

THE DUBUQUE AREA LIFESTYLE MAGAZINE, FEBRUARY 2025

FREE

JULIEN'S JOURNAL

**ROWING:
ROWING WITHOUT WATER**

**CLUE INTO THE EXCITEMENT:
THE JDIFF GALA**

**DSO-BEETHOVEN'S 5TH
DARKNESS TO LIGHT**

**DUBUQUE CHORALE'S SONGFEST:
MUSIC MAKES COMMUNITY**

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“ PATIENT TESTIMONIAL

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East Campus: 1000 Langworthy Street, Dubuque, IA

JULIEN'S JOURNAL

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Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.



The Northern Lights at 2:00 AM last October near Sundown Mountain. Photo submitted by Gary Fagan of Fagan Photography. Visit Garyfaganphoto.smugmug.com or email faganphoto@aol.com.

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PUBLISHER'S NOTE

February 2025

An annual event called Open That Bottle Night (OTBN) is celebrated in February each year. The basic idea is that you open a bottle of wine among friends and share the story of why, how or where you purchased it. *Sips & Tips* columnist John Donovan explains this fun idea in detail in his article this month and I encourage you to read it to get the details. My yet to be OTBN moment does not include a bottle of wine, but it does include a bottle of Tequila. One of my closest friends and a member of our wedding party gave my wife and I a bottle of Tequila as a wedding gift. At the time I offhandedly said something like "I won't drink this unless you pay us a visit and we drink it together." He promptly moved to Phoenix, and while we have remained in touch, the bottle is unopened and in our pantry 37 years later. Maybe this will be the year it changes.

Inside this issue

Looking for a low-impact, full-body, cardio workout that exercises all the major muscle groups? Maybe erging is right for you. Learn more on page 14.

The average homeowner does not have an unlimited budget, but with a few minor tweaks, a little elbow grease, and a few dollars, any home can take on a new and updated look at a reasonable price. Read about these tips on page 17.

The Julien Dubuque International Film Festival (JDIFF) is more than a week of screenings. Activities occur throughout the year that lead up to the Festival itself in April. Read about their upcoming gala on page 19.

High blood pressure is often called the 'silent killer' because it typically has no symptoms, yet its effects on your health can be profound. Research shows a strong connection between the duration of high blood pressure and the increased risk of stroke. Learn more on page 26.

Cities are known for their iconic places. Dubuque is no exception, from the Fourth Street Elevator and Shot Tower to Julien Dubuque's Grave and Jack's Chicken Palace. Yes, Jack's Chicken Palace. Read our review on them on page 27.

Spotted Cow is one of those beers that just works with everything. It's the alcoholic equivalent of a Swiss army knife. Need something for a tailgate? Spotted Cow. A beer for when you're exhausted after being outside on a hot summer day: Spotted Cow. Read our review of it on page 30.

Open That Bottle Night (OTBN) is an annual event that takes place on the last Saturday in February – this year February 22. It's a global celebration that encourages people to share a story about a special bottle of wine and then open it and share it with friends and family. Learn more about it on page 31.





STATERA

Diabetes Prevention & Management Program



Take charge of your health with our 3-month program, thoughtfully designed to support individuals with diabetes or pre-diabetes. This program combines expert guidance, practical tools, and a supportive community to help you make sustainable lifestyle changes.

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- Health Monitoring: Professional oversight of key lab values by a nurse, measured before and after the program to track your progress.
- Supportive Community: Join a group that understands your journey and encourages your success.

Program Details:

- Running March, April, & May with bi-weekly sessions
- Total cost: \$525 with additional lab fees as required.
- Eligible for payment via HSA, FSA, or Flex spending accounts.

Invest in your well-being—take the first step toward a healthier future today!

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THE FINE PRINT

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Upcoming Events Should be Emailed to Juli@JuliensJournal.com.

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Julien's Journal's is printed each month locally at Welu Printing Company.

February Events

Early Explorers: M is for Mangrove
Saturday & Tuesday, February 1 & 4
10-11 AM @ National Mississippi River
Museum & Aquarium

Early Explorers is open to children ages 2-5 along with a parent or caregiver. Programs include a variety of hands-on and active activities, including a craft and a game. A parent and/or caregiver can attend the program for free with the toddler. Visit RiverMuseum.org.



New Car & Truck Show
Saturday & Sunday, February 1-2
Saturday, 11 AM-6 PM; Sunday, 11 AM-3 PM @ Grand River Center

View the largest selection of new vehicles in the Tri-State area under one roof in a climate-controlled environment. Concession stands will be open during the show for food and beverage. Hosted by Anderson Weber Toyota; Riley Subaru; Richardson Honda, GMC, Cadillac; Finnin Ford & Kia; and McGrath Hyundai, VW, and Chevrolet. For more information, email AFinnin@MikeFinnin.com.



Wags At The Flags

Wednesday, February 5 and March 5, 12 & 26
4-8 PM @ Five Flags Arena

Wags at the Flags is an indoor dog park featuring separate areas for small and large dogs, along with the Barka Lounge for owners to enjoy food, drinks, and adult refreshments. Each week will have themed events and local vendors. Proceeds benefit the Dubuque Regional Humane Society and Whisphurring Hope. Visit FiveFlagsCenter.com.



Wild West Wednesdays

Wednesday, February 5, 12, 19 & 26
7-11 PM @ Dubuque County Fairgrounds
Come for country dance music and fun. All ages. Visit DBQFair.com

**Dubuque County Business
Competition Fundraising Fair**
Thursday, February 6, 5 PM
@ The Innovation Lab, 210 Jones St.

For the second consecutive year, ambitious entrepreneurs will have an avenue to help launch their business or help it grow. The businesses rated in the top six will be selected to pitch at the live event at 6:30 PM. Then the top three will receive seed funding. Visit InnovationLab.us/DBQBizComp.

FIVE FLAGS CENTER

THE TRI-STATES' ENTERTAINMENT DESTINATION



405 MAIN, DUBUQUE • TICKETS ONLINE @ FIVEFLAGSCENTER.COM

Fabulous Fridays Artists Series

Fridays, through March 28

12-12:30 PM @ St. Luke's United Methodist Church

Fabulous Fridays began in 1992 and over the years these informal downtown performances have grown to include hundreds of locally and nationally recognized artists. Performances and desserts are free, but baskets are provided for contributions to People In Need (PIN) and the church's Jesus Fund. Visit StLukesDbq.org/FabulousFridays.

DEL Oregon Trail

Friday, February 7

4 PM, 6 PM & 8 PM @ Dubuque Esports League, 3220 Dodge St.

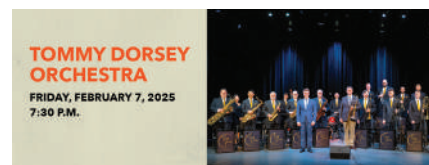
Showcase your survival skills on the esports game Oregon Trail. Step back to your nostalgia days and raise some money for DBQ Esports High School and Middle School Leagues. This pioneering event is all about having fun. Dress in your best digs, conjure up your best back story, and blaze the trail. Teams are in four players. Visit DBQEsports.org.

First Fridays

Friday, February 7

@ Various Locations in Dubuque

First Fridays is Downtown Dubuque's monthly visual art series, hosted by galleries, museums, and venues, celebrating Dubuque's great visual arts scene. Visit DbqArt.org/First-Fridays.

**Tommy Dorsey Orchestra**

Friday, February 7

7:30 PM @ Heritage Center, University of Dubuque

The Tommy Dorsey Orchestra will perform as part of the 12th annual Live at Heritage Center Performing Arts Series. A free pre-show reception for "Heroes in Black & White: David Lee Barba" will be held from 6:30 - 8 PM. The exhibit will be open Monday, February 3, to Friday, March 28.

Tickets may be purchased at the Farber Box Office. Visit DBQ.edu/HeritageCenter.

Sensory Mornin

Saturday, February 8

8-10 AM @ National Mississippi River Museum & Aquarium

The museum welcomes anyone who may benefit from a sensory-friendly environment. Visit RiverMuseum.org.

Ice Golf Classic

Saturday, February 8

@ Mid-Town Marina (East Dubuque, IL)

Sign-up for 18-holes of ice golf. There will be a 50-50, raffle drawings, and a silent auction during the event. All proceeds benefit the kids in St. Mark Youth Enrichment programs. Visit StMarkYouthEnrichment.org.

Get a CLUE with JDIFF

Saturday, February 8

5 PM @ Hotel Julien Dubuque Ballroom

This event brings out the FUN in fundraising. Dress in cocktail attire or your favorite CLUE film character. There will be lots of mystery and fun, along with dinner, live & silent auction and first look at trailers for films accepted to the Julien Dubuque International Film Festival (JDIFF) 2025. All inspired by the film CLUE. Visit JulienFilmFest.com.

Aboveboard

Thursdays & Fridays throughout February, 7:30 PM

Saturday, February 8 & 15, 7:30 PM

Saturday, February 22, 2 PM

Sundays, February 7-23, 2 PM @ The Bell Tower Theater, 2728 Asbury Rd.

When Nick's food starts disappearing from his apartment fridge, he immediately suspects his best friend Milo, a magician who lives down the hall. When Milo refuses to confess, Nick installs a camera to catch the culprit in the act and finds an unlikely trespasser. Surprises multiply in this romantic comedy about magic, misunderstanding, and running out of milk. Visit BellTowerTheater.net.

Snow Sculpting Festival

Sunday, February 9

12-4 PM @ Washington Park

Everyone is invited to the Winter Arts community activities and people's choice voting on Sunday, February 9. A cash prize of \$1,000 will be awarded to the first prize sculpting team. Visit CityOfDubuque.org/WinterArts.

UPCOMING PERFORMANCES



MISS NELSON is MISSING!

