

ALL THE WAY HOME Veterans Event SENIORS FEATURE Memory Café + Events FALL INTO ART Gallery Tour

UD Heritage Center B.I.T.E. SIZE SERIES

THE TRI-STATE'S FREE ENTERTAINMENT GUIDE

THE GRAND OPERA HOUSE PRESENTS



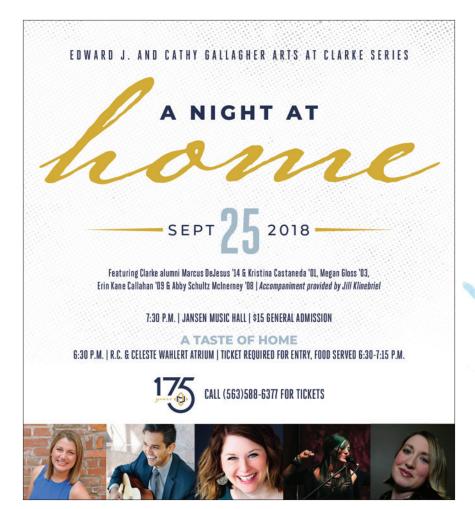
PERFORMANCES

OCTOBER 5, 6, 12 & 13 @ 7:30 PM OCTOBER 7 & 14 @ 2:00 PM

TICKETS ADULTS: \$20 / UNDER 18: \$12

BOX OFFICE HOURS MON-FRI, NOON-4 PM 563-588-1305 135 W 8TH ST, DUBUQUE, IOWA

THEGRANDOPERAHOUSE.COM



365INK MAGAZINE

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SEPTEMBER 20-OCTOBER 3, 2018 **ISSUE #326**



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THE 2018 DUBUQUE

22

AREA BACONFEST WITH PROCEEDS **BENEFITTING AREA** RESIDENTIAL CARE

BACONFEST PIG OUT AT GRAND RIVER CENTER ON OCTOBER 4 FOR

PHOTO: BOB FELDERMAN

SECTIONS

- 4 **EVENTS 20 ARTS**
- 26 NIGHTLIFE
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BOB'S BOOK REVIEWS



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WHERE'S WANDO?



WE'VE HIDDEN WANDO SOMEWHERE IN THIS ISSUE OF 365INK. CAN YOU FIND HIM?



KELLI KERRIGAN

563-581-7014



I'm writing from the $25^{\rm th}$ floor of the Hilton something or other in Alexandria, VA after a long weekend in D.C. with my lovely wife for our 10th anniversary.

Technically, I came to town to speak again at the National Marine Corps Reserve Toys For Tots Conference in Leesburg, VA, which is a big honor as they've never had a coordinator speak two year in a row before, so that's pretty cool. I guess I'm doing it right. Also technically, no one is allowed to accompany coordinators to the conference nor are we allowed to stay longer than the conference, but since I was not required to be there and it was after all my 10th anniversary, they were super cool and let me skirt the rules. Even better, because I was a special guest of the Foundation and not there as a coordinator, my trip did not cost a dollar from my local camping fund. So, sweet!

I had to speak at 10 a.m. on Friday morning for 30 minutes, and that was my only responsibility. We arrived on Thursday night and are staying until Monday morning. Because we have been to D.C. together twice before, we have done much of the mall and the usual downtown tourism stuff, so this time, we were looking to do something different: history and food. That's our jam. We did pretty good, I think.

We stayed in a very boring Best Western since I could not stay on campus at the national Conference Center, but proximity to my Friday morning goal was the key on night one, so no big deal. However, on Thursday night we had dinner in downtown Leesburg, VA at an amazing place called the Lightfoot Restaurant in a historic old bank building. It was the meal of the trip. Wow! There's nothing like absolutely nailing it with big dinner dreams. We did. As amazing as my scallops and lobster bisque with seriously a whole lobster tail in it were, Christy's steak was just like love melting in your mouth. Hopefully, I could wake up the next morning in time to speak coherently. I did.

Ten minutes after my speech, I was on my way to pick up Christy at the hotel and we were off... to Gettysburg. In hindsight, this was the mother of all good ideas. Gettysburg was a treasure. Go. Just go. The history and the stories were incredible. We took a guided tour of the battlefield the first afternoon giving us a great understanding of the what happened there, how it happened, why it happened and what it meant. So the next day when we visited the massive Gettysburg National Military Park and Visitors Center complex, we had a great base of understanding to work from. The place is huge and it took hours to get through it all. Then we took the car and went back to the battlefield where we had the best tour the previous day and visited a couple spots we wanted to see closer up and that were of particular interest to us. For me, it was where leff Daniels and C. Thomas Howell defeated the Rebs at Little Round Top. Kidding, but the movie was filmed in the real places it happened, so looking forward to revisiting that. Literally hundreds, maybe thousands of ornate markers EVERYWHERE commemorating the service of every company in the battle, the leaders, the states, and more. And the way they were arranged in lines marking the locations of each group of men on the field those days. It's something that stays with you. In the last decade, the state has bought back all of the properties on the battlefield that had modern structures on them, from gas stations to signs to power lines, and now, aside from minimalist roadways and monuments,



the field looks more like it did on July 1, 1863 than it has in over 100 years. The battle literally happened right through town, so to be able to carve out these fields is impressive. There's actually a McDonalds about a ¼ mile from Pickets Charge, but you can't see it from the battle site. Well played, Gettysburg.

We stayed at a beautiful historic school building pre-dating the war called the Federal Point Inn that added to the special historic feel of the day. Dinner at a distillery called Mason Dixon was underwhelming, but I think we just ordered poorly. Our bad.

Saturday night we headed for Alexandria to this monster Hilton as it was near our airport but also close to out Sunday destination, Mount Vernon. Starting with a stellar plate of chicken and waffles at the restaurant on the Mount Vernon Campus was a good choice. This was not tourist food, which was next door at the food court., This was an old-school, sit-down, tasty meal. Then on to visit George Washington's home. He claimed it was the finest positioned home in America, and he may be right. It's simply majestic. And it is basically just like it was in 1799 when he died. As rich and famous as he was, it was still some pretty rustic living. The grounds and gardens are still beautiful and still worked like a real plantation with animals, vegetables and more. I didn't even think about the fact that he and Martha are buried on the property, so that was profound to stand and look at their crypt, which is open to see inside of and view their individual vaults. Honestly, the vista from the river-side porch of the house reminded me of looking at the Mississippi from the arounds of Four Mounds in Dubuque. Except George is such a big deal that the entire viewable swath of land across the river from his house is a National Park, existing for the sole purpose of protecting the pristine view from his home. After the museums and films on the property, we were tired after a full day.

Dinner tonight at a new place called The Bastille had high hopes as it had great comments on Yelp, but man, what a disappointment. If the chef recommends the duck medium rare then he should cook it that way. Tough steak. Boo! Our dinner the night before was at the Hilton, as a fall back because we were just tired. That meal, at the hotel's restaurant Finn & Porter, had low expectations and soared well about them. I have great sushi and crab cakes (I can mix and match, this is my story). So go figure. Thanks a lot, Yelp!

And I did it all my with extremely sore sciatica butt and survived. So now, back to Dubuque and to finish this issue of the paper by Wednesday. No problem. After seeing how these people lived, and died, I have very little to complain about.



OCTOBER 5

LOVE & ROCK

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SEPTEMBER 22 & OCTOBER 19 DUELING PIANOS

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OCTOBER 6 CLUB 84





OCTOBER 20 TIME MACHINE

OCTOBER 14

ROYAL BLISS



OCTOBER 26 JABBER BOX Halloween Party

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AL GLIEST IAY ALLEN HITS INCLUDE: "WHISKEY GLASSES," 'UP DOWN" & "THE WAY I TALK' SATURDAY, SEPTEMBER 29 :: 8PM



WITH SPECIAL GUEST COREY COX 10 TOP 40 COUNTRY HITS INCLUDING: "LOVER, LOVER," "I GOT THIS" & "DRINK TO THAT ALL NIGHT" FRIDAY, OCTOBER 5 :: 8PM STANDING ROOM ONLY | TICKETS START AT \$20

HARD SALAMI ONE HOTT MESS FRIDAY, SEPTEMBER 21 :: 8PM SATURDAY, SEPTEMBER 22 :: 8PM

ELECTRIC SHOCK MATERIAL GIRL

FRIDAY, SEPTEMBER 28 :: 8PM SATURDAY, OCTOBER 6 :: 8PM

MISSISSIPPI BAND SPINDRIFT FRIDAY, OCTOBER 12 :: 8PM SATURDAY, OCTOBER 13 :: 8PM

FRIDAY, OCTOBER 19 :: 8PM SATURDAY, OCTOBER 20 :: 8PM

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4 EVENTS 365INK MAGAZINE SEPTEMBER 20-OCTOBER 3, 2018 ISSUE #326

INTERNATIONAL DAY OF PEACE 2018 THE WAR TO END ALL WARS

NOW THROUGH SEPTEMBER 30 VARIOUS LOCATIONS IN DUBUQUE AND EPWORTH, IA AND SINSINAWA, WI Since its 1981 inception, the United

Nations International Day of Peace has marked humanity's personal and planetary progress toward peace. The United Nations International Day of Peace is recognized around the world every Sept. 21. The celebration has grown to include millions of people in all parts of the world.

Dubugue's Festival Celebrating the UN International Day of Peace spans the two-week period surrounding that date. It began in 2010 with a single event and expanded to 16 events in 2016 with participation from many community groups. Past keynote speakers include Rajmohan Gandhi (grandson of Mohandas K. Gandhi), Phillip Lawson (early civil rights pioneer), Rohina Malik (Muslim actress and playwright) and Jim Bear Jacobs (Native American Activist).

Strategies for Nonviolent Resistance: A conversation with Paul Engler THURSDAY, SEPTEMBER 20 6-8 PM @ LORAS WAHLERT HALL ROOM 101

Prayer for Peace

FRIDAY, SEPTEMBER 21 12:30-1:30 PM @ SINSINAWA MOUND (SINSINAWA, WI)

Paul Engler: Nonviolent Alternatives to War FRIDAY, SEPTEMBER 21

7-8:30 PM @ LORAS ALUMNI CAMPUS CENTER Paul Engler grew up in lowa and is founding director of the Center for the Working Poor, based in Los Angeles. He is one of the founders of the Momentum Training, which educates hundreds of activists each year in the principles of momentum driven mobilization.

Just to Live is Holy: Women Religious and a Tradition of Art, Faith, and Justice SUNDAY, SEPTEMBER 22

10 AM-5 PM @ DUBUQUE MUSEUM OF ART This exhibit runs Sept. 22 through Jan. 6, 2019. 701 Locust St. DBQart.com.

Hike to Help Refugees

SATURDAY, SEPTEMBER 22 NOON-2 PM @ LORAS COLLEGE Start at Loras College, then University of Dubuque and end at Clarke University. **IowaUNA.org**.

This how we BBQ in DBQ

SATURDAY, SEPTEMBER 22 1-5 PM @ CLARKE KEHL CENTER Engage with different cultures through free food catered from local vendors. A live DJ will



PAUL ENGLER AUTHOR OF THIS IS AN UPRISING: HOW NONVIOLENT REVOLT IS SHAPING THE 21ST CENTURY

The following opportunities are free unless listed otherwise. Visit DBQDayOfPeace.org for the complete calendar and resources.

play family-friendly music. Activities include a volleyball tournament. BBQinDBQ.org.

Historic District Coffee House

SATURDAY, SEPTEMBER 22 7-9:30 PM @ UNITARIAN UNIVERSALIST FELLOWSHIP OF DUBUQUE

Concert Across America

SUNDAY, SEPTEMBER 23 1-3 PM @ UD BLADES HALL Hosted by Coalition for Nonviolence, supporters of effective gun control.

War, Peace, and Superhero Culture

MONDAY, SEPTEMBER 24 7-8:30 PM @ LORAS ALUMNI CAMPUS CENTER Ben Darr will engage with and critique the way pop culture teaches us to interpret the United States' role in the world.

Flyover Country: A Poetry Reading **TUESDAY, SEPTEMBER 25**

6:30-7:30 PM @ SINSINAWA MOUND (SINSINAWA, WI)

Tapestry Concert for Refugee Children SATURDAY, SEPTEMBER 29

6-8 PM @ INSPIRE CAFÉ Eniov music and raise funds, awareness and solutions for issues faced by immigrants from Central America now living in the Tri-State area. Donations go toward Dubuque for Refugee Children.

Interdenominational Vespers Service

SUNDAY, SEPTEMBER 30 7 PM @ DIVINE WORD COLLEGE (EPWORTH, IA)

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LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES THE BRICKLAYERS OF OZ FRIDAY, SEPTEMBER 21

7:30 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

University of Dubuque Heritage Center continues its sixth annual Live at Heritage Center Performing Arts Series with acclaimed professional dance company Chicago Dance Crash (CDC). Founded in 2002, CDC has morphed into the Midwest's premiere fusion style hip-hop/contemporary dance ensemble with 14 dancers.

As the flagship production of CDC's 15th anniversary season, The Bricklayers of Oz returns to CDC's roots of big pop culture with an original prequel to L. Frank Baum's The Wizard of Oz. The origin story of the yellow brick road is told with breakdancing and hip-hop for all ages through a production that was recognized by Dance Magazine as "The Most Inventive New Work of 2017." It's an action-packed, lighthearted street tale of the lesser known laborers that toil within The Land of Oz with narration and original lyrics by Chicago rapper Al

28TH ANNUAL **GUTTENBERG GERMANFEST** SEPTEMBER 21-22 500 AND 600 BLOCKS, S RIVER PARK DR, GUTTENBERG, IA

Guttenberg is celebrating its 28th annual GermanFest on Friday, Sept. 21 and Saturday, Sept. 22, concluding with a German church service at 10:15 a.m. on Sunday, Sept. 23 at St. John's Lutheran Church. Activities are held on the 500 and 600 blocks of South River Park Dr. in Guttenberg, IA unless otherwise noted.

The celebration begins Friday with the Craft Fair and Market opening at 3 p.m. followed by the city-wide garage sales at 5 p.m. A hog roast and brat dinner will be served at 5:30 p.m. by Clayton Ridge Farm. Enjoy live music by the nationally touring polka band, Barefoot Becky and the Ivanhoe Dutchmen from 6-10 p.m. This crowd-pleasing four-piece group hails from Mount Vernon, Iowa and blends

Tamper. CDC's hip-hop fusion style, full of flips and spins, helps tell the story of the Wicked Witch of the East and her power-hungry plan to coax others into building her magical road, followed by the realization and uprising of an otherwise ignored group of people.

Dubuque-based dance group Dreaming Allegiance open. Members of CDC will deliver a free pre-show lecture from 6:30 to 7 p.m. offering insights on the company and their work as well as time for questions and answers.

Tickets are \$25-\$30 for adults, \$20 for UD alumni and military, and \$10 for children and students. All tickets increase by \$5 for purchases on the day of the performance. Tickets can be purchased Monday through Friday from 10 a.m. to 5 p.m. at the Heritage Center Farber Box Office; by phone at 563-585-SHOW; or online at DBQ.edu/heritagecenter.

German-style polka music, Czech music, country, big band, and party favorites!

Saturday's music includes headiners Triple Threat from 5 to 7 p.m. and Uncle Samp's Band from 7 to 11 p.m. plus the Guttenberg German Band, Silbertaler Trio, Lyle Beaver & Carpe Diem. Other entertainment includes UNI Dance Company performances, magician TJ Regal, home brew tasting, wiener dog dash, vendor market fair, classic Volkswagon Display, kids games, inflatables and kiddie train ride, kids obstacle course, Hammerschlingen, kraut-off, walking tour, and Mississippi River Boat Charters.

For more information and a complete schedule, visit Guttenberglowa.net, call 563-252-2323, or find Guttenberg GermanFest on Facebook.

FRIDAY, SEPTEMBER 21

Lunch and Learn with Womens Wellness Tea 12:10-12:50 PM @ STATERA

INTEGRATED HEALTH Join Statera's women's wellness team to learn more about how to improve your health and wellness! Hosted by Megan Gross-ARNP, Leslie Kremer-PT, Ashley Obebroeckling-Acupuncture, Fire cupping and Guasha, Candice Chaloupka-Mental Health and Nutritional Counseling, Lynn Randall, DC-Chiropractic and Malia. 3375 Lake Ridge Dr. **StateraIntegrated.com**.

SATURDAY, SEPTEMBER 22

Master Gardeners Fall Plant Sale

7 AM-NOON @ DUBUQUE FARMERS' MARKET The Dubuque County Master Gardeners are a service-based organization focused on sharing their gardening knowledge and skills with the local community. They are selling plants to raise funds and will also be available to answer gardening questions. **rakruse@iastate.edu**.

Community Day & Smithsonian Museum Day Live

10 AM-4 PM @ DUBUQUE MUSEUM OF ART & MATHIAS HAM HISTORIC SITE The Dubuque Museum of Art celebrates Women Making History with the opening of the exhibition *Just to Live is Holy*. FREE admission, guided tours, *Women of Dubuque* portrait project pop-up exhibit, new outdoor sculpture *Irene*, community mural project created by Little Luxuries and Chelsea Tapia, and complimentary coffee and donuts.

Join the Dubuque County Historical Society for a FREE afternoon of tours at the Mathias Ham Historic Site! Plus, check out the new and unique merchandise in the gift shop.

Galena Cellars Fall Harvest & Art Festival

NOON-6 PM @ GALENA CELLARS VINEYARD & WINERY (GALENA, IL) A combination that promises to be a fun fall adventure, this event features artists in the vineyard with demonstrations and art sales, free horse-drawn wagon rides, live music, vineyard tours, wine tasting, food stands, and a grape stomp competition. Free. **GalenaCellars.com**.



Historic District Coffeehouse 7-9:30 PM @ UNITARIAN UNIVERSALIST FELLOWSHIP OF DUBUQUE This free gathering provides an opportunity for musicians to play or poets to read in a relaxed atmosphere, and for listeners to enjoy a cup of coffee, snacks, and some "coffeehouse-style" entertainment. Contact Bruce (**608-348-5099** or **schd35@gmail.com**) or Art (**563-581-6521** or **rocheart3@msn.com**) to perform. Walk-ins welcome if time allows. Free-will donations of canned goods for the Dubuque Food Pantry. All ages. Free. 1699 Iowa St.

The One-Day Play

7:30 PM @ LORAS ST. JOSEPH AUDITORIUM In 24 hours, what can a group of students create? A comedy? A drama? A mystery? Something unique? Something that makes you laugh, or cry, or think? Join us and take a crazy, wild and unique journey into the creative mind. An evening of theatre that always proves popular and entertaining. \$5. Loras.edu.

SUNDAY, SEPTEMBER 23

Gramercy Park Gala

5-9 PM @ DBQ CO FAIRGROUNDS The Eddy Howard Orchestra, under the direction of Jerry Accola, will provide live big band music for your dancing and listening enjoyment. Cash bar and food will be available. Ticket price includes a chance at a drawing for three cash prizes: \$100, \$50, \$25. Proceeds go to the maintenance and restoration of Gramercy Park in East Dubuque. \$10 Adv/\$12 door. **815-747-3196**.

TUESDAY, SEPTEMBER 25

Lunch Time Book Group: Cutting for Stone

NOON @ RIVER LIGHTS BOOKSTORE Discuss *Cutting for Stone* by Abraham Verghese. 1098 Main St. 563-556-4391. RiverLights.com.

Dubuque Area Congregations United

7-8:30 PM @ STEEPLE SQUARE Kathy Flynn, OP of Opening Doors, will talk about poverty and housing. Nonperishable items accepted for Dubuque Food Pantry. All are welcome. 105 E 15th St.

WEDNESDAY, SEPTEMBER 26



Complete Composting Class 6-9 PM @ CONVIVIUM URBAN FARMSTEAD Wednesdays: Sept. 26–Oct. 24. Join Convivium's Farm Manager, A.J. Shultz and learn how to turn your kitchen scraps and yard waste into fertile compost. Build projects to take home. \$60. 2811 Jackson St. 563-557-2900. Convivium-DBQ.com.



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YOUT PASSPORT TO ADVENTURE

Direct from China Presented in cooperation with The Dubuque Arts Council

Manhu

FRIDAY, OCTOBER 5, 2018 - 7:30 P.M. John and Alice Butler Hall

Translated "The Fierce Tigers" and hailing from the Stone Forest of Yunnan Province in SW China, Manhu's multi-layered sound is uniquely bewitching.

Free 30-minute pre-show lecture at 6:30 p.m. in Babka Theatre.





SATURDAY, OCTOBER 6, 2018 - 7:30 P.M. John and Alice Butler Hall

Then and There, Here and Now

Performing music from Strauss, to Gershwin, to Duke Ellington with styles from Baroque to spirituals – repertoire reflects hallmarks of San Francisco's choral gem, an expansive aesthetic and seamless virtuosity in ensemble singing. *Opening music provided by University of Dubuque choirs.*

Free CyberCafé Knapp Stage pre-show live music with Ken Kilian Jazz Quartet, 6:00 – 7:00 p.m.



BLOKTOBERFEST SATURDAY, SEPTEMBER 22

NOON-7 PM @ MILLWORK DISTRICT (10[™] & WASHINGTON ST)

Bloktoberfest is one day festival that is coming to the Millwork District this fall. The Dubuque Jaycees in conjunction with 7 Hills Brewing Company and Olliewood Action Sports are bring together local breweries, local restaurants, music, BMX, and skateboarding for a festival like none other in Dubuque. Fusing the positive elements of a metropolitan block party with the positive attributes of a traditional German Octoberfest connects the past with the future, to be experienced in the now.

