

THE DUBUQUE AREA LIFESTYLE MAGAZINE, JUNE 2025

FREE

JULIEN'S JOURNAL

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AREA SUMMER
GETAWAYS**

**ROLLING ON THE RIVER
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PUBLISHER'S NOTE

I've learned to accept that an Iowa summer means high and uncomfortable humidity levels. But not knowing why I decided to research it and here is what I came up with. According to the Ohio State University Extension office an acre of corn contributes between 3,500 and 5,000 gallons of water into the atmosphere over the course of one to two days. And according to the Iowa Department of Agriculture and Land Stewardship, the amount of corn planted in 2023 was estimated at 13.1 million acres. I assumed an average of 4,250 gallons of water per acre over a one-to-two-day period and multiplied that by 13.1 million acres. The total is 55.675 billion gallons of water that are emitted into Iowa's atmosphere every one to two days by our corn fields. To put this in perspective, if you built a swimming pool to hold one million gallons of water it would need to be 267 feet long, 50 feet wide and 10 feet deep.

Inside this issue

There's just something irresistible about the Mississippi River. When the weather warms, ice goes out, and summer days stretch, folks head to the river - for recreational cruising, water skiing, sightseeing, bird watching, fishing, hunting, and even working. Read their stories on page 15.

If you're looking for outdoor exercise that provides upper and lower body conditioning combined with mental stimulation, disc golf may be for you. Learn more on page 18.

Have your plans for a summer vacation ended before they started? Fear not, the Dubuque area has plenty of fun things to do. Learn about them on page 20.

The owners of Freddy's envisioned a place where customers could receive quality food in a clean, traditional environment served with good old-fashioned hospitality. Read our review on page 26.

When you enter the Goerdt's Brewhaus, formerly the Galena Brewing Company, you're greeted with a view of polished wood tables and an open, industrial-style ceiling. The stainless-steel brewing vats are exposed and visible from almost anywhere in the bar. The Frosted Glass reviews their entire craft beer lineup on page 28.

June is a grand time to purchase a bottle of wine and enjoy it outside, be it at a picnic in a park, or anywhere else. TeamWine reviews two wines that are great for summer outings on page 29.





Music AT THE STAR

2025 Concert Schedule

**Sundays | 6:30 p.m.
Dubuque Star Brewery**

PRESENTED BY
DUBUQUE ARTS COUNCIL



June 15

Hunter Fuerste & His American Vintage Orchestra
Journey back to the Big Band era with this iconic 14-piece band featuring soloists and a harmonized vocal group.
Sponsored by Capra Bank, Conlon Construction Company, Steele Capital Management Inc., Steve & Diana Moore



June 22

Amy Friedl & the Sky Line Band
Featuring Rock, Pop, and R&B. Tune into music from bands like Fleetwood Mac, James Taylor, Dolly Parton, and more.
Sponsored by A.Y. McDonald Manufacturing Co., Anderson Weber, DuTrac Community Credit Union, Medical Associates Psychiatry Dept.



June 29

Dubuque Symphony Orchestra
Enjoy light classics, movie music and patriotic pieces, PLUS special performances by Gareth Johnson, Pursuit of the Podium winner Bob Woodward and more!
Sponsored by The Wahlert Foundation, Trappist Caskets, Trappist Monastery, Mark & Beth Higley, GreenState Credit Union



July 13

Sail On: Beach Boys Tribute
Direct from Nashville, this high-energy band brings the music of the Beach Boys just the way they would have done it.
Sponsored by Anonymous Donation



July 20

Secrets
Dance and sing along to a variety of popular music from the 60s, 70s, and 80s including rock and roll, country, and more.
Sponsored by Dupaco Community Credit Union, Home+FloorShow, Old Chicago Pizza and Taproom, University Of Dubuque Heritage Center



July 27

Kids From Wisconsin
Widely recognized for their versatile talents and groundbreaking performances, the 57th troupe showcases 'The Heat Is On.'
Sponsored by The Fuerste Eye Clinic, Premier Bank

Premier Sponsor | Mark & Cheryl Falb and the Falb Family Foundation
Venue Sponsor | Rick & Rae Ann Dickinson

THE FINE PRINT

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

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JULIEN'S JOURNAL

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Photo of the Month



A five-part action shot of a Peregrine falcon taking off at the Dubuque County Court House. 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.

June 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.

Music in the Gardens

Sunday, June 1 & 15

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

Enjoy live music. Visit DubuqueArboretum.net.

Live Music & Events Featuring Various Artists

June 1-29 @ 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 OSoGoodWinery.com.

Animal Art

Wednesday, June 4, 1-2 PM

@ Dubuque Arboretum & Botanical Gardens

Educational session. Meet animal ambassadors, explore interesting artifacts, and discover the creative world of animals. Registration required. Visit DubuqueArboretum.net.

Garnishing 101

Wednesday, June 5

6-7:30 PM @ Dubuque Arboretum & Botanical Gardens



Ballet Des Moines Summer STEM Tour

Sunday, June 1, 5-8 PM @ Alliant Amphitheater, Port of Dubuque

Ballet Des Moines will present their free 2025 Summer STEM Tour: "See the Music". From coding and choreography to sound waves and virtual reality, this year's tour features mini-science demonstrations from the NASA Iowa Space Grant Consortium and the Science Center of Iowa. All Ages. Bring a chair or blanket. Visit RiverMuseum.org.

Educational session. Learn to use herbs and edible flowers to create beautiful food. Registration required. Visit DubuqueArboretum.net.

Wild West Wednesdays

Wednesday, June 4, 11, 18 & 25, 7-11 PM

@ Dubuque County Fairgrounds

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

Museum After Hours

Thursday, June 5

4-8 PM @ National Mississippi River Museum & Aquarium

The Museum is offering extended hours on Thursdays this summer from June 5 through July 31; excludes July 3. Food and beverages will be available for purchase. Visit RiverMuseum.org.

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CALENDAR OF EVENTS



The Crocus Foundation Gala

Thursday, June 5

5 PM @ 7 Hills Ballroom

The evening honors the resilience and courage of cancer survivors featuring performances and inspiring stories. Keynote Speaker Mary Mulgrew Gronen is joined by MC Gary Dolphin, and live music by Hunter Fuerste, Paul Hemmer, Dave Rich-ter, and Joie Wails. Live and silent auctions. Funds raised go to the Cancer Rehabilitation Center. Visit CrocusFoundation.com.

East Dubuque Cruisin'

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).

The Glass Menagerie

Friday & Saturday, June 6-7 & 13-14

Sunday, June 8

Friday & Saturday, 7:30 PM; Sunday, 2 PM @ Five Flags Bijou Room

Now living in a dingy St. Louis apartment, Amanda Wingfield clings to the memories of her youth as she projects her own unhappiness of her failed marriage and fallen social status onto her children. Visit FlyByNight-Dubuque.com.

First Fridays

Friday, June 6

@ 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.

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.



Grandview Gallop

Saturday, June 7

7:30 AM @ Louis Murphy Park

The one-mile youth event (7:30 AM) and four-mile run/walk (8 AM) take place on scenic Grandview Avenue with the start/finish at Louis Murphy Park. Both races are chip timed. Post event activities include awards presentation, athletic footwear, shoe giveaway, entertainment, and refreshments. Proceeds go to Crescent Community Health Center and Go The Distance Day. RSVP. Visit GrandviewGallop.com.

Closing Celebration

Saturday & Sunday, June 7-8

Saturday, 10 AM-4 PM; Sunday, 1-4 PM @ Dubuque Museum of Art

Museum members are invited on Saturday for a closing celebration. On Sunday, the community is invited to the Museum for a free admission day to celebrate the final exhibition in the current building. Visit DbqArt.org.

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Plant Journal 101

Sunday, June 8

11 AM-1 PM @ Dubuque Arboretum & Botanical Gardens

Learn how to apply botanical observational skills to a hand-crafted journal utilizing simple drawing techniques, watercolor pencils, and pens for basic line work. RSVP. Visit DubuqueArboretum.net.

Centrally Rooted Spring Recital

Sunday, June 8

4-7 PM @ Dubuque Arboretum & Botanical Gardens

Visit DubuqueArboretum.net.**Sensory Morning**

Monday, June 9

8-10 AM @ National 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. Visit RiverMuseum.org.

**Glenn Miller Orchestra**

Wednesday, June 11

7 PM @ Five Flags Theater

This 15-member orchestra, accompanied by their lead singers, will bring the magic of big band classics to life, just as they were performed over 80 years ago under Glenn Miller's direction. Visit FiveFlagsCenter.com.

Millwork Night Market

Thursdays, June 12 through October 9

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

Shop the Millwork Night Market to find the Driftless Region's best local food, art, and entertainment. Visit MillworkNightMarket.com.

