

THE DUBUQUE AREA LIFESTYLE MAGAZINE, MARCH 2025

FREE

JULIEN'S JOURNAL

JOHN DECKER

*LMHC, BRAIN HEALTH CLINIC MANAGER,
CRESCENT COMMUNITY HEALTH*

**ENVISION 2030 – WILL
HELP DECIDE THE FUTURE
OF DUBUQUE**

**DUBUQUE MAIN STREET –
PROMOTING VITALITY IN THE
DOWNTOWN DISTRICT**

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JULIEN'S JOURNAL



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COVER PHOTO: John Decke - LMHC, Brain Health Clinic Manager, Crescent Community HEALTH. Photo contributed by the Dubuque Community Foundation.

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PUBLISHER'S NOTE

Given the name of Saint Patrick's Day, it seems obvious that Saint Patrick was Christian, but many people associate the holiday with celebrating Irish culture. Known as the Patron Saint Of Ireland and the Apostle Of Ireland, Patrick was instrumental in bringing the Roman Catholic beliefs to Ireland. There are also many myths that surround this event. For instance, legend says St. Patrick drove all the snakes into the sea and that is why there are no slithering serpents in Ireland today. We now know that there were never any snakes in Ireland. Another one is that green was an important color to him, but he never wore green according to most accounts. He did use the Irish Shamrock to explain Christian symbols and ideas like the Holy Trinity to his followers, so maybe that is why we associate the color with him today.

Inside this issue

Drinking red wine in moderation has often been associated with health benefits – everything from hbkacelping to prevent heart disease and cancer to boosting memory and cognitive function. Learn about ten surprising benefits it has to offer on page 14.

A new campaign facilitated by the Community Foundation of Greater Dubuque and Dubuque Area Chamber of Commerce – ENVISION 2030 – is an opportunity for people to share their ideas for strengthening the place they call home. Learn about it on page 16.

Founded in 1985, Dubuque Main Street is the oldest, continuously running urban Main Street Program in the United States. Its mission serves 235 blocks in 10 districts throughout downtown Dubuque, ranging roughly from “bluff to river and bridge to bridge.” Read about them on page 18.

In 1969 America's WW2 generation was at the helm and the Baby Boomers were coming of age. It was a time when the country was embattled over the Viet Nam War and yet, at the same time, America flexed her technological prowess by landing U.S. astronauts on the moon. At the same time Dubuque, Iowa was experiencing a myriad of community-wide events. Read the story on page 20.

Back in the early 1850s, Peter Kalmes used the tiny village of St. Donatus as the birthplace of a small bar in a pebble stone building across the street from what is now Kalmes Bar. This business still operates today as Kalmes Restaurant. Read our review on page 26.

You might not need to “Beware of the Ides of March”, but you will want to seek either, or both, of this month's wines. TeamWine truly enjoyed both our white, an Albariño from Oregon, and a red from the Douro Valley of Portugal. Read their reviews on page 28.



Photo of the Month



JJ March Photo of the Month
A late afternoon view from the West end area of Dubuque. Photo provided by Julien's Journal reader Kelsey Kamm

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

March 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.

TLR SE Division Model RR Sale

Saturday, March 1

9 AM–2 PM @ Dubuque County Fairgrounds

Model railroaders are invited to buy, swap, and sell to fellow hobbyists. Food available. Visit ThousandLakesRegion.org.

Winter Bounce

Saturday & Sunday, March 1-2

10 AM–2 PM & 3–7 PM both days @ Five Flags Arena

Enjoy an array of inflatable attractions, obstacle courses, laser tag, and mini golf, providing fun for families and kids of all ages. Enjoy bounce houses and interactive games while creating lasting memories. Visit FiveFlagsCenter.com.

Live Music & Events Featuring Various Artists

March 1–31 @ O So Good Winery, 2093 20th Ave., SE (Dyersville)

Come for live music, food, and events throughout the month of March. 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.



Miss Nelson is Missing! - The Musical

Saturday, March 1, 10 AM

Sunday, March 2, 2 PM @ The Grand Opera House

Miss Nelson's class is the worst behaved in the whole school, sending the gentle, long-suffering teacher over the edge. But the students of Room 207 are in for a surprise when Miss Nelson goes missing and is replaced by Viola Swamp, a no-nonsense substitute who assigns piles of homework. The students learn lessons of appreciation and respect as they set out to find their beloved Miss Nelson. Visit TheGrandOperaHouse.com

Early Explorers: N is for Neighborhood

Saturday & Tuesday, March 1 & 4

10–11 AM @ National Mississippi River Museum & Aquarium

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

Chris D'Elia

Saturday, March 1

7 PM @ Five Flags Theatre, 405 Main St

Chris D'Elia, the acclaimed comedian, actor, and podcast host, is known for his sharp wit, unpredictable humor, and hilarious takes on modern life. Visit FiveFlagsCenter.com.



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Final Arrangements

Tuesday, March 4

2-3 PM @ Stonehill Communities

Assisi Village

Get information about funeral/burial options and costs and related Iowa laws. Use a pre-planning checklist to consider end-of-life decisions that can be made now and how to organize documents to help the living. RSVP. For more information, email THummer@StoneHillDbq.com.

Wags At The Flags

Wednesday, March 5, 12 & 26

4-8 PM @ Five Flags Arena

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

**Celebrating All Abilities Gala**

Thursday, March 6

6-9 PM @ Hotel Julien

Come for a memorable evening with live music from Tapestry, cocktails, food, live and silent auctions, and other fun activities. All proceeds help Camp Albrecht Acres provide an enjoyable summer camp experience to individuals with special needs. Visit Facebook/CampAlbrechtAcres.

Dried Flower + Epoxy Suncatchers

Thursday, March 6

6-8 PM @ Dubuque Arboretum & Botanical Gardens

Workshop will be held at the Heinemann Visitor Center. Visit DubuqueArboretum.net.

Wild West Wednesdays

Wednesday, March 6, 12, 19 & 26

7-11 PM @ Dubuque County Fairgrounds

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

**365ink Impact Awards Ceremony**

Tuesday, March 4

7 PM @ Diamond Jo Casino Mississippi Moon Bar

The 365ink Impact Awards will have hors d'oeuvres and a cash bar with live music accenting the evening's awards. The mission at 365ink is to help connect people to relationships, opportunities, and the best possible living experiences in the community. The 365ink Impact Awards are designed to honor those who choose to make the effort to impact the community in the spirit of this mission. Visit Dubuque365.com/ImpactAwards.



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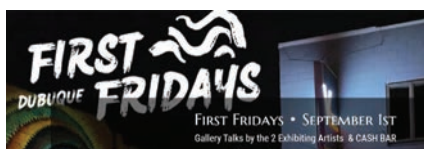
CALENDAR OF EVENTS

Fabulous Fridays Artists Series

Fridays, through March 28

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

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



First Fridays

Friday, March 7

@ Various Locations in Dubuque

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

Annual Duck Waddle

Saturday, March 8

7 AM @ Green Island Wildlife Management Area (Jackson County)

This is Dubuque Audubon's annual trip to Green Island to observe migrating waterfowl. Audubon guides will be on hand to help identify the numerous species. Binoculars recommended. To carpool from Dubuque, meet in the parking lot of EB Lyons Interpretive Center at 6 AM. Visit AudubonDubuque.org.

DSO presents "Gilbertson's Symphony No. 1"

Saturday, March 8, 7:30 PM

Sunday, March 9, 2 PM @ Five Flags Theater

Celebrated as a leading interpreter of classical works and for her extraordinary ability to connect with audiences, Rachel Barton Pine makes her Dubuque Symphony Orchestra (DSO) debut playing the sensational Sibelius Violin Concerto. Dubuque-raised and Pulitzer Prize nominated Michael Gilbertson will premiere his First Symphony - a capstone to their Classics season. Visit DubuqueSymphony.org.

Cabin Fever

Sunday, March 9

10 AM-3 PM @ Dubuque County Fairgrounds

Break out of the house and shop more than 40 local vendors, crafters, makers, bakers, wineries, and more. Visit Facebook.com/JodiandKT.

Distinctively Dubuque

Session 2: Wednesdays, March 12-April 9

5:30-8:30 PM @ Various Locations in Dubuque

Distinctively Dubuque is a free, five-night 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. Spots are limited. RSVP. Visit Bit.Ly/DD_Registration.

School's Out Day Camps

Thursday & Friday, March 13-14

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.

Forest Management for Birds

Thursday, March 13

6:45-8 PM @ EB Lyons Interpretive Center

Dr. Adam Janke of Iowa State University will speak about forest management for birds. Visit AudubonDubuque.org.



Classical Blast in Kilts

Saturday, March 15

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

Classical Blast, based out of the Chicagoland, is popular for their innovative new arrangements of classic rock tunes performed on a mix of classical and rock instruments. From Bach to classic rock to contemporary pop, you'll find their performance exhilarating and their musical approach refreshing. Visit OhnwardFineArtsCenter.com.

