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MAGAZINE

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## IN THIS ISSUE...

Opening Doors  
GIVEFEST

INTERNATIONAL  
DAY OF PEACE

PICTURE YOURSELF  
IN THE TRI-STATES

THE TRI-STATES' FREE ENTERTAINMENT GUIDE

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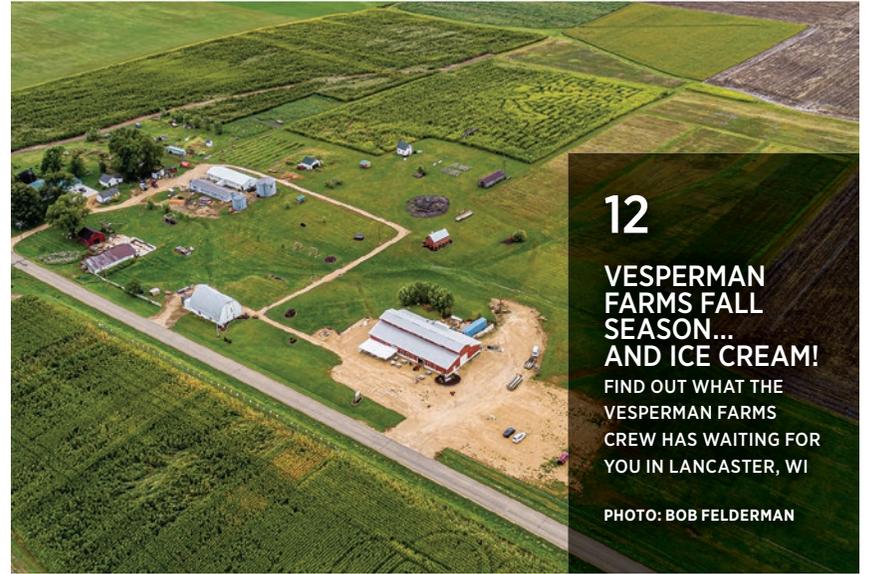
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### 365INK MAGAZINE

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## VESPERMAN FARMS FALL SEASON... AND ICE CREAM!

FIND OUT WHAT THE VESPERMAN FARMS CREW HAS WAITING FOR YOU IN LANCASTER, WI

PHOTO: BOB FELDERMAN

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## SPECIAL THANKS

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

## WHERE'S WANDO?



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

This issue of *365ink* is coming out on Sept. 17, exactly one year to the day from when I went under the knife for my second and third cancer surgeries (colon and prostate) at Mayo Clinic. Needless to say, my birthday on the 19<sup>th</sup> and wedding anniversary on the 20<sup>th</sup> of September were a couple of the worst days of my life. Recovering from the second time I had myself opened up right down the middle (the first time was a year earlier for kidney removal surgery) has got to have been the most miserable week I ever experienced. Pain, exhaustion, and more pain. Yuck.

Well, short of getting hit by a bus or something, the same week in 2020, despite this year being a real bastard in all other ways, looks to be a complete reversal of fortune for my overall well-being and general mood. A little golf with friends and relaxing with my wife. That sounds wonderful. Ugh, just the thought of twisting my body swinging a golf club a year ago would have been some kind of horror story. Wow.

I don't want to dwell on the bad stuff, so I'll say that right now I feel great. After chemo and a few months of hiding out in my house somewhat immunocompromised and gaining my COVID-19 pounds, I got out and started walking my ass off, quite literally. I felt like real crap at the end of May, so on June 3, I started walking. By August, I was averaging over 18,000 steps a day. Not a big deal for my marathoner friends out there, but for a guy who was getting 3,500 steps at the beginning of the year, it was a life changer.

I'm about 45 pounds down now in less than four months, so it's going well. Amazing how eating less, eating better, and staying active everyday is so effective in changing your life (insert sarcasm). And I didn't need to join a gym or buy any quack drinks from a pyramid scheme... er, I mean, multi-level-marketing company to do it. Not that gyms are bad. I just found another way. I still eat bacon, just less. I have cheese burgers but with a salad instead of fries and well, honestly, I have a lot of salads, but they are what I call "Man Salads."

So many salads you get at restaurants are around 600 calories or less. Tasty but delicate and, hey, I'm still a fat guy. I need some protein and calories in there to survive to dinner. So give me a 1,000 calorie salad, please. Put some damn meat on there or eggs. I have found the best salads are the ones I make at home. I can make a damn fine salad. Taco salads



are super easy and filling. I like Doritos on mine. Yep, I swear I still lose weight. It's not just what I eat; it's how much. Calories in, calories out. It's all a numbers game.

For me personally, I've found that two meals a day, lunch and dinner, with no snack in between is the magic answer. No breakfast. I know people say breakfast is the most important meal of the day, but that's an old wives' tale. I don't have to get up early in the morning, so my day may be a very different schedule than yours. So I can get to the lunch hour without going crazy insane with hunger. And I like to eat lunch closer to 1 p.m. than noon. That lets me get to dinner at 7 or 8 p.m. (because my wife works late quite often), again, without going crazy with hunger. And I'm the cook in the house, so I control what we eat. Of course, as she is gluten free and avoids refined sugars and other things, I work around those things. But as a safe meat and potatoes girl, it's not so hard.

I also love fish, and I can have a lot of it as it's very easy on the calorie scale, but Christy doesn't eat fish at all, so I often will make meals where I put seared tuna in my version and filet mignon in hers. So, you know, neither of us really lose out there. If I'm ever starving for a pile of food, I can give myself a pile of baked cod and a bushel of broccoli. And I like both of those. Maybe a touch of garlic butter drizzled over it. But hey, when it's a pile of fish and broccoli, there is a ton of room in the calorie budget for a bit of butter. All things in moderation, my friends.

I've been using my phone to track my steps and an app called Noom to track exercise and most of all, my food calories. It has a lot of good food science as well in daily dose form. But after a while, it really got heavy into feelings and moods and stuff and as Austin Powers said, "That's not my bag, baby." I started to feel like they assumed everyone using the app was a pathetic spineless wuss who couldn't

control themselves. Then again, maybe after a couple cancers I'm just finally at a place where controlling myself is an easier choice than it ever has been before. Anyway, it's a good app and I would recommend it. I take from it what works for me and skip the stuff that I don't care about. The key is honesty. If you put dressing on the salad, you have to claim those calories. Same for that BBQ sauce on your burger or butter on your corn on the cob. Those little condiments are packed with calories and I think are the difference between losing weight and being frustrated.

So if you see me out walking, no my car didn't break down, I'm just getting my steps in. However, if I'm running, there is still a pretty good chance you should also be running in the same direction. I actually wore through a pair of shoes in four months. I'm like Forrester, Forrester Gump. So my wife got me a couple of new pairs for my birthday. I also burned out a motor on my old treadmill, so my friend Bibi gave me one that she wasn't using so I can keep my steps up as we get into the cold, ugly months when it's hard to go outside for an extend period of time. Looking at treadmills, so many of them said they were for people under 225 pounds, and my good friend H.R. Cook wisely pointed out that people under 225 pounds don't need a damn treadmill. Well, I thought it was funny. If I just walk and don't try running like an out of control wildebeest on the thing, I think it'll last a while.

So far I'd say I've been lucky. I didn't think I'd lose weight this fast, and I have to be careful not to let myself get lazy with my calorie counting. But it's also not terribly difficult. You just do it over everyday. I think if I tried to go nuts in a gym or do the super no carb diet, I'd fail on both of those fronts. It's so hard to get the ambition to go do a serious workout. But to stand up, go outside and walk for 20 minutes to an hour a couple times a day, I can do that. Most people can do that. My schedule (and being my own boss) allows for that thankfully. But it is something that does not take some special effort. You just go walk and listen to music or in my case, a book. And before you know it, you have 10 or 15 thousand steps in... and a huge Audible.com bill. And that's all it takes. Movement achieved, calories burned, goodbye fat pants.

I can't say this will stop me from getting cancer again. But it is one thing I can do that can help, so I do it. And when the time comes, I will roll the dice and hope my tests and scans come back clean and give me another year. And as long as I get more days, months, and years, feeling good and being active in those days makes them so much more enjoyable.

See, I didn't even get political at all this time. Also, Donald Trump is a piece of human garbage.

See you out there on the sidewalks of Dubuque, my friends! ■



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## NOTHING GOOD HAPPENS AFTER MIDNIGHT

SEPTEMBER 17 AND 19 @ 7 PM  
ONLINE

The Bell Tower Theater brings local theater to your home with another virtual performance. Catch *Nothing Good Happens After Midnight* on Sept. 17 or 19 at 7 p.m. on their Facebook page. Due to copyright restrictions, the show will be taken down as soon as it is completed. The video will not remain online so if you want to watch it, you have to do it live!

It is April 2020, and bride-to-be Savannah learns the hard way that being quarantined alone in her apartment does not mix well with pre-wedding jitters. With her fiancé, Billy, quarantined with his parents, she relies on video conference calls with Billy and her parents for support. But one fateful night a pair of scissors and a poor—very poor—attempt at hair dressing might jeopardize the festivities.

The cast includes veterans of the Bell Tower stage Matt Tompkins and Cathy Goodman alongside college students Megan Lenstra and Andrew Sear.

This event is free however the Bell Tower Theater will be accepting donations. To donate or for more information, visit [BellTowerTheater.net](http://BellTowerTheater.net). ■



## BROADWAY AND BEYOND WITH J. MARK MCVEY

SUNDAY, SEPTEMBER 20 @ 4 PM  
ONLINE

University of Dubuque Heritage Center has partnered with Heartland Productions to offer a live musical performance of *Broadway and Beyond with J. Mark McVey* at 4 p.m. Sunday, Sept. 20.

The live, full-length performance will feature music from Broadway and American Songbook with Heartland Sings vocal artists, along with orchestra and chorus, for an evening of intimate storytelling and show stopping classics.

J. Mark McVey, star of over 3,200 performances as Jean Valjean in *Les Miserables*, will bring his unique spark to the stage with stories and showmanship that will inspire. The enchanted performance will include music by Rodgers and Hammerstein, Leonard Bernstein, George Gershwin, Stephen Sondheim, Lin-Manuel Miranda, and much more.

*Broadway and Beyond with J. Mark McVey* will be available for viewing on-demand for 30 days after the live show. Tickets are \$20 and can be purchased at [HeartlandProductions.org/Tickets](http://HeartlandProductions.org/Tickets). ■



## BRAT AND EON OF TIME REUNION SHOW

FRIDAY, SEPTEMBER 25 @ 6-10 PM  
FRENTRESS LAKE BAR AND GRILL  
(818 W GILL RD, EAST DUBUQUE, IL)

A convergence of '80s rock and roll awesomeness is coming to East Dubuque when two top local bands from days gone by come together for a reunion sure to melt your face off or at least split your spandex right up the hoodoodilly region if you try to fit into them after 40 years. The bands I'm referring to are Brat and Eon of Time.

This is the 38 year reunion for Brat, featuring Ken Nechvatal, Dick Griffin, David Esser, and Dennis Hoag. Dennis is also a featured performer in the second band as well, Eon of Time. As the lead guitarist for both bands, it's likely his return from Florida to the Tri-States that made this whole reunion come together. The 42<sup>nd</sup> reunion for Eon of Time also features musicians John Rogerson, a special guest, and one time member, Dale Griffin.

The evening of rock is rounded out by locals Renegade and DuRocks. All of this in one night on one stage at Frentress lake Bar and Grill in East Dubuque, IL, on Friday, Sept. 25 from 6 to 10 p.m. Let the totally awesome awesomeness wash over you like a mullet over a sweaty ringer t-shirt. The show is outside and by the water, so you can safely social distance as much as you like and enjoy great food and drinks at the same time. Almost like living in the '80s, when the only fear we had was mutually assured nuclear destruction. Good times! ■



# 20<sup>th</sup> Anniversary

## Give fest

### September 23 & 24



Our first doorway of hope opened September 25, 2000 at Maria House. Teresa Shelter opened May 23, 2006, followed by a Permanent Supportive Housing program at Francis Apartments on August 1, 2017. Help us celebrate 20 years of serving women and children experiencing homelessness with a gift of any size. Give online or mail a check to Opening Doors, 2100 Asbury Road, Suite 8, Dubuque, IA 52001.

