

THE DUBUQUE AREA LIFESTYLE MAGAZINE, OCTOBER 2024

FREE

JULIEN'S JOURNAL

EMBRACE YOUR *OLYMPIC DREAMS*
WITH THE DUBUQUE CHORALE

**DUBUQUE THEATER & ORCHESTRA PREVIEW
WILLIAM INTRILIGATOR'S 25TH SEASON
CELEBRATING SINATRA /
THE GREAT AMERICAN SONGBOOK**

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Reflections

FRIDAY, OCTOBER 25

DBQART.ORG/GALA

JULIEN'S JOURNAL

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PUBLISHER'S NOTE

All Hallows' Eve, now known as Halloween, is a global celebration held on October 31. It started as an ancient Celtic ritual that celebrated the changing of seasons from light to dark. Traditionally, a bonfire would be lit, sweets would be prepared, and costumes would be worn to ward off evil spirits as the ancient Celts believed that, at this time of year, the veil separating the worlds of the living, and the dead was at its thinnest. Today Halloween has become a fun night where children dress up in costumes, beg for and hoard candy and their parents do their best to swipe some of the candy when their children aren't looking. I like the modern version better.

Inside this issue

The new theater and symphony season are ready to start. Learn more about the performances that will be highlighted in our local theaters and symphony on page 20.

By his own admission, when William Intriligator auditioned to become the Dubuque Symphony Orchestra's Music Director in 1999, he was "very young and naïve," but his selection turned out to be the perfect fit for the Maestro himself as well as for the community. Read our interview with him on page 25.

The 2024 presidential election is quickly approaching, and investors may be wondering if and how the outcome will impact the stock market. While every campaign cycle comes with its unique set of circumstances, we can turn to history as an indicator of how markets typically act in an election year. Read more on page 26.

The Finley Hospital School of Nursing was established in Dubuque in 1896. Just four years later in 1900, the Mercy School of Nursing was organized by Mother Mary Agnes, RSM. Learn about the history of both in our Shades of Dubuque on page 28.

Stress is an inevitable part of life. Whether it's juggling work, family responsibilities, or dealing with unexpected challenges, everyone experiences stress to some degree. The key to maintaining good mental health lies not in avoiding stress but in managing it effectively. Learn how in this month's Health & Wellness section on page 34.

With pizza being such a broad topic, they knew Driftless Pizza needed something to set it apart from other restaurants offering this staple. After months of research, they settled on two different styles of pizza: Detroit and New York. Read more on page 36.

Hawktoberfest from Backpocket is a great starting point if you've been curious about craft beer but are unsure of where to start. Read our review on page 39.

Being October it appropriate to have an orange wine, instead of a white, and a red. The Kiki & Juan Orange wine was from Spain and the red wine was from Oregon. Both were enjoyable wines, though quite different. Read about them on page 40.





UPCOMING — Events —

Email StackStoneWealth@ampf.com
for more information.

2
OCT

6:30 pm - 7:30 pm

2024 Politics Update

What is happening in Washington, DC
and what will the election hold?

Webinar presented by Natixis

6
NOV

6:00 pm - 7:00 pm

Healing through the Holidays

Coping with Loss and Grief

Dubuque Golf and Country Club

*We will be taking donations
for a Food Drive in November!*



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THE FINE PRINT

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

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Photo of the Month: This aerial image of Eagle Point Park and the Mississippi River is provided by Elevated Images. Visit ElevatedImagesDubuque.com, email ElevatedImagesDubuque@gmail.com or call 563.564.1553. Comments and photos for possible use in a future issue can be sent to Robin@JuliensJournal.com.

October 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.

StoryWalk

October 1-31

7 AM-Dusk @ Legacy Tree Trail,
Dubuque Arboretum & Botanical
Gardens

Let it Grow by Mary Ann Fraser. Visit
DubuqueArboretum.net.

Active Aging Week

Through Friday, October 4

@ Stonehill Communities

Join Stonehill Communities and local presenters in a week-long observance of Active Aging Week. There will be free daily activities and workshops on topics related to physical, emotional, spiritual, vocational, and social health. Visit StoneHillDbq.com/ActiveAgingWeek.

Early Explorers: "I" is for Ice

Wednesday, October 2

10-11 AM @ National Mississippi River
Museum & Aquarium

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

DSO: Sound Bites Luncheon

Friday, October 4

12 PM @ Dubuque Golf &
Country Club

Enjoy a lunch buffet followed by insightful commentary by Maestro William Intriligator and cellist Zuill Bailey. The Friday before each classics concert the Dubuque Symphony Orchestra League hosts a pre-concert luncheon. Guest soloists also attend and share

information about their education, careers, concert experiences, and thoughts about the music. Guest artists often perform short excerpts from the featured concert. RSVP. Visit DubuqueSymphony.org.



Distinctively Dubuque

Wednesdays, October 2-30

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

Distinctively Dubuque is a five-night course hosted by high-energy presenters with in-depth knowledge of the Greater Dubuque region

This program is designed for individuals who are new to the area within the last five years. Each night explores a different topic at a different venue and includes dinner, highlighting quintessential Dubuque dining experiences. Visit GreaterDubuque.org.

Wild West Wednesdays

Wednesdays, October 2, 9, 16, 23 & 30

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.

First Fridays

Friday, October 4

@ Various Locations in Dubuque

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



NOVEMBER 2nd - 3rd

FIVE FLAGS THEATER

TICKETS START AT \$20
DubuqueSymphony.org
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Latin-American INSPIRACIÓN

Charles Gorczynski "Aconcagua" Bandoneon Concerto

DUBUQUE
SYMPHONY
ORCHESTRA

the maestro's
25th

William Intriligator
Music Director & Conductor



**NO RUNNING.
WE PROMISE.**

SATURDAY, OCTOBER 12

The Zero K looks like a race, but there's no race.

Running is hard, so we've cut to the fun part: the post-race celebration. Have a beer with your friends. Take some photos. Sign a few autographs. Whatever.



weird but good | WICKED RIVER



Killer Queen: A Tribute to Queen

Friday, October 4

7 PM @ Five Flags Arena

Straight from England, the most amazing Queen tribute scored a No. 1 hit when they were asked to recreate Queen's harmonies for The Real Life with Fatboy Slim. Visit FiveFlagsCenter.com.

Dubuque Fighting Saints

Friday & Saturday, October 4, 5, 18, 25 & 26

7:05 PM @ ImOn Arena

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

Swiss Valley Trail Races

Saturday, October 5

7 AM @ Swiss Valley Nature Center (Peosta, IA)

This trail run will feature all the best of the Dubuque County landscape including creek crossings, steep inclines, and rugged terrain. The run will offer three distance options: 5.2 miles (9 AM start), 25k (8 AM start), and 50k (7 AM start) all set against the beautiful backdrop of Swiss Valley Nature Preserve. Visit Facebook.com/DubuqueCountyConservation.

DSO Classics 1: Pines of Rome

Saturday & Sunday, October 5-6

Saturday, 7:30 PM; Sunday, 2 PM

@ Five Flags Theater

From the grandeur of the Roman pines to the mystical atmosphere of the catacombs, take an unforgettable musical journey through the Eternal City with Respighi's Pines of Rome. Grammy Award winning and internationally renowned cellist Zuill Bailey returns to perform the Dvorák Cello Concerto. Visit DubuqueSymphony.org.

Dubuque Symphony Orchestra:

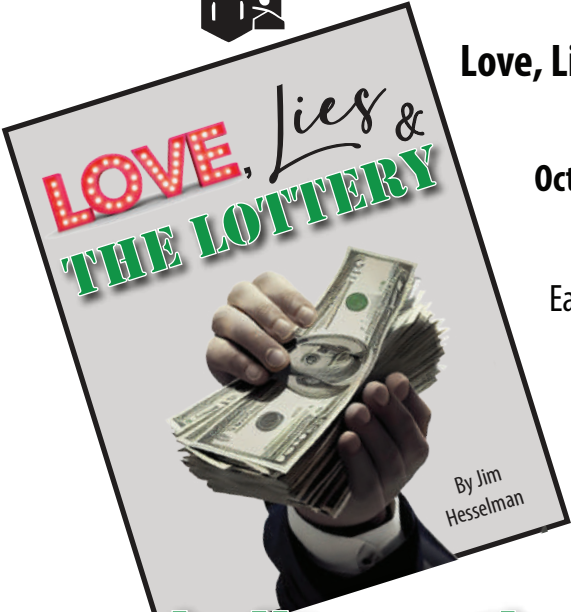
Musical Musings

Sunday, October 6

1 PM @ Five Flags Theater

Prior to each Sunday Classics Concert, Maestro Intriligator gives a pre-concert lecture. Visit DubuqueSymphony.org.

Bell Tower Theater



Love, Lies & the Lottery
By Jim Hesselman

October 11 to 27, 2024

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Early Bird Tickets \$12 on
October 11 & 12

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Make Your Own Fall Swag

Tuesday, October 8

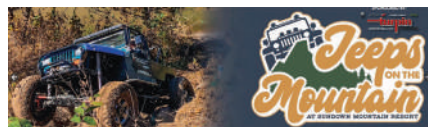
6-8 PM @ Heinemann Visitor Center,
Dubuque Arboretum & Botanical
GardensCreate a fall swag with broom corn, Amaranth, Indian corn, and dried flowers. Visit DubuqueArboretum.net.**Homeschool Days: Mathias Ham Historic Site**

Wednesday, October 9, 11 AM-4 PM

@ Mathias Ham Historic Site

Explore history through hands-on activities. Play games, do chores, and explore lead mining. Learn how people worked and played throughout Dubuque's history. Visit RiverMuseum.org.**School's Out Day Camps: Flex Your Mussels**

Friday, October 11

9 AM-4 PM @ National Mississippi
River Museum & AquariumSchool's Out Day 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. Students are required to bring a sack lunch and a reusable water bottle. Visit RiverMuseum.org.**Jeeps on the Mountain**

Saturday, October 12, 9 AM-7 PM

@ Sundown Mountain Resort

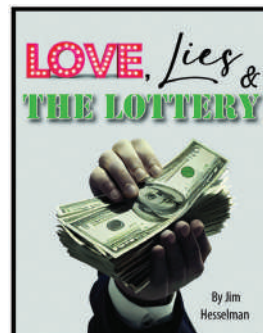
Enjoy live music, food trucks, primitive camping, off-roading on designated mountain trails, obstacles, and activities for the kids, lawn games, and more. All 4x4 Jeeps, military vehicles, Broncos, Scouts, K5s, Land Rovers, Toyotas, expedition, and safari vehicles are welcome. Visit SundownMtn.com.**Love, Lies & the Lottery**

October 11-12, 17-19, and 24-25, 7:30 PM

October 13, 20, and 26-27, 2 PM

@ Bell Tower Theater

Peter is an unlucky guy. With a treacherous soon-to-be ex-wife, an overbearing mother, and a not-so-bright best friend, he just can't catch a break. When he finds a winning lottery ticket worth \$510 million, his luck seems to turn around, but with just a couple of days left to cash in the ticket, this bizarre band of characters must navigate mistaken identities, psychics, and the home shopping network to secure the prize. Visit BellTowerTheater.net.

