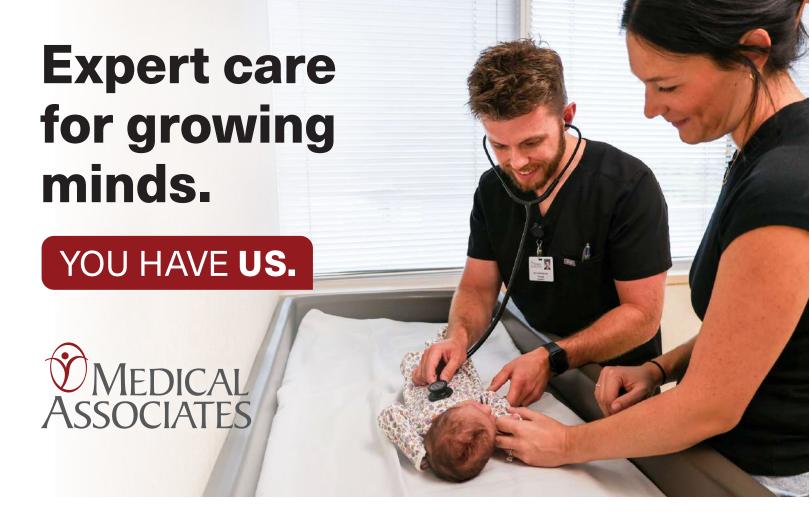


# IT'S SHOWTIME

FOR THE JULIEN DUBUQUE INTERNATIONAL FILM FESTIVAL

DUBUQUE TREES FOREVER -PLANTING FOR THE FUTURE

BEER OF THE MONTH – CYBER SUE



From the first checkup to every milestone, our Pediatric team provides expert, compassionate care. Beginning at birth, we focus on keeping your little one healthy and supporting their development at every stage. With specialized knowledge and a commitment to lifelong wellness, we partner with parents to build strong, healthy futures—one child at a time.



Well-baby and well-child exams



Treatment of infectious disease and chronic illness



Care for learning disorders



Growth and developmental counseling

You have us for every question, every milestone, and every step forward.

#### **11** PATIENT TESTIMONIAL

Both of my kids have had their fair share of medical attention, of which Dr. Edwards has been very helpful, understanding and thorough with making sure my husband and myself had all of our questions answered. He truly cares about his patients and wants what is best for the patient and their health!

\* \* \* \* (5 out of 5 star review)

#### PEDIATRICS DEPARTMENT | WEST 563.584.4440 | EAST 563.584.3440

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#### DUBUQUE, IA

West Campus: Monday - Friday, 8 AM - 5 PM | 1500 Associates Drive East Campus: Monday - Friday, 8 AM - 7 PM | 1000 Langworthy Street See our website for extended hours for illness and urgent problems.

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# Photo of the Month

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

Visit Garyfaganphoto.smugmug.com or email faganphoto@aol.com.

# JULIEN'S JOURNAL

Volume 50, Number 4 April 2025

JULIEN'S JOURNAL IS A PUBLISHED BY RTN PUBLISHING, INC 6170 FOREST HILLS DRIVE ASBURY IA 52002-9349 PHONE – 563.557.7571 JULIENSJOURNAL.COM

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## PUBLISHER'S NOTE

According to OurIowaHeritage.com, the origin of the "Key City" nickname for Dubuque was credited to an 1854 issue of the Miners' Express, where it was used in a fifty-page advertisement to boast of the city's advantages over other Iowa communities. The basis of the name was said to reflect Dubuque's geographic location – a railroad center located halfway between Milwaukee and Chicago to the east and the river towns on the Missouri River to the west. It's a fun fact but the more interesting part of this to me is that someone at Miner's Express got the City of Dubuque to make an advertising commitment that totaled 50 pages in one issue of their magazine. If you are a descendant of that person and are interested in a career in advertising sales, please give me a call.

#### Inside this issue

Today, the plot of land at the corner of Hill Street and Caledonia Place may not seem like much, but plans are in motion to turn the space into a community orchard. Learn more on page 18.

The films have been selected, venues reserved, volunteers have been trained, the 2025 Festival Guide is ready to be printed, and film makers and film enthusiasts will soon be arriving in Dubuque. It's just about time to kick off the 2025 Julien Dubuque International Film Festival. Read our preview on page 22.

As we look toward spring and summer, the weather takes a turn away from snow and cold temperatures toward gentle rains with the possibility of thunderstorms and maybe even tornadoes. Gentle rainfall was a far cry from what descended on Dubuque on Friday, June 16, 1882, when a foreman at the city's Millwork District Novelty Iron Works claimed to have found two small, live frogs imbedded inside massive hailstones. Learn about Dubuque's Frog Hail of 1882 on page 26.

Barrel House has made its home on Main Street in Dubuque in what once was the showroom for Cooper Wagon Works. A far cry from buggies and wagons, Barrel House is pumping out burgers and wings instead. Read our review on page 32.

Our beer this month is the Cyber Sue. If you even have a passing familiarity with IPAs, you'll recognize this name. It's closely related to Pseudo Sue, the flagship pale ale of Toppling Goliath. Read our review on page 34.

Team Wine deviated a bit from reviewing their traditional White and a Red wine to reviewing a White and a Rosé wine as the colors (and wines) are more appropriate for Easter décor and foods that might be enjoyed with a holiday meal. Read their reviews on page 35.







#### 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.

Julien's Journal is published monthly by RTN Publishing, Inc. in Asbury, IA. Subscription rates are \$29.00 per year or \$55.90 for two years. Mailing address: 6170 Forest Hills Drive, Asbury, IA 52002-9349. Telephone 563.557.7571. Website: www.juliensjournal.com.

Return Policy: Magazines are mailed standard class and should be received within 15 days of the mailing date. Returns should be sent to *Julien's Journal* Magazine, 6170 Forest Hills Drive, Asbury, IA 52002-9349. You must provide name, address, and mailing label.

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

# **April 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.



#### **Live Music & Events Featuring Various Artists**

Arpil 1-30 @ 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. Checkout the website for all upcoming events. Visit OSoGoodWinery.com.

#### Stay Independent: Thrive in Place Tuesday, April 1

1:30-2:30 PM @ Windsor Park, 801 Davis St.

Learn how to remain independent at home. Put plans in place now that support your ability to continue independent living for the years ahead. Identify priorities, assess the current environment, and explore home modifications to age in place safely. RSVP. For more information, e-mail THummer@StoneHillDbq.com.



Early Explorers: O is for Owl Tuesday & Saturday, April 1 & 5

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.

#### **Distinctively Dubuque**

Session 2: Wednesdays, through April 9, 5:30-8:30 PM

@ Various Locations in Dubuque

Distinctively Dubuque is a free, fivenight interactive course designed to connect newcomers with one another and



their new hometown. Each Distinctively Dubuque night takes place at a different venue, covering topics including local government, arts, recreation, volunteerism, and more. Classes meet five consecutive Wednesday evenings and include dinner each night. The next session beins August 20 - September 17, spots are limited. RSVP. Visit Bit.Ly/DD\_Registration.

# TRI-STATES' ENTERTAINMENT











405 MAIN, DUBUQUE • TICKETS ONLINE @ FIVEFLAGSCENTER.COM

#### Wild West Wednesdays

Wednesday, April 2, 9, 16, 23 & 30 7-11 PM @ Dubuque County Fairgrounds

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

#### **Houseplant Pests 101**

Thursday, April 3

6-7 PM @ Dubuque Arboretum & Botanical Gardens

Educational session to be held in the Heinemann Visitor Center. Visit **DubuqueArboretum.net.** 

# Introduction to Silverpoint & Egg Tempera

Friday through Sunday, April 4–6 9 AM–4 PM @ Bluff Strokes Art Center Join artist E. E. Kono in this three-day workshop to explore the materials and techniques she uses to create egg tempera paintings. Some art experience helpful. Ages 18+. Visit BluffStrokes.org.

#### **First Fridays**

Friday, April 4

@ 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.

#### Where You Are

Friday, Saturday & Sunday, through April 13, Fridays & Saturdays, 7:30 PM; Sundays, 2 PM @ Bell Tower Theater Sisters Glenda and Suzanne have lived together since Suzanne arrived single and pregnant 33 years earlier, moving in with Glenda. When Suzanne's daughter arrives, things get complicated. Amid a wild wedding, medicinal experimentation, and a budding romance, the sisters are forced to confront truths that will change their lives forever. \*Play runs through April 13. Visit BellTowerTheater.net.

#### **Noises Off**

Friday & Saturday, April 4–5, 7:30 PM Sunday, April 6, 2 PM @ The Grand Opera House

This side-splitting play features a theater company desperately trying to get their act together. Watch as they blunder from a bad dress rehearsal to a wonderfully disastrous performance full of flubbed lines, missed cues, technical difficulties, fallen trousers, and, of course, the ever-important sardines. Visit **TheGrandOperaHouse.com**.







#### **Beyond the Stars**

Saturday & Sunday, April 5-6

@ Grand River Center

Now in its 20th year, Beyond the Stars offers dancers a chance to display their abilities and compete for prizes. Visit BeyondTheStars.com.

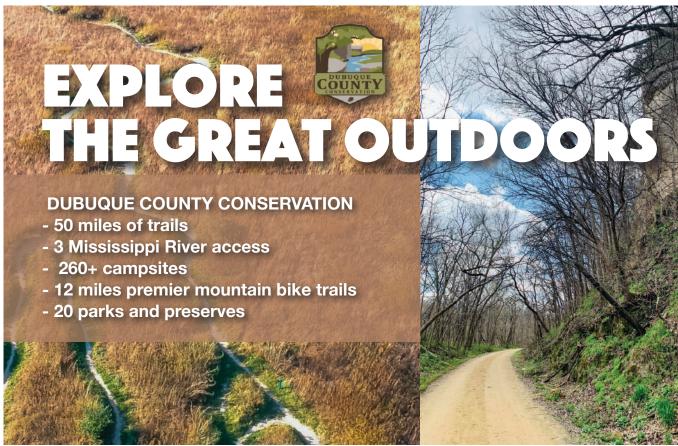
#### **David Briggs - Pipe Organ Recital Series**

Sunday, April 6

3 PM @ University of Dubuque, John and Alice Butler Hall

David Briggs is an internationally renowned organist whose performances are acclaimed for their musicality, virtuosity, and ability to excite and engage audiences of all ages.

