

THE DUBUQUE AREA LIFESTYLE MAGAZINE, NOVEMBER 2024

FREE

JULIEN'S JOURNAL



**THE ARMSTRONGS – A COUPLE IN HEALTHCARE
DUBUQUE BY DESIGN: CELEBRATING 150 YEARS
HOW TO INVEST 5% FOREVER**

Caring for you, caring for your baby.

YOU HAVE US.



With years of experience and a compassionate approach, our dedicated team is here to support both you and your baby through every step of your pregnancy journey. From the early stages of prenatal care to the precious moments of delivery and postpartum support, we prioritize your health, your baby's well-being, and your peace of mind.



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neonatal care**



**Personalized
birthing options**



**Maternal and
fetal monitoring**



Postpartum visits



**Deliveries at MercyOne
Birth Center**



**Continuity of newborn's care
with our Pediatricians**

“ PATIENT TESTIMONIAL

Dr. Holste is personable, down to earth, and open/honest. She's helped me bring 3 babies into this world and I appreciate her so much!

★★★★★ (5 out of 5 star review)

For every question and every concern, **you have us.**

OB/GYN & INFERTILITY DEPARTMENT | 563.584.4435

Joseph Berger, MD | Tara Holste, DO | Lisa Kramer, MD | Bryony McCollaugh, DO
Erika O'Donnell, MD | Jodi Kilburg, ARNP

West Campus: 1500 Associates Drive, Dubuque, IA

JULIEN'S JOURNAL

NOVEMBER FEATURES

- 18** THE ARMSTRONGS –
A COUPLE IN HEALTHCARE
- 21** DUBUQUE BY DESIGN: CELEBRATING
150 YEARS
- 24** HOW TO INVEST 5% FOREVER
- 28** FOUR STRATEGIES TO MAXIMIZE YOUR
CHARITABLE GIVING

COLUMNS

- 2** PUBLISHERS NOTE
- 4** CALENDAR OF EVENTS
- 12** CARNEGIE-STOUT LIBRARY

HEALTH & WELLNESS

- 31** HOW TO FIND A GOOD DOCTOR
- 32** HEALTH & WELLNESS EVENTS
- 33** HEALTH & WELLNESS NEWS
- 36** MEETING PATIENTS WHERE
THEY ARE

TASTE

- 37** RESTAURANT REVIEW – PIZZA
RANCH OFFERS GREAT FOOD AND
GIVES BACK TO THE COMMUNITY
- 39** SIPS AND TIPS – REVIEWS TWO
THANKSGIVING WINES

- 41** BUSINESS & COMMUNITY NEWS
- 42** FACES IN THE COMMUNITY



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PUBLISHER'S NOTE

By the time many of you read this our nation will have elected a new and 47th president. When this happens roughly half the nation will be elated and will tell whoever will listen to them, how much better everything will be during the next four years. While the other half will be disappointed and will tell whoever will listen to them how much worse everything will be during the next four years. Fortunately, most of these debates are no longer held in the company breakroom and are now held on social media. The downside is that for some reason people think it is okay to be far ruder when they are voicing their opinions on social media than when they are in person. The upside is that at least we don't have to listen to them in the breakroom. Either way, my advice is to stay off social media for a while, you'll be happy that you did.

Inside this issue

Dubuque has several couples who spend their working hours dedicated to the health care of their patients. Working in the same profession has benefits and challenges. Learn how Dan and Emily Armstrong make it work on page 18.

How does an art museum celebrate its history while looking toward its future? The Dubuque Museum of Art is achieving that goal with an exhibition that incorporates all forms of design to tell their story. Read about it on page 21.

In planning your estate, you can take care of your family while also investing in the future of your community. Learn how on page 24.

Many investors care deeply about giving back to their communities, and they often do so through traditional monetary gifts. While cash can be an easy vehicle to support your favorite nonprofits, there are other gifting strategies that may provide tax advantages. Read about them on page 28.

Finding doctors is a lot easier than it used to be. Today, there are variety of websites you can turn to that provide databases of U.S. doctors, their professional medical histories, and ratings and reviews from past patients on several criteria. We will help you find key websites with information on page 31.

Across the tristate and at local hospitals, everyone is seeing a significant increase in the number of people needing immediate care and not being able to wait weeks for an appointment. If you don't have a primary care provider, like a third of Americans, relying on urgent care can feel like your only option to be seen by a provider or referral to see a specialist. Learn more on page 36.

To the average person, Pizza Ranch may seem like a typical family restaurant where diners can get a good meal that pleases the entire family, but if you look beyond the western décor and through the buffet line, a story of faith and love emerges. Read their story on page 37.

Sips & Tips reviews two wines that would go well with any Thanksgiving dinner you might assemble. Learn about them on page 39.





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November 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.

UD: Then and Now

Through Friday, November 8

@ The University of Dubuque Heritage Center

Take a trip down memory lane with Spartan Nation at UD: Then and Now, the newest exhibit at the University of Dubuque's Bisignano Art Gallery. The exhibit will feature a variety of photographs and artifacts through the years showcasing student life, athletics, and campus growth. Visit Dbq.edu/HeritageCenter.

StoryWalk

November 1-30, 7 AM-Dusk

@ Legacy Tree Trail, Dubuque Arboretum & Botanical Gardens

Baby Bear Counts One by Ashley Wolff. Visit DubuqueArboretum.net.

Nutrien Harvest Days

Through Friday, November 1

@ National Mississippi River Museum & Aquarium

Title 1 schools (up to 700 students) will receive free admission to the River Museum. Students will be able to self-guide through the exhibits highlighting conservation initiatives and promote sustainable agricultural practices that conserve soil, water, and wildlife habitats. Visit RiverMuseum.org.



Captain's Ball

Friday, November 1

6-10 PM @ National Mississippi River Museum & Aquarium

Help the Dubuque County Historical Society, National Mississippi River Museum & Aquarium, Mathias Ham Historic Site, National Rivers Hall of Fame, and RiverWorks Discovery continue to be champions for conservation, preservation, and engaging educational opportunities as they celebrate their 70-plus years of success. Visit RiverMuseum.org.

National Farm Toy Show

Friday through Sunday, November 1-3

@ Various Locations (Dyersville, IA)

Toy Farmer magazine will host the 47th Annual National Farm Toy Show. This event is the largest of its kind in the United States. The show includes over 200 vendors in five locations. Features include more farm toys than you can imagine, a display contest, toy auction, and more. Visit ToyFarmer.com.

School's Out Day Camps

Friday, November 1, 9 AM-4 PM

@ National Mississippi River Museum & Aquarium

Explore something new at an overnight camp focused on history, culture, biology, and STEM-topics. Camps are available year-round for school-aged children. 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. Visit RiverMuseum.org.

FIVE FLAGS CENTER

THE TRI-STATES' ENTERTAINMENT DESTINATION



405 MAIN, DUBUQUE • TICKETS ONLINE @ FIVEFLAGSCENTER.COM

First Fridays

Friday, November 1

@ Various Locations in Dubuque

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

DSO: Sound Bites Luncheon

Friday, November 1, Noon

@ Dubuque Golf & Country Club

Enjoy a lunch buffet followed by insightful commentary by Dubuque Symphony Orchestra's (DSO) Maestro William Intriligator and bandoneonist Charles Gorczynski. Guest artists often perform short excerpts from the featured concert. RSVP. Visit DubuqueSymphony.org.

DSO Open Rehearsal

Friday, November 1

7 PM @ Five Flags Theater

Open rehearsal is a great opportunity to watch how the Dubuque Symphony Orchestra (DSO) shapes and fine-tunes a piece of music before presenting it in concert. Stay for all or part of the rehearsal, which typically goes until 9:30 PM. Theater lobby doors open at 6:30 p.m. Please be seated by 6:50 PM. Visit DubuqueSymphony.org.

Afterlife: Spirits & Shadows Ball

Friday, November 1

9 PM-1 AM @ Five Flags Center

Attend this thrilling celebration on the Day of the Dead. Enjoy an unforgettable night of music, mystery, and mayhem featuring DJ Jevity and DJ Dirty Darren. Come dressed in costume. Visit FiveFlagsCenter.com.

Dubuque Winter Farmers Market

Saturdays, November 2 through April 2025, 9 AM-Noon

@ Kennedy Mall West Concourse

Regional vendors offer homemade and baked goods, meat, cheese, eggs, seasonal produce, and more. Bring a reusable shopping bag and drop off clean egg cartons, glass jars, and plastic clam shells. Visit WinterMarketDbq.com.

Fall Clean-Up Day

Saturday, November 2

9-11:30 AM @ Heinemann Visitor Center, Dubuque Arboretum & Botanical Gardens

Clean-up activities. Free food provided at 11:30. RSVP. Visit DubuqueArboretum.net.

DSO Classics 2: Latin-American Inspiracion

Saturday & Sunday, November 2-3

Saturday, 7:30 PM; Sunday, 2 PM @ Five Flags Theater

The Dubuque Symphony Orchestra (DSO) welcomes back Charles Gorczynski, a highly skilled bandoneon player known for his virtuosity and deep connection to tango music. The orchestra will also perform dances by various Mexican and Argentine composers, as well as Ravel's "Bolero". The Saturday evening concert includes entry to the post-concert encore reception. At 1 PM, November 3, Maestro Intriligator will give a pre-concert lecture in the theater. Visit DubuqueSymphony.org.

**Walk into Christmas Gift Show & Bake Sale**

Saturday – Monday, November 2-4

10 AM-4 PM @ Mercy Gift Shop, MercyOne Hospital

Mercy Service Club and Gift Shop are celebrating 75 years of service to MercyOne and the community. All proceeds and donations benefit children in the care of MercyOne. Enjoy tax-free shopping and on Saturday and Sunday there will be valet parking. For more information, call (564) 589-9620.

GIT Improv

Saturday, November 2

7:30 PM @ Bell Tower Theater

GIT Improv master comedians offer improv comedy at its best. Every performance is a brand-new adventure as they create a unique show using suggestions from audience members. Visit BellTowerTheater.net.



Proudly sponsored by: **GRONEN**, **CB** Cottingham & Butler, **Schmid Philanthropic Initiative**, **WICKED RIVER** THEATRE DISTRICT

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A Merry Millwork Market

All proceeds benefit the nonprofit organizations that comprise the Dubuque Millwork Collective!

Friday, Dec. 6th from 4pm–8pm
Saturday, Dec. 7th from 9am–2pm

A holiday shopping experience featuring the best of local crafts, sips, and bites

Don't miss the Tree Lighting Ceremony with Santa on Friday, Dec. 6th at 6pm!

Millwork District • 10th & Washington Sts

CALENDAR OF EVENTS

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Scout Public Overnight

Saturday & Sunday, November 2-3

6 PM Saturday through 8:30 AM

Sunday @ National Mississippi River
Museum & Aquarium

This overnight experience will be filled with fun and engaging activities. This opportunity is open to scouts, grades 2-6. Visit RiverMuseum.org.

45th National Farm Toy Show

Saturday through Sunday, November
2-3, 11 AM-9 PM

Dyersville, IA

Filling Beckman High School, The National Farm Toy Museum, and the Commercial Club Park, highlights include a Collectors Dinner on Saturday at Royal Lanes, a sanctioned Micro-Mini Pull at Commercial Club Park in South Building on Saturday at 11 AM and Sunday at 9 AM, plus the National Farm Toy Show Auction at 10 AM Saturday at Beckman Auditorium. The granddaddy of farm toy shows draws about 6,000 people each year. ToyFarmer.com.

Driftless Film Festival

November 2-9

139 High St, Mineral Point, WI.

Celebrating its 15th season, the DFF brings together the best of new independent cinema with the landscape, artistic energy, and local atmosphere of the Driftless Area of Southwest Wisconsin.

Enjoy the charm of Mineral Point's galleries, shops, restaurants, and bars. It is this delightful marriage of place and cinematic story that is the core of the DFF vision today. Visit DriftlessFilmFestival.org.

Sunshine Holiday Fair

Sunday & Monday, November 3-4

Sunday, 10 AM-3 PM; Monday, 7 AM-1 PM

@ UnityPoint Health Finley Hospital
Auditorium & Sunshine Gift Shop

Showcasing homemade baked goods, floral arrangements, holiday decor, handmade items such as advent calendars, gifts and jewelry, and RADA cutlery.

The Sunshine Circle has been raising funds for Finley Hospital supporting patients' needs since 1889.

DSO: Musical Musings

Sunday, November 3

1 PM @ Five Flags Theater

Prior to each Sunday Classics Concert, Dubuque Symphony Orchestra (DSO) Maestro William Intriligator gives a pre-concert lecture. Visit DubuqueSymphony.org.

