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FULL MUSIC LISTINGS IN THE 385 INK CENTERFOLD AND ONLINE AT WWW.180MAIN.COM May 29 Jeremiah Nelson & the Achilles Heel June 6 Michael Coleman & The Back Breakers May 30 The One Hat Broken Rubber Band June 11 The Rosewood Thieves / Slick June 5 Jim the Mule w/ Inchworm June 13 The Uniphonics

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then my state of mine must be ancient.

There was a time when I could stay out all night and I could do it every night. We'd close down East Dubuque. Heck, we'd close down East Dubuque then go sit by Frentress Lake and keep going till the sun rose. When the band would play, I loved the shows at the Arena because they were so easy. Yes, they went' until 3 It's also not that I can't make it to 1 a.m. I do am., but these were still a cake gig. Now days, the only way I'm out past 11p.m. is if the band is playing. Although, no matter my age, I have long had one specific rule. If I'm leaving town ten minutes of your time at midnight, so if I'm for a party, if I don't have a bed or a couch, I'm designing a website, I can do so uninterrupted. not coming.

Where did I lose the drive? Was is Sept 29th, 2008? That's the day I got married. Maybe. But if that's a reason, it's a good one. When I weigh the benefits of going out and enjoying some nightlife or staying home with my wife and watching a Deadliest Catch marathon, probably while she's tuned out reading a book, I would likely choose the marathon most nights. I just prefer spending my precious little free time with my wife. Is that so bad? The pull to But when we do occasionally make it out on get up, get dressed up and go where a crowd of people gather making it hard to talk is not that appealing, even if my wife comes with me. It used to be when some great live music was happening, I was there. And I do still catch a few, but it's a rate few. Maybe I've just up some possible reasons why we're doing the seen them all. Maybe it's because of the fact right thing and they're the ones compensating that I play live myself that the draw is waning. for something, 1. Those couples don't really Or maybe I just need festival season to get her and re-inspire me.

I think a lot of it could be schedule. Is it just me or has 2009 been a killer of a year for things on the to-do list? Between work and having a house to remodel, who's got time for fun? No, i don't man that. I mean who's got time for fun that requires the expenditure of energy? Can you just bring the fun to me? That'd be great. Or at least when I get there can I just have a chair and a cold beverage? You probably think I'm just getting fat and lazy. Not true. I've always been fat, so that's not it. And if I was lazy, I would not have a 12 house remodeling jobs, a huge garden, and a wonderful business to Okay, so it comes back to blaming the wife. "play" and less "life". But what if I prefer life?

Yesterday we went shopping and planted Mom's Garden for her, did laundry and hung it on the line. We came home and sanded the plaster in the upstairs hallway. One coat of paint done, then we had mom over for dinner. Grilled kabobs. Mmmmm.... Then a second coat of paint. Throw in a half-dozen more odd jobs and that's a full day. My feet were killing me and so was my back. But if I'd spent my day

They say old is a state of mind. If that's true, any of those projects. But I suppose my back would feel better. I think I must be living that lost verse of "Cat's In the Cradle" where Harry Chapin was also doing some home remodeling and had no time for entertainment. Granted, that was a Sunday. But had it ben a Saturday, I guarantee you there would not have been a night on the town following that day.

> so most every night. I find the 10 p.m. - 1 a.m. hours a great time to get work done. Work work, not house work. No one needs And though I'm tired, I don't have a problem plugging away for a while. But get me in a bar and I'm ready to pass out shortly after dinner. That is, unless I'm playing. Something about performing live gives you the energy to get through the night. And anyone who's seen the Rocket Surgeons live knows there's no lack of drive on stage. But if I have no contractual reason to be there, I probably would not be. I've just reached that age, I guess.

> the town, we se plenty of other couples out having a good time. People far older than us having a drink, watching a band, even dancing. What's wrong with us? Where do they find the spirit? I need an excuse so I'm going to make like each other anymore and they're both out looking for anything to do but talk to each other. 2. They've already heard every story either one could possibly tell and they need something different. 3. American Idol is a repeat. 4. Like us, this is also their one night out a month and we're just catching them by dumb luck. 5. Viagra. 6. They know the band and feel obligated to be there. 6. They're from out of town and they had a bad hotel room. 7. The house is being fumigated. 8. They are grasping at their youth. 9. Their own parents are visiting from out of town and they needed a breather. 10. They own the bar and have to be there.

run that requires 60 hours a week or more. I But for me, it's in a good way. Call me an old think there's just too much "life" happening to softy, and not just because I'm fat. I just like leave room for "play." So I guess I need more have her snuggled up against me watching a movie. I also like doing projects with her. So sue me. I don't think marriage has taken the life out of me. If just gave me a different set of values. I do love live music and we certainly have great venues for seeing it. Perhaps I just need to do a bit of re-prioritization and work in some time for play. Or maybe the solution to the whole thing is far simpler that all of that. It's possible that I'm just at the age where I have to start taking naps.



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Fun in the Port Again **Community Shorts** Modern Times Sundays at 6:30 Hand that Cradles the Rock Bad Seed Mines of Spain

America's River Fest













Kalmes' Block Party 365 Pop Quiz **DMA Renaissance Faire** 365 Lunchtime Jam Returns Chalk the Block 2009 ochOsol's Farewell Fount. Park Farmers' Market Pam Kress-Dunn Wando's Movies Body & Soul's 5 Year Anniv. **Mindframe Movie Listings** Miles Nielsen at Monk's Jo Dee Messina at Mystique **Budweiser Nightlife Body & Soul Continued** Tony Roma's Opens **Bob's Book Reviews** Mattitude LifeStiles Eating Healthy w/ Hy-Vee **180 Main Entertainment Crosswords & Puzzles Trixie Kitsch** Dr. Skrap's Horoscopes **Puzzle / Pop Quiz Answers** 



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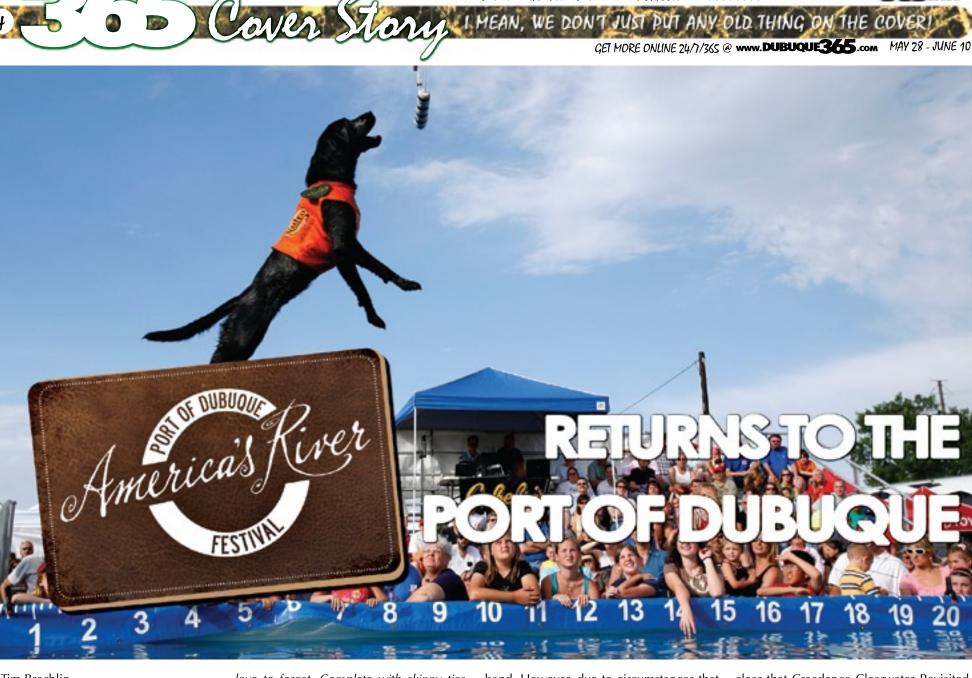


• Marketing / Consulting •

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, In a story? In an ad? On the cover? Good Luck!







### by Tim Brechlin

Ah, the river. Such a beautiful thing, especially in the summer, when you have so many options for activities. Person- ally, I'd just take a pontoon out on the river and go fishing for an afternoon, but there are plenty of other options for fon out on the riverfront. And in what seems like a perfect coincidence, what with all the vibrancy we see in the Port of Dubuque, the fifth annual America's River Festival is rolling into town from June 12 - 14!

Obviously the festival brings a boat- load of activities to the Port, but one of the highlights of the entire summer is the bonanza of musical acts brought to Dubuque by the America's River Festival, and this year the stages will be fantastic. Opening the festival on Friday, June 12, will be the Festival's firstever Beach Party, featuring live music from Dubuque's own 50 Pound Rooster and The Spazmatics, a Chicago-based band that ... well, the band's MySpace page (www.myspace.com/spazmaticschicago) sums it up a lot better than I can:

From the creators of the World Famous Afrodisiacs comes the Spazmatics. All the awesome sounds, styles, and way cool dance steps from the 1980s decade we'd love to forget. Complete with skinny ties, Brylcreemed hair, and horn-rimmed glasses, the Spazmatics recapture all the best of the worst. Outstanding musicianship combined with creative flair and style makes for an evening of pure energy and entertainment. So tonight we're gonna party like it's 1999; only it's not!

Playing a blend of power-pop and ... well, a lot of other stuff (videos on their MySpace include performances of "The Safety Dance" by Men With Hats, "Whip It" by Devo, "Tainted Love" by Soft Cell and more, it's readily apparent that these guys live their gimmick -- and they're pretty darned good at it, too. A costume contest will also be held during the party, and the best costumes in the categories of "best nerd," "best parrot-head" and "best Gilligan's Island" will win tickets to Saturday's headline concert of...

Creedence Clearwater Revisited! Now, first things first, let's get some details out of the way (I swear, we've had at least two dozen people call the 365 offices asking about this). First, there was Creedence Clearwater Revival, the band everyone remembers hearing on the radio with hits like 'Have you Ever Seen the Rain,' 'Proud Mary' and 'Fortunate Son.' Everyone knows that band. However, due to circumstances that are all too common in the music industry, Creedence Clearwater Revival blew up in the early '70s (mostly due to John Fogerty being kind of a jerk, by most accounts). Those guys haven't played together since 1980, at the now-deceased Tom Fogerty's wedding.



However, undaunted by drama that would make the members of Fleetwood Mac say, "Good lord, son," Stu Cook and Doug Clifford, CCR's drummer and bassist, wanted to keep on playing music together. So, in 1995, they finally formed Credence Clearwater Revisited, which has picked up the mantle of the former incarnation and run with it, touring across the world, as well as recording a couple of albums along the way. A listen to Recollection, the band's debut album which was certified Platinum, it's clear that Creedence Clearwater Revisited is a vibrant and exhilarating band that is sure to put on one heck of a show down in the Port of Dubuque.

That's not all for headline entertainment on Saturday, June 13, though. Opening for Credence Clearwater Revisited is Blue Oyster Cult at 7 p.m. That's right, ladies and gentlemen ... Dubuque has a fever, and the only cure for it is ... more cowbell! The band behind such hits as "Godzilla," "Burnin' for You," "Take Me Away," "In the Ruins" and "(Don't Fear) The Reaper" will be taking the main stage. Blue Oyster Cult, of course, is probably best known nowadays thanks to that Saturday Night Live sketch featuring Christopher Walken as "Bruce Dickinson" (not to be confused with the Iron Maiden lead singer) and Will Ferrell as fictional cowbell virtuoso Gene Frenkle. Not only does that sketch cement Christopher Walken as one of the greatest living heroes of our generation, but it's also one of the only times Will Ferrell has been funny in the last decade or so. So that's a win-win. The band has gone through multiple iterations since forming in the late 1960s, but we can tell you that original lead singer Eric Bloom, whose voice you can hear on most of Blue

I WISH I HAD A MUTT TO STRUT :-(

### SPECIAL EVENTS FESTIVALS FAMILY COMMUNITY EVENTS MAY 28 - JUNE 10

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### JUNE **Fly-By-Night Presents** 5-14 The Bad Seed

Fly-By-Night Productions presents: BAD SEED, a startling comedy about the world's youngest psychopath, by Maxwell Anderson. Before there was Freddy Krueger, before there was Jason, there was little Rhoda Penmark! Once again Fly-By-Night Productions offers the unusual and offbeat in this, the last production of its 26th season. The story of young Rhoda Penmark, who appears to be the perfect daughter/perfect student, reveals, to her mother's horror, the secrets of Rhoda's strange character. The climax that shocked 1954 Broadway audiences remains unaltered; don't reveal it to your friends! No blood, no gore, just a psychological thriller right out of a campy 1960 B-movie. Show runs from June 5 - 7 and 12 - 14. Sunday showtimes are at 2 p.m., all others at 8 p.m. Tickets are \$15.00 (Cash or Credit Card) at: www.ticketmaster.com or 563-557-8497 or at Five Flags Box Office, 10AM-5PM Monday-Friday or pay by cash at the Bijou Room door one hour prior to performance. For more information: www.flybynightdubuque. com or info@flybynightdubuque.com

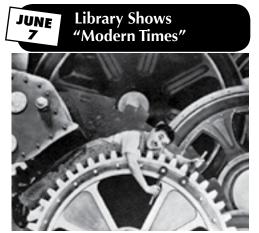
### Kalmes' Breaktime JUNE **Annual Block Party** 6

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It's a party on the block! The boys at Kalmes Breaktime will host their annual Block Party in the Warehouse District Saturday, June 6 from 6 p.m. to midnight. Upping the party quotient this year, the entertainment will feature the sing-along fun of Hard Salami opening for party rock dudes the Dingleberries. In addition to live music, expect plenty of options for the kind of good food for which Kalmes is famous and the appropriate beverages to wash it down and get the party started. For more info, call the restaurant/bar at 563-582-8566.