**Diamonds Are Forever**

Saturday, October 12

3 PM @ University of Dubuque

Celebrate 75 years of barbershop with The Newfangled Four, a top barbershop quartet known for their humor, harmony, and engaging performances. Visit Dbq.Edu/HeritageCenter.**Pressed Flower Ornament**

Sunday, October 13

10 AM-12 PM @ Heinemann Visitor
Center, Dubuque Arboretum &
Botanical GardensCreate a pressed flower frame ornament to take home. Visit DubuqueArboretum.net.**Caregiver Wellness Retreat**

Thursday, October 10

10 AM-3:30 PM @ Shalom Spirituality Center, 1001 Davis St.

Non-professional caregivers are invited to attend this free event, organized by the Caregiver Resource Center, NEI3A, and Shalom Spirituality Center featuring author and speaker Diane Doering, a vendor fair, lunch, and individual self-care and renewal workshop sessions. This is a free event for caregivers. Register by September 30. Visit StoneHillDbq.com/Event/Caregiver-Retreat.

FIVE FLAGS CENTER

THE TRI-STATES' ENTERTAINMENT DESTINATION

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CALENDAR OF EVENTS



Tune In:

CLARKE UNIVERSITY MUSIC EVENTS

A Night in Japan • October 23

Julien Winds & Clarke Wind Ensemble – *Journey to Peace*
November 17

Winter String Orchestra – *Serene Soundings* • November 25

Clarke Music Faculty Recital • February 7

Clarke Music Days
Piano, Guitar, & Strings – February 28
Band & Choir – March 7

Musical Menus @ the Hotel Julien • March 28

Julien Winds & Clarke Wind Ensemble – *Journey Home* • April 27

View complete list of events →

Check out Clarke's music program
& scholarships at clarke.edu/music



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Museum X: Prairie Talk & Greenhouse Fun

Tuesday, October 15

6-8 PM @ National Mississippi River Museum & Aquarium

Come for an engaging evening with Codi Sharkey, conservation program manager, as she explores the history and purpose of prairies. Discover the Charlie & Vicki Glab Family Greenhouse, learn about stratification, and create a mini greenhouse for winter stratification. Light refreshments will be available. Visit RiverMuseum.org.

She Unites

Wednesday, October 16

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.

Integrated Cancer Center Trunk or Treat

Thursday, October 17

5:30-6:30 PM @ Delhi Medical Center, 1500 Delhi St.

This year's theme is Carnival for a Cure. This family friendly indoor walk-through event invites you to dress up and collect goodies from each station. Event information will be created on Facebook soon.



Twenty Dirty Hands Pottery Tour

Friday through Sunday, October 18-20

Friday & Saturday, 10 AM-6 PM; Sunday, 10 AM-4 PM @ Various Tri-State Locations

Visit seven pottery studios where 25 artists will showcase their creations while enjoying the fall colors at the convergence of Iowa, Illinois, and Wisconsin. This self-guided event offers a unique opportunity for behind-the-scenes views of private studios. Visit TwentyDirtyHands.com.

Haunting on Lincoln Ave

Friday, October 18, 7 PM

Saturday, October 19, 11 AM-4 PM, 5:30 PM & 7 PM @ Mathias Ham Historic Site

Come celebrate All Hallow's Eve. Historic ghost tales are the name of the day, and all afternoon activities are family friendly. Guided tours will be available on the hour and half-hour from 11 AM-3:30 PM. In the evening, enjoy re-tellings of ghosts, fiends, and the unexplained. The evening "tour" will take place in various rooms throughout the darkened house and consist of classic scary stories by costumed interpreters. Visit RiverMuseum.org.

**The Rocky Horror Show**

Thursday through Sunday, October 18-20 & 24-26

7:30 PM @ Grand Opera House

In this cult classic, sweethearts Brad and Janet, stuck with a flat tire during a storm, discover the eerie mansion of Dr. Frank-N-Furter. As their innocence is lost, Brad and Janet meet a houseful of wild characters, including a rocking biker and a creepy butler. Ages 16+. Visit TheGrandOperaHouse.com.

Fall Clean-Up Day

Saturday, October 19

9 AM-12 PM @ Heinemann Visitor Center, Dubuque Arboretum & Botanical Gardens

Clean-up activities. Lunch provided. Visit DubuqueArboretum.net.

Comics Workshop

Saturday, October 19

11 AM-1 PM @ Dubuque County Library, 5290 Grand Meadow Dr. (Asbury, IA)

Explore comic creation with Do Art Productions. In this workshop kids will explore the different languages of comics, from the eyes to body posture, to the speech bubbles. This workshop is interactive and creative with juggling axolotls, flying giraffes, and dabbing pandas. Ages 8+. RSVP required. Visit DubCoLib.org/Events.

WELCOME

CHRIS WAND

ASSOCIATE PRINCIPAL, ARCHITECT

Chris is an accomplished architect who has worked on a wide range of projects both in size and scope. His strengths lie in his problem-solving capabilities, organizational skills, and creative thinking.

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Sinatra
& The Great American Songbook

TICKETS ON SALE NOW!
\$50 Main Floor | \$40 Balcony

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

JDIFF Halloween Parade

Saturday, October 19

7 PM @ Downtown Dubuque

This is the 3rd annual JDIFF Halloween Parade starting on 6th and Locust to 15th and Locust. Any design can be used for the parade, but prize money will only be given to the top film themed float, walking group and marching band. Businesses and individuals can sign up now for the parade at Julien-FilmFest.com.

Elvis Meets The Beatles

Saturday, October 19

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

This concert will be a tribute to Elvis and the Beatles when they rocked the world. Feel the excitement and energy as these two great tribute acts portray these artists. Visit OhnwardFineArtsCenter.com.



BritBeat: Beatles Tribute

Saturday, October 19

7:30 PM @ University of Dubuque

Celebrate the 60th anniversary of the Beatles' U.S. invasion with BritBeat, a multimedia tribute that blends live music with captivating visuals. Visit Dbq.edu/HeritageCenter.

Dubuque Cars and Coffee

Sunday, October 20

9 AM-12 PM @ Veterans Memorial Plaza

Casual meet-up for cars of all makes, models, and years. Coffee, donuts, and drinks will be for sale. Proceeds go to Veteran's Freedom Center. Visit Facebook.com/DubuqueCarsAndCoffee.

Spot, Stop & Avoid Fraud

Tuesday, October 22

2-3 PM @ Stonehill Assisi Village, 1001 Assisi Dr.

This free workshop by Iowa State University Extension and Outreach will help protect yourself and others from becoming a victim of fraud. Learn about common scams and warning signs and how to take action to protect against theft of money, property, or belongings. RSVP. For more information, contact THummer@StoneHillDbq.com.

Glimmer of Hope

Thursday, October 24

6 PM @ Hotel Julien Dubuque

The Dubuque Community Y invites you to attend the 19th annual Glimmer of Hope event, with all proceeds going to support the Crisis Services Program. Hear about stories of hope, community resources, and updates on the recent shelter renovations.

Visit [AccelEvents.com/E/Glimmer2024](https://www.accelEvents.com/E/Glimmer2024).

Amy Bruni: Real Life Hauntings

Thursday, October 24

7 PM @ Five Flags Theater

Amy Bruni started her professional ghost hunting career just over a decade ago, but her experience with ghosts started when she was very young. She began as a paranormal investigator in 2007 when she appeared on Ghost Hunters, in which she starred in 116 episodes. Now, she's the co-star and executive producer of The Travel Channel's Kindred Spirits, one of the longest-running and highest-rated paranormal television shows. Visit [FiveFlagsCenter.com](https://www.fiveflagscenter.com).

Mister C Live!

Friday, October 25

9:45 AM & 2:15 PM @ University of Dubuque

Join Mister C for an amazing day of learning in the lab as he explores all things air. Mister C is no stranger to finding exciting and engaging ways to explore STEAM (Science, Technology, Engineering, Art, and Math) in our everyday lives. Liquid nitrogen, T-shirt cannons, toilet paper and ping pong ball launchers, plus much more. Mister C is a 20-plus year educator whose sole mission is to transform how everyone feels and thinks about learning. Grades: K-12. Visit [Dbq.edu/HeritageCenter](https://www.dbq.edu/HeritageCenter).

PIPER the Steam Organ

Saturday, October 26

12:30-2:30 PM @ Dubuque County Library, 5290 Grand Meadow Dr. (Asbury, IA)

Orgelkids is an educational project designed to teach children about the pipe organ through hands-on experience. The program features a specially designed organ that allows participants to build and play a real, fully functional pipe organ. All ages can explore science and engineering by assembling and playing it. RSVP. Visit [DubCoLib.org/Events](https://www.dubcolib.org/Events).

EVENTS CONTINUED ON PAGE 15

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PREMIER EVENT SPONSORED BY THE DUBUQUE CHORALE



EMBRACE YOUR *OLYMPIC DREAMS* WITH THE DUBUQUE CHORALE

by Sarah Slaughter

Five rings, a torch, and the sound of a fanfare—these are some of the most recognizable symbols of the Olympic Games. The Games themselves symbolize international friendship, human excellence, perseverance, and teamwork. In celebration of these ideals, the Dubuque Chorale, their chamber choir Cadenza, and both Dubuque Chorale Children's Choirs present their fall concert, *Olympic Dreams*.

The Olympic theme is fitting for 2024, not only due to the recent Summer Olympic and Paralympic Games in Paris, but also because this year marks the 100th anniversary of the Winter Olympic Games, which began in the Alpine town of Chamonix, France in 1924. In celebrating this milestone, this concert invites the Dubuque community to reflect on how the spirit of the Games can inspire us in all aspects of life.

Dubuque Chorale Artistic Director Dr. Amanda Huntleigh says, "*Olympic Dreams* is about committing to work toward a goal with hope. It is about dreaming what might be possible..., finding inner strength to work toward it, and sticking it out, especially when it is challenging." The same spirit that drives Olympians can inspire people to pursue excellence in all their endeavors, including the arts. According to Dr. Huntleigh, "All expertise requires tens of thousands of hours of practice to achieve. That is true for elite athletes and professional musicians alike."

The practice of music and sport both require dedication to training the mind and body, as well as working as a team to achieve a common goal. Victoria Bausman, director of one of the Children's Choirs, says that one aspect she loves about choral music is that it requires collaboration, "Each person's voice, each person's practice and participation matters, but it's what it adds to the group that is the main focus."

Throughout the history of the modern games, music has played a special role, from sound tracking events like figure skating and the newly introduced breaking, to celebrating the cultural identity of the host nation. Several pieces of music also serve as symbols of the games, from Spýros Samáaras's "Olympic Anthem," composed for the inaugural modern games in 1896, to 20th century compositions like Leo Arnaud's "Bugler's Dream," John Williams's "Olympic Fanfare and Theme," and the titular theme from *Chariots of Fire*.