RSD Black Friday

at Moondog Music
Friday, November 29
Exclusive Vinyl Releases!
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Dubuque IA
563.583.7041

MOONDOG MUSIC

RECORD STORE



National FARM TOY Show

NOVEMBER 1-3, 2024
Located at Beckman High School,
the National Farm Toy Museum,
Commercial Club Park & Outdoor Sales
DYERSVILLE, IOWA

Weekend Highlights:

- » Display Contest
- » Auction by Cornwell
Catalog Available in Early October.
Tom Cornwell & Associates,
Auctioneers; Phone: (402) 694-2216
- » Sanctioned Micro-Mini Pull
Friday at 3 p.m. & Saturday at 11 a.m.
- » Mercy Hospital Presents
Holiday Festival 2024
- » National Farm Toy Museum

Sponsored by:



TOY FARMER
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For Show Info Call 1 (800) 533-8293
or visit www.toyfarmer.com

Early Explorers: J is for Jellyfish

Tuesday, November 5

10-11 AM @ National Mississippi River Museum & Aquarium

Children ages 2-5 along with a parent or caregiver can partake in a variety of hands-on and active activities, including a craft and a game. Visit RiverMuseum.org.

Election Day in Dubuque County

Tuesday, November 5 @ 7 AM-8 PM

Dubuque County

Get out there and make your vote count! To locate your voting site visit **Elections**. DubuqueCountyIowa.gov.

Wags At The Flags

Wednesday, November 6 @ 4-8 PM

Five Flags Arena

Returning to the Five Flags, Wags at the Flags is an indoor dog park running through early March 2025. Open on most Wednesdays, the park features 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 Whispurring Hope. \$5/dog. Visit **FiveFlagsCenter.com**.

Wild West Wednesdays

Wednesdays, November 6, 13, 20 & 27

7-11 PM @ Dubuque County Fairgrounds

Come for country dance music and fun. Whether it's couple dancing or line dancing, request your favorite dance music. All ages. Visit DBQFair.com.

Workshop: Indian Corn Centerpiece

Thursday, November 7, 6-8 PM

@ Heinemann Visitor Center, Dubuque Arboretum & Botanical Gardens

Create a fall Indian corn centerpiece. Visit DubuqueArboretum.net.

Dubuque Fighting Saints

Friday & Saturday, November 8, 9, 16 & 23

7:05 PM @ ImOn Arena

The Dubuque Fighting Saints hockey team returns for another season. Visit DubuqueFightingSaints.com.

Family Movie Night at The Grand

Friday, November 8

6:30 PM @ The Grand Opera House

The Nightmare Before Christmas. Free. Visit TheGrandOperaHouse.com.



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CALENDAR OF EVENTS



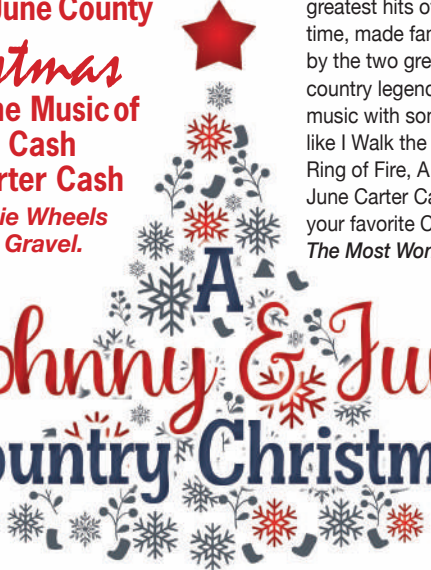
1215 E. Platt St., Maquoketa, IA
Box Office Hours: M-F, 9AM - 1PM
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www.ohnwardfineartscenter.com

Saturday, November 30th @ 7PM
A Johnny & June County Christmas
Featuring the Music of Johnny Cash & June Carter Cash
With Bennie Wheels and Lori Gravel.

Get your Christmas spirit started this season with the next best thing to Johnny Cash and June Carter Cash. Celebrate the greatest hits of all time, made famous by the two great country legends of music with songs like I Walk the Line, Ring of Fire, A Boy Named Sue as well as June Carter Cash. Sing along to a few of your favorite Christmas songs to celebrate *The Most Wonderful Time of The Year!*





Johnny & June Country Christmas

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

Butternut Harvest Pie Cooking Class

Friday, November 8
6-7:30 PM @ Galena ARC (Galena, IL)

Learn to create this open-faced pie loaded with butternut and acorn squash, onions, greens, cheese, fresh herbs and more. Packed with flavor. Perfect for a dinner entrée or side dish. Your pie will be ready to take home to bake and enjoy. Bring your favorite wine, beer or beverage to enjoy during class. Can sign up as a single and make the dish on your own. Teams can consist of two adults or one adult and one child. Cost is \$45. Visit GalenaARC.org.



Gangstagrass

Saturday, November 9
8 PM @ Five Flags Theater

Gangstagrass, the multi-racial collective that's breaking all the rules of country and hip-hop, promises to be a unique and powerful musical experience, blending America's rural and urban traditions into something entirely new. Visit FiveFlagsCenter.com.

Dubuque Special Olympics Iowa Polar Plunge

Saturday, November 9, 9:45 AM-12 PM
@ 7 Hills Brewing Company

The polar plunge is a signature fundraiser for Special Olympics, where individuals and organizations raise money to support Special Olympics Iowa by jumping into frigid waters. Costumes are encouraged. Check in and registration at 9:45 AM followed by the plunge at 11 AM. Everyone is invited to the post party with food and drink, music, and prizes. Visit SoIowa.org/Polar-Plunge.

12th Annual Galena Eagles Annual Pie Auction

Saturday, November 9, 7 PM
@ Galena Eagles Club, 237 S Main St (Galena, IL)

Get ready for this year's annual pie auction. Save the date and join for a good time and great camaraderie. For information call 847-971-7296.



NEW YEAR'S EVE | 8 p.m.
The Grand Opera House

CELEBRATING

Sinatra

& The Great American Songbook

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\$50 Main Floor | \$40 Balcony

Visit DubuqueArtsCouncil.com, TheGrandOperaHouse.com, or The Grand Opera House box office.



Dubuque Chorale Olympic Dreams

Saturday, November 9 @ 7:30 PM

Sunday, November 10 @ 2 PM

Westminster Presbyterian Church,
2155 University Ave.

The Chorale, Cadenza, and Children's Choirs celebrate the 100th anniversary of the Winter Olympics. Visit DubuqueChorale.org.

Pancake Breakfast

Sunday, November 10, 9 AM-Noon

@ Steeple Square, 101 E. 15th St.

NICC's culinary students are chefs for a pancake breakfast. Enjoy pancakes, sausage, fresh cut fruit, coffee, milk, and juice. All proceeds go to Steeple Square. Visit SteepleSquare.com.

Homeschool Days: At Home in the Marsh

Thursday, November 14

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

Visit the Backwater Marsh to learn about some of the animals that live at the edges of the Mississippi River. Visit RiverMuseum.org.

Flippin' for Habitat

Thursday, November 14

5 PM @ Dubuque County Fairgrounds

Discover a night of community, creativity, and compassion at the Habitat for Humanity Fundraising Event. Immerse yourself in a vibrant atmosphere where flipped and upcycled items take center stage. Bid on furniture, home décor, and one-of-a-kind items all lovingly transformed by the talented ECIAR volunteers. Visit HabitatDJC.org.

Mississippi River Fish, Turtles & More

Thursday, November 14, 6:45-8 PM

@ EB Lyons Interpretive Center, 8991 Bellevue Heights Rd.

Plan to attend the Dubuque Audubon November Program featuring Denny Weiss, who worked 35 years for the Iowa DNR in fisheries research on the Mississippi River at the Fairport and Bellevue fisheries stations. Weiss will share his knowledge and hands-on experience about the unique and interesting fish, turtles, and animals that call the Mississippi River their home. For more information, email AudubonDubuque-President@gmail.com.

Museum X: Wyoming Toads & Conservation Efforts

Thursday, November 14

6-8 PM @ National Mississippi River Museum & Aquarium

Join Mark Beshel, curator of freshwater fish & herpetology, as he discusses conservation efforts for the critically endangered Wyoming toads. Light refreshments will be available. Visit RiverMuseum.org.

Honey & Mead Education and Tasting Experience

November 15, 4-5:15 PM

@ Eagle Ridge Resort (Galena, IL)

Enjoy a full sensory honey tasting experience as you taste light, medium, and dark colored honeys as well as creamed, crystallized, and direct from the comb honey. Each attendee will make honey tasting notes and we will compare as they go along. At the end of the tasting, each attendee will receive a glass of honey mead wine to further enjoy honey in another delightful way.

Tasting led by local apiary Dry Creek Beekeeping. \$35. Call 815-297-3366 or visit DryCreekBeekeeping.com.



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UNITED



CALENDAR OF EVENTS



The Cleverlys

Saturday, November 16

8 PM @ Five Flags Theater

The Cleverlys offer a one-of-a-kind, unique comedy and music experience. From the group's humble beginnings in the Ozark Mountains to currently headlining festivals and PACs across the country. The group performs regularly on the coveted Grand Ole Opry stage. Visit FiveFlagsCenter.com.

Puppy Pals Live

Sunday, November 17

6 PM @ Five Flags Theater

This action-packed show features adopted and rescued dogs performing spectacular stunts, hilarious tricks, and delightful antics that will captivate audiences of all ages. Visit FiveFlagsCenter.com.

Festival of Trees

Saturday through Sunday, November 16 through December 1

@ Ohnward Fine Arts Center

Monday-Friday, 10 AM-4 PM; Saturday-Sunday, Noon-4 PM @ Ohnward Fine Arts Center (Maquoketa, IA) Bid on creative trees and beautiful wreaths and enjoy theater entertainment. Proceeds will go to the Ohnward Fine Arts Center. Visit OhnwardFineArtsCenter.com.

Brew Ha Ha Players: Fast Times at Stone Cliff High

Sunday, November 17

5-7 PM @ Stone Cliff Winery

School spirit is still alive amongst graduates, and, according to the reunion planning committee, it's time to bust out those shoulder pads and flip up those collars, as this year's reunion is '80s themed. It's all in good fun until the night takes a dark twist. Brace for a gnarly night of surprises, suspense, and, most of all, big hair. Includes an '80s trivia contest, and four "corpse" meal and a show. Visit StoneCliffWinery.com.

Fall into the Holidays

Sunday, November 17, 10 AM-3 PM @ Dubuque County Fairgrounds

Three buildings and an outdoor market will host more than 100 local and area crafters and vendors. The bar and food stand will also be open so you can get some refreshments and snacks while you shop. Door proceeds will be donated back to a select local nonprofit. \$5. Call 563-588-1406 or visit Facebook.com/JodiandKT.

Pasta Cooking Class

Sunday, November 17, 11 AM-1:30 PM @ Edge by Goldmoor Inn (Galena, IL)

Learn how to make pasta dough and how to shape tortellini and agnolotti. Participants will be able to take pasta dough home to make pasta with family and friends and also take home pasta made in class to enjoy with friends and family.

Includes 1 glass of wine/champagne, 1 charcuterie board (per 3 people), main course of morel agnolotti, and a mini strawberry trifle dessert. Cost is \$90. Call 815-777-3925 or visit Goldmoor.com.



CHANGE THE WORLD



WITH A GIVING HEART

National Philanthropy Day Luncheon Thursday, November 14, 2024

Outstanding Individual Philanthropists

Matt and Kristi Tompkins

Outstanding Volunteer Fundraiser

Cari Schaffer

Outstanding Philanthropic Organization

Rotary Club of Dubuque

Outstanding Youth in Philanthropy

Laura Harris

Outstanding Professional Fundraiser

Karen Tuecke

Judges Award

Mike and Gail Scherr

Join us to celebrate National Philanthropy Day and honor our award recipients at 11:45 a.m. Thursday, November 14, at Hotel Julien Dubuque. RSVP online by November 1 at <https://bit.ly/44K2alp> or via the QR code. For questions, please contact Karen Tuecke at karen@dbqpbvms.org.



Thank you to our National Philanthropy Day sponsors!

Stay Independent: Cooking for 1 or 2

Tuesday, November 19, 2-3 PM
@ Stonehill Assisi Village

One and two-person households are the fastest growing segment of the population. Learn to use "MyPlate" for meal planning and unpack toolbox of tips for planning, shopping, and preparing well-balanced meals. RSVP. For more information, email THummer@StoneHillDbq.com.