### **Mines of Spain Nature** JUNE Day for Kids 6

The Mines of Spain Nature Day for Kids this Saturday, June 6, celebrates Iowa's Free Fishing Weekend. 5-11 year old children can learn about the fish in the pond and river and some easy casting techniques and where are the best places to fish in the area. 10:30 a.m. - 12 noon at the EB Lyons Interpretive Center. Call 556-0620.



Carnegie-Stout Public Library will show the 1936 Charlie Chaplin comedy "Modern Times" at The Grand Opera House at 135 8th Street in Dubuque at 2:00 p.m. on Sunday, June 7, 2009. Admission is free and open to the public. No tickets are required. W.C. Fields' 1933 short comedy "The Fatal Glass of Beer" will also be shown, and snacks will be on sale.

### JUNE **Bell Tower's "Hand** 11-27 That Cradles the Rock"

The Bell Tower Theater presents the Dubuque premiere of the comedy, "The Hand That Cradles the Rock." Perfor-

mances are Thursday evenings at 7:30 pm, Friday and Saturday evenings at 8 pm, and Sunday afternoons at 3 pm from June 11 to 27. (There is no performance on Father s Day, June 21.) For information and to purchase tickets call 563-588-3377 or visit online at www.belltowertheater.net.

### JUNE Dubuque Arts Council 14 Sunday at 6:30 Series



The Dubuque Arts Council "Sunday at 6:30" series begins Sunday, June 14, with "The River City6" playing traditional jazz, big band, blues and more. Bring your lawn chairs, picnic suppers and enjoy this free concert at the Dubuque Arboretum & Botanical Gardens in Marshall Park

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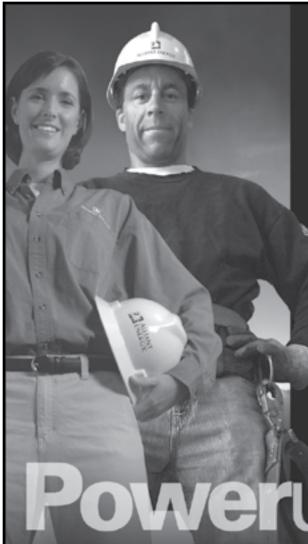
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I ONCE RAN INTO A HOG IN HEAT. IT DIDN'T END WELL FOR EITHER OF US



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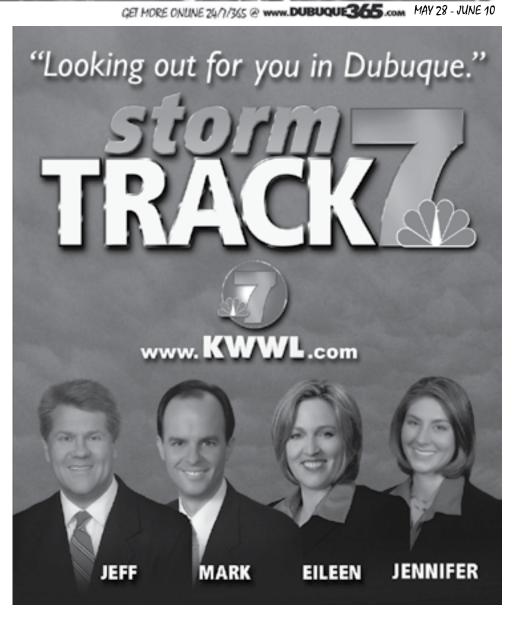
Calling all royals and knights, peasants, pirates, and wenches. The Dubuque Renaissance Faire returns this year to give you another opportunity to "party like it's 1559." Scheduled for the last weekend of the month, May 30-31, the Dubuque Renaissance Faire will once again be held at Storybook Hill Children's Zoo and Park at 12345 North Cascade Road, from 10 a.m. to 5 p.m. on both Saturday and Sunday.

With a variety of entertainment and vendors, the Dubuque Renaissance Faire promises to be fun for families of any era. Entertainment will include storytellers, staged sword fights, dance demonstrations, and performances by folk and madrigal singers, brass bands, jugglers, fireeaters, and comic troupes. Guests will have an opportunity to meet Queen Catherine, King Edward and their royal court and learn about life in the renaissance, including fashions and weaponry. Strolling minstrels, faeries, "tax collectors," and storytellers will keep kids wondering what's around the next corner.

A renaissance marketplace will feature a variety of unique goods for sale, including period clothing, dresses, and jewelry, hats, handmade leather goods, pewter, pottery, swords, daggers, and other metalwork.

The Dubuque Renaissance Faire is sponsored by DB&T, with all ticket sales benefiting the Dubuque Museum of Art. For more information, visit www.dbqart.com/ DMAFaire.htm.





SPECIAL EVENTS . FESTIVALS . FAMILY . COMMUNITY EVENTS



1. Entertainment Tonight anchor Mark Steines went to what Dubuque High School? A. Hempstead B. Senior

C. Wahlert D. Central

2. Which renowned Dubuque sports figure is not known for Football?A. Richard Core B. Wilbur DalzellC. Bob Timmerman D. Claude Maddox

3. What Dubuque author literally "wrote the book" on pool and billiards, recognized worldwide?

- A. John Tigges
- B. Richard Bissell
- C. Thomas Gifford
- D. Robert Byrne

4. What notable Dubuquer organized the Dubuque and Wisconsin Bridge project in 1894 creating the Eagle Point Bridge, one of the last privately owned toll bridges across the Mississippi? D. William Spensley
5. Dubuque's only horse racing track, built in 1891 by Frank and Henry Stout, was named after their stallion. What was that park called?
A. Nutwood Park B. Spirit Park

A. William G. Stewart

B. Joseph A. Rhomberg

C. Jackson Marshall

C. Aldebaran Park D. Copper Park

6. Who owned the Roshek Department Store Building prior to Cy-Care's purchase of the building in 1984, renaming it the Dubuque Building?

7. Richard Kimball, not "The Fugitive", but rather the steamboat captain of the Eagle Point" received national attention and a medal from president Teddy Roosevelt for having how many children in his four marriages? A. 17 B. 20 C. 23 D. 31

8. John Schwind and Mathias Tschirgi partnered to bring Dubuque its firstever locally produced...?

AW YEAH, LUNCHTIME JAM IN WASHINGTON PARK, BABY. IT'S JUST AS GOOD!

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MAY 28 - JUNE 10





# Jam is BACK, baby!

Your Friday lunchtimes are about to get fun again, with the return of the 365 Lunchtime Jam, now entering its eighth -- yes, eighth -- year of bringing you great live music and delicious food under the Town Clock, each and every Friday! Beginning with Friday, May 15, at 11:30 a.m. and ending around 1 p.m. (weather permitting), 365 brings you some of the best Tri-State acoustic talent around, generously sponsored by Cottingham & Butler, Prudential, and our newest 365 Lunchtime Jam sponsor, Premier Bank, with food provided by longtime Jam vendor Carlos O'Kelly's.



With the addition of IBM this year to our downtown scene, there is an ongoing need to bring some fun and levity to workforce and employers who have made the investment in being downtown. That's why we host the Jams. (Well, that, and we just love to hear live music at any opportunity we can get.)

As another exciting new addition to this season, Premier Bank will be providing some free surprise goodies to Jam goers each week. Join us and find out! So it will be a fun and welcome addition to the event.

There are 15 planned concerts this summer, through September 4. We may or may not extend the Jam beyond Labor Day, depending on the weather, so stay tuned to the pages of 365ink.

And as a special note to all of the downtown businesses reading this publication, we really want your employees to join us for the entertainment and fresh air. We will be delivering posters and sending email reminders. We encourage you to do regular reminders in-house to push your hard-working folks outside for a few minutes to stretch and enjoy themselves. They are who this is all for.

Upcoming performers at the 365 Lunchtime Jam this year include Maureen Kilgore on May 29, Roy Schroedl of Okham's Razor on June 5, and the ever-popular duo of Ralph Kluseman and Johnnie Walker on June 12

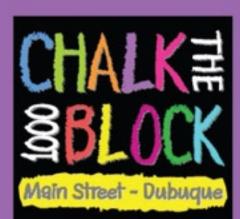
Lunchtime Jam notice: The City of Dubuque has informed 365 that due to some upcoming concrete work in the Town Clock Plaza, the Lunchtime Jam for the month of June will take place in Washington Park. We'll be back in the Plaza as soon as we can, but for now, enjoy some great live music and great food in the park!



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- 200 McGregor Plaza, Platteville



### 1000 Block of Main St. Saturday, June 6 (Rain date Saturday, June 13)

week

or less

Here for Life!

Local artists will be creating masterpieces in chalk on the sidewalk from 10 to 3 on Saturday. Stop by anytime thru Sunday (or until it rains!) and view these beautiful creations.

Vote for your favorite @ River Lights Bookstore, 2nd Edition!



THE LAST TIME I CHALKED THE BLOCK MY LANDLORD DIDN'T LIKE IT VERY MUCH 365 ink Asta Souther

FINE ART • THEATER • SYMPHONY • LITERATURE

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1009 lain Street - Dubuqu

We all used sidewalk chalk as kids, didn't we? Some drew flours and clouds, some drew cars, and there was always that weird kid down the street who drew ... things that weird kids draw. The 1000 Block of Upper Main is bringing back sidewalk art ... with style!



It's the second annual Chalk the Block of Dubuque's Main Street, scheduled for June 6. Based on an art form that originated in Renaissance Italy, "Chalking the Block," so to speak, was originally a way for an artist to make a living, not entirely unlike the street musicians vou see today. Painters would create their art on a busy sidewalk or pathway, and passers-by would drop money in a nearby basket. Sidewalk art also draws from Zen influences, as the art conveys

the impermanence and fleeting nature of life. Think about it: The first time we have another good rainfall, that sidewalk art will be lost to the sewers.

Dubuque's Chalk the Block, sponsored by the merchants of the 1000 Block of Upper Main Street, will be free and open to foot traffic from the public, and a wide variety of local artists have been selected to participate in the event. Artists will use pastels which will be used to create the sidewalk art, and the public is invited to walk along the block throughout the day and observe the artistic happenings. The event will be split into three divisions: Children under 13, who will be provided an area for drawing (though their art will not be judged competitively); Youth from 13 -18; and Adults over 18. Drawings will be judged on technique, use of color, composition and creativity. First prize will be \$100, \$50 for second prize and \$25 for third prize.

The rain date for Chalk the Block is June 13. For more information, visit River Lights Book Store, 2nd Edition, located at 1098 Main Street, or call 563-556-4391.



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FAREWELL, OCHOSOL. THE FLIGHT OF ANGELS SING THEE TO THY REST



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### Friday, June 5, Silver Dollar Cantina Sunday June 14, Music in Jackson Park

This June marks the end of an era for one segment of the Dubuque-area music scene. After setting bodies swaying for over five years, Dubuque-based Latin rock band ochOsol is set to retire the group, or at least go on an extended hiatus. With guitarist/vocalist and band founder Phil Quann (who also went by the stage name "Popocatépetl Huamanchumo") moving to Chicago, and other members involved in a variety of other side projects, the band is set to take an extended break. But before packing up the timbales, congas, bongos, and assorted percussion instruments for the final time, ochOsol is scheduled to play two "farewell" shows.

The Silver Dollar Cantina will host the band's final club show on Friday, June 5 from 10:30 p.m. Singer-songwriter Dean Wellman will open. Wellman will also document the event on video for his Exploration lowa web site which features a wide variety of live music performances by lowa artists. ochOsol invites all Latin dancers and fans of the band to come out for one more dance party on the Silver Dollar's dance floor.

The following weekend, ochOsol will perform at Music in Jackson Park, Sunday, June 14, from 6 to 8 p.m. The free, familyfriendly concerts in Jackson Park celebrate the diversity of downtown Dubuque's North-end neighborhoods. ochOsol was set to perform at last year's June Jackson Park concert, but was the event was cancelled due to severe weather. Music in Jackson Park is sponsored by the Downtown Neighborhood Council, St. Mark Community Center, the Valley View Neighborhood, and City of Dubuque.



Formed in Quann's warehouse loft space in downtown Dubuque in 2003 to play a Day of the Dead party, ochOsol has since performed its signature mix of Latin rock, cumbia, samba, rumba, reggae, ska, and reggaeton in a variety of Dubuque nightspots and at fairs and festivals in Dubuque, Galena, Madison, and Des Moines. In addition to Quann, the band features Bill LeMay on drums and timbales, Columbian Elkin Garcia on bongos and percussion, Jon Obe on congas and percussion, Argentinean Leonardo Roldan on keyboards and vocals, and Mike Ironside on bass, along with a variety of guest musicians over the years.



### More than 325 winners will share up to \$22,000 in total prizes!



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GANDLING FROM THE IN DISAFT OF MANY NOT

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GET MORE ONLINE 24/7/365 @ www.DUBUQUE365.com MAY 28 - JUNE 10



The new Fountain Park Farmers' Market is set to open at Fountain Park Plaza, 2728 Asbury Road beginning Thursday, June 4. Open every Thursday from 3 to 7 p.m. the Fountain Park Market will feature a variety of fresh fruits and vegetables, wine, honey, meats, and other items, as well as hot food and beverages by Michael Paul's Restaurant until 9 p.m. Entertainment will be provided by a variety of area musicians.