THE MUSICAL

February 21 - March 2, 2025

2025 MINI SUBSCRIPTIONS



February 21 - March 2, 2025



March 28 - April 6, 2025



June 28 - July 6, 2025



August 6 - 10, 2025

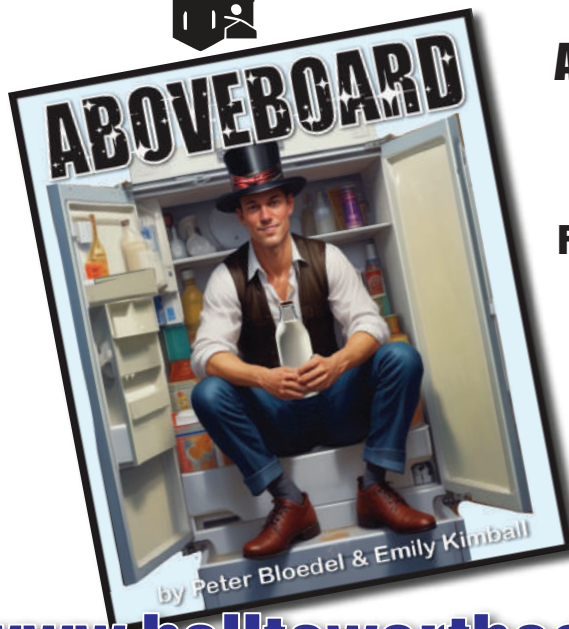
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2025**

Tickets \$26
Early Bird Tickets \$13
on February 7 & 8

www.belltowertheater.net

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Swan Lake

The DSO joins forces with
the Heartland Ballet in a
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It has been more than 9 years
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not-to-be-missed experience!

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DUBUQUE
SYMPHONY
ORCHESTRA

the maestro's

25th

William Intriligator
Music Director & Conductor

Why You Must Know Indigenous History

Sunday, February 9

12-1 PM @ EB Lyons Center at Mines
of Spain, 8991 Bellevue Heights Rd.

Engage in this historical dialogue with
Dr. Eugene Tesdahl. He is an Associ-
ate Professor of History at University of
Wisconsin-Platteville specializing in in-
digenous histories, early American history,
women's history and histories of gender, as
well as public history. All ages. Visit MinesOfSpain.org.

Powerful Tools for Caregivers Class

Wednesdays, February 12 through
March 19

2-3:30 PM @ Stonehill Caregiver
Resource Center, 3485 Windsor Ave.

This is a free, 6-week class designed to pro-
vide non-professional caregivers with skills
to take care of themselves. Weekly classes
offer tools and support to help caregivers
reduce personal stress, change negative self-
talk, communicate needs, deal with difficult
feelings, and make tough caregiving deci-
sions. Space is limited; register by February
7. Visit StoneHillDBQ.com.

Homeschool Days: Epic Journeys

Thursday, February 13

10 AM-4 PM @ National Mississippi
River Museum & Aquarium

Discover a variety of hands-on science
activities. Visit RiverMuseum.org.



Birds of a Feather Get-Together

Thursday, February 13

7-8:30 PM @ EB Lyons Interpretive
Center, 8991 Bellevue Heights Rd.

Come to the "Birds of a Feather Get-
Together" social event. Decaffeinated
coffee provided, and water fountains will
be available, and you are welcome to bring
other beverages. This is a great opportunity
to share ideas for activities and programs,
ask birding questions, and learn more
about the Dubuque Audubon Society. Visit
AudubonDubuque.org.



Battle of the Bluff Rodeo

Friday & Saturday, February 14-15
7 PM @ Five Flags Center

The Battle of the Bluff Rodeo is set to showcase the best of rodeo action, featuring elite athletes from across the region competing in events like bull riding, barrel racing, bronc riding, and more. Visit FiveFlagsCenter.com.

DSO Spring Family Concert

Saturday, February 15
1 PM @ Five Flags Theater

Really Inventive Stuff makes their Dubuque Symphony Orchestra (DSO) debut as part of their 20th Anniversary Peter and the Wolf World Tour. This vaudeville-inspired performance is sure to capture the imagination of all ages. One-hour kid-sized concert also includes music from the *Barbie* movie and Disney's *Encanto*. Stick around for post-concert activities. Costumes encouraged. Visit DubuqueSymphony.org.

DSO's "Beethoven's 5th"

Saturday & Sunday, February 15-16
Saturday, 7:30 PM; Sunday, 2 PM @
Five Flags Theater

The Dubuque Symphony Orchestra (DSO) has commissioned DSO Principal Flute Timothy Hagen's first Flute Concerto - an exciting world premiere featuring the composer as soloist. Beethoven's Fifth Symphony, Maestro William's signature piece with the DSO, has been performed countless times over the years, yet keeps inspiring and moving both performers and audiences. Visit DubuqueSymphony.org.

She Unites

Wednesday, February 19
6:30-7:30 PM @ The Innovation Lab,
210 Jones St.

Come together for an evening of socialization and education. She Unites features rotating speakers, talking about anything and everything pertaining to women in a chill environment. Make a new friend, have authentic conversations, and leave with powerful inspiration. Visit SheUnitesIowa.com/Events.

Miss Nelson is Missing! - The Musical

Friday, February 21 & 28, 7 PM
Saturday, February 22 & March 1, 10 AM
Sunday, February 23 & March 2, 2 PM
@ The Grand Opera House

Miss Nelson's class is the worst behaved in the whole school, sending the gentle, long-suffering teacher over the edge. But the students are in for a surprise when Miss Nelson is replaced by Viola Swamp, a no-nonsense substitute who assigns piles of homework. The students learn lessons of appreciation and respect as they set out to find their beloved Miss Nelson. Visit TheGrandOperaHouse.com.

Dubuque on Ice Brewfest

Saturday, February 22
12-4 PM @ Five Flags Center

Join Dubuque's 13th annual premier tasting event and savor a wide selection of craft beer, liquor, wine, and local coffee from over 60 vendors and compete in the beer stein contest. VIP admission is 12 PM; general admission is 1 PM. Proceeds benefit Research for the Kids and the National Brewery Museum. Tickets are available online or at a Dubuque Kwik Stop. Ages 21+. Visit DubuqueBrewfest.com.

Iowa Raptor Project

Sunday, February 23
12-1 PM @ EB Lyons Center 8991
Bellevue Heights Rd.

Iowa Raptor Project will give a close-up program introduction to three or four live raptors. Participants can learn more about each species and discuss topics of conservation related to raptors. All ages. Visit MinesOfSpain.org.

True Story of Will Dilg

Friday, February 28
7-9 PM @ Babka Theatre, Heritage
Center, University of Dubuque

Baritone, river historian, photographer, and filmmaker Steven Marking will bring to life the inspiring true story of Will Dilg and showcase a beloved river with *A Visit from Will Dilg* and songs from *Our Mighty Mississippi*. Marking will play environmental leader Dilg in a multimedia show, sharing the story of the grass-roots activism that led to the protection of America's first Fish and Wildlife Refuge. Visit DBQ.edu/HeritageCenter.



Mozart's Requiem February 8

Five Flags Theater

• 7:30 PM

Presented by the Dubuque Symphony Youth Orchestra,
with Cadenza and friends

SongFest February 22 • 7 PM

Eleanor Roosevelt Middle School

Featuring area collegiate and community choirs

Books & Ballads April 26 • 7 PM

Westminster Presbyterian Church April 27 • 2 PM

PREMIER EVENT SPONSORED BY THE DUBUQUE SYMPHONY ORCHESTRA

Beethoven's 5th: Darkness to Light

The musical celebration of Maestro William Intriligator's 25th anniversary with the DSO continues with the third installment in its Classics Series: *Beethoven's 5th: Darkness to Light*.

"Beethoven's Fifth Symphony was featured in my very first concert as Music Director/Conductor in October 2000," shares Intriligator. "It has since become one of the most performed symphonies by the DSO and me, making it my 'signature' work with the orchestra. It never disappoints! Even if you are already familiar with this masterpiece, I'm sure you'll hear it anew each time, discovering fresh nuances and surprises."

A defining feature of Intriligator's tenure has been his commitment to commissioning works by composers with strong ties to Dubuque. One such work, the world premiere of DSO Principal Flute Timothy Hagen's *Flute Concerto*, will be a

highlight of the program. "Timothy will also be performing the solo flute part, which makes this extra special," Intriligator notes. "In addition to being a remarkable flutist, Timothy possesses great style and flair. I'm confident his new concerto will thrill and delight you."

The program also includes Mendelssohn's *Hebrides Overture*: creating a vivid depiction of the Scottish seas and Fingal's Cave. Principal Clarinet Emily Hancock will be featured in this evocative piece, which is one of Intriligator's personal favorites for orchestra.

Performances will be held 7:30pm Saturday, February 15 and 2:00pm Sunday, February 16 at Five Flags Theater, downtown Dubuque.



Timothy Hagen
DSO Principal Flute

This concert is made possible by the support of concert co-sponsor: ImOn Communications and guest artist sponsor: Tim & Connie Hodge

*The Dubuque Symphony
Orchestra takes listeners
on a dramatic journey
from the depths of
darkness to the
triumph of light with
Beethoven's iconic
5th Symphony
February 15-16
at Five Flags Theater.*

TICKETS starting at \$20 and are available through the Five Flags Box Office, or dubuquesymphony.org. Purchase direct at Five Flags box office to avoid Ticketmaster online fees. Open M-F 10am-1pm and 2-5pm.

\$10 STUDENT TICKETS available at the theater lobby ticket counter one hour prior to each performance, based on availability. Be prepared to show student ID.

CONCERT SUPPLEMENTS

Sound Bites Luncheon:

11:30am-1pm Friday, February 14 at Dubuque Golf & Country Club, 1800 Randall Place. Lunch buffet followed by commentary by William Intriligator and guest artists. \$20 payable at the door. Reservations due by noon, Wednesday, February 12 and can be made by calling 563-557-1677.

Encore Reception:

Held following Saturday Evening's performance, offers opportunity to visit with musicians and guest artists. Complementary refreshments, cash bar.
Sponsored by Poppy Conlon and Jason Bensen.

Musical Musings:

Maestro Intriligator presents a free pre-concert lecture in Five Flags Theater on Sunday, February 16 at 1pm.



DSO family

Saturday
Feb. 15 1pm
Five Flags Theater

REALLY INVENTIVE STUFF makes their DSO debut as part of their 20th Anniversary **Peter and the Wolf** World Tour! This vaudeville-inspired performance is sure to capture the imagination of all ages!

Co-founded by the creative team of Sara Valentine and Michael Boudewyns, Really Inventive Stuff's productions are created with a core commitment to imaginative, playful, and entertaining storytelling while keeping music in the spotlight.

This kid-sized concert also includes a bit from Beethoven's fantastic 5th Symphony, the famous composition that everyone knows - dun dun DA duuuuuun! Plus music from the Barbie movie and Disney's Encanto

AND special guest Professor Trumpeterclangor, a whimsical sound scientist, needs your help to complete Mozart's Toy Symphony!



