

## S G A Z I N E

365 mk

# 2000 CASINO CASI





ESENTED BY

LOCAL COFFEE SHOPS / TRI-STATE FISH FRYS

THE TRI-STATES' FREE ENTERTAINMENT GUIDE

IMPACT AWARDS ARTIST: JIM COLE



Creating regional growth through collaboration & partnership for 40 years strong.

Greater Dubuque Development CORP.

Workforce Solutions

Business Services

> Strategic Initiatives



In partnership with TH Media, our suite of workforce solutions tools includes **AccessDubuqueJobs.com** with **180+ employer profiles** and over **1,000 verified career opportunities** in the Greater Dubuque region for job seekers.

## YOU can be great here.

Greater Dubuque Development Corporation | Schmid Innovation Center 900 Jackson Street, Suite 109 | Dubuque, Iowa | gddc@greaterdubuque.org | 563.557.9049 | greaterdubuque.org



FEBRUARY 27-MARCH 12, 2025 ISSUE #481

## THE INKWELL



## Bryce Parks

Publisher & Everything Else bryce@dubuque365.com



### Kristina Nesteby

Designer, Events & Nightlife kristina@dubuque365.com



**Lisa Stevenson** 

Advertising lisa@dubuque365.com 563-580-1691

## **CONTRIBUTING WRITERS**



**Matt Booth** 

Mattitude matt@mattbooth.com



## **Danny Fairchild**

Dining & Horoscopes danny@dubuque365.com



### Pam Kress-Dunn

Giving Voice & Look What I Found at the Library! pam2617@yahoo.com



## John McAndrew

Book Reviews books@dubuque365.com



### **Angela Ventris**

Angela's Awesome Advice advice@dubuque365.com



### **Nicole Welsh**

Features Writer features@dubuque365.com

## **SPECIAL THANKS**

Christy Monk, Fran Parks, Gen. Bob Felderman, Ron & Jennifer Tigges, Paul Gilligan, Paul & Sandy Meyer, John Potter, Rick Baumhover, Steve Thompson, Amanda Steines, Texas Roadhouse's rolls and honey cinnamon butter, all of our 365ink friends and advertisers... and you for reading.



## **COVER**

## 16 365ink Impact Awards

Learn about the people, organizations, and business that have made a positive impact in our community, whether it was in the past year or over a lifetime of actions

## **FEATURES**

- 20 Coffee, Anyone? Part Two
- 30 Tri-State Fish Frys

## **SECTIONS**

- 6 Events
- 14 Arts
- 24 Nightlife
- 30 Columnists

## WHERE'S MIKE?



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

## 365ink Magazine

- 900 Jackson St, LL3-1, Dubuque, IA 52001
- $\ ^{\mbox{\tiny $\square$}}$  PO Box 1566, Dubuque, IA 52004-1566
- **5**63-588-4365
- $\ \, \oplus \,\, Dubuque 365.com$
- Facebook: @dubuque365
- Instagram: @365ink

All contents ©2006–2025, Community Incorporated. All rights reserved. All bacon served semi-crispy.





From the first checkup to every milestone, our Pediatric team provides expert, compassionate care. Beginning at birth, we focus on keeping your little one healthy and supporting their development at every stage. With specialized knowledge and a commitment to lifelong wellness, we partner with parents to build strong, healthy futures—one child at a time.



Well-baby and well-child exams



Treatment of infectious disease and chronic illness



Care for learning disorders



Growth and developmental counseling

You have us for every question, every milestone, and every step forward.

## 66 PATIENT TESTIMONIAL

Both of my kids have had their fair share of medical attention, of which Dr. Edwards has been very helpful, understanding and thorough with making sure my husband and myself had all of our questions answered. He truly cares about his patients and wants what is best for the patient and their health!

\*\* \* \* \* (5 out of 5 star review)

## PEDIATRICS DEPARTMENT | WEST 563.584.4440 | EAST 563.584.3440

John Callahan, MD | Thomas Callahan, DO | Mitchell Edwards, MD Healther-Lynn Menezes, DO | Kevin Mullen, MD | Karen Scott, MD, PhD Meghan Wendland, MD | Tassie Carter, ARNP | Sarah Thibadeau, ARNP

### DUBUQUE, IA

West Campus: Monday - Friday, 8 AM - 5 PM | 1500 Associates Drive East Campus: Monday - Friday, 8 AM - 7 PM | 1000 Langworthy Street See our website for extended hours for illness and urgent problems.

Medical Associates Clinic and Health Plans

www.mahealthcare.com



I'm sure my regular readers are wondering when I'm going to go off on what's happening in the world, but honestly, it all gives me so much anxiety that I don't feel like making it any worse on myself, so I want to stay positive. Isn't that what 365ink is all about? Celebrating the best of "what's next" in our community? And wouldn't you know, it just happens to be the issue each year where we celebrate the best of "what was" last year in our community, or before. Yes, it's Impact Awards time. And like all good things, there's a healthy dose of stress and heartbreak that goes into getting this issue done.

You might guess that when we give out 10 365ink Impact Awards, it's not because we get 10 great nominations and voilà, they get awards. No. We get scores of nominations from all kinds of people celebrating all kinds of other people, organizations, and businesses. So after the month-long nomination process is done, we then start paring down the list.

We don't give awards to the same person or group twice, so no matter how amazing they are, we first cut the ones that already won. Then, for the folks who receive multiple nominations, we combine the information into one write up. And ves. every year there are a couple of people who get ballot stuffers rooting for them. Not that they know that, but the people who love them gang up and flood us with nominations. But again, we combine those into one write up. And sometimes they can be looooong, especially when combining a few together. And sometimes, man, people are full of love but short of spelling and punctuation skills. So we fix those too and give the great nominees the best possible polish before the next step.

We then cull all the nominations that are just a name or a short sentence that doesn't tell us anything about the nominee and what they did. Or it just says, "They're the best person and deserve this so much!" Well, I'm sure they are and they do, but that describes everyone on the list, and, surprise, I don't have time to investigate each undetailed nominee like I'm Henry Louis Gates, Jr. on PBS. So, sorry to those nominees. You're loved but not well documented. Note here that I also do not directly submit any nominees myself.

And in the end, we usually end up with 25 to 30 truly great nominees. Then we have to turn it into a final 10. And that's when the job really starts to suck because we could easily pull any 10 of them out of a hat and get 10 worthy award recipients. This

is why I share the gut-wrenching process with 10 other wonderful and unsuspecting people. I'm not telling you who they are because they don't need to take any heat from people mad that their nominees didn't win. I'll take all of those barbs. But these volunteer nomination readers are people who would easily qualify for or have already won Impact Awards themselves.

I ask them to pick 10 that they think shine the brightest. It's a horrible job. Sorry everyone who did this for me. I don't tell them who nominated the people nor do I tell them how many nominations a person got as we don't reward ballot stuffing. There are often a few that are easy to advance and a few that just don't quite have the impactful resume of some others that are a bit easier to let slide, maybe to another year. And then there's always a dozen that give us ulcers as we choose who should get those last five or so slots.

In the end, I take the picks of all 11 "voters," of which I am one, and I tally up the votes and hope like hell there is not a tie for No. 10. Mercifully, this year there was not. But there was a five-way tie for No. 11, just one vote behind No. 10, so you see how close this is. Truly, we could award them all, but that would make for a very long night at the Mississippi Moon Bar.

I do enjoy reading people's varying processes and criteria for their choices as they are often unique. I love the variety. I also love the variety of nominees we get each year. Some work with the time, some with the minds, some with their backs, and some with their pocketbooks, but they all work with their hearts in the right place. And win or not, they are all worthy. Just about best of all, year in and year out, even as each year we add 10 more people or organizations to the list of those who can't win again, we have never found ourselves short of an amazing list of new nominees who are working in their own ways to make Dubuque and the Tri-States a better place for all of us to live. And for that, we all win!

Thank you 2025 365ink Impact Awards winners. Thank you nominees. Thank you to the decision committee. Thank you to our award artist this year, Jim Cole. And, for sure, thank you to our partners who make it all possible: Premier Bank, the Community Foundation of Greater Dubuque, and our generous hosts for almost 20 years, the Diamond Jo Casino!

Join us on Tuesday, March 4 in the Mississippi Moon Bar. Doors open at 6 p.m. with music and hors d'oeuvres followed by the ceremony at 7 p.m. ■

## FIME FLACS CENTER

## THE TRI-STATE AREA'S ENTERTAINMENT DESTINATION























FIVE FLAGS CENTER - 405 MAIN STREET, DUBUQUE BUY TICKETS ONLINE AT FIVEFLAGSCENTER.COM









## A Visit from Will Dilg & Songs from Our Mighty Mississippi

FRIDAY, FEBRUARY 28 @ 7-9 PM UNIVERSITY OF DUBUQUE HERITAGE CENTER BABKA THEATRE (2255 BENNETT ST)

Baritone, riverlorian (river historian), photographer, and filmmaker Steven Marking will bring to life the inspiring true story of Will Dilg and showcase a beloved river with *A Visit From Will Dilg & Songs From Our Mighty Mississippi* on Friday, Feb. 28 from 7 to 9 p.m. at University of Dubuque Heritage Center Babka Theatre.

Marking will play environmental leader Dilg in a multimedia show, sharing the story of the grassroots activism that led to the protection of America's first Fish and Wildlife Refuge. A civic engagement success story, the performance will showcase the transformation that can happen when people work together for conservation and environmental protection for future generations. The 50-minute multimedia performance will be followed by an interactive discussion by Marking. After a 15-minute intermission, Marking will share songs and stories from another of his creations, *Our Mighty Mississippi—From the Headwaters to the Gulf of Mexico*.

A century ago, Dilg was the driving force behind the nation's first successful large-scale grassroots environmental movement. After his only son drowned in the Mississippi River, Dilg rose up from the depths of depression and mourning to lead an extraordinary national crusade to form the Izaak Walton League and save a 261 mile stretch of Mississippi River backwaters now known as the Upper Mississippi National Wildlife and Fish Refuge, While his life was cut short, his accomplishments are still legendary, and audience members will benefit by hearing from him a century after this monumental achievement via a script Marking created that relies heavily on Dilg's own published words.

Marking was born and raised on the backwaters of the Upper Mississippi River. He is a guest speaker and resident entertainer for American Cruise Lines as they travel the Mississippi, Ohio, and Cumberland Rivers.

Tickets are \$25 and can be purchased at the Heritage Center Farber Box Office, call **563-585-7469**, or visit **www.dbq.edu/heritagecenter**. ■



## Bridge City Collective Grand Opening

SATURDAY, MARCH 8 @ 7 AM-10 PM BRIDGE CITY COLLECTIVE (122 SINSINAWA AVE, EAST DUBUQUE, IL)
Join Bridge City Collective for the grand opening of their East Dubuque, IL dispensary on Saturday, March 8. This milestone cements the company's Illinois expansion and its contribution to downtown East Dubuque. The other locations are in Portland, OR and New Brunswick, NJ.

The kickoff includes vendor promotions with discounts up to 50% off all day from

7 a.m. to 10 p.m. Additionally, from 11 a.m. to 3 p.m., take advantage of Grand Opening deals, pop-ups with product vendors, giveaways, and complimentary food from Hangry Hobo (while supplies last).

To support the East Dubuque Edge Foundation and the local veterans American Legion Post 787, Bridge City Collective will donate a percentage of the day's sales, up to \$1,000, to both organizations. "BCC has several veterans in ownership and management, so it feels especially good to support Local Post 787," said General Manager Sydney Smith.

Bridge City Collective will be open daily from 7 a.m. to 10 p.m. The licensed, adult-use cannabis dispensary will offer a wide range of high-quality cannabis products, including in-house flower, edibles, tinctures, topicals, and branded swag.

"This dispensary has been years in the making and means quite a bit to us," said Portia Mittons, BCC's vice president of retail. "Being an independent, social equity company comes with its own set of challenges, so this feels especially sweet."

For more information, visit

BridgeCityCollective.com.

## THU 2/27

## Nature Trivia Bee 6 PM @ SMOKESTACK

Test your knowledge about reptiles and amphibians, birds, mammals, weather, geology, and more. Teams with the most correct answers at the end of the night will be crowned Nature Trivia champions. Funds generated go towards supporting the Friends of Dubuque County Conservation Board. RSVP recommended by 2/26. Suggested Donation: \$40/team up to 4; Spectators: Free. 62 E 7th St.



facebook.com/dubuque

countyconservation.

## History Deferred: The African American Heritage of Galena

7 PM @ GALENA CENTER FOR THE ARTS (GALENA, IL) The Galena Center for the Arts will host a presentation by H. Scott Wolfe, Historical Librarian of the Galena Public Library District. Wolfe has worked for years to record and commemorate the rich history of African American residents, entrepreneurs, and church communities in Galena. He will give an overall survey of the Black experience in Galena during the late 19th and early 20th centuries, giving attendees a deeper understanding of the significant, yet often overlooked, role African Americans played in shaping the town's history and development. This program is partially supported by a grant from the Illinois Arts Council. Free, donations appreciated. 971 Gear St. 81.5-402-3111. galenacenterforthearts.org.

## FRI **2/28**

## Galena Mardi Gras Pub Crawl

6-11 PM @ DOWNTOWN GALENA, IL

Grab your sugar skulls and voodoo skills for a pub crawl down Main St. with your hosts the Gabby Kittens accompanied with live, traveling music by The Wundos. Enjoy drink specials, a commemorative cup, and exciting giveaways. Purchase raffle tickets for a chance to win prizes, including a Galena Getaway Package. The crawl begins at 5:30 p.m. and starts at the DeSoto House Hotel before traveling to the Eagle's Club, Galena Illinois Elks Lodge, Paradise Bar & Grill, Gobbies Sports Pub and Eatery, Galena Brewing Company, and The Grape Escape. After-party at The Gold Room. \$25. visitgalena.org.

## SAT **3/1**

## TLR SE Division Model RR Sale

9 AM-2 PM @ DUBUQUE COUNTY FAIRGROUNDS Model railroaders are invited to buy, swap and sell to fellow hobbyists. Food available. Sponsored by TLR Southeastern Division. Admission: \$4; 12 and younger: Free w/ paid adult. 14569 Old Highway Rd.



thousandlakesregion.org

## Galena Goes 50s Sock Hop

9 AM-10:30 PM @ TURNER HALL (GALENA, IL) It's a whole day of dance in Galena! Dance workshops (Jitterbug, Lindy Hop, Swing) take over the morning and afternoon while live music from Rick Lindy and the Wild Ones Band set the backdrop for a nighttime dance. Sign up for any class to receive a free night dance ticket. Workshops: \$15/person/class;

Dance: \$10 ADV/\$15 door. 115 S Bench St, Galena, IL. facebook.com/dancegalena.

## TUE **3/4**

## Self-Defense for People with Mobility Issues

9:30-11 AM @ CARNEGIE-STOUT PUBLIC LIBRARY Martial arts and self-defense instructor Eryka Cook will lead a self-defense class for adults with mobility issues. This hands-on class will take participants through various self-defense exercises with modifications to suit individual needs and abilities. Cook has a black belt in karate and decades of experience teaching self-defense. Attendees will leave feeling empowered and more confident in their ability to protect themselves. RSVP required. 360 W 11th St. 563-589-4225 x2224. carnegiestout.org/events.

## Protect Yourself from Fraud

4-6 PM @ DBQ **ESPORTS LEAGUE** Every day, someone in America becomes a victim of fraud. 1 in 3 Americans ages 65 and older are scammed, losing \$36.5 billion annually to financial exploitation, criminal fraud and caregiver abuse. In partnership with IID, DBQ Esports League is presenting the Iowa Fraud Fighters program locally. Learn how to protect yourself and loved ones from fraud, 3220 Dodge St, STE 109. dbqesports.org.

## 16<sup>th</sup> Annual 365ink Impact Awards Ceremony

6 PM @ DIAMOND JO CASINO MISSISSIPPI MOON BAR Read more on page 16. Ages 21+. Free. 301 Bell St. 563-588-4365. dubuque365.com/ impactawards.



EVENTS 365



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

www.ohnwardfineartscenter.com

## Classical Blast Kilts Rockin' Celtic Music Saturday, March 15, 7 PM

Classical Blast is wildly popular for their innovative new arrangements of classic rock tunes performed on a mix of classical and rock instruments.





GROWING SUSTAINABLE COMMUNITIES CONFERENCE

APRIL 1-2, 2025 DUBUQUE, IOWA

## ATTEND THE LARGEST SUSTAINABILITY CONFERENCE IN TH

PRESENTED BY

SUSTAINABLE
DUBUQUE

POWERED BY

TRAVEL Dubuque

This conference is packed with comprehensive, impactful, and actionable sustainability ideas, plans, and best practices for local

FEATURING KEYNOTE SPEAKERS:

government and business professionals.



JEREMY
HOFFMANN
DIRECTOR OF
CLIMATE JUSTICE
& IMPACT AT
GROUNDWORK



LIL
MILAGRO
HENRIQUEZ
FOUNDER OF
MYCELIUM
YOUTH
NETWORK



ROZINA KANCHWALA FOUNDING EXECUTIVE DIRECTOR OF ECO. LOGIC

**GSCDUBUQUE.COM** 



## **Cabin Fever**

SUNDAY, MARCH 9 @ 10 AM-3 PM DUBUQUE COUNTY FAIRGROUNDS (14569 OLD HIGHWAY RD)

Cabin Fever is back at the Dubuque County Fairgrounds, and it's the

perfect cure for the winter blues! On Sunday, March 9 at 10 a.m.-3 p.m., shake off that cabin fever and enjoy a fun-filled day of shopping, sipping, and supporting local businesses.

With over 50 incredible vendors, crafters, makers, bakers, wineries, and more, there's something for everyone. Whether you're hunting for unique handmade goods, delicious treats, or that perfect new home decor piece, you won't want to miss it.

Gather your friends, bring your shopping bags, and come out to support small businesses while discovering amazing finds.

Tickets are \$3. For more information, visit **facebook.com/JodiandKT**. ■



**MACKIN-MAILANDER LECTURE SERIES** 

## Crucial Conversations: Let's Talk Mental Health

WEDNESDAY, MARCH 12 @ 7 PM CLARKE UNIVERSITY JANSEN MUSIC HALL (1550 CLARKE DR)

As part of the annual Mackin-Mailander Lecture Series, Clarke University will host Crucial Conversations: Let's Talk Mental Health on Wednesday, March 12 at 7 p.m. in Jansen Music Hall. The presentation will be led by Clarke Instructor of Social Work Jen Gladon '16, MSW. Calling on nearly 30 years of experience, her talk will focus on the reasons people seek counseling and practical strategies for navigating whatever life throws your way.

"Life can be tough, and coping with mental health challenges, trauma, or stressful times can sometimes feel overwhelming," Jen said. "Whether you're feeling great, stuck, sad, stressed, or angry, this event promises an interactive and light-hearted conversation."

Prior to her teaching career at Clarke, Jen worked extensively with diverse populations. Just some of her experience includes providing legal and medical advocacy for sexual assault survivors in Jo Daviess and Carroll counties in Illinois, targeted case management for adults with intellectual disabilities in Evans, CO, and case management for vulnerable older adults in Dubuque, Delaware, and Buchanan counties.

After graduating with her Master of Social Work from Clarke in 2016, Jen worked at the Dubuque Mental Health Center as a Mental Health Therapist, supporting those with chronic and persistent mental health issues before beginning her private practice in 2019. The passion for advocacy, education, mental health, and trauma recovery that has guided her throughout her career now serves as an example to the next generation of social workers at Clarke.

The Clarke University Mackin-Mailander Lecture Series was established in 1997 after Clarke received gifts from two alumnae, Mary Mackin '34 and Verna Slattery-Mailander '20, to establish an endowed lecture series. The annual series consists of three lectures, including a prominent outside speaker, a faculty lecture, and an alumni lecture. Clarke welcomed Iowa Poet Laureate Vince Gotera to campus in October and will conclude this year's series with Assistant Professor of Communication Chrissy Hogue Bartels' Turning Pain into Purpose and Setbacks into Success on April 2.

The lecture is free. For more information, visit **clarke.edu/artsatclarke**. ■

## THU **3/6**

## Celebrating All Abilities Gala

6-9 PM @ HOTEL JULIEN DUBUQUE Camp Albrecht Acres invites you to a memorable evening with live music from Tapestry, hors d'oeuvres and carving stations, cocktails, a short program, awards, live and silent auctions, and other fun activities. All proceeds will help Camp Albrecht Acres provide an enjoyable summer camp experience to individuals with special needs. \$125/person. 200 Main St. 563-552-1771. AlbrechtAcres.org.

