

365ink

MAGAZINE

JUNE 25-JULY 8, 2020 ISSUE #366 DUBUQUE365.COM FREE!



PHOTO: SCHLEUNING PHOTOGRAPHY
MODEL: GWEN BEATTY
CAR: DAN COLE, 1960 CORVETTE
MURAL: BEAU & HOLLY THOMAS

JULY 4-5
VINTAGE TORQUE FEST
DUBUQUE COUNTY FAIRGROUNDS

IN THIS ISSUE...

STATE OF THE CITY
Mayor Roy Buol

PHOENIX THEATRES
Announces
Re-Open Plan

**HOW ARE
YOU FEELING?**

**PICTURE YOURSELF
IN THE TRI-STATES**

THE TRI-STATES' FREE ENTERTAINMENT GUIDE



THE VAULT

RESTAURANT & COCKTAIL LOUNGE



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365INK MAGAZINE

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365ink
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JUNE 25-JULY 8, 2020
ISSUE #366

10

VINTAGE TORQUE FEST

VINTAGE TORQUE FEST HEADS TO THE DUBUQUE COUNTY FAIRGROUNDS WITH HOT RODS, MUSIC, PINUPS, AND ART ON JULY 4-5

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FEATURES

- 9 PHOENIX THEATRES REOPENS
- 13 STATE OF THE CITY
- 14 HOW ARE YOU FEELING?
- 25 PICTURE YOURSELF IN THE TRI-STATES

SECTIONS

- 4 **EVENTS**
- 15 **NIGHTLIFE**
- 18 **COLUMNISTS**

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WHERE'S WANDO?



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

Well hello there!

When we celebrated our 365th issue of *365ink* in March we never thought it would be our last issue for a couple of months, but here we are. We're back, and the world is suddenly a different place. And just because we're publishing again doesn't mean it's over or that it won't come back even worse again at a later date. But like everyone, we're adapting as we go and doing what we can to continue to be who we are and do what we do. But doing what we do just got a whole lot more interesting and difficult.

There's one truth at the core of *365ink*. Without the businesses, organizations, and talented people who make up the cultural fabric of our community, we are nothing. If there are no events to promote, if we can't come together to celebrate, to socialize, to eat, and to learn, there's no reason for there to be a *365ink*. So like you, we waited, we stayed home, and we used social media to share real and helpful information about being safe and getting to the other end of this terrible situation. Well, most of you. Some people love to look at reality and decide it's all a big lie.

I completely understand the extreme frustration of businesses who have been completely shut down because of COVID-19—I'm one of them. But how anger at not being able to do business became an affront to civil liberties to wear a mask to protect others is simply beyond me. The herd-stupidity of a whole segment of the population is not just maddening, it's depressing. All we had to do was stay home for a couple of weeks, and wear a mask if you had to go out, and people just ignored it. There are so many parallels to make between this and arguments that so many "patriots" make about freedoms. Soldiers risk their lives to protect us, but you can't wear a mask because you're an American and can't be told how to live your life. You need a good guy with a gun to save people from a bad guy with a gun, but when asked to wear a mask to also protect a life, it's unconstitutional? I saw the Republican Governor of North Dakota in near tears begging people to stop mask-shaming. So, I know it's purely not a Republican/Democrat thing. But there is a completely unnecessary and unhelpful divide over this issue, and if ever we should be on the same team for something, keeping us all alive should be it. To do anything else is purely ignorant, selfish, and shameful behavior. Opening up is something we all should strive for, but we can open and still be mindful. So as we open, and you forget there was a problem, when you do see a person who still chooses to wear a mask, please

respect their choice. It's bad enough that some won't play ball, but shaming someone who is unconscionable.

I want bars and theaters open too. You have no idea how bad I want that. It's my lifeblood after all.

Without those businesses open and thriving, I have advertising that keeps our lights on. But my ethical considerations go beyond that. Just because we CAN open, should we? Is it my responsibility to promote social gatherings? Or when is it safe for me to do so? The day things can open? A week later? A month later? I don't know the answer, so I've just used my best judgement, watched the numbers, and took into consideration the wishes of our readers and advertisers. After all, most of you will only read this issue because you went out in the public and found a copy. Should I be enticing you go out in public to get your *365ink* if you may be at risk? It's so hard to know the right thing to do.

But obviously you are reading this issue, and we have started printing again. Even that's hard because there's simply still not a whole lot going on event-wise, and there likely will not be for some time. We won't see new movie releases until July or I hear that even September is now a possibility. Performing arts venues are just staying dark until fall, and many festivals have simply pulled the plug for 2020, even if they're not slated to happen until late summer. So what do we write about if there's no staged theatre or large scale concerts? We tell stories too, but mostly we are about events and things you can get up and go do. If those things are not happening, my job is not just hard, it's not very fun either. But like you, even at a time when are jobs are harder than usual, we do them anyway as best we can.

Thanks for picking up the new issue of *365ink* or finding it online. And please look closely at all of the advertisers in this issue. They are my heroes. Without every one of them, we could not come back today. And we're still losing money being open, but not as much as we would if we did nothing. If your business has the means to promote in today's economic climate, we'd love your support as we support those who were hardest hit by the shutdown.

I know I didn't talk about the racial tensions happening in America right now. It saddens me as much as the wave of change it is causing inspires me. But I know there are voices much better suited than mine to properly express the same feelings I have about it all, and I hope to give them some voice in upcoming issues. It's a weird time all around. But I'm glad to be here, and I'm glad you are here with me.

Be safe. Be smart. Be respectful. Be the best of Dubuque. Happy Independence Day from the whole crew at *365ink*. ■



**Together or Apart,
we Celebrate**

YOU.

**HAPPY
PRIDE
MONTH**

from Stop HIV Iowa.

www.stophiviowa.org

June 2020

JULIEN DUBUQUE INTERNATIONAL FILM FESTIVAL

JUNE 25–JULY 13
JULIENFILMFEST.COM

It's the first-ever (and hopefully last) VIRTUAL Julien Dubuque International Film Festival! You will be

able to screen any of the available festival films right on your device Thursday, June 25 through Monday, July 13 at JulienFilmFest.com.

The JDIFF Board authorized Executive Director Susan Gorrell to extend the April 2021 live festival and screen the 2020 films as well as all 2021 selections. If you've already purchased an all-access pass for 2020, please note that you will have full access to both the 2020 virtual festival as well as the 2021 extended festival.

Individual film tickets will be available for purchase as usual for \$7 per ticket and unlock one screening (one feature-length film, one short block, etc). All-access passes to the 2020 virtual festival only are available for \$50 and will unlock all films that are able to screen virtually. Or for the best deal, purchase a \$150 All-Access Pass for 2021 and receive the virtual festival all-access FREE!

The 2021 Julien Dubuque International Film Festival will be held April 18–25, 2021. For more information, visit JulienFilmFest.com. ■



THE COMEDY BAR POP-UP PATIO SHOWS KEVIN WILLIAMS

JUNE 26 AND 27 @ 8 PM
NOVELTY IRON WORKS COURTYARD
(333 E 10TH ST)

From great pain comes the greatest comedy. The Comedy Bar has move their shows outdoors to the Novelty Iron Works Courtyard (weather permitting). Shows will be held at each every Friday and Saturday night, to start, featuring national and local favorites.

Kevin Williams finishes off this month's shows on June 26 and 27 at 8 p.m. Williams describes his act as "adult silliness." His subject matter ranges from his growing up in the inner city of Chicago to why he hates self check out machines. Whatever the subject Kevin mixes his brand on humor with it and the outcome is hilarity!

General admission is \$18 and you can reserve a table for 4 for \$65. Tickets may be sold per table, meaning guests must purchase a full table regardless of guest count and may not exceed the seating maximum per table. Shows run approximately 1 hour and 15 minutes. Doors open 60 minutes prior to showtime. Seating is first come first serve. Ages 17 and older. For advance tickets and more information, visit ComedyBar.com. ■



DUMA CRAFT INVITATIONAL

JUNE 27–OCTOBER 11
DUBUQUE MUSEUM OF ART (701 LOCUST ST)

The Dubuque Museum of Art is reopening with limited hours and updated COVID-19 policies to keep their staff, volunteers, and patrons safe. New hours will be Thursday through Saturday from 10 a.m. to noon and 1 p.m. to 4 p.m.

DuMA presents a new exhibition highlighting fine craft, with an emphasis on traditional materials handled in unexpected and innovative ways. Opening Saturday, June 27, the DUMA 2nd Craft Invitational will include over 70 handcrafted works by a select group of regionally-based craftspeople working in ceramic, glass, wood, paper, and metal. Featured artists include Ali Kauss, Amy Arnold and Kelsey Sauber Olds, Andrew Shea, Bob Grueneberg, Cory McCrory, Darlys Ewoldt, Don Friedlich, Ernest Miller, Gordon Browning, James Pearce, John Martinson, Judith Kinghorn, Julie McLaughlin, Kevin Kowaleski and Justin Mosling, Kristin Garnant and v.skip willits, Linda Kelen, Melissa Jay Craig, Mitchell Spain, Rich Robertson, and Rick Hintze. The exhibition will run through Sunday, Oct. 11.

For more information, call **563-557-1851** or visit DBQart.org. ■

2020 FOOD TRUCK FRIDAYS
WASHINGTON PARK

JULY 10, AUGUST 21, AND SEPTEMBER 11

11 AM - 1 PM

PRESENTED BY:



MidWestOne Bank

TRAVELDUBUQUE.COM

THU 6/25

Outdoor Dining in
Downtown Dubuque

NOON-7:30 PM @
VARIOUS LOCATIONS IN
DOWNTOWN DUBUQUE
June 25-27. Blocks in
Downtown Dubuque will be
closed off to increase res-
taurant square footage by
expanding capacity onto the
streets! June 25: 3rd-4th on
Main St features The Vault
and Skinny McGinny's with
music by Lexi Parr. June 26:
2nd-3rd on Main St features
Caroline's and Barrel House
with a JDIFF movie at Caro-
line's. 11th St between Main
and Iowa features Oolong
Asian Cuisine, Jubek's and
The Food Store. June 27:
1st-2nd on Main St features
Dimensional Brewing
Company, Which? Sandwich,
Wicked Dame, Lot One,
Mason Dixon, Ice Cream U
Scream, and Candle Ready
Cakes, with music by Nate
Jenkins and Josh Yeltman
and a movie screening.
downtowndubuque.org.

Virtual ArchiTREK
Tour: Eagle Point Park

1 PM @ ONLINE
ArchiTREK is back! Join the
Dubuque Museum of Art and
Heritage Works on Zoom for
a virtual presentation and
discussion focusing on Eagle
Point Park. RSVP. Free.
bit.ly/3el8JYM.

Riverview Center
Online Auction

2 PM @ ONLINE
June 25-July 10. Although
the annual Evening of Light
event has been cancelled,
the online auction lives
on! The auction supports
survivors of sexual assault
and domestic violence.
The Evening of Light with
Michelle Knight has been
rescheduled for April 21 and
22, 2021. **563-557-0310**.
qtogo.net/qlink/riverviewcenterdubuque.

FRI 6/26

DSO: Live From
Our Living Room:
Peter Miliczky

7 PM @ ONLINE
Associate Concertmaster
Peter Miliczky invites you
to their home for a mini
concert. Recordings of each
concert will be available on
the DSO YouTube channel.
Free. facebook.com/DubuqueSymphony.

WED 7/1

Animal Cy-ience
Academy

9 AM-1 PM @ ONLINE
Students grade 8-12 can
catch a glimpse into the
many disciplines and career
opportunities available in
the field of animal science.
Experience dissections, farm
tours, live demonstrations

and cook a virtual lunch
with Iowa State University
professors. RSVP by June
28. \$25. **515-294-3441**.
aep.iastate.edu/ancy.

THU 7/2

Virtual Chalk
Your Walk

6-6:45 PM @ ONLINE
July 2, 7, 11, 15, 20, 23, 28, 30,
and 31. Girl Scouts invites all
girls ages 5+ and their fami-
lies, not just members of Girl
Scouts, to learn how to make
homemade sidewalk chalk.
After the program, kids are
encouraged to beautify their
neighborhoods by clean-
ing up any litter and then
coloring uplifting messages
and fun designs on their
sidewalks. Participants will
need to have flour OR corn-
starch, water, food coloring,
and a brush. RSVP. Free.
tinyurl.com/gseventbrite.

FRI 7/3

First Fridays

3-7 PM @ POP-UP BOUTIQUE

The Pop-Up Boutique
welcomes singer/song-
writer Ron Frank to the
Busker's Corner stage from
5 to 7 p.m. Bear Dancer
Studios Gallery features the
internationally acclaimed
photography of Mark Dierker
as well as consignment art
by several other local and
regional artists. The Merry
Pop-In Shoppe is owned
by Julie Griffin and features
vintage and resale clothing.
Holly Dolly features lead and
nickel-free one-of-a-kind
jewelry designs all under \$5.
Roxanne's Gems is run by
Roxanne Connor who spe-
cializes in custom designed
jewelry and jewelry repair

as well as repair of damaged
clothing. Future Outlook
features intuitive Tarot
readings by Patty Ann Ellis.
Free. 2230 Central Ave.
facebook.com/DubuqueFirstFridays.

SAT 7/4

Virtual Heritage Day

10 AM-4 PM @ ONLINE
View demonstrations most
integral to the experience
of Heritage Day at the
Mining & Rollo Jamison
Museums including musical
instruments, hit-and-miss
engines, corn-shellers,
wool-spinning, the
treadle jigsaw, a perfor-
mance by The Wundo
Band, and more! Free.
Mining.Jamison.Museum.

**COVID-19 NOTICE: PLEASE
CONTACT THE EVENT HOST
OR VENUE TO MAKE SURE THE
EVENT IS STILL SCHEDULED**

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in total interest on qualifying loans (auto, recreational vehicle, personal, home equity, and/or mortgage) from 01/01/20—09/30/20.