Participating food and drink vendors will be 7 Hills Brewing Company, Dimensional Brewing Company, Jubeck New World Brewing, Potosi Brewing Company, and Backpocket Brewing Company, Brazen Open Kitchen, Charlottes, The Foundry, Convivium Urban Farmstead, Smokestack, Inspire Café, Millwork Bakery, and more!

Bloktoberfest is working with Olliewood Action Sports, Spahn & Rose Lumber Company, and Division BMX (Milwaukee, WI) to furnish 10th Street with a skatepark for the day. The skatepark will feature the same box jumps, quarter pipes, and street obstacles that you will find in Nationally cover contests like the X-games.

Live music comes from The Zealots, Case the Joint and the Mike Dangeroux Orchestra. Events include beer yoga, tug of war 4 vs 4, stein races, dunk tank and the Iowa vs. Wisconsin football game will be on the giant TV. Cool shopping will pop up from Enlightened Mystical Minds, Namaste Athleisure Wear and Zazous Bridal Boutique and Tuxedos.

This is a family-friendly event and will also feature an impressive kids area thanks to Voices, Creative Adventure Lab and Clarke University STEM. Additional kids feature still to come.

Bloktoberfest is free with events, activities, and fun for the whole family. Mark your calendars and clear your day! For more information, visit **DBQbloktoberfest.com**.

12TH ANNUAL GALENA OKTOBERFEST SATURDAY, SEPTEMBER 22

NOON-10 PM @ DEPOT PARK (99 BOUTHILLIER ST, GALENA, IL)

Voted best regional festival in 2018 by the readers of *Illinois Country Living Magazine*, Galena Oktoberfest takes place on Saturday, Sept. 22, with more in store than ever before. This 12th annual event is a family fun day from noon to 10 p.m. Gates open shortly before noon at Depot Park. Hosted by the Galena Lions Club, all proceeds of this event go back to the community to serve those in need.

People of all ages enjoy Galena Oktoberfest, as it features live music by three bands, occasional alphorn music, polka dancing and lessons, costume contest, and parade, a beer stein endurance contest (one for women, one for men), a beanbag tournament, bounce house and children's activities, and plenty of German-style food, soda, and beer. The day begins at noon with the ceremonial tapping of the keg, followed by the popular wiener dog races and events.

The big white tent provides plenty of seating and shade for eating and dancing. Bands include two polka

bands: the Jim Busta Band from Spring Grove, MN accompanied by national polka star and host of the "Mollie B Polka Party," on RFD-TV, Mollie Busta Lange and The Goodtime Dutchmen from

Morgridge Family

Foundation. The

Morgridge Foun-

dation's contribu-

Kewaskum, WI. A local, up-beat, cajun/rock band Derty Rice will be featured during the evening festivities.

Admission is \$5 for adults and teens, and free for children 12 and younger (accompanied by an adult). Leashed, friendly dogs are welcome. Pre-registration is encouraged for the wiener dog events and bean bag tournament.

For more information, as well as registration of wiener dog events and the bean bag tournament, visit **GalenaOktoberfest.com** or call **815-331-0180**. Be sure to "Like" Galena Oktoberfest on Facebook for updates.

"YOU INSPIRE ME" AUTHOR SERIES CARRIE MORGRIDGE TUESDAY, OCTOBER 2

6:30-8 PM @ HOTEL JULIEN DUBUQUE (200 MAIN ST)

The Community Foundation of Greater Dubuque is excited to announce that it will be hosting Carrie Morgridge as part of the "You Inspire Me" author series on Tuesday, Oct. 2 from 6:30 to 8 p.m. The event will take place at Hotel Julien Dubuque.

The Foundation is excited to offer this event to the community for free thanks to the generous contributions of Jeff Lenhart, a Dubuque native, who is currently on a countrywide scooter journey to spread kindness. Past "You Inspire Me" guests include Orly Wahba and Garth Callaghan.

Carrie Morgridge is an American philanthropist and author who serves as vice-president of the



tions have been in the tens of millions of dollars, with a particular focus on improving education, as well as health, the arts and the environment. Her book *Every Gift Matters* advocates the idea that even small gifts can have a big impact if done properly.

The Community Foundation of Greater Dubuque strengthens communities and inspires giving. For more information, visit **DBQfoundation.org**.



GET YOUR TICKETS TODAY! THURSDAY OCTOBER 4 | 5-8 PM GRAND RIVER CENTER

5:00 PM | VIP 6:00 PM | GENERAL ADMISSION

\$45 VIP | \$25 General Admission | Kids 5 & Under: Free Tickets available at www.dbqbacon.org





10.4.18

GLIMMER OF HOPE FASHION SHOW

THURSDAY, OCTOBER 4 5:30 PM @ HOTEL JULIEN DUBUQUE BALLROOM

The Dubuque Community YMCA/ YWCA's 12th Annual Glimmer of Hope Fashion Show will take place on Thursday, Oct. 4 at the Hotel Julien Dubuque Ballroom. Event begins at 5:30 p.m. with appetizers and a cash bar. The fashion show and program will begin at 6 p.m.

This event raises awareness of domestic violence in our community and support for victims of domestic violence served by the Dubuque Community YMCA/YWCA's Victim Services Shelter. Seating is limited and advance tickets may be purchased for \$60 at the Dubuque Community YMCA/YWCA or Graham's Style Store, or \$75 at the door. Tables available as are event sponsorships. Call **563-556-3371**.

triexceptional.com

American Academy of Cosmetic Dentistry

The Dubuque Community YMCA/ YWCA Victim Services Shelter is the only domestic violence shelter in the area. providing services that include: safe shelter, crisis intervention, advocacy, empowerment, financial literacy, assistance with continuing education and/ or job readiness, and community-based prevention education and training, free and completely confidential. No longer receiving federal crime victim funding, operating the Shelter is a constant challenge. Funds raised are vital to keeping the Dubuque Community YMCA/ YWCA Victim Services Shelter open and accessible to those that need it most.

Dr. Alexia Oetken

Dr. Ted Murray

Dr. Kristen Berning

563.556.2711

* invisalign sedation dentistry

info@triexceptional.com



LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES **MANHU FROM CHINA** FRIDAY, OCTOBER 5

7:30 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

Part of Arts Midwest World Fest and hailing from the Stone Forest in China's Yunnan Province, Manhu brings to life the traditions of the Yi people, an ethnic minority group with a rich musical history to the University of Dubuque's Heritage Center on Friday, October 5, at 7:30 p.m. in John and Alice Butler Hall.

Manhu, which means fierce tigers, has a multi-layered sound that is uniquely bewitching. Playing the hulusheng, a mouth organ made from dried gourds, and even an ordinary leaf as a reed, Manhu shares instruments and songs that are well-known in their homeland but rarely seen on an international stage. The ensemble has performed throughout China in prestigious venues such as the National Centre for the Performing Arts in Beijing and Shanghai Music Hall; however, this is their first international tour.

Manhu presents a fascinating reinvention of Yi music, most specifically from the Sani region of the Stone Forest, an area geographically isolated from other Yi populations with its own musical and cultural identity. Although often viewed as newcomers, Manhu has been playing together since 2003. They are multiinstrumentalists, proficient in a range of Yi instruments. The musicians choose to present an upbeat imagining of how these often inaccessible traditions can be adapted into a modern band.

In collaboration with Dubuque Arts Council, UD is in the midst of a two-year partnership with Minneapolis-based Arts Midwest. During the partnership, four international ensembles representing Israel, Japan, China, and Norway each spend one week in the Dubuque area.

"We're so fortunate to have these groups coming to our community," said Thomas Robbins, executive director of Heritage Center. "The groups not only perform a public concert but most of the week they are in the schools sharing their culture through workshops. It's not often communities like ours have the chance to host international ensembles like Manhu at all—let alone for a full week. We're fortunate. It's a rare opportunity for us to enjoy an authentic slice of Chinese music and culture right here."

Prior to the performance, members of Manhu will deliver a free pre-show lecture from 6:30 to 7 p.m. in Babka Theatre, adjacent to Butler Hall, offering insights on the group and their music as well as time for questions and answers.

Tickets are \$15-\$20 for adults, \$12 for UD alumni/military, and \$10 for children and students. All tickets increase by \$5 for purchases on the day of the performance. Tickets can be purchased Monday through Friday from 10 a.m. to 5 p.m. at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**.



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Drs. Alexia Oetken, Kristen Berning and Ted Murray are members of the AACD. * Dr. Ted Murray is AACD accredited.

THURSDAY, SEPTEMBER 27

Banned Books Trivia BINGO

6 PM @ CARNEGIE-STOUT PUBLIC LIBRARY Celebrate your freedom to read with a game of BINGO in honor of Banned Books Week! Free. 18+. 563-589-4225. dubuque.lib.ia.us.

Drinks with da Vinci

6-8:30 PM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

Enjoy light refreshments and samples of Italian wines with a sommelier while exploring *DaVinci The Exhibition*. 21+. \$12 for members and anyone who purchases tickets online in advance/\$15 for non-members at the door. 350 E 3rd St. **RiverMuseum.com/davinci**.

PechaKucha Night Dubuque, Volume 13

7-9:30 PM @ DUBUQUE MUSEUM OF ART Come hear local stories and ideas, told in the traditional PechaKucha 20×20 format. Drinks and food are available for purchase. \$5 Suggested donation. **facebook.com/dbgpkn**.

FRIDAY, SEPTEMBER 28

Gyro Sale

11 AM-2 PM @ ST. ELIAS CHURCH Stop by St. Elias Greek Orthodox Church by Unity Point/Finley Hospital for a gyro sale! Gyro, chips, and beverage are \$8. Baklava is \$2. You can dine in or carry out. Pick up service available. 419 N. Grandview. **563-583-5902**.

SATURDAY, SEPTEMBER 29



Czipar's Orchard Apple Festival 8 AM-5 PM @ CZIPAR'S APPLE ORCHARD Sept. 29–30. Enjoy lunch, arts and crafts vendors, face painting, a blow-up house, kids games, freshly popped kettle corn, slot car racing, a caricature artist, recycled artwork by Junk FX, as well as pumpkins, gourds, painted pumpkins, Indian corn, and, for course, all of Czipar's homemade products. With the third generation of the family now knee-deep in the apple business, Czipar's Apple Orchard and the annual festival of the same name are as synonymous with Tri-State quality as Fincel is with corn. Developed by Jo and Katy Czipar in the early 1940's, Steve and Shella have run the orchard for the past five years, with their children Kari and Tyler also working in the family business. In addition to a huge selection of apple varieties, you will find seasonal treats galore under the roof of the orchard store. Free. 8610 US 52 S. 563-582-7476. CziparsOrchards.com.

Quad-Con Comic Show

10 AM-4 PM @ FIVE FLAGS ARENA Quad Con features video games, comic books, posters, sci-fi, cosplay, vintage magazines, board games, toys, role playing, and much more. There will be a cosplay contest and a video game tournament. Free to vend, free to attend! **vintagetorque@gmail.com**.



West Dubuque High School 5th Annual Wingfest

11 AM-6 PM @ FARLEY PARK (FARLEY, IA) About 12 competitors cooking over 9,500 wings in 48 different flavors go wing-to-wing in traditional, unique, buffalo (spicy) and BBQ. Sand volleyball, baggo, human foosball tournaments, and a wing eating contest sponsored by Buffalo Wild Wings. Inflatables for kids of all ages, face painting, tattooing, and hair coloring, balloon animals, dunk tank and additional games and events on the hour, every hour. There will also be live entertainment all day long.

You Don't Know Jack Poker Run 11

11:30 AM @ NEW DIGGINGS GENERAL STORE & INN (NEW DIGGINGS, WI) Jack's back for the 11th annual poker run hosted by Lou and Kelli at New Diggings General Store & Inn. Inspired by the story of Jackson Hoeger, a young friend of *365ink*'s Bryce Parks, who fought and beat impossible odds to survive a rare form of brain cancer, the annual ride is a fundraiser for cancer research. There is a run for cars and motorcycles and a ride for bicycles, and this year they've added an AtV/ UTV route to the run. \$15 per person includes a great meal after the run. There will also be a 70/30 split on the poker run with 50/50 drawings at each stop. Doors open at 10 a.m. and the first group is out at 11:30 a.m. with final poker hands drawn at "The Diggs" at 6 p.m.

Speed Friending

2:30-4:30 PM @ PLATTEVILLE PUBLIC LIBRARY (PLATTEVILLE, WI) If you're new to the area or just want to meet new people, this is an opportunity to make connections. 225 W Main St, Platteville, WI. 608-348-7441 x4. PlattevillePublicLibrary.org.

Cheryl the Delightfully Naughty Hypnotist 7 PM @ ONWARD FINE ARTS CENTER

(MAQUOKETA, IA) A hysterical journey limited only by the imagination of her volunteers... and the law! So fun, she's almost illegal! Unscripted Interactive laugh out loud entertainment. Cheryl's humor isn't twisted but it certainly is strategically bent into Hyp-Nomedy! Her relatable style, sarcastic humor and clever material make for a laugh out loud evening from beginning to end. 18+. \$12 Adv/\$15 door. OhnwardFineArtsCenter.com.



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Saturday, October 13, 9 AM – 1 PM Five Flags Center, Dubuque, IA



Purpose & Goals of the Event:

- To thank our community's veterans and military families for their service
- Provide a forum for veterans and their families to access services available in Dubuque and the surrounding areas and making these services available in one place with booths featuring over 100 state and local organizations. By doing so, the conference will empower veterans to seek and receive services intended for them and their families.
- See the "Remember Our Fallen" moving wall memorial.

Featured Speaker - Bryan Anderson



In October 2005, Bryan was injured by an Improvised Explosive Device (IED) that resulted in the loss of both legs and his left hand. Bryan received rehabilitation for a period of 13 months at Walter Reed Army Hospital. He is one of the few triple amputees to have survived his injuries in Iraq, earning him the

Purple Heart. He served two tours of duty in Iraq and attained the rank of Sergeant in the Military Police (MP).

Bryan is the National Spokesman for Quantum Rehab, a division of Pride Mobility Corp., and travels the country delivering his message of perseverance and determination in major rehab facilities. In addition, he is an Ambassador for the Gary Sinise Foundation and is a spokesman for USA Cares, assisting post 911 veterans in times of need.



PARTICIPATING

ORGANIZATIONS

AND SPONSORS

Iowa City VA Healthcare System

• Dubuque County Veterans Administration

Veterans Administration

American Legion - Post 6
VFW - Post 508, Post 9663
Mental Health America

Iowa Workforce Development
 Marine Corps League
 Navy League

• Tri-State Vietnam Vets

Jackson County

• AM Vets - Post 13

Radio Dubuque
 AM 1370 KDTH
 92.9 KAT FM,
 97.3 The Rock
 101.1 The River

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• Telegraph Herald

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www.AllTheWayHomeEvent.org



TRI-STATE'S LARGEST CHILI COOK-OFF SATURDAY. OCTOBER 6

10 AM-5 PM @ CABLE CAR SQUARE (4TH & BLUFF STS)

The Dubuque Jaycees are pleased to host the Tri-State's Largest Chili Cook-Off in Dubuque's historic Cable Car Square on Saturday, Oct. 6. The day is full of family-friendly fun and games; live music from Hoffmann, Troy, Marceau & Flowers; and of course chili!

The cook-off begins at 10 a.m. with the kid's corner, food, and beverages. The public tasting starts at 1 p.m. and is only \$5. Proceeds from this CASI sanctioned cook-off benefit Hills and Dales, a local human services organization that provides care for youth with severe and profound mental and physical disabilities. This event is sponsored by Premier Bank. Contact the Dubugue Jaycees at

tristates.chilicookoff@gmail.com, find Tri-State's Largest Chili Cook-Off on Facebook, or visit DubuqueJaycees.org/chili for more information.



THE MAGIC OF BILL BLAGG LIVE! SATURDAY, OCTOBER 6

7:30 PM @ FIVE FLAGS THEATER (405 MAIN ST)

The Magic of Bill Blagg Live tour comes to the Five Flags Theater on Saturday, Oct. 6 at 7:30 p.m.! Critics and audiences alike rave about Bill's interactive magic and jaw-dropping illusions. Blagg's show combines his mind-blowing magical talents along with his trademark off-the-cuff personality to take you on a magical journey you'll never forget! You'll witness objects float in mid-air, vanish in the blink of an eye and so much more!

To say that Bill Blagg has had a magical life would be no exaggeration. He received his first professional magic book from his great-grandfather, which eventually led to building magic props with his dad. These early beginnings paved the way for what is now known as The Magic of Bill Blagg.

Today, Bill is one of the nation's top touring magicians. His theatrical brand of magic and illusion thrills thousands of people every single year. Bill is known for instantly teleporting across theaters, squishing his body from 6 feet to 6 inches tall, bringing ordinary objects to life with a simple wave of his hands and much more!

USA Today calls him "Unbelievable!" "Absolutely Incredible!", agrees the *Chicago Tribune*. For over 15 years, Bill has been honing his incredible show. The Magic of Bill Blagg is more than a magic show; it's an interactive magic experience.

Tickets are \$24-\$45 and can be purchased at **Ticketmaster.com** and Five Flags Center box office, or charge by phone at **800-745-3000**. Five Flags Center Box office hours are Monday through Friday, 10 a.m.-5 p.m. For more information, visit **FiveFlagsCenter.com**.

SUNDAY, SEPTEMBER 30

Steeple Square Community Fest 2-4 PM @ STEEPLE SQUARE

The 3rd annual Steeple Square Community Fest is a free, family-friendly event and will feature music, inflatables, games, door prizes, a petting zoo and food. Free. 563-235-3584.

Sunday Singalong

3-5 PM @ JUBECK'S NEW WORLD BREWING The Jubeck Family Band will be playing folk songs and YOU can bring your voices! Presentation Lantern Center will receive \$1 from every beer sold. 115 W. 11th St. 563-557-7134.

WEDNESDAY, OCTOBER 3

Haunted History Walks

6:30 PM @ LINWOOD CEMETERY Mondays, Wednesdays, and Fridays: Oct. 3-26. Join Great River Investigative Paranormal Society (GRIPS) as they investigate the history and people of Dubuque's past. Ghost equipment will be used to experience the fun and thrill of ghost hunting. 10+. \$10. 2736 Windsor Ave. 563-213-9043.

FRIDAY, OCTOBER 5

Dark Chambers Haunted Forest 6-9:30 PM @ YMCA CAMP

Oct. 5-6, 12-13, 18-20, 25-28, and 31. The haunting of Dubuque returns to the forest again. Part indoors, part outdoors, and 100% frightening! There is a light fright version of the forest from 6 to 6:30 p.m. each night for \$10. Tickets are \$15 for everyone for the full fright which runs 6:30-9:30 p.m. Fast pass: \$25. 11764 JFK Rd. DarkChambers.com.

SATURDAY, OCTOBER 6



21st Annual Shullsburg Cheesefest 7 AM @ WATER ST. SHULLSBURG. WI Enjoy the Shullsburg Fire Department's Annual Breakfast, Cheesefest Street Market, live cheese making with Shullsburg Creamery, cheese curd eating contest, wine/beer and cheese pairing event, McCoy Public Library Book Sale, live music, purchase raffle tickets, vote for the Scarecrow Contest, and more. Free. 608-482-1859. ExperienceShullsburg.com

Master Gardener Fall Workshop

7:15 AM-NOON @ DUBUQUE ARBORETUM "Putting Your Landscape to Bed" is a first time offering presented by the Dubuque County Master Gardeners to the public. Many of the topics will offer hands-on experiences. Rain or shine. \$20. 563-583-6496. extension.iastate.edu/dubuque.

Galena Country Fair

10 AM-5 PM @ GRANT PARK (GALENA, IL) Oct. 6 at 10 a.m.-5 p.m. and Oct. 7 at 10 a.m.-4 p.m. Galena Country Fair boasts more than 150 vendors selling handmade arts, crafts and fine arts. Also enjoy fair food, farmers' market booths, country bake shop, live entertainment, and family fun. \$2 Suggested donation. 625 Park Ave., Galena, IL. GalenaCountryFair.com

MakeUp & Moscato

4:30 PM @ THE SMOKESTACK Mingle with Dubuque's elite small businesses. Enjoy free makeup tips, chair massages, great food, an amazing shopping experience, and MUCH more. SWAG a VIP bag if you are DYING for hair and makeup goodies. \$10. 62 E 7th St. Eventbrite.com.

Dubuque Bomb Squad Roller Derby vs. Quad Cities

6 PM @ COURTSIDE BAR & GRILL The Dubuque Bomb Squad is an all women's flat track roller derby league, formed in 2013 featuring women of all ages, shapes, sizes, and walks of life. Proud to be based in Dubuque, Iowa, the players come from all over the Tri-State area. They are a non-profit organization and play solely for the competition and love of the sport. \$5 Adv/\$8 door.

Dubuque TARDIS @ Da Vinci The Exhibition NATIONAL MISSISSIPPI RIVER

MUSEUM & AQUARIUM Oct. 6-8. The Dubuque TARDIS, a recreation of

the iconic time machine made popular in the British science fiction series Doctor Who visits Da Vinci The Exhibition during its final weekend. "Doctor Who may be science fiction, but in truth, a lot of da Vinci's inventions were the science fiction of his day," said Wendy Scardino, director of marketing and communications at the Museum & Aquarium. "We think this is a fun way to send off this exhibit in its last weekend." 350 E. 3rd St. 563-557-9545. RiverMuseum.com.