Post-concert activities including photo booth, activity tables and WEST MUSIC instrument petting zoo

FLOOR & BALCONY SEATS ONLY \$14

DubuqueSymphony.org or Five Flags Box Office

Ticketmaster fees added to online purchases, save by buying direct at Five Flags Box Office, located at the corner of 4th and Locust Streets, Downtown Dubuque. Open Mon-Fri 10am-1pm and 2-5pm

*This concert is made possible by the support of
concert sponsor: Chad and Laura Chandlee Family*

CALENDAR OF EVENTS



All Carnegie-Stout Public Library programs are subject to change. For the latest information and details, please visit their website, CarnegieStout.LibraryCalendar.com/Events/Upcoming. The public can find “@carnegiestout” on Facebook, Instagram, Twitter, and YouTube.

All events are subject to change. Visit the online calendar at CarnegieStout.org/Events for the most up-to-date information.

StoryWalk®

An outdoor reading experience that displays pages of a book along a path. Locations: The 22nd Street Bee Branch Creek and Dubuque Arboretum & Botanical Gardens.



Get your favorite magazines for free with just your library card on your mobile device!





To get started download the app or login through the library Flipster portal by visiting carnegiestout.org for more information

Grab & Go Activity Bags

Stop in every month for a fun, crafty activity for all ages while supplies last.

Groundhogs Everywhere!

February 1-28

Visit the children's department to decorate a groundhog cutout. All ages.

Take Your Child to the Library Day

Saturday, February 1 @ 9-11:30 AM

There will be self-guided activities throughout the library. Ages 0-12.

Toddler Time

Monday, February 3, 10, 17 & 24 @ 9:30 AM & 10:30 AM

Programs feature short stories, songs, and movement activities. Ages 18-35 mos. Adult participation required.

Baby Rhyme Time

Tuesday, February 4, 11, 18 & 25 @ 10:30 AM

Hear stories, rhymes, and songs during this interactive program. Ages birth-18 mos. Adult participation required.

Virtual Author Talk

Tuesday, February 4 @ 1 PM

“How We Create Pandemics, from Our Bodies to Our Beliefs” with Sabrina Sholts. Registration required.

Conversation Heart Magnets & Pins

Tuesday, February 4 @ 4 PM

Create a colorful accessory based on the classic Valentine candy. Ages 10-14. Registration required.

Adult Ukulele Lessons

Tuesday, February 4 & 18 @ 6-7 PM

Work on chords, exercises, and songs geared toward beginners. Ages 18+. Registration required.

Preschool Storytime

Wednesday, February 5, 12, 19 & 26 @ 10:30 AM

Stories, sing-alongs, and movement activities. Ages 3-6. Adult participation required.

Magic Color Scratch Postcards

Wednesday, February 5 @ 4 PM

Listen to a Valentine's story and create a magic color scratch postcard to give to someone special. Ages 7-11. Registration required.

Pokémon Club

Wednesday, February 5 @ 5:30 PM

Meet other Pokémon trainers. Ages 6-12. Registration required.

Pop-Up Cards

Thursday, February 6 @ 4 PM

Make a unique pop-up card. Ages 8-12. Registration required.

Lollipops & Music

Saturday, February 8 @ 10 AM

This concert series is offered for preschool children and their families. Children must be accompanied by an adult.

Reading with Rover

Saturday, February 8 @ 10:30-11:15 AM

Read or listen to a story with some furry friends. Do not bring a pet; kid-friendly dogs are provided. Ages 6-9.

A Visit from Ulysses S. Grant
Saturday, February 8 @ 1-2:30 PM
 Ulysses S. Grant comes to life in this informative, humorous, and touching portrayal. All ages.

Reading Roundtable Book Club
Monday, February 10 @ 6-7 PM
 Books are available at the check-out desk. Ages 18+.

Magazine Strip Art
Tuesday, February 11 @ 4 PM
 Use a variety of magazines to create a personalized piece of art. Ages 10-18. Registration required.

Virtual Author Talk
Tuesday, February 11 @ 6 PM
 "Dystopian Tropes from an Indigenous Perspective" with Waubgeshig Rice. Registration required.

Beginning Chapters Book Club
Wednesday, February 12 @ 4 PM
 Do you like *Magic Tree House*, *Junie B. Jones*, and *Nate the Great* books? If so, this book club is for you. Ages 7-9. Registration required.

Minecraft Mania
Wednesday, February 12 @ 5:30-6:45 PM
 Ages 7-14. Registration required.

Beyond the Book Club
Thursday, February 13 @ 4 PM
 Read a new title each month and then meet up for a discussion and unique activity related to the book. Ages 9-12. Registration required.

Movie Night
Thursday, February 13 @ 6 PM
 Come for a free movie suitable for adult audiences. Ages 16+.

Lovebirds Paint & Sip
Friday, February 14 @ 3 PM
 Enjoy a delicious refreshment as you follow a step-by-step video to create a pair of lovebirds. Ages 10-18. Registration required.

LEGO® Challenge
Saturday, February 15 @ 10 AM
 Build, create, and have fun. The library provides the LEGOs®. Donations welcome. Ages 5-12.

Family Book Bingo
Saturday, February 15 @ 2 PM
 Ages 4-12.

Buttons & Bobbins
Monday, February 17 @ 4 PM
 Learn how to use a sewing machine and complete a simple sewing project. Materials provided. Ages 10-17. Registration required.

Virtual Author Talk
Tuesday, February 18 @ 1 PM
 "I Am Nobody's Slave" with Pulitzer Prize finalist Lee Hawkins. Registration required.

Fingerprint Animals & Mini Beasts
Wednesday, February 19 @ 4 PM
 Have fun with stickers and create inky fingerprint pictures. Ages 6-10. Registration required.

Playdough Marble Maze
Monday, February 24 @ 4 PM
 Create a colorful marble maze using nothing but cardboard and playdough. Ages 6-11. Registration required.

Sun SHINE Squad
Tuesday, February 25 @ 4 PM
 Work on volunteer projects while providing feedback on making the library a welcoming place for teens. Ages 12-18. Registration required.



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 Tickets also available online...

Melissa the Medium Saturday, February 15 @ 7 PM

During Melissa's childhood she had profound experiences with her psychic ability. She uses her Christian background for guidance as she delivers messages from the spirit world. Melissa enjoys bringing comfort, healing and honesty to those in need. Melissa has been doing mediumship for 9 years. Along with mediumship she also teaches self-help self-awareness classes.

**MUST BE AT LEAST 16
 TO ATTEND**

ALL TICKETS - \$25.00. MUST BE AT LEAST 16 TO ATTEND!

PREMIER EVENT SPONSORED BY THE DUBUQUE CHORALE

SongFest

7:00 PM, SATURDAY, FEBRUARY 22
ELEANOR ROOSEVELT MIDDLE SCHOOL,
2001 RADFORD RD. DUBUQUE, IA

by Sarah Slaughter

“Hello, how are you? Visitors are welcome” Audience members will hear that message delivered by over 150 voices singing in harmony later this February at *SongFest*, an annual celebration of choral music, presented by the Dubuque Chorale. These words are translated from the Swahili text of a piece called “Jambo,” by Teddy Kalanda Harrison, arranged by Jacob Narverud. With this message of greeting, the singers invite the Dubuque community to experience the joy of choral music this spring.

Now in its 11th year, *SongFest* brings choirs from Dubuque and the surrounding area together for a night of sharing their passion for music making. The Dubuque Chorale, along with their chamber choir Cadenza and both Dubuque Chorale Children’s Choirs will be joined onstage by other local groups, including the Julien Chamber Choir, Heartland Harmony, the Music Men, and choirs from Clarke University, Emmaus University, Loras College, the University of Dubuque, and the University of Wisconsin-Platteville. Each choir will perform works representing a variety of musical styles, from sacred music to barbershop harmony.

The concert finale brings the singers from all the ensembles together as one choir. The experience of singing in a mass choir is part of what makes *SongFest* so special, according to Karmella Sellers, Program Director for the Dubuque Chorale Children’s Choirs (DCCC). “Singing in a mass choir is an experience that can’t be replicated in the smaller groups,” says Sellers. “Usually, you are standing by someone you may not even know! It’s the ultimate community building exercise.”

“Jambo,” the selection for the mass choir piece, which will be conducted by Loras College Assistant Professor of Music, Dr. Michael Bagby, reminds us that creating community must begin with welcoming others in. “We hope that our audience will feel welcomed,” says Dubuque Chorale Artistic Director Dr. Amanda Huntleigh, “not only through their experience at this concert but also as they explore future performances by each of our participating choirs.”

Another special feature of *SongFest* is that it brings together singers of all ages, from third graders to octogenarians. This year sees the return of the two DCCC groups, the Legati and Staccati Singers, who participated in the event for the first time in the 2023-24 season. Sellers says that including the DCCC in *SongFest* “fulfills one of the goals of the Chorale, which is endeavoring to create lifelong music makers...Children as young as eight are on stage and singing

MUSIC MAKES



COMMUNITY AT *SongFest* 2025

with adults possibly 10 times as old or more.” The experience demonstrates to these young singers that the joy of making music can last a lifetime. In fact, some members of the Dubuque Chorale are DCCC alumni!

One change in the event for this year is the timing of the concert. Traditionally *SongFest* was held in September as a preview of the upcoming season for each ensemble. While the concert was an exciting start to the year for the Dubuque choral music community, scheduling it so early in the fall allowed only a small number of rehearsals for many groups, especially those operating on an academic calendar. This year’s performance will be held in February, which allows the groups more time to learn their repertoire for the season and grow together as an ensemble. The Dubuque Chorale Board of Directors hopes this change will allow groups to present themselves to the community at their fullest potential.

Join them for *SongFest* and experience how choral music enriches our Dubuque community. The theater doors are open, so come on in! You’re welcome here.

SongFest will be performed at 7:00 PM on Saturday, February 22 at Eleanor Roosevelt Middle School, 2001 Radford Rd. Dubuque, IA, 52002. There is no charge for admission, but freewill donations are appreciated. To learn more about *SongFest* or the Dubuque Chorale, visit DubuqueChorale.org.

Karmella Sellers,
Program Director for
the Dubuque Chorale
Children’s Choirs
(DCCC).



**Dubuque Chorale
Artistic Director Dr.
Amanda Huntleigh**
Contributed photos.



Dubuque Chorale 2024 fall concert. People of all ages come together in the creation of music. Photos contributed by the Dubuque Chorale.



Karmella Sellers conducts nine combined choirs at Songfest 2023.

“Singing in a mass choir is an experience that can’t be replicated in the smaller groups. Usually, you are standing by someone you may not even know! It’s the ultimate community building exercise.”