JOSEPH HALL'S ELVIS ROCK N' REMEMBER

SATURDAY, JUNE 27 @ 7 PM
OHNWARD FINE ARTS CENTER
(1215 E PLATT ST, MAQUOKETA, IA)

The Ohnward Fine Arts Center is ready to turn on the stage lights to welcome Joseph Hall's *Elvis Rock N' Remember* Show on Saturday, June 27 at 7 p.m.

With the look, the voice, the charm, and the vulnerability of a young Elvis, Joseph Hall's got the moves that take us back to a time when parents were flabbergasted by Presley's flauntingly provocative hip action. The show is masterfully produced with a mixture of Elvis hits (from rock 'n' roll to country to gospel), stage props, multiple costume changes, and a heartfelt tribute to our veterans.

Joseph Hall's resume includes placing in the top ten on NBC's *America's Got Talent* in 2008, and he is also recognized as a top three Elvis Tribute Artist by the Elvis Presley Estate. Joseph has played the *Legends in Concert* in Las Vegas as well as headlined the Elvis Cruise in 2007. He is the 2010 Branson Male Performer of the Year.

Tickets are \$22 in advance or \$25 at the door for adults and \$13 in advance for \$15 at the door for students. Tickets can also be purchased at The Ohnward Fine Arts Center box office, by calling **563-652-9815**, or at **OnwardFineArtsCenter.com**. ■



INDEPENDENCE DAYS

PLUS NEW LINWOOD LEGACIES EXHIBIT

JULY 2-4 @ 11 AM-4 PM

MATHIAS HAM HISTORIC SITE (2241 LINCOLN AVE)

What was to be its 57th annual Fourth of July Ice Cream Social at the Mathias Ham Historic Site will, given the current pandemic, be modified for 2020 into a multi-day series called Independence Days held July 2-4 from 11 a.m. to 4 p.m.

Independence Days features small group Ham House tours with interpreters stationed throughout the home. From candle making to homemade ice cream to creating Victorian posies, each day will feature a live demonstration. On July 4, the Americana Band will play on the lawn for guests and passersby. In a nod to the annual ice cream social, individually packaged ice cream treats will be provided to guests in partnership with Prairie Farms during the celebration, while supplies last.

Linwood Legacies examines the history of Dubuque's Linwood Cemetery. The exhibit provides a glimpse into Linwood's early history, as well as death and mourning practices of the Victorian Era.

Linwood Legacies and self-guided tours of the home are included with general admission to the Mathias Ham Historic Site during its summer season. The Ham Site is open every Thursday through Sunday from 11 a.m. to 4 p.m. this summer.

Tickets to Independence Days are just \$7.50 for adults and \$4 for youth ages 3-17. They can be purchased online at **RiverMuseum.com/hamsite** or upon arrival in the Ham House gift shop. For more information, visit **RiverMuseum.com**. ■

VERLO MATTRESS PRESENTS

KICKOFF TO SUMMER

THURSDAY, JULY 2 @ 6 PM-MIDNIGHT

DUBUQUE COUNTY FAIRGROUNDS
BEER GARDEN (14569 OLD HWY RD)

Well, just when you thought every music festival was going to get cancelled for the whole Summer, along comes the Kickoff to Summer to give outdoor festivals a fighting chance in 2020. While the event was originally slated to again take place at the Q Casino Backwaters Stage, a venue change was necessary, and landing at the Fairgrounds made the most sense.

Long-time organizer Scott Thomas from Music and More Promotions jumped through all the hoops necessary to make the first-of-the-season music festival come back on Thursday, July 2 from 6 p.m. to midnight. Thanks to the Rod and the music-loving crew at Verlo Mattress, the night will not only feature great local music but a fireworks show to boot.

A rockin' musical lineup features local talent including RatchetJaw, hard rockers Menace, and party-rock favorites Jabberbox. Both Jabberbox and Menace have been very long running local acts with years of experience and legions of fans.

In addition, you know you can expect plenty of cold Budweiser products and other beverages as well as good food. Fireworks take place just after dusk. This all ages event is free with proceeds supporting great local causes like Sertoma Club, FFA, and Camp Albrecht Acres. For more information, visit **MusicAndMoreDBQ.com**. ■

GOTTA HAVE IT OUT OF QUARANTINE CLEARANCE SALE

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EARLY SEASON SHUTDOWN. INCREDIBLE SAVINGS**

30%-50% OFF
IT'S GOTTA GO!

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SAT: 10 AM-5 PM
SUN: 11 AM-3 PM
JULY 4: 10 AM-2 PM

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563-588-3956
FACEBOOK.COM/GOTTAHAVEITINCBOUQUEONBLUFF

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HAVE
IT INC.



AFTER HOURS BY APPOINTMENT

SUN 7/5



Drinks And Dialogue: She Kills Monsters

4:30-6:30 PM @ ONLINE
Read *She Kills Monsters* by Qui Nguyen on Zoom. Agnes Evans is an average woman who loses her parents and little sister Tilly in a car accident. Having been very distant from her sister while she was alive, Agnes embarks in an adventure to get to know her sister better by playing a Dungeons & Dragons module that Tilly had written, and discovers things she'd never imagined. The plot takes place in reality

and in the imaginary game world; in the game world Agnes learns about Tilly's exploration with her sexuality and how she struggled with her sexuality in reality. RSVP on Facebook for a script and Zoom link. Find Trainwreck Productions on Facebook.

TUE 7/7

Healthy Pregnancy, Confident Birth

6:30-8:30 PM @ STATERA
Pregnant or trying to conceive? Learn how to best care for your body during pregnancy through nutrition, movement, and relaxation techniques. Equip your mind, body, and spirit for an optimal pregnancy experience. Taught by Lacy Knipper,

M. Ed, Certified Childbirth Educator and Leslie Kremer, DPT specializing in birth healing. \$25 Individual; \$40 couple. **563-207-8932**. 3375 Lake Ridge Dr. stateraintegrated.com

MON 7/13

Delaware County Fair

DELAWARE COUNTY FAIRGROUNDS (MANCHESTER, IA)
July 13-19. While this year's fair will only have the 4-H and FFA portions, the Fair Board is looking at ways we can bring more events to the community later this summer as safety concerns ease. 200 E Acers St, Manchester, IA. **563-927-6449**. delawarecofair.com.

ONGOING

Galena Territory Farmers Market

SUNDAYS: JULY 5-SEPT 6, SEPT 20, AND OCT 11 @ 8 AM-NOON
GALENA TERRITORY OWNERS' CLUB (GALENA, IL)
Fresh produce, free-range and antibiotic-free meat, jams, baked goods, arts and crafts, and more. 2000 Territory Dr, Galena, IL. **815-777-2000**. facebook.com/TheTerritoryFarmersMarket.

Millwork Night Market

THURSDAYS: JULY 9, AUG 13, SEPT 10, AND OCT 8 @ 5-8 PM
7TH-9TH AND JACKSON ST
Visit the online vendor directory to inquire about pre-ordering. Enter at 9th

St. No public seating, live music, or alcohol sales. **MillworkNightMarket.com**.

Cruisin' Thursdays Car Show

THURSDAYS THROUGH SUMMER @ 4:30-9:30 PM
SINSINAWA AVE, EAST DBQ, IL
All ages of vehicles are welcome. Enjoy live music and browse through the cars. Food and beverages available on the outdoor patios. facebook.com/EastDubuqueCarShow.

DBQ Farmers' Market

SATURDAYS THROUGH SEPT 26 @ 7 AM-NOON
SATURDAYS OCT 3-31 @ 8 AM-NOON
13TH AND IOWA ST
Iowa's oldest open-air market features a wide

variety of vendors selling homegrown produce, baked goods, bedding and house plants, wine, and much more. **563-588-4400**. dubuquefarmersmarket.org.

Galena Farmers Market

SATURDAYS THROUGH OCT 31 @ 7 AM-NOON
123 COMMERCE ST, GALENA, IL
Find local food and other locally-made items from Jo Daviess County. Produce, baked goods, plants, jams and jellies, honey, beef and pork, coffee, soaps and facemasks. Buy direct from organic and non-GMO farms located in Jo Daviess County. **563-542-0996**. facebook.com/galenafarmersmarket.

COVID-19 NOTICE: PLEASE CONTACT THE EVENT HOST OR VENUE TO MAKE SURE THE EVENT IS STILL SCHEDULED

SUBMIT YOUR EVENTS!

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

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SHULLSBURG 4TH OF JULY CELEBRATION

SATURDAY, JULY 4 @ 1 PM
SHULLSBURG, WI

The Shullsburg 4th of July Celebration Committee has announced changes to their schedule of activities for their 2020 4th of July Celebration, but fear not...there will still be fireworks!

The Fever Baseball game begins on July 4 at 1 p.m.

in Badger Park. Food and beverage, including a beer stand, will be available during the game.

The day will conclude with one of the area's biggest and best kept 4th of July secrets: The Shullsburg Fireworks Display. The extravagant display starts at dusk at approximately 9:45 p.m. The show will go on, but will NOT be in Badger Park. Find a spot with a view of the NW sky in Shullsburg, WI and enjoy the fireworks! The show will also be live streamed so you can experience the event while staying in the safety of your home. The display is being presented by Krueger Pyrotechnics & Fireworks Display.

For the most up to date information, visit facebook.com/Shullsburg4thofJulyCelebration. ■



FOOD TRUCK FRIDAYS

RALPH KLUSEMAN:

FRIDAY, JULY 10 @ 11 AM-1 PM

GARRETT HILLARY:

FRIDAY, AUGUST 21 @ 11 AM-1 PM

JOIE WAILS DUO:

FRIDAY, SEPTEMBER 11 @ 11 AM-1 PM

WASHINGTON PARK (6TH-7TH AND LOCUST ST)

We are a go for launch! Travel Dubuque sponsored Food Truck Fridays is back for the summer, serving up great to-go eats on Fridays: July 10, Aug. 21, and Sept. 11. Because of social-distancing concerns, there will be no dedicated seating for the event as people are encouraged to take the food to-go and eat it elsewhere. But you can pull up a spot on the grass if you like to bring a chair because there will still be live music provided by 365ink at each event.

For July, the food trucks on hand will include Magoos, Charlotte's Coffee House, and Candle Ready Cakes with more on the way. There is no on-site restrooms or sanitation. July's music comes courtesy of Ralph Kluseman who brings a lot of Beatles and more classic singer-songwriter hits to the gazebo stage.

August music is by Garrett Hillary and September welcomes the Joie Wails Duo.

For more information, visit TravelDubuque.com. ■



BELL TOWER THEATER VIRTUAL PLAY

STUCK AT HOME

JULY 11 AND 15 @ 7 PM

FACEBOOK.COM/BELL.TOWER.9

JULY 15 @ 2 PM

YOUTUBE.COM (BELL TOWER THEATER)

The Bell Tower Theater presents their second virtual play, the brand new comedy *Stuck at Home*. You can watch the play on the theater's Facebook page July 11 and 15 at 7 p.m. or their YouTube channel on July 15 at 2 p.m.

Sometimes we can only handle so much togetherness. Join this hilarious look at two families as they struggle to endure being stuck at home-together! Why is the WiFi out, and will their old-school solutions work when all the necessary cords are missing from the junk drawer? Will the family successfully secure two-ply toilet paper in trade negotiations with Grandma? What foods (or beverages!) are critical enough to make a special run to the grocery store? And really, who is strong enough to endure more than one Dad joke?

Due to copyright restrictions, the video of this performance will not remain online. The performance is free, but goodwill donations will be accepted. For more information, call

563-588-3377 or visit BellTowerTheater.net. ■



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PHOENIX THEATRES ANNOUNCES RE-OPEN PLAN

Since opening in 2000, Phoenix Theatres has risen above more than their fair share of difficult challenges that are typical to a small business. However, none of these problems have been as serious as the current COVID-19 pandemic.

"This challenge was completely unexpected and affects literally everyone in the world," explained Cory Jacobson, owner of Phoenix Theatres. "We have faith in the human need to interact with one another and the art we present at the movies. It is unique to our American experience, as movies are one of our greatest cultural contributions to the world. Our business is both local and very social by nature and uniquely disadvantaged in a pandemic crisis."

The movie industry is not only closed at your local theatre, but all production has stopped on new feature films as well. The film studios have responded by literally rescheduling all films beginning later this summer and in some cases 2021. As the film industry grapples with these unprecedented problems, Phoenix Theatres decided to proactively shift their focus to offer solutions that could make a difference.

"Our management group has spent the past few months working on developing a comprehensive plan with CDC guidance to carefully re-open our theatres," Jacobson said. "We are hopeful that all of our locations will be able to open by July 24 to support the return of Hollywood's summer blockbuster movies to the big screen with Walt Disney's *Mulan*."

Phoenix Theatres has used the time since it was allowed to technically re-open to train local management and employees on their new protocols and make upgrades to their ticketing system that will allow the computer to automatically practice social distancing inside each auditorium by implementing reserved seating.

Phoenix Theatres plans to incorporate both CDC and our local government standards on how a theatre should safely operate. Working closely with the National Association of Theatre Owners and with the help of their management and employees, Phoenix Theatres has established new safety protocols for every aspect of the theatre:

- Social distancing guidelines in all the common areas and most importantly

in the theatre auditoriums. The seating layout will automatically be configured within the reserved seating computer software, so that customers will not be within six feet of other guests not in their family group.

- Each employee will wear masks and other protective equipment.
- Streamlined transactions at the ticketing and concession stand to further minimize touch points.
- In between each showing, Phoenix Theatres will use a food grade disinfectant spray on all seats that removes 99.99% of all viruses on surfaces within 30 seconds.
- Using this disinfectant spray on high touch points throughout the building including the restrooms and concession areas.
- Hand sanitizer stations will also be provided for customer use throughout the theatre.

To view Phoenix Theatres' re-opening video plan and a complete listing of safety protocols, visit phoenixmovies.net/covid.

A new Phoenix Theatres store at phoenixmovies.net allows customers to purchase gift cards online (in increments of \$25, \$50, \$100). They would certainly appreciate your support.

There is no doubt that the coronavirus has wreaked havoc on the movie industry in ways that are visible to us. However, theatre owners all over the country remain hopeful.