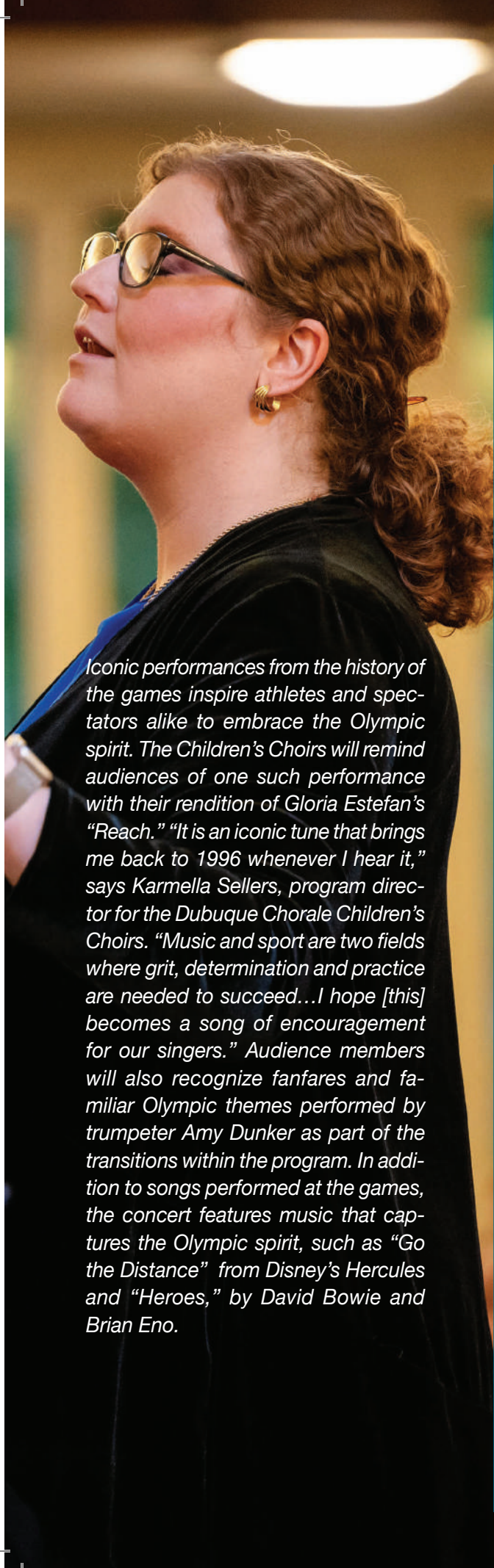
DUBUQUE
CHORALE
CHILDREN'S
CHOIRS



DUBUQUE
CHORALE
CADENZA



DUBUQUE
CHORALE



Iconic performances from the history of the games inspire athletes and spectators alike to embrace the Olympic spirit. The Children's Choirs will remind audiences of one such performance with their rendition of Gloria Estefan's "Reach." "It is an iconic tune that brings me back to 1996 whenever I hear it," says Karmella Sellers, program director for the Dubuque Chorale Children's Choirs. "Music and sport are two fields where grit, determination and practice are needed to succeed...I hope [this] becomes a song of encouragement for our singers." Audience members will also recognize fanfares and familiar Olympic themes performed by trumpeter Amy Dunker as part of the transitions within the program. In addition to songs performed at the games, the concert features music that captures the Olympic spirit, such as "Go the Distance" from Disney's Hercules and "Heroes," by David Bowie and Brian Eno.



The Dubuque Chorale and Children's Choirs perform together at their spring concert

Come and let the Dubuque Chorale inspire you to pursue your own Olympic Dreams.

Olympic Dreams will be performed:

Saturday, November 9 @ 7 PM

Sunday, November 10 @ 2 PM

At Westminster Presbyterian Church, 2155 University Ave, Dubuque.

There is no charge for admission; freewill donations will be accepted.

For further details, visit DubuqueChorale.org.

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

We couldn't do it without you!

Background photo. Dr. Amanda Huntleigh, Dubuque Chorale Artistic Director conducts the Dubuque Chorale. All photos contributed by the Dubuque Chorale.

CALENDAR OF EVENTS



All events are subject to change. Visit the online calendar at CarnegieStout.org/Events for the most up-to-date information. The public can find "@carnegioustout" on Facebook, Instagram, Twitter, and YouTube.

StoryWalk®

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

Grab & Go Activity Bags

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

Halloween Candy Scavenger Hunt October 1-31

Gear up for Halloween by finding the hidden pictures of candy in the children's department. All ages.

Hygge Night & Craft Supply Swap Tuesday, October 1 @ 4-6:30 PM

Baby Rhyme Time Tuesdays, October 1-29 @ 10:30 AM

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

Preschool Storytime Wednesdays, October 2-30 @ 10:30 AM

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

Virtual Author Talks Wednesdays, October 2 @ 1-2:45 PM & October 9 @ 6-7:45 PM; Tuesday, October 22 @ 1-2:45 PM

Registration required.

Beginning Chapters Book Club Wednesday, October 2 @ 4 PM

Meet *Yasmin!* by Saadia Faruqui. Ages 7-9. Registration required.

Skeleton Fashion Show Thursday, October 3 @ 4 PM

Design an outfit for a mini skeleton to display at a fashion show. Ages 8-18. Registration required.

Movin' Groovin' Mornings Saturday, October 5 @ 10:30 AM

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

Toddler Time Mondays, October 7-28 @ 9:30 AM & 10:30 AM

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

Adult Ukulele Lessons

Tuesdays, October 8 & 22 @ 6-7 PM

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

Pokémon Club

Wednesday, October 9 @ 5:30 PM

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

Beyond the Book Club

Thursday, October 10 @ 4 PM

This month's book is *A Perfect Mistake* by Melanie Conklin. Ages 9-12. Registration required.

Movie Night

Thursday, October 10 @ 6 PM

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

Spiderweb Wreaths

Friday, October 11 @ 1 PM

Make a fun spiderweb wreath. Supplies provided. Ages 10-17. Registration required.

Lollipops & Music

Saturday, October 12 @ 10 AM

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

Reading with Rover

Saturday, October 12 @ 10:30-11:15 AM

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

BESTIE Club

Tuesday, October 15 @ 6 PM

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

Petite Pastels

Wednesday, October 16 @ 4 PM

This workshop will demonstrate beginner-friendly techniques. Ages 8-14. Registration required.

Buttons & Bobbins

Thursday, October 17 @ 4 PM

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

Peter Fletcher Classical Guitar Recital

Thursday, October 17 @ 7 PM

Nationally touring and celebrated guitarist Peter Fletcher will perform a solo recital.



Art @ your library® October Show

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For more information
visit carnegioustout.org

LEGO® Challenge**Saturday, October 19 @ 10 AM**

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

Family Book Bingo**Saturday, October 19 @ 2 PM**

Ages 4-12.

Dubuque Area History Expo**Sunday, October 20 @ 1-4 PM**

Held off-site at Steeple Square, this inaugural event will showcase cultural and historical organizations from the Dubuque area.

Movable Mummies**Monday, October 21 @ 4 PM**

Create a funny and original Halloween companion for the spooky season. Ages 10-15. Registration required.

Line Dancing**Monday, October 21 @ 5-6 PM**

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

Reading Roundtable Book Club**Monday, October 21 @ 6-7 PM**

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

Self Defense for Mobility Issues**Tuesday, October 22 @ 9:30-11 AM**

Learn self-defense skills at this hands-on class. Ages 18+. Registration required.

Crayon Slime Story & Craft**Tuesday, October 22 @ 4 PM**

Enjoy a treat, a book reading, and learn how to make crayon slime. Adult participation preferred. Ages 4-8. Registration required.

Princesses & Princes Party**Wednesday, October 23 @ 4 PM**

Calling all princesses and princes to attend a royal party at the library. Ages 3-8. Registration required.

Story & Snack with the Girl Scouts**Thursday, October 24 @ 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.

Paws for Good**Saturday, October 26 @ 10:30 AM-12 PM**

Meet adoptable animals and enjoy hands-on activities. Please consider donating an item to the Dubuque Regional Humane Society

to support animals in need.

Creepy Chemistry**Sunday, October 27 @ 1 PM**

Mix up witchy potions, spooky slime, and other concoctions. Ages 8-12. Registration required.

Sun SHINE Squad**Tuesday, October 29 @ 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.

Do Aliens Exist?**Wednesday, October 30 @ 4 PM**

Investigate whether E.T. life is out there. Ages 8-13. Registration required.



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Dubuque Farmers' Market

Saturdays, through October 26

8 AM-12 PM @ Iowa Street between 13th & 10th

Iowa's oldest farmers' market offers a variety of produce, meats, cheeses, baked goods, hand-made goods, and on-site prepared foods. Rain or shine. Visit DubuqueFarmersMarket.org.

Dyersville Farmers' Market

Thursday, October 3

3-5 PM @ Commercial Club Park (Dyersville, IA)

Hosting a variety of fresh produce, baked goods, eggs, jams, flowers, meat, and more. Visit Dyersville.org.

Galena Farmers' Market

Saturdays, through October 26

7 AM-12 PM @ City Hall Parking Lot, 101 Green St. (Galena IL)

Find items from produce, baked goods, raw local honey, spices, fresh roasted coffee beans, grass fed meat, and local crafts & goods. Visit GalenaFarmersMarket.com.

Galena Territory Farmers' Market

Sundays, through October 13

8 AM-12 PM @ Galena Territory Owners' Club Parking Lot (Galena, IL)

Discover an array of fresh produce, vibrant flowers, and lush plants, all locally sourced. Visit TheGalenaTerritory.com.

Mineral Point Market

Saturdays, through October 26

8:30-11:30 AM @ Water Tower Park (Mineral Point, WI)

The Mineral Point Market offers just-picked organic produce, berries, fruits, locally grown eggs, meats and cheese, and a variety of foodstuffs (honeys, breads, syrups, and more),

along with a rich assortment of flowers, herbs, plants, soaps, candles, woven-ware, and arts & crafts. Visit MineralPointMarket.com.

Millwork Night Market

Thursday, October 10

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

The Millwork Night Market is an independent evening farmers market that features local food producers, artists, musicians, and brewers. It was founded with the mission to provide a unique nightlife and shopping experience. Visit MillworkNightMarket.com.

Platteville Summer Farmer's Market

Saturdays, through October 26

8 AM-12 PM @ Platteville City Park (Platteville, WI)

Find homegrown and handmade products from fresh produce and prepared food to art and crochet blankets. Visit PlattevilleFarmersMarketWI.com.



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Mad Scientist Party

Sunday, October 27

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

Everyone is welcome to come in costume - not just kids. There will be trick-or-treating and other activities such as games, science experiments, music by the Americana Band, and all the regular daily programming will be available throughout the day. Visit RiverMuseum.org.

Brew Ha Ha Players: Spooktacular

Sunday, October 27

5-7 PM @ Stone Cliff Winery

Legendary Hollywood directors are in town to cast and shoot their new big-budget killer thriller when life suddenly imitates art in a very real and bloody way. Popular horror stars Leslie Craven, Bella Lagossi, Jason Krueger, and Freddie Voorhees vie for parts in this open-call slasher flick when suddenly someone literally gets CUT from the film. Four "corpse" meal and a show. Visit StoneCliffWinery.com.

Readings Under the Influence

Tuesday, October 29

7 PM @ Smokestack

RUI is a themed, interactive live and local arts showcase. Sometimes it's edgy, sometimes sweet, sometimes controversial, sometimes downright vicious, but always artful. Visit Facebook.com/RUIDBQ.

Sesame Street Live!

Wednesday, October 30

6 PM @ Five Flags Arena

Elmo, Abby Cadabby, Cookie Monster, and their friends are coming to the neighborhood to say hello. Sing, dance, and play alongside furry friends, all while following Elmo's puppy, Tango, in a fun game of hide and seek. Visit FiveFlagsCenter.com.

School's Out Day Camps:**The Boney Bunch**

Thursday, October 31

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

Join the National Mississippi River Museum & Aquarium for School's Out Day Camps that 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. Students are required to bring a sack lunch and a reusable water bottle. Visit RiverMuseum.org.