UPCOMING PERFORMANCES

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March 28 - April 6, 2025

June 20 - July 6, 2025

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She Unites

Wednesday, March 19

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

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

Standing Strong; Elizabeth Catlett

Thursday, March 20

6:30 PM @ Hotel Julien

The last film of the JDIFF Winter Film Series is the documentary *Standing Strong; Elizabeth Catlett*. This documentary shows the struggles and triumphs of Elizabeth Catlett, a Mexican/American artist and political activist who was a pioneer in the Black Arts Movement. Visit JulienFilmFest.com.

Master Foodie Program

Thursday, March 20

6-8 PM

ISU Extension and Outreach-Dubuque County's Master Foodie Program is set to kick off its immersive 6-week farm-to-table journey aimed at enriching participants' understanding of the local food system. The program combines online lessons, engaging tours, and hands-on educational activities, with researched based local information providing a comprehensive experience for those passionate about local foods. Registration required; space is limited. Visit <http://Bit.Ly/DbqFoodie>.

Include your next event here!

Send your events to

Juli@juliensjournal.com.



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DubuqueSymphony.org
or Five Flags Box Office



Rachel Barton Pine
Sibelius Violin Concerto

photo credit: Lisa-Marie Mazzucco

CALENDAR OF EVENTS

Assassins

Friday & Saturday, March 21–22, 7:30 PM
Sunday, March 23, 2 PM @ University of Dubuque, John and Alice Butler Hall
Assassins combines Stephen Sondheim's signature blend of intelligent lyrics and beautiful music with a panoramic story of our nation's culture of celebrity and the violent means some will use to obtain it, embodied by America's nine successful and would-be presidential assassins. This show contains mature language, themes, and simulated gun violence; not recommended for children. Visit Dbq.edu/HeritageCenter.

American Son

Friday & Saturday, March 21–22 and 28–29, 7:30 PM & Sunday, March 23, 2 PM @ Five Flags Center Bijou Room
Fly-By-Night Productions presents a drama about an estranged married black-white biracial couple that confront their feelings about race and bias. Desperate to locate their son, they come to the police station. Demanding answers, they contend with an inexperienced white police officer and a more experienced black career police officer. Mature subject matter; ages 17+. Visit FlyByNightDubuque.com.

Spring Garden Seminar

Saturday, March 22
7:15 AM–12 PM @ NICC Town Clock Business Center

Sessions will be presented on a variety of gardening subjects, including succession planting for season-long color, nectar sources for bumblebees, irrigation, rain gardens, greenhouses, medicinal herbs, pruning trees and shrubs, houseplant pests, and tree diseases. Registration required. Visit <https://Bit.Ly/DbqSpring>.



R.E.S.P.E.C.T.

Saturday, March 22
7 PM @ Five Flags Theater

R.E.S.P.E.C.T. is the ultimate tribute to the legendary Queen of Soul, Aretha Franklin. Enjoy timeless music that speaks to the complicated human condition, honoring the impassioned and transcendent music of one of America's most beloved singer-songwriters. Visit FiveFlagsCenter.com.

Show Me Reptile Show & Exotic Pet Expo

Sunday, March 23
10 AM–3:30 PM @ Grand River Center

The show provides everything needed to properly care for reptiles. From high-quality reptile equipment like lighting, heating, feeders, substrate, cleaners, and enclosures to friendly vendors who assist in reptile husbandry and adoptions. The show provides entertainment such as educational stations, face painting, food and other activities. Visit ShowMeReptileShow.com.



LANCO

Tuesday, March 25
8 PM @ University of Dubuque, John and Alice Butler Hall

LANCO, a dynamic country band, rose to fame with Hallelujah Nights, with hits like "Greatest Love Story," and awards. Their sophomore album, tour, and heartfelt songs explore pain, love, and redemption. Visit Dbq.edu/HeritageCenter.

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BestFest

Thursday, March 27

5-7:30 PM @ Dubuque County
Fairgrounds

A benefit to support Hospice of Dubuque is just as it sounds: a celebration of the best Dubuque has to offer, as voted on by the people of Dubuque. Winners will gather and give away samples of their best products. Visit HospiceOfDubuque.org.

Houseplants 101

Thursday, March 27

6-7 PM @ Dubuque Arboretum &
Botanical Gardens

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

**Dirty Dancing in Concert**

Thursday, March 27

7 PM @ Five Flags Arena

Immerse yourself in the timeless romance of *Dirty Dancing* with the film's first-ever live film-to-concert experience. Watch the digitally remastered movie on a full-size cinema screen while a live band and singers bring the unforgettable soundtrack to life. Following the film, keep the energy going with an encore party, singing and dancing along to your favorite *Dirty Dancing* hits. Visit FiveFlagsCenter.com.

**Noises Off**Friday & Saturday, March 28–29 and
April 4–5, 7:30 PMSunday, March 30 and 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, slammed doors, technical difficulties, fallen trousers, and, of course, the ever-important sardines. Visit TheGrandOperaHouse.com.

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MARCH 21, 22, 23 & 28, 29, 2025
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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.

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

StoryWalk®

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



Get your favorite 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

Grab & Go Activity Bags

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

Read Across America Scavenger Hunt March 1-31

Join the national Read Across America celebration of literacy with a fun, month-long scavenger hunt through the children's section of the library.

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.

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.

Self Defense for People with Mobility Issues

Tuesday, March 4 @ 9:30-11 AM

Ages 18+. Registration required.

Adult Ukulele Lessons

Tuesday, March 4 & 18 @ 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. Ages 3-6. Adult participation required.

Monster Fun

Wednesday, March 5 @ 4 PM

Learn to draw monsters with step-by-step instructions, and then bring them to life using stickers, moveable eyes, and provided art supplies. Ages 7-13. Registration required.

Pokémon Club

Wednesday, March 5 @ 5:30 PM

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

Storytime Fixins: Pancake Edition

Thursday, March 6 @ 10:30 AM

Enjoy a good story and a tasty treat. Ages 3-7. Registration required.

Music @ your library®

Friday, March 7 @ 6-7 PM

Music @ your library® is a First Fridays concert series that features local and regional musicians. All ages.

Lollipops & Music

Saturday, March 8 @ 10 AM

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

Reading with Rover

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

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

Native Plant Resources

Saturday, March 8 @ 1-3 PM

Registration required.

Reading Roundtable Book Club

Monday, March 10 @ 6-7 PM

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

Vellum Luminaries

Tuesday, March 11 @ 4 PM

Craft an elegant luminary to light up any space. Ages 10-18. Registration required.

Virtual Author Talk**Wednesday, March 12 @ 1 PM**

"Power of Reset and How to Change What's Not Working" with Dan Heath. Registration required.

Beginning Chapters Book Club**Wednesday, March 12 @ 4 PM**

Do you like *Magic Tree House*, *Junie B. Jones*, and *Nate the Great* books? If so, this book club is for you. Ages 7-9. Registration required.

Minecraft Mania**Wednesday, March 12 @ 5:30-6:45 PM**

Ages 7-14. Registration required.

Minecraft Escape Room**Thursday, March 13 @ 12-3 PM**

Enter the 8-bit world of Minecraft in this unique escape room challenge. Ages 8-12. Registration required.

Beyond the Book Club**Thursday, March 13 @ 4 PM**

Read a new title each month and then meet up for a discussion and unique activity related to the book. Ages 9-12. Registration required.

Movie Night**Thursday, March 13 @ 6 PM**

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

Hobbit Door Wreath**Friday, March 14 @ 1-2:30 PM**

This craft is perfect for cottage core lovers. Ages 12-18. Registration required.

All About Being a Reporter**Friday, March 14 @ 3:30 PM**

Do you want to know how reporters do their jobs? If so, this program is for you. Ages 8-12. Registration required.

LEGO® Challenge**Saturday, March 15 @ 10 AM**

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

Family Book Bingo**Saturday, March 15 @ 2 PM**

Ages 4-12.

Buttons & Bobbins**Monday, March 17 @ 4 PM**

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

Mosaic Tile Creations**Tuesday, March 18 @ 5:30 PM**

This program is for ages 10 and older, including adults. Supplies are limited; registration required.

DIY Fairy Houses**Wednesday, March 19 @ 4:30 PM**

Enjoy a read-aloud of Phoebe Wahl's *Backyard Fairies* and create a magical home fit for a fairy. Ages 6-11. Registration required.

Virtual Author Talk**Thursday, March 20 @ 6 PM**

"How Women's Liberation Transformed America" with Clara Bingham. Registration required.

Sun SHINE Squad**Tuesday, March 25 @ 4 PM**

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

Upcycle Bouquets**Wednesday, March 26 @ 4 PM**

Make a beautiful flower bouquet using newspaper and other recycled materials. Ages 8-14. Registration required.

Virtual Author Talk**Wednesday, March 26 @ 6 PM**

"Dreams We Chase" with Jennifer Weiner. Registration required.



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Classical Blast!
IN KILTS!

Saturday, March 15 at 7:00 PM

This Chicago area group is wildly popular for their innovative new arrangements of classic rock tunes performed on a mix of classical and rock instruments. Classical Blast has opened concerts for major rock headliners, including The Electric Light Orchestra; Stryper, Michael McDonald; famed Eagles guitarist and many others. From Bach to classic rock to contemporary pop, you'll find their performance exhilarating and their musical approach refreshing.



