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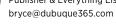


MAY 8-MAY 21, 2025 ISSUE #486

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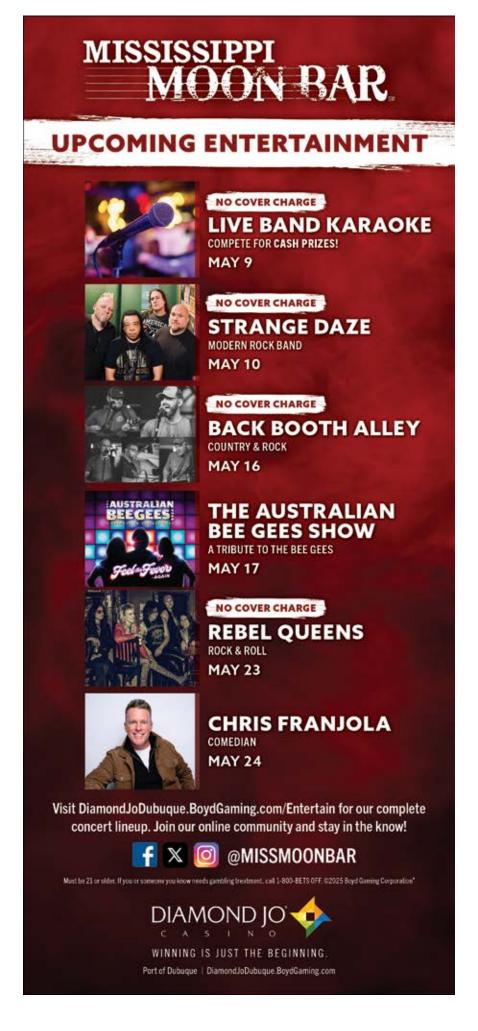


We've hidden Mike somewhere in this issue of *365ink*. Can you find him?

#### 365ink Magazine

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Like most lowans, and apparently most Americans, I was a bandwagon Caitlin Clark fan. I've written about it before. No apologies. I was, at least, an early adopter. And I've stayed with her in her transition to the Indiana Fever, in turn, becoming a big fan of the WNBA. It's so much more enjoyable to watch to me than the NBA which has become a snore fest of three-pointers and dunks with no game in between. We probably watched 80% of the Fever games last year, and many of those were at The OtherSide in East Dubuque, IL where they were shelling out cash prizes during every game.

As a bonus, I've also stayed with the Iowa Women's Basketball team during their first year with Jan Jensen as head coach and a largely new cast of players including Lucy Olsen and their unlikely ride back into the NCAA tournament during a rebuilding year under a new coach. And I even made it to Carver Hawkeye Arena to see the ladies play last season as well. But what I never got to see in person was Caitlin Clark playing. Well, until today, that is. Yes, my friend Neil Stockel, who watched most of those Fever games at The Other-Side with me, made the trip to Iowa City this afternoon to watch the Indiana Fever

come "home" before the Caitlin Clark Iowa fanatics for a preseason game against the Brazilian Women's National Team.

Yes, it was a bit of a pricey ticket, certainly not as much as I've been reading that people were paying to see the game, but we figured what the heck. This is an event. How often are you going to get this opportunity, not just to see her play, but to do so here on her storied home court, with her new team, stacked with veteran NBA talent? I might get to see a Fever game in Chicago or Minneapolis some day, but nothing like this. I'd say we sat in the cheap seats, but on this day, there was no such thing. And good for them.

She sat out of the preseason opening game yesterday in Indianapolis with an leg injury, and they won it in overtime over the Mystics, but I figured it would take a clean bone break to keep her from playing before the Iowa fans today, and I was right. Despite pregame buzz, she started. It was the first ever WNBA game to be televised live on ESPN, Duh! Like there was even a chance she wasn't going to be one of the five players they announced as starters at the top of the game. Nothing about the broadcast can possibly match the energy in the arena in person, but I do hear there was lots of fun bonus content for the at-home TV audience. But in person, all of my expectations were met and more.

You know she had to score the first points of the game with a three-pointer

from the top of the key. And after a 9–8 score early, it turned into a total rout after that over the Brazilian National Team. Dressed in all green, they even looked kind of like the hapless Washington Generals who invariably always lose to the Harlem Globetrotters. Not to

make light of them. They played pretty well against the Chicago Sky a day earlier, losing by only about 20 points. But on this day, after leading 90–35 after three quarters, the Fever sat their key players, giving the new recruits a chance to play.

With a 12-player roster cap and 15 on the team now, they have to cut three players in less than two weeks. Considering they drafted three players, it's quite possible that none of the draftees will even make the team. In the off season, after replacing the coach and keeping only five players from last year's roster, they loaded up with big-time WNBA free agent talent like Sophie Cunningham, Natasha Howard, and DeWanna Bonner. So, it's great that the new players got some time during this memorable event.

Knowing she would be sitting after three quarters, leave it to the beloved Clark to give the people what they wanted. With the seconds counting down on the quarter, she pulled up near her now-legendary NCAA



scoring leader record-making shot spot, which is permanently marked on the floor with a little 22 and let fly. It was actually a little longer shot at 36 feet, and she swished it, followed by a huge smile and some arms up in the air swagger that said, "Are you not entertained?" like the gladiator himself. The Fever then pulled her from the game. She sat on the bench, and the jumbotrons held a close-up on her as she made a heart symbol with her hands over her heart and then put her hands up beckoning for some noisy love from the crowd. It was a perfect tingle-inducing moment. You could not have scripted it better.

I'm so glad we dropped a few bucks on this potentially once-in-a-lifetime experience. It was my first time seeing her play in person and maybe my last. But you know I will be missing very few Fever games on TV this season. Even with the Cubs not sucking this year, it's still the most exciting thing in sports right now, and I'm thrilled to be on the bandwagon.



### Wednesday, May 21

Give online to support 200+ local nonprofits.

#### Plus...

Join us in person for a celebration of nonprofits!

11:30 a.m. - 1:30 p.m. Washington Park, Dubuque

Food trucks, music and more!

### Give all day at GreatGiveDay.org







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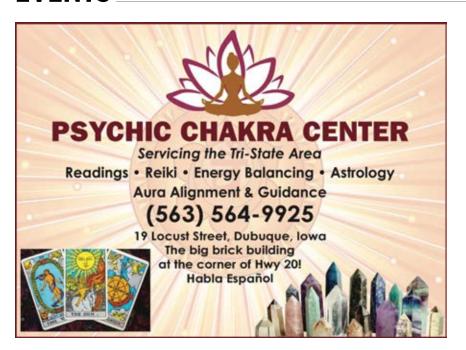






FIVE FLAGS CENTER - 405 MAIN STREET, DUBUQUE BUY TICKETS ONLINE AT FIVEFLAGSCENTER.COM







Ben and Grace have always been diligent savers, believing in the power of hard work and early investment. Their dedication paid off when they purchased their first home at just 21 years old.

"Dupaco was instrumental in helping us reach our goals. They guided us through the loan process, and now we have our dream house. It's been amazing," they said.













#### **DUBUQUE MAIN STREET'S**

#### **Architecture Davs**

**NOW THROUGH MAY 10** 

**VARIOUS LOCATIONS IN DUBUQUE** 

Dubuque Main Street will celebrate Architecture Days from May 5 to 10. Architecture Days, now in its 20th year, was inspired by National Architecture Week as well as Preservation Month. The mission of Architecture Days is to increase awareness of architecture as an art form and to explore the rich architectural landscape of Dubuque. The vast diversity of architectural styles found in downtown's historic, treasured structures adds to this rich intermingling of artistry and architectural design.

Architecture Days offers the public the opportunity to learn more about architecture and Dubuque's historic fabric, while celebrating our sense of place and the city's growth through commitment to architectural re-use and community. This year's schedule features tours and events that are open to the public at no cost. However, reservations are recommended and appreciated. Please note, due to the age of these properties, some are not accessible except by staircases.

#### Free Weekday Noon Tours

#### Thursday, May 8: St. Raphael's **Cathedral and Rectory**

This top-to-bottom restoration of the campus of St. Raphael's included the church, rectory, cathedral center, parking lot, and sidewalks. Exterior repairs to the brickwork and tuck pointing, and new roofs, along with interior repairs due to water damage, and accessibility upgrades were made. You'll be in awe of the church's renovation that includes the painting of walls and ceiling, repair of statues, and installation new flooring. The tour includes the rectory (administrative offices and priests' quarters) and fellowship center.

#### Free Historical & **Architectural Walking Tour**

#### Saturday, May 10: Lots to See on Locust Street

The tour starts at First Congregational Church, where they returned to celebrating services on site in December 2024, after a multi-year restoration. Then head north and you'll discover some hidden gems, such as: 1072 Locust St. is a private residence above with a new cafe at street level; 1108 Locust St. is now home to Swagat Indian Cuisine; 1134 Locust St. was once the residence of Senator Wm. B. Allison; 1105 Locust St. is known as the Henry Stout House; 1145 Locust St. is known as the Fannie Stout House (Henry's daughter); & 1155 Locust St. is the Dubuque Masonic Temple.

Bill Doyle (Heritage Works) and Jason Neises (Dubuque County Historic Preservation Commission) will lead the tour that will be held rain or shine unless severe weather conditions arise. The tour runs 10-11:30 a.m.

#### **Contact Dubuque Main Street**

Dubuque Main Street started in 1985 and their mission is dedicated to the development and ongoing support of downtown as the place in our community to thrive, dream, and explore.

To reserve your space or for more information, call Dubuque Main Street at 563-588-4400 or visit DubuqueMainStreet.org.

#### FRIENDS OF THE CARNEGIE-STOUT PUBLIC LIBRARY

#### **Books & More Sale**

MEMBERS-ONLY PRESALE: WEDNESDAY, MAY 14 @ NOON-6:30 PM PUBLIC SALE: THURSDAY, MAY 15 @ NOON-6:30 PM FRIDAY, MAY 16 @ NOON-4:30 PM

CARNEGIE-STOUT PUBLIC LIBRARY (360 W 11TH ST)

The Friends of the Carnegie-Stout Public Library invite shoppers to the Books & More Sale at the library. A membersonly presale runs Wednesday, May 14 at noon-6:30 p.m. with memberships available at the door. The public sale opens Thursday, May 15 at noon-6:30 p.m. and Friday, May 16 at noon-4:30 p.m.

Find unbeatable prices on a wide selection of books and specialty items, all while supporting the library. Discover a treasure trove of newer fiction, history, biography, games, media, children's books, collectibles, and more.

Memberships are available at the door. Purchases can be made with cash or check. For more information, call the Carnegie-Stout Public Library at 563-589-4313 or visit CarnegieStout.org.

















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JUMP AMERICA'S VAN HALEN EXPERIENCE

SATURDAY, MAY 10 **8PM** 

To see our full line-up visit us at: qcasinoandresort.com Management reserves all rights. Must be 21. Tickets are non-refundable. Gambling Problem? Call I-800-BETS-OFF







2<sup>ND</sup> ANNUAL

## Music, Art and Story Fest

SUNDAY, MAY 18 @ 3-6 CONVIVIUM URBAN FARMSTEAD (2811 JACKSON ST)

The second annual Music, Art and Story Fest is set for Sunday, May 18, to celebrate land, water and wildlife in the Dubuque area. The event at Convivium Urban Farmstead runs from 3 to 6 p.m., starting with a nature story-telling slam hosted by the Dubuque Area Writers Guild. Included will be a visit from Mark Twain and musical interludes by Addison Aronson.

The northeast lowa-area musical group Big Blue Sky will perform a concert starting at 4:30 p.m. Big Blue Sky is led by Jon "Hawk" Stravers, head of the Driftless Area Bird Conservancy.

The fest marks the end of the 100<sup>th</sup> anniversary of the Upper Mississippi River Wildlife and Fish Refuge. The Dubuque Camera Club will display nature and landscape photographs.

All monies raised will support the Dubuque Area Land, Water and Wildlife Habitat Fund, set up at the Community Foundation of Greater Dubuque by Dubuque Area Land and Water Legacy.

According to Art Roche, chair of the Land and Water Legacy, the fund is used to support land and water projects of public entities and nonprofit organizations that enhance wildlife habitat in the Dubuque area.

"We see this effort as a keystone component of future public-private partnerships to invest in our natural resources for the next 100 years," according to Roche. "The wealth we have inherited in the Driftless region and from the river that runs through it are jewels and riches that we want to preserve and bequeath to future generations."

Dubuque Area Land and Water Legacy is a grassroots community-based organization supporting and engaging in research, education, advocacy and coalition-building to protect, conserve, enhance and enjoy our natural resources.

According to Chuck Isenhart, director of the Land and Water Legacy: "In 2021, nearly 60 percent of Dubuque County voters said they were willing to pay an average of \$36 a year to take care of our natural resources and create new opportunities for the public to appreciate all that we have."

The requested donation at the door will be \$25 per adult. Each contribution of \$20 or more to the Foundation before May 15 will include a ticket to the event, which will be sent in the mail. Donations can be made online at **DubuqueLandAndWater.org**.



#### Tree of Life Memorial Service

TUESDAY, MAY 20 @ 7:30 PM WASHINGTON PARK (700 LOCUST ST) Hospice of Dubuque will host the Annual Tree of Life Memorial Service and Lighting Ceremony on Tuesday, May 20. The service will be in Washington Park at 7:30 pm. The evening will include prayer, music, readings, a guest speaker and lighting of the tree display. Due to limited seating, please bring a lawn chair.

Each light on the display will represent a person remembered or honored. To remember a loved one with a light on the Tree of Life, send a tax-deductible gift of any amount, along with their name, to 1670 JFK Road, Dubuque, IA 52002, or visit hospiceofdubuque.org. All memorials, not only those served by Hospice of Dubuque, are welcome. To ensure your loved one is included in the printed program, donations must reach the Hospice of Dubuque office by Friday, May 16. Lights will remain illuminated through Memorial Day.

Your gift supports the Hospice of Dubuque mission of providing compassionate care for the seriously ill and their loved ones, and helps fund the services that make a difference in the lives of your Tri-State neighbors.

In case of rain, the ceremony will be held at The Grand Opera House, 135 West 8<sup>th</sup> St. For more information, please email **cr@hospiceofdubuque.org** or call **563-582-1220**.



DUBUQUE AUDUBON ANNUAL SPRING SPECIES COUNT ON MAY 10 IN DUBUQUE

#### FRI **5/9**

#### Puttzin' Around Downtown

NOON @ VARIOUS
LOCATIONS IN
DOWNTOWN DUBUQUE
Puttzin' Around Downtown

a mini-golf business crawl where teams of four putt their way through 18 uniquely themed holes, each hosted by a participating business. This year's theme, A Very Disney-ish Adventure, invites you to bring classic storybook magic, daring adventures, and legendary lands to life—whether it's a genie's golden green, a beastly challenge, or a race through the wild jungle. End the day at the 19<sup>th</sup> Hole Party with drinks, food, and prizes. **563-588-4400**. **dubuquemainstreet.com**.

#### SAT **5/10**

#### Dubuque Audubon Annual Spring Species Count

6 AM @ MINES OF SPAIN, **DUBUQUE ARBORETUM** AND BOTANICAL GARDENS All are invited to spend as much or as little time as you like at this annual day of spring birding followed by a potluck picnic at the end of the day. Audubon guides will be on hand to help you identify species. Binoculars are recommended, and a couple of pairs will be available for use at the Mines of Spain location. Meet at the Julien Dubuque Monument at 6 a.m. or Dubuque Arboretum and Botanical Gardens at 7 a.m. Birding leaders will be in communication, with some groups possibly meeting up for lunch. Some may continue birding into the afternoon, where the destinations are determined as they go. At 5 p.m., gather at Swiss Valley Park for a potluck picnic at the Sycamore Pavilion. Brats and hotdogs will be provided while birding results are tabulated. No birding experience is required. RSVP for potluck. Free. audubondubuque.org.

#### 2<sup>nd</sup> Annual Be A Light 5K Mental Health Awareness Fun Run

10 AM @ FARLEY COMMUNITY PARK (FARLEY, IA)
The Be A Light Project is teaming up with Farley Market in the Park for a 1-mile or 5k route. Check in at 8 a.m.
The Kids 1-Mile Fun Run is designed for children 12 and under that want to walk or run alongside their peers. The 5K kicks off right after the kids

run at 10 a.m. Their mission is to support rural lowans on their mental health journeys by facilitating opportunities to learn about and connect with vital mental health resources through community outreach. This event features a partnership with the I'm Glad You Stayed Project (IGYSP), a nonprofit dedicated to real-time suicide prevention efforts by fostering open conversations about mental health and suicidal ideation. Proceeds support QPR (Question, Persuade, Refer) suicide prevention training in Farley, IA throughout the year, as well as NAMI Dubuque's host site in Epworth, IA. 5th Ave NE, Farley, IA. 563-580-5808. runsignup.com.

#### Meet Author Gin Griffith

11 AM-1 PM @ RIVER LIGHTS BOOKSTORE Meet Gin Griffith, fantasy romance author of *Holy Smoke*. Gin will have a special ombre sprayed edition of Holy Smoke just for River Lights Bookstore customers. Sparks fly when Jovi and Rogan are forced to flee—and fight—as an unwilling duo in Holy Smoke, the first in the Hellbound series. Gin prefers the realm of fantasy, where heroes smolder, heroines kick butt, magic is real, and love conquers all. She lives in the Midwestern woods with her golden retriever and her husband. 1098 Main St. 563-556-4391. RiverLights.com.

#### 4<sup>th</sup> Annual Platteville Pub Crawl

11 AM-2 AM @ DOWNTOWN PLATTEVILLE, WI Help fundraise for Platteville Main Street Program! Purchase a T-shirt or lanyard as your ticket. Participants must wear the event T-shirt or lanyard to have access to all the food and beverage discounts available at participating locations on the day of the event. plattevillemainstreet.com.

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#### East Dubuque Memorial Day Parade

MONDAY, MAY 26 @ 9:30 AM SINSINAWA AVE, EAST DUBUQUE, IL All Veterans groups, service organizations, auto clubs, Heritage Girls, Boy Scouts, Cub Scouts, Girl Scouts, school bands, local churches, civic clubs, and area businesses are invited to take part in the East Dubuque Memorial Day Parade on Mondaym May 26. The parade will line up on Wall Street at 9 a.m. and start at 9:30 a.m.

The American Legion Post 787 asks all area residents and Parade goers to be mindful of safety and public works signage for the parade route.

Following the parade, military services will take place at the East Dubuque Cemetery. Master of Ceremonies/Parade Marshall this year is East Dubuque resident and historian Chuck Splinter.

On Sunday, May 25, Nativity BVM
Church in Menominee will hold cemetery
services following the 9 a.m. mass. The East
Dubuque American Legion Post 787, East
Dubuque Drum and Bugle Corp, Galena
VFW, Galena American Legion Post #193,
and the Galena Generals will take part.

The East Dubuque American Legion Post 787 will have poppies for sale on both Friday, May 23 at Fidelity Bank, Vans Liquor Store, and Family Beer at 2-6 p.m. and Saturday, May 24 at Vans Liquor Store and Family Beer at 8 a.m.-noon.

For more information, call **563-599-1090**. ■



# THE RANS AFFER

#### Dubuque Memorial Day Parade

MONDAY, MAY 26 @ NOON CHAPLAIN SCHMITT ISLAND (1855 GREYHOUND PARK RD)

This year's Dubuque Memorial Day Parade will be held on Monday, May 26 on Chaplain Schmitt Island. The parade assembles at the west end of the Q Casino + Resort parking lot starting at 11 a.m. followed by the parade at noon.