40th Annual Galena Nouveau Wine Weekend

Friday & Saturday, November 22
2:30- 7PM

@ Various locations in Galena, IL

Celebrate the new vintage with wine inspired lunches, dinners, and tastings. The official release of the Le Beaujolais Nouveau wine is delivered by Galena Cellars Vineyard & Winery via horse-drawn wagon.

The afternoon kicks off with a parade of revelers assembling for a trek down Galena's Main Street in assorted modes of transportation and merriment from horse-drawn wagons to trolleys as the Nouveau wine is handed out to Galena merchants who sport the Nouveau posters in their shop windows. Galena comes alive with a multitude of offerings: vineyard tours, wine dinners, wine tasting, lodging, shopping, and spa specials. NouveauWeekend.com.

She Unites

Wednesday, November 20
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 inspiration to power you through. Visit SheUnitesIowa.com/Events.

Kids Night Out

Friday, November 22 & December 13
5:30-8:30 PM @ Loras College Graber Sports Center

Play sports, games, crafts, bounce house, swimming, and more. Hosted by Loras College Women's Basketball. Open to boys and girls, pre-k-6th grade. Visit LorasGirlsBasketballCamp.com.

PRESENTING... **Blues** ON THE RIVER
Eastern Iowa's Newest Blues Club
LOCATED IN THE DUBUQUE STAR BREWERY EVENT CENTER

Performances will feature top regional musicians in a comfortable Night Club setting with food and drinks served during the shows. Beer, Wine, Seltzers, Pizzas, and Heavy Appetizers for purchase.

Upcoming Performances:

		
The Blues Party	Blues 2+1	Jamie Kelly
October 26th	November 23rd	December 6th
6:30 - 9:30 pm	6:00 - 9:00 pm	6:00 - 9:00 pm

GET TICKETS NOW - \$18
Limited Seating - Tickets Going Fast!
See Stone Cliff Winery's facebook page or website for more information!

CALL FOR TICKETS
JODI @ 563 583-6100 x203
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1005 Main Street in Dubuque | Thurs-Sat: 11-3 By appt: Tues-Sat

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.

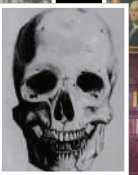
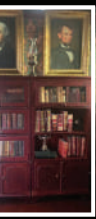
Grab & Go Activity Bags

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



Art @ your library® November Show

Featuring Artists
Stephanie Funke
Kathleen Martin
Kara Maxwell

Purchase a unique gift and support local artists.

Open Library hours to November 25
For more information visit carnegioustout.org

Dinovember Duck Challenge

November 1-30

Visit the library to guess the number of dinosaur ducks in the tank. The closest guesses will be entered in a drawing to win a dinosaur-themed prize at the end of the month. All ages.

Dinosaur Scavenger Hunt

November 1-30

Earn a small prize if you find all 10 dinosaurs hiding in the children's section of the library.

Family Board Game Giveaway

November 1-30

Stop by the library to collect a family board game and a packet of other suggested activities for family fun. While supplies last.

Dino Romp: Family Literacy Month Celebration

Friday, November 1 @ 10:30 AM

Celebrate dinosaurs and literacy at the library with stories, songs, and hands-on activities. Ages 2-6.

Pet Pop Art

Friday, November 1 @ 1 PM

Create a pet portrait using a variety of paints on a picture frame. Ages 10-18. Registration required.

Music @ Your Library

Friday, November 1 @ 6-7 PM

Featuring Deadcube.

Movin' Groovin' Mornings

Saturday, November 2 @ 10:30 AM

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

Quilts of Valor

Sunday, November 3 @ 2-3:30 PM

Quilts of Valor ceremony for veterans.

Toddler Time

Mondays, November 4-25 @ 9:30 AM & 10:30 AM

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

Perler Bead Fun

Monday, November 4 @ 4-5 PM

Learn how to make fun-themed Perler bead creations. Age 8-12. Registration required.

Hygge Night & Craft Supply Swap

Monday, November 4 @ 4-6:30 PM

Baby Rhyme Time

Tuesdays, November 5-26 @ 10:30 AM

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

Adult Ukulele Lessons

Tuesday, November 5 @ 6-7 PM

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

Preschool Storytime

Wednesdays, November 6-27 @ 10:30 AM

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

Beginning Chapters Book Club

Wednesday, November 6 @ 4 PM

The Adventures of Sophie Mouse: A New Friend by Poppy Green. Ages 7-9. Registration required.

Pokémon Club

Wednesday, November 6 @ 5:30 PM

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

Self-Defense

Thursday, November 7 @ 1-2:30 PM

Self-defense for individuals with mobility issues. Registration required.

Virtual Author Talks

Thursdays, November 7 & 14; Wednesday, November 20 @ 6 PM

Saturday November 9 @ 1 PM

Registration required.

Story & Snack with the Girl Scouts**Thursday, November 7 @ 4-4:30 PM**

Hear inspiring stories about s'mores, the Girl Scout founder, and space. Children must be accompanied by an adult. Ages 5-8. Registration required.

Lollipops & Music**Saturday, November 9 @ 10 AM**

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

Reading with Rover**Saturday, November 9 @ 10:30-11:15 AM**

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

Annie's Foundation Banned Book Giveaway**Saturday, November 9 @ 2-4 PM****Dubuque Shakespeare Project****Sunday, November 10 @ 2-3:30 PM***Romeo & Juliet.***BESTIE Club****Tuesday, November 12 @ 6 PM**

Spend time with a favorite adult and make art, eat snacks, and learn something new. Ages 10+ with an adult. Registration required.

DIY Mushroom Clay Pot**Wednesday, November 13 @ 4 PM**

Mold whimsical mushrooms out of clay onto a small terracotta pot. Ages 12-18. Registration required.

Beyond the Book Club**Thursday, November 14 @ 4 PM**

This month's book is *Eagle Drums* by Nasuraq Rainey Hopson. Ages 9-12. Registration required.

Movie Night**Thursday, November 14 @ 6 PM**

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

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

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

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

Ages 4-12.

Lovely Leaves: Guided Printmaking Workshop**Monday, November 18 @ 4-5:30 PM**

Learn how to make a unique monoprint with a leafy theme perfect for fall. Ages 6-10. Registration required.

Line Dancing**Monday, November 18 @ 5-6 PM**

Held off-site at Adam's Dance Connection. Registration required.

Reading Roundtable Book Club**Monday, November 18 @ 6-7 PM**

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

Thanksgiving Yarn Turkey**Wednesday, November 20 @ 4 PM**

Make a little yarn turkey. Ages 6-11. Registration required.

Buttons & Bobbins**Thursday, November 21 @ 4 PM**

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

Dragon Party**Saturday, November 23 @ 1 PM**

Celebrate all things dragon by voting for your favorite dragon, playing games, and making dragon eggs and other crafts. Ages 7-12. Registration required.

Sun SHINE Squad**Tuesday, November 26 @ 4-6 PM**

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

UPCOMING PERFORMANCES

The **GRAND** Opera House

THE BEST CHRISTMAS PAGEANT EVER THE MUSICAL

November 29 - December 8, 2024

The Nutcracker

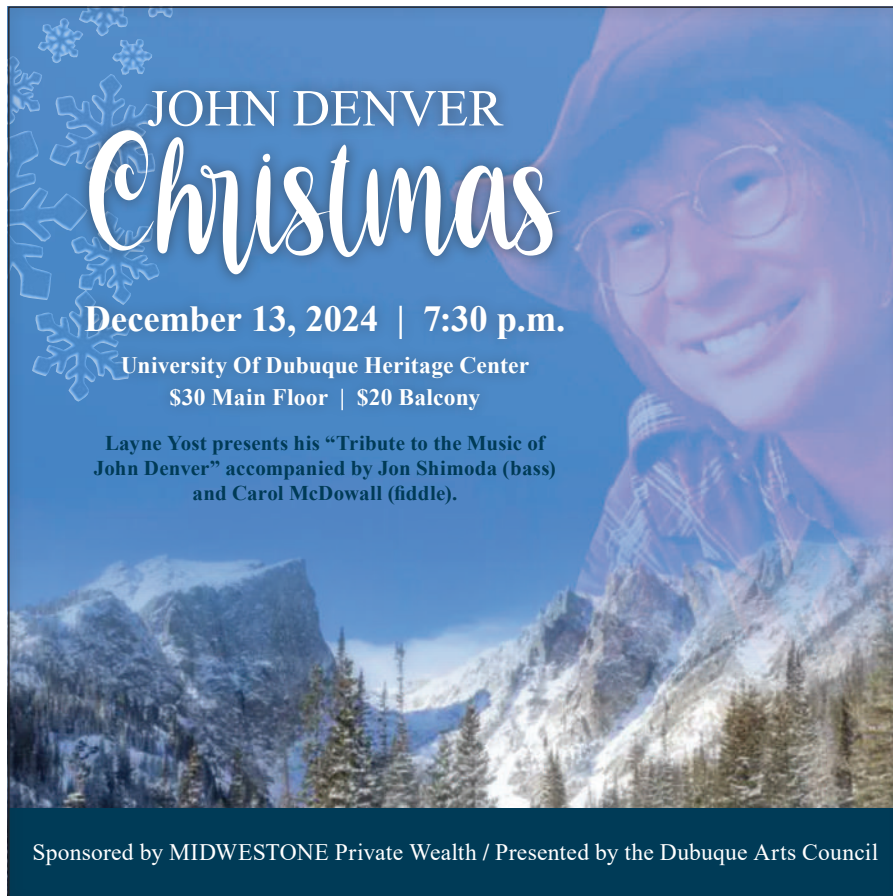
December 14 - 22, 2024

THEGRANDOPERAHOUSE.COM

Box Office: Mon-Fri, Noon-4pm • 563-588-1305 • 135 W 8th St, DBQ, IA

CALENDAR OF EVENTS

*Let us know what your next event is.
Send your events to
Juli@juliensjournal.com.*

A poster for a John Denver Christmas event. The top half features a portrait of John Denver wearing a hat and glasses, smiling. The bottom half shows a snowy mountain landscape with evergreen trees. The text is overlaid on the image.

JOHN DENVER
Christmas
December 13, 2024 | 7:30 p.m.
University Of Dubuque Heritage Center
\$30 Main Floor | \$20 Balcony
Layne Yost presents his "Tribute to the Music of John Denver" accompanied by Jon Shimoda (bass) and Carol McDowall (fiddle).
Sponsored by MIDWESTONE Private Wealth / Presented by the Dubuque Arts Council

Attitude of Gratitude

Saturday, November 23

4:30-9 PM @ Grand River Center

The 23rd annual Attitude of Gratitude is the largest fundraiser of the year for Opening Doors. The event features entertainment, plated dinner, silent and live auction, three raffles, and an inspirational message from a woman who has achieved success through Opening Doors' program. Proceeds support women and children who are experiencing homelessness. Visit OpeningDoorsDbq.org/AOG.

3rd Annual Fall into Winter Craft Show

Saturday, November 23, 9 AM-3 PM

@ Galena ARC Gymnasium (Galena, IL)

This show features local crafters and artists, breakfast and lunch stand, raffle, and a kids only shopping area where they can purchase gifts for their favorite adults. Proceeds help provide services to adults with disabilities at The Workshop. \$3, free ages 10 and younger. Call 815-777-2211 x409 or visit TheWorkShopGalena.org.

The General's Christmas Ball

Saturday, November 23, 4:30-10 PM

@ DeSoto House Hotel (Galena, IL)

Join The Galena Generals for a night of dinner, dancing, music, and fun with Galena's nine Civil War Generals. Request to be seated with your favorite General. Period dress encouraged but not required. Cost is \$60 for Generals' tables, \$80 for President Grant's table. Call 815-777-0090 or visit DesotoHouse.com.

A poster for the Dubuque Symphony Orchestra's holiday concert. The main image shows the orchestra performing in a grand hall. There are three circular inset images: one of a male conductor, one of a ballerina in a pink tutu, and one of a woman with red hair. The text is overlaid on the images.

cherished holiday memories
with the Dubuque
Symphony Orchestra
CONCERT AND GUEST ARTIST SPONSOR  MEDICAL ASSOCIATES
GUEST ARTIST SPONSOR: Jack & Mantea Schmid
DUBUQUESYMPHONY.ORG

The sounds and sights of the season fill historic Five Flags Theater as vocalist Kira Guloien the Dubuque Chorale, Children's Choir and members of the Heartland Ballet join the orchestra in this warm & wondrous Dubuque holiday tradition.