SUNDAY, OCTOBER 7



Dubuque Flea Market & Antique Show 8 AM-3 PM @ DBQ CO FAIRGROUNDS This event has been a mainstay for more than 50 years! It takes place three times a year on Sundays at the Dubuque County Fairgrounds. Featuring vendors with an array of some of the most unusual items. From antiques, arts and crafts, as well as new and used merchandise, this market is sure to offer a unique shopping experience. Vendor spaces still available, 8 ft space with table provided for \$17. \$1 Adults; free for children 11 and under. 14569 Old Highway Rd. 815-747-7745. facebook.com/dubuquefleamarket.







HOURS: FRIDAY, OCTOBER 5 AT 9 AM-8 PM & SATURDAY, OCTOBER 6 AT 9 AM-3 PM

B.I.T.E. SIZE SEASON RETURNS TO UNIVERISTY OF DUBUQUE HERITAGE CENTER

Due to popular demand, University of Dubuque Heritage Center kicks off season two of its new B.I.T.E. Size Series with *Freud's Last Session* on Friday, Oct. 19. The 2017–2018 inaugural season was well attended and enthusiastically received. Season two features the same volume of performances/events with a delightful mix of fresh titles.

A subset of the Live at Heritage Center Performing Arts Series, B.I.T.E. stands for Babka Intimate Theatre Experiences. This series showcases one-person or small cast performances in the intimate setting of Heritage Center's black box venue, Babka Theatre. With maximum capacity of about 200, Babka Theatre offers general admission and stadium-style seating. All B.I.T.E. performances are followed by a Q&A with the performer(s).

Discounted B.I.T.E. season ticket packages (four events) are available at only \$60 for adults, \$50 for UD alumni or those with a military affiliation, and \$30 for non-UD students and children. Flexible Build-Your-Own season ticket packages are also still available with a minimum commitment of seven CenterStage Series events.

Individual event tickets for B.I.T.E. performances are as follows: Adult \$19 advance/\$24 day of show; UD Alumni/ Military \$15 advance/\$20 day of show; Child/ Student \$9 advance/\$14 day of show.

Season subscription packages and individual event tickets are available Monday through Friday from 10 a.m. to 5 p.m. at Farber Box Office, Heritage Center, University of Dubuque, 2255 Bennett St; by phone at **563-585-SHOW**; or online at **dbq.edu/heritagecenter**.

2018-2019 B.I.T.E. SIZE SERIES EVENTS



GUYS IN TES IMPROV COMEDY



FREUD'S LAST SESSION PERFORMED BY GO FISH PRODUCTIONS

OCTOBER 19 @ 3:30 & 7:30 PM Set in Sigmund Freud's London home on the day England entered World War II, *Freud's Last Session* is an imaginary meeting between Freud, the father of psychology, and C.S. Lewis, professor and Christian apologist. *Freud's Last Session* is a hard-hitting game of verbal and intellectual chess, with both Lewis and Freud bandying wits, beliefs, and desires.

COMEDYSPORTZ "GUYS IN TIES"

MARCH 1, 2019 @ 7:30 PM

Guys in Ties is an elite traveling improv comedy troupe who present hilarious and unforgettable shows by combining wit, intelligence, humor, and downright fun! Audience members end up as the true stars of this show due to the interactive nature of the performances.

THE GIVER

PERFORMED BY LITERATURE TO LIFE MARCH 3, 2019 @ 2 PM

MARCH 4, 2019 @ 7:30 PM Newberry Award-winning book with over 10 million copies sold, *The Giver* has been a cultural phenomenon. As Jonas trains to become the Receiver of Memories, the buried truth about the world that he was born into becomes hauntingly clear to both Jonas and the audience. Featuring 60 minutes of solo-performance focusing on the relationship between the young Jonas and his mentor, The Giver.

AN AFTERNOON/EVENING WITH MARK TWAIN STARRING DR. MICHAEL MAULDIN

APRIL 5, 2019 @ 3:30 & 7:30 PM Brilliant theatrical tour-de-force, New York actor Dr. Michael Mauldin undergoes a transformation to achieve an uncanny likeness to the 70-year-old "Grand Old Man of American Letters," Mark Twain. In his customary white suit and ever-present cigar, Twain takes us through a fascinating panoply of uproarious comedy, biting social satire, and often dark commentary of the human condition.

LIVE AT HERITAGE CENTER **PERFORMING ARTS SERIES** CHANTICLEER THEN AND THERE, HERE AND NOW

SATURDAY, OCTOBER 6 7:30 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

Called "the world's reigning male chorus" by The New Yorker, the San Franciscobased Grammy award-winning ensemble Chanticleer will perform their 40th anniversary program at University of Dubuque's Heritage Center on Saturday, Oct. 6, at 7:30 p.m. in John and Alice Butler Hall.

Then and There, Here and Now celebrates music from some of Chanticleer's favorite composers. Named for the "clear-singing" rooster in Geoffrey Chaucer's Canterbury Tales, Chanticleer was founded in 1978 and became known first for its interpretations of Renaissance music and later for South American baroque. Chanticleer was named Ensemble of the Year by Musical America in 2008 and inducted in the American Classical Music Hall of Fame the same year. Since Chanticleer began releasing



recordings in 1981, this "orchestra of voices" has sold well over a million albums and won two Grammy awards.

University of Dubuque choirs under the direction of Kristen Eby, an assistant music professor at UD, will open. A free preshow CyberCafé Knapp Stage concert from 6 to 7 p.m. featuring the Ken Kilian Jazz Quartet, precedes the performance.

Tickets are \$25-\$30 for adults, \$20 for UD alumni/military, and \$10 for children and students. All tickets increase by \$5 for purchases on the day of the performance. Tickets can be purchased Monday through Friday from 10 a.m. to 5 p.m. at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at DBQ.edu/heritagecenter.

DUBUQUE FIGHTING SAINTS HOCKEY PRESEASON HOME GAME VS GREEN BAY : FRIDAY, SEPTEMBER 21

HOME OPENER VS CEDAR RAPIDS: SATURDAY, OCTOBER 6 7:05 PM @ MYSTIQUE COMMUNITY ICE CENTER (1800 ADMIRAL SHEEHY DR)

The 2018–2019 Dubugue Fighting Saints season is set to open with pizzazz! The Fighting Saints will celebrate Opening Night, presented by American Trust, at "Our House" on Saturday, Oct. 6 against the Cedar Rapids RoughRiders at 7:05 p.m. But you can also catch the final pre-season game on Friday, Sept. 21 vs. Green Bay at 7:05 p.m., too!

New for this season, Opening Night will be a celebration for families and hockey fans alike throughout the Tri-State area. For Opening Night only, kids' tickets (ages 4-12) start at just \$5!

'We are ready for hockey to be back in Dubuque, and we have gone all out to make Opening Night an unforgettable experience to kick off the season," said Nick Shane, the President of Business Operations. "The addition of the Fighting Saints Fan Fest before the game, the added value for families with kids' tickets starting at just \$5, and a great hockey game between two rivals will make this a night to remember!"

The Fighting Saints Fan Fest is set to create a family-friendly atmosphere before the game, and to get all of the fans revved up and ready to go upon entry to take in a matchup between two natural and geographical rivals that have been

USHL powerhouses for years. The festivities begin at 4 p.m. and include appearances from the team, coaching staff, a beer garden, and interactive activities.

Last season, the Fighting Saints clinched a spot in the Clark Cup playoffs, and won a playoff round, for the eighth consecutive season. Under first-year head coach Oliver David, the team finished with a record of 26-21-13, and the fifth seed in the Eastern Conference.

Cedar Rapids made a furious push for a playoff spot at the end of the 2017–18 season, but finished a point just shy of the cutoff. Head coach Mark Carlson has made the Riders a force in the Eastern Conference in his 18 prior seasons behind the bench.

The next home game will be Friday. Oct. 19 vs. Youngstown. Season ticket memberships, mini plans, group tickets, and single tickets for the 2018-19 season are available right now! Get all of the benefits of being a season ticket member, including a chance to go behind the scenes with the MY Membership program, buddy passes, discounted tickets, admission to exclusive team events, and much, much more. Call the Fighting Saints at 563-583-6880, or go to DubuqueFightingSaints.com for more information.

Dubuque Chorale and Cadenza directed by Dr. Amanda Huntleigh | Dubuque Chorale Children's Choir directed by Karmella Sellers

THE DUBUOUE

FEATURING THE COMBINED

Cadenza, the Julien Chamber Choir, Music Men Barbershop

choirs from Clarke University,

of Dubuque, and University of

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SATURDAY · SEP 29 · 7:30 PM

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15

CHORALE PRESENTS

Premier



BUILD A BETTER BLOCK 2018 SEE THE POTENTIAL ON CENTRAL

NOW THROUGH SEPTEMBER 22 1800 BLOCK OF CENTRAL AVE

Dubuque Main Street continues to celebrate their Build-A-Better-Block event on the 1800 Block of Central Ave. From filling vacant storefronts with pop-up shops, to a public art installation, events and colorful streetscape amenities, the community is invited to celebrate the Potential on Central.

To partner with the pop-up retailers, DMS invites you to engage in the remaining events that reflect the beauty and promise that lies within this neighborhood. For more information, visit **DowntownDubuque.org**

POP-UPS & PERMANENT SHOPS

1800 Central: Rosie Ray Relics (Permanent); 1812 Central: Charlotte's 2.0; 1820 Central: Merry Pop-In Shoppe; 1824 Central: Dubuque Main Street; 1838 Central: Upcycle Dubuque (Permanent); 1842 Central: Graham's 2.0; 1850 Central: Active Endeavors; 1860 Central: Life's a Feast (fine dining); 1876 Central: Dave's Furniture & Appliance (Permanent)

REMAINING EVENTS Arts VIP Event

THURSDAY, SEPTEMBER 20 @ 5:30-8 PM Register for arts-related activities while engaging with local VIP guests with a "Not-So-Serious" track and a "Dedicated to Making Art" track.

Music & Glow Bash

FRIDAY, SEPTEMBER 21 @ 5-9 PM Bringing to the stage the local Brews Brothers, DMS looks to show what the potential for a concert on 18thSt. (between Central and White Sts.) Wear GLOW attire and light up the neighborhood with all-ages social engagement.

Calling All Entrepreneurs

SATURDAY, SEPTEMBER 22 @ 9-10:30 AM Local entrepreneurs are invited to engage with local business professionals. Offering a panel of local specialists, they hope to come full circle in conversation to assist entrepreneurs in filling storefronts in the Central Corridor.

VESPERMAN FARMS CELEBRATING 15 YEARS

Vesperman Farms is busy getting ready for their fall season, opening on Saturday, Sept. 22 for its 15th year. Located at 8149 Stage Rd. just outside of Lancaster, WI, the fall season runs Sept. 22—Oct. 28. Weekday hours are noon-6 p.m., Saturday 10 a.m.-7 p.m., and Sunday 10 a.m.-5 p.m. Adult admission is \$8 per person and 4 and under are free. Season passes are available for \$15.

Celebrating the fall in a big way is the corn maze, a 5-acre plot of twists and turns in the corn designed to commemorate 15 years of the fall season in Lancaster. The mini maze, located near the main maze, is an easier option for younger children. After navigating through the maze, guests can take wagon rides out to the pumpkin patch to pick the perfect pumpkin or stop by the retail area for pre-picked pumpkins and gourds as well as a variety of other items like t-shirts, mini pumpkins, and artwork by the Vesperman family.

In addition to pumpkins and the mazes, the farm has a whole host of activities for all ages including hay wagon and kiddie train rides; the tire mountain; duck races; the zip line; the



trebuchet and air cannon pumpkin launch; and an animal farm that features goats, calves, baby chicks, and pigs. New activities this year include a swing set, a mini farm area, and a climbing wall.

Also expanding this year is the farm's concessions menu. In addition to the options like hamburgers, hot dogs, brats, and ribbon fries, there will also be fresh-squeezed lemonade, brisket sandwiches, chicken strips, and loaded baked potatoes. Harking back to their early years, the farm will open up the old snack shack in the original white barn, where in addition to the main concessions area, you can get fall staples like caramel apples, kettle corn, and apple cider donuts. For more information, visit

VespermanFarms.com.

Main Street Restaurant Week NOW THROUGH SEPTEMBER 23

Support local restaurants during this 10 day event hosted by Dubuque Main Street. Visit any participating restaurant to pick up your signature card for your chance to win a \$400 restaurant package! For a list of all the restaurants and more information, visit **DowntownDubuque.org** or call Dubuque Main Street at **563-588-4400**.

Eat Dubuque Local Food Tour NOW THROUGH SEPTEMBER 30

Stop by area restaurants and enjoy feature dishes made with locally-sourced foods all month long. Participants who order the local special will receive a coupon or be entered to win a prize. To see a list of participating restaurants and featured dishes, visit **driftlessfarmcrawl.com/eatdubuque**. ISU Extension and Outreach in Dubuque County is excited to announce a series of events and workshops aimed to celebrate local food and farms throughout the month of September.

AAY 12 - OCTOBER 8

Da Vinci: The Exhibition NOW THROUGH OCTOBER 8 RIVER MUSEUM & AQUARIUM Check out fully built life-size recrea

Check out fully built, life-size recreations of da Vinci's own inventions and artwork. Interactive exhibits and additional presentations and activities will be available. **RiverMuseum.com**.



Millwork Night Market SECOND THURSDAY OF EVERY MONTH NOW THROUGH OCTOBER 5–9 PM @ MILLWORK DISTRICT Enjoy local produce, artists, hot food, beer, music and more! MillworkNightMarket.com.

Dubuque Farmers' Market

SATURDAYS NOW THROUGH OCTOBER 7 AM-NOON @ NEAR IOWA & 12THST lowa's oldest farmers' market returns for its 173rd season. Find a variety of produce, meat, freshly baked good, local wine, arts and crafts, hot food, and more. SNAP customers are able to receive \$1 tokens to purchase eligible food items, and all customers can to purchase \$5 debit/credit tokens to purchase anything at market through the Market Money program. 563-588-4400. DubuqueFarmersMarket.org

Carnegie-Stout Bicycle Library THROUGH THE FALL

The Carnegie-Stout Public Library's mobile bicycle library will be traveling throughout Dubuque filled with new release books, DVDs, and children's books. Follow its travels at **dubuque.lib.ia.us** and plan to stop for a visit!

Roaming Readers Walking Club

NOON @ CARNEGIE-STOUT PUBLIC LIBRARY WEDNESDAYS NOW THROUGH NOVEMBER 15 Roaming Readers will meet weekly from Sept. 6 to Nov. 15 for a 30-minute walk around downtown Dubuque. Walking is an easy and affordable way to keep in shape or manage health conditions. Walk with friends or listen to an audiobook. In the case of inclement weather, the walk will take place in the library auditorium using a fitness DVD. 563-589-4225. dubugue.lib.ia.us..



Salsa Dance Night—Baile Conmigo LAST WEDNESDAY OF EVERY MONTH 6 PM @ THE SMOKESTACK Salsa dance lesson with Katie Koerperich. Bring a partner or come solo, all are welcome. Free. 62 E 7th St. SmokestackDBQ.com.

Terror at the Grand Call for Volunteers

THE GRAND OPERA HOUSE The Grand Opera House is looking for people to help make their third annual Haunted House a "scary good time!" They are seeking set up crew, performers, and strike crew. Terror At The Grand Opera House runs Oct. 26–29. **563-588-1305**. **boxoffice@thegrandoperahouse.com**.

From Our Door to Yours

CARNEGIE-STOUT PUBLIC LIBRARY Dubuque residents who are homebound can apply for the delivery of books, audio-books, and music CDs to their home. Volunteers to assist in delivery of library materials are also being sought. 563-589-4225.

SUBMIT YOUR EVENTS!

DO YOU HAVE A TRI-STATE EVENT THAT YOU'D LIKE TO SHARE WITH OUR READERS? LET US KNOW WHAT'S GOING ON BY SENDING US YOUR INFORMATION! EMAIL: **EVENTS@DUBUQUE365.COM** ONLINE SUBMISSION FORM: **DUBUQUE365.COM/SUBMIT-EVENT**



COMING TO THEATERS

FAHRENHEIT 11/9 (R) FRIDAY, SEPTEMBER 21

Michael Moore's Fahrenheit 11/9 is a provocative and comedic look at the times in which we live. It will explore the two most important questions of the

Trump Era: How did we get here, and how do we get out? It's the film to see before it's too late. Showing at Phoenix Theaters!

THE HOUSE WITH A CLOCK IN ITS WALLS (PG)

FRIDAY, SEPTEMBER 21 The spine-tingling tale of 10-year-old Lewis, who goes to live with his uncle in a creaky

old house with a mysterious tick-tocking heart.

But his new town's sleepy façade jolts to life with a secret world of warlocks and witches when Lewis accidentally awakens the dead.

THE SISTERS **BROTHERS (R)**

FRIDAY, SEPTEMBER 21 A reimagining of the cinematic western as a dangerous, witty, and emotionally cathartic exploration of what it means to

be a man. Joaquin Phoenix and John C. Reilly star as brother assassins in this comedic drama.

NIGHT SCHOOL (PG-13)

FRIDAY, SEPTEMBER 28 The comedy follows a group of misfits who are forced to attend adult classes in the longshot chance they'll pass the GED

exam. Starring Kevin Hart and Tiffany Haddish.

SMALL FOOT (PG)

FRIDAY, SEPTEMBER 28 Smallfoot turns the Bigfoot legend upside down when a bright young Yeti finds something he thought didn't

exist-a human. An all-new story about friendship, courage and the joy of discovery.

HELL FEST (R)

FRIDAY, SEPTEMBER 28 A masked serial killer turns a horror themed amusement park into his own personal playground, terrorizing a group of friends while the rest of the

MOVIE BUZZ

Henry Cavill is done as Superman according



are "parting ways" after three Superman appearances from the actor after the studio tried to get Cavill to make a cameo appearance as Superman in Shazam! Another factor is Warners' developing Supergirl movie, which would require an infant Superman to appear if it's made in accordance with that character's origin story, and Cavill might simply be too old to fit into whatever new continuity that requires.

Eddie Murphy is set to star in New Line's Grumpy Old Men remake, to be directed by Ride Along helmer

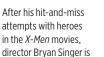


Tim Story. The original Grumpy Old Men starred legendary acting duo Jack Lemmon and Walter Matthau in a tale of two elderly neighbors locked in an ages-old feud. Deadline says Samuel L. Jackson has been proposed as Murphy's co-star, and indeed Jackson recently worked with Tim Story on the latest remake of Shaft.

Game of Thrones' Emilia Clarke and Crazy Rich Asians star Henry Golding are



director Paul Feig for the winter holiday-themed romantic comedy, Last Christmas. Oscar-winner Emma Thompson wrote the London-based script with Bryony Kimmings and will produce the movie alongside Feig.



in talks to direct an

adaptation of Red Sonja. A spinoff character from Conan the Barbarian, this adaptation is expected to capitalize off the success of Warner Bros.' Wonder Woman. Singer faced a string of negative publicity in the past year, notably a number of sexual harassment accusations, which has struck a cord with some over Millennium's decision to hire him.

The Charlie's Angels movie reboot will feature multiple characters referred to as Boslev, with Patrick

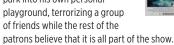
Stewart and director Elizabeth Banks among the actors playing them. As the film's costar Kristen Stewart explained recently, the reboot goes global by making the famous Townsend Agency a worldwide security and intelligence service that employs multiple teams of Angels.



DUBUQUE365.com



www.PHOENIXMOVIES.net



FALL INTO ART GALLERY TOUR & FIRST FRIDAYS

ART. CREATIVE. QUEST.: NOW THROUGH OCTOBER 5 ART CRAWL: FRIDAY, OCTOBER 5 @ 4:30-9 PM DOWNTOWN DUBUQUE

Dubuque Main Street's annual Fall Into Art FREE gallery tour through Downtown Dubuque's Cultural Corridor will feature 10 unique art exhibitions which will be held in conjunction with First Fridays featuring an additional exhibit. The art crawl will be held from 4:30 to 9 p.m. on Friday, Oct. 5. "Art. Creative. Quest." is going on now through Oct. 5.

A combination of gallery owners, curators, educators, students, and working artists welcome you into their spaces to share their collections of paintings, pottery, photography, mixed media art, installation art, design graphics, and more. The Fall Into Art Gallery Tour is open to the public and FREE of charge. Participants may tour the locations in any order by walking, biking, riding, or driving. Free trolley rides are offered and will make loops, with one stopping at each gallery approximately every 20 minutes.

Fall Into Art exhibits include: Carnegie-Stout Public Library, Clarke University's Off-site Exhibit, Creative Adventure Lab, Dubuque Area Arts Collective, Dubuque Museum of Art, Outside the Lines Art Gallery, The Smokestack, Studio Works, University of Dubuque's Off-site Exhibit and University of Wisconsin-Platteville's Off-site Exhibit.

Dubuque Main Street also invites you to visit locations in Downtown Dubuque for "Art. Creative. Quest." now through Oct. 5. Pick up a packet at one of the following locations and tour downtown—as each has a different featured artist coloring sheet and information. Visit all participating locations and turn your packet in on Oct. 5 at the Carnegie-Stout Public Library for your chance to win a \$200 value Kid's Prize Package!