*We are truly grateful to our community for 20 years of support!*

[www.OpeningDoorsDBQ.org/GiveFest](http://www.OpeningDoorsDBQ.org/GiveFest)

563.582.7480

# SHARE FACTS ABOUT COVID-19 AND HIV

**FACT 1**

**For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

As with other viral respiratory infections, the risk for people with HIV getting very sick is greatest in:

- People with a low CD4 cell count
- People not on HIV treatment (antiretroviral therapy or ART)

**FEVER**



**FACT 2**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash
- Insure that you refill and take all of your medications as prescribed
- Stay home as much as possible

**FACT 3**

**You can help stop COVID-19 by knowing the signs and symptoms.**

- Fever
- Cough
- Shortness of breath

Symptoms may appear **2-14 days after exposure.**

**COUGH**



**FACT 4**

**If you are sick with COVID-19 or think you might have COVID-19, care for yourself and help protect other people in your home and community.**

- Call ahead before visiting your doctor
- Avoid public transportation
- Stay home and away from others
- Establish a plan for remote clinical care
  - Try to establish a telemedicine link through your HIV care provider's online portal
  - If telemedicine is not available to you, make sure you can communicate with your provider by phone or text

**SHORTNESS OF BREATH**



[cdc.gov/COVID-19](https://cdc.gov/COVID-19)

## BEATLES VS. STONES

FRIDAY, SEPTEMBER 25 @ 7:30 PM  
FIVE FLAGS THEATER (405 MAIN ST)

The two greatest rock 'n' roll bands of all time face off in *Beatles vs. Stones—A Musical Showdown* on Friday, Sept. 25 at 7:30 p.m. at the Five Flags Theater.

For decades, the battle has raged: Beatles or Stones? Through their heyday, fans accused

London's Rolling Stones of stealing ideas—even entire albums—from their Liverpool counterparts. At the same time, the Beatles secretly envied the Stones' "bad boy" image and attitude, often copying their style. Both bands are unmistakably great, scoring an array of hits that changed musical history, but only one can be the best.

Taking the side of the Fab Four is Abbey Road, one of the country's top Beatles tribute bands. They engage in a musical "showdown" against premier Stones tribute band Satisfaction—The International Rolling Stones Show.

This event is taking the place of the postponed *In My Life: A Musical Theater Tribute to The Beatles*. Tickets purchased to *In My Life* will be honored.

Tickets are \$35–\$65 and can be purchased at [Ticketmaster.com](https://www.ticketmaster.com). For more information, call **563-589-4258** or visit [FiveFlagsCenter.com](https://www.fiveflagscenter.com). ■



## RACE IN THE HEARTLAND CONFERENCE

OCTOBER 8 AND 9 @ 7 AM–5:30 PM  
ONLINE

The second annual Race in the Heartland Conference will take place virtually on Oct. 8 and 9. The conference is centered on race and equity, focusing on four key topics: housing, education, criminal justice, and the workplace. The conference seeks to create an environment for positive dialogue that will equip those who attend the conference with the skills to feel comfortable being involved in discourse about racial inequality.

The conference will contain multiple keynote speakers and breakout sessions, all of which are presented by women. Keynote speakers include Dr. Jennifer Ulie-Wells and Manisha Paudel. Dr. Ulie-Wells trains thousands of educators, young people, families, and community providers on a variety of school mental health (SMH) topics. Dr. Ulie-Wells' keynote will be on Racial/Cultural Trauma in Schools at the conference. Manisha Paudel is the Equity Coordinator for the City of Des Moines, IA and is also a trained facilitator on Intercultural Competency, Fair and Impartial Policing, and International Association of Public Participation (IAP2) model. Manisha's keynote will be on Meeting DEI Where We're At.

Everyone is welcome to attend the conference. Registration is \$45 for 1 day, \$65 for both days, and \$35 for students. For more information, visit [RaceInTheHeartland.org](https://www.RaceInTheHeartland.org). ■

FLY-BY-NIGHT PRODUCTIONS PRESENTS

## TAMING OF THE SHREW

ACT V AND INDUCTION:  
THURSDAY, OCTOBER 8 @ 6 PM  
ONLINE

Fly-By-Night Productions (FBNP) presents a unique series of three online performances of William Shakespeare's *The Taming of the Shrews*.

Closing out the series,

Act V and Induction will be performed on Thursday, Oct. 8 at 6 p.m.

The cast will be all female to investigate, question and interpret Shakespeare's seemingly misogynistic play. Each session will involve a 45 minute performance followed by a moderated panel discussion involving the actors. Sunil Malapati, FBNP Board Member and Professor of Chemistry at Clarke University will serve as the series director and moderator. Zoom Webinar will be the mode used to present the series. Audience will be able to submit questions.

Register in advance at [flybynightdubuque.com](https://flybynightdubuque.com).

For more information, call **563-599-9486** or visit [facebook.com/flybynightdubuque](https://facebook.com/flybynightdubuque). ■



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**THU 9/17**

**A Brief History of Women's Suffrage**

**6 PM @ ONLINE**  
This year marks the Centennial of the ratification of the 19<sup>th</sup> Amendment, which enfranchised 27 American women. This program will discuss the history of the suffrage movement, including its controversies, lowans' roles, and its impact. Presented by Dr. Karen M. Kedrowski. RSVP required. **563-589-4225 x2248. dubuque.lib.ia.us.**



**Live(stream) with Heritage Center: Kennedy's Kitchen**

**7:30 PM @ ONLINE**  
Kennedy's Kitchen is a favorite local Irish band comprised of a family of lads including Liam Ladewski, Heritage Center's former

student engagement graduate assistant. He graduated in May. Celebrate "Halfway to St. Patty's Day!" The episode will feature the band's music, a look into their lives, and plans for future local performances. Join at @HeritageCTR on Facebook and Twitter or @UDBQMedia on YouTube. Free. **563-589-3432. dbq.edu/HeritageCenter.**

**SUN 9/20**

**Chili Feed Fundraiser**

**11 AM-2 PM @ SWISS VALLEY PARK WALNUT PAVILION (PEOSTA, IA)**  
BYO bowl and utensils to help eliminate several hundred pounds of trash added to our local landfill. Carry out available. Benefitting the Friends of Dubuque County Conservation. \$7 Adults; \$4 kids 12 and under. 13069 Swiss Valley Rd, Peosta, IA. **getmeregistered.com/ChiliFeedFundraiser.**

**TUE 9/22**



**Virtual Craft Night: One Skein Wonder Knit or Crochet**

**6 PM @ ONLINE**  
Whatever your crafting style or skill-level, bring your current project and set up your webcam for an evening of camaraderie and fun. Pick up a free One Skein Wonder knit or crochet kit from Carnegie-Stout Public Library. Ages 16+. RSVP required. Free. **563-589-4225. dubuque.lib.ia.us.**

**WED 9/23**

**Easel Wars: Emily Anderson**

**7:30 PM @ GRAND OPERA HOUSE**  
Easel Wars is a "Iron Chef meets Bob Ross" style competition between

two local artists raising money for the Grand Opera House. Jon Little and Emily Anderson are two acclaimed local artists—and both are regular volunteers at the Grand Opera House. They are going head to head to create original works of art for the entertainment of the masses. The paintings will be raffled off at the end of each night. Watch in person or online. **thegrandoperahouse.com.**

**THU 9/24**

**Book Discussion: The Mystery of Pain**

**6-7 PM @ STATERA**  
The more deeply you understand the process of pain, the more power you have to influence it. This book presents a comprehensive, accessible guide to the scientific understanding of pain. Free. 3375 Lake Ridge Dr. **563-207-8932. stateraintegrated.com.**

**FRI 9/25**

**Family Night @ The River Museum**

**4-8 PM @ NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM**  
The evening will be similar to the River Museum's daytime experience, with opportunities to catch a 4D film and enjoy the facility's exhibits, including its newest exhibits *Hometown Home Runs*, *Hard Won Not Done*, and the final weekend of *The Robot Zoo*. Happi Hibachi and That One Place will have food trucks on site beginning at 5 p.m. for guests to purchase dinner, drinks or snacks. Discounted general admission is just \$9.95 per person and films will be discounted to \$2.95

per person. A general admission ticket is not required for 4D films. Discount admission and film tickets are available at the box office beginning at 4 p.m. on Sept. 25.



**DSO LIVE from our Living Room: Erik Leveille**

**7-7:30 PM @ ONLINE**  
The Dubuque Symphony Orchestra brings the symphony to your home with free live mini concerts. This is a free concert series, but donations are accepted. **DubuqueSymphony.org.**

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

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# GIVEFEST OPENING DOORS CELEBRATES 20 YEARS OF SERVING THE HOMELESS IN DUBUQUE

SEPTEMBER 23 AND 24  
ONLINE



For Opening Doors, Sept. 25 marks their 20<sup>th</sup> anniversary of empowering women and children experiencing homelessness in our community.

Beginning with a homeless woman on a park bench in need of shelter, Opening Doors has since served over 3,800 women and children through their three doorways of hope. The programs at Teresa Shelter, Maria House, and their permanent supportive housing program at Francis Apartments provide a continuum of life skills programs customized for each woman based on where they are in their journey to self-sufficiency.

"We are so proud to celebrate 20 years of giving a hand up in the world to the amazing women we serve," said Executive Director Carol Gebhart. "Our mission is truly love in action. We are truly grateful for all of the support that we've received from our generous community."

The 20<sup>th</sup> Anniversary GiveFest is a special campaign designed to celebrate the past 20 years and to give wings to Opening Door's future. Their special

online celebration will take place on Sept. 23 and 24.

Opening Doors is a non-profit organization who helps women and children who are experiencing homelessness. They provide goal setting and life skills training that enable women and children to achieve their full potential. Opening Doors offers a hand up in the world, not a handout. Since 2000, they have served thousands women and children through a continuum of services. Teresa Shelter offers emergency and extended stay programs. Maria House offers transitional housing for up to two years. Francis Apartments offers an opportunity for income-based affordable housing with support services; a combination that has proven to be effective at ending the cycle of homelessness. Opening Doors offers much more than a place to sleep. They provide the opportunity for women to claim their own power and become self-sufficient.

For more information about GiveFest and to donate, call **563-582-7480** or visit [openingdoorsdbq.org/givefest](http://openingdoorsdbq.org/givefest). ■

## AIR SUPPLY

FRIDAY, OCTOBER 9 @ 7:30 PM  
FIVE FLAGS ARENA (405 MAIN ST)

For the first time in nearly 38 years, legendary pop group Air Supply will return to the Five Flags Center. They take the arena stage on Friday, Oct. 9 at 7:30 p.m.

Air Supply broke out in the United States in 1980 with the release of their album *Lost in Love*, which sold more than three million copies. They followed that up with two more platinum albums—1981's *The One That You Love* and 1982's *Now and Forever*—plus their gold-certified self-titled effort in 1985.

Air Supply was one of the most successful groups of the early 1980s on the singles charts. They hit No. 1 in 1981 with "The One That You Love" and reached the Billboard Top 10 more than a half-dozen other times with signature



songs like "All Out of Love," "Lost in Love," "Even the Nights are Better," and "Making Love Out of Nothing At All." In addition, the group reached the Top 40 of the Adult Contemporary chart 15 times, most recently in 2010 with both "Dance with Me" and "Faith in Love."

Reserved seats are \$42-\$98, and VIP tickets are \$179. Purchase tickets at [Ticketmaster.com](http://Ticketmaster.com). For more information, call **563-589-4258** or visit [FiveFlagsCenter.com](http://FiveFlagsCenter.com). ■

## MIDWEST SPRING JAM

# BONE THUGS-N-HARMONY, TWISTA, AND DO OR DIE

SATURDAY, OCTOBER 10 @ 8 PM  
FIVE FLAGS ARENA (405 MAIN ST)

Hip-hop legends Bone Thugs-N-Harmony will be joined by guests Twista and Do or Die for the Midwest Spring Jam. The show will take place on Saturday, Oct. 10 at 8 p.m. at the Five Flags Arena.

Bone Thugs-N-Harmony has been ranked among the greatest rap groups of all time. The Cleveland-based quintet's breakout album, *E. 1999 Eternal*, topped the Billboard albums chart with hits "1<sup>st</sup> of tha Month," "East 1999," and "Tha Crossroads," which would become the group's best-performing single.

Twista has been one of the pre-eminent names in the Chicago hip-hop scene. His breakout came in



2004 with the release of *Kamikaze* and its lead single, "Slow Jamz." The followup, "Overnight Celebrity," earned him a Grammy nomination for Best Solo Rap Performance.