HOLIDAY CONCERT

SATURDAY, December 7 | 7:30pm

Join us for complimentary holiday cookies post-concert Saturday Evening.

SUNDAY, December 8 | 2:00pm

TICKETS START AT \$19

HOLIDAY family CONCERT

SATURDAY, December 7 | 1:00pm

TICKETS \$14 / \$24 / \$34

Sing and jingle along to your favorite Christmas carols!

Free photos with Santa after the Family concert!

Yung Gravy

Saturday, November 23
8 PM @ Five Flags Center

The Yung Gravy concert originally scheduled for an August show has moved to November 23. All tickets will be honored for the new date. Yung Gravy is renowned for his innovative blend of soul music and contemporary trap beats, crafting a unique sound that resonates with audiences worldwide. Visit FiveFlagsCenter.com.

Annual Community Thanksgiving Service

Sunday, November 24
4 PM @ Church of the Resurrection,
4300 Asbury Rd

Community service led by area faith leaders. Nonperishable food items and paper goods for Dubuque Food Pantry and/or donations to PIN (People in Need) accepted. For more information, email Shattel220@aol.com.

Cowboy Christmas

Sunday, November 24, 10 AM–3 PM
@ Dubuque County Fairgrounds

Three buildings will be filled with area businesses. Shop new and used equine tack and equipment, country and farmhouse style décor, and boho chic and western style apparel, as well as holiday gifts, children's toys, and more. The bar and food stand will also be open so you can get some refreshments and snacks while you shop. Door proceeds will be donated back to a select local nonprofit with ties to either the equine or agricultural community. \$5. Call 563-588-1406 or visit Facebook.com/JodiandKT.

**52nd Annual Turkey Trot**

Thursday, November 28, 9 AM
@ Mazzuchelli Catholic Middle School

There will be a 2.5-mile and 5-mile course route starting in front of Mazzuchelli Catholic Middle School. The annual Turkey Trot benefits the Wahlert Catholic High School men's and women's track and field and cross-country programs. Registration and bib pick-up at Wahlert Catholic High School: 6-7:30 PM on Wednesday, November 22 and 7:30-8:45 AM, Thursday, November 23. Visit HolyFamilyDbq.org.

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MATINÉE, \$65 | EVENING, \$75
dinner. drinks. show.
RESERVATIONS REQUIRED BY DECEMBER 3
563.599.7775 / mistletones.biz

CALENDAR OF EVENTS

Reflections in the Park

Thursday, November 28 through January 1

5-10 PM @ Louis Murphy Park

Hillcrest Family Services' annual lights festival celebrates their 30th anniversary. Visitors will see many new displays and have the option to participate in the featured Memory Lane, an opportunity to remember loved ones in a special way. Santa Claus will visit on Mondays 5-8 PM through Christmas. Visit Hillcrest-FS.org.

The Best Christmas Pageant Ever The Musical

November 29-30, 7:30 PM

@ Grand Opera House

Ring in the holidays with the Herdmans! The Herdmans are the worst kids in the history of the world—so when they crash Sunday school and demand parts in the Christmas pageant, the whole town panics. There's not supposed to be biting or cigar-smoking in Bethlehem, and while these kids have never even heard the Christmas story, they definitely have rewrites! Soon, everyone is calling for reluctant director Grace Bradley to cancel the whole thing. It's up to the Bradleys and the Reverend to help their community see the Christmas story and the Herdman kids through new eyes in this buoyant musical adaptation of the funny and touching holiday classic. All ages. \$25 Adults, \$17 ages under 18. 135 W 8th St. 563-588-1305. TheGrandOperaHouse.com.

LIVE AT HERITAGE CENTER PERFORMING ARTS SERIES

**SEASON OF
THE
ARTS**
UNIVERSITY of DUBUQUE

**CHRISTMAS AT
HERITAGE CENTER**
"GLORY TO THE NEWBORN KING"

FRIDAY, DECEMBER 6, 2024 | 7:30 P.M.

This UD tradition will bring spiritual meaning to your Christmas season. The Department of Fine and Performing Arts celebrates with you the birth of Christ through a concert presentation featuring the John and Alice Butler Pipe Organ, UD choirs, and UD Concert Band with live narration. Complimentary holiday refreshments and live music from the UD Jazz Band will immediately follow the concert.



UPCOMING HERITAGE CENTER EVENTS

2/7 Tommy Dorsey Orchestra
3/29 U.S. Army Field Band & Soldiers' Chorus Concert
4/6 David Briggs, Organist

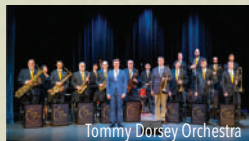
BONUS EVENTS

12/13 John Denver Christmas
5/3-4 Swan Lake

TICKETS ON SALE
for all events!



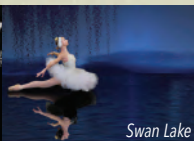
#LIVEATHERITAGE



Tommy Dorsey Orchestra



David Briggs, Organist



Swan Lake

All events are reserved seating in John and Alice Butler Hall. Pricing varies and ticketing fees apply. Earn H-PALS points.



563.585.SHOW
WWW.DBQ.EDU/HERITAGECENTER

Galena Holiday Kickoff

Saturday, November 30, 5-7 PM

@ Downtown Galena, IL

Join in welcoming Santa to town to kick off the holiday season in Galena. Mr. & Mrs. Santa Claus arrive on his sleigh in Galena—reminiscent of a Hallmark holiday movie. This festive Jeep Jingle, with brightly lit holiday Jeeps, will escort them to the city's tree lighting. The Galena Generals will lead off, and the Galena Trolley will transport good girls and boys to enjoy treats and a visit with Jolly Old St. Nick. Make a holiday visit to historic downtown Galena as Santa's arrival kicks off this magical season! Mr. Kringle and The Grinch will be packing gifts to award outstandingly decorated parade Jeeps. The parade is also a fundraiser for Riverview Center which benefits families affected by domestic violence. Presented by the Galena Downtown Business Association (GDBA). Free. Call 815-281-0673 or visit GdbaEmail@gmail.com.



The Best Christmas Pageant Ever - The Musical

Friday & Saturday, November 29-30

7:30 PM @ Grand Opera House

The Herdmans are the worst kids in the history of the world, so when they crash Sunday school and demand parts in the Christmas pageant, the whole town panics. It's up to the Bradleys and the reverend to help their community see the Christmas story and the Herdman kids through new eyes in this musical adaptation of the holiday classic. All ages. See website for December performances. Visit TheGrandOperaHouse.com.

A Johnny & June Country Christmas**Saturday, November 30****7 PM @ Ohnward Fine Arts Center**

Featuring the music of Johnny Cash and June Carter Cash. Come and hear great songs like "I Walk the Line," "Ring of Fire," "A Boy Named Sue," as well as June Carter Cash hits including "Jackson," and many more. Visit OhnwardFineArtsCenter.com.

Bellevue Festival of Trees**Saturday, November 30 @ Noon-5 PM****Off Shore Event Center (Bellevue, IA)**

Bid on a variety of holiday goodies and bring one can of non-perishable food in lieu of the admission. Non-perishable food will be donated to the Bellevue Community Cupboard. All proceeds will go to the Bellevue Community Club. \$2 or one can of non-perishable food. Visit [Facebook.com/OffShoreResort](https://www.facebook.com/OffShoreResort).

Christmas on the Square**Saturday, November 30****10 AM-7 PM @ Cable Car Square**

The day includes Christmas carolers, hot chocolate, adult beverages, and food trucks beginning at 5 PM. Joie Wails, BK Music, and Brion and Chrystina Bowman perform at 5 PM. Visit [Facebook.com/CableCarSquare](https://www.facebook.com/CableCarSquare).



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Contributed photo

The Armstrongs — A Couple in Healthcare

by Connie Cherba

Dubuque has several couples who spend their working hours dedicated to the health care of their patients. Working in the same profession has benefits and challenges. Let's see what Dan and Emily Armstrong have to say about working as a healthcare couple.

Dan and Emily Armstrong are both Physician Assistants, better known as PAs. Dan works at Dubuque's Medical Associates in the Rheumatology Department while Emily works through Medical Associates at Tri-State Occupational Health.

What is a PA? "With the PA profession typically you do your bachelors, then you do the masters program, and during that program you have different rotations, including core rotations," explained Emily. "Then you have elective rotations where you get to choose. Then you might get a job after school in one of those specialties that you are interested in and that you have done a rotation in. But that's not always how it works. My first job was in orthopedics, and I had not done an orthopedic rotation. So then what it comes down to is getting trained by your peers and your attending physician that you work with."

PAs are not doctors and are not referred to as Dr. "I introduce myself as 'Dan Armstrong, I'm a PA,'" said Dan. "If the patient asks what a PA is, I tell them we're trained in medicine and we get our masters instead of a doctorate." Emily added, "When patients ask us what we would like to be called, we tell them to call us by our first name. By them calling me by my first name, I feel it kind of evens the playing field. It's more personal."

Dan and Emily met at Seton Hill University in Pennsylvania where they were pursuing their graduate degrees. Emily was born and raised in Dubuque, one of five Schrobilgen siblings. She attended grade school and middle school in Dubuque and graduated from Dubuque Senior High School. She earned her undergraduate degree from the University of Northern Iowa (UNI) in Cedar Falls.

Dan was born and raised in Marquette, Michigan. He has a younger brother who works as an accountant for a hospital and a younger sister who is also a PA. Dan went to Michigan State for his undergraduate degree. "I graduated from Michigan State's Lyman Briggs College. [Lyman Briggs College (LBC) is the science-focused residential college for undergraduate students at Michigan State University]. I was a bum for awhile, but then I had to grow up so I went to grad school at Seton Hill," he said. "That's where I met Emily."

"When patients ask us what we would like to be called, we tell them to call us by our first name. By them calling me by my first name, I feel it kind of evens the playing field. It's more personal."

— Emily Armstrong

Dan and Emily Armstrong, Physician Assistants, working in Dubuque.

FEATURE

Why did this couple pursue education that led to becoming a physician assistant? “Initially I was premed and then as an undergrad I learned about the PA profession and joined the PA Club,” said Emily. “So my sophomore year in college I decided that’s what I wanted to be. I’ve always been fascinated by the human body and how it works. I wanted to have a career where I could care for and help others. I felt the PA profession met those goals.”

“I had a class my senior year in high school called ‘Health Occupations,’” said Dan. “My mom is a nurse and I knew I wanted to go into healthcare. I was better in math and science than writing and English. During the first semester we heard about health occupations – physicians, surgeons, radiology, nursing, and other occupations in healthcare, including physician assistant. That was the first time I heard about that as an occupation. When I was at Michigan State, I was doing the undergrad pre-med thing with the sciences. I knew when I graduated I didn’t want to go to grad school right away. I was toying with going to medical school or physician assistant graduate school. In the mean

time, I got my EMT certificate and started working in Colorado. I decided I wanted more of a good work/life balance. PAs have a lot of responsibilities in healthcare, but they also have more of a family life.”

There are benefits and challenges to working as a couple in healthcare. Both Dan and Emily emphasize that the benefits far outweigh the challenges. “Being able to relate to each other is a benefit,” said Emily. “Being in the same field, I think it’s easier to share and discuss the stress of the job. You’re able to, without violating confidentiality, share issues and get advice about situations.”

Both Dan and Emily feel the stress and pressure of their occupation and appreciate that they can share how this impacts their lives. “The hardest part of the job is the stress and pressure that I put on myself to ensure that I’m thorough in the care that I provide,” said Emily. “You want to make sure that you don’t overlook anything, that you do the appropriate workup, that you determine the course and diagnosis, that you offer the patient the best treatment, that you are able to provide each patient with the highest quality of care. The stress and pressure come

from understanding the gravity of the work. People are trusting their lives and the quality of their lives with us and so you never want to violate that trust in anyway.”

Other challenges of being a couple in healthcare took place early in the Armstrongs’ careers. “We both had schedules with long hours and we really didn’t get to see each other,” said Emily. “The initial work schedule mismatch was difficult. Now we have been able to find jobs that match our home life a little better.” That’s something the couple’s three children, ages eight, six, and four years, certainly must appreciate.

