

THE DUBUQUE AREA LIFESTYLE MAGAZINE, AUGUST 2025

FREE

JULIEN'S JOURNAL

OUR LADY OF GUADALUPE

DUBUQUE'S SPANISH IMMERSION SCHOOL

MENTORING IN THE SCHOOLS

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“ PATIENT TESTIMONIAL

We would just like to thank Dr. Korth. I'm going to be having knee surgery. And he listened intently to our questions, all of them, and answered them. He didn't rush us through. We were just very impressed with him. And we feel he'll take very good care of us as we have this knee surgery.

★★★★★ (5 out of 5 star review)



Shawn Brandenburg, DO



Kyle Korth, MD

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JULIEN'S JOURNAL

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ON THE COVER: Our Lady of Guadalupe students, William and Lorelei Hoeger. Photo by Deb Otto.

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A B-29 Bomber leaving the Dubuque Airport during the summer of 2024. Photo submitted by Gary Fagan of Fagan Photography. Visit Garyfaganphoto.smugmug.com or email faganphoto@aol.com. Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.

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PUBLISHER'S NOTE

August means that summer is waning and that students will be returning to school. And in keeping with that theme, one of the feature articles in this issue highlights the valuable role that mentors play in our school system. Volunteering to be a mentor for a student may seem daunting, but I've learned from personal experience as a mentor, as have my wife and son who also mentor students, that nothing could be further from the truth. I frequently tell friends who ask about it, "The student that I mentor does me far more good than I'm probably doing him." The job doesn't require time-consuming preparation or special skills; it just requires that you show up and give a half hour of your time most weeks to a student that could use some help. I strongly recommend that you give it a try because you'll benefit from it too.

Inside this issue

If you think of a mentor as a senior sage imparting wisdom and life lessons to a junior colleague, you may not feel qualified to become one. You couldn't be further from the truth. Learn how easy and rewarding it is to mentor a student on page 15.

Our Lady of Guadalupe, Dubuque's only Spanish immersion program, is not only the first of its kind in Iowa but is also internationally recognized. Learn about them on page 18.

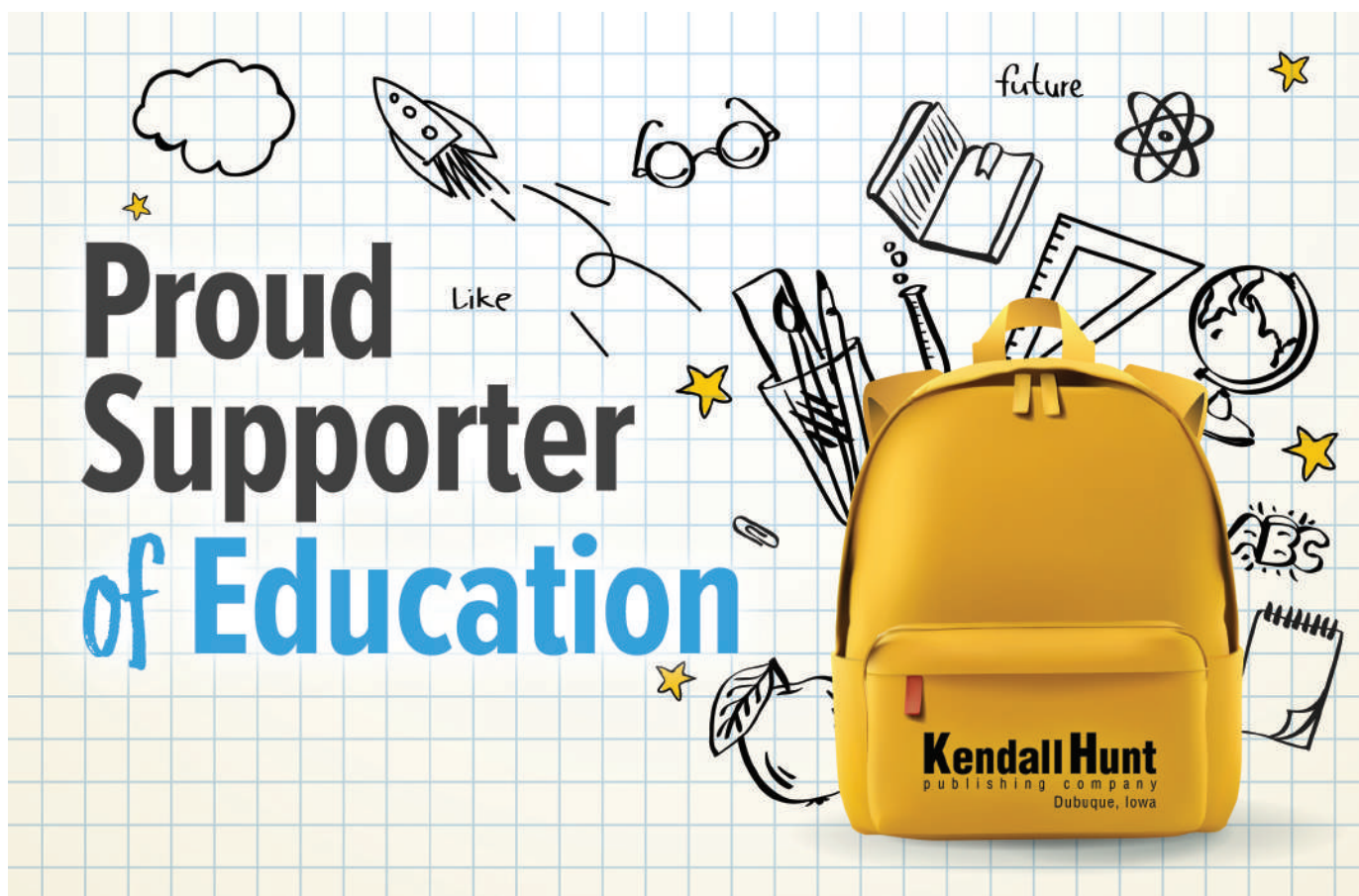
Supporting nonprofits during challenging times encompasses grantmaking, training and community generosity. Learn how thriving organizations can lead to a vibrant future for our community on page 21.

Big Apple Bagels is celebrating their 25th anniversary and has always offered breakfast, lunch and service with a smile. Read our review on page 27.

What makes a beer a staple, reliable IPA? The Frosted Glass explains just that and reviews an example of one on page 29.

TeamWine recently took to the road and met at American Wine Project in Mineral Point, Wisconsin. Learn what they found on page 30.





THE FINE PRINT

For Advertising Inquiries, Feature Article Submissions, Subscription and Billing Inquiries Contact Robin Nichols at 563.557.7571 or Robin@JuliensJournal.com.

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

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August Events

Events are subject to change. Please visit listing sites for the most up-to-date information. Submissions may also be edited and are printed at the discretion of the publisher.

First Fridays

Friday, August 1

@ 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 FirstFridayDubuque.org.

Live Music & Events Featuring Various Artists

August 1-31 @ O So Good Winery, 2093 20th Ave., SE (Dyersville, IA)

Come for live music, food, and events throughout the month. Gather with friends and have a fun evening with a favorite glass of wine or try something new. Visit them at the Dubuque Farmer's Market on Saturdays. Checkout the website for all upcoming events. Visit OSoGoodWinery.com.

Dubuque Farmers Market

Saturdays, through October 25

7 AM-12 PM @ Iowa Street at 11th through 13th Streets

Rain or shine, the market stretches over three city blocks. October operating hours will be 8 AM-12 PM. Visit DubuqueFarmersMarket.org.

11 New Sculptures!

THE CITY OF
DUBUQUE
Masterpiece on the Mississippi

Art on the River

FLOW OF WELLNESS

OPENING RECEPTION

Art on the River Opening Reception

Friday, August 1

5-7 PM @ Grand River Center

Check out this year's exhibit featuring 11 sculptures set along Dubuque's scenic Mississippi Riverwalk. Enjoy social hour with light hors d'oeuvres, live music, artist acknowledgements, awards, a spoken word performance, and more. Visit CityofDubuque.org/ArtontheRiver.

DBQFest

Saturday & Sunday, August 2-3

@ Washington Park

The 46th annual DBQFest will take place in the heart of Dubuque's historic downtown in Washington Park. This free arts festival welcomes all to experience the arts, music, and culture through a juried art fair, live performances, food trucks, and other family-friendly activities. Visit DBQfest.com.

The Little Mermaid JR.

Saturday & Sunday, August 2-3

Saturday, 7 PM; Sunday, 2 PM @

Ohnward Fine Arts Center (Maquoketa, IA)

Journey under the sea with Ariel and her aquatic friends in Disney's *The Little Mermaid JR.*, adapted from Disney's Broadway production and the motion picture. Performed by area students ages 8 through 18. Visit OhnwardFineArtsCenter.com.

