

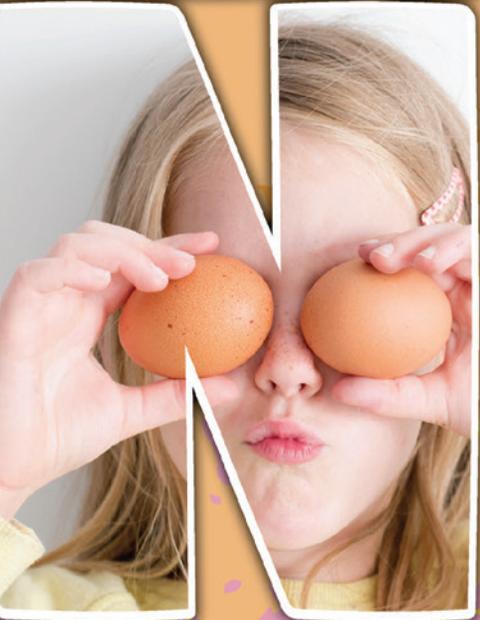
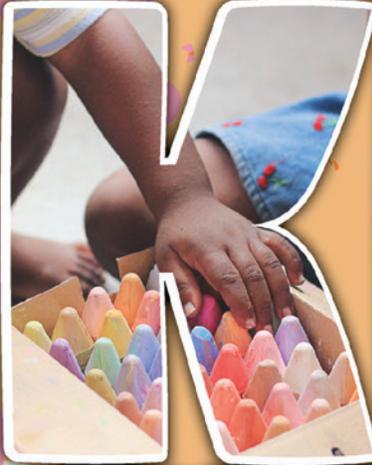
365ink

M A G A Z I N E



MARCH 21-APRIL 3, 2019 ISSUE #339 DUBUQUE365.COM FREE!

KIDS! SUMMER FUN



IN THIS ISSUE...

Upcoming Events at
FIVE FLAGS CENTER

TRI-STATE FISH FRYS

#MY365INK
Photo Gallery

THE TRI-STATE'S FREE ENTERTAINMENT GUIDE

HOMEBREWING WORKSHOP



★ DETECTING AND CORRECTING OFF FLAVORS ★

APRIL 1 & 4

6-9 P.M. COST: \$150

CLARKE UNIVERSITY

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Would you like to learn more about identifying off flavors in your batch and ways to fix this? Join us for the 'Detecting and Correcting Off Flavors' Brewing Workshop where you'll be able to network with fellow homebrewers and get advice from a local homebrew expert.

This workshop will be conducted in two sessions with the fee covering both sessions. Pilsner provided by 7 Hills Brewing Co.

REGISTER TODAY!

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20

KIDS' SUMMER FUN

100+ CAMPS, CLASSES, AND ACTIVITIES FROM MORE THAN 25 RESOURCES FOR A SEASON FULL OF LEARNING!

FEATURES

- 16 UPCOMING EVENTS AT FIVE FLAGS
- 17 #MY365INK
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SECTIONS

- 4 EVENTS
- 18 ARTS
- 38 NIGHTLIFE
- 44 COLUMNISTS

your passport TO ADVENTURE

Stuart Little

by E.B. White



PERFORMED BY VIRGINIA REPERTORY THEATRE

SUNDAY, MARCH 31, 2019 - 2:00 P.M.

JOHN AND ALICE BUTLER HALL

A merry musical featuring child-size puppets!
One hour long with a chance to meet the actors after the show.
Family 4-Pack only \$39!



2018-2019 FAMILY SERIES
UNIVERSITY of DUBUQUE

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563.585.SHOW | WWW.DBQ.EDU/HERITAGECENTER

PRODUCTION STAFF

-  **BRYCE PARKS**
PUBLISHER, EVERYTHING ELSE
BRYCE@DUBUQUE365.COM
-  **KRISTINA NESTEBÝ**
LAYOUT NINJA, DESIGNER
KRISTINA@DUBUQUE365.COM
-  **MIKE IRONSIDE**
FEATURE WRITER, PHOTOGRAPHER
MIKE@DUBUQUE365.COM
-  **WILLIE TIGGES**
INTERN EXTRAORDINAIRE

ADVERTISING STAFF

-  **KELLI KERRIGAN**
KELLI@DUBUQUE365.COM
563-581-7014
-  **LISA STEVENSON**
LISA@DUBUQUE365.COM
563-580-1691

SPECIAL THANKS

CHRISTY MONK, GINA SIEGERT, NEIL STOCKEL, KAY SCHROEDER, RICH BELMONT, MARGIE BLAIR, FRAN PARKS, JULIE STEFFEN, RON & JENNIFER TIGGES, JULIE GRIFFIN, MARK DIERKER, BACON, STEVEN SCHLEUNING, TIM BRECHLIN, ROY & DEB BUOL, KATE LARSON, JEFF LENHART, GEN. BOB FELDERMAN, DAVE HAAS, LISA OLSON, MIKE DAMASO, ALL OF OUR 365 FRIENDS AND ADVERTISERS... AND YOU FOR READING.

CONTRIBUTING WRITERS

-  **GWEN BEATTY**
GOOD ADVICE
GWENSARAHBEATTY@GMAIL.COM
-  **MATT BOOTH**
MATTITUDE
MATT@MATTBOTH.COM
-  **SARA CARPENTER**
DO IT YOURSELF ADVICE
SARA@STEVESACE.COM
-  **DANNY FAIRCHILD**
DINING
DINING@DUBUQUE365.COM
-  **BOB GELMS**
BOB'S BOOK REVIEWS
RPJG007@GMAIL.COM
-  **SUNIL MALAPATI**
DINING
DINING@DUBUQUE365.COM
-  **RYAN WERNER**
DR. MCCrackEN'S HOROSCOPES

WHERE'S WANDO?



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

365INK MAGAZINE

432 BLUFF ST, DUBUQUE, IA 52001 • DUBUQUE365.COM • 563-588-4365

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ALL BACON SERVED SEMI-CRISPY.

It's amazing how deep the rabbit hole goes once you go digging into subcultures in the Dubuque area. I'm not taking about secret societies and nefarious activities. I mean stuff like when you have kids, or when you are a river rat or a musician or a bowler. Most of the time we're all treading water at the top of the pond, taking in all we think there is to offer in the community, and that is a lot by the way. But once you start getting into something as hobby like fishing, a profession like farming, or something completely against your will like youth sports leagues (just kidding), there seems to be endless opportunities for engagement that you simply didn't know was there until you needed them.

The topic of my Inkubator column this week is, of course, spurred on by my research for the current cover story. Last issue, Kristina went all dark web in finding all of the fish fries in the area. Note that this issue lists them again only we found about 10 more we didn't know about the first go-round. This time I'm looking at kids' summer camps. We do it at the same time each year, and each year I'm dumbfounded by just how much is going on in the community for kids in the off-school months. From free and extremely affordable to costly and invite-only, there are literally hundreds of opportunities for your kids to engage in fun learning after school lets out. Right now I'm sitting at about 12,000 words. That's easily four or five times bigger than the average cover story. It's insane, and my brain has gone a bit mushy collecting all of these details for you. Kristina's brain gets to go mushy next when she tries to format it all with nice colors and bold text and stuff. I'm going to find her curled up in a corner with her cat rocking back and forth saying "I just wanted a fish fry. I just wanted a fish fry."

Putting it all together just made me think about all of the subcultures, good and bad, around me that I have no idea are out there. Some are easy to see, like the CrossFit craze or fantasy football. But I'll bet you could go turn over the soil in any interest area and find there are people just like you who are a wealth of information and resources to get you rolling along. Certainly place like Facebook have interest groups for, well everything. If you want to meet other meat smokers, miniature model painters or serial killer enthusiasts, there they are. I'm hoping the serial killer group doesn't have a very big local chapter. But you don't have to go online to find them. They're here. You're probably a part of a number of groups like this and never thought of them that way.

Do you bowl or hang out at the Veteran's Freedom Center? Do you like to get tattoos and piercings or go garage sale shopping? You are in business my friend. All you really need to do is approach one person who expresses enthusiasm in what you are interested in. I'll bet they can point you in the right direction.

As a musician, I'm amazed at how huge and diverse the musical community is in Dubuque. And through things like open mics, people are welcomed and encouraged to get involved in a safe and supportive environment. I've seen some very young talent on stage at the Blu Room's Open Mic hosted by Gladdy and Bob Ressler, and that's a jumping-off point for them to springboard into burgeoning lifestyles as professional local musicians. By professional local musicians, I mean you make a paltry sum of money playing gigs so you can spend the money for more gear to play bigger gigs, but still it's fun. There are shows before 9 p.m. for people who love live music but can't stay awake. There are all ages shows for people who aren't 21 but still want to experience the live music scene now. You just have to look a little.

If we had not gone digging into those fish fries, I would have bet there were a good half dozen around here, maybe 10.

One of our Impact Awards this year went to TMBR, the Tri-State Mountain Bike Riders, who build and maintain biking and bike trails all over the area. If you never leave the sidewalk or the car, you'd likely never know these trails are out there. Sure, you know about Swiss Valley or the Mines of Spain. But that's like the local trail equivalent of knowing about Budweiser and Miller. Those are two amazing trail systems, but there's more. You just need to look.

I feel like this may be getting into a bit of "duh, Bryce" territory. But as we rush through our lives I wonder how often we notice this stuff. Most of the cliques of people who come together around similar interests from Nerf gun battles to bluegrass picking will never make a blip on your radar, but they are there, picking and reloading. I really hope *365ink* is a conduit for you and others to occasionally trip over something new and different that you never knew existed in our area. And just maybe, this discovery in our pages sends you down a rabbit hole of discovery that connects you to a new hobby, new friends, or a lifelong passion you never knew you had. That would be pretty cool. Until then, I definitely know where your kids can go this summer and where the fish is next Friday. It's a start! ■

MISSISSIPPI MOON BAR

FREE ENTERTAINMENT IN THE BEST CONCERT VENUE!



MARCH 22
DUELLING PIANOS



MARCH 29
ZZ-3



MARCH 30
LADIES OF THE 80'S



APRIL 5
PLANET AXE TOUR

Visit MoonBarRocks.com for our complete concert lineup.
Join our online community and stay in the know!

   @MISSMOONBAR

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

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Port of Dubuque | DiamondJo.com

dubuQue's entertainment hot spot

SPAZMATICS

SATURDAY, APRIL 27
8PM
TICKETS START AT \$7



PORK TORNADOES

SATURDAY, MAY 11
8PM
TICKETS START AT \$10



Tickets can be purchased online at QCasinoAndHotel.com or at Guest Services.



schmitt island | dubuQue, ia | QCasinoAndHotel.com | f t

TICKETS INCREASE THE NIGHT OF THE SHOW. MANAGEMENT RESERVES ALL RIGHTS. SEE GUEST SERVICES FOR COMPLETE DETAILS. GAMBLING PROBLEM? CALL 1-800-BETS-OFF. MUST BE 21.

DUBUQUE COUNTY COMMUNITY CONNECTIONS
WELLNESS EXPO 2019

SATURDAY, MARCH 23
10 AM-3 PM @ DUBUQUE COUNTY FAIRGROUNDS (14569 OLD HWY RD)
The Dubuque County Community Connections committee in partnership with the Dubuque County Fairgrounds & Event Center present a Wellness Expo on March 23 at the Dubuque County Fairgrounds from 10 a.m. to 3 p.m. It is open to the public and free to attend. The expo will help raise awareness and connect the community to resources which contribute to overall health and well-being with a wide range of free screenings, tests, presentations, activities, products and resources from nearly 60 different practitioners, businesses, agencies, and non-profits for all ages. There will also be a silent auction, door prizes, and raffle drawings. All proceeds benefit children and family programs at St. Mark Youth Enrichment. For more information, call **563-580-6769** or email sraap.recruiting@gmail.com. ■

THE DIAMONDS

JUKEBOX BROADWAY
SATURDAY, MARCH 23
7 PM @ OHNWARD FINE ARTS CENTER (1215 E PLATT ST, MAQUOKETA, IA)

Jukebox Broadway starring The Diamonds brings a one-of-a-kind entertainment experience spanning four decades of popular music to Onward Fine Arts Center on March 23 at 7 p.m. Enjoy more than 50 songs from 15 of Broadway's most popular jukebox musicals from the 1981 hit production of *Sophisticated Ladies* to *Beautiful* (the Carole King musical). In 1957, The Diamonds released the instant hit *Little Darlin'*. Since then, they have learned one important lesson—the durability of classic rock and roll music is



as much about the future as it is about the past. With tight vocal harmonies and the ability to play multiple instruments, the group's continued success may prove that maybe, just maybe, diamonds are forever! Tickets are \$22 in advance or \$25 at the door for adults and \$13 in advance or \$15 at the door for students. Tickets can also be purchased at The Onward Fine Arts Center, by phone at **563-652-9815**, or online at OnwardFineArtsCenter.com. ■

LIVE AT HERITAGE CENTER
PERFORMING ARTS SERIES
UNNI BOKSASP ENSEMBLE

SATURDAY, MARCH 23
7:30 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

The University of Dubuque Heritage Center welcomes Unni Boksasp Ensemble on Saturday, March 23, at 7:30 p.m. in John and Alice Butler Hall. Part of Arts Midwest World Fest, Unni Boksasp's warm and bright voice will bring you to the heart and tradition of her homeland, Norway. Unni is accompanied by Guro Kvitte Nesheim on fiddle, Gjermund Silset on bass guitar, and Kenneth Ekornes on percussion. She has delved deep into Scandinavian traditions, studying music and dance with renowned singers and folk arts departments in Norway and Sweden. Unni's fresh arrangements of folk songs and original compositions



have earned wide acclaim: she was a Norwegian national champion of traditional singing in 2010 and 2011 and won a Norwegian Grammy Award and Norwegian Folk Music Award for her 2010 album, *Karamello*. Members of Unni Boksasp Ensemble will deliver a free pre-show lecture from 6:30 to 7 p.m. Tickets are \$15-\$20 for adults, \$12 for UD alumni and military, and \$10 for children and students. All tickets increase by \$5 on the day of the performance. Tickets can be purchased at the Heritage Center Farber Box Office, by phone at **563-585-SHOW**, or online at DBQ.edu/heritagecenter. ■

PARTY IN THE PORT

Playin'
my music
in the sun...

SATURDAY, JUNE 22

STEVE MILLER BAND & MARTY STUART
ALSO FEATURING PURE PRAIRIE LEAGUE

& HIS FABULOUS
SUPERLATIVES

CLINT BLACK
ALSO FEATURING BLACKHAWK & ELIZABETH MARY

FRIDAY, JUNE 21

PRESENTED BY AMERICAN TRUST & SAVINGS BANK

JUNE 21-22
PORT OF DUBUQUE
AMERICASRIVERFESTIVAL.COM

15th Anniversary
**AMERICA'S
RIVER
FESTIVAL**
DUBUQUE, IA



PRESENTED BY



TITLE SPONSORS



TELEGRAPH HERALD



MAIN STAGE



2019 DUBUQUE Flea Market & Antique Shows

ANTIQUE, ARTS, CRAFTS, COLLECTIBLE, UNUSUAL NEW & USED ITEMS!

ADMISSION \$1 KIDS 11 & UNDER ARE FREE

SUNDAYS, 8 AM - 3 PM
APRIL 7th
OCTOBER 6th

DUBUQUE COUNTY FAIRGROUNDS
 14569 Old Highway Road

VENDOR SPACES AVAILABLE!

JFK Promotions: 815.747.7745
 Facebook.com/dubuquefleamarket

DUBUQUE FIGHTING SAINTS HOCKEY

MARCH 22, 23, 30, AND 31 AND APRIL 5 AND APRIL 5 AND 6
7:05 PM @ MYSTIQUE COMMUNITY ICE CENTER (1800 ADMIRAL SHEEHY DR)

Celebrate at Our House with fun for the whole family. All Dubuque Fighting Saints home games take place at Mystique Community Ice Center on Chaplain Schmitt Island in Dubuque.

On March 22 and 23, the Saints battle the Tri-City Storm. March 22 is First Responders Night. March 23 is Mascot Mania Night, and Bernie the St. Bernard and his friends join for an epic celebration of fun!

Then the Saints take on the Des Moines Buccaneers on March 30, and it's Red Out for Women night.

On March 31, the Central Illinois Flying Aces come to Our House, and kids eat free! Skate with the Saints after the game.

The Saints go head-to-head with the Cedar Rapids RoughRiders on April 5, and it's Autism Awareness night.

Celebrate with a princess party at Our House when Chicago Steel visits on April 6.

Call the Fighting Saints at **563-583-6880** or visit **DubuqueFightingSaints.com** for tickets and more information. ■

DUBUQUE SYMPHONY ORCHESTRA 1958/2018
 60th anniversary concert season

an water **MAR 23-24**

A musical celebration of rivers, oceans and fountains! Cellist Anthony Arnone is featured in a new work by Cedar Rapids native Michael Daugherty. This piece, whose recent recording garnered three Grammy awards, is inspired by the stories of Ernest Hemingway.

CONCERT CO-SPONSORS: McDonald's Dupaco
 GUEST ARTIST SPONSOR: BOB & MARILYN HOEFER

APR 13-14 Season Finale
the magic flute

staged opera in German with English supertitles

Get your tickets early!
 Don't miss a rare opportunity to see this amazing story performed with a stellar cast and the DSO!

He had only seen her image in a portrait, but he was already head-over-heels. With the help of a simple and zany young bird-man (Papageno), plus a bit of magic, Tamino sets forth on a perilous quest to save the princess, encountering mythical creatures, a venomous queen, and heroic trials to test his worth. Mozart's timeless music is among some of the most beautiful and touching ever written!

CONCERT SPONSOR: American Trust
 GUEST ARTIST SPONSOR: TIM & CHRISTINE CONLON

TICKETS START AT \$18

FIVE FLAGS BOX OFFICE (4TH & LOCUST, DUBUQUE) OR TICKETMASTER.COM (ONLINE FEES APPLY)
DUBUQUESYMPHONY.ORG

MICHAEL LESTER WENDT CHARACTER LECTURE

SARAH THEBARGE

LOVE LOOKS AROUND
MONDAY, MARCH 25

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

Sarah Thebarge will deliver the Michael Lester Wendt Character Lecture on Monday, March 25, at 7 p.m. at the University of Dubuque Heritage Center.

An award-winning author, blogger, and speaker, Sarah Thebarge is a physician assistant who studied medicine at Yale and journalism at Columbia. *The Invisible Girls* weaves her story of nearly dying of breast cancer in her 20s with the story of a Somali refugee family she met on a train as she was recovering. She has volunteered in clinics in

Togo, Dominican Republic, and South Sudan, and she started a clinic in Kenya for children who lost their parents to AIDS. Her latest book, *Well*, explores medicine as a metaphor for how each of us can help to heal our beautiful, broken world.

Tickets are free, however a ticket is required. Tickets are available at the Heritage Center Farber Box Office or by phone at **563-585-SHOW**. For more information, visit **DBQ.edu/wendt**. ■



EDWARD J. AND CATHY GALLAGHER ARTS AT CLARKE SERIES

NATASCHA MYERS

SONGS FROM A HARDWOOD FLOOR
THURSDAY, MARCH 28

7:30 PM @ CLARKE UNIVERSITY JANSEN MUSIC HALL (1550 CLARKE DR)

The Edward J. and Cathy Gallagher Arts at Clarke Series is proud to present Natascha Myers in concert on March 28, at 7:30 p.m. at Clarke University.

"Clarke was elemental in my growth as both a musician and an individual, and I can't think of a better way to celebrate the release of my single than to play a 'home sweet home' show at a place I considered a second home for so long," said Myers.

The fall after graduating from Clarke University in 2017, she packed up her trusty Takamine guitar and moved to Nashville, where she resides as a full time

songwriter and touring recording artist. She also works full-time as Director of Operations for Blue Night Soundscapes.

Her musical style is described as Midwest-bred Americana with a dash of country Western and old soul. "Wanted Man," her new single, is now available.

Tickets are \$10 and are available by phone at **563-588-6377**. ■





MAKING MEMORIES FOR

40
YEARS



The Telegraph-Herald

18th Year, No. 71 DUBUQUE, IOWA, and EAST DUBUQUE, ILLINOIS, THURSDAY, MARCH 26, 1979 4 SECTIONS 34 PAGES 10c

'Orpheum' civic center proposed

By JIM MILLER
The staff writer
From the man on the street to city hall itself, support is swelling for a last-minute effort to save the landmark Orpheum Theater from urban renewal demolition.
The plan, as envisioned by a handful of government Democrats, is to include the historically significant theater as part of a linking civic center complex fronting Main Street at Fourth, West & North streets.
The plan, as envisioned by a handful of government Democrats, is to include the historically significant theater as part of a linking civic center complex fronting Main Street at Fourth, West & North streets.
The plan, as envisioned by a handful of government Democrats, is to include the historically significant theater as part of a linking civic center complex fronting Main Street at Fourth, West & North streets.



Proposed site as it looks today

**MARCH 24, 1979
GRAND OPENING OF
FIVE FLAGS CENTER**



**DUBUQUE SYMPHONY
MARCH 23 & 24**



**DUELING DOGS
APRIL 5-7**



**HARLEM
GLOBETROTTERS**



**DUBUQUE SYMPHONY
APRIL 13 & 14**



**RED GREEN
APRIL 15**



**THE BAND PERRY
APRIL 15**



**BELLAMY BROTHERS
APRIL 18**



**PREACHER LAWSON
FRIDAY, MAY 3**



**JAY OWENHOUSE
MAY 4**



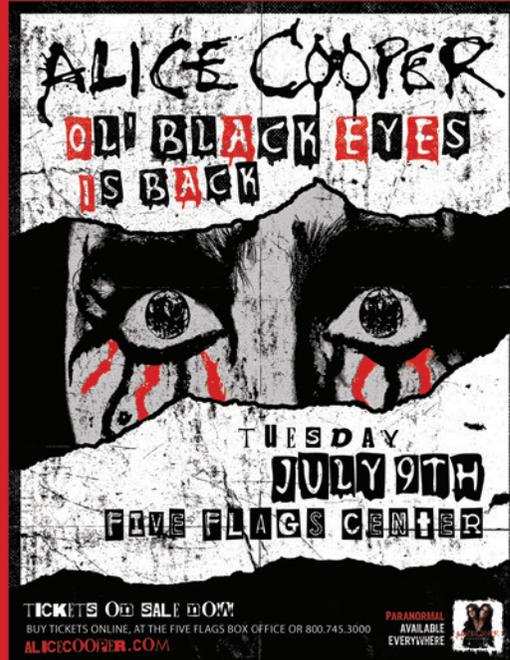
**TEMPS & TOPS
MAY 18**



FRIDAY NIGHT: FREE CONCERT WITH ADAM KEITH. YOU MUST HAVE TICKETS TO THE FRIDAY NIGHT RODEO TO ATTEND THE CONCERT.

SATURDAY NIGHT: FAMILY NIGHT. DOORS OPEN AT 6:00PM. MEET THE RIDERS AND ENJOY SOME GREAT FAMILY FUN.

THIS EVENT IS ACTION PACKED FROM START TO FINISH. TWO NIGHTS OF BULLS, BRONCS AND MUSIC FOR THE WHOLE FAMILY TO ENJOY!



ALICE COOPER, THE WORLD'S MOST 'BELOVED HEAVY METAL ENTERTAINER', IS COMING JULY 9TH AT 8:00PM. HE IS CREDITED WITH HELPING TO SHAPE THE SOUND AND LOOK OF HEAVY METAL. TICKETS ON SALE NOW

DOWNLOAD THE TICKETMASTER APP



**BUY TICKETS:
FIVE FLAGS CENTER
BOX OFFICE**

**WWW.TICKETMASTER.COM
WWW.FIVEFLAGSCENTER.COM**





BRAND NEW FORMAT THIS YEAR!
MUSICAL MENUS
 2019

THURSDAY, APRIL 4 AND FRIDAY, APRIL 5
 WAHLERT ATRIUM

This Clarke dinner theatre tradition features performances by students throughout a gourmet four-course meal. The theme will be New York City in Song: An Homage to New York City (ca. 1910-1960) featuring performances from Tin Pan Alley and Broadway! There will be jazz pieces and songs from musicals including *42nd Street*, *Guys and Dolls*, and *Thoroughly Modern Millie*, as well as hits by George Gershwin, Cole Porter, and Irving Berlin.

SEATING AT 6 P.M.
DINNER AT 6:30 P.M.

\$70/PREMIER SEATING
\$60/GOLD SEATING

clarke.edu/artsatclarke/musicalmenus | (563)588-6575



LIVE AT HERITAGE CENTER FAMILY SERIES

STUART LITTLE

SUNDAY, MARCH 31

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

From the loving heart of E.B. White, author of *Charlotte's Web*, comes *Stuart Little*, a merry musical about a noble mouse born into the Little family who jumps headlong into adventures big enough to match any imagination. The Virginia Repertory Theatre brings the performance to the University of Dubuque Heritage Center on Sunday, March 31, at 2 p.m.

Although he is quite different from other members of the family, Stuart is loved by all—except Snowbell, the family cat. Stuart's adventures include getting caught in a window shade, sailing a boat, making friends, and embarking on the journey of a lifetime. At times funny, tender, and exciting, *Stuart Little* mixes gorgeous child-size puppets with live actors to work theatrical magic.

E.B. White was born in 1899 in Mount Vernon, NY. In 1927 he became a writer for *The New Yorker* and later wrote a column for *Harper's Magazine*. Even though E.B. White wanted to try something new and began to write stories for the children in his family. In 1945, he began publishing the stories as books. In

addition to *Stuart Little* and *Charlotte's Web*, he also wrote *Trumpet of the Swan*. Today the three books are considered classics of American Children's Literature.

Virginia Rep On Tour is the touring wing of this professional non-profit theatre located in Richmond, VA. Since 1975, the company has created exciting and innovative theatrical productions for young audiences. Each year they tour plays and musicals to hundreds of venues throughout the nation.

This performance is approximately 60 minutes in length. There will be an opportunity to meet performers in the lobby following the show.

A Family 4-Pack is available, which admits a family of four to the performance at a price of \$39. Tickets are \$15 for adults, \$13 for UD alumni and military, \$9 for children and students, and \$4 for lap seats for children 3 and under (available with purchase of an adult ticket). Tickets can be purchased at the Heritage Center Farber Box Office; by phone at 563-585-SHOW; or online at DBQ.edu/heritagecenter. ■

MICHAEL LESTER WENDT CHARACTER LECTURE:
LOVE LOOKS AROUND

SARAH THEBARGE
 Author, Physician Assistant, International Volunteer, and Cancer Survivor



MARCH 25, 2019
7:00 P.M.
 JOHN AND ALICE BUTLER HALL,
 HERITAGE CENTER

This event is free and open to the public.
 For more information, call 563.585.SHOW.



WENDT CHARACTER INITIATIVE | WENDT@DBQ.EDU | WWW.DBQ.EDU/WENDT

UNIVERSITY of DUBUQUE

THU 3/21



Marc and Angel Chernoff

6 PM @ HOTEL JULIEN

Getting Back to Happy authors Marc and Angel Chernoff are *New York Times* bestselling authors, professional coaches, and have been recognized by Forbes as having “one of the most popular personal development blogs.” Presentation followed by a Q&A session and book signing. Part of Jeff Lenhart’s You Inspire Me! Dubuque series. Free. **563-880-1042**. lenhartjeff@gmail.com.

Joan & Bette, Bette & Joan: A One-Woman Musical

6-7:30 PM @ CARNEGIE-STOUT PUBLIC LIBRARY
Joan Crawford and Bette Davis find themselves in

Purgatory...IN THE SAME BODY! Involved in a feud for most of their careers, the actresses defend their lives to the powers that be. Comedic rapid fire exchanges and attacks drag out all the skeletons from each other’s closet. Performed and written by Jillann Gabrielle. Ages 18+. **563-589-4225**. dubuque.lib.ia.us.

FRI 3/22

Lunch & Learn: Dr. Henry Grubb

12:15-1 PM @ DUBUQUE MUSEUM OF ART
Dr. Henry Grubb, Professor of Psychology at UD presents *The Maroons: Free People of Color in America*. Maroons were Africans and their descendants in the Americas who formed settlements away from New World chattel slavery. Some had escaped from plantations, but others had always been free, like those born among

them in freedom. Part of the Dubuque Chapter NAACP Speakers Bureau Lunch & Learn Series. BYO lunch. Free. DBQart.com.