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

“The hardest part of the job is the stress and pressure that I put on myself to ensure that I’m thorough in the care that I provide,”

– Emily Armstrong

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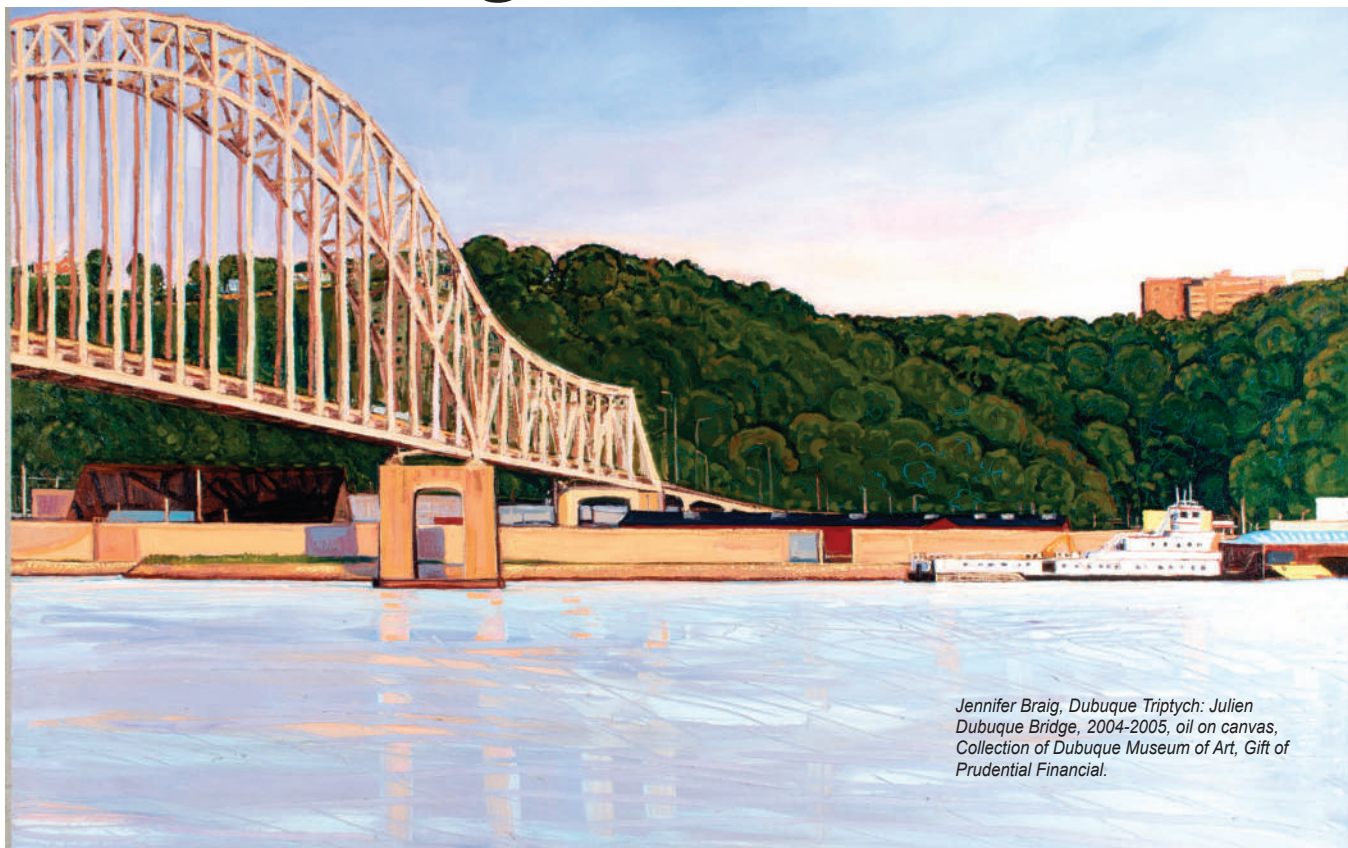
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Dubuque by Design: Celebrating 150 Creative Years



Jennifer Braig, *Dubuque Triptych: Julien Dubuque Bridge*, 2004-2005, oil on canvas, Collection of Dubuque Museum of Art, Gift of Prudential Financial.

Photos contributed by the Dubuque Museum of Art

by Beth Triplett

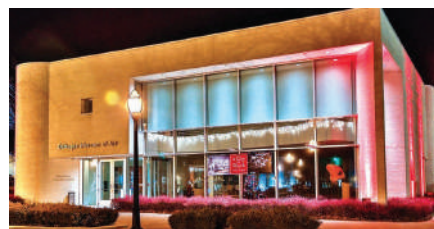
How does an art museum celebrate its history while looking toward its future? The Dubuque Museum of Art is achieving that goal with an exhibition that incorporates all forms of design to tell their story.

Dubuque by Design, featured at the Museum beginning November 2 and running through February 9, showcases the museum's evolution as well as the growth of the Dubuque community through a broad lens of design. The exhibition utilizes a variety of works, all made by Dubuquers, to represent elements of the city.

"We're celebrating 150 years, but core to that celebration is 150 years of constantly moving forward," said Gary Stoppelman, the museum's executive director. "This is intentionally called *Dubuque by Design* because it's about a constant reinvention as well. It's not just a retrospective, it's also asking questions like 'How can design help us build a stronger community of the future?'"

The dual definition of the title, "by design" – meaning both "intentionally" or "through art" – is indicative of the multiple functions of the exhibition. The galleries and outdoor spaces will showcase art to paint a picture of Dubuque's history, giving meaning to both the media and its content.

"It's not just a history exhibition about our past. It's about our creative past. It's looking



DUBUQUE
museum
OF art

FEATURE

at design elements in our history from transportation to graphic design, industrial, professional craftsmen and women, and artisans throughout our history,” said Stacy Gage-Peterson, curatorial director.

The exhibition will include pieces that represent Dubuque’s sometimes-forgotten history in fashion design, automobile engine manufacturing, ship building, mill working, and breweries. It will also acknowledge present-day design from locations such as Trappist Caskets, the Julien Dubuque monument, Loras College Rock Bowl, Fenelon Street Elevator, and Betty Jane’s Candies, as well as the architectural and environmental landscape design of the Bee Branch, Eagle Point Park, and the Arboretum and Botanical Gardens.

“Part of the thesis is that art shows up in everyday and everyday show up in the art. We want people to understand that art is found in our daily lives, in church, in our offices, in some of the industry, and in things we take for granted, like the design of the bridge across the river. It shows up in all of these surprising places,” said Stoppelman.

The museum is utilizing its collection to tell some of the stories as well as borrowing objects and images from different archives around town. They are also working with multiple partners to bring the exhibition to life and have engaged the Art Bridges liaison from the Philadelphia Museum of Art as a guest curator.

“In addition to what you see normally in the



“We’re celebrating 150 years, but core to that celebration is 150 years of constantly moving forward.”

– Gary Stoppelman

Photos contributed by the Dubuque Museum of Art



Janet Ruttenberg, *Dubuque Elevator Poster*, 2014, inkjet on paper, Collection of Jack Wertzberger

museum, you’re going to see a lot of things you don’t normally see. This exhibit really transcends art and what you think of in an art museum,” said Gage-Peterson. “I am excited to have people be surprised by what Dubuque has to offer.”

One partner is the University of Iowa’s design department. Professor Monica Correia’s students used St. Luke’s Tiffany windows as inspiration to create their own designs. Their work will be featured in the museum’s lobby windows to create stained glass designs that will be visible to those who drive by.

“It’s more than painting and sculpture,” said Stoppelman. “So, while all of that is true, this is also taking a broader lens in the art form of design and going way beyond the traditional historic perceptions of what is art.”

This is evident from the museum’s partner-

ship with Klauer Manufacturing, which made one of the first large snow moving vehicles. Its Snogo will be displayed on the lawn outside to celebrate winter design.

Also, on display will be a replica 1906 car from Adams-Farwell, a Dubuque manufacturer who made one of the first automobiles in America, and chairs built by Dubuque’s Farley and Loetscher Manufacturing, which at one time was the largest mill working plant in the country.

“Heritage Works is a partner helping us to think about the story and what we need to bring in, but they are also going to be encouraging us to look differently at some of the detail that surrounds us every day,” said Stoppelman. “I’m excited about how these partnerships not only bring objects into the museum and create new ways of looking at objects that are there, but also take the



William Bunn (1910-2009), *Dubuque III*, 1934, oil on composition board, Collection of Dubuque Museum of Art, Dubuque Art Association Purchase, ND.23



(Top) Courtesy of the collection of the Center for Dubuque History, Loras College. (Bottom) Norman Zepeski, (1920-2010), *Riverboat and Julien Dubuque's Grave*, 2010, watercolor on paper, Collection of Dubuque Museum of Art, Gift of Mary Zepeski, 2010.41



Stephen Gassman (b. 1965-), *Fleur de Lis - Dubuque Pack*, 2004, black and white photograph, Collection of Dubuque Museum of Art, Gift of the artist.

museum to the street.”

Visitors will be asked to contribute things they think of as design and community workshops will address how the practice of good design can help envision a stronger, better city of the future.

Another way the work will expand outside is through a workshop with industrial artist Tamsie Ringler. After a series of community-based workshops on November 2 where people will work with her to design molds, she will use them the following day to pour molten iron and create new works of art in the museum's parking lot.

“And that goes back all the way to the initial genesis of the exhibition,” said Stoppelman. “We want people to see that art isn't only something that hangs in a white cube gallery.”

Dubuque has a long history of celebrating art, culture, design, and making. The museum's foundation began in 1874 as the Dubuque Art Association, making it Iowa's first cultural institution. Initially, community leaders collected subscriber's fees to purchase art, then held public exhibitions in private homes and a variety of locations throughout the city for others to view it.

“There was this group of people back at that time, early citizens of Dubuque who were interested in culture. They had artwork they wanted to share with each other and wanted to do it in a social setting, and then it just continued,” said Stoppelman. “It says a lot about Dubuque that they cared about art in the 1800s. So that it has kept going through all of those times, and now we're at 150 years to celebrate and look back on that

creative history of Dubuque – I think it's pretty significant.”

As the Association grew, it shared a facility with the Carnegie-Stout Public Library and then was located in The Barn (Slattery Center) and the Old County Jail on 8th Street. The Association renamed itself to the Dubuque Museum of Art in 1996 and moved to its current location on Locust Street in 1999. Today, design plans are underway to build a new arts campus at the site, further solidifying the museum's role in the community.

To view the *Dubuque by Design* exhibition, visit the Dubuque Museum of Art, 701 Locust Street (Dubuque). The museum is open Wednesday-Saturday, 10 AM – 4 PM and Sunday 1 PM – 4 PM. For more information visit Dbqart.org or call 563-557-1851. ♦

How to Invest 5% Forever

by Jeff Danna

In planning your estate, you can take care of your family while also investing in your community

When Dubuque residents Jim and Jean Gantz began making their estate plans, they knew they wanted to ensure that after they passed, their adult children would be taken care of. Like many families, they set aside portions of their assets to transfer to their children.

They also knew they wanted to support the community that has supported them. After developing a plan for their children, Jim and Jean made a plan for Dubuque. As a result, a portion of their assets will transfer to endowment funds at the Community Foundation of Greater Dubuque to support causes and organizations they care about.

“In planning for our children’s future, we learned that we could get life insurance for reasonable premiums and use required minimum distributions from individual retirement accounts to pay the

Why It Matters



Often, people who inherit family assets live in or move to another city and/or state. As a result, **these assets leave our community.**



Once these assets leave Dubuque, **they are gone forever.** However, once a portion is endowed with the Community Foundation, it will **remain in Dubuque forever.**



Setting aside 5% in charitable endowment funds will have a positive impact on our community and on you, thanks to generous **tax benefits.**



These endowed assets will be invested and grow forever, paying out a portion of their earnings to address community issues, strengthen local institutions, and **improve the quality of life** for our children and grandchildren.

insurance premiums,” says Jim, retired owner of a fourth-generation family business. “Now, the policies are owned by the Foundation, and they will support community needs for generations to come.”

HOW IT WORKS

Jim and Jean are part of a local and national movement to earmark a portion of their estate for charitable endowments. A new study by the University of Minnesota and Iowa Council of Foundations* shows that in Dubuque County alone, nearly \$1 billion is projected to transfer from one generation to the next in the coming decade. If everyone designates just 5% of their assets for the community, over \$46 million would be retained for the benefit of Dubuque residents over the next 10 years.

By contributing 5% to community endowments, these funds would be invested and grow forever. They will pay out as much as \$55 million after 20 years to support the Dubuque region - and continue paying out forever. Payouts could help communities address issues like education, childcare, and access to basic needs; support the work of local nonprofits; and jumpstart projects.

“Many of us who have lived and thrived in Dubuque consider this community to be part of our family,” says Nancy Van Milligen, president and CEO of the Community Foundation. “Taking care of the next generation doesn’t mean choosing between our children and our community - we can leave a legacy for both.”