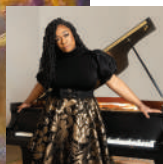


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CALENDAR OF EVENTS

Artistry in Bloom

Sunday, August 3

All Day @ Dubuque Arboretum & Botanical Gardens

From food to sculptures to music and more, artistry takes center stage. Visit DubuqueArboretum.net.

Sundaes in the Gardens

Sunday, August 3

12-8 PM @ Dubuque Arboretum & Botanical Gardens

The annual ice cream social anchors the day's activities. Browse a variety of local artist-vendors with nature-based artistry available for purchase, and view more than 50 sculptural pieces on display. Visit DubuqueArboretum.net.

Heartland Marimba

Sunday, August 3, 4 PM

@ Galena Center for the Arts,

Explore the rich sounds, rhythms, imagery, and unique effects of this captivating percussion instrument. Featuring five Iowa composers, along with three composers from Heartland Marimba's Composer LabFest initiative. For more information, e-mail info@galenacenterforthearts.com.



Music in the Gardens

Sunday, August 3

6-8 PM @ Packard Pavilion, Dubuque Arboretum & Botanical Gardens

Combining influences of rock and roll, to rockabilly, Jonny Lyons & the Pride celebrate a musical style that will take you on a journey back in time. Visit DubuqueArboretum.net.

Intro to Drawing: Light & Shadow

Wednesday, Aug 6, 13 & 20

10 AM-12 PM @ Bluff Strokes Art Center

Through observation of still life objects, students will learn about form, value, and shading to create more accurate observational drawings. Ages 14+. Visit BluffStrokes.org.



Cinderella

Wednesday through Sunday, August

6-10, Wednesday and Thursday,

10 AM & 7:30 PM; Friday, 7:30 PM;

Saturday, 2 PM & 7:30 PM; Sunday, 2

PM @ The Grand Opera House

Area students will take the stage in Rodgers and Hammerstein's classic. Visit TheGrandOperaHouse.com.

Teen Art Club

Wednesday, August 6 & 13

1-3 PM @ Bluff Strokes Art Center

Join a group of other teens who like art. Guidance provided, but not instruction. Bring supplies and projects you are working on. Ages 14+. Visit BluffStrokes.org.

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Lunch & Learn: Julia Child

Wednesday, August 6

12-1 PM @ Convivium Urban Farmstead

Order lunch and celebrate the life and legacy of Julia Child. RSVP appreciated. Visit Convivium-DBQ.com.

ArchiTREK Walking Tour

Wednesday, August 6

6 PM @ Fountain Park

This is an opportunity for the public to explore and learn about Dubuque's historic neighborhoods and nearby communities through guided walking tours. Visit HeritageWorksDBQ.com.

Wild West Wednesdays

Wednesday, August 6, 13, 20 & 27

7-11 PM @ Dubuque County Fairgrounds

Come for country dance music and fun. All ages. Visit DBQFair.com.

East Dubuque Cruisin' Thursdays

Thursdays, through September 25

5-9 PM @ Sinsinawa Ave. (East Dubuque, IL)

Open to all years of classic, muscle, and unique cars, trucks, and motorcycles. Great food, closed street, open containers, and live music. Visit [Facebook.com/EastDubuqueCarShow](https://www.facebook.com/EastDubuqueCarShow).

**Taste of Summer**

Thursday, August 7

5-9 PM @ National Mississippi River Museum & Aquarium

Bring family, friends, lawn chairs, and an appetite for the annual summer food and music festival at the River Museum. This family-friendly event features live music, and food and beverages for purchase. All ages. Visit RiverMuseum.org.

Stonehill Tip Night

Thursday, August 7, 5-9 PM

@ Darkbird Taphouse (Peosta, IA)

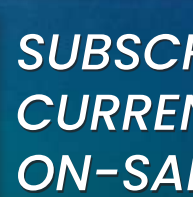
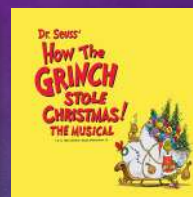
Join Stonehill Communities for a social night out with live music by John Klostermann. All tips from food and drink purchases will be donated to support Stonehill's mission and services. There will also be a 50/50 raffle drawing. For more information, e-mail tconnolly@stonehilldbq.com.



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CALENDAR OF EVENTS



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wherever we are.*




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Fruit Trees 101

Thursday, August 7

6-7 PM @ Dubuque Arboretum & Botanical Gardens

Educational session. Presenter: Laurana Snyder, Dubuque Trees Forever. Visit DubuqueArboretum.net.

Food Festival Fridays

Second Fridays, through September 12

11:30 AM-1:30 PM @ Washington Park

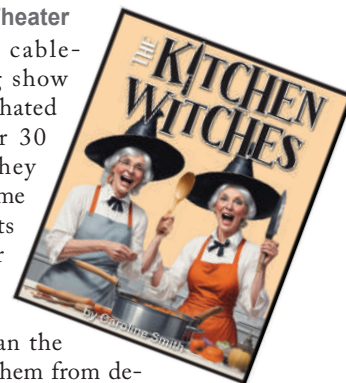
Join area food vendors for a lunchtime food fest. 365ink brings the perfect side dish to your chicken sandwich, pizza, or coffee: local, live music. Visit DubuqueMainStreet.com.

The Kitchen Witches

Fridays through Sundays, August 8-24

@ Bell Tower Theater

Two "mature" cable-access cooking show hostesses have hated each other for 30 years. When they end up on the same show, the insults are flung harder than the food and the ratings are a smash. Can the producer keep them from destroying each other and the show? Check out the website for show times. Visit BellTowerTheater.net.



Treaty Oak Revival

Friday, August 8

8 PM @ Five Flags Center

This rising Texas country rock band is known for their raw, unfiltered sound that blends red dirt country, southern rock, and punk, the band is making major waves — and now they're bringing that energy to Dubuque for one powerful night. Visit FiveFlagsCenter.com.

Steppin' It Up Walk/Run

Saturday, August 9

8:30 AM @ Crescent Community Health Center

Come to the Crescent Health & Wellness Expo and 5K Walk/Run. Registration opens at 7:30 AM and race begins at 8:30 AM. This free event includes music, community resources, free school physicals, and more. Bring family and friends for a morning of health, fun, and connection. Visit CrescentChc.org.

2nd Annual Picnic + Play

Saturday, August 9, 11 AM-2 PM

@ Dubuque Arboretum & Botanical Gardens

A back-to-school bash. Face painting, games, emergency service heroes to meet, and live music. Visit DubuqueArboretum.net.**East Dubuque Wingfest**

Saturday, August 9, 12-10 PM

@ Sinsinawa Avenue (East Dubuque, IL)

Enjoy wing tasting, food vendors, free kids' inflatables, live music, and a fire-works display. Event is benefiting the EDGE Foundation. Visit Facebook.com/EastDubuqueWingfest.**Flower Design**

Tuesday, August 12

6-7:30 @ Bluff Strokes Art Center

Learn fundamental design concepts and create a beautiful seasonal arrangement to take with you. Ages 16 +. Visit BluffStrokes.org.**Low Sensory Morning**

Wednesday, August 13

8-10 AM @ Mississippi River Museum & Aquarium

The Museum will have dimmed lighting, limited extra and ambient sounds, and no distracting exhibit motions during this public event. All the River Museum's animals and exhibits will be available for viewing by attendees. Visit RiverMuseum.org.**Millwork Night Market**

Second Thursdays, through October 9

5-8 PM @ Jackson Street between 7th and 9th

Shop the Millwork Night Market the second Thursday of every month to find the Driftless Region's best local food, art, and entertainment. Visit MillworkNightMarket.com.**Medicinal Preparations**

Thursday, August 14, 6-7 PM

@ Dubuque Arboretum & Botanical Gardens

Educational session. Discover how to create herbal remedies from natural ingredients. Learn the basics of tinctures, salves, and more. Visit DubuqueArboretum.net.

Bell Tower Theater



THE KITCHEN WITCHES

by Caroline Smith

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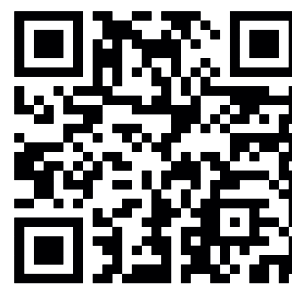
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UPCOMING EVENTS

- | | |
|------|---|
| 8/8 | CULB'S EVENT CENTER GRAND OPENING
Ribbon Cutting, Live Music, Drink Promotions,
Food, Drawings & Giveaways |
| 8/9 | WINGFEST
Live Music, Drink Promotions, Games,
Giveaways, and more! |
| 8/16 | HEALTH & WELLNESS EXPO: FAMILY EDITION
Vendors, Bounce Houses, Face Painting, Activities,
Demonstrations, and More! |
| 8/17 | KYLIE ASTGEN BENEFIT
11am-6pm |
| 8/20 | CULB'S ULTIMAT POUR-OFF PROGRAM
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UPCOMING EVENT DETAILS:



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CALENDAR OF EVENTS



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.