He has transcribed orchestral compositions by Schubert, Tchaikovsky, Elgar, Bruckner, Ravel, and Bach as well as Mahler's Second, Third, Fourth, Fifth, Sixth, and Eighth symphonies. Briggs is currently an artistin-residence at the Cathedral of Saint John the Divine in New York. Visit Dbq.edu/ HeritageCenter.



## Stay Independent: Cooking for 1 or 2

Tuesday, April 8
2-3 PM @ Stonehill Assisi Village
In this Stay Independent Series workshop, learn to use MyPlate for meal planning and unpack a toolbox of tips for planning, shopping, and preparing well-balanced meals. Visit StoneHillDbq.com.

#### **Dubuque Audubon Program**

Thursday, April 10 7-8 PM @ EB Lyons Interpretive Center

In his program "Capturing Moments in Nature," Stan Bousson will share photos that have been taken in many locations along the Mississippi River near his home in Illinois. Also included are photos taken at wildlife refuges and national parks from other areas of the country. He will discuss photographic equipment and techniques used to shoot those images and share information about where to look for wildlife you may want to observe or photograph. Visit AudubonDubuque.org.



#### Butterfly Art Workshop

Thursday, April 10, 6-8 PM @ Dubuque Arboretum & Botanical Gardens

Join the fun, hands-on workshop to create a stunning butterfly masterpiece using preserved flowers grown in Lancaster! No experience needed — our easy, step-bystep guidance ensures everyone can create a beautiful piece. Helpis available at every step of the way! RSVP @ DubuqueArboretum.net/events-calendar.

#### Spring Clean Up # 1

Saturday, April 12

9 AM-12 PM @ Dubuque Arboretum & Botanical Gardens

Volunteer spring clean-up. Lunch provided at 11:30 AM inside Visitor Center location: gardens and porch. Visit **DubuqueArboretum.net.** 

#### **She Unites**

Wednesday, April 16 6:30-7:30 PM @ The Innovation Lab, 210 Jones St.

Come together for an evening of socialization and education. Katie Bailey takes the She Unites stage at the Innovation Lab Katie challenges those that she connects with to



foster purposeful lives that are reflective of the incredible gift it is to be here on this earth. Make a new friend, have authentic conversations, and leave with powerful inspiration. Visit **SheUnitesIowa.com/ Events.** 



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### **SUPPLEMENTAL CONCERT EVENTS:**

#### **SOUND BITES LUNCHEON**

11:30am-1pm Friday, May 2 at Dubuque Golf & Country Club, 1800 Randall Place. Lunch buffet is followed by commentary by William Intriligator and guest artists. \$22 payable at the door. Reservations due by noon, Wednesday, April 30 and can be made by calling 563-557-1677.

#### **ENCORE RECEPTION**

Saturday, May 3. Saturday evening concert attendance includes entry to post-concert reception Enjoy refreshments & visit with DSO musicians. Sponsored by Poppy Conlon & Jason Benson.

A Timeless Ballet Experience:
Dubuque Symphony Orchestra
(DSO) and Heartland Ballet
Present Tchaikovsky's Swan Lake

For over a century, Tchaikovsky's Swan
Lake has captured the hearts of audiences
around the world with its exquisite blend
of breathtaking ballet and a hauntingly
beautiful score. This spring, the Dubuque
Symphony Orchestra (DSO) is partnering
with the Heartland Ballet to bring this iconic
masterpiece to life in a fully staged production
at the University of Dubuque Heritage Center.

It has been more than nine years since the DSO last staged a full ballet production, making this collaboration a rare and eagerly anticipated event for both longtime supporters and new audiences. Under the direction of Music Director and Conductor William Intriligator, the DSO will join forces with the Heartland Ballet: Marina O'Rourke, Artistic Director, and Megan MacLeod, choreographer, to deliver an unforgettable performance that blends the power of live orchestral music with the grace and emotion of live dance.

"This collaboration is not just about presenting Swan Lake as it was meant to be experienced," states Intriligator. "It's also a celebration of the strong ties between the DSO and Heartland Ballet, both of which have long been cornerstones of the cultural landscape in Dubuque."

"We look forward to bringing a fresh vision to this timeless work," Intriligator added. "This is an experience that will leave a

n.

lasting impression on all who attend. It's an opportunity to witness the intersection of music and dance in its most captivating form!"

Swan Lake tells the enchanting and tragic story of Princess Odette, cursed to live as a swan by an evil sorcerer, and her search for love that can break the curse. The ballet's sweeping score, filled with lush melodies, serves as the emotional backbone of the story, guiding audiences through a narrative that explores themes of love, betrayal, and redemption.

The performances will take place on Saturday, May 3 at 7:30 pm and Sunday, May 4 at 2:00 pm at the University of Dubuque Heritage Center's John & Alice Butler Hall. 2255 Bennett St, Dubuque.

With tickets starting at just \$27, this is a wonderful opportunity to experience a world-class production in Dubuque's own backyard. Demand is soaring, so now is the time to secure your spot for this extraordinary, one-of-a-kind performance.

For details and ticketing information, visit dubuquesymphony.org/concerts-and-events

This production is made possible by the generous support of concert sponsor MidWestOne Bank and guest artist sponsor Tim & Christine Conlon.









2025/2026 season rehearsals starting August 2025

Scan to learn more:



Dubuque Chorale Children's Choirs

Voice placement interviews: May 3 & 10

# BRIDGE CITY COLLECTIVE

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#### **School's Out Day Camps**

Friday & Monday, April 18 & 21 9 AM-4 PM @ National Mississippi River Museum & Aquarium

Camps take place on weekdays when the Dubuque Community School District is not in session. These full-day camps are for students in K-5th grade. Camps are focused on history, culture, biology, and STEM topics. Visit **RiverMuseum.org.** 

#### Sesame Street Live

Friday, April 18

6 PM @ Five Flags Arena

Elmo, Abby Cadabby, Cookie Monster, and their friends from *Sesame Street* are coming to the neighborhood to say hello.

In an exclusive post-show experience addon, there will be an opportunity to make a lasting memory of your visit by taking a photo alongside characters from the show. Visit **FiveFlagsCenter.com**.

#### Community Easter Egg Hunt Saturday, April 19

10 AM @ Allison Henderson Park

Join hundreds of Dubuque kids for a morning of family fun as thousands of Easter eggs fill the field at the park awaiting the little hunters to do their thing. facebook. com/TheAuthenticConnectionDBQ.





## Julien Dubuque International Film Festival

Monday through Sunday, April 21-27 9:30 AM-11 PM @ Various Downtown Dubuque Locations

Celebrating its 14th year, the Julien Dubuque International Film Festival (JDIFF) is now seven days of fun and film. Films and filmmakers from all over the world will attend JDIFF showcasing their independent films in many venues downtown. If you love films, you'll love JDIFF. Visit JulienFilmFest.com.

#### **Adult Prom**

Friday, April 25

6 PM @ Dubuque County Fairgrounds Grand Ballroom

Adults are invited to an intimate evening out. Get glammed up and bring your friends. A meal will be served. Cash bar. Visit **DBQfair.com**.

#### **Arbor Day Celebration**

Saturday, April 26 8:30 AM @ Dubuque Arboretum & Botanical Gardens

Tree planting ceremony, tree identification walk, tree-themed story time with special guest readers, and more. Visit **DubuqueArboretum.net.** 

#### Spring Clean Up # 2

Saturday, April 26 9 AM-12 PM @ Dubuque Arboretum & Botanical Gardens

Volunteer spring clean-up. Lunch provided at 11:30 AM inside Visitor Center location: gardens and porch. Visit **DubuqueArboretum.net.** 

#### **Party for the Planet**

Saturday, April 26

10 AM-3 PM @ National Mississippi River Museum & Aquarium

Vendor booths will be set up around campus with various interactives and information about local and regional conservation efforts. Bring in a canned food item for \$5 off total ticket purchase. The food drive benefits the Dubuque Food Pantry. Visit RiverMuseum.org.



#### SHINDIG! A Tribute to the 60s

Saturday April 26, 7 PM @ Ohnward Fine Arts Center (Makoqueta, IA)

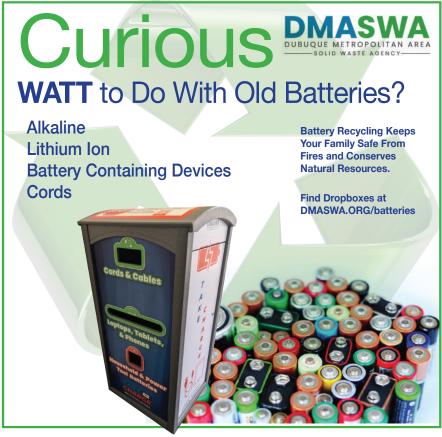
Enjoy an entertaining trip back to the greatest and most diverse decade of rock and roll music. Covering over 90 different bands where music told the story of an entire generation: early '60s, British Invasion, Psychedelic, Pop, Girl Groups, Woodstock, and more. Visit **OhnwardFineArtsCenter**.

#### **Protect Yourself from Fraud**

Tuesday, April 29

4-6 PM @ DBQ Esports League, 3220 Dodge St., Suite 109

One in three Americans ages 65 and older are scammed, losing \$36.5 billion annually to financial exploitation, criminal fraud, and caregiver abuse. In partnership with IID, DBQ Esports League is presenting the lowa Fraud Fighters program locally. Learn how to protect yourself and loved ones from fraud. Visit **DbqEsports.org.** 



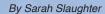


TICKETS - IN ADVANCE: ADULTS \$25 / STUDENTS \$15 AT DOOR: ADULTS \$28 / STUDENTS \$18

# APRIL 26 7:00 PM APRIL 27 2:00 PM Books & Ballads:

WESTMINSTER PRESBYTERIAN CHURCH

DUBUQUE, IA



When I was a kid, my dad always read me stories before bed. We read nursery rhymes, picture books, and eventually made our way to *The Lord of the Rings*. It took us a few months, but my dad read me the entire trilogy out loud. The stories are still some of my favorites, and they're especially memorable because of all the hours we spent reading together.

