

366 ink

M A G A Z I N E

FEBRUARY 25-MARCH 9, 2016 ISSUE #259 DUBUQUE365.COM FREE!

365INK IMPACT AWARDS

TUESDAY, MARCH 1 @ 7 PM
MISSISSIPPI MOON BAR



IN THIS ISSUE...

ST. PADDY'S DAY
Festivities

MEMORY & AGING

Argosy Visits
RED ROOF DINER

PHOTO: BOB FELDERMAN

ALL NEW @

River Rock
KITCHEN and TAP

H
Holiday Inn

Happy Hour

3:00 - 6:00 PM
Monday - Friday

50% OFF DRINKS
Craft Beer, Domestics, Imports, Well Drinks & House Wine

\$6 APPETIZER
1 Appetizer Selected Daily!

450 Main St., Downtown Dubuque [f /riverrockkitchenandtapp](https://www.facebook.com/riverrockkitchenandtapp)

GRAHAM'S
STYLE STORE FOR MEN & WOMEN

MARCH 2016 WALK TEST EVENT

TEST & SEE

To see how comfortable our shoes are, purchase any of our select styles during the month of MARCH and wear them for 10 DAYS. If for any reason you're not completely satisfied, return the shoes with the receipt, and we'll give you a full refund.* No pressure.

*To receive a full refund, simply return the shoes with your original receipt within 10 days from the date of purchase.

JOHNSTON & MURPHY.
890 Main St. Dubuque • 563.582.3760 • grahamsstylestore.com • M&F 9-8 | T-TH, 9-5:30 | SAT 9-5



WHERE'S WANDO

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



PHOTO: BOB FELDERMAN

22 365INK IMPACT AWARDS

Join us as we recognize the people, organizations and businesses who made an impact in the community on Tuesday, March 1 at 7 PM at the Mississippi Moon Bar.

16 ST. PADDY'S DAY FESTIVITIES
19 MEMORY & AGING

34 RED ROOF DINER

EVENTS 4	ARTS 14	NIGHTLIFE 28	COLUMNISTS 34
--------------------	-------------------	------------------------	-------------------------

365INK PRODUCTION STAFF



Bryce Parks Publisher, Everything Else
bryce@dubuque365.com



Kristina Nesteby Layout Ninja, Designer
kristina@dubuque365.com



Mike Ironside Feature Writer, Photographer
mike@dubuque365.com

365INK ADVERTISING STAFF



Kelli Kerrigan
kelli@dubuque365.com • 563-581-7014



Lisa Stevenson
lisa@dubuque365.com • 563-580-1691

365INK CONTRIBUTING WRITERS



Rich Belmont Argosy's Food For Thought
argomark@mchsi.com



Bob Gelms Bob's Book Reviews
rpjg007@gmail.com



Matt Booth Mattitude
matt@mattbooth.com



Pam Kress-Dunn Feature Writer
pam2617@yahoo.com



Sara Carpenter Do It Yourself Advice
sara@stevesace.com



Christopher Adams Horoscopes



Vickie Kouzmanoff Glenda's Advice

SPECIAL THANKS

Christy Monk, Gina Siegert, Ryan Decker, Neil Stockel, Kay Kluseman, Ken Kline, Margie Blair, Fran Parks, Julie Steffen, Ron & Jennifer Tigges, Julie Griffin, Mark Dierker, bacon, Steven Schleuning, Tim Brechlin, Roy & Deb Buol, Jeff Lenhart, Gen. Bob Felderman, Dave Haas, Ivonne Simmonds Fals, all of our 365 friends and advertisers... and you for reading.

Dubuque365/365ink Magazine

432 Bluff St., Dubuque, IA 52001 • Dubuque365.com • 563-588-4365

All contents © 2016, Community, Incorporated. All rights reserved. All bacon served semi-crispy.

Warm weather is beginning to tease the Tri-states, and we are all dreaming of spring. A time when we can go outside for walks and enjoy the fresh air and, of course, pick up all the dog poop in the yard that accumulated over the winter. But first we have to get to spring, which means a few more weeks of relatively low activity and a less active cultural schedule in town.

Basically, what I'm saying is that it's either awards season or fish fry season, take your pick... at least until March. So, as not to disturb the delicate balance of nature, and because we don't enjoy frying fish that much, that means it's time for the 365ink Impact Awards.

It's actually a very eye-opening and gratifying opportunity for us to not only reflect on all of the amazing things that we've seen people do in our community over the past year, but also to discover great things that happened that somehow escaped our radar during the year.

As fun as it is to give out awards, it always sucks to have to cull the nominees list down to about 20. Naturally, all the people who get nominated have probably done something pretty cool and likely deserve recognition from someone. One saving grace for us is that this is our seventh year for the Impact Awards and that means there are already nearly 150 people out there with Impact Awards on their mantles, shelves or holding open very important doors in their offices. A lot of these people, businesses and organizations get nominated year after year. This happens because they are pretty great every year or because people do not know that they have already won. We decided that, despite being awesome, we're not going to give an award to the same person or group for the same thing more than one time. That opens up the awards to bring more people into the fold of recognition. It also keeps the major players from hogging all the awards.

After six years of turning out some truly beautiful awards for us, artist Gene Tully suffered the loss of some very special people in his life just as we were getting to the time when the next set of awards needed to be crafted. He asked for a reprieve this year, but in true Gene style, said he'd still make them if we really needed him. While we hate to not have the master working for us, we took it as an opportunity. We reached out to other artists who might be interested in putting forward their version of an Impact Awards and hoping to find just one. Instead, we



found a number of great creative people willing and eager to get involved.

We commissioned artist Kyle Regan for this year's awards. Kyle works a lot in wood and came up with a super-groovy design that turned out even better than we hoped for. We're thrilled to be able to champion another great local artist and hope to make a habit, moving forward, of celebrating a new artist each year with a unique design to honor our group of equally unique individuals and businesses. Plus, we think Gene probably is going to really enjoy the longer break from having the produce so much art in a short period of time.

With awards now in hand, we're ready for our big night. I really want to make sure people know how much we at 365ink appreciate the generous and community-spirited support we receive to make this night possible from some special people. The Community Foundation of Greater Dubuque sees the spirit and intention of the awards, which like their own Community Impact Grants, recognize those that are leaving a positive mark on the Dubuque area. Premier Bank, a long time steadfast supporters of the arts, loves our use of original art to recognize great Dubuquers for doing great things. And, of course, we have to say that for seven years, the Mississippi Moon Bar and the staff of the Diamond Jo Casino have seen the value of the Impact Awards and invested in our mission with their great facilities and the time of their talented crew who make us look like rock stars if only one night a year.

Everyone who attends the Impact Awards for the first time is always somewhat awed that they've never been there before and vows to not miss one again. I sincerely hope that you will join us this year and see how this is not an ordinary, boring awards banquet, but something quite special, just like the people who fill the room to support it.

And then... spring! ■



NEW ACTS ANNOUNCED

TICKETS ON SALE NOW



THE MARSHALL TUCKER BAND

APRIL 8 | AMERICAN SOUTHERN ROCK



LITA FORD

APRIL 17 | LEGENDARY ROCKER

Visit MoonBarRocks.com for our complete concert lineup.

Tickets available at MoonBarRocks.com and at the Diamond Club.

Must be 21 or older. If you or someone you know needs gambling treatment, call 1-800-BETS OFF.



DIAMOND JO
CASINO

WINNING IS JUST THE BEGINNING.

Port of Dubuque | DiamondJo.com



CLARKE UNIVERSITY PRESENTS:

MUSICAL MENUS ON BROADWAY

This musical celebration has been called the area's best Broadway revue and features performances by students and faculty during a five-course gourmet meal.



**FRIDAY, MARCH 11, AND
SATURDAY, MARCH 12**
SEATING AT 6 P.M.; DINNER AT 6:30 P.M.,
R.C. AND CELESTE WAHLERT ATRIUM
\$70/PREMIER SEATING, \$60/GOLD SEATING,
\$50/BLUE SEATING

Reservations are required and can be made through March 2 by calling (563)588-6553 or by visiting clarke.edu/artsatclarke/musicalmenus.

Clarke
UNIVERSITY
www.clarke.edu/artsatclarke



THE WELLINGTON INTERNATIONAL UKULELE ORCHESTRA

FRIDAY, FEBRUARY 26 @ 7:30 PM
GRAND OPERA HOUSE (135 8TH ST)

The Wellington International Ukulele Orchestra are in hot demand worldwide for their winning combination of charming humor, disarmingly small ukuleles, and sublime musicality. Hailing from the home of The Hobbit movies and sharing DNA with Flight of the Conchords, New Zealand's entertainment powerhouse.

The Wellington International Ukulele Orchestra are skilled performers who live to entertain, making sure audiences forget their troubles and sing their hearts out. Their signature sound features high-octane ukulele solos, heavenly multipart vocal harmonies and an impressive range of ukuleles. Flamboyant outfits, delightful theatrical effects and convivial crowd participation complete the night.

The band's repertoire is a superbly eclectic curation of songs appropriated from many genres alongside tunes from the South Pacific, all packaged into a spectacular, unmissable funfest. Expect to hear fantastic "ukulelefied" versions of rock and pop classics by the likes of Justin Timberlake, Dolly Parton, Cyndi Lauper, Blondie, Salt n Pepa and much, much more. The band's number one rule is: "If you know the words, sing along. If you don't know the words, sing along!"

Reserved seat tickets are \$34 and available at the Grand Opera House Box Office, 135 8th Street, or call **563-588-1305**. Box Office Hours are Monday-Friday, noon to 4 p.m. You can also find tickets online at TheGrandOperaHouse.com. ■

distinctly HERITAGE CENTER

piano virtuoso/storyteller
Alpin Hong
in "Chasing Chopin"



WEDNESDAY, MARCH 9, 2016 - 7:30 P.M.
JOHN AND ALICE BUTLER HALL
Adult: \$24, \$19 | Alum: \$19, \$15 | Child/Student: \$10

If you enjoyed Alpin's appearance with the DSO in November 2014, you'll love him in *Chasing Chopin*. His artistry and musicianship are unparalleled and his storytelling is intensely captivating.

Free pre-show lecture in Babka Theatre 6:30 - 7:00 p.m. featuring Alan Huckleberry, University of Iowa professor of piano, presenting a biographical sketch of the legendary Polish composer.

Live at Heritage Center
UNIVERSITY OF DUBUQUE

Download our new free mobile app - search: HeritageCTR

EXCLUSIVE 2015-2016 SEASON MEDIA PRESENTING PARTNER:
TH MEDIA
Print. Digital. Social.

2015-2016 PERFORMING ARTS SERIES
TICKETS CALL 563.585.SHOW | ONLINE WWW.DBQ.EDU/HERITAGECENTER

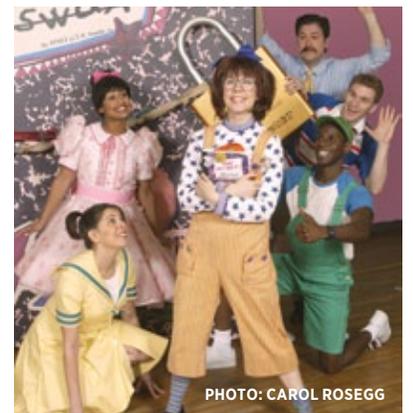
LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES

JUNIE B.'S ESSENTIAL SURVIVAL GUIDE TO SCHOOL

SUNDAY, FEBRUARY 28 @ 2 PM
UNIVERSITY OF DUBUQUE
HERITAGE CENTER (2255 BENNETT ST)

After a year and a half in school, Junie B. Jones writes the book on EVERYTHING schoolchildren need to know. From bus rules to band-aids, carpools to cookies, Junie B. and friends deliver the definitive word on surviving and thriving in style during this performance. With a ton of tips, tricks, and trip-ups, Junie B. shares her hard-won expertise and shows audiences how school is sometimes scary, sometimes super-fun, and ALWAYS something to sing about! Following the show, families are invited to meet Junie B. in full costume, along with the cast of other colorful characters in the lobby.

This all-new musical adventure based on Barbara Park's popular book is a one-hour family production performed by Theatreworks USA, based in New York. After a brief New York City area tour in spring 2015, *Junie B.'s Essential Survival Guide to School* began its national tour in fall 2015. Theatreworks



USA is America's largest and most prolific professional not-for-profit theatre for young and family audiences.

Tickets start at \$13 for adults, \$11 for UD alum, \$9 for students and children, and \$4 lap seats for children 3 and under. Purchase your tickets now at the Farber Box Office Monday-Friday, 10 a.m.-5 p.m.; by phone at **563-585-SHOW**; or online at DBQ.edu/heritagecenter. ■

ONGOING

Winter Farmers Market

Saturdays: Now through April @ 9 AM–Noon
Colts Center

Started in 2007, the all-volunteer driven market returns to the Colts Center (1101 Main St in Dubuque), focusing on supporting our regional food system, eating from our food shed year-round and providing annual funding to farmers through our grant program. Great homemade and baked goods, plus mat, cheese, eggs and, yes, vegetables! For more information, visit wintermarketdbq.com.

Galena Winter Farmers' Market

Second Wednesday of each month:

Now through April @ 4–6 PM

Galena Center for the Arts (Galena, IL)

Devotees of fresh food and produce, baked delicacies, hand created items, and sweet "somethings" will not have to hibernate this winter. All items sold at the market are created, grown, or made locally. Galena Center for the Arts is located at 219 Summit Street in Galena. Find more at GalenaWinterMarket.com.

Sherlock Holmes and the Clocktower Mystery

Now through April 17

National Mississippi River Museum & Aquarium

A terrible crime has been committed and Victorian London's most celebrated detective needs your

help to find out "whodunit"! This interactive, wildly entertaining and very clever murder-mystery will test your powers of observation and deductive reasoning. RiverMuseum.com.

THURSDAY, FEBRUARY 25**Dubuque Main Street Downtown Business Expo and Human Foosball**

5–9 PM @ Five Flags Center

Dubuque Main Street's trade show and networking event will be decked out with soccer jerseys, flags, pub fare, darts and other fun elements to complete the "Sports Pub" experience. An admission fee of \$5 per person grants access to the family-friendly expo where you can enjoy free snacks, appetizers, and beverages for purchase. Human Foosball is similar to soccer where players hold onto a pole and can only move by sliding side-to-side, just like in table foosball. There will be two enclosures, or "fields", and 16 six-person teams will battle it out in a double-elimination tournament. The tournament will be projected on a large screen to display the results as well as sponsored messages and entertainment. For more information, call **563-588-4400** or visit Facebook.com/DubuqueMainStreet.

**Clarke University Environmental Film Series "Last Call at the Oasis"**

7 PM @ Clarke Jansen Music Hall

"Last Call at the Oasis" is a documentary that shatters myths behind our most precious resource: water. This film exposes defects in the current system, shows communities already struggling with its ill effects and highlights individuals championing revolutionary solutions during the global water crisis. The film makes the case that the global water crisis is the central issue facing our world this century, and posits that we can manage this problem if we act now. The Environmental Film Series is free and open to the public. For more information, call **563-588-6318** or visit Clarke.edu.

FRIDAY, FEBRUARY 26**Dubuque Boat Show**

10 AM–7 PM @ Frontiers Lake Marina (East Dubuque, IL)

Friday through Sunday, all inventory new and used will be on display at the Frenress Lake Marina, 830 Gill Rd. in East Dubuque, Illinois. See all the newest models among their entire inventory on display.

**12th Annual Dubuque Boat & RV Show**

4–9 PM @ Grand River Center

Over 20 different RV & Boat makes and models will be on display—from small personal watercraft to pontoons, travel trailers to motor homes Friday through Sunday. A variety of exhibits, booths, and seminars will be available to cater to your needs and interests including American Marine, Mount View RV, M&M Marine, Lasso E RV, Bob's Marine, Couler Valley RV, Eldie's Marine and Hartwick Marina. General Admission is \$4 with kids 12 and under, free. Visit DubuqueBoatAndRVShow.com.

**Winter Wineland**

5–7:30 PM @ Stone Cliff Winery

This second annual wine event presented by Thrivent Financial and is a red carpet fundraiser supporting the Dubuque Community YMCA/YWCA's youth, families, and programs. Tickets are \$40 per person. For event and ticket information, contact Sandra at **563-556-3371** or SGonzales-Denam@DubuqueY.org.




4.9%

APR

Valid on balance transfers between Jan. 4 - Mar. 31, 2016.*

After 6 months the rate will be a low

9.25%

APR to

16.25%

APR

Strike the balances from your other higher-interest rate credit cards and move them to your lower-rate Dupaco VISA. Easy payment options, fraud monitoring, and grace period on purchases are just a few of the rewards of a Dupaco card! You may save on finance charges and there are no balance transfer fees.

Transfer your balances now. Call 800-373-7600, ext. 202.

The 4.90% balance transfer promotional rate is valid for balance transfers and cash advances that post between Jan. 4, 2016, and March 31, 2016. The 4.90% annual percentage rate (APR) expires six months from the date of your first balance transfer or cash advance, at which time the APR will revert back to the APR established at time of account opening, which is a variable rate from 9.25% to 16.25%, based on your creditworthiness. Account must be in good standing to qualify. All VISA APRs will vary with the market based on the Prime Rate. There is a grace period on purchases, and no annual fees or participation fees. Other fees include: cash advance fee-\$3 or 1.50% of the amount of each cash advance, whichever is greater (maximum of \$15); foreign transaction fee-1.00% of each transaction in US dollars; late payment fee is \$15.00 or the minimum due, whichever is less if you are four (4) or more days late.; returned payment fee-up to \$25.





BioLife
PLASMA SERVICES

TAKE GOOD TO THE BANK

Giving back doesn't have to be its own reward. When you donate plasma with BioLife, you're not only doing good, you're also receiving compensation for your time.

ALL DONORS RECEIVE UP TO \$70 PER WEEK IN MAR!

VISIT BIOLIFEPLASMA.COM TO SCHEDULE YOUR LIFE-SAVING DONATION.  SAVE A LIFE IN ABOUT AN HOUR!
   **Free Wi-Fi**
1220 ASSOCIATES DR • DUBUQUE • 563.583.3637
LOCATED NEAR APPLEBEE'S

\$120

NEW DONORS PRESENT THIS COUPON AND RECEIVE \$120 IN JUST THREE DONATIONS. Must present this coupon prior to the initial donation to receive a total of \$30 on your first, a total of \$40 on your second and a total of \$50 on your third successful donation. Initial donation must be completed by 3.31.16 and subsequent donations within 30 days. Coupon redeemable only upon completing successful donations. May not be combined with any other offer. Only at participating locations.



FIRST FRIDAYS AT DUMA

FRIDAY, MARCH 4 @ 5 PM
DUBUQUE MUSEUM OF ART
(701 LOCUST ST)

Starting in March, First Fridays at DuMA will be an open platform for art, creativity and expression, curated by and for the community in conjunction with other arts events. Share what you know and experience the creative spirit of our community. Live music, video, film, visual art, stories: First Fridays at DuMA is whatever you want to see happen at the Museum, along with great friends, stylish appetizers, drinks at the cash bar and, of course, art.

The theme for the first First Friday event is "Film." The event will be featuring a Julien Dubuque International Film Festival preview, doing some film trivia, and enjoying beats by Mr. Zills. Admission is \$10 or free to museum members and open to the public. The series is sponsored by Richardson



Motors and 365ink is proud to be the media partner for the First Friday series. We hope you can join us for this cool new arts series in downtown Dubuque.

April 1 brings Locavores to First Fridays, talking and sampling local foods and May 6 is all about sound with a preview of the new exhibition Soundscapes and the DubuqueFest Fine Arts Festival. Visit DBQArt.com or find DuMA on Facebook and Twitter. ■



THE GRAND OPERA HOUSE PRESENTS
IRELAND'S INTERNATIONAL MUSICAL SENSATION

Caladh Nua

SUNDAY, MARCH 6TH AT 4 PM

106.1
SUPER HERO

563-588-1305
TheGrandOperaHouse.com
135 W 8th Street, Dubuque, Iowa



TICKETS
All Reserved Seats \$20-\$39
Box Office Hours
Mon-Fri Noon-4 PM



PLATTECON 29: CHAOTIC CONFECTIONS

FRIDAY, MARCH 4 @ 4 PM-MIDNIGHT
SATURDAY, MARCH 5 @ 8 AM-1 AM
SUNDAY, MARCH 6 @ 9 AM-5 PM
UNIVERSITY OF WISCONSIN PLATTEVILLE ULLSVIK HALL
(1 UNIVERSITY PLAZA, PLATTEVILLE, WI)

Plattecon is the premier gaming convention in all of Grant County. Enjoy a full weekend filled with classic games, RPG's, card games, tournaments, SMASH BROS, a costume contest, Artemis, and much more!

Unapologetic Geek Out Podcast is the special guest. UGO covers movies, TV, cartoons, comics, anime, and games. They love interacting with fellow geeks, so send them your questions and suggestions for things they should watch, play, read, and even consume to unapologeticgeekout@gmail.com.

Visit unapologeticgeekout.libsyn.com for more information on UGO.

Several artists will be present including: Ineffective Carnivore, Morgan Fertig, Owl Post Greetings, Sarah L White, UWP Clay Club, Diamond Dust Dreams, and Gew Gaw. Vendors include Angry Fox LLC, Chimera Hobby Shop, and Vault 0.

You can register at the door for \$7 for Friday, \$10.50 for Saturday, \$7 for Sunday, or \$15 will get you in all weekend.

For the schedule of events and more information, visit PlatteCon.com. ■

FRIDAY, FEBRUARY 26

Multicultural Family Center's Black History Month Celebration

6:30–9 PM @ Inspire Café

Gregory James will emcee and is the featured entertainment. Also enjoy a presentation about Black History Month and performances from the dance crew "Dreaming Allegiance" and The University of Dubuque's Zeta Phi Beta sorority step crew. Complementary appetizers provided; other lite bites, wine, beer and beverages available for purchase. Adult only event. Last year the dance floor got real busy, so bring your dancing shoes and join in this rich celebration of Black History Month! Call Inspire Café, 955 Washington St, at **563-583-8338**.

**"But Not Forgotten" Screening**

7 PM @ Galena CFA (Galena, IL)

Galena Center for the Arts will feature a selection of documentary films produced by faculty and students from Loras College. Craig Schaefer along with members of the production crew will discuss documentary film

making and screen "But Not Forgotten," a presentation that explores the life of a U.S. Army Chaplain. Student work includes material Professor Schaefer has chosen from a group of creative cinematic experiments some of which might focus on Galena-related subject matter.

**Galena Goes 50's Sock Hop**

7 PM @ Galena Brewing Company (Galena, IL)

Enjoy a dance-filled 1950s weekend with local businesses. Rockabilly Junction will be at Galena Brewing Company Friday night. Perfect your moves Saturday at dance workshops 9 a.m.–6 p.m. followed by the Sock Hop at 7 p.m. at Turner Hall with live music from The Tailfins, games, a cash bar and prizes. For more information, call **815-776-9200** or visit VisitGalena.org.

DBQ Saints vs Green Bay Gamblers

7:35 PM @ Mystique Ice Center

The Dubuque Fighting Saints are fighting for the Clarke Cup in the fiercely competitive USHL Hockey League. For tickets or more information, call **563-583-6880** or visit DubuqueFightingSaints.com.

SATURDAY, FEBRUARY 27

Galena Goes 50's Sock Hop

9 AM @ Turner Hall (Galena, IL)

Dubuque Boat Show

10 AM–7 PM @ Frontiers Lake Marina (East Dubuque, IL)

12th Annual Dubuque Boat & RV Show

10 AM–8 PM @ Grand River Center

Drop-in Films: Squatting the Palace

1 PM @ Dubuque Museum of Art

This documentary follows artist Kiki Smith as she prepares an eight-room installation of sculptures, drawings and furniture for the 2005 Venice Biennale, a major artistic event. With the help of assistants who realize her plans, the film documents every step of the process as Smith works from concept to execution while discussing her upbringing and ideas about art. DBQArt.com.

DBQ Saints vs Des Moines

7:05 PM @ Mystique Ice Center

Great River Wind Symphony

7:30 PM @ UD Heritage Center

Student musicians from three Dubuque colleges will come together for the Great River Wind Symphony. Tickets are free, but required and are available at the Farber Box Office; by phone at **563-585-SHOW**; or at dbq.edu/heritagecenter.

Illusions Midwest Drag Show

9 PM @ The Smokestack

Dubuque's newest drag queens and kings. Six queens will be performing. \$5 at the door. The Smokestack is located at 62 East 7th St in downtown Dubuque and offers a late night menu! Find more at SmokestackDBQ.com.

SUNDAY, FEBRUARY 28

Dubuque Boat Show

10 AM–3 PM @ Frontiers Lake Marina (East Dubuque, IL)

12th Annual Dubuque Boat & RV Show

11 AM–5 PM @ Grand River Center

**Mackin-Mailander Alumni Lecture: Healthcare and the Common Good**

5 PM @ Clarke Jansen Music Hall

Donna Ewy will discuss how providing health care services to vulnerable populations contributes to society as a whole. Admission is free. For more information, contact the Clarke University Marketing and Communication Office at **563-588-6318**.

16

VARIETIES

CUSTOM PORTIONS

at your fingertips

#RBL15

200 MAIN ST.

RIVERBOAT

LOUNGE

AT HOTEL JULIEN DUBUQUE

LIVE MUSIC • CRAFT COCKTAILS

APPETIZERS • WINE-STATION



Your pets are part of your family.
They're part of our family, too!




The only
AAHA-ACCREDITED
Animal Hospital in Dubuque!

NEW WELLNESS PLANS
available for pets of all ages!