Grab & Go Activity Bags

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

Hot Spots of Summer Scavenger Hunt August 1-31

Library of Things
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BAKING PANS	OUTDOOR GAMES	MEMORY CARE KITS
VIDEO GAME CONSOLES	BOARD GAMES	NATURE EXPLORER PACKS
UKULELES	VINYL RECORDS & PLAYERS	FITNESS EQUIPMENT
VIDEO GAMES	PUZZLES	GARDEN TOOLS
RECORDING EQUIPMENT	AND MORE!	

carnegiestout.org

Teen Activity Table – Drop-in Program

August 1-31

Stop by the activity table in the Teen Zone for an ongoing project, craft or activity. Ages 12+.

Adult Reading Challenge

Through August 9

Join the adult Super Summer Reading challenge and track your reading for a chance to win prizes. Ages 18+. Registration required.

Automatism Art Workshop

Friday, August 1 @ 3 PM

Experiment with different art mediums and styles. Ages 8-12. Registration required.

Tiny Art Show Closing Reception

Friday, August 1 @ 5:30-7:30 PM

Enjoy tiny art and tiny snacks as you admire works from the show before the exhibit concludes.

Art @ Your Library Opening Reception

Friday, August 1 @ 5:30-7:30 PM

Toddler Time

Mondays, through August 11 @ 9:15 AM, 10 AM & 10:45 AM

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

Baby Rhyme Time

Tuesdays, through August 12 @ 9:30 AM & 10:30 AM

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

Virtual Author Talks

Tuesday, August 5 @ 1-2 PM

The Stories, Science, and History of Birds with Smithsonian Biologist Jay Falk. Registration required.

Preschool Storytime

Wednesdays, through August 13 @ 9:30 AM & 10:30 AM

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

Clay Electric Circuits

Wednesday, August 6 @ 4 PM

Learn about electricity by making colorful electric circuits out of clay. Ages 5-10. Registration required.

Sew Some Stylish Scrunchies

Thursday, August 7 @ 11 AM

Sign-up to sew some stylish scrunchies. Materials provided. Ages 12-17. Registration required.

End of Summer Reading Lock-in Party

Friday, August 8 @ 5:30-7:30 PM

By invitation only. Ages 12-17.

Movin' Groovin' Mornings

Saturday, August 9 @ 10 AM

Listen to songs and stories, play with scarves and shakers. Ages 2-6.

Reading with Rover

Saturday, August 9 @ 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.

Reading Roundtable Book Club

Monday, August 11 @ 6-7 PM

Books are available at the check-out desk. Ages 18+.

Self Defense for People with Mobility Issues

Tuesday, August 12 @ 9:30 AM

Ages 18+. Advanced session. Registration required.

Beginning Chapters Book Club

Wednesday, August 13 @ 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, August 13 @ 5:30-6:45 PM**

Ages 7-14. Registration required.

Beyond the Book Club**Thursday, August 14 @ 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, August 14 @ 6 PM**

Come for a free movie suitable for adult audiences. Ages 16+.

Cork Photo Holders**Friday, August 15 @ 3 PM**

Turn simple corks into personalized photo holders. Ages 12-18. Registration required.

LEGO® Challenge**Saturday, August 16 @ 10 AM**

Build, create, and have fun. The library provides the LEGOs®. Donations welcome. Ages 5-12.

Family Book Bingo**Saturday, August 16 @ 2 PM**

Ages 4-12.

Line Dancing**Monday, August 18 @ 5 PM**

Classes take place at Adam's Dance Connection at 900 Jackson St., Suite 108A. Ages 18+. Registration required.

Sunset Silhouette Painting**Tuesday, August 19 @ 5:30-7 PM**

Learn how to make a sunset silhouette using watercolor paint and India ink. Ages 10+. Registration required.

Parachute Palooza**Wednesday, August 20 @ 4 PM**

Love running underneath a parachute? Attend parachute palooza. Children ages 3 to 5 must be accompanied by an adult. Ages 3-7. Registration required.

Pokémon Club**Wednesday, August 20 @ 5:30 PM**

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

Virtual Author Talks**Wednesday, August 20 @ 6-7 PM**

Returning to Romance Through Food and Flirty Fun in Fiction with Casey McQuiston. Registration required.

Indoor Recess**Thursday, August 21 @ 11 AM**

Rainy? Too hot to play outside? Head on down to the library for an hour of indoor recess. Ages 5-10. Registration required.

Author Event with Retired Iowa State Trooper Bob Hurley**Saturday, August 23 @ 1-2 PM****Sun SHINE Squad****Tuesday, August 26 @ 4 PM**

Work on volunteer projects while providing

feedback on making the library a welcoming place for teens. Ages 12-18. Registration required.

Ukulele Time!**Tuesday, August 26 @ 6-7 PM**

Adult ukulele lessons. Registration required.

Virtual Author Talks**Thursday, August 28 @ 1-2 PM**

How to Thrive in a World of Constant Chaos with organizational psychologist Dr. Tasha Eurich. Registration required.

Vinyl Records in Rotation at C-SPL



1215 E. Platt St., Maquoketa, IA
Box Office Hours: M-F, 9AM - 1PM
Tickets: 563.652.9815
Tickets also available online...



Featuring the music of The Statler Brothers and the Oak Ridge Boys
Saturday, August 23 @ 2 PM

"A tribute to the Statler's 2002 Farewell Concert". During their 47-year career, The Statler Brothers amassed five Grammy's, two Academy of Country Music awards, and three Country Music Association awards! Since 1955 they have released 38 albums and 69 singles! The River City Boys will bring the "Salute to The Songs of The Statler Brothers" with the Tribute to the Statler Brothers 2002 "Farewell Concert". "Flowers on the Wall", "Do You Remember These", "Do You Know You are My Sunshine" and more. Travel back in time with The River City Boys' tribute to the legendary Statler Brothers. This years show also includes great songs from The Oak Ridge Boys!

TICKETS - IN ADVANCE: ADULTS \$25 / STUDENTS \$15 AT DOOR: ADULTS \$28 / STUDENTS \$18
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Sunday, August 17

6-8 PM @ Packard Pavilion, Dubuque
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Jackson, Prince, Stevie Wonder and more.
Visit DubuqueArboretum.net.

Distinctively Dubuque

Wednesdays, August 20 through
September 17, 5:30-8:30 PM @ Greater
Dubuque Development Corp.

This free, five-night interactive course is de-
signed to connect newcomers with one an-
other and their new hometown. Each night
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five consecutive Wednesdays and include
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tion, call (563) 557-9049.



Figure Drawing Open Studio

Thursday, August 21

6-8 PM @ Bluff Strokes Art Center

Experienced figure models, a great space,
and a wonderful community. Nude models.
Must be 18+. No instruction is provided.
No registration necessary. \$15/session Visit
BluffStrokes.org.

Kitchen Herbalism

Thursday, August 21, 6-7 PM

@ Dubuque Arboretum & Botanical
Gardens

Educational session. Visit [DubuqueArbo-
retum.net](http://DubuqueArbo-
retum.net).

Dementia Simulation Experience

Friday, August 22

1-3 PM @ Caregiver Resource Center,
3485 Windsor Ave.

This free workshop will help you understand the physical effects of dementia on the senses. Participants will learn about dementia and participate in guided activities to come to a fuller appreciation of the challenges faced by individuals living with dementia. RSVP required. For more information, e-mail thummer@stonehilldbq.com.

Brothers OsborneFriday, August 22, 8 PM @ Q Casino +
Resort Back Waters Stage

The Grammy Award-winning Brothers Osborne, one of country music's most accomplished duos in recent years, headline a night of live music during the summer concert series. Rain or shine. All ages. Visit BackWatersStage.com.

**The River City Boys****The River City Boys**

Saturday, August 23

2 PM @ Ohnward Fine Arts Center
(Maquoketa, IA)

Travel back in time with this tribute to the legendary Statler Brothers. Visit OhnwardFineArtsCenter.com.

Summers Last Blast

Friday & Saturday, August 23-24

6 PM-12 AM @ Back Waters Stage

Free and open to all ages. Part of the proceeds go to the Children's Zoo, Dubuque County Fair Grounds, and Sertoma. Check-out the live music line-up online. Visit BackWatersStage.com.

Mopar on the Mississippi

Sunday, August 24

8 AM @ Dubuque County Fairgrounds

An all Mopar car show and swap meet. Large swap area with over 50 vendors, music by GT Express, and food and beverages available for purchase. A portion of the proceeds will be donated to a local volunteer fire department. Visit [Facebook.com/MightyMississippiMopars](https://www.facebook.com/MightyMississippiMopars).