Whether we read or listen, stories connect us to our history, our loved ones, and the deepest parts of ourselves. Stories allow us to escape into new worlds, experiences, and ways of seeing the world. Cognitive and behavioral science research has even demonstrated that reading fiction can increase our capacity for empathy. In celebration of the power of literature and music to move and connect us through storytelling, the Dubuque Chorale is proud to present their spring concert, *Books & Ballads*.

As a librarian myself, the connection between books and music hits home for me as well as for two of my fellow singers and library colleagues. We are all excited to participate in an event that brings together two mediums that hold such cultural, societal and personal significance. While poetry is frequently set to music, one goal of this concert is to highlight other modes of literary expression that aren't as commonly used to inspire choral music, including novels and ballads.

The ballad is a form of storytelling in verse that dates back to the Middle Ages, when stories were more often passed through speech or song than the written word. Many legendary characters we still know today, such as Robin Hood and Mulan originated from the oral traditions of epic poetry and ballads. Audiences at *Books & Ballads* will hear the story of American folk hero John Henry performed by the Dubuque Chorale Children's Choirs (DCCC). "There are different tunes, and the lyrics change, as happens with ballads and folk songs, but all children should hear this story," says DCCC program director Karmella Sellers.

This concert also captures how certain stories are told and retold in different formats. Several songs come from film and stage adaptations of literature, such as the combined choir piece, "Do You Hear the People Sing" from the musical *Les Misérables*, based on the novel of the same name by Victor Hugo. Another example is "Hernando's Hideaway," from the musical *The Pajama Game*, based on the 1953 novel 7½ cents, by Richard Bissel. "Hernando's Hideaway" also has a special connection to the Dubuque area - the song describes a fictional night-club, which was based on the real-life East Dubuque speakeasy, the Hilltop.

The Chorale is also excited to host a book drive at the concert for the Yonkofa Project, a nonprofit Sellers has worked with for several years, which focuses on healthcare access and has education-related goals. "I set myself on the task of gathering new and gently used books to outfit their classroom libraries," says Sellers. Books are vital tools both for education and for human connection, and we hope our audience will help us support increasing access for these children. We also invite audiences to engage with literature in the Dubuque community by

# Stories Inspire Connection

exploring offerings from our local libraries. Victoria Bausman, Director of The DCCC Staccati Singers, says "I hope this concert will inspire people to get back into reading, either on their own or with their kids."

"My son and I have been on a three-year long journey reading the Harry Potter series, and

we just started the seventh book. Now he could actually read it by himself, but he still wants me to read with him."



Dubuque Chorale Artistic Director
 Dr. Amanda Huntleigh.

Visit Dubuquechorale.org to learn more about the book drive.

Thank you to our sponsors and in-kind donors: Premier Bank, Gronen, Home and Floor Show, Iowa Arts Council, City of Dubuque, DRA, National Endowment for the Arts, Henry Family Foundation, Schoen Family Charitable Trust, Holy Trinity Lutheran Church, Westminster Presbyterian Church, Grand View Methodist Church, Church of the Nativity, Sisters of Charity BVM and the Greater Dubuque Development Corporation.

BOOKS & BALLADS

APRIL 26 7:00 PM

APRIL 27 2:00 PM

WESTMINSTER PRESBYTERIAN CHURCH

DUBUQUE, IA

NO CHARGE FOR ADMISSION, FREE

WILL DONATIONS APPRECIATED



The Chorale and Children's Choirs finish the concert season with a program featuring works inspired by great literature. Photos contributed by the Dubuque Chorale.



Chorale Artistic Director Dr. Amanda Huntleigh directs the Dubuque Chorale.



#### 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.

#### 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.



#### Arbor Day Scavenger Hunt April 1-30

Learn about local native trees by completing the tree scavenger hunt in the children's department of the library.

#### Baby Rhyme Time Tuesdays through May 6 @ 10:30 AM

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

#### Adult Ukulele Lessons Tuesday, April 1, 15 & 29 @ 6-7 PM

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

#### **Preschool Storytime**

#### Wednesdays through May 7 @ 10:30 AM

Stories, sing-alongs, and movement activities for children aged 3-6. Adult participation is required.

#### Spring Party Wednesday, April 2 @ 4 PM

Join us for an egg-themed party complete with snacks, games, and books. Ages 4-9. Registration required.

#### Virtual Author Talks Wednesday, April 2 @ 6 PM

Wordsmith And Wonder with Jodi Picoult. Registration required.

#### Movie Night Thursday, April 3 @ 6 PM

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

Hay Day Playdate Friday, April 4 @ 10:30 AM Enjoy hands-on activities, playtime, stories, and more. Ages 2-6.

#### Latino Poetry Anthologies & Reading Saturday, April 5 @ 2 PM

Join Oscar Mireles, former Poet Laureate of the City of Madison and Executive Director of the Omega School in Madison, WI, for a poetry reading.

#### Toddler Time

## Mondays through May 5 @ 9:30 AM & 10:30 AM

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

#### Reading Roundtable Book Club Monday, April 7 @ 6-7 PM

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

#### Virtual Author Talks Tuesday, April 8 @ 1 PM

The Stories, Science, and History of Trees with Matthew Fleming. Registration required.

#### Paper Airplane Launcher Tuesday, April 8 @ 4 PM

Learn how different paper airplane styles affect velocity and flight time, and create a launcher. Ages 10-14. Registration required.

#### Duct To It!

#### Wednesday, April 9 @ 4-5:30 PM

Try your hand at making wallets, flowers, and other crafts out of duct tape. Ages 10-18. Registration required.

#### Minecraft Mania

#### Wednesday, April 9 @ 5:30-6:45 PM

Ages 7-14. Registration required.

#### Beyond the Book Club Thursday, April 10 @ 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.

#### Dubuque County Reads Author Event Thursday, April 10 @ 6:30 PM

Meet Stephanie Foo. Offsite event at the Loras College Library, 3rd floor.

#### Lollipops & Music Saturday, April 12 @ 10 AM

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

#### Reading with Rover Saturday, April 12 @ 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.

#### Self Defense for Younger Adults Monday, April 14 @ 5:30 PM

Instructor Eryka Cook of Empowermental will guide participants through a mix of basic and advanced moves, providing advice for your specific concerns. Ages 17+. Registration required.

#### Cactus Pincushions Tuesday, April 15 @ 5:30 PM

Make cool art, eat snacks, and learn how to make a felt cactus pincushion. Supplies are limited. Ages 10-100. Registration required.

#### Beginning Chapters Book Club Wednesday, April 16 @ 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.

#### Pokémon Club Wednesday, April 16 @ 5:30 PM

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

#### Introduction to Self Defense Thursday, April 17 @ 12 PM

Instructor Eryka Cook of Empowermental will guide participants through a mix of basic and advanced moves. Ages 18+. Registration required.

#### Donuts with Grownups Friday, April 18 @ 10:30 AM

Enjoy a delicious donut alongside your grownup and listen to a special donut-themed storytime. Ages 3-7. Registration required.

#### Remake Your Ramen Friday, April 18 @ 1-2:30 PM

Elevate your ramen with a variety of unique ingredients and create a new recipe. Ages

12-18. Registration required.

#### LEGO® Challenge Saturday, April 19 @ 10 AM

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

#### Family Book Bingo Saturday, April 19 @ 2 PM

Ages 4-12.

#### Buttons & Bobbins Monday, April 21 @ 4 PM

Learn how to use a sewing machine and complete a simple sewing project. Materials provided. Ages 10-17. Registration required.

#### Dragon Eggs Wednesday, April 23 @ 4 PM

Create your own dragon egg. Ages 8-12. Registration required.

#### Virtual Author Talks Tuesday, April 24 @ 6 PM

The Thrill of Writing Action, Adventure, and Suspense with Gregg Hurwitz. Registration required.

## Self Defense for People with Mobility Issues

#### Sunday, April 27 @ 1 PM

Ages 18+. Registration required.

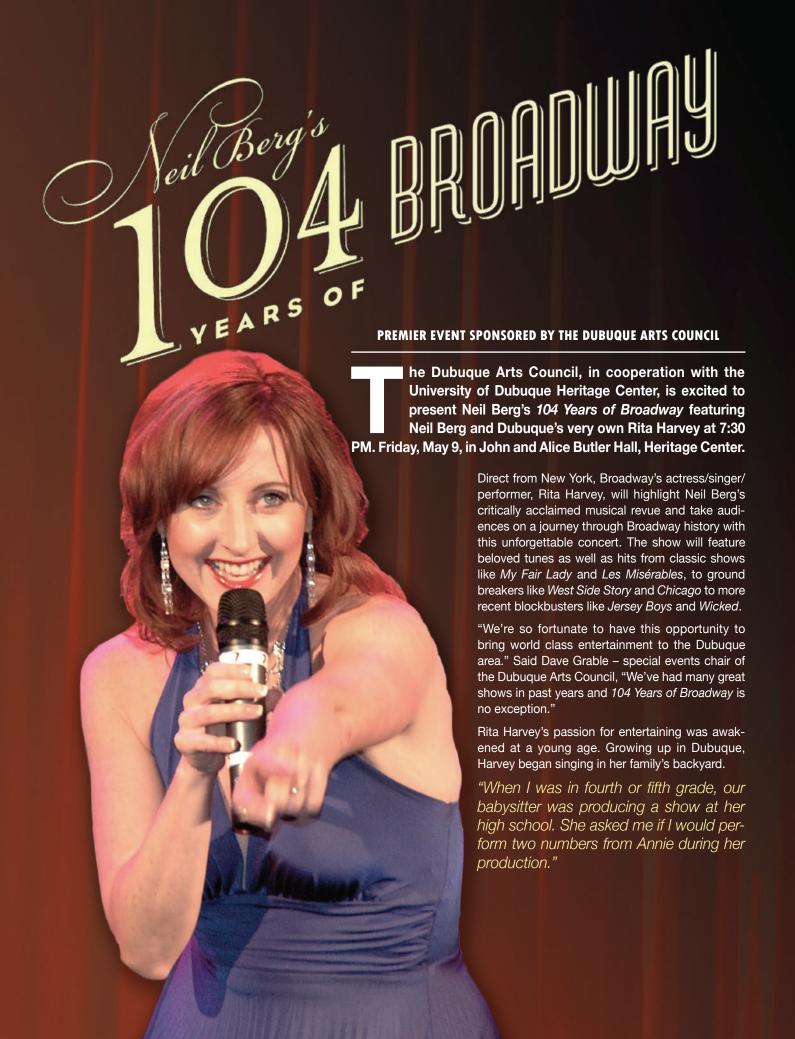
#### Sun SHINE Squad Tuesday, April 29 @ 4 PM

Work on volunteer projects while providing feedback on making the library a welcoming place for teens. Ages 12-18. Registration required.