## SAT 3/8

## Native Plants Workshop

1-2:30 PM @ CARNEGIE-STOUT PUBLIC LIBRARY Wild Ones Tri-State Driftless Area Chapter will share resources and ideas for native plants. Wild Ones promotes environmentally friendly, sound landscaping to preserve biodiversity through the preservation, restoration, and establishment of native plant communities across the United States. This workshop with the Tri-State Driftless Area Chapter will provide native plant growers with tips for garden design, plant purchasing, local resources, plant swapping, and more. RSVP required. 360 W 11th St. 563-589-4225 x2224. carnegiestout.org/events.

## Galena Whiskey Weekend

1 AND 5 PM @ TURNER HALL (GALENA, IL) Enjoy a whiskey tasting from premium brands you know and love. More than 175 whiskey options are available in both sessions. Local food trucks will be available. Includes a Glencairn keepsake glass. \$111.50. 115 S Bench St, Galena, IL. GalenaWhiskeyWeekend.com.

## SUN 3/9



## Daylight Savings Day Group Ride NOON-2 PM @ HERITAGE

POND TRAILHEAD 2-7 PM @ JUBECK NEW WORLD BREWING Daylight Savings is fast approaching! Mark the start of the 2025 spring/summer cycling season by attending the annual Daylight Savings Ride. Whether you're a seasoned cyclist or just getting started, events like this are a great way to connect with fellow enthusiasts and enjoy the fresh air. This is also a great way for us to celebrate the progress we have made with our public infrastructure. A group photo at noon starts kicks off the event followed by a the ride at 12:15 p.m. Pick your course/ride "spice" level: mild, medium, or spicy! Wrap up the ride with a gathering at Jubeck's with pizza and beverages. 11330 Rupp Hollow Rd. tmbrtrails.org.



## Distinctively Dubuque

5:30-8:30 PM @ GREATER DUBUQUE DEVELOPMENT CORPORATION

Wed: 3/12-4/9. Distinctively Dubuque is a five-night interactive course designed to connect newcomers with one another and their new hometown. Led by high-energy presenters with in-depth knowledge of the Greater Dubuque region, each Distinctively Dubuque night takes place at a different venue, covering topics including local government, arts, recreation, volunteerism, and more. Includes dinner each night. Limited space. RSVP required. Free. 900 Jackson St, Suite 109. 563-557-9049. bit.ly/dd\_registration.

## FRI **3/14**

## Mystery Dinner Theater: Irish Wake

5:30-8:30 PM @ STONE CLIFF WINERY Join the Brew Ha Ha Players for a four "corpse" meal and a show! Who done it? You'll have to see. They're DYING for you to join! RSVP by 3/6. \$85. 600 Star Brewery Dr. 563-583-6100.

## SAT **3/15**

stonecliffwinery.com.



## DBQ Pride Creates Together

1-3 PM @ BLUFF STROKES ART CENTER Queer community and allies are invited to an afternoon of art making with DBQ Pride and Bluff Strokes Art Center. Complete a mixed media project led by Bluff Strokes Art Center staff, enjoy snacks and beverages, and spend time together in an affirming and creative space. This event is for all skill levels, beginners and up! Ages 18+. RSVP required. \$25, scholarships available, 1201 Locust St. bluffstrokes.org/pride25.

## TUE **3/18**

## New Orleans Gumbo Cooking Class

5-7 PM @ CONVIVIUM **URBAN FARMSTEAD** Join Convivium's Culinary Resource Director, Chef Cena, as she takes you on this savory adventure down the bayou. In this hands-on class, you will learn what foods comprise the Holy Trinity of Cajun and Creole cooking, how to make a roux, and combine those lessons to create an enticing New Orleans gumbo. The night ends with a group meal. \$50. 2811 Jackson St. 563-557-2900. convivium-dbq.com.

## BRIDGE CITY COLLECTIVE

YOUR NEW FAVORITE DISPENSARY



## GRAND OPENING

SATURDAY, MARCH 8 7 AM - 10 PM

**ALL-DAY DEALS** 

**UP TO 50% OFF VENDOR PROMOTIONS** 

SPECIAL EVENT 11 TO 3

EXCLUSIVE GRAND OPENING DEALS
POP-UPS WITH TOP PRODUCT VENDORS
GIVEAWAYS
FREE FOOD FROM HANGRY HOBO
WHILE SUPPLIES LAST

**VISIT US & CELEBRATE!** 

122 SINSINAWA AVE EAST DUBUQUE, ILLINOIS. **EVENTS** 



## Galena St. Patrick's **Day Celebrations**

MARCH 14 AND 15

VARIOUS LOCATIONS IN GALENA, IL

Shake your shamrocks in Galena, IL with a variety of events downtown and at Shenandoah Riding Center.

The St. Pats Pub Crawl on Friday, March 14 takes you down Main St. with hosts Miss Kitty of The Grape Escape and her sister, Diane. Running 8 p.m.-1 a.m., enjoy drink specials, a commemorative cup, and exciting giveaways. Purchase raffle tickets for a chance to win

prizes, including a Galena vacation getaway. The crawl begins at 5:30 p.m. and starts at Green Street Tavern at the DeSoto House Hotel before traveling to the Eagle's Club, Galena Cellars, Galena Illinois Elks Lodge, Paradise Bar & Grill, Gobbies Sports Pub and Eatery, Galena Brewing Company, The Grape Escape, and The Gold Room. All proceeds donated to The Galena Fire Dept. Tickets are \$25, and space is limited. For more information, call 779-214-0003 or visit visitgalena.org.

Shenandoah Riding Center kicks off Saturday, March 15 with their party at 10 a.m.-noon. Enjoy wagon rides, crafts, and a campfire for roasting marshmallows. Adult beverages and kids lead line rides available for purchase. Tickets are \$5 for ages 12 and vounger, and free for adults. For more information. visit 815-777-9550. shenandoahridingcenter.com.

Also on Saturday, March 15, is the 9th Annual Shamrock Shimmy Race and St. Patrick's Day Parade, hosted by the Galena Elks and Galena ARC. The festivities kick off with the Kids Mini Shimmy Dash at 11 a.m., where youngsters can participate in a fun run without registration. Galena St. Patrick's Day Celebration will hold an adult beer can chase down Main Street starting at 11:15 a.m. At 11:30 a.m., the Shamrock Shimmy 5K run begins, offering participants the chance to challenge themselves and embrace the spirit of the holiday. Then at 2 p.m., the parade takes over Main Street, featuring 30 floats. The parade lineup starts at 1:30 p.m. by the Downtown Galena Post Office. Don't forget to wear your green and bring your shamrocks as you join in the revelry and celebrate the luck of the Irish! For more information, call 815-821-2224 or visit facebook.com/GalenaElks882. ■



## Dyersville St. Patrick's Day Celebrations SATURDAY, MARCH 15

VARIOUS LOCATIONS IN DYERSVILLE, IA Dyersville, IA does St. Patrick's Day right! Ancient Order of Hibernians - Dubuque County #1 presents Dyersville's Annual St. Patrick's Day Parade and Mass. The church celebration at St. Francis Xavier Basilica begins at 10:30 a.m. and is followed by the parade through downtown at 1:30 p.m.

Textile Brewing Company is celebrating with Green "Dyersville" Light American Lager; two Irishthemed craft brews: "Paddy Time" Dry Irish Stout and "Snuggy" Irish Red Ale; Textile beer specials; and local hard cider, wine, and seltzers. Plus, the 28th Annual Ride the Shamrock 12 mile bike ride takes off from Textile when festivities start at 10 a.m.

For more information, visit dyersville.org and textilebrews.com.





## **Spring Garden Seminar**

SATURDAY, MARCH 22 @ 7:15 AM-NOON NICC TOWN CLOCK BUSINESS CENTER (680 MAIN ST)

The Dubuque County Master Gardeners host the 2025 Spring Garden Seminar at NICC Town Clock Business Center on Saturday, March 22. The educational event runs 7:15 a.m.-noon with light morning refreshments provided.

The nine session topics attendees can choose from include planting for season long garden color, pruning trees and shrubs, greenhouses, common tree and shrub health issues, garden irrigation, medicinal herbs, nectar sources for bumblebees, rain barrels and rain gardens, and houseplant pests. Three session times are available followed by evaluations and door prizes at 11:30 a.m.

Master Gardeners use research-based horticulture and gardening knowledge practices to educate people and coordinate projects promoting healthy communities.

Early registration is \$20 until March 20. Dayof, walk-in registrations are \$25. To register or for more information, call ISU Extension and Outreach at **563-583-6496** or visit **bit.ly/dbqspring**.

## WED 3/19



## She Unites: Jordan Fullan: A Life of Fulfillment

6:30-7:30 PM @ THE INNOVATION LAB Jordan Fullan serves as Co-CEO of HODGE, a material handling and logistics company, headquartered here in Dubuque, where she leads alongside her brother, Zach Hodge. As a fourth-generation leader in her family business, she's committed to upholding the values passed down through the generations while guiding the company toward innovative growth and long-term success. With a professional background in personal health and wellness, corporate wellness, and human resources, Jordan has always

prioritized the well-being of others. She believes that helping people discover their WHY, coupled with adopting intentional habits and fostering a growth mindset, is key to achieving lasting success. Free. 210 Jones St. **SheUniteslowa.com/events.** 

## THU **3/20**



## Master Foodie Program: Dubuque's Farm-to-Table Experience

6-8 PM @ VARIOUS LOCATIONS IN DUBUQUE Thu: 3/20-5/1. ISU Extension and Outreach-Dubuque County's Master Foodie Program is set to kick off its immersive 6-week farm-to-table journey aimed at enriching participants' understanding of the local food system. The program combines online lessons, engaging tours, and hands-on educational activities, with researched based local information providing a comprehensive experience for those passionate about local foods. Upon completion of the course, participants will gain the knowledge and community connections to make informed food choices that support their health, community, and the environment, RSVP by 3/6. \$100. **563-583-6496**. bit.ly/dbqfoodie.

## FRI **3/21**

### **Assassins**

7:30 PM @ HERITAGE
CENTER JOHN AND
ALICE BUTLER HALL
3/21–3/22 at 7:30 p.m.; 3/23 at 2 p.m. A multiple Tony Award-winning theatrical tour-deforce, Assassins combines
Stephen Sondheim's signature blend of intelligently stunning lyrics and beautiful music

with a panoramic story of our nation's culture of celebrity and the violent means some will use to obtain it, embodied by America's four successful and five would-be presidential assassins. Assassins lays bare the lives of nine individuals who assassinated or tried to assassinate the President of the United States, in a one-act historical "revusical" that explores the dark side of the American experience. Mature language, themes, and simulated gun violence. Presented by UD Fine & Performing Arts Department. \$7-\$11. 2255 Bennett St. 563-585-7469. www.dbg.edu/heritagecenter.



BUT WAIT... THERE'S MORE!
VIEW OUR FULL EVENT LIST
DUBUQUE365.COM/EVENTS



**EVENTS** 



NICC Downtown Campus | 680 Main Street, Dubuque 7:15 AM-Noon | Registration & Light Refreshments 7:15-7:45 AM

> Early registration \$20 per person when registered by March 20. \$25 late registrations are accepted as walk-ins only at the event.

Session 1, 8-9 AM

Bringing Color to Your Garden All Season Long

**Cutting Back: Properly Pruning Trees and Shrubs** 

Controlled Environment Agriculture for the Amateur to Master Gardene

## Session 2, 9:15-10:15 AM

Garden Irrigation Medicinal "Weeds"

Nectar Sources for

## Session 3, 10:30-11:30 AM

Introduction to Rain Barrels. Rain Gardens and Other Water Conservation Strategies

Love Bugs/Houseplant Pests 101

Common Health Issues with Trees and Shrubs



## REGISTER TODAY

Go to https://bit.ly/dbqspring or scan the QR code. Questions? ISU Extension and Outreach: 563-583-6496







## **Ongoing &** Recurring **Events**

## **TUESDAY**

## **Early Explorers**

10 AM @ NATIONAL MISSISSIPPI RIVER **MUSEUM & AQUARIUM** 1<sup>ST</sup> TUE & 1<sup>ST</sup> SAT THROUGH 5/6 Discover the ABCs of the world around us through hands-on and active activities including a craft and game. Ages 2-5 with parent/caregiver. RSVP suggested. Free. 350 E 3<sup>rd</sup> St. **563-557-9545**. RiverMuseum.org/ early-explorers.

## **WEDNESDAY**

## **She Unites**

6:30-7:30 PM @ THE INNOVATION LAB 3RD WED

Come together for an evening of socialization and education. Featuring rotating speakers talking about anything and everything pertaining to women in a chill environment Free 210 Jones St SheUnitesIowa.com/events.

## **FRIDAY**

## **Fabulous Fridays Artists Series**

NOON-12:30 PM @ ST. LUKE'S UNITED METHODIST CHURCH AND ONLINE THROUGH 3/28 This week features Dr. Keisy Peyerl-Xavier, piano. The

popular season began in

1992 with musicians from St. Luke's. Over the years, these informal downtown performances have grown to include hundreds of locally and nationally recognized artists. Enjoy time together after the performances in the church's South Hall where coffee and desserts are available Raising funds for People In Need(PIN) and the church's Jesus Fund. Free. 1199 Main St. 563-582-4543. stlukesdbq.org/ fabulousfridays.

### **First Fridays**

**VARIOUS LOCATIONS** IN DUBUQUE 1ST FRI

First Friday is a free downtown monthly community arts event with open galleries, artists' studios, and live entertainment, fostering community and celebrating arts in Dubuque, Free. FirstFridaysDubuque.org.

## **SATURDAY**

## **Lollipops & Music for Our Preschoolers**

10-10:30 AM @ CARNEGIE-STOUT PUBLIC LIBRARY 2<sup>ND</sup> SAT THROUGH 4/12 Northeast Iowa School of Music introduces children and their families to a variety of musical styles and instruments. Come prepared to sing, play instruments, and dance. Children leave with a greater appreciation

of music and a lollipop. All ages. Free. 360 W 11th St. 563-690-0151. nisom.com.

## **Early Explorers**

10 AM @ NATIONAL MISSISSIPPI RIVER **MUSEUM & AQUARIUM** 1<sup>ST</sup> TUE & 1<sup>ST</sup> SAT THROUGH 5/6

## **FARMERS' MARKETS**

## **Galena Winter** Farmer's Market

SAT: 8 AM-NOON @ GALENA EAGLES CLUB (GALENA, IL) 2<sup>ND</sup> SAT THROUGH 3/8 & 4/5 237 S Main St, Galena, IL. 563-542-0996. facebook.com/ galenafarmersmarket.

## **Dubuque Winter Farmers Market**

SAT: 9 AM-NOON @ **KENNEDY MALL** THROUGH 4/26 555 JFK Rd.

wintermarketdbq.com.

## **Platteville Winter Farmer's Market**

SAT: 9 AM-NOON @ **ROUNTREE GALLERY** (PLATTEVILLE, WI) 1ST & 3RD SAT THROUGH 4/19 120 W Main St, Platteville, WI. 608-218-4374. **PlattevilleFarmers** MarketWl.com

### SUBMIT YOUR EVENTS

LOOKING FOR A FREE AND EASY WAY TO PROMOTE YOUR EVENTS? SEND YOUR EVENT CALENDAR OUR WAY!

EMAIL: EVENTS@DUBUQUE365.COM



## FRI 2/28

## **Winter Bounce**

4-8 PM @ FIVE FLAGS ARENA

2/28 at 4-8 p.m.; 3/1-3/2 at 10 a.m.-2 p.m. & 3-7 p.m. In partnership with Tough Entertainment, WJOD, and Y105, this exciting three-day event features an array of inflatable attractions, obstacle courses, laser tag, and mini golf, providing fun for families and kids of all ages. Enjoy bounce houses and interactive games while creating lasting memories. Don't miss out on the ultimate indoor playground experience! Socks are required to use the inflatables and will be available for \$4. Ages under 18: \$11; Laser Tag & Mini Golf: \$5/person.

## WED 3/5

## Wags At The Flags

4-8 PM @ FIVE FLAGS ARENA

3/5, 3/12, 3/26. Wags at the Flags is an indoor dog park featuring separate areas for small and large dogs, along with the Barka Lounge for owners to enjoy food, drinks, and adult refreshments. Each week will have themed events and local vendors. Proceeds benefit the Dubuque Regional Humane Society and Whispurring Hope. \$5/dog. 405 Main St. 563-589-4258. FiveFlagsCenter.com.

## SAT **3/15**

**Spring Spectacular Vendor** & Fashion Show

10 AM-2 PM @ FIVE FLAGS ARENA Enjoy a day of shopping and entertainment, all while celebrating the fresh spirit of spring.

Featuring a curated selection of local vendors offering everything from unique handmade goods to the latest fashion trends. Don't miss the highlight of the day—a fashion show showcasing the hottest spring styles.

## THU **3/20**

## Live the Experience: An Evening with Melissa the Medium

7 PM @ FIVE FLAGS THEATER

Experience an extraordinary, heartwarming event with Melissa Culbertson. With a gentle touch, Melissa invites passed-on loved ones to join the gathering, fostering a warm and loving atmosphere. It's an evening filled with curiosity and shared connections, where the spirit and mind are elevated. Join for a delightful exploration of the unseen, wrapped in the warmth of connection and understanding. \$30.

## SAT **3/22**

### R.E.S.P.E.C.T.

7 PM @ FIVE FLAGS THEATER

R.E.S.P.E.C.T. is the ultimate tribute to the legendary Queen of Soul, Aretha Franklin. The elevated concert experience brings a community together with timeless music that speaks to the complicated human condition, honoring the impassioned and transcendent music of one of America's most beloved singer-songwriter. \$20-\$50.

## DUBUQUE365.com

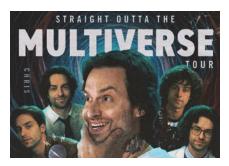
## Chris D'Elia STRAIGHT OUTTA THE MULTIVERSE

SATURDAY, MARCH 1 @ 7 PM

**FIVE FLAGS THEATER** 

Chris D'Elia, the acclaimed comedian, actor, and podcast host, is bringing his Straight Outta The Multiverse tour to the Five Flags Theater on Saturday, March 1 at 7 p.m.

Known for his sharp wit, unpredictable humor, and hilarious takes on modern life, Chris has captivated audiences worldwide with sold-out shows and hit specials like No Pain and Man on Fire.



VIP includes a post show meet and greet with Chris and a photo opportunity. Tickets are \$25.50-\$48.50 for GA and \$98.50 for VIP.



## Gilbertson's Symphony No. 1

SATURDAY, MARCH 8 @ 7:30 PM SUNDAY, MARCH 9 @ 2 PM **FIVE FLAGS THEATER** 

Music Director and Conductor William Intriligator's 25th season with the Dubuque Symphony Orchestra closes with Gilbertson's Symphony No. 1 on March 8 at 7:30 p.m. and March 9 at 2 p.m. at the Five Flags Theater.

The concert opens with an exciting overture by Jessie Montgomery, the Composer-in-Residence of the Chicago Symphony. Drawing inspiration from an array of musical traditions, "Overture" showcases Montgomery's mastery in blending classical, jazz, and contemporary elements.

Celebrated as a leading interpreter of classical works and for her extraordinary ability to connect with audiences, Rachel Barton Pine makes her DSO debut playing the Sibelius Violin Concerto.

The DSO commissioned Dubuqueraised and Pulitzer Prize nominated Michael Gilbertson's First Symphony. This piece makes its world premiere at the Classics finale. One of the most promising and accomplished composers of his generation. Gilbertson's works have earned him widespread acclaim and recognition in the world of contemporary classical music.

Saturday evening concert attendance includes entry to post-concert Encore Reception. Enjoy complimentary refreshments and visit with DSO musicians.

On March 7, enjoy a lunch buffet at the Dubuque Golf & Country Club followed by insightful commentary by Intriligator, Gilbertson, and Pine.

At 1 p.m. prior to each Sunday Classics Concert, Intriligator gives a pre-concert lecture in the theater.

Tickets start at \$20. For more information, call 563-557-1677 or visit DubuqueSymphony.org.



## **FLY-BY-NIGHT PRODUCTIONS PRESENTS**

## **American Son**

MARCH 21-22, 28-29 @ 7:30 PM MARCH 23 @ 2 PM **FIVE FLAGS BIJOU ROOM** 

Fly-By-Night Productions presents

American Son at the Five Flags Bijou Room on March 21-22 and 28-29 at 7:30 p.m. and March 23 at 2 p.m.

An estranged married black-white biracial couple confront their feelings about race and bias. Desperate to locate their son, they come to the police station. Demanding answers, they content with an inexperienced white police officer and a more experienced black career police officer. Tension builds to the end, when what occurred finally comes to light.

Join for a talk back following the March 21 and 28 performances facilitated by Ernest Jackson with cast and directors.