Antique Spectacular

4-9 PM @ GRAND RIVER CENTER
March 22 at 4-9 p.m., March 23 at 10 a.m.-6 p.m., and March 24 at 10 a.m.-4 p.m. The Antique Spectacular will be overflowing with a variety of fine antiques and vintage collectibles for sale from 80 vendors. Featured will be select antique dealers with unique merchandise from around the world. Free parking. \$8 Weekend pass; save \$1 at AntiqueSpectacular.com.

It’s a Wrap Kick Off

7 PM @ HOTEL JULIEN
Students will be given 48 hours to create a short film

using creativity and improvisation to incorporate a secret message that will be sent to the filmmakers via text. The Julien Dubuque International Film Festival invites the public to join for the kick-off event. Prizes will be awarded. Register at the kick off. \$50.

JulienFilmFest.com.



Battle for the Bluff

7:30 PM @ FIVE FLAGS ARENA
March 22 and 23. This event is action packed from start to finish. Two nights of bulls, broncs and music for the whole family to enjoy! Plus, enjoy a free Friday night concert with Adam Keith with the purchase of a Friday ticket. Meet the cowboys and the rodeo clowns on Saturday at 6 p.m. FiveFlagsCenter.com.

SAT 3/23

Building Your Future Education Fair

NOON-4:30 PM @ CARNEGIE-STOUT PUBLIC LIBRARY
Discover how to get jobs in health care, massage therapy, construction, welding, and more. Representatives from NICC, Capri College, IBEW Local 704, IowaWORKS, the University of Dubuque LIFE program, Reference USA, and Job Corps will be on hand to answer your questions. **563-589-4225**. dubuque.lib.ia.us.

SUN 3/24



Bird Banding with David Shealer

1 PM @ EB LYONS CENTER
David Shealer will capture live birds, weigh, measure

and band and release at this popular program. Gain appreciation of these ancient creatures. Great for all ages. Free. 8991 Bellevue Heights. MinesOfSpain.org.

Faithfully Protecting Solar Energy with Matt Russell

2-4 PM @ WESTMINSTER PRESBYTERIAN CHURCH
Matt Russell, Executive Director of Iowa Inter-faith Power and Light, will talk about “Faithfully Protecting Solar Energy.” RSVP required. Free. 2155 University Ave. iowaip.org.

Sheet Pan Dinners

4-6 PM @ CONVIVIAM URBAN FARMSTEAD
Make and enjoy three healthy sheet pan dinners—Tuscan Chicken, Roasted Garlic and Ginger Veggie, and Beef Fajitas. Clean eating has never been so easy to make and clean up. \$30. Convivium-DBQ.com.

Thank USE

To be eligible for Thank Use you must meet campaign eligibility requirements. See details at dupaco.com/ThankUse.

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Your Membership Pays

Since 2016, participating members have shared nearly \$9 million!

Learn how to earn at dupaco.com/ThankUse

BEER BREWING WORKSHOP

DETECTING AND CORRECTING OFF FLAVORS

APRIL 1 AND 4

6-9 PM @ CLARKE UNIVERSITY FOOD SCIENCE LABORATORY (1550 CLARKE DR)

Clarke University will host a two-part brewing workshop on Monday, April 1, and Thursday, April 4 from 6 to 9 p.m. at Clarke University's Food Science Laboratory to offer home brewers an opportunity to improve their craft while networking with fellow homebrewers and a local brewing expert.



The workshops will cover the underlying fundamentals of the most common off-flavors and discuss methods used to ensure consistency and quality in craft beer. With a hands-on approach, attendees will have the opportunity to practice quality analysis methods and network with fellow home-brewers. Beer samples will be provided by 7 Hills Brewing Co., which is co-owned by Clarke alumni Keith '03 & Abby (Peckham) Gutierrez '04.

Free parking is available in any campus lot or along Clarke Drive. The \$150 fee covers both sessions. Registration is required and can be completed at clarke.edu/brewingworkshop. For more information, contact brewing@clarke.edu. ■



MUSICAL MENUS

APRIL 4 AND 5

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

Musical Menus is a musical revue and a long-standing Clarke tradition. This spring's event will be presented Thursday, April 4, and Friday, April 5, in the R.C. and Celeste Wahlert Atrium on the Clarke campus. The 2019 Musical Menus theme is "New York City in Song." Musical excerpts will be from musicals set in New York City and will also include Tin Pan Alley hits.

The fundraising event features a gourmet five-course meal served while enjoying musical performances by solo and small ensembles of Clarke University students and faculty.

Proceeds are applied to a variety of Clarke Music Department initiatives including travel expenses for the university's ensemble tours, private lessons, music scholarships, and new equipment.

Tickets are \$60-\$70. Reservations are required and may be made until Friday, March 29, by calling **563-588-6575** or by visiting clarke.edu/artsatclarke/musicalmenus. ■



SAIL ON: THE BEACH BOYS TRIBUTE

FRIDAY, APRIL 5

7:30 PM @ GRAND OPERA HOUSE (135 W 8TH ST)

All the leaves may be brown, and the sky may be grey—but "Don't Worry, Baby," we can still have "Fun, Fun, Fun." On Friday, April 5, head to the Grand Opera House for Sail On: The Beach Boys Tribute.

Sail On: The Beach Boys Tribute focuses on performing songs by America's band, The Beach Boys, to sheer perfection. Join them as they give you a night of music played exactly as you remember hearing it on The Beach Boys' legendary recordings.

This group of incredible musicians have been globally recognized for their Beach Boys inspired sound. Members of Sail On have performed with musicians from Brian Wilson's band, The Zombies, Earth Wind and Fire, Cheap Trick, Mark Lindsay and produced recordings for Micky Dolenz.

Tickets are \$25 and can be purchased in person at the box office, by calling **563-588-1305**, or at TheGrandOperaHouse.com. ■

"We laugh, love, and support one another."

Life with HIV can have its challenges. But with the support of family and friends, we are able to thrive and live healthy lives.

Let's stop HIV stigma together.
Learn how at cdc.gov/together

LET'S STOP HIV
TOGETHER



/ActAgainstAIDS



/ActAgainstAIDS



@TalkHIV



MON 3/25

Children's Life Skills Workshop: 1-2-3 Emotions and Me
 6-7:30 PM @ UNIFIED THERAPY SERVICES
 Children ages 6-10 learn to raise awareness of emotions, increase empathy for others, and develop self-management skills. \$79.95 per child/adult pair. 4121 Pennsylvania Ave. **815-541-3576**. eventbrite.com.

TUE 3/26

Lunch Time Book Group: My Brilliant Friend
 NOON @ RIVER LIGHTS
 Discuss *My Brilliant Friend* by Elena Ferrante. The first book in the 4-part series Neapolitan Novels, *My Brilliant Friend* was adapted into a miniseries of the same name on HBO last November. 1098 Main St. **563-556-4391**. RiverLights.com.

WED 3/27



Steve Murphy and Javier Peña (NARCOS)
 10 AM-NOON @ UW-P WILLIAMS FIELDHOUSE (PLATTEVILLE, WI)
 Steve Murphy and Javier Peña recount their pursuit of Pablo Escobar and deliver practical and oftentimes unorthodox advice on working together to achieve success despite challenges. Their journey is depicted in the Netflix series *NARCOS*. Free. **608-342-1075**.

Complete Composting
 6-9 PM @ CONVIVIUM URBAN FARMSTEAD
 Wednesdays: March 27-April 17. Join Convivium's Farm Manager, A.J. Shultz for this four week composting class

and learn how to turn your kitchen scraps and yard waste into fertile compost. Build your own dual-compartment outdoor compost bin, vermi-compost bin, and countertop compost collection box. \$40. 2811 Jackson St. **563-557-2900**. convivium-dbq.com.

Winter Writers Reading Series: Jenna Rindo
 7 PM @ SHAKE RAG ALLEY ART CENTER (MINERAL POINT, WI)
 Jenna Rindo is the 2018 Wisconsin People & Ideas Poetry Contest Winner and author of the award-winning poem "Head, Thorax, and Abdomen." Free. 18 Shake Rag St. **608-987-3292**. ShakeRagAlley.com.

THU 3/28



Too Much Light Makes the Baby Go Blind
 6 & 8 PM @ UD HERITAGE CENTER
 March 28-30. *Too Much Light Makes the Baby Go Blind* is an ensemble experiment in presenting 30 plays in 60 minutes. An interactive audience picks the order so every night is different. Presented by UD's Department of Fine and Performing Arts. \$10 Adults; \$5 non-UD students. 2255 Bennett St. **563-585-SHOW**. dbq.edu/heritagecenter.

Film Screening: The Sultan And The Saint
 6:30-8 PM @ SHALOM SPIRITUALITY CENTER
 An itinerant Christian preacher and a ruler of a Muslim Empire buck a century of war in a search for common ground. Award-winning 2016 PBS film. Discussion following the movie. Free popcorn. RSVP requested but not required. Freewill offering. 1001 Davis St. **563-582-3592**. ShalomRetreats.org.

FRI 3/29



Human Battleship
 5:30-7:30 PM @ CARNEGIE-STOUT PUBLIC LIBRARY
 Players will lie or sit on the floor and use foam balls to try to sink their opponents' battleships. Ages 18+. 360 W. 11th St. **563-589-4225**. dubuque.lib.ia.us.

SAT 3/30



Spring Arts & Crafts Show
 9 AM-4 PM @ GRAND RIVER CENTER
 The area's largest arts and crafts show with over 125 talented exhibitors. For a chance to win a \$50 gift certificate, find Calahan Promotions, Inc. on Facebook. \$5; kids 10 and under free. Save \$1 with the ad on page 19! 500 Bell St. **563-652-4529**.

A Dinner to Die For- 1969 - "The Happening"
 6-9 PM @ SUNDOWN MOUNTAIN
 It's a night of laughs with dinner, drinks, and a chance to guess whodunit set in 1969. Presented by Die Laughing Murder Mystery. \$50. DieLaughingMurderMystery.com.

Historic District Coffeehouse
 7-9:30 PM @ UNITARIAN UNIVERSALIST FELLOWSHIP OF DUBUQUE
 March 30 and May 25. Musicians can play or poets can read in a relaxed atmosphere. Listeners can enjoy a cup of coffee, snacks, and some "coffeehouse-style" entertainment. Freewill donations of canned goods for the Dubuque Food Pantry. All ages. Free. 1699 Iowa St. **608-348-5099**.



CAROLINE'S RESTAURANT

FRIDAY fish fry

EVERY FRIDAY DURING LENT
 Choose from Beer Battered Deep-Fried Pollock or Beer Battered Shrimp
 Both served with House-made Tater Tots, Coleslaw, Tartar Sauce and Lemon.
 RESERVATIONS ARE ENCOURAGED
 200 Main Street | Dubuque, Iowa | 563.588.5595

EDWARD J. AND CATHY GALLAGHER ARTS @ CLARKE EVENT

NATASCHA MYERS SONGS FROM A HARDWOOD FLOOR
 IN CONCERT

03.28.19

7:30 PM.
JANSEN MUSIC HALL
\$10 | GENERAL ADMISSION

Natascha calls her musical style, "Where country music meets folk Americana, with a dash of old soul and Iowa upbringing." Now living in Nashville, Natascha grew up in Waterloo, Iowa, and graduated from Clarke in 2017.

FOR TICKETS CALL 563.588.6377

@nataschamymusic @nataschamymy



LIVE AT HERITAGE B.I.T.E. SIZE SERIES

AN AFTERNOON (OR EVENING) WITH MARK TWAIN

FRIDAY, APRIL 5
3:30 AND 7:30 PM @ UNIVERSITY OF DUBUQUE HERITAGE CENTER BABKA THEATRE (2255 BENNETT ST)

University of Dubuque Heritage Center closes the second season of its B.I.T.E. Size Series with a Mark Twain tribute performance on Friday, April 5, at 3:30 p.m. and 7:30 p.m. in Babka Theatre. *An Afternoon (or Evening) with Mark Twain* will be performed by New York actor Dr. Michael Mauldin. A Q&A conversation with Mauldin follows each performance.



Mauldin's hilarious and insightful portrayal of Mark Twain recreates an actual lecture that the world-famous humorist and author would have delivered during his highly-acclaimed world tour culminating in 1905. 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. It's all seen through the eyes of a man who had been at the top of the literary and social spectrum for most of his life. Twain had reached the age and level of esteem where he felt free to say what was on his mind with almost no fear of censure.

In addition to numerous national tours and countless appearances on university campuses across the country, Mauldin's performance as Twain has been shown on PBS and was adapted into a one-hour ABC special entitled *Mark Twain: Sketches from Life*.

Tickets are \$19 for adults, \$15 for UD alumni and military, and \$9 for children and students. All tickets increase by \$5 for purchases on the day of the performance. Tickets can be purchased at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**. ■

CANADIAN BRASS

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

The Dubuque Arts Council is bringing Canadian Brass to University of Dubuque Heritage Center on Saturday, April 6, at 7:30 p.m. Canadian Brass, internationally renowned as one of the most popular brass ensembles in the world, will perform as part of the Dubuque Arts Council's 50th anniversary celebration.

With four decades under their belts, Canadian Brass has developed a uniquely engaging stage presence and rapport with audiences. Each concert demonstrates their full range from trademark Baroque and Dixieland tunes to new compositions and arrangements created especially for them—from formal classical presentation to music served up with lively dialogue and theatrical effects. The hallmark of any Canadian Brass performance is entertainment, spontaneity, virtuosity and, most of all,



fun—but never at the expense of the music: Whatever the style, the music is central and performed with utmost dedication, skill and excellence.

With a discography of over 130 albums and an extensive world-wide touring schedule, Canadian Brass is an important pioneer in bringing brass music to mass audiences everywhere. They have sold well over 2 million albums worldwide. Canadian Brass features founding member Chuck Daellenbach (tuba), Christopher Coletti and Caleb Hudson (trumpets), Achilles Liarmakopoulos (trombone) and Jeff Nelsen (horn).

Tickets are \$30-\$35 and can be purchased at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at **DBQ.edu/heritagecenter**. ■

MACKIN-MAILANDER ALUMNI LECTURE

ADAM O'DELL LECTURE

WRITING HOME, WHEREVER IT MAY BE
SUNDAY, APRIL 7

2 PM @ CLARKE UNIVERSITY JANSEN MUSIC HALL (1550 CLARKE DR)

Adam D. O'Dell will present a Mackin-Mailander Alumni Lecture on Sunday, April 7, at 2 p.m. in Clarke University's Jansen Music Hall. His lecture is entitled, *Writing Home, Wherever It May Be*.

O'Dell is a composer, pianist, and teacher, and in his lecture he will discuss the artistic and theoretical underpinnings of his recent music. He will share the musical journey of joy, grief, humor, and love. He will explain the idea generation component to the compositional process of selecting a theme or title and will further demonstrate his method by playing the piano to show the audience how he moves through the creative process.

He has a bachelor's degree from Clarke University, a master's degree from Bowling Green State University, and is a current doctoral student in music composition at the Peabody Institute of The Johns Hopkins University.

His work combines classical, jazz, rock, theatre,

and folk influences into music with humanistic and story-like qualities. O'Dell is an internationally published academic writer, and has given lectures and masterclasses in composition, analysis, and biomusicology across the United States and Europe.

Recent commissions include the Dubuque Symphony Orchestra, the Altered Sound Duo, the Oklahoma State University Symphony Orchestra, Ensemble 135, Just Duet, Third Inversion Reed Trio, hornist Andrew Pelletier, and the Julien Chamber Choir. His works have

been performed in the United States, United Kingdom, Czech Republic, Russia, Brazil, Germany, and Italy. O'Dell currently serves as the Artistic Director, composer-in-residence, and pianist with the Noise-to-Signal Ensemble, and is a licensed PARMA Recordings Artist.

The lecture is free and open to the public. For more information, contact Clarke University at **563-588-6377** or visit **clarke.edu**. ■



your passport TO ADVENTURE

An Afternoon/Evening
with Mark Twain

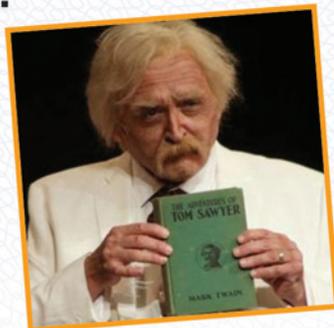
STARRING DR. MICHAEL MAULDIN

FRIDAY, APRIL 5, 2019
3:30 P.M. AND 7:30 P.M.
BABKA THEATRE

A brilliant theatrical tour-de-force followed by a conversation with this New York actor!

General admission seating

B.I.T.E. size series
UNIVERSITY of DUBUQUE



WITH SUPPORT FROM
365ink JULIEN'S JOURNAL

563.585.SHOW | WWW.DBQ.EDU/HERITAGECENTER

SUN 3/31

Sons of Legion Spring Breakfast

8 AM-NOON @ AMERICAN LEGION DUBUQUE IOWA POST 6

Enjoy a delicious breakfast with proceeds going towards American flags on Grandview Ave. that need replacement. \$7 Adults, \$4 children 4-12, 3 years and under are free. [DubPost6.org](#).

TUE 4/2

Pollinator Workshop

6-8 PM @ HURSTVILLE INTERPRETIVE CENTER (MAQUOKETA, IA)

Celebrate insect pollinators by learning more about their life cycles, native wildflowers and prairie plantings. 18670 63rd St, Maquoketa, IA. **563-652-3783**. [JacksonCCB.com](#).

WED 4/3

Spring Praise Band and Gospel Choir Concert

7:30 PM @ UD BLADES CHAPEL
Unity, restoration of the soul, and an ongoing promise of a new start call us into joy and healing as praise band and gospel choir bring you a night of worship. Free.

THU 4/4

Essentials of Classic Italian Cooking

6-8 PM @ CONVIVIAM URBAN FARMSTEAD
Cook and enjoy a meal using recipes from Marcella Hazan's *The Essentials of Classic Italian Cooking*. \$40. **563-557-2900**. [convivium-dbq.com](#).

Comfort Food: Mac Attack

6-8:30 PM @ SENIOR HIGH SCHOOL TEACHING LABS
Learn and sample some decadent, homemade recipes. Hosted by NICC. \$45. 1800 Clarke Dr. **563-557-8271 x139**. [NICC.edu/solutions](#).

DUBUQUE365.COM



Cocktails For Conservation Fundraiser

6-9 PM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM
National Mississippi River Museum & Aquarium Senior Education Manager Jared McGovern is Dancing with the Stars: Dubuque Style in support of NMRMA. This event spotlights the River Museum's many active conservation programs. Live music from Elizabeth Mary. Purchase food from Happi Hibachi. Ages 21+. Free. [rivermuseum.com/jared](#).

FRI 4/5

Lunch and Learn: Food Deserts with Lynn Sutton

12:15-1 PM @ DUBUQUE MUSEUM OF ART
Lynn Sutton presents Food Deserts in Urban America and Urban Dubuque. Part of the Dubuque Chapter NAACP Speakers Bureau Lunch & Learn Series. BYO sack lunch. Free. **563-557-1851**. [DBQart.com](#).

SAT 4/6

DBQ Co Master Gardeners Spring Garden Seminar

7:30 AM-NOON @ NICC TOWN CLOCK BUSINESS CENTER
Sessions include Cider Making Basics, Ornamental Grasses, Ground Cover for the Tri-States, The Big World of Mini Hostas, Honey Bees—The Perfect Pollinators, Making Seed Tape, Perennials in 2019, Gardening with Conifers, and Vermicomposting. Includes breakfast items and refreshments. RSVP on April 5 at noon. \$20. 700 Main St. **563-583-6496**. [bit.ly/2GYUieU](#).



Belonging, Not Belongings

9 AM-3 PM @ SINSINAWA MOUND (SINSINAWA, WI)
In a time of great social and ecological upheaval, it is vital that we forge alternative ways of being in the world. Eric Anglada and Sister Christin Tomy, OP, will guide us to grapple with and explore lifestyles that go beyond the consumer paradigm and instead generate connection and kinship. \$35. 585 County Rd Z, Sinsinawa, WI. **608-748-4411**. [sinsinawa.org/moundcenter](#).

Cracker Barrel

9:30 AM @ DIAMOND JO HARBOR VIEW ROOM
Make your priorities and opinions known to our State Legislators. Sponsored by the Dubuque League of Women Voters, the United Labor Participation Committee and the Dubuque Federation of Labor.



Dubuque Area Family STEM Festival

10 AM-2 PM @ LORAS GRABER CENTER
Exhibits will feature interactive STEM activities for children and their families. Travel a solar system in the digital planetarium, drive a robot, fly a flight simulator, conduct amazing science experiments, explore the healthcare field and more. Free. [NEIowaSTEM.com](#).

Neighborhood Yard Party

11 AM-2 PM @ STEVE'S ACE JFK
Enjoy product demos and tutorials from some of your favorite brands like Scotts, Johnathan Green, Bonide, Stihl, Big Green Egg and more! Free. 3350 JFK. **563-690-1500**. [StevesAce.com](#).

Ohnward
FINE ARTS CENTER
[www.ohnwardfineartscenter.com](#)
1215 E. Platt St., Maquoketa, IA
Box Office Hours: M-F, 9AM - 1PM
Tickets: 563.652.9815
Tickets also available online...



Saturday, March 23, 7 PM

A high-energy multimedia production featuring several of **The Diamonds'** hits plus 50 songs from many of Broadway's most popular Jukebox Musicals like; *Jersey Boys*, *Motown - the Musical*, *Beatlemania*, *Footloose*, *Grease*, and artists like **Buddy Holly**, **Carol King**, **Billy Joel**, **The Beach Boys**, **Elvis Presley** and **Frank Sinatra**.



Tickets:
\$22 (Advance) /
\$25 (Door),
Students \$13/\$15



Saturday April 20, 7 PM

The Ultimate Tribute to Johnny Cash, June Carter and The Tennessee Three, is the Nation's #1 and most authentic representation of The Man In Black in his "Folsom Prison" era prime! Seeing is believing, and when you go "Walkin' The Line" with **Bennie Wheels**, there's no doubt that Johnny Cash's spirit lives on!



Tickets:
\$22 (Advance) /
\$25 (Door),
Students \$13/\$15

Riverview Center
Evening OF Light
Featuring keynote speaker
MATTHEW SANDUSKY
THURSDAY *May 9* 2019
GRAND RIVER CENTER | 500 BELL STREET | DUBUQUE, IA
5 PM - 9 PM
Please join Riverview Center for our 2019 *Evening of Light* featuring keynote speaker Matthew Sandusky. Matthew is the adopted son of Jerry Sandusky, former assistant football coach for the Penn State Nittany Lions, and the subject of one of the most publicized child sexual abuse cases in history.
The scandal broke in early November 2011 when Jerry Sandusky was indicted on 52 counts of child molestation after engaging in sexual abuse of children over a period of at least 15 years. His son, Matthew, has moved from one of his victims to a survivor of childhood sexual abuse. Hear his story and support his message of prevention and healing during this year's *Evening of Light*.
Tickets are \$100 and include dinner, Matthew's address and silent auction.
Reserve your ticket now at [riverviewcenter.org](#).
All proceeds benefit Riverview Center, providing free and confidential services for survivors of sexual assault.

DUBUQUE MAIN STREET

ARCHITECTURE DAYS

NORTHERN EXPOSURE

APRIL 8-13

VARIOUS LOCATIONS IN DUBUQUE

Dubuque Main Street, in collaboration with local businesses and organizations, celebrates Architecture Days on April 8-13, featuring a schedule of tours and events. The "Northern Exposure" themed event shines a spotlight on historic architecture of the Northern end of downtown Dubuque.

"Northern Exposure" theme intends to increase appreciation of the unique of Dubuque's north end history. Some structures highlighted feature a blast from the past, new construction and even landscape architecture. How did architecture influence the development of the north end? Join to find out more!

Architecture Days, now in its 13th year, is inspired by National Architecture Week. The mission is to heighten the recognition of architecture as an art form and to explore the rich architectural landscape of Dubuque through programming for all ages. Architecture Days offers a public opportunity to learn



more about architecture and Dubuque's historic fabric, celebrating our sense of place, our unique treasures, and the city's growth through commitment to architectural re-use and community.

The week is full of free noon building tours plus fun stuff like a trivia night and a scavenger hunt. Tours include Sacred Heart School (April 9), former Jule Bus Barn/Union Electric (April 10), Researching Historic Properties Presentation and tour of the Jule Operations Training Center (April 11), and Morrison Brothers (April 12).

Find full details in the April 3 issue of *365ink* or visit DowntownDubuque.org. ■

DUBUQUE WINTER FARMERS MARKET

SATURDAYS NOW THROUGH APRIL 27

9 AM-NOON @ ROSHEK BUILDING (700 LOCUST ST)

Dubuque Winter Farmers Market continues their 12th season on Saturdays now through April 27, from 9 a.m. to noon. Winter Market is now located in the lobby of the Roshek Building.

Approximately 35 regional vendors offer seasonal produce, eggs, meats, cheeses, honey, baked goods, and more.

Free parking is available in the US Bank parking lot. Metered street parking is available on surrounding streets and in the Locust Street parking ramp.

Visit WinterMarketDbq.com for more information. ■



PHOTO: CHRIS HAPP OLSON

ONGOING

Fabulous Fridays

FRIDAYS NOW

THROUGH MARCH 29

12:05 PM @ ST. LUKE'S UMC

Bring your lunch and enjoy music from various musicians each week. The program is free, but contributions will be accepted for People In Need and the church's Jesus Fund. 1199 Main St.



What's Bugging Belva?

NOW THROUGH APRIL 14

NATIONAL RIVER MUSEUM & AQUARIUM

Explore Belva's world as her grandfather shows her the wonders of being an insect through a children's story format and an interactive garden setting. Each Saturday features a bug-related Creature Feature and story time at 1:30 p.m. Pre-K through 4th grade. RiverMuseum.com.



4-H Cooking Club

SECOND TUESDAY OF EVERY MONTH NOW

THROUGH MAY

3:45-5 PM @ MFC

Iowa State University Extension & Outreach invites youth grades K-5 to join the 4-H Cooking Club at the Multicultural Family Center. RSVP required. Scholarships available. \$35. 1157 Central Ave. [563-583-6496](tel:563-583-6496).

MFCdbq.org.

Once Upon a Time

NOW THROUGH

SEPTEMBER 8

NATIONAL RIVER

MUSEUM & AQUARIUM

Once Upon a Time ... Exploring the World of Fairy Tales will set up shop in the Bickel Gallery in the Mississippi River Discovery Center. This immersive children's exhibit explores seven fairy tales

from around the world in fun and dynamic ways. The first Saturday of each month will feature a special craft and STEM activity coinciding with a story from the exhibit. RiverMuseum.com/once.

Dubuque Area Writers Guild

SECOND AND FOURTH TUESDAY

OF EVERY MONTH

6:30-8 PM @ MONK'S

Come with 5-10 copies of one poem or a prose piece for critique. You will be invited to read your piece aloud and receive feedback from the group. Observers are welcome. 373 Bluff St.



Salsa Dance Night—Baile Conmigo

LAST WEDNESDAY

OF EVERY MONTH

6 PM @ SMOKESTACK

Salsa dance lesson with Katie Koerperich. Bring a partner or come solo, all are welcome. Free. 62 E 7th St. SmokestackDBQ.com.

Bell Tower Theater

A Musical Comedy by Dan Goggin
Part of the Nonsense series

Sister Robert Anne's
CABARET CLASS

Tickets only \$21 Early Bird Tickets \$10.50! Early Bird Dates: Mar 29 & 30

March 29 to April 14, 2019

2728 Asbury Road • Dubuque, IA • (563) 588-3377

www.belltowertheater.net

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.COMONLINE SUBMISSION: DUBUQUE365.COM/SUBMIT-EVENT

P MOVIE NEWS

COMING TO THEATERS

US (R)

FRIDAY, MARCH 22

Adelaide feels her paranoia elevate to high-alert as she grows increasingly certain that something bad is going to befall her family. When darkness falls, the Wilsons discover the silhouette of four figures holding hands as they stand in the driveway. *Us* pits an endearing American family against a terrifying and uncanny opponent: doppelgängers of themselves.