Bike Nights

Wednesday, August 27

5-9 PM @ McGrath Dubuque Harley-Davidson

Classic cars, jeeps, off-road vehicles, and anything with wheels is welcome. Thousands in prizes each night, live music, drinks, and food available. Visit DubuqueHarley-Davidson.com.

Botanical Illustration

Thursday, August 28

5:30-8:30 PM @ Bluff Strokes Art Center

Learn basics of documenting botanical forms in a field journal. Ages 14+. Visit BluffStrokes.org.

Museum Xtra: Freshwater Mussels

Thursday, August 28

6-8 PM @ Mississippi River Museum & Aquarium

Come to the Lower Dock to explore the hidden world of freshwater mussels—some of the most vital creatures in the watersheds. Discover how the River Museum, in partnership with the U.S. Fish & Wildlife Service, is working to protect and restore these essential filter feeders that help keep our waterways clean. Visit RiverMuseum.org.

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Mentoring in the Schools -- Making a Difference for a Child



Photos contributed by Dubuque Community Schools

A smile is shared between McGraw Hill employee Kelly and Kennedy Elementary School student Ahmiah.

by Beth Triplett

If you think of a mentor as a senior sage imparting wisdom and life lessons to a junior colleague, you may not feel qualified to become one. But in the Dubuque Community School District, a mentor serves primarily to role model a healthy relationship with an adult.

The District benefits from nearly 150 mentors and volunteers who work with students of all grade levels. Most mentors are paired with an elementary school student, starting in Kindergarten. Ideally, the relationship carries through the student's entire elementary journey. The mentor provides consistent support and serves as a significant adult presence in the child's life.

Mentoring helps students in so many ways. "A lot of times it brings out another side of the student. I have a kid that may have a very flat affect during the day, and then the second he sees his mentor it's almost like you're see-

ing a different kid, actively engaged and genuinely happy," said Molly Markham, school counselor at Marshall Elementary. "You can see them grow in their desire to come to school, it can improve their attendance, and you can see just a change in how much joy they have at school, and you see them developing a good, strong relationship with another trusting adult which is pretty cool."

Mentors typically meet with their mentee for one half-hour each week during the school year. All mentoring activities occur on school grounds and are directed by what the student wishes to do. Most students meet

one-on-one with a mentor, but there are some small groups of three to five students that are paired with one mentor, allowing more children to benefit from the experience.



Molly Markham.

"We have so many kids that want mentors and that could really benefit from mentors," said Markham. "I just have so many kids that are constantly asking me 'How do I get a mentor?' and so many of them would benefit from it for various reasons."

During orientation, mentors are given a list of 55 suggestions to build relationships, but the actual activities vary for each student.



A mentor works with a student on a reading exercise while visiting over lunch.

"It's really catered to the student," said Markham. "They're in the driver's seat as far as what they do."

"The key is really consistency and communication," said Carlos Pittman, student support liaison for the School District. "These kids have had so many broken promises that consistency is important. It's really about relationship building."

Depending upon the age, this may involve board games, playing outside, shooting hoops in the gym, coloring, crafts, sharing a lunch meal, or just sitting and talking.

"It's so easy; you just go in and play," said Terri Nichols, a new mentor. "You're not expected to teach or give life lessons. You just do what they like to do, which in my mentee's case (a Kindergartener) is play with Play Dough."

Josh Nichols has been mentoring students for two years, encouraged to volunteer by friends who stressed the need. His third-grade mentee likes to burn energy outside through basketball or kickball, or by playing computer games.

"We'll chat if he wants, said Nichols, "but I keep it lighthearted. He gets an adult one-to-one focused on him and is heard."

The actual activity is just a vehicle to foster the relationship and develop trust with the student.

"The games become the focus, and then the conversation just flows," said Travis Gudenkauf, a three-year mentor to a boy who just finished third grade. "I've seen the gradual process of him opening up. At first, he was

reserved and shy, but now he is willing to talk and tell me how he's doing. He's more and more out of his shell and so excited to see me."

Gudenkauf has been mentoring since 2017, the year he graduated from Wartburg College. He served as a mentor for freshmen as a senior in college and took advantage of the opportunity to volunteer in a similar role through his job at Kendall Hunt.

Kendall Hunt is one of many businesses including John Deere, Empower, and Cottingham-Butler that partner with area schools and provide release time for their employees to serve as mentors. The company also funds supplies in Kennedy's mentoring room, including art materials, games, and sports equipment, and hosts an end-of-year pizza party for all their mentors and mentees.

"At the party, I watched mentees get shiny eyes," said Melanie Zakrzewski, Kendall Hunt payroll and benefits supervisor. "They were so proud to have one person there just for them."

Zakrzewski has served as a mentor herself for the past decade as well as acting as the main point of contact for the program at work. She mentored the same student from Kindergarten on, and that student is now in high school. "We still stay in touch as monthly pen pals," she said.

Another business example is John Deere which provides 10 mentors to Marshall, as well as additional mentors for other activities at the school. Deere mentors host an end-of-year field trip to the plant where students can

do a simulation of some of the tools they may use in the factory and learn about different career paths.

Zakrzewski encourages others to consider volunteering. "It takes very little time to impact someone's life in a positive way," she said. "The impact outweighs anything."

Pittman serves as a point of contact and mentor recruiter. In addition to the businesses that partner with district schools, mentors also come from colleges, retired school employees, and community members who want to make a difference.

"If you're retired, it's a great way to be a foster grandparent," said Terri Nichols. "My kids aren't married, so I look at it as a way to be a grandparent. It's a good way to give back. So many kids don't have what you were able to give your kids, and it's good to have a stable person in their life."

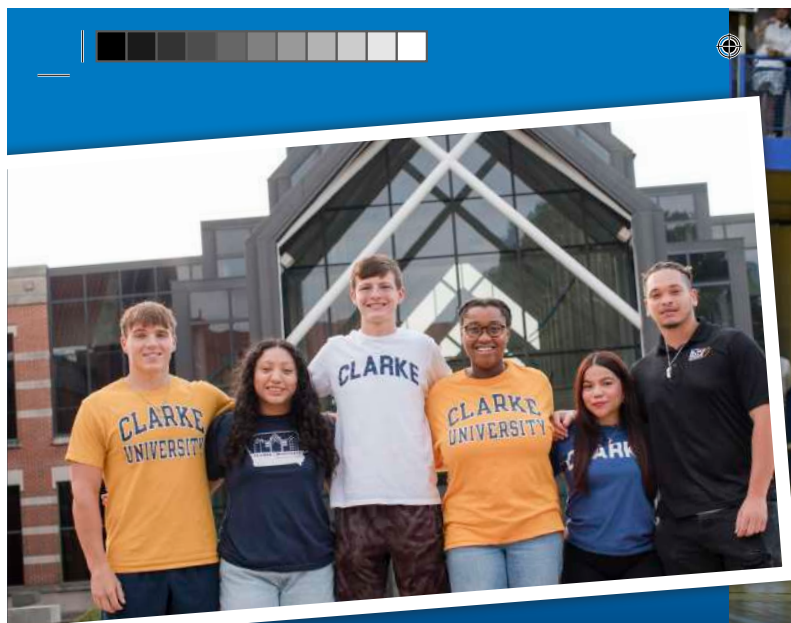
Pittman stresses that the district always needs mentors. "We welcome mentors all year long, and from all walks of life. The impact you can have on a child is the greatest feeling in the world, and you can watch them grow from beginning to end."

Gudenkauf echoes that sentiment. "It makes a big difference for the student and helps their confidence. Plus, it brings a half-hour of joy to my life each week when I get to hang out with my friend. For both partners, it's a great situation and worthwhile investment. I'm very happy that I made the decision to join. It has been very rewarding for me as much as for my mentee."

Those interested in serving as a mentor should complete the application form on the District's website (Dbqschools.org). Before beginning, volunteers undergo a background check and mentor orientation, then are paired with a student at the school of the mentor's choosing. Parents consent to the mentor and the school counselor coordinates the match.

What makes a good mentor? According to Markham, "Showing up. Anyone with a desire to connect with a kid to make a difference in another kid's life. Our students appreciate anything extra and that undivided attention. Kids want someone who's just here for them," she said. "You don't have to be super comfortable with teaching or anything like that, because honestly, they're going to teach you." ♦

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Photo contributed by Our Lady of Guadalupe

Our Lady of Guadalupe – Dubuque’s Spanish Immersion

by Connie Cherba

Our Lady of Guadalupe (OLG), Dubuque’s only Spanish immersion program, is not only the first of its kind in Iowa but is also internationally recognized, offering a program shown to be the best method for teaching school children a foreign language.