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

CALENDAR OF EVENTS

Where You Are

Friday through Sunday, March 28-30*
Friday & Saturday, 7:30 PM; Sunday, 2 PM @ Bell Tower Theater

Sisters Glenda and Suzanne have lived together since Suzanne arrived single and pregnant 33 years earlier. 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; see website for times. Visit BellTowerTheater.net.



Powerlifting & Bench Press National Championship

Saturday & Sunday, March 29-30

9 AM @ Grand River Center

Contest lifts include full power and bench only. UPA Events hosts powerlifting and bodybuilding competitions in 10 states including Iowa, Illinois, and Wisconsin. Visit UPAPower.com.

Bands & Bites

Saturday, March 29

6 PM @ Five Flags Arena

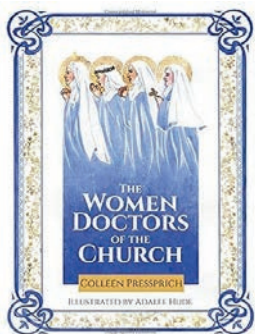
Get ready for an evening filled with great music, delicious food, and plenty of fun. The music lineup features headliners The LoveMonkeys, along with local favorites RatchetJaw, Brushfire Bandits, and Boogie Monster. From rock to funk, these bands will have you dancing and singing along all night. As the music plays, enjoy some eats from local food trucks. Visit FiveFlagsCenter.com.

Tay Tay Dance Party

Saturday, March 29 7:30 PM

@ Five Flags Theater

This reputation-themed dance party will immerse Taylor Swift fans in an unforgettable night of music, energy, and excitement. DJ Swiftie captivates audiences with electrifying mixes that seamlessly blend Swift's iconic hits. Visit FiveFlagsCenter.com.



The 4 Women Doctors of the Church Zoom Program with Colleen Pressprich

Saturday, March 8, 10:00 - 11:00 am

Join Author, Colleen Pressprich, for a presentation on the 4 women saints who are a part of the select group of 37 Doctors of the Church!

Learn about the lives of Saint Hildegard of Bingen, Saint Teresa of Ávila, Saint Catherine of Siena, and Saint Thérèse of Lisieux.

1001 Davis Street | Dubuque, Iowa 52001 | 563.582.3592

For more information & to register visit us at www.shalomretreats.org

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U.S. Army Field Band & Soldiers' Chorus Concert

Saturday, March 29

7:30 PM @ University of Dubuque, John and Alice Butler Hall

The Concert Band and Soldiers' Chorus are the oldest and largest of the U.S. Army Field Band's performing components. The joining of these two ensembles allows them to offer unparalleled versatility of programming, ranging from orchestral masterworks and operatic arias to Sousa marches, jazz classics, and Broadway musicals. Visit Dbq.edu/HeritageCenter.

Marys & Mimosas Brunchfest

Sunday, March 30

10 AM-1 PM @ Steeple Square, 101 E. 15th St.

Come for Marys & Mimosas: drinks, food, live music and shopping. Tickets include three mimosas/bloody Marys/mocktails, a souvenir glass, and food samples from vendors. Live music by Kristina Marie Castaneda. All proceeds go to the mission at Steeple Square. Visit Eventbrite.com/E/1141311707039.

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envision2030

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Share them, and help build something incredible.

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

Go online to submit your ideas in writing or by video.

Everyone's voice is welcome and appreciated!

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10 Surprising Health Benefits of

Drinking red wine in moderation has often been associated with health benefits – everything from helping to prevent heart disease and cancer to boosting memory and cognitive function. Early wine drinkers from centuries B.C. realized that wine was a safer alternative to water which often had questionable sources and dangerous bacteria levels. Ancient Egyptians and Greeks also relied on wine as a form of medicine. Today, although we don't use wine as medicine or worry too much about the safety of water, red wine is still a popular beverage with bonus health benefits.



Photo contributed by freepik

Nutritional and scientific researchers across several medical professions have confirmed many of the health benefits of red wine as the result of data-driven research. Here is a summary of what they have to say along with where you can find additional information.

RED WINE AND CORONARY HEART DISEASE

Improving heart health is perhaps what we think of most often when considering the benefits of red wine. According to Mayo Clinic Staff, “The alcohol and certain sub-

stances in red wine called antioxidants may help prevent coronary artery disease, the condition that leads to heart attacks.” How does this work? The antioxidant resveratrol, a plant compound with antioxidant properties that is found in the red grape skin and red grape juice, is thought to protect the heart’s blood vessels by boosting levels of HDL which is often called “good” cholesterol. This, in turn, helps lower levels of LDL or “bad” cholesterol that is associated with an increased risk of heart disease and stroke. Other research seems to indicate that resveratrol might also reduce inflammation

and blood clotting, also lowering the risk of heart disease. (*“Red Wine Consumption and Cardiovascular Health,” Molecules, 2019.*)

RED WINE AND BLOOD PRESSURE

Studies have shown that both systolic and diastolic blood pressure numbers improve after consuming dealcoholized red wine or wine with alcohol removed. In addition, grape wine extract has also been associated with lowering blood pressure, regardless of alcohol levels. (*“Consumption of a Polyphenol-Rich Grape-Wine Extract Lowers Ambulatory Blood Pressure in Mildly Hypertensive Subjects,” Nutrients, 2015.*)

RED WINE AND CANCER RISK

Some medical studies indicate that red wine might help reduce the risk of cancer by preventing the growth of cancerous cells, especially those that lead to breast and esophageal cancer. Resveratrol can help starve cancer cells by denying the development of a protein that is essential to their growth. (*“Contribution of Red Wine Consumption to Human Health Protection,” International Journal of Molecular Sciences, 2018.*)

RED WINE AND DENTAL HEALTH

In addition to lowering the risk of heart disease and cancer, the beneficial antioxidants in red wine can also reduce the harmful bacteria found in the mouth – bacteria which sticks to teeth and gums and can lead to plaque buildup, tooth decay, and gum disease. (*“Inhibition of Oral Pathogens Adhesion to Human Gingival Fibroblasts by Wine Polyphenols Alone and in Combination with an Oral Probiotic,” Journal of Agricultural and Food Chemistry, 2018.*)

RED WINE AND EYE HEALTH

Resveratrol’s vascular-enhancing properties are thought to improve microcirculation in the eye. Improved blood flow in the eye can help prevent age-related macular degeneration, eye problems caused by diabetes, and even glaucoma. These eye diseases contribute to loss of vision. (*“Resveratrol and the Eye: Activity and Molecular Mechanisms,” Graefes Archive for Clinical and Experimental Ophthalmology, 2014.*)

Red Wine

by Connie Cherba



RED WINE AND BLOOD SUGAR

In spite of the fact that red wine actually contains natural sugars, it can help regulate the body's blood sugar levels. A glass of red wine can lower blood sugar levels for up to 24 hours, and used in moderation, it can be a good addition to glucose management medications. Experts warn that red wine shouldn't be substituted for blood glucose management medications and treatment plans, but in moderation, it may be a helpful dietary addition. (*"Effects of*

Initiating Moderate Alcohol Intake on Cardiometabolic Risk in Adults With Type 2 Diabetes," Annals of Internal Medicine, 2015.)

RED WINE AND MEMORY/ COGNITIVE FUNCTION

Studies have suggested that the antioxidants in red wine may help improve short-term memory, reduce damage caused by lack of sleep, and boost the body's ability to learn and process information. In addition, red wine may lower the risk of dementia which often leads to Alzheimer's. These studies emphasize moderation in wine consumption and point out that heavier usage can have the opposite effect and increase the risk of impaired memory and cognition. (*"Relationship of Wine Consumption with Alzheimer's Disease," Nutrients, 2020.*)

RED WINE AND BONE HEALTH

The antioxidants in red wine have been linked to an increase in bone density and strength, lowering the risk of osteoporosis that can lead to weakened bones and fractures. Again, drinking too much red wine has the opposite effect and leads to lower bone density and strength. (*"Gelatin versus its Two Major Degradation Products as Supportive Therapy in Experimental Colitis in Mice," Food Science & Nutrition, 2018.*)

RED WINE AND GUT HEALTH

Studies have shown that the consumption of red wine may help promote healthy gut bacteria which can prevent disease and increase the body's immune function. (*"The Effects of Grape and Red Wine Polyphenols on Gut Microbiota - A Systematic Review," Food Research International, 2018.*)

RED WINE AND VIRUSES

Red wine's antioxidant properties can help boost the body's immune system which, in turn, can be important in fighting off viruses. (*"Wine, Food, and Health," Wine Science, 2020.*)

There you have it – ten reasons to take another look at red wine. The Dubuque area is fortunate to have several marketplaces and wineries that offer a variety of red wines.

Stone Cliff Winery in the Port of Dubuque is a popular stop for visitors and locals alike

– and the friendly staff offer several red wines that are sure to please. "We have one dry red – our Cabernet, but our best-selling red is our sweet Strawberry Rhubarb," said Jodi Bryson, tasting room manager/events coordinator. "We do have a bigger selection of red versus white wine."