HOTEL MUMBAI

FRIDAY, MARCH 22

A gripping true story vividly recounts the 2008 siege of the famed Taj Hotel by a group of terrorists in Mumbai, India. As the world watches on, a desperate couple is forced to make unthinkable sacrifices to protect their newborn child.



DUMBO (PG)

FRIDAY, MARCH 29

When circus owner Max Medici (Danny DeVito), former star Holt Farrier (Colin Farrell), and his children Milly (Nico Parker) and Joe (Finley Hobbins) discover their newborn elephant with oversized ears can fly, the circus makes a comeback, attracting entrepreneur V.A. Vandevere (Michael Keaton), who recruits Dumbo for his newest venture, Dreamland. A live-action adventure from Disney and director Tim Burton.



THE BEACH BUM (R)

FRIDAY, MARCH 29

Moondog (Matthew McConaughey) is a rebellious rogue who always lives life by his own rules. A refreshingly original and subversive new comedy from director Harmony Korine (*Kids*, *Spring Breakers*) Co-starring Snoop Dog, Zac Efron, and Isla Fisher.



SHAZAM! (PG-13)

FRIDAY, APRIL 5

We all have a superhero inside us, it just takes a bit of magic to bring it out. In Billy Batson's case, by shouting out one word—SHAZAM!—this streetwise 14-year-old foster kid can turn into the adult superhero Shazam, courtesy of an ancient wizard. Still a kid at heart—inside a ripped, godlike body—Shazam revels in this adult version of himself by doing what any teen would do with superpowers: have fun with them!



MOVIE BUZZ

The sequel to the 2017 film *The Hitman's Bodyguard*, *The Hitman's Wife's Bodyguard* casts actors Richard E. Grant and Antonio Banderas. In 2019, Grant received an Oscar nomination for his supporting performance in *Can You Ever Forgive Me?* They join the returning cast from the first film including Ryan Reynolds, Samuel L. Jackson and Salma Hayek.



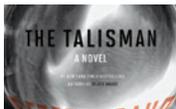
Netflix is planning more interactive content after the success of *Black Mirror* movie *Bandersnatch* which featured an interactive choose-your-own-adventure format. *Variety* reports that Netflix Vice President Todd Yellin has stated that Netflix will be "doubling down" on the interactive concept in some of its upcoming original programming. The media giant stated that they intend to spend \$15 billion on original content in 2019.



Paramount's *Dungeons and Dragons* movie now has a new script, and casting is expected to begin soon as the studio is reportedly interested in several A-list actors for the film's male lead include names like Will Smith, Josh Brolin, Chris Pratt, Vin Diesel, Matthew McConaughey, Jamie Foxx, Joel Edgerton, Dave Bautista, Jeremy Renner, and Johnny Depp. The studio is eyeing a 2021 release to reboot the franchise.



Amblin's adaptation of Stephen King and Peter Straub's novel *The Talisman* is moving forward with *The Handmaid's Tale* director Mike Barker at the helm. Published in 1984, *The Talisman* marked the first collaboration between King and Straub, two of the most successful horror novelists of all time. Steven Spielberg's Amblin Partners and The Kennedy/Marshall Company are teaming up to produce. This is the first the first pairing of King and Spielberg.



In a rare instance of a company caving to good sense rather than a small online cadre of bad-faith assholes, Disney has rehired director James Gunn to direct *Guardians Of The Galaxy 3*. Gunn was targeted last July with a coordinated smear campaign led by right-wing trolls. Gunn has subsequently been hired by DC to make *Suicide Squad 2*, but apparently Disney has already arranged with the director to hold off on production of *Guardians 3* until the completion of that project.



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The Five Flags Center is located at 405 Main St. in Downtown Dubuque.

Fees may apply to ticket purchases. Tickets are available at Ticketmaster.com or at the Five Flags Center Box Office.

For more information, call 563-589-4254 or visit FiveFlagsCenter.com.



DUELING DOGS WORLD CHAMPIONSHIPS

APRIL 5-7
FIVE FLAGS ARENA

Dueling Dogs™ LLC, the founders and sport organizers for the latest and most exciting competition in canine aquatics sports, will be holding its 4th World Championships at the Five Flags Center.

There will be a total of seven qualifying duels with two on Friday afternoon, five on Saturday (with the Handicap “Die Hard” Duel event Saturday evening beginning at 7 p.m.) and one last chance qualifying duel on Sunday morning prior to the finals which starts at 1 p.m.

This event will have a total prize purse of \$12,500, \$2,500 of that going to the winner-take-all in the Dialed-in Duel event! Prizing for each Class Finals on Sunday will be \$1,500 to 1st Place, \$800 for 2nd and \$200 for 3rd.

“Dueling Dogs, the latest feature of Canine Aquatics Sports, had a remarkable 2018 World Championships at



the Five Flags Center,” states Grant Reeves, CEO of Dueling Dogs. “The sport is growing quickly and we’re ecstatic to return to Dubuque in April of 2019 with even more teams and action-packed racing. Dueling Dogs will have you on the edge of your seat with non-stop action racing featuring the world’s best canine teams.”

Tickets are \$10 for adults, \$7 for kids 7-15, and free for kids 6 and under. ■

HARLEM GLOBETROTTERS

THURSDAY, APRIL 11
7 PM @ FIVE FLAGS ARENA

On the heels of taking their unparalleled entertainment to capacity crowds overseas, the Harlem Globetrotters will return to North America with their one-of-a-kind show featuring some of the most elite dunkers on the planet, exceptional ball handlers, and Guinness World Records™ record holders.

A Globetrotters game is more than just basketball—it’s the ultimate in family entertainment that will bring smiles and fan interaction to people of all ages. The Globetrotters will share their unrivaled show to fans in over 250 North American cities during their upcoming tour.



After virtually every game, the Harlem Globetrotters remain on the court for autographs and photographs with fans.

Tickets range from \$26 to \$81. ■

RED GREEN

THIS COULD BE IT TOUR
MONDAY, APRIL 15

7 PM @ FIVE FLAGS THEATER

The name says it all. This is potentially Red’s last tour as he heads out on the road to hold Lodge Meetings all over North America. So it might be your last opportunity to catch Red Green live (or as live as he gets) before he takes a long look at his birth certificate and decides not to keep pushing his luck.

This one man show features some brand new handyman projects, advice to married guys and teenage boys, tips on getting old, an apology to the world on behalf of all baby



boomers, special contributions from Harold and a couple of other cast members, talking animals, and a final wish from Red to all of his loyal fans.

Reserved seats are \$56.50. ■

THE BAND PERRY

MONDAY, APRIL 15

7 PM @ FIVE FLAGS ARENA

The Band Perry performed at the Five Flags Center in 2014 and will be making their first return to Dubuque since then. Special guest Dream Chief will be opening.

Grammy® Award-winning superstar sibling trio The Band Perry are an unstoppable presence in modern music. Now, after selling 2.5 million albums, 13 million singles, and racking up over a 1.75 billion combined streams of their songs, the story of Kimberly, Reid, and Neil is again evolving in incredible new ways.

Since releasing their groundbreaking crossover No. 1 single “If I Die Young” in 2010 (with its current sextuple-platinum status and 160 million video views), The Band Perry have forged a unique, genre-defying identity and



built an international fan base leading to sold-out world tours, five No. 1 singles on the Billboard Country Chart, a No. 1 single on the Hot AC charts, six songs reaching gold or platinum status, and in 2015, bringing home their first Grammy® Award.

Known for their boundary-pushing live performances, the band’s combination of music, fashion, and visual art has become a hallmark of their dialogue with their fans and with culture.

Tickets are \$32.50 in advance or \$35 day of show. ■

BELLAMY BROTHERS

THE LOVE STILL FLOWS TOUR
THURSDAY, APRIL 18

7 PM @ FIVE FLAGS THEATER

Howard and David continue to prove that the trail they’ve ridden to fame has been as unique as their music itself—music that is now celebrating 40 years of success on their “The Love Still Flows Tour.” The road that started on the pop music charts in the ‘70s took a winding turn into country music in the ‘80s paving the way for duos to come, such as Brooks & Dunn, Montgomery Gentry, Big & Rich, and previously—The Judds. With mega ‘70s and ‘80s hits like “Let



Your Love Flow,” “If I said You Had a Beautiful Body,” and “Redneck Girl,” they became an instant smash in both the U.S. and Europe and built a huge international fan base for the hip young brothers that endures to this day.

Tickets for this intimate theater show range from \$34 to \$54. ■

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WWE brings professional wrestling back to the spotlight at the Five Flags Center



Country music star Rodney Atkins returns to the Mississippi Moon Bar
Photo: Steve Schleuning



365er's Bryce and Kristina take their band, Unicorn Fist, out for St. Patty's Day shindig at 7 Hills Brewing Co
Photo: Steven Schleuning



Brothers Osbourne packs the house at Five Flags Arena
Photo: Steven Schleuning



Hempstead High School stages an incredible production of the musical Chicago
Photo by Doug Mackie



Dubuque cleans up at the 2019 Main Street Iowa Awards



Country music rising star Dylan Scott meets fans at his sold-out Q Casino show
Photo: Dave Haas



The famous Dyersville, IA St. Patrick's Day Parade draws a crowd from across the Tri-States



Loras College DuHawk Wrestling finished a dream season as the national runner-up in the team standings.



Gaelic Storm gets St. Patrick's Day started a week early at the Mississippi Moon Bar
Photo: Bob Felderman



Beth McDonald and Theresa Heir channel Lucy & Ethyl as they help to create handmade Easter chocolates at Betty Jane Candies



Clarke University stages Samuel Beckett's Waiting for Godot
Photo: Gail Chavenelle

PRESENTED BY THE GRAND OPERA HOUSE

Sail On

The Beach Boys Tribute



PERFORMANCE
FRIDAY, APRIL 5 @ 7:30 PM

TICKETS
ALL TICKETS: \$25

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

THEGRANDOPERAHOUSE.COM

JEAN HOLDENER AND JAMES CULLEN FACULTY EXHIBIT

SHOW: NOW THROUGH MARCH 29
RECEPTION: SATURDAY, MARCH 23 @ 6-7:15 PM
UNIVERSITY OF DUBUQUE HERITAGE CENTER
BISIGNANO ART GALLERY (2255 BENNETT ST)

University of Dubuque faculty members Jean Holdener and James Cullen have work on display now through March 29, and a reception will be held on March 23 in conjunction with the Unni Boskasp show.

The University of Dubuque has grown considerably in the last decade, and they've begun to focus on faculty work in various departments. This two-person show features the watercolors, paintings and digital designs of two Digital Art



and Design faculty members, Professors Jean Holdener and James Cullen. ■

BROAD IDEAS

WE ARE THE ONES WE'VE BEEN WAITING FOR

SHOW: NOW THROUGH MARCH 31
SONGWRITER'S SHOWCASE: THURSDAY, MARCH 21 @ 6-9 PM
SPOKEN WORD CLOSING: SUNDAY, MARCH 31 @ 4 PM
GALENA CENTER FOR THE ARTS (219 SUMMIT ST, GALENA, IL)

Broad Ideas highlights the range of experiences, feelings, and realities of those who identify as women and those who support them. This arts show is a celebration, an acknowledgment, and a community of support, and of solidarity.

Held at the Galena Center for the Arts March 1-31, this is the 2nd year for *Broad Ideas*. Artwork can be viewed during regular Galena Center for the Arts hours. Special events include an all-female

Songwriter's Showcase on March 21, and a spoken word closing event on March 31.

The magic of *Broad Ideas* is that all ages and abilities are welcome. This is a space for people to tell their story, to read the stories of others, and to share in that special gift of "us all being in it together." All events are free and childcare is also free, but donations are welcome. For more information, visit BroadIdeas.org. ■

DUBUQUE SYMPHONY ORCHESTRA CLASSICS 4: ON WATER

SATURDAY, MARCH 23 @ 7:30 PM
SUNDAY, MARCH 24 @ 2 PM
FIVE FLAGS THEATER (405 MAIN ST)

The Dubuque Symphony Orchestra returns to the Five Flags Theater with *Classics 4: On Water* on Saturday, March 23 at 7:30 p.m. and Sunday, March 24 at 2 p.m. Join the free pre-concert lecture on March 24 at 1 p.m.

Guest cellist Anthony Arnone will perform a new cello concerto by Cedar Rapids native Michael Daugherty. This piece, whose recent recording garnered three Grammy awards, is inspired by the stories of Ernest Hemingway.

Minnesota composer Steve Heitzig has devoted his career to composing works that inspire a connection to nature, and his piece *Aqua*



celebrates the sea, utilizing special percussion such as seashells.

Immerse yourself in the sound and beauty of the full orchestra in Bedřich Smetana's symphonic poem *The Moldau* and Respighi's *Fountains of Rome*.

Tickets start at \$18 and can be purchased at the Five Flags Center box office or online at DubuqueSymphony.org. Discounted \$8 student tickets will be available in the theater lobby one hour prior to each performance. ■

SOARING BALLET

SATURDAY, MARCH 23 @ 7:30 PM
SUNDAY, MARCH 24 @ 2 PM
GRAND OPERA HOUSE

The Heartland Ballet takes flight, celebrating the 51st year of its parent company Dubuque City Youth Ballet (DCYB) by presenting two new works. Artistic Director Marina O'Rourke will unveil a new, original interpretation of the ballet *Firebird*. Megan MacLeod, Artist-in-Residence, will then present two original contemporary works. The performances hit the Grand Opera House stage on March 23 at 7:30 p.m. and March 24 at 2 p.m.

Soaring is the perfect vehicle to launch DCYB into its next 50 years, deeply rooted in the company's



rich Russian traditions yet innovative and vital, breaking boundaries and exploring new horizons.

Tickets are \$20 for adults and \$12 for children under 18. Tickets can be purchased in person at the box office, by calling **563-588-1305**, or at TheGrandOperaHouse.com. ■

SISTER ROBERT ANNE'S CABARET CLASS

MARCH 29-30 AND APRIL 3-6 AND 10-13 @ 7:30 PM
MARCH 31 AND APRIL 7 AND 14 @ 2 PM
BELL TOWER THEATER (2728 ASBURY RD)

Nonsense's Sister Robert Anne takes the stage in Sister Robert Anne's Cabaret Class at the Bell Tower March 29-April 14.

This one-woman show follows Sister Robert Anne, the streetwise New Yorker from the *Nonsense* series and anything but typical nun, as she "teaches" us how to put on a cabaret class! Mixed with a variety of humorous stories, this hilarious musical showcases songs from the entire *Nonsense* series. This is one class you won't want to skip!

The production stars Bell Tower veteran Cathy Goodman as Sister Robert Ann and is accompanied by Terry Dillon. Directed by Sue Riedel. This event is sponsored by American Trust & Savings Bank.

March 29 and 30 are the early bird special performances when tickets are



just \$10.50. Tickets for all other performances are \$21. Thursdays are Girls' Night Out; all audience members get a free glass of wine. For information and to purchase tickets call **563-588-3377** or visit BellTowerTheater.net. ■

CALL FOR WRITERS AND ARTISTS

GALLERY ANTHOLOGY

SUBMISSION DEADLINE: MONDAY, APRIL 1

In conjunction with the annual Dubuque-Fest Fine Arts Festival (May 17-19), the Dubuque Area Writers Guild will be publishing the 43rd edition of its *Gallery* book project. This year's publication will be an open-genre anthology showcasing the art and writing of Dubuquers and those with ties to the Dubuque area. The deadline for submissions is Monday, April 1.

Writers of all ages may submit fiction, non-fiction, creative non-fiction, poetry and memoir pieces. Select writers may be invited to read at a reception on Friday, May 17 at the Dubuque Museum of Art. The public is invited to attend.

For more information and full submission guidelines, contact DubuqueAreaWritersGuild@gmail.com. ■

MEET NEW YORK TIMES
BESTSELLING AUTHOR
**MAX ALLAN
COLLINS**

THURSDAY, APRIL 4
7 PM @ CARNEGIE-STOUT PUBLIC
LIBRARY (360 W 11TH ST)

New York Times bestselling author Max Allan Collins will read from his new thriller, *Girl Most Likely*, on April 4, at 7 p.m. at Carnegie-Stout Public Library.

In *Girl Most Likely*, 28-year-old Galena Police Chief Krista Larson teams up with her dad, a retired homicide detective from Dubuque, to investigate a murder at Krista's high school reunion. As the case unfolds, and friends and exes become prime suspects, Krista begins to realize that there are more old grudges, buried secrets, and bad blood in her quiet hometown than she ever imagined.

Collins was named a Grand Master in 2017 by the Mystery Writers of



America and has earned 23 Private Eye Writers of America Shamus Award nominations. He is the bestselling author of *Road to Perdition* and the award-winning Nathan Heller series, as well as an experienced author of movie adaptations and tie-in novels.

Girl Most Likely will be available for purchase from River Lights Bookstore prior to and at the event. This event is free and open to the public. For more information, please call 563-589-4225 or visit dubuque.lib.ia.us. ■

FIRST FRIDAYS

FRIDAY, APRIL 5

- 5-8 PM @ DUBUQUE MUSEUM OF ART (701 LOCUST ST)
- 5-8 PM @ OUTSIDE THE LINES ART GALLERY (1101 MAIN ST)
- 5-8 PM @ SMOKESTACK (62 E 7TH ST)
- 5-8 PM @ UPCYCLE DUBUQUE (1838 CENTRAL AVE)
- 5-8 PM @ KEY CITY CREATIVE CENTER (1781 WHITE ST)
- 5:30-7:30 PM @ CARNEGIE-STOUT PUBLIC LIBRARY (360 W 11TH ST)

First Fridays is Downtown Dubuque's monthly visual art series, hosted by galleries, museums, and venues, celebrating Dubuque's great visual arts scene. For April, a free heated trolley service will be available from 5 to 8 p.m. thanks to Dupaco Community Credit Union. The trolley will stop each First Friday location every 20 minutes.

April First Fridays at DuMA features student artists in grades K-8. These young Dubuque artists will be on exhibit March 25 through April 14. Members are free, guests are \$10.

Outside the Lines features Alda Kaufman. She'll be working on a new watercolor painting and will be available to chat with visitors throughout the evening. Light refreshments will be offered. Free.

Ellen Hartmann Henkels is "Taking the Leap" and exhibiting 35 of her acrylic and oil paintings at Smokestack. This exhibit is a leap as it has been 20 years since her last one-woman show. It is a showcase of her work completed after her retirement as visual arts educator for the Dubuque Community School District. Many of her works were completed in plein air and painted on site. She remains a teaching artist

giving instruction in painting to citizens 55 and older. Ellen is an award-winning artist and member of Iowa Artists and the Plein Air Painters of Dubuque. Free.

Upcycle Dubuque celebrates Allison Poster. "My overall vision is to take items that are considered 'broken' and not worth keeping and turn them into art." Similarly, Allison realized embracing the broken parts in her life and bringing the pieces together to create a new beautiful piece of art was the way to be her true self. Refreshments will be provided. Free.

New this month, Key City Creative Center features local artist Tim Olson and makers Thistle Ridge. The space will be open to tour. Refreshments will be available. Free.

Join Carnegie-Stout Public Library for the Art @ your library® Maker Show opening reception showing art created in the Library's Maker Space, also featuring Ellen Dettmer's Women of Dubuque exhibit. Meet the artists and enter the Maker Space where "making" possibilities are endless, and learn how you can become a Certified Maker! Refreshments provided. Free.

For more information, visit [Facebook.com/DubuqueFirstFridays](https://www.facebook.com/DubuqueFirstFridays). ■



EN PLEIN AIR

A GALENA PLEIN AIR PAINTING WORKSHOP AND ART EVENT

APRIL 12-14

9 AM-4 PM @ GALENA, IL

En Plein Air: An Immersive Experience will be held in Galena, IL on April 12-14 during the Ulysses S. Grant's Birthday Celebration Weekend. Taught by Nyle Gordon and Spencer Meagher, the are collaborating with Outside the Lines Art Gallery to host this event.

Award winning instructors Gordon and Meagher have decades of painting and teaching experience. This is an all-skill level workshop, and all 2D painting mediums are welcome. Instructors will focus on selecting subject matter, strong design, simplifying your composition, and working fast to capture the essence of the scene before the light changes.

Over the course of the workshop, Gordon and Meagher will do multiple

demonstrations in watercolor, oil and acrylic to help underscore all that is discussed over the three days of painting time. Since this workshop coincides with Ulysses S. Grant's Birthday Celebration Weekend, it offers a rich experience for painters who desire to paint historical characters from life.

Cost for all three days is \$300 or \$120 per day. In order to ensure that students get plenty of one-on-one with both instructors, class size is limited. Early registration is encouraged.

For information and registration, visit GalenaPleinAirWorkshop.eventbrite.com. For general questions, call Outside the Lines Art Gallery in Galena at 815-776-9166. ■

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CITY OF DUBUQUE LEISURE SERVICES

563-589-4263

cityofdubuque.org/recreation

For all of the amazing programs available to area youth, it's hard to hold a candle to the offerings presented by the City of Dubuque's Leisure Services Department. They offer a staggering range of creative classes, FREE neighborhood programs, youth sports, swim lessons, golf instruction, Bee Branch nature programs, and other programs available to Dubuque families as the cornerstone of youth activity in our community. Kids recreation classes from Leisure services cover the gamut and then the gamut beyond that. In fact, we counted more than 100 different titles for classes and activities offered. The selection is simply stunning. There is truly something for everyone through offerings from a great variety of experienced instructors and through partnerships with groups like ISU Extension, Montessori School, Dubuque County Conservation and many more.

LEISURE SERVICES PROGRAMS AND SERVICES SCHOLARSHIPS

The City of Dubuque Leisure Services Department is offering scholarships for low-income qualifying families living

in Dubuque. Up to 150 families will each be awarded \$125 in scholarship "credits" which will be awarded on a first-come, first-served basis, to pay for swim passes, general recreation programs, pavilion rentals, and other services provided through the leisure services registration system. Complete and return the Income Verification form, available at the Leisure Services Office at 2200 Bunker Hill Rd., or the Multicultural Family Center in the Ruby Sutton Building at 1157 Central Ave. They may also be downloaded at cityofdubuque.org/recreation. Completed forms must be submitted in person at the Leisure Services Office or Multicultural Family Center to confirm the scholarship. Mailed in forms will not be accepted. For more information, call **563-589-4263**.

There's way more for kids to do this summer than we have room for here, but you can get the full list in the new Summer Leisure Services Brochure, available April 5, at cityofdubuque.org/recreation or in print form at area venues like the Leisure Services Office, Carnegie-Stout Public Library, and City Hall. With more than 60 pages, it's more of a guidebook to summer fun than a brochure. It's also got information about summer reading programs at the library, youth programs at the Multicultural Family Center, as well as events at the Five Flags Center. For up-to-date information on programs, events, and services you can also "like" their Facebook page at City of Dubuque Leisure Services or sign up for the Notify Me alerts through the city's website.

The City also provides kids an opportunity to have fun and get

some outdoor exercise at our parks and two municipal pools. Flora and Sutton Pools open on Saturday, May 27 for the season. Both venues have wonderful water-related amenities like slides and fountains and a host of pool sizes. Admission under 18 is \$2 (free under 4), which is some pretty cheap entertainment.

Special population activities are also offered but not limited to mentally and physically disabled individuals. Registration is requested one week prior to a program's starting date. Call the office at **563-589-4263** for any questions. The SPI playground program offers a variety of activities for girls and boys ages 6-14 and toilet trained, for inclusion into the regularly scheduled playground program at Flora Park. Additional staff will be available to assist with successful participation.



CARNEGIE-STOUT PUBLIC LIBRARY

360 W 11th St

563-589-4225

dubuque.lib.ia.us

As always, the Carnegie-Stout Public Library is ground-zero for fun summer learning and activities for kids of all ages. The list of amazing opportunities is so long that we could never fit it in this issue, but we worked with the

Library to select a couple dozen of great examples from 80 or more cool events happening at the Library from story times and book clubs, to creative monthly programs and special visitors. For a full list of absolutely everything going on this summer at Carnegie-Stout, get a copy of the City of Dubuque Leisure Services Summer/Fall Activities Brochure coming soon to their website cityofdubuque.org/leisureservices. You can also get a printed copy at Leisure Services or at the Library once they are finalized and printed. For now, here's a teaser of the fun that awaits your youngsters this summer.

For the following events where registration is required, visit carnegie-stout.evanced.info/signup or call the Children's Help Desk at **563-589-4225 x2228** for more information.

1,000 Books Before Kindergarten

Carnegie-Stout's reading program is designed to encourage families and caregivers to read 1,000 books with their young children before they enter kindergarten. Studies have shown one of the best ways to encourage learning is to spend time sharing books every day. Reading together helps develop important pre-reading skills that provide a solid foundation for school and learning success. Plus, sharing stories together is fun! Register anytime at the Children's Help Desk to receive your packet. Register online at dubuque.lib.ia.us and click on Programs & Events at the bottom of the page.

Storytime Surprise

AGE: 6 AND UNDER, ALL AGES WELCOME
JUNE 13 & 27, JULY 11 & 25, AUG 8 & 22
@ 6:30 PM

An evening of stories, fun, and surprise themes! Will there be a puppy party? A unicorn celebration? A superhero bonanza? Join every other week to find out what fun surprise awaits! Best for ages 6 and under, though all are welcome. No registration required, but parental participation is a must.

Two by Two Character Education Storytime

AGE: 4-5

AUG 19, 20, 26 & 27 @ 10 AM

Do you frequently hear the words "IT'S NOT FAIR" in your home? Then join for Storytime at the Library as Niabi, the FAIR Fawn from Two by Two Character Development, leads you through engaging activities, games, and songs, all while helping you to see things in a more fair way. Register on Monday for all four parts.



CLARKE UNIVERSITY will again host summer academies and camps for middle school and high school aged students. The academies and camps will be hosted on the Clarke campus and will be directed by Clarke University faculty, staff, and skilled professionals.

SUMMER CAMPS

CODING ACADEMY

JUNE 17 – 21 | For students entering grades 6-12

CULINARY BOOT CAMP

JUNE 17 – 21 | For students entering grades 6-9

DUBUQUE SYMPHONY ORCHESTRA STRING CAMP

JUNE 17 – 23 | For students entering grades 7-12

DUBUQUE SYMPHONY CHAMBER MUSIC GROUP

JUNE 17 – 23 | For students entering grades 10-12

NURSING CADETS ACADEMY

JUNE 19 – 21 | For students entering grades 6-9

SCHOLARLY PROJECTS

**Applications for scholarly projects must be received by May 1 for consideration. Selected applicants will be invited by May 15, and will have until May 31 to accept or decline the offer. There is no cost for participation.*

BIOLOGY

INVESTIGATION OF THE NEUROTOXIC AND NEUROPROTECTIVE EFFECTS OF CONSUMABLE SUBSTANCES IN NORMAL AND NEURODEGENERATIVE DISEASE MODELS

JUNE 12 – 21, 2019

BIOLOGY

ALTERING GENE EXPRESSION IN HUMAN OCULAR CELLS

JULY 15 – 19, 2019

BIOLOGY

SPECIAL DISSECTION: HEAD AND NECK

AUGUST 5 – 9, 2019

COMPUTER INFORMATION SYSTEMS

GAME DEVELOPMENT WITH VIRTUAL REALITY

JULY 15 – 19, 2019

MUSIC

MUSIC THEORY AND COMPOSITION

AUGUST 5 – 9, 2019

ATHLETIC CAMPS

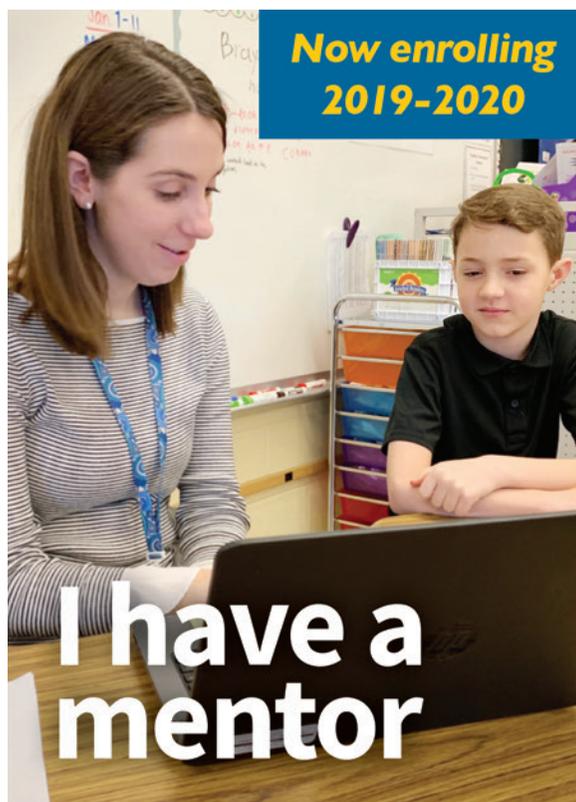
GIRLS' BASKETBALL DEVELOPMENTAL CAMP

JULY 22 – 24 | For students entering grades 3-8



FOR MORE INFORMATION, PLEASE VISIT

clarke.edu/summercamps



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(CARNEGIE-STOUT CONTINUED)

Family Book Bingo

AGE: 4+
MAY 4, JUNE 29, JULY 20, & AUG 24 @ 2 PM
Grab your family and head on down to try your luck at Book Bingo! Carnegie-Stout will have great hardcover and paperback books for prizes. Please register.

