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January 7 - 20 2010

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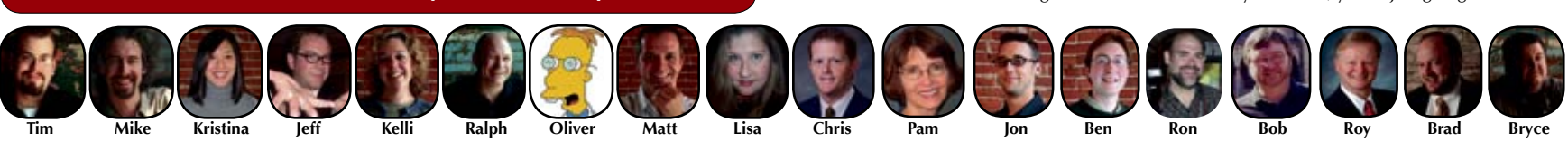
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Bryce's inkUbator

Notes from the Publisher...

Fostering ideas, conversations and arguments.

Some things are worth dying for. I've come to the realization that this paper is not one of them. Nonetheless, we almost did.

I blame it on Christmas. The holidays were coming and we had to get a paper out. Usually what happens is we finish the paper on Wednesday morning and ship the files off to our printer in Rockford and the paper magically shows up on Thursday morning. Everyone in the office goes outside to meet the van and in about five minutes a ton of bundled papers have been unloaded, reloaded in a half-dozen other vehicles and they're off for delivery so people can get their copy by lunch the same day. With the holiday looming, we knew that Christmas was sitting on a Thursday this year, and that wasn't going to jive with our delivery schedule. So just like at Thanksgiving, we got everything done a day early so we could get the papers back a day early and have everything all wrapped up by Christmas Eve Day.

We didn't plan on the weather. But our printer was looking at the radar. They saw it coming. The files were all there in plenty of time, but if they were to send a van with papers on Wednesday morning, there was going to be a problem. A big snowstorm was going to roll in on Tuesday night and make it most likely impossible to drive here the next morning. So our options were to wait until after Christmas to get the paper out late, or come get it ourselves. Naturally, Tim and I are idiots and said we'll be right over. On Tuesday afternoon we jumped into the big red Toys For Tots pickup and hit the road for Rockford. And still, we didn't check the radar.

We were an hour out of Dubuque before we started to see signs of impending doom. Snow was drifting over the highway in spots and something between snow and rain, I think you call it sleet, started to fall. And though we were in a 4x4, it was empty in the back end, so we had no weight at all on the rear wheels. But it still didn't seem that bad, so we kept trudging ahead. By the time we got a half-hour out of Rockford, our minds were already wondering how the hell we were going to get home alive. But we'd come this far. If nothing else, the papers in the back of the truck would give us some weight on the wheels. What a moron I am.

Being the first time we'd been there, we took a few short minutes to tour the facility. The printer was about 4 stories tall. Pretty impressive. A forklift dropped a pallet of papers into the bed of the truck. I think the truck lowered about six inches, and under the chilly wind I think I heard it curse at me. The pallet was a fancy plastic one ... not a good thing, considering the truck bedliner was also plastic. Despite the massive weight, we feared the pallet would be like a pat of butter in a frying pan back there on the drive home. At least the papers were well-cocooned in wrapping so they would not get wet from the slop that was falling from the sky.

On snow-covered streets, we left the parking lot, and also a genuinely Steve Walker (our representative, who's awesome) from the printer, behind. I think he was also sure we were goners. Thanks to

Tim's and my skillful navigation, we immediately started driving the wrong direction upon leaving the printer. We approached our first stop light. The paper sat at the very back end of the truck bed. Despite the slow advance to the light, by the time we stopped, the papers, thousands of pounds of them, were indeed still moving, sliding ever so slowly up the truck bed toward to cab. There was a car in front of me. There was nothing to do but wince and let the pallet gently tap the front edge of the bed. Note to self, a ton of papers does not GENTLY tap anything. Imagine that big weight that slowly slides forward during a tractor pull. That what it looked like in my rearview mirror. The papers hit and the truck lurched a bit, a crack sounding from behind. I turned, fearing the papers had shattered the window behind us. But, no, we were good. Immediately, we agreed the first stop we would make was for rope.

Once pointed the right way, we made for the Farm & Fleet we saw on the road coming into town. The weather was worsening and we both had that sick feeling: This was the dumbest idea we've ever had. Inside Farm & Fleet we found rope and some cheap rubber floor mats to put under the pallet. We asked the staff if we could use a pallet jack for a few minutes to lift the pallet of papers and slide the skid-resistant rubber underneath. The manager refused. I explained our precarious predicament in detail. He understood the danger. He still refused. What an ass. Don't shop at Blain's Farm & Fleet.


Outside with fingers freezing I finished tying down the load. Having slid to the front of the truck proved to be a saving grace. I then used my superhuman strength to lift the corners of the pallet so Tim could slide in the rubber mats. We both felt a thousand percent better about our fate. Now we just *might* die. It was no longer a certainty. Tim chose to tell his wife our predicament. I did not. No reason to make her worry about something she had no control over.

The trip home featured a great number of pucker-worthy moments. There's nothing like heading into a curve and suddenly have the pavement turn into snowpack. Each time we traversed one of these obstacles, Tim would just calmly say something like, "Yeah, we're idiots," or, "This is it: This is how we're going to die." I imagined one good slide sideways and that pallet was taking us the rest of the way, no matter how well I reacted. Unlike the trip there, the trip home featured terrible weather all the way home, not just part of it. While stopping about halfway to let the blood back into our faces and, of course, for some cheese curds, we got a call from Steve at the printer to see if we were still alive. How thoughtful.

Two hours later than expected, we pulled up in front of the office. We were going to leave the papers for morning to unload, but a few minutes later the job was done, with a mild crease in the front edge of the truck bed from our tractor pull paper-slide maneuver. The next day you all got your papers a day early, which I'm sure nobody really noticed and certainly nobody appreciated. The moral of the story here is, next time, as much as I love our loyal readers, you're just going to have to wait.

JANUARY 7 - 20

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

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ICE SIX YEARS OF WINTER FUN FEST

It's easy enough for us to say that we want winter to go away. In fact, I bet that no one at 365 World Headquarters would disagree, especially after more than twenty inches of snow in December. However, our friends at the National Mississippi River Museum & Aquarium are just getting started with winter thrills. For the sixth year in a row, the Museum is just about ready to host its annual IceFest, a three-week festival scheduled to run January 9 - 24. John Sutter, the Museum's marketing and sales director, was able to take some time out of his schedule to sit down with us and discuss this year's happenings.

"IceFest started as a way to get people to enjoy the Museum in the winter-time," he says. "There's a lot of winter history in this area with the river -- in years past, it was used for many purposes. For example, the Ice Harbor was used to protect boats during the winter months. There's a lot of heritage with the Mississippi River."

As mentioned above, IceFest runs for three weekends, ensuring that everyone gets a chance to enjoy it.

"We have so much to offer, there are several opportunities, so it's really key for us to run the full three weekends," Sutter explains. "That way, if a fam-

ily can't make it during one weekend, there are still two others that they can hit."

So, what is IceFest, exactly? There are a multitude of different activities scheduled for the three weekends, meaning that there's something for everyone. Throughout IceFest, the Museum will hold a wide variety of winter-related programming, including historic film footage of harvesting ice from the Mississippi River and polar exploration, indoor exhibits, snow and ice sculpting and more.

"This year, we received a grant from Mediacom to pay a snow and ice sculptor to work with the kids, which will happen each Saturday at 11 a.m.," Sutter says.

One of the biggest parts of IceFest 2010 will be the return of polar explorer Troy Henkels (profiled in a 2009 issue of 365ink), a Dubuque native who will give full-featured multimedia presentations about his various expeditions in cold environments, including the Bering Strait, Antarctica and Mount Everest, as well as his preparations for an upcoming expedition to the North Pole, for which he is currently training. In 2008, Henkels had the opportunity to participate in an Antarctic sailing expedition with world-famous explor-

er Dixie Dansercoer -- an experience during which Henkels became the first person to ever kite-surf inside the Antarctic Circle. (That's a bit of thrill-seeking that we'll leave to the professionals, really.) Henkels will give presentations at 11 a.m. and 2:30 p.m. on January 9 - 10.



"This is Troy's third year appearing at IceFest, and he just packs the place," says Sutter. "He'll give four presentations, and they'll be completely full. It's definitely a 'get here early' deal."

Also appearing at IceFest will be Dan Wardell, host of Iowa Public Television's Kid's Clubhouse program. On January 16 - 17, at 11 a.m., 1 p.m. and 3 p.m., Wardell will host a family reading time presentation, featuring an appearance from the popular children's book and cartoon character Word Girl. (Parents will understand the significance of that one.)

"Dan Wardell is like Iowa's Mr. Rogers," Sutter explains. "He was here last year, and he drew 1,300 people. It's a program that people really like to gravitate towards."

Another big event at this year's IceFest is the Chill Out Chili Cook-Off, a CASI-sanctioned chili cook-off scheduled for Saturday, January 23, which will also feature beer, wine and cheese offerings.

"We did the chili cook-off last year, and it was a big hit," says Sutter. "With the CASI sanctioning, it's a legitimate competition. This year, we're putting the cooks on the boardwalk, to protect them a bit from the cold and the wind."

Also scheduled for January 23 is a meet-and-greet with the Dubuque

Continued on Page 10.

NOW Heroes of the Tri-States Nominations

Do you have an important teacher or coach in your life? Would you like to honor area service men and women? Have you always wanted to thank the law enforcement and fire department officials who save lives every day? The American Red Cross of the Tri-States is currently accepting nominations from now until the end of January for its 7th annual Heroes of the Tri-States awards on April 13, 2009. To nominate a deserving individual, in one of many categories, please visit www.dupaco.com or call the Red Cross office at 563-583-6451.

February and trees will be distributed in mid-April. Order forms can be picked up at the office in Epworth, printed of their web site at www.dubuqueswcd.org, or by calling the District office at (563)876-3418, ext #3.

JAN 13 Asbury Library Kids' Movie Event

The Dubuque County Library will be hosting a Game Day for Kids. Children as well as their parents are invited to come and play a variety of games, from classics to new favorites. The event will take place at the Farley Branch, January 13, from 10:15-11:15am. Please call 563-744-3577 or any County Library Branch to register.

JAN 15 Warehouse Art Gallery New Year's Party

The Dubuque County Library will be hosting a Children's Book Discussion at the Farley Branch (205 1st St. NE) on January 15 from 3:45 to

4:45pm. The group will focus on the 2009-2010 Iowa Children's and Teen Choice Award books. This activity is intended for youth in grades 3rd-9th. Snacks provided, please call 563-744-3577, or any Dubuque County Library branch to register.