Founded in 2002 and now located on the Wahlert Catholic High School campus, OLG offers students in preschool through the fifth grade the same core curriculum taught throughout Dubuque’s Holy Family school system, but the instruction is in Spanish. Spanish immersion begins with preschool



Third and fourth grade in an Our Lady of Guadalupe Classroom.

her third year as school principal. “They learn math, social studies, science in Spanish, and they learn to read and write in Spanish. In second grade, we introduce English so 50% of the day is with an English-speaking teacher and 50% of the day is with a Spanish-speaking teacher. And that same model is followed in third, fourth, and fifth grades. Classes in math, science, social studies switch back and forth between English and Spanish. So, for example second grade math will be taught in English and third grade math is taught in Spanish. Fourth grade math is taught in English, and fifth grade math is taught in Spanish. That way students can learn the concepts and vocabulary in both languages. Also, we’re very fortunate that our special education teacher is also fluent in Spanish so she can support students who might be struggling.”

OLG launched in Dubuque in the fall of 2002 with eleven kindergarten students. In later years, additional grades were added. By 2015, the number of students had grown to 170 children in pre-kindergarten through fifth grade. Today, that number stands at 310 distributed in classes that run in size between 20 and 25 students. “We are almost always maxed out,” said Principal Konrardy. “We have a wait list. Pretty much every year we have as many students apply that we can take. We get to that waiting list point almost every year.”



Kathleen Konrardy.

Photo contributed by Our Lady of Guadalupe

The Spanish immersion program was originally housed in several Holy Family facilities, including St. Columbkille, St. Joseph the Worker, and St. Anthony church campuses. In 2021, OLG moved to a new building located in the Holy Family Catholic Schools’ Central Campus at 2005 Kane St.

Staff teachers at OLG come from all over the world. “We have teachers from Columbia, Mexico, Spain, and the Canary Islands,” said Principal Konrardy. “We work really hard to provide students with an authentic experience learning the language. Also, our program extends into middle school and high school with advanced grammar and literature courses. And at the high school level students can take AP (Advanced Placement) classes for college credit.”

Educational experts say there are several benefits to using the immersion technique to teaching a language. First, three decades of research indicate that bilingual students do better than peers on standardized verbal and math tests administered in English. Research also shows that immersion enhances English language development as well as promoting greater creativity and adaptability. Students taught in immersion programs exhibit better listening, analytical, and multi-tasking

“We have teachers from Columbia, Mexico, Spain, and the Canary Islands. We work really hard to provide students with an authentic experience learning the language.”
– Kathleen Konrardy.

School

students who are exposed to introductory words. After that first year, there is a gradual immersion process that allows children to become competent in writing and speaking in both languages.

“In kindergarten and first grade, it’s full Spanish so the teachers teach everything in Spanish,” said Kathleen Konrardy who is in



Lorelei, Nic, William, and Karen Hoeger.

Photo contributed by Connie Chierba



Photo contributed by Connie Cherba

Our Lady of Guadalupe School.

skills along with better critical thinking skills. Finally, the University of Minnesota's Center for Advanced Research and Language Acquisition has determined that students in immersion programs become more proficient in language than students taught in other traditional language programs.

Principal Konrardy agrees with the research. "You just have to be immersed in the environment which is why I think it works so well for little kids because they walk into kindergarten and first grade and their teachers speak nothing but Spanish to them all day long – and they learn it," she said. "Being immersed in the environment helps their brains soak it up."

Nic and Karen Hoeger along with their children William and Lorelei moved back to Dubuque from Colorado in June of 2019 and enrolled their children in the OLG school. "The schools that we were at in Colorado were dual language," said Nic. "When we were looking at moving here, we were looking for a Catholic school and one that had a dual language program. We've been really happy with the program. They meet the students where they're at." Karen added, "They've been really responsive to any academic needs, social needs. And we get to hear and practice a little of the Spanish here and there. It's been really fun to hear that."

Lorelei began at OLG in kindergarten. William was in 2nd grade when he started. Lorelei graduated from OLG in June. She recalled, "The teachers were really nice and there were a lot of leadership opportunities." Both children will continue Spanish classes in middle school.

Principal Konrardy is a big fan of Our Lady of Guadalupe. "I love our school because we do so many things really well," she said. "We're a Catholic school so we have a strong emphasis on the faith, but it's also really

important to us that we're teaching students the second language and bringing elements of cultural appreciation, biliteracy, bilingualism, and high academic proficiency as well. We're doing a lot of things, and I think we're doing them really well. It's amazing to me that we have these little fifth graders and even kids as young as five and six who are in kindergarten who can speak the language in many cases better than I do as an adult. We're very proud of what we do here."

"I think it's a gift to be able to give young children the opportunity to learn a second language while their minds are still malleable," Karen said. "It's harder as you get older to learn another language."

When Lorelei was asked if she can speak Spanish now, she smiled and said, "Si." ♦

"I think it's a gift to be able to give young children the opportunity to learn a second language while their minds are still malleable."
– Karen Hoeger

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Amanda Reynolds of the Urban Bicycle Food Mission and volunteers prepare food to be distributed.

Contributed photos

Supporting nonprofits during challenging times encompasses grantmaking, training and community generosity.

In the fight against food insecurity, Amanda Reynolds' tool of choice is a bicycle. Recognizing that there was nowhere to get a free meal in Dubuque on a Sunday evening, she joined the Urban Bicycle Food Mission as a way to reach those in need. Volunteers deliver meals often by bike. "It started out small: 25 meals on the first night," says Reynolds, who joined after Melinda Vize founded the organization. "As we made connections in the community and checked in with shelters, talked with police

officers, we found out that the population that needed this was much larger. We've grown to over 200 meals every single week, and we find out that we've run out of food every single week."

To grow this initiative, the Urban Bicycle Food Mission applied for and received a Community Impact Grant from the Community Foundation of Greater Dubuque in 2024. The Impact Grant program and other grantmaking opportunities are prime examples of the ways the Community Foundation works to support nonprofits and address the needs of people across the Dubuque region. Funding from competitive grant cycles, along with payouts from donor and nonprofit endowment funds, provide critical funding to organizations that are tackling issues from

food insecurity to education, brain health to access to the arts. Since its inception in 2003, the Community Foundation has granted over \$75 million to nonprofits. In 2024 alone, the Foundation made \$8.3 million in grants.

"At a time when nonprofits are facing funding challenges and an increased need for services, the resources that foundations can provide, such as grants, trainings and coaching, are important lifelines," says Peter Supple, director of nonprofit relations for the Community Foundation. "Supporting these critical local organizations is key to our



Peter Supple.



Liz Cushman, who helped establish the Community Foundation of Greater Dubuque Grants for Tech program, poses with Steeple Square President Judy Wolf outside Steeple Square.

mission of empowering communities and igniting generosity.”

Supple and the entire Foundation staff have seen first-hand the funding challenges nonprofits face. A record number of nonprofits – 222 – participated in the Community Foundation’s Great Give Day on May 21 to increase their visibility, connect with donors, and raise dollars to support their work. The \$630,000 these nonprofits raised far exceeded last year’s total of \$450,000, illustrating how the community has stepped up during a time of need.

In addition, the Community Foundation’s competitive grant programs are attracting more interest than ever from nonprofits. Not only has the number of applications increased but so has the total dollar amount.

“Our goal is to increase nonprofits’ capacity to make an impact and address community needs,” Supple says.

Capacity-building takes many forms. For example, the Community Foundation offers Board Boot Camp, a workshop for nonprofit leaders to help them understand the ins and outs of the nonprofit world and gain knowledge that enables them to best serve their organization. The Foundation also facilitates trainings for nonprofits on how to start and grow endowment funds, which pay out a percentage each year to support organizations’ work.

Grant programs, too, are designed to help nonprofits grow their ability to deliver servic-

es. For example, Community Impact Grants support training, collaboration, programming and operations, while the Grants for Tech program helps nonprofits overcome a common hurdle that impedes their operations: Outdated technology.

For recipients of Foundation grants, the funding can make a significant impact – on their work and the people they serve. Take, for instance, People in Need (PIN), a Dubuque nonprofit that provides financial assistance to people when they are unable to afford rent or utilities. In recent years, grant support has enabled PIN to support even more households.

“The number of assists we do has just mushroomed in the past couple of years,” says Tom Stoval, PIN’s volunteer president. “In 2023, we assisted 319 families. Because we are serving so many more people and households, we decided to emphasize applying for grants.”

In 2024, PIN applied for and received a grant through the Theisen’s More for Your Community program, a partnership between the Community Foundation and Theisen’s Home*Farm*Auto that supports nonprofits helping people meet their basic needs in 24 Theisen’s store communities. This year, Theisen’s is looking to increase the amount it grants through the program, from \$350,000 to \$400,000, reflecting the growing need among nonprofits.