Fellow Chicagoans Do or Die are also longtime veterans of the city's hip-hop landscape. Their first mainstream success came in 1996, when their debut single "Po Pimp" reached #22 on the Billboard Hot 100 while topping the publication's Rap chart.

Tickets are \$29-\$69 and can be purchased at [Ticketmaster.com](http://Ticketmaster.com). For more information, call **563-589-4258** or visit [FiveFlagsCenter.com](http://FiveFlagsCenter.com). ■

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## SAT 9/26

## Massbach Stomp

11 AM-5 PM @ MASSBACH RIDGE WINERY (ELIZABETH, IL)

Jump in feet first and stomp grapes till you're purple! Take a tour of the winery and enjoy live music, wine, and food on the patio. \$5. 8837 S. Massbach Rd, Elizabeth, IL. 815-291-6700. [MassbachRidge.com](http://MassbachRidge.com).

## FRI 10/2

## First Fridays

11 AM-8 PM @ CENTRAL AVE MERCANTILE NOON-7 PM @ CARNEGIE-STOUT PUBLIC LIBRARY Central Ave Mercantile hosts live music outside plus samples of coffee and dips. Art @ your library® at Carnegie-Stout features Mia Nottrott and Andrew Raeside. Nottrott enjoys working in many mediums, with this show highlighting her vivid use of color. Raeside's

paintings of expressionist and abstract expressionist styles provide visual music for the heart, mind and soul. 563-589-4225. [dubuque.lib.ia.us](http://dubuque.lib.ia.us).

## SAT 10/3

## National Drive Electric Week

9 AM-NOON @ HOTEL JULIEN PARKING LOT Celebrate National Drive Electric Week (Sept. 26-Oct. 4) with Sustainable Dubuque, the Dubuque County Energy District, and the Galena Green Team. Learn about the benefits of all-electric and plug-in hybrid cars, trucks, motorcycles, and more. Register your car at [dubuquecounty.energydistrict.org](http://dubuquecounty.energydistrict.org).

## Bags n Brews

11 AM-6 PM @ KENNEDY MALL FORMER WOMEN'S YOUNKERS STORE Enter the Dubuque Jaycees Bags n Brews bean bag tournament (\$30 adv;\$35 door) plus enjoy the kids zone, food, beverages, and music. Proceeds benefit St. Mark Youth Enrichment. 563-583-5555. [dubuquejaycees.org/bagsnbrews](http://dubuquejaycees.org/bagsnbrews).

## Taste of Shullsburg

11 AM-6 PM @ DOWNTOWN SHULLSBURG, WI Adults are invited to enjoy food, music, shopping, antiques, tent sales, and refreshments outdoors on Waterstreet. [facebook.com/experienceshullsburg](http://facebook.com/experienceshullsburg).

## ONGOING

## Galena Territory Farmers Market

SUNDAYS: SEPT 20 AND OCT 11 @ 8 AM-NOON GALENA TERRITORY OWNERS' CLUB (2000 TERRITORY DR, GALENA, IL) 815-777-2000. [facebook.com/TheTerritoryFarmersMarket](http://facebook.com/TheTerritoryFarmersMarket).

## Toddler Time

1<sup>ST</sup> TUESDAY @ 9 AND 10:30 AM AND 1<sup>ST</sup> SATURDAY @ 10:30 AM: THROUGH MAY 3 NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM TRAIN DEPOT Programs incorporate a craft and story. Includes parent/caregiver. \$10 non-members; \$8 members. [rivermuseum.com/toddler-time](http://rivermuseum.com/toddler-time).

## Iowa Street Mid-Week Market

WEDNESDAYS THROUGH OCT 28 @ 4-8 PM 11<sup>TH</sup> AND IOWA STS

## Millwork Night Market

THURSDAYS: SEPT 17 AND OCT 8 @ 5-8 PM 7<sup>TH</sup>-9<sup>TH</sup> AND JACKSON ST [MillworkNightMarket.com](http://MillworkNightMarket.com).

## Toastmasters

2<sup>ND</sup>, 4<sup>TH</sup>, AND 5<sup>TH</sup> WEDNESDAYS OF EVERY MONTH @ 5:30 PM CARNEGIE-STOUT PUBLIC LIBRARY OR ONLINE Overcome your fear of public speaking and develop the skills to give an organized, dynamic, and interesting presentation. Ages 18+. Free. [facebook.com/ToastmastersSpeakeasyClub](http://facebook.com/ToastmastersSpeakeasyClub).

## Gary's Graffiti Nights

THURSDAYS THROUGH SEPT 24 5-9:30 PM @ KENNEDY MALL Classic cars, door prizes, music, and fun.

## Dubuque Farmers' Market

SATURDAYS THROUGH SEPT 26 @ 7 AM-NOON SATURDAYS OCT 3-31 @ 8 AM-NOON 13<sup>TH</sup> AND IOWA ST 563-588-4400. [dubuquefarmersmarket.org](http://dubuquefarmersmarket.org).

## Galena Farmers Market

SATURDAYS THROUGH OCT 31 @ 7 AM-NOON 123 COMMERCE ST, GALENA, IL 563-542-0996. [facebook.com/galenafarmersmarket](http://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!

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# MOVIE NEWS

## NOW PLAYING

### BILL & TED FACE THE MUSIC (PG-13)

The stakes are higher than ever for the time-traveling exploits of William "Bill" S. Preston Esq. and Theodore "Ted" Logan. Yet to fulfill their rock and roll destiny, the now middle aged best friends set out on a new adventure when a visitor from the future warns them that only their song can save life as we know it. Along the way, they will be helped by their daughters, a new batch of historical figures, and a few music legends—to seek the song that will set their world right and bring harmony in the universe.



### WORDS ON BATHROOM WALLS (PG-13)

Witty and introspective Adam (Charlie Plummer) appears to be your typical young adult—a little unkempt with raging hormones and excited about a future pursuing his dream of becoming a chef. Expelled halfway through his senior year following an incident in chemistry class, Adam is diagnosed with a mental illness. Sent to a Catholic academy to finish out his term, he meets outspoken and fiercely intelligent Maya (Taylor Russell). There is an instant soulful and comforting connection.



### I STILL BELIEVE (PG)

From the makers of *I Can Only Imagine* comes the true life story of Christian music mega star Jeremy Camp and his remarkable journey of love and loss that proves there is always hope in midst of tragedy and that faith tested is the only faith worth sharing.



### TROLLS WORLD TOUR (PG)

In an adventure that will take them well beyond what they've known before, Poppy (Kendrick) and Branch (Timberlake) discover that they are but one of six different Troll tribes scattered over six different lands and devoted to six different kinds of music: funk, country, techno, classical, pop, and rock. A member of hard-rock royalty wants to destroy all other kinds of music to let rock reign supreme. COVID-19 shut it and the theaters down, but it's getting a second chance on the big screen.



### TENET (PG-13)

Armed with only one word—Tenet—and fighting for the survival of the entire world, the protagonist journeys through a twilight world of international espionage on a mission that will unfold in something beyond real time.



### THE NEW MUTANTS (PG-13)

An original horror thriller set in an isolated hospital where a group of young mutants is being held for psychiatric monitoring. When strange occurrences begin to take place, both their new mutant abilities and their friendships will be tested as they battle to try and make it out alive.



### FATIMA (PG-13)

FRIDAY, SEPTEMBER 25  
In 1917, outside the parish of Fátima, Portugal, a 10-year-old girl and her two younger cousins witness multiple visitations of the Virgin Mary, who tells them that only prayer and suffering will bring an end to World War I. As secularist government officials and Church leaders try to force the children to recant their story, word of the sighting spreads across the country, inspiring religious pilgrims to flock to the site in hopes of witnessing a miracle.



## CLASSICS COMING SOON TO PHOENIX THEATRES

### THE BREAKFAST CLUB

SEPTEMBER 20 AND 21

### STAR WARS: EPISODE V THE EMPIRE STRIKES BACK 40TH ANNIVERSARY

FRIDAY, SEPTEMBER 25

### CLOSE ENCOUNTERS OF THE THIRD KIND

SEPTEMBER 27 AND 29

### FRIDAY THE 13TH

OCTOBER 4 AND 7

# INTERNATIONAL DAY OF PEACE

## HOPE FROM THE ASHES: 75 YEARS AFTER HIROSHIMA AND NAGASAKI

SEPTEMBER 20-27

Since its 1981 inception, the United Nations International Day of Peace has marked humanity's personal and planetary progress toward peace. The UN International Day of Peace is recognized around the world every Sept. 21. The celebration has grown to include millions of people in all parts of the world. Dubuque's Festival Celebrating the UN International Day of Peace spans Sept. 20 through 27.

Beginning in 2010 with a single event, the 2016 festival included 16 events with participation from many community groups. Past keynote speakers include Past keynote speakers are Ken Butigan (Pace e Bene), Rohina Malik (Muslim actress and playwright), Rajmohan Gandhi (grandson of Mohandas K. Gandhi), Phil Larson and Pati Miller (Civil Rights and 50<sup>th</sup> Anniversary of Freedom Summer), Jacob Lawrence Krapfl (author, teacher, Iraqi Vet), Reese Halter (Environmental Scientist), Jim Bear Jacobs (Native American Speaker & Pastor), Paul Engler (Author: This Is An Uprising) and activist Magdalena Gómez.

This is How we BBQ in DBQ has been coordinated with the Dubuque Day of Peace festival since 2012. Dubuque Branch NAACP, in combination with co-hosts Clarke University and the Dubuque Human Rights Commission, has decided not to hold This is How we BBQ in DBQ due to COVID-19. To keep the spirit of this community event alive, here are other initiatives that Dubuque Branch NAACP is working on.

Every year since 1990, Dubuque NAACP and other organizations have sponsored a tribute to Martin Luther King Jr. for students in the Dubuque public and parochial schools to enter essays, art work, poems, books, songs, displays and powerpoints for recognition.



This year's themes are "A View of 'Isms'" for K-5 and "Hidden History" for 6-12. Entries are due Monday, Nov. 30. All entries are then reviewed, and honorees from each grade will be recognized in conjunction with MLK's birthday at a community gathering in January 2021.

Dubuque NAACP is supporting the renaming of Dubuque Regional Airport to Robert L. Martin Terminal. The Tuskegee Airmen and Captain Martin faced racism during the Jim Crow era and lacked freedoms themselves, but felt it their duty to serve and go on to secure an American victory overseas so Americans can enjoy their freedoms at home. Captain Martin passed away on July 26, 2018. Dubuque Branch NAACP has also begun an effort to rename Dubuque's Jackson Park after Nathaniel Morgan, a black man murdered by a mob in Dubuque in 1840

To donate to any these projects in the spirit of This is How we BBQ in DBQ, please send a check to Dubuque Branch NAACP, P.O. Box 1012, Dubuque, Iowa, 52004-1012, with the project you wish to support on the memorandum line.

Donations for the Dubuque Day of Peace can be made payable to Dubuque Day of Peace and mailed to Dubuque Day of Peace, care of Art Roche, Treasurer, 5451 Meadow Ct, Dubuque, IA 52002. Visit [facebook.com/dbqdayofpeace](https://facebook.com/dbqdayofpeace) for more information. ■

### KATHY KELLY

MONDAY, SEPTEMBER 21 @ 7 PM

ONLINE

COST: FREE

Kathy Kelly, a peace activist and writer who has traveled to war zones and lived alongside ordinary people in Afghanistan, Iraq, Gaza, Lebanon, Bosnia and Nicaragua, will speak on Monday, Sept. 21 at 7 p.m. via Facebook Live.

On Aug. 6, 1945, a U.S. plane dropped an atomic bomb on Hiroshima, Japan, killing as many as 166,000 people. Three days later the U.S. dropped a similar bomb on Nagasaki, with up to 80,000 more deaths. Many generations later, nations still threaten nations with nuclear weapons. To create lasting peace, we need to create the public will to address nuclear weapon proliferation, unsafe nuclear waste storage, and related problems.



To avoid paying for nuclear weapons and war, she has kept her income beneath the taxable level since 1980. Convinced that land is meant to grow crops and not harbor nuclear weapons, she and her companions planted corn on top of nuclear weapon silo sites, an action for which she served one year in federal prison. ■

### Intergenerational Panel Discussion: "Care for our Common Home"

SUNDAY, SEPTEMBER 20 @ 6:30-7:45 PM

ONLINE

COST: FREE

An intergenerational virtual panel discussion on climate change features Sr. Marie Cingrand, OSF (Sisters of St. Francis), Chuck Isenhardt (Representative of House District 100, Dubuque), Jared McGovern (Curator of Conservation programs at National Mississippi River Museum & Aquarium), Sadie Richter (Senior High School Student), and Korrin Shriver (Wahlert Catholic High School Teacher). Sponsored by Sisters of St Francis, Sisters of Charity of the Blessed Virgin Mary and the Canticle of Creation Center. RSVP. [apell@osfdbq.org](mailto:apell@osfdbq.org). [tinyurl.com/yyrvyanj](https://tinyurl.com/yyrvyanj).