The parade will travel down Greyhound Drive to Admiral Sheehy Drive and finish at the ImON Ice Arena. Individuals part of the Memorial Ceremony will be allowed to move into the assembly area.

Approximately 10 to 20 minutes after the parade, a short ceremony will be held at Veterans Memorial Plaza where a wreath will be placed by the Globe with guest speaker and all the service organizations commanders. There will be tents with nonprofits and organizations talking about their different issues. Bring your appetite as five food trucks will be serving delicious food: Delaney Ice Cream, Adobos, Frank O'Dowds Food Truck, Chew on This, and The Hangry Hobo.

Those interested in being in the parade must have sign waiver to participate. To download the waiver and for more information, visit

facebook.com/dbqveteranservices.



## MORNING FLIGHTS!

Early morning departures begin May 16.

- Daily early morning departure from Dubuque to O'Hare
- Daily early evening return flight from O'Hare to Dubuque
- Hundreds of connections with American & United Airlines
- Jet bridge service at Gate L27, O'Hare Terminal 3

Book your flight today! FlyDBQ.com





ORDER OF THE ARROW MOTHER'S DAY BREAKFAST ON MAY 11 AT EAGLE POINT PARK

#### SUN **5/11**

#### Order of the Arrow Mother's Day Breakfast

7:30 AM-NOON @ EAGLE POINT PARK

The local scouting America's order of the arrow group will host a pancake breakfast on Mother's Day. Pancakes, eggs, sausage, and more will be served. All proceeds will go back to funding more activities that will help benefit the community. \$10. 2601 Shiras Ave. **scouting.org**.

#### Dubuque Shakespeare Project: Henry V

2-3:30 PM @ CARNEGIE-STOUT PUBLIC LIBRARY

The series highlights common themes across Shakespeare's plays and narrative poems and will chart the writer's growth as a dramatist. As a starting point, each month's discussion will place the work in the contexts of Shakespeare's canon and the play's relevance to our current human condition. Shakespeare first gained notice with his early histories chronicling the Wars of the Roses. When he started work on the prequels that lay the historical basis for the Wars of the Roses ending in the short triumphant reign of Henry V, Shakespeare's

interests and talents had grown too big for any one genre. Though nominally histories, Shakespeare questions everything from the monarchy itself and delves deep into the qualities that seem to define a successful leader. These plays gain additional resonance when we consider that they were written in the last decade of Elizabeth's reign when guestions of succession, transfer and wielding of power and stability were all at the forefront of their thinking. 360 W 11th St. shakespeare. carnegiestout.org.

#### THU **5/15**

In the Kitchen: Understanding Macros

5-6 PM @ STATERA KITCHEN

Learn about macros, what they are, and what's really important about them for you. \$35. 3375 Lake Ridge Dr. **563-207-8932**. **stateraintegrated.com**.

Make-Your-Own Charcuterie Board Series: Midwest Original

5:30-7 PM @ PEPPERCORN FOOD COMPANY Style an Instagram-worthy

7-inch round cheeseboard

to take home. Learn about the history and provenance of four featured cheeses and how to expertly pair them with curated accompaniments. The 5/15 class features Salemville Smoked Blue Cheese, WI; Prairie Breeze Cheddar by Milton Creamery, IA; Bellavitano Black Pepper by Sartori, WI; & Carr Valley Cranberry Chipotle Cheddar, WI. Seats are limited. RSVP required. \$65. 2400 Central Ave. **319-743-5111**.

### FRI **5/16**

peppercorn foodcompany.com.

#### Platteville City Wide Garage Sale

VARIOUS LOCATIONS
IN PLATTEVILLE, WI
5/16-5/17. Take advantage
and find some bargains during the Platteville City Wide
Garage Sale. The Platteville
Journal will be organizing the map and listings.
theplattevillejournal.com.

#### SAT **5/17**

15<sup>th</sup> Annual Outrun the Rays 5K Walk/ Run & Bike Ride

8:45 AM @ PEOSTA COMMUNITY CENTER (PEOSTA, IA)

Racers ages 9 and under can register for the Kids' Fun Run starting at 8:45 a.m. The 5K race starts at 9:15 a.m. and will be timed and scored by J3 Timing. The Bike ride starts at 1 p.m. at Darkbird Taphouse in Peosta, IA. Two routes are offered: 24 or 38 miles. Outrun the Rays is a nonprofit organization based in Dubuque County formed by melanoma survivors and their families and friends, working to "Rays" melanoma awareness and sun-safety. Proceeds go to providing grants to organizations implementing sun-safety measures and free sunscreen to 3.000+ athletes each summer. 7896 Burds Rd, Peosta, IA. outruntherays.org.

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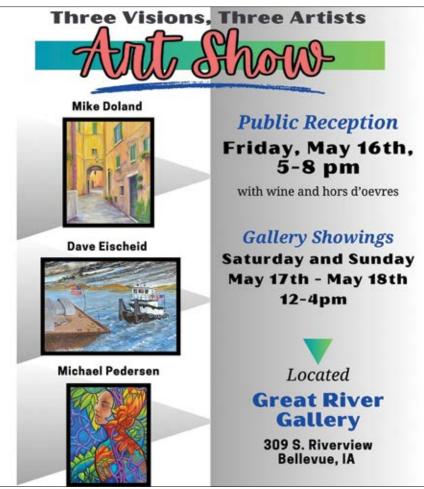


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#### **Dubuque Pride Festival**

SATURDAY, JUNE 7 @ NOON-5 PM TOWN CLOCK PLAZA (680 MAIN ST)

The Dubuque Pride Festival returns Saturday, June 7 from noon to 5 p.m. at their new home in Town Clock Plaza in downtown Dubuque. This year's event features live music, a DJ, drag performances, and

more, with a large selection of vendor and resource booths, on-site DBQ Pride T-shirt printing, kids' activities, and food vendors.

Presented each Pride Month by DBQ Pride, Inc., a 501(c)(3) nonprofit whose mission is to unite and empower our local LGBTQ+ community and allies through connectedness, the festival will feature a tented stage and picnic seating for participants to gather in support and celebration of the vibrancy that LGBTQ+ individuals bring to Dubuque.

This is a free, family friendly event, with proceeds funding our ongoing community education and workshops, monthly community events, and the Pride Festival.

So, join in celebration of community and pride in the heart of the city. Visit **DBQpride.org** for more information.

#### SAT **5/17**

#### 4<sup>th</sup> Annual Go Topless Day Benefit Jeep Ride for Veterans

10 AM @ TRACKSIDE BAR AND GRILL (PEOSTA, IA) This all-vehicles-welcome event kicks off with registration at 8:30 a.m. with the ride departing at 10 a.m. The scenic route includes stops at Off Shore, Alfred's, Bent Rim, and concludes back at Trackside with live music by Ozzy & Bon JoeB at 3-7 p.m. Participants can enjoy a 50/50 raffle and prize giveaways throughout the day. Rain or shine. All proceeds go directly to support veterans. \$10.

#### **Craft Supply Swap**

11 AM-3 PM @ PLATTEVILLE PUBLIC LIBRARY (PLATTEVILLE, WI) Come and take your pick of donated craft supplies. Perfect for those who want to try a new hobby or are looking to add to their current stash Anyone who donates craft supplies by May 16 will get an early bird ticket for entry at 10:30 a.m. and first pick of items. Please be kind and take only what you can personally use. Then, everyone is welcome to come pick out items starting at 11 a.m. During the last hour, attendees are invited to take as many supplies as they would like. 225 W Main St, Platteville, WI. 608-348-7441. PlattevillePublicLibrary.org.



11<sup>TH</sup> ANNUAL CASCADE WING FEST ON MAY 17 AT CASCADE RIVERFRONT PARK IN CASCADE, IA

### Geocaching 101 1-3 PM @ SHALOM SPIRITUALITY CENTER

Learn the history of geocaching, different types of geocaches, how to read the cache page, and what you might encounter when searching for a particular geocache. Add the free geocaching app to your phone and see the many geocaches that are available for you to find. Instructed by Terry and Mary Balek, a husband and wife team that have followed their daughters' geocaching adventures through the years. They

have found nearly 14,000

geocaches in 32 states and

5 Canadian provinces. They

caches of different types for

others to find. Families are

welcome; children under

have also placed over 550

16 should be accompanied by an adult. RSVP by 5/15. Freewill donation. 1001 Davis St. **563-582-3592**. **shalomretreats.org**.

#### Dance Your Bluff Off Dance Festival

#### 2:30-9 PM @ CABLE CAR SQUARE

Join the Bluff Street Neighborhood Association for a spring afternoon of dance performances and audienceparticipation demos for the whole family. Social Dancing in Dubuque has a rich history. Big bands, dance clubs, and ballroom dancing once flourished here for decades. It is notable that these types of dances have since become under-represented in our city. The program includes a professional couple dance show by Adam's Dance Connection,





A PICNIC WITH LAURA INGALLS WILDER ON MAY 18 AT GRANT PARK IN GALENA, IL

descending from the Fenelon Elevator; a Brazilian Capoeira street roda/gathering; kids performances and demos of Hip Hop, African-style, and majorette by Turnt Kidz; Argentine tango with lessons and other social dances; and wine tasting, food trucks, and vendors. The Bluff Street **Neighborhood Association** is a non-profit organization that holds seasonal events to help grow community awareness, promote neighborhood camaraderie and preserve Dubuque's artistic and cultural traditions.

#### 11th Annual Cascade Wing Fest

3-7 PM @ CASCADE RIVERFRONT PARK (CASCADE, IA)

The annual wing festival boasts an afternoon of friendly competition with samples of 8 wings for \$10 and cold beverages. Bring your own lawn chair. No carry ins. Wing Fest is a fundraiser hosted by the Cascade Area Chamber of Commerce. Free. 101 Pierce St, Cascade, IA. cascadechamber.org.

#### SUN 5/18

#### Galena LitFest: A Picnic with Laura Ingalls Wilder

11 AM @ GRANT PARK (GALENA, IL) In celebration of the 11<sup>th</sup> annual Galena LitFest, the Galena Public Library welcomes back Debra Miller who will portray Laura Ingalls Wilder. The Little House books are a beloved literary phenomena, with hundreds of thousands of fans from all over the world, but Laura Ingalls Wilder said, "All I have told is true, but it is not the whole truth." Through her letters, journals, and original text of *Pioneer Girl*, Laura speaks to you in her own words of the hardship, heartbreaks and harrowing events that inspired the Little House books. Includes a box lunch and beverages. RSVP by 5/8. \$25. 625 Park Ave, Galena, IL. 815-777-0200. lauraingallswilder. eventbrite.com.

#### SAT **5/24**

#### Pride + Protest: Zine's as Art and Social Movement

1-3 PM @ BLUFF STROKES ART CENTER Artist and University of Iowa Professor Elizabeth Rodriguez Fielder will teach how to make zines. Try out a variety of book forms: one-page books and pamphlet stitch books. While learning the craft of making, you will also learn about the history of zines and how they emerged alongside social movement activism, especially activism from LGBTQ+ communities. Generate words that speak to our contemporary moment or to curate others' words and

images to make a unique art object. Materials provided or bring your own pictures or writing. All skill levels for the LGBTQ+ community, allies, and anyone from the community looking to learn more about this queer-rooted art form. Refreshments provided. Hosted by DBQ Pride and Bluff Strokes. Scholarships available. \$25.1201 Locust St. **DBQpride.org**.

#### THU 5/29

#### Rain Barrel Workshop

5-7 PM @ SWISS VALLEY
CAMPGROUND SYCAMORE
PAVILION (PEOSTA, IA)
Make your own rain barrel
to take home! Materials
and tools will be provided.
No experience is required.
Each session is 30 minutes.
1 barrel per household.
RSVP required. \$35. 13069
Swiss Valley Rd, Peosta, IA. 563-556-6745.
dubuquecountyiowa.gov/conservation.



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



#### **May Is Hepatitis Awareness Month**

Hepatitis is an inflammation of the liver that can cause health problems, such as liver cancer and liver failure.

Learn the ABCs of this serious virus.

#### **Hepatitis A**

- Spread through contaminated food and drink.
- It's very contagious and you can spread the virus even if you don't have symptoms.

#### **Hepatitis B**

- Spread through contact with an infected person's blood or other bodily fluids.
- There's no cure for hepatitis B, but treatment can delay or reduce the risk of developing liver cancer.

#### **Hepatitis C**

- There isn't a vaccine to prevent hepatitis C, but treatment is available.
- Most people with hepatitis C can be cured with just 8–12 weeks of treatment.

Help Protect Your Liver From Hepatitis





**Human Services** 

Ask your healthcare provider about hepatitis vaccines and testing.

Source: cdc.gov 4/25

## Ongoing & Recurring Events

#### **MONDAY**

#### Free Line Dance Lessons

5 PM @ ADAMS'S DANCE CONNECTION 3RD MON THROUGH 10/20 Local dance instructor Adam Kieffer guides participants through the basics of line dancing, including fundamental steps and popular routines set to the rhythms of country, pop, and R&B music. No experience necessary. Partnered with Carnegie-Stout Public Library. Age 18+. RSVP required. Free. 900 Jackson St STE 108A. 563-589-4225 x2224. carnegiestout.org.

#### **THURSDAY**

#### East Dubuque Cruisin' Thursdays

5-9 PM @ SINSINAWA AVE,

EAST DBQ, IL

THU THROUGH 9/25

7/3 MOVED TO 7/2

Open to all years of classic,
muscle, and unique cars,
trucks, and motorcycles.
Great food, closed street,
open containers, and live
music. Free. facebook.com/

#### **FRIDAY**

eastdubuquecarshow.

#### **Food Festival Fridays**

2ND FRI THROUGH 9/12: 11:30 AM-1:30 PM @ WASHINGTON PARK Join area food vendors for a lunchtime food fest. 365ink Magazine brings the perfect side dish to your chicken sandwich, pizza, or coffee: local, live music! Catch the following performers in the gazebo: 5/9 Ralph Kluseman, 6/13 Burn Cruise, 7/11 Joie Wails, 8/8 John Moran, and 9/12 Roy Schroedl. DSO Youth String Quartet will open some dates. Hosted by Dubuque Main Street. Free. 700 Locust St. dubuquemainstreet.com.

#### First Fridays

VARIOUS LOCATIONS IN DUBUQUE 1<sup>ST</sup> 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**.

#### FARMERS' MARKETS

#### Cuba City Community Market

3RD WED THROUGH 9/17: 4-7 PM @ VETERAN'S MEMORIAL PARK (CUBA CITY, WI) 100 S Washington St, Cuba City, WI. 608-744-2152. facebook.com/ CubaCityMarket.

#### Dyersville Farmers Market

THU 5/22-10/2: 3-5 PM
@ COMMERCIAL CLUB
PARK (DYERSVILLE, IA)
225 11th St SE, Dyersville, IA.
dyersville.org/events.

#### Millwork Night Market

 $2^{\text{ND}}$  THU THROUGH 10/9: 5–8 PM @  $7^{\text{TH}}$  -9  $^{\text{TH}}$  & JACKSON ST

MillworkNightMarket.com.

#### **Dubuque Farmers' Market**

SAT THROUGH 9/27: 7 AM-NOON SAT 10/4-10/25: 8 AM-NOON NEAR 12<sup>TH</sup> AND IOWA ST **563-588-4400**. **DubugueFarmersMarket.org**.

#### Galena Farmer's Market

SAT 5/17-10/25:
7 AM-NOON @ GALENA
CITY HALL PARKING
LOT (GALENA, IL)
101 Green St, Galena,
IL. 563-542-0996.
facebook.com/
GalenaFarmersMarket.

#### Platteville Summer Farmer's Market

SAT THROUGH 10/25: 8 AM-NOON @ PLATTEVILLE CITY PARK (PLATTEVILLE, WI) 75 N Bonson St, Platteville, WI. 608-218-4374. PlattevilleFarmers MarketWI.com.

#### Dyersville Downtown Market

LAST SAT 6/28-9/27: 8 AM-NOON @ LEGACY SQUARE (DYERSVILLE, IA) 3<sup>rd</sup> Ave SW & 3<sup>rd</sup> St, Dyersville, IA. **DyersvilleDowntown Market.com**.

#### Galena Territory Farmers Market

SUN: 5/25-10/12: 8 AM-NOON @ GALENA TERRITORY OWNERS' CLUB PARKING LOT (GALENA, IL) 2000 Territory Dr, Galena, IL. 815-777-2000. TheGalenaTerritory.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





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envision2030.org



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Presenting Sponsor



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## Better TOGETHER

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UnityPoint Health Family

As we make this transition, you'll continue to receive the **same exceptional care, from the same providers and care team members you know and trust**, while noticing very little change or disruption in you care.

Clinic locations, hours, and phone numbers remain the same and existing future appointments will be honored and transitioned to UnityPoint Clinic.

We're driven by the belief that **healthcare** is **best when** it's **local**, and we look forward to continuing that legacy of providing high-quality preventative, primary and specialty care you depend on.





#### Turn to Stone: A Tribute to ELO

FRIDAY, MAY 9 @ 7 PM FIVE FLAGS THEATER

Turn to Stone brings the magic of Electric Light Orchestra to the Five Flags Theater on Friday, May 9 at 7 p.m.

Relive Electric Light Orchestra's greatest hits such as "Don't Bring Me Down," "Mr. Blue Sky," and more, complete with a live string section, light show, and vintage '70s vibe. Formed in 2021, Turn to Stone has quickly become a top ELO tribute band, dedicated to bringing the iconic sound to fans nationwide.

Tickets are \$32-\$48. ■



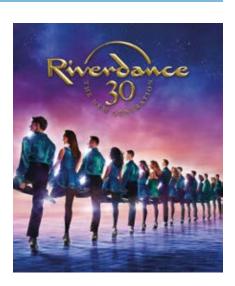
#### **Riverdance**

TUESDAY, MAY 13 @ 7 PM FIVE FLAGS ARENA

Experience the breathtaking energy and passion of Riverdance: The Next Generation at the Five Flags Arena on Tuesday, May 13 at 7 p.m.

This revamped production features a talented new cast, innovative lighting, and updated staging, while still celebrating the timeless Irish music and dance that have captivated audiences worldwide for over 25 years. Don't miss the chance to witness this iconic show, filled with mesmerizing choreography, enchanting melodies, and the signature high-energy Irish step dancing that has made Riverdance a global phenomenon.

VIP tickets include a seat in the first two rows, early access to watch cast



warm ups, VIP laminate, and a short Q&A with select members prior to the performance. Tickets are \$45-\$185.

#### **Royal Bliss**

SATURDAY, MAY 24 @ 7 PM FIVE FLAGS THEATER

Royal Bliss blends their distinctive sound with classic and modern rock elements for a night of pure rock at the Five Flags Theater on Saturday, May 24 at 7 p.m.

Hailing from Salt Lake City, UT, Royal Bliss, been a formidable presence in the rock music scene since their formation in 1997. They draw inspiration from legends like Led Zeppelin and Johnny Cash. Over the years, they've achieved significant milestones, including signing with Capitol Records, amassing over 100 million streams, and sharing stages with renowned acts such as Kid Rock and Lynyrd Skynyrd. Their discography boasts six full-length studio albums, with their latest release, *Survival* (2023), exemplifying their resilience and dedication to their craft.