Urban Landscapes

Thursday, June 12

6-7 PM @ Dubuque Arboretum & Botanical Gardens

Educational session. Attend an eye-opening session on sustainable landscaping and discover eco-friendly alternatives to traditional lawns. Visit DubuqueArboretum.net.

NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

ICE DINOSAURS
THE LOST WORLD OF THE ALASKAN ARCTIC

OPENING MAY 24!
*Exhibit is included with general admission

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Visit our website for information on special activities

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CALENDAR OF EVENTS

Painting

Thursday, June 12

6-9 PM @ Dubuque Arboretum & Botanical Gardens

Educational session. Join Create It and Sarah Barnes on the Hafeman Veranda for a fun and inspiring painting experience. Visit DubuqueArboretum.net.

Tri-State Wind Symphony

Thursday, June 12 & 26, 6:15 pm

@ Alliant Amphitheater/Star Brewery

Free outdoor performances. Bring chairs or blankets. Goodwill donations accepted. If raining, concert is indoors at Westminster Presbyterian Church. Visit TSWS.org.

Wesley Waffles

Friday, June 13

10-11 AM @ Dubuque Arboretum & Botanical Gardens

Family educational fun. Bring lawn chairs or blankets and join Wesley on a musical adventure as he encourages kids to use their imaginations, embrace their unique selves and, of course, get up and dance. Visit DubuqueArboretum.net.

Food Festival Fridays

Friday, June 13

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

Join area food vendors for the second Fridays through September 12 for a lunchtime food fest. *365ink* brings the perfect side dish to your chicken sandwich, pizza, or coffee: local, live music. Visit DubuqueMainStreet.com.



HUNTER FUERSTE
AND HIS AMERICAN VINTAGE ORCHESTRA

GALENA FOUNDATION CONCERT
TURNER HALL
115 S. Bench St, Galena, IL
Saturday, June 15
Concert time @ 6 - 8 PM

MUSIC IN THE GARDENS
Dubuque Arboretum & Botanical Gardens
Sunday, June 16 @ 6:30 PM

DONATIONS APPRECIATED



Heathers the Musical: Teen Edition

Friday through Sunday, June 13-22

Fridays & Saturdays, 7:30 PM;

Sundays, 2 PM @ Bell Tower Theater

Based on the cult classic movie, this is the darkly delicious story of Veronica, a teenage misfit who hustles her way into the powerful clique: The Heathers. Before she can get comfortable atop the high school food chain, she is kicked out. Performed by high schoolers from throughout the area. Visit BellTowerTheater.net.

Tri-States Beer Can & Breweriana Show

Saturday, June 14, 9 AM-2 PM

@ Days Inn Cobblestone Room

The Hawkeye Chapter of the BCCA, NABA & ABA invites you to see a variety of vintage and new beer cans, signs, trays, bottles, coasters, and more to add to a collection, garage, bar, or man cave. Bring vintage beer related items for a free appraisal. Call (515) 360-3586.



Presented in conjunction with:

mc
Dubuque County
Gardeners, Inc.

TOUR of GARDENS

Saturday, June 21, 2025

9:00 a.m. - 4:00 p.m.

Find garden locations, advanced tickets and more information at dbqtourofgardens.com

- 6 local, beautiful gardens plus 3 mini-workshops held rain or shine
- Plus new this year - free small hand-tool sharpening (limit 2)
- Tickets \$10 and will be available at any garden location on Tour Day

Frozen in Time: Dinosaurs of the Arctic

Saturday, June 14

10-10:30 AM & 1-1:30 PM @ National Mississippi River Museum & Aquarium

Experience a never-before-seen presentation by world-renowned dinosaur paleontologist Dr. Greg Erickson about his discoveries of Arctic-dwelling dinosaurs. Visit RiverMuseum.org.

3rd Annual DBQ Dog Expo

Saturday, June 14

11 AM-2 PM @ Port of Dubuque

Join PetMed of Key West Veterinary Clinic for a tail-wagging good time. Learn about dog-related businesses, grab a bite from the food trucks, shop unique handmade goods, get a portrait of you and your pup by a caricature artist, and win amazing prizes. Visit DbqDogExpo.com.

Hunter Fuerste & His American Vintage Orchestra

Saturday, June 14

6 PM @ Turner Hall, 115 S. Bench St. (Galena, IL)

The Annual Galena Foundation Concert will feature Hunter Fuerste & His American Vintage Orchestra. Free transportation is provided by Jo Daviess County Transit. Park at Galena Rec Park, Northern Lights Pavilion and JDC Transit will take you directly to Turner Hall and return you to your car following the concert. Visit GalenaFoundation.org.

Music at the Star Hunter Fuerste & His American Vintage Orchestra

Sunday, June 15, 6:30 PM-8:00 PM

@ Dubuque Star Brewery

Journey back to the Big Band era featuring hits from Glen Miller, Tommy and Jimmy Dorsey, Artie Shaw, Bennie Goodman, Harry James, Count Basie and more. This 14-piece big band also features soloists and a harmonized vocal group. Presented by the Dubuque Arts Council. Visit DubuqueArtsCouncil.com/music-at-the-star.

KinderKamp - Junior Paleontologists

Monday, June 16, 9 AM-12 PM

@ National Mississippi River Museum & Aquarium

Embark on an exciting adventure to unearth the secrets of polar dinosaurs. As junior paleontologists, learn what it takes to dig into the past, conduct dinosaur digs, and explore the fascinating Ice Dinosaurs exhibit. For kids entering kindergarten. Visit RiverMuseum.org.



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

Solitary Man A Tribute to Neil Diamond Featuring Will Chalmers

Saturday June 21 @ 7 PM

Neil Diamond is a living legend. **WILL CHALMERS** has been performing his tribute to all ages since 2002. Will's natural resemblance to Neil Diamond, flawless replication of Neil's singing voice, combined with his outstanding stage presence has been captivating audiences wherever he goes. The response from Neil fans has been an unbelievable experience.

Will has traveled extensively with his band from the East Coast to Western Canada with many stops in the United States, Cayman Islands, Mexico, Europe as well as many venues in Ontario. People leave the show with a smile on their face and a song in their hearts.



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

Mario Kart Scavenger Hunt

June 1-30

Can you find all nine Mario Kart characters in the Children's Department? If you can, you could earn a small prize.

Adult Reading Challenge

Monday, June 2 through August 9

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

Fourth Annual Tiny Art Show

Take home kit. Pick-up June 2-20. Registration required.

Virtual Author Talk

Wednesday, June 4 @ 1-2 PM

Extinctopedia—A Discovery of What We Have Lost, What is at Risk, and What to Do About It with Smithsonian Scientists with Dr. David H. Rosmarin. Registration required.

All About Hajj & Eid Al-Adha

Wednesday, June 4 @ 4 PM

Learn all about these two special Middle Eastern events, including the food, customs, and Arabic words. Ages 8-12. Registration required.

Pokémon Club

Wednesday, June 4 @ 5:30 PM

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

Drop-in Craft Table

Thursdays, June 5, 12 & 26 @ 12-2 PM

Create a simple craft. Led by library summer teen volunteers. Ages 2-5. Registration preferred.

Art @ Your Library® Opening Reception

Friday, June 6 @ 5:30-7:30 PM

Toddler Time

Mondays, June 9 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.

Reading Roundtable Book Club

Monday, June 9 @ 6-7 PM

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

Baby Rhyme Time

Tuesdays, June 10 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 Talk

Tuesday, June 10 @ 1-2 PM

Explore Unexpected Twists and Turns with bestselling author Lisa Jewell. Registration required.

Ukulele Time! Adult Ukulele Lessons

Tuesday, June 10 @ 6-7 PM

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

Preschool Storytime

Wednesdays, June 11 through August 13 @ 9:30 AM & 10:30 AM

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

Father's Day Prep

Wednesday, June 11 @ 4 PM

Get ready to surprise your dad with a homemade craft. Ages 6-12. Registration required.

Minecraft Mania

Wednesday, June 11 @ 5:30-6:45 PM

Ages 7-14. Registration required.

Beyond the Book Club

Thursday, June 12 @ 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, June 12 @ 6 PM

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



Get your favorite music and music videos free with just your library card on your mobile device!






To get started get the free app or login through the Freegal Music portal by visiting carnegioustout.org

Wesley Waffles**Friday, June 13 @ 10 AM**

Join Wesley on a musical adventure with fun props, lively music, and plenty of audience participation. All ages.

Iris Paper Folding**Friday, June 13 @ 3 PM**

Fold an impressive design on paper. Ages 10-18. Registration required.

Baby Disco Dance Party**Saturday, June 14 @ 10-11:30 AM**

Hands-on activities, fancy decorations, and plenty of music for you and your little ones to enjoy. Ages 1-5.

Reading with Rover**Saturday, June 14 @ 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.