Magic: The Gathering Club

AGE: 8-14
MAY 20, JUNE 17, JULY 29 & AUG 26 @ 6 PM
Magic: The Gathering combines collectible cards with strategic game play. Join Ben from Comic World & Games as he teaches you the basics of the game and shows you how to become a planeswalker, battle for glory, gain knowledge, and collect shiny foil cards. New players will receive a free welcome deck or bring your own set of cards to participate! Please register.

Preschool Play and Learn

AGE: 3-6
JUNE 8, JULY 6 & AUG 3 @ 10 AM
Play is learning, so bring your little ones to the library for a fun day of activities, crafts, and plenty of playtime! All activities are designed to encourage the development of early literacy and school readiness skills. Each session will have a new round of activity stations, so be sure to drop in and join each month! Please register.

Sensory Friendly Movie: Mary Poppins Returns

AGE: 4+
MAY 11 @ 2 PM
For children and families affected by autism and other developmental delays. This is a special opportunity to enjoy their favorite film in a safe and accepting environment. The volume will be lower and lights will be on. Children are welcome to sing, walk, dance, and move around—in other words, everyone can be just who they are! Please register.

Summer Reading Program

AGE: BIRTH-12
JUNE 10-AUG 9
Carnegie-Stout Public Library's summer reading program is here! This year's theme for kids ages birth to 12 is Universe of Stories! The summer reading program promises to offer fun programs for all kids. Sign up at the Children's Help Desk or online beginning June 10.

The Real Beals One Man Band

AGE: ALL AGES
JUNE 8 @ 2 PM
The Real Beals are a mechanical One Man Band husband and wife team. Jeff wears a custom made backpack drum kit and plays guitar. His wife Nancy joins in with vocals. Together they sound like a full-sized band. This lively and interactive music program is educational, fun, and perfect for all ages. Please register no more than one week in advance.

Author and Illustrator Mike Wohnoutka

AGE: 5+
JUNE 14 @ 10 AM & 2 PM
Award-winning illustrator and children's author Mike Wohnoutka (*Moo!, Dad's First Day, So Big!*) will talk about his career as an author and his new book *Croc &*

Turtle as well as *This is Not a Cat* by David LaRochelle, the 2018 Bridge to Reading Picture Book Award winner. Books will be available for purchase at the event. Please register no more than one week in advance.

Dan Wardell Summer Reading Road Trip

AGE: ALL AGES
JUNE 18 @ 9:15 & 10:30 AM
Dan Wardell from Iowa Public Television brings his summer reading road trip to the Carnegie-Stout Public Library. Enjoy a high energy story time about the importance of eating healthy, staying active and reading great books. Please register no more than one week in advance.

Bubble Wonders

AGE: 3+
JUNE 21 @ 9:30, 11 AM & 1:30 PM
The Bubble Wonders show is fun, inspiring, educational, and captivates both children and adults alike. You are sure to laugh as you learn about the art and science of bubbleology. Watch Geoff Akins, the Bubble Guy, create intricate sculptures with bubbles. You will see ice cream bubble cones, volcano bubbles, electric dancing bubbles, bubbles inside bubbles, to the impossible "square bubble", and more. Why, he can even place a child inside a bubble! Please register no more than one week in advance.

Family Storytelling Festival

JUNE 22 @ 9 AM-5 PM
The Great Midwestern Educational Theatre Company presents a festival of nationally and regionally acclaimed storytellers who will spin tales for a wide range of ages, from the youngest humans to the young-at-heart! There is something for everyone at the family story fest. Listen to tales, laugh at some jokes, sing and play along with the performers, or learn how to create and tell your own stories in one of our workshops. This event is FREE and open to the public! Visit storytellingschool.org for more information, or call Amy Ressler at **563-542-5452**.

Musician Kevin Farris

AGE: ALL AGES
JUNE 28 @ 9:30, 11 AM & 1:30 PM
Kevin strums upbeat songs and shares stories during his highly interactive shows. Come prepared to clap and move during this fun family program. Kevin's performance inspires kids of all ages to live creatively through songs and adventures filled with infinite possibility! Please register no more than one week in advance.

STARLAB

AGE: 6+
JULY 5 @ 9:30, 10:15, 11, 11:45 AM & 1:30, 2:15 PM
The Grout Museum of Waterloo will be bringing the STARLAB, a portable planetarium, to the library for a day of exploration, education, and fun. Enjoy presentations on constellations, moon phases, and weather, as well as Greek and Native American mythology. There will be seven presentations at various times throughout the day. The STARLAB can accommodate audiences of 25 to 35 kids per presentation. This program is for children ages 6 and up who can be comfortable in a dark space without a parent. Please register no more than one week in advance.

Absolute Science

AGE: 5+

JULY 12 @ 9:30, 11 AM & 1:30 PM

Absolute Science is an amazingly fun and educational program aimed at children of all ages to become engaged in the world of science through demonstrations and experiments. How does light change our perception of what is right in front of our eyes? What happens when a liquid is put under pressure? Dry Ice Exploration, Fantastic Foam, and so much more! The scientists of Absolute Science LOVE volunteers to help conduct their experiments, so come ready to get hands on. Please register no more than one week in advance.

Magic Show

AGE: ALL AGES

JULY 26 @ 9:30, 11 AM & 1:30 PM

Comedy and magic—fun for the whole family. All ages are welcome to this free magic show featuring Rick Eugene. Please register no more than one week in advance.

Touch-a-Truck

AUG 3 @ 10-11:30 AM

Parents as Teachers and the Carnegie-Stout Public Library invite you to climb aboard a fire truck or other cool vehicle! This is a unique opportunity for children to climb, explore, and discover their favorite thing on wheels. No registration required. No rain date.

TEENS**Teen Summer Reading Program**

JUNE 10-AUG 9

Carnegie-Stout Public Library's summer reading program Universe of Stories! is here. The summer reading program promises to offer fun programs for all teens. Earn your invitation to our Teen Pizza Party by completing the program. Sign up at the Children's Help Desk or online beginning June 10.

Teen Summer Volunteer Orientation

AGE: 13+ OR ENTERING GRADE 8+

JUNE 4 @ 4 PM

Teen volunteers play an important role in helping make the children's summer reading program a success. If you would like to help at the library during the summer, fill out an application form or call the Teen Volunteer Coordinator at **563-589-4225 x2237**. An orientation for volunteers will be held on Tuesday, June 4 at 4 p.m. to tour the children's area, discuss responsibilities of being a volunteer, and answer any questions.

Harry and the Potters**Music Concert**

JULY 2 @ 7-8 PM

EAGLE POINT PARK

This band plays songs about books. Harry and the Potters are an American rock band known for spawning the genre of wizard rock. Since 2002, they have played over 800 shows in libraries, rock clubs, art spaces, bookstores, basements, and pizza places all over the world. Join for a night of music and fun at Eagle Point Park's band shelter. There is a fee of \$1 per car to enter Eagle Point Park, limited seating, lawn chairs are welcome, and don't forget your bug repellent. No registration is required. In case of rain, the concert will be moved to the Carnegie-Stout Public Library.

Teens vs. Cops: Donut Diorama Challenge

AGE: 12+

JULY 31 @ 3 PM

Who will take first place in the Donut Diorama Challenge? Teens and cops will face-off in this unique competition where dioramas will come to life using donuts! Register for this tasty and challenging event.

Teens After Hours

AGE: 12+

JUNE 28, JULY 19 AND AUG 2 @ 5:30-8 PM

In partnership with the Multicultural Family Center, AmeriCorps Partners In Learning, and Leisure Services, the Library will host movie night and online gaming. Must be on time, no admittance after 5:30 p.m. A free meal will be provided. Please register.

End of Summer Reading Pizza Party (Invitation Only)

AUG 9 @ 5:30-7:30 PM

Earn your invitation to the after-hours Teen Lock-in Pizza Party by completing the summer reading program. Carnegie-Stout will have prizes, games, pizza, and lots of fun. RSVP after you receive your invitation by visiting the Children's Help Desk or by calling **563-589-4225 x2228**.

Teen Advisory Board

AGE: 12+

LAST MONDAY OF EVERY MONTH @ 4 PM

What programs would you like to see for teens at the library? What music titles and graphic novels should they add to the collection? If you are ages 12 through high school, you can help make these decisions and become a part of the Teen Advisory Board. This is a lot of fun and a great opportunity to earn volunteer credit for school. Call Sharon at **563-589-4225 x2237**.



RISING STAR THEATRE COMPANY
Summer Camps

**Reading Rainbows**

June 17-21 | 9 AM-12 PM | Ages 6-8 | \$100

**Where in the World is Carmen Sandiego?**

June 17-21 | 1 PM- 4 PM | Ages 8-10 | \$100

**A PLAY IN FIVE DAYS**

June 24-28 | 9 AM- 4 PM | Ages 10-14 | \$200

TO REGISTER ONLINE: www.cityofdubuque.org/recreationFOR MORE INFORMATION VISIT: www.risingstartheatrecompany.com


Disney
NEWSIES
THE BROADWAY MUSICAL

June 14 - 22 at 7:30pm | June 16 & 22 at 2pm



2009 Celebrating 10 Years! 2019

A TRIBUTE TO THE PRODUCTION
THAT STARTED IT ALL.July 12, 13, 18, 19 at 7:30pm
July 14 & 20 at 2pm


Disney
BEAUTY AND THE BEAST
THE BROADWAY MUSICAL

August 8 & 9 at 1pm | August 9 & 10 at 7pm
August 10 & 11 at 2pm

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ART GALLERY & PAINT PARTIES

WEEKLY KIDS PAINT CLASSES

We will teach your little artist how to create a masterpiece step-by-step. Schedule posted on our website WWW.DBQArtStudio.com/kids-classes

BIRTHDAY PARTIES

Book a fun & creative Birthday Party! Pick your favorite painting to paint with your family and friends, bring the cake and let's have a party! Book Online or contact us by phone or email.

LITTLE ARTISTS 6 WEEK PAINT PROGRAM

For those Little Artist out there who can't get enough of art! We offer a fun 6 week paint program for ages 6-12. Check out our upcoming Spring & Summer Programs on our website to learn more!



WWW.DBQArtStudio.com

563.663.4370

mercedes@caponcanvas.com

3003 Asbury Rd Ste2. Dubuque, IA 52001



DUBUQUE COUNTY LIBRARY

dubcolib.lib.ia.us

Summer Reading Program Kick-off

JUNE 1 @ 10 AM-NOON

PEOSTA/NICC BRANCH

Drop in any time during the kick-off to register for the Dubuque County Library's summer reading program "A Universe of Stories." Make a galaxy pinwheel and a rocket launcher, play some games, and pick up your reading log to start reading for prizes.

"My Mother the Astronaut" with the Traveling Lantern Theatre Company

JUNE 26 @ 1-2 PM

Aquarius's mom is an astronaut and today is "take your child to work day." Aquarius can't wait to go to NASA and find out what it's like to be in space. Learn about space travel and life as an astronaut in this fun theater performance for the family.

"Space Explorers" with Grout Museum

Discover what it's like to be an astronaut in this hands-on workshop. Use a robotic arm to move objects, launch a rocket, build a space lander, and more!

"Little Red Space-Helmet Girl" with The Fever River Puppeteers

A family-friendly fairy tale gets an out-of-this-world twist.

Sensory Explorers

AGE: GRADE K AND YOUNGER

Touch, feel, play, and explore at a variety of sensory stations. Sensory bins, foam and play dough, and a "quicksand" pit! Make sure to wear play clothes.

Slime Factory

AGE: GRADES 1+

Spend an hour at the library mixing up some awesome slimes and testing them out! Pre-registration required.

Binary Bracelets

AGE: GRADES 1+

Make a colorful bead bracelet to take home with your name written in binary code!

Cookie Decoration Party

AGE: ALL AGES

It's a cookie decorating bonanza! Sugar cookies and cupcakes, with all sorts of icings, sprinkles, and decorations. Pre-registration required.

Bad Guys Party

AGE: GRADES 1+

Join Mr. Wolf and his gang of Bad Guys doing Good for a party! Get your picture taken with

the Bad Guys, rescue chickens from a laser beam protected farm, enjoy some Bad Guy snacks, and more. Pre-registration required.

PAW Patrol Party

AGE: GRADE K AND YOUNGER

Spend a day at Adventure Bay! Take a picture with your favorite member of PAW Patrol, help decorate and play in Marshall's fire engine, enjoy some pup-friendly treats, and more! Pre-registration required.

Life-Sized Games

AGE: ALL AGES

Play life-sized Candyland, Yatzee, Tic-Tac-Toe, Chutes and Ladders, and other classic board games. Perfect for the family.

Edible Planets

AGE: GRADES 3-6

Learn about the layers of Earth and Mars with completely edible models. Make your planets then enjoy a planet-sized snack! Pre-registration required.

Moon Rover STEM Craft

AGE: GRADES K-3

Decorate and put together a wind-up moon rover made of cardboard, rubber bands, and pencils. Then wind it up and watch it go!

Strange New Planet

AGE: GRADES 1+

Learn how astronomers study planets and other outer space objects in this hands-on, science workshop. You'll be given a "planet" to observe, study, and explore.

End Party

AGE: GRADES PK-5

AUG 9 @ 10:30-11:30 AM

ASBURY BRANCH

AUG 10 @ 10:30-11:30 AM

FARLEY BRANCH

Celebrate how much you've read and how far you've traveled during "A Universe of Stories" at the Space Camp End Party. Help build and decorate a huge cardboard space station, try astronaut food, and more.



CREATIVE ADVENTURE LAB

210 Jones St, Suite 100

563-607-5366

hello@creativeadventurelab.org

creativeadventurelab.org

Want some awesome summer camp opportunities for children entering grades K-5? Creative Adventure

Lab's summer camp programs are a great way to foster creative thinking and innovation skills in a fun, interactive environment. Campers can explore art, rock climbing, virtual reality, movie making, and LEGO® camps! Morning, afternoon, and all-day camps available. Visit their website for full details and session dates for each of the camps listed below.

In addition to camps, Creative Adventure Lab's Discovery Lab is open to the public Monday-Friday from 11 a.m. to 6 p.m. and Saturday and Sunday from 10 a.m. to 4 p.m. They feature fun, hands-on activities designed to foster creative thinking and innovation skills for youth and families. Discovery Lab activities are intuitive and open-ended, which means there's no experience necessary and every visitor can create their own unique adventures. While the Discovery Lab features a playful atmosphere, it's definitely not just for kids. General admission gives you access to all the activities in the Discovery Lab. Admission is \$7 per person (everyone

ages 1+) and lets you stay all day long. Annual memberships are available as are parties and group rentals.

Lego Camp
AGE: GRADES K-5

2D Art Camp
AGE: GRADES 3-6

Pottery Camp
AGE: GRADES 3-6

Climbing Camp
AGE: GRADES 3-6

Movie Making Camp
AGE: GRADES 3-6

Minecraft VR Camp
AGE: GRADES K-5

VR Design Studio
AGE: GRADES 3-6



CLARKE UNIVERSITY ACADEMY & CAMPS

1550 Clarke Dr.
563-588-6566
clarke.edu

Learn from the best. Experience college life. Take field trips. Try something new. Get your hands dirty. Clarke University is proud to host summer academies and camps for middle school and high school aged students. Their academies and camps are hosted on the campus of Clarke University and are directed by Clarke University faculty, staff, alumni, and skilled professionals in the computer science, food, nursing, and music industries.

To register or for more information on either DSO camp, contact the Dubuque Symphony Orchestra

office at 563-557-1677 or by email at mmackey@dubuquesymphony.org.

To register or for more information on the Coding Academy, Culinary Boot Camp, or Nursing Cadets, call 563-588-6566 or visit clarke.edu/summercamps

For more information on the athletic camp, call 563-588-8181 or email Adam Hocking at adam.hocking@clarke.edu.

Coding Academy

AGE: ENTERING GRADES 6-12
JUNE 17-21
COST: \$325 RESIDENT; \$200 NON-RESIDENT
Design, build, test, and play video games using Unity and Scratch. Immerse yourself in 3D using Oculus Rift and Touch. The academy will be directed by Clarke University faculty.

Culinary Boot Camp

AGE: ENTERING GRADES 6-12
JUNE 17-21
COST: \$165
This camp will teach the basics of food, flavor, cooking, and the value of

THE DUBUQUE AREA FAMILY STEM FESTIVAL

Brought to you by the Northeast Region of the Iowa Governor's STEM Advisory Council

Saturday, April 6, 2019
10:00 AM to 2:00 PM

Graber Center, Loras College

Bring your whole family to the Dubuque Area Family STEM Festival! Experience **FREE** and **FUN** activities at this hands-on **Science**, **Technology**, **Engineering**, and **Mathematics** event being held at the Graber Center, Loras College.



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GOVERNOR'S STEM ADVISORY COUNCIL

www.neiowastem.com



(CLARKE CONTINUED)

learning how to “play with your food”. Students bake bread, make homemade ice cream, and even prepare a meal to serve to their parents and guests at the conclusion of the camp on June 21. The Culinary Boot Camp will be directed by Clarke faculty and staff. For previous Culinary Boot Camp attendees: the skills, menus, and foods will be different! Morning drop-off between 7:30 and 8:15 a.m. and afternoon pick-up at 1:15 p.m.

Dubuque Symphony Orchestra String Camp

AGE: ENTERING GRADES 7-12 (OR A MINIMUM OF 2 YEARS ENSEMBLE EXPERIENCE) WHO PLAY VIOLIN, VIOLA, CELLO, OR BASS
JUNE 17-23

**COST: \$400-\$450 RESIDENT;
\$225-\$275 NON-RESIDENT**

Maestro Diego Piedra returns to lead students through another year of our popular String Camp! An exceptional opportunity for young string players to work with other motivated musicians from across the Midwest, students spend the week learning new techniques, studying exciting repertoire, and meeting new friends. The camp will culminate in a

performance for over 2,000 people at the DSO's Summer Melodies concert at the Dubuque Arboretum.

Dubuque Symphony Chamber Music Camp

AGE: ENTERING GRADES 10-12 (ADVANCED 9TH GRADERS AND GRADUATED SENIORS WELCOME) WHO PLAY VIOLIN, VIOLA, CELLO, OR BASS
JUNE 17-23

**COST: \$400-\$450 RESIDENT;
\$225-\$275 NON-RESIDENT**

Unique, intense, and captivating, the Chamber Music Camp is perfect for advanced string players wanting to take their skills to the next level. Students are grouped into ensembles according to their age and ability, and spend the week exploring new repertoire and the diverse world of small ensemble playing. The camp will culminate in a public recital performance at Clarke University's beautiful Jansen Music Hall.

Nursing Cadets Academy

AGE: ENTERING GRADE 6-9

JUNE 19-21

COST: \$135

If you like to help others, you should consider a career in the exciting world of nursing! Participants will be exposed

to various nursing specialties and learn how a nurse provides basic everyday skills through a hands-on experience with a high-fidelity simulator. Morning drop-off between 8:45 a.m. for a 9 a.m. start on Wednesday and Thursday; 9 a.m. drop-off at Mercy Hospital on Friday. Afternoon pick-up at 3 p.m. on Wednesday and Thursday; noon pick-up at Mercy Hospital on Friday.

Clarke University Summer Scholarly Projects

AGE: ENTERING GRADES 11-12

The 2019 Clarke University Summer Scholarly Projects are designed to expose high achieving junior and senior high school students to the world of scholarly engagement with faculty in respective areas of expertise. Students will be able to work one-on-one or in a small group with other high school and Clarke University students with faculty guidance and engagement on a scholarly project. Academic areas of interest are Biology, Computer Information Systems, and Music. Apply by May 1! Selected applicants will be invited by May 15 and will have until May 31 to accept or decline the offer. There is no cost for participation in the Summer Scholarship Projects.

Clarke University Girls' Basketball Developmental Camp

AGE: ENTERING GRADES 3-8

JULY 22-24 @8 AM-NOON

COST: \$40

Each year, Clarke University offers a variety of athletic camps and clinics for area youth. The camps and clinics focus on improving both basic and advanced skills, and are offered in the Robert and Ruth Kehl Center, Clarke's state-of-the-art recreation and sports facility.

The unique and highly rated All-Sports Camp offers boys and girls, grades 2-8, an opportunity to receive intensive instruction in a major sport, along with training in two additional minor sports of their choice. All of this takes place in an atmosphere that stresses Christian values, sportsmanship and citizenship. Campers enjoy Loras College's athletic and dining facilities, and resident campers get a taste of college dormitory living.

Forty two sports available in the camp include: archery, adventure challenge (ropes course), badminton, baseball, basketball, beginning swimming, cheerleading, cross country running, jazz dance, fishing, football, golf, gymnastics, hula hooping and zombi fitness, hunting archery, ice skating, karate, kayaking, canoeing, dragon boating, paddle boarding, lacrosse, pilates, yoga, rock climbing, roller-skating, roller-blading, rugby, soccer, softball, tennis track and field, ultimate frisbee, volleyball, and wrestling.

Activities will be assigned based on the date and time of your registration—not by the time you entered your activity choices. They are accepting waitlist for residential campers. Roommates at camp can be no more than one grade different.



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SUMMER CAMPS

Camps for kids entering K-8th grades
NEW robotics programs and wrap-around care options!
rivermuseum.com/summercamps



PEACE INSTITUTE SUMMER CAMP

Loras College

loras.edu/spiritual-life/peace-and-justice/peaceinstitute/

AGE: ENTERING GRADES 9-12

JULY 22-25

COST: \$400

The Loras College Peace Institute is a four-day camp experience that teaches leadership and peace-building to high school-aged youth, empowering students with skills in self-awareness, relationship building and repairing, and inter-religious literacy. Guided by Loras students, faculty, and staff, participants will learn concrete strategies that will not only enable them to be more aware of themselves and the issues facing our world, but also equip them to be a positive force to create stronger, healthier communities. Students



LORAS ALL-SPORTS CAMP

563-588-7053

sports.camp@loras.edu

lorasallsportscamps.com

AGE: 7-14

SESSION 1: JUNE 16-21

SESSION 2: JUNE 23-28

SESSION 3: JULY 7-12

SESSION 4: JULY 14-19

COST: \$645 (2ND CHILD \$620) RESIDENT;

\$475 (2ND CHILD \$450) DAY CAMPER

Registration is now open. Contact the camp office for available activities.

Some are full and have a waiting list.

will engage with peers from various religious, racial, and socioeconomic backgrounds as they together discover paths to peace with self, with community, with creation, and with the world.

The four day, three night institute is \$400 per accepted student, which includes all meals, housing, activities, and materials. Scholarships are available. Apply by May 1.



NICC KIDS ON CAMPUS

NICC Peosta Campus
8342 NICC Dr, Peosta, IA
563-557-8271 x380

NICC.edu/camps

AGE: GRADES 2-7

JULY 15-19 @ 8:30 AM-4:30 PM

COST: \$225

Your kids won't stop talking about the fun classes and crazy experiments they will participate in during this week-long camp. Classes introduce kids to new ideas and concepts in a fun and interactive way. Kids on Campus provides a positive, creative learning environment everyone will enjoy!

Students are dropped off at the Northeast Iowa Community College Peosta campus starting at 8 a.m. daily and camp ends by 4:45 p.m. Camp fee includes supplies, snacks, and lunch for the week. Each camper is asked to select four sessions on the registration form. Check out all the choices!

Grades 2-4 sessions: Fun in the Sun, Insect Safari, Kids & Critters, KOC Cheer & Dance Team, To the Rescue, Weather, Cool Chemistry, CSI, Trash to Treasure, Filmmaking, Cupcakes, Cookies & Kids, and 3D Doodler.

Grades 5-7 session: 3D Printing, Filmmaking, Frogs, Snakes & Other Slimy Things, Fun in the Sun, Rube Goldberg Machines, Outdoor Adventure, The Art of Getting Creative, Brush Lettering, Create a Video Game with Bloxels, Lego® Robotics, 3D Printing, Cool Chemistry Level 2, and Escape Room.



COLLEGE FOR KIDS AND MIDDLE UNIVERSITY

University of Wisconsin-Platteville
1 University Plaza, Platteville, WI
608-342-1314

campus.uwplatt.edu/continuing/college-kids-and-middle-university

AGE: GRADES K-7

JULY 8-11

COST: \$99 FOR 4 DAYS;

\$60 FOR 2 DAYS (GRADES 3-7 ONLY)

The 2019 College for Kids and Middle University classes will be available later this month. Thirty unique classes cover topics like: dinosaurs, bugs, art, science, photography, woodworking, electronics, robots, rockets, gardening, engineering, chemistry, puppets, food, drafts, sculpture, outdoor safaris, ancient Egypt and more.

Classes are designed for grades 1-2, 3-4, and 5-7. K-2 choose two classes for four days; grades 3-7 choose one class for two days or two classes for four days.

Registration cost includes class materials and a t-shirt. Scholarships are available. To complete your registration you will need to fill out the Health and Consent form.



HOLY FAMILY CATHOLIC SCHOOLS

2005 Kane St

563-582-5456 x289

admissions@hollyfamilydbq.org

hollyfamilydbq.org/summer-camps

Holy Family summer camps are brought to you by the coaches, staff, teachers and directors of award-winning programs at Holy Family Catholic Schools. These camps are designed to stretch your child's imagination and creativity, shape team-building skills and teach and reinforce fundamentals for various academic, art and athletic activities. Whether your child attends one or many of the camps, they're sure to enjoy the experience! Camps are open to ALL Dubuque area youth!

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PIZZA & ICE CREAM
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BUY ONE ICE CREAM CONE AT REGULAR PRICE GET ONE OF EQUAL OR LESSER VALUE FOR FREE

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NCUA

(HOLY FAMILY CONTINUED)

Camp fees range from \$20-\$145 and are detailed online. Registration begins March 25. Submit completed registration forms and payment to any Holy Family office. Scholarships are available.

Arts & Culinary Camps

Brush Lettering, Culinary Arts, Show Choir

Athletic Camps

Boys Basketball Camp/League, Girls Basketball Camp, Cheerleading Camp, Cross Country Camp, Flag Football Tournament, Football Camp, Golf Camp, Soccer Camp, Strength and Conditioning Camp, Tennis Camp, Track and Field Camp, Volleyball Camp

Language And Literacy Camps

Harry Potter Camp, Literacy Camp with Clarke University

Leadership & Critical Thinking Camps

Critical Thinking through Board Games, Harry Potter Camp, Literacy Camp with Clarke University, Magic Treehouse: Afternoon on the Amazon, Magic Treehouse: Dinosaurs Before Dark, Mock Trial (Introduction and Advanced), One My Own and OK, Social Emotional Learning | A Parents with Children Workshop

Preschool/Pre-K Camps

Animal Adventures, Bible Camp, Dinosaur Discovery, If You Give a Chef a Story, LEGO Extravaganza, Mad Scientist Camp, Magic Treehouse: Dinosaurs Before Dark, Magic Treehouse: Afternoon on the Amazon

STEM Camps

Code Camp - JavaScript, Code Camp for the Young Learner, Crime and Spy Science, Environmental Science for the Young Learner, Mathletes, Math Review: Algebra I, Math Review: Algebra II, Robotics Programming Camp, Water Rocks!