#### Mother's Day Preparation Program Wednesday, April 30 @ 4 PM

Get ready for Mother's Day by making a gift you can take home. Ages 7-12. Registration required.





Tickets for Neil Berg's 104 years of Broadway can be purchased online now at www.dubuqueartscouncil.com or from at the Farber Box office, Heritage Center, University of Dubuque or by visiting www.dbq.edu/heritage center Prices range from \$43-\$49 with special discounts for Military/Veterans, UD faculty and staff, UD alumni, parents of UD students and groups of ten or more.



"So I met her at the high school auditorium and went on stage, proceeded to belt out my rendition of 'Tomorrow' under the spotlights." Rita explained, "And it wasn't until I finished and heard people applauding that I realized the rest of the cast was in the audience, beyond the lights. It was great. From that moment, I knew I was in the right place, doing what I loved ... and I wanted more of it."

Her love for Broadway progressed at Hempstead High School's performance of *Hello Dolly*, which lead her to earn a degree in Opera from Simpson College and Masters at Northwestern College. Rita made her Broadway debut in the role of Christine Daae in *The Phantom of the Opera*.

"I'm so excited to return to Dubuque for 104 Years of Broadway with both new songs and old favorites."

"Dubuque shows are especially rewarding because I know that there are many friends and family beyond the lights." Rita explained, "I am reminded of my roots. My love of singing and the thrill of applause, which got me started in this business, has not waned in the least. Thank you for always welcoming us back with open arms!"

Today, Rita is an accomplished Broadway actress, singer, and performer who is the principle soprano in Neil Berg's 104 Years of Broadway series. It was voted the number one touring concert in the country.

Neil Berg, an accomplished producer/ pianist/composer will once again bring his show 104 Years of Broadway for an all-star performance of songs and stories behind the music from the greatest moments and shows of the century to numbers from Broadway's newest hit shows.

"Bringing our Broadway show back to Rita's hometown of Dubuque is always thrilling for us!" Said Neil, "There is nothing better than seeing her mother and father (Mel and Theresa Harvey) in the audience with all of their close friends! By now it seems the entire community has become close friends over the years."

Grable concluded, "I'm so grateful that Rita and Neil will be bringing their talent back home. This will be a great show and one that you won't want to miss!"

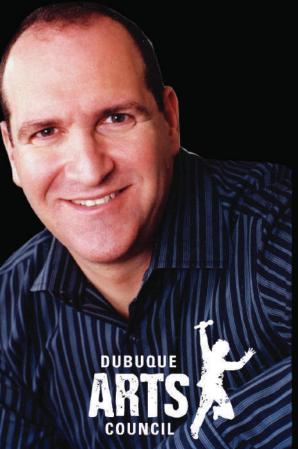
Neil Berg's 104 Years of Broadway is one in a series of special concerts raising money to support the mission of the Dubuque Arts Council. (To provide diverse, multi-disciplinary, opportunities that enrich the lives of students and this community.)

The group began in 1969 with a passion to inspire students in Dubuque area

schools with outstanding programs of music and artistic expression.

The Dubuque Arts Council's "Artist-in-Residence" program, brings live performances to more than 20,000 grade school students in 31 tri-state area schools.

Also with the support of corporate sponsors, they will present "Music at the Star," this summer. This free concert series begins in June and is held on Sunday evenings from 6:30 - 8:30 PM outside the historic Star Brewer. Bring your favorite snack or beverage. Learn more at DubuqueArtsCouncil.com.



104 Years of Broadway is brought to you through the generous sponsorship of Sarah and Jack Hasken.



Cheryl Sheldon, with a planting team showing youth involvement. Cheryl is a Master Gardener and loves to work with our volunteers.

18 🍫 Julien's Journal

# Dubuque Trees Forever is Planting for the Future

by Beth Triplett

Today, the plot of land at the corner of Hill Street and Caledonia Place may not seem like much, but plans are in motion to turn the space into a community orchard. Dubuque Trees Forever, a group of passionate volunteers, is expanding its tree planting operations to develop a fruit-tree orchard in this community food desert.

he previously vacant lot has required mowing by the City of Dubuque for decades. The orchard is one piece of a larger project that will eliminate the need for mowing and provide an opportunity for free

fresh fruit and enjoyment of nature. The pesticide-free, sustainable efforts include a Mowing to Monarchs pollinator garden to



"...the idea is that it's going to be a place where neighbors can just come and pick some fresh fruit and have a beautiful place to sit and enjoy."

- Laura Roussell,

attract bees and butterflies to help pollinate the trees, ground cover instead of grass, and ultimately, a walking path with benches.

"Of course, these trees are going to take a long time to get to the point where they provide fruit, but the idea is that it's going to be a place where neighbors can just come and pick some fresh fruit and have a beautiful place to sit and enjoy," said Laura Roussell, executive director of Dubuque Trees Forever. "It will become an orchard and eliminate mowing – it's a win-win."

The group plans to plant 18 trees on May 10, including cherry, apple, pear, and plum varieties. It will take three to five years before neighbors can harvest a good crop, and during that time certified arborists and Master Gardeners from the Dubuque Trees Forever group will lead the planting and care plan.



Planting at Bunker Hill golf course last fall is (left to right) Tom Kramer (president), Andy Unrau (golf course supervisor) and Steve Pregler. Tom Kramer has 38 years of forestry experience and knows the importance of replenishing the urban forest. He recently retired from the City of Dubuque where he served as the Urban Forester.



A young helper on one of the community events.



Fall mulching project at Hill Street and Caledonia with board members and volunteers.

Dubuque Trees Forever plants all its trees by hand, not by machine, and relies on volunteers to do their work. For this project, volunteers are required to initially plant the trees and then care for them and the pollinator plants, develop the paths, build benches, butterfly boxes, bird houses, and steppingstones, and keep the site free of weeds and trash.



"This is a great opportunity to bring the community and neighborhood together," said Laurana Snyder, environmental justice tree coordinator for the City of Dubuque and Dubuque Trees Forever board liaison.

"It is a well-traveled throughfare and can create a sense of community as neighbors have a project to look after. I'm really excited to see it grow and flourish."

The community orchard is just one of the many projects spearheaded by the Dubuque Trees Forever. The organization began as a passion project in response to the many Ash trees that had to be cut down and has subsequently planted over 600 trees in the community since it began in 2017.

"We work to have a diversity of trees so that the Emerald Ash situation doesn't happen again, and we lose all the trees," said Roussell. "For one project, we had 12 different species, so if one species goes bad, it will only be a small portion of your whole canopy. It's very intentional to plant a great diversity of trees."

One of the group's most ambitious projects was at Allison-Henderson Park, where they planted a border of 28 trees.

"The neighbors came to me and said 'Our park is naked to the street. We want some trees to make it feel like when you're in there, that you're at the park," said Roussell. "So, we worked with the city and designed the planting, got the trees, and got a grant from a utility company. We planted them, using neighbors and volunteers. So, if you drive by Allison-Henderson Park and you see all the trees around the edges, that's us. How fun to go by and say, 'I planted that tree."

There are many opportunities this spring for volunteers to help plant trees in multiple locations around the city. As part of Days of Caring on April 25, a group is needed to edge and clean up the mulch at the orchard, so it is ready to plant on May 10. On May 3, the group will plant trees at Bunker Hill Golf Course.

A special Arbor Day celebration will occur on April 26 at the Dubuque Arboretum and Botanical Garden. In addition to planting 28 trees, there will be tree identification walks, a story time reading with celebrity readers, including the City Manager, a coloring contest, and chainsaw carving of a stump. The trolley will loop from downtown to make the event accessible to more people.

"Each time we start out with Planting 101. Certified arborists show people how to plant a tree: preparing the root ball, digging the hole to the proper depth, showing how you mulch, etc.," said Roussell. "So even if you've never planted a tree, you can come to one of our events and be successful. And then you're an experienced planter so next time you come, you can help someone else learn or you can plant one in your own yard."

In addition to direct planting, the group works on tree care, advocacy, and education.

You may see them at the Farmers' Market, helping people understand why trees are important.

"If people understand the benefits of trees, then they'll be more comfortable with spending money on a tree, or the city spending money on a tree," said Roussell, a passionate advocate. "Trees have so many benefits beyond just beauty and shade. And when we add them to our community, we all benefit. People shop longer in an area where there are trees. If people are in the hospital and they're looking out their window at trees, they recover faster. If children get the opportunity to play in a tree-covered area, they have better health benefits. And trees make your neighborhood."

"Never underestimate the incredible benefits of trees, continued Roussell. "Beyond the beauty they bring to our community, they help with cleaner air and water. By planting the right tree in the right place, they also provide energy efficiency, and environmental, social, health, and financial benefits. Planting and preserving trees is one of the simplest and most powerful actions we can take to create a healthier and more sustainable future."

