





### Bryce's Fosterina ideas, conversations and araun

remodeling saga, but the fact that I am not at- at the Dollar. I think I thought that would mean tests to my level of failure in achieving any of I'd made it or something. Then, the same year my goals. Oh, well. We'll get there, someday. my first band formed, the Dollar burned and so I thought, instead, I'll talk a little about goals, did my dream to play there. hopes, dreams, and rock and roll.

It's Thanksgiving and I guess that means it's time to reflect and give thanks for what we have. I Thursday for dinner.

But before I get to Thursday, I have Wednesday night. What's so big about Wednesday night? Well, as many of you know, the night before Thanksgiving is well known as one of, if not THE biggest night of the year at the bars. It makes sense. Everyone comes home to visit and after they run out of things to say, or after mom and dad go to bed at 8 p.m., they have to find something to do. For many, hitting the bars is the answer. To a great degree this is also because they have a high chance of running into old friends who are also home for the holidays.

For me there is another reason. I don't mention it often here, but when I'm not making newspa- Earlier this year fate took a turn. The Dollar repers, I'm working on the house. When I'm not working on the house I am, of course, fighting crime. And when I'm not fighting crime, I'm tionship with the crew, I didn't want to push to usually playing somewhere in the area with my band, The Rocket Surgeons.

now, following up my last band, Slow Buffalo. I've gotten to the point where it's pretty much tunity came and in a big way. just a thing I do. There are no nerves or special people's faces off. Then we go home. The biggest change in the process is that we no longer go home smelling like an ashtray. Which I must say, is pretty nice.

I think my road to being in one of the busiest from others, but somewhere in the back of my bands in the area is a little bass-ackwards. Usu- mind I will be able to check-off that life-goal ally you get into it when you are a teenager that has thus far escaped me. and by 30 you're about done with it, moving since age 11, when I got a sweet electric guitar for my birthday from Rondinelli Music, other than a few one-off performances and screwing until I was 27 years old.

Back then, there was one place in town where the coolest bands and lots of great artists touring the country who you can't see every weekend. That place was the Silver Dollar Cantina. Every made we want to have a band that much more. Thanksgiving everybody!

I was going to bring you part two in my home And as much as having a band, I wanted to play

In the near-decade since then, the live music scene has changed a lot. Places like the Busted Lift (now 180 Main) picked up where the Dolhave had a great year. My father and father- lar left off and continued bringing in unique in-law both had some close calls with health and talented artists. And more bars joined in. in the last month, but both are on the mend. There certainly has always been good live muand all is well as we plan to come together on sic in Dubuque, but we have a variety of bands and venues in town now like never before. We are extremely fortunate. Any Saturday night, you can find a dozen places or more in town to see live music from acoustic performers, to metal country, salsa and, of course, rock and roll cover bands. You simply will not find that in Cedar Rapids and Waterloo. They have music, but not like we do. The Surgeons and I have been lucky to be part of that. We have played just about every place in the area that features live music and every festival under the sun (and stars). We've even played festivals under the Town Clock in front of thousands of people a few times and that is an incredible feeling. But I still never played the Dollar.

opened and live music returned to the place where it once lived large. Having a close relabe one of the first bands there after they opened. They have a long list of favorites they were excited to get back. I knew I'd eventually get my We've been playing out for quite a few years opportunity. So long, that is, as they don't pull a Breitbach's in the near future. Well the oppor-

preparation for a gig. We just show up and rock The Rocket Surgeons will be playing the Silver Dollar on Wednesday, the day this paper hits the streets and the uber-busy night before Thanksgiving. A coveted band slot. Thanks guys! For me it's kind of like coming full circle. I've been doing this long enough that I know I didn't always play in a band, naturally. But there's really nothing different about this show

on to a career, kids, and in bed by 11 p.m. on In an appropriate twist, I was at Rondinelli Mua Saturday. Though I've been playing guitar sic yesterday and I saw Mike Reiss, the man who taught me how to play the guitar when I was but a wee lad. I had not seen him in years. Though he said he does not play so much anyaround, I didn't start playing regularly in public more, he was in getting himself a super-sweet Gibson Les Paul. I wish I had the money to buy the Les Paul for him. He played a huge part in shaping my life, my love for music, and my inlive music was king. It was where we went to see nate ability to rock people's faces off. He deserves a room full of Les Pauls. If you're free and you pick up the paper on Wednesday, come join us at the Dollar. I'll be the big guy in the time I saw a band there it energized me and middle of the stage grinning ear to ear. Happy

#### faces you already know!











































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We've hidden 365's WANDO somewhere in this issue of Dubuque365ink. Can you find the master of movies buried within these pages? Hint: He's tiny and could be anywhere, Ir a story? In an ad? On the cover? Good Luck



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# 4 Cover Story

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NOV 26 - DEC 10



by Mike Ironside

"I'm cold!" That was Hillcrest Family Services' Mindy Stiles' reply to the question "How are you doing?" when we called her at Louis Murphy Park last week during setup for the organization's annual Reflections in the Park holiday light display. Understandably so – while it was only about 30 degrees and sunny even, a brisk wind made for a wind chill factor that was ... well, a whole lot colder. As Reflections in the Park is set to open Thursday, November 27 (marked on most calendars as Thanksgiving Day) 365 stopped at Murphy Park to see the last adjustments to the setup of the lights and talk with Reflections coordinator Stiles and longtime volunteer Rich "Bummy" Baumgartner. The lights will be on display daily from 5 to 10 p.m. through January 1, 2009.

I asked Bummy, the longest serving volunteer on the project, if the light display was ready to go. "No," he deadpans. "We got a lot of work left. Minor things that we gotta fix – dark spots, electrical problems ... gotta balance out the load so we're not drawing too many amps off one side compared to the other or so that we don't blow a circuit breaker."

With 60 big displays, plus a number of other rope lights, stars, and decorations on trees, Reflections draws some pretty significant electricity. Working with cochair of the project Dick Biechler, it's Baumgartner and crew's job to spread the electrical load throughout the park so that they don't blow any circuit breakers and all the lights stay lit. And we're talking about a lot of lights. "Any idea how many lights are in the park?" I ask. "No idea," Baumgartner replies without hesitation, "none whatsoever." "Bulbs?" adds

Stiles, contemplating the scale of the display, "there's probably millions of them out there."

The scale of the display is only matched by the hours the numerous volunteers put in year after year to make the project happen. Volunteers began on October 31 and have worked Monday through Friday for three weeks to prepare for the Thanksgiving opening. Baumgartner estimates an average of somewhere between a dozen and 16 workers were on site every day, some days as many as 25. "It's a lot," reports Stiles, "they work hard out here. They come early and they stay late." Once open, there are generally about ten volunteers working the park each night. Volunteer "Skip" Hutton lines up volun-

teer groups from businesses, banks, service clubs, and individual families to cover the 36 nights Reflections will be on display.

Volunteers not only set up the light displays, disassemble the park in January, and coordinate all the nightly park volunteers, they also secure all media sponsors and put together the Gala celebration to honor the volunteers and give organizers a "sneak peek" before Reflections opens to the public. That adds up to around 300 volunteers, not to mention the over 130 sponsors contributing to the fundraiser and the 40 media partners promoting the program.

Now in its 14th year, Reflections has witnessed an estimated 5,000 volunteers contributing time in the park, adding up to a staggering 62,000 estimated hours since the first year in 1995.

Baumgartner has been volunteering for the project for 13 years, since his retirement from John Deere. I asked him how he first got involved. "Some sucker called me up and asked me if I wanted to help," he jokes. "He said 'Hey Bummy, how about coming up to the park and help?"" I pressed him for details and he elaborated, "A guy by the name of Fred Krapfl called me. That was the second year it was running. I had just retired and he called me and said, 'Hey Bummy, how about volunteering to set up lights in the park?'

and I said, 'Okay.' So I've been here ever since."

"What keeps you coming back year after year?" I ask him. "I'm dumb ... just plain dumb," Baumgartner deadpans, eliciting laughs from the few of us assembled in the significantly warmer trailer. "Hopefully, it looks good and we get a lot of people through."

Reflections in the Park does get a lot of people coming through to see the fantastic light displays. Each year, approximately 10,000 cars pass through the park, with somewhere between 40,000 and 50,000 people viewing the lights. Since the program first began in 1995, more than

Continued on Page 31.



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**Dubuque** Thunderbirds



Just a reminder that the Dubuque Thunderbirds, the 2008 Hurster Cup CSHL Champions, are back in action on home ice in the Five Flags Arena! After a long road trip in the next few weeks, upcoming home games include a December 6 - 7 two-game set against the Cleveland Lumberjacks (do they do logging in Cleveland?), and more! Tickets are available at the Five Flags Box Office, at all Ticketmaster outlets and online at www. **26-30** ticketmaster.com. Rembember, admission is only \$7.50 for reserved seating, and \$6.50 for bleachers! For more information, visit www. dubuquethunderbirds.com.



**The Winter** Farmers' Market



Beginning November 1, the winter market moves east to the Colts Drum & Bugle Corp Building at 1101 Central Avenue. Scheduled for every Saturday morning from 9 a.m. to noon, the Winter Farmers' Market will run from November through April 30, 2009.

Picking up where the summer market leaves off, the Winter Farmers' Market will feature around 25 vendors offering a variety of fresh, locally grown produce, meats, cheeses, homemade baked goods and handmade crafts. Winter Farmers' Market will feature live music every Saturday with breakfast available from the Colts Booster Club.

The Winter Market extends the usual season of the traditional summer

Farmers' Market, giving Dubuque residents an opportunity to buy locally grown produce and meats year round. Organized by a local committee of volunteers and market vendors, the Winter Farmers' Market is admission-free. For more information, contact Amy Weber at amyweber4@yahoo.com.



Congratulations, **Hospice of Dubuque!** 

365ink is proud to announce that Hospice of Dubuque is the winner of the 365Advantage "Win a \$10,000 Web site" contest! All of us at 365 are looking forward to crafting a new Web platform for Hospice. For more information about what 365Advantage can do for your company or organization, visit www.365advantage.com.



The Mercy Festival of Trees



The Mercy Festival Of Trees runs for yet another year at the Holiday Inn-Five Flags. Join in the holiday spirit with beautifully decorated Christmas trees, wreaths, and other holiday decorations on display and up for bid at the weekend silent auction! Holidays at Hogwarts for the kids will run at 9 a.m., 11 a.m. & 1 p.m. Viewing of the Trees is 8 a.m. - 10 p.m. daily, including Thanksgiving, in the hotel lobby. The event will culminate in an auction on November 30.

Nov

Ken Kilian **Big Band Show** 

The 15-member Ken Kilian Saxtet-Plus Big Band will be performing on the Sunday after Thanksgiving from 2 - 5 p.m. at the Governor Dodge Convention Center in Platteville, Wisconsin. 2008 is a special year for for the group, and at the event they'll be celebrating the 25th anniversary of Ken Kilian Musical Services, AND they'll also be releasing a brand-new new CD! There will be door prizes, goodies, free stuff, and of course the Big Band with guest vocalist Michelle DuVall. There's room for dancing and and listening! Tickets are only \$10 (\$5 for students) and will be available at the door.



**The Christmas** Schooner

The Galena Main Street Players present The Christmas Schooner, December 4-21 at The Bell Tower Theater, 2728 Asbury Road, Dubuque. Showtimes are 7:30 p.m. Thursdays, 8 p.m. Fridays and Saturdays and 3 p.m. Sundays. Tickets are \$17 and available through the Bell Tower Theater at 563-588-3377 or online at www. belltowertheater.net.

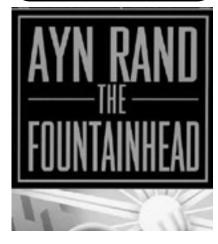


**Dallas Brass** Concert

The Dallas Brass will be featured in concert at the newly renovated Dubuque Senior High School Auditorium at 7 p.m. on December 10. Advance tickets will be on sale for \$10 from the DSHS Band office and tickets can be purchased at the door for \$12. These gifted musicians will play in conjunction with a combined middle school group and a combined high school group from the Dubuque Community School system.



Movie "The Fountainhead"



Carnegie-Stout Public Library will show the movie The Fountainhead" on Thursday, December 18, at 6 p.m. in the 2nd Floor Story Room. Admission and snacks are free, and open discussion will be encouraged after the show.

#### **UPCOMING EVENT SUMMARY**

Reflections in the Park

November 27 - Jan. 1, Murphy Park (See ad on page 20)

Mercy Festival of Trees

November 27 - 30, Holiday Inn DBQ (See this page)

Rondinelli Music One-Day Sale November 28, Rondinelli Music (See ad on page 18)

Puddle of Mudd

November 28, Five Flags (See ad on page 22)

Ken Kilian Big Band Show

November 30, Gov. Dodge Center (See this page)

Sophomore / Junior Art Show December 2, Clarke College (See page 21)

Crossroads Conference 08

December 3 - 4, Des Moines (See page 14)

Yes, Virginia, There Is a Santa Claus

December 3 - 7, Grand Opera House (See page 8)

The Christmas Schooner

December 4 - 21, Bell Tower Theater (See this page)

Willie Nelson

December 4, Five Flags (See page 26)

Big Bad Voodoo Daddy

December 4, UW-Platteville (See page 15)

**DSO Holiday Pops** 

December 5 - 7, Five Flags (See page 29)

Kirchhoff Distributing Pub Crawl

December 6, Dubuque Main Street (See this page)

Sonia Choquette

December 6, Grand River Center (See page 9)

Christmas on the Frontier

December 7, Ham House (See ad on page 20)

**Book Signing** 

December 7, River Lights Bookstore (See ad on page 8)

**Dallas Brass Concert** 

December 10, DBQ Senior High (See this page)

**Dubuque Area Writers Guild** 

December 10, Isabella's (See page 13)

Jim McDonough Holiday Grande December 13, Five Flags (See page 29)

A Motion Connection

December 13, Dubuque Arts Ctr. (See page 9)

Snowbiz: A Cool New Yule

December 18 - 21, Turner Hall (See page 10)

Collective Soul

December 27, Mississippi Moon (See page 10)

**Doobie Brothers** 

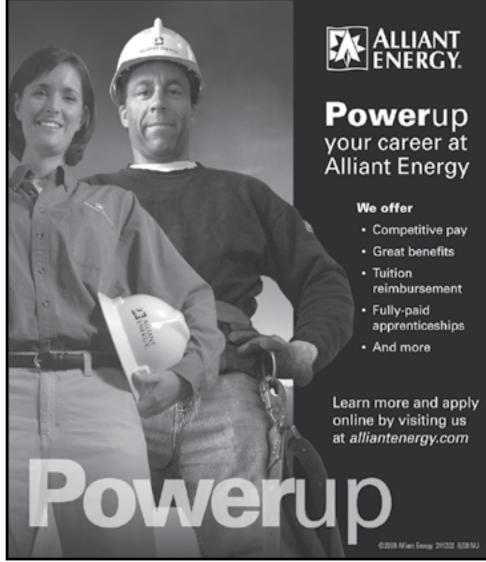
April 4, Mississippi Moon (See page 10)

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Answers on page 28

1. The Native American name for turkey

A. Firkee

B. Tatonka

C. Tepeki

D. Kweewa

2. How many Turkeys are eaten in America at Thanksgiving?

A. Under 10 million

B. About 20 Million

C. About 35 Million

D. Over 45 million

3. A shocked Turkey may...

A. Soil itself

B. Charge you

C. Fall over dead

D. Scream

4. 102 pilgrims sailed from Plymouth. How many arrived in New England?