PARTNERING FOR COMMUNITY IMPACT

Planning your estate, creating a will, and leaving a legacy can seem like daunting tasks. That’s why the Community Foundation has a long history of helping people navigate this process and identify charitable causes that align with their values.

The Foundation is a partner to anyone who wants to invest in the place they love. It works with charitable-minded people to open funds that support causes they care about or contribute to existing funds that address an array of local issues, such as education, arts and culture, and access to basic needs.

The Community Foundation hosts 400 endowment funds that pay out to local nonprofits every year. For organizations in the community, these funds are lifelines, paying



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out an annual percentage so they can meet the needs of all people in our region. Since the Foundation opened its doors in 2003, these funds have paid out \$75 million to nonprofits, including \$4.8 million this year.

“My wife, Laura, and I were able to do well here, we want our kids to do well here, and we want others to do well here,” says Dubuque resident Chad Chandlee, president and chief operating officer of Kendall Hunt Publishing and a longtime Community Foundation supporter. “The Community Foundation understands the issues facing the community and is a catalyst in drawing everyone together to address them. They listen to our ideas and guide us in finding opportunities to have an impact.”

NEXT STEPS

Many people work with professional advisors – such as attorneys, accountants, financial planners and planned giving officers – to develop a will and create an estate plan. In these documents, people commonly name relatives as heirs, and they also can designate charities as beneficiaries.

The challenge with naming charities, though, is that it can be difficult to understand where assets can have the greatest impact. That’s where the Community Foundation comes in.

Because the Foundation works closely with nonprofits and analyzes local data, it has a deep understanding of community needs and where charitable gifts can make a difference. The Foundation partners with individuals and their professional advisors to share insights about community needs and how gifts can be more than just a one-time benefit – they can be a lasting investment in the community.

Virtually any asset – including real estate, retirement accounts and securities – can be transformed into community impact, and gifts of any amount can make a difference

How It Works

\$46M

Amount of new endowment funds after 10 years if each household sets aside 5% for charitable giving

\$55M

Annual payouts from endowments after 20 years for communities to address local needs



Contributed photo



“The Community Foundation understands the issues facing the community and is a catalyst in drawing everyone together to address them. They listen to our ideas and guide us in finding opportunities to have an impact.”

– Chad Chandlee

for many. Plus, the Community Foundation offers complimentary estate planning services with Johni Hays of Thompson & Associates, which can complement the partnership an individual has with their personal advisor. Johni is a nationally recognized expert in planned giving and works with people to create plans that reflect their values. Individuals can then take these plans to their professional advisors who can build them into a will.

“Our goal is to be able to make a difference with our legacy, even if our estate is not as large as some,” says Kim Roush, a Dubuque real estate agent who, with her husband, Doug, supports the Community Foundation. “Johni Hays gave us the information and opportunity to make a greater impact than we thought we could.”

Planning a legacy to the community starts with a simple call or email. The Foundation’s expert staff can be reached at 563-

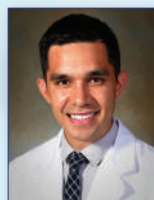
588-2700 or office@dbqfoundation.org. Or, visit Dbqfoundation.org/give to find more information about charitable giving opportunities.

* Winchester, Benjamin and Aiden Opatz (April 2024). Transfer of Wealth Opportunity: State of Iowa Full Detailed Study. University of Minnesota Extension Department of Community Development

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

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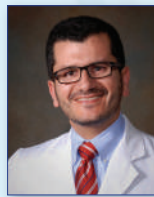
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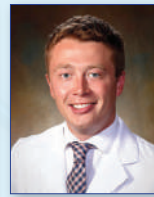
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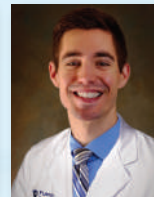
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FOUR STRATEGIES TO MAXIMIZE YOUR CHARITABLE GIVING

Many investors care deeply about giving back to their communities, and they often do so through traditional monetary gifts. While cash can be an easy and convenient vehicle to support your favorite nonprofits, there are other gifting strategies that may help maximize the value of your generosity and provide tax advantages. Here's an overview of four strategies that may be worth exploring.

1. GIFT HIGHLY APPRECIATED STOCKS OR OTHER ASSETS

If you hold stocks or other investments for more than one year that have gained value, you may consider liquidating the asset to make a charitable donation with the proceeds. However, doing so may result in a taxable long-term capital gain. One potentially more efficient way to maximize the value of your donation is to give appreciated stock directly to a qualified charity. The charity would receive an asset it can continue to hold or immediately sell, and you would not generate taxable income from a sale of the asset prior to the donation. Additionally, the



market value of the stock at the time the gift is made is generally deductible from your adjusted gross income if you itemize your deductions (subject to income-based limitations). Check to ensure the charity accepts this type of donation before exploring it as a financial strategy.

2. ESTABLISH A CHARITABLE TRUST



Another way to consider gifting assets is to set up a charitable trust. Trusts can help you manage highly appreciated assets in a more tax-efficient manner while, in some cases, allowing you to split assets among charitable and non-charitable beneficiaries. The timing of each gift and the flexibility you want dictates the type of trust that works best. With a Charitable Lead Trust, a charity is funded with income from assets placed in the trust for a specified time. After that time, the remaining assets revert to other named beneficiaries, such as your heirs. In a Charitable Remainder Trust, the reverse occurs. The trust makes regular income payments back to you or another beneficiary. After a time specified in the trust, the remaining assets are directed to the named charities. These trusts have specific rules and are generally established through a professional. An alternative option is to choose a donor-advised fund, which allows you to make a large donation that may be immediately deductible from taxes but gives you the flexibility to recommend gifts to charities spread out over a period of years. Work with your attorney or tax professional for additional information on what may be appropriate for your circumstances.

3. MAXIMIZE DONATIONS THROUGH YOUR EMPLOYER

Workplace giving campaigns are becoming increasingly popular. Your employer may offer the convenience of making contributions through payroll deductions, allowing you to



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give systematically with each paycheck. In addition, your employer may match a certain donation amount, which can add to the impact your gift makes. If you have access to these or other workplace giving programs, check to see if the charities you care about are eligible to receive this type of donation.

4. MAKE A CHARITABLE INDIVIDUAL RETIREMENT ACCOUNT (IRA) DONATION

If you have reached age 70 ½ or wish to wait until the age at which you are required to take distributions from your traditional IRA each year, but you don't need the money to

meet your essential and lifestyle expenses, you may prefer to avoid the resulting tax bill. An alternative is to take advantage of the Qualified Charitable Distribution rule. It allows you to transfer funds directly from your IRA to a qualified charitable organization. This is a tax-efficient way to shift up to \$100,000 in 2023 or up to \$105,000 in 2024, out of an IRA. By doing so, you may avoid having to claim income (and subsequent tax liability) since you would not receive the required distribution. If you have not yet reached the age at which you are required to take distributions, you may want to consider this strategy as part of your retirement plan. To determine when required distributions will start for you (based on your birth year), visit IRS.gov.

As you consider these charitable giving along with other gifting strategies, consult with your financial advisor and tax advisor. These professionals can help you evaluate the choices to ensure the gifts you make are most effective for your goals and consistent with your overall financial plan.

StackStone Wealth, is a private wealth advisory practice of Ameriprise Financial Services, LLC in Dubuque, IA. To contact StackStone Wealth, visit StackStoneWealth.com or call 563.556.7132. ♦

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HOW TO FIND A GOOD DOCTOR

by Jim Miller

Finding and researching doctors is a lot easier than it used to be. Today, there are variety of websites you can turn to that provide databases of U.S. doctors, their professional medical histories, and ratings and reviews from past patients on several criteria. Here are some good sites to help you get started, along with a few additional tips that can help you find the right doctors.

SEARCHING TIPS

To help you locate some good doctors in your area, a good first step is to get referrals

from trusted friends, along with any doctors, nurses or other healthcare professionals you know.

You also need to check your insurance provider. Call your insurer for a list of approved doctors or ask whether the doctor you're considering is in-network.

If you are enrolled in original Medicare, you can use the care compare tool at [Medicare.gov/care-compare](https://www.medicare.gov/care-compare) (click on "Doctors & Clinicians.") This will let you find doctors by name, medical specialty or by geographic location that accept original Medicare. If you are enrolled in a Medicare Advantage plan, call or visit the plan website to get a list of approved candidates.

Once you find a few doctors, you need to call their office to verify that they still accept

your insurance, and if they are accepting new patients.

You should also consider hospital affiliation. Your choice of doctor can determine which hospital you go to, if needed, so find out where the doctor has admitting privileges. Then use some hospital ratings services like [Medicare.gov/care-compare](https://www.medicare.gov/care-compare) (click on "Hospitals") to see how it compares with other hospitals in the area.

RESEARCHING DOCTORS

After you find a few doctors you're interested in, there are various websites you can consult, to help you evaluate them. For example, the Federation of State Medical Boards offers a tool at [DocInfo.org](https://www.docinfo.org) that will let you find out doctor's board certifications, education, states with active licenses, and whether or not a physician has been disciplined by a state medical board.

The Centers for Medicare & Medicaid Services (CMS Data) is also a good source for researching doctors. For example, it will help you find out how many times a doctor did a particular procedure and what they charge for it – go to [Data.CMS.gov/tools](https://www.cms.gov/data) and click on "Medicare Physician & Other Practitioner Look-up Tool." And to learn about the financial relationship that doctors have with drug and medical device companies, visit [OpenPaymentsData.CMS.gov](https://www.cms.gov/medicare/physician-and-other-practitioner-look-up-tool).

Some other good sites for finding and researching healthcare professionals include [Healthgrades.com](https://www.healthgrades.com) and [Vitals.com](https://www.vitals.com).

Both sites provide substantial doctor's information on education and training, hospital affiliations, board certification, awards and recognitions, professional misconduct, disciplinary action, office locations and accepted insurance plans.

They also offer 5-star ratings scales from past patients on issues such as communication and listening skills, wait time, time spent with the patient, office friendliness and more. But be aware that while physician rating websites can be helpful, they can also be misleading and unreliable.

Jim Miller publishes the Savvy Senior, a nationally syndicated column that offers advice for Boomers and Seniors. ♦

Questions and comments can be emailed to comments@juliensjournal.com.



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

Souposium Series: Tools for Repairing Life's Relationships

Sunday, November 3 @ 6-7:30 PM

The "Souposium" is a mini-symposium held over a light soup and bread meal and addresses strained relationships in our world today. RSVP by October 31.

Pray for Peace in the U.S.

Monday, November 4 @ 7-8 PM

Readings, songs, contemplative silence, and prayer for a peaceful Election Day.

Chakradance

Tuesdays, November 5, 12, 19 & 26 @ 6-8 PM

Chakradance uses spontaneous dance for the purpose of healing and retuning. Registration required.

Friendsgiving Fundraising Event

Wednesday, November 6 @ 5-9 PM

Darkbird Taphouse, Peosta, IA is hosting a Donation Tip Night to help support the Ministry of Shalom Spirituality Center.

Meditation & Music

Monday, November 18 @ 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 with Deb May

Wednesday, November 20, 11:30 AM-12:30 PM

November's theme is balance core strength. Registration required.

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

No Limb-its Amputee Social & Support Gatherings

Monday, November 4 @ 4-5:30 PM

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

Prenatal Yoga, 5-week Series

Mondays, November 4 through December 2 @ 5:30-6:30 PM

Practice openness, breath, and surrender. Prepare mind, body, and spirit for birth and motherhood.

Your Birth: Beyond the Basics

Mondays, November 4-18 @ 6:30-8:30 PM

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

Living Well Series

Thursday, November 7 @ 5:30-7:30 PM

November focus is blood sugar management.

Milk Parties

Mondays, November 11 & 25 @ 9:30-10:30 AM



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

Monthly Book Discuss

Thursday, November 14 @ 5:30-6:30 PM

This month features *Self-Love Workbook for Women*.

NEWS



SUNSHINE HOLIDAY FAIR

UnityPoint Health-Finley Hospital will host the Sunshine Holiday Fair on Sunday, November 3, from 10 AM-3 PM, and Monday, November 4, from 7 AM-1 PM.

The holiday fair will showcase a variety of items such as homemade baked goods, floral arrangements, holiday decor, handmade items such as advent calendars, gifts and jewelry, RADA cutlery, and more. The event will be held at Finley Hospital's auditorium and Sunshine Gift Shop.

The Sunshine Circle has been raising funds for Finley Hospital supporting patients' needs since 1889.