### Lighting the Lantern

SUNDAY, SEPTEMBER 20 @ 4:30-5:30 PM

ONLINE

COST: FREE

Hear from Mark Prosser, the former police chief of Storm Lake, IA, where he gained accolades for his community-minded approach to law enforcement and his determination to engage with immigrants, many of whom came to Storm Lake with a deep-set and well-founded fear of police. Fundraiser for the Presentation Lantern Center. Event is free, but additional interaction with speaker comes with a paid ticket. [facebook.com/events/243824616995421](https://facebook.com/events/243824616995421).

### March for Refugee Rights

SATURDAY, SEPTEMBER 26 @ NOON-1 PM

START AT LORAS COLLEGE (1450 ALTA VISTA ST)

SUGGESTED DONATION: \$20 ADULTS; \$10 STUDENTS

Meet outside Christ the King Chapel at Loras College, touch base at University of Dubuque outside Blades Chapel, and end at Clarke University outside Atrium. All proceeds raised go to the U. N. High Commissioner for Refugees (UNHCR), which helps provide refugees with life sustaining tools. Cosponsored with Iowa United Nations Association (IUNA). Register and/or donate at [iowaUNA.org/events-calendar](https://iowaUNA.org/events-calendar).

### Historic District Coffee House

SATURDAY, SEPTEMBER 26 @ 7-9 PM

ONLINE

COST: FREE

Art Roche and Karen Buechele co-host this variety of music performance, poetry reading, storytelling, and more. Some of the performances will recall the tragedy of Hiroshima and Nagasaki, and some will refocus our attention on hope for a nuclear-free future. Share your talent with a supportive, appreciative group—or be part of the audience! Email [rocheart3@msn.com](mailto:rocheart3@msn.com) or call [563-581-6521](tel:563-581-6521) in advance if you'd like to perform. [uudbq.org](https://uudbq.org).

### Ecumenical Peace Vespers

SUNDAY, SEPTEMBER 27 @ 7 PM

DIVINE WORD COLLEGE (102 JACOBY DR W, EPWORTH, IA)

COST: FREE

# VESPERMAN FARMS FALL SEASON... AND ICE CREAM!

STORY BY BRYCE PARKS  
MAZE PHOTO BY BOB FELDERMAN

It's been seven years since we sat down with Kyle Vesperman to talk pumpkins and apple cider donuts, and it turns out, pumpkins and apple cider donuts are so 2013. Ice cream is what is all the craze now in Lancaster, WI.

Okay, full disclosure: people still love the pumpkins and donuts, and Vesperman Farms is turning out more of those than ever before, too. In 2013, we visited the snack shack. Well, it's 2020 and a huge new event barn has long since replaced the shack, and it's not just families in October who are enjoying its goods but weddings, parties, and meetings all year round.

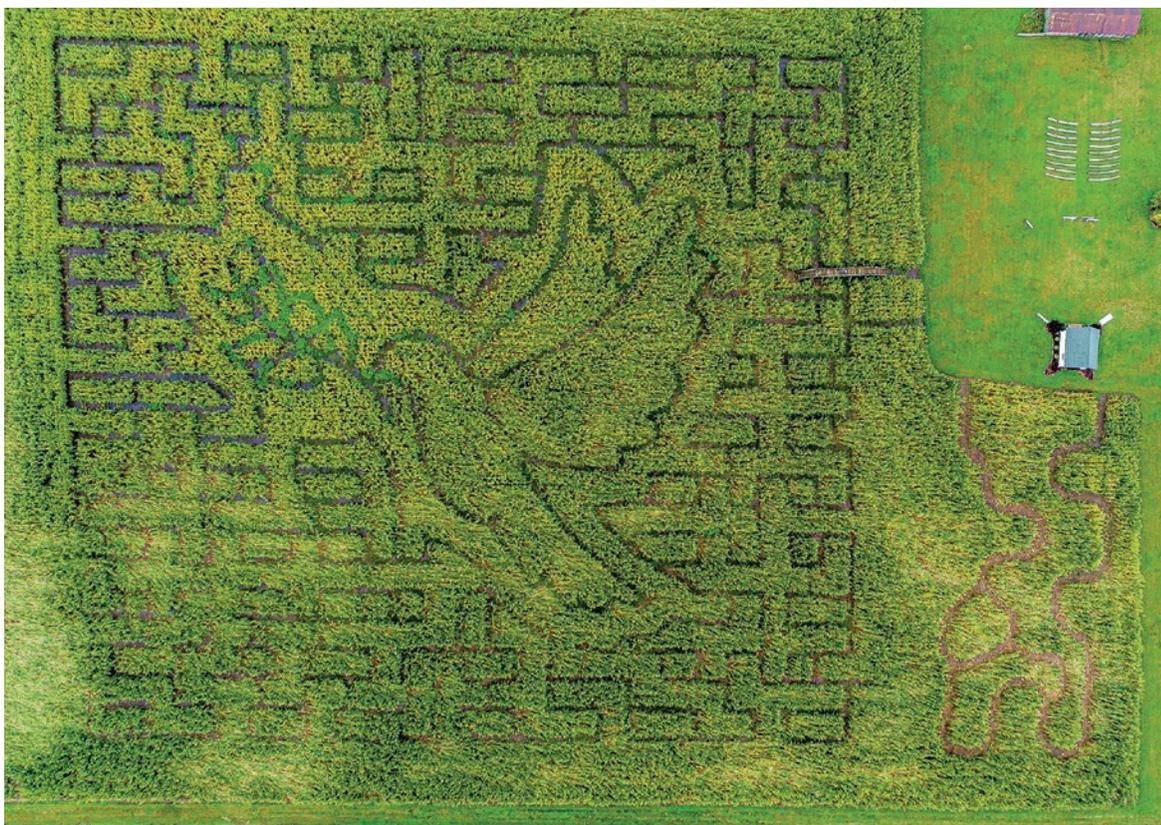
So we knew we had to get Kyle to sit still for just a few minutes and bring us up to speed on his plans to take over the world, one delicious treat at a time.

"From the time we built our big event barn, we put in this big kitchen to make kettle corn and donuts and serve food during the fall season, and we wondered what else can we make to go with our crowds, all the young families in the fun atmosphere that go up there. I had a neighbor point out that I should look at ice cream, and the more I looked into it, the more it made sense. He is also the one who suggested the ice cream school at Babcock Hall at the University of Wisconsin in Madison. They put on a crash course for people to create ice creams."

This growth has been in the works for three years or longer. The weddings got really popular as soon as the event venue was completed, and that kept the crew so busy that they spent a couple of years getting into the groove with hosting large special events.

But all along, in the back of his mind, Kyle was always thinking about products that they could make that their guests would enjoy but that they could also sell throughout the year. Once he found the ice cream program at UW—Madison, it was a go.

"It actually turned out to be a far more exclusive program than I thought. Only two schools teach it in America: UW—Madison and the University of Pennsylvania through their dairy labs. The school in Madison only allows 10 or 12 people at a time to go through the program, and it's only offered one time during the winter when the students are on break. It fills up very fast. When I went, I was fascinated. I thought this is Madison, and it'll be a bunch of people from Madison. Man was I wrong. In my class, there was a brother and sister from Canada, a mother and daughter from Tennessee, ones from Colorado, Virginia, Iowa, Chicago, Minneapolis, one from Madison, and me from 90 minutes away. It was three days of very in-depth training. They brought in support from industry suppliers, and I learned the ins and outs of the dairy base used to make the ice cream. The second half of the first day was all just



learning about chocolates and vanillas. There was this guy whose family owns one of the largest vanilla importing businesses in America, and you learn the vanillas from Mexico and Tahiti and Indonesia or Malaysia all express different flavors. And we learned the science of the basics of the things you have to do to make good ice cream. We went over the portions and the rules that, regardless of what you want to create, you first have to follow these truths to get it right. People can try to bend the rules to make sugar-free or dairy-free, but they just can't match the original and there's perfectly good reasons for that. So we make the real thing and only the teal thing. There are things I could have picked up on my own along the way, but having it shown to me saved years of trial and error."

Last year Kyle and crew started making ice cream in May. He planned on just giving the stuff away at the beginning, and that's exactly what he did.

"We got a little cart and a generator and put it in the back of a trailer, and we started giving it away around Lancaster and Grant County. Instead of running a bunch of ads telling people how good the ice cream was, just let them try it. We did it all summer. I wasn't sure where we were heading with the idea. Well, we went up to Prairie du Chien to do samples, and people already had heard of us when we got there. We were finding all these people very interested in us, so we thought upgrading to a truck from our little cart might be a good idea. We found out truck in November and worked on it all winter so we'd be ready to go for spring, and then COVID hit. But by Memorial Day, we were ready for inspections and finally got it going in June and have had it on the road six days a week since, right up until Labor Day as we prepare for our peak season on the farm itself."

Vesperman Farms also got the approval from the State to start selling their ice cream by the pint by Thanksgiving in area stores. They're now in the process of getting nice graphic-colored containers made up, and you'll be able to find it without tracking down the truck. And the empire will

start to grow from there. They're also looking for another truck already as this current one is quite in demand. They hope to have that rolling for next summer for fairs and local festivals. Even with the truck rolling right now and no fancy containers, demand is growing. They've already had an order this fall for 700 pints from one customer.

"We built this really great thing where we have a following of people that come to the farm once or twice a year, and now we're at a place where we want to be able to stay in touch with people more often. We'd like to create more branded products, but this ice cream journey just started and it's going so well. Even with all my weddings, so much of my business is concentrated down to six weeks in September and October. If I get two or three rainy weekends in that time period as we have the last two or three years, that is just devastating to our business. So the ice cream is designed to create a new base, not weather dependent, to even out income and cash flow for good years and bad alike."

In August there were 12 flavors including classics like chocolate and vanilla with cookie dough being the best seller. But brownie fudge and sea salt caramel come close. Demographics are easy to see trends for. Older folks love butter pecan, and kids like cotton candy. But Kyle continues to experiment with new flavors. The truck serves 8 flavors at a time by the cone or dish but carries all of their flavors by the pint. With 300 to 400 pints in the chest freezer, they can please a lot of people before a flavor runs out.

"Our ice cream machine can turn out about 5 gallons in 10 minutes. Every 7 to 10 minutes, I can cycle through a batch." So if they run out of a flavor (never happens), then can whip up a very fresh batch of that flavor in the blink of an eye.

We asked if there are any problems with having constant access to 12 or more flavors of ice creams and donuts. "I'd like to blame stress and COVID for gaining a little bit of weight, but... actually, the ice cream is like the donuts. We get our fill and we enjoy them, but we learn



to pace ourselves. I can say no. I get too sleepy eating the ice cream. I learned that doing sampling last year.”

And with the fall season just days away on the farm, Kyle is going to need all the awake energy he can muster.

The last time we visited the farm, Kyle was showing off is new pumpkin trebuchet, an awesome catapult that throws a 20-pound pumpkin a long, long way, like 600 feet. And a canon that shoots smaller ones a quarter mile. As cool as that was back then (and still is), things have come a long way in a short time.

“I’m 37 now, and we started doing this when I was 20 with our first maze, and I raised pumpkins through high school. So this is second nature, and this is the way a business goes. We keep adding things and trying new things, and things work along the way and some things don’t.

The big thing this year is simply that the century farm is open for business, no small feat in the age of COVID-19. And as an outdoor, fresh air kind of attraction, it’s a really safe distance-able option for families to finally get out of the house with the kids and do something fun and not have to worry so much about contact and indoor crowds. The farm has implemented a lot of extra safety and distancing measures to ensure everyone’s safety. You can see a full list of their efforts at [VespermanFarms.com](https://vespermanfarms.com). They also offer curbside pick-up if you just want the goodies to go on weekends.

People can control their own distancing. Kyle plans to space out people more for hay wagon rides and in other situations where proximity is an issue. They’re still working on spacing inside the barn where food and beverages are served. On a visit to the farm a couple of weeks after this interview, they had already begun setting up open sided tents outside with spaced tables for seating to enjoy the great treats available for purchase.