A. 102

B. 100

C. 88

D. 60

5. OK, smart guy, how many survived the first winter in America?

A. 88 B. 60

C. 51 D. 36

6. The first print reference to "Black Friday" happened in Philadelphia in what year?

A. 1969 B. 1975

C. 1980 D. 1988

7. Black Friday is NOT usually the busiest shopping day of the year. What is?

A. It better be my Birthday

B. The Saturday following Black Friday

C. The Saturday before Christmas

D. The day before Christmas

8. The Diamond Jo Casino moves inland in two weeks. In what year was Riverboat Gaming legalized in Iowa?

A. 1976 B. 1980

C. 1986 D. 1989

9. What state produces the most live Christmas trees?

A. Wisconsin

B. Michigan

C. Washington

D. Oregon

#### 365ink

## Entertainment

NIGHTLIFE • LIVE MUSIC • COMEDY

NOV 26 - DEC 10





Dependably bringing live music of all kinds to the masses on a regular basis, 180 Main continues to provide the soundtrack to life in the lower level. As November rolls into December, dert gives way to blues, indie rock, soul, outlaw country and Southern rock.

#### The Dert Tones Friday, November 28

Seeing the Dert Tones in the basement bar again ... well, it brings back many blurry memories of Wednesday nights past. Those were some times. If you know what I'm talking about, go. Relive those innocent, carefree days. If you don't know what I'm talking about, go anyway. Experience the magic for yourself.

#### David Zollo and The Body Electric Saturday, November 29

It's been a while since Dave brought his band to town so check it out: The Body Electric will be rocking 180 Main and backing up the area's favorite honky-tonk piano bluesman, who also happens to have one of the best voices you're likely to hear anywhere. If you haven't yet heard it, do yourself a favor.

#### Heligoats, The Safes, The Surf Report Friday, December 5

Chris Otepka performed as The Heligoats before getting together with DeKalb, Il-

linois, band Troubled Hubble. Now solo again, he can focus on his own songwriting and tenderly recorded weirdness. Chicago's The Safes are the three O'Malley brothers rocking the garage with punk intensity and perfectly sweet power pop melodies. Described as "Atomic Pop" by Rolling Stone magazine, The Safes have been compared to '60s Kinks, '70s Stones, and mod-era Who.

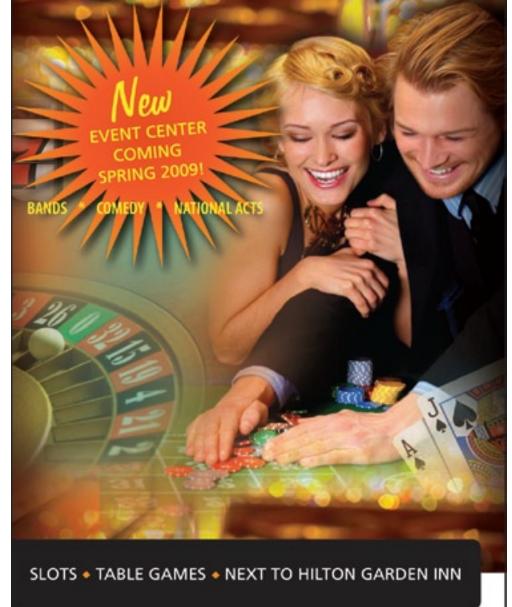


#### Eli Jones Saturday, December 6

Chicago soul band Eli Jones will be bringing a surprisingly different groove to 180 Main on December 6. Fronted by 23-year-old singer Stephanie Berecz, whose vocal style has been compared to Joss Stone, the eight-piece band is not afraid to channel classic Motown soul, punch it up with groovy funk, or lay down some radio ready pop hooks. The rhythm section keeps it bouncing as the horn section alternately defines or smoothes the edges with jazzy panache. Seriously, listen to Eli Jones on-line ... you won't believe they're white.

#### Apple Dumplin's Friday, December 12

The Apple Dumplin's know how to party. If you haven't seen Brandon and the boys celebrating the unbridled joy of performing classic outlaw country in a while, do yourself a favor and check it out – Cash, Waylon, and the best dang Willie you're gonna hear, short of catching the Redheaded Stranger himself at Five Flags. Shoot, they even make it look easy.





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#### Yes, Virginia, There Is a Santa Claus

"Yes, Virginia, There is a Santa Claus", opens at the Grand Opera House on Wednesday, December 3. Most anyone knows how this one starts -- with a fateful letter to the editor.

"Dear Editor, I am eight years old. Some of my little friends say there is no Santa Claus. Papa says if you see it in the Sun, it's so. Please tell me the truth. Is there a Santa Claus?"

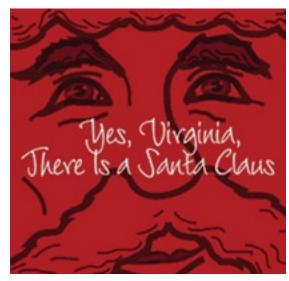
The story is rooted in truth and a real

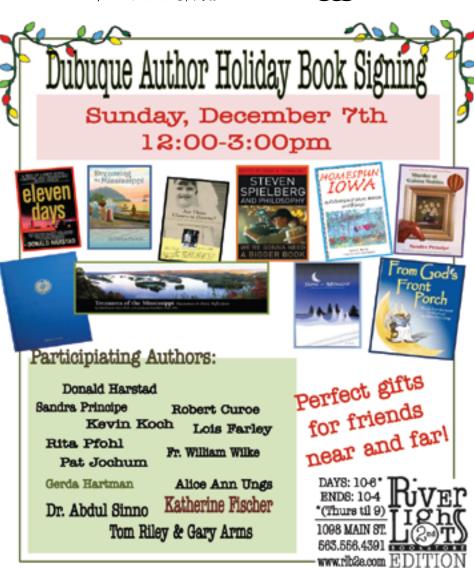
letter. upon receiving it from a young Virginia O'Hanlon, Ed Mitchell, the New York Sun's editor, gives the assignment of answering Virginia's letter to Frank Church, who, until his wife and baby died last Christmas Eve, was the Sun's best and most dependable reporter.

Yes, Virginia, There is a Santa Claus is a play for young and old, magically reaffirming life's highest beauty and joy - "the eternal light with which childhood fills the world." Directed by Jan Haverland, Yes, Virginia, There is a Santa Claus will be on stage at 7:30 p.m. on December 3, 4, 5, 6 and at 2 p.m. on Sunday, December 7. Kids 12 and under will receive a free popcorn and may drop their letter off for Santa Claus!

Entertainmen

Tickets may be purchased at the Grand Opera House Box Office, 135 W. 8th Street in Dubuque or by calling 563-588-1305, 11 a.m. - 5 p.m., Monday through Friday. The Box Office is also open an hour before each show and from 10 a.m. to the start of the show on performance Saturdays.







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DEC 13

#### **A Motion Connection Dance Event**

Missing a late night dance scene in the area, some young local organizers have taken matters into their own hands with A Motion Connection, a unique dance party set for Saturday, December 13, from midnight to 5 a.m. Described as "One part nightclub, two parts house party," with "a splash of after-hours," the late night party will be held at 120 East 9th Street in the Wilmac warehouse building.

A Motion Connection will feature a variety of dance music provided by DJ Bizeone, DJ Matt Michels, DJ Gazelle and The Bearries to keep the assembled grooving. Rockford's DJ Bizeone, probably best known locally for spinning with Dubuque's casethejoint, will anchor the DJ booth with guest sets by DJ Gazelle (soul and funk) and DJ Matt Michels (old school hip-hop) a.k.a., Y105's Matt Mitchell. Innovative and danceable, the Bearries will play live to close out the night. Throughout the night, lighting by Rondinelli Music/Audio will create a club-like ambience to the warehouse space, decked out with lounge areas to complement the dance floor.

Entertainment

The dance party is a fundraiser for the Dubuque Art Center, formerly the Brick Oven Studio. For more information, e-mail amotionconnection@yahoo.com.



#### DEC 6

#### **Author Sonia Choquette**

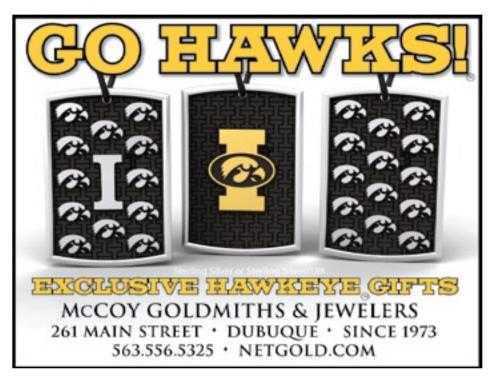
Cre8 Studios, together with Body and Soul Wellness Center and Dubuque Healing Arts Group present a full-day workshop with Sonia Choquette, New York Times Best Seller List author of The Answer is Simple...Love Yourself, Live Your Spirit! Choquette will appear at the Grand River Center Saturday, December 6, from 10 a.m. to 4:30 p.m. She will be joined by guest healer and teacher Debra Grace.

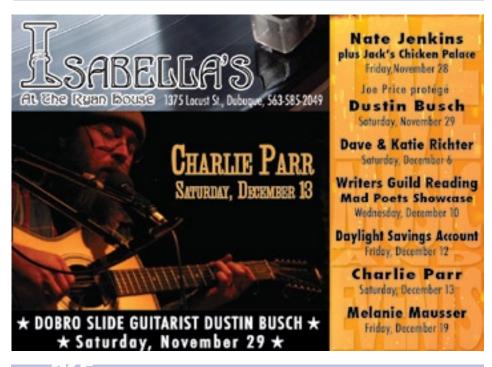
Everyone at times feels as though they are not reaching their full potential whether stuck in unproductive relationships or an unfulfilling job, or feeling unworthy of success and craving approval from others. Sonia Choquette, a revolutionary psychic and intuitive healer and teacher will work with guests during the day-long session to discover and awaken their inner divine power. Choquette will reveal "ten simple yet necessary steps that will allow you to make a connection with your authentic Spirit and experience your truth." "These aren't just metaphysical theories," says Choquette, "but are tried-and-true, grounded practices that will lead you directly back to you: the best, holiest, most delightful and delighted you, free of fear and filled with light."

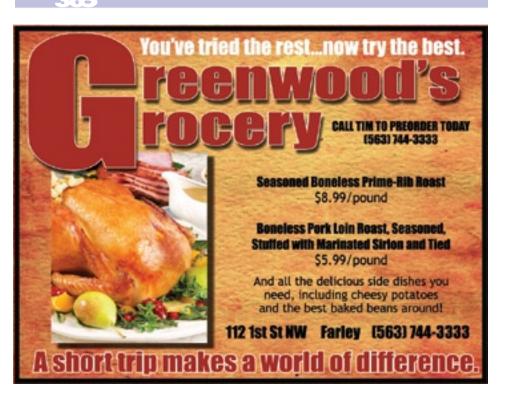


Joining Choquette will be shamanic healer and teacher Debra Grace.

Cost for the day-long session is \$89 and includes lunch. For ticket information visit www.trustyourvibes.com. For more information, visit www.cre8studios.us.







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Live Music Begins at...



Don't forget to get your tickets now for the exciting opening acts at Mississippi Moon Bar, at the Diamond Jo Casino!

#### Friday, December 19 **Bobby Vee's Christmas Show**

Bobby Vee, one of the ten most consistent chartmakers ever, will appear in Dubuque next month. Vee produced thirty-eight Top 100 hits, including "Rubber Ball," "Take Good Care of My Baby" and "Come Back When You Grow Up." His career spans more than 40 years. His show at Mississippi Moon Bar is set to include his rock 'n' roll hits and Christmas classics. Tickets for the show are \$30 and \$40.

#### Saturday, December 27 **Collective Soul**

Collective Soul, the hard-rocking band from the tiny town of Stockbridge, Georgia, that's gone on to become the multiplatinum hit-makers playing all over the world (not to mention, one of 365ink editor Tim Brechlin's favorite bands of all time), will appear at Mississippi Moon Bar on Saturday, December 27. With a career that spans such chart-topping hits as "The World That I Know," "December" and "Shine," Collective Soul released its 7th studio album this year. Other Soul hits include "Gel," "Heavy," "Precious Declaration," "She Said" and many others. The band's influence is still heard today, and it's one of the most enduring acts of the '90s. Tickets for Collective Soul are \$35, \$60 and \$75.