JAN 16 Colts Organization Team Trivia Night

The Colts Youth Organization presents an evening of fast-paced team-based trivia competition Saturday January 16 at The Colts Building, 11th & Central. Doors open at 6:30 p.m. Trivia starts at 7. \$60 per team with 6 member maximum. Rsvp your team online by emailing coltstrivia1@gmail.com or call (563)451 4200.

JAN 17 Military Family Fun Night

Operation Military Kids host the 3rd annual Military Family Fun Night at the National Mississippi River Museum & Aquarium Sunday, January 17, from 4-8 p.m. Families may register

by calling (563) 583-6496. Deadline is January 11.

JAN 18 Reading That Matters Book Discussion

Shalom Retreat Center is hosting the second in a series of "Reading That Matters" book discussions from 7:00 to 8:00 p.m. on Monday, January 18. Discussion will center around "The Faith Club" The offering to attend is \$6. To register, call Shalom at 563-582-3592 by Friday, January 15.

JAN 23 Guys in Ties Improv Performance

The Bell Tower Theater presents Comedy Sportz performing "Guys in Ties" Saturday, January 23. Tickets are just \$18. For tickets and information call 563-588-3377 or visit www.belltowertheater.net.

NOV 14 Food Allergies Informational Class

Learn the signs and symptoms of food allergies on Thursday, January 21, at 6:30 p.m. at Mercy. No fee.

NOW Tree/Shrub Transplant & Seedling Sale

The Dubuque Soil and Water Conservation District Tree/Shrub Transplant and Seedling Sale is open to anyone interested in planting trees/shrubs. There are no limitations as to where the bareroot plants are to be planted. Orders will be accepted up until late

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CORRECTION

In the December 23 issue of 365ink, we listed the incorrect telephone number for the Inspirit Institute. The correct telephone number is:
(563) 451-7855.



by Mike Ironside

With the ridiculously low temperatures we've been having recently, some people might have a slightly different opinion of winter, but the guys from Road Crew Entertainment think that "Winter Roxks." The production company behind last autumn's "Rocktoberfest: Music for a Cause" concert at Courtside returns with a mid-winter event, another multiple-band, two-day concert on the expansive courts at Courtside. Scheduled for Friday and Saturday, January 29-30, Winter Roxks will feature a slate of area bands performing in a fundraising benefit for Riverview Center.

Moving in a slightly more hard rock direction as compared to Rocktoberfest, Winter Roxks will feature Jabberbox, Half Fast, and Bad Habits on Friday, January 29, beginning at 6 p.m. (doors at 5 p.m.), with Menace, Johnny Trash, Madison-based band Fedora, and Clam Hammer & the Blonde Tsunami (featuring the ever-popular Laura McDonald) on Saturday, January 30. Sat-

urday's show begins in the afternoon at 1 p.m. Cover for each day is just \$5, with proceeds benefiting Riverview Center.

In addition to the entertainment, the event will feature a silent auction and a 50/50 raffle with all proceeds directly benefiting Riverview Center. Riverview will have volunteers on-site to help with the event and provide information about the non-profit's program and range of services. For those who might not be familiar with the organization or who missed our feature in the last issue of 365ink detailing Hogue-Made Productions' benefit "Women On Fire," Riverview Center provides free services for people who have been affected by sexual assault, including counseling, legal and medical advocacy, a 24-hour hotline, and preventative education.

Though Rocktoberfest was considered to be a very successful individual event, the guys from Road Crew Entertainment – organizer Chuck Minnick, monitor mixer Terry Minnick,

main PA mixer Tim Ringgenberg (a.k.a. "Cheese") and lighting director Colin Sweeney – had all along been looking to stage another multiple band concert event.

"Actually, it's always been in the plans," says Chuck Minnick. "When we started putting Rocktoberfest together, the whole idea was (to do) three events a year."



Minnick says the group is planning a third event to be announced some time later this year, but won't divulge any details just yet.

Once the group finished with Rocktoberfest in the fall, they started looking towards planning a second event. "We started looking at the (calendar) and there was a weekend in January where there was no football. That happens to be the 29th and 30th of January!" Minnick said, laughing. "(People) can come out and listen to some good music and help a good cause at the same time."

Operating under the philosophy and tagline "Music for a Cause," Road Crew's events serve a dual function – to provide an opportunity for music fans to see a number of area bands perform and raise money for area non-profit organizations. A benefit for Hills & Dales, Rocktoberfest raised money for autism services and awareness. Minnick estimates the Road Crew event raised approximately \$2,800 for the organization.

The production company takes its name from work its constituent members did as "roadies" in the '80s. When the group got back together as

365 Quiz?

Answers on Page 26!

1. What is an ice gaff used for?

- A. Clearing ice
- B. Shaving ice
- C. Holding ice back
- D. Landing a fish

2. What does "ice in" signify?

- A. Too much ice for boats
- B. Safe for ice fishing
- C. A hole has been cut for fishing
- D. Trapped due to ice

3. Which is a nickname for a small-mouth bass?

- A. bronzeback
- B. bucketmouth
- C. papermouth
- D. calico bass

4. In ice fishing, what is a "lunker"?

- A. Sinker
- B. A fishing shed on skis
- C. A very large fish
- D. Someone fishing on your spot.

5. In fishing, what is a dead stick?

- A. No one at the motor
- B. The motor will not start
- C. An unmanned pole
- D. A fake work lure

6. What does flag up mean in ice-fishing?

- A. There's a fish on the line
- B. A fishing shack is manned
- C. Fishing is not safe in the area
- D. High winds

7. What is a sounder?

- A. A noisy fish
- B. Lake bottom marker
- C. Yell of a successful ice fisherman
- D. an audible cracking of the ice

Road Crew Entertainment to plan their first Rocktoberfest in 2008, the focus was more on the music. "The whole idea was that there are so many good bands in Dubuque – cover (bands), original (bands) – and the original bands aren't getting enough exposure. I just want to get them mixed together because they're there," explained Minnick. "There's so much (music) here in Dubuque. (People ask) 'Alma Sub Rosa, where are they from?' Dubuque. 'Roger Cruise (Band), where are they from?' Dubuque. 'How come I never heard of them?' Because you haven't. My job is to mix them both together."

But it was in planning Rocktoberfest, that Minnick made an interesting discovery that transformed the purpose

Continued on Page 7.



of the event. Noticing that champion guitar player Pistol Pete had information on autism on his web site, he asked the musician about the link, learning that he has a son who suffers from autism. "When I met Pistol Pete I asked him about his web site ... and he brought up that his son was autistic," Minnick said. From that point, deciding to do a benefit concert was an easy decision to make. "That was just a done deal."

While Road Crew had already been planning to host another live music event, the idea to make it a benefit fundraiser for Riverview Center came about through a conversation Minnick had with Michelle Coates of Cumulus Broadcasting. "I had a meeting with Cumulus Broadcasting and we were just talking about organizations we could help out and they mentioned Riverview Center and told me what they did," recalled Minnick. "It was a done deal then. I just needed to get a hold of Josh."

"Josh" is of course Riverview president and CEO Josh Jasper. Describing Coates as a "phenomenal advocate for Riverview Center" who is "always trying to build partnerships for us," Jasper agrees that things came together rather quickly. "She called me and said, 'You've gotta meet Chuck. He wants to do some great things for Riverview.' Then it just happened."

Though Jasper appreciates the fundraising aspect of the event, especially at a time when the state has cut its financial support for the non-profit organization by 10 percent, the op-

portunity to reach more people in the community with Riverview's message is equally valuable. "For us, it's a definite win-win," he says of the benefit



concert. "Obviously, the financial benefit, but maybe more importantly, it's the awareness. Ideally, we'll pack a lot of people in there and specifically, that demographic is great to raise awareness about who we are, how we can help, but (also) how that demographic can help us - how people can get involved, volunteer - so it's exciting."

While some people are aware of Riverview's sexual assault counseling, legal, and medical advocacy services, they might not know about the organization's education and outreach programs. "We do a lot of work on the college campuses talking about violence and how to prevent violence," Jasper explained. "What we know is that the most dangerous place for

Continued on Page 19.



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WHAT'S HAPPENING IN DUBUQUE 24-7-365

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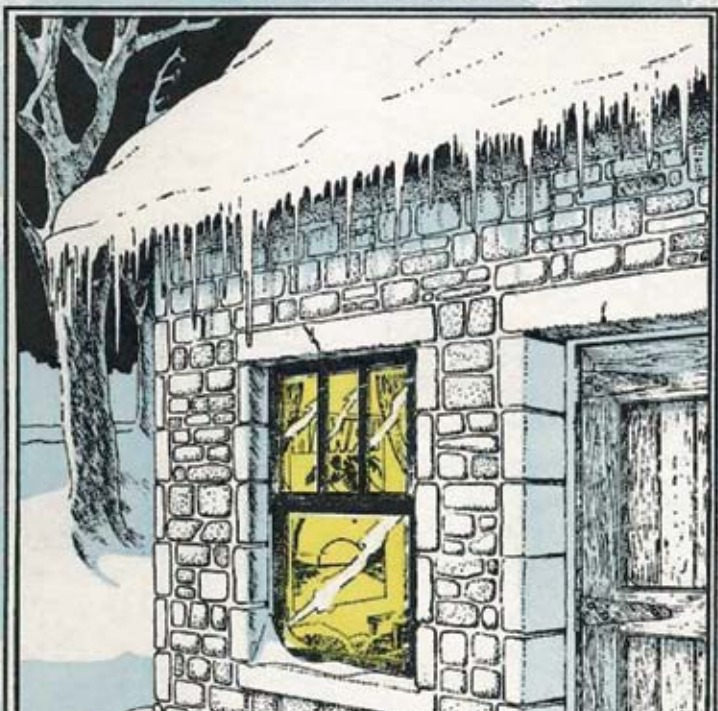


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**Wapsipinicon Almanac
Reading & Release
Friday, January 22
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Wapsipinicon Almanac editor and publisher Tim Fay pays a visit to River Lights Bookstore, 2nd Edition for a special reading celebrating the release of the latest edition of the Wapsipinicon Almanac, Number 16. Scheduled for Friday, January 22, from 5:30 to 7 p.m. the reading and release celebration will feature special guest readers featured in the almanac, as well as musical entertainment.