CONVENIENT
EVENING HOURS!
Mon & Thu: 7 AM-8 PM
Tue, Wed & Fri: 7 AM-6 PM
Sat: 8 AM-Noon

COLONIAL TERRACE ANIMAL HOSPITAL
2777 University Ave, Dubuque • 563-556-2667
ColonialTerraceAnimalHospital.com • Like us on Facebook!

Dr. Joan McCleary • Dr. Abbie McClain • Dr. Kristi Schreiber • Dr. Marianne Kirkendall

TRISTAN CRIST ILLUSION SHOW

SATURDAY, MARCH 5 @ 4 PM
GRAND OPERA HOUSE (135 W 8TH ST)

The Tristan Crist Illusion Show is the perfect entertainment for young and old alike. Witness some of the most modern and entertaining magic illusions presented on stage today. Tristan Crist is at home onstage as he presents a fun mixture of comedy and theatrical performance. You will laugh out loud when you experience Tristan's signature comedy, and several lucky audience members will even get to participate in the magic up-close and personal.

The Tristan Crist Illusion Show is a consistent audience favorite. With new illusions every year, it's no wonder audience members return to experience an entertaining performance time and time again.



Tickets are \$20 for adults and \$12 for patrons under 18 and may be purchased at the Grand Opera House box office noon-4 p.m. Mon-Fri, by calling **563-588-1305**, or by visiting **TheGrandOperaHouse.com**. ■



The Clarke University Drama and Musical Theatre Department presents

ELEPHANT & PIGGIE'S

"WE ARE IN A PLAY!"

Purchase tickets by calling (563)584-8642 or online at clarke.edu/artsatclarke. Tickets are \$10 for adults, \$7 for seniors and \$5 for non-Clarke students.

FEBRUARY 25-27, 2016 AT 7:00 P.M.
AND FEBRUARY 28, 2016 AT 2:00 P.M.
TERENCE DONAGHOE HALL, CLARKE UNIVERSITY

Clarke UNIVERSITY



THE DUBUQUE SYMPHONY ORCHESTRA PRESENTS: BEAUTIFUL BRAHMS

SATURDAY, MARCH 5 @ 7:30 PM
SUNDAY, MARCH 6 @ 2 PM
FIVE FLAGS THEATER (405 MAIN ST)

The Dubuque Symphony Orchestra (DSO) presents Beautiful Brahms featuring the Dubuque Chorale, and two outstanding vocal soloists Emily Birsan and Ashraf Sewailam. The concert begins with Beethoven's lively and exciting Symphony No.1 and is followed by Brahms' German Requiem; both tender and powerful, it is one of the most beautiful pieces of music ever written.

On the brink of an international career, soprano guest soloist Emily Birsan just finished her third year as a member of the Patrick G. and Shirley W. Ryan Opera Center at the Lyric Opera of Chicago and was most recently heard on the main stage as Servilia in the critically acclaimed Sir David McVicar production La clemenza di Tito.

Baritone guest soloist Ashraf Sewailam began his career as a Cairo

Opera Company house soloist. Mr. Sewailam was named a prize winner at the New Voices international competition in Gütersloh, Germany and was featured in the opening concert of the New Alexandria Library in 2002 singing Beethoven's Ninth Symphony in Arabic. Mr. Sewailam also served as music director for Disney Character Voice International dubbing Disney productions into Arabic, and performed several of the characters.

To purchase individual tickets to this concert (\$15-\$78), call the Five Flags Box Office at **563-589-4258** or visit **DubuqueSymphony.org**. Discounted \$6 student tickets will be available in the theater lobby one hour prior to each performance. This concert is made possible by the generous support Dubuque Bank and Trust. ■

TUESDAY, MARCH 1**Toddler Tuesday: W is for Web!****10-11 AM @ National Mississippi River Museum & Aquarium**

This program is for children ages 2 to 4 years old. Each month features a new theme and fun activities, including a story and craft project too! Cost is \$5 per child and FREE for the one accompanying adult or guardian (cost is for program only, regular admission not included). Advance sign-up is required. Please call **563-557-9545** ext. 212 or email **sstewart@rivermuseum.com**.

WEDNESDAY, MARCH 2**Lunch 'n Learn: Backyard Varmints****12:15-12:45 PM @ Multicultural Family Center**

Identify the creatures causing damage to your garden, assess the severity of the injuries to the garden, and how to control the intruders. Master Gardeners will discuss strategies for diverting pests away from garden spaces and how to protect the most susceptible plants from excessive damage. Lunch 'n Learns are intended to provide a snap-shot of what is happening in the garden from month to month, and the possibilities are endless. Attendees are encouraged to bring their own lunch and learn about gardening, the first Wednesday of every month. Registration is not required, walk-ins are welcome. This program is FREE.

Contact Horticulture Educator Laura Klavitter: **klavitte@iastate.edu** or **563-583-6496** to request a topic or for more details.

Global Perspectives Scholarship Deadline

The Thomas Determan Global Perspectives Leadership Award was established in 2013 to recognize outstanding high school seniors who have demonstrated behaviors focused on "thinking globally and acting locally." Specifically, the Award seeks to educate applicants and others of the themes of global education. Global Perspectives Education is defined as "the interrelated nature of conditions, issues, trends, processes and events affecting the quality of life on the planet Earth." Details and information about the online application can be found at **TDGlobal.org**.

THURSDAY, MARCH 3**Social Game Night****6 PM @ The Smokestack**

Come have fun reviving your favorite board, card, or any social game. Sponsored by Dubuque Transgender this is an all inclusive community event. Many games should be

going throughout the evening, play as you want, meet new people, have fun, and help make this event a new social gathering for diversity and inclusiveness in Dubuque. The Smokestack is located at 62 East 7th St in downtown Dubuque and offers a late night menu! Find more at **SmokestackDBQ.com**.

Bamboozled!**7:30 PM @ UD Heritage Center**

Enjoy a faithful Italian Renaissance commedie farce with knock-out physical and verbal delights appropriate for young audiences. Performed by UD's Ensemble Theatre Company and directed by Amy Ressler. Tickets are \$7 for adults and \$4 for students. Purchase your tickets now at the Farber Box Office; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**.

FRIDAY, MARCH 4**Mercy Red Dress Breakfast****7 AM @ Grand River Center**

Emmy Award winner, New York Times Best-Selling author, and six-time champion of Dancing with the Stars, Derek Hough started dancing in his hometown of Salt Lake City, Utah, at age 11 and later attended the prestigious Italia Conti performing arts school where he studied theatre, music, and dance. Tickets are \$30 for general admission or \$240 for a reserved table for eight. Register at **MercyDubuque.com/reddress** or **563-589-9600**.

Tri-State Home & Builders Show**5-9 PM @ Grand River Center**

Friday through Sunday, view the latest products and services displayed by exhibitors to assist you in building and improving your home and yard. There will be thousands of ideas to help make your house a home! Admission is \$5 for adults, and children under 12 are free. For more information, call **515-537-2094**.

Bamboozled!**7:30 PM @ UD Heritage Center****DBQ Saints vs Sioux Falls Stampede****7:35 PM @ Mystique Ice Center****Micro Wrestling Federation****8 PM @ Courtside Sports Bar & Grill**

Micro Wrestling Federation has been providing sports entertainment nationwide since 2000. The show is a full scale professional Midget Wrestling event. Midgets (dwarves, little people) have been used in many different forms of entertainment for years, often as a comedic aspect. This event showcases the athletic skills and entertainment value of our performers. Attendees leave entertained, impressed, and as Midget Wrestling fans. GA tickets are \$15 and ringside seats are \$20. Children under 13, \$10. Advance tickets are available online at **tristatesnightout.com** or at the event.

EXPLORE OUR NEW WEBSITE... NOVELTYIRON.COM

**FIND YOUR OWN LOFT HOME TODAY!
CONTACT LAURA @ 563-583-4883**

NOVELTY IRON WORKS DUBUQUE

333 EAST 10TH STREET DUBUQUE
NOVELTYIRON.COM

- + First and only residential community offering up to 1Gb unlimited internet access in every loft
- + Free in-house fitness room
- + Dry cleaning service with on-site pickup and personal delivery
- + Pet (and human) friendly!
- + Too many appliances to mention

COMING SOON TO NOVELTY IRON:

- + Concierge services including on-site tailor, shoe shine, and housekeeping
- + The Pack, a full-service restaurant, bar, and butcher shop

Do you have a desire to enhance the lives of children, families, and adults in need by teaching skills and providing information and resources?

Join us for an on-site **Career Fair!**
 Thursday, March 10, 10AM-2PM
 Lower Level of Hadley Chapel
 2001 Asbury Road, Dubuque

Please visit our website for a current list of position openings or to apply:
www.hillcrest-fs.org

National Career Readiness Certificate is preferred. Bilingual candidates are encouraged to apply. EEO Employer/Special Veteran/Disabled




LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES

CHASING CHOPIN

WEDNESDAY, MARCH 9 @ 7:30 PM
 UNIVERSITY OF DUBUQUE HERITAGE CENTER (2255 BENNETT ST)

Alpin Hong's combination of stunning technique, emotional range, and humor continues to bring audiences young and old to their feet. Rooted in extensive classical training and a background in extreme sports, martial arts, and video games, he is a creative force unmatched in his vitality and charisma.

Alpin Hong is a native of Michigan and made his orchestral debut with the Kalamazoo Symphony at the age of ten. Enduring a catastrophic loss at age 12, Hong's passion fueled a career which has taken him to Juilliard, Carnegie Hall, the White House, and all 50 states.

Chasing Chopin is a theatrical journey into Hong's extraordinary life. His autobiographical storytelling and

dazzling performance dives into personal moments both hilarious and tragic.

The performance will be preceded by a free 30-minute lecture presented by Alan Huckleberry, professor of piano at the University of Iowa at 6:30 p.m. in Babka Theatre. A reception will also be held from 6 to 7:30 p.m. in the Bisignano Art Gallery in conjunction with the Salvador Dalí: Twelve Signs of the Zodiac exhibit presented in collaboration with the Dubuque Museum of Art.

Tickets are \$19-\$24 for adult, \$15-\$19 for UD alumni, and \$10 for students and can be purchased Monday through Friday 10 a.m.-5 p.m. at Heritage Center; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**. ■



STORE HOURS
 Mon - Thurs 10am - 9pm
 Friday 10am - 7pm
 Saturday 8am - 7pm
 Sunday 10am - 6pm

CHOOSE HEALTHY. CHOOSE LOCAL.

955 Washington St #107 | 563-557-4400
www.dubuquefood.coop

Honey Hill
 ORGANIC FARM & APIARY

WE BELIEVE IN FAMILY AND THAT'S WHY WE OFFER QUALITY ORGANIC PRODUCTS TO YOURS!

Join our CSA (Community Supported Agriculture) now to receive five whole months of weekly deliveries of certified organic fresh vegetables and fruits, assorted herbs, recipe and preparation ideas, homemade goodies, sunflower oil, honey, and garlic!



SIGN UP TODAY AT HONEYHILLORGANIC.COM OR 563-213-5031

SHARE OPTIONS:	PICK UP LOCATIONS:	UPCOMING EVENTS:
SMALL (.25-.49 bushel): \$400	Dubuque Food Co-op	SATURDAY, MARCH 5
STANDARD (.50-.75 bushel): \$670	Dubuque Farmers' Market	Taste of Fennimore
SUNFLOWER OIL & HONEY:	Healthy Living Chiropractic	1-5 PM @ Fenway Tavern
\$100 add on	Plus five locations between Lancaster and Madison!	(Formerly the Silent Woman) Fennimore, WI



MUSICAL MENUS

MARCH 11 AND 12 @ 6 PM
 CLARKE UNIVERSITY
 R.C. AND CELESTE WAHLERT ATRIUM (1550 CLARKE DR)

Clarke University's annual Musical Menus, a collection of Broadway songs sung by students and faculty, will be performed on Friday and Saturday, March 11-12, in the R.C. and Celeste Wahlert Atrium. Seating is at 6 p.m., followed by the performance and dinner at 6:30 p.m.

Musical Menus includes several selections from a variety of Broadway musicals, while audience members enjoy a five-course gourmet meal. The event has been referred to as the best Broadway revue in the Dubuque area.

"We try to have a mix of drama and pop," said LaDonna Manternach, chair and associate professor of the Clarke Music Department. "Students

of all ages are represented in vocal and instrumental music. This is our last big fundraiser for a trip to Germany and the Czech Republic this summer, so the more people, the more it helps. We'd love to fill the place up."

Reservations can be done online at **clarke.edu/artsatclarke/musicalmenus**, or by calling **563-588-6553** between 8 a.m. and 4:30 p.m. Tickets are \$70 for Premium seating; \$60 for Gold seating; and \$50 for Blue seating. Ticket reservations must be made by March 3.

For more information, contact the Clarke University Marketing and Communication Office at **563-588-6318**. ■

SATURDAY, MARCH 5**Becoming an Iowa Outdoor Woman Workshop**

8 AM–1 PM @ Swiss Valley Nature Center (Peosta, IA)

Becoming an Outdoors Woman (BOW) means becoming a more competent, more confident and aware individual. Enjoy a fun-filled day of outdoor activities and education, for those 18 and older. Sponsored by Pheasants Forever, Iowa DNR, and Dubuque County Conservation Board. For more information or to register, call Jenny Ammon at **563-556-6745**.

Tri-State Home & Builders Show

10 AM–6 PM @ Grand River Center

Bamboozled!

2 PM @ UD Heritage Center

DBQ Saints vs Sioux Falls Stampede

7:05 PM @ Mystique Ice Center

SUNDAY, MARCH 6**Tri-State Home & Builders Show**

Noon–5 PM @ Grand River Center

Mother and Daughter Brunch

1–3 PM @ Dubuque Museum of Art
Enjoy an artful brunch and tea party inspired by the mother-daughter relationship of current exhibiting artists, Janet and Kathy Ruttenberg. Invite your mother, daughter, grandmother for a memorable afternoon featuring mimosas, coffee, and tea; pastries and a light lunch; a tour of the Ruttenberg exhibition; and a photographic souvenir. Registration required. \$15. Call **563-557-1851** or visit **DBQArt.com**.

TUESDAY, MARCH 8**Baby + Me Tours**

9 AM @ Dubuque Museum of Art
Babies and their caregivers are welcome to participate in a 30-minute tour of Museum exhibitions. Baby + Me Tours are offered the second and fourth Tuesday of the month. Space is limited; advanced registration is required. Visit **DBQArt.com/events**.

Young at Art

2–2:45 PM @ Dubuque Museum of Art
Every second and fourth Tuesday, toddlers ages 3–5, accompanied by a parent or grandparent, are invited to the Museum to create art. Come dressed to get messy. Each session is free for Museum members and \$5 for non-members. All supplies are furnished. For more information or to enroll a student, contact Margaret Buhr at **563-557-1851** or **MBuhr@DBQArt.com**.

Disease Ecology and Biogeography Lecture

7:30 PM @ Clarke Jansen Music Hall
Patricia Parker is a senior scientist at the St. Louis Zoo and serves as the Des Lee Professor of Zoological Studies at the University of

Missouri-St. Louis. She will discuss her research in the Galapagos in 2001 and 2002. Admission is free. For more information, contact the Clarke University Marketing and Communication Office at **563-588-6318**.

WEDNESDAY, MARCH 9**Painting and Drawing Classes**

6 PM @ Studio Works, Schmid Innovation Center
Taught by classical realist artist Lisa Towers. Six-week terms are open to all levels with small class sizes. Drawing class is Wednesdays from 6–8 PM (tuition: \$130)/Painting class is Thursdays from 6–9 PM (tuition: \$165). Children's drawing class is 3:30–5:30 PM (tuition: \$125) on Wednesdays for ages 8–18. (Prices include model fees). Call soon to reserve your spot: **608-574-7258**. An oil painting demonstration by Towers will be open to the public on March 4, from 5:30–7:30 PM at Studio Works in the Caradco Building.

THURSDAY, MARCH 10**Page & Palette: A Book Group for Art Lovers!**

6 PM @ River Lights Bookstore
Join River Lights every other month where they will be discussing either a fiction or non-fiction book about all things arts! This month features "The Swan Thieves" by Elizabeth Kostova. For more information, visit **RiverLights.com** or call **563-556-4391**.

**PechaKucha Night Dubuque Vol 3**

7 PM @ The Smokestack
Every story is unique. Come hear local stories from passionate people. 10 speakers, 20 images X 20 seconds. This event is free, with food and drink available to purchase. Learn more **pechakucha.org/cities/dubuque**.

**Inspiring People Series: Jim Collins**

7–8:15 PM @ Inspire Café
In his own inimitable and compelling way, Jim will share lessons he's learned from a number of unplanned experiences from his life. These monthly presentations are offered as informal and intimate exchanges for the open-hearted and curious. Inspiring People Series presentations are FREE. Find us at 955 Washington St in Dubuque or at **Inspire-Cafe.com**.

TONY ROMA'S
A Delicious Way To Support Your Organization!
TONY ROMA'S FUNDRAISING CARDS MAKE RAISING MONEY EASY
Ask manager for details or contact Gerrilee Coffman at gcoffman@grandharborresort.com
Located inside the Grand Harbor Resort
350 Bell St, Port of Dubuque • 563.690-3249

Auto Loans made easy!
Used and New vehicle loans as low as **1.49% APR***
"Ask for DuTrac" at your Dealer
(563) 582.1331 • dutrac.org
*Rates, terms and conditions depend upon creditworthiness and qualifications. Rates are subject to change without notice. Contact a DuTrac financial services consultant for further details. For a complete list of participating dealerships, visit: www.dutrac.org.
DuTrac Community Credit Union

GALENA WINE LOVERS' WEEKEND

MARCH 18-20
GALENA, IL

Wine lovers (and you know who you are) should make plans to enjoy Galena Wine Lovers' Weekend. Scheduled for the weekend of March 18-20, Wine Lovers' Weekend is three days of fine wine and exquisite food prepared by some of the area's best chefs with plenty of other fun activities all set in historic Galena.

This year marks the eleventh for the annual event, with a variety of wine-themed dinners and events at locations all over town, including cooking demonstrations, history tours, beer, wine, and distilled spirit tastings, not to mention the indulgences of great shopping and spa experiences.

Arguably the most popular event of the weekend is the Grand Tasting, scheduled for Friday, March 18 from 5:30-8 PM and Saturday, March 19, from 3:30-6 PM.

Hosted by Family Beer and Liquor at the Galena Convention Center, the Grand Tasting will feature over 300 wines, a selection of light hors d'oeuvres, entertainment, a silent auction for wine, artwork, and Galena gift packages, plus favorites from local wineries, distilleries and craft breweries.

As of press time, tickets for Friday's Grand Tasting are still available for \$40 in advance and must be purchased at wineloversweekend.com. Complimentary shuttle service will be available from downtown Galena (Old Post Office, 110 Green Street, behind DeSoto House Hotel) to Galena Convention Center every fifteen minutes during the events. In addition to the Grand Tasting, many restaurants and hotels have special Wine Lovers' Weekend events all over town. ■

AMERICA'S RIVER CORPORATION ANNOUNCES AMERICA'S RIVER FESTIVAL LINEUP

JUNE 10-11
PORT OF DUBUQUE

America's River Corporation is excited to announce this year's entertainment for America's River Festival presented by American Trust & Savings Bank.

Friday night features The Nitty Gritty Dirt Band ("Fishin' In The Dark" and "Mr. Bojangles") with special up-and-coming guests Jon Pardi ("Up All Night" and "Head Over Boots"), and Gunnar & The Grizzly Boys ("Standard American" and "Pedal to the Floor").

Saturday night will rock the crowd with co-headliners REO Speedwagon ("I Can't Fight This Feeling" and "Keep On Loving You") and newly-crowned Rock and Roll Hall of Famers, Cheap Trick ("Surrender" and "I Want You to Want Me") and with special guest Pablo Cruise ("Love Will Find A Way" and "Whatcha Gonna Do").

Tickets for Friday, June 10: Bud Light VIP Zone \$45 adv/\$50 door and GA \$15 adv/\$20 door. Tickets for



Saturday, June 11: Reserved seating \$40 adv/\$45 door and GA \$20 adv/\$25 door. Weekend GA Package: \$30 adv/\$35 door. Advance Brewfest tickets on Saturday, June 11: VIP \$40/GA \$30 with Brewfest and music packages available for both nights. RV and tent camping is also available on site while spaces last.

Tickets are on sale now at AmericasRiverFestival.com or the Iowa Welcome Center at 280 Main St, or by calling **563-845-7698**. And, of course, more to come in *365ink* as the date approaches. ■

SHAMROCK IMPORTS TOUR OF IRELAND

JUNE 22-JULY 2
NOW TAKING RESERVATIONS!

Judy and Mike Siegert from Shamrock Imports are hosting an unforgettable journey to the Emerald Isle! That's Ireland to you and me. Join these seasoned Irish travel hosts for an itinerary that presents all of the wonders of Ireland with excellent hotels, top-class visits and plenty of fun.

The tour includes round-trip transportation from Dubuque to Ireland via Are Lingus, luxury motor coach, five fantastic hotels, 9 breakfasts and 7 dinners, guided tours of Drogheda, Derry, Belfast and Dublin, and visits to historic Cong, Titanic Belfast, Giants Causeway, Bushmills Distillery, Donegal Castle, Slieve League Cliffs, Clonmacnoise and Guinness Storehouse. Even take a cruise on Lough Corrib.

Land price is \$2295/person and Land and air price is \$3450. Single rooms are \$500 and option travel protection plans are at \$189/person. No hidden fees or extras. It's all included.



Experience the warmth and charm of the Irish and immerse yourself in a richness of ancient Celtic heritage with hosts who really know their stuff. Secure your place with a \$250 deposit now. For more information or to register, contact Judy at Shamrock Imports at **563-583-5000** or stop in and see her at 391 Bluff St. in Cable Car Square. ■

FRIDAY, MARCH 11

Sammy Kershaw

8 PM @ Grand Opera House

Music N' More Productions, 103.3 WJOD and Family Beer and Liquor welcomes Sammy Kershaw in a special acoustic concert with special guest Minneapolis Molines. Sammy is an American country music singer, songwriter with more than 25 Top 40 singles on the Billboard Hot Country Songs including the number one hit "She Don't Know She's Beautiful". Opening is retro country group Minneapolis Molines. Tickets start at \$29 and \$50 VIP includes pre-show wine and cheese tasting at 6:30 p.m. For tickets or more information, visit thegrandoperahouse.com or call the box office at **563-588-1305**.

SATURDAY, MARCH 12

Second Saturdays

1 PM @ Dubuque Museum of Art

The second Saturday of the month the Dubuque Museum of Art hosts exciting, family-friendly programming. Clarke University drama students will present the musical "We Are in a Play" based on the Piggie and Gerald books by Mo Willems. Following the performance, families are invited to participate in an art activity taught by art educator Beth Kilgore. Admission is free. Advanced registration required. DbqArt.com.

SUNDAY, MARCH 13



Adult Coloring

2-5 PM @ Inspire Café

Relax and enjoy your choice of coloring book and coloring mediums. Space is limited and you must pay in advance. Call Inspire at **563-583-8338** or visit Inspire-Cafe.com for more information.

tri-state



poop pickers

Pricing:

Weekly cleaning:	\$12 for one dog
	\$16 for two dogs
	\$19 for three or more dogs
Spring cleaning/one-time cleaning:	\$45 for one dog
	\$60 for two dogs
	\$75 for three or more

Additional charge may apply for larger than average yard and leaf covered yard. Call for a free quote!

We'll take crap from anyone.

www.pooppickersdbq.com

Call Evan at 563.357.2777 to schedule a cleaning!



COMING TO THEATERS

Gods of Egypt (PG-13)

Friday, February 26

From classic mythology of Egypt (VERY LOOSELY), the survival of mankind hangs in the balance as an unexpected mortal hero Bek undertakes a thrilling journey to save the world and rescue his true love. White Scottish Egyptians... naturally!

Triple Nine (R)

Friday, February 26

A crew of dirty cops is blackmailed by the Russian mob to execute an impossible heist and the only way to pull it off is to manufacture a 999, police code for "officer down." Their plan is turned upside down when the unsuspecting rookie they set up surprises them, triggering a breakneck action-packed finale.

Eddie the Eagle (PG-13)

Friday, February 26

Inspired by true events, this feel-good story of an unlikely but courageous British ski-jumper who never stopped believing in himself—even as an entire nation was counting him out.

Sword of Destiny (PG-13)

Friday, February 26

This sequel to 2000's martial arts phenomenon *Crouching Tiger, Hidden Dragon* follows a new adventure on the hunt for a legendary sword.

London Has Fallen (R)

Friday, March 4

The sequel to "Olympus Has Fallen." The British Prime Minister's funeral is a deadly plot to kill the world's most powerful leaders, devastate every known landmark in the British capital, and unleash a terrifying vision of the future.

Zootopia (PG)

Friday, March 4

The modern mammal metropolis of Zootopia is a city like no other, a melting pot where animals from every environment live together—a place where no matter what you are, from the biggest elephant to the smallest shrew, you can be anything. Even a cop... when you're just a bunny rabbit.



MOVIE BUZZ

Emily Blunt is reportedly in talks with Disney to take over the beloved role of Mary Poppins. Blunt's *Into the Woods* director is helming the new *Mary Poppins*, which it's said is not a remake of the 1964 film but a sequel set two decades after the original—focusing on the children of the now-adult tykes from the original.

Some upcoming release date announcements... On February 10, 2017, Lionsgate will release *John Wick: Chapter Two*, the sequel to their Keanu Reeves-starring cult hit. Almost a year later, Alcon will finally release their *Blade Runner* follow-up on January 12, 2018. *Star Wars Episode VIII's* release date has been pushed back from May 26, 2017 to December 15, 2017. Disney saw so much crazy financial success releasing *The Force Awakens* unopposed over the Christmas time slot that they've decided *Star Wars Episode VIII* should follow suit. The new *Pirates of the Caribbean* movie will move into *Star Wars'* original May 26, 2017 slot.