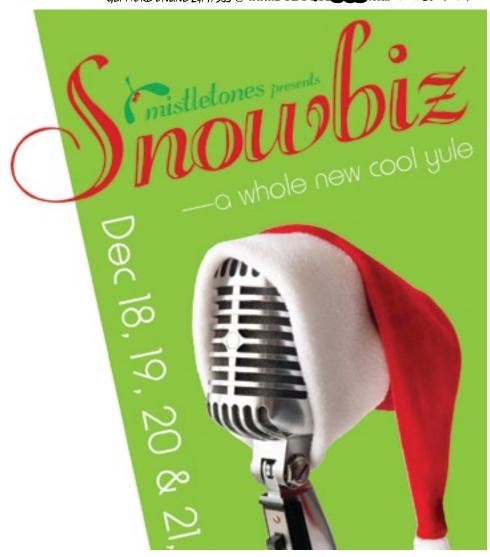
#### Friday, February 27 **Darius Rucker**

After a successful career as the frontman for blues-rock band Hootie and the Blowfish, Darius Rucker released his debut country album, Learn to Live, in September of this year. The successful album includes the hit "Don't Think I Don't Think About It." Rucker is beginning a nationwide tour, and it's not every day that you get to catch a performer who's been able to truly bridge such different genres of music. Tickets for the show are \$30, \$40 and \$50.

#### Saturday, April 4 **Doobie Brothers**

This much-anticipated show will be the first concert the Doobies perform at the Diamond Jo Casino. They have a long line of hits including "China Grove," "Travelin' Man'" and "Listen to the Music." Currently the Doobie Brothers are in the studio working on their next album. Tickets for the show are \$40, \$95 and \$150.

Tickets are on sale at www.diamondjo.com -- and get ready for the new Diamond Jo Casino, opening soon!



Mistletones and Fried Green Tomatoes join forces once again to stage an allnew production of Snowbiz: A Whole New Cool Yule at Turner Hall in Galena, IL, December 18, 19, 20, and 21, with two shows on Saturday!

Staged dinner-theatre style, enjoy an outstanding array of music that brings to life the joy of the season. Featuring some of the best-loved Christmas songs ever, Snowbiz covers a number of musical genres, and the producers can safely say that this year's show truly has something for everyone (and Santa too)!

With six vocalists backed by a sevenpiece orchestra, Christmas comes alive with this collection of cherished holiday tunes in this most festive of holiday settings.

Fried Green adds to the event with their signature antipasto salad, homemade bread, your choice of entree (with all the fixings), and dessert. And if that's not enough, a complimentary glass of wine accompanies dinner for those who wish to partake!

Call Fried Green Tomatoes at 815-777-3839 for tickets! The cost for dinner and a show is just \$55; tickets are \$20 for show-only patrons and only \$15 for kids 12 and under. Visit www.mistletones.biz for more information.



#### NOV 26 - DEC 10

### **The Good Enough Holiday**

I've been reminded lately by someone near and dear to me that I talk about perfection a bit too much. I guess this makes me a perfectionist, and he wants to know where I got this – um – imperfection. My answer would have to be "my parents," but I don't see this as a problem. They really could do so many things perfectly.

PAM KRESS-DUNI

My mother's hands seemed magical. She could cook and bake and sew and craft seemingly anything. If I wanted a dress or handmade toy, she could take a pattern which would have driven me around the bend and expertly turn it into something that looked even better than the picture on the cover. She made holiday crafts that would put Martha Stewart to shame blowing the yolks out of eggs to make permanent Easter displays I still put on the table and sewing sequins onto the stocking I still hang, ever hopeful, at Christmas. My dad could wire a lamp or sharpen a knife or rebuild a car engine with grace and amazing patience. They were good at these things, and their competence and resourcefulness gave our family a balance we needed to get through some trying times.

I suppose they spoiled me. To this day, I feel like I should be able to point at a place on the wall where I want to plug in my laptop and say, "Here, this is where I'd like a new outlet," and have it magically appear. Similarly, if I buy a pair of pants that gap annoyingly at the waist, I expect someone to fix them so they fit, well, perfectly. After all, my mom could do it. My father never dreamed of teaching me to do the things he would have taught a son (or maybe he wisely realized it would be too risky to expose me to electricity and electric saws, given my obvious lack of giftedness in the workshop). My taught me to cook and sew, and I did both for awhile, but the sewing fell off after a few years of handmade curtains. Cooking I can do, though I tend to be easily distracted by whatever reading material is on the kitchen table, so I'm known for my blackened grilled cheese sandwiches.

Martha Stewart became famous toward the end of my mom's life, so I never could ask what she thought of this maven of homemaking. While I think she might have laughed at her high-handed perfectionism (so well summed up in the parody "Martha Demonstrates How to Make Your Own Dirt!") I honestly believe she could have cranked out most of the crafts in the pages of Martha Stewart Living without instructions. Maybe I'm kidding myself, but this is a woman who created a Rainbow Brite costume for her 6-year-old granddaughter which I've kept to this day.

So, here's the point where I'm supposed to talk about The Dark Side of perfectionism, right? The underlying anxiety and exhaustion and guilt and – you get the picture. Do perfectionists take on their burden as a martyr's cross to bear? Do they expect, and thrive on, constant praise? Do they do it because nobody did it for them? Or do they, just maybe, get some innate satisfaction from doing things well?

I certainly hope so. I like to think of my father out in the garage, just him and the Mercedes Benz 190-SL he bought on a mid-life whim, calmly smoking a Kool as he consults the German-English dictionary he bought to translate the owner's instructions. Picturing him there, I like to think that he's happy in that deep, in-the-zone way, where a problem gets solved one nut and bolt at a time, where confidence is something earned and not

flaunted.

Just so, I like to think of my mother, the more outwardly anxious of the two, sitting before her sewing machine in the room full of fabric and thread and an always open ironing board, smoothing out a sleeve and sewing one more seam at exactly 5/8 of an inch, then pressing it open with a steaming iron as the smell of the cookies she baked earlier that afternoon waft down the stairs. Even though she was most likely to point out the tiny errors she had made or tell me about the way the needle had pricked her finger when the thimble slipped - "This is my blood," she would say, "shed for you" - I like to think, I insist on thinking, that she found some happiness in the job she did so well.

Were they perfect? Good grief, no. Is any family? Excuse me while I either roll on the floor laughing or step outside to cry. It's those moments that you take away and treasure that are perfect. And more importantly, to my mind, is that you get to decide your own definition of perfection.

The Japanese have an aesthetic concept called "wabi sabi" that means finding

beauty in imperfection. At its simplest, it means not being hung up on having everything just so; in fact, those who practice wabi sabi purposely set some things askew. It means living more like Thoreau than Trump, and realizing that no matter our talents, trying to make everything come out perfectly is a waste of time and spirit.

At this time of year, when it's getting so dark and cold and all the leaves are brown and the sky is gray, it's also time for Thanksgiving and Christmas and New Year's Eve and all those holiday get-togethers that can drive both women and men to their wit's ends as they try to achieve some kind of perfection, either to impress the guests or recreate their most fondly remembered childhood memories. I don't know about you, but I've decided to try to let some of my perfectionism go this year. To have a good enough series of holidays, lit with lights that might be hung a little less perfectly than at my parents' house, but shining no less brightly. Now that, to me, would be perfect.

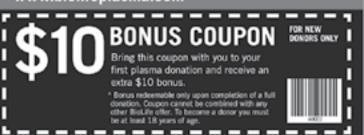
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NOV 26 - DEC 10



Quantum of Solace - A Film by Marc Forster (Mon ster's Ball, Stranger than Fiction)

Betrayed by Vesper, the woman he loved, 007 (Daniel Craig) fights the urge to make his latest mission personal. Pursuing his determination to uncover the truth, Bond and M interrogate Mr. White who reveals the organization which blackmailed Vesper is far more complex and dangerous than anyone had imagined. Forensic intelligence links an Mi6 traitor to a bank account in Haiti where a case of mistaken identity introduces Bond to the beautiful but feisty Camille, a woman who has her own vendetta. Camille leads Bond straight to



Dominic Greene, a ruthless business man and major force within the mysterious organization. On a mission that leads him to Austria, Italy and South **Bond** America, discovers that Greene is conspiring to take total control of one of the world's most important natural resources.

Picking up only minutes after where Casino Royale left off, Quantum of Solace is an adequate, if flawed, follow-up to its predecessor. While director Marc Forster is unobjectionable, his career of helming character-oriented pieces makes him an odd choice to helm a tightly wound, 104-minute action ride. However, the movie's biggest problem is the script (which was turned in just minutes before the Writers Guild of America strike). It's too fast-paced and never allows for any real character development. Bond's quest for revenge, though often referred to in the movie, never seems truly real. The script does a lot of telling, instead of showing. All is not lost, however. Daniel Craig is cementing himself as a serious contender for the best actor to don 007's tuxedo, and the movie itself is beautiful, with a great number of exotic locations that are beautifully photographed. While Quantum of Solace lacks the emotional core and strong plotting of Casino Royale, it makes up for it in being a taut, kinetic thriller. Don't get too comfy, Jason Bourne: 007 still



Rotten Tomatoes collects the thoughts of dozens of movie reviewers across the country and averages their scores into a fresh or rotten rating. If a movie gets 60% or higher positive reviews, it is FRESH!

www.rottentomatoes.com

#### OPENING DURING THIS ISSUE



#### Transporter 3 (11/26)

Frank Martin has been pressured into transporting Valentina, the kidnapped daughter of Leonid Vasilev, the head of the Environmental Protection Agency for the Ukraine,

from Marseilles through Stuttgart and Budapest until he ends up in Odessa on the Black Sea. Along the way, with the help of Inspector Tarconi, Frank has to contend with the people who strong armed him to take the job, as well as an uncooperative passenger. Jason Statham returns as the hard-nosed, uncompromising, ultimate bad-ass Frank Martin.



#### Australia (11/26)

Set in northern Australia before World War II, an English aristocrat (Kidman) who inherits a sprawling ranch reluctantly pacts with a stock-man (Jackman) in order to protect her

new property from a takeover plot. As romance blossoms, the threat of war continues to grow.



#### Four Christmases (11/26)

No one enjoys the holidays more than Brad (Vince Vaughn) and Kate (Reese Witherspoon). Every December 25th, this happily unmarried, upscale San Francisco couple

embark on a holiday tradition they have shared every year since they met-ditching their crazy families for a relaxing, fun-filled vacation in some sunny exotic locale. There, sipping margaritas by the pool, they toast the season. But not this year.



#### Cadillac Records (12/5)

A chronicle of the rise and fall of Chess Records, the Chicago-based record label founded by Leonard Chess (Adrien Brody). He ran the legendary company with his

brother, Phil, through the 1950s and '60s. Chess' renowned musical ear and business savvy helped foster the careers of Etta James (Beyonce Knowles), Chuck Berry (Mos Def), and other rhythm-and-blues pioneers. Based on a true story.



#### Punisher: War Zone (12/5)

Waging his one-man war on the world of organized crime, ruthless vigilante anti-hero Frank Castle (Ray Stevenson) sets his sights on overeager mob boss Billy Russoti (Domi-

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nic West), who has a new alias: Jigsaw.



Arrested Development ... the movie? Yep, it sounds like it may actually happen. Creator Mitch Hurwitz and producer / narrator Ron Howard have both said recently that plans are moving full speed ahead on a bigscreen adaptation of the under-appreciated

FOX television comedy, which ran for three seasons before meeting its end. No formal cast announcements have been made, but we're sure the Bluth family will return.



Tim Blake Nelson, recently seen in this summer's The Incredible Hulk, has told MTV News that not only is a seguel to the movie in development, but he's already signed on to play the movie's villain, The Leader. Nelson was less forthcoming when

asked about the potential for star Edward Norton to return, after a falling-out with Marvel Studios.



The economy's in the crapper and Hollywood is just beginning to recover from the Writers Guild of America strike, but the community may indeed be dealt another blow soon. The leadership of the Screen

Actors Guild has announced the initiation of an "education campaign" regarding a strike referendum. In layman's terms, the leaders of the guild have asked the membership for authorization to go on strike. Here we go...



When asked at a recent press event about the possibility of a sequel to this summer's Sex and the City movie, actress Sarah Jessica Parker says that she's ready to return, and hopes to begin filming by next summer

for a release in 2010. Parker also says that she'll walk away if producers write a "motherhood" storyline.



Knowing a cash cow when it sees one, Universal Pictures has finalized a "firstlook" deal with the estate of author Robert Ludlum, guaranteeing the studio's right to use the character of Jason Bourne for the

foreseeable future, as well as locking up rights to all of Ludlum's other written materials.

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#### SHOWTIMES 11/26 - 12/4



**Quantum of Solace** (PG-13) 11:55, 2:15, 4:50, 7:25, 9:45

Four Christmases (PG-13)

12:05, 2:05, 3:50, 5:35, 7:35, 9:25



**Twilight** (PG-13) 12:10, 4:50, 9:45

**Australia** (PG-13) 11:45, 3:15, 6:45, 10:00





**Bolt** (PG) 12:10, 2:25, 4:30, 6:55, 9:00

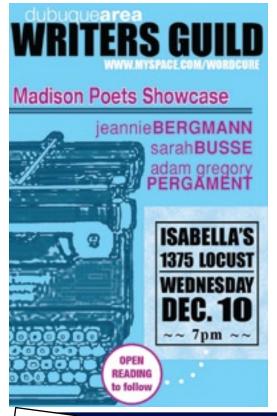
**Madagascar 2** (PG) 12:35, 2:35, 4:35, 6:35, 8:35



All shows \$6 matinees, \$8 evenings

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### Dubuque Area Writers Guild Poets Showcase



The Dubuque Area Writers Guild hosts a reading by three Madison, Wisconsin, poets on Wednesday, December 10, 7 p.m., at Isabella's. The Mad Poets Showcase includes Adam Gregory Pergament, Sarah Busse and Jeannie Bergmann.