Local favorite band RatchetJaw will be kicking off the night in. This event is in partnership with 97.3 The Rock. Tickets are \$15-\$25. ■

## **Dubuque Bike Week Celebration**

#### May 12-18 Various Locations in Dubuque

The City of Dubuque and the Dubuque Bike Coop are co-sponsoring a series of events to celebrate Bike Week May 12–18. As part of the Bike Week celebration, the City is encouraging residents to ride a bicycle as a means of transportation or recreation. A total of 13 events are planned throughout the week, including a bike-in picnic which will be held at the Bee Branch Amphitheatre on the evening of Friday, May 16, and will feature remarks from Mayor Brad Cavanagh.

"Increased bike riding is a feature of several of our city goals and priorities and supports our efforts to make Dubuque a more vibrant and connected community," said Cavanagh. "Despite our beautiful Dubuque hills, we are making strides to become a more bike-friendly community, including the addition of dedicated bike lanes on several downtown streets last summer."

Additional events include group bike rides and maintenance workshops. Events offer activities for riders of all ages and ability levels, with at least one event happening each day of the week. The full list of events can be found at **BikeWeekDBQ.com**. Visitors to the site can also register for events, learn about specials and promotions at participating businesses and restaurants, and enter to win prizes including bike tools, Heritage Trail passes, shirts, and gift cards to local bike shops.



During the week, the City's bus service, The Jule, will offer free rides for anyone who uses the bike racks on buses. Those interested in utilizing this "Rack and Ride" service can find The Jule's routes and schedules at **MyRide.cityofdubuque.org** 

The City's Bike Week co-sponsor, the Dubuque Bike Coop, was founded in 2012 by several local biking and community advocates who recognized a need for a bicycle cooperative in Dubuque. Their mission is to build community by utilizing bicycles to promote healthy living and wellness along with environmental sustainability.

Bike Week is a part of the annual celebration of May as National Bike Month. The observance is promoted by the League of American Bicyclists, a national organization dating back to 1880 that advocates for a more bicycle-friendly America. More information about the League can be found on its website, **BikeLeague.org**.

### **Great Give Day**

Wednesday, May 21 @ All Day Great Give Day Live @ 11:30 AM-1:30 PM Washington Park (700 Locust St)

Hosted by the Community Foundation of Greater Dubuque, Great Give Day is a 24-hour, online giving event with a simple goal: Inspire people to come together and give as much as possible to support local nonprofits. It is an opportunity for organizations to reach new supporters and compete for bonus prizes from local business sponsors that increase their total gifts.

"Our community shines on Great Give Day," says Peter Supple, the Foundation's director of nonprofit relations. "We appreciate everyone who contributes. Every gift makes a difference."

This year, Great Give Day will be Wednesday, May 21, and everyone can make gifts at **GreatGiveDay.org** from midnight through 11:59 p.m. As in years past, participating nonprofits direct gifts to their endowment funds or toward specific programs and projects. Throughout the day, organizations compete for \$30,000 in bonus prizes sponsored by local businesses. Prizes are awarded for social media participation as well as accomplishments like "most gifts in an hour."

Also returning this year is Great Give Day Live, a celebration of nonprofits that will take place from 11:30 a.m. to 1:30 p.m. May 21 in Dubuque's Washington Park. Community members are invited to enjoy food trucks and music on their lunch break while also learning about local organizations from representatives who will be in attendance. It's also



a chance for people to learn more about Great Give Day and how they can easily make gifts online throughout the day.

The Community Foundation established Great Give Day 12 years ago as part of its work to strengthen nonprofits in the Dubuque region. Since then, it has raised more than \$3.6 million for local organizations, including more than \$450,000 in 2024. This year, the Foundation has set a fundraising goal of \$500,000.

Behind the final tallies are additional outcomes that build strong nonprofits. Many organizations start endowment funds with the Foundation so people can give to them on Great Give Day. These funds are invested, continue to grow, and pay out each year to sustain nonprofits' work.

For donors, Great Give Day is an opportunity to simplify their giving and make their dollars go further. Dubuque residents Ernest and Peggy Jackson are among the thousands of people who give each year.

For more information about Great Give Day, and to make your gifts to participating nonprofits on May 21, visit **GreatGiveDay.org**.

## Ice Dinosaurs Exhibition

## The Lost World of the Alaskan Arctic Exhibition

May 24-September 14 National Mississippi River Museum & Aquarium (350 E 3<sup>rd</sup> St)

The National Mississippi River Museum & Aquarium will become the third site to host the newly-designed

exhibition *Ice Dinosaurs: The Lost World of the Alaskan Arctic* beginning May 24. The exhibition, produced by Imagine Exhibitions, has only been on display at the Museum of Science and History—Jacksonville and will wrap up its tour at the Academy of Natural Sciences of Drexel University before arriving in Dubuque this summer.

Ice Dinosaurs transports visitors back to the prehistoric era, uncovering the incredible dinosaurs and other creatures that roamed the frozen landscapes of Alaska millions of years ago. This thrilling exhibition presents a unique look at paleontology, climate science, and the survival of ancient species in one of the harshest environments on Earth.

*Ice Dinosaurs* bring stunning life-size reconstructions, fossils, and multimedia exhibits, inviting visitors to experience these magnificent creatures and learn about the mysteries of the Alaskan Arctic during the age of dinosaurs.

The exhibition features 20 animatronic dinosaurs and 17 static creatures in addition to large, touchable fossils including a T. Rex footprint, Edmontosaurus femur, and more. Through this immersive experience bringing guests



back to the Late Cretaceous period in Northern Alaska, *Ice Dinosaurs: The Lost World of the Alaskan Arctic* unleashes an exciting and adventurous world of paleontology.

The exhibition will run from May 24 through Sept. 14, 2025, located on the second floor of the William Woodward Mississippi River Center. The exhibition included in general admission. More information can be found at **rivermuseum.org/exhibits**.

### Picture Yourself in the Tri-States

TRAVEL Dubuque

WHERE TOWA STARTED



Thanks to the generosity of volunteers from several local companies through the Days of Caring initiative, The Dubuque Arboretum and Botanical Garden was able to tackle important projects across the grounds from garden prep to giftshop maintenance and everything in between. Photo by Kristin Landerholm.



Brandon Duccini performs our favorite, "I Wanna Be the Tennis Balls on you Walker," with his band, The Enemies of Confusion at the Lift in downtown Dubuque. Photo by Ed Raber.



Performers from a captivating evening of Readings Under the Influence at the Smokestack in downtown Dubuque gather for a group shot after a slate of great offerings from poetry to music and humor.



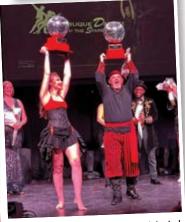
The crew at Uncle Ike's Music, like Addison and Jim here, performed free re–stringing of guitars at the store during their Guitar Days Celebration.



The Galena Ghostbusters were skeptical of this spooky looking ride during their visit to the 2025 Vintage Torquefest classic car and vintage counterculture celebration at the Dubuque County Fairgrounds, raising funds for the Helping Hannah's Heart Foundation.



Speaking of classic cars, the first installment of the Summer-long East Dubuque Cruisin' Car Thursday night car shows took place in East Dubuque with these area racers featured among the many awesome rides and great live music.



John Gartner of RE/MAX and his talented dance partner, Hannah Nelson, won the Dubuque Area Chamber of Commerce 2025 Dubuque Dancing With The Stars Mirrorball and raised \$25,000 for the United Way!



Axes Up! The new Dubuque Miners Football Team held a kickoff event at the Dubuque Best Western Plus hotel on May 2nd, showing off not just the new uniforms but the team's players and staff as well. The season opens May 17 with the first home game June 14 at U.D. Visit dbqminers.com!



Families take a moment during the Dubuque Heart Walk held at the Dubuque Arboretum and Botanical Gardens to enjoy the beautiful koi pond on the arboretum campus. Photo by Dani Ludovissy.

Submit your photo by using



The Buchholtz family were among the many Dubuquers who gathered at the Heritage Trail to run in the Annual Live Like Mark 5K charity fundraiser in memory of former Dubuque Police Chief Mark Dalsing.



Filmmakers and film lovers gathered in downtown Dubuque in late April to celebrate the medium at another edition of the amazing Julien Dubuque International Film Festival. Photo by Ron Tigges of DigitalDubuque.com.

on Social Media!

### GHOST SATURDAYS

greatest show on dirt 2025

#### Don't miss your chance to enjoy the Field of Dreams Movie Site's Ghost Players Saturdays.

This self-proclaimed "Greatest Show on Dirt" is an hour long and start at 1PM except for the night game that starts at 6PM. Please bring your own seating.

**FREE TO ATTEND** 



JULY 5 JULY 19 AUGUST 2 AUGUST 16\*

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FIELD OF DREAMS MOVIESITE

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MSMOVIESITE.COM DYERSVILLE, IOWA



THE VAGINA MONOLOGUES FULL CAST AT GALENA CENTER FOR THE ARTS,

## The Vagina Monologues

MAY 8-10 @ 7:30 PM THE LACY MANSION (1640 MAIN ST)

Join for a night of powerful storytelling and celebration of femininity through *The Vagina Monologues* at The Lacy Mansion on May 8–10 at 7:30 p.m.

The Vagina Monologues, written by V (formerly Eve Ensler), has sparked conversations about women's bodies and experiences since 1996. First performed Off-Broadway and in locations around the world, they dive into the mystery, humor, pain, power, wisdom, outrage, and excitement in women's experiences. They break taboos about women's

sexuality and shatter the silence around violence done to women and girls.

After a completely sold-out weekend in March at The Galena Center for the Arts, which was also part of Broad Ideas 2025, *The Vagina Monologues* cast and crew were thrilled when Katherine Tully invited the production to perform at the Lacy Mansion in May, giving the local community one more chance to lean into the stories that must be told.

This show contains adult content and is intended for a mature audience. Donations help cover the operating costs of this production and support future art and cultural programs at the Lacy Mansion.

Tickets are free, donations are appreciated. For tickets and more information, visit TVM2025.eventbrite.com. ■





LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES

#### Neil Berg's 104 Years of Broadway

FRIDAY, MAY 9 @ 7:30 PM UNIVERSITY OF DUBUQUE HERITAGE CENTER JOHN AND ALICE BUTLER HALL (2255 BENNETT ST)

Producer, pianist, and composer Neil Berg returns to Heritage Center with Neil Berg's 104 Years of Broadway, presented by the Dubuque Arts Council, on Friday, May 9 at 7:30 p.m. in John and Alice Butler Hall.

Direct from New York and featuring Dubuque native Rita Harvey, 104 Years of Broadway recreates the greatest moments from the finest shows of the past century. Berg will share the songs and stories behind the music that has defined Broadway and changed the world. This performance serves as a sequel to Berg's previous Broadway revue and brings together a talented cast of stars from some of Broadway's greatest musicals. Harvey performs as the principal soprano in the show.

"We are excited to have Neil Berg return to again bring Broadway excellence

to Dubuque. He and his wife, Rita Harvey, are local favorites and always share their musical talents and knowledge of the history of the great American composers that made Broadway shine," said Dr. Hunter Fuerste, vice president of the Dubuque Arts Council Board of Directors.

Neil Berg is the composer and co-Ivricist of the musical The 12, which had a successful pre-Broadway tryout at the Goodspeed Opera House and earned both critical and audience acclaim. The musical is set to open on Broadway in the 2025-2026 season. Berg is also working as the composer for the Broadway-bound musical adaptation of My Cousin Vinny, based on the iconic movie. His most recent musical, The Sabbath Girl: The Musical, ran for several weeks Off-Broadway at 59 East 59th Theaters. Additionally, Berg has a new commissioned musical, How My Grandparents Fell in Love, which will premiere this July at The NJ Rep Theater. He is also the composer of the well-known musical adaptation of Grumpy Old Men: The Musical, inspired by the Warner Brothers classic starring Jack Lemmon and Walter Matthau.

Rita Harvey starred in the role of Christine Daae in both the Broadway and National Touring productions of *The Phantom of the Opera*. Harvey also played Hodel in the Broadway production of *Fiddler on the Roof*, where she starred alongside Rosie O'Donnell, Harvey Fierstein, and Alfred Molina. Additionally, she has a one-woman show, *Heart Like a Wheel: The Music of Linda Ronstadt*.

Tickets are \$43-\$49 and can be purchased at the Heritage Center Farber Box Office, by phone at **563-585-7469**, or online at **www.DBQ.edu/heritagecenter**. For more information, visit **DubuqueArtsCouncil.com**. ■



### Mother's Day Iron Pour

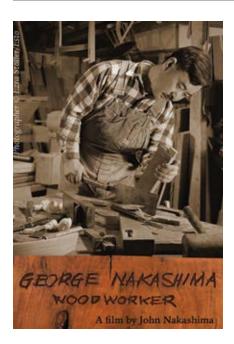
SATURDAY, MAY 10 @ 11 AM-5 PM DUBUQUE MUSEUM OF ART (701 LOCUST ST)

Heat things up this Mother's Day with an Iron Pour at the Dubuque Museum of Art on Saturday, May 10 at 11 a.m.- 5 p.m.

This one-of-a-kind event, conducted by Tamsie Ringler, features a team of local and visiting artists melting iron to 2800° and casting sculptures in DuMA's parking lot. Ringler is a sculptor and foundry artist who lives and works in Dubuque. Her work often takes the form of performative public iron castings that highlight the vulnerability of natural systems and communities to climate change.

Twenty relief molds will be available for visitors to carve on a first-come, first-served basis, beginning at 11 a.m. The Mother's Day Iron Pour is a rare chance to see molten iron—and ancient practices—in action.

Admission is free and the event will be held rain or shine in the parking lot. For more information, call the Dubuque Museum of Art at 563-557-1851 or visit DBQart.org.



#### "George Nakashima, Woodworker" Film Screening

SUNDAY, MAY 18 @ 2 PM
HOTEL JULIEN DUBUQUE (200 MAIN ST)
The Dubuque Museum of Art hosts a
special screening of *George Nakashima*,
Woodworker, a two-hour documentary
by Dubuque native John Nakashima, on
Sunday, May 18, at Hotel Julien Dubuque.
The event begins with a gathering at
2 p.m. followed by at 2:30 p.m. film
screening and 4:30 p.m. talk and Q&A
with filmmaker Nakashima. The event

is free with required registration.

John worked for various West Virginia Public Television iterations for 48 years, producing, directing, shooting, writing, and editing documentaries and specials. This is John's first independent documentary film, focusing on the influences, seeker's journey and resilience of artist George Nakashima, his uncle. The film features interviews with family members including John's brother, Tom, a highly respected and well-known painter/printmaker and whose work is included in the permanent collection of DuMA. John is currently researching a documentary about Tom.

"My documentary *George* Nakashima, Woodworker is a major film that looks into how an important innovator discovered his many keys to creativity. It is the story of an artist's search to find meaning and then using what he found to become an innovator, a person who inspires people 35 years after his death," said filmmaker John Nakashima.

George Nakashima was an American woodworker, architect, and furniture maker who was one of the leading innovators of 20<sup>th</sup> century furniture design and a father of the American craft movement.

He traveled extensively as a young architect during the Great Depression and worked for Antonin Raymond, an American architect and collaborator on Frank Lloyd Wright's Imperial Hotel, while he was in Japan. Nakashima worked as the project architect for the Golconde Dormitory in Pondicherry, India, supervising construction from 1937 to 1939. After his travels, he returned to Seattle and began to make furniture and teach woodworking.

During World War II, Nakashima and his family were interned in Idaho at Camp Minidoka, where he met master Japanese carpenter Gentaro Hikogawa. Using wood scraps and desert plants, they worked together to improve their stark living conditions. Nakashima, who had studied architecture at MIT, also learned traditional Japanese techniques, such as selecting timber and using butterfly joints to strengthen and connect the wood. Nakashima's signature woodworking design was his large-scale tables made of wood slabs with smooth tops but unfinished natural edges, consisting of multiple slabs connected with these same butterfly joint techniques.

Nakashima's work is in the Smithsonian, the Art Institute of Chicago, and many other museums around the world. He has permanent installations at the Michener Art Museum in Pennsylvania and at Arts of Japan galleries at the Metropolitan Museum. His furniture is celebrated for its tradition-inspired design, careful attention to material quality, simplicity, and extraordinary craftsmanship.

During his career, Nakashima received the gold medal for craftsmanship from the American Institute of Architects; the Hazlett Award; and in 1983, the Order of the Sacred Treasure—an honor bestowed upon him by the Emperor of Japan. The subject of several one-man exhibitions, Nakashima also authored *The Soul of a Tree: A Woodworker's Reflections*.

His legacy continues today through his home, studio, and workshop near New Hope, PA, which is listed on the U.S. National Register of Historic Places and is a functioning workshop where his daughter and son continue to make furniture. Another of Nakashima's workshops, located in Takamatsu City, Japan, currently houses a museum and gallery of his works.

To register and for more information, visit **DBQart.org/nakashima**. ■



#### Bluff Strokes Art Center Grand Opening THURSDAY, MAY 29 @ 5-7 PM

THURSDAY, MAY 29 @ 5-7 PM BLUFF STROKES ART CENTER (1201 LOCUST ST)

Bluff Strokes Art Center is celebrating one year at 1201 Locust St. with a grand opening celebration on Thursday, May 29 at 5–7 p.m. Join them for art making, live music, Hangry Hobo food truck, and class registration. The ribbon cutting will be at 5:30 p.m.

The nonprofit provides high-quality art education, collaborative creative spaces, and rich professional development for

artists. Having launched drawing and painting courses this spring, the art center is looking forward to providing a full calendar of art learning for beginners through professionals.

Bluff Strokes Art Center names four major impacts of arts programming. Art heals bodies and minds, enhances learning and academic achievement, improves the economy, and strengthens community connections. Executive Director Rachel Daack reinforces the art center's mission, "Making and learning about art touches a core part of us. When touched by art, we become more than we were—more calm, more focused, more energized."

Come out and support visual arts education in Dubuque! For more information, visit **BluffStrokes.org**.

#### **First Friday**

FRIDAY, JUNE 6

2-6 PM @ THE GOOD WITCHES COTTAGE (1064 CENTRAL AVE) 4:30-7:30 PM @ OUTSIDE THE LINES ART GALLERY (1101 MAIN 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.

The Good Witches Cottage is the most recent addition to First Fridays. The new metaphysical art gallery features artist Rachel Wilson who specializes in henna tattoo art. She has been working with henna for almost 10 years. Her natural henna tattoos are all created freehand in various styles and sizes upon request. These beautiful designs can last up to two weeks on the skin. Rachel will be set up to create personalized henna for you. The Good Witches Cottage also showcase more than seven artists, crafters, and handmade goods from Sara Mess, Makayla Rogers, Mark Dierker, John Potter, Alec Bauer, Korryne Sellon, and Becky Westbrook. Join for tea, pastries, and a good time. Find them at "The Good Witches Cottage" on Facebook.



TEACUP WITH FORGET-ME-NOTS BY JENNI BRANT

Outside the Lines features artist Jenni Brant who will be working on her functional porcelain pottery throughout the evening and again the following morning from 9:30 to 11:30 a.m. This is a relaxed, family-friendly opportunity to visit with the artists of our community and learn a little about how they make their art. **ShopOTLAG.com.** 





Gather with others to celebrate loved ones through music, reflection, a message of encouragement, and witness the lighting of our Tree of Life. Anyone may purchase a light to honor or remember a loved one.