THE DUBUQUE CHORALE PRESENTS **OLYMPIC DREAMS**

Saturday, November 9, 7:00 PM

Sunday, November 10, 2:00 PM

Westminster Presbyterian Church**FREE WILL DONATION****FEATURING:**

The Dubuque Chorale

The Staccati Singers

The Legati Singers

Cadenza



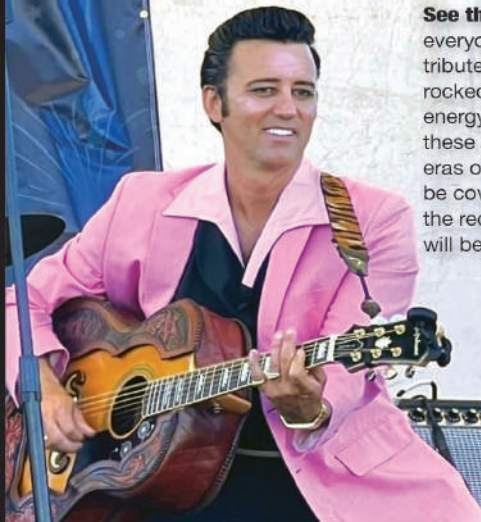
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EVERETT DEAN'S **ELVIS** MEETS THE **BEATLES**

**Saturday
October 19
@ 7 PM**

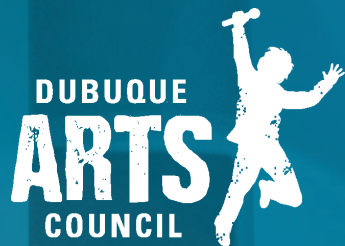


See the concert that never happened, but everyone wishes it did!!! This show will be a tribute to Elvis and the Beatles, when they rocked the world. Feel the excitement and energy as these two great tribute acts portray these artists!!! Everett Dean will be covering two eras of Elvis Presley's career. The Fab Lads will be covering the Concert Era of the Beatles and the recording studio era of the Beatles. All this will be in one jam packed night of entertainment.



TICKETS - IN ADVANCE: ADULTS \$25, STUDENTS \$15

AT DOOR: ADULTS \$28, STUDENTS \$18



CELEBRATING

Sinatra

& The Great American Songbook

NEW YEAR'S EVE / 8 PM
The Grand Opera House

Celebrate this New Year's Eve with
Bryan Anthony & The Hunter Fuerste Orchestra

Ring in the New Year with a celebration of Sinatra and the American Songbook: A New Musical Tribute.

In a dazzling tribute to one of the most iconic voices in American music, an exciting new show is set to captivate audiences with the timeless songs and arrangements that defined Frank Sinatra's career. Conceived by singer Bryan Anthony and musical director Dr. Hunter Fuerste, the production offers a journey through the musical legacy of "Ol' Blue Eyes," spanning the eras that made him a legend. From his early days with Harry James and Tommy Dorsey, through the swingin' Capitol years, into the Reprise recordings of the 60s and 70s, and finally his celebrated concert years, this show delivers a comprehensive tribute to Sinatra's unparalleled contribution to the Great American Songbook.

What makes this show particularly special is its dedication to showcasing not just Sinatra's popular hits, but also some of the more rare gems he helped bring into the spotlight over the years. "This show is a dream for any singer who loves great music," says Bryan Anthony. "To have the opportunity to sing the songs that Sinatra sang throughout his career is simply marvelous. The great thing about this show is that we do not purely focus on the 'popular Sinatra.' We also will have a chance to sing some of the rarer gems that he helped rescue through the years."

For Bryan Anthony, this show is more than just a tribute to Frank Sinatra—it's a tribute to American culture. Anthony has long felt a deep connection to the Great American Songbook, which he regards as one of America's most important musical and cultural contributions to the greater world. "When I really discovered the



Bryan Anthony

American Songbook, I felt such a connection to the music. I have a very old soul... I feel this music is America's classical music," Anthony shares. His passion for this repertoire shines through in every note, as he brings both popular hits and rare finds from Sinatra's catalog to life on stage.

The tribute also reflects Anthony's belief in the enduring power of this music. "The American Songbook possesses such wisdom and poetry that runs the gamut of human emotion," he says. "The feelings, situations, and dynamics that are written about in this music run through every generation and tie us all together." In Anthony's view, these songs have a universal quality that resonates with people of all ages and backgrounds, making them timeless.

Audiences can expect to be swept away by the classic arrangements and melodies, lovingly recreated in a way that pays homage to the original recordings while adding fresh energy to each performance. For lovers of



The Hunter Fuerste Orchestra

Frank Sinatra, the Great American Songbook, and classic American music, this show is a “not to be missed” opportunity to relive some of the most iconic songs ever written.

Accompanied by a 17-piece orchestra, led by Dr. Fuerste, a North Texas graduate and former member of Guy Lombardo’s orchestra, the show promises to transport audiences back to the golden age of American music. The performance features original arrangements by some of Sinatra’s most distinguished collaborators, including Nelson Riddle, Billy May, Quincy Jones, and Don Costa to name a few. These arrangers were instrumental in shaping Sinatra’s signature sound, and their work will be front and center as the orchestra breathes new life into the beloved classics.

Throughout Dr Hunter Fuerste’s medical career, he continued to play the trombone, illustrating his unwavering commitment to music. Fuerste recalls, “When I started the American Vintage Orchestra, I spent two

years writing transcriptions of the original hits of the big band era. I wanted to make it as authentic as possible and keep the music alive and relevant. When I met Bryan Anthony 20 years ago, I found that Bryan had the same passion and goal of keeping the music of Frank Sinatra and the Great American Songbook alive with the music of the big bands.” Hunter notes “Sinatra always had a great big band to back him up with the top arrangers in the business to make the songs come to life and swing. Bryan and I will recreate the same excitement to make the songs of the Great American Songbook come to life again.”

Both Fuerste and Anthony reflect on the significance of the American Songbook. Anthony expresses his sentiment that perfectly captures the essence of the show: “I honestly believe that along with jazz, the American Songbook is the greatest gift American culture has provided to the world.” With this production, that gift is once again brought to life, inviting new generations to discover

the magic of Sinatra and the music that defined an era.

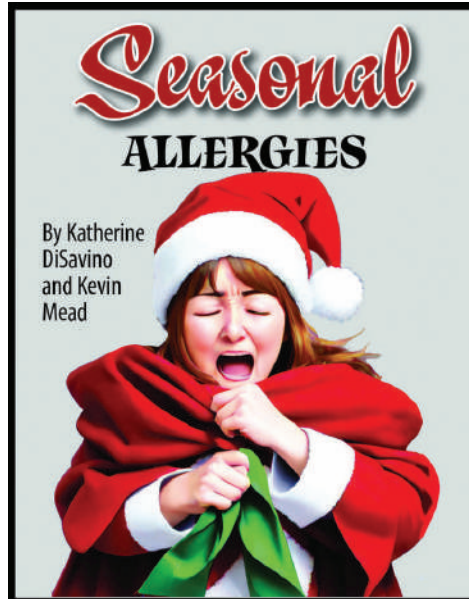
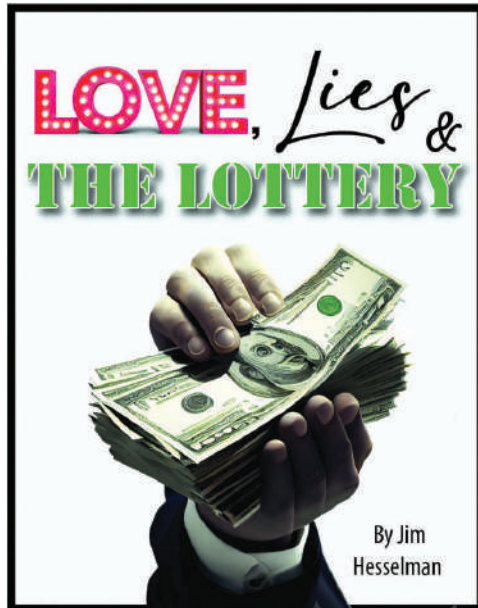
Once again, this concert is brought to you by the Dubuque Arts Council and prepared by Hunter Fuerste and Dave Grable, Board Members, and the force behind producing the organization’s special events. Dave shared, “The Grand Opera House will be the place to be on New Year’s Eve. Both Bryan and Hunter bring first class talents to the stage that you would only see at the biggest and best of venues.

Each year, this show gets bigger and better with the music and history of Sinatra, including many forgotten tunes from days gone by. This year is no exception.”

This New Year’s Eve, plan to attend “Celebrating Sinatra & The Great American Songbook” at 8 PM at the Grand Opera House. Tickets are available by phone at 563-588-1305 or online at TheGrandoOperaHouse.com.

THE INSIDE STORY

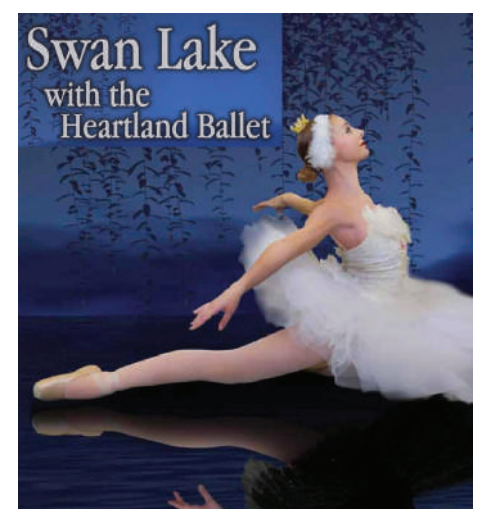
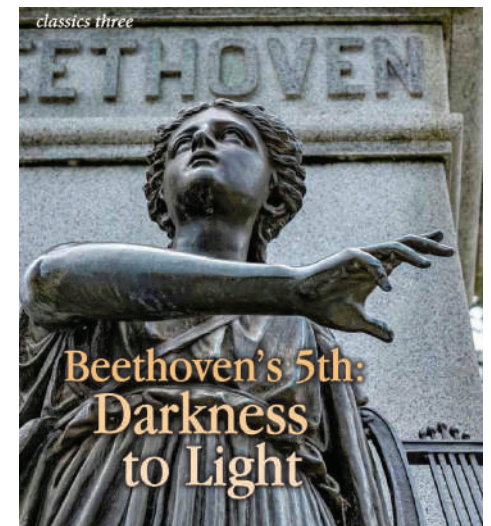
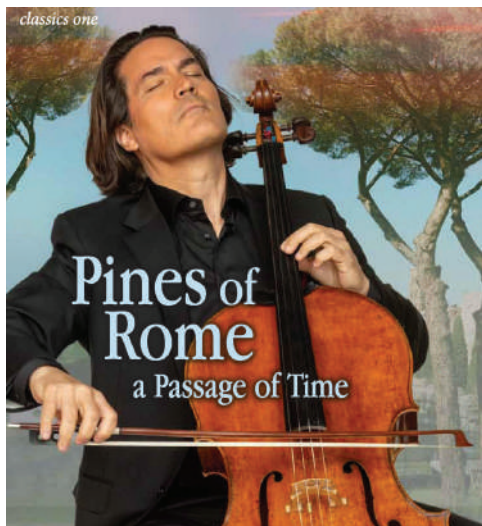
In preparation of this year’s New Year’s Eve show, the public is invited to a brunch buffet and hear revealing lesser-known insights about Sinatra and his most distinguished collaborators, offering an in-depth exploration of Nelson Riddle, Quincy Jones and the circle of iconic musicians that shaped the Great American Songbook. Reserve your seat at the Dubuque Golf & Country Club for Sunday, December 29, from Noon to 1 PM. Hunter Fuerste and Bryan Anthony will regale audiences with captivating stories from the era while setting the stage with its unforgettable music. Tickets are available for \$20 per person, and reservations can be made by calling 563-556-7748.