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The Fountain Park Farmers' Market central location and Thursday evening hours

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should prove to be especially convenient for residents of the surrounding neighborhoods. "Asbury Road has the third highest traffic count in the City of Dubuque, giving Fountain Park Plaza great visibility and convenience for prospective marketgoers," said vendor and organizer Mary Moody. "It is another place for area residents to purchase fresh, local, homegrown, and handmade goods." Interested vendors and musicians can contact Moody for more information at (563) 584-9300.

And Cultur



The Warehouse Art Gallery hosts an exhibit by photographer Mark Hirsch for the month of June. An opening reception for the show, scheduled for Friday, June 5, from 6 to 10 p.m. will provide guests an opportunity to meet the artist. Free and open to the public, the reception will include live music by Ralph Kluseman, appetizers from Kalmes Breaktime, wine samples from Park Farm Winery, home-brewed beer

samples from the Bluff Street Brew Haus, and bottled water from The Gym.

A full-time freelance photographer, Mark Hirsch draws on over twenty years experience in news and commercial photography for his Warehouse Art Gallery exhibit. Along with a selection of images from his editorial, commercial and creative work, Hirsch's exhibit will feature a number of photos documenting life in the Dubuque Rescue Mission. The gallery will collect donations at the opening reception which will benefit the Dubuque Rescue Mission.

The Mark Hirsch photography exhibit will be on display through the month of June. The Warehouse Art Gallery is open Monday through Saturday from10 a.m. to 5 p.m., and Sunday from 12 to 4 p.m., or by appointment. The gallery is located at 1079 Elm Street, at the east end of the warehouse building. Guests can enter through the Resa James Home entrance. For more information, visit http://warehouseartgallery.com/.



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LOOKING BACK A LIFE IN GENERAL

GET MORE ONLINE 24/7/365 @ www.DUBUQUE365.com MAY 28 - JUNE 10 Who? What? When? Where? Why?

Because I'm a writer, some people think I keep a journal. Those people are wrong. Despite youthful stabs at diary keeping that never got much past "I WISH I hadn't cut my hair," I've never enjoyed the kind of navel gazing the act seems to require. I want an audience, thank you very much. So I write letters, I write columns - but you knew that already. And no matter how many beautifully bound blank books I buy, they remain mostly, well, blank.

Still, I like to keep track of things. That's why I buy an engagement book every year, and why I've been hanging on to them for years. I don't often sit reading them, but it's good to know that if I need to know a fact, I can find it there.

I had ten of them out the other day because I was possessed with the need to figure out all the travel I had done over the past decade. It bothered me that I couldn't recall which year we went to Seattle, which to Estes Park. I can, and frequently do, consult my long-suffering husband about these matters, but I wanted it written down. (This may be related to my being a librarian. Remind me to tell you sometime about the inventory I made of all our closets.)

It was pretty weird, going through each day, each week and month. This is your life, our calendars tell us, and often it's an odd hodgepodge. There's little emotion in the kind of books I keep; I have to supply that myself, long after the fact. What I did find, overall, was a focus on the five aspects every good news story is supposed to have: Who, what, when,

where, and why.

WHO? Only the most determined hermit has a datebook that isn't peppered with lots of names. (Okay, I don't suppose most hermits keep them, but bear with me.) What's sobering is how many names are less than familiar now. Ten vears ago, I had lots of lunches with someone named Amy. Amy? Amy who? If you're out there, forgive me, and please, drop me a line! Other names are bittersweet. "Lunch with Jan - Bierstube" shows up more than once, and it makes me smile and sigh simultaneously. Jan was such a great, funny, warmhearted friend, but cancer stole her from my book much too soon. Other people come and go, or rather, go and come back. One year I recorded "Tom's goingaway party"; last March it said "See Tom – Atlanta." Thank goodness.

Other names have clues provided, but it hardly helps. One note in 2000 says "Jennifer's - Green house, pine tree." Hmm. I have no idea. Then there's Dr. Klein, whom I saw a lot of that year. Who was he? A dentist? Nope. A psychotherapist? I hope not. If so, I was in serious emotional trouble back then. I still haven't figured him out.

WHAT? On July 3, 2002, it says "Pizza at noon with fun, fun people!!" This handwriting looks suspiciously unlike my own scribbles. The date says it all - I was about to leave my job at Loras, my coworkers ordered pizza for my sendoff, and my daughter, who was between jobs, as they say, was volunteering in my office, so she wrested control of my datebook book from me.

There are many other "what's" in here. This is where I keep track of the movies we see and the books I read, but it's alarming how many plots have been scrubbed clean by the sands of time. There are work reminders that mean next to nothing now. I do like remembering the time my daughter, still out of work, drove a grant proposal I'd written to Des Moines herself in order to meet the deadline. We got it, too.

WHEN? This might seem to be the whole point of this endeavor. It is, after all, how I found out the dates for all those trips I took. But some notations puzzle me. Why was it so important that I "Call Co. ext. gardener" at 6:30 p.m. on August 27, 1997? Other notes make perfect sense. I recorded my mother's precise time of

death, down to the minute, as well as the day my ex-husband died, when I wrote simply, "Chris." Some dates, like September 11, 2001, are important for reasons bigger than ourselves. I find myself wanting to know which mundane things occupied me just before and after the terrorist attacks that day. A lunch at Mario's is crossed out, but an appointment with a surgeon is not. It was a day for serious stuff.

WHERE? I'm happy to report that I got my list of far flung places all lined up like suitcases in a row. San Antonio, L.A., D.C., Las Cruces, Cape Cod, Zurich, Munich, Venice, Florence, Atlanta, Charleston, San Diego, Tucson, it's all there, and then some. Closer to home, I could tell you every time I went south to Davenport or northeast to Madison on those highways that are blessedly fourlane at last. Don't ask me why I needed to know. I just did. And now I do.

WHY? Here's where my trusty engagement books let me down, more than a little. A real journal would

6745

probe the reasons beneath that flight to San Antonio (a work related trip sweetened by the presence of friends I'd made in the grant writing field) or the whirlwind journey to four European cities in ten days in 2003 (my amazing second honeymoon). These books just note flight numbers and city names. My last trip to D.C. didn't even mention that I'd enticed my daughter along, after numerous solo trips for business, or that we nearly wilted in the summer heat.

My mom used to declare, "Never argue with a woman who keeps a journal!" She kept detailed logs of her days - mostly facts, spiced with salty commentary. So far, I'm doing okay with these notes and my more or less reliable memory. If my forgetfulness grows worse, I'll get help. Maybe Dr. Klein, whoever the heck he is, can lend me some professional advice.

Pam Kress-Dunn pam2617@yahoo.com

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OVIE REVIEWS - INDUSTRY BUZZ -



### Terminator Salvation - A Film by McG (Charlie's Angels, We Are Marshall)

In Terminator: Salvation, the fourth movie in the Terminator series, John Connor (Christian Bale) is the "prophet" of the resistance fighting Skynet in the year 2018. Judgment Day has already occurred and the world as we know it has been decimated by nuclear weapons. The machines of Skynet are waging war on the human race and John is in a desperate search for his father Kyle Reese (Anton Yelchin) who is just a teenager. Helping John in his search are the mysterious stranger Marcus Wright (Sam Worthington) and Blair



Williams (Moon Bloodgood). The Skynet headquarters in San Francisco is the ultimate target but it is only one piece in their global network. If it can be destroyed, the resistance can win at least one battle in what has become a war for existence.

Terminator: Salvation is a better movie than you may be hearing. Besides

some incredible special effects and intense action, Terminator: Salvation does a nice job of carrying the story forward from the previous three films and connects back to the original film in unexpected ways. Christian Bale is a good fit as the adult John Connor but he needs to stop distorting his voice ala his version of Batman. Worthington pulls off the character of Marcus effectively, conjuring up the intended sympathetic response in the audience. The film has a gritty, apocalyptic feel to it, almost as a new century version of Mad Max. The world of Terminator: Salvation in the years following a nuclear war has the same believable feel. Things are different but not so different as to strain the imagination. If you enjoyed the previous films, this one is worth seeing on the big screen. For some, the jittery nature of the camera work and editing may be disruptive. To this reviewer, it put me in the action but it was a bit much at times.



TOMATOES ROTTEN 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**

### Up (May 29)

From the Academy Award-nominated team of director Pete Docter("Monsters, Inc.") and co-director Bob Peterson comes "Up," a comedic adventure. Carl Fredricksen spent his entire life dreaming of exploring the globe and experiencing life to its fullest. But at age 78, life seems to have passed him by, until a twist of fate (and a persistent 8-year old Wilderness Explorer named Russell) gives him a new lease on life. "Up" takes audiences on a thrilling journey where the unlikely pair encounter wild terrain, unexpected villains and jungle creatures.

### Drag Me To Hell (May 29)



sould

A loan officer (Alison Lohman) ordered to evict an old woman from her home finds herself the recipient of a supernatural curse which turns her life into a living nightmare.

Desperate, she turns to a seer for help, and learns she only has a short period of time before she is literally ushered into Hell.

### Land of the Lost (June 5)



Even a stopped clock is right twice a day, and Dr. Rick Marshall is living proof. Dr. Marshall has become the laughingstock of the paleontological community, thanks to his

theories about time travel. No one's laughing, though, when he, his research assistant, and a survivalist hillbilly tumble head over heels through a space-time vortex into another dimension. Will they be able to navigate this hostile territory and get back to their own world so Rick can finally gloat?

### The Hangover (June 5)



Two days before Doug's Los Angeles wedding, his three best friends spirit him off to Las Vegas for the bachelor party of a lifetime. After a wild and crazy night, the grooms-

men wake up to find that their wrecked hotel room isn't the only disaster they face. The groom has gone missing, and they can't remember a thing that happened the night before.

### My Life in Ruins (June 5)



Georgia, a Greek-American making a living in the motherland, is stuck in a bit of a rut. Despite the romantic atmosphere, she spends her nights in dreary solitude. Then one day a tourist named Irv snaps her out of her funk.

### **NOW PLAYING:**

Monsters vs. Aliens . 71% Fresh Wolverine . . . . . 36% Rotten 🧚 Ghosts/Girlfriends Past 29% Rotten Star Trek. . . . . . . . . . 96% Fresh 🖤 Angels & Demons 45% Rotten 👫 Night at Museum 44% Rotten 👫 Fighting . . . . . . 36% Rotten 👫 Terminator Salvation . 35% Rotten 🧩 Fast & Furious . . . . . 24% Rotten 👫





CET HORE ONUNE 24/7/365 @ www.DUBUQUE365

**Overture Films and Paramount Vantage** have announced that Oscar-winner Michael Moore's new documentary feature will be released on October 2, 2009. The film will explore the causes of the global

AREANTHEATER INF

MAY 28 - JUNE 10

economic meltdown and take a look at the shenanigans that culminated in what Moore has described as "the biggest robbery in the history of this country" – the massive transfer of taxpayer money to financial institutions.



Uh ... okay? Mark Hammer has signed on to pen "Bazooka Joe," a feature film adaptation of the bubble gum comic strip for Tornante Co. Yeah, THAT comic strip, the one on the gum wrappers with Pesty, Mort, Toughie, Hungry Herman, love in-

terest Jane and a dog named Walkie Talkie. I think we've finally run out of ideas, wouldn't you say?



isney Pictures is developing a remake of 1986 sci-fi family feature "Flight of the Navigator," according to The Hollywood Reporter. The original followed a twelveyear-old boy who is abducted by an alien

spacecraft in 1978 and reappears eight years later, still the same age and with no memory of what happened. NASA scientists discover a connection between the boy and a downed spacecraft.



Dan Aykroyd is just full of optimism, it seems. He told the Los Angeles Times recently that he's convinced that Ghostbusters 3 will be shooting by this Christmas, and he expects a final script by this summer. He

reiterated that the famously reclusive BIII Murray is still indeed attached to the project.



Author Irvine Welsh ("Trainspotting") is set to direct soccer comedy "The Magnificent Eleven," a modernization of the classic western "The Magnificent Seven" which centers on a local amateur soccer team, a

Tandoori restaurant and a group of menacing thugs. Well, there are worse ideas, I suppose.

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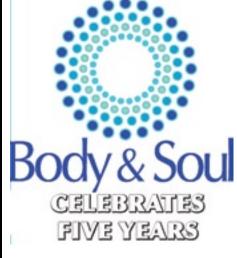


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Alstannen

Body & Soul, the Fountain Parkbased Wellness Center and Spa, will celebrate the center's fifth anniversary this June with a series of free workshops and events leading up to an open house on Friday, June 12. The open house, scheduled for 5 to 7 p.m. will feature champagne, hors d'oeuvres, and door prizes for spa services. In addition, visitors will be able to enjoy a complimentary chair massage and makeup experience using the Bare Minerals line of makeup products.

Leading up to the June 12 anniversary event, Body & Soul will offer a number of free workshops at the Wellness Center, focusing on topics like yoga, dance, and spiritual fulfillment. (See the accompanying schedule for the full listing of workshops, dates, and times.)

The workshops and open house event provides those unfamiliar with the Wellness Center and Spa an opportunity to become more acquainted with Body & Soul and the range of services provided. Created by Scott and Julia Theisen, Body & Soul is the realization of a vision Scott had for a holistic health center that incorporated a multi-dimensional approach to wellness.

The couple met in the spring of 2001

at a meditation workshop which was part of a retreat in Northern California. Their instant connection sparked an interest and attraction that kept them in contact, despite the fact that Scott lived in Iowa and Julia in her native England. A Registered Nurse and Registered Yoga Instructor, Julia became intrigued by Scott's vision for a truly holistic wellness center. Despite the physical distance between them, they maintained a longdistance relationship, each making seven trips across the Atlantic. Fourteen (combined) visits later, Julia made the leap of faith and moved to Dubuque to help make their shared dream into the reality that became Body & Soul.