Participating "Art. Creative. Quest." locations include: Carnegie-Stout Public Library (Makerspace), Outside the Lines Gallery, Dubuque Museum of Art, Creative Adventure Lab, the Smokestack; and during Fall Into Art visit Clarke University, University of Dubuque or the University of Wisconsin- Platteville.

For more information, contact Dubuque Main Street at **563-588-4400** or visit **DowntownDubuque.org**.



PATRON PARTY PREVIEW & ART SALE

Friday, October 12, 6 - 9 pm, Steeple Square (15th & White St)

- Be the first to see the juried winners!
- \$125 Admission for (2) people. \$100 of that applies to art purchase
- Purchase Patron Party tickets at Premier Bank, River Lights Bookstore

PUBLIC ART SALE

Saturday, October 13, 9 am - 7 pm, Steeple Square

Visit www.bluffstrokes.org for more details!



PARTICIPATING EXHIBITS

CARNEGIE-STOUT PUBLIC LIBRARY 360 W. 11TH ST

Art @ your Library® is featuring the Plein Air Painters of Dubuque, a group of 15+ artists who meet weekly during the summer to paint outside around Dubuque. Meet artists, enjoy live music by Laura McDonald and Jeff Weydert, and refreshments. Art @ your library® continues the relationship between the Library and the Arts throughout its 116-year history.

CLARKE UNIVERSITY OFF-SITE EXHIBIT 220 W. 9THST

Clarke University offers a comprehensive undergraduate art program with BA and BFA degrees in studio art, graphic design, art education, and art history. This exhibition will showcase a variety of student work.

CREATIVE ADVENTURE LAB 210 JONES ST #100

Creative Adventure Lab is helping people of all ages discover, strengthen and apply creative thinking and innovation skills. They want to see a community brimming with creative capacity, full of creative thinkers and innovators.

DUBUQUE AREA ARTS COLLECTIVE 375 LOCUST ST

Lake House is a personal narrative which explores the de/construction of familial photographs and re/construction of memory, time, and place. A contradiction of action occurs as piles of life preservers consume the figures and space.

DUBUQUE MUSEUM OF ART 701 LOCUST ST

Established in 1874, the Dubuque Museum of Art is Iowa's oldest cultural institution. Located in the heart of downtown, the Museum's permanent collection reflects 20th Century American art with an emphasis on mid-American Regionalism. Make sure to check out the brand new DuMA exhibitions *Just to Live Is Holy* and *Seeing Red*.

INSPIRE CAFÉ 955 WASHINGTON ST #105

Opening reception with Erica Wilson.

OUTSIDE THE LINES ART GALLERY 1101 MAIN ST

Noted pastelist Tom Christopher will demonstrate his pastel technique and will be on hand to answer questions and visit with customers from 5 to 8 p.m. He will continue his visit and demonstration the next morning, Saturday, Oct. 6, from 9–11 a.m.

SMOKESTACK 62 E 7[™]ST

Smokestack, an arts, culture and entertainment venue and restaurant, partners with Clarke University to showcase the work of its art students.

STUDIO WORKS

900 JACKSON ST, STE. LL3

Studio Works is a non-profit organization offering quality studio space for artists and creative professionals. Come visit the studios, meet the artists and take in the unique surroundings and creativity.

UNIVERSITY OF DUBUQUE OFF-SITE EXHIBIT

919 MAIN ST

Digital Works by the University of Dubuque Digital Art and Design students become a living, breathing example of "Art About Art." In the works by these students, classic imagery is reinterpreted in a most unusual way. Can you identify the masterpieces which are the sources?

UNIVERSITY OF WISCONSIN-PLATTEVILLE OFF-SITE EXHIBIT 405 MAIN ST

The world is made of amazing geometric models. This exhibit features rather elaborate quadratic equations gone awry. Fall Into Art from the University of Dubuque explores wonderful abstract images called 3D fractals, designed by the UD Digital Art & Design freshmen and sophomores.



SATURDAY, OCTOBER 13 9 AM-1 PM @ FIVE FLAGS ARENA (405 MAIN ST)

Military service is considered our nation's highest form of citizenship and has been freely accepted by millions of men and women throughout U.S. history. There are an estimated 23.5 million living American veterans, and 13 percent of Tri-State residents, as many as 12,000, are military service veterans.

Because of their selfless commitment to our country, U.S. veterans are eligible for a variety of services, both federal and state, to assist them and their families. Veterans administration benefits include: compensation/pension, healthcare, pharmacy, education, home loans, life insurance, vocational training and rehabilitation, burial and survivors' benefits. Such services can prove essential to helping vets recover from wartime injuries, readjust to civilian life, build a career and raise their families.

The bi-annual All the Way Home Tri-State Veterans Event was created in 2008 to provide a forum for veterans and their families to access services available in Dubuque and the surrounding areas and making these services available in one place. By doing so, the conference will empower veterans to seek and receive services intended for them and their families. The event also provides an appropriate forum for the Dubuque community to thank veterans for their service.

This year's event was also planned to coincide with the return of our National Guard Troops.

All The Way Home will again offer services and information in a family-friendly and fun atmosphere, reaching those veterans who normally would not seek services due to fear of stigma, as well as those who do not know where to turn. A special feature of the event, Remembering Our Fallen, is a photographic war memorial that honors Iowa's military Fallen from The War on Terror (9/11/2001-Present). Its legacy will be that these men and women will be remembered and their names will be spoken, while helping to lessen the grief of their families.

This year's featured speaker is Bryan Anderson. Bryan served two tours of duty in Irag, serving as a Sergeant in the Military Police. In October 2005, Bryan was injured by an Improvised Explosive Device (IED) that resulted in the loss of both legs and his left hand. As a result of his injuries, he was awarded a Purple Heart. Bryan received rehabilitation for a period of 13 months at Walter Reed Army Hospital. He is one of the few triple amputees to have survived his injuries in Iraq. Bryan is the National Spokesman for Quantum Rehab, a division of Pride Mobility Corp., and travels the country making numerous personal appearances while delivering his message of perseverance and determination in major rehab facilities. In addition, he is an Ambassador for the Gary Sinise Foundation and is a spokesman for USA Cares, a national non-profit organization based in Radcliff, KY, that is focused on assisting post 911 veterans in times of need.

The last event, held May 7, 2016, drew more than 1,800 people visiting more than 90 veteran-related exhibits. This year's event theme is Saluting Korean Veterans of the Tri-States. This event is completely free, and everyone is encouraged to event, not just veterans. For full details and more information,

visit AllTheWayHomeEvent.org.



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Raised For



THANK YOU!

The 14th Irish Hooley Music Festival of Dubuque offers its thanks to our 2018 presenting sponsors (Premier Bank, Family Beer & Liquor, and McCullough Farms. Thanks also to our food & beverage vendors, men and lady Hibernians, our couple hundred volunteers, and the 3000+ attendees for making 2018 another successful year!





KACHINA: THE ANCESTRAL SPIRIT EXHIBIT SHOW: NOW THROUGH SEPTEMBER 28

RECEPTION: FRIDAY, SEPTEMBER 21 @ 6-7:15 PM UNIVERSITY OF DUBUQUE HERITAGE CENTER BISIGNANO ART GALLERY (2255 BENNETT ST)

The kachina dolls are figures carved (typically from the cottonwood root), by the Hopi people to instruct their youth about katsinam, the immortal beings that bring rain, control other aspects of the natural world and society, and act as messengers between humans and the spirit world. This exhibit is part of Worldview I

(UD's First Year Experience) and the

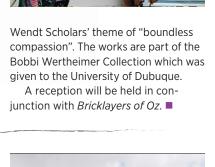
FLY-BY-NIGHT PRODUCTIONS

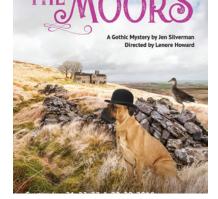
SEPTEMBER 21-22 AND 28-29 @ 7:30 PM SEPTEMBER 23 @ 2 PM FIVE FLAGS BIJOU ROOM (405 MAIN ST)

Fly-By-Night Productions presents *The Moors: A Gothic Mystery.* The performance take place at the Five Flags Bijou Room Sept. 21-23 and 28-29.

Two sisters, a maid, and a dog live out their lives on the bleak English moors, dreaming of love and power. The arrival of a hapless governess and a moor-hen set all four on a strange and dangerous path. A dark tragicomedy about love, desperation, and visibility with mature content.

Tickets are \$20 and are available at the Five Flags Center Box





Office, online at **Ticketmaster.com**, or at the door one hour before showtime. For more information, visit **FlyByNightDubuque.com**.

MURDER MYSTERY DINNER THEATRE **MURDER AT THE FISH FLY CLUB** SUNDAY, SEPTEMBER 23 5 PM @ STONE CLIFF WINERY (600 STAR BREWERY DR)

Join the Brew Ha Ha Players for a night of Murder Mystery fun! Murder at the Fish Fly Club will take place at Stone Cliff Winery on Sunday, Sept. 23 at 5 p.m.

A night of mystery and intrigue in the wild and romantic era of the roaring '20s! Buzz Nessman, the owner of Dubuque's most popular speakeasy—the Fish Fly Club—has just been murdered. Was it the prohibitionist NA O'Doul or Buzz's jealous business



partner Bootleg Willie? Maybe it was the jazz singer Bea Sharpe or perhaps Betty Jane—Buzz's sweet-but-not-soinnocent mistress. Join the bumbling detective, Jack Slickman, as the murder unfolds before your very eyes.

The dinner includes a four course meal, and beverage of your choice for \$49.95. Reservations are required. Call **563-583-6100 x203** or reserve your spot online at **StoneCliffWinery.com**.



THE EDWARD J. AND CATHY GALLAGHER ARTS AT CLARKE SERIES **A NIGHT AT HOME & A TASTE OF HOME** THE SDAY, SEDTEMBED 3E

TUESDAY, SEPTEMBER 25 A TASTE OF HOME @ 6:30 PM A NIGHT AT HOME @ 7:30 PM CLARKE UNIVERSITY JANSEN MUSIC HALL (1550 CLARKE DR)

The Edward J. and Cathy Gallagher Arts at Clarke Series kicks off the year with A Night at Home on Tuesday, Sept. 25 at 7:30 p.m. This is Clarke's annual event of fine music and fine cuisine.

The 2018–2019 academic year at Clarke University will be filled with festivities and special events marking the 175th anniversary of Clarke. The arts and lecture offerings for the year will pay tribute to this milestone with a series of events designed to highlight the theme of "Home" and showcase Clarke's extremely talented alumni. A Night at Home will feature Clarke alumni: Kristina Castaneda '01, Erin Kane Callahan '09, Marcus DeJesus '14, Megan Gloss '03, and Abby Schultz McInerney '08. Accompaniment by Jill Klinebriel.

Prior to the event, Clarke Dining Services will provide delicious local cuisine with an Iowa flair for A Taste of Home. Food will be served from 6:30 to 7:15 p.m. and an event ticket is required.

Tickets are \$15 and can be purchased by phone at **563-588-6377**. For more information, visit **Clarke.edu** or call **563-588-6377**.

THE ROLE OF SOCIALLY ENGAGED ART IN BUILDING COMMUNITY

ARTIST JANE GILMOR LECTURE WEDNESDAY, SEPTEMBER 26 7 PM @ CLARKE UNIVERSITY JANSEN MUSIC HALL (1550 CLARKE DR)

Jane Gilmor will offer a lecture titled, *The Role of Socially Engaged Art in Building Community*, on Wednesday, Sept. 26 at 7 p.m. in Jansen Music Hall at Clarke University. The lecture is a free event and is supported by Humanities Iowa and the National Endowment for the Humanities.

Gilmor is an Emeritus Professor of Art at Mt. Mercy University and is known for her intermedia installation work and collaborative art that engages disadvantaged communities. She is one of six contemporary women artists featured in the exhibition *In Her Spirit*, currently on view in Quigley Gallery at Clarke University. *In Her Spirit* is organized in conjunction with the Dubuque Museum of Art's Just to Live is Holy: Women Religious and a Tradition of Art, Faith, and Justice exhibition.

In Her Spirit features contemporary artists who create work within wideranging spiritual and religious themes, all of which are created in dialog with the artist's contemporary milieu or signs of



the times. Both exhibitions share similar spiritual contexts or themes: Biblical, meditative, World religions, holiness in popular culture, and social action.

In Her Spirit features Jane Gilmor, Anita Jung, Katie Kiley, Phyllis McGibbon, Barbara Cervenka, OP, and Carol Prusa. It is on view in Quigley Gallery through Sunday, Sept. 30. Gallery hours are noon to 5 p.m. Monday through Friday, and 1 to 5 p.m. Saturday and Sunday. Gallery admission is free.

For more information, contact the Clarke University Art + Design Department at **563-588-6463**.

DUBUQUE CHORALE

SONGFEST 2018 SATURDAY, SEPTEMBER 29 7:30 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER

JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

The Dubuque Chorale welcomes regional and collegiate choirs to perform selections from upcoming concerts including the Julien Chamber Choir, Music Men Barbershop Chorus, Clarke University, Emmaus Bible College, University of Dubuque, and University of Wisconsin-Platteville. The evening concludes with the choirs joining together to perform "Swing Low, Sweet Chariot," arranged by Alice Parker and Robert Shaw.

Tickets are \$15 and are available at the University of Dubuque Heritage Center Box office 563-585-7469. For more information, visit DubuqueChorale.org.

NUNSENSE

OCTOBER 5-6 AND 12-13 @ 7:30 PM OCTOBER 7 AND 14 @ 2 PM GRAND OPERA HOUSE (135 8[™] ST)

When Sister Julia, Child of God, accidentally poisons 52 of the sisters, it is up to the remaining sisters to raise the money for the burials. Lead by Reverend Mother Sister Mary Regina a collection of the few the remaining sisters decide to put on a variety show.

Tickets are \$20 for adults and \$12 for children under 18. Opening



Night BOGO tickets are available now through Sept. 14. Use Coupon Code: BOGO at check out. Tickets can be purchased in person at the Box Office (Monday through Friday from noon until 4 p.m.) or by calling **563-588-1305**. Tickets can also be purchased at **TheGrandOperaHouse.com**.

THE ODD COUPLE (FEMALE VERSION)

OCTOBER 5 AND 6 @ 7 PM OCTOBER 7 @ 2 PM OHNWARD FINE ARTS CENTER (1215 E PLATT ST, MAQUOKETA, IA)

The Ohnward Fine Arts Center and Peace Pipe Players present their joint production of *The Odd Couple* (Female Version). Performances are Oct. 5 and 6 at 7 p.m. and Oct. 7 at 2 p.m. at the Ohnward Fine Arts Center in Maquoketa, IA.

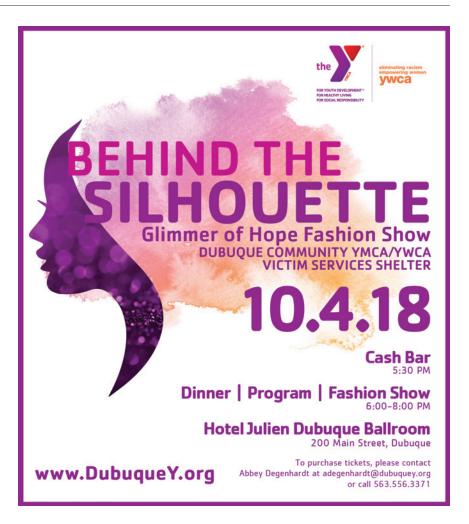
One of Neil Simon's most recognizable and timeless comedies. Fastidious Florence Ungar is thrown out by her husband. Her only refuge is with his best friend, Olive Madison, a recently divorced sportswriter whose apartment is a study in slovenly chaos. Friends, yes, but will they drive each other crazy?! This peculiar pair, with decidedly different approaches to life, to love—and yes, to housework, has been entertaining audiences with side-splitting laughter and classic comedy for nearly 50 years.

Tickets are \$12 in advance or \$15 at the door for adults and \$10 in advance for \$12 at the door for students. Tickets can be purchased at The Ohnward Fine Arts Center **563-652-9815** (Monday-Friday, 9 a.m.-1 p.m.), Osterhaus Pharmacy and the Maquoketa State Bank Main Office, Anderson Pharmacy in Preston and the Bellevue Pharmacy in Bellevue. For online ticket purchases and more information, visit **OnwardFineArtsCenter.com.**

BLUFF STROKES URBAN SKETCHING IN DUBUQUE WORKSHOP

Bluff Strokes is hosting a 2-day workshop, Urban Sketching in Dubuque, Oct. 13–14, led by award-winning artist Kathleen Newman. Use sketching as a focused, mindful way of experiencing and interpreting the world around us. Cost is \$150. For more information and registration materials, visit **BluffStrokes.org** or email **info@bluffstrokes.org**.

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A comfortably stylish New American cuisine restaurant showcasing locally sourced and world inspired cuisine and cocktails.

Ourdoor Patio Seating Avaiable NEW LATE SUMMER MENU

Now serving Sunday Brunch!

Check out our website for the full brunch menu.

Reservations : 563.587.8899 Schmid Innovation Center, 955 Washington St., Suite 101 www.BrazenOpenKitchen.com





5-8 PM @ GRAND RIVER CENTER (500 BELL ST)

ickets are on sale now for the 2018 Dubuque Area Baconfest, held in Dubuque's very own Grand River Center on Thursday, Oct. 4 from 5 to 8 p.m. Guests of the event can expect to sample unique bacon drinks, dishes, and desserts from a variety of favorite local restaurants and catering companies.

The event not only benefits your taste buds, but it also supports a wonderful cause. All of the Baconfest proceeds are donated to Area Residential Care of Dubuque, a non-profit organization that supports individuals with mental and physical disabilities.

Tickets are on sale now at Area Residential Care or at **DBQbacon.org**. General admission tickets are the low price of \$25, and for \$45 guests can receive the VIP treatment. VIP ticket holders have the opportunity to arrive early at 5 p.m. and get the first taste of the delicious bacon dishes while also receiving a free Baconfest t-shirt! General admission guests may enter the event shortly after at 6 p.m. Baconfest will provide nonstop food and fun, whether it's entertainment from DJ Steve Hemmer, the Hormel bacon-eating contest, or the quirky photo booth from Lights!Camera!Selfie,

This unique bacon-themed evening features tastetesting and voting on the best bacon dishes from area restaurants, grocery stores, BBQ pits, and caterers. Local chefs from the finest local restaurants prepare and serve samples starring bacon and compete for best appetizer, best main dish, and best dessert. Tri-State mixologists and brewers quench thirst with refreshing bacon-based and bacon-inspired cocktails and brews, and compete for the best beverage.

As the first event's King of Baconfest, *365ink*'s Bryce Parks wants you to know that this event is legit. The food is amazing, the event is so well organized and presented, and you will most definitely go home with the bacon sweats if you want to. You're going to love it. Take if from the King, do not miss out and purchase tickets today!

Area Residential Care has provided assistance to people with intellectual disabilities since 1968. The organization has grown tremendously over the past 50 years to serve an average of 200 people with disabilities annually; providing residential, vocational, and day services in the Dubuque and Dyersville communities. For additional information, visit **AreaResidentialCare.org**.

A PLACE FOR FRIENDSHIP: DUBUQUE'S MEMORY CAFÉ SECOND THURSDAY OF EVERY MONTH

10 AM-NOON @ HOLY TRINITY LUTHERAN CHURCH (1755 DELHI ST)

BY BRYCE PARKS

Alzheimer's is a progressive, irreversible, and fatal disease of the brain that causes problems with memory, thinking, and even behavior. It's the sixth leading cause of death in the United States and affects 5.4 million Americans—most of them 65 or older. By 2050, that number is expected to triple to an astounding 13.8 million unless a cure or new treatment is discovered. Currently, the disease can't be prevented or cured.



MEMORY CAFE ORGANIZERS, JADE ANGELICA FROM HEALING MOMENTS FOR ALZHEIMER'S AND CHERYL ROSE FROM HOLY TRINITY LUTHERAN CHURCH

Dubuque's Memory Café is where individuals with memory loss from Alzheimer's or dementia and their caregivers can get together in a safe, supportive, and engaging environment. It is a social time and a friendly place where people can interact, enjoy life, find support, share, and celebrate without feeling embarrassed or misunderstood. A Place for Friendship encourages acceptance and enhances relationships.

The Memory Café movement started in the Netherlands in 1997 and has been spreading throughout the United States since 2008. It is an important contribution to the well-being of both persons with dementia and their caregivers, especially since people with dementia most often mention feeling isolated and alone. The Memory Café is for them and about them. It's a place where they can feel welcomed and included and not have to worry about what anyone might be thinking. They can be themselves while meeting and making new friends who will be companions for them on this journey. Similarly, caregivers will find new connections and new friendships and new kinds of support.



PAT AND FRANK-IT'S A JOY TO GET TO KNOW YOU!

"One spouse of a person suffering from dementia said her favorite part about coming here is that you treat people with Alzheimer's like people. Of course we do. Because they are. It's not a stretch for us," shares the Rev. Dr. Jade Angelica from Healing Moments for Alzheimer's, one of the organizers of Dubuque's Memory Café. Along with partner organizers over the past two years including Lynae Duffy of Oak Park Place, Laura Nissen of Luther Manor, Cheryl Rose of Holy Trinity Lutheran Church and Bob Stricker of Home Instead Senior Care, the goal is to simply help people have a good day.