Line Dancing**Monday, June 16 @ 5 PM**

Classes take place at Adam's Dance Connection. Ages 18+. Registration required.

Build a BeeBot Game**Tuesday, June 17 @ 2 PM**

Attend this program and help build a game for BeeBots to play when the patrons are away. Ages 5-7. Registration required.

Canvas & Clay: Tiny Art Show Preparation**Tuesday, June 17 @ 5:30-7 PM**

Head to the library for snacks and to create your own tiny art piece for the library's fourth annual Tiny Art Show. Ages 10+. Registration required.

Beginning Chapters Book Club**Wednesday, June 18 @ 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.

Rustic Chicken Petting Zoo**Friday, June 20 @ 10 AM, 10:30 AM, 11 AM, 11:30 AM, 1 PM, 1:30 PM & 2 PM**

Come keep cool inside the library and enjoy different pet-able animals such as rabbits, goats and other animals. Registration required.

Beads for Pride**Friday, June 20 @ 1-2:30 PM**

Drop by and design your own vibrant Perler Bead keychain and/or necklace. Ages 13-18. Registration required.

LEGO® Challenge**Saturday, June 21 @ 10 AM**

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

Family Book Bingo**Saturday, June 21 @ 2 PM**

Ages 4-12.

Beginning Fantasy Role-Playing**Monday, June 23 @ 3 PM**

Learn simple rules, easy instructions, and fun activities. Ages 8-12. Registration required.

Sun SHINE Squad**Tuesday, June 24 @ 4 PM**

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

Summer Art: Here Comes the Sun**Wednesday, June 25 @ 4 PM**

Hear a summer story and create an illuminating sun-themed craft. Ages 7-11. Registration required.

Bridge to Reading Party**Thursday, June 26 @ 10:30 AM-12 PM**

Enjoy hands-on activity stations, tasty treats, and all kinds of fun. Ages 6 and under.

Mini Diamond Stickers**Thursday, June 26 @ 4 PM**

Using colorful gems, create dazzling stickers perfect for decorating notebooks, water bottles, and more. Ages 10-15. Registration required.

Hooked on Science**Friday, June 27 @ 10 AM**

Help create a colorful twister, rainbow streamers, an explosion of colorful confetti, and more. All ages.

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CALENDAR OF EVENTS

Living Well Together Program Open House

Tuesday, June 17

2 PM @ Stonehill Assisi Village

Enjoy live music and learn about the Living Well Together Membership program that offers entertainment, social and spiritual activities, educational programming, meals, and Stonehill Wellness Center membership. Refreshments will be served. RSVP. Call (563) 583-8234.

YP Awards Breakfast

Wednesday, June 18

7:30-9 AM @ The Reflections Space at Q Casino

Join the Dubuque Area Chamber of Commerce and Young Professionals Dubuque for the YP Awards Breakfast. Awards for YP Friend of the year, Business/Sponsor of the year, Member, and Committee Member of the year will be recognized. Membership and registration required. Visit DubuqueChamber.com/Events.

Chicago

Wednesday, June 18

7 PM @ Five Flags Center

From the signature sound of the Chicago horns, their iconic vocalists, and a few dozen classic songs, this band's concerts are celebrations. The year 2025 marks the band's 58th consecutive year of touring. Visit FiveFlagsCenter.com.

Charcuterie & Honey Tasting Experience

Thursday, June 19

6-8 PM @ Dubuque Arboretum & Botanical Gardens

Learn how to pair a variety of meats, cheeses, and honey to create a stunning spread that delights both the eyes and the palate. Sample seven unique honeys from across the United States, each with its own distinctive flavor, aroma, color, and texture. Visit DubuqueArboretum.net.

Jake Owen & Uncle Kracker

Thursday, June 19

7:30 @ Q Casino Back Waters Stage

Jake Owen, an award-winning Gold and Platinum charting country singer and songwriter, will headline the kick-off of this summer's concert series. Multi-platinum artist Uncle Kracker will join Owen onstage. Visit QCasinoAndResort.com.

Summer Solstice Outdoor Yoga

Friday, June 20

6-7 AM & 6-7:30 PM @ America's State Tree Woodland Walk Trail

Celebrate the longest day of the year with two opportunities to practice a Sun Salutation flow outdoors with B1 Yoga. Coffee is included after the sunrise class, and a craft mocktail or cocktail is included after the sunset class. All proceeds benefit the Mines of Spain. Visit <https://B1-Solstice-Yoga.Eventbrite.com>.

Longest Day Celebration

Friday, June 20

7 AM-4 PM @ Stonehill Communities Campus

Join a celebration of the Longest Day® and raise funds for the Dubuque Walk to End Alzheimer's. Includes pancake breakfast, dementia support resources, balance screenings, lemonade stands and bake sales, food truck, ice cream truck, live music, a mini walk, dementia simulation experiences, and more. Email HNichols@stonehilldbq.com.



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Footloose

Wednesday through Sunday, June 20-21 & 25-28: 7:30 PM

June 22 & 29: 2 PM @ The Grand Opera House

Based on the explosive rock and roll musical movie, this Broadway hit tells the story of Ren McCormack, a big-city teen who finds himself out of place in a rural town. He is not prepared for the rigorous local edicts, including a ban on dancing. Visit TheGrandOperaHouse.com.

24th Annual Tour of Gardens

Saturday, June 21

9 AM-4PM @ Various Gardens

The Dubuque County Master Gardeners and Dubuque County Gardeners, Inc. present the Tour of Gardens offering guests the opportunity to visit six great gardens, attend three mini-workshops, plus free sharpening of up to two small, hand-held garden tools. Visit DBQTourOfGardens.com.

Music at the Star

Amy Friedl and the Sky Line Band

Sunday, June 22, 6:30 PM-8:00 PM

@ Dubuque Star Brewery

Featuring an all-star lineup of Eastern Iowa musicians, Amy Friedl and Dubuque native Luke Viertel bring the Rock, Pop, and R&B. Tune into 20th-century radio with music from bands like Fleetwood Mac, James Taylor, Dolly Parton, Billy Joel, Carole King, and many more. Presented by the Dubuque Arts Council. Visit DubuqueArtsCouncil.com/music-at-the-star.

HerbFest 2025

Sunday, June 22

9 AM-1 PM @ Dubuque Arboretum & Botanical Gardens

Celebrating Chamomile. Silent auction, Herb Garden tours, tasty herbal treats, handcrafted items for sale, plant giveaway. Visit DubuqueArboretum.net.

Will Chalmers: Solitary Man

Saturday, June 21

7 PM @ Ohnward Fine Arts Center

Will Chalmers will perform his tribute to Neil Diamond. Visit OhnwardFineArtsCenter.com.

Fundraiser: Paint-the-Pond Project

Sunday, June 22, 1-4 PM @ Dubuque Arboretum & Botanical Gardens

Come for a special painting event recreating the beauty of the beloved Koi Pond in the Japanese Garden and support the Arboretum's Koi Pond Project. Visit DubuqueArboretum.net.

Candle Making

Sunday, June 22

2-4 PM @ Dubuque Arboretum & Botanical Gardens

Create your own 12-ounce candle with beeswax flower toppers. Choose from a variety of fresh spring scents to craft a signature fragrance. Visit DubuqueArboretum.net.

Dubuque YMCA Golf Classic

Monday, June 23, 11 AM-4 PM

@ Thunder Hills Country Club

Funds raised support scholarship assistance

for YMCA members, so no one is ever turned away due to their inability to pay. Sponsorships help make this event possible. Visit DubuqueY.org/SpecialEvents.

Ice Dinosaurs Discovery

Tuesday, June 24

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

During the camp, visit the Ice Dinosaurs exhibit, engage in hands-on paleontological activities, and take home your own "fossils". For first through fifth graders. Visit River-Museum.org.

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CALENDAR OF EVENTS

Plein Air for Kids

Tuesday & Wednesday, June 24-25
9-11 AM @ Dubuque Arboretum & Botanical Gardens

Learn fun techniques on how to paint what you see on canvas, also known as plein air painting. Registration required. Visit DubuqueArboretum.net.

Museum Xtra: Fatal Fashion

Tuesday, June 24

6-8 PM @ National Mississippi River Museum & Aquarium

Kristin Glomstad-Yoon, curator of Historic Collections, will help guests look back and say, "what were we thinking?" about the health hazards posed by certain fashion trends to wearers, manufacturers, wildlife, and the environment. Visit RiverMuseum.org.

Pressing Roses 101

Thursday, June 26

6-8 PM @ Dubuque Arboretum & Botanical Gardens

Workshop. Registration required. Visit DubuqueArboretum.net.