“The way this year has gone, we’ve had beautiful weather until these recent days of rain. But it looks promising ahead compared to the last couple of years which were miserable. A crisp, cool, dry fall is what we need this year.”

There are so many amenities on the farm that it’ll make your head spin. If you and your kids can’t find things that you like to do here, then there’s no helping you. Okay, lets run down the options. There are hay wagon rides and the famous the pumpkin patch where you can pick your own pumpkin. We mentioned the pumpkin cannon and trebuchet that get fired every hour. Kids can ride the zip lines, climb tire mountain, compete in duck races, ride the wagon train, and pose for scores of family photo ops against great backdrops across the acreage. The goats, baby chicks, miniature horses, donkeys, baby calves, and kittens are always a big draw. And the whole farm itself is one big piece of country farm tradition to take in visually and physically.

No, we didn’t for get the corn maze. One of the biggest in the Midwest, it’s always a marvel to see and attempt as a visitor. There’s also a little corn maze for the smaller tykes.

It’s funny that so much care is put into the aesthetic design of the maze when, honestly, at ground level you can’t see it. It takes an aerial photograph to reveal the beauty of the course. And thanks to Gen. Bob Felderman’s drone, we

got those pix for you here and some video on 365ink’s Facebook page. The corn maze is actually designed each year by a professional from Utah who works with 300 farms like Kyle’s across the country. The corn maze is planted twice, once in each direction to provide a double thickness of corn and also provide gridlines to follow. In June when the corn is just a few inches high, they use an herbicide to spray the maze into the new corn. So instead of cutting or plowing out a maze, the maze is essentially there all summer long, growing into a full maze over the season. Other than some simple management of the paths, the maze is ready to go in the fall. And this year’s dove design might be the perfect sentiment needed for this very trying year on so many people.

And we must not overlook the food. How could we possibly. The new ice cream plus apple cider donuts, caramel apples, and kettle corn are seasonal must-haves. And thanks to the giant catering kitchen, you can also get burgers, dogs, and fries hot and fresh. Noting pre-made. It’s all made there to order, including really good chicken strips from scratch. So please don’t eat before you go or you’ll miss out on half of the fun of visiting Vesperman Farms.

All of the amenities and food are available daily from the day they open until the day they close, not just on weekends. They’ve historically had so many school groups come and visit, and Kyle is not sure if or how that would work this year but hopes it can. And if people want to come out but avoid the big weekend crowds, they can come up on an early weekday and have their run of the place. Some of the manned activities might not run all day everyday, but if you grab a staff person, Kyle promised they can usually make sure any particular aspect of the farm is available to anyone who wants to experience it anytime.

“If you see something that’s not running and you like it to, you just ask us. We try to make sure we treat everyone the same. Whether it’s one person or 20, we want to give the best experience. That’s what we build this business for.”

The barn has been a big business for Vesperman Farms in the non-peak fall season with 20 to 30 weddings per year taking place at the venue as well has corporate events, family reunions, and more.

“Because we’re just a big open space, we’re popular for events like customer appreciations and banquets.”

“We do fundraising with schools and groups. We’ll do special runs of our apple cider donuts or kettle corn in the off season. That’s turned out really well. River Ridge in Bloomington has taken kids on multiple field trips with the funds they’ve raised with us. We’d love to work with schools in Dubuque, but obviously this year has gone a bit crazy. In a normal year, we’d have breakfast with the Easter Bunny and a Mother’s Day Buffet, but now we’ll see. But we will be making ice cream throughout the year for sure.”

Things like the donuts are not available anywhere but fresh at the farm. Kyle likes the scarcity of them and the special nature of having to be there to get them. And they are always best right after they are made. Ice cream is good in the freezer for a while. Donuts are different, and Vesperman has no interest in getting them on store shelves. However, we did just sample Kyle’s latest mad scientist ice cream flavor... Apple Cider Donut, and it was fantastic. Yes, it tastes exactly like a real apple cider donut. Since it’s got donuts right in, it I guess it should. Brilliant!

For this fifth generation farmer, turning a few acres of land into a magical getaway for families is all in a day’s work, and it really does deserve your visit. And in this current climate when it’s so hard to find a safe way to get out of the house, we’ve found you one answer that checks all the boxes. Bring along a cooler to take home some of the goods is a great idea for additional sampling at a later date.

The farm is open daily from Sept. 19 through Oct. 31, Monday–Friday noon–7 p.m.; Saturday 10 a.m.–7 p.m.; and Sunday 10 a.m.–5 p.m. General admission is \$9.50 for everyone 5 and up, and 4 and under are free. Parking is free. You can also call **608-723-2542** for group rates and special times by appointment. Find more at [VespermanFarms.com](https://vespermanfarms.com) or follow Vesperman Farms on Facebook. ■

## FALL ACTIVITIES

### Czipar’s Apple Festival

SEPTEMBER 26 AND 27 @ 9 AM–5 PM

CZIPAR’S APPLE ORCHARD (8610 ROUTE 52 S)

Find all of Czipar’s homemade products like caramel apples and cider donuts, lunch, pumpkins, arts and crafts vendors, and kids activities. Free. **563-582-7476**. [CziparsOrchards.com](https://cziparsorchards.com).

### Great River Reapers Home Haunt

OCTOBER 1–31

SUNDAY–THURSDAY @ 5–9 PM

FRIDAY–SATURDAY @ 5–10 PM

2750 BURDEN ST

Stroll through a graveyard, see spiders on the roof, animated figures, a horse drawn hearse, and new scenes for 2020. In conjunction with the haunt, they do a food drive for the Dubuque Food Pantry and accept cash donations for the Veterans Freedom Center. Bring the little ones during daylight hours. Free.

### Grimmwood Acres

OCTOBER 1–31 @ 6–10 PM

13549 SURREY LN

Debuting this year, the haunt is a complete song and light show in a handcrafted cemetery with your new local favorite: the singing Jack-O-Lanterns. Piping out holiday classics like “This Is Halloween” and “Monster Mash,” these little pumpkins are hoping to spook you this holiday season. All ages. Free.

### Haunted History Walk

OCTOBER 5, 7, 9, 12, 14, 16, 19, 21, 23, 26, 28, 30 @ 6:30 PM

LINWOOD CEMETERY (2736 WINDSOR AVE)

Walk with Great River Investigative Paranormal Society (GRIPS) as they investigate the history and people of Dubuque’s past. Enjoy unique history and stories. Ghost equipment will be used. Ages 10+. RSVP. \$10. **563-213-9043**. [gripsghosthunt.com](https://gripsghosthunt.com).

### Papa’s Pumpkin Patch

NOW THROUGH OCTOBER 31 @ 10 AM

16679 360<sup>TH</sup> AVE, BELLEVUE, IA

Pick your own pumpkins. Free. **563-872-4728**.

### Schuster’s Pumpkin Patch & Corn Maze

SATURDAYS AND SUNDAYS:

SEPTEMBER 26–OCTOBER 31 @ 10 AM–5 PM

7541 SCHUELLER HEIGHTS RD

Enjoy the corn maze, pumpkin patch, scavenger hunt, wagon rides, and pumpkin launcher. **563-556-2879**. [schusterspumpkinpatch.com](https://schusterspumpkinpatch.com).

### Vesperman Farms

SEPTEMBER 19–OCTOBER 31

MONDAY–FRIDAY @ NOON–7 PM

SATURDAY @ 10 AM–7 PM

SUNDAY @ 10 AM–5 PM

8149 STAGE RD, LANCASTER, WI

Check out the adjoining article for more info. \$9.50 Adults; free for ages 4 and under; \$25 season pass. **608-723-2712**. [VespermanFarms.com](https://vespermanfarms.com).



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THU, SEPT. 24 @ 5-9 PM  
SUN, SEPT. 27 @ 2-6 PM

FRI, OCT. 9 @ 5:30-9:30 PM  
SUN, OCT. 11 @ 2-6 PM

FRI, NOV. 20 @ 7-11 PM \*  
SAT, NOV. 21 @ 5-9 PM \*  
SUN, NOV. 22 @ 2-6 PM \*  
\*NASH BASH WEEKEND

THU, DEC. 17 @ 5-9 PM  
SAT, DEC. 19 @ 6-10 PM

THU, JAN. 21 @ 5-9 PM  
SAT, JAN. 23 @ 6-10 PM

FIND OUR FULL MUSIC CALENDAR  
IN 365INK'S NIGHTLIFE LISTINGS



**THU 9/17**

The Other Two  
6 PM @ Trackside

Kristina Castañeda  
6 PM @ Grape Escape

Chase & Sarah  
6 PM @ Red & Deb's

**FRI 9/18**

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

Three Quarter Buzz  
6 PM @ Stone Cliff

Big Mojo  
6 PM @ Spirits, Days Inn

Casey Klein  
6 PM @ Frentress Lake Bar & Grill

Gladdy, Jamie, & Friends  
6 PM @ Council Hill Station

Laura McDonald & Marcus De Jesus  
7 PM @ Wicked Dame

Matt Meyer  
7 PM @ Grape Escape

135 Live!: Amelia Ruley  
7:30 PM @ Grand Opera House

Rock Steady  
8 PM @ Southend Tap

Hector Anchondo  
Flatted Fifth Blues & BBQ  
8 PM @ Potter's Mill, Bellevue

**SAT 9/19**

4<sup>th</sup> & 20  
Noon @ Massey  
Fishermen's Wharf

The Lonely Goats  
1 PM @ Hawg Dogs  
(outside), Savanna

Summer Son  
1 PM @ Poopy's, Savanna

Massey Road  
2 PM @ Burkey's Bar

24<sup>th</sup> Anniversary Festival: Bob  
Dorr's Iowa Music Revue  
2 PM @ Tabor Home Winery

Jeff Theisen  
2 PM @ Millennium Bar & Marina

Bruce Kort  
2 PM @ Galena Cellars Vineyard

Garrett Hillary  
2 PM @ Grape Escape

Gladdy, Jamie, & Friends  
2 & 6 PM @ Council Hill Station

8UP  
3 PM @ Hawg Dogs, Savanna

John Moran  
6 PM @ Stone Cliff

The Resistors  
6 PM @ Frentress Lake Bar & Grill

Boogie Monster  
6 PM @ Hilltop, Menominee

A Few Blind Mice  
7 PM @ Wicked Dame

Boys of Lloyd  
7 PM @ Dimensional  
Brewing Co.

Boogie Monster  
7 PM @ Grape Escape

Renegade  
8 PM @ Spirits, Days Inn

**SUN 9/20**

Chris Ross  
11 AM @ Breitbach's  
Country Dining

Open Mic w/ Scott Rische  
1 PM @ Grape Escape

Sunshine  
1 PM @ Cajun Jack's, Elizabeth

Jef Spradley  
1 PM @ Highway 20  
Brewing Co., Elizabeth

Johnnie Walker  
2 PM @ PromiseLand Winery

Gladdy, Jamie, & Friends  
2 PM @ Council Hill Station

The Lonely Goats  
2 PM @ Hawg Dogs  
(outside), Savanna

Jordan Danielson  
3 PM @ Stone Cliff

Jimmy Welty Band  
3 PM @ County Line, Zwingle

Tony Walker  
3 PM @ New Diggings  
General Store

8UP  
3 PM @ Hawg Dogs, Savanna

Rock Steady  
3:30 PM @ Frentress  
Lake Bar & Grill

Kristina Castañeda & Shawn Healy  
4 PM @ Park Farm Winery

Craig Gerdes Band  
5 PM @ Sandy Hook Tavern

**WED 9/23**

Midweek Market:  
Michael Breitbach & Friends  
4-8 PM @ 11<sup>th</sup> & Iowa Streets

**THU 9/24**

Mini Oktoberfest: Americana Band  
4 PM @ Alliant Amphitheater

Bryce & Dayton  
5 PM @ Dimensional Brewing Co.

**FRI 9/25**

Manny Alexander  
6 PM @ Dimensional Brewing Co.