Dyersville's O So Good Winery is another establishment that offers wine. "We have around fifty varieties of wine, including six dry, red wines – Cabernet Sauvignon, Merlot, Shiraz, Pinot Noir, Malbec, and Diablo Rojo," said Lee Ostwinkle, president/founder of O So Good Winery/Distillery. "Our best seller has been the Cabernet, but the Malbec and Diablo are the newest and doing very well in sales. We do sell more reds than whites." ♦

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

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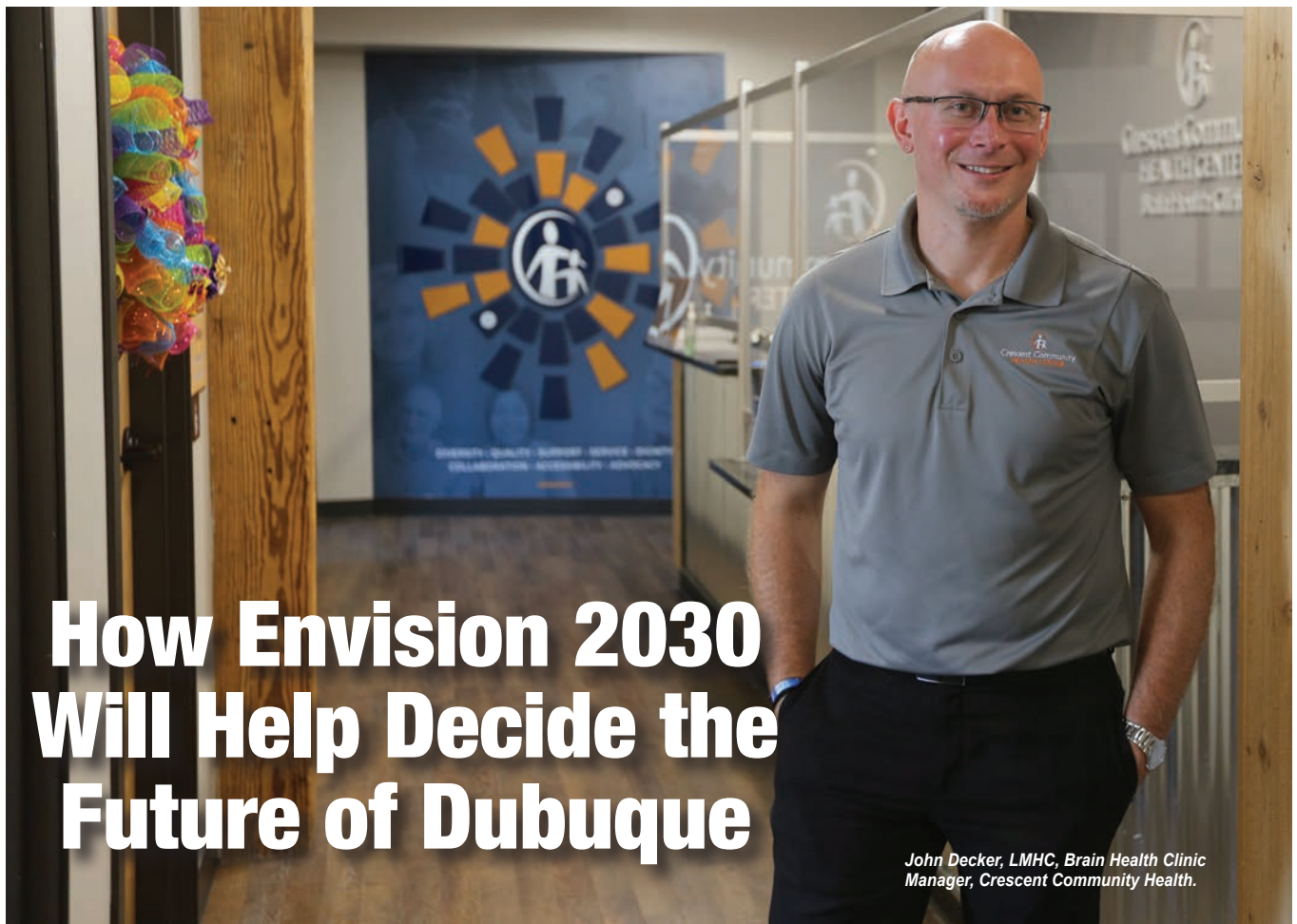


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Photo contributed by the Community Foundation of Greater Dubuque



How Envision 2030 Will Help Decide the Future of Dubuque

John Decker, LMHC, Brain Health Clinic Manager, Crescent Community Health.

by Jeff Danna

A new campaign facilitated by the Community Foundation of Greater Dubuque and Dubuque Area Chamber of Commerce – ENVISION 2030 – is an opportunity for people to share their ideas for strengthening the place they call home.

Increasing access to brain health care has become a major goal for the entire Dubuque region, and work toward that goal got a boost 20 years ago when community members named “brain health services” as a big idea that would improve life in Dubuque.

“Since then, we’ve seen many important, systemic improvements, and community-wide efforts that will continue long into the future,” says Peter Supple, director of nonprofit relations for the Community Foundation of Greater Dubuque. Resources to help people in need access services have been introduced for schools and law enforcement agencies, while nonprofits have worked to reduce the stigma around brain health care.

These developments gained momentum thanks to ENVISION 2010, a community visioning campaign facilitated by the Community Foundation and Dubuque Area Chamber of Commerce in 2005, through which people were asked what ideas would help strengthen Dubuque for the future.

Today, the progress made toward these ideas has inspired the Community Foundation and the Chamber to reboot the visioning campaign for a new generation of Dubuquers: Enter ENVISION 2030. Beginning in March, community members will have the opportunity to submit their ideas for making Dubuque a community where people want to live, visit and do business for generations to come.

ENVISION 2030 Timeline

Every person in the community is invited to share their big ideas for Dubuque’s future online or in person.

Submit ideas through May 31 at dbq-foundation.org/envision2030

April

Night of Ideas – share and discuss your ideas in person

June

Town Hall Gatherings – help narrow down the list of submissions to the 30 best ideas

October

Finale – join us for the announcement of the top 10 ideas

**Dates, times and locations to come*

What Dubuque Said Then...

During ENVISION 2010, community members identified 10 ways to make Dubuque stronger.

1. America's River Phase II
2. Bilingual Education Curriculum
3. Community-Wide Wireless
4. Community Health Center
5. Indoor/Outdoor Performing Arts Center
6. Integrated Walking, Biking and Hiking Trail System
7. Library Expansion Services
8. Brain Health and Substance Abuse Services
9. Passenger Train Service
10. Warehouse District Revitalization

EVERYONE'S VOICE MATTERS

Anyone and everyone is invited to participate in ENVISION 2030. What makes the process successful is that it includes input from a diverse cross-section of people from across the community. Every person has ideas for what can make Dubuque better. We daydream about them, talk about them with friends and family, and share them on social media. ENVISION 2030 is an opportunity to make those ideas widely known and possibly put them into action.

There are many ways to submit ideas, including by going to dbqfoundation.org/envision2030 anytime through May 31. There's no limit to the number of submissions, and you can choose to either share them in writing or with a brief video clip. You can even share your idea on Facebook, Instagram or LinkedIn using the hashtag #envision2030.

Then, in April, the Community Foundation and the Chamber will host the Night of Ideas, an opportunity for the entire community to gather and share in person.

"No idea is too small, too ambitious, or too outrageous," says Nancy Van Milligen, president and CEO of the Community Foundation, who led the first ENVISION effort 20 years ago.

After the submission period closes, a selection committee will whittle down the ideas to a list of 100 semi-finalists. In June, the Foundation and the Chamber will host

a day of town hall gatherings across the community where people can vote on their favorites out of the 100 and narrow the list even further to 30 ideas.

Over the subsequent months, the selection committee will review the finalists and vote on the 10 best ideas, which will be announced at an event in October and published in local media and a booklet.

A COMMUNITY APPROACH

The final list is more than just ideas on paper. It is a way for all community members to rally around initiatives that will enhance the quality of life in the Dubuque region for generations to come.

After the Community Foundation and the Chamber published their ENVISION 2010 list 20 years ago, many people stepped forward to generously help bring the ideas to fruition. Among those people were the members of the Schmid family, who took notice of the idea for a community health center that would specialize in providing high-quality, affordable health care, particularly for uninsured patients. The Schmid family's \$1.3 million gift created an endowment that continues to provide annual operating funds for the center. Opened in 2007, Crescent now annually sees nearly 14,000 medical visits, 13,000 dental visits, and 8,000 brain health visits.

LISTENING AND LEARNING

Perhaps the most valuable aspect of the ENVISION process is the camaraderie it brings out in the community.

"This is truly a people-driven process," Van Milligen says. "Listening to our neighbors about their needs, their hopes for the future,

and their dreams for the community their children and grandchildren will inherit is the best way to ensure that the investments we all make in Dubuque today will make it stronger for tomorrow."

This is why the 10 ideas that came out of ENVISION 2010 have all been realized to some extent. (The idea for passenger rail service hinges on decisions that need to be made across the state line in Illinois.) Even ideas that did not make the top 10 have been implemented through the work of neighborhood groups, nonprofits and other passionate community advocates.

With the launch of ENVISION 2030, a new generation can shape the future of the Dubuque region. Like brain health services and a community health center, the next big ideas are out there. The first step toward making them reality is sharing them.