Pergament is a Spoken Word performer who has bridged the gap between poetry and music. His dynamic style of Rock and Fire Flowpoetry combines rhythm, musicality, and a highly condensed depth of poetic language. Busse's work explores the "mess at the heart of domesticity," her poetry has appeared in on-line and print journals, including Poet Lore, Ugly Accent, Great River Review, and was recently featured on the Verse Daily website. Bergmann is heralded by many

as the "poetry queen" of Madison where she competes in slams, offers reading, and manages the madpoets. org website. Her science fiction poetry is widely published and highly awarded. Her work reflects a love of brilliant color and bizarre implication. Both the visual and verbal images imply an unfamiliar story or presage another world.

Writers Guild takes the stage for this Mad Poets Showcase on Wednesday, December 10, at 7 p.m. at Isabella's, 1375 Locust. There's always an open reading to follow. Free and open to the public, Writers Guild takes the stage the second Wednesday of each month. For more info check the Writers Guild Web site at www.myspace. com/wordcure. If you haven't taken in a Writers Guild event yet ... hey, now's the perfect time to start, don't you think? Expose yourself to the written word.

### DEC Kirc

tertainment

#### **Kirchhoff Distributing Run for the Money**

Get ready to, well, run for the money!

Kirchhoff Distributing presents Run for the Money, 10 Bars for Christmas Cash, a pub crawl set for Saturday, December 6, from 12:30 - 6:30 p.m. Participating bars include 180 Main, Breezer's, Bricktown, Lot One, Paul's Big Game Tap, the Silver Dollar Cantina, The Hub, The Lounge, Murph's South End Tap and the Shot Tower

Over \$1,000 in downtown cash and prizes will be awarded to players, who

will be starting at Lot One and ending at 180 Main. Entry is \$10 per person, which includes a T-shirt. Register on the day of the event at Lot One.

The Run for the Money event is sponsored by Bud Light, the Gentlemen of Dubuque Rugby Team, the Dubuque Jaycees, E&R Taxi and Dubuque365. com / 365ink. All proceeds from the event will go towards local charities and other organization, so if you wind up with a headache the morning after ... well, at least you can watch football and say that you earned your headache for a good cause!





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Attention, creative professionals! Mark your calendars for the Iowa Crossroads Conference 08 on December 3 & 4!

Crossroads is the Upper Midwest region's only entertainment industry conference, boasting two days packed full of seminars and showcases featuring the finest talent in music, film, theatre, art, food and beverage. All this in Des Moines, lowa!

Held at various venues in the Court Ave District, the 2008 Conference will feature professional development seminars, keynote address, marketing competition, legislative leaders reception and more. In 2007 there were over 600 entertainment professionals brought together to celebrate the growth and achievement of lowa's entertainers.

The mission of the Crossroads Conference and Showcase is to connect entertainment professionals across genres so that we may collectively expand the economic and cultural impact both inside and outside of the industry.

The conference will include 10 high-quali-

ty, genre-specific and cross-genre seminars (all free), including programs on maintaining social networking, vertical productions, launching a film, the ins and outs of multiday festivals, a songwriter's workshop and much more. The event will also feature a full night of film and theatre showcases, featuring cutting-edge work from around the country.

And if that weren't enough, Crossroads' music and art showcase will have no fewer than five stages, showcasing bands from Des Moines, Chicago, Minneapolis and Omaha, as well as two floors of visual art from thirteen artists. Some great regional food and beverage vendors will be on hand, including Cafe di Scala, Frank's Pizza, New Belgium / Fat Tire, Pearl Vodka and many more.

While the seminars and film and theater showcase are free, the music and visual art showcase carries a \$10 admission fee. Registration for the seminars, tickets and VIP registrations is available now at www.iowatix.com. For more information, visit www.crossroadsiowa.com or www.myspace.com/crossroadsiowa.

#### Go, Daddy-O!

Any fan of the movie *Swingers* should mark their calendars for what's coming up in the University of Wisconsin - Platteville's Performing Arts Series. Big Bad Voodoo Daddy, one of the bands responsible for the swing revival of the 1990s based on the popularity of songs like "You & Me & the Bottle Makes Three Tonight" (plus the aforementioned movie, one of the best comedies of the '90s), will be performing in the university's Brodbeck Concert Hall on Thursday, December 4, at 7 p.m.!

Now, for 365's money, it's pretty hard to find a cooler band name than "Big Bad Voodoo Daddy." That's imposing, amusing, entertaining and just all-around cool. But looking around the office, not a single one of us had the first clue of just how, exactly, the band got that name. So in time-honored tradition, we decided to do a little research.

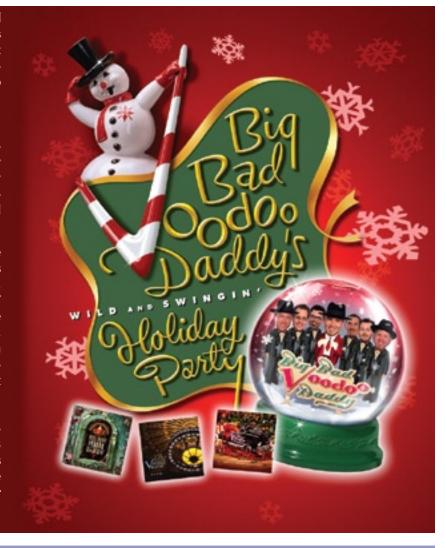
As it turns out, way back in 1989, frontman Scotty Morris, jaded by life as a young studio guitarist, decided to launch a three-piece jazz, blues and swing combo. The trio included drummer Kurt Sodergren and received its nowawesome moniker after a meeting with blues guitar legend Albert Collins at one of his concerts.

"He signed my poster 'To Scotty, the big bad voodoo daddy'," Morris explains in the band's press statement. "I thought it was the coolest name I ever heard on one of the coolest musical nights I ever had. So when it came time to name this band, I didn't really have a choice. I felt like it was handed down to me."

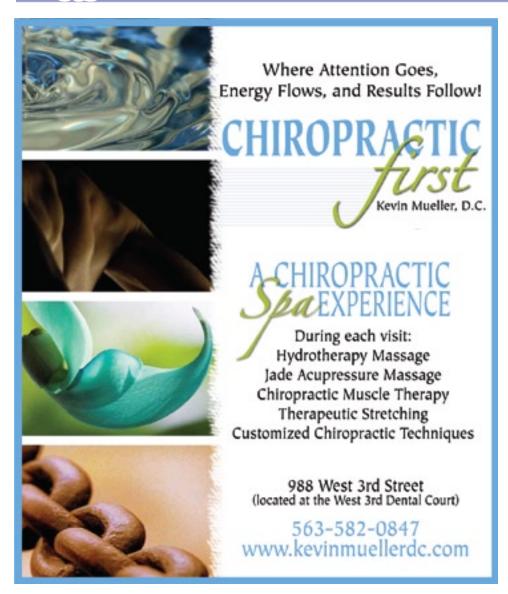
In the years that followed, Morris and Sodergren formed the rest of the band, which now includes Dirk Shumaker on string bass, Andy Rowley on saxophone, Glen 'The Kid' Marhevka on trumpet, Karl Hunter on saxophones and clarinet, and Joshua Levy on piano.

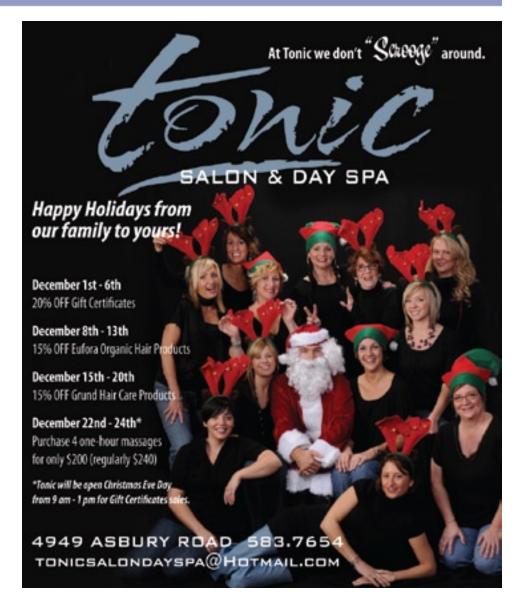
Big Bad Voodoo Daddy's show will comprise a wide variety of selections, including tunes from the band's first holiday-themed album. Rework holiday classics like "Blue Christmas," "Jingle Bells" and "We Three Kings" into the bigbBand extravaganzas the band is known for, and throwing in a few new songs of their own (such as "Zat You Santa Claus" and "Rock-A-Billy Christmas"), the concert sounds like it will indeed be a swingin' party.

Tickets for this event are \$26 for general admission, \$24 for faculty and senior citizens, \$18 for kids under 18, and \$10 for UWP Students (with current ID). Tickets are available at the UW-P box office, by calling 608-342-1298, or online at tickets.uwplatt.edu.