Published at Fay's letterpress print shop in Anamosa, Iowa, the Wapsipinicon Almanac features a variety of contributions by Iowa writers and artists. Fay's web site (www.wapsialmanac.com) describes the latest edition as follows: "This issue features the Almanac's usual varied fare: essays addressing the highs and lows of everyday Midwest living, reviews of recent regional books, cutting edge fiction, a few poems, shorter almanac-type entries, original artwork and advertising from smallish and creative businesses and institutions of which

every Iowan should be aware." An original woodcut print by Quad Cities artist James Konrad serves as the issue's cover art.

"The Almanac grew from the idea that the abundance of talented Iowa writers, artists and small business proprietors living and creating here in the mid-1980s needed a new forum for publishing and advertising," writes Fay. "Iowa proved to be fertile ground for more than corn. That first issue sold out, and I received favorable comments and reviews on the Almanac (and its design) on its first year out of the gates." Fay published his first issue of the Wapsipinicon Almanac in 1988, following with annual issues in '89 and '90, switching to biannual publication through the 1990s, and returning to annual issues in 2002.

Following the reading at River Lights Bookstore, 2nd Edition (located at 1098 Main Street) an after-party will be hosted by letterpress print enthusiast Peter Fraterdeus at his Slowprint Studio at 151 East 9th Street. Guests are asked to bring something to share, "drinks, treats, a tune, or poem."

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Saturday, February 20th
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ICE 2010 FEST

CONTINUED FROM PAGE 4

ThunderBirds, who will be available for autographs and photographs, and will teach attendees how to hit a perfect slap shot.

"The ThunderBirds love to come down," says Sutter. "We absolutely love to work with them, we have a very good relationship."

IceFest has been gaining quite a reputation around Iowa, too. Last year, it was named the Iowa Tourism Event of the Year, beating out competitors such as RAGBRAI and the Iowa State Fair.

"That was a significant honor," Sutter says.

But that's not to say it's easy.

"We start planning for IceFest essentially right after the event is over," Sutter says. "We don't really start in earnest until after the Taste of Dubuque ... which makes it kind of difficult, as it's hard to plan a winter event in August. But right away, we're figuring out who we need to contract, schedules, everything like that."

And despite the typical January weather here in the Tri-States, occasionally even the temperatures throw a curveball.

"There was one year when we had no snow and no ice," Sutter recalls,

laughing. "I think there was a tiny bit of ice we could harvest from the river, and it was close to 50 degrees outside. We won't have that problem, this year. It's only going to get colder."

As much as we'd all like it to warm up right now, a three-week schedule of winter activities sounds like precisely what the doctor ordered. Daily activities during IceFest will include ice harvesting demonstrations, the aforementioned ice harvesting film, eagle watching, a traditional Native American snow game and ice safety programs. The weekend of January 9 - 10 will feature polar explorer Troy Henkels, snow sculpting presentations, winter games and arctic glacier ice bowling. The weekend of January 16 - 17 will feature professional ice sculptors, an open-water rescue demonstration from the Dubuque Fire Department, arctic glacier ice bowling and Iowa Public Television's Dan Wardell. The final weekend of IceFest will feature bald eagle viewing, the Dubuque ThunderBirds meet-and-greet, the Chill Out Chili Cook-Off, snow sculpting and arctic bowling. (And if you can't find something in that list to enjoy, you're positively un-American.) All events will be held at the National Mississippi River Museum & Aquarium. For more information, visit the museum's Web site at www.rivermuseum.com.

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The Best of Intentions

Ah, January. The eggnog is gone, the presents are in use, the undecorated tree is waiting by the curb to be hauled away. Situated pleasantly apart from the mania that begins with Halloween and decelerates with Christmas, this first month of the year seems so peaceful, so serene.

So what do we do with this nice new month in the nice new year? Saddle it with Great Expectations, that's what. Even though fresh starts seem to fit a lot better with autumn's advent of a new school year, too many of us park ourselves at the kitchen table with a cup of black coffee, still nursing the New Year's hangover, to compose yet another list of blindly optimistic resolutions.

I know, I've done it, far too many times. I even save these lists, in a file folder labeled, with great creativity, "Lists." It's a pretty thick file, because I've never limited myself to making grand compilations of Things To Do only on the first of the year. But it's the January lists that are so hard to resist.

So what's wrong with New Year's resolutions? Let me count the ways. (Note: Embarrassing as it is to admit, all quotes are from actual lists in my file.)

1. It's hard to change course in the winter. It's snowy, it's cold, it's hard

enough to keep slogging between home and work, let alone make plans to "lose five pounds," as my lists too often suggested. That I was trying to go from 97 to 92 pounds is a topic for another day.

2. Resolutions accentuate the negative. Rare is the bullet point that calls for pleasant things. All too common are the grim vows to "Study for GREs," "Patch jeans," "Pay bills," "Call about overdue books," "Pick lettuce," "Organize all my letters to Mom," "Write, organize, & type thesis," "Get an apartment," and that perennial command, "Find job." Where should I start? They all sound so fun!

3. Many intentions are too large to begin, let alone finish, in one lifetime. Consider, for instance, "Raise bank balance," "Organize time," "Get some exercise," "Sort through and store my things," "Talk with people." Really. Talk with people? Which people? How often? About what?

4. Others are too nit-pickingly small, such as, "Xerox House Beautiful article," "Color hair," "Buy new soap dish," "Write to Denny - Led Zeppelin ticket." Easily achieved, but not the stuff of dreams.

5. Some are simply ridiculous, e.g. "Write to Rolling Stone about Led Zeppelin symbols," (I sense a trend

here), "Move pockets on trench coat," (only my mom could do that), "Express and freeze milk," (use your imagination), "Sunbathe" (might as well say "Get skin cancer").

6. Many resolutions are just too pushy. I tend to be like that - my third grade teacher wrote on my report card, "Tends to be bossy" - but these directives from the sanctity of the New Year list are really annoying. "Eat well!" "Budget money for important things!" "Read Great Books!" "Practice flute, guitar!" Do this! Do that! I mean, really. In my spare time? Before I get a job? After I sunbathe?

7. Too many of them require the acquisition of skills that can take decades. Among the scores of things I promised to learn were "Drive stick shift," "Ride horses," "Play piano," "Fix tires on bike," "Bind books," "Dive," and "Learn to crochet." Sadly, one list tallied the skills I already possessed, many since forgotten, including "Embroider" and "Play flute." Guess I should have heeded those commands to "Practice"!

8. Once in a great while, I gave myself a break, resolving to do something pleasant, like "Clean less" (being my mother's daughter, that could be a problem) and "Walk Zooney to Green, tie on rope & read." Zooney was my Labrador retriever, and the Green was a park near my grad school apartment. Did I do that? Highly doubtful.

9. Others are a complete mystery to me. Take, for example, "Sell bike and Volvo." I've had lots of bikes in

my life, but a Volvo? Really? Then there's "Sew two latchhook pillows." I do remember making one of these, when I was on bed rest in the hospital trying not to have my second baby too soon. My roommate taught me how. I was desperately bored.

10. If you're not careful, a list of New Year's resolutions becomes a bucket list, a compilation of everything you hope to do before, well, you kick the bucket. Everybody knows you can't do them all in one year, and yet the allure of planning can be hard to resist. I found one such list, dating from my early 20s, that included all of the following: "See Nureyev dance; See Michelangelo's David and Rodin's Burghers of Calais; Ride a horse on a beach at sunrise; Go to Alaska; Learn to play 'Moonlight Sonata' on the piano; Raise a child; Condition my body into superb form (I told you this was embarrassing); Learn to water ski; Publish a book."

I can say with great relief that I've done a few of these, while some no longer hold any interest for me. (Water ski? Tried, failed, forgot to let go of the rope.) The prospect of raising a child seemed, at the time, highly unlikely, yet now I've done it, twice, and it's been amazing. Others, I'm still looking forward to, but with much more confidence than on that long ago day when I committed them to paper. Publish a book? I believe I will. Go to Alaska? It's the only state my husband hasn't been to. Next summer? You bet.

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Sherlock Holmes - A Film by Guy Ritchie (Lock, Stock and Two Smoking Barrels, Snatch)

Sherlock Holmes (Robert Downey, Jr.), Sir Arthur Conan Doyle's famous late nineteenth/early twentieth century British sleuth, has just captured the illusive occult serial killer Lord Blackwood (Mark Strong) with the aid of his long-time partner, Dr. Watson (Jude Law). With his impending marriage to the beautiful Mary (Kelly Reilly), Watson has indicated this would be their last joint investigation. That has left Holmes more reclusive than normal, that is until Blackwood, who was hanged for his crimes, returns from the grave. With the aid of Holmes' former love Irene Adler (Rachel McAdams), Blackwood and a

mysterious secret society continue Blackwood's work with the apparent aim of bringing the world to its knees and creating a single ruling authority for the entire planet.

Directed by Guy Ritchie, Sherlock Holmes (2009) is a gritty, dark and interesting movie. Though in color, the colors

are all muted such that it almost has a black-and-white feel. There are only minor flashes of intense color, such as Irene's bright pink dress and the red roses she carries at one point in the film. Everyone else is dressed in brown, gray, navy or black. The cinematography, costumes and sets aside, Sherlock Holmes is otherwise somewhat disappointing. The story, though faithful to the original Doyle novels, lacks a solid hook to draw the audience into the story and the dialogue is often difficult to follow due to the thick accents being employed or the delivery of the lines of the script. It is as if the actors are mumbling at times and several lines of dialogue are almost unintelligible. The interaction between the actors helps alleviate some of that problem but straining to understand what they're saying is distracting at times. The film gets high marks for its overall look and feel but loses points for the story, pacing and the aforementioned problems.



ROTTEN TOMATOES

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Daybreakers (January 8)

In 2019, a major viral outburst transforms a majority of the world's population into vampires. With only a handful of humans left to provide blood for the starving population of vampires, extinction is a very real risk for the new dominant species of humanity. The vampires are depicted as being immortal, and possessing similar physical (including chemical makeup) appearances as regular humans; therefore, they are not easily distinguishable. It is somewhat difficult to discern vampires from regular humans. Absolutely certain discernment of humans from vampires cannot be obtained unless blood samples have been extracted. A secret team of once-human researchers try and uncover a way that would rescue the human race.



Leap Year (January 8)

Anna has spent four years with her boyfriend, Jeremy, without a wedding proposal. During his business trip to Dublin, Anna opts to act on Leap Day, an Irish tradition that encourages women to propose to men on the date February 29th. A re-routed plane trip, however, lands her at the door of a Welsh innkeeper, who might offer a diversion of his own.



Youth in Revolt (January 8)

Nick Twisp (Michael Cera) is a cynical sex-obsessed 16-year-old who, while on vacation in a trailer park, meets Sheeni Saunders (Portia Doubleday), an intellectual and beautiful girl. The only things really standing in his way are Sheeni's poetry-writing ex-boyfriend Trent (Jonathan B. Wright), Nick's temperamental divorced parents and Nick's mom's boyfriends (Zach Galifianakis and Ray Liotta). When Nick realizes she is not interested, he comes up with an alter-ego to help him with his pursuit of Sheeni.