Today the Wellness Center and Spa offers a range of comprehensive services under the five facets of the holistic business model. The fullservice day spa offers an assortment of massage therapy and holistic treatments including Thai Massage, manicures, pedicures, facials, and ear candling. A variety of yoga and fitness classes taught by Julia and other certified professionals in two fitness studios are available on a weekly basis. Led by Scott, a Licensed Mental Health Counselor and Certified Clinical Hypnotherapist, the Body & Soul team provides professional counseling services in mental health and relationship counseling, hypnotherapy, professional life coaching, and spiritual direction. A wellness-focused retail store offers gifts, books, music, and apparel for guests to extend the experience beyond the visit. And finally, Body & Soul hosts workshops and programs on a variety of wellness topics including stress management, detoxification and nutrition, cultivating happiness and wellness, and energy healing.

While diverse, the variety of services are complementary, providing opportunities for guests to live fuller, healthier lives. "I think that our mission, the mission of the center is that Body & Soul is a safe place for people to relax, heal, connect, and grow," notes Julia.

"There's a kind of an implicit spirituality or sacredness, and that's where we come from," Scott explains of the approach to the center. "That wholeness and wellness is a spiritual thing ... there's nothing denominational or any philosophy anybody has to buy into, other than we're here to help people feel good, to come back to themselves."



That approach, which the Theisens describe as "heart-centered," extends throughout the staff, from spa therapists to the wellness coordinators that greet guests when they first arrive. "Anybody that walks through the door, you really try to suspend any judgment and just see their beauty for who they are," says Julia. "People that come to work for us, understand that we're all on a journey, and we trust that people that work here are really wanting to be on that journey. And so they're very open to wanting to grow and heal themselves."

The heart-centered, holistic approach is conducive to healing and growth,

### Continued on Page 18.





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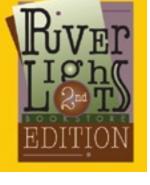
CALENDAR

At the Lead Mines, May 30

Pirate Festival, June 20/21

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Museum & Aquarium



# Monk's hosts Miles Nielsen (Rick Nielsen's son)

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Monk's Kaffee Pub Presents: Miles Nielsen Friday, May 29

Monk's Kaffee Pub hosts a very special performance by songwriter Miles Nielsen Friday, May 29 from 8 p.m. Undoubtedly best known as the son of Cheap Trick guitarist Rick Nielsen, Miles is making a name for himself with the songwriting he's been practicing since he was a kid. "Most of my childhood was spent on a tour bus traveling across the country with Cheap Trick," Nielsen reports in his online bio. Probably not a bad way to pick up a few tasty guitar licks, as well.

The Monk's date is one of a number of shows Nielsen is playing to promote his self-titled CD released this February. While some Cheap Trick influence would not be unexpected, Miles seems to have incorporated more of the melodic sense his father's band inherited from the Beatles without the power pop arrangements of the '70s super-group.

Indeed, his self-described "Beatlesque Cosmic Americana" embraces arrangements that range from quiet, altfolk ballads to pop songs with psychedelic flourishes reminiscent of the Fab Four. But make no mistake, Nielsen's work stands on its own in a tradition of music that spans the generations.

MAY 28 - JUNE 10



Monk's will also host singer/songwriter Eddy Burke on Thursday, May 28, Chicago Farmer on Thursday, June 4, and Gypsy Dave and the Stumpjumpers on Friday, June 19. Visit www.myspace. com/monkskaffeepub for more information.



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MAY 28 - JUNE 10



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KUNI radio's own Bob Dorr takes the Spirit of Dubuque out for a spin on the Mighty Mississippi with his group, the Blue Band Friday, June 5. The three-hour tour (say ... wasn't that the tour Gilligan and company were on before being marooned on that island?) will take guests out on the river for a floating show by the Iowa Rock 'n' Roll Hall of Fame recognized Blue Band on the replica steamboat known as the Spirit of Dubuque.

-36-5

Guests will be able to begin boarding at 7 p.m. at the Port of Dubuque Ice Harbor, with the Blues Cruise departing at 7:30 p.m. and returning at 10:30 p.m. Drinks and concessions will be available on board. An annual fundraiser for Iowa Public Radio, tickets are \$15 in advance or \$20 at the door and available at Moondog Music, online at Hwww. iowapublicradio.org, or by calling 800-772-2440, ext. 0.



This year marks the 25th Anniversary of Greyhound Racing at Dubuque Greyhound Park and a celebration has been scheduled for June 6 to include headliner and country music star Jo Dee Messina.

Messina's Top Ten hits include "Heads Carolina, Tails California," "You're Not in Kansas Anymore," "Bye Bye," "I'm Al-right," and "Stand Beside Her." General Admission tickets are \$15 in advance and \$20 day of show. Tickets are available at the Allure Center at Mystique. All ages are welcome to attend.

Gates will open at 6 p.m. with local vendors West Dubuque Tap, Houlihan's, and House of China on site selling food. The Horsin' Around Band will take the stage at 7:30pm and the Bud Girls will also be on site from 7:30 – 9:30pm. The first 150 people through the gates over the age of 21 will receive a complimentary Dubuque Greyhound Park 25th Anniversary/Bud Light t-shirt. Following Messina's 9pm performance a fireworks display set to music will be broadcasted live on 101.1 The River (approximately 10:30pm).

Don't forget that Mystique will also be host to MINI-Kiss, aka Mini Rockerz, who are coming to Cabaret at Mystique on Saturday, May 30. They may be little but their sound is rockin', according to reports. Don't miss the world's smallest Kiss cover band! Yeah, you heard us correctly. Little people as KISS, in the full makeup, costumes, everything. The band has been featured on Jimmy Kimmel Live, Vh1 and Gene Simon's Family Jewels. There will be one show on Saturday, May 30th, 2009 at 9pm. Tickets are \$10 in advance and \$15 day of show. Guests must be 21 or older to attend

Also, mark your calendars for July 18, when five time-Grammy and Oscar Winning recording artist Christopher Cross will be performing two shows in Cabaret (7pm & 9pm). Cross has released eight albums with hit songs that include "Sailing", "Ride Like the Wind", and "Think of Laura." Tickets will go on sale at the Allure Center on June 8th and are \$15 in advance and \$20 day of show. Guests must be 21 to attend. For more information, visit mystiquedbq.com.



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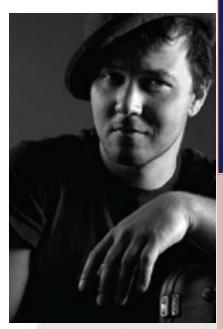




### Thursday, May 28

**Dueling Pianos** Diamond Jo, 8 PM

Masoko Tanga Irish Cottage, 8 PM



**Eddy Burke** Monk's, 9 PM - 1 AM

### Friday, May 29

365 Lunchtime Jam Wash. Park, 11:30 AM - 1 PM

### Friday, May 29



**Chuck Bregman** Mystique, 6 - 9 PM

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

Ian Gould Irish Cottage, 8 PM - 12 AM

Kevin Beck/Johnnie Walker Mystique, 8 PM - 12 AM

Dan Heim Cornerstone, 8 PM - 12 AM

**BuzzBerries** Diamond Jo, 9 PM - 1 AM

### Friday, May 29

**Miles Nielsen** Monk's, 9 PM - 1 AM

Jeremiah Nelson 180 Main, 9 PM - 1 AM

**The Melismatics** Silver Dollar, 9 PM - 1 AM

### Saturday, May 30

**Chuck Bregman** Mystique, 6 - 9 PM

Tom Nauman Stone Cliff, 7 - 11 PM

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

Ian Gould Irish Cottage, 8 PM - 12 AM

Artie & the Pink Catillacs Happy's, 8 PM - 12 AM

Kevin Beck/Johnnie Walker Mystique, 8 PM - 12 AM

**Okham's Razor** Cornerstone, 8 PM - 12 AM

FreeFall New Diggings, 9 PM - 1 AM

### Saturday, May 30

**One Hat Broken Rubber** 180 Main, 9 PM - 1 AM

Jabberbox Jumpers, 9 PM - 1 AM

**Brother Trucker** Silver Dollar, 9 PM - 1 AM



**MINI-KISS** Mystique, 9 - 11 PM

Zero 2 Sixty

# Sunday, May 31

**Rocket Surgeons** New Diggings, 3:30 - 7:30 PM

Irish Cottage, 6 - 10 PM

### Sunday, May 31

The Dert Tones Sandy Hook, 7 - 11 PM

### **Tuesday**, June 2

Open Jazz Jam 180 Main, 8 PM

### Wed., June 3

Laughing Moon Comedy Diamond Jo, 8 PM

The Wundo Band Steve's Pizza, 8 PM -12 AM

### Thursday, June 4

**Dueling Pianos** Diamond Jo, 8 PM

**Road Drinking** Cornerstone, 8 PM - 12 AM

**Chicago Farmer** Monk's, 8 PM - 12 AM

### Friday, June 5

365 Lunchtime Jam Wash. Park, 11:30 AM - 1 PM

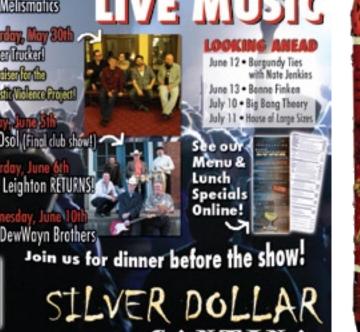
**Broken Rubber Band TAIKO, 7 - 11 PM** 

**KUNI Blues Cruise** Spirit of Dubuque, 7 - 10 PM

Paul McHugh Irish Cottage, 8 PM - 12 AM

**Richter Scale 5.0** Driving Range, 8PM-12AM





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**Taste Like Chicken** Pit Stop, 9 PM - 1 AM

Bulldog's, 9 PM - 1 AM

**Just Cuz** Park Farm, 5 - 8 PM

**Grass Menagerie** 

### Friday, June 5

BlackBloom YardArm, 8 PM - 12 AM

> **Andrew Houy** Cornerstone, 8 PM - 12 AM

> > **Corey Jenny**



Mystique, 9 PM - 1 AM ochOsol



Jim the Mule 180 Main, 9 PM -1 AM

- 1 AM

**BF Burt/Instigators** Murph's, 9 PM - 1 AM

Good Trouble Sandy Hook, 10 PM - 2 AM

### Saturday, June 6

**Broken Rubber Band** TAIKO, 7 - 11 PM

**JoDee Messina** Mystique, 8 PM

Kevin Beck/Johnnie Walker Spirits, 8 PM - 12 AM

Paul McHugh Irish Cottage, 8 PM - 12 AM

**Taylor Mason** Diamond Jo, 8 PM

**BuzzBerries** YardArm, 8 PM - 12 AM

John Moran Cornerstone, 8 PM - 12 AM

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### Saturday, June 6

**Eugene Smiles Project** New Diggings, 9 PM - 1 AM

Zero 2 Slxty Pit Stop, 9 PM - 1 AM



Jabberbox Dirty Ernie's, 9 PM - 1 AM

**Corey Jenny** Mystique, 9 PM - 1 AM

G.B. Leighton Silver Dollar, 9 PM - 1 AM

Michael Coleman/Backbreakers 180 Main, 9 PM - 1 AM

### Sunday, June 7

Jim the Mule New Diggings, 3:30 - 7:30 PM

Nothin' but Dylan Park Farm, 5 - 8 PM

nt in s

**Taste Like Chicken** Catfish Charlie's, 9 PM - 1 AM

**Presented By** 

The Diamond Jo Casino

and

**Mystique Casino** 

### **Tuesday, June 9**

Open Jazz Jam 180 Main, 8 PM

### Wednesday, June 10

Laughing Moon Comedy Diamond Jo, 8 PM

The DeWayn Brothers Silver Dollar, 9 PM - 1 AM

### Thursday, June 11

Okham's Razor P-Ville Park, 6 - 8 PM

The Lonely Goats Cornerstone, 8 PM - 12 AM

**Dueling Pianos** Diamond Jo, 8 PM

### Friday, June 12

365 Lunchtime Jam Wash. Park, 11:30 AM - 1 PM

**Chuck Bregman** Mystique, 6 - 9 PM

**Broken Rubber Band TAIKO, 7 - 11 PM** 

**Gareth Woods** Irish Cottage, 8 PM - 12 AM

**Roy Schroedl** Cornerstone, 8 PM - 12 AM

Taste Like Chicken Catfish Charlie's, 9 PM - 1 AM

Menace Diamond Jo, 9 PM - 1 AM

**Burgundy Ties** Silver Dollar, 9 PM - 1 AM

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Kent Burnside/New Generation 180 Main, 9 PM - 1 AM

**America's River Festival** Port of Dubuque

Saturday, June 13

**Broken Rubber Band** TAIKO, 7 - 11 PM

**Gareth Woods** Irish Cottage, 8 PM - 12 AM

Lenny Wayne Cornerstone, 8 PM - 12 AM

Taste Like Chicken YardArm, 8 PM - 12 AM



Horsin' Around Jumpers, 9 PM - 1 AM

The Uniphonics 180 Main, 9 PM - 1 AM

**Bonne Finken** Silver Dollar, 9 PM - 1 AM

### Sunday, June 14

**America's River Festival** Port of Dubuque

Bryan Popp/Corey Jenny New Diggings, 3:30 - 7:30 PM

### **Ron Feingold**

**Diamond Jo Casino** Wednesday, June 3, 8 p.m. Don't miss the musical comedy of Ron Feingold! This guy is a 365 favorite ... just wait 'til you hear Kermit the Frog sing 867-5309!