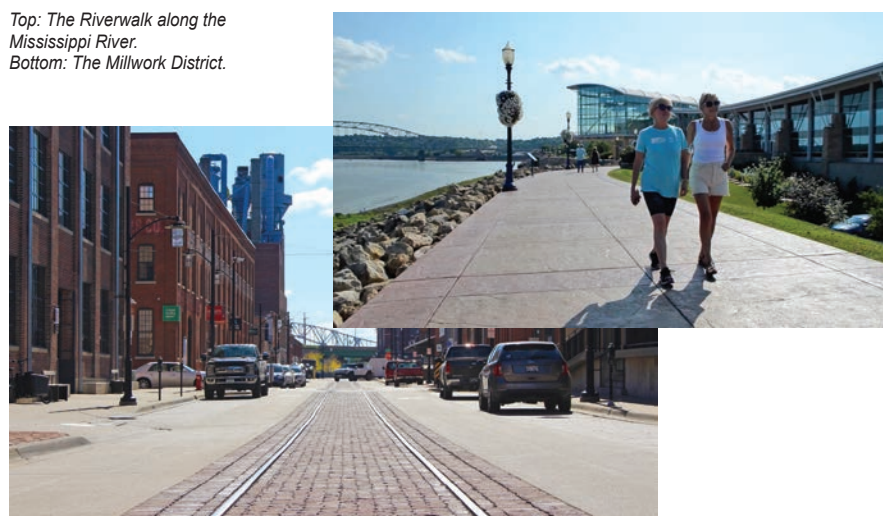
ABOUT THE COMMUNITY FOUNDATION OF GREATER DUBUQUE

The Community Foundation of Greater Dubuque envisions a vibrant and inclusive Dubuque region where everyone can thrive. Since 2003, we have inspired people to give back to their community, and we turn this generosity into lasting change across our region, increasing access to resources and opportunities that help all people succeed.

Visit dbqfoundation.org to learn about the many ways we are building a strong, thriving Greater Dubuque for all—and how you can donate your time, talents, and dollars to transform our region. ♦

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

Top: The Riverwalk along the Mississippi River.
Bottom: The Millwork District.



Dubuque Main Street—Promoting

by Beth Triplett

“Main Street” impacts far more than just its namesake street. Main Street is an overarching term used to describe the central business district of a town, focusing on shops, restaurants, and social gatherings. Dubuque Main Street embraces that broad definition and serves as a nonprofit community development agency dedicated to the development and ongoing support of the greater downtown area as a place to explore, dream, and thrive.

Founded in 1985, Dubuque Main Street is the oldest, continuously running urban Main Street Program in the United States. Its mission serves 235 blocks in 10 districts throughout downtown Dubuque, ranging roughly from “bluff to river and bridge to bridge.”

The organization operates following the four-point approach of Main Street America: design, organization, promotion, and economic vitality. Each year for the past 40 years, Dubuque Main Street has been recredited by the national organization for demonstrating their adherence to these pillars.

The four points work together to enhance the aesthetic, cultural and economic aspects of downtown. Design supports the visual and physical assets of the district. Organization is achieved through a strong foundation of Dubuque’s leadership working together to provide partnerships, resources, and community involvement. Promotion celebrates the culture and sponsors events to bring people into the area, and Economic Vitality creates a supportive environment for entrepreneurs and existing businesses.

The Main Street program was started in Washington, D.C., by the National Trust for Historic Preservation. Dubuque was one of the original seven cities chosen to pilot the effort and the only one to be continuously accredited. Because of its roots, historic preservation is an essential component and fits well with the city’s priorities and interests.

Dubuque Main Street has worked on

streetscape verification, façade grants, landscapes, and helping the entire area increase its visual appeal. The Iowa Economic Development Authority recently awarded a Main Street Iowa Challenge Grant to convert an outdated strip mall-style building into Slanted Dubuque indoor climbing facility, restoring individuality to multiple storefronts while maintaining the building’s historical significance.

Main Street Dubuque provides core programming in three areas, the largest being the organization of the Dubuque Farmers’ Market. This will be the 180th year of the market which served over 50,000 visitors from more than 300 zip codes last year, welcoming people from Alaska to Massachusetts. While the market itself is seasonal, work on it continues all year with an off-season advisory group that evaluates the program and recommends changes. Thanks to this group and a DRA grant, this year’s market will feature new seating options for people to enjoy their food or to rest, and a new directory with maps and brochures to help guide people to its growing list of vendors.

The Market also serves as a business incubator, where vendors can test their products in a weekly booth, graduate to a permanent presence, and ultimately open a storefront in the downtown district, as happened with Elevated Images, Annie’s Heirlooms, and Limerick Candle Company. Businesses like Endless Fragrance have shown that the Market also serves as a way for existing storefronts to introduce their businesses to a wider Dubuque audience.



“What makes us unique is our ability to lead public outreach, to go into a small business and to make ourselves accessible to them and communicate our offerings and services to them in a way that’s digestible,”

— David Barba,

interim executive director

“And then we engage the public in the small business community — that’s really where we can make the most difference.”

The second tranche of programming is grant funding. Since 2002, Dubuque Main

Vitality in the Downtown District



The Dubuque Farmers' Market, supporting local restaurant openings, Dubuque Main Street Awards recognizing outstanding businesses and people in Downtown Dubuque, summer Music on Main, and a variety of events and discounts supporting Downtown businesses are a few of Dubuque Main Street's mission projects.



Street has funded \$853,000 in challenge grants. Last year, Dubuque Main Street also awarded façade grants to local property owners and \$100,000 in SWAP grants to projects such as Centrally Rooted, Bliss Ice Cream, River City Hair Co., Las Margaritas, and Ludovissy & Associates. A new grant will be offered this year to assist with the marketing of recurring events and to help promote Dubuque's best celebrations.

"There are things small businesses can take advantage of, but it can be a confusing web of programming and services. So, we connect with small businesses and entrepreneurs, build trust with them, and walk through how to engage with our programming. We build allies, our network of supporters, and prove



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that we're here to help people," said Barba.

One of those helped by Dubuque Main Street is Briana Thompson. She worked with the organization to produce arts events and ultimately to establish her own non-profit. "Dubuque Main Street served as a catalyst and worked hand-in-hand to help execute the Arts For Us fashion show which attracted over 200 people," said Thompson, owner of Bri X Creative Studio.

"Then they helped me out in every capacity of establishing a business. They helped me with a new business grant opportunity, mentored me on how to run a business, connected me to resources – they were a great necessity," said Thompson. "They have done a phenomenal job in helping minority

businesses and I am extremely grateful for Dubuque Main Street."

The third core area of services is Downtown Discovery Days, including Puttzin' Around Dubuque mini-golf tour, Music on Main/ All that Jazz concerts, and Holidazzle Small Business Saturday trolley loop.

"I like to say they're right-sized events to get you in the doors of businesses and to kind of explore downtown Dubuque, have fun, and meet people. Sometimes what the public needs is an excuse to come downtown," said Barba. "And we're helping the registers ring for these small businesses which is really the purpose of the events."

It seems to be working. Entrepreneur Brad Cavanagh notes: "Dubuque Main Street is such a strong contributor to the success of small business in Dubuque, especially as a coordinator of big community events. We took over "A Ripple Effect" in Cable Car Square last year and the day of the Holidazzle event was our biggest day of sales for the whole year. Success like that simply wouldn't be possible without the help of Dubuque Main Street and their dedicated staff."

Holidazzle will return along with a full roster of events for this year, featuring such staples as Architecture Days in May, Food Festival Fridays in Washington Park May through September, and the State of Main Awards in October. Other events planned for 2025 include the St. Patrick's Day Pub Crawl in March, and a 40th anniversary block party and Tax-Free Weekend Sidewalk Sales in August.

Dubuque Main Street is led by a volunteer board of directors who work in conjunction with its staff of three and a cadre of volunteers. Those interested in supporting the Farmers' Market or other events are welcome to express interest. As a nonprofit, the organization relies on sponsorships, grants, and individual donations to support its work.

Volunteers and contributors can contact DubuqueMainStreet.org. ♦

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



Fire destroyed the Rainbo Oil Co. warehouse and office at 300 South Main St. in February 1969, photo credit: Telegraph Herald.



Vern's Conoco gas station at NW corner of JFK and Asbury Roads. Sign beneath the gas prices reads "rent a bike", photo courtesy of the Vern Hennen family.



1969 groundbreaking of the First National Bank branch (present-day US Bank), note Kennedy Mall in the background, photo courtesy of Carnegie-Stout Public Library.



Shike-Richardson dealership showroom along JFK Road (present-day GreenState Credit Union, photo courtesy of the Richardson family.

A Look Back at Dubuque in 1969

by Jeff Meyer

In 1969 America's WW2 generation was at the helm and the Baby Boomers were coming of age. It was a time when the country was embattled over the Viet Nam War and yet, at the same time, America flexed her technological prowess by landing U.S. astronauts on the moon. At the same time Dubuque, Iowa was experiencing a myriad of community-wide events.