The Book of Eli (January 15)

In post-apocalyptic 2043, a lone hero, Eli (Denzel Washington), guards the Book of Eli, which provides knowledge that could redeem society, and the source of all their pain. The despot of a small makeshift town (Gary Oldman) plans to take possession of the book.

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Did You/Morgans	181% Rotten	🍌
Sherlock Holmes	68% Fresh	🍅
Pirate Radio	60% Fresh	🍅
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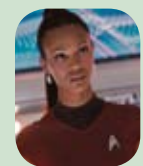
Due to issues with MGM Studios' impending sale, production on the 23rd James Bond film has been put on hold. Producer Michael G. Wilson tells Total Film Magazine that "our timeline's a little up in the air what with the situation at MGM, so we have to be flexible. We just don't know enough about the situation to comment, but we know it's uncertain." This news follows a similar statement from writer Peter Morgan, who indicated that a delay was coming.



Pre-production is slated to kick off in March on Universal Pictures' prequel to John Carpenter's 1982 cult classic The Thing. The story will deal with the initial dredging up out of the ice of the shape-shifting alien life form by researchers at a Norwegian Antarctic facility. The script was written by Ronald D. Moore, who guided the remake of Battlestar Galactica.



Who ya gonna call? Rumors won't stop swirling, and now there is yet more ammunition for the idea that the long-awaited Ghostbusters 3 is on its way. Harold Ramis says that the script is progressing, and it will introduce a new team of young Ghostbusters while still featuring the original crew. Can they recapture the magic, 25 years after the original film?



Zoe Saldana, who played Uhura in last year's reboot of Star Trek and can be seen in theaters now in Avatar, says that she's spoken with the creative team from Star Trek and has been told that work on a sequel script has already begun. Preliminary indications are that pre-production will begin in December, for a targeted 2012 release date.

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SHOWTIMES JAN 8 - 14

Bad Lieutenant

(R)
2:25, 4:55, 7:30, 9:55

The Blind Side
(PG13)

11:30, 2:10, 4:45, 7:20, 9:50



Alvin & the Chipmunks 2
(PG)

11:50, 1:50, 3:50, 6:45, 8:45

It's Complicated

(R)
11:35, 2:00, 4:25, 6:55, 9:15



Sherlock Holmes
(PG13)

12:30, 3:20, 7:00, 9:40

Good Hair
(PG13)

11:55



Daybreakers

(R)
12:05, 2:30, 4:50, 7:05, 9:25



OUTSIDE THE LINES ART GALLERY NEW JANUARY EXHIBITS

Outside the Lines Art Gallery celebrates the New Year with a new exhibit of artwork by Waverly, Iowa painter Dennis Peterka and Dubuque ceramicist Julie Miller. Outside the Lines Art Gallery owners Stormy Mochal and Connie Twining will host an opening reception for the show, scheduled for Friday, January 8, from 7 to 9 p.m. As always, the casual reception is free and open to the public. The exhibit will be on display through February 2010.

Painter Dennis Peterka creates abstract paintings that suggest landscapes, a source of inspiration he freely admits in an artist's statement: "Being raised in the rural Midwest has provided me with an abundant source of subject matter to use as inspiration." Often in warm earth tones, the paintings take on a life of their own, departing from the imagery which inspired them and allowing Peterka to experiment with the media through the process of painting. "For me the process of art making is an adventure with the media," he writes. "Sometimes that process is directed by specific imagery and at other times I let the media suggest

the painting and direction---sort of a subconscious to conscious ordering."

Peterka's latest series of work utilizes long, narrow canvases, creating unique visions of landscapes pushed to abstraction. "Each painting in this series began as a very physical manipulation of the media. But, just as changes within the elements in nature alter its appearance so does the process of painting determine the evolution of my work," he explains. "As the painting develops I begin to fine tune the composition. The initial imagery becomes less and less important. Things appear in a work that is not planned. Some of these 'surprises' can become wonderful additions; others not. So, I need to pay attention."

A new OTLAG artist, potter and art instructor Julie Miller creates ceramics that range from functional to whimsical. Teaching and working in a variety of media have led her to incorporate techniques from one discipline into another, such as using printmaking processes on clay. Still, she finds ceramics to be her favorite mode of expression.

"I love printmaking, painting, fabrics, and installation, but have always been most fascinated with clay," Miller says in an artist's statement. "I feel as though I have magical powers when I spin moistened dirt on a wheel. Add fire and I end up with something I can drink tea out of. For me, this process fills my being with unexplainable happiness. I find it satisfying to work with the earth, creating beautiful, functional objects that I use everyday. My artistic journey is constantly changing. I am open to new ideas and I am always exploring for new inspiration."

Miller's work, a combination of wood or salt kiln fired stoneware and electric kiln fired earthenware is sometimes inspired by animal forms like birds, fish, and elephants, that are transformed into new unusual forms. "My inspiration comes from the natural world, from other artists, and from my students. Many of my pieces incorporate animal images or are strange combinations of different animals, arranged to become something oddly unique. ... I am constantly telling my students to try new things, don't be afraid, and put yourself into your work."

Outside the Lines Art Gallery is located at 409 Bluff Street (the corner of 4th and Bluff Streets) in historic Cable Car Square. Featuring the art of local and regional artists, the gallery offers fine art, stained and blown glass, jewelry, ceramics, baskets, sculpture and more. Winter hours for the gallery, beginning in January are Tuesdays through Saturdays, from 10 a.m. to 5 p.m. The gallery will be closed on Sundays and Mondays. For more information, call (563) 583-9343, or visit: www.otlag.com.

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Saturday, January 9

BucketHouse Hooligans
The Bank, 9 PM

Renegade
Sandy Hook, 9 PM

Backlash
Budde's, 9 PM

Wednesday, Jan. 13

Laughing Moon Comedy
Diamond Jo, 8 PM

Thursday, Jan. 14

Dertones
Cornerstone, 9 PM

Friday, January 15

Mary Mabusth
Stone Cliff, 6:30 PM

Tony Leonard
Irish Cottage, 7:30 PM

Tasties
Dirty Ernie's, 9 PM



Lonely Goats
Dagwood's, 9 PM

Hard Salami
Lux Club, 9 PM

Left of Center
Courtside, 9 PM

Stranded in Iowa
Jumpers, 9 PM



Dead Larry
180 Main, 9:30 PM

Falling Within
Sandy Hook, 10 PM

Sunday, January 10

John Moran
New Diggs, 3:30 PM

Boar, Aru, Glimmer Blinkken,
Mantaur
180 Main, 5 PM

Thursday, January 7

Becky McMahon
Stone Cliff, 5:30 PM

Dueling Pianos
Diamond Jo, 8 PM

The Good Stuff
Cornerstone, 9 PM

Friday, January 8

Jake Bender
Stone Cliff, 6:30 PM



Rosalie Morgan
TAIKO, 6:30 PM

Friday, January 8

Just Cuz
Ground Round, 7 PM

Gareth Woods
Irish Cottage, 8 PM

Okham's Razor
Perfect Pint, 8 PM

Ken Wheaton
Cornerstone, 8:30 PM

Boys' Night Out
Skyline, 9 PM

Marty Koppes
Budde's, 9 PM

Impulse
Red N Deb's, 9 PM

Shaun Cavanaugh
Bulldog's, 9 PM

The Uniphonics
180 Main, 9 PM

The Breitbachs
The Bank, 9 PM

Saturday, January 9

Gary Wesley as Elvis
Diamond Jo, 4 PM

John Moran
Stone Cliff, 6:30 PM

Gareth Woods
Irish Cottage, 7:30 PM



Denny Garcia
Cornerstone, 8 PM

BMW
DBQ Driving Range, 8 PM

Roster McCabe
180 Main, 9 PM

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Saturday, January 16

Marty Koppes
Stone Cliff, 6:30 PM

Rosalie Morgan
TAIKO, 7 PM

Tony Leonard
Irish Cottage, 7:30 PM

Broken Rubber Band
Cornerstone, 8 PM

Buzz Berries
Budde's, 9 PM

Backlash
Lux Club, 9 PM

Saturday, January 16

Half-Fast
Courtside, 9 PM

Tasties
Diamond Jo, 9 PM

Horsin Around
Jumpers, 9 PM

Menace
Hammerhead's, 9 PM

Houndstooth
180 Main, 9:30 PM

Sunday, January 17

Denny Garcia
Dirty Ernie's, 1 PM

Kevin Beck & Johnnie
Walker
Sundown, 2 PM

Marty Raymon
New Digs, 3:30 PM



Artie & The Pink Catil-
lacs
Diamond Jo, 5 PM

Wednesday, Jan. 20

Searson
Irish Cottage, 7 PM

Thursday, Jan. 21

Tiffany Christopher &
Jimmy Berg
Cornerstone, 9 PM

Friday, Jan. 22

Jake Bender
Stone Cliff, 6:30 PM

Rosalie Morgan
TAIKO, 7 PM

Paddy Homan &
Jimmy Keane
Irish Cottage, 7:30 PM

Friday, Jan. 22

Roy Schroedl
Cornerstone, 8:30 PM

The Wundo Band
Red N Deb's, 8:30 PM

Tony Walker
Budde's, 9 PM

Blue Heels, Jeremiah Nel-
son and the Achilles Hee
180 Main, 9:30 PM

Martin Zellar
Bank, 10 PM

Saturday, Jan. 23

John Moran
Stone Cliff, 6:30 PM

Saturday, Jan. 23

Denny Troy & Rick
Hoffman
Asbury Eagles Club, 7 PM

Paddy Homan & Jimmy
Keane
Irish Cottage, 7:30 PM

Kevin Beck & Johnnie
Walker
Spirits, 8 PM

Just Cuz
Courtside, 8 PM

Andrew Houy
Cornerstone, 8 PM

Tantrym
Doolittle's, 9 PM

Renegade
Holiday Bar, 9 PM

Saturday, Jan. 23

Hard Salami
Budde's, 9 PM

Zero 2 Sixty
Lux Club, 9 PM

Jabberbox
Jumper's, 9 PM

Impulse Band
Pit Stop, 9 PM

Adobanga
180 Main, 9:30 PM

Sunday, January 24

Denny Garcia
New Digs, 3:30

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- **Dog House Lounge**
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Mystique Encore Entertainment

The Encore stage hosts the best local and regional bands live every Friday and Saturday night. Best of all, it's always free! Here's what's coming up.