Original stars Dwayne Johnson, Carla Gugino, Alexandra Daddario, and

Paul Giamatti are all expected to return, along with director Brad Peyton to do another *San Andreas* movie, because we apparently needed another one of those. The sequel will focus on the massive, infamously volatile "Ring of Fire." Dwayne Johnson is probably going to need a bigger helicopter.

Keira Knightley's in talks to get all corseted up for a Catherine the Great biopic. The film will mark Barbra Streisand's first feature directing work since 1996's *The Mirror Has Two Faces*, and its script topped the 2014 Black List for best unproduced screenplays.

The Interview and *This Is the End* writer-directors Seth Rogen and Evan Goldberg have a pilot commitment from Hulu titled *Future Man*. It will reportedly see *The Hunger Games'* Josh Hutcherson in the conveniently named role of Josh Futterman, a socially-inept janitor who still lives with his parents, but as the top-ranked player of a video game, he's selected by the game's characters to go back in time and save the world. ■



NOW SHOWING @ MINDFRAME THEATERS
FRIDAY, FEBRUARY 26–THURSDAY, MARCH 3

<p>LONDON HAS FALLEN (R) Thu: 7:00, 9:30</p> <p>ZOOTOPIA (PG) Thu: 7:00, 9:15</p> <p>GODS OF EGYPT (PG-13) Fri–Thu: (12:00), (2:15), (4:40), 7:25, 9:40</p> <p>RISEN (PG-13) Fri–Wed: (11:15 AM), (1:40), (4:05), 6:50, 9:15 Thu: (11:15 AM), (1:40), (4:05)</p> <p>DEADPOOL (R) Fri–Thu: (12:20), (2:40), (5:00), 7:35, 9:55</p> <p>HOW TO BE SINGLE (R) Fri–Thu: 7:20, 9:45</p>	<p>KUNG FU PANDA 3 (PG) Fri–Thu: (11:30 AM), (2:00), (4:15)</p> <p>45 YEARS (R) Fri–Mon: 6:50 PM Wed & Thu: 6:50 PM</p> <p>ANOMALISA (R) Fri & Sat: 9:40 PM Mon–Wed: 9:40 PM</p> <p>THE BIG SHORT (R) Fri–Thu: (3:30 PM)</p> <p>THE DANISH GIRL (R) Fri & Sat: 7:00 PM Mon–Wed: 7:00 PM</p> <p>SPOTLIGHT (R) Fri–Thu: 9:00 PM</p>
---	---

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

ROOM (R)
Fri–Wed: (1:00 PM)

TRUMBO (R)
Fri–Thu: (4:00 PM)

BROOKLYN (PG-13)
Fri–Thu: (12:30 PM)

MILLENNIUM CINEMA

We're Not Just a Theater!

Private Screenings • Business Meetings • Special Events • Fundraisers ...and much more



Avalon Cinema
95 E. Main Street
Downtown Platteville
statetheatres.com



Dodge Theatre
205 N. Iowa St. Dodgeville, WI • 608.935.5225



Grantland Theatre
218 S. Madison St. Lancaster, WI. 608.723.SHOW (7469)

statetheatres.com

151 Millennium Drive
Platteville, WI 53818

For showtimes:
608-348-4296
1-877-280-0211





Sunday Funday

\$30 LIFT TICKET

\$49 LIFT & RENTAL

Sunday Special after 1:00pm

MON	TUES	WED	THU	FRI
\$30	\$30	\$30	2 for 1	\$30
all day lift ticket	all day lift ticket	all day lift ticket	2 lift tickets for \$36	lift ticket starting at 4pm

SUNDOWN MOUNTAIN RESORT



ELEPHANT AND PIGGIE'S WE ARE IN A PLAY!

FEBRUARY 25-27 @ 7 PM

FEBRUARY 28 @ 2 PM

CLARKE UNIVERSITY TERENCE DONAGHOE HALL (1550 CLARKE DR)

Based on the highly acclaimed, award-winning books by Mo Willems, this delightful vaudevillian children's musical romp has "bestus" friends Piggie and Gerald dancing and singing their way through plenty of pachydermal peril and swiney suspense! Original music is by Deborah Wicks La Puma. Clarke students will perform the play, and Clarke adjunct instructor of music Jill Klinebriel is the music director and pianist.

This lively and interactive musical introduces live theater and music to young audiences, and, as it is based on the author's numerous award-winning books for children, stresses the importance of getting children to read.

Tickets are \$10 for adults, \$7 for senior citizens, and \$5 for non-Clarke students and are available by calling **563-584-8642**. For more information, visit Clarke.edu/artsatclarke. ■



SEX PLEASE WE'RE SIXTY

FEBRUARY 25-27 @ 7:30 PM

FEBRUARY 28 @ 2 PM

BELL TOWER THEATER (2728 ASBURY RD)

When four women and two men of a certain age accidentally swap "helpful" pills, more than just questions arise as they all suddenly find their lives moving in new and surprising directions. This saucy senior scandal is sure to make audiences of any age laugh out loud.

The production features Chris Becker, Cindy Campton Iwasaki, Bill Hoerstman and

Debbie Meyer along with newcomers to the Bell Tower Theater stage Cindy Wilharm and Kay Munson. The show will be directed by Bell Tower Theater Artistic Director Sue Riedel.

Tickets are \$20, and Thursdays are Girls' Night Out; all audience members get a free glass of wine.

For tickets or more information, visit BellTowerTheater.net or call **563-588-3377**. ■



LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES

THE IMPROVISED SHAKESPEARE COMPANY

FRIDAY, FEBRUARY 26 @ 7:30 PM

UNIVERSITY OF DUBUQUE HERITAGE CENTER (2255 BENNETT ST)

Chicago's Improvised Shakespeare Company creates a fully improvised play using the language and themes of William Shakespeare. Each player has brushed up on his "thee's" and "thou's" to bring you an evening of off-the-cuff comedy filled with power struggles, star-crossed lovers, sword-play, asides, insults, persons in disguise, and all that we've come to expect from the pen of the Great Bard. Nothing has been planned out, rehearsed, or written. All of the dialogue is spoken for the first time, the characters are created as you watch, and if ever you're wondering where the story is going...so are they! The night could reveal a tragedy, comedy, or history. Much in the

style of Chicago's famed Second City, each play is completely improvised, and therefore, entirely new!

The show will be preceded by a free pre-show concert on the Cyber Café Knapp Stage 6-7 p.m. featuring the UD Campus Worship Music Ministry Team. Through music, they share God's word and love. The praise band includes numerous UD students on vocals and instruments.

Tickets are \$25-\$30 for adults, \$20-\$25 for UD alumni, and \$15 for student can be purchased now at the Farber Box Office Monday-Friday 10 a.m.-5 p.m.; by phone at **563-585-SHOW**; or online at DBQ.edu/heritagecenter. ■



CABARET

AN OHNWARD FINE ARTS CENTER/PEACE PIPE PLAYER PRODUCTION

FEBRUARY 26 AND 27 @ 7 PM

SUNDAY, FEBRUARY 28 @ 2 PM

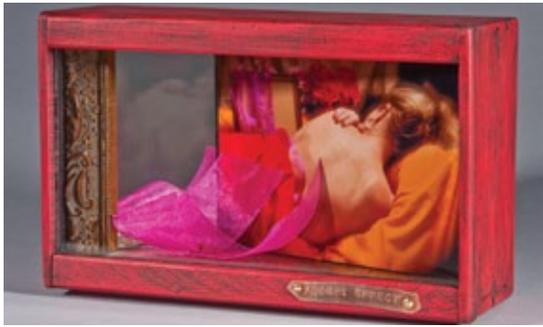
ONWARD FINE ARTS CENTER (1215 E PLATT ST., MAQUOKETA IA)

In collaboration with the Ohnward Fine Arts Center in Maquoketa, Peace Pipe Players launches its Golden Anniversary celebration with its production of the Kander and Ebb musical *Cabaret* (produced through Tams Witmark).

Cliff Bradshaw, an American author working on a novel in Berlin, encounters Sally Bowles at the seedy Kit Kat Klub where she sings. When she is fired by the club's owner, who is also her jealous boyfriend,

she moves in with Cliff and the two fall in love. As the Nazis begin taking control of the German government, the atmosphere of the Kit Kat Klub and the lives of Cliff and Sally begin to change dramatically.

Advance tickets are \$18 for adults and \$12 for students or \$15 and \$10 at the door, respectively. For more information and tickets, visit OhnwardFineArtsCenter.com or call the box office Monday-Friday 9 a.m.-1 p.m. at **563-652-9815**. ■



↑ "Venus Effect" by Jeffrey Bruce

VISUAL STORIES: SURFACE & PLAY

AN EXHIBITION OF WORK BY ARTISTS JEFFREY BRUCE AND JOE CONOVER

SHOW: MARCH 4 THROUGH APRIL 4

RECEPTION: FRIDAY, MARCH 4 @ 5:30-8:30 PM

GALLERY C (900 JACKSON ST, STE 113)

Not all stories are told only in words, they can be communicated through visions, memories, and glimpses from the past. *Visual Stories* combines the nostalgic mix-media, photographic sculptures of artist Jeffrey Bruce, set alongside the expressive, colorful and textural encaustic paintings of Joe Conover. Together these works

create a playful and intriguing environment be interpreted through your own experiences, memories and influences.

All are invited and welcome to attend the reception and exhibition. There is no charge and refreshments will be served. For more information, visit GalleryCM.com or call 563-587-8219. ■



↑ Pysanky by Harper Folsom

PYSANKY

THE HISTORY AND DESIGN OF DECORATED UKRAINIAN EGGS

SATURDAY, MARCH 5 @ 1 PM

CARNEGIE-STOUT PUBLIC LIBRARY THIRD FLOOR AIGLER AUDITORIUM (360 W 11TH ST)

Manchester, IA native Harper Folsom will share the history of pysanky, a traditional Ukrainian craft, and demonstrate the methods behind the creation of these beautiful decorated eggs. This technique requires several hours or even days to create a completed pysanka, but participants will have the opportunity to try their hands at some of the tools

of the craft and leave with a better understanding of the skills involved. Folsom has been crafting pysanky since 2010 and is studying at Coe College with the intent to double major in History and Art.

The public is invited to attend. No registration is required. For more information, call Carnegie-Stout at 563-589-4225, or visit Dubuque.lib.ia.us ■



SALVADOR DALÍ: TWELVE SIGNS OF THE ZODIAC

SHOW: FEBRUARY 29 THROUGH MARCH 31

RECEPTION: WEDNESDAY, MARCH 9 @ 6-7:30 PM

UNIVERSITY OF DUBUQUE HERITAGE CENTER (2255 BENNETT ST)

The 1967 lithographs produced by famed Spanish surrealist, Salvador Dalí are on loan from the Dubuque Museum of Art, and will turn the gallery into an artistic, if not surrealistic, astrological art chart.

The Bisignano Art Gallery is located on the main floor of Heritage Center, across from the Cyber Café. For more information, call 563-589-3717, or visit DBQ.edu/heritagecenter/gallery. ■



↑ "Black Diamond", horsehair raku by Richard Hess

ADAM EIKAMP AND RICHARD HESS EXHIBIT

SHOW: MARCH 11 THROUGH APRIL 30

RECEPTION: FRIDAY, MARCH 11 @ 7-9 PM

OUTSIDE THE LINES ART GALLERY (409 BLUFF ST)

Dubuque artist Adam Eikamp believes in the importance of making art that conveys a "story". His simple, bold oil on panel paintings in this show asks questions, offers reminders and proposes cynical twists on the ordinary.

Ceramicist Richard Hess will be showing hand-built, non-functional sculpture including stylized horses and architectural forms. A recent transplant to Galena, Illinois, he is finding new inspiration in the beauty of the area.

Outside the Lines Art Gallery will host an opening reception at the Dubuque gallery, and it is free and open to the public. The reception is a time honored tradition offering customers the opportunity to meet the artist and be among the first to purchase an artist's newest work.

For more information, call the Dubuque gallery at 563-583-9343, visit OTLAG.com, or find Outside the Lines Art Gallery on Facebook. ■

"FORMATIONS" EXHIBIT + GRAIN MAGAZINE

SHOW: MARCH 18 THROUGH APRIL 17

RECEPTION: FRIDAY, MARCH 18 @ 5-9 PM

DUBUQUE AREA ARTS COLLECTIVE (902 MAIN ST)

Featuring the works of Matthew Mikulice from Dubuque, and artists Ryan Bentzinger from Iowa City, and Jenny Weber, a Minneapolis artists with Iowa roots. The artists' works are united by their use of unconventional methods to conjure uncharted worlds and unlikely heroes.

Grain Magazine continues to evolve with issue #4 focusing more than ever on creatives and their Dubuque experiences.

For more information, visit DAArtsCollective.com or call 563-580-9888. ■



ST. PADDY'S DAY FESTIVITIES

MONDAY, FEBRUARY 29



Danú, Traditional Irish Music

7 PM @ UW-P CFA (Platteville, WI)

Hailing from historic County Waterford, Danú is one of the leading traditional Irish ensembles of today. The ensemble's standing room only concerts throughout Ireland are events featuring performances and a mix of ancient Irish music and new repertoire. For two decades, Danú's virtuosi players on flute, tin whistle, fiddle, button accordion, bouzouki and vocals have performed around the globe and recorded seven critically acclaimed albums. Winners of numerous awards from the BBC and Irish Music Magazine, Danú takes its audiences on a musical journey to the ensemble's native Ireland. Admission is \$32 for adults, \$30 for those 62 and older, \$16 for those under 18 and \$24 for UW-Platteville students with a student ID. Visit UWPlatt.edu/cfa/pas for more information and tickets.

SATURDAY, MARCH 5



DYERSVILLE AOH 11th Annual Irish Banquet Featuring Searson

6 PM @ St. Francis Xavier School Auditorium (Dyersville, IA)

A BYOB social hour is followed by a traditional Irish dinner of corned beef and cabbage, carrots, potatoes and dessert with live Irish music by Searson at 8 p.m. and a silent auction. Tickets are \$30 per person. Contact aohdyersville@gmail.com, 563-581-5413.

SUNDAY, MARCH 6



Caladh Nua

4 PM @ Grand Opera House

Direct from Ireland and just in time for St. Patrick's Day, Caladh Nua is a young ensemble on the rise. This tightly-knit, vibrant band, with its origins deeply rooted in the southern

counties of Ireland, is comprised of five versatile musicians and singers playing a wide selection of instruments—from fiddle to banjo, guitar to bodhran and tin whistle to button accordion. The band has captured the essential qualities of traditional Irish music and balanced them finely with an innovative contemporary flair. Tickets are \$29–\$39 and are available online at TheGrandOperaHouse.com.

THURSDAY, MARCH 10



Gaelic Storm In Concert

8 PM @ Dubuque County Fairgrounds Ballroom

Music N' More Promotions, 103.3 WJOD, and Q1075 welcome Gaelic Storm with special guest Group Therapy to Dubuque for the Tri-States' largest St. Patrick's Day celebration. Over the course of 10 albums and nearly 3,000 live shows, Gaelic Storm—the chart-topping, multi-national Celtic band—is dishing up a hearty serving of Full Irish—The Best of Gaelic Storm. The greatest-hits album spans the bulk of the band's career, mixing crowd favorites and concert staples with three previously unreleased recordings, including “Whiskey in the Jar” and “Irish Party in Third Class” from Titanic. Full Irish is the band's fifth consecutive #1 Billboard World Album. Regularly playing more than 120 shows a year, Gaelic Storm has built a loyal following as diverse as the band's own music, especially in the Dubuque area. The show is open to all ages. Tickets are \$37 (plus fees) and are on sale now at ETIX.com, the Dubuque County Fairgrounds, Moondog Music, or by phone at 563-513-7314.

FRIDAY, MARCH 11



Galena St. Pat's Pub Crawl

6 PM @ Downtown Galena, IL

The pubs and restaurants of Main Street kick off Galena's St. Patrick's weekend with the annual St. Pat's Pub Crawl Friday, March 11 from 6 p.m. Led by the Grape Escape's Miss Kitty, costumed revelers will gather at the Green Street Tavern in the DeSoto House and

commence the celebration, making stops at The Eagles Club, The VFW, Elks Lodge, The Paradise Bar & Grill, Fried Green Tomatoes, Gobbies, Galena Brewing Company, and finally The Grape Escape, where participants could win prizes from a drawing and enjoy drink specials and live music with Johnny Rocker and Marty Raymon. The popular Pub Crawl Scavenger Hunt returns with a fun Instagram hashtag contest that gives participants an opportunity to win over \$100 in gift certificates from local merchants. Registration for the Pub Crawl is \$15 and begins at 2 p.m. at the Grape Escape, earning participants a special St. Pat's Pub Crawl acrylic beer mug and drink specials like \$2.50 Bud Lights at every stop. For more information, call the Grape Escape at 779-214-0003 or email wine@grapeescapegalena.com.

Katie Sullivan

7:30 PM @ Frank O'Dowd's, Irish Cottage

(Galena, IL)

The Irish Cottage gets the celebration started over Galena's St. Patrick's Day weekend and again on the holiday itself with entertainment, music, specialty drinks and Irish food. On Friday, March 11, Frank O'Dowd's Pub hosts Katie Sullivan with a rousing performance of traditional Irish songs from 7:30 p.m. For more details, visit theirishcottageboutiquehotel.com.

SATURDAY, MARCH 12



Dyersville St. Patrick's Day Celebration

8 AM @ Dyersville, IA

The day kicks off at 8 a.m. with registration for the Gaelic Gallop (contact Dyersville Total Fitness, 563-875-2727.) At 10:30 a.m., the traditional Irish Mass happens at St. Francis Xavier School with Irish music. Then the famous parade through downtown Dyersville takes place at 1:30 p.m., featuring local marching bands, bag pipers and more with a float/costume competition. Special events follow at various Dyersville area businesses. We assume that means parties at the bars.



Jumpers St. Paddy's Bash

Buses to Dyersville @ 11 AM

Half-Fast @ 6 PM

@ Jumpers

The one, the only, the original O'Jumpers Express returns! Joining in the fun of the

Dyersville St. Patrick's Parade and associated festivities, Jumpers will open at 10 a.m. with buses heading out to all points west and Dyersville starting at 11 a.m. (\$5 one-way and \$10 round trip) arriving in plenty of time for the parade at 1:30 p.m. The bus is a great way to get out to Dyersville and back, safe, secure and in style, returning just in time for Jumpers' drink specials like Guinness, Harp and Smithwick's for \$2.50, \$1 Jello shots, \$2 pudding shots and \$5 Irish car bombs from 10 a.m.–6 p.m. and \$3 aluminum pints of Coors Light and Bud Light all day and night. Then Half-Fast rocks your shillelagh off starting at 6 p.m. for no cover. Cead mile failte—a hundred thousand welcomes!



Dubuque AOH St. Patrick's Day Party featuring the Lads

4 PM @ Washington Park and KC Hall

The Ancient Order of Hibernians (AOH) Dubuque County Division #2 is celebrating their 3rd Annual St. Patrick's Day Party, hosted by the Knights of Columbus 510 and the Dubuque AOH inside the KC Hall at 8th and Locust in downtown Dubuque. There will be Irish and American beverages, food, and entertainment provided. Admission to the party will be \$5 per person. The celebration will kick off at 4 p.m. in Washington Park with a short presentation and a toast to commemorate the 100th anniversary of the 1916 Easter Uprising in Dublin, Ireland. Continuing at the KC Hall at 4:30 p.m., the Dubuque Fire Pipes and Drum will perform, at 5 p.m. McNulty School of Irish Dance, and at 6 p.m., Dubuque's own Irish band—The Lads. All ages are welcome for another family-friendly celebration of St. Patrick's Day and of Irish Culture in Dubuque.

Katie Sullivan

7:30 PM @ Frank O'Dowd's, Irish Cottage

(Galena, IL)

The Irish Cottage gets the celebration started over Galena's St. Patrick's Day weekend and again on the holiday itself with entertainment, music, contests, prizes, specialty drinks and Irish food. On Saturday, Frank O'Dowd's Pub opens at 11:30 to serve lunch.

At 2 p.m., entertainment by Katie Sullivan begins, with a mix of folk, rock, and of course, the obligatory Irish pub tunes, sure to get your toe tapping or maybe even sing along. For more details, visit theirishcottageboutiquehotel.com.

Northside St. Patrick's Day Party

Massey Road @ 3 PM
Misbehavin' @ 9 PM
@ Northside Bar

While Dubuque's North End neighborhood was historically home to more German immigrants than Irish, it doesn't mean that the regulars at the Northside Bar won't be celebrating St. Patrick's Day. In fact, far from it! Northside kicks off the celebration Saturday afternoon at 3 p.m. with Massey Road and continues it into the evening with Misbehavin' from 9 p.m.

Galena St. Patrick's Day Parade

5 PM @ Galena Main Street (Galena, IL)

Galena celebrates Ireland's patron saint with the annual Galena St. Patrick's Day Parade beginning at 5 p.m. in downtown Galena. The parade will begin at the south end of Main Street and move north with marching bands, costumed Irish clans and themed floats. Prizes for participating floats include Largest Irish Clan/Family, Best Dressed Couple, Best Float, Best Walking Float, Best Dressed Pet, Best "Green Antique Tractor," and Oldest Participant. Parade prizes will be awarded after the parade at the Galena Elks Lodge, with Ten Gallon Hat performing 8 p.m.-Midnight.

JJ Schmitz

7:30 PM @ Riverboat Lounge

The Riverboat Lounge at the Hotel Julien gets its Irish on for a special St. Patrick's themed party with the talented acoustic performer JJ Schmitz getting the party started from 7:30 p.m.



The Drama Kings

8 PM @ Dyersville Commercial Club Park Pavilion (Dyersville, IA)

The Dyersville Commercial Club keeps the party going after Dyersville's famous parade with a party at the Commercial Club Park Pavilion with The Drama Kings leading the proceedings from 8 p.m. to midnight.

The Blue Dogs St. Patty's Day Open Jam

8 PM @ The BLU Room, Breezer's Pub

Breezer's Pub on Central gets into the St. Patrick's spirit Saturday, March 12 with The Blue Dogs hosting a special St. Patty's Day Open Jam from 8 p.m. in the adjacent BLU Room.

Mama Bird

8 PM @ The Cornerstone (Galena, IL)

All of Main Street will be celebrating after Galena's St. Patrick's Parade (see above) and The Cornerstone will be getting down with the area's most talented jam band Mama Bird from 8 p.m. to midnight.

Derty Rice

8 PM @ Galena Brewing Company (Galena, IL)
Galena Brewing Company celebrates St. Patrick's Saturday with zydeco party band Derty Rice. If you can't find a beer to please your palate among Galena Brew's extensive menu, well, you're just not trying. Get your Irish Cajun on!

Fever River String Band

8 PM @ Grape Escape (Galena, IL)

If you make your way up Main Street to Galena's "uptown" area, following the city's famous St. Patrick's Day Parade, you'll find the Grape Escape celebrating with acoustic folk and old-timey music masters the Fever River String Band.

Two Mile Crew

9 PM @ Shenanigans Pub

What would a place named "Shenanigans" be up to on the weekend before St. Patrick's Day? Well, that would be hosting a great party with Two Mile Crew. That, and living up to the venue's name!

David Zollo & The Body Electric

10 PM @ The Lift

The Lift, a longtime gathering place for the Irish in Dubuque's South End always hosts a great St. Patrick's celebration and this year proves no different. The basement pub will host piano bluesman Dave Zollo and his band, The Body Electric. From the ashes of rollicking rock and roll band High and Lonesome to his tender barrel-house solo material, Dave Zollo has done it all. With his band The Body Electric, he returns to Dubuque yet again to sing his tales of woe and redemption, to take the shoes of a nice Sunday morning and scuff them with the dancing of a weekend night. Zollo himself will be barefoot, seated and swaying to the music. Irish or not, this will be a party.

Menace

10 PM @ Sandy Hook Tavern (Hazel Green, WI)

If you know the Sandy Hook Tavern's owner Ash, you know he's got more than a bit o' Irish in him. Ash and all the "hookers" will be celebrating that heritage and the fact that it's Saturday night with hard rock and metal masters Menace.

FRIDAY, MARCH 18



The High Kings in Concert

8 PM @ Diamond Jo Casino Mississippi Moon Bar

The High Kings are a multi-platinum Irish folk music band who hail from Ireland. The band consists of Brian Dunphy, Finbarr Clancy, Martin Furey and Darren Holden, a quartet of accomplished musical pedigrees, the band first exploded onto the Irish folk music scene in 2008. The High Kings have sold out hundreds of shows in Ireland and the U.S., including rave reviews from their headlining spot in last year's

Ohnward
FINE ARTS CENTER

1215 E. Platt St., Maquoketa, IA
Box Office Hours: M-F, 9AM - 1PM
Tickets: 563.652.9815
Tickets also available online...

www.ohnwardfineartscenter.com

téada

Traditional Irish Music
Saturday, March 19, 7 PM

Advance Tickets:
Adults \$22 / Students \$13
Tickets at the Door:
Adults \$25 / Students \$15

Founded by Sligo fiddler Oisín Mac Diarmada in 2001, Téada has quickly become one of Ireland's leading musical exports, attracting enthusiastic audiences in all corners of the globe. Driven by a deep respect for the rich traditional music of Ireland, the band continues to win new supporters for Irish music worldwide with a homely mix of humor, charm and exuberant tunes. March is the perfect month to come join this Irish party with Téada as they are joined on stage by extraordinary dancer Brian Cunningham. Bringing the fun and intimacy of an Irish gathering to the theater stage, Téada will have you smiling and dancing in your seat!