In the past several weeks, the movie industry has received some very hopeful news with Solstice Studios announcing a July 10 opening for their new Russell Crowe film *Unhinged*, Walt Disney Studios opening their long awaited *Mulan* on July 24, and Warner Brother's following with their new Christopher Nolan film *Tenet* on July 31.

"It is our sincere hope that our society can safely return to a normal routine of enjoying our lives and love of movies. The experience of living through this crisis has certainly been very humbling for all of us. I want to personally thank many of you that have called us and took the time to send us letters of support. These little niceties are just a little more appreciated than ever and prove to us that it's incredible customers who have supported us the last 20 years." ■

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VINTAGE TORQUE FEST SCHEDULE

All times are tentative and schedule is subject to change.
Follow Vintage Torque Fest on Facebook for the latest updates.

FRIDAY, JULY 3

VTF Cruise, Parade & Pre-Party

Cruise is free and open to all classic cars

- 1:00 PM Cruise Staging in West Parking Lot of Fairgrounds
- 1:30 PM Back Roads Country Cruise to Galena, IL
- 5:30 PM Downtown Parade Staging at McGraw Hill parking lot,
Port of Dubuque
- 6:00 PM Downtown Classic Car Parade
- 7:00 PM Pre party at the Fairgrounds (Stage 2)
Entry at Camping Gate (North Gate) Only
- 7:00– DJ FISH spins wax on 2 turntables. Dancing is Encouraged.
- 10:00 PM

SATURDAY, JULY 4

- 9:00 AM Staging in West Spectator Lot
- 10:00 AM Volunteers Enter
- 11:00 AM Open to Public
- 11:00 AM Tuff Mudder Mini Bike Races
- 11:00 AM Surf Zombies (Stage 3)
- 11:30 AM Pin Up Contest (Stage 1)
- 12:00 PM Chicago Farmer (Stage 2)
- 12:30 PM Jenny Lynn Stacie & The Dirty Roosters (Stage 3)
- 12:30 PM Flat Track Motorcycle Exhibition
- 12:45 PM Jimmy Dale Richardson (Stage 1)
- 1:30 PM Mini Bike Parade (Starts at Camping Gate)
- 1:30 PM Mix-n-Mingle—Meet the Pin Ups! (Stage 2)
- 2:00 PM Mini Bike Dirt Track Action
- 2:00 PM Eli & The Long Horned Bandits (Stage 3)
- 2:00 PM Helping Hannah's Heart Adopted Family Ceremony (Inside Building 2)
- 2:30 PM Art Auction (Inside Building 2)
- 3:30 PM Spectator Drag Races
- 3:45 PM Dallas Moore Band (Stage 1)
- 4:00 PM High Five Sinners (Stage 2)
- 4:30 PM Flat Track Motorcycle Exhibition
- 5:30 PM Carrie Nation & The Speakeasy (Stage 1)
- 6:00 PM Krank Daddies (Stage 2)
- 7:45 PM Chain Racing
- 8:15 PM Homeless In Hollywood (Stage 2)
- 9:15 PM Flame Throwing Car Exhibition
- 9:45 PM Druids (Stage 2)
- 11:15 PM 3 On The Tree (Stage 2)

SUNDAY, JULY 5

- 9:00 AM Open to Public
- 10:00 AM Mini Bike Track Action
- 10:30 AM Flat Track Cycle Exhibition
- 10:30 AM Pin Up Swap & Sale (Inside Next to Building 1)
- 11:00 AM Lucky Pickers (Stage 3)
- 11:30 AM Mini Bike Parade
- 11:30 AM 20 Watt Tombstone (Stage 2)
- 12:00 PM Dirty Drag Racing Presented By Summit Racing Equipment
- 12:30 PM Miles Over Mountains (Stage 3)
- 12:30 PM Pinup Workshop Seminar (Inside Next to Building 1)
- 1:00 PM Flat Track
- 1:00 PM Wire and Nail (Stage 2)
- 2:15 PM Awards & Car Give Away



VINTAGE TORQUE FEST 2020

HOT RODS, MUSIC, PINUPS, & ART

JULY 4-5

DUBUQUE COUNTY FAIRGROUNDS
BY MIKE IRONSIDE

365ink has been promoting Vintage Torque Fest for more than a decade and to be honest, we've mostly sold the sprawling festival on the sexier aspects of the "kustom kulture" celebration—hot rods, motorcycles, rock & roll, and pinup girls. But in a year where we have all had to step back and reflect a bit, it's pretty clear that VTF is all about community.

The annual event has always been about what organizer John Wells calls his "motor family" and their shared love of hot rod and kustom kulture. And in case you weren't paying attention over the years, it's also been about fundraising to help families of kids with congenital heart issues. Again, community.

That shared camaraderie, the higher purpose to it all, has always been part of the charm of what the unfamiliar might simply consider a "car show." But in 2020—a year that will long be remembered as one of major upheaval—that sense of community has never been more important. We're all in this together, folks.

Originally scheduled for the first weekend of May, Vintage Torque Fest had to be rescheduled due to limitations placed on social gatherings as a result of COVID-19. When faced with the decision to cancel or reschedule, Wells worked with the Dubuque County Fairgrounds to find new dates that might work.

"We had such strong support to keep the event going that we just choose to do it and go forward," Wells explained in a recent interview. "If the state comes in and shuts it down, that's the way it goes. Hopefully, people will come out and support it."

With hopes that the rescheduled festival will proceed, Wells and Fairgrounds organizers hope to host a fun and safe event, despite the challenges of the current age.

"We want everyone to feel safe. We want everyone to understand that we are going to try our best to do the social distancing,"

Wells explains. "Masks are encouraged but not required. You will see people wearing masks and we hope that everyone will be respectful to those that are wearing masks because they might have some kind of situation at home that tells them that they have to wear a mask. And so please, be respectful and don't be that jerk that is making fun of other people. Because some of us might have our moms at home who are on oxygen and are compromised and we can't bring that home."

At the time Wells and Dubuque County Fairgrounds organizers were contemplating rescheduling, the July 4 weekend was the only dates available at the Fairgrounds. "It was these dates or we don't have the show," recounts Wells. "At the time we made this decision, we only had these dates available."

Wells also acknowledges that the Fourth of July weekend is for many, a family holiday. "Bring your family to the show!" he suggests. "Haven't you been in quarantine with them for the past three months? You've been with your real family for months. Now come out and be with your 'motor family' for a couple of days."

Still, at the time of the decision, Wells and Fairgrounds organizers opted for a Saturday and Sunday show rather than the usual Friday and Saturday schedule to avoid any conflict with the annual Radio Dubuque/Jaycees Fireworks and Airshow, which was originally scheduled for Friday, July 3. The Fireworks and Air Show have since been rescheduled to Saturday, Aug. 22.

"We were told by the Fairgrounds, by the Visitors Bureau, by other people who kind of know what's going on in Dubuque, DO NOT put your event on the same time as the Airshow and Fireworks because you're only going to shoot yourself in the foot," noted Wells.

With Friday, July 3 now open, the date will serve as the Vintage Torque Fest pre-party and cruise, which will stage at the Dubuque

County Fairgrounds at around 1 p.m. leaving for the cruise to Galena, IL at about 1:30 p.m. After allowing some time spent in Galena, the cruise will return to Dubuque, cruising through downtown about 6 p.m. The cruise will return to the Fairgrounds by about 7 p.m. for the pre-party, which will feature Milwaukee-based DJ Fish spinning classic vinyl on the turntables. (Find Vintage Torque Fest on Facebook for more details about the cruise.)

Those interested in seeing a selection of hot rods and other cars are encouraged to find a viewing spot along the cruise route. "The cruise is open to all cars, always has been," notes Wells. "If anybody wants to show that new Mustang or whatever and wants to cruise with everybody—cool, come on out."

It should be noted that show buildings at the Fairgrounds will not be open on Friday as organizers will be setting up that afternoon and evening for the opening of the show on Saturday morning.

With the shift to Saturday and Sunday for the main show at the Fairgrounds, some changes in the "usual" schedule of events have occurred. While VTF typically has drag racing on the Saturday of the weekend show, that activity will be moved to the Sunday around noon of this year's weekend. There will be other track activities scheduled for Saturday, including the return of Chain Racing, which will probably begin around 8 p.m.

For the uninitiated, chain racing is sort of a combination of a stock car race and a demolition derby. Each team has two junk cars. The front car has a working engine but no brakes. The rear car only has brakes. The two are connected by a tow chain or cable. Between the two cars and two drivers, the team has to coordinate their acceleration and braking while racing the other teams. Mayhem ensues.

Wells admits that this year's schedule is a work in progress with so many aspects of the sprawling event still in flux. He asks everyone to be patient with changes and still evolving schedule. "We're probably not going to know those things until the week of the event," he notes.

As with the schedule of events on the dirt track, the live music schedule is still being finalized, a process Wells describes as "a challenge." He typically begins booking bands months in advance but now is scrambling to reschedule bands and find replacements in a mere five weeks. Even bands that could accommodate the change in dates might have to reschedule to a different time over the two-day duration of the show.

Still, visitors can expect the variety and quality of live music for which Vintage Torque Fest has become known. "We definitely have some interesting bands lined up," states Wells.

Some might remember Oklahoma-based honkytonk and rockabilly artist and Ameripolitan Award Winner Jimmy Dale Richardson from his performance at this January's Retro Rewind, the annual winter warm-up for Vintage Torque Fest. Also returning will be honkytonk/outlaw country artist Dallas Moore. "People have been requesting to have him come back for the past two years," relates Wells, "so he's going to be the headliner."

As usual, Vintage Torque Fest will host three stages of live music and entertainment, with somewhere around 15 different bands performing. In keeping with tradition, one of those stages will host the Miss Vintage Torque Fest pinup contest—a chance for ladies to wear vintage-inspired clothing, hair, and makeup in the pinup style. "That's obviously a big part of the show," says Wells. "People love seeing the girls in the classic outfits."



The pinup contest, sponsored and organized by Peak-a-boo Pinups, is scheduled for 11:30 a.m. on Saturday, July 4 at Stage 1. With the popularity of the pinup contest, available entry is already filled.

"Yeah, the past couple of years we've filled that up in literally under 30 minutes," explains Wells. "We make the announcement and these ladies are always waiting to get in because Peak-a-boo Pinups do a top-notch job. I think the reason why our event draws people from St. Louis, Kentucky, Minneapolis, Michigan is because we do put on a really good contest. They want to be able to say that they competed in our contest when they go back home. We've had national recognition with that over the years."

Despite the contest already being filled, Wells encourages any local ladies to come out dressed in vintage or pinup style. "Absolutely! Come out and please be a part of it," encourages Wells. "We always have everyone that's in vintage attire come up on stage

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HELPING HANNAH'S HEART FOUNDATION VINTAGE TORQUE FEST 2020 BENEFICIARY

BENNY STOLL

There is a spirit of community that runs through the Vintage Torque Fest "motor family" and nowhere is that more apparent than with the Helping Hannah's Heart Foundation, a major beneficiary of proceeds from the annual event. A 501(c) 3 nonprofit, Helping Hannah's Heart Foundation helps to support kids with congenital heart defects and their families. Each year, the foundation chooses one kid and family to be the recipient of funds raised at the event. This year, that kid is Benny Stoll.

Benny was born 10 weeks premature along with his twin sister Ellorie. Not only did Benny have the hurdles of a premature baby, he was also diagnosed in utero with Transposition of the Great Arteries (TGA), a rare heart defect where two of the major vessels (Aorta and Pulmonary Artery) that carry blood away from the heart are switched. Being premature, the surgeons were unable to perform corrective surgery until Benny was about two months old. He had a very long recovery and was able to go home three months after he was born.

As Benny was getting older, he still struggled with pulmonary hypertension, eating issues, and had to be on a steady regimen of medication. In the spring of 2019, Benny experienced episodes where he

collapsed, going into cardiac arrhythmia and passing out. Doctors found that Benny had issues with his coronary artery and underwent a bypass surgery in December 2019. He continues to be under the care of a cardiologist. He is seven years old and is the type of kid that always has a smile on his face and lives everyday with no regrets. He is a tractor loving, car crazy heart hero.



The Stoll family will be on hand at Vintage Torque Fest on Saturday, July 4, where at about 2 p.m. they will be presented with a donation check.

"We hope that people understand that that is what this whole thing is about," explained VTF organizer John Wells, "supporting a family. We've helped raise over \$60,000, (donated) directly to these families. They will be onstage and if you want to come up and give them money directly, we totally encourage you to do that. That's what it's all about. We're trying to help these people out. As a 501(c) 3, of course we have to pay for port-a-potties, and the sheriff, and the bands and all this stuff. That's what a festival is. But at the heart of it, it's helping people out. If you can't get behind that, you're at the wrong show." ■



at the end of the contest. We take the group photo, so please feel free to be a part of that." For pinup fans, a mix-and-mingle (with appropriate social distancing, of course) is scheduled for 1:30 p.m. at Stage 2, providing further opportunities for photos.

The only thing hotter than pinup girls might be flame-throwing cars. A popular feature at VTF, vintage cars spitting fire from their exhaust pipes seems somehow appropriate for the Fourth of July. "We have fireworks every year at Vintage Torque Fest," boasts Wells, "and they're called flame-throwing cars." The flame-throwing car exhibition will be about 9:15 p.m. on Saturday, July 4, following the chain racing.

Flame-throwing cars are just one of the sub-groups of vintage hot rods you might see at Vintage Torque Fest. Celebrating the golden age of DIY hot rods and customization that gearheads were building in backyard garages before the introduction of the first "muscle car," the Ford Mustang in 1964, VTF focuses on cars of that earlier era. Though the show has been consistent about the rules of entry—pre-1964 hot rods and customs, 1974 and earlier motorcycles—this year the KTB group will have a special featured area of invite cars and customs that might be somewhat outside the typical parameters of the show. "So if you see some cool '70s van set up at the show by their booth, you'll know it's part of their area," notes Wells.

With the rescheduled date and ongoing challenges of a pandemic, Wells expects attendance to be down a bit this year. Typically, the show has drawn nearly 1,000 cars and motorcycles and over 6,000 visitors in attendance over the weekend. But with the challenges presented this year, it's not expected to hit those kinds of numbers. Still, Wells hopes that people will come and support the event and enjoy the show.