Hooked on Science

Friday, June 27

10-11 AM @ Dubuque Arboretum & Botanical Gardens

Bring lawn chairs or blankets and get ready for a show. Engineer a blast of color with America's "Mr. Science" as student scientists help create a colorful twister, rainbow streamers, an explosion of colorful confetti, and more. All ages. Visit DubuqueArboretum.net.

Photorealistic Oil Painting Workshop

Friday through Sunday, June 27-29

9 AM-4 PM @ Bluff Strokes Art Center

In this three-day workshop, learn the techniques used in photorealistic oil painting. Ages 18+. Visit BluffStrokes.org.

Prairie School Legacy in Iowa Symposium

Friday & Saturday, June 27-28

@ Hotel Julien Dubuque and Other Locations

Renowned architectural historians, preservationists, and enthusiasts gather to explore the enduring influence of the Prairie School movement in Iowa. Visit HeritageWorks-Dbq.com.

Hairball

Friday, June 27

8 PM @ Back Waters Stage at Q Casino

It's like 20 concerts in one night. Hairball is a rock & roll experience you won't forget. Visit QCasinoAndResort.com.

Cruisin' for a Cause Show

Saturday, June 28

11 AM-4 PM @ Dubuque County Fairgrounds

View rare and iconic vehicles while supporting the Avery Foundation's mission to assist cancer patients in need. Plus, rides in the *Ghostbusters* vehicle, free kid's activities, 50/50 raffle, door prizes, live music, food trucks, and more. Visit AveryFndtn.org.

Yoga + Sound Healing

Sunday, June 29

6-7:15 PM @ Dubuque Arboretum & Botanical Gardens

This gentle 75-minute class will include long-held Yin postures to open the body and quiet the mind, accompanied by healing sound vibrations to promote deep relaxation and emotional release. Visit DubuqueArboretum.net.



Music at the Star Dubuque Symphony Orchestra

Sunday, June 29, 6:30 PM-8:00 PM

@ Dubuque Star Brewery

Join the Dubuque Symphony Orchestra for Summer Melodies—light classics, film favorites, and patriotic tunes. PLUS, enjoy several extra features! Presented by the Dubuque Arts Council. Visit DubuqueArtsCouncil.com/music-at-the-star.

Puppy Pals

Monday, June 30

6 PM @ Five Flags Theater

Puppy Pals Live, founded by Wesley Williams, is a thrilling show where adopted and rescued dogs perform amazing stunts and tricks. Visit FiveFlagsCenter.com.



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Photo Contributed by Connie Cherba

Nine-Mile Island Canoe Trip Launching at Massey.

Rolling on the River – People Who Play and Work on the Mississippi

by Connie Cherba

There's just something irresistible about the Mississippi River. When the weather warms, ice goes out, and summer days stretch, folks head to the river - for recreational cruising, water skiing, sightseeing, bird watching, fishing, hunting, and even working.

Generations of my family have enjoyed spending time on the Mississippi. A few years after my parents moved to Dubuque to work for John Deere in the 1940s, they bought a houseboat. My parents, sisters, and I enjoyed many weekends and vacations living on the Mississippi, often

pulling up to a sandy beach south of Guttenberg for a couple weeks during Deere's annual summer shutdown. After selling the houseboat, my parents owned a couple of runabouts, and finally a pontoon which was easier for them to get in and out of.

CANOEING

My husband and I bought a sturdy, 14-foot canoe several years ago and enjoy paddling the Mississippi backwaters with our daughters and our grandsons – the fourth generation to enjoy adventures on the river. The still waters of the Mississippi are alive with turtles, birds, beaver, muskrats, and even an occasional deer swimming from one shore to another. Our California family enjoys canoeing during their summer visits. “Canoeing down Catfish has been a highlight of my summers for years,” said daughter Mary.



Tubing on Deadmans Slough.

"With little to no current, paddling is easy and leisurely. My favorite part of the trip is listening to the beautiful sounds of all the river birds, especially the red-winged black-bird," Grandson Joe added, "My favorite part about canoeing on the Mississippi is paddling to islands like Nine-Mile especially during the weekdays when we have the island all to ourselves. It's much more peaceful than the busy beaches of San Diego where I live. I like laying in the warm sand and hunting for agates."

CRUISING, TUBING, & WATER SKIING

Karol Sue and Carl partnered with friends in the late 1960s and bought their first boat, a little runabout they used for water skiing. Unfortunately, that boat sank. "We went down to the harbor to go out on the river and all we saw was the boat line going into the water," recalled Karol Sue. Misfortune struck again when they hit a floating telephone pole with their second boat. A ten-year boating break followed. But then the family bought a Regal 22-foot bowrider in the late 1990s.

"We like boats with as much open deck space as possible," explained son Ryan. Later they upgraded to a Regal 28-foot bowrider and now own a Regal 32-footer. Ryan's wife and two young sons are the latest members of the family to enjoy the river. "We love to go to Deadmans Slough near Fretress," said Ryan. "It goes all the way down the east side of the channel to Bellevue. We love water skiing, tubing, and cruising. It's been a good run of boats, trying to keep the family out on the river."

HUNTING

Parrish has been hunting waterfowl along the backwaters of the Mississippi for decades. He hunts from a modified, flat-bottom boat with a special motor. "We use a mud motor which will go in four to five inches of water," he explained. "And the props are made to chew up rocks. Then you build a blind on the boat so basically it looks like a muskrat hut on top of a boat with a bunch of grass on it to match the area you're going to hunt in." Eight years ago, Parrish helped start the local chapter of the Delta Waterfowl Foundation, a national

organization founded in 1911 that focuses on conservation. "We maintain 200 hen, goose, and wood duck houses on Mississippi River's Green Island for the DNR," he said. What's the best part of hunting on the river? "For me



Don Otto's Longnose Gar.

Photo contributed by Mike Yuhas



Riverview's City of Buffalo working on Upper Mississippi River.

it's not so much shooting the birds but calling the ducks and watching my black Labrador Retriever work. I really enjoy being in the outdoors. The river is beautiful, relaxing, and peaceful."

FISHING

Deb and Don like to fish on the Mississippi. They bought their first fishing boat in 2010 and replaced it two years later with a 16.25-foot aluminum Lund. "We like to fish on the Mississippi in a few favorite spots along the Illinois and Wisconsin shorelines," said Deb. "There is a good spot very near the border of those two states. You'll usually catch something, and it's always a surprise, even in your favorite spots. Reeling in a fish is thrilling when it breaks the water's surface. The next best thing is just being out on the water seeing river traffic and birds, or just taking along something to read in a beautiful location." While Deb doesn't have a favorite fish to catch, Don does. "While most people don't like them, some of my favorites to catch are longnose gar. One year while fishing near Lock and Dam 11, I caught a number of large gar that were really fun to land. I like to call them my 'Mississippi Muskies.'"

WORKING ON THE RIVER

Not everyone uses the river for recreation. For many the river is a challenging workplace. Riverview Boat Store & Tug Service was founded in 1998 by Captains Don Dixon and Terry Putman. Captain Jeremy Putman is the current owner and president of the company that provides groceries, supplies, tug assis-

tance, and towing on the Upper Mississippi River. With 59 employees, 5 delivery boats, 14 tugs, a linehaul boat, and 3 boats that run cargo, the company provides essential river services. "Working on the river isn't just a

job - it's a way of life," said Captain Jeremy. "There's a deep sense of pride in keeping the industry moving, knowing that every tow we assist, and every mariner we support helps keep the supply chain flowing. The river has a rhythm of its own, and being a part of that tradition, just like my father and those before him, is something truly special."

Captain Brandon Phillips has spent his whole life on the water from his early days canoeing to captaining Mississippi River towboats before taking a job with Riverview Companies as their compliance manager. "For me, towboating is more than a career, it's a calling. From the ever-changing scenery along the river to the rich history of the Merchant Marine, every day is a connection to something greater. It's a tradition built on hard work, tenacity, and the passing down of knowledge from one generation to the next. The river teaches, and we, in turn, teach those who follow, keeping the legacy alive." ♦

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



Houseboat cruising near Dubuque 1960.

Photo contributed by Charles Schweitzer

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Exercise Your Mind and Body with Disc Golf

Photos contributed by Christel Tatro



Christel Tatro shares her love of disc golf.

by Beth Triplett

If you're looking for outdoor exercise that provides upper and lower body conditioning combined with mental stimulation, disc golf may be for you. Best of all, it's free to play, requires little equipment, and can be enjoyed as a solo or group activity. The low barriers to entry combined with the high levels of fitness make this a growing sport for people of all ages and abilities.



Disc golf shares similarities with golf in that players attempt to hit their target with as few shots as possible, but instead of hitting a ball with clubs, disc golf players use a flying disc thrown into an elevated metal basket. Like golf, frustrations occur when the next throw must take place from where the disc lands, whether that be in bushes or shrubs.