A Few Blind Mice  
6 PM @ 1<sup>st</sup> & Main

Secrets  
6 PM @ Stone Cliff

Rock-n-Roll Reunion: Brat, Eon  
of Time, Renegade, DuRocks  
6 PM @ Frentress  
Lake Bar & Grill

Gladdy, Jamie, & Friends  
6 PM @ Council Hill Station

Scott Waterhouse  
7 PM @ Wicked Dame

Danny Parker Project  
7 PM @ Grape Escape

Beatles vs. Stones  
7:30 PM @ Five Flags Theater

Elizabeth Mary  
8 PM @ Spirits, Days Inn

**SAT 9/26**

Guttenberg German Band  
2 PM @ S River Park,  
Guttenberg

Ky & Ty  
2 PM @ Galena Cellars Vineyard

Garrett Hillary  
2 PM @ Grape Escape

Gladdy, Jamie, & Friends  
2 & 6 PM @ Council Hill Station

Roy Schroedl  
2 PM @ Highway 20  
Brewing Co., Elizabeth

David Minnihan Trio  
6 PM @ Stone Cliff

Boogie Monster  
6 PM @ Frentress Lake Bar & Grill

Renegade  
6 PM @ Whitetail Bluff  
Campground

Jake Bender  
7 PM @ Wicked Dame

Danny Parker Project  
7 PM @ Dimensional Brewing Co.

Medicinal Purposes  
7 PM @ Grape Escape

Becky McMahon  
8 PM @ Spirits, Days Inn

Meatplow  
8 PM @ Cajun Jack's

Tony Walker  
9 PM @ Dog House Lounge

Tanner Lee & The Beach Bums  
9:30 PM @ Dirty Ernie's

**SUN 9/27**

Chris Ross  
11 AM @ Breitbach's  
Country Dining

Mixed Emotions  
1 PM @ Massey Marina

Open Mic w/ Scott Rische  
1 PM @ Grape Escape

Bryce & Dayton  
2 PM @ Dimensional Brewing Co.

Jimmy Welty Band  
2 PM @ The Wharf, Massey Station

Gladdy, Jamie, & Friends  
2 PM @ Council Hill Station

Cal Stage Band  
2 PM @ Iron Horse Social Club

Johnnie Walker  
3 PM @ Stone Cliff

Jabber Box  
3:30 PM @ Frentress  
Lake Bar & Grill

Steak Feed: The Lonely Goats  
4 PM @ Sandy Hook Tavern

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

Boogie Monster  
5 PM @ Frentress Lake Bar & Grill

**WED 9/30**

Midweek Market:  
Michael Breitbach & Friends  
4-8 PM @ 11<sup>th</sup> & Iowa Streets

**THU 10/1**

Corey Jenny  
6 PM @ Grape Escape

**FRI 10/2**

Roy Schroedl  
6 PM @ Stone Cliff

Joie Wails  
7 PM @ Wicked Dame

Jordan Danielsen &  
Jef Spradley  
7 PM @ Grape Escape

135 Live!: Adam & Amber  
7:30 PM @ Grand Opera House

Mississippi Band  
8 PM @ Spirits, Days Inn

**SAT 10/3**

Andrew Houy  
2 PM @ Galena Cellars Vineyard

Kampfire Kings  
2 PM @ Grape Escape

Jef Spradley  
6 PM @ Stone Cliff

Yellow Brick Road  
7 PM @ Wicked Dame

Tony Walker  
7 PM @ Dimensional Brewing Co.

Aaron Williams & The Hoodoo  
7 PM @ Grape Escape

Three-Quarter Buzz  
8 PM @ Spirits, Days Inn

**SUN 10/4**

Jim Mantey  
Noon @ Galena Cellars Vineyard

Jimmy Welty Band  
1 PM @ Jimmy's Pub,  
East Dubuque

Open Mic w/ Scott Rische  
1 PM @ Grape Escape

John Moran  
3 PM @ Stone Cliff

The Night People  
3 PM @ Tabor Home Winery

**WED 10/7**

Michael Breitbach & Friends  
Midweek Market  
4-8 PM @ 11<sup>th</sup> & Iowa Streets

**THU 10/8**

Mike Droho  
6 PM @ Grape Escape

**FRI 10/9**

Bryce & Dayton  
5:30 PM @ Dimensional  
Brewing Co.

Elizabeth Mary  
7 PM @ Stone Cliff

Chuck Bregman  
7 PM @ Wicked Dame

The Mods  
7 PM @ Grape Escape

Air Supply  
7:30 PM @ Five Flags Arena

Steve Cavanaugh &  
Randy Droessler  
8 PM @ Spirits, Days Inn

**SAT 10/10**

LA Suess  
2 PM @ Galena Cellars Vineyard

Kampfire Kings  
2 PM @ Grape Escape

The Beaux  
2 PM @ Iron Horse Social Club

Manny Alexander  
3 PM @ Dimensional Brewing Co.

Jordan Danielsen  
6 PM @ Stone Cliff

A Few Blind Mice  
7 PM @ Wicked Dame

Theresa Rosetta  
7 PM @ Dimensional Brewing Co.

Justin Morrisey & Friends  
7 PM @ Grape Escape

Midwest Spring Jam: Bone  
Thugs-N-Harmony, Twista,  
Do or Die  
8 PM @ Five Flags Arena

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BBQ CHICKEN LEG QUARTER



RACK OF RIBS



CHICKEN WINGS



BRISKET FRIES

## BOAZ BBQ

BY DANNY FAIRCHILD

I think BBQ pits should be considered sacred altars. BBQ joints should be considered holy ground. Anoint my head with barbecue sauce. Salve my wounded soul with a dry rub. This is about as religious as I get.

My esteemed readers: I give you Boaz BBQ at 1689 Elm St. in Dubuque. On the corner of 17<sup>th</sup> and Elm.

If this location sounds familiar, it's because it's the former location of The Corner Grill. Take a moment to mourn that loss if you need to, but know that they still do catering. Then get your head out of your butt and celebrate the establishment of a barbecue place in town.

Because, my friends, Boaz BBQ is cause for celebration.

Owned by Donny Edwards, Boaz BBQ is founded on the goal of making a name for Iowa in the world of BBQ. Texas BBQ can Texas all it wants. KC can KC, Carolina can Carolina, and so on. But what's the point in having all these hogs in our state if we can't make a decent BBQ showing? I blame my people. The Scandinavian people. When it comes to methods to preserve meat, we have been known to smoke, but we also gave the world lutefisk. I'm sorry.

After working for another BBQ establishment, Donny developed his barbecue skills through a study and practice, as well as through travel. "I travel a lot because I have a moving company so I'm on the east and west coast a lot and in the south, and BBQ is huge everywhere, and certainly Kansas City in the Midwest is known for BBQ. I think it's time for Iowa to be known for BBQ. Right now, especially in Dubuque, it's kind of a BBQ desert. So we're starting locally and hoping to become something bigger."

This sounds soooo promising, y'all. There's a valuable piece of wisdom that many have failed to heed: Just because you know how to smoke meat doesn't mean that you know how to run a business. I can't count the number of really tasty barbecue places I've seen all over the country that can't grasp that fact. Donny knows how to run a business, y'all. AND he can barbecue. Is he single? I don't know. We didn't ask.

You will be absolutely impressed with the make-over Donny and his team have given the old place. The

remodel was mostly accomplished by upcycling old barn wood. It gives it a clean but rustic classic BBQ joint kind of feel. A place where they bring out ribs on big aluminum sheets. A place where you know the smell of barbecue is seeping into its very bones. As for the bathrooms, they seem largely unchanged from when it was The Corner Grill. Definitely clean. You needn't have any qualms about performing any bodily necessities. Well...don't sleep there. That's just rude.

You might be wondering where the name comes from. I thought maybe it was biblical. Boaz as in Ruth's fella. Then I thought that maybe it was to do with Boaz, AL since Alabama is another BBQ hub. Turns out BOAZ stands for "Barbecue On All Occasions." Look. It doesn't have to make sense. It's barbecue. Another thing barbecue has in common with religion (zing).

Let's talk about the food, shall we?

The first official day of full-service menu offerings will be the first day of fall, Sept. 21. So if you come before then, they will have great food, but as they continue to dial in the flavors, service, and process, not all menu items will be available everyday. Since they start everything from scratch, they're wisely using this time to work out the kinks.

As for the food itself, let me just put this in your ear: Boaz Beast Feast. Yup. I don't have to say anything more, and you're all in. But I will. The Boaz Beast Feast is six chicken leg quarters, two slabs of ribs—beef and pork—and big portions of size. That'll feast a family, all right. Or one person who no longer cares if they live or die. Point is, if you come here, you're gonna EAT!

They'll be doing daily lunch specials like pulled pork sandwiches or wings with some sides for about \$5 to \$6. That's a dang good lunch price for something that good.

Because dang is it good. Our first trip we were treated to some barbecue chicken and some pork ribs. They led to the chicken. It's like they've known me my whole life. BBQ chicken was my absolute favorite thing to eat as a very young kid. BBQ chicken to this very day always makes me feel kind of childlike. Fairchildlike, amirite? I love seeing a chicken quarter brushed or drizzled with sauce and then taking a bite and seeing how deep the smoke penetrated. It involves so many senses. This BBQ chicken makes you glad you have a tongue.

The ribs. Tiny Danny loved chicken, but larger and current Danny are all about pork ribs. As Donny's still breaking in his set up, these aren't the

fall-off-the-bone ribs—yet. There's a bit of toothiness to them, but they're by absolutely no means tough. They come clean off the bone with your bite, which is what you want. You just don't run the risk of taking the entire piece of meat off the bone at once.

As for the sauce, it's kind a peachy-tomatoey sauce similar to what I make myself, with a bit of a kick. I'm a little concerned it might be too much of a kick for Dubuque. I've never lost money underestimating Dubuquers' sense of what's considered spicy. Prove me wrong.

I didn't get to try them personally, but the 365ink team has delved deeper into the Boaz BBQ offerings with beef brisket and wings. The wings are the fried type and are served whole—drummy, flat, tip, and all. The brisket is served pulled over fries with cheese. Read that sentence again without drooling this time. And, of course, as I've mentioned, pulled pork is on the way.

You want to talk dessert? Okay, then. Are you ready for the Boaz Cream Fried Peach Wrap? Think of a creamy, peachy dessert eggroll. Now think of that again without drooling this time.

I'm excited to try the hot links. They look friggin' huge and delicious.

So blessed is the hardwood that smokes the meat at Boaz BBQ. Iowa is ready to make a name for itself in the world of BBQ. Join the movement. We have baked beans. ■

**BOAZ BBQ**  
1689 ELM ST,  
DUBUQUE, IA  
563-500-6378

**Hours:**  
Mon-Fri: 11:30 AM-10 PM;  
Sat: 11:30 AM-11 PM;  
Sun: Noon-9 PM



**DANNY FAIRCHILD**

DANNY DOESN'T TAKE CRAP FROM NOBODY, BUT HE'LL TAKE FOOD FROM ALMOST ANYBODY. IF YOU WANT TO FIGHT DANNY, OR FEED HIM NOM-NOMS, EMAIL HIM AT [DINING@DUBUQUE365.COM](mailto:DINING@DUBUQUE365.COM).



# GRAPES ARE GREAT!

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

Small but mighty, grapes pack a nutritional punch. Available in a range of colors, grapes contain few calories yet offer multiple health benefits. Fresh grapes are a good source of vitamin C, which boosts the immune system and protects cells, and vitamin K, a fat-soluble vitamin that plays a role in blood clotting and bone health. Grapes are surprisingly versatile as well, capable of playing the starring role in a variety of recipes.

## COLOR CODE

The color of grapes can be an indicator of quality and flavor potential. Green grapes typically have a medium sweetness. Look for green grapes with an even, slightly yellow tone. Red and purple grapes tend to be very sweet. Purple grapes are at their best with deep color and no sign of green. Buy firm, plump grapes attached to stems. Blue-black grapes are the least sweet variety.

## TIPS FOR STORAGE & PREP

Keep grapes, unwashed, in a plastic bag in the refrigerator up to two weeks. Rinse grapes only when ready to eat or add to a recipe. Place grapes in a colander and rinse with cold water. Transfer grapes to paper towels to drain. To halve grapes, use a sharp paring knife.

## WAYS TO ENJOY

Eaten out of hand, grapes are a smart snack. You can also add them to salads, smoothies and kabobs. For a cool treat, freeze grapes and drop into a glass of wine to chill your drink without diluting it. Grapes can also be roasted for recipes like the one featured in our September 2020 Seasons magazine. Roasting grapes brings out a deep subtle flavor. ■

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



# A LITTLE MAYO ON THE SIDE

BY PAM KRESS-DUNN

My life as a medical tourist began with an odd proposal from my dentist. Ted Murray had been trying to fix a lifetime of dental errors when he paused one day—me with my messed-up mouth as wide as I could get it, him with drill in hand—to say, “I should take you to Vegas.” I might have taken this as an ill-timed proposition, slapped him in the face, and stomped out, but he’s not that kind of guy. So I just repeated, “Vegas?”