"It's a completely volunteer effort," continues Jade. "It's a gift that we want to give to the community. Holy Trinity Lutheran Christian Church donates their space and provides coffee. It's an amazing continuation of their Christian Outreach in the community. Our theme song is 'It's a Joy to Get to Know You,' and we sing that song every time."

"People with dementia often say that they feel isolated. They often feel unable to initiate things, but

When life offers the gift of time...

how will you spend it?

The community of friends at Oak Park Place comes with Independence When You Want It, Assistance When You Need It. So bumps in the road don't become road blocks.

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just because they can't initiate doesn't mean that they don't want to do those things or can't do those things. So we provide an opportunity for people to come and just have a social experience where they're completely accepted. There's no judgement, there is no fear of people with dementia and their declining abilities. We just welcome them."

All the people who organize the Memory Café have been trained in memory care and know how to respond to the unique issues and situations that arise with people facing memory loss.

A Place for Friendship: Dubuque's Memory Café meets once a month on the second Thursday from 10 a.m. to noon at Holy Trinity Lutheran Church located at 1755 Delhi St. in Dubuque. Upcoming dates are Oct. 11, Nov. 8 and Dec. 13. Coffee, tea, water, and seasonal snacks will be served. Games and newspapers will be available. There will also be activities and enjoyable presentations, including music, poetry, stories, singing, and art activities.

"It's a time for people to just share some friendship and camaraderie in a low stress atmosphere. People come at different stages of the disease. Some are quite high functioning and some are having trouble speaking. What's most fascinating to us is we try to have a structured time in our cafe for people to share with each other and it's amazing what they share. We don't rush them, we wait patiently for them to share something and they share these wonderful stories."

There is no fee to attend A Place for Friendship: Dubuque's Memory Café and pre-registration is not required. People of all denominations are welcome. Everyone is welcome.

It's not just residents from memory care facilities. Families caring for loved ones at home and those using home health care aid should be a part of the Memory Café. It's great to get them out of the house. It's wonderful for their cognitive abilities as well as their emotional state. If you are caring for a spouse or a parent, it's something that you can do together."

Dubuque's Memory Café project is co-sponsored by multiple community organizations, including Luther Manor, Oak Park Place, Healing Moments Alzheimer's Ministry, Holy Trinity Lutheran Church and the Telegraph Herald. Other organizations are invited to participate. For more information or to co-sponsor Dubuque's Memory Café, please contact Rev. Dr. Jade Angelica at **jadeangelica@gmail.com** or call **563-582-4724.**



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UPCOMING EVENTS

THURSDAY, SEPTEMBER 20



Asset Protection For Iowa Seniors 5:30 PM @ HILLCREST FAMILY SERVICES FELLOWSHIP HALL

Join Attorney Thad Murphy for a FREE informative and interactive estate planning, asset protection and Elder Law care workshop. Discover: what is the difference between a will and a trust: the different types of powers of attorney and how to use them; how to protect yourself and your assets from long term care (nursing home) costs; how you can use trusts and avoid probate; the different types of trusts available and how to use them to your advantage; what is Elder Law; how does all of this affect lowa seniors; and much more! Hosted by Attorney Thad Murphy, Elder Law and Estate Planning Attorney, Pearson Bollman Law. RSVP requested but not required. Free. 2005 Asbury Rd. 563-265-6971. pearson-bollman-law.bambiz.net/dubuque-event.

FRIDAY, SEPTEMBER 21



Dubuque & Tri-States POW/ MIA Recognition Ceremony 6 PM @ AMERICAN LEGION

DUBUQUE POST #6 CLUBHOUSE The POW/MIA Recognition Ceremony will begin with a welcome by Post #6 Historian and Past Commander Gary Kircher. He will be assisted by Past Commanders Bill Kubler, Dick Bridges, and Jack Galle. Speakers include Elaine Papendick, POW/MIA coordinator; Dan Hefel, former Vietnam POW; and Bill Winter, author of *Finally Home*, the story of Dan Hefel's Vietnam tour and time as a Vietnam Prisoner of War. Cake cutting after ceremony. Open to the public. 1306 Delhi St.



Ronnie Milsap 8 PM @ FIVE FLAGS CENTER Ronnie Milsap used pop, rock and R&B elements to test country's borders and did so in

a way that connected fiercely with the musicbuying public. He compiled 40 No. 1 country hits. Milsap's sales accrued eight gold albums; his Greatest Hits made him one of the first acts in any genre to obtain double-platinum status after the RIAA introduced the multi-platinum honor in 1984. Known for "Smokey Mountain Rain" and "It Was Almost Like a Song." \$35– \$95. **563-589-4254. FiveFlagsCenter.com**.

SATURDAY, SEPTEMBER 22

Annual All-State Historic Barn Tour 9:30 AM-5:30 PM

@ VARIOUS LOCATIONS IN IOWA Sept. 22–23. Nearly 80 historic restored barns throughout lowa will be open to the public during this free self-guided tour. Most of the barns have been restored with matching grants from the lowa Barn Foundation. Other property owners received awards of distinction from the foundation for restorations they undertook themselves. The purpose of the tour is to encourage barn preservation in the state, to teach young people about lowa's rich agricultural heritage, and to renew pride in this unique heritage. Owners will discuss the barns at many stops.

Barns in eastern Iowa include: Dighton Round Barn (3344 120th Ave., Coggon), Ridden-Hahn Barn (Vine Rd., Dyersville), Jack Smith Family Barn (20922 Asbury Rd., Durango), Gehlen Barn (100 N. Main St. (US 52), St. Donatus), Kaufman Barn (6206 291st St. (Streff Rd.), St. Donatus), Michels Barn (39016 308th St., Bellevue), Steines Barn (36746 Bellevue-Cascade Rd., Bellevue), Clasen Barn (25219 200th St., Bellevue), Delaney Barn (23477 Bellevue-Cascade Rd., La Motte), Martin Barn (12578 222nd Ave., Zwingle), and The DeFries Barn on the Doris and Jack Dyas Farm (17929 232nd Ave., Maquoketa). Free. **641-487-7690. IowaBarnFoundation.org**.

TUESDAY, SEPTEMBER 25



Fall Breakfast—"Celebrating Autumn" 7:30AM-8:30AM @ SHALOM SPIRITUALITY CENTER Plan to celebrate the beginning of autumn by meeting friends for a great breakfast. Then sit back and listen as Lisa Schmidt shares words and images of the changing season. Lisa is with the Franciscan Charism Team as Associate Coordinator and Co-Director of the Canticle of Creation Center at Mt. St. Francis. She is also a Massage Therapist at Wellness on Davis in the Shalom Spirituality Center. RSVP by Sept. 21. \$10. 1001 Davis St. 563-582-3592. ShalomRetreats.org.



Native American Spirituality: Symbols, Songs, And Ceremonies 9 AM-NOON @ SHALOM SPIRITUALITY CENTER Hear the story of White Buffalo Woman in this interactive workshop and learn about traditional Native American ceremonies such as the Sweat Lodge and Vision Quest. Explore the meaning of symbols such as the hoop and medicine pouch. Reconnect with nature through music and meditation, and make a simple take-home reminder of our connection to all our relations. Nancy Thompson is a 24-Year Student of Native American Spirituality and a member of the Miniss Kitigan Drum, a group founded upon the traditions of the Ojibwe. RSVP by Sept. 21. \$20. 1001 Davis St. 563-582-3592. ShalomRetreats.org.



Powerful Tools for Caregivers Workshop 5:30-7 PM @ ISU EXTENSION DUBUQUE OFFICE Tuesdays: Sept. 25-Oct. 30. Over 43.5 million family caregivers in America provide a vast array of emotional, social, financial, nursing, homemaking and other services on a daily or an intermittent basis. Powerful Tools for Caregivers is a six part educational program, to enable caregivers to better care for themselves. This program is designed to help family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources. Class size is limited. RSVP required. \$30. 14858 West Ridge Lane, Suite 2. 563-583-6496. debpicd@iastate.edu.

THURSDAY, SEPTEMBER 27

Mound Memory Walk

1-2:30 PM @ SINISNAWA MOUND (SINSINAWA, WI)

Mound Memory Walk supports people with Alzheimer's and dementia, those caring for them, and area support programs. Sinisnawa Mound is walking in memory of Sister Mary O'Donnell, OP (1929–2018). To join their team, visit **support.alzwisc.org** and wear red when you come! This year's theme is Step Forward. Give Hope. Sinsinawa Memory Café is just one of the programs that this walk supports. Memory Café monthly gathering are for people who are experiencing memory loss, mild cognitive impairment, or early Alzheimer's or other dementia to share common interests and friendship. Participants will find common understanding and a safe environment for those living with memory loss. Memory Café is open to anyone in the Tri-State area and is free. Please have a caregiver present. 585 County Rd Z, Sinsinawa, WI. **608-748-4411 x188**. **sinsinawa.org/moundcenter**.

The Finances of Caregiving Workshop

1-3 PM @ ISU EXTENSION DUBUQUE OFFICE Thursdays: Sept. 27-Oct. 25. Life expectancy for Americans continues to increase, so it is more and more likely that most adults will end up caring for an elderly parent or relative. The Finances of Caregiving provides materials to assist caregivers in protecting their assets and prepare for their retirement while providing care. When making the decision whether or not to leave work or reduce your hours of work to become a caregiver for an aging parent or other relative in need of constant care, you have several areas to consider. Class size is limited. RSVP required. Scholarships available. \$35. 14858 West Ridge Lane, Suite 2. 563-583-6496. debpicd@iastate.edu.

SATURDAY, SEPTEMBER 29



The Jewels Of Yoga Mini-Retreat 8:30 AM-1 PM @ SHALOM SPIRITUALITY CENTER The Posture Of Mutuality: Shaping Ourselves & Serving Our World Mini-Retreat explores the physical postures and the teachings of yoga. Led by Katie Pfiffner and Michelle Watters. Includes lunch. RSVP by Sept. 25. \$30. 1001 Davis St. 563-582-3592. ShalomRetreats.org.



Boundless Compassion

9-11 AM @ SHALOM SPIRITUALITY CENTER Saturdays: Sept. 29-Nov. 3. Using Sr. Joyce Rupp's newly published book, *Boundless Compassion*, participants will explore ways of being compassionate with oneself, others, and all of creation. Led by Sr. Suzanne Rubenbauer FSPA and Sr. Marci Blum OSF. RSVP by Sept. 26. \$30. 1001 Davis St. 563-582-3592. ShalomRetreats.org.

FRIDAY, OCTOBER 12

Farce of Habit

7:30 PM @ BELL TOWER THEATER Oct. 12–13, 17–20, and 24–27 at 7:30 p.m. and Oct. 14, 21, and 28 at 2 p.m. Comic fireworks explode in this hilarious new comedy from the authors of Doublewide, Texas; Farce of Nature and Always a Bridesmaid. At the Reel 'Em Inn, the finest little fishing lodge in the Ozarks, it's not going to be a peaceful weekend on the lake. Caffeine withdrawal, marital trouble, a gaggle of nuns and a pompous radio personality make that impossible. Oh, and did we mention there's an axe murderer on the loose? Thursdays are Girls' Night Out; all audience members get a free glass of wine. \$10.50 Early Bird Special (Oct. 12 and 13 performances). \$21. 2728 Asbury

Rd. 563-588-3377. BellTowerTheater.net.

SATURDAY, OCTOBER 13



DSO: Classics 1 "On Earth" 7:30 PM @ FIVE FLAGS THEATER

Oct. 13 at 7:30 p.m. and Oct. 14 at 2 p.m. Celebrate the Dubuque Symphony Orchestra's 60th season and explore the elements beginning with "on earth." Featuring Copland's *The Tender Land*, Beethoven's *Pastorale* Symphony, and local favorite Gareth Johnson is featured in two of Vivaldi's timeless *Four Seasons: Spring* and *Summer.* \$8 student tickets available 1 hour before performance. Tickets start at \$16. **563-557-1677. DubuqueSymphony.org**.

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3129 / 3131 Hillcrest Road	Dubuque, Iowa 52001	563-588-1413

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TRI-STATE LIVE MUSIC

THURSDAY, SEPTEMBER 20 Seth Charleston 6 PM @ The Dungeon

Theresa Rosetta 6 PM @ River Rock Kitchen & Tap Jazz Jam

7 PM @ The Smokestack Creamer 7 PM @ 7 Hills Brewing Co.

Kristina Castaneda, Shawn Healy, & Eric Balayti 7 PM @ Galena CFA

Nick Foytick 7:30 PM @ The Cornerstone

DWB 7:30 PM @ Grape Escape

Banshee 8 PM @ The Yardarm

Anthony Worden, Ryan Werner, BBJr 9 PM @ Monk's

Vicious Rumors, Luciferian Reign, Dredge 10 PM @ The Lift

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FRIDAY, SEPTEMBER 21 The Lonely Goats Dubuque Main Street's

Build a Better Block Party

5 PM @ 18th Street & Central

udweiser

Jeff Weydert Duo 6 PM @ Spirits (deck)

Adam Beck 7 PM @ Stone Cliff

Roy Schroedl 7 PM @ The Perfect Pint

Johnnie Walker 7:30 PM @ Hops & Rye

Medicinal Purposes 7:30 PM @ Swiss Inn

Meghan Davis 7:30 PM @ Frank O'Dowd's Pub

Love Crunch 7:30 PM @ The Cornerstone

Two Blind Mice 8 PM @ Riverboat Lounge

Ronnie Milsap 8 PM @ Five Flags Center

Sweet w/ Unicorn Fist 8 PM @ Mississippi Moon Bar



OVERNIGHT TRIP, INCLUDES HOTEL STAY BLOOMINGTON, MN WWE LIVE HOLIDAY TOUR 11/26/18

US CELLULAR CENTER, CEDAR RAPIDS BRUINS vs BLACKHAWKS

WINTER CLASSIC 1/1/19 Notre Dame Stadium, south Bend, Indiana

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NIGHTLIFE **365INK MAGAZINE** SEPTEMBER 20-OCTOBER 3, 2018 ISSUE #326

Hard Salami 8 PM @ Q Casino

TightRope 8 PM @ Blu Room, Breezer's Pub

BingBong, Kristina & Shawn 8 PM @ The Smokestack

Nate Jenkins 8 PM @ The Dungeon

The Heavies 8 PM @ The Yardarm

Doug Brundies 8 PM @ Galena Brewing Co.

Jordan Danielsen & El Jefe Following Galena Oktoberfest Pub Crawl 8:30 PM @ Grape Escape

Jason Ray Brown 9 PM @ 7 Hills Brewing Co.

SATURDAY, SEPTEMBER 22

Jam & Eggs Acoustic Open Mic 9 AM @ Convivium

Galena Oktoberfest: Jim Busta Band @ 11 AM Goodtime Dutchmen @ 2:30 PM Derty Rice @ 6 PM Depot Park, Galena

Mike Dangeroux Orchestra, Casethe Joint, The Zealots Bloktoberfest Noon @ Millwork District

Acoustic Jam 1 PM @ Council Hill Station

Andy Wilberding 2 PM @ The Cornerstone

Dina Bach 2 PM @ Grape Escape

Tete de Morte 3:30 PM @ 7 Hills Brewing Co.

Dueling Pianos 7 PM @ Mississippi Moon Bar

Roy Schroedl 7 PM @ Stone Cliff

Meghan Davis 7:30 PM @ Frank O'Dowd's Pub

Broken Rubber Band 7:30 PM @ The Cornerstone Joie Wails Band 8 PM @ Riverboat Lounge

local

Party After Dark: One Hott Mess 8 PM @ Q Casino Paul Filipowicz &

8 PM @ Blu Room, Breezer's Pub Smokin' Gun Showdown

Taste Like Chicken 8 PM @ Spirits

8 PM @ The Yardarm

The All Aces Band

Reverend Ravin & The Chain Smokin' Altar Boys Flatted Fifth Blues & BBQ 8 PM @ Potter's Mill, Bellevue

Six Shots 'til Midnight 8 PM @ Sandy Hook Tavern

Flash in a Pan 8 PM @ Galena Brewing Co.

Boogie Monster 8:30 PM @ Grape Escape

Soul Sherpa 9 PM @ 7 Hills Brewing Co.

Massey Road 9 PM @ Dog House Lounge

Medicinal Purposes 9 PM @ Embe

James Leg, Hooten Hallers 10 PM @ The Lift

SUNDAY, SEPTEMBER 23 Open Mic w/ Scott Rische Noon @ Grape Escape

Matthew Valenti 1 PM @ 7 Hills Brewing Co.

Mixed Emotions 1 PM @ Massey Marina

Kristina Castaneda & Shawn Healy Concert Across America 2 PM @ UD Blades Hall

Beau Timmerman 2 PM @ PromiseLand Winery

Johnnie Walker 3 PM @ Stone Cliff

Andy Wilberding 3 PM @ Sunset Ridge Winery Open Mic w/ Scott & Pearl 3 PM @ The Cornerstone

Think Drink Listen

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3 on the Tree 3 PM @ New Diggs General Store

4 PM @ Sandy Hook Tavern Eddy Howard Orchestra Gramercy Park Gala 5 PM @ DBQ Co Fairgrounds

Titanium (Steak Feed)

MONDAY, SEPTEMBER 24 Comedy Open Mic 8 PM @ Monk's Kaffee Pub

TUESDAY, SEPTEMBER 25 Dinner & Music w/ Laurie Rische 6 PM @ The Cornerstone

Trivia Night 7 PM @ Riverboat Lounge

A Night At Home Alum Concert 7 PM @ Clarke University

Carrie Nation & The Speakeasy 10 PM @ The Lift

WEDNESDAY, SEPTEMBER 26 Salsa Dance Night 6 PM @ The Smokestack

Acoustic Jam w/ Danny Parker 6:30 PM @ The Cornerstone

Gladdy's Open Mic Experience 6:30 PM @ Blu Room, Breezer's Pub

Comedian Gabriel Rutledge 8 PM @ Mississippi Moon Bar

THURSDAY, SEPTEMBER 27 Elizabeth Mary & Bryce Michael 6 PM @ The Dungeon

Old Salt Union 7 PM @ 7 Hills Brewing Co.

Open Mic w/ Jeff & Jimmy 7:30 PM @ The Cornerstone

Melanie Devaney 7:30 PM @ Grape Escape

Sick Puppies 8 PM @ Q Casino

FRIDAY, SEPTEMBER 28 Rock Steady 6 PM @ Spirits (deck) Broken Strings 7 PM @ Stone Cliff

Garp III:Nathaniel Rateliff, Matthew Logan Vasquez Cactus Blossoms, Miles Nielsen & The Rusted Hearts, Small Houses, Emma Blue book, Bad Licks, Vera Sola, Kyle Emerson 7 PM @ Codfish Hollow Barn

lan Gould 7:30 PM @ Frank O'Dowd's Pub

Sun Green/Old Shaky 7:30 PM @ The Cornerstone

Josh Yeltman 8 PM @ Riverboat Lounge

Chase & Ovation: Prince Tribute 8 PM @ Mississippi Moon Bar

Electric Shock 8 PM @ Q Casino

Theresa Rosetta 8 PM @ Blu Room, Breezer's Pub

Your Mom 8 PM @ The Yardarm

Marky Blue Flatted Fifth Blues & BBQ 8 PM @ Potter's Mill, Bellevue

Roy Schroedl 8 PM @ Woodlands Lounge, Eagle Ridge

JeF Duo 8:30 PM @ Grape Escape

Cranes & Vultures 9 PM @ 7 Hills Brewing Co.

SATURDAY, SEPTEMBER 29

Garp III: Nathaniel Rateliff & The Night Sweats, Texas Gentlemen, Okey Dokey, Campdogzz, Kirby Brown, Sam Evian, Katie Von Schleicher, Jess Parsons, Joe Sampson, The Dawn Noon @ Codfish Hollow Barn

Acoustic Jam 1 PM @ Council Hill Station

Korey Steil 2 PM @ The Cornerstone

2 PM @ Grape Escape

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Corey Jenny

NIGHTLIFE SEE YA AT GARP!

David Minehan & 10 Strings 7 PM @ Stone Cliff

lan Gould 7:30 PM @ Frank O'Dowd's Pub

Andrew Huber 7:30 PM @ The Cornerstone

Statue of Liberty 8 PM @ Riverboat Lounge

Dubuque's Divas After Dark 8 PM @ Mississippi Moon Bar

Morgan Wallen 8 PM @ Q Casino

Elizabeth Mary, Bryce Michael, Davton Olson 8 PM @ Blu Room, Breezer's Pub

Gypsy Pistols 8 PM @ The Yardarm

Massey Road 8 PM @ Spirits

Ratchet Jaw 8 PM @ Northside Bar

Bobby Messano Flatted Fifth Blues & BBQ 8 PM @ Potter's Mill, Bellevue

The Lonely Goats 8 PM @ The Big House, Petersburg

Zack Baumgartner 8 PM @ Galena Brewing Co.

Roy Schroedl 8 PM @ Woodlands Lounge, Eagle Ridge Aaron Williams & The Hoodoo 8:30 PM @ Grape Escape

Rock Steady 9 PM @ 7 Hills Brewing Co.

Tony Walker 9 PM @ Dog House Lounge

Nevada Nevada, Cranes/ Vultures, Tightrope 9:30 PM @ Monk's

Dan Whitaker & The Shinebenders 10 PM @ The Lift

SUNDAY, SEPTEMBER 30 Open Mic w/ Scott Rische Noon @ Grape Escape

Medicinal Purposes 1 PM @ 7 Hills Brewing Co.