E165







#### Wednesday, Nov. 26

Kevin Beck/Johnnie Walker DBQ Driving Range, 8 PM - 12

**Artie & the Pink Catillacs** George & Dale's, 8 PM - 12 AM

**Road Drinking** Cornerstone, 9 PM - 12 AM

Laura & Robby The Hub, 9 PM - 1 AM

James Kinds/All Night Riders Ace's Place, 9 PM - 1 AM

**Rocket Surgeons** Silver Dollar, 9 PM - 1 AM

The Do Overs Rumors, 9 PM - 1 AM

Horsin' Around Airline Inn, 9 PM - 1 AM

**Zero 2 Sixty** Dagwood's, 9 PM - 1 AM

**BadFish** Dirty Ernie's, 9 PM - 1 AM

Menace Softtails, 9 PM - 1 AM

A.J. Steil Murph's, 9:30 PM - 1:30 AM

#### Wednesday, Nov. 26

**Old Panther** 180 Main, 10 PM - 2 AM

#### Thursday, Nov. 27

98 in the Shade Coe's, 9 PM - 1 AM

**Dert Bagz** Cornerstone, 9 PM - 1 AM

Stumble Bros. Sandy Hook, 10 PM - 2 AM

#### Friday, November 28



Rosalie Morgan **TAIKO, 7 - 11 PM** 

Jill Duggan Stone Cliff, 7 - 11 PM

**Puddle of Mudd** Five Flags, 7 PM

Okham's Razor Perfect Pint, 8 - 11 PM

#### Friday, November 28

Paul McHugh Irish Cottage, 8 PM - 12 AM

**Denny Garcia** Cornerstone, 9 PM - 12 AM

**Denny Troy** Ground Round, 9 PM - 12 AM

**Dert Tones** 180 Main, 9 PM - 1 AM

**Nate Jenkins** Isabella's, 9 PM - 1 AM

98 in the Shade Softtails, 9 PM - 1 AM

John Moran Grape Escape, 9 PM - 12 AM

**Stoneheart** Murph's, 9:30 PM - 1:30 AM

The Do Overs Sandy Hook, 10 PM - 2 AM

#### Saturday, November 29

**Chuck Bregman** Stone Cliff, 7 - 11 PM

**Corey Jenny** DBQ Driving Range, 8 PM - 12

Paul McHugh Irish Cottage, 8 PM - 12 AM

Saturday, November 29

**Shawn Healy** Cornerstone, 9 PM - 12 AM

Softtails, 9 PM - 1 AM

**Dustin Busch** Isabella's, 9 PM - 1 AM

Courtside, 9 PM - 1 AM

Menace Dirty Ernie's, 9 PM - 1 AM

BlackBloom The Hub, 9 PM - 1 AM

**Jabberbox** Denny's Lux Club, 9 PM - 1 AM

Horsin' Around Jumpers, 9 PM - 1 AM

Okham's Razor Grape Escape, 9 PM - 12 AM

**Artie & the Pink Catillacs** Dog House, 9 PM - 1 AM

**Betty and the Headlights** New Diggings, 9 PM - 1 AM

**Urban Legends** The Wharf, 9 PM - 1 AM

#### Saturday, November 29

**Falling Within** Sandy Hook, 9 PM - 1 AM

**Dave Zollo** 180 Main, 9 PM - 1 AM

Sam Keenan Silver Dollar, 10 PM 2 AM

#### Sunday, Nov. 30

**Grass Menagerie** Irish Cottage, 8 PM -12 AM

#### Tuesday, Dec. 2

Open Jazz Jam Isabella's, 8 PM - 12 AM

#### Thursday, Dec. 4

**Shawn Healy** Cornerstone, 9 PM - 12 AM

**Denny Garcia** Murph's, 9:30 PM - 1:30 AM

#### Friday, Dec. 5

**Tom Nauman** Stone Cliff, 7 - 11 PM

**Tony Leonard** Irish Cottage, 8 PM - 12 AM

Boys' Night Out DBQ Driving Range, 8 PM -12 AM

**Rocket Surgeons** Softtails, 9 PM - 1 AM

Okham's Razor Main St. Pub, 9 PM - 12 AM





#### Friday, December 5

Laura & the Longhairs Murph's, 9 PM - 1 AM

> **Surf Report** 180 Main, 9 PM - 1 AM



#### Sat., Dec. 6

Tony Leonard Irish Cottage, 8 PM - 12 AM

**Mixed Emotions** DBQ Driving Range, 8 PM

Richter Scale Softtails, 9 PM - 1 AM

James Kinds/All Night The Hub, 9 PM - 1 AM

98 in the Shade Courtside, 9 PM - 1 AM

Zero 2 Sixty The Lux Club, 9 PM - 1 AM

Eli Jones 180 Main, 9 PM - 1 AM

**Dave & Katie Richter** Isabella's, 9 PM - 1 AM

**The Dert Tones** Cornerstone, 9 PM - 12

Doolittle's, 9:30 PM -1:30 AM

#### Saturday, December 6

**Taste Like Chicken** Jumpers, 9:30 PM - 1:30 AM



Hard Salami Dirty Ernie's, 9:30 PM - 1:30

#### Sunday, December 7

Kevin Beck/Johnnie Walker Other Side, 12 - 5 PM

**Chuck Bregman** Anton's Saloon, 2 - 7 PM

**Karaoke Gong Show** New Diggings, 3:30 - 7:30 PM

#### **Tuesday, December 9**

Open Jazz Jam Isabella's, 8 PM - 12 AM

#### Thursday, December 11

**Writers Guild** Isabella's, 8 - 10 PM

Okham's Razor UW-Platteville, 8 - 11 PM

**Laura & Robby** The Hub, 9 PM - 1 AM

#### Thursday, December 11

**Tribe of Two** Cornerstone, 9 PM - 12 AM

#### Friday, December 12

**Roy Schroedl** Stone Cliff, 7 - 11 PM

Katie & Brownie Irish Cottage, 8 PM - 12 AM

**Denny Garcia** Cornerstone, 9 PM - 12 AM

Nothin' but Dylan Grape Escape, 9 PM - 12 AM



Apple Dumplin's 180 Main, 9 PM - 1 AM

Boys' Night Out Softtails, 9 PM - 1 AM

**Daylight Savings Account** Isabella's, 9 PM - 1 AM

**Comfortably One** The Hub, 9 PM - 1 AM

**Taste Like Chicken** Dirty Ernie's, 9:30 PM - 1:30

Mississippi Band Murph's, 9:30 PM - 1:30 AM

#### Saturday, Dec. 13

Jill Duggan Stone Cliff, 7 - 11 PM

**Richter Scale** DBQ Driving Range, 8 PM -12 AM

**Katie & Brownie** Irish Cottage, 8 PM - 12 AM

Dan Heim Cornerstone, 9 PM - 12 AM

**Artie & the Pink Catillacs** Dog House, 9 PM - 1 AM

**Falling Within** Softtails, 9 PM - 1 AM

Jabberbox Jumpers, 9 PM - 1 AM

98 in the Shade Ace's Place, 9 PM - 1 AM

Stoneheart The Hub, 9 PM - 1 AM

**Charlie Parr** Isabella's, 9 PM - 1 AM

**Nutsy Turtle** Mooney Hollow, 9 PM - 1 AM

**Taste Like Chicken** Lux Club, 9:30 PM - 1:30 AM



**BuzzBerries** Silver Dollar, 10 PM - 2 AM

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### Events

Nov 25 Laura and Robby

Dec 4 Karaoke

Dec 6 James Kinds

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Dec 6 Run For the Money

Dec 10 Laura and Robby

Dec 12 Comfortably One Dec 13 Stoneheart

Dec 17 Laura and Robby

Dec 18 Karaoke

Dec 19 Do Overs

Dec 20 Rocket Jurgeons Dec 27 Boys' Night Out

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Nightly 5-7: ?1.50 Bottle Domestis

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### LIVE MUJIC

ENERA TUTURDUA

Happy How

Nightly Drink Specials



#### Isabella's Entertainment

Now that we've gotten snow that stayed for more than a couple hours, I think it's official – it's winter (regardless of the calendar). So get over it and enjoy the holidays and all that the cozy underground Ryan House lounge has to offer.



Nate Jenkins Plus Jack's Chicken! Friday, November 28

Dubuque singer/songwriter Nate Jenkins returns for another Isabella's show on Friday, November 28, providing a great opportunity for anyone who hasn't seen him perform lately to catch up on what he's been up to. Always a great singer, Jenkins' voice just keeps getting better. Plus he's been experimenting with a looping pedal that allows him to create layers of acoustic guitar – from delicate arpeggios to rhythmic strumming to looping hooks – all serving as an intricate bed for his soaring vocal melodies or guitar improvisation. As an added bonus, Chad celebrates Thanksgiving (a day late) and all things "poultry" with chicken from Jack's Chicken Palace. Tasty!

#### Dustin Busch Saturday, November 29

Dobro slide guitar wizard Dustin Busch brings the country blues to Isabella's. A fan of Sleepy John Estes and Joe Price, Dustin has played with a number of Iowa City-based bands and musicians including Mike & Amy Finders and Kelly Pardekooper. Fans of Joe Price should definitely check Busch out.

#### Dave Richter and Katie Richter Saturday, December 6

Jazz guitarist extraordinaire Dave Richter is joined by the vocal talents of Katie Richter for a special Isabella's performance.

Chad says, "If you are a fan of soft lights, cool vocal jazz and a classy night out, put this date on the calendar."

#### Writers Guild Reading Mad Poets Showcase Wednesday, December 10

The Dubuque Area Writers Guild hosts a reading by three Madison, Wisconsin, poets on December 10, 7 p.m., at Isabella's. The Mad Poets Showcase includes Adam Gregory Pergament, Sarah Busse and Jeannie Bergmann. See the full article for more information.

#### Daylight Savings Account Friday, December 12

Daylight Savings Account is playing its first Dubuque gig since the release of their EP Phone Home EP at the Voices Warehouse Gallery last June. Daylight Savings Account draws on a variety of influences from classic hard rock, prog-rock, and psychedelia to more modern strains of indie rock. The group avoids channeling any one genre as young bands sometimes do, instead integrating their various influences into a layered, complex sound that is their own. Chad says, "Daylight Savings Account have continued to evolve, and improve. Adam Hartig is one of the most



natural vocal talents eastern lowa has seen in recent years."

#### Charlie Parr Saturday, December 13

American folk and country blues master Charlie Parr returns to the intimate surroundings of Isabella's for more songs. The Duluth, Minnesota, musician/singer/songwriter with an impressive back catalog channels legendary bluesmen in his original music, which he performs on National resonator guitar, a fretless open-back banjo, and a 12-string guitar. Parr is the real deal. Plus, Isabella's has \$1.50 pints of PBR. That's what I'm talkin' about.



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NOV 26 - DEC 10

#### Silver Dollar Cantina Upcoming Entertainment

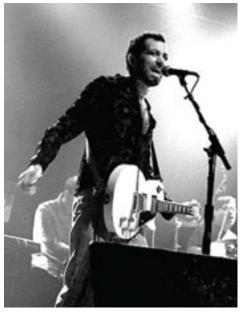
Lookout! The holidays are upon us! Never fear, the Dollar is here to provide an escape from the house full of relatives with a cold beer and something even more entertaining than family drama. Here's what is around the corner.



#### Rocket Surgeons, Pre-Thanksgiving Party Wednesday, November 26

For anyone who's been paying attention, the night before Thanksgiving is one of the biggest party nights of the year. Everybody's back in town for the feast with the family and no one has to work on Thursday. (Well, except Mom ... she's making the turkey.) Regular readers might also recall how some of us fondly remembered the Dollar in its heyday before the fire and how we dreamed of someday playing

there with our garage band. (Playing the Dollar was like earning your stripes in the rock & roll army.) Well, the Dollar is back and one of those guys is 365's own Bryce Parks. Bryce is about to live the dream as his band the Rocket Surgeons is going to rock that party into the wee hours of Thanksgiving morning. Pure Genius Rock-n-Roll and roast turkey with all the trimmings the next day ... could it get any better? Yes. In a word: pie.



Sam Keenan Saturday, November 29

Sam Keenan is the name of a Minneapolis

songwriter, musician, and studio engineer who performs as a band by the same name. Members of the band, however, vary according to the night. More than a casual visit to his web site reveals a talented singer / songwriter who works in the entertainment business but doesn't seem to always want to play by it's rules. He writes, records, and performs music that draws on such a diverse set of influences it's not really worth further speculation. A prolific writer, he has at times set the challenge for himself to write and record a song every day for a month, but doesn't seem all that interested in making the best ones fit together on a compact disc. You can however listen to or buy tracks from his web site. Or you can see him perform his alternately literate, tender, rocking, and beautiful songs live at the Silver Dollar Cantina on Saturday, November 29. I recommend all of those options. Bonus option: Ask him about some of the artists he's worked with in the studio.

#### The Grasshoppers Saturday, December 6

The Grasshoppers bring their mix of psychedelic rock, funk, and reggae, to the Silver Dollar stage Saturday, December 6. The band features Dubuque's own Jimmy Sanborn on guitar and vocals; along with Burbie (Joe Burbach) on piano, organ, and vocals; Stinky (Jason Menting) on drums and vocals; and Slick (Rick Becerra) on bass. The Grasshoppers draw from a diverse set of influences in creat-

ing their sound, always employing a collective improvisational skill that keeps the music fresh and sometimes unexpected. Jimmy reports the band will be adding extra lights to their already psychedelic light show and the Dollar's own generally awesome dude, Dean Wellman will videotape the show as part of his Exploration lowa project. How cool is that? Answer: Very.



#### **BuzzBerries**

#### Saturday, December 13

We admit, there's been some confusion. Are these guys still the Dingleberries or are they now the BuzzBerries? Does it matter? Putting the "buzz" in your "dingle" and the "party" in "party rock" the party-rocking Buzzberries bring the rock to the Silver Dollar's Saturday night. Berries fans know the poop. (Ed. Tim note: The poop? What the heck?)

More as it develops...





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NOV 26 - DEC 10



#### ON DUBUQUE notes from the mayor

#### **The Next American Economy!**

In a recent article authored by Michael Northrup, Director of Sustainable Development at the Rockefeller Brothers Fund in New York, he wrote, "As Wall Street and the American economy continue to crumble around us, it is time – now more than ever – to begin building the next American economy – the low carbon, clean energy economy."

As he noted, former President Bill Clinton has it right in his belief that "creating a low carbon clean energy economy presents the greatest economic opportunity for the United States since it mobilized for World War II!"

It's time to put our dollars and our policies to work based on an efficient, clean energy. Three examples he cited include building efficiency, transit efficiency and clean energy. In this article, I'll focus on building efficiency.

As Northrup stated, "If every city in America decided to reduce carbon emissions 30 percent in its buildings, and pursued that goal for 20 years, the savings and the creation of jobs would result in a massive economic engine. Wholesale, retail, shipping, manufacturing, and retrofitting businesses would all grow steadily to meet the need. Sales of insulation, calking, windows, doors, furnaces, boilers, air conditioners, and dozens of other products would skyrocket. AND, across the country we'd need tens of thousands of electricians, carpenters, plumbers and contractors to make it happen."

In Dubuque as in cities across America, the tangibles of building efficiency include the benefits of "green roofs." What do green roofs add to the project? Green roofs accomplish sound insulation; last twice as long as conventional roofs; offer decreased maintenance and savings in replacement costs; and provide savings on energy heating and cooling. Across the world, owners and architects as well as tenants and the government are gravitating towards environmentally friendly buildings constructed from sustainable design, incorporating the careful consideration of environmental impact, energy use, natural resources and economics. Elements

of sustainable design are found in green roofing.

Our City

For example, consider the capital and operational savings in being able to reduce the size of HVAC equipment on new or retrofitted buildings; or the reduction of the amount of standard insulation used in construction; or the ability to incorporate cooling and/or water treatment functions; or the reduction or elimination of roof drains; or the ability to achieve regulatory requirements for storm water management; and, finally, depending on the uniqueness of the green roof, the exposure regionally and nationally that helps other communities understand the impact they can have with sustainable development.

In fact, studies have shown that good accessible green roofs add between 6 to 15 percent to the value of the building or home. With the different heights of buildings in Dubuque, can you imagine the satisfying aesthetic appeal for people who look down upon "green roofs" from adjacent buildings? One very interesting and economically satisfying example of how to use a green roof comes from the Fairmont Waterfront Hotel in Vancouver, where they grow herbs, flowers and vegetables on their accessible green roof and save an estimated \$30,000 in food costs!

Every project requires a cost analysis and the long term gain on investment is what sustainable development is all about. Successful roofing companies will consider their responsibility in promoting sustainable development, and the smart ones will be competitively priced so the upfront investment can be returned to the consumer even sooner!

As Northrup concluded, "No one knows how long it will take to emerge from the current economic crisis, or how hard it will be to restore the financial system to working order. Still, the rebuilding provides an opportunity to chart a new path away from "business as usual" and toward policy decisions that work as an economic stimulus."

We need to work together in many areas to address our global climate crisis. The decisions we make today will be our legacy to the world's children and grandchildren!





Christmas on the Frontier, December 7 (at Mathias Ham House)

Visitors will enjoy many traditional aspects of an early American holiday experience at the Mathias Hame House. Fun for all ages!

#### www.rivermuseum.com

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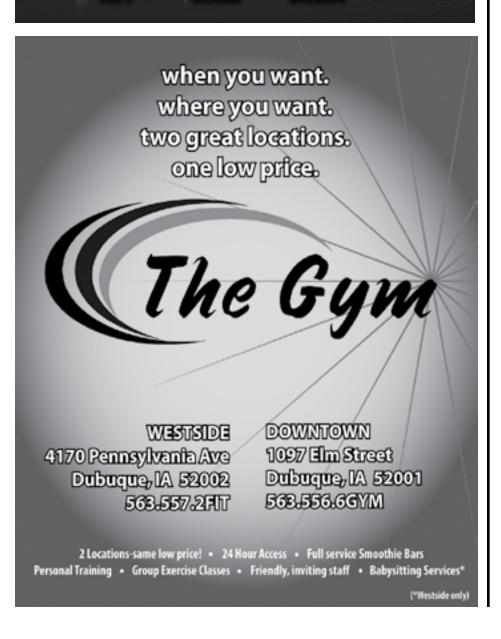
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Arts at Clarke Sophomore/Junior Exhibit

The Clarke College Art Department's annual Sophomore/Junior Exhibit is set to go on display Tuesday, December 2 in the Quigley Gallery on the Clarke campus. The exhibit features a variety of artwork in various media from sophomore and junior art students in the Clarke program. Admission to the exhibit is free and the public is invited to attend. The Sophomore/Junior Exhibit will remain on display through January 21,

Clarke's Quigley Gallery is open Monday through Friday from 12:00 to 5:00 p.m., Saturday and Sunday from 1:00 p.m. to 5:00 p.m. For more information, contact the Clarke College Marketing and Communication Office at (563) 588-6318.