DUBUQUE COMMUNITY YMCA/YWCA

563-556-3371

Dubuque.org

The Dubuque Community YMCA/YWCA Union Park Day Camp has a strong emphasis on enjoying nature and being active in the outdoors. Camp helps each child develop environmental awareness while learning camping skills and providing enjoyable activities that promote individual growth in areas of self-esteem, responsibility, communication, independence, leadership, and Christian values of caring, honesty, respect and responsibility.

Group activities, depending on age and level, include: archery, arts and crafts, black hole, hiking, crate climbing, games, songs, low ropes course, swimming, zipline, rock climbing, and GaGa ball. Find more information, online registration and a PDF packet with all the camp details at dubuque.org.

Beginner: little to no riding experience. Campers are taught grooming, riding skills in the arena, basic horse anatomy and saddle parts.

Intermediate: children who have passed the beginner level, have had previous riding lessons and/or wrangler approval. Campers will be responsible for saddling and grooming their own horse, ring-riding skills will be reviewed and trail-riding skills (weather permitting) will be learned.

Advanced: passed the intermediate level and/or wrangler approval. Participants will be responsible for all aspects of caring for their horse including rounding up, feeding, grooming and saddling. Students will spend time on advanced riding skills, trail riding (weather permitting), and program related games.

Dubuque Y Youth Sports, Gymnastics, and Swim Lessons 8-WEEK PROGRAMS

The Dubuque Community YMCA/YWCA strives to provide a quality experience for players, coaches, and families to help promote the development of each athlete to reach their highest potential through skill refinement, teamwork, and sportsmanship. Monthly sport offerings include preschool programs for ages 3-5, youth programs for ages 6-8, and teen programs for ages 9-12. Additionally, they have 7-week programs in both gymnastics and swimming that focus skill progression and improvement. Make new friends, be active, and learn to love a sport at the Y.



ST MARK YOUTH ENRICHMENT SUMMER HEROES ACADEMY

1201 Locust St
563-582-6211 x103
mseier@stmarkyouthenrichment.org
stmarkyouthenrichment.org

Launching Heroes

AGE: ENTERING GRADES K-5
MON-FRI: JUNE 17-AUG 2 @ 8:30 AM-12:30 PM
COST: \$250

Join St. Mark for an exciting six-week program engaging students in fun theme-based learning experiences. Students discover new opportunities

DUBUQUE365.com

(563) 513-0059 | 470 W. 4th St | Dubuque, IA 52001

by Two & Two
Character Development

Kindhearted Kids
Character Camp

REGISTER ONLINE AT TWOBYTWOEDUCATION.ORG

“Soaring with Citizenship”

SESSION 1: JUNE 17-21, 9AM-NOON
SESSION 2: July 8-12, 9AM-NOON

For ages 6-10 | \$85 per child

Materials Sponsored by:

RUNDE
AutoGroup.com

Traditional Day Camp

AGE: 6-14 (MUST HAVE COMPLETED KINDERGARTEN)

WEEK-LONG SESSIONS: JUNE 10-AUG 9 UNION PARK

COST: \$129 MEMBER; \$149 NON-MEMBER

Each session is designed specifically for each age group to ensure an unforgettable experience. Campers are assigned to groups based on age to ensure age and skill level appropriate activities. Special themes will be held each week. Age groups include: Challengers (6-7), Adventurers (8-10), and Explorers (11-14).

Horse Camp Adventure Training

AGES 6-14 (MUST HAVE COMPLETED KINDERGARTEN)

WEEK-LONG SESSIONS: JULY 8-AUG 2 UNION PARK

COST: \$219 MEMBER; \$239 NON-MEMBER

Horse camp is a one-week progressive program offering three levels of horse camp. Campers will spend the whole day at camp, taking part of the total Y Camp experience. All campers will follow the same camp schedule. Those enrolled in Horse Camp Adventure, training will break off for 2.5 hours of training daily. All horse campers must wear jeans and either old tennis shoes or boots and bring a water bottle.

through hands-on learning and field trips that lead to measurable growth. In 2017, 89 percent of students raised their reading levels. They were having so much fun they didn't even realize they were learning. Meals provided in all programs.

St Mark artSMARTS

AGE: ENTERING GRADES 3-5
 MON-FRI: JUNE 17-AUG 2 @ 12:30 PM-4:30 PM
 COST: \$250

Join St. Mark and the Dubuque Museum of Art for an exciting six-week program engaging students in fun art-based learning experiences. Students discover new opportunities through hands-on art filled learning and field trips. Meet with and learn from local artisans, in all mediums.



FROGWARTS SCHOOL OF WIZARDRY

Camp Little Cloud
 21700 Girl Scout Rd, Epworth IA
 Frogwarts.org

AGE: GRADES 1-2 (DAY CAMP)
 AGE: GRADES 3-12 (SLEEP AWAY CAMP)
 SESSION 1: JULY 7-13
 SESSION 2: JULY 14-20
 SESSION 3: JULY 21-27
 COST: \$350/SESSION DAY CAMP;
 \$550/SESSION (2ND CHILD \$450;
 3RD CHILD \$275) SLEEP AWAY
 BEFORE APRIL 1: SAVE \$25.

Now in its 16th year, Frogwarts is a role-play creativity camp originally inspired by the *Harry Potter* series by J.K. Rowling. With a rich creativity and social-emotional learning curriculum, the camp invites all participants to play in-role, sustaining a fantasy character for an entire week. All attendees, staff included, take on a role-playing wizard persona. This year's theme is "Creative Courage and Daring Determination."

Frogwarts enriches the lives of youth during camp—and throughout the year—by providing a memorable experience which cultivates the creative, emotional, and imaginative intelligences in the campers. In addition to critical thinking and literacy skills, the program provides experiential training in empathy and compassion through drama.

One of the most important aspects of the camp experience is the close

relationships developed. Campers must select a Wizarding name to use throughout the week. They are split into four magical houses of mixed ages on the first day during "sorting" and attend classes (such as Transfiguration, Defense Against Darkness, Potions, Divination, Harmonics, Gravity Defiance, The Craft and more) with groups divided by age.

The most magical aspect of Frogwarts, and what sets it apart from other summer camps, is the development of a story, dramatized in real-time by campers, staff, and guest artists. Students use their critical thinking, imagination, and role-play skills in the drama, which is designed to guide them through a process of questioning good versus evil, right versus wrong, and to the triumph of compassion, creativity, courage, justice, and fun!

Non-refundable deposit of \$100 due with registration. Scholarships are available.



NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

350 E 3rd St
 563-557-9545
 RiverMuseum.com/summercamps

For camp descriptions and details, age groups, and to register online, visit rivermuseum.com/summercamps. Members of the River Museum receive a discount on all programming.

Summer Camps

AGE: GRADES K-8
 JUNE 17-AUG 2

Spend a week exploring something new at the National Mississippi River Museum & Aquarium! Elementary-aged campers will explore themes including Once Upon a Time, Mythical Creatures, Inside Out, Robotics, and a very special behind the scenes Museum VIP camp. Most camps feature a day of off-site fun at Mines of Spain. Half day and full day options are available as are NEW wrap-around care hours to help working parents. Outdoor Odyssey, for middle school students, features off-campus adventures throughout the Dubuque area and includes a night at the Museum.

NEW ART CLASSES
REGISTRATION OPEN
SCHOLARSHIPS AVAILABLE
 DBQART.COM

DUBUQUE museum OF art
 An Affiliate of the Smithsonian Institution

Kind Hearted Kids Who C.A.R.E.

Kids & Critters Camp

HUMANE SOCIETY
 DUBUQUE REGIONAL
 COMMUNITY OF UNCONDITIONAL LOVE

Kids & Critters is the perfect camp for children entering grades 1-6!

DAY AND WEEKLONG CAMPS
JUNE 12 - AUGUST 9
 ALL CAMPS ARE HALF DAY

PARTIAL AND FULL NEEDS BASED SCHOLARSHIPS AVAILABLE

Registration and scholarship information can be found at WWW.DBQHUMANE.ORG

WE ALSO OFFER VET CAMPS & SHADOW DAY!

GUEST SPEAKERS

POSITIVE ANIMAL INTERACTIONS

Sponsored by: RICHARDSON MOTORS
 Scholarships by: Dupaco R.W. Hoefler Foundation
 In partnership with: TwoShops



GRAND OPERA HOUSE

135 W 8th St
563-588-4356
TheGrandOperaHouse.com

Disney's The Lion King JR.

AGE: ENTERING GRADES 3-9

AUG 16 & 17 @ 7:30 PM

AUG. 17 & 18 @ 2 PM

AUDITIONS: TBA

Disney's *The Lion King JR.* has captivated the imagination of audiences around the world and now the area's most talented young performers bring it to life on the Grand stage. Join Simba, Rafiki and an unforgettable cast of characters as they journey from Pride Rock to the jungle... and back again, in this inspiring, coming-of-age tale.

Auditions will be by appointment in May. Visit

TheGrandOperaHouse.com or call 563-588-4356 for additional details.



BELL TOWER THEATER

2728 Asbury Rd
563-588-3377
BellTowerTheater.net

**KIDS TAKE THE STAGE
SPRING CLASSES**

Three times each year, Bell Tower Theater offers theater classes for kids. These classes teach theater skills such as acting, singing, pantomime, improvisation and stage make-up, but equally as important, they help kids develop real life skills like confidence, reading, team work, self-esteem and communication.

A six-week winter session starts in January/February, another six-week spring session starts in March/April, with a six-week fall session beginning in October. They do not

offer summer classes so they and the kids can concentrate on the free summer musical program.

Registration for spring classes is now open. Financial assistance is available for qualified families. For information or to apply for a financial aid scholarship, contact Miki Robinson at 563-588-3377 or mrobinson@belltowertheater.net.

Let's Pretend

AGE: GRADES K-1
MON: APRIL 1-MAY 6 @ 4:30-5:30 PM
COST: \$65
Teachers: Sue Riedel & Don Brauhn

Show Choir Fun

AGE: GRADES 2-3
FRI: APRIL 12-MAY 10 @ 4:30-5:30 PM
COST: \$55
Teacher: Sue Fogel

Creative Theatrics

AGE: GRADES 2-3
WED: APRIL 3-MAY 8 @ 4:30-5:30 PM
COST: \$65
Teachers: Sue Riedel & Don Brauhn

Acting

AGE: GRADES 4-6
THU: APRIL 5-MAY 10 @ 4-5:30 PM
COST: \$85
Teachers: Sue Riedel & Don Brauhn

Musical Theater 101

AGE: GRADES 4-6
TUE: APRIL 2-MAY @ 4:30-6 PM
COST: \$85
Teacher: Sue Fogel

**7th Annual High School
Production: RENT**

AGE: GRADES 8-12
JUNE 6-9 & 13-16 @ 7:30 PM
AUDITIONS AND CREW SIGN-UP:
APRIL 5 @ 2:30-6 PM & APRIL 6 @ 1-4 PM
Callbacks by invitation only on April 7 from 5 to 7 p.m. No appointments necessary. This show talks openly and honestly about HIV/AIDS, homosexuality, drug use and homelessness. It presents a diverse array of characters and focuses on their humanity. If these are topics that you are not comfortable with, this may not be the show for you. There is no fee to participate in this program.

**Kids for Kids Production:
The Wind in the Willows**

JULY 11-14 & 18-21
AGE: 7-16 FOR CAST; 7-18 FOR CREW
AUDITIONS AND CREW SIGN UP:
MAY 17 @ 3-7 PM &
MAY 18 @ 9 AM-NOON & 1-3 PM
No appointments necessary. Callbacks by invitation only on May 20 at 4 to

6 p.m. There will be two casts for the show doing matinee and evening performances.



RISING STAR THEATRE

Five Flags Center
405 Main St
563-231-0110
info@risingstartheatrecompany.com
risingstartheatrecompany.com

Rising Star Theatre Company is celebrating a decade of reaching for the stars! Since 2009, more than 1,000 people have participated both on and offstage and close to 20,000 people have attended RSTC productions. In 2019, the company is proud to celebrate its 10th anniversary, marking 10 amazing years of producing quality shows in an inclusive and supportive educational setting. This summer, RSTC will present three musicals as well as three educational theatre camps for kids ages 6-14.

SUMMER PERFORMANCES

Newsies

AGE: ALL AGES
JUNE 14-15 & 20-22 @ 7:30 PM
JUNE 16 & 22 @ 2 PM
AUDITIONS: APRIL 26 @ 4-6 PM &
APRIL 27 @ 9 AM-NOON & 1-4 PM
@ WASHINGTON MIDDLE SCHOOL
TICKETS: ADULTS \$16; YOUTH \$13
Callbacks will be held on April 28. Set in turn-of-the century New York City, *Newsies* is the rousing tale of Jack Kelly, a charismatic newsboy who leads a band of teenaged "newsies" to strike against the unfair price hikes imposed by the city's newspaper titans. This high-energy show provides excitement and inspiration for every audience.

Godspell

AGE: ALL AGES
JULY 12-13 & 18-19 @ 7:30 PM
JULY 14 & 20 @ 2 PM
AUDITIONS: APRIL 26 @ 4-6 PM &
APRIL 27 @ 9 AM-NOON & 1-4 PM
@ WASHINGTON MIDDLE SCHOOL
TICKETS: ADULTS \$16; YOUTH \$13
Callbacks will be held on April 28. RSTC is bringing back the show that

REGION 419
AYSO
everyone plays

The Outdoor Summer Program runs Memorial Day through early August, featuring 10 Games at the Dubuque Soccer Complex' and participation in Soccerfest at the end of June!

Easy to Register @
www.AYSO419.org

- Log into your existing account
- Choose the program appropriate for your child
- E-Sign the form
- Pay directly online

Uniforms can be used up to 4 years and are usable in all Dubuque AYSO programs.
New Players must by a set of uniforms for \$30.

PLAY WITH THE DUBUQUE AYSO YEAR ROUND!

started it all! *Godspell* was their very first production in 2009, and they are excited to introduce this special show to a new audience. Based on the parables in the Gospel of Matthew, *Godspell* uses songs ranging from pop to vaudeville to depict Jesus' messages of kindness, tolerance, and love.

Disney's Beauty and the Beast

AGE: 8-18
 AUG 8-9 @ 1 PM
 AUG 9-10 @ 7 PM
 AUG 10-11 @ 2 PM
 AUDITIONS: MAY 18 @ 9 AM-4 PM & MAY 19 @ 1-6 PM & MAY 20 @ 4-8 PM
 @ WASHINGTON MIDDLE SCHOOL
 TICKETS: \$13

Be Our Guest for this year's youth production! Two casts of area youth ages 8-18 will tell the charming story of Belle, the Beast, and his struggle to become human again before the final petal falls from the enchanted rose. Every child who auditions will receive a part.

SUMMER CAMPS

All camps take place at Five Flags Theater Bijou Room. Enter at the Main Street doors. Space is limited for each camp, so register early! Registration is available through the Dubuque Leisure Services Department at cityofdubuque.org/recreation, beginning in early April. At the end of the week, parents are invited to see the students' work.

Reading Rainbows

AGE: 6-8
 JUNE 17-21 @ 9 AM-NOON
 Based on popular children's books such as *The Day the Crayons Quit* and *Pinkalicious*, students will explore the rainbow through theatre. Using their bodies, voices, and imaginations, students will act out stories, sing songs, and create theatrical crafts.

Where in the World is Carmen Sandiego?

AGE: 8-10
 JUNE 17-21 @ 1-4 PM
 Journey from Paris to Ecuador and everywhere in between with Carmen Sandiego to recover precious artifacts! Students will learn to apply the basic acting tools of body, voice, and imagination to higher-level skills like vocal projection and story structure. Using the world of Carmen Sandiego as inspiration, students

will solve mysteries, write their own stories, and create theatrical crafts.

A Play in Five Days

AGE: 10-14
 JUNE 24-28 @ 9 AM-4 PM
 A lot goes into putting together a play: writing the script, rehearsing the blocking, preparing the set and costumes. Think you have what it takes to do it all in just five days? In this five-day class, students will write and perform their very own play, as well as create technical elements such as sets and props. Whether you are a beginner or a seasoned performer, this is the class for you!



DUBUQUE MUSEUM OF ART

701 Locust St
 563-557-1851
 DBQart.com

Summer Art Camp

AGE 6-8
 JUNE 17-21 @ 10-11:30 AM
 AGE 9-12
 JUNE 24-28 @ 10-11:30 AM
 AGE 13-16
 JULY 8-12 @ 10-11:30 AM

COST: \$50 MEMBERS; \$60 GUESTS
 Young artists will explore the theme "Art and Nature" while spending mornings at both Swiss Valley and the Arboretum, as well as visiting the Museum's galleries for inspiration to create their own works of nature-inspired art in a variety of mediums.

The Museum's educational philosophy focuses on experimentation, problem solving and "thinking outside the box." Students create art in a safe and positive environment, finding inspiration in the Museum's exhibitions and collections. Originality and self-expression is encouraged. Instructed by Hana Velde, Kelsey Hammons, and Caitlin Donald. All supplies furnished.



July 15-19

8:30 a.m.-4:30 p.m. • Peosta Campus

For students entering grades 2-7 in the fall.

REGISTER TODAY!

563.557.8271, ext. 380
www.nicc.edu/camps



NORTHEAST IOWA COMMUNITY COLLEGE
 Business and Community Solutions

The Great Midwestern Educational Theatre Co. presents

FROGWARTS
 SCHOOL OF WIZARDRY

SUMMER CAMP

3 SLEEP-AWAY CAMP SESSIONS!
 July 7-13, 14-20 & 21-27

NEW FOR 2019: DAY CAMP FOR 1ST & 2ND GRADERS!

Dust off your cloak and hat and enter an exciting world of magical creatures, powerful wizards, and mysterious spells!

Frogwarts School of Wizardry will take campers on a journey through science, math, reading, writing and acting. For Students in grades 3-12.

Register by April 1st & Save \$25!

1 Session: \$550
 Siblings Discount: 2nd Child - \$450, 3rd - \$275
 Day Camp: \$350 per session

Learn more and register today
 @ www.frogwarts.org



SINSINAWA MOUND

585 County Rd Z, Sinsinawa, WI
608-748-4411
eric.anglada@gmail.com
sinsinawa.org/moundcenter

No Child Left Inside

AGE: 7-10

AUG 7-9 @ 9 AM-1 PM

COST: \$40

Sinsinawa Mound is sponsoring a summer camp designed to connect children with the natural world. This camp will engage kids in games and activities within the forest and gardens of Sinsinawa Mound, aiming to cultivate a sense of deep respect and wonder for one another and Earth. Participants should be ready to learn about themselves and nature, get some exercise, and have lots of fun! Ecological Programming Coordinator Eric Anglada will lead the sessions.

There is a limit of 12 participants, and the registration deadline is July 31. Participants need to bring their lunch.

Join the fun! To register, call Janice DeMuth at **608-748-4411** or visit sinsinawa.org/moundcenter.



OHWARD FINE ARTS CENTER

1215 E. Platt St, Maquoketa, IA
563-652-9815
ohnwardfineartscenter.com

Disney's Beauty and the Beast JR.

AUG 10 @ 7 PM

AUG 11 @ 2 PM

AUDITIONS: JULY 15 @ 10 AM & 1 PM

TICKETS: ADULTS \$10 ADV/\$13 DOOR;

STUDENTS \$7 ADV/\$10 DOOR

Based on the original Broadway production that ran for over 13 years and was nominated for nine Tony Awards and the Academy Award-winning motion picture, *Disney's Beauty and the Beast JR.* is a fantastic adaptation of the story. *Disney's Beauty and the Beast JR.* features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice.

The classic story tells of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed to his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity.



DUBUQUE REGIONAL HUMANE SOCIETY

4242 Chavenelle Rd
563-582-6766

outreach@dbqhumane.org
dbqhumane.org

Kids 'N' Critters Camps

AGE: ENTERING GRADES 2-6

Kids can spend their summer afternoons learning all about animals and participating in a wide variety of demonstrations from local experts. Campers make friends with each other, have fun with arts and crafts, and spend a lot of hands-on time with the animals in the shelter.

One Week Camps

AGE: ENTERING GRADES 1-3

JUNE 17-21, JULY 8-12 OR JULY 29-AUG 2

@ 1-4 PM

COST: \$150

AGE: ENTERING GRADES 4-6

JUNE 24-28, JULY 15-19 OR AUG 5-9 @ 1-4 PM

COST: \$150

Day Camps

AGE: ENTERING GRADES 1-3

JUNE 12, JULY 24 @ 9 AM-NOON

COST: \$35

AGE: GRADES 4-6

JUNE 12, JULY 24 @ 1-4 PM

COST: \$35

Vet Camp

AGE: ENTERING GRADES 6-8

JUNE 11 OR AUG 13 @ 1-5 PM

COST: \$50

For middle school students interested in the veterinary field.

Vet Shadow Day

AGE: ENTERING GRADES 9-12

JULY 23 @ 1-5 PM

COST: \$50

Vet Shadow Day is an exciting hands-on learning program aimed towards high school students interested in caring for animals, careers in veterinary medicine, and what it is like to work as a veterinarian. Partial and full needs based scholarships available.



CONVIVUM URBAN FARMSTEAD

natalie@convivium-dbq.com
convivium-dbq.com/events

Seed to Plate Hydroponics Camp

AGE: GRADES 6-8

JUNE 17-19 @ 8:30-11:30 AM

AUG 7-9 @ 8:30-11:30 AM

COST: \$90

Where does your food come from? What does it go through to reach your table? How can you grow your own food, have fun doing it, and help improve the health of the planet? All of these questions will be answered in this engaging and hands on experience. Students will be engaged in understanding what plants need to grow and how that can be provided in unique ways. Both hydroponic and aquaponic techniques will be explored, and students will assist in the creation of a small, at home hydroponics system. Includes all materials. Add a healthy, kid-friendly lunch for \$8/day. Scholarships are available.

Urban Farm & Food Camp

AGE: 5-7

JUNE 8 @ 9-11:30 AM

JULY 6 @ 9-11:30 AM

COST: \$25 (ADDITIONAL CHILDREN \$10)

Connect your kids to the foods they eat. Kids will learn how their food grows by exploring and harvesting from our nearby garden beds, they will feed and collect eggs from our backyard chickens, and learn to make a simple veggie frittata with the food they gather. Must be accompanied by an adult.

Food Geography Summer Camp

AGE: 10-12

JULY 15-18 @ 1-4 PM

COST: \$120

The hands-on curriculum encourages healthy eating habits and



We partner with parents to educate students from a biblical worldview for excellence in lifelong learning and Christ-like character.

NOW LOCATED IN DUBUQUE

Our safe and nurturing environment provides small class sizes with individualized attention and a history of strong academics. Up to \$200,000 in financial aid will be available.

CONTACT US TODAY!

Call 563-231-3701 or visit TSCS.org.



TRI-STATE
CHRISTIAN SCHOOL

5025 Saratoga Rd, Dubuque, IA 563-231-3701 TSCS.org

teaches basic cooking skills. Classes will emphasize seasonal eating while exploring and harvesting from our gardens, and feature cooking lessons with fresh ingredients where kids prepare simple meals and healthy snacks they can then recreate at home. Add a healthy, kid-friendly lunch for \$8/day. Scholarships are available.

More than Just Mac & Cheese Camp

AGE: 12-14
 AUG 5-7 @ 1-4:30 PM
 COST: \$120
 Cook for yourself! Join Convivium for this intense three-day cooking series to learn and practice basic kitchen skills while making beef tacos with a fresh salsa and homemade tortillas; made from scratch ravioli with a tomato sauce, and the ultimate brunch with an Italian sausage and veggie omelet and lemon blueberry muffin. Scholarships are available.

Pizza From Scratch

AGE: 9-11
 JUNE 12 @ 9-11 AM
 COST: \$20
 Learn how to make delicious, homemade pizza in this hands-on, kids-only class! Students will mix and knead pizza dough from scratch and chop up a variety of fresh toppings before baking and enjoying their creation.

Homemade Pasta

AGE: 12-14
 JUNE 26 @ 1-3 PM
 COST: \$20
 There is nothing more delicious than fresh pasta, and making it yourself is easier than you might think! Your young chefs will learn to make pasta from scratch and then sit down to enjoy the final product.

Sweet Treats

AGE: 9-11
 JULY 10 @ 2-4 PM
 COST: \$20
 Grab your chef's hat and apron and get ready for an afternoon of delicious treat making at Convivium. Kids will learn some basic cooking skills while making summer berry tartlets, chocolate cupcakes, and a melon sorbet.

Bake Your Own Bread

AGE: 9-11
 AUG 2 @ 9-11 AM
 COST: \$20
 In this class, kids will learn to the skills and techniques to make cinnamon rolls scones and homemade breadsticks—all by hand! Kids will bake together, eat together, and take home recipes to easily recreate everything at home.



DUBUQUE COUNTY CONSERVATION BOARD

Swiss Valley Nature Center
 13606 Swiss Valley Rd, Peosta, IA
 563-556-6745
dubuquecounty.org/conservation
 The Conservation Board's camps tend to fill fast and fill early. Follow Swiss Valley Nature Center on Facebook to keep up with all the summer programming! Call to be put on waitlist for full camps. Registration available at getmeregistered.com or email allie.schmalz@dubuquecounty.us.

Toddling Into Nature: Paw Patrol

AGE: 3-4
 SESSION 1: JUNE 4-5 @ 9-11 AM
 SESSION 2: JULY 31-AUG 1 @ 9-11 AM
 COST: \$10
 Pack up your "pup pack" and have some outdoor adventures. Parents stay. Snack provided.

Sapling Camp: The Scoop on Poop

AGE: 5-6
 SESSION 1: JUNE 11-12 @ 9 AM-NOON
 SESSION 2: JUNE 13-14 @ 9 AM-NOON
 COST: \$15
 Learn all about how to identify an animal by the scat they leave behind. Snack provided.

Maple Camp: Viking Camp

AGE: 7-9
 SESSION 1: JUNE 18-20 @ 9 AM-2 PM
 SESSION 2: JULY 25-27 @ 9 AM-2 PM
 COST: \$25
 Explore Viking folklore and have your very own Viking adventures. Pack a lunch.

Oak Camp: Caving

AGE: 10-12
 SESSION 1: JULY 9-11 @ 9 AM-2 PM
 SESSION 2: JULY 15-17 @ 9 AM-2 PM
 COST: \$30
 Grab your flashlights and explore some of Northeast Iowa's caves! Pack a lunch.

Wet & Wild

AGE: 10-14
 SESSION 1: JUNE 20-21 @ 8 AM-2 PM
 SESSION 2: JULY 18-19 @ 8 AM-2 PM
 COST: \$60
 Try various water sports including kayaking and stand-up paddle boarding. Pack a lunch.

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

The only
AAHA-ACCREDITED
 Animal Hospital in Dubuque!

NEW WELLNESS PLANS
 available for pets of all ages!

OPEN SIX DAYS A WEEK
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 2777 University Ave, Dubuque • 563-556-2667
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Dr. Joan McCleary • Dr. Abbie McClain • Dr. Kylee Bessine • Dr. Marianne Kirkendall

NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

Once Upon A Time
 Exploring the World of Fairy Tales

American Trust
 Simply better banking.

New seasonal exhibit included with admission.
FREE for members and kids under 3!
rivermuseum.com/once

INSTITUTE of Museum and Library SERVICES
The Magic House
 St. Louis Children's Museum

(DBQ COUNTY CONSERVATION CONTINUED)

Park Explorers

AGE: 10-14
 JULY 23-25 @ 8 AM-3 PM
 COST: \$125
 Get ready for action packed days of exploring parks in the Driftless Region. Pack a lunch.

Adventures at Swiss

AGE: 7-12
 SESSION 1: JULY 3 @ 9 AM-2 PM
 SESSION 2: AUG 6 @ 9 AM-2 PM
 COST: \$15
 Lift up logs, peek under rocks in the creek, and use binoculars to get an up close look at all the life that calls Swiss Valley home. Pack a lunch.

Adventures at Heritage

AGE: 9-14
 JUNE 14 @ 9 AM-2 PM
 COST: \$15
 Spend the day exploring at Heritage Trail. Kids will bike, kayak, and much more. Pack a lunch and bring your own bike and helmet.

Ready to Navigate

AGE: 9-14
 JULY 2 @ 9 AM-3 PM
 COST: \$15
 Learn all about navigating outdoors. You will learn how to use a compass and GPS unit for geocaching. Pack a lunch. In Partnership with ISU Extension and Outreach.