Steeple Square is another nonprofit that has seen the impact of Community Foundation

grant funding. In 2021, the nonprofit received \$3,000 through Grants for Tech to evaluate and update its audio-visual systems, which enable remote and hybrid board meetings and enhance Steeple Square’s training and event hosting capabilities. Steeple Square ultimately added new wireless access, a projector and screen and purchased a 360-degree video conferencing camera.

“The upgrades have allowed us to work more efficiently as a board, while also meeting the needs of external audiences who utilize our space,” says Steeple Square President Judy Wolf.

Grants for Tech also is an example of how the Foundation’s partnerships with donors can drive community impact. As volunteers with Dubuque nonprofits, Dave and Liz Cushman noticed many organizations faced a common obstacle: technology challenges like outdated hardware and lack of expertise often stifle their operations. Their experience inspired them to work with the Community Foundation to create Grants for Tech in 2017.

Programs like Grants for Tech are indicative of how the Community Foundation drives impact across the Dubuque region. By bringing together diverse community stakeholders and listening to voices from all corners of the region, the Foundation spurs collaboration that addresses pressing challenges. Through this process, opportunities for action, such as grant programs and community initiatives, are born.

“We welcome all forms of generosity and innovative ideas for supporting our region’s nonprofits,” Supple says. “When community members come together to care for nonprofits and one another, our impact grows exponentially.”

If you would like to learn more about how your generosity can support local organizations, contact Peter Supple at 563-588-2700 or peter@dbqfoundation.org. Learn about the ways the Community Foundation of Greater Dubuque empowers communities and ignites generosity at Dbqfoundation.org. To learn more about the Community Foundation’s grant programs, visit Dbqfoundation.org/grants. ♦

This article is made possible by a partnership between the Community Foundation of Greater Dubuque and Julien’s Journal.

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Stargazing

Saturday, August 2 @ 8-11 PM

Meet at Mt. St. Francis, 3390 Windsor Ave., in the parking lot behind Francis House. RSVP required.

Nuclear Energy is Not the Solution
Tuesday, August 5 @ 6-7 PM (via Zoom)

In this talk, Dr. M.V. Ramana will explain why expanding atomic energy to deal with the climate crisis is not only naïve but dangerous. Registration required.

The Marshallese Diaspora

Saturday, August 9 @ 6-7 PM (via Zoom)

This presentation will focus on the ongoing

impact of the United States' nuclear testing program on the Marshall Islands. Registration required.

Meditation & Music

Monday, August 18 @ 6:30-7:30 PM

Wear comfortable clothing. Feel free to bring a pillow or blanket. Registration required.

Lunch & Renew: Chair Yoga - Wednesday, August 20 @ 11:30 AM-12:30 PM

August's theme is to improve your posture. Registration required.

Walking the Path of Contemplative Activism - Friday, August 22 @ 5 PM through Saturday, August 23, 4 PM

Come for a weekend of exploration into how we can best respond to the needs of our time and wake up to our innate resilience and creative power. Registration required.

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Mommy & Me Fit

Saturday, August 2 @ 9-9:50 AM

This unique class is designed for moms and their kids ages 12 months to 5 years.

No Limb-its Amputee Social & Support

Gatherings - Monday, August 4 @ 4-5:30 PM

A monthly gathering where individuals living with limb loss can meet others with similar experiences and struggles.

Postpartum Support Group

Monday, August 4 @ 5:15-6:15 PM

Meet other parents, ask questions, and discuss concerns.

Prenatal Breastfeeding Class

Monday, August 4 & 11 @ 6:30-8:30 PM

This hands-on interactive class provides the knowledge to start the breastfeeding journey.

Milk Parties

Monday, August 11 & 25 @ 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, August 18 through September 22 @ 5:30-6:20 PM

Deepen your connection with your body and your baby.

Comfort Measures for Birth

Monday, August 18 @ 7-8 PM

Build confidence for labor and practice hands-on techniques and labor positions from a certified doula.

Healthy Snack Ideas

Thursday, August 21 @ 5-6:30 PM

Learn how to properly fuel your body and how to select healthy snacks.

NEWS

STONEHILL EARNS QUALITY AWARD

Stonehill Communities Health Center has been recognized as a 2025 recipient of the Bronze – Commitment to Quality Award by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its commitment to improving the lives of residents through quality care. This distinction is the first of three progressive award levels through the AHCA/NCAL National Quality Award Program. The Program honors providers across the nation that have demonstrated their dedication to enhancing the quality of care for our



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nation's older adults and individuals with disabilities.

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SOUTHWEST HEALTH BEGINS THREE YEAR CONSTRUCTION PROJECT

Southwest Health started construction on a multi-year construction project addressing growing healthcare needs in their region both within the existing hospital space and breaking ground on a new medical suite adjacent to the Platteville Clinic.

One of the key elements of the new construction is expanding surgical services from four current operating rooms to seven once construction is complete. In addition, they also broke ground in May on a new medical suite located on Eastside Road, adjacent to Southwest Health's Platteville Clinic. Once

completed ear, nose, and throat (ENT), audiology, dermatology, massage therapy, aesthetics, behavioral services, and the eye center will relocate service to this state-of-the-art facility.

UNIFIED THERAPY EMPLOYEE ANNOUNCEMENTS

Randie Richmond, PT, DPT, joined Unified Therapy as a physical therapist. Richmond graduated from Simpson College in Indianola, IA, with a degree in health and exercise science, followed by a Doctor of Physical Therapy degree from Des Moines University, Des Moines, IA. She most recently completed a clinical internship at GO Physical Therapy at CHI St. Francis Hospital in Grand Island, NE.

Richmond is a member of the American Physical Therapy Association and Iowa Physical Therapy Association. In her new role, Richmond will evaluate conditions and construct an individualized treatment pro-



gram for adult patients at the adult clinic on Pennsylvania Avenue and at the downtown clinic inside Crescent Community Health Center.

Lindsey Walton, PTA, has recently joined Unified Therapy as a physical therapy assistant. She holds an associate degree from Southwest Wisconsin Technical College, along with a bachelor's degree in health and human performance and exercise science.

In her new role, Walton will provide physical therapy and related services for patients under the direction of a licensed physical therapist and provide patient care including ongoing treatment plans, supervision of rehab assistants, and case management responsibilities. She will be primarily located at the Elm Street clinic inside the Crescent Community Health Center building, and at the Lancaster, WI clinic.

Allison Bormann, M.A., CF-SLP, joined



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the organization as a speech therapist.

Bormann attended the University of Iowa and obtained a bachelor's degree in speech and hearing sciences, and a master's degree in speech-language pathology from St. Ambrose University, Davenport, IA.

As a speech therapist, Bormann will assess and treat people who have speech, language, voice, and fluency disorders at the pediatric clinic on Pennsylvania Avenue in Dubuque.

Emily Leigvold, M.S., CCC-SLP, also joined Unified Therapy as a speech therapist.

She graduated with a Bachelor of Communication Sciences degree from University of Stevens Point-Wisconsin, followed by a Master of Science in Speech-Language Pathology from Missouri State University. Most recently, Leigvold worked as a speech therapist at Blue Bird Day in Wheaton, IL, and Abilities Pediatric Therapy in Harrison, AR.

Leigvold will assess and treat children who have speech, language, voice, and fluency disorders at the Elm Street clinic located inside the Crescent Community Health building in Dubuque.

Tessa Bettner, M.S., CF-SLP, joined the



organization as a speech therapist.

Bettner graduated with a Bachelor of Science degree and a Master of Science degree in Speech-Language Pathology from University of Wisconsin-Whitewater.

As a speech pathologist, she will assess and treat children who have speech, language, voice, and fluency disorders at the Elm Street clinic located inside Crescent Community Health building, and at the Lancaster, WI clinic.

STONEHILL RECEIVES CERTIFICATE OF ACHIEVEMENT

Stonehill Communities has received a certificate of achievement for its participation in the American Heart Association's Mission:



Lifeline Stroke post-acute care initiative to enhance guideline-based care for stroke patients, ultimately improving and prolonging lives.

Participation in the American Heart Association's post-acute care initiative can help facilities support faster and more effective recovery from stroke through standardized coordination, adherence and implementation of evidence-based care.

Certificate of achievement recipients have committed to establishing a stroke-specific rehab program, providing stroke education to all staff members, implementing evidence-based protocols and policies, and continuous

quality improvement.

ONCOLOGIST JOINS SOUTHWEST HEALTH

James Heun, MD, a board-certified oncologist and hematologist, has joined Southwest Health. He brings nearly 15 years of experience delivering care to adults with cancer and blood disorders.