— Karmella Sellers

“We hope our audience will feel welcomed, not only through their experience at this concert but also as they explore future performances by each of our participating choirs”

— Dr Amanda Huntleigh

Erging – Rowing without Water for a Full-Body Workout



Cal Berkeley Erging Machines. Photo contributed by Mary Ashkar.

by Connie Cherba

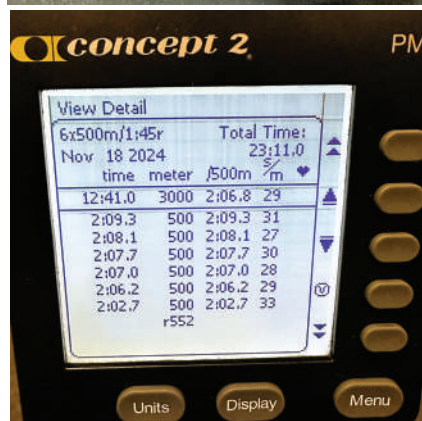
Looking for a low-impact, full-body, cardio workout that exercises all the major muscle groups? Maybe erging is right for you. Erging, exercising on a sophisticated rowing machine known as an ergometer, has moved into popular culture thanks to the rowing events in the 2024 Olympics, the popular book and film *The Boys in the Boat*, and Bonnie Garmus' bestselling novel and miniseries *Lessons in Chemistry* in which Calvin builds his own erg machine in order to keep in shape for rowing.



What's behind the name erg? Erg is derived from the Greek word *ergon*, meaning "work" or "task" and is short for ergometer, a term that can refer to any exercise machine that measures the amount of work put out. Today, the term erg is used almost exclusively to refer to rowing machines.

Rowing machines are nothing new. Athenian Admiral Chabrias introduced the first rowing machines in the 4th century BC to aid in military training. He had wooden rowing frames built to help beginners learn technique and timing before they headed out onto the water in boats. In 1872, W.B. Curtis filed a U.S. patent for a hydraulic-based rowing apparatus. The popular Naragansett hydraulic rower was manufactured in Rhode Island from 1900-1960. While early versions of the ergometer relied on friction from weights, a pulley, and a flywheel, Repco introduced the first air resistance ergometer in 1980. Early versions of the Concept2 ergometer revolutionized the exercise experience when they came out with the first digital performance monitor late in the 1990s. Concept 2 ergs can be found in public and home gyms across the U.S.

Rowing machines have been popular with health-conscious folks for decades. They were even installed in the *Titanic's* gym, but those machines actually had oars and bear little resemblance to ergometers of today. Today's ergs have a sliding seat, footplates to anchor your feet, a bar handle that simulates pulling oars, an adjustable resistance mechanism and flywheel, and a monitor that displays workout information. Although erg designs have changed over the years, modern



Top: Jenna and teammates erging in San Diego at ZLAC Rowing Club Ltd. Photo contributed by Joyce Steele.

Bottom: Erg readout with details of a 3K sprint training workout including 500 meter splits, rest between splits, and strokes per minute in right column. Photo contributed by Mary Ashkar.

machines, like their early counterparts, have always been used for exercise and improving health.

According to health experts, there are ten major benefits associated with erging:

One – it's low impact and good for those with back or joint pain.

Two – It's a true, total body workout, targeting legs, arms, shoulders, back, and abdominals.

Three – It's easy to learn and a good place to start for people just getting back into an exercise regime.

Four – It's meditative. The repetitive rowing stroke of catch, drive, finish, and recovery allows for time to think and reflect.

Five – It demands focus. While feet are strapped in and hands must be on the handle, outside distractions like phones are limited.

Six – It's versatile. You are responsible for the intensity and duration of the workout.

Seven – It's a great cardiovascular workout that strengthens both heart and blood vessels.

Eight – It builds strength. Using proper form can strengthen leg and arm muscles.

Nine – It improves posture. Rowing calls for proper form that can translate to an improvement in posture.

Ten – It works several muscle groups at once. Experts say rowing uses 86% of the body's muscles.

Like novelist Bonnie Garmus who took up rowing/erging in her late 30s after she admired "a long thin boat" on the water near her Seattle home, many older adults are turning to the sport. However, erging isn't limited to just older folks. It has health benefits for all ages – from those competing



Erging replicates actual rowing. Photo contributed by Joyce Steele.

in high school crew programs to those racing in a masters' division and even to those who just want to stay or get in shape.

Mary rowed for the University of Michigan in the late 1990s. When she and her family moved to San Diego and her sons began rowing competitively for their high school, she took up the sport again. Now she trains with ZLAC Rowing Club Ltd., the oldest women's rowing club in the world, founded in San Diego in 1892 by four women whose first names were incorporated into the name of the club.

"I usually erg about two times a week," Mary said. "Workouts vary according to the season

we're training for. In the fall, the races are longer so the workout on the erg is longer. In the spring, we race sprints so we do shorter workouts. A typical erg session is about an hour and always includes a 20-minute erg warm-up before the actual practice pieces. You should always do a warm-up of varying speeds no matter what workout you do. Erging is a great workout because it's low impact, there isn't a lot of stress on your joints, and it engages all of your muscle groups. It can be painful – the more work you put into it, the more it hurts. I don't always love erging, but I always feel stronger after I do it."

While Mary is enthusiastic about the bene-

fits of erging, her high school-aged son, Sam, is less so, although he admits it has helped him improve his stamina and performance. "One of the main ways to practice crew is by erging," he said. "Since my first time stepping on an erg my freshman year, I've hated the immediate pain you feel when you begin to pull on that sweat-stained handle – a pain that only gets worse the longer you go. But somewhere along the way, I stopped seeing that pain as a negative of the sport and started seeing it as the means to a better version of myself – a version that recognizes the importance of perseverance that leads to improvement."

Of course, you don't have to erg as aggressively as a teenager trying for a good time to get a better seat in an eight-boat or even a middle-aged woman preparing for a masters' division race. It's important to remember that erging is meant to be relaxing, meditative, gentle on the joints, a full-body workout, and good for the heart. Are you ready for a new exercise regime? Maybe it's time to take up erging and join the millions across the country who are doing just that!

Comments on this article can be sent to comments@juliensjournal.com. ❖



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How to Update Your Home on a Budget

by Cassie Cate

Winter in Iowa can be a time when many find themselves confined to their home, sheltering themselves from the outside cold and elements. Although this can be a cozy experience, it can also produce anxiety when you are feeling trapped by the outdated, unattractive appeal of the décor that surrounds you, with the daunting thoughts of pricey renovations that seem far out of reach for the average homeowner.

What if this year were different? What if the time spent indoors could instead be used updating your home using cost-effective, low stress but high impact changes that will make your home look like it belongs in a magazine? The average homeowner does not have an unlimited budget, but with a few minor tweaks, a little elbow grease, and a few dollars, any home can take on a new and updated look at a reasonable price. Listed below are a few examples.

PAINT

It's been said time and time again, and it remains true- paint is the biggest bang for your buck if a new look is what you're after. Painting walls gives an immediate refreshment to the wear and tear of daily living and can help in making a room feel lighter and brighter or cozier, depending on the appeal you seek. Painting kitchen cabinets can give an outdated, boring kitchen a whole new look or provide a bathroom a quick refresh with a swap to the vanity color. White and gray are no longer the only on trend colors, as deep, rich shades of green and navy have become the new neutrals. A compliment to the new paint is new hardware. A quick swap of metals can bring a new look without power tools or materials.

Of course, another way paint can enhance a space is by painting furniture currently acting as an eyesore in your home or by picking up a piece at a local second-hand store. DIY furniture makeovers create a fresh new piece at a low cost along with a before and after story to share.

WALLPAPER

Wallpaper is no longer something found in your grandmother's bathroom, begging to be peeled away to reveal a plain wall. The new trend is high impact wallpaper of all colors, textures, and designs, and it is not limited to just walls. Adding wallpaper to ceilings and furniture pieces gives a unique vibe to a space and can even be done with new peel

and stick wallpaper that an amateur can install. Don't like what you chose? Easily peel away and choose a different style.

Wallpaper isn't the only peel and stick solution; say yes to peel and stick tile. Any kitchen or bathroom can seem antiquated with a tile or backsplash that hasn't stood the test of time or was inherited with the purchase of a home, but with a quick peel and a



Contributed Photo

FEATURE

leveled stick, you can have a new backsplash or floor in no time.

LIGHTING

Another way to add ambiance is through lighting. Changing a light fixture is a great way to add new appeal and renewed illumination to a room. Don't have wiring where you'd like to add a sconce for some additional flair? No problem. Battery operated lights are readily available, easy to install, and provide an instant refresh and glow to any room. Another way to update an existing fixture is with a fresh coat of spray paint or new globes. An array of choices are available at any home improvement store and are generally universal in size and fit.

Along with lighting comes the simple fix of replacing faceplates and outlet covers. After years of use, these can become worn, cracked, and drab, but with a quick swap, a transformation will occur, and your dingy faceplate will look clean and crisp.

WINDOW COVERINGS

Window coverings can also drastically change the appearance of any space. Updating blinds, especially outdated, corded blinds

gives a clean look to a window and makes for easier, less stressful operation as well. Home improvement stores can cut blinds bought in store to fit your windows with no special orders needed. This gives a custom look and fit at a fraction of the cost.

New curtains and window coverings can add color or texture to any space along with practicality. While replacing the window coverings, a quick rug swap can go a long way to freshen a surface that typically takes a beating due to high traffic. Rugs can also hide imperfections in existing floors, which can act as an upgrade in itself!

ARTWORK

Adding a new piece of artwork also adds interest to a space as well as a conversation with guests. Art doesn't have to be expensive. Many DIY ideas are available to create a one-of-a-kind classic for your rooms. If you aren't the creative type, visit a painting class in town for a night out with friends and create a new, unique piece to display.

OTHER IDEAS

Not into projects? Bring a new look with furniture covers or new pillows. These are

a no install way to freshen up an area and give a whole new color scheme with little to no effort.

Rearranging the furniture also gives the feel of a refresh and can make a room feel more spacious and thoughtful. For a bathroom, replace the shower curtain, towels, and rug in no time.

A clean, new outside appearance can be easily done with a few minor tweaks. Power washing siding, concrete, and decks will give a fresh look to any of these surfaces. Painting doors and shutters has a big impact. Of course, a little landscaping refreshment can go a long way and even help with future maintenance if planned and installed correctly.

Sometimes it just comes down to a little effort and elbow grease. Go around your house and fill in any chipped paint details. Deep clean tile grout to add a whole new glimmer to once worn looking tile. Rethinking change as an easy, low effort activity could be just what you need to update your space.