Pioneer Camp

AGE: 10-12
 AUG 12-14 @ 9 AM-2 PM
 COST: \$20
 Discover what the life of a pioneer kid was like! Learn pioneer skills and play pioneer games. In Partnership with ISU Extension and Outreach.

Yellow River State Forest Backpacking Trip

AGE: 11-15
 JULY 29-31
 COST: \$50
 Register by July 8 and attend a pre-trip meeting on July 22 at noon-4 p.m. Contact Jackson CCB for registration materials: **563-652-3783** or **trip@jacksonccb.com**.

Black River State Forest Backpacking Trip

AGE: 14-18
 AUG 5-8
 COST: \$75
 Register by July 15, and attend a pre-trip meeting on July 22 at noon-4 p.m. and one practice hike. Contact Jackson CCB for registration materials: **563-652-3783** or **trip@jacksonccb.com**.



NORTHEAST IOWA SCHOOL OF MUSIC

2728 Asbury Rd
 563-690-0151
NISOM.com
 The Northeast Iowa School of Music (NISOM) is a non-profit organization dedicated to improving the quality of life in the greater Tri-State area community by meeting the music education and enrichment needs of people of all ages and abilities through private lessons, group classes, music therapy, performance opportunities, ensembles, concerts, and outreach programs.

Northeast Iowa School of Music are one-on-one with the instructor and are a wonderful way to begin music instruction or improve your skill. No experience is required. All areas of study are open to both children and adult students. Lessons are scheduled once a week and are available in 30, 45, and 60-minute increments. Lessons are offered in all of the band and orchestra instruments, voice, guitar percussion and ukulele. Begin at any time during the session; tuition will be pro-rated for those starting mid-session. Scholarship assistance is available.



UNIVERSITY OF IOWA WILDLIFE CAMPS AT STATE PARKS

Camp Info: jay-gorsh@uiowa.edu
Registration: jeanette-luke@uiowa.edu
recserv.uiowa.edu/WildlifeCampsStateParks
 AGE: ENTERING GRADES 3-7
 COST: \$150/WEEK
 Wildlife Camps awaken awareness, nurture appreciation, and inspire action in our campers for all things wild! Led by professional educators, these week-long day camps engage campers with the wildlife of our local state parks and their natural habitats. Drop off is at 7:45-8:30 a.m. and pick up is at 3:30-4:15 p.m.

Wildlife Camps at Mines of Spain
 JUNE 10-14

Activities and topics may include: waterworld: studying our ponds, streams and wetlands; woodlands: discovering life in the forest; grasslands: exploring our prairies; ornithology: birding and bird conservation; mammalogy: searching for mammals and their tracks; herpetology: snakes, turtles, and frogs; archaeology: tracing the role of humans on the land; entomology: insects and their role in the environment; living on the land: basic camping and survival skills; geology: cracking the rock code; orienteering: finding our way through the park; and on the water: canoeing and water activities.

Wildlife Camps at Maquoketa Caves
 JUNE 24-28

Activities and topics may include: waterworld: studying our ponds,

Summer Strings Orchestras

AGE: ENTERING GRADES 6-8
 (OR TWO YEARS PLAYING EXPERIENCE)
 TUE-THU: JULY 9-JULY 25 @ 10:30-11:30 AM
 COST: \$35
 Keep that bow rosined and those fingers flying! Combined final concert on July 25 at 11 a.m. Register by June 16. Directed by Tracey Rush.

Summer Sing Choir

AGE: GRADES 5-8
 TUE-THU: JULY 9-JULY 25 @ 9:30-10:25 AM
 COST: \$35
 If your child loves to sing, wants to develop their voice, or wants to have a great time through learning music, Summer Sing is the program for them! Open to all ability levels. No audition is necessary. The group will rehearse and perform songs, in harmony, from a range of musical genres, including pop, rock, R&B, musical theater, and jazz. The sessions are designed to be accessible, fast-paced, engaging, and fun. Combined final concert on July 25 at 11 a.m. Register by June 16. Directed by Rebecca Lansing.

Summer Private Lessons at Northeast Iowa School of Music
 JUNE 10-AUG 17

Summer Registration for new students begins May 13. Private lessons at

DUBUQUE365.com

Bell Tower Theater

Come "Play" with Us
 This Summer
 Be a Part of Our
 Free Summer
 Musical Program

Rent School Edition
 For Kids in 8th through 12th grades
 Auditions and Crew Sign-Up
 April 5 & 6
Performances June 6 to 16

The Wind in the Willows
 For Kids in 7 to 18
 Auditions and Crew Sign-Up
 May 17 & 18
Performances July 11 to 21

For more information on auditions and crew sign-up
 or to order tickets for a performance, go to
www.belltowertheater.net
 2728 Asbury Road Dubuque, IA (563) 588-3377

streams and wetlands; woodlands: discovering life in the forest; grasslands: exploring our prairies; ornithology: birding and bird conservation; mammalogy: searching for mammals and their tracks; herpetology: snakes, turtles, and frogs; archaeology: tracing the role of humans on the land; entomology: insects and their role in the environment; living on the land: basic camping and survival skills; geology: cracking the rock code; orienteering: finding our way through the park; and caving: exploring the underground world.



FOUR MOUNDS

4900 Peru Rd
563-557-7292
fourmounds.org

Adventure Day Camp

AGE: 7-13
MON-FRI: JUNE 17-AUG 2 @ 9 AM-4 PM
COST: \$145; FREE TO INCOME-QUALIFYING FAMILIES LIVING IN DUBUQUE

A weeklong adventure takes place in four great locations across Dubuque. Activities include: the Four Mounds challenge ropes course, canoeing at the Mines of Spain, ecosystem adventures at Swiss Valley Nature Center and EB Lyons Interpretive Center, as well as swimming, creek stumping, hiking, team building, games, and arts and crafts.

Camp runs Monday through Friday from 9 a.m. to 4 p.m., with an option of before- and after-care extending hours from 8 a.m. to 4:30 p.m. Children are required to bring a sack lunch. All other supplies and safety equipment are provided by the camp including life vests. Convenient pick-up and drop-off locations at Fulton School and Allison-Henderson Park. Four Mounds maintains a high staff to camper ratio of at least one staffer for every five campers.

Children may register for only one week. Registration starts soon through Leisure Services at the City of Dubuque (563-589-4263). In addition to offerings with the City of Dubuque, camp opportunities will be provided to youth at the Dream Center—inquire at the Dream Center. Camp is free if you are an income-qualifying family and live in Dubuque—inquire at Four Mounds by emailing jill@fourmounds.org.



THE SCENE STUDIO

563-213-9599
info@thescenestudiodbq.com
thescenestudiodbq.com

The place where performers create, prepare and perform. Founded by Dubuque's own Shanda Munson, who began her decades long professional career on the many stages in her hometown, the SCENE studio welcomes performers of all ages! With her experience as a producer, director, actress, writer, casting director and college FPA professor, Shanda loves sharing what she knows with an already talented arts community. She offers private instruction and classes year round in: theatre, film, television, commercials, auditions, improv, sketch comedy, voice-over, speech and much more. Updated offerings including classes, camps, and the third annual "Let's Make A Movie Camp" will be announced on the website and Facebook page.



MULTICULTURAL FAMILY CENTER

1157 Central Ave
563-582-3681
mfcdbq.org

The Multicultural Family Center empowers all families and community members of Dubuque to reach their potential and build unity out of diversity. Year-round, you will find classes and opportunities for learning, entertainment, and growth for all ages.

Summer Teen Nights

AGE: ENTERING GRADES 8-12
MON-FRI: JUNE 17-AUG 9 @ 5-9 PM
COST: FREE
MON: JACKSON PARK ACTIVITIES
TUE: FIELD TRIP NIGHTS (MEET AT MFC)
WED: GUEST SPEAKER/ACTIVITIES AT MFC
THU: COMISKEY PARK ACTIVITIES
FRI: MEDIA NIGHT AT MFC

Teen Nights will consist of dinner, field trips, guest speakers, movies in the

YogArt Camp

These fun, energizing camps integrate the calming and focused practices of art and yoga. Children will experience the beauty of group activities at opening and closing each day along with one hour of daily yoga and art instruction.



Offering 5 sessions this summer - sign up today!



YogArt for minis
AGES 4-7
2 Sessions
June 17-18
or June 19-20
12:30-3pm
\$45

YogArt
AGES 7-14
2 Sessions
June 10-13
or July 15-18
10:30am-2:30pm
\$125

Teen YogArt
AGES 12-16
1 Session
July 8-9
10:30am-2:30pm
\$65

To REGISTER call Molly [563] 542-1168 or mollymschreiber@gmail.com
3337 Hillcrest Rd • Dubuque



Peace Institute July 22-25, 2019

APPLY BY MAY 1ST

loras.edu/spiritual-life/peace-and-justice/peaceinstitute/



The Loras College Peace Institute is a four-day camp experience that teaches leadership and peace-building to high school-aged youth, empowering students with skills in self-awareness, relationship building and repairing, and inter-religious literacy. Topics include nonviolent communication, racial justice, eco-justice, and nonviolent intervention.

Cost is \$400; need-based scholarships available

THE ORIGINAL **HARLEM GLOBETROTTERS**

All-New Fan-Powered World Tour!

THUR • APR 11 | 7PM

ticketmaster®

Five Flags Center

American Red Cross OFFICIAL CHARITY

WOODEN NICKEL WEDNESDAYS!
Get a FREE Soft Drink or Ice Cream Cone at Dubuque Kwik Stop/DO's with every Globetrotters ticket purchased at the Five Flags box office any Wednesday through April 3rd!

(MFC CONTINUED)

park and many other games and activities! Teens can drop into the program any night except Tuesdays. Registration in advance is required for Tuesday night field trips. Dinner provided.

STEP-Summer Teen Empowerment Program

Giving teens a STEP up with a 4-week summer program. Teens can earn up to \$500. Separate program for boys and girls. STEP focuses on employment, education and financial literacy. Teens will have the opportunity to earn a stipend while gaining critical employment, communication and leadership skills while connecting to employers, community leaders and higher education institutions in the area. Applications available online or at the MFC starting April 1.

Crime & Spy Camp

AGE: 8-10
JUNE 19 & 26 @ 12:30-3:30 PM
COST: FREE

Can you solve the murder mystery? Become a spy and discover how detectives use science to uncover the mysteries of a crime. Program is in partnership with Iowa State University Extension & Outreach. Pre-registration required.

Empowermental Self-Defense Classes

AGE: 8-13
THU: JUNE 13-AUG 8 @ 2:30-4 PM
AGE: 14 AND UP
MON: JUNE 17-AUG 5 @ 6-7:30 PM
COST: FREE

Eryka Exum Cook is a 1st degree black belt and has been teaching self-defense since 2001. There are three parts to effective self-defense: vocal, mental, and physical. These classes also promote personal growth and healing. Self-confidence and concentration help to lower stress. Pre-registration is required. No class on July 4.

Little Luxuries Girls Club

AGE: GIRLS GRADES 4-10
MONDAYS @ 5-6:30 PM
COST: FREE

A place for girls to feel free to be themselves, promote healthy decision making and create the beautiful bonds needed for girl-empowerment through life skills, knowledge, encouragement, and awareness. Led by Luxurious Hair Spa with MFC. Call **563-542-8102** or visit **LittleLuxuriesGirlsClub.com**.

**TWO BY TWO**

470 W. 4th St
563-513-0059
TwoByTwoEducation.org

AGE: 6-10
SESSION 1: JUNE 17-21 @ 9 AM-NOON
SESSION 2: JULY -12 @ 9 AM-NOON
COST: \$85

Looking to develop more character? Join Two by Two this summer for an exciting week of activities, field trips, and friendship building! Each camper will learn the importance of being a good citizen by focusing on positive character traits, such as kindness, respect, empathy, cooperation, and perseverance. Campers will receive a stuffed pet with carrier, keepsake character book, and Two by Two tote, plus experience literature, art, outdoor activities, and service projects. Camp fee includes a daily snack, stuffed pet with carrier, keepsake character book and Two by Two tote.

**YOGART CAMPS**

Challenge To Change
3337 Hillcrest Rd. Suite B
563-542-1168
challengetochangeinc.com

AGE: 7-14
JUNE 10-13 OR JUNE 15-18 @ 10:30 AM-2:30 PM
COST: \$125
AGE: 12-16
JULY 8-9 @ 10:30 AM-2:30 PM
COST: \$65
AGE: 4-7
JUNE 17-18 OR JUNE 19-20 @ 12:30-3 PM
COST: \$45

YogArt Camps are fun and energizing camps that integrates the calming and focused practices of art and yoga with certified elementary education teachers Amanda Canganeli and Molly Schreiber. Children will experience the beauty of crop activities at opening and closing time each day along with daily instruction. Provide a sack lunch, wear sunscreen and bring a water bottle.

**GOLD STANDARD ATHLETICS BY ERIC MUNSON**

563-213-9599
goldstandardathletics@aol.com
goldstandardathletics.com

Owned and operated by former MLB player Eric Munson, Gold Standard Athletics (GSA) is a brand new, fully turfed indoor training facility for athletes of all sports located at the Kennedy Mall. GSA offers private instruction, small group instruction, camps, memberships, special programming, individual and team rentals, token operated pitching machines, indoor hitting leagues and tournaments utilizing the HitTrax machine, on-site fitness instruction, fun days, and can also host your next special event or party. The space also includes a bar and lounge area with televisions and a pro shop with equipment and apparel for sale. Updated offerings on their website or Facebook page.

**DUBUQUE AYSO YOUTH SOCCER**

AYSO419.org
The Dubuque Region 4019 of the American Youth Soccer Organization's Outdoor Summer Program runs Memorial Day through early August, featuring 10 Games at the Dubuque Soccer Complex' and participation in Soccerfest at the end of June. Everyone plays! To participate, log into your existing account, choose the program appropriate for your child, e-sign the form and pay directly online. Uniforms can be used up to 4 years and are usable in all Dubuque AYSO programs. New Players must buy a set of uniforms for \$30.

**CAPTURED ON CANVAS**

3003 Asbury Rd. Suite 2
563-663-4370
DBQArtStudio.com

Weekly classes and a 6-week program are available at Captured on Canvas. Your little artist will learn how to create a masterpiece step-by-step in the weekly classes. The Little Artists 6-week Paint Program is for those budding artists ages 6-12 that can't get enough. Spring and summer programs opportunities are listed on their website. You can also book fun and creative birthday parties..

**UD FOR KIDS**

dbq.edu/udforkids
JUNE 27-JULY 12

UD for Kids is an enrichment opportunity going into its 27th year for gifted and talented students in the Tri-State area. Students demonstrating advanced abilities in the areas of academic, leadership, creativity, visual, and performing arts are nominated to attend UD for Kids. We are not listing classes as they are private, invite, or nomination-only. But it's a big, popular program, and we wanted to make sure to mention it in case you want to learn more about it.

**CAMP ALBRECHT ACRES**

14837 Sherrill Rd, Sherrill IA
563-552-1771

AlbrechtAcres.org
Camp Albrecht Acres is a great resource for kids with special needs. Located on 40 acres near Sherrill, IA, Camp Albrecht Acres features week-long camp experiences filled with fun including swimming, fishing, camp fires, hiking and tons of activities. In August Albrecht Acres hosts Camp Bee A Friend, a day camp for autistic kids ages 4-12 and their typical development peers.

TRI-STATE FISH FRYs

Fridays during Lent are March 8–April 19, but many locations offer fish frys year-round!

3 MILE HOUSE

370 US 35, Hazel Green, WI
608-748-4455
Every Friday @ 4–10 PM

7 HILLS BREWING

1085 Washington St., DBQ, IA
563-587-8306
Fridays through Lent @ 4–9 PM

ASBURY EAGLES CLUB

5900 Saratoga Rd., Asbury, IA
563-588-4458
April 19 @ 5–8 PM

BLUFF LAKE CATFISH FARM

9301 95th Ave., Maquoketa, IA
563-652-3272
Every Friday @ 4–10 PM

BREITBACH'S COUNTRY DINING

563 Balltown Rd., Sherrill, IA
563-552-2220
Every Friday @ 4–9:30 PM

CAJUN JACK'S BAR & GRILL

1336 US HWY 20 W, Elizabeth, IL
815-858-3535
Every Friday @ 11 AM–10 PM

CAROLINE'S RESTAURANT

200 Main St., DBQ, IA
563-588-5595
Fridays through Lent @ 11 AM–2 PM and 5–10 PM

CATFISH CHARLIE'S

1630 E 16th St., DBQ, IA
563-582-8600
Fridays through Lent @ 11 AM–10 PM

COUNTRY HEIGHTS SUPPER CLUB AND MOTOR INN

1152 Badger Rd., Hazel Green, WI
608-748-4687
Every Friday @ 4:30 PM

DUBUQUE EAGLES CLUB

1175 Century Dr., DBQ, IA
563-582-6498
Every Friday @ 11:30 AM–2 PM
Fridays through Lent @ 5–8 PM

DUBUQUE ELKS LODGE

9018 Military Rd, DBQ, IA
563-583-5708
Fridays through Lent @ 5–8:30 PM

GANGSTER'S BAR & GRILL

2020 N. Main St., Hazel Green, WI
608-854-2724
Fridays @ 4:30 PM

GINA'S RESTAURANT

45 N. 2nd St., Platteville, WI
608-348-6505
Fridays through Lent @ 4–9:30 PM

GOOCH'S GREEN HOUSE TAVERN

3544 County Rd. HHH, Kieler, WI
608-568-3040
Fridays through Lent @ 4–9 PM

GREEN STREET TAVERN

230 S. Main St., Galena, IL
815-777-0090
Fridays @ 11 AM–9 PM

GULER'S CORNER

1895 Hwy 80, Cuba City, WI
608-744-8498
Every Friday @ 4 PM

J.M.'S TAP

7625 N. Menominee Rd., East DBQ, IL
815-747-7730
Fridays Jan–Apr @ 4–9:30 PM

JOLIET EVENT CENTER

781 Locust St., DBQ, IA
563-588-2011
Fridays through Lent @ 5–7:30 PM

JUG'S MAIN STREET TAP

200 N. Main St., Elizabeth, IL
815-858-3333
Every Friday @ 5–9 PM

KALMES RESTAURANT

100 Main St, St Donatus, IA
563-773-2480
Every Friday @ 5–9:30 PM

KIELER PARISH

3685 County HHH, Kieler, WI
608-568-7220
April 5 @ 4:30–8:30 PM

MID-TOWN MARINA

285 5th St., East DBQ, IL
815-747-3310
Fridays through Lent @ 5 PM

MORACCO SUPPER CLUB

1413 Rockdale Rd., DBQ, IA
Every Friday @ 4 PM

MULGREW'S TAVERN

240 Sinsinawa Ave., East DBQ, IL
815-747-3845
Fridays through Lent @ 7 AM–3:30 AM

NEIGHBORS TAP

1899 Rockdale Rd., DBQ, IA
563-556-9633
Every Friday @ 4–8 PM

THE OTHERSIDE

68 Sinsinawa Ave, East DBQ, IL
815-747-9049
Fridays through Lent @ 11 AM

OXUS GROTTO

3011 Autumn Dr., Asbury, IA
Fridays: March 22 and April 5 and 12 @ 5–7:30 PM

PARADISE BAR & GRILL

205 N. Main St., Galena, IL
815-777-3245
Every Friday @ 4–10 PM

Q CASINO'S FARMHOUSE KITCHEN (21+)

1855 Greyhound Park Rd., DBQ, IA
563-582-3647
Fridays through Lent @ 5–9 PM

RHODY'S

14167 Old HWY Rd., DBQ, IA
563-585-1500
Every Friday @ 5–9 PM

ST. FRANCIS XAVIER PARISH

203 2nd St SW., Dyersville, IA
563-875-7325
April 5 @ 4:30–8:30 PM

ST. JOHN THE BAPTIST

235 Peosta St., Peosta, IA
March 22 @ 4:30–8 PM

ST. JOSEPH SCHOOL

780 Co Rd. Z., Sinsinawa, WI
608-748-4442
April 12 @ 4–8 PM

ST. JOSEPH'S CHURCH

204 W Oak St, Garnavillo, IA
Fridays through Lent @ 5–8:30 PM

SUNSET LANES

410 S. Main St., Dickeyville, WI
608-568-7999
Every Friday @ 5–8 PM

TASTE COUNTRY ROADHOUSE

14877 US HWY 20, East DBQ, IL
815-747-6656
Every Friday @ 2 PM

THE BARN

5090 Sherrill Rd., Sherrill, IA
563-552-2353
Every Friday @ 4:45 PM

THE MARKET HOUSE RESTAURANT

204 Perry St., Galena, IL
815-777-0690
Every Friday @ 4 PM

THE ORIGINAL POTOSI SALOON

192 S. Main St., Potosi, WI
608-763-2230
Fridays through Lent and 2nd Friday of every month @ 11 AM

TIMMERMAN'S

7777 Timmerman Dr., East DBQ, IL
815-747-3316
Fridays through Lent @ 4:30–9:30 PM

VILLAGE BAR

3410 County HWY HHH, Kieler, WI
608-568-3004
Every Friday @ 4–10 PM

WEST DUBUQUE TAP

1701 Asbury Rd., DBQ, IA
563-556-9647
Every Friday @ 4–9 PM



VEGETARIAN PHO

ONLY ON FRIDAYS THROUGH APRIL 12!

Rice noodle soup entrée with vegetable stock, tofu, edamame, carrots, cilantro, and green onions



145 W. 11th ST., DBQ
563-239-1019
LOVEOOLONG.COM

MON–SAT: 11 AM–2:30 PM & 4:30–9 PM / SUN: 11 AM–2:30 PM

Los Aztecas

Mexican Restaurant

Over 100 Original Family Recipes

WEDNESDAY NIGHT MARGARITAS
LIME - FROSTED/ROCKS: 12 OZ. \$1.99
ALL OTHER FLAVORS: 12 OZ. \$2.99

CHABELAS MARGARITAS!
FRIDAY & SATURDAY
OVER 30 FLAVORS TO CHOOSE FROM!

20% OFF SEAFOOD ENTREES
FRIDAYS THRU LENT!

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THREE GREAT TRI-STATE LOCATIONS....

2700 Dodge St, Dubuque 563-584-0212 | 2345 NW Arterial, Dubuque 563-583-5026 | 975 Galena Square, Galena IL 815-777-9066

www.losaztecasrestaurants.com | facebook.com/losaztecasrestaurants



Think local. Drink local. Listen local.

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TRI-STATE LIVE MUSIC

THU 3/21

John Moran
6 PM @ Filament, Diamond Jo

Thursday Acoustic Jam
6 PM @ The Food Store

Blu Flame
6 PM @ Stone Cliff

Broad Ideas
A Night of Women in Song
6 PM @ Galena CFA

Corey Jenny
7:30 PM @ Grape Escape

Jazz & Blues Jam feat. Round
Midnight
8 PM @ Smokestack

FRI 3/22

Dr. Peter Szeibel, harpsichord
Fabulous Fridays Artist Series
12:05 PM @ St. Luke's
United Methodist Church

Roy Schroedl
6 PM @ Gina's, Platteville

Mississippi Duo
7 PM @ Dimensional
Brewing Co.

Dave Minnehan Trio
7 PM @ Stone Cliff

Dueling Pianos
7 PM @ Mississippi Moon Bar

Walking Molly
7 PM @ DBQ Driving Range

Hearthfire Duo
7:30 PM @ Frank O'Dowd's Pub

Lenny Wayne
7:30 PM @ The Cornerstone

Medicinal Purposes
w/ Don Greenwood,
7:30 PM @ Gray Dog
Deli, Mineral Point

Statue of Liberty
8 PM @ Riverboat Lounge

Banshee
8 PM @ Q Casino

Dayton Olson & Bryce Michael
8 PM @ The Blu Room

Wayne 7 Hollingworth
8 PM @ Smokestack

On The Sun
8 PM @ 7 Hills Brewing Co.

Laura McDonald &
Jeff Weydert
8 PM @ Spirits, Days Inn

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

Andrew Hoyt
8 PM @ Galena Brewing Co.

Justin Morrissey
8:30 PM @ Grape Escape

Metal at Monks: Feral Light,
Burn the Ailment, Keelhauler
9:30 PM @ Monk's

Soul Sherpa
10 PM @ The Lift

SAT 3/23

Jam & Eggs Acoustic Open Mic
9 AM @ Convivium

Acoustic Jam
1 PM @ Council Hill Station

Fred Hollingsworth
2 PM @ The Cornerstone

John Mueller's Winter Dance
Party: Tribute to Buddy Holly,
Richie Valens, & The Big Bopper
4 & 8 PM @ Mississippi Moon Bar

Tete de Morte
5 PM @ Sundown Mountain

Drew Hurn
7 PM @ Stone Cliff

Jeff Theisen
7 PM @ Millennium Bar & Marina

John Janssen
7 PM @ Mac's Wine Cellar,
Maquoketa

The Wundo Band
7 PM @ The Original
Potosi Saloon

DSO: Classics 4 - On Water
7:30 PM @ Five Flags Theater

Unni Boksasp Ensemble
7:30 PM @ UD Heritage Center

Hearthfire Duo
7:30 PM @ Frank O'Dowd's Pub

Mr. Pickle &
The Martin Brando Effect
7:30 PM @ The Cornerstone

Todd McDonough
8 PM @ Riverboat Lounge

Broseph
8 PM @ Q Casino

Theresa Rosetta
8 PM @ The Blu Room

Taste Like Chicken
8 PM @ Spirits, Days Inn

Hot Mess
8 PM @ Eichmann's

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

Renegade
8 PM @ Weber's Bar & Grill

The Lonely Goats
8 PM @ The Big House,
Petersburg

Doug Brundies
8 PM @ Galena Brewing Co.

Jordan Danielsen & JIF
8:30 PM @ Grape Escape

Adam Beck
9 PM @ 7 Hills Brewing Co.

Massey Road
9 PM @ Dog House Lounge

Tail Light Rebellion, 20 Watt
Tombstone, Woodcreeper
10 PM @ The Lift

SUN 3/24

Open Mic w/ Scott Rische
Noon @ Grape Escape

Acoustic Jam
1 PM @ Council Hill Station

DSO: Classics 4 - On Water
2 PM @ Five Flags Theater

Bill Stock
2 PM @ PromiseLand Winery

Becky McMahon
3 PM @ Stone Cliff

John & Jimmy
3 PM @ Northside

Open Mic w/ Steve McIntyre
3 PM @ The Cornerstone

Shekinah King Duo
3 PM @ New Diggings
General Store

MON 3/25

Comedy Open Mic
8 PM @ Monk's Kaffee Pub

TUE 3/26

Trivia Night
7 PM @ Riverboat Lounge

WED 3/27

Salsa Dance Night
6 PM @ Smokestack

Acoustic Jam
6:30 PM @ The Cornerstone

Gladdy's Open Mic Experience
6:30 PM @ The Blu Room

Comedian Pat Godwin
8 PM @ Mississippi Moon Bar

THU 3/28

Unturned, Skeeter, Blist Her
All-Ages Show
5 PM @ The Blu Room

Kampfire Kings
6 PM @ Filament, Diamond Jo

Thursday Acoustic Jam
6 PM @ The Food Store

Blu Flame
6 PM @ Stone Cliff

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

FRI 3/29

Upper Main Street Jazz Band
Fabulous Fridays Artist Series
12:05 PM @ St. Luke's
United Methodist Church

Fever River String Band
Darlington Memorial Hospital
Auxiliary fundraiser
5:30 PM @ Darlington
Country Club

Raise The F*&ing Roof: A
Benefit For Codfish Hollow:
Gallery Art Sale @ 6 PM
Live Auction @ 8:30 PM
Miles Nielsen & The Rusted
Hearts, Flash In A Pan @ 9 PM
Smokestack

Jerry Armstrong's "Legends
of Vegas" 1 Man Show
6:30 PM @ Amelia's
Under the Lamplighter
Dinner Theater, Galena

Secrets
7 PM @ Stone Cliff

David Giblin
7 PM @ Midtown Marina

Paul McHugh
7:30 PM @ Frank O'Dowd's Pub

Roy Schroedl
7:30 PM @ The Cornerstone

Marty Raymon
8 PM @ Riverboat Lounge

ZZ-3: ZZ Top Tribute
8 PM @ Mississippi Moon Bar

Farm Rock
8 PM @ Q Casino

Cranes/Vultures
8 PM @ The Blu Room

Becky McMahon
8 PM @ Spirits, Days Inn

Garrett & Frankie
8 PM @ Galena Brewing Co.