Before his joining Southwest Health, there has been limited cancer care services, and the organization saw community need to expand access. When introduced to Heun, Southwest Health knew he was the right physician to grow the program and support the community. Heun's clinical focus includes adult cancers and blood disorders, cancer immunotherapy, gastrointestinal malignancies, and palliative care. Beyond the clinic, Heun has played a vital role in expanding access to innovative cancer treatment. He helped establish a Wisconsin site for the National Cancer Institute's Community Oncology Research Program (NCORP), making national cancer trials accessible for patients close to home. He also collaborated with the University of Chicago on ways to reduce the cost and side effects of effective cancer therapies.

N.P. JOINS MEDICAL ASSOCIATES

Medical Associates Clinic announced the arrival of **Jacqueline Fleming, DNP**, to their pediatrics department.

Fleming received her Doctor of Nursing Practice (DNP) from the University of Iowa and Bachelor of Science in Nursing from Clarke University in Dubuque. Most recently, she worked as a nurse practitioner at Quad Cities Pediatrics in Davenport, IA, and previously as a registered nurse at MercyOne on the maternal-child unit in Dubuque. She is board-certified by the Pediatric Nursing Certification Board.



As a member of the pediatrics department, Fleming offers complete care for children from birth through age 18, including the diagnosis and treatment of acute and chronic illness. She also provides comprehensive well-child services for the promotion of healthy growth and development and the prevention of disease.

August Programs

Aug 2 - Stargazing with Walter Trentadue

Aug 5 - Nuclear Energy is Not the Solution with Dr. M.V. Ramana

Aug 9 - The Marshallese Dispersion: Loss of a Homeland with Benetick Kabua Maddison

Aug 18 - Meditation & Music: Sound Healing with Morgan Noel

Aug 20 - Lunch & Renew: Chair Yoga with Deb May, Yogacare

Aug 22-23 - Walking the Path of Contemplative Activism with Jan Stocking, RSM and Diza Velasco



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RESTAURANT REVIEW Taste



Contributed photo

BIG APPLE BAGELS OFFERS BREAKFAST, LUNCH AND SERVICE WITH A SMILE

by Cassie Cate

Mama always said breakfast was the most important meal of the day, and if you start your day off with a breakfast from Big Apple Bagels, you will certainly not argue with Mom's wisdom. Inside this quaint little shop on the corner of JFK and Pennsylvania, the sweet smells of freshly baked dough and coffee permeate the walls. Yes, the breakfast is delicious, but what really makes this a true success is the smile behind the service.



Contributed photo

Judy Faulhaber and her three children celebrate the twenty-fifth anniversary of Big Apple Bagels.

Kevin Stackis, the founder of Big Apple Bagel in Dubuque, believed there was a market for a bagel shop in Dubuque, and although other bagel businesses did not agree, Big Apple Bagel Corporate in Chicago shared this vision. He ran the business for around five years before Judy Faulhaber, who had been the store's manager for three years, decided to purchase the business with her husband Jeff. Judy said Jeff never even batted an eye at making this commitment, even at the age of the thirty, because he believed in her and the two of them together. As of March 1, 2025, Jeff's confidence was validated when the Faulhaber's celebrated twenty-five years of owning and operating Big Apple Bagels.

With the help of Jeff's parents and banker

Tim German from American Trust and Savings Bank, they had the support they needed to purchase their own business, a dream Judy always hoped would be a reality. Now, with the support from her three children, Judy is still making bagels and more happen every day for breakfast and lunch goes alike. Sadly, Jeff was not able to mark the celebration of twenty-five years with his family due to a battle with Bile Duct Cancer that took his life on September 30, 2021. Although so many at Big Apple Bagels and in the community miss Jeff, they work to keep his memory alive every day. Judy truly believes that she would not be where she is today if it were not for her husband and his belief in her.

It's no wonder Jeff knew his wife would make Big Apple Bagels a success. Each time you see her in the shop she is working her hardest to make sure customers have a delicious, fresh product, all with a smile on her face. Judy says one of the compliments she receives most often is how friendly everyone at Big Apple Bagels is, and, rightfully so, she is very proud of this. The entire staff takes pride in their tremendous customer service, which has cre-

Contributed photos



Big Apple Bagel's focus is- they execute what they are good at: bagels, muffins, and coffee.

ated what Judy says is "the best staff anyone could ask for and the most loyal and friendly customers ever." Getting to know so many wonderful people in the community has been just one of the many positives of running the business throughout the years.

Another positive to running Big Apple Bagels has been volunteering in the community. Judy works hard to make sure local nonprofits are highlighted and supported through lots of hands-on volunteering, which she loves. Another goal of Big Apple Bagels is bringing a quality product at an affordable price. Judy says she's probably the only business where customers tell them they are too cheap! Even through the ups and downs of the economy and food prices, keeping the food, they serve affordable has always been important to the Faulhabers.

This consistency has been undeniable and has always remained number one. Judy strives to keep the same great quality of food and customer service each day. Many businesses have come to the Dubuque area and offered competition to the bagel shop, but working hard to stay fresh, fair, and affordable has helped Big Apple Bagels remain a Dubuque staple. Judy says she really does believe their customer service is what has set them apart from these other eateries. She loves knowing people of every age enjoy coming into the store for delicious food.

The food at Big Apple Bagels isn't simple, but the focus is- they execute what they are good at: bagels, muffins, and coffee. All the muffin batter, cheesecake, frosting, cream cheese, and bagels are made from scratch each day. Breakfast sandwiches are served atop bagels of all kinds, and the selection of bagels and muffins is no doubt delicious every day, whether customers stick with an old favorite or try something new from the wall or case. Any breakfast wouldn't be complete without



Kici-N-Roast Beef has roast beef, horseradish sauce, lettuce & tomato.

Judy says one of the compliments she receives most often is how friendly everyone at Big Apple Bagels is...

a fresh cup of coffee. Six different brews are available for those looking for a traditional cup of joe. Of course, in keeping with the times, several smoothies and specialty drinks have been added to the menu throughout the years with a variety of hot or cold.

Meats and cheeses are sliced right there in-house, continuing with the fresh focus. These adorn delicious sandwiches, proving Big Apple Bagels is not simply a breakfast stop. From the Kicking Roast Beef to the Holy Guacamole, these sandwiches can be paired with a drink, mini muffins, chips, or fruit for a fantastic lunch.

Catering and delivery are also available at Big Apple Bagels. Customers can order sandwich platters, bagel platters, cinnamon rolls, muffin platters, and coffee to go boxes. These options can accommodate groups big or small.

What's in store for the future of Big Apple Bagels? Judy is looking forward to making the next few years even better. She says at some point she will retire and maybe one of her children will take over, and if not, she hopes there will be another person who cares about Big Apple Bagels and the community that surrounds it as much as her family has the past twenty-five years. For the meantime, stop in to enjoy something delicious and fresh served with a smile any day of the week! Your heart and stomach will surely thank you. ♦

Big Apple Bagels can be contacted at 563.557.3170 and you can visit their website at Dubuque.orderbigapplebagels.com.

WOODSTOCK WEEKEND
DIMENSIONAL
BREWING

FRIDAY, AUGUST 15
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SATURDAY, AUGUST 16
KING SIZE BAND BLUEGRASS
AND LOCAL VENDOR FAIR
3-6PM

SUNDAY, AUGUST 17
VOLKSWAGON ROUND-UP 11AM
BELLADONNA 2-5PM

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THE FROSTED GLASS Taste

Article and photo by Joshua Nichols

WHAT WE'RE DRINKING: EASY EDDY



ABV: 6.0%

Who Brews It: Big Grove Brewery

Where you can find it: Most liquor and grocery stores around Iowa carry Big Grove beer

Typical Price: \$11.99 for a six-pack of 12 oz. cans or \$10.99 for a four-pack of 16 oz. cans

What makes a beer a staple, reliable IPA? I've found that staple IPAs have an emphasis on drinkability, lower alcohol by volume, and an IBU that is rarely higher than 50. This beer is definitely hoppy, as opposed to emphasizing malts and grains. An assortment of fruity flavors keeps the hops from overwhelming the palate. Easy Eddy by Big Grove Brewery matches all these characteristics, resulting in a great flagship IPA.

When poured, Easy Eddy has a color that is reminiscent of honey and will usually have a decent-sized head. I'd wait for the head to diminish before taking your first drink. The first flavors are fruity. Strong notes of pineapple and mango are immediately prevalent in the body, but there are also hints of citrus fruits such as tangerine. The mouthfeel is a medium body, very low carbonation, and a semi-creamy texture that befits a hazy IPA. The aftertaste is somewhat malty but also carries the distinct pine resin taste found in all IPAs, though it is greatly diminished in this beer. Overall, Easy Eddy has low bitterness for an IPA, choosing instead to be defined by its juicy, fruity flavors.