#### TUESDAY, MAY 20

#### 7:30 PM AT WASHINGTON PARK

Please send your tax-deductible gift with the name of your loved one by May 16 to: Hospice of Dubuque, 1670 JFK Road, Dubuque, IA 52002 or visit www.hospiceofdubuque.org.

Special thanks to Hoffmann Schneider & Kitchen, our Tree of Life advertising sponsor.



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## **ACTIVITIES FOR SENIORS**

#### By Nicole Welsh

When it comes to starting new hobbies and flourishing social lives, younger age groups are generally the first to come to mind, but this doesn't mean that an active lifestyle is any less important for senior citizens. Regardless of age, giving oneself things to look forward to, such as time spent on a new topic of interest or building healthy relationships, typically increases overall happiness, leading to improved mental health, greater longevity, and sometimes even better physical health. These benefits are no less important for members of older generations, and some might even argue they are more important. Plus, after decades of working hard, raising families, and building meaningful lives, doesn't a person deserve to enjoy their life as much as possible?

Fortunately for Dubuque seniors, there are a number of different options available for fun and stimulating things to fill their time no matter whether their personal interests are sports and fitness, volunteering in the community, fundraising through club membership, taking classes to learn new things, or appreciating local talent and skills through spectating.

#### **Sports & Fitness**

There is no arguing the benefits of physical activity. We have long known that regular movement helps people manage a healthy weight, improves and prevents a variety of health conditions, and keeps bodies flexible and strong enough to help prevent injury. Sports and fitness also boast other benefits including improved mood and opportunities to meet new people or spend productive time with existing friends.

Before engaging in a new sport or fitness routine, it is wise to ensure that it is something that a person's body is capable of participating in at a beginner level, which means taking into consideration any health issues and past or current injuries that may affect their ability to operate within the physical demands of the activity. When in doubt, it is recommended to speak to a healthcare professional, such as one of those at Southwest Health in Platteville, WI; Statera Integrated Health and Wellness Solutions in Dubuque; or Medical Associates in Dubuque, who has the knowledge and experience to advise on topics such as orthopedic safety for seniors based on their individual medical history. For those who aren't quite ready physically to begin a new sport, they can also assist with fitness therapies to enable them to participate in the future.



#### Walking

Three great choices for walking include indoors at Kennedy Mall alongside other mall walkers for socialization; outdoors throughout the gardens of the Dubuque Arboretum & Botanical Gardens where walkers are free to go anytime during the day and enjoy the changing seasons while they get their exercise in; and Stonehill Wellness Center which provides an indoor walking track with readily available access to other amenities including group fitness, an underwater treadmill therapy machine, and a sauna.



#### **Pickleball**

Peosta Community Centre has six pickleball courts available for use, three of which can be reserved in advance depending upon member status. Flora Park's pickleball courts are currently unavailable due to work that needs to be done on them, but will be available again in the future.



#### Golf

Dubuque has several options for places to play golf, but two popular locations include Bunker Hill Golf Course, which offers a traditional golf experience with 18 holes, golf cart rentals, events, and a pro-shop; while Derby Grange Golf & Recreation offers a less traditional but more diverse golfing experience with nine holes, mini golf, and a driving range.



#### Yoga

The Well Yoga offers a variety of yoga options that are beneficial to seniors including options such as yoga for golfers, yoga to benefit pelvic floor health, hiking and yoga, and for those who are just getting started out, beginner yoga. Shalom Wellness Center offers chair yoga, which is specifically geared towards seniors and teaches them skills they are able to practice at home for daily exercise and increased flexibility.

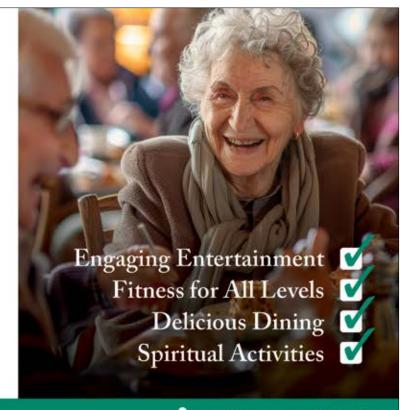
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#### **Volunteer Opportunities**

Another great way for seniors to fill their schedules with more activities is through volunteering. This option enables participants to get out of the house with little or no expense to them, while simultaneously adding value to the community through their actions that help beautify lowa nature, educate people of all ages, support local talent, and add compassion to the lives of others in our area by helping their organization or organizations of choice.

Time commitments are up to volunteers, meaning that this is an ideal option for those who might have more limited availability due to family and other obligations, as well as those who are looking to fill more time in their weeks. Volunteering is great for expanding social circles to people from different age groups and backgrounds with similar interests, providing the opportunity for the diverse socialization someone who would define themselves as a "people person" likely craves. Additionally, some of these opportunities can also provide the opportunity for movement and exercise for those who are physically capable but aren't keen on playing sports or participating in traditional fitness activities. Similarly, other options will require less physical activity, which may be better suited for people looking for something less demanding on the body.



Dubuque Arboretum & Botanical Gardens

Join more than 300 volunteers who give their time and expertise to the Dubuque

Arboretum & Botanical Gardens. They are responsible for everything from maintaining the grounds including caring for the things that grow to maintaining the buildings and equipment that make the venue run. And there are great opportunities to get involved in the Gardens Gift Shop in many roles as well as giving tours of the arboretum and really connecting with the visitors who come to enjoy all the beauty on display.

#### **Dubuque County Conservation**

Dubuque County Conservation accepts volunteers for a range of activities, both from home and in person, including identifying animals on trail cams, tapping for maple syrup, litter removal, pruning vegetation, greeting visitors, helping with events, and fundraising.



**Dubuque Area Arts Collective** 

The Dubuque Area Arts Collective hosts regular art shows that support local artists through their First Fridays and other special exhibitions and is always looking for volunteers to assist at the door for these events, as well as on art pickup and drop-off days.

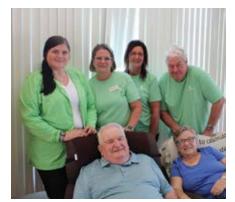


COVER STORY 365



#### National Mississippi River Museum & Aquarium

The National Mississippi River Museum & Aquarium accepts volunteers to help with their missions, allowing people to work on the topics they care about whether that be animals, history, conservation, or education.



#### Hospice

Hospice offers a 3-week course, after which volunteers are able to help patients and families through working directly with patients and supporting grieving family members. Volunteers are also accepted to help with tasks such as groundskeeping and fundraising.

#### **Civil Clubs**

Somewhat akin to volunteering, Dubuque and surrounding areas have a variety of civil clubs, sometimes also referred to as service clubs, which locals are able to join or request membership for. Though their individual premises and criteria differ slightly, the general idea of these clubs is the same: to support specific causes through fundraising efforts and show of support while engaging members in a regular club presence that provides a sense of community and inclusion.

These clubs may be a great option for those looking for more of a social benefit versus a physical workout and can offer flexible time commitments, with regular events that members can choose to participate in. Like volunteering, joining one of these clubs also offers potential members the moral satisfaction of actively contributing to society through

the aforementioned fundraising efforts and shows of support in the community. Joining one of these clubs means signing up to meet and likely befriend more individuals with similar interests like these.



#### **Moose Lodge**

The Moose Lodge is known for activities that benefit children and seniors, such as for Mooseheart and Moosehaven, as well as other local community charities.

#### **Eagles Club**

A fraternal club that supports various good causes such as raising money for diabetes, ending age-based job discrimination, and maintaining social security.



#### **Rotary Club**

This club focuses on issues such as disease prevention, helping mothers and children, environmental issues, and clean water.

#### **Lions Club**

The Lions Club is active in issues including hunger and childhood cancer, as well as diabetes.

#### **Optimist Clubs**

Optimist Clubs primarily serve to benefit children and young adults by raising funds to support local youth projects.

**CONTINUED ON PAGE 26** 





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## Jet to know DELAWARE COUNTY

This area welcomes adventurers with thrilling whitewater rapids, dramatic limestone bluffs, and pristine natural springs dotting the landscape.

This part of lowa features unique geological wonders where ancient rock formations rise above river valleys, creating experiences that outdoor enthusiasts and nature lovers can't resist.

The flavors of Delaware County are as rich and diverse as its terrain. From riverside dining to cozy cafés, the local dining scene offers something to satisfy every appetite.



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#### TOWNS TO VISIT ALONG THE WAY

- ☐ COLESBURG 33 miles ☐ DELAWARE 38 miles
- ☐ DELHI 40 miles
- □ DUNDEE 56 miles
  □ EARLYILLE 34 miles
- ☐ EDGEWOOD 45 miles
- ☐ GREELEY 45 miles
  ☐ HOPKINTON 40 miles
- MANCHESTER 44 miles
- ☐ MASONVILLE 51 miles
  ☐ RYAN 52 miles

SELDE

#### **EXPLORE**

#### NATURE & OUTDOORS

Backbone State Park: Traverse lowa's first state park where dramatic limestone ridges rise like the "backbone" of a giant, offering scenic hiking trails, peaceful fishing lakes, and majestic views of ancient rock formations. DUNDEE

Manchester Whitewater Park: Experience thrilling river recreation at this engineered six-drop course on the Maquoketa River where paddlers, tubers, and swimmers enjoy year-round water adventures in the heart of downtown. MANCHESTER

Bailey's Ford Park: Discover local heritage along the Maquoketa River at this historic river crossing site now transformed into a natural playground with camping, fishing, and family-friendly recreational opportunities. MANCHESTER

#### ARTS & CULTURE

Historic Lenox College Campus: A Complex of 9 buildings including a library, dormitory, chapel, old main, gym, railroad repot, farm machinery museum, and a one room schoolhouse. Open seasonally or by appointment. HOPKINTON

Delaware County Fair: Celebrate rural traditions at this summer showcase taking place early July each year. Where agricultural exhibitions, grandstand entertainment, and community spirit converge in a quintessential lowa county fair experience. MANCHESTER

Lake Delhi

#### TOTALLY UNIQUE

Manchester Fish Hatchery: Witness the fascinating process of fish conservation at this century-old

fish conservation at this century-old facility where millions of trout are raised annually. MANCHESTER





Dundee Bar & Grill: Where good times & great music meet!

Enjoy live music often, soak up the vibes on the outdoor patio, and kick back in the beer garden with your favorite drink. DUNDEE

Dolce Vita: Experience the sweet life at Dolce Vita, your new goto wine bistro for fine wines, delicious bites, and an elegant, cozy atmosphere. Perfect for date nights, celebrations, or unwinding with friends. Cheers to something new! MANCHESTER

Smokey's Lost Bar & Grill: Lakefront Flavor at Its Best! Located on the beach of Lake Delhi, Smokey's serves up award-winning BBQ, mouthwatering appetizers, and local favorites with a view! DELHI

#### WILDLIFF

Twin Bridges Park: Observe diverse river ecosystems at this natural area where two branches of the Maquoketa River converge, creating prime habitat for fishing, birdwatching, and peaceful wildlife viewing alongside scenic hiking trails. MANCHESTER

#### SHOPPING

Bushel & A Peck: Discover one-of-a-kind finds, local goods, and a year-round farmers market all in one place! From fresh produce to artisan treasures, Bushel & A Peck brings you the best of local shopping with a charming, cozy vibe. MANCHESTER

Hartwick General Store: Step back in time at this rural Amish Store where merchandise, groceries, and goods create an authentic country store experience reminiscent of simpler days in small-town lowa. DELHI

Manchester Farmers Market: Browse fresh local produce, handcrafted goods, and homemade treats at this vibrant community gathering where area farmers and artisans showcase the best of Delaware County's agricultural bounty every Saturday morning. MANCHESTER



Olive that Deli MANCHESTER Dolce Vita MANCHESTER The Pizza Place DELHI Cooper's Place Pub & Grill RYAN

Off the Hoof DELHI

Real Deals MANCHESTER

Kendrick Forest Products
EDGEWOOD

Edgewood Locker EDGEWOOD Four Scoops & More COLESBURG



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The Dubuque area is surrounded by neighboring counties with so much to see and do! Make sure Jackson, Jones, and Delaware counties are on your travel bucket list this summer and stay tuned for more regional inspiration in upcoming issues of 365ink

#### **Dubuque County Events**

Downtown Summer Nights
JUNE 13; AUGUST 8

DOWNTOWN DYERSVILLE, IA

Not to miss out on the fun, Dyersville hosts its own summer festival series, Downtown Summer Nights, at 6:30–10 p.m. Besides live music, the event includes food and games for kids. Best of all, it's free!

#### **Delaware County Events**



Rodney Atkins MAY 25 DELAWARE COUNTY FAIRGROUNDS (MANCHESTER, IA)

Country music star Rodney Atkins brings No. 1 chart toppers such as "If You're Going Through Hell," "Watching You," "These are My People," "It's America" and more. 7:30 p.m. **DelawareCoFair.com**.

#### River Days JUNE 5-7

300 W MAIN ST (MANCHESTER, IA)

Held at the peak of rhubarb season and just in time to try out a new kayak or tube on the White Water Park, try rhubarb pies, brats, or shop the rhubarb store! Plus, more vendors for you to sample or buy, kids' games, and live music! **DelawareCountylowaTourism.com**.



Civil War Days
JUNE 6-8
DELAWARE COUNTY HISTORICAL
SOCIETY AND MUSEUM (HOPKINTON, IA)
A nearly 50-year tradition, this marks the
opening of the museum for the season with

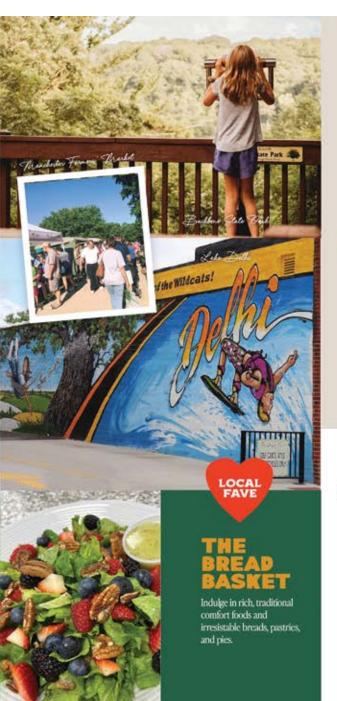
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JUNE 5
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### Discover THE AREA

Get out and explore Jackson County and it's neighbors in Delaware, Dubuque, and Jones counties and experience the wonder of Eastern Iowa.

- Manchester Whitewater Park: lowa's first whitewater park offering six engineered rapids for kayakers and paddleboarders on the Maquoketa River. MANCHESTER
- Clydesdale Statue: Life-sized bronze monument honoring the draft horses central to Eastern lowa's agricultural history.
- Field of Dreams Movie Site: Iconic baseball diamond and farmhouse from the classic film attracting visitors worldwide.
- Lock & Darn No. 11: Where barges navigate the Mississippi River through controlled waterways. DUBUOUE

- World's Largest Umpire: Quirky 12-foot roadside attraction celebrating baseball with oversized charm. RYAN
- O6. Pictured Rocks: Limestone formations with scenic overlooks and colorful cliffs along the Maquoketa River. MONTICELLO
- Julien Dubuque Monument: Historic stone tower with Mississippi River views commemorating the region's first European settler. DUBUQUE
- O8. Ski Bellevue: Unique water ski team performing acrobatic shows on the Mississippi during summer months. BELLEVUE
- Stone City: Historic limestone quarry town featured in Grant Wood's painting, known for 1800s stone architecture. STONE CITY
- Wapsipinicon State Park: Picturesque park featuring limestone bluffs, scenic overlooks, and trails along the Wapsipinicon River. ANAMOSA
- Codfish Hollow Barnstormers: Century-old barn converted into a concert venue hosting nationally recognized musicines. MADIDATTA
- Island City Harbor: Mississippi River access point in Sabula, lowa's only island town and easternmost community. SABULA

ors, and Letters From Home presentais, a parade, battles, food, raffles, and CHSIA.org/civil-war-days-2025.

#### son County Events

on the Maquoketa

RONT PARK (MAQUOKETA, IA) Isic on the beautiful Maquover. Bring a blanket or chair ur favorite drinks. 6 p.m.

oketa Farmers Market AYS: MAY 13-OCTOBER 14 ARD FINE ARTS CENTER OKETA, IA)

g market featuring fresh proaked goods, crafts, and more cal and area vendors.



Maquoketa Summer Concert Series: John Resch & Doggin' Out MAY 29

100 S MAIN ST. MAQUOKETA IA

John Resch & Doggin' Out play the blues across the genres but especially West Coast Swing and Chicago Electric Blues. Recent winners of the lowa Blues Challenge and 2025 inductees into the lowa Blues Hall of Fame. Tri-M BBQ food truck at 5:30 p.m. Free admission. Family-friendly. Bring lawn chairs. Optimist Club root beer floats for a freewill donation. 6–8 p.m.



Ski Bellevue Water Ski Shows JUNE 7 & 21; JULY 5 & 19; AUGUST 2 & 16 RIVERVIEW STREET, BELLEVUE, IA Watch Bellevue's own water ski show team. A great reason for a road trip, and the shows are free! 4 p.m. (7/5 at 6 p.m.).

**Jones County Events** 

Monticello Farmers Market SATURDAYS & WEDNESDAYS: MAY 10-OCTOBER 8 413 E OAK ST, MONTICELLO, IA Enjoy homegrown vegetables, plants, flowers, treats, cards, crafts, and more under a pavilion with a great selection of local vendors. Saturdays 8–11 a.m.; Wednesdays 3:30–5:30 p.m.

Pickleball Tournament MAY 31 ANAMOSA PICKLEBALL

**COURTS (ANAMOSA, IA)**Grab your partner for a tournament filled with energy and community spirit. For

teams of all skill levels. 9 a.m.–5 p.m. **MonticellolAMainStreet.com**.



Cascade Rockin' on the River JUNE 6; JULY 11; AUGUST 1 RIVERVIEW AMPHITHEATER (CASCADE, IA) Enjoy great music and food. Performers include Gypsy & the Ramblers with Sarah Boyle (6/6); Silverada, Drew Cooper, and Adan & the High Hands (7/11); and Big John Hammer and the Rusty Nails (8/2). BYOB chairs. \$10. 7–11 p.m. Facebook.com/rockinontherivercascade.



Sunset Street Fest JUNE 20 MAIN STREET, CASCADE, IA Highlighting small businesses and local crafters with food, beverages, and live music. 5-9 p.m.



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#### **CONTINUED FROM PAGE 23**

#### Classes

No matter what age, it is always the right time to learn something new. People of all age groups need regular mental stimulation, and what better way to achieve that than by taking a class on a topic one desires to learn more about? And with those brain health benefits also comes the satisfaction and sense of accomplishment of learning new facts and skills, which, much like physical activity, is great for mental health and boosting one's mood. In addition to these perks, taking the time to learn something new also provides a social edge, giving seniors something fun and new to discuss with friends as well as something to teach to their children, grandchildren, and great grandchildren, adding to the legacy of knowledge and stories to cherish and pass down to their own progeny somedayjust like any other recipe, craft, or handy skill passed down through generations.