Dubuque city government was structured differently in 1969. As the year started, Dubuque's new mayor was chosen by the city council. In January, Walt Pregler, the new mayor, boldly predicted—"a great deal of urban renewal." Secondly, a new central fire station was on the drawing board. He also addressed extensive redevelopment of real estate along the Iowa Street corridor. It was announced in November of 1969 that the state of Iowa condemned Dubuque's old city jail. And to add to the city's woes, City Hall suffered arson. Yet despite these setbacks, City Hall hired its first computer analyst in October.

As Dubuque prepared for the downtown central fire station, plans were underway for the new west end fire station along J.F. Kennedy Road opposite Key Way Dr. The Powers family sought legal action against the city concerning the land for the building. Two major fires plagued Dubuque in 1969. The first was the Rainbo warehouse disaster occurring in early February. Estimated damage was nearly \$500,000 (\$4.3 million

in 2024). The second fire was the old Eagle Supermarket fire at 200 S. Locust Street in December.

The First National Bank opened a branch at JFK and Wacker Drive with a small temporary trailer before officially breaking ground of the present-day (2025) US Bank. Two other bank branch offices opened nearby. In late February, DB & T's branch in the Kennedy Mall parking lot experienced groundbreaking. It would open for business in mid-September and in August the American Trust branch (present day, 2025 Midwest One Bank) on JFK Road conducted its grand opening.

Many other construction projects were also occurring in our community. The Town Clock Plaza pedestrian mall was being designed. The Mississippi floodwall was 40 percent completed. The Mercy Hospital campus experienced demolition and expansion. The new airport terminal opened later in the year featuring Ozark Airlines as a carrier. Construction began of the Reserve Center near the airport that summer. Other projects included the Iowa Street Parking Ramp, the YMCA and Hempstead High School.

Just prior to 1969, the Dubuque Packing Company employed nearly 3,500 workers and the John Deere plant required roughly 4,300 people. Also, in mid-June of 1969, union plumbers and sheet metal craftsmen organized a strike against management that lasted about ten days. In September of 1969, the dedication of the Union Temple took

place at 1610 Garfield. By late summer, a wildcat strike involving 3,500 employees happened at the John Deere Dubuque Works.

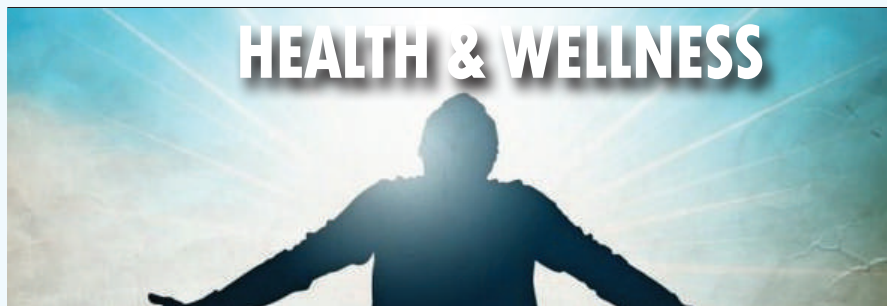
As 1969 began, John Deere in Dubuque started to experience explosive growth. Despite this economic broadening, controversy arose later in the year. In July, the city of Dubuque wanted to extend the city limits to include John Deere. The company responded with stiff resistance and a showdown developed as an October referendum was scheduled. Deere and Company placed a full-page ad in the city newspaper on September 26 urging Dubuque citizens to vote against the City's proposed annexation. The October 7 vote resulted in a defeat for the City of Dubuque. It is probable, that if the referendum to annex John Deere was decided, John Deere would have eventually left the Dubuque area in the 1970s.

Dubuque's only television station, KDUB an ABC affiliate, was publicly introduced in September. At this time touch tone telephones became available to city residents and quickly became popular. Across from the newly constructed Kennedy Mall, there was a drive-in theater where the former Zayre/Venture/Shop Ko store would later be built. The fledgling Dubuque community of Latter-Day Saints held an open house at the downtown YMCA at 11th and Iowa streets. Track star and 1936 Olympic Gold Medalist Jesse Owens spoke at Senior High School in the spring semester.

A 19th Century schoolhouse traveled down Pennsylvania Avenue and throughout town to be delivered to its destination—the Ham House grounds in June. It was at this time that Stephen Hempstead High School was being built. This modern secondary school was named after an early governor of Iowa, from a committee headed by George Freund. This committee member would later become the Telegraph Herald's 1989 recipient of the First Citizen Award.

On St. Patrick's Day, 1969, the Irish flag proudly flew on the Loras College Campus near Keane Hall. A collegiate competition to raise money between the Germans and Irish resulted in an Irish conquest! ♦

Sources: [1] various Telegraph Herald newspaper articles throughout the entire year of 1969, [2] Dubuque Community School District Archives located at 2300 Chaney Road



SHALOM SPIRITUALITY CENTER SHALOMRETREATS.ORG

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

Shalom Silent Book Club®

Monday, March 3 @ 6-7:30 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.

Women Doctors of the Church

Saturday, March 8, 10-11 AM via Zoom

March 8th is International Women's Day,

which is a perfect opportunity to learn about and celebrate the contributions of four very important women within the Catholic Church. Registration required.

Paint Outside the Box

Monday, March 10 & 24, 6-7 PM

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

Living Like Prophets

Wednesday, March 12, 19, & 26 and April 2 & 9, 7-8 PM via Zoom

What if our Lenten discipline this year is a call to be like prophets? This series will draw on the Bible's prophetic texts to reflect upon

this question and more. Registration required.

Meditation & Music

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

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

Spring Hors' d'oeuvres & Her Story

Tuesday, March 18, 5-6:30 PM

Come later in the day for heavy hors' d'oeuvres, drinks, and featured speaker Susan Black. Registration required.

Lunch & Renew: Chair Yoga

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

March's theme is Winter Shake Off. Registration required.

Monthly Drum Circle

Thursday, March 20 @ 6-7 PM

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

Organic Tea-Tasting

Sunday, March 23, 2-4 PM

Come to experience different tea leaf varieties and how they are combined in flavorful blends. Registration required.

Praying with Francis

Tuesday, March 25, 6:30-8 PM

In this program, explore the Canticum as the lens to better understand Francis' deep relationship with God and how he prayed. Registration required.

Exploring Native Quilting

Saturday, March 29, 2-3 PM via Zoom

This session will include an overview of the importance to Native Americans of blankets, their design, color combinations, and the history of how fabric came to tribal women. Registration required.

STATERA INTEGRATED HEALTH & WELLNESS

STATERAINTTEGRATED.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, March 3 @ 4-5:30 PM

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

Milk Parties

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

This support group is for moms and breast-

Trivia Night

**NCAA tournament theme.
Teams of up to 8.**

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**StonehillDBQ.com/trivia
Registration ends March 27th.**



**Stonehill
COMMUNITIES**

feeding babies of all ages, as well as pumping moms and pregnant women.

Comfort Measures for Birth
Monday, March 17, 7-8 PM

Build confidence for labor as you and your support person practice hands-on techniques and labor positions with guidance, feedback, and tips from a certified doula.

Community Acupuncture
Thursday, March 20, 5-6:30 PM

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

Book Club

Thursday, March 20, 5-6 PM

Breath by James Nestor turns the conventional wisdom of what we thought we knew about our most basic biological function on its head.

Diabetes Education Course

Thursday, starting March 20, 5:30-7:30 PM

Take charge of your health at this two-month education course, thoughtfully designed to support individuals with diabetes or pre-diabetes.

Prenatal Yoga, 5-Week Series

Mondays, starting March 31 @ 5:30-6:20 PM

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

NEWS

MOLONY SCHOLARSHIP OPPORTUNITIES

The Molony Foundation Health Care Scholarships were created to assist local individuals interested in pursuing a career in healthcare via higher education. Two \$2,500 scholarships will be awarded. Winners are to be chosen by The Molony Foundation Scholarship Committee. Application deadline is March 31, 2025.

The scholarships must be used for college tuition, or tuition related expenses. This includes textbooks and other class related materials. The Molony Foundation will make payments directly to the institution the student is attending.

Applications can be obtained by sending a request to: MolonyFoundation@gmail.com. Completed applications must be received by March 31, 2025.

SOUTHWEST HEALTH RECEIVES AWARD

Southwest Health, Platteville, WI, announced they have been named a Human Experience (HX) Guardian of Excellence Award® winner by Press Ganey, the global



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leader in healthcare experience solutions and services. This award is part of Press Ganey's annual ranking of the country's top hospitals and health systems, according to performance in patient, physician, and employee experience. With this endorsement, Southwest Health is recognized as a leader in the healthcare industry.

Southwest Health has received two awards from Press Ganey, including Guardian of Excellence for Patient Experience-Hospital Consumer Assessment of Healthcare Providers and Systems & Inpatient Care, and Guardian of Excellence for Physician Experience-Hospital.

The Guardian of Excellence Award for Inpatient Care awards the top 5% of hospitals for inpatient experience scores for four consecutive quarters. This accreditation marks the organization's fifth consecutive year of receiving the Guardian Excellence award for inpatient Patient Experience.

As a winner of these awards, Southwest Health is in the top 5% for both inpatient experience scores and employee engagement.