#### IF THEY WROTE IT, BOB HAS READ IT... BUT DID HE LIKE IT?

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NOV 26 - DEC 10

# ob's Book Review

# The Unspeakable

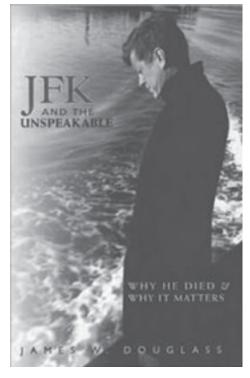
It was a Friday like any other Friday. I was in high school taking a Civics test in Mr. Schenk's class, watching the clock crawl towards three o'clock and the weekend. At about a quarter to one the principal of the school came over the PA system and informed us that President Kennedy had been shot while riding in a motorcade in Dallas, Texas. He plugged the radio into the PA system and we all listened as the announcer described what had happened. It wasn't very long until we learned that President Kennedy had died. School was canceled and we were sent home.

When I got home my mother was watching Walter Cronkite on TV and she was crying quietly. We were glued to the television. It was the only sound in our house that weekend. The unspeakable became another person in our living room when, on Sunday, we were all watching when Jack Ruby shot Lee Harvey Oswald live on television. I turned to my parents and said, "Well, I guess they shut him up." In my little high school brain, things were not adding up. At that time stories were flying around about who killed JFK and why.

It wasn't until I saw the Zapruder film that I was convinced that either the government was a bunch of totally incompetent, bumbling idiots or the government was hiding something much more sinister. It is almost inconceivable to me that anyone could watch the part of the Zapruder film where President Kennedy was struck in the head and conclude that that bullet came from the rear. I became almost obsessed with the assassination. I read dozens and dozens of books on the subject and all of them left me viscerally unsatisfied. That is, until I read James Douglass' book JFK and the Unspeakable: Why He Died and Why it Matters.

It is far and away the most important book yet written on the Kennedy assassination. Mr. Douglass answers all of my unanswered questions. Most JFK assassination books deal almost entirely with the "who did it," but Mr. Douglass deals, as well,

365



with "the why." As it turns out that seems to be more important to the health of our country than the "who."

This book brings together the incontrovertible facts of the JFK assassination with the mystical thought of a Catholic monk named Thomas Merton. Merton gave form to the idea that the "unspeakable" is the existence of evil in the world, an evil that drives people to commit acts in the real world and that this evil is not esoteric or philosophical but a force in the world.

Mr. Douglass writes, "On our behalf, at the height of the cold war, John F. Kennedy risked committing the greatest crime in history, starting a nuclear war. Before we knew it, he turned toward peace with the enemy who almost committed that crime with him. For turning to peace with his enemy (and ours), Kennedy was murdered by a power we cannot easily describe. Its unspeakable reality can be traced, suggested, recognized, and pondered. That is one purpose of this book. The other is to describe Kennedy's turning."

Mr. Douglass shows how there are aspects of

Kennedy's story that resonate in our current

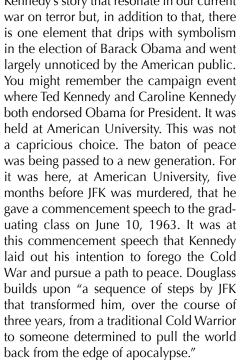
James Douglass is not a conspiracy nut. I can't express that strongly enough. His book contains almost 130 pages of appendices, notes, and a comprehensive Index. Some months ago I read about this book and saw that Mr. Douglass was to give a lecture / book signing in Davenport. I attended and was impressed by how scholarly and non-controversial

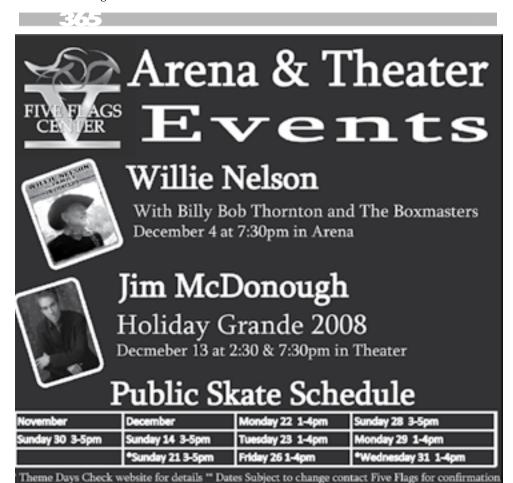
the book on the spot.

he was. Mr. Douglass was dealing in facts, not speculation, even when members of the audience tried to drag him into dicey

areas of the assassination. I decided to buy

We have just observed the 45th anniversary of JFK's assassination. Maybe enough time has elapsed for the truth to be told. JFK and the Unspeakable: Why He Died and Why It Matters is a stunning book of huge historical importance. I had a chance to talk to Mr. Douglass that night and I asked him if any major newspapers or magazines had done a review of his book. He told me no and that he didn't think there would be. As I write this, I checked. He was right. I hope this helps get the word out and I hope all of you reading this will buy the book, read it and recommend it to all of your friends. It's that important.





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# Personal Growth

#### AIDA Will Change Your Life

To get your message across, use the AIDA formula. It's simple, basic, and time tested. It's been around forever and is still being used today because it works! I was reminded again of its value at a seminar I just attended. It's easy to forget about and overlook when selling your products or ideas. The basic AIDA formula of getting Attention, creating Interest, arousing Desire and producing Action is more relevant today than ever.

#### A - Attention

The typical consumer is bombarded with thousands of direct and subliminal messages, getting attention is the most important and challenging part of this formula. Your message should excite them and hold their attention long enough to exposed them to your brilliant ideas and great products. A great way of attracting attention is to offer something that sounds almost too outrageous to be true: "AIDA Will Change Your Life". If you can get their attention, you're well on your way.

#### I - Interest

Interest is developed by demonstrating the multiple benefits of your ideas or products. Creating interest is answering the question your audience is subconsciously asking "what's in it for me?" Show them how their life will improve. People buy the benefits of the ideas and products that will enhance their lives, not the features. How does your offer positively affect their lives or solve problems for them?

#### **D** - Desire

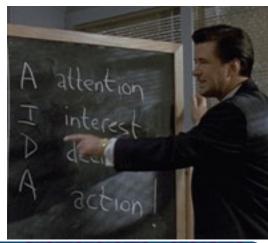
Arousing desire is all about ego. Your product or idea will make

their lives easier, and make them smarter and younger. Convince people that your product or ideas will make things better. They buy because of ego, fear of loss, a guarantee, special bonus or price, not necessarily for logical reasons. That's basic human nature. And it's not about to change.

#### A - Action

If you have captured their attention, overwhelmed them with interest and created an undeniable desire, you must ask them to take action. As the saying goes "If you don't ask for it, you're never going to get it". You make the offer and ask them to take action. When you ask people to act, make it as easy as possible for them to do so. The easier it is for them to buy into your ideas or products, the better. Remember, sometimes you have to go a little further and "make them an offer they can't refuse."

Will AIDA change your life? I don't know about that, but that statement did get your attention. You showed at least enough interest to read this far. If you have enough desire, you might buy into the idea and take action. The basic AIDA formula is more relevant today than ever.



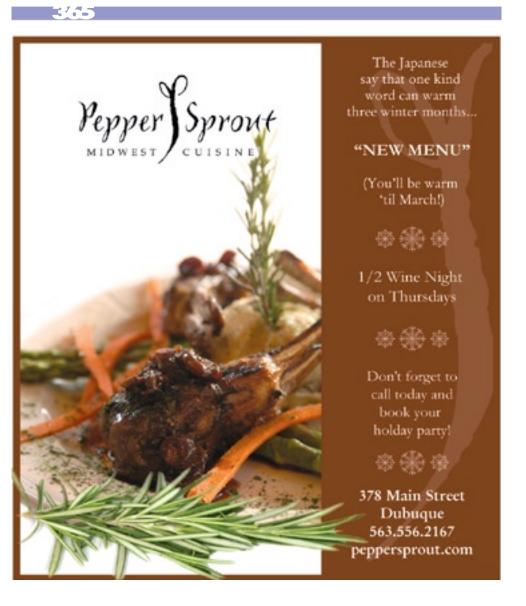
#### 1% Mattitude Improvement Tip

#### **Set Aside Time**

Whatever tasks you have to do, set aside a specific time to do them, and a specific amount of time to work on them. For example, just 1/2 hour a day devoted to your yard work would probably make your property the envy of all your neighbors. Don't try to do a week's work in one big flurry. It doesn't matter if it's painting your house, cleaning the gutters, or mowing your lawn and trimming your shrubs, do a part of it, or one particular job each day, and you'll be amazed at your progress.

This is the time of year when employers and employees sit down and set personal goals. Often these goals include improving one's speaking skills and presentation skills. Whether you are looking for some professional one-on-one coaching or you are looking for a group program for your staff, I have just the program for you. Why not consider scheduling a customized program for you and your staff today! 563-773-matt or matt@mattbooth.com.





# ife Stiles

#### **Planes, Trains and a Wrecking Ball**

Memories flooded my mind as I wandered through the hallways, lobbies and theater rooms of the about-to-be-torn-down cinema complex. The smell of buttery popcorn was thick in the air, yet just when I was about to grab a handful to stuff in my mouth I realized the aroma tantalizing my appetite was only in my imagination.

In reality, a kernel of corn hadn't been popped at this location for nearly a year, and there were no long lines of chattering folks clutching tickets, anxiously waiting behind roped corridors to seek their favorite seat, ready to watch previews followed by the latest flick from Hollywood.

On this particular chilly November day, I had been tasked with overseeing final salvage operations at Carmike Cinema Center 8 Theater, working with a crew to dismantle items to be reused in other buildings: Brass poles. Ceiling tiles. Wooden molding along the walls. Water fountains. Fancy light fixtures. Dimming switches. Curtains surrounding theater walls. Soundproofing insulation hidden behind those curtains.

As I walked around, I imagined the number of romantic relationships that had begun at 75 Kennedy Road. Many a sweaty-palmed boy had approached an attractive girl in a school hallway, or nervously dialed her phone number with a request to attend a show here.

In its heyday, Cinema Center 8—founded in 1968 and the first multiplex theater in the Hawkeye State—boasted eight screens showing the area's best variety of movies. Sylvester Stallone himself attended a Rocky premiere here while in town filming the movie F.I.S.T. But competition from the state-of-the-art Star Cinema (along with the eclectic variety of flicks available at Mindframe Theaters) in recent years had led to this movie-house's demise.

I myself remember attending movies at this location during my first year in Dubuque, as a college student enjoying movies with members of the opposite gender. I vividly recall when one particular film that is still one of all-time favorites—Planes, Trains and Automobiles—was debuting, and after seeing that comedy the first time, then taking six or seven different females (one at a time, of course) to see the film.

On this particular afternoon the lights in the theater were once again dim, but not because a movie was about to commence. It was because the other workers and I couldn't locate the dang switches to turn on all the lights. But strangely, even though the projectors had been sold, the theater seats taken to the landfill and the large screens donated to the Dubuque Community School System, this building still seemed like a theater.

Like a moment in time had been captured in a bottle—or maybe, in a popcorn bag.

A voice suddenly brought me back to the task at hand: "Hey Jeff, what should we be removing next?" I had a list of items to be salvaged, but found myself distracted by things that brought back memories.

"Hmm, that bright retro carpet would look really cool in my son's room," I muttered. "And that mirrored light fixture would look pretty cool on the ceiling of my bedroom."

Spotlights were still aimed at stately limestone interior walls and pillars, all of which would be demolished by a heartless wrecking ball in just a few days. I found solace in reminding myself that many items from this facility would be saved and reused in other residential and commercial buildings.



#### WHAT'S YOUR STORY, A LOOK AT INTERESTING DUBUQUERS

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"I can't even count how many overpriced folks throughout our community. bags of popcorn and cups of soda I purchased at the counter that used to be located RIGHT HERE," I said.

How many times had the sounds of "And now, for our feature presentation . . . " been heard within these confines? How often had employees rushed to clean up spilled soda from the red carpet? How frequently had someone been asked to change the plastic letters on the marquee along Kennedy Road?

Another Dubuque landmark was being dismantled. It may not have had the historic significance of "The Pack" or the Greystone Mansion, but it still had cultural importance to me-and I'm sure to many other

"Okay, let's call it quits for the day and take our load back to the warehouse," I told the guys. "The rest of this stuff will still be here tomorrow morning when we return."

Time marches on, taking no prisoners and sometimes leaving empty patches of land that suddenly seem eerily vacant. As I've often told my children, the best way to get over the loss of a pet is to find a replacement. Personally, I hope whatever replaces Carmike Cinema Center 8 will be constructed soon.

Because on this chilly November day, I couldn't even snag a bag of overpriced buttery popcorn to soothe my memories of the





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For more information, call the DSO office at 563-557-1677.

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NOV 26 - DEC 10



#### Turkey Basics

We'd like to help you get through the holiday season with less stress this year. Here's some valuable information on finding the right bird, cooking it successfully and even using the leftovers! Have fun...

#### Buying the Right-Size Turkey

Whether it's your first turkey or your tenth, there's always the question of what size bird to buy. Generally, you should figure on one pound of uncooked turkey per person, depending on the age and appetite of your guests. Turkeys under eight pounds are rare. If you're having a small group, you may want to consider buying a small turkey breast or several individual game hens. Hy-Vee provides a wide selection of fresh, frozen and processed turkey products.

#### Thawing Your Bird

Most whole turkeys are frozen when you buy them. The tried-and-true method for thawing is to leave the turkey in its original wrapping and place it on a tray in your refrigerator. You should allow five hours per pound defrosting time.

\*Food safety experts do not recommend thawing products underwater. If you must thaw your bird under running water, remember to change the water every 30 minutes - and be sure that the whole bird is immersed under water.

#### Roasting the Turkey

Foster Farms offers the following "fool-proof" tips for your turkey:

- 1. Brush turkey with vegetable oil to prevent drying. No additional basting is necessary.
- 2. Insert meat thermometer into thickest part of inner thigh, not touching the bone.