What's more, like volunteering and civil clubs, seniors who choose to take classes are also supporting the community whether they realize it or not. Many of the individuals teaching classes such as those suggested below, are those who are artists, musicians, and other types of creatives who teach to share their passion with the community while helping themselves to make a living. Similarly, many of these organizations also serve a greater purpose for the community, providing valuable services such as education and conservation. Supporting these services means helping to ensure that they remain viable, and thus available for more of the community to benefit from.



#### **Bluff Strokes**

Many opportunities to take classes and workshops that provide high-end art education in subjects such as oil painting that are perfect for artists looking to master skills for personal fulfillment or professional development.

#### **Creative Adventure Lab**

Adults can take classes at Creative Adventure Lab to learn how to create pottery, paint pre-made pottery, and create stained glass.

#### Northeast Iowa School of Music

The Northeast Iowa School of Music's teachers enable students of all ages to learn how to sing and play instruments ranging from piano to trumpet through regular individual lessons.



#### **Captured on Canvas**

In addition to offering painting parties, Captured on Canvas also hosts workshops and classes with various subjects such as wine glass painting, canvas paintings, porch sign paintings and more.

#### **Dubuque Museum of Art**

The Dubuque Museum of Art offers adult education classes in the form of lectures that discuss different art topics such as those that discuss current exhibitions, famous artists, and art history topics.

#### **Locally Produced Shows**

For seniors looking to take a more laid back approach to their appreciation of culture and support of the community, attending shows that support local productions, events, and talents are a great way to spend one's time. The people putting on these productions and events, including planners, directors, producers, cast, crew, and other types participants, put a great deal of time and effort into each and every show and event, so every additional person who attends and shows their support is greatly appreciated, and seniors are no exception. Like some of the classes mentioned above, showing support for them means helping to ensure that these events will continue to occur in our area, and local creative talent will have continued opportunities to hone their crafts and chase their own success.

Time commitments are minimal and undemanding compared to some other activity options, perfect for seniors with busier schedules. Many local shows will also provide seating, often with accessible

options for anyone in need, and many of those that are held indoor provide an opportunity to relax and enjoy the show in air conditioning during the hotter months of the year. Furthermore, attending locally produced shows is something seniors can do alone, with friends, or with family, making it a great option for those looking to keep themselves busy on their own or while getting some quality family time in.



**Bell Tower Theater** 

The Bell Tower Theater provides yearround live theater performances including musicals, comedies, tributes, and similar types of productions in Fountain Park.



#### **Grand Opera House**

The Grand Opera House provides live shows including plays, ballets, musicals, and comedies throughout the course of the year in downtown Dubuque.

#### Classic Car Shows

Every Thursday evening, you have a choice of two classic car shows. East Dubuque's Cruisin' Thursdays runs from 5 to 9 p.m. throughout the summer with cool rides, great food, and live music on the Sinsinawa Avenue strip. Also, from 5 to 9:30 p.m., Gary's Graffiti Nights hosts cool cars in the Kennedy Mall parking lot with food and drinks in the heart of Dubuque's west side.

#### **Dubuque Symphony Orchestra**

Throughout the year, the Dubuque Symphony Orchestra puts on several concerts with their talented musicians. Shows range from their classic indoor concerts to casual events including family concerts.

#### **Final Thoughts**

These suggestions, of course, are not a comprehensive list of all physical activities,

volunteering opportunities, potential club memberships, available classes, or locally produced shows offered, but are rather intended to serve as a solid starting point to get the wheels turning for seniors who are looking for more interesting, challenging, and exciting ways to enjoyably fill their time in the golden years of their lives.



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We handle the tough work of an estate sale so you can stress less. Our physical estate sale or online auctions help you reach more prospective buyers.

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We make preparing to downsize a breeze, compassionately offering support on what items to keep, sell, or donate.

#### **Home Clean-Outs**

Our comprehensive estate clean out team handles it all, from sorting and organizing to selling, donating, recycling, or hauling away items.

For more information

Call Caring Transitions of Eastern Iowa: 563-519-8883





#### **Active Seniors Directory**

#### **Bell Tower Theater**

2728 Asbury Rd # 242 Dubuque, IA 52001 563-588-3377 BellTowerTheater.net

#### **Bluff Strokes Art Center**

1201 Locust St Dubuque, IA 52001 563-239-9377 BluffStrokes.org

#### **Bunker Hill Golf Course**

2200 Bunker Hill Rd Dubuque, IA 52001 563-589-4261 GolfBunkerHill.com

#### **Captured on Canvas**

555 John F Kennedy Rd Unit #440 Dubuque, IA 52002 563-663-9070 DBQArtStudio.com

#### **Creative Adventure Lab**

210 Jones St Suite 100 Dubuque, IA 52001 563-513-0046 CreativeAdventureLab.org

#### **Derby Grange Golf & Recreation**

13079 Derby Grange Rd Dubuque, IA 52002 563-556-4653 DerbyGrangeGolf.com

#### **Dubuque Arboretum & Botanical Gardens**

3800 Arboretum Dr Dubuque, IA 52001 563-556-2100 DubuqueArboretum.net

#### **Dubuque Area Arts Collective**

62 E 7<sup>th</sup> St Dubuque, IA 52001 DubuqueArts.com

#### **Dubuque County Conservation**

13606 Swiss Valley Rd Peosta, IA 52068 563-556-6745 DubuqueCountylowa.gov/Conservation

#### **Dubuque Museum of Art**

701 Locust St Dubuque, IA 52001 563-557-1851 DBQart.org

#### **Dubuque Symphony Orchestra**

2728 Asbury Rd #900 Dubuque, IA 52001 563-557-1677 DubuqueSymphony.org

#### **Eagles Club**

1175 Century Dr Dubuque, IA 52002 563-582-6498 foe.com

#### East Dubuque's Cruisin' Thursdays

Sinsinawa Ave East Dubuque, IL 61025 815-747-9049 facebook.com/eastdubuquecarshow

#### Flora Park

2605 Pennsylvania Ave Dubuque, IA 52001 563-589-4263 CityOfDubuque.org/recreation

#### **Gary's Graffiti Nights**

555 John F Kennedy Rd Dubuque, IA 52002 facebook.com/GarysGraffitiNights



#### **Grand Opera House**

**COVER STORY** 

135 W 8<sup>th</sup> St Dubuque, IA 52001 563-588-1305 TheGrandOperaHouse.com

#### **Hospice of Dubuque**

1670 John F Kennedy Rd Dubuque, IA 52002 563-582-1220 HospiceOfDubuque.org

#### Kennedy Mall

555 John F Kennedy Rd Dubuque, IA 52002 563-556-1994 KennedyMall.com

#### **Lions Club**

1175 Century Dr Dubuque, IA 52001 e-clubhouse.org/sites/dubuquenoonio

#### **Medical Associates Clinic**

1000 Langworthy St Dubuque, IA 52001 563-584-3000 MAHealthcare.com

#### Moose Lodge

2635 Windsor Ave Dubuque, IA 52001 563-556-7330 facebook.com/moose355

#### National Mississippi River Museum & Aquarium

350 E 3<sup>rd</sup> St Dubuque, IA 52001 563-557-9545 RiverMuseum.org

#### Northeast Iowa School of Music

2728 Asbury Rd #200 Dubuque, IA 52001 563-690-0151 nisom.org

#### **Optimist Clubs**

facebook.com/dubuquenoonoptimists Facebook: "Dubuque Morning Optimist Club"

#### **Peosta Community Centre**

7896 Burds Rd #9646 Peosta, IA 52068 563-556-8751 CityOfPeosta.org/community-centre

#### **Rotary Club**

1800 Randall Pl Dubuque, IA 52003 DubuqueRotary.org

#### **Shalom Wellness Center**

1001 Davis St Dubuque, IA 52001 563-582-3592 ShalomRetreats.org

#### Southwest Health

1400 Eastside Rd Platteville, WI 53818 608-348-2331 SouthwestHealth.org

#### Statera Integrated Health and Wellness Solutions

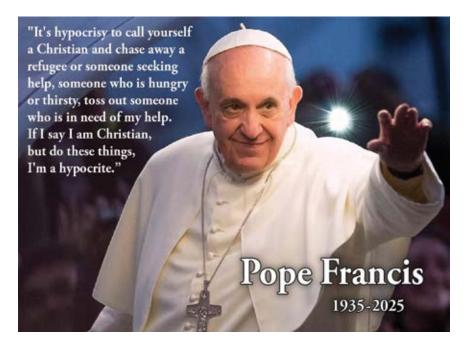
3375 Lake Ridge Dr Dubuque, IA 52003 563-207-8932 StateraIntegrated.com

#### Stonehill Wellness Center

3485 Windsor Ave Dubuque, IA 52001 563-690-9640 StonehillDBQ.com

#### The Well Yoga

3430 Dodge St #2 Dubuque, IA 52003 563-599-4417 TheWellYogaDBQ.com



## SHALOM spirituality center

#### Lunch & Renew: Chair Yoga

Join us at Shalom for a relaxing session of Chair Yoga followed by a delicious and healthy lunch!

Sessions are led by Deb May of Yogacare and are held every 3<sup>rd</sup> Wednesday of the month from 11:30 am - 12:30 pm for only \$15.



#### Become a Shalom Volunteer!

Volunteers play a key role in sharing the mission of Shalom. We are always looking for caring people like you to help us in:

Kitchen & Dining Room: serving, washing dishes, cleaning dining area

If you are interested, please contact us for more information.



1001 Davis Street | Dubuque, Iowa 52001 | 563.582.3592 For more information & to register visit us at www.shalomretreats.org



#### THU **5/8**

Millwork Night Market: Bluegrass Alumatics 5 PM @ 7th-9<sup>th</sup> and Jackson St

Jimmy Welty Band 5 PM @ Jimmy's Pub (East DBQ, IL)

Cruisin' Thursdays: Driftless Twisters 5 PM @ Sinsinawa Ave, East DBQ, IL

The Mixed Emotions Band 6 PM @ Lina's Lounge

25<sup>th</sup> Anniversary Celebration: Driftless Twisters 6 PM @ The OtherSide (East DBQ, IL)

Greg Garing 6 PM @ Big Bill's Sandwich Shop (Galena, IL)

Elizabeth Mary 6 PM @ Textile Brewing Co (Dyersville, IA)

Lexi Healey 7 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

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

#### FRI **5/9**

Food Festival Fridays: Ralph Kluseman Noon @ Washington Park

Theresa Rosetta 5 PM @ Dimensional Brewing Co

5:30 PM @ Darkbird Taphouse (Peosta, IA) Threadmaker, Patient Wolf, Waterboarded 6 PM @ Smokestack

Steve & Randy 6 PM @ Spirits Bar & Grill

John Moran 6 PM @ Stone Cliff Winery

Mitch Laue 6 PM @ Millennium Bar & Marina (East DBQ, IL)

25<sup>th</sup> Anniversary Celebration: Unicorn Fist 6 PM @ The OtherSide (East DBQ, IL)

Jukebox Bingo 7 PM @ Denny's Lux Club

Turn to Stone: A Tribute to ELO 7 PM @ Five Flags Theater

Ben Dunegan 7 PM @ Riverboat Lounge

Lenny Wayne 7 PM @ Wicked Dame

Trivia 7 PM @ Beer in the Barn (St. Donatus, IA)

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

Neil Berg's 104 Years of Broadway 7:30 PM @ UD Heritage Center

Dan Hess 7:30 PM @ The Cellar at Millwork (Dyersville, IA)

Ethen Keller 8 PM @ First Reserve Flash in a Pan 8 PM @ The Lift

Live Band Karaoke 8 PM @ Mississippi Moon Bar

Birdchild 8 PM @ Q Showroom

Lonesome Road 8 PM @ The Yardarm

Shannon Woulfe 8 PM @ Asbury Eagles Club (Asbury, IA)

Scrap Metal 8 PM @ Sandy Hook Tavern (Hazel Green, WI)

The Amadans 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Adam Splinter 8:30 PM @ Dockside Bar & Grille

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

#### SAT **5/10**

Dubuque Farmers' Market: Michael Breitbach 9:30 AM @ Jubeck New World Brewing

Steve Kalmes 1 PM @ PJ's Pub (Kieler, WI)

John Moran 1 PM @ Galena Cellars Vineyard (Scales Mound, IL)

Jimmy Welty Band 2 PM @ Burkey's Bar

Millennium Summer Starter Festival: Casey Klein @ 2 PM Jabberbox @ 5 PM Millennium Bar & Marina (East DBQ, IL)

Mark Zalaznik 2 PM @ Miss Kitty's Grape Escape (Galena, IL)

Scott Kirkhart 2 PM @ Off Shore Resort (Bellevue, IA)

RJ Fisher 5 PM @ Galena Cellars Downtown (Galena, IL) BJ McAndrew 5:30 PM @ Darkbird Taphouse (Peosta, IA)

High School Rock Band Special: Jane Doe and The Johns, Static 9 6 PM @ The Goose

Adam Beck 6 PM @ Stone Cliff Winery

25<sup>th</sup> Anniversary Celebration: Walking Molly 6 PM @ The OtherSide (East DBQ, IL)

DR Band 6 PM @ Locals Bar (Epworth, IA)

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

Dave Moore 6:30 PM @ Jubeck New World Brewing

Darin & Amber 7 PM @ Spirits Bar & Grill

Dan Hess 7:30 PM @ The Cellar at Millwork (Dversville, IA)

Karaoke w/ Becky McMahon 8 PM @ Denny's Lux Club

Strange Daze 8 PM @ Mississippi Moon Bar

Jump 8 PM @ Q Showroom

Driftmore Presents Stacked 8 PM @ Smokestack

Furious George 8 PM @ The Yardarm

The Amadans 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

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

Carrie Nation and the Speakeasy 9 PM @ The Lift

Smelly Cat Karaoke Sandy Hook Tavern (Hazel Green, WI)

#### SUN **5/11**

Chris Ross 11 AM @ Between Breitbach Country Dining & Skip Breitbach Feeds (Balltown, IA)

Bernie & Denny Noon @ Park Farm Winery (Bankston, IA) Brushfire Bandits Duo 1 PM @ The Yardarm

Matt Hamilton 1 PM @ Millennium Bar & Marina (East DBQ, IL)

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

Jesse Bauman 2 PM @ Beer in the Barn (St. Donatus, IA)

Jeff Theisen 2 PM @ Off Shore Resort (Bellevue, IA)

Johnnie Walker 2 PM @ PromiseLand Winery (Guttenberg, IA)

Sunday Afternoon Jams: Massey Road 3 PM @ Northside Bar

DR Band 3 PM @ Stone Cliff Winery

DSYE Spring Concert 5 PM @ Steeple Square

Wendy Lynn Markus 5 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Jay Vonn 7 PM @ Miss Kitty's Grape Escape (Galena, IL)

Taylor Hollingsworth, Addison Aronson 8 PM @ The Lift

#### TUE **5/13**

KBD, Death Flower, Dead Cube, bbjr 5 PM @ Smokestack

Riverdance 7 PM @ Five Flags Arena

Sasquatch and the Sick-a-Billys, Riff Worm 8 PM @ The Lift

#### WED **5/14**

RJ Fisher 6 PM @ Miss Kitty's Grape Escape (Galena, IL)

#### THU **5/15**

Madhouse 5 PM @ Jimmy's Pub (East DBQ, IL)

Cruisin' Thursdays: 2 Carls Band 5 PM @ Sinsinawa Ave, East DBQ, IL Meghan Davis 7 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

Songwriters Showcase: Camela Widad, Will Mueller, Liliana Asta 7 PM @ Galena CFA (Galena, IL)

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

#### FRI **5/16**

Trivia 5:30 PM @ Mid-Town Marina (East DBQ, IL)

Lexi Healey 5:30 PM @ Darkbird Taphouse (Peosta. IA)

Laura and The Longhairs 6 PM @ Spirits Bar & Grill

DR Duo 6 PM @ Stone Cliff Winery

Steve Kalmes 6 PM @ Millennium Bar & Marina (East DBQ, IL)

Kristina Marie Castañeda 7 PM @ Riverboat Lounge

DJ Tone Da Boss: Road 2 Summer Jam Showcase 7 PM @ Smokestack

Brenderoke 7 PM @ Beer in the Barn (St. Donatus, IA)

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

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

Elizabeth Mary 7 PM @ Off Shore Resort (Bellevue, IA)

Back Booth Alley 8 PM @ Mississippi Moon Bar

Duke Tumatoe w/ Mighty Mudcats 8 PM @ Q Showroom

Three Quarter Buzz 8 PM @ The Yardarm

Andreas Transo 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

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

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#### SAT **5/17**

Dubuque Farmers' Market: River Breitbach 9:30 AM @ Jubeck New World Brewing

Outrun the Rays Gypsy @ Noon DR Band @ 6 PM Darkbird Taphouse (Peosta, IA)

Zac Graham 1 PM @ PJ's Pub (Kieler, WI)

Danny Parker Project 1 PM @ Galena Cellars Vineyard (Scales Mound, IL)

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

Theresa Rosetta 2 PM @ Off Shore Resort (Bellevue, IA)

Jesse Bauman 3 PM @ Millennium Bar & Marina (East DBQ, IL)

Meghan Davis 5 PM @ Galena Cellars Downtown (Galena, IL)

Tapestry 6 PM @ Stone Cliff Winery

Johnnie Walker 6 PM @ Back Bar (Platteville, WI)

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

The Mixed Emotions Band 7 PM @ Spirits Bar & Grill

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

Daniel Eric 7 PM @ Wicked Dame

Smokehouse 7 PM @ Twisted Vines (Potosi, WI)

Willie & The Buzzhounds 7 PM @ Sandy Hook Tavern (Hazel Green, WI)

Jacquie Miller Duo 7 PM @ Beer in the Barn (St. Donatus, IA)

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

Joe Hott & The Short Mountain Boys 7 PM @ Ohnward Fine Arts Center (Maquoketa, IA) Comedy Showcase: James Draper, Brian Farrell, Chris Schlighting, Aloe Mean 7:30 PM @ The Goose

Yellow Brick Road 8 PM @ First Reserve

The Australian Bee Gees 8 PM @ Mississippi Moon Bar

The Hype 8 PM @ Q Showroom

Superfly Samurai 8 PM @ The Yardarm

Andreas Transo 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

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

Ultimate Dog 9 PM @ The Lift

Benjamin Richard Duo Mid-Town Marina (East DBQ, IL)

#### SUN **5/18**

Chris Ross 11 AM @ Between Breitbach Country Dining & Skip Breitbach Feeds (Balltown, IA)

Joie Wails 1 PM @ The Yardarm

Lexi Healey 1 PM @ Millennium Bar & Marina (East DBQ, IL)

Tangle Creek 1 PM @ O So Good Winery (Dyersville, IA)

Massey Road 2 PM @ Spirits Bar & Grill

Casey Joe Collins 2 PM @ Beer in the Barn (St. Donatus, IA)

Jesse Bauman 2 PM @ Off Shore Resort (Bellevue, IA)

Josh Sinclair 2 PM @ River Ridge Brewing (Bellevue, IA)

Music, Art and Story Fest: Addison Aronson @ 3 PM Big Blue Sky @ 4:30 PM Convivium Urban Farmstead

Sunday Afternoon Jams: Rock Steady 3 PM @ Northside Bar

Johnnie Walker 3 PM @ Stone Cliff Winery Henry Labelle 3 PM @ Textile Brewing Co (Dyersville, IA)

Tony Walker 4 PM @ Eagle Point Fishing BARge (Hazel Green, WI)

Sea Shanty Sunday w/ Andreas Transo 6 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