### Damon Wayans, Jr. Diamond Jo Casino

Wednesday, June 10, 8 p.m. The son of legendary comedian Damon Wayans comes to the Mississippi Moon Bar! He's funnier than his dad!

### **Uncle Lar**

### **Diamond Jo Casino** Wednesday, June 17, 8 p.m.

Known as Uncle Lar', Larry Reeb is the wise-cracking black sheep, politically incorrect relative everyone knows.

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### Continued from Page 13.

both physical and spiritual, and at a pace appropriate to each guest or student. "I think what I've seen over the five years is more people moving between the spaces," reflects Julia. "So they might have started coming here for counseling and then as they begin to feel better about themselves, they start to do some yoga and as their body begins to open and heal, they want to do a massage because they're more in tune with their bodies and they feel more worthy to receive those services. And so that is really something to be celebrated. And I really admire Scott's vision because he was the one that had the vision of those five areas."

Entertainmen

While Scott notes that the success of Body & Soul would probably not be possible without the trails blazed by earlier models of complementary or alternative wellness practices - the Synergy Center, the Center for Holistic Health, Choices Coffee Shop and Bookstore – he is most thankful of the community support the Wellness Center and Spa has enjoyed over the past five years. "We're really grateful that the community has supported us, and I think it's a real pat on the back of the community that they've helped make this holistic health center successful," Scott noted. "I really expect amazing things as we move forward," he added, "but the anniversary is a big 'thank you' for these five years."

For more information on classes, counseling and spa services at Body & Soul Wellness Center and Spa, visit www.relaxlivewell.com.

### 365

# Body & Soul Workshop Schedule

Body & Soul will offer the following free workshops during the week leading up to the anniversary. No experience is necessary though pre-registration is recommended as space is limited. Guests should dress in relaxed and comfortable clothing.

Monday, June 8, 6:00-7:00 p.m. – Joy in Motion: Dance with your Body, Mind, Spirit. With Kate Hirstein, Registered Yoga Teacher and Julliard trained dancer.

Tuesday, June 9, 11:00 a.m.-5:30 p.m. – Individual Spiritual Guidance Sessions. With Andrea Beacham, Spiritual Director. Pre-registration required.

Tuesday, June 9, 7:15-8:15 p.m. – Joy in Motion: Dance with your Body, Mind, Spirit. With Kate Hirstein, Registered Yoga Teacher and Julliard trained dancer.

Wednesday, June 10, 4:30-6:00 p.m. – NIA-Chakra Motivated Dancing. With Candy Crossley, Certified NIA Instructor. NIA (Neuromuscular Integrative Action) is a movement practice rooted in martial arts, dance arts, and healing arts. Wednesday, June 10, 6:00-7:00 p.m. – Precise Posture: Feel the Benefits. With Kathleen Klapatauskas, Physical Therapist.

Wednesday, June 10, 7:00-9:00 p.m. – Relaxation Retreat. With Julia Theisen, Body & Soul owner and Registered Yoga Teacher.

Thursday, June 11, 2:00-3:15 p.m. – Gentle Yoga. With Cheryl Buesing, Certified Yoga Instructor. Learn basic breathing techniques and yoga postures. Participants will need to be able to move up and down from the floor as they move in and out of postures.

Thursday, June 11, 3:15-3:45 p.m. – Your Spiritual Quest: An Introduction to Spiritual Guidance. With Andrea Beacham, Spiritual Director

Thursday, June 11, 6:15-6:45 p.m. – Your Spiritual Quest: An Introduction to Spiritual Guidance. With Andrea Beacham, Spiritual Director

Thursday, June 11, 7:00-8:00 p.m. – Seven Habits for Happiness. With Scott & Julia Theisen: Body & Soul owners.

Friday, June 12, 5:00-7:00 p.m. – Open House with the Body & Soul Team. Demonstrations, door prizes, complimentary services, food, and beverages.



Qualify through May 31<sup>st</sup>.



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### by Tim Brechlin

As you might have noticed from reading the pages of 365ink Magazine over the last few years, we're pretty big fans of food. (Some of us are just pretty big, too, but that's another story altogether.) One of the best things about Dubuque's continued vibrancy is a constant influx of new dining options that match up perfectly with the existing establishments that continue to fill our bellies with food. A great example of this is the Port of Dubuque, where one can find options like Jo's Delicatessen, Mojo's Sports Bar, the Kitchen Buffet and the Woodfire Grille at the Diamond Jo Casino, the lavish Star Restaurant & Ultra Lounge in the Star Brewery (with Stone Cliff Winery just downstairs) ... and now, the Port has its newest dining delight: Tony Roma's, the new restaurant at the Grand Harbor Resort & Waterpark.

Tony Roma's traces its lineage back to 1972, when a fellow named (who'd have thunk it?) Tony Roma opened up a barbecue restaurant in North Miami, Florida. He immediately became famous for his baby back ribs, and now the company boasts about 200 restaurants in 32 countries. In addition to the trademark ribs, Tony Roma's menu also features chargrilled steaks, barbecue chicken and seafood. That sure sounds like a perfect fit for Dubuque, doesn't it? Yeah, that's what we thought, and it seems like Platinum Hospitality (the parent group of the Grand Harbor) thought so, too.

"The idea of closing the old restaurant and doing something new in this space is something that Jim (Rix, Platinum Hospitality CEO) had been thinking about for a few years," explains Sue Moran, marketing director of Platinum Hospitality. "Tony Roma's fit both the price point and the menu offerings that we were looking for. When we finally made the plunge, it happened very quickly ... we closed the restaurant on March 16, and we're set to open on June 3."

Such a timetable would be ambitious for any restaurant starting out — but it's much more impressive when you realize just how much work has been done in renovating the space of the former Riverwalk Café.

"We completely gutted the space, went down to the foundation and worked up from there," says general manager Dave McClain, who's heading up the Tony Roma's enterprise. "We basically ripped out everything except the kitchen, which has just had some new equipment come online."

It's truly an impressive sight when one walks into the new restaurant for the first time. A direct entrance has been constructed in the Grand Harbor parking lot, allowing for guests to enter, walk up an open-air stairway (or utilize a new elevator dedicated exclusively to the restaurant) and be immediately greeted by the host station. Unlike the old restaurant, wherein visitors had to walk the long and winding road, so to speak, just

Continued on Page 30.

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# ON DUBUQUE notes from the mayor

**Dog Parks...Best in the Nation!** by Mayor Roy D. Buol

Heidi Hope is our boxer's name. Her predecessor was Duchess Brandy. For the past 19 years, we have counted ourselves among Americans who dearly love their pets, and we do appreciate that while our pets have had the benefit of a large, fenced in yard to run and play, many dogs do not. Research shows that dog parks are becoming ever more popular across the country, offering dog and owner-friendly features and providing the opportunity for companionship, exercise, fresh air, and a sense of community.

The nation's oldest dog park...both San Francisco and New York City claim that honor...opened almost thirty years ago. Since then more than 700 parks have sprung up across the nation! So, as Dubuque considers its next best approach to offering our canine friends and their owners a place to meet, exercise, and have fun, I felt it important to take a look into what the nation's best dog parks offer and the role citizens in those communities assume for the park's programming and maintenance.

My first discovery was to find there is an annual contest for America's Best Dog Parks! And, interestingly, the 2008 winner was the country's first "green" dog

park located in New River, Arizona!

According to reporter Maureen Kochan, the greening of America's dog parks has begun with solar-powered lights, security system and water pumps. "We wanted to be a banner for solar in a state that has so much sun," said Barbara Windgassen, president of Anthem Pets, the non-profit community group that lobbied for and built the dog park. Green building techniques were used in building the park.

Other green features, non-solar related, include that dog waste is recycled into usable material, artwork includes decorative metal flowers made from old cars, furniture crafted from fallen timber, and recycled artificial turf. The park also hosts a hotline to help reunite lost pets and their owners, regularly holds microchip clinics for both dogs and cats, runs an educational program for new dog owners, and once even trucked in snow for kids and dogs to romp in (we have a leg up, so to speak, on this feature.) Here's the responsibility part - a non-profit community group manages the park's programming and maintenance; members pay \$35 a year for one dog, and \$50 a year for two or more to join the park; and owners must provide proof of vaccinations. That community has seen more than 800 dogs registered!

Others in the 2008 Best Dog Parks contest offered an array of amenities, including grassy knolls, a three acre swimming pond, separate areas for small and large dogs; or separate areas for active and timid dogs; trees and park benches that make the area popular with dog owners; drinking fountains and wash stations; trash receptacles; workshops and events which include contests such as Pet/Owner Look Alike contest, Best Costume, Best Bark, Largest Dog, Smallest Dog, and Best Trick; a popular Halloween costume parade, paw "reading," a human barking competition, working-dog demos, and more!

There are Dog Park Rules too! Posted at the entrance and designated locations within the park the rules are clear: owners must carry a leash; must clean up after their dog/s; dogs must be under voice control and in sight of their owners; must be licensed and vaccinated; puppies must be older than four months; spayed or neutered animals are recommended and dogs "in season" are NOT allowed; no smoking or food allowed within the fenced area; owners are responsible for covering holes or turf damage caused by pets; children are prohibited from running or chasing after dogs; and the Park users and dog owners assume all

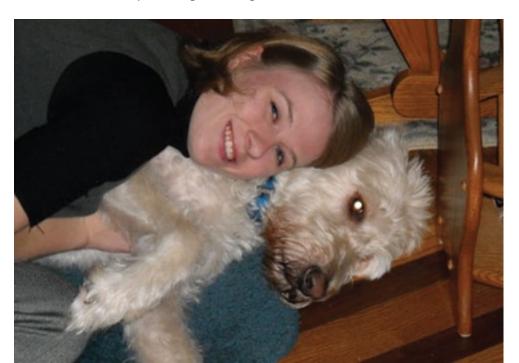
### risks related to the dog park.

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As I have learned during this review process, Dog Parks are offering much more than just doggie diversion. As articles pointed out, romping with other dogs, maneuvering through agility courses, and fetching far-flung tennis balls help dogs to stay in shape and burn off the pent-up energy that comes from sleeping on the couch all afternoon. Playing with dogs of all shapes, sizes, and ages hones dogs' "social skills" and provides much-needed canine companionship, which can help reduce aggression and make dogs calmer, happier family members.

Each year, "Dog Fancy" calls for readers to submit nominations for what they believe to be America's best dog parks. To be considered, parks must have fencing, double gates and free clean-up bags. Parks are then considered based on a list of criteria including: water for dogs and their owners, shade, lights, parking availability and accessibility, support organizations and special events, among others.

Perhaps someday Dubuque will be able to add "Best Dog Park" in the nation to its growing list of recognitions for doing things that improve community...for all its citizens!



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### Tuesdays

Pub Quiz<sup>'</sup> - 180 Main, 8 p.m. - First 3 Tuesdays of the month Open Jazz Jam - 180 Main (Upper Level), 8 p.m. Karaoke - Rainbow Lounge, Canfield Hotel, 7:30 p.m. - 2 a.m. Karaoke - Dave Lorenz, Player's Sports Bar, 9 p.m. - 1:30 a.m.

### Wednesdays

Laughing Moon Comedy - Diamond Jo Casino, 8 p.m. WJOD Wild West Wed - (Country Dancing), Fairgrounds, 7 p.m. - 11 p.m. Karaoke - C-Sharp, A&B Tap, 8 p.m. - 12 a.m. Karaoke - Becky McMahon, Denny's Lux Club, 8:30 p.m. -12:30 a.m. Karaoke - Bubblz Karaoke, Bricktown, 9 p.m. - 1 a.m. Karaoke - Rainbow Lounge, Canfield Hotel, 7:30 p.m. - 2 a.m. Karaoke - Dave Lorenz, Player's Sports Bar, 9 p.m. - 1:30 a.m.

### Thursdays

Live Music - Robbie Bahr & Laura McDonald, Gobbies, Galena, 9 p.m. -1 a.m. Y-105 Party Zone - Dbq Co. Fairgrounds, 7 p.m. - 10 p.m. Dueling Pianos - Diamond Jo Casino, 8 p.m. Open Mic Showcase, Silver Dollar Cantina, 9 p.m. Karaoke - Rainbow Lounge, Canfield Hotel, 7:30 p.m. - 2 a.m. Karaoke - Bubblz Karaoke, Bricktown, 9 p.m. - 1 a.m. Karaoke - Becky McMahon, Ground Round, 9 p.m. - 12 a.m. Karaoke - Flyin' Hawaiian, Shannon's Bar, 9 p.m. - 1 a.m. Karaoke - Soundwave, Bulldog Billiards, 9:30 p.m. - 1:30 a.m. Karaoke - Dave Lorenz, Player's Sports Bar, 9 p.m. - 1:30 a.m. DJ Music - DJ Brian Imbus, Jumpers, 8:30 p.m. - 1 a.m.

### Fridays

Live Music - Leonardo Roldan/Romeo Bautista, Los Aztecas, 6 p.m. - 9 p.m. Karaoke - C-Sharp, A&B Tap, 9 p.m. - 1 a.m. Karaoke - Rainbow Lounge, Canfield Hotel, 7:30 p.m. - 2 a.m. Karaoke - Flyin' Hawaiian, Sublime, 9 p.m. - 1 a.m. Karaoke - Becky McMahon, Champps, 9 p.m.