New England IPAs, hazy IPAs, juicy IPAs - all these terms refer to the same style of IPA. This stands in contrast to West Coast IPAs, which have stronger carbonation, a more piney hop profile, and a transparent body. Hazy IPAs are a recent addition to the American craft beer scene, first emerging in the 2010s. The Alchemist, a nationally recognized brewery in Vermont, is commonly credited with pioneering this style.

The hops featured in Easy Eddy are Simcoe and Mosaic. Simcoe is a staple hop in all types of IPAs. This hop gives Easy Eddy its strong, fruity flavoring, but Easy Eddy is unique because the piney taste common

in Simcoe is not prevalent. Mosaic hops also contribute to the juicy taste. True to its name, a Mosaic hop tends to have a medley of fruity aromas. Mango is often noted as a prevalent aroma, which leads to the strong mango notes in Easy Eddy.

If you're looking to pair Easy Eddy with some food, spicy and umami flavors are the way to go. Buffalo wings and other foods using hot sauce pair well with this beer; however, Easy Eddy is, as the name implies, an easy-drinking beer. There's no need to pair it with a specific dish. It can stand on its own or match a variety of culinary options.

You'll like Easy Eddy if you enjoy:

- Pseudo Sue by Toppling Goliath
- Hazy Little Thing by Sierra Nevada
- Fresh Squeezed by Deschutes

You don't mind some fruity flavors in your beer

Easy Eddy is a casual, no-frills type of beer that is equally at home at a nice dinner and at a tailgate. If you're looking to try something different but have never become a fan of the strong pine resin taste present in some varieties of IPA, crack open a can of Easy Eddy. ♦

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THE PLEASURE OF DISCOVERING NEW WINES!

Article and photo by John B. Donovan

One should write not unskillfully in the running hand, be able to sing in a pleasing voice and keep good time to music; and, lastly, a man should not refuse a little wine when it is pressed upon him.

—Yoshida Kenko 1283 – 1350

On Mother's Day, TeamWine took to the road and met at **American Wine Project** in Mineral Point, Wisconsin. Erin Rasmussen is the owner and winemaker. The grapes she uses for wine are collected mostly from the Driftless Region. It was a lovely day for the drive and to be outside and enjoy the pleasures of good friends and fun wine. We took some of our own snacks and purchased others there.

Joining TeamWine this time was Shane's mother Barb, and Natalee, my partner.

SIPS

2020 Modern Optimism (11.7%abv \$26) was our selected white wine. It's made with St. Pepin grapes sourced from Windy Willow, Possum Ridge and Three Branches vineyards. Erin did a 50% direct press and a 50% whole cluster fermentation, and a full

malolactic fermentation. It was barrel aged. The wine had a gold hue which sparkled in the afternoon sun. There was a steeped lemon tea fragrance on the nose as well as a spicy floral note. We also picked up a bit of pineapple and fresh asparagus aromas. Pineapple rind came through on the palate as did some white flower essence. It seemed to have just a bit of effervescence to it, which made it quite refreshing. The wine had a medium body with noticeable acidity, but it didn't dominate. TeamWine members found it paired well with the tined fish as well as the hummus.

Our red was the **2021 Sympathetic Magic** (13.9% abv \$32). The wine was made from 100% Marquette grapes, sourced from Sinned Vineyard (33%), Three Branches Vineyard (33%), Glaciers Edge Gardens (16.5%) and Thomas Vines (16.5%). The

grapes were machine harvested and field destemmed. The grapes were whole-cluster fermented and aged in neutral oak barrels for 1.5 to 2 years. Erin describes this wine by saying, “it’s brooding, juicy, elemental and a little magical.” The wine had a dark cherry red color with a distinct blackberry/blueberry aroma. It also presented an herbal and pepper fragrance. The body was soft on the palate, and we had flavors of tart cherry, a hint of lime and a bit of cedar taste. Low-medium acidity played out in the softness on the palate and the tannins offered a nice sense of body to the wine. The wine paired well with the chocolate, the nuts and the dried fruit, but did not go so well with the olives. We all felt this was a very pleasant wine to drink by itself and I believe a couple bottles were purchased for home consumption.

TIPS

Readers have a triple treat this month as TeamWine could not narrow our choices to just two bottles. **Light Verse** (7% abv \$15) a non-vintage Piquette wine was one we simply had to try. Piquette is French for “small

sting”, so, as advised in Erin’s wine notes, be cautious when ordering this in France, as you might get some odd looks. The closest thing I can offer regarding a Piquette wine is that it is similar to a sour beer. Piquette wine is made from reusing the pomace left after a grape press. The pomace is returned to a fermenting tank and rehydrated for 24-72 hours. Sugar is added, in this case cane sugar, and the wine is then bottled. The result can be some funky aromas and flavors, but usually very refreshing on a warm summer day. The “small sting” is the effervescence and tartness that often accompanies this style. TeamWine enjoyed this wine – with all its fun flavors and funkiness!

TeamWine hopes that you get out and enjoy the American Wine Project winery, if not these three wines. The drive to Mineral Point is not that long and you can make a day of it. I did learn that once the kitchen at American Wine Project opens, guests will not be allowed to bring their own food. So please check before you go.

Salut! ♦

Business & Community News

CERTIFIED COMPOST AVAILABLE

The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) is now offering United States Composting Council (USCC) Certified Compost. Certified compost from the facility meets or exceeds the USCC’s standards for the Consumer Compost Use Program. The compost may be used for trees, shrubs, flowers and vegetables gardens, and lawns.

Residents may self-load small quantities (less than 1 cubic yard) of compost from four bunker locations in Dubuque County. The bunkers are located at the entrance to the DMASWA Landfill, City of Dubuque Municipal Services Center, City of Epworth, and City of Cascade. There is no fee for residents self-loading small quantities at these locations.

Landscaping companies and residents looking for a large quantity of compost can schedule appointments at the DMASWA compost facility for loading assistance. Customers wishing to have large quantities loaded on-site will be charged a fee of \$30/cubic yard. Appointments can be made at DMASWA.org/Compost.

RURAL TEACHER SUMMIT

As part of its Rural Teacher Corps, the Community Foundation of Greater Dubuque will host a summit to support Eastern Iowa teachers. For the third summer in a row, small-town educators across Eastern Iowa are invited to come together for an opportunity designed to help them tend to their personal well-being, reconnect with their professional passion, and feel supported.

The Summit will be held from 8:30 AM to 3 PM on Thursday, August 7, at Innovate 120/ Maquoketa Art Experience, 120 S. Main St., Maquoketa, IA. The event is free to attend for educators at all grade levels, including classroom teachers, school administrators, guidance counselors, and other professionals.

Breakfast and lunch are included, and each attendee will receive a \$25 gas gift card to offset travel costs. Educators can register at DBQFoundation.org/Summit2025.

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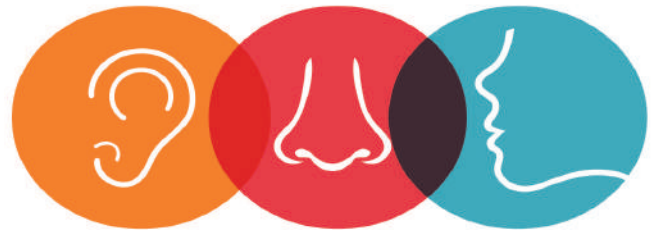
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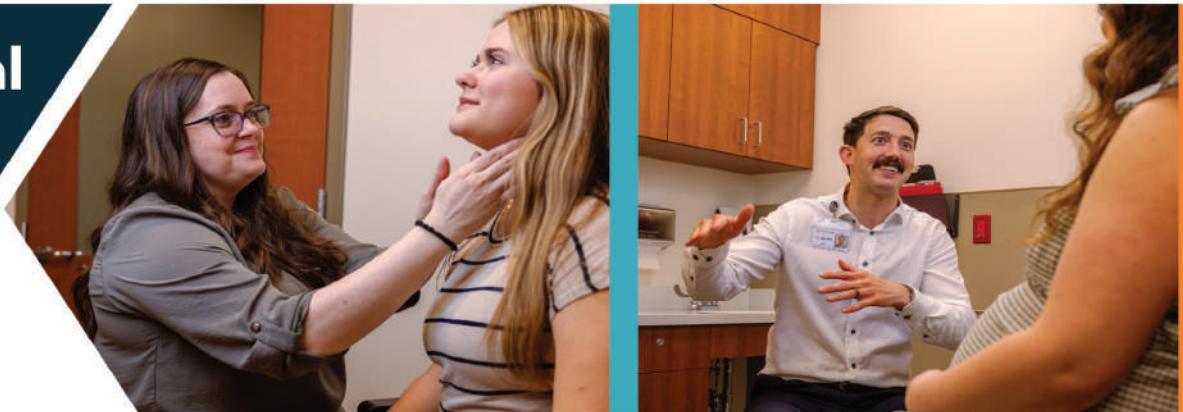


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