*Bell Tower
2024-25
Season*



Dubuque Symphony Orchestra 2024-25 Season



Contributed photos

Dubuque Theater and Orchestra 2024-2025 Season Preview

The Bell Tower Theater Season Preview

The Bell Tower Theater has great comedy and music all year long. They finish out 2024 with *Love, Lies & the Lottery* where a bizarre band of characters chase a \$510 million ticket (October). What are the holidays without a little chaos? Find out with *Seasonal Allergies* in December.

The 2025 Season includes five hilarious Subscription Series Shows, two rockin' Youth Musicals, and three incredible special events. The year kicks off with local favorite Cathy Goodman's AI-inspired jazz show *As Time Goes By*. Valentine's Day brings *Aboveboard*, a romantic comedy about magic, misunderstanding and running out of milk.

In March/April enjoy the Iowa premiere of *Where You Are*, a hilarious and heart-warming exploration of family, forgiveness and falling in love. The kids take over in the summer with two musicals inspired by much-loved classics: *Heathers the Musical: Teen Edition* and Disney's *Descendants the Musical*.

Cook up some laughs with The Kitchen Witches in August and celebrate Billy Joel and other greats with *Piano Man* in September. The *Second-to-Last-Chance Ladies League* will have you rolling in the aisles when four friends take over an historic event venue. Favorites *GIT Improv* return in November and the season closes with *Every Christmas Story Ever Told (And Then Some!)*, a madcap romp through the holiday season.

2025 Season Tickets are just \$100 per person for five Subscription Series Shows, \$10 to spend at the concession stand and great discounts on other events.

For more information visit BellTowerTheater.net.

Dubuque Symphony Orchestra Season Preview

The Dubuque Symphony Orchestra's 2024/2025 season celebrates a significant milestone in the tenure of its esteemed Music Director and Conductor, William

Intriligator. Having taken the helm in 2000, this year marks Intriligator's quarter-century with the orchestra. His musicianship, leadership, personality, and passion have enabled the DSO to reach new audiences, diversify programming, and attain new artistic heights.

The upcoming season will feature musical masterpieces, including Respighi's stunning "Pines of Rome," Dvořák's Cello Concerto, Sibelius' Violin Concerto, and Maestro's signature piece with the DSO: Beethoven's 5th Symphony

Two works commissioned by the DSO



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Contributed photos

will premiere this season: Principal Flute Timothy Hagen has composed a Concerto for Flute and Chamber Orchestra, in which Hagen will also be featured as soloist. Dubuque-raised and Pulitzer Prize-nominated Michael Gilbertson's First Symphony debuts in March

Intriligator has invited acclaimed guest artists cellist Zuill Bailey, bandoneonist Charles Gorczynski, and violinist Rachel Barton Pine to the DSO stage. To cap off the season, the orchestra will partner with the Heartland Ballet, in a complete staged production of Tchaikovsky's "Swan Lake" ballet

Season ticket packages are still available. Enjoy great seats reserved all season long, save off single ticket pricing and avoid box office lines and added online fees. To order, call 563.557.1677 or visit the DSO office at 2728 Asbury Road (lower level of the Atrium building in Fountain Park). Monday through Thursday, 10 AM to 4 PM. For more information, visit DubuqueSymphony.org.

The Grand Opera House Season Preview

The Grand Opera House's 2024-2025 season consists of a variety of plays, musicals, and ballets that will feature talented area residents both on and offstage. The season begins in September with Rodgers and Hammerstein's *A Grand Night for Singing*. This musical revue celebrates over 30 hit songs from all their musical treasures like *Oklahoma!*, *South Pacific*, *The Sound of Music*, *Cinderella* and many more. The original kitschy rock 'n' roll sci-fi gothic musical, *The Rocky Horror Show*, takes the stage in October. Join Brad and Janet as they encounter Dr. Frank-N-Furter and



his band of misfits as they search for shelter during a storm.

Ring in the Holidays with two exciting productions! *The Best Christmas Pageant Ever – The Musical* is a funny and touching holiday classic that is based on the timeless children's book. Dubuque City Youth Ballet's annual Christmas tradition, *The Nutcracker*, features whirling Snowflakes and waltzing Flowers as Clara and her enchanted Nutcracker battle the dreadful Mouse King in a nightmare that becomes a beautiful dream.

The season continues in the new year with the side-splitting comedic play *Noises Off* in March. This uproarious love letter to the theater is a peek behind the curtain—where everything that can go wrong does! Kick off your Sunday shoes this upcoming June and July with *Footloose*, co-produced with Rising Star Theatre Company. Based on the explosive rock-n-roll musical movie, this Broadway hit celebrates the wisdom of listening to young people while guiding them with a warm heart and open mind.

For more information, visit TheGrandOperaHouse.com.

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Photo contributed by Dubuque Symphony Orchestra

William Intriligator — The Maestro's 25th Season with the Dubuque Symphony Orchestra

by Beth Triplett

By his own admission, when William Intriligator auditioned to become the Dubuque Symphony Orchestra's Music Director in 1999, he was "very young and naïve," but his selection turned out to be the perfect fit for the Maestro himself as well as for the community.

This year, Intriligator is celebrating 25 years leading the Symphony as Music Director and Conductor, far surpassing the "three to five years" he predicted his stint in Dubuque would last.

"I didn't anticipate falling in love with Dubuque and Dubuquers and starting my family here and raising kids here, and it just being a really perfect fit,"
— William Intriligator.

"I also didn't anticipate that the orchestra could grow as much as it's grown and that it would continue to want to innovate and take all my crazy ideas and imagination and make it happen."

Intriligator has much to be proud of during his quarter-century with the orchestra, presenting numerous operas, ballets, rock concerts, Classics and pops concerts, and musicals. He also has made a steadfast commitment to promote local composers, performers, vocalists, and dancers as well as to host educational programs. Two notable performances in the coming season include Beethoven's *Fifth Symphony*, the orchestra's "signature piece" that Intriligator conducted in his first concert after being hired here, and a full production of *Swan Lake* ballet with the Heartland Ballet.

The Maestro has helped shape the orchestra

through the hiring of all but two members. "We are fortunate to have outstanding musicians," he said. "I have more confidence in the orchestra now than when I first arrived, and I know they are at a high level."

It's not just the orchestra that has grown. "I have a deeper connection to the music, and my music-making has become more mission-driven. It's about service and helping music touch people's lives," he said. "Music has a bigger purpose and can help heal and unite. People of all backgrounds can be moved by the pieces we perform."

While the Music Director is required to deal with behind-the-scenes logistics to put on major productions, Intriligator finds ways to infuse joy into all his responsibilities. He feels passionately about the music, and it shows through in all his interactions.

"It has stayed fresh because it feels like we're constantly innovating," said Intriligator. He has his sights set on doing another opera in the future and would like to have the orchestra accompany a full-length feature film among other possibilities he is considering.

"I have big dreams, and I have to tone them down to fit those dreams into reality and the budget. It's a perpetual struggle!" he said.

Fortunately for Dubuque, for the past 25 years, Intriligator has found ways to bring many of his dreams to fruition. Here's to another few decades of his passion benefiting our community.

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

How Might the 2024 Presidential Election Impact Markets? History May Offer Clues



Contributed photos

The 2024 presidential election is quickly approaching, and investors may be wondering if and how the outcome will impact the stock market and underlying investments. While every campaign cycle comes with its unique set of circumstances, we can turn to history as an indicator of how markets typically act in an election year. Here are a few trends investors should keep in mind.

HISTORIC TRENDS IN ELECTION YEARS

In general, market volatility trends higher early in an election year as candidates are being finalized and then again as the election nears, as investors react to the ebbs and flows of the news cycle and grapple with the unknown of what is to come. Following election day, as the winner becomes clear, market volatility levels tend to normalize¹.

THE IMPACT OF INCUMBENCY

The candidate pool for presidency can further impact markets and volatility trends. Typically, volatility has been higher in election cycles where there has not been an incumbent in the running. Stock market returns have also been more favorable in years when an incumbent has been on the ballot, than when two non-incumbents have



faced off¹.

POLICY CHANGES

Historically, market returns tend to be stronger in the first two years of a returning president's term as investors have experience

with the administration's policies. Returning administrations generally have more experience navigating political barriers and may be better equipped to see policy through. How much any presidential administration

can accomplish is limited by policymakers in Congress and local and state legislatures – and their political party make-up is a pivotal detail of election years. History has not been as kind to markets as the administration's second term passes its halfway point. During these last two years, there is limited time to implement policy, and investors and the American public may start looking ahead to the unknown policies of a new administration, becoming more sensitive to fiscal and policy uncertainty as the next election draws near¹.

BOTTOM LINE: STICK TO THE FUNDAMENTALS AND INVEST FOR THE LONG TERM

Political cycles can be intimidating to investors as they look to prepare for the uncertainty that comes with the election year and beyond. Regardless of the political backdrop, financial markets are principally driven by growth in the economy, corporate profits, and the direction of interest rates longer-term. Importantly, fluctuations in markets are normal, and it is usually beneficial to stick to the fundamentals. A diversified portfolio with a mix of different investments selected according to your goals and risk tolerance is key to avoiding potential overexposure to unnecessary investment risk. Diversification helps investors mitigate risks in their portfolios that may be caused by geopolitical circumstances, election volatility, or policy changes.

It is normal for emotions to run high as you anticipate the uncertainty that an election, or an administration's policies, may have on the economy or your portfolio. As an investor, it is understandable to consider the impact of an election on your investments, but remember it is only one short-term factor. Review your investment strategy and financial plan with a financial advisor who can help you stay attuned to your long-term goals.

1 – Ameriprise Financial: "Committee Perspectives: U.S. Election Guide" May 2024. Compiled by Ameriprise Global Asset Allocation Committee.

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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DUBUQUE'S 2 NURSING SCHOOLS PROVIDED DECADES OF CAREGIVERS

The Finley Hospital School of Nursing was established in Dubuque in 1896. Just four years later in 1900, the Mercy School of Nursing was organized by Mother Mary Agnes, RSM. Both schools filled a need and provided the city with compassionate, well-trained nurses well into the late 1900s.

THE FINLEY HOSPITAL SCHOOL OF NURSING (FHSN)

FHSN, one of the first six nursing schools in Iowa, offered a three-year course of study. The first class of four graduated on January 10, 1900, and each new nurse received a round gold pin bearing the inscription "Finley Hospital Training School" on an outer blue ring with an enamel cross in the center. On this date, there were two classes in the school with a total enrollment of fifteen.

In May 1924 the public was invited to an open house at the Lull-Burch Memorial Nurses' Home located on Allison Street. The four-story building, located southeast of the hospital, was built in an L-shape. The building not only housed Finley nursing students but also included classrooms.

In 1938, FHSN closed due to a surplus of nurses and low student enrollment. The onset of World War II reversed the trend and in June 1942, the school reopened, enrollment got underway, and a new class of future nurses began in September.