Dertonons
8:30 PM @ Grape Escape

Jimmy Welty Band
9 PM @ Junction 21

SAT 3/30

Jam & Eggs Acoustic Open Mic
9 AM @ Convivium

Elizabeth Mary
Open House
10 AM @ Carol Ann Boutique

Dave's Last Party
Noon @ Easy Street

Acoustic Jam
1 PM @ Council Hill Station

Jay Vonn
2 PM @ The Cornerstone

Jerry Armstrong's "Legends
of Vegas" 1 Man Show
6:30 PM @ Amelia's
Under the Lamplighter
Dinner Theater, Galena

Lojo Russo
7 PM @ Dimensional
Brewing Co.

Midwest BUS TRIPS
563-513-7314

WRIGLEY FIELD MILLER PARK

04/08 vs PIRATES	04/06 vs CUBS
05/11 vs BREWERS	04/07 vs CUBS
06/08 vs CARDINALS	07/27 vs CUBS
06/18 vs WHITE SOX	07/28 vs CUBS
07/13 vs PIRATES	09/07 vs CUBS
08/03 vs BREWERS	09/08 vs CUBS
08/24 vs NATIONALS	
09/21 vs CARDINALS	

GUARANTEED RATE FIELD
07/06 vs CUBS

GET FULL DETAILS AND PURCHASE YOUR TICKETS
ON OUR WEBSITE: MIDWESTBUSTRIPS.COM
CHOOSE YOUR DEPARTURE CITY & THEN YOUR GAME.

SPACE IS LIMITED, BUY YOUR TICKETS TODAY!
PRIVATE BUS TRIPS AVAILABLE FOR YOUR GROUP.
CALL TODAY TO BOOK YOUR PRIVATE TRIP.

#MIDWESTBUSTRIPS

Harper & Lee
7 PM @ Inspire Café

Jordan Danielsen
7 PM @ Stone Cliff

Theresa Rosetta
7 PM @ Mac's Wine Cellar,
Maquoketa

Love Crunch
7 PM @ The Cornerstone

Paul McHugh
7:30 PM @ Frank O'Dowd's Pub

Andy Wilberding
8 PM @ Riverboat Lounge

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

Shagadelics
8 PM @ Q Casino

Society of Broken Souls,
The Deep Light
8 PM @ The Blu Room

Leon's Piano Bar
8 PM @ Smokestack

Mississippi Trio
8 PM @ Spirits, Days Inn

Elizabeth Mary &
Bryce Michael
8 PM @ Weber's Bar, Epworth

The Jimmys
Puppy Jake Foundation
Fundraiser
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Tony Walker
8 PM @ Galena Brewing Co.

The Lonely Goats
8:30 PM @ Grape Escape

Hot Mess
9 PM @ Dirty Ernie's

Joseph Huber Band
10 PM @ The Lift

Black Water Gin
10 PM @ Sandy Hook Tavern

SUN 3/31
Open Mic w/ Scott Rische
Noon @ Grape Escape

Acoustic Jam
1 PM @ Council Hill Station

Triple Threat
2 PM @ PromiseLand Winery

Hoffman, Troy, & Marceau
3 PM @ Stone Cliff

Steve Davis
3 PM @ Northside

Fever River String Band
3 PM @ New Diggings
General Store

Open Mic w/ Ted & Robyn
3 PM @ The Cornerstone

A Pirate Over 50
4 PM @ Dog House Lounge

Equine, Bob Bucko Jr.,
Molly Christenson
All-Ages Show
5 PM @ The Blu Room

MON 4/1
April Fools w/ Dan Alten
Comedy Open Mic
8 PM @ Monk's Kaffee Pub

TUE 4/2
Trivia Night
7 PM @ Riverboat Lounge

WED 4/3
Acoustic Jam
6:30 PM @ The Cornerstone

Gladdy's Open Mic Experience
6:30 PM @ The Blu Room

Comedian Greg Warren
8 PM @ Mississippi Moon Bar

THU 4/4
Joie Wails
5 PM @ The Iron Bar

Melanie Devaney
6 PM @ Filament, Diamond Jo

Thursday Acoustic Jam
6 PM @ The Food Store

Blu Flame
6 PM @ Stone Cliff

Clay Page
7 PM @ Smokestack

LA Seuss
7:30 PM @ Grape Escape

Motherhood, Arc Numbers,
Jacquie Miller
8 PM @ The Blu Room

FRI 4/5
Caitlyn Wolfe
6:30 PM @ Dimensional
Brewing Co.

Elizabeth Mary
7 PM @ Stone Cliff

Sail On: The Beach Boys Tribute
7:30 PM @ Grand Opera House

Joe McShane
7:30 PM @ Frank O'Dowd's Pub

Jeff Weydert & Jimmy Berg
8 PM @ Riverboat Lounge

Planet Axe Tour
8 PM @ Mississippi Moon Bar

End of Winter Jam: Furious
George, Full Boar, Johnny Trash
8 PM @ Q Casino

Wash, Luxury Lungs,
Chad Olson Jr.
8 PM @ The Blu Room

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

Massey Road
8 PM @ Spirits, Days Inn

Melanie Devaney
8 PM @ Galena Brewing Co.

Mixed Emotions
8 PM @ The Ticket, Platteville

Roy Schroedl
8:30 PM @ Grape Escape

SAT 4/6
Jam & Eggs Acoustic Open Mic
9 AM @ Convivium

Acoustic Jam
1 PM @ Council Hill Station

Kampfire Kings
2 PM @ Grape Escape

Massey Road
3 PM @ Choppers

Drew Hurn
7 PM @ Stone Cliff

Melanie Devaney
7 PM @ Mac's Wine Cellar,
Maquoketa

Canadian Brass
7:30 PM @ UD Heritage Center

Joe McShane
7:30 PM @ Frank O'Dowd's Pub

Tete de Morte
8 PM @ Riverboat Lounge

Club 84
8 PM @ Mississippi Moon Bar

Kings of Radio
8 PM @ Q Casino

Get On The Bus, Feast of
Mutton, Denny Garcia
8 PM @ The Blu Room

Joie Wails Acoustic
8 PM @ Smokestack

Dos Bros
8 PM @ Spirits, Days Inn

Banshee
8 PM @ Riggs' Bar

Mike Zabrin's Funktastic
Flatted Fifth Blues & BBQ
8 PM @ Potter's Mill, Bellevue

Nate Gallaher
8 PM @ Twisted Vines Winery
Pub & Eatery, Potosi

Jake'O & Co.
8:30 PM @ Grape Escape

Jabberbox
9 PM @ 7 Hills Brewing Co.

DuRocks
9 PM @ Dog House Lounge

Tony Walker
9 PM @ Dirty Ernie's

Pearl Harle-Heim,
Wonky Tonk, Bees
10 PM @ The Lift

SUN 4/7
Open Mic w/ Scott Rische
Noon @ Grape Escape

Elizabeth Mary &
Eric Weimerskirch
12:30 PM @ Lot 1

Acoustic Jam
1 PM @ Council Hill Station

Jimmy Welty Band
2 PM @ Massey
Fisherman's Wharf

Mick Staebell
2 PM @ PromiseLand Winery

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The Lift
180 MAIN ST, DBQ #/THELIFTDUBUQUE

FRI 3/22 • 10 PM
SOUL SHERPA

SAT 3/23 • 10 PM
TAIL LIGHT REBELLION, 20 WATT TOMBSTONE, WOODCREEPER

SAT 3/30 • 10 PM
JOSEPH HUBER BAND

SAT 4/6 • 10 PM
PEARLE HARLE-HEIM, WONKY TONK, BEES

SAT 4/13 • 10 PM
DAN WHITAKER AND THE SHINEBENDERS

THU 4/18 • 10 PM
WE ARE THE WILLOWS, BEN DUNEGAN

FRI 4/19 • 10 PM
VOLK, ERIC PETIT LION

SAT 4/20 • 10 PM
REC RIDDLES, LYRIC, CASETHEJOINT, IMPERFEKT

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

Budweiser
LIVE MUSIC FEATURES

FRI 3/22



Soul Sherpa

10 PM @ THE LIFT (180 MAIN ST)
Regional soul/funk outfit Soul Sherpa bring the band back to the Lift!

SAT 3/23



Blue Mississippi

8 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA)
Blue Mississippi with Bob Dorr, Dave Hummel, Bill "Cricket" Davis and Jeff Petersen round out

the "Who's Who" of Iowa Blues. Bob brings long history as the front man for the Blue Band as well as a recognizable voice of Iowa Public Radio's Down on the Corner. Jeff Petersen is also a founding member of the Blue Band and one of Iowa's finest guitar players. Dave and Bill are, of course, storied members of Dubuque's own Mississippi Band. Call **563-872-3838** for reservations.



20 Watt Tombstone, Tail Light Rebellion, Woodcreeper

10 PM @ THE LIFT (180 MAIN ST)
TLR hit the stage with their sometimes protest, sometime Celtic, all the time folk punk. Wisconsin blues rock duo 20 Watt Tombstone turn up the volume and blast you with some deep blues soul.

FRI 3/29



Raise the F*&^ing Roof Benefit w/ Miles Nielsen and the Rusted Hearts and Flash in a Pan

9 PM @ SMOKESTACK (62 EAST 7TH ST)
TICKETS: \$20
You've seen your favorite band perform less than an arm's length away. You've camped under the clearest, most star-filled sky you've ever seen. You've discovered new music and made new friends. Maybe you've even stormed the basement. Codfish Hollow has given us all that and more. Raise the F*&^ing Roof is a fundraiser to help the Codfish crew re-roof the barn, which will cost over \$25,000. All of the event proceeds from concert tickets and art sales will be donated for the roof. Codfish-inspired artwork will be for sale in the gallery at 6 p.m., a live auction will be on the main stage at 8:30 p.m., and music starts at 9 p.m. Rockford, IL-based Miles Nielsen has spent nearly a decade enthraling audiences with music that draws force from the prime years of Western-influenced rock music and classic '60s soul. Claiming influences as diverse as Otis Redding's classic soul and Jellyfish's cult power pop recordings. Purchase tickets at codfish-hollow-roof.eventbrite.com.

SAT 3/30



The Jimmys / Puppy Jake Fundraiser

8 PM @ FLATTED FIFTH BLUES & BBQ (300 POTTER DR, BELLEVUE, IA)
The Jimmys have been tearing up stages with their blend of blues, soul, funk and R&B for nearly 10 years. They combine the seasoned keyboard and Hammond B-3 organ talents of award winning singer/song writer Jimmy Voegeli, the legendary blues guitarist Perry Weber on six-strings and vocals, drummer Chris Sandoval—veteran of the Tommy Castro band, the expertise of southern Wisconsin's finest bass guitar, and rounded out by an amazing horn section! This event is a fundraiser for the Puppy Jake Foundation. A non-profit organization, The Puppy Jake Foundation purchases and trains service dogs for injured veterans. Patrons will have the opportunity to meet and greet foundation members as well as service animals. Donations welcome in lieu of cover charge. Every Tuesday throughout 2019, Flatted Fifth will donate two percent of their profits to the Puppy Jake Foundation. Call **563-872-3838** for reservations.



Joseph Huber Band

10 PM @ THE LIFT (180 MAIN ST)
Singer, songwriter, and multi-instrumentalist Joseph Huber was a founding member of the .357 String Band—a group that, despite its abrupt break-up, still continues to gain popularity and is known as one of the most influential groups in the recent insurgent underground country and bluegrass movement. Having moved from .357, Huber has honed his songwriting abilities immensely and now continues moving onward and upward captivating folks with his sincere and well-crafted songs under his own name and with his backing band. Whether it's irresistible, fiddle-driven, dancing tunes or honest, heart-wrenching "songwriter" songs, Huber spans the spectrum of "roots" music while preferring not to stay within the boundaries of any strict genre classification.

Ready for every round.

BUD LIGHT

BUD LIGHT
PREMIUM LIGHT LAGER



HAIRBALL

FRIDAY, APRIL 12 @ 8 PM

Led by vocalists Bobby, Kris Vox, and Joe Dandy, Hairball takes audience members on a nostalgic and high-energy trip back in time with some of the decade's greatest songs. In addition to performing iconic hits, Hairball delivers a powerful and dynamic atmosphere that replicates the shows of some of the era's greatest, channeling rock greats Van Halen, KISS, Motley Crue, Queen, Journey, Prince, Aerosmith and more. Hairball's show employs video screens, smoke, fire, confetti and more to generate the electric excitement of an '80s rock concert for fans across the country. Joie Wails Band opens.



CHRIS KROEZE

THURSDAY, APRIL 25 @ 7 PM

Runner up on season 15 of NBC's *The Voice*, Chris Kroeze is praised for having an "electrifying" voice with the guitar pickin' skills of Ricky Skaggs by team coach Blake Shelton. Kroeze connects with both the hearts and minds of audiences across various generations through his genuine country soul and his unique and alluring vocal delivery. Along with headlining many of his shows, Chris has also performed overseas in support of our U.S. Armed Forces and with music superstars like Montgomery Gentry, The Doobie Brothers, Travis Tritt, Blake Shelton, Joe Nichols, The Lost Trailers, Chris Kagle, Josh Thompson, and many others.



MISSISSIPPI MOON BAR ENTERTAINMENT

All shows at the Mississippi Moon Bar are 21+ only, and tickets are available at the Diamond Club or the Mississippi Moon Bar Box Office inside the Diamond Jo Casino or online at MoonBarRocks.com.



WINTER DANCE PARTY

SATURDAY, MARCH 23 @ 4 & 8 PM

The "Winter Dance Party" re-creates the final tour of legends Buddy Holly, Ritchie Valens and the Big Bopper who died in a plane crash on Feb. 3, 1959.



LADIES OF THE 80'S

SATURDAY, MARCH 30 @ 8 PM

From one hit wonders to arena rock standards, Ladies of the 80's takes you on a musical journey through the decade from Blondie to Bon Jovi, Joan Jett to Journey, Devo to Def Leppard, Stevie Nicks to Steve Miller Band!



JAKE "THE SNAKE" ROBERTS

WEDNESDAY, APRIL 17 @ 8 PM

WWE Hall of Famer Jake "The Snake" Roberts tells stories from his time on the road, locker room antics and dishes on the pranks he played on his opponents.

Dueling Pianos

FRIDAY, MARCH 22 @ 7 PM

Laughing Moon Comedy: Pat Godwin

WEDNESDAY, MARCH 27 @ 8 PM

ZZ-3

FRIDAY, MARCH 29 @ 8 PM

Laughing Moon Comedy: Greg Warren

WEDNESDAY, APRIL 3 @ 8 PM

Planet Axe Tour

FRIDAY, APRIL 5 @ 8 PM

Club 84

SATURDAY, APRIL 6 @ 8 PM

Laughing Moon Comedy: Steve Kramer

WEDNESDAY, APRIL 10 @ 8 PM

Hairball

FRIDAY, APRIL 12 @ 8 PM

Live Band Karaoke

FRIDAY, APRIL 19 @ 8 PM

Hypnotist Jim Wand

SATURDAY, APRIL 20 @ 8 PM

Laughing Moon Comedy: Mark Poolos

WEDNESDAY, APRIL 24 @ 8 PM

Chris Kroeze

THURSDAY, APRIL 25 @ 7 PM

Killer Queen (SOLD OUT!)

FRIDAY, APRIL 26 @ 8 PM

Don Felder— Formerly of The Eagles

SATURDAY, APRIL 27 @ 8 PM

Bobaflex

SUNDAY, APRIL 28 @ 7 PM

Arch Allies

FRIDAY, MAY 17 @ 8 PM

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The Jimmys
AT FLATTED FIFTH

SATURDAY, MARCH 30 | 8 PM

PUPPY JAKE FOUNDATION FUNDRAISER

The Puppy Jake Foundation is dedicated to helping military veterans through the assistance of well-bred, socialized and professionally trained service dogs. Meet and greet foundation members as well as service animals with The Jimmys. Call ahead for reservations.

• Donations Welcome •

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Budweiser
LIVE MUSIC FEATURES

THU 4/4



Clay Page of American Idol

7 PM @ SMOKESTACK (62 EAST 7TH ST)
TICKETS: \$12 ADV/\$15 DOOR
Clay Page returns for an intimate three-piece acoustic concert. Currently, Clay is a contestant on *American Idol*, with judge Lionel Richie stating at his audition that Clay's "voice was just right on the money. I like who you are" before all three judges voted to send Clay to Hollywood. Clay Page's music has been described as new old school country music—backwoods, southern sounds in a wave of new, traditional country music. Leon Campos opens with honkytonk piano. Purchase tickets at eventbrite.com.

THU 4/11



Squirrel Nut Zippers, Josh Duffee and The Blackhawk Broadcasters

8 PM @ CODFISH HOLLOW (5013 288TH AVE, MAQUOKETA, IA)
TICKETS: \$35 ADV/\$40 DOOR
Often credited with ushering in the 1990s swing revival, Squirrel Nut Zippers are an eclectic hybrid of southern roots music, hot jazz and klezmer. The lounge revival helped lift their 1996 album, *Hot*, and its accompanying single, "Hell," into the Billboard charts. They went on hiatus in 2000 but are now back with 2018's *Beasts of Burgundy*. CodfishHollowBarnstormers.com.

SAT 4/6



Joie Wails Duo

8 PM @ SMOKESTACK (62 EAST 7TH ST)
Party to smokin' hot acoustic rock from Joie Wails and Gary Gassman. Olivia Newton John meets Alice In Chains? Yeah, with a bit of Lady Antebellum and Jason Aldean thrown in.

SAT 4/13



Boogie Monster

9 PM @ SMOKESTACK (62 EAST 7TH ST)
Break out your funkier threads and grooviest moves and get down with Boogie Monster at the Smokestack! From the depths of funk to the down home-age of blues...from screaming electric funk to dancing disco and the sincerity of soul, you should be dancing!



Wonky Tonk, Bees, Pearle Harle-Heim

10 PM @ THE LIFT (180 MAIN ST)
Jasmine Poole's Wonky Tonk craves indie twang that's earnest, rough around the edge, and catchy. The arrangements bend the rules of alt country just enough that the sound is refreshing, not tired. A vocal-centric ensemble, BEEs focuses on the art of crafting songs that can stand alone even if stripped down to the bare essentials of just a voice and accompaniment. You are likely to hear a solid multi-genre backdrop including blues, country, pop, and soul. Local songwriter Pearle Harle-Heim opens the show.



Dan Whitaker and the Shinebenders

10 PM @ THE LIFT (180 MAIN ST)
Dan Whitaker and The Shinebenders are a band of honky tonkers from Chicago. Led by singer, songwriter, and guitarist Dan Whitaker, the band has released three original albums while actively touring to promote their independent releases. The Shinebenders include fellow Chicago music veterans Tommy "Two Smokes" Mioducki on acoustic guitar and vocals, Earl "T-Bone" Powers on upright bass and vocals, Eric "Chase" Niffenegger on drums. They are honored to be nominated for the 2019 Ameripolitan Awards as best Honky Tonk Band.



UPCOMING ENTERTAINMENT



BANSHEE

FRIDAY, MARCH 22 :: 8PM

Banshee is a party rock band that takes all your contemporary top 40 hits and delivers them in an edgy punk rock style.

FREE SHOW



BROSEPH

SATURDAY, MARCH 23 :: 8PM

Five Nashville-based best friends, making music together and taking it across the country.

FREE SHOW



FARM ROCK

FRIDAY, MARCH 29 :: 8PM

Smokin' hot country/rock music.

FREE SHOW



THE SHAGADELICS

SATURDAY, MARCH 30 :: 8PM

70s funk disco cover band.

FREE SHOW



END OF WINTER JAM

WITH FURIOUS GEORGE, FULL BOAR & JOHNNY TRASH

FRIDAY, APRIL 5 :: 8PM :: \$10 AT THE DOOR

Part of the proceeds to benefit Children's Zoo.



KINGS OF RADIO

SATURDAY, APRIL 6 :: 8PM

Fist pumping, head bobbing, sing-at-the-top-of-your-lungs 80's ROCK... and a little roll, baby!

FREE SHOW



MISSBEHAVIN

FRIDAY, APRIL 12 :: 8PM

Rock, Country & Blues.

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THE GAME SPORTS BAR

BY BRYCE PARKS

A couple of years ago, Boyd Gaming, the parent company of Diamond Jo Casino, made a significant investment of over \$100 million to reinvigorate their non-gaming amenities across several of their casinos. As part of that investment's first wave, the Diamond Jo added a new gastro pub to its gaming floor with the opening of the Filament Meetery + Eatery. In addition to a huge list of craft beers, the menu is a more eclectic mix of fare, ranging from the expected to things like a Cuban burger, reuben egg rolls, hummus, and tomato bisque with grilled cheese sliders. If you want good old-fashioned sports bar fare along with your ball game, it was Mojo's Sports Bar upstairs that fit the bill.

With the second wave of investment, it was Mojo's turn to get the star treatment. Having been part of Diamond Jo since its opening a decade earlier, the venue was ready for new audio-visual enhancements and a fresh look at the menu.

"It was a package with The Filament," says Diamond Jo Casino's Director of Marketing, Marty Maiers. "Our company understood we wanted and needed to reinvigorate our non-gaming amenities. There was a company-wide push to get new restaurants, and we were lucky enough to get not one, but two. It's also been 10 years in this facility, and it was a good time to put a fresh face on things."

The Game Sports Bar is a brand within Boyd that already exists in their Blue Chip Casino in Indiana and is now going to the Suncoast Casino in Las Vegas as well. The sports bar-themed eatery was already a family-friendly environment, having removed gaming and smoking from the venue six years ago.

"It created more of a synergy with our family friendly upstairs entertainment at Cherry Lanes Bowling Alley. It's all ages, so you can bring the kids. Maybe take in some games of bowling before or after dinner. You can even order from the full 'Game' menu in Cherry Lanes next door."

Or send the kids bowling while you catch up on the big game.

"It's an overall enhancement of what we already had. Everything that was great about Mojo's is still there.

We kept a lot of our favorites on the menu and carried some over from other restaurants. For example, the reuben was our No. 1 sandwich at the former Jo's Deli, so we've added it to The Game's menu."

"We installed new pizza equipment so we could provide faster service to our patrons, but what you notice first and most of all is the new audio-visual equipment. Technology changes in the blink of an eye, and what was the latest and greatest 10 years ago is old now. We put in all new and more ultra-high definition flat screen televisions."

We counted 17 TVs on our visit, measuring up to about 75 inches on at least 6 of the screens. If you want to see any game in any sport, you can probably find it or request it at The Game.

"It's a cleaner look. It pops more. I love the blue covers on the chairs."

We agree that the vibe is fresher and more energetic, and if you're looking for a great place to watch a game, look no further. For a lot of sports lovers, they're not looking for a place to reinvent the wheel. People want the favorite pub foods they love and expect, and that's what The Game delivers.

At its core, The Game is a burger, pizza, wing, and sandwich joint. If you want a curveball on the menu, you can go downstairs to The Filament and discover something new. If you want a pizza piled high, a classic burger assortment, various wing flavors and, of course, a host of game time appetizers, you've found your home for the big game.

Let's run through the menu quick.

Appetizers include your staple of the "World's Greatest Fries" (they really are pretty good), onion rings, cheese curds or sticks, nachos, and chicken tenders. If you want to go crazy, add chili and cheese to those fries and try out the fried pickle chips.

We feel it is our duty to admit that yes, you can get a salad at The Game. Three of them actually, so your healthy friends are safe to come along.

But let's get real. A sports bar is about the key platters, starting with chicken wings. The wings

at The Game are meaty, breaded, bone-in traditional drummies and flats or you can go boneless (but that's not really a wing, is it?). Call it what you like, they're still good, and you can choose from eight great sauces ranging from mild to hot and including buffalo, parmesan garlic, Asian sesame, bourbon BBQ, sweet chili, and Caribbean jerk.

Four specialty pizza options are featured on the menu, and we enjoyed our Pig Out, which featured a meat-a-palooza mix of pepperoni, bacon, Italian sausage, and ham. It had a good crust and a nice flavor with plenty of toppings piled high. Other specialty pies include the BBQ Chicken, Taco, and Deluxe, or you can just create your own with a host of topping options.

The burgers will fill you up with half pound deluxe options including the Cheese Head which features three cheeses, the Western with bacon and smoky BBQ sauce, or the Grilled Portabella. Any of these burgers will do you right for \$10.

The selection of sandwiches is nice as well. A host of chicken sandwiches include favorites like the Buffalo Chicken and the Classic Chicken sandwich, grilled or fried. And then there's the Parmesan with ricotta, provolone, and marinara. The Baja Chicken features fresh takes of pico de gallo, avocado, and jalapeños, with the prerequisite bacon and pepperjack cheese with chipotle ranch. Yum!

Like Marty said, the famous Jo's Deli reuben lives on at The Game with shaved corned beef, sauerkraut, Swiss and Thousand Island on grilled marble rye. It's joined by the fan-favorite Philly Cheesesteak and the Patty Melt, which is basically a burger that thinks it's a reuben. It can be whatever it wants as long as it goes in my belly.

Finally, straying just slightly from the traditional sports pub fare, The Game keeps some Cajun favorites from the Mojo's days with Southern fried catfish and shrimp, or get them in a combo if you can't decide.

Across the board, prices at The Game are very affordable. Apps range from \$3 to \$10, pizzas from \$13 to \$17, burgers are all \$10, and sandwiches from \$10 to \$12.



Add to that your favorite selection of domestic beer in the bottle as well as several craft beers on tap, and you're all set for kick-off, tip-off, face-off, or the green flag. You can even get one of The Game's signature cocktails like the Slam Dunk featuring Southern Comfort, cranberry and orange juice. But I'm more of a Touchdown guy, with is Jim Beam, lemonade, and iced tea. The Hit the Slopes features vanilla vodka, cherry soda, and ice cream.

"We want to create the comfortable experience of a traditional sports bar," says Maiers. "It's a great fit for our casino which now has five great restaurants (including The Kitchen Buffet, Woodfire Grille, The Filament, and Subway). This is your traditional burgers, wings and pizza, done well and at good prices with lots of seating, big TVs and conveniences. It's comfort food."

One last thing to mention is convenience. It's right in the heart of a great casino with lots of other gaming and entertainment options. You can park in a covered ramp with easy access to the restaurant. Unlike some sports bars, the bathrooms at Diamond Jo are always

wonderfully clean and accessible, and as we mentioned before, there's no smoking upstairs, so no worries there.

Looking ahead, while sports gaming is not yet legal in Iowa, it seems like it's just around the corner. When that arrives you'll surely be able to wager on games downstairs and then come up and enjoy watching those games in The Game itself. How convenient is that?

The Game will open early March 21-22 for early tournament games, including Iowa's 11:15 AM game on Friday vs. Cincinnati. The Game will feature some great tournament specials that you can enjoy while taking in the Hawkeyes and other great college basketball teams playing for all the marbles. These specials include the Satisfying 16 which give you 24 bone-in or boneless wings, celery, ranch or bleu cheese, and your choice of seven different sauces for just \$16. The Exclusive 8 is an \$8 burger or chicken sandwich basket of your choice, and the Finishing 4 is a good ol' pitcher of Bud light or Coors Light for just \$4.

If the game is important, The Game Sports Bar is the place to enjoy it in comfort. ■



THE GAME SPORTS BAR
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 Fri: 4 PM-Midnight;
 Sat: 11 AM-Midnight; Sun: 11 AM-10 PM



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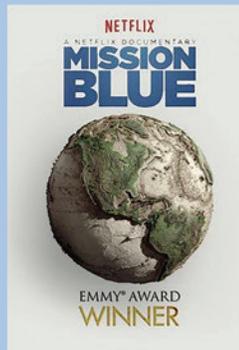
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MOVIE SCREENING MISSION BLUE

TUESDAY, APRIL 9 @ 6–8 PM

In partnership with Green Iowa AmeriCorps, Carnegie-Stout Public Library will be screening the 2014 Netflix original film *Mission Blue*. This feature documentary is about legendary oceanographer, marine biologist, environmentalist and *National Geographic* Explorer-in-Residence Sylvia Earle, and her campaign to create a global network of protected marine sanctuaries.