Acoustic Jam 1 PM @ Council Hill Station

Rocktide 2 PM @ PromiseLand Winery

Becky McMahon 3 PM @ Stone Cliff

Ten Gallon Hat 3 PM @ New Diggs General Store

Open Mic w/ Marty Raymon 3 PM @ The Cornerstone

The Lonely Goats 4 PM @ Sandy Hook Tavern

Ron Tegeler Jazz Quartet Flatted Fifth Blues & BBQ 5 PM @ Potter's Mill, Bellevue

MONDAY, OCTOBER 1 Joe McShane 5 PM @ Frank O'Dowd's Pub

Comedy Open Mic 8 PM @ Monk's Kaffee Pub

TUESDAY, OCTOBER 2 Joe McShane 5 PM @ Frank O'Dowd's Pub

Trivia Night 7 PM @ Riverboat Lounge

WEDNESDAY, OCTOBER 3 Joe McShane 5 PM @ Frank O'Dowd's Pub

Acoustic Jam 6:30 PM @ The Cornerstone

Gladdy's Open Mic Experience 6:30 PM @ Blu Room, Breezer's Pub

Comedian April Macie 8 PM @ Mississippi Moon Bar

THURSDAY, OCTOBER 4 Joe McShane

5 PM @ Frank O'Dowd's Pub Smokestack Jazz Night

7 PM @ The Smokestack

Jav Vonn 7:30 PM @ Grape Escape

Mallet Brothers 9 PM @ 7 Hills Brewing Co.

FRIDAY, OCTOBER 5 Johnnie Walker 6 PM @ Spirits (deck)

Ron Lubbers 6 PM @ Timmerman's

IOWA WOMEN

CHANGE

LEAD

John Moran 7 PM @ Stone Cliff

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

Todd McDonough 8 PM @ Riverboat Lounge

Love & Rock: The Musical 8 PM @ Mississippi Moon Bar

Jarod Niemann 8 PM @ Q Casino

Sun Green 8 PM @ Blu Room, Breezer's Pub

Bluegrass & Folk Jam w/ The Alumatics 8 PM @ The Smokestack

Garrett Hillary 8 PM @ Galena Brewing Co.

Justin Morrissey Trio 8:30 PM @ Grape Escape

SATURDAY, OCTOBER 6 Jam & Eggs Acoustic Open Mic

9 AM @ Convivium

Hoffman, Troy, Marceau, & Flowers (Chili Cook-Off) 1 PM @ Cable Car Square

Acoustic Jam 1 PM @ Council Hill Station

Kampfire Kings 2 PM @ Grape Escape

7 PM @ Mississippi Moon Bar

7 PM @ Stone Cliff

Leadership Conference October 16

Grand River Center

A Few Blind Mice 7 PM @ DBQ Driving Range

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

Michael Breitbach 8 PM @ Riverboat Lounge

Material Girl: Madonna & Lady Gaga Tribute 8 PM @ Q Casino

The Mark David Group 8 PM @ Blu Room. Breezer's Pub

Banshee 8 PM @ Riggs'

KAOS Madison 8 PM @ The Yardarm

Jason Ray Brown 8 PM @ Spirits

Brandon Santini Flatted Fifth Blues & BBQ 8 PM @ Potter's Mill, Bellevue

Tete de Morte 8 PM @ Galena Brewing Co.

Aquatic Hitchhikers 8 PM @ Bitter's Pub, Beloit

Ten Gallon Hat 8:30 PM @ Grape Escape

Club 84

Jef Spradley

EMAIL: MUSIC@DUBUQUE365.COM

Code Red Riot, Autumn Reverie 9 PM @ The Smokestack

Jake Bender 9 PM @ 7 Hills Brewing Co.

Mixed Emotions 9 PM @ Jimi B's Bar & Grill

Renegade 9 PM @ Weber's

The Lucky Dutch 10 PM @ The Lift

SUNDAY, OCTOBER 7

Hot Mess 11 AM @ Hot Rods & Harlevs Show, Hopkinton

The Lonely Goats Noon @ East DBQ Fun Days

Open Mic w/ Scott Rische Noon @ Grape Escape

Acoustic Jam 1 PM @ Council Hill Station

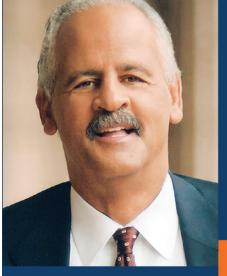
Casey Klein 2 PM @ PromiseLand Winery

Steve Cavanaugh & Randy Droessler 3 PM @ Stone Cliff

Taste Like Chicken 3 PM @ New Diggs General Store

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THU 9/20 • 10 PM • \$10 VICIOUS RUMORS, LUCIFERIAN REIGN, DREDGE

SAT 9/22 • 10 PM JAMES LEG, THE HOOTEN HALLERS

CARRIE NATION AND THE SPEAKEASY

DAN WHITAKER AND THE SHINEBENDERS

SAT 10/6 • 10 PM THE LUCKY DUTCH

TUE 10/9 • 10 PM BUHU

WED 10/10 • 10 PM

SAT 10/13 • 10 PM OLD WOLVES, RIFF WORM

DAILY: \$2 WHISKEY MIXERS + \$3 HAPPY MEALS(PBR/OLD CROW) HAPPY HOUR 3-7 PM: \$1 OFF TAP BEER





BUDWEISER LIVE MUSIC FEATURES

THURSDAY, SEPTEMBER 20



Vicious Rumors, Dredge, Luciferian Reign 10 PM @ THE LIFT (180 MAIN ST) COVER \$10

Celebrating the 30th anniversary of their seminal album *Digital Dictator* classic thrash outfit Vicious Rumors crash into the Lift Sept. 20! Joining them will be local tech sludge and fish fly experts Dredge and ex-Horde metal maniacs from Peoria, IL, Luciferian Reign.

FRIDAY, SEPTEMBER 21



BingBong + Kristina & Shawn 8 PM @ THE SMOKESTACK (62 EAST 7THST) Madison, WI's BingBong performs precision pop, guitar driven tunes, with the hookiest of hooks and an irresistible early '80s vibe to their music. The band features four veteran musicians that know how to lock into a groove. Their lead single, "It's Complicated," won the Madison Area Music Associations award for 2017 Rock Song of the Year. Opening is Dubuque's own Kristina Marie Castañeda and Shawn Healy.



TightRope

8 PM @ THE BLU ROOM (600 CENTRAL AVE) A young and very upcoming band featuring Bryce Michael on guitar and vocals and Dayton Olson on Harp. This band is tight and play several covers of the classics as well as some original tunes. A very entertaining band not to be missed.

SATURDAY, SEPTEMBER 22



Paul Filipowicz and the All Aces Band 8 PM @ THE BLU ROOM (600 CENTRAL AVE) Seven critically acclaimed CDs including two "Top 20 Texas Blues New Releases" in a row. Paul's original slashing guitar style has been established and documented. His latest release *Chinatown* is the logical next-step for a bluesman that has over the years warranted comparisons to such a diverse group of greats as John Lee Hooker, Albert King, Buddy Guy, and Albert Collins just to name a few.



Reverend Raven & The Chain Smokin Altar Boys 8 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA) Rev will tell you hasn't done much and that you're only as good as your last show. That said, 20 years in the Milwaukee and Chicago Blues scene has given Reverend Raven & The Chain Smokin' Altar Boys some serious street cred. You'll see why!



James Leg, The Hooten Hallers 10 PM @ THE LIFT (180 MAIN ST) Like a man on fire, Rev James Leg shares his stories of love loss and hard living while trying to do right through his gravel based voice and Rhodes piano. Always high energy and loads of fun. To top it off, The Hooten Hallers are opening! The trio has rocked The Lift and surrounding area a bunch

of times with deep, heavy country blues featuring guitar, slide, sax and drums!

TUESDAY, SEPTEMBER 25



Carrie Nation & the Speakeasy 10 PM @ THE LIFT (180 MAIN ST) Carrie Nation & the Speakeasy is a highenergy "Brass 'n' Grass" sextet from Wichita, KS. The band, whose sound has been described as "a stagecoach in overdrive," has brought their eclectic blend of punk, bluegrass, and dixieland to packed bars, basements, and festivals across the US since their inception in the spring of 2007.





FRIDAY, SEPTEMBER 28 @ 8 PM

A Salute to the Music of Prince with Chase & Ovation is based out of Prince's hometown of Minneapolis, MN. The only show of its kind, Chase & Ovation has been exclusively performing the music of Prince for the past 11 years, including their monthly residency at the world-famous Bunker's Music Bar in Minneapolis, as well as venues across North America.

This high-energy, musically perfected, captivating production brings you the very best of Prince throughout his expansive career in this one-of-a-kind arena caliber concert experience. Performing hits from the '70s, '80s, '90s, and beyond, Chase & Ovation delivers one of the greatest live music performances to represent a generation of music.



MISSISSIPPI MOON BAR TERTAINMENT

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.

others. Local synth-pop/rock cover band Unicorn Fist opens.



SWEET FRIDAY, SEPTEMBER 21 @ 8 PM

Sweet will be celebrating their 50th anniversary. They rose to worldwide fame in the '70s as a prominent glam rock act producing 39 No. 1 singles including "Little Willy," "Ballroom Blitz," "Fox on the Run" and "Set Me Free," among



DIVAS AFTER DARK: DIVAS LIVE! SATURDAY, SEPTEMBER 29 @ 8 PM

Showcasing the true art form of drag queens, the Divas wow the crowd with their side-splitting humor, exotic fashion and exciting illusions.

Based out of Dubuque, featuring local and surrounding area talent.



ELVIS TRIBUTE ARTIST, VICTOR TREVINO JR. FRIDAY, OCTOBER 12 @ 6 & 8:30 PM

Victor Trevino Jr. is rated as one of the top Elvis tribute artists in the world. Tre-

vino performs for the world's largest tribute show "Legends in Concert," the longest running show on the Las Vegas Strip.

Dueling Pianos SATURDAY, SEPTEMBER 22 @ 7 PM

Laughing Moon Comedy: Gabriel Rutledge WEDNESDAY, SEPTEMBER 26 @ 8 PM

A Salute to the Music of Prince with Chase & Ovation FRIDAY, SEPTEMBER 28 @ 8 PM

Laughing Moon Comedy: April Macie WEDNESDAY, OCTOBER 3 @ 8 PM

Love & Rock The Musical FRIDAY, OCTOBER 5 @ 8 PM

Club 84 SATURDAY, OCTOBER 6 @ 7 PM Laughing Moon Comedy: Erica Rho WEDNESDAY, OCTOBER 10 @ 8 PM

Arch Allies SATURDAY, OCTOBER 13 @ 8 PM

Royal Bliss SUNDAY, OCTOBER 14 @ 7 PM

Laughing Moon Comedy: WEDNESDAY, OCTOBER 17 @ 8 PM

Mercury Retrograde Tour Featuring Tantric THURSDAY, OCTOBER 18 @ 7 PM

Dueling Pianos FRIDAY, OCTOBER 19 @ 7 PM

Time Machine SATURDAY, OCTOBER 20 @ 8 PM



BUDWEISER LIVE MUSIC FEATURES

FRIDAY, SEPTEMBER 28



8 PM @ THE BLU ROOM (600 CENTRAL AVE) Theresa Rosetta is 24 years old and has been playing guitar and singing since she was 14. While covering a wide variety of artists, she has original music too. Theresa has been performing for over a year and regularly plays in Dubuque and Illinois.



Markey Blue Ric Latina Project 8 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA) It's been an incredible year for the Markey Blue Ric Latina Project, receiving several honors including a spot in the National Blues Museum exhibit "Women of the Blues: a Coast-to-Coast Collection," a TV show in the works and several songs picked up for TV placement and adding international dates to their

touring schedule. The Nashville-based duo of Ric Latina, Markey, and their touring band will know your socks off on a Friday night!

SATURDAY, SEPTEMBER 29



8 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA) Legendary guitarist, Bobby Messano, returns to Flatted Fifth. His storied career includes seven solo CDs, songs in many TV and cable shows and contributions to over 50 major label and indie albums. Experience a special evening with this prolific contemporary blues songwriter.



Dan Whitaker and the Shinebenders 10 PM @ THE LIFT (180 MAIN ST) Dan brings the band back for a third installment of good time country music all the way from the Windy City!

SUNDAY, SEPTEMBER 30



Ron Tegeler Jazz FOURtet 5 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA) Guitarist Ron Tegeler returns with his Jazz FOURtet including Mickey Wilner on bass, Kirk Prebyl on drums and Glenda Currence on keyboard. Ron's style has been influenced by guitar greats such as Larry Carlton, Robben Ford, Kenny Burrell, Joe Pass and Wes Montgomery.

FRIDAY. OCTOBER 5



Sungreen

8 PM @ THE BLU ROOM (600 CENTRAL AVE) Sun Green, a tribute to Neil Young and Crazy Horse explores the gamut of this folk rock icon. From Hank to Hendrix sums up this seasoned four piece band from Dubugue, IA. Enjoy a heart felt adventure through the decades of Neil Young's music.

SATURDAY, OCTOBER 6



Code Red Riot + Autumn Reverie 9 PM @ THE SMOKESTACK (62 EAST 7TH ST)

Join Code Red Riot and Autumn Reverie for a night of live alternative rock. Autumn Reverie is an explosive post-grunge band out of Madison, WI with a high energy performance. Code Red Riot originated as a cathartic musical outlet for Corky Gainsford, formerly of the band Otherwise, and quickly grew into hard rock featuring anthemic choruses, melodic riffs, and soul-searching lyrics balanced on top of a hard-hitting rhythmic groove.



The Lucky Dutch 10 PM @ THE LIFT (180 MAIN ST) The Lucky Dutch is a four piece Chicago based roots rock n roll band led by Nathan Graham. Heavily guitar driven, this act is keeping the roots of rock n roll alive.









CASINO



Hard Salami

Friday, September 21 | 8PM - FREE SHOW Not your ordinary deli serving, the tri-states' acoustic rockers perform a wide variety of music with a focus on "Songs You Know & Love".



PartyAfterDark: OneHottMess Saturday, September 22 | 8PM - FREE SHOW

Chicago-based OneHottMess is a high powered and electrifying audience focused on '80s, '90s, modern country, and today's biggest hits.



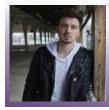
Sick Puppies with Emissary Echo presented by 97.3 FM, The Rock! Thursday, September 27 | 8PM General Admission: \$9.73 / Early Entry: \$19.73 (Standing room only)

An Australian rock band who rose to prominence in 2006 when their song "All the Same" got 77 million YouTube views. With 5 studio albums, these puppies are still rockin' strong.



Electric Shock

Friday, September 28 | 8 PM - FREE SHOW Faithfully replicating the music of AC/DC! Playing all their classic hits from both Bon Scott and Brian Johnson era songs in a high-energy show!



Morgan Wallen with Jay Allen Saturday, September 29 | 8PM

Hits Include: "The Way I Talk" & "Up Down" General Admission: \$10 / Early Entry: \$20 (Standing room only) This rising country music star is a fireball onstage, thrilling stadium crowds with superstars like Florida Georgia Line and Luke Bryan as he climbs the charts to stardom.



Jerrod Niemann with Corey Cox

Friday, October 5 | 8PM General Admission: \$20 / Early Entry: \$30 (Standing room only) Niemann brings no less than ten Top 40 Hits on the Country Music Charts including: "Lover, Lover," "God Made a Woman," "One More Drinkin' Song" & "Drink to That All Night". He's co-written songs for Garth Brooks, Chris LeDoux, Blake Shelton and more.



TORNADOES The Pork Tornadoes Saturday, October 20 | 8PM

General Admission: \$7 (Standing room only) Wide variety of covers played by good-looking, well-mannered men, who like Guinness, Cedar Ridge whiskey and may or may not have beards. #yourgirlfriendsfavoriteband.



Spazmatics Halloween Party Saturday, October 27 | 8PM

General Admission: \$10 / First 100: \$5 (Standing room only) All the awesome sounds, styles, and way cool dance steps from the 1980's decade we'd love to forget. The Spazmatics recapture all the best of the worst complete with skinny ties, Brill Creamed hair, and horn rimmed glasses. Perfect for Halloween!



Hoobastank with Secondhand Serenade Saturday, November 3 | 8PM

Hits Include: "Crawling in the Dark," "Running Away," and "The Reason" General Admission: \$29 / Early Entry: \$39 (Standing room only) Having sold 10 million albums worldwide, The Reason 15th Anniversary Tour features new songs from their sixth album, Push Pull, which was released on May 25 as well as classic hits.

TICKETS: QCASINOANDHOTEL.COM



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CONVIVIUM URBAN FARMSTEAD A SHAREABLE FEAST

BY SUNIL MALAPATI

Con.viv.i.um/ noun/ a convivial gathering; banquet

Sometimes a name describes a place and evokes its spirit so perfectly that you cannot imagine it being called anything else. There is a generosity of spirit that you associate with the word "convivial" and its Latin root "convivium" and that spirit pervades everything at Convivium Urban Farmstead. This article is about more than just the wonderful food you can get at this place—I am hoping to convey a sense of the food philosophy that guides such a place and what makes it so unique.

The North End in Dubuque can quite accurately be described as a food desert. There are no grocery stores for fresh produce other than Eagle Country Market and that is not very accessible without a car. With the recent and currently ongoing Build a Better Block event, attention is being paid to this neighborhood. There are signs of renaissance with the Bee Branch project, opening of Copper Kettle and Pete's Thai Kitchen and the establishment of Convivium. Convivium aims to build a community around food, and the restaurant portion of Convivium is only one component of its mission—a mission near and dear to Leslie Shalabi and Mike Muench, the founders and the visionaries behind this venture.

(Full disclosure: With my interests in food security and food justice issues, I have crossed paths with Leslie and Mike many times over the past years, and we have talked about potential collaborations in my other role as Clarke faculty.)

"Food is Culture." As a trade journalist and marketing/PR person, Leslie does not come with chef credentials or with an established food background. But, with a Palestinian father, she grew up with a deep understanding of how food shapes culture and how sharing of food forges strong bonds between humans. Mike, with his business and insurance background, sees food as functional but does have an abiding interest in environmental and sustainability issues. Where these two meet is a shared understanding that the growing, harvesting, distributing and preparing food can act as a catalyst for community

growth and provide a sense of community identity.

Leslie and Mike set about designing and building Convivium as a sustainable venture that could make a significant impact on the surrounding community. They found some old green houses and a space they could alter in an environmentally friendly way. A hundred solar panels capture light on the roof while geothermal energy heats the spaces. The community gardens have been reimagined. Traditional community gardens allocate space for each user who grows things they want-unfortunately, there is a drop off in enthusiasm and several spots become eyesores. Convivium has community gardens in yellow boxes where people are free to come pick vegetables and greens whenever they want. It is a measure of community pride that there have been no instances of vandalism. They have started to use backyards after running out of space in their greenhouses and people in the neighborhood are now coming to them offering up their own backyards!





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GINGER-LIME MARINATED SHRIMP WITH GUACAMOLE



SOUTHWEST PUMPKIN FRITTER

The lovely interior space at Convivium works as a restaurant from 7 a.m. to 2 p.m. (except Monday) and then becomes an event space. Most of the events are related to food—a few months ago, I was here to learn about the proposed Food Policy Council for Dubuque County. This space is also earmarked for educational outreach programs. There is a composting class that starts next week and nutritional outreach to combat childhood obesity is a top priority for Leslie. With the hiring of a Programming and Education Director, Convivium aims to start afterschool programs, especially for the nearby Fulton School students.

When you eat a meal at Convivium or just pick up a muffin to go, you have the satisfaction of knowing that everything was done from scratch and some of the ingredients came from just a few feet away. Talk about hyperlocal sourcing! According to Leslie, the guiding food philosophy of the restaurant menu was to simply serve their clientele while gently nudging them to stretch their horizons a little.

Consider the Southwest pumpkin fritter on their lunch menu. The fritter (a slight misnomer) is not deep-fried but pan-fried and thus remains light and non-greasy. Packed full of flavor from the vegetables (pumpkin, corn, peppers, onion and cheddar) and spices, the flatness of the fritter allows for a crunchy texture with every bite. The fritter comes on a bed of greens lightly dressed with a lemon vinaigrette and accompanied by avocado crema. The whole dish makes for a light yet robust vegetarian lunch, and it is gluten free to boot!

The most popular item on the lunch menu is the diner burger with multiple options for toppings. The one I had was topped with fried onions and Sriracha mayo. The sweetness of the fried onions complemented the meaty beef and the sharpness of the mayo added a welcome contrast. I was partial to the falafel burger, which comes in a wrap. You can get it on bun, but trust me and go with the wrap. The falafel, made of ground chick peas and herbs and spices, has the crumbly inner structure I associate with good falafels. Since the falafel is pan-fried, it is missing that crunchy exterior I love but more than compensates with great flavor and texture. The wrap I had was accompanied by yellow tomato slices from the Convivium garden, cucumber, greens and tahini sauce.