Tami & the Bachelor January 8-9, 9:15 p.m.

Minneapolis-based couple and musical duo Tami & the Bachelor bring their wide-ranging musical revue to the Encore stage. Both multi-instrumentalists, Tami and Philip Barnett can play just about any song you can think of. Philip's technical ability has allowed the duo to pre-record "extra" instruments and backing vocals to be triggered in synchronization with their live singing and playing to create a full band sound with just two talented musicians. Cover material from classic to contemporary, Tami & the Bachelor perform a mix described as "From Smash Mouth to Gershwin, and Blondie to Leann Rimes, with a little Fleetwood Mac, Natalie Cole, Jimmy Buffet and Heart mixed in." Un-

Frank & Nic (from Mighty Short Bus)

January 15-16, 8 p.m.

Frank Busch and Nic Adamany, also known as vocalist and guitarist for Madison-based rock-n-roll band Mighty Short Bus strip down to a duo for a two-night engagement on the Encore stage. While Mighty Short Bus (MSB for short) probably needs no introduction to the legion of fans they've drawn in the Dubuque area, due to regular club dates and festival performances, the band could be described for those still in the dark as straightforward Midwestern rock-n-roll. With a streak of bluesy roots influence running through the mix, the band's originals are both fresh and familiar and a selection of choice covers keeps the set list varied. Frank & Nic will be playing a series of duo shows at venues around the area so this will be a great opportunity to catch the MSB sound in a slightly stripped down style. Relax ladies, nobody's taking their clothes off. It's far too cold for that.

Headliners

January 22-23, 9:15 p.m.

An online search for "Headliners" is not likely to turn up much, or more accurately way too much. It turns out it's a good enough band name for a number of bands to have adopted it. But in this case, it is completely accurate as Headliners is sort of a new "super group" made up of four talented players who have worked in a number of notable area bands. Front man Robert English performed with The Torpedos, keyboard player Steve Greenwood was a member of Tramp and Encounter, guitarist Dan Anderson worked in both Center Stage and The Shiz, and drummer Bobby Greenwood played with The Big Beats and The BG Ramblers. What that all adds up to is loads of talent and years of experience on stage and on the weekend of January 22-23, that stage is called "Encore."

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CABARET

From comedians performing in Bonkerz Comedy Club to top music talent, Mystique's Cabaret has something to keep you entertained.

Bonkerz Comedy

Rob Brakenridge

January 8-9, 8 p.m.

Featured on Comedy Central's "Make Me Laugh" and "Stand-Up, Stand-Up" Wisconsin born and raised comedian Rob Brakenridge was always the class clown (allegedly spending most of his formative years in the principal's office). Living in Los Angeles since 1992 Brakenridge spends most of the year on the road, "bringing the funny" to audiences around the world. He tours regularly for the U.S. troops on the Miller Lite "Lite Laffs" program, and has performed in 10 different countries and most of the 50 states. Brakenridge will be performing with Bert Borth in this free Bonkerz Comedy Club show.

Bonkerz Comedy

Mike Allen

January 22-23, 8 p.m.

A regular on XM/Sirius satellite radio, comedian Mike Allen has appeared on both HBO and Comedy Central as well. Once a professional baseball player

with the Minnesota Twins, Allen gave it all up for the glamorous life of being a comedian on the road (or so he jokes). A veteran of the comedy circuit, Allen employs a high-energy, physical style and animated delivery in his stories that draw unique observations out of universal, everyday experience. Sometimes subtle, sometimes shocking, but always funny – that's Mike Allen. Allen will be performing with Josh Alton in this free Bonkerz Comedy Club show.

Terry Lee Goffee

Johnny Cash Tribute

**Saturday, January 30
7 and 9 p.m.**

Johnny Cash Tribute artist Terry Lee Goffee brings memories of "The Man in Black" to life in two special performances on Mystique's Cabaret stage Saturday, January 30, at 7 and 9 p.m. "I have been a fan of Johnny Cash since I was about 8 years old," Goffee writes on his web site. "He and Elvis were my first two musical influences." Performing over 30 of Cash's classics in the show, including "A Boy Named Sue," "Sunday Morning Coming Down," "I Walk The Line," "Ring Of Fire," "Folsom Prison Blues," and "Hurt," Goffee completely inhabits the persona of Johnny Cash. "I wanted

to make my show a little different and unique by portraying Johnny Cash in the first person, rather than just standing there singing the songs," he said. "Like an actor in a play I literally become my character, in this case Johnny Cash, from the moment I walk onstage until the end of the show." Goffee's portrayal is so good, nailing Cash's unique vocal style and mannerisms, that he was recently recruited to provide voiceover and motion capture moves for Guitar Hero. Advanced tickets for both the 7 and 9 p.m. shows are on sale now for \$10. They will be \$15 the day of the show.

Bonkerz Comedy

Grandma Lee

February 12-13

A finalist in the 2009 season of "America's Got Talent," 75-year-old comedian Grandma Lee found a huge national following and kept the show's judges in stitches. Her sometimes suggestive jokes caused many a jaw to drop (followed by outrageous laughter of course), hearing one-liners about geriatric dating and sex coming out of what appeared to be a sweet little old lady. A retired telephone operator, Grandma Lee (Strong) began her second career as a comedian at age 60 after attending a local comedy

workshop where she found her true passion. Now touring the comedy circuit Grandma Lee spreading laughs and her message that it's never too late to follow your dreams. Tickets for Grandma Lee's three shows (Friday, February 12 at 8 p.m., Saturday, February 13 at 7 and 9 p.m.) are just \$10, and only \$5 for Allure Club members. Also performing will be comedian Tiffany Ellen.

Karen Durrant's Dreamgirls

Saturday, February 20

Imagine Tina Turner, Diana Ross, The Supremes, Donna Summer, and Martha Reeves & the Vandellas all in one concert over the course of an evening. That's what you get – well almost – with Karen Durrant's Dreamgirls, a tribute to the above-named divas. Ranked as the number one Tina Turner look-alike and impersonator, Karen Durrant brings the sound and look of the "Queen of Rock-n-Roll" to Mystique's Cabaret stage. Durrant has performed her Dreamgirls revue for thousands across the United States, recreating the performances of classic singers like Gladys Knight & The Pips and The Pointer Sisters. Karen Durrant will perform two Dreamgirls shows on Saturday, February 20, one at 7 and one at 9 p.m.



Now that we finally received some significant snowfall, I think we can agree that winter has officially arrived. No worries, the Mississippi Moon Bar at the Diamond Jo Casino has just the antidote for that cabin fever that is about to set in. Whether dancing at DJ Double J's no cover Spin Fridays or catching a concert by one of the nation's premier entertainers, the Mississippi Moon Bar is the place to escape the winter doldrums.

David Allan Coe Friday, January 8

The outlaw's outlaw, rabble-rousing and platinum selling country music songwriter David Allan Coe is set to perform at the Mississippi Moon Bar January 8 at 8 p.m. Known as much for his fierce and outspoken individualism as much as his hit-making songwriting, Coe has had a career that stretches back to the 1970s. Of his sixty-three songs on the Billboard

Singles Charts over the years, his most popular include "Mona Lisa Lost Her



Smile", "The Ride," "Please Come to Boston," "Willie, Waylon and Me,"

"Jack Daniels If You Please," and, of course, "You Never Even Called Me By My Name."

Coe has also written a number of hit songs recorded by other artists including Tanya Tucker, George Jones, Willie Nelson, Leon Russell, Charlie Louvin, Del Reeves, Tammy Wynette, The Oakridge Boys, Kid Rock, and Johnny Cash. His song "Take This Job and Shove It" became a million seller for Johnny Paycheck and became the basis for the movie of the same name, filmed of course in Dubuque, in which Coe himself played a part. Coe has played at Farm Aid and has toured with other cross-over artists like Neil Young, Kid Rock, and Willie Nelson.

Tickets for David Allan Coe are still available and are just \$10 for general admission and \$25 for reserved seats. Tickets can be purchased at Diamond Jo Casino's Diamond Club or online at www.diamondjo.com.

America Saturday, January 30

A seemingly perfect antidote to the mid-winter blues, the acoustic rock of America will fill the air of the Mississippi Moon Bar with a sound that recalls the shimmering summers of the 1970s and AM radio gold. Scheduled for Saturday, January 30, America will perform a concert presented by the Diamond Jo Casino in partnership with American Trust and Savings Bank.

First coming to popularity in 1972 with their hit song "A Horse with No Name," America helped to define a style of folk-influenced, vocal harmony-rich acoustic rock throughout

the 1970s and into the '80s. A phenomenal success from the beginning, America had three Top Ten hits in '72, "A Horse with No Name," "I Need You," and "Ventura Highway," earning the group the Grammy Award for best new artist that year. With a string of hit songs like "Tin Man," "Lonely



People," and "Sister Golden Hair," through the '70s and scoring another major hit with "You Can Do Magic," in 1982, America became a multi-platinum selling recording artist and built a loyal following for whom their sunny harmonies recall the carefree days of youth. America continues to entertain that audience, touring nearly non-stop over a career that is approaching four decades in length.

Tickets for America's concert at the Mississippi Moon Bar are still available at the \$30, \$50 or \$60 level. Tickets can be purchased at Diamond Jo Casino's Diamond Club or on line at www.diamondjo.com.

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a person to reside in our community is on a college campus. Statistically, 25 percent of the incoming freshman females will be sexually assaulted before the graduate. It's a violent area, but it also has a great potential to do some wonderful things. There're a lot of people there who want to get involved and may just not have been given the opportunity to do so."

to print, Winter Roxks is sponsored by Knickers, The Other Side, and Chances R. Jasper sees the event as a great opportunity to make more people aware of Riverview Center and its program of violence prevention. "The more people that know about who we are, the more prevention is going to happen, so it's really wonderful for us."

The event is also a great opportunity for music fans to catch live performances by a number of area bands for an extremely inexpensive cover charge which supports a great local non-profit organization. "You spend your five bucks, you can see three, four, five bands all under one roof," observed Minnick. "You don't have to be bar-hopping."

Having performed with Alma Sub Rosa at Rocktoberfest, I can vouch for the fact that Road Crew productions are also an opportunity for bands to play for a large, diverse audience in a larger room with a professional stage, lights and PA. Road crew definitely knows what they are doing. "That's the way we want it. That's how we are - that's Road Crew Entertainment," states Minnick matter-of-factly. "Back in the '80s we were roadies and that's what we're accustomed to - nice, big rooms, big stage ... my theory is, 'Let's get in a big room and do it.' And that's what we're doing."