The subject matter of American Son is mature and recommended for ages 17 and older. Tickets are \$20 and can be purchased at FlyByNightDubuque.com. For more information, call Fly-By-Night Productions at **563-599-9486**. ■



## The Wolves

FEBRUARY 27-MARCH 1 @ 7:30 PM LORAS COLLEGE HOFFMANN HALL ST. JOSEPH AUDITORIUM (1450 ALTA VISTA ST)

The Loras Players, the theatre production arm of Loras College's School of Humanities & Education, present *The Wolves*, a 2017 Pulitzer Prize finalist by Sarah DeLappe, Feb. 27–March 1, at 7:30 p.m. at Loras College.

This critically acclaimed play offers an intimate and unfiltered look at a high school girls' soccer team as they navigate the pressures of adolescence, competition, identity, and ambition. Over the course of their pre-game warmups, these nine fierce young athletes grapple with everything from world affairs to social anxieties, friendships, and their own evolving sense of self. Sharp, insightful, and deeply human, The Wolves captures the complexities of teenage life with humor, heart, and an undeniable authenticity.

Established in 1910, the Loras Players are the oldest, continuously operating theatre troupe west of the Mississippi.

The play contains strong adult language and content, and seating is limited. Tickets are \$10. For more information visit lorasplayers.yolasite.com.



## Miss Nelson Is Missing!

FRIDAY, FEBRUARY 28 @ 7 PM SATURDAY, MARCH 1 @ 10 AM SUNDAY, MARCH 2 @ 2 PM GRAND OPERA HOUSE (135 W 8<sup>TH</sup> ST)

The classic children's books *Miss Nelson is Missing* and *Miss Nelson is Back* by Harry Allard are adapted for the stage in this new musical by Joan Cushing. *Miss Nelson Is Missing!* 

heads to the Grand Opera House on Feb. 21–23 and 28 and March 1–2.

Miss Nelson's class is the worst behaved in the whole school. Spitballs flying across the room, paper airplanes sailing every which way and uncontrollable children send gentle, long-suffering Miss Nelson over the edge. But the students of Room 207 are in for a surprise when Miss Nelson goes missing and is replaced by Viola Swamp, a no-nonsense substitute who assigns piles of homework! The students learn lessons of appreciation and respect as they set out to find their beloved Miss Nelson... but will they ever get her back?

Tickets are \$17 for adults and \$12 for children under 18. Tickets can be purchased in person at the box office, by calling **563-588-1305**, or at **TheGrandOperaHouse.com**. ■





## **Broad Ideas**

MARCH 1-30
GALENA CENTER FOR THE ARTS
(971 GEAR ST, GALENA, IL)

Broad Ideas is a community arts show committed to inclusion by dismantling patriarchy and misogyny through the telling of our stories. The show will be on display at the Galena Center for the Arts on March 1–30 with various events in between. This year's lineup includes the Broad Ideas Opening on March 1, The Vagina Monologues performances on March 7–9, Songwriters Showcase on March 20, and Spoken Word Closing on March 30.

While inclusive feminism is always the overarching theme, this year's prompt is "Show Up." The "story" behind each piece is a very important part of what makes *Broad Ideas* special, and it will be displayed alongside the art. Artists and authors of all abilities are welcome and encouraged. *Broad Ideas* purposely includes a wide range of ideas, artists, abilities, and events.

For the full schedule and more information, visit **BroadIdeas.org**.

## **Broad Ideas Opening**

SATURDAY, MARCH 1 @ 5-7 PM

Be the first to see the 2025 show and join the best party in town. The Opening is a fun-filled night as guests swap stories, share space, and celebrate.

The Vagina Monologues

FRIDAY, MARCH 7 @ 7 PM

SATURDAY, MARCH 8 @ 7 PM SUNDAY, MARCH 9 @ 2 PM The Vagina Monologues, written by V (formerly Eve Ensler),

has sparked conversations about women's bodies and experiences

bodies and experiences since 1996. First performed Off-Broadway and in locations around the world, *The Vagina Monologues* dives into the mystery, humor, pain, power, wisdom, outrage and excitement in women's experiences. They break taboos about women's sexuality and shatter silence around violence done to women and girls. Free on-site childcare. This show contains adult content and is intended for a mature audience. \$23. galenacenterforthearts.org.

### **Songwriters Showcase**

THURSDAY, MARCH 20 @ 7-9 PM
A powerful night of music performed by multiple talented musicians.

## **Spoken Word Closing**

SUNDAY, MARCH 30 @ 3-5 PM Experience performances from multiple poets, storytellers, and writers. Champagne and chocolate toast immediately after.



## 2025 Regional Arts Forum

THURSDAY, MARCH 6 @ 1-4 PM
NATIONAL MISSISSIPPI RIVER MUSEUM
& AQUARIUM (350 E 3RD ST)

Join the Iowa Arts Council at the National Mississippi River Museum & Aquarium on Thursday, March 6 at 1–4 p.m. for a 2025 Regional Arts Forum event.

The in-person event provides an opportunity for local artists, arts and civic leaders, and community members to discuss opportunities for strengthening arts and culture in their region and across the state. This year's Forums align with the Iowa Arts Caucus, which the Iowa Arts Council hosts every four years. The purpose of the caucus and regional conferences is to identify opportunities and review possible changes related to programs that support arts and cultural enhancement in our state. Participants will make recommendations to the Arts Council, the Iowa Economic Development Authority (IEDA) and the General Assembly regarding funding allocations and priorities for arts and cultural enhancement in our state.

Registration is free and required.
For more information and to register, visit **rivermuseum.org/events**.

**ARTS** 

## First Fridays

FRIDAY, MARCH 7

NOON-8 PM @ STONED ART STUDIO & GALLERY (1800 CENTRAL AVE) NOON-8 PM @ WIDDERSHINS ARTISAN GALLERY (2204 CENTRAL AVE) 4:30-7:30 PM @ OUTSIDE THE LINES ART GALLERY (1101 MAIN ST) 5-8:30 PM @ ANDONIA GIANNAKOUROS STUDIO (219 W 9TH ST) 5-7 PM @ BLUFF STROKES ART CENTER (1201 LOCUST ST) 5:30-9:30 PM @ VOICES STUDIOS (1585 CENTRAL AVE) 6-7 PM @ CARNEGIE-STOUT PUBLIC LIBRARY (360 W 11TH ST)

6-8 PM @ PLANTED. (245 W 1<sup>ST</sup> ST) 7-11 PM @ SMOKESTACK (62 E 7<sup>TH</sup> ST)

First Friday is a free downtown monthly community arts event with open galleries, artists' studios, and live entertainment. fostering community and celebrating arts in Dubuque. All stops are free.

Stoned Art Studio and Gallery features the Driftless Region art and photography of Henry Matthiessen III. Refreshments will be on hand. StonedArtStudio.com.

Widdershins Artisan Gallery hosts a birthday party for owner Mark Dierker who is turning 60 and curator John Potter who is turning 63. There will be cake! Widdershins features artworks by local, regional, and national artists. Enjoy the comfy vintage furniture while listening to classic rock tunes. WiddershinsGallery.com.

Outside the Lines Art Gallery features an artist on Friday night as well as the following morning. ShopOTLAG.com.

Andonia Giannakouros is a Dubuquebased figurative painter and printmaker. The converted studio space in the Fisher Building features work by Giannakouros. She will open her studio again on the following Saturday at 9 a.m.-noon. **Giannaka.com**.

New to First Fridays, Bluff Strokes Art Center offers a tour of their space plus make tiny art at 5-6:30 p.m. Then, dabble with boundaries and gray areas around the definition(s) of art with Tom Riley, professor of philosophy at Clarke University. BluffStrokes.org.

Voices Studios has launched a fundraising campaign to acquire a four-piece stained

glass series by Tim Olson, featuring iconic Iowans Cheryl Browne, Denise Long, Dan Gable, and Halston valued at \$32,000. This collection exemplifies regional art at its finest, showcasing Olson's skills and profound connection to lowa's landscape, people, and history and will be donated to the Dubuque Museum of Art. VoicesStudios.org.

Carnegie-Stout Public Library welcomes Simple Company to the Music @ your library stage. The Southwest Wisconsin rockers add country, pop, and blues in the mix. Two of their original songs won MAMA Awards. Doors open at 5:30 p.m. and the concert begins at 6 p.m. CarnegieStout.org.

The Planted. Gallery hosts Reaching Toward Noon, a collection of abstract expressionist works by Andrew Raeside. He uses ink and pastel on paper to explore collective unconsciousness, a concept held by psychologist Carl Jung. Raeside is interested in the subconscious physical and emotional responses that his paintings evoke and how these reactions are a connection point between us all. On display March 7-31. PlantedDBQ.com.

Dubuque Area Arts Collective at Smokestack celebrates the creative talent of local tattoo artists with a showcase of a diverse range of artwork that goes beyond tattoos, featuring bold paintings, graphic illustrations, unique rug designs, and intricate handpainted pieces. DubuqueArts.com.

JDIFF WINTER FILM SERIES

## **Standing Strong:** Elizabeth Catlett

THURSDAY, MARCH 20 @ 7 PM HOTEL JULIEN DUBUQUE GRANDE BALLROOM (200 MAIN ST)

The Julien Dubuque International Film Festival Winter Film Series brings three films to Hotel Julien Dubuque. Once a month, January through March, you are invited to enjoy a select film by free will donation. Doors at 6:30 p.m. and the film begins at 7 p.m. The final film, Standing Strong: Elizabeth Catlett by Kevin Kelley, will be presented on Thursday, March 20.

This documentary on the inspiring life of Elizabeth Catlett, sculptor, printmaker, educator, and social activist, was created with film footage and audio recordings of Catlett, interviews with experts in the arts, humanities and friends who knew her personally. Catlett's story covers her upbringing and education in Washington DC, her college years at the University of lowa (where she was the first visual arts student in the United States to receive a Master of Fine Art degree), and her dawning activism to her life as an artist/ educator in Mexico. The documentary is rated GA and is 57 minutes long.

For more information, visit JulienFilmFest.com.



COVER STORY 365

## 16<sup>th</sup> Annual **365ink Impact Awards**

Sponsored by Premier Bank and the Community Foundation of Greater Dubuque

Tuesday, March 4 @ 6 PM Diamond Jo Casino Mississippi Moon Bar (301 Bell St)

The best part about the 365ink Impact Awards each year is learning about amazing people doing amazing things that I was unaware of. The worst part is only choosing 10 winners from among the dozens of great submissions we get each year. For more on the agony of making that decision, read Bryce's Inkubator column at the front of this issue. Here, instead, we're going to focus on the positives and the winners of the 2025 365ink Impact Awards who made that positive impact in our community whether it was in the past year or over a lifetime of actions.

There are a few well-known names on this year's list and, as always, a few whose magic flies under the radar. As 365ink does a pretty good job of keeping our ear to the ground on what's happening in Dubuque, for people to be making awesome impacts without us knowing about it means two great things: One, there is a lot more good going on out there than any of us can ever know about, and two, people actually do great things without asking for attention, credit, press, or compensation.

We need to thank the community members who helped us narrow an incredible finalists list to the 10 recognized here. And naturally, to the people who took the time to nominate wonderful people and organizations for a 365ink Impact Award. It's easy to tell us a name, but to sit down and write out WHY is another level of dedication, and we appreciate it. To all of those nominated who did not win, thank you, even if you don't know you were on a distinguished shortlist of Dubuque's best. People are seeing what you're doing and want to tell the world. And to the 10 on this list, congratulations. We're in awe of your dedication to community, to other people, and to the selflessness of your own actions.

Thanks to many years of wonderful partnership support from the Community

Foundation of Greater Dubuque and Premier Bank, we're once again able to gather soon to shine that spotlight. And, as always to the Diamond Jo Casino who have, for every year of Impact Awards years, given us a beautiful venue to distribute these honors with class.

The 16<sup>th</sup> annual 365ink Impact Awards return to the Mississippi Moon Bar at the Diamond Jo Casino on Tuesday, March 4, to recognize those who are making an impact on our community. The ceremony is free to attend. Live music starts the evening from 6 to 7 p.m. with Burn Cruise, a new Dubuque duo consisting of Pearl Breitbach and Paul Gilligan, while guests enter, chat, and enjoy complimentary hors d'oeuvres. Sorry, you must be 21 or older to attend. The awards ceremony begins at 7 p.m. and will likely last less than 90 minutes, usually about an hour. So, you'll get home at a decent time on a school night.

As has always been the case, one of the coolest parts of the 365ink Impact Awards is that they are not a certificate or a plaque from the trophy store; instead, each award is a true piece of unique art handmade just for the event by a local artisan. Over the years, we have had some truly wonderful, creative, and memorable pieces, and this year is no exception.

Jim Cole is an emerging metal artist introduced to 365ink by Ivonne Simmonds-Fals from Dubuque Area Arts Collective. We saw some examples of Jim's works and loved the playful nature of how he used found objects and discarded materials to create new life and energy from what was already existing around him, much like our award winners do. We also loved how one of his creations took the parts that one would use to build things—literal nuts and bolts—to create art, just as our Impact Awards winners build programs and connections in Dubuque to grow and strengthen it. We extend a "thank you" to Jim for acquiescing, in this instance, to build that art from new nuts and bolts so it made for a shinier and more award-like final product. We love them and are thrilled to have yet another completely unique and different addition to the many creative forms the Impact Awards have come in over the years. Thanks to talented local artists such as Jim over the years, 10 unique, living examples of the best of the Tri-States will each be getting a piece of art that no one else will ever have.

So, without further ado, let's learn about 10 more amazing impact-makers in our community for 2025. These are, in great part, the words of their nominators. Some are combinations of the multiple nominations received. This way, no one can blame us for forgetting something important.









## 2025 365ink Impact Award Winners

Art Roche

Art Roche is a passionate community leader who is deeply committed to social justice, peace, environmental care, and supporting marginalized populations. His involvement spans a wide range of causes, including advocating for the poor, promoting safe communities, and spreading joy through his uplifting personality. Art's contributions to his community are numerous and impactful, and his influence extends far beyond our local borders.

Art was instrumental in founding Crescent Community Health Center, helping secure federal funding for health initiatives focused on underserved populations, particularly Pacific Islanders and those with diabetes. He also helped launch the Dubuque Pacific Islander Health Project and chaired the Pacific Islander Health Project Advisory Group. His volunteer work extends to organizations such as Dubuque for Refugee Children, where he serves as a driver and board member, supporting unaccompanied Guatemalan minors.

He is a key figure in peace and environmental advocacy, playing a pivotal role in organizing local events for the United Nations International Day of Peace and supporting the Golden Rule boat, an anti-nuclear peace vessel. Art is also involved in various committees, such as the Community Foundation of Greater Dubuque's Immigration Needs Assessment and Better Together Committee, working toward solutions for immigrant communities.

In addition to his community work, Art is an active musician and entertainer, using his talents to spread messages of social justice, peace, and love. He has supported movements such as Black Lives Matter and worked with local arts organizations, including Fly-By-Night Productions, the Historic District Coffee House, and the Dubuque County Fine Arts Society. Art's efforts extend to environmental conservation, helping to develop Heritage Trail and now as chair of the Dubuque Area Land and Water Legacy, promoting outdoor recreation and environmental protection.

Katlynne Wolf Katlynne Wolf is a dedicated leader and the Director of Social and Educational Programs at the Boys & Girls Club of Greater Dubuque. She began working at the Club while attending Loras College and was offered a full-time position upon graduation, where she created and has since managed innovative afterschool social and educational programs. Her work has significantly impacted the lives of local youth, collaborating with a variety of organizations to offer diverse programs, including those focused on music, theater, STEM, gardening, reading, and more.

A particularly notable contribution has been her involvement with the Community Foundation of Greater Dubuque's Dyslexia Tutoring Program. Katlynne was instrumental in the

program's launch, collaborating with families, tutors, and the Boys & Girls Club to provide a supportive environment for students needing reading assistance. She played a key role in organizing logistics, ensuring tutors had space and resources, and offering encouragement to all involved. Her ongoing support has been critical to the program's success, helping to create an effective and welcoming space for students to improve their literacy skills.

Katlynne's professionalism and personal qualities shine through in all her work. She maintains a calm demeanor, handles challenges with respect, and consistently sees the potential in every student. Her engaging and mission-driven nature helps to build strong relationships within the community, from staff to families, donors, and volunteers. Additionally, Katlynne is working towards a master's degree in nonprofit administration while actively pursuing grants to integrate STEAM curricula into the Boys & Girls Club's programs.

Her dedication, passion, and leadership make Katlynne Wolf a remarkable asset to the Dubuque community, and she is widely respected for her contributions both within the Boys & Girls Club and beyond.

John & Alice Butler
The history of philanthropy
supporting our community runs
deep for John and Alice Butler. Their
transformative impact on Dubuque
spans decades, touching lives in
monumental ways—and they continue to care deeply about Dubuque

and the people who reside here.

Their most recent gift to the University of Dubuque of \$60 million to create the John and Alice Butler College of Osteopathic Medicine is next level and a testament to their vision for a better tomorrow. John is the longest-serving board member of the U.D. Board of Trustees, so this school holds a special place in their hearts. For many years, the Butlers have supported U.D.'s principal performing arts venue, appropriately titled John and Alice Butler Hall, and equipped with an Opus 97 Pipe Organ that the Butlers donated in 2021. Along with collegiate fine arts, the Butlers support the Grand Opera House Foundation, the Dubuque Museum of Art, and the Dubuque Symphony Orchestra—amongst other programs.

In addition to their recent donation to U.D., John and Alice have supported education establishments across the country, including the University of Iowa, E.B. Lyons Interpretive Center, Laurel School in Ohio, and more.

The Butlers' commitment to enriching lives extends far beyond this. John and Alice have a desire to preserve the history of Dubuque, investing in well-known downtown buildings such as the Security Building, Town Clock Building, and most recently, breathing new life into the Roshek Building.

For their extraordinary vision, unwavering dedication, and profound impact on countless lives, we are honored to present John and Alice Butler with the 365ink Impact Award. They haven't just supported our community; they've helped write its future.

George Rondinelli
When George Rodinelli's family moved to Dubuque from central New York and lived in a hotel for a couple of months, they got him a guitar to pass the time, he presumes so he "wouldn't drive everyone nuts." What they actually did was start him on a career in music and shaping the players and the sound of the Dubuque music scene for the next 50-plus years.

George's first band came in junior high, and he then played percussion and bass in bands as well as guitar

before forming a band called Southbend his junior year in high school. He developed a passion for musical equipment, and after forming friendships with out-of-town stores, he started his first shop buying and selling gear in his mom's basement.

After graduating from Loras College in 1977, George founded Rondinelli Music/Audio in Dubuque where he sold guitars, sound gear, drums, and accessories, along with offering guitar lessons. Over time, the business built a reputation for integrity and exceptional customer service. Rondinelli Music/Audio has provided professional sound support for hundreds of national touring acts, as well as colleges, universities, and nonprofits. George is known for his technical expertise and dedication to customer service, offering five-star support even after sales.

In 2018, he was inducted into the Iowa Rock 'n Roll Music Association Hall of Fame for his contribution to live music in Iowa. Those who know Geroge best describe him as a kind, generous person whose impact on others has been profound, and the very reason that he doesn't think so is why he needs to know he's mistaken. So many of his acts of kindness go unheralded

## Empowering Communities. Igniting Generosity.



We envision a vibrant and inclusive Dubuque region where everyone can thrive.

Learn about how you can give back to support strong communities.

dbqfoundation.org | 563-588-2700

We are proud to sponsor the 365ink Impact Awards!















because he asks that the support he provides to make positive impacts "fly under the radar." This further shows that George doesn't spread kindness for personal gain or marketing. He just does it because he can. Editorial Note: He is also responsible for arming hundreds of local musicians, like 365ink's Bryce Parks, with their first of many instruments, starting them on their own lifelong musical journeys.

Jeff Dyer Jeff Dyer has been a dedicated teacher in the Dubuque Community Schools for more than 30 years, primarily working at Fulton, Audubon, and Sageville. Known for his creativity, enthusiasm, and rapport with students and colleagues, Jeff is especially recognized for his remarkable student film projects. For the past 13 years, he has worked with fifth graders to produce full-length movies, not just short videos. Over the years, Jeff has directed 12 films, guiding students through every stage of production, including writing scripts, creating costumes, and utilizing special effects like green screens. His hands-on approach allows students to experience the filmmaking process in its entirety,

One of Jeff's most impressive achievements was the film *Time Capsule*, which involved filming part of the script when the students were in kindergarten. The story revolved around burying a time capsule, which would be unearthed when the students

fostering teamwork and creativity.

reached fifth grade. Jeff seamlessly spliced together the original footage of the younger students with new scenes, even bringing back former classmates who had moved away to complete the film. This heartwarming project exemplifies his dedication to creating lasting memories for his students.

In addition to his work as a teacher and filmmaker, Jeff has written for the *Telegraph Herald*, created the comic strip *Youse Guys*" and contributed to *Peanuts* comic books. His passion for storytelling and education has left a lasting impact on his students and the Dubuque community. Jeff's work continues to inspire, making him a truly special individual deserving of recognition.