3. Cover turkey loosely with a tent of aluminum foil to prevent splattering and overbrowning. For additional browning, uncover turkey for the last 30 to 60 minutes of roasting.

ersonal Growt

4. Roast at 325 degrees F using the roasting timetable on the package. The turkey is cooked when the meat thermometer reads 180 degrees to 185 degrees F at the thigh, 170-175 degrees F at the breast, and 165 degrees F in the stuffing. The drumstick should twist easily in its socket and juice should run clear.

5. For easy slicing, let the turkey stand 20 minutes after removing from the oven.

Storage and Handling Guidelines for Turkey Delicious turkey isn't good enough... it must be safe, too!

- Store uncooked turkey, in unopened wrapper, under refrigeration at 40 degrees F or below. Cook thawed turkey within two to three days.
- Stuff turkey just before roasting. Do not stuff ahead of time.
- Finish the cooking once it is started. NEVER partially cook a turkey.
- Don't leave cooked stuffing or turkey at room temperature more than two hours. Place in the refrigerator as soon as the meal is over
- Cooked poultry may be kept refrigerated for two to three days.
- Your hands and utensils, such as knives and cutting boards which have been used to prepare raw poultry, must be washed thoroughly with hot soapy water before use with other foods.

#### Carving your Turkey

Butterball recommends the following steps for carving your holiday turkey:

- 1. Cut band of skin holding drumsticks. Grasp end of drumstick. Place knife between drumstick/thigh and body of the turkey and cut through skin to joint. Remove entire leg by pulling out and back, using the point of the knife to disjoint it. Separate the thigh and drumstick at the joint.
- 2. Insert fork in upper wing to steady turkey. Make a long horizontal cut above wing joint through to body frame. Wing may be disjointed from body, if desired.
- 3. Slice straight down with an even stroke, beginning halfway up the breast. When

knife reaches the cut above the wing joint, slice will fall free.

4. Continue to slice breast meat, starting the cut at a higher point each time.

### **Leftover Turkey and Potato Casserole** Makes 10 (1-cup) servings.

All you need:

1 (10-1/2 oz) can Hy-Vee Healthy Recipe cream of chicken soup

1 cup Hy-Vee light sour cream

1/3 cup Hy-Vee skim milk 3 cups chopped leftover turkey

2 cups Hy-Vee shredded Mexican cheese, divided

Hy-Vee pepper to taste

1 (32 oz) pkg Hy-Vee frozen potatoes O'Brien, thawed

#### *All you do:*

Preheat oven to 350 degrees F. Stir together soup, sour cream, milk, turkey, 1 cup cheese and pepper. Spread half the mixture on the bottom of a greased 9-by-13-inch baking dish. Top the turkey mixture with potatoes, remaining turkey mixture and remaining 1 cup cheese. Bake uncovered 45 minutes or until cheese is melted and golden brown.

Nutrition facts per serving:

250 calories, 10 g fat, 6 g saturated fat, 0 g trans fat, 60 mg cholesterol, 20 g carbohydrates, 2 g fiber, 19 g protein, 320 mg sodium.

#### What's the Deal with Vitamin D?

Vitamin D has been in the news quite often lately. It seems it's quite important and we may not be getting enough. What changed or why is it so important?

For starters, we used to get our vitamin D requirement primarily through sunlight. Our bodies make vitamin D when the sun hits the skin. We've been told to avoid the sun due to skin cancer concerns, which is a good idea, but do we avoid it too much now? It is difficult to determine a safe amount of sunlight exposure to synthesize vitamin D in a given individual. Add in the reduced amount of free time that we have available to be in the sun or that our

kids have to play in the sun, and we've just reduced our exposure to vitamin D-rich sunlight.

Why do we need vitamin D? Vitamin D may help prevent several serious diseases, and it keeps your bones strong and healthy. Studies show that 400 units of vitamin D a day will not only prevent the bone-softening disease rickets, but treat it. It may prevent some cancers, diabetes and heart disease. Adequate vitamin D throughout childhood may also reduce the risk of the bone-thinning disease, osteoporosis. New evidence suggests that vitamin D plays a role in an adult's immune system and may help prevent infections and autoimmune diseases. Conclusive evidence on the amounts required to prevent disease is not available yet, but it suggests that vitamin D is helpful.

Recently, the American Academy of Pediatricians doubled the vitamin D requirement for children. This may mean that millions of children need to take supplements. The number includes breast-fed babies because the mother's diet may be deficient in vitamin D. Baby formulas usually provide 400 IU of vitamin D.

How much is recommended? The new clinical report, Prevention of Rickets and Vitamin D Deficiency in Infants, Children, and Adolescents, recommends all children receive 400 international units (IU) a day of vitamin D, beginning in the first few days of life. For adults up to age 50, 200 units are recommended. The recommended amount increases to 400 units for adults aged 51 to 70, and 600 units for ages 71 and up. The previous recommendation, issued in 2003, called for 200 IU per day beginning in the first two months of life. You should consult with your health care provider to verify you're getting enough vitamin D or if you require supplementation.

Where is vitamin D found? Vitamin D is found naturally in only a few foods, like fatty fish (for example, salmon, tuna, mackerel and sardines.), liver and cod liver oil and egg yolks. Vitamin D is found in many fortified foods like commercially available milk, fortified cereal, bread and orange juice.



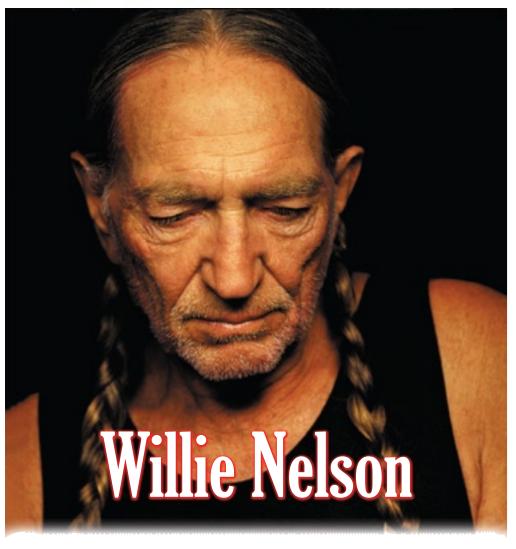


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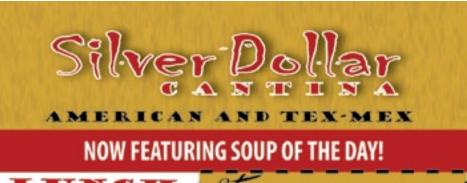
Everybody's favorite cowboy hippie troubadour, the "Redheaded Stranger" Willie Nelson rolls back into Dubuque Thursday, December 4, for a concert at Dubuque's Five Flags Center. Co-hosted by radio station WJOD, the concert event will also feature a performance by Billy Bob Thornton & The Boxmasters.

Typically in this sort of article, this would be the part where we give you a brief synopsis of the featured artist's life and work, but if you don't know who Willie Nelson is, we suggest you get back in your spaceship and fly back to your home planet. Or, as Harrison Ford said in Air Force One, GET OFF MY PLANE!

Those that don't want to depend on good luck to get tickets can purchase them at the Five Flags Center box office or through Ticketmaster. Reserved seating tickets are available at \$75, \$53.50, and \$43.50 levels. For more information, visit www.five-flagscenter.com, or call 563-589-4254.









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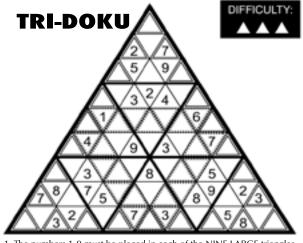
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#### WELCOME TO OUR ALL NEW TIME-KILLING 365 PUZZLE PAGE

#### **SUDOKU** 8 7 3 2 3 2 1 5 6 4 4 6 2 6 2 5 7 9 1 7 6 3 3 9 8

5

1



- 1. The numbers 1-9 must be placed in each of the NINE LARGE triangles. The numbers 1-9 must be placed in the three legs of the OUTERMOST triangle 3. The numbers 1-9 must be placed in the three legs of the INVERTED INNER triangle

#### 4. No two neighboring (touching) cells may contain the same number.

#### Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

and to make the part of	unit of hear they make a man	not orionigo and orioni or the remain.
1. Actress Bette	s	Actor Hasselhoff D
2. Windy month	R	Fire stick T
<ol><li>Best clothes</li></ol>	F	Vineyard W
4. Roar like a bull	_ E	Catch the wind I
<ol><li>Sweetheart</li></ol>	M	Burn brightly R _
<ol><li>Cringe with fear</li></ol>	c	Might P
7. Hotel guest	_ 0	Accountant's book E
8. Necklace charm	T	Student's closet R
9. Specialist	E	Sell abroad O
10. Full of good cheer		Toast topping E

#### Super Crossword

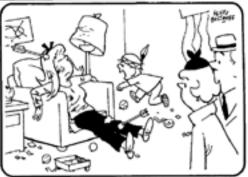
#### THE MINIMOM

#### **HOCUS-FOCUS**

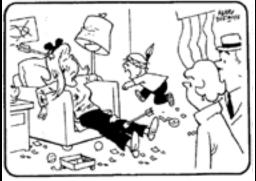
2

HENRY BOLTINOFF

4



find at least six differences in details between panels.



Offerences: 1. Boy's pants are black. 2. Ball near boy's foot is missing. 3. Mom's hat is gone. 4. Drapes are wider. 5. Girl's bow is different. 6. There's more trach on floor.

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: G equals D

ABLLDAX NJQN PQG LDXRA **V D B T G** PX V D W A K G X E X G EJORXA NJQN NEO RXW'A ADBTA



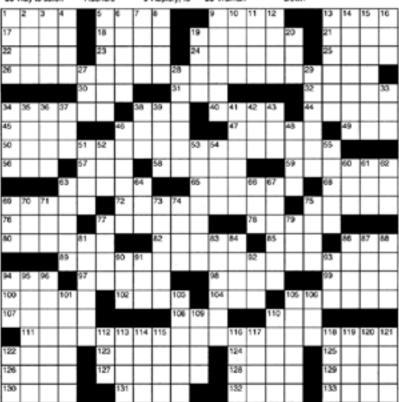
### IowaWineToursInc.com

### ACROSS 1 Word with dance or hero 5 — Pet 9 Play thing? 13 Rushes 13 Rushes 17 Destroy 18 "You — 1" (Lurch's line) 19 Merchant 21 "— partriage in ..." 22 Dermatological problem 23 Foot pair 24 Event of 622 25 Fancy 26 Start of a remark by Roseanne 30 "Shella" singer singer 31 Echidna's 32 Account entry 34 Arthurian knight 38 Dunce 40 See capital Susan Lucci 45 Beige 45 Beige 46 Bury Buri 47 Black and white delight 49 Neighbor of Okta. 50 Part 2 of remark

107 Pigeonhole 108 Glowing 110 Private 88 Nasty 90 Sturm — Drang 91 Compass 57 Team Rossini 10 Frenzy 11 Gartield's 54 Movie mogul Marcus 55 Whitman's scream 58 Light metal group? 59 Spouse of pal 12 Gilpin of "Frasier" 13 Nautical reply? 111 End of pt. 92 Mine find 93 Lyricist remark 122 Meter bloomer 60 Fled 61 Frigid 62 Monsarraft The Cruel 63 Football's rope 14 Check 15 Impressiv building 16 TV's 1My Sister — Lavelli reader? 65 "The Scarlet 123 Journalist David 94 Coal 55 "The Scarle
Letter"
heroine
58 Curtain
tabric
59 Agricultural
inventor
22 Part 3 of
remark
75 Tucker or
Roberts
76 Land
measure
77 Crops up
78 Montezum
for one Fallaci 124 Where to speak Farsi 125 Emilia's container 95 Doughboy's 95 Coughooy duds 96 Conceal 101 Light quantum 103 Poet Wyte 105 Bunt — 106 Branch 109 Terrible name? 110 Periwinkle, for one 63 Night vision? 64 Inventor Whitney 66 Actress Sister —

19 Diute
20 Sneaky sort
27 Meyers of
"Kate &
Alle"
28 Onemental 126 \*-- take 126 "— take arms against a sea . . . . 127 "The Compleat Anglor" author 66 Actress Leoni 67 Pepsin or lipase 69 Barrier 70 Word form dangler 29 Principles 33 Duty 34 Saxophonist for one 112 "Would you look at that" 128 Arrogant 129 It may be 78 Montezuma for one 80 Peat's place 82 Forster's "--- With a View" 85 "To be sure!" 86 Shorten a skirt Stan 35 Need a 71 Goof 73 Sanford of "The 130 Govt. 113 Algerian rubdown 36 Small bird 37 Great bird? port 114 Vex 115 Winslet of 131 -- -do-v 132 Actress Jeffersons 74 Reiston or 38 Actress "Hamlet" 116 Jackknile, Joyce 133 Toboggan Gardner 39 Doris Day Miles 75 Hardy 117 — surgery 118 Puppy protests 119 Monopoly destination 120 Stare sala-cousty skirt 89 Part 4 of 41 Cavort in 77 Tennis leg remark 94 Carry to the pool 42 — Cruces, NM 43 Carr. province end 79 Golfer's class
97 Intuit
98 Green land
99 Kruger or
Gluck
100 Clumsy
102 Prune a
paragraph
104 Present for club 2 "That hurts!" 3 Queue 4 Had no doubts 5 Kindergarier item gadget 81 Nervous 83 "Swan s3 "Swan Lake" heroine 84 1,102, to Calpumia 86 Ian of "The Borrosses" 46 '87 Warren Beatty film 48 Last name 6 Writer Bret 7 Foot part 8 Eastern 48 Last name in fashion 51 "Dies —" 52 Rowan or Rather 53 Truman 105 Writer 87 Role for 27 9 Rapidly, to 56 Way to satori Rushdie

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#### TRIXIE KITSCH'S BAD ADVICE . DR. SKRAP'S FAKE HOROSCOPES

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NOV 26 - DEC 10



sign that you need some actual counseling. Find a real doctor for that. This is an entertainment magazine, folks.