Dubuque Trees Forever is a 501 (c) 3 charity that also provides outreach to science classes, service clubs, and organizations to share the importance of trees, cultivate volunteers, and solicit donations. The organization is always seeking human and financial resources to continue its work.

For more information, to volunteer, or to donate, visit DubuqueTreesForever.org, Facebook at Dubuque Trees Forever, or email welovetrees@dubuquetreesforever.org. ��

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







Locally owned Free Shuttle and loaner cars Free Popcorn

Alignments, brakes, tires, cooling system, diagnostics, suspension & more

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# It's Showtime for the Ju International Film Festiv

The films have been selected, venues reserved, volunteers have been trained, the 2025 Festival Guide is ready to be printed, and film makers and film enthusiasts will soon be arriving in Dubuque – everything is ready and it's just about time to kick off the 2025 Julien Dubuque International Film Festival (JDIFF). This year, venues across Dubuque and into Galena will host panels, workshops, film screenings, and parties for a full week from April 21-27.

ow in its 14<sup>th</sup> year, the JDIFF has adhered to its mission of "enriching the community and bridging cultures through the education and promotion of arts through independent film. JDIFF acknowledges emerging filmmakers from around the world and supports diverse and cause-related films." Film goers can expect to see films from all over the world as JDIFF gets bigger and better every year. The event has been recognized as one of the "25 coolest film festivals in the world" and one of the "Top 50 film festivals worth the submission fee" by *MovieMaker Magazine*. The festival also ranks among the Top 100 Best-Rated Festivals on FilmFreeway.com and has been recognized by *Variety, AAA Living*, and *River Travel Magazine*.



Susan Gorrell is celebrating her 11<sup>th</sup> year as the Executive Director of JDIFF, a position she grew into after she came to the festival in 2012 with her own film *A Million Spokes*. "Festival founders Christopher and Michael asked if I would screen my film at the festival in Dubuque. I thought I'd go to this little festival in Dubuque and check it out," she recalled. "So, I did that. Dubuque is

#### Susan's Top Picks

"I love sci-fi," said Susan Gorrell, JDIFF Executive Director. "It's my favor genre along with comedy. So, I like the films Recollection, Saturn, and Robot T-0."

#### Saturn

Saturn is a character-based sci-fi drama about a family in a picturesque seaside town whose lives are upended when a strange planet appears in the sky on a collision course for earth. The planet's appearance brings back a life that James thought he had left years ago when he settled down with his wife and young son. But, with the outside world in chaos and his perfect family slowly falling apart, James must decide between running from his destiny or sacrificing everything he loves. The story of Saturn deals with addiction, abuse, and purpose, asking a simple question: how far would you go to save those you love?

#### ROBOT T-0

In the near future, robots will be found in every household, at the service of humans, replacing them in their daily chores. Forty-year-old Max, unemployed, and her daughter Paula struggle to earn their living by selling stolen robots on the black market. Unfortunately, their latest al Dubuque SINGING BACK

beautiful and the people are lovely. That first year I told Christopher and Michael, I could help them build the festival because we know a lot of people in the film industry. The second year, I had a position on the board, and by the third year, they asked me to be the senior manager and help Michael after Christopher left. When Michael left, I took over as executive director."

New in 2025 is an expanded, full week of films. "We expanded our dates officially to April 21-27," said Susan. "That's two extra days including full days in Galena at two venues – the DeSoto House Hotel and we've added the Galena Center for the Arts. So, there will be two full days in Galena and the rest of the days will be in Dubuque."

JDIFF received more than 1,200

Dying to Work in the Film

Dying to work in the Film

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Dying to Work in the

"acquisition," T-0, is too old to be recycled at their usual fence. This is a godsend for ten-year-old Paula, who dreams of owning her own robot! Her mother, yet vehemently opposed to machines, agrees to keep him until another buyer can be found. When she loses custody of Paula after yet another scheme goes wrong, Max has no choice but to rely on T-0, who is ready to do anything to help.

## Safe Sets: Dying to Work in the Film Industry

A doctor investigates hazardous working conditions in Hollywood and discovers untold stories of enormous personal sacrifice and life-threatening risks for those working in an industry that brings us the movies and TV shows we cherish.

#### Singing Back the Buffalo

In a time of immense environmental degradation and global uncertainty, the buffalo can lead us to a better tomorrow. After a dark recent history, the buffalo herds of North America are awaiting their return, aided by dedicated Indigenous activists, leaders, and communities, including award-winning Cree filmmaker Tasha Hubbard (nîpawistamâsowin: We Will Stand Up). Together with Blackfoot Elder Leroy Little Bear, Hubbard weaves an intimate story of humanity's connections to buffalo and eloquently reveals how their return to the Great Plains can indeed usher in a new era of sustainability and balance.



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This year we will be offering booklets with either five or ten film vouchers that can be turned in later for a ticket.

- Susan Gorrell



Celebrities and local film fans pose on the Red Carpet. Photo contributed by Ron Tigges, Digital Dubuque.

submissions including documentaries, features, and shorts for the 2025 festival. Screeners from all over the U.S. reviewed and scored the films. "Then I went over all the scores and comments and tried to be real creative in the programming, so we have a variety of genre," said Susan. "This year, I took 170 films in total which includes some student films as well."

The 2025 Festival Guide booklet with day-to-day film scheduling, film descriptions, map and venues, ticket information, and more will be out by April 17. The JDIFF website Julienfilmfest.com will also be available to help film goers select films they want to attend.

Tickets can be purchased online at Julienfilmfest.com starting in April. Tickets can also be purchased at the JDIFF box office in the Hotel Julien. Expect the box office to open late Sunday afternoon on April 20th. "All access passes are great if you want to attend everything and not have to worry about buying tickets for each film," said Susan. "If there is a charge for anything like panels



and other events, you get in free with the pass. Also, this year we will be offering booklets with either five or ten film vouchers that can be turned in later for a ticket. You save by buying the all-access pass or the booklet of five or ten vouchers over buying single tickets."

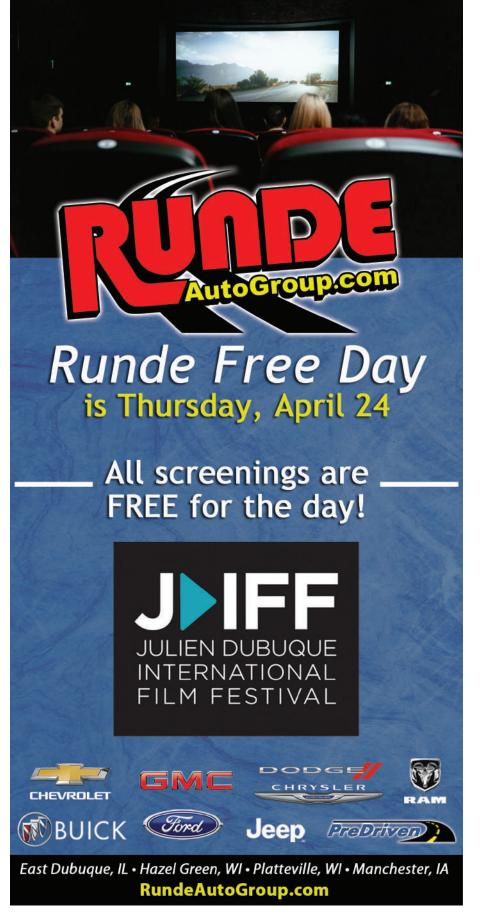
This year's venues in Dubuque include the Grand Opera House, Five Flags Theater and rooms, the Hotel Julien which is also the box office and festival headquarters, the National Mississippi River Museum Journey Theater, and the Phoenix Theatre.

Check out the festival website for details on panels, workshops, and special events. Look for morning coffee talks featuring film maker interviews hosted by John B. Donovan. Wednesday night will celebrate Canada with the film Singing Back the Buffalo. Thursday night is international nigxsht with an after party at the Hotel Julien in the Riverboat Lounge. World Premier Night takes place on Friday with a glow after party with DJ Papi. Awards night on Saturday will be hosted by Dubuque's Mayor Brad Cavanagh and Brandon Gorrell - a duo that's sure to make the presentations fun! �

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All access passes are great if you want to attend everything and not have to worry about buying tickets for each film.

- Susan Gorrell



### **DUBUQUE'S FROG HAIL OF 1882**

# ALL HAIL!

The Most Terrific Hail Storm on Record.

Preceded by a Severe Thunder! and Lightning Storm.

It Comes From the Northwest and Hurls Hallstones Weighing Two Pounds.

Smashing Windows, Riddling House Tops and Damaging Trees.

Animals Several Persons and Seriously Injured.

All the Green Houses in the City Tolaty Demoralized.

Total Loss in Dubnque Estimated at

The Dubuque Daily Herald, June 17, 1882.



Clay St. now Central Ave. (Encyclopedia Dubuque).

s we look toward spring and summer, the weather takes a turn away from snow and cold temperatures toward gentle rains with the possibility of thunderstorms and maybe even tornadoes. Gentle rainfall was a far cry from what descended on Dubuque on Friday, June 16, 1882, when a foreman at the city's Millwork District Novelty Iron Works claimed to have found two small, live frogs imbedded inside massive hailstones.

This may sound like a tall tale that has been passed on down through the decades, but the 1882 hail storm actually did occur in Dubuque. The June 1882 issue of the Monthly Weather Review reported that on June 16th, Dubuque was hit by "The largest and most destructive hailstones." Although several other states across the Midwest were also the target of large hail storms, apparently Iowa and especially Dubuque received the brunt of the destruction. Within a short thirteen minutes, a terrifying storm descended on the city and delivered hailstones measuring from one to seventeen inches in circumference. The Weather Review also claimed that the biggest hailstone tipped the scales at an astounding one pound twelve ounces.

A second source from the U.S. Army Signal Corps, Dubuque's official weather service for some twenty years up until 1890, adds cred-

ibility to the frog hail story. The local officer assignment to the Signal Corps kept a daily log and noted that a resident had discovered two live frogs imbedded in hail.