Chuck Isenhart
Chuck Isenhart is a dedicated advocate for many great, local and regional causes, both in and out of politics. Beyond his 16-year tenure in the lowa House of Representatives following 17 years as the Executive Director of the Dubuque Area Labor-Management Council, Chuck is deeply involved in the community through his passions and volunteer efforts.

He now puts his longtime passion for nature and environmental causes to work as the founder of the Dubuque Area Land and Water Legacy as he continues his work as the President of Open Eyes Enterprises, specializing in communications, marketing, research, coalition-building, public relations, mediation, and other consulting services.

As an avid photographer, Chuck is chief photographer and production specialist of Awestruck Nature Photos and a member of the Dubuque Photography Club. Chuck is also committed to supporting local youth sports, serving as a professional basketball and soccer referee for 40-plus years.

Throughout his life, he has championed conservation, education, clean energy, and healthcare. His commitment to bettering the Tri-State area is a testament to his tireless efforts to create a positive, sustainable impact. Some of the 60-plus local causes and organizations for which Mr. Isenhart has made positive impacts include The Child Welfare Advisory Committee, The Dubuque Housing Coalition, Dubuque NAACP, The Dubuque Audubon Society, Friends of the Dubuque County Conservation and Mines of Spain, Habitat for Humanity, the Iowa Innovation Council, area schools and colleges, and countless regional sporting associations.

Chuck's legacy goes beyond his proud and effective political career; working consistently to support local arts and businesses, and building a strong, thriving community for future generations. His dedication to improving the lives of lowans, particularly in his home region, has made him a respected local leader. His ongoing work continues to reflect his commitment to these values. And we'll add that what we love about Chuck at 365ink is when we go to local events, especially those that impact at-risk populations, Chuck is always there!

Rick Dickinson
Rick Dickinson has dedicated his life to public service, community, and economic development, leaving a lasting impact on the Greater Dubuque region. Beginning his political career in 1978 at age 25 as Mayor of Sabula, he went on to serve as a council member, county supervisor, and lowa State Legislator from 1990 to 1994. Alongside his public service, Rick built a successful career in industrial sales, integrating business insights with a passion for community progress.

Since 1995, Rick has served as President and CEO of Greater Dubuque Development Corporation, driving efforts to strengthen the region's economy through strategic publicprivate partnerships. Under his leadership, Greater Dubuque Development has earned national recognition as a model for economic development, prioritizing service to the business community, providing solutions for workforce development, and undertaking strategic initiatives to make the Greater Dubuque region a community of choice. Notable achievements include actively partnering with community leaders to develop the Port of Dubuque, multiple industrial parks, and the Bright Minds Campus along with the creation of the Business Champions for Child Care, the most recent public-private collaborations focused on addressing child care needs for years to come. Rick and his team have also partnered with the

City of Dubuque to expand universal broadband access, enhancing regional connectivity, and have collaborated on initiatives to address housing needs.

Beyond his professional work, Rick has been a dedicated community leader. He served as Campaign Chair for United Way of Dubuque in 2002, was a founding board member of the Iowa Child Advocacy Board, and is a past Chair of the Dubuque Racing Association. He currently serves on the boards of the Dubuque Racing Association and Dubuque Initiatives, as well as the United Wav Resource Development Committee. After 30 years of service at Greater Dubuque Development, Rick is retiring on Dec. 31, 2025, leaving behind a legacy of leadership and a stronger, more vibrant Greater Dubuque region, where YOU can be great here!

Erica Brewer Erica Brewer is a passionate entrepreneur who has lived in the Dubuque community for more than 30 years. She has become an inspiring figure, especially for young black women. Her passion for fashion has led her to become the president of the BIPOC small business alliance of Dubuque in 2021 as well as winning the best black business award in 2021. She then made history in March 2022 by becoming the first black woman in Iowa to win the Deb Danziel Woman Entrepreneur of the Year award as well as receiving business recognition by Dubuque Main Street's State of Main Awards.

Erica's hard work and perseverance paid off in large part due to the support of her husband, Henry Brewer; her four children; and not just the black community, but across all ethnicities in our community. Her boutique has become a vital space for women where she has provided a place for people to shop, be themselves, and connect with others, bringing unique styles that are often difficult to find locally.

Despite her busy schedule, she also donates her time to various community events and causes including rallying first-time voters.

Beyond her business, Erica is a positive force in the Tri-State entrepreneurial community. Her innovative thinking and willingness to support other entrepreneurs have helped many step outside the traditional business model, creating opportunities for people of all backgrounds. Erica's kindness, non-judgmental attitude, and generosity continue to make a lasting, uplifting impact on those around her.

**Heritage Works** 

Over the last 10 years, Heritage Works has supported dozens of preservation projects that have invested more than \$150 million into Dubuque and communities across the region. Their team has counseled developers on funding mechanisms such as historic tax credits, advocated for the preservation of local landmarks, and taken a hands-on role in rehabilitation projects, not only in Dubuque, but the surrounding area as well. In Dubuque, a few of the projects included Steeple Square, Dupaco Voices Operations Center, Unitarian Universalist Fellowship of Dubuque, St. Raphael's Cathedral, Palen Building, and Chadwick Block. They were also a crucial part of the rehabilitation of Saint Peter and Paul Catholic Church in Petersburg, IA. Many of the projects on which they've collaborated advance arts and culture, social justice, education, and more,

Duane Hagerty, who passed away on Dec. 28, 2024, was the founding president and CEO of Heritage Works. His fingerprints are all over Dubuque through the many projects with which they've been involved, and his impact will be felt for decades. Heritage Works is committed to carrying forth Duane's service and legacy.

Dubuque Police Crisis Intervention Team
The Dubuque Police Crisis
Intervention Team (CIT), which began as a part-time initiative in 2020 and became full-time in 2023, has made a significant impact on the Tri-State area. Led by Lieutenant Michael McTague, Corporal Joel Cross, Officer Brendan Nugent, and Katelyn Doyle from Foundation 2, the team is dedicated to assisting individuals in crisis, particularly those struggling with addiction and mental health issues.

Since summer 2023, the CIT has worked closely with the Dubuque Rescue Mission and its local partners, helping individuals in need by connecting them to critical services, such as inpatient rehabilitation and medical units for those experiencing brain health emergencies. The team's approach is centered on compassion, empathy, and collaboration with community partners to provide the best support possible.

The CIT team has profoundly impacted the lives of those they serve, offering a human connection that helps individuals rise above their struggles and achieve a better quality of life. Their work demonstrates the power of understanding and the belief that everyone has value, no matter their circumstances.



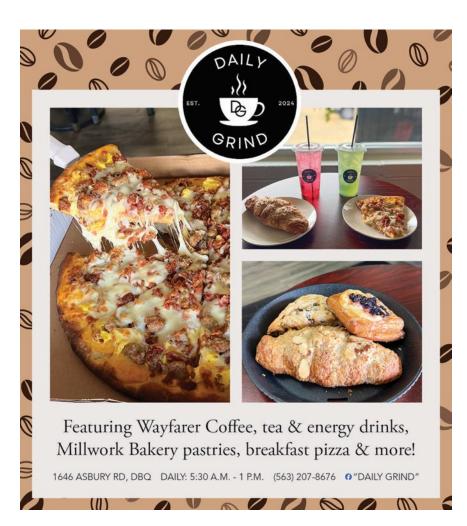


## Coffee, Anyone?

## By Nicole Welsh

Though the people of Dubuque are fortunate enough to have a wide variety of sources to choose from when it comes to meeting their needs for liquid energy—ranging from gas stations to local coffee shops to big-chain coffee and more, this two-part article is dedicated to familiarizing locals with the delicious bean waters, and other amenities, of the small business entrepreneurs of our area whom, through their own brands and ideas, have come up with their own unique menus to caffeinate, and otherwise hydrate our population. Like a restaurant guide for foodies, this list is meant to serve coffee lovers with a taste of Dubuque through their coffee cups. Part two includes 10 coffee shop businesses with permanent, standalone locations that were not already covered in the first part of this article. Happy sipping! ■







## **Convivium Urban Farmstead**

Convivium, a 501c(3) nonprofit organization formed at the intersection of food, community, sustainability, education, and hospitality, operates under the mission of improving life through food. Their organization offers classes and demonstrations that teach the community a variety of valuable skills in the vein of subjects such as gardening, composting, and cooking in addition to providing free meals for Dubuque residents who are without continued access to food. But through their restaurant and coffee house, Convivium also feeds another type of hungry locals.

- Serves coffee drinks including drip coffee, lattes, cappuccinos, cold brews, and more
- Uses beans roasted in Galena
- Non-coffee drinks available include hot apple cider, teas, hot chocolate, London fog, lemonade and lemonade sparklers, chaiders—a mixture of chai and cider, and matcha lattes
- Hot breakfast and lunch menu that includes items made fresh in-house
- Gluten-free options include burrito bowls and house-made sausage
- Soups available in vegan and gluten-free options
- Bulk items available for purchase include cold brew, granola, honey, coffee beans, and more
- Merch and products available for purchase including clothes, mugs, charcuterie boards, and more
- Indoor and outdoor seating available
- Catering services available
- Classes, demonstrations, and events held at venue
- Space available for rent for events
- Volunteer opportunities
- **Q 2811 JACKSON ST, DUBUQUE, IA**
- **563-557-2900**
- ⊕ CONVIVIUM-DBQ.COM
- FEB-MAR: SAT-SUN: 8 AM-2 PM;
   MON-FRI: CLOSED
- APRIL 2: WED-SUN: 8 AM-2 PM;
   MON-TUE: CLOSED
- ☑ INFO@CONVIVIUM-DBQ.COM
- @CONVIVIUMURBANFARMSTEAD
- @ @CONVIVIUM\_URBAN\_FARMSTEAD
- **■** @CONVIVIUMURBANFARMSTEAD



## **Doc's Brew**

Another coffee shop in our area using their business to serve a good cause in addition to serving locals great food and coffee is Doc's Brew. Locals who love dogs as much as they love a good cup of coffee will be happy to patronize an establishment owned by people who clearly feel the same way. Proof of their love for furry canine companions, Doc's has hosted multiple Puppy Café Day events wherein pups from the Homeward Bownd Siberian Husky Rescue are brought into the café to meet their customers and potentially find a new family to adopt them.

- All vegan menu
- To-go food and drinks with order ahead and pre-order options
- Coffee drinks including lattes, mochas, iced coffees, cappuccinos, and more
- · Seasonal specialty drinks
- Other drinks available include chais, matcha lattes, and hot cocoas
- All-day breakfast and lunch menu
- Seasonal food items and limited-time food specials
- Take n Bake food items available for order
- Fresh baked goods, preorders available
- Food and drink gift boxes
- Collaborates with local organizations for good causes
- **9 3359 JACKSON ST, DUBUQUE, IA**
- **563-581-9348**
- TUE: 8 AM-MIDNIGHT; WED-FRI: 8 AM-4 PM; SAT: 8 AM-2 PM; SUN-MON: CLOSED
- ☐ DOCSBREW2@GMAIL.COM
- **6** "DOC'S BREW"
- @ @DOCS.BREW
- **₫** @DOCS.BREW



## Kava Kava

Set with their own mission to improve lives in Dubuque, Kava Kava is a local coffee house that also serves as a sober bar. Though everyone is welcome here, the establishment has become a refuge for patrons at any point in their journey of sobriety from drugs and/or alcohol, as well as those who simply just don't drink due to personal preference. Kava Kava not only provides them with an establishment that is open late and filled with fun activities and events but also celebrates sobriety with their customers, acknowledging the hard work it took to get them there.

- Serves unique variety of drinks including kava, kombucha, cacaos, botanical teas, mocktails, tonics, lemonades, milk drinks, and coffee drinks
- Coffee drinks are made using Jumble Coffee beans
- Rotating drink specials including unlimited drinks, buy one get one, spin the wheel, and money off particular drink items
- Pre-made pizza options
- · Delivery available through DoorDash
- Extensive indoor seating available in a bar-like social environment
- Games and entertainment such as billiards, darts, and karaoke
- Regularly hosts events such as learn to draw, music trivia, and bingo
- Participates in charitable causes such as the Toys for Tots toy drive
- Celebrates sobriety in Dubuque
- **♀** 3457 JACKSON ST, DUBUQUE, IA
- **563-227-1323**
- SUN-THU: 11 AM-MIDNIGHT; FRI-SAT: 11 AM-2 AM
- ☑ KAVAKAVADBQ@GMAIL.COM
- **6** @KAVADBQ
- @ @KAVADBQ
- KAVA KAVA





### Monk's

Set up in the Cable Car Square neighborhood of downtown Dubuque, Monk's combines the charm of its historic location with a modern concept of what a watering hole can be. Also a coffee house, they serve delicious coffee and other non-alcoholic beverages until closing every night, making their venue the perfect place to go if someone in the group wants to have a drink that isn't a drink. What's more, their setup offers a variety of spaces perfect for anything from groups looking to play tabletop board games to couples seeking private ambiance to individuals looking for a space to work on their laptops outside of the office or home.

- Extensive coffee menu including drip coffee, cold brews, lattes, frappes, americanos and more
- Non-coffee drink options include teas, smoothies, Italian sodas, steamers, and freezers
- Alcoholic drink options include special IPAs, stouts, ales, mixers, and more
- Non-dairy milk options including soy, oat, and almond
- Basic snacks available
- Indoor and outdoor seating available
- Features local art
- Hosts events and competitions such as t-shirt design contests, comedy shows, and Maker's Market
- **♀** 373 BLUFF ST, DUBUQUE, IA
- **563-585-0919**
- MON-THU: 7 AM-11 PM; FRI-SAT: 7 AM-MIDNIGHT; SUN: 10 AM-11 PM
- **6** @MONKSKAFFEEPUB
- **@ @MONKSKAFFEEPUB**
- MONK'S





## 231 Bar & Grill

Another business in the area that offers both coffee and alcoholic beverages is 231 Bar & Grill. Located just across the river on the historic main strip in East Dubuque, they offer customers a full menu of food, coffee, and alcoholic drinks alongside Wednesday night Extreme Bingo and daily slot machines. A great option for night owls and the not-so-early birds, 231 Bar & Grill opens just before lunch daily with late hours on weeknights and extended hours on the weekends.

- Coffee menu includes lattes, drip coffee, espressos, macchiatos, and more
- Non-coffee drink options ranging from sodas to Lotus energy drinks and Red Bull to tonics and juices
- Alcohol bar with rotating drink specials on select days
- Extensive food menu with appetizers, sandwiches, salads, burgers, wraps, and more
- Food specials on select days
- Order ahead pick-up and Door-Dash delivery available
- · Indoor seating
- Game events such as Extreme Bingo
- Daily slots gambling
- Garage door-style window that can be opened during nice weather
- **♀ 231 SINSINAWA AVE,** EAST DUBUQUE, IL
- **\** 815-554-6194
- **331COFFEEBAR.COM**
- SUN-THU: 11 AM-10 PM; FRI-SAT: 11 AM-2 AM
- ☐ INFO@231COFFEEBAR.COM
- @231BARGRILLGAMING
- @ @231\_EASTDUBUQUE
- **☎** 231 BAR & GRILL





## Jitterz Coffee & Café

Aptly named—not because their drinks will over caffeinate you, but because after one taste of their coffee, you'll be eager to get back for more, Jitterz Coffee & Café has been serving the downtown Dubuque area for nearly two decades. With all the buzz about their addicting coffee, flavorful pastries, and friendly staff, all set in a cozy space, it's no wonder this conveniently located coffee shop has not only survived but thrived, throughout a pandemic and rough economies alike to continue serving area residents their daily cup of joe.

- Extensive hot coffee menu with options that include drip coffee, lattes, breves, sludge cups, espressos, cappuccinos, and more
- Extensive cold coffee menu with options such as iced lattes, americanos, frappes, caramels, and more
- Fruit smoothies, Italian sodas, teas, and lemonades are also available
- Hot food items including soups and breakfast foods such as sandwiches, in limited quantities
- Fresh-baked pastry items, frequently including a gluten-free option
- · Indoor seating available
- **♀** 1073 MAIN ST, DUBUQUE, IA
- **563-557-3838**
- TUE-FRI: 7 AM-1 PM; SAT: 8 AM-NOON; SUN-MON: CLOSED

FEATURE STORY 365



## Historic District Coffee House Begins Its 13th Year

The Historic District Coffee House sounds like a place, but it's an event that occurs five times a year. It's typically on the third Saturday night of September, November, January, March and May. It always starts at 7 p.m., and it's always located at the Unitarian Universalist Fellowship of Dubuque at 1699 Iowa St. in Dubuque. The UUFD has provided the space since the coffee house began in 2012. Admission is free.

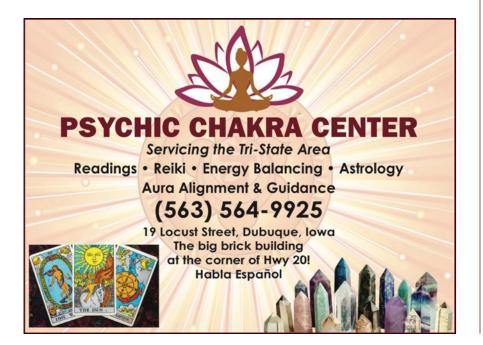
It's an open mic event, featuring mostly music, but also storytelling and poetry. Performers are a mixture of professionals and amateurs. In the style of the folk music coffee house culture of the 1960s, much of the music is traditional or Americana music, but they have occasional Dixieland, classical piano, and other surprises. Performers

can sign up in advance for a slot on the schedule, but many simply show up and put their name on the board. There are regular performers and regular guests but also many new faces every time.

A list of recent performers included the Prairie Lights String Band (Bruce Schmidt, Alyssa Zasada and Paul Schumacher), Dave Overby's recorder quintet, Chris Ross with singalongs, and Ireland's favorite daughter "Colleen" with stories from the Auld Sod. Genial co-hosts Art Roche (topical folk songs) and Karen Buechele (singer-songwriter) keep the show moving along at a happy pace.

It's a coffee house, so of course there's coffee and tea and lots of snacks and desserts, all compliments of the Coffee House hospitality team. The cozy, intimate environment of the Historic District Coffee House has been one of Dubuque's best-kept secrets for 13 years, but now the secret is out!

For more information about the Historic District Coffee House and Unitarian Universalist Fellowship of Dubuque, visit facebook.com/UUDBQ.





## **Charlotte's Coffee House**

In 2018, Charlotte's Coffee House befell a tragedy no small business owner ever hopes to face—a fire that put their White Street location out of commission for just over a year. Through creative entrepreneurship, alternate locations, and a loyal customer base, they managed to reopen their doors less than a year before COVID shutdowns put in-person business on hold. Despite these unimaginable challenges, Charlotte's prevailed to become one of Dubuque's busiest coffee shops only five years later-and if you've ever tried their coffee or food, you know exactly why that is.

- Hot coffee options range from house drip coffee to lattes to breves and cortados
- Cold coffee options such as cold brews and frappes
- Non-coffee drink options include traditional teas, London fog, matcha, chais, protein smoothies, fruit smoothies, lemonade, juice, and Arnold Palmers
- All-day breakfast and lunch menus with options such as sandwich varieties, wraps and paninis, and burrito, keto, and acai bowls
- Fresh-baked, in-house bakery items include giant cinnamon rolls, cheesecake, and classic café pastries
- Indoor and outdoor seating available at Millwork location
- Convenient drive-thru location
- Order ahead and DoorDash delivery options available
- Mobile app available
- Bulk bakery orders available with minimum 48 hours notice
- ♥ MILLWORK: 1104 WHITE ST, DUBUQUE, IA
- DRIVE-THRU: 1600 UNIVERSITY AVE, DUBUQUE, IA
- **563-231-3716**
- **© CHARLOTTESCOFFEEHOUSE.COM**
- MILLWORK: MON-SAT: 7 AM-6 PM; SUN: 8 AM-6 PM
- DRIVE-THRU: MON-FRI: 6 AM-5 PM; SAT: 7 AM-5 PM; SUN: 8 AM-4 PM
- □ CHARLOTTESCOFFEEHOUSE@GMAIL.COM
- @CHARLOTTESCOFFEEHOUSE
- @ @CHARLOTTESCOFFEEHOUSE
- @CHARLOTTESCOFFEEHOUSE



## **Devour Café**

First opened in Galena in 2015, Devour Café, owned and operated by Ryan Dies, opened its Dubuque doors in late 2019. Ryan's environmentally conscious approach to business and life serves as the foundation of the café. The menu is sophisticated and approachable, featuring fresh-roasted, direct-trade Arabica coffee alongside small-batch and madeto-order food options from the café's open kitchen. The eclectic furniture and décor offer a laid-back atmosphere with a floor-to-ceiling view of the historic firehouse on the bend of Central Ave.