Played on 9- or 18-hole courses, walking and throwing provide enjoyable outdoor exercise and flex strategy and concentration skills as players learn to refine their skills and navigate obstacles.

For some, like Christel Tatro of Dubuque, disc golf has become a more serious pursuit. Tatro began refining her throws with a plastic Frisbee as a kid, then continued playing for fun throughout college. That competitive spirit urged her on, and as she kept beating friends (and her husband-to-be) she entered in local tournaments.

"I started to realize that there weren't many women who played, so it was mostly guys, and I could throw or play just as good as many of them – so then that was fun for me," said Tatro.

The 2022 U.S. Women's Disc Golf Cham-

pionships were held in Madison, so Tatro became a member of the Professional Disc Golf Association in order to compete in the tournament. She finished sixth in her division and caught the bug to continue competing.

Tatro next set out to qualify for the Amateur World Disc Golf Championships in 2023. To achieve her goal, she had to amass points by playing in tournaments and beating people at her level. Since there were not many women at her level in the area, she started looking online to find tournaments and traveled to places like Madison, Milwaukee, and even Arizona in order to earn points.

She qualified and played in the championships, but did not live up to her expectations that year. However, she was determined to press on and compete again the following year. "I'm going to do this again and see if I can do better next year," Tatro said. "I really like the competition. I like seeing how I compare to people across the country. It's just fun. I find it fun even when there are frustrating things happening or you don't do well. It's fun to just be out there and it's your own self and your own head, and you're responsible for the outcome. And you get to be outside! That makes it even better."

Tatro competed in 2024 in Michigan, "doing better, but still not as good as I would like to." She's taking a year off from the Amateur World Championships because of scheduling conflicts but will be back on the course this month in the U.S. Women's Championships in Manitowoc, Wisconsin.

For Tatro, playing disc golf is a momentary

escape from her job, husband and three kids, and all that is going on in her world.

"When you're on the course, you focus on that. Like all the life stress and work stress and things to figure out. You're so singularly focused on that one throw. And I like that about it," said Tatro. "It's the way to get away from things, and you can be outside."

A similar sentiment is shared by Scott Lee, fellow disc golfer and owner of Kronk Disc Golf in East Dubuque, IL. "When you're out there in the woods, you forget everything around you for a little bit. You forget the stress, you forget the crazy drivers, bad neighborhoods, any of that stuff. You're just out there, and for that short hour and a half or two hours, everything seems to go away for a little while. It's like therapy."

Known as Big Papa Kronk in disc golf circles, Lee has traded his playing time to build and manage courses as well as set up and run tournaments throughout the Midwest, in part to leave a legacy to his buddy who initially got Lee involved in the sport. Lee now conducts weekend-long tournaments for nearly 200 people, an indoor event during the winter, and charity fundraising events. He's even had someone propose in the middle of one of his courses.

"I'm usually the guy running the circus, so I don't get to play," said Lee. "But the thing I enjoy most, whether it's the indoor disc golf experience, whether it's one of my tournaments, whether it's just some casual dude playing on my course, is knowing all these goofy, crazy ideas that I've had gives people

memories that they're never going to forget."

Another player who morphed his childhood Frisbee-playing into getting hooked on disc golf is Brett Blewett, now president of the Dubuque Disc Golf Club.

"I played a lot of high school sports so after I graduated it was a way to stay competitive after organized sports were over. It helps me scratch my competitive itch while still getting some exercise, and it's also just a good time," said Blewett. "And I like the creativity of it. When you execute a shot through a tight, narrow gap through a wall of trees and it bends at just the right time. There's not a better feeling. You can still get the goosebumps."

Blewett and club members oversee the course at Veterans Memorial Park in Dubuque. He worked with the City to secure funds to upgrade the course and now runs tournaments, leagues, and clinics about the sport. Currently, Veterans Park is the only 18-hole course in town, but the club has ambitions to expand the course at Swiss Valley Park to that size. Cities like Cedar Rapids and the Quad Cities have five or six different courses and Blewett would like to see more variety here.

"You want multiple courses in the city, not just to accommodate people, but you want holes that are different lengths and different degrees of difficulty," said Blewett.

While Blewett and Tatro often carry 15-20 specialized discs on the course, a new player can begin with just one (or maybe two, as they tend to be lost in the trees!). The Dubuque Disc Golf Club has donated discs to the Veteran's Administration in Iowa City which allowed the VA to start a Sober Disc Golf Group for veterans. The Club has also donated found discs to Kennedy and Roosevelt schools which use the 9-hole courses on their campuses in physical education classes and may be the impetus behind a growing number of young disc golfers.

"I think people are realizing that it doesn't matter what shape or size you are to play this sport. It really doesn't at all," said Lee. "You can be tall, short, skinny, fat, jacked. The smaller, snappier, skinny people are the ones." ♦

Download a scorecard or map of the Veterans Park course at Cityofdubuque.org/447/Disc-Golf-Course.

Learn more about Kronk Disc Golf at [Facebook.com/kronkdiscgolf](https://www.facebook.com/kronkdiscgolf).

Learn more about the Dubuque Disc Golf Club at [Facebook.com/groups/500952213365207](https://www.facebook.com/groups/500952213365207).



Christel Tatro competes in Arizona.



Disc golf covers all types of terrain.



Contributed photos

Visitors enjoy the Gulf of Mexico Aquarium. at the National Mississippi River Museum .

No Vacation Plans? Try These Dubuque Area Summer Getaways

Have your plans for a summer vacation ended before they started? Fear not, the Dubuque area has plenty of fun things to do. Listed below are just a few of the options available to Dubuquers who have anywhere from a couple of extra hours to an entire day.

DIAMOND JO CASINO

The Diamond Jo Casino is in the historic Port of Dubuque. It offers over 700 of your favorite Slots, 17 Table Games, FanDuel Sportsbook, big name live entertainment at Mississippi Moon Bar, a state-of-the-art bowling center, and a variety of restaurants to suit every taste. Whether you are looking for a night of gambling, bowling or want to enjoy a delicious meal and a concert, Diamond Jo has an option for you. For more information visit Diamondjodubuque.Boydgaming.com.

DUBUQUE MUSEUM OF ART

The Dubuque Museum of Art is home to a permanent art collection of approximately

2,200 works, including one of the world's largest collections of Grant Wood art, a rare and complete collection of Edward S. Curtis' photogravures of The North American Indian and is the repository for the work of world-renowned artist, etcher, and illustrator Arthur Geisert. DuMA is hosting its final exhibitions in the current building through June 8th, featuring creative journeys with artists Gerit Grimm, Jenni Brant, and Hieyler Pimpton. This fall, DuMA will relocate to a temporary home, the Dupaco Voices Building in Dubuque's Millwork District. The museum will utilize 13,200 square feet on the first floor of Voices throughout the mu-



Entrance of the Hotel Julien Dubuque.

seum's construction period. Demolition of the Museum building is expected to be complete by the end of the year, with new construction rising in early 2026. For more information visit Dbqart.org.

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NATIONAL MISSISSIPPI RIVER MUSEUM & AQUARIUM

The National Mississippi River Museum & Aquarium showcases the historical and ecological significance of the Mississippi River and its watersheds through education and conservation programming, exhibits, and experiences. The 14-acre campus features more than 250 species of animals and marine life, 41,000 artifacts, two museum stores and theaters, an onsite restaurant, and indoor and outdoor exhibits. The recently renovated Rivers to the Sea gallery delights guests with a stingray and tidepool touch tanks and 12 saltwater aquariums. And the traveling exhibit, Ice Dinosaurs: The Lost World of the Alaskan Arctic, includes 16 animatronic dinosaurs, fossils, and never-before-seen Arctic dwelling species from May - September. The River Museum hosts multiple summer events, including new extended hours until 8 PM on Thursdays from June 5 - July 31 and the annual Taste of Summer food and music festival on August 7. For more information, visit RiverMuseum.org.

OFF SHORE RESORT

The Off Shore Resort is where the Mississippi River meets a whole lot of fun. Nestled



One of the current exhibits at the Dubuque Museum of Art is *Odyssey: The Voyage of Gerit Grimm*.

symbol of hospitality in the heart of the Old Main District. Guests can enjoy exquisite dining at Caroline's Restaurant, unwind with rejuvenating treatments at Potosa Spa, or savor handcrafted cocktails at the Riverboat Lounge. Whether you're seeking fine dining, relaxation, or a peaceful evening, these unique offerings promise a memorable stay.

The hotel's exceptional amenities, along with its proximity to iconic sights and experiences, make it the perfect retreat for both business and leisure travelers. Immerse yourself in the perfect blend of luxury, history, and hospitality at this renowned downtown destination. For more information visit HotelJulien-Dubuque.com.