When The Daily Herald, Dubuque's local newspaper, came out the following day, citizens weren't surprised to read the bold headlines - "All Hail! The Most Terrific Hail Storm on Record." The journalist writing for the paper described the timeline of the storm in detail. The storm began with thunder, lightning, and a deluge of rain that lasted from nine in the morning until around noon. Then the weather cleared up and folks breathed a sigh of relief, thinking that the storm had passed. But later in the day, the weather changed dramatically. Around three in the afternoon, thick dark clouds gathered in the northeast and moved rapidly to the south. "It was thought a tornado was about to visit destruction upon our city. But instead, small hailstones were hurled against the buildings and upon the ground...the hailstones became larger...[and] rattled against the windows and upon the roofs of the buildings with such force that they pierced almost everything they touched, and the noise of the frozen missiles put old veterans in the mind of the rattling of musketry."

According to the newspaper report, "The icy pellets were twice as large as hen's eggs,



Samuel Root's 1882 Stereoscopic Egg Photo (Library of Congress).

and much larger." Washington Park looked like "a wagon load of white biscuits had been scattered over it...the heavier ones came with such force as to almost bury themselves in the ground below the grass."

Horses stampeded, "endeavoring to free themselves from the terrific pelting they were receiving, while others tied to hitching posts became frantic, endeavoring to break the fastenings, some of them succeeding to do so, but were prevented from running away by being driven under awnings." Folks who found themselves out in the storm also suffered. According to the newspaper, one of the hailstones cut off the nose of a Table Mound Township resident. Another frozen missile "ripped the coat of Stephen Heller down the back as he ran through the streets looking for shelter." And yet another hailstone broke Nicholas Persten's middle finger.

Severe damage was reported throughout the city. Shade and fruit trees along with shrubbery and flowering plants were destroyed. Telephone wires were broken, green houses were demolished, hailstones crashed through the "strong, canvas roof" of a motor car, and "pierced the costly plate glass at the front of First National Bank." The city's newspaper workers ran for cover when "a hailstone weighing something less than a pound and a half or two pounds shot through one of the windows of the Herald composing room." Nearly all the stores on the west side of Dubuque's Main St. suffered large hailstones through their storefront windows as did those establishments on Clay St. and Couler Ave. Clay and Couler roadways were later renamed Central Ave.

Dubuque's 5<sup>th</sup> Ward School, later renamed Audubon, "suffered terribly, one hundred and twenty-seven lights of glass were broken." The hail storm didn't spare churches. At St. Patrick's, the hail damaged thirteen panes,



Samuel Root's 1882 Stereoscopic Hailstone Photo (Library of Congress).

including the "large, beautiful stained windows." Other churches throughout the city reported similar damage.

Although 26 panes of glass of his Main St. studio skylight were shattered, Dubuque stereoscopic photographer Samuel Root wasted no time in gathering and photographing the hailstones within an hour of their arrival. In addition to photographing the two to five-inch diameter hailstones, Root also arranged same-sized eggs on the very same table he had used to photograph the hailstones. He

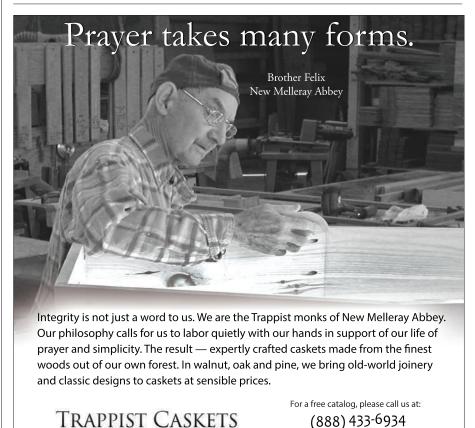
NEW MELLERAY ABBEY | EST. 1849

knew the two, 3D stereograph views would become popular items for sale in his gallery.

After the storm subsided, more than 100 Dubuquers from different parts of the city rushed to gather and weigh the irregularly shaped hailstones. The icy spheres varied in size from a fraction of an ounce to over two pounds. As they melted, some of the hailstones were observed to be made of concentric rings of different colored ice with gravel and blades of grass imbedded in them while others were longer than they were wide, with ragged edges, knobs, or icicles hanging from them. Folks gathered the hailstones to "make good, pure ice water" while others ate the hailstones "like candy" or threw them "like snowballs though much heavier and harder." Reports estimated the damage to Dubuque totaled around \$5,000 - a small amount in today's economy, but a devastating blow to the city back in 1882.

And what about the frogs that melted out of hailstones? It's a known fact that tornadic water spouts can suck up small animals, like frogs or fish, from water and then drop them later – in rain or in the case of Dubuque' 1882 hailstorm, embedded in hailstones. As to what happened to the two live frogs found by the Iron Works foreman, that remains a mystery .

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



TrappistCaskets.com



#### SHALOM SPIRITUALITY CENTER SHALOMRETREATS.ORG

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

#### Praying with Saint Clare Tuesday, April 1@6:30-8 PM

Facilitated by: Joan Mueller, OSC. Participants will look at the testimonies of the sisters who knew Clare best. RSVP by Monday, March 31.

#### **Living Like Prophets** Wednesday, April 2 & 9 @ 7-8 PM, via

With Sarah Kohles, OSF (continued from March). Registration required.

#### Grounded In Hope Saturday, April 5 @ 9 AM-3:30 PM

This day of retreat will include time for prayer and silent reflection, small group sharing, activities that quiet our hearts and minds and inspire creativity, and time to immerse ourselves in possibility and hope. RSVP.

#### Shalom Silent Book Club® Sunday, April 6 @ 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.



#### Children of Abraham Meeting Thursday, April 10 @ 7 PM

The meeting will be on the topic of interfaith marriage.

#### Getting to Know St. Paul Friday, April 11, 7-8 PM or Saturday, April 12, 4-5 PM

Saul / Paul of Tarsus is one of the most important figures in the early Church. RSVP.

#### Lunch & Renew: Chair Yoga Wednesday, April 16 @ 11:30 AM-12:30 PM

April's theme is Spring Gratitude. Registration required.

#### Monthly Drum Circle Thursday, April 17 @ 6-7 PM

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

#### Meditation & Music Monday, April 21 @ 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

#### A Taste of the Dances of Universal Peace Thursday, April 24, 7-8:30 PM

Facilitated by Morgan Rivers and other dance leaders. RSVP.

#### STATERA INTEGRATED HEALTH & WELLNESS STATERAINTEGRATED.COM

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

#### No Limb-its Amputee Social & Support Gatherings

Monday, April 7 @ 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.

#### Postpartum Support Group Monday, April 7@5:15-6:15 PM

Meet other parents, ask questions, and discuss concerns. All parents with children from newborn through 12 months are welcome.

#### Prenatal Breastfeeding ClassMonday, April 7 @ 6:30-8:30 PM; Saturday, April 26 @ 9 AM-12:30 PM

This hands-on, interactive class will provide the knowledge needed to start the breastfeeding journey.



# Thank You, Volunteers!

Your kindness makes a world of difference—thank you for all that you do!

**Interested in volunteering?** Apply online or call 563.690.9666.

3485 Windsor Avenue, Dubuque, Iowa 52001 | 563.557.7180



#### Milk Parties

#### Monday, April 14 & 28 @ 9:30-10:30 AM

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

## Healthier Me: Foundations of Health and Wellness

Wednesdays, April 16 - May 21 @ 5-6:30 PM This six-week program provides basic principles and specific actions for a long life of health and wellness. Designed for women ages 40+.

#### Living Well: Lower Your Cholesterol Thursday, April 17 @ 5-6:30 PM

Statera focuses on the importance of integrative health, considering each person as a whole: mind, body and spirit.

#### Mommy & Me Fit Saturday, April 19 @ 9-9:50 AM

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

### **NEWS**

# MEDICAL ASSOCIATES EMPLOYEE ANNOUNCEMENTS

**Kristin Kilburg, OT**, joined their physical and occupational therapy department. She received her Master of Science in Occupa-

tional Therapy from Mount Mary University, Milwaukee, WI, and Bachelor of Arts in Psychology from Clarke University.

Most recently, Kilburg worked as an occupational therapist at Comprehensive Rehab



in Maquoketa, IA, and previously as a healthcare director of mindfulness at Challenge to Change, Dubuque.

Kilburg evaluates conditions of the hand and upper extremity, as well as designs and implements individualized treatment programs for her patients. She helps patients improve or restore physical function and fitness level by decreasing pain and increasing strength, posture, flexibility, and movement.

Jennifer Schope, MD, will be joining their dermatology department and will begin seeing patients on April 28. She received her medical degree from the University of Iowa College of Medi-







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#### A TASTE OF THE DANCES OF UNIVERSAL PEACE

Thursday, April 24, 7:00-8:30 pm at Shalom Spirituality Center



Morgan Rivers, Dance Leader

Spiritual Folk Dance 🥻 Moving Meditation 🕈 Embodied Prayer

Join us for an evening of simple, meditative movement, music, and sacred phrases from diverse spiritual traditions. The Dances foster connection, inner peace, and a shared sense of the divine—no performance, just *transformance*. As we say, "Spiritual growth is an individual activity best done in groups."

 $No\ cost, free-will\ donation\ accepted;\ please\ RSVP\ by\ noon\ on\ Wednesday,\ April\ 23rd.\ All\ are\ welcome!$ 

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SHALOM pirituality center cine in Iowa City. She also completed her residency in dermatology at the University of Iowa Hospitals & Clinics.

Schope brings experience and expertise in comprehensive dermatological care. She is a Dubuque native who most recently practiced at Grand River Medical Group's dermatology department in Dubuque. Board-certified by the American Academy of Dermatology, Schope demonstrates the highest standards of education, training, and knowledge in the field of dermatology. She provides dermatology care for a range of skin conditions including acne, warts, eczema, lesions, and tumors, for patients of all ages.