- Hard-to-find and unique drink options made with in-house roasted coffee include the Mayan Mocha (Ryan's own creation), cortado, con panna, palazzo, affogato, and even a coffee flight
- Fresh-roasted Arabica beans available for purchase
- Non-coffee drink options include juice, loose-leaf tea, and chai
- Clean, colorful, healthy dining options include a Curry Chicken Croissanwich, St. Louis Sandy, souffle, burrito, and more
- Fresh pastry options
- Phosphate-free establishment prioritizes health both inside the café and out
- Year-round indoor seating and seasonal outdoor seating
- Occasionally hosts events centered around food, coffee, or live music
- **♀ 1798 CENTRAL AVE, DUBUQUE, IA**
- **563-564-5271**
- MON-TUE: 8 AM-NOON;
   WED-SUN: 8 AM-3 PM
- **DEVOURCAFE@ICLOUD.COM**
- @DEVOURDUBUQUE
- @DEVOURDUBUQUE





## **Wayfarer Coffee**

Surrounded by assorted businesses housed in the historic Millwork District, Wayfarer Coffee is perfectly situated to provide district shoppers with a hot meal and an exceptional cup of coffee, all in a space that is open and inviting whether you're stopping in alone or with a group of friends. But there is more to Wayfarer than meets the eye. In addition to brewing up a great cup for customers in their coffee shop, these skilled roasters are distributing their beans to Dubuque through multiple area coffee shops and in even more homes.

- Coffee options include lattes, frappes, americanos, espressos, drip coffees, cappuccinos, and cold brews
- Wayfarer roasts their own beans, available for purchase
- Non-coffee drinks include hot chocolates, smoothies, chai lattes, and teas
- Several breakfast food options available including deluxe avocado toast, power bowls, breakfast biscuits, and veggie bowls
- Special food items such as their Farmer's Daughter sandwich and Apple of My Eye panini
- Baked goods such as scones available
- Large space with indoor seating, ideal for meetings, clubs, and larger groups
- Available for delivery on DoorDash
- $\,\circ\,\,$  955 Washington ST, Dubuque, IA
- **563-583-8338**
- **WAYFARERCOFFEE.COM**
- MON-FRI: 7 AM-1 PM; SAT-SUN: 8 AM-2 PM
- ☑ CONTACT@WAYFARERCOFFEE.COM
- **o** @WAYFARERCOFFEEDBQ
- @ @WAYFARER.COFFEE
- @WAYFARERCOFFEEDBQ





## Bob & Lou's

Bob & Lou's owner Sarah Knabel started her coffee shop business inspired by her grandparents, thus naming it after them. Her business, which first opened in 2020 following pandemic closures, started as a mobile camper that sells coffee at various locations on a schedule. Since then, Knabel has also gone on to offer an espresso cart at events, as well as a permanent walk-up building on University Avenue to provide her customers with their daily dose of caffeine at a consistent location. Basic coffee drinks including lattes, mochas, cold brews, macchiatos, americanos, drip coffees

- Basic coffee drinks including lattes, mochas, cold brews, macchiatos, americanos, drip coffees
- Non-coffee basics including chais and matchas
- Specialty drinks include salted caramel coffees, s'mores mochas, sugar cookie coffees, maple toffee coffees, blackberry vanilla coffees, raspberry white coffees, and maple brown sugar coffees
- Milk alternatives including oat and almond
- Cold foam and espresso shot add-ons available
- Seasonal options available such as caramel cinnabun coffees, toffee nut chais, and strawberry matchas
- Refresher options include raspberry green tea, strawberry dragonfruit, and peach green tea
- Event catering with espresso cart
- Mobile coffee camper popup locations, schedule available on social media
- Mobile coffee camper rentals for events and photoshoots
- Bakery collaboration pre-orders
- Occasionally hosts events and workshops such as their recent Galentine's espresso martini workshop
- · Delivery available on DoorDash
- **♀** 1895 UNIVERSITY AVE, DUBUQUE, IA
- **563-543-4683**
- **BOBANDLOUS.COM**
- MON-FRI: 6 AM-NOON; SAT: 7 AM-1 PM; SUN: 8 AM-1 PM
- **BOBANDLOUSCOFFEE@GMAIL.COM**
- **6** @BOBANDLOUS
- @ @BOBANDLOUS
- ROUX & LUCIA











## THU **2/27**

Nature Trivia Bee 6 PM @ Smokestack

Opening Doors Trivia 7 PM @ Grand River Center

Andrew Huber 7 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Lenny Wayne 7 PM @ Miss Kitty's Grape Escape (Galena, IL)

### FRI **2/28**

Fabulous Fridays: Dr. Sharon Jensen & Dr. Elise Cooper Noon @ St. Luke's UMC

Joie Wails 4 PM @ Sundown Tips Up

Clarke Music Days 5:30 PM @ Clarke Jansen Music Hall

Lexi Healey 6 PM @ Stone Cliff Winery

Car Show Winter Party: Tangle Creek 6 PM @ The OtherSide (East DBQ, IL)

Lauren Hall 6 PM @ Darkbird Taphouse (Peosta, IA)

Ben Dunegan 7 PM @ Riverboat Lounge

Broken Rubber Band 7 PM @ Spirits Bar & Grill

Back to the 90s Trivia 7 PM @ Millennium Bar & Marina (East DBQ, IL) Trivia Tournament 7 PM @ Galena Eagles Club (Galena, IL)

Trivia 7 PM @ O So Good Winery (Dyersville, IA)

The Boy Band Night, Kenny Braasch 8 PM @ Mississippi Moon Bar

Tyler Richton and the High Bank Boys 8 PM @ Q Showroom

Wendy Lynn Markus 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Kampfire Kings Trio 8:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

Pagliaro 9 PM @ The Goose

The DZ Combo, Marzipan Mailbox 9 PM @ Monk's

## SAT **3/1**

Shekinah King 1 PM @ PJ's Pub (Kieler, WI)

Massey Road 2 PM @ Burkey's Bar

Casey Klein 2 PM @ Millennium Bar & Marina (East DBQ, IL)

The Guthries 2 PM @ Miss Kitty's Grape Escape (Galena, IL)

Terry McCauley
3 PM @ Sundown Tips Up

Lauren Hall 5 PM @ Dimensional Brewing Co Adam Beck 6 PM @ Stone Cliff Winery

Mississippi Duo 6 PM @ O So Good Winery (Dyersville, IA)

Chris D'Elia 7 PM @ Five Flags Theater

Back Booth Alley 7 PM @ Knicker's Saloon

Jacquie Miller Duo 7 PM @ Spirits Bar & Grill

MiniMonster 7 PM @ Wicked Dame

Billy Stock 7 PM @ The Cellar at Millwork (Dyersville, IA)

Ozzy & Bon JoeB 8 PM @ First Reserve

Gaelic Storm 8 PM @ Mississippi Moon Bar

Libido Funk Circus 8 PM @ Q Showroom

Karaoke w/ Becky McMahon 8 PM @ R Place (East DBQ, IL)

Rock Steady 8 PM @ Asbury Eagles Club (Asbury, IA)

Wendy Lynn Markus 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Mardi Gras Party: Killer & the Salty Dogs 8 PM @ Red N Deb's (Platteville, WI)

Gypsy 8 PM @ Off Shore Bar & Grill (Bellevue, IA)

Garrett Hillary 8:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

## SUN **3/2**Broken Rubber Band

Kids Karaoke

1 PM @ Sundown Tips Up

1 PM @ Mulgrew's Tavern (East DBQ, IL) Shannon Woulfe 1 PM @ O So Good Winery (Dversville, IA)

Julien Winds & Clarke Wind Ensemble: World Journey 2 PM @ Clarke Jansen Music Hall

Scott Waterhouse 2 PM @ Dimensional Brewing Co

Sunday Afternoon Jams: Rock Steady 3 PM @ Northside Bar

Tony Walker 3 PM @ Stone Cliff Winery

Ian Gould 3 PM @ Textile Brewing Co (Dyersville, IA)

Theresa Rosetta 6 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Lenny Wayne 7 PM @ Miss Kitty's Grape Escape (Galena, IL)

## TUE **3/4**

Mardi Gras: The Schniklefritz Band 6 PM @ Jubeck New World Brewing

365ink Impact Awards: Burn Cruise 6 PM @ Mississippi Moon Bar

Fat Tuesday: Derty Rice 7 PM @ Smokestack

### WED **3/5**

Corey Jenny 6 PM @ Miss Kitty's Grape Escape (Galena, IL)

Spring Strings & Ukulele 7 PM @ Clarke University Jansen Music Hall

## THU **3/6**

Celebrating All Abilities Gala: Tapestry 6 PM @ Hotel Julien Dubuque

Meghan Davis 7 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

7:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

## FRI **3/7**

**RJ Fisher** 

Fabulous Fridays: Potosa Strings Noon @ St. Luke's UMC

Clarke Music Days: Band & Choir 5:30 PM @ Clarke Jansen Music Hall Sam Day 5:30 PM @ Darkbird Taphouse (Peosta, IA)

Music @ your library: Simple Company 6 PM @ Carnegie-Stout Library

The Mixed Emotions Band 6 PM @ The OtherSide (East DBQ, IL)

James Herr 6 & 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Brittney Sword 6 PM @ River Ridge Brewing (Bellevue, IA)

Barefoot & Sunshine 7 PM @ First Reserve

Three Quarter Buzz 7 PM @ Spirits Bar & Grill

Ten Gallon Hat 8 PM @ Mississippi Moon Bar

Hillbilly Rockstarz 8 PM @ Q Showroom

Danny Parker Project Trio 8:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

Cast Spells, Born for Nothing 9 PM @ The Lift

John Gasper 10 PM @ The Goose

## SAT **3/8**

L&MOP: Dubuque Chorale Children's Choir 10 AM @ Carnegie-Stout Library

Logan Bollant 1 PM @ PJ's Pub (Kieler, WI)

RJ Fisher 2 PM @ Miss Kitty's Grape Escape (Galena, IL)

Lexi Healey 3 PM @ Millennium Bar & Marina (East DBQ, IL)

Mississippi Band 4 PM @ Knicker's Saloon

The DZ Combo 5 PM @ Jubeck New World Brewing

Steve Davis 5 PM @ Campagne on Main (Galena, IL)

Tangle Creek 5 PM @ Moski's BBQ (Cascade, IA) James Herr 6 & 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

The Mighty MudCats 6 PM @ O So Good Winery (Dyersville, IA)

Kampfire Kings 7 PM @ Gary Dolphin's Iron Bar

Rocktail 7 PM @ Southend Tap

Stone Wolf Trio 7 PM @ Spirits Bar & Grill

Daniel Eric 7 PM @ Wicked Dame

Jimmy Welty Band 7 PM @ Twisted Vines (Potosi, WI)

Peostaville 7 PM @ The Cellar at Millwork (Dyersville, IA)

Dubuque Symphony Orchestra: Gilbertson's Symphony No. 1 7:30 PM @ Five Flags Theater

Greg Garing 8 PM @ The Lift

Not Quite Brothers 8 PM @ Mississippi Moon Bar

That Arena Rock Show 8 PM @ Q Showroom

Beau Timmerman 8 PM @ Off Shore Bar & Grill (Bellevue, IA)

Stacked Saturdays 8:30 PM @ Smokestack

Jordan Danielsen 8:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

Big Lex 9 PM @ Posh Lounge

9 PM @ Dirty Ernie's (Farley, IA)

## SUN 3/9 Massey Road

Stef & Daniels

Tony Walker

1 PM @ Sundown Tips Up

1 PM @ 0 So Good Winery (Dyersville, IA)

Dubuque Symphony Orchestra: Gilbertson's Symphony No. 1 2 PM @ Five Flags Theater

Sunday Afternoon Jams: Big Mojo 3 PM @ Northside Bar

John Moran 3 PM @ Stone Cliff Winery

\*

MOONDOG

MUSIC

**WE BUY USED** 

CDs · CASSETTES · RECORDS

Cash or Credit

(563) 583-7041

806 Wacker Drive Suite 120 Dubuque, Iowa 52001

Steve McIntyre 6 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Corey Jenny 7 PM @ Miss Kitty's Grape Escape (Galena, IL)

## THU **3/13**

Danny Parker Project 7 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Dan Hess 7 PM @ The Cellar at Millwork (Dyersville, IA)

The Guthries 7:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

### FRI **3/14**

Fabulous Fridays: UD Choir Noon @ St. Luke's UMC

Theresa Rosetta 5 PM @ Dimensional Brewing Co

The Mighty Mudcats 6 PM @ Smokestack

Brushfire Bandits 6 PM @ Stone Cliff Winery

Mississippi Band 6 PM @ The OtherSide (East DBQ, IL) Joe & Vicki Price 7 PM @ The Lift

Marty Raymon
7 PM @ Riverboat Lounge

St. Patrick's Day Party: Rock Steady 7 PM @ Knicker's Saloon

laia Maila

Joie Wails 7 PM @ Spirits Bar & Grill

Ballyheigue 7 PM @ Darkbird Taphouse (Peosta, IA)

Trivia Tournament 7 PM @ Galena Eagles Club (Galena, IL)

Dan Hess 7 PM @ The Cellar at Millwork (Dversville, IA)

Music Bingo 7 PM @ O So Good Winery (Dyersville, IA)

Maureen Kilgore 8 PM @ First Reserve

PopROCKS 8 PM @ Mississippi Moon Bar Sushi Roll 8 PM @ Q Showroom

St. Patrick's Celebration: Andreas Transo 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Garrett Hillary 8:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

## SAT **3/15**

St. Pats Celebration: Matt & Trav 11 AM @ Mid-Town Marina (East DBQ, IL)

St. Patrick's Celebration: The Bog Bodies @ Noon Odes, Lyrics & Limericks @ 4 PM Andreas Transo @ 8 PM Frank O'Dowd's Irish Cottage (Galena, IL)

Danny Whitson 1 PM @ PJ's Pub (Kieler, WI)

John Gay 3 PM @ Millennium Bar & Marina (East DBQ, IL)

BJ McAndrew 3 PM @ Darkbird Taphouse (Peosta, IA) Abbey Rode 4 PM @ O So Good Winery (Dversville, IA)

Barefoot & Sunshine 6 PM @ Jubeck New World Brewing

St. Patty's Day Party: Massey Road 6 PM @ Northside Bar

Three Quarter Buzz 6 PM @ Stone Cliff Winery

Steve Davis 6 PM @ Campagne on Main (Galena, IL)

Triple Threat 6 PM @ O So Good Winery (Dyersville, IA)

Rock Steady 7 PM @ Southend Tap

Historic District Coffee House Open Mic 7 PM @ Unitarian Universalist Fellowship of Dubuque

Edie Carey & Sarah Sample 7 PM @ Badger Brothers Coffee (Platteville, WI) Jeff Theisen 7 PM @ Off Shore Bar & Grill (Bellevue, IA)

Classical Blast in Kilts 7 PM @ Ohnward Fine Arts Center (Maquoketa, IA)

7 Summers: A Morgan Wallen Tribute Show 8 PM @ Mississippi Moon Bar

The Divas 8 PM @ Q Showroom

Rocktail 8 PM @ Spirits Bar & Grill

St. Patty's Day Party: Karaoke w/ Becky McMahon 8 PM @ Bill's Tap (Farley, IA)

Tony Walker 8:30 PM @ Miss Kitty's Grape Escape (Galena, IL)

## SUN **3/16**

St. Patrick's Celebration: Sea Shanty Sunday w/ Andreas Transo @ Noon Bag Pipers @ 4 PM Andrew Huber @ 5 PM Frank O'Dowd's Irish Cottage (Galena, IL) Tangle Creek 1 PM @ O So Good Winery (Dyersville, IA)

Irish Sing Along w/ Black Velvet Band 3 PM @ Jubeck New World Brewing

Sunday Afternoon Jams: Willie and the Poe Boys 3 PM @ Northside Bar

Shannon Woulfe 3 PM @ Stone Cliff Winery

St. Paddy's Day Party: Ballyheigue 4 PM @ The Lift

Danny Parker Project 7 PM @ Miss Kitty's Grape Escape (Galena, IL)



BUT WAIT... THERE'S MORE!
VIEW OUR FULL MUSIC &
ENTERTAINMENT LIST
DUBUQUE365.COM/MUSIC

## We can stop HIV, Iowa

## by taking a whole-person approach to our sexual health.

Get screened for HIV at least once in your lifetime, *and* request HIV screening any time you are getting tested for sexually-transmitted infections (STIs).

Talk openly with your provider about your sex life, so they can help you figure out which tests are best for you. There's not a single test for all STIs — each STI has its own test.

STIs can cause long-term health issues when left untreated. They can also increase your chances of acquiring HIV. Getting tested for all sexually-transmitted infections is the best step you can take to protect your own health and help to stop HIV in Iowa!

STOP HIV IOWA



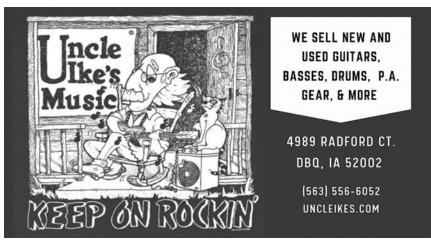


## Ongoing & Recurring **Nightlife**

## SUNDAY

Open Mic w/ Scott Rische 1PM @ Miss Kitty's Grape Escape (Galena, IL)

Gladdy Ressler, Jamie Jones, Special Guests 1PM @ Council Hill Station (Council Hill, IL)



## 180 MAIN ST, DBQ O@THELIFTDUBUQUE (UNDER VINNY VANNUCHI'S)

CAST SPELLS (MBRS OF MAPS AND ATLASES),

FRI 3/14 • 7 PM • FREE JOE & VICKI PRICE

ST. PADDY'S DAY PARTY: BALLYHEIGUE

THU 3/20 • 9 PM • FREE LEE BAINS, ADDISON ARONSON

SAT 3/22 • 9 PM • FREE WURK

DRINK SPECIALS

DAILY • \$2 WHISKEY MIXERS + \$3 HAPPY MEALS (PBR/OLD CROW) WED • \$5 CALL LIQUOR THU • \$3 DOMESTIC BOTTLES

FRI & SAT (5-7 PM) • \$2 OFF TAP BEERS SUN • \$2 OFF JAMESON + GUINNESS

## **PUZZLE ANSWERS**

PUZZI ES ON PAGE 36 GENERAL BOB IS AT RED'S SUPPER CLUB

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

		_					_		_		_		_					_		_
Ī																		0601	00721	52
Α	С	Т	0	F		F	Α	N	D	Α	N	G	0		0	М	Ε	G	Α	S
L	Е	0	N	1		Α	N	Т	1	D	0	Т	Е		R	0	N	Е	L	Υ
Α	L	Μ	S	F	0	R	Т	Н	Ε	D	0	0	R		В	U	Т	Т	Ε	S
S	L	ш	Ε	Τ	Υ				G	1	G			R	Е	Ν	Ε	W	S	
			Ţ	Н	ш	Α	S	S	0	С	1	Α	Т	Е	D	D	R	Е	S	S
С	D	O			Z	Ε	Т	Α		Т	E	Р	ш	Ε			S	L	1	Р
R	Е	1	Κ	1		R	1	N	Κ			Е	Μ	С	Е	Е		L	Α	Υ
0	U	T	0	F	D	0	С	K	Ε	T	Е	Х	Ρ	Ε	Ν	S	Ε	S		
С	М	1	N	0	R				G	Ε	М		_		D	Ε	T	0	U	R
			G	L	Ε	Α	М	S		Ε	Α	R	Ε	D			С	0	N	E
Н	E	S		D	1	Ţ	С	Н	1	N	G	Α	Т	Ε	Ν	Т		Ν	0	D
Α	С	Α	1			M	1	Α	Т	Α		Н	Α	W	Α	1	1			
Ĺ	0	Ų	٧	R	Ε				s	G	T				Т	Ε	N	Ų	R	E
		D	Ε	Е	R	R	E	٧	١	Ε	W	Е	D	J	0	U	R	N	Α	L
С	G	1		М	Ε	Α	R	Α			Α	G	Ε	Ε		Ρ	Ε	D	1	S
В	R	A	S			С	Α	C	Ţ	1		Α	С	Е	S			0	D	Ε
S	Α	R	Α	Н	J	Ε	s	\$	1	Ç	Α	D	Α	R	K	Ε	R			
	Н	Α	L	0	Ε	S			Α	1	D				0	С	Н	Ε	R	S
С	Α	В	Α	L	S		М	0	R	E	D	0	W	Ε	R	T	0	Υ	0	U
Α	М	I	D	S	Т		Е	R	Α	S	U	R	Ε	S		0	N	Е	U	Р
В	E	Α	S	Т	s		Η	E	S	T	Р	R	ш	Р		R	Е	S	Т	S

Acoustic lam 1 PM @ Spring Green General Store (Spring Green, WI) 3<sup>rd</sup> Sun