FALAFEL BURGER

Roasted root vegetables are one feature I would heartily recommend. Roasting allows vegetables to develop flavor over an extended period without needing too much oil. The Za'tar roasted sweet potato served over greens with an orange vinaigrette and toasted pistachios is definitely a star. Za'tar is a Eastern Mediterranean spice mixture with thyme, sumac and sesame seeds that has a slight lemony aroma and is robust enough to stand up to roasted sweet potatoes. Rosemary garlic potatoes that are a featured side are simply heavenly. Potatoes are roasted with sprigs of fresh rosemary and whole garlic cloves still encased in their papery skins. Garlic develops most of its "bite" when you chop it up, and using whole cloves allows the dish to acquire a more delicate flavor that perfectly accentuates the rosemary without overtaking the dish. You can always eat the garlic roasted in its own skin for a more garlicky taste! These potatoes are so good they also appear on their breakfast menu.

Ah, breakfast! Most of us in our hurried lives do not have time for a leisurely breakfast and reserve such luxuries for the weekend brunch. Of course, the place is usually hopping on a Saturday morning. My mom, who is definitely a breakfast person, and I ventured into the North End on a Tuesday morning and were happily surprised to see a decent crowd early in the morning. Just as with lunch, you sit down at a table, check the boxes on a paper menu and hand it over to the person at the counter. I also got myself a cup of coffee and relaxed with my mom. I may have forgotten to mention it before, but part of the food philosophy at Convivium is to allow you to relax with the food. The service, partly by design and partly because of the kitchen facilities, is somewhat on the slower side. We did not mind waiting in that lovely space, with high ceilings and warm wooden benches, so spread out that the noise levels didn't disrupt conversations.

We ordered a pancake, sweet potato pancake and French toast along with a fruit cup (yes, you can order an individual pancake, something my mom appreciated). The pancake was fluffy and golden and we didn't need any syrup to wash it down. The sweet potato pancake is gluten-free and vegan and had a sweet and savory quality to it. The nutmeg was quite pronounced with a cinnamon-brown sugar background enhancing the sweet potato taste. The French toast with French bread from Millwork Bakery was perfectly done—the bread was soaked in the custard just right and the crust stayed wonderfully chewy. A fruit compote as an addition to this French toast might just send this dish soaring even further!

At other times, I have had the quiche and I can say they know how to do quiches right. One of the advantages quiches offer for a restaurant is that they are better when reheated in an oven than they are fresh out of the oven. The crust is a classic pate brisee, the buttery pie crust that serves as the base for tarts and pies. The crust is par-baked allowing to fully bake and stay crispy when reheated. The ingredients in the quiches change regularly and incorporate the fresh produce often. You can also get the quiche and muffins (and coffee and tea drinks) at the Convivium stand on Saturdays at the Farmers Market.

After our leisurely breakfast on that Tuesday morning, I dropped off my mom and went to work. Apparently, the relaxed breakfast had done its job and a student in the hallway commented "you look happy!" Once in a while, it pays to slow down, enjoy the breakfast and start the day right. Food informs so much of what we do and it is good to have a place for a convivial gathering once in while... I am jealous of those who live close by and can afford to go there regularly!

(Note on Small Plates: For a while, Convivium tried out having small plates on Wednesday and Thursday evenings. They are now moving these to monthly events. I have tasted many of the small plates and can attest to the care they are made with and the innovative flavor profiles you can enjoy. My favorites were the roasted Brussel sprouts with lemon aioli and the ginger-lime shrimp.)





DUBUQUE365.COM

CONVIVIUM URBAN FARMSTEAD 2811 JACKSON ST, DUBUQUE, IA 563-557-2900 CONVIVIUM-DBQ.COM Hours: Tue-Sun: 7 AM-2 PM;

Small Plates: Third Thursday of every month: 4:30–8:30 PM Prices: \$1.35–\$10.25

SUNIL MALAPATI

SUNIL IS NERDY ABOUT ALL THINGS FOOD, SCIENCE, FOOD SCIENCE AND THEATRE. HE WILL GLADLY ANSWER YOUR QUESTIONS (AS WELL AS BORE YOU WITH FOOD LORE) IF YOU EMAIL HIM AT **DINING@DUBUQUE365.COM**





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CELEBRATE NATIONAL LIBRARY CARD SIGN-UP MONTH!



HOW TO JOIN

To join, you need an account in good standing that meets one of these criteria within the next 12 months:

- Download 12 eBooks (please visit the library to show us your account once you've hit 12)
- Download 24 eAudiobooks (please visit the library to show us your account once you've hit 12)
- Follow us on Facebook (four random Facebook followers will be selected every week)
- Donate at least \$25 to the Library Foundation for the first time
- Volunteer 90 hours at the library

• Attend 12 adult programs (visit the library for a program punch card)

- Become a Certified Maker and visit the Maker Space 5 times (visit the
- library for a Maker Space punch card) • Your child has completed the 1,000 Books Before Kindergarten program
- Checked out at least 10
 Raising Reader literacy kits
- We'll also select the 500th person to checkout a library item, and the person checking out the 5000th item in September to join the Club

Swing by the library to pick up your punch card(s) and learn more about the Carnegie Club!

MEMBER PERKS

- A new Carnegie Club or custom library card
- Carnegie Club member window decal
- One free admission to the Dubuque Museum of Art
- 20% off C-SPL retail sales (except Art @ Your Library items)
- 10 free black and white copies or two free color copies
- \$5 off a 3D printing
- 50% off a 3D printing A free book at the Friends of the
- Library semi-annual book sales

 A Carnegie Club coffee mug
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- 10% off at 7 Hills Brewing Company
 Buy one entrée and get the second
- for 50% off at Hops & Rye
 10% off at Living on Main
- (except sale items)
- Free zero gravity massage with any float or sauna session at Float & Fly
- Buy one drink, get one free at Inspire Cafe (excludes alcohol)
- 10% off at O'Toole Office Supplies
- \$5 off a \$25 purchase at Town Clock Inn
- 10% off purchase at Yen Ching
- 4 free cups of coffee at the library a year
- Social media recognition

Also, during the month of September stop in the library to get a free replacement card if yours has been lost.

dubuque.lib.ia.us 360 W 11th St, Dubuque • 563-589-4225

A common sense approach to a **positive attitude**

UNINSTALL YOUR LIKE BUTTON

Do you have a deep-seated, seemingly unshakable need to be liked? Are you incapable of saying "no" to others to feel liked? A consistent need to be liked by everyone is extremely exhausting but more importantly, messes up your commitment to like yourself. In my experiences, many people who are striving to be liked by others are struggling to like themselves. That is why they search out approval others. If you can't click your own like button, why should others?

It's perfectly okay to "want" to be liked by other people. I always "want" to be liked by others and I'm sure most people reading this "want" to be liked. The problem comes when you "need" to be liked by others to be happy. Once it becomes a "need," you'll do all sorts of crazy things to fill that "need." I remember a girl in college who never acknowledged my "hello" or "good morning" attempts. Instead of just not caring, I "needed" to get her to like me. This "need" lead to several ludicrous strategies to get her to like me, including flowers, candy, cards and letters. Each time that she ignored me, part of my soul died. I didn't realize how pathetic this looked until one of her friends told me.

I've spoken to thousands of groups in the past 30 years, and one measure of success is always, "did the group like me?" It used to freak me out when I gave a presentation to 200 people and received 2 bad reviews. I would obsess over the 2 people who didn't like it and forget about the 198 others. Apparently 99% approval rating wasn't good enough. If 100% of people in the program didn't like it, then it was a failure. It is easy to look back now and see how pathetic that was as well.

The troubling parts of "needing" to be liked are the countless sacrifices I made. Some awesome people in history like Martin Luther King, Jr., Gandhi, Mother Teresa and even Jesus never "needed" to be liked. I'm guessing most great people in history didn't really care about being liked. So what sense does it make for me to keep striving toward that goal? Instead of trying to get everyone to click my like button, I had to figure out what I needed to do with my life to be able to click my own like button.

This meant rejecting the urge to change who I was based on the company I was surrounded by. Someone clicking my like button is temporary anyway. Getting others to like me is not vital to my happiness. I have plenty of people who don't like me for whatever reason and so do you. The more I "need" to be liked, the more absent I become in my own life. It is a mistake to believe that you will be happy when everyone else likes you. Quite the contrary. Don't doubt your own worth based upon how worthy others find you. To like yourself, uninstall your like button.

"Seek to know others and you'll be astounded how much your attitude improves."—Matt Booth

MATT BOOTH

MATT BOOTH HAS EARNED HIS CSP (CERTIFIED SPEAKING PROFESSIONAL) DESIGNATION. THE CSP IS THE SPEAKING INDUSTRY'S INTERNATIONAL MEASURE OF PROFESSIONALISM. THE CSP DESIGNATION IS CONFERRED BY THE NATIONAL SPEAKERS ASSOCIATION (NSA) ONLY ON THOSE SPEAKERS WHO HAVE EARNED IT BY MEETING STRICT QUALIFYING CRITERIA. THE LETTERS CSP FOLLOWING A SPEAKER'S

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HyVee. KIDS IN THE KITCHEN BY HY-VEE NUTRITIONISTS MEGAN HORSTMAN (ASBURY) AND AMY CORDINGLEY (LOCUST)

Children love to be involved in activities with adults, so why not let them join in preparing family meals? Learning to cook is a valuable experience that can introduce nutrition and healthy eating habits early on; not to mention helping to create memories with loved ones. Whether you're a parent, caregiver, child yourself or just a kid at heart, keep in mind these age-appropriate activities the next time you find yourself needing help preparing your next family meal.

SHOPPING

Did you know that kids influence up to 80 percent of family food spending? Even though parents do have control over what ultimately ends up in the grocery cart, allowing kids to have a say in what foods they eat may help them become healthy eaters as they grow.

Kids of any age can be involved in the shopping experience. According to the Academy of Nutrition and Dietetics, some examples of kid-friendly activities in the aisle include:

- Creating a grocery list together.
- . Encourage children to pick fruits and vegetables they enjoy. Talk about colors, shapes and textures to enhance the learning experience.
- Read food labels together. This helps kids understand nutrition concepts while practicing reading skills.

AGE-APPROPRIATE ACTIVITIES

Around the age of 3 years old, children are ready to assist in the kitchen. It is important to keep children 2 and under a safe distance from food preparation with safety gates, high chairs or playpens. This will help avoid injuries, burns and other preventable accidents.

3-YEAR-OLDS

At this age, simple motions such as tearing lettuce or washing fruits and vegetables can help ease recipe

preparation for the adult. Young ones at this age can also aid in stirring ingredients or pouring liquids.

4-YEAR-OLDS

Try hands-on activities like opening packages, greasing pans, peeling hard-boiled eggs, mashing potatoes with a fork, or snipping herbs with dull scissors.

5- AND 6-YEAR-OLDS

Learning to cut soft foods with a blunt knife can now be introduced. Setting the table and measuring ingredients are also helpful skills for this age.

7- AND 8-YEAR-OLDS

You child can help locate ingredients in the kitchen. If making cookies for the holidays, rolling and shaping dough or using a whisk is another task to assign.

9- THROUGH 12-YEAR-OLDS

More advanced kitchen tools can be used, including a vegetable peeler, sharp knife and oven (with adult supervision). Shredding cheese and vegetables can also be a fun trick to try at this age.

13- THROUGH 17-YEAR-OLDS

At the start of teenage years, children are now ready to independently prepare recipes with multiple ingredients.

It is important to know that kids are more likely to try new foods if they help prepare it. Assisting in the kitchen may help build their self-esteem, as well as giving them a sense of pride when they see others enjoying what they have helped create. Most importantly, it is an opportunity to spend quality time with family that is often rare in our fast-paced culture.



DUBUQUE COUNTY LIBRARY DISTRICT

Random Fandom (1st grade+) All fans welcome!

Asbury: Thursday, Sept. 27, 4-5 PM Farley/Drexler: Friday, Sept. 28, 3:30-4:30PM Each month we have crafts, snacks, and



Five Convenient County Locations.. Asbury 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 Dr., 563-556-5110 ext. 224 Movie Night (Rated PG) Can you guess the movie title? Epworth: Thursday, Sept. 27, 7-9 PM Come enjoy the

> new release that shares the amazing story of the girls' volleyball team

from Eastern Iowa.

Chair Yoga

Gentle adapted style (Adults) Asbury Programming Room: Monday, Oct. 1, 6:30-7:30PM Farley/Drexler: Thursday, Oct. 4, 7-8 PM

Shark Attack (1st grade+) Asbury Programming Room: Tuesdays, Oct. 2 and Oct. 16, 4-5 PM

Interactive program on a different shark topic each session.

Imagination Center (1st grade+) Epworth: Tuesday, Oct. 2, 5-6 PM Peosta/NICC: Tuesday, Oct. 16, 5-6 PM



imagination stations, with a short center story read aloud and informal discussion.

Healthiest IOWA Walk

Two locations this year! (Open to all ages) Wednesday, Oct. 3 Asbury: 11:45AM | Epworth: 5:45PM



Be a part of the statewide initiative. Come walk with the Dubuque County Bookers. Bring a water

bottle and a friend. Following the walk light healthy snacks will be served. You can register on the state website but it is not required.

Family Movie (Rated PG) Can you guess the movie title? Farley/Drexler: Friday, Oct. 5, 3:30 PM Peosta/NICC: Saturday, Oct. 6, 10 AM Two siblings cross the universe in a quest

to save their world from an ancient evil in this brand-new adaptation MOVIE of L'Engle's sci-fi classic.



• ¹/₄ tsp ground pepper

8 slices sprouted-

1 medium tomato.

cut into 8 slices

4 romaine leaves

1 cup alfalfa sprouts

wheat bread

BLATS (BACON-LETTUCE-AVOCADO-TOMATO SANDWICHES)

MAKES 4 SERVINGS

Ingredients

- 8 slices center-cut bacon, halved
- 1 ripe medium avocado
- 2 tbsp chopped fresh basil 1 tbsp mayonnaise
- ½ tsp finely grated
- or minced garlic
- 1/4 tsp salt

Directions

- 1. Cook bacon in a large skillet over medium heat until crisp, 5 to 10 minutes. Transfer to a paper towel-lined plate.
- 2. Meanwhile, mash avocado in a medium bowl. Stir in basil, mayonnaise, garlic, salt and pepper. Toast bread,
- 3. Spread about 2 tablespoons of the avocado mixture on 4 slices of toast. Top each with 4 pieces of bacon, 2 tomato slices, 1 lettuce leaf, 1/4 cup sprouts and the remaining toast.

Nutrition facts per serving: 342 calories, 16g fat, 3g saturated fat, Og trans fat, 15mg cholesterol, 541mg sodium, 36g carbohydrate, 10g fiber, 14g protein.

Source: EatingWell.com

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



COLUMNISTS YUM... CURRY...





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Cheryl the Delightfully Naughty Hypnotist

FINE ARTS CENTER

Saturday September 29, 7PM

A hysterical journey limited only by the imagination of her volunteers... and the law! So fun, she's almost illegal! Audience volunteers become the stars of the show. Unscripted laugh-out-loud entertainment. Must be 18! TICKETS: \$12 (Advance) / \$15 (Door)





Unger and Madison are at it again! Florence Unger and Olive Madison, that is, in Neil Simon's hilarious contemporary comic classic: the female version of The Odd Couple.

Instead of the poker party that begins the original version, Ms. Madison has invited the girls over for an evening of Trivial Pursuit. The Pidgeon sisters have been replaced by the two Constanzuela brothers. But the hilarity remains the same. "Very funny indeed." - New York Post **Tickets: \$12(adv) / \$15(door) / Students: \$10/\$12**



Friday, October 5, 7 PM Saturday October 6, 7 PM Sunday, October 7, 2PM

36 COLUMNISTS **365INK MAGAZINE** SEPTEMBER 20-OCTOBER 3, 2018 ISSUE #326

CADFAEL ORA PRO NOBIS BY BOB GELMS

This is the second installment of a three-part series on the first successful appearance in print of some of the most famous detectives in fiction. In the last issue of *365ink* I wrote a little bit about Sherlock Holmes and quite a bit about that dandified little Belgian detective with the weird little mustache. Hercule Poirot.

In this piece, I'm writing about a man who just might be the best detective of them all, Cadfael. He is endlessly fascinating. Here's why.

It would be impossible to miss the fact that Cadfael is a Benedictine monk, occasionally known as the Black Monks because of the color of their habits. In the monastery, every monk had a job, and Cadfael tended the vegetable garden. He was the monastery's herbalist, a profession he learned in the Holy Land while serving in the Crusades as a knight.

Cadfael had to be extremely careful when acting as an herbalist in the area of medicine. Herbalists were regularly treated to a full body hot foot if they were caught growing certain kinds of mushroom in the cellar or certain kinds of what came to be called the herb superb. He was aware of a compound he could make from the leaves of the willow tree. It was a medieval miracle drug which Cadfael could make it even though he didn't have a name for it. We do. It's called aspirin.

Oh, did I neglect to mention that Brother Cadfael lived in the 12th century? He was highly educated and didn't enter the monastic life until he was in his 40s. He was regularly called upon to act as a medical examiner, doctor, diplomat, and, of course, as a detective. Try solving murder mysteries with no DNA, no fingerprints, no lab techs, and no goofy side kick.

Twenty Cadfael historical murder mysteries were written between 1977 and 1994 by the linguist-scholar Edith Pargeter under the name "Ellis Peters." They were spectacularly successful all over the world but especially in the UK where they generated a popular TV show shown here in USA on public television. In the UK, it was adapted for radio and the stage. Today I'd like to write about the first one, *A Morbid Taste for Bones*.

Cadfael, who is Welsh, belongs to the Benedictine monastery in Shrewsbury in western England. The abbey is run by Brother Robert the Prior, a man who is scheming to get ahead in the world by making his abbey famous. He needs



the relics of a popular saint to

increase the revenue from pilgrims. It seems that two of his monks visited

the town of Gwytherin in Wales to visit the grave of Saint Winifred to pray for indulgences and a cure for various physical ailments. While there, one of the monks had a vision of Saint Winifred who told the monk that she was unhappy about the condition of her grave and that she wanted to lie somewhere else more accessible to pilgrims. Well, Prior Robert had just the place.

Prior Robert went through the proper channels and received all the proper consents to transfer the relics of Saint Winifred to Shrewsbury Abbey. A delegation from Shrewsbury was sent to Gwytherin to collect the bones. Cadfael was tapped to accompany the delegation because he spoke both English and Welch. He would act as translator.

They arrived to find the local people were not exactly enthusiastic. The priest did not want the remains moved and he informed the monks that they needed the consent of all the freemen in town. Nobody seemed to know why.

The "big wheel" in town, Mr. Rhisiart, the area's most influential landowner, did not want the remains moved either. Being an arrogant prior, Robert thought he would be able to bribe Rhisiart. He couldn't have done anything worse. The little Welsh town was supercharged with anxiety and hatred.

It was all going very badly for everybody. Until it got far worse when Mr. Rhisiart's body was found in the woods with an arrow sticking out of his chest. This is a job for......Brother Cadfael.

Prior Robert gave Brother Cadfael his marching orders: Solve the crime to the satisfaction of all the parties involved and see to it that the townsfolk are in agreement that Shrewsbury Abbey is the best place for Saint Winifred. In other words, to coin a phrase, Cadfael was to see to it that everybody lived happily ever after.

I'll bet you are wondering if our Super-Monk got the job done and, more importantly, how. Placing a detective in a medieval monastery was a stroke of genius. I was completely and thoroughly entertained by Ellis Peters' *A Morbid Taste for Bones*. I didn't figure it out, which I also find to be a lot of fun. I'll tell you how I really feel. I ordered books two and three and I'm going to shut my phone off.

AFTER SCHOOL SNACKS BY DR. WILLIAM KUTTLER, D.D.S., KUTTLER DENTAL TEAM

Snacks. Everybody seems to like them—I know I do. Those little treats between meals that give us a burst of energy or help tide us over until the next meal time. The challenge is: What makes up a "good" snack? I suspect that each of us may define that word "good" differently...

Snack desires certainly vary by age as well as by individual. With younger children, parents are more often involved in determining what their kids will be snacking on whereas older kids are probably selecting the things they want to eat or drink. So in the first instance, it's probably more important to be certain that the parents or other care givers understand what will be good for the children, but in the second, we need to help the teens make wise choices. (Perhaps in both instances, some of the issue is heavily impacted by the choices that whoever does the grocery shopping makes when they are at the store!)

Snacks can be subdivided into beverages and items that are eaten. Beverages are comparatively easy-water is good. Everything else is somewhat guestionable. I know-that doesn't really help, but it is true. I suspect almost everyone knows that pop isn't good for your teeth, whether it is diet or regular. In fact there is fairly good research that shows that diet pop is worse for your teeth than pop with sugar in it-purely based on the amount of acidity. What is a surprise to many people is that sport drinks are also bad for teeth. They often have lots of sugar and almost always have, again, high acidity. Fruit juices also are usually high in acidity. Even milk, in spite of what we've been told, can be damaging to teeth, because it contains sugar and is retained longer in the mouth than some other beverages.

So, how can we make drinks available for children and not create dental problems? The answer is actually rather easy. After the beverage of choice is consumed, have your child rinse their mouth vigorously with water for at least a few seconds. That's actually far better than brushing since the rinsing either flushes the acidity out of the mouth or at least dilutes it significantly. Brushing actually causes more breakdown by scrubbing the acid into the teeth.

Once that is dealt with, your choice is much easier—which beverages are potentially helpful for your child's growth and health? Not pop. Ever. Once in a while as a treat, if your kids like it, is probably not a problem. But if you can keep them from ever growing to like it, that's ideal! Sports drinks are rarely indicated unless your child is actively involved in sports programs that are very vigorous and the level of exercise is high stress and lasts for more than an hour at a time. Even then, after consuming them, rinse! So milk and fruit juices (real juice, NOT juice drinks—read the label!) are probably best. And rinse after drinking them.