Knowing Riverview's mission, Minnick wanted to approach area bars to sponsor the event, understanding it was important to spread the group's message to a wide-ranging demographic. As of the time we were going



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ON DUBUQUE notes from the mayor

"Sustaining the Vision"

By Mayor Roy D. Buol

There is ebb and flow to the national economy in "normal" times which we anticipate will self-correct. However, since 2007, the national recession did not self-correct and our economy tilted toward the depression era of the late '20s. As I spent time these past several years with community leaders and decision-makers from around the country, a single drumbeat emerged – a vision for the next/new "Industrial Revolution." The foundation for this drumbeat...the education and leadership that is occurring at the grass roots level all across the nation!

For the first time ever, the United Nations Commission on Human Rights concluded that everyone has the right to live in a world free from toxic pollution and environmental degradation. To healthfully survive, we have to become guardians of the places where we live. People sense the loss in not knowing our neighbors and natural surroundings, and are discovering that the best way to take care of ourselves, and to get to know our neighbors, is to protect and restore "where we live."

As Julie Schmit of USA Today reported only last week, "colleges are rapidly adding new majors and minors in "green studies" and students are filling them fast! Nationwide, more than 100 majors, minors or certificates were created in 2009 in energy and sustainability-focused programs at colleges big and small—that's up from just THREE programs added in 2005. Two factors are driving the surge...students want the courses and employers want the trained students!

At Arizona State University, the executive dean of the Global Institute of Sustainability reported, "There's a great perception that there's a sweet spot with energy to do good and do well, and it appears to be the place of job growth." The institute started an undergraduate program in sustainability studies, with a focus on solar, just a year and a half ago.

It now has about 600 students who've declared "sustainability" a major. "The growth rate is unprecedented", even though the program has the toughest admission standards of any school at the university!

Other schools are also seeing a big demand, including in our own backyard at Illinois State University. The school of 21,000 students has 65 majors in renewable energy, a program started in 2008 with help from a \$1 million Department of Energy grant. The program "has more students wanting in than we can handle," says the chair of the Department of Technology. Nearby employers, including those in wind energy, hope to hire future graduates.

The renowned MIT (Massachusetts Institute of Technology) launched a minor in energy studies this past September. A student survey said 43% of freshmen and sophomores were very or extremely interested in it. MIT's student energy club has 1,700 members vs several hundred only a few years ago!

UCLA, Berkeley has seen student interest in energy class explode! Ten years ago it attracted 40 students; now the class regularly runs at 270 students."

The current administration has estimated that jobs in energy and environmental-related occupations will grow a remarkable 52% through 2016 VS 14% for other occupations. Parents and high school students are heeding the comparison! This focused growth is, in part, why budget strapped schools are adding energy and sustainability programs, even while cutting other majors!

As we have also learned, among the green-collar jobs that are gaining in number and popularity, are machinists, technicians, service workers, equipment and installation specialists, construction workers, and managers of all kinds. The business sectors seeking such employees span alternative transportation and fuels, green building and energy efficient retrofitting, renewable energy pro-

Continued on Page 21.



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365's RECURRING NIGHTLIFE CALENDAR

ENTERTAINMENT YOU CAN SET YOUR WATCH TO!



Tuesdays

Bubblz Karaoke, Bammer's, 9 p.m. - 1 a.m.

Wednesdays

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 - 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.

Karaoke/DJ - Good Times, Bootlegger's, 9 p.m. - 1 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.

Open Mic Showcase, Silver Dollar Cantina, 9 p.m.

Karaoke - Rainbow Lounge, Canfield Hotel, 7:30 p.m. - 2 a.m.

Karaoke - Becky McMahon, Ground Round, 9 p.m. - midnight

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

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 - Dave Lorenz, Player's Sports Bar, 9 p.m. - 1:30 a.m.

Karaoke - Becky McMahon, Jumpers, 9 p.m. - 1 a.m. (Every Other Friday)

Karaoke - Brian Leib's Essential Entertainment, Aragon Tap, 9 p.m. - 1 a.m.

Karaoke - Sue B's, The Other Side, 11 p.m. - 3 a.m.

DJ Music - Main Event DJ, Gin Rickeys, 8:30 p.m. - 1:30 a.m.

DJ Music - Sound Ideas DJ, Timmerman's Supper Club, 8 p.m. - 12 a.m.

DJ Music - DJ Brian Imbus, Jumpers, 8:30 p.m. - 1 a.m.

Saturdays

Live Comedy - Arthur House Restaurant, Platteville, 9 p.m. - 10:30 p.m.

Karaoke - Rainbow Lounge, Canfield Hotel, 7:30 p.m. - 2 a.m.

Karaoke - C-Sharp, A&B Tap, 9 p.m. - 1 a.m.

Karaoke - Flyin' Hawaiian, George & Dales, (East Dub.) 9p.m. - 1 a.m.

Karaoke - Dave Lorenz, Player's Sports Bar, 9 p.m. - 1:30 a.m.

Karaoke/DJ - Good Times, The Other Side, 11 p.m. - 3 a.m.

Karaoke - Starburst Karaoke, w/Dave Winders, Instant Replay, 9 p.m. - 1a.m.

DJ Music - Main Event DJ, Gin Rickeys, 8:30 p.m. - 1:30 a.m.

DJ Music - Sound Ideas DJ, Timmerman's Supper Club, 8 p.m. - 12 a.m.

Mayor Roy Buol

Continued from facing page.

duction and installation, and hundreds of related industries and occupations.

Locally, our businesses and colleges are partners with the City in providing education and programs that seek to restore our neighborhoods, and to prepare our youth for careers where economic development strategies focus on more efficient use of energy, enhancement of natural resources, more thoughtful planning for housing and transportation, and much more focus on developing businesses and jobs that meet the environmental conditions and market needs of the 21st century.

In the Boston Review, journalist Catherine Tumber summed it up: "Smaller cities (like Dubuque) have idiosyncratic charms of their own-worthy of sustained attention and renewal. And, fortuitously, they have a distinctive and vital role to play in the work of the 21st century: smaller cities will be critical in the move to local agriculture and the development of renewable energy industries. These tasks will almost certainly require a dramatic rethinking of land-use policy, and smaller cities have assets that large cities lack. Their underused or vacant industrial space and surrounding tracts of farmland make them ideal sites for sustain-

able land-use policies, or "smart growth."

As ideal sites for new energy industries, smaller cities will in turn gain from job creation. Renewable energy and energy-efficient industries have already created nearly 8.5 million jobs in the United States, a little more than half in indirectly related fields such as accounting, information technology, and many are blue-collar jobs in maintenance and manufacturing. The Apollo Alliance estimates that its New Apollo Program—a renewable energy proposal on a scale akin to that of the Kennedy administration's space program—could create five million "high-quality" green-collar jobs over the next decade. Indeed, many of the low-carbon policy initiatives could launch the next industrial revolution. Local and municipal leaders have much to gain in the twenty-first century...if they have the eyes to see it!"

As I reflect upon my first term as Dubuque's Mayor, I am truly honored, and humbled, by the faith and fortitude of the city council, staff, and community leaders as we worked side by side to create a viable, livable, and equitable community... one recognized today for its unwavering commitment to collaboration and partnerships, and one which continues on a definable path to becoming a smart, sustainable 21st century City! In Dubuque, the "eyes" are, indeed, focused!

Budweiser MIDWEST CONCERTS & SPECIAL EVENTS



Lady Gaga

Chicago Theatre, Chicago • January 8-10

Tim McGraw

Wells Fargo, Des Moines • February 13

Led Zeppelin 2

Chicago Theatre, Chicago • January 8-9

Gary Allan

Wisconsin Dells • February 20

Brad Paisley

Wells Fargo, Des Moines • January 15

Ralphie May

Barrymore Theater, Madison • February 28

Theory of a Deadman

House of Blues, Chicago • December 31

REO Speedwagon

Wisconsin Dells • April 10

Everclear

House of Blues, Chicago • January 27

Mark Knopfler

Chicago Theatre, Chicago • April 23



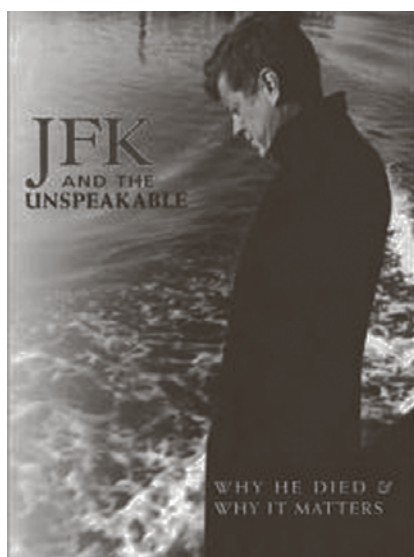
Bob's Book Reviews

Post-It Notes from 2009

by Bob Gelms

Looking over the past year generated some thoughts on things literary. It was the year, for me, that James Patterson took his goose that laid the golden egg, Alex Cross and through greed and ego managed to turn his most famous literary character and one of my all time favorites into a moronic bobble-head. It's likely I won't be reading any more James Patterson, because he's been circling the drain for the last 2 or 3 books and I think he just got sucked down through it.

Booker Prize and the Caldecott Medal which is given to the best children's picture book of the year. I haven't read any of them. With the exception of the Caldecott winner, according to sales stats, neither has anyone else.



2009 was the year I read one of the most haunting books I have ever read, James Douglass' book JFK and the Unspeakable: Why He Died and Why it Matters. On the surface this looks like another who killed Kennedy book, like we need another one of those. This book with solid research and attestations gives us a good reason for believing that Mr. Douglas has probably solved the mystery. It's WHY it all happened that sets this book apart from all the others. Inspired by the writings of Thomas Merton and others Mr. Douglas investigates the existence of evil in this world; a very real phenomenon. How that evil works its way into human form and commits the unspeakable. It is haunting.

2009 is the year Michael Connelly hits another one out of the park. It's called Nine Dragons and there will be more on that one in the coming weeks. It's too bad Connelly couldn't give James Patterson some lessons on how to treat his own characters.

2009 is the year we lost Horton Foote, John Updike, William Safire, Michael

Crichton, Tony Hillerman, David Foster Wallace, and, although he wasn't a writer per se, I can't neglect to mention Soupy Sales.