"I don't want to say that everything is going to be normal, because it's not," said Wells, "but we're going to try to have things be as normal as possible for what we've been given. We hope that everyone will have patience and understand that while you might see things that look a little bit different, you'll understand. So we hope that with this change, people will give us a little bit of grace and understanding because it's very needed this year. We're just happy to try to have the event, just so people can come out and see each other. I think that's going to be the great thing is just getting together." Community.

Admission to Vintage Torque Fest is \$20 per day or \$35 for the weekend. Discount cards for \$5 off admission are available at the Dubuque County Fairgrounds and several other area locations. The show goes on rain or shine. Because planning is ongoing, there may be changes in the published schedule. For the most up to date information, follow Vintage Torque Fest on Facebook. ■



WIN THIS CAR!

Want to drive away with your own piece of vintage torque? One lucky winner will do just that. Vintage Torque Fest is giving away this 1955 Pontiac! Donated by Rocky Hodges, with help from Arnold Motor Supply, Todd Halverson, Chuck Lines, Brock Gilmore, and Nathan Gentry, this sweet '55 will be given away on Sunday, July 5 at the VTF awards ceremony around 2:15 p.m. Enter to win by buying a poster in Building 2 (the Art Building) for \$10 or three for \$20 (triple your chance of winning!). Every poster purchase goes directly to Helping Hannah's Heart Foundation. You need not be present to win, but wouldn't you want to be there when they draw your name? ■

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STATE OF THE CITY

BY ROY D. BUOL, CITY OF DUBUQUE MAYOR

"It was the best of times; it was the worst of times. It was the age of wisdom; it was the age of foolishness. It was the epoch of belief; it was the epoch of incredulity..."

While this opening paragraph of the *Tale of Two Cities* by Charles Dickens references a different scenario in world history, the similarities to what we are experiencing as a City and nation today cannot be ignored. Dickens tells of a time of despair and suffering on one hand, and joy and hope on the other.

In Dubuque and around the country, we are gripped by uncertainty of what lies ahead as we respond to the Coronavirus (COVID-19) pandemic.

In Dubuque and around the country, we also are struggling with emotions in response to the tragedy of George Floyd's death at the hands of law enforcement in Minneapolis...the latest in a long list of injustices experienced daily by people of color around the United States.

COVID-19

My City Council colleagues and I are working with City Staff and dozens of community partner organizations and agencies to provide individuals and families, as well as businesses and organizations, the support and resources they need to respond to and recover from the physical, mental, and financial impacts of the COVID-19 pandemic. Likewise, each of us has a personal responsibility to this community we call "home" and it is simple. Follow the educated direction of our healthcare professionals and medical experts.

If you must go out for essential supplies, healthcare, or to work, follow the social distancing guidelines to stay six feet apart; plan ahead to minimize shopping trips; do not invite friends into enclosed areas to socialize; wash your hands; and refrain from touching your face.

We recognize the damage this pandemic is forcing upon our local, regional, and national economies. While the long-term impact is unknown, the short-term impact is already devastating to our small business owners, families, non-profit organizations, and more. One of the greatest sources of encouragement and optimism is that our citizens are rallying to support those businesses where possible.

This reaction represents the "unity" in our community, and for the foreseeable future, we must continue to look for ways to work together because all indications are this will be a long-term, economic recovery effort.

I want to convey the collective gratitude of our community to all our healthcare professionals, and to all essential businesses and organizations providing the critical services and goods we all need to survive. I likewise want to thank our first responders: our emergency dispatch, fire, and police departments and our public health staff. Finally, I want to acknowledge our "unsung heroes" managing our water and wastewater system, trash and recycling, and public transit for providing those critical services, as well as City staff and Dubuque's non-profit community and partner agencies who continue to serve our most vulnerable residents.

BLACK LIVES MATTER

We must first acknowledge that incidents of police brutality and other acts of oppression and harm that occur hundreds of miles away do have local impacts. Those incidents are not representative of a majority of our nation's law enforcement officers... but they do create mistrust, fear, sadness, and anger locally.

We also know that we are not perfect. I want to remind our residents that the City of Dubuque takes police misconduct seriously, and we have a forum for complaints against the Dubuque Police Department. This forum, facilitated by the Community-Police Relations Committee, exists through a memorandum of understanding between the City of Dubuque and the Dubuque Branch of the NAACP and includes community members of diverse backgrounds.

I want all Dubuque residents, especially our Black and Brown residents, to know that we hear you, we see you, and we care about each of you. We recognize that you face daily challenges that most of us do not realize or even understand,

but we must listen and seek to understand if we are to create an environment of mutual respect and trust.

This is the crux of the "Black Lives Matter" movement—not a denial that all lives matter, rather, it is that for far, far too long, Black lives have not experienced the same care for their lives that so many of us take for granted every day.

I also want to acknowledge the peaceful protests and rallies that continue to be held in Dubuque. The conduct of those groups and involvement of local law enforcement has been exemplary and showed how engaged residents can come together and effectively make their voices heard, both peacefully and powerfully, in a time of extreme pain, crisis, and anger.

The Dubuque City Council is committed to acknowledging, to listening, and responding to our community members' thoughts on what our community needs to heal, what it needs to meet the needs of our families, and finally, how best to develop ways to work together to create the long-term actions that will benefit the Dubuque community.

We also are committed to the actions already underway to disrupt racism and to promote equity and inclusion in our community. These include continued support of partnerships and initiatives like Inclusive Dubuque, the Equitable Poverty Prevention Plan, City staff efforts to create equity plans specific to the services each department offers, supporting the Police Chief's Forum, and continuing intercultural competency training for all City employees.

The City of Dubuque will continue to pursue our vision to make Dubuque a "sustainable and resilient city and an inclusive and equitable community" and we will support the Dubuque Police Department's mission to enhance community livability by providing equitable community service and protection through integrity, compassion, and competence.

It has been said that in a crisis, the character of a community is revealed. Even Charles Dickens saw a ray of light...

"It was the season of Light, it was the season of Darkness, it was the spring of hope..." ■



REAL ESTATE WORD SEARCH

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HOW ARE YOU FEELING?

BY TANYA BILLMEYER OWNER/ WELLNESS DIRECTOR,
FLOAT AND FLY WELLNESS STUDIO

How are you feeling? I'm not talking about a cough or a fever...how are you *really* feeling? This year has brought on many new realities for all of us. Realities such as working from home, temporary unemployment, home-schooling of children the last few months, cancelled vacations or celebrations and lack of physical contact with other family members, friends and colleagues. Each one of these realities may negatively impact our well being. Even as we reenter a new norm within our community, feelings of isolation, anxiety and overall depression may continue. So much remains uncertain without a specific timeline. Despite all this, we try our best to carry on and look out for those we care about. Adapting to lifestyle changes while managing the fear of contracting the virus, worry about people close to us who are particularly vulnerable, and planning for the future is challenging to say the least. It's particularly difficult for people with mental health conditions.

In our community we have struggled for years to have the right resources and bandwidth to support the mental health needs of those battling depression, anxiety, PTSD and addiction. Even if you haven't personally experienced these conditions you for sure know someone who is living with one or more of these. During this vulnerable time there is a risk for each of us to have increased feelings of isolation, depression and anxiety. Though you may never have had those feelings before in your life you may now be experiencing additional stress. Some may find that their normal way of coping or managing has also changed due to COVID-19 restrictions.

At Float and Fly Wellness Studio, we help many that struggle with stress, depression, anxiety, chronic pain, and

PTSD by regular float therapy sessions. Despite float therapy being around since the 1950s it is relatively new in Dubuque. Float therapy is clinically proven to help in conjunction with other therapies. Clinical research investigating float therapy has reported largely beneficial effects across a range of different stress and pain related conditions, including: hypertension, chronic tension headaches, chronic muscle tension pain in the back and neck, and stress-related pain with "burnout depression." Thus far there have been several studies focused on individuals with clinical anxiety, including generalized anxiety disorder, post traumatic stress disorder (PTSD), panic disorder, agoraphobia, and social anxiety disorder, with many patients presenting with comorbid major depressive disorder. The evidence published suggests that float therapy is a safe technique for rapidly reducing levels of stress, pain, and anxiety. Clinical trials are currently underway in America, Germany, and Sweden investigating the long-term impact of floating in patients with anxiety disorders, anorexia nervosa, chronic pain, fibromyalgia, and insomnia.

Since our reopening mid May we have seen a decline in the overall mental health of our community. We want to let you know that we are here to help. We pride ourselves in providing a safe and clean space free of crowds and judgment, which allows you the space and time you need to heal on your terms. We encourage you to come visit us in historic downtown Dubuque at 1344 Locust St. for a free consultation if you are feeling stressed, overwhelmed or depressed due to the new realities imposed by COVID-19. We love our community and want to see everyone thrive as we move forward towards wellness. ■

ISSUE NO. 3 // VOLUME NO. 1 // MARCH 2020

PS STYLED

CAPSULE MAGAZINE | PRINT + DIGITAL

elegantees

Restoring lives one tee at a time



IN THIS ISSUE

MEET THE MAKERS: ARTISANS, DESIGNERS, CREATORS

It's a beautiful thing when career and passion come together.



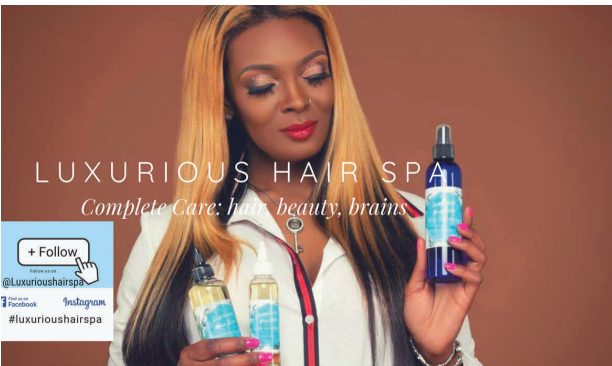
ARTISAN JODY MCGILL

One of a kind pieces, couture and classic designs, VINTALOGIE jewelry artisan, Jody McGill, creates wearable works of art. Adorning several celebrity necklines, her pieces have graced the red carpet many a time...



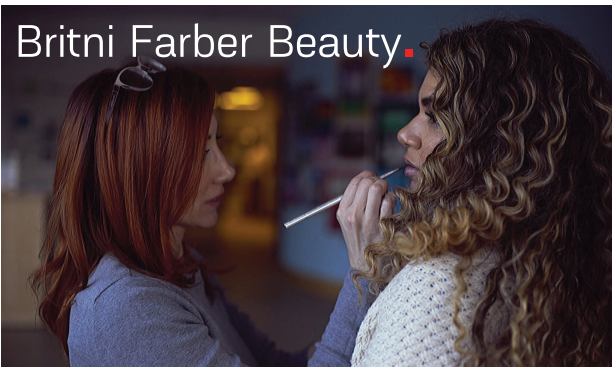
DESIGNER KATIE MARTINEZ

Meet designer and founder of Elegantees, Katie Martinez. The "elegant tee" was created by Katie in 2010 to merge her garment industry experience with entrepreneurship to fight sex trafficking for women in Nepal. It's more than creating stylish clothing, it's providing hope for those rescued...



CREATOR SHAMIKA RAINER

Created with healthy hair in mind, Luxurious Hair Spa owner produced her own hair product line, Luxurious Hair Care. After years of being in the beauty industry, Shamika realized her hair was being manipulated without being nurtured. "Luxurious, is not just a look, it's a Lifestyle"...



DBQ TO NYC BRITNI FARBER

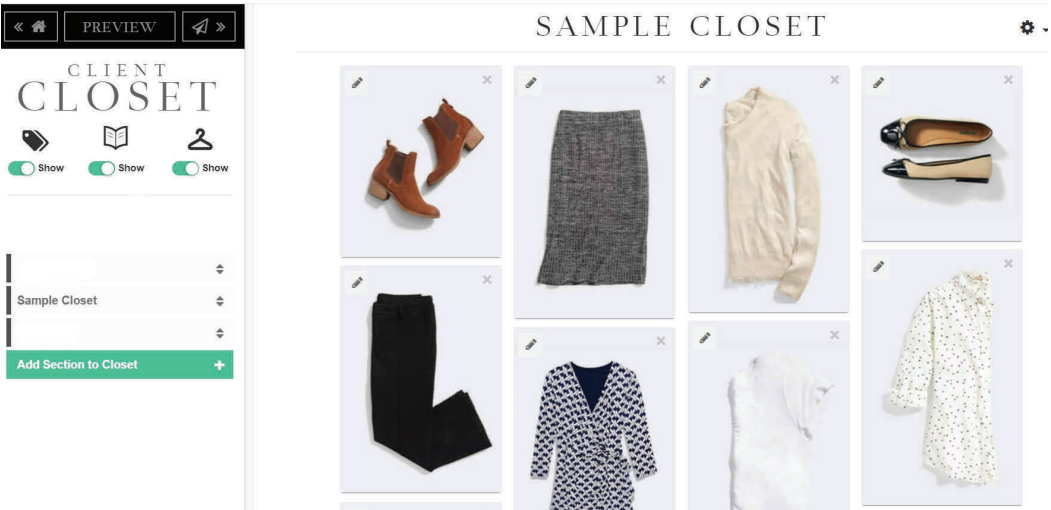
From Dubuque, IA to New York City, follow along with makeup artist and founder of Brtini Farber Beauty as she travels on set for an upcoming tv series. Read about her experiences as a Makeup Department Head in NYC...