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

#### TUE **5/20**

Brushfire Bandits
5 PM @ The Yardarm

#### WED **5/21**

Cuba City Community Market: Logan Bollant 4 PM @ Veterans Memorial Park (Cuba City, WI)

Lenny Wayne 6 PM @ Miss Kitty's Grape Escape (Galena, IL)

#### THU **5/22**

Cruisin' Thursdays: Willie & The Buzzhounds 5 PM @ Sinsinawa Ave, East DBQ, IL

The Mixed Emotions Band 6 PM @ Lina's Lounge

Eric Richards Duo 6 PM @ The Yardarm

Tangle Creek 6 PM @ Dirty Ernie's (Farley, IA)

Asher Cataldo, Bryce Reeg, Layla Cataldo, Laura Calhoun 7 PM @ PJ's Pub (Kieler, WI)

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

Kristina Marie Castañeda 7 PM @ The Cellar at Millwork (Dyersville, IA)

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

Wipes 9 PM @ The Lift

#### FRI **5/23**

Joie Wails 5 PM @ Dimensional Brewing Co

Tapestry 5 PM @ Darkbird Taphouse (Peosta, IA) Mark Zalaznik 5 PM @ Park Farm Winery (Bankston, IA)

Kick Off to Summer: Tiger Kings, JAM, Rock Steady 6 PM @ Q Casino + Resort Back Waters Stage

Ghostlight Improv 6 PM @ Smokestack

Broken Rubber Band 6 PM @ Spirits Bar & Grill

Melissa Schulz 6 PM @ Stone Cliff Winery

Cal Coohey 6 PM @ Millennium Bar & Marina (East DBQ, IL)

Johnnie Walker 7 PM @ Gary Dolphin's Iron Bar

Marty Raymond 7 PM @ Riverboat Lounge

Mississippi Man & Debra Kay 7 PM @ Twisted Vines (Potosi, WI)

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

RJ Fisher 7 PM @ Off Shore Resort (Bellevue, IA)

Rebel Queens 8 PM @ Mississippi Moon Bar

Unbalanced Band 8 PM @ The Yardarm

Brushfire Bandits Trio 8 PM @ Asbury Eagles Club (Asbury, IA)

Hearthfire Duo 8 PM @ Frank O'Dowd's Irish Cottage (Galena, IL)

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

The Lift's Prom 2K 9 PM @ The Lift

#### SAT **5/24**

Dubuque Farmers' Market: Sam Day 7 AM @ Near 12<sup>th</sup> and Iowa St

Dubuque Farmers' Market: Maureen Kilgore 9:30 AM @ Jubeck New World Brewing Logan Bollant 1 PM @ PJ's Pub (Kieler, WI)

DR Band 1 PM @ Galena Cellars Vineyard (Scales Mound, IL)

Lenny Wayne Trio 2 PM @ Miss Kitty's Grape Escape (Galena, IL)

Adam Beck 2 PM @ Off Shore Resort (Bellevue, IA)

Todd Ellis 3 PM @ Millennium Bar & Marina (East DBQ, IL)

Massey Road Duo 5 PM @ Galena Cellars Downtown (Galena, IL)



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#### **PUZZLE ANSWERS**

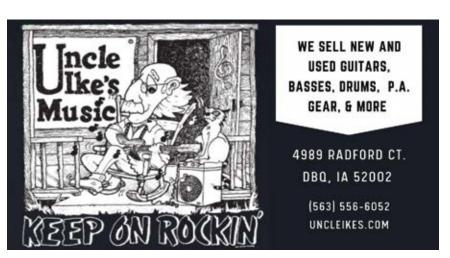
PUZZLES ON PAGE 44
GENERAL BOB IS AT GYMKANA BLUE SALON

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## Ongoing & Recurring Nightlife

#### SUNDAY

Disco Brunch w/ DJ SaladSpinner 9 AM @ Convivium Urban Farmstead

2<sup>nd</sup> Sun through 12/14

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

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

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

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

#### MONDAY

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

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

#### TUESDAY

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

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

Trivia w/ Triviawithbrett 7 PM @ Riverboat Lounge

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

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

#### WEDNESDAY

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

Blues Jam w/ The Mighty MudCats 6 PM @ Smokestack 2<sup>nd</sup>-5<sup>th</sup> 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 @ Monk's Jst Wed

Music Bingo 7 PM @ Southend Tap

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

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

#### THURSDAY

Cruisin' Thursdays 5 PM @ Sinsinawa Ave, East DBQ, IL Thu through 9/25

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

Karaoke w/ Dante Steele Entertainment 7 PM @ Riverboat Lounge

Songwriters Showcase 7 PM @ Galena Center for the Arts (Galena, IL) 3rd 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

Food Festival Fridays 11:30 AM @ Washington Park 2<sup>nd</sup> Fri through 9/12

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

Karaoke w/ Denise 7 PM @ Northside Bar

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

Club Nights 9 PM @ The Goose

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

#### SATURDAY

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) 2nd Sat

Karaoke 7 PM @ Galena Eagles Club (Galena. IL)

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

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

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## MISSISSIPPI MOON PAR

### **Upcoming Entertainment**



#### The Australian Bee Gees Show

MAY 17 @ 8 PM

The Australian Bee Gees Show brings a chronology of the greatest hits from the Brothers Gibb including "More Than A Woman," "Night Fever," "Stayin' Alive," and "How Do You Mend A Broken Heart." With 24 years and more than 6,500 performances in over 55 countries, The Australian Bee Gees Show has been in residence at Excalibur Resort & Casino on the Las Vegas Strip since February 2011. The show capturs the look, the sound, and the personality that defines one of the most successful and adored acts in musical history.



#### **Strange Daze**

MAY 10 @ 8 PM

Minneapolis, MN's modern rock band Strange Daze has gigged extensively throughout Minnesota and the Midwest, averaging 100-plus shows a year and selling out of its first two CDs. The quartet reached #9 on CMJ's Top 200, beating out superstar artists like No Doubt and OutKast.



#### **Back Booth Alley**

MAY 16 @ 8 PM

Back Booth Alley is a high-energy band that plays your favorite country and 2000s rock hits.

#### **Additional Entertainment**

LIVE BAND KARAOKE

MAY 9 @ 8 PM

**REBEL QUEENS** 

MAY 23 @ 8 PM

**CHRIS FRANJOLA** 

MAY 24 @ 8 PM

**JEFF DYE** 

MAY 28 @ 8 PM

**WALKING MOLLY** 

MAY 31 @ 8 PM

**MAURICE BENARD** 

JULY 11 @ 7 PM

**DUSTY SLAY** 

DECEMBER 12 @ 7 & 9:30 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



## Joe Hott & The Short Mountain Boys

SATURDAY, MAY 17 @ 7 PM OHNWARD FINE ARTS CENTER (1215 E PLATT ST, MAQUOKETA, IA)

The Ohnward Fine Arts Center in Maquoketa, IA welcome Joe Hott & The Short Mountain Boys to the stage on Saturday, May 17 at 7 p.m.

Joe Hott is proof that all things old become new again. His unique mix of retro-bluegrass, traditional country, gospel music, and Appalachian Mountain music brings a traditional feel to his original songs.

"I really cherish the family and spiritual values I grew up with," notes the minister's son whom, at an early age, found a fascination with the tradition-steeped sounds native to his birthplace in Winchester, VA. Joe's youthful fascination with the blended soundtracks of Dr. Ralph Stanley, Bill Monroe, Flatt & Scruggs,

and Hank Williams, Sr. spun the fabric of his creative inspiration, formed his vocal and musical interpretations and set the foundation for his songwriting.

In 2012, Joe formed the "Short Mountain Brothers" trio—the group's name a tribute to Short Mountain that sits just behind Joe's boyhood home. The house itself is, in fact, the same home that his great-grandfather lived in when he moved to West Virginia back in the 1920s. Joe's childhood surroundings richly contributed to his love of history, deep family heritage and the sounds that built American culture.

With the addition of a fourth musician, Joe now tours with his renamed "Short Mountain Boys," featuring guitar, banjo, bass, and mandolin. They have shared the stage with artists such as Rhonda Vincent and Vince Gill.

Tickets are \$25 in advance or \$28 at the door for adults and \$15 in advance or \$18 at the door for students. For tickets or more information, call the Ohnward Fine Arts Center at **563-652-9815** or visit **OhnwardFineArtsCenter.com**.

#### Verlo Mattress Kickoff to Summer

FRIDAY, MAY 23 @ 6 PM-MIDNIGHT Q CASINO + RESORT BACK WATERS STAGE (1855 GREYHOUND PARK RD)

Celebrate the start of summer at the Verlo Mattress Kickoff to Summer event on Friday, May 23, from 6 p.m. to midnight at the Back Waters Stage at Q Casino + Resort. This all-ages party features an exciting night of live music, cold beer, and great food with free admission for everyone.

Get ready to groove with performances by the Tiger Kings; Rock Steady; and JAM–Jackson and Mars, a tribute to the music of both Michael Jackson and Bruno Mars.

In case of inclement weather, the event will be moved indoors to the Q



Showroom. Proceeds support local causes including Sertoma Club, FFA, Children's Zoo, and Camp Albrecht Acres.

Don't miss this fun-filled evening that kicks off the season in style—great tunes, great vibes, and a great cause! You are welcome to bring your own lawn chairs if you like. The show is all ages so long as it remains outdoors!



### LIVE MUSIC & ENTERTAINMENT FEATURES

FRI **5/9** 



Dan Hess

7:30 PM @ THE CELLAR AT MILLWORK (210 2ND ST NE, DYERSVILLE, IA) COVER: FREE

With a style and flair reminiscent of the legendary Billy Joel, Dan brings a unique blend of soul, storytelling, and showmanship to the stage. From heart-wrenching ballads to toe-tapping classics, get ready to be swept off your feet by his amazing piano playing and vocals. Although promoted for his dueling piano fame, we found his ties to Nintendo fascinating. Hess composed and arranged the music and sound for the Nintendo 64 launch title *Pilotwings* 64. We might have to put in a request for "Birdman"! MillworkDyersville.com.



#### Scrap Metal... Unplugged. Recycled

8 PM @ SANDY HOOK TAVERN (3868 BADGER RD, HAZEL GREEN, WI) COVER: FREE

Buck Mess, Scott Brookens, and Mark Whitaker played their last show with Menace at Summer's Last Blast in 2024. Not ready to give up playing but too tired to continue performing full-blown rock shows, Scott and Buck decided to do an acoustic interpretation of the '70s, '80s and '90s songs they enjoyed playing over the years. Having a difficult time finding a second guitar player that fit right, they had to settle for Mark coming back to play acoustic bass (bass players get no love). Scrap Metal is heavier than your normal acoustic show but less aggressive and a more personal

experience than a full rock band with drums and distortion. From '80s metal and Zeppelin to Goo Goo Dolls and INXS, the catalog of songs is diverse, and the sound has a new groove. This band is all about good friends having fun playing good music... and Mark. facebook.com/sandyhooktavern.

SAT **5/10** 



Carrie Nation and the Speakeasy 9 PM @ THE LIFT (180 MAIN ST, LOWER LEVEL) COVER: FREE

Carrie Nation and the Speakeasy is a high-energy "brass 'n' grass" quintet from Wichita, KS. The band, whose sound has been described as "a stagecoach in overdrive," has brought their eclectic blend of bluegrass, ska, punk, and dixieland to packed clubs, basements, and festivals across the US since their inception in the spring of 2007. facebook.com/theliftdubuque.

FRI **5/16** 



Duke Tumatoe 8 PM @ Q SHOWROOM (1855 GREYHOUND PARK RD)

COVER: FREE

Duke Tumatoe is a blues guitarist, singer, and songwriter who has been entertaining audiences for over four decades with his unique blend of humor, talent, and showmanship. Born in Chicago, Duke began his musical career in the early 1970s. He was a member in the

band that became REO Speedwagon before forming his own group, Duke Tumatoe and the All-Star Frogs. Duke's music is a mix of blues, rock, and R&B, and he is known for his witty lyrics and irreverent sense of humor. Over the years, he has released several albums, including Red Pepper Hot!, I Like My Job. and You've Got the Problem! Duke's music has gained a wide following, thanks in part to his regular appearances on the nationally syndicated The Bob & Tom Show. His humorous songs and engaging personality have made him a fan favorite. Duke continues to write, record, and perform music that speaks to the human experience, blending humor and pathos in equal measure. With his unique voice and guitar style. Duke Tumatoe is a true original, and a beloved figure in the world of blues and rock music. Special guest The Mighty Mudcats open.

#### SAT **5/17**



#### Historic District Coffee House Open Mic

7 PM @ UNITARIAN UNIVERSALIST FELLOWSHIP OF DUBUQUE (1699 IOWA ST) COVER: 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 just 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! Free. uudbq.org/connection/coffeehouse.

#### SUN 5/18



#### **Casey Jo Collins**

2 PM @ BEER IN THE BARN BREWERY (101 MAIN ST, ST. DONATUS, IA)

Hailing from the Des Moines, IA area, Casey Jo Collins shares his stories through music. A steward of the road and a custodian of its tales, Collins maintains the country's story. A well-worn guitar and a pen and paper is all he needs to chronicle these blacktop novellas. A songwriter's songwriter, Casey Joe's songbook is vast yet polished. A body of work replete with characters, some real and some imagined, as colorful as the tattoos that adorn his working class hands. **GehlenHouseAndBarn.com**.

#### SUN 5/25



#### Logan Wheat

2 PM @ BEER IN THE BARN BREWERY (101 MAIN ST, ST. DONATUS, IA) COVER: FREE

Logan is a singer-songwriter born and raised in Fayetteville, TN. With country vibes flowing freely from his vocals, it's hard to imagine that his influences growing up were rock bands like Pearl Jam and Incubus. These played a big part in the sound he has today. He says about his rock influences, "I like to think of it as a raw country. I've had the opportunity to play alongside some of the best in the country music scene from Joe Diffie to Granger Smith and Josh Turner. My goal is to one day make this crazy dream into my way of living. It only takes one song." GehlenHouseAndBarn.com.











### Blaum Bros. Public House

By Bryce Parks

For over a decade Blaum Bros. Distilling Co. has been a family-owned and operated craft distillery located on the far east side of town, "atop the hill" in Galena, IL. Brothers Matt and Mike Blaum have grown their niche distillery into a popular destination for those looking to experience high-quality, handcrafted spirits and a friendly atmosphere. And like I said, as cool as it is, it's also atop the hill on the far east side of Galena, just about the last building before you leave town on the way to the territories. The real day-to-day action in Galena takes place along the few historic blocks of Main Street downtown.

So it only makes an incredible amount of sense that the Blaum Bros. would eventually open a satellite location where the throngs of visitors to Galena can more easily find and enjoy their wares. And as popular as bourbon whiskey is these days, the audience for what they make right there in town is

plentiful. With that in mind, when the building at 109 S Main St. in downtown Galena became available, fate did its little dance, and Blaum Bros. Public House was born.

As for the venue itself, we have to give some significant credit to the previous tenant, Ismael DeLeon, who did the heavy lifting on transforming the space into a truly beautiful bar and eatery as the unfortunately short-lived Lion's Den, which we visited not so long ago. But what he left to the next proprietor was a stunning, old-school, speakeasy-style rehab with beautiful wood and brass finishes. The vice was there. Blaum Bros. appear to have come in and taken it a bit more down the path of "relaxing tasting room" and away from "restaurant," as the booths are gone, replaced by ever-so-comfy couches behind simple round tables and a couple of chairs. A perfect place to kick back with friends and enjoy a lovely local whiskey, bourbon or rye. Or if you prefer, gin, white rum, Hellfyre Vodka, or a Bloody Elixir (Mary). Blaum Bros. makes them all.

But even with the vibe and the spirits, when you want to relax on Main Street in Galena, at some point, food needs to come into the picture, and Galena is so well known for its food. So when a bar decides to add even a simple menu of appetizers or "Shareables" as the menu may say, you know you can't fall back on the old standby of Sysco's bar food lineup of deep fried cheesy things. You'll need to elevate the food game before you take the field. And that is just what their Main Street venue,

Blaum Bros. Public House, has done. And when we see a unique and sexy little menu like that, well, that's like a Bat-Signal to the *365ink* crew. So there we were at the crack of 11 a.m. to give the food a try. And yes, we fully understand that 11 a.m. on a Tuesday is not exactly peak hours for a whiskey den, so beyond the beauty of the venue and the quality of the food, we understand that we had to extrapolate to feel the vibe of the joint on a hopping Friday evening.

Before we sample the eats, note that it's not just shots of the good stuff that come from behind the bar here. You can have high-end signature craft cocktails including creative non-alcoholic mocktails, a selection of craft beers on tap, and fine wines and sodas. So wet your whistle while you wait for the food to come from the kitchen.

At the time of our visit, the small but inviting Shareables menu had only nine items on it. Still, we had trouble picking only a few tapas to sample. As tapas, the idea is that each one is generally intended to serve a couple of people. So, we'll start with the four that we had and then hit the ones we're trying next time—and there WILL be a next time.

Fancy Brussels sprouts are all the rage these days, and Blaum Bros. have their own version of saving the once boring castaway veggie and putting it in the spotlight. In this case, the braised beauties are accented with bacon bourbon (naturally) jam and crushed pistachios.

You know my eye went right to the pork belly. Blaum's own bourbon is the base

of the glaze on these slow-roasted cubes of pork love, served with a cilantro lime crema and a garnish of pickled red onions and scallions, all while keeping it glutenfree. They were decadently delish as you might expect, and I have to say, abundant. It was a very healthy (or unhealthy, as the case may be) serving for even two people.

I'm not a "hot chicken" lover, but the Galena Hot Chicken was, we were told, a very popular pick. So, when in Galena as they say... Nashville-style hot chicken tenders are accompanied by house made Blaum Bros. hellfyre pickles, grapefruit slaw, and Texas toast. They were as advertised. A serious spice, and a big kick of heat. More than my taste buds are hot for, but they were good, and I found I just kept eating them, internal organs be damned!

Our fourth pick was the Korean tacos and not just because Kristina, who accompanied me for lunch, is Korean. We just love Korean tacos, so how can we say no? They feature marinated flank steak, pickled red cabbage, onion, gochujang aioli, and cilantro in flour tortillas. There are three, so you have to fight over the extra one. No regrets on that choice either.

The menu is rounded out with pastrami and beet canapés. Canapés is a fancy French word for something tasty on a cracker. In this case, roasted beets in a grapefruit dressing on toasted french baguettes with sliced pastrami, goat cheese spread, and pistachio crumble. Next time, I'm coming for you, fancy cracker!









1. PORK BELLY 2. GALENA HOT CHICKEN 3. KOREAN TACOS 4. BRUSSEL SPROUTS 5. COCONUT MATCHA SOUR MOCKTAIL 6. FIND THE PUBLIC HOUSE ON MAIN STREET 7. PLENTY OF COMFY SEATING IS AVAILABLE

Who doesn't love baked crab dip topped with cheddar cheese and parsley served with Bavarian pretzel rolls? We knew we'd love it, so we tried things where we were less sure we'd know what flavor was coming, but it also makes you sad that the lovely flavor or warm crab dip isn't coming this time. The same goes for the duck fat fries. I mean, if you've never had duck fat fries then, my friend, you've been living a fry lie. Served with three house made sauces, fermented ketchup, curry sauce, and honey mustard, you'll find that the fries are also great just on their own. I've had duck fat fries many times in many places, so we skipped them here with a tear in our eves, but we know there's a surefire hit waiting in Galena if we ever want it.