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Clue Into the Excitement: The Julien Dubuque International Film Festival Gala

by Beth Triplett

The Julien Dubuque International Film Festival (JDIFF) is more than a week of screenings. The non-profit organization is dedicated to enriching the community and bridging cultures through education and promotion of arts through independent film. Activities occur throughout the year that lead up to the Festival itself in April.

To help raise funds, the organization has staged a murder...in the spirit of the movie *Clue*, of course. The Clue-Inspired Mystery Night, Saturday, February 8 will engage participants as characters from the movie, allowing them the opportunity to guess the murderer and weapon. Held at the Hotel Julien, the gala will feature exclusive trailers from the 2025 JDIFF Official Selection, a cash bar, dinner, a silent auction, and a live auction. Participants are encouraged to dress in the *Clue* theme at the event.

Last summer, the organization sponsored its first film camp for ages 14-18. During camp, participants filmed three vignettes at the Lacy Mansion to provide clues about the "murder." The premier screening of this

short film, *What Happened to Brunch?* will also be shown at the gala.

The live auction features impressive items including Skyscape Glamping for five in the Grand Canyon, a trip to Italy for two including hotel, flight stipend, and a day trip with a private driver; a two-night trip to New Orleans with a School of Cooking, and, appropriately, a murder mystery dinner for eight.

Registration and cocktail hour is 5-7 PM, followed by dinner and the live auction. Tickets are \$135 per person or \$950 for a table of 8. Patrons are encouraged to reserve seats early; however, advance tickets are not required. Tickets can be purchased at julienfilmfest.com/gala or JulienDubuque-FilmFest@gmail.com.

The gala is the major fundraiser for the festival, supplemented by the Bushwood Classic golf tournament in the summer (in a nod to *Caddyshack*), and a Trivia Night in January.

"We rely heavily on our sponsors and donors because we offer many things at the festival

that are free or discounted for people so they can really enjoy it," said Susan Gorrell, executive director.

The festival also sponsors a Winter Film Series, showing a cause-related film each month in January, February, and March. To celebrate Black History Month, *Freedom Hair* will be shown on February 13 at 7 PM at the Hotel Julien for \$5. The movie was shown at the 2024 festival and tells the story of the first woman who started a salon for braiding hair, was taken to court, closed, but fought the system to continue braiding. The subject of the film will be in attendance for a Q&A following the screening.

The centerpiece event is the Film Festival itself, to be held April 21-27. The 14th annual festival is expanded to a full week this year and will include two days of screenings in Galena at the Galena Center for the Arts and the DeSoto House.

"People forget how important arts are for stimulation of the brain," said Gorrell. "So, any form of arts, whether it's film, writing, paintings, sculpturing, are all good for your wellbeing."

FEATURE

Gorrell is a film-lover, which is a good thing since part of her role involves watching the 1,200 film submissions that are entered into the festival. She and another anonymous reviewer initially score the films and determine which are selected for the next round. Then screening teams from across the country review the films and provide scores and comments that narrow down the final selections. "It's so good for the filmmaker's soul to be able to share their work. And it's good for mine. I'll think 'Oh, I've got to have people see this,'" said Gorrell, who doesn't seem to mind her screening assignment.

Submissions come from all over the world, including many from The United Kingdom, Spain, Canada, and China, but also from lesser-known places like Tunisia, Slovakia, French Guiana, Albania, Armenia, and Cyprus.

Ultimately, the festival will screen about 20-25 features, 20-25 documentaries, 50-60 shorts, plus student films. Depending on how people construct their schedule, they could see five to six films each day. Each film is shown twice to allow greater access.

"I always try to have less than what I have but it's really hard because they're all really

good," lamented Gorrell. "It's a wonderful thing to be able to do, to be able to share what's out there."

In addition to the films, the festival includes interactive programming such as filmmaker questions and answers, a writer's panel, and a cinemaphotographer panel. These panels are open to filmmakers or anyone who is interested in learning more about how films are made. These events help draw people to the festival and make the week-long experience educational as well as entertaining.

The festival had an audience of about 7,500 last year, shown at multiple venues throughout downtown Dubuque. The draw from out-of-town people contributes a \$500-600K economic impact for the area as people stay here for the week.

"The festival is Monday to Sunday this year, so you're talking about a really long time that people are staying here. And people get to know each other," said Gorrell. "Film creates conversation and you're meeting people from all over the world under one common interest – film. Now people are talking to people that they may not always talk with. I think arts bring a lot of excitement that people forget about but is really important."

The festival has earned a reputation where people take their whole vacation to come to Dubuque to watch films for a week. Tickets are available as an all-access pass, day passes, or individual tickets. There are also the Runde Free Day and GreenState student free day provided by the sponsors.

"There are two audiences: you have a film enthusiast who is going to come and watch the best films and wants to see really cool independent films, and then you have the filmmakers who get the recognition but want to take their art and let people see it. It's great for them to be able to share their work with an audience and talk about it."

For those interested in a more immersive experience, the festival relies on many volunteers to make the events happen. Volunteers may be a venue host to introduce films, ticket takers, drivers, welcome hosts for the filmmakers, teardown crew, or assemble filmmaker bags.

A volunteer sign-up link and more information are available at JulienFilmFest.com.

Comments on this article can be sent to comments@julienjournal.com. ❖




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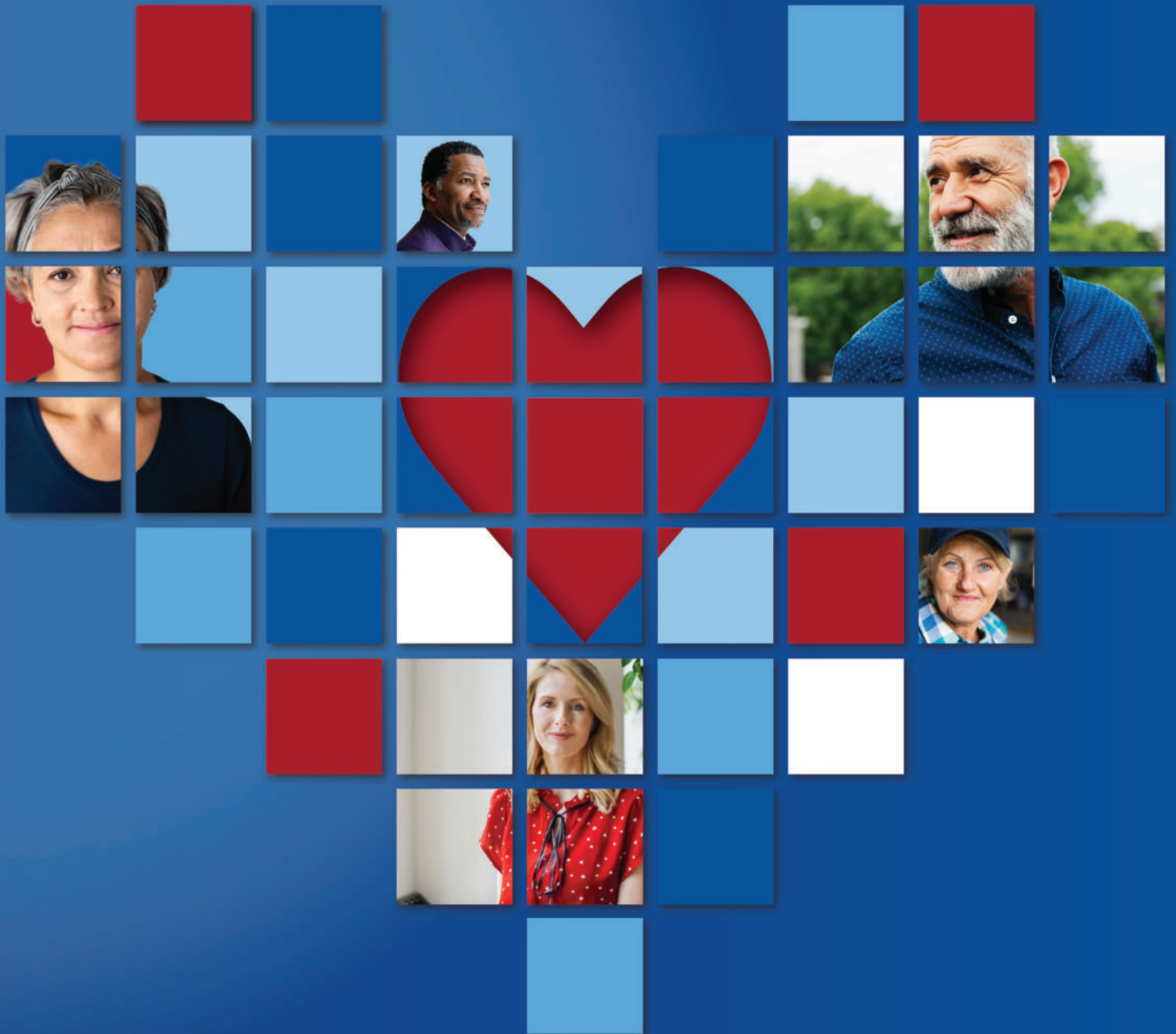


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All events are subject to change. Visit the website for the most up-to-date information.

Shalom Silent Book Club®

Sunday, February 9 @ 2-3:30 PM

Participants will read in silence for the first hour without the traditional book club's pressure of having to finish a book on time, with the final 30 minutes reserved for optional social time. Registration required.

Paint Outside the Box

Monday, February 10 & 24 @ 6-7 PM

Come to learn new and creative methods to make your own style of art with local artist, Tyler Stapleton. Registration required.

Meditation & Music

Monday, February 17 @ 6:30-7:30 PM

Experience a meditative state amid the healing sound frequencies of Crystal Singing Bowls. Wear comfortable clothing. Feel free to bring a pillow or blanket. Registration required.

Lunch & Renew: Chair Yoga

Wednesday, February 19 @ 11:30 AM-12:30 PM

February's theme is Better Breathing. Registration required.

Registration required.

Learning About Critical Media Literacy Thursday, February 20 @ 6-7:30 PM, via Zoom

Join Dr. Nolan Higdon, author and university lecturer at University of California, Santa Cruz, for a thought-provoking presentation about critical media literacy. Registration required.

Monthly Drum Circle

Thursday, February 20 @ 6-7 PM

Held at The Goose, 920 Main St., Dubuque. Some drums will be provided; feel free to bring your own. Registration required.