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on the most picturesque Mississippi Riverfront in the upper Midwest, it offers a fresh, vibrant and downright fun experience for all ages. The revamped resort boasts a hotel with luxurious riverfront suites, a campground for the ultimate outdoor escape, a state-of-the-art pool and aquatics center, a happening bar and restaurant for delicious bites, and an event center for weddings and events, that is located just two miles north of charming Bellevue, Iowa. Whether you're craving some well-deserved adult pampering in a luxury suite or planning a family getaway with campfires and outdoor bliss, Off Shore Resort is the place to be. For more information, visit Offshoreresort.net.



All ages enjoy the Island Social, a family-friendly entertainment center.

Q CASINO & RESORT

Q Casino + Resort is a premier gaming and entertainment complex located on historic Chaplain Schmitt Island in Dubuque, Iowa. The casino and resort feature nearly 25,000 square feet of completely renovated gaming space offering your favorite slot machines and table games, updated Q Showroom, and introduction of Island Social, a family-friendly entertainment center that welcomes all ages. Island Social includes over 75 high-end interactive and prize arcade games, striking duckpin bowling, thrilling axe throwing, private party rooms, and lively kitchen + bar. Come play at the center of it all. Experience what's new at Q Casino + Resort and see what other adventures are ahead. For more information, visit QCcasinoAndResort.com.



Discover the local cultural history of the Upper Mississippi.

THE MINING & ROLLO JAMISON MUSEUMS

Come tour the 1845 Lorenzo Bevens Lead Mine, ride on a 1931 mine train (weather permitting), and discover the local cultural history of the Upper Mississippi Valley Mining District. The Mining & Rollo Jamison Museums, located in the heart of the historic lead-zinc mining region near the world's largest "M," preserve artifacts and stories that bring the region's history to life. Interactive exhibits and programs are located inside the historically significant 1863 Rock School, the 1905 Hanmer Robbins School, the 1845 Bevens Mine, and in beautiful outdoor spaces. Shop for rock and mineral specimens and gifts related to regional history in the museum store. Enjoy the nearly 3-acre greenspace, pollinator garden, and picnic grounds. Explore the exhibits on the nature, culture, and history of the region. Visit and experience the one-hour guided tour of the underground mine and ride the outdoor mine train. For more information, visit MiningJamison.Museum. ♦



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Star Gazing

Saturday, June 7 @ 8:30-11:30 PM

Meet at Mt. St. Francis, 3390 Windsor Ave., in the parking lot behind Francis House. no prominent moon is a showy splendor with bright spots, voids, and intricate rivers of light. RSVP required.

Picnic on the Hill

Wednesday, June 11 @ 11:30 AM-1 PM

Enjoy one of your first picnic lunches of the season. Registration required.

Practicing Transformative Nonviolence for Turbulent Times

Wednesday, June 11, 18, & 25, 6:30-8 PM

via Zoom

This program explores the power of non-violence and examines ways that it actively transforms the lives of individuals and communities. Registration required.

Meditation & Music

Monday, June 16 @ 6:30-7:30 PM

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

Lunch & Renew: Chair Yoga

Wednesday, June 18 @ 11:30 AM-12:30 PM

June's theme is Balance. Registration required.

Summer Hors d'oeuvres and Her Story

Tuesday, June 24, 5-6:30 PM

Come for heavy hors d'oeuvres, drinks, and a featured speaker. Registration required.

Joy of Forgiveness

Sunday, June 29, 1-4:30 PM

Forgiveness is a healing and empowering process. Start your journey with this practical mini workshop. Registration required.

STATERA INTEGRATED HEALTH & WELLNESS

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

Postpartum Support Group

Monday, June 2, 5:15-6:15 PM

Meet other parents, ask questions, and discuss concerns about baby care, feeding, hormones, sleep, and more.

No Limb-its Amputee Social & Support Gatherings

Monday, June 9 @ 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.

Comfort Measures for Birth

Monday, June 16, 7-8 PM

Practice hands-on techniques and labor positions with guidance, feedback, and tips from a certified birth doula.

The Secret to Love that Lasts

Thursday, June 19, 5-6 PM

Learn how to keep your relationship fresh and growing amid the demands of everyday life.

Mommy & Me Fit

Saturday, June 21 @ 9-9:50 AM

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

Prenatal Yoga, 5-week Series

Mondays, June 30 through July 28 @ 5:30-6:30 PM

Move your body in ways that can prevent or ease discomforts of pregnancy.

NEWS

SOUTHWEST HEALTH RECEIVES \$1 MILLION CHILDCARE GIFT

Southwest Health is the recipient of a \$1 million donation through the Kaiser Family Foundation Corporation to support the construction of a new childcare facility. This contribution brings Southwest Health one step closer to making high-quality childcare accessible to the southwest Wisconsin area.

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The center would serve 140 children for both Southwest Health employees and the community. The center would be owned by Southwest Health and operated by New Horizon Academy, a Minnesota-based childcare company.

UNIFIED THERAPY WELCOMES NEW PT

Unified Therapy announced the arrival of **Amanda Cyze, DPT, ATC**, as a physical therapist. She graduated with a Master of Science in Physical Therapy from Clarke University, followed by a Doctor of Physical Therapy degree also from Clarke. She is a certified athletic trainer and ART (Active Release Technique) certified.

Cyze brings nearly 20 years of experience working as a physical therapist. In her new role, she will evaluate conditions and construct an individualized treatment program for adult patients at our clinic on Pennsylvania Avenue. .



UNITY-POINT HEALTH FINLEY ANNOUNCEMENTS

Finley Health Foundation is the recipient of two grants from Variety – the Children's Charity. The first grant, in the amount of \$27,556, will be used to purchase a camera and monitor system for Finley's family birthing suites, as part of a capital campaign to renovate the hospital's C-section suite.

A second grant awarded in the amount of \$8,273, will be used to purchase Pack N Plays and provide educational materials for the maternal health program at UnityPoint Health – Visiting Nurse Association.

Finley Hospital is offering patients a new, minimally invasive outpatient option to treat lower back pain. The same-day procedure called Intracept, or basivertebral nerve ablation, uses radiofrequency energy to heat a narrow point on the basivertebral nerve, which disrupts pain signals that travel from the spine to the brain, offering relief. Finley is the only hospital in Dubuque to offer this procedure currently.

Andrew Vanderheyden, MD, was named chief medical officer (CMO). Serving as the hospital's anatomic and clinical pathologist since 2009, Vanderheyden brings considerable experience and expertise to this role. He is immersed in the local medical community as the laboratory medical director for Finley Hospital, Grant Regional Health Center, and Midwest Medical Center, and actively serves on several medical staff committees.

Vanderheyden will continue to serve his responsibilities in the lab in addition to the CMO work. In 2023, he was recognized with the Dr. John Finley Award for Excellence in Medicine.



MEDICAL ASSOCIATES EMPLOYEE ANNOUNCEMENTS

Shawn Brandenburg, DO, joined their orthopedics department. Brandenburg completed his residency in orthopedic surgery at Metro Health - University of Michigan Hospital in Wyoming, MO, and fellowship in adult reconstruction at Hedley Orthopaedic Institute of the West in Phoenix, AZ. Most recently, Brandenburg worked as an orthopedic surgeon at Columbus Orthopedic & Sports Medicine Clinic in Columbus, NE. He is board-certified by the American Osteopathic Board of Orthopedic Surgery, and as a member of the orthopedics



department, Brandenburg provides outpatient treatment and surgical care for disorders related to muscles, joints, and bones, including those caused by trauma, sports injury, or chronic disease.

Abbey Smith, DNP, joined their acute care department. She received her Doctor of Nursing Practice (DNP) from Bradley University in Peoria, IL, and Bachelor of Science in Nursing from the University of Iowa. Most recently, she worked in the urgent care department at Grand River Medical Group in Dubuque.



As a member of the acute care department, Smith provides a complete range of medical care for all ages and offers urgent care treatment for non-life-threatening emergencies and walk-in medical services.

Benjamin Kunz, PsyD, joins their psychiatry & psychology department. He received his Doctor of Psychology and Master of Arts in Clinical Psychology from Wheaton College in Wheaton, IL, and his Bachelor of

Science in Psychology from Olivet Nazarene University in Bourbonnais, IL.

Most recently, Kunz worked as a licensed clinical psychologist at Family Care Associates of Bourbonnais in Bourbonnais, IL, and previously at Chicago Clinical Associates, Chicago. As a member of the psychiatry & psychology department, Kunz provides thorough diagnostic evaluations and psychotherapy for the full spectrum of mental health diagnoses.



HILLS & DALES TO SERVE AS SUBJECT MATTER EXPERT

Hills & Dales is excited to participate in Iowa's Health and Human Services National Expansion of Employment Opportunities Network (NEON) project awards from the US Department of Labor, Office of Disability Employment Policy.

Kara Huss, community services director at Hills & Dales, will serve as just one of five subject matter experts advising the Iowa NEON project.



