POINT
ORT	RISETH	ONRED
BIODATA	TRIER	HONEY
ITS	FOR THE	DEBTOR
DEUCE	EMORY	ARREARS
OMNI	SCALE	MELLON
FIRE	INONES	DELT
FRES	CO	SONOMA
STU	POE	CUPIDS
ICE	ABUTS	ETON
DURBIN	STREET	RYE
LOVING	DARNEM	AND DAILY
EMERGE	ID	OTIC
RODDER	DIE	FLECT
		REFUSE

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