Las Vegas, it turned out, is the home of a brilliant center for aesthetic dentistry, where Dr. Murray replaced the molars I had flattened with decades of nighttime grinding, as well as the ones in front turning gray from antibiotics that kept my skin clear. (Oh, the irony.) I wasn’t fun, but I saw the Blue Man Group on my first visit and Cirque de Soleil on the follow-up.

When the sporadic headaches of my youth morphed into chronic migraine, I traveled all over the country in search of a cure. Being fired by my Dubuque neurologist sent me to Iowa City and Madison, both fine cities with great bookstores, scrumptious restaurants, and superlative healthcare.

A miserable evening in a Dubuque ER prompted my dear husband to suggest I find the best headache clinic within driving distance, which led to us to Ann Arbor, MI, another very fine place to hang out in between appointments. If you go, look for the fairy doors at the base of many downtown shops, with windows into tiny dioramas of elven shops and homes. Look down! They’re adorable.

The Michigan crew hospitalized me three times, trying out their cocktail of pain relievers and preventives, mixed with physical therapy, therapy dogs, and walks through beautiful woods on the hospital campus. It helped for awhile, until it didn’t.

We went to Sioux Falls, SD, where a kind optometrist fitted me with special glasses embedded with crystals—not the kind your holistic healer sells, but a

medically designed tweak to the lenses meant to relieve migraines. They were free, even the frames, because I landed there in the middle of a study. I loved the rolling landscape, and it didn’t hurt that Omaha, where my new granddaughters lived, was a straight shot south.

When I gave up on Michigan—no hard feelings; they’d done what they could—the program at the Cleveland Clinic beckoned. The consultation was alarming, sounding like boot camp—walk on a treadmill all day! Don’t talk about your pain! The cost estimate increased every time I asked, so that road was not taken. We didn’t even see the Rock and Roll Hall of Fame.

All of these adventures in Western medicine began to wear on my lifelong cynicism about holistic, New Age, woowoo curatives, priming me for something different. When a good friend said the word “shaman,” my willingness to even hear her story blew me away. I talked with James on the phone, then flew down for a week of something new, yet ages old. His space was full of art, feathers, stones, and calm. There were pictures of Buddha, Krishna, and Jesus on his altar, along with chairs to sit on for intense conversations, and a massage table where I would surrender to his chanting, prayers, and hands-on healing. It left me feeling open, acknowledged, heard, and hopeful. If I lived closer, I would be a regular. It’s not magic, but close enough.

Now my journey—and hey, I hate that term, just in case you think the shaman exorcised my world-class cynicism—has led me back to Western medicine, but a version leavened with thoughtfulness and solid scientific research. As I write this, I am back in Minnesota at the Mayo Clinic, a place that diagnosed me 20 years ago for a condition causing not pain, but fainting spells my hometown doc couldn’t figure out. Far too often, Mayo is the destination of last resort, the place you go when you’ve exhausted every other avenue. It should not be this way.

The Pain Rehab program sounds a lot like the one at the Cleveland Clinic, but Mayo has been doing it for 40 years. It encompasses three kinds of therapy—physical, occupational, and cognitive behavioral—plus yoga, tai chi, occasional basketball (ugh), and pretty good box lunches. Every morning my group of eight masked musketeers gathers for what amounts to a 17-day regimen of brain reprogramming. Did you know pain is a product of your brain? It doesn’t reside in the finger you smashed, the back you twisted, or the toe you stubbed. Chronic pain might begin with a broken foot (take my left one—please), but when it persists long after it heals, it’s a malfunction of the brain, which has put down so many pain pathways and receptors, it cannot send the message that all is actually well.

That’s what I know so far. My cohort has just passed the tipping point, making a subtle shift from resisting the work and mourning our lost abilities and just wanting to “advertise our pain,” as one of my new friends put it. Now I think I’m ready to rewire my brain, to let go of the perverse human desire to hold on to the pain that has defined me. I could be wrong, of course. It’s no miracle cure. This is not Lourdes. It’s Rochester, a town with a great Indian restaurant and a lovely creek running by my Airbnb. But I am more than ready to turn in my medical tourism passport. ■

## 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](mailto:PAM2617@YAHOO.COM)



# NOW NORMAL

BY MATT BOOTH

With so much happening at once, you can be forgiven for a sense of constant disorientation and mental fragility. Every day seems to have a week's worth of news, crises, and emotions thrust into it: COVID-19, wildfires, hurricanes, storms, social unrest, economy, election, etc. We are in a place of constant change and unpredictability wherein we have no prior experience or playbook to draw from, and people are wondering when will we get back to normal. We will not get back to "normal," and we are not in the "new normal." We are living in the "now normal."

This is a changing world, and there is nothing ordinary about this pandemic. As people continue to be either stuck at home, working on the front lines, or dealing with new burdens, it's safe to assume that our "normal" ways of operating have all but ceased to exist. The "now normal" is masks, social distancing, temperature checks, empty stadiums, Zoom, personal bubbles, and elbow bumps rather than hugs.

The "now normal" captures how we're adapting and the ability for things to still change moving forward. The "now normal" mindset helps me accept what I must do differently during this time and also creates hope for the future. There will not be a new normal, only a now normal. For some people, short-term survival is the only agenda item. Others are peering through the fog of uncertainty, thinking about what life looks like once the crisis has passed. While no one can say how

long this will last, what we find on the other side will not look like the normal of recent years. As society starts rolling again, there will still be restrictions and fundamental shifts to our way of life. A couple of keys to the "now normal" will be flexibility and effort.

- **Flexibility:** Is a key component to the "now normal." Before COVID, it seemed people were getting less and less flexible. Work, school, shopping, and just about everything now requires flexibility, unlike anything you have probably seen in your lifetime. To survive and maybe even thrive, it will require flexibility.
- **Effort:** If you had to rate your effort during this pandemic on a scale from 1 to 10, how would you rate yourself? If you are not where you want to be or seeing the results that you want to see, then chances are a lack of effort over long periods may be the reason why.

The language of a "new normal" is being tossed around in an attempt to settle the uncertainty. It is increasingly clear this era will be defined by COVID-19. Know that this is our "now normal" helps bring order to the current turbulence. Things will continue to change, and they will continue to get better. While the future is uncertain, this way of life will not be here forever. It is not our "new normal;" it is our normal for now. When this storm passes and this crisis does end, that end will offer opportunity. After all, the renaissance was born from a pandemic. ■

"Your Attitude and Effort now will determine how you come out of pandemic." —Matt Booth



**matt booth**  
certified speaking professional

**MATT BOOTH**

TO FIND OUT HOW MATT CAN HELP YOUR GROUP IMPROVE THEIR ATTITUDES IN A NEGATIVE WORLD, CALL 563-590-9693 OR EMAIL [MATT@MATTBOOTH.COM](mailto:MATT@MATTBOOTH.COM).



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**The cast of Tiger King in person!**

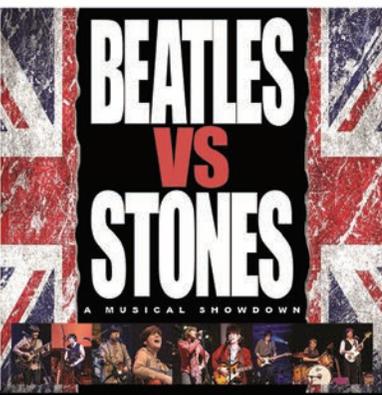


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**BEATLES VS STONES**

FRI, SEPT 25



**FELO FRIDA**

SAT, NOV 21

**Lee Brice**  
- NOW MARCH 13, 2021

**STYX**  
- NOW MARCH 14, 2021

**Insane Clown Posse**  
- NOW MAY 6, 2021

**Air Supply**  
- NOW MAY 22, 2021

**Bone Thugs-N-Harmony**  
- NOW OCTOBER 21, 2021

**NEW SHOW DATES!**

# A MEDIEVAL RESPITE

BY BOB GELMS

Return with me, now, to those thrilling days of yesteryear, medieval yesteryear. Days of knights, war, chivalry, damsels in distress, glittering armor, heroes, villains and, of course, murder most foul.

In this issue, we look at the first in a series of five novellas following the adventures of Sir Law Kintour. In the next issue we will find the Normans (French) conquering England, bleeding the country dry, and we will be introduced to the most famous of English kings, Richard the Lionheart.

In *The Wayward Alliance*, Ms. J R Tomlin brings Scotland in 1424 alive and right up to the present. Sir Law Kintour had a ghastly time of it fighting in France. He was badly wounded, broke, his patron was killed so he was out of a job, but he managed to make it back slowly and painfully to Perth, Scotland. He was in his mid 30s and getting a little long in the tooth fighting younger men who were stronger and faster than him, so he started to look for ways to make money. He was contacted by a Scottish nobleman whose wife had run off with another man. His job was to bring her back bound and gagged if necessary. Sir Law taps his friend Duncan to aid in the recovery.

A few nights later Duncan's freshly murdered body is discovered by Sir Law in an alley. The sheriff cares little who actually did it, but Law looks like an easy solution so he's going to hang for it unless he can come up with the real culprit. It turns out Law has been lied to and this is where the story gets complicated and far more dangerous for our hero. Dead bodies keep showing up, and Sir Law is always in the wrong place at the wrong time.

Law finds out that this caper revolves around a fabulous treasure hidden by the Knights Templar. It includes a solid gold Templar cross encrusted with

jewels, and in the center, a priceless ruby the size of your fist. The Scottish king Robert the Bruce had it and then it was lost. Law did some persistent digging involving death threats and dismemberment. Against all odds, he found it buried in a cemetery.

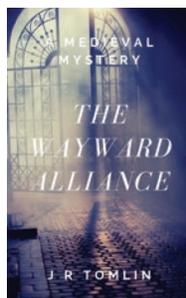
Law devises a plan. In short, everybody is after the cross. If he lets on that he knows where it is, he will draw everyone to him including the murderer or murderers. Things have a way of working out, and there was a great surprise at the end that gives Sir Law Kintour enormous respectability and a tonne of cachet.

It was about this point in the story that things started to seem familiar to me. This story had a ring to it that I started to recognize. Then it hit me. This detective story was a retelling of another famous detective story set in America in the 1930s, and as I read on, I was convinced I was on to something.

When I finished reading I checked the book review sites I go to on the internet and, sure enough, I found at least three reviews that noticed the same thing I did.

Here is what I think you should do. Read J R Tomlin's *The Wayward Alliance*. Let it settle in for a day or two, and then go pick up a copy of Dashiell Hammett's *The Maltese Falcon*. I think it is better to read the novel although John Houston's movie, his directorial debut, with Humphrey Bogart stays pretty close to the book.

This is in no way meant to take away anything from Ms. Tomlin's excellent novella. She has created a fascinating and sympathetic character. The other stories in the series are short and spellbinding reads. It's just the ticket for a major diversion if you are looking for some exciting entertainment in the time of COVID-19. ■



Carnegie-Stout  
PUBLIC LIBRARY

*Check out the possibilities!*

Virtual  
Craft Night  
Tuesday, Sept. 22  
6:00 p.m.



Get  
Your  
Craft  
On

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KNIT & CROCHET  
ONE SKEIN WONDERS

Registration is open! Join Carnegie-Stout Public Library for an evening of virtual crafting fun! Whatever your crafting style or skill-level, bring your current project and set up your webcam for an evening of camaraderie and fun. This free event is for ages 16+.

Are you looking for a new project? Registered attendees can pick up a free One Skein Wonder knit or crochet kit from the library. After you've registered you'll receive a confirmation email with instructions on how to pick up your kit. Thank you to Yarn Soup of Dubuque for their donation of yarn to help build these kits!

Due to security needs, registration is required for this event and an email address must be entered to receive the Virtual Adult Crafting Evening Zoom invitation link. You will receive a link and a password to the event via email shortly before the program begins.

## KOOKY COLORS

THURSDAY, SEPTEMBER 24 @ 6:30-7 PM

All ages. Pick up a weekly storytime kit and join us Thursday evenings on Zoom to enjoy a live, interactive virtual storytime with Miss Bailey!

Listen to stories, sing songs, and participate in other fun storytime activities.



Please register for each event in order to receive an email with information on joining us on Zoom. New kits can be picked up starting the Monday before storytime. These virtual storytime sessions will not be posted after the live event.