Culture Ireland 1916 Clár Comhaltas
Cultúr Éireann Cóid Bliain 2016 Céadú Bliain
Supported by Culture Ireland as part of the Ireland 2016 Centenary Programme.*

Irish Hooley celebration in Dubuque. The High Kings showcase their incredible versatility and skills as multi-instrumentalists, playing 13 instruments between the four of them. They also bring a rousing acoustic flavor to their new songs as well as their old favorites. The album "Friends for Life" captures the essence of the ensemble's energetic sound of 'folk n roll' and even encourages the occasional sing-a-long. The concert is sponsored by the Dubuque Irish Hooley and Mad Gael Productions. The 2016 Irish Hooley Music Festival lineup will be announced at this show. Tickets are \$25-\$45 (plus fees) and are available online at MoonBarRocks.com.

SATURDAY, MARCH 19



TEADA, Traditional Irish Music
7 PM @ Onward Fine Arts Center (Maquoketa, IA)
 Founded by Sligo fiddler Oisín Mac Diarmada in 2001, Téada has quickly become one of Ireland's leading musical exports, attracting enthusiastic audiences in all corners of the globe. Driven by a deep respect for the rich traditional music of Ireland, the band continues to win new supporters for Irish music worldwide with

a homely mix of humor, charm and exuberant tunes. They are joined on stage by extraordinary dancer Brian Cunningham. This event is supported by Culture Ireland as part of the Ireland 2016 Centenary Programme. Advance tickets are \$22 for adults and \$13 for students (\$25/\$15 at the door). Visit OhnwardFineArtsCenter.com for details and tickets.

ST. PATRICK'S DAY THURSDAY, MARCH 17

Katie Sullivan
4 PM @ Frank O'Dowd's, Irish Cottage (Galena, IL)

Not to be outdone by the warmup over Galena's St. Patrick's Day weekend, the Irish Cottage celebrates St. Patrick's Day with entertainment, music, specialty drinks and Irish food. On St. Patrick's Day itself, Thursday, March 17, Frank O'Dowd's Pub opens at noon to serve lunch.

From 4 until 10 p.m., Katie Sullivan will perform a mix of folk, rock, and of course, the obligatory Irish pub tunes, sure to get your toe tapping or maybe even sing along. For more details, visit theirishcottageboutiquehotel.com.

St. Patrick's Day Fundraiser with Tapestry
5 PM @ Inspire Café
 Acoustic trio Tapestry will be celebrating St. Patrick's Day and their collective love of a

variety of music with a special performance and fundraiser, taking up a collection for a local charity.

Ben Dunegan & Matt Valenti
7 PM @ Riverboat Lounge

The Riverboat Lounge at the Hotel Julien celebrates St. Patrick's Day with two of the Riverboat's favorite one-man acoustic performers, Ben Dunegan and Matt Valenti, joining forces and leading the shenanigans from 7-10 p.m.



Classical Blast
7 PM @ Galena Brewing Company (Galena, IL)

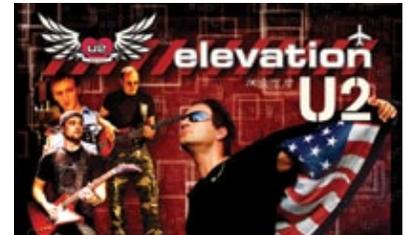
The Galena Brewing Company will be celebrating St. Patrick's Day with a performance by Chicago-based quintet Classical Blast. Classical Blast provides a fresh take on classic rock music, using instruments not typical in today's rock/pop era. Featuring cellist Petar Kecenovici and violinist Alin Cernaianu, both classically trained musicians from Romania, backed by a rock rhythm section, Classical Blast brings the classical arts to mainstream entertainment.

The Lonely Goats
8 PM @ The Cornerstone (Galena, IL)
 We'll admit it; the Lonely Goats don't really know any Irish or Celtic music. They do have one sea shanty with kind of an Irish feel to it though. What they do know, however is how to

make a party into a party and they'll bring that spirit to The Cornerstone for St. Patrick's Day. Bring your dancing shoes.

DJ Double J
9 PM @ Skinny Maginny's
 Skinny Maginny's sure sounds like an Irish name, worthy of a St. Patrick's Day party. Regardless, beatmixing master of the decks DJ Double J will be spinning tunes Irish or otherwise (probably mostly otherwise) to make the St. Patrick's Day party happen.

SATURDAY, MARCH 19



Elevation: Tribute to U2
5 & 8 PM @ Mystique Casino
 While the Elevation concert at Mystique Casino on Saturday, March 19 hasn't necessarily been described as a St. Patrick's Day celebration, Elevation is a U2 tribute act and U2 is an Irish rock band so it probably qualifies.

Menace
9 PM @ Hammerheads
 Hammerheads on Kerper Boulevard parties like it's Paddy's with hard rock and metal masters Menace. The band will undoubtedly be playing all the Irish music they know. "Whiskey In The Jar" ... that's Irish, right?

Shamrock Imports TOUR OF IRELAND
JUNE 22 - JULY 2, 2016
 Check It Off Your Bucket List This Year!
 Drogheda, Derry, Belfast, Dublin & More!

Join Mike & Judy Siegert from **Shamrock Imports** for an unforgettable journey to the **Emerald Isle!** Join these seasoned Irish travel hosts for an itinerary that presents all of the wonders of Ireland with excellent hotels, top-class visits and plenty of fun. Experience the warmth and charm of the Irish people and immerse yourself in a richness of ancient Celtic heritage.

The tour includes round-trip transportation from Dubuque, luxury motor coach, five fantastic hotels, 9 breakfasts and 7 dinners, guided tours of Drogheda, Derry, Belfast and Dublin with stops at Titanic Belfast, Giants Causeway, Bushmills Distillery, Donegal Castle, Slieve League Cliffs, Clonmacnoise, Guinness Storehouse and take a cruise on Lough Corrib!

Call Shamrock Imports (391 Bluff St.) 563-583-5000
 or call NACTA Travel at 866-622-2244 / info@celticbuyers.com

GAELIC STORM

TRI-STATES LARGEST ST. PADDY'S CELEBRATION
THURSDAY, MARCH 10, 8 PM
DUBUQUE COUNTY FAIRGROUNDS BALLROOM

GROUP THERAPY

TICKETS ON SALE AT TRISTATESNIGHTOUT.COM

MEMORY & AGING

We've all lost our car keys, forgotten names, or wondered if we locked the door. Forgetting things once in a while is normal, but as we age, more serious memory problems can arise.

ASSISTED LIVING VS. MEMORY CARE

Around 70% of adults over the age of 65 will need long-term care at some point in their lives, according to the U.S. Department of Health and Human Services. When our loved ones can no longer live independently, caregivers are faced with the difficult decision of what type of care to select. Two of the fastest-growing types of residential senior care are assisted living and memory care. But what are the differences between the two and what are the most important factors in making that choice?

If your loved one is still active and vital but can no longer live entirely independently and needs assistance with everyday activities such as bathing, eating and dressing, one of the options available to him or her is assisted living. According to the Assisted Living Federation of America, assisted living is defined as "a long-term care option that combines housing, support services and health care, as needed." Personal care services in assisted living often also include transportation and medication management, and care is available around the clock. Seniors in assisted living usually have the option of a private room or shared space in an apartment, depending on their preferences and budget.

As your loved one ages, they may simply need a little extra help with everyday tasks, or they may require more specialized nursing care if they have age-related issues with mobility or conditions such as dementia. Assisted living facilities vary in terms of what services they offer, but some of them do provide memory care services, usually in a dementia special care unit (SCU).

Although assisted living communities may have memory care units on the premises, the two types of care are not synonymous.

Memory care is a distinct form of long-term skilled nursing that specifically caters to patients with Alzheimer's disease, dementia and other types of memory problems. Also called special care units (SCUs), memory care units usually provide 24-hour supervised care within a separate wing or floor of a residential facility.

As with assisted living, if your loved one is no longer able to care for him or herself due to progressive impairment, memory care offers a residential solution. In addition to providing assistance with activities of daily living as described above, the staff in memory care are specially trained to assist people with dementia or impaired cognition. Also, the physical layout and security of memory care wards is designed to better suit Alzheimer's and dementia patients, so that wandering behavior is minimized and the environment is pleasant and easy to navigate.

In addition to the general state-level licensing of care facilities, memory care is further regulated in 23 states by SCU disclosure laws requiring care



providers to disclose the special services they offer. However, because these laws are not yet universal, it is critical for caregivers to research facilities well before making a decision.

The costs of assisted living and memory care are both subject to a lot of the same variables: geographic location, size of room or apartment, whether a space is shared or not and what services are needed. Beyond that, however, costs are figured a bit differently for the two types of care.

Because memory care offers specialized care and nursing services that regular assisted living does not, the cost tends to be quite a bit higher: If assisted living averages a cost of \$3,000 per month, expect memory care to be closer to \$5,000, although costs vary widely. Fortunately, there are some options available to help pay for senior care and reduce the out-of-pocket price tag, such as Medicare, Medicaid and veterans' benefits. Long Term Care insurance is also an option that few people know is out there and even fewer understand well. If that kind of protection is something that interests you, the best place to start is with your current health care insurance provider.



Make Your Own Memories

The freedom to live without the worries of everyday life. Freedom to pursue your passions. Stay. Go. Do as you please. We'll take care of the details to make sure that you're free to make new memories. And our assisted living and memory care services provide peace of mind should the need arise.

Call (563) 585-4900 today to learn more about senior living options at Oak Park Place, or to schedule a personal tour. This isn't a place to retire – it's a place to live. **Welcome home.**



DUBUQUE:

1381 Oak Park Place
Independent Living • Assisted Living • Memory Care • Respite Care

www.OakParkPlace.com

Find us on Facebook



Let's Live Like We Mean It!



LUTHERMANOR
COMMUNITIES



The Residences

Stylish retirement living located in the heart of Asbury!

- New "Thrive" personal enrichment program
- Maintenance-free townhomes
- Spacious Club House/Social Events
- Fitness Center & Pool

Contact Laura today to learn more about The Residences!
563.557.7662
5284 Grand Meadow Drive, Asbury, Iowa 52002




Mt. Pleasant
HOME
DUBUQUE, IOWA

Rent starts under \$1000
Includes ALL of our services.

Call to schedule a tour!
Keith Kettler, Administrator

1695 MT. PLEASANT ST.
Dubuque, IA (563) 542 1590
MtPleasantHome.org 

Affordable, worry-free living

Where you belong

HAWKEYE
CARE CENTER
DUBUQUE
Formerly Heritage Manor

REHABILITATION · INDEPENDENT LIVING · SKILLED NURSING · LONG-TERM CARE

People in the Heartland care about their neighbors. They take care of one another. So it's no surprise to learn that's exactly what we do at Hawkeye Care Center of Dubuque. Discover personalized healthcare to meet your changing needs.

4885 Asbury Road · Dubuque, IA 52002
HawkeyeCareDubuque.com · 563.590.2757

HEARTFELT
CARE IN THE HEARTLAND



ADULT COLORING BOOKS

Researchers and art therapists alike have touted the calming benefits of coloring for over a decade. Though the first commercially successful adult coloring books were published in 2012, the once-niche hobby has now grown into a full-on trend, with everyone from researchers at Johns Hopkins University to the editors of Yoga Journal suggesting coloring as an alternative to meditation.

Coloring, however, is not the same as art therapy. Ground-breaking research in 2005 proved anxiety levels dropped when subjects colored mandalas, which are round frames with geometric patterns inside. Simply doodling, though, had no effect in reducing the other subjects' stress levels. Art therapy is more for exploring feelings, reconciling emotional conflicts, fostering self-awareness, managing behavior and addictions and increasing self-esteem. Coloring is for relaxation.

Just like meditation, coloring also allows us to switch off our brains from other thoughts and focus only on the moment, helping to alleviate free-floating anxiety. It can be particularly effective for people who aren't comfortable with more creatively expressive forms of art.

THIS IS NOT A GAME!

In a 2007 study that scanned the brains of 23 elderly people, researchers found that those who'd gone through a brain-training program were better able to focus—a plus because aging brains become more distractible. Growing evidence suggests that a lifetime spent using your noodle—in your day job as an astrophysicist or mom, or after hours playing Monopoly, tooting the clarinet in your local chamber group, or doing crossword puzzles—may build extra brain connections (a kind of mental savings account called cognitive reserve) and slow the symptoms of dementia.

Banking on this research, dozens of brain-training books, computer games, and websites have hit the market—all promising to make your brain friskier and maybe even ward off big mental threats like Alzheimer's. Do these programs work? The jury's still out, though company-sponsored studies suggest they may.

There are two key requirements: You must do the exercises consistently. And they shouldn't be too easy. "Brain training is analogous to physical workouts," says brain researcher Sherry L. Willis, Ph.D., a professor in the department of Human Development and Family Studies at Pennsylvania State University. "You have to cross train—work different parts of your brain and keep adding new challenges."

The best, fastest and easiest way to find these kinds of games today is online. Either through interactive websites or, more easily, by downloading free or low-cost mobile apps, or, even better, on tablets. Many seniors have turned to tablets as an easy-to-understand, very accessible and diverse tool for connecting to the world around them and staying mentally fit as well as up to date with the world and with their families. Simply use the app store on your tablet to find games that you find interesting and work them into your daily routine.

10 WAYS TO FIGHT MEMORY LOSS

Memory loss happens for a many reasons. Some occurs naturally with aging. Short-term forgetfulness, such as the inability to remember a person's name you met recently is normal. Memory loss that is not a normal part of aging is called dementia and most common form is Alzheimer's disease. Also common is multi-infarct dementia caused by successive strokes that gradually affect brain tissue. Memory loss can also result from alcoholism, infection or repeated head trauma.

Memory loss can all affect long or short term memory only. Short-term memory includes remembering the names of people you recently met or where you put your car keys. Information stored in long-term memory includes events that occurred years ago, such as the name of your third-grade teacher, what you wore to your prom, or where you worked during your summer breaks from college.

As we get older, we experience a gradual loss of brain cells. This can affect the way we store and retrieve information. Our short-term memory progressively declines, causing difficulty in remembering details of recent events as well as a diminished ability to learn. Memory loss from aging does not typically affect normal functioning, however, nor does it necessarily get worse over time. It is not the same as dementia.

There are things you can do to fight the normal memory loss that comes over time. Here are the ten best ways to do that.

1. WALK IT OFF

A 30-minute daily walk is one of the best things you can do. “Physical exercise has the best evidence for preserving memory and mental function with aging,” says R. Scott Turner, MD, PhD, director of the Memory Disorders Program at Georgetown University Medical Center. Some studies suggest that physical activity also triggers the release of a protein called BDNF, which promotes healthy nerve cells in the brain.

2. GO MEDITERRANEAN

A healthy diet is always good for your brain, but one eating style in particular may be best for preserving memory. “There’s good evidence for the Mediterranean-style diet,” says Argye Hillis, MD, professor of neurology at Johns Hopkins Medicine. Keeping to a Mediterranean diet means lots of fruits and vegetables, fish rather than red meat, and olive oil. One study found people who closely followed this diet were nearly 20% less likely to develop thinking and memory problems than people who didn’t stick to a Mediterranean eating plan.

3. ENGAGE YOUR BRAIN

“Just like physical exercise, mental exercise is good for you,” says Mustafa Husain, MD, director of the geriatric psychiatry division at Duke University School of Medicine. Play cards, join a book club or watch a football game with friends and discuss the score. Any mentally challenging activity will keep your mind sharp.

4. STAY SOCIAL

“The more social connections someone has, the better they are at preserving mental function and

memory,” Turner says. Social interaction also enhances memory through its effects on mood. “We see a lot more depression in people who are socially isolated,” Husain says. “Depression itself can cause dementia.”

5. SLEEP RIGHT

“Attention and concentration go down when sleep is restless, and mental function is not as sharp,” Husain says. Avoid big meals before bed; go to bed at the same time each night and get up at the same time each morning; avoid caffeine or alcohol close to your bedtime and avoid nicotine.

6. STOP STRESS

High levels of the stress hormone, cortisol, make it harder to pull out information from your brain’s memory. To relieve stress, try different ways to relax, like meditation, yoga, or massage.

7. STOP SMOKING NOW

If you smoke, quit. Smoking speeds up memory loss as you age. Smoking’s effect on memory is probably due to small strokes it can cause in the brain, Turner says. Try nicotine replacement, medicine, or counseling to help you kick the habit for good.

8. SEE YOUR DOCTOR

Sometimes, medical conditions like thyroid disease, diabetes, depression, or a vitamin deficiency can trigger memory loss. Certain medicines, such as sleep and anxiety drugs, can also affect your ability to remember. See your doctor to get checked and treated for these problems, and to go over all your medicines.

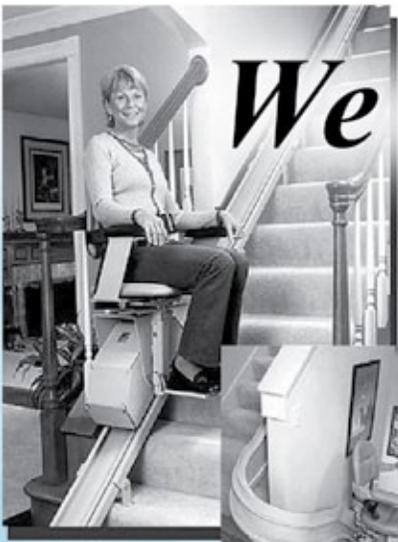


9. SUPPLEMENTS

Take a daily multivitamin that provides adequate levels of folic acid and other B vitamins. They help the body get rid of homocysteine, a toxic amino acid formed by the breakdown of animal protein that has been linked to heart attack and stroke, and more recently with increased risks of Alzheimer’s. These supplements are also linked to healthy cognitive function. Some suggests are Ginkgo Biloba which increases circulation to the brain, DHA—One of the omega-3 fatty acids essential for normal brain development and function, and a vision support formula to providing antioxidants, zinc, lutein and zeaxanthin.

10. USE MEMORY TRICKS

When you have trouble with everyday memory, it helps to have a few tricks up your sleeve. Every time you learn a new name or word, say it out loud to seal it into your brain. Mentally connect each new name with an image. If you meet a girl named April, picture a tree in bloom to represent the month of April. To help with recall, post sticky notes around the home and office, or set reminders on your phone so you’ll know when it’s time to take your medicine or head to an important meeting. ■





We make life easy to enjoy!

Your lifestyle doesn't have to be limited.

Bruno Stairlift provides ease in managing stairs with straight or curved rails. We will measure, install and service.

Rio Bath Lifts aid in the safety and freedom of bathing in your own bath. Modern, easy assembly and cost-effective.

Call or visit us today for more information.



**FINLEY - HARTIG
HOMECARE**

2282 University Ave. | Dubuque, Iowa | 563.588.8707

“We put the CARE in Homecare”

365INK IMPACT AWARDS

TUESDAY, MARCH 1 @ 7 PM (DOORS @ 6 PM)
DIAMOND JO CASINO MISSISSIPPI MOON BAR (301 BELL ST)
IMPACT AWARD PHOTOS BY BOB FELDERMAN

And the winner is...

The 365 Impact Awards, sponsored by The Community Foundation of Greater Dubuque and Premier Bank, return for the seventh big year to the Mississippi Moon Bar at the Diamond Jo Casino on Tuesday, March 1, at 7 p.m. (doors open at 6 p.m.) The event is FREE, and everyone is welcome to attend.

The 365 Impact Awards are designed to honor those who choose to make an effort to impact the world around them 365 days a year. It's meant for those who believe in our community and are willing to do something to make it better for everyone. Live music from Driftless Sisters will kick off the night from 6:30 to 7 p.m. There are complimentary hors' d'oeuvres and a cash bar.

Who won is not a secret. After all, we want you to be able to come down and celebrate your friends when they take the stage. But picking the winners

is always a painful process. Naturally, everyone who gets nominated is worthy of an award, but if we asked artist Kyle Regan (who made this year's super cool award) to make that many, his head would have exploded... and the show would take two days. So alas, we hunker down and select great representatives from 20 different categories. Categories we make up each year. Hey, it's our show. We make the rules.

We think this year's set of winners is a great representation of both small scale and large scale impacters. It's not always about how many lives you touch but how you touch the lives you do touch. Please take a few moments and meet 20 people, businesses and organizations below who have made an impact on our community in the past year. Then mark your calendar to join the celebration at the Mississippi Moon Bar on March 1. ■



365INK IMPACT AWARD WINNERS



ARTS GENE TULLY

If ever there was an overdue IMPACT Award, it would be this one: Gene Tully for Arts. Artist, sculptor, arts activist, organizer, and visionary, Gene Tully's efforts in art production and promotion are unparalleled. Whether it's cutting steel with a plasma torch to create sculpture that comments on the social condition or turning a raw warehouse space into a gallery for

exhibiting work from international artists, Gene seems to have unflagging energy and an enthusiasm that is contagious. As the creator of the annual Voices From the Warehouse District series of exhibits, which began its second decade in 2015 with Voices 11, Gene set in motion a cultural movement, drawing record crowds to arts events and shining a spotlight on a previously under-appreciated architectural resource now known as Dubuque's Historic Millwork District. Creating his one-of-a-kind sculptures for our IMPACT Awards since the beginning, we kind of felt that Gene was part of our 365 team and in a way not eligible to receive an award. (It's kind of awkward to ask him to craft a trophy for his own award.) But now that he's been relieved of that duty, it is our distinct pleasure to present Gene Tully an IMPACT Award for Arts.



COMMUNITY PRIDE GRAHAM'S STYLE STORE

Already a longtime anchor retailer in Dubuque and energetic supporter of civic and cultural growth and development in the downtown area, Graham's Style Store For Men and Women did something extra cool in 2015, releasing a livelong of sorts to it's home and most notably the downtown area. The video, available online at vimeo.com/140741580, is a highly positive

ode to the Dubuque community that Graham's calls home and rings close to the heart of any true Dubuque who sees it. Featuring many landmarks and faces of the downtown area, the song and video work together to evoke a welcoming message of community pride for downtown Dubuque and the entire area in general. It was created by Greg Marshall, brother in law to Ben Graham, who suggested working together to create a theme song for the community and source for pride. They nailed it.



DINING BRAZEN OPEN KITCHEN | BAR

The 365 crew has known young Chef Kevin Scharpf for a number of years. Always impressed with his culinary talent and imagination, we knew it was only a matter of time before Kevin created a restaurant that would truly highlight his fresh, unique approach and love of food. That restaurant is Brazen Open

Kitchen | Bar. With his business partner Kim McDermott and Chef de Cuisine Kyle Bessert, Kevin and his team have created a truly unique dining experience in Dubuque. Like its Historic Millwork District location, Brazen brings a stylish, fresh approach to traditional American cuisine with world-inspired influences. So fresh, in fact, that the restaurant has no freezers, instead working primarily with fresh ingredients from local farmers and growers. The dining areas and bar have a funky, urban feel with inspired, hand-crafted cocktails and craft beers. The menu offers a variety of small plates for sharing or larger entrees for a more traditional dining experience. A large blackboard features rotating specials in addition to the regular menu. All this, and an attentive staff who love what they do, set in a space that honors and updates the raw brick, wood, and steel of the Historic Millwork District.



HISTORIC PRESERVATION ADAM JOHNSON

While we have a history of presenting the Historic Preservation Impact Award to locally historic projects, we liked the following nomination. It digs deeper into the saving and repurposing of architectural history by recognizing someone who designs many of the local preservation projects.

Adam Johnson, is an architect currently working from Galena providing Historic Preservation & Architectural services for all types of projects including Custom Homes & Additions, Historic Preservation Tax Credit projects, Retail, Restaurants, & Industrial projects. In addition to a past ten-year service on Galena's Historic Preservation Commission, his projects have received numerous preservation awards from the Iowa Main Street Program and other organizations.

Over 25 local rehabilitation projects include renovations on the Senator Allison Residence at 1132-1134 Locust Street in Dubuque; Novelty Ironworks Building Historic Tax Credit Drawings in the Millwork District, Dubuque; Rehabilitation of the Adobo's Restaurant Building on Dubuque's Main Street; the German Theological Seminary in Dubuque; Captain Merry Rehabilitation & Additions in East Dubuque; Council Hill Station Rehabilitation in Jo Daviess County; Rehabilitation of the Gina's Restaurant building on Platteville's 2nd Street; St. Mary's School in Galena; and numerous Galena Main Street Buildings.

Johnson was also one of the 'gang of 5' to win the real estate bid to save the Potosi Brewery from demolition, then provided existing plans & preliminary design plans to create interest to save the building, eventually donating his ownership to a local foundation which completed the rehabilitation.

In 2016 he's working on the Rehabilitation of Galena's Turner Hall, the Metz Cabinet Manufacturing Building (the Lamar advertising Building), The Midland Block Building (the DISCO Building), and rehabbing 1804 -1812 Central Avenue in downtown Dubuque. His work proves that it's not just the major headline-stealing mega-projects that determine a city's historic value but rather, saving the many historic faces of a city's landscape.



INCLUSION AULANDA KRAUSE

It's the inspiration of her own mother that drives the passion of Aulanda Krause in the work she does to support people with disabilities to live full and engaging lives. A special education teacher, through ARK Advocates, she was able to extend outside of her classroom to better support her families and other in our community. ARK advocates provides respite events, financial assistance, advocacy, and support group for people with

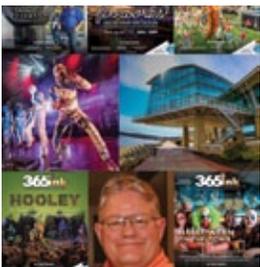
disabilities of all ages and their families and it's all done by volunteers. They have also recently established a lending library for equipment that families can access much needed equipment that is used for therapy, home and/or recreation which they can't afford to purchase. An adaptive bike is \$2500 vs. \$200 for a regular bike. They have also expanded to include equipment in the areas of to mobility, communication and sensory devices.