FHSN operated under the regulations of the

Iowa Board of Nursing Examiners. The school entered an affiliation with the University of Dubuque so nurses could attend classes in subjects required by the state board. The course load was rigorous and included physical education, dietetics, chemistry, and psychology. The course load was considered somewhat more than was required by student nurses enrolled at the University of Iowa. Admission to the FHSN required graduation from an accredited high school. Students in the lower third of their graduating class weren't accepted without additional study and proof of ability.

Judy Bredlow Edmonds graduated from Dubuque Senior High School in 1957. She knew she wanted to become a nurse, so she enrolled at the FHSN immediately after graduation. "The first year, most of our classes were held in the Lull-Burch Memorial Home," she recalled. "That's also where we lived. We had to clean our own rooms. I still remember them telling us 'If you clean the corners of a room, the center will always get done' and 'Nothing on the floor but your feet and the furniture.' They were pretty strict."

"The doctors taught most of those classes," Judy said. "Then we walked over to the University of Dubuque for anatomy, physiology, chemistry, and courses like that. They put us on the hospital floor almost right away. We were on call too. They really worked us with going to school, working on the floor, and

doing homework. But we had a lot of fun. Even when we were on call and got called in the middle of the night, it was exciting."

Today's nurses aren't required to wear a uniform, but that's not how it's always been. "Our uniform was a blue and white striped dress and over that we wore a white, heavily starched apron with a top that hooked on," said Judy. "It took some time to hook the apron together, so we did it the night before. Our white caps were also heavily starched."

In September 1977, FHSN lost its accreditation from the National League of Nursing. After upgrading and increasing classrooms, formalizing staff development plans, and changing required courses, the school regained its status in June 1978. The accreditation was valid until 1986 and was extended until 1987 when the last class of seniors graduated in May of that year and the program came to an end.

The Finley Hospital School of Nursing Alumni Association was founded in 1913 to honor the traditions, history, accomplishments, and legacy of the FHSN. Although the Alumni Association folded earlier in 2024, the FHSN Alumni Association endowment continues to fund scholarships awarded to women and men in nursing.

ST. JOSEPH MERCY HOSPITAL SCHOOL OF NURSING

Mother Mary Agnes, RSM, established



(Top) Finley Hospital School of Nursing Pin (Karol Sue Braun)

(Right) Finley Hospital School of Nursing Class of 1960 (Finley Hospital School of Nursing Alumni Assoc.)





(Left) Lull-Burch Memorial Nurses' Home (Finley Hospital School of Nursing Alumni Assoc.)



(Right) St. Joseph Mercy School of Nursing Pin (Encyclopedia of Dubuque)

Dubuque's St. Joseph's School of Nursing, later known as Mercy Hospital School of Nursing, in 1900. In 1902, the first class of nurses graduated. The following year, the nursing education program was lengthened from two to three years.

On June 16, 1905, the Dubuque Enterprise offered a description of nursing duties, "Some of the special duties after acquiring the stripes are learning to serve meals, under supervision, and night work. The latter usually tests the nerve of the candidate and if she serves successfully through night work, she is apt to finish the course."

In 1922, a two-story nurses' home was dedicated on Langworthy St. The home filled quickly as three classes were admitted annually. Student nurses received board, laundry, lodging, and stipends of \$5.00 per month. During the last two years, the stipend increased to \$7.00. In 1935, a gymnasium and classrooms were added to the nurses' home.

In 1938, the Mercy School of Nursing expanded with the addition of the Clinton School of Nursing. In 1943, the School of Nursing was established as the Division of Nursing of Loras College. Completion of three years led to a certificate in nursing education. Five years of study including two years at Loras and three years at Mercy resulted in the Bachelor of Science degree in nursing.

In the 1950s, the Mercy program disaffiliated with Loras, although courses were purchased from the college. In 1964, all arrangements with Loras ended, but in the fall of 1965, courses were first accepted from Clarke College and the nursing program was shortened to three years. In 1970, the program was again

shortened to two years.

In 1973, the last class was admitted to the Mercy School of Nursing. The next year, Area One Vocational Technical School assumed all responsibility for that last class. In 1975, students received an Associate in Applied Science Degree with a Mercy Medical Center School of Nursing recognition diploma.

Finley and Mercy Schools of Nursing trained nurses in Dubuque for decades, educating and graduating hundreds of registered nurses who went out into communities to offer essential, professional, and compassionate nursing care.

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Chakradance

Tuesdays, October 1-29 @ 6-8 PM

Chakradance is a movement practice, which uses spontaneous dance for the purpose of healing and retuning the mind-body-spirit energy system. This is a nine-week series continuing through November. Registration required.

Lunch & RENEW: Chair Yoga with Deb May

Wednesday, October 2 @ 11:30 AM-12:30 PM

October's theme is the immune system. Registration required.

Souposium Series: Tools for Repairing Life's Relationships

Sunday, October 6 @ 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 3.

Core Values of Sts. Francis & Clare

Friday, October 11, 5 PM through Friday, October 18, 1 PM

An eight-day silent contemplative outreach retreat. Registration required.

Meditation & Music

Monday, October 21 @ 6:30-7:30 PM

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No Limb-its Amputee Social & Support Gatherings

Monday, October 7 @ 4-5:30 PM

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

Monthly Book Discussion

Wednesday, October 9 @ 5:30-6:30 PM

This month's book is *Young Forever* by Dr. Mark Hyman.

Prenatal Breastfeeding Class

Saturday, October 12 @ 9 AM-12 PM

This hands-on, interactive class will give you the knowledge you need to feel ready to meet your baby and start the breastfeeding journey.

Milk Parties

Mondays, October 14 & 28 @ 9:30-10:30 AM

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

HEALTH & WELLNESS NEWS

CAREGIVER WELLNESS RETREAT

Stonehill Communities, Dubuque, announces a Caregiver Wellness Retreat on Thursday, October 10, from 10 AM to 3:30 PM. The retreat will be held at the Shalom Spirituality Center, 1001 Davis Street, in Dubuque.

Non-professional caregivers throughout the community are invited to attend this event to find renewal and relaxation. The event, organized by the Caregiver Resource Center, NEI3A, and Shalom Spirituality Center, will feature author and speaker Diane Doering, a vendor fair, lunch, and individual self-care and renewal workshop sessions.

This is a free event for caregivers. Visit StoneHillDBQ.com/Event/Caregiver-Retreat for more information.

CANCER SUPPORT GROUP

There will be a cancer support group held on Wednesday, October 16, from 3 to 4 PM at The Delhi Medical Center third floor conference room, Suite 3300, 1500 Delhi

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Led by Integrated Cancer Center team members, this support group was created with every cancer patient in mind, no matter their cancer journey stage. It is also open to caregivers, family members, and supporters. Meetings will be held on the third Wednesday of each month.

SOUTHWEST HEALTH EMPLOYEE ANNOUNCEMENTS

Southwest Health, Platteville, WI, congratulates Dr. Robert (Bob) Stader of Family Medical Center in Lancaster, WI on his recently announced retirement. Stader has provided care to patients in the surrounding southwest Wisconsin area since 1969. Effective, November 1, he will retire, and Family Medical Center will close. Family Medical Center patients will need to establish with another healthcare organization for their care.



Southwest Health states they can make this transition simple for patients, because **Sabeena Cheema, PA-C, and Joseph Stader, PA-C**, both of Family Medical Center, will be joining Southwest Health's Family Medicine team.

Cheema will join the Platteville Clinic as a primary care provider. She earned her Master of Physician Assistant degree and a master's in public health from the University of Wisconsin-Madison. Her interests include integrative health, understanding and appreciating each patient's unique perspective on their view health, and shared decision-making with patients.

Stader will serve as a primary care provider at the Platteville Clinic and as a primary care and walk-in provider at the Kieler Clinic. He completed his Master of Physician Assistant degree at the University of Wisconsin-Madison. His favorite aspect of a family practice is the variety of patients and personalities with whom he gets to interact. His interests include acute care and procedural interven-



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tions, as well as a focus on physical activity and its impact on overall health.

STATERA EMPLOYEE ANNOUNCEMENTS

Statera, Dubuque, welcomes **Amber Horsley, DC, DCBDN**, a licensed chiropractor who has completed a post-doctoral program in nutrition. She assesses structurally, neurologically, and nutritionally to get to the root cause of pain, joint dysfunction, hormone imbalance, chronic infections, and digestive complaints. She is currently accepting patients.

Statera also welcomes Taylor Greibe, an eating disorder recovery coach with experience working at the inpatient, residential, partial hospitalization, and outpatient levels of care. She believes in an individualized approach for all clients that no one eating disorder is the same and that no person is defined by the eating disorder. She is currently accepting clients.



MEDICAL ASSOCIATES EMPLOYEE ANNOUNCEMENTS

Molly Thomas, CRNA, and **Anna Henningsen, CRNA**, recently joined their anesthesia department. Thomas and Henningsen both received their Doctor of Nurse Anesthesia Practice and Bachelor of Science



in Nursing from the University of Iowa.

As members of the anesthesia department, they direct anesthesia care, pain management, and critical care before, during, and after surgeries and invasive procedures.

Tassie Carter, ARNP, recently joined their pediatrics department. Carter received her Master of Science in Nursing from Clarke University and Bachelor of Science in Nursing from the University of Phoenix,

Phoenix, AZ.

Previously, she worked as a nurse practitioner in urgent care at UnityPoint Clinic in Cedar Rapids, IA, and Dubuque, and at Crescent Community Health Center in Dubuque.



Carter is board-certified by the American Nurses Credentialing Center, demonstrating the highest standards for education, knowledge, and ongoing professional development. This certification is also a mark of competence and commitment to delivering quality healthcare to patients.

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

Angela Roling, DNP, joined their allergy, asthma & immunology department.



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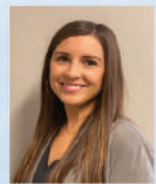
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ment. She received her Doctor of Nursing Practice (DNP) from Clarke University and Bachelor of Science in Nursing from the University of Dubuque. Most recently, Roling worked as a registered nurse in the emergency department at MercyOne in Dubuque.



Roling specializes in travel medicine, offering comprehensive consultations and vaccinations to help ensure safe and healthy travels abroad. She also provides penicillin testing and treats patients of all ages for a wide range of conditions, including seasonal allergies, asthma, and allergic reactions to foods, medications, and stinging insects.

Lauren Trumm, ARNP, joined their pulmonology department. She received her Master



of Science in Nursing from the University of Iowa and Bachelor of Science in Nursing from Iowa Wesleyan College, Mount Pleasant, IA.

Most recently, Trumm worked as a nurse practitioner in pulmonary medicine at Grand River Medical Group in Dubuque, and previously at Park Nicollet, Saint Louis Park, MN, and UnityPoint Health-St. Luke's Hospital in Cedar Rapids, IA. She is board-certified by the American Nurses Credentialing Center, demonstrating the highest standards for education, knowledge, and ongoing professional development. Trumm diagnoses and treats health concerns of the chest and lungs, including but not limited to asthma, COPD, respiratory failure, chronic cough, and pleural diseases.

It's important to let our community know who the new Health Providers are. Please send your medical community news to **Juli@JuliensJournal.com** and be included in our monthly Health & Wellness News.