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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

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

Difficulty Level ★★★★★

9/13

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PUZZLE ANSWERS ON PAGE 22

## PREMIER Crossword

By Frank A. Longo

### GIFTS OF THE YEAR

#### ACROSS

- 1 First scale syllables
- 7 Gripping tool
- 11 Arid expanse in Mongolia
- 15 Move like a grasshopper
- 19 "Not Afraid" rapper
- 20 Affirmation of self-ability
- 21 De-wrinkle
- 22 Giant fair
- 23 Stocks and shares [1st]
- 25 Stand-up comedian Richard
- 26 Super serves
- 27 Low digit
- 28 Play starter
- 29 American robin's close relative [5th]
- 31 Figure on a kid's toy battleground [10th]
- 35 Revolutionary War mercenaries
- 36 Wed. follows it
- 37 Yellow-disked flower
- 39 "Zine
- 40 Canon camera line
- 43 Rapping noise
- 47 She sang "Don't It Make My Brown Eyes Blue" [15th]
- 51 Online selling
- 52 Driver's license, SSN, etc.
- 55 Determined to accomplish
- 56 Living space
- 57 1988-91 war drama series [20th]
- 60 Earth's heater
- 61 Bluegrass fiddler Alison
- 62 Longtime ISP option
- 63 Laundry receptacle
- 65 &&&&
- 66 "Hey, over here ..."
- 68 Tree of eastern North America [25th]
- 72 Lid fastener
- 76 Infamous Idi
- 78 Very small minority
- 80 Mineral spring
- 81 Taxi driver
- 84 Angry
- 87 Small, pungent pickling vegetable [30th]
- 89 Player's top effort, informally
- 90 Literary leaf
- 92 Part of IPA
- 93 Slow a car down
- 94 Dorothy's magical shoes [40th]
- 97 Filleted
- 99 Cough up
- 100 Low digit
- 101 Rapsallion
- 104 PC key abbr.
- 105 Daughter of JFK
- 109 Half-million-selling album [50th]

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124																										
128																										

114 Mae West play [60th]

116 "Dies —" (hymn)

117 Dog coater

118 "Eso Beso" singer Paul

119 Revered sort

120 Occasion associated with the starts of 10 answers in this puzzle

124 Salt Lake City NCAA team

125 Soothe

126 Profit

127 Actor Steven

128 Work honcho

129 Deli breads

130 Possesses

131 Attractive

#### DOWN

1 Bus station

2 Neighbor of a Yemeni

3 Get mature

4 Ending for propyl

5 Sea, to Henri

6 "— big boy now"

7 Glutinous

8 Cold drink, informally

9 Like biting writing

10 U.S. Navy off.

11 Toy for a boy, traditionally

12 Longtime cookies

13 Bail provider

14 Part of IPO

15 Find out

16 "How rude!"

17 Gorillas, e.g.

18 Opulent

24 Tearful

29 "As a matter of fact, I do!"

30 Hollow-eyed

32 Sully

33 Ban

34 Grazing area

38 Near-grads: Abbr.

41 Part of 122-Down

42 Beholds

43 Quick review

44 Eldest Musketeer

45 Kite features

46 Has a link (with)

48 Actor Erwin

49 Whole lot

50 Disconcert

53 Author Roald

54 1976-81 skit series

58 Sink bowl

59 Color shade

61 Get down to propose

64 "It's freezing!"

65 Filmmaker Hitchcock

67 Singer Wynette

69 See 70-Down

70 With 69-Down, tourist's

71 Ring, as bells

73 Nepali, e.g.

74 Said words

75 Sectioned, as a window

77 Conductor

79 Teeter

81 Be a kvetch

82 Juan's water

83 Sweetums

84 Swabby's tool

85 High mount

86 Semi fuel

88 College org. for

sailors-to-be

90 Occasion for unrestricted

amusement

91 Tolkien terror

95 More silly

96 Eastern Michigan city

98 Corn serving

102 "Top o' the — to ya!"

103 Prairies, e.g.

106 Accrue

107 "Victory is yours"

108 Brother on "Frasier"

110 Actor Patel of "Lion"

111 No longer a minor

112 Countryish

113 In a deadpan manner

114 Smear on, as paint

115 Crazy about

120 Past

121 PC key abbr.

122 Speed Wagon maker

123 Golfer Snead

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fueled by...

**KWIK  
STOP**

**FAZOLI'S**



Loras College removes the statue of Bishop Mathias Loras following revelations that he was apparently an unrepentant slave owner even during his time in DBQ.



There might not be a more perfect American place to visit on Labor Day than the Field of Dreams. Just ask the Gorrell family!



Dr. Risma from the Fuerste Eye Clinic voluntarily visits with residents at the Dubuque Rescue Mission to check vision and see to vision-related health issues.



Chris Billmyer, a decorated veteran of the war in Afghanistan, presented a Tracker ProTeam bass boat to the Veterans Freedom Center.



Bryce and Kristina from 365iNK finally got their band, Unicorn Fist, out on the road again after a year of cancer recovery and COVID. They played New Diggings and the Sandy Hook Tavern on consecutive weekends.



The storied blueberry pie eating contest at the Sandy Hook Tavern is as delicious and messy as it looks.



One more from the Sandy Hook, as Midwest rock rising stars Miles Nielsen and the Rusted Hearts tear it up on a Labor Day Monday afternoon outside in the sun, part of a day-long musical celebration at the Tri-State music hotspot.



Fans meet and greet outdoors with comedian Catfish Cooley, who was the first performer to return to the Five Flags Theater since its March closure.



Senator Chuck Grassley stops in Dubuque on his whirlwind 99-county Tour of Iowa to speak to and answer questions from an invite-only crowd.

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A new batch of puppies from the ASPCA arrived recently at the Dubuque Regional Humane Society.



A Justice for Jacob Blake march leaves from Allison-Henderson Park in Dubuque.  
Photo by Michelle Bechen

The New **Fall**  
**BLIZZARD**  
Menu

Sauced & Tossed

**HONEY BBQ**  
CHICKEN STRIP BASKET

DQ

16th Street | Pennsylvania Ave | Key West | Peosta

Submit your photo by using

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on Social Media!



**In-Person Early Voting begins on October 5th** and can be done in two locations:

**Elections Office Annex, 75 Locust St.** or at the **Dubuque County Courthouse, 4th Floor, Auditors Office**

Both locations are open 8 AM - 4:30 PM, Monday-Friday

If you requested an absentee ballot, you should not also vote early in person. Wait for your ballot to arrive in the mail after October 5th.

**Absentee Ballots**

Absentee Ballot Request forms were mailed to all active voters in Dubuque County, but can also be downloaded at [dubuquecountyiowa.gov/190/Absentee-Voting](http://dubuquecountyiowa.gov/190/Absentee-Voting) then delivered to the Auditor's Office or mailed to

**Dubuque County Elections, P.O.Box 5001, Dubuque, IA 52004**

This notification of your voting rights is done as a public service by 365ink Magazine.

Gwen Danzig's Good Advice



**DEAR GWEN,**

It's finally getting chilly enough for me to get excited about Halloween! I have my spooky decorations up, I've been watching horror movies, I switched my candles to fall scents, and I have my Halloween costume together. How can we celebrate fall this year without doing the social parts? I don't get to do my annual big pumpkin carving party, and I don't think the CDC would condone bobbing for apples. Any ideas?  
—Sincerely, 100% That Witch

**DEAR 100% THAT WITCH,**

Ah yes, here it comes: the time of the year where everyone suddenly decides they love spooky things, unlike the soul skaters who live Halloween 24/7, 365 like me and all my friends. That will be the first and last time I will say the phrase, "100% That Witch," but I said it out of respect for you and the promise I made to myself that in 2020 I will allow people to like things, including selective season-sensitive horror interests and pumpkin spice.

You can live Halloween all year round. Turns out you don't need one day of the year to dress crazy and/or scary and/or slutty. It's perfectly legal for you to do this whenever you want, even in June. I do it constantly and deal with the repercussions. For example, an ex of mine contacted me today to say my neon yellow + teal hair sucks and that I'm every conservative's nightmare, which sure, hurt my feelings, but I also have the added bonus of 90 percent of parents steering their children away from me in stores. Looking scary and unapproachable has its perks. I've been socially distanced for YEARS.

But here's a pro-tip from a seasoned year-round creep: go to Bath & Body Works. Right now. The only good soap scents are the fall ones, and you'll need to buy enough to last all year. No one needs

floral, you need apples and spices. Their limit is 15. You're welcome.  
—xoxo Gwen

**DEAR GWEN,**

I'm trying to go to school for the second semester, but I'm lacking motivation to jump through all the hoops. How can I get fired up enough to, you know, turn in my FAFSA and order my transcripts and do my orientation?  
—Best, Driveless at (hopefully) UD

**DEAR DRIVELESS AT (HOPEFULLY) UD,**

You need some motivation? If you hold off on your FAFSA until the last minute, you'll have to do both your taxes and your FAFSA in the same couple of months. That's two federal websites to navigate in a very short period of time. As a person who filled out a FAFSA very recently for grad school and also had to pay a hunk of taxes this summer, I'll tell you from experience that government websites have more dead links than the publications page on my website. When the links aren't dead, they're down for maintenance. Got a question? Too bad. Their call centers employ two people each and if you want to talk to them, they're sleeping, sorry.

If that isn't motivation enough to you, the mere idea that you'll have to coax two separate federal websites into cooperating with you within the span of a few months, I straight up don't know what to tell you.  
—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 [GWEN@DUBUQUE365.COM](mailto:GWEN@DUBUQUE365.COM).

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**PUZZLE ANSWERS**

D	O	R	E	M	I	V	I	S	E	G	O	B	I	L	E	A	P
E	M	I	N	E	M	I	C	A	N	I	R	O	N	E	X	P	O
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B	O	S	S	R	Y	E	S	O	W	N	S	C	O	M	E	L	Y

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

Difficulty Level ★★★★★ 9/13

GENERAL BOB IS AT WASHINGTON PARK



**ARIES**  
(MAR 21-APR 19)  
Do not attend any BLM or Trump rallies this month. Your attitude will likely cause you to yell racial slurs causing you to go viral, and you will lose your job... and they stopped giving the extra coronavirus unemployment bonus.

**TAURUS**  
(APR 20-MAY 20)  
You claim you want people to love you for who you are, however, being an arrogant narcissist might make it harder.

**GEMINI**  
(MAY 21-JUNE 20)  
The reason nobody lets you tell the awesome story of what happened is because you over exaggerate, and it always ends with you saving the planet.

**CANCER**  
(JUNE 21-JULY 22)  
You say you don't believe in karma because everything you did in the last 10 years you haven't had to answer for. Now you're sitting in jail being charged for the last 10 years of your life.

**LEO**  
(JULY 23-AUG 22)  
You live a semi-healthy lifestyle, exercise weekly, and take health supplements. Why in the hell are you getting fatter? Welcome to getting old.

**VIRGO**  
(AUG 23-SEP 22)  
You literally only date to get free food, rides, and access to a Netflix account. It's time to grow up. You can literally get an Amazon fire stick, free broken apps, and food stamps. And walking makes you look like you are trying to be healthy.

**LIBRA**  
(SEP 23-OCT 22)  
Who you are and your personality is interesting enough. However, trying to cover up your insecurities makes you look like an ass. Stop trying to look cooler than

your friends when the opposite sex comes around. People can see through that.

**SCORPIO**  
(OCT 23-NOV 21)  
Maybe all of your relationships aren't working out because you're dating for all the wrong reasons. All of your ex's jobs were drug dealers or strippers. Try dating someone who works in customer service. At least that way you'll have someone to resolve your current issues.

**SAGITTARIUS**  
(NOV 22-DEC 21)  
You've accused all of your friends for sleeping with your ex. You were so sure of it even though she lives 600 miles away from Dubuque. Maybe it's all a conspiracy, maybe it's the meth.

**CAPRICORN**  
(DEC 22-JAN 19)  
Taking your GF/BF's car to go spy on your side piece is one thing, but making them drive you there so y'all can stalk together is both romantic and crazy.

**AQUARIUS**  
(JAN 20-FEB 18)  
You're attractive online and you post funny statuses. But what are you gonna do when you meet in person and they see your teeth look like a meth lab exploded and you talk like a hillbilly? There are no filters for reality.

**PISCES**  
(FEB 19-MAR 20)  
That is not a normal smell. Get it checked out immediately.

**STEPHENMOUSE**  
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