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All events are subject to change. Visit the website for the most up-to-date information.

No Limb-its Amputee Social & Support Gatherings

Monday, February 3 @ 4-5:30 PM

This is a monthly gathering where individuals living with limb loss can meet others with similar experiences and struggles. Facilitator: Amy McFadden, PT.

Prenatal Breastfeeding Class

Monday, February 3 @ 6:30-8:30 PM

This interactive class will give you the knowledge needed to feel ready to start the breastfeeding journey.

Milk Parties

Monday, February 10 & 24 @ 9:30-10:30 AM

This support group is for moms and breastfeeding babies of all ages, as well as pumping moms and pregnant women.

Prenatal Yoga, 5-Week Series

Mondays, starting February 17 @ 5:30-6:30 PM

Release tension and move your body in ways that can prevent and ease common discomforts of pregnancy.

Your Birth: Beyond the Basics

Mondays, starting February 17 @ 6:30-8:30 PM

Discover how to work with your body, not against it, for a much more comfortable, efficient birth.

Community Acupuncture

Thursday, February 20 @ 5-6:30 PM

Community acupuncture allows for individualized treatment in a common treatment area.

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NEWS

UNITYPOINT ANNOUNCES VP OF OPERATIONS

Dubuque President Jennifer Havens has appointed Anne Johnston, PT, MPT, as the vice president of operations for the Dubuque market.

In her new role, Johnston will be responsible for various operational functions for UnityPoint Health – Dubuque, providing vision and leadership for major clinical, ancillary, and support services. In addition, she'll be responsible for advancing their strategic plan, operating budget, and developing high performing leaders within the organization as a member of the senior leadership team.

Johnston brings to UnityPoint Health more than 20 years of diverse clinical and leadership experience. She most recently served as the director of Physician Operations at Ascension Medical Group in Evansville, IN. Prior to that, she held several leadership positions there including facility administrator of the wellness center and director of physical medicine.

She obtained her Bachelor of Science at Loras College and her Master of Physical Therapy at the University of Iowa.

HFS EMPLOYEE ANNOUNCEMENTS

Tanya Miller has joined Hillcrest Family Services as grant manager and director of the CCBHC. As a Dubuque native, she brings over 25 years of diverse experience in healthcare operations, IT management, project leadership, and stakeholder collaboration. As EMR/applications manager for a medical organization, she spearheaded the transition from paper-based to electronic medical records. She also managed IT applications, streamlined processes, trained providers and staff, and executed projects to enhance efficiency, ensure regulatory compliance, and align with strategic goals.

Her career progressed as a clinical liaison for a university's physician assistant program. She implemented and managed patient tracking software, developed reports, conducted training for faculty, staff, and students, and worked closely with leadership to maintain accreditation compliance. Later, she served as practice manager for a medical practice, where she oversaw all aspects of



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February Programs

Feb 9 – Shalom Silent Book Club

Feb 17 – Meditation & Music: Sound Healing with Morgan Noel

Feb 19 – Lunch & Renew: Chair Yoga with Deb May, Yogacare

Feb 20 – Learning About Critical Media Literacy Zoom Program
with Dr. Nolan Higdon

Feb 20 – Monthly Drum Circle with Natalie Heck, Co-Owner of The Goose

Feb 10 & 24 – Paint Outside the Box with Artist Tyler Stapleton



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operations, including human resources, financial and payroll management, IT systems, electronic health records, project management, and organizational initiatives.

Miller earned her nursing degree from Northeast Iowa Community College and has pursued lifelong learning through leadership academy, project management, and grant writing certification and training.

Deb Prier has joined as the addiction recovery program manager. She has over 30 years in substance use disorder treatment which includes both counseling and leadership experience. Prier also has approximately 10 years of experience as a prevention specialist. Prier has presented on a community, state and national level, and is a certified international alcohol and drug counselor. She received her bachelor's degree in social work with a certification in addictions from the University of Northern Iowa.

In her new role, Prier will focus on expanding access to high-quality substance use treatment services, building community part-

nerships, and addressing the growing need for support in the region. Her expertise will play a pivotal role in enhancing programs, ensuring individuals and families receive the compassionate care they need to thrive.

Jennifer Winkelmann, LMHC, has joined the senior leadership team as director of clinical services. She will oversee the clinical development and excellence of the behavioral health programs.

Winkelmann completed her undergraduate studies at the University of Colorado at Boulder in speech, language, and hearing science and received her master's degree from the University of Colorado at Denver in counseling psychology and counselor education with an emphasis in couple and family therapy.

Winkelmann's career in community mental health started at a residential treatment facil-



ity for youth (ages 5-14) who had documented histories of trauma, abuse, and neglect. It was this work that propelled her to get her master's degree.

Since graduate school, Winkelmann has provided care to families touched by child welfare, adoption, and treatment in foster care. Her most recent chapters of work include a respected private practice in Colorado for international adoptees, serving as the clinical director at a community mental health agency, and supporting marginalized students in adaptive programs for a Denver metro area school district.

Jean Whitney was hired as director of compliance and quality improvement. She brings 30 years of combined experience within the quality, compliance, and risk arenas. As the director of compliance and quality improvement, Whitney will work collaboratively across the



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agency to ensure all programs uphold and exceed the highest standards of care.

Whitney's most recent position was director of corporate compliance with To The Rescue. Prior to this she was the director of quality, compliance & risk management at Eagle View Behavioral Health where she was an integral part of the leadership team that successfully opened the first free-standing psychiatric hospital in Iowa right at the onset of Covid-19.

She holds a Bachelor of Science in Biology from the University of Wisconsin, La Crosse, WI, and is a certified quality auditor (CQA).

Joshua Duame was appointed interim chief financial officer. He is a fractional CFO from College Station, TX, and will collaborate with the board of trustees, senior leadership, colleagues, and community partners to ensure the continuity and growth of behavioral health services.



Duame's career in accounting began by working with BDO, a top 10 accounting firm, within their audit and assurance team, during which he obtained his CPA license. After this, he began working as a CFO where he successfully served in full-time, interim, and fractional (part-time) CFO roles for federally qualified health centers.

CANCER CENTER ADDS SUPPORT GROUPS

The Integrated Cancer Center, a partnership between Grand River Medical Group's Medical Oncology Clinic and UnityPoint Health – Wendt Regional Cancer Center, added a cancer support group to its wellness offerings for cancer patients. Led by Integrated Cancer Center team members, the support group was created with all cancer patients in mind, no matter where they are in their cancer journey.

The group meets on the third Wednesday of each month from 3-4 PM in Suite 3300 of the Delhi Medical Center, 1500 Delhi St., Dubuque. Topics discussed range from nutrition and symptom management to financial and emotional support.

The Cancer Support Group is the latest addition to the Integrated Cancer Center's Integrated Wellness Program. The program's other offerings include oncology rehabilitation and an exercise program to improve strength, endurance, and mobility.

For more information regarding this support group, contact the Wendt Regional Cancer Center at (563) 589-2468.

MEDICAL ASSOCIATES EMPLOYEE ANNOUNCEMENTS

Medical Associates Clinic announced the arrival of **Jaffer Bashey, MD**, to their urology department. Bashey received his medical degree from Eastern Virginia Medical School, Norfolk, VA, and Bachelor of Science in Biology from the University of Washington, Seattle, WA. He also completed his residency in general surgery and urology at Oregon Health Science University in Portland, OR.

He is board-certified by the American Board of Urology, demonstrating the highest standards for education, knowledge, and ongoing professional development. As a member of the urology department, Bashey diagnoses and treats all types of diseases of the kidneys, bladder, prostate, male reproductive organs, and male and female genitourinary system.



Allie Thornburg, PA-C, joined their gastroenterology department. Thornburg received her Master of Science in Physician Assistant Studies from Des Moines University in Des Moines, IA, and Bachelor of Science in Human Physiology from the University of Iowa. Most recently, she worked as a physician assistant at University of Iowa Health Care in Iowa City, where she also previously served as a nursing assistant.

As a member of the gastroenterology department, Thornburg provides care for liver conditions, including metabolic dysfunction, alcohol-associated liver disease, autoimmune diseases, hepatitis B and C, and liver lesions. Allie also focuses on digestive disorders such as GERD, bowel conditions, colon and gastric polyps, difficulty swallowing, esophageal conditions, and irritable bowel syndrome.

Melissa Dodds, MD, has successfully passed the 2024 Micrographic Dermatologic Surgery (MDS) Exam, also known as Mohs Surgery, earning board certification in this sub-specialty through the American Board of Dermatology.

Certification by the American Board of Dermatology is a significant achievement that represents the highest standard in dermatology with demonstration of clinical judgment, skills, and attitudes essential for excellent patient care.

Dodds joined Medical Associates Clinic in August 2023, where she provides quality dermatology care for a range of skin conditions including acne, warts, rashes, hair loss, birthmarks, and skin cancer for patients of all ages. She also specializes in Mohs surgery, a procedure designed to treat skin cancer while preserving as much healthy skin as possible. This method has the lowest recurrence rate among skin cancer treatment options.

She received her medical degree from Southern Illinois University, Springfield, IL, and has research fellowship training from the University of Minnesota's department of dermatology, division of pediatric dermatology in Minneapolis, MN. Dodds also completed her residency at the University of Wisconsin Hospital and Clinics, department of dermatology in Madison, WI.



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MANAGING HIGH BLOOD PRESSURE EARLY REDUCES STROKE RISK



Photos contributed by Medical Associates

by R.S. Ramabadran, MD

High blood pressure is often called the 'silent killer' because it typically has no symptoms, yet its effects on your health can be profound. Research shows a strong connection between the duration of high blood pressure and the increased risk of stroke. The longer a person lives with hypertension, the higher their risk of stroke and the more medications they may need to manage it.

Nearly half of U.S. adults have high blood pressure, also known as hypertension. This condition occurs when the force of blood pushing against blood vessel walls is too strong and is a significant risk factor for heart attacks, strokes, and other forms of heart disease.

High blood pressure in adults is defined as a systolic (top number) reading of 130 mmHg or higher, or a diastolic (bottom number) reading of 80 mmHg or higher. Normal

blood pressure is less than 120/80 mmHg. Unfortunately, many people are unaware they have high blood pressure because it often has no symptoms.

Research emphasizes how critical it is to manage high blood pressure early. A large-scale study of more than 27,000 adults in the U.S. found that longer exposure to high blood pressure increased the need for medication and the risk of stroke. Participants who lived with hypertension for more than 20 years had a 67% higher risk of stroke compared to those with normal blood pressure. Even those who had hypertension for just five years faced a 31% increased risk.