CRESCENT RECEIVES RECOGNITION

Crescent Community Health Center (Crescent) received three Community Health Center Quality Recognition (CHQR) badges from the Health Resources and Services Administration. They were awarded the Bronze Health Center Quality Leader, Addressing Social Risk Factors to Health, and Advancing Health Information Technology (HIT) for Quality.

Health Center Quality Leaders achieve the best overall clinical quality measure (CQM) performance among all health centers. They are recognized in the following tiers: Gold (top 10%), Silver (top 11%-20%), or Bronze (top 21%-30%).



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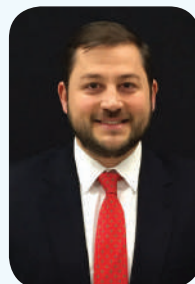


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HILLS & DALES LEADERSHIP ANNOUNCEMENTS

Hills & Dales recently named the following individuals to their governing boards for the 2024-2025 term.

Hills & Dales Board of Directors: (pictured in order) President, **Tony Pfohl**, The Fischer Companies; Vice President, **Bradley Kemp**, MidWestOne Bank; Treasurer, **Nicole Johnson**, PSSI; Secretary, **Judy Lochner**, community volunteer; Past President, **Charlie Hartig**, Hartig Drug, Inc. Members-At-Large: **Dr. John Callahan**, Medical Associates Clinic; **Eric Foy**, HTLF; **Clare Gill**, Dubuque Area Chamber of Commerce; (not pictured) **Al Krueger**, Community Volunteer; **Dustin Manternach**, Peninsula Pacific Entertainment; **Chris Theisen**, Theisen's Home*Farm*Auto; and (not pictured) **Jim Weber**, community volunteer.



Jamie Barwick Hills & Dales Foundation Board of Directors: President, **Mike Ruden**, Origin Design; Vice President, (not pictured) **Craig Schaefer**, Loras College; Secretary/Treasurer, **Jan Powers**, community volunteer; Past President, **Keith Sindberg**, TRICOR Insurance. **Members-At-Large** (not pictured): **Tom Fogel**, Mulgrew Oil Co.; **Brian Kane**, Kane, Norby & Reddick P.C.; **Rob McDonald**, A.Y. McDonald; **Nick Patrum**, Dubuque Bank & Trust; **Tony Pfohl**, The Fischer Companies; **Tori Richter**, community volunteer; **Wendy Scardino**, National Mississippi River Museum & Aquarium; and **Natalie Schramm**, Peninsula Pacific Entertainment.



The Addressing Social Risk Factors badge recognizes health centers that increase the percentage of patients who received enabling services between the last two reporting years.

The Advancing Health Information Technology (HIT) for Quality badge recognizes health centers that meet all criteria to optimize HIT services. Eligibility is calculated using 2023 data.

FOUNDATION ANNOUNCES NEW DIRECTOR

The Finley Health Foundation announced the addition of **Amy Schauer, MAC**, to their team as the new director of development.

Schauer brings over 20 years of nonprofit experience to Finley Hospital, and will be responsible for major gift fundraising, planned giving, and securing grant awards. She most recently served as the executive director of the Stonehill Benevolent Foundation in Dubuque. While there, Schauer created and directed the fundraising campaigns that raised \$8 million in project support. She is a member of the Dubuque Chapter of the Association of Fundraising Professionals, is a current board member of the Foundation for Dubuque Public Schools, and serves on the Park and Recreation Board for the City of Asbury.

The Finley Health Foundation provides financial support to UnityPoint Health-Finley Hospital and the Dubuque Visiting Nurse Association via ongoing fundraising activities, including the cultivation and solicitation of gifts from private individuals and families, area corporations, foundations, and government entities that can be used to support operations, clinical programs, and major capital projects.

STONEHILL HIRES DIRECTOR

Stonehill Communities has hired **Rachel McDermott** as director of health and wellness. This position oversees the Stonehill "At Home" program, which offers non-medical home care to individuals in their own homes, as well as Stonehill's 9,000-square foot wellness center that is open to the public.

As director of health and wellness, McDermott's role involves ensuring residents have a smooth transition from inpatient post-

acute care to outpatient services, assisting with outpatient and wellness services, and managing home care services that enable older adults to age in place safely. She is a licensed physical therapy assistant with 25 years of experience in physical therapy in long-term care.



McDermott previously worked on the Stonehill campus as director of rehabilitation through select rehabilitation and owned a home care business for six years.

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

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Photo contributed by Southwest Health

MEETING PATIENTS WHERE THEY ARE

Across the tristate and at local hospitals, everyone is seeing a significant increase in the number of people needing immediate care and not being able to wait weeks for an appointment. If you don't have a primary care provider, like a third of Americans, relying on urgent care can feel like your only option to be seen by a provider or referral to see a specialist. But there are a few areas of care that patients may expect short turnaround times for appointments either due to concerns or pain.

PREGNANCY

Throughout pregnancy, you will experience many symptoms, feelings, and emotions. That's a good thing. The goal is to provide you (and your baby) with exceptional, personalized care. Each trimester is different for each person, so not everything described applies to every pregnancy. If unsure, you should always contact your pregnancy provider with any questions or concerns. That's why it's essential to have a provider that you can meet with when you have concerns.

PODIATRY

Podiatry is the diagnosis and treatment of in-

juries, diseases, and other medical conditions of the feet, ankles, and lower legs. Because many ailments and diseases that affect this area of the body have similar symptoms, it is important to work with an expert in podiatry. A podiatrist's focus is the health of your feet, ankles, and lower legs, allowing for a thorough diagnostic screening and comprehensive treatment.

EAR, NOSE AND THROAT

Otolaryngologists, also known as Ear, Nose, and Throat providers, treat diseases and disorders that affect the ears, nose, throat, respiratory and upper alimentary systems, and

related structures of the head and neck. An ENT is a surgeon who provides comprehensive medical and surgical care for patients of all ages who are affected by diseases and lesions "above the shoulders," except for visual and eye-related disorders (ophthalmology) and lesions of the brain (neurology).

If you want to make an appointment with any of the providers listed above at the Kieler Clinic, call Southwest Health at (608) 568-3107. Or, if you need to make use of Southwest Health Kieler Clinic's walk-in care, visit 3695 Prism Lane in Kieler, Wisconsin, Monday through Friday from 4 to 7 PM and Saturdays from 8 AM to 3 PM. ♦

This article was provided by Southwest Health. For more information visit their website at SouthwestHealth.org.

Comments on this article can be emailed to Comments@JuliensJournal.com.

RESTAURANT REVIEW Taste

PIZZA RANCH OFFERS GREAT FOOD AND GIVES BACK TO THE COMMUNITY

by Cassie Cate

To the average person, Pizza Ranch may seem like a typical family restaurant where diners can get a good meal that pleases the entire family, but if you look beyond the western décor and through the buffet line, a story of faith and love emerges. Through crispy chicken and cheesy pizza, Pizza Ranch's ultimate goal is to glorify God and give back to the community by not only serving up dinner, but also providing several ways to give back to the community.

Pizza Ranch's humble beginnings go back to a nineteen-year-old boy in Hull, Iowa, by the name of Adrie Groeneweg. On December 21, 1981, Groeneweg's father Bill encouraged him to open the first ranch, which became such a success, that in 1984 he was asked to franchise. This Pizza Pie in the sky dream has now expanded to more than two hundred franchise locations spanning fourteen states.

The mission of Pizza Ranch is simple- glorify God by positively impacting the world. This pay-it-forward attitude the Groeneweg's have worked so hard to embody is evident in a multitude of ways. To begin, diners will notice the comforting Christian music that echoes throughout the dining room at the ranch. This helps provide a relaxing feeling that points back to the God Pizza Ranch looks to glorify. Within the restaurant Pizza Ranch also provides Community Rooms that can be utilized to help support local causes and meetings.

Pizza Ranch also encompasses praise and worship at their national conference, as well as offering prayer for those who request it. There are opportunities for team members to go on Mission Trips and serve. Weekly a group of employees at the Pizza Ranch Support Center



Pizza Ranch Dubuque has a convenient pick-up window for those wishing to dine at home. Inside includes a buffet that begins with a salad bar and ends with drinks and dessert. Above: The Fun Zone offers a great place to host birthday parties or provides a great way to just have fun any night of the week!



The buffet at Pizza Ranch is a great way to enjoy dinner “Your Way” by requesting the pizzas you would like to see.

gather to pray over the requests, praying over thousands of people. The company also communicates through a blog at Pizzaranch.com/blog where stories of community impact are shared and celebrated.

Giving back to the surrounding community is a vital part of Pizza Ranch’s success, not in financial profit, but in seeing the impact on the surrounding community. Pizza Ranch is always happy to donate to local causes through online requests. They also provide fundraisers of take and bake pizzas and Fun Zone activity cards. Dubuque’s manager, Tony Powers, shared they have donated a multitude of buffets, pizzas, and lunches and are happy to continue this sharing. He also shared the success of Community Impact Nights where ten percent of the night’s profits are given back to the cause it is supporting that evening.

Another partnership the company has made is with the Tesfa Foundation. After the Groeneweg’s adopted two boys from Ethiopia, they discovered the vast need for more educational opportunities in this country. Working with the Tesfa Foundations, the chain began to put the need of the country together with the amazing coffee raised there. Through this partnership, Pizza Ranch utilizes the coffee it serves to provide education and literacy to the Ethiopians through hope, which means Tesfa in the Ethiopian language.

The mission of Pizza Ranch extends into its Vision to “give every guest a legendary

experience.” Locally, the Dubuque Ranch has been open since 2002 and has been serving satisfaction to the Dubuque community ever since. The focus of Pizza Ranch is to take care of their guests, serve cravable food, give service from the heart, provide a great value, have a comfortable environment, and be engaged in the community.

Pizza Ranch provides an assortment of Pizzas, but it is also known for its delectable chicken. Inside the restaurant, diners can order from a menu or choose to eat from the buffet. In Dubuque, around ninety percent of dine-in customers choose to saddle up for the buffet experience. The buffet is offered from 11:00 AM to 8:00 PM with different pricing based on lunch, dinner, and weekends. Customers will not be disappointed by the numerous offerings of salads and sides, chicken, pizzas, and desserts. One unique feature of the Pizza Ranch Buffet is their signature “Buffet Your Way.” With this offering, diners can request a specific pizza if it is not being served on the buffet, and they will even be given the opportunity to enjoy the first few slices of their request.

Multiple ranch inspired pizzas adorn the menu. Customers can choose from a few of the best sellers like the Stampede, a combination of meats and vegetables, the Bronco, a meat lover’s must, or the Buffalo Chicken, dressed with ranch and hot sauce. Other favorites include the vegetarian’s Prairie, the Texan Taco, and the BLT. Of course, creativity also prevails with a Bacon Cheeseburger,

Mac and Cheese, and a BBQ Chicken Pizza. Chicken Dinners are also available and include fried chicken with an array of sides to choose from, including mashed potatoes, waffle fries, ranch wedges, and beans. They also serve up wings, dessert pizzas, cactus breads, and various other sides.

Dubuque customers can also enjoy the Fun Zone, which opened in February 2021. Inside customers of all ages can enjoy a variety of arcade games and earn redemption prizes. The Fun Zone offers fun any day of the week, but it also offers a great place to have a party. Pizza Ranch has three levels of party packs, including bronze, silver, and gold. Each option comes with its own offerings, and includes pizza, drinks, and ice cream, as well as Fun Zone cards, tableware, and gift bags for guests.

Pizza Ranch does not have to be enjoyed on the ranch; it can also be ordered for carry out or delivery. Customers can even order a buffet option for carry out. There are always several local deals and coupons that can be utilized for an affordable dining option.

If you are looking for something to eat that can tame a ranch sized appetite and offer something for the whole family, Pizza Ranch is a great option for a delicious meal that goes beyond the plate. ❖

Pizza Ranch is located at 2020 Radford Road and is open daily from 11:00 AM to 8:00 PM.

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

SIPS & TIPS Taste

Article and photo by
John B. Donovan



THANKSGIVING WINES

"Drinking good wine with good food in good company is one of life's most civilized pleasures."

— Michael Broadbent

I couldn't agree more with the above quote. This is one reason TeamWine gets together once a month to taste wine, so you get the benefit of at least four noses and palates reviewing the wines that end up in the column. While we take the task seriously, we also have a good time. This month we met in the Tri-State View shelter in Eagle

Point Park on a spectacular afternoon. A slight breeze kept the bugs at bay so we could sniff and taste without pests. Both wines would go well with any Thanksgiving dinner you might assemble. Both are low in alcohol, which will be nice if some of your guests will be driving home later. I think you'll see we heartily recommended both wines.