The Tri-State Wind Symphony will kick off its 15th season with a free concert at Eagle Point Park, Thursday, June 4 from 7:30 p.m. The concert is the first in a summer series of concerts held every Thursday at the Eagle Point Park Band Shell through July 30. The public is invited to attend these free concerts (with park admission, of course) and bring kids, lawn chairs, and a picnic. The concerts will feature a range music, from classical to pop tunes and marches. A 90-member community band under the leadership of music director Brian Hughes, the Tri-State Wind Symphony is made up of professional musicians, instrumental teachers and their students, parents and their children, and area residents who enjoy playing challenging pieces. The rain site for the concerts is Westminster Presbyterian Church, at the corner of Loras Blvd. and University Avenue. For more information see www. TSWS.org.

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# Budweise MIDWEST SPECIAL EVEN

Crystal Method House of Blues, Chicago • June 8

Kenny Chesney i Wireless Center, Moline • June 11

Ron White Wisconsin Dells • June 13

Earth, Wind and Fire Rosemont Theatre, Chicago • June 26

Echoes of Ireland Barrymore Theatre, Madison • June 26



Better Than Ezra House of Blues, Chicago • June 27

**George Jones** Wisconsin Dells • June 27

Keith Urban i Wireless Center, Moline • June 28

Richard Cheese House of Blues, Chicago • July 31

The Misfits w/ Juicehead House of Blues, Chicago • August 9



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

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**Bob's Book Reviews** 

Frick & Frack, the Bozo Twins

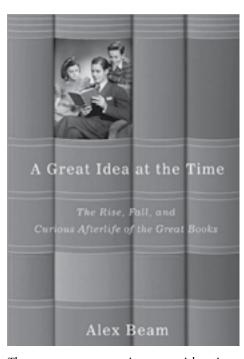
by Bob Gelms

People the world over love to see the high and mighty brought down to human size. Usually this means the rich and famous. There is never more satisfying a sight than when the high and mighty also happen to be incredibly bright; colossal IQs; perfect SATs AND rich and famous. A Great Idea at the Time by Alex Beam is just such a story and a fascinating read. Just on the proper side of gossipy, it is the story of two wunderkinds of higher education and an idea they hatched that went astray and brought them tumbling to Earth like some Icariun creature whose arrogance, self absorption, and intolerance caused them to crash and burn in front of the whole world.

It is the story of Robert Hutchins and Mortimer Adler. In 1930 Robert Hutchins was appointed the President of the University of Chicago, at the time, one of the premier universities in the world. Hutchins jammed the appointment of his friend Adler to the law school at the U of C. down the throats of the law school administration over their considerably loud objections. Adler didn't happen to be a lawyer. Oh well, they were both "my way or the highway" kind of guys.

Hutchins was tall and had the good looks of a movie star. His wife was a self absorbed artist and something of a waifish beauty herself. Adler was short and gnome like. He was described as a motor-mouthed Hobbit and Hutchins's minion. They made either the perfect pair or an Abbott and Costello brace devoid, of course, of any humor whatsoever. The two of them controlled the U of C; Hutchins through the Administration and Adler, eventually, controlling the curriculum, like two not-so-benevolent dictators.

In the late '40s and early '50s the two of them procreated an idea they called the Great Books of the Western World. "The series was 54 volumes of 443 works by seventy-four dead, white, male authors and supposedly, embraced all of the important ideas of Western civilization." You didn't need to be a philosophy major to figure out that Frick and Frack thought the only worthwhile ideas in all of western civilization came from dead white guys. By extension no women or any people of color had the brains for any kind of rational thought. It was, after all, the early '50s when women were still chattel and people with color were still invisible.



There were more serious considerations to attend to. The point size of the type was so small you almost needed a magnifying glass to read it and, not only that, it was printed in double columns per page to save paper otherwise the set would have swollen to over a hundred volumes and would have been prohibitively expensive. It was and is a difficult book to physically read.

This was a time right before Television exploded all over American culture. A large portion of the American public, far greater by percentage than today, actually read books: lots of them. Adler and Hutchins didn't know it but they had birthed their Great Books in a very small window of opportunity which accounted for their immediate but short term success. TV, along with the ugliness of racial bigotry, was about to take all that away. As you might expect Adler and Hutchins thought TV was a flash in the pan and would never gain more of a purchase on the American attention than that of the lower, uneducated class who couldn't afford a television anyway. The Bozo Twins never for a minute thought of themselves as bigoted. Other people, however, did and it would uncover the repulsive little secret hard wired into American culture, that bigotry was everywhere and just as

rampant in the Ivory Tower as it was in the bayous of Mississippi.

In A Great Idea at the Time Alex Beam quotes John Blades of the Chicago Tribune as writing, "The absence of black writers from the expanded library of classics seems certain to rile an increasingly vocal body of critics who maintain that the standard literary texts slight or ignore the work of women and various religious and ethnic groups." Blades quoted Adler as insisting that "there are no 'Great Books' by Blacks before the 1955 cutoff." Adler, who must have been completely addled at the time, told the primarily black readership of Jet magazine, "I think probably in the next century there will be some Black that writes a great book, but there hasn't been any so far." A partial list of writers invisible at the time to Mortimer Adler: Maya Angelou, James Baldwin, Gwendolyn Brooks, W.E.B. DuBois, Ralph El-Langston Hughes, Toni Morrison, and Richard

When asked about the Great Books

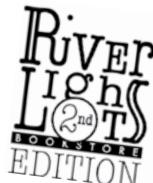
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Wright.

Hutchins said, "I didn't do very much. He (Adler) did all the work. I took all the credit."

Adler was never again employed at an academic institution after he left the U of C in 1946. Generally speaking he was not welcome on college campuses and spent a good deal of the rest of his life in a job at the Encyclopedia Britannica. He continued to teach seminars on ethics, if you can believe that, to business people. Behind their backs, Mortimer Adler referred to his students as "Bozos." He was a thoroughly dislikeable fellow and Mr. Beam in the last chapter of the wonderful A Great Idea at the Time describes what happened to the books and Adler, shortly and succinctly; "Dead Books Walking."





PEPPER SPROUT LUNCH. BEST THING I HEARD ALL WEEK.

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# Get a New Job

You spend at least a third of your time at work. If you're miserable at work because of co-workers with crappy attitudes, you have two choices: give up or do something about it. If you want to do something about it, follow these steps:

1. Tell your co-worker – they may not know they have a crappy attitude.

2. Tell your boss – crappy attitudes crush morale and affect the bottom line.

3. Update your resume – this is a good idea, especially if you're making waves.

4. Tell your boss' boss – hope they are more helpful than your direct boss.

5. Get a new job – read on.

If you've followed the above steps with little or no success, you will eventually quit your job. It may not be today, this month or this year. But it's inevitable. Face it, many of you have already quit your job – you just continue to go in and collect a paycheck. If you are miserable in your current job – one third of your life, it's time move on.

Many people daydream about leaving their jobs to find something more-fulfilling, but you never do. Don't put it off one more day. Getting a new job will not be easy. You may have heard - it's rough out there. Not only is the unemployment high, but the situation doesn't seem to be getting better fast enough. Even though the job market may be brutal, the worst thing you can do is to continue going to work at a place you don't like. Not only will you not do your best work, it's like checking into a morgue each day.

Personal Growth

Your job satisfaction or lack thereof is a huge factor in your life. If you don't like your job, you don't like a third of your life. Co-workers with crappy attitudes should not be tolerated. Bad feelings associated with your job rarely stay confined to the workplace. Those bad feelings spill over into your personal life and you'll begin to suffer from a kick-the-dog job. Typically, it's not so much the job that is the problem, it's the people associated with the job.



If you have a co-worker with a crappy attitude, and you've found it difficult, if not impossible, to solve, you need to get a new job. You need to look out for your best interests. Your job consumes too many hours of too many days of your life for you to stay where you are if you're miserable. No excuses. If you have a co-worker with a crappy attitude and you can't fix it, get a new job.

# 1% Mattitude Improvement Tip Small Talk willing to give as well as

Don't underestimate small talk when striking up a conversation with a stranger. Small talk is how people get comfortable with one another and decide whether or not to continue the conversation. Look for small things you have in common, such as the weather, work or hobbies. The two of you can then decide if you'd like to continue the conversation. Good conversation is an act of sharing between you and the person with whom you're speaking. Be willing to give as well as take, and be willing to listen as well as speak.

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THAT BUILDING IS MASSIVE. SERIOUSLY, IT'S JUST HUGE

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Ironically, a 1914 growth retrospective by a local daily newspaper credited the Bank & Insurance Building and Dubuque Brewing & Malting Company with being the first "modern" commercial buildings in the city. Yet in 2009, these buildings have even more value than they did 105 years ago . . . at least in the eyes of many, who can envision a future development on the property that would boast residential, retail, restaurant and recreational spaces. It's not too late for the former Dubuque Brewing & Malting complex, and a large group of members of the Dubuque community are hoping to prove it. After all, it's never too late to preserve history . . . and we must ever remain vigilant in assuring that our local history is saved for our future generations, no matter what the pessimists say.

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**Saving the Castles in the Name of All that is Right** 

Features

### by Jeff Stiles

"Happily for America—happily, we trust, for the whole human race—they pursued a new and more noble course. They accomplished a revolution which has no parallel in the annals of human society." — James Madison

There were many aspects that attracted me to establishing my family's home in the north-end of Dubuque, including not only the economical price of our residence but also the large lots of the residences in our neighborhood and the historic significance of the entire area.

Who could not admire the architecture that makes up Holy Ghost Church and School, or the stained-glass staircase leading up the brick home of (the late) Art Nagel, or the beautiful landscaping of various homes in this northernmost block of Central Avenue? Or the fact this part of the city was at one time an old river-bottom, resulting in awesome soil for the flowers and vegetables in our gardens today?



Or the Romanesque spirals of the historic buildings two blocks to the east—at the corner of 30th and Jackson Street—a complex that is easily visible from Highway 52 from four blocks north, or from six blocks south on Jackson Street, or from the bluffs overseeing the northernmost neighborhood of our city, or even from the back deck of my family's home at 3108 Central two blocks west?

My daughter, who recently entered her fourteenth year of life, has throughout her young life referred to these historic structures as "the castles." It's true: from a distance, and even up close, this group of buildings—which originally were home to the Dubuque Brewing & Malting Company and which most recently were been known as "The H&W Building"—have boasted a majestic appearance, even throughout the past five decades of abandonment and neglect.

Since purchasing my north-end home in 1989, I've heard many stories about this famed complex. That Al Capone operated an illegal moonshine distillery on the property during Prohibition. That it once was an office complex. That the buildings will someday be converted into a microbrewery. Or an apartment complex. Or even an expansive indoor paintball course. Or, frighteningly yet, that the entire structure will be razed, with the resulting steel and bricks sold to companies in Chicago for scrap.

"Daddy, what's going to happen to the castles?" my daughter would ask numerous times when we went on "dog walks" around the block when she was younger. Throughout the years I've actually pondered the answer to that question myself. I've wondered about the complexities of bringing together investors . . . and preservationists . . . and city officials . . . and engineers . . . and neighbors . . . and other interested community members to put together a complex plan to transform a long-neglected group of buildings into a development that returns vibrancy and long-overdue prosperity to the entire north-end of our city.

Some people are now saying it's too late to save these buildings. That the time to rescue them was five years ago. That millions of dollars would not suffice to make this project a success. That no one is interested in saving these structures (even though at least two Dubuquers have made financial offers on these buildings in the past three years). That no one cares anymore. That miracles no longer happen.

Fortunately, many in our community are much more optimistic. We have not given up on the ideal of preservation, or protection of historic buildings in our historic city.

It is in fact too late for the Greystone at 5th and Bluff—where a municipal parking lot now sits, and where a new seven-story (expandable to nine) parking ramp will soon be built—or for countless other buildings in downtown Dubuque that have been destroyed over the past few decades to make room for more "modern" facilities.

LEMONHEADS AND SWEET-TARTS OR BUST, BABY!

LOOKING GOOD...FEELING GOOD!

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# **Purple Protection**

Purple may be a fashionable color to wear but do you know the health benefits of purple pigmentation? They are impressive and should encourage everyone to increase the consumption of purple fruits and vegetables in their diets.

The purple hue from produce comes from

an active antioxidant called anthocyanin. The darker the purple, the more anthocyanin is present. You can find this compound primarily in berries (blueberries, blackberries, cranberries), Concord grapes, cherries and plums. Today you can even find purple potatoes, cauliflower and asparagus. Other foods with anthocyanins are tomatoes, carrots, beans, corn, peppers and artichokes. The highest concentration is in blueberries and blackberries.

Personal Growth

Anthocyanin is hailed for its potential disease-fighting capability. This nutrient may help reduce the risk for heart disease as it helps protect your blood vessels from oxidation. It also protects your connective tissue and reduces your risk for diabetes. This purple protector may even help protect our brains as we age. Several other hypotheses have been developed but are yet to be substantiated, such as specific benefits to avoid cancer.

Surveys of American diets show that only three percent of the fruits and vegetables eaten in the United States are purple fruits and vegetables. Below is a great recipe from that uses several antioxidant-laden ingredients. With summer just around the corner, be sure to watch when these fruits come into season. If you have other nutrition questions, ask your Hy-Vee registered dietitian.

### Antioxidant-Packed Salad Serves 8.

All you need: 1 cup sliced strawberries 1 cup blueberries 1 1/2 tbsp minced green onion 2 packages (10 oz each) Earthbound Farms hearts of romaine lettuce 1 can (5.5 oz) pineapple tidbits, drained, juice reserved 1/2 tsp Worcestershire sauce 1/4 cup olive oil 1/4 cup red wine vinegar 1/4 cup sliced almonds

### All you do:

In a large bowl, place strawberries, blueberries, onion, lettuce and pineapple. In a small bowl, whisk together Worcestershire sauce, oil, vinegar and pineapple juice. Pour dressing over lettuce and toss to coat.