How to Manage Stress for Better Mental Health

by Allie Saunders

Stress is an inevitable part of life. Whether it's juggling work, family responsibilities, or dealing with unexpected challenges, everyone experiences stress to some degree. The key to maintaining good mental health lies not in avoiding stress but in managing it effectively. By understanding the different types of stress—eustress and distress—and employing healthy coping strategies, you can transform stress from a burden into a tool for personal growth and well-being.



UNDERSTANDING STRESS: EUSTRESS VS. DISTRESS

Stress is often painted as a villain in the narrative of mental health, but not all stress is bad. The concept of eustress, or "positive stress," refers to the type of stress that can benefit you. Eustress is the kind of stress that motivates you to meet deadlines, prepare for a big presentation, or train for a marathon. It's the driving force behind personal growth, pushing you to overcome challenges and achieve goals. Eustress is essential for building resilience, fostering creativity, and enhancing overall performance.

On the flip side, distress is the negative counterpart that most people are familiar with. Distress occurs when stress becomes overwhelming or prolonged, leading to feelings of anxiety, burnout, and physical health problems. Distress can hold you back, making it difficult to function effectively in daily life.

THE IMPORTANCE OF STRESS MANAGEMENT

Effectively managing stress is crucial for maintaining both mental and physical health. Chronic stress, if left unmanaged, can lead to health issues, including heart disease, digestive problems, insomnia, and weakened immune function. Moreover, stress can exacerbate mental health conditions such as anxiety and depression, creating a vicious cycle that is difficult to break.

Stress management is about finding a balance—minimizing distress while embracing eustress to thrive in various aspects of life. This balance allows you to navigate challenges without becoming overwhelmed, ensuring that stress remains a tool for growth rather than a barrier to well-being.

HEALTHY COPING STRATEGIES FOR STRESS MANAGEMENT

Adopting healthy coping strategies is key to managing stress effectively. Here are some evidence-based approaches rooted in Precision Nutrition principles that can help:

Mindful Eating: Stress often triggers unhealthy eating habits, such as overeating or reaching for comfort foods. Mindful eating encourages you to slow down and pay attention to what and how much you're eating. By focusing on the sensory experience of eating—taste, texture, and smell—you can foster a healthier relationship with food and reduce stress-induced eating.

Physical Activity: Regular exercise is one of the most effective ways to manage stress. Physical activity releases endorphins, the body's natural mood elevators, and helps reduce levels of the stress hormone cortisol. Whether it's a brisk walk, a yoga session, or a strength-training workout, incorporating movement into your daily routine can significantly reduce stress levels.

Prioritizing Sleep: Quality sleep is essential for stress management. Lack of sleep can heighten the body's stress response, making it harder to cope with daily challenges. Establishing a regular sleep routine, creating a calming bedtime environment, and avoiding stimulants before bed can improve sleep quality and, in turn, help manage stress more effectively.

Breathing Techniques: Simple breathing exercises can be powerful tools for managing stress in the moment. Techniques such as deep belly breathing, box breathing, or the 4-7-8 method can activate the body's relaxation response, lowering heart rate and reducing feelings of anxiety.

Network: Social connections are a vital component of stress management. Whether it's friends, family, or a support group, having people to talk to and share your experiences with can provide emotional relief and perspective, making stress feel more manageable.

Conclusion -Stress is an unavoidable part of life, but it doesn't have to control you. By understanding the differences between eustress and distress and incorporating healthy coping strategies, you can turn stress into a powerful tool for growth and mental well-being. Utilizing these principles you can provide a strong foundation for effective stress management. Remember, the goal isn't to eliminate stress but to manage it in a way that enhances your life, allowing you to thrive even in the face of challenges.

Allie Saunders is a Certified Personal Trainer and Health Coach at Statera Integrated Health and Wellness Solutions. Visit StateraIntegrated.com. ♦

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Taste



Photo contributed by Driftless Pizza Co.

"At Driftless Pizza Co, we believe in creating an culinary experience that elevates the art of pizza-making. The great traditions of New York and Detroit serve as the inspiration, from which we add our own innovative combinations and unique flavors. Our dough is slowly fermented to maximize the flavor and texture. The toppings are fun, fresh and creative. We look forward to serving you."

Founders – Jake & Kayti

DRIFTLESS PIZZA OFFERS DETROIT STYLE & NEW YORK STYLE PIZZAS AND MORE

by Cassie Cate

It's no secret the downtown area of Dubuque has undergone an impressive revitalization over the past decade. Taking advantage of the beautiful landscape of the Mississippi River and the bluffs that surround it, the historic buildings lining downtown Dubuque are being restored to their former glory and repurposed in ways that can be enjoyed by both visitors and natives alike. New businesses have expanded the opportunities for shopping, dining, and socializing, making the streets of downtown come alive once again.

Backpocket Taproom has influenced this revitalization and embraced the growing pains it has created with excitement. When Jake Simmons and his wife Kayti Steffen started this business eight years ago, they never could have imagined the domino effect it would create for both them and the community. Af-

ter expanding Backpocket multiple times over the past eight years to add entertainment, reception areas, and bowling, they began to use the tiny kitchen at the brewery to serve food.

This service took off and began to create a volume too large for the small kitchen

Photo contributed by Gina Siegert

Photo contributed by Driftless Pizza Co.



Driftless offers their own unique spin on the New York style pizza with many combinations.

to handle. Simultaneously Gino's Pizza located next door closed its doors. As the saying goes, one misfortune is another's fortune, and the two used the need for a larger kitchen and the opportunity to expand to create the new concept of Driftless Pizza.

The name Driftless pays homage to the Dubuque region left untouched by the glaciers creating the incredible topography that makes the town and surrounding areas a sight to be seen. This region is unlike any other, which Simmons discovered after leaving the flat farmland of his Des Moines childhood. Living in McGregor for a time helped him develop his love for the landscape made up of the river valleys and hills blanketed in various greenery and rock formations.

According to Simmons, pizza was the logical choice for the menu because the ovens were already in place, and even though Gino's was not a longstanding location, people still like pizza.

With no formal culinary background, Jake and Kayti spent eight months developing the dough recipe they use at Driftless in their home kitchen until they found the perfect recipe.

With a background in research science and a knowledge of brewing beer, Simmons embraced this challenge. As the founder of Backpocket which brews locally in Iowa City to serve it's Des Moines and Dubuque locations, the couple was confident they would make the pizza concept of Driftless a success.

With pizza being such a broad topic, they knew Driftless needed something to set it



The Detroit style pizza is surrounded by a crispy cheese crust.

apart from other restaurants offering this staple. After months of developing, Jake and Kayti settled on two different styles of pizza: Detroit and New York. Simmons does, however, say the pizzas are "inspired by" these styles because they have taken some creative liberties in putting their own twists on the two styles, appreciating the flexibility that comes with this well-loved cuisine.

An all time favorite, New York style pizza is what Simmons refers to as a "medium" crust. This style of pizza has been a staple for decades and gives a traditional pizza experience to those desiring a thinner crust. Known for its foldability, this pizza has a classic sauce with a blanket of mozzarella.

Detroit, on the other hand, boasts a very thick pan crust and has not had much fanfare until recently. Sitting on top of a thick, airy bottom, this pizza is surrounded by fried Wisconsin Brick Cheese. Although there is a completely different shape, style, and fermentation to the crusts, either can serve up the same delicious topping choices the diner chooses. As for favorites, Simmons says there is about a fifty/fifty split on which people order showing they are both delicious!

Driftless offers the traditional toppings of pepperoni, sausage, and veggies for the less adventurous diner. Pizzas can also be designed specifically to the taste of the customer with their specific topping choices in mind. For those wanting to branch out and try something different, the couple has created some unique flavor combinations bringing pizza to a whole different level. One unique combination that has become one of the top three sellers is Figgy the White. With its garlic sauce base, it is topped with feta, prosciutto, caramelized onions, and a swirl of fig drizzle. Another unique option is the Hot Honey delivering



A delicious shake piled high with whipped cream and a cherry on top.

the garlic sauce base topped with a cheese blend, sausage, feta, and hot honey drizzle. Expecting these unique fares to be lower sellers, Simmons says these specialty styles have offered the most robust feedback from customers.

To start the meal off right, Driftless serves up salads and appetizers, as well. Pizza Bites, Mozzarella Sticks, Burrata, and Bruschetta will get the taste buds ready for the main event. For something lighter, the Caesar Salad or Bistro Salad are great options.

Not everything is savory at Driftless. Diners can also indulge in a sweet treat with a shake that appears more like a work of art. Served in a glass mug, the shakes come filled to the brim and spilling out the top with whipped cream, syrups, sprinkles, and, of course, the cherry on top! For a more classic sip, customers can enjoy a vanilla or chocolate shake. To mix things up, there are a cookies and cream, strawberry cheesecake, and smores shake, which are all sure to impress.

Something unique to Driftless that Simmons wants the customer to know is the convenient sisterhood it shares with Backpocket. Both, although separate entities, are run under the same umbrella and operate together to serve customers in a convenient way. Tabs are shared between the two, as they operate under the same ordering system, so customers can move freely between the two with one tab, making an outing double the fun. Whether looking for a place for some family fun and dining or an adult adventure of unique brew and pizza alike, Driftless will not disappoint.

Driftless Pizza is located at 333 East 10th Street in Dubuque. You can contact them at 563.275.3444 or DriftlessPizzaCo.com.

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

COMPANY PROFILE



RIVERBLUFF COLLECTIVE

RiverBluff Collective was founded in 2019 by siblings Joe, Ali, DJ, and their business partner Josh. Each of them brings unique experiences from the cannabis industry and business finance, with the goal of making plant-infused products more accessible to the Midwest. Their collective expertise and passion for cannabis advocacy drive RiverBluff's mission to provide high-quality products and educate the canna-community.

Offering an incredibly diverse range of premium cannabis products, there's always something new in-store to serve the elevation-inclined!

The most popular product for good reason, RiverBluff's **premium flower** is available in multiple strains for any occasion, both as convenient pre-rolls and in bulk by weight, catering to a wide variety of preferences and uses. For more experienced consumers, RiverBluff also carries potent made-in-house dabs and concentrates that deliver a powerful

experience in a small-but-mighty package.

Dabbling in the "California Sober" lifestyle or prefer to drink your greens instead of smoking them? RiverBluff *also* manufactures its own plant-infused drinks (*approved for sale in Iowa and beyond.*), with options including nostalgia-flavored BLUFF POP and fruit-forward SELTZERS. Looking for an *out-of-this-world* edible treat to get your green on? Find that and MORE in the edible selection; hand-crafted caramels, chocolates, popcorn, gummies, cookies, and fan-favorite choco-

covered Crunchy Balls, just to start!

RiverBluff also carries one of the OG products in hemp + cannabis for alleviating day-to-day symptoms: CBD products that are known for their efficacy in alleviating chronic pain and more!

RiverBluff stands out from the crowd as a family, woman and veteran-owned business with longstanding expertise (over a decade) and in-depth product knowledge that is above & beyond what you'll find at a typical dispensary. RiverBluff triple-checks their products for efficacy and safety, and they won't sell anything they don't produce or explicitly approve of themselves, so you know you're getting the best quality every time.

RiverBluff's promise to you: A safe, welcoming, mindful space for all to discover, celebrate and learn how *plant-infused products can change lives*.