Two years ago Aulanda found out about SportAbility of Iowa's Adaptive Sports camp at UNI and volunteered each year since. It's a camp for people with physical limitation but not special needs, to learn to play competitive adaptive sports. There are a lot of people who fall between playing organized team sports and those who would play Special Olympic sports and their needs are not being addressed.

Working with Janna Beau from Dubuque Leisure Services, who she credits as an agent for getting the word out there and supporting the possibility of providing these opportunities to individuals who have a physical disability in Dubuque. By working with Leisure services, it opens up the programs to people of any age, including Aulanda's mother.

We need to start early, so kids know that they can be active people and possibility athletes instead of entering a culture of learned helplessness, playing video games instead of going outside. It's a limited pilot program now, looking for more people interested in engaging in the potential for participation in activities they had previously thought impossible. Each month, they reach out to experts in different areas, hosting special nights for different sports like sit volleyball, beep ball, archery, wheelchair basketball, tennis, and adaptive cycling, sledding and sled hockey. Our newest sport, power soccer, is a sport for individuals who use a power wheelchair.

One goal Krause sees is hosting a wheelchair basketball tournament to raise awareness, where, able-bodied participants, possibly college students would participate using wheelchairs to play the game. The winner of a tournament would then play against the Iowa Chariots, Iowa's very own wheelchair basketball team who will most likely wipe the floor with them.



MEDIA "GENERAL BOB" FELDERMAN

Since retiring from the military with a couple of stars on his shoulder and some new-found free time, Gen. Bob Felderman didn't take long at all to get himself neck deep in Dubuque's cultural scene, both as an active civic leader but also as one who documents the cultural landscape of our community through his camera's lens.

Taking to the genre with the tenacity of, well, an Army General, Bob has quickly become not only a talented photographer, but a sought after shooter as well. As a volunteer photographer for 365ink Magazine and other local outlets including Julien's Journal, The Convention and Visitors Bureau and more, Bob has, in a few short years, covered hundreds of cultural, newsworthy, and historic events in our community. As his skills have grown easily to the realm of a seasoned professional photographer, he continues to offer his donated talents to organizations who share his values for building a stronger community.

While developing a base of professional clients to "pay the bills" as well, he maintains a youthful enthusiasm for continually learning more about his craft as well as exuding a boundless energy for covering multiple events in single evening, connecting hundreds of active social media followers to events through vivid imagery and storytelling. Like the imagery of Gary Olsen and Ron Tigges, it's hard to go out in Dubuque these days and not encounter a General Bob image, and many more to come.



MUSIC THE LIFT

Although we've already noted a particularly long overdue IMPACT Award, this one is also beyond due. In the world of small business, bars are notoriously challenging to make into a success and over the last dozen years or so, many live music venues have come and gone. But through it all, albeit with a couple name changes along the way, The Lift has remained a consistent venue for quality live music. For many of

those years, Aaron Hefel has been the guy managing the music, from booking the bands to mixing sound. Aaron's efforts have been instrumental in building the Dubuque live music scene and while he's helped bring bands to a variety of venues and festival stages, The Lift stage has been host to a wider variety than most venues would dare attempt. Touring indie rock, local punks, traditional blues, alternative folk, new-grass, jam band, reggae, funk, Latin rock, Afro-Cuban, Celtic, alt-country, hard rock, death metal, and psycho-billy have all found an audience at The Lift. (Just check out the Events tab on The Lift's Facebook page to see the range of past performers or more importantly, what acts will be performing in the near future.) One of the first establishments in the revival of Dubuque's historic Old Main neighborhood, The Lift has hosted up-and-coming artists who have gone on to become bigger names in entertainment. Now under the ownership of Matt Bergmann, the legacy continues. With 24 craft beers on tap and still not a TV in sight, The Lift keeps the focus on human interaction, good times, and live music.



NIGHTLIFE THE SMOKESTACK

Scott Cornwell and Susan Price lived in Brooklyn, New York for most of their lives but while on a July 2013 road trip through the Midwest, they made a brief stop in Dubuque. Though they stayed less than 24 hours, the couple fell in love with the vibrant and historic river city. Determined to make a change in their lives and find a way to become part of the community, they began research, finding of a near-derelect property at

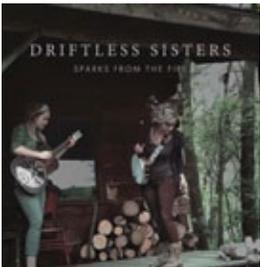
the corner of 7th and White Streets that August. Scott and Susan moved to Dubuque "not knowing a soul" in December, 2013. They purchased that historic property in March 2014 and began a massive rehabilitation effort. Originally built as a hotel, the property has served as a dairy, a variety of industrial uses, and a warehouse, but has been reborn as a new nightlife destination. A flexible urban venue at the edges of Dubuque's Historic Millwork and Old Main Districts and the Port of Dubuque, The Smokestack fulfills Scott and Susan's dream of opening a gastropub with a unique menu of food and cocktails but also serves as a performing and visual arts venue, a lounge and dance club. The Smokestack hosts a variety of cultural events, readings, live music, drag shows, DJ dance parties, public and private events, and all-ages youth performances, staking a claim on an overlooked building in an under-appreciated neighborhood as one of Dubuque's most vibrant nightlife destinations.



NON-PROFIT EXCELLENCE DUBUQUE DREAM CENTER

Conceived by Robert Kimble, John Reeves of South Carolina, and Jay Schiesl of Dubuque, in partnership with Galena Bible Church, the Dubuque Dream Center was founded in 2013 to help strengthen the community in Dubuque's downtown. Inspired by his faith-based education and passion for youth and families, Dream Center executive director Kimble has a heart for the underserved and at-risk, as well as a passion to build on

Dr. Martin Luther King's dream to unify and build community. The Dream Center is an outreach community center committed to mobilizing youth and families to build on Dr. King's Dream of transforming communities by embracing, empowering, and unifying those who live there. The Dream Center strives to inspire vision and purpose through impacting youth, strengthening families, and building community. Not a drop-in facility, the Dream Center provides structured programs and activities where youth and teens build relationships with caring adults, have a safe place to belong, and participate in value-driven programs and activities. Through staff and volunteer mentoring, the Dream Center positively impacts lives, creating genuine relationships with youth and their families, instilling character, and providing academic support and wise provision for overall health and wellbeing. Making quality support systems accessible and affordable for low-income families, the Dream Center envisions impacting lives that will not only lead to a safer community, but a sense of community as well.



PERFORMANCE DRIFTLESS SISTERS

Like something out of a movie script, two lovely blondes, both daughters of different antique store owners in the same small tourist town join forces to make modern indie-folk music that crosses generations and tastes, building an energetic base of raving fans. Fade in...

For just over a year and a lad, Kat Karberg and Lily Sprengelmeyer have been also know as Driftless Sisters, and acoustic duo that melds folk roots with indie sensibilities, a touch a bluegrass all wraps it all up in a gas station burrito. Somewhere in the moonlight they've found a magic that's connected with ti-state music lovers and have quickly been garnering coveted slots on the area best playbills. They even performed on American Pickers on the History Channel.

In 2015 they released the first album, Sparks From a Fire, a nine track collection that wonderfully captures their unique sound and is sure to lead to bigger and better things in the future. What the recording does not capture is their amazingly fun live show, that mixes great tunes with the funniest one-liners and self-deprecating stage banter you're ever hear come out of the mouths such sweet young ladies. You can literally fell the love in the room every time they play. Let's face it. If you can play guitar, snare drum and sing, or play banjo, harmonica and sing and at the same time play the kick drum and tambourine with your feet... and the kids today still stink your cool, you're obviously doing something right.

Driftless sisters represent the best qualities of what is arguably one of the best live music scene in the Midwest. You're going to love them, whether you're listening to them perform, or just chatting with them. Spread the love... and the share the beef jerky.



SOCIAL SPACE INSPIRE CAFÉ

Described as "a coffee, tea, and wine bar committed to creating and celebrating inspiration, connection and community," Inspire Café has become all that and more. Located in the Historic Millwork District's Schmid Innovation Center, Inspire Café serves as a gathering place for the Millwork District and the broader downtown community. Embodying the best aspects of what contemporary urban planners call a "third place"

- a social space other than "home" and "work" - Inspire Café offers a warm, comfortable space suitable for relaxing with a cup of tea and a book or meeting friends for a glass of wine and some live acoustic music. The café hosts the Inspiring People Series, a monthly event where visitors can meet and interact with any manner of talented, focused, and successful people, truly expressing the aspiration inherent in the name of the venue. With the Inspire Café, co-owners Sara Post, Julia and Scott Theisen have created an inviting oasis of peace and comfort in the heart of the bustling Millwork District.



SUSTAINABILITY DUBUQUE FARMERS' MARKET, DUBUQUE MAIN STREET

There's no question that buying locally-grown food from a farmers' market is a best practice in sustainability. But for some, issues of financial resources and transportation can be an impediment, denying accessibility to those most in need. Through a 2015-2016 USDA Farmers' Market Promotion Program grant, Dubuque Main Street was able to make it a little bit

easier for at-risk families to shop at the Dubuque Farmer's Market, promoting healthy lifestyles and furthering sustainability efforts. In coordination with Farmers' Market, Main Street implemented Iowa's first Market Money program, enabling consumers with SNAP food assistance benefits to use their benefits card to receive \$1 blue SNAP tokens, which can then be used to purchase healthy, locally-grown foods from participating Farmers' Market vendors. In addition, any customer may use their debit or credit card to purchase \$5 yellow tokens to purchase Farmers' Market goods. Implementation of the Money Market program has expanded the number of SNAP participating farmers from 5 to 55, giving benefits holders a wider range of sustainable, locally-grown food to purchase and farmers a wider pool of customers. In addition, Main Street is partnering with the Jule public transportation system to provide anyone using SNAP benefits free transportation to Farmers' Market. The IMPACT Award for Sustainability goes to Dubuque Main Street and the Dubuque Farmers' Market.



TOURISM NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

A new traveling exhibit philosophy at the National Mississippi River Museum and Aquarium has reinvigorated staff and visitors alike, causing a significant uptick in visitors to the Museum in 2016 with more opportunities for repeat engagement to come. While past exhibit installations may have stayed for well over a year, the Titanic exhibit showed the museum that shorter term exhibits could work very weak well for the venue. They had over 110,000 people just to see Titanic and have had 225,000 visitors for the year. The biggest year they've had since 2008 and it almost doubled attendance from last year's 158,000 guests.

Already since Titanic, the Museum has welcomed a National Geographic photo exhibit, their own Riverworks Discovery exhibit came home for a run between traveling stops of it's own and the current Sherlock Holmes interactive exhibit and Snakes, Rattles, and Holes from Purdue University. Next up is the great Dinosaurs Unearthed show coming on May 14th from Premier Exhibitions, the same folks that brought us Titanic which will feature 15 life-size animatronic dinosaurs, 3 full-size skeletons, fossils, interactives, and more. That's five shows already in under a year. The new model is not just a great excuse for Dubuquers to visit more than once a year, but for local families to just get a museum memberships so they can save money and come to the museum every time a new exhibit opens during the year as well as continuing to draw families from across the country and the world to our one of a kind museum and community.



UNSUNG HERO TRACEY RICHARDSON

Most volunteers don't give their time to be recognized, though often times, people who are responsible for making great things happen do get their moment in the spotlight. But sometimes when doing your job well means that no one even knows you're there, the spotlight does not often land on you. In this instance, probably because you are literally behind the spotlights.

Tracey Richardson is a jack of all trades professionally for the Grand Opera House as their Technical Director. He spends his days working to create ever bigger productions on the stage, and maintaining the 125 year old building. You'd think that working in a theater all day as your job would make you pretty sick and tired of it after the traditional work day ends, but Tracey is a bit of a glutton for punishment, lending his diversely skilled helping hands all over the community to support the arts in the city of Dubuque, from working with the Loras Players at Loras College to technical direction for Fly-By-Night Theater at Five Flags or helping Voices From the Warehouse District. He has put time in on the stage crew at Five Flags, worked every size event from bar band, to outdoor festivals. From fixing a sound system to building a set or lighting fine art, before you enjoy it, there's a good chance Tracey has put his personal touch on it.

His girlfriend will admit that he doesn't always do it with a smile on his face and it might make him grumpy from time to time, but he almost always does it anyway, simply because he can. For that, Tracey Richardson is an unsung hero to the Dubuque arts community.



VOLUNTEERISM GIOVANNI ALMANZA OLAGUE

Geovanni Almanza Olague is a Loras' graduate who recently received a Fulbright Scholarship, an impressive achievement but not the reason he was nominated for the IMPACT Award for Volunteerism. As a Hispanic, Geovanni or "Geo" is an amazing role model for the youth in our community, regardless of background or heritage because of his volunteerism and work ethic.

From the moment that Geo arrived in Dubuque as a student from Chicago, he began finding volunteering opportunities. Because of his Hispanic heritage (Mexican and Spanish parents), multiculturalism and welcoming are close to his heart. As president of the Loras Intercultural Student Association (LISA), he led several initiatives there. As a student, he also became an AmeriCorps member which allowed him to volunteer at the Dubuque Multicultural Family Center and later the Human Rights Department, as an AmeriCorps Vista. He is also an active member of the League of United Latin American Citizens (LULAC) Dubuque Council. For every possible community engagement opportunity that spoke to diversity, inclusion, culture, and youth, Geo volunteered. His passion for the Dubuque community led him to stay here after graduation so he could work in youth programs including the "Juntos - Together for a Better Education," serving not only as a tutor and mentor but an example of what can be achieved. Geo also serves as an interpreter for newcomers to the community, welcoming new residents and helping Dubuque to become more diverse and inclusive. As a Fulbright Scholar, Geo will be heading to Brazil to work as an English teacher, taking his ethic of service to an international community.



YOUTH ADVOCACY SPARK FAMILY HAIR SALON

In August 2015, the Dubuque Black Men Coalition (DBMC) in cooperation with the Community Foundation of Greater Dubuque's Every Child, Every Promise hosted the second annual Back to School Bash in Dubuque's Comiskey Park, a community event providing school supplies and other educational resources to area families. Event organizer Anderson Sainci asked Spark Family Hair Salon barber and DBMC member Courtney Holmes if he would provide free haircuts to kids who would read him books. Having two boys of his own and fully believing in the importance and power of literacy, Holmes agreed. The haircut for reading exchange proved to be so popular, Holmes took the concept back to Spark Salon as Tales For Trims, welcoming kids to his barber chair and encouraging them to read in an attempt to further literacy in children and demonstrate the importance of learning to their parents. From coverage by local media, the story went viral with the Associated Press, NBC's Today News and Nightly News organizations, People Magazine's web site, and numerous other online news and blog sites spreading the inspirational tale around the world. Holmes and Spark Family Hair Salon's story has not only directly impacted local youth but has created ripples across the nation, inspiring others to donate books to neighborhood libraries and promote youth literacy programs.



BEST BUSINESS IMPACT HOTEL JULIEN DUBUQUE

Following a \$30 million dollar renovation, Hotel Julien Dubuque has been a catalyst to the redevelopment of Dubuque's Lower Main Street and a highly sought after location for meeting and leisure travel as one of the Midwest's finest hotels. Hotel Julien plays host to hundreds of meetings, receptions, and events that bring thousands to Dubuque. Overnight stay packages are created routinely with other tourism partners to promote the area.

In 2015, the hotel provided two world-wide looks upon Iowa and the City of Dubuque with its financial investment to bring ABC's Reality Show, The Bachelor to our area. It was through this effort that millions of viewers saw what Iowa and Dubuque are all about. Also in 2015, the hotel also hosted the first Dubuque Diamond Dash, a scavenger hunt with the ultimate prize being a \$25,000 wedding package. They're a major partner in Dubuque Food & Wine on the River event and their Twelve Days of Christmas is series performances, attractions, and civic service supporting charities and providing joy to kids of all ages. The hotel also celebrated its 100th Anniversary with an open house featuring guided walking tours of the hotel's history and refreshments.

They routinely provide complimentary accommodations and/or gift certificates for VIPS being entertained in the area by economic development entities or non-profits, travel writers featuring stories on the area and Iowa, and for numerous causes from national disasters to medical concerns on an individual.

The hotel employs over 140 individuals and over 75% of management team members have been promoted from within. Staff and management are also represented on over 40 service or non-profit entities. In addition to playing home to a world-class Potosa Spa, amazing fine dining at Caroline's and a fully reimagined Riverboat Lounge. They even have Tesla Motors charging stations. How cool is that?

The hotel has been recognized as the Lodging Property of the Year by Travel Iowa and the Property of the Year by the Iowa Lodging Association as well as Midwest Living's Top 50 Midwestern Romantic Getaways. Clearly they're doing something very, very right.



BEST ORGANIZATIONAL IMPACT SPECIAL SPACES DUBUQUE

Like other Impact Awards this year, we went “small” once again, because it’s not always about reaching hundreds or thousands of people with your efforts, but making a significant impact on the one life you can touch.

It all started in 2014, when Ann Decker was watching an episode of Secret Millionaire and then the

Today Show did a room makeover in Manhattan. Ann was so inspired by how doing something so small, made such a huge difference in the lives of those kids. Ann saw this as an opportunity to help the children in our own community.

Special Spaces provides a unique and individualized service to children with life-threatening medical illnesses. With the support of community partners, they are able to transform a child’s bedroom into a safe and comforting place to relax, dream and imagine. Lots of love and creativity goes into each room that Special Spaces redesigns. No two rooms are alike. The rooms are specifically designed to meet the needs and personality of the individual child.

Referrals are made through community members and local schools. Once a referral is made and accepted, Ann and Kathy Squire meet with the family to talk about the needs of the child, as well as their interests and what makes them happy. From this gathered information, a vision is created and the work begins. Special Spaces begins shopping and reaching out to community members for support with projects. A team of volunteers works to put it all together.

The rooms are transformed in a single day before the family is invited back to the house for the unveiling. The child is the first to see his/her new Special Space. Family and friends are there to help celebrate this wonderful new space that was created just for their child. Special Spaces provides more than just a new bedroom for children with life-threatening illness, they connect the community with creativity, love, and compassion.



BEST INDIVIDUAL IMPACT TIM RUNDE

Tim Runde, who owns and operates Runde Auto group with his three brothers, is a person who clearly understands the value of contributing to his community. Friend and Voices art exhibit organizer Sam Mulgrew says of Runde, “Tim is a humanist, who sincerely values the agency of the human condition. As such, Tim seeks to improve the human experience where he can. Locally, he’s shown a particular

interest in bringing to life social programming, which enriches the cultural fabric of Dubuque. Tim is a guy who gladly sacrifices personal worldly rewards for a larger good. He values critical thinking, friendship, benevolence, and the arts.” Of Runde Auto Group, Mulgrew says, “Runde Auto epitomizes the type of private sector success that every community needs. They are socially responsible, well managed, well run, engaged in the life of the community, and robustly charitable.” A truly locally-owned company, the Runde family has been serving the Tri-State area’s auto needs since 1927. Today, with four locations in three states, Runde Auto draws on continued success to pay it forward to the broader community. Probably best known as sponsors of the Voices exhibit and the Julien Dubuque International Film Festival, Runde also sponsors a range of cultural and community initiatives including the Dubuque Symphony Orchestra’s Ultimate Rock Hits concert, DBQ Con, Ralph Kluseman’s Beatles Tribute at the Arboretum, Matter Creativity Center, the ARC Corporate & Community Games, and the American Cancer Society, to name a few. Quietly, and sometimes behind the scenes, Tim Runde is truly a person with impact.



BEST IDEA D-B-Q CON / JOHN OHNESORGE

And lets not forget something I know the nerds never will.....DBQ CON! That event was bigger than John had hoped for and 2016 promises to be bigger than the last! John is a natural people person. He does not know much about the world of Sci Fi and Cosplay, but he can put on shows that run the gamut to entertain you no matter what your interests may be. Being close to John I know that there is a lot more in store for Dubuque. As

long as he continues to get the response from the people, he will not disappoint them.

Through his promotions company, Top Billing Entertainment, John Ohnesorge has been working to expand the entertainment offerings in the Dubuque community with many hard rock music-based shows downtown, but he swears he’ll book any kind of music if he thinks people will enjoy it. With that attitude in mind, John sought to fill a niche that has been growing nationwide but thus-far has not made it to Dubuque in an organized fashion. That is the world of cosplay and concept of a local convention of enthusiasts gathered around the world of comics, video games and the fantasy word in general. John’s expertise in this field? Zero. But he was undaunted. John is a natural people person and talented event organizer. Starting over a year in advance and opening himself up to the advice and input of everyone and anyone who had knowledge, experience and connections in that area, John put together a fantastic year-one effort on behalf of all the gamers, geeks, and costumed crusaders in the ti-states and beyond. It was called D-B-Q CON and was held at the Five Flags Center on September 26–27. It was a success beyond expectations and john’s tenacious dedication to making it as great as he could combined with the ever-important support of the Dubuque community who came out to support the event will make it possible for a 2016 event to happen as well, and hopefully, many more to come. It was a big risk, but it was also a great idea and great for Dubuque.





Think local. Drink local. Listen local.

facebook.com/HopHeadBeerBrigade

TRI-STATE LIVE MUSIC

THURSDAY, FEBRUARY 25

Statue of Liberty
7 PM @ Riverboat Lounge

Open Mic w/ Jeff & Jimmy
8 PM @ The Cornerstone

Wood Chickens, Busted I,
Tired Hands
9 PM @ The Lift

Flaw, Turncoat
9 PM @ The Venue

FRIDAY, FEBRUARY 26

St. Luke's Fabulous Fridays:
St. Luke's Variety
12:05 PM @ St. Luke's Church

Gregory James
6:30 PM @ Inspire Café

7 Bridges Road
6:30 PM @ Sundown Mountain

Ron Lubbers
7 PM @ Stone Cliff

Missbehavin'
7 PM @ DBQ Driving Range

The Wellington International
Ukulele Orchestra
7:30 PM @ Grand Opera House

Garrrett Hillary
7:30 PM @ Frank O'Dowd's Pub

Electric Shock: The AC/DC Show
8 PM @ Mississippi Moon Bar

Comedian Drew Lynch
8 PM @ Mystique Casino

CC Rider
8 PM @ The Cornerstone

Rockabilly Junction
8 PM @ Galena Brewing Co.

Campfire Kings
8 PM @ Grape Escape

Madhouse
9 PM @ Skinny Maginny's

Vu JaDe
9 PM @ Riverboat Lounge

Alma Sub Rosa, Deep Light,
Arc Numbers
9 PM @ The Smokestack

Massey Road
9 PM @ Spirits

Aaron Williams & The Hoodoo
10 PM @ Sandy Hook Tavern

SATURDAY, FEBRUARY 27
Marty Koppes
2 PM @ Sundown Mountain

Black Velvet Band
2 PM @ Maquoketa Art
Experience

Andrew Houy
2 PM @ Grape Escape

Stayin' Alive:
Tribute to the Bee Gees
5 & 8 PM @ Mystique Casino

7 Bridges Road
6 PM @ Inspire Café

Michael Breitbach
7 PM @ Stone Cliff

Sock Hop w/ the Tailfins
7 PM @ Turner Hall, Galena

Pirate Over 50
7:30 PM @ Fife's

Garrrett Hillary
7:30 PM @ Frank O'Dowd's Pub

Ladies of the '80s
8 PM @ Mississippi Moon Bar

QC Slim Band
8 PM @ The Blu Room,
Breezer's Pub

Ignighter
8 PM @ Jumpers

Michael Howard
8 PM @ The Cornerstone

5th Fret
8 PM @ Galena Brewing Co.