Sprinkle with almonds.

### After-School Snack Attack!

Your kids can barely get their backpack off before you hear "what's to eat?" As with school lunches, the key to afterschool snacks is planning. Involve your child in both the preparation and planning of snacks, when possible. If children know what the planned snack of the day is, they will be less likely to rummage through the cupboards and overeat on foods from the pyramid tip.

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The majority of your snacks should come from food groups, rather than the pyramid tip, and should provide both carbohydrate and protein. The trick? Choose something from the bottom three food groups (a grain, fruit, or vegetable – carbohydrate foods that give energy) and pair it with something from the next level of the food guide pyramid (a meat or dairy item – protein foods that help kids grow). The possibilities are endless!

Try these ideas to help get you started:

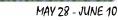
- Soft pretzel and cheese sauce
- A yogurt parfait with fruit and granola
- Tortilla with refried beans
- 100% fruit juice and a handful of nuts
- Homemade oatmeal cookies and applesauce



515 Feal

WHAT'S YOUR STORY, A LOOK AT INTERESTING DUBUQUERS GET MORE ONLINE 24/7/365 @ WWW.DUBUQUE365.com

**BOWLING'S A BUCK!** 



The second s



### By Mike Ironside

180 Main bridges the spring into summer transition with a fat lineup from folk to funk with a hefty serving a blues in between.

### Jeremiah Nelson and the Achilles Heel Friday, May 29

Madison experimental folk singer/songwriter/guitarist Jeremiah Nelson brings his new four-piece rock band the Achilles Heel to 180 Main Friday, May 29. In addition to Nelson, the Achilles Heel features Adam Cargin on drums and vocals, Justin Bricco on lead guitar, and Landon Arkens on bass. Nelson played shows previously in Dubuque under his solo moniker Patchwork. Remember? With his quirky knack for melody, Nelson in any of his incarnations is one to watch.

### The One Hat Broken Rubber Orchestra Band

### Saturday, May 30

365

The One Hat Band is the "classic" Breitbach collective family band. The Bro-



ken Rubber Band is Ma and Pa (Pearl and Michael) doing their duo show (now that the kids are rambling the countryside and winning battles of the bands, etc.). So I'm going to guess that The One Hat Broken Rubber Orchestra Band is some configuration that includes most of the family and maybe even elements of River and The Tributaries. Maybe there will be multiple sets with a variety of configurations. In any case, you can bet there will be a variety of instrumentation, harmonization, an somewhere along the line somebody will sing "Shady Grove."

# *Jim The Mule With Inchworm Friday, June 5*

Quad Cities-based band Jim the Mule bring their original rock back to Dubuque Friday, June 5 with special guests Inchworm. "Best described as 'Midwestern Rock and Roll'" Jim the Mule cooks up a tasty stew which blends southern rock, pop, alternative rock and country. The

Continued on Page 29.





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# Bowling at Cherry Lanes is only \$1 a game!

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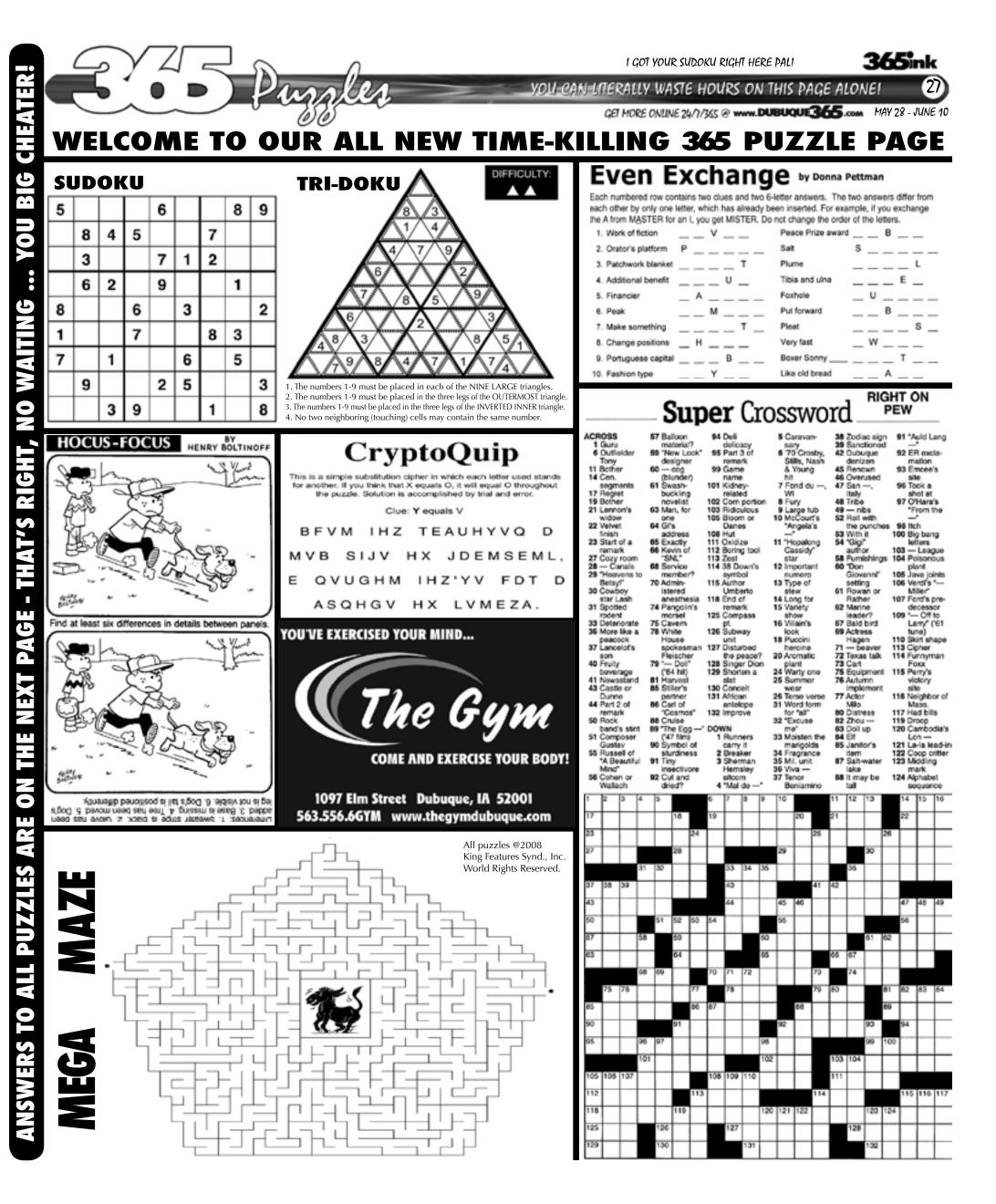
An upscale bowling experience featuring a retro décor twisted with state-of-the-art technology. Celebrate a strike, hit the arcade, and watch the excitement unfold.





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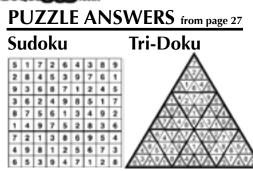
Not valid during Cosmic Bowling. Does not include shoe rental. Offer valid through July 31, 2009. If you or someone you know needs gambling treatment, call 1-800-8ETS OFF.



### THE DOCTOR SEEMS A BIT PUNCHY. I THINK HE NEEDS MORE REST AND ALSO BACK RUBS.

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

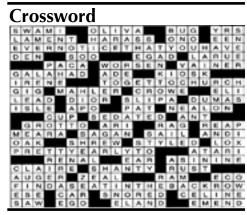
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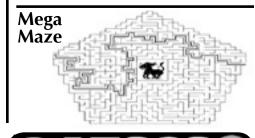
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### Cryptoquip

When you discover a new type of painting, I reckon you've had a stroke of genius.



### **Even Exchange** Novel, Nobe Podium, Sodi Create, Creas Quilt, Quil Shift, Swi Bonus, Boner 9. Lisbon, Liston Banker, Bunker 10. Style, Stale





1. A) Steines atended Hempstead **High School** 

2. A) Richard Core was a baseball coach

- 3. D) Robert Byrne
- 4. B) Joseph A. Rhomberg
- 5. A) Nutwood Park

6. C) Edward Sheppley purchased the Roshek's Building in 1971 and went bankrupt in 1984.

7. C) Kinball had 23 kids, the 23rd of which received a \$100 gift from Roosevent

8. B) Alas, they brought us glorious beer!



Aries You will enjoy dining outdoors much more this summer when you realize that fishflies are not a nuisance, they're a garnish.

Taurus Starting to do sit-ups again the week before your 20year high school reunion is not going to help you score with your old prom date. Some things never change. Then again, the new Beamer and vacation place on Cabo...

Gemini Once the Chinese finally own all of American's fuel resources, you will find that after you fill up your tank, you're going to want to fill it up again an hour later.

Cancer The void left in your life when the NBA season is soon over can only be filled by the anticipation of next season ... or a long bowel movement.

Leo You will likely run out of energy for mowing the lawn in about 12 years. So starting having kids now, space them out every four years or so. Three kids should be enough. After they all leave for college, you can move to Florida and get a condo.

Virgo Your financial planner will inform you that if you actually had a nickel for every time you said "We should get a boat," you'd have a boat by now. But you still couldn't afford to fuel it, store it, or insure it.

Libra Screw the humidity, it's the heat. Humidity doesn't cause thigh burns from a leather car seat. Maybe buying that totally decked-out Beamer to score with your old high school prom date wasn't such a great idea, now, was it?

Scorpio A friend will ask you if you got an invite to a party that she already knows you didn't get. Don't fret, it's not an oversight, it's a lack or organization. She's covering her backside. Tell her you've got nothing else to do, but probably still won't make it.

Sagittarius When you find that the person at the end of the bar with the crooked eyeball is hot, you are on beer number 6, not beer number 3. You forgot to keep counting when they kept refilling the same half-full glass.

Capricorn When your bandmates keep telling stories about wild parties and crazy fun they've had and you have no recollection of these events, that would make you the bass player.

**Aquarius** You start to notice that every commercial break is a mix of ads either selling deep fried fast food or medicine to help deal with the fact that your body is shutting down due your hight intake of deep fried fast foods. This medicine may cause minor side effects such as rash, impotence or death. This is when you realize that the we're all screwed.

Pisces An unsuccessful season of morel hunting has left you with an empty plate and thighs itching from poison oak. Next season, use the money you'd normally spend on doctor visits and salve to buy the damn things for \$20 a pound from that guy your friend knows.



### BAD ADVICE OR THE STUPID Warning: Do not take Trixie seri-

ously. We mean it.

Dear Trixie:

My friend gets really good grades. The problem is that she cheats. I've

seen her do it. She laughs and brags about it later. I'm afraid to tell the teacher because my friend would never forgive me and nobody else will want to be my friend because I'm a snitch. I never thought 7th grade would be so hard.

--Courtney on Cleveland

### **Dear Courtney:**

As you children get older you will realize that the con-cept of "Right or Wrong" is highly overrated. You will learn that at business school. People with the best grades get into the best colleges. People who graduate from the best colleges get the best paying jobs. People with the best jobs are those who make the most money. Cheating is an important life skill you must master if you want to be a success in the adult world. How can you expect to manage a Fortune 500 corporation, a banking institute or hold public office?

### Dear Trixie:

As a young boy in Chicago I used to love those hot Italian pepper and beef sandwiches that the street vendors sold. No one in Dubuque serves them. I have asked at every restaurant and the answer is always 'no'. I am at that age when an old man remembers fondly the pleasures of his youth. Can you give me a simple recipe so I can make them at home?

--Sentimental Sid

### Dear Sentimental Sid: No.

# Dear Trixie:

My daughter is 11 and her mother tells me she has started her period. She'll be 12 on Saturday. Last birthday I got her a Barbie Dream Condo and a set of Laura Ingalls Wilder books. Now she's menstruating?!! What has happened to my baby girl? --Stunned and Saddened

### Dear Stunned:

Your baby girl is cramping and sloughing off superfluous uterine tissue. Accept it and move forward. For her birthday buy her a pink sparkly Fendi bag and a quart of chocolate Haagen Dazs

### Dear Trixie:

Last Saturday I stopped in a bar on Central Avenue and there were kids running around crying and fussing. This was after 11PM and their mother seemed completely oblivious!. Bars are no places for kids! Don't you agree? --Richard on Roosevelt

### **Dear Richard:**

I agree! Children should not be permitted to drink in taverns. Alcohol tends to make them cranky and unmanageable. It also has a tendency to annoy other people who are drinking to forget that they have their own children.

NIGHTLIFE . LIVE MUSIC . COMEDY



### 180 Main Live Entertainment Continued from Page 26

four-piece group will be joined by Chicago five-piece Inchworm, compared to more bands and artists than most (The Band, Neil Young, Wilco, Ray Davies, the Stones) and still sounding like none, which means that Inchworm must be doing something right. And that something is creating original music in 2009 that is reminiscent of some of the classic bands of both past and present.