A Galena Cellars Late Harvest Riesling (9%abv - \$24.99-Galena Cellars) was so enjoyable to sip.

SIPS

We began with our white, though it might be better served with a dessert at the end of the meal. A Galena Cellars Late Harvest Riesling (9%abv - \$24.99-Galena Cellars) was so enjoyable to sip. The color was ever so slightly tinted lemon yellow. The aroma gave us pineapple, lemon warm peaches, apricot and some



lychee. The full-bodied wine offered a silky sweetness on the palate. Flavors followed the nose with apricots, cooked peach cobbler, honey, canned peaches, lemon curd or pineapple. It had the viscosity of a Sauterne, but a bit of acidity was present, which gave the wine a bit of zestiness. This wine could be served along with an appetizer of soft cheeses, or it would pair nicely if you are serving a seafood chowder or similar soup. Going back to the dessert thought, a pecan

The nose was a bit sharp with aromas of cherry, tart cranberry (good for Thanksgiving), cedar and strawberry.

pie would be a killer match for this golden liquid. This will be on several of TeamWine members Thanksgiving tables!

Our red was a 2022 Les Lunes Zinfandel (12.5% abv - \$29-EJ's Wine Shop) from Mendocino County in California. This wine will make you rethink what you know about Zinfandel. A lovely light garnet color greeted us as this was poured into our glasses and the sunshine shone through. The nose was a bit sharp with aromas of cherry, tart cranberry (good for Thanksgiving), cedar and strawberry. The sharpness and minerality gave a foretelling of the medium to high acidity of the wine. It was not unpleasant, but very noticeable. Tannins were rustic and not well integrated. We felt the tannins may soften with time as we did think this would

be an age-worthy bottle. Flavors on the palate included forest floor, cigar, tart cherry and white pepper. This wine did better with food and would go well with a game bird or a pork loin with fennel. The acidity and tannins would also pair well with any spicy food you might be serving. If you mention this article, you will receive a 10% discount on this wine at EJ's.

TIPS:

If you are not cooking this Thanksgiving and are guesting (is that a word?) with friends, and you are thinking of taking wine; here are the rules!

If you expect to drink the wine with Thanksgiving dinner, call ahead so you can take something that pairs with the dinner being served.

If you expect to drink the wine with Thanksgiving dinner, call ahead so you can take something that pairs with the dinner being served.

If you do take wine, be sure to take enough for everyone.

If you do not call ahead, do not expect to open your bottle. Your bottle then becomes a gift to the hostess to be consumed at a later date, of their choosing!

Enjoy the wine that is being served with dinner, you are the guest. Who knows, you just might be surprised with a new wine you haven't had before!

Have a wonderful Thanksgiving. If you don't know what to get for your own dinner, stop by your favorite adult beverage retailer and ask someone. They will be more than happy to help you find the right wine, or other beverage to make your Thanksgiving or party perfect!

Salut ♦

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

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Business & Community News

OPENING DOORS EXECUTIVE APPOINTED TO NATIONAL BOARD

Carol Gebhart, executive director at Opening Doors, has been appointed to the board of the National Women's Shelter Network.

The National Women's Shelter Network's mission is to build safer, brighter futures by preventing and ending homelessness across the country. Their work transforms lives, turning the trauma of homelessness into opportunities for growth, stability, and a fresh start.

Gebhart's leadership and unwavering passion for this cause perfectly align with the Network's vision. This opportunity will enhance knowledge and expand connections as well as empower the organization to better serve the women and children at Opening Doors.



DUBUQUE FOUNDATION RECEIVES GRANT

The Community Foundation of Greater Dubuque has received \$60,000 in grant funding from the Bureau of Iowa College Aid to lead Attendance Matters, a Local College Access Network (LCAN) addressing chronic school absenteeism in Allamakee, Clayton, Dubuque, and Jackson Counties.

The rate of chronic absenteeism has risen dramatically and has more than doubled since 2019. Students who miss 10% or more of school days are considered chronically absent. That is the equivalent of just two days per month or 18 days per year.

Attendance is an issue among all students, but several student populations, including English learners and Pacific Islanders, experience chronic absenteeism at significantly higher rates than others. In 2022 46.9% of English learners and 68.8% of Pacific Islanders throughout the four counties were chronically absent, compared to 26.4% of all students.

The Attendance Matters LCAN will focus attention on these populations in part because of the Dubuque region's trending population shifts. It builds on the work of the Community Foundation's Every Child Reads initiative, which focuses on improving reading proficiency by the end of third grade. School attendance, along with summer learning and school readiness, is one of the pillars of the initiative.

As part of the Attendance Matters LCAN, the Community Foundation is convening a coalition of nonprofit and educational partners, with a shared community goal of reducing chronic absenteeism by 4%.

NATIONAL NEWS HIGHLIGHTS CREDIT UNION

CBS recently spotlighted Dupaco Credit Union's proactive approach to fraud prevention in a special segment titled, "Anything for Money: Inside America's Scam Epidemic." The segment aired on CBS Mornings, Wednesday, September 25.

CBS News Chief Investigative Correspondent, Jim Axelrod, visited Dupaco's operations center in Dubuque and conducted an in-depth interview with Jill Gogel, vice president, fraud services at Dupaco. The segment can be viewed on YouTube.

During the interview, Axelrod explored the critical work Dupaco undertakes daily to advocate for, educate, and protect its members from fraud and scams. Gogel highlighted several proactive measures, including regular staff training, educational blogs and newsletter articles, all designed to arm employees and members with the knowledge to identify and prevent fraud before it occurs.

Dupaco, along with other credit unions, recognizes fraud and financial exploitation as serious and growing threats that can cause significant harm to their members.



PICKLEBALL COMING TO FIVE FLAGS

Five Flags Center announced the opening of their brand-new pickleball courts on November 2. Get ready for an action-packed experience that promises fun for players of all skill levels.

The facility will feature eight courts available for hourly reservations. Seats and concessions will be made available for spectators. Sign-up is free; however, all players are required to register and sign a waiver. Five Flags Center will have paddles and balls on-hand for players who do not have their own.

GDDC RECEIVES AWARD

Greater Dubuque Development Corporation (GDDC) received a 2024 Excellence in Economic Development Award from the International Economic Development Council (IEDC). The award was bestowed specifically for the organization's work in the Public-Private Partnership category for impacting a population size of 25,000-200,000 residents. Greater Dubuque Development was acknowledged and honored at the IEDC 2024 Annual Conference in Denver, CO.

Every year IEDC looks specifically for economic development organizations, government entities, initiatives, and programs that have demonstrated consistent, exemplary performance in the economic development profession, leading the execution of projects that have a significant impact on revitalizing communities, and playing a major role in shaping and improving the practice of economic development.



DCHS RECEIVES GRANT

The Dubuque County Historical Society (DCHS) and its National Mississippi River Museum & Aquarium has received a \$33,600 grant award from the Iowa Department of Natural Resources' Resource Enhancement and Protection Conservation Education Program (REAP CEP). Funding will support the development, implementation, and evaluation of the William Woodward Mississippi River Center's "Prairie and Floodplain" interpretation and programs.

This project is one component of a broader 11,000-square-foot renovation underway with anticipated completion in 2025. This new exhibit will advance the River Museum's strategic plan to refresh spaces and redefine conservation learning experiences. The interpretation delivered through the exhibit will establish critical messages of conservation, integrate environmental history, and promote stewardship of land and water.

REAP provides \$350,000 in annual grant support to conservation education organizations across the state of Iowa. Supported by the state of Iowa, REAP provides funding to public and private partners for natural and cultural resources projects including water quality, wildlife habitat, soil conservation, parks, trails, historic preservation, and more.

The River Museum has received critical funding support from REAP CEP since 2007, totaling more than \$204,500 in support of 17 projects including exhibits, outreach programs, species propagation, a teens conservation program, and more.

DSO ANNOUNCES AUDITIONS

The Dubuque Symphony Orchestra will be holding auditions for the following

vacancies: principal timpani and principal percussion. Auditions will be held Friday, December 6, at Five Flags Theater. Applications are due by Monday, November 25.



Under the direction of Maestro William Intriligator, the Dubuque Symphony Orchestra creates exceptional live musical experiences that challenge and inspire audiences. Their mission is to engage the tri-state community and enrich its quality of life through musical performances and educational programs. They strive for artistic achievement, innovation, and commitment to the community.

For excerpt list and application forms, please visit DubuqueSymphony.org.

Send in your new staff member or those receiving a promotion. They deserve to be recognized. Email a description on high resolution photo to Juli@JuliensJournal.com.

Faces in Business

NICC NAMES VP

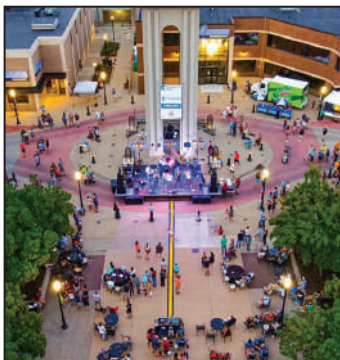
North-east Iowa Community College (NICC) Executive Director of Finance Lexi Wagner has been



named the new vice president of finance and administration. The Board of Trustees approved her promotion in its meeting in September. Wagner replaces the position created after the board named Dave Dahms interim president last month.

Wagner joined NICC in 2017 and managed the accounting and finance responsibilities for the finance department. She started as a financial accountant and earned a promotion to director of finance. Through active succession planning and department growth, Wagner was named executive director of finance in June 2022.

Wagner holds a bachelor's and a master's degree in accounting from UNI and Certified Public Accountant (CPA) licensure. The new vice president has extensive expertise in community college accounting and financial reporting requirements, as well as a solid understanding of NICC's financial and operational structure.

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DUBUQUE ARTS COUNCIL JOHN DENVER CHRISTMAS.....	14
DUBUQUE ARTS COUNCIL CELEBRATING SINATRA	8

DUBUQUE SYMPHONY ORCHESTRA HOLIDAY CONCERT	14
DUTRAC COMMUNITY CREDIT UNION ..	29
EAGLE POINTE PLACE	35
FIVE FLAGS CENTER NOVEMBER PERFORMANCES.....	4
FUERSTE EYE CLINIC.....	27
GATEWAY APPLIANCE	20
GRONEN-MERRY MILLWORK MARKET....	5
HOTEL JULIEN DUBUQUE THANKSGIVING AT CAROLINE'S.....	7
MEDICAL ASSOCIATES	IFC
MIDWESTONE BANK	26
MISTLETONES/ SNOWBIZ	15
MODERN PIPING	25

MOONDOG MUSIC.....	6
MOUNT CARMEL BLUFFS.....	33
NAMASTE	6
NATIONAL FARM TOY SHOW.....	6
O SO GOOD WINERY	40
OHNWARD FINE ARTS CENTER JOHNNY & JUNE COUNTRY XMAS	8
PIZZA RANCH.....	30
RUNDE AUTO GROUP.....	29
SHALOM SPIRITUALITY CENTER	33
SOUTHWEST HEALTH.....	IBC
STACKSTONE WEALTH.....	3
STONEHILL COMMUNITIES	32
STONE CLIFF WINERY BLUES ON THE RIVER	11
THE GRAND OPERA HOUSE UPCOMING PERFORMANCES	13
TRICOR INSURANCE.....	27
UNIFIED THERAPY SERVICES	17
UNIVERSITY OF DUBUQUE CHRISTMAS AT HERITAGE CENTER	16
YARN SOUP.....	11

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High quality care is just 7 miles away.

Southwest Health's Kieler Clinic offers Family Medicine and Specialty Care within minutes over the Iowa Wisconsin Bridge.

Additionally, the Kieler Clinic features on-site capabilities for lab, x-ray, and medications. Filling a prescription is easy with most medications available on-site. Outpatient lab draws are welcome, even orders from outside facilities.

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

We know getting sick doesn't always happen during business hours. That's why the Kieler Clinic has family medicine walk-in care.

Walk-in Care Hours

4:00 – 7:00 pm Monday through Friday

8:00 am – 3:00 pm Saturday

Hours are subject to change.

ACCEPTING

NEW PATIENTS

- **Family Medicine**
- **Ear, Nose, & Throat**
- **Obstetrics**
- **Podiatry**
- **Interventional Pain**
- **Physical Therapy**
- **Occupational Therapy**
- **Speech Therapy**



Southwest Health
— KIELER CLINIC —

3695 Prism Ln, Kieler, Wisconsin | 608.568.3107

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Learn more inside this issue of Julien's Journal.



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