Like Canapés, pinsa is a fancy word for a pizza. Technically a Roman-style flatbread, a lighter and more airy alternative to traditional pizza. Blaum Bros's pinas feature marinara sauce, mozzarella, pepperoni cups, and a mushroom medley on house made pinsa dough. Again, we skipped the pizza this time, but you had me at pepperoni cups, Blaum Bros., you had me at pepperoni cups. A second version goes Indian with a Tikka Masala pinsa. The vegetarian option has a Tikka Masala sauce base, mozzarella cheese, red onion and their fried Brussels sprouts.

After reading that list, I know you are drooling a bit over at least two or three of those. Whether you're feeling adventurous with the Tikka Masala, canapés, or

hot chicken or safer with dad fare such as duck fat fries and a pepperoni pizza, your whole crew will find happiness here. On top of all that, you get to pair it with the best, local spirits in the land. Blaum Bros. Publici House is a great place to start off a night out to dinner or be that dinner spot. Or maybe you dined somewhere at 5 p.m. (because it's impossible to get a dinner reservation in town at 7 p.m.), so by 9 p.m., you need a snack and a drink. Well, here's your answer. And if you fall in love with the drinks, you can still make it to the top of the hill and tour the distillery where all the magic happens. All the magic, that is, except for the pork belly.

### Blaum Bros. Public House

- **♀** 109 S MAIN ST, GALENA, IL
- **\** 815-777-1000
- BLAUMBROS.COM
- **9 MON-THU: 11 AM-9 PM;** FRI-SAT: 11 AM-11 PM; SUN: 11 AM-8 PM



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COLUMNISTS

# Hy/ee®

# Living Gluten-Free

# When It's a Must, Not a Maybe

### By Hy-Vee Nutritionist Megan Dalsing

Gluten-free eating isn't just a fad—it's a necessity for those with celiac disease. While some people go gluten-free by choice, for others, even a tiny crumb of wheat can trigger serious health issues. May is Celiac Awareness Month, a time to raise awareness about this autoimmune condition that affects millions. So, whether you're living gluten-free, know someone who is, or just wonder why your friend quizzes the waiter about cross-contamination. let's uncover the wheat-free truth!

. What is Gluten? Gluten is the protein found in wheat, barley, and rye that gives bread its chewy goodness. For those with celiac disease, a small nibble of gluten can send the immune system



into full-blown attack mode, damaging the gut and causing all sorts of not-so-fun symptoms, like stomach pain, fatigue, brain fog, and more.

2. Gluten Intolerance vs. Celiac Disease:
Gluten intolerance means your body
doesn't tolerate gluten-containing
foods, and it will display with pesky
little symptoms—but it's not lifethreatening. Celiac disease, on the

other hand, is an autoimmune condition in which the immune system attacks the intestines when gluten is ingested. It's not just an upset stomach, it's serious business! While both require avoiding gluten, celiac disease means zero tolerance—no sneaky crumbs allowed! Note: If gluten doesn't bother you, there's no knead to ditch it. But if you notice bloating, fatigue, or other issues after eating gluten, you might have a sensitivity, and it's worth a discussion with your doctor.

- 3. Building Gluten Free Meals: Going gluten-free doesn't mean surviving on sadness and lettuce. Swap in whole, naturally gluten-free foods like quinoa, sweet potatoes, rice, and lean proteins. Add some fruits, vegetables, and healthy fats, and you've got balanced, delicious options that happen to be gluten-free. Of course, gluten-free products have come a long way over the years—with brands like Siete Foods bringing the flavor (hello, grain-free tortillas and chips!), living gluten-free is less about missing out and more about leveling up your dinner plate.
- 4. Gluten Free 101: Gluten hides in the most unexpected places. Besides the obvious bread and pasta, be aware of soy sauce, gravies, sauces, oats (unless labeled as gluten-free due to potential cross-contact), processed meats and candy. When in doubt, always check the food label.

Rest assured, going gluten-free—whether for celiac disease or personal health reasons—doesn't have to feel overwhelming. With numerous delicious options available, you can thrive without wheat. If you're unsure where to start or need help navigating labels, meal planning, or achieving a balanced diet, a Hy-Vee dietitian can be your go-to guide. Don't go against the grain—reach out and find the best way to make gluten-free living easy and enjoyable.

### Beef Fajitas SERVES 4

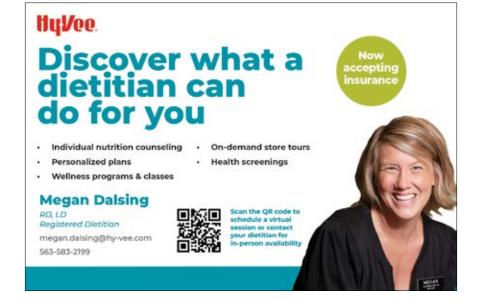
### All You Need:

- 1 Tbsp avocado oil
- 1 lb. sirloin, sliced into stripes
- 1 Siete Beef Fajita Seasoning pouch
- 1 cup white onion, sliced
- 1 cup bell pepper, sliced

### All You Do:

- 1. Add oil to a large skillet and heat over medium-high.
- 2. Cook sliced beef with one seasoning pouch, onions and peppers.
- Stir and cook for 3-5 minutes or until the desired temperature is reached. Place beef mixture atop Siete Almond Flour Tortillas and serve with desired toppings (lettuce, tomatoes, guacamole, and/or sour cream).

Recipe Adapted From: sietefoods.com



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**365INK MAGAZINE** MAY 8-MAY 21, 2025 ISSUE #486

# The Last American Road Trip

### By John McAndrew

Sometimes, when the world around us is just too much, we need to get out of town. St. Louis writer Sarah Kendzior, bestselling author of *They Knew, Hiding in Plain Sight*, and *The View from Flyover Country*, has written a travelogue of her family journeys. *The Last American Road Trip* is by turns somber, outraged, and delightful. A book for travels cosmic, personal, political, and subterranean.

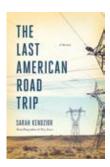
Some observe that our biology contains our biography. That what has happened to us in our lives is recorded in our bodies. One gets the same sense about America: that our geography contains our stories, for good and ill.

"I don't want my children to chase American illusions marketed as American dreams, but I want them to understand why things went wrong. To appreciate every day miracles and not think them small. To have reverence for the good that endures and work to protect it. A republic, if you can keep it."

There are two ways to get to know somebody. Visit their home. Or travel with them. Kendzior shares vulnerable moments with her parents, her husband, and their kids, treating each with respect, affection, and a certain anticipatory grief. She speaks to her consternation about the current state of affairs in the US. Her orientation is decidedly on the left; she is well able to speak hard truths about Democrats as well as Republicans.

She loves going where the stories are. She starts with Bloody Island, in the Mississippi, where politicians fought duels to settle their differences. They all go to Arkansas, where the Whitewater controversy took root—and where she and her daughter meet a ghost. And New Mexico. She loves New Mexico (who wouldn't?). She has a love-hate relationship with her home state: "Since my children grew up

in Missouri, Texas was their first encounter with state pride." They visit the Cuyahoga River, which once burned. Death Valley, for a resurrection. Florida, in search of Mark Twain. Gary, Indi-



ana, as a substitute for Uzbekistan.

Her favorite places are the dark, remote ones. The middle of nowhere is her happy place. "I have never entered a cave and not felt immediate psychic relief," she says. And, "It is not a coincidence that the Dark Sky Places where you can see the stars are the same places where your phones do not work." It's as if she has a persistent psychic migraine, and the quiet darkness offers refuge.

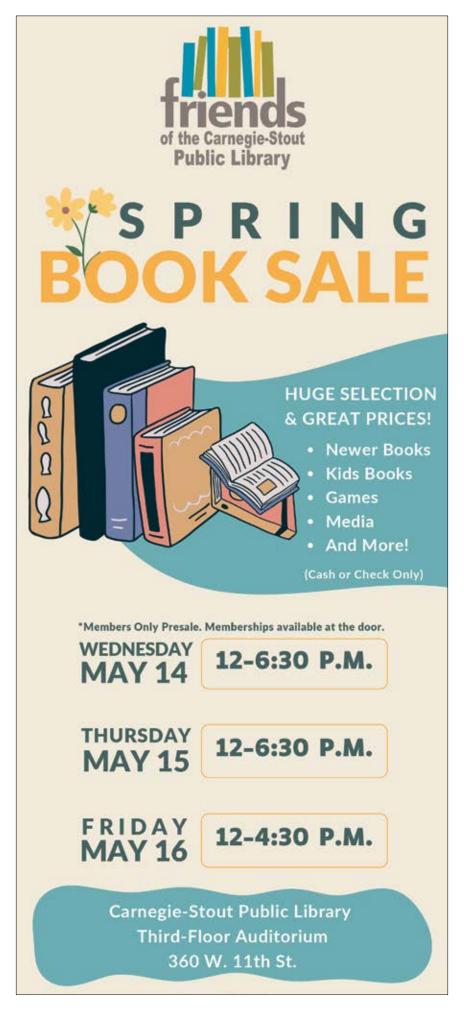
Her political and social observations come from a heart broken by empathy betrayed and justice frustrated. So her humor, and her palpable love for her family, serve as a kind of "spoonful of sugar." As do her many stories about her kids, their perspectives, and adventures. She adores them. You will. too.

When we listen to someone's *cri du* cœur, we don't expect it to be entirely logical and chronological. If Sarah Kendzior's figures of speech are sometimes rather... Escheresque, never mind. Times and places of darkness are where mysticism and poetry are born. Going to the middle of nowhere isn't only about escaping the busy, broken world. As the desert fathers knew, dark and quiet places aren't necessarily comfort zones. Deserts, caves, national parks, small towns, the Milky Way, haunted hotels—we can come apart into deserted places, and rest a little. Observe our griefs. Or wrestle with our demons.

### 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.









# PINE MOVIE NEWS

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## **Coming Soon**

### **SHADOW FORCE (R)**

FRIDAY, MAY 9

Former leaders of a multinational special forces group called Shadow Force broke the rules by falling in love, and in order to protect their son, they

go underground. With a large bounty on their heads, and the vengeful Shadow Force hot on their trail, one family's fight becomes all-out war.

## JULIET & ROMEO (PG-13)

FRIDAY, MAY 9

Set in 1301 at the end of Medieval times, our most famous Star-Crossed lovers are turning the tides on the

Shakespearean history as they reveal the truth to the very future of the Empire. But the biggest twist in this most beloved of tales, is leaving the poetry of lambic Pentameter in the past and the greatest love story of all time is now set to the greatest music of our time.

# CLOWN IN A CORNER (R)

FRIDAY, MAY 9

As the Kettle Springs locals bicker amongst themselves and tensions boil over in a struggling town, Frendo the

clown comes out to play by cleansing the town of its burdens, one bloody victim at a time.

### FINAL DESTINATION: BLOODLINES (R)

FRIDAY, MAY 16

Plagued by a violent recurring
nightmare, college student
Stefanie heads home to track
down the one person who
might be able to break the cycle of Death's
twisted sense of justice and save her family from

the grisly demise that inevitably awaits them all.

### HURRY UP TOMORROW (R)

FRIDAY, MAY 16

A musician plagued by insomnia is pulled into an odyssey with a stranger who begins to unravel the very core of his existence.



### **Movie Buzz**

Jenna Ortega and Robert De Niro star in *Shutout*, directed and produced by David O. Russell. *Shutout* 





follows Jake Kejeune (De Niro), one of the last masters of a vanishing craft—the pool hustler. Having lived and lost by the roll of a ball in smoky backroom halls, Jake encounters Mia (Ortega), a young prodigy whose raw, electrifying talent reignites a fire he thought long extinguished. Sensing a rare opportunity to shape a legend, Jake takes Mia under his wing, honing her instincts and sharpening her natural gift.

As the MCU timeline is getting closer to wrapping up The Multiverse Saga, a new age of superhero



adventures is on its way from Marvel Studios with the introduction of the X-Men characters. With the character rights finally back at Marvel Studios, there will be the opportunity to finally have the X-Men and Avengers share the screen, which fans will be getting a taste of in *Avengers: Doomsday*. Marvel's Kevin Feige has reportedly told multiple colleagues at Marvel Studios that he has a 10-year plan for the mutants in the MCU. In related news, Ryan Reynolds is "exploring ideas" for a potential *Deadpool* movie that would see him team-up with the X-Men in the Marvel Cinematic Universe—the big ones, not just tertiary characters. It would remain separate from the main X-Men reboot that Marvel Studios is cooking up.

Knives Out franchise creator Rian Johnson is hoping for a 2025 theatrical release window



for Wake Up Dead Man, the third film in the whodunnit series instead of going straight to Netflix like the first two movies. Wake Up Dead Man will primarily comprise a new cast of suspects, while Daniel Craig will once again return as the iconic detective, Benoit Blanc. "I want this in as many theaters for as long as possible," says Johnson. "We're going to push for everything we can get in terms of theatrical because I want as many people as possible to see it in that form." Industry insiders are skeptical of Netflix okaying the plan.

# **Information Is Not Transformation**



### By Matt Booth

We live in the Age of Information—there's more advice, knowledge, and life hacks floating around than ever before. You can Google your way through almost anything. YouTube has tutorials for everything from fixing a lawn mower to navigating heartbreak. But here's the kicker:

# Information is not transformation.

Knowing something doesn't mean it will change your life. Watching a motivational video doesn't mean you're motivated. Reading a book about finances doesn't mean you're wealthy. Having a gym membership doesn't mean you're in shape. (Ouch.)

Let's take a closer look at this idea—especially for those of us right here in the Tri-States who want to grow, improve, and live more fully.

### **Knowledge** ≠ **Change**

Imagine someone who wants to get in shape. They've read five books on nutrition, watched a dozen fitness influencers on TikTok, and even downloaded three workout apps. But they still haven't broken a sweat.

They *know* what to do. They know that vegetables are better than donuts and walking is better than scrolling. But knowledge without *action* is just trivia.

In a study from Stanford University, researchers found that **only 8% of people who make New Year's resolutions follow through**. And it's not because they didn't *know* what to do—it's because knowing isn't doing.

### The Real Difference: Action

Transformation only happens when you act on what you know—consistently. One small action done repeatedly has more power than a hundred brilliant ideas locked inside your brain.



If you know how to be a better listener in your marriage, but you don't listen—nothing changes. If you know how to save money, but you keep swiping that debit card—nothing changes.

People say "knowledge is power," but that's not quite right. **Applied knowledge is power**.

### Real Talk

Take Rick, a guy I met recently at a chamber event. He seemed like a smart guy. He's listened to over 200 hours of podcasts on entrepreneurship. But when I asked him if he's started his business yet, he said, "Nah, not yet. I'm still learning."

Still learning?

At some point, you've got to *do the thing*. Start the side hustle. Make the phone call. Hit the record button. You will *never* feel 100% ready, but transformation doesn't wait for permission.

Meanwhile, someone else with less information but more guts already opened the business.

### The "Do Something" Rule

My Grandpa used to say, "Do something. Right or wrong—do something."

That's the secret. Do *some-thing*. Not everything. Not perfectly. But something. Every day.

If you want to improve your health, walk around the block. Don't wait until you find the perfect walking shoes. If you want to fix your marriage, ask your partner one curious question and really listen. If you want to get out of debt, open your bank app and write down what you spent this week.

Tiny actions, stacked consistently, become transformation.

### So What Do You Do?

Here's a simple test. Pick one thing you *know* you should do but haven't done. Write it down. Then take one step toward doing it *today*—before this article hits the recycling bin.

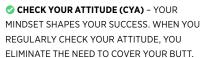
Don't let all that information you've collected go to waste. Apply it. Use it. Act on it. Because information without application is just clutter.

And if you want to transform your life—really transform it—it's not about knowing more.

It's about doing more with what you already know.

### **MATT BOOTH**

FOR OVER 20 YEARS, I'VE BEEN DELIVERING POWERFUL MESSAGES WITH THREE CLEAR OBJECTIVES:



❖ ACTIONABLE TAKEAWAYS - MOTIVATION FADES, BUT PRACTICAL, REAL-WORLD INSIGHTS CREATE LASTING IMPACT. MY FOCUS IS ON PROVIDING TOOLS PEOPLE CAN USE IMMEDIATELY TO IMPROVE THEIR WORK AND LIFE.

✔ DO SOMETHING - KNOWING IS NOT THE SAME AS DOING. MY GOAL ISN'T JUST TO INSPIRE—IT'S TO PUSH PEOPLE TO TAKE ACTION AND BRIDGE THE GAP BETWEEN KNOWLEDGE AND EXECUTION.

TO INQUIRE ABOUT MATT'S SPEAKING OR COACHING, SUBSCRIBE TO HIS YOUTUBE CHANNEL @MATTBOOTHSPEAKER OR EMAIL MATT@MATTBOOTH.COM.

"MATT BOOTH IS AWESOME! AND I KNOW AWESOME!" — GRAHAM BOOTH, 13-YEAR-OLD KNOWER OF AWESOMENESS.

#### MATTITUDE QUOTE

"Show up. Grind it out. Trust the process. Every drop of sweat today is an investment in the life you want tomorrow." —Matt Booth



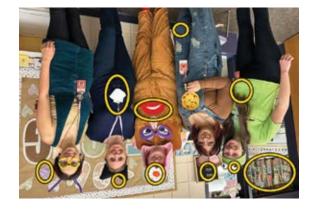
### **Spot the Difference**

Can you spot 10 differences in this photo of Prescott Elementary School's kindergarten staff of characters celebrating the letter "C"?





### **Spot the Difference Answers**





# **Upcoming Family Events**

### FRI 5/9



### **Family Movie Night** @ The Grand: Wicked

6 PM @ GRAND **OPERA HOUSE** 

One of the most beloved and enduring musicals on the stage, Wicked makes its journey to the big screen as a spectacular cinematic event. Wicked, the untold story of the witches of Oz follows Elphaba and Glinda as they meet as students at Shiz University in the fantastical Land of Oz and forge an unlikely but profound friendship. Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads, and their lives take very different paths. Their extraordinary adventures in Oz will ultimately see them fulfill their destinies as Glinda the Good and the Wicked Witch of the West. Doors at 5:15 p.m. All ages. Free. 135 8th St. **563-588-1305**. thegrandoperahouse.com.

### SAT **5/17**

### Mommy & Me Fit

9-9:50 AM @ STATERA This unique class, designed for moms and their kids ages 12 months to 5 years, combines playful movement, age-appropriate activities, and fitness exercises to create a space where you can connect, laugh, and move together. \$20. 3375 Lake Ridge Dr. 563-207-8932. stateraintegrated.com.

### THU **5/29**

### **Launch into Summer**

FOOD PANTRY

On the last day of school, the **Dubuque Food Pantry invites** parents and children to enjoy water games, face painting, ice cream. Each month dur-They also have almost 300

low-income senior community members who receive a monthly delivery. 1310 White St. 563-583-4440. dbqfoodpantry.com.