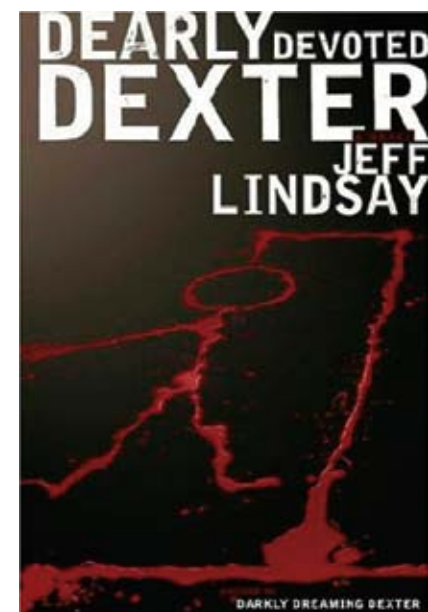
In 2009 I read a book about real life heroes it's called To The Rescue; "Stories from Healthcare workers at the Scenes of Disasters." by Nancy Leigh Harless and Kerry-Ann Morris. The world is a much better place with these people in it. Thanks to Ms. Harless and Ms. Morris for bringing them to our attention.

2009 was the year that all of the disparate things about the Bible that had collected amongst the cobwebs my head finally got straightened out with a book by the great biblical scholar Bart Ehrman Jesus, Interrupted; Revealing the Hidden

Con- traditions in the Bible and Why We Don't Know About Them. This book truthfully upset a great many people. If you call yourself a Christian you need to read it, if you don't, then find another religion.

Every year since I started writing for 365ink I've had a New Year's wish that someone would come over to my house and alphabetize all my books. It hasn't happened ... yet! This year, however, I'm wishing for something completely different. I dearly wish that there will never be a reason for me to read Al Roker's novel.

Have a splendid year: That's an order.



2009 was the year I discovered Dexter -- the Dexter in book form. I've watched the TV show with rapt attention, and then I got the first novel written by Jeff Lindsay, upon which the series was based. I've read all three books now and when the new one comes out you will read about it in these pages. All I'm going to say is that the books are different than the TV show in some very important and surprising ways. I'm still trying to figure out how Mr. Lindsay, in the books, and the writers on the TV show can make me root for a man who is quite obviously a psychotic serial killer. TV has never seen a character like Dexter Morgan. 2009 was the year, actually it was about two weeks ago, when a surprising realization burst in the head. I was reading a list of the books that won the Pulitzer Prize, The National Book Award, The

365

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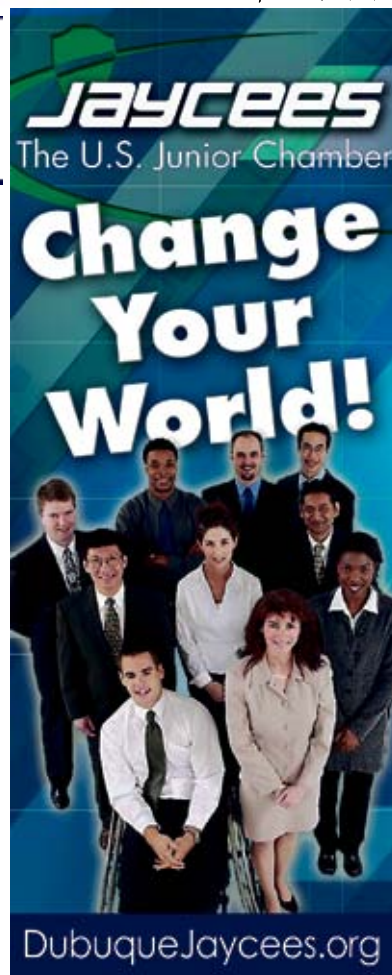
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1% Mattitude Improvement Tip

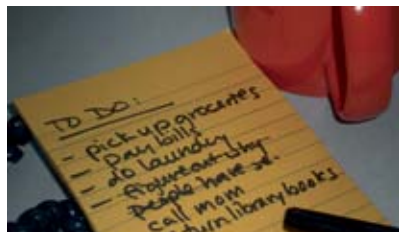
Make Good Decisions

Good decision making is an essential life skill. If you consistently make good decisions, good things happen. Each time you make a good decision, it becomes easier to make the next good decision. The decisions can be simple – what to have for breakfast -- or difficult – should I quit my job? Make a good decision now and let 2010 be the year that you consistently make good decisions.

It takes a positive attitude to consistently make good decisions. Like it or not, your ATTITUDE determines your success (or lack thereof). To inquire about Matt's hit keynote speech titled "CYA – Check Your Attitude" call 563-773-6288 or email matt@mattbooth.com.

Does Your Day Support Your Goals?

support your goals.



Take a close look at your daily routine. Be aware of the behaviors that get you closer to goals – making the calls, taking that class, reading that book or article, and hitting the gym. Also be aware of behaviors detrimental to your goals – procrastination, watching the Biggest Loser while eating potato chips, and being lazy. What new behaviors must you adopt in order to meet your desired goals? If you want different results, you're going to have to put in different effort. If you don't purposely create your daily routine, it will build itself. Set your daily routine and take action to achieve your goals.

The beginning of the calendar year gives everyone a sense of renewal and motivation. From the vantage point of January, it is easy to say that your goals will be fulfilled this year. Whether you're planning to start a business, lose weight, quit smoking, or get a new job, you need to ask yourself this very important question. "Does my daily routine support my goals?" If you are serious about meeting your goals, you have to create a daily routine to get desired results.

Today, you can proclaim that you are going to start a business, lose weight, quit smoking, get a new job, or whatever, but if tomorrow's routine has you wasting time and making excuses – you'll end up another year older, making a similar resolution next January. The bottom line is if you really want to accomplish your goals, you must create a daily routine to

MONEY MAKEOVER

TERMS!

My ride was sketchy. So I went to Dupaco.com for a new car loan and got the green light on a hot rate with cool terms. When I rolled in to finalize the deal, Kurt suggested a Money Makeover. He showed me how I could pay Dupaco a lot less in interest by taking half my monthly payment and paying it biweekly. Then he showed me how I could pay off my credit card sooner and save a wad—without coughing up extra cash. Now I'm driving my new car and driving down the balance on my credit card—with money to spare. He even showed me how to save a couple hundred grand for retirement by taking a few extra bucks out of each paycheck! You can bank on a bank for some things. But give credit to a credit union like Dupaco for putting people before profits. I drove in for a loan. And drove out revved up.

The Dupaco Money Makeover.
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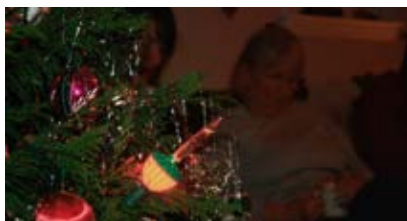
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Life STILES

Our Family's First Christmas Hangover

by Jeff Stiles

When I left Dubuque with my wife and three teenagers two days before Christmas, we imagined we were fleeing winter. An ice storm had been predicted for December 23 here in the tri-states, so immediately after work that Tuesday we drove south to the Quad Cities and then east on Interstate 74 toward Cincinnati through periods of snow and ice—anxious for the warmer southern climate that would surely be greeting us once we arrived in balmy south-western Virginia the following morning.



But lo and behold, when we arrived at my parents' home the next morning after traveling 15 hours through the night, we drove down my parents' mile-long driveway guided only by two tire tracks through nine inches of fluffy white snow. And when I attempted to drive into town after dinner that evening to check my Internet and buy some soda for our stay, our rear-wheel-drive SUV—without the weight of three teenage children in addition to luggage and Christmas gifts—simply spun 'round and 'round like a record on the ice-covered driveway. After 30 minutes of pushing and salting and shoveling and having mud sprayed all over our clothes, we abandoned hope and headed back inside for the night.

One of the first things we noticed when our family entered my parents' house that day had been a huge overhang of snow that was slowly sliding off the pitched roof of the library of my parents' residence in the foothills of the Blue Ridge Mountains. How long this frozen appendage been skidding off the roof? And how long

would it continue its descent to the ground below?

But we didn't actually think about the overhang for long. My 90-year-old grandfather recently moved south from Michigan to live with my parents, and we were busy listening to Grandpa tell of his World War II days, his years spent working for Bell Telephone in Iran while the Shah was still in power, and his love of guns, horses and football.

In fact, on Christmas morning my grandfather asked when we'd be going into town to pick up the new rifle he had purchased a few days earlier. "You didn't buy any new guns this week," my parents assured him, but he was certain that a purchase had been made and was anxious to pick up the latest addition to his ever-growing gun collection. "I even remember talking the dealer down to \$440 out the door (tax included)," he proudly told my folks.

Sure enough, the very next day we drove to the gun shop in Rocky Mount, Grandpa located the rifle in his dream, and the shop even agreed to the price in his dream. "Dreams really do come true!" we kept repeating.

...

We were in the middle of opening presents on Christmas morning when my wife and two daughters and my niece suddenly began shouting and squealing. Thinking my elderly grandfather in the corner of the room had spilled a drink, I quickly glanced around but saw nothing odd. Then, turning around to look over my shoulder, I noticed that overhang had finally slid off the roof of my parents house—just at the moment everyone sitting on the couch was watching.

Even in my parents' non-alcoholic home, whenever we look back on this latest holiday we'll be sure to joke about our family's first Christmas hangover.

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ON GUARD





TRIXIE KITSCH

BAD
ADVICE
FOR THE
STUPID

Dear Trixie:

I am 30 years old and have been smoking cigarettes for almost 7 years. My father keeps telling me I must quit. He and my stepmother just won't let me live my life and make my own choices. If I am at their house and go out to have a puff after dinner they rag me until I leave. They say smoking will take ten years off my "life expectancy". He's not a doctor. He sells lumber. Trixie, is it true? Will it take ten years off my life?

--Lauren On Laurel Street

Dear Lauren:

Yes, it's true that smoking will take ten years off your life-- but it's the LAST ten years of your life and technically those aren't the best years anyway. You have many more years of smoking pleasure before you need to worry about that, dear.

Dear Trixie:

My wife and I have been married for 8 years. I never thought we had a problem but now she wants to see a therapist. We rarely disagree on anything and almost never fight. What's wrong with this picture?

--Ted

Dear Ted:

The problem, Ted, is that she is cheating on you. She also shows signs of latent alcoholism and sexual identity problems. Studies have shown that wives who suddenly express an interest in marital counseling do so out of pronounced self guilt. You should get rid of her as fast as possible and get back out on the dating scene--where people are honest and laughs last all night.

Dear Trixie:

There's a guy I like named Jason who is 21 and really hot. The problem is I am only 18 and can't get into the bars to hang with him. I look a lot younger than 18 so even if I had a fake ID I don't think I'd be let in. He is so cute! Oh my God, I would do anything to look older! Help!

--Tiphane On Timberline

Dear Tiphane:

It sounds like you need a sophisticated new make-over. Dark eyeliner and big touselled hair combined with a short skirt and push-up bra should do the trick! If you can't get into the bar--so what? There's no law against walking back and forth in front of a bar in a sexy outfit! He has to come out sometime and I guarantee he'll notice you. Good luck, dear.