For edible snacks, fruits and high protein items are probably best. For fruits, again, rinsing after eating is a good idea. Fruits have the advantage of providing a quick energy boost, but they don't provide sustained energy. Popcorn is another fun snack that's fairly dentally healthy—as long as you avoid the un-popped kernels! Cheese and/or chunks of meat of some kind are great sources of protein, as are many nuts. Nuts have an additional advantage of not being chewy or sticky, so they are more easily cleaned or even rinsed away. Some protein bars are also good-again, read the labels! Protein provides a longer lasting or more sustained level of energy and a somewhat smoother increase of it as well.

Things to avoid? Avoid highly processed foods and items high in carbohydrates. Chips and similar types of foods are highly retentive (they stick around teeth and are hard to remove) and may provide quick energy, but no sustained benefit. Cookies and other dessert-like foods are almost always very high in sugar and very low in food value, so it's best to avoid them. In general very sticky foods are difficult to clean and usually lead to problems.

I hope this helps provide a new perspective for you. If you have other suggestions for healthy snacks or questions about dental health, please send them to me at **drkuttler@mydubuquedentist.com**, and I'll try to use them in future articles. Thanks!



Kuttler Dental Team

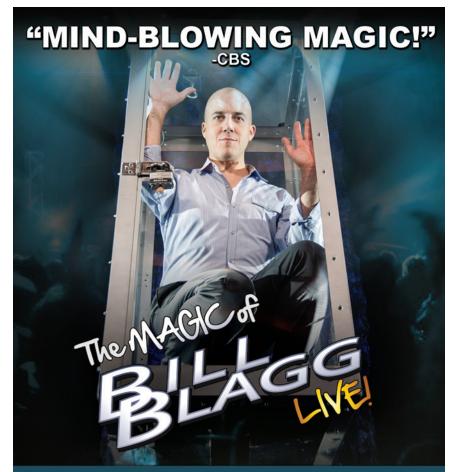
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SATURDAY, OCTOBER 6 - 7:30 PM



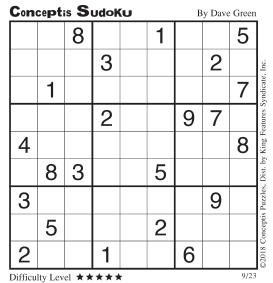
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WHERE'S GENERAL BOB?

General Bob is out and about. Do you know where he's at?





PUZZLE ANSWERS ON PAGE 43

PREMIER Crossword

LIVING A LIFE OF E'S ACROSS

- 1 Renounces the throne 10 Hexa- plus two 14 Best results possible 20 Right Guard, e.g.
- 21 Oom- (polka sounds)
- 22 Drink of beer after a shot
- 23 2014 Oscar show host
- 25 In a position facing 26 Standing in good -
- 27 "Put it tab"
- 28 Tiny charge carrier
- 29 In times past 30 Grazing site
- 32 Sociologist who
- coined "survival of the fittest"
- 36 La-la lead-in
- 39 Mushroom variety
- 41 Tavern 42 Author and activist
- on Alabama's state
- quarter 45 Little (tots)
- 46 Appends
- 50 Egg shapes
- 51 Get defeated
- 52 "Kapow!"
- 54 Bar garnish
- 55 Kosovo citizen 56 LXX / X
- 57 He wrote "He's Just
- Not That Into You"
- with Liz Tuccillo
- 61 Ticklish red Muppet
- 62 Dawn direction 64 A, in Argentina
- 65 Part of many German
- names 66 Suffix with lion or seer 67 Player of Colonel Klink
 - on "Hogan's Heroes"
- 72 -pitch 75 "The Catch" network
- 76 Wedded 77 Verve
- 78 Verge 82 "The Pink Panther"
- co-star 86 "— you with me?"
- 87 End a flight
- 88 Bird-related
- 89 Tahiti, par exemple 90 Posterior
- 92 Egyptian peninsula
- 93 Vapor
- 94 Guitar's kin, for short 96 Longtime "What's My Line?" panelist
- 98 Amer. body with 100
- members 102 "Aladdin" figure
- 103 Cagey
- 104 1965-66 poet laureate 108 Chichi retreat



110 Coop cackler

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18 Come together

- 122 Chaney of old chillers

- 72 Inbox junk 73 Jeans-maker Strauss
- P.COM UTO GROU
- East Dubuque, IL Hazel Green, WI Platteville, WI Manchester, IA

What's a 5-letter word for

Reliable & Trusted?

By Frank A. Longo

123 Run after K



Robert McCoy knew he was on the verge of something special when he opened McCoy Jewelers in 1973. McCoy Jewelers was the first jewelry

shop in the Dubuque area that focused on custom fine jewelry and repairs.

McCoy Jewelers is in their 45th anniversary of business. To celebrate, McCoy Jewelers has been donating custom fine

jewelry to non-profit organizations throughout the entire year. To learn more about the McCoy Jewelers \$45K for 45 Years, visit https://mccoyjeweler. com/45k-for-45-years.

AMERICA'S COOLEST

With a panel of judges with expertise in; design, jewelry, interior design and architecture- InStore Magazine has found another round of America's Coolest Stores. Each year, jewelers from across the nation but their best foot forward to be recognized as an elite jeweler by oneof-the-best national jeweler magazines in the country. The magazine critiques

McCoy Goldsmith & Jeweler				
261 Main St, Dubuque IA, 52001				
McCoyJeweler.com	Hours:			
Facebook.com/McCoyJeweler	Tue-Sat			
Instagram/McCoyJeweler	9am-6pm			

the exterior, interior, marketing, online presence, individuality, and history of the jewelry shop before naming a group of 12 jewelers into the America's Coolest Stores club. This year, McCoy Jewelers was named one of the 12 and is now the third jeweler in the state to win the prestigious award.



McCoy's stood out from the crowd of jewelers with their unique approach to the jewelry industry. The McCoy Jewelers staff focuses on the ABC acronym- Always Be Changing, All Be Comfortable, Always Be Closing.



Always Be Changing focuses on their promise to always bring the most innovative technology and products into their shop to provide customers with the best option available. McCoy Jewelers continuously looks for new trends and watches what the community needs when deciding what to introduce into their small Main Street shop.

All Be Comfortable reflects to the

unwavering stance that everyone is welcome at McCoy Jewelers. There will never be a surprise reaction to anyone,

or any situation at McCoy Jewelers. The staff is never judgmental of anyone who walks in the door and will treat everyone with the same respect. Lastly, Always

Be Closing. The statement means

that without a sale, McCoy Jewelers has no business. The staff focuses on educating the customer rather than selling. From repairs to a new custom piece, the staff at McCoy Jewelers will give customers the best advice and recommendations. The business prides itself on never pressuring a customer on a product or service.

The judges also loved how McCoy Jeweler's made their cozy shop flow. The small Main Street shop is built with tons of character. From the tin ceiling to the 10-foot traditional showcases, McCoy Jewelers pays tribute to the historic building it started in. Judge, Jimmy DeGroot said, "I particularly love how they took a bowling alley layout and just owned that layout and



did an amazing job. This is definitely a place that I would want to walk into," about the shop.

Another judge, Sofia Kaman said, "A shining example of a two-generation family business that modernizes and adapts to the changing community" about the 45-year long jewelry shop.

IN-HOUSE REPAIRS

Sofia Kaman continued to say, "I love that every piece of jewelry can

start and finish in the same place, and the store maintains a polished, unique retail atmosphere." McCoy Jewelers is one of the few area jewelers

who is able to

complete all

of the repair



process in shop. The shop is equipped with the proper machinary to work with sterling silver, gold, and even platinum and palladium pieces! Jonathan and Robert are highly experienced and able to make an old and worn piece of jewelry look brand new.

CUSTOMER APPRECIATION WEEK!! SEPTEMBER 18th-22nd A week full of give-a-ways, and exclusive deals! Stop in from 9am-6pm!



SPOT THE DIFFERENCE

Can you spot 10 differences between these two photos? Answers on page 43.





UPCOMING FAMILY EVENTS

SATURDAY, SEPTEMBER 29

DaVinci Days: Create Day

11 AM-2 PM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

Leonardo da Vinci was a man of many talents, which is why the National Mississippi River Museum & Aquarium is hosting DaVinci Days, highlighting DaVinci's genius with familyfriendly events and activities. "Create" is sponsored by the Grand Harbor Resort & Waterpark

Create Day will feature various activities related to nature, art and creative construction. The City of Dubuque Leisure Services Rec 'n' Roll Trailer will be on site from 11 a.m. to 1 p.m. with fun and imaginative games and activities to get creativity flowing. All other activities will run through 2 p.m.

Kids Club members are invited to participate in Museum & Aquarium Bingo to receive a tattoo and stamp on their stamp card, and both onsite box offices will offer 15% off membership discounts this day only. All merchandise in the DaVinci exhibit store will be 50 percent off.

All DaVinci Day activities are included with admission to both the Museum & Aquarium and DaVinci The Exhibition. 350 E. 3rd St. **563-557-9545. RiverMuseum.com**.

SATURDAY, OCTOBER 6

Kids Expo-Dubuque County

10 AM-2 PM @ GRAND RIVER CENTER Kids Expo-Dubuque County is a premier family fun and resource fair. Last year's Expo drew 3,000 adults and children. Learn about area resources available to families at more than 60 booths, while enjoying free entertainment, fun activities, and a chance to win some wonderful prizes.

Health services will be available for children including pediatric immunizations, flu shots, oral health screenings, lead testing, vision checks, and developmental screenings. Immunizations require an advance appointment through the Visiting Nurse Association at **563-556-6200**. Each family also will take home a newlyreleased, free Family Resource Guide, which is a comprehensive reference book with additional services and activities available for children/youth in the Tri-State area.

Concessions will be available for purchase. Admission and activities are free, thanks to the generosity of local sponsors. **563-588-1620. dcearlychild.org**.

MONDAY, OCTOBER 8



Children's Life Skills Workshop: 1-2-3 Emotions and Me

6-7:30 PM @ UNIFIED THERAPY SERVICES Oct. 8, 15, and 22. Harmony Factor is pleased to present an interactive 3-session workshop for children ages 6–10 and one adult. This workshop is designed to raise awareness of emotions in your child, increase empathy for others, and develop self-management skills. You and your child will learn fun heart-focused techniques to support and promote positive internal feelings.

Raising awareness of the feelings your child experiences allows him/her to recognize, acknowledge and deal with their own emotinos. Children, who are equipped with tools at an early age, can better self-manage when their emotions overwhelm them. A child's Emotional Quotient (EQ) can be more important than their IQ in determining not only academic acheivement but success in a job and life in general.

\$79.95* per child/adult pair for all three sessions. Space is limited to 10 child/ adult pairs (\$25 will be donated to Unified Therapy Services 5K Make A Difference Walk/Run). 4121 Pennsylvania Ave. **815-541-3576. Lori@HarmonyFactor.com. Eventbrite.com/123Workshop**.

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- Theisen's News & Events
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PICTURE YOURSELF IN THE TRI-STATES!



A fun, educational photo-op set-up as part of the recent N4C Blufftops & Visions Photography Convention hosted by the Dubuque Camera Club. Photo by Lorib Photography.



Julie Griffin's Merry Pop-In Shoppe is one of a host of great temporary vendors to open for business on Central Ave. as part of Dubuque Main Street's awesome Build A Better Block Initiative.



Three photos (above, right and lower right) of the huge cultural celebration that is Dubuque Oktoberfest, held annually at A.Y. McDonald Park in Dubuque. Photos by Bob Felderman.



Another great weekend of the Dubuque Dragonboat Festival is in the books depite having to move to the Peosta Channel due to high water in the Mississippi. Photo by Steven Schleuning.





GRAHAM'S



A nice stroll in the Port. Photo by Ben Roethig.



Outside the Lines Gallery hosted the 2018 Great Draw Street Art Competiton to raise funds for local high school art scholarships.



Rob (& Andrea) Anglin from Radio Dubuque and Realtors John and Roxanne Gartner raised \$3650 for Dubuque Veterans Food Bank at their Hawkeye Tailgate fundraiser at The Whiskey.

310 motorcycles, 109 cars, 12 bicycles, 3 buses, 1 tractor and \$248,236.50 raised for Research for the Kids. That's 1.4 Million to date. Wow! Photo at Happy's Place by Dave Haas.



Dubuque musician Elizabeth Mary gets a selfie backstage with country music star Collin Raye before she opened for him at Five Flags Theater.

INNOVATIVE

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An electrifying-yet-casual place to meet up and eat up. The Filament features over 20 beers on tap and a bright new take on pub cuisine.



Thursdays 5:30PM - 8:30PM

Join us for live music and \$5 craft beer flights!



SEPTEMBER 27 AMBER & ADAM



OCTOBER 4 SAM WOODEN

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





DEAR GWEN.

I'm 31 and I don't know if I've ever felt love. In the movies, it seems like people would die for their loved ones, but I've never felt that way about anyone! I feel broken, like I'll never feel deeply enough for another human being. Every girlfriend I've ever had has told me I'm distant and ultimately they've all left me for that reason. I have had a few friendships that have been warm, but still, I don't think I'd throw myself in front of a bus for any of those people. Am I thinking too hard about this? Am I keeping myself from feeling love? What the hell even is love?

—Sincerely yours, Baffled on Bluff

DEAR BAFFLED ON BLUFF.

You know when you're at a restaurant and your server comes out from the kitchen with a huge tray full of entrées and you know she's headed straight for your table? Homie, that feeling is love. You know when you're driving on a residential road and you see a kid get off the bus and run into their yard and their dog is sitting there waiting to be petted and your heart swells a little bit because that kid has never experienced true loss and can't comprehend the nightmare of our current political climate? That feeling in your ribcage, that stomach flutter, is love.

Bruh, ultimately, nobody is gonna throw themselves in front of a bus for that guy they know who buys them shots of Rumple Minze at the bar. Nobody actually wants to die for the girlfriend who puts "Mine" post-its on her almond milk in the fridge. Maybe you're cold and distant, or maybe you aren't letting yourself notice the love all around you. The stakes don't have to be as high as life or death.

Love is a pizza. Love is a cigarette. Love is a book about murder. Love is the first season of Flavor Flav's Flavor of Love. Love is a day at your job when nobody talks to you. Love is when somebody hits your car and their insurance has to pay you money. Love is an open bar. Love is that meme with those guys from American Chopper yelling at each other.



If you need more help, get a dog, my dude. Actually, most of my advice questions could be answered with one sentence: Get a ding dang dog. -xoxo Gwen

DEAR GWEN.

I'm tired of my life. I feel like I did everything right! I went to college. I got my dream job. I got married. I had kids. None of it has been fulfilling for me. Despite doing what everyone told me to do, I'm still unhappy. It feels unfair! I should've gotten in a van and traveled the country. I should've been in a band. Now I've got a mortgage and bills and kids to take to daycare. What can I do to feel like I haven't wasted my entire life? -Best, Wasted Wife

DEAR WASTED WIFE,

Have you ever seen the hit CW teenage drama Gossip Girl? I watched it straight through two years ago. It's about filthy rich New York high school students being weird and bougie. Serena Van Der Woodsen has upwards of 10 meet-cutes involving her crashing into handsome men with her arms full of loose leaf sheets of paper. Chuck Bass has a dog named Monkey. Dan Humphrey gets a short story published in the New Yorker as a 17-year-old and reacts to the news nonchalantly. There's a Thanksgiving scene set to Jason Derulo's "Watcha Say" where maybe someone is pregnant and everyone's glaring daggers and one by one everyone drops a verbal bomb before storming out of the room. It's a lot to take in. But I will say that while I was watching it. I forgot that I was in debt and a burden to my family and friends.

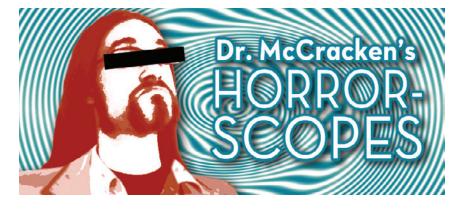
Some other advice columnist might tell you to take a pottery class. -xoxo Gwen

GWEN WERNER

GWEN WERNER IS A SORORITY DROPOUT AND CRYBABY, READY AND WILLING TO BOSS YOU AROUND. IF YOU WANT TO TELL HER SHE'S PRETTY, EMAIL GWEN.S.WERNER@GMAIL.COM

Reach 365ink readers for as low as \$7 a day. Seriously! 563.588.4365 info@dubuque365.com

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ARIES (MAR 21-APR 19)

Daydreams and reveries could inspire new ideas for how to rent your skin out to people who might be going through a hard time or are cold or are just really into using an excess amount of someone else's skin for a bit before giving it back. Visions, stories, or melodies might flood your mind, but inspiration is kind of a pain to deal with, so just get rid of all that stuff and go back to shopping online and eating brats until you die.



Affection blooms in close relation to how tall and handsome you can appear to be when driving in a car you've decorated with spray-painted cardboard to appear more "Lamborghini-like." Social events should prove especially enjoyable as you spiral further and further into a state of being absolutely convinced that you're tolerable.



(MAY 21-JUNE 20)

You should be in glowing good health once you get rid of things like calories and desire. If you're feeling especially fit, take a good look in someone else's mirror until you realize that you look exactly like the sort of person who would try to order a 32-ounce shaker of extra ramen noodle seasoning from a foreign website.



(JUNE 21-JULY 22)

Love and flowers both blossom, but only one can make you suffocated with humanity.



(JULY 23-AUG 22) Warm and companionable

conversations involve sharing interesting information about people who aren't in earshot or people who are actually you and not your cousin four states over who "also" just so happens to have written a 400,000 word piece of Herman's Head fan-fiction.



VIRGO (AUG 23-SEP 22)

A gathering in your neighborhood could prove unexpectedly pleasant and enjoyable for people outside of your neighborhood, outside your being, and outside the realm of lawfulness and common sense. You might meet new people, which is pretty much the worst thing that can happen aside from you being the new person someone else meets.





(SEP 23-OCT 22) A pleasant surprise comes your way when you receive either a present or small sum of money or a string of severed, decaying ears from different points in time throughout

the last decade, the oldest of which shriveled and black and then progressively getting lighter and resembling flesh in its more vibrant states. You'll probably just win on a scratch off, though, so don't worry about all that ear stuff. Just don't be surprised if it happens.

	SCORPIO
145)	(OCT 23-NOV 21)
	Your lucky number is 31.

SAGITTARIUS (NOV 22-DEC 21)

The Federation of Vaporous Government Entities are cancelling the Sagittarius sign, as well as the timeframe in which it takes place, from both the present and the past. Please adjust your knowledge of how life has been to this point to reflect this news.





(JAN 20-FEB 18) One of the Steely Dan documentaries I watched last week had one of their drummers saving that they had a two step process: to get to perfection and then to get beyond it. Bro, that is DEEP.



and intend to send it to the bottom of the ocean, though, as you're walking home, you'll realize that the pressure in the water will either cause the bottle to only sink to a certain depth before aimlessly floating in the middle of what is essentially nothingness or will go down far enough to crumple in on itself and become the nothingness.

RYAN WERNER

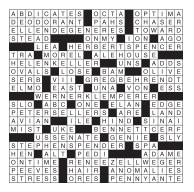
RYAN WERNER IS A PROFESSIONAL SPEAKER, ATTITUDE EXPERT AND PROBLEM SOLVER. HE ENGAGES, ENTERTAINS AND EDUCATES AUDIENCES AROUND THE WORLD.



Tix: 563.583.6880 | DubuqueFightingSaints.com

PUZZLE ANSWERS





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Difficulty Level ★★★★★									

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GENERAL BOB IS THE BEE BRANCH

CASINO



HITS INCLUDE: "YOU'RE GOING DOWN," "ALL THE SAME" & "ODD ONE" THURSDAY, SEPTEMBER 27 :: 8PM STANDING ROOM ONLY | TICKETS START AT ^{\$9,73}

MORGAN WALLEN WITH SPECIAL GUEST JAY ALLEN

HITS INCLUDE: "WHISKEY GLASSES," "UP DOWN" & "THE WAY I TALK" SATURDAY, SEPTEMBER 29 :: 8PM STANDING ROOM ONLY | TICKETS START AT ^{\$}10

JERROD NIEMANN

WITH SPECIAL GUEST COREY COX 10 TOP 40 COUNTRY HITS INCLUDING: "LOVER, LOVER," "I GOT THIS" & "DRINK TO THAT ALL NIGHT" FRIDAY, OCTOBER 5 :: 8PM STANDING ROOM ONLY | TICKETS START AT ^{\$}20

THE PORK TORNADOES POP HITS COVER BAND

SATURDAY, OCTOBER 20 :: 8PM STANDING ROOM ONLY | TICKETS START AT ^{\$7} PRICES INCREASE WEEK OF SHOW

SPAZMATICS HALLOWEEN PARTY SATURDAY, OCTOBER 27 :: 8PM STANDING ROOM ONLY | TICKETS START AT ^{\$}10

15TH ANNIVERSARY "THE REASON" TOUR WITH SECONDHAND SERENADE HITS INCLUDE: "CRAWLING IN THE DARK," "SAME DIRECTION" & "THE REASON" SATURDAY, NOVEMBER 3 :: 8PM STANDING ROOM ONLY | TICKETS START AT ⁵29











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