Corey Jenny & Mojo Busted
8 PM @ Grape Escape

Patchy Fog
9 PM @ Skinny Maginny's

Scott Kerry Guthrie
9 PM @ Riverboat Lounge

Melismatics, Holy White Hounds
9 PM @ The Lift

Taste Like Chicken
9 PM @ Spirits

Two Mile Crew
9 PM @ Knickers

Dirty Laundry
9 PM @ Northside Bar

Better Than Good Enough
9 PM @ Dog House Lounge

Mississippi Band
9 PM @ Jimi B's Bar & Grill

The Dertones
9 PM @ The Wigwam,
Hazel Green

Comedian Craig Allen
9 PM @ Arthur House
Restaurant & Comedy Club

Righteous Hillbillies
10 PM @ Sandy Hook Tavern

SUNDAY, FEBRUARY 28
Scott's Acoustic Jam
Noon @ The Smokestack

Open Mic w/ Scott Rische
Noon @ Grape Escape

Open Mic
2:30 PM @ The Cornerstone

Vu JaDe
3 PM @ Stone Cliff

Massey Road
3 PM @ Northside Bar

Tony Walker
3 PM @ Sundown Mountain

Statue of Liberty
3:30 PM @ New Diggings
General Store

A Pirate Over 50
4 PM @ Dog House Lounge

Peas & Garrett
6 PM @ Sandy Hook Tavern

Miss Kitty's Quiz Show
8 PM @ Grape Escape

TUESDAY, MARCH 1

The Wundo Band
5:30 PM @ Benvenuto's Bus,
Platteville

365 Impact Awards
6:30 PM @ Mississippi Moon Bar

Broken Strings
7 PM @ 1st & Main

Trivia Night
7 PM @ Riverboat Lounge

Traditional Irish Sesuin
7 PM @ Grape Escape

WEDNESDAY, MARCH 2
Acoustic Jam
6:30 PM @ The Cornerstone

Open Mic w/ Gladly & Friends
6:30 PM @ The Blu Room,
Breezer's Pub

Ben Dunegan
7 PM @ Riverboat Lounge

Emo Philips
8 PM @ Mississippi Moon Bar

Open Mic w/ Mississippi Trio
9 PM @ The Lift

THURSDAY, MARCH 3
John Moran
7 PM @ Riverboat Lounge

Live Band Karaoke
7 PM @ Mississippi Moon Bar

Long & Short of It
8 PM @ The Cornerstone

Future Leaders of the World,
Strange Daze
9 PM @ The Venue

FRIDAY, MARCH 4
St. Luke's Fabulous Fridays:
Dubuque Fiddlers, Forty
Flying Fingers
12:05 PM @ St. Luke's Church

Statue of Liberty
6 PM @ Inspire Café

Michael Breitbach
7 PM @ Stone Cliff

Brown Bottle Bandits
7 PM @ DBQ Driving Range

Jon Conover
7:30 PM @ Frank O'Dowd's Pub

Lexi Parr & Ruby Blonde
8 PM @ Mississippi Moon Bar

Teddy Davenport
8 PM @ The Cornerstone

Two Blind Mice
8 PM @ Grape Escape

Lonely Goats
Beach Party
9 PM @ Skinny Maginny's

Broken Strings
9 PM @ Spirits

Just One More
9 PM @ Rocker's Den,
Patch Grove

SATURDAY, MARCH 5
Broken Strings
2 PM @ Sundown Mountain

Dirty Water Boys
2 PM @ Grape Escape

Meghan Davis
7 PM @ Stone Cliff

Steve McIntyre
7:30 PM @ Riverboat Lounge

Jon Conover
7:30 PM @ Frank O'Dowd's Pub

Heywood Banks
8 PM @ Mystique Casino

Jason Stuart's Cobalt Blue
8 PM @ The Blu Room,
Breezer's Pub

Swingin' Doors
8 PM @ Jumpers

Dirty Laundry
8 PM @ DBQ Driving Range

Boys Night Out
8 PM @ Weber's Bar & Grill



UPCOMING 2016 TRIPS

- \$75 WWE LIVE 03/05 @ US CELLULAR CENTER
- \$99 JEFF FOXWORTHY 03/20 & LARRY THE CABLE GUY @ US CELLULAR CENTER
- \$125 REDS vs CUBS 04/11 @ WRIGLEY FIELD
- \$110 THE LION KING 05/15-22 @ OVERTURE CENTER
- \$125 JANET JACKSON 06/02 @ I WIRELESS CENTER
- \$125 CARRIE UNDERWOOD 07/22 @ JONES COUNTY FAIR
- \$99 CUBS vs BREWERS 07/23 @ MILLER PARK
- 2 PACKAGES AVAILABLE CUBS vs SOX 07/25 @ US CELLULAR FIELD
- \$130 CARDS vs CUBS 08/14 @ WRIGLEY ROOFTOP
- 2 PACKAGES AVAILABLE NASCAR SPRINT CUP RACE 09/18 @ CHICAGOLAND SPEEDWAY

563.513.7314

Radoslav Lorkovic
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Medicinal Purposes
8 PM @ The Cornerstone

Percival
8 PM @ Galena Brewing Co.

Old Shoe
9 PM @ The Lift

Dickie, Kristina Castaneda &
Shawn Healy
9 PM @ The Smokestack

Steve Cavanaugh & Randy
Droessler
9 PM @ Spirits

Renegade
9 PM @ Northside Bar

Johnnie Walker
9 PM @ Dog House Lounge

Brickyard Road
9 PM @ Jimi B's Bar & Grill

Ignighter
9:30 PM @ Dirty Ernie's

Sandy Hook 14 Year Anniversary
w/ Six Shots 'til Midnight
10 PM @ Sandy Hook Tavern

SUNDAY, MARCH 6
Scott's Acoustic Jam
Noon @ The Smokestack

Open Mic w/ Scott Rische
Noon @ Grape Escape

Davenport Chordbusters
(Barbershop)
2 PM @ Maquoketa Art
Experience

Open Mic
2:30 PM @ The Cornerstone

Black Velvet Band
3 PM @ Stone Cliff

Broken Strings
3 PM @ Northside Bar

Sam Wooden
3:30 PM @ New Diggings
General Store

A Pirate Over 50
4 PM @ Dog House Lounge

Nutsy Turtle & Lori
4 PM @ Painted Horse
Saloon, Bernard

Percival
6 PM @ Sandy Hook Tavern

Miss Kitty's Quiz Show
8 PM @ Grape Escape

Tiny House Fundraiser
Benefit for Abe & Vicky Lincoln
9 PM @ The Lift

TUESDAY, MARCH 8
Meghan Davis
7 PM @ 1st & Main

Trivia Night
7 PM @ Riverboat Lounge

WEDNESDAY, MARCH 9
The Wundo Band
6 PM @ Pizzaria Uno

Acoustic Jam
6:30 PM @ The Cornerstone

Open Mic w/ Gladdy & Friends
6:30 PM @ The Blu Room,
Breezer's Pub

Dan Peart
7 PM @ Riverboat Lounge

Greg Warren
8 PM @ Mississippi Moon Bar

Screaming For Silence,
Sleep Signals
9 PM @ The Venue

THURSDAY, MARCH 10
Vu JaDe
7 PM @ Riverboat Lounge

Dueling Pianos
7 PM @ Mississippi Moon Bar

FRIDAY, MARCH 11
St. Luke's Fabulous Fridays:
Senior High School Jazz
Combo, Bill Rowley, conductor
12:05 PM @ St. Luke's Church

Tom & Dave
6 PM @ Inspire Café

St. Pat's Pub Crawl
6 PM @ Downtown Galena

David Minnihan
7 PM @ Stone Cliff

Misbehavin'
7 PM @ DBQ Driving Range

Scott Kerry Guthrie
7:30 PM @ Riverboat Lounge

St. Patrick's Celebration
w/ Katie Sullivan
7:30 PM @ Frank O'Dowd's Pub

Bret Michaels
8 PM @ Mississippi Moon Bar

Kevin Beck & Johnnie Walker
8 PM @ Mystique Casino

Feast of the Femme Fatale: Act II
Maureen Kilgore & Megan Roeth
8 PM @ The Blu Room,
Breezer's Pub

Kendra Swanson
8 PM @ The Cornerstone

Johnny Rocker & Marty Raymon
Following the St. Patrick's
Day Pub Crawl
8 PM @ Grape Escape

JJ Schmitz Duo
9 PM @ Skinny Maginny's

Punch Cabbie, Six Shots 'til
Midnight, Silent Redemption
9 PM @ The Venue

Cranes/Vultures
9 PM @ The Lift

Laura McDonald & Jeff Weydert
9 PM @ Spirits

SATURDAY, MARCH 12
St. Patrick's Celebration
w/ Katie Sullivan
2 PM @ Frank O'Dowd's Pub

Dirty Water Boys
2 PM @ Grape Escape

Massey Road
St. Patty's Day Bash
3 PM @ Northside Bar

Roy Schroedl
7 PM @ Stone Cliff

Country Tradition
7 PM @ Mooney Hollow Barn

JJ Schmitz
7:30 PM @ Riverboat Lounge

Return to Seattle
8 PM @ Mississippi Moon Bar

Deana Carter
8 PM @ Mystique Casino

The Blue Dogs
St. Patty's Day Open Jam
8 PM @ The Blu Room,
Breezer's Pub

St. Patrick's Party w/ Half-Fast
8 PM @ Jumpers

Chris Antonik
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

The Drama Kings
8 PM @ Dyersville
Commercial Club

Mama Bird
8 PM @ The Cornerstone

Derty Rice
8 PM @ Galena Brewing Co.

Fever River String Band
8 PM @ Grape Escape

St. Patrick's Party w/ David Zollo
9 PM @ The Lift

Percival Duo
9 PM @ Spirits

Smokin' Mirrors
8 PM @ Knickers

St. Patty's Bash w/Misbehavin'
9 PM @ Northside Bar

Two Mile Crew
9 PM @ Shenanigan's Pub

Brown Bottle Bandits
9 PM @ Painted Horse
Saloon, Bernard

Massey Road
9 PM @ Jimi B's Bar & Grill

Zero 2 Sixty
9:30 PM @ Farley St. Patty's
Day Party

Menace
10 PM @ Sandy Hook Tavern

SUNDAY, MARCH 13
Scott's Acoustic Jam
Noon @ The Smokestack

Open Mic w/ Scott Rische
Noon @ Grape Escape

Open Mic
2:30 PM @ The Cornerstone

Becky McMahon
3 PM @ Stone Cliff

Mississippi Duo
3 PM @ Northside Bar

Campfire Kings
3:30 PM @ New Diggings
General Store

Gladdy & The Tramps
6 PM @ Sandy Hook Tavern

Kane Brown
7 PM @ Mystique Casino

Miss Kitty's Quiz Show
8 PM @ Grape Escape

TUESDAY, MARCH 15
Trivia Night
7 PM @ Riverboat Lounge



Finding the American Dream



Sedija and Sabahudin left everything behind in Bosnia to create a new life in Iowa. With the help of **American Trust** they were able to buy their American dream—a home for their growing family.

American Trust gave them expert advice and a low rate, just what they needed to get a strong start on a great future.

When family means *everything*, trust **American Trust**.
Get pre-approved* today at americantrust.com.

*Loans are subject to credit approval. Certain restrictions apply. See a mortgage lender for details.



Dubuque
Dyersville
Farley
West Des Moines
563.582.1841

THE TINY HOUSE
Fundraiser
 for Disabled Vet Abe and Vicky Lincoln
Sunday March 6th, 2 - 8 PM
 Live music, • Food
 Silent auction 2pm-6pm
 Bake sale • Family Friendly
 Child activities

DAVID ZOLLO AND THE BODY ELECTRIC
ST. PATRICK'S DAY PARTY
SATURDAY, MARCH 12
 \$2 Whiskey Mixers
 Happy Hour 3-6 PM: \$1 off tap beer
 The Lift 180 Main St [f /TheLiftDubuque](#)

Sandy Hook TAVERN WISCONSIN
Six Shots 'til Midnight

Friday, 2/26 • Aaron Williams & The Hoodoo
 Saturday, 2/27 • Righteous Hillbillies
 Sunday, 2/28 • Peas & Garrett
 Saturday, 3/5 • Six Shots 'til Midnight
 Sunday, 3/6 • Percival
 Saturday, 3/12 • Menace
 Sunday, 3/13 • Gladly & The Tramps

SANDY HOOK
14-YEAR ANNIVERSARY
Saturday, March 5

3868 Badger Road • 608.748.4728 • www.sandyhooktavern.com

Budweiser

7G DISTRIBUTING LLC

WWW.7GDISTRIBUTING.COM

Budweiser **BUDWEISER LIVE MUSIC FEATURES**

THURSDAY, FEBRUARY 25



Wood Chickens, Busted I, Tired Hands
9 PM @ The Lift (180 Main St, Lower Level)
Cover: FREE

Punk and hardcore up front on the 25. Wood Chickens remind one of early Dead Milkmen and other fast punk hardcore with humor and clean guitars. The Madison trio tours a ton and is sure to rock the house. Busted I return to The Lift with their rock n roll pop punk anthems. Tired Hands, minus two hands, debut as a trio with late 90's early 2000's influenced hardcore.

FRIDAY, FEBRUARY 26



Alma Sub Rosa + Deep Light + Arc Numbers Live

9 PM @ The Smokestack (62 East 7th St)
 Three bands, four musicians—Bob Bucko Jr., Kristina Castañeda, Lisa Acosta and Shawn Healy—lush pop and insightful originals.



Bones Jugs n Harmony, Dead Horses
9 PM @ The Lift (180 Main St, Lower Level)

Bones, jug, xylophone, kazoos, resonator guitar, banjo, double bass, drums, all sorts of noise makers. These are just some of the instruments Bones Jugs use to conjure up their eclectic acoustic sound. And the cherry on top? High speed, virtuosic, xylophoning. Raised on Bible hymns by her preacher father, Dead Horses' frontwoman Sarah Vos' backstory sounds more like that of an old bluesman from the Mississippi Delta than a young folk singer from Wisconsin. But despite their youth, the Milwaukee based folk trio has crafted a timeless sound, informed as much by modern folk as it is by the classics.

SATURDAY, FEBRUARY 27



The Melismatics, Holy White Hounds
9 PM @ The Lift (180 Main St, Lower Level)

The Melismatics formed at the turn of the century in the Minneapolis indie-rock scene.

The Melismatics have found a sound that is familiar yet unique, euphoric and adventurous, that is constantly evolving and developing—as The Onion put it, “no one ever accused The Melismatics of being predictable.” The grinding beat-infused cadre that is the Holy White Hounds started in late 2013 between long time friends Brenton Dean (vocals, guitar) and Ambrose Lupercal (bass). After demoing various songs and lineups, the duo approached Producer Brandon Darner (Imagine Dragons, Radio Moscow, Envy Corps) and began to flesh out the framework for what would become the Holy White Hounds.

SATURDAY, MARCH 5



Old Shoe
9 PM @ The Lift (180 Main St, Lower Level)

Old Shoe is a five-piece Roots Rock n' Roll band based out of Chicago, Illinois but made up of talented songwriters from across the country. Old Shoe rounded the Midwest festival circuit, opened for Grammy-award winning Bruce Hornsby, and produced four consecutive installments of their own festival, Shoe Fest. The all-original 13-track release showcases the band's diverse influences, ranging from bluegrass to prog-rock to jazz, with it all settling into a familiar comfort zone akin to one's favorite “old shoe.”



DICKIE with Kristina Castañeda & Shawn Healy Live

9 PM @ The Smokestack (62 East 7th St)
Cover: \$5

DICKIE is veteran tunesmith and Iowa native Dick Prall, singer/songwriter and guitarist, sharing his wares with violinist Kristina Priceman. Together they create a collection of dark, gorgeous songs with dynamic ebb and flow. They explore subtle symphonies over creative prose, indie popped out melodies, innovative storytelling and original grooves. DICKIE's self-titled album was just released this summer. dickiemusic.com. Opening for DICKIE will be local duo Kristina Castañeda & Shawn Healy, shimmering and ethereal guitar and vocals, classic songs made their own



BRET MICHAELS

FRIDAY, MARCH 11 @ 8 PM

Michaels is a multi-platinum global superstar who has turned his passion for music into a multi-faceted brand that has been followed by three generations of loyal fans. Michaels rose to fame as the front man of Poison, one of rock's most iconic and enduring bands. The band has charted 10 singles in the Top 40 on Billboard's Hot 100 including the #1 single, "Every Rose Has Its Thorn." Michaels' solo career has been equally successful with his most recent solo album, "Custom Built," reaching #1 on Billboard's Hard Rock list. Michaels has also achieved stunning success in the realm of reality TV with Rock of Love becoming one of the most successful shows in VH1's history.

MISSISSIPPI
MOON BAR

MISSISSIPPI MOON BAR ENTERTAINMENT

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 MoonBarRocks.com.



LAUGHING MOON COMEDY: EMO PHILIPS WEDNESDAY, MARCH 2 @ 8 PM

Described by Jay Leno as the best joke writer in America; by British comedian Gary Delaney as the best joke writer in the world; and by "Weird Al" Yankovic as one of the funniest people on the planet, Emo Philips has had award-winning comedy albums, cable specials (including an hour-long one on HBO), and many appearances on network television, but his first love, stand-up, remains his true one.



THE HIGH KINGS FRIDAY, MARCH 18 @ 8 PM

The High Kings, a multi-platinum Irish folk music quartet, which hails from Ireland, first exploded onto the Irish folk music scene in 2008. The High Kings showcase their incredible versatility and skills as multi-instrumentalists, playing 13 instruments between the four of them.



HERE COME THE MUMMIES SATURDAY, MARCH 19 @ 8 PM

Here Come the Mummies is an eight-piece funk-rock band. Their "Terrifying Funk from Beyond the Grave" is sure to get you into them (and possibly vice versa). Since their discovery (and without so much as a hot bath) the Mummies has opened for P-Funk, Al Green, and Cheap Trick; rocked Super Bowl Village 2012; and made themselves the darlings of sell-out crowds over wide swaths of North America. Some say they were cursed after deflowering a great Pharaoh's daughter. Others claim they are reincarnated Grammy-Winning studio musicians. Regardless, HCTM's mysterious personas, cunning song-craft, and unrelenting live show will bend your brain, and melt your face.

Electric Shock: The AC/DC Show
Friday, February 26 @ 8 PM

Ladies of the 80's
Saturday, February 27 @ 8 PM

Live Band Karaoke
Thursday, March 3 @ 7 PM

Lexi Parr & The Ruby Blonde Band
Friday, March 4 @ 8 PM

Club 84: Heroes VS Villains
Saturday, March 5 @ 7 PM

**Laughing Moon Comedy:
Greg Warren**
Wednesday, March 9 @ 8 PM

Dueling Pianos
Thursday, March 10 @ 7 PM

Return to Seattle 2016 Tour
Saturday, March 12 @ 8 PM

**Laughing Moon Comedy:
Chris Johnson**
Wednesday, March 16 @ 8 PM



BACON HAPPY HOUR: MON & FRI
KARAOKE WEDNESDAY NIGHTS

Open 4 PM - 2 AM, M-F & Noon-2 AM, SAT-SUN
 123 Main St. Dubuque (563) 231-3226
 f/skinnymaginny's - skinnymaginnys.com



New & Used Gear-Rentals-Lessons
We buy Used Gear!

4989 Radford Ct. Dubuque, IA 52002
 Uncleikes.com (563)556-6052

29 years in business- Over 600 Guitars in stock
 Guitars-Basses-Drums-Amps-PA-Lighting-Keyboards-Band & Orchestra

Fender-Martin-Taylor-Musicman-Ibanez-Gretsch-Washburn-Bainson-Goodtime-Pearce-Mesa Boogie-Ovation-Kala & more

Radoslav Lorković
 Saturday March 5 at 8 P.M.

Dinner Special:
 Smoked Prime Rib

Lagniappe Brunch
 Pancakes & Ice Cream • Smoked Salmon Frittata
 Fried Green Tomato Eggs Benedict • Chicken & Waffles
 Ham & Red Eyed Gravy • Smoked Brisket Hash
 Served Sundays 11 AM - 2 PM



Eastern Iowa's Home of the Blues

FLATTED FIFTH BLUES & BBQ AT POTTERS MILL
 300 Potter Drive • Bellevue • 563.872.3838 • www.pottersmill.net • f t i

MURPH'S SPECIALS!

HAPPY HOUR
 \$2 Domestic & \$2 Rails, Mon-Fri, Open - 7 pm
 \$2.50 Domestic & Rails on Saturday, Open - 7 pm

PITCHER SPECIALS
 Friday & Saturday 7pm-close
 \$6 Bud Light & Slingshot Pitchers
 \$8 Sam Seasonal Pitchers

MURPH'S TAP
 Est. 1971

CORNER BEEF & CABBAGE ON ST. PATRICK'S DAY! THURSDAY, MARCH 17TH

Join us for Hawkeye and other Bowl Games!
 55 Locust St. | 563- 556-9896 | murphstapdbq.com f




BUDWEISER LIVE MUSIC FEATURES

SUNDAY, MARCH 6



Tiny House Benefit for Abe & Vicky Lincoln
 2-8 PM @ The Lift (180 Main St, Lower Level)
 Abe and Vicky are long time contributors to community betterment. Abe Lincoln, a disabled veteran and former electrician, and Vicky, local massage therapist, need help establishing a foundation for their tiny house on a small plot of land south of Dubuque. Amanda Joy will be performing two Middle Eastern dances with Jimmy Berg on drums and then later with Denny Garcia on fiddle. Deblyn Russell will bring interactive ritual artz during the day. Music will be performed by One Blind Mice, LA Suess Maureen Leytem, Jack Shannon, Trent Alan, Don Greenwood, Gladys Ressler, Cowgirl Pearl, Scott Guthrie, Marty Raymon and Beth Jean Bennett. Also, Abe Lincoln is planning to perform throughout the day! Thanks to Pearl for organizing this event!

FRIDAY, MARCH 11



Statue of Liberty, Cranes and Vultures
 9 PM @ The Lift (180 Main St, Lower Level)
 Musical dynamic duo Nate Jenkins and Brad Cavanagh crank out original indie-folk-rock tunes, leaning heavily on vocal harmonies and ecstatic loops. The concept of Cranes/Vultures is derived from the skies over the band's bluff-laden hometown of Dubuque, IA, where America's greatest waterway beacons birds of all sorts. The dichotomy of Cranes/Vultures also reflects the versatile emotional style and personality of the music, ranging from soft, melodic, personal lyrics that push you inward to punchy outward licks that will leave you dancing. Beginning as a solo project for singer/songwriter Bobby Bradford, Statue of Liberty grew into an acoustic folk rock duo with the addition of Marywood Kate in 2010. In May, 2011, Statue of Liberty released The Up State and began promoting the EP, performing shows throughout the country. After spending the summer on the road, Bradford and Kate relocated to Colorado where they wrote their second album, The Radiant Life. Now back in their hometown of Dubuque, IA, Bradford and Kate look forward to completing their third original album, and contributing to the local music community.

SATURDAY, MARCH 12



David Zollo and The Body Electric
 9 PM @ The Lift (180 Main St, Lower Level)
 Along with a big batch of corned beef brisket and vegetables (and of course GUINNESS), The Lift brings you David Zollo and the Body Electric to celebrate the Irish holiday! Zollo is known by many from his work with songwriters (Greg Brown; Todd Snider; William Elliot Whitmore,) and his time as owner/operator of Iowa roots-music label Trailer Records. But it's as a bandleader, songwriter and performer that Zollo has made most of his living, averaging close to 200 gigs a year since 1992, drawing on influences ranging from honkey-tonk to rock and roll.

FRIDAY, MARCH 25



Dusty Heart
 9 PM @ The Smokestack (62 East 7th St)
 Cover: \$5
 Rich vocal harmonies merge with intimate layers of guitar, fiddle and banjo to define the lush sound of the recently formed duo, Dusty Heart. Barbara Jean and Molly Dean are songwriters recognized in their own right for their poetic lyrics and distinct vocal styles that fuse to create a powerful and haunting sound. The pair met in the bustling Minneapolis music scene and became fast friends as well as fans and supporters of one another's work. The two decided to join forces crafting a sound that bridges together the diverse musical worlds of roots, indie, and folk. dustyheartmusic.com.

SATURDAY, MARCH 26



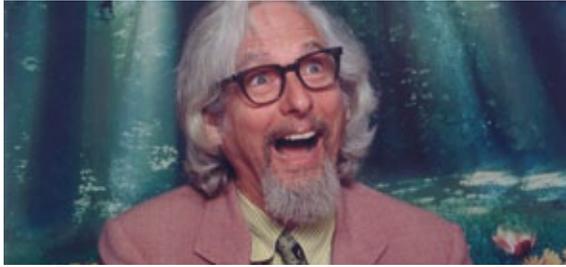
Benjamin Cartel Live
 9 PM @ The Smokestack (62 East 7th St)
 Cover: \$5
 Singer/songwriter Benjamin Cartel is a masterful acoustic guitarist and performs in his trio. This native Brooklynite delivers catchy hooks, well-played guitar, spirited compositions and nuanced vocals. Also of the duo Kaiser Cartel, Benjamin Cartel's solo album Gothenburg was released this summer for his European tour. benjaminscartel.com.



MYSTIQUE CASINO & RESORT

365 MARCH FOCUS

AMANDA NADERMAN, ENTERTAINMENT & EVENTS COORDINATOR



The month of March at Mystique Casino & Resort brings an assortment of entertainment for everyone! There are free shows featuring great local and regional talent. We have one of the hottest country newcomers who found his way to fame through social media. We also are bringing an intimate country duo show. We will finish out the month with a powerful rock lineup. This is only the beginning, in the coming weeks look for a lot of exciting concert announcements from Mystique Casino & Resort!

WheelHouse returns to Cabaret for a no cover show on **Friday, March 4**. Wheelhouse is an Americana and bluegrass band from Madison. They have released three albums of their original material and have received attention from major national labels. Are you ready for a fun fact about Wheelhouse? They own their own brand of whiskey called WheelHouse Whiskey! It can be purchased throughout Southern Wisconsin.

On **Saturday, March 5** *The Bob and Tom Show* regular, **Heywood Banks**, will be performing. Heywood Banks is an American comedian and musician. He has appeared on Showtime, Comedy Central, and *The Doctor Demento Show*. His most popular songs are "Toast," "Wiper Blades," and "How to Get Free Money from the United States Government." Tickets are \$20.

Kevin Beck and Johnnie Walker will entertain everyone with classic rock, country and blues favorites on **Friday, March 11**. The free music starts at 8 pm.

Hear #1 hits "Strawberry Wine" and "We Danced Anyway" during **An Intimate Evening with Deana Carter** on **Saturday, March 12**. Deana Carter has had a lot of success with songwriting for other artists such as Kenny Chesney in addition to writing her own hits. Tickets start at \$24 and are on sale now.

Country's #1 New Kid is making his first appearance in Dubuque on **Sunday, March 13**. Social Media sensation **Kane Brown** will play his hits "Used to Love You Sober," "Last Minute Late Night," and "Hate that

I Love You." Kane Brown's video cover of a George Strait song went viral and was viewed over 7 million times. When he teased a clip of his own song it had over a million views in fewer than three hours and over 11 million views in two weeks. Kane Brown is country's hottest new sensation. General admission tickets are on sale now for \$19 (\$25 day of show.)