Dear Trixie:

I am worried about the amount of stuff I have acquired. My boyfriend says I need to clear out my treasures and collectibles or he's going to move out. He says we have a 2 bedroom house with four bedrooms full of stuff. He says I'm a hoarder and I need serious help. What can you suggest?

--Sherry In Sherrill

Dear Sherry:

What's so terrible about being a hoarder? When your boyfriend leaves--and they always do--you'll have boxes and boxes of neat stuff to sniff and caress and make life worth living.



Dr. Skrap's completely useless HOROSCOPES

Aries 3/21-4/19 You attempts to discover that gluten-free bread that tastes as good as normal bread is missing that one key ingredient: Gluten.

Taurus 4/20-5/20 Famous people have sex addiction because they can. You've got something else. Not sure what it is but I'm pretty sure your co-workers are sick of hearing about it.

Gemini 5/21-6/21 New Year's resolutions are for the weak.

Cancer 6/22-7/22 Those ice-encased gnomes in the front yard would have been just fine as Christmas gifts for great grandma. She was looking pretty peaked over the holiday. No way she would have made it long enough to discover the "crystal" was actually ice. But hey, a Slanket was nice too.

Leo 7/23-8/22 So, you got golf clubs for Christmas. Not sure it that's nice or just torture. Based on this weather, you ain't ever golfing again.

Virgo 8/23-9/22 Getting more exercise is a great idea for the new year. But you don't need to try to get it all the first day when you actually have the energy to begin the program. If you're going to die working up a sweat, there are a lot better ways to do it.

Libra 9/23-10/22 Your plan on investing in more art, stocks and property in 2009 has been dramatically undermined by your 2008 investment in booze and jelly doughnuts.

Scorpio 10/23-11/21 The Hawkeyes have won their first major bowl game since the '50s. Now it's your turn. Putting the seat back down when you're finished can happen. You CAN do it. And think how ecstatic it will make your fans.

Sagittarius 11/22-12/21 Getting the Blu-ray player for Christmas with Netflix on-demand built in made you realize that showering and sleep are both optional.

Capricorn 12/22-1/19 The last time you wore that coat in public was about the same year that Harrison Ford just stopped trying. Leave it in the closet. You don't have to give it away. Just leave it alone.

Aquarius 1/20-2/18 Make time for yourself. You need a break from the stress of everyone wanting your attention. Just keep repeating that to yourself. Over time it will help with the depression of knowing that all you have is time to yourself.

Pisces 2/19-3/20 You're angry because your man has the emotional range of Michael Cera in every movie he's ever been in. Yet you love Michael Cera. So really this whole thing is your fault. Why are girls so impossible to figure out?

PUZZLE ANSWERS from page 25

Sudoku

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

Sticklers

Sticklers Answer

There are 16 students in the line.

0000●000000000000

Fifth and 12th in line.

Cryptoquip

Because my piecrust ingredients were bought wholesale, you might say I've crimped and saved.

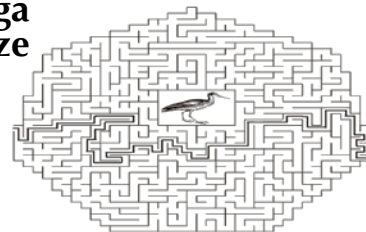
Crossword

S	T	E	A	M	M	U	F	T	I	P	A	S	S	P	A	C
C	A	T	N	I	P	O	G	L	E	D	O	C	H	O	E	W
A	M	A	N	D	A	W	H	A	T	I	S	T	H	E	D	R
M	E	T	O	L	D	S				H	A	Y	A	E	R	I
			T	R	I	O	A	S	T	R	O	S	P	A	C	T
O	F	B	E	I	N	G	A	S	K	E	D	W	H	O	O	D
R	O	U	E			C	H	I	N	A	I	S	P	I		
C	O	M	M	O	D	O	R	E	S	A	B	L	E	A	T	A
A	L	P		H	E	L	E	N		D	E	B	A	S	E	
			R	A	R	E		P	A	C	E	R	P	H	O	O
S	T	E	E	R		G	O	E	S	T	H	E	R	E	A	R
C	A	L	L	A	S	P	A	S	E	O		D	A	D	E	
O	K	A	Y		A	L	E	R	T	S	W	H	A	L	E	
T	E	M		K	A	N	S		T	H	O	M	A	S	M	O
			V	A	I	N		S	T	R	E	W		O	L	G
C	R	A	B		G	E	N	E	R	A	L	L	Y	C	A	L
G	A	E	L	S		D	E	C	A	M	P		S	O	L	E
A	R	G	U	E		T	E	A		O	L	A	F	S	P	A
F	R	I	E	N	D	O	R	P	H	O	B	I	A	C	R	E
F	I	N		C	E	L	L		A	R	E	N	T	H	E	G
S	E	A		E	L	L	E		T	E	A	C	H		D	O

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B	R	I	C	K	O	V	E	N
V	E	O	R	B	N	C	I	K
E	C	B	O	V	R	N	K	I
R	V	K	I	N	B	E	C	O
O	I	N	E	C	K	R	V	B
I	O	V	B	R	E	K	N	C
K	B	E	N	O	C	I	R	V
C	N	I	R	K	I	V	B	O

Mega Maze



365 QUIZ?

THE ANSWERS Questions on Page 6

1. D) Landing a fish
2. B) Ice in means safe ice.
3. A) "Bronzebacks" because of their brownish hue
4. C) A very large fish.
5. C) an unmanned fishing pole.
6. A) There's a fish on the line (though wind can cause it too)
7. B) A heavy little piece of rubber-coated metal that is clipped to a hook and line and used to mark the bottom of the lake.

EATING HEALTHY



Beef Stew Basics

National Soup Month is observed in January, and what better time to cuddle up with a hot bowl of soup or stew than on a cold winter day. Soup or stew can be a "cure," a comfort or a one-pot meal. Nothing says welcome home better than the aroma of a pot of soup or stew, ready-to-eat in the slow cooker.

Soup is among the most popular comfort foods. In fact, according to a national survey, the top comfort foods include soup, ice cream, pasta, mashed potatoes, cookies and hot chocolate. The survey also found that soup is the comfort food that people feel the least guilty about eating. Many soups and stews can actually be healthy and full of nutrient-rich vegetables and grains. Soups and stews are a versatile food and relatively easy to prepare.

Stews are a heartier version of soups and typically include meat, vegetables and sometimes a grain or starch with a thickened broth. Beef stew is a favorite, but many people think the preparation is too complicated or time-consuming. But there are basic steps one can take to ensure a beef stew that even a novice cook can master.

Below are cooking tips from the Iowa Beef Industry Council to make a perfect pot of beef stew.

- Browning beef cubes before adding stew ingredients will give a rich beef flavor and color to stew.
- Smaller beef cubes will cook quicker.
- Cuts of beef to use for beef stew

are beef for stew, or you can make your own by cutting cubes of beef from a chuck or round roast or steak.

- Beef from the round is leaner, but still provides a rich beef flavor.
- Simmer gently. Low heat will keep beef moist and tender. Boiling beef will make beef tough.
- Cover with lid to retain steam to help tenderize beef. Don't lift to stir.
- Stews may be simmered in a pre-heated 325-degree oven for the suggested cook time.
- Do not overcook. Beef will become dry and stringy.
- Add vegetables near end of cook time to prevent them from overcooking and getting mushy.

RECIPE

Beef Stew with Paprika Potatoes

Only 15 minutes prep for this flavorful main dish

Serves 6

All you need

- 2 lbs beef round roast, cut into 2-inch cubes
- ¼ cup flour (or 5 tbsp flour for thicker gravy)
- 1 tsp paprika, divided
- ½ tsp pepper
- 1/2 tsp dried thyme
- 1 (10.5 oz) can French onion soup
- 7 medium potatoes, peeled and cut into chunks
- 2 medium onions, sliced
- Chopped fresh parsley (optional)

All you do

1. Place meat in a 4-quart slow cooker. Combine flour, ½ teaspoon paprika, pepper and thyme. Sprinkle on meat; toss to coat.
2. Add onion soup, potatoes and onions; stir. Cover and cook on LOW 8 to 10 hours or on HIGH 4 to 5 hours, or until beef is tender.
3. Sprinkle with remaining paprika and parley (if desired), and serve.

Nutrition facts per serving: 502 calories, 9g fat, 116mg cholesterol, 263mg sodium, 49g carbohydrates, 5g fiber, 53g protein, 3g saturated fat.

Source: Try-Foods, International

Talk to a Hy-Vee dietitian or go to www.hy-vee.com for more information. The information is not intended as medical advice. Please consult a medical professional for individual advice.

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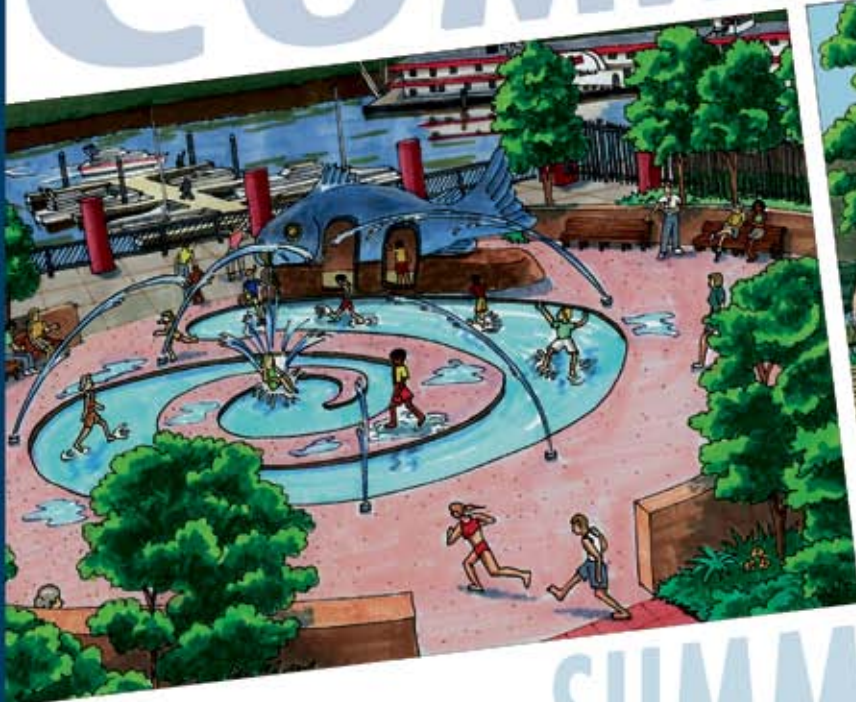
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