Press Ganey works with more than 41,000 healthcare facilities to reduce patient suffering and enhance caregiver resilience to improve the overall safety, quality, and experience of care.

PARTNERSHIP FOR DOCTORATE IN PHYSICAL THERAPY

Clarke University and Culver-Stockton College, Canton, MO, announced a new partnership offering students a direct pathway into a Doctor of Physical Therapy (DPT) program.

This collaboration establishes a unique "3+1" program allowing students to earn their bachelor's degree from Culver-Stockton College after three years of undergraduate coursework, and the first year of the DPT program at Clarke University. Students who continue into the graduate program can participate in the "3+3" pathway, enabling them to earn their Doctorate of Physical Therapy in just two additional years, for a total of six years.

Participating in this partnership will provide students with a competitive admissions advantage, an accelerated timeline to earn

their DPT, and a smooth transition between programs. In this agreement, two qualified Culver-Stockton College students will be guaranteed seats in Clarke University's Doctor of Physical Therapy program each year. Additional Culver-Stockton students who meet the program requirements will receive priority consideration for admission.

HILLS & DALES EARNS ACCREDITATION

CARF International announced that Hills & Dales has been accredited for a period of three years for its Community Employment Services: Employment Supports, and Job Development services, as well as Community Integration, and Community Integration (Autism Spectrum Disorder – Children and Adolescents) services. The latest accreditation is the seventh consecutive three-year accreditation that CARF has given to Hills & Dales.

CARF is an independent, nonprofit accrediting body whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accredita-



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tion process and continuous improvement services that center on enhancing the lives of the persons served. The Commission on Accreditation of Rehabilitation Facilities, and now known as CARF International, establishes consumer-focused standards to help organizations measure and improve the quality of their programs and services.

This accreditation decision represents the highest level of accreditation that can be given to an organization and shows the organization's substantial conformance to the CARF standards. An organization receiving a three-year accreditation has put itself through a rigorous peer review process. It has demonstrated to a team of surveyors during an on-site visit its commitment to offering programs and services that are measurable, accountable, and of the highest quality.

GRANT REGIONAL'S NEW SERVICES

Grant Regional Health, Lancaster, WI, announced that they are offering Ear, Nose, and Throat (ENT) services. **Dr. Dale Chilson** has over 25+ years of experience and offers prevention, diagnosis, and treatment (including surgical) for children and adults suffering from hearing loss, dizziness, sinus disease, frequent respiratory illnesses, head and neck cancers, ear infections, nasal obstruction, and voice and swallowing disorders.

Another new service that Grant Regional Community Clinic has started to offer in the past year is acute headache treatment. When over-the-counter medications are not effective in treating headache pain, patients can be seen for same-day appointments by **Kate Reuter, APNP**, or **Rachel Loeffelholz, APNP**.

Treatment includes an occipital nerve block injection that may provide temporary pain relief for certain headache disorders, like occipital neuralgia and cluster headaches.

MEDICAL ASSOCIATES EMPLOYEE ANNOUNCEMENTS

Elly Preston, DNP, joined their dermatology department. She received her Doctor of Nursing Practice (DNP) and Bachelor of Science in Nursing from Seattle University in Seattle, WA, and her Bachelor of Science in Kinesiology and Health, from Iowa State University.

Most recently, Preston worked as a nurse practitioner at Wound Care Plus in Cedar Rapids, IA, and previously as a nurse at North Seattle Pediatrics, Seattle, WA.

As a member of the dermatology department, Preston provides dermatology care for a range of skin conditions including acne, warts, eczema, lesions, and tumors, for patients of all ages.

Binghua Li, MD, PhD, joins their surgery department. Li received his medical degree from the University of Pittsburgh School of Medicine in Pittsburgh, PA, Doctor of Philosophy in Biochemistry from the Chinese Academy of Sciences Shanghai Institutes for Biological Sciences in Shanghai, China, and Bachelor of Science in Biological Science from Ludong University in Yantai, China. He also completed his residency in general surgery at Creighton University Medical Center, Omaha, NE.

As a member of the surgery department, Li provides a full spectrum of general surgery services for a wide range of conditions, providing both traditional and minimally invasive procedures.

Nicole Oishi has been named COO of

Medical Associates Health Plans. In this role, she will provide strategic leadership to strengthen operations and guide initiatives to drive organizational

growth. Oishi brings more than 30 years of diverse healthcare experience, including over 15 years in executive leadership roles. Her background includes managing large multi-site physician groups, holding key positions at Regence/Cambia (a Blue Cross Blue Shield Health Plan operating in WA, UT, OR, and ID), and overseeing healthcare purchasing for the State of Washington. She also led operations and clinical programs at multiple healthcare startups, including Collective Medical (now PointClickCare), Matrix Medical Network, and Asserta Health (now Frontier Health).

Most recently, Oishi provided operational and clinical expertise to regional health plans and clinical companies, serving self-funded and fully insured employers, individual and small group plans, as well as Medicare Advantage and Medicare Supplement members.



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RESTAURANT REVIEW

Taste



Photos contributed by Kalmes

KALMES RESTAURANT OFFERS OVER 160 YEARS OF TRADITION

by Cassie Cate

Quaint is the perfect word one can use to describe the charming town of St. Donatus, nestled on Highway 52 between Dubuque and Bellevue. Amidst breathtaking scenery, this tiny dot on a map is known for its status as a Luxembourg Village—having a large population of immigrant settlers from the Luxembourg Village in Germany, the Geblem Barn—the oldest barn still standing in the state of Iowa, and Kalmes Restaurant—a popular destination for over 100 years.

Back in the early 1850s, Peter Kalmes used the tiny village as the birthplace of a small bar in a pebble stone building across the street from what is now Kalmes Bar. In 1933 Theo and Stella Kalmes adapted the business when they purchased the land to build a small bar and gas station, becoming the current location of the restaurant today. A few years later in 1942, the grocery store and living quarters were added. Windy and Helen Kalmes bought the business in 1956 and later added the dining room in 1982, followed by the addition of the Luxembourg Dining Room in 1995.

The restaurant pays homage to its Luxembourg roots and the people of the sur-

rounding village, with its nostalgic décor of old photographs and vintage charm. History and family roots run deep in this business, as is evident with the traditions that still live within its walls.

Currently, Kalmes Restaurant is owned and operated by the fourth generation Jim and Lori Kalmes, Brian and Barb Kalmes, and Jodi and Willie Hingtgen. Jimmy Jr. is the fifth generation Kalmes in the business, running the ins and outs of the catering side of the restaurant.

When you walk into Kalmes Restaurant you take a step back in time, reliving the nostalgia of the Supper Club, surrounded by old photo-

graphs and the history of family and friends. Inside the door is a small grocery store providing convenience to the surrounding area, with baking needs, paper products, cleaning supplies, and various meat products. This ease of access is just part of the small-town charm of St. Donatus.

Kalmes is open Tuesday through Sunday for breakfast, lunch, and dinner—Tuesday-Thursday from 10 AM to 8:30 PM, Friday from 10 AM to 9 PM, Saturday from 7:30 AM to 9 PM, and Sunday from 7:30 AM to 7:30 PM. Each day offers a different special to diners. Tuesdays serve up four pieces of broasted chicken with mashed potatoes and gravy. Wednesdays grill up an eight-ounce ribeye and choice of potato. Thursdays offer a ham steak or hamburger steak and onions with a choice of potato. Fish Fridays give the choice of catfish or cod and of course small or large prime rib. Saturdays also offer prime rib or ribs. Sundays round out the week with a huge buffet, serving various favorites for all diners.

Breakfast at Kalmes Restaurant includes traditional Midwest fare, such as omelets, eggs, potatoes, pancakes, and homemade sausage. It's a great way to start the day, sipping coffee and getting to know the local community. On Sundays a breakfast buffet gives a fresh start to the day for those seeking variety.



Entrées at the popular weekend buffet at Kalmes.

The lunch and dinner menu at Kalmes Restaurant is wide-ranging and leaves the diner with hard choices to make. The meal can start off with appetizers, like the standard wings or poppers, or go more traditional with chicken livers. Of course, Kalmes offers their wonderful salad bar to start the meal off right, featuring cinnamon rolls- a tradition Helen Kalmes started that continues to this day. Other salads and a daily soup are also on the menu.

There are over twenty-eight sandwiches to choose from on the menu! The family says hamburgers are great sellers, and they even have a bison burger for the more adventurous diner. They also have pizza burgers, olive burgers, patty melts, jalapeno burgers, mushroom and Swiss, and the Windy Whopper. Fish sandwiches, grilled cheese, prime rib sandwiches, ribeye sandwiches, and Reubens are just some of the others one can choose. Pizza is another option, including a ham and sauerkraut as a nod to the German heritage.

Dinners all include a choice of potato and salad bar. The Pork and Poultry section of the menu cooks up ribs, ham steak, broasted

chicken, and chops. There are also chicken livers and various other chicken options and combinations, such as chicken and ribeye, shrimp, or ribs.

Seafood is another menu section, with all varieties of shrimp, catfish, cod, scallops, and even a seafood platter. These seafood options can also be paired with ribs and steak. Kalmes Restaurant grills up a large variety of steak, including filet mignon, bison steak, ribeye, and prime rib. Perhaps the most unique menu items are those with the nod to the traditional Luxembourg Cuisine, including the Luxembourg Ground Steak, Pork Sausage Sandwich, and Wiener Schnitzel Veal.