Classical Blast is bringing their Bach to Rock tour to Dubuque on **Friday, March 18**. Classical Blast covers mainstream rock and pop favorites through the classical arts. All of the musicians in Classical Blast are classically trained and love all genres of music. This will be a no cover show.

In honor of St. Patrick's Day we are bringing in a tribute to one of Ireland's greatest rock bands. **Elevation** will pay **tribute to U2** on **Saturday, March 19** at 5 pm and 8 pm. Elevation will perform a repertoire that ranges from U2's first album *Boy* to *Songs of Innocence*. Tickets start at \$20.

Three up and coming female country artists will perform during **3 Girls Rock Into A Bar** on **Saturday, March 26**. The group consists of **Natalie Stovall & the Drive, Kelleigh Bannen, and Ruthie Collins**. They played to packed rooms in Nashville so the three decided to take the tour on the road. General admission tickets are only \$15 in advance (\$20 day of show.)

We are planning on ending March with a bang when rock group, **Saving Abel**, takes the stage with special guests **Smile Empty Soul** and **The Veer Union** on **Thursday, March 31**! Saving Abel's hits are "Addicted," "18 Days," "The Sex Is Good," and their most recently released single "15 Minutes to Fame." They are currently recording new music for their upcoming album. Who knows? The audience in Cabaret might get to hear some of those new tracks. General admission tickets are only \$15 in advance (\$20 day of show.)

All tickets and ticket packages are available at **MystiqueDBQ.com/entertainment**. ■

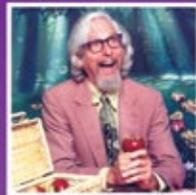
UPCOMING ENTERTAINMENT



**COMEDIAN
DREW LYNCH**
FRI, FEB 26
6PM & 8PM



**TRIBUTE TO
THE BEE GEES**
SAT, FEB 27
5PM + 8PM



**HEYWOOD
BANKS**
SAT, MAR 5
8PM



**DEANA
CARTER**
SAT, MAR 12
8PM



**KANE
BROWN**
SUN, MAR 13
7PM



**TRIBUTE TO
U2**
SAT, MAR 19
5PM + 8PM

**MYSTIQUE
CASINO & RESORT**

TICKETS CAN BE PURCHASED ONLINE AT
MYSTIQUEDBQ.COM OR AT GUEST SERVICES
1855 Greyhound Park Road · Dubuque, IA · **MystiqueDBQ.com**

MANAGEMENT RESERVES ALL RIGHTS. GAMBLING PROBLEM? CALL 1-800-BETS-OFF. MUST BE 21. SEE GUEST SERVICES FOR COMPLETE RULES & DETAILS.



RED ROOF DINER

BY RICH BELMONT

A few weeks ago, Terry Truax, who is a Sales Consultant with Reinhart Food Services, La Crosse Division, was telling me how good the food was at Red Roof Diner in Peosta. He said not only were the meals uncommonly tasty but the diner was adhering to that most revered Iowa Golden Rule: “a lot of food for little money”.

This unpretentious diner is called Red Roof simply because it obviously has a red roof! It should be easy to find but many people miss it because it is located behind the Quality Inn and Fidelity Bank & Trust. It’s a full service, pay at the cash register diner open seven days a week. Breakfast is served all day and both lunch and dinner are available from 11 am to close.

John Nuhiji owned and operated this restaurant from 2009 to 2012. He is an interesting man. He is from Macedonia and was a player on the Macedonia National Football (soccer) Team. You all know where Macedonia is, right? It’s the country surrounded by Greece, Albania, Kosovo, Serbia and Bulgaria. Mr. Nuhiji lived for a time in Switzerland before immigrating to Chicago. He then moved to Maquoketa, Iowa to run a restaurant there. When he learned the Red Roof Diner in Peosta was for sale he purchased the business. In July, 2012 he sold it to his daughter and son-in-law and he now operates the Cascade Café in Cascade, Iowa.

The new owners, who were already working in the restaurant for two years, started making subtle improvements. After purchasing the building in 2014 suddenly the changes were anything but subtle. They painted the walls and replaced the carpeting and light fixtures in less than two days!



Red Roof Diner is now operated by Antigona Nuhiji (she goes by Annie) and her husband Arian Vrangaloski (just call him Ari). Annie is Swiss and Macedonian. She was born in Chicago but soon

thereafter moved to Zurich with her mother. When she finished school she moved back to Chicago to be with her father. Ari is from Macedonia but lived in Zurich with his family. He and Annie met in high school and he went with her when she moved to Chicago. Ari and Annie have been in the restaurant business ever since then. (Fun Fact: Ari’s name in his native language is spelled Ариан Вранѓалоски). Annie and Ari speak three languages: Macedonian, Albanian and English.



It’s a good thing breakfast is served all day. That’s because you have to visit a lot in order to try all the different selections. Eggs accompanied by three sausage links or two sausage patties or bacon or hickory smoked, boneless ham are always popular. There are seven skillet dishes piled high with hash browns and your choice of meat. Different ones might contain onions, green peppers, mushrooms, tomatoes and your choice of cheddar, Swiss or American cheese. Bryce Parks, the publisher of 365ink and the Supreme Leader of my tasting team was extremely pleased with his Meat Lover’s Skillet just bursting with copious amounts of ham, sausage and bacon.

There are 12 excellent omelets so it is hard to pick just one. The Greek Omelet has a nice flavor with onions, tomatoes and feta cheese. And if you are in the mood for a Southwestern taste the Mexican Omelet is good with ground beef, green peppers, onions, tomatoes and cheddar cheese. You can make this a little spicier by requesting hot sauce and jalapeños.

The pancakes make for a filling breakfast and the waffles are made to order. My favorite is the Banana Split Waffle: a just-made waffle is topped with bananas, strawberries, ice cream, whipped topping and chocolate syrup.

At Red Roof Diner all the gravies, sauces and soups are made in house from scratch. The soups are especially good and there is one for each day of the week:

- Mon – Navy Bean
- Tue – Chicken Noodle
- Wed – Vegetable
- Thu – Beef Barley
- Fri – Cream of Potato or Cream of Broccoli
- Sat – Chicken Dumpling
- Sun – Cream of Chicken Rice



On a recent visit I was quite surprised at how good my hamburger tasted. The burgers are half pounders and are cooked on a flat top. I ordered it with lettuce, tomato, pickle and onions. On my next visit I will be getting my usual with green olives and Swiss cheese. You can order yours with any of these toppings plus bacon or egg.



I have enjoyed all of the sandwiches I have tried so far. The Roast Beef and the French Dip are so much better than what you usually find in a diner. The beef is sliced from the Bottom Round and is roasted right here. I will be visiting frequently for that French Dip. It is moist and juicy with a nice au jus and its only \$6.95!





↑ Fried Cod Fish Special

On my last visit a man came up to tell me he always gets the BLT because Red Roof makes the best one he has ever had. Well sir, if you are reading this let me give you a little tip. Next time order the BLT Club, it's twice the size of the regular BLT so you get 6 slices of bacon instead of 3 and it's only \$1.50 more!

Wrap and Open Faced Sandwiches are always good choices. They tell me many vegetarians come in for the Veggie Wrap. I noticed several outdoor type workers order Hot Roast Beef, Pork or Turkey Open Faced Sandwiches. Huge portions of meat are piled high on white bread (whole wheat is optional) with mashed potatoes and gravy resulting in very satisfying meals.

There is even a Gyro sandwich for those with a taste for the Mediterranean. A combination of pressed beef and lamb is roasted and stuffed into pita bread along with some onions and tomatoes.

While you might think this diner is only good for breakfast and lunch you will be surprised to see it is popular at dinnertime too. Most of the night time meals are in the 8 to 10 dollar range. Waitresses like knowledgeable Jessica Hennings and Nita Nuhiji (Annie's sister) are always ready to assist you in choosing from a variety of choices.



I liked the Meatloaf made from ground beef, celery, onions, eggs, beef base, garlic and oatmeal. The Chopped Steak with caramelized onions is almost a whole pound of flavored beef. I like to spice it up with a little Heinz 57 or A1 steak sauce. If you are a meat lover you might be interested to know

the Top Sirloin Sandwich is about 10 ounces but the dinner size portion is almost a pound of meat.

Annie and Ari are serious about truly having something for everyone. There are Italian Specials including Spaghetti with a homemade sauce made from ground beef, tomatoes, sautéed onions, oregano, garlic and tomato paste and homemade



↑ Greek Omelet

Lasagna that I call Midwestern style because it includes ground beef, tomato sauce, mozzarella and cottage cheese instead of ricotta cheese.

There are Cod Wedges and Fried Shrimp for the fish lovers. The menu states Jumbo Shrimp but the shrimp should be called Extra Jumbo since Ari orders the larger 16/20 shrimp per pound size.

If you have a taste for Beef Liver you can get that too. It's coated with flour, grilled in butter and topped with grilled onions.



On one of our visits to the Red Roof Diner we met Father Richard Kuhn who is affiliated with the Saint Elizabeth Pastorate in Epworth, IA. He asked for the Smothered Grilled Chicken because he said while the grilled chicken is tasty by itself it is delicious when topped

with mushrooms, onions, red bell peppers and cheddar cheese. Here he is being served this wonderful concoction by our friendly and efficient waitress, Belle Neuwoehner.



Margie enjoyed the House Chicken. I am told many people ask what the difference is between the Fried Chicken and the House Chicken dinners. So here it is: Fried Chicken are pieces of chicken with bones. The House Chicken is made from chicken breast cut from the bone and sliced into strips that are then breaded and lightly fried. And by the way, when you are considering chicken dinners don't feel bad if you have



↑ Banana Split Waffle

to ask what Wing Dings are. I didn't know either. It is just a fancy name for chicken wings. They are served plain with BBQ sauce or Hot Sauce on the side.

When you are walking into Red Roof Diner check the board next to the door for off-menu specials. I recently had the Pork over Dressing Special that gratified my taste for something a little different than the usual choices.

You might find some surprises like a Monte Cristo (fried ham and cheese sandwich), Baked Chicken over Stuffing and pretty soon there will be Corned Beef and Cabbage for Saint Patty's Day.

The people of Peosta and the surrounding area are very lucky to have a good place to eat every day. And to think the people who made it happen came all the way from Macedonia. Is this a great country or what!

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

RED ROOF DINER

195 Peterson Drive, Peosta, IA 52068

563-556-6004

Hours: Sun–Thu 7 AM–8 PM; Fri–Sat 7 AM–9 PM

Dining Style: Family Diner

Noise Level: Conversational

Recommendations: Eggs with ham, bacon or sausage; Steak & Eggs; Greek Omelet; Banana Split Waffle; Burgers; French Dip; Hot Pork Open Faced Sandwich; Chopped Steak; House Chicken; Meatloaf

Liquor Service: None

Prices: Breakfast: \$2.75–\$9.45;

Lunch: \$3.95–\$8.95; Dinner: \$7.45–\$13.95

Pay Options: Cash, Debit, Local Checks, Discover, MasterCard, Visa

Accessibility: Front Door & Restrooms

Kids Policy: Menu, Booster, Highchairs

Reservations: Yes, Recommended on

Friday Nights and Sunday Mornings

Catering: No • **Take Out:** Yes • **Delivery:** No

Parking: Private Lot

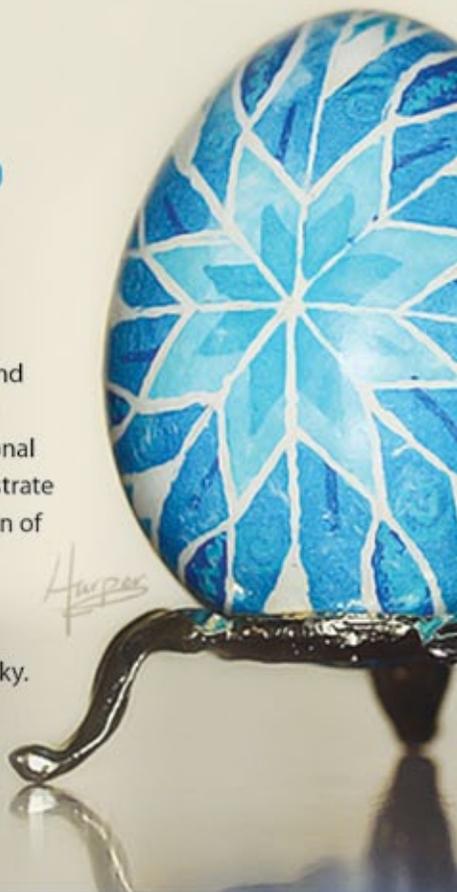


Check out the possibilities!

PYSANKY THE HISTORY AND DESIGN OF DECORATED UKRAINIAN EGGS

Saturday, March 5 @ 1-4 PM
Carnegie-Stout Public Library,
Aigler Auditorium

Join us for an afternoon of art and culture as Harper Folsom shares the history of pysanky, a traditional Ukrainian craft. She will demonstrate the methods behind the creation of these beautifully decorated eggs. Participants will have the opportunity to try using some of the tools used to make pysanky.



MINECRAFT EXPLORERS

Wednesday, March 9 @ 6:30-7:30 PM
Carnegie-Stout Public Library, Aigler Auditorium
Whether or not you're a Minecraft wiz, sign up for this game playing night. Bring a friend to join in on the fun and creativity. Test your skills and build away! Ages 7-11. Please register by calling 563-589-4225, ext. 2228

dubuque.lib.ia.us

360 W 11th St, Dubuque • 563-589-4225



DUBUQUE COUNTY
LIBRARY DISTRICT

Check www.dubcolib.lib.ia.us for more information about these FREE programs!



Creative Writing & the Writing Process

Peosta/NICC Branch,
Tuesday, March 1, 6:00-7:30 PM

This month's guest speaker, Jacob Krapfl, author of *Shadows of War*, veteran and educator, will be speaking on the process of self-publishing. He will focus on his own publishing experience.



Spring into Reading! - PreK Story Time

(infant - age 6)
Farley/Drexler Branch,
Tuesdays, March 1 & 15, 3:30-4 PM
Peosta/NICC Branch, Wednesdays,
March 2 & 16, 10:45-11:15 AM
Asbury Branch, Wednesdays,
March 2 & 16, 12:30-1 PM
Epworth Branch, Thursdays,
March 3 & 17, 3:30-4 PM

Our story time introduces young children to books, reading & language skills. Participants will enjoy all the fresh stories & activities for the spring months. Please register online or call your local branch.



Fun Days @ Your Library

(1st grade & older)
Holy Cross Branch,
Thursday, March 3, 3:30-5 PM
Come enjoy a variety of activities including Lego challenges, Wacky Science activities, & more. Plus, see what's new for kids @Your Library. A snack will be available for all participants. Please register online or call your local branch.



TEEN TECH WEEK March 6-12 'Create it at Your Library'

Come be a part of the Color My World program held later in the month. We provide materials.

Asbury Branch,
Monday, March 21, 6-7:30 PM



Teen Board Game Club

(6th grade & older)
Asbury Branch,
Monday, March 7, 6:30-8 PM
Join other teens for games of strategy and fun. Meeting monthly, snack provided. Please register online or call your local branch.



Fun Days @ Your Library

(1st grade & older)
Peosta/NICC Branch,
Thursday, March 10, 3:30-5 PM
Farley/Drexler Branch,
Monday, March 14, 3:30-5 PM

Take part in Wacky Science as we do a variety of fun & crazy experiments. Be prepared to learn some cool science facts & get a bit messy, too! Please register online or call your local branch.



Five Convenient County Locations...

- New Asbury Branch**
5290 Grand Meadow Dr., 563-582-0008
- Farley/Drexler Middle School**
405 3rd Ave. N.E., 563-744-3371 ext. 5160
- Epworth**
110 Bierman Road S.E., 563-876-3388
- Holy Cross**
895 Main Street, 563-870-2082
- NICC / Peosta**
8342 NICC Drive, 563-556-5110 ext. 224



WHAT IT MEANS TO BE HEART HEALTHY

BY HY-VEE NUTRITIONISTS MEGAN HORSTMAN (ASBURY), AMY CORDINGLEY (LOCUST), AND TRICIA RAU (DODGE)

So you're ready to make some heart-healthy changes in your life, especially with your diet and exercise? Perhaps you're wondering: Will it really make a difference? Do you really need to make those changes if you're taking medicine for your heart?

The answer is yes. Your lifestyle does matter—a lot.

Results from three groundbreaking studies examining the impact of lifestyle modifications underscore the power of healthy habits and the importance of focusing on total health to reduce the risk of cardiovascular diseases, according to the American Heart Association. The studies were recognized among the top research advances in 2015.

HERE ARE SOME THINGS THE STUDIES FOUND: 1. IT'S NOT ENOUGH TO JUST CUT SATURATED FATS.

How patients replace calories when cutting saturated fats makes a big difference when it comes to lowering coronary heart disease risk, according to a study published in October in the Journal of the American College of Cardiology. It is a significant finding, researchers said, because most people eat more low-quality carbohydrates when cutting saturated fats.

According to the study, replacing 5 percent of calories from saturated fats with an equivalent amount of polyunsaturated fats or monounsaturated fats lowered heart disease risk by 25 percent and 15 percent, respectively. Replacing with whole grains lowered risk by 9 percent. Substituting refined starches or sugars didn't increase or decrease risk.

2. BIGGER INCREASES IN EXERCISE REDUCE HEART FAILURE.

Guidelines recommend at least 30 minutes most days of the week. But to reduce the risk of heart failure, people should double or quadruple that, according to a study published in October in the AHA's journal Circulation.

In the study, those who exercised two and four times more than the minimum recommended amount lowered their risk of developing heart failure by 19 percent and 35 percent, respectively.

"This shows that the minimum recommended is good, but much more physical activity is better to really have a potential impact to prevent heart failure," said Marie-France Hivert, M.D., an assistant professor in the department of population medicine at Harvard Medical School and chair of AHA's physical activity committee.

3. ENCOURAGEMENT, SUPPORT OF A HEALTHY LIFESTYLE IS SO IMPORTANT.

The study, published in September in the Journal of the American Medical Association, used a low-cost automated program to send four text messages a week that offered advice and support to make lifestyle changes.

After six months, levels of bad LDL cholesterol, systolic blood pressure and body mass index were lower among patients receiving the text messages. Text-message recipients also exercised more and were more likely to have quit smoking.

IN GENERAL, THE AMERICAN HEART ASSOCIATION RECOMMENDS THESE STRATEGIES TO HELP PROTECT YOUR HEART: 1. EAT A WIDE VARIETY OF NUTRITIOUS FOODS IN THE RIGHT AMOUNTS FROM ALL THE FOOD GROUPS.

- Include lots of different kinds of vegetables and fruits, especially deeply colored varieties.
- Include plenty of fiber-rich, whole-grain foods.
- Choose fat-free, 1% and low-fat dairy products.
- Eat fish, preferably fish containing omega-3 fatty acids (for example, salmon, trout and tuna) at least twice a week.
- Select lean meats and skinless poultry.
- Include legumes, nuts and seeds.

2. LIMIT HIGH-CALORIE, LOW NUTRIENT FOODS.

- Reduce the amount of saturated fat, trans fat and cholesterol you eat.
- Limit sugar-sweetened beverages and fruit drinks, and save high-calorie snacks and desserts for occasional treats.
- Keep sodium to a minimum by limiting prepackaged foods and choosing unprocessed foods and products that are the lowest sodium available and using little or no salt when preparing foods.
- If you drink alcohol, drink in moderation.

Try this great recipe to ease your way into eating heart-healthy and starting your new lifestyle today. ■

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

MEDITERRANEAN TUNA ANTIPASTO SALAD

Makes 4 servings

All you need:

- 1 (15 to 19 oz) can beans, such as chickpeas, black-eyed peas or kidney beans, rinsed
- 2 (5 to 6 oz each) cans water-packed chunk light tuna, drained and flaked
- 1 large red bell pepper, finely diced
- ½ cup finely chopped red onion
- ½ cup chopped fresh parsley, divided
- 4 tsp capers, rinsed
- 1 ½ tsp finely chopped fresh rosemary
- ½ cup lemon juice, divided
- 4 tbsp extra-virgin olive oil, divided
- Freshly ground pepper, to taste
- ¼ tsp salt
- 8 cups mixed salad greens

All you do:

1. Combine beans, tuna, bell pepper, onion, parsley, capers, rosemary, ¼ cup lemon juice and 2 tablespoons oil in a medium bowl. Season with pepper.
2. Combine the remaining ¼ cup lemon juice, 2 tablespoons oil and salt in a large bowl. Add salad greens; toss to coat. Divide the greens among 4 plates. Top each with the tuna salad.

Per Serving: 290 calories, 16g fat, 2g saturated fat, 12mg cholesterol, 505mg sodium, 28g carbohydrates, 9g fiber, 17g protein.

Source: Adapted from Eating Well magazine



WELLNESS WEDNESDAYS
Shop Hy-Vee HealthMarket every Wednesday
SAVE 10% off
your HealthMarket items, organic produce and organic meat.

COMING SOON TO THE FIVE FLAGS CENTER
WWW.FIVEFLAGSCENTER.COM

BEAUTIFUL BRAHMS
MARCH 5 & 6 2016
featuring the Dubuque Symphony Orchestra
DUBUQUE SYMPHONY ORCHESTRA
MARCH 5TH & 6TH

1964 THE TRIBUTE
SATURDAY MARCH 19 - 7:30PM
1964 THE TRIBUTE
MARCH 19TH | 7:30PM

HARLEM GLOBETROTTERS
Wed., Apr. 6
7:00 p.m.
THE HARLEM GLOBETROTTERS
APRIL 6TH | 7:00PM

THE COMEDY PARTY
FEAT. PAULY SHORE, TOM GREEN, HARLAND WILLIAMS & BOBBY LEE
APRIL 9TH | 8:00PM

PINNACLE COMBAT XXIII
APRIL 29TH | 7:00PM

DANCING WITH THE STARS
APRIL 30
TICKETS AVAILABLE AT:
TICKETMASTER.COM | FIVE FLAGS BOX OFFICE

FIVE FLAGS CENTER
405 MAIN STREET
563.589.4254

f p smg ticketmaster



COVER YOUR BOWL

BY MATT BOOTH

Have you ever felt like someone is peeing in your Cheerios? Someone with a bad attitude is bringing you down? Do you work or live with someone who needs an attitude adjustment? It's easy to see the difference between a negative and positive attitude in someone else. Before you run around letting people ruin your day, cover your bowl.

Like it or not, your attitude is the benchmark of success (or lack thereof). A positive attitude will make a profound difference. It is that important! Checking

your attitude (CYA) should not be a one-time event taking place on the 1st of January each year. You should CYA at least as often as you brush your teeth. You probably brush your teeth when you get up in the morning and when you go to bed. By checking your attitude often, you can recognize warning signs of negativity, blame, and pessimism and replace them by being positive, responsible, and optimistic. You wouldn't think of only brushing your teeth once a year. Heck, you probably wouldn't think of leaving the house without brushing your teeth. You shouldn't leave the house without checking your attitude.

Checking your attitude is hard work. It's much easier to be negative than it is to be positive. Just look at the people around you for proof. To CYA, you have to be brutally honest with yourself and take full responsibility. You must fight, kick, claw, and do whatever is necessary to check your attitude. You

are the only one who can change your attitude. Be accountable for who you are and how you behave. The attitude you hold aligns with the role you play in life. If you don't like the role you are playing, check your attitude.

Regardless of your IQ or number of degrees, your success (or lack thereof) is determined by your attitude. Education is worthwhile; a good attitude is priceless. There is really very little difference between people, but that little difference makes a big difference. The little difference is attitude. The big difference is whether it is negative or positive. Life is better when you have a good attitude. If you check your attitude as often as you brush your teeth, you won't have to worry about covering your butt. The most successful people in the world are human beings just like you who check their attitudes and cover their bowl daily. If they can do it, you can too. Check Your Attitude. ■

MATTITUDE QUOTE

"A leader pulls, not pushes, others to the finish line."—Matt Booth

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

Dr. George Doolin
Doolin Chiropractic
Professional, Quality, Chiropractic Care
Plaza 20 Dubuque - 563.556.8890

FRESH BREATH WINS!

BY DR. WILLIAM KUTTLER, D.D.S., KUTTLER DENTAL TEAM

I was watching TV over the weekend and saw several separate ads promoting fresh breath, nice smiles, and a dating site. The key concept of the dating site was all about getting a second date. It stressed in a variety of ways that the first date was not a big deal, but having a connection good enough to warrant a second date was huge! Since Valentine's Day has just passed us by, it made me wonder how many people went out for a "first date" on that special romantic day, but didn't make it to the "second date" stage. And how many of those 'failed' dates were related to bad breath?

Studies show that half of adults have had bad breath at some time in their lives, and I bet the number is actually far larger than that. There are lots of reasons why people get bad breath. Many are harmless, although annoying, and others are an important warning of much bigger problems.

- Garlic, onions, and coffee are perhaps the things we most commonly associate with bad breath. Of course there are many other problem foods and beverages, but these probably deserve their bad reputation. Yes, what we eat does affect our breath. So if you're trying to make a second date a reality, you might want to pay attention to what you eat on your first date!
- Tobacco use is another frequent cause of problems. I suspect we all know smoking isn't good for us, but some people don't realize it's also a cause of stained teeth and bad breath. Further, it reduces people's

sense of taste and smell, so they aren't even aware of the impact it has on how their breath smells!