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Taste

RESTAURANT REVIEW



by Cassie Cate

FREDDY'S OFFERS FAST-CASUAL DINING

The changing times have brought much excitement to our modern-day world. Information can be found at the touch of a button, or rather the utterance of a word or phrase. Cars can literally drive themselves, and you do not even have to pedal your bike if you choose. With all this innovation, one would think the quality of life would be so much better. Unfortunately, the cost of several of these features has been good old-fashioned values, such as hospitality, quality, and tradition.

Freddy's dining room incorporates the company's desire for timeless tradition.



Fast casual family dining is great for families at Freddy's.

Three entrepreneurs decided this should not be the case when it came to the restaurant industry, so in 2002, they decided to start the first Freddy's Restaurant in Wichita, Kansas. Brothers Bill and Randy Simon and their friend Scott Redler envisioned a place where customers could receive quality food in a clean, traditional environment served with good old-fashioned hospitality.

This vision exploded into more than four hundred locations, one located conveniently in Dubuque, right along the Northwest Arterial. Freddy's is currently number eight in the top ten fastest growing restaurant chains in the United States, showing the desire for tradition, kindness, and quality have endured, even with the rapidly changing times.

The foundation of Freddy's did not evolve from thin air. Freddy is in fact a real person—the father of founders Bill and Randy Simon. Until 2020, when he passed away at the age of ninety-five, Freddy loved visiting with the customers and enjoying a good, fresh Freddy's Original Patty Melt. At age seventy-seven, his fifty years of knowledge and expertise in the service industry allowed him to help guide his sons and their friends in opening the new eatery.

Freddy was farm raised outside of Wichita, Kansas, and enlisted in the Army during World War II. There, he earned a purple heart, a bronze star, and a love of his country. When he returned to Kansas, he and his wife Norma Jean raised their six children, enjoying fifty-six years of marriage. The old-fashioned family values Freddy lived out and taught his children became known as the "Freddy's Way." The foundation of Freddy's was and will always be family values and patriotic service to the country Freddy loved and served so diligently.

The four values of hospitality, cleanliness, quality, and timeless tradition are evident from the outside when customers visit a Freddy's location. Beginning with the timeless and traditional vibe, the restaurant ap-

peals to customers both young and old. With the red and white "retro" flair, older customers are transported back by the "Lucy" dinette sets of yesteryear, with the nostalgia of an old-fashioned soda shop. Younger customers enjoy the open ceilings and comfortable booths, but all customers enjoy the clean environment Freddy's so proudly works to provide. Whether dining inside or outside on the patio, the team of "Fred Heads" works to maintain a fresh, clean place for diners to enjoy their delicious fare.

Quality is another staple of Freddy's. Food is not prepared until it is ordered, so customers know their sandwich has not been sitting, waiting for someone to arrive. This is what categorizes Freddy's as fast-casual, not fast-food. The difference between the two is noticeably different—food prepared fresh as it is ordered, not sitting under heat lamps.

Above the others, hospitality is what really defines this eatery. Newsweek included Freddy's on America's Best Customer Service List, which is not a small recognition. The Fred Heads work to make each customer's experience quality, and the company provided opportunities for growth and franchising.

When a customer chooses Freddy's, they can order ahead, use the convenient drive-thru, or dine inside the retro dining room. A wide variety of combo meals await each diner. Freddy's patrons can choose between options, including hot dogs, burgers, or chicken. Steakburger patties are grilled fresh and include a variety of toppings and preparations, depending on the customer's choosing. Chicken can be enjoyed as a sandwich grilled or crispy, or as tenders. Hotdogs can be plain or topped with chili and cheese. Each of these includes fries, or can upgrade to tots, cheese curds, onion rings, or chili cheese fries. Kid's combos are also available for the little ones.

Of course, no Freddy's meal would be complete without a delicious frozen custard treat. Any Freddy's fan knows custard is not the same as ice cream. With its additional eggs and minimum of ten percent butter fat,

custard gives a creamier texture that anyone will enjoy. Sweet lovers can choose between signature sundaes, concretes, or shakes. From the signature Dirt and Worms to the Strawberry Dreamcake, there is something for everyone to love.

Freddy's offers special ways to give back to the community. It's easy to request help with fundraising by using their website to begin the fundraising journey. If approved, fifteen percent of all sales from online and instore orders will go to that charitable cause. This is a great way to provide for community needs.

Freddy's also offers a rewards program that earns diners free food. For every dollar spent, customers earn ten points toward their rewards. Freddy's also hosts family nights, where families can receive a free kid's meal with the purchase of an adult combo meal.

Catering is another way people can enjoy Freddy's. The restaurant offers a fun variety of fares, including a Burger Bar, Chicken Tender Tray, and a Hot Dog Bar. They also offer bagged lunch options, salads, and desserts. The Create Your Own Sundae Bar would put the cherry on top of any event, though.

Of course, for those who find themselves addicted to Freddy's Fry Sauce and seasoning, good news awaits. Both can be purchased to enjoy at home! Not only is the seasoning available for purchase, but the unique trademark sauce comes in three varieties, including traditional, smoky, and jalapeño.

So, if you find yourself looking for a fast, but fresh dinner option, perhaps Freddy's is the answer. One thing is for sure—your food will be fresh, your experience will be enjoyable, and your family will thank you. ♦

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



Freddy's famous burger basket.

THE FROSTED GLASS Taste

Article and photo by Joshua Nichols



Flights at the Goerdt's Brewhaus contain 6 different pours of beers.

BREWER FEATURE: GOERDTS' BREWHAUS, FORMERLY GALENA BREWING COMPAN

When you're a fan of craft beer, you eventually understand that the variety of beer you see on the shelves of a liquor store is actually a very small fraction of all the craft beer produced in America. There are countless small batch releases that are never commercially canned or bottled. Instead, they are taproom only. Goerdt's Brewhaus is one of many craft breweries that are not currently canning or distributing their beers. Which means that it's time to cross the Mississippi and drive to Galena to experience what they have to offer.

After finally finding a parking spot – it always takes five minutes longer than you think it will in Galena – I made my way to Goerdt's Brewhaus around 1 PM on a Saturday afternoon. Upon walking into the brewery, you're greeted with a view of polished wood tables and an open, industrial-style ceiling. The stainless-steel brewing vats are exposed and visible from almost anywhere in the bar. Immediately to your left upon entry, you'll see a cooler filled with bombers (large, 22 oz bottles). This is the only way you can currently take beer home from Goerdt's Brewhaus. Moving towards the bar, I decided to start things off by sampling a flight of beer. Flights at the Goerdt's Brewhaus contain 6 different pours of beers. Here's a quick breakdown of each beer I tasted. If you're referring to the photo of the beer flight while reading, we'll be going from left to right.

The Galena Fraulein (5.3% ABV), or Galena Unmarried German Women if you think back to high school German, is a simple, yet pleasant tasting Helles lager. It's close to a domestic style beer – think Coors or Miller light, but

much fresher. If your mental image of beer is a traditional domestic, this staple beer is a great way to try something similar yet new.

Red Stag (5.1% ABV) is a beer that has a surprising and enticing sweetness to the body. Now, sweet in this case is relative to beer – I don't want anyone thinking they'll be swallowing a mouthful of sugar cookies when you take your first sip. Look for a sweet, smoky flavor that has hints of cherry on the aftertaste while still providing the firm taste of a red lager. A highly unique beer that was a personal favorite of mine, and something you must taste to understand.

All Day Reveille (5.7% ABV) is a seasonal black lager that tastes like a light stout from the first sip. There are unmistakable notes of espresso (locally sourced from Galena Roasters) once the beer first touches your tongue, but it lacks the heaviness and full-bodied creaminess of a traditional stout. It's also important to note the ABV on this one – 5.7% is staggeringly low for a beer that is compared to a stout. Like the previous Red Stag, this is another beer that won't have an easy substitute at your average liquor store.

The Thirsty Squirrel (5.5% ABV) has a charming name and an old-fashioned taste. If you have fond memories of pecan pie at Thanksgiving or nurse a sweet tooth, this is a must-try beer. With notes of chocolate, caramel, and the aforementioned pecans, this is a simple and sweet brown ale. I'd recommend it as an after-dinner drink if you want a no-fuss option.

Farmer's (5.0% ABV) is a light, crisp, and unabashedly straightforward blonde ale. This is another beer that plays in the same ballpark as the traditional domestics, but it is a bit farther removed from them than the Galena Fraulein. There is a slight yet unmistakable note of citrusy hops on the swallow and aftertaste, and this is what sets it apart from the domestics.