Kalmes Catering is also a big part of the business. Kalmes Restaurant does just about any event you could imagine for almost any size. Those looking for this service can design their menu based on the wholesome food diners experience that diners have come to expect from the restaurant. All the food is prepared at the restaurant and taken out to events in the surrounding areas of Dubuque. The catering business is busy, often serving up to three to four events in an evening. Some



Salad Bar at Kalmes.



Their homemade noodles have even been featured on the Food Network.

dinner choices include Swiss Steak and Ham, Prime Rib or Ribeye, Stuffed Pork Chops, Sandwiches- turkey and dressing, ham, hot beef, brats, roast pork, etc., or various meat options, including chicken, roast beef, roast pork, ham, or turkey.

For over 160 years Kalmes Restaurant has worked to serve the Luxembourg Village of St. Donatus and its surrounding areas. From a small bar started in the 1850s, to the legacy of good food and family that remains today. The Kalmes family continues to work hard, making sure their business is one continued to be known for its service, good food, providing a great gathering place, and serving up wholesome food for its customers. ♦

For more information call 563.773.2480 or visit KalmesRestaurant.com.

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



The current owners and operators of Kalmes Restaurant celebrate their father's birthday at the restaurant together.

SIPS & TIPS Taste

Article and photo by John Donovan



WINES TO GET YOU THROUGH THE REST OF WINTER!

"Wine doesn't have to be expensive to be good – wine makes food taste better– and it's fun!"

– Andrea Robinson, MS – Three-time James Beard Award Winner

You might not need to "Beware of the Ides of March", but you will want to seek either, or both, of this month's wines. TeamWine truly enjoyed both our white, an Albariño from Oregon, and a red from the Douro Valley of Portugal. We found these wines to be wonderfully food-friendly and easy on the pocketbook.

SIPS

Freya Cellars vineyards are located in the Chehalem mountains in the North Willamette Valley in Oregon. The name is in honor of the Burgundy region of France where great Pinot Noir comes from and a tribute to the Scandinavians who settled in northern Oregon. Freya, is for the Norse Goddess of love and fertility. She is the patron of crops and birth, the symbol of sensuality. Freya Cellars is a father and son business dedicated to creating artisanal Pinot Noir and Albariño wines from vineyards planted in 1988. The 2022

Albariño (13% abv, Sid's Beverage, \$18.99) was so enjoyable to drink. The wine is nearly colorless with just a hint of lemon yellow. Aromas included pineapple, lime, a touch of coconut and some early blossom floral notes. The wine had a light to medium body and a noticeable, yet pleasant, acidity. The Albariño went extremely well with the tinned trout (it was really good) the hard cheeses and the marinated veggies we had. It did not pair well with any of our sweeter appetizers. Surprisingly, it did not go so well with hummus. Overall, to a person, we enjoyed this wine!

Mary Taylor is a name you will want to get to know if you enjoy quality wines at a reasonably price. A statement from the website reads, "Today, it is our mission to unlock the world of European "appellation" wines by working with individual growers in multiple villages— from Bordeaux to Nîmes to Valençay— who produce exceptional,

regionally-distinctive wines at extremely accessible prices." We poured and tasted the 2015 Douro (14% abv, EJ's Wine Shop, \$22). The Douro Valley of Portugal produces some superb wines, and this wine comes from vineyards near the village of Pinhão. This wine is a blend of Touriga Nacional 60%, Tinta Roriz 25% and Touriga Franca 15% from 50–80-year-old vines. This wine had an inky ruby color that looked rich in the glass. Aromas of plum, dark black fruit, cassia, saddle leather, pipe tobacco, smoke and the mustiness of an old library. The mouthfeel was unexpectedly light, yet very agreeable. The wine had perceptible tannins...a bit grippy, yet the wine seemed very balanced. I learned this wine is foot stomped, yes, they still do that in much of Portugal and was fermented in stainless steel. This was quite food friendly as well, though it didn't pair well with the pistachios, and it overpowered the trout. It paired nicely with the hummus, chocolate (of course), and the cheeses. This would pair well with a pasta dish, an egg-plant parmesan or a light pork dish.

TIPS

It's March and most of the cold weather is behind us and time to consider stocking up on lighter wines for Spring and Summer events. There is nothing like enjoying a glass of your favorite white or lighter red wine while on the back patio or front porch. Begin now to think about what events you have coming up and make a list of wines you want to have, or maybe new ones you want to try. Almost any wine store will give you a better price cost per bottle if you can get a case, or a half-case in one purchase. The merchant may not have it advertised but ask and I'll bet you'll get a nice percentage off. Then, you simply need to make sure you store them until you are ready to enjoy them. Keep the bottles in a cool dark place, free from drafts and vibrations (under steps isn't always a good spot). If you are planning on enjoying most of the bottles this year, they don't have to be stored on their sides. Standing up will be fine for the short term. A good protocol for wines is, if the whites are stored in a refrigerator, take them out about 30 minutes before drinking. If reds are stored at room temperature, put them in the refrigerator for about 30 minutes before drinking. Other than that, plan ahead and enjoy your selections! Let me know your favorites, Team Wine just may want to review them.

Salut ♦

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

Business & Community News



ONLINE HUB LAUNCHES TO PROMOTE ART EVENTS

Dubuque's First Fridays is a monthly tradition for art lovers and culture enthusiasts. Now, a new online resource, FirstFridayDubuque.org, offers a centralized hub for all things First Fridays, making it easier than ever for locals and visitors to explore the monthly arts events in downtown Dubuque.

Initiated through efforts of the Dubuque Forward Arts Passion Team, this new platform unifies information from multiple venues, offering event listings, an interactive maps, and a look back at recent First Friday events. The First Fridays promotional effort was developed as a branch of the AllTogether Dubuque platform, a previous arts branding and marketing initiative inspired by the City

of Dubuque's Arts & Culture Master Plan and funded through prior grants from the CARES Act and Iowa Tourism.

AllTogetherDubuque.com serves as a directory of local artists, creative businesses, and arts organizations. The new website aims to unify promotion for a diverse lineup of participating venues, including Planted, Dubuque Area Arts Collective at the Smokestack, Voices Studios, Stoned Art Studio, Widdershins Artisan Gallery, the Stu, and the Carnegie Stout Public Library.

Thanks to initial seed funding from Dubuque Main Street, Clarke University, Stone Art Studio, Dubuque Area Arts Collective, Dubuque Museum of Art, and Voices Studios, along with in-kind time investments from Gigantic Design and Burro Branch Studios, the First Fridays platform will be promoted via digital advertising to widen the reach and use of the new online resource. ❖

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Faces in Business

PREMIER ANNOUNCES LEADERSHIP PROMOTION

Premier Bank announced the promotion of **Austin Putman** to senior vice president, director of bank operations. In this role, he will oversee the company's technology and bank operations departments driving strategic improvements as the organization continues to enhance its services.

With nearly 20 years of experience in the financial services and technology sectors, Putman has played a pivotal role in the modernization of Premier Bank's IT infrastructure and bank operational systems. Over the past 15 years with Premier Bank, he has led numerous initiatives to optimize business processes, improve cybersecurity measures, and implement solutions that support the company's long-term objectives.

In his role, Putman continues to manage a growing team, work closely with key stakeholders across departments, and spearhead the integration of emerging technologies that align with the organization's goals. ❖



JOSH LAYER JOINS ORIGIN DESIGN'S DUBUQUE OFFICE

Origin Design announced hiring **Josh Layer** as a client advocate for its Dubuque office. In his new position, Layer will lead business development efforts in Dubuque and the tri-state area and assist the firm's architects and engineers to identify new projects and clients.

In this role, Josh will lead business development efforts in the Dubuque and surrounding tri-state area for all Origin Design markets and service lines. He will also be involved in assisting Origin Design architects and engineers to identify new project and client opportunities.

Josh brings over 10 years of experience in the A/E Industry serving the SW Wisconsin market. ❖



DUBUQUE BASED GOLDFINCH WEALTH MANAGEMENT NEWS

Dubuque-based **Kelley Donovan**, of Goldfinch Wealth Management, has been named as one of LPL Financial's top advisors and has been included into LPL Financial Holdings' Ascent Club Program for 2025 in recognition of her achievements in financial guidance.



The Goldfinch Wealth Management team is also thrilled to announce that **Sean Drinan** is returning to fulltime following two years at a wealth management firm in Waukesha, WI. Sean is smart, dedicated and passionate about investing and helping others with a servant's mindset.



Sean will be a Paraplanner, helping with meetings and producing reports to help our clients reach their financial goals. Goldfinch Wealth Management is the Dubuque Branch and continues to be affiliated with Richmond Investments/LPL Financial. ❖

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

Business Card Directory



UPCOMING exciting EVENTS

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MAR 8 - Forever Seventeen Fundraiser
MAR 21-23 - TRADE SHOW PRODUCTIONS GUN SHOW
MAR 29 - CENTRAL ARTIFACT SHOW

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Gerit Grimm, *Sirens* (detail)