- Most bad breath happens thanks to hundreds of types of bacteria that naturally live in our mouths. When we eat, they do too, and often leave bad smelling waste behind. And of course, what we eat sometimes helps determine how those waste products smell....
- A related issue is if your mouth often feels dry, you might not be creating enough saliva. Saliva is essential to help "rinse out" your mouth. Without enough "spit", your mouth isn't lubricated, setting the stage for waste products to collect and smell. Dry mouth can be caused by medications, by breathing through your mouth, and sometimes also with age, as the quality and quantity of saliva changes. What can make it worse is that people who struggle with a dry mouth or bad breath often resort to mouth washes that contain lots of alcohol. While that may temporarily mask the dry feeling or the odor, the alcohol dries out your mouth and makes the problem worse!

Bad breath that always seems to be present and is often accompanied by a bad taste may be a sign of gum disease. So if you notice either of these problems a lot, it's extremely important to see your dentist right away. Other mouth infections can also cause bad breath, and your dentist can help you determine if the problem is being caused by a problem in your mouth.



Your bad breath could also be the result of a systemic problem, such as a sinus condition, gastric reflux, diabetes, liver or kidney disease. So if you have a persistent problem and have ruled out dental issues, it is very important for your over-all health for you to see your medical doctor to investigate the issue further.

If you've dealt with all of the previously mentioned issues and bad breath is still an occasional problem, what else can you do to prevent it? First, of course, is to make sure you are doing an effective and thorough job of cleaning your mouth. Note I didn't say "brush and floss". Thorough brushing, ideally more than once a day, cleaning between your teeth, and scrubbing your tongue are all important facets to *effectively* cleaning your mouth. Ask your dentist or dental hygienist to coach you based on your individual circumstances on this very important issue.

If you wear removable dentures, be sure to thoroughly clean them as well, and clean the tissue underneath where they rest in your mouth. Leaving them out overnight also often helps.

If you have a dry mouth, talk with your dental team about steps you can take to

get more saliva flowing. Eating healthy foods that require lots of chewing often helps and chewing sugar-free gum may also help. There are also over-the-counter products that are designed to help this problem. Your team can recommend the appropriate choices for your situation. If you are taking medications, talk with your doctor about your dry mouth. It may be possible to change your medications and find one equally effective that doesn't reduce your saliva flow.

Eliminating smoking is a given. I know for most people that isn't easy, but it really will change the health of your mouth as well as the rest of your body!

And if you've done everything else I've mentioned, and you really want to get a second date, using an alcohol-free mouthwash on an occasional basis may help. It may dislodge some of the bacteria and debris in your mouth and improve the situation for a short term "fix".

And who knows, maybe the second date will result in a lifetime of happiness! And perhaps effective care will result in a lifetime of good oral health! There's a win-win! ■



Kuttler Dental Team

Your smile. Your health. Our passion.

Our preventive approach delivers:

- Improved dental health
- Reduced dental costs
- Healthier, happier smiles

kuttlerdental.com

563.583.6424

Conceptis Sudoku

By Dave Green

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

Difficulty Level ★★★★★

2/21

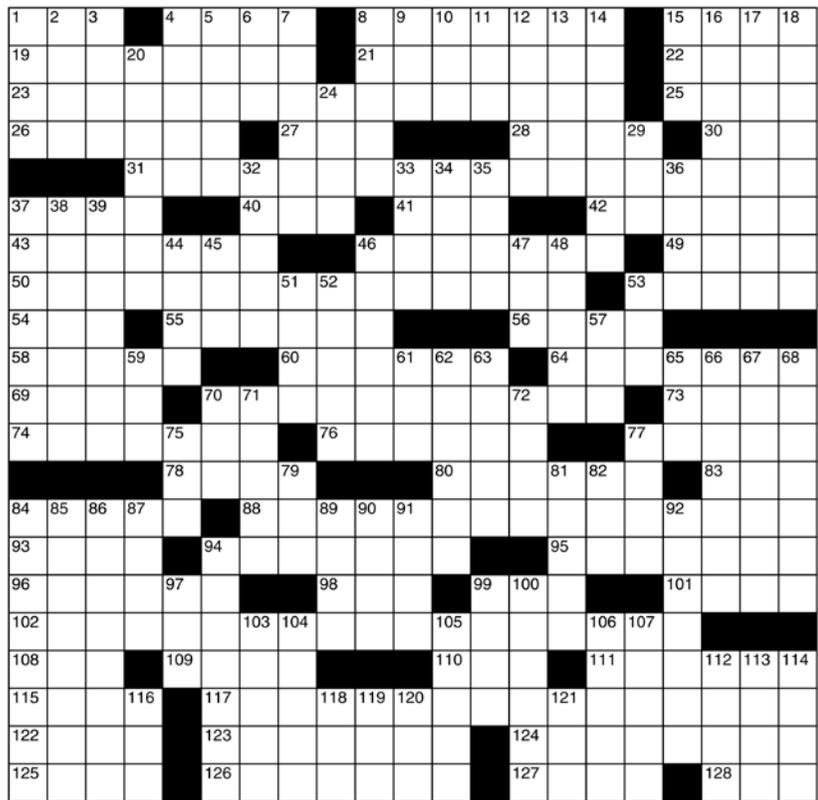
©2016 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

Sudoku answers on page 43

PREMIER CROSSWORD/ By Frank A. Longo

SECRET SCOUTING MISSIONS

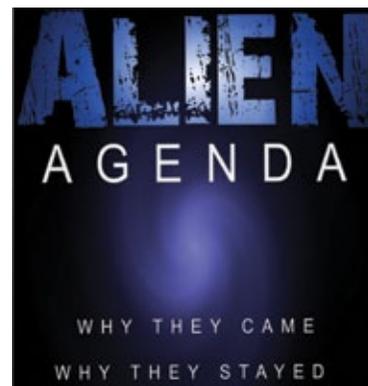
- ACROSS**
 1 — -Mart (retail giant)
 4 Hushed "Hey!"
 8 Part of PETA
 15 Some snakes
 19 Extra refrigerator convenience
 21 Pre-euro Greek coin
 22 Scrutinize, with "over"
 23 Extremely bad weather, e.g.
 25 Deep purple
 26 Skating great Yamaguchi
 27 Canton-born architect I.M.
 28 Big cracker brand
 30 Drink name suffix
 31 Offering at a memorial service
 37 Org. for Michelle Wie
 40 '60s psychedelic
 41 Nero's 1,006
 42 Apply an oily liquid to
 43 Folding art
 46 It glances off the bat and counts as a strike
- DOWN**
 49 A while ago
 50 Prevention of a blaze from spreading
 53 Madden
 54 "Dracula" director
 55 "— doin'!" ("Forget it!")
 56 Melt
 58 Dunne of movies
 60 Slow, tempo-wise
 64 Not less than
 69 To be, at the Louvre
 70 Longtime tech ad slogan (and a hint to this puzzle's theme)
 73 Essence
 74 Actress Dawson
 76 Hip-hop record label
 77 "— suggest that ...?"
 78 About
 80 African land
 83 Some vinyl records
 84 Philately item
 88 Clash between social groups
 93 Beseech
 94 Husky-toned
- ACROSS**
 5 Ominous
 6 Minute div.
 7 Recurring themes
 8 Murphy of "48 Hrs."
 9 Prefix with glyceride
 10 Toque, e.g.
 11 Here, in Arles
 12 C minor, say
 13 Prenatal test, briefly
 14 Track racer's windup
 15 iPhone extra
 16 Comforting in sorrow
 17 Discretion
 18 College term
 20 Text or email
 24 Dweeby sort
 29 Buddhism school
 32 Film director Eastwood
 33 "Hurry up!"
 34 Half of a zygote
 35 Cairo's river
 36 When morning ends
 37 More exalted
 38 In advance of
 39 Bridge parts maker
 44 Skin ailment
 45 Dairy sound
- DOWN**
 46 Conclusion
 47 Blowup stuff
 48 "— to Be You"
 51 "Imagine —!"
 52 Helped
 53 Saddlery tool
 57 Supped
 59 School lobby gp.
 61 Many a PC image file
 62 Bite, break or bruise
 63 "August: — County"
 65 Mileage rating gp.
 66 Send in via helicopter, maybe
 67 Diamond-shaping method
 68 Abounding in prickly plants
 70 Grafton's "— for Innocent"
 71 Saw edge
 72 Apple desktop
 75 Hip-hop music
 77 Stupid
 79 "— Day Will Come"
 81 Jack Sprat's dietary rule
 82 Genetic cell stuff
 84 Family appellations
 85 Value highly
 86 Rabble-rouser
 87 Diner list
 89 Beef cut
 90 Sunbathes
 91 — Reader
 92 Tilting
 94 One walking
 97 Flub up
 99 Gabor and Mendes
 100 French composer Jean-Philippe —
 103 Felon's deed
 104 Competed in a regatta
 105 Fruit coats
 106 "— hope so!"
 107 Butter substitutes
 112 Thom —
 113 "Mr. Nobody" star Jared
 114 River of Flanders
 116 Mao — -tung
 118 In advance of
 119 Low coral reef
 120 Bullring shout
 121 Victims of NFL sacks



#1,765 Average time of solution: 63 minutes
 Crossword answers on page 43

ANOTHER IMMIGRATION PROBLEM

BY BOB GELMS



Alien Agenda, Why They Came, Why They Stayed by Steve Peek is not a big book lengthwise but it is about some very big subjects. Have aliens visited us? Are they here now? What do they want? This novel answers these questions but, as Mr. Peek has said, "There are some people who bought it and are upset because all of the facts are not to their liking. This is understandable. When it comes to UFOs and aliens, everyone's 'facts' are not always the same."

I had to stop half way through the book because I was confused as to whether or not I was reading a novel or non-fiction. I did some research regarding the intent of the author. Mr. Peek continues, "*Alien Agenda* is filled with 'facts' that have been woven into fiction to make the entire book believable. Apparently, I did it too well for some readers or they purchased the book expecting non-fiction."

The author's comment gave me my answer but for the life of me, except for some really far out ideas, I couldn't tell the difference between the facts and the made up stuff. It's absolutely amazing. So, I suspended my disbelief and turned myself over to a master storyteller. That's when things got very interesting and a great deal of fun.

James Sanford Tate narrates the book in the first person. He is a disgruntled and mighty disillusioned former government keeper of the secrets. He spent his career doing stints in Naval Intelligence, the Pentagon, CIA, NSA, Congress, and groups no one will ever hear about. He is one of the very few people who know just about everything. After he left government service, the men in black in their black SUVs followed him everywhere and that's when he decided to run, more than likely, for his life.

Mr. Peek weaves real people and real events into his fictional story. President Truman was involved in the events at Roswell, New Mexico in 1947, when an alien spacecraft was accidentally shot down using an experimental weapon. Apparently, the aliens were investigating our use of atomic weapons—they didn't know we had them until the end of World War II. All these weapons motivated them to open a dialogue with the United States government. An understanding was reached leading to a treaty that Truman signed with the aliens trading information of high tech inventions for the right to study the people of Earth. That's when the abductions started.

The treaty was to last 50 years. The story goes on to explain that it expired during the Bush administration. So George Bush and Donald Rumsfeld set up a meet with the aliens to sign an extension of the treaty but the aliens never showed up.

Of course, none of this was public knowledge. The men in black in their black SUVs were charged with protecting these secrets at all costs and could deal with infractions any way they saw fit, including deadly force. James Forrestal's suicide might not have been a suicide. Forrestal was Truman's Secretary of Defense who resigned and died after a fall in 1949. President Kennedy had planned to go public with all the alien/UFO intelligence when he returned from Dallas and we all know what happened there. Mr. Peek has structured all the mysteries with the government at the core and has his major character explain what really happened. It's done in such a way you come away from the reading the book believing almost everything in it.

I am leaving out the big reveal because you should discover that yourself. It involves the reason aliens are here and why they have stayed. This is a fascinating book on many levels...part fact...part fiction...completely riveting.

I'll tell you a true story. I have a friend who was raised in Roswell, New Mexico, and still lives there. Her father was the Deputy Sheriff the night of the alien crash and was the second person to see the wreckage after the rancher on whose land the crash happened. The "official" weather balloon story is a lot of bunk. He was told by the government to never discuss, write about, confirm or deny anything that happened that night. My friend asked her father if they were aliens and all her father ever said was that there was more out there than you know.

No matter what the government says—still—the truth is out there and you will find a lot of it in *Alien Agenda*. ■

Where do you start?
Start here.
RUNDE
 AutoGroup.com

CHEVROLET BUICK GMC Ford CHRYSLER DODGE Jeep RAM

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

by **Sara Carpenter**
 from Steve's Ace Home & Garden



SPRING FEVER

Having a case of spring fever yet? The recent warm weather has me more motivated than ever to complete my to-do list! Here are a few things you can do to get a head start on spring and cure that spring fever...



PLAN YOUR GARDEN AND START SEEDS INDOORS

Vegetables- While some seeds like carrots, beans and salad greens, can be directly planted into the garden, many require a head start indoors. Depending on the germination time requirement, we are quickly approaching the right time to start veggies indoors such as tomatoes, peppers, eggplant and broccoli.

Annuals- Plants that need to be replanted annually can also get a head start by planting them indoors now so that they are far enough along when it is time to be replanted in your outdoor garden. I would suggest trying Marigolds, Cosmos, Celosia, Snapdragons and Sunflowers, just to name a few.

Perennials- Some plants that come back every year can also be started indoors. Yarrow, Shasta Daisy, Coneflowers and Black Eyed Susan's are all easily started from seed and can save you some significant dollars in the long run.

Simply purchase a seed starting blend of potting soil, which is light weight, and put it in some sort of tray, ideally one with individual portions and a clear lid to act as a greenhouse. Plant the seed at the correct depth according to the package instructions. Water them well and place in a bright, warm and indirect well-lit space and watch them grow.



FORCE EARLY BLOOMING BRANCHES TO BLOOM EVEN EARLIER INDOORS

Branches like forsythia, rose tree of china, pussy willows and other early blooming woody stems can be brought indoors

now, soaked in the bathtub for a bit and put in a vase of water. Shortly, they will be full of colorful blossoms you can enjoy indoors for weeks. I would suggest using this as an opportunity to do some aggressive pruning on these shrubs if they are becoming too woody in your yard. Otherwise, The Flower Shoppe has already cut dormant branches appropriate for forcing available to purchase.

BUY A BULB GARDEN

Did you plant bulbs in your yard last fall like we talked about? No? Well, here is your chance to enjoy your very own colorful collection, indoors instead of out. The Flower Shoppe at Steve's Ace can provide you with a dish garden of various spring blooming fragrant bulbs. Buy them early enough and you can enjoy the entire process of watching them develop. This is particularly fun if you can involve children or grandchildren!



CUT BACK GRASSES/ PERENNIALS IN THE GARDEN

On those exceptionally warm days feel free to get into the garden and begin cutting back the grasses and other perennials you let die back naturally last fall. This makes it easier to enjoy as soon as the weather stays consistently warm and those plants begin to come back from the root. Add this debris to your compost pile so that you have a valuable soil amendment beginning to develop for your garden.

CLEAN OUT WINTER DÉCOR POTS AND PLAN SPRING LOOK

Pansies are great cold weather tolerant annuals that add a pop of color to your porch pots and should be available for purchase very soon. Team them up with some festive Pussy Willow Branches and you have a charming spring look.

GRILL OUT!

Nothing screams summer and warm weather like a kabob on the grill. Although my family grills all year round, when the weather is nice it feels great to spend time outdoors while the meal is cooking and enjoy the aroma of the food as it cooks. Check out our complete outdoor grilling area that features popular brands like Weber and Big Green Egg. ■



TRI-STATE HOME AND BUILDERS SHOW



MARCH 4-6 @ GRAND RIVER CENTER

Visit our booth where we will be featuring Stu, King of the BBQ, an expert on Big Green Egg Grills!

STEVE'S ACE HOME & GARDEN 3350 JFK Rd 563-690-1500
 STEVE'S ACE HARDWARE 200 S Locust St 563-588-9755





THE Kitchen BUFFET

CRAB LEG BUFFET

FRIDAY & SATURDAY NIGHTS
5:00pm-9:00pm

Enjoy crab legs and so much more!

- Soup and salad bar
- Selection of entrées including broasted chicken
- Pizza
- Asian cuisine
- Pasta
- Decadent desserts

Beverage included in price.

\$9⁹⁹ **\$14⁹⁹** **\$19⁹⁹***
with 100 earned points with 50 earned points Diamond Club member price

Earn points on the day you are dining. Swipe your card at an offer kiosk to print your buffet voucher for that day. PLUS you keep your points! Not a Diamond Club member? Become one today, it's easy to join and it's free.

*\$21.99 non-member price. Must be 21 years or older. If you or someone you know needs gambling treatment, call 1-800-BETS-OFF.

DIAMOND JO
CASINO
WINNING IS JUST THE BEGINNING.
Port of Dubuque | DiamondJo.com



DEAR GLENDA,

I'm a flourishing entrepreneur, but that didn't come easy. I was a mediocre student, never went to college or had friends or luck on my side. I lived in poverty, minimum wage job, no benefits. A daily grind of pitiful monotony. When I found myself wishing I was never brought into this world, I decided to make a change in my thinking. I looked back at the few positives in my life and let go of the woes. I pieced together hope and a game plan.

I started a small business out of my apartment. Disciplined myself to a work regime. I ventured out to the real world and made connections and relationships to support my endeavor. I now have a full-time staff of 48 and have been the toast of the town. I miss my solitude. I crave simplicity and wonder if it's wise to start a plan to exit this road of success. —Sincerely, What to do

DEAR CUP RUNNETH OVER BRAGGART,

That's a toughy, even for an bitter weathered owl of wisdom like myself.

Let's start with the facts... You once were a lowly soul. Life was unkind. You saw no future. You had a vision of a life and manifested a successful business. Now you are back to square one. Emptiness or wanting it, and that, my dear, is your quandary.

Success in fortune and fame has a shelf life; spirituality is expansive. The mission statement you created to get out of your rut failed to mention peace of mind. Because you touched me personally, I'm going to forgo my snarky repertoire and offer an olive branch.

I'll swap: your business for my advice column. You can read dribble all day, play God while not having to leave

your studio apartment, practice daily hygiene and eat Happy Meals five days a week. I in turn will go on a shopping spree specifically for yoga pants and Frankincense, high tail it to the Club Med in Tibet, where I will toast Buddha and my new-founded fortune. When I return all spiritually lubricated, guess what? I'll book another trip, this time to Belize to swim with the friggin dolphins. Why? Because I can. —Oyi, Sucks to be you, Glenda

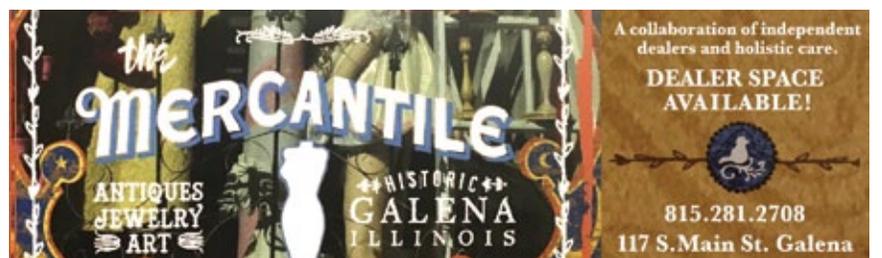
DEAR GLENDA,

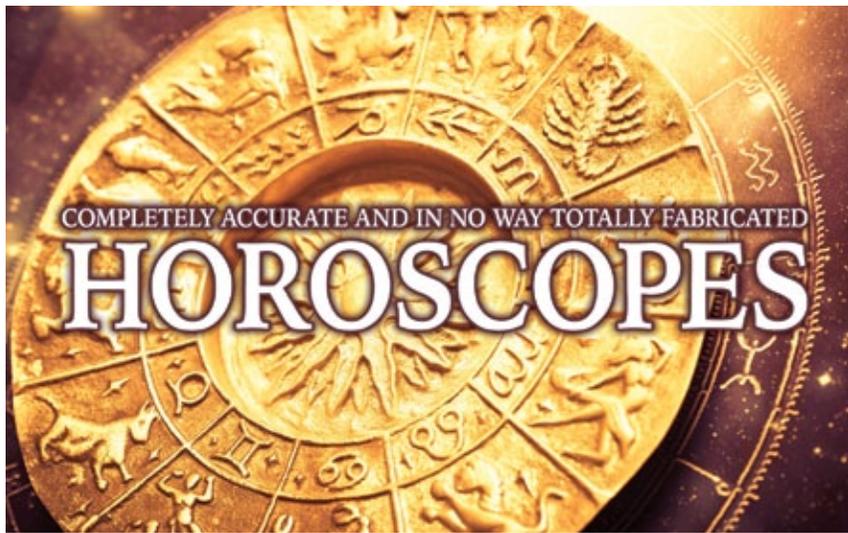
I'm a barista at Starbucks. I really like my job, the people and the perks (wink wink). I'm also a grad student at UD on track to graduate this year. Unlike my roommate who got a full ride scholarship and a substantial bank account from her parents, I've accrued some big time loans. I'm excited and nervous at the same time to leave college and my fun job for the real world. It sounds like work. —Get out of debt free Julie

DEAR JULES,

Reality sucks. It truly does. I don't think there are enough guidance counselors out there that map out the implications and grim forecast of college grads student loans.

The good news is you won't have to turn in your Starbucks apron from the get-go. As a matter of fact, that discounted espresso will be your vice to keep you well jacked up for next five years seeing you'll be working three jobs, doubles whenever possible, just to scratch the surface of debt. The silver lining: you'll continue to serve the familiar customers their favorite custom ordered bebies while you scratch your head wondering when you'll be on the other side of the counter, (wink wink). —Bottoms up, Glenda





Aries
(March 21–April 19)
If you still remember where your caucus location is, you are more than within your right to forget about it for a few years. You're brain is wasting that space when it could be remembering some cat videos.

Taurus
(April 20–May 20)
If you're looking for a great name for your new online app startup, gently rouse your sleeping grandpa and use the first nonsense word that comes out of his mouth. "Grefnelda" and "Shmarmly" may already be taken. (Thanks, Grandpa Stu!)

Gemini
(May 21–June 20)
It's okay to miss the large number of Presidential candidates that once was. What we're left with is seven candidates that can't keep up in producing the number of gaffes that 21 candidates could collectively create.

Cancer
(June 21–July 22)
It's still early enough in the process that if you wanted to recommend your services as the person to make ill-fitting in-store recommendations after customers make their purchases, Amazon would be glad to have you in their stores.

Leo
(July 23–August 22)
A key tip to winning life is to not amass a collection of books that are designed to help you winnow down what you own.

Virgo
(August 23–September 22)
In this day and age, the only use for pencils is that they're trinkets to give kids in lieu of candy. That's it.

Libra
(September 23–October 22)
In this day and age, the only use for physical mail is as papier mache fodder. That's it.

Scorpio
(October 23–November 21)
If we're looking for culprits in terms of people that shine laser pointers up at airplane pilots, why haven't we questions teachers that confiscated every one possible between the years 1997-2002?

Sagittarius
(November 22–December 21)
Remember that Hardee's is not a fast food restaurant that is meant to be the good complement to a rigorous workout regimen. It's easy to forget, I know...

Capricorn
(December 22–January 19)
Scientists in future generations will probably be able to finally tackle the hard questions like "Who Let The Dogs Out?" The answer, I fear, is that it was us all along.

Aquarius
(January 20–February 18)
It's puzzling that the makers of Soylent Green went straight to using people, when I imagine there were still plenty of possums left for the picking.

Pisces
(February 19–March 20)
Watch all the game shows you can now, because there are only seven left. We are now a nation that has turned its back on their chance to win cash and prizes.

Dubuque's **ORGANIC** Grocery & Deli
NOW OPEN SUNDAYS 11-5
Join Us Every Tuesday for made-from-scratch Indian Food
Featuring vegetarian dishes and fresh-made flat breads.
Other Daily Specials!
• Wednesday - Burritos
• Thursday - Falafel
• Friday - Grass-Fed Burgers
• Saturday & Sunday Brunch
NEW INDOOR BOOTH SEATING!
1109 Iowa Street, Dubuque | 563-557-1777 | facebook.com/thefoodstore

Attention Singles!
Dating Consultants can build you an online profile that will maximize your chances of finding the right match!
Our professional journalists/photographers interview you and write your essay, and photograph you in different settings. They will also provide information on dating sites, assistance with loading to the web and invitations to singles events.
For more information visit www.datingconsultants.biz or call 563.231.6586
Package deals or unbundled services available!

PUZZLE ANSWERS

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

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

Difficulty Level ★★★★★ 2/21

MORTGAGE RATES DROPPED! DON'T WAIT, REFINANCE AND SAVE!

Plus, with our *No Closing Cost option**, you can keep the cash in your pocket!
If you haven't refinanced lately, or are not sure what your rate is, we can help.

CALL US TO LOCK YOUR RATE | 563-588-1000



Premier
MORTGAGE



Tracy Schaul (NMLS #746726)
Vice President, Mortgage Lending
563-588-1000
140 W. 9th St. (& Iowa)
tschaul@premierbanking.com



Sara Lindecker (NMLS #746725)
Mortgage Loan Officer
563-588-1000
2625 NW Arterial Rd.
slindecker@premierbanking.com

*Subject to credit approval.

www.premierbanking.com



Your heart says yes.
Now your mind will too.

FIXED AUTO LOAN RATES STARTING AT:

2.99% | **3.16%***
APR

www.premierbanking.com/myride



Premier
BANK

563-588-1000 • 2625 NW Arterial • 1975 JFK Rd • 9th & Iowa

*Annual percentage rate subject to credit approval. Displayed rate based on vehicles years 2014-2016 with an auto debit from a Premier Bank checking account. All model years that do not have an auto pay from a Premier Bank checking will have an increase of 0.25% to the rates listed. Other terms are available. Rates as of publish date and subject to change without notice. Member FDIC