Open Mic & Sketch Group w/ Addison Aronson 4 PM @ Smokestack 1st Sun

## **MONDAY**

Trivia w/ Bob's Trivia 6:30 PM @ Textile Brewing Co (Dyersville, IA) 1st & 3rd Mon

Comedy Under Monk's Open Mic 8 PM @ Monk's Kaffee Pub

## TUESDAY

Trivia w/ Think & Drink 7 PM @ Dog House Lounge 2nd & 4th Tue

Trivia w/ Triviawithbrett 7 PM @ Riverboat Lounge

Trivia w/ Think & Drink 7 PM @ Southend Tap 1st, 3rd & 5th Tue

Leo-oke: Live Piano Karaoke 7 PM @ Wicked Dame

Trivia w/ Rob's Trivia 7:30 PM @ Backpocket DBQ

## WEDNESDAY

Trivia w/ Triviawithbrett 6 PM @ Hy-Vee Locust

Record Club 6 PM @ The Goose

Open Mic w/ Pennyroyal 6 PM @ Jubeck New World Brewing

Blues Jam w/ The Mighty MudCats 6 PM @ Smokestack 2nd-5th Wed

Trivia w/ Bob's Trivia 6:30 PM @ Round Two (Peosta, IA)

Trivia For Dorks 7 PM @ Dimensional Brewing Co

Group Therapy: Comedy & Variety Open Mic Show 7 PM @ Dubuque Eagles Club 2nd & 4th Wed

Trivia w/ GQ Entertainment 7 PM @ Lina's Lounge

Jazz Night Open Mic w/ DZ Combo 7 PM @ Smokestack 1st Wed

The Mixologist DJ AA 7 PM @ Southend Tap

Karaoke w/ Excel Entertainment 7 PM @ Spirits Bar & Grill 2nd & 4th Wed

Karaoke w/ Becky McMahon 7:30 PM @ Denny's Lux Club

## THURSDAY

Trivia w/ Triviawithbrett 6:30 PM @ Hy-Vee Dodge

Jukebox Bingo 6:30 PM @ Off Shore Bar & Grill (Bellevue, IA) 3<sup>rd</sup> Thu through 4/17

The Wayback Machine: Rock 'n' Soul All-Vinyl Dance Party 7 PM @ The Goose 2<sup>nd</sup> Thu

Karaoke w/ Dante Steele Entertainment 7 PM @ Riverboat Lounge

Songwriters Showcase 7 PM @ Galena Center for the Arts (Galena, IL) 3<sup>rd</sup> Thu

XTREME Bar Bingo 7 PM @ Galena Eagles Club (Galena, IL)

Music Bingo w/ Think & Drink 8 PM @ Barrel House

Silly Goose Thursdays Comedy Open Mic 8 PM @ The Goose 1st & 3rd Thu

Open Mic w/ Chad Olson Jr. 8 PM @ Smokestack

Trivia w/ Bob's Trivia 8 PM @ Steve's Pizza (Platteville, WI) When UW-P is in session

Karaoke 9 PM @ Southend Tap

## FRIDAY

Fabulous Fridays Artists Series Noon @ St. Luke's United Methodist Church and Online Through 3/28

**Country Night** 5 PM @ Off Shore Event Center (Bellevue, IA) 1st Fri through 3/1

**Country Dancing Fridays** 6 PM @ 7 Hills Ballroom & **Event Center** 1st Fri through 5/2, Mar event on 3/7

Trivia Night 6 PM @ Maquoketa Brewing (Maquoketa, IA)

Karaoke w/ Denise 7 PM @ Northside Bar

Open Mic Karaoke 8:30 PM @ The Big House (Petersburg, IA)

Karaoke w/ Dante Steele Entertainment 10 PM @ Baraboo's on Main

## **SATURDAY**

Lollipops & Music for Our Preschoolers 10 AM @ Carnegie-Stout Public Library 2<sup>nd</sup> Sat through 4/12

Gladdy Ressler, Jamie Jones, **Special Guests** 1 PM @ Council Hill Station (Council Hill, IL)

Bluegrass Jam 2:30 PM @ Spring Green General Store (Spring Green, WI) 2<sup>nd</sup> Sat

Karaoke 7 PM @ Galena Eagles Club (Galena, IL) No Event 3/1, 3/15

Open Mic Karaoke 8:30 PM @ The Big House (Petersburg, IA)

Afro Caribbean Night w/ DJ Papi 9 PM @ The Goose 1st Sat

Latin Night w/ DJ Papi 9 PM @ Smokestack Last Sat

Karaoke & Live Music w/ Johnny C 9 PM @ Swiss Inn (East DBQ, IL) Last Sat

Karaoke w/ Dante Steele Entertainment 10 PM @ Baraboo's on Main

## **SUBMIT YOUR LIVE MUSIC & ENTERTAINMENT EVENTS**

LOOKING FOR A FREE AND EASY WAY TO PROMOTE YOUR MUSIC AND ENTERTAINMENT? SEND YOUR MUSIC AND ENTERTAINMENT CALENDAR OUR WAY!

EMAIL: MUSIC@DUBUQUE365.COM

## MISSISSIPPI MOON BAR

## **Upcoming Entertainment**



## **Gaelic Storm**

MARCH 1@8 PM

It's hard to imagine a band just coming into their own after 20 years of success, but that's exactly what makes a true anomaly. This multi-national, Celtic juggernaut grows stronger with each live performance, and as you can imagine, after two decades and over 2,000 shows, it is a true force to be reckoned with. The band attributes their continued success to their fanatic audience, and it's a well-diversified crowd for sure—attracting fans of every genre with their rich storytelling, energetic instrumentals, devotion to Celtic traditions, and passion for their stagecraft. The Reverend Peyton's Big Damn Band opens.



## **PopROCKS**

MARCH 14 @ 8 PM

PopROCKS is a high-energy, immersive experience! With three lead vocalists and the hottest live band around, PopROCKS delivers a night of entertainment unlike any other group. Members of the group enjoy a dynamic, high-powered chemistry that is as infectious to the crowds as the band's playlist of hit dance party jams!



## 7 Summers: A Morgan Wallen Tribute Show

**MARCH 15 @ 8 PM** 

A tribute band who share a deep appreciation for the incredible talent and authentic sound of Morgan Wallen.

## **Additional Entertainment**

## THE BOY BAND NIGHT & KENNY BRAASCH

FEBRUARY 28 @ 8 PM

## **TEN GALLON HAT**

MARCH 7 @ 8 PM

## **NOT QUITE BROTHERS**

MARCH 8 @ 8 PM

## FRANK MARTIN BUSCH AND THE NAMES

MARCH 21 @ 8 PM

### **PETROCK**

MARCH 22 @ 8 PM

## **THE NADAS**

MARCH 28 @ 8 PM

## **CASEY DONAHEW**

MARCH 29 @ 8 PM

## **JABBERBOX**

APRIL 4 @ 8 PM

## HARDWIRED: A TRIBUTE TO METALLICA

APRIL 5 @ 8 PM

## **ARCH ALLIES**

APRIL 12 @ 8 PM



Diamond Jo Casino's Mississippi Moon Bar is located at 301 Bell St. in the Port of Dubuque. All shows are 21+. For tickets and more information about the upcoming entertainment, call Diamond Jo Casino at 563-690-4800 or visit Diamond Jo Dubuque.com. NIGHTLIFE 365



## Classical Blast in Kilts

SATURDAY, MARCH 15 @ 7 PM OHNWARD FINE ARTS CENTER (1215 E PLATT ST, MAQUOKETA, IA)

Chicago's Classical Blast brings their wildly popular innovative arrangements of classic rock tunes performed on a mix of classical and rock instruments to the Ohnward Fine Arts Center in Maquoketa, IA on Saturday, March 15 at 7 p.m.

Classical Blast's Celtic concert is perfect for St. Patrick's Day. You'll hear rock versions of traditional Celtic music, songs by contemporary Irish rock bands like Cranberries, Dropkick Murphies, U2, Snow Patrol and more. Plus classic rock hits performed as only Classical Blast can. They'll

even start the show with a traditional Irish toast and add a few guest performers.

Classical Blast has opened concerts for major rock headliners, including The Electric Light Orchestra; Stryper, Michael McDonald; famed Eagles guitarist, Don Felder; rock legend, Joan Jett and many others. From Bach to classic rock to contemporary pop, you'll find their performance exhilarating and their musical approach refreshing. Their unique mix of classical and contemporary is captivating, powerful and beautiful.

Tickets are \$25 in advance or \$28 at the door for adults and \$15 in advance or \$18 at the door for students. Tickets can be purchased at the Ohnward Fine Arts Center box office, by calling **563-652-9815**, or at **OhnwardFineArtsCenter.com**. ■



## LANCO WE'RE GONNA MAKE IT TOUR

TUESDAY, MARCH 25 @ 8 PM UNIVERSITY OF DUBUQUE HERITAGE CENTER JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

Formed nearly a decade ago, LANCO brings their dynamic country music to Heritage Center on Tuesday, March 25 at 8 p.m.

Their debut album, Hallelujah Nights, landed at No. 1 on the Billboard Top Country Albums chart and featured the two-time Platinum hit "Greatest Love Story" and the Platinum-certified "Born to Love You." With their 2025 album, We're Gonna Make It, LANCO continues to evolve with a fresh and authentic sound.

"Country music has always had a lot of pain in it," said Brandon Lancaster,

who founded the multi-platinum-selling band in 2015. "When I'm writing a song, I acknowledge that pain, but I also believe in restoration and redemption, and I wanted to explore that on this record."

They have been nominated for multiple awards, including Country Music Association, American Music Awards, iHeart Radio Music Awards, and Academy of Country Music Awards, where they won New Duo or Group of the Year in 2019. In addition to headlining their own dates, LANCO has shared the stage with Miranda Lambert, Luke Combs, Dierks Bentley, and Kane Brown.

Tickets are \$35-\$45 and can be purchased at the Heritage Center Farber Box Office; by phone at **563-585-SHOW**; or online at **www.DBQ.edu/heritagecenter.** 



## LIVE MUSIC & ENTERTAINMENT FEATURES

## FRI **2/28**



Lexi Healey
6 PM @ STONE CLIFF WINERY
(600 STAR BREWERY DR)
COVER: FRFF

Local singer-songwriter Lexi Healey plays originals and covers on her acoustic guitar. You can find her performing at venues in the Tri-State area. **StoneCliffWinery.com**.

## SAT 3/1



Libido Funk Circus 8 PM @ Q SHOWROOM (1855 GREYHOUND PARK RD) COVER: FREE

LFC's origin dates back to 1996 when a group of guys from Chicago's original music scene decided to throw a disco party for their closest friends. When the disco band they wanted to hire was out of their budget, they decided... "What the heck, let's do it ourselves!" They donned some disco attire, learned about 30 disco tunes, and ROCKED that party! The following weeks, the offers for more and more shows poured in, and little did they know, that evening was the beginning of a 20+ year career. Through the years as the disco craze died down, they traded the all-disco attire for some flashy, colorful clothing, added two female singers, and expanded their repertoire to include music from '60s to current and various musical genres. One thing that has always remained the same is their love for a "good

show." LFC members not only love to perform music, but to entertain... to provide an audience a high-energy, feel-good show to make them smile and forget about their troubles. Get ready for their signature show "bits," charismatic personalities and the ability to switch styles and genres at the drop of a dime. **QCasinoAndResort.com**.

## TUE **3/4**



**Derty Rice** 

7 PM @ SMOKESTACK (62 E 7<sup>TH</sup>ST) COVER: \$5

Let the good times roll with Derty Rice! You know this means that Smokestack will be ready to celebrate Mardi Gras New Orleans style! Dress up, wear a little green, gold, and purpleand party on the dance floor. Derty Rice is Dubuque's premier Zydeco band. Get on stage and party with them already! **SmokestackDBQ.com**.

## SAT 3/8



**Greg Garing** 

8 PM @ THE LIFT (180 MAIN ST, LOWER LEVEL) COVER: FREE

The Pennsylvania-born-and-raised songwriter Greg Garing gained an appreciation for traditional country music, as well as Irish music, while growing up. However, it was seeing a performance by bluegrass legend Bill Monrose that spurred an 18-year-old Garing to leave his hometown of Erie

and move to Nashville. Attempting to learn as much as possible, Garing had the opportunity to watch Monroe play often, even sitting in with him at times. He put together a band in 1993 that was playing honky tonk country when he was turned on to the music of artist like Garbage, PJ Harvey, and Tricky. Although his more traditional sound had attracted an audience and positive reviews, Garing began to incorporate more modern sounds with his earlier influences. Signed to a record deal with Atlantic, Garing released his debut. Alone (which included Mike Watt on bass), which also earned good press for its gritty, evocative style, but the record ultimately failed to make a commercial impact. By 2002, Garing had long since relocated to New York City where he was continuing to play. facebook.com/theliftdubuque.



## **Big Lex**

9 PM @ POSH LOUNGE (900 CENTRAL AVE) TICKETS: \$37-\$62

Hailing from none other than South Carolina, Big Lex is putting her best foot forward and releasing music that is universal and exudes a confident, rich and fearless lifestyle. Big Lex's larger-than-life personality can light up any room. She inspires many women because she loves herself and is comfortable in her skin. Her followers and fans can learn a lot by listening to her music. YoungNFilthyCo.com.

## SUN **3/9**

## Big Mojo

3 PM @ NORTHSIDE BAR (2776 JACKSON ST) COVER: FRFF

Three journeymen rockers come together to remind you where great rock and roll came from. Sure, they're all a little gray around the edges, but they still kick it right in the ass. No sluffin' off with these ol' boys. Guy Green pounds of the beat, Paul Gilligan rips through the solos and power chords on his pretty Paul Reed Smith guitar, and Dan Shireman leads the way on vocals and keeps the low-end dirty-side-down on bass. Heck, the ladies even tell Paul that he smells like fun! If it's too loud, you're probably the same age as these dudes! facebook.com/NorthsideBarDubuque.

## FRI 3/14



### **Ballyheigue**

7 PM @ DARKBIRD TAPHOUSE (7305 THUNDER VALLEY DR, PEOSTA, IA) COVER: FREE

In 2016, Alison, Emily, and Jim Ott and Jason Kuntz were approached by Rob McCullough to form a group to play as the opening act for The High Kings. Following this performance, they remained as a band and began performing together regularly. The following year Jason Kuntz moved and the band was joined by Carl Droessler on drums and Seth Enz on banjo and mandolin. Ballyheigue continues to play throughout the Dubuque area and has performed at the Dubuque Irish Hooley and opened for well-known bands such as Gaelic Storm and We Banjo Three. DarkbirdTaphouse.com.

## SAT **3/15**



## **Edie Carev & Sarah Sample** 7 PM @ BADGER BROTHERS (10 E MAIN ST, PLATTEVILLE, WI) COST: \$20 ADV/\$25 DAY OF SHOW

The last time Colorado singer-songwriter Edie Carey and her Wyoming-based musical partner, Sarah Sample, recorded together the world was in quite a different state. Their first collaboration, 2014's Independent Music Award-winning full-length Til the Morning: Lullabies and Songs of Comfort, was welcomed as a warm musical hug by children and adults alike and received wide critical acclaim. Suffice it to say, a lot of things have happened since then, resulting in multiple full-force blows to our collective psyche. In response, the duo elected to come together once again to record 2024's Lantern in the Dark: Songs of Comfort and Lullabies. The duo's new offering combines popular covers with originals such as their first-ever co-write "In My Arms," Sample's "Shine," and Carey's "All the Ways You Comfort Me," and "Heaven Now." facebook.com/badgerbroscoffee.

## OTHERSIDE LUNCH SPECIALS MARCH 3 Soup & Sandwiches 4 Gumbo & Jambalaya 5 O.S. Chicken 6 Tacos 7 Lent Specials 10 Soup & Sandwiches 11 Beef Tips & Noodles 12 O.S. Chicken 13 Wedge Salad 14 Lent Specials 17 Corned Beef & Cabbage 18 Spaghetti 19 O.S. Chicken 20 Panzerotti 21 Open Faced Beef 68 Sinsinawa Ave, East Dubuque • (815) 747-9049





**CUBS VS BREWERS** 



5.2.25, 5.3.25, 5.4.25 AMERICAN FAMILY FIELD. MILWAUKEE, WI

SHOPPING **CHRISTMAS IN JULY MALL OF AMERICA TRIP** 7.26.25 - 7.27.25

**BLOOMINGTON, MN MALL OF AMERICA TRIP** 

12.6.25 - 12.7.25 BLOOMINGTON, MN

**BOOK YOUR PRIVATE TRIPS WITH US** We can design custom bus trips for corporations,

businesses, schools, church groups, family outings & private events. Leave the stress to us! We can take care of just the transportation or everything for your trip from beginning to end!

## CONCERTS **RASCAL FLATTS**

3.1.25 VIBRANT ARENA. MOLINE, IL

## HARDY

7.19.25 JONES COUNTY FAIR. MONTICELLO, IA

**TIM MCGRAW AT THE FIELD OF DREAMS** 

> 8.30.25 DYERSVILLE, IA

## MUSICALS WICKED

7.26.25, 7.27.25 OVERTURE CENTER MADISON, WI

## Cod Only Knows What I'd Be Without Food

The 2025 Lenten Fish Fry Season is March 7-April 18, but many locations offer fish frys year-round!

This year, we narrowed our fish fry search to meals that are more than just a two-piece cod dinner; we're looking for all-you-can-eat portions, church basements, supper clubs, and communityfocused dining. Plus. we snuck in a few of our favorites. Some places require reservations while others get so packed you'll want one, so call ahead to be safe. Fill your gills with these Tri-State offerings while the fryer's hot! ■



FILL YOUR PLATE WITH FRIED AND BAKED COD AND MORE AT ST. JOSEPH IN SINSINAWA, WI

### **3 Mile House**

370 US 35, Hazel Green, WI 608-748-4455 Every Fri @ 4:30-9 PM

## The Barn

5090 Sherrill Rd, Sherrill, IA 563-552-2353 Fri: 3/7-4/18 @ 11 AM-1 PM; Every Fri @ 5 PM

## The Big House

3001 160th St, Petersburg, IA 563-875-2612 Every Fri @ 5-9 PM

## Birdie's Bistro

1220 Iowa St, DBQ, IA 563-213-5583 Fri: 3/7-4/18 @ 7 AM-2 PM

## **™** Bluff Lake **Catfish Farm**

9301 95<sup>th</sup> Ave, Maquoketa, IA 563-652-3272 Every Fri @ 4:30-7:30 PM

## Breitbach's **Country Dining**

563 Balltown Rd, Sherrill, IA 563-552-2220 Every Fri @ 4-8:30 PM

## Caroline's Restaurant

200 Main St, DBQ, IA 563-588-5595 Fri: 3/7-4/18 @ 11 AM-1:30 PM & 5-9 PM



## Cascade Sportsmen's Club

301 Jackson St NE. Cascade. IA 319-213-0736 3/7 @ 5:30-8:30 PM

## Catfish Charlie's

1630 E 16th St, DBQ, IA 563-582-8600 Fri through 4/18 @ 11 AM-9 PM

## Chop's Kall Inn **Supper Club**

4089 Sandy Hook Rd, Hazel Green, WI 608-748-4393 Every Fri @ 4-9 PM

### City Limits Family Restaurant

906 S Main St, Maguoketa, IA 563-652-9709 Every Fri @ 11 AM-8 PM

## Country Heights Supper Club

1152 Badger Rd, Hazel Green, WI 608-748-4687 Every Fri @ 4:30 PM-9 PM

## **Crossroads**

9315 State Rd 80. Platteville. WI 608-348-7899 Every 1st Fri @ 4:30 - 8:30 PM

### DeSoto House Hotel

230 S Main St. Galena. IL 815-777-0090 Every Fri @ 11 AM-8 PM

## Doolittle's Pub & Eatery (Cuba City)

112 S Main St, Cuba City, WI 608-744-2404 Every Fri @ 11 AM-9 PM

## **Dubuque Eagles Club**

1175 Century Dr. DBQ, IA 563-582-6498 Every Fri @ 11:30 AM-2 PM; Fri: 3/7-4/18 @ 5-7:30 PM

## **Dubuque Elks Lodge**

9018 Military Rd, DBQ, IA 563-583-5708 Fri: 3/7-4/18 @ 5-8 PM

### HG-IC School

3685 County Rd HHH, Kieler, WI 608-568-7220 3/21, 4/18 @ 4:30-8 PM

## **Holy Spirit Parish** 2921 Central Ave, DBQ, IA

563-583-1709 3/21 @ 4:30-7 PM

## Kalmes Club 528

275 Jackson St NE, Cascade, IA 563-852-3531 Every Fri @ 4-8:30 PM

### **Kalmes Restaurant**

100 Main St, St Donatus, IA 563-773-2480 Fri: 3/7-4/18 @ 5-8:30 PM

## **Key West** Sportsman's Club

2323 Rockdale Rd, DBQ, IA 563-556-9734 3/7 @ 4:30-8:30 PM

## Maquoketa FFA **Boosters**

1102 E Platt St, Maquoketa, IA 3/14 @ 4-7 PM

## **Moracco Supper Club**

1413 Rockdale Rd, DBQ, IA 563-582-2947 Every Fri @ 4 PM

## The Other Side

68 Sinsinawa Ave, East DBQ, IL 815-747-9049 Fri: 3/7-4/18 @ 11 AM-2 PM; 4-8 PM AYCE lunch only

## St. Augustine **University Parish**

135 S Hickory St, Platteville, WI 608-383-5574 4/4 @ 4:30-7 PM

### St. Clement

24287 New Vienna Rd, Bankston, IA 563-876-5540 3/14 @ 4-8 PM

### St. Francis **Xavier Parish**

203 2<sup>nd</sup> St SW, Dyersville, IA 4/4 @ 4:30-7:30 PM

## St. John the Baptist

241 Peosta St, Peosta, IA 563-876-5540 3/21@4:30-8 PM

## St. John, Placid

22481 E Pleasant Grove Rd, Epworth, IA 563-876-5540 3/7 @ 4:30-7:30 PM

## St. Joseph (Earlville)

307 Mary St, Earlville, IA 563-873-7325 4/11 @ 4:30-7:30 PM

### St. Joseph (Farley)

202 Second Ave S, Farley, IA 563-876-5540 3/28 @ 4:30-8:30 PM

### St. Joseph (Garnavillo) 206 W Oak St, Garnavillo, IA 563-964-2234

3/14, 3/21, 3/28 @ 5-7:30 PM

## St. Joseph (Sinsinawa)

780 County Rd Z, Sinsinawa, WI 608-748-4442 3/7, 4/11 @ 4-7:30 PM

## St. Mary's (Platteville)

130 W Cedar St, Platteville, WI 608-482-4431 3/28 @ 4:30-6:30 PM

## St. Mary's (Strawberry Point)

314 W Mission St, Strawberry Point, IA 563-933-6166 3/7 @ 4:30-7:30 PM

## St. Patrick's

708 W Delaware St. Colesburg, IA 563-928-7200 3/14 @ 4:30-7 PM

## Sts. Peter & Paul

1623 300<sup>th</sup> Ave, Petersburg, IA 563-543-5018 3/7 @ 4:30-8 PM

## Timmerman's

7777 Timmerman Dr, East DBQ, IL 815-747-3316 Fri: 3/7-4/18 @ 4-9 PM

### VFW Club Bar & Grill

110 E. Mineral St, Platteville, WI 608-348-8883 Every Fri @ 11 AM-1:30 PM & 4-8 PM

## **Village Bar**

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

## Yoder's Bar Rockville

6090 HWY 35 & 61, Potosi, WI 608-763-2013 3/5 & Fri: 3/7-4/18 @ 11 AM-9 PM

ALL YOU CAN EAT



VIEW OUR FULL FISH FRY LIST AT **DUBUQUE365.COM/FISH** 

## SUBMIT YOUR FISH FRY!

DID WE MISS YOUR FISH FRY? CONTACT US TO IOIN THE LIST! EMAIL:

INFO@DUBUQUE365.COM



## **Cultural Connections**with Food

## By Hy-Vee Nutritionist Megan Dalsing

Food is a connector—it nourishes, brings people together and unites cultures. In March we celebrate National Nutrition Month, an annual campaign from the Academy of Nutrition and Dietetics. It's a time to explore the opportunities for making informed food choices and maintaining an active lifestyle.

This year's theme, "Food Connects Us," reminds us that sharing a meal allows us to learn about ingredients, traditions, memories, health benefits, seasonal sourcing and more. National Nutrition Month also celebrates Registered Dietitian Nutritionists (RDNs) who help translate the connection between nutrition science, cultural foods, and our health.

Food choices and genetic history have a cumulative impact on our health. Here are four positive ways to connect with food this month:

## 1. Explore Cultural Foods

The flavor of food spans the world. Connect by sharing a recipe that has family roots—Italian, Greek, Middle Eastern, Indian, Mexican and more. History helps explain the uniqueness of each cuisine. In most cases, original food systems adapted to the agricultural land became the base for cultural food development. For example, the sunny,

arid climate in Southern Italy allows for the cultivation of tomatoes, olives and grains (pasta)—all key ingredients in Italian cuisine.

## 2. Cook Together

What better way to connect with family and friends than preparing a meal? Plan an ethnic-themed night. Boost the meal with coordinated decorations and tableware. Encourage participation with a menu-planning session when everyone gets a say in the day! Remember to balance the meal with plenty of nutrientrich, colorful fruits and vegetables.

## 3. Break Bread

Bread is the staff of life and one of the oldest staple foods in civilization. Every culture has its variation: Baguette (France), Naan (India), Lefse (Norway), Ciabatta (Italy), Pita (Middle East), Tortilla (Mexico) and Rye Bread (Germany/Eastern Europe).

Bread provides carbohydrates which are the body's preferred energy source. Whole grain breads contain fiber, an essential component for digestive health. Wheat is the primary ingredient for most breads and individuals who have wheat allergies or must avoid the protein in wheat (gluten) are advised to choose gluten-free breads. Remember to be sensitive to friends and family members with this dietary requirement. Keep gluten-free bread options on

hand. Canyon Bakehouse's Gluten-free bread is made with 100% whole grains. All products are certified gluten-free, dairyfree, nut-free, soy-free and sesame-free.

## 4. Rave about Root Vegetables and Tubers

Root vegetables (carrots, radishes, turnips, beets) and tubers (yams, potatoes, sweet potatoes) have long been significant cultural foods. Sweet potatoes (which may also be classified as a root vegetable) are celebrated as a symbol of abundance in harvest festivals in the southern states of the U.S. vam festivals are common throughout African and Caribbean countries, highlighting them as a symbol of prosperity and fertility. Root vegetables and tubers also rank high on the nutrition scale with rich sources of nutrients and fiber. Here's a tasty sandwich recipe featuring root vegetables: Vegan Beet and Sweet Potato Sandwich | Hy-Vee

## Connect with Food and Nutrition Experts

For National Nutrition Month, enjoy culinary experiences by connecting with food, family, and friends. Savor the flavor of foods that provide nourishment and good nutrition. Connecting food and its nutrition benefits is the expertise of Registered Dietitian Nutritionists (RDN). Hy-Vee dietitians provide individual consultations and monthly subscription programs. To connect with a Hy-Vee Dietitian, schedule a free "Discovery Session." Learn more by visiting Hy-Vee.com/Health or click here: Best Dietitians Near Me: Nutrition Counseling and Meal Planning (hy-vee.com).

## Vegan Beet and Sweet Potato Sandwich

SERVES 4

## All You Need:

- 2 small red beets
- 2 small golden beets
- 1 medium sweet potato
- 1½ tbsp. Gustare Vita olive oil
- 1 tsp. Hy-Vee ground cumin
- 8 (½-in.) slices Canon Bakehouse Gluten Free 100% Whole Grain Bread (or traditional sourdough bread)
- 1/3 cup vegan mayonnaise substitute
- 1 cup baby arugula
- 2 avocados
- 12 small fresh basil leaves

### All You Do:

- Preheat oven to 425 degrees. Line a large, rimmed baking pan with foil; spray with nonstick spray.
- 2. Arrange red and golden beets on one side of the prepared baking pan and sweet potato on the other. Drizzle with olive oil and sprinkle with cumin—roast 18 to 20 minutes or until fork tender, tossing halfway through.
- To serve, spread one side of each slice of toasted bread with vegan mayonnaise. Layer half the toasted bread slices with arugula, red and golden beets, sweet potato, avocado and basil. Top with remaining toasted bread slices, mayonnaise sides down, and cut in half.
- Serve with a side salad, fresh fruit or a That's it. Bars (made with just two ingredients and no sugar added).

Recipe Source: hy-vee.com

## HyVee.

## Discover what a dietitian can do for you

- Individual nutrition counseling
- Personalized plans
- Wellness programs & classes
- On-demand store tours
- Health screenings



RD, LD Registered Dietitian megan.dalsing@hy-vee.com 563-583-2199



Scan the QR code to schedule a virtual session or contact your dietitian for in-person availability



THIS INFORMATION IS NOT INTENDED AS MEDICAL ADVICE. PLEASE CONSULT A MEDICAL PROFESSIONAL FOR INDIVIDUAL ADVICE. THIS CONTENT WAS MADE POSSIBLE WITH THE PAID SUPPORT OF OUR SPONSORS: CANYON BAKEHOUSE AND THAT'S IT. BARS.

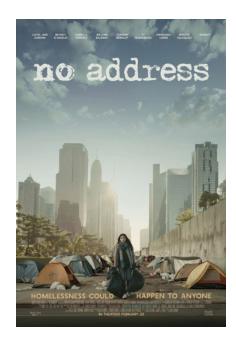
## Movie Screening: No Address

THURSDAY, FEBRUARY 27 @ 7 PM PHOENIX THEATRES (555 JFK RD)
The Dubuque Rescue Mission will be screening the major motion picture No Address on Thursday, Feb. 27,

No Address on Thursday, Feb. 27, at 7 p.m. at Phoenix Theatres—the day before it's released to the public! Stay for a brief Q&A session with local leaders after the movie.

Inspired by true events, this compelling drama captures the journey of a group of individuals experiencing homelessness. The film is a cinematic exploration of hope, humanity, and resilience as the characters navigate the stormy challenges of life with no physical address, showcasing the reality that homelessness could happen to anyone.

No Address features William Baldwin, Ashanti, Xander Berkeley, Lucas Jade Zumann, Beverly D'Angelo, Isabella Ferreira, Kristanna Loken, Ty Pennington, and Patricia Velasquez and is by Robert Craig Films. The human side of those experiencing homelessness is very real, and



Robert Craig Films is deeply committed to creating more awareness and positive change to the homeless crisis in America.

To purchase tickets, visit **phx.movie/NoAddressMovie**. For more information, email Jeff Lenhart at **jeff@dbqrescue.org**.

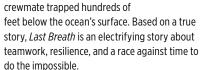


## PACE MOVIE NEWS THEATRES

## **Coming Soon**

## LAST BREATH (PG-13)

FRIDAY, FEBRUARY 28
A heart-pounding film that follows seasoned deep-sea divers as they battle the raging elements to rescue their



## MY DEAD FRIEND ZOE (R)

FRIDAY, FEBRUARY 28
A dark comedy drama that follows the journey of Merit, a U.S. Army Afghanistan veteran who is at odds with her family

thanks to the presence of Zoe, her dead best friend from the Army. Merit's cozy-dysfunctional friendship with Zoe keeps the duo insulated from the world. That is until Merit's estranged grandfather begins to lose his way and needs the one thing he refuses... help.

## MICKEY 17 (R)

FRIDAY, MARCH 7 Adapted from the novel Mickey7 by Edward Ashton, this stars Robert Pattinson as an "expendable"—a disposable

crew member on a space mission, selected for dangerous tasks because he can be renewed if his body dies, with his memories largely intact. With one regeneration, though, things go very wrong.

## NIGHT OF THE ZOOPOCALYPSE (PG)

FRIDAY, MARCH 7

After a meteor unleashes a virus that turns zoo animals into zombies, a mountain lion (David Harbour) and wolf (Gabbi Kosmidis) lead a team of surviving animals to stop the virus and rescue their zoo in the new animated tale.



## **Movie Buzz**

Red-hot comic Nate Bargatze is in negotiations to star in *Christmas in Paradise*, a holiday family



comedy from Amazon MGM Studios and United Artists' Scott Stuber that's in the early stages of development. The film will have him playing a beloved small-town doctor who finds himself with a unique bounty on his head just a week before Christmas, in a town where everything is not as it seems. It's the second he's signed on to in the last few months, on the heels of *The Breadwinner*, a TriStar comedy based on his and Dan Lagana's original pitch, on which he'll also serve as a producer.

Top Gun: Maverick star Jay Ellis shares insight into why Top Gun 3 is taking longer than expected to



develop. "They're diligently working on the script and wanting to get it right. Tom was very discerning. It took a while to make *Top Gun: Maverick* for a reason. He wanted it to be right, he wanted to push film forward, he wanted to be able to film in the jets. So I think when we look at whatever the next iteration of this franchise is, it's gonna be that. Tom's gonna take his time. He's gonna get it right." Jerry Bruckheimer is also producing this installment.

According to *Dead-line*, Martin Scorsese is looking toward another DiCaprio drama with Emily



Blunt and Dwayne "The Rock" Johnson. The description for the untitled film compares it to *Goodfellas*, subbing Robert de Niro's Jimmy the Gent for a "ruthless Hawaiian crime boss." The film will be written by Nick Bilton and produced by Scorsese, Johnson, DiCaprio, Blunt, Bilton and more. Likely set in the 1960s and 1970s, the film will focus on a real tumultuous time in Hawaii's history. The character at the fore will help build the island's biggest criminal empire while "waging a brutal war against mainland corporations and rival syndicates while fighting to preserve his ancestral land."

## Starter Villain

## By John McAndrew

"Some books are to be tasted, others to be swallowed, and some few to be chewed and digested; that is, some books are to be read only in parts; others to be read, but not curiously; and some few are to be read wholly, and with diligence and attention." —Francis Bacon.

And some are to be read in difficult times, as glee-inducing distractions and knee-slappers. Such a book is *Starter Villain*, now out in paperback, by *New York Times* best seller and Hugo Award winner John Scalzi.

The story begins with recently-divorced former journalist and current substitute teacher, Charlie, going to his bank for a loan to buy his local pub. Before long, extraordinary things involving cats begin to happen. The mourners at Charlie's Uncle Jake's funeral are definitely out of the ordinary. So were the flower arrangements they sent. Then things start exploding. Charlie ends up at a compound on a volcanic Caribbean island his uncle owned. And before too long, he is "invited"—it's made clear that declining the invitation may be unhealthy—to a conference. An unusual conference, but not THAT different from every other conference you've been to. It's a...

"Villain conference ... Think of Davos, except they don't pretend they're helping people."

Conferences are almost always longer than you want and a bit less exciting than the rest of life. Lots of talk, poorly chosen snack foods, jockeying for position, rivalries, and at least one person dressed to hook up. Even so, things do get more eventful as the conference comes to an early conclusion.

How cool, to be able to write like Scalzi and reliably deliver humor that doesn't make readers cringe, roll their eyes, or decide to make a sandwich. I can only imagine.

The human imagination is a marvelous thing. On the one hand, it allows us to insist on a world that could be SO much better—while suggesting that the only impediment to the better world is, sadly, THOSE people. A curse, really, to tease us like that.



On the other hand, our imagination—or Scalzi's, anyway—allows for things like verbally abusive dolphins threatening labor strikes and cats who... well, you'll see. PLUS, when you want to call management something more colorful than "management," a really good imagineer may come up with "suppurating bourgeois fistula of oppression," which you have to admit is pretty useful. Imagination can even lead to empathy:

"...'swimming with the dolphins' felt exploitative and creepy. I can't imagine a dolphin actually wants to spend its life being hugged by a parade of podiatrists and preteen girls..."

To show that he understood the lessons he was being given, Charlie said, "So we're like Spotify, but for evil," to which his employee and mentor replied, "We're much less evil than Spotify. We actually pay a living wage to the people whose work we're selling." Just because you're funny as hell doesn't mean you're out of touch with the moral bankruptcy of modern business models.

If you like snappy dialogue and unlikely plot twists, Scalzi writes for you, too. One caveat, however: Don't give this to your very sensitive aunt or uncle who blanche when you say "damn" or "hell." Unless you're twisted and you plan to watch them as they read it. Then you should take video and post it online. Tag Scalzi and me. Be villainous.

## JOHN MCANDREW

JOHN MCANDREW IS A
LIFELONG BIBLIOPHILE WHO
LOVES DISCUSSING BOOKS
AND IDEAS, WHETHER
YOU AGREE WITH HIM OR NOT. SEND YOUR
COMMENTS AND SUGGESTED TITLES TO
REVIEW TO BOOKS@DUBUQUE365.COM.







## Music @ your library®: Simple Company

Friday, March 7, at 5:30 p.m.

This event is free and open to the public.

Carnegie-Stout Public Library welcomes rock band Simple Company for a Music @your library® live concert event in the third-floor auditorium. Simple Company hails from Wisconsin and plays primarily rock music with a mix of country, pop, and blues. Adults age 21+ may bring their own wine or beer.

Registration required. Sign up at carnegiestout.org/events or call 563-589-4225, ext. 2228.



## Native Plant Resources with Wild Ones

Saturday, March 8, from 1 to 3 p.m. Free program. Registration required.

Are you interested in growing native plants? Attend this special presentation with experts from the Wild Ones Tri-State Driftless Area Chapter for tips about garden design, plant purchasing, local resources, seed swapping, and more.

Registration is required. Please sign up at carnegiestout.org/events or call 563-589-4225, ext. 2224.

360 W. 11<sup>th</sup> Street | carnegiestout.org

## **Spot the Difference**

Can you spot 10 differences in this photo of regular Sunday afternoon live music at Council Hill Station in Council Hill, IL?





## **Spot the Difference Answers**



## THEISEN'S HOME · FARM · AUTO More For Your Family!

## **Upcoming Family Events**

## SAT 3/1



## Jack and the **Beanstalk**

11 AM AND 2 PM @ HAZEL **GREEN OPERA HOUSE** (HAZEL GREEN, WI) 3/1, 3/8 at 11 a.m. & 2 p.m.; 3/2, 3/9 at 2 p.m. Climb up the beanstalk with the Fever River Puppeteers as Jack discovers the giant, a goose that lays golden eggs, and a singing harp with attitude. The marionette performance is approximately 45 minutes long. All ages. \$5. 2130 Main St, Hazel Green, WI. 608-732-7129. hazelgreenoperahouse. blogspot.com.

## THU **3/13**

## **Invention Convention Twilight Camp**

5:30-7 PM @ DOWNTOWN **DUBUQUE** 

3/13-3/14. Ever wonder how to create your own 3D printed animal? Are you

curious about how to design your own invention? This 2-day twilight camp is built for you to explore creating your own inventions! Grades K-5. \$40. **319-440-3838**. scoutingevent.com.

## SUN **3/23**



## **Show Me Reptile Show** & Exotic Pet Expo

10 AM-3:30 PM @ GRAND RIVER CENTER

The show provides everything you need to properly care for your reptiles. From high-quality reptile equipment like lighting, heating, feeders, substrate, cleaners, and enclosures to friendly vendors who assist in reptile husbandry and adoptions. The show provides entertainment such as educational stations, face painting, food and other activities. VIP enter at 9 a.m. GA: \$10; VIP: \$15; Ages 7-12: \$5.500 Bell St. ShowMeReptileShow.com.



## **Youth Climate Action Fund**

Dubuque's Office of Sustainability is accepting applications for microgrants, ranging from \$1,000 to \$5,000, through Bloomberg Philanthropies' Youth Climate Action Fund. These grants are open to youth ages 15-24 and nonprofit organizations with a youth lead applicant. Projects must align with Dubuque's Climate Action Plan and be new projects, not continuations of existing ones. Applications can be submitted through an in-person pitch at EarthTank on March 4, or through written online applications with two rolling deadlines: March 4 and 28.

In 2024, Dubuque distributed \$50,000 to 10 projects, engaging 14 youth leaders. Dubuque is now one of more than 90 cities receiving an additional \$100,000 for youth-led climate initiatives. From mobilizing treeplanting or public education campaigns to launching recycling or waste reduction initiatives to participating in mitigation planning or preparedness programs, efforts stemming from YCAF will advance critical community goals such as meeting decarbonization commitments or reducing consumption-based emissions.

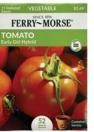
Ideas for eligible youth-driven projects include climate education, research, urban farming, and disaster preparedness. Partnerships between youth groups and city leaders to inform policy decisions are also encouraged. Technical assistance is available for proposal development.

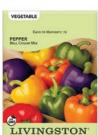
For more information and to apply, visit sustainabledubuque.org/ycaf.

25% OFF

Ferry Morse®, Livingston® & Burpee® Seeds

## FERRY~MORSE LIVINGSTON®







- E

BURPEE.

**On Sale NOW through March 11** 



## **Hunting**

The 700s cover everything about art—painting, architecture, landscaping, music—and also recreation, both inside (table tennis! chess!) and out (greyhound racing! fly fishing!). These books caught my attention for two reasons. First, they cover aspects of outdoor life in a thoughtful way, and second, I spent a lot of time outdoors as a kid.