The final beer I tried was Uly's Dark (5.5% ABV), a chocolate oatmeal stout named after the Civil War general and 18th president of the United States, Ulysses S. Grant. You'll find your traditional stout profile of chocolate, roasted malts, and a lingering aftertaste of coffee within a sip of this beer. What stood out to me most about this beer was the low ABV. Most craft stouts find themselves with a 6% ABV as a floor, and it's a regular occurrence to see stouts in the 7-9% range.

This emphasis on low ABV beers isn't a coincidence. It's an intentional part of Goerdt's Brewhaus beer menu. Every beer I tried was below 6% ABV, and no beer in their taproom goes over 6.5% ABV. This was a pleasant surprise, and I think that choosing to brew unique, low ABV beers like Red Stag and All Day Reveille is a nice way for Goerdt's Brewhaus to set themselves apart from the double IPAs and imperial stouts that many craft breweries produce. So next time you're in Galena, stop by Goerdt's Brewhaus, formerly the Galena Brewing Company. They have a great selection of lighter beers that can't be found in stores. And if you've been dragged to Galena against your will for a shopping excursion – this is a great place to kill an hour.

If you enjoy trying new beers with a unique, but not over the top taste, visiting Goerdt's Brewhaus is worth the short drive to Galena. They have a great selection of lighter beers that can't be found in stores and an excellent restaurant as well. It's the perfect place to try if you'd like to grab some lunch or dinner and try a new craft beer. And if you've been dragged to Galena against your will for a shopping excursion – this is a great place to kill an hour.

To learn more about their beers and restaurant visit GalenaBrewery.com. ♦

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

SIPS & TIPS Taste

Article and photo by John B. Donovan



WINES FOR SUMMER OUTINGS

“Wine is sunlight, held together by water”

—Galileo



June is a grand time to purchase a bottle of wine and enjoy it outside, be it at a picnic in a park, while listening to the Dubuque Arts Council’s Sunday night *Music at the Star*, concerts in the Alliant Amphitheater, or on your own back porch with friends. TeamWine has found two fun wines to help your selection process. We stretched our boundaries a bit though. Our red, really a dark rosé, was purchased from Convivio, a lovely wine shop in Spring Green, Wisconsin; and our white was found at Gateway Market in Des Moines. Both wines are perfect for enjoying outside with friends.

SIPS

Our white wine is from Bosnia. While it

was purchased in Des Moines, by the time this is published, you may be able to obtain it locally. It is a **2022 Vinogradi Nuić** (12.5% abv \$19.99) from the Mostar Wine Region of Bosnia. The grape is Žilavka, a light-skinned grape variety planted in the southern part of Bosnia-Herzegovina. The grapes are hand-harvested and further picked over before pressing. The must is cooled and clarified (removing impurities) overnight. It goes through a cold fermentation and is aged on fine lees for six months with occasional stirring. The best tanks are then selected for blending and bottling. It is held for two months before it is placed on the market.

This wine was clear, light yellow with a tint of green. Aromas included spring flower buds, a sweetish- almost coconut note, essence of lime and a bit of grass (but not like Sauvignon Blanc grass). For flavors on the palate, we found hints of grapefruit, spice of white pepper, and wet/mossy stone. The acidity was prominent and almost a bit effervescent. I was surprised with a particularly long, pleasant finish, for a white wine. This wine paired well with some quality tuna in a fennel oil, hummus, a soft Havarti cheese and roasted mushrooms. We felt a summer salad with tuna, or any white fish, or a light pasta dish with a cream or cheese sauce would be a lovely pairing.

Our red wine was a **2023 Union Sacré Sangio** (12% abv \$26) wine from the Paso Robles AVA in California. The grape is Sangiovese (same as in Chianti wine) and the wine is unfined, unfiltered and went through carbonic fermentation (whole cluster fermentation, in a closed carbon-dioxide filled tank). This wine has an almost Jolly Rancher red color which surprised us, but it didn’t carry through to the wine. One of TeamWine did comment, “it smells pink”. Not surprisingly we all picked up aromas of strawberry, cherry candy, apple, wild rose petal and even bubblegum (Bazooka specifically). The wine was bright, zesty on the palate and fruity, typical of carbonic fermented wines. TeamWine felt this would be a perfect wine for an outside concert with light cheese and cracker snacks, or, maybe pick up a bottle on your way to the American Players Theatre just outside Spring Green. This wine is low alcohol, fun, fresh flavored perkiness in a bottle.

TIPS

It’s summer and picnic time or at least eating outside on your porch or maybe on your boat. It is also a great time for white and rosé wines. The problem, they are best served

chilled, and that can be a challenge as our temperature rises. Try these low-cost tricks to keep your wine cool. First off, chill your bottle overnight. Then when ready, wet some newspapers and roll the bottle in the damp papers. Follow that by wrapping some dry newspapers around the bottle and putting the bottle in a bread or other plastic bag. Your wine should stay cool for several hours.

You can also open the bottle at home and pour the wine into a large thermos. If you can, do this the night prior to your outing and place the thermos in the refrigerator overnight. If they can keep your coffee hot, it will also keep your wine cold. Oh, do wash the thermos thoroughly as coffee flavored wine may not be a hit. I put several tablespoons of baking soda into the thermos, shake it to coat all surfaces and let it stand for a couple hours before washing it. I find this removes the taint of coffee.

There you have it. Get outside and enjoy our lovely weather, take some wine along, but do have a designated driver for the road home.

Nazdravljje! (This is Cheers! in Bosnian) ♦

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

Business & Community News

SNAPSHOT DUBUQUE COUNTY: NEW CITIZEN SCIENCE PROGRAM

Snapshot Dubuque County is a project initiated by Dubuque County Conservation to monitor wildlife 24/7 year-round using a small network of cameras within various conservation areas of the county. It offers a chance for individuals, families, and students to get involved with observing the wildlife in the area.

Snapshot Dubuque County uses a network of trail cameras that are triggered by the heat and movement of passing animals, thus providing a manner of wildlife monitoring. Dubuque County Conservation works with the Iowa DNR, organizations, and individu-

als to manage wildlife throughout Dubuque County. Using trail cameras and your help, they can start to observe some of those found specifically within the county of Dubuque.

Zooniverse users help by classifying the type and number of animals in each. This allows Dubuque County Conservation to create maps for both common and rare species across the county visualizing how animal populations change through time.

The goals of Snapshot Dubuque County are to provide unique opportunities for public engagement with wildlife; expand the science of trail camera monitoring for understanding wildlife populations, behavior, and interactions; and provide data needed for management of wildlife habitat and improved wildlife survey efficiency.

NEW 4-H FISHING CLUB

Iowa 4-H announced the launch of a new statewide fishing club for Iowa youth in grades 4-12. Whether your child is looking to become a skilled angler or just wanting to try a new outdoor hobby, this program will enhance your child's connection to nature and foster a lifelong passion for fishing.

The child needs to be first enrolled as a 4-H member in 4-H Online in their county, then enroll in the Statewide Fishing Club. For more information, visit Extension.IAState.edu/News.

CERTIFIED COMPOST NOW AVAILABLE

The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) is offering United States Composting Council (USCC) Certified Compost. The compost may be used for trees, shrubs, flowers and vegetables gardens, and lawns. Residents can 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.

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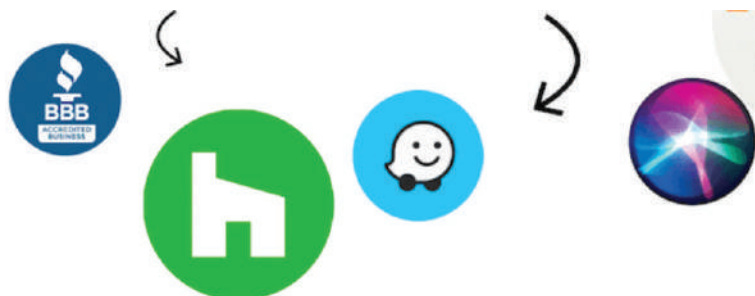


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- SPORTS MEDICINE

The **expert care team at Southwest Health's Orthopedic Institute** is waiting to create your personalized treatment plan. With our growing team, whatever your concern, you can have peace of mind that you will be treated with **compassion and expert level care** when seeing any of our Orthopedic Surgeons.

Southwest Health's team of fellowship-trained orthopedic surgeons is dedicated to providing you with the highest level of care and expertise available. But we don't stop there. **Expertise should be matched with compassion.** That's why our orthopedic team is made up of caring individuals who have dedicated their lives to improving the lives of others.



We are proud to be the region's most **advanced experts in sports medicine** in southwest Wisconsin and the tri-state surrounding area.



Southwest
—HEALTH—

608.342.6210
southwesthealth.org



We see **BIG** things in Dubuque's future.
Share your ideas for our community, and help
build something incredible.

We are looking for the next 10 great ideas to strengthen Dubuque ... and only our residents have them.

Everyone's voice is welcome and appreciated!

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