### FRI **6/13**



### **Heathers The Musical: Teen Edition**

7:30 PM @ BELL TOWER THEATER 6/13-6/14, 6/20-6/21 at 7:30 p.m.; 6/15, 6/22 at 2 p.m. The 12<sup>th</sup> Annual High School Musical at Bell Tower Theater brings the darkly delicious story of Veronica Sawyer, a brainy, beautiful teenage misfit who hustles her way into the most powerful and ruthless clique at Westerberg High: the Heathers. But before she can get comfortable atop the high school food chain, Veronica falls in love with the dangerously handsome new kid, J.D. When Heather Chandler, the Almighty, kicks her out of the group, Veronica decides to suck it up... but J.D. has

another plan. \$12. 2728 Asbury Rd. 563-588-3377. BellTowerTheater.net.

### FRI 6/20



### **Footloose**

7:30 PM @ THE GRAND **OPERA HOUSE** 6/20-6/21, 6/25-6/28, 7/5 at 7:30 p.m.; 6/22, 6/29, 7/5-7/6 at 2 p.m. Kick off your Sunday shoes with Rising Star Theatre Company. Based on the explosive rock 'n' roll musical movie. this Broadway hit tells the story of Ren McCormack, a big-city teen who finds himself out of place in a rural town. He is prepared for the inevitable adjustment period at his new high school. But he's not prepared for the rigorous local edicts, including a ban on dancing instituted by the local preacher, who is determined to exercise control over the town's youth. Adults: \$25; Under 18: \$17. 135 W 8th St. 563-588-1305. thegrandoperahouse.com.

3:30-6 PM @ DUBUQUE

food and games together and reminds families that the food pantry is there for them. Free activities include carnival games, music, and more plus free hot dogs, chips, drink, and ing 2024, more than 2,200 individuals were served at the Dubuque Food Pantry.





# And Now, a Word from Pam's Ficus

Hello, people! This is Pam's Ficus tree. I'm a plant, it's true, but I've got quite a story to tell, and she decided I should tell it, not her. She's the bad guy, after all.

I was born—well, I'm not sure how that happened, but my first memories are of Pam's lovely daughter, Allison. I sometimes wonder about my own mom and dad, but plants don't form close relationships with their parents. Unless you're a Yellow Archangel, which grows by sending out shoots that form their own roots and, voila, another plant! Pam is not fond of them; she calls them by their other name, Yellow Weasel-Snouts.

Anyway, Allison brought me home when I was so small I fit on her desk at work. I got to be a Library Ficus, at the Dubuque public library, and it was fun, although the light wasn't great. Still, I grew and grew. I got so tall, she had to take me to her apartment on Sunny Slope Drive, and then to her new home in Davenport, where I lived in her nice new apartment. This was Pam's hometown, but her parents were gone. I'm not sure where they went, but I don't know where mine are, either.

I got really big at Allison's new home. There was lots of light, but only from the south, so I started stretching that way. When she noticed I was lopsided, she turned me around and clipped my branches, but it didn't hurt. Some of her cats liked to chew on my leaves. That was scary, but I survived.

Then, we moved again. Allison found the Job of Her Dreams at a library in Cedar Rapids, and boy, was that an interesting move. She boxed up everything she owned, and one day a big truck showed up and a crew of nice young men took all the boxes away. I was still sitting there, until Pam took me down the stairs, laid me sideways in her car, and drove me to Dubuque. I was back home! Sort of.

Pam had a nice sunroom, where I could look out at a yard full of grass and flowers and bushes and trees and, way in the back, a door to the woods. I saw squirrels and deer and wild turkeys! It was almost like going back to my roots, if you'll pardon the pun.

I grew taller but lost a lot of leaves. They turned yellow and fell off, and Pam had to vacuum them all up. She watered me, and turned me around, but nothing seemed to help. Maybe I was exhausted after so many moves. Trees are not meant to move!

One day, I had a Big Adventure. Pam picked me up and took me down the stairs from the deck to the yard. It felt amazing to be outside, with the air blowing my leaves and the other trees so close by. Maybe I was going to be an outdoor tree, next to the giant maples and crab apple tree I'd seen through the window. Was that what this was about? But something strange happened. She took me out of my pot, and it was weird for my roots to feel the breeze. I thought maybe I was moving to yet another home—maybe in a nice new pot?

But no. She picked me up, carried me down the hill, and laid me down in a place she called the Compost Corral. This was where she put all the leaves that fell from the trees, and all the weeds she pulled from the garden. But I wasn't a weed! And I hadn't lost that many leaves, had I?

She went back to the house, and there I was. Hmm, I wondered. Is this what they call a green burial? I tried to stretch out my limbs and relax into the soft bed of greenery underneath me. I watched the sun move over me and light up the trees. I tried to fit in, and thought about how maybe my roots could reach down into the earth and pull me upright. That seemed like a lot to ask, but I knew I shouldn't despair. Surely, something good would come of this unexpected change in my surroundings.

Looking up the hill, I could see other backyards of green grass and a few flowers. They were nothing like Pam's yard, which has so many bushes and trees around it, it's like a private park. I told myself this could be a good change, maybe just what I needed. I could see the Yellow Weasel-Snouts nearby. Maybe they could help me stand upright again.

Unbeknownst to me, Pam was in her house, thinking about me. She was starting to regret her hasty decision to, um, relocate me. Finally, as I was wondering how I would survive a night outside, I heard her coming. She stood outside the corral, looking at me. She was carrying my pot—my home!—and she reached down and picked me up. Suddenly, I was back in my pot, going up the stairs and through the door, back to my place in the sunroom. She said, "Oh well," and watered me. She tied me to a long, stout stick that gave me better posture.

I guess Pam had a change of heart, or maybe Allison talked her out of her dastardly deed. I've been here ever since, not losing so many leaves, doing pretty okay. I think she likes having a tree in the house and boy, am I glad to be back. I have forgiven Pam. I guess you could say she turned over a new leaf. :-)



HERE I AM, BACK HOME!

### PAM KRESS-DUNN

PAM BELIEVES THAT IF SHE DOESN'T WRITE ABOUT IT, IT DIDN'T HAPPEN. YOU CAN READ ALL 300+ OF HER PAST COLUMNS, PLUS OTHER RANDOM POSTS, ON HER BLOG AT SIEGEOFWORDS.COM.





PUZZLE ANSWERS ON PAGE 32

### Conceptis SudoKu

By Dave Green

			3		7			
2				9				4
	3	4				5	7	
7								6
	6			8			5	
3								1
	5	1				3	8	
8				6				5
			8		2			
©Conceptis Puzzles 06								0601007255

### WHERE'S GENERAL BOB?

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



## LOOK A LITTLE

- I am!"
- 6 Sound from
- 15 Taiwanese PC company
- 19 Student's class

- 22 Indian queen
- House slogan 26 "Please reply" letters

- 42 Loggins & ("Your Mama Don't Dance'
- 48 Spanish for "this" 49 Cornhuskers'
- conference 50 Jackie's "O"
- 53 Give (care at all) 55 Utterly foolish
- 57 Jump into water while holding the knees to

- 78 Part of the B complex 81 Relaxed

- 94 French for "yours"97 Delivery for the deceased
- 101 Cascade in Yosemite Valley

1 "You know who

### LOWER ACROSS

- Tupperware 10 Opposites of rights
- jottings 20 "Only Time" singer
- 23 Longtime Maxwell
- 27 Nutrition std. 28 King, in Lyon 29 Childbirth docs
- 30 Afterthought #2 in
- a ltr.
  32 Boozing sort
  33 Midsize Nissan
- 36 Olive stuffing 40 São (Cape Verde island)
- group)
- 44 Go south instead of north, maybe
- 46 Hypertension, for short

- behavior
- the chest "—War" (Shatner novel)
- 64 Wild crowd 67 Roman orator
- 68 Proximity70 Unit of force
- 71 Arcane
  73 Of warships: Abbr.
  74 Cosmetic in a pencil
  77 Darkens
- 82 Boise-to-Fargo dir.83 French buddy
- 85 Overnight work hours 87 Mural on plaster, say
- 89 Repetitive shout of pain
- 90 Mount, as a gemstone 91 Home to Mali and Togo

- Yosemite Valley
  104 Clipped, as a sheep's wool
  108 Sped
  109 With great concentration
  111 Acid's counterpart

- 112 Before now 113 Suffix with govern
- 115 Cow's cry 116 Rowing tool

128

109

122

115

16 Painter Mary

in Black'

24 Chimp cousin

34 "Kinda" suffix 35 Roman 1,002

37 Pierce

38 Endemic

47 Tree limb

50 Give in (to)

51 Bit in trail mix

56 Teeny-weeny58 Court dividers

17 Fashionable, in French 18 He played Zed in "Men

25 "It's like riding — ...' 31 Annual Xmas visitor

39 Having no depth, for short

41 Musician Pop or Azalea 43 Moby Dick's pursuer

45 Wind quintet instrument

52 Salary, e.g.54 Having zero curvature

59 Mine car load60 Neither here — there

61 Genre of soap operas62 Like tests done on

living things
64 Talkative starlings

116

124

129

133

113 114

121

132

- 118 Seventh scale tones
- **119** Swats 121 Reduce one's excitement slightly ... or what you have to do to the final letter of five long answers in this puzzle?
- 127 Choral voice 128 "Criminy!"
- 129 Catnap, e.g. 130 1980s TV's "Kate & —
- 131 Very unkind 132 Bills of fare
- 133 "Pygmalion" playwright
- 134 Red root vegetables

### DOWN

- 1 R&B singer James or
- Luther "— -oo!" ("Ta-ta!")
- 3 Ermines, in the summer
- 4 Rx item
  5 Part of ETA: Abbr.
- "Thanks God!"
- 7 Far from cool 8 Bread variety
- 9 Jewelry designer Picasso 10 Tenants
- 11 Office phone no., often
- 12 Bouquets-to-order co.
- 14 Hog food 15 Part of ETA: Abbr.
- 13 Sluggishness

- 65 Bodysuit for a baby 66 Destitute (of)
  - 69 "Ta-ta!"
    70 Peters out
  - 72 Reply to "That so?"

83 Token-taking establishment

Shout from an outfielder

- 91 Lincoln who was honest
- 93 Cheese in lasagna
- 96 Otherwise 98 Butler's belle Scarlett
- 99 Hair fixative
- 103 In conflict

- 110 "Holy moly!" 114 Plant stalk
- 117 From scratch 120 Bush 43, to Bush 41
- 122 State south of Neb.123 End of a school's URL
- 124 "— -la-la!" 125 Apprehend 126 Corrida cheer

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33

42

101

108

112

119

127

131

## By Frank A. Longo





134 75 Large feature of Dumbo 76 U.K. "Inc."

118

80 "Mona Lisa Smile director Mike

130

- 84 Supper, say 86 Poking tools
- 87 Bona 88 French city in Normandy
- 92 Delicate
- 95 'Bama rival
- 100 Shaggy ox 102 Facial expression
- 105 Unnerve
- 106 Draw out 107 Platters



# Celebrate Mom with Thoughtful Gifts from Steve's Ace Home & Garden

Find the perfect "thank you" for the woman who does it all.

Mother's Day is just around the corner, and Steve's Ace Home & Garden is your one-stop shop for finding heartfelt, beautiful gifts that show Mom just how much she means to you. Whether she loves jewelry, skincare, home décor, or gardening, you'll discover something special in every aisle.



### **Jewelry That Tells Her Story**

Treat Mom to meaningful jewelry she'll treasure forever. Moonglow necklaces and bracelets are truly one-of-a-kind, featuring lunar designs that display the moon phase from a date that's special to her—like her child's birthday or anniversary. For a more floral touch, Gratista birth flower necklaces combine delicate beauty with personal symbolism, giving each piece deep sentimental value. These keepsakes are more than accessories—they're reminders of the moments she cherishes most.



### Skincare She'll Feel Good About

Pamper her with natural, luxurious skincare from Rowe Casa Organics, known for its clean, all-natural ingredients. Choose from calming balms, nourishing oils, and rejuvenating face creams. Or brighten her day with the delightful scents of Sweet Grace and Michel Design Works—their lotions and soaps are just as pretty as they are pampering. For an extra treat, tuck in a pack of Bonblissity Candy Scrubs—adorable, single-use sugar scrubs that look like sweets and leave her skin silky smooth.



Home & Kitchen Must-Haves

For the mom who loves to cook or decorate, you'll find cheerful and functional

additions to her space. Geometry tea towels and dishcloths bring modern, eco-friendly style to the kitchen, while Nora Fleming serveware and interchangeable "minis" let her celebrate every season and occasion with ease. Scout Suncatchers bring color and sparkle to her windows, and Pura Diffusers allow her to fill her home with custom scents, all controlled by a smartphone.



# Fashionable Finds for Fun in the Sun

Help her gear up for summer with stylish and practical accessories. Bogg Bags and their fun new accessories are perfect for beach days, poolside lounging, or everyday errands. Pair with a vibrant Dock & Bay quick-dry towel for the ultimate summer-ready combo. Don't forget cozy favorites like World's Softest Socks and bold, feel-good pieces from The Darling Effect—they're sure to make her smile.



### Living Gifts She'll Love to Grow

Nothing says "I love you" like flowers that last beyond the bouquet. Surprise her with unique indoor plants like Tillandsia air plants, striking philodendrons, or dainty succulents and African violets. Or brighten her porch with blooming pots and hanging baskets full of vibrant summer color—ready to impress and easy to care for.

Celebrate Mom with gifts as special as she is. Visit Steve's Ace Home & Garden today and make this Mother's Day one to remember.





### **DEAR ANGELA,**

I've been having trouble sleeping at night. I really want to get my full eight hours, as I know that not having enough sleep can really lead to some negative health outcomes later on in life. I go to bed around 11:45 and I know I'm not supposed to, but I usually fall asleep scrolling on Instagram,

specifically I look at all the photos of other people that my ex-boyfriend has liked over the last 24-48 hours, and then I text him about it asking why he would do that for old photos. What usually puts me to sleep are those little dots that mean he's taking a long time to answer. I usually wake myself up when my phone falls on my face and repeat this process over and over until 7:50 am. At dinner time, I drink a couple of Celsius energy drinks to stay awake until it's time for bed, and I do the whole thing over. Basically a pretty normal routine, but I could use some additional tips if you can think of any. -Sleepless on South Mound

### **DEAR SLEEPLESS,**

Gosh, you seem to be really taking this sleep hygiene seriously. The only thing I think might help is to have some espresso before bed. Warm drinks are very calming for the nervous system, and I think that is partly to blame. You could also try starting a fight or asking very uncomfortable questions to your ex, which he will then take a very long time to respond to. You can count those little "..." as if they are little sheep

flying through the air, and you'll be sure to get a good 16 hours every night!

### DEAR ANGELA,

I'm a junior in college, and I've got some relationship issues. I've been dating this guy, Jeff, since school started in the fall, but now I don't know where things stand between us. I can't tell if he likes me or what. I mean, he calls me every night, and he tells me he loves me, but I mean, what does that even mean? The other day, when we were talking on the phone and he was like, "Remember when we use to watch Gossip Girl together? I really miss that. We should do that soon". And I was like, "Um, no, I don't think THAT'S a good idea. I mean, we're not dating anymore"! I mean we weren't totally dating before, but we kinda were. And I told him I don't want to date him or whatever. And whatever his friends think I did to him, he was way worse to me. And like all my friends have told me, he is the manipulative one. So what should I do? -IYKYK on Idlebrook

### DEAR IYKYK,

I am sorry, I think you *think* I know, but I know I don't know. In fact, all I have

are questions. Like, what exactly is so bad about watching Gossip Girl with this guy? Is it that show in particular that would be a bad idea, or just watching anything with him? What I DO know is that you meant to send this letter to Alumna Angela's Academic Amore Advice. She is great at listening to the problems of people with really unhealthy interpersonal romantic relationships and specializes in the love lives of college students. I cannot, for the life of me, fathom how she does this on a daily basis, but that's probably why she needed the month-long vacation to Tahiti that she is currently on. I tried, I really did try to find some morsel of advice I could give you, but I don't think it matters. Eventually, you'll graduate and move on from this very emotional time in your life, and will find someone with whom it's ok to watch Gossip Girl.

### **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.

# We can stop HIV, Iowa by making sure women are part of the HIV conversation.

In 2022, 19% of new HIV diagnoses in the U.S. were among women and 23% of all people living with HIV were women.

Women are less likely to think they are at risk for HIV. Often, they don't get the information they need about HIV or HIV prevention.

Thankfully, there are steps all women can take to protect their health:

- Get tested for HIV at least once in your lifetime.
- Request HIV testing any time you get tested for other sexually transmitted infections (STIs).
- Learn about and access the best HIV prevention tools for you!
- If you're living with HIV, connect to care and services to protect you and your partners' health.







Learn more & find free testing near you at **stophiviowa.org** 





### ARIES

(APR 19-MAY 13)

With Mercury sextiling Jupiter, now is the time to pitch big ideas. You will come up against naysayers who will nitpick, disparage, and even ridicule your brainchild. Listen to these naysayers. These naysayers are smarter than you.



### **TAURUS**

(MAY 14-JUNE 19)

With Pluto in Aquarius, you'll want to bet on yourself, as always.
Don't. The game of life is rigged and making the same bet over and over again is just a bad gambling strategy.



### **GEMINI**

(JUNE 20-JULY 20)

While the metaphorical nuclear fallout from your decisions will leave you with a bad reputation, the literal nuclear fallout from your decisions will leave you absolutely glowing.



### **CANCER**

(JULY 21-AUG 9)

With Mercury in Aries, you'll find it more difficult to network than usual. Don't panic. Just unplug the power from the router for about 10 seconds and plug it back in. That usually fixes it.



### LEO

(AUG 10-SEP 15)

With Jupiter in Gemini, now is the time to go for your loftiest of ambitions. Having a loft in your room has been a dream of yours ever since you were big enough to climb a ladder. Go for it!



### VIRGO

(SEP 16-OCT 30)

As Mercury enters Taurus, this will be a very important week for romance. Ope. Wait. Nope. Misread that. This will be a very important week for Romans. No, this does not mean you get to be the new pope, so don't ask.



### LIBRA

(OCT 31-NOV 22)
With Mercury in Aries,

now is the time to make some power moves. And while your Careful Deer Searing Bolt attack is good for keeping your guard up while also raining down a fury of fire attacks on your opponent, their Shooting Bullet of Lunar Puppet technique only needs to get through once. Then you'll never ascend to the rank of Emissary God.



### **SCORPIO**

(NOV 23-NOV 29)

While it's true that teamwork makes the dream work, it's going to be that dream where you go to work naked. Yes, your teammates will swear that they're going to do it too, but they'll chicken out.



### **OPHIUCHUS**

(NOV 30-DEC 17)

Now is not the time to bury the hatchet. It's not that it isn't a good idea to put an end to old rivalries. It's just that it's a really good hatchet you got there, and you've got yard work to do.



### SAGITTARIUS

(DEC 18-JAN 8)

As Pluto sextiles Venus, now is the perfect time for a spring fling. So you'd do well to stay away from all catapults, trebuchets, and circus cannons until summer comes.



### **CAPRICORN**

(JAN 9-FEB 15)
With Jupiter sextiling

Mercury, you will still feel the need for some added support. Or here's a thought: Finally listen to your friends and buy a bra that actually fits.



### AQUARIUS (FEB 16-MAR 11)

With the position of the moon in your creative zone, it will be a time of immense originality. That said, as long as you're honest and upfront about it, sampling brings the act of creating music to ALL socioeconomic classes and is a legitimate form of musical expression.



### **PISCES**

(MAR 12-APR 18)

While Pluto in Aquarius will allow you to open your heart to unconditioned love, it would be nice if they at least shampoo, am I right?

### 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.