#### **UNIFIED GROUP SERVICES ANNOUNCEMENTS**

Unified Therapy announced the promotion of Katie Osterhaus, DPT, Lauren Hoover, OTR/L, Grace Austin, DPT, and Emily Schlender, PTA, to clinic coordinator.

In addition to their ongoing responsibilities as dedicated therapists, they will play a pivotal role in supporting the growth, mentorship, and development of Unified Therapy's clinical team.









As clinic coordinators, they will oversee the onboarding and training of new therapists and students, ensuring a comprehensive and supportive learning experience. Their responsibilities include designing and delivering training programs aimed at enhancing performance, fostering professional development, and promoting a culture of continuous learning.

Rachel Miller joins the organization as a certified occupational therapy assistant (COTA). She graduated from Western Technical College in La Crosse, WI, with an associate's degree in occupational therapy.



In her new role, Miller will provide the occupational therapists with the assistance they need to properly treat patients and help with developing and implementing treatment plans, directing activity programs and keeping records of patients' progress. She will treat patients of all ages at the Lancaster, WI, clinic and at the Elm Street clinic inside of the Crescent Community Health building.

Prior to joining Unified Therapy Services, Miller worked as a COTA for Aegis Therapies in Boscobel, WI.

Unified Therapy Services, Lancaster, WI, announced that it has been named Business of the Year by the Lancaster Chamber of Commerce. This award was given "for substantial contributions to the Chamber and



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the Lancaster community throughout the year. Contributions include leadership, volunteerism, business growth, customer service, innovative business practices and adherence to high business and ethical standards."

Unified Therapy Services offers physical, speech, and occupational therapy services, providing care to patients of all ages. The clinic is committed to improving the health and well-being of the community through personalized therapy plans and compassion-

The Business of the Year award underscores the clinic's commitment to excellence in healthcare and its role as a resource for the local community. The team looks forward to continuing to serve the community of Lancaster, WI.

#### **SOUTHWEST HEALTH INTRODUCES NEW SURGERY SERVICE**

Southwest Health announced a new colorectal surgery service, offering advanced, comprehensive care for patients with a wide range of colorectal conditions. The program is led by a highly skilled colorectal surgeon and team who are committed to using the latest surgical techniques and technologies to serve patients. The goal is to provide effective treatment plans that improve outcomes and enhance recovery times for patients.

Colorectal surgery services include abdominal procedures of the small bowel, colon, and rectum that are minimally invasive, or laparoscopic; anorectal procedures are often performed on a same-day or ambulatory basis. Some of these procedures can be performed laparoscopically, or transanal minimally invasive surgery (TAMIS); rubber band ligation and/or sclero-injection of hemorrhoids; and procedures and therapies for diagnosing, treating, and managing colorectal and pelvic floor disorders.

Alberto Vitela, MD, MS, leads the team as a dedicated general and colorectal sur-

geon. After completing his general surgery residency, Vitela advanced his expertise with a fellowship at Advocate Lutheran General Hospital, home to the country's first robotic colorectal surgery program and



later completed a colon and rectal surgery fellowship at Cook County Hospitals in Chicago, one of the best programs in the country where graduates of the program

become leaders in their field.

Along with treating patients, Vitela has researched with the University of Chicago in a NIH funded program in circular DNA for the detection of colon cancer.

Dr. Jason Ankumah-Saikoom has joined the Southwest Health family medicine team. As a dedicated pediatrician, he will be caring for pediatric patients at both Southwest Health's Platteville and Darlington Clinics.

Ankumah-Saikoom is a board-certified pediatrician with over a decade of experience delivering compassionate, patient-centered care in both outpatient and inpatient settings, managing the care of pediatric patients across a variety of settings, from clinic visits to hospital stays. �



Please send your medical community notices to Juli@JuliensJournal.com to be included in our monthly Health & Wellness.





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## Who in your community has changed the world with a giving heart?



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# **National Philanthropy Day Luncheon**

Thursday, November 6, 2025!



Nomination categories include:

- Outstanding Individual Philanthropist
- Outstanding Volunteer Fundraiser
- Outstanding Philanthropic Organization
- Outstanding Youth in Philanthropy
- Outstanding Professional Fundraiser
- Judges Award

#### Nominate at www.tinyurl.com/npdnominate





Half a pound of breaded to order fish tops a bed of fries in the bestselling Fish and Chips.



The Carolina Burger certainly will not disappoint, with its drizzle of Moonshine BBQ sauce, bacon, cheese, and crispy onion straws.

Barrel House's Dubuque location is central to many other restaurants, and the company's vice president Chris Posey says this is a good thing. Other great places help them to strive to produce and serve great food and offer great service. Other benefits to the downtown location are the proximity to casinos, museums, entertainment venues, and many businesses. Illinois and Wisconsin are also just a bridge away from enjoying the expansive menu Barrel House has to offer.

The five locations in Iowa are owned corporately through Jimmy Holt, one of the company's founders. The Dubuque location is joined with Marion, Coralville, and two Davenport locations. Two years ago, the business began franchising and opened up a location in Bloomington, Illinois, and is currently constructing another in Frisco, Texas. The now franchised restaurant was established in Davenport in 2011 and has been welcoming customers and providing food that lifts your spirits ever since.

The premise behind the restaurant was and still is creating a place where people feel welcome. Barrel House is laser focused on hospitality. The goal was to make the sport's bar family friendly and make anyone who comes in feel welcome. Posey said it doesn't matter if you are a doctor, businessman, blue color worker, or a family with kids- the goal is that everyone finds a spot to enjoy a good meal and good company.

Although the name Barrel House no doubt refers to brewing, none is done at Barrel House locations, but they do have a contract with Bent River Brewing Company that supplies them with three signature beers brewed only for the restaurant. Right now, those are Island Time Wheat, Barely Blonde, and S'More than a Feeling. Island Time Wheat is a blend of mango and pineapple with a touch

of milk lactose to add sweetness. Barel-ly Blonde is a light domestic that anyone can enjoy. The seasonal rotating beer is a stout called S'More than a Feeling because of its chocolate, graham cracker, and marshmallow flavors. Of course, if these signature brews don't sound appealing, the bar offers several other beers on tap, including many local brews as well as traditional favorites.

These brews pair well with one of the many appetizers offered, from the Barrel House Pretzels to the Southwest Egg Rolls or Buffalo Chicken Dip. One of the company's best-selling appetizers are the boneless wings, which they take pride in being hand-cut from fresh, not frozen, chicken and breaded to order. They are tossed in a sauce of your choice and served with ranch or blue cheese for dipping. Another top appetizer is the Lobster Dip, with chunks of lobster inside of a creamy mix, topped with cheese and served with house made wonton chips.

Another one of the best sellers is the Classic Barrel House Burger. According to Posey, sometimes people just want a good, traditional burger. If you want to take tradition to a new level, you can add another patty, and it becomes the Hogshead Burger. The Big Butt Burger takes tradition to a new extreme adding a third patty. Traditional is one option for burgers, but there are plenty more that go off the beaten path. Take the Carolina Burger for instance. This patty is topped with barbeque pulled pork, coleslaw, and crispy onion straws. The 2AM Burger has potato rounds, cheddar cheese, bacon, and a fried egg. And don't forget about the Mac Attack Burger covered in creamy white macaroni and cheese and Nashville Hot Seasoning. For those who like extra spice, the Diablo Burger delivers with Siracha sauce, fried jalapenos, and pepper jack cheese. If burgers aren't your thing, there are several sandwiches to choose from, like the Barrel House Club or the Avocado Chicken Sandwich. The fish and chips, another breaded to order choice, is another hot seller, which is no wonder when it encompasses a half pound of fish, fries, coleslaw, and tartar sauce. The Reuben is a hit, with its 1000 Island Dressing and melted cheese on the traditional rye bread. Fresh chicken breaded to order tops the Ranch Chicken Sandwich, the Nashville Hot Chicken Sandwich, and the Cajun Jack. Barrel House has several wraps, like the Cali Avo Chicken Wrap or the Firecracker Shrimp Wrap. Tacos and Quesadillas are also on the menu, filled with chicken, shrimp, pork, or steak. Pizza is also a great choice, and can even be enjoyed Reuben Style or Bacon Cheeseburger Style, or in a more traditional meat or veggie. Lighter options include several unique salads with a variety of proteins and toppings. Of course, enjoying a Loaded Funnel Cake or Chocolate Bomb Cake to end the meal can't hurt.

The company is getting ready to roll out a new menu that will include four new burgers, including a Peanut Butter and Jelly Burger, Bavarian Beer Cheese Pretzel Burger, a Hot Honey Jalapeno Burger, and a Coney Dog Style Burger. They also are adding to their lighter fare a Mandarin Tuna Salad and a Strawberry Candied Pecan Salad.

Barrel House lives by the mantra "Food That Lifts Your Spirits." With their elevated bar food and family friendly atmosphere, this is undeniable. Barrel House certainly is an eatery anyone can enjoy.

Barrel House is located at 299 Main Street in Dubuque. You can visit their website at Barrelhousepub.com/dubuque. �

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

# THE FROSTED GLASS Article and photo by Joshua Nichols



## WHAT WE'RE DRINKING: CYBER SUE

**ABV:** 7.2%

Who Brews It: Toppling Goliath

Where you can find it: Most liquor and grocery stores that carry Toppling Goliath beer should have some in stock

Expected Price: \$13.99 for a six pack

In Hollywood, sequels and spinoffs have become the norm. If you need an example, just think of how many superhero movies have come out in the past ten years. Still, retreads and derivatives of craft beers are a relatively new concept—or at least one that has not been totally run into the ground yet.

Our beer this month is the Cyber Sue. If you even have a passing familiarity with IPAs, you'll recognize this name. It's closely related to Pseudo Sue, the flagship pale ale of Toppling Goliath. Now, Pseudo Sue is an award-winning beer with national recogni-

tion. How do you improve upon a beer of this caliber? Is it possible to create a better sequel than the original? Can you make a Terminator 2 when it comes to beer? I'll be straightforward. Cyber Sue isn't so much of an improvement on Pseudo Sue as it is a derivative of it. It has been introduced into a much more crowded beer market, so it will struggle to have the impact Pseudo Sue did when it debuted in 2009. However, Cyber Sue is still an excellent beer and a worthy addition to the "Sue" lineup of beers put out by Toppling Goliath.