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A FROSTED GLASS Taste

Article and photo by
Josh Nichols



WHAT WE'RE DRINKING: HAWKTOBERFEST

ABV: 5.3%

Who Brews It: Backpocket Brewing

Where you can find it: Most liquor stores, and at Backpocket Dubuque

Expected Price: \$11.99 or \$12.99 for a 6-pack of 12 oz cans

There are many signs of fall in Iowa. Tree leaves fade from green to myriad shades of yellow, orange, and red. A crisp chill can be felt when the wind picks up, prompting you to search for the jacket or flannel shirt you hid away when it was 90 degrees with 80 percent humidity. When you walk into a store, you're shocked at the staggering weight of pumpkin spice. If you stop by a local brewer, chances are you'll find a new type of beer on the menu: the Märzen.

The Märzen, more informally known as an amber lager here in America, is a type of

European beer commonly associated with Volksfest. Oktoberfest, which is more recognizable to Americans, is the largest Volksfest in the world, happening each year in Munich. However, a Volksfest can be any size and requires two things: alcohol tents (typically beer or wine) and carnival rides.

Hawktoberfest, the beer from Backpocket Brewing we're looking at in this column, clearly derives its name from Oktoberfest. It embodies the telltale signs of a Märzen and European brewing in general. When you pour a glass of Hawktoberfest, you'll immediately notice the pure amber coloring. A good pour will have minimal head. If you've seen photos of waitresses carrying frothy steins of beer at Oktoberfest, don't feel that the festival attendees are getting ripped off. These steins are larger than your standard glass to accommodate the head that forms

with a quick pour.

Taking your first drink, you'll taste notes of toast and graham crackers, then slighter notes of toffee as you swallow. There's little carbonation - the beer goes down smoothly. When compared to a European Märzen, Hawktoberfest tends to be a bit lighter and is closer to a pale lager than one would expect from a Märzen. Still, the beer has a very low bitterness, so if you're someone who shies away from hoppier beers, there's no need to worry about Hawktoberfest. It's an easy-to-drink beer that's hard to turn down, and the signature black and gold cans have become a staple at Kinnick Stadium tailgates prior to Hawkeye football games for good reason.

Diving deeper into what makes up Hawktoberfest, it uses the following malts and hops.

Munich malt will cause a strong orange or amber coloring in your beer. It promotes a sweet, toast-like taste in beer.

Pilsner malt is lighter than Munich and is responsible for bringing Hawktoberfest closer to a pale lager in terms of taste.

Hallertauer Mittelfrüh is one of the noble hops of European brewing. Noble hops are known for being high in aroma while low in bitterness. It brings a signature, earthy aroma to any beer it is used in.

Perle is a popular, modern German hop that shares many characteristics with the noble hops. It's found in a wide variety of German lagers.

You'll like Hawktoberfest if you enjoy the following types of beer:

- American lagers (Budweiser, Coors, Miller, etc.)
- Pale ales that don't emphasize hops.
- Pilsners

Hawktoberfest is a great starting point if you've been curious about craft beer but are unsure of where to start. So next time you find yourself overwhelmed with pumpkin spice, try sipping on a Hawktoberfest. It's a great way to enjoy fall in Iowa.

To learn more about Backpocket visit BackPocketDubuque.com.

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

SIPS & TIPS Taste

Article and photo by
John B. Donovan



WINES FOR THE HUNTER'S MOON

When it comes to wine, I tell people to throw away the vintage charts and invest in a corkscrew. The best way to learn about wine is the drinking. —Alexis Lichine

TeamWine met at the home of Erin & Shane on a Monday night. I brought the wines, and a smorgasbord of snacks was brought by others. Being October I felt it appropriate to have an orange wine, instead of a white, and a red. The Kiki & Juan Orange wine, from EJ's Wine Shop, was from Spain and the red wine, obtained at Sid' Beverage, was a GSM by Quady North from Oregon. Both were enjoyable wines, though quite different.

SIPS:

We began with the **Kiki & Juan Orange wine** (12% abv, \$23). It is from Utiel-Requena, Spain, which is in the Valencia region in the eastern part of Spain. The grapes used for this wine are 90% Macabeo, and 10% Sauvignon Blanc, which are co-fermented.

The winery has several small vineyard plots scattered at high elevation which produces acidic, yet crisp wines. Grapes are hand harvested and destemmed prior to pressing to retain freshness. It gets an almost iridescent orange color, from sitting on the skins for a period of time.

TeamWine commented first on the lovely golden/orange tint of the wine. We deduced that it needs to come out of the refrigerator about a half-hour before drinking. We didn't do that and there was very little aroma until it warmed a bit. We had hints of strawberry, rosemary and herbal fragrance on the nose, but very light. Medium to high acid was sharp on the palate. We all remarked that we felt the wine was better with food. The cheeses and nuts helped to temper the acid-

ity. Once the wine warmed a bit the aromas were more plentiful with hints of cinnamon, lemon, and minerality. We felt this would be good with an opening salad, or maybe a shrimp cocktail.

The red wine was a **2020 GSM from Quady North** (13.7% abv, \$29). It was made in Jacksonville, Oregon, which is in the southern part of the state, in the Rogue River valley. GSM stands for Grenache, Syrah and Mourvedre, the three grapes used in the wine. This is a small family operation begun in 2003 when Herb moved his family north from California. The first vineyards were planted in 2005, and they plant additional acreage when they can. 2020 was a very warm and dry year. It was also the year of the most destructive wildfires in Oregon. While they had some smoke, they found that smoke from the fir, oak, pine and madrona trees (natural smoke – as opposed to smoke from buildings etc.), did not have the noxious compounds of man-made structures and their grapes showed no negative effects.

The color, once again, struck TeamWine. This red was a lovely claret/light garnet hue that showed well in the glass. Aromas on the nose included cherry, leather, red berry, and not surprisingly a hint of smoke. This wine had a medium body and soft easy tannins. The wine went well with our olives, all the cheeses, especially the Feta, and the salty foods. We enjoyed it with both the milk and dark chocolate. We all felt this wine could be consumed by itself, or with food. White meat, such as a grilled or oven pork roast, would pair nicely. This is one we all wanted to enjoy again!

TIPS:

I just returned from a trip to the Adirondacks, which is where I grew up and still have friends. The main impetus for the trip, however, was a wine dinner, sponsored by the Adirondack Land Trust, held at Rolling Hills Estate Winery in Westport, NY. I share this to suggest to you to be adventurous. We have several wineries within an easy drive (Westport, NY, is not an easy drive) that offer wine dinners. Some provide their own chefs; others may bring in celebrity chefs from nearby eateries to pair food with the winery's wines. Check them out and make it an event. Get lodging and make it an overnight stay. You'll meet others who have an interest in wine, or food, or both. Dinners are likely al fresco, and that can make for a spectacular evening.

Salut

Business & Community News



DMASWA'S RESTORE PROGRAM

The Dubuque Metropolitan Area Solid Waste Agency (DMASWA) announced a partnership with the Dubuque/Jackson County Habitat for Humanity's ReStore. The ReStore has received a program establishment grant from DMASWA to create a local retail market for Evolve branded recycled latex paint.

The ReStore, located at 4949 Chavenelle Rd., Dubuque, is selling multiple colors of latex paint and paint supply kits provided through the DMASWA grant. Profits from the sales will be used to create a sustainable market for recycled latex paint and fund the building of additional Habitat homes in the area.

The ReStore is open Wednesday from 12-7 PM, and Thursday through Saturday from 9 AM-4 PM. For more information, call the Dubuque/Jackson County Habitat ReStore at (563) 513-0057.

FOUNDATION AWARDS \$250K IN GRANTS

In the inaugural year of the annual Nonprofit Grant Program, the Dupaco Foundation awarded \$250,000 in grants to support 29 nonprofit organizations in Iowa, Illinois, and Wisconsin. The support provided through the Nonprofit Grant Program will make a direct impact on affordable housing and homeownership, small business development, or upskilling and reskilling, which are the foundation's three community areas of focus.

The foundation board reviewed 108 applications from nonprofit organizations. Proposals were measured on several factors, including program alignment with the foundation's areas of community focus, how the plan addressed the need, potential for outcomes and impact, and more.

Since 2012, the Dupaco Foundation has distributed over \$2.7 million in grant funding throughout its charter area. Information regarding the 2025 cycle of the Dupaco

Foundation Nonprofit Grant program will be shared in early 2025. Visit Dupaco.com/Ways-We-Give for more information on the awarded grants.

FOOTBALL COMING TO FIVE FLAGS

For the first time in Dubuque's history, a professional football team will call Dubuque home. The Iowa Power and Five Flags are in negotiations for arena football to begin in 2025. John Guy, director of game day operations said, "This is eight-on-eight football on a 50-yard field with no punting and two receivers in motion prior to the snap of the ball."

Kurt Warner, John Corker, and Jay Gruden started their careers in arena football along with nearly 50 other NFL players. Scores at this level can be anywhere from the normal NFL-range to basketball-type scoring.

Owner Anthony Bartley has been in the world of professional arena/indoor football since 2007. He feels that the City of Dubuque will benefit from a new form of

entertainment and wants to introduce fans to fast-paced, hard hitting, high scoring football action at its finest. "We want the City of Dubuque to feel like they have ownership stake within the franchise," says Bartley.

DMS DIRECTOR CHOSEN FOR SCHOLARSHIP

The Main Street America Institute is offering the Supporting Small Businesses on Main Street course to Main Street leaders across the nation. Danielle Jacobs, executive director of Dubuque Main Street, has been selected to take this course.

"I am thrilled to take this course. Continuing education is very important for the innovation of any downtown district. I'm looking forward to applying what I learn to fill storefronts and strengthen small businesses throughout downtown Dubuque," said Jacobs.

Sponsored by U.S. Bank, this three-week live, online course will prepare local leaders to uplift small businesses in their communities. Through learning how to identify place-based assets and resources for small businesses, participants will better understand how to collaboratively build a strong community support network that centers economic vitality.

What's new with your business?

Send in your business announcement or new staff member who deserves recognition to Juli@JuliensJournal.com.



Faces in Business

MCCULLOUGH CREATIVE WELCOMES NEW DESIGNER

McCullough Creative announced the recent addition of **Joezer “Joe” Pinheiro Xavier** as exhibit designer. Xavier will conceptualize the visitor experience and execute the design for branded environments, museums, trade-show booths, and nature centers.

Xavier has earned degrees in marketing and graphic design, as well as obtaining a master’s degree in multimedia and audiovisual communication from the University Europa del Atlántico, Spain. He has 18 years of industry experience, including 13 years focused on set and exhibit design. Xavier recently worked at one of the largest television networks in Brazil, where he directed the team responsible for all the stations’ set designs and visuals.



NICC APPOINTS INTERIM PRESIDENT

The Northeast Iowa Community College (NICC) Board of Trustees named current Acting President and Vice President of Finance and Administration, **Dave Dahms**, to the position of interim president. The Board’s decision was unanimous and Dahms will serve as interim president for a maximum of two years. He has served as acting president since October 2023.

Dahms joined NICC as vice president in August 2015 and has led the college’s administration and financial operations. He was previously vice president of finance and CFO for both Sinclair and Precision Equipment, where he was responsible for serving on the executive leadership team and provided oversight for all accounting, information technology, legal, and risk management. Prior to 2007 Dahms served as corporate treasurer and vice president of finance for Bandag and Bridgestone/Bandag in Muscatine, IA, where he had global responsibilities for financial services, treasury, legal, and risk management.



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