These findings highlight the importance of early detection and managing high blood pressure. Prolonged hypertension can lead to serious health challenges, including heart attacks, strokes, and reduced quality of life. According to the Centers for Disease Control and Prevention (CDC), strokes are a

leading cause of serious long-term disability in the U.S., affecting nearly 800,000 people each year.

The good news? You have the power to reduce your risk by taking preventive steps to keep your blood pressure in a healthy range:

Eat a heart-healthy diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy.

Limit alcohol consumption.

Maintain a healthy weight to reduce strain on the cardiovascular system.

Manage stress through techniques such as mindfulness, yoga, or counseling.

Stay physically active with regular exercise tailored to your fitness level.

Avoid smoking to protect your heart and blood vessels.

Take medications as prescribed to control blood pressure effectively.

Your heart health is vital, and you should take steps toward a healthier future. Monitoring your blood pressure regularly, making small lifestyle changes, and partnering with your healthcare provider can make a big difference. By prioritizing heart-healthy habits, you not only reduce your risk of stroke and other complications but also enhance your overall well-being.

Remember, managing your blood pressure is an essential part of caring for your heart—because a healthy heart supports a healthy life.

R.S. Ramabadran, MD, is a member of the Cardiology Department at Medical Associates. ♦



Sources:

https://www.cdc.gov/stroke/data-research/facts-stats/index.html?utm_source=chatgpt.com

<https://www.heart.org/en/news/2024/12/09/stroke-risk-may-climb-as-the-years-of-living-with-high-blood-pressure-add-up>

Comments on this article can be sent to comments@juliensjournal.com.

RESTAURANT REVIEW

Taste



The infamous rooster perches above the restaurant, hinting at the deliciousness customers will find inside. Photo contributed by Cassie Cate.

JACK'S CHICKEN PALACE OFFERS THE SAME GREAT TASTE WITH A FEW NEW FACES

by Cassie Cate

Cities are known for their iconic places. Dubuque is no exception, from the Fourth Street Elevator and Shot Tower to Julien Dubuque's Grave and Jack's Chicken Palace. Yes, Jack's Chicken Palace. Very few restaurants stand out quite like Jack's with its gigantic white chicken roosting high above the threshold, foreshadowing crispy, golden deliciousness to all who enter its clutches.

Dubuque natives have known Jack's Chicken since its inception as Feeney's Chicken Palace in the 1960's. When Jack Terry took over, he renamed it Jack's Chicken Palace, frying up chicken for years before his son-in-law Nick took over the frying baskets. From there, Jeff Field and his family bought the business and provided Dubuque with the same great chicken for

nineteen years. When Jeff decided it was time to pass this emblem of Dubuque on to the next opportunists, two local entrepreneurs jumped at the chance.

About eight months ago Michael Hansen and Sean Soler decided to expand their restaurant empire and purchase Jack's Chicken Palace, keeping Dubuque's fried chicken needs satisfied. Currently, the two also own

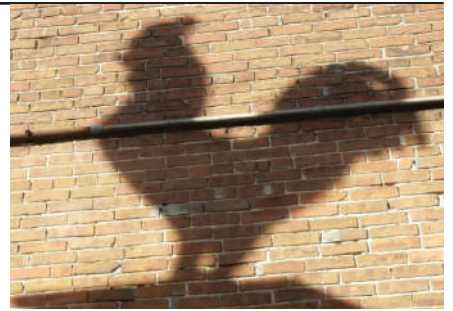
and operate Refresh Dubuque, a sandwich and boba shop located in the Jubeck New World Brewing building. This café offers a variety of salads and sandwiches, many catering to a more health-conscious crowd. The two businesses could not be more different, and yet they complement each other and the desires of Dubuque in their own way.

When the two saw that Jack's was up for sale, they saw an opportunity and knew they needed to keep this Dubuque staple alive. Hansen said growing up as a Dubuque native, his family enjoyed Jack's at least once a week. Going into the restaurant business seemed enticing, especially when Soler got Hansen thinking after asking him if he wanted to work for someone else or be his own boss. After years of working various other jobs, he decided this was the opportunity for him. Along with Soler's ten plus years in the restaurant business, the two took the gamble and purchased the business.

Many patrons were very worried that the chicken and the other menu items that so many have come to love over the years would be changed. Hansen and Soler assured customers this most certainly would not be the case, taking on the mantra "Same great chicken, just a few new smiles." With their four employees, the two owners are hitting their stride. Hansen said Jeff and his family have learned and are starting to get into a rhythm and feel more comfortable with the daily operation of the business.

According to Hansen the location of Jack's is a great benefit to the business. First, it has been there so long, everyone knows where to go for the golden fried deliciousness. There is a lot of foot traffic on University Avenue, due to the other businesses which include hair salons and a barber shop, plus Fat Tuesday's right next door. One way down the road leads to Loras College, and the other way goes up to the University of Dubuque. On top of that, customers are just a quick phone call away from a fast, delicious meal right at their fingertips.

Jack's has always been and continues to be a carry-out only restaurant. This has benefits



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Photos contributed by Cassie Cate



Delicious fried chicken that you can eat from the comfort of your home has been a staple at Jack's Chicken Palace for over 50 years.



Jack's offers chicken, a variety of side dishes and more.

New to the catering choices are a chicken or pork BBQ kit, chicken or Philly steak, wraps or sliders, and a taco bar.

for customers because it allows for a quick and simple grab and go dining experience. If it ever became a possibility Hansen said they would love to expand and offer in person dining. For now, however, the focus remains on dine-out and catering.

Jack's Chicken Palace still offers the same great catering it always has with its fried chicken and sides, but now it has partnered with Refresh to expand the options. On the Jack's side, customers can order wings, tenders, and chicken. This pairs well with the traditional coleslaw, potato salad, mashed potatoes and gravy, and mac and cheese. New to the catering choices are a chicken or pork BBQ kit, chicken or Philly steak, wraps or sliders, and a taco bar. In addition, there are a variety of salads and a vegetable and hummus or fruit platter. This expansion has incorporated Refresh and Jack's together and has helped those hosting a party to offer a wider variety for their guests.

Jack's has also updated their menu to make it easier for customers to read and order. Hansen says people obviously love the chicken, but they also go crazy for the fish. The onion rings are a staple in the Dubuque community, and once again, Hansen says it wasn't broke, so they didn't fix it- the recipe stays the same. One thing that surprised the new owners was the number of burgers they sell in a week. Hansen said Jeff warned them they would go through 300-600 burgers a week, and he was not joking!

Jack's new menu includes chicken dinners

from 1-6 pieces served with fries, coleslaw, and a roll. Those mouthwatering fish dinners are also served with fries, coleslaw, and a roll, and of course all dinners can have extra pieces added for a small additional charge. Families can order chicken in sizes of 8-40 pieces and accompany them with salads, such as pasta, potato, coleslaw, or three bean in half pint, pint, and quart containers. Fries and onion rings can also be added in small, medium, and box sizes to compliment any meal.

Jack's chicken also has tenders, and crispy chicken sandwiches. Hamburgers, cheeseburgers, pizza burgers, and of course Iowa's pork tenderloin are popular choices as well.

Kids are never forgotten at Jack's. Fries and a juice box come with each meal, whether it be chicken, burgers, tenders, mac and cheese, or grilled cheese.

If you are looking for good, wholesome cooking, and just want to grab and go, stop in for a traditional, no fuss meal. Just like when it started over half a century ago, it's the same great tastes with just a few new faces.

Jack's Chicken Palace is located at 1107 University Avenue in Dubuque and you can visit their Facebook page at [Facebook.com/jackschickenpalaceDBQ](https://www.facebook.com/jackschickenpalaceDBQ).

Comments on this article can be sent to comments@juliensjournal.com. ♦



Jack's is not a fancy, dine in restaurant, but a traditionally simple no frills place to get an always tasty bite to eat. Photos contributed by Cassie Cate.

THE FROSTED GLASS Taste

Article and photo by Joshua Nichols



WHAT WE'RE DRINKING: SPOTTED COW

- **ABV:** 4.8%
- **Who Brews It:** New Glarus Brewing Co.
- **Where you can find it:** Spotted Cow is not available in Iowa. Instead, cross the border to Wisconsin to pick up some cans or bottles.
- **Expected Price:** Prices vary between cans, bottles, and the size of the pack you're getting. \$10.99 for a 6 pack of bottles is a good baseline.

A lot of the variety in craft beer has been due to the explosion of hop varieties in the USA. Brewers have taken these new hops and used them to create increasingly bold IPAs, which is phenomenal news if you're a fan of piney, citrusy beers.

I'm one of those people. Still, I recognize that many beer drinkers think IPAs have more in common with a car freshener than actual beer. This attitude unfortunately causes people who enjoy domestics to miss out on a lot of good beer. In this article, we're discussing one of these beers, Spotted Cow by New Glarus Brewing Company.

Spotted Cow is one of those beers that just works with everything. It's the alcoholic equivalent of a Swiss army knife. Need something for a tailgate? Spotted Cow. A beer for when you're exhausted after being outside on a hot summer day: Spotted Cow. A beer for when you're bundled up in a flannel and

blanket watching Netflix while it snows outside? Strangely enough, also Spotted Cow. Need something to go with a bunch of cheese curds? Obviously, this calls for Spotted Cow. With IPAs and hoppy beers, you must be cognizant of the hop profiles and know what you want at the moment. With stouts and dark beers, there's a heaviness to the drink and the ABV can be unexpectedly high. With Spotted Cow, it's just there. Ready when you need a nice drink.

Spotted Cow is classified as a farmhouse ale, which is less of a specific type of beer and more of a broad set of guidelines. Traditionally, European farmers created beer using surplus grain on their farms. Beyond that, anything goes. Commercial farmhouse ales aren't brewed on farms anymore, and they've naturally developed a homogenized flavor. I'd personally liken a modern farmhouse ale as a Saison that has diminished fruitiness and spiciness, a bit more of a wetter aftertaste, and subdued carbonation. To frame it differently, take a domestic beer (Coors, Miller, etc.) as a baseline. Slightly sweeten it and lessen the carbonation. Throw in slight to moderate notes of fruit, depending on the brand. You've arrived at a farmhouse ale.