### Michael Coleman and The Backbreakers Saturday, June 6



In case there was any doubt, Michael Coleman is one hot blues guitarist, having been a regular in the Chicago scene for over 30 years and recently having been voted one of the top 50 bluesmen in the world by Guitar World Magazine. Playing since he was four-years-old and performing since he was eight, Coleman hit the road with Muddy Waters when he was just 21, toured Europe with Eddy "The Chief" Clearwater when he was 22, and played in the James Cotton Band for ten years. With his band The Backbreakers, Coleman has shared the stage with blues legends like B.B. King, Robert Cray, Buddy Guy, Koko Taylor, John Lee Hooker, and Luther Allison, among others. So there's that.

### The Rosewood Thieves With Slick Thursday, June 11

New York's The Rosewood Thieves return to 180 Main for a performance with special guests Slick, Friday, June 11. Somehow The Rosewood Thieves write and record songs that sound like lost gems by John Lennon, Bob Dylan, and Solomon Burke, and yet are completely fresh. Maybe it's because they are drawing on influences a bit broader and more timeless than say this year's pop band drawing on last year's. Whatever it is, it works.



### Kent Burnside and the New Generation Friday, June 12

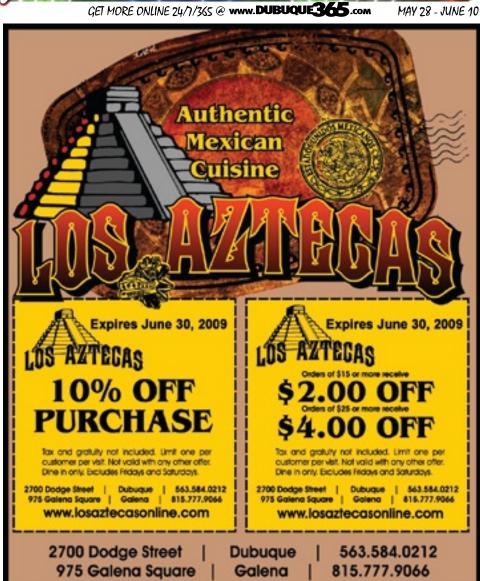
Kent Burnside (of the North Mississippi Burnsides) returns with his band the New Generation to perform once again at 180 Main, Friday, June 12. Grandson of the now legendary R.L Burnside, Kent grew up listening to and eventually playing with his grandfather, not to mention other blues greats like Buddy Guy, the North Mississippi Allstars, Jimbo Mathus and Junior Kimbrough. Self described as a "true revue of The Mississippi Hill Country and its music, from the porch to the stage," Burnside and The New Generation is "taking juke joint music to a whole new level."

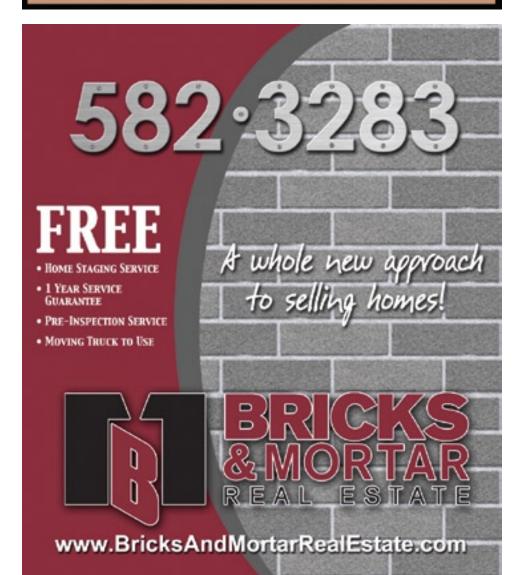
### The Uniphonics Saturday, June 13

lowa City funky hip-hop groove machine Uniphonics returns to the 180 Main basement, Saturday, June 13. Formed to compete for a performance spot in Afro-Cuban band Euforquestra's annual summer music festival Camp Euforia less than two years ago, The Uniphonics have quickly made a name for themselves in clubs across the state as well as locally with shows in Dubuque. Backed by a funky rhythm section of bass, drums, guitar and saxophone, Derek "MC Animosity" Thorn deals the rapid-fire rhymes.

### Mark your calendars...

For June 14 for the All Ages Show, June 21 for Red Knife Lottery with Mantaur, June 26 for The Dert Tones, June 27 for the Blue Island Tribe, July 3 for the Strange Arrangement, July 4 for The Paper Chase, July 11 for Pearlene, and July 17 for Buffalo Killers. It just gets better and better.



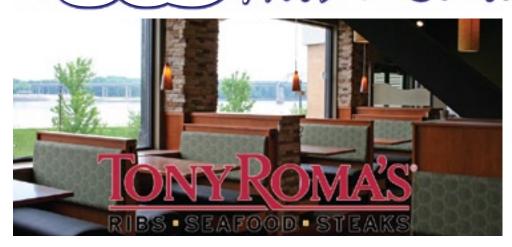


365INK: DON'T USE IT TO SMOKE YOUR PORK SHOULDERS

### shoulders 365

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### Continued from Page 19.

to see some human faces, Tony Roma's does a much more efficient job of utilizing the space, with a seating capacity of 265 people, a significant improvement over the old space. ("We tore the Berlin Wall down," McClain laughs, referring to the tall wall unit that separated the main entranceway from the rest of the establishment.) The old pastel colors have gone the way of the dodo, replaced by warm, inviting tones. The bar, featuring 3 53" television sets, is now connected to the rest of the restaurant, as opposed to being isolated behind yet another wall. Large windows allow great booth seating with views of both the Riverwalk and the Port of Dubuque. Oh, and no longer will

3/65

your dining be interrupted by children running about to and from the waterpark. Basically, it's a brand new ballgame at Tony Roma's.

Arta Culture

McClain is no stranger himself to the operations of Tony Roma's, having spent 10 years within the company, eight of them



as a general manager, working in locations such as Dallas, Texas, and Shreveport, Louisiana (and after five seconds of listening to his rich Southern drawl, you'll understand immediately where he comes from). After spending two years outside the system, McClain came highly recommended to Jim Rix, who then made a phone call.

"When I was first contacted, I honestly didn't know where the Midwest was," McClain laughs. "I knew where Chicago was, but I never really thought of that as 'Midwest,' so to speak."

Of course, lowa being lowa, when Mc-Clain made his first visit to Dubuque to discuss the GM position ... that was when we got hit with our first big-time snowfall of the season.

"We told him right away that this was totally unnatural and uncommon for lowa," Moran laughs. The ploy almost worked ... until McClain's second visit, when the temperature was 20 degrees below zero!

However, McClain was highly impressed with not only Platinum Hospitality management but with Dubuque itself, and he soon agreed to step aboard as the Tony Roma's GM. With such a long pedigree of service within the system, it seems apparent that the restaurant is in good hands.



"We have a great facility, a great product and great staff," says McClain. "This right here is simply a great spot. When people come in here, they're going to say 'wow,' and that's exactly what we want."

Tony Roma's will open on June 3 and will serve breakfast from 6:30 a.m. until 10:30 a.m., lunch until 4 p.m. and dinner anytime. The restaurant will be open until 10 p.m. on the weekdays and 11 p.m. on weekends. Call 563-690-3226 or visit www.grandharborresort.com for more information.

# <section-header>

WHAT'S HAPPENING IN DUBUGUE 24-7-345



### Jaycees event calendar

**Thursday, June 4th** Executive Board Meeting, 6:00 pm, Full board 6:30 pm.

# Friday, Saturday, & Sunday, June 5, 6, & 7th

All State Convention in Charles City. Please contact Elizabeth Roberts at elizabeth.nelle.roberts@gmail.com with questions.

# Friday, Saturday, & Sunday, June 12, 13, & 14th

With one festival down, it's time to look ahead to America's River Festival and Dubuque and all that Jazz. We are looking for Tent Captains all three days and others to help hock beer during the day and work the tents at night. If you are interested, please let me know. c\_puetz@hotmail.com.

**Thursday, June 18th** General Membership meeting at the clubroom, 7:30 pm

www.DubuqueJaycees.org

GET MORE ONLINE 24/7/365 @ W

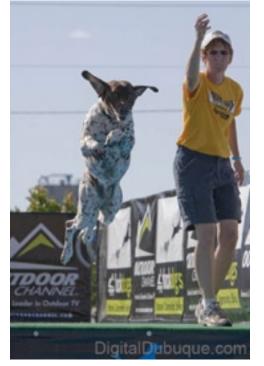
MEAN, WE DON'T JUST PUT ANY OLD THING ON THE COVERI



### Continued from Page 4.

Oyster Cult's classic hits, is still with the band and he's still belting them out.

As is tradition, of course, the America's River Festival will also feature a great lineup of local and regional entertainers as well, including 365's own Ralph Kluseman and Johnnie Walker, the Upper Main Street Jazz Band, the Mississippi Band featuring A Pirate Over 50 and the BuzzBerries.



The festival is also back with many of our local favorites. Dock Dogs are making a splish-splashing return, pleasing crowds yet again. Think your pooch has some jumping or swimming talent? You, too, can enter your dog into the challenge! Simply go to the official Dock Dogs website (www.dockdogs.com).

Interested in competing in a bean bag tournament? Come on down on Saturday, June 13, for the tournament being sponsored by Courtside. Pre-registration is

required and can be done by contacting Courtside Sports Bar & Grill at 563-583-0574.

This year also marks the return of Dubuque Idol, the kids' singing competition. The first 20 contestants ages 12 to 18 who register will compete a capella for the judges. The judges will narrow down the contestants to the top five of which one will be awarded the title of "2009 Dubuque Idol". To register for this event, call 563.557.9200 ext. 271 and leave a message.

If you're feeling athletically minded, grab you running and biking gear and compete in the FIRST America's River Festival Duathlon. The registration is \$50.00 per person. Registration will take place at the Mystique Casino on Friday, June 12, from 7:00 pm to 8:00 pm The event consists of a 1.5 mile run followed by a 17 mile bike ride and finishing with a 3.1 mile run.

Monster Truck Rides return as a favorite of last year's crowd along with the kids' favorite inflatable rides. New this year are water inflatables for kids to enjoy, so don't forget the swim suits! Also available will be the Big Dawg NASCAR Racing Simulators.

Friday admission is free to the festival, beach party and concerts. Saturday, admission to the festival and standing concert area is \$10, with children 12 and under free. \$25 reserved tickets for Credence Clearwater Revisited can be purchased through Ticketmaster or Five Flags. On Sunday admission is free.

Parking will be complimentary in the newly constructed Port of Dubuque Parking Ramp adjacent to the festival. Complimentary trolley shuttle from the Mystique Casino on Friday from 5 - 11 p.m. and Saturday from noon to 8 p.m. For more information, visit www.traveldubuque. com.

### Full America's River Schedule

. DUBUQUE 365

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# Friday, June 12 (Admission Free) 5 pm – 12 am Event Site Opens

- 5 pm 8 pm Dock Dogs
- 5 pm 9 pm Monster Truck Rides
- 5 pm 10 pm Kids Action Inflatables & Water Inflatables 5 pm – 11 pm Big Dawg Racing Simulator
- 5 pm 12 am Food & Beverage Vendors

6:30 pm – 8:30 pm 50 Pound Rooster, Main Stage

8:30 pm – 8:45 pm Costume Contest Awards

- 9 pm 10:30 pm Spazmatics, Main Stage
- 11 pm 12 am Johnny Walker and Ralph Kluseman

### Saturday, June 13 (Admission \$10)

- 12 pm 12 am Event Site Open
- 12 pm 6:30 pm Dock Dogs 12 pm 7 pm Big Dawg Racing Simulators
- 12 pm 9 pm Monster Truck Rides
- 12 pm 10 pm Kids Action Inflatables & Water Inflatables
- 12 pm 12 am Food & Beverage Vendors
- 12 pm 2 pm Main Street Jazz Band, America's River Stage

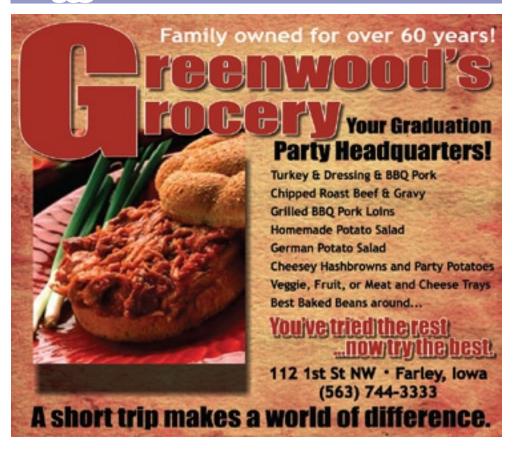
2 pm Bean Bag Tournament [To preregister, contact Courtside Sports Bar & Grill at 563.583.0574]

- 2:30 pm 4:30 pm Mississippi Band Featuring: A Pirate Over 50, America's River Stage
- 5 pm 6:30 pm BuzzBerries, America's River Stage
- 7 pm 8:30 pm Blue Oyster Cult, Main Stage 9 pm 10:30 pm Creedence Clearwater Revisited, Main Stage
- 11 pm 12 am BuzzBerries, America's River Stage

### Sunday, June 14 (Admission Free)

- 7 am 9 am Duathlon registration & packet pick up Hawthorne Street Boat Ramp 9 am – 12 pm Duathlon at the Hawthorne Street Boat Ramp
- 12 pm 5 pm Event Site Open
- 12 pm 5 pm Kids Action Inflatables & Water Inflatables
- 12 pm 5 pm Dock Dogs
- 12 pm 5 pm Big Dawg Racing Simulator
- 12 pm 5 pm Food & Beverage Vendors
- 12 pm 5 pm Monster Truck Rides

12 pm – 2:30 pm Live Appearance by Curious George & The Cat in the Hat 2:30 pm - 5 pm Dubuque Idol Kids Vocal Talent Show, America's River Stage



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