## 796.54 MEY: How to Sh\*t in the Woods, by Kathleen Meyer

How I wish this book, subtitled "An Environmentally Sound Approach to a Lost Art," had been in my parents' library! Dad had it easy (mostly) while Mom, Bonnie, and



I had to learn the lady squat and, sometimes, scavenge for wipes. We left behind Kleenex and other things we should have disposed of properly. These days, women can use an FUD (feminine urinary device) to stand proud and not worry about splattering their pants. This good-humored book will teach you how to dig a hole that won't harm the environment, avoid infections, pack your own poop, fashion TP from snowballs, sticks, stones, and pinecones (really), and deal with women's monthly concerns. Even for a non-hiker, this is an entertaining read.

## 799.2765 TRO: Finding Wounded Deer, by John Trout, Jr.

I have a feeling my dad would approve of this comprehensive guide to tracking deer shot with a bow or gun. He had a good heart



and would not have wanted to leave a deer to a long and painful death from his own misguided shot. This book details both deer anatomy and blood trails, so hunters can make their best shot and avoid having to track, or, when the shot goes awry, find and kill the deer. Of course most hunters shoot in order to bag a deer, perhaps mounting its head on a wall, but many are also after food and don't want it to get away. One autumn, my dad headed to Utah with three buddies in an outfitted school bus, coming back with four deer strapped to the roof. We ate venison—steak, ribs, roasts, and endless burgers—for a good year. This book can help any hunter become a more successful and ethical one.

### **PAM KRESS-DUNN**

ALTHOUGH PAM IS RETIRED FROM A LONG LIBRARY CAREER, SHE ENJOYS SHELFREADING AT CARNEGIE-STOUT PUBLIC LIBRARY TO ENSURE EVERY BOOK IS IN ITS PLACE. LIBRARIES RULE! YOU CAN CONTACT PAM AT PAM2617@YAHOO.COM.



## **Extinction Burst**

## By Matt Booth

Have you ever put a dollar in a pop machine, pressed the button, and—nothing happened? No pop, no refund, just silence. What do you do next? Chances are, you don't just walk away. You press the button again. Maybe you hit it a little harder. Maybe you even shake the machine, muttering in frustration.

Or think about an **elevator**. You press the button, but the doors don't open right away. What do you do? You press it again. And again. Maybe even **harder**, as if that will make the elevator come faster. Spoiler alert—it won't.

These reactions are what psychologists call an **extinction burst**—a temporary spike in behavior when a previously reinforced action no longer works. The idea is simple: When we stop getting what we expect, we instinctively double down before we give up.

## Why Do Extinction Bursts Happen?

Extinction bursts are a natural response to change. We see them all the time:

- A child denied screen time until homework is finished throws a tantrum, hoping the extra drama will get them what they want.
- A toddler who used to get picked up when they cried escalates to a full meltdown when that no longer works.
- A rat trained to press a lever for food will press it faster and harder when the food stops coming.

These reactions happen because the brain expects a certain outcome. When that outcome disappears, it tries harder—before eventually learning that the behavior no longer works.

## Your Attitude Works the Same Way

Now, think about your own attitude. When things don't go your way, how do you react? Do you get frustrated? Do you push harder, trying to force a situation back to how it used to be? Or do you recognize the moment for what it is—an opportunity to adapt and move forward?

A negative attitude can follow the same pattern as an extinction burst. When life throws a curveball—whether it's a missed promotion, a tough conversation, or an unexpected challenge—you might react with frustration, resistance, or even anger. You might dig in your heels, trying harder to make things work the old way.

But just like the pop machine or the elevator, some things won't change no matter how hard you push. The key is knowing when to step back, rethink, and find a new approach.

## How to Overcome the Attitude Extinction Burst

- Recognize the pattern: When frustration kicks in, ask yourself: "Am I stuck in an extinction burst?"
- Pause before reacting: Instead of pushing harder, take a moment to evaluate the situation.
- Adjust and adapt: If something isn't working, what's the next best step? Where can you shift your focus?
- Choose a better response: The sooner you accept change, the faster you'll move forward.

## **Final Thought**

An extinction burst isn't a sign of failure, it's a sign that you're on the verge of growth. The question is, will you keep slamming the button, hoping things go back to how they were? Or will you step back, check your attitude, and find a better way forward?

That choice is yours.

### MATTITUDE QUOTE

"The challenge isn't knowledge, it's action. Stop scrolling, start doing." —Matt Booth

### MATT BOOTH

MATT WORKS WITH COMPANIES AND
ASSOCIATIONS WHO WANT TO CHECK
ATTITUDES, FIGURE IT OUT, AND TAKE
ACTION. TO INQUIRE ABOUT MATT'S BUY
LOCAL PROGRAM AND LEARN MORE ABOUT MATT'S SPEAKING
OR COACHING, SUBSCRIBE TO HIS YOUTUBE CHANNEL
@MATTBOOTHSPEAKER OR EMAIL MATT@MATTBOOTH.COM.

"MATT POSSESSES THE DISTINCT ABILITY TO LEVERAGE HUMOR AS HE ILLUSTRATES A POINT THROUGH STORIES, WHICH CREATES LASTING IMPRESSIONS FOR THE ATTENDEES. THE ACTION STEPS MATT PROVIDES CAN BE IMPLEMENTED IMMEDIATELY AND USED FOREVER.—AL SHERMAN, STRATEGIC ACCOUNT MANAGER, MERCK ANIMAL HEALTH





PUZZLE ANSWERS ON PAGE 26

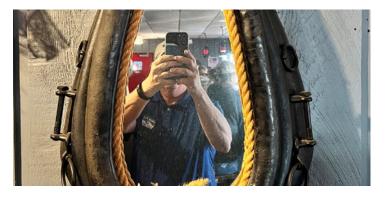
## Conceptis Sudoku

By Dave Green

		5			8		6	9	
		4			5			1	
8	1								
					1		7	5	
3	7		2						
							3	2	
5 4			1			9			
4	9		7			8			
©Conceptis Puzzles 06010072									

## WHERE'S GENERAL BOB?

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



## PREMIER Crossword

## PD ALERT

- ACROSS 1 Words before God or
- 6 Lively Spanish dance
- 14 Greek letters after
- psis 20 Actress Téa
- 21 Toxin counteracter
- 23 Donations toward having a dilapidated entryway repaired? 25 Flat-topped hills
- 26 Impacted by frozen rain
- 28 Extends, as a lease
- woman? 36 Govt. health agency
- Jones
- 42 "Energy healing"

- 51 Court costs not
- cases?
- 58 Plan B route
- 61 Twinkles
- 70 "— So Shy"
- camp shelter?
  77 Silent assent
- 78 Purplish berry 80 Mazda model
- 83 French art museum
- 99 Some special film FX 101 "Rhoda" actress Anne 102 Miracle Mets' Tommie
- 103 Counterparts of manis
- 104 Bikini tops
- 112 "Sex and the City" actress after a long

- expected!"

- for two

- TV Tarzan portrayer
- 27 RAM unit
- 29 A garment strongly linked to a particular
- 39 Actress Catherine
- treatment
- 45 Skating place
- 47 Award show host
- related to upcoming
- 56 Key of Beethoven's 5-Down
- 57 Valuable rock
- 65 Bat- fox
- 69 Pine dropping
- 73 Throwing away one's

- 81 Waikiki locale
- 86 USMC rank
- 88 Term in office
- 92 Scientific periodical assessed by antlered animals?

- 106 Prickly plants
- 109 Golf rarities
- 111 Lofty verse
- tanning session?
  118 Angelic rings
- 119 Help out 120 Earthy hues
- 124 Coup groups 125 "May Hubby leave a greater inheritance than
- 130 In a crowd of

## 25



131

134

133 131 Correction smudges

130

- 132 Outdo 133 Savage types 134 Course of study for
- the SAT, e.g. 135 Breathers

### DOWN

- 1 "Oh, woe!"
  2 Brit's "mobile"
  3 Weighty book
- 4 Start 5 20% fraction
- 6 Distant 7 Colony insect
- 8 Final degree 9 San - Zoo
- 10 Die-hard fan
- 11 Playful knuckle rub
- 12 Old Pontiac
- 13 Above, to a bard 14 Spherical
- 15 Little hill
- 15 Little hill
  16 Steps into
  17 Wish to a sick person
  18 "Here" singer Cara
  19 The "S" of GPS: Abbr.
- 24 Court officer's cry
- 28 Gabrielle of volleyball
- 33 Pinnacle
- 30 Sleek, in brief
- 31 Clic (Bic brand) 32 Submerged

- 34 Fill-in worker
- 35 Bug planter
  36 Gator cousin
  37 God, in Latin
  38 Field (Mets' home)
- 43 "King" ape 44 "Count me out," in poker
- 46 Brew barrel 48 Terminus
- 49 Iowa-to-Virginia dir. 52 Three, in German 53 Like adolescents
- 54 'Zine online 55 List-curtailing abbr. 59 Numero —
- 60 Blushing hue
- 62 \$ dispenser63 Former rival of AT&T
- 64 "- La La" (1964 hit)
- 66 Cheering yell 67 LGA guess
- 68 Dawn drops
- 70 Actor Sparks 71 Prefix with conscious
- 72 Riyadh's land
- 74 "Who's there?" reply 75 Mil. alliance
- 76 Highway jam
- 79 "So been told'
- 82 Concerning
- 84 Sleep stage
- 85 Before, to a bard 87 Bygone flight inits.

© 2025 by King Features Syndicate

- 89 Reverse 90 FBI attack
- 91 Besides that 93 Runs fast 94 Bits of history

132

135

95 Carpet cleaners, for short 96 "Horrors!"

By Frank A. Longo

- 97 Ten: Prefix 98 Gibe rudely
- 99 "CSI: Vegas" network 100 "The Wind in the Willows"
- author Kenneth

  105 Dishes of mixed greens
- 107 Fancy crowns 108 Most frigid
- 110 Toffee bar from Hershey113 "The Planets" composer
- Gustav 114 Jokes
- 115 Make sense
- 116 Texas county whose seat
- is Odessa 117 French river
- 121 Seeing things
- 122 Easy win 123 Eats dinner
- 124 Taxi 125 Encountered
- 126 Valuable rock
- 127 Bruins' Bobby 128 Tiny 129 Paranormal gift, in brief



## Picture Yourself in the Tri-States

While checking the wood duck boxes in our local wildlife management areas, Dubuque County Conservation staff found these small Eastern Screech Owls! They typically start nesting in March, with the male hunting to feed the female, who stays at the nest. These owls are monogamous and often mate for life.





Iconic stand-up comedian Emo Phillips brings his falsetto and his paraprosdokian jokes to the Mississippi Moon Bar Stage at the Diamond Jo Casino. Go ahead and look it up!



Battle for the Bluff Rodeo saw two big days of bronc and bull riding inside the Five Flags Arena over Valentine's weekend in Dubuque. Photo by Black Hat Photography.



Dubuque area Vietnam Veteran Harry Miller was honored with a Purple Heart 50 years after the fact during a ceremony held at the Veterans Freedom Center. Congratulations Harry and thank you for your service.



Congratulations to the Hempstead Mustangs Swimming State Champions and to their coaches who were named Coaching Staff of the Year! Photo by proud mom, Regan Wolbers.



The Community Foundation of Greater Dubuque partnered with River Lights Bookstore to donate 2,700 books to Dubuque Community School District's four Title 1 elementary schools. Each child got to select two books that they were able to take home and keep forever.



City of Dubuque Government presented Dubuque Main Street with a proclamation recognizing their 40th anniversary! For four decades, DMS has played a vital role in transforming our downtown from empty storefronts to thriving business and culture.



The Galena Hookers Crochet club that meets at the Grape Escape are gifting this granny square blanket they made to baby Mia Orroyo, who is getting heart surgery this week. Be strong little one!



Hundreds of local beer lovers turned out on a Saturday afternoon at Five Flags Arena for Dubuque On Ice Brewfest in support of The National Brewery Museum, Camp Albrecht Acres and Research for the Kids.



DRUMLine Live, the show stopping attraction created by the musical team behind the hit movies that embodies the soulful, high-stepping style of the Historically Black College and University marching band experience, performed before a wowed crowd at Five Flags Arena.



The Mining & Rollo Jamison Museum's supporters for a night of Ken Killian's



2025 Miner's Ball in Platteville, WI. The fundraiser brought together local history Classic Big Band music, dancing and more, perfectly timed for Valentine's Day!



ENJOY DRINKS, FOOD SAMPLES, LIVE MUSIC AND SHOPPING

ALL PROCEEDS GO STEEPLE SQUARE

TICKETS ARE\$45 IN ADVANCE ON EVENTBRITE AND \$55 AT THE DOOR. LIMITED TO 200.



STEEPLESQUARE.COM 563-235-3584 101 E. 15™ STREET, DUBUQUE, IOWA



someone else whip up those po boys! Submit your photo by using

Hats off to our friend Richard "Rico" Hirsch,

who recently sold Fat Tuesday's Bar, the

business he created and built for almost 30

years to the next generation. Time to let





Join our team and be part of an organization that values its employees and strives to make a positive impact in the community.

Learn More and Apply Today at VisitGoodwill.com



## Achieve More with Continuing Education at NICC



## **Beekeeping Bootcamp**

An experienced instructor from Dry Creek Beekeeping leads this boot camp, which is perfect for beginners. No prior knowledge or experience is needed and you do not need to own bees to participate.

MAR 8 | 9 AM-NOON | TOWN CLOCK BUSINESS CENTER



## Craft Cocktails: The Art of the Perfect Drink

Here's a great idea for a date night, girl's or guy's night, or no reason at all night out. This introductory course provides everything you will need to become a beginner mixologist. Must be 21 years old to register.

MAR 23 | 4-6 PM | BRAZEN KITCHEN, DUBUQUE



## Backyard Bounty: Start an Edible Garden

Embrace the spring season by starting an edible garden.
Choose vibrant plants, master growing techniques, and harvest your crops. Learn to nurture seeds into thriving food sources while accessing essential resources for seeds and seedlings.
MAR 25 | 6–7:30 PM | TOWN CLOCK BUSINESS CENTER

Explore these exciting classes and more! www.nicc.edu/solutions 844.642.2338 ext. 1399







### DEAR ANGELA,

My best friend went through a break up a month ago. It was bad and I had to pull out all the stops to support her. I was there through the late night cry sessions, I bought the pints and pints of ice cream she ate to help her forget about him, and I was her wing-woman when we went out and tried to find a rebound. I heard the worst stories about this guy, listened intently when she said all the reasons she thought he was an idiot, and built the fire that she used to burn all their love notes. She convinced me that this guy is a total loser who doesn't deserve my amazing, funny and talented friend. Then yesterday, they got back together! Apparently everything's peachy keen! She loves him again; it was all a misunderstanding. Meanwhile I'm left seething in my hatred for this guy. I mean we literally burned him in effigy last weekend. I certainly can't just go back to liking this guy, and watching my friend hold his hand is nearly unbearable. What should I do? -Friend til the End (of this relationship)

## DEAR FRIEND,

True friends like you, the "ride or die, slash a tire or two, got your back always" kind of friend is getting harder and harder to find these days. What's happened here is a good old fashioned Passion Transfer. She very obviously took all her frustration, annoyance, and irritation of this dude and passed it right on to you. Personal experience is that ice cream and fire, the frozen and the flame, act as especially strong conduits for emotions, and bip bap bop! Now you are the one who has all the negative emotions around this guy, allowing your friend to get back together with the "love of her life." It's a sacred role and one you should be honored to hold. From now on, It is your sworn duty to keep those feelings strong for your friend. You now serve as his constant, ever present reminder that he is lucky to have your friend in his life. Should he ever step out of line, you'll be there, gelato and lighter in hand.

## **DEAR ANGELA,**

I'm in college and I have a professor that seems to have it out for me, or at least doesn't seem to think I'm as worthy of support as another one of my classmates. Professor Bush (not his real name, his real last name is Wood) tends to offer up opportunities to another classmate. My classmate, let's call him Shane, gets about the same grades as I do and since we're in the same program we're in a lot of the same classes. I don't have any beef with Shane, but I hate that Bush seems to favor Shane for some inexplicable reason. I expressed an interest in applying for a very competitive internship, but Bush only offers to write a letter of support for Shane. He's not even interested in applying! We both received commendations on recent papers, but only Shane's was selected to advance to a national review board for the opportunity to be published in a research journal. Now I'm beginning the career search and Bush keeps sending the prime opportunities to Shane! How do I convince my professor that I've got skills too and am worthy of support and mentoring? -Left Behind on Lois St.

## **DEAR LEFT BEHIND**

The Comfy Sweater King, Mr. Fred Rogers, once said, "Look for the helpers," but this Bitter Grudge-Holding Queen says, "Look for the nemeses." Those that seem hell-bent on bringing you down and holding you back. You think Harry Potter is the only kid with a professor out to get him? There is no convincing this guy of your strengths. Instead, the lesson you need to learn from this is that for the rest of your life, you have free built-in rage, fueled by Mr. Wood... I mean Professor Bush. Allow it to flourish. Do everything to spite him. Go and get that internship. Apply for other research opportunities. Get a gig writing comedy advice in a local magazine. Do exactly everything you can to leave him in the dust. Someday you'll have the opportunity to give a speech and thank those who got you to where you are today. And one name in particular will not pass your lips.

## **ANGELA VENTRIS**

ANGELA HAS THE PUNCHLINES AND FASHION SENSE TO PLAY THE QUIRKY BEST FRIEND IN THE MADE-FOR-TV MOVIE OF YOUR LIFE. SHARE ALL YOUR PROBLEMS WITH HER AT ADVICE@DUBUQUE365.COM.

## BECAUSE SPACE SAYS SO... By Danny Fairchild, Friend to the Cosmos

**ARIES** (APR 19-MAY 13)

That cold snap was really something last week, wasn't it? Expect more of that in the future, as half of society continues to turn cold shoulders on people they're happy to see as second-class citizens rather than admit they followed down the wrong path.



## **TAURUS** (MAY 14-JUNE 19)

It's time for you to lay off people who ride e-bikes, you Luddite! They're not cheating anyone or anything, except maybe our hilly topography that would have kept them from riding at all. [Bryce feels targeted!]



### **GEMINI**

(JUNE 20-JULY 20) The left-brain/right-brain model is an oversimplified, almost useless way of thinking about the human mind. It's not a wall. Walls don't work. People just tell you they're a good idea. This fixation with useless walls is like beating your head against one.



## **CANCER** (JULY 21-AUG 9)

With Mercury conjoining Saturn in your value zone, now is not the time to slaughter the proverbial golden goose. If you have a literal golden goose, don't slaughter that, either. I mean, have

you SEEN the price of golden eggs lately?

LEO (AUG 10-SEP 15) Now is a time for personal growth. Warning: If personal growth lasts more than four



## **VIRGO**

hours, consult a physician.

(SEP 16-OCT 30)

Look, man, the reason you're not getting dates is because women don't feel safe with you. No one just deserves to have sex with anybody. But there are plenty of people who deserve to not have sex with anybody. Right now, you're just one of those people. Maybe it's the Axe body spray or perhaps the color of your hat?



(OCT 31-NOV 22)

Consider teaming up with

someone you trust to achieve your

goals. Because if you want your shot at a title, the tag-team belts are currently most vulnerable.



## **SCORPIO**

(NOV 23-NOV 29)

A society based on fear only makes for a cowardly society. It's time you explore why you want to live in a society that fears acts of freedom and bravery like, for example... a man performing publicly as a woman.



## **OPHIUCHUS**

(NOV 30-DEC 17) With Venus retrograd-

ing HARD in your productivity zone, your daily routines might fall by the wayside. You still have to poop, though, so don't forget.



## **SAGITTARIUS**

(DEC 18-JAN 8) It'll always be easier to make enemies than to make friends. And with fascism taking root, it's even easier. So you have no excuse.



## **CAPRICORN**

(JAN 9-FEB 15) Now is the time to connect with your inner child. Try con-

necting with a quick left jab followed by a huge right. Your inner child has had it coming for years.



## **AQUARIUS** (FEB 16-MAR 11)

Just because it feels like you keep losing when you know you should be winning, don't get down. See the little victories in the losses. I mean, an unranked Iowa Women's Basketball team just went 1-3 against Top 10 teams in the last couple of weeks and only lost to UCLA by two points in the last seconds of the game. They collectively "lost" by a total of three points across the three games. There's victory in there. Find it in your own fight, too!



## **PISCES**

(MAR 12-APR 18)

With the new moon in Pisces, it's no surprise how open your mind will be. After all, that's how cannibals tend to serve 'em.

### **DANNY FAIRCHILD**

DANNY FAIRCHILD IS THE ONLY THING STANDING BETWEEN US AND THE CELESTIAL BODIES THAT WOULD DESTROY US ALL. KIND OF LIKE THE MOVIE ARMAGEDDON. YOU CAN THANK HIM BY EMAILING HIM AT DANNY@DUBUQUE365.COM.





THURSDAY, JUNE 19





**SATURDAY, JULY 26** 



MORE ANNOUNCEMENTS TO COME

**BACKWATERSSTAGE.COM** 

PRESENTED BY



turpin turpindodgs.com of DUBUQUE





SPONSORED BY