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TRI-STATE LIVE MUSIC

THU 6/25

Chasing Denver
6:30 PM @ The Yardarm

Mark Burke
7:30 PM @ PJ's Pub & Hall, Kieler

Comedy Open Mic
8 PM @ The Comedy Bar,
Novelty Iron Works

FRI 6/26

Johnnie Walker
6 PM @ Spirits, Days Inn

The Resistors
6 PM @ Frenress Lake Bar & Grill

Comedian Kevin Williams
8 PM @ The Comedy Bar,
Novelty Iron Works

New Trick
8 PM @ The Yardarm

Two Blind Mice
8:30 PM @ Grape Escape

SAT 6/27

A Pirate Over 50
11 AM @ Coconut Cove Resort

Danny Parker Project
Noon @ Iron Horse
Social Club, Savanna

Massey Road
2 PM @ Burkey's Bar

Big Mojo
2 PM @ Massey Marina

Josh Yeltman
2 PM @ Millennium Bar & Marina

Jim Mantey
2 PM @ Galena Cellars

Corey Jenny
2 PM @ Grape Escape

The Other Two
3 PM @ Coconut Cove Resort

David Minnihan Trio
4 PM @ Stone Cliff

Rockin' On The River: Catfish
Murphy, Adam Splinter, Adam
Brown
5 PM @ Cascade Ampitheater

Lexi Parr Trio
7 PM @ The Wolfhound

Joseph Hall's ELVIS Rock-n-
Roll Remember
7 PM @ Ohnward Center

Emple's Rooftop Party w/
Gruyay, Hoax, Mister Whiskerz
8 PM @ Smokestack

Comedian Kevin Williams
8 PM @ The Comedy Bar,
Novelty Iron Works

The Mixtape
8 PM @ The Yardarm

Becky McMahon
8 PM @ Spirits, Days Inn

SUN 6/28

Open Mic w/ Scott Rische
Noon @ Grape Escape

Tony Walker
1 PM @ Knickers

Steve Davis
1 PM @ The Yardarm

Jimmy Welty Band
1 PM @ The View

Renegade
1 PM @ Millennium Bar & Marina

Elizabeth Mary
2 PM @ Spirits, Days Inn

Music on the Patio:
Todd McDonough
2 PM @ Asbury Eagles Club

Beau Timmerman
2 PM @ PromiseLand Winery

Johnnie Walker
3 PM @ Stone Cliff

Ken Osterhaus
3 PM @ 7 Hills Brewing Co.

Mississippi Man
3 PM @ New Diggings
General Store

The Lonely Goats
3 PM @ Hawg Dogs, Savanna

Walking Molly
3:30 PM @ Frenress
Lake Bar & Grill

THU 7/2

Bryce & Dayton
6:30 PM @ The Yardarm

Kickoff 2 Summer: Menace,
Jabberbox, RatchetJaw
6:30 PM @ Dubuque County
Fairgrounds Beer Garden

Corey Jenny
7:30 PM @ Grape Escape

Comedy Open Mic
8 PM @ The Comedy Bar,
Novelty Iron Works

FRI 7/3

Johnnie Walker
1 PM @ The Yardarm

Michael Moncanda & Whiskey High
2 PM @ Millennium Bar & Marina

Joie Wails Duo
3 PM @ Coconut Cove Resort

Mick & Gerry Staebell
4 PM @ Park Farm Winery

Ron Frank
5 PM @ The Pop-Up Boutique

Roy Schroedl
6 PM @ Stone Cliff

Hangin' Around
6 PM @ Spirits, Days Inn

Mixed Emotions
6:30 PM @ Riverview Ridge
Camp Grounds, Cascade

First Friday Acoustic Rooftop
Jam w/ The Alumatics
8 PM @ Smokestack

Dirt Road Rockers
8 PM @ The Yardarm

SAT 7/4

Statue of Liberty
11 AM @ Coconut Cove Resort

Vintage Torque Fest:
11 AM: Surf Zombies
Noon: Chicago Farmer
12:30 PM: Jenny Lynn Stacie &
The Dirty Roosters
12:45 PM: Jimmy Dale Richardson
2 PM: Eli & The Long Horned Bandits
3:45 PM: Dallas Moore Band
4 PM: High Five Sinners
5:30 PM: Carrie Nation & The Speakeasy
6 PM: Krank Daddies
8:15 PM: Homeless In Hollywood
9:45 PM - Druids
11:15 PM - 3 On The Tree
Dubuque County Fairgrounds

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OTHERSIDE MENU

FAVORITE PIZZAS	13" FLAT	7" PIE	14" PIE
Pepperoni, Sausage OR Canadian Bacon	\$10	\$6	\$11
Pepperoni & Sausage OR Canadian Bacon & Sauerkraut	\$10	\$7	\$13

SPECIALTY PIZZAS	13" FLAT	7" PIE	14" PIE
The OTHERSIDE (Pepperoni, Sausage, Canadian Bacon, Onions Mushrooms, Green Peppers, Green Olives)	\$14	\$8	\$17
MEAT LOVERS (Pepperoni, Sausage, Bacon, Canadian Bacon)	\$14	\$8	\$17
The CAJUN (Chicken dipped in Award- Winning HOT SAUCE, Onions, Tomatoes & Mozzarella Cheese on a CAJUN Crust)	\$14	\$8	\$17
F-I-L (Father-in-Law) (Pepperoni & Onion)	\$10	\$7	\$13
BBQ Chicken (w/ Crumbled bacon & Onions)	\$12	\$7	\$15
CBR (Chicken, Bacon and Ranch)	\$12	\$7	\$15
TACO (Beef or Chicken)	\$14	\$8	\$17
TACO SUPREME (aBeef or Chicken with Onions, Black Olives & Sour Cream)	\$14	\$8	\$17
B L T (Bacon, Lettuce and Tomato)	\$14	\$8	\$17
PHILLY CHEESE (Beef, Peppers, Onions)	\$14	\$8	\$17
COME AGAIN (Sausage, Mushrooms, Onions)	\$12	\$7	\$15
MISS PIGGY (BBQ Pulled Pork, Peppers & Onions)	\$12	\$7	\$15
V E G I (Mushrooms, Onions, Peppers, Black & Green Olives)	\$14	\$8	\$17

EVERYDAY EATS

SLIDERS: \$10
CHEESEBURGER, PHILLY, REUBEN or PULLED PORK
Served on Hawaiian rolls, w/ fresh cut fries and slaw. Your choice of 2. Philly includes mushroom, onion, peppers, swiss cheese and Reuben features corned beef, Kraut, swiss with Russian sauce on side.

Linda's Meatballs: \$10
Stuffed with fresh mozzarella cheese served with fried bread and marinara sauce.

Bruchetta: \$6
Tomato, basil, olive oil on top of toasted Italian bread.

1/2 lb Burgers: \$7
Feel free to add anything that comes on a pizza: **25¢ Each**

Chicago Style Dogs: \$7
Steamed poppy seed bun, yellow mustard, green relish, chopped onion, tomato wedges, kosher pickle spear, sport peppers and dash celery salt.

Coney Island Dogs: \$7
Vienna beef hot dog topped with our homemade meat sauce.

Fries: \$3

Mozzarella sticks w/ marinara, Cheese Curds, Onion Rings or Mini Tacos: \$5

Loaded Nachos: \$9
Fresh fried corn tortilla shells covered in nacho cheese beef lettuce tomato onion black olives jalapenos and shredded cheese served with salsa and sour cream.

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Extra Toppings: 50¢ Each
Mushrooms, Onions, Green Olives, Black Olives, Green Peppers, Jalapenos, Tomatoes, Pineapple, Sauerkraut

Think local. Drink local. Listen local.

SAT 7/4
The Other Two
1 PM @ The Yardarm

LA Sues
2 PM @ Galena Cellars

Johnnie Walker
3 PM @ Coconut Cove Resort

Adam Bartels Band
4 PM @ New Diggings General Store

Tony Walker
6 PM @ Stone Cliff

The Bahrflies
7 PM @ Frentress Lake Bar & Grill

The Heavies
7 PM @ Mid-Town Marina

Casethjoint's "essential business" Rooftop Party Fest. DJ Jevity
8 PM @ Smokestack

Joie Wails Band
8 PM @ The Yardarm

Big Mojo
8 PM @ Spirits, Days Inn

LFKE, DJ 2TrillTerel
9 PM @ 1st & Main

SUN 7/5
Vintage Torque Fest:
11 AM: Lucky Pickers
11:30 AM: 20 Watt Tombstone
12:30 PM: Miles Over Mountains
1 PM: Wire and Nail
Dubuque County Fairgrounds

Open Mic w/ Scott Rische
Noon @ Grape Escape

Dan Peart
Noon @ Galena Cellars

Amber & Adam
1 PM @ The Yardarm

Mixed Emotions
1 PM @ Millennium Bar & Marina

Danny Parker Project
1 PM @ HWY 20 Brewing Co.

A Few Blind Mice
2 PM @ Spirits, Days Inn

Kristina Castañeda
2:30 PM @ 7 Hills Brewing Co.

David Zollo
3 PM @ Tabor Home Winery

Johnnie Walker
3 PM @ Stone Cliff

Jacque Miller & Riley
3 PM @ Sunset Ridge Winery

Mark Zalaznik
4 PM @ Park Farm Winery

Gypsy Pistols
5 PM @ Sandy Hook Tavern

THU 7/9
Elizabeth Mary
6:30 PM @ The Yardarm

Jef Spradley
7:30 PM @ Grape Escape

Comedy Open Mic
8 PM @ The Comedy Bar, Novelty Iron Works

FRI 7/10
Food Truck Fridays: Ralph Kluseman
11 AM @ Washington Park

Jef Spradley
6 PM @ Stone Cliff

Steve Cavanaugh
6 PM @ Spirits, Days Inn

Chuck Bregman
7 PM @ Wicked Dame

American Dookie: Green Day
Tribute w/ Jean Claude Trans Am
8 PM @ Smokestack (Rooftop)

Unicorn Fist
8 PM @ The Yardarm

Comedian Chris Schlichting
8 PM @ The Comedy Bar, Novelty Iron Works

Danny Parker Project
8:30 PM @ Grape Escape

SAT 7/11
Steve Davis
11 AM @ Coconut Cove Resort

Steve McIntyre
2 PM @ Galena Cellars

Banana Wind
2:30 PM @ The Yardarm

Adam Bartels
3 PM @ Coconut Cove Resort

The Lonely Goats
Wine, Goats & Rock-n-Roll
4 PM @ Park Farm Winery

Unicorn Fist
5:30 PM @ BrickHaus, Farley

Sam Day
6 PM @ Stone Cliff

Brown Bottle Bandits
6 PM @ Millennium Bar & Marina

Rooftop Latin Club Night
7 PM @ Smokestack

Country Tradition
7 PM @ Mooney Hollow Barn

Past Curfew
8 PM @ The Yardarm

Comedian Chris Schlichting
8 PM @ The Comedy Bar, Novelty Iron Works

Rock Steady
8 PM @ Spirits, Days Inn

SUN 7/12
Open Mic w/ Scott Rische
Noon @ Grape Escape

Steve Cavanaugh
1 PM @ The Yardarm

Elizabeth Mary
1 PM @ Millennium Bar & Marina

Tony Walker
1 PM @ Cajun Jack's

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LIVE MUSIC FEATURES

SAT 6/27



**Emple's Rooftop Party w/
Gruyay, Hoax, Mister Whiskerz**
8 PM @ SMOKESTACK (62 EAST 7TH ST)

COVER: \$10

Emple's Rooftop Party is back and bringing some of the area's best electronic music to the roof. Gruyay from Minneapolis, MN, styles house with rolling bass lines and all sorts of funk and fun flair. Emple brings house music with tribal, jazz, and electronica. Hoax unloads that classic minimal dubstep sound to make the subs flex. Mister Whiskerz creates truly unique sounds with tastes of funk, hip hop, and glitch.

SUN 6/28



Johnnie Walker

3 PM @ STONE CLIFF WINERY
(600 STAR BREWERY DR)

Johnnie Walker has been entertaining audiences for decades. His song catalog is extensive and covers many different genres to make sure everyone hears something that they'll love.

FRI 7/3



Roy Schroedl

6 PM @ STONE CLIFF WINERY
(600 STAR BREWERY DR)

You don't see a lot of people play a 12-string guitar for an entire show. You see even fewer finger-pick such an instrument. Roy Schroedl does both in the style of acoustic rock with vocals that are a cross between Tom Waits, Jimmy Buffett and Cat Stevens.

SUN 7/5



Kristina Castañeda & Shawn Healy
2:30 PM @ 7 HILLS BREWING COMPANY
(1085 WASHINGTON ST)

Kristina and Shawn love a solid "complementary juxtaposition"—a pretty tune with dark lyrics, a heavy instrumentation with delicate vocals, a sunshiny chipper, bright melody with snarky, call to action lyrics and a sharp, percussive drone. Shawn's guitar is spacious, intricate, trickling and percussive. Kristina croons haunting melodies, favoring poetic, lyric-forward songs. Together they are storytellers of lush love ballads and timeless universals truths of human struggle and resilience.

FRI 7/10



American Dookie

8 PM @ SMOKESTACK (62 EAST 7TH ST)
TICKETS: \$15 ADV/\$20 DOOR

Head to Smokestack's rooftop for Iowa's Green Day tribute band, American Dookie. Punk tribute band Jean Claude Trans Am opens. smokestackdbq.com.

SUN 7/12



Mark Zalaznik

2 PM @ 7 HILLS BREWING COMPANY
(1085 WASHINGTON ST)

Mark Zalaznik plays country music with a little bit of classic soft rock. Inspired by George Strait, Bob Seger, and Garth Brooks, Mark will be sure to have you singin' along with a drink in your hand.



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62 East 7th Street, Downtown Dubuque, Iowa




Photo by Michael Williams of Elevated Images Dubuque

THE VAULT: FINDING NEW WAYS TO DRESS THE OLD

BY SUNIL MALAPATI

It is hard enough to start a new restaurant, even in the best of times. Try doing it in the midst of a global pandemic when everything is shut down and social distancing replaces social gatherings, the heart and soul of the restaurant industry. It takes guts and nerve... and a lot of community support. Luckily for them, Jesse Elliott and Mark Giunta, the owners of The Vault Restaurant, seem to meet all the requirements.