When you first pour a glass of Cyber Sue, you'll notice that the beer possesses a strong, frothy head that lingers for a bit. Once the head settles, it gives way to a strong, amber gold body containing a bit of sediment (though nowhere near enough to reach the level of a hazy IPA). If you're familiar with

Pseudo Sue, you can slightly dial back the haziness and increase the hoppiness and bitterness. Cyber Sue contains strong notes of various tropical fruits: guava, pineapple, mango, tangerine, and grapefruit. If you're looking to pair the Cyber Sue with food, keep it simple. Fried foods, salty foods, and strong umami flavors compliment the bitter and fruity profile of this beer well. A nice steak with a side of potato wedges or fries makes a great companion to a glass of Cyber Sue.

#### HOP BREAKDOWN

Cyber Sue is brewed with three distinct hops: Citra, Mosaic, and Simcoe. If you're into IPAs, you've probably seen Citra and Mosaic on various cans, but Simcoe is much rarer.

Citra Hops: This hop bursts with citrusy flavors (whoever named this hop wasn't feeling too creative) which makes it a standard in many different types of IPAs. Grapefruit or tangerine flavors often come to mind when a beer is ingested that contains Citra hops. This hop also possesses a distinctly zesty and floral aftertaste.

Mosaic Hops: While Citra marks its territory firmly among the ranks of famous IPAs, Mosaic is much more moderate. It is often found in pale ales in addition to IPAs. This hop emphasizes berry-esque flavors and is responsible for "juicing" a beer, or making it taste suspiciously like a glass of orange juice. Mosaic hops also add depth and piney flavoring when used alongside other hops.

Simcoe Hops: Stop me if you've heard this one before. You're enjoying a pretty standard IPA (Lagunitas, Founders All Day, Bell's Two Hearted, etc.) and an annoying uncle, coworker, or in-law comes up to you, sighs, then says, "I just don't get how you can drink a bunch of pine needles?" When it comes to Simcoe Hops, a decent chunk of IPA lovers find themselves becoming that uncle, coworker, or in-law. This is a strong, piney hop. It adds a distinct dank taste to many beers, and if handled improperly during brewing, Simcoe will overpower other hops in the beer. Still, I don't want to come down too hard on Simcoe, especially with how it is used in Cyber Sue. In Cyber Sue, it increases the bitterness of the beer. The tropical fruit flavors tend to overpower the piney taste associated with Simcoe.

Cyber Sue isn't for everyone, but for those out there who consider themselves IPA fans, give it a try. This beer won't replace Pseudo Sue, but it is an enticing second option to keep in your fridge. ❖

# SIPS & TIPS Taste Article and photo by John Donovan



#### WINES TO CELEBRATE APRIL

April comes from the word "aperture" which means "to open". These are wines meant to open and enjoy!

eam Wine deviated a bit from our white and a red wine to a white and a rosé wine as the colors (and wines) were more appropriate for Easter décor and foods that might be enjoyed with a holiday meal. The white, from South Africa, was a pleasing surprise while the Rosé, a French wine, was simply delicious. We had a full array of foods with which to compare the wines so our recommendations for pairing won't lead you too astray. This included hard and soft cheeses, olives, smoked oysters, hummus, port wine cheese spread, and, as always, an assort-

ment of chocolates.

#### SIPS

Brew Cru Chardonnay 2021 (13.5 % abv \$27). We so thoroughly enjoyed this wine that I dare say to anyone who doesn't like Chardonnay, try this one, it just might change your mind. The wine has a very faint tint of lemon yellow and soft mint green. Aromas included green apple, white grapefruit and fresh cut green bell pepper. It had a medium to light body which made for a soft mouthfeel, and it had medium high acidity which freshened the palate with each sip.

Collectively we picked up flavors of pineapple, citrus pith, lemon peel and guava on the palate. A couple noted slight effervescence. The finish was long though faint. This went very well with the oysters, the sharp cheddar and the port wine cheese. It did not seem to pair well at all with the hummus. This wine could do very well with lamb, should you be serving it for Easter dinner. We felt it would be lovely with an opening salad or soup. It could stand by itself on a warm evening as you watch the sun set! Just saying!

A 2020 Sancerre Domaine Gueneau Rosé (13% abv &26). This wine had a light salmon color, a light body (as typical for a French





rosé) with medium to high acidity. Aromas of strawberry and Jolly Rancher candy were noted right away. One even mentioned bubble gum aroma. Others noted a soft cherry, but red fruit was the dominate aroma. The acidity offered a bright sensation on the palate where the red fruit flavors carried over but were less sharp. One of TeamWine felt that most of our food over-powered the wine. We felt this might be paired well with asparagus, broccoli or other fresh spring vegetables on your table. If you're making a meat dish that has a bit of fat, this may well help neutralize the fat and keep the palate fresh. The wine would also pair well with a baked or grilled fish. The soft cheeses and oysters held their own with this wine. Neither of our two wines did exceptional with the chocolate...it was still chocolate, but it was not enhanced by either.

#### **TIPS**

Now that the weather is warmer, it's time to take a road trip and visit the local and regional wineries in our area. From Park Farm (Bankston, IA), Galena Cellars (Galena), and Barrel Head (Dubuque) close by, to The American Wine Project (Mineral Point), Wide River (DeWitt) and Tabor Home (Maquoketa) to name only a few. It is an afternoon well spent visiting with friends and talking with the folks who make wine. You can also enjoy it, as many have live music, especially during the weekends. A few things to keep in mind:

If there are more than four of you going, please call ahead. The winery will be happy to serve you but if they know a group is coming, they may arrange to have a person dedicated to your group.

Call ahead, or check their website if you plan on eating, and possibly bringing your own food. Some allow it, and others do not. Save embarrassment for all, call ahead.

If you want a special tour or tasting, call at least a week ahead - if not two weeks - to make sure they can accommodate the group. Most wineries love to show off and tell their story but give them fair notice.

When you leave, be sure to tip, especially if you've been granted special access. That makes it easier for the next folks who come

Most of all, stay hydrated (with water), and arrange for a Designated Driver to be safe on the trip home. Let me know if you find something special, as TeamWine just might take a road trip for a future article. �

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

# Business & Community News

#### LOCAL LEADER RECEIVES NATIONAL EAGLE SCOUT HONOR

Charlie Giese has been awarded the National Eagle Scout Association Outstanding Eagle Scout Award upon nomination by the Northeast Iowa Council and Scouting America. This award is granted to Eagle Scouts who have distinguished themselves in their life's work and who have shared their talents with their communities on a voluntary basis.

Giese has distinguished himself in his career as president of the Giese Companies, and also through his continued service to God, his country, and other people by following the principles of the Scout Oath and Scout Law. He has also distinguished himself through his community service.

Giese has served as President of the Board

at Hills and Dales and held board positions at UnityPoint Health - Finley Hospital and the Dubuque Area Chamber of Commerce. He was also instrumental in bringing ice-skating and a hockey team

(Saints) to the community, advocating for the construction of a new ice arena.

The National Eagle Scout Association Committee, under the direction of alumni relations at

the Scouting America's national office, selects the recipients of this award.







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#### **LOCAL NONPROFITS RECEIVE \$5.3 MILLION**

Nonprofits across the seven-county Dubuque region are receiving critical funding this month thanks to more than \$5 million in grants from the endowment funds hosted by the Community Foundation of Greater Dubuque and its affiliates.

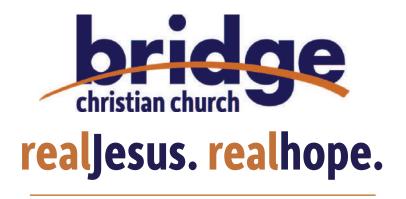
The 400-plus funds hosted by the Foundation and its eight affiliates in Allamakee, Clayton, Delaware, Jackson, Jones, and Clinton Counties, as well as the Dyersville community, will grant a total of \$5.3 million. The endowment funds held by the Community Foundation grant out every February. This year's total amount represents a 10%, or \$500,000, increase over last year, and a 66%, or \$2.1 million, since 2021.

Community foundations are charitable organizations that use philanthropy to create systemic change, benefitting their communities and improving the lives of people in their geographic region. Nonprofit organizations and community members can create endowment funds at the Community Foundation of Greater Dubuque and its affiliates to benefit charitable causes. These funds are invested and pay out annually to the designated nonprofits, providing a reliable source of income to sustain organizations' operations forever.

The Community Foundation also has its own endowment funds, and it leverages payouts to award grants through:

- The Forever Fund, which was created to address needs and opportunities in the community as they arise.
- Community Impact Grants, which build nonprofit capacity and leadership.
- Women's Giving Circle, which supports the basic needs of women and children in Dubuque.
- YAPPERS (Youth Area Philanthropists), which supports youth-serving agencies in Dubuque County to strengthen and grow their programs.
- Grants for Tech, which supports the technical capacity of nonprofits.

Gifts of all sizes make a difference, and people who give \$50 or more to an endowment fund at the Community Foundation are eligible for the generous Endow Iowa 25% state tax credit. To make your gift to an endowment fund, visit dbqfoundation.org/give.



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Apr 13 - Blue Ribbon Breakfast Fundraiser!

Apr 25 - Adult Prom

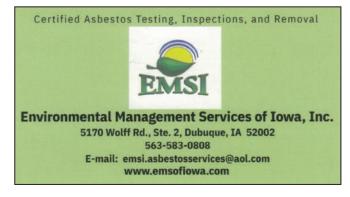
Apr 26 - She Shed - Market

Apr 27 - Weekly Racing Begins!

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### **KIELER CLINIC HOURS:** Monday - Friday, 8:00 am - 4:00 pm by appointment



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

acute and chronic muscle pain and other issues affecting the musculoskeletal system.

# ACCEPTING

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