HUMAN BATTLESHIP

FRIDAY, MARCH 29 @ 5:30–7:30 PM
AIGLER AUDITORIUM

Man your battlestations! Play a life-size game of Human Battleship in the third floor Aigler Auditorium on Friday, March 29 from 5:30 to 7:30 p.m. Players will lie or sit on the floor and use foam balls to try to sink their opponents' battleships. This game combines the classic board game with gentle dodgeball. No athletic skills are required. This program is open to anyone 18 or older. No registration is required.

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CEO OF YOU

BY MATT BOOTH

You are the Chief Executive Officer of you. Have you ever thought about your life this way? As the captain and commander of your ship, you better make sure your ship is going the direction you want it to. Don't just live aimlessly, letting someone else set your destination. You are 100 percent responsible for your life, its happiness, its wealth and health.

What if you started acting like the CEO of your life? Your life is your company. How is your company performing? How are you doing in your life? Is it improving each year? Or is it not doing so well?

When I applied this thinking to my life, I found I was performing well in my work, but as the CEO of my life, not that well. The idea of being the CEO of my life made me think differently. It helped me see my life for what it is and not just one or two areas. It made me realize that it was up to me to lead my life to my vision. It made me step up and start leading my life the way it should be led. As the CEO, I want my company to be the best it can be—because it deserves nothing less.

When you start applying the CEO of You concept to your life, you will probably realize that certain departments of your company are running smoothly, and some parts of your company are probably shaky. If you are anything like me, you'll find that there are several glaring areas that need addressing right away to ensure long-term growth and success.

When you wake up and your feet hit the ground, what is your purpose? What are your goals? Without clarity on these, everything in life is randomly scattered and not optimized to a common direction. As the CEO of You, you have the ability and the authority to

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

make the important decisions. Start by asking yourself the following questions:

- What is the purpose of my life?
- What are my goals?
- What are the departments in my life?
- What executive decisions do I need to make?
- Who are the stakeholders?
- Are there people I should fire?
- What are my daily functions?

Becoming the CEO of You puts you in the captain's seat of your life. It gives you control over your direction and ultimately your destiny. You have as much control over your own life and success as a CEO has over the success of his or her company. You have the ability and power to make decisions in every area of your life. You are responsible for your happiness, your friendships, and your job. As the CEO of You, if you don't like them and want to change them, you can. ■

CHECK YOUR ATTITUDE—MORNING ROUTINE

Checking Your Attitude is about doing small things well on a consistent basis. One of the keys to a productive day is developing a consistent morning routine. Do you have an idea what your day looks like when your feet hit the ground? It might sound overwhelming, but it doesn't have to be. Do you know what you're going to wear? Are you working out today? When will you pray or meditate? What are you having for breakfast? Having a consistent routine and implementing simple changes can start your day right. If you Check Your Attitude daily, you won't have to worry about Covering Your Butt!

MATT BOOTH

MATT BOOTH IS A CSP (CERTIFIED SPEAKING PROFESSIONAL). THE CSP DESIGNATION IS THE SPEAKING INDUSTRY'S INTERNATIONAL MEASURE OF PROFESSIONALISM. THERE ARE LESS THAN 800 CSPS IN THE WORLD. IF YOU HIRE SPEAKERS, THINK LOCAL, AND FIND OUT HOW MATT'S UNIQUE PERSPECTIVE AND BUSINESS EXPERIENCE CAN HELP YOUR COMPANY. **563-590-9693** OR EMAIL **MATT@MATTHOOTH.COM**.

"DURING THIS TIME OF UNCERTAINTY, MATT'S PRESENTATION ON ATTITUDE WAS A FRESH BREATH. HIS SIMPLE SUGGESTIONS FOR MAINTAINING AND PURSUING A POSITIVE ATTITUDE WAS EYE OPENING." —AMY WEISS, WPSA



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HOW TO CHOOSE THE BEST PROTEIN POWDER

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

If you've ever shopped for protein powder, you already know: Options are endless. There's whey, there's soy, there's even pea protein, hemp protein and egg white protein powders. Is one better for a muscle-building, post-workout shake than the other? Or what if you just want to add protein to a morning smoothie? Below is a breakdown of some common types of protein powder supplements and what each is good for.

Something to keep in mind: The Daily Value for protein is 50 grams a day based on a 2,000-calorie diet, but some people work to get .6 to .8 grams per pound of body weight. Your Hy-Vee registered dietitian can help you determine an appropriate amount of protein for your goals.

WHEY PROTEIN

Whey protein is a byproduct of milk and perhaps the most popular type of protein supplement on shelves. Whey enters your bloodstream faster than any other protein and boasts the highest level of the amino acid leucine, which is good for providing muscles with the necessary fuel to power through a workout and build muscle. It's considered the most effective powder for building muscle; so, if that's the goal, aim to consume it within an hour after exercise. You'll see whey in two forms: concentrate and isolate. Whey concentrate includes some lactose (the sugar found in milk products) and fat. It's about 78 to 88 percent protein and is often more flavorful and less expensive than whey isolate, which is about 98 percent protein and contains very little, if any, carbs and fat.

CASEIN PROTEIN

Casein, like whey, is a protein found in milk. The biggest difference is that casein takes longer to digest, which is why some athletes choose to take it before bed. Whey protein, on the other hand, absorbs more quickly, which is why it's often taken immediately after a workout.

EGG WHITE PROTEIN

Egg white protein is just what it sounds like: dried egg whites that have been turned into a powder. This protein digests more slowly than whey but faster than casein. Although not quite as good as whey or casein in terms of muscle protein synthesis, it's still a good option for a post-workout or meal-replacement smoothie. It's also a good option for anyone who is allergic to or avoids dairy (since whey protein and casein protein are derived from milk).

SOY PROTEIN

Soy protein is made from ground soybeans that have been dehulled and defatted. It digests at a moderate rate, like egg white protein, and contains greater amounts of the amino acids glutamine and arginine, which may help support immune function, digestive health and brain function. It's a complete protein and considered the most effective plant-derived source for building or maintaining muscle, but the verdict is still out

on its potential health risks for women with a history of estrogen-related cancers and men with lower testosterone levels. If you fall into either camp, you may want to steer clear, or at least vary your protein sources.

PEA PROTEIN

Pea protein, derived from the yellow pea, is the most highly digestible of the plant proteins, making it a good alternative for anyone with a sensitive stomach who doesn't want to do dairy or soy. But it's not a complete protein—it's low in two amino acids—so pair it with another plant-based protein such as hemp or rice to round out its amino acid profile and make it "complete." If you want higher protein content, choose a "pea protein isolate." The slightly lower-protein "pea protein powder" is also a good choice, and readily available in organic varieties.

HEMP PROTEIN

Hemp protein is made from nutrient-packed hemp seeds, and while it's not the best for boosting muscle because of its lower protein content (most contain just 10 to 15 grams per scoop, depending on the brand, compared to about 25 grams in whey and 22 grams in soy) and Protein Digestibility Corrected Amino Acid Score (PDCAAS), it does provide a good dose of fiber and omega-3 fatty acids. Pair it with rice or pea protein to round out its amino-acid profile and make it complete. This is a good choice if you want to ramp up your overall nutrient intake and don't have strong protein needs.

TIP: One way to assess protein quality and bioavailability is the Protein Digestibility Corrected Amino Acid Score (PDCAAS). It ranks proteins from zero to 1; the closer to 1, the better. Whey, casein, egg white powder, and soy are all 1; whereas hemp is 0.46 and pea protein is 0.69.

VEGA PROTEIN

Vega protein powder is made from a multisource plant-based protein blend, including pea protein, brown rice protein and sacha inchi protein (an omega-3-rich seed from the Amazon rainforest). By combining several different types of plant-based protein, it offers a well-rounded amino acid profile, with each serving containing 20 grams of protein and between 110 to 120 calories. Because this product does not contain dairy, grains or soy, it's a good option for people with certain allergies. It's also vegan-friendly and gluten-free. As an extra bonus, Vega Protein & Greens contains a dose of vegetables, such as spinach, broccoli and kale—but in flavors including vanilla, tropical and salted caramel—and has only 1 gram of sugar, making it a smart choice for a breakfast smoothie or post-workout shake. ■

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



BLUEBERRY VANILLA SMOOTHIE

MAKES 1 SERVING

INGREDIENTS

- 1 serving Vanilla Vega® Protein & Greens
- 1 cup Silk® Unsweetened Vanilla Almond milk
- ½ cup fresh spinach (optional)
- ½ cup frozen blueberries
- ½ ripe banana
- ½ cup ice
- Splash of lemon juice

DIRECTIONS

1. Add ingredients to the blender in the order listed and blend until smooth.

Nutrition facts per serving: 235 calories, 5g fat, 0g saturated fat, 0mg cholesterol, 398mg sodium, 30g carbohydrate, 5g fiber, 15g sugar, 22g protein

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Move over, Steve!

Do it yourself advice from a new mom who knows how...

by Sara Carpenter
from Steve's Ace Home & Garden



Every year, gardening enthusiast and newbies alike come to check out what is the latest and greatest annual available that year. Below are just a few of the annuals I am most looking forward to bringing in for 2019 as a follow-up to my previous article. What are you most excited about? Email me at sara@stevesace.com if you want to pre-order any of the plants below.

EUPHORBIA "DIAMOND MOUNTAIN"

"Diamond Frost" has been one of our most popular annuals in recent years. This year, its brother "Diamond Mountain" is sure to continue the family tradition. Much larger plants than "Diamond Frost" with a great landscape presence and perfect for mixing

with other vigorous plants, such as Supertunia Vista petunias. Heat- and drought-tolerant plants; clouds of airy white flowers all season; very low maintenance.

GOMPHRENA TRUFFULA PINK

Truffula Gomphrena has a spunky bold cluster of hot-pink flowers. It has performed very well in hot, humid climates where it blooms all season long. It is an ideal cut-flower with long vase life. Best of all it does not require any deadheading to keep it blooming all summer. This is a great plant for that spot where the hose just doesn't reach.

"TATTOO PAPAYA" VINCA

Looking for another drought tolerant annual that will grow well in both containers or in the ground? Check out the new Vinca Tattoo series. The art of plants comes alive on every Tattoo bloom—each petal looks like it is inked or airbrushed with soft brush strokes of dark purple. These plants don't start to really perform until the heat of summer kicks in, so don't be alarmed if they are hard to get early in the season.

bold new color helps brighten up any shade garden. It will work well in containers or planted in the ground and will free flower all summer long.

"TWISTED ORANGE" CELOSIA

Another orange beauty I am excited about this season is "Twisted Orange" Celosia. Its bold colored blooms attract attention because of their unique, touchable form and texture. They are also available in red and yellow. Like vinca, they are very heat tolerant and low maintenance.



GAZANIA GIANT "VIOLET BICOLOR"

Go BIG or go home! Unlike some other gazanias, this new collection of Giant Gazanias will bloom all day and into the early evening showing off its strong bi color blooms that will be hard to miss. Gazanias require little water and thrive in the hot summer temps.

"SUNFINITY" SUNFLOWER

One of the hottest annuals this season will definitely be the next generation in Sunflowers, "Sunfinity." Make your garden come to life with "Sunfinity" Sunflowers that thrive and bloom continuously all season long. Sunfinity Sunflowers have lots of blooms that can be cut and used indoors, with no mess and without damaging the outdoor plant. The outdoor plant will continue to bloom long after traditional sunflowers have bloomed and died. Get them early, as they are expected to sell out quicker than many others. ■

"CLOCKWORK HOT PINK GLOW" NEW GUINEA IMPATIE

Love the look of Vinca but have mostly shade? Look no further than the new Clockwork series of New Guinea Impatiens. "Clockwork Hot Pink" was bred to be extremely uniform in habit and its

WANNA LIVE FOREVER?

BY BOB GELMS

Immortality. Juan Ponce de Leon. Eternal life everlasting. Forever and a day. If you could have it, would you? Important safety tip: While you would be immortal moving into the future, you would also be immortal back into your past. Now, that could get enormously boring. Solitaire might not fill up all that time.

The new novel by J. Boyett, *Ironheart*, has an immortal character in it. This book is clever, thought provoking, genre bending. About as interesting a sci-fi novel as I have ever read, partly because I don't think I have ever read one like it. It sparked a lightning-storm of ideas when reading it. It's not your Daddy's space opera.

I absolutely HATE cliff hanger endings and this book has one of sorts that I didn't mind since every plot point is brought to a conclusion giving it a definite ending. But Mr. Boyett writes it in such a way that you want to know more about other adventures of the crew of the Canary and most especially about Anya the earthling-alien. I'm the luckiest reader in America. *Ironheart* is another Humdinger.

Imagine you are out at the end of the Milky Way Galaxy in a place far, far away and in the mind-bogglingly far, far distant future. Zipping hither and yon in hyperspace is the gigantic mining ship, Canary. For 6,000 years, countless star systems have been put into the Registry, most of which have never been visited by sentients. The Canary uses the Registry to find heavenly bodies ripe for mining. In the process, the planets/asteroids/whatever are reduced to interplanetary dust and the Canary goes home filthy rich.

As a funny aside, the captain has to explain to a new crew why the ship is called the Canary. They all thought it was a dumb name for a mining ship. Of course, it harkens back to the ancient practice of coal miners bringing a canary into the mine. You can't smell the deadly gas but it will kill the canary first giving you time to get out.

The Canary comes out of hyperspace in a system that has wonderful possibilities for mining. Right away they see the Ironheart. It looks like a hyperspace ship and it also looks like a derelict. The crew starts salivating just thinking about the salvage rights that they will all share equally.

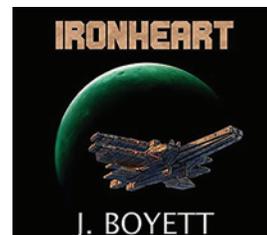
A team is sent into the ship to investigate and much to their surprise they find a woman in a suspended animation chamber with bells and whistles anyone in the galaxy could only dream about. There go the salvage rights. She seemed like a sentient but some of the team thought she might be a robot or an android. The Doc scanned her. For all intents and purposes, she was a thinking, feeling humanoid alien but more than a few surprises await the crew of the Canary.

She seems to be from Earth in the region of Egypt. Her memory goes way back before the pyramids were built. In fact, she claims to have taught the people of the region how to build pyramids out of brick. She tells that eventually, over many generations, she came to be worshiped as a goddess. Isis? How she describes herself gives one the idea that she was also worshipped as a goddess in other times and cultures.

Her name is, hold on to your hat, Anya Molina Escobar de Bucchio Pendergast-Fallon. She possesses not only the suspended animation chamber but also the most complex computer code the Canary's engineer has ever come across. Anya knows nothing of the Register so the engineer plans to register the code himself. He estimates its worth at billions of credits. He scours the Ironheart for the schematic of the chamber...another few billion credits. Anya has some fascinating and compelling stories about her life and she takes a shine to a female crew member she wants to take as her companion. Then things start to get weird. Anya isn't as friendly as she was at first. This is where you can make a good case that a powerful and engrossing sci-fi story jumps the rails and becomes something of a horror story as well. There is a confrontation that is quite absorbing and unlike most of the starship battles we are used to reading.

Anya's character is as rich and vibrant as any in science fiction. She is drawn almost in four dimensions like Valentine Michael Smith from Heinlein's *Stranger in a Strange Land* or the Overlord Karel-len from Arthur C. Clarke's *Childhoods End*.

Ironheart by J. Boyett is a must-read. It will provide you with many hours of entertainment and maybe even enlightenment. It is superb novel and going on my best of the year list which I write about every January. ■



RUNDE

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PUZZLE PAGE

WHERE'S GENERAL BOB?

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



Conceptis Sudoku

By Dave Green

5								1
	6							2
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Difficulty Level ★★★★★

3/17

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PUZZLE ANSWERS ON PAGE 50

PREMIER Crossword

By Frank A. Longo

RIDING ON EMPTY

ACROSS

- 1 Veg-o- — (Ronco product)
- 6 Caesar who played the Joker
- 12 Stocking material
- 16 Counterpart of a column
- 19 Neighbor of Minneapolis
- 20 Hybrid ride
- 21 Falco of "Outside In"
- 22 Dramatist Levin
- 23 Start of a riddle
- 26 Engage in, as a trade
- 27 Chilling Chaney
- 28 English actress Diana
- 29 Astronaut Grissom
- 30 Charisma
- 32 Like a triangle with three unequal sides
- 34 Respected
- 38 Fashion's Wintour
- 39 Riddle, part 2
- 43 Emotes, e.g.
- 46 Pupil locale
- 47 Young tiger
- 48 Tijuana "two"
- 49 Riddle, part 3
- 57 Earthy hue
- 58 Chaperones, typically
- 59 Hot dog roll
- 60 Part of SWAK
- 64 Work unit
- 65 It often follows "Co."
- 66 Use a kayak
- 68 Like snakes
- 69 Untidy type
- 71 Riddle, part 4
- 76 Parallel (with)
- 77 Cake layers
- 79 "To clarify ..."
- 80 Suffix with Taiwan
- 82 TV's Longoria
- 83 Calm
- 85 Backwoods denial
- 86 Inventive Edison
- 89 Male sheep
- 90 Riddle, part 5
- 94 Toothpaste box org.
- 97 Memento of Molokai
- 98 Haughtiness
- 99 Spots
- 100 End of the riddle
- 108 Roll-call call
- 109 "30 Rock" star
- 110 Seasons of falling leaves
- 114 Sneakers brand
- 117 Hwy. offense
- 118 Part of SWAK
- 119 Roll-call call
- 120 Fellow
- 121 Riddle's answer
- 127 LGA info
- 128 German Mr.
- 129 Join a class
- 130 Rebound on a pool table
- 131 Comfy room

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131					132						133							134	

- 132 Female sheep
- 133 Entertainer Charles Nelson —
- 134 Revival shouts

DOWN

- 1 Whimpers
- 2 Specially formed, as a committee
- 3 Disney princess from "The Princess and the Frog"
- 4 Bank acct. accrual
- 5 — Yards (Orioles' stadium)
- 6 Got long again, as a mown lawn
- 7 Phil of protest songs
- 8 Bon — (witticism)
- 9 Outer: Prefix
- 10 Match cheer
- 11 Salem locale
- 12 Teacher of martial arts
- 13 Boise locale: Abbr.
- 14 Peruvian capital
- 15 Maintain
- 16 Matured
- 17 City near Epcot
- 18 Attacks from ambush
- 24 Skye of the screen
- 25 Mongolian tent
- 31 Shriver of tennis

- 33 Final
- 34 Actor Buchholz
- 35 Overlooks
- 36 Humorist Ogden
- 37 Cato's 750
- 40 Small brook
- 41 Actors' aids
- 42 Melancholy instruments
- 43 Certifies (to)
- 44 Actor Sheen
- 45 Did a slowish ballroom dance
- 50 — chi ch'uan
- 51 Novelist O'Brien
- 52 Emmy winner Susan
- 53 Internet auction site
- 54 StarKist fish
- 55 In a little bit
- 56 Confront
- 61 Shirley's TV roommate
- 62 Give a lift to
- 63 Balls of fire
- 66 Hoodwink
- 67 Pathological plant swelling
- 70 Bric-a- —
- 72 Prefix with potent
- 73 Tire (out)
- 74 Cry buckets
- 75 "Pronto"
- 78 Swiped
- 81 Special ability, for short

- 84 Fancy pourer
- 86 Yours, in the King James Bible
- 87 Equine, in tot-speak
- 88 Really, really
- 91 Special ability
- 92 Street stray
- 93 Biblical brother of Jacob
- 94 Humiliated
- 95 When delivery is expected
- 96 Nigerian, e.g.
- 101 Nurtured
- 102 Bill tack-ons
- 103 "Movin' —" ("The Jeffersons" theme song)
- 104 Shipping container
- 105 Chiefly
- 106 Cashews and pecans
- 107 Cornell's city
- 111 Mother, in Spain
- 112 Stocking material
- 113 Appears
- 115 Tennis star Arthur
- 116 Whole bunch
- 118 Actor Ferrell
- 122 Sooner than, to bards
- 123 Ending for butyl
- 124 — Lanka
- 125 Fa-la linkup
- 126 Water flow stopper

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Gwen Danzig's Good Advice



DEAR GWEN,

I'm trying to get my girlfriend into pro wrestling. I know you're a fan, so I was wondering what approach I should take to introduce her to it. She didn't grow up watching it. WWE came through town last weekend and I couldn't convince her to go. How did you get into wrestling? How can I get my girl to love this thing I love?

—Truly, Sweetheart Chin Music

DEAR SWEETHEART CHIN MUSIC,

YOU KNOW THEY SAY THAT ALL MEN ARE CREATED EQUAL, BUT YOU LOOK AT ME AND YOU LOOK AT SAMOA JOE AND YOU CAN SEE THAT STATEMENT IS NOT TRUE. SEE, NORMALLY IF YOU GO ONE ON ONE WITH ANOTHER WRESTLER, YOU GOT A 50/50 CHANCE OF WINNING. BUT I'M A GENETIC FREAK AND I'M NOT NORMAL! SO YOU GOT A 25 PERCENT, AT BEST, AT BEAT ME. THEN YOU ADD KURT ANGLE TO THE MIX, YOUR CHANCES OF WINNING DRASTIC GO DOWN. SEE THE 3 WAY AT SACRIFICE, YOU GOT A 33 1/3 CHANCE OF WINNING, BUT I, I GOT A 66 AND 2/3 CHANCE OF WINNING, BECAUSE KURT ANGLE KNOWS HE CAN'T BEAT ME AND HE'S NOT EVEN GONNA TRY! SO SAMOA JOE, YOU TAKE YOUR 33 1/3 CHANCE, MINUS MY 25 PERCENT CHANCE AND YOU GOT AN 8 1/3 CHANCE OF WINNING AT SACRIFICE. BUT THEN YOU TAKE MY 75 PERCENT CHANCE OF WINNING, IF WE WAS TO GO ONE ON ONE, AND THEN ADD 66 2/3 PERCENTS, I GOT 141 2/3 CHANCE OF WINNING AT SACRIFICE. SEE JOE, THE NUMBERS DON'T LIE, AND THEY SPELL DISASTER FOR YOU AT SACRIFICE.

That's a transcript of Scott Steiner trying to do fractions. Start there and Bingo, baby. Or show her how cute Miss Elisabeth looks in literally every outfit. Miss Elisabeth is a babe. Shame the wrestling biz is dirty and she died doing a bunch of uppers or something. And I'd say to show her the arc with Miss

Elisabeth and Macho Man's reunion and wedding, but I'm pretty sure he locked her in closets during his matches so other dudes couldn't talk to her? Stay surface level, friend. Ease into the, "Bruiser Brody was too tall for the casket in Puerto Rico so they broke both his legs after he got stabbed in the shower." Maybe just start with, "Ooh! Look at Queen Meanie Charlotte's sparkly robe!"

—xoxo Gwen

DEAR GWEN,

My mom watches my kiddos a few times a week. It's nice of her and it's nice that I'm not having to pay for childcare, which is expensive, but my mom keeps mixing cereal in with my daughter's formula, even though I've specifically asked her not to. It's a choking hazard. I'm not trying to be a helicopter mom and she keeps saying, "Well, I didn't kill you, did I?" But she's my baby. How do I get her to cool it and do what I'm asking her to do?

—Sincerely, Mom on Mount Pleasant

DEAR MOM ON MOUNT PLEASANT,

Your mom didn't kill you and she was probably doing poppers in clubs while she was pregnant. Kids are bouncy or resilient or something. I mean, I think. Heck, didn't people give their kids whiskey until like 1998? Raise a little lady Lemmy and get her on that Jack Daniels diet. It's working for most of the Midwest just fine.

—xoxo Gwen

GWEN BEATTY

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

PUZZLE ANSWERS

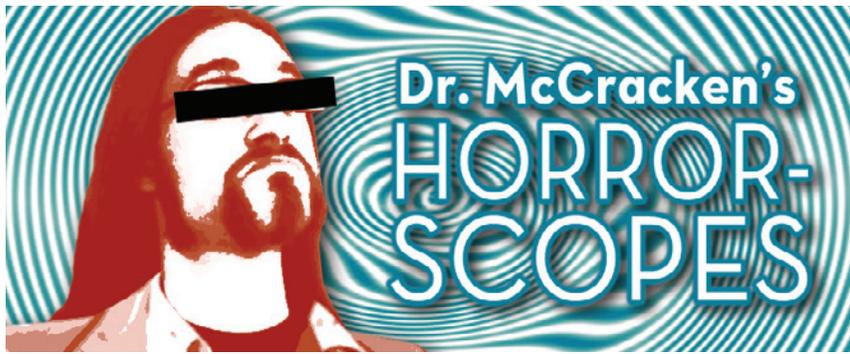
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H	E	R	E	T	I	N	A	F	E	Y	A	U	T	U	M	N	S		
A	D	I	D	A	S	D	U	I	W	I	T	H	A	Y	E				
M	A	C	S	L	E	E	P	L	E	S	S	I	N	S	A	D	D	L	E
E	T	A	H	E	R	R	E	N	R	O	L	L	C	A	R	O	M		
D	E	I	N	E	W	E	S	R	E	L	L	I	A	M	E	I	N	S	

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

Difficulty Level ★★★★★

3/17

GENERAL BOB IS AT RHODY'S FOOD & SPIRITS



ARIES
(MAR 21-APR 19)
Some intellectual knowledge that you've gained recently is going to make a huge difference in how long it takes you to eat an entire party sub by yourself. If you're having trouble thinking of new ways to be kind to people, consider lighting yourself on fire in front of someone who hates you.

TAURUS
(APR 20-MAY 20)
Some childhood traumas could be healed by calling your father and letting him know that you're pretty sure making you run extra laps won't help the Hawkeyes win more games. Don't be surprised if you shed a few tears and get to cross a name off your ever-growing List of People To Shave the Eyebrows Off Of In Their Sleep.

GEMINI
(MAY 21-JUNE 20)
Some great news could come to you soon if you follow your heart but you could also end up joining a cult. Be careful about which bathroom walls you scratch your social security number into.

CANCER
(JUNE 21-JULY 22)
More available income usually necessitates working even harder, but in your case, you could simply rip the throat out of only one person like in the film *Roadhouse* and then get paid by other people to not simply rip their throat out like in the film *Roadhouse*.

LEO
(JULY 23-AUG 22)
Minor changes in your money situation could make for a beautiful day of selling pictures of your feet to Russian businessmen over some of the shadier parts of the internet.

VIRGO
(AUG 23-SEP 22)
Your natural intuition could prove extremely valuable when it comes to dealing with more time spent in traffic or the increasing number of people who try to put you in submission maneuvers whenever you walk down the street. Remember to relax your shoulders and focus on joint manipulation if trapped in a triangle choke.

LIBRA
(SEP 23-OCT 22)
Some gossip about a friend who has recently begun a new relationship could turn

around and come back at you in the form of that friend cloning themselves and then fusing their bodies together by the backs and then turning into a human tornado and then crawling inside your body and ripping you apart. Maybe it's best to keep your opinions to yourself for a bit.

SCORPIO
(OCT 23-NOV 21)
Your lucky number is, like, four more than you thought it was.

SAGITTARIUS
(NOV 22-DEC 21)
Any current or potential romantic partner you encounter will probably want to know if you have any plans of starting a family and also might want to know why there's an outstanding warrant for your arrest in the state of New Mexico. Remember to not give away too much information on the first date and to always pay for everything with cash in case you need to make a clean break from the life you're currently living to start a new one in someplace other than your current place and New Mexico.

CAPRICORN
(DEC 22-JAN 19)
If you've been studying an intellectual or spiritual subject recently you may notice that your insights into how it works and its effects on the world are becoming more and more clear with every tab of acid you take and shower you skip.

AQUARIUS
(JAN 20-FEB 18)
I know you think your camouflage bed sheets make you look like Tank Girl in a fresh pair of combat boots, but it actually makes you look more like John Cena when he was doing promotional appearances for the first installment of *The Marine* films.

PISCES
(FEB 19-MAR 20)
Someone you know fairly well but never thought of as a potential lover could suddenly show a romantic interest in you and the routing number for your savings account and the exact location of where you keep your gold buried. Let love rule.

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