Jesse and Mark have owned and operated the 3 Mile House, the supper club in Hazel Green, WI, for the past three years, and when the owners of the old Bank on Main Street in Dubuque approached them about a restaurant, it did seem like a no-brainer. A great location in a revitalized downtown, a space rich with history and good bones to build upon, and a community that will come out for good food and drink. Jesse had experience at various places like The Ground Round and Red Robin. Mark used to own The Silver Dollar at this location and once donated a lot of old artifacts from the place to the Matthias Ham House. They decided to pay homage to the space by calling it "The Vault Restaurant" and added little touches like a penny top bar, wall hangings studded with pennies, old Dubuque photographs and such.

Jesse's wife, Heather, worked on the cocktail menu and named them after big names from the prohibition era. You can find your Gin Rickey's and Tom Collins' hanging out with Mary Pickford and White Lady—it's quite the Lavender Bee's Knees, I tell ya... OK, I got a little carried away there. I tried the French 75 named after a French gun—the combination of cognac, citrus and champagne was delightful on a warm summer evening.

When it came to the food menu, the owners, together with manager Toby Rhodes and a team culled from the 3 Mile House, put together a wide variety of dishes aiming to please a wide variety of customers. Jesse mentioned to me that they wanted things to be freshly prepared and not just frozen and thawed. They also wanted items



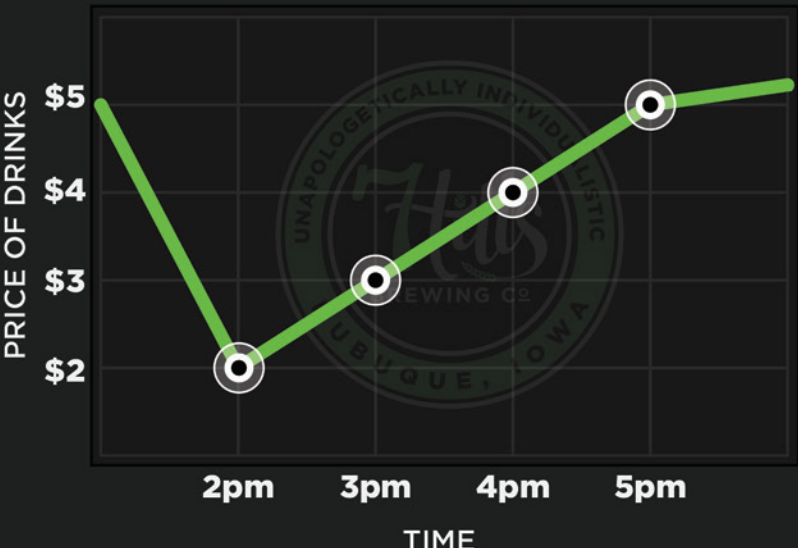
that did not duplicate what you could already find in the many establishments in and around town. The menu as assembled suggests an idiosyncratic American bistro with some deft touches. The filets are hand cut on site with the ends repurposed as tenderloin bites served with blue cheese and horseradish sauce. Many of the appetizers such as onion rings and jalapeño poppers are assembled and deep fried to order.

Let us talk about those poppers. A typical popper is a jalapeño, deseeded and stuffed with cream cheese and maybe cheddar, breaded and fried. The Vault version is a giant cheeseball made with cream cheese, cheddar, fresh and pickled jalapeños and a little pickle juice for added flavor; coated with Panko and deep fried. I must commend the deep frying technique—every deep fried item I had was perfectly crispy and not greasy, with a pleasing golden brown color. The poppers are then drizzled with hot honey and served with a spicy bank sauce and a ranch sauce—you can increase or decrease the heat level as you wish. A word about heat: this is actually hot, like Southwest Hot, not what I derisively call Midwest Nice Heat; something that pretends to be hot, but is as dramatic as beige is to white.

Indeed, the heat carries over to the Ghost Burger where multiple chilies collude to provide drama—think flashing red. There is the habanero incorporated into cheese, jalapeños marinated in atomic sauce, a mini version of the jalapeño poppers showing up as coins, and ghost sauce aioli on the bun. I asked for the burger to be cooked medium rare, and the combination of heat and beef was divine. A slightly different version of the popper can also be found

CRAFTERNOON DELIGHT

7 HILLS BREWING CO.



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2pm	\$5
3pm	\$2
4pm	\$4
5pm	\$5

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on the sandwich menu as the Jala-peño Popper Grilled Cheese. Roasted jalapeños, bacon and a creamy jalapeño habanero cheese blend between a baguette are grilled and served with a spicy black currant dipping sauce that also provides a sweet counterpoint to the heat. The smokiness of the roasted jalapeños pairs especially well with the berry notes of the black currants.

While I tend to focus on the dishes with heat, there are plenty of offerings for those with a more Midwestern palate. There are the loaded nachos, a giant pretzel, and hand-breaded onion rings. There is also a nice Midwest Cheese Tray with their signature 3 Mile cheese, fresh cheese curds, shaved prime rib, and sliced summer sausage, all served with crackers, horseradish cream sauce, and blue cheese dressing. The crab stuffed mushrooms could almost be a main dish—four large button mushrooms stuffed with a creamy crab and cheese filling and served with horseradish cream sauce and cocktail sauce. The earthy meaty flavor of the mushrooms pairs well with the delicate seafood with the crispy breading on top adding a nice textural note.

The sandwiches and salads have a lot of variety to choose from, with all sauces made in the kitchen—I can always tell a freshly made ranch from the preservative-laden versions you typically find in diners. The honey mustard dressing has the right mix of sweet and tang, and the texture is creamier than the usual store bought sauce. The Caesar dressing is especially good with bright salt and sour notes balancing the umami of anchovies and garlic funk.

There are a host of main course options with chicken, beef, and seafood. As the restaurants start opening up (more on this below), they have added weekend specials. When a group of us dined in last weekend, they had a pan-seared salmon with a rice pilaf and sautéed peppers that was splendid. I usually dislike salmon, but I had more than one bite from my friend's plate! The flaky fish had a deep rich citrus glaze, and the rice pilaf was light and flavorful to provide the right backdrop for the salmon. I ordered the filet and chicken special: the filet was medium rare like I asked for and came with a tangy béarnaise sauce. The breaded chicken cutlet had a romesco sauce that was a



hair salty for me. One of my friends had a pasta dish that was also salty, and our server was kind enough to take the dish back and exchange it for another dish.

The Saturday night we visited was quite busy; after months of being cooped up, Dubuquers really seemed to need to eat out. As a restaurant that opened in April in the middle of a pandemic and never really had a chance to get their feet wet so to speak, they were adjusting and adapting rather quickly. The wait staff in general seemed to be cheerful even under enormous stress. Our group tried to be kind when a couple of things were off, and our waitress responded and course corrected graciously. One thing I would request of all my readers is to be kind and patient if you go out to eat, and tip well. These are difficult times for anyone in the restaurant business and the serving staff usually gets the brunt of customer churlishness.

If you do not feel comfortable going out (and me and many of my friends do not), order take out. You can order from The Vault through Eat Street and Uber Eats. One of the small grace notes I appreciated was the use of vented containers for grilled and fried items—the French fries stayed crisp and did not get steamed as my takeout sat in the car. It showed that the people who made the food care about keeping its quality high. The owners seemed pleased with the community support so far, and I wish them all the best. Buy local and support our local restaurateurs. ■

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STAY POSITIVE IN A NEGATIVE WORLD

BY MATT BOOTH

We live in a negative world. Do not let the negativity consume you. Here are some ways to stay positive.

- 1. Birds of a Feather**
You are who you are with. If the people you hang around do not make you feel loved and respected, it is time to reevaluate who you do life with. Focus on people who spread love and life, not those who perpetuate hate and fear. You select how much time you spend with relatives and friends. Do not spend a bunch of time with people who drag you down.
- 2. Smile**
Smiling is the fastest way to get someone to like you. Despite your current circumstances, smile because you are alive and you have the power to create greatness, and life will give you even more reasons to feel alive.
- 3. Turn off the News**
If it bleeds it leads. I really do not care what channel you watch or your political affiliation. Turn off the news! I am not saying bury your head in the sand or ignore what is going on, but watching six hours of news each day is ridiculous.
- 4. Laugh**
With the craziness in this world, sometimes the only thing you can do is laugh. According to a recent study, children laugh 200 times a day while the average adult only laughs 4 times a day. If you have not laughed yet

today, hang out with some kids or
find something that makes you laugh.

5. **Uninstall Twitter**
Twitter is a dumpster fire! Facebook and other social media can be the same. Try uninstalling social media from your phone for one week.
6. **Be Thankful**
Focus on what you have, not what you do not have. Practice an attitude of gratitude.
7. **Source of Power**
Believe in something bigger than you! My sources of power are God, country, and family. In that order. If your source of power helps you love others and serve the world, then it is the right source of power for you. Your source of power should give you hope in the hard times and gratitude in the good times.

There will always be good times and bad times in your life. No matter how crazy life can seem, control what you can control. You, and only you, control your attitude. Use these simple tips to stay positive in a negative world. ■


MATT BOOTH QUOTE

“Attitude, like a virus, is contagious! There is no mask or vaccine that can protect you from a negative attitude.” —Matt Booth

MATT BOOTH

MATT BOOTH HAS EARNED HIS CSP (CERTIFIED SPEAKING PROFESSIONAL) DESIGNATION. THE CSP IS THE SPEAKING INDUSTRY'S INTERNATIONAL MEASURE OF PROFESSIONALISM. THE CSP DESIGNATION IS CONFERRED BY THE NATIONAL SPEAKERS ASSOCIATION (NSA) ONLY ON THOSE SPEAKERS WHO HAVE EARNED IT BY MEETING STRICT QUALIFYING CRITERIA. THE LETTERS CSP FOLLOWING A SPEAKER'S NAME IDENTIFY THAT SPEAKER IS A SPEAKING PROFESSIONAL WITH A PROVEN TRACK RECORD FOR UNDERSTANDING AND DELIVERING VALUE FROM THE PLATFORM. TO FIND OUT HOW MATT CAN HELP YOUR GROUP IMPROVE THEIR ATTITUDES, CALL **563-590-9693** OR EMAIL **MATT@MATTHBOOTH.COM**.




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TRY A HEALTHFUL SIDE THIS 4TH OF JULY

BY HY-VEE NUTRITIONISTS MEGAN HORSTMAN (ASBURY) AND AMY CORDINGLEY (LOCUST)

It's time to celebrate this great land we live in, the USA—and what better way to celebrate than to have a backyard barbecue? Family, friends, fireworks and—of course—food is the perfect combination as we celebrate! To help you stay on the healthy track this summer, follow these dietitian-recommended tips!

Summer is the perfect time to indulge in the “rainbow” of summer produce! With a variety of antioxidants and healthy nutrients, now is the time to dive into all the colors of the rainbow. Here's a quick rundown of how colors from fruits and vegetables can impact your health:

- **Green:** protects against cancer and maintains good cardiovascular health
Best choices: kiwi, broccoli, spinach and kale
- **Orange & Yellow:** healthy for the skin, strengthen the immune system, and help maintain healthy vision by reducing the risk of macular degeneration and cataracts
Best choices: oranges, apricots, cantaloupe, carrots, corn and squash, bell peppers
- **Purple/Blue:** help with short-term memory loss
Best choices: blueberries, blackberries, prunes and plums
- **Red:** lowers the risk of prostate and ovarian cancers and cardiovascular disease
Best choices: tomatoes, watermelon, ruby red grapefruit and guava
- **White/Tan/Brown:** reduce the risk of cancer
Best choices: potatoes, cauliflower, mushrooms and onions.

Also, think about those side dishes, appetizers, and main dishes to keep yourself on a healthy track during your backyard barbecue. Pack your cooler with crisp, raw veggies, such as cucumbers, carrots, celery, asparagus tips, cherry tomatoes, and radishes or even a big leafy salad. Don't forget dip! Hummus, salsa, fat-free bean dip, or low-fat yogurt with herbs and spices make the perfect healthy dip to accompany your veggies. And explore different entrée options. Instead of a high-fat brat, try a lower-fat chicken sausage or veggie burger. Another delicious burger option would be ground buffalo, chicken, or turkey.

Often the relaxed atmosphere of a backyard barbecue also includes high-calorie or alcoholic beverages. Therefore, think about choosing healthier liquid calories. When drinking beverages during your social gathering, make the majority of your liquids low- or no-calorie beverages. Water, unsweetened tea, Hy-Vee Water Coolers, or Crystal Light mixes are great choices. If you consume alcohol, alternate with water and practice portion recommendations including 1 alcoholic beverage per day for women and 2 for men (a 5 oz. glass of wine is one alcoholic beverage). And last, get up and move! Move away from the food table and focus on socializing rather than eating. Take part in backyard or park activities: badminton, volleyball, horseshoes, swimming, tennis, Frisbee or simply a walk on the trail! ■

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

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OH NASA, WHERE HAVE YOU GONE?

BY BOB GELMS

Okay readers it's time to have some fun. No space opera equivalent of *Moby Dick*, *Ulysses* or *Gravity's Rainbow*. No space opera equivalent of *Childhood's End*, *Stranger In A Strange Land*, *Fahrenheit 451*, or *1984*. This one is pure fun, nothing complicated. Well, there is something about saving the galaxy but, as it turns out, that isn't all that complex.

In this issue: *Space Rogues—A Science Fiction Adventure: The Epic Adventures of Wil Calder, Space Smuggler* by John Wilker. The title alone could almost be chapter one.

Wil Calder's epic adventure starts with a NASA mission that will carry him out of our solar system, the first human to do so. No sooner did he fly beyond the orbit of Pluto (included by NASA as a planet in a fit of nostalgia so there would be no argument that Wil was most definitely out of our solar system) than his spacecraft broke; everything, all at the same time.

He tried fixing some essentials like the radio, the oxygen generator, life support, and the heat but nothing worked. With no chance for a rescue mission, Wil got comfortable with the obvious outcome. He calculated his oxygen supply down to the hours/minutes and commenced waiting for the inevitable. That is until he saw a spacecraft out the window. A WHAT!!!!!!