#### Dear Trixie:

I have a very weak gag reflex. I just can't throw up even if I want to. I'd like to learn to binge and purge like all the other girls but it's nearly impossible to get me to throw up. With the holidays coming I need advice fast! My Mom makes the best stuffing and her homemade gravy is to die for. Help!

--Bonnie Appetite

#### Dear Bonnie:

I, too, have trouble vomiting on command. However, if I see or smell another person vomiting I will spew and spew like a Sex Pistol on smack. If you are like me then all you need is a purging pal to blow chunks into a large ziplock bag and keep it under your sink. When you need to rid yourself of say, two dozen powdered doughnuts -- just open the bag and take a deep whiff. Good luck, dear, and have a lovely Thanksgiving.

#### Dear Trixie:

I'm a 51-year-old woman who has found the perfect guy! He's quite a bit younger than me -- 31 years to be exact. Can you tell me if there is a downside to dating him? --Helen Z.

I can't think of one. He'll keep you young and you can buy him beer.

#### Dear Trixie:

I don't have much experience in the kitchen but I'm pretty sure I can cook a pot roast this Sunday for my new boyfriend. How long should I bake a 4 pound chuck roast? --Julia's Other Child

#### **Dear Other Child:**

Throw it in the oven, set it on high and try to serve it before the smoke alarm goes off. At least that's how my mother always did it.

#### Dear Trixie:

Oh God. Not another family Thanksgiving. Every year it's the same thing. In an orderly fashion my father emotionally molests each one of us and then we have pie. It's getting so painful I'm wondering if next year I should just say I have to work. What do you think?

-- Adult Child of an Adult Child

#### Dear Adult: What kind of pie?

#### Dear Trixie:

I am concerned about my retirement fund. I have been socking money into mutual funds and government bonds for about 2 years. I don't have a nest egg I have a speck. At this rate I'll be working until the week before I die. What can I do?

--Really Worried

#### Dear Really Worried:

You need to invest in something with an immediate and guaranteed return. I recommend vodka.

# Dr. Skrap's completely useless HOROSCOPES

ARIES: If your other half REALLY loves you, they'll like whatever you get them for Christmas. If you're fretting about getting the right thing for justifiable reasons, you're screwed, my

**TAURUS:** Being comfortable in front of people who are powerful is important in business, but lifting one high off-theground leg when you fart and shouting "Ah, yeah" may be too far. It depends on what kind of pants you are wearing, if indeed you are wearing pants.

**GEMINI:** Family reunions never go well and you are about to host Thanksgiving for all of those ungrateful bastards. Take your anger out on the turkey and relax for the rest of the day. Tell them you are serving lambasted turkey.

**CANCER:** Still considering that tattoo? What the heck, you only live once. you might as well make a rash decision that you'll be reminded of every day as long as you live. Besides, that Nickelback logo is sick, dude!

**LEO:** Kudos to you for buying that thing at that charity auction that you not only don't need, but can't afford. You saved face in front of your rich friends and you'll enjoy that thing even more when you're cuddling it while sleeping in your

VIRGO: Fireproof finally left Mindframe Theaters after a record-breaking run and you've gone twice a week since it came to town. Whatever will you do maintain your faith now? Can I suggest a Turk 182 marathon while eating your way through a chocolate Advent calendar?

**LIBRA:** If you get crap for cooking a dry turkey this Thanksgiving, tell them you may have placed the thermometer in the wrong place and suggest a few places you think the thermometer could be shoved to greater effect.

SCORPIO: One-night stands sound like a good idea when you are having a weak moment, but inevitably you will regret having gone there, kind of like Long John Silver's.

SAGITTARIUS: Yeah, there's no way that waiting to buy that ice melter until you really need it can possibly be a flawed plan. Besides, you've been looking to get yourself something new to improve your life and a replacement hip would be one of those things.

CAPRICORN: Checking with bated breath for new friend requests on Facebook not only makes you pathetic, it also make you just like everyone else on Facebook. But you've not gone too far until you start "poking" people. What is up

AQUARIUS: You think last Thanksgiving was weird, wait until Grandma discovers Guitar Hero!

PISCES: Winter means dry weather indeed. But, uh, I'm pretty sure no one should go through a bottle of hand lotion quite that fast. Consider Match.com. Don't laugh, ladies. Those AAAs don't grow on trees.

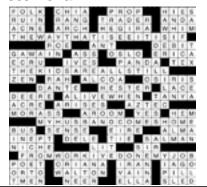
#### PUZZLE ANSWERS from page 27

### Sudoku Tri-Doku 2 8 9 1 3 5 6 4 7

#### Cryptoquip

I suppose that really bad poems could be considered rhymes that try men's souls

#### Crossword



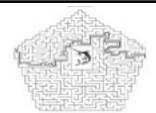
#### Even Exchange

- Davis, David
- Finery, Winery
- Bellow, Billow
- Expert, Export

Lodger, Ledger

Locket, Locker

Mega Maže



# THE ANSWERS Questions on Page 6

- 1. A) A (perhaps not THE) Native American word for Turkey is Firkee.
- 2. D) Over 45 Million Turkeys are eaten in America at Thanksgiving.
- 3. C) Surprised turkeys are known to have heart attacks.
- 4. A) 102 arrived. 1 died and 1 was born on the trip.
- 5. C) 51 Pilgrims survived the first win-
- 6. B) "Black Friday" was born in 1975.
- 7. C) The Saturday before Christmas is akin to a trip to hell.
- 8. D) Riverboat gaming in Iowa is legal as of 1989.
- 9. D) Oregon produces the most trees. But that was a ten-year-old fact!



# 5 Enterlainment

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#### DEC 5-7

#### **Dubuque Symphony's Holiday Pops Concerts**

Here's a question for you: What are your thoughts on Christmas music? Should it be confined to the holiday season? Should it be listened to year-round? Is there any debate that Bing Crosby's "White Christmas" is supreme, no matter that he beat his kids? (OK, let's not answer that. Let's just remember how nice and enjoyable the song is.)

No matter how you would answer these questions, the Dubuque Symphony Orchestra is ready to regale you with holiday music, with its Holiday Pops Celebration on December 5 - 7 in the Five Flags Theater.

The annual concert has long been a family-favorite tradition in Dubuque, with the talented musicians of the Dubuque Symphony playing many holiday favorites, and this year the Holiday Pops Celebration will once again take on the format of traditional variety shows. It was a huge success last year, so why not do it again, right?

Mayor Roy Buol will emcee the event, as he did last year. Other performers include the Dubuque Chorale, the Hempstead Concert Choir, Steve and Terry Slade, Mark Oppedahl, Laura Southworth, the Heartland Ballet, Paul Hemmer (also the official pops arranger of the Symphony) and ... well, what holiday celebration would be complete without Santa Claus? The Friday and Saturday shows will take place

at 7:30 p.m., and the Sunday matinee will perform at 2 p.m. Tickets are available by visiting the Symphony's Web site at www.dubuquesymphony.org. Stay tuned to 365ink for more information about other events in the Dubuque Symphony Orchestra's 50th Anniversary Celebration season!



### Jim McDonough Holiday Grande 2008



With the passing of Thanksgiving and the buildup to the year-end holidays now in full swing, that means it's time to start looking ahead to some of the fantastic holiday concerts set to arrive at Five Flags! On Saturday, December 13, Jim McDonough will be presenting Holiday Grande 2008!

Billed as "lowa's Own Pianist," McDonough will be making Dubuque the second of four stops on his Holiday Grande tour.

Billed as "Iowa's Own Pianist," Mc-Donough will be making Dubuque the third of four stops on his Holiday Grande tour. The holiday stage production -- all-new for 2008 -- includes Mc-Donough, his 15-piece orchestra, a cast of singers and dancers, elaborate

sets and costumes and the true spirit of the season. New this year is the addition of music director Allen Koepke,

an lowa music legend whose more than 60 compositions have been published and performed all over the world.

"It's all about the joy and wonderment of Christmas wrapped in a brilliant, compelling two-hour show," Koepke says of Holiday Grande. "The show is fascinating in so many respects -- costumes, lighting, the orchestra, singing, dancing and, of course, Jim's incredible talent as a pianist and singer."

The tour will deliver the message of Christmas in a sincere, rich and meaningful production perfect for the entire family. "We've put together the grandest 'Holiday Grande' yet," McDonough says. "It's elegant, it's exciting, it's touching."

For the fourth consecutive year, the tour will benefit Camp Courageous, a year-round respite and recreational facility for individuals with disabilities.

McDonough will perform at 2:30 and 7:30 p.m. on the day of the concert. Tickets are on sale now, and can be purchased at the Five Flags box office or online at Ticketmaster.com. It'll cost you \$32 for a box seat, \$29 for the main floor and the first five rows of the balcony and \$26 for the back balcony. There really aren't any bad seats in the Five Flags theater, so you can rest assured that no matter where you decide to park, you'll be treated to a relaxing evening of beautiful music!



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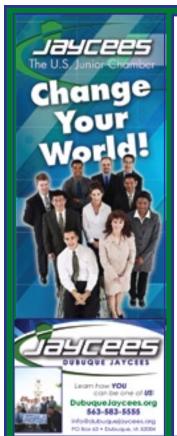
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### **ON HIATUS**

Live on Main Comedy is taking the month of December off. However, stay tuned to the pages of 365ink for an exciting announcement about the future of comedy in the Tri-States! In the meantime, enjoy another item from our "Funnyness Found on the Interweb" vault. Hey, we may not be stand-up comedians, but we know humor when we see it!





#### **Jaycees** event calendal

**November 29th - December 5th:** Toys for Kids Setup. We need your help to prepare for Toys for Kids event on December 6th.

**December 3rd: Salvation Army Bell Ringing.** We will be ringing the bell to benefit the Salvation Army in front of the Kennedy Mall.

December 4th: Election Night @ Stone Cliff. More info to follow.

**December 6th: Toys for Kids @ Holiday Inn** Join us as we bring smiles to the less fortunate throughout the Tri-States. This is one of the main reasons we work so hard throughout the summer to earn money. Come see what it's all about.

**January 23rd: Pass the Gavel.** This transition of leadership event will be held at the Mississippi River Museum! More info to follow.

### www.DubuqueJaycees.org

**LIVE INFO LISTINGS BY PHONE** 

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"Be straight with me. Is this economic crisis going to put a crimp in my Christmas?"

#### FUNNYMESS WE FOUND ON THE INTERWER





#### WHAT, AND GIVE UP OUR WEEKENDS TO MAKE A MAGAZINE? PSHAW! Cover St WE DON'T JUST PUT ANY OLD THING ON THE COVER!

#### **Reflections in the Park Continued from Page 4.**

650,000 visitors have viewed the brilliant display, raising over one-million dollars for the programs and facilities of Hillcrest Family Services.

As weekends and holidays are busier, Stiles recommends visiting Reflections during the week to avoid long lines. Mondays are especially good for families with children because Santa Claus makes an appearance. "He makes a special visit here to Dubuque and stands and gives

candy canes to all the kids that come in," she reports.

This year is Stiles' second with the project and she admits she has learned a lot from the volunteer crew. "Yeah, they're a good group of guys to work with. This year, Bummy and I walked through with Ray Schmerbach and we tried to figure out where all the displays needed to go and that in itself is a whole process, because it's hilly in here and there're lots of trees and some of these displays are 60, 70 feet long. And there's no flat places in Murphy Park where you can put a 70 foot long dis-

play up."

This year will feature ten new displays, mostly in the theme of oldfashioned toys with a shooting marble, a hulahoop, and Raggedy Ann and Andy, among others. Another new display which Stiles is looking forward to will

feature a scene with a clock tower and houses set among rolling hills. "It says 'Dubuque' to me," said Stiles. The new displays complement last year's displays, which were entirely new. The organization contracted with a different light vendor in 2007, so with the new displays this year, Reflections lights will be bigger and better than ever.

But that's something the volunteers never know until they get everything set up, and wait for dark to try it out. "We're setting all this stuff up," relates Bummy, "and you get it all set up and then comes the moment of truth - you plug it all in and we have a walk through." While we of the untrained eye might see the magic and wonder of it all, a long-serving volunteer like Baumgartner sees the spots for improvement - filling in dark spots, adjusting displays for the best overall impact and to balance the all-important electrical load. These are the final touches the crew does on the last days before Reflections opens to the public.

I ask him if the cold weather is a challenge. He admits that teardown in January is sometimes a challenge. In fact, with last year's layers of ice and snow, the crew

couldn't even get at many of the displays until April because of the slippery conditions on the icy hills of Murphy Park. But Bummy seems like a pretty tough guy and he's dressed for the cold so he doesn't see the weather during set up as all that challenging. "Like today the temperature is what, 30 degrees?" he guesses. "And really, it's not bad working, but we have the boom truck up there and if you get in a windy spot in the park then it's cold. You know when the wind hits you. But other than that, it isn't so bad."

Well, I might not have been dressed appropriately for the conditions, or maybe I'm just a wimp for admitting it, but by the time we concluded our interview and I finished shooting photos, I had to agree with Mindy Stiles, "I'm cold!"

Reflections in the Park opens Thanksgiving night at Louis Murphy Park and continues daily from 5 to 10 p.m. through January 1, 2009. Admission is just \$8 per car (pile in kids!) with proceeds benefiting the programs of Hillcrest Family Services. For more information, call (563) 583-7357 or visit http://www.hillcrest-fs. org/reflections.html.











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\*McKesson is a proud sponsor of the Dubuque Jazzy Jumpers, a jump rope demonstration team started in 1999 by coaches Jerry Hermsen and Heidi Olson to promote heart healthy lifestyles and cardiovascular fitness. Growing from 16 to over 50 jumpers from 3rd grade into high school, the Jazzy Jumpers have performed in hundreds of eastern lowa schools, during halltime at basketball games, and at many community events. They also help with jump rope clinics put on by the Dubuque Community School District. The group is also supported by the American Heart Association, the American Association of Health, Physical Education, Recreation, and Dance, and the Dubuque Community School District.

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