Once you open a bottle of Spotted Cow and pour it into a glass, you'll immediately notice the crisp, golden coloration. A good pour will have a minimal head. If you do get a larger than expected head, it will dissipate quickly. If you hold the beer up to a light source, it's easy to see small bits of sediment in your glass. It's nothing as extreme as a hazy IPA, and New Glarus Brewing Co. states that the sediment is caused by leaving yeast in the bottle during the brewing process, which leads to a riper flavor. The aftertaste is sweet and has a slightly creamy finish, bringing to mind the biscuity taste that many European ales possess. Spotted Cow is somewhat unique because it resembles a mild pale ale at times. The fruitiness common in many farmhouse ales is subdued, and the drinkability is very smooth. Unlike a pale ale, there are no hoppy flavors in a sip of Spotted Cow.

If you have a friend or relative who is skeptical about craft beer, Spotted Cow is the beer that will start them on their craft beer journey. The only negative I have about this beer is that you must drive to Wisconsin to pick it up, and since I am a University of Iowa grad and a Hawkeye fan, it puts me in the unfortunate vicinity of Badgers fans. Oh well. We all make sacrifices, and Spotted Cow is certainly a beer worthy of those sacrifices.

Comments on this article can be sent to comments@julienjournal.com. ❖

SIPS & TIPS Taste

Article and photo by John Donovan



FEBRUARY 22 IS OPEN THAT BOTTLE NIGHT

“Drink wine, and you will sleep well. Sleep, and you will not sin. Avoid sin, and you will be saved. Ergo, drink wine and be saved.”

Medieval German saying

Open That Bottle Night (OTBN) is an annual event that takes place on the last Saturday in February – this year February 22. It’s a global celebration that encourages people to share a story about

a special bottle of wine and then open it and share it with friends and family. The event was created in 2000 by John Brecher and Dorothy Gaiter, former authors of the Wall Street Journal’s “Tastings” column.

With the opportunity for this merriment in mind, TeamWine met to propose this idea to the community. The idea behind OTBN is that wine can evoke memories of life milestones, births, deaths, marriages, and holidays. It’s a time to open the heart and share memories, both fond and possibly difficult.

Each member of TeamWine brought a bottle, special to them, to our tasting. Stories regarding each bottle were shared. There was a Greek white, a Michigan red blend and a French Beaujolais. We wish to invite all of you who wish to participate in our own OTBN. Bring your special bottle, the one you’ve been saving for a special occasion, and join us on Saturday, February 22 at 7:00 PM at EJ’s



Wine Shop and share your stories. See Tips below for full details.

HERE ARE OUR STORIES.

Angela brought an **Achaia Cellars Retsina** (11%abv \$11). While Angela purchased this Retsina locally, she connects the varietal with a vivid memory. She had turned 21 when her family lived in Fargo, and she and her mom set about exploring wines together. For a first memorable adventure, they ordered a Retsina with a mezze platter at a Greek restaurant. The aroma and taste were surprising, but also delightful. They felt transported to another place and have kept up the exploration ever since. This particular Retsina was quite nice.

We couldn't quite pin down the aromas, but we had everything from white flower blossom, cheese rind, ocean breeze and herbal essences. The wine had medium body and a medium high acidity.

Erin & Shane brought a **2019 Mari Vineyards Row 7** red blend from Traverse City, Michigan. (14.5%abv \$50). We no more opened the bottle when the stories, as well as the aroma, came pouring out. On one of their first trips to the Traverse City area they came across Mari Vineyards. They have since become enthusiastic wine club members and at one time Erin was seated next to Mr. Jamieson, who planted the first vines using Italian varietals. Erin could barely contain herself, and they have been fans since.

This ruby red wine was bursting with aromas of cherry, tobacco, some rose petal and fresh wet leaves (I know, sounds crazy-but fun) We all continued tasting as stories of dropping her son at Valparaiso University on their way to Michigan and restaurants where they ate, and places stayed. While higher in alcohol than we usually taste, this didn't taste all that big. The wine had a smooth mouthfeel, lus-

cious lingering finish with a hint of pepper.

I pulled from my cellar a **2016 Domaine Marcel Lapierre Morgon** (13%abv current market \$45). Morgon is in Beaujolais, which is the southernmost region of Burgundy. Grape is Gamay, that is prevalent for that region. I have been saving this as I really enjoy the wine from the Morgon area. This was my second to last bottle, so I chose to share it. I was a bit skeptical that a 2016 might have turned (gone bad) but it was very pleasant and got better as the tasting continued. Garnet in color, light body, very few tannins and dry with plenty of acid. Cherry on nose, some herbal notes and a bit of cigar tobacco. This is a region I would enjoy traveling to, walking the vineyards while talking with the winemakers.

Our storytelling continued while we nearly finished the bottles. It was one of our most pleasant evenings of tasting!

TIPS

Do you have a bottle that you've holding for a special occasion? TeamWine is inviting all who wish to join us, for our own Open That Bottle Night, on Saturday, February 22 at EJ's Wine Shop. Here is your opportunity to open your bottle, share your story, and help make our collective night special.

Go to the Facebook page for EJ's Wine Shop or webpage (ejswineshop.com) and look for OTBN for more details and exciting offers. There will be food trays to purchase. Anyone can join us – the more people, the more wine to taste.

Some things to keep in mind when attending Dubuque/EJ's Wine Shop OTBN include:

CHOOSING A BOTTLE

Bring a bottle that has special meaning for you. It might be a bottle you purchased on your honeymoon, or from a faraway destination, or one that has a cool label.

Discussing and Telling the Story About the Wine

Each person will have the opportunity to share their wine story, and then share their wine with others. You can discuss how you came to have the wine, whether it's a particular grape you enjoy, or if you enjoy the winemaker or personally know the owners of the winery.

This is an evening to enjoy the comradery of fellow wine drinkers, and prove the adage, that every bottle of wine has a story. We will convene at 7:00 PM.

Comments on this article can be sent to comments@julienjournal.com. ❖

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Business & Community News

MUSEUM ICE DINOSAUR EXHIBITION

The National Mississippi River Museum & Aquarium will become the third site to host the newly designed exhibition, "Ice Dinosaurs: The Lost World of the Alaskan Arctic," beginning May 24.

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

Ice Dinosaurs bring life-size reconstructions, fossils, and multimedia exhibits, inviting visitors to experience these creatures and learn about the mysteries of the Alaskan Arctic during the age of dinosaurs. The exhibition will feature 20 animatronic dinosaurs and 17 static creatures in addition to large, touchable fossils including a T. Rex footprint, Edmontosaurus femur, and more.

The exhibition will run from May 24 through September 14, 2025, on the second floor of the William Woodward Mississippi River Center.



and lead to increased insurance costs.

The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) is working with community partners to increase recycling access for all batteries and battery containing Devices. DMASWA has placed special collection containers at the following locations to offer a convenient way to recycle batteries, tablets, phones, and cords.

- City of Dubuque Municipal Services Center
- Carnegie Stout Public Library
- Dubuque County Library-Asbury Branch
- Dubuque County Library-Peosta NICC Branch
- Dyersville City Hall

In addition to these locations, the Regional Collection Center located at the landfill accepts batteries and battery containing devices.



BATTERY RECYCLING OPPORTUNITIES

Batteries and battery containing devices should never be placed in a recycling bin or household trash. Batteries, many of which are embedded in, and not removable from, consumer products, allow devices to go "wireless".

According to the Rechargeable Battery Recycling Corporation (RBRC), consumers use an average of six wireless products in their daily lives with cell phones and cordless power tools topping the list. This adds up to a considerable waste stream issue when the batteries, or the products they are embedded in, need to be replaced. The batteries also pose a significant fire risk to solid waste vehicles, and solid waste and recycling facilities when they are improperly disposed of. These fires can cause the total loss of a collection's vehicle, a full or partial loss of a solid waste or recycling facility,

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MUSEUM OF ART TEMPORARY LOCATION

The Dubuque Museum of Art (DuMA) has secured a temporary home during the construction of their new museum and arts campus--the Dupaco Voices Building in Dubuque's Historic Millwork District. Thanks to an in-kind donation from Dupaco Credit Union, the museum will utilize 13,200 square feet on the first floor of the Dupaco Voices Building throughout the museum's construction period.

The buildout of the Voices space will allow the museum to host major exhibitions, experiment with new kinds of public programs, and invite the community to explore the collection in an entirely new light. Construction of museum quality galleries is set to begin this spring, with completion expected in September 2025. The museum is planning to launch its first exhibition at the Dupaco Voices Building in October.

DuMA is expected to remain at Voices until the end of 2027, when its new museum is complete. Dupaco members will automatically become Dubuque Museum of Art members throughout the timeline of this partnership between Dupaco and DuMA, which will grant members free admission to the museum.



Submit business, employee, and community news
to **Juli@JuliensJournal.com**.

KOI POND PROJECT SEEKS DONATIONS

The Dubuque Arboretum & Botanical Gardens needs your help to restore the koi pond. The pond's aging pump and lack of a filtration system are causing murky water and halted waterfalls.

To improve water quality, health, and aesthetics, they need to install a new pump and filtration system which will cost \$180,000. This investment will reduce chemical use, improve water clarity, provide a better habitat for the koi, and enhance the garden's beauty.

Donate online or mail a check to 3800 Arboretum Dr., Dubuque, IA 52001. Please indicate that the donation is for the koi pond project.

TELEGRAPHY HERALD ANNOUNCES PUBLISHING CHANGE

Beginning Feb. 15, the newspaper will transition from printing six days per week to printing three days per week — specifically, on Wednesdays, Fridays and Sundays.

The evolving landscape of news consumption and the economic realities of print media have necessitated this change. This doesn't mean there won't be a "newspaper" seven days a week. Comprehensive coverage of news, sports and features throughout the tri-state area will continue every day of the week in electronic versions of the Telegraph Herald — a digital replica of the newspaper, as well as the website (Telegraphherald.com).

Recent information by the Pew Research Center on the way people consume news reinforces the trend of digital news consumption. For example:

- 86% of U.S. adults at least sometimes get news from a smartphone, computer or tablet.
- 58% of U.S. adults prefer to get their news on a digital device
- 86% of U.S. adults ages 18-29 prefer to get their news on a digital device
- 72% of US adults ages 30-49 prefer to get their news on a digital device
- 46% of US adults ages 50-64 prefer to get their news on a digital device
- 27% of US adults ages 65+ prefer to get their news on a digital device

Reader data also supports this trend.

Business Card Directory



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Southwest Health's **Interventional Pain Specialist, Martha Levy, DNP, ARNP**, is now seeing patients in the Kieler Clinic. Martha will offer **Botox injections** that block neurotransmitters to help prevent migraines and **Trigger Point Injections** to target specific areas of

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