This spacecraft was quite large and Wil, a former naval aviator, thought its size was comparable to a couple of aircraft carriers. How did the Russians ever get something so big into space? It didn't take long for Wil to

discover it wasn't the Russians. However, he had no idea who or what had saved him. It goes without saying that they had never seen a human before and they thought it looked hysterical. At least they didn't try to kill him. The killing would start soon enough. In the meantime he was put to work as a regular grunt crew member.

As time goes by they are attacked by the guys wearing black space helmets who were after the cargo. They also killed the crew, except for Wil who was hiding. As the only one left alive, it ended up that Wil kind-of, sort-of, after-a-fashion inherited a space warship with weapons that was tricked out as a cargo ship. Weapons always come in handy.

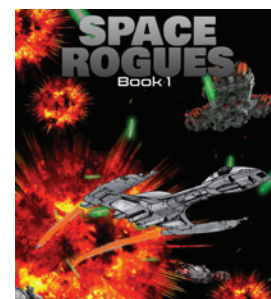
The ship's smart-assed computer was Wil's tutor and not only taught Wil how to fly a starship but also where to fly it. Now all he needed was a crew. He figured the best place to find a crew was on the closest planet in the closest jail. So, Wil broke two guys out of the local charm school and within a week or two was convinced that one of the guys was a female.

The third member of the crew was about as short as you can get and not be mistaken for a soccer ball. Shorty knew every computer hack for every computer-type in the whole galaxy. Wil convinced him to tag along but to hear Shorty tell it, he was promised new equipment, a big salary, restitution for all his stock ruined when they had to beat feet because the local gendarmes were on their tails, and, oh yeah, he wanted compensation for being kidnapped. They

weren't exactly primo material for Starfleet Academy. They weren't even all from the same planet. I did think it was mighty odd that they all spoke English but, HEY, we're here to have fun not to assume the role of the resident party-pooper.

I just stopped to read this over and it's interesting to me that I usually reveal more of the plot in a mystery than I did here. But I am not going to steal any of the fun right out of your book. So, this book review might be a little short but makes up for it with all the pithy comments and I am not talking about a fruit or plant with lots of pith nor of that word when pronounced with a frontal lisp ends up sounding like pithy.

Space Rogues—A Science Fiction Adventure: The Epic Adventures of Wil Calder, Space Smuggler by John Wilker is almost as much fun as falling asleep on the living room rug and being woken up by a dozen Golden Retriever puppies. If you like this one there are four more in the series. Have no irrational fear of cliffhangers. This doesn't have one. Just like the Lone Ranger riding off into the sunset, Wil Calder and crew engage the faster-than-light engines and fly off into the sunset, way, way before the sun sets. ■



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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

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

Difficulty Level ★★★★★

6/21

PUZZLE ANSWERS ON PAGE 26

PREMIER Crossword

By Frank A. Longo

COMMAND LINES

ACROSS

- 1 Several
- 5 Utah town on the Colorado
- 9 Arafat's PLO successor
- 14 — Rica
- 19 A quarter of twenty
- 20 Oscar winner Bancroft
- 21 Unwilling
- 22 Recon info
- 23 Absence of muddled thoughts
- 25 Jazz fusion pianist Chick
- 26 Poker-faced
- 27 Capital of Turkey
- 28 Mail opening
- 30 "I — Rock" (1966 hit)
- 32 Hastens, old-style
- 33 Rescue squad VIP
- 34 2005 Donna Andrews mystery novel
- 38 Chicken chow —
- 40 Joe Biden's party: Abbr.
- 41 Bodily blinker
- 42 Top-shelf
- 43 Make repairs
- 48 MYOB part
- 49 Sound systems
- 50 Agnus — (prayer)
- 51 Spy spoof of old TV
- 55 Saddle-making tools
- 57 Campsite hookup users, in brief
- 60 "The L Word" actress Kirshner
- 61 Sirs' counterparts
- 65 "Sheesh, no need to be so critical!"
- 71 Boulevard
- 72 Town in east-central New York
- 73 Attack like a cat
- 74 Means of thwarting software piracy
- 76 Futilely
- 77 Amazement
- 78 Linda Ronstadt's "— Easy"
- 79 Grain holder
- 81 Alternative to People
- 85 Unvarnished
- 88 Remus' twin
- 93 Winners' signs
- 94 Digital entertainment periodical
- 97 Place for keeping bees
- 100 Used a rocker, e.g.
- 101 Call to a ewe
- 102 — dixit (claim with no evidence)
- 103 Discover via unpleasant personal experience
- 109 Guided
- 110 TV's Swenson
- 111 Lead-in to nuptial

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126								127						128					129			

- 112 — Field (Mets' home)
- 113 Language of Libya
- 115 Really militant sort
- 117 Claims
- 119 Option lists that might include the starts of seven answers in this puzzle
- 122 Plant stem
- 123 River to the Rio Grande
- 124 Many 4WD autos
- 125 "Quo Vadis" emperor
- 126 Weight allowances
- 127 Like white, wet weather
- 128 He and she, e.g.
- 129 Big dino

DOWN

- 1 Colts' and Broncos' gp.
- 2 Light bulb wire
- 3 Day's end, poetically
- 4 Not potent
- 5 Olympic skiing champ Phil
- 6 Actor Ryan
- 7 Ortiz of the screen
- 8 Mattress supporter
- 9 Metal-industry giant
- 10 Illegal booze
- 11 Tavern
- 12 Anxiety-free
- 13 SeaWorld whale, once
- 14 Counterpart to trans-, gender-wise
- 15 At no cost, slangily
- 16 Emotion-hiding types
- 17 Group beliefs
- 18 Milano of "Mistresses"
- 24 "Cool, dude!"
- 29 "I wanna!"
- 31 Foppish scarf
- 33 Australian avians
- 35 Roush of baseball
- 36 Soap ingredient
- 37 Addition sign
- 39 Neither here — there
- 44 Join forces
- 45 TV doctor Doogie
- 46 Immigrant's course: Abbr.
- 47 Pneumatic engines
- 48 Huck Finn's polite assent
- 51 Reactions to corny puns
- 52 Refrigerator brand
- 53 Christina of "Cursed"
- 54 Stolen
- 56 Enterprise engineer
- 58 Caesar's "I came"
- 59 This, in Peru
- 61 East Asian gambling mecca
- 62 States openly
- 63 Old-time lawyer and senator Chauncey
- 64 At least one
- 66 Les — et les autres (both, in French)
- 67 Gumshoes

- 68 Literary finale
- 69 California wine county
- 70 Adore, on a candy heart
- 75 Lubricants
- 80 A Gershwin
- 82 Not too hard to get around
- 83 Designer Saarinen
- 84 Make excited
- 86 Ready to hit the baseball
- 87 Most tired
- 89 Israeli gun
- 90 Cosmetic accentuating the kisser
- 91 Not behind a firewall, say
- 92 Ovule, e.g.
- 94 Oom- —
- 95 Partook of humble pie
- 96 Miffed
- 97 It hasn't been seen before
- 98 Fiesta target
- 99 Bergman of film
- 100 Rocker Tyler
- 104 Snares
- 105 Type of fit
- 106 Forgo
- 107 — -craftsy
- 108 Holiday tuber
- 114 Bowed
- 116 Green-lights
- 118 — -friendly
- 120 "Obviously!"
- 121 Chicago White —

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A RACIST IN THE FAMILY

BY PAM KRESS-DUNN

My grandpa, Grover Ripperton, was loving, and funny, and a complete racist. He bemoaned the integration of his beloved baseball games, calling the players nasty names that must have made my parents wince, but we never talked about it. My mom said once, "I wish I *knew* some Black people," a good thing for me to hear, but our Davenport neighborhood was so white, it never happened. I had to leave town to widen my circle of friends.

Now I live in Dubuque, a town with its own segregated history. But look. Look at our amazing response to the public lynching of George Floyd, one in a long, brutal list of such murders, and maybe the one that will finally lead to change. I have never been more proud of my adopted city than now, as I see how peacefully, yet forcefully, so many people of all races are standing up to declare, "This is unacceptable."

My sister-in-law lives in a suburb of Minneapolis. We call Ann the kin-keeper of the family, the aunt who pores over ancient photo albums: Threshers bringing in the sheaves at the family farm. The twins, Billy and Bobby (now my husband), age three, wearing bubble hats as their dad sings "I'm Forever Blowing Bubbles" at the St. Anthony community center. The grandkids and their kids, carrying the family forward. She sends out periodic group emails to the far-flung family, asking everyone to check in.

In March, she asked how we were coping with the coronavirus, and everyone reported back on learning to Zoom, ordering groceries, and coping with the Great TP Disappearance of 2020. Maybe this was her sneaky way of making sure we were all being smart and not marching to demand bars and casinos open long before it's safe. That's fine; that's what family is for.

She wrote again to report on the violence marring the Twin Cities' protests against racial injustice. One nephew described helping to clean up broken glass and tear gas canisters. Others checked in from Georgia, Chicago, Seattle, where protests had also gone awry. My children live in Davenport and Omaha, two cities rocked by deadly

gunfire, reportedly at the hands of a few local white men with criminal records. Both cities were put on curfew, and of course I worried for them.

Sitting down to write my reply from Dubuque, I realized how well we are doing here. I do not mean things are great because there was no looting. That misses the point. In fact this brings to mind a powerful statement someone posted on Facebook about white privilege: "You keep saying 'It's horrible that an innocent Black man was killed, but destroying property has to stop.' Try saying, 'It's horrible that property is being destroyed, but killing innocent Black men has to stop.' You're prioritizing the wrong part." Read that again.

I told the family that Dubuque's response to Floyd's murder had been peaceful, strong, and thoughtful. I took issue with the term "riot," pointing out that, at least here, the gatherings and walks seem to be true *demonstrations* of concern over racial injustice, not an excuse to go out and break things. I said I thought the anger has been tempered because the police at our demonstrations have been walking, or on bicycles, wearing yellow shirts and Black shorts, rather than suited up like the military, and how they have been participating as much as monitoring. I said that yes, some stores chose to board up as a precautionary measure, but there was no vandalism. And now we have had a beautiful Juneteenth celebration—a joy, tempered with deep concern.

I told them that a friend of mine was walking into Hy-Vee when the woman in front of her said, "Isn't it terrible that they have to do this?" waving at the boards over the windows. My friend just said, "Um hmm," and as the woman turned to look at her, her eyes narrowed as she saw that my friend was wearing a mask. That's a discussion for another time, but good grief. How do we respond to our neighbors about the need for protests, for masks, about anything at all without starting a fight—but also without hiding our own intelligent convictions?

One of my husband's nieces wrote from far away, "I still believe the majority of people are good," and included a photo of Fred Rogers with his famous advice to children: "When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

That's lovely, but white people who never hesitate to ask the police for help need to understand how it feels to be a Black person in this country, especially a Black man or teenager, who can never know if this cop stopping to question him is a helper, or a killer. The good far outnumber the bad, I know. In my domestic violence work, I befriended some police officers and sheriff's deputies I will always count among the best people I have ever known.

I was thinking that, in my first column after a three-year break, I would write about lighter things, like the artisan bread I'm baking, or the orioles and scarlet tanagers gracing our back yard. Since we can't visit, we're making goofy movies for our 4-year-old twin granddaughters. But Vera and Jane deserve a country that is safe and fair, where the helpers can all be trusted. We all do. So in my first new column, I could not write about anything but this. ■

PAM KRESS-DUNN

PAM BELIEVES THAT IF SHE DOESN'T WRITE ABOUT IT, IT DIDN'T HAPPEN. SHE WOULD LOVE TO HEAR YOUR OPINION ON ANYTHING SHE WRITES, OR, REALLY, ANYTHING AT ALL, AT PAM2617@YAHOO.COM



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Do it yourself advice from
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by Sara Carpenter
from Steve's Ace Home & Garden



SUMMER ISN'T CANCELED WAYS TO BRING FUN HOME

Canceled. It's a common word lately. I'd be lying if I didn't say hearing that word has sucked a lot of joy out of our household. It's a common story. We had a list of summer plans. Instead, we have bummed kids and a bummed mom. It's caused many of us to find ways to be a little more creative. Here are a few ways you can bring a piece of summer fun to your home.

GET SPLASHING

If you have a pool, this one is easy. But if you haven't been one of the lucky ones to get a pool, sprinklers are still easy to find and can create a ton of backyard fun. A hose or two and a sprinkler and you have your own backyard splash pad. Bonus points if you have a trampoline and set one up nearby. My kids love it.

BRING A TASTE OF YOUR FAVORITE DESTINATION HOME

Fire up the grill. Explore a new recipe. Missed your trip to Cancun? Traeger has fantastic recipes for carne asada and margaritas. Hoping to get some Memphis BBQ in Memphis? Big Green Egg has a few recipes for some BBQ ribs too.

CREATE YOUR OWN BACKYARD ESCAPE

Now has never been a better time to create your own backyard escape. Maybe it's time to take the plunge on that new patio set. Maybe you'd really like to roast some marshmallows on a

fire pit with the kids. Maybe your old chairs or curbside finds could use a fresh coat of spray paint. Maybe watching the birds on their feeders and sipping on a cold drink in your YETI cup just sounds like a really nice way to relax.

Or maybe you're ready to do some landscaping, aren't sure where to go next, and could use the help of a designer. Already started a project and need help completing it? You might benefit from some expert garden coaching advice to avoid costly mistakes.

Whatever your dream escape looks like, our friendly team of seasoned experts can help you get what you're looking for.

PLANT MEMORIES

Gardening isn't canceled, and it's not too late to plant. You'll want to be more conscious of watering and allow your plants to get at least a little shade throughout the day, but you can still get planting. It's also great fun for the whole family. Think about assigning the kids a section of the garden they're in charge of. Give each kid a pot or small planter they're responsible for. Whatever you do, don't be afraid to get a little messy and have fun.

FIND A PROJECT

Sometimes it's just great to do a project. Build a tire swing. Rehab an old dresser. Find a fresh color for your favorite room. Whatever project you find, our team at Steve's is here to help. ■

EARN CLUCK BUCKS Independence Day Weekend

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throughout the store!

July 3-5, 2020
In-store only. No brand exclusions!
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Picture Yourself
in the Tri-States
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STOP**



Kyle Fitzgerald invited a host of Dubuquers to participate in the new "Resilience" mural on the old Jeld-Wen building.



Amid COVID-19 concerns, outdoor live music, like this great show by the Joie Wails Band at the Sandy Hook Tavern, is making it a lot easier and more comfortable to get rockin' again.



When you can't invite people to dine inside in Galena, IL, you go outside and feed them on Main Street. And you know what, it was a fun experience.
Photo by Catherine Kouzmanoff



Kelli Kerrigan, from New Diggings General Store and Inn, serves up the usual platter of amazing food on a sunny Sunday afternoon.



Storm clouds nearly drop a funnel cloud to the ground near the 61 Drive-In south of Dubuque during Spring storms.
Amazing photo by Mark Dierker.



Boogie Monster brings the funk to the Hilltop at Menominee, just outside of East Dubuque, as live music returns to the Tri-States.



Alpha Company 1-133 Infantry Division of the Iowa National Guard recently deployed to an active duty security duty in the Middle-East.
Photo by Gen. Bob Felderman



Protesters march peacefully along the Bee Branch Linear park in Dubuque's North End as part of a series of Black Lives Matter events.



A large and peaceful Black Lives Matter protest takes place in Jackson Park in Dubuque.
Photo by Zander Saleh.



You may have noticed some of the 8 new murals going up recently in downtown Dubuque including this classic postcard-style image, all sponsored by Voices Productions.



Another peaceful protest, this time in Washington Park, in response to the police killing of George Floyd in Minneapolis.

**Cruise-in for a
BLIZZARD
4th of July Weekend!**

**Welcome
Vintage
Torque Fest
Fans!**

DQ

16th Street | Pennsylvania Ave | Key West | Peosta

Submit your photo by using

#My365iNK

on Social Media!

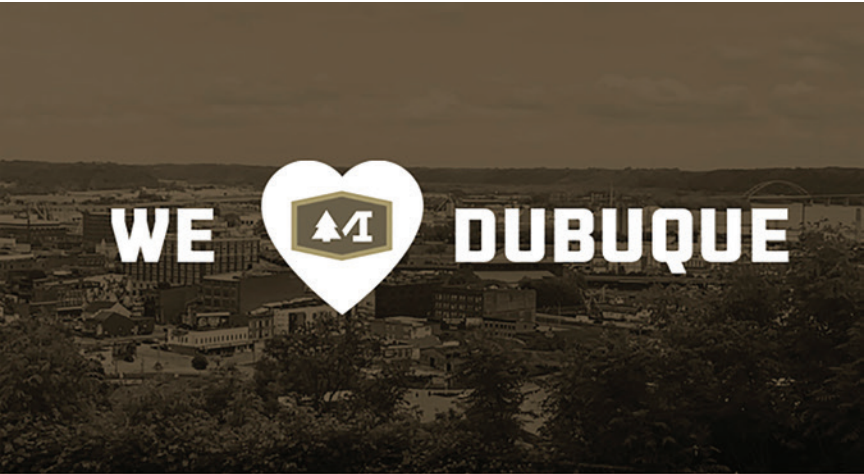
Iowa Representatives
Chuck Isenhart and Lindsay James & Senator Pam Jochum

Thank you for leading efforts to fight human trafficking in Iowa.

Congratulations on the
unanimous passage of
HF 2259!



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“What do we live for if not to make the world
less difficult for each other.”

— George Eliot

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IN THE POWER OF COMMUNITY.

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commitment to local businesses like ours.



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Gwen Danzig's Good Advice



DEAR GWEN,

All of my problems seem small in comparison to the world in general these days, but I wanted to reach out anyway. I'm 31 and I've been in the same line of work for eight years. It's what I studied in college and I was one of those rare students who snagged a job in my field of study directly after school, then worked myself up the ranks to a pretty coveted position. Recently I've been feeling more and more disillusioned about my career and I'm wanting to start over, doing something more aligned with my creative passions. Is it too late for me to start over? —Yours, Bored on the Board

DEAR BORED ON THE BOARD,

Here's the scoop: your problem may feel small, but my advice column also seems weird and too lighthearted for the current social and political climate. But the show must go on, mama. Just because the world is big and scary doesn't mean we don't have our own lenses and our own immediate realities to contend with. SO, that's why I'm about to give you some life-changing perspectives from a very wise, very spiritual, very clearly grounded millennial and social media queen three years your junior, who has barely left her house since March.

Listen, if I joined Tik Tok at the beginning of quarantine and managed to win over those very fickle Gen Zs, you're gonna be able to do screen printing or whatever the hell you have your heart set on. I would not suggest screen printing a joke on a shirt about you thinking this person you know has a good butt and have it go viral and then spend every waking moment terrified that the person will see the shirt or have the shirt sent to them or hear about the shirt? Maybe stick to relatable content that is very non-specific, that probably won't hit 350,000 views in four days? I'm showing my hand. Uh. Here's my actual advice: I'm sure your 401k is lit. Cash out half of it, throw caution to the wind. I'm not sure we're gonna

make it to 2030, so blow that glass or spin that clay thing on the wheel thing or embroider or do whatever the thing is you want to do. It's not every day you can blame a career crisis on a global pandemic! Use it to your advantage, baby girl. —xoxo Gwen

DEAR GWEN,

I'm back at work in person and it feels so weird. How do I readjust to my regular schedule and work clothes every day? —Best, Uncomfortable on University

DEAR UNCOMFORTABLE ON UNIVERSITY,

Decreed by me on this date: Pajama pants are office attire now, periodt. Snacks, pillows, and blankets are issued with your cubicle and will be supplemented weekly. Mad Men offices are OUT, y'all, so says Covid-19 and me, your local advice communist. The last thing we need right now are tight dress pants and poppyseed salads. This is a space for revolution and if you did your job in cookie monster pants at home, I say you can do your job in cookie monster pants in the office.

I'm the new HR. Send your team leads to me and I will work on other things like putting pop back in vending machines and having regular Cheetos instead of the baked ones. Maybe we can get a foosball table!

I'm a man of the people for the people. —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.

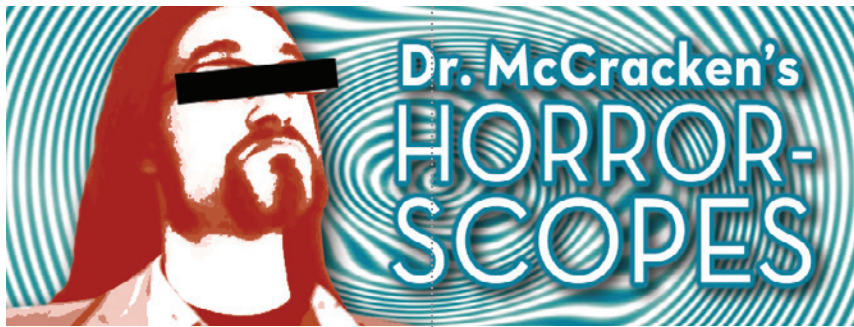
PUZZLE ANSWERS

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3	4	6	5	8	7	1	9	2

Difficulty Level ★★★★★ 6/21

GENERAL BOB IS AT THE DUBUQUE MUSEUM OF ART VIDEO ART ROOM



- ARIES**
(MAR 21–APR 19)

With the movement of the stars being more rapid than normal, you may feel a thought being beamed near the bottom of your heart—that part with all the stuff about being attracted to Shrek fanart that depicts him as a pirate or stock broker—telling you it’s the perfect day to get rid of police unions.
- TAURUS**
(APR 20–MAY 20)

Your desire to hollow out a mannequin and fill it with braunschweiger you’ve been collecting for several decades now doesn’t mean you’re wrong. In fact, you will always be considerably less wrong than people who say “All Lives Matter.”
- GEMINI**
(MAY 21–JUNE 20)

You have a certain tendency to wish that other people are just like you.

- Unfortunately, they are. Thankfully, they’re more like you and less like bad cops.
- CANCER**
(JUNE 21–JULY 22)

Since you’re ready to step into the spotlight and shine like the stars that are giving you all this wonderful energy, stop wearing pants that could be described as “Safe For Work” and start wearing pants that could be described as “Not Safe For Life.” (Or, start wearing pants that could be best described as “Comfortable to wear when protesting systemic racism.”)
- LEO**
(JULY 23–AUG 22)

You should be let in on two big secrets. 1) The sun is going to burn out and nothing matters because we’ve invented everything from money to blue ketchup. 2) Voting old white people out of government is a step in the right direction.

- VIRGO**
(AUG 23–SEP 22)

You might find the perfect situation to use your wonderful diplomatic skills, whether it be yelling at a Texas Roadhouse dumpster until it opens up and gives you the treasure it holds inside or sitting down and having a discussion with your parents about what they’re doing to be actively anti-racist.
- LIBRA**
(SEP 23–OCT 22)

Sometimes you make mistakes because you spend most of your time trying to develop a Monster Energy Drink-flavored brand of mayonnaise and sometimes, you just make mistakes because you won’t donate—even a couple bucks—to a program that helps Black transgender people (such as For the Gworts).
- SCORPIO**
(OCT 23–NOV 21)

Your lucky number is 3–4, as in “Black Americans are diagnosed with psychosis 3–4 times more compared to white patients with the same symptoms.”
- SAGITTARIUS**
(NOV 22–DEC 21)

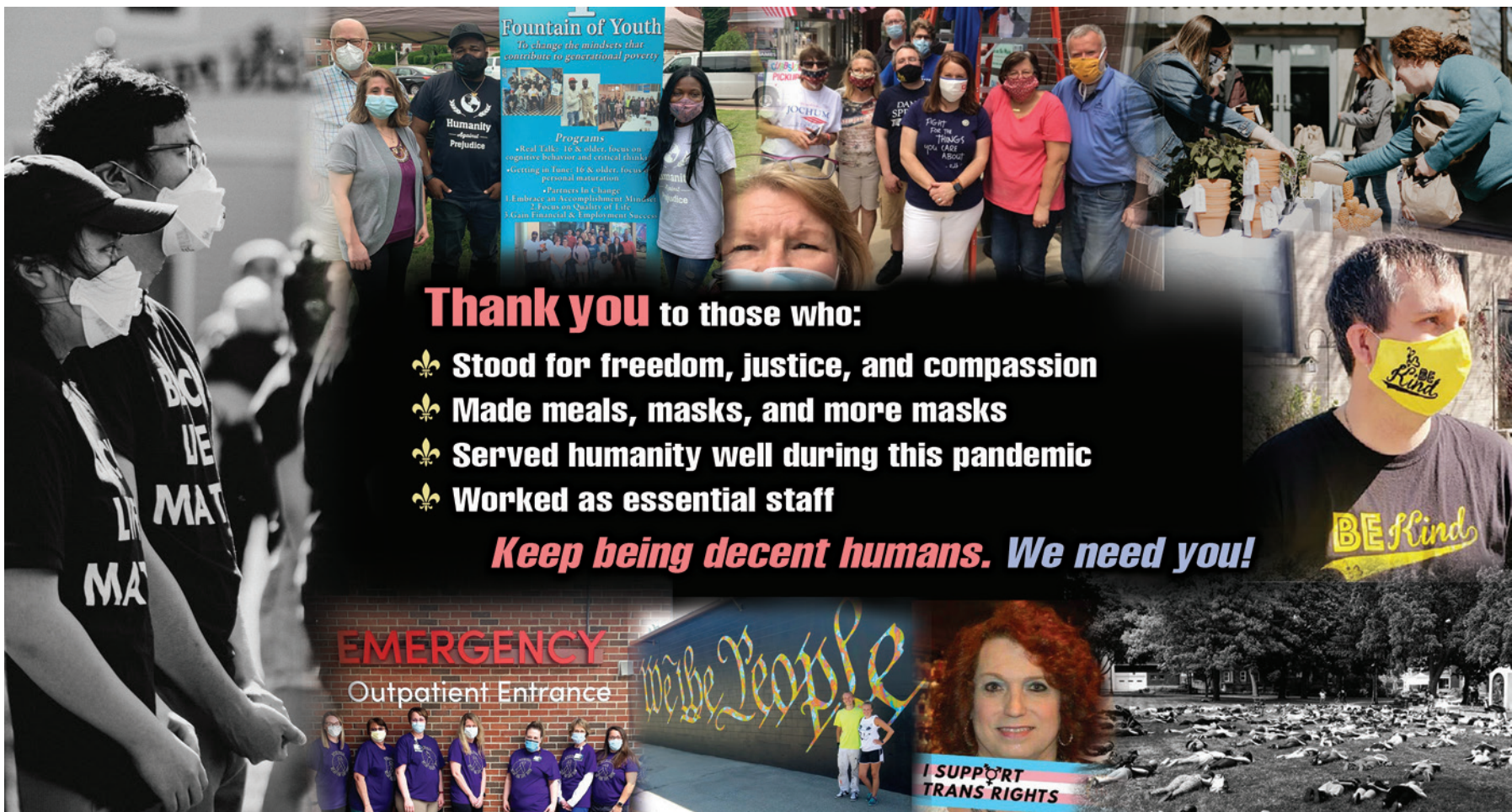
You’ve potentially been awake for three days straight eating nothing but yogurt-flavored Doritos and trying to lasso a gnat, finally realizing that police should have several years of training instead of three months.

- CAPRICORN**
(DEC 22–JAN 19)

You have partners and friends who are eager to hear what’s on your mind after you alternated episodes of *Game of Thrones* and *Duck Dynasty* and convinced yourself that they take place in a universe that makes more sense than this one.
- AQUARIUS**
(JAN 20–FEB 18)

The fog has lifted and you’re ready to get back to your normal routine of trying to alchemize cottage cheese instead of buying it from one of the many corporations that use prison labor.
- PISCES**
(FEB 19–MAR 20)

Cut the budget of law enforcement agencies and invest the money into community programs, accessible housing and public health (including mental health care), among other social needs.
- RYAN WERNER**
RYAN WERNER IS A PROFESSIONAL SPEAKER, ATTITUDE EXPERT AND PROBLEM SOLVER. HE ENGAGES, ENTERTAINS AND EDUCATES AUDIENCES